



# Thunder Dragon Marathon Itinerary

17 May to 25 May 2026



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: Lunch and Dinner.*

## Day 2 HIKE TO TAKTSHANG MONASTERY (TIGERS NEST)

After breakfast, you will 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, you will visit Kichu Lhakhang.

*Overnight in Paro.*

*Meals included: Breakfast, Lunch and Dinner.*

## Day 3 DRUK PATH TREK DAY 1

Today you will drive to the starting point for the Druk Trail Path. You 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, you 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.*

To book or for more information contact Travelling Fit... Your Running Tours Specialists  
Phone +61 2 4385 2455 | [www.travellingfit.com](http://www.travellingfit.com) | Email: [sales@travellingfit.com](mailto: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.

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## Day 6 DRUK PATH TREK DAY 4

The day begins with a gradual climb with possible views of Mt Gangkhar Puensum, Bhutan's highest mountain, before dropping into Thimphu on a steep descent. If there is time we'll visit the Takin Reserve, (the Takin is the national animal of Bhutan a mix between a cow and goat and is probably the largest mammal you have never heard of) which is close to the finish point of the trek.

*Overnight in Thimphu.*

*Meals included: Breakfast, Lunch and Dinner.*

## Day 7 DAY IN THIMPU

Visit the painting school, folk heritage museum, textile museum, Buddha Point. Afternoon visit to craft bazaar and weekend market before driving back to Paro for the event race briefing.

*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, 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.*

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