



*Lasse Efskind
Doctor in ortopedic
elite skater, biker*



*Olav Langeland
engineer, skilled
skater and biker*



*Anny Hauglid
emergency nurse
and elite biker*



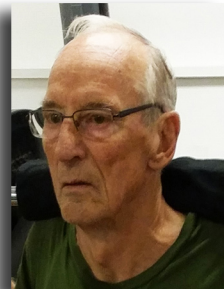
*Rune Storhaug
engineer businessman
and skilled biker*



*Kaja Kierulf
Nurse, health
administrator
skilled biker*



*Kari Knudsen
Langeland
nurse, ass.professor*



*Ivar and Bente Westby
both skilled bikers and champions,
director emeritus and globetrotters*



*Asle T Johansen
Doctor anesthesi-
ology and pain.
Elite skater and
biker, globetrotter.*



*Trond Ugland
it-manager
skilled biker and
sportsman*



*Else Jonnie
Braastein
farmer economist
biker enthusiast*



*Inge Nessjø
medical doctor
skilled biker & sportsman*



*Bjørn
Nordhagen
Design businessman
and biker*



*Egil and Ingunn Kvarven
bikers and globetrotters*



*Tor Berg-Eriksen
businessman and
biker enthusiast*



*Norwegian biking group
3.-18.5.2016
with friendship and good karma
between Bhutan and Norway*

Day 01: arrival in Paro (6.5.)
Altitude 2250m

Day 02: Tigers nest

Day 03: Paro – Thimphu
Altitude 2380m

Day 04: Thimphu – Punakha
Altitudes: 2380-3100-1390

Day 05: Punakha – Bumthang
“Tour of the dragon”

Day 06: Bumthang

Day 07: Ura Valley
Altitudes: 2480-3100-3600

Day 08: Bumthang – Trongsa
Altitudes: 2480-3400-2290

Day 09: Trongsa – Gangtey
Altitudes: 2290-3150-2900

Day 10: Gangtey – Thimphu

Day 11: Paro valley, Chelela
Altitudes: 2350-3988

Day 12: Departure from Paro

Biking through beauty - Norwegian biking team 2016
We are a group of experienced bikers that has been biking in many parts of the world, always drawing a red tread between nature, culture and people. To see a country “from the bike” makes the experience so different and close.



Biking in Bhutan is for us a fascinating project hopefully taking us through unique beauty in nature, culture and people. We are bikers from a quite different country than Bhutan far north in Europe. But both countries have in common wild mountains and we are small countries, eagerly trying to make the best out of it and saving nature, culture and tradition by good reasoning and careful changes, adapting us to the modern world. We are both countries that put special effort on quality of life as a hole and for everybody, gross national happiness. We hope for a lasting friendship and good karma between us, both as individuals and nations.

*Our biking program day by day is seen on the the left side. It is done in good cooperation with “Little Bhutan”.
The biking groups contact mail:
lasseefskind@icloud.com*



*map showing our main rout, for details see
day by day program on the left side
lasseefskind@icloud.com*



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