

WOMEN'S BALI ADVENTURE

EX DENPASAR –

12 Day/10 nights



When you arrive on the shores of Bali you will be overwhelmed by her breathtaking beauty and her magical people. Bali and its varied landscapes is a must see destination. We have designed this tour especially for women wanting a relaxing holiday spiced with adventure. We begin our tour with 3 nights in Sanur where you will have time to relax on the beach or pamper yourself with beauty treatments. History tells us that the Kings throughout Bali would come to Sanur as it is a special place to meditate and pray. Experience the peace and tranquility during our stay at our Balinese designed accommodation surrounded by tropical gardens, our attentive staff are ready to service you with a friendly smile. On our first day we will take a leisurely bike ride along the beach front path to visit local markets and gallery's. We will also visit amazing Bali

Safari Marine Park where we will navigate through rugged jungle terrain in our Safari Exploration Truck, you will be amazed as you watch over 50 different animal species in their natural habitat ranging from Asia's rainforest to African savanna. From Sanur we travel to the mountain retreat of "Ubud" where we will stay for the next 3 nights. Situated 1.5 km from the town of Ubud, Bali's Cultural Heart and perfectly situated to explore other parts of Bali on pleasant ½ day trips. Our mornings will be spent seeking adventure activities visiting coffee plantations, Penelokan the best location to enjoy the scenery of the beautiful Batur Lake. You will have the option to either take 4 hour mountain bike ride all downhill through beautiful back roads and rice fields, all you need to do is apply the brakes. On this tour we will incorporate a visit to Batuan's impressive village temples, Mas, village of artistic woodcarvings and Ubud the home of painters. Another day will be spent hiking to the village of Muntigunung situated high in the mountains and on the slopes of the holy Gunung Agung. We have chosen a moderate route which begins at the lakeside village of Songan and from here we trek through wild vegetation to the villages nestled along the hillside. Accompanied by an experienced local guide and villagers, we will enjoy a part of this island that most Balinese don't even know about, 99% of tourists have not visited Muntigunung village. The 1% of clients who have travelled with Lyn Taylor's Adventure Travel. You will be touched by these people who have a less privileged life than our own. Proceeds from our visit will help support these people by providing such commodities as a water catchment systems and improved living conditions which will enable these people to generate sustainable income.

Don't despair it is not all adventure and exhaustion, our afternoons will be free to treat and indulge ourselves to soothing bliss at the resort Spa. We will also enjoy relaxing yoga classes, and a more energetic aqua class led by Lyn who is an accredited fitness instructor as well as your tour leader. From Muntigunung we will then travel to the north side of Bali staying 2 nights at a stunning water front resort Tembok where you will have the option of snorkeling at the US Liberty shipwreck situated just off the beach at Tulamben. From Tembok we will then drive towards the lush hill village of Sideman, this untouched village landscape is exactly how Ubud was before being developed. During our stay in Sideman we will deepen our understanding of the indigenous culture by enjoying a 1/2 day of Balinese Cooking Class, finishing off with a delicious lunch. Take a 2 hour rice field walk or just relax beside the pool or indulge in a pampering massage. The evenings we will be entertained by a local school dance performance. Our last day will be spent in Seminyak the heart of the boutique shops, late check out before sadly departing for our flight home. Whatever your pleasure everything you do on this Bali tour will be a reward to yourself and an enjoyable and unforgettable holiday.

PROPOSED ITINERARY

Day 1 – SANUR On arrival at Ngurah Rai Airport if you are on an Australian visa you will be required to apply for a visa on arrival, the cost is Aust\$51. Depending on which state you will be traveling from will determine your time of arrival. You will be met by our guide and greeted with cool towels, water..Transfer to the hotel in comfortable air-conditioned vans, the drive to the hotel will take approximately 45 minutes. Welcome drinks on arrival at the hotel Overnight (Deluxe building twin rooms) The afternoon is free to relax **(B)**



Day 2 – 3 SANUR Spend your first few days in beautiful Bali, it is the first day of your holiday and time to relax and pamper yourself. After lunch you may like to go into the town to check out the local retail shops or join Lyn on a cycle ride along the cycle path in front of our hotel which goes for several kilometers, or you may wish to have a relaxing afternoon on the beach. **(B)**

Day 4 – UBUD This morning you will have free time before we depart at 9am for morning sightseeing tour to the Bali Safari and Marine Park. Safari Park which is set on 40 hectares of splendid natural habitat. It offers many sensational highlights, from the traditional Balinese self- purifying a sacred bath, to the story of man- eating Lions in Kenya and the majestic White Tigers in India. Lunch at the restaurant before taking a short drive to our accommodation for the next 3 nights. On arrival at our hotel we will check in, it is now time to relax and enjoy your surroundings. The resort is surrounded by fantastic rice field views. In the evening we will dine out at the resort **(B)**



Day 5 – UBUD Optional full day tour and 3 hour downhill bike ride if you do not have bike skills do not despair as you will still enjoy the sights by riding in the vehicle. This tour is designed for travelers who seek to go deep into Bali's countryside and witness firsthand the daily life of rural rice farmers and craftsmen. This tour is guaranteed to be a memorable adventure. We pick you up at your hotel by A/C van and then drive up towards Kintamani stopping at a local coffee plantation where you will sample several blends of coffee, there will also be an introduction to several medicinal plants. Continue to the start of your cycle where you will be gently guided downhill for the next 3 hours. During the bike ride you can stop whenever you choose to take photos, our 2 guides will be there to assist and point out interesting landmarks along the way. You will be able to find out details about village life including rice and vegetable farming, ceremonies, and family life. We will go on a short walk into rice paddies where you can experience firsthand what it is like to grow, harvest and process rice. Next we will visit a village temple and learn about Balinese spiritual beliefs and practices. After the bike tour we drive you to a traditional Balinese home for a magnificent luncheon in the family compound of tour guide Kutuk where you will be treated to real Balinese feast. We also cater for vegetarians. This personal welcome into his traditional family life has proved to be one of the most popular components of the tour. Kutuk's families genuine warmth and enthusiasm for sharing their culture will guide you through everything from the how's and why's of daily offerings to the amazing relationship between Balinese architecture and it's spiritual practices. Return by vehicle to our resort in Ubud. **(BL)**

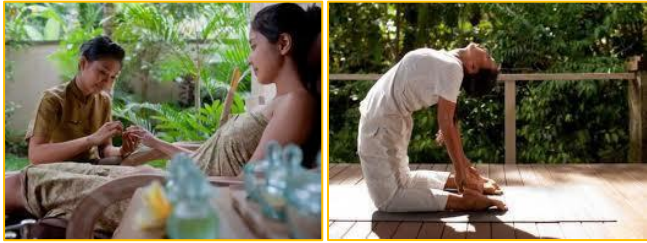


Day 6 UBUD This morning we will do an optional 2 hour rice field walk it is then free time to relax around the pool, enjoy spa treatments, yoga and aqua classes - There is a morning and afternoon shuttle bus for those who wish to do some retail therapy in **UBUD** or visit the Ubud Markets. **(B)**

Complimentary . Daily afternoon tea and Balinese cake in the restaurant at 15.30pm -16.30pm

Complimentary . Daily coconut leaf craft lesson at yoga lounge 10.00am-12.00 at noon **Complimentary**

Yoga Class at 4pm



Day 7 UBUD – MUNTIGUNUNG - TEMBOK Today is a big day we will explore by foot an untouched part of the island of the Gods. Enjoy breathtaking views and learn about the sustainable development of rural, poor villages in northern Bali. This is a unique experience that you will not forget. Pick up time at our hotel will be 6am, our luggage will be transferred to your next destination. The group will depart the hotel for a 1-1/2 hours to Songan near Mount Batur. On arrival at 8am we will start to trek for approximately 3 hours taking plenty of stops along the way before arriving at our destination of Tiyeng Tali Village where we will enjoy a tour of the village. At 1pm our vehicle will collect us and we will drive the cashew nut factory which is part of the Foundation, here we will sample cashew nuts, rosella tea and rosella sweets. We will continue our drive to the north coast and our resort villa at Tembok. Time to swim and relax by the pool and our beautiful surroundings **(BLD)**



Day 8 TEMBOK – For those feeling energetic Lyn will instruct a 1 hour aqua fitness class before breakfast. Breakfast will be on the terrace facing the ocean, after breakfast we will depart on a 15 minute drive to our snorkel destination at Tulamben, where the US Liberty was shipwrecked and situated just off the beach. Return to our hotel for lunch, the afternoon is a relaxing day of pampering, in your package includes a 1 hour massage, pedicure and manicure. Evening cultural performance.**(BLD)**

Day 9 TEMBOK – SIDEMAN After breakfast we will sadly depart our hotel in Tembok to visit one of the greatest places in Bali that has strong spiritual aura> Sidemen Valley located at Karangasem East Bali regency has many temples of Hindu Bali, the majority religion of Balinese people, located in this village. This village located in the valley, is surrounded by many hills, and most of the area is a paddy fields that are irrigated by Subak, the Balinese traditional water system for rice field. The area is famous for stunning scenery, and a simple, traditional way of life. Sidemen village has produced masters of Balinese literature and Hindu theology, as well as generations of skillful weavers. Check in and after a delicious lunch relax until 3pm before taking an optional 2 - 3hour village and rice field walk. **(BLD)**



Day 10 SIDEMAN This morning our resort chef will take us on a tour of the local market where he will explain the different vegetables and fruits that will be used in your traditional Balinese Cooking Class. Time to do a little market shopping before returning to our hotel to begin the art of Balinese cooking and afterwards enjoy a wonderful lunch. Afternoon free to relax or take a short village walk to visit the local craft markets and weaving shops. **(BLD)**



Day 10 SIDEMAN – SEMINYAK This morning we will depart for Seminyak on the journey we will stop at some local art and craft shops. Lunch will be provided with a special menu of freshwater fish with Balinese spices and some vegetables. On arrival at our hotel around 2pm check in and the afternoon is yours to either do some retail therapy, walk on the beach or just relax. The evening we will dine on the beach to enjoy a magnificent sunset. **(BL)**



Day 11 SEMINYAK Today we have the luxury of a 6pm late check-out full day to enjoy before departing for the airport for our flight to Australia. You may wish to do that

last minute shopping as our hotel is situated a ½ hour walk along the beach to Kuta or 5 minutes walk to the many wonderful malls situated in Seminyak. If you are not a shopper do not despair as we can arrange an optional tour to Tanalot. Whatever it is that you decide to do on your last day in Bali will sure to be remembered **(B)**



PRICED FROM AUST\$2850 PER PERSON TWIN SHARE (based on 4 persons travelling in the group)

Single Supplement. AUST\$800

Includes: Excellent Accommodation including breakfast 3 nights Sanur, 3 nights Ubud, 2 night Tembok, 2 nights Sideman, 1 night Seminyak including b'fast, most lunches and dinners included. Transfers with excellent ground transport, Spa Package including pedicure/manicure, 2 x 15 minute massage, 1 x 1hour massage, 10 minute foot bath, Yoga class, Aqua class, Snorkelling, Basket weaving, Cooking Class with Balinese Feast, all day excursion to the village of Muntigunung, full day mountain bike and sightseeing excursion or vehicle excursion, visit to Bali Marine Park including entry, welcome drinks, complimentary afternoon tea, lunches and dinners where specified on itinerary, Cultural performances, Rice field walks. .

Not Included: International airfares, Visa, travel insurance, hard and soft drinks some lunches and dinners, gratuities



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