

Bhutan Adventure Trail: Rafting, Hikes & Cultural Sites

Prepared by TourGrids



Destination
Bhutan



Duration
5 Nights 6 Days



Starting from
Rs. 58,000 / person

ITINERARY ROUTE

↖ **Paro · 2N**

↖ **Thimphu · 1N**

↖ **Punakha · 2N**

<https://tourgrids.com/packages/bhutan/bhutan-5-nights-6-days-package-1000>

Overview

A compact and exhilarating 5 nights / 6 days Bhutan tour package designed for travelers seeking a balanced mix of culture, trekking and river adventure. Perfect as a Bhutan Adventure tour package or Bhutan Adventure package, this itinerary highlights iconic monasteries, valley hikes, and white-water rafting on the Pho Chhu. Ideal for those searching for 5 and 6 Bhutan Adventure tour package options that combine active pursuits with authentic Bhutanese culture.

Highlights:

- Tiger's Nest (Taktsang) – Iconic cliff monastery and scenic hike
- White-water Rafting on the Pho Chhu – Grade II-III rapids for an exciting half/full-day trip
- Dochula Pass & 108 Chortens – Panoramic Himalayan views
- Punakha Dzong & Khamsum Yulley Namgyal Chorten
- Thimphu cultural sites – Folk Heritage Museum, Memorial Chorten, Buddha Dordenma

This package is perfect for travelers seeking moderate adventure and cultural immersion.

Fitness: moderate – includes mountain hikes and rafting activities.

✓ What's Included

- ✓ Included:
- ✓ Airport meet & assist and all domestic transfers in a comfortable private vehicle
- ✓ Accommodation for 5 nights (standard / deluxe options available)
- ✓ Daily breakfast and selected meals as per itinerary (B=Breakfast, L=Lunch, D=Dinner)
- ✓ Local English-speaking guide and local entry fees
- ✓ White-water rafting session(s) with equipment and professional river guides
- ✓ All sightseeing and trekking permits arranged
- ✓ Bottled water during transfers
- ✓ Government taxes and service charges
- ✓ This package is marketed as a Bhutan tour package and Bhutan Adventure tour package – inquire for deluxe upgrades or customizations.

✗ Not Included

- ✗ Excluded:
- ✗ International flights to/from Paro
- ✗ Bhutan visa processing fee and Sustainable Development Fee (SDF) unless explicitly included in your quote
- ✗ Travel insurance, gratuities, personal expenses, and optional activities
- ✗ Single-room supplement (if traveling solo and single room required)
- ✗ Items not mentioned in 'Included' section
- ✗ Please note: Visa/SDF policies can change; confirm current fees at time of booking.

Day-by-Day Itinerary

Day

1

Arrival in Paro & Introduction to Bhutan

Arrival at Paro International Airport. Meet and greet by your Bhutanese guide and transfer to your hotel. Afternoon orientation walk in Paro town, visiting Rinpung Dzong (Paro Dzong) and the quaint streets near the bazaar. Optional short hike to the National Museum (Ta Dzong) for panoramic views.

Activities are light on arrival day to help acclimatize. Briefing on safety for upcoming hikes and rafting.

Day

2

Hike to Tiger's Nest (Taktsang) & Transfer to Thimphu

Early morning trek to the iconic Tiger's Nest (Taktsang Monastery) – approximately 4-5 hours round trip depending on pace. Enjoy spectacular views and time at the monastery for reflection and photography. After descent, drive to Thimphu (about 1-1.5 hours).

Evening visit to Buddha Dordenma (depending on time) and a stroll in Thimphu town.

Wear sturdy hiking shoes and carry water; hiking sticks available on request.

Day

3

Thimphu Cultural Tour & Scenic Drive to Punakha (Dochula Pass)

Morning cultural tour of Thimphu: Memorial Chorten, Folk Heritage Museum, the textile school and local markets. After lunch, drive to Punakha via the scenic Dochula Pass (3,100 m) with its 108 chortens and Himalayan vistas.

Late afternoon arrival in Punakha with time to visit Punakha Dzong – one of Bhutan's most beautiful dzongs, situated between two rivers.

Weather at Dochula can be chilly; layer up and bring a light jacket.

Day

4

White-water Rafting & Riverside Hike in Punakha

After breakfast, enjoy an adrenaline-filled white-water rafting session on the Pho Chhu (options for half-day or full-day rafting available). The rafting route passes scenic river valleys, low- to mid-grade rapids suitable for participants with moderate fitness.

In the afternoon, a guided hike to Khamsum Yulley Namgyal Chorten offers spectacular valley views, terraced fields, and a cultural insight into local religious architecture.

Rafting equipment and safety briefing included; life jackets and helmets mandatory.

Day

5

Punakha Explorations & Optional Village Walk / Haa Valley Excursion

Morning at leisure with optional activities: village walk through local farmlands, visit to Chimi Lhakhang (Fertility Temple), or additional rafting/hike. For travelers preferring an extended scenic drive, an optional excursion to the remote Haa Valley (time permitting) can be arranged.

Evening cultural exchange with local families or free time to relax by the river.

Optional activities may require advance booking and additional fees.

Day

6

Return to Paro & Departure

Drive back to Paro after breakfast with photo stops en route (approx. 4–5 hours). Last-minute shopping in Paro town, and transfer to Paro International Airport for your departure flight.

End of the 5 nights / 6 days Bhutan Adventure package. Safe travels!

🔗 Frequently Asked Questions

🔗 What is the best time to visit Bhutan?

The best time to visit Bhutan is during spring (March–May) and autumn (September–November). Spring offers blooming rhododendrons, wildflowers, and pleasant temperatures (12–24°C), making it perfect for trekking and photography. Autumn provides crystal-clear skies with stunning Himalayan views, major festivals like Thimphu and Paro Tshechus, and excellent weather for sightseeing. Winter (December–February) is ideal for those seeking snow-capped landscapes, fewer crowds, and cozy lodge stays, though temperatures can drop to -2°C in valleys. Monsoon season (June–August) brings lush greenery and better hotel rates but frequent rainfall. For first-time visitors, autumn is recommended for clear mountain views and cultural festivals.

🔗 How can Indian travelers reach Bhutan?

Indian travelers can reach Bhutan by road or air. By road (most popular): Enter at Phuentsholing border (adjacent to Jaigaon, West Bengal). From there, it's 5–6 hours to Thimphu or Paro. Take train to Hasimara (17km from border), New Alipurduar, or New Jalpaiguri, then taxi to the border. By air: Fly into Paro International Airport from Delhi, Kolkata, Guwahati, or Bagdogra via Drukair or Bhutan Airlines (seasonal schedules). Other road entry points include Gelephu and Samdrup Jongkhar from Assam. The road journey offers scenic mountain views, while flying provides dramatic Himalayan aerial views during the approach to Paro's challenging runway.

❓ **Do Indian citizens need a visa for Bhutan?**

Indian citizens don't need a visa but require permits and pay a Sustainable Development Fee (SDF). Required documents: valid passport or voter ID and recent passport photos. Minors need birth certificates. Entry permits cover Thimphu and Paro, while route permits are needed for other areas like Punakha, Phobjikha, or Bumthang. Permits can be arranged at entry points or through the official online system via licensed operators. The SDF is charged per person per night (rates vary – check latest official guidelines). Travel insurance is strongly recommended. Carry multiple photocopies of documents and permits for smooth checkpoint processing throughout your journey.

❓ **What are the local transportation options in Bhutan?**

Local transportation in Bhutan includes taxis (readily available in major towns with point-to-point fares), city and intercity buses (budget-friendly with fixed schedules), and private cars with drivers (most comfortable for multi-stop itineraries). Shared taxis are common for intercity routes. Limited domestic flights operate seasonally to places like Bumthang, weather permitting. Self-drive is possible but less common due to challenging mountain roads requiring experience. For tourists, hiring a private vehicle with driver is recommended for flexibility and comfort, especially when traveling between valleys. Mountain roads are winding with stunning views but require buffer time for transfers.

❓ **Where should I stay in Bhutan and what accommodation options are available?**

Bhutan offers accommodations across all budgets. Luxury options include Six Senses (eco-chic in multiple valleys), COMO Uma (boutique luxury in Paro/Punakha), Amankora lodges, and Taj Tashi Thimphu. Mid-range choices include Le Méridien properties, Naksel Boutique Hotel Paro, and Dewachen Hotel Phobjikha. Budget travelers can choose Hotel Norbuling Thimphu or local guesthouses. Stay in Paro for Tiger's Nest access, Thimphu for urban experiences, Punakha for riverside tranquility, and Phobjikha for nature immersion. Many properties offer traditional architecture, valley views, and cultural experiences. Book advance during peak seasons (spring/autumn) and festivals. Most hotels provide heating in winter and arrange cultural programs.

🔍 What are the must-visit attractions in Bhutan?

Must-visit attractions include Paro Taktsang (Tiger's Nest) – the iconic cliffside monastery requiring a scenic half-day hike. Punakha Dzong is a stunning fortress at river confluence, while Dochula Pass offers 108 chortens and Himalayan panoramas. Buddha Dordenma in Thimphu provides valley views, and Phobjikha Valley is perfect for black-necked crane spotting (winter) and tranquil walks. Don't miss Chimi Lhakhang fertility temple via village walks, Chele La Pass (highest motorable pass), and Tashichho Dzong in Thimphu. Bumthang valleys offer spiritual sites and traditional culture. The National Museum in Paro showcases Bhutanese heritage. Plan 7-10 days for a classic Paro-Thimphu-Punakha-Phobjikha circuit.

🔍 What local food should I try in Bhutan?

Bhutanese cuisine is known for its spiciness and cheese-based dishes. Must-try dishes include Ema Datshi (chilies with cheese – the national dish), Kewa Datshi (potatoes with cheese), and Shamu Datshi (mushrooms with cheese). Try Phaksha Paa (pork with chilies), Jasha Maru (spicy minced chicken), and regional specialties like Hoentay buckwheat dumplings from Haa and Puta buckwheat noodles from Bumthang. Enjoy red rice, suja (butter tea), and local ara (spirit). Bumthang is famous for cheese and honey. Note that Bhutanese food is quite spicy – chilies are considered vegetables, not just spices. Most restaurants also serve Indian, Chinese, and continental options for those preferring milder flavors.

★ Traveller Reviews



Nisha Awasthi

★★★★★ 5/5

Discovering the Spirit of Bhutan

Exploring the monasteries and learning about Buddhism here was enlightening. This package offers a great spiritual experience.



Vikas Bansal

★★★★☆ 4/5

Serene Himalayan Escape

The tranquility and beauty of Bhutan was such a peaceful escape from the hustle of daily life. It's truly a gem!



Radha Shetty

★★★★★ 5/5

A Fantastic Discover of Bhutanese Culture

This was a fantastic tour that let us discover Bhutanese culture in depth. We participated in a local festival—unforgettable!



Vinay Malhotra

★★★★★ 5/5

Bhutan: Truly the Land of the Thunder Dragon

I was captivated by Bhutan's rugged beauty and rich traditions. Each experience was enriched by our guide's storytelling. Loved it!



Chaitanya Joshi

★★★★☆ 4/5

Well-Structured Travel Itinerary

The itinerary was perfect, balancing sightseeing and relaxation. With so much to explore, this package was excellent value.

⚡ Why Choose TourGrids?

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