

AMANKORA

Fact Sheet



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.



The Amankora Journey

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.

All journeys of seven nights* or more include:

- Flight reservation and visa processing assistance
- Airport transfers between Paro Airport and Amankora Paro/Thimphu Lodges
- Personalised itinerary planning
- Private vehicle transfers with driver and English-speaking guide
- All meals, including picnics between lodges
- In-house beverages including wines and spirits (excluding premium list)
- All touring permits and monument access passes
- Laundry service
- Wi-Fi access
- One 60-minute Amankora Holistic Massage per person at either Thimphu, Punakha, Gangtey, or Bumthang Lodge
- One 60-minute Nourishing Massage Ritual per person at either Thimphu, Punakha, Gangtey, or Bumthang Lodge (for stays of ten+ nights)
- Complimentary one-way domestic flight from Bumthang to Paro (economy) (for stays of ten+ nights)
- Stays of 12 nights receive one complimentary additional night



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'.

Getting There

- Direct flights to Bhutan's Paro International Airport from New Delhi, Dubai, Bangkok, Hong Kong, Singapore, Kolkata and Kathmandu.
- Our 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.



Bhutan For All Seasons: A Year-Round Destination

Spring

March to May

For those drawn to fresh mornings, flowering valleys and cultural festivals across the country. Lodges open to birdsong and walks through rhododendron forests invite new discoveries.

Temperature

Mild to warm: 10°C to 20°C

Summer

June to August

Summer brings Bhutan to life in deep green. Valleys glow after the rain, rivers run strong, and mist moves quietly through forests and temples. Favoured by locals for its freshness and calm, this is a time for slower days, quieter paths and sunny days with cool evening air — when the country feels its most authentic.

Temperature

Warm to hot: 15°C to 30°C (cooler evenings in the valleys)

Autumn

September to November

Mountains stand sharp against deep blue horizons, fields turn gold and festivals fill valleys with colour and music. This is the season of harvests, gatherings and tshechus — when prayer flags lift in the wind and monasteries come alive with dance and tradition.

Temperature

Cool to mild: 10°C to 23°C

Winter

December to February

For those drawn to crisp mornings, fewer travellers and a slower, more contemplative pace. Snow-dusted peaks. Clear blue skies. Evenings spent warm indoors next to the fireplace with your favourite pour.

Temperature

Cold: 1°C to 10°C (often below 0°C at night)



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 bukhar 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 activewear.



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 ten experiences' that guests may choose from.

In-house Guest Activities

- Archery lessons at all lodges
- Bhutanese cultural 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 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

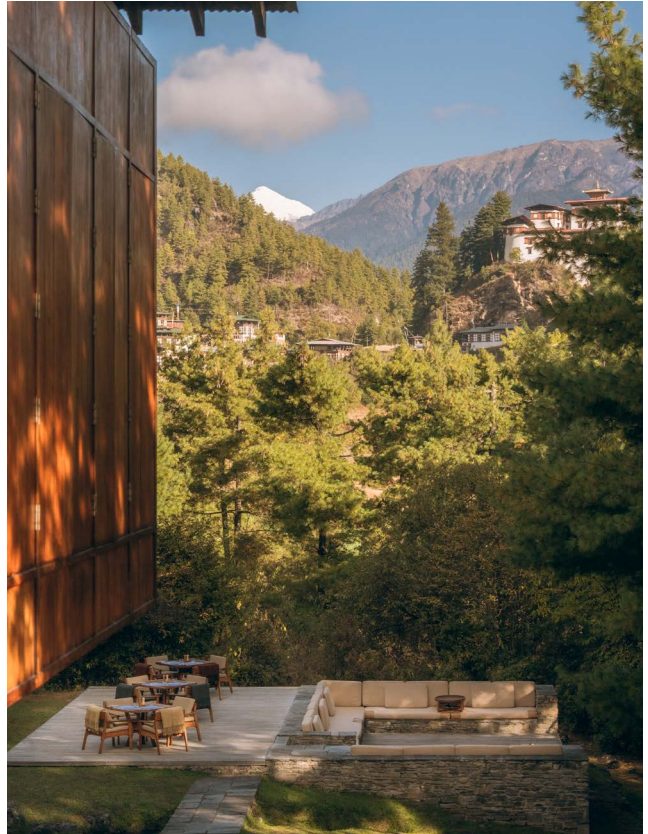
Wellness Experiences

Incorporating Himalayan herbs, our five lodges offer a unique Bhutanese healing experience through a variety of wellness offerings. Some of our Aman Spa signature treatments include:

- The Jet Lag Reviver (Thimphu)
- Himalayan Hot Stone Bath (Paro and 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 asanas (yoga poses).



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 the snow-capped Jhomolhari, each suite features a wood-burning stove, terrazzo-clad bathtub and banquette window seats.

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 at the base of the Tiger's Nest hosts private dining experiences

Wellness

- The two-storey spa offers five treatment rooms, each with its own outdoor hot stone bath, steam room and sauna
- The Hammam Spa House offers a double treatment room, a spacious living area, cold plunge, outdoor pool, hot bath and steam room
- Overlooking the forest, monasteries and river, the Iglu Sauna features a banya and outdoor terrace with a cold plunge and warm pool, inspired by Eastern European and Scandinavian traditions

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
- Wangditse hike
- The Hidden Monk Village in Dodeydrak
- 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 barbecue
- 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

- Riverside picnic
- Private barbecue beside the Courtyard Firepit
- Beer and cheese tasting at Red Panda Brewery



AMANKORA

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