

*amankora*

Experience Guide



Amankora Paro

## Exploring Paro's Cultural Crossroads

A cultural tour of Paro should always start with a casual browse through the National Museum, housed in the Ta Dzong (Watch Tower) of the Rinpung Dzong, where an intriguing collection of artifacts serves as a great introduction to the rich culture and heritage of the Kingdom. Just a short stroll below lays the dominating Paro Dzong, a premier example of Bhutan's architecture. From the Dzong, a leisurely walk back into town crosses the scenic Nyamai Zampa (bridge), a unique model of Bhutan's traditional cantilever bridge. Continue to the town temples, Tshongdue Lhakhang and Drukchholing Lhakhang, with their fascinating altar and paintings. The wall paintings and unique design of Duntse Lhakhang plus a visit to the revered Kyichu Lhakhang, which pins down the left foot of a treacherous Ogress, are a great finish to this day of cultural immersion.

Paro offers several attractive opportunities for shopping and experiencing the local fare. Among them, the Vajrayana Art Gallery offers an interesting collection of contemporary Bhutanese paintings. Here you can view the artistic talent of young Bhutanese contemporary artists. The gallery owner, Mr. Chimi Dorji, is an artist himself and will proudly display his collection of paintings depicting Bhutanese traditions and culture as well as modern artwork. The gallery also features a small jewellery shop where you can find beautiful old and authentic Bhutanese jewellery.





### **108 Butter Lamps**

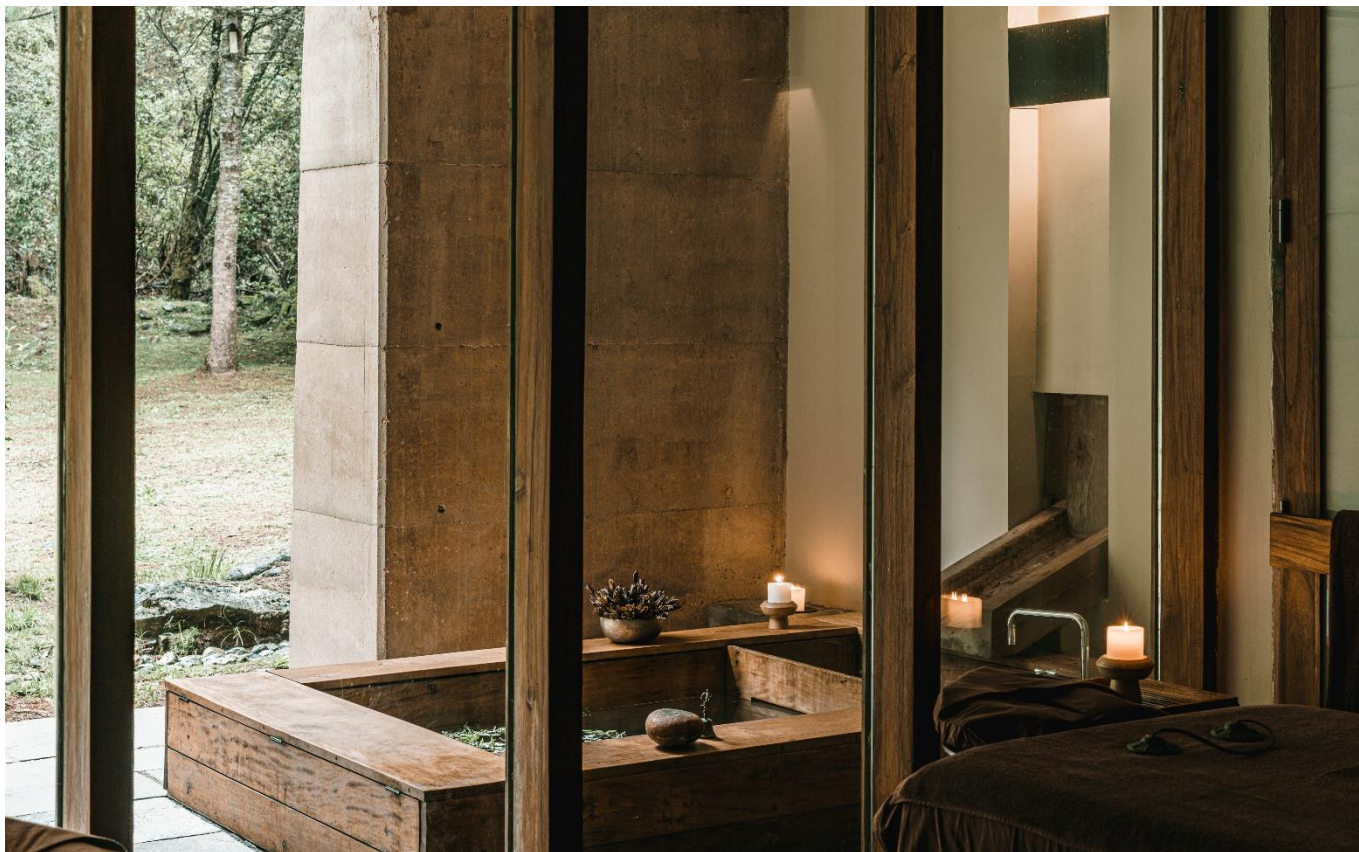
Lighting 108 butter lamps is an experience of a lifetime. The Butter Lamp or Karme represents the dispelling of the darkness of ignorance. The lighting of butter lamps is an offering of light to the deities and is one of the most common means of increasing one's merit. It also helps to focus the mind and aid meditation.



### **Morning Yoga**

We all want to be healthy, look good and live a good life, both physically and spiritually. Join our yoga buddy for an energising complimentary morning yoga session in our spa relaxation room between 7 am to 8 am that is suitable for all ability levels. There is no need to bring any equipment - just come as you are. You will enjoy a soothing program of breathing exercises followed by a series of poses. Our Yoga Buddy will be assisting you as needed.

Please inform our team the evening before for a yoga session the following morning to confirm your participation.



### **Body Polish and Wrap Rituals**

Home to the largest Aman Spa in Bhutan, the spa at the Paro Lodge boasts a two-story structure with a dedicated yoga and movement studio, steam room and treatment rooms with outdoor hot stone bath facilities. The spa's body polish and wrap rituals coupled with a Himalayan hot stone bath is an experience not to be missed.

### **Grounding Body Polish and Wrap Ritual**

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightens tone and improves texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant.

### **Purifying Body Polish and Wrap Ritual**

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz - known as a master healer for its amplification of energy levels. Seaweed Fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage.

### **Nourishing Body Polish and Wrap Ritual**

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder - known to hydrate, tone and rejuvenate - in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin.

### **Himalayan Hot Stone Bath**

Aman Spa Paro's own Himalayan hot stone bath is inspired by a traditional therapeutic treatment where natural river stones are heated and lowered into the bath to release beneficial minerals, while the local Khempa herb infuses the water with its healing properties.

It is recommended to begin any spa treatment with a 30-minute traditional Bhutanese Hot Stone Bath to release your tension, relax the body and open up your skin. Kindly give us a few hours' notice to prepare the bath and the stones.



### **Gross National Happiness Lecture**

Bhutan talks more about Gross National Happiness (GNH) than Gross National Product. Gross National Happiness is considered to be the measurement of performance for the well-being of all Bhutanese. This concept was introduced by the fourth Druk Gyalpo, His Majesty Jigme Singye Wangchuck, in the early 1980s and has been considered revolutionary by global leaders around the world. We can arrange for a private lecture with Khenpo Phuntsho Tashi, director of the National Museum, who is an expert on the topic.



### **Blessings and Meditation**

A private, one-on-one Meditation Session with a Lama can be arranged in the lodge.

Blessings can be arranged in any of the *lhakhangs* or temples around the Paro Lodge. Please ask your lodge host to suggest one of the many locations to perform the ceremonies below.

**Thrisel** is a one-hour blessing using holy water to cleanse the mind, spirit and soul under the guidance of a revered lama. A few drops of water from the Bumpa are used during the blessing ceremony.

**Tshewang** is a one-hour ritual performed by multiple monks to promote a long life. This elaborate ceremony involves an abundance of prayers, mantras and final blessings using a Dorji (Thunderbolt) as well as sacred scriptures touched to the head.

**Rimdo** is an auspicious full-day ceremony performed by 6-8 monks to grant long life, bestow prosperity, well-being and the fulfilment of any personal requests. To a symphony of drums, horns, cymbals and bells, the monks will chant the holy texts and mantras. Your actual presence is only required for a short duration as the blessing continues to flow from morning to night.





## Culinary Journeys

With each valley offering distinct specialties and regional cuisine, the culinary journeys in all five lodges offer a gastronomic glimpse into the culture and landscapes that helped shape these flavours.

Vegan, vegetarian and other culinary options are available in all the dining experiences for those with dietary restrictions and food preferences. These options can be arranged upon request and can be designed into a unique dining setting and experience.



### **Tiger's Nest Base BBQ Lunch**

At the foot of the Tiger's Nest Monastery, in a clearing right beside the meandering Paro River past a cornfield, Amankora arranges a BBQ lunch that is usually enjoyed right after a hike or a pilgrimage to the iconic monastery hanging on a cliff 900 meters above the ground.

Here, guests enjoy a feast of flavours, grilled fresh and served to the relaxing sound of the river, while drinks are concocted on request at the makeshift bar. Across the river, a village temple juts out of the lush landscape while the Tiger's Nest soars on the other side.

### **Forest and Fortress Dinner**

Amidst the pine forest, overlooking the historic Drukgyel Dzong along calming sounds of the brooks and stream flowing through the forest, take this opportunity to dine under the stars. Dinner tables are set on a lush clearing beside moss-covered rocks, under the canopy of Himalayan blue pine trees - a fragrant pine species endemic to Bhutan. As an option, we can set the dinner under an intricately embroidered, traditional Bhutanese ceremonial tent. The Bhutanese dragon tent is gently lit with stringed lights and numerous flickering lanterns across the forest. Warmth and ambience are created with many candles and traditional Bhutanese music.

Comfortable woolen shawls, fabric-wrapped hot water bottles and heaters hidden under tables are arranged to keep you warm on chillier evenings. A traditional dance performance or musical troupe (extra charges apply) can be arranged with Amankora signature cocktails and canapés whilst enjoying a traditional Bhutanese dinner prepared by our in-house Bhutanese chef.



### **The Cabin Under the Tiger's Breath**

Nestled in the foothills where pilgrims begin their journeys in the shadows of the iconic Tiger's Nest, Amankora's log cabin offers a breathtaking prelude or a cosy finale for hikes up to the legendary monastery. Accessible via a hidden path just moments from the main hiking trail, the quaint cabin is surrounded by a verdant pine forest which opens onto tranquil lawns with sweeping vistas of the monastery structures that appear to precariously cling onto the dramatic cliffside.

Originally constructed for its proximity to the monastery and the blessings it endows from the prayer flags that fly above, the cabin's original prayer room is still intact, making it an ideal place for meditation and self-reflection before or after visiting the Kingdom's holiest monument. Inside, the wooden abode provides space to relax and enjoy a refreshing drink or sumptuous meal warmed in the traditional *bukhari* stove. Meanwhile, outside on the terrace, a hot pot of tea can be enjoyed while under the gaze of the Tiger's Nest. Enhance your long-awaited visit to one of the world's most fascinating heritage sites with the following unique experiences in Amankora's cabin.

### **Restorative Lunch**

Conclude your experience of Bhutan's holiest pilgrimage site with a rejuvenating lunch experience in the shadows of the Tiger's Nest. Upon arrival at the cabin, a refreshing drink awaits before a relaxing 30-minute foot massage to soothe tired limbs. Refreshed and recovered, a sumptuous lunch follows, with the Tiger's Nest in full view inviting a moment's reflection on the morning's adventures.

### **Memorable Milestones and Captivating Celebrations**

Whether celebrating a wedding, anniversary or any personal milestone, Amankora's log cabin offers a unique and memorable backdrop. A serene setting for intimate events of up to ten guests, the cabin's interior makes for the perfect private dining spot, while it's grounds can be configured to host up to 50 guests, with verdant lawns, cocooning forest, and panoramic views creating a fitting atmosphere worthy of any occasion.



### **Breakfast at Twin Lakes**

Embark on a captivating culinary experience at the Twin Lakes with our breakfast picnic. Immerse yourself in the pristine beauty of the Twin Lakes and discover the magic of Mount Jomolhari. Savour a delectable spread of freshly baked pastries, seasonal fruits, and a variety of locally sourced delicacies. Enhance your experience with a glass of champagne and locally brewed coffee by the lakeside. Let the serene ambiance and breathtaking scenery create the perfect backdrop for a memorable morning adventure.

After breakfast and time permitting, explore other sacred sites near the base camp, including Jomolhari Temple, the meditation caves of Milarepa and Gyalwa Lorepa and the Spirit Lake of Tsheringma. Your return flight will also take in stunning views of Lingzhi Yugyal Dzong (Bhutan's remotest fortress), the Lingzhi Village and a panorama of the Himalayan Range.



## Outdoor Dining

Amankora Paro offers several beautiful settings to dine in blissful seclusion. Whether you are seeking an intimate meal for two or a group celebration, we will tailor the menu to your individual preferences and ensure an affair to remember through our select premium dining experiences.

### **Patio**

Surrounded by the living room structure and a pine forest on its fringes, the courtyard is an ideal setting for dining under the stars.

### **Fire-Pit Terrace**

Indulge in a tailored five-course menu just metres not far from the dining room. The fire-pit terrace overlooks the stream, the pine forest and the nearby village farmhouses.

Ā M Ā N

Amankora  
Bumthang, Thimphu, Punakha, Gangtey, Paro, 12001, Bhutan  
Tel: +975 2 331 333 Email: amankorares@aman.com

[aman.com](http://aman.com)