

SPICE ROADS

CYCLING



MYSTICAL BHUTAN

Tour Code
BTN-BMB

15 DAYS
14 NIGHTS

	Destinations	Bhutan, India
	Tour Meets Tour Ends	Paro, Bhutan Guwahati, India
	Fly in to Fly out of	Paro International Airport (PBH) Lokpriya Gopinath Bordoloi International Airport (GAU)
	Group Size Minimum Age	1-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



11 Cycling days	773 km Total cycling distance
70 km Avg distance / day	1339 m Avg climbing / day

PRICING



Price	US\$ 6,625
Bike Hire (Mountain Bike)	US\$ 490
Bike Hire (E-Bike)	US\$ 990
Single Supplement	US\$ 520

**E-bikes are in limited supply, please enquire to reserve one.*

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Visa fees
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Trekking

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



19 Jul - 02 Aug 2026
30 Aug - 13 Sep 2026
04 Oct - 18 Oct 2026
09 May - 23 May 2027
18 Jul - 01 Aug 2027
29 Aug - 12 Sep 2027
05 Sep - 19 Sep 2027
03 Oct - 17 Oct 2027
01 Nov - 15 Nov 2027

TRIP PROFILE

We ride a total of 773 km over 11 cycling days. Bhutan is the most mountainous country in the world which means that cycling involves either going up or going down, with hardly any flat sections! The average daily elevation gain is over 1,000 metres, but the gradients are generally gentle, and a support vehicle is always on hand.

Our tour follows Bhutan's "Lateral Road," a winding east-west route connecting the Kingdom's remote regions. We begin in Paro, acclimating to the altitude and exploring key sites before hiking to the iconic Tiger's Nest Monastery on Day 2. From there, we transfer to Thimphu, where the cycling begins. Traversing valley after valley, we tackle mountain passes and sweeping descents, soaking in Bhutan's pristine air (one of the most forested countries in the world), stunning Himalayan views, agrarian traditions, and rich cultural heritage. The average daily distance is 70 km, with the longest ride being 109 km (Day 5) and the shortest rides at 30–36 km (Days 4 and 8). Between Days 11 and 14, distances increase to 80–90 km. On Day 7, we enjoy a full day off the bikes in the Punakha Valley, Bhutan's spiritual heartland. Along the way, we visit Bhutan's famed dzongs (fortified monasteries), Buddhist temples, and breathtaking Himalayan landscapes. For many, the highlight is the deep immersion into the lifeways of Bhutanese communities living in the remote highland valleys of the Himalayan foothills.

In areas with well-established tourism infrastructure, such as Paro, Thimphu, Punakha, and Bumthang, we stay in comfortable 3-star hotels known for their traditional charm and convenient locations. In more remote regions, accommodations are simpler and reflect either the best or the only options available. In places like the Tang Valley, Sengor, and Wamrong, camping may be necessary depending on group size and lodging availability. Throughout the journey, you'll savour delicious traditional Bhutanese meals, with occasional Western options. In remote areas where restaurants are unavailable, we provide packed lunches or dinners.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an advanced-level cycling challenge, ideal for seasoned riders or determined intermediate cyclists who crave the burn of gradual ascents and relish the thrill of winding descents. Stamina is essential for back-to-back riding days, and strength is required to tackle a range of climbing conditions. Most ascents feature a gentle gradient of 3-5%, with steeper sections being rare. Riders should be comfortable gaining 1,000 - 1,500 metres of elevation daily, with the resilience to push their limits on a few more demanding days. Good handling skills are key for safely navigating steep downhill with sharp turns. Although we do not venture off-road, the varying conditions of the paved surfaces demand focus and adaptability. Less experienced riders are welcome but should prepare in advance for the long distances, sustained climbs, and occasional rough roads. A support vehicle is always nearby to provide refuge for weary cyclists or assistance with any climbs.

Biking Conditions: We primarily ride along the "Lateral Road," Bhutan's primary east-west highway, which meanders through the country's majestic mountains and valleys. Despite its highway designation, the Lateral Road is a narrow, winding route with minimal traffic, especially as we venture away from the main tourist hubs. However, be prepared to share the road with a mix of vehicles, including cars, motorbikes, and occasional buses. Road surface conditions vary. While many sections are well-maintained, broken asphalt, potholes, and road debris are common. Rain is typical in Bhutan throughout the year and can impact road conditions. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure.



Day 1: Meet in Paro

Welcome to Bhutan – or Druk Yul, the “Land of the Thunder Dragon” – as locals call it. Depending on your flight schedule, you will either have arrived in Paro the day before or will be arriving this morning. Either way, a pick-up from the airport is included. After lunch, we’ll begin our exploration of Paro’s must-see sites and start acquainting ourselves with Bhutan’s rich cultural heritage. At the National Museum of Bhutan, housed in a 17th-century watchtower, we’ll learn about the country’s history through art, textiles, and sculptures. We will also visit the Rinpung Dzong, the first dzong (traditional Bhutanese fortified monastery) on this journey. Adorned with intricate woodwork, towering walls, peaceful courtyards, and sacred temples, this impressive structure serves as both a religious site and a center of administration, offering insight into Bhutan’s architectural heritage. In the evening, enjoy a traditional Bhutanese welcome dinner. If you plan to arrive before the tour begins, please note that due to Bhutan’s strict tourism policies, all arrangements, including hotel stays, must be booked through a travel company (that’s us!). If you need assistance with booking, please let us know, and we’ll be happy to help.

 Hotel Pema Yangsel  Lunch, Dinner

Day 2: Tiger's Nest Hike - Thimphu

We kick off the journey with a visit to Bhutan’s most iconic site: the Tiger’s Nest, or Paro Taktsang as it’s known locally! Perched on a cliff at 3,120 m ASL, this 17th-century Buddhist monastery is one of the most sacred and scenic sites in the Himalayan Buddhist world. After a 30-minute transfer from Paro, we begin the 4 km trek, climbing roughly 900 metres. The trail winds through forests, with gentle inclines interspersed with steeper zig-zags. Near the end, we cross a rope bridge adorned with prayer flags beside a cascading waterfall. A final set of steps leads to the monastery, where we’ll explore its sacred spaces and enjoy breathtaking views. After retracing our steps down the mountain, we transfer around two-hours to Thimphu, Bhutan’s capital, nestled in the green valley of the Wang Chuu River. Despite being the capital, Thimphu retains a relaxed charm, with no traffic lights in the city centre and a strong focus on preserving Bhutan’s cultural heritage. The afternoon is free to relax and explore the lively town. Before reconvening for dinner, we’ll make time to fit the bikes in anticipation of our inaugural ride the following day!

 Hotel Gakyil  Breakfast, Lunch, Dinner

Day 3: Thimphu - Punakha

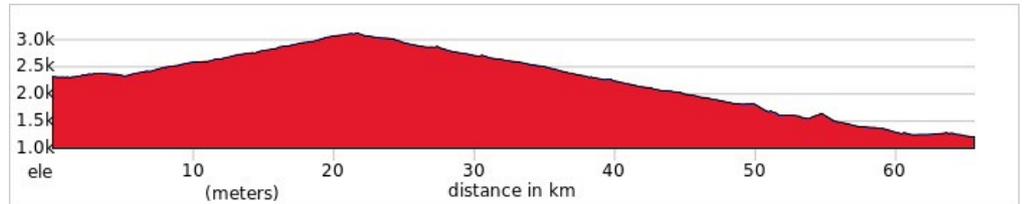
Our inaugural ride marks a rite of passage for anyone cycling in Bhutan: conquering the Dochula Pass. From Thimphu, the first 5 km are an easy warm-up as we follow the river south. Then, the climbing begins. We face 18 km of continuous uphill, with an average gradient of around 4.5%. The paved road, the only throughway between Thimphu and Punakha, winds its way up the mountainside through sprawling forests and occasional highland settlements. We take it slow and steady until, at the top of the pass (3,100 meters ASL), we are greeted by 108 chortens – sacred Buddhist structures – rising into the sky. Here, we unwind, soak in the panoramic views of the eastern Himalayas, and enjoy lunch. Then, it's downhill into the Punakha Valley, descending over 40 km on twisty mountain roads. Our ride ends at a charming hotel near the town of Punakha, the former capital of the Kingdom.



Damchen Riverside Resort



Breakfast, Lunch, Dinner



Ride 66km



+1093m



-2201m

Day 4: Punakha - Wangdue

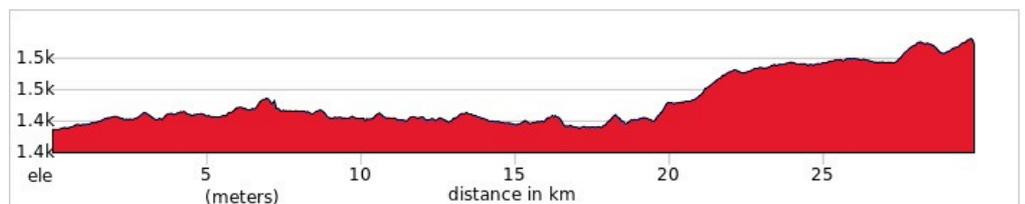
Today is all about the Punakha Valley, beginning with an off-saddle exploration of two of the area's most iconic sites. First, we visit the grand Punakha Dzong, one of Bhutan's most impressive dzongs, located at the confluence of two rivers, showcasing stunning architecture, intricate woodwork, and centuries of fascinating history. We then head to Chhimi Lhakhang, a scenic 15th-century hilltop monastery said to bless visitors with fertility and protection, adorned with colorful phallic symbols representing good fortune and the power to ward off evil spirits. After lunch, we change into our cycling gear and embark on a fun ride through the Punakha Valley and on to Wangdue further east. The highlight of today's route comes after just 7 km when we cross, one at a time, a swaying metal bridge over the Puna Tsang Chu River! We then follow the river south surrounded by stunning views of terraced rice paddies and towering mountains. The final 10 km are a gradual uphill as we climb into the valley of the gushing Dang Chu River where we spend the night at a cosy highland resort.



Kichu Resort Wangdue



Breakfast, Lunch, Dinner



Ride 30km



+339m



-202m

Day 5: Wangdue - Trongsa

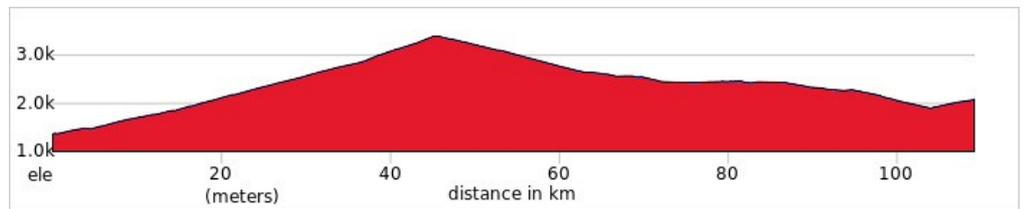
This morning, you have two choices: rise early to take on a 45 km uphill ride to the top of Pelela Pass, one of Bhutan's highest at 3,420 m ASL, or transfer by vehicle to the summit. The climb is long but steady, with gradients averaging 4–5% before steepening over the final 9 km. Whichever way you ascend, the descent is a shared thrill – a winding 30 km ride to the eastern edge of Central Bhutan. By the 70 km mark, the road flattens briefly before continuing downhill for another 18 km into the Mangde Chhu River Valley. The ride ends in Trongsa, home to Bhutan's largest dzong. Perched along a ridge overlooking the valley, this awe-inspiring fortress is famed for its labyrinth of courtyards and temples. After exploring its historic grounds, we'll unwind with some well-deserved rest and dinner.



Yangkhil Resort



Breakfast, Lunch, Dinner

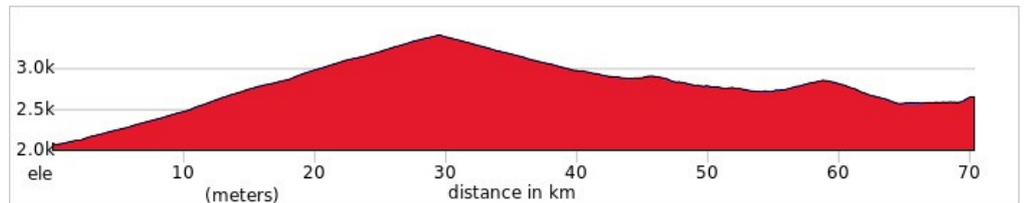


📍 Ride 109km 📈 +2412m 📉 -1686m

Day 6: Trongsa - Bumthang Valley (Jakar)

Today marks a key milestone as we venture into the Bumthang Valley, the gateway to Eastern Bhutan. The day begins with a familiar challenge: a 30 km uphill ride to the Yongtong La Pass, at 3,450 m ASL, with a steady 4-5% gradient. At the summit, fluttering prayer flags surround a lone chorten, and on clear days, the panoramic Himalayan views are breathtaking. The descent meanders through changing forests, from subalpine to subtropical. After a lunch stop at a roadside restaurant around 50 km in, we face the second pass of the day, Kiki La Pass, a gentle 5 km climb to the top. Finally, we descend to the Bumthang River, crossing it before tackling a short, steep climb up to a classic Bhutanese lodge perched above the town of Jakar, where we'll stay for two nights.

🏠 Swiss Guest House 🍴 Breakfast, Lunch, Dinner



📍 Ride 70km 📈 +1682m 📉 -1111m

Day 7: Bumthang Valley Exploration

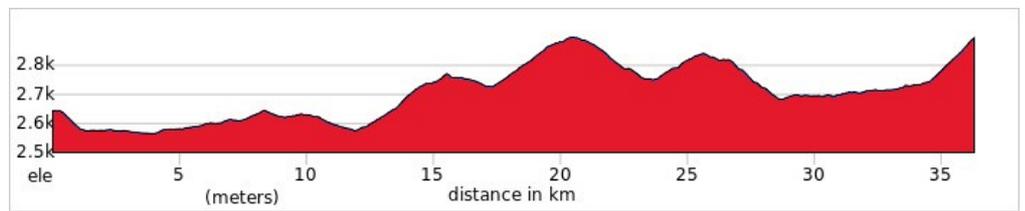
After four tough days in the saddle, today we give our legs a well-deserved rest. The morning is free to sleep in or explore Jakar, the small town that serves as the Bumthang Valley's trading hub. Bumthang is considered the spiritual heartland of Bhutan, where Buddhism first took hold in the 7th-8th centuries AD. As a result, the valley is home to many of Bhutan's most sacred temples and monasteries, including Kurje Lhakhang and Jambay Lhakhang, both of which draw pilgrims and visitors alike. We'll visit these sites at a relaxed pace in the afternoon before treating ourselves to a lovely dinner to celebrate our cycling feats so far. There's plenty more to come, so we suggest going easy on the "ara" (Bhutanese distilled liquor) this evening!

🏠 Swiss Guest House 🍴 Breakfast, Lunch, Dinner

Day 8: Bumthang Valley - Tang Valley

Back on our bikes, we journey from the Bumthang Valley to the remote Tang Valley, less than 40 km east. Though shorter than previous days, the ride features three mountain passes in quick succession as well as some rougher road surfaces. We'll pace ourselves, soaking in the serene ambiance of this secluded region. After our first climb at 15 km, we stop at Pema Choling Nunnery, a monastic school where Bhutanese women of all ages embrace Buddhist principles. Continuing through forested highlands, we climb and descend to the Thang Chuu River leading into the pristine, agrarian Tang Valley. Amidst rice fields we'll visit a heritage house, once home to a noble family and now a museum showcasing Bhutan's feudal past. Depending on group size and availability, we'll either stay at a guesthouse attached to the heritage house or camp under the stars.

🏠 Ogyen Choling OR Campsite 🍴 Breakfast, Lunch, Dinner

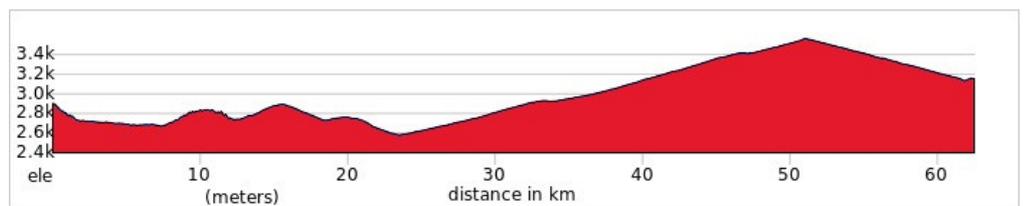


📍 Ride 36km 📈 +823m 📉 -573m

Day 9: Tang Valley - Ura Valley

In the morning, you can choose between a one-hour vehicle transfer or a 23 km return ride along the same route we took yesterday. Whether by bike or car, we'll regroup near a road junction close to the sacred "Burning Lake," a site steeped in local folklore, though its name may be more dramatic than its appearance! From here, we ride southward toward the day's main challenge: a gradual 29 km climb to the top of Serthangla Pass. With an average gradient of 4-5%, find a comfortable gear, keep going, and enjoy the views as we head deeper into Bhutan's intrepid east. At the top (3,550 m ASL), we'll have a packed lunch, and on clear days, we may catch a glimpse of Gangkhar Puensum – Bhutan's highest mountain and the highest unclimbed peak in the world. From here, it's a brisk 11 km downhill into the Ura Valley, with a final section along village lanes flanked by low-rising stone walls, traditional houses, and temples. We spend the night at a farm stay in the village, embracing for a truly immersive experience in rural Bhutan off-the-beaten path.

🏠 Bangpa Heritage Farmstay 🍴 Breakfast, Lunch, Dinner

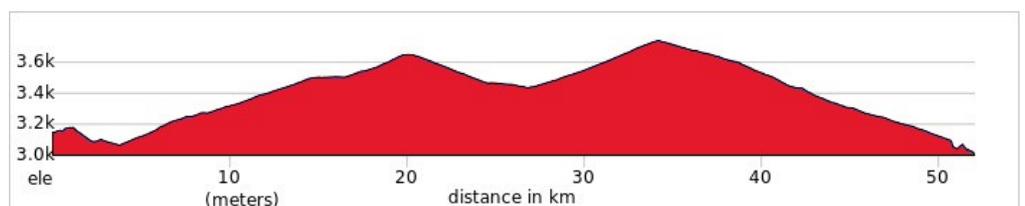


📍 Ride 63km 📈 +1377m 📉 -1121m

Day 10: Ura Valley - Sengor

Weaving out of Ura's quaint hamlets, we quickly rejoin Bhutan's Lateral Road. The first 35 km of today's ride features two climbs: a 17 km ascent followed by a 7 km climb, with a refreshing dip between. As usual, the gradients are gentle. At the top of the second climb, we reach Thrumshing La Pass, Bhutan's second-highest mountain pass at 3,780 m ASL, where we pause to enjoy stunning views of the Donga Mountain Range (on a clear day!) and a packed lunch. The descent begins cautiously, with the road hugging a sheer drop for the first few kilometers. Soon, forests close in, and we can cruise the remainder of the route at a relaxed pace. We'll end the day in Sengor, a village nestled in a small valley surrounded by rolling hills. Depending on group size and availability, we'll either stay at a local guesthouse or camp under the stars. Being at an elevation of 3,000 m ASL, prepare to bundle up this evening!

🏠 Local Guesthouse OR Campsite 🍴 Breakfast, Lunch, Dinner

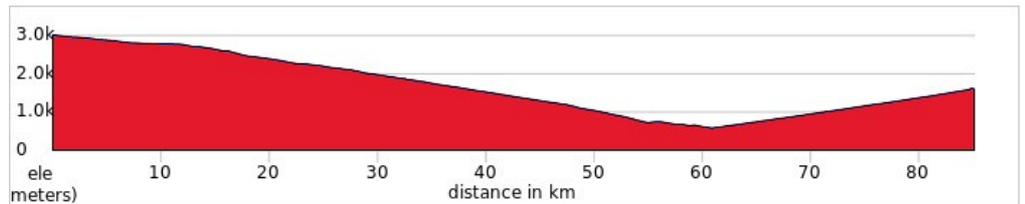


📍 Ride 52km 📈 +948m 📉 -1084m

Day 11: Sengor - Mongar

Unlike virtually every other day on this tour, today's ride starts with a downhill — and not just any downhill, but the longest of the entire journey! From Sengor, we wind our way down the Lateral Road for 60 km, losing 4,000 metres of elevation in the process. While the average gradient is a gentle 3% and we can cruise comfortably for most of the way, the road gets quite narrow and there are some steep stretches and tight hairpins that require focus. Around 16 km in, we pass Namling Brak, a dramatic cliff with a cascading waterfall below. After completing the descent, we ride along the Kuri Chuu River, and upon crossing a bridge to its eastern banks, we shift into lower gears for the day's finale: a 25 km twisty climb along a series of switchbacks up to the lively town of Mongar. Time permitting you can visit Mongar Dzong, one of Bhutan's newest monasteries (built in the 1950s) but, of course, built with great adherence to traditional methods! Tonight's hotel will be a few steps up from the more simple lodgings we've experienced in the days before.

 Wangchuk Hotel  Breakfast, Lunch, Dinner

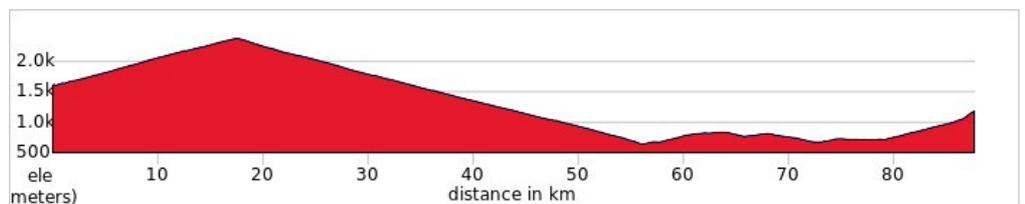


 Ride 85km  +1090m  -2504m

Day 12: Mongar - Trashigang

Today's biggest climb comes right out of the gate, making our way around 18 km from Mongar up to the top of Korila Pass, another of Bhutan's memorable mountain passes, complete with a peaceful chorten and rustling prayer flags. From here, it's a nearly 40 km downhill blitz into the valley of the Dangme Chuu River, featuring an epic sequence of switchbacks towards the end. The road then undulates and winds its way atop a ridge following the river for around 20 km with scenic views into the forest-clad gorge below. After crossing a bridge to the other side, a final 9 km climb takes us towards the town of Trashigang. While shorter than many of our climbs on this tour, this is one of the spiciest, with an average gradient of 7% – feel free to opt for the support vehicle. Tonight we stay at a cosy highland resort on the outskirts of Trashigang, with fabulous views over the valley below and mountains beyond. We have now reached the easternmost point of our journey across Bhutan – a feat worth celebrating at dinner this evening!

 Druk Dhoetjung Resort  Breakfast, Lunch, Dinner



 Ride 88km  +1578m  -2010m

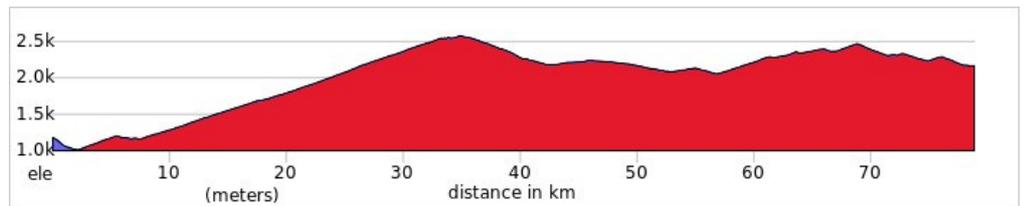
Day 13: Trashigang - Wamrong

We're nearing the end of our traverse across Bhutan's rugged mountains, but the climbing isn't over yet. From Trashigang, we ascend steadily for 33 km to the top of Yonphula La, home to one of Bhutan's only four regional airports. Along the way, we tackle some fiery switchbacks and pass through the area of Kanglung, with its picturesque agrarian hinterland spread across the hills. After a breather at the top, we descend slightly before remaining at an elevation of 2,000 m ASL for the rest of the ride, rising and dropping gently with the contours of the terrain. We call it a day in the small town of Wamrong, perched on a mountain ridge, where the main strip is lined with traditional Bhutanese-style houses pressed against a background of the Himalayan foothills. Depending on group size and availability, we'll either stay at a local guesthouse or camp under the stars.

 Local Guesthouse OR Campsite

 Breakfast, Lunch, Dinner



 Ride 79km

 +2316m

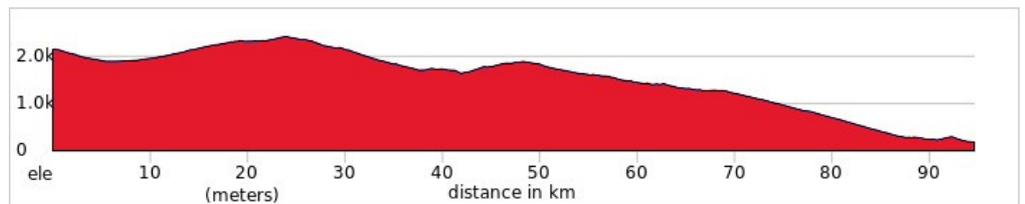
 -1326m

Day 14: Wamrong - Samdrup Jongkhar

It's time for the home stretch! On our final riding day, we experience a remarkable change in scenery as we travel from the eastern Himalayas, over 2,000 m ASL, to the brink of the Assam Plain, near sea level. From Wamrong, the first 50 km are a series of gradual ups and downs as we make our way south, with the longest climb spanning around 15 km at a gentle 3–4% gradient. There are a few notable descents during this first half as well, but they pale in comparison to the long, winding 50 km downhill that closes out our cycling journey, bringing us to the lush tropical lowlands near the Indian border. We roll into the sleepy border town of Samdrup Jongkhar, often called the “Yellow Town” due to the hue of its architecture. In the evening, we reconvene for a well-deserved farewell dinner to celebrate our accomplishment of crossing Bhutan from west to east!

 Menjong Hotel

 Breakfast, Lunch, Dinner



 Ride 95km

 +1068m

 -3025m

Day 15: Samdrup Jongkhar - Guwahati (India) - Departure

Time to say goodbye to Bhutan! In the morning, we cross the border into the neighboring Indian state of Assam. Please ensure that you have your Indian visa in order – e-visas are not accepted at this border crossing, and you will need to apply for a visa physically at a consulate or embassy before joining the tour. We've done this plenty of times, so please feel free to reach out if you have any questions about the process. After completing immigration formalities, we transfer you to the city of Guwahati, located along the banks of the mighty Brahmaputra River and the largest city in Assam. It will take around 3-4 hours to get there, accounting for time at the border and traffic. Depending on your onward arrangements, we will either drop you off at the airport or your post-tour hotel in Guwahati. Please book flights in the afternoon to allow enough time to reach the airport.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike or gravel bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

All nationalities require a passport for entry into Bhutan. Please ensure your passport is valid for at least 6 months from date of entry. Bhutan does not issue Visas before you arrive through their Embassies or Consulates. The only way to get a Visa is to get it on arrival to the country. However, you can't simply show up at their doorstep and be allowed in. You must apply with a tour operator and submit an application form for approval BEFORE you arrive. **SpiceRoads will submit your application for approval to the Department of Tourism and their approval process takes a minimum of 1 week.** For more information on Bhutan's visa requirements, please see [here](#)

IMPORTANT: On our "[Mystical Bhutan](#)" tour we will be crossing into India via the N.K Darranga border in Assam. **An Indian e-VISA is NOT accepted** at this border crossing, and **you must get a tourist visa physically stamped into your passport** from an Indian embassy before you come on the tour. See [here](#) for more details but please contact the Indian embassy/consulate closest to you for assistance and more information. Do not leave this to the last minute as it may take up to a week or more to complete. **Effective from 01 January 2026** anyone who is not Indian or Bhutanese is required to pay a passenger **user charge of 800 Indian Rupees (around 10 USD) per person at the N.K Darranga border crossing.** This needs to be paid in cash and in Indian Rupees (INR) - you will be able to exchange money in Samdrup Jongkhar.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. As there are some high altitude passes you may consider bringing Diamox – but please consult a physician first.

Weather

An umbrella, or light rain gear, should never be too far when traveling in Bhutan. During any month of the year it could, and will, rain. There are two optimal times of the year to travel in Bhutan. The months of March/April offers a period of warmer temperatures and bright skies. During August/-October is even more popular because of the cooler temperature and cloudless and crisp skies. Bhutan has a fairly mild climate year-round.

Accommodation

The hotels listed are our first choice and where we hope you will stay, however, during festivals or other major events there is a chance we will have to substitute another hotel.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Meals are a mixture of Bhutanese and western cuisine, with the local food being mainly rice with vegetables with chili being used as a vegetable, not a flavoring – so beware! Local cheese is also popular and also quite tasty. Lunch will tend to vary between a packed lunch and some hot meals when local restaurants are available. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20 a day, for incidentals.

Money

The Bhutanese currency is the ngultrum and is pegged to the Indian rupee. As the rupee and ngultrum are traded at par, rupees are generally accepted in Bhutan and may be occasionally given as change. Bhutan is a cash economy. Don't count on using your Visa and Mastercard, but there is an America Express office in the capital, and Amex is accepted in a few rare instances. Your best option is to change dollars or euros into ngultrums at the airport as the exchange rate is the same as in the banks in town. You can also change your money at the hotels in Thimphu, but the rate is not as good. You'll mainly need money for handicraft souvenirs and drinks as everything else is included in the tour.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

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