

Bhutan Cycling Tour

13 days / 12 nights · Specialised experience · Bhutan

A mountain-biking route across Paro, Thimphu, Punakha, Trongsa, and Bumthang, with support vans and optional high-altitude hikes.

DIFFICULTY	Moderate to Challenging
BEST SEASON	Spring (March–May) and Autumn (September–November)
DESTINATIONS	Paro, Thimphu, Punakha

Ready to go? Ask us for a personal quote

https://www.worldtourplan.com/tours/bhutan-cycling-tour

+975 17789278 · info@worldtourplan.com

OVERVIEW

This cycling tour embraces Bhutan's mountainous terrain on both paved roads and off-road trails, offering an intimacy with the landscape seldom experienced from inside a vehicle. It accommodates various skill levels and bike types (MTB, hybrid, road), traversing small towns, villages, and rural areas with minimal traffic. Support vans accompany riders throughout, allowing rest breaks as needed, with optional hikes for additional challenge — some climbs exceeding seven hours at elevations above 3,400m.

HIGHLIGHTS

- Support vans throughout for rest breaks
- Routes through low-traffic towns and villages
- Optional high-altitude hikes above 3,400m
- Suitable for MTB, hybrid, and road bikes

PLACES COVERED

Paro › Thimphu › Punakha › Trongsa › Bumthang › Ura Valley

DAY BY DAY

DAY 1 Arrival in Paro

Arrive in Paro and settle in.

Meals: Dinner | Overnight: 3-star hotel, Paro

DAY 2 Paro to Thimphu (cycling)

Cycle from Paro to Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 3 Thimphu exploration

A rest day exploring Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 4 Thimphu to Punakha (cycling)

Cycle over Dochula Pass to Punakha.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 5 Punakha to Trongsa

Travel on to Trongsa.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Trongsa

DAY 6 Trongsa to Bumthang (cycling)

Cycle onward to the Bumthang valley.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Bumthang

DAY 7 Bumthang exploration

A rest day exploring Bumthang's temples.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Bumthang

DAY 8 Bumthang to Ura to Bumthang (cycling)

A loop ride out to the Ura valley and back.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Bumthang

DAY 9 Bumthang to Punakha

Return journey to Punakha.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 10 Punakha to Thimphu (cycling)

Cycle back over Dochula Pass to Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 11 Thimphu to Paro

Return to Paro.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

DAY 12 Paro

A free day, or optional Tiger's Nest hike.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

DAY 13 Departure

Transfer to Paro International Airport for departure.

Meals: Breakfast

WHAT'S INCLUDED

- Sustainable Development Fee (SDF)
- 3-star hotel accommodations (twin/double sharing)
- E-visa for Bhutan
- All meals (breakfast, lunch, dinner, evening tea)
- Ground transportation and airport transfers
- Local sightseeing with entrance fees
- English-speaking guide services
- Hotel taxes and service charges
- Bottled water throughout

WHAT'S NOT INCLUDED

- International/domestic airfares
- Travel and medical insurance
- Domestic guide/driver airfare costs
- Unlisted services
- Costs from mishaps, strikes, political unrest
- Beverages and personal expenses
- Gratuities for staff

PRICING

The price depends on nationality, group size, season and travel dates. Contact us for a personal quote for this itinerary.