



BALI ALIVE

SIGNATURE PROGRAM ITINERARY

11 DAYS / 10 NIGHTS



DAYS 1-6 : UBUD



Ubud is a thriving village in central Bali that is considered the cultural capital of this tiny island. It is famous as an arts and crafts hub, and much of the village and nearby areas consist of artists' workshops and galleries. Here you find remarkable architectures well as historical museums, artists, and an array of interesting cafes, local foods, and non-stop ceremonies. The word Ubud comes from the Balinese word for medicine, so it is here that people flock for healing energies, good spirits, meditation, yoga, artistry, and indigenous knowledge.



DAY 1 (D)

- ◆ Arrive into Denpasar, Bali in the afternoon and head to your hotel in Ubud.
- ◆ Settle into the hotel, freshen up, and relax.
- ◆ Enjoy your first taste of Balinese cuisine during a special welcome dinner at a delicious local restaurant.
- ◆ Evening free.

DAY 2 (B, L, D)



- ◆ Morning orientation to Bali, focusing on practical, helpful tips for your time on the island as well as an introduction to Balinese culture and philosophy.
- ◆ Enjoy lunch together as a group.
- ◆ Join a fun introductory cultural workshop in a village banjar, or community center. The banjar is where villagers prepare offerings and foods for ceremonies, meet and discuss village affairs, practice music and dance, and just hang out and chat with each other. We invite teachers of traditional Balinese gamelan music, Legong dance, woodcarving, and offering making to give participants an introduction to each of these disciplines. All of the activities you'll try are central to Balinese culture, and there is no better place to experience them than right in the banjar.



- ◆ Delicious meal together at a local Indonesian restaurant.
- ◆ Evening free.

DAY 3 (B, L, D)



- ◆ Stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk to learn about Bali's native plants and how they're used for traditional medicine, food and body care products.
- ◆ Visit to a holy spring temple, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Indulge in a delicious lunch above panoramic views of the Mount Batur volcano. The volcano and beautiful surrounding Lake Batur are located in Kintamani, a district of the Bangli Regency in central Bali.
- ◆ Put on your special Balinese outfit to attend an exclusive Royal Palace tour & dinner at the Blahbatuh Palace. Members of the Blahbatuh Royal Family will meet personally with your group and spend an evening in fascinating discussions about issues facing Bali and its culture in the 21st century.
- ◆ Marvel at a traditional Balinese Legong dance performance.

DAY 4 (B, L)



- ◆ Try your hand at making some delicious traditional Balinese and Indonesian dishes in a cooking class.
- ◆ Enjoy your culinary creations from the cooking class for lunch.
- ◆ Visit a local balian, or traditional Balinese healer. Local people will visit healers for a wide range of care, including herbal treatments and massage as well as energy work and even life and family advice. Observe a balian at work and ask questions about his/her upbringing and journey to becoming a healer.
- ◆ Visit the studio of I Wayan Muka, a third generation mask maker from Mas village. He produces traditional masks for use in Balinese theater as well as more modern designs. He is also a skilled dancer and, by intimately knowing each mask he creates, has a unique ability to showcase each mask's personality and makes it come to life. His work has frequently been exhibited globally including the U.S. and Europe.
- ◆ Enjoy dinner on your own.
- ◆ Evening free.



DAY 5 (B, D)

- ◆ Go to rice paddies and learn more about Subak, a Balinese life philosophy in action which also has a UNESCO world heritage designation. Learn about how Balinese farmers maintain the water irrigation system, learn more about subak temples and ceremonies, and discover the process from planting the rice to harvesting. This experience will be led by Five Pillars, a social enterprise focusing on sustainable tourism and impact travel that provides inspiring and responsible travel experiences showcasing the beauty of rural communities, cultures, and natural environments of Bali.
- ◆ Spend the afternoon at PKP Women's Center. You'll hear about the founder's dream to create a space where Balinese women can support each other and learn new skills. Join a relaxing yoga and meditation class with participants at the center, join in their gardening activities, and engage with the women and children in the community
- ◆ Dinner catered by PKP Women's Center's amazing cooking skills class.
- ◆ Evening free



DAYS 6-9 : PEMUTERAN



Pemuteran is a small fishing village on the northwest coast of Bali. It lies between a gorgeous mountainous region to the south and Menjangan Island in the north, an area considered one of the top dive sites in the world. Pemuteran has the largest area of shallow coral reefs in Bali and is easily accessible, free of strong currents and waves making it perfect for swimming, snorkeling and diving. Pemuteran is home to the largest artificial coral reef project in the world, and the village's model of community-based tourism and conservation has been recognized by the United Nations.



DAY 6 (B, L)

- ◆ Head to Pemuteran, sightseeing along the way.
- ◆ Visit the historical Ulun Danu Beratan Temple, renowned for its appearance of floating atop Lake Beratan.
- ◆ Lunch together in Bedugul, a cool, mountainous region of Bali.
- ◆ Settle into your accommodations in Pemuteran.
- ◆ Head out on traditional fishing boats, called *jukung*s, to watch the dazzling sunset.
- ◆ Dinner on your own.
- ◆ Evening Free.



DAY 7 (B, D)



- ◆ Experience a presentation on the Biorock Coral Restoration Project, an amazing initiative using technology to speed the growth of coral reefs.
- ◆ Snorkel over the coral restoration project.
- ◆ Lunch on your own.
- ◆ Visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans.
- ◆ Enjoy a special dinner with a local Balinese family at their home.
- ◆ Go on a special night trip to Melanting Temple, Bali's temple for prosperity.



DAY 8 (B, L)



- ◆ Head out on a boat trip to Menjangan Island, a small island that is home to one of the world's most biodiverse array of coral reefs and marine life in the world. Spend the morning snorkeling over the reefs.
- ◆ Lunch on the island.
- ◆ Head to a different side of the island for another opportunity to snorkel over another diverse coral site.
- ◆ Late afternoon free time to swim, relax, or get a massage.
- ◆ Dinner on your own.
- ◆ Evening free.

DAYS 9-11 : SANUR



Sanur is a seaside town in southeast Bali made up of a long stretch of beach with calm, shallow waters. Colorful jukung fishing boats rest on the sand and a paved path snakes along the beach for several kilometers. Sanur is home to great restaurants (many with live music), a wide variety of shops, and a relaxed atmosphere despite being closer to the major cities of south Bali. It's a perfect spot to pick up last-minute gifts, lounge by the beach or the pool, explore sights along the beach walkway, and enjoy a final sunset dinner.



DAY 9 (B, L)

- ◆ Head to Sanur, stopping along the way.
- ◆ Visit Secret Garden Village, a unique complex designed to celebrate the amazing features of Indonesian-Balinese architectural heritage and the breathtaking views of the Bedugul area of central Bali. The buildings are designed to blend traditional structure and modern geometrical shape, and include a beauty product workshop and coffee processing center.
- ◆ Lunch together along the way.
- ◆ Arrive in Sanur, settle into your beachfront hotel.
- ◆ Dinner on your own.
- ◆ Evening free.

DAY 10 (B, D)

- ◆ Free day for shopping, relaxing, or optional water activities.
- ◆ Lunch on your own.
- ◆ Free day for shopping, relaxing, or optional water activities.
- ◆ Final sunset dinner together on the beach.
- ◆ Final evening free to relax or continue exploring Sanur.





DAY 11 (B)

- ◆ Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!
- ◆ Head to Airport.



ACCOMMODATION & TRANSPORT



SAMPLE ACCOMMODATION



UBUD: SAKTI GARDENS RESORT & SPA

Set amidst a tropical landscape, Sakti Garden Resort & Spa captures the ambience of a Balinese village. Located just 5 minutes from central Ubud, this smart retreat presents accommodation for seasoned travelers seeking quality relaxation infused with local cultural experiences. All rooms have been designed with an eye-catching décor that celebrates Bali's artistic heritage. The stylish restaurant with vibrant green views boasts flavorful cuisine driven by farm-fresh ingredients. The spa is a dedicated wellness centre for body, mind and spirit rejuvenation. It offers a curated menu of rituals inspired by Balinese time-honoured healing traditions.

PEMUTERAN: TAMAN SARI RESORT & SPA

Taman Sari offers luxurious beachfront cottages and suites surrounded by tranquil gardens and ponds. The resort is situated between misty mountains and the sparkling ocean, creating a truly peaceful retreat.

Taman Sari is committed to the protection of Bali's natural beauty, which you will see manifested in the community based environmental and social programs housed at the resort. The large coral restoration project, which has been awarded by the United Nations, can be viewed right off the Taman Sari beach.



SANUR: PURI SANTRIAN RESORT

Puri Santrian faces the beautiful white sand beach of Sanur, where the sunrise and sunset can both be viewed over the expansive oceanfront. The hotel is centrally located in Sanur with shopping, restaurants and bars, and other activities within walking distance. This family owned and operated hotel keeps with the Balinese tradition of warmth and generosity, making each guest feel like a member of the family.

TRANSPORT



We use 12-15 passenger air-conditioned mini-buses while traveling the island to ensure participants' enjoyment, comfort, and safety.



INCLUSIONS & CONDITIONS



SCHEDULE OF ACTIVITIES

- ◆ The activities listed above are based on availability and program scheduling considerations, and are subject to change.
- ◆ The hotels listed above are samples that reflect the quality and style of hotels that will be used on this program. Participants will be informed of the finalized hotels when they have been selected.
- ◆ There are often special ceremonies and rituals that happen on the spur of the moment. We will make every effort to accommodate unplanned events that will add evermore to this spectacular trip.

PROGRAM FEE

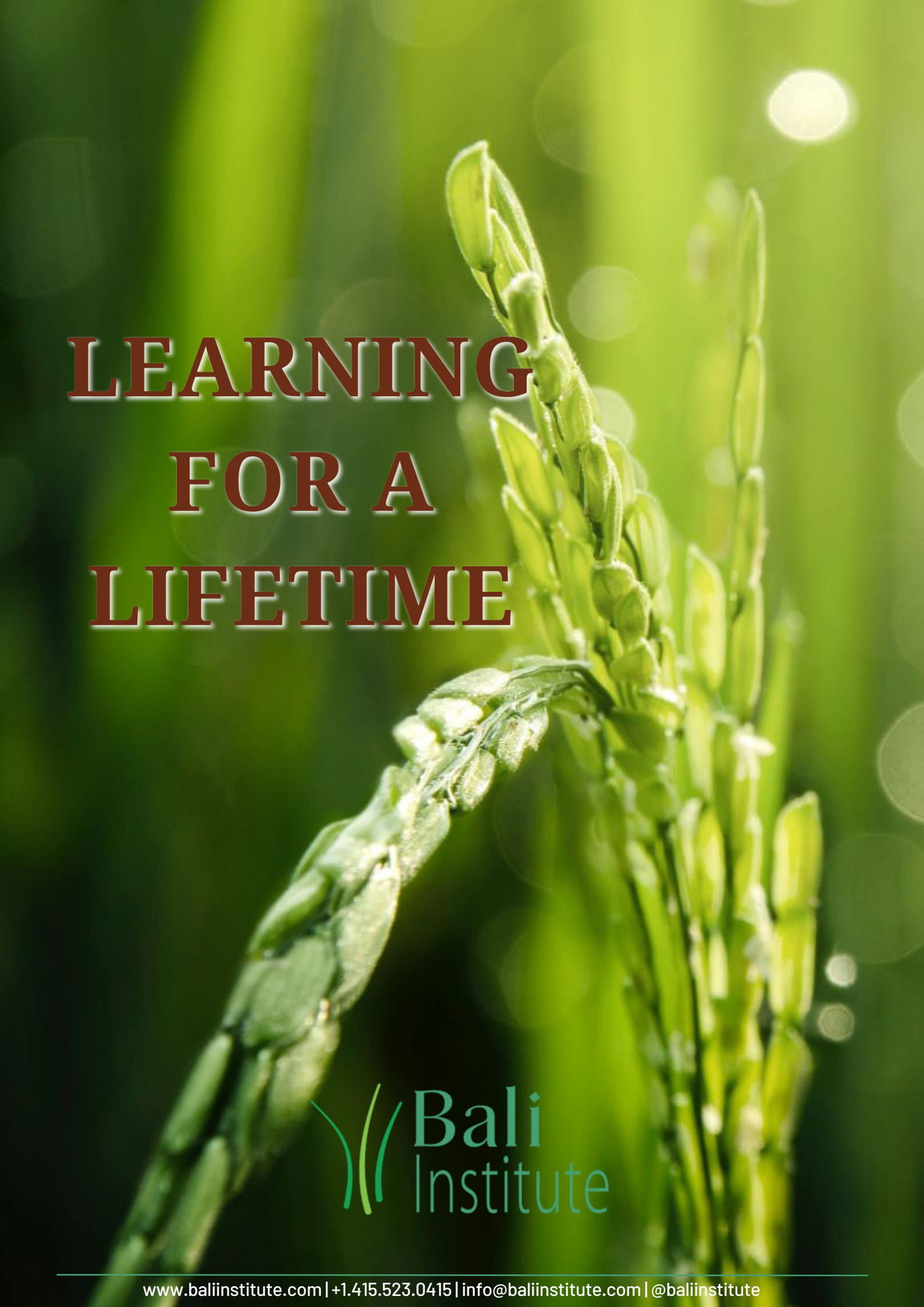
- ◆ Full tour Fee: \$ 2,895/participant
- ◆ Single room supplement: \$850

SERVICES INCLUDE

- ◆ 10 nights, double-occupancy in beautiful 3 and 4 star Balinese-owned accommodations.
- ◆ All transportation in air-conditioned buses and vans throughout the program for activities listed on the itinerary.
- ◆ Airport transfer on the start and end date of the program.
- ◆ All breakfasts, 6 lunches, and 6 dinners.
- ◆ English speaking tour guide(s) and coordination team.
- ◆ All activities listed on final program itinerary are included in the per person ground costs, including entrance fees, lectures and donations.
- ◆ Gratuities for local guides and drivers.
- ◆ Customized program booklet for all participants with itinerary, program descriptions and other useful information.
- ◆ 24/7 Medical and emergency staff support for the entire duration of the program
- ◆ Special gifts including sarong, sash, and journal.

SERVICES DO NOT INCLUDE

- ◆ Visa costs (if applicable)
 - ◆ Airfare
 - ◆ Trip cancellation, lost baggage, or medical insurance
 - ◆ Laundry and personal items
 - ◆ Meals not included in itinerary above
 - ◆ Optional activities outside of the program itinerary
 - ◆ International phone calls
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LEARNING FOR A LIFETIME

 Bali
Institute