



Epworth Charity Challenge Heartsmart Myanmar Cycle



trip highlights

- Raising money for Epworth Medical Foundation
- Cycle and discover the beauty of this untouched country
- Wander through the colonial charm of Yangon
- Witness the sunset from the top of Mandalay Hill
- Visit the worlds largest bell in the ancient city of Mingun
- Walk amongst the wonders at Sagaing, home to 600 pagodas and monasteries
- Discover one of the finest collections of temples in South East Asia at Bagan
- Climb more than 700 steps at Mount Popa for amazing views



Trip Duration	12 days	Trip Code: EP6
Grade	Introductory to Moderate	
Activities	Charity Challenge and 7 days cycling	
Summary	12 day Myanmar challenge (due to flights)	

Supporting Your Cause

Epworth Medical Foundation

Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth Health Care receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients. Epworth is a private, not-for-profit organisation. We receive very limited funding from government. Instead, we rely on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research.

By taking part in the EMF Bike for Health, you will not only enjoy the adventure of a lifetime: you will also be helping to give vital support to hundreds of our patients.

Your Huma Challenge

Thank you for your interest in our Epworth Charity Challenge Heartsmart Myanmar Cycle. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



A DIVISION OF WORLD EXPEDITIONS

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



Charity Challenge Payments

Joining Australia Travel/Fundraising Cost Twin Share:	\$6680
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$660

All prices are per person

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Trip Dates

2017 10 Feb - 21 Feb

2018 02 Feb - 13 Feb

Countries Visited:
Myanmar

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Group Size Min:
14

Group Size Max:
30

Singles:
A single supplement is available for this trip*

Leader:
Expert Local Leader & Escort

*Ask our staff for more information.

What Impact Will My Fundraising Have?

Epworth Medical Foundation - The difference you make

When you donate to the Foundation, your generosity is used to directly benefit our patients. For example, more than half of all medical equipment at Epworth HealthCare is funded by the Foundation, and 80 percent of our medical research.

Charitable funds are used to support:

- *state-of-the-art medical equipment that ensures our patients receive the very best
- *world-class facilities that maximise patient outcomes, safety and comfort
- *groundbreaking medical research projects and trials, shared with our patients
- *staff education and training opportunities to pass best-practice on to our patients
- *support programs to care for our patients' emotional and financial needs

Your Adventure

We explore at handle bar level this friendly land, where exceptional hospitality is guaranteed. After flying to Mandalay, our cycling adventure starts in earnest in with a ride on the outskirts before returning by boat on the Irrawaddy River. Our cycling continues through timeless villages where we observe traditional lifestyles enroute to Bagan, home to one of the finest collection of temples in South East Asia. Exploring at a gentle pace, this magnificent region uncovers ancient pagodas and temples of a bygone era with intricate carvings, murals and astonishing architecture. At sacred Mount Popa, the abode of 'Nats', known as 'Spirits of Ancient Ancestors' we leave our bikes and climb the 700 steps for stunning panoramic views from the golden temple at its summit.

Fundraising Options

There are a number of ways you can approach your fundraising:

1. Simply pay for it yourself, as you would any other holiday (although this will be a LOT more memorable than any other holiday!). If you do so, \$2,500 of this cost will be tax deductible.
2. Fundraise some or all of the amount. When you do so, any donations that others make towards your challenge will be tax deductible. If you'd like to fundraise for your trip but don't know where to start, our professional fundraisers will provide you with the support and resources to make it easy and stress-free.

Online Fundraising Portal

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name.

The team at Epworth will be in touch with you upon registration to give you the details of the online fundraising page and permission to fundraise.

The minimum fundraising target is \$2,500 per person. You can do it!



**huma
charity
challenge**

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.humacharitychallenge.com

Trip grading Introductory to Moderate

Our Cycle Myanmar trip is rated introductory to moderate and therefore requires a reasonably good level of fitness. Cycling experience is also required. In preparation for your trip you should be doing at least 30 minutes to one hour of good cardiovascular exercise, 2-3 times per week for approximately 2-3 months prior to your trip. Cycling should also form part of your training. Remember the fitter you are the more enjoyable your experience will be.

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

Itinerary at a Glance

DAY 1	DEPART AUSTRALIA
DAY 2	ARRIVE YANGON
DAY 3	FLY TO MANDALAY
DAY 4	MANDALAY
DAY 5	MANDALAY
DAY 6	MEIKTILA
DAY 7	MT POPA
DAY 8	BAGAN
DAY 9	BAGAN
DAY 10	BAGAN
DAY 11	DEPART YANGON
DAY 12	ARRIVE AUSTRALIA

What's Included

- Economy return International Airfare with Thai Airways ex Australian cities.
- \$2,500 fundraising amount, tax deductible
- Internal flights Yangon/Mandalay and Bagan/Yangon valued at US\$354
- Trip escorted by Epworth Medical Foundation representative
- All meals
- 3 star comfortable accommodation on twin share basis
- Local English speaking guide, with medical training and kit
- Private vehicles
- 21 gear bike on cycling days
- Support vehicle and bike mechanic on cycling days
- Sightseeing and entry fees as per itinerary
- Boat trip on Irrawaddy River

Detailed Itinerary

DAY 1 Depart Australia

After all the planning and preparation the wait is finally over! Please make your way to your Australian gateway airport for your late night flight to Yangon. Flight details will be sent once you register.
meals: NIL

DAY 2 Arrive Yangon

On arrival in Yangon you will be met by our crew and transferred to your group hotel for a chance to freshen up. From here continue to downtown Yangon to explore the fabulous mix of colonial architecture and religious monuments. We will take a short walking tour past the most famous buildings such as City Hall and the Post Office. Depending on the time there is the option to stop at a local tea shop to experience an integral part of Burmese life: drinking tea! Select from an array of snacks and enjoy a coffee or tea as you sit amid businessmen, friends and families who gather at the tea shop to socialize or conduct business. The tea shop is also unique in the way they prepare the tea, so be sure to have your camera ready.

Late this afternoon, visit Shwedagon Pagoda, the most revered Buddhist temple in Myanmar. The central stupa is 90 meters tall and gilded with gold leaf. As the sun begins to set enjoy the breathtaking views of the Pagoda and surrounding skyline.

This evening we will meet in the hotel lobby at approximately 7.00pm for a group meeting and trip briefing before we head out to enjoy our first meal together.

meals: L,D



**huma
charity
challenge**

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 3 Fly to Mandalay

After breakfast, transfer to airport for the flight to Mandalay. Upon arrival at Mandalay, transfer to the hotel. Your bikes will be waiting here and after checking in, we will take some time to do a bike fitting. Lunch at local restaurant. This afternoon you will explore the hidden places of the city by car. Stops will be made at a workshop making gold leaf, where the craftsmen use ancient techniques handed down over generations.

You'll also visit Mahamuni Pagoda, home to one of the country's most revered Buddha images which, over the years, has been covered with gold leaf giving it an almost 'lumpy' texture. End the day with enjoying the magnificent sunset view from the top of Mandalay Hill.

meals: B,L,D

DAY 4 Mandalay

It's time to begin cycling! After breakfast at the hotel, your guide will take you on a bike ride to Mandalay's outskirts. Heading to the southwest of the city, your first destination is the 18th century capital of Amarapura (17 kms/ app 1 hour). Stop here to visit U Bein Bridge for a walk along this 200 year-old teak bridge. The bridge spans over 2 kilometers in length and offers fabulous views of the surrounding farms and streams. Continue by bike across the Irrawaddy River to Sagaing and continue over a quiet road to Mingun (48 kms / app 3 hours).

Visit the main sites of Mingun beginning with the famous Mingun Pahtodawqyi. This huge brick structure was left unfinished after an astrologer predicted the King's would die should the temple be completed. In the 1800s, an earthquake left several large cracks in the structure. Continue your visit at the beautiful white Hsinbyume Pagoda whose distinctive style is meant to resemble the mythical Mount Meru. Then see the Mingun Bell which weighs 90 tons and is considered the world's largest uncracked ringing bell. Lunch boxes served on the way in typical Myanmar tiffin boxes at a local monastery. Return to Mandalay by boat. This 1-1.5 hour journey along the Irrawaddy is a great way to observe the lives of the fishermen and enjoy the beautiful, tranquil scenery. Upon reaching Mandalay, continue by bike to you hotel (10 minutes)

Mandalay – 48 km cycling

meals: B,L,D

DAY 5 Mandalay

Today we discover a part of the east side of Mandalay and we go by bike starting from the hotel and pass the Mandalay palace, Shwesandaw pagoda and continue through lush fields the Yankin hill and return through the city again.

Mandalay – 40 km cycling

meals: B,L,D

DAY 6 Meiktila

Today's journey takes you to Meiktila. The journey starts on bike and then continues the last stretch by vehicle. You will cycle to Pyin Si Junction from Mandalay. Along the way, you will pass by the villages and you will have unparalleled opportunities to observe traditional lifestyles of the rural Burmese. Their life is lacking in many amenities yet the concepts of mutual help and cooperation are central to village life here and there are a number of social and religious customs which prevail in the upper Myanmar. Lunch at the village or on route (lunch box).

Mandalay to Meiktila - 75 km cycling

meals: B,L,D



huma
charity
challenge

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



DAY 7 Mt Popa

This morning is a scenic ride to Mt Popa. The road is good and the traffic light, varied scenery and lots of stops make it an enjoyable ride. The journey starts on bike and then continues the last stretch by vehicle. The terrain starts out quite hilly but there are options to ride in the support van if you wish. Lunch at a local restaurant along the way. Check in to Popa Mountain Resort and enjoy the spectacular views or go for a refreshing swim. Dinner this evening is at your hotel. Overnight at Popa Mountain Resort. Biking Distance: Approximately 60 km (note: Support vehicle will be with you throughout so if you wish to stop biking at any point to shorten the ride, this is no problem)

Meiktila to Popa – 60 km cycling

meals: B,L,D

DAY 8 Bagan

After breakfast, start with an easy bike down from your hotel to the base of Mt. Popa. From here you can climb the almost 900 stairs to the top of Popa Taung Kalat. Along the way you will pass dozens of nat shrines and many local pilgrims who come to honour these spirits. From the top you will have superb views of the surrounding plains. Then proceed to Bagan by bike along Byatta Pan Sat Road which leads to Kyauk Padaung – Nyaung U road. En-route stop at a village and palm garden to see ways of life of rural people in this area. A picnic lunch box will be served along the way. Continue the last stretch by vehicle arriving in Bagan this afternoon and check into your hotel. After freshening up take a horse cart ride to an elevated temple to watch the sunset over the pagoda-filled plains.

Popa to Bagan - 45 km cycling

meals: B,L,D

DAY 9 Bagan

After breakfast at the hotel, spend a full day biking around the ancient temples.

Start with a visit to the colourful Nyaung Oo Market where the locals come to buy and trade fresh produce and handicrafts. Continue to Shwezigon Pagoda, known for its magnificent golden stupa, and Wetkyi-In Gubyaukgyi, a cave temple with exquisite jatakas murals paintings. Your final visit this morning is at the elegant Htilominlo Temple noted for its fine plaster carvings and glazed sandstone decorations. Take a break from the midday heat for lunch and a chance to relax.

Bagan – curries from the dry zone served at a monastery

The dry zone (as the area around Bagan is called) is not known for its fertile lands as the main crops grown are rice, peanuts, sesame seeds and tamarind. The food created from it is delicious though and we will serve you some beautiful food in a traditional monastery.

This afternoon, observe the process of traditional lacquerware, one of Myanmar's best-known handicrafts and a specialty of Bagan. Then, visit Ananda, an architectural masterpiece reflecting the early-style of Bagan temple construction and containing four impressive standing Buddha images. Continue to nearby Ananda Okkyaung, one of the few surviving brick monasteries from the early Bagan period.

Bagan - 16 km cycling

meals: B,L,D



**huma
charity
challenge**

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



DAY 10 Bagan

We start the day to bike from your hotel to the Z-Craft Jetty in Old Bagan. In the morning you find a busy market where locals bring their merchandise from across the river. After checking out the market we take a 10 min boat ride across to SeLan village on the other side of the Ayeyarwaddy River. We spend about one hour biking through vegetable plantations, seeing local way of life to Myitchay village. Here we will visit workshops like cotton weaving and cane/bamboo ware workshops. Lunch will be in a local restaurant. After lunch we continue on our bikes south (10 km) to KyaungChaung Jetty where our boat will be waiting for us to bring us back to Old Bagan. From here we return to our hotel by bike. A great trip for photographers and anyone interested in daily life of local people.

We will enjoy a farewell celebration dinner tonight.

Bagan - 30 km cycling

meals: B,L,D

DAY 11 Depart Yangon

After breakfast we transfer to the airport and fly to Yangon. Upon arrival at Yangon we have vehicle to take us on afternoon sightseeing. Begin with a visit Kyaukhtatgyi Pagoda, home to a 70-metre long reclining Buddha. A visit to Kyaukhtatgyi provides a great overview of Buddhism with murals depicting the life of Buddha, the feet of the statue carved with traditional symbols and often many locals gathering to pay homage and pray. Late afternoon we are transferred to the airport for your flight home.

meals: B,L

DAY 12 Arrive Australia

This morning we arrive back home in Australia after a life-changing journey to one of the most fascinating countries in the world. What a wild ride !

meals: NIL

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of tarmac and dirt roads, the odd main road but generally smaller secondary roads. And sometimes even the occasional hill! All of this so that you can see the incredible scenery and landscapes, view the main sights and along the way eat delicious food, stay at unique accommodation and discover the incredible people.

Generally we supply you with geared (21-27) mountain or touring bikes and support vehicle which will follow the group on almost all sections of the ride. All equipment and luggage will be carried by the support vehicle. You will need to carry a small day pack with your camera, sunscreen and water. It is important to remember that these cycling journeys are not designed to be a marathon event. No one needs to feel under pressure to ride. If at any point you do not wish to ride the vehicle is always available for you and your bike to be transported. Usually we stop every 10 to 20kms for a rest. This will be the time to recover your breath and replenish your fluids and energy with water and snacks.

Remember that cycling involves some physical exertion, so you cannot expect that you will not feel tired. A little bit of preparation will go a long way. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times whilst cycling.



**huma
charity
challenge**

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



Country Information

Also known as Burma, Myanmar is an Asian nation bounded by Tibet in the north, by Laos, China and Thailand in the east, on the south by the Bay of Bengal and to the west by India and Bangladesh. The Irrawaddy River is the country's most dominant natural feature as well as a string of mountains in the north which rise as high as 5900 metres, with Hkakabo Razi being the highest peak in South East Asia.

While Myanmar lies at the crossroads of China and India, its ethnicity is a blend of both civilizations but also interspersed with Myanmar native characteristics. The country's name has progressed from Burma, which is linked to just one of the ethnic groups, to Myanmar to satisfy an all encompassing title. There are 135 different ethnic groups that make up the population.

Buddhism strongly influences daily life and this is demonstrated by the number of pagodas and monasteries strewn throughout the country. The people are known for their friendliness and hospitality. The language spoken is predominantly Myanmar (Bamar) while ethnic minorities speak Chin, Kachin, Kayin, Shan and another 135 hill-tribe dialects. Being once a British colony English is also widely spoken.

Climate

Most of Myanmar lies within the Tropic Zone. The hot season extends from March until October, and the cool season, from November through to February. Temperatures during these seasons range from 17° to 40° C (62° to 104° F) in lower Myanmar. Temperatures in upper Myanmar are usually less and mountainous regions can at times be cold. The country receives practically all its yearly rainfall between mid-May and October, the period of the Southwest Monsoon.

Myanmar is in the northern hemisphere so it is also winter from November to February. You will need to bring some warm clothing for early mornings everywhere, and especially for higher areas like Shan State (Kalaw, Inle Lake, Pindaya). The hotels in these areas are NOT equipped with heating or fireplaces so be prepared for some colder nights.

Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip



In Myanmar we use private non government owned and operated accommodation. We also use private airlines for internal flights (where possible) and generally they are operated with expat pilots.



**huma
charity
challenge**

Epworth Charity Challenge Heartsmart Myanmar Cycle

Explore the rich cultural diversity of Myanmar by bike whilst helping raise much needed funds for Epworth Medical Foundation and thus ensuring that our wards remain equipped with cutting edge, world class medical equipment.



What You Carry

In your daypack you will need to carry a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

Equipment Required

A bike helmet is compulsory on this trip. We also highly recommend bike pants, gloves and a gel seat cover for your own comfort. A full gear list will be provided on booking.

Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

What's Not Included

- Travel Insurance (compulsory)
- Safety Approved Bike Helmet (compulsory)
- Meals and beverages not indicated in the program
- Items of a personal nature such as laundry, phone calls, alcohol etc
- Tips and gratuities

Info Nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether registered or still deciding whether to take the challenge you'll find these evenings informative and inspiring and are hosted by our most experienced and passionate travel experts and representatives from the relevant charity. Register at www.humacharitychallenge.com

How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Scott Pinnegar

Email: scott@worldexpeditions.com.au

Post: Huma Charity Challenge, Level 1 - 393 Little Bourke Street, Melbourne Victoria 3000

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com.au

The Epworth Medical Foundation staff are able to answer any questions you may have as well as provide you with all the support you need as you fundraise for your challenge. Please contact Jayne Coates on telephone 03 9426 6359 or email jayne.coates@epworth.org.au who will be happy to talk with you.

