

West to East

on Low Carbon Wheels !

Visit  **Bhutan** 2015

Celebrate happiness



Mountain biking is the best way to discover Bhutan, a very scenic mountainous terrain. Bhutanese locals and visitors are taking to this new sports tourism as it is Low Carbon and it gives an authentic experience by cycling through off roads inhaling fresh air all the way. As much as riders are expected to be adequately fit, our tour guides and van drivers are perfectly equipped with survival and safety skills required to tread these routes.



Demography: Explorer/ Challenger

Duration: 15 days

Best to visit: April to September



Best features you will find on this Cycling experience:

- * Traditional Bhutanese Welcome.
- * Ride to visit Simtokha Dzong, the oldest fortress of the Kingdom built in 1627 in Thimpu.
- * Biking to Punakha covering almost 70 km within 4 hours with scenic stops at Dochula Pass featuring 108 stupas at 3,116m for a hot cup of Bhutanese tea (Suja).
- * Bike trail along 17th century Punakha Dzong and a 21km ride to Wangduephodrang (approx. 2 hours).
- * Altitude ride of about 70km for about 4 hours to Gangtey to enjoy an excursion of Phobjikha valley (famous for black-necked cranes and endangered species).
- * Enjoy the night skyline under your tent.
- * The longest ride from Gangtey to Trongsa (125 km, approx. 6 hours) crossing 3,300 m high Pelela pass.
- * See the stupa patterned on Swayambhunath in Kathmandu.
- * Stay in local homestays in Trongsa.
- * Ascend 3000m (68km in 5 hours) and descent 2700m (swiftly) to get to Bhumthang for relaxation and enjoy sights of beautiful valleys and temples
- * Experience a village at 3000m elevation named Ura Valley to explore monastery and village lifestyle.
- * Experience tented nights at Limithang camp and local markets in Mongar.
- * Ride for 5 hours from Mongar to Gom Kora across Kori la pass at an elevation of 2,450m.
- * Experience local weaving activities at Trashi Yangtse (65 km away from Gom Kora).
- * See the confluence of two valleys in Doksum and visit the "Chorten Kora" .
- * Cycle on an interesting journey from Trashi Yangtse to Trashigang (65 km, approx. 5 hours) on a trail which has gradual ups and downs for 55 kms.
- * Experience easy rides from Trashigang to Mongar within 3 hours covering over 90kms.
- * Enjoy the challenge of Mongar to Bhumthang within 7 hours an over 190kms, and from Bhumthang to Thimpu covering over 265km within 11-13 hours. These routes back to Paro are indeed a challenge to any cyclist.

Why is it low carbon:

1	Use of Renewable Energy in operations among tourism stakeholders. (Ex: Solar panel for hotels, in this route)	√
2	Offer Carbon Certified Products and services for tourists (Ex: Natural resources made available)	√
3	Low Carbon Tourism Products and Services (Tourism value chain measures carbon footprints).	√
4	Low Fuel Consumption Transportation	√
5	Inclusive Tourism Activities with Community (Ex: trek and camp at local communities)	√
6	Low Carbon Tourism Practices (Ex: Guidelines on Trek i.e, waste management)	√

Carbon Indicator in **kgCO₂ equivalent per guest night** (high impact sector - Hotels)



American average = 33



European average = 27.0



Bhutan average = 2.5

