



GLOBALOKIE TRAVEL

Bali Adventure

Program Itinerary



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.
- ◆ Enjoy your first taste of Balinese cuisine during a special welcome dinner at a delicious local restaurant.

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, philosophy and language.
- ◆ Enjoy lunch together as a group at your hotel.
- ◆ Join a fun introductory cultural workshop in a village banjar, or community center. We invite teachers of traditional Balinese gamelan music, Legong dance, woodcarving, and offering making to give participants an introduction to each of these disciplines.
- ◆ Participate in a Balinese welcome ceremony.
- ◆ Delicious meal together at a local Indonesian restaurant.



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. Participate in a purification ceremony at the temple.
- ◆ 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.

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.
- ◆ Take an art workshop on the traditional wax- drawing and dyeing techniques of Bali batik fabrics. Your instructor will guide you through the process of applying hot wax to a stenciled design on a fabric canvas, then apply colored dyes to the patterned fabric. Finish the day with your new batik creation to take home with you!
- ◆ Dinner on your own.
- ◆ Marvel at a traditional Balinese Legong dance performance.

DAY 5 (B, L)



- ◆ Visit an organic coffee plantation in the Kintamani Highlands. Learn how the coffee farmers try to move away from commodity coffee production and switch to less intensive farming practices which are better for the environment and healthier for the farmers and the whole community.
 - ◆ Have lunch at the coffee plantation.
 - ◆ Continue the coffee tour.
 - ◆ Afternoon free for shopping, massage, strolling through Ubud.
 - ◆ Dinner on your own.
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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, D)

- ◆ Join an optional yoga class.
- ◆ Head to Pemuteran, sightseeing along the way.
- ◆ Lunch together.
- ◆ Settle into your accommodations in Pemuteran.
- ◆ Enjoy a sunset boat ride and go for a swim.
- ◆ Dinner together at a local restaurant.



DAY 7(B)



- ◆ 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.
- ◆ Dinner on your own.

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 boat.
- ◆ Head to a different side of the island for another opportunity to snorkel over another diverse coral site.
- ◆ Dinner on your own.

DAYS 9-10: 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 widevariety 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, D)

- ◆ Join an optional yoga class
- ◆ Head to Sanur, stopping at a waterfall along the way.
- ◆ Lunch together.
- ◆ Arrive in Sanur, settle into hotel and go exploring or last-minute shopping.
- ◆ Final sunset dinner together on the beach.

DAY 10 (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: OM HAM RESORT AND SPA

Om Ham Retreat is a peaceful oasis for those looking to relax and appreciate the natural beauty of Bali. The rooms are surrounded by productive rice paddies, creating a serene environment to return to after a day of exploring in Bali. Om Ham is a quick drive from the heart of Ubud, serves healthy and organic food in their restaurant (much of it grown in their own garden), offers daily yoga classes, and has an on-site spa.

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: TAKSU SANUR

The Taksu Hotel Sanur offers a luxurious retreat with a restaurant and an outdoor pool amid lush greenery. Bright and spacious, air-conditioned suites each come with a personal safe, flat-screen cable TV and a seating area. An electric kettle and a mini-bar are also among the in-room comforts. To relax, guests can lounge on the sun terrace. It's just a 10-minute walk to Mertasari Beach and Semawang Beach.



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

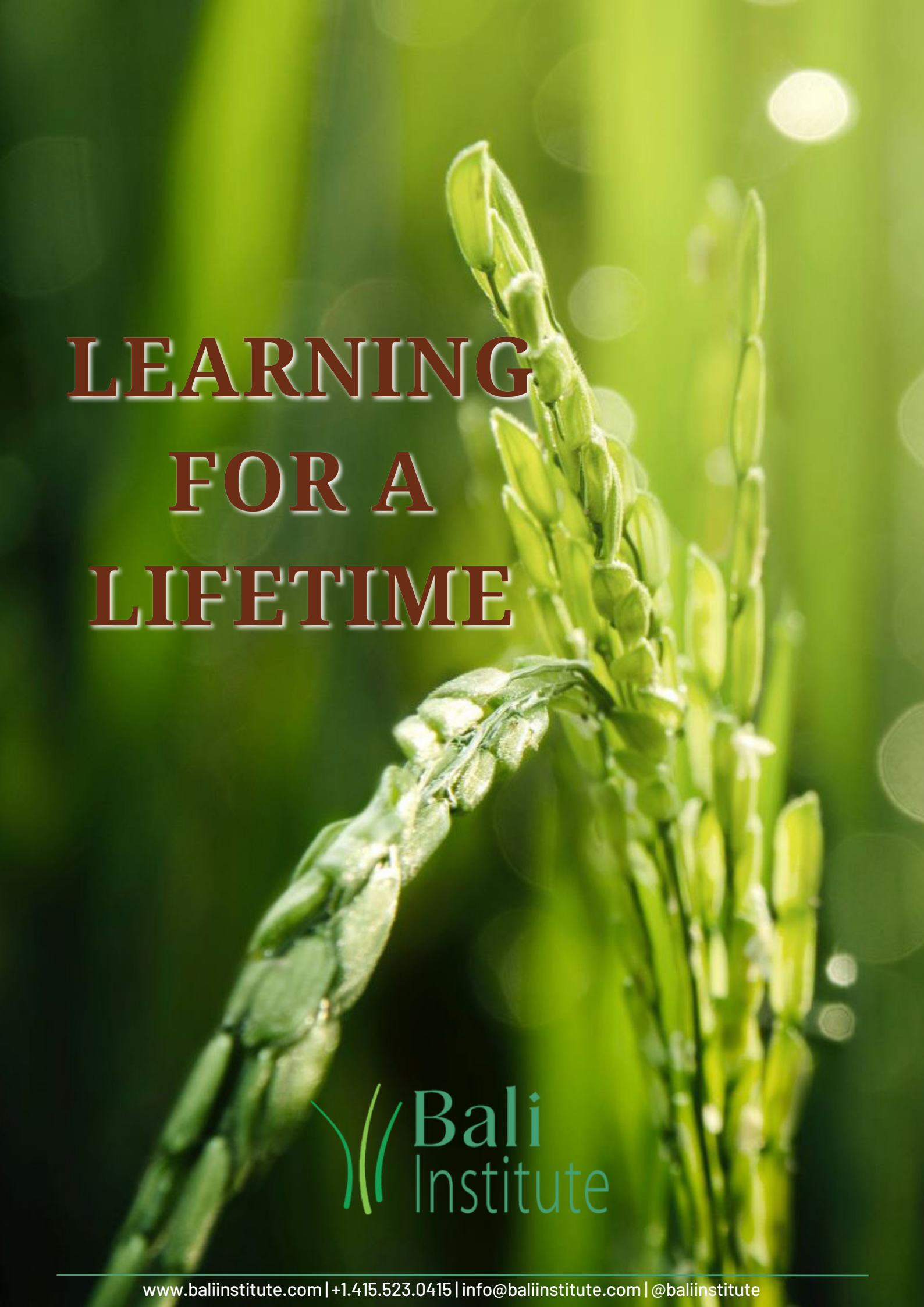
- ◆ Full tour Fee: \$ 2,900/participant
- ◆ Single room supplement: \$750

SERVICES INCLUDE

- ◆ 9 nights, double-occupancy in boutique 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, 7 lunches, and 5 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