



## Bhutan Marathon Peace Initiative

<b>Trip code</b>	
<b>Package name</b>	Bhutan Marathon Peace Initiative
<b>Duration</b>	7
<b>Max. elevation</b>	3150 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Private vehicals during the tour.
<b>Accomodation</b>	3***hotel twin sharing bed basis during the tour.
<b>Starts at</b>	Paro
<b>Ends at</b>	Paro
<b>Trip route</b>	Paro - Tiger nest - Punakha - Thimphu - paro
<b>Cost</b>	USD 1,650 per person

## Highlights

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## Overview

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**Nature Trail Travels & Tours, Trekking & Expedition provides you with an opportunity to get participated in Bhutan's International Marathon Peace Initiative.**

Bhutan is one of the world's most mysterious, beautiful and inaccessible countries. The Himalayan Kingdom of Bhutan is a land of high mountains and deep valleys where compassion and wisdom are the benchmark against which all things are measured, and where the King rules by 'Gross National Happiness'. This 6 nights 7 days retreat features a diverse group of Bhutanese officials and spiritual leaders, and international runners, guest speakers and coaches who intend to bring fresh, new dialogues into each other's lives. Encounter the mystic Himalayas while the kindness of the

Bhutanese people will unfold before our very eyes.

Bhutan Marathon Peace Initiative is a tour package where one can enjoy the tour around the World's most Happiest Country along with the participation in Marathon for Peace Initiative. On your journey through stunning rural countryside and villages, before finishing at the historic Punakha Dzong, you'll discover the geographical and cultural wonders of a country naturally designed to be a tantalizing destination for adventure and spiritual seekers. Come for the event, and stay for the travel experience of a lifetime. It will be a once-in-a-lifetime running retreat. Our seasoned leaders, guides and coaches are second to none in interpreting the environmental and cultural marvels that define this meticulously designed itinerary. In the renowned locales of Paro, Thimphu and Punakha, will we stay in intimate camps and hotels offering a standard of hospitality unrivaled in the country. Each day's rich slate of activities consist of scenic group runs, cooking classes, spa and meditation retreats and cultural encounters with local people and officials. As a spectator, volunteer or runner, this once-in-a-lifetime adventure culminates with your participation in the Bhutan International Marathon or Half Marathon. You will be running through the mystic Himalayas on one of the most majestic marathon courses in the world. Run through the stunning rural villages, runners will discover the geographical and cultural wonders of a country naturally designed to be a tantalizing destination for adventure and spiritual seekers, before finishing at the historic Punakha Fortress. The seven day retreat will allow members to be truly inspired by environmental and cultural marvels. They will experience the wonders of the high mountains and deep valleys where compassion and wisdom are the benchmarks against which all things are measured.

## Trip Itinerary

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### Day 1 : Flight to Paro. After arrival, sightseeing tour

Fly over to the dragon kingdom Paro passing by Mountains of 5500 meters to Paro. This flight offers you a mesmerizing aeronautical feat and offers exciting descent into the kingdom. Paro is a beautiful valley and is home to many of Bhutan's oldest monasteries and temples, and the country's only international airport. The flight to Paro is one of the most spectacular mountain flights in the world, with a constantly changing panorama of some of the highest mountains on earth including Mount Everest, Mount Kanchenjunga, and Mount Chomolhari and Jitchu Drake peak. Paro Airport has been described as "the most difficult commercial airport in the world". 1980 meter runway length presents a double challenge, due to the extremely low density altitude at the site. So, only a handful of well experienced pilots are certified to operate commercial airplanes here thus, making least number of flights in a day. After immigration and custom formalities, check out from the departure lounge. There you will meet one of the representatives of Nature Trail Travels & Tours, Trekking & Expedition who will greet you and then escort you to your respective hotel where you will stay overnight. After lunch, at the hotel there will be an orientation on Bhutanese etiquette and description about the trip by our guide. This day we will take easy to acclimatize to the altitude.

### Day 2 : Taktsang monastery hike and running adventure

On the second day of our tour, we will have a short hike up to Taktsang monastery. Clinging to the cliff walls 3120 meters above sea level, the Tiger's Nest Buddhist temple complex is a wonder to behold. Taktsang is a prominent sacred Buddhist site and temple complex perched on the edge of upper Paro

Valley. It is also known as the Tiger's Nest. History unfolds as we hike and run to the summit, learning the stories of this holy and magical place high up on the mountain slopes along the way. Legend has it that the great Guru Padmasambhava flew to this spot on back of a tigress and meditated in a cave during the 8th century. When the Guru finished his meditation, he instructed that the monastery to be built. The temple was built around the cave and is a hallowed shrine for Bhutanese pilgrims. The area around the monastery offers stunning views of majestic mountains and emerald green valleys. The spectacular view along the way and the historical sites draw many tourists to this imposing monastery. In addition, guests will have an impressive opportunity to hang prayer flags in the immediate vicinity of the monastery. Prayer flags symbolize happiness, long life, prosperity, luck and offer karmic merit to all sentient beings.

### **Day 3 : Punakha: Race day preparation**

This morning enjoy an exhilarating drive to Punakha via Dochu La Pass at an altitude of 3,088 meter through stunning valleys and chir pine forest. On a clear day, you will see a breathtaking view of the snow-capped eastern Himalayas and also a magnificent distant view of the Gasa Dzong from this spot. Here you'll see the wild ginseng species along the old trading route and as we descend, discover the forest with Silk cotton trees and Jacaranda.

#### **SCHEDULED PROGRAM**

10:00 AM	Packet Pick Up (ending at 2:00PM)
02:00 PM	Mandatory Pre-Race Briefing
03:00 PM	Personal R&R Time
05:00 PM	Private 1-1 & Small Group Coaching Sessions
07:00 PM	Group Dinner & Motivational Talk

#### **ADDITIONAL ACTIVITIES IN PUNAKHA INCLUDE:**

Visit to Punakha Dzong

Visit the Chimi Lhakhang

Hike to Khamsum Yule Namgyel Chorten

Visit to Dalay Goemba/Nalanda Buddhist College

Visit to Talo Monastery

### **Day 4 : Race day! Full and half marathon**

Bhutan is the best place to run a marathon. There is no better location than the marathon route to contemplate the breathtaking beauty and at the same time the complexity and ultimate fragility of the unique and rarely visited ecosystem of Bhutan!

## **SCHEDULED PROGRAM**

05:30 AM	Bus Depart Damchen Resort Parking Lot
08:00 AM	Race Starts
01:30 PM	Pho Chu Suspension Bridge Cut Off
03:00 PM	Race Finish Cut off
05:00 PM	Awards Celebration – Punakha Dzong

## **Day 5 : Thimphu**

As the sun rises over the mountain, awaken the morning after the race to the crisp Himalayan air, rejoicing in our triumphs of the previous day's race. After an appetizing breakfast, we drive to Thimphu and proceed for sightseeing tour around Thimphu and remaining places of Paro.

### **ADDITIONAL ACTIVITIES IN THIMPHU INCLUDE:**

Visit to National Memorial Chorten

Visit to Changangkha Temple

Visit to Drubthob Monastery

Visit to National Library

Visit to Rinpung Dzong

Visit to Motithang Takin Sanctuary

Visit to Tashichho Dzong

## **Day 7 : Departure**

Following a last early morning breakfast, we transfer the one-hour drive from Thimphu to the Paro International Airport where we depart for our onward flight back to Bangkok, Thailand.

Don't miss this truly once-in-a-lifetime experience for intimate and exhilarating sense of adventure in the Kingdom of Bhutan!

## Inclusions

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### What is included?

- Airport pick up & drop by private vehicle as your require.
- Private vehicals for round trip.
- Standard accommodation twin sharing bed basis for the duration of tour.
- All meals fixed breakfast, lunch & dinner with Tea and Coffee for whole duration of your stay in Bhutan.
- Mineral water supply for the trip.
- Local licensed English speaking Bhutan Tour Guides.
- All sightseeing tours, Monument /Museum entrance Fees as per itinerary.
- Country Presentation & Tour Briefing on arrival evening.
- Bhutan Visa Fees and Visa Processing assistance.
- The required number of trekking & touring staff.
- All trekking access, route permits logistics & fees.
- Government tax which goes to the country's health & education projects.

### What isn't included?

- Your travel insurance.
- Bottled/alcoholic/cold drinks room service.
- International airfares and airport departure tax.
- Personal Equipment.
- Tips to staffs-Tipping is expected.
- Any others expenses which are not mentioned on Price Includes section.

### Complimentary