



*The views of the Himalayas from Dwarika's Resort in Dhulikhel are simply spectacular.*

## Rebecca Recommends is Thrilled to Welcome The Dwarika's Group to Our Portfolio

My affection for Nepal and the surrounding region will come as no surprise to those who know me well and have followed my travels over the years. Before my first trip to this mountain kingdom in 2015, the very word "Kathmandu" conjured exotic and mystical images in my mind. I dreamt of the Himalayans reaching heavenward and of glimpsing a Bengal tiger, my favorite animal, in the wild. I was fortunate enough to first experience Nepal with the wonderful Neil de Souza of Ventours, a [Rebecca Recommends](#) destination management company client, and ever since, the country has had a resonating effect on my mind, heart and soul.

Not long after my journey to Nepal, a devastating 7.8 magnitude earthquake rocked the district of Lamjung. Having experienced a euphoric high from my recent trip, I felt heartbroken and helpless. I made a conscious decision that my intention moving forward would be to channel my spare time, energy and love into making some difference, if only on a small scale, to help those in Nepal. I made a return trip that August, despite it being monsoon season, to assess for myself how things were on the ground and to give my friends there a long overdue hug.

Today is a particularly proud moment for me as founder of Rebecca Recommends because we welcome Nepal's two finest hotels - [Dwarika's Hotel in Kathmandu](#) and sister property, [Dwarika's Resort in Dhulikhel](#) - into our portfolio. I've had the pleasure of experiencing both several times and they are simply divine. Read on for a taste of what one can expect to experience.

It is not too late to plan a trip for this year as the monsoon season wraps up in September and clear skies move in for October and November, affording jaw-dropping views of jagged mountain peaks and verdant landscapes. Our friends at [Ventours](#) can arrange for stays at each property, as well as extensive journeys throughout the country focused on your clients' individual interests. For now, sit back and read about The Dwarika's Group and their stunning properties - truly some of my favorite places in the world.

For a more in-depth read, see my [Luxury Travel Advisor article](#) about my Nepal trip in 2015. We look forward to introducing you to the exceptional experiences Dwarika's can

provide in such an enchanting and welcoming land.

Fondly,

Rebecca

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*The romantic courtyard of Dwarika's Kathmandu is the perfect place to retreat from the city.*

## Celebrating Kathmandu's Architectural Traditions

The dream of revolutionary Nepalese hotelier Dwarika Das Shrestha, [Dwarika's Hotel in Kathmandu](#) is a stunning testament to the rich architectural traditions of the region and is the preeminent place to stay when in the city. You're in esteemed company: Prince Harry, David Beckham, heads of state and government officials all choose Dwarika's when they visit Nepal.

A history lesson come to life, Dwarika's Hotel celebrates the Malla kings of the 12th to 18th centuries, who invested heavily in the arts and had a significant impact on the cultural landscape of the valley. Today, seven world heritage zones and more than 3,000 temples and shrines located throughout the valley date back to the Malla era, reflecting the artistic sense of the Newar people.



*The sunlit-filled lobby of Dwarika's Kathmandu is decorated with pieces by local potters and other*

*craftsmen.*

Dwarika's Hotel's collection of woodwork and floorboards dates all the way to this period and has been called a "living, breathing museum of Nepal's 13th century." Every brick is handmade, every piece of wood original and centuries old. It was in the late 1950s that Dwarika bought the land upon which the hotel now sits and first incorporated ancient woodwork from his collection into its construction - look for a particularly historic window that is today on display in the hotel's Fusion Bar.

Together with a local potter, Dwarika and his wife revived traditional terra cotta designs that stem from the 15th century and incorporated into the hotel locally crafted furniture and handwoven linens, textiles and embroideries with Nepali patterns. In keeping with the hotel's commitment to rebuilding Nepal after the earthquake, an on-site wood workshop teaches craftsmen the skill of Newari carving, to enable restoration efforts at Kathmandu Valley palaces. Eighty-three regal rooms and suites offer an experience similar to the royal suites of the early Malla kings.



*Meals at Krishnarpan, the Nepali speciality restaurant at Dwarika's Kathmandu, range from six to 22 courses and are prepared using the freshest vegetables from Dwarika's own farms.*

Guests meet and mingle in the [Fusion Bar](#), overlooking the swimming pool, which replicates 12th-century royal baths, for cocktails and light meals. The divine [Pancha Kosha Himalayan Spa](#) indulges both body and spirit with Ayurvedic and Buddhist rituals and treatments. Dining is a delectable treat; three restaurants and a bar offer everything from a 22-course slow-cooking experience at [Krishnarpan](#) to Japanese specialties at [Mako's](#). One of my very favorite spots is the serene courtyard around which the hotel is built. There's a sense of peace here, making it an oasis of calm from the frenetic city pace outside.

Guests may choose to begin each day with a complimentary yoga class, later shop for Nepalese handicrafts and jewelry or venture out for sightseeing tours in Kathmandu and beyond. In fact, the hotel is nearby the famous Pashupatinath Temple and the Buddhist stupa at Boudhanath. All this, plus you're a very convenient 15-minute drive from the airport. Truly, there is no better place to rest your head in Kathmandu.



*Dwarika's Resort in Dhulikhel is built on a mountainside with amazing views of the Himalayas, including these from the Meditation Maze and Outdoor Living Space.*

## Himalayan Sunrises & Mountain Vistas in Dhulikhel

Located at 5,000 feet on the rim of the Kathmandu Valley, Dwarika's Resort presides over Dhulikhel. Just an hour's drive from Dwarika's Hotel in the city, or a quick 15-minute helicopter ride, the resort is an easy add-on. The resort is a destination in its own right, dedicated to whole body wellness, and set against a stunning Himalayan backdrop. Depending on time available and personal reasons for their visit, guests may enjoy a retreat of a couple of days or even weeks.

My first visit to the resort was nothing short of dreamy. I arrived after an *al fresco* breakfast overlooking Mount Everest and thought nothing could beat that - and yet, here was a world-class resort with its own Himalayan views from every part of the property. There's an immediate sense of serenity about the resort and I quickly settled in, looking forward to reconnecting and rejuvenating on all levels.



*With outstanding views, the Zero Zone Tea Lounge is the perfect place to rest or catch up on emails.*

Peaceful and wellness-oriented, Dwarika's Resort lends itself to quiet contemplation, with personalized spa treatments inspired by ancient Vedic philosophy and Buddhist medicine, yoga sessions, meditation, nourishing meals straight from the property's own farms and inspiring workshops and classes in pottery, painting, cooking and more. In fact, this was the first time I'd ever tried my hand at pottery and I was smitten - and was able to take away the bowls I created for a long-lasting memento of my stay.

Outdoor cookery classes were a treat, incorporating vegetables we picked from the organic garden - we were tutored in the creation of traditional momo dumplings and tasty Nepali sauces. Ayurvedic doctors, naturopathy experts, Hindu priests and visiting monks bring their knowledge to the guest experience and help restore harmony of body and mind.



*Set at one of the resort's highest points, the Royal Suite offers a sumptuous outdoor lounge and sleeping area, along with a private kitchen and chef upon request.*

Of particular note are the meals I've enjoyed at Mako's Zen, where the menu is based on a diet originally followed by monks in training. The five tastes (hot, sour, sweet, bitter and

salty) are combined with five colors (red, white, black, green and yellow) and five cooking methods (fresh, boiling, roasting, steaming and frying), resulting in a nearly infinite array of nutritious and original flavorings.

Each suite offers private indoor and outdoor living and every effort has been made to ensure that the resort is respectful of, and not harmful to, its natural surroundings. Even today, I daydream about my blissful baths in my executive suite's open bathroom, with the sunset glowing beyond my roof terrace - just heavenly. Guests are encouraged to venture out for bird and butterfly watching and gentle nature hikes through the exquisite Himalayan foothills. The resort's perfect altitude reflects a rich diversity of birds and plants, including gorgeous rhododendron, chrysanthemums and orchids.

Between Kathmandu and Dwarika's Resort lies the UNESCO World Heritage site of Bhaktapur, which dates back to the ninth century, and is ideal for a visit when traveling between the two properties or as a day trip from each. During my visit, our group strolled from temple to towering temple in Bhaktapur's three major squares, mingled with locals who gathered in the courtyards to socialize and watched artisans at work. Today, to contribute to the temple repair necessary after the 2015 earthquake, visitors are asked to pay a nominal town entrance fee.



Try as I might, I can never completely leave work behind when traveling. When it was time to catch up on email, I found the resort's Zero Zone a lovely and relaxing environment in which to do so. From the morning sunshine to the mind-blowing evening sunsets, I'll admit it was hard not to be distracted!

Just as it seemed the outside world would work its way back into my mind, I was able to submit to the resort's serenity with a stroll through the meditation maze or a few precious moments in the chakras sound therapy chamber, rebalancing the seven chakras present in each of our bodies and allowing energy to flow more smoothly throughout, while at the same time stimulating positivity and power within.



*One of the Chakra Sound Therapy Chambers, which helps balance the body's energy centers through the use of color, light, sound, positive energy and crystals.*

How can one argue with such a gentle, holistic approach to well-being, the tenets of which are at the very heart of Dwarika's Resort? The Dwarika's Group shares my commitment to humanitarian relief that continues to provide benefit to local Nepalese residents. Their project called [Our Dream Village](#) has allowed for construction of 230 new residences to re-home those deeply affected by the earthquakes. Hope Camp, created and supported by The

Dwarika's Group, has enabled children to live and attend school in Kathmandu - they are guaranteed lodging, supervision, education, medical care, meals, even football practice and after-school tutoring.

For anyone interested in taking time during their travels to Nepal to volunteer energy and skills with Hope Camp, I would be delighted to introduce you to Mrs. Sangita Shrestha Einhaus, who is spearheading the village project. Read more about Hope Camp, and consider purchasing a beautiful scarf from [the Design for Life collection](#), the sales of which, in part, support Hope Camp.



*Our group made a visit to Hope Camp to distribute cameras to the children living there.*

I could wax poetic about Dwarika's for days and yet nothing comes close to experiencing it for yourself. For those thirsting for adventure, an undeniable sense of place, a chance for authentic interactions with local people and a connection to ancient history, Kathmandu and Nepal are places of wonder. It would be my privilege to introduce you to The Dwarika's Group - we just know it will be as unforgettable for you and your clients as it has been for us.

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