



# **ASCEND NEW HEIGHTS**

**A MOUNTAIN CLIMBER'S GUIDE!**



## Introduction

Mountain climbing is still at its infancy in Myanmar, but that doesn't make it any less exciting. It has great potential to start offering one of the best climbing experiences in Southeast Asia in the near future due to the diverse terrains and the beautiful landscapes. You can be one of the first to venture into this wonderful terrain and experience life as an adventurer. You'll probably be one of the first people to blog about it back home, let alone post an image from the summit.

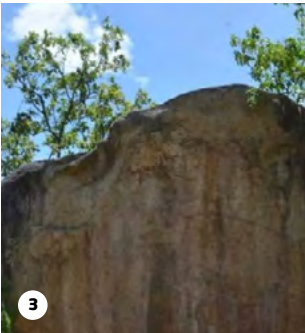
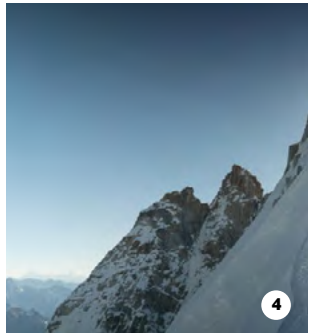
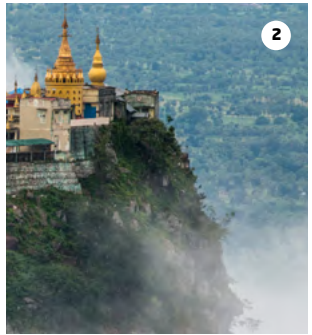


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## Phongkanrazi – Mount Phongun

Situated in Putao, Mt Phongun is the most popular peak to be scaled by trekkers in the Myanmar Himalayas. It is an easy trek to climb, but moderate amount of fitness is recommended as you will be trekking 7 hours a day as you gradually ascend the mountain ridge to reach the top. No expert mountaineering experience is needed, but you are required to camp on the mountain for at least 5 nights to complete the trek.

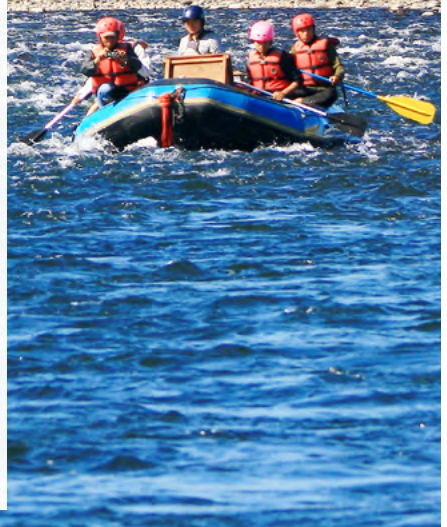
As you near the summit of Mount Phongkanrazi of 3,630 metres, you will pass through dense forests and peaks of snow.

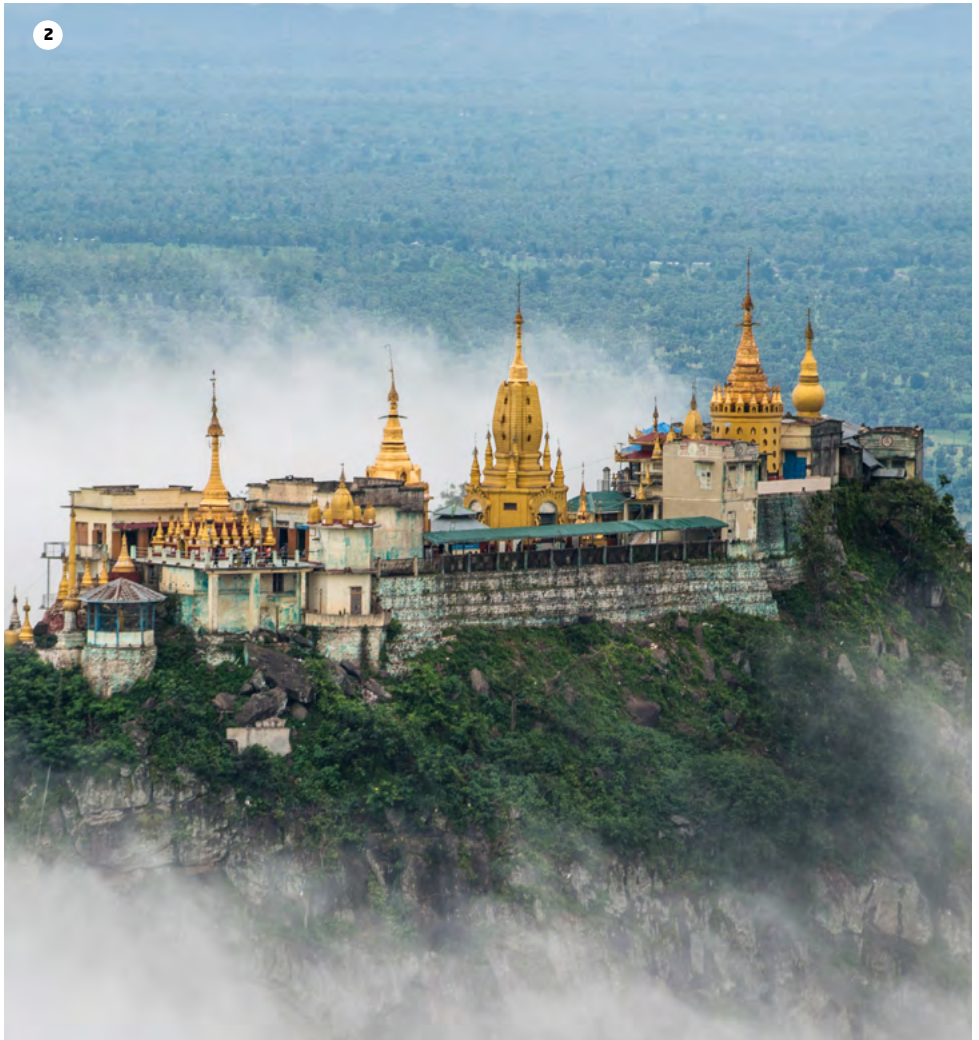
### **When To Go**

October - April. In January and February there will be more snow on the top.

### **Difficulty level**

Moderate, takes about 5 days to complete.





## Trek to Popa Taungkalat Monastery

Mount Popa is an extinct volcanic mountain located in central Myanmar. On the foot of this mountain lies a monastery perched atop a huge rocky cliff. Here lies the spiritual centre of the 37 Nats (Spirits), represented by various statues. The views across the surrounding plain and of Mount Popa itself are truly amazing. You can climb the hill to reach the monastery and go hiking around Mount Popa as well, depending on how much time and stamina you have.

### **When To Go**

Any time of year

### **Difficulty level**

A light trek that takes about 45 minutes.

## Phonyin Razi – Mount Ponyin

A less hiked path, you will find overgrown foliage and might need some time to clear a proper path before advancing. The trekking expedition starts with mostly flat trails that goes through a village before it ascends over a mountain range. You will pass through more villages and the occasional hanging bridge to cross over rivers. The trail gets narrower and steeper as you start to climb up to the peak. As you climb, the view changes from tropical jungles to rhododendron and alpine conifer trees. A magnificent view of the Himalayas awaits you at the top.

### When To Go

October-April.

### Difficulty level

Moderate to Difficult, takes about 5-7 days.



## Gabani Boulders

Gabani Boulders is a protected site full of stones with inscribed art from the prehistoric age. These are fenced and are under conservation, but outside the area there are many more boulders which you can climb. It stands at 1,418 feet and is a good place to further hone your skills if you want to challenge yourself.

### When To Go

Best time is from beginning of March to mid-April.

### Difficulty level

Moderate

## Mount Hkakaborazi

Mount Hkakaborazi is believed to be the tallest peak in Southeast Asia. With a height of 5,881 metres, it proves a tough challenge for anyone who wishes to attempt it. The National Khakaborazi Park is enclosed within the peak, surrounded by evergreen rainforests. Higher up at 3,400 metres, the forests transition to alpine, before the cold, barren landscape sweeps in at 4,600 metres.

Various undiscovered species of nature lie on the mountainous terrain, and scientists are still discovering new species every year.

### When To Go

August to May

### Difficulty level

Very Difficult

