



BRIJ | Atmanya
Nainital

FACTSHEET



Introduction

Tucked away in the peaceful hills of Nainital, Brij Atmanya is a serene wellness retreat designed to inspire rest, reflection, and renewal. Surrounded by dense forests and the quiet charm of the Himalayas, it offers a soothing escape from the pace of everyday life.

Blending mindful design with holistic experiences, the retreat brings together comfort, nature, and wellness in perfect harmony. From guided yoga and meditation to rejuvenating spa therapies, every experience is thoughtfully curated to nurture balance and inner calm.

With its tranquil setting near Naini Lake, Brij Atmanya invites guests to slow down, breathe deeply, and reconnect—creating a space where wellbeing unfolds naturally.



Accomodation

Rooms and suites at Brij Atmanya are designed to echo the quiet harmony of the hills, where mindful design meets refined comfort. Set amidst the serene landscapes of Nainital and the soothing presence of the Himalayas, each space offers a peaceful retreat away from the everyday.

Natural textures, calming hues, and thoughtful details blend seamlessly with modern amenities to create an atmosphere that feels both grounding and elegant. Complemented by warm, personalised service, every stay is crafted to be restful, intimate, and quietly indulgent—perfect for reconnecting with nature at your own pace.





PANCHACHULI ROOM (GARDEN FACING)

Room

A space where comfort meets style. With large windows that fill the room with natural light and offer lovely views of the garden, it's easy to feel relaxed here. The nature-inspired color palette sets a calm tone, inviting you to kick back and unwind.



PANCHACHULI ROOM (HILL FACING)

Room

A real haven for nature lovers and anyone in need of a little peace. Imagine golden sunlight streaming through expansive windows, gently illuminating a cozy space adorned with earthy hues and modern touches that echo the rugged beauty outside.

VANMALA ROOM

ROOM

As you step inside, you'll notice the spacious living areas, decorated with elegant furnishings and modern accents that make you feel right at home. A plush king-size bed promises a great night's sleep, while a cozy sitting area invites you to kick back and relax.

NANDAKOT ROOM WITH SIT-OUT

Room

The real gem of this room is the private sit-out area. It's an ideal spot to savor your morning coffee or relax in the evening while enjoying beautiful views of the surrounding landscape.





NANDAKOT SUITE

Suite

Where modern luxury meets cozy comfort in the most inviting way. Imagine a spacious living room that's perfect for unwinding after a busy day or even hosting a few friends, all set in a space that feels both elegant and welcoming. There's also a stylish dressing area designed with your convenience in mind—just another thoughtful detail to make your stay even more enjoyable.

NANDAKOT SUITE WITH SIT-OUT AND TERRACE

Suite

With its spacious layout and a cozy sitting area, this suite has been designed to wrap you in warmth and comfort from the moment you step in. The room is bathed in natural light, thanks to large windows that offer a picture-perfect view of the Kumaoni hills. Each ray of sunlight highlights the exquisite details of the decor, making every corner feel both fresh and refined.



ROOM *inclusions*

- Breakfast at Kafal Dining
 - High Tea
- Morning jungle walk
- Full mini-bar at check-in
- Local fresh fruit delicacies at check-in
- Homemade organic beverages in the mini-bar
 - Homemade cookies and namkeens
 - Unlimited tea/coffee
- Evening cultural movie show at 7:00 PM
 - Free Mountain Bikes





EXPERIENCE THE *feeling*



CULTURAL

BHOWALI TO KAINCHI DHAM (NEEM KAROLI BABA) HIKE

This trek isn't just about the destination; it's about soaking in the journey—breathing in the crisp mountain air, hearing the rustle of leaves, and perhaps exchanging a smile or two with locals along the way.

JHANDIDHAR DEVI MANDIR HIKE

A captivating journey that combines natural beauty with spiritual significance. Winding through serene landscapes, this trail offers an immersive experience for both nature enthusiasts and those seeking a deeper connection with the divine.

TEA GARDEN VISIT

Join a guided tour that takes you through the fascinating journey of tea-making, starting with the delicate art of plucking fresh leaves right from the bushes. Watch as these leaves are carefully processed, learning about the intricate steps that transform them into the aromatic teas we love.





REJUVENATE

ARAMA

Arama Spa at Brij Atmanya is a serene retreat dedicated to holistic wellbeing, where time-honoured healing practices blend seamlessly with contemporary therapies. Designed to soothe the body and quiet the mind, each experience focuses on restoring balance, encouraging renewal, and nurturing a deeper sense of calm.

YOGA

Yoga at Brij Atmanya is a serene and immersive practice designed to restore balance and inner harmony. Set amidst the tranquil hills of Nainital and the calming presence of the Himalayas, each session blends mindful movement with conscious breathing.

Guided by experienced practitioners, the practice encourages relaxation, clarity, and a deeper connection with the self—creating moments of stillness in a peaceful natural setting.





DINING



IN BRIJ ATMANYA



KAFAL

With warm lighting bouncing off the wooden decor, the bar is the stuff that you hear about in old story books. With a drink to punctuate the moment shared with loved ones or yourself.

The final drop in the mix to make the experience complete is the view. A view of the place you walked to earlier in the day or just a sight that calls you to explore after. It's an intimate time shared between you, the space you're in and of course your choice of beverage.



About BRIJ

Brij Hotels is a collection of thoughtfully curated boutique stays that celebrate India's rich cultural heritage and timeless hospitality. Each property is uniquely designed to reflect its local surroundings, blending restored architecture, regional influences, and contemporary comforts.

With a focus on personalised service, immersive experiences, and refined aesthetics, Brij Hotels creates stays that are intimate, meaningful, and rooted in a sense of place—offering guests a deeper connection to the destination.

Our HOTEL

 | Anayra
Dharamshala

 | Bageecha
Kukas

 | Casa Susegad
Goa

 | Pola
Jawai

 | Villa
Dalhousie

 | Rama Palace
Varanasi

 | Lakshman Sagar
Pali

 | Sone Bagh
Bandhavgarh

 | Paraiso
Goa

 | Nest Suites
Jaipur



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