



Bagan Temple Marathon

8 Day / 7 Night Itinerary

18 November to 25 November 2019



STANDARD PACKAGE	8 DAYS / 7 NIGHTS	RUNNER	TWIN \$2482	SINGLE \$2994
		SUPPORTER	TWIN \$2073	SINGLE \$2585

DAY 1	18 NOV	Arrive in Yangon and welcome Myanmar
DAY 2	19 NOV	Yangon sightseeing, panoramic helium balloon experience and flight to Mandalay
DAY 3	20 NOV	Sightseeing in Mandalay
DAY 4	21 NOV	Cruise the Irrawaddy River from Mandalay to Bagan
DAY 5	22 NOV	Bagan sightseeing and pasta dinner
DAY 6	23 NOV	Race Day!
DAY 7	24 NOV	Explore Bagan and Celebration Dinner
DAY 8	25 NOV	Flight to Yangon and Farewell Myanmar or enjoy an optional extension tour in Myanmar

The 8-day tour offers an incredible voyage to a land of immense natural beauty. The journey begins in Yangon and from there we will fly to the former royal capital of Mandalay. The highlight of this trip will undoubtedly be Bagan and the marathon that will take place there. From there, we travel back to Yangon where you can either extend your stay in Myanmar with a four-day extension trip to Ngapali Beach Escape, Magical Inle Lake or Mount Victoria and Chin Villages.

Day 1 - 18 November 2019: Arrive in Yangon and Welcome to Myanmar

Arrive in Yangon International Airport and make your way to the hotel for check-in. Transportation from the airport is not provided, but there are plenty of taxis and the distance is not far. If assistance is needed a Meet and greet guide will be present after customs have been cleared.

At the hotel, your tour leader and local guide will assist with the check in and give information about the coming days. The rest of the day is free to explore Yangon on your own.

Day 2 - 19 November 2019: Sightseeing in Yangon and Flight to Mandalay

The day will begin with a Yangon Colonial Walking Tour, a mixture of colonial buildings, churches, mosques (including Sunni and Shia) and Buddhist monastery & ordination hall. The beautiful buildings reflect the mix of religions in the city. Next stop will be one of the most iconic symbols of Yangon, the Shwedagon Pagoda which is considered by many to be the 'heart of Myanmar'. The pagoda is believed to be more than 2,500 years old and the central stupa is surrounded by dozens of intricately decorated buildings and statues.

If weather permits, we will see a panoramic view of Yangon from a helium balloon flight taking you up to 50 meters above the ground. The balloon will take up to 15 persons on each ride. It's attached to the ground with steel cables.

We'll enjoy lunch at a nearby restaurant where you'll taste the exquisite Myanmar cuisine.

After an exquisite Myanmar lunch, we'll head to the airport to catch our flight to Mandalay. Flight time is approximately one hour and thirty minutes. Once we've checked into the hotel, the rest of the day is free for you to explore Mandalay.

Meals: Breakfast and Lunch

To book or for more information contact Travelling Fit... Your Marathon Travel Specialists
Phone 1300 728 296 | www.travellingfit.com | Email: sales@travellingfit.com

Please Note: All prices are quoted in Australian dollars and are based on a per person basis.
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Day 3 - 20 November 2019: Sightseeing in Mandalay

After breakfast, we head off for more exploration of Mandalay and its surroundings. Starting at the ancient royal capital of Amarapura we head to the world's longest wooden bridge, U Bein Bridge, built in 1782 and spans 1.2km. Next, we will also pay a visit to Burma's largest Buddhist monastery, Mahagandayon Monastery. It is home to more than 1,000 monks and monks to be.

We continue to the highly revered Mahamuni Pagoda where we will also see the work of local craftsmen. We will enjoy lunch at a local restaurant followed by a visit to what is known as the world's largest 'book'; the Kuthodaw Pagoda which houses the entire collection of Buddhist scriptures.

Meals: Breakfast and Lunch

Day 4 - 21 November 2019: Cruise the Irrawaddy River from Mandalay to Bagan

After an early breakfast, we will drive to the Irrawaddy River, where a boat will take us on a journey to one of southwest Asia's finest treasures, Bagan. This boat trip takes approximately 8-9 hours, and the atmosphere on board is quite relaxed.

Along the way, we will witness life along the river and cruise past cities, monasteries and pagodas. We will arrive early in the evening, just in time to witness a beautiful sight – golden rays light as the sun sets over the 42-sq. km. grassy plains of Bagan and more the 3,000 historic Buddhist temples. This mystical landscape is sure to take your breath away.

Meals: Breakfast and Lunch

Day 5 - 22 November 2019: Bagan Sightseeing and Pasta Dinner

Today we'll explore the ancient area of Bagan. We'll start with a visit to the Shwezigon pagoda, built in the 11th century by King Anawratha. Still an active place of worship it stands today as one of the most astonishing and well-kept pagodas in all of Bagan. We continue to Ananda Temple, a whitewashed masterpiece of Mon architecture. With its four standing Buddhas and adjacent brick monastery with well-preserved 18th century murals, this temple is one of Bagan's most significant. We finish our sightseeing with a visit to the lesser visited pagodas at Tayok Pyi Paya and the village of Minnanthu, both part of the running course tomorrow.

Back at the hotel the rest of the afternoon is free to relax and prepare for tomorrow's race.

In the evening we carbo-load with a pasta dinner in the hotel or nearby restaurant.

Meals: Breakfast, Lunch and Dinner

Day 6 - 23 November 2019: Race Day!

Today's the big day! After an early breakfast at the hotel, we hop on a coach to Htilominlo Temple where the Marathon, Half Marathon and 10K race start and end. Running amid the pagoda-studded landscape, we'll experience Bagan in all its glory and pass by small picturesque villages and farmland. After the race, we'll enjoy some snacks on the steps of the iconic Htilominlo Temple. Shuttle buses will take all participants (runners and supporters) back to the hotel where the rest of the day and evening can be enjoyed as you prefer.

Meals: Breakfast and afternoon snacks

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Day 7 - 24 November 2019: Explore Bagan and Celebration Dinner

Today is free to relax, enjoy and explore at your own pace. Whether you want to relax at the hotel with a cold drink or rent a bike and explore more of Bagan is up to you. If your legs can carry you why not pay a visit to Thatbinnyu Temple dating from 1144, also known as the temple of omniscience. Or why not pay a visit to one of the local villages or follow the running course to the majestic Dhammayangyi Temple for a closer look.

In the late afternoon we'll meet and spend the rest of the evening dedicated to celebrating our achievements of yesterday. A festive dinner and awards ceremony will lead to an unforgettable night.

Meals: Breakfast and Dinner

Day 8 - 25 November 2019: Depart Yangon

After an early breakfast and checkout, we head to the airport for our morning flight back to Yangon. Flying time is approximately 1 hour and 20 minutes and arrival in Yangon is estimated before noon. However, flight times are not yet confirmed and delays do occur, so it is **NOT** recommended to book your onward flight out of Yangon earlier than 3:00pm this day! Please contact Travelling Fit for the best flight options and connections.

You can choose to extend your stay in Myanmar and book the tour to the idyllic Inle Lake, the perfect beach retreat at Ngapali beach or explore the less visited Chin State including a climb to Mount Victoria.

Meals: Breakfast

Inclusions

- Guaranteed Race Entry (runners only)
- Domestic flights Yangon-Mandalay; Bagan-Yangon
- 7 Nights' accommodation
- Transportation as per itinerary
- Yangon, Mandalay and Bagan sightseeing
- Cruise from Mandalay to Bagan
- 4 Day entry to Bagan
- Breakfast Daily and lunch as indicated on the itinerary
- Snacks on race day
- Pasta Dinner and Celebration Dinner
- English-speaking Local Guide and Tour Leader
- Personalised Travelling Fit running top
- Invite to Travelling Fit's Bagan Temple Marathon Closed Facebook Group.

Exclusions

- Entry Visa fee into Myanmar
- International flights to/from Yangon, Myanmar
- Transfer from/to the airport at arrival and departure is not included. Participants must take a taxi from the airport
- Meals not mentioned in the itinerary
- Beverages
- Personal expenses
- Tips for local guides and drivers (US\$3-US\$5 per person per day is recommended)
- Travel Insurance (contact Travelling Fit for details)
- Anything else not specified under inclusions

NOTE:

Upgrading to a Deluxe Package with 4-star to 5-star accommodation is possible. Please contact Travelling Fit for pricing or refer to our website – www.travellingfit.com.

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