



Thunder Dragon Marathon Itinerary

19 May to 25 May 2026



Package 1 – 7 Days

A tour that captures the wide variety and rich culture of Bhutan. The Paro Valley with its surrounding pine clad mountainsides, Thimphu, the capital of Bhutan and the Punakha Valley, a lower-lying valley with a semi-tropical climate.

Day 1 ARRIVE IN PARO. DRIVE TO PUNAKHA

Arrival from Kathmandu. Arrivals from Delhi and Bangkok are also available at a supplement (please contact Travelling Fit for more details). Drive to Punakha via Dochu La Pass (approx 2 1/2hrs). Afternoon sightseeing in Punakha; visit the Devine Mad Monks Temple (Temple of Fertility) and the remarkable Punakha Dzong, past home to the Bhutanese Royal family.

Overnight in Punakha.

Meals: Lunch and Dinner.

Day 2 PUNAKHA

Today you start your acclimatization activity with a hike to Soela Gumpa via Khamsum Yuelley Namgyel Chorten. This hike is approximately 15km with a moderate level of difficulty but for some, about 5km of the initial climb will be on the difficult side. The hike can take up to eight hours. Options to return after visiting the Chorten for a shorter hike can be arranged.

Overnight in Punakha.

Meals: Breakfast, Lunch and Dinner.

Day 3 DRIVE TO THIMPHU, BUDDHA POINT AND PARO

Drive to the Capital City Thimphu (2 1/2hrs). Hike up to Buddha Point and the giant seated Buddha, the Takin Reserve (National animal), Thimphu Dzong, postal museum and craft workshops.

Overnight in Thimphu.

Meals: Breakfast, Lunch and Dinner.

Day 4 HIKE TO TAKTSHANG MONASTERY

After an early breakfast drive back to Paro and hike to Taktshang Monastery (Tigers Nest) 5hrs. On the way back, visit Kichu Lhakhang Monastery. Breakfast, lunch and dinner.

Overnight in Paro

Meals: Breakfast, Lunch and Dinner.

Day 5 DAY AT LEISURE, RACE BRIEFING

Today is a day of leisure. Feel free to visit Paro town and the gift shops in their typical Bhutanese style. A Race Day briefing and race bib collection will be conducted later this day.

Overnight in Paro

Meals: Breakfast, Lunch and Dinner.

Day 6 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: Breakfast, Lunch and Dinner.

Day 7 TRANSFER TO THE AIRPORT

You will be transferred to Paro Airport for your flight to Kathmandu. Delhi or Bangkok.

Your guide will inform you of the departure time from your hotel the night before.

Meals Included: Breakfast.

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.

To book or for more information contact Travelling Fit... Your Running Tours Specialists
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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.

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