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News

The Happiness Farm: A unique farm-to-table retreat

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Dorji Choden

In the verdant hills of Paro, just six kilometres from Chudzom, The Happiness Farm blends sustainable agriculture, wellness, and authentic Bhutanese hospitality into a unique retreat where joy is cultivated literally and spiritually from the ground up.

This agro-based, farm-to-table resort is not just a getaway. It is a living, breathing tribute to Bhutan's rural heritage. Here, guests can pick Japanese pears straight from the trees, dine on vegetables freshly harvested from the gardens, or savour honey collected with care. Every moment is an invitation to reconnect with nature—and with oneself.

At the heart of this experience is Dorji, founder and CEO of The Happiness Farm. His childhood in Phongmey, a remote village in eastern Bhutan, sowed the seeds of a lifelong commitment to the land.

"Farming is not just work, it is a way of life. I saw the struggles and the beauty of it. This experience ignited my passion to preserve our legacy and to pursue farming as a way to honour our heritage," he said.

Though he lacks formal academic training in agriculture, Dorji has spent years experimenting, researching, and learning by doing motivated purely by passion. "With genuine drive and commitment, anything is achievable," he believes.

That ethos permeates the farm. Guests are invited to engage, to learn, and to immerse themselves in a new kind of travel.

The Happiness Farm retreat features 11 guest rooms and a wide array of nature-based experiences.

Visitors can pick apples and pears, forage for mushrooms, collect eggs, harvest honey, join yoga sessions, meditate with Buddhist practitioners, learn Bhutanese cooking, explore nearby forests with conservation guides, and if luck spot a Himalayan bear.

Amit Mukherjee, a guest at the farm, described his stay as transformative.

"This is one of a kind, an experience I have never had before. This property is designed in such a way that it is very child-friendly. We have been enjoying the lawn for five hours, just by reconnecting with nature. Until now, I had never seen apple orchards. My kid is at the age where he is studying 'A' for apples and all, and to be able to see the apple tree and different types of farming activities here has been an excellent experience," he said.

What sets The Happiness Farm further apart is its pricing policy, there are no tourist premiums or dual pricing systems. Guided by the principle of "One World, One People", all guests are treated equally.

The farm grows an impressive variety of produce: Japanese pears, apples, walnuts, herbs, and fresh vegetables all of which are incorporated into the meals served to guests. The philosophy is simple: grow what you eat, share what you grow.

Dorji's vision of blending farming with hospitality springs from a deep-rooted desire to promote a lifestyle of balance and mindfulness.

"It's about offering an experience that nourishes the body, mind, and spirit," he said. "We want to share the joy of sustainable living. It's a sanctuary where relaxation meets purpose."

That vision is expanding. In Punakha, construction is already underway for The Happiness Farm 2 Orchard. The new site will grow over 20 varieties of fruit exclusively for resort use and will carry forward Dorji's ambition to build a model of eco-conscious tourism rooted in self-sufficiency.

"To me, happiness isn't just a feeling. It's a state of being that comes from connection, purpose, community, and sharing meaningful moments. We cultivate happiness like we do crops—with care, patience, and love," said Dorji.

At The Happiness Farm, happiness is not a promise, it is a practice, cultivate one guest, one tree, and one heartfelt meal at a time.

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