

Kayaking and Rafting Tour

9 days / 8 nights · Specialised experience · Bhutan

Bhutan's six major glacier-fed rivers offer kayaking and rafting from beginner-friendly stretches to Class V rapids, across Paro, Thimphu, Punakha, and Phobjikha.

DIFFICULTY	Moderate to Challenging
BEST SEASON	March–April and October–November
DESTINATIONS	Paro, Thimphu, Punakha, Gangtey / Phobjikha Valley

Ready to go? Ask us for a personal quote

https://www.worldtourplan.com/tours/kayaking-and-rafting

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OVERVIEW

Bhutan's rivers, fed by Eastern Himalayan glacial melt, offer varied kayaking and rafting for every experience level. Six major rivers cut through the kingdom's valleys and plains, giving paddlers a unique way to explore Bhutan's wilderness alongside its usual cultural sightseeing.

HIGHLIGHTS

- Paro Chhu (Bondey–Isuna Bridge): ~10km, Class III–IV, kayaks, March–April
- Upper Pho Chhu (Punakha): ~7km, Class III–IV, kayaks and rafts, March–April & October–November
- Mo Chhu – Tashitang Devil's Gorge: 12km, Class V, kayaks only, experienced paddlers
- Mangde Chhu Upper Section (Trongsa): ~5km, Class IV, kayaks

PLACES COVERED

Paro › Thimphu › Punakha › Gangtey (Phobjikha Valley)

DAY BY DAY

DAY 1 Arrive Paro

Arrive in Paro and settle in.

Meals: Dinner | Overnight: 3-star hotel, Paro

DAY 2 Paro sightseeing and paddling

Sightseeing and an introductory paddle on the Paro Chhu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

DAY 3 Thimphu sightseeing

Travel to and sightsee in Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 4 Thimphu to Punakha

Cross Dochula Pass to Punakha.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 5 Punakha sightseeing and rafting

Raft or kayak the Pho Chhu, plus valley sightseeing.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 6 Punakha to Phobjikha

Travel to Phobjikha Valley.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Gangtey

DAY 7 Phobjikha to Thimphu

Return journey to Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 8 Thimphu to Paro

Return to Paro.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

DAY 9 Departure from Paro

Transfer to Paro International Airport for departure.

Meals: Breakfast

WHAT'S INCLUDED

- Sustainable Development Fee (SDF)
- Kayaking/rafting charges
- 3-star hotel accommodation (twin/double basis)
- E-visa processing
- All meals (breakfast, lunch, dinner, evening tea)
- Transportation within Bhutan including airport transfers
- Local sightseeing with entrance fees
- English-speaking guide services
- Hotel taxes and service charges
- Bottled water throughout

WHAT'S NOT INCLUDED

- International/domestic airfares
- Travel and medical insurance
- Domestic guide/driver airfares
- Services not listed under inclusions
- Costs from strikes, mishaps, or political unrest
- Alcoholic/non-alcoholic beverages and personal expenses
- Gratuities for staff

PRICING

The price depends on nationality, group size, season and travel dates. Contact us for a personal quote for this itinerary.