



AN ADVENTURE SEEKER'S

— GUIDE TO MYANMAR —



Start

THE ADVENTURE WITH US

Introduction

Myanmar has been renowned for centuries over for its towering pagodas and lush, varied landscapes. Many literary giants such as Orwell and Kipling have written some of their most famous work dedicated to the Golden Land of the Pagodas.

But did you think Myanmar only had history and culture to offer? Think again.

Here we present the top adventurous activities an adrenaline seeker can tick off her bucket list in Myanmar.

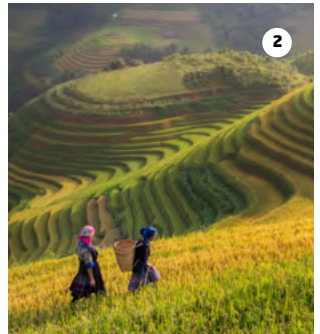
From her pristine beaches in the south to her tumultuous rapids in the north, and trekking on extinct volcanoes to hiking across valleys, there's so much more the country offers.

Mingalaba!



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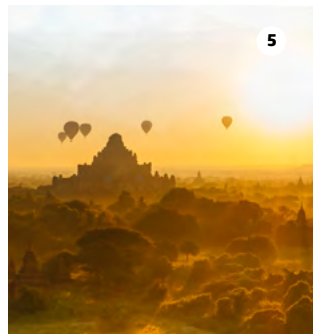
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WATER SPORTS - SALTWATER

Diving in Myeik

Basic Summary	<p>Spend afternoons bobbing about hundreds of unexplored islands. Dive into incredibly diverse coral reefs and swim with astonishing marine life.</p> <p>See what's so beautifully enchanting about Myanmar's Myeik Archipelago. Get indulgent and book a sailing or a diving tour.</p>
Theme	Beach Activities/Diving
Weather	Beach
Difficulty level	Need license, advanced PADI diving.
Cost	Average all-inclusive cruises cost well over 3,000,000 Kyats for seven to nine days at sea. Even operators offering only dive trips for the same duration charge as much as 2,250,000 Kyats – meals and accommodation included.

Camping near Ngwe Saung Beach

Basic Summary	<p>It flaunts just as gorgeous of a coastline as Ngapali, but is much closer to Yangon. Tents come with mattresses, linens, lights and even a power socket. Other amenities include a continental breakfast buffet, full use of the lavish resort and pool, and access to clean showers and restrooms.</p>
Theme	Sea
Weather	Beach
Difficulty level	None
Cost	For a more adventurous take, camp at Ngwe Saung Yacht Club (starting at 67,500 Kyats a night).



TRAVERSING NEW TERRAIN

Trek across the picturesque Kalaw to glorious Inle Lake

Basic Summary	A 2 day / 1 night trek from Kalaw in Shan State to Inle Lake, often on the off-the-beaten path while staying at local homestays.
Weather	Since Kalaw is a hill station, expect cooler weather and crisper air.
Difficulty level	Fairly challenging and long distance.
Details	Day 1: Kalaw to Ywa Pu village (19 KM) Day 2: Ywa Pu village to the Thi Taein monastery (21 KM) Day 3: Thi Taein Monastery to Inle Lake (16 KM)
Cost	Cost varies between tour guides and trek durations.

FRESHWATER

Scenic whitewater rafting in Kachin State

Basic Summary	Myanmar's extreme adventure-sport option where gorgeous sections of the Mula Creek and Malikha River can be explored. Rapids in Kachin State are mostly for intermediate rafters, but multi-day trips are possible.
Theme	Watersports
Weather	Colder with mountainous terrain.
Difficulty level	Moderate level of fitness needed.
Cost	Try a rafting and trekking combo just outside of Putao for approximately 150,000 Kyats per person.



TEMPLE RUN

Cycle around Bagan's ancient temples for a true Burmese experience

Basic Summary	Biking around Myanmar's most famous ancient city is an untrammelled approach to get intimate with its history.
Theme	Biking
Weather	Depends on season, but it is usually hot. Wear a hat and sunscreen to prepare.
Difficulty level	Easy
Cost	Bicycles can be rented for less than 7,500 Kyats a day from most hotels or guesthouses.

In Bagan, E-Bikes are recommended for easiest travel. One can be rented for between 10,000 Kyats and 15,000 Kyats. The temperatures can be soaring between June and October, so it's recommended to rent a taxi during this time of year instead.



WATCHING WILDLIFE

Watch wildlife thrive in Inle Lake Wetlife Sanctuary

Basic Summary	It was reported that this Sanctuary could be a nesting place for the globally endangered sarus crane. Visitors may observe aquatic plants and animals, butterflies, do trekking, and visit historical pagodas in the area.
Theme	Wetlife & Wildlife
Weather	December / January is the best time of year.
Difficulty level	Easy, in 3 hours it is possible to cover the whole place.
Cost	15,000 Kyats entry fee, but for a knowledgeable guide who knows the English names of birds and can show you where the birds are, expect to pay an extra 12,000 Kyats.



ALTITUDE ADVENTURE

Catch a bird's eye view of the ancient city of Bagan

Basic Summary	With this 45-minute hot air balloon package, you'll be treated not only to the ride of your life, but also a majestic bird's eye view of the ancient Bagan city at the break of dawn. You and your loved ones will ascend gracefully over a picturesque panorama of awe-inspiring pagodas, grand mountains, and the serene Ayeerwady River.
Theme	Sightseeing
Weather	Misty
Difficulty level	Easy
Cost	450,000 Kyats

ALTITUDE ADVENTURE

Ascend new heights in Hpa An, Myanmar

Basic Summary	Areas just outside of Mandalay and Hpa An are currently the hotspots for scaling, but the sky's the limit for mapping out new crags across the country. One of the main sites, approximately 16 kilometres out of the city, is located near Bayin Nyi Cave.
Theme	Extreme Adventure
Weather	Depends on season, not recommended during rains
Difficulty level	Between moderate and expert level
Cost	Renting a motorbike for about 15,000 Kyats a day is recommended. Bayin Nyi becomes somewhat of an island in the rainy season. For some added fun, try getting there by boat for approximately 1,500 Kyats.