

A photograph of a brown deer standing on a grassy area in front of a building with a large, light-colored tent-like roof. The building has dark wood framing around the windows and doors. The background is filled with lush green trees. The text 'AMANWANA' is overlaid in white, spaced-out capital letters across the middle of the image.

# AMANWANA

Guest Experience

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## The Amanwana Experience

Moyo Island is located approximately eight degrees south of the equator, within the regency of Nusa Tenggara Barat. The island has been a nature reserve since 1976 and measures forty kilometres by ten kilometres, with a total area of 36,000 hectares. Moyo's highest point is 600 meters above the Flores Sea.

The tropical climate provides a year-round temperature of 27-30°C and a consistent water temperature of around 28°C. There are two distinct seasons. The monsoon or wet season is from December to March and the dry season from April to November.

The vegetation on the island ranges from savannah to dense jungle. The savannah land dominates the plateaus and the jungle the remaining areas. Many varieties of trees are found on the island, such as native teak, tamarind, fig, coral and banyan. Animal species include rusa deer, banteng or wild buffalo, boar, monkeys and a wide variety of bats. The white-breasted sea eagle, barmity kite, osprey, yellow oriole, megapode and other species of wild birds can be found on the island.

In the water, the marine life is just as exciting. The Flores Sea presents many varieties of coral. Stag horn, gorgonian fans, sponges and plate coral can all be found in Amanwana Bay. Frequently observed are hawksbill and green sea turtles, moray eels, lobsters, parrot fish, blue spotted rays, lionfish, barracuda and small reef sharks. Occasionally dolphins, giant manta rays and whales can also be seen, either while snorkelling, diving or on a boating excursion.

Amanwana Bay is a marine reserve and therefore all coral, shells and marine life are protected. Amanwana is dedicated to conservation of the island and surrounding areas, and you can learn more about our commitment through the Moyo Conservation Fund. We ask for your assistance in protecting our underwater park, as well as the Nature Reserve on land. Please do not remove anything from the water and take care not to damage the reef whilst swimming and snorkelling.



## During Your Stay

With so much to discover on and around Moyo Island, Amanwana is happy to ensure that guests experience a few highlights of the land and sea during their stay. Therefore, we offer the following activities complimentary to all guests while at the camp. Please speak with our guest assistants if you have any questions or would like to book the below activities.

### DAILY SNORKELLING EXPEDITIONS

Daily snorkelling excursions are offered for guests looking to discover the marine life surrounding Amanwana.

Known for its rich diversity and colourful coral reefs, the Flores Sea offers wonderful snorkelling. Jump aboard one of our boats for an unforgettable snorkelling experience. Whether a first timer or an expert in the water, our team can guide you around this untouched underwater paradise. Buoyancy vests are available for inexperienced swimmers or those less comfortable in the open water.

### THE WATERFALL

Barry's Falls is an example of nature at its finest. Comprising of a series of cascading limestone pools and located in the centre of the island, deep in the tropical forest, the spring fed water of the pools provides a refreshing swim to escape the heat of the day.

Barry's Falls are named after Barry Lees, who discovered Amanwana Bay, and in turn found this beautiful waterfall.

Guests are invited to join this excursion on a complimentary basis once during a stay. Please let our guest assistants know when you would like to join, as spaces are limited each day. When joining the waterfall excursion, please consider your departure time, as other guests may be joining the excursion.

### CAVE TREK

Once during your stay, Amanwana offers guests the opportunity to discover a natural cave with your personal guide to lead the way. Treks can be timed to guest preferences, but it is recommended to book a slot if you are interested, to ensure your ideal timing.

The track is a continuation of the Brang Sedo path and is quite a physically demanding trek.

The cave at the end is inhabited by seven species of bats. Monitor lizards and occasionally pythons may also be observed in the cave. There is a good opportunity to observe a variety of bird life and wildlife during the trek.



# Amanwana Dive Centre

## Diving at Amanwana Bay

Varieties likely to be observed are hawksbill and green sea turtles, moray eels, pufferfish, parrot fish, blue spotted rays, lionfish and barracuda. Groups of banner fish, surgeonfish and triggerfish school the area. Sometimes you can see tuna and trevally hunting with reef sharks cruising by. Occasionally dolphins, whales and mantas can be seen.

### SEA WALL

This dive begins from the beach next to the guest jetty, starting with a gentle sandy slope. A perfect area to practice safety skills, before moving out to a deep wall drop off.

Usually with no currents, our house reef hosts many large schools of fish and beautiful coral fans making this site a perfect first dive.

For the photographer this reef can be a true gem with chances of finding nudibranchs, ribbon eels, leaf ghost pipefish, banded pipefish, frogfish and anemone shrimps.

### TURTLE STREET

Protected inside Amanwana's Bay, you'll find a number of resident hawksbill and green sea turtles around this gently sloping reef.

Also to be seen are anemone fish, nudibranchs, lobsters, moray eels and black tip reef sharks. The remains of an old jeep make for a good photo opportunity.

### CROCODILE HEAD

The dive starts with a gentle sandy slope, then gives way to a beautiful wall dive that reveals hard and soft corals with lobster and other reef creatures just waiting to be explored. Stag horn coral beds hosting parrotfish, banner fish and other reef fish populate the area.

## Diving at the Outer Reefs

A 10 to 15-minute boat ride from the camp presents three large reefs. The reefs are directly parallel to Labuan Aji Village. Our breath-taking outer reefs contain multiple dive sites, all offering amazing amounts of different varieties of unique fish and coral species. On all the reefs, you are able to find coral that can be dated to over 100 years old. You will have difficulty to find reefs in better condition anywhere else in the world.

### PANJANG SLOPE

This long ocean-facing reef is a truly spectacular dive. Varying currents bring in an abundance of large schools of fish, where you can see 1-metre tunas and large trevally hunting. Sightings of baby sharks, frogfish, leaf fish and sea snakes are common.

There is a dense forest of coral, with a wealth of giant sponges, staghorn corals and sea fans. Often hiding in the shelter of the big coral bommies you might be lucky to find frogfish, leaf fish, pigmy sea horses and sleeping reef sharks.

Suitable for open water divers, this dive is a must!

### PANJANG TIMUR

Panjang Timur is a deep slope with a beautiful variety of hard and soft corals including stag horns, gorgonian fans, large sponges and an abundance of soft coral. There is a vast selection of reef fish and larger species such as bump head parrotfish and eagle rays.

### LABUAN AJI

Labuan Aji is a spectacular circular reef offering great wall diving. The wall descends vertically to beyond 60 metres.

Sometimes you'll meet up with beautiful eagle rays, batfish, schools of surgeonfish or midnight snappers. Pelagic and reef fish are plentiful along the wall.

The dive ends on a sandy slope that presents an underwater garden of coral housing thousands of small colourful aquarium-like fish.

This site is spectacular for the macro enthusiast with many varieties of nudibranchs & leaf fish.

## SEA FAN

Sea Fan starts with a hard cabbage coral reef in the shallows, sloping off to a deep wall special for giant gorgonian fans, elephant ear corals and huge sponge corals.

This reef usually has a gentle current that pushes the diver along, allowing guests to relax and enjoy the view.

## ANGEL REEF

Angel Reef is a small reef known for its great quantity of angelfish and red tooth triggerfish.

The dive starts off at 10 metres and slopes down to the abyss. On the odd day there is no current, so if you enjoy a more active dive, try this site.

The corals on this underwater mountain are alluring, including gorgonian fans, tube sponges and elephant ears. Angel reef is also home to many juvenile fish and if you are lucky you will find cuttlefish and octopus trying to camouflage themselves in the shallows.

## TANJUNG MENANGIS

This site is a little further afield, off the coast of Sumbawa, and is an interesting wall that drops to 100+ metres and can be a fast drift dive.

Strong currents give you the opportunity to see large pelagic fish such as tunas, trevally and mackerel. Schools of bump head parrotfish, manta and eagle rays also patrol this reef. If you have a keen eye, you will also be able to observe ghost pipefish and beautiful nudibranchs.

If there is little current on the corner of the reef, look out for the silver tip and black tip reef sharks that patrol this area.

## TANJUNG PASIR

This cruise south from Amanwana stays close to the coast before passing Tanjung Rajasua to enter the straits that lead to Saleh Bay.

This is a perfect destination for those who love snorkelling and diving. The untouched slope off the beach drops down to 20 metres and presents beautiful corals and healthy reef fishes. Reef shark and turtles might also appear during your dive.

A picnic lunch on the beach can be organised following your dive if you wish.

## Diving at Satonda Island

This cruise takes you north on a private boat to Satonda - a volcanic island with Mount Tambora as its backdrop. Satonda has a large lake in the centre formed by the eruption of Mt Tambora in 1815 and is home to local and migratory wildlife, including thousands of huge fruit bats. It is surrounded by a fringing reef that supports some of the most amazing soft corals in the area. Whilst schools of reef fish, lobsters, moray eels, turtles and nudibranchs are plentiful, keep one eye open on the flat sandy bottom for the large rays that often cruise by.

In between dives, you can kayak on the lake and have a picnic lunch either on board or on the beach. This day excursion is also excellent for the non-diver, as the reefs are very shallow and perfect for snorkelling.

### VOLCANO BAY

Volcano Bay is a 2 to 17 metre slope, filled with Satonda's unique soft corals. This dive is a classic.

A little deeper you will find some underwater rocks covered with hard and soft corals, with bountiful tropical reef fish and a good chance of turtles.

### SATONDA SLOPE

Starting at 2 metres with a gentle slope down to 20 metres, this dive features hard and soft coral coverage.

Fish life is plentiful and colourful nudibranchs provide a great opportunity for the underwater photographer.





## Night Diving

Night diving is an interesting way to experience the waters of the Flores Sea, highlighting the reefs' micro interaction. Occasionally seen are sleeping turtles, Spanish dancers, all kinds of crustaceans, spawning coral and nudibranchs. At night the reefs completely change shape and their colours come alive as many of the reefs feeding and spawning activities are under the cover of darkness.

For those looking for an other-worldly experience, this might be just it.

On the house reef we normally descend just after sunset and surface when the sky is full of stars. For the outer reefs we usually head out just before dusk.

Options for Night Diving include:

Night Dive Sea Wall  
Night Dive Sea Wall Nitrox

Night Dive Crocodile Head  
Night Dive Crocodile Head Nitrox

Night Dive Outer Reef  
Night Dive Outer Reef Nitrox

## Courses & Certifications

Moyo's tranquil surroundings have a unique and unspoilt underwater diving experience - difficult to find anywhere else in the world.

To make this experience unsurpassable, our professional dive team, including Indonesian PADI dive instructors, are experienced and trained in the area. The team has great enthusiasm and a vast knowledge of the local reefs and aquatic species. They offer their knowledge and experience to provide a very professional and safe dive service.

Our dive team is able to offer personal one-on-one tuitions of PADI dive courses ranging from a Discover Scuba Diving Experience to a Dive Master Certification and various other specialty courses including deep, night and photography. We have learning materials available in a variety of different languages.

For more information please visit the dive centre, located next to the beach, and chat to one of the dive team

### PADI DISCOVER SCUBA DIVING

For beginners who would like to have a taste of diving, yet have no prior experience, this is a perfect opportunity whilst on holiday. This lesson includes a dive briefing in our classroom, a shallow confined lesson with a few dive skills and a supervised dive with one of our instructors, including all equipment.

If you enjoy the experience, you are able to participate in additional dives at other reefs, always guided by one of our instructors.

### PADI SCUBA DIVER COURSE

Let one of our instructors guide you through the first diving course offered by PADI, involving dive theory, confined water skills practice and two dives.

On completion you will be able to dive anywhere in the world with a PADI professional to a maximum depth of 12 metres.

### PADI OPEN WATER DIVER

This course includes dive theory instruction, confined water skills training and four open water dives. The course can be completed in a minimum of 3-4 days or tailor-made to suit your personal timetable.

On completion of this course you will be qualified to dive anywhere in the world.

### PADI REFERRAL COURSE

Take all the theory and pool sessions at home and complete the open water dives here at Amanwana. This course includes a skill circuit refresher for safety, four open water dives, certification and all hire equipment.

### PADI ADVENTURE DIVER

The adventure diver contains three specialised dives. If your stay here at Amanwana is short, then this is the perfect course to further your diving experience towards becoming a PADI advanced diver.

All three dives can be completed in just one day.

## PADI ADVANCED OPEN WATER COURSE

For the already certified divers who wish to extend their diving skills and knowledge, this course consists of five dives, including a deep and a navigation dive. A choice of three more exciting adventure dives completes your course.

After completion of the course you will be certified to dive to 30 metres.

## CHECK OUT DIVE

Perfect for guests that have not dived for a while but who are already qualified. This is a comfortable shore dive on our house reef, to practice a few dive skills with one of our dive instructors and to get familiar with our equipment.

## ENRICHED AIR (NITROX)

Stay down longer and get back in the water sooner. Diving with Enriched air or Nitrox extends your no decompression limits and allows you to spend more time under water. As the air breathed contains less Nitrogen, you tend to feel less tired after diving.

This is particularly advantageous if you are doing lots of dives in a short period of time.

## PADI SPECIALTY COURSES

### Underwater Digital Photography

Learn how to capture that special underwater moment - two dives plus certification.

### Deep Diver

Extend your certification levels to new depths, get special training to 40 metres - four dives plus certification.

### Peak Performance Buoyancy

Buoyancy tips to help extend your air to get the most from your dive - two dives plus certification.

### Other Specialty courses available on request:

Boat, Drift, Enriched Air, Night, Project AWARE



# At Sea & On Land

## Water Sports

A range of water activities are located at the boardwalk at the southern end of the beach, where you will also find our sundeck, equipped with sun lounges and umbrellas for sunbathing and relaxing in comfort. Our beach boys are on hand to provide refreshments and assistance, as well as instruction in sailing, wind surfing, paddle boarding, kayaking and snorkelling.

### SNORKELLING

Amanwana Bay provides a wonderful underwater panorama of abundant fish and coral life. Our beach boys will direct you to the best spots and are happy to accompany you in the water, should you require a guide or lesson. Buoyancy vests are available for inexperienced swimmers.

As well as the house reef off the boardwalk, Turtle Street on the north end of the bay offers a great chance to see turtles in their natural environment.

### NIGHT SNORKELLING

See the house reef from a completely different perspective. Night snorkelling is fun and very interesting, highlighting the reef's micro interaction.

Check with our front office staff to arrange a guided tour. This activity is best enjoyed at high tide and on a calm night.

### HOBIE CAT SAILING

Try your hand at sailing on our Hobie Cat. This delightful little vessel is a lot of fun and very simple to use. Cruise around the bay led by the wind, with just the natural ocean sounds and a fresh breeze running through your hair. If you have never tried sailing, our beach boys will be more than happy to jump aboard and guide you through the basics.

### KAYAKING, STAND-UP PADDLE BOARDING & WIND SURFING

Try your balance on a stand-up paddle board, catch the breeze while wind surfing or get your arms rowing on a kayak towards the horizon. Amanwana's water sport equipment is available to guests at their leisure throughout the stay. For any guided tours or assistance in operating any of the equipment, our team is happy to support.

## Excursions

With so much to discover on Moyo Island itself, it should come as no surprise that there is even more exploration to be done outside of camp. For those looking for secluded beaches, untouched and paradisiacal waterfalls or a day's adventure with unforgettable scenery, Amanwana suggests a series of excursions to keep the adventurous spirits energised.

### THE WATERFALL

Barry's Falls is an example of nature at its finest. Comprising of a series of cascading limestone pools and located in the centre of the island, deep in the tropical forest, the spring fed water of the pools provides a refreshing swim to escape the heat of the day.

Barry's Falls are named after Barry Lees, who discovered Amanwana Bay, and in turn found this beautiful waterfall.

When booking the waterfall excursion please consider the departure time, as other guests may be joining your excursion.

### HONEYMOON BEACH

Enjoy the privacy of your own secluded beach, tucked away on a deserted shore.

Our beach boys will drop you at one of the many nearby coves with a picnic lunch, snorkelling equipment and sun mattresses. You will be able to laze in tranquillity with nothing but the natural sounds of the ocean lapping at the shore. Enjoy the shallow reefs for snorkelling and relax with a good book. You will be collected at a designated time.

Please check with the guest assistant for high tide times.

### SATONDA ISLAND

The spectacular island of Satonda is located about 40 kilometres to the north east of Amanwana Bay. A volcanic island with Mount Tambora as its backdrop, Satonda It is covered in tropical forest and home to local and migratory wildlife, including thousands of huge fruit bats. In the beautiful reefs that surround it, a wide range of corals, tropical fish, lobsters, moray eels, turtles and nudibranchs can be found.

Depart Amanwana on Aman X or XX for a 75-minute journey to the island. Choose from a host of activities including kayaking on the large salt-water lake in the centre of Satonda, formed by the eruption of Mt Tambora in 1815. Jungle trekking, snorkelling, diving and even some deep-sea fishing can also be enjoyed on this excursion.

Take a picnic style lunch on the beach or on board, completing an action-packed day that you will never forget.

## On the Beach

The beautiful space between the jungle and the sea is the ideal place to relax and unwind. Kick back on a beach lounger while taking in some sun or try a hammock to enjoy a gentle sway in tune with the ocean breeze. While the power of its gentle atmosphere is unmistakable, the beach offers much more than simple leisure. From entertainment to conservation, our beach provides guests the opportunity to discover natural phenomenon of nature – or simply enjoy a film under the stars.

### AMANWANA CINEMA

Enjoy a unique cinema experience under a canopy of stars, wild fig and banyan trees with the gentle sounds of the Flores Sea in the background. Pick a movie or documentary from our extensive list of titles and then sit back and enjoy a private viewing.

### TURTLE HATCHING

On the beach next to the trees in front of the dive centre, Amanwana provides a designated area for rescued turtle nests.

During the months of November to April, both green and hawksbill sea turtles lay their eggs around Moyo Island.

Nests hatch after a 60-day incubation period, with up to 150 babies making their inaugural journey to the sea. It is an amazing experience to see them emerge out of the sand and scramble down the beach into the ocean.

Please ask dive staff for more details on this remarkable event. If you are interested, and nests are due to hatch during your stay, our team can inform you when this fantastic event occurs.

## Trekking & Cycling

Amanwana offers a number of interesting treks that start directly from the camp. If you plan to walk alone, please let us know your destination and expected time of return. Please remember it is a jungle out there! If interested in wildlife viewing, we suggest you commence your trek early in the day for the best opportunities. Early morning and late afternoon also provide cooler moments for a wander, but please keep in mind that due to our proximity to the equator, the sun may set quicker than you expect.

Please check Amanwana's adventure map or speak with our team for more accurate directions of where the tracks are located. Please remember that it is very hot in the tropics, so do stop for rests and take plenty of drinking water with you on your trek. Contact the front desk for assistance in preparing refreshments or if you would like to be accompanied by a guide on your trek.

### AMANWANA RIDGE

This track starts from the helicopter pad above the camp's boardwalk and follows the ridgeline above the camp. The ridge walk offers picturesque views and the possibility of observing Moyo's animal and bird species. The path leads towards the camp's west jetty and connects with either Crocodile Head or the mountain bike trail.

### CROCODILE HEAD

This walk is an extension of the Amanwana Ridge track. Follow the road uphill behind the west jetty, take the left-hand fork at the ridgeline and bare left down to the headland.

Crocodile Head presents a panoramic view of the Flores Sea and the surrounding jungle. It is a beautiful spot to watch the sunset.

### COASTAL CLIFF TREK

This track follows the mountain bike trail and continues on from Crocodile Head, offering an opportunity to view the rugged coastline north of Amanwana next to the Flores Sea.

Monkeys, birds, fruit bats and sometimes wild boar are observed along the track. The track eventually leads away from the coast and comes to a junction: heading right will bring you back to the top of the west jetty.

Please consult a guest assistant to arrange a guide.

### CAVE TREK

For this trek, guests must be accompanied by a guide. The track is a continuation of the Brang Sedo path and is quite a physically demanding trek.

The cave at the end is inhabited by seven species of bats. Monitor lizards and occasionally pythons may also be observed in the cave. There is a good opportunity to observe a variety of bird life and wildlife during the trek.





# Leisure Cruises & Charters

## Leisure Cruises

Much of what enthralls guests during a stay at Amanwana is the ability to completely unwind. There are few better places to do so than on a leisurely cruise, taking in the best that nature has to offer. From unparalleled snorkelling spots to unforgettable moments at sunset and after, our leisurely cruises offer something for everyone. Jump in the water, enjoy the breeze from the deck or imbibe your favourite cocktail while gazing at the stars – all are possibilities while at Amanwana.

*Please note that the green season from December through March can bring unpredictable sea conditions and for your comfort and safety, some cruises may be unavailable during this time.*

### TANJUNG PASIR FOR SNORKELLING

This cruise south from Amanwana sticks close to the coast before passing Tanjung Rajasua to enter the straits that lead to Saleh Bay. The destination for snorkelling is Tanjung Pasir on the south eastern point of Moyo. From here, views extend to the vast waters of Saleh Bay.

Wonderful snorkelling on coral gardens are found in this area. After snorkelling take a picnic aboard or on one of the many secluded beaches in the area.

### LABUAN AJI FOR SNORKELLING

Using our traditional wooden outrigger Aman XIV, cruise to one of the beautiful action-packed reefs to the north of Amanwana Bay for an unforgettable snorkelling experience.

Each reef is covered in pristine corals, which are in turn home to a great density and variety of marine life. Let our cruise staff guide you around this untouched underwater paradise.

Pack a picnic lunch and make a half day trip! Swimming aids are available for novice snorkelers.

### SUNSET CRUISE

This is a classic Amanwana experience on board our traditional wooden outrigger Aman XIV.

Order some drinks and canapés and absorb the sights and sounds of the peaceful jungle as the sun sets at the end of a magical day on Moyo Island.

If you like, you can also combine this cruise with some traditional hand-line bottom fishing. If you are lucky, you may even catch your dinner!

### STARLIGHT CRUISE

On a still and calm evening, this cruise is a magical experience. You will take a short ride out into the bay on our traditional wooden outrigger Aman XIV, where the captain will cut the engines to allow you to simply drift beneath the dazzling canopy of stars above you.

Enjoy dessert, cold drinks, tea or coffee as you settle back and relax on the day bed on the roof of the boat.

## Fishing

The areas surrounding Amanwana are untouched by commercial fishing. Regular catches include spanish mackerel, wahoo, dogtooth tuna, giant trevally and barracuda. Try your luck with our experienced cruise staff and hopefully bring back a catch for our chefs to prepare for you!

*Please note that the green season from December through March can bring unpredictable sea conditions and for your comfort and safety, some cruises may be unavailable during this time.*

### SPORT FISHING

Aman XX is the perfect vessel for the serious angler - complete with fighting chair, cabin, toilet and fly-bridge - as well as twin 250 horsepower 4-stroke engines to ensure maximum performance and flexibility.

Enjoy a comfortable breakfast on the boat and our trained crew is on hand to assist the novice as well as the experienced angler. The recommended time for deep-sea fishing is in the early morning.

### TRADITIONAL BOTTOM FISHING

Enjoy morning or afternoon bottom fishing on Aman XXII, our traditional teak wood Madura-style fishing boat.

Experience Moyo's traditional means of bringing back dinner and try it for yourself. Our chefs will happily prepare a meal to your liking with your catch.

Bottom fishing attracts fish of all sizes, but please note: undersized fish must be released to protect the future of our marine life.

## Charters

The perfect way to discover the area around Moyo Island is with an outing designed and decided by no one other than you. Amanwana offers a number of boats for private charter and our team is happy to propose or discuss a journey to meet your wishes. We will be happy to assist you in planning your adventure and recommending the most appropriate vessel for your needs.

*Please note that the green season from December through March can bring unpredictable sea conditions and for your comfort and safety, some cruises may be unavailable during this time.*

### AMAN XIV

The traditionally designed and built wooden outrigger Aman XIV measures 14 metres in length and has a full canopy to provide protection from the sun. It can be used for coastal cruising and nearby diving and snorkelling explorations.

### AMAN XXII

A 9.5-metre fibre-glass Kevlacat hull with twin 250 horsepower 4-stroke engines makes Aman XX a versatile high powered vessel. Perfect for day trips, deep-sea fishing or diving, she comes complete with a comfortable cabin, toilet and fly-bridge.

### AMAN XV & AMAN XVI

Our Boston Whalers Aman XV and Aman XVI each measure 8 metres in length and are fitted with twin 115 horsepower outboard engines. Their high speed makes them suited for most adventure activities, including diving and game fishing.



# Dining Experiences

## Memorable Moments

Private dining has never been this good. Discover our secluded spots and special dinners that will enhance the solitude you get on Moyo Island. Designed for both special occasions or the everyday, these opportunities will provide memories to look back on for a long time to come.

### SUNSET POINT

Ascend up our jungle steps and trail the ridge that leads to Sunset Point. Once atop the volcanic ridge, you can comfortably watch the sun setting on the horizon with uninterrupted and sweeping views.

The vista will amaze while your personal butler attends to your wishes and Mother Nature relinquishes another day.

Cocktails and capanés have never been quite as enjoyable as they are in this romantic and private setting.

### BAREFOOT ON THE BEACH

Dine on the golden sands of Amanwana Bay, complete with your own chef and personal butler.

The sizzle of the barbeque will flavour your senses while the soothing sounds of the Flores Sea gently lapping on the shore and a warming glow from the lustrous bonfire will ease you towards a relaxed contentment.

### PAVILION RETREAT

In the jungle, at the edge of the ocean, settle in for a serene and peaceful supper at the close of day.

A Sumbawa Bakela Feast will be prepared and served by your personal chef and butler.

Look out to the Flores Sea and enjoy the tropical breath of isolation. With just the flicker of candlelight, the shared platter and undiscovered atmosphere will provide an evening to be remembered.



# Spa & Wellness

## Amanwana Spa Facilities

The Spa at Amanwana is a wilderness hideaway forgotten by time, surrounded by the turquoise water and untouched reefs of the Flores Sea. Amidst the beauty of the island's nature, here one can take the time and space to reconnect with your inner self. Not your traditional spa, Amanwana offers an alternative to the regime and routine. The Spa was conceived and created to blend Indonesian-influenced techniques with the best of the East and the West.

### THE JUNGLE COVE

A Spa unlike any other, guests can find their way to the hidden Jungle Cove Spa by following the pathway through the property, ending up on the water's edge, with only the peaceful sound of the waves and the breeze rustling through the overhead canopy to transition you into full relaxation.

The Jungle Cove Spa features tranquil views of Amanwana Bay from an open-air double treatment room with an outdoor shower and large sunken tub.

In addition, there are 2 single treatment rooms with an outdoor shower, making this isolated location the perfect spot for both single and couple's treatments.

The Jungle Cove Spa is open from 9.00am, with a last booking at 4.00pm.

### THE SPA TENT

Treatments can also be enjoyed in our Spa Tent, located near the Restaurant, or in the privacy of your own tent.

The Spa Tent features two massage beds, a bathtub, separate shower and toilet, all for the comfort and convenience of our guests.

For early risers and night owls, the Spa Tent is open from 8.00am, with a last booking at 10.00pm

## A New Spa Language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine, are based on complex theories of the workings of the human body and mind.

Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

### UNDERSTANDING ENERGY

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine this is known as *qi*, while in Ayurveda and Yoga - *prana* is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.

### AMAN PRODUCTS

Harnessing the power of the Earth, Aman's line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions.

Aman's products are grouped into three different formations - Grounding, Purifying and Nourishing. They reflect the landscapes at Aman's destinations - deserts, rainforests and oceans that span continents and cultures.

Aman products also work on a deeper level and are highly vibrational from an energy perspective. Many of Aman's resorts are located near sacred sites that align with energetic ley lines. With this in mind, the Aman products and rituals are designed to work with the Earth and the energy of the landscape - in essence, to use the medicines and healing ingredients of the planet's apothecary



## Aman Signature Rituals

Aman's Grounding, Purifying and Nourishing Signature Rituals are carefully curated using the finest organic and natural ingredients. Inspired by Aman's destinations and local healing philosophies, the three parts of the Signature Menu offer tangible benefits and long-lasting results.

### FOOT RITUAL

A soothing, mineral-rich foot ritual is a prelude to each signature ritual. The feet are cleansed; complementing the spiritual cleansing that takes place through a smoking ceremony. This foot ritual is deeply relaxing, but also richly symbolic. It is an act of service and care at its most humble and invites the surrender of personal will. The trust that is fostered helps guests to fully benefit from the rituals that follow.

### SMOKING CEREMONY

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centres in preparation for the treatment to come. Different smoke is used for each treatment, as different woods and resins have particular properties and healing powers.

**Black Amber** The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

**Palo Santo** Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

**Frankincense** Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.

## Nourishing

Focusing on the spiritual energy of love, the Nourishing Rituals draw inspiration from the hot and humid climates akin to rainforests and rice terraces. Ingredients such as jasmine stem cells, sandalwood and jade crystals have been chosen for their powerful regenerating abilities and are known to fuel recuperation.

The Nourishing Rituals incorporate a smoking ceremony with frankincense, chakra balancing massage, marma point therapy and the Light Technique. These rituals encourage the healing of emotional and mental wounds with a nurturing embrace and hold the spirit of adventure to inspire you to be your best self.

### MASSAGE RITUAL

90 minutes

This treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind.

This deeply relaxing treatment includes chakra and sound healing - said to activate and channel the *Kundalini* (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance.

On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling completely restored.

### FACE RITUAL

90 minutes

Richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk are used in this deeply nourishing face ritual. It invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana.

Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face - the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with an inner luminosity.

### SCRUB & WRAP RITUAL

90 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the scrub and the wrap. It is known to nourish, hydrate, tone and rejuvenate.

The Jade Mud Wrap combines the nourishing effects of Jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind.

After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

### NOURISHING JOURNEY

180 minutes

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual.

All three Nourishing rituals are incorporated, beginning with the Body Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

## Grounding

Drawing on the peaceful energy of the mountains and deserts, the Grounding Rituals focus on key ingredients with the foundational characteristics: amber oil, rose quartz crystals, sandalwood, Peruvian black and purple mud, wild harvested butter and tuberose. The Grounding formation works as a balm for the restlessness created by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Focal techniques include black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupuncture work, cupping and kneading.

### MASSAGE RITUAL

90 minutes

Informed by the Tibetan healing traditions this Ku Nye full body massage grounds the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energizes the meridian system.

The massage incorporates cupping along meridian lines, acupuncture, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. Finishing with an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally.

## Purifying

The Purifying Rituals are informed by the powers of water, with its vitalising spiritual energy and cleansing ability. Incorporating ingredients such as juniper berry, rose geranium, raw honey and pearl, the treatments utilise their anti-ageing and nurturing characteristics. The smoking ceremony employs Palo Santo, or 'holy wood,' while other healing techniques include manual lymphatic drainage, nerve point therapy and nerve stimulation. The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana or chi, stabilises the heart and mind and eases restless agitation. It helps guests let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

### MASSAGE RITUAL

90 minutes

Relaxing and purifying therapeutic treatment that incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system.

The lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels, with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues.

Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

### FACE RITUAL

90 minutes

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts with trace elements and vitamins to strengthen collagen production and re-mineralization.



## Body Treatments

Indonesians believe in taking care of the body, as it is a temple for the soul. At the Spa at Amanwana, we provide treatments drawing from local tradition and time-honoured techniques to provide stimulating, revitalising and relaxing effects.

### JAVANESE LULUR 120 minutes

This traditional Javanese cleansing treatment starts with a 60-minute Amanwana Massage. Afterwards, a white rice and turmeric herbal body scrub to soften the skin is applied, followed by honey yoghurt. The treatment finishes off with a soak in an herbal bath (lime, lemongrass, cinnamon, ginger) to calm the body and mind.

### INDONESIAN MILK BATH 150 minutes

After a relaxing 60-minute Amanwana massage, a gentle white rice and white turmeric body scrub exfoliates and prepares the skin before the application of a natural detoxifying mask made from milk powder, white clay and honey. After the mask, enjoy a warm herbal milk bath. This treatment leaves the skin soft and supple.

### ALOE VERA & LAVENDAR AFTER SUN 90 minutes

Soothe your sun-drenched skin in aromatic lavender bath following a 60-minute Amanwana Massage. After the relaxing bath, a cooling Aloe Vera hydrating elixir will be gently applied to the skin.

## Massages

Massage in Indonesia has been practiced through centuries for its relaxing, stimulating and healing effects. Indulge in one of our selected treatments, each with their own benefits and foci. Treatments can be catered to guests preferred strength and muscles in need of attention.

### AMANWANA MASSAGE 60/90 minutes

This treatment rebalances the body and promotes a sense of wellbeing. Using energising lemongrass oil, this Indonesian influenced massage combines elements of Swedish massage and reflexology.

### JUNGLE MASSAGE 90 minutes

Our Jungle Massage incorporates a variety of techniques including stretching, Swedish massage and acupressure to provide you with the best of the East and West.

### BACK, NECK & SHOULDERS MASSAGE 60 minutes

This targeted massage relieves deep-seated tension in the upper back, shoulders and neck. Unleash the stiffness and feel how your entire body responds and relaxes following this specialised treatment.

### FOOT SCRUB & REFLEXOLOGY MASSAGE 60 minutes

A scrub featuring coconut, lemongrass and Moyo honey deeply cleanses and prepares the feet for an invigorating reflexology massage. This treatment is highly recommended after a hike or walking on the beach.





# Moyo Conservation Fund

## Island Conservation

The Moyo Conservation Fund was established in May 2008 as a facility for guests to contribute to community and conservation work on Moyo Island. Amanwana is not only surrounded by incredible nature but also by wonderful traditions and culture of the local villages. Amanwana, as part of this setting, has a responsibility to nurture this environment in a sustainable way in order to achieve harmony between people and nature for the benefit of guests and locals alike.

The Moyo Conservation Fund runs several projects and initiatives to cover all areas of sustainability with the support of generous donations from friends and guests of Amanwana. From protecting the coral reefs to building a school in Labuan Aji Village, rescuing sea turtle nests to reintroducing the native rusa deer to their natural habitat, the aim of the Moyo Conservation Fund is to protect and enrich the environment in which we live and operate to ensure the enjoyment and education of future generations.

We sincerely hope you enjoy your stay at Amanwana and come to love our jungle home as much as we do. We gratefully accept contributions to the fund, and guests can rest assured that every single cent goes towards the projects we detail. If you are interested in making a donation, please enquire at the Front Desk or with our Management Team, and we would be pleased to discuss with you further.

## STEWARDSHIP OF LAND

Amanwana maintains 12,000 hectares of land deemed as a Nature Reserve by the Indonesian Government. Assisting the Forestry Department, Amanwana deploys our own Security Team to patrol the island, looking out for any illegal fishing, logging or hunting which may be taking place.

Moyo Island is home to macaques, wild cattle, wild hogs, rusa deer and a large variety of reptiles and birds. Hunting of these animals and poaching of sea turtle eggs from beach nests can cause a serious threat to the populations.

The security patrol reports any violator participating in illegal hunting or poaching and necessary legal actions are taken against offenders.

## Species Protection

There are few better ways to learn than with hands-on undertakings, and we have the perfect assortment of workshops and classes to keep the little ones busy. The best part? Our junior guests will go home with a souvenir made by them - the perfect way to remember their holiday in beautiful central Bali.

### CORAL REEF RESTORATION

Amanwana engages with Ocean Quest, a marine conservation social enterprise that specialises in coral reef restoration, to cultivate the corals in Amanwana Bay.

We are working to maintain and restore corals within our marine reserve and outer areas, improve the reefs' health, prevent coral disease and keep the underwater world attractive for divers.

This propagation programme involves actively breeding and transplanting corals. Various species of corals are rescued from the reefs and bred in nurseries within Amanwana Bay. It takes approximately 18 months for the corals to reach maturity, at which stage they can be transplanted back into the reef. No artificial structures are used in this project.

Our dive team is passionate about this project and would be happy to share more about this project through video and conversation.

### TURTLE PROJECT

Between December and April, the sea turtles - mainly Green and Hawksbill, but occasionally Loggerheads as well - come to lay their eggs in nests on the beaches around Moyo Island.

Traditionally, local villagers dug up these nests to sell the coveted eggs in markets on the neighbouring island of Sumbawa. Amanwana has stopped this practice by purchasing the turtle eggs from the villagers for a higher price than they would normally be sold in the markets. Our team subsequently re-buries the eggs in nests on the protected beach in Amanwana Bay.

Nests are monitored and protected throughout the incubation period, which is typically 60 days, until the eggs hatch and the baby turtles scurry down the beach to swim free in the sea. This is a moving and unique act of nature for fortuitous Amanwana guests to relish during these months. Interested guests can be notified of hatchings during their stay to witness the experience for themselves.

### DEER BREEDING PROGRAMME

The local deer population has been severely reduced in recent years through predation by dogs from local villages and illegal hunting. Amanwana has created a sanctuary for the deer to help protect them against these threats.

In May 2010, Amanwana relocated rusa deer to the campgrounds, where they can roam free in their natural habitat. The deer are content and can often be seen in the jungle throughout the day. In the evenings, it is not uncommon to see them grazing the grass around the tents.

## Community Outreach & Camp Responsibility

Little legs can take one far. It does not matter the size of the adventurer but rather the desire of the adventurer's spirit. For those junior guests looking for an adventure, we have several activities to keep their exploratory desires satisfied: from treks and cycle rides exploring the rice paddies to rafting on the Ayung River, our junior guests never get bored.

### SCHOOL PROJECT

Amanwana started the School Project in order to provide a better education to the children of Moyo, in this remote area of Indonesia. Through the generous donations of our guests, Amanwana opened the new school on 15 September 2009. The school - and its students - have been flourishing ever since.

Amanwana continues this project by supporting the villagers in running the school. This support has included providing the funds for qualified full-time English and Mathematics teachers, as well as classes on conservation, which give the children an understanding of the natural environment and the importance and benefits of protecting the planet, the island, and the animal and marine life around Moyo.

A scholarship programme has been introduced to facilitate further education in Sumbawa and Lombok for children graduating from the junior high school on Moyo.

### COMMUNITY LINKS

Amanwana has strong links with the local communities on Moyo Island, with over one-third of our staff employed from the villages on the island and the remaining coming from the neighbouring islands of Sumbawa and Lombok.

Medical facilities are provided for the islanders in our clinic, health talks are regularly conducted in the villages by our nurse and weekly transport is provided to and from the bigger neighbouring island of Sumbawa.

### WATER AT AMANWANA

The water at Amanwana is spring fed, coming from two deep wells, which draw water up from the water table beneath the jungle. The water is then pumped into camp and used around the property, before being recycled and used for irrigation for the plants and grass within the camp and the Chef's Garden.

### PLASTIC REDUCTION

Plastic waste is one of the most visible pollution issues facing our planet today. Studies show that approximately 8 million pieces of plastic pollution find their way into our oceans every day, and plastics consistently make up 60-90% of all marine debris studied.

Amanwana is committed to reducing single-use plastic and disposable plastic items in our operations. As an island camp, the results of plastic waste and improperly disposed single-use products has a more visible reality, especially when discovering such waste in our waters or washed up on our beaches. The camp is constantly working towards more sustainable operations for a cleaner, greener Amanwana.



# Amanwana Kids

## Little Adventurers

At Amanwana, plenty exists to keep our younger guests busy. Through hands-on learning about the camp's conservation work and active exploration, our activity programme offers our junior guests a memorable stay on Moyo. Most activities, such as water sports and excursions, include or can be adapted for children. Other activities, listed below, are proposed especially with the younger guests in mind.

### FISH FEEDING

Head down to our guest jetty any day and join in the fun as the beach boys feed our resident reef fish. Take a mask and snorkel and jump into the water with a handful of bread and you'll find within seconds you will be completely surrounded by hungry little fish, all trying to nibble away at the feast you have brought them.

### SALMA LOVES SPINACH

Meet Salma, the world's friendliest deer. Salma loves to mingle with the guests throughout the day, and she is a big fan of anyone who greets her with a bunch of water spinach.

Kids can find her hanging out around the restaurant, typically during breakfast and dinner, and the kitchen will be happy to supply you with an offering of fruits or spinach if you are interested in becoming her friend.

### LITTLE TREKKERS

Looking for an adventure? Little legs can participate in one of our adapted treks or take a guided walk around the camp with one of our guides.

### SANDCASTLE BUILDING

Make a special sandcastle to show off to your family and friends. Buckets, spades and equipment are all available to ensure you have everything you need for your build. Looking for some construction advice? Our beach boys are on hand to assist where needed - from the design to the construction, the Amanwana team knows all the tricks of the trade.

### HAIR BRAIDING

Looking for a holiday hairstyle to remember? Our spa therapists would be happy to create a special braided 'do just for you. Braids are great for the island and can stay in for multiple days. Children require permission from parents before braiding can begin.

### KIDS' CINEMA

A selection of films is available to watch in the evenings at our dive centre. Please contact our guest assistants to review the movie selection. Both cartoons and children's underwater documentaries are available.

