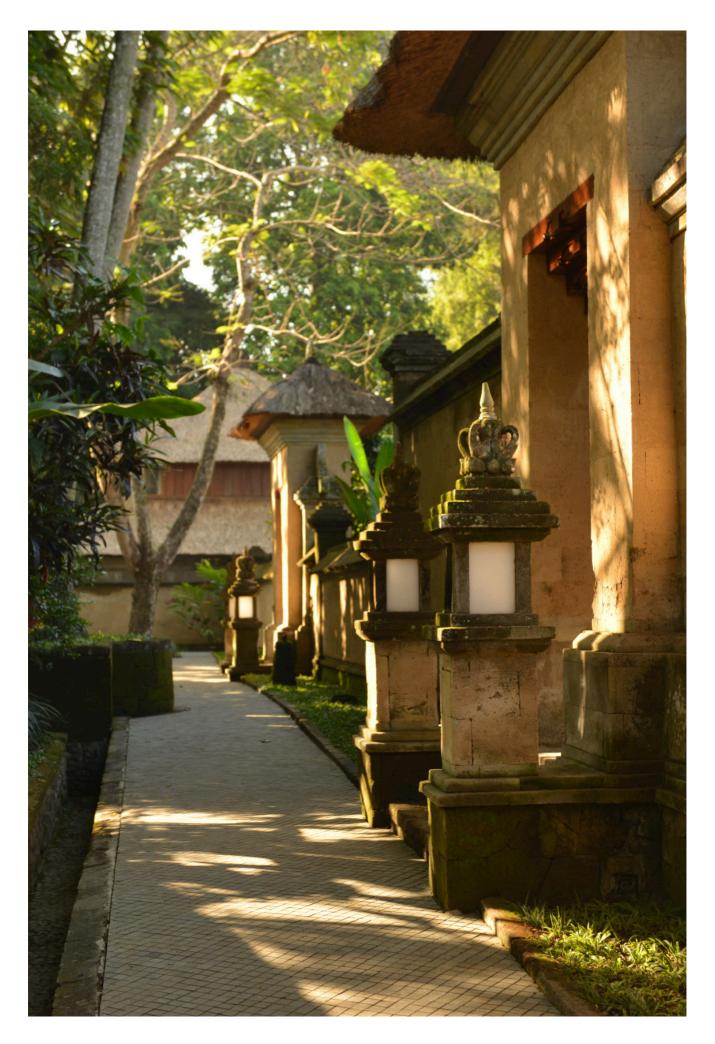
# amandari

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# Experience our Peaceful Spirit

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 Rindik 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 forests, terraced rice fields, sea vistas, and more, there is no shortage of activities to get close to the land, its people, and its culture. To help you get there, we have carefully curated our Experience Guide. Allowing you to immerse yourself in cultural and local experiences, nature and outdoor activities, and wellness.

At Amandari, we will be pleased to tailor any activity or visit your particular needs and interests to help you explore the magic of Bali!

Warm regards,

Michel Bachmann General Manager



# Cultural Insights

Ubud is known as the cultural heart of Bali. Discover the unique lives of the Balinese, their Hindu rituals and exquisite craftsmanship through personalised tours and experiences.

#### Bespoke Cultural Tour

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

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.

For example, get a taste of rural 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 to explore the extinct volcanoes and their craters, drink in the picturesque views over the thermal lake and visit the surrounding temples of the Kintamani Region. Speak to us about the myriad options available.

### Arts and Crafts Experience

The villages around Ubud are famous for their arts and crafts. Our drivers and guides are experts in exploring and discovering artists' workshops and exceptional pieces of art. Stone masons, woodcarvers, painters, basket weavers and textile makers all call the area home. Let us know your interests and we will arrange a bespoke itinerary of galleries and artists' workshops in the greater Ubud area to see the artisans at work.

Visit Amandari's boutique and gallery on your return to browse our selection of antiques and local crafts.

### Aksara Bali

The Balinese script, natively known as Aksara Bali is an abugida used on the island of Bali, commonly for writing the Austronesian Balinese language and the liturgical language Sanskrit. The script is a descendant of the Brahmi script and has many similarities with the modern script of South and Southeast Asia. Aksara Bali, along with Aksara Jawa, is considered to be the most elaborate and ornate among Brahmic scripts of Southeast Asia. This script has a significant prevalence in many of the island's traditional ceremonies and is strongly associated with the Hindu religion. It is mainly used today for copying lontar or palm-leaf manuscripts containing religious texts.

You can take part in preserving this age-old tradition with informative yet therapeutic script-writing sessions, accompanied by light refreshments.

### Art Class

Amandari's private art classes offer the chance to spend a peaceful morning or afternoon with a local Balinese artist. Choose your setting, whether the Golden Pavilion or your Suite's private terrace, then be inspired by the resort's pristine natural setting, its breathtaking views over the Ayung River Gorge and its tranquil shrines and temple. The canvas is yours to keep, and all paints and supplies are provided to complete your masterpiece.



### Morning Markets

The morning market is an institution in Bali and there are several within a 20-minute drive of Amandari. Get there well before 8.00 am – ideally before 7.00 am – 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. Feeling peckish? Try some glutinous rice wrapped in banana leaf or roasted rice mixed with palm sugar.

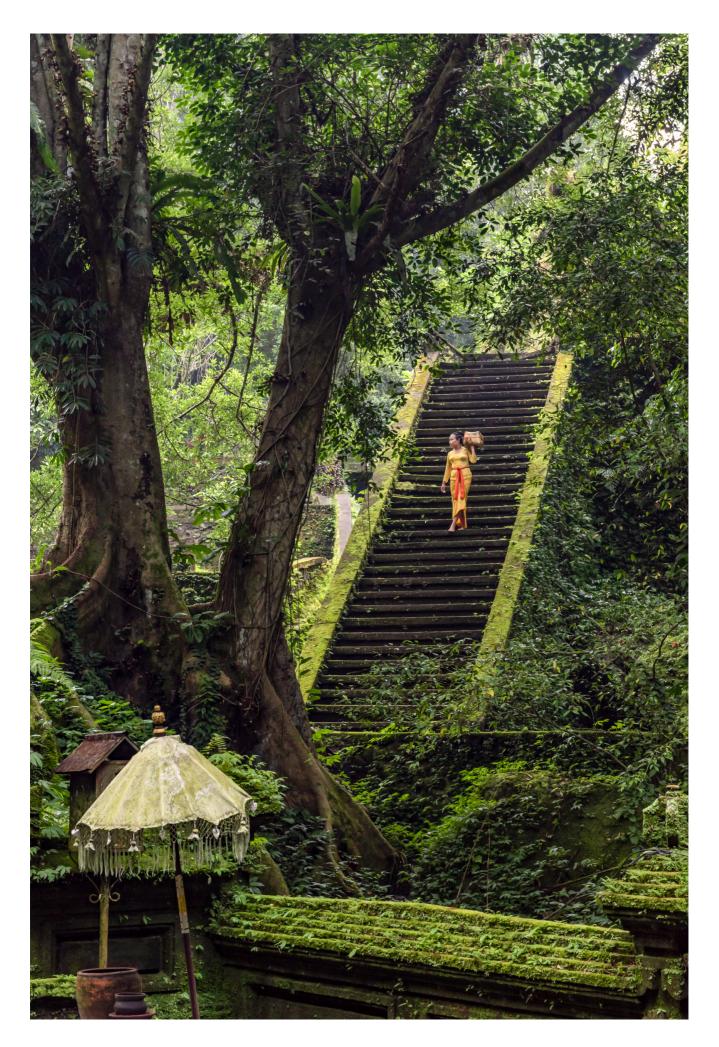
### Cultural Ceremonies

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 that 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.



# Temples

Religious devotion is as much a part of daily life in Bali as eating, sleeping and breathing. Beautiful Balinese Hindu temples known as pura dot the island and can be explored with an Amandari guide.

Ubud is full of world-renowned temples, but we recommend visiting the area's lesser-known pura to ensure the most authentic experience possible.

### Cultural Etiquette

Foreigners are always welcome, but please be aware of the following out of respect for local traditions: Appropriate dress (no shorts or sleeveless tops) is required to enter temples and join blessing ceremonies. Women are asked not to enter temples or join blessing ceremonies when menstruating or heavily pregnant.

Amandari provides traditional Balinese outfits. While inside the temples, please refrain from smoking and photographing people praying.

### Pura Dalem, Ubud

Pura Dalem is dedicated to Shiva and the worship of the god, Hyang Widhi. Though its name translates as 'Temple of the Dead', the death theme is not all sombre: 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 drive 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 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 drive from Amandari

### Pura Samuan Tiga, Bedulu

Pura Samuan Tiga is the site of a 10th-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 drive from Amandari

#### Pura Gunung Kawi, Tampaksiring

One of the most magnificent sites in the area, Pura Gunung Kawi is an 11th-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 provide amazing insight into the lives of their residents of old. 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 10th tomb.

#### North of Ubud, 30 minutes drive from Amandari



### Pura Gunung Kawi, 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 means 'slipping foot'. Several water fountains within and outside the temple also make it a popular bathing place.

North of Ubud, 35 minutes drive 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 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 several interesting museums, including the Manusa Yadnya and Ogoh-ogohral Museums. Walking around the peaceful garden, you will come across seve soothing water fountains.

Southwest of Ubud, 35 minutes drive from Amandari



# 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.

### Balinese Temple Blessing

To cleanse and purify your spirit and relax your mind, the Balinese blessing is a meaningful ceremony involving offerings, prayers, holy water, incense and bija (consecrated rice).

Taking place at Amandari's 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 an Spiritual Journey led by Luh Manis, a local Jero priestess, during which you will encounter many aspects of the spiritual side of Balinese daily life.

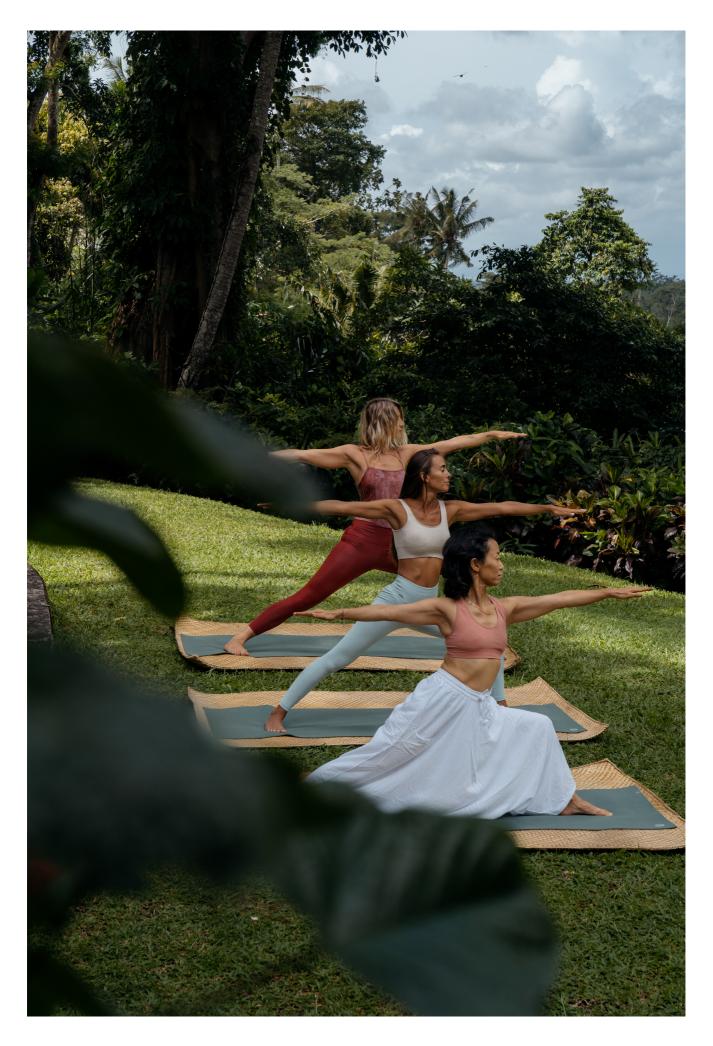
Begin at daybreak with a water purification and meditation session at Pura Mengening, a beautiful water temple better known to locals than tourists. Listen to the sound of the cascading water, practice the rituals of the Balinese, and then return to Amandari for breakfast. Afterwards, the journey continues with a numerology session with a local shaman, which Luh Manis will assist in translating.

### 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, relationships and career (present and future). You may want to prepare questions in advance to maximise the value of your session.



### Wellness

Through our holistic approach to wellbeing, we strive to provide guidance, support and knowledge to support your personal wellness journey far beyond the physical boundaries of our Aman Spa.

### Mindfulness

### Yoga

The practice of yoga can help to refine your body and quiet your mind, as well as improve your emotional well-being. With its unique spiritual energy, Amandari is the ideal setting in which to experience the benefits of yoga.

Join one of our complimentary classes or book a private yoga session on the terrace of your villa or one of our bales overlooking the Ayung River. For private sessions, please let us know which style you prefer 24 hours in advance:

### Vinyasa Flow

A combination of traditional asanas (poses), linked by vinyasas, transitional movements, and breath. A dynamic and flowing session, perfect for boosting energy levels and waking your body.

### Hatha Yoga

A combination of traditional asanas, pranayama (breathwork) 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.

### Spa Treatment

Amandari's tranquil Aman Spa offers an array of treatments, from Aman Signature Journeys to traditional Balinese healing therapies utilising local ingredients and Aman's own all-natural skincare products. Please see our Spa Menu for more information.

### Meditation

Meditation is a practice in awareness, of being present at the moment and letting go of distractions. An ancient practice, it is known to help with stress management, reduce negative emotions, and increase patience, tolerance, imagination and creativity. Guided meditation sessions can take place in the garden of your suite or in Amandari's lush Secret Garden.



### Sports and Adventure

### 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.

### Golf

A 60-minute drive north of Amandari lies the Handara Golf Club, its 18 holes overlooking Lake Buyan. 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 Bali's Bedugul region. Tee-off times start from 6.30 am, and 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.

### 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.

Rated as a Class 2 rafting trip, the 11km Ayung River voyage is suitable for those aged 5 and above. Morning and early afternoon trips are offered, taking approximately 3 hours in total. We recommend wearing shorts and a t-shirt or swimwear, as you will get wet!

The adventure involves walking down to the gorge to begin, and at journey's end, hiking back up again. It is a 10-minute drive back to Amandari.



# Cycling and Trekking

Cycling and trekking are great ways to experience the countryside and vibrant culture of Bali, each offering different perspectives due to their pace. Combine them for the ultimate immersion.

### **Cross Training**

Both cross-training tours include an Aman guide, mechanical support, water, light snacks, and a support car, in case you want to stop at any time.

### *Up*, *Up*, *and Jatiluwih* Tunjuk village to Jatiluwih Rice Terraces, with Breakfast

Depart Amandari before 7.00 am 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- to 2-hour ride has a very steady incline of 340m over the 12.8km (nothing too steep, but there is not much freewheeling). 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 Mount 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 the spectacular scenery of dramatically contoured rice terraces and an up-close look at the rice goddess shrines. The drive back to Amandari takes about 1.5 hours.

### Behind the Scenes Bali Juwet to Bongkasa

This exceptional tour offers unique insight into traditional Balinese villages and daily life. 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 in the 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 bike and begin your 4.5km, 1-hour trek during which you will enjoy stunning green scenery – field after field being cultivated, each guarded by rice goddess shrines.

Mount your bike once again for the ride to Bongkasa over the west side of the Ayung River Valley. After that, return to Amandari by car or jump back on your bike for an additional 8.5km ride to the resort.



### Cycling Tours

# Sunset Cycling around Juwet and Bongkasa

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

### Lakes to Lowlands Bedugul to Bongkasa

It's well worth driving an extra 10 minutes beyond Bedugul (at 1,090m just short of an hour's drive from Amandari) to see the volcanic lakes beneath Mount Batukaru. After this detour, choose from two starting points for your ride. The more challenging option adds 4.8km to the otherwise 29km route and boasts stunning rice terrace views as well as two steep climbs totalling 105m of ascent.

The shorter route skips the climbs and allows you to begin with a gentle freewheel through the beautiful countryside. No matter where you start, the ride descends over 1,000m with the route winding through Balinese villages and rice terraces.

*Backyard Biking* Amandari to Monkey Forest

This medium-rated bike ride has the benefit of starting at Amandari and takes approximately 1.5 to 2 hours. Only 3.5km of the 21.8km route are on main roads, and the rest take you through beautiful rice paddy fields and the villages of Sayan, Bindu and Sedang along farmers' tracks. The ride is mainly downhill (218m) with 137m of ascent. You will end at Monkey Forest, where a car will await to take you back to Amandari.

*Volcano and Temple Ride* Kintamani to Gunung Kawi

After a one-hour drive up to Bali's Kintamani region, pause to enjoy spectacular views of Mount Batur, Mount Abang, Mount Agung and Lake Batur. Your 13.6km ride starts with an easy peddle through Bali's mandarin groves and remote villages before descending through rice terraces and lush paddy fields to Gunung Kawi, Sebatu, a temple famous for bathing and water blessings.

The ride takes about 1 to 1.5 hours to this point, with 526m of descent and only brief ascents totalling 60m. Spend some time exploring with your guide, then either drive back to Amandari, or peddle a further 17km back to the resort, with a few short, sharp uphill sections and some off-roading, but mainly downhill cruising.



### *Peddling above Bali* Batukaru to Jatiluwih

This 13.5km, high-altitude ride starts from Pura Luhur Batukaru, a beautiful Hindu temple at the base of Mount Batukaru (Bali's second-highest volcano), a 60-minute drive from Amandari. One of nine kayangan jagat (directional temples) meant to protect Bali from evil spirits, it was originally built during the 11th century, was destroyed in 1604 and rebuilt in 1959. Its seven-tiered Meru (principal shrine) is dedicated to Mahadewa, the god of Mount Batukaru.

After exploring the temple, begin your freewheeling descent through dense jungle and verdant green rice paddy fields. The one and only uphill begins 4km into the ride, 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 balé overlooking Mount Batukaru. Including 450m descent and 150m ascent, the ride takes approximately 1.5 to 2 hours. *Downhill Dream* Kintamani to Bongkasa village

After driving 1 hour north into the Kintamani region (1,595m), begin the ride with Mount Batur and Mount Abang over your shoulder. This 3 to 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 a 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. You will feel exhilarated at the end!



### **Trekking Routes**

### 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, 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 village approximately 7 km and 2 hours

Amandari – Ayung Valley approximately 4 km 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 hive of activity, many serene places still exist on its outskirts. A 20-minute drive from Amandari, this 4.5km trek will start in Sedang Village and wind through beautiful countryside before ending at the Bali Bird Park. Admire the park's magnificent Birds of Paradise, then return to Amandari by car.

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



### Mount Abang

Mount Abang is the third highest mountain in Bali at 2,152m, and compared to ascending Mount Batur, you will hardly see anybody along this straightforward and particularly scenic 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. Mount Abang was once a part of the 4,000m-high Batur volcano, which was split in prehistoric times by a massive eruption that created a smaller set of mountains.

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

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

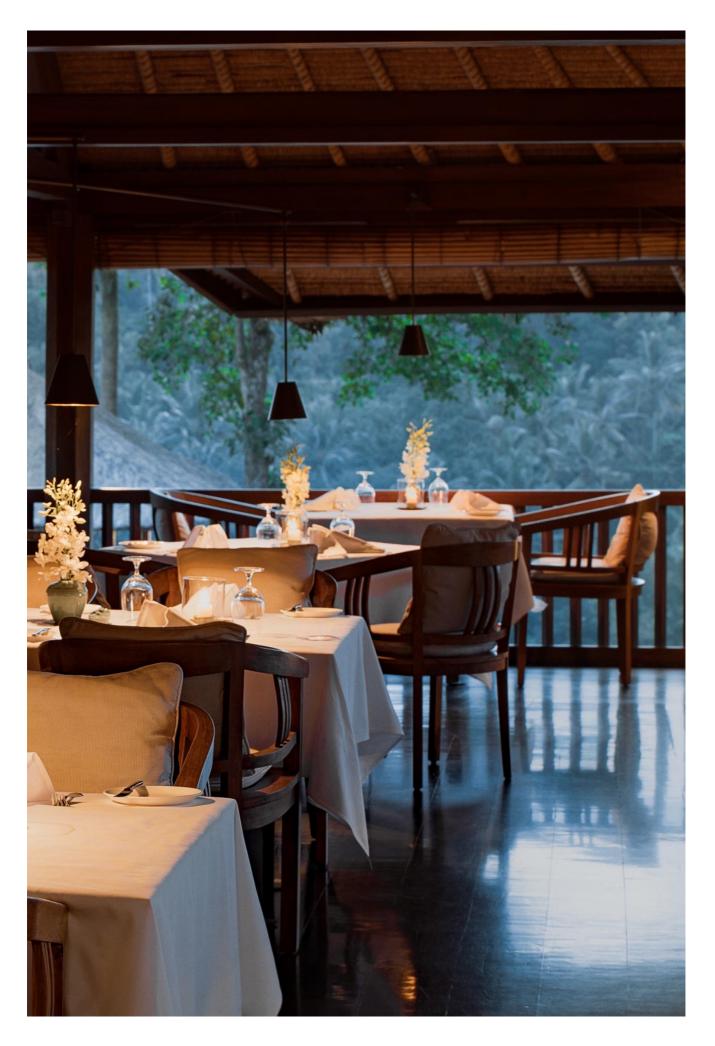
#### Mount Batukaru

The second highest mountain in Bali at 2,275m, Mount Batukaru can be seen from Amandari's restaurant terrace and main swimming pool, situated to the west in the Tabanan Regency. The UNESCO-protected Jatiluwih rice terraces can be seen at the bottom of this mountain, and the dense tropical forest skirting its lower slopes hosts a rich array of wildlife.

The ascent takes about 4-5 hours, with the last 1.5 hours on a narrow trail with steep hillsides to the left and right (this is not a hike for the unfit or those afraid of heights). The reward when you reach the top is an awe-inspiring view: On a clear day, you can see both coastlines, all of south Bali, Mount Agung, the Bedugul Lakes and even Java. The descent takes 2-3 hours. Proper hiking gear and shoes are recommended.

#### Please note:

this trek is highly inadvisable to undertake if your fitness level is low or you have fear of heights.



# Culinary Indulgences

From romantic meals in the Secret Garden or Lotus Pond Pavilion to village cooking classes, you'll never forget the tastes and smells of Bali's unique ingredients and how they're put together. Amandari offers multiple beautiful locations in which to enjoy authentic Balinese dishes, as well as numerous culinary experiences that allow you to get as hands-on as you desire. Special arrangements can also be made for a romantic dinner in your suite.

### Megibung Balinese Feast

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

At a table set for just you and yours in our Ayung Valley bale, indulge in the Megibung Balinese Feast with a menu inspired by the late King of Karangasem, I Gusti Agung Ketut Karangasem. The evening starts with a performance by Tari Penyembrama dancers and continues with Balinese soup, followed by a diverse selection of traditional dishes including Babi Guling, Bebek Betutu, Nasi Sela and sambals. The feast is rounded off with tropical fruits, Balinese sweets and homemade sorbet.

### Traditional Tea

Every day at 4.00 pm, Ibu Made and Ibu Wayan from Kedewatan Village arrive with an array of traditional Balinese sweets and home-brewed tea and coffee for your enjoyment. The Afternoon Tea is served at The Bar, offering a magnificent view of the Ayung Valley. Enjoy your delicacies by the pool or overlooking the river valley. This is a complimentary experience for all resident resort guests.

### 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 and spices and hand-ground with a pestle and mortar. Gently roasted and smoked over coconut husk, the preparation is slow, but ultimately worth it for the succulent taste that results.

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.

After your meal, learn more about how Ayam Panggang is a central part of the creation of banten gebogan, artistic creations featuring flowers, cakes and offerings to thank the deities for bestowing infinite blessings.

### Rijstaffel Rice Table Feast

Originally introduced by the Dutch during colonial times, this style of dining invites guests to indulge in a rich and varied array of dishes, accompanied by fragrant rice and a trio of refreshing sorbets to finish.

Choose from a selection of ten expertly prepared vegetarian, seafood, and meat dishes, or opt for a vegetarian-only selection if you prefer. Each dish showcases Indonesian cuisine's bold and complex flavours, with aromatic spices and fresh, locally sourced ingredients.

Enjoy this culinary journey in the comfort and privacy of your suite, or join us in our restaurant for a lively and convivial dining experience.



### Babi Guling Dinner

The spectacular and popular Balinese delicacy, Babi Guling (literally meaning 'turned pork') is a whole, spit-roasted suckling pig. An important window into Balinese history, religion, and, culture, prepared more to honour the Gods than for private consumption. The juicy pork is going to be served next to the Balinese cuisine and delicious local sweets. It is a perfect combination of traditional cuisine, in the midst of Amandari's beautiful surroundings, and live 'Rindik' music enveloping the atmosphere.

### 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 with a freshly made cocktail in hand.

Signature mixtures and classic concoctions await, along with a selection of canapés to satisfy savoury cravings. We suggest arriving at 5.00 pm 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.

#### Purnama and 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 Earth's people by offering his light and reminding them of their own light within.

The new moon is equally enticing. A symbol of birth, it is representative of new beginnings and is believed to release a purifying energy offering individuals a clean slate or a second chance.

Every Purnama and New Moon, Amandari presents a special menu showcasing Balinese favourites and imaginative dishes inspired by the local, seasonal flavours.



# Children and Family

Through hands-on learning, active exploration and immersion in cultural events and traditions, all ages can gain insight into this remarkable island and its culture. At Amandari we have developed an exciting range of activities for our younger guests to enjoy and for families to spend quality time together. Learn with your little ones about Bali's rich culture by participating in traditional activities.

### Balinese Tradition for Youth

#### Canang Sari making

Ibu Made and Ibu Wayan from our village, Kedewatan, come every day from 4.00 to 5.00 pm 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 a Canang Sari, a simple Balinese offering made from natural materials.

### Balinese Children's Dance and Rindik Class

Ibu Agung, our talented in-house dance teacher, has been part of the Amandari family for over 30 years. She comes to the resort daily to teach local children traditional Balinese dances. Her husband, Bapak Agung, is a local music teacher, who shares the art of gamelan playing.

You can watch the children practice daily between 3.00 pm and 4.00 pm at the Lotus Pond Pavilion next to the Restaurant. The children also 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



### Young Explorers

### **Regenerative Farming**

Reconnect with nature and learn the secrets of regenerative farming with Amandari, in partnership with Astungkara Way. This inspiring, hands-on experience reveals all there is to know about Subak, Bali's UNESCO World Heritage-celebrated, a community-based system for regenerating the land. Subak waterand farm-management techniques reflect the Balinese principle of Tri Hita Karana: harmony between people, nature and the gods, and as you work side by side with local villagers, you will have the chance to encounter it first-hand.

Taking place in the rice paddies and community garden of Subak Uma Lambing, a 20-minute drive from Amandari, you will learn about the farming methods used to restore depleted soil and nurture biodiversity. You will then have the chance to join in with whatever the season demands – whether ploughing, planting or harvesting. A well-deserved nasi campur lunch of rice and various meat and vegetable dishes, followed by a group yoga nidra (yogic sleep) session, is the perfect end to this rejuvenating experience.

### *Tennis* Opening hours: 8.00 am – 9.00 pm

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.

### Cycling

Amandari has a selection of children's bikes, which can be easily transported for trips into the countryside.

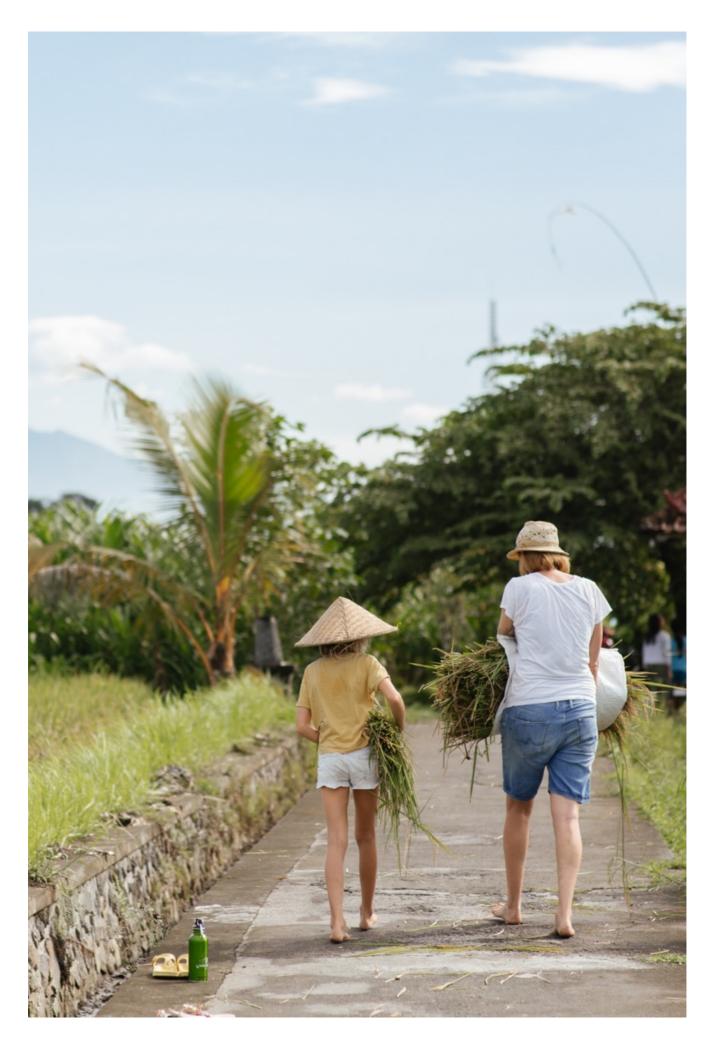
### Trekking

Take a gentle, family-friendly trek to the Ayung River with one of our experienced guides and enjoy a wonderful walk along the scenic ricefields. Alternatively, we can also arrange a less hilly walk through the rice fields.

### Rafting

Passing right by Amandari, the Ayung River is the most popular rafting spot in Bali. A class 2 river, it is suitable for children over 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.

Rafting may take 3 hours and a 5-minute drive from Amandari to the rafting location.



### Tours and Parks

### Mason Adventures' Chocolate Tour

For almost 30 years the Mason family has been synonymous with quality dining and adventure experiences in the heart of Bali. Now that same passion, drive and commitment to excellence can be discovered in Mason Gourmet Chocolate – the island's very own chocolate factory!

Inspired by nature and crafted to perfection using only the best hand-picked cocoa beans sourced throughout the Indonesian archipelago, their gourmet chocolates include truffles, pralines and delicious 'Tropical Blend' bars.

30-minute drive from Amandari

### Bali Bird Park and 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. A round trip can take up to four hours.

30-minute drive from Amandari Trip duration may reach 4 hours

Refunds are not applicable for cancellations made within 24 hours prior to the activity.

For further information or reservations for any of the above activities, please contact our Concierge & Pre-arrival Team at amandari.fo@aman.com. We will be delighted to assist you.

From all of us at Amandari, we wish you a happy and peaceful stay with us.

Best wishes,

Your Amandari Family

### AMANDARI

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