

SPICE ROADS





CYCLING



BHUTAN HERITAGE BY BICYCLE

Tour Code
BTN-BUH

7 DAYS
6 NIGHTS

	Destinations	Bhutan
	Tour Meets Tour Ends	Paro Paro
	Fly in to Fly out of	Paro International Airport (PBH) Paro International Airport (PBH)
	Group Size Minimum Age	1-16 riders 14 (on scheduled departures)

ACTIVITY PROFILE



4 Cycling days	181 km Total cycling distance
45 km Avg distance / day	947 m Avg climbing / day

PRICING



Price	US\$ 3,350
Bike Hire (Mountain Bike)	Included
Bike Hire (E-Bike*)	US\$ 420
Single Supplement	US\$ 260

**E-bikes are in limited supply, please enquire to reserve one.*

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Visa fees
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Alcohol
- ✗ Tips

DEPARTURES



26 May - 01 June 2025
16 June - 22 June 2025
15 September - 21 September 2025
20 October - 26 October 2025
25 May - 31 May 2026
15 June - 21 June 2026
14 September - 20 September 2026
19 October - 25 October 2026

TRIP PROFILE

This bike tour is a true classic with Himalayan mountain passes, sweeping descents, magnificent views, clean air, abundant culture and history in one of the most secluded countries in the world. We ride 181 km in 4 days of riding. The riding varies between some easier shorter days and one challenging hill climb to the top of a pass.

The accommodations are generally 3-star hotels with traditional amenities. We have attempted to keep the tour as authentic as possible and have tried to use local small accommodation wherever possible. Regardless of the location, every day you can be assured to get a comfortable room and a good night's sleep.

Biking Conditions: This tour is primarily on paved roads with very little traffic. The tour goes over one mountainous pass as well as valley flat-lands. There are a few challenging climbs as well as some fast, sweeping descents. Any portion of the ride can be skipped by utilizing our support vehicle.

Suitability: Cyclists should be in relatively good overall physical shape with at least a moderate degree of cycling experience. Being physically fit will of course be a huge asset, but, as the tour is fully supported, the van is always close at hand if needed.



Day 1 Paro Arrival

Arrive in Paro where you will be picked up from the airport. We check into the hotel, and, in the afternoon, we'll visit Paro Museum, which features local art, textiles, artifacts, and sculptures. We'll also visit one of the major Dzongs located in Paro. In the evening, we'll have a welcome dinner prepared in traditional Bhutanese style.



Udumwara Resort



Lunch, Dinner

Day 2 Paro – Thimphu - Dodina Loop

In the morning we transfer to Thimphu (around 2 hours). Once we arrive, we visit a series of heritage institutions to get more familiar with Bhutanese culture. At Buddha Point, we'll see one of the largest Buddha statues in the world and learn about Bhutan's national religion. At the Takin Preservation Center, we'll meet Bhutan's national animal, the takin. And at the National Institute

for Zorig Chusum, we'll get a closer look at the 13 traditional arts and crafts of Bhutan. In the afternoon we saddle up for our inaugural ride through small villages, farmlands and sense forests. Our destination are the monasteries of Dodina, set back high amongst the mountains. The return to Thimpu is a gradual downhill. In the evening, you can explore the town well known for its handicraft shops.

 Hotel Gakyil  Breakfast, Lunch, Dinner

 Ride 32km  +688m  -689m

Day 3 Thimphu - Punakha

Today will be a major hill challenge, as we have a 5 km warm up before we start climbing for the next 18 km to the pass at Dochula, which is known for its spiritual energy and 108 Chortens that are atop the pass. Lunch at Dochula Café is the perfect place to take in the expansive views of the deep valleys and eastern Himalayas. After lunch, as we descend down the pass, we move from oak, maple, and blue pine forests into rhododendron, hemlock, and fir vegetation, and along with many monasteries that come into view to make this a downhill ride to remember.

 Damchen Resort  Breakfast, Lunch, Dinner

 Ride 67km  +843m  -1750m

Day 4 Punakha Valley



Today we have a leisurely loop in the Punakha Valley, enhanced with a visit to two of the area's most iconic sites. First we'll explore Punakha Dzong, a grand fortress built in 1638 and is all the more remarkable as it was constructed without the use of drawings or a single nail! We then continue to Chhimi Lhakhang, a renowned 15th-century Buddhist monastery where devotees seek blessings for fertility and childbirth amidst its serene surroundings and colorful murals. A cycling highlight today will be riding on a long suspension bridge!




 Damchen Resort  Breakfast, Lunch, Dinner

 Ride 20km  +474m  -379m

Day 5 Punakha - Tashithang Loop - Paro

Today's journey offers an enjoyable out-and-back ride, beginning with a gradual climb to Tashithang. We traverse lush forests renowned for their rhododendron trees, which, if in bloom, offer magnificent vistas. This area is also teeming with birdlife and wild orchids. Once we reach Tashithang we'll have a packed lunch before riding back to Punakha, again crossing a suspension bridge. In the afternoon we will transfer back to Paro, a drive of around four hours.

 Udumwara Resort  Breakfast, Lunch, Dinner

 Ride 62km  +1781m  -1792m

Day 6 Tiger's Nest Hike

We've saved Bhutan's most iconic site for last: The Tiger's Nest, also known as Taktsang Monastery! Following a short transfer to Takstang, we'll begin the climb of roughly 900 m over 4 kilometers. Perched on a cliff, reaching it involves crossing a bridge over a large waterfall that plunges 60 m (200 ft.) into a sacred pool. The rewards will be worth it as we soak in the view and experience one of Tibetan Buddhism's most secluded sites. First constructed in 1692, this monastery holds sacred significance for Buddhists worldwide. After returning to our accommodation we'll enjoy a farewell dinner and, optionally, you may indulge in a rejuvenating hot stone bath experience.

 Udumwara Resort  Breakfast, Lunch, Dinner

Day 7 Paro Departure

Time to head home or travel to your next destination. We will transfer you to the airport.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Bikes are included for this tour and are well-known makes of hybrid or mountain bikes.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

All nationalities require a passport for entry into Bhutan. Please ensure your passport is valid for at least 6 months from date of entry. Bhutan does not issue Visas before you arrive through their Embassies or Consulates. The only way to get a Visa is to get it on arrival to the country. However, you can't simply show up at their doorstep and be allowed in. You must apply with a tour operator and submit an application form for approval BEFORE you arrive. **SpiceRoads will submit your application for approval to the Department of Tourism and their approval process takes a minimum of 1 week.** For more information on Bhutan's visa requirements, please see [here](#)

IMPORTANT: On our "Mystical Bhutan" tour we will be crossing into India via the N.K Darranga border in Assam. An Indian e-VISA is NOT accepted at this border crossing, and you must get a tourist visa physically stamped into your passport from an Indian embassy before you come on the tour. See [here](#) for more details but please contact the Indian embassy/consulate closest to you for assistance and more information. Do not leave this to the last minute as it may take up to a week or more to complete.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. As there are some high altitude passes you may consider bringing Diamox – but please consult a physician first.

Weather

An umbrella, or light rain gear, should never be too far when traveling in Bhutan. During any month of the year it could, and will, rain. There are two optimal times of the year to travel in Bhutan. The months of March/April offers a period of warmer temperatures and bright skies. During August/-October is even more popular because of the cooler temperature and cloudless and crisp skies. Bhutan has a fairly mild climate year-round.

Accommodation

The hotels listed are our first choice and where we hope you will stay, however, during festivals or other major events there is a chance we will have to substitute another hotel.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Meals are a mixture of Bhutanese and western cuisine, with the local food being mainly rice with vegetables with chili being used as a vegetable, not a flavoring – so beware! Local cheese is also popular and also quite tasty. Lunch will tend to vary between a packed lunch and some hot meals when local restaurants are available. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you 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.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20 a day, for incidentals.

Money

The Bhutanese currency is the ngultrum and is pegged to the Indian rupee. As the rupee and ngultrum are traded at par, rupees are generally accepted in Bhutan and may be occasionally given as change. Bhutan is a cash economy. Don't count on using your Visa and Mastercard, but there is an America Express office in the capital, and Amex is accepted in a few rare instances. Your best option is to change dollars or euros into ngultrums at the airport as the exchange rate is the same as in the banks in town. You can also change your money at the hotels in Thimphu, but the rate is not as good. You'll mainly need money for handicraft souvenirs and drinks as everything else is included in the tour.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour

or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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