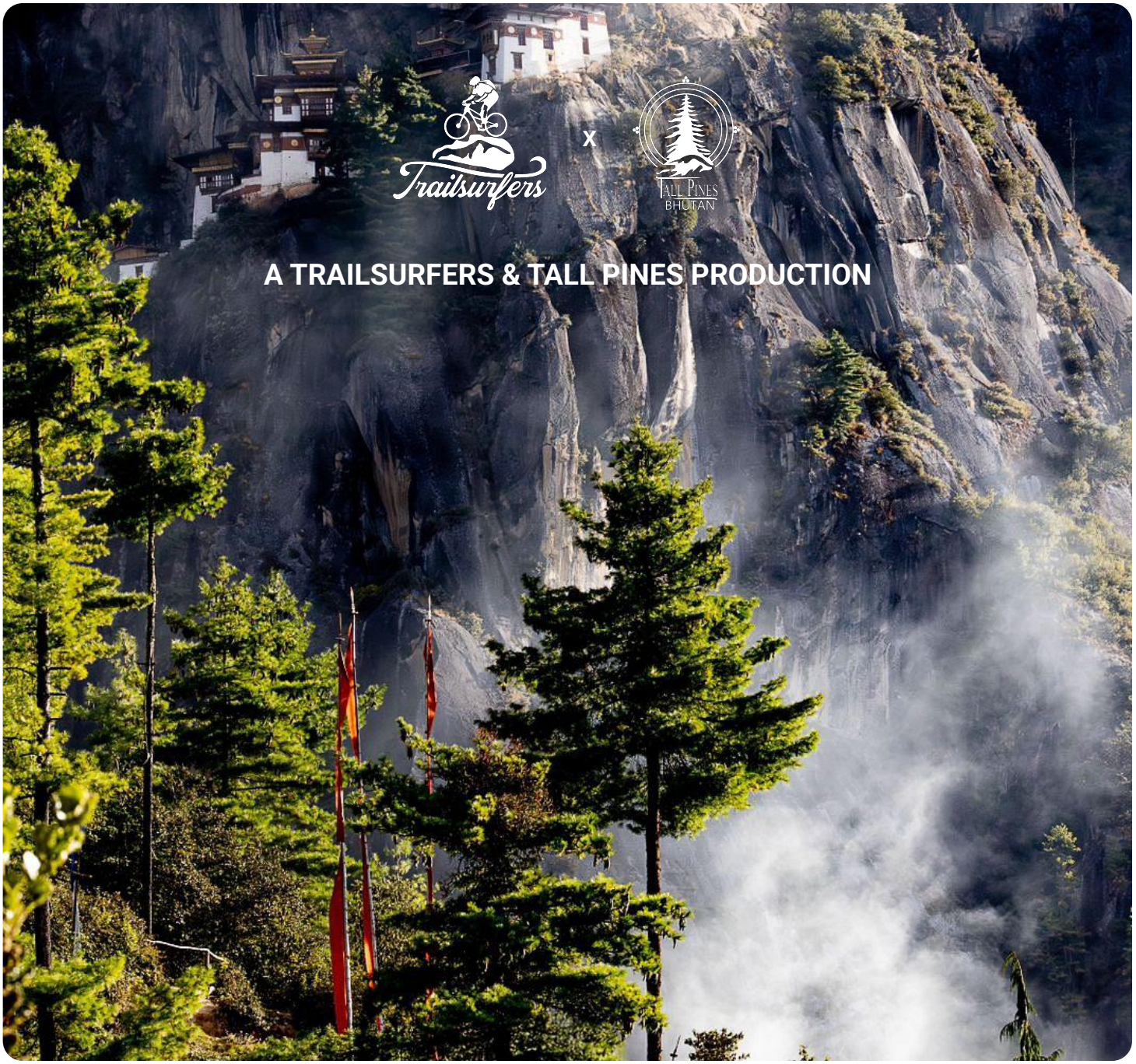


MOUNTAIN BIKE THROUGH THE LAST SHANGRI-LA

KINGDOM OF BHUTAN

Mad Man in Bhutan



Explore Bhutan by mountain bike - where adventure meets the spirit of the Himalayas.

Embark on a mountain biking adventure like no other - one that tests your limits, rewards your courage, and offers unforgettable memories in one of the world's most captivating destinations.

Nestled deep in the heart of the Himalayas, Bhutan is more than a peaceful retreat; it's a rugged, awe-inspiring playground for the bold. With its steep ridgelines, technical descents, and high-altitude trails carved through ancient forests and mountain passes, Bhutan's MTB scene is not for the faint of heart. Each trail presents a new challenge; from exhilarating singletrack through rhododendron groves to epic descents that plunge from a height of 3,700 metres - demanding both skill and stamina.

But it's not just about the ride. Between the adrenaline rushes, you'll encounter a land steeped in culture and tradition, where time slows down, and the soul finds space to breathe. From vibrant local markets and sacred monasteries to panoramic mountain views, Bhutan reveals itself layer by layer - rewarding the adventurous with moments of pure wonder.

Biking in Bhutan is more than travel; it's a deep connection with the land, the people, and your own sense of adventure. Whether you're drawn by the culture, the raw natural beauty, or the thrill of tackling some of the most spectacular MTB trails on earth - Bhutan invites you to ride through the last Shangri-La.

Are you ready to take on the challenge?

OVERALL

Duration:
9 Days 8 Nights

Ride Type:
All Mountain / Enduro

Skill Level:
6/9 (Intermediate+)

Fitness Level:
4/6 (Fit enough)

Number of Ride Days:
6

Ride Duration per Ride Day:
4 hours

Guide to Client Ratio:
1:3

TOUR DATES
1 - 9 MAY, 2027

PACKAGE PRICE
USD 4,000





INCLUDES

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

EXCLUDES

- International airfare
- Personal travel and medical insurance
- Personal expenses
- Single room supplement: USD 400
- Beverages (alcoholic & non-alcoholic)
- Laundry
- Monument fees
- White water rafting
- Guide tip (USD 150 recommended)

TRIP HIGHLIGHTS

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.

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.

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.



DETAILED ITINERARY

DAY 01

ARRIVE IN BHUTAN + WELCOME DINNER

Upon arrival at Paro International Airport, you will receive a warm welcome before being transferred to the 'Tashi Namgay' hotel. After settling in, we'll assemble our bikes and take a relaxed ride through the charming streets and scenic surroundings of Paro town. A welcome dinner at the hotel, provides a great opportunity to discuss the tour ahead.

DAY 02

THE TRAILS OF PARO

Let the trail riding commence!
After a short drive and a punchy warm-up climb to the trailhead at 3,700m, we kick things off with an exhilarating descent of 'Kila' - a steep, loamy forest traiL After lunch, we take on two more thrilling enduro trails; 'Uma' and 'San-Choe-Khor' - each offering their own unique mix of flow and tech.
Overnight stay in Paro.

DAY 03

DRUK DURO RACE STAGES

Today, we bid farewell to Paro and 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 charm and challenging features.
Overnight in 'Namgay Heritage' hotel in Thimpu.



DETAILED ITINERARY

DAY 04

DOCHULA PASS + THE MEGA-MADMAN EPIC

After breakfast, we drive up to the stunning Dochula Pass at 3,100m. From here, we hike-and-bike for 1.5-2 hours up to the sacred Lungchutse temple (at 3,600m) to commence our descent towards the Punakha valley on the 'Mega Madman' alpine trail. Split into 3 stages; 'Mega', 'Madman' and 'Mini', the trail is one of Bhutan's signature rides, and is nothing short of epic. Over the course of the 2,500m descent, you will encounter rock gardens, drop-offs, log-hops, berms, sharp turns and steep chutes. Reaching the trail's end, you'll have the option to ride all or some sections again, or opt for a more relaxed afternoon by heading straight to 'Mendrelgang Heritage Home' - a beautiful, heritage farmhouse in Punakha.

DAY 05

RECOVERY DAY (OPTIONAL RAFTING / KAYAKING) + PUNAKHA DZONG

Today's focus is on recovery, hydration and cultural immersion. The days begins with an option to either raft or kayak on the reasonably gentle Mo Chhu (Mother river). After lunch, we enjoy a guided visit of the magnificent Punakha Dzong and cross the largest suspension bridge in the country. A gentle, flat ride leads us back to the farmstay.

DAY 06

SEWALA RIDGE RIDE

Today, we get back on the gas, with the 'Sewala' trail - a stunning ridgeline ride that truly showcases the best of Bhutan's natural beauty. Known to locals as Enduro Pelri (Heaven), this is a long (10km), flowy singletrack trail through rhododendron and chirpine forest. High speed sections in the forest, open out to an exposed, technical rocky section, before finally reaching the valley floor. Final night in Punakha.



DETAILED ITINERARY

DAY 07

LIMUKHA TRAIL + RETURN TO PARO

Today, we experience another of Punakha's legendary trails - the exhilarating 'Limukha' singletrack trail. A raw trail that descends 800m through a sub-tropical jungle. It's a challenging trail that delivers another unforgettable day on two wheels. Following the ride, we take a scenic drive back to the now familiar, 'Tashi Namgay' hotel in Paro.

DAY 08

TIGER'S NEST HIKE + 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. On the way back down, we have the option of climbing aboard our bikes for a faster descent. In the evening, we gather for a special closing dinner to celebrate the incredible journey we've shared. Final night in Paro.

DAY 09

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 **6**/9 (Intermediate+), and a fitness level of **4**/6 (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 2,200 is required at least 3 months before the tour.
- The balance of USD 1,800 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**.

