

Trek for Change – Itinerary



Highlights of the Trek:

Visit Shwedagon Pagoda, Yangon, Burma's most sacred Buddhist Temple
Sleep in a hill tribe village and ancient monastery
Take a boat ride on Lake Inle

Monday 13 November

Fly from London to Singapore and transfer to Yangon, Burma.

Tuesday 14 November

Welcome to Burma! On your first afternoon in Burma you will visit the 2,500-year-old shwedagon Pagoda, the most sacred temple in Burma. This dazzling monument is visible from almost anywhere in the city. You will then check into your hotel and have a dinner and be briefed about the trek ahead.

Wednesday 15 November

In the morning you will catch an early morning flight to Heho and then take a coach to Kalaw. On arrival at the hotel you will change into your trekking gear for the first time. Then after lunch you will head out on a warm up trek to explore the surrounding area and then return to the hotel for dinner.

Thursday 16 November

You will start the day in Kalaw and head into the Shan Mountains. You will see many hill tribe villagers working on their farms and others on their way to the Kalaw market. You will then return to Kalaw to stay overnight.

Friday 17 November

This is full day of trekking in the mountains. Your local guide will give you a unique insight into the culture and traditions of the hill-tribe people. You will enjoy lunch at YwaPu, home to the TaungYoe hill tribe. From there you will trek through fields of corn, maize and ginger crossing small rivers and streams all the way to the Shabin monastery. Dining and spending the night at the monastery is the highlight of the trip.

Saturday 18 November

After a traditional breakfast it's an early start heading for the Shan Plateau. You will trek on challenging terrain through trees in a remote area. After around 3 hours you will arrive at a hill village inhabited by the Pa o hill tribe. The surrounding villages are famous for their cultivation of red hot chillies. Your accommodation on this night will be in village houses.

Sunday 19 November

This is your final day of trekking and it's a tough one. However, the spectacular views will be rewarding. You will set off on mountain paths ascending all the time in order to reach the Pa o villages of Kyuak Su and Nan Yoke. The changing mountain scenery makes all the exertion worthwhile as you see Lake Inle from the western side. After lunch you will enjoy a 1 -2hour boat transfer on the lake to your hotel at Nyuang Shwe. This evening the team will enjoy a well-deserved celebratory meal.

Monday 20 November

This is a free day to relax and explore Lake Inle, the second largest natural lake in Burma. Its shores are home to 17 villages on stilts.

Tuesday 21 November

You will take a morning transfer to Heho airport for the flight to Yangon. After lunch, back to the airport for the international flight check in.

Wednesday 22 November

You will arrive back in London early in the morning.