

# Bhutan Multisport Tour

## an 8 day Bhutan Bicycle, Raft & Hike Tour



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### Day by Day Itinerary

#### **Day 1 - Arrive Paro, explore the National Museum, explore Thimphu.**

Your multisport adventure through the fabled kingdom starts with one of the world's most scenic flights, coming into the Paro Valley. After stepping off the plane into the cool mountain air, we will enjoy lunch and then a short drive to Thimphu (60km/2 hours). Time permitting we will visit the National Museum of Bhutan. You will have time to admire the museum's collection of rare Bhutanese artifacts and art, traditional weaving and other eclectic pieces. This afternoon we will prepare the bikes and enjoy a brief sightseeing pedal around the city. Wind down your first day in Bhutan with our welcome dinner and orientation.

Ride: 15 mi / 25 km, Land: flat

Eat: Breakfast, Lunch, Dinner

Sleep: Taj Tashi

#### **Day 2 - Bike north to visit Pangri, Tango and Cheri Gompas (fortified monasteries).**

The ride today heads through a region not often seen on other bike tours in Bhutan, pedaling north to visit the Pangri, Tango and Cheri Gompas. These fortified monasteries have provided spiritual guidance to the local residents for centuries. Now the Tango and Pangri Gompas are centers of higher learning, with Pangri teaching astronomy and Tango instructing monks in Buddhist Philosophy Cheri monastery was built in 1620 by Zhabdrung Ngawang Namgyal in memory of his father. Beautiful frescoes of saints, who have attained Buddhahood, adorn the monastery, including a very beautiful statue of 'Tara'. It is now a center of three year retreat for the monks.

Ride: 36 mi / 58 km, Land: moderate hills

Eat: Breakfast, Lunch, Dinner

Sleep: Taj Tashi

#### **Day 3 - Shuttle to the 108 Chortens atop Dochula Pass, descend on bike to Punakha.**

Mid morning we will shuttle to Dochula Pass (you also have the option to cycle up). The views from the pass are magnificent, offering a panorama of the eastern Himalayas. Enjoy lunch at the pass before starting the 26 mile descent from the pass to Punakha through the leafy temperate forests and semi-tropical zone with abundant orange trees, bananas and bamboos.

Ride: 31 mi / 50 km (43 mi / 69 km if you cycle up), Land: alpine descent, Pass: Docula (3100 m)

Eat: Breakfast, Lunch, Dinner

Sleep: Dhensa Boutique

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### **Day 4 - Leisurely cycling to visit Punakha Dzong and rural Bhutan. Punakha served as Bhutan's capital until 1955.**

Today's relatively flat ride offers opportunities to visit some of the famed temples of the region and enjoy the quiet rural countryside. Today you will visit the Punakha Dzong built in 1637 by Zhabdrung Ngawang Namgyel, a Buddhist saint who unified Bhutan in the 17th century. Punakha served as the capital of Bhutan until 1955 and it still is the winter residence of the Je-Khenpo (Chief Abbot) and the central monk body. We will again spend the night in Punakha.

Ride: 28 mi / 45 km, Land: small hills

Eat: Breakfast, Lunch, Dinner

Sleep: Dhensa Boutique

### **Day 5 - Hike through the hills surrounding Punakha, then descend to riverside for rafting the Pho Chu River's class 2 & 3 rapids.**

Switching modes of travel today, you will set out for a hike through the countryside, visiting several small villages before reaching a temple overlooking the valley. From this higher vantage point you can enjoy great vistas of the area through which you rode yesterday and will raft later today. Descending back to the valley floor, enjoy a great Bhutanese lunch before setting out to raft the Pho Chu River. This scenic float throws some class 2 and 3 rapids at you to excite and refresh, a great way to round out our visit to the Punakha Valley.

Walk: 2 hours Raft: Class 2 & 3 whitewater

Eat: Breakfast, Lunch, Dinner

Sleep: Dhensa Boutique

### **Day 6 - Shuttle to Paro. Visit the family farm of your guide.**

After breakfast, you will be shuttled back to Paro, where we spend our last couple of nights. Our hotel here is the former residence of the local governor. In the afternoon, you will visit a small village further up the valley, home to the family of our Bhutanese manager. An opportunity to experience the daily life, as we visit the family farm and explore the village.

Relax: Explore farm life

Eat: Breakfast, Lunch, Dinner

Sleep: Zhiwaling Heritage Hotel

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### **Day 7 - Hike to Taktshang Goemba (Tigers Nest Monastery), return to Paro for a farewell dinner with dancing.**

This morning we will enjoy a hike to visit the renowned Tigers Nest Monastery (Taktshang Goemba). We will have permits to actually visit the temple and will enjoy most of day here in the mountains, hiking and sightseeing. The Taktshang Goemba is one of Bhutan's most spectacular monasteries, clinging to the cliff face, high above the surrounding valley floor. Upon our return to Paro, you will have a chance to finish your last minute shopping needs. We'll gather for a final Bhutanese dinner, swapping tales of the ride and country.

Walk: 2 hours

Eat: Breakfast, Lunch, Dinner

Sleep: Zhiwaling Heritage Hotel

### **Day 8 - Say farewell to Bhutan as you fly back to Bangkok. Legshembe joen**

We will shuttle everyone back to the airport for your flight to Bangkok.

Travel: Shuttle to airport

Eat: Breakfast

### **Private Dates For Your Gang:**

This tour is available upon request for groups from 2 to 12 people. It can be set up with our Classic Boutique hotels or more luxurious Premiere level lodges. Let us know your group size, dates you want to travel and any extra bits you might want to include in your Bhutan visit. A tip from our local experts, this tour is can be enjoyed year round, though water levels for rafting can be boring in December and January.

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### Why Pedalers?

#### **Experience the Heart and Soul of Each Country with Our Local Expert Team**

Our passionate and diverse team of local experts will guide you through their homeland, sharing intimate knowledge and hidden wonders. They are not just guides but also skilled bike mechanics, ensuring a comfortable and enjoyable ride. Unlike other tour companies, Pedalers' local crew brings an insider's perspective to the table. You'll be pampered by a friendly team, equipped with the skills to fix anything. A sweep rider and sag wagon provide support, and your baggage travels comfortably with you. Pedalers treats you like family, making your journey unforgettable.

#### **Indulge in Mouthwatering Local Delights on a Culinary Adventure**

Unlock the essence of culture through food as we take you on a culinary extravaganza. Bond with fellow riders over scrumptious dishes at local restaurants specializing in regional cuisine. Family-style dining lets you sample outstanding dishes, carefully chosen by our expert guides. Lunch is satisfying but not overwhelming, and breakfast offers comforting Western delights. Pedalers knows the importance of good food for cyclists, creating a mouthwatering experience that combines riding and dining.

#### **Immerse Yourself in Authentic Accommodations, Where Culture Meets Comfort**

Discover the charm of our handpicked accommodations. Pedalers takes a unique approach to accommodations, ensuring an authentic and immersive experience. Choose between Classic and Première Classe tours, each offering carefully selected lodging options. Classic tours feature mid-priced boutique inns that blend comfort with local character, while Première Classe tours add a touch of luxury to your adventure with upscale lodges and inns. Regardless of your choice, Pedalers' accommodations reflect the local culture, providing a delightful and comfortable stay that complements your journey.

### **Lodging:**

#### **Première Level**

Boutique Hotels, Inns & Resorts

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### **What's Included:**

- 7 nights Accommodation in the area's better hotels (double occupancy)
- All meals from Dinner on Day 1 until Breakfast on Day 8
- Water, sodas and beer included at dinner
- Service of bilingual Team Pedalers Guide(s)
- Full Van Support
- Sightseeing and cultural activities
- Visa fees and airport taxes
- Airport pick up & drop off

### **Meeting & Flights:**

Arrive at Paro Airport on Day 1

Departure Paro Airport in the morning on Day 8

Druk Air is the only carrier serving Bhutan, with flights from Bangkok, Delhi, Kathmandu and Calcutta. Airfare is approximately \$985, with occasional fare discounts offered during the low season (summer & winter). Pedalers arranges these flights on your behalf as part of our service and will bill the cost with the balance due on the tour.

Flights from Bangkok and Delhi depart early in the morning, requiring most guests to arrive a day early in order to meet the flight. The return flights from Paro, arrive back at either Bangkok or Delhi in mid to late afternoon. Kathmandu and Calcutta are stops on the flights from Delhi and Bangkok respectively, so subsequently have later departures and earlier returns.

For assistance with flights to Thailand or India contact our friends at Exito Travel:

[help.pedalers.travel/flights.htm](http://help.pedalers.travel/flights.htm)

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### **Adventure Conditions:**

The entire cycling section is on paved roads, narrow but with little or no traffic. Our hiking involves a steady, but not steep ascent to the monastery. And the white water is a mix of class 2, 3 & 4 rapids.

### **Passport, Visa and Travel Documents:**

Passports and visas are required for all visitors to Bhutan. The cost of the visa and processing service is included in our tour package, as all visas must be obtained through your tour operator. Access to the visa application will be sent to registered guests well in advance of the tour departure. Please note Pedalers does not provide visa processing services for any country you may visit or transit through enroute to Bhutan.

### **Payment Dates & Cancellations:**

This tour has a 60 Day Prior to Departure deadline for balance due and cancellations. All bookings must be paid in full on or before 60 days prior to departure (not the 45 day deadline listed in our general booking conditions). In addition the cancellation deadline for receiving a partial refund or transferring to another date is also 60 days prior to departure.