

Dear Sales Agent

Please find information about The Bagan Temple Marathon below.
The marathon and half marathon will take place **28 November 2015**.

The 2015 edition has two Basic Package itineraries to choose from:
A 7-day package and a 6-day package.
It is mandatory to book one of these itineraries in order to enter the race.

In addition participants can book two 4-day Optional Packages.

NEW in 2015. Besides the full and the half marathon we will for the first time also offer a 10 km race.

The event is limited to 300 participants.

Flights to and from Myanmar are not included in the package prices and must be purchased separately through you or by the participants themselves.

Transfer from/to the airport at arrival and departure is not included. Participants must take a taxi from the airport.

IMPORTANT

Domestic flights are included in the package prices. We haven't received the exact flight times yet, but flights to/from Bagan depart in the morning/afternoon.

Participants should NOT book their flight out of Yangon earlier than 15:00 if leaving the same day as the tours end. We recommend that participants book an evening flight out of Yangon.

VISA

All travellers are required to have a valid visa for entering Myanmar. Guests can apply for electronic visa here: <http://evisa.moip.gov.mm>



Kind regards

Albatros Adventure Marathon Team



Prices

Single travellers who wish to save the single room supplement can request to share a double room with another traveller of the same sex. A shared room, however, cannot be guaranteed.

All prices are per person in EURO.

6-Day Package – 6 days/5 nights

Day 1 – 25 Nov: Arrival Yangon

Day 2 – 26 Nov: Yangon & Bagan

Day 3 – 27 Nov: Bagan sightseeing and pasta dinner

Day 4 – 28 Nov: Bagan Temple Marathon

Day 5 – 29 Nov: Bagan and Celebration Dinner

Day 6 – 30 Nov: Farewell Myanmar

Shared double room: €998

Single room supplement: €398

Price includes:

- 5 nights' accommodation
- Domestic flights
- Transportation as per itinerary
- Yangon sightseeing tour
- English speaking tour leader
- 4-days entry to Bagan
- Lunch day 2 & 4
- Dinner Day 3 & 5
- English speaking local guide
- English speaking tourleader from Albatros Adventure

Price does not include:

- International flight to/from Myanmar
- Transportation from/to the airport
- Visa to Myanmar
- Meals not mentioned in the itinerary
- Beverages
- Personal expenses
- Tips for local guides and drivers (3-5 euro pr. person pr. day is recommended)
- Cancellation insurance due to illness or injury prior to departure
- Travel & health insurance (we strongly recommend you to take out sufficient insurance)
- Anything not mentioned under "Price includes"



7-Day Package – 7 days/6 nights

Day 1 – 24 Nov: Arrival Yangon

Day 2 – 25 Nov: Mandalay

Day 3 – 26 Nov: Mandalay and Bagan

Day 4 – 27 Nov: Bagan sightseeing and pasta dinner

Day 5 – 28 Nov: Bagan Temple Marathon

Day 6 – 29 Nov: Bagan and Celebration Dinner

Day 7 – 30 Nov: Farewell Myanmar

Shared double room: €1248

Single room supplement: €448

Price includes:

- 6 nights' accommodation
- Domestic flights
- Transportation as per itinerary
- Mandalay sightseeing
- English speaking tour leader
- 4-days entry to Bagan
- Lunch Day 2, 3 & 5
- Dinner Day 4 & 6
- English speaking local guide
- English speaking tourleader from Albatros Adventure

Price does not include:

- International flight to/from Myanmar
- Transportation from/to the airport
- Visa to Myanmar
- Meals not mentioned in the itinerary
- Beverages
- Personal expenses
- Tips for local guides and drivers (3-5 euro pr. person pr. day is recommended)
- Cancellation insurance due to illness or injury prior to departure
- Travel & health insurance (we strongly recommend you to take out sufficient insurance)
- Anything not mentioned under "Price includes"

Race Package €248

Price includes:

- Entry to Bagan Temple Marathon, Half Marathon or 10 km
- English speaking race officials
- International Medical Team
- Finisher photos
- Time taking and results service
- Supplies on the route
- Running T-shirt
- Medal



Optional Package INLE Lake – 4 days/3 nights

Day 1 – 30 NOV: Heho and Inle Lake

Day 2 – 1 DEC: Inle

Day 3 – 2 DEC: Inle

Day 4 – 3 DEC: Farewell Myanmar

Shared double room: €498

Single room supplement: €198

Price includes:

- 3 nights' hotel accommodation
- Domestic flights
- Transportation as per itinerary
- Inle Lake sightseeing
- English speaking tour leader
- Breakfast

Price does not include:

- Meals not mentioned in the itinerary
- Beverages
- Personal expenses
- Cancellation insurance due to illness prior to departure
- Travel & health insurance (we strongly recommend you to take out sufficient insurance)
- Anything not mentioned under "Price includes"

Optional Package NGAPALI Beach – 4 days/3 nights

Day 1 – 30 NOV: Thandwe and Ngapali Beach

Day 2 – 1 DEC: Ngapali

Day 3 – 2 DEC: Ngapali

Day 4 – 3 DEC: Farewell Myanmar

Shared double room: €498

Single room supplement: €198

Price includes:

- 3 nights' accommodation
- Domestic flights
- Transportation as per itinerary
- English speaking tour leader
- Breakfast

Price does not include:

- Meals not mentioned in the itinerary
- Beverages
- Personal expenses
- Cancellation insurance due to illness prior to departure
- Travel & health insurance (we strongly recommend you to take out sufficient insurance)
- Anything not mentioned under "Price includes"



Bagan Temple Marathon - Race Information

Do not forget that this is first and foremost an adventure. We are far away from the comforts and services of a city marathon.

The race organizers reserve the right to change details of the race.

Age limits

Full marathon runners must be minimum 18 years old on race day. Half marathon runners must be at least 16 years old. 10 km participants must be at least 12 years old on race day. 10 km participants under the age of 12 are also welcome as long as they are accompanied by a runner aged 16 or above.

Awards

All finishers receive a medal. A small, symbolic prize is given to the winner of all distances for men and women. Please note that there is no prize money.

Bag check-in

On race day morning runners can check in personal items needed after the race. Please place all your items in a bag and mark the bag clearly with your name and bib number. To pick up the bag you must show your bib number as identification. Checked in bags will be manned throughout the race, but the race organisers cannot be held responsible for loss of or damage to any items.

Bib number

All runners must wear the official Bib number that will be handed out the day before the race. Marathon bibs are black, half marathon bibs are red and 10 km bibs are green.. The bib number must be attached to the front of the torso for the duration of the run.

Cut off time

All runners have 7 hours to complete the race. Runners still on the route after the cut off time will be swept up by a race official or medical car and driven back to the finish area. 5 hours after the start, however, the route closes at the 30 kilometer mark. Runners who haven't passed this point at 11:00 will not be allowed to finish the race.

Distances

The Bagan Temple Marathon features a classic 42,195 km Marathon, a Half Marathon and for the very first time a 10 km.

The distances are color coded – marathon is black, half marathon red and 10 km are green. At the race briefing Friday – the day before the race – it is possible to change distance. No change of distance is permitted on race day!

Drinks Stations

Drinks stations serving water are situated along the route. Selected stations also serve energy drink and bananas.

Finish

All runners who complete the race within the time limit will receive a medal after crossing the finish line.

Water and a lunch pack are given to all participants. Checked in bags can be picked up at the bag check out area. Shuttle busses leave the finish area every hour to bring runners back to their hotel.



Medical Team

A team of specialized doctors from Denmark and paramedics from Myanmar will supervise the marathon and assist in case of injury or exhaustion. The medical team has undisputed authority to exclude runners who, according to the doctors' judgment, should not continue running if it involves a serious health risk to the runner. The medical team will be patrolling the route as well as being situated in the finish area and on strategic points of the route.

Runners who wish to drop out of the marathon should go to the nearest drinks station and wait for a medical or race official car. If it is not practical to go to a drinks station simply wait at the side of the road. We encourage all participants to look out for each other and report to the officials or medical team if you see an injured runner on the route.

All decisions made by the medical team are final and not up for discussion!

Personal supplies

It is possible to have personal supplies delivered to selected drinks stations.

The personal supplies can be food, drink, sunscreen or other personal necessities.

Personal supplies must be handed over to the race officials in the morning before the race starts - remember to clearly mark your supplies with start number and number of the drinks station you want it deposited.

Personal supplies deposited to the drinks stations will not be returned.

Race Officials

English speaking race officials are in charge of setting up the route as well as controlling the logistics on race day. They will be patrolling the route and guiding on the most crucial places on the course. Assisting guides will also be placed on the route to show directions.

All decisions made by the race official team are final and not up for discussion!

Route Logistics

Kilometer signs can be found along the entire route. Owing to the conditions, however, they may be placed +/- some meters from the exact point. The kilometer signs are therefore only for orientation and runners shouldn't calculate speed based on the signs.

Note that there won't be any toilets along the course, which means that there are toilets everywhere! Toilet paper is available at all drinks stations.

The route is not closed off to traffic, but traffic police guards all entries to the route to warn drivers and ask them to slow down. Traffic is not heavy on these roads, but do keep an eye out for cars and trucks while running on paved roads!

Start

The Bagan Temple Marathon & Half Marathon 2015 takes place 28 November and is scheduled for a 06:00 start in front of the Hti Lo Min Lo temple.

Surface

The route is run on a mixture of gravel, sand and paved roads. The route is relatively flat.

Time taking

Timing is done manually with internationally approved stop watches. Timing chip is not needed.

Result lists will be published at the celebration dinner the following day and online as soon as the local internet connection allows it.

