

A scenic view of a mountain range in Bhutan. The foreground shows a person with a red backpack and a red bicycle standing on a rocky outcrop, looking out over a vast valley. The middle ground is filled with lush green mountains and valleys, with a small town visible in the distance. The background shows more mountain ranges under a blue sky with scattered white clouds.

Gross National Happiness & Cycling in Bhutan

Thinley Namgyel
National Environment Commission
Bhutan

happiness & cycling

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7/10/15 at 03:09 AM | 0 Comments

Cycling: The Hidden Secret of Happiness

by Joy Mali

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It's official: cycling makes you happier

Henry Robertshaw
January 9, 2017



Research from the YMCA confirms what all cyclists already know



THE BEAUTY OF CYCLING

Why cycling makes us happy: the positive psychology of being on the bike

by Justin Coulson

Cycling is a beautiful sport. We hear it all the time. We experience it when we ride and race. For the ever-increasing number of us that have caught the cycling bug, we know how happy cycling makes us.

Bicycling

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CULTURE

It's Not Just a Bike—It's a Happiness Machine

Friends. Sunshine. Sanity. Mud. Wheeee! A bike is so much more than a frame and some parts—it's the key to a lifetime of pure, unadulterated joy.

MARCH 15, 2017 BY BICYCLING STAFF AND CONTRIBUTORS





Nepal

Bhutan

China

India

Bangladesh

Myanmar

Origins of GNH

"Gross National Happiness is more important than Gross Domestic Product."

His Majesty Jigme Singye Wangchuck,
the Fourth King of Bhutan



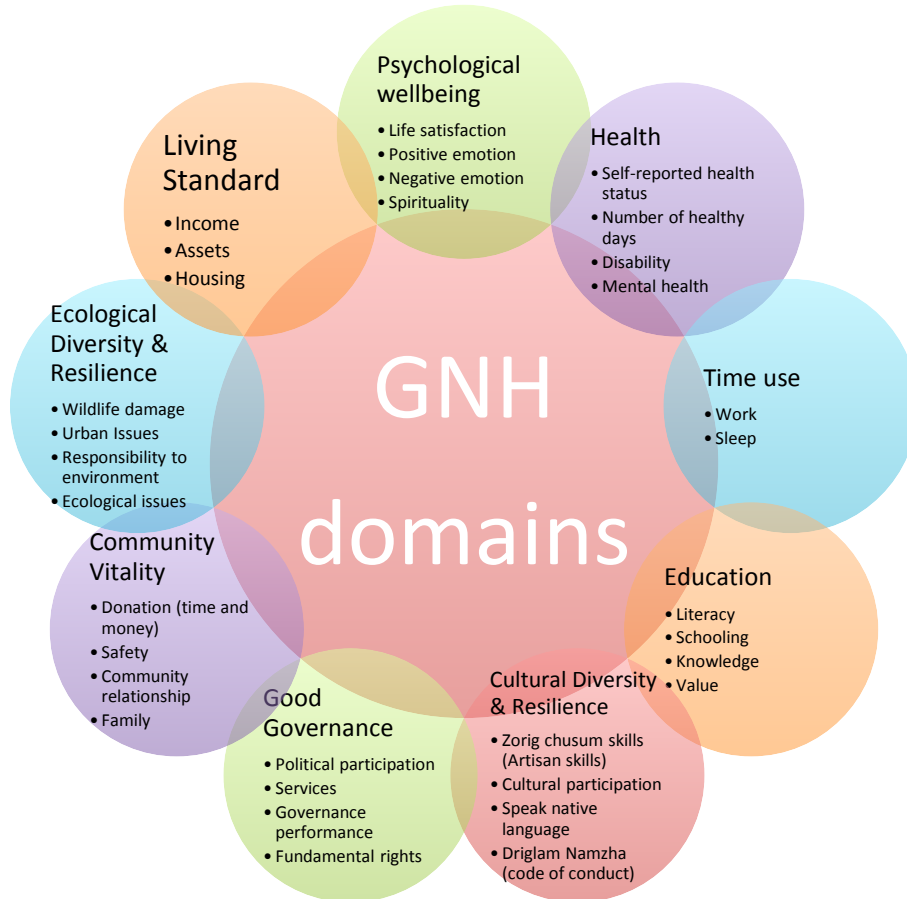
Conceptual framework for GNH in Bhutan

Four pillars of GNH

- Good governance
- Sustainable and equitable socio-economic development
- Preservation and promotion of culture
- Environment conservation



Conceptual framework for GNH in Bhutan

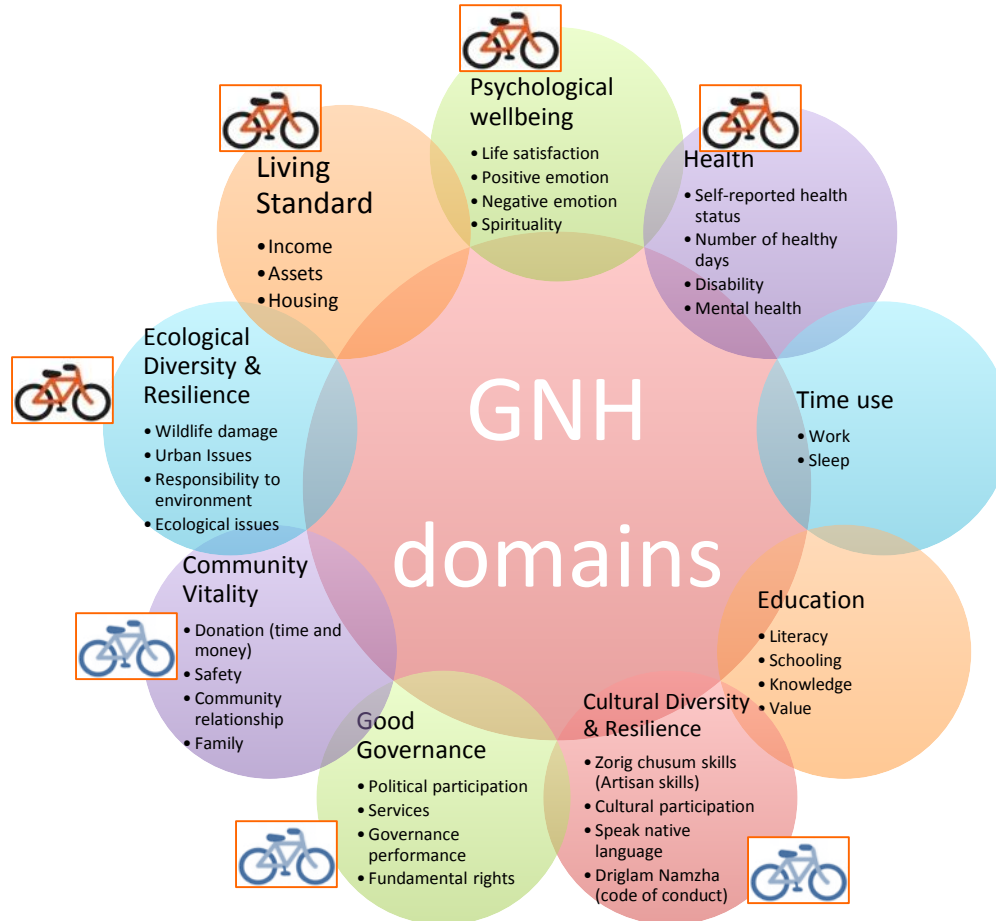


9 Domains

- 38 sub indices
- 72 indicators
- 151 variables

To guide development plans and policies

Bicycling and GNH



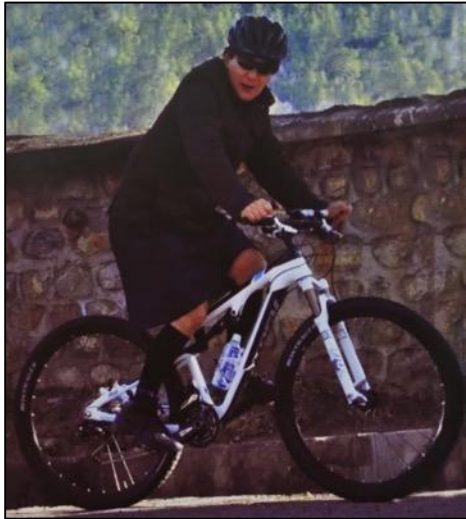
Bicycling in Bhutan

Challenging environment for bicycle commuting & infrastructure development



Bicycling in Bhutan

Inspiration from leaders ~ governance ...



HM Jigme Singye Wangchuck
4th King of Bhutan



HM Jigme Jigme Khesar Namgyel Wangchuck,
King of Bhutan & Her Majesty the Queen



HE Tshering Topgay, Prime Minister of Bhutan

Bicycling in Bhutan

Community engagement ... Health ... Connecting with nature ...



Photos: Thimphu Mountain Biking Club

Bicycling in Bhutan

Tour of the Dragon ~ Culture & sports ~



Bicycling in Bhutan

Tour of the Dragon

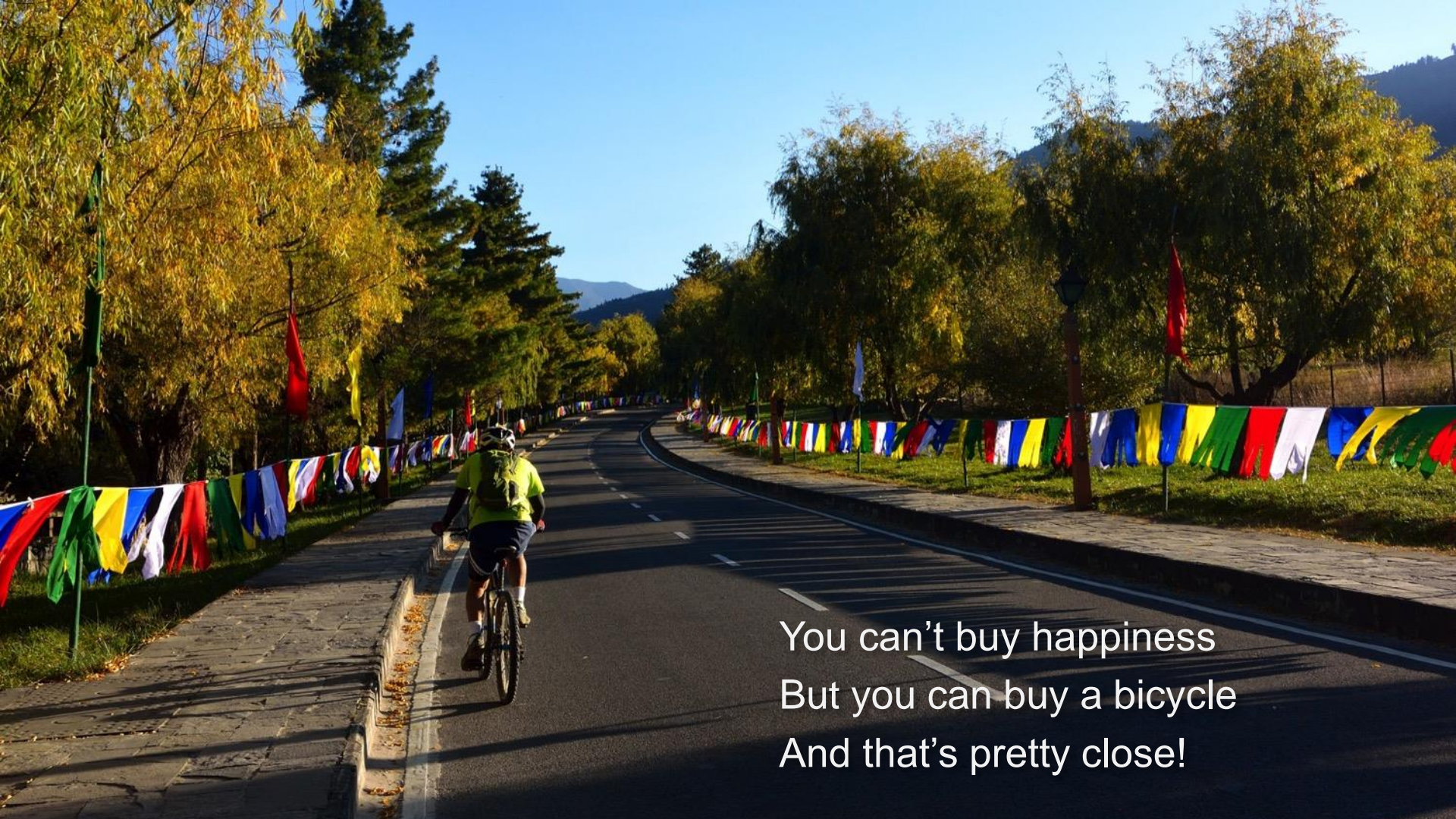


Photos: Bhutan Olympic Committee

What next for cycling in Bhutan?

- from recreation & sports to sustainable local transport
- increasing interest and engagement in cycling
- clubs & associations





You can't buy happiness
But you can buy a bicycle
And that's pretty close!