

Thunder Dragon Marathon Itinerary

25 May to 29 May 2023



PACKAGE INCLUDES:

PACKAGE 1 - 5 DAYS / 4 NIGHTS RACE WEEKEND	RUNNER	SUPPORTER
DOUBLE / TWIN SHARE	\$4157 AUD	\$3766 AUD
SINGLE	\$4799 AUD	\$4409 AUD

- Guaranteed Race Entry (Runners Only)
- 4 Nights' Accommodation - Check in: Thu 25 May | Check out: Mon 29 May
- Return flights from Kathmandu to Paro (flights from Delhi, Bangkok or Singapore is possible at an additional cost)
- All Meals included
- Guided hike to Taktshang Monastery (Tigers Nest)
- Guided tour of the Capital City Thimphu
- Celebration Dinner & Cultural Show post Marathon Event
- All sightseeing & entrance fees as indicated on the itinerary
- Transportation in Bhutan as indicated on the itinerary
- Visa for Bhutan
- Tipping for the guide and the driver
- Personalised Travelling Fit Running Top *exclusive to Travelling Fit clients*
- Invite to Travelling Fit's Thunder Dragon Marathon Closed Facebook Group *exclusive to Travelling Fit clients*

Day 1 ARRIVE IN PARO

Arrive from Kathmandu and transfer to your Hotel. Arrivals from Delhi, Bangkok and Singapore are also available at a supplement. Please Contact Travelling Fit for pricing. A driver will meet you after baggage collection and passing through customs for the drive to your hotel. Take the opportunity to venture out and look around Paro, Paro Dzong and the Museum.
Overnight in Paro. Meals included: 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 THIMPHU SIGHTSEEING

Today you will be on an excursion to the Capital City of Thimphu. There will be a chance to explore Thimphu, the largest city of Bhutan, visit the Post Office museum, the fold heritage museum, textile museum and Buddha Point (gigantic 51m high statue. In the afternoon you will visit the craft bazaar where you will see traditional weaving, painting and carving and bright displays of chillies, spices and vegetables. A race day briefing will also be conducted later this day.
Overnight in Paro. Meals included: Breakfast, lunch and Dinner

Day 4 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 5 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.



NOTE: This tour is only recommended for those living locally in Asia or combining with other travel, i.e. Trekking in Nepal.