

AMANDARI

Experience Guide

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The Amandari Experience

If Bali is 'the morning of the world' – as Pandit Nehru, first prime minister of India, once called the fabled island – it is no less the world's afternoon and its evening, too.

Here, on an island less than 150 kilometres wide and only 80 kilometres from north to south, day-to-day life is layered in ceremony and festival, a parade of activities rooted among the island's 3.5 million inhabitants.

The joy of Bali is that daily life is just as memorable for its visitors. The island's complex and endlessly renewing culture offers new experiences from morning to evening – from temple ceremonies and gamelan performances, to village festivals and palace theatre. Located in the cultural heart of Bali, Amandari will guide you to encounter the island's beguiling face and discover its soul.

In a country of rivers and volcanic mountains, tropical forest, terraced rice fields, sea vistas and more, there is no shortage of activities to get close to the land, its people and their culture. To help you get there, we have carefully curated our Amandari Experience Guide. Allowing you to immerse yourself with cultural and local experiences, nature and outdoor activities, and wellness.

At Amandari, we will be pleased to tailor any activity or visit to your particular needs and interests.

Should you wish to organise any of the activities described here, please visit our Guest Assistants or contact them on extension 1. I would also be delighted to personally discuss your tailored itinerary with you, having experienced everything we offer, to help you explore the magic of Bali!



Mark Wright
General Manager

Culture & Spirit



Blessings

Bali's traditions are deeply rooted in holistic healing. This intrinsic spirituality has long appealed to divine seekers and soulful healers - individuals devoted to a mindful, conscious way of life, who in turn further enrich our island paradise.

SPIRITUAL HEALING

Made Lunas is a young, respected spiritual healer, born and raised in the serene village of Kemenuh. He uses his belief in 'good karma' and his gift as a healer, developed over 15 years, to guide people through many different journeys in life.

A session with Made Lunas at his house will allow him to heal your body, open your mind and help you to start loving your soul. His ability to channel the spirit world allows you to explore and align the multifaceted layers of self, from the visible to the invisible, the light to the dark, giving you the guidance you need to align all versions of self and live more authentically.

The experience includes a reading to illuminate you on your health, love and career (present and future). You may want to prepare questions in advance, to maximise the value of your session.

BALINESE TEMPLE BLESSING ☸

To cleanse and purify your spirit and relax your mind, the Balinese blessing is a lovely ceremony which involves offerings, prayers, holy water, incense and *bija* (consecrated rice) and takes place at the Amandari temple.

The *pemangku* (village priest) will invoke the gods to witness the ceremony. He will then consecrate offerings of flowers and rice and ask for good health and happiness for you. You will be guided in prayers, which are offered with flowers held before the forehead. Then the *pemangku* will sprinkle you with holy water and offer *bija*, which carries the blessings of the gods.

SPIRITUAL JOURNEY

Take part in a morning journey, where you will encounter many aspects of the spiritual side of local life. The early morning begins with water purification and meditation at Pura Mengening, a beautiful water temple that is more well-known to the locals than to tourists. Listen to the sound of the cascading water, practice the rituals of the Balinese, then head back to Amandari for breakfast. Afterwards, the journey continues with a numerology session with a local shaman. This awakening journey is led by Luh Manis, a Jero priestess from this area, who also helps to translate the numerology session.

Cultural Insights

Ubud is known as the cultural heart of Bali. Traditional housing complexes line the main streets and a temple, whether local or internationally recognised, is never too far away. Discover the unique lives of the Balinese, their Hindu rituals and unique craftsmanship through tours or comprehensive activities.

CULTURAL TOUR

Amandari is happy to arrange personal guided excursions to any part of Bali. Our guides know the island thoroughly and can develop a tour tailored to your desires.

We suggest visiting the places that are a bit off the main tourist trail – parts of the island that are less crowded, more peaceful and all the more rewarding for it.

Get a taste of life in Bali with a three-hour visit to Lungsiakan Village, followed by the temple of Gunung Kawi, Sebatu. Or head north to Mount Batur for a tour of the extinct volcanoes and craters, with picturesque views over the thermal lake, and visit the surrounding temples of the Kintamani Region.

BALINESE CHILDREN'S DANCE CLASS ©

Dance teacher Ibu Agung and her husband, music teacher Bapak Agung, have been part of the Amandari family for over 20 years. They come daily to the resort to teach the local children to dance and play music. Music and dance are an important part of Balinese culture and a tradition to be passed down.

You can watch the children practise daily from 3.00pm to 4.00pm at the Lotus Pond Pavilion, next to the Amandari Restaurant.

COOKING IN THE VILLAGE WITH AMANDARI ☸

With a shopping list and a few rupiah in hand, your day starts early at the local market. Your haggling skills will soon be tested as you work your way through the labyrinth of fresh produce, coffee, fish, chickens and assorted meats, as well as a variety of trinkets, knives of all sorts, coconut husk mats. Your guide, a bargaining assistant, will be close by to help close the deal on your purchases.

From the market, a short car journey takes you to the traditional village compound of Pak Wayan Sutana Bawa in the village of Kedewatan. Bawa's family of 14 has resided here for five generations, and parts of the compound date back to the late 1800s. Bawa is the youngest of four brothers, each of whom has built separate living quarters behind the main house on the road.

The Balinese family kitchen is a simple affair, with an open charcoal stove for cooking. Following a quick lesson in the production of coconut milk, have a go at pounding the spices and herbs, as well as chopping vegetables. Then, blend them in a mortar to produce fragrant sambals and cooking pastes, and tenderise your choice of meat, to be simmered with a variety of leaves, roots and warm spices.

As the food simmers and the flavours steep, assist the compound matriarch to prepare the temple offerings. Together you will make the offerings at the family temple, appeasing the compound's gods and spirits. Once the blessing is complete, your labours will be justly rewarded with the sumptuous feast you have prepared. *Selamat makan!*

This experience should be reserved 24 hours in advance. Additional guests can join you for lunch even if they do not wish to cook.

CULTURAL CEREMONIES

Cultural ceremonies are part of everyday life for the Balinese. Whether annual temple ceremonies, weddings or cremations, there is always something happening in the cultural heart of Bali. Ask our Guest Assistants for information regarding any ceremonies during your stay.

Please note that temple ceremonies may be unexpectedly cancelled in the event of a death in the village, and sometimes we learn of a ceremony – such as a cremation or wedding – just a few days ahead of time.

Should you wish to join a ceremony or enter a temple, you will be required to wear a sash, a sarong and a top which covers your shoulders. Sarongs and sashes are provided in your suite.

Women who are menstruating or in an advanced state of pregnancy are asked not to enter the temple, in keeping with local customs.

ARTS AND CRAFTS TOUR

The villages around Ubud are famous for their arts and crafts. Our drivers and guides are experts in exploring and discovering artists' workshops and exquisite pieces of art. Stone masons, woodcarvers, painters, basket weavers and textile makers all call the area home. Take a tour of galleries and artists' workshops in the greater Ubud area to see the artisans at work. Tours can be catered to your specific interests.

Visit Amandari's own boutique and gallery upon return to browse our selection of antiques and local craftsmanship.

MORNING MARKETS

Discover the institutions of Bali: the morning markets. There are several morning markets within a 20-minute drive of Amandari. Get there well before 8.00am – ideally before 7.00am – if you can. The crowds will tell you that you have arrived. So, too, will the spreading banyan tree and the modest shrine at the centre of most Balinese markets. While sprawling roofs of corrugated iron or tile cover much of the market, sellers and their wares also spread out along the roadside that fronts it.

The buyers and sellers are mostly women – indeed, the Balinese market has been called 'the ladies club of Balinese society'. As for the market fare, it is a colourful cornucopia of the expected and the exotic. Meat, fish and vegetables are displayed in great abundance.

Squeeze past stalls offering seaweed and tapioca sticks, tiny toes of ginger, bright red peppers the size of small Balinese lizards, and *belut* – the small eels that thrive in flooded rice fields. If you get hungry, try some glutinous rice wrapped in banana leaf or roasted rice mixed with palm sugar.

ART CLASS

Spend a peaceful morning or afternoon with a local Balinese artist with a private painting session at Amandari. Create anything from a simple local shrine to a colourful natural scene of Amandari's surroundings. Take residence at the Golden Pavilion, your Suite or any other place of inspiration around the property. The canvas is yours to keep, and all paints and supplies are provided to complete your masterpiece.

Please book your session at least 24 hours in advance.



Temples

Ubud is full of interesting and world-famous temples. From Pura Taman Saraswati, in the centre of Ubud, to Pura Tirta Empul, to the lesser known local temples that dot the map, a trip to Amandari means a step into the spiritual Balinese culture. We recommend visiting the lesser-known temples of the area for a more authentic taste of Ubud. A selection of our favourites is below.

PURA DALEM, UBUD

Pura Dalem, meaning 'Temple of the Dead,' is a place for worshipping the God Hyang Widhi and is dedicated to Shiva. The death theme is not all sombre, though, as these destructive forces are considered necessary for dissolving impurities, evil entities and earthly illusions. The temple is thought to have been built around 1350, but the exact date is unknown. This is also the venue for many public dance performances, including the Kecak fire dance. Please ask our guest assistants for more information on the schedule.

In Ubud, 15 minutes from Amandari

PURA GUNUNG KAWI, TAMPAKSIRING 🌀

One of the most magnificent sites in the area, Pura Gunung Kawi is an eleventh-century temple carved into the rock faces of a deep valley. Access to the temple is down a long and steep set of stairs, so a visit here is not for the faint of heart. The shrines inside give an amazing view on the lives of their ancient residents. As you head out of the complex through the stone arch, do not miss the small path to the left across the rice paddies, which leads to *Bukit Gundul*, the tenth tomb.

North of Ubud, 30 minutes from Amandari

PURA GUNUNG KAWI SEBATU, SEBATU 🌀

Nearby is another temple with the same name. The crowds are fewer here, and Sebatu is known for its creative woodcarvers, a traditional art displayed on roadsides as you approach the temple. It is said that King Mayadenawa came here and slipped on the stone: Sebatu literally means 'slipping foot'. Several water fountains within and outside the temple also make it a popular bathing place.

North of Ubud, 35 minutes from Amandari

PURA SAMUAN TIGA, BEDULU

Pura Samuan Tiga is the site of a tenth-century meeting of three high priests during which the temple system, which still exists in Bali today, was formed. Worshippers come from far and wide to make offerings and pray for help in their business ventures.

East of Ubud, 25 minutes from Amandari

PURA TAMAN AYUN, MENGWI

Located in the village of Mengwi, Pura Taman Ayun is both a water temple and the family temple of the royal dynasty which once ruled the Mengwi Kingdom. The temple was constructed in 1634 and is known for its numerous tall *meru* towers. Visitors cannot enter the sacred main area of the temple, but the spacious courtyard surrounding it provides clear views of the interior from many different angles. The outer part of the complex is also home to a couple of interesting museums, like the Manusa Yadnya and Ogoh-ogoh Museums. Walking around the peaceful, green garden, you will even come across a number of soothing water fountains.

Southwest of Ubud, 35 minutes from Amandari

PURA PENATARAN SASIH, PEJENG

This Moon temple is home to the sacred Bronze Age Moon Drum of the Dong Son people. Housed high up in its own pavilion, this richly decorated bronze drum is over two metres high – the largest of its type. The Balinese believe that it is the moon itself, or a wheel of the chariot of Candra, the goddess of the moon, that fell from the sky and landed in a coconut tree in Pejeng.

East of Ubud, 20 minutes from Amandari



Cycling & Trekking

Cross-Training

Cycling & trekking individually are great ways to experience the countryside and vibrant culture of Bali. However, as both allow you to witness life at different speeds, why not combine them for the ultimate immersion (as well as it being a great workout!). Both cross-training tours include an Aman guide, support car (in case you want to stop at any time & mechanical support), water, cycling snacks and an Aman brunch. Please confirm your brunch & drink choices with our Guest Assistants before you depart Amandari.

UP, UP AND JATILUWIH 🌿 TUNJUK VILLAGE TO JATILUWIH RICE TERRACES, WITH BREAKFAST

Depart Amandari before 7.00am for the 45-minute drive to Tunjuk village, the beginning of this cross-training adventure. The 12.8km bike ride is a beautiful trip through the heart of Bali's rice fields, peddling along back roads, rice paddy tarmac paths and small sections of off-road. The 1.5-2 hour ride has a very steady incline of 340m over the 12.8km, nothing too steep but not too much freewheeling either. After reaching Senganan Village, the car will pick you up and drive you 15 minutes to the base of Jatiluwih's rice terraces, where you will enjoy a delicious breakfast in a remote bale overlooking Mt Batukaru.

From here, you will hike up to the top of the renowned Jatiluwih rice terraces (a Unesco World Heritage Site). The hike is 3.6km of meandering uphill (160m ascent) through spectacular scenery of dramatically contoured rice terraces and an up-close look at the rice goddess shrines. The ride back to Amandari is 1-1.5 hours.

BEHIND THE SCENES BALI JUWET TO BONGKASA, WITH BRUNCH

For a truly unique and stunning way to experience traditional Balinese villages and natural areas, this cross-training adventure is the ultimate tour. Our experienced guides will take you on a journey, combining cycling and trekking, from the rice fields of Juwet back to the Ayung River Valley. If you are feeling especially energised, you can even ride back to Amandari.

Depart Amandari early morning and drive for 30 minutes to Juwet, on the other side of the Ayung Valley. Mount your mountain bike for a leisurely 1-hour bike tour to Carangsari Village. Along the way, you will pass small river gorges, traditional villages and some of the most fertile agricultural lands the island has to offer.

Upon arrival in Carangsari, leave your mountain bikes and begin your 4.5km, 1-hour trek. Here you will enjoy stunning green scenery - field after field being cultivated, each guarded by rice goddess shrines. Mount your bikes once again for the ride to Bongkasa over to the west side of the Ayung River Valley. Upon arrival in Bongkasa, a sumptuous brunch will be set up at a quiet bale amidst the rice terraces. Return to Amandari by car or jump back on the bike for an additional 8.5km ride to the resort.

Cycling Tours

While Bali's main roads are rarely quiet, our team of cycling guides are experts at finding completely off the beaten path rides with Aman surprises along the way. Cycling is an easy way of getting closer to the unique Balinese culture and nature; peddling through remote traditional villages, crossing peaceful rice-paddy fields and terraces and freewheeling down endless downhills on back roads. Our guides will ensure you have a ride you will not forget. Below is a selection of six of our favourite rides, offering something for every level of fitness and cycling standard. Each can be further tailored to shorten or extend as you wish. We would advise to start all rides at 7.00am, except for the sunset ride, to avoid the heat. All rides include an Aman guide, support car (in case you want to stop at any time and for mechanical support) and water and cycling snacks – four out of the six rides also include either brunch or Gin & Tonic and Canapés. Please confirm your brunch & drink choices with our Guest Assistants before you depart Amandari.

If you wish, you can also go off with our mountain bikes free of charge. This is not highly recommended as the roads around Amandari can be very busy and confusing to navigate.

SUNSET CYCLING AROUND JUWET & BONGKASA, WITH GIN & TONIC AND CANAPÉS

This biking tour starts only a 30-minute drive from Amandari and is best enjoyed in the late afternoon. Enjoy peddling the 25.4km along a mixture of backroads and rice paddy paths, watching farmers go about their daily work. The total cycle time is approximately 2-2.5 hours and has the same amount of ascent as descent (280m), with nothing too challenging. End the ride in a remote sunset bale for a well-earned Gin & Tonic or ice-cold beer with canapés. We would advise leaving no later than 3.30pm to ensure you arrive in time for the sunset. It is easily possible to extend or shorten this ride.

DOWNHILL DREAM KINTAMANI TO BONGKASA, WITH BRUNCH

After driving 1 hour north into the Kintamani region (1,595m), begin the ride with Mt Batur & Mt Abang over your shoulder. This 3-4 hour, 48.5km, bike ride is almost all downhill – in fact you will descend a whopping 1,600m in total, with only two short and sharp ascents of 1km each with 130m climb between the two. Free-wheel your way through mandarin groves in the higher altitudes, before coming down through stunning rice-terraces, deep valleys of bamboo and quiet villages before ending in Bongkasa Village at a quiet bale amidst the rice terraces for an Aman brunch. You will feel exhilarated at the end!

LAKES TO LOWLANDS BEDUGUL TO BONGKASA, WITH BRUNCH

Drive for under an hour up to Bedugul (1,090m) where, if you wish, you can drive 10 minutes further to see the volcanic lakes underneath Mt Batukaru. There are 2 start points to this ride; the first includes a 4.8km cycle with beautiful views of rice terraces and Mt Batukaru views but with two steep inclines totalling 105m, as well as fun descents, over about 30 minutes. The second skips the climbs and allows you to begin with a gentle free wheel through the beautiful countryside. If you start at the second point, the ride totals 29km with over 1,000m of descent (only small amounts of ascents) through Balinese villages, rice terraces and finishing in the flatter rice fields. End in Bongkasa Village at a quiet bale amidst the rice terraces for an Aman brunch.

BACKYARD BIKING AMANDARI TO MONKEY FOREST

This medium rated bike ride has the benefit of starting at Amandari and is approximately 1.5-2 hours. Despite the busy roads surrounding us, our guides avoid the vast majority of them; only 3.5km of the total 21.8km are on main roads. The rest takes you through beautiful rice paddy fields along farmers tracks as well as through the small neighbouring villages of Sayan, Bindu & Sedang. The ride is mainly downhill (218m) with 137m of ascent. You will end at Monkey Forest, where the car will take you back to Amandari.

PEDDLING ABOVE BALI 🌀
PURA LUHUR BATUKARU TO JATILUWIH RICE
TERRACES, WITH BRUNCH

The drive to Pura Luhur Batukaru, a beautiful Hindu temple at the base of Mt Batukaru (Bali's second highest volcano), is around 1 hour. Pura Luhur Batukaru is one of nine *kayangan jagat* (directional temples) meant to protect Bali from evil spirits. Originally built during the eleventh century, Pura Luhur Batukaru was dedicated to the ancestors of the rajas of Tabanan. It was destroyed in 1604 but rebuilt in 1959. The temple's seven-tiered *Meru* (its principal shrine) is dedicated to Mahadewa, the God of Mt Batukaru.

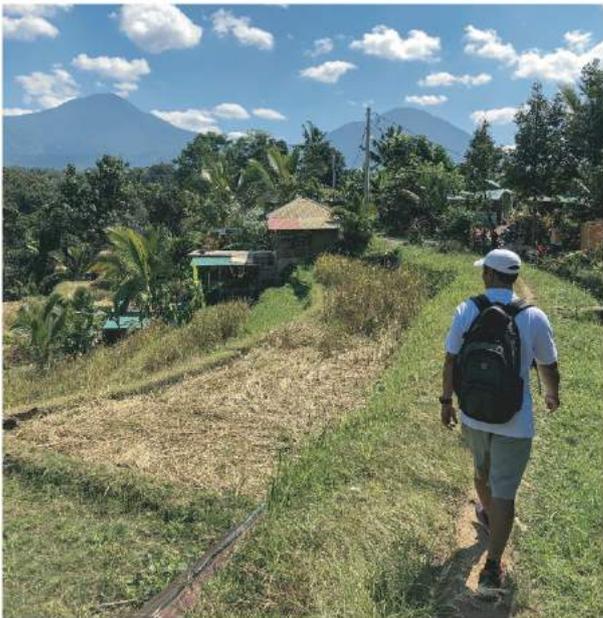
After exploring the temple, begin your free-wheeling descent through dense jungle and verdant green rice paddy fields. 4km into the ride, the one and only uphill begins; a grinding 2.6km and 150m ascent. At the top you are rewarded with a leisurely peddle through the countryside until you reach the top of Jatiluwih rice terraces, a Unesco World Heritage Site. After soaking in the view, peddle 4km downhill along tractor paths and some off-road sections to your brunch spot in a remote bale overlooking Mt Batukaru. The whole ride is 13.5km, with 450m descent and 150m ascent and approximately 1.5-2 hours. After brunch, return to the hotel by car.

This is one of our GM's favourite rides in Bali and comes highly recommended by him.

VOLCANO & TEMPLE RIDE
KINTAMANI TO GUNUNG KAWI SEBATU

Depart Amandari for the 1 hour drive up to the Kintamani region for spectacular views of Mt Batur, Mt Abang, Mt Agung and Lake Batur. From here take a short drive to the start of your ride. Start by peddling through Bali's mandarin groves and remote villages before descending further through rice terraces and paddy fields. After 13.6km, 526m of descent (only short & minor ascents of 60m total) and 1-1.5 hours of riding, you will arrive at Gunung Kawi, Sebatu, a famous temple well-known for bathing and water blessings. Spend some time visiting with your guide. From here you can either drive back to Amandari, or peddle a further 17km back to the resort, with a few short & sharp uphill sections, some off-roading, but mainly downhill cruising.





Country Trekking

There are few more scenic ways to appreciate the beauty of Bali than with a trek through the countryside. Amandari's trained guides offer a variety of trekking experiences, ranging from one to four hours (or more). There are hills to navigate, rice terraces to scale and streams to cross. Let the guides know how much time you have and the level of exertion you want. Early morning before the sun gets too strong, and late afternoon when the shadows get longer and the light is golden, are the best times to go.

THE AYUNG VALLEY 🌿

A must for anyone staying at Amandari, this guided wander into the wilds of the Ayung Valley is best done early in the morning. Walk down from the resort towards the gorge and cross the bridge to the other side. The natural ridge pathway just up from the river winds past rice terraces, sweet potato plots and mango, coffee, papaya and clove trees. At the village of Bongkasa, relax in the shade of what may well be the oldest banyan tree in Bali. Continue along the narrow village road to the south side of the resort, through the farming land and back to Amandari's organic vegetable garden.

Options for Trekking:

Amandari Ayung Valley - Bongkasa- Amandari
Approximately 7km and 2 hours

Amandari - Ayung Valley - Amandari
Approximately 4km and 1 hour

FROM THE MORNING MARKET

Combine a country walk with a visit to one of the island's indispensable institutions. An Amandari driver will take you to Blahkiuh Market, about 20 minutes from Amandari, where you are free to soak up the sights, the colours and the fresh morning air. Then, with your guide, it is on into the countryside, through rice fields and villages and back to the resort.

This trek is approximately 9.7km and starts at the market, followed by a lovely trek through rice fields and villages. Guests arrive back at the hotel following a 2-2.5 hour scenic adventure.

UBUD FLORA AND FAUNA

Although Ubud centre is a bustling hub of activity, many serene and quiet places still exist around this active town. Let us take you off the main roads and into the rice fields that lay just behind the shops, restaurants and tourist centres, ending at the Bali Bird Park, to see the beautiful birds of paradise.

This trek begins from Sedang Village, about 20 minutes by car from Amandari. Guests trek for approximately 4.5km to the Bird Park, and after a visit return by car to Amandari.

Good walking or running shoes are advised, since the ground can be uneven and is sometimes muddy (we can also provide shoes). Bottled water is provided. Traditional Balinese walking sticks are available in your Suite.

Treks further from the resort can also be arranged; the Rendang/Sidemen area in East Bali is particularly scenic.

Mountain Trekking

Despite the relatively small nature of the island, mountain trekking in Bali can offer something quite challenging for the more adventurous, not just with large altitude gains, but also with early mornings to avoid the heat of the day. But the effort is well worth the reward of once-in-a-lifetime sunrises rarely witnessed from these lesser-travelled spots on the island. If you would like the GM's dog, Bagheera, to escort you up the mountains, please let us know 24 hours in advance. She is half Labrador, half Tibetan Mastiff, born in Bhutan and would love nothing more than to motivate you up the climbs.

A car & driver will be arranged by Amandari to take you to the starting point, where you will meet your local guide. Local guides are experts of these trails and will lead you to the summit, where you can enjoy your Amandari picnic breakfast with stunning views on the surroundings. The Amandari car will stay at the base until your return and transfer you back to the resort upon completion. All Mountain Trekking include an Amandari car & driver, park and guide fees, picnic meal and plenty of drinking water to keep you hydrated on your journey.

On request, we can also arrange for sunrise hiking at Mt Batur, but due to increasing crowds and back-to-back queues ascending and descending, we do not recommend this experience.

MT ABANG AT SUNRISE

Mt Abang is the third highest mountain in Bali at 2,152m. Compared to the hordes at Mt Batur, you will hardly see anybody along this trek. Located at Bangli, to the east of Lake Batur, Abang is known to the locals as the 'virgin mountain' because of its untouched nature. Mt Abang was once a part of the 4,000m-high Batur volcano, which was split by a massive eruption that created a smaller set of mountains.

Reaching the peak takes around 2.5 hours, passing through green tropical forests and past small Balinese temples. Once you reach the summit, the view is magnificent. Expect to see cloud formations hovering above the lakes, the volcanic cones of Mt Batur and Mt Agung - and even the intimidating Mt Rinjani towering over Lombok - as well as Bali's beautiful eastern coastline.

If you wish to summit for sunrise, we would advise departing no later than 2.00am. This is early, but the views are unbelievably worth it. The whole trek is 7.6km with 826m of ascending and descending. If you do trek for sunrise, it can get very windy at the top, so dress accordingly.

Preferably wear mountaineering shoes or good footwear with sturdy soles. Hiking boots are strongly recommended for Mount Batukaru, as are a torch, walking stick, hat, light jacket, change of t-shirt (as you may sweat during the climb and feel cold at the summit) and gloves (for rock scrambling at certain parts). Drinking water and a packed breakfast will be provided, and our team can help to arrange equipment upon request.

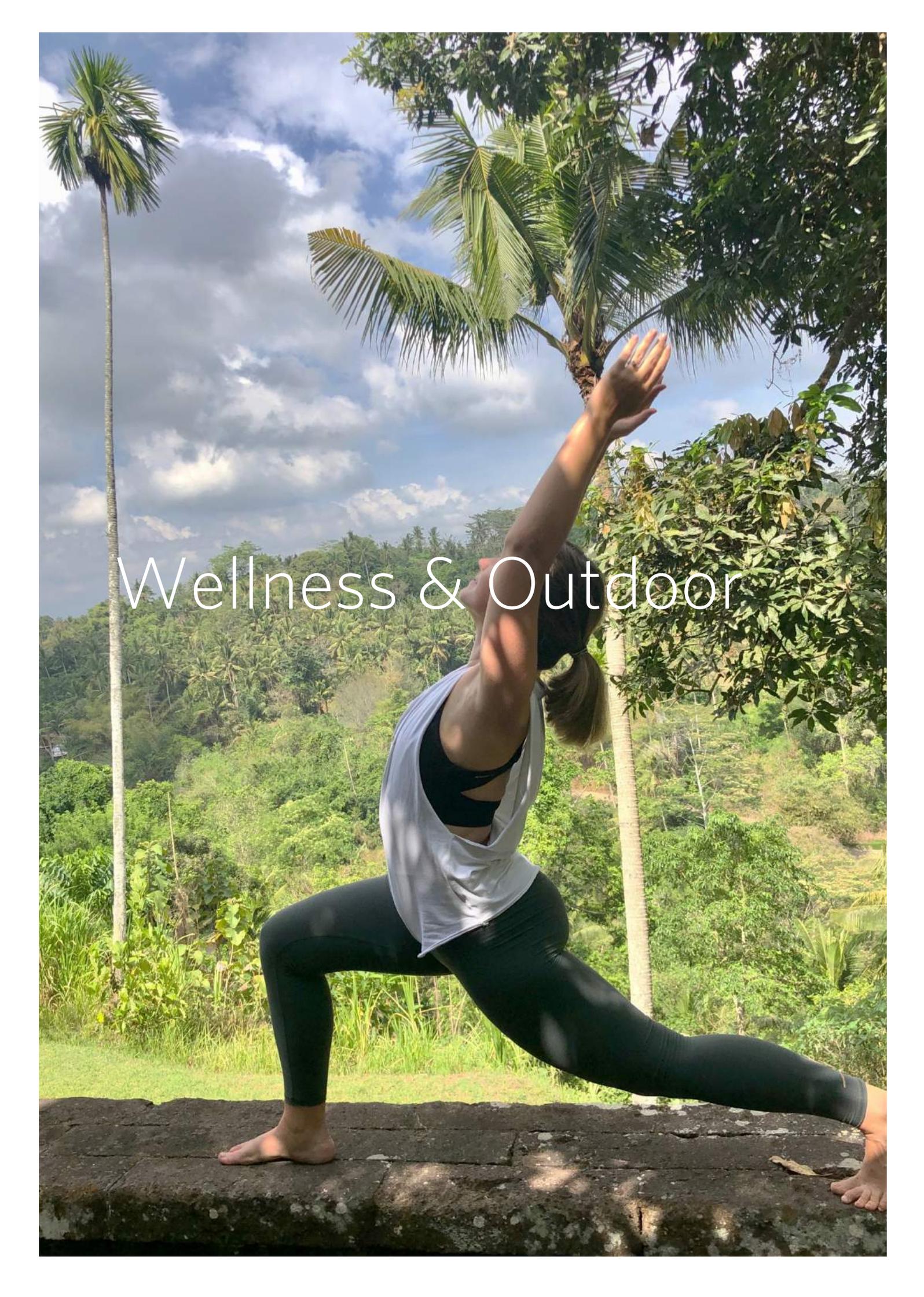
MT BATUKARU

Mt Batukaru is the second highest mountain in Bali at 2,275m. It can be seen from Amandari's restaurant terrace and main pool, towards the west in the Tabanan Regency. The Jatiluwih rice terraces, under Unesco protection, can be seen at the bottom of this mountain. Unlike Batur, Batukaru is surrounded by dense tropical forest, where you may encounter wild animals - so the journey to the top is a very different experience.

The ascent takes about 4-5 hours, the last 1.5 hours with steep hillside left and right and a narrow trail. But you will not regret coming: the view is spectacular! On a clear day, the peak offers views to south Bali, with both coastlines visible, to Mount Agung, the Bedugul lakes and even Java.

Your descent will take 2-3 hours, and the Amandari car will be awaiting to return you to the resort.

Please note: if your fitness level is low or you are afraid of heights, this trek is not for you.

A woman with blonde hair in a ponytail is performing a yoga pose on a dark stone ledge. She is wearing a white t-shirt and black leggings. Her right leg is bent at a 90-degree angle, and her left leg is extended straight back. Her arms are raised high, with her hands open and fingers spread. The background is a lush tropical landscape with palm trees and dense greenery under a blue sky with scattered white clouds. The text "Wellness & Outdoor" is overlaid in white, sans-serif font across the middle of the image.

Wellness & Outdoor

Mindfulness

Wellness is a dynamic process of change and growth - a state of complete physical, mental and social wellbeing that is more than simply staying free from illness. Treating the whole - the mind, body and spirit - Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

YOGA ☺

The practice of yoga can help to refine your body and quiet your mind, as well as improve your emotional and personal wellbeing. With its unique spiritual energy, Amandari is the ideal location at which to experience the benefits of yoga.

You are welcome to join our complimentary classes or book a private yoga session on the terrace of your villa or in one of the beautiful bales overlooking the Ayung River.

Classes follow different styles, with a range of instructors able to meet your needs. For private session requests, please advise our team 24 hours in advance with your preferred style. Some commonly requested possibilities are below.

Vinyasa Flow: A combination of traditional asanas, linked by *vinyasas*, or transitional movements, and breath. A dynamic and flowing session, perfect to boost energy levels and wake your body.

Hatha Yoga: A combination of traditional asanas, pranayama and meditation. A classic form of yoga linking asanas at a gentle pace. The focus here is on holding positions and strengthening the body.

Yin Yoga: A restorative practice, focused on the connective tissues and joints. Yin asks practitioners to hold poses for an extended amount of time, allowing the body to relax into stretches and open itself.

PRANAYAMA

Pranayama is the practice of controlling the breath, one of the key aspects of an established yoga practice. Breath is a key source of *prana*, known as the vital life force or energy that sustains us. Understanding your breath and how it relates to your movement helps to create the rhythm of your practice.

Pranayama comes from the Sanskrit words *prana* and *ayama*, meaning 'life force' and 'extension'. The practice helps teach techniques for lengthening your breath, extending your inhale and exhale, and ultimately soothing your mind for you to enter a more meditative state.

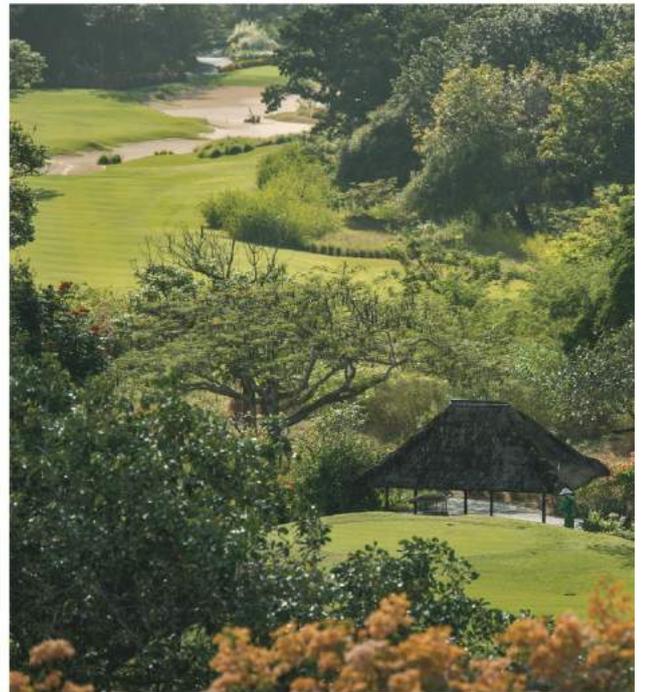
MEDITATION

Meditation is a practice in awareness, of being present in the very moment, letting go of the many distractions that persist around you. There are few better places to release your thoughts and push away diversions than at the peaceful sanctuary of Amandari.

Guided meditative sessions in the garden of your Suite or the lush Secret Garden can take your mind to another place, where clarity and openness await.

SPA TREATMENTS 🌿

A holiday at Amandari would not be complete without a massage, scrub or facial. Aman Spa at Amandari offers an array of treatments, from Aman Signature Journeys to traditional treatments. See our Spa Menu for more information.



Sport

For our active guests who have already accomplished the cycles and treks, we offer additional sportive undertakings, some of which are available right on resort. Whether looking to swing a racquet or a golf club, Amandari is pleased to suggest energetic activities to keep your body moving.

TENNIS ©

Get your sweat on at Amandari's tennis court, located next to the spa. Our hard court is floodlit, to keep you hitting well after the sun sets. All equipment is provided and hitting partners are also available in case you cannot convince your partner to join you on the court.

Or invite our friendly GM, Mark Wright, to the court. He was a certified PTA tennis instructor in his former life and is still a strong opponent on the court.

GOLFING AT BALI HANDARA COUNTRY CLUB

Nearly 1,200 metres above sea level, this high-altitude championship golf course designed by Peter Thompson has a delightful climate and is blessed with one the world's most beautiful locations: an extinct volcanic crater in northern Bali's Bedugul region. Bali Handara's 18 holes overlook Lake Buyan.

Tee-off times begin at 6.30am. We recommend a morning start, given the possibility of afternoon rain in this mountainous region. Caddies, shoes, clubs and carts can be hired.

Driving time is about 60 minutes from the resort.

GOLFING AT BALI NATIONAL GOLF CLUB

The championship golf course at the Bali National Golf Club in Nusa Dua has been named one of Asia's five best golf courses. Located alongside Aman Villas at Nusa Dua, in Bali's southern peninsula, the course has sweeping views to the Indian Ocean and, on clear days, to the distant volcanoes. The front nine holes play through tropical vegetation, the next seven follow a mature coconut grove and the final two open up to the beach and the sea.

Tee-off times begin at 6.30am. Caddies, shoes, clubs and carts can be hired.

Driving time is about 75 minutes from the resort.

Nature & Adventure

Known for its forested volcanic mountains, tiered rice paddies and both black- and white-sand beaches, Bali has so much to offer in terms of natural landscapes, flora and fauna. Discover the iconic plants and wildlife that call this region home or set off on a white-water adventure down our backyard river. Bali offers a variety of options that takes advantage of its diverse setting.

RAFTING

White-water rafting down the Ayung River, with the black and glistening gorge walls rising high on either side, presents another side of Bali: nature uninterrupted. Endless waterfalls and streams empty into the river from on high, while kingfishers and sandpipers skim low over the foaming green water. In places you lose sight of the rock sides among all the trees – palm, betel nut, banana and bamboo – that bend like fishing rods over the banks. When the banks open up, so too does the vegetation: orchids, hibiscus and frangipani, and plots of taro, tapioca and sweet potato.

The 11-kilometre trip takes less than 2 hours. Rated as a Class 2 rafting trip, the Ayung River voyage is suitable for children aged 7 and above. Morning and early afternoon trips are available, taking approximately 3 hours in total.

It is highly recommended to wear shorts and a t-shirt or swimwear – and be prepared to get wet. You will walk down to the gorge to begin, while at the journey's end, you hike up the gorge. It is a 10-minutes' drive back to Amandari.

Please note: the medical insurance coverage is only applicable to guests aged 7-65. You will be requested to sign a Disclaimer/Release of Liability form at the starting point of the course.

BIRD WATCHING

The Taman Burung Bali Bird Park is home to more than a thousand birds from some 250 tropical avian species. It is set in two hectares of tropical gardens. Besides cassowaries, hornbills and the extraordinary birds of paradise, Komodo dragons are among the park's residents. The stone pathways are lined with exotic species of bushes and trees. There is also a 3,000 square-metre walk-in aviary, where birds wing past your cheek in colours as bright as the tropics

A trip to Taman Burung Bali Bird Park can also be combined with a country trek. See more information on the Ubud Flora and Fauna Trek in the Country Trekking chapter.



Culinary Indulgences

Traditional Treats

An array of options and opportunities await. Whether you choose to enjoy a picnic lunch or intimate dinner in the Secret Garden, Amandari offers a variety of possibilities for a special dining experience.

BALINESE FEAST AT AMANDARI BALE 🌀

Indulge in the Megibung Balinese Feast, with a menu inspired by the late King of Karangasem - I Gusti Agung Ketut Karangasem - in 1692.

The evening starts with a performance by *Tari Penyembrama* dancers and continues with an assortment of local dishes: Balinese soup to start, followed by a diverse selection of traditional cuisine from the island of Bali, including our *Babi Guling*, *Bebek Betutu*, *Nasi Sela* and *Sambals*, finished with exotic local fruit, Balinese sweets and sorbet.

This evening of food and entertainment is served at our Ayung Valley bale, affording you the ultimate privacy.

COOKING IN THE VILLAGE WITH AMANDARI 🌀

Visit the traditional village compound of Pak Wayan Sutana Bawa in the village of Kedewatan, where you will learn the basics of Balinese cooking. From the market, to Pak Bawa's home and kitchen, you will be responsible for selecting the ingredients as well as preparing them.

All your hard work pays off once the meal is ready. After an offering at the family temple, you will be rewarded with the sumptuous feast you have prepared. *Selamat makan!*

For more information on this experience, refer to the Cultural Insights chapter. Please reserve 24 hours in advance. Additional guests can join you for lunch even if they do not wish to cook.

Private Dining options are also available, with special menus or a la carte from Amandari Restaurant. Intimate venues include our Ayung Valley bales, Secret Garden and the Lotus Pond Pavilion. Special arrangements can also be made for a romantic dinner in your suite. Do not hesitate to contact our Guest Assistants or the Restaurant Team with any special requests.

AYAM PANGGANG DINNER

The Ayam Panggang Dinner consists of an organic free-range chicken marinated in *bumbu Bali*, a Balinese spice paste using over 23 locally sourced herbs & spices and hand-ground with a mortar & pestle. Gently roasted and smoked over coconut husk, the preparation is slow, but ultimately worth it for the succulent tastes that result. The *ayam panggang*, or roast chicken, is the central feature of the meal and is accompanied by an assortment of local side dishes and condiments.

But *ayam panggang* is much more than its name lets on. Offerings are a central part to Balinese culture, as it is a symbol of giving thanks to God, and is done not just for ceremonies and special events, but also as a part of daily existence. *Banten*, possibly derived from the Sanskrit word meaning tribute, obligation or gift, is the Balinese word for offering. In *banten gebogan*, a special type of offering to thank God for infinite blessings, the *ayam panggang* is an important element. *Banten gebogan* can be as short as ten centimetres or as high as three metres. Special skills and lots of experience are needed to prepare a truly artful *gebogan*. The colours of flowers, selection of fruits, arrangements of the cakes, placement of the chicken with its head pointing skyward, woven coconut leaves used to adorn the offering and overall shape must all be carefully considered.

At Amandari, we follow the same traditions & practices used by the local villages in our preparations.

Due to the preparation required, the Ayam Panggang Dinner requires an advanced booking of 12 hours. The meal serves 2 guests.

Afternoon Enjoyments

An array of options and opportunities await. Whether you choose to enjoy a picnic lunch or intimate dinner in the Secret Garden, Amandari offers a variety of possibilities for a special dining experience.

SUNDOWNERS ON THE HILL ☼

You will not want to miss Golden Hour at Amandari, watching as the sun goes down across the Ayung River Valley. Opt for our Sundowners, where you will be able to kick back in a relaxing picnic set up with a cocktail in hand.

Signature mixtures and classic concoctions await, along with a selection of canapés to satisfy the savoury cravings. We suggest arriving at 5.00pm to watch as the colours change and the shadows roll in – and to ensure enough time to enjoy your drink before dinner.

This experience includes one cocktail (or non-alcoholic beverage) and canapés per guest.

AFTERNOON TEA ☺

Every day at 4.00pm, Ibu Made and Ibu Wayan from our village, Kedewatan, arrive with an array of traditional Balinese sweets and home brewed tea and coffee for your enjoyment. The Afternoon Tea is served at the Golden Pavilion, by the main resort pool.

You may enjoy your delicacies by the pool or overlooking the river valley. This is a complimentary experience for all guests of our resort.



Theme Dinners

Every so often, a special night arises in our culinary calendar. These are regularly scheduled dinners at Amandari; please check our Weekly Activities to see if they fall on an evening that you are here with us. We would love to share these enticing menus with you.

JAZZ & SATAY

We invite you to the Amandari Terrace to enjoy the best sunset margaritas in Ubud, accompanied by jazz saxophone and guitar, as well as authentic Indonesian *sate* cooked on our *bakar* with regional side dishes.

Jeko Fauzy and Pramono Abdi play together from a vast repertoire to create the perfect atmosphere for a relaxing evening at Amandari. Jeko studied music at the Indonesian Institute of Art and has performed with the Jogjakarta Guitar Orchestra, as well as at many Jazz festivals around Indonesia and with a collection of well-known Jazz artists. Pramono has become one of the most highly revered saxophonists in Bali, taking influence from legendary American saxophonist Joe Henderson.

FLAVOURS OF ANDALUCÍA

Spain: a country with a rich culture and culinary tradition (not unlike the country Amandari calls home). Although worlds apart from Indonesia, many staple ingredients of both countries are the same. Let our Executive Chef, Reynaldo de Luna II, whose mother hails from southern Spain, take you on a culinary journey through the Iberian Peninsula as he recalls his heritage.

The menu is inspired by traditional Spanish dishes using the freshest local ingredients from Bali and our own organic garden. The evening is accompanied by Amandari's Signature Sangria and live music.

PURNAMA & NEW MOON

In Bahasa, *Purnama* means 'full moon' but also complete, infinite and perfect. The Balinese believe that on this day, Chandra, the moon god, showers his blessings and magic on the people by offering his light and reminding them of their own light within.

The New Moon is equally enticing. A symbol of birth, the New Moon is representative of new beginnings. The New Moon releases a purifying energy and offers individuals a clean slate, a restart, a second chance.

Every Purnama and New Moon, Amandari presents a special menu showcasing Balinese traditions and favourites. The menu features staples of the local culture, as well as some imaginative dishes inspired by the local ingredients and flavours.



Children & Families

Balinese Traditions for Youth

At Amandari we have developed an exciting range of activities for our younger guests to enjoy. Through hands-on learning, active exploration and immersion in cultural events and traditions, our activity programme aims to give our junior guests a memorable insight into Bali and the Ubud region. Let your little ones learn about the rich Balinese culture with participation in traditional activities.

BALINESE CHILDREN'S DANCE AND GAMELAN MUSIC CLASS ©

Ibu Agung, our talented in-house dance teacher, has been part of the Amandari family for over 20 years. She comes to the resort daily to teach the local children the renowned skill of Balinese dance. Her husband, Bapak Agung, is the local music teacher, instructing the male youth the art of the gamelan.

You can watch the children practice daily between 3.00pm and 4.00pm at the Lotus Pond Pavilion next to the Restaurant. The children also have the opportunity to perform at monthly dance evenings in our Lobby. Kindly check the Weekly Activities or speak with our Guest Assistants for the scheduling of this monthly event.

PRIVATE DANCE CLASS

Book a private dance class or gamelan session for your children with our dance teacher, Ibu Agung, and music teacher, Bapak Agung.

Sessions can be arranged at a time that suits you, but kindly note the regularly scheduled classes with the village children each afternoon. This activity requires a booking of 24 hours in advance.

LEARN HOW TO MAKE CANANG SARI, THE TRADITIONAL BALINESE OFFERING ©

Ibu Made and Ibu Wayan from our village, Kedewatan, come every day from 4.00 to 5.00pm with a selection of Balinese sweets and traditional tea and coffee for our guests to enjoy, presented at the Golden Pavilion.

During this time, they can also show you how to prepare *canang sari*, a simple Balinese offering from natural materials.

FACE PAINTING & BALINESE MAKE-UP

Our dance teacher Ibu Agung is also a talented make-up artist and face painter. Let your little ones dress up in traditional Balinese clothing and make-up and pose for a professional photograph to take home. This activity can be arranged at a time to suit you.

Little Artisans

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.

SHADOW PUPPET MAKING

Learn about the form, function and importance of shadow puppets in Balinese culture, and make your own leather puppet to take home with you.

Led by local dancer Ibu Cok and her husband Bapak Bagus Putra, a puppeteer, the workshop gives younger guests a wonderful insight into Balinese folklore.

WOODCARVING

Learn about the history and symbolism behind the intricate woodcarvings that decorate Balinese temples and create your own carving under the guidance of an expert.

KITE MAKING

During the dry season, the sky teems with colourful kites; they are part of Balinese life. At Lodtunduh Village, a short drive south of Amandari, learn to create and paint your own beautiful kite at Pak Budiasa's workshop. Set in a garden amid fantastical kite dragons, butterflies, birds and tigers, his workers will happily make space for you in their bale and share their painting skills.

3 hours (Half an hour's drive from Amandari)

THE JANGER CROWN-MAKING WORKSHOP WITH MAKE A SCENE EVENTS

Set in beautifully decorated surroundings, this creative workshop will teach the time-honoured skills of cutting and shaping palm-leaf crowns. A daily ritual of generations of Balinese women, *janger* crowns are integral to the island's culture. Fresh flowers, coconut young leaves and tools are provided. The workshop will last between 45 minutes to 1 hour, for a maximum 8 people.

JEWELLERY MAKING

Bali's clans of gold- and silversmiths have been creating fine jewellery, temple heirlooms and devotional objects for centuries. At Studio Perak Ubud, 15 minutes from Amandari, try your hand at silversmithing with half-day course, and create your own piece of silver jewellery to cherish.

Classes are available in morning and afternoon sessions. The morning session goes from 9.00am to 12.00pm, with the afternoon session from 2.00pm to 5.00pm. Speak to your Guest Assistant for information about bookings.

ART CLASS

Spend a peaceful morning or afternoon with a local Balinese artist with a private painting session at Amandari. Create anything from a simple local shrine to a colourful natural scene of Amandari's surroundings. Take residence at the Golden Pavilion, your Suite or any other place of inspiration around the property. The canvas is yours to keep, and all paints and supplies are provided to complete your masterpiece.

Please book your session at least 24 hours in advance.

Young Adventurers

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.

TENNIS LESSON ©

Learn to play tennis, or improve your skills, with a hitting session on the Amandari courts led by one of our excellent tennis partners. Children's rackets are available to borrow at no charge. Please book in advance. Opening hours: 8.00am- 9.00pm.

TREKKING

Take a gentle trek to the Ayung River with one of our experienced trekkers and enjoy a wonderful picnic in our bale overlooking the river valley. Alternatively, we can arrange a less hilly walk through the rice fields, with a picnic breakfast.

BIKING

Amandari has a selection of children's bikes, which can be easily transported for trips into the countryside. Ideal for active young guests, Amandari bike rides are lots of fun.

RAFTING

Passing right by Amandari, the Ayung River is the most popular rafting spot on Bali. A class 2 river, it is suitable for children over at the age of 5 and above. The experienced instructors from Mason Adventures Rafting take great care with the safety aspects of this trip, and all passengers wear life jackets and helmets.

4 hours (25 minutes' drive from Amandari)

Tours & Parks for Families

For a day of play, discovery or learning as a family, Amandari can help to arrange a handful of off-site programmes. From exploring the chocolate trade to ziplining in the treetops, discovering exotic birds and reptiles to giving back to the community, a variety of tours and parks are within reach of Ubud.

MASON ADVENTURES CHOCOLATE TOUR

Bali Chocolate Tour & Tasting - for almost 30 years the Mason family has been synonymous for quality dining and adventure experiences in the heart of Bali. Now that same passion, drive and commitment for excellence can be discovered in Mason Gourmet Chocolate. Inspired by nature and crafted to perfection using only the best hand-picked cocoa beans sourced throughout the Indonesian archipelago. Our 'Tropical Blend' is carefully selected from each island, then roasted to perfection before being blended using only the finest organic ingredients.

30 minutes' drive from Amandari

BALI BIRD PARK & RIMBA REPTILE PARK

Take a trip to these adjacent wildlife parks, which nurture hundreds of species from around the world - from cassowaries, hornbills and birds of paradise to pythons and Komodo dragons.

4 hours

30 minutes' drive from Amandari.

WATERBOM BALI

A seriously fun water park for all ages. 6 hours (an hour's drive from Amandari). Please ask your Guest Assistant for more information.

An hour's drive from Amandari.

BALI TREETOP ADVENTURE PARK

Children will have a blast at this zip-line park, suitable for ages 4 and upwards with a variety of circuits.

An hour's drive from Amandari.

GREEN CAMP

An extension of Bali's pioneering Green School (greenschool.org), an eco-friendly school set up by John and Cynthia Hardy for Balinese and international students, Green Camp offers immersive nature camps for children aged 7 to 17. Join a day camp to enjoy, and learn from, the surrounding environment, from rice paddies and cocoa trees to the camp's organic gardens. Activities are interactive, hands-on and very fun. Please ask your Guest Assistant for more information and booking details.

VISIT AN ORPHANAGE

Amandari has sponsored the Kesayan Ilang Papa orphanage in Gianyar ever since the team's first visit in 1998. Set up to look after deaf, mute and mentally challenged children, the orphanage has benefitted from a long and fruitful relationship with Amandari, which works to maintain and improve the children's living standards. Over the years, funds raised have helped purchase bedding, furniture, educational aids, medicine and repairs, as well as regular days out. Please ask your Guest Assistant if you would like to arrange a visit to the orphanage.

