

A woman with long brown hair, wearing a white bikini, is sitting in a meditative pose on a sandy beach. She is facing away from the camera, looking out at the ocean. The water is a vibrant turquoise color, and the sky is a clear, deep blue. The overall scene is peaceful and serene.

# AMANDIRA

Wellness Cruise through Komodo  
Ten Days, Nine Nights

# Komodo

Labuan Bajo to Labuan Bajo

A voyage experienced by an Aman Private Yacht is a voyage like no other. Amandira is thrilled to welcome you on board for a ten-day, nine-night venture through the Komodo National Park, a Unesco World Heritage Site, in the centre of the Indonesian archipelago, with a focus on wellness.

Embark on an adventure through the pristine wilderness and waters of Indonesia's Komodo National Park. Along the way, you will enjoy peaceful meditation sessions, restorative yoga, unforgettable treks and an array of water sports to satisfy both your active and adventurous spirits.

On this expedition, you will visit the only two islands in the world where the renowned Komodo dragon can still be found. Cruise through the Nusa Tenggara archipelago, showcasing some of the world's most biologically diverse underwater sites. Komodo National Park is a wonderland of natural beauty, and the surrounding east Indonesian archipelago is renowned for its colourful underwater world, waiting to be discovered.

## *Tailor-made Journeys*

*Kindly note that this itinerary is provided as a sample for inspiration of experiences that are possible aboard an Aman Private Yacht wellness cruise. Prior to embarkation, guests will have the opportunity to discuss specifics with their Cruise Director to ensure that the experience is catered to distinctive interests and expectations.*



# 10 Days 9 Nights

Wellness through Komodo

## Day 1 Embark on Amandira

Upon embarkation, meet the crew and enjoy lunch as we sail north towards Sabolan Island. Jump in for an afternoon snorkel or try diving in these calm waters and vibrant reefs.

Join a gentle yoga flow or enjoy a revitalising massage to unwind from your long journey as the sun sets over our first day.

## Day 2 The Wonders of Komodo

No trip to Komodo is complete without visiting the home of the world's largest lizard. Depart early morning to the nearby Rinca Island for a trek through this rugged and almost lunar landscape in areas. Look out for buffalo, deer and monkeys.

After returning to a delightful breakfast, enjoy a bit of snorkelling on the way to the iconic island of Padar. Get warmed up with a power yoga session before we trek up to the top of Komodo's most famous viewpoint for spectacular panoramic views. Before hiking down, relax into a short mediation as the last light fades away and the stars come out.



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## Day 3 Unforgettable Views

Try the daunting but rewarding run up to the viewpoint as the day is still young if you dare. Alternatively, join a HIIT workout with Padar still in view, then jump in the refreshing waters for a quick cooldown.

During breakfast, we'll start cruising south towards Nusa Kode on the south of Rinca island. This Jurassic Park like landscape offers the chance once again to observe some of the dragons you have befriended.



## Day 4 Private Beach Discovery

Awake in front of Needle Beach at Muang Island and grab a light breakfast before your on-land yoga session to practice your balancing asanas followed by some well-deserved beach lounging.

This hard-to-reach location is also great for watersports such as kayaking and stand-up paddle boarding - or if you are craving an underwater adventure, why not enjoy a scuba dive?



## Day 5 Encounters with Manta Rays

Snorkel around the Makassar sandbank and famous Batu Bolong dive site, where you stand the chance to spot the elusive Manta rays.

Just before the sun sets, head to the sandbank, sit still and zero in your breath as the sun slowly sets over the horizon.



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## Day 6

### The Bay of Batu Bolong

Start your day with a quick jog or workout. This calm and sheltered bay is the starting point of some of the best diving and snorkeling the park has to offer.

Enjoy a massage, either outside on the deck or in the comfort of your cabin.

Later that afternoon, participate in a slow Yin Yoga flow, followed by stargazing after dinner.

## Day 7

### Mangroves of Tatawa

An early morning cruise to Tatawa provides the opportunity for a relaxing kayak or paddleboard through the mangroves and lagoons.

Spend some time at one of Tatawa's stunning beaches before heading to Siaba Besar for a dive or snorkel to discover a huge concentration of green turtles.



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## Day 8 Sandy Islands of Flores

Reach 17 sandy islands north of Flores and set off on a short trek with jaw dropping views.

In the evening, enjoy a special beach BBQ here with all the hallmarks of your beloved Aman service.

## Day 9 Meditative Relaxation

After your morning yoga flow and meditation, spend some down time on a private beach.

Later during the evening, go for a short walk through the sleepy but charming village of Riung before slowly cruising back west.

## Day 10 Debarkation in Labuan Bajo

Awake to breakfast onboard and begin to reflect on your peaceful wellness journey as you prepare for a heartfelt departure from Labuan Bajo.

Disembark after a farewell from the crew, as we accompany you to the airport for your onward travel.





**Amandira**  
Indonesian Archipelago

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