

TRIPS & TOURS

on the

'Island of the Gods'

Discover the natural beauty and culture of Bali

Since KELAPA RETREAT & SPA, as you know, is situated within the westernmost part of Bali, a lot of attractive locations can only be reached by covering fairly long distances. Therefore, our guests are kindly advised to decide in advance whether they wish to go on lengthy day tours or rather prefer shorter trips to sights which are within easy reach.

On the following pages you will find various suggestions for well-known places to visit. The locations mentioned are all worth visiting and are understood to be an absolute "must" when aiming to become a 'real' Bali expert.

Perhaps other guests at KELAPA RETREAT might like to accompany you - for the more people travel together, the lower the price is for every participant.

The cars used are comfortable and of course have AC. You and they are insured. The chauffeurs, employed by us are experienced tourist drivers who speak at least a little English. They know Bali very well and take you directly to the sights of interest.

Please, feel free to contact us (dial 100) to ask any further questions by speaking directly to one of the staff at our reception (front office).

We can also provide a car (including petrol) and driver for US\$ 99++/10 hours. This way you'll be able to create your own tour and we will then explain the route and your wishes to your driver.

We wish you a most pleasant stay and enjoyable adventures at KELAPA RETREAT & SPA.

Half Day Tour

Negara – Perancak – Rambut Siwi (approx. 6 hours)

Price per person: US\$ 35 ++ minimum 2 (two) participants.

Rate includes: car, bottled water, English speaking driver/guide and entrance fee.

Morning or afternoon takes you to Negara, the capital city of West Bali. You'll visit the central market with its myriad of local produce and friendly locals who run the stalls there. Then stepping into the 'modern world', you can browse Balinese style at a department store where many a bargain is to be had. Continuing on, you'll visit the traditional fishing village at Perancak beach. Before returning to the hotel you'll visit Rambut Siwi Temple - built in the 16th century by Hindu Sage Dang Hyang Nirarta. Rambut means 'hair' in Indonesian - the temple contains a lock of the sage's hair which is considered a holy relic. It's one of the oldest and holiest temple in west Bali and is often visited by locals to grant them safe passage on journeys.

TRIPS Close to KELAPA RETREAT & SPA

No. 1: Discover our 'Green Village' of Pekutatan by Mountain Bike (approx 2 hours)

Price per person: US\$ 20 ++

Rate includes: English speaking guide, mountain bike, fresh coconut drink, bottled water.

Departure: To avoid the heat it's best to leave early - **8.30am** or late afternoon before sunset - **3pm**.

A leisurely ride with one of our English speaking guides. From KELAPA RETREAT & SPA you'll cycle down the quiet leafy lanes and plantations of Pekutatan Village. You'll gain insight into Balinese Hindu culture and traditions as you pass many points of interest along the way including shrines, family temples and local meeting places. You'll visit coconut and palm sugar home industries which supply the local community using simple organic methods and enjoy a fresh coconut drink during a break.

Take a little pocket money in case you'd like to buy snacks at a local shop or support the tiny palm sugar business by buying a home-made coconut bowl.

No. 2: Rice Field Adventure - Mountain Bike Tour (approx 3 hours)

Price per person: US\$ 25 ++

Rate includes: English speaking guide, mountain bike, short car drive to the rice fields, local snack, bottled water.

Departure: To avoid the heat it's best to start early at about **8.30am** or later before sunset no later than **3pm**.

Discover the beautiful rice fields close to Medewi. A car will transport you and the bikes 10 minutes away to a village set back from the ocean where the bike tour begins. You'll cycle through the lush green fields and terrace hills with one of our English speaking guides on peaceful country lanes. You'll have a break at a shelter where you can enjoy a local snack. Our guide will tell you about Bali's rice (Padi) culture and intricate water irrigation system. In Bali rice is considered a gift from god. Did you know that there are five words for rice in Indonesian? They describe the different stages, from seedlings in the fields - to the rice ready to eat after cooking. That's just how important it is to the people of Bali!

You'll get some insight into Balinese Hinduism as you pass points of interest including shrines, statues and family temples along the way. At the end of the tour our driver will pick you and transport you back to KELAPA RETREAT & SPA.

Bring pocket money in case you'd like to buy a snack from the village shop.

No. 3: Rubber Plantation Tour (approx 2 hours)

Price per person: by car US\$ 30 ++ by mountain bike US\$ 20 ++

Rate includes: English speaking guide, car or mountain bike, local snack, bottled water.

Departure: Time to be arranged with local plantation guide - please enquire at the front desk

Only a short distance away from KELAPA RETREAT & SPA, leading off from the main street, the peaceful winding road (Jalan Pekutatan) leads you through scenic villages with sweeping views. Along the way you can visit the Rubber Plantation and its factory. An informative and entertaining guide from the plantation will explain the rubber making process as you tour the factory and grounds, from the tiny collection containers attached to the plantation's trees to rubber grading and packaging. Have a rest and a local snack at a worker's shelter within the rubber trees. This tiny factory with simple equipment dating from a past century, produces rubber of all grades - from rubber bands to airplane tyres!

* this is an uphill ride - continuing on will take you to the Holy Tree *Bunut Bolong*

Culture Fact: *Karet* means Rubber in Indonesian - and interestingly, *Jam Karet* translates as 'rubber-time', a locally used expression that describes the typical cultural Balinese attitude when it comes to making appointments. Like a rubber band, their concept of time tends to be flexible!

No. 4: Independent Mountain Biking

Price per person: *without guide US\$ 20 ++ with guide US\$ 30 ++*

Rate includes: *mountain bike, short trip by car, bottled water, (with or without guide).*

Departure: *To avoid the heat it's best to leave early - 8.30am or late afternoon before sunset - 3pm.*

We can drop you at a mountain village near Bunut Bolong (the holy tree) on Jalan Pekutatan, from where you can start your trip back. You will cycle through various plantations (clove, rubber, coffee, cocoa and different forests with hardwood trees) down to the beach and back to KELAPA RETREAT & SPA.

* *Please let our staff know in advance if you are interested in using a guide who will explain to you various details about Balinese life and culture along the way.*

* *Mountain bike hire only - go on your own adventure!*

Price per person: *US\$ 5 ++ per 4 hours / US\$ 8 ++ per day*

No 5: Surfing

* ***detailed prices listed below***

KELAPA RETREAT & SPA is ideally located between the two world famous surfing spots of Medewi and Balian. Medewi is only a five-minute-drive to the west where you can surf the longest left-hander wave in Bali. Note: The beach is rocky and if you don't want to surf, it's probably better to stay at KELAPA RETREAT & SPA, where you can swim, sunbathe or enjoy a spa treatment!

Balian beach is about 30 minutes to the east - an absolute must for surf enthusiasts. This beach

has two surfing spots, powerful waves and a long swell. Reef breaks provide lefts and rights.

Our driver will drop you at either location and will pick you up after you've finished your surfing adventure.

* Surfing lessons for beginners can also be offered directly in front of KELAPA RETREAT & SPA. Here the waves are ideal for learning and the water free of rocks. A local instructor will teach you the basics.

No 5: Fishing and Sailing Trips with the Traditional Kelapa Retreat Boat

We own a small local fishing boat which we use for our guest's excursions and to supply our Tides Restaurant with fresh fish. Nearly every morning a local fisherman sails out onto the ocean. Occasionally, when the waves are too large and dangerous to navigate, all local fishermen stay at home. We monitor the waves closely and each fisherman is of course an expert sailor! We have 4 possible excursion options available.

1. Morning Sailing Trip

Price per person: 1 / 2 / 3 US\$ 45 / 50 / 60 ++

Rate includes: 1.5 hours out at sea - drinking water

Departure: 7 am **Return:** 9 am - transfer time is 15 minutes each way

Ideal for a leisurely trip and stunning photography! You'll be driven to the local harbour in Pekutatan (approx. 3 min by car). Here all the local fishing boats are beached until fishing time. You'll depart on our boat soon after arrival with our English speaking hotel guide. After the boat returns to the beach you'll be picked up by our driver.

2. The Real Deal: Join Our Local Fisherman

Price per person: 1 / 2 / 3 US\$ 55 / 70 / 85 ++

Rate includes: approx. 4.5 hours out at sea - drinking water, snack box with local cake and fruit

Departure: 6am **Return:** 11am - transfer time is 15 minutes each way

Together with our English speaking hotel guide you'll experience the daily routine of a local fisherman. You'll be able to throw out your hook and try your luck! The trip includes fishing equipment. Our restaurant can prepare your catch for dinner!

3. Your Fishing Trip: Please arrange the time of your own private fishing excursion with Front Office

Price per person: 1 / 2 / 3 US\$ 55 / 70 / 85 ++

Rate includes: approx. 2.5 hours out at sea - drinking water, snack box with local cake and fruit

Departure / Return - To be arranged with Front Office - Transfer time is 15 minutes each way

Our English speaking guide will join you on a tailor-made fishing excursion. All equipment is included. You'll spend approximately two and a half hours out at sea. Transfer time is 15 minutes each way. Our restaurant can prepare your catch for dinner!

4. Sunset Sailing Trip

Price per person: 1 / 2 / 3 US\$ 45 / 50 / 60 ++

Rate includes: Transfer time is 15 minutes each way - 1.5 hours out at sea - drinking water

Departure: 4.30pm **Return** 6.30pm after Sunset

Ideal for a leisurely trip and beautiful sunset photography! Just like the early morning trip, you'll be driven to the local harbour in Pekutatan (approx. 3 min by car) and depart on our boat soon after arrival. Our English speaking hotel guide will join you and our driver will bring you back to the hotel after the boat returns to the beach.

* Life vests are provided and must be worn at all times.

* 10% of trip costs are donated to the fishing village community to improve their harbour.

Transfers, Rentals and Lessons

Medewi Beach / Balian Beach - Surf Transfer by car - Pick Up And Return Back To Kelapa Retreat: 10 US\$ ++

Balian Half-Day Surfing Trip: 45 US\$ ++

Surfboard Rental: 10 US\$ ++ per 4 hours / 15 US\$ ++ per day

Mountain Bike Rental: 5 US\$ ++ per 4 hours / 8 US\$ ++ / per day

Motor Bike Rental: 10 US\$ ++ per 4 hours / 15 US\$ ++ per day

Surfing Lessons (with local instructor and board): 45 US\$ ++ / per person per 2 hours

Full Day Tours

No 1: Ubud - Bali's Cultural Centre (approx. 10 hrs)

Mengwi - Ubud - Art and Handy craft Village visits

Price per person: 1/2/3/4 person(s): 99 ++/ 119 ++/ 129 ++/ 139 ++ US\$

Rate Includes: car, bottled water, English speaking driver/guide, entrance fee

Departure: 8am - **Return:** 6pm

On the way from KELAPA RETREAT to Ubud you will stop at Pura Taman Ayun in Mengwi, one of Bali's largest and most important temples. After leaving this picturesque 'garden temple surrounded by water', you will proceed to the city of Ubud where you'll be introduced to the city with the help of a short guided tour. In the centrally-situated and crowded market - sufficient time will allow you to shop before lunch is served at Cafe Lotus, one of Ubud's most famous restaurants (to be paid individually). A short walk along one of the city's central roads will take you to Ubud's Monkey Forest. Before departing you can stop at one of the well-known art galleries. On the way back several stops will be made at workshops in nearby villages where handicraft and art items are produced. There, a souvenir can be bought for a more reasonable price than in respective city shops. Direct return to KELAPA RETREAT.

No 2: Tamblingan, Buyan and Bratan - Bali's Picturesque Lake District (approx. 10 hours)

Bunut Bolong - Munduk Waterfall - Bali's Lake District (Danau Tamblingan, Danau Buyan and Danau Bratan) - Pura Ulun Danau Bratan - Handara Golf Course - Candi Kuning.

Price per person: 1/2/3/4 person(s): 99 ++/ 119 ++/ 129 ++/ 139 ++ US\$

Rate Includes: car, bottled water, English speaking driver/guide, entrance fee

Departure: 8am - **Return:** 6pm

This tour is an absolute highlight and shouldn't be missed. After an early start northwards from KELAPA RETREAT you'll pass the West Bali National Park and numerous plantations, where rubber, clove, coffee and cocoa are cultivated. You'll literally drive through *Bunut Bolong*, a holy

Banyan tree whose trunk, branches and root system straddle both sides of the road. Locals believe this tree is a residence of ancestral spirits and contains powerful magic!

Before getting to Munduk you'll visit one of Bali's attractive waterfalls. Climbing further north (by car, of course!) you'll stop for a drink and snack (to be paid individually) in a mountain restaurant with an absolutely magnificent view, from where you can even see Bali's north coast, if weather permits. Passing the lakes Tamblingan and Buyan, the road offers panoramic views and stops can be made to enjoy the scenery and take photos. The next stop is Lake Bratan with its famous temple where you'll have sufficient time to enjoy this beautiful sight. Handara Golf Course, which used to be one of the world's most attractive courses, and a typical village market at Candi Kuning will be the final stops before returning to KELAPA RETREAT.

No 3: Batur – One of Bali's Active Volcanoes (approx. 10 hours)

Ubud - Coffee-stop - Batur Volcano and lake (1717m) - Eco-tourism

Price per person: 1/2/3/4 person(s): 99 ++/ 119 ++/ 129 ++/ 139 ++ US\$

Rate Includes: car, bottled water, English speaking driver/guide, entrance fee

Departure: 8am - **Return:** 6pm

Another absolute 'must'. Leaving KELAPA RETREAT early in the morning, a coffee break (to be paid individually) will be arranged at Alila or the Campuan Hotel near Ubud, the central house of which was once owned by the German artist Walter Spiess, who is known to have influenced Balinese art considerably. Driving up through mountains where European vegetables are cultivated due to the 'up-country' climate, the southern edge of the ancient Batur Volcano will be reached near Kintamani.

From the road you'll enjoy fascinating vistas of Gunung Batur before being driven directly into the caldera and the shores of Lake Batur. Here you'll see the remnants of fairly young eruptions. A buffet lunch (included) is at the Lakeview Restaurant in Penelokan. On the way back you'll stop at an eco-tourism farm run by a young Balinese couple. Here you can to learn about Indonesian vegetation before returning directly to KELAPA RETREAT.

Note: If you'd like to climb the volcano, please inform us well in advance!

No 4: Shopping and Tanah Lot Temple (approx. 10 hours)

Legian – Seminyak – Tanah Lot

Price per person: 1/2/3/4 person(s): 99 ++/ 119 ++/ 129 ++/ 139 ++ US\$

Rate Includes: car, bottled water, English speaking driver/guide, entrance fee

Departure: 8am **and Return:** 6pm

After an early breakfast you'll be taken from KELAPA RETREAT to Legian and Seminyak - two fashionable seaside resorts where quite a number of excellent boutiques offer attractive gifts for yourself, relatives and friends. Please ask your driver if you'd like to buy a specific item - he'll be able to advise you.

A good restaurant – be it style of food or location – will be chosen according to your wishes (to be paid individually). After a walk along Legian's promenade or the busy beach of Seminyak you'll be driven to Pura Tanah Lot (tanah = earth; lot = sea: 'land in water'). That marvellously situated temple is probably the most photographed building on Bali - especially at sunset. Due to its popularity with the local population as well as tourists, it is always crowded. To avoid the crowds we stop at a nearby five-star-hotel - so that you can enjoy the sunset from the terrace where you can view and photograph the silhouette of Tanah Lot as the sun goes down while drinking a refreshing sundowner cocktail. Direct return for dinner at KELAPA RETREAT & SPA.

No 5: Four-Wheel-Drive into the West Bali National Park

Jeep Adventure 4x4 West Bali Land Cruise (Approx. 8 hours)

Price per person: US\$ 119 ++ *set rate by jeep hire company

Rate Includes: 4WD Vehicle, English Speaking Guide, Entrance Fee, Bottled water and Lunch.

Departure: 9am - **Return:** 5pm

The Route: Explore Bali's lovely countryside with a drive to Belimbing village surrounded by beautiful rice terraces, stopping for a short trek in this area. Continue to Blehmatung waterfall within a beautiful green valley and at a coffee plantation along the way. Next Stop is Pupuan Village with a cooler climate and view of Mount Batukaru. Then onto Bunut Bolong meaning 'banyan tree in the middle of the road' with beautiful scenery. You'll continue on to a rubber plantation, where you will have a lunch break and after lunch you'll drive in our 4WD through 1100 hectares of rubber plantation, river crossings and valleys before returning back to KELAPA RETREAT & SPA.

No 6: Jeep Adventure West Bali National Park Expedition (approx 8 hours).

An adventure into deep tropical rain forest at West Bali National Park

Price per person: US\$ 119 ++ *set rate by jeep hire company

Rate Includes: 4WD Vehicle, English Speaking Guide, Entrance Fee, Refreshment and Lunch.

Departure: 9am - **Return:** 5pm

The Route: A direct 1 hour drive to West Bali National Park. Start by entering the area called Tegal Bunder, a tropical rain forest famous for the Bali Starling Bird Conservation. From here you'll drive on to Tanjung Pasir along the coastline with its beautiful view of Gilimanuk Bay (the harbour). From here you can see the island of Java across the water. Continuing to Prapat Agung, the most important and protected area in West Bali National Park. Here you'll visit the two temples of Prapatan Agung and Segara Rupek. Next Stop is Brumbun. This area offers a fantastic beach panorama where we'll serve lunch. Brumbun is the last stop before returning to KELAPA RETREAT & SPA. Usually 5 - 6 hours are spent exploring West Bali National Park.

No 7: Ijen – Climbing the Volcano with its Famous Sulphur Crater in East Java (approx. 12 hours)

Gilimanuk – Ferry – Ijen

Price per person: 1/2/3/4 person(s): 225 ++/ 275 ++/ 325 ++/ 375 ++ US\$

Rate Includes: Car, ferry, bottled water, light breakfast, picnic lunch, English speaking driver/guide, entrance fee

Departure: 4am - **Return:** 4pm

Ijen Volcano is a real highlight for those interested in hiking and enjoying spectacular views. At its peak there is a turquoise mountain lake with sulphur rock in its caldera, which is mined by local men. KELAPA RETREAT & SPA is just one hour away from Gilimanuk Harbour. Leaving the hotel very early in the morning, you'll cross the Bali Straits from the harbour on an early morning ferry, where a light breakfast will be offered by our driver (included).

On Java you'll continue by driving up towards the volcano through tropical rain forest in a 4-wheel-drive to the Mountain Ranger Station (another 60 minutes). From here you'll then start a 2 hour (plus) trek up to the peak of the crater with fantastic views along the way. After your decent you'll enjoy a delicious picnic lunch (included) to have enough energy for the return trip to KELAPA RETREAT & SPA!

No 8: Menjangan – Bali's Best Snorkelling and Diving Area (approx. 10 hours)

Seven world class dive sites lie off the coast of Menjangan Island. This small, uninhabited island off the north-west coast of Bali has been named one of the most spectacular coral reefs of Bali. Here the waters are clear and waves minimal - ensuring one of the most delightful sets of conditions for diving or snorkelling in Bali. Menjangan Island is also called Deer Island because of the Menjangan deer, a species endemic to this part of Indonesia which make an annual migration across the

channel from the mainland of Bali. Its local name is Pulau Menjangan.

Diving

Introductory Diving at Menjangan Island

Price per person: US\$ 129 ++ per person - minimum 2 participants.

Rates Include: 2 dive trips, car and driver, the boat to and from Menjangan Island, equipment, a guide, lunch box and soft drinks on the boat to Menjangan Island.

Diving at Menjangan Island for people already PADI certified

Price per person: US\$ 119 ++ per person - minimum 2 (two) participants.

Rates Include: 2 dive trips, car and driver, the boat to and from Menjangan Island, equipment, a guide, lunch box and soft drinks on the boat to Menjangan Island.

Departure: 8am

Snorkelling

Snorkelling at Menjangan Island

Price per person: US\$ 99 ++ rate is for minimum 2 participants, single snorkelling; US\$ 139 ++

Rates Include: car and driver, the boat to and from Menjangan Island, 2 times snorkelling, entrance fee, snorkelling equipment, lunch box, bottled water.

Departure: 8am

- Guests are requested to respect the other users
- Kindly report any problem to the pool attendant
- In case of an emergency, try to assist and then alert other guests to call the hotel staff

Wish wish you enjoyable trips, tours and a most pleasant stay at KELAPA RETREAT & SPA.