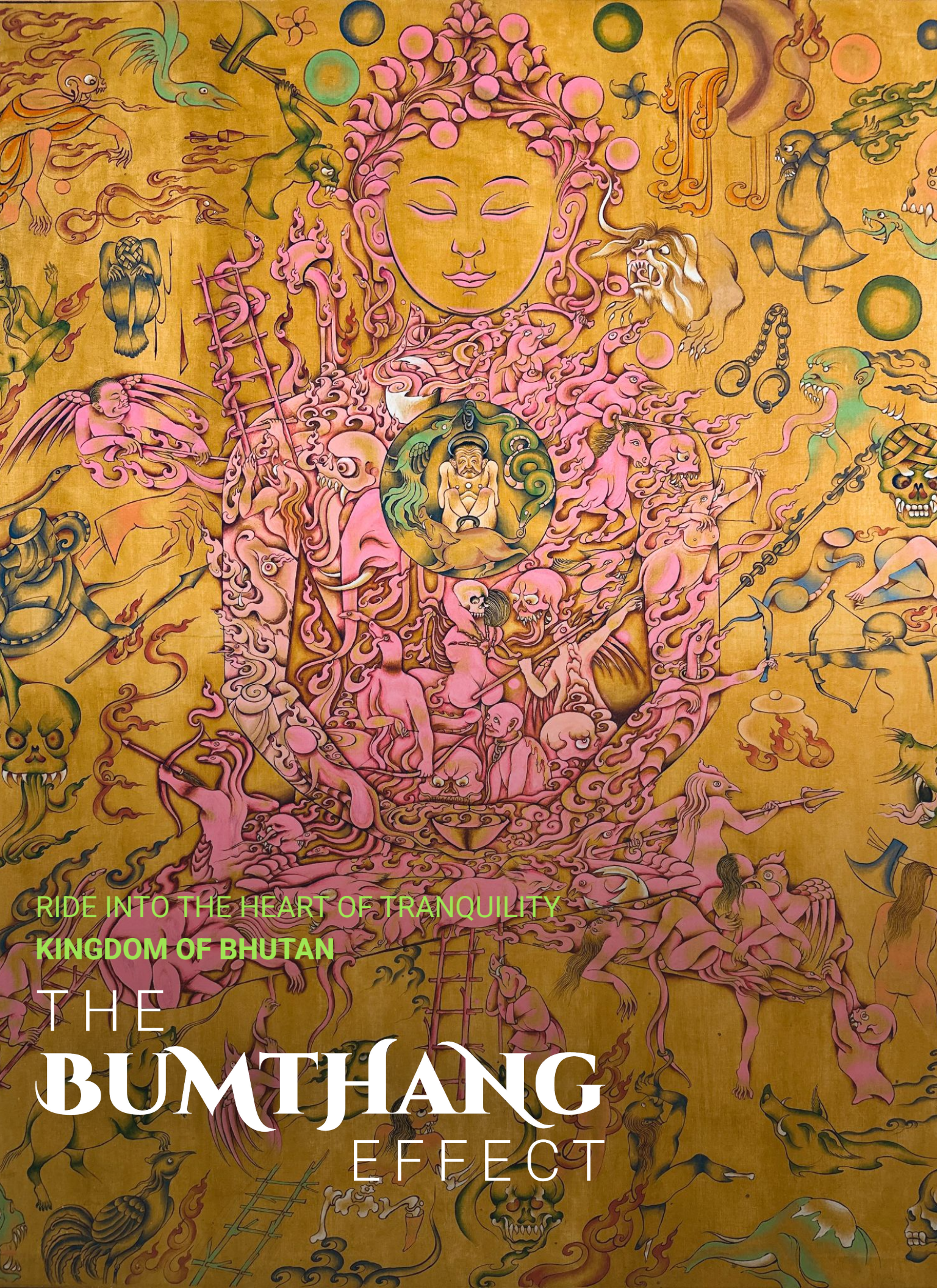
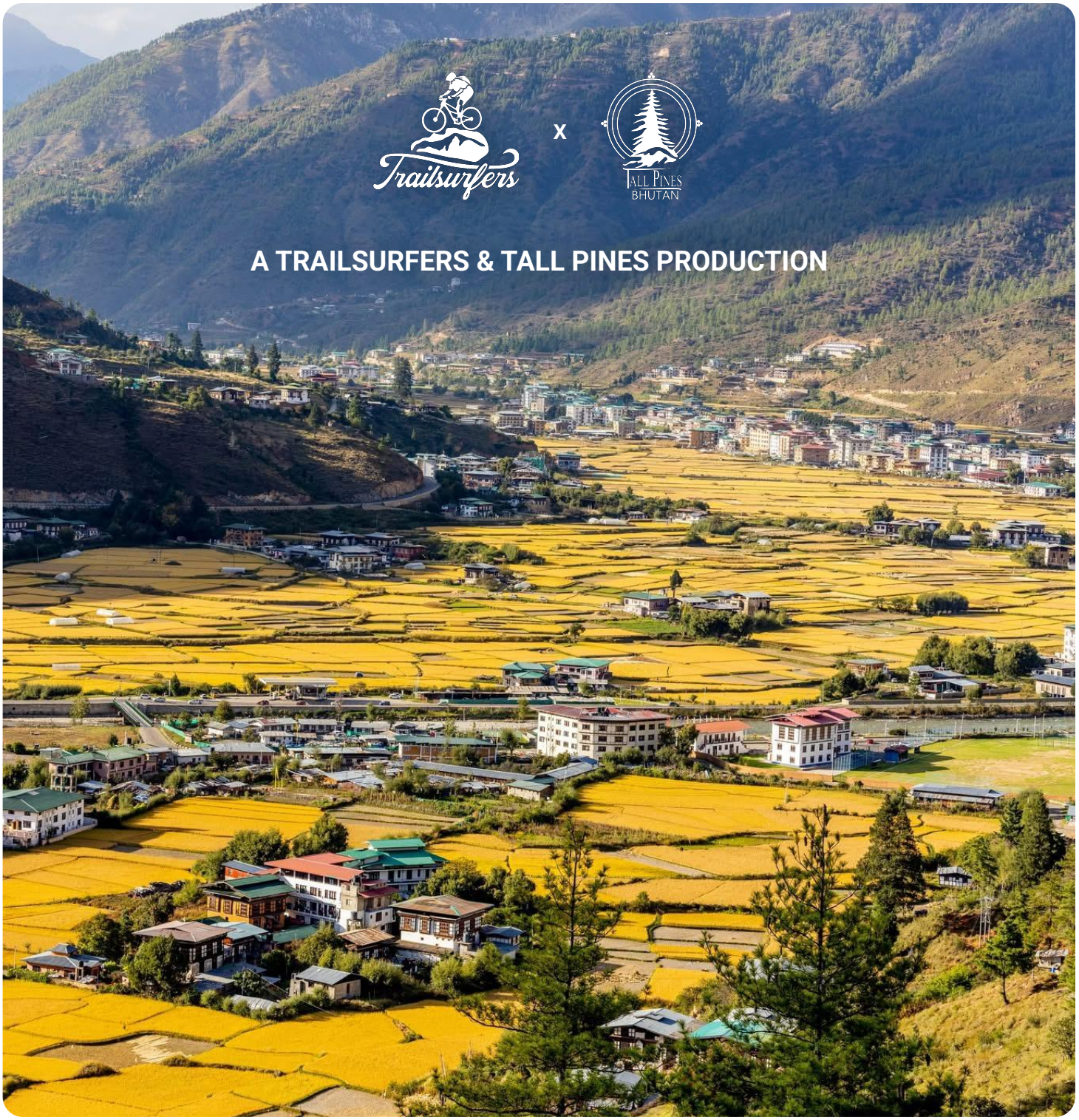


RIDE INTO THE HEART OF TRANQUILITY

KINGDOM OF BHUTAN

THE BUMTHANG EFFECT



Explore Bhutan on a mountain biking adventure that offers unforgettable memories and a chance to experience the kingdom's unique charms.

Nestled in the heart of the Eastern Himalayas, Bhutan offers a peaceful retreat from the fast-paced world, where time slows down and the soul finds peace. This is not just a destination for tourists, but a place rich in culture, nature, and the thrill of biking through stunning landscapes.

Bhutan is a land of varied experiences, from tranquil temples, to towering mountains, each revealing something new at every turn.

Biking in Bhutan is more than just travel - it's an opportunity to connect with the land and its people, while discovering the true spirit of this extraordinary country. Whether you're drawn to its unique culture, natural beauty, or the excitement of adventure, Bhutan invites you to explore its diverse landscapes and hidden treasures.

Are you ready to journey into the heart of tranquility?

OVERALL

Duration:
11 Days 10 Nights

Ride Type:
All Mountain / Enduro

Skill Level:
5/9 (Intermediate)

Fitness Level:
4/6 (Fit enough)

Number of Ride Days:
8

Ride Duration per Ride Day:
3 hours

Guide to Client Ratio:
1:3

TOUR DATES
29 OCT - 7 NOV, 2027

PACKAGE PRICE
USD 4,500





INCLUDES

- Sustainable Development Fees (SDF)
- Bhutan visa
- 3-4 star accommodation (in a double occupancy room)
- All meals (3 x meals a day)
- 2 x Domestic flights (Paro - Bumthang - Paro)
- Bottled water, tea and snacks
- All land transportation (including airport pick-ups and drop-offs, baggage and bike transfers)
- Shuttle service & back-up vehicle
- Service of professional and certified MTB guides and ground crew
- 1 x hot stone bath

EXCLUDES

- International airfare
- Personal travel and medical insurance
- Personal expenses
- Single room supplement: USD 450
- Beverages (alcoholic & coffee)
- Laundry
- Monument fees
- White water rafting / Golfing
- Guide tip (USD 150 recommended)

TRIP HIGHLIGHTS

BUMTHANG VALLEY
Bhutan's spiritual centre, home to some of its oldest temples and monasteries. It was here that Buddhism first took root in the country. Situated in central Bhutan, it includes four main valleys: Chokhor, Tang, Ura, and Chhume - each steeped in history and culture. The natural beauty and religious heritage make it a unique and mystical experience.

TIGER'S NEST MONASTERY (PARO TAKTSANG)
Tiger's Nest Monastery, perched on a cliff at 3,120 metres, is the most iconic spiritual site of Bhutan. Accessible only by mountainous paths, the steep trek and dramatic views make the journey both physically demanding and spiritually rewarding.

THIMPHU
Discover Bhutan's capital city, where tradition and modern life coexist. Highlights include the National Memorial Chorten, Tashichho Dzong, and bustling local markets. Meet friendly locals and experience the city's distinctive mix of old and new.

DOCHU LA
Dochula Pass, at 3,100 metres, offers sweeping views of the eastern Himalayas. Its 108 chortens and ever-changing light create a striking and photogenic landscape.

HOT STONE BATHS
Bhutanese hot baths, known as menchu (medicinal water), are distinct from typical hot baths. They use fresh water infused with Artemisia absinthium (wormwood) leaves, heated by fire-roasted river stones. These stones are added to the tub through a chute, with more added to raise the temperature as needed.

ANCESTRAL HOMESTAY
Staying in a Bhutanese ancestral home, or homestay, offers a unique opportunity to immerse yourself in the country's culture, experience local hospitality, and learn about traditional life.

TRADITIONAL BHUTANESE CUISINE
Experience the flavours of Bhutanese cuisine with distinctive dishes such as Ema Datshi (chillies with cheese), Phaksha Paa (pork with red chillies), and momos (dumplings). A true taste of Bhutan's culinary heritage.

DETAILED ITINERARY

DAY 01

ARRIVE IN PARO + BIKE ASSEMBLY

Welcome to Bhutan. Following your arrival in Paro's beautiful airport we will transfer to the 'Tashi Namgay' hotel and assemble our bikes. As we relax over a welcome dinner, our bikes begin the long road journey to the Bumthang valley.

DAY 02

FLIGHT TO THE BUMTHANG VALLEY + WARM-UP RIDE

The day begins with a scenic 45 minute flight to Bumthang airport , nestled 2,600m above sea level in the heart of the Bumthang valley. After lunch and a bike check, we warm-up with a 15-20km low intensity loop of the valley floor, through temples and a Swiss Farm. We spend the night in the Scandinavian styled 'Bumthang Valley Lodge'.

DAY 03

'BUSHMEN" TRAIL x 2

Once the shuttle drops us off at Petseling Gompa, we hit the pedal, climbing through pine forest up to a high point of 3,200m. From here we point our bikes downwards to descend the classic 'Bushmen' trail, 11km of technical singletrack with specific sections for sessioning. Relax with a packed lunch at the end of the trail and prepare for a 2nd round. In the evening we relax and explore the charming little town of Jakar, before returning to a hot stone bath in the 'Bumthang Valley Lodge'.

DAY 04

A DOUBLE SHOT OF KIKI-LA

A challenging day of high altitude pass riding. After a 1.5-hour drive up to Tharpaling Monastery at 3,600m a few punchy climbs and descents take us along the ridgeline to the starting point of 'Kiki-La', an 11km flow trail. It's so exhilarating, you'll definitely opt to jump in the shuttle and do it all over again after lunch. Back to 'Bumthang Valley Lodge' for the night.

DAY 05

YOTONGLA PASS TO CHUMEY

After breakfast, a 1.5 hour drive takes us up to Yotongla Pass (3,400km), where we commence an epic 10km high-mountain descent to Chumey - taking us from Alpine singletrack to forest trail. After lunch we send our bikes off on the truck to Thimpu. Final night in our secluded and beautiful Bumthang lodge.



DETAILED ITINERARY

DAY 06

RETURN FLIGHT TO PARO + TRANSFER TO THIMPU + DRUK DURO RACE TRAILS

An early start as we return to Paro by plane, and immediately set off towards Bhutan's vibrant capital, Thimphu (just one hour away). It's time to get your race face on, as we shuttle up to ride each of the 4 race stages of the Druk Duro Enduro; SS1 - 'Dragon' trail, SS2 - 'Raspeberry' trail (with 'Double Dip' to start), SS3 - 'Chow-Chow' trail and SS4 - 'Takin' trail (with the classic 'Stone Age' section). Whilst all 4 trails are set in and around the same lush forest, each trail possesses its own unique and challenging features. Overnight in 'Namgay Heritage' hotel in Thimpu.

DAY 07

DRIVE TO PUNAKHA + SEWALA TRAIL

Today, we drive to Punakha, home to much of Bhutan's best singletrack. We start with the 'Sewala' trail - a stunning ridgeline ride known to locals as Enduro Pelri (Heaven), this is a long (10km), flowy trail through rhododendron and chirpine forest. High speed sections in the forest, open out to an exposed, technical rocky section,. We return to 'Mendrelgang Heritage Home' - a beautiful, heritage farmhouse,

DAY 08

LIMUKHA TRAIL

Next up is the exhilarating and challenging 'Limukha' trail. A raw singletrack trail that descends 800m through a sub-tropical jungle. Following the ride, it's time to unwind in our farmhouse.

DAY 09

MADMAN TRAIL + RETURN TO THIMPU

After breakfast, we set off for Thimpu, stopping before the Dochula Pass at 3,100m to ride Bhutan's classic 'Madman' trail. It's a thrilling ride with rock gardens, drop-offs, log-hops, berms, sharp turns and steep chutes aplenty. Afterwards we continue on to the 'Namgay Heritage' hotel in Thimpu.

DAY 10

TIGER'S NEST MONASTERY + CELEBRATION DINNER

This morning, we embark on a day of spiritual and cultural enrichment. Our destination is the iconic Tiger's Nest Monastery, dramatically perched 900 metres above the Paro Valley. Revered as one of Bhutan's most sacred sites, it has long served as a place of deep meditation for saints and spiritual seekers. The hike up offers not only awe-inspiring views but also a profound sense of serenity and connection. In the evening, we gather for a special closing dinner to celebrate the incredible journey we've shared. Final night in Paro.

DAY 11

INTERNATIONAL DEPARTURE



TRAVEL INFO

VISA
Visa processing requires full payment of the deposit, along with a copy of your passport and 1 x passport-sized photo.

TRAVEL INSURANCE
Travel and medical insurance is mandatory for all riders. Please provide us with a copy of your insurance and your passport before travelling.

ALTITUDE & HEALTH
Acclimatisation is crucial for tackling the elevations we'll face on this trip. Our 'ride high, sleep low' approach at the trip's start helps you adjust. If you're in good health with no specific concerns, this routine usually suffices. Please inform us of any health issues so we can offer tailored guidance.

CLOTHING TIPS
Bhutan's temperatures fluctuate significantly between day and night, with conditions changing rapidly. Be prepared for all scenarios by wearing breathable layers that provide warmth without overheating.

Pack a few sets of riding clothes and comfortable footwear for the downtime between rides.



THINGS TO NOTE

PACKING LIST

- Well-serviced full-suspension mountain bike with disc brakes
- Helmet
- Body armour (knee pads, elbow pads)
- MTB clothing (jerseys, shorts/trousers, long socks, shoes, gloves, buff, windbreaker, sunglasses)
- Skincare essentials (lip balm, sunblock)
- Hydration pack & supplements
- Additional clothing (thermal wear, fleece, beanie, sandals)
- Multi-tool, Swiss Army knife & puncture repair kit
- Spare brake pads & hanger
- Backpack (we recommend a 15 Litre pack with a capacity of 3 Litres for water)

SKILL & FITNESS LEVELS

To fully enjoy this adventure, we recommend a skill level of 5 (Intermediate), and a fitness level of 4 (Fit enough).

Biking in these conditions can be challenging, so always ride within your comfort zone and skill level. Regularly maintain your bike and stay hydrated.

Respect your limits!

FOOD & ACCOMMODATION

Our accommodation in Bhutan includes comfortable 3-4 star hotels and homestays, all with hot showers and a warm welcome. Meals are hearty and healthy local cuisine, typically not too spicy. Western options are also available.

SAFETY ASSURANCE

Your mountain bike leader is a certified First Aid Responder, ensuring your safety throughout the journey.

PAYMENT

- Payment is to be made directly to Tall Pines in USD.
- A deposit of USD 2,000 is required at least 3 months before the tour.
- The balance of USD 1,500 is to be paid in cash upon arrival in Bhutan.
- Bank charges must be borne by the sender.

CANCELLATION POLICY

- No refund is available for cancellations made within 60 days of travel. However, we will transfer your deposit to another date / tour.
- An administration fee of USD 30 per person applies to all cancellations / changes.

BANK DETAILS

Account Name: **Tall Pines, Bhutan**
Account No.: **641260491** (of Tall Pines Bhutan maintained with BNBL, Thimphu, Bhutan)
SWIFT Code: **BNBTBTBT**
Beneficiary Bank: **Bhutan National Bank Ltd.**
Branch Address: **P.O Box 439, GPO Building, Chang Lam, Thimphu, Bhutan**



TESTIMONIALS

“Back in The Netherlands now, with some great memories of an awesome trip with a fantastic bunch of guys. Thank you all! “

Petrus Aarts (Netherlands)

“I shall never forget the past week. I can honestly say that I enjoyed every single minute of it. Everybody's boundless energy and fun, made an excellent trip, unforgettable. Looking forward to more fun times with all of you guys. Thank you. “

Paul Kiff (UK)

“Fab trip. Thanks for having me along. Huge thanks to our venerable leader Kinley and always on guide Shyam. You guys made the trip, every aspect of it, a truly magical adventure - fitting for a place as special as Bhutan.“

Craig G Aunger (Australia)



WHY CHOOSE TALL PINES?

At Tall Pines, mountain biking isn't just a sport - it's a way of life rooted in the wild terrain we call home. We ride not for the destination, but for the thrill of the journey, the stories forged in sweat and dirt, and the deep connection to the landscapes that shape us.



We're more than guides - we're locals, riders, and storytellers who've spent years exploring every trail, pass, and ridgeline worth riding. Whether you're chasing flow through pine forests, grinding up alpine climbs, or sending it down technical descents, we design rides that hit that perfect sweet spot between challenge and pure, unfiltered fun.

Tall Pines stands out not because we try to, but because we care - from curating hand-built trails to offering honest hospitality that feels more like riding with friends than joining a tour. We focus on the details so you can focus on the ride.

Ride with us, and discover why Tall Pines isn't just a name - it's where the adventure begins and the stoke never fades.



ATTENTION PARTICIPANTS

Your safety is our priority. Before embarking on the tour, it's crucial for all participants to disclose any pertinent medical history to our team. Your well-being matters, and this information enables us to ensure a safe and enjoyable experience for everyone. This important step allows our team to be fully aware of any medical conditions you may have. It empowers us to remind participants about their regular medications if necessary, ensuring that everyone can maintain their health throughout the tour. We're committed to creating a secure environment for all, and your cooperation in sharing medical information plays a pivotal role in achieving this goal.
Let's prioritise safety and enjoyment as we embark on this adventure together!

TRIP WAIVER

Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement

PLEASE READ CAREFULLY. BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Except where otherwise stated, **Tall Pines** acts as an agent for third-party service providers when making arrangements for your outdoor experience, including but not limited to mountain biking, rafting, fishing, hiking, and associated travel. Where **Tall Pines** provides services directly, it does so with due care and skill.

Tall Pines is not responsible for the acts or omissions of others, including transportation services, accommodation providers, or other third parties. This includes any loss, damage, injury, death, delay, or expense (including loss of prepaid funds) resulting from the actions of these third parties.

You affirm that you have not relied on any oral or written representation made by **Tall Pines**, its staff, or affiliated agents that is not explicitly stated in written communication from us. **Tall Pines** accepts no responsibility or liability for your actions that violate the laws or regulations of any region or country visited during your trip.

You understand and accept that any independent arrangements you make that fall outside of the **Tall Pines** itinerary (including pre-trip and post-trip activities or accommodation) are made at your own risk, and we provide no guarantees or liability for those arrangements.

To the fullest extent allowed by law, and except where prohibited, you agree to release and hold harmless **Tall Pines**, its owners, officers, employees, guides, contractors, and agents from any and all liability for loss, damage, injury, or death arising from your participation in any trip organized by or in association with **Tall Pines**, whether caused by negligence or otherwise.

You further agree to waive any right to sue **Tall Pines** or its representatives and to indemnify and hold harmless the company against any claims, damages, or expenses incurred in connection with your participation.

In entering into this agreement, you acknowledge that adventure activities involve inherent risks, including but not limited to exposure to weather, physical exertion, equipment failure, wildlife encounters, and remote locations with limited access to medical support.

You confirm that you are voluntarily participating in these activities and assume full responsibility for any risks, injuries, or damages that may occur.

You acknowledge that you have read and understood this agreement before signing it, and that by doing so, you and your heirs, executors, administrators, and representatives waive certain legal rights against **Tall Pines**.

