



Kayaking and Rafting - 7 Days

Kayaking and Rafting in Bhutan offer an exhilarating way to explore the hidden treasures of the Himalayan Kingdom, renowned for its pristine rivers, breathtaking landscapes, and rich cultural heritage. Whether you're navigating the challenging rapids of the **Pho Chhu** and **Mo Chhu** rivers in **Punakha** or enjoying the serene waters around **Paro**, these activities provide a unique blend of adventure and tranquility. Ideal for both beginners and seasoned adventurers, **kayaking** and **rafting** in Bhutan are not just sports but a journey through the heart of Bhutan's natural beauty, guided by experts like **Amen Bhutan Tours and Treks**. With safety as a priority and sustainability in practice, embarking on these water sports in Bhutan promises an unforgettable experience that combines the thrill of adventure with the peace of the country's untouched wilderness.

Amen Bhutan Tours and Treks stands out as the premier choice for adventurers seeking the ultimate **kayaking** and **rafting** experiences in Bhutan. Known for their unparalleled expertise and commitment to providing safe, eco-friendly, and culturally immersive adventures, they set the gold standard in exploring Bhutan's majestic rivers. With access to the best spots like the thrilling **Pho Chhu** and serene **Mo Chhu** rivers, and offering a range of experiences tailored to all skill levels, Amen Bhutan Tours and Treks ensures every traveler an unforgettable journey through the heart of Bhutan's natural beauty. Their emphasis on safety, personalized service, and deep respect for Bhutan's environment and culture, positions **Amen Bhutan Tours and Treks** as the best company for those looking to embrace the exhilarating world of **kayaking** and **rafting** in the Land of the Thunder Dragon.

Itinerary

Day 01: Arrive Paro

Morning:

Arrival at Paro International Airport: You will be greeted upon arrival by a representative who will help you with the customs and immigration procedures.

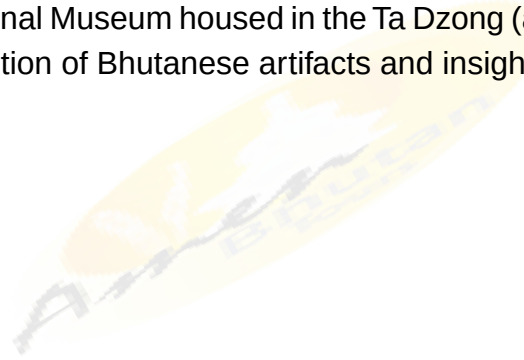
Transfer to Hotel: A private vehicle will take you to your hotel where you can check-in and freshen up after your journey.

Afternoon:

Lunch at a Local Restaurant: Enjoy your first taste of Bhutanese cuisine with a welcoming lunch featuring local dishes.

Visit Paro Rinpung Dzong: Explore this fortress-monastery that serves as both a religious and administrative center. Known for its intricate woodwork and historical significance, it offers insight into Bhutanese culture.

National Museum Tour: Head to the National Museum housed in the Ta Dzong (ancient watchtower). Here, you'll find an excellent collection of Bhutanese artifacts and insights into the country's history and cultural heritage.



Evening:

Stroll through Paro Town: Walk through the main street of Paro town, exploring local shops that sell handicrafts, textiles, and other Bhutanese goods. It's a great way to acclimate to the serene atmosphere of Bhutan.

Welcome Dinner: Enjoy a dinner arranged by your hotel or at a recommended restaurant, where you can continue to sample Bhutanese dishes in a traditional setting.

Night:

Rest at Your Hotel: After a long day of travel and exploration, enjoy a peaceful night's rest at your hotel, preparing for the adventures ahead in the coming days.

Day 02: Paro to Thimphu

Morning:

Breakfast at Hotel: Start your day with a hearty breakfast at your hotel in Paro.

Drive to Thimphu: Depart for Thimphu, the capital of Bhutan. The drive, approximately 1.5 hours, offers scenic views of the surrounding mountains and valleys.

Stop at Tachog Lhakhang: En route, stop at Tachog Lhakhang, a temple built in the early 15th century by Thangtong Gyalpo, a pivotal figure in Bhutanese religious history. Cross the traditional iron chain bridge to reach the temple, which offers an authentic taste of Bhutanese spiritual life.

Afternoon:

Lunch in Thimphu: Upon arrival in Thimphu, have lunch at one of the local restaurants to experience more Bhutanese cuisine.

Visit Buddha Dordenma Statue: After lunch, visit the gigantic Buddha Dordenma Statue, located at Kuenselphodrang. The statue houses over 125,000 smaller Buddha statues, each of which, like the main statue, is made of bronze and gilded in gold.

Explore Thimphu Dzong: Visit Tashichho Dzong, a beautiful fortress that houses the throne room and offices of the King of Bhutan. It is also the main secretariat building and hosts several government ministries.

Evening:

Stroll around Thimphu Market: Spend your evening exploring the Centenary Farmers' Market (open on weekends) or the main street for a more local shopping experience where you can buy handicrafts, local produce, and even try more local snacks.

Dinner at a Local Restaurant: Enjoy dinner at a restaurant specializing in traditional Bhutanese dishes or international cuisine.

Night:

Check-in at Your Hotel: Settle into your hotel in Thimphu for the night. Relax and prepare for another day of exploration tomorrow.

Day 03: Thimphu to Punakha

Morning:

Breakfast at Hotel: Enjoy breakfast at your hotel in Thimphu to start your day energized.

Depart for Punakha: Begin your journey to Punakha, which is about a 2 to 3-hour drive from Thimphu. The route takes you over the Dochula Pass, which offers a stunning 360-degree panoramic view of the Himalayan mountain range.

Visit Dochula Pass: Stop at the Dochula Pass to admire the 108 chortens (stupas) built as a memorial by the Queen Mother to honor the Bhutanese soldiers. On clear days, the pass provides one of the most spectacular views of the Bhutanese Himalayas.

Midday:

Continue to Punakha: After descending from Dochula, the road snakes through varying elevations, offering views of the lush valley and traditional Bhutanese villages.

Lunch: Arrive in Punakha and have lunch at a local restaurant. Enjoy dishes made with fresh, local ingredients typical of this region.

Afternoon:

Visit Punakha Dzong: Explore Punakha Dzong, situated at the confluence of the Pho Chhu (Father River) and Mo Chhu (Mother River). Known for its intricate woodwork and historical importance, it is one of the most beautiful and significant Dzongs in Bhutan.

Walk to Suspension Bridge: After visiting the Dzong, take a leisurely walk to the nearby suspension bridge, one of the longest in Bhutan, offering picturesque views of the river and valley.

Evening:

Check into Hotel: Settle into your hotel in Punakha. Take some time to relax after the day's travels and sightseeing.

Dinner: Enjoy dinner at your hotel, typically featuring both Bhutanese and international cuisine, allowing you to relax and enjoy the peaceful environment of Punakha.

Night:

Leisure or Cultural Experience: Depending on the hotel's offerings, you may have the opportunity to enjoy a cultural performance or a traditional hot stone bath, which is a perfect way to unwind and experience Bhutanese wellness traditions.

Day 04: Punakha Rafting

Morning:

Breakfast at Hotel: Start your day with a nourishing breakfast at your hotel to prepare for an adventurous day.

Rafting Briefing: Meet your rafting guides who will brief you on safety procedures and the day's plan. You'll be equipped with all the necessary rafting gear including life jackets, helmets, and paddles.

Start Rafting on the Mo Chhu: Head to the starting point near Punakha Dzong. The Mo Chhu river offers a gentler rafting experience with Class II and III rapids, making it suitable for beginners and those looking for a more scenic and relaxed ride.

Views from the River: As you raft down the river, enjoy spectacular views of the lush landscapes, traditional farmhouses, and the majestic Punakha Dzong.

Midday:

Lunch by the Riverside: After a couple of hours on the river, pull over at a scenic spot along the bank for a picnic lunch. Enjoy the tranquility of the area as you refuel with a delicious meal.

Continue Rafting: Post-lunch, get back on the river to cover more distance. This part of the journey offers more thrilling rapids and the opportunity to see local wildlife along the riverbanks.

Afternoon:

End of Rafting: Finish your rafting journey and disembark from the river. Change into dry clothes and take some time to relax and reflect on the adventure.

Visit Local Village: Depending on time and interest, you may visit a nearby village to interact with the locals and learn more about their way of life.

Evening:

Return to Hotel: Head back to your hotel in Punakha. Rest after the day's activities.

Dinner at Hotel: Enjoy a hearty dinner at your hotel, discussing the day's adventures with your group or guide.

Night:

Relaxation Time: Spend the evening at your leisure. You might enjoy stargazing, a bonfire (if available at the hotel), or simply relaxing in the serene environment of Punakha.

Day 05: Punakha to Paro

Morning:

Breakfast at Hotel: Begin your day with a hearty breakfast at your hotel in Punakha.

Depart for Paro: Set off on the return drive to Paro. This journey back traverses the same scenic route through the Dochula Pass, allowing for another chance to take in the majestic views if the weather permits.

Coffee Break at Dochula Pass: Stop at Dochula Pass for a coffee or tea break and to enjoy the panoramic views of the Himalayan range.

Midday:

Lunch en Route: Stop at a local restaurant along the way for lunch, offering another opportunity to enjoy Bhutanese culinary specialties.

Visit Simtokha Dzong: On the approach to Paro, take a detour to visit Simtokha Dzong, the oldest fortress of its kind in Bhutan, which now houses a school for Buddhist studies.

Afternoon:

Arrive in Paro: Continue to Paro and check back into your hotel. After settling in, take the afternoon to relax or explore more of Paro at your leisure.

Leisure Activities: Depending on your interests, visit local shops for souvenirs, or explore additional cultural sites in Paro, such as the Kyichu Lhakhang, one of Bhutan's oldest and most beautiful temples.

Evening:

Dinner at a Local Restaurant: For dinner, explore one of Paro's local restaurants, perhaps trying traditional Bhutanese dishes you haven't sampled yet, like Ema Datshi (chili and cheese stew) or Red Rice.

Prepare for Tiger's Nest Hike: As tomorrow includes the hike to Tiger's Nest Monastery, ensure you prepare any necessary items for the trek, such as water, snacks, comfortable clothing, and a camera.

Night:

Rest at Hotel: Enjoy a restful night at your hotel to be well-prepared for the hike to Tiger's Nest Monastery the following day.

Day 06: Hike to Tiger's Nest Monastery

Morning:

Early Breakfast at Hotel: Start your day early with a nutritious breakfast at your hotel to fuel up for the hike.

Drive to Base of Tiger's Nest: Travel from your hotel to the base of the hike, where you'll start your ascent to Paro Taktsang, also known as Tiger's Nest Monastery.

Begin Hike: The hike to Tiger's Nest is a highlight for many visitors to Bhutan. It typically takes between 4 to 5 hours for a round trip, depending on your pace. The path winds through beautiful pine forests adorned with Spanish moss and colorful prayer flags.

Midday:

Reach Tiger's Nest: Arrive at the stunning monastery that clings to the cliff face 900 meters above the valley floor. It's a spectacular sight and a testament to Bhutanese religious devotion.

Tour the Monastery: Explore the various rooms and temples within the monastery complex. Learn about its history from your guide, including the legend of Guru Rinpoche flying to this site on the back of a tigress.

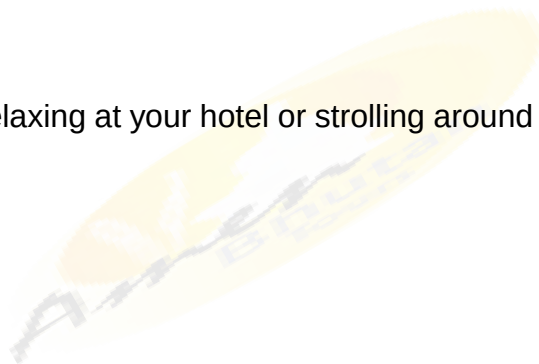
Lunch: Have a packed lunch or return to the cafeteria midway down the mountain, where you can rest and eat while enjoying the view of the monastery.

Afternoon:

Descend to Base: After spending time at the monastery, begin your descent back to the base. Take your time and enjoy the changing views and serene environment.

Return to Paro: Once back at the base, drive back to your hotel in Paro. Rest after the exertion of the hike.

Leisure Time: Spend the late afternoon relaxing at your hotel or strolling around Paro for some light activities.



Evening:

Dinner at Hotel or Local Restaurant: Enjoy a celebratory dinner at your hotel or a local restaurant, reflecting on the experiences of the day and the spiritual impact of your visit to one of Bhutan's most revered sites.

Prepare for Departure: Pack and prepare for your departure the next day, ensuring you have all souvenirs and belongings ready.

Night:

Rest: Get a good night's rest at your hotel, rejuvenating after the day's physical activities and preparing for your journey home or onward.

Day 07: Departure

Morning:

Breakfast at Hotel: Enjoy your final breakfast in Bhutan, savoring the local flavors one last time.

Final Packing: Double-check your luggage to ensure you have all your belongings and souvenirs. If your flight is later in the day, you might have time for one last stroll around Paro.

Check-Out: Complete the check-out procedures at your hotel. Depending on your flight time, you may need to check out early.

Midday:

Farewell Lunch: If time permits, enjoy a farewell lunch either at the hotel or at a local restaurant in Paro. This is a chance to reflect on your journey and the experiences you've had in Bhutan.

Transfer to Airport: Receive a transfer from your hotel to Paro International Airport. Make sure to leave with ample time to navigate through airport security and any last-minute formalities.

Afternoon:

Flight Check-In: Check in for your flight and proceed through immigration and security. The small scale of Paro International Airport often makes this process quicker than at larger airports, but it's wise to be prepared.

Departure: Board your flight. As you take off and gaze down at the landscape of Bhutan, reflect on the spiritual and cultural insights gained during your visit.

Evening/Night:

Transit or Arrival at Next Destination: Depending on your flight schedule and destination, you may arrive home or at your next destination by evening or night. Adjust to the time change and start processing the wonderful memories of your trip.

Cost Details

What's Included

ARRIVAL AND DEPARTURE:

- ✓ All ground transport in a private vehicle, including airport and hotel transfers

ACCOMMODATION DURING THE TRIP:

Standard Options: Accommodation in Thimpu (Hotel Amodhara or Namseling Boutique Hotel), in

- ✓ Punakha (Hotel Pema Karpo or Hotel Vara), and in Paro (Mandala Resort or Tenzinling Resort) on a twin/double sharing basis.

Luxury Options:

SIGHTSEEING FEES & VISA

- ✓ All entrance fees to museums and monuments / A Bhutanese Tourist Visa fee

MEALS DURING THE TOUR

- ✓ Full board meals - standard breakfast, lunch, dinner, tea & snacks.

TRANSPORTATION:

- ✓ All ground transportation in a comfortable private vehicle as per the itinerary

GUIDE:

- ✓ An experienced, helpful, and friendly English-speaking Guide.

STAFF SALARY AND ALLOWANCE:

- ✓ All Bhutanese staff & porter's daily wages, salary, equipment, food & clothing.

GUIDE FOR THE TOUR

- ✓ Licensed English-speaking Bhutanese Professional tour guides.

WATER DURING TOUR

- ✓ Mineral drinking water during the tour

GOVERNMENT TAXES:

- ✓ All government taxes and official expenses.

What's Not Included

INTERNATIONAL AIRFARE:

- ✗ International flight airfare (from and to Paro) Please contact us at **to book a Bhutan flight**.

INSURANCE POLICY:

- ✗ Travel Insurance (for trip cancellation, interruption, medical treatment, repatriation, etc.)

PERSONAL EXPENSES:

- ✗ Telephone Calls, Internet, laundry, soft drinks, beers, and any Alcoholic beverages.

FILMING:

- ✗ Special Filming, Camera, and Drone permit fee.

FOR PRIVATE AND CUSTOMIZE TRIP

- ✗ Please contact us

Group and Family Discounts

- ✗ Please contact us or send us an email at

TIPS:

- ✗ Tips for the guide & driver. (Tipping is Expected).

EXTRA:

- ✗ Any other services, activities or personal expenses, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section.