

BHUTAN BODYBUILDING ASSOCIATION

UNDER THE UMBRELLA OF
SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

SANCTION BY
WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION



30TH JUNE - 4TH JULY, 2026
THIMPHU, KINGDOM OF BHUTAN

INSPECTION REPORT





16TH SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

30TH JUNE - 4TH JULY, 2026 - THIMPHU, KINGDOM OF BHUTAN.

WELCOME TO OUR KINGDOM OF BHUTAN

Dear South Asian members of SABPF,

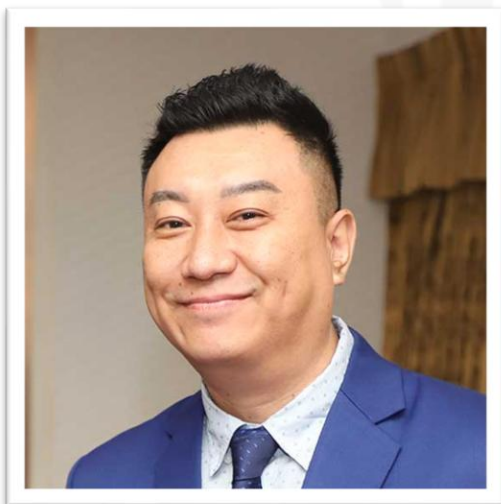
Upon the request of the South Asian Bodybuilding and Physique Sports Federation, we happily accepted to host the 16th South Asian Bodybuilding and Physique Sports Championships event again this year, having hosted the 15th series last year in Thimphu, Bhutan. As the President of the Bhutan Bodybuilding Association, I felt that we should maintain the bridge of friendship among our South Asian family. We will do our best to provide the best Bhutanese hospitality to all members during their stay. My sincere thanks to our father of bodybuilding, Datuk Paul Chua, for his guidance and support, and to our SABPF President, Mr. Ibrahim Hameed.

Warm regards,

DR. SONAM MAEKAY PENJOR

President, Bhutan Bodybuilding Association

Executive Vice-President, SABPF Vice-President, ABBF.





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HOSPITALITY AND FACILITIES

Discover Unparalleled Luxury in the Heart of Bhutan Welcome to Yarkay Thimphu - IHCL SeleQtions, a landmark 5-star luxury hotel in the vibrant heart of Thimphu. Blending contemporary elegance with Bhutan's rich cultural heritage, this exceptional property offers an immersive Himalayan experience for discerning travelers. Located on Gongdzin Lam Southeast, it's a short stroll from Thimphu's iconic clock tower and within easy reach of major attractions like Tashichho Dzong, the Buddha Dordenma Statue, and the National Memorial Chorten — all set against majestic mountain views. Bhutan Tourism Services.

From the moment you arrive, you'll be captivated by the hotel's thoughtful design, inspired by the Bhutanese folktale of the Four Harmonious Friends — a symbolic expression of balance, harmony, and hospitality. The interiors marry traditional Bhutanese motifs with contemporary sophistication, creating warm and distinctive spaces.

Elegant Accommodations The hotel features 83 beautifully appointed rooms and suites, each designed for comfort and style. Guests can choose from well-equipped accommodations with modern amenities, plush furnishings, and serene views of the city or nearby mountains.

Culinary Excellence Dining at Yarkay is a journey. From international all-day dining to authentic Bhutanese cuisine at Zachum, and breathtaking city views at the Sky Garden Restaurant & Bar, there's something to delight every palate. Expert chefs craft flavourful dishes using locally sourced ingredients alongside global favourites.

Wellness & Leisure Indulge in holistic relaxation with a rejuvenating spa experience, take a refreshing dip in the indoor heated pool, or stay active in the state-of-the-art fitness center overlooking the Himalayas. Thoughtful service and elegant facilities ensure a peaceful and restorative stay.

Whether you're visiting for business, celebration, or a cultural escape, Yarkay Thimphu delivers a refined blend of Bhutanese tradition, modern luxury, and heartfelt hospitality - making it one of Bhutan's most desirable addresses.





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THE YARKAY 5-STAR HOTEL



2026





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Lobby area



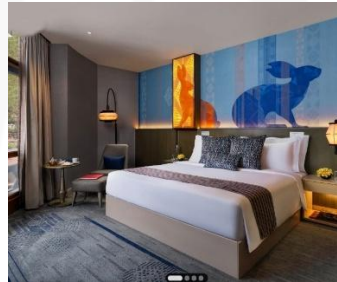
The Deli & Cake Shop



Bar 9 Lobby



Superior Room Twin



Deluxe Room King



Zachum Restaurant



The Garden Restaurant





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Indoor Swimming pool



Gymnasium



Banquet Hall



The Meeting Room



The Clock Tower Square (Venue of the Championships)

