



Vital Statistics: COMO Uma Paro and COMO Uma Punakha

Address:	COMO Uma Bhutan P.O. Box 222, Paro, Bhutan
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Email:	uma.paro@comohotels.com uma.punakha@comohotels.com
Website:	comohotels.com/umaparo comohotels.com/umapunakha
Opening Date:	COMO Uma Paro: November 2004 COMO Uma Punakha: September 2012
General Manager:	Sonam Wangchuk
Interior Designer:	Kathryn Kng
Architect: Lighting	Cheong Yew Kwan
Designer:	Isometrix, London
Landscaper:	Trevor Hillier
Executive Chef:	Tshering Lhaden
Location:	The airport at Paro is a 10-minute drive from COMO Uma Paro and around five hours by car from COMO Uma Punakha. Transport between the resorts is by car, and arranged by COMO Uma Bhutan staff. It is not possible to hire cars for private use in Bhutan.



Getting there:

Druk Air (drukair.com.bt) connects Bhutan with Bangkok, Kolkata, Delhi, Kathmandu, Dubai and Singapore, with additional routes provided by Bhutan Airlines (bhutanairlines.bt) between Bhutan, Kolkata and Bangkok.

Accommodations:

COMO Uma Paro:

9 Forest Rooms (25sq m/ 269sq ft): These comfortable double rooms overlook the surrounding pine forests and feature a king-sized bed, hand-painted traditional Bhutanese wall designs and a well-appointed bathroom with combined shower and bathtub.

9 Valley Rooms (32sq m/ 344sq ft): Most Valley Rooms provide views over the Paro Valley from their Juliet balconies. Rooms feature a king-sized bed and generous bathroom with bathtub and separate shower stall.

2 COMO Suites (95sq m/ 1,022sq ft): The oversized COMO Suites have separate dining, sitting and study areas as well as a kitchenette. The sunshine-filled bedroom features 180-degree views of the Paro Valley. COMO Suites can be interconnected with a twin bedded Deluxe Room to form a two-bedroom suite perfect for families.

8 One-bedroom Villas (92sq m/ 990sq ft): These spacious freestanding villas feature an intimate living and dining area with traditional Bukhari wood-burning stove, a large master bedroom with King bed, a very generous bathroom and dressing area with claw foot tub and separate shower, as well as a private spa treatment area. All villas come with personal butler services.

1 COMO Villa (330sq m/ 3,299sq ft): The stately COMO Villa features a 'double master' design with one king-sized bedroom and bath and one twin bedroom and bath, a large living and dining area with panoramic views of the Paro Valley, an open-air courtyard with bonfire pit, and a private spa treatment area. The COMO Villa comes with personal butler services.



COMO Uma Punakha:

8 Valley Rooms (27-34sq m/ 291-360sq ft): Valley Rooms are light and airy with king-size or twin beds, sheesham-wood furniture and bright wall paintings by local artisans. These rooms also have enough space for a comfortable lounge area, deep bathtubs and a separate shower.

1 One Bedroom Villa (51sq m/ 549sq ft, outdoor terrace: 18sq m/ 194sq ft): This spacious freestanding villa features a large living area, spacious terrace offering expansive views of the Punakha Valley and surrounding hills, and a comfortable master bedroom and large bath with soaking tub and shower. Outside, the villa has its own glade, where rhododendrons and hydrangeas grow.

1 COMO Villa (90sq m/ 969sq ft, outdoor terrace: 40sq m/ 431sq ft): The headline two-bedroom COMO Villa has a large living and dining area that opens onto a private 40ft terrace providing stunning views of Punakha Valley and the snow-covered Himalayan peaks in the distance. Two double bedrooms, one with a King bed and one with two twin beds, flank each side and feature Bhutanese design details, luxurious Indian cotton bedcovers and hand-knotted rugs from Nepal. The COMO Villa sits within its own glade planted with azaleas, rhododendrons, camellias and hydrangeas.



Room Facilities:

Both COMO Uma Bhutan properties feature the following in-room facilities:

- Egyptian cotton linen
- Individually controlled air conditioning
- Flat screen LED Satellite TV
- Electronic personal safe
- Private bar (COMO Uma Punakha villas only)
- Complimentary coffee/tea-making facilities
- Umbrellas
- Yoga mat
- Hairdryer
- COMO Shambhala bathroom amenities
- Wi-Fi

Guest Services:

Both COMO Uma Bhutan properties feature the following range of guest services:

- Fully licensed as a travel agency and ground handler in Bhutan providing full tour services with professional English speaking guides
- Comprehensive trekking services, including guides
- Concierge
- Villa butler service
- Foreign exchange
- Multilingual hotel staff
- Library with Business Centre (COMO Uma Paro only)
- Wi-Fi
- Babysitting (on request, with 24 hours' notice)
- Private cars and drivers
- Boutique (COMO Uma Paro only)

Restaurant:

The Bukhari restaurants at COMO Uma Paro and COMO Uma Punakha serve modern international cuisine featuring Western, Bhutanese and Indian dishes, all made from locally sourced, organic produce. Guests can also enjoy COMO's healthful and revitalising COMO Shambhala Kitchen meals and fresh fruit and vegetable juices and extracts. In-room dining is available for all meals.



Bar:	At COMO Uma Paro, the relaxed Uma Bar provides all-day dining and refreshments from 11am and serves morning coffee or tea, cocktails and wines. The bar also offers non-alcoholic smoothies and fresh juices. An all-day dining menu, incorporating healthful COMO Shambhala Kitchen, is also available. The Uma Bar can be booked out for a private gathering of up to 20 people with a VIP set dinner menu.
Executive Chef:	Tshering Lhaden
Dining Options:	Breakfast, lunch and dinner at Bukhari and Uma Bar (COMO Uma Paro only) All-day healthful COMO Shambhala Kitchen menu In-room dining from 6.30am to 10.30pm Private dining can be arranged at a number of locations at both properties
Meeting Facilities:	COMO Uma Paro has a meeting room for 12 people, with dedicated staff
Guest Wellbeing:	Both resorts feature COMO Shambhala, a wellness sanctuary offering a range of holistic Asian-inspired treatments including facials and signature massages. At COMO Uma Paro, there is yoga and meditation available. The COMO Shambhala at COMO Uma Punakha is more intimate with a focus on massage and body treatments.
Treatments:	The spa offers Asian-inspired holistic therapies developed by COMO Shambhala, including reflexology, Ayurveda, massage, facials and hot stone baths.
Retreat facilities:	COMO Shambhala Uma Paro at COMO Uma Paro offers the following facilities: <ul style="list-style-type: none">• Four treatment rooms• Yoga studio• Separate male/female changing rooms and steam rooms• Two private traditional Bhutanese hot stone bath house treatment rooms (90sq m)• Gym (67sq m)• Temperature controlled indoor pool (46sqm) with outdoor sundeck• Yoga weeks led by internationally renowned teachers COMO Shambhala Uma Punakha offers the following facilities: <ul style="list-style-type: none">• 2 treatment rooms (a double for couples and a single room featuring a traditional Bhutanese hot stone bath)



**Outdoor
Activities:**

Overnight camping treks
Guided day/half-day walks
Mountain biking and sightseeing by bike
Archery and dart lessons
Custom-designed cultural/special interest tours
Museum, monastery and temple tours
Textile shopping and excursions
Cultural activities
Visits to schools for Buddhist monks and nuns
Personal one-on-one talks with Buddhist lamas
Visits to traditional Bhutanese farmhouses
Treks to visit Himalayan tribes

**Single
Destination
Itineraries:**

Snapshot of Paro (Three nights)

Spend three nights immersed in Bhutanese life and landscapes. This itinerary will show you the country's main cultural highlights, take you on guided hiking and teach you the basics of archery: Bhutan's national sport. You'll also have ample time for relaxation with holistic wellness treatments at COMO Shambhala.

Himalayan Wilds with Bumdra Camp (Five nights)

Spend five nights in the heart of Bhutan, fully immersed in its culture and natural beauty. You will make day trips to key Bhutanese landmarks as well as trek through remote paths in the wilderness that climb to heights where you can soak in panoramas of the Kingdom. This itinerary encompasses one overnight stay at the Bumdra Monastery Camp and four nights at COMO Uma Paro, our comfortable base in the valley, giving you ample time to enjoy luxurious facilities and a range of holistic treatments as well.

Valley of the Mind (Six nights)

Explore fundamental yogic tools of asana, pranayama and silent meditation in this five-night itinerary amidst the rolling hills of Bhutan.

**Dual Destination
Itineraries:**

On the Tiger Trail (Five nights)

Immerse yourself in Bhutan's cultural heritage and extraordinary landscapes with our five-night 'Himalayan Explorer' itinerary. Combining stays at our two Bhutanese lodges – COMO Uma Paro and COMO Uma Punakha – our experienced guides will lead you through the Paro, Punakha and Thimphu valleys.

Himalayan Immersion with Bumdra Camp (Nine nights)

This nine-night adventure is an immersive experience of Bhutan. Spend five nights at COMO Uma Paro – our original lodge in the pine forests of the Paro Valley – and three nights at COMO Uma Punakha, an intimate escape overlooking the tropical Punakha Valley. Then take in spectacular views at growing altitudes as you hike to our wild camp, where you can spend a night among the clouds.



Direct Reservations:

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E. res.uma.bhutan@comohotels.com

W. comohotels.com/umaparo and comohotels.com/umapunakha

GDS Access Codes:

Private label chain CV

Sabre **70691**

Amadeus **PBH696**

Apollo/Galileo **81081** Worldspan **4696**



INTRODUCTION: COMO Uma Bhutan

COMO Uma Bhutan comprises two properties from COMO Hotels and Resorts. The first to open was COMO Uma Paro in the Paro Valley, close to many of Bhutan's great cultural landmarks. The second to open was COMO Uma Punakha, a five-hour drive away in the picturesque Punakha Valley.

COMO Uma Paro is the larger of the two, with nine private villas and 20 rooms. COMO Uma Punakha is more intimate, with just eight rooms and two villas, including an exclusive two-bedroom COMO Villa. At both resorts, accommodation provides a deeply comfortable and luxurious retreat, to be enjoyed after a day's cultural activities and adventure pursuits, from Himalayan trekking to archery and white-water rafting.

As a fully-licensed tour operator with English-speaking guides, COMO Uma Bhutan offers a seamless, hassle-free travel service that takes care of visas, flights and guides. Dual-centre itineraries such as 'On the Tiger Trail' and 'Himalayan Immersion' offer a choice of carefully constructed itineraries that allow guests to experience both Uma properties during a single visit.



RESORT SYNOPSIS: COMO Uma Paro and COMO Uma Punakha

COMO Uma Paro

COMO Uma Paro first opened in 2004. This inland mountain retreat, located on a 38-acre site atop a gently sloping blue pine tree-clad hill, overlooks the town of Paro in the valley below.

Paro town is one of the main cultural centres of Bhutan, situated towards its western border. It is also where the nation's only airport is located. Thimphu is the capital and a one-hour drive away.

Paro derives its name from 'Pardhu.' 'Par' means 'handful' and 'Dhu' means 'dragon.' The town is flanked by rice paddies, wheat fields, trout-filled streams and scattered settlements.

At COMO Uma Paro, there are 20 rooms and nine villas (including one two-bedroom COMO Villa), fashioned by traditionally-trained Bhutanese artisans alongside Cheong Yew Kwan, architect of COMO Shambhala Estate in Bali. Cheong's respect for indigenous styles accounts for the resort's references to a local Bhutanese village. The landscaping is soft, with orchards, lawns and ramped pathways preserving the original contours of this rugged land. Each villa is loosely placed at different levels, in glades and clearings planted with azaleas, rhododendrons, camellias and hydrangeas, giving the resort an organic, unstructured sensibility. Materials include stone, wood and tiles – handcrafted, using age-old techniques. The main building, formerly the home of a Bhutanese nobleman, forms the visual focus of the resort. Peach- flowering climbing roses decorate walls, and there are glorious magnolias.

COMO Uma Paro is committed to developing wildflower meadows, organic gardens and more mixed species woodland, using oak, hemlock, fir and maple saplings. These measures are attracting an even greater number of birds than the existing blue pine forest.

COMO Uma Punakha

COMO Uma Punakha opened in September 2012, The intimate resort lodge, located in the heart of Bhutan, is set into the hillside overlooking a bend in the Mo Chhu river, with bird's-eye views across the bright green terraced rice and vegetable fields below. COMO Uma Punakha is a five-hour drive from COMO's Paro resort (where Bhutan's major international airport is also located).

The historic Punakha Valley is one of the most beautiful and important in Bhutan; Punakha was the capital of Bhutan until 1955, before the seat of government was moved to Thimphu. Today Punakha Valley is one of the country's most productive districts, thanks to its year-round mild climate, suitable for fruit growing. The valley is home to many beautiful monasteries as well as the majestic Punakha Dzong—the fortress-like monasteries found all over Bhutan—located at the scenic confluence of the Mo (mother) and Po (father) Chhu rivers. This area is also a popular location for rafting, showcasing the many prayer flags along the river banks and the temple at Nyezergang.

At COMO Uma Punakha, there are eight valley rooms and two deluxe Villas (a One- bedroom Villa and a Two-bedroom COMO Villa), all fashioned in similar style to COMO Uma Paro, by architect Cheong Yew Kwan. Every room makes the most of the views across the valley, with natural light flooding the simple, pared-back interiors. As at Paro, Bhutanese artisanship is found in the handcrafted furniture in Sheesham woods, stone and ceramics.

Also like COMO Uma Paro, COMO Uma Punakha is committed to sustainability and is developing its own organic gardens and mixed species woodland.



DESTINATION OVERVIEW: Bhutan

The Kingdom of Bhutan lies landlocked within the folds of the mighty Himalayas. This has given rise to names for Bhutan such as 'hidden treasure' or 'the last Shangri-La'.

Bhutan's unique topography has also ensured that large parts of the landscape remain untouched. Much of the country is protected by law. Snow and high winds dominate in the mountainous north, while rivers and broadleaf forests define Bhutan's valleys. The sub-tropical strip in the south has tropical vegetation and plains where rice is grown.

It is thought that the region was inhabited as early as 1500 BC. Buddhism was introduced in the 7th century, and remains the state religion in Bhutan, with every household in Bhutan containing a 'choeshum' (a shrine room devoted to prayers and offerings). Many of the country's sightseeing highlights are found in its religious architecture - temples and 'dzongs' which also function as administrative centres.

Interlaced with its religion are Bhutan's rich cultural heritage, folklore and history. People still wear traditional national dress: men wear 'gho', a heavy knee-length robe tied with a belt, whilst women wear 'kira', which is an ankle-length dress worn over a blouse and tied up with a brooch. Spirits, manifestations, medicine men, yetis and reincarnation are all aspects of daily life here.

Unsurprisingly, tourism came late to Bhutan, with the borders opening to foreign visitors as recently as 1974. Even now Bhutan only sees around 30,000 visitors each year. The government strives to balance openness while protecting the natural environment with a daily tourist tax (currently US\$100 per day), which is paid in order to offset any environmental impact.

Popular activities in Bhutan include walking, trekking, mountain-biking and whitewater rafting with terrain ranging from pine-clad hillsides to rocky outcrops, and trails incorporating traditional villages, monasteries and striking views. The national sport of archery is practised all over the country, with high-spirited, colourful contests. The archery fields are known as 'Bha Cho'.

Shopping in Bhutan is centred around handicrafts such as carpets, jewellery, bamboo bowls, masks, silver, wooden products, textiles and handmade paper. Bhutan is also famous for its stamps. Beautiful stamp collections (presented in books) make fantastic souvenirs.

Eating out in Bhutan is erratic and often there will be no formal menu. The national dish 'ema daste' consists of large chillies, served in a cheese sauce. Another favourite is 'phak sha laphu'— stewed pork served with radishes. Although Bhutan is a Buddhist country it is not vegetarian. Traditional snacks, with a Tibetan influence, are 'momos'. These are small dumplings filled with meat or cheese. It is also common to find noodle dishes. Buckwheat, a dish favoured in the Bumthang Valley, is a staple and the locally grown red rice, favoured by the Bhutanese people, has a pleasant nutty flavor.



KEY BIOGRAPHIES: COMO Uma Bhutan

Sonam Wangchuk, General Manager: Sonam began his hospitality journey with Aman. Before joining the COMO family, he led Amanwella in Sri Lanka as General Manager. Bringing a wealth of experience, he also served as Chairman of the Hotel & Restaurant Association of Bhutan from 2019 to 2022. In this role, Sonam acted as a bridge between the hospitality sector and the government, contributed to the Tourism Council Board, and played an active part in the Executive Committee of the Bhutan Chamber of Commerce & Industry.

Tipsuda Hounbutta, Lodge Manager: Tipsuda began her hospitality career in 1995 and joined the COMO family in 2015 as Front Office Manager at COMO Point Yamu in Phuket. In 2018, she expanded her experience with A Luxury Collection, followed by her role as Rooms Division Manager at Trisara in 2019. Her journey came full circle in 2022 when she rejoined the COMO family at COMO Uma Bhutan as Lodge Manager for COMO Uma Punakha.

Tshering Yangki, Assistant Activity and Tours Manager: Tshering Yangki, from the central Bhutan town of Bumthang, started her career with COMO Uma Bhutan in 2005 as a Tour Guide. She manages a team of 10 guides, comprising some of the most experienced guides in Bhutan. Yangki makes sure her guides are kept up-to-date with the latest tourism developments and attractions in the kingdom.

Cheong Yew Kwan, Architect and Interior Designer: Cheong divides his time between Bali and Singapore. His past projects for COMO Hotels and Resorts include COMO Shambhala Estate in Ubud, Bali, COMO Parrot Cay in the Turks and Caicos, and COMO Cocoa Island in the Maldives. He has also worked on a number of high profile private houses. Formerly with Kerry Hill Architects in Singapore, his style is defined by a keen awareness of indigenous traditions, creating satisfying, sensitive volumes for modern living.

Kathryn Kng, Interior Architect: Kat Kng, of KathrynKng interior design practice, is based in Singapore where she has a long-standing reputation for innovative, clean-lined aesthetics. This is evidenced in past work for the city's fashion stores, including Issey Miyake, Christian Dior and Emporio Armani. In the hospitality sector, Kng has worked on the interior conversion of the Four Seasons Island Explorer, a boutique-style diveboat launched 2002 in the Maldives, COMO Cocoa Island in the Maldives, and COMO Metropolitan Bangkok.

Trevor Hillier, Landscape Architect: Currently working out of Bali, Hillier is a Southeast Asian tropical landscape specialist, with a strong conservationist leaning. His work shows a keen sensitivity to architecture and context, his designs incorporating agriculture into the landscape wherever possible. In the resort sector, he has been responsible for extensions of both Four Seasons Hotels in Bali, as well as the landscaping of COMO Parrot Cay in the Turks and Caicos and COMO Uma Ubud in Bali.



ABOUT THE COMO GROUP AND COMO HOTELS AND RESORTS

COMO Hotels and Resorts, part of the COMO Group, is a multi-award-winning, family-owned business with 18 hotels and resorts worldwide — each one different from the other but sharing the same core values: a deep commitment to holistic wellness, exceptional nutrition-rich cuisine, passionate service, contemporary design, and inspiring destinations that honour the spirit of place.

Our city hotels include COMO Metropolitan hotels in London, Perth (Australia), Bangkok and Singapore. COMO The Halkin in Belgravia is also in London — a boutique hotel and the first we ever opened, in 1991.

Our country resorts include COMO Uma Paro and COMO Uma Punakha in Bhutan; COMO Uma Ubud and COMO Shambhala Estate in Bali and COMO Castello Del Nero in Tuscany, which includes a newly converted twelfth-century farmhouse, Podere San Filippo and a headline five-bedroom headline villa, Villa San Luigi. In 2022, the brand opened COMO Le Montrachet in Burgundy's prime wine country and in 2023, COMO Alpina Dolomites, situated on one of Italy's most beautiful high-altitude plateaus joined the portfolio as our first ever alpine resort.

COMO's beach portfolio encompasses four private island resorts — COMO Parrot Cay in the Turks and Caicos, COMO Cocoa Island and COMO Maalifushi in the Maldives and COMO Laucala Island in Fiji. COMO Point Yamu has a cliffside location on Phuket, and COMO Uma Canggu is on the Bali shore.

Founded by Mrs Christina Ong, the COMO Group encompasses the international luxury fashion retailer Club 21, the award-winning wellness brand COMO Shambhala, food concepts, COMO Cuisine and COMO Dempsey, the philanthropic COMO Foundation, and Comoclub. For the first time, COMO Orchard on Bideford Road in Singapore brings many of these strands together in a fully integrated lifestyle experience when it debuts in autumn 2023.

For more information on COMO Hotels and Resorts, visit our website comohotels.com, follow our adventures on Instagram [@comohotels](https://www.instagram.com/comohotels), or chat with us on our [Facebook](https://www.facebook.com/comohotels) page.



ABOUT COMO SHAMBHALA

Founded in 1997 by Mrs Christina Ong, COMO Shambhala has evolved organically from an intimate yoga studio in Singapore into an award-winning wellness concept found in 15 COMO Hotels and Resorts properties across 10 countries and four continents.

Meaning 'peace' in Sanskrit, Shambhala alludes to the pursuit of balance that defines our philosophy. COMO Shambhala advocates proactive holistic wellness, combining modern science with ancient practices.

From city centres to island retreats and highland resorts, COMO Shambhala offers a team of diverse wellness practitioners across various modalities. Our curated suite of wellness services includes treatments, experiences, products and activities. Complementing these services is our signature COMO Shambhala Kitchen, a full range of healthful nutrition-optimised dishes using pure ingredients in nourishing combinations.



MEDIA CONTACT

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