



8 days /
7 nights
12 PERSON LIMIT

BHUTAN *Adventure*

**A WORLD CLASS TRAIL RUNNING
ADVENTURE IN THE HIMALAYAN
KINGDOM OF BHUTAN**



Run the trails

Experience Bhutan's most breathtaking routes — from the cliffside Tiger's Nest Monastery to high passes beneath the sacred peak of Jomolhari. You'll traverse rhododendron forests, alpine meadows, and yak herder trails, with sweeping Himalayan panoramas at every turn. Distances are tailored to the group, balancing challenge and reward.



End-to-End Service

From the moment you arrive in Paro, every detail is taken care of — seamless visas and permits, airport transfers, boutique 4-5 star hotels, delicious Bhutanese cuisine, and expert local guides. All you need to bring is your spirit of adventure; we'll handle the rest.



Beyond the Trails

This adventure is about more than running — it's your chance to step into Bhutan's rich culture. Explore ancient monasteries and dzongs, try your hand at archery and khuru (traditional darts), raft the rivers of Punakha, and soak in a hot stone bath. Every moment off the trail is as unforgettable as the runs themselves.



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Why BHUTAN



MOUNTAINS, MONASTERIES, AND THE MAGIC OF THE HIMALAYAS

Hidden in the folds of the Himalayas, this tiny kingdom offers breathtaking trails, sacred temples, and a chance to step into a way of life that feels unchanged for centuries. You'll run (or hike) along sections of the legendary Trans Bhutan Trail, climb to the cliffside Tiger's Nest Monastery, and journey past yak herders, glacial rivers, and ancient dzongs. Paired with world-class guiding and seamless logistics, this is more than just a running trip — it's an unforgettable journey into one of the world's last true Shangri-Las.



— “ —
The runs were incredible and Braz ensured that every running ability was looked after...
Alexandra, Oct 2024
— ” —



Why TRAIL RUN ADVENTURES



Welcome to Our Adventure Family

Trail Run Adventures stands out for its personal, authentic and unique approach to adventure travel. As a passionate family-run business, founders Anna and Braz personally plan every adventure, ensuring an exceptional level of care, attention to detail, and connection with each participant, often running along beside you on breathtaking and carefully curated trails, away from the tourist crowds. The supportive atmosphere ensures every runner of every ability feels welcome, which is why so many guests return for their next unforgettable adventure.

Who are We?

Ron Braselton “Braz”: is a trail lover, following his heart to run races as he travels and explores new cultures. His sense of adventure and enthusiasm for life is contagious, and his passion to share that with others is how Trail Run Adventures was born.

Anna Frost “Frosty”: is an international and professional mountain, trail and ultra runner who has decades of experience in racing. From Vertical KMs to 100 milers, and adventures in and out of the mountains, Anna’s wealth of knowledge and passion for sharing her expertise with fellow adventurers means you will gain new skills alongside a new friend. She is also a proud ambassador of SisuGirls, an empowerment project to get girls outside reaching their potential!





7 days /
6 nights
14 PERSON LIMIT

BHUTAN

Itinerary



25th April - 2nd May 2026

Day 1: ARRIVAL

Meals: Dinner

Run: Short acclimatisation run

- Arrival in Paro, group transfer to Thimphu, visit Buddha Dordenma, Simply Bhutan & local markets, Welcome Dinner.

Day 2:

Meals: B + L + D

Run/Hike: 22km, Dochu La → Punakha, elevation -1850m

- Sunrise at Dochu La Pass, tea stop at Aum Toeb Zam homestay, finish at Punakha

Day 3:

Meals: B + L + D

Run/Hike: 25km, Punakha → Samtengang via Lingmukha, elevation +1320m

- Cross suspension bridge, rice terraces, forest climbs, picnic lunch, views of Shar Valleys.

Day 4:

Meals: B + L + D

Run/Hike: 2km, Zuri Dzong hike (~1 hr)

- Morning rafting on Pho Chu (Class II-IV rapids), transfer to Paro, afternoon hike to Zuri Dzong, dinner & local craft beer at Namgay Brewery.

Day 5:

Meals: B + L + D

Run/Hike: 18km, Bumdra High Camp & Tiger's Nest, elevation +960m

- Forest climb to Bumdra Monastery (3800 m), optional peak (4000m), descend to Tiger's Nest Monastery, cultural visit, return to Paro.

Day 6:

Meals: B + L + D

Run/Hike: 2.5km, Haa Valley hike (3 hrs)

- Scenic drive via Chele La Pass, visit Kila Gompa Nunnery, hike through rhododendron forest, explore remote Haa town & local temples.

Day 7:

Meals: B + L + D

Run/Hike: 17km, Haa → Paro, elevation +880m

- Ancient Trans Bhutan Trail trading route, yak pastures, Kaleyla Pass with Himalayan views, descend into Paro Valley, farewell dinner.

Day 8: DEPARTURE

Meals: Breakfast

- Group transfer to Paro International Airport, departure & farewell (Tashi Delek).



BHUTAN

What to Expect



Running Distances

TOTAL ESTIMATED DISTANCE: ~80–90km
ELEVATION FROM 1,200m - 4,000m, with
TOTAL gain of +4500 m

Expect a mix of trail running and hiking from 2–9 hours on your feet daily. We regroup often, take breaks for photos, and enjoy the scenery, so distances are not non-stop running.

Difficulty Rating (1-5):

2-3 (Moderate)

This trip involves a variety of terrain and high-altitude passes (up to 3860m).

Runs and hikes can be adjusted depending on ability — run or hike at your own pace. A good base fitness is recommended (regular 10–15 km runs or hikes), with confidence on uneven terrain. But we can accommodate all levels of runners - even your partners that want to hike or relax!

Local essentials:

Bhutan is known as the Land of the Thunder Dragon, with a rich Buddhist culture and stunning Himalayan landscapes. The official language is Dzongkha, though English is widely spoken. The currency is the Bhutanese Ngultrum (BTN). Credit cards are increasingly accepted in hotels and larger shops, though cash is useful in rural towns and markets.

Transport

Adventure Travel: Transport during the adventure is arranged and included in the price.

Flights:

Once we have confirmed you can book flights, fly in/out from El Calafate (FTE) Airport.

Airport Shuttles:

A group transfer is arranged and included, both ways.



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What to Expect



Weather

April and May bring spring conditions ideal for trail running and hiking. Expect daytime highs of 15–22°C in the valleys, with cooler mornings and evenings (5–10°C). At higher elevations (over 3500m), temperatures may dip close to freezing at night. Skies are generally clear, rhododendrons are in bloom, and conditions are excellent for mountain views.

Meals

Breakfast: Daily buffet breakfast at the hotels.

Lunch: Mixture of picnic lunches on the trail and restaurant meals.

Dinner: Evening meals in hotels or local restaurants, featuring traditional Bhutanese dishes alongside Western options. Highlights include ema datshi (chili & cheese), hearty rice dishes, dumplings, and seasonal vegetables.

Accommodation

Your accommodation throughout Bhutan includes a mix of 4–5 star boutique hotels and carefully selected lodges. All offer comfortable twin-share rooms (private upgrade available), modern amenities, and warm Bhutanese hospitality. Stays include:

- **Thimphu:** City hotel close to cultural highlights.
- **Punakha:** Riverside hotel with views of rice paddies and dzongs.
- **Paro:** Boutique retreat with access to Tiger's Nest.
- **Haa Valley:** Remote lodge offering a rare glimpse of traditional rural Bhutan.

Each property provides hearty meals, comfortable rooms, and the perfect base to recover between trail days.



BHUTAN

The Trails



WHERE WE ADVENTURE IN BHUTAN

This adventure takes you into the heart of the **Himalayas** — along ancient trading routes and the legendary **Trans Bhutan Trail**. From the vibrant capital of **Thimphu**, to the riverside valleys of **Punakha**, the remote charm of **Haa**, and the cliffside majesty of **Tiger's Nest Monastery in Paro**, you'll explore **Bhutan's** most iconic landscapes.





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Cost



The **Adventure** Investment:

- \$5295 USD: Double/Twin shared room
- \$900 USD Single room supplement for the entire trip
- USD \$1000 non refundable deposit, however, the deposit can be transferred to another adventure, and will be refunded in full if the adventure doesn't go ahead.
- Remaining balance due 90 days prior to adventure..

Inclusions:

- 1 Trail Run Adventure guide and 2 local guides throughout the tour from arrival to departure
- Sightseeing - all sightseeing, adventures, hikes and runs
- Transport - airport transfers on arrival and departure as well as all overland travel within Bhutan
- Visas - royalties, visas and permits. We organise the visas for Bhutan - we require scanned copies of the passports to apply
- Tips - included in the tour price for guides, drivers and trekking crew
- Accommodation at 4-5 star hotels
- Food – full board throughout the trip in local restaurants and hotels
- Rafting in Punakha, archery and khuru in Paro
- A guaranteed great time!

Exclusions:

- International flights
- Connecting flights to Paro
- (We will arrange for you)
- Massages (Can be arranged for additional cost)
- Items of a personal nature such as drinks, alcohol, laundry
- Insurance (*Overseas medical and travel insurance is required for this trip.



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Packing List



For Running:

- Trail running shoes with good grip (broken-in) + spare pair
- Lightweight running tops
- Running shorts/tights
- Moisture-wicking running socks
- Lightweight layers
- Thermal running gear (essential for high passes & cold mornings)
- Lightweight waterproof/windproof jacket (packable, breathable)
- Wet-weather gear (waterproof shell, optional rain pants)
- Running vest or hydration pack with min 1.5–2L capacity + gear + snacks (→ altitude means → hydration)
- Electrolytes, gels & preferred running nutrition (limited availability in Bhutan)
- Running cap or buff, opt gloves
- Sunglasses (UV-high altitude)
- Sunscreen & lip balm (high SPF)
- Small first aid/blister kit
- Hiking poles & gaiters (optional)
- Headlamp (early starts, power outages possible in rural areas)

Post Run & Casual Wear:

- Comfortable clothes for stretching / yoga
- Swimwear (for pool, surf, natural pools)
- Flip-flops or sandals
- Sweat towel (optional)
- Foam roller or massage ball (optional)
- Recovery drink mix or protein powder (optional)
- Casual clothes for dinner or town visits
- Light jumper or jacket (evenings can cool off)
- Lightweight daypack (for non-running outings)
- Sleepwear and underwear

Extras:

- Plug adaptor (Type D, F & G, 230 V, 50 Hz) – universal adapter recommended
- Phone and/or small camera
- Power bank
- Passport + printed travel documents
- Personal toiletries + medications (plus small supply of common meds: altitude, stomach, pain relief)
- Sanitiser, wipes, toilet paper, ziplocs
- Scarf or shawl (monastery visits)



BHUTAN FAQ



Do I need to be an experienced trail runner?

- Some experience is recommended, as the routes include technical terrain and sustained climbs, but we welcome runners of varying levels. Every run is guided and pace-supported, with options to adjust distance.

What distance and elevation can I expect each day?

- Daily runs range from 2–25km with moderate to challenging elevation (up to ~1,000m). Total trip distance is 80–90km, with an elevation range of 1,230m to 3,860m-4,000m).

What if I want to skip a run?

- That's fine! You can take a rest day to enjoy cultural activities, sightseeing, or relaxation instead.

What gear do I need to bring?

- See detailed packing list (previous section).

Is travel insurance required?

- Yes, valid travel insurance is required and must cover medical emergencies and activity-related risks. Make sure it includes coverage for trekking at altitude.

Is accommodation shared?

- Yes, twin share is standard. Private room upgrades are available for a \$900 fee.

Are meals included?

- Yes — all meals are included (breakfast, lunch, dinner) at hotels, restaurants, and on the trail. Alcoholic drinks are not included.

What's the weather like in Bhutan?

- In April/May, expect pleasant spring conditions: daytime highs of 15–22°C in the valleys, cooler mornings/evenings (5–10°C), and near-freezing temps at higher passes. Clear skies and rhododendron blooms make it a spectacular time to visit.

Can I come alone?

- Absolutely. Many guests join solo and quickly connect with fellow runners. You'll be welcomed into a supportive, social group with shared passion for adventure.