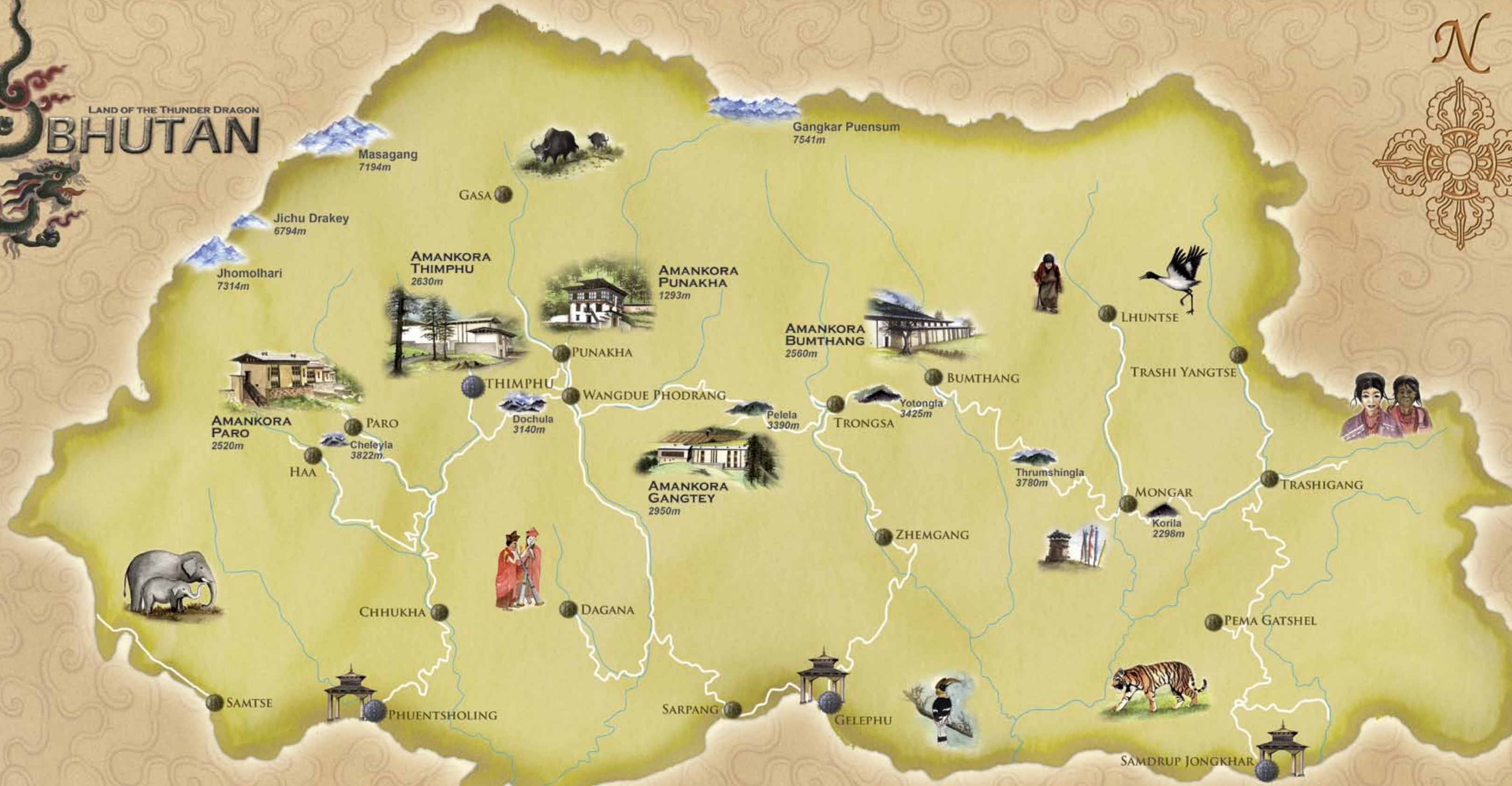




LAND OF THE THUNDER DRAGON
BHUTAN



The Amankora Journey : Estimated Travelling Time (including short stops)

	Paro	Thimphu	Punakha	Gangtey	Bumthang
Paro	—	2 hours	4.5 hours	6 hours	10 hours
Thimphu	2 hours	—	2.5 hours	4 hours	8 hours
Punakha	4.5 hours	2.5 hours	—	2.5 hours	6.5 hours
Gangtey	6 hours	4 hours	2.5 hours	—	5 hours
Bumthang	10 hours	8 hours	6.5 hours	5 hours	—

THE AMANKORA JOURNEY: Bhutan is one of the world's last frontiers. The sole surviving Himalayan Buddhist Kingdom, it is located between the Tibetan Plateau and India, making it one of the most remote and unaltered environments on earth. Descending from the 7,500-metre high Himalaya in the north to the low-lying plains of the south,

Bhutan's rivers have forged deep valleys separated by high mountain passes.

Amankora now offers a number of guided treks and excursions by car, on foot or on horseback throughout the principal central and western valleys of Bhutan: Paro, Thimphu, Punakha, Phobjikha and Bumthang. Amanresorts is the only international hotel group

in Bhutan to offer its own accommodation and services throughout these valleys.

For guests staying seven nights or longer, a tailor-made itinerary will include all meals, house beverages, laundry, long road permits, private transport with driver and guide, and a 60-minute massage at Amankora's spa to be enjoyed at one of the lodges.