

amankora

Experience Guide



Amankora Thimphu



Exploring Thimphu's Unique Urban Beats

Being the capital city of Bhutan, Thimphu offers unique opportunities to explore the Bhutanese culture and traditions in depth. Situated at an altitude of 8,200 ft / 2,500 m it is the home of 100,000 Bhutanese. Whether you are interested in spirituality, Buddhism, or astrology, experiencing different aspects of the local culture such as weaving, sacred paintings or the local markets, or would like to gain an insight into the abundant flora and fauna of Bhutan, we will help make arrangements to ensure that your curiosity and interests are satisfied.

When planning your tour, we included the most important museums, galleries, places of historic interest and activities to give you a diverse experience of our unique country and its people. Bhutan's capital is a growing and bustling commercial centre contrary to the otherwise beautiful, natural and quiet Himalayan Kingdom, and has much to offer to those looking for something special and unique to add to their pilgrimage.



High Altitude Golf

Golfing on Bhutan's only genuine golf course offers a unique game amongst chortens and majestic landscapes with the Thimphu Dzong providing a dramatic backdrop. This challenging nine-hole course is situated at 7,700 ft / 2,350 m above sea level, taking the extra mile as balls fly further in the thin mountain air. Tee times can be arranged by a member of our family. The Royal Thimphu Golf Club is located above Tashi Chho Dzong, north of town.

Fishing

Even though fishing and hunting are considered illegal in Bhutan as they conflict with the beliefs of Buddhism, special permissions can be given for recreational catch and release in the waters of Thimphu on days that do not conflict with the auspicious day of the Lunar calendar. The most common fish is the brown trout and the best seasons to catch them are spring and fall.

If you wish to try your luck, we would be happy to assist you with the arrangements. We will provide you with modern fishing equipment as well as an experienced fishing guide who will take you to the best spots. To make sure that we can arrange a fishing trip for you on an inauspicious day, we recommend that you give us at least three days' notice.



Uncover Your Past and Future at the Astrology School - Pangri Zampa Lhakhang

Believed to be protected by a mermaid and powerful deities through the form of two giant trees, Pangri Zampa Lhakhang is idyllically located in the middle of a meadow by the river, a 20-minute drive from the lodge on the way to Tango and Cheri monasteries. The temple appeared in Zhabdrung Ngawang Namgyal's vision which directed him from Tibet to Bhutan. It was built by Ngawang Choegyel, the great-grandfather of the Zhabdrung, and was the Zhabdrung's residence when he arrived in Bhutan in 1616.

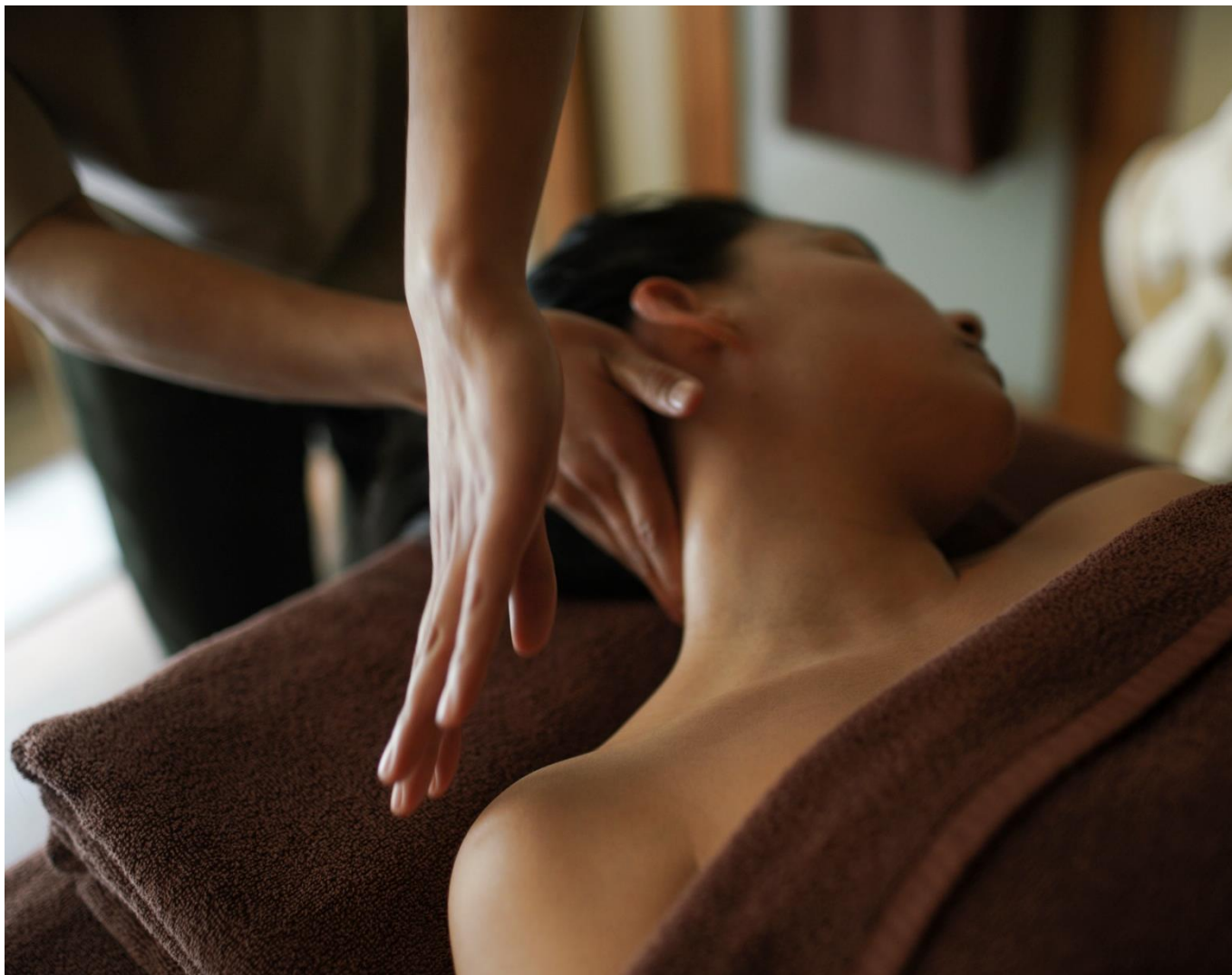
Today, the temple is used as an astrology centre of the state clergy and is the home to around 50 monks studying astrology. During a visit to Pangri Zampa, you can learn more about astrology and have your reading done upon request back at the lodge by one of the astrology graduates of the school.



Morning Yoga

Join our experienced yoga buddy in the lodge library, just below the Dining Room Terrace. For an energising complimentary morning yoga session that is suitable for all ability levels, join us between 7 AM to 8 AM. 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 the team the evening before for a following morning yoga to confirm your participation.

Guests seeking more specialised instruction can arrange for a private yoga session at their convenience. Our Yoga Buddy will craft a program geared toward your ability level and/or yoga style of interest.



The Jet Lag Reviver

Whether you're recovering from extensive travel or a hectic lifestyle, this signature ritual from Amankora Thimphu's Aman Spa will revive you from head to toe.

The treatment begins with a deeply relaxing hot stone massage focusing on deep pressure points. You will then enjoy a neck, shoulder, and scalp massage to reduce tension and promote relaxation. A nourishing facial massage will re-energize the skin and leave you refreshed and revitalized.

The treatment will be completed with a foot reflexology to promote circulation and reduce water retention. To cap it off, we will be doing a short session of breathing techniques to improve and stimulate your lymphatic system to help your skin flush out toxins, swelling, and inflammation to minimize breakouts and a dull, sallow appearance.



Learn Art with a Local Artist

Try your hands in local art with a traditionally trained group of artists from Zurig Chusum Institute, Bhutan's most important art school focusing on the 13 traditional arts and crafts. Specialising in traditional Bhutanese painting, the members have opened a very successful painting studio known as **High-Quality Painting** - an exclusive art gallery and studio that offers an opportunity to those keen to learn about traditional Bhutanese art. The founder himself is a keen artist who is also available to share the history of Bhutanese art as well as its significance in the everyday lives of local folks.

High-quality painting has done work on temples and sacred scrolls. The art studio specialises in traditional Bhutanese painting, traditional mask making and other traditional mediums. The paintings are based on strict iconographic rules and Buddhist texts.

A private painting session with one of the artists can be arranged either at the lodge or in his artist's studio, for guests wanting to learn traditional Bhutanese painting.



Private Lecture on Bhutan and Buddhism with Mynak Trulku

Mynak Trulku is the 12th reincarnate lama of Mynak Rinpoche who is the spiritual leader of the Mynak province in the Eastern region of Tibet. Mynak Rinpoche has lived in Bhutan for over 30 years and worked in various capacities as the founder and director of the National Museum in Paro and the National Library in Thimphu. He has also represented Bhutan in various regional and international conferences lecturing on Bhutanese culture and spiritual affairs.



Culinary Journeys

With Thimphu's own organic garden and seasonal produce culled from the nearby farms, 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 private dining experiences for those with dietary restrictions and food preferences. These options can be arranged upon request and can be designed into the private dining setting and experience.

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