



Thunder Dragon Marathon Itinerary



18 May to 26 May 2025

Package 2 – 9 Days

Bhutan has some of the best trekking in the world and as part of our 8-day package, we offer a fully supported 4-day trek on the famous Druk (or Thunder Dragon) Trail. With much of the hike up and around 4,000m, it also helps clients acclimatize for the race (which has an average altitude of 2,300m). The 8-day itinerary also takes in a visit to the famous Tigers Nest and an overnight stopover in the capital Thimphu.

Day 1 ARRIVE IN PARO

After arriving from Kathmandu a driver and guide will meet you after baggage collection and passing through customs for the drive to your hotel.

Take the opportunity to venture off and look around Paro.

Overnight in Paro. Meals included: Breakfast, Lunch and Dinner.

Day 2 HIKE TO TAKTSHANG MONASTERY (TIGERS NEST)

After breakfast, we take a short minibus ride to the starting point for the hike to the infamous Taktshang Monastery, commonly known as the Tiger's Nest. The hike will take around 6 hours and it is fairly demanding but not as steep as it looks. On the way back, we will visit Kichu Lhakhang.

Overnight in Paro. Meals included: Breakfast, Lunch and Dinner.

Day 3 DRUK PATH TREK DAY 1

Today we will drive to the starting point for the Druk Trail Path. We will climb gradually upwards from the Paro Valley to the camp at 3650m.

Most of the altitude gain is today along forest trail and we will cover approx. 20km. The climb is moderate to hard.

Overnight Camping. Meals included: Breakfast, Lunch and Dinner.

Day 4 DRUK PATH TREK DAY 2

In the morning, we leave the camp with a fairly steep climb for around an hour before following a ridge that affords magnificent views of the 7326m peak of Mt Jomolhari provided the weather is clear.

A steep descent takes you down through Yak herds to the campsite located on a beautiful lakeside nestled in the mountains at 4000m. Total distance covered today is 15km.

Overnight Camping. Meals included: Breakfast, lunch and Dinner.

Day 5 DRUK PATH TREK DAY 3

We start a tough day of ascents and descents up to 4150m. The total distance though is a very manageable 11km. There is a steady climb around a ridge through rhododendron forest to another lake and then a climb on boulders before descending to the camp.

Overnight Camping. Meals included: Breakfast, lunch and Dinner.

Day 7 THIMPHU SIGHTSEEING, BUDDHA POINT AND PARO

After breakfast there will be an excursion in Thimphu, the capital and largest city of Bhutan, with the chance to explore the city, visit the Post Office museum which houses a fascinating collection of stamps, visit the folk heritage museum, textile museum, Buddha Point (gigantic statue standing 51m which commands the entry to Thimphu Valley). You also get a chance to visit the Takin Reserve - Bhutan is a wildlife reserve area for takin, the national animal.

Overnight Camping. Meals included: Breakfast, lunch and Dinner.

To book or for more information contact Travelling Fit... Your Marathon Travel Specialists
Phone +61 2 4385 2455 | www.travellingfit.com | Email: sales@travellingfit.com

Please Note: All prices are quoted in Australian dollars and are based on a per person basis.
Prices and itinerary are subject to change at any time without prior notice.

TravellingFit
Run the World.



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Day 6 DRUK PATH TREK DAY 4

After breakfast the day begins with a gradual climb through Yak pastures to a ridge where Bhutan's highest mountain, 7570m Gangkhar Puensum, can be viewed if the weather is clear.

From here it is a long descent towards Thimphu, the capital city of Bhutan, which can be seen way below. You also get a chance to visit the Takin Reserve - Bhutan is a wildlife reserve area for takin, the national animal. This reserve is close to the finish point of the trek. The trekking crew, cooks and mule guides will leave us here. After you have time to recover you will be re-united with your luggage and we will be transferred to our hotel in Thimphu for a shower and overnight.

In the afternoon you will visit the craft bazaar where you will see traditional crafts of weaving, painting and carving and the colourful market with its bright displays of chillies, spices and vegetables. We then head to Paro (the coach journey takes 1h30min) where you can relax and build up your energy for the marathon. A race day briefing will also be conducted later this day.

Overnight in Paro. Meals included: Breakfast, Lunch and Dinner.

Day 8 RACE DAY AND CELEBRATION DINNER

Early breakfast at your hotel and then walk the short distance to race start line. All of the hotels are close to the start area. Both the Marathon and Half Marathon start at 8.30am however the exact time will be confirmed during the tour. Tonight, you will be treated to a Celebration Dinner and Cultural show.

Overnight in Paro. Meals included: Breakfast, Lunch and Dinner.

Day 9 TRANSFER TO THE AIRPORT

You will be transferred to Paro Airport for your flight to Kathmandu. Departures for Delhi, Bangkok or Singapore available at a supplement.

Please contact Travelling Fit for pricing. Your guide will inform you of the departure time from your hotel the night before.

Meals included: Breakfast, Lunch and Dinner.

Overnight in Paro. Meals included: Breakfast, Lunch and Dinner.

NOTE: Flights into Paro are usually early in the morning so overnight stay is recommended on the inbound journey. Flights from Paro into Kathmandu arrive around early to mid-morning, but a long transfer time is advised for onward flights in case of delays out of Paro, which are not uncommon. Flights from Paro to Bangkok arrive in the late afternoon/early evening and over-night in Bangkok is advisable.

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