



Bagan Temple Marathon

6 Day / 5 Night Itinerary

24 November to 29 November 2021



STANDARD PACKAGE	6 DAYS / 5 NIGHTS	RUNNER	TWIN \$2199	SINGLE \$2616
		SUPPORTER	TWIN \$1776	SINGLE \$2188

DAY 1	24 NOV	Arrive in Yangon and Welcome to Myanmar
DAY 2	25 NOV	Yangon Sightseeing, panoramic helium balloon experience and flight to Bagan
DAY 3	26 NOV	Bagan sightseeing and pasta dinner
DAY 4	27 NOV	Race Day!
DAY 5	28 NOV	Bagan and Celebration Dinner
DAY 6	29 NOV	Farewell Myanmar

The Bagan Temple Marathon five night package offers an unforgettable tour of the cultural hub of Yangon and the mystical plains of Bagan. Six incredible days will be spent in a country laden with sacred temples, pagodas and magnificent natural beauty. Starting in Yangon, the highlight of the journey will be the marathon event in Bagan. 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 - 24 November: Arrive in Yangon and Welcome to Myanmar

Arrive in Yangon International Airport and make your own way to the hotel for check-in. Transportation from the airport is not provided, but taxis are plenty-full 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.

In the evening there is the option to reserve dinner at Restaurant the Seeds (additional cost), owned by Michelin Chef (and Bagan Temple Marathon Runner) Felix Eppisser and his wife Lucia. Welcome cocktails, canapes and a 4-course meal will be served.

Day 2 - 25 November: Sightseeing in Yangon and flight to Bagan

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.

After an exquisite Myanmar lunch, we'll head to the airport to catch our flight to Bagan. Flight time is approximately one hour and twenty minutes and via a short stopover in Mandalay we will arrive at Nyaung U Airport just outside the Bagan Archaeological Zone. After checking into the hotel, the rest of the day is free for you to become acquainted with the magnificent landscape of Bagan.

Meals: Breakfast and Lunch

To book or for more information contact Travelling Fit.... Your Marathon and Travel Specialists
Phone 02 4385 2455 or 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.
Prices and itinerary are subject to change at any time without prior notice.





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Day 3 - 26 November: 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 4 - 27 November: 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

Day 5 - 28 November: Explore Bagan, Optional Tours 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 an electronic 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.

Note that we offer 3 optional excursions this day (check out our flyer for further information and prices):

1. Balloons over Bagan is a perfect way to fly into the sunrise in a hot air balloon, with a magical view of Bagan.
2. Take a 5 hour trip to Mount Popa. Visit the temple on the top of Mount Popa and enjoy lunch overlooking Mount Popa.
3. Bagan Cooking Class – have a fun and delicious experience cooking some of the most traditional spices whilst learning how Myanmar people prepare their cuisines with traditional spices and condiments.

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

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Day 6 - 29 November: Farewell Myanmar – End of Tour

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, go to 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 between Yangon and Bagan
- 5 Nights' accommodation
- Transportation as per the itinerary
- Yangon sightseeing tour
- 4 Day entry to Bagan
- Bagan sightseeing tour
- Breakfast daily
- Lunch as indicated on the itinerary
- Pasta Dinner pre-race day
- Snacks included at race finish area
- Celebration Dinner post-race day
- 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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