

FOUR NIGHTS · PARO, BHUTAN

A Valley Apart

*COMO Uma Paro, above the valley
in the Himalayan kingdom*



WHY THIS RETREAT

A kingdom that still limits its doors

Bhutan admits visitors by design, and few places inside it are as private as COMO Uma Paro, a pine-clad hill above Paro. Four nights with real shape: arrive without effort, restore the body, walk to the Tiger's Nest, then gather around fire and table. Every transfer, guide and timing is handled quietly in the background.

Rare by design

A guided, small-footprint kingdom with no mass tourism and no crowds at the door.

Firsts, not tours

A conversation with Bhutan's happiness economist, a monastic debate, an astrologer's reading and a Paro pilot's story.

Restoration, properly

COMO Shambhala therapists, hot-stone bathhouses, and daily yoga and meditation in the open air.

Considered evenings

A circular pavilion among tall pines, a candlelit archery field, and fires lit for the occasion.





THE SETTING

Ten minutes from the runway, a world away

COMO Uma Paro sits among blue pines above Paro town, with Bhutanese craft woven through its rooms and a design language that keeps the mountains in view. Wellness, dining and morning practice are all on the property.

Shambhala

Treatment rooms, two Bhutanese hot-stone bathhouses, a heated indoor pool with a mountain-facing sundeck, steam rooms and a yoga studio.

Bukhari

A circular pavilion among tall pines, with produce from the organic garden and a fire at its centre.

Archery Field

An open lawn ringed with prayer flags, set for candlelit dinners, a bonfire and traditional music.

The road up to the pines

A short drive from Paro airport, then tea and quiet.



16:00

Arrival and Tea

Hosted by the COMO Uma Paro team

Welcome in the courtyard, with time to settle before anything is asked of you.

Why: a soft landing after the flight.

17:15

Sand Mandala

Led by Bhutanese artisans

Watch a mandala built grain by grain, to be swept away when it is done. A quiet way to meet the place.

Why: the first thing you see here is patience.

18:45

Guess the Brand

Led by the COMO Uma Paro bar team

A blind lineup of Bhutanese whiskies by the central bonfire. Each guest quietly guesses the brand, and the bar team reveals the bottles at the end. Nothing is wagered and nothing is owed. The valley goes dark below.

Why: a palate game for people who have tasted everything.

20:15

Dinner at Bukhari

Led by the COMO Uma Paro kitchen

One long table inside the circular pavilion, with dishes from the organic garden.

Why: the first shared meal sets the tone for four nights.

A country run on happiness

Four things most leaders have never done.



07:30

Water at First Light

Led by the COMO Shambhala therapists

A guided aqua session in the heated indoor pool, with the mountains behind the glass.

Why: a first for most: the day starts by moving in warm water.

09:30

Measuring a Nation by Happiness

*In conversation with DASHO KARMA URA,
President of the Centre for Bhutan and GNH
Studies*

A morning conversation on how Bhutan turned happiness into policy, and where it has not worked. Questions welcome, nothing to present.

Why: the economist behind Bhutan's happiness research, on what a boardroom could borrow.

14:00

The Debate Court

Led by monastic debaters of a Paro monastery

A masterclass in the monastic debate format: stance, clap and counter-question. Watch first, then argue a question of your own choosing.

Why: learn how Bhutan's monks sharpen an idea.

16:30

Thangka Drawing

*Led by LOPEN PHURBA NAMGAY, master
thangka painter*

Rimo, the meditative drawing that trains Bhutan's sacred painters: one lotus, one fine brush, no experience needed.

Why: a new skill, learned from zero, beside everyone else.

The Tiger's Nest

Bhutan's best-known monastery, on a cliff above the valley.



09:00

Taktsang Day Walk

Led by a licensed Bhutanese guide

A forty-five minute transfer, then the trail through pine forest to the monastery. A halfway cafeteria and a horseback option mean everyone sets their own pace.

Why: a climb that earns the view.

13:00

The Butter Lamp Hour

Led by a licensed Bhutanese guide

Light a butter lamp inside the monastery precinct, then sit with the valley before the descent.

Why: one hour with no screens and no agenda.

17:00

Hot Stone Bath

Led by the COMO Shambhala therapists

A private Bhutanese hot-stone bath, then an hour with no plan.

Why: what the legs ask for after six hours.

19:30

Dinner on the Archery Field

Led by the COMO Uma Paro kitchen

Candlelit tables, a bonfire and traditional music under the pines.

Why: the quietest, most memorable table of the stay.

Song, stars and one hard landing

Bhutan's traditions, and one profession few have seen.



09:30

Archery as Bhutan Plays It

Led by the COMO Uma Paro activity guides, with local singers

Bows blessed before the match, and the women's song and dance that carry each team through. Watch, then shoot.

Why: the national sport with its ritual intact.

11:30

Lungta Prayer Flags

Led by Lam Rinzin of Paro Dophu Kutay-thang Ka temple

Print your own wind horse flags by hand, then hang them in the pines. What you intend stays yours.

Why: a hands-on lesson in intention.

13:30

The Astrologer of Pangri Zampa

Led by Lopen Sonam, Vice Principal of the Pangri Zampa astrology school

A drive to the monastic school near Thimphu for a private reading from a Buddhist astrologer, and your Bhutanese name. Back at the resort by evening.

Why: the nearest thing in Bhutan to being read by a stranger.

20:00

Landing at Paro

Dinner with Captain Dhondup Gyaltsen, Drukair

Few pilots are certified to land at Paro, a short runway between mountains with no radar guidance. A Drukair captain on how he prepares, decides and stays calm, over the closing dinner at Bukhari.

Why: decisions with no margin, from the people who make them daily.

Slowly, then home

Nothing before breakfast, unless you want it.



07:30

Optional Morning Practice

Led by COMO Uma Paro's resident yoga teacher

Yoga or a walk among the prayer flags for those who wish.

Why: a last quiet start.

09:00

Breakfast and Farewells

Hosted by the COMO Uma Paro team

A long breakfast, then the short drive to Paro airport at each guest's own departure time.

Why: a gentle close.

GOOD TO KNOW

How the days run

Getting here

Paro airport is ten minutes from the resort. Druk Air flies from Delhi, Kolkata, Bangkok, Kathmandu and Singapore.

Entry

Visas and the Sustainable Development Fee are arranged through COMO. Please allow at least two weeks.

Season

Late March to May, and late September to November, are the clearest months.

See you above the valley.

Photography: COMO Uma Paro (official images).