

A Homage to the Natural Heritage of the Himalaya

The Dwarika's Group of Hotels and Resorts is
Nepal's premier hospitality group, dedicated to
providing a unique brand of Nepali hospitality
that supports and promotes Nepal's rich and
diverse heritage.

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.

- John Muir

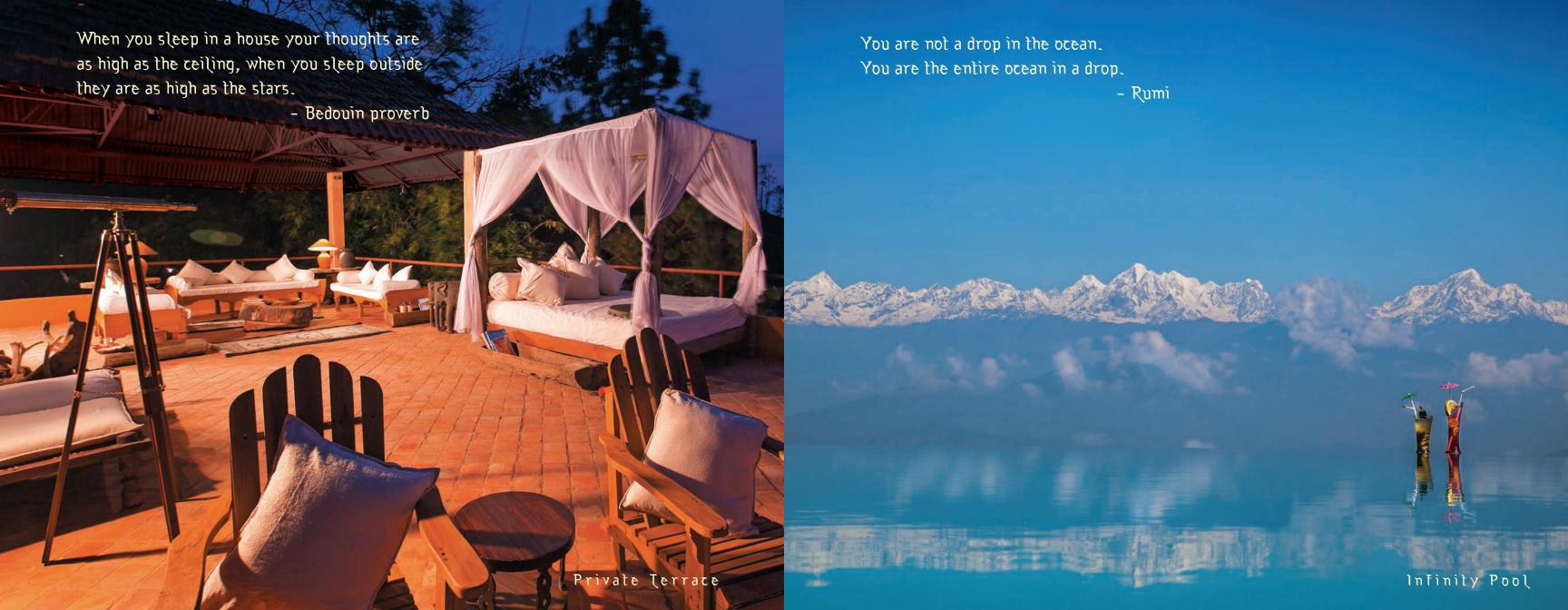


A lifestyle

The Dwarika's Resort Dhulikhel is a holistic experience reflecting Nepal's ancient philosophy of respect for nature and one's self. Set over 20 acres, the grounds offer panaromic views of the Himalayas and the surrounding valleys. The property is designed in the spirit of a traditional Nepali village, with trails, glades and terraced farms interspersed within the ecology of a verdant woodland. This is a place to explore and live with nature.

The Pancha Kosha Himalayan Spa, an integral part of the resort, draws on Himalayan herbs and unique treatments to achieve complete relaxation and rejuvenation. The resort incorporates a number of ecologically responsible processes, including solar energy, grey water treatment, recycling of waste and organic agriculture.









In Nature

A serene natural setting and rural heritage come together at The Dwarika's Resort. The forest that surrounds the resort is a natural sanctuary for a rich diversity of plants, including rhododendron, chrysanthemums and orchids. A riveting destination for butterfly watching, a stay at the resort is a chance to discover the region's indigenous flora and fauna. The natural abundance within and around the property creates an atmosphere of peace and harmony.

The area presents numerous opportunities for hiking and exploring the beauty of the Himalayan foothills. Guests can enjoy other inspiring activities such as pottery, traditional block printing, planting, farming and cookery.



Of Revival

The Pancha Kosha Spa Village is a true sanctuary to rebalance both body and soul. The Spa's signature treatments are derived from traditional knowledge and practices of care-giving that have been shared in the Himalayan region over thousands of years, including Ayurveda and Buddhist medicine. Yoga and meditation take place at scheduled times each day, in the studio or in special outdoor locations throughout the resort. The Himalayan salt house, singing bowl therapy, sound and colour therapy for the chakras, fitness centre, swimming and more are also available at the Spa Village. Surrounded by natural vegetation, the spa suites are designed for individuals, couples and families to enjoy unique Himalayan treatments in absolute privacy and comfort.







In Comfort

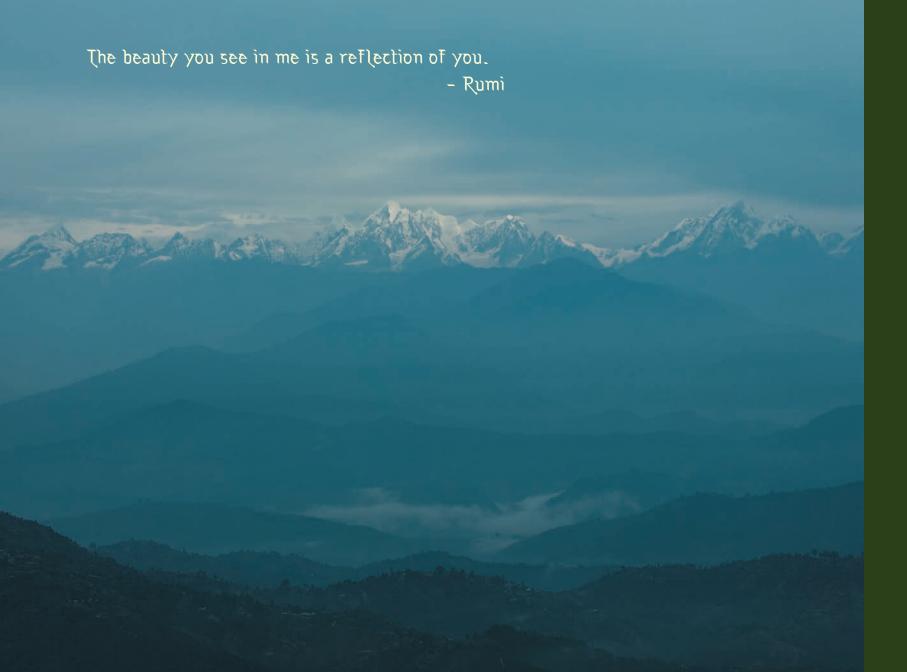
Each suite offers private indoor and outdoor living and sleeping spaces with spectacular views of the Himalayas, bringing you closer to nature and immersing you in its tranquility. The resort's attention to detail and emphasis on wellbeing combined with the warmth of Nepali hospitality gives an unparalleled guest experience. Blending modern amenities with local materials and craftsmanship, each space is inspired by nature.





With Flavours

Nature's Flavours Restaurant and the Poolside Restaurant offer a range of delicious treats from across the Himalayan range and beyond. At Mako's Zen, exquisite Japanese cuisine is prepared according to Buddhist principles. Every meal at the resort is thoughtfully created using fresh, seasonal and local produce from the Dwarika's own farms or sourced from other local farmers. Each culinary experience celebrates nature's abundance.



www.dwarikas.com





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