



Cycling in Bhutan





CYCLING IN BHUTAN

Cycling through Bhutan's pristine environment with clean fresh air and breath-taking sceneries can be a wonderful experience. For experienced bikers the entire tour duration in Bhutan on a bicycle can be fun. Instead of zooming past places in a car a slow ride on a mountain bike will give them more opportunity to interact with locals and visit places along the route at their own pace.

The best time to bicycle in Bhutan are during:

1. April when the flowers are in bloom
2. End of September when the locals are engaged in harvesting of rice
3. November when the mountain views are amazing

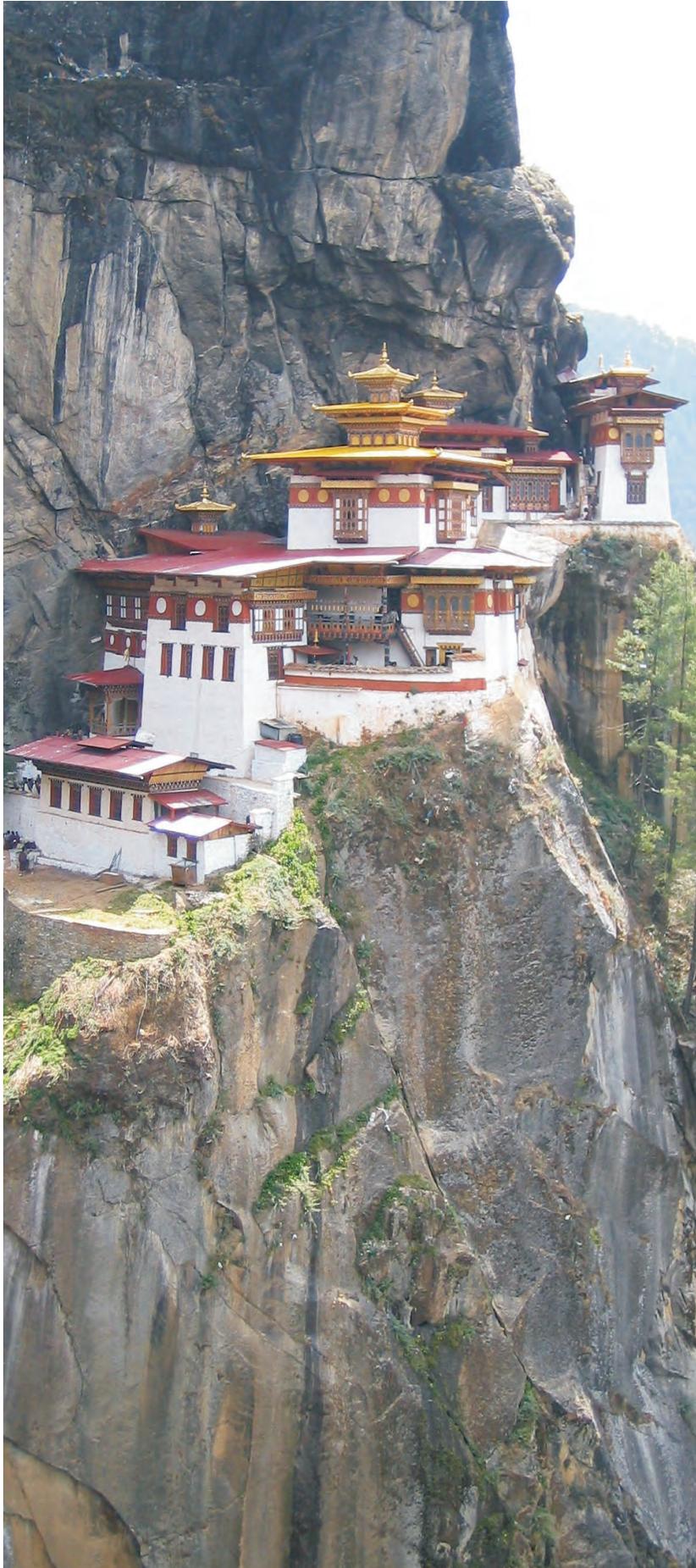




SAMPLE ITINERARY

- Day 1: Arrive Paro. Remainder of the day at leisure.
Overnight Paro.
- Day 2: Bicycle to Thimphu, Remainder of the day at leisure.
Overnight Thimphu (55kms/Approx. 3hrs)
- Day 3: Bicycling in Thimphu.
Overnight Thimphu (Picnic lunch by the riverside) (13-15 kms/ Approx. 3.5hrs).
- Day 4: Bicycle to Punakha with a stop and Tea at Dochula.
Overnight Punakha (Approx. 6-7hrs).
- Day 5: Bicycling in Punakha.
Overnight Punakha (15kms/Approx. 4hrs).
- Day 6: Drive Back to Paro.
Remainder of the day at leisure.
Overnight Paro (140kms/4hrs Drive).
- Day 7: Paro Sightseeing - Hike to the Taktshang Monastery.
Overnight Paro.
- Day 8: Fly out.





LOCATION

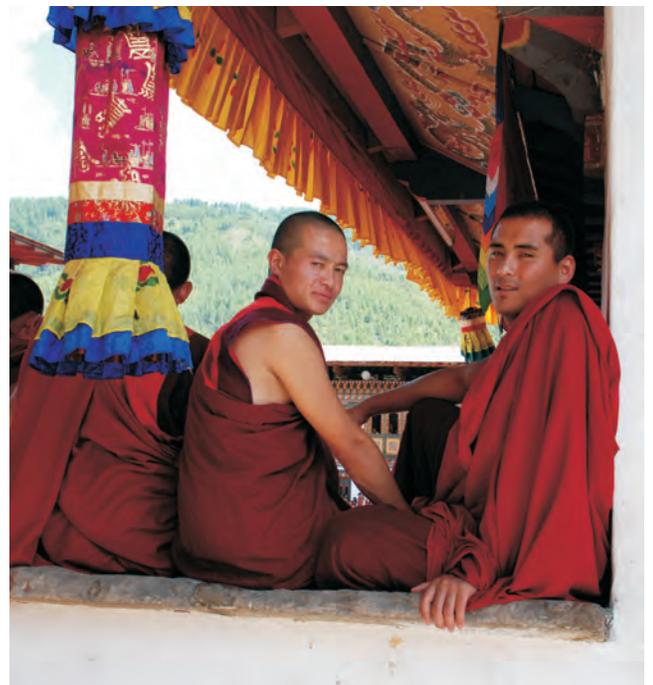
We are happy to customise the itinerary as per your clients' requirements.

A truck and a bus will accompany the bikers and be available should the guest wish to rest at any time. Mountain biking routes in Bhutan are on the main highways. The roads can be steep and narrow at some places and there may be time when clients would prefer to ride in the bus instead on their bikes.

Paro: This picturesque region is one of the widest valleys in Bhutan and is covered in fertile rice fields and has a beautiful, crystalline river meandering down the valley.

Thimphu: Bhutan's capital city is home to approximately 100,000 inhabitants including the Royal family with an abundance of restaurants, internet cafes, nightclubs and shopping centers, however it still retains its' cultural identity and values amidst the signs of modernization.

Punakha: The Monastic Body of Bhutan still considers Punakha as their winter capital and every year they migrate from Thimphu to their winter residence for 6 months on the 1st day of the 10th Bhutanese month. On the way, thousands of devotees wait at different places to receive their blessings.





ACCOMMODATION

Most hotels in Bhutan are 2-3 star and a few luxury 4 & 5 star accommodation are also available (Paro, Thimphu, Punakha, Gangtey, Bumthang). The standard accommodations all offer the necessary facilities, and are properly maintained. Generally speaking, hotels in western Bhutan (Paro, Thimphu, Punakha, Wangdue) are better appointed than the rest of the country. Accommodation establishments are more modest with fewer amenities in the more remote areas of central (Gangtey, Trongsa, Bumthang) and eastern Bhutan (Mongar, Trashigang, Trashiyangtse, Samdrup Jongkhar). Sometimes the best accommodation may be the only accommodation and a very modest one in that area especially in the central and eastern regions.

Most Standard hotels can accommodate one extra bed per room.

WHAT TO CARRY

Bikers should bring the following...

Clothes: Be prepared for extremes, going down 2000m will in general lead to a rise in temperature of 12C (54 F). Moreover, mornings are often cold, and differences in temperatures between riding in the sun and in the shade could be huge. Thus wear several layers of clothes. Long cycling pants are culturally more acceptable than short shorts. The habit of cyclists to wear eye blindingly bright coloured outfits makes sense in Bhutan. Wear your brightest outfit. Pink, purple, orange, red and yellow are particularly good to help spot you. A helmet, gloves and sunglasses are also highly recommended.

- *Dry clothes (T-shirt, long underwear)
- *Windbreaker
- *Raingear
- *Gloves in winter
- *Clip shoes and pedals (if you don't prefer platform pedal)

Food, etc:

- *Some chocolate bars or energy bars
- *Cookies
- *Water in bidon (s) or camelback bag and/or water filter

Others:

- *Your helmet
- *Sunglasses or sunscreen lotion
- *Clip shoes and pedals (if you don't prefer platform

The Bikes:

Commencal Hard Tail/Trek Mountain Bikes





denied. Please use the same passport while travelling to Bhutan on which the visa was issued or you will be denied entry.

A visa clearance document will be emailed to you 2 weeks prior to your arrival date. The visa document is required for checking in at the airport and for boarding Druk Air and at the Immigration check point in Samdrup Jongkhar and Phuntsholing for those entering/exiting by surface. Actual visas will be stamped on your passports on arrival at the Paro airport, Immigration check points in Samdrup Jongkhar and Phuntsholing in Bhutan. No passport size photos are required for Bhutan Immigration at Paro airport, Immigration check points in Samdrup Jongkhar and Phuntsholing.

FESTIVALS/PEAK SEASON

March, April, May, Sept, Oct, Nov

In case, we are not able to confirm one hotel for the entire group especially during festival/peak time, we will split group into 1-2 hotels, all hotels provided will be of same standard vis-à-vis room/services.

FOOD

While on tour a Standard Breakfast Buffet will be provided at the overnight hotel/accommodation. A Standard Lunch Buffet is provided at a local tourist restaurant or at the overnight hotel/accommodation. We provide packed lunch for journeys that pass through areas where local tourist restaurant are not available (central and eastern Bhutan) and on treks and hikes. If weather permits, the packed lunch is normally enjoyed outdoors at a suitable area along the journey. If weather is not suitable, then lunch is provided at the nearest available sheltered structure (house, barn, etc).

GUIDES

Our guides are all certified and trained by the Tourism Council of Bhutan. The Tour includes English Speaking Guides. There will be extra charges for German/French/Japanese guides. Since there are not many language speaking guides in Bhutan, advance booking will increase the confirmation of the language speaking guides.

TRANSPORTATION

Korean SUV / Toyota Innova - 1-2 pax

Toyota Hiace Mini Van - 1-4 pax

Toyota Coaster Bus: 5-18 pax

Standard seats from manufacturer does not have seat belts.

For 16-18 pax: Extra baggage vehicle will be provided free of charge

BHUTAN VISA

We will apply for your Bhutan visa after the tour payment is received and will require the following:

Scanned Passport copy sent via email. The scan copy should be clear. Passport should be valid for at least 6 months before expiry date otherwise visa will be



Cost of tour – on request

Email us for a detailed itinerary – dkc@sita.in

Read more about Bhutan -
 Destination Insider: Bhutan Special – [Click here](#)

AIRFARE

Druk Airfare: REGULAR FARE
 (requires passenger names)

- 100% refund if cancelled more than 30 days from travel date.
- 50% refund between 30-last 10 days from travel date.
- No refund if cancelled within last 10 days from travel date but valid for one year from date of issue (Bangkok/Paro sector ticket is valid for one month only).
- No refund for tickets cancelled on medical grounds.
- Once ticket is issued, travel dates can be postponed without a cancellation fee if postponed more than 4 days to travel date. If postponed 4 days or less to travel date then cancellation fee of USD 30 is applicable.
- Administrative fee of USD 30 applicable per cancellation/reservation amendments/ date change / name spelling correction.
- No name change permitted once ticket is purchased. USD 50 applicable for No Shows.
- All refunds must be processed within 60 days from the date of travel.
- Airfares are subject to change.

Druk Airfare: BLOCK PURCHASE
 (DOES NOT require passenger names)

- Once payment is made for the total number of seats, it is Non Refundable.
- Once payment is made, unused/unsold tickets are Non Refundable.
- Once payment is made Sector and Dates changes are not allowed.
- Once ticket is issued with a name, any name changes thereafter is allowed with a fee of USD 30/change.
- Names can be inserted & changed (USD 30 fee applicable) till the day before arrival.

TRAVEL & MEDICAL INSURANCE

We strongly advice travellers to get a comprehensive travel & medical insurance before travelling to Bhutan including provision for evacuation by helicopter and repatriation - should this be necessary.