



AMANKORA

Fact Sheet



The Amankora Journey

**Five Lodges. Five Rejuvenating Retreats. Five Culinary Destinations.
Five Gateways to Adventure.**

For 20 years, the Amankora Journey has pioneered a transformative life-changing experience that combines pristine nature, breathtaking landscapes and beauty with the mysticism of Bhutan. It is an experience renowned for its powerful spiritual energy, self-enlightenment and sense of renewal.

With five lodges located across five valleys, Amankora has curated an immersive journey for guests. Each lodge offers a variety of wellness, adventure, cultural and culinary experiences, showcasing the authenticity of urban, rural and spiritual Bhutan. Our Amankora family is a caring and compassionate team with knowledge and experience unrivalled in the Kingdom of Bhutan.



Planning Your Journey

The Amankora Journey takes guests across Bhutan with stays in five unique lodges, each set in a different valley.

The Amankora Itinerary

From start to finish, our Reservations Team will tailor-make your itinerary based on your length of stay and personal preferences, taking care of all arrangements and logistics. We collect guests from the airport on arrival and drop them off at the end of their journey for departure.

Flights and Visas

For complete peace of mind and simplicity, we book all flight connections to Paro International Airport on your behalf and process visas, ensuring a seamless experience.

Experiences and Activities

Our team can also pre-book all activities and experiences, which can be selected from our detailed 'Amankora Experience Guide'.

Standard inclusions for stays of seven+ nights, any combination of lodges:

- Flight reservation and visa processing assistance
- Airport transfers to and from Paro Airport to Amankora Thimphu and Amankora Paro lodges
- Personalised itinerary planning for all Amankora lodges across the five valleys
- Private vehicle transfers with a personal driver and English-speaking guide
- All meals (breakfast, lunch and dinner) including en route picnics between Amankora lodges
- In-house beverages including wines and spirits (excludes premium beverage list)
- All touring permits and monument access passes
- Laundry and wi-fi access
- One 60-minute holistic spa treatment per person once during your journey
- One 60-minute Amankora Nourishing Ritual Massage per person once during the stay (for stays of ten nights or more)
- One-way domestic flight from Bumthang to Paro (for stays of ten nights or more)

For longer journeys, please contact us to enquire about additional benefits and added value.



The Amankora Journey across the Kingdom is as holistic as it is immersive.

- Bhutan is a living cultural museum with an extraordinary history that dates back centuries.
- A land of myths, mysticism, rich stories and chance encounters with locals.
- A spiritual destination permeated with the peace of Buddhism.
- There are over 180 festivals a year, celebrating Bhutan's rich cultural identity with song and dance.
- Personal wellness experiences offering renewal of mind, body and self-enlightenment.
- A nature lovers' paradise and bio-diversity hotspot boasting dramatic landscapes, pristine nature and over 750 species of birds.
- Culinary experiences offering unique Bhutanese cuisine and visits to local farmers' markets.
- An adventure destination offering trekking, hiking, mountain biking, white water rafting and river fishing.
- Access to unique Himalayan highland communities.
- A country with astonishing architecture, artwork, shopping and textiles.

Getting There

- Direct flights to Bhutan's Paro International Airport from New Delhi, Bangkok, Singapore, Kolkata and Kathmandu.
- Our Amankora Reservations Team will assist and book all your inbound flights from the above destinations with Druk Airlines and Bhutan Airlines, directly into Paro.
- Amankora Paro Lodge is a 20-minute scenic drive from Paro International Airport.
- 35-minute flight from Bumthang to Paro: Amankora Bumthang is located 15 minutes by car from Bathpalathang Domestic Airport.



Lodges & Accommodation

Across the five Amankora lodges, there are 76 contemporary suites all with rustic finishes adding a distinct sense of place. Open-plan bedrooms and living rooms feature king-size beds, window seats and traditional bukhari wood burners. En suite bathrooms are clad in terrazzo with large, free-standing bathtubs and separate, walk-in rain showers.

Paro	24 Suites	52 m2	560 ft2
Thimphu	16 Suites	52 m2	560 ft2
Punakha	12 Suites	52-144 m2	560-1550 ft2
Gangtey	8 Suites	52 m2	560 ft2
Bumthang	16 Suites	52 m2	560 ft2

Dining

- All lodges serve Bhutanese, Western, Indian and Asian cuisines.
- Amankora's chefs use only the finest ingredients, sourced directly from local farmers.
- Atmospheric private dining for special occasions, whether intimate or larger scale, can be arranged in a variety of indoor and alfresco venues.
- Each of the lodges also offers a variety of Signature Culinary Experiences unique to each valley.
- Our chefs can prepare special meals on request for guests with specific dietary requirements.

Libraries

- The library at each lodge offers a collection of books covering topics as varied as Buddhism, local folklore and Bhutan's history and wildlife, as well as a variety of board games.
- Lodge libraries are also used for private dining experiences, lectures and other in-house guest activities.
- Wi-Fi and desktop PCs are available for guest use.

Boutiques

- At Amankora Paro and Thimphu lodges, guests can purchase local handicrafts and art alongside bespoke Aman retail products including fine fragrances, skincare products and Aman-branded clothing and



Activities & Experiences

Bhutan is an adventurer's dream destination. Hiking and cycling are arguably the best ways to explore the breathtaking landscapes of each valley, offering a variety of routes to accommodate different fitness levels. Each lodge provides a list of 'Top 10 Experiences' that guests may choose from.

In-house Guest Activities

- Archery Lessons at all lodges
- Bhutanese Cultural Song and Dance Programme at all lodges
- Prayer Flag Printing hosted by a local monk in Paro
- Personalised Calligraphy sessions in Paro
- Buddhism Talk hosted by a local monk in Thimphu
- Cleansing and Purification Ceremony by a local monk in Punakha
- Traditional Sunrise Water Offering in the Altar Room at Punakha
- Evening Prayer Session at Sey Lhakhang in Bumthang
- Morning and evening Prayer Sessions by a local monk in Gangtey

Spiritual Experiences

- Guided tours of Temples, Monasteries and Dzongs in all five valleys
- Private Meditation and Blessing Ceremonies
- Fire Blessing Ceremony at Jambay Lhakhang in Bumthang
- Bhutanese Name-Giving Ceremony at Sey Lhakhang in Bumthang
- Offering a Meal to the Monks at Gangtey Goemba
- Spiritual Cleansing (Buddhist Fumigation)
- Traditional Thrisel Cleansing Ceremony
- 108 Butter Lamps Offering
- Traditional Bhutanese Wedding Vow Renewal

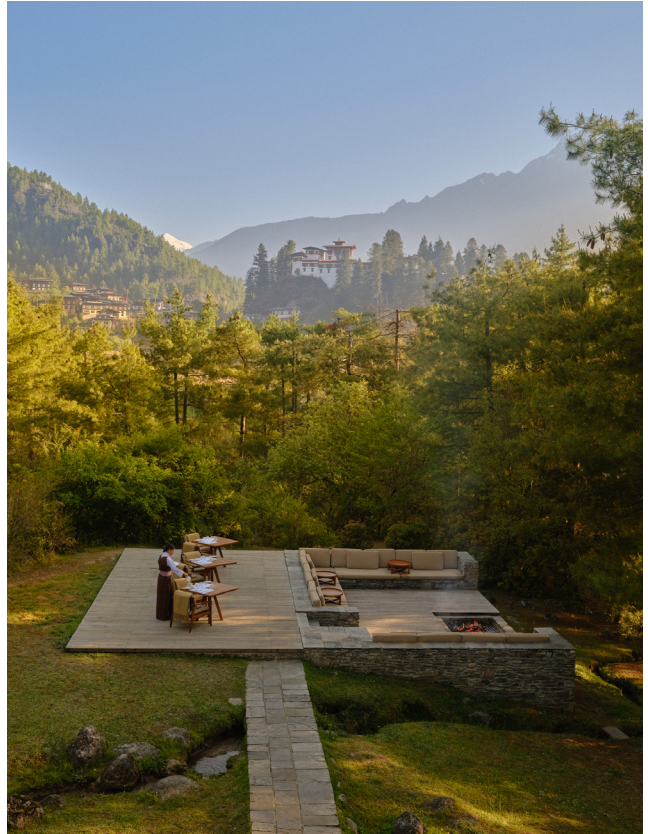
Wellness Experiences

Incorporating Himalayan herbs, our five lodges offer a unique Bhutanese healing experience through a variety of spa treatments and wellness facilities. Some of our Aman Spa Signature Treatments include:

- The Jet Lag Reviver (Thimphu)
- Himalayan Hot Stone Bath (Paro & Gangtey)
- Grounding Body Polish and Wrap Ritual
- Grounding Face Ritual
- Purifying Body Polish and Wrap Ritual
- Nourishing Body Polish and Wrap Ritual

Morning Yoga

All lodges offer a complimentary morning yoga session hosted by an experienced yoga teacher, suitable for all ability levels. There is no need to bring any equipment. The session will include guided breathing followed by a series of



Paro Lodge

Altitude 2,250 metres

A 20-minute drive from Bhutan's international airport, Amankora Paro is the ideal start or end point for the Amankora Journey across Bhutan. Sheltered within a blue-pine forest of glistening conifers, the 24-suite lodge rests beneath the ruins of the 17th-century Drukgyel Dzong (fortress-monastery). Overlooking snow-capped Jhomolhari, each suite features its own bukhari, a wood-burning stove.

The town of Paro is a treasure trove when it comes to art and shopping. A cultural tour of the area should always start with a browse through the National Museum. Housed in the Watch Tower of the Rinpung Dzong, it features an intriguing collection of artifacts showcasing the Kingdom's rich cultural heritage. Other highlights include crossing the scenic Nyamai Zampa, a traditional cantilever bridge and exploring the temples of Tshongdue Lhakhang, Drukchholing Lhakhang, Duntse Lhakhang and the revered Kyichu Lhakhang with their exquisite altars and sacred paintings.

Dining

- The Dining Room extends onto a streamside terrace with stunning views of the surrounding forest and the ruins of the ancient Drukgyel Dzong.
- The forest-fringed Patio Courtyard alongside the Firepit Terrace is the perfect venue for dining under the stars.
- Moments from the lodge, the secluded Log Cabin hosts private dining experiences at the base of the climb to cliff-top Tiger's Nest.

Wellness

- Surrounded by pine forests, the two-storey spa offers five treatment rooms, each with its own outdoor hot stone bath as well as a private shower, steam room, sauna and changing area.

Signature Experiences

- Tiger's Nest Hike and Recovery Lunch at Amankora's Log Cabin
- Forest and Fortress Dinner



Thimphu Lodge

Altitude 2,350 metres

Situated in the forested Thimphu Valley, home to Bhutan's capital city, Amankora Thimphu is a 16-suite lodge tucked into the pine-scented woods of the Motithang area.

Ideally placed for exploring Thimphu's museums, traditional shops and numerous cultural sites, it also serves as a quiet retreat, completely removed from the city's activities.

Dining

- Soaring double-volume ceilings and wooden panelled walls complement an outdoor dining terrace with views of the surrounding pine forest and the stream that runs through the property.
- The menu offers various Bhutanese specialties as well as an a la carte selection of Continental and Western dishes.

Wellness

- Features three treatment rooms, a steam room and changing areas.

Signature Experiences

- City and Valley Tour
- The Wangditse Hike
- The Hidden Monk Village in Dodeydrak
- The Buddha Dordenma



Punakha Lodge

Altitude 1,300 metres

Amankora Punakha lies east of the dramatic Dochu La Pass and just north of the resplendent Punakha Dzong that dominates the confluence of the Mo Chhu and Po Chhu rivers.

Surrounded by rice paddies and fruit orchards, the lodge occupies a traditional Bhutanese farmhouse built by a former chief abbot and dating back 300 years.

The eight suites are similar in design to those at Paro Lodge, with a number that can be combined to create two-bedroom units.

Dining

- Housed in the 300-year-old farmhouse, the dining room extends onto an outdoor terrace with views of the valley, its fruit orchards and rice fields.
- Private rooms located on the first floor of the farmhouse are available for intimate candlelit dining experiences.

Wellness

- The 29-metre-long heated infinity swimming pool overlooks the rice terraces and farmland.
- The two-storey spa has two treatment rooms, a steam room and a yoga and meditation room.

Signature Experiences

- Mo Chhu Riverside BBQ
- Breakfast at Khamsum Chorten
- Rafting and Kayaking
- Punakha Dzong



Gangtey Lodge

Altitude 3,000 metres

Uniquely isolated, the lodge offers an authentic rural Bhutan farmland experience in the Black Mountains National Park - home to the rare Black Neck Cranes that migrate here annually.

Boasting mesmerising views of the valley with its serene conservation wetland and the 16th-century Gangtey Goemba Monastery, the lodge is set on a forested knoll and offers eight suites identical to those at Thimphu.

A dream destination for nature and adventure lovers, the valley is crisscrossed by mountain bike trails and hiking routes.

Dining

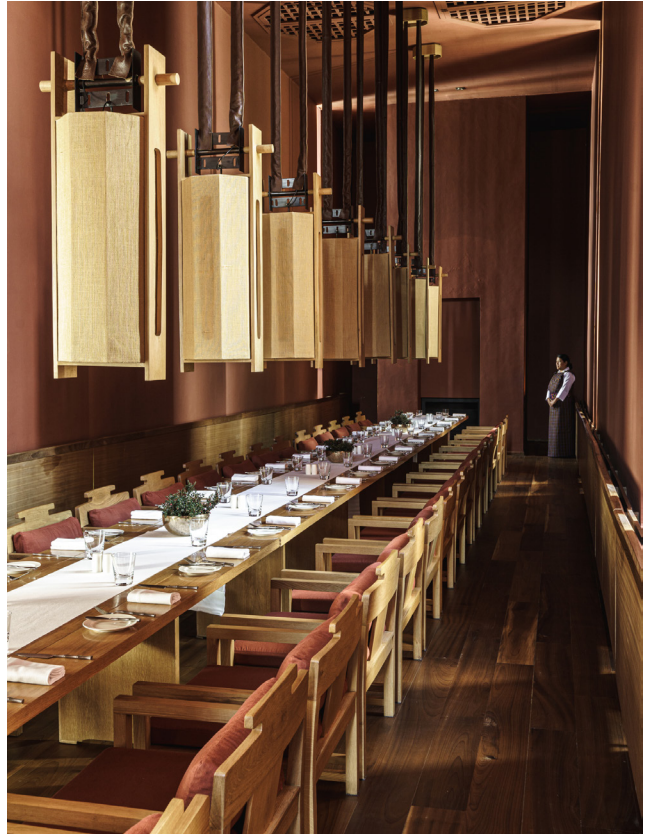
- Large, family-style dining tables overlook the Black Mountains National Park through floor-to-ceiling windows.
- Alfresco dining can be enjoyed on the Terrace and Viewing Deck.

Wellness

- The spa offers two treatment rooms, changing areas and the signature Hot Stone Bath experience.

Signature Experiences

- Traditional Hot Stone Bath
- Potato Shed Dinner



Bumthang Lodge

Altitude 2,580 metres

The eastern-most lodge, 16-suite Amankora Bumthang rests adjacent to the First and Second King's palace, Wangdichholing, in the Choekhor Valley.

This region of sloping pine forests, apple orchards and fertile farmland is known for its cottage industries that produce the sought-after Bumthang butter, cheese, honey and a variety of fruit spirits and brandies.

It is also considered the spiritual capital of Bhutan and is home to 29 temples and monasteries, some dating back to the 7th century.

Dining

- Shaded by fruit trees, the courtyard at the lodge provides a scenic setting for alfresco dining.
- The interior dining room features a fireplace with views of the Courtyard and the old Royal Palace.
- The private dining room can accommodate groups of up to 32 guests.

Wellness

- Offers a spa facility with three treatment rooms, a steam room and changing areas.

Signature Experiences

- Private BBQ beside the Courtyard Firepit
- Beer and Cheese Tasting at Red Panda Brewery
- Making Khabzey Biscuits in Local Farmhouse

AMANKORA

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