Bhutan Cycling Tour - 12 Days

Dive into an unforgettable journey with **Bhutan Cycling Tours**, where scenic landscapes and rich cultural tapestries await you on every trail. Our expertly guided **Bhutan Bike Adventure-** routes take you from the tranquil Paro Valley to the historic paths of Thimphu and beyond. Whether you’re in for the thrill of **Mountain Biking in Bhutan** or a serene -**Cycling Holiday in Bhutan**, our tours are perfectly crafted to suit cyclists of all expertise levels, ensuring a deeply memorable and enriching experience as you **Explore Bhutan by Bike**.

At **Amen Bhutan Tours and Treks**, we pride ourselves on being the premier provider of -**Bhutan Cycling Tours**. Our dedication to delivering exceptional cycling experiences is unmatched, making us the top choice for adventurers who wish to **Explore Bhutan by Bike**. With expertly curated itineraries that navigate through the most scenic **Cycling Routes in Bhutan**, each tour is designed to cater to both novice riders and seasoned cyclists. From the lush valleys of Paro to the historic trails of Thimphu, our tours ensure a blend of adventure, culture, and unparalleled service, making every journey with us a once-in-a-lifetime **Bhutan Bike Adventure**.

Diverse Terrain

The **Diverse Terrain** of the Bhutan Cycling Tour is one of its most captivating features, offering a dynamic and engaging experience for cyclists of all skill levels. This diversity includes:

Lush River Valleys: Ride through serene landscapes where rivers meander alongside, providing refreshing breezes and stunning photographic opportunities.

Rugged Mountain Trails: Challenge yourself on trails that ascend into the mountains, offering rigorous climbs that are rewarded with panoramic views.

Remote Forested Paths: Cycle through dense forests filled with native flora and fauna, where the only sounds are the chirping of birds and the rustle of leaves.

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High Altitude Passes: Experience the thrill of cycling at altitudes where the air is crisp and the landscapes are draped in clouds, offering a surreal biking experience.

This varied terrain not only tests your cycling prowess but also immerses you deeply in the natural beauty and tranquility of Bhutan, making every pedal stroke a discover.

Scenic Beauty

The **Scenic Beauty** encountered on the Bhutan Cycling Tour is truly unparalleled, offering a feast for the senses and a treasure trove of natural wonders. Each leg of the journey unfolds landscapes that are both majestic and serene, deeply enriching the cycling experience.

Paro Valley: Start your tour surrounded by lush, fertile fields and traditional Bhutanese farmhouses, against the backdrop of rugged mountains. The valley is famous for its crystalline rivers and historical sites, providing a picturesque start to the adventure.

Dochula Pass: At 3,100 meters, the Dochula Pass offers one of the most mesmerizing panoramic views of the Himalayan mountain range. On a clear day, you can see a series of peaks stretching beyond the horizon, creating a stunning visual spectacle that's perfect for a restful break and some memorable photos.

Phobjikha Valley: Known for its beautiful glacial valley and as the winter home of the black-necked cranes, Phobjikha offers a blend of natural beauty and wildlife. Cycling through this area not only allows for interaction with unique bird species but also offers views of the valley's gentle slopes and the quaint villages dotted around it.

Thimphu and Punakha Valleys: Ride through the capital’s bustling environment into the more serene and historically rich valley of Punakha. This route allows for a mix of cultural and natural exploration, with numerous dzongs and chortens along the way set against forests and rivers.

Bumthang’s Spiritual Landscape: Often considered the spiritual heart of Bhutan, Bumthang is dotted with ancient monasteries and sacred sites, set amidst rolling hills and rivers that make this central district a soul-soothing destination for any cyclist.

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The route's varied landscapes not only showcase Bhutan’s environmental diversity but also its commitment to preserving and celebrating its natural heritage, making every moment on the bike an immersive experience in the heart of the Himalayas.

Cultural Immersion

The **Cultural Immersion** aspect of the Bhutan Cycling Tour is a profound and enriching component that offers cyclists an intimate glimpse into the heart and soul of Bhutanese life. As you pedal through this mystical land, each destination provides unique cultural insights and experiences:

Local Villages: Cycling through rural villages allows for authentic encounters with the Bhutanese people. Here, you can witness daily life, traditional farming practices, and the warm hospitality that Bhutan is known for. Engage with locals, sample traditional Bhutanese cuisine, and learn about rural lifestyles.

Monastic Sites: Bhutan's spiritual essence is palpable in its numerous monasteries and temples. Visit revered sites such as the Punakha Dzong and Paro’s Rinpung Dzong, where you can observe monks in prayer, explore ancient architecture, and sometimes even participate in Buddhist ceremonies.

Traditional Arts and Crafts: In towns like Thimphu and Bumthang, explore craft bazaars and workshops where traditional arts such as weaving, thangka painting, and sculpture are practiced. These crafts are not only beautiful but also hold deep spiritual and cultural significance.

Festivals: If your tour coincides with local festivals like the Tshechu, you’ll have the opportunity to see Bhutanese culture in its most vibrant form. These festivals feature mask dances, music performances, and religious dramas that tell the stories of the land, its beliefs, and its history.

Architectural Wonders: Cycling provides the perfect pace to appreciate the intricate details of Bhutanese architecture. The fortresses, temples, and houses you’ll encounter feature unique designs that reflect the Buddhist influence and the harmony with nature that Bhutan maintains.

Interactive Experiences: Many tours offer the chance to partake in activities such as archery, Bhutan’s national sport, or to attend a cooking class to learn how to prepare dishes like Ema Datshi and Red Rice.

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This deep cultural immersion enriches your cycling adventure, allowing you not just to see Bhutan but to feel its pulse. This unique blend of physical activity and cultural exploration ensures that the memories of your journey will linger long after the bike is parked.

Historical Sites

Exploring **Historical Sites** is a pivotal aspect of the Bhutan Cycling Tour, adding layers of historical depth and architectural grandeur to the physical journey. As cyclists traverse the diverse terrains of Bhutan, they encounter a wealth of historical treasures that narrate the kingdom's past and its spiritual and cultural evolution.

Punakha Dzong: Often referred to as the 'Palace of Great Happiness,' this dzong is one of the most beautiful and significant in Bhutan. Located at the confluence of the Pho Chhu and Mo Chhu rivers, it was once the capital and remains the winter residence of the monastic body. Its intricate architecture and strategic location make it a fascinating site for history enthusiasts.

Paro Rinpung Dzong: Known as the 'Fortress on a Heap of Jewels,' this large dzong serves both as a governmental and monastic center. The dzong's annual festival, Paro Tshechu, is held in its courtyard and is one of the most popular tourist attractions, offering insights into Bhutanese culture and history.

Tashichho Dzong: This impressive fortress in Thimphu serves as the throne room and offices of the King of Bhutan, as well as the central monastic body. The dzong's architecture, with its gold-leaf roofs and massive structured walls, is emblematic of Bhutan's careful preservation of its heritage.

Tamzhing Lhündrup Monastery in Bumthang: Founded in the early 16th century by Terton Pema Lingpa, the treasure discoverer of Bhutan, this monastery holds significant religious importance and is renowned for its ancient wall paintings and artifacts.

Trongsa Dzong: Strategically located on a high ridge, this dzong originally served as the seat of power over central and eastern regions. The dzong houses a museum that gives visitors an in-depth look at the history of the royals in Bhutan.

These sites are not just stops on a tour but are gateways into the historical heart of Bhutan. They offer a chance to appreciate the architectural brilliance and learn about the dynastic feuds, spiritual legacies, and rich traditions that shaped this Himalayan kingdom. Cycling from one historical site to another,

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through landscapes that have watched centuries pass, is an immersive way to experience Bhutan's past and present in unison.

Physical Challenge

The **Physical Challenge** of the Bhutan Cycling Tour is an integral part of the adventure, providing both novice and experienced cyclists with an opportunity to test their endurance and cycling skills in one of the world’s most breathtaking settings. This aspect of the tour not only enhances the thrill of the journey but also contributes to a deeper connection with the landscapes you traverse.

Varied Elevations: Bhutan's terrain varies dramatically, from low-lying river valleys to high mountain passes. Cycling routes such as the climb to the Chele La Pass, one of the highest motorable passes in Bhutan, present significant altitude challenges, testing your stamina and physical limits.

Changing Climates: The ride spans diverse climatic zones, from temperate valleys to cold mountainous regions. Adapting to these changing conditions while managing continuous physical exertion requires resilience and flexibility.

Rugged Terrains: Some parts of the tour feature rugged trails and unpaved roads, demanding technical biking skills and careful navigation. These sections challenge your bike handling abilities and add an element of adventure to the experience.

Long Distance Rides: The cycling tour includes several days of long-distance riding, which can be physically demanding, especially in combination with Bhutan’s mountainous terrain. These stretches are both a test of physical endurance and mental fortitude.

Acclimatization: Given Bhutan’s high altitude, acclimatization is a critical factor. Riders must be prepared to tackle the thinner air in higher altitudes, which can be a challenge for those not used to exertion at such elevations.

The physical challenges of the Bhutan Cycling Tour are designed to be rewarding rather than overwhelming. With adequate preparation, the right equipment, and the support of experienced guides, cyclists can overcome these challenges and enjoy the satisfaction of completing a demanding journey through one of the most spectacular landscapes on earth. This not only enhances your physical capabilities but also leaves you with a profound sense of achievement and a deeper appreciation for Bhutan’s natural and cultural beauty.

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Spiritual Experiences

The **Spiritual Experiences** offered by the Bhutan Cycling Tour are a core element that enriches the journey, making it more than just a physical adventure. As cyclists weave through the serene landscapes of Bhutan, they are invited into a world of deep spiritual heritage, embodied in the numerous sacred sites and practices encountered along the way.

Monasteries and Temples: Cycling tours in Bhutan often include visits to iconic monastic sites such as the Tiger’s Nest Monastery (Paro Taktsang), perched dramatically on a cliff face. The tranquility and spiritual aura of these places provide a profound sense of peace and introspection. Similarly, temples scattered across the valleys offer moments of reflection and a chance to witness daily religious practices up close.

Prayer Flags and Wheels: Throughout Bhutan, you will encounter colorful prayer flags fluttering in the wind and prayer wheels spun by devotees. These elements are believed to spread spiritual blessings across the land. Engaging with these practices, such as spinning a prayer wheel, can connect you to the spiritual lifeblood of Bhutan.

Meditative Landscapes: The natural beauty of Bhutan itself—ranging from vast, quiet valleys to awe-inspiring mountain vistas—encourages a meditative mindset. The act of cycling through these landscapes, with the rhythmic motion and the immersive presence in nature, can be a meditative experience, fostering a unique spiritual connection with the environment.

Buddhist Teachings and Stories: Guides often share stories and teachings of Buddhism as you travel through different regions. This educational aspect deepens the spiritual context of the sights and practices you encounter, enriching your understanding of Bhutan’s predominant religion.

Community Interaction: Participating in local community life, whether through a village visit or attending a local festival, provides insight into the spiritual and communal harmony that characterizes Bhutanese culture. These interactions often leave lasting impressions, enhancing personal growth and spiritual awareness.

Festival Participation: If timed right, the tour might coincide with one of Bhutan’s vibrant religious festivals (Tshechus), which are filled with mask dances (Cham dances), music, and storytelling that illustrate Buddhist moral teachings. These festivals are not only spectacular to witness but also offer a participatory spiritual experience.

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These spiritual experiences during the Bhutan Cycling Tour help cultivate a deeper understanding and respect for Bhutanese culture, promote personal introspection, and provide peaceful contrasts to the physical challenges of cycling. They contribute significantly to making the journey a holistic, soul-enriching adventure.

The **Bhutan Cycling Tour** offers an unparalleled blend of physical challenge and spiritual enrichment, set against the backdrop of some of the world's most breathtaking landscapes. From rugged mountain trails to serene monastic sites, this journey provides not only a test of endurance but also a profound cultural and spiritual immersion. Whether you're navigating the dramatic passes or exploring the rich heritage of Bhutan's monasteries, each pedal stroke brings you closer to understanding the mystical charm of the Dragon Kingdom. The tour promises an adventure that goes beyond mere sightseeing, offering a deeply personal experience that will resonate long after the journey concludes. For cyclists seeking a unique blend of adventure, culture, and self-discovery, the Bhutan Cycling Tour is a perfect choice.

Itinerary

Day 01: Arrival in Paro

Transfer and Check-In: Your guide will assist you with the transfer to your hotel in Paro. The drive from the airport offers your first glimpse of Bhutan’s scenic beauty and unique architecture. After checking into your hotel, you'll have some time to freshen up and relax.

Orientation and Leisure Time: In the afternoon, there will be a brief orientation session where your guide will discuss the upcoming itinerary and biking details. You’ll learn about the routes, daily schedules, safety measures, and cultural etiquettes to observe during your tour.

Exploring Paro: If time and energy permit, embark on a light walking tour of Paro town. Visit some local markets and handicraft stores where you can shop for traditional Bhutanese arts and crafts. This is also an excellent opportunity to acclimatize to the altitude and stretch your legs after your flight.

Welcome Dinner: Enjoy your first taste of Bhutanese cuisine with a welcome dinner at a local restaurant. This is a great time to try dishes like **Ema Datshi** (chili and cheese stew) and **Red Rice**, and to get to know your fellow cyclists.

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Rest: Head back to your hotel for a good night's rest, as tomorrow marks the beginning of your cycling adventure through the beautiful landscapes of Bhutan.

Day 02: PARO – THIMPHU (Cycling)

Morning Start: Begin your day with a hearty breakfast at your hotel in Paro. Prepare for your first day of cycling in Bhutan by checking your bike and gear. Your guide will give a brief overview of the day's route, safety tips, and the cultural highlights to look out for.

Departure: Kick off your cycling adventure by heading towards Thimphu, the capital city of Bhutan. The route covers approximately 50 kilometers and offers gradually changing landscapes from the lush valley of Paro to the bustling city of Thimphu.

Riding Through Bhutanese Countryside: As you pedal away from Paro, enjoy the serene beauty of the Paro Chu (river) flowing alongside the road. The ride is moderately challenging, with some gentle ascents and descents. Along the way, pass through small villages and expansive rice fields, witnessing the everyday life of local farmers.

Cultural Stops: Midway, stop at the Tamchog Lhakhang, a private temple built in the 15th century by Thangtong Gyalpo, often referred to as the Iron Bridge Builder. Accessible by a traditional iron chain bridge, this temple offers insight into the architectural and spiritual heritage of Bhutan.

Lunch Break: Enjoy a picnic lunch or stop at a local café along the way. This is a great opportunity to rest and refuel with some delicious Bhutanese cuisine.

Arrival in Thimphu: Continue your journey to Thimphu, cycling along the banks of the Wang Chu (river). As you approach the city, the rural landscapes give way to the more urban setting of Thimphu, with its unique blend of traditional and modern architecture.

Check-In and Relax: Upon arrival in Thimphu, check into your hotel and take some time to relax and freshen up after the day’s ride.

Exploring Thimphu: In the evening, take a gentle walk around Thimphu city center. Visit the vibrant Centenary Farmers' Market, where you can explore the wide variety of fresh produce, local crafts, and traditional Bhutanese products.

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Dinner: Dine at one of Thimphu’s restaurants, where you can continue to explore Bhutanese dishes or opt for international cuisine.

Overnight in Thimphu: After dinner, return to your hotel for a well-deserved rest. Thimphu offers a peaceful night with an ambient temperature, ideal for recuperating and gearing up for the adventures ahead.

Day 03: Thimphu Sightseeing

Morning Start: Begin your day with a delightful breakfast at your hotel in Thimphu. Today is dedicated to exploring the cultural and historical treasures of Bhutan's capital city.

Thimphu Dzong (Tashichho Dzong): Start your sightseeing tour with a visit to the impressive Tashichho Dzong, also known as Thimphu Dzong. This fortress serves as the seat of the government and the central monastic body. The dzong’s architecture is a fine example of Bhutanese craftsmanship, with beautifully detailed woodwork and expansive courtyards. If visiting during office hours, you might see Bhutanese officials in traditional dress, adding to the cultural richness of the experience.

National Memorial Chorten: Next, visit the National Memorial Chorten, built in memory of the third king of Bhutan. This large stupa is a focal point for local residents who come here to pray and walk around the chorten in a clockwise direction. The site is filled with intricate statues and paintings that provide insight into Buddhist philosophy.

Buddha Dordenma Statue: Continue to the Buddha Dordenma, one of the largest Buddha statues in the world, standing at 51 meters tall. Located at Kuensel Phodrang, the site offers panoramic views of the Thimphu Valley. The presence of thousands of smaller Buddha statues, which fill the interior of the giant statue, makes this a very spiritual place.

Lunch: Enjoy lunch at a local restaurant, where you can try some more Bhutanese specialties or international dishes.

Folk Heritage Museum: After lunch, visit the Folk Heritage Museum. This museum is housed in a traditional three-story Bhutanese house, giving you a glimpse into the rural Bhutanese lifestyle, including household objects, tools, and equipment.

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Textile Museum: Next, explore the Textile Museum, which showcases Bhutan's rich tradition in textile arts. The museum displays a variety of Bhutanese textiles and costumes that are integral to the country's cultural heritage.

Thimphu’s Craft Bazaar: Cap off your day with a visit to Thimphu’s Craft Bazaar. Here, local artisans display and sell a variety of handcrafted goods, including woven baskets, handmade paper, silk textiles, and traditional masks. It’s a perfect place to pick up souvenirs and support local craftsmen.

Dinner: Dine at one of the local restaurants, enjoying either traditional Bhutanese cuisine or other culinary offerings available in the capital city.

Overnight in Thimphu: Return to your hotel for some well-deserved rest, reflecting on the rich cultural experiences of the day. Thimphu, with its mix of tradition and modernity, provides a unique urban experience in the heart of Bhutan.

Day 04: Thimphu to Punakha

Morning Preparation: Start your day with a nourishing breakfast at your hotel in Thimphu. Prepare for today's cycling journey to Punakha, one of the most majestic and historically significant valleys in Bhutan. This ride covers a distance of approximately 77 kilometers and involves crossing one of Bhutan’s highest drivable passes.

Departure from Thimphu: Begin your ride from Thimphu, slowly leaving the urban landscape behind as you pedal towards the lush and more rural environments. The route to Punakha is known for its scenic beauty and the challenging Dochula Pass.

Dochula Pass: The highlight of today’s journey is crossing the Dochula Pass, which stands at an elevation of 3,100 meters (10,171 feet). The pass offers a stunning 360-degree panoramic view of the Himalayan mountain range, weather permitting. Take some time to enjoy the breathtaking views and visit the 108 memorial chortens or stupas known as “Druk Wangyal Chortens” that were built to honor the Bhutanese soldiers.

Lunch at Dochula: Enjoy a packed lunch or stop at the cafeteria at Dochula Pass. This is a great spot to rest and refuel while taking in the serene surroundings and crisp mountain air.

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Descent into Punakha Valley: After lunch, begin the descent into the Punakha Valley. The road winds through temperate forests and along the sides of hills, offering glimpses of the valley below. This part of the ride can be quite exhilarating as the decline allows for some relaxing cycling.

Arrival in Punakha: Upon arriving in Punakha, check into your hotel and take some time to relax after the long ride. Punakha, the ancient capital of Bhutan, is known for its fertile land and remarkable Punakha Dzong.

Visit Punakha Dzong: In the late afternoon, visit the Punakha Dzong, arguably the most beautiful dzong in the country, located at the confluence of the Pho and Mo Chhu rivers. This dzong serves as a very fine example of Bhutanese architecture and is a repository of several religious artifacts.

Dinner: Enjoy dinner at your hotel or a local restaurant, where you can try local dishes that are unique to the Punakha region.

Overnight in Punakha: After dinner, you'll have the evening free to relax or take a gentle walk in the vicinity of your hotel, preparing for another day of adventure tomorrow.

Day 05: PUNAKHA – TRONGSA

Morning Start: Fuel up with a hearty breakfast at your hotel in Punakha. Today’s ride to Trongsa is one of the more challenging segments of your Bhutan Cycling Tour, covering a distance of approximately 128 kilometers through some of Bhutan’s most stunning and varied landscapes.

Departure from Punakha: Begin your day early, as the journey to Trongsa offers a long but rewarding ride. Leave Punakha and head towards the winding mountain roads that characterize much of central Bhutan.

Pe Chhu River Follow-up: As you depart from Punakha, you'll follow the course of the Pe Chhu River, cycling along its banks before gradually ascending into the higher altitudes. The river’s soothing sounds and the cool breeze provide a refreshing start to the morning’s ride.

Climbing to Chendebji Chorten: Mid-morning, you'll reach the Chendebji Chorten, an important religious monument that marks the halfway point between Punakha and Trongsa. Modeled after the Swayambhunath Stupa in Kathmandu, Nepal, this chorten is a great spot for a short rest and a light snack.

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Lunch En Route: Enjoy a packed lunch or stop at a local roadside eatery. This break will allow you to refuel and prepare for the second half of the day's ride, which includes more elevation gain as you approach Trongsa.

Magnificent Views and Ascending Terrains: The road to Trongsa offers spectacular views of deep valleys and high mountain ridges. As you cycle, you’ll notice the change in vegetation and the air becoming cooler and fresher. This part of the journey requires endurance, as the ascents become more challenging.

Arrival in Trongsa: Upon reaching Trongsa, you will notice the impressive Trongsa Dzong, a fortress that seemingly clings to the mountainside. Before checking into your hotel, take some time to visit this historic dzong, which is the largest in Bhutan and plays a significant role in the country’s history.

Check-In and Relax: After the visit, check into your hotel. Take the evening to rest and recover from the day’s ride. The town of Trongsa offers a tranquil setting, ideal for relaxation and rejuvenation.

Dinner: Dine at your hotel, enjoying a meal that offers both local and international dishes tailored to replenish your energy after a long day of cycling.

Overnight in Trongsa: Get a good night’s sleep in Trongsa, as you'll need plenty of rest for another day of adventure ahead. This overnight stay in Trongsa provides a unique opportunity to experience the heart of Bhutan, steeped in history and surrounded by breathtaking natural beauty.

Day 06: TRONGSA – BUMTHANG (Cycling)

Morning Preparation: Begin your day in Trongsa with a fulfilling breakfast at your hotel. Prepare for today's ride to Bumthang, which is considered one of the cultural heartlands of Bhutan. This leg of the tour covers approximately 68 kilometers, but it's packed with climbs and spectacular scenery.

Departure from Trongsa: Set off from Trongsa early in the morning, heading eastward. The route climbs steadily out of the Trongsa valley, offering awe-inspiring views back towards Trongsa Dzong and across the expansive landscape.

Yotong La Pass: The first major challenge of the day is the ascent to Yotong La Pass, which stands at an altitude of about 3,425 meters (11,234 feet). The climb is gradual but persistent, winding

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through dense forests of blue pine and rhododendron. Reaching the top of the pass provides a rewarding sense of accomplishment and some stunning photo opportunities.

Descent into Chumey Valley: After crossing Yotong La, enjoy a thrilling descent into the first of Bumthang’s four valleys, the Chumey Valley. The landscape changes as you descend, with wide-open spaces and fields of buckwheat, barley, and potatoes.

Lunch in Chumey Valley: Take a lunch break in one of the small villages in Chumey Valley. This is a great opportunity to interact with locals and perhaps sample some of the region's specialties, such as buckwheat pancakes or dumplings.

Ride Through Bumthang Valleys: Post-lunch, continue cycling through the stunning landscapes of Bumthang, which includes the valleys of Chumey, Choekhor, Tang, and Ura. Each valley has its own unique charm and historical significance, with numerous ancient temples and monasteries dotted throughout.

Arrival in Jakar (Choekhor Valley): The final stretch brings you into Jakar, the main town in the Choekhor Valley. Jakar is considered the spiritual and historical center of the region, with several important temples and monasteries.

Check-In and Relax: Upon arrival in Jakar, check into your hotel and take the rest of the afternoon to rest. The tranquility of Bumthang is perfect for rejuvenating after a challenging day of cycling.

Explore Jakar: If energy permits, take a gentle evening walk around Jakar town, visiting local handicraft shops that offer wool weaving, woodcarving, and the famous Bumthang cheese and honey.

Dinner: Enjoy dinner at your hotel, where you can relax and refuel with a mix of local and international cuisine, tailored to restore your energy for the days ahead.

Overnight in Jakar: Spend the night in Jakar, where the peaceful surroundings and the clear night sky make for a perfect end to a rewarding day of cycling.

Day 07: BUMTHANG

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Morning Start: Enjoy a leisurely breakfast at your hotel in Bumthang, preparing for a day of exploration in this cultural heartland of Bhutan. Today is less about cycling and more about immersing yourself in the rich history and spiritual legacy of the region.

Jambay Lhakhang: Begin your day with a visit to Jambay Lhakhang, one of the oldest temples in Bhutan, dating back to the 7th century. This temple is one of 108 temples built by Tibetan King Songtsen Gampo to subdue evil spirits in the Himalayan region. Its historical significance and beautiful architecture make it a must-visit.

Kurjey Lhakhang: Next, visit Kurjey Lhakhang, located further along the valley. The temple complex is named after the body print of Guru Rinpoche that is preserved in a cave within the oldest of its three buildings. This site is highly revered and a place of pilgrimage for Bhutanese Buddhists.

Lunch at a Local Restaurant: Enjoy lunch at a local restaurant in Bumthang, sampling regional specialties such as puta (buckwheat noodles) and local cheeses, paired with locally brewed beers or the traditional ara.

Tamshing Lhakhang: After lunch, head to Tamshing Lhakhang, founded in the early 16th century by Saint Pema Lingpa. It is known for its ancient religious paintings and the chain mail made by Pema Lingpa himself, which pilgrims traditionally carry to gain merit.

Bhutanese Handicrafts: Spend the afternoon visiting local handicraft shops, particularly those known for Yathra weaving, a textile craft unique to Bumthang that involves intricately patterned hand-woven wool items. It's a great opportunity to pick up unique souvenirs.

Cheese and Honey Making: If time permits, visit a local farm that specializes in making Bumthang’s famous cheese and honey. Learn about these processes and taste the fresh products, a delightful experience that highlights the region's rich agricultural practices.

Relaxation and Reflection: Return to your hotel to relax. Take this time to reflect on the spiritual and cultural insights gained today, perhaps jotting down your experiences or meditating in the serene environment.

Dinner: Have dinner at your hotel, where you can enjoy another evening of Bhutanese cuisine or international dishes as you prefer.

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Overnight in Bumthang: End your day with a peaceful night in the tranquil settings of Bumthang, recharging for the adventures that await in the coming days.

Day 08: BUMTHANG – PUNAKHA

Morning Preparation: Enjoy a hearty breakfast at your hotel in Bumthang, gearing up for the return journey to Punakha. Today's ride will be a challenging yet rewarding retracing of part of the route you took to reach Bumthang, covering approximately 198 kilometers. Given the distance and terrain, this will be a full day of riding, possibly combined with some vehicle support to manage the longer stretches.

Departure from Bumthang: Start early from Bumthang, heading west towards Trongsa. The morning ride involves descending from the high valleys of Bumthang through the scenic landscapes that define central Bhutan.

Yotong La Pass: As you leave Bumthang, prepare for the ascent back over Yotong La Pass. The climb is vigorous but offers stunning views of the surrounding valleys and mountain peaks, providing ample motivation. After reaching the summit, enjoy the exhilarating descent.

Lunch at Trongsa: Stop in Trongsa for lunch. This break not only allows you to refuel but also gives you a chance to stretch and relax your muscles after the morning’s exertion.

Continue to Punakha: Post-lunch, continue your journey towards Punakha. The afternoon ride takes you through varying elevations and along riversides, offering changing landscapes that keep the ride visually engaging.

Pe Chhu River Follow-up: As you approach Punakha, ride alongside the Pe Chhu River, enjoying the soothing sounds of the flowing water. The cooler temperatures near the river provide a refreshing end to a long day of cycling.

Arrival in Punakha: Arrive in Punakha in the late afternoon or early evening. Check into your hotel and take some time to unwind. After such a long journey, a restful evening is well-deserved.

Dinner: Enjoy a relaxing dinner at the hotel. This is a good time to replenish with a nutritious meal and perhaps share stories of the day’s adventure with your fellow cyclists.

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Overnight in Punakha: Settle in for a night of well-earned rest in Punakha. Reflect on the accomplishments of the day, from conquering high mountain passes to covering significant distances that tested both your endurance and cycling prowess.

Day 09: PUNAKHA – THIMPHU (Cycling)

Morning Start: Begin your day with a revitalizing breakfast at your hotel in Punakha. Today’s journey takes you back to Thimphu, retracing the scenic route you previously cycled. This segment covers about 77 kilometers and includes diverse terrains and elevations.

Departure from Punakha: After breakfast, start your ride by heading out of Punakha. The initial part of the ride takes you through lush agricultural fields and past rural communities, providing a glimpse into the daily lives of the local populace.

Climbing Dochula Pass: The highlight of today's ride is the ascent up Dochula Pass. Prepare for a steady climb through mixed forests and occasional village markets. The effort is well worth it as you reach the top, where you can take a break at the Dochula viewpoint. Here, the 108 chortens and the panoramic views of the Himalayan range provide a perfect backdrop for a restful stop.

Lunch at Dochula Pass: Enjoy lunch at the cafeteria at Dochula Pass. The high altitude and cool air make for a refreshing midday break, giving you a chance to rest and recharge before the second half of the ride.

Descent into Thimphu: Post-lunch, begin the descent towards Thimphu. This part of the ride is exhilarating, with long stretches of downhill roads allowing you to coast and enjoy the landscape as it transitions back to the urban setting of the capital city.

Arrival in Thimphu: Arrive in Thimphu in the late afternoon. Check into your hotel and take some time to freshen up. After several days of intense cycling, you’ll appreciate the familiar comforts of the city.

Exploring Thimphu: If energy permits, take the evening to explore any parts of Thimphu you may have missed during your previous visit. Consider visiting local artisan shops, cafes, or simply take a leisurely stroll through the city center.

Dinner: Dine at a local restaurant in Thimphu, enjoying the diverse culinary options available. This is a great opportunity to relax and reflect on the journey back from Punakha.

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Overnight in Thimphu: After dinner, enjoy a restful night in your Thimphu hotel. Recharge your batteries for the final days of your tour, filled with more adventure and cultural exploration.

Day 10: THIMPHU – PARO

Morning Start: Begin your day with a hearty breakfast in Thimphu, energizing yourself for the final cycling leg of your journey back to Paro. This route covers approximately 50 kilometers, offering a mix of moderate climbs and descents, and is rich with scenic vistas and cultural landmarks.

Departure from Thimphu: After checking out from your hotel, start your ride towards Paro. The route takes you through a beautifully diverse landscape that transitions from urban outskirts to lush countryside, showcasing Bhutan’s stunning natural beauty.

Simtokha Dzong: Shortly after leaving Thimphu, make a brief stop at Simtokha Dzong, one of the oldest fortresses in Bhutan, dating back to 1629. It now houses a school for language and cultural studies. The visit offers insight into the architectural and historical significance of Bhutan’s dzongs.

Climbing and Descending: As you continue towards Paro, the road includes several climbs that challenge your endurance followed by rewarding descents. Enjoy the thrill of cycling these sections, with each ascent offering grander views and each descent bringing a refreshing breeze.

Lunch En Route: Take a break midway for lunch at a local roadside restaurant. Enjoy traditional Bhutanese cuisine that provides both nourishment and a taste of the local culture.

Tamchog Lhakhang Iron Bridge: Before reaching Paro, stop at the Tamchog Lhakhang, which you can access by crossing an ancient iron chain bridge. This temple, built in the 15th century by Thangtong Gyalpo, is dedicated to this pioneering bridge-builder and saint. The bridge itself is an engineering marvel, offering great photo opportunities.

Arrival in Paro: Continue the final stretch into Paro. Upon arrival, check into your hotel and relax after the day’s journey. The afternoon is yours to unwind or take a leisurely walk through Paro’s charming streets, visiting local shops and cafes.

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Reflective Evening: As this is your last night of the cycling tour, it’s a perfect time to reflect on the experiences and adventures of the past days. Gather with your fellow cyclists for a farewell dinner, where you can share stories, favorite moments, and future travel plans.

Overnight in Paro: Enjoy a peaceful night's rest in Paro, preparing for your departure or any additional activities planned for the following day.

Day 11: Sightseeing Hike to Tiger’s Nest Monastery (3,120m/10,236ft) - 3 to 4 hours (6.4km) hike

Morning Preparation: Start your day early with a nutritious breakfast at your hotel in Paro. Today, you will undertake one of the most iconic and spiritually significant hikes in Bhutan—the ascent to Paro Taktsang, also known as the Tiger’s Nest Monastery.

Briefing and Start of Hike: Meet with your guide who will brief you on the hike’s details, including safety precautions and the cultural significance of Taktsang. The trailhead starts a short drive from Paro town, where you will begin your hike.

The Hike: The hike to Tiger’s Nest is about 6.4 kilometers round trip and generally takes between 3 to 4 hours to ascend, depending on pace and frequency of stops. The path winds through beautiful pine forests, often adorned with Spanish moss and fluttering prayer flags. As you climb, take in the stunning views of the Paro valley below.

Café Stop: Approximately halfway up, there is a cafeteria that serves as an ideal spot to rest and have some refreshments. From here, you can get a clear view of the monastery, which is perched on the edge of a cliff about 900 meters above the valley floor.

Final Ascent: After the café, the hike becomes slightly more challenging, with stairs and a steeper path leading directly to the monastery. This segment offers dramatic views and the excitement builds as you get closer to your destination.

Exploration of Tiger’s Nest Monastery: Upon reaching Tiger’s Nest, explore the various temples and shrines that make up the monastery complex. The site has profound historical and spiritual importance in Bhutanese culture, believed to be the meditation site of Guru Rinpoche (Padmasambhava), who introduced Buddhism to Bhutan.

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Descent and Lunch: After spending time at the monastery, begin your descent back to the trailhead. The walk down is typically faster but requires caution as the steps can be steep. Once you reach the bottom, enjoy a late lunch at the cafeteria or back in Paro town, reflecting on the spiritual journey and physical accomplishment.

Afternoon at Leisure: Spend your afternoon relaxing or exploring more of Paro’s attractions. Consider visiting the National Museum, Paro Dzong, or simply strolling through the town’s market area.

Dinner: Have a leisurely dinner at your hotel or a local restaurant in Paro, savoring your last evening in Bhutan.

Overnight in Paro: Rest well in your hotel, basking in the fulfillment of completing one of Bhutan’s most revered pilgrimages and a truly unforgettable journey through the landscape and spirituality of this unique country.

Day 12: Transfer to the Paro International airport – Departure

Morning Preparation: Enjoy a relaxed breakfast at your hotel in Paro as you prepare for your departure. This is a good time to double-check that you have all your belongings, and perhaps exchange contact details with fellow travelers and guides.

Packing and Checking Out: Ensure that all your luggage is packed, including any souvenirs and personal items you’ve acquired during your stay. After breakfast, complete the check-out procedures at your hotel, making sure you leave nothing behind.

Final Farewells: Say your goodbyes to the hotel staff and your tour guides. These individuals have likely become an integral part of your Bhutan experience, offering insights into the local culture and ensuring your stay was comfortable and enriching.

Transfer to Paro International Airport: Your guide will arrange for your transfer from the hotel to Paro International Airport. The drive from Paro town to the airport is short, but allow ample time for any last-minute delays and the airport check-in process.

Airport Procedures: At the airport, go through the standard procedures of baggage check-in, security clearance, and immigration. Depending on the time of your flight, you might have some time to browse the duty-free shops or grab a snack at the airport café.

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Reflections on the Journey: As you wait for your flight, take a moment to reflect on the adventures of the past days. From cycling through the lush valleys of Bhutan and climbing to the iconic Tiger’s Nest Monastery to experiencing the warmth and hospitality of the Bhutanese people, your journey has likely been full of memorable moments and transformative experiences.

Departure: Board your flight with a heart full of memories and a camera full of breathtaking photos. As you take off from Paro, catch one last glimpse of the majestic Himalayas that have been the backdrop to your Bhutan adventure.

Connecting Flights and Arrivals: If you have connecting flights, make sure you’re aware of your itinerary and have all necessary boarding passes. Once you arrive at your final destination, take a moment to adjust to being back and start planning your next adventure!

Cost Details

What's Included

- Bhutan Royalties, tourists fees, Visa fees and taxes.
- Accommodations in listed or similar hotels (pleasant hotels 3 star) during the tour.
- All meals, including evening tea/coffee etc through-out the trip.
- All land transfers, sightseeing with entrance fees
- Bottled water in the vehicle and other camp services.

What's Not Included

- Luxury hotel upgrades available at additional cost.
- Travel insurance
- Expenses of personal nature
- Drinks like beer, whisky, coke, fanta and Mineral water

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- Telephone and internet
- Tips for guide and driver.

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