



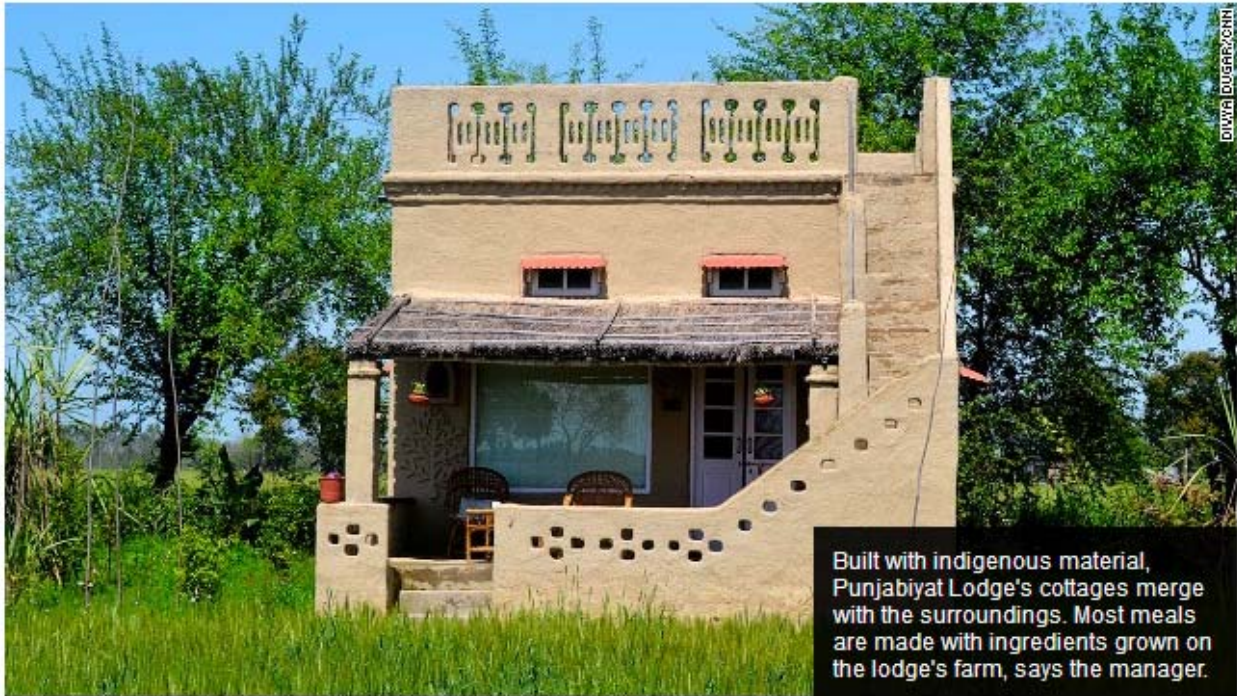
Part of complete coverage on
Parts Unknown

ANTHONY BOURDAIN
PARTS UNKNOWN

Amritsar and beyond: 6 ways to experience India's Punjab region

By Divya Dugar, for CNN

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Built with indigenous material, Punjabiyaat Lodge's cottages merge with the surroundings. Most meals are made with ingredients grown on the lodge's farm, says the manager.

Punjabiyaat Lodge

HIDE CAPTION

STORY HIGHLIGHTS

- India's Punjab state is home to the holiest shrine of the Sikh religion, the Golden Temple
- Every evening at the border, Indian, Pakistani guards join in a flag lowering ceremony
- For heritage stays, Amritsar's Ranjit Svaasa hotel has been around for 200 years

Editor's note: *World-renowned chef, best-selling author and Emmy-winning television personality Anthony Bourdain will return this fall for the fourth season of "Anthony Bourdain: Parts Unknown." Follow the show on Twitter and Facebook.*

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That's good news for intrepid travelers.

From temples so gold they'll make your eyes water, to food you'll be longing for days after it hits your lips, Punjab is India at its colorful, lively best.

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The main lounge at Svaasa is tastefully decorated with antique pieces and art from the family's personal collection.

4. PunjABIYAT Lodge

PunjABIYAT Lodge doesn't conjure quintessential images of India.

Instead what you get here are feather-light beds with unobstructed views of green fields as far as the eye can see.

The nature retreat in Punjab's agricultural heartland is a great place to de-stress through simple rural experiences.

Visitors can lend a helping hand to farmers, cycle around the village, milk cattle or take a tractor ride.

Rooms are luxurious but eco-friendly.

Guests get a sense of remoteness and privacy; there are only four cottages, all set in a wheat field.

Meals are a pleasure. Breakfast is served near the fields, lunch under the shade of sprawling trees and dinner on a terrace under a canopy of stars.

Most meals are made with ingredients grown on the lodge's farm, says Punjabiyat manager Jagdeep Singh.

Punjabiyat Lodge is in the village of Saidowal-Gunopur, about 75 kilometers from Amritsar; [S +91 981 870 5508](tel:+919818705508)