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From
$9,696 CAD

Single Room
$12,166 CAD

Twin Room
$9,696 CAD

Prices valid until
30th December 2024

15 days
Duration

Myanmar (Burma)
Destination

Level 2 - Moderate
Activity

Discovering Myanmar | Small Group Tour for Seniors

Oct 26 2024 to Nov 09 2024

Discovering Myanmar | Small group tour for seniors

Odyssey offers easy, convenient, and relaxed escorted small group tours across Myanmar and beyond into South East Asia. We explore itsits World Heritage Sites, and cities, all with some truly spectacular scenery along the way. This and more is all waiting to be explored on one of Odyssey's small group tours of Myanamar, designed for the senior traveller, and led by experienced, and enthusiastic like minded



people.
Myanmar ‘s culture is as rich as its scenery in this part of South East Asia. Discover the beauty of Myanmar in 14 days on one of Odyssey’s small group tours Myanmar for senior and mature travellers. On this Myanmar tour we visit the major archaeological site, Bagan and explore and learn the fascinating historical and culture of classic Myanmar . This Mynmar tour begins in Yangon (or Rangoon), Odyssey Travellers small group tours Myanmar then travels to Inle Lake, Pindaya,Mandalay, Pyin Oo Lwin and Bagan. Our small group tours Myanmar is escorted by a local guide and an experienced program leader.The Myanmar tour itinerary is ideal for mature-aged or senior couples or single travellers wanting to learn about places of interest in Myanmar and its history and culture. Join us as we travel in Myanmar on a small group holiday and meet some of the warmest and most welcoming peaceful people in the world.







Myanmar Small Group Tour Highlights

The first three days of this Myanmar tour will be spent exploring the old colonial city of Yangon with a local guide . Highlights include the famous Shwedagon Pagoda, arguably the world’s most impressive golden stupa . There will be a walking tour of downtown Yangon hosted by the Heritage Trust. Thereafter, we will head north to Inle Lake where floating gardens and stilt villages await. Following this, we travel to Pindaya for Shwe Oo Taung cave complex, home to an amazing 8,000 images of the Buddha.

A short flight takes us from Yangon Mandalay , Myanmar‘s last royal city. Here, we’ll board our private chartered boat on the Ayeyarwady River (Irrawaddy River) to visit Mingun, the famous Shwenandaw Monastery, and the Mahamuni and Kuthodaw Pagodas. We then travel to the old British Hill Station, now known as Pyin Oo Lwin, where we will stay for the night. We return to Mandalay the next morning to visit the former royal city of Amarapura before taking in the sunset from U Bein’s Bridge, the longest teak bridge in the world.

There will be a boat trip down from Mandalay to Bagan along the Ayeyarwady River (irrawaddy river) to Myanmar‘s ancient capital, Bagan

. Today, the mighty Ayeyarwady River remains a key transport and communication highway for the people of Myanmar. En route, if tides permit, we visit the fascinating historic village of Yandabo. Finally, we have two days to wander and explore the Bagan temples with expert local guides. Bagan is an ancient capital and is today composed of some 3,500 ancient pagodas and Buddhist monuments that contribute to this UNESCO world heritage site . Regarded by many as one of Asia's premier archaeological sites, a visit to Bagan as an ancient capital will truly be a memorable experience.





You can learn more about this Southeast Asia small group tours Myanmar with Odyssey's country profile. For more information about this tour, check out the 'Top 5' or 'Itinerary' pages above. To make a booking, please call, send us an email, or simply fill in the form on the right hand side of this page.

Articles about Myanmar (Burma)

The following list of articles are either published by Odyssey Traveller or are carefully selected external sources to maximise senior traveller's knowledge and enjoyment of Myanmar when visiting:

- Questions About Myanmar
- Explore Bagan
- Myanmar Country Profile (BBC)
- Myanmar Essentials: Planning your trip
- 36 Hours in Yangon Myanmar
- Bagan: Trip of a Lifetime

Tour Notes

- Group size is limited to 16.

- Tour will include walking up to 3 kilometre a day at a leisurely pace with stairs, uneven surfaces, and boarding of long boats from piers.







Highlights

1. Discover Bagan, one of the world's premier archaeological sites with more than 3,500 Buddhist monuments dating from the 11th century onward
2. Join pilgrims at the Shwedagon Pagoda, arguably the world’s most impressive golden stupa, and see it come alive as the sun goes down
3. Explore the city of Mandalay, the cultural and historic heart of the old monarchy
4. Wonder at the leg rowers, floating gardens and ancient Indein pagoda complex on Inle Lake
5. Spend sunset at U Bein's Bridge near the former royal capital of Amarapura

Itinerary

Day 1

Locations: Yangon

Overview:

After arrival at Yangon’s international airport, participants make their own way to the hotel. Our tour commences with a full tour briefing at 6pm, followed by a welcome dinner at our hotel.

Accommodation:

We spend 3 nights at the Park Royal Hotel, Yangon, or a similar.







Day 2

Locations: Yangon

Overview:

Our sightseeing in Yangon commences today. Highlights include the Chauktatgyi pagoda and its colossal reclining Buddha statue, a stop for a scenic photo opportunity on the shores of Kandawgyi Lake, and a guided walk of historic downtown Yangon hosted by the Yangon Heritage Trust. In the afternoon, we will visit Myanmar's National Museum where you can find Burmese artefacts and other cultural exhibits.

Accommodation:

1 night at the Park Royal Hotel, or similar accommodation.

Day 3

Locations: Yangon

Overview:

Our sightseeing in Yangon continues with its waterfront. We will visit the Botataung Pagoda, a famous landmark on Yangon's waterfront, and home to an unusual stupa that can be explored internally. Before proceeding to colourful Bogyoke market one of the local markets, we also visit Nanthida Jetty where people commute from the other side of Yangon River.

We then return to the hotel for some leisure time. In the evening, we will visit the magnificent Shwedagon Pagoda which dates back 2,500 years. The stupa is sheathed in 11 tonnes of pure gold and 4,350 diamonds weighing 1800 carats. It is most spectacular at sunset, offering visitors a breathtaking show of light, shadow sights and sounds.

Accommodation:

1 night at the Park Royal Hotel, or similar accommodation.

Day 4

Locations: Inle Lake

Overview:

This morning, we will fly north from Yangon to Heho.

On arrival, we will travel by coach to Inle Lake. After checking into our hotel, we will board private longboats to begin our exploration of Inle's enchanting water world. Highlights include the unique 'one-legged' rowing style that Inle's boatmen use, the floating gardens, villages built on stilts over the lake itself, and traditional local industries including silversmithing, cheroot making and weaving. We will also visit the famous Paungdaw Oo Pagoda. It is home to five solid gold images reportedly brought to Inle Lake after the fall of Bagan in the 13th century.

As a group we take time to explore the sights and sounds of the bustling '5 day market' where the local Pa'O and Intha people come to sell their produce.

Accommodation:

1 night at the Pristine Lotus Spa & Resort, or similar accommodation.

Day 5

Locations: Pindaya

Overview:

This morning, we re-board our longboats on the main lake for a lovely ride up a side canal to visit Indein village, the hidden treasure of Inle Lake. There will be a walking tour through bamboo groves along streams where children and young monks play, as well as to the Shwe Indein pagoda complex which houses small temples and stupas dating back to the 11th century.

We then return to the main part of Inle Lake for lunch. After checking out from our hotel, we take a scenic drive through the countryside at the northern end of the Lake and visit the Red Mountain winery en route to

the small town of Pindaya, where we spend the night.

Accommodation:

1 night at the Pindaya Inle Inn, or similar accommodation.

Day 6

Locations: Mandalay

Overview:

This morning, we will visit the small, local market in Pindaya for a taste of local culture and village life.

This is followed by a tour through the astonishing Shwe Oo Taung cave complex, formed over 200 million years ago and now home to over 8,000 images of the Buddha.

We return to Heho airport in the afternoon to catch a flight to Mandalay.

Accommodation:

2 nights at the Sedona Hotel, or similar accommodation.

Day 7

Locations: Mandalay

Overview:

This morning, we will transfer to the riverbank to board our private chartered boat upriver to Mingun. Here, we will see the mammoth pagoda commonly referred to as ‘the largest pile of bricks in the world’ (widely believed to be abandoned before construction was finished). A lovely stroll along the riverbank takes us to Mingun Bell, the world’s largest ringing bell.

We then proceed to the outstanding Mya Thein Tan Pagoda, also referred to as the Taj Mahal of Myanmar. We will then return by boat to Mandalay for lunch.

There will be a city sight seeing tour in the afternoon which includes the highly-revered Mahamuni Pagoda, a traditional gold leaf making workshop, the Shwenandaw Monastery (noted for its exquisite wood carvings), and the Kuthodaw Pagoda, renowned as the world’s largest book with its 729 stone slabs that contain the entire Buddhist scriptures.

If time permits, we will visit Mandalay Hill for a stunning view of the city and Ayeyarwady River.

Accommodation:

1 night at the Sedona Hotel, or similar accommodation.

Day 8

Locations: Pyin Oo Lwin

Overview:

We continue our journey by coach, driving up to the former British Hill Station, Maymyo, (now known as Pyin Oo Lwin) for cooler temperatures and beautiful scenery. Our sightseeing includes elegant colonial houses, Myanmar's beautiful237 acre National Botanical Garden, and the Pwe Kauk waterfall.

Accommodation:

1 night at the Aureum Resort, Governor's House, or similar accommodation.

Day 9

Locations: Mandalay

Overview:

Today's sightseeing begins with a visit to the busy Pyin Oo Lwin market before we return to Mandalay for lunch.

In the afternoon, we will head to the Bagaya monastery and a silk weaving workshop in the former royal capital, Amarapura, before driving down to Lake Taungthaman to see the sunset at U Bein's Bridge. This is the longest teak bridge in the world, built in 1782 using huge teak pillars salvaged from the former royal capital.

Accommodation:

1 night at the Hilton Hotel, or similar.

Day 10

Locations: Bagan

Overview:

Today, we transfer to the banks of the Ayeyarwady River to board our vessel for a full day's cruise to the plains of Bagan. If tides permit, we break our journey at Yandabo village. This is the site of the peace treaty that ended the First Anglo-Burmese War between the British and Myanmar in 1826. Locally, it is more famous for its pottery, and we will witness the pottery-making process. We then return to our boat for lunch, and resume our cruise down the Ayeyarwady River to Bagan now a UNESCO World heritage site.

After disembarking around sunset at Nyaung U, we transfer to our hotel in the historical centre of Old Bagan.

Accommodation:

3 nights at the Bagan Hotel River View, or similar accommodation.

Day 11

Locations: Bagan

Overview:

Today we'll begin our sightseeing in Bagan, home to the world's largest and densest concentration of temples, pagodas, stupas, and other Buddhist monuments. Many date back to the 11th century and are still in use today. Bagan is widely regarded as the world's premier archaeological site. Bagan's architecture and accompanying frescoes are one of the main highlights of our small group tour to Myanmar. Our visit will take in a variety of temples, stupas and monasteries, and ancient pagodas the magnificent Bagan Archaeological Museum.

Accommodation:

1 night at the Bagan Hotel River View, or similar accommodation.

Day 12

Locations: Bagan

Overview:

This morning, we travel southeast of Bagan to visit Mt Popa, an extinct volcano now covered in lush forest. After Mt Popa erupted many millennia ago, the volcanic plug that was blown onto the surrounding plain became known as Popa Taung Kalat, a 2,418 foot-high natural feature now home to a plethora of Buddhist and not-so-Buddhist shrines inhabited by pilgrims and monkeys.

On our drive back to Bagan, we stop at a local farm to see the production of jaggery and palm wine liquor.

In the late afternoon, we will take a pony cart drive through the temples nearby our hotel to Taungbi village and its lovely 18th century teak monastery.

Accommodation:

1 night at the Bagan Hotel River View, or similar accommodation.

Day 13

Locations: Yangon

Overview:

Our sightseeing in Bagan concludes with a morning visit to tour Bagan at your leisure or to go to the market at Nyaung U where you can pick up some souvenirs. This is followed by a tour of one of Bagan's famous lacquer-ware workshops, where we will learn how Myanmar's famous lacquer-ware is produced, and see highly skilled artisans creating a wide variety of products.

Following lunch, we head to the airport for our flight back to Yangon and a farewell dinner at our hotel.

Accommodation:

1 night at the Park Royal Hotel, or similar accommodation.

Day 14

Locations: Tour concludes in Yangon

Overview:

Our tour concludes today after breakfast at our Yangon hotel.

Inclusions / Exclusions

Tour Inclusions

- 13 nights of twin share hotel accommodation.
- 13 breakfasts, 3 lunches, and 12 dinners.
- 3 internal flights as detailed in the itinerary (economy class, luggage limits may apply).
- All sightseeing including entrance fees and 1 day of cruising.
- All transportation as per itinerary.
- Services of an English speaking local guide.
- Odyssey program leader for the duration of the tour.
- Detailed tour information booklet.

What's not included in our Tour

- International airfares and taxes.
- Comprehensive travel insurance.
- Meals not specified in the itinerary.
- Items of a personal nature, such as telephone calls and laundry.

Level 2 - Moderate

Participants must be able to carry their own luggage, climb and descend stairs, be in good health, mobile and able to participate in 3-5 hours of physical activity per day, the equivalent of walking/hiking up to 8 kilometres on uneven ground.

Please do not hesitate to contact us with any requests for further information about this tour or any others offered by Odyssey Travel.