

TRAVEL GUIDEBOOK

Bali

Ubud

**UBUD SACRED MONKEY
FOREST SANCTUARY**

Home to hundreds of long-
tailed macaques



HOTEL *Culinary*

Souvenir, Spa, and Sport
Activities & Marine Sport

Uluwatu TEMPLE

Mesmerizing performances of Kecak
and Fire Dance every afternoon



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Editor's Letter

BALI

Bali, the “Island of the Gods,” is a global tourism magnet that never loses its charm, blending breathtaking natural beauty with rich cultural and spiritual heritage. From stunning white-sand beaches to lush green terraced rice fields, every corner of Bali offers a different wonder. This island is not just a vacation destination but a transformative experience that touches the soul.

Bali's uniqueness also lies in the strong spiritual life of its people, reflected in the thousands of temples scattered across the island, vibrant traditional ceremonies, and thriving traditional arts. From the graceful Legong dance to the

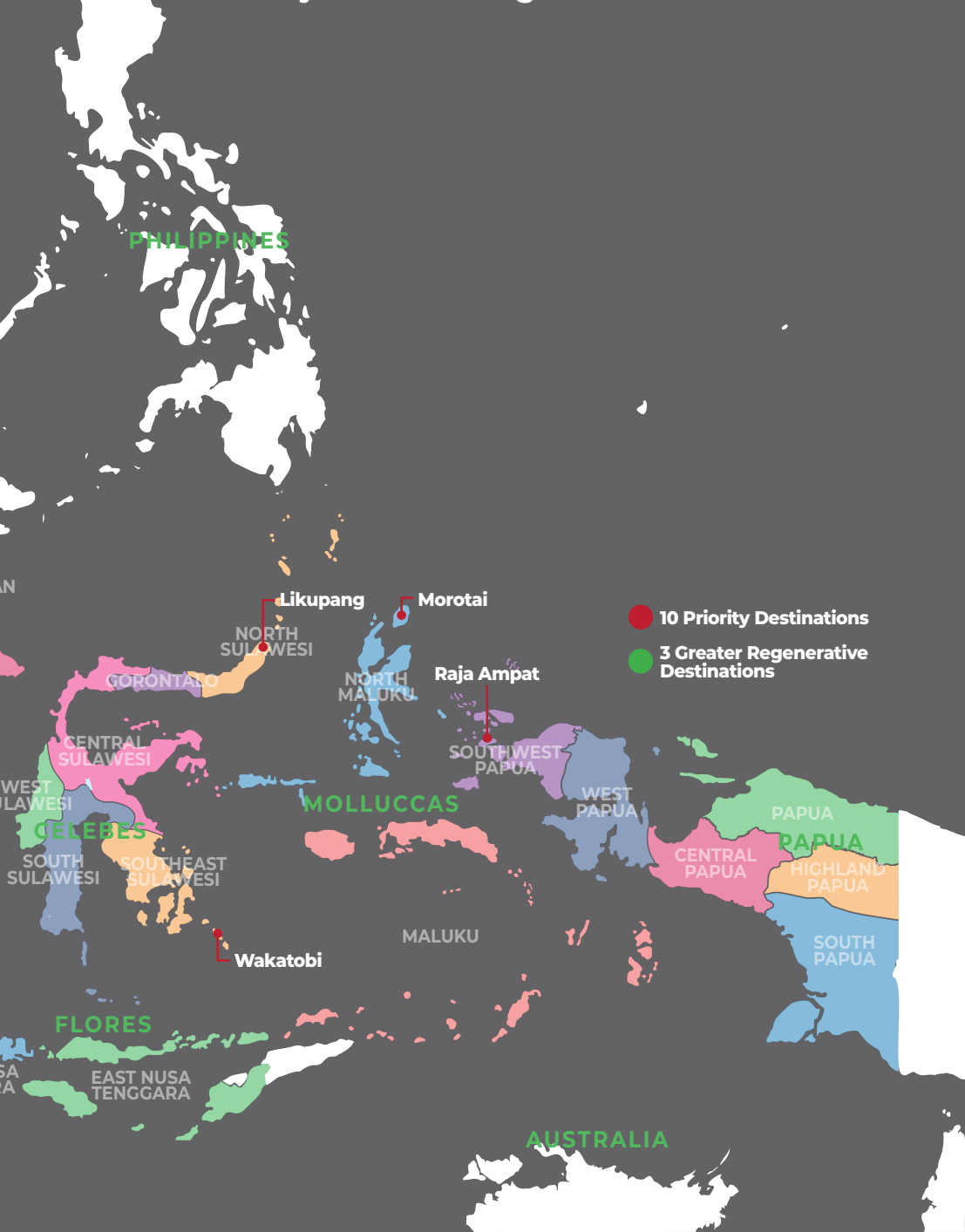
intricate wood carving, Balinese culture is a timeless offering. The harmony between nature and culture creates a magical and peaceful atmosphere.

Commitment to sustainable tourism is growing stronger in Bali, with efforts to preserve the environment and empower local communities. A variety of accommodation options, from luxurious villas to comfortable homestays, along with diverse culinary offerings, make Bali a destination suitable for all types of travelers. Bali is a paradise offering relaxation, adventure, and spiritual enlightenment.



Indonesia Archipelago

Priority & Greater Regenerative Destinations



Ubud

SACRED MONKEY FOREST SANCTUARY

Ubud Monkey Forest, or Mandala Suci Wenara Wana, is a nature reserve and temple complex that is home to hundreds of Balinese long-tailed macaques. Located in the heart of Ubud, this forest is not only an attractive tourist destination but also an important conservation site that maintains ecosystem balance and preserves Balinese culture. Interacting with monkeys in their natural habitat is a unique and thrilling experience.

Visitors can stroll among the lush trees and ancient temples covered in moss, observing the charming behavior of the monkeys. It is important to follow the rules in place to ensure personal safety and the well-being of the monkeys. The forest also holds spiritual significance for the local community, with several sacred temples within its boundaries.

Ubud Monkey Forest is the perfect destination to experience the natural beauty and spirituality of Bali. Combining wildlife conservation, cultural sites, and a serene atmosphere, the forest offers an educational and unforgettable experience for every visitor.





5 Unique and Interesting Facts About UBUD SACRED MONKEY FOREST SANCTUARY

- 1 More than 1,200 Monkeys**
Home to around 1,260 long-tailed monkeys that live in the wild and are divided into several territorial groups.
- 2 Three Ancient Temples**
There are three historic temples from the 14th century: Pura Dalem Agung, Pura Beji, and Pura Prajapati.
- 3 Forest Rich in Flora**
Home to over 115 tree species, including sacred trees used in traditional Balinese rituals.
- 4 Tri Hita Karana Philosophy**
Emphasizing harmony between humans, nature, and God as the foundation of its management.
- 5 Feeding Monkeys is Prohibited**
To maintain their health and natural behavior, only staff are permitted to feed them with a special diet.

Tanah Lot

TEMPLE

Tanah Lot Temple is one of Bali's most iconic sea temples, standing majestically on a rock formation by the beach, offering legendary sunset views. This temple is one of six main temples in Bali built on water, holding deep spiritual significance for Balinese Hindus and serving as a major attraction for tourists. The beauty of the temple's architecture, combined with the sound of crashing waves, creates a magical scene.

When the tide is low, visitors can walk closer to the temple and experience its sacred atmosphere firsthand. Around the temple area, there is an art market selling various Balinese souvenirs and several photo spots. The sunset view with the temple's silhouette in the distance is the most anticipated moment for many tourists.

Tanah Lot Temple is a must-visit destination for anyone traveling to Bali, offering a perfect blend of natural beauty, spirituality, and culture.

Visiting this temple is a captivating experience that leaves a profound impression of the grandeur of nature and the spiritual beliefs of the Balinese people.

-
- Standing on a rock by the beach, offering a legendary view of the sunset.
-
- Around the temple area, there is an art market selling various Balinese souvenirs and interesting photo spots.
-
- Offering a blend of natural beauty, spirituality, and culture.





5 QUICK FACTS ABOUT TANAH LOT TEMPLE

- **Standing on a Rock**

This temple was built on a large rock in the middle of the sea and can only be accessed when the tide is low.

- **Sacred Sea Temple**

This is one of the important sea temples in Bali for worshipping Baruna, the god of the sea in Hinduism.

- **Established in the 16th Century**

Built by Dang Hyang Nirartha, a holy

priest who spread Hinduism in Bali.

- **Sacred Guarding Serpent**

In a cave near the temple, there is a black-and-white sea serpent considered a spiritual guardian.

- **Bali Tourism Icon**

Tanah Lot Temple is one of the most popular spots in Bali for enjoying sunsets.

Uluwatu Temple

(KECAK DANCE)

Uluwatu Temple is a magnificent sea temple located on top of a 70-meter-high cliff jutting out into the Indian Ocean, offering spectacular views of the open sea. This temple is one of the main sacred temples in Bali, has high spiritual value, and is a popular place to enjoy the sunset. The dramatic beauty of the temple's architecture blends with the power of nature.

Every evening, on an open stage near the temple, the mesmerizing Kecak and Fire dances are performed, where male dancers form a circle and chant "cak-cak-cak" without musical

accompaniment, while fire is an integral part of the performance. The sight of the sun setting in a crimson glow behind the energetic dance performance creates an unforgettable experience. It is important to be cautious of wild monkeys roaming the temple area.

Uluwatu Temple is a must-visit destination in Bali, offering a blend of dramatic natural beauty, cultural richness, and spiritual experiences. Visiting this temple is an opportunity to witness the grandeur of its architecture, enjoy spectacular views, and feel the magic of the Kecak Dance.



5 Interesting Facts About ULUWATU TEMPLE

1. Standing on a High Cliff

This temple is located on a cliff approximately 70 meters high, directly facing the Indian Ocean.

2. Temple Guarding the South

One of the Sad Kahyangan temples that guards the south of Bali according to Hindu beliefs.

3. Founded by a Holy Priest

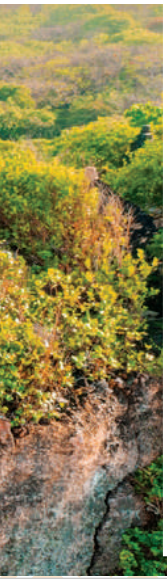
Built in the 11th century by Mpu Kuturan and perfected by Dang Hyang Nirartha.

4. Kecak Dance Performance

Every afternoon, a Kecak dance performance is held with a spectacular sunset backdrop.

5. Home to Many Monkeys

The temple area is filled with monkeys that are known to be mischievous, so visitors need to be careful with their belongings.





CULTURAL PARK

Garuda Wisnu Kencana (GWK)

Garuda Wisnu Kencana (GWK) Cultural Park is a magnificent cultural park complex in southern Bali, dominated by the giant Garuda Wisnu Kencana statue, one of the tallest statues in the world. The statue depicts the god Vishnu riding the bird Garuda, symbolizing the mission of maintaining the balance of the universe. GWK is a symbol of Indonesian cultural pride.

Within the park, visitors can enjoy various traditional Balinese art and cultural performances, such as the Kecak dance, Barong dance,

and Legong dance. There is also an amphitheater, art gallery, restaurant, and souvenir shop. The panoramic views from the park's heights are also breathtaking, especially at sunset.

GWK Cultural Park is the perfect destination to experience the richness of Balinese culture and admire the grandeur of architectural art. With its diverse performances and attractive facilities, GWK offers an educational and entertaining experience for every visitor.

Panglipuran

VILLAGE



Panglipuran Village is a traditional Balinese village renowned for its authentic architecture, spatial layout, and way of life that still highly values customs and traditions. The village is often recognized as one of the cleanest villages in the world, with its neat arrangement and lush environment. A visit to Panglipuran offers a profound experience of authentic Balinese culture.

Traditional houses lined up neatly with uniform designs, clean streets, and a peaceful atmosphere create a unique

ambiance. The villagers live in harmony with nature and tradition, preserving the environment and upholding noble values. Visitors can interact with the local community and gain a deeper understanding of traditional Balinese life.

Panglipuran Village is a must-visit destination for those seeking to experience the authenticity of Balinese culture and the beauty of a well-preserved environment. With its peaceful ambiance and rich cultural heritage, the village offers an unforgettable and inspiring experience.



FUN FACTS

Here are 5 quick facts about **Panglipuran Village**:

1. **The Cleanest Village in the World**

Panglipuran is known as one of the cleanest villages in the world, with a neat and beautiful environment.

2. **Traditional Balinese Architecture**

All houses in this village have the same shape and size, preserving the architectural heritage of Bali.

3. **No Motorized Vehicles**

The main village road is free of motor vehicles to maintain peace and cleanliness.

4. **Upholding Balinese Customs**

Residents strictly adhere to traditional customs and the philosophy of Tri Hita Karana (harmony between humans, nature, and God).

5. **Cultural Tourist Destination**

This village is a favorite destination for tourists seeking to experience authentic Balinese life and culture.

THE APURVA KEMPINSKI BALI

Address :

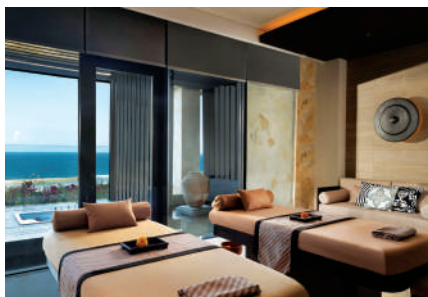
Jl. Raya Nusa Dua Selatan No.Lot 4, Benoa,
Kec. Kuta Sel., Kabupaten Badung, Bali 80361

Phone: (0361)2092288

The Apurva Kempinski Bali is a magnificent luxury resort located on the cliffs of Nusa Dua with spectacular views of the Indian Ocean. Inspired by traditional Indonesian architecture and culture, the resort offers unparalleled luxury and world-class

facilities. The Apurva Kempinski is the perfect choice for travelers seeking a premium stay with a cultural touch.

The resort offers a variety of accommodation options, from elegant rooms to private villas with swimming pools. A range of restaurants and bars, a spacious lagoon pool, a fitness center, and a luxurious spa are available to pamper guests. With its stunning design and impeccable service, The Apurva Kempinski Bali guarantees a luxurious and unforgettable vacation.



RIMBA BY AYANA BALI

Address :

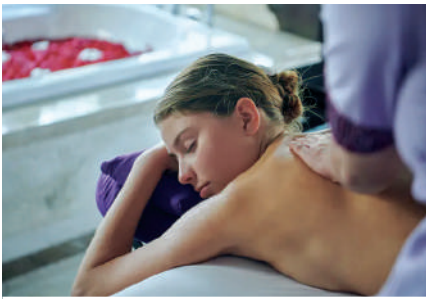
Jl. Karang Mas, Jimbaran, South Kuta, Badung Regency, Bali 80364

Phone: (0361) 8468468

Rimba by Ayana Bali is a luxury resort offering an oasis of tranquility amidst the lush greenery of Jimbaran, with easy access to the nearby AYANA Resort and Spa facilities. The resort is designed with a concept that

blends seamlessly with nature, creating a peaceful and serene atmosphere. Rimba is the perfect choice for those seeking luxury and relaxation in Bali.

The resort features spacious rooms and suites, a variety of restaurants and bars, a beautiful pool with a unique design, a kids' club, and access to AYANA Resort facilities such as the Rock Bar and private beach. With stunning views and friendly service, Rimba by Ayana Bali promises a memorable and enjoyable vacation experience.



THE ST. REGIS BALI RESORT

Address :

Kawasan Pariwisata Nusa Dua Lot S6,
Nusa Dua, Bali

Phone: (0361) 8478111

The St. Regis Bali Resort is an ultra-luxurious resort offering unparalleled luxury and elegance on the shores of Nusa Dua. The resort is renowned for its personalized 24-hour butler service, beautiful private villas with

swimming pools, and stunning interior design. The St. Regis is the top choice for travelers seeking privacy and an exclusive experience.

The resort provides a range of premium facilities, including several five-star restaurants, a luxurious bar, a lagoon pool, a fitness center, and the renowned Iridium Spa. With breathtaking ocean views and a serene atmosphere, The St. Regis Bali Resort guarantees a perfect and unforgettable vacation. The resort is a symbol of luxury in Bali.



MULIA RESORT

Address :

Jl. Raya Nusa Dua Selatan, Kawasan Sawangan,
Benoa, Nusa Dua, Kabupaten Badung, Bali 80362

Phone: (0361) 8467777

Mulia Resort & Villas Nusa Dua, Bali, is a luxurious resort complex offering a premium vacation experience in the exclusive Nusa Dua area. With its grand design, comprehensive facilities, and direct access to white sandy

beaches, Mulia is the perfect choice for those seeking luxury and comfort. The resort meets international standards with excellent service.

The complex offers a variety of accommodation options, ranging from hotel rooms, suites, to private villas with swimming pools. Various restaurants and bars, several swimming pools, a kids' club, a fitness center, and a luxurious spa are available to pamper guests. Mulia Resort & Villas Nusa Dua, Bali, promises a luxurious and unforgettable vacation in Bali.



FOUR SEASONS RESORT BALI AT SAYAN

Address :

Jl. Raya Sayan, Sayan, Kecamatan Ubud,
Kabupaten Gianyar, Bali 80571

Phone: (0361) 2016000

Four Seasons Resort Bali at Sayan is a luxurious resort offering an unparalleled stay experience amidst the lush greenery of the Ayung River valley in Ubud. With architecture that blends

seamlessly with nature and elegant design, the resort creates an oasis of tranquility and luxury. Four Seasons Resort Sayan is the perfect choice for those seeking peace and natural beauty in Bali.

The resort features private villas with swimming pools, a five-star restaurant, a world-class spa, and various wellness programs such as yoga and meditation. Personalized service and attention to detail are hallmarks of Four Seasons, ensuring every guest enjoys a perfect experience. The resort is a symbol of luxury and tranquility at the heart of Bali.





NASI CAMPUR BALI

Bali Mixed Rice (*Nasi Campur Bali*) is a rice dish served with a variety of traditional Balinese side dishes on

a single plate, offering a complete and diverse culinary experience. Common side dishes include *sate lilit*, Balinese-style shredded chicken, *lawar*, eggs, *babi guling* (for non-halal variants), *tempe orek*, and *sambal matah*. Each plate of *Nasi Campur* is a representation of Bali's rich flavors.

Bali Mixed Rice is very popular and easily found at warungs or restaurants throughout Bali. This dish allows visitors to sample various Balinese dishes all at once in one serving. Bali Mixed Rice is the perfect choice for a comprehensive culinary exploration of the Island of the Gods.



AYAM BETUTU

Ayam Betutu is a famous Balinese dish known for its lengthy cooking process and abundant spices. A whole chicken is stuffed with *base genep* spices (a traditional Balinese spice mixture), then wrapped in banana leaves and areca leaves, and finally roasted or steamed for hours until the meat is very tender and the spices are

perfectly absorbed. This dish is often served during traditional ceremonies.

Ayam Betutu has a fragrant aroma and a spicy, savory, and richly spiced flavor. It pairs well with warm rice and *plecing kangkung*. The intricate cooking process makes Ayam Betutu a special dish worth trying when visiting Bali.

SATE LILIT

Sate Lilit is a unique Balinese satay variant made from minced meat (usually fish, chicken, or pork) mixed with *base genep* spices, grated coconut, and coconut milk, then wrapped around lemongrass or bamboo sticks. The minced meat and wrapping give this satay a softer texture and more even flavor. The satay is then grilled over an open flame.

The aroma of the burning lemongrass or bamboo imparts a distinctive fragrance to the satay. Its savory, sweet, and slightly spicy flavor makes Sate Lilit highly popular. Sate Lilit is one of the must-try dishes to experience the richness of Balinese cuisine.



BEBEK GORENG (FRIED DUCK)

Fried Duck is a popular Balinese dish featuring crispy, deep-fried duck, often served with warm rice, *sambal matah*, or *sambal terasi*, and *plecing kangkung*. The duck is cooked with Balinese spices, then fried until crispy on the outside but still tender on the inside. Its savory taste and distinctive aroma make

this dish very popular.

Fried Duck can be found in many restaurants and eateries throughout Bali. This dish offers a rich blend of flavors and an appealing texture. Trying Fried Duck is a delicious way to experience one of Bali's most popular traditional dishes.

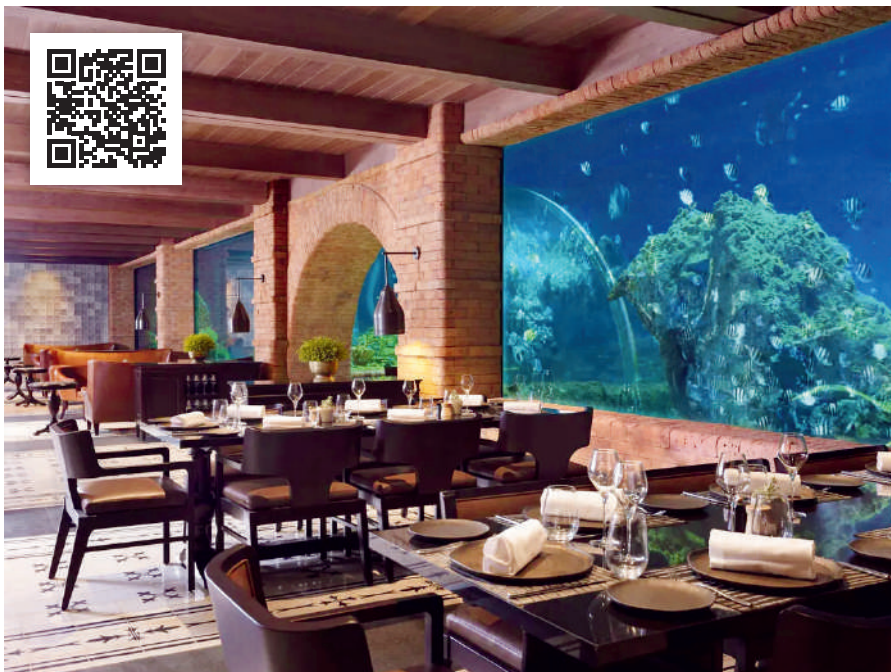


BABI GULING

Babi Guling is an iconic, must-try Balinese dish. It's made from a whole pig slowly roasted with rich spices, resulting in crispy skin and tender, flavorful meat. The spices used usually consist of shallots, garlic, chili, turmeric, ginger, galangal, and lemongrass, creating a complex and aromatic flavor. This dish is one of Bali's culinary pride and joy.

Babi Guling is usually served with warm rice, crispy pork skin, *sate lilit* (minced meat skewers), *lawar* (minced vegetables with spices), and *sambal matah* (raw chili sauce). Its savory, spicy, and slightly sweet taste makes Babi Guling a very satisfying dish. Tasting Babi Guling is an authentic and unforgettable culinary experience in Bali.





KORAL RESTAURANT, APURVA KEMPINSKI BALI (NUSA DUA)

Alamat:

Jl. Raya Nusa Dua Selatan, Sawangan,
Nusa Dua, Kabupaten Badung, Bali

Tel: (0361) 2092288

Koral is Bali's first unique underwater restaurant, featuring a dining room with large aquarium glass walls that showcase thousands of tropical fish, including rays and small sharks, as well as divers who feed and pose for photos around the "tunnel." The restaurant embraces a bistronomic fine dining concept with various set menus (Experience, Gourmet,

Zen, Vegetal). The presentation of dishes is highly artistic, such as the Beef Rossini with wagyu tenderloin and truffle, or the Chocolate Blossom which combines chocolate mousse, caramel, and fruit cream—along with creative petits fours. The exclusive atmosphere is supported by polite and professional service, but the rules are quite strict. Early reservations are needed, a deposit is required, photos are only allowed with a mobile phone from your seat, and seating requests (such as for the tunnel) are not guaranteed.

Koral stands out more as a mesmerizing dining destination than just about the taste. It's perfect for a special or romantic occasion, especially if you manage to get a tunnel seat.



NAUGHTY NURI'S WARUNG SEMINYAK

Alamat:

Jl. Mertanadi No. 62 Kerobokan
Seminyak, Kerobokan Kelod, Kec. Kuta
Utara, Kabupaten Badung, Bali 80361

Tel: (0361) 8476783

Naughty Nuri's on Jalan Mertanadi, Seminyak, has been a culinary icon for pork ribs in Bali since 1995. The special menu of pork spare ribs, grilled with a distinctive Balinese BBQ seasoning, is known for its "fall-off-the-bone" tender texture and rich, spicy flavor.

In addition to the ribs, there are other tempting menu options such as pork

belly satay, rib burgers, truffle fries, mac & cheese, and "crazy corn." The cocktail menu, including signature martinis and the "Sticky Baby," also receives praise for being refreshing and creative. The relaxed atmosphere with background music, a spacious area, and an Instagrammable design makes this place suitable for group dinners or casual meals. It's a perfect spot for meat lovers and those who enjoy a friendly hangout vibe.

Although famous for its pork ribs, Naughty Nuri's Warung Seminyak also offers a variety of international menu choices that are a treat for the palate, such as fried rice, *ayam betutu* (Balinese spiced chicken), and even vegetarian options.



WARUNG BABI GULING PAK MALEN

Alamat :

Jl. Sunset Road No.554, Seminyak, Kec. Kuta, Kabupaten Badung, Bali 80361

Tel : 0851-0045-2968

Warung Babi Guling Pak Malen, located at 554 Sunset Road in Seminyak, is a culinary icon for *babi guling* (suckling pig) in Bali. The signature menu item, *nasi campur babi guling*, is served complete with tender meat, crispy skin, pork satay, *lawar* (Balinese vegetable and meat salad), and spicy *sambal matah*.

The service is fast and efficient—orders usually arrive within 5–10 minutes,

even though the eatery is always busy. The place is simple but clean, with air conditioning and fans to keep guests comfortable. The price is relatively affordable, around 50–60 thousand Rupiah for a complete portion, which is quite filling and fair for Seminyak prices.

The deliciousness of Warung Babi Guling Pak Malen lies in the spices that permeate the meat and the very crispy pork skin, creating a satisfying textural contrast with every bite. The *sambal matah* is fresh and spicy, adding an authentic Balinese flavor sensation. It's perfect for a delicious and authentic Balinese culinary experience.

BALI BATIK / ENDEK



Bali Batik or Endek fabric is a beautiful and valuable textile souvenir that reflects the richness of Bali's traditional weaving art. Endek fabric is a tie-dyed fabric featuring unique geometric or flora-fauna motifs and vibrant colors, while Bali Batik often showcases motifs inspired by Bali's natural landscapes and cultural heritage.

These fabrics are often used in traditional ceremonies and important events in Bali, but they can also be used as clothing, scarves, or home decorations. Purchasing these fabrics is a way to support local artists and bring home a piece of Bali's unique and colorful cultural heritage. Both are elegant and meaningful souvenirs.

BALINESE SILVER JEWELRY

Balinese silver jewelry is a very popular souvenir, renowned for its intricate designs and details, as well as the extraordinary skills of local silversmiths. Various types of jewelry such as rings, necklaces, earrings, bracelets, and pendants are made using filigree or granulation techniques, often adorned with natural stones or traditional Balinese motifs.

This jewelry can be found in various silver galleries or souvenir shops, particularly in the Celuk area, known as the center of silver craftsmanship. Purchasing Balinese silver jewelry is a way to bring home a beautiful and elegant piece of art from Bali. This jewelry is a valuable and artistic souvenir choice.



WOODEN CRAFTS / WOOD CARVINGS

Wooden crafts or wood carvings are very diverse souvenirs that are easy to find throughout Bali, reflecting the creativity of local artists. Various products such as wooden sculptures, masks, jewelry boxes, photo frames, or wall decorations are carved with details and motifs typical of Bali. The wood used varies, from teak to *suar* wood.

These crafts are often sold at art markets or souvenir shops, with prices varying depending on the size and complexity of the carving. Purchasing wood carvings is a way to support local artists and bring home a unique and durable piece of Balinese art. These products are the perfect choice for home decor or gifts.



BALI COFFEE

Bali coffee is a very popular culinary souvenir, renowned for its distinctive aroma and flavor. Bali coffee is typically a type of robusta or arabica coffee grown in the highlands of Bali, such as Kintamani. The traditional processing of Bali coffee gives it a unique flavor profile, often with hints of fruit and a touch of acidity.

Bali Coffee can be found in bean form, ground, or even as processed products like kopi luwak. Purchasing Bali Coffee is the perfect way to bring home the aroma and flavor of the Island of the Gods. This coffee is ideal for enjoying on your own or as a gift for coffee lovers.

BALI AROMATHERAPY / ESSENTIAL OILS

Bali Aromatherapy and Essential Oils are the perfect souvenirs to bring home relaxation and the distinctive scent of Bali. These products are made from natural ingredients such as frangipani flowers, lemongrass, lavender, or spices, which are extracted into essential oils, aromatherapy candles, or diffusers. Their calming and refreshing scents are their hallmark.

Bali aromatherapy products are not only used as room fragrances but are also commonly used in massage sessions or meditation to create a peaceful atmosphere. Purchasing these products is a delightful way to create a spa-like ambiance at home. Bali Aromatherapy and Essential Oils are a thoughtful souvenir choice that offers both relaxation benefits and the distinctive fragrance of Bali.



COMO SHAMBHALA ESTATE – UBUD

Address :

Banjar Begawan, Desa, Melinggih Kelod, Kec. Payangan, Kabupaten Gianyar, Bali 80571

Phone : (0361) 978888

COMO Shambhala Estate is an ultra-exclusive wellness resort and spa located in the heart of Ubud's tropical rainforest in Bali. The spa focuses on a holistic approach to health and well-being, offering a range of customized wellness programs, from yoga and Pilates to meditation and healthy diets. COMO Shambhala Estate is a haven for those seeking recovery and self-transformation.

The spa provides complete facilities such as a natural swimming pool, hydrotherapy pool, and yoga pavilion surrounded by nature. Treatments



available include COMO Shambhala signature massages, facials, and body therapies using natural and organic ingredients. With expert therapists and wellness practitioners, COMO Shambhala Estate guarantees a deep and restorative spa experience.



Sacred River Spa at Four Seasons Resort Bali at Sayan offers a soothing and spiritual spa experience on the banks of the Ayung River in Ubud. The spa is designed to blend in with nature, with treatment pavilions overlooking the river and forest. Sacred River Spa is committed to providing deep relaxation and energy restoration through treatments inspired by Balinese traditions.

SACRED RIVER SPA AT FOUR SEASONS RESORT SAYAN – UBUD

Address :

Jl. Raya Sayan, Sayan, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571

Phone : (0361) 2016000

Available treatments include traditional Balinese massage, herbal scrubs, detoxification therapy, and yoga or meditation sessions by the river. The use of natural ingredients and techniques passed down through generations ensures each treatment provides a calming and rejuvenating effect. Sacred River Spa is the perfect place to rediscover peace and balance amidst the natural beauty of Ubud.

MAYA UBUD SPA – UBUD

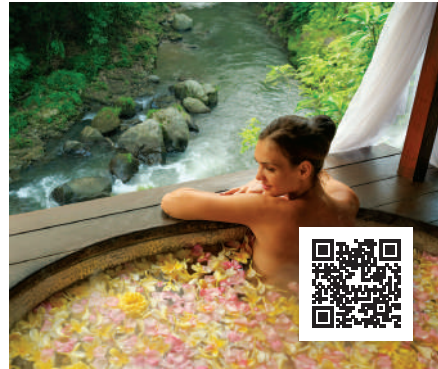
Address :

Jl. Gn. Sari, Peliatan, Kecamatan Ubud,
Kabupaten Gianyar, Bali 80571

Phone : (0361) 977888

Maya Ubud Spa offers a spa experience that blends seamlessly with the natural beauty of Ubud, located on the banks of the Petanu River with views of lush rainforest. The spa is designed to provide tranquility and rejuvenation, with open-air treatment pavilions that allow the sounds of nature to flow in. Maya Ubud Spa is the perfect choice for those seeking relaxation in a peaceful environment.

Available treatments include traditional Balinese massage, reflexology, facials, and body scrubs using natural



ingredients. The serene atmosphere, the gentle sound of flowing river water, and soothing aromatherapy create a truly indulgent experience. Maya Ubud Spa is the ideal place to unwind and rediscover balance amidst the natural beauty of Ubud.



Away Spa at W Bali – Seminyak is a trendy and dynamic spa offering a unique relaxation experience with a touch of Seminyak lifestyle. The spa is designed with a modern and energetic

AWAY SPA AT W BALI – SEMINYAK

Address :

Jl. Petitenget, Kerobokan, Seminyak, Bali

Phone : +62 361 3000106

concept, perfect for those seeking a spa experience that is different from the conventional. Away Spa promises a pleasant and stylish recovery.

A variety of treatments are available, from soothing massages to innovative facial and body treatments, all using high-quality products. Additionally, the spa features a detox room and chill bar, enhancing the comprehensive relaxation experience. Away Spa at W Bali – Seminyak is the perfect choice for indulging yourself while staying stylish in Bali.

AYANA SPA – JIMBARAN

Address :

Jl. Karang Mas Sejahtera, Jimbaran, Kec. Kuta Sel., Kabupaten Badung, Bali 80361

Phone : +62 361 702222

AYANA Spa at AYANA Resort and Spa, BALI, is a world-class spa offering a range of luxurious treatments with spectacular views of the Indian Ocean. The spa is renowned for its Aquatonic Seawater Therapy Pool, a seawater therapy pool filled with warm seawater

and jets for hydromassage. AYANA Spa is committed to providing an extraordinary relaxation experience.

A variety of treatments are available, including traditional Balinese massages, body scrubs, facial treatments, and specialized therapies using natural ingredients. With trained therapists and state-of-the-art facilities, AYANA Spa guarantees a pampering and refreshing experience. AYANA Spa is the perfect place to unwind and enjoy luxury by the Bali coast.



SURFING

Surfing in Bali is one of the island's main attractions, with waves that vary and are suitable for all levels of surfers, from beginners to professionals. Beaches such as Kuta, Legian, Seminyak, Canggu, and Uluwatu offer different surfing spots, each with its own wave characteristics. Bali is a paradise for surfers from all over the world.

Many surfing schools and surfboard rentals are available along the coast, making it easy for beginners to try this sport. Additionally, the large surfing community and lively beach atmosphere add to the appeal of surfing in Bali. Surfing is not just a sport but a lifestyle deeply integrated into Balinese culture.



SCUBA DIVING & SNORKELING

Scuba diving and snorkeling in Bali offer an amazing underwater experience, with rich marine biodiversity and beautiful coral reefs. Iconic diving spots such as Tulamben (with the USAT Liberty shipwreck), Nusa Penida (to see manta rays and mola-mola), and Amed offer spectacular underwater views. Bali is a paradise for divers and snorkelers.

Numerous dive centers and diving schools are available throughout Bali, offering courses for all levels, from discovery dives to advanced certifications. The clarity of the water and the presence of diverse marine life, including turtles, stingrays, and thousands of tropical fish species, make every dive or snorkeling session an unforgettable adventure.



WHITE WATER RAFTING

White water rafting in Bali is one of the most popular adventure activities among tourists, offering an exciting experience navigating the fast-flowing river currents. The two main rivers for rafting in Bali are the Ayung River in Ubud and the Telaga Waja River in Karangasem. The Ayung River is ideal for beginners, featuring tropical forest views and natural rock carvings along the riverbanks, while the Telaga Waja River

offers a more extreme challenge with its faster-moving rapids.

This activity is guided by experienced instructors and equipped with international standard safety gear. Besides getting your adrenaline pumping, rafting in Bali also gives you the chance to enjoy the beauty of unspoiled nature. This activity is suitable for families, groups, and adventure lovers who want a unique experience in Bali.



PARAGLIDING

Paragliding in Bali offers a breathtaking experience of flying freely with spectacular panoramic views of the island from above. Popular spots for paragliding, such as Timbis Beach and Uluwatu, allow participants to glide over cliffs and the sea, enjoying the dramatic beauty of Bali's southern coastline. This activity provides an incredible sense of freedom.

Professionals and experienced instructors are available for tandem flights, so anyone can try this experience without needing any special skills. Paragliding in Bali is a unique way to see the island's beauty from a different perspective, creating unforgettable memories. It is the perfect choice for adventure lovers seeking the thrill of flying.



MOUNTAIN BIKING & CYCLING TOURS

Mountain biking and cycling tours in Bali offer a healthy and immersive way to explore the beauty of the countryside, rice fields, and traditional villages. Various routes are available, ranging from leisurely trails around Ubud to more challenging mountain bike trails in the mountainous regions. This activity allows for direct interaction with nature and local life.

Many cycling tour operators offer packages that include bike rental, a guide, and lunch. Participants can enjoy fresh air, pass through lush green rice fields, visit small temples, and interact with villagers. Mountain biking and cycling tours in Bali are the perfect way to experience Bali's beauty from a different perspective, away from the tourist crowds.



Notes

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