



SIX SENSES

BHUTAN

## **THIMPHU:**

### **Guided Meditation with a Lama**

Rise early for a morning meditation session with a lama in our lodge's iconic Prayer Pavilion overlooking all of Thimphu valley.

*USD 200 ++ for 1-2 people and USD 50 ++ per additional person*

### **Talakha Monastery Hike and 108 Butter Lamp Offering**

Hike to beautiful Talakha Monastery at 3,050 meters to make a traditional butter lamp offering, dispelling darkness, and string prayer flags sending your intentions to all sentient beings.

*Donation of USD 50++ per person for up to 2 people and USD 20++ per additional person*

### **Lungsigang Afternoon Tea**

At the apex of Six Senses Thimphu's "lodge loop," Lungsigang offers breathtaking views of the entire Thimphu valley below. Afternoon tea with traditional flavors, prayer flags and pine trees.

*USD 55 ++ per person for 1-2 persons*

### **Nimnub Cliff Hanger Picnic**

After a short hike along our "lodge loop," enjoy an afternoon picnic on the edge of scenic Nimnub Point, with views directly down the valley towards Paro. The chef will tailor the menu to your preferences to include a variety of healthy and indulgent dishes using the freshest ingredients available.

*USD 95++ per person*

### **Nimnub Point Cocktails**

Treat yourself to sunset cocktails and canapés with a view towards Paro valley at Nimnub Point.

*USD 75 ++ per person*

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## **PUNAKHA:**

### **Breakfast with the Monks at Chorten Ningpo**

Rise early for a spiritual morning with the monks. Join Lama Nado for a traditional monastic breakfast at Chorten Ningpo. After, you might enjoy interacting with the young monks while they play volleyball or attend English class.  
*Donation of USD 50++ per person*

### **Riverside Pomegranate Martinis**

Canapés and pomegranate martinis at the confluence of the thundering Mo Chhu and Po Chhu rivers, in the shadow of Bhutan's second oldest Dzong. Enjoy the peaceful sound of rushing white water in an iconic location.  
*USD 300 ++ for 1-2 people and USD 75 ++ per additional person*

### **BBQ Dinner Poolside**

Enjoy a barbeque dinner with a view over Six Senses Punakha's infinity pool and Flying Farmhouse. Savor fresh dishes grilled in front of you as the sun sets and the mountains in the distance begin to change color.  
*USD 125 ++ per person*

### **Rafting**

Take advantage of Punakha's subtropical climate with a day out on the river. For a challenge, go rafting on the Po Chhu, the father river, or for a gentler ride, try the Mo Chhu, the mother river. Experience is subject to river conditions.

*USD 200++ per raft (up to 6 people) on the Mo Chhu River*

## **PARO:**

### **Chubjakha Ruins Regale**

Travel back to the medieval Kingdom with our Chubjakha “Ruins Regale.” Dine by candlelight as the bonfire glow reflects off the majestic stone ruins. Don traditional national dress, *kira* and *gho*, as you take part in the cultural *tshechu* performances with masked dancers in colorful costumes. Specially crafted cocktails paired with a Bhutanese menu cooked over an open fire complement a night of unforgettable drama and mysticism.

*USD 1,200 ++ for 1-2 people and USD 95 ++ per additional person*

### **Himalayan Harvest & Cooking Class**

The expansive gardens at Six Senses Paro are truly not to be missed. A labor of love for our Lodge Manager and Chef, the garden boasts a variety of produce unseen anywhere else in Bhutan. Take this opportunity to have a guided tour. After, join our Chef and team to create a delicious Himalayan meal using our homegrown produce, local delicacies and high-quality proteins. This is a seasonal activity.

*USD 150 ++ for 1-2 people and USD 75 ++ per additional person*

### **Walu Farmhouse Lunch**

Visit Aum Kezang for lunch at her traditional farmhouse made of mud and stone. Enjoy Bhutanese cuisine in the alter room before taking a short stroll around the grounds to visit the apple orchards and dairy shed. It is possible to hike down to Walu Farmhouse directly from our lodge.

*USD 130 ++ for 1-2 people and USD 30 ++ per additional person*

### **Talu Farmhouse Dinner**

Angay and Agay welcome you into their home for an evening to remember. Enjoy a family-style meal prepared over a traditional Bhutanese clay oven in the company of your gracious hosts. Hear tales of their migration from Tibet, settling in Paro and building a new life while *tshechu* musicians perform in the atmospheric living room.

*USD 600 ++ for 1-2 people and USD 75 ++ per additional person*

### **Wangsel Institute Visit**

Visit the children of Wangsel Institute, which was established in 2005 to support hearing impaired children with education in sign language and speech classes. If the timing is right, join our pastry chef for one of the bi-monthly cooking demos he does to teach the students vocational skills. Your donation for this lunch will be invested in learning materials and supplies for the students at the school.

*Donation of USD 50 per person*

### **Samteling Monastery Blessing**

Visit intimate Samteling Monastery, right next to our Six Senses Paro Lodge, for a blessing with the monks. The monastery was built in the 14th century by Kuenkhen Longchen Rabjam Rimpoche, a great master from Tibet who is believed to have visited eight different locations in Bhutan to build monasteries, all of which carry the suffix “ling”, meaning “pleasant place.” Light a butter lamp for good fortune and good health before returning home from your journey in Bhutan.

*Donation of USD 50++ per person for up to 2 people for 108 butter lamp ceremony Additional persons USD 20++ each. Donation of 100++ per person for up to 2 persons for a ritual blessing with music.*

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## **GANGTEY:**

### **Cow Shed Dinner**

Step back in time and discover the rural charm of Phobjikha valley with this truly unique dining experience. Set in the living quarters of a century-old traditional dwelling, the Cow Shed offers the opportunity to immerse oneself in Bhutanese history. Enjoy an intimate meal cooked over a clay oven by candlelight. Before dinner, receive a blessing from the monks at neighboring Damchen Lhakhang, one of the Kingdom's oldest temples built in the 14<sup>th</sup> Century.  
*USD 300 ++ for 1-2 people and USD 75 ++ per additional person*

### **Hot Chocolate & Hot Toddies Break**

Walk along Gangtey's nature trail, ending at the perfect crane-spotting site with the valley spread below and Six Senses Gangtey across the way. A rewarding break of hot chocolate, hot toddies and snacks enhance the view.  
*USD 55++ per person*

### **Picnic Lunch at the Buckwheat Hut**

Depart from the lodge by bike for a short ride before reaching our buckwheat hut, where you'll enjoy a picnic lunch with a buckwheat-inspired menu in a traditional setting.  
*USD 95++ per person for 1-2 people and USD 55 ++ per additional person*

### **Karma the Crane Visit**

Pay a visit to the Royal Society for the Protection of Nature (RSPN) where Karma the crane will greet you. Karma was injured and unable to join his flock for the migration. Now he's being cared for at the RSPN Crane Centre in Gangtey. Don't miss the informative documentary inside!  
*\*Complimentary with your stay and additional donations welcome*

### **Damchen Lhakhang Visit**

Hop on one of our bikes for a quick 10-minute ride or walk 25 minutes to this little-known gem of a temple, Damchen Lhakhang. Here you can join the monks at their early morning or evening prayers.  
*\*Complimentary*

## **BUMTHANG:**

### **Shrine Room at Wangdichholing Palace**

Visit Wangdichholing Palace where you will be granted special permission to visit the shrine room in the inner sanctum of the palace, where the second King once lived. Here you can light a butter lamp as an offering.

*Donation of USD 25 per person*

### **Upper Valley BBQ**

The beauty and magic of Bumthang is in its connection to the rivers and forests that line the valley. A short drive from town transports you to an isolated riverside location that leaves civilization behind. Dine by fire light surrounded with sounds of the torrent echoing around you in a secluded destination with romance and charm.

*USD 300 ++ for 1-2 people and USD 75 ++ per additional person*

### **Bumthap Farmhouse Dinner**

The heart of every home is said to be the kitchen and nowhere is that more evident than at Dechen's Farmhouse in Bumthang valley. Visit our Lodge Sous Chef Dechen Yangzom's familial home to experience a "day in the life" of a modern Bhutanese family with traditional *Bumthap* (of Bumthang) cuisine in a cozy family atmosphere. Try your hand at noodle-making and sample homemade ara.

*USD 100++ per person for up to 4 persons. USD 50++ per additional person.*

### **Horseback Riding to Ogyen Choling Manor**

Saddle up and test your equestrian skills on a horseback ride at Wobthang horse ranch in Tang valley. Experience how the Bhutanese Royals and aristocrats traveled in past centuries before roads arrived in Bhutan with a three-hour ride to Ogyen Chholing Manor, where you will visit the museum to learn about the history of the manor and traditional Bhutanese culture.

*\*\*\*Cost price is USD 75++ per person for this ride.*

*Additional trails of other lengths and skill levels are available on request. Pricing will vary.*

### **Red Panda Brewery**

Stop by the Red Panda Brewery to sample the local beer and cheese. Known for its small batch Hefeweizen beers, the brewery also serves locally made Bumthang Emmenthal and Gouda.

*\*\*\*Not currently comp, but cost price is NU 7,000 per person (approx.. \$10).*



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### **MULTIPLE VALLEYS:**

#### **Private Villa BBQ (All Valleys)**

Relax by the bonfire on your villa's terrace while our chef prepares dinner just for you using vegetables, fruits and herbs from our organic garden for an unforgettable meal under the moonlight.

*USD 250 ++ for 1-2 people and USD 75 ++ per additional person*

#### **Momo Making (All Valleys)**

Momos are a staple snack in Bhutan and across the Himalayas. Join our Chef for a hands-on demonstration to learn to make these delicious dumplings with your favorite filling. – *USD 100++ for up to 2 persons, USD 30++ per additional person.*

#### **In-House Astrology Reading (Thimphu & Paro)**

Meet one of the monks from Pangri Zampa monastery at our lodge for an astrology reading onsite. Astrology is an integral part of the Bhutanese life. Divinations are sought for daily life activities from birth to death, from sickness to promotions and from constructing a new house to marriages.

*USD 120 ++ for 1-2 people and USD 50 ++ per additional person*

#### **Archery and Khuru (Thimphu, Punakha & Paro)**

Test your strength and skills with a game of archery, Bhutan's colorful national sport, or perhaps try *khuru*, Bhutanese darts. Challenge your GEM to a friendly match and don't forget to adopt the local custom of singing, dancing and distracting your opponent to gain the upper hand.

*\*Complimentary*

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