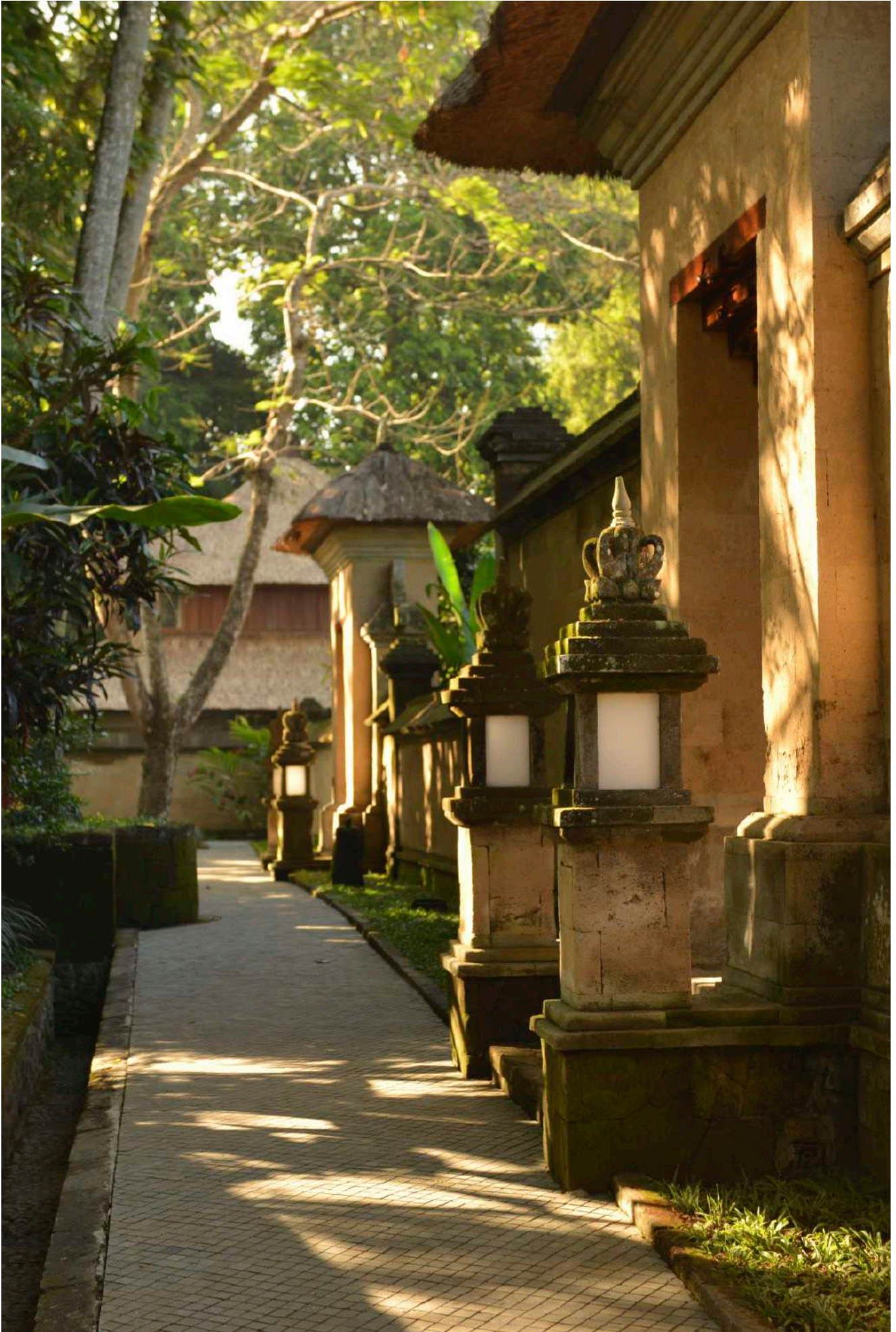




amandari





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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 English-speaking drivers 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.

With an additional cost, a professional guide who is familiar with all the special and undiscovered spots of Ubud is available to accompany your journey.

## Hidden Wonders of Penglipuran

Celebrated as one of the finest villages in the world for its preservation of tradition and community spirit, the famed community of Penglipuran offers a captivating glimpse into the rich cultural heritage of Bali. This immersive experience unveils the ancient architectural principles of Hasta Kosala Kosali and Tri Mandala, guiding forces that have shaped Bali's manmade landscape for centuries.

Delve into the intricate design details and profound meanings woven into every structure, gaining a deeper appreciation for their cultural significance and timeless beauty. Embark on a journey through time and tradition, where each step reveals a new layer of Bali's heritage.

## 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.

## Textile Drapery

Delve into the world of traditional Balinese fabrics from the collection of interior designer, Melati Danes. This private session will be held in The Library, delving deep into the heritage and cultural significance of Balinese classical textiles with time for discussion, traditional makeup and personal styling.

Several types of sessions can be presented. The Heritage Classic, which provides the opportunity to learn about the cultural heritage of traditional textile fabrics, and the Payas Agung session where you can learn about Bali's wedding culture and transform into a traditional bride.



### **Balinese Maestro Fusion: Gamelan and Dance**

Uncover the mysteries of gamelan music and Balinese dance in an intimate setting: a private concert and lecture set within the graceful ambiance of a maestro's Balinese home in Singapadu. This experience is guided by the esteemed professor, I Made Bandem, a distinguished scholar and dancer acclaimed with the Unesco Music Council Award, alongside his equally talented wife.

Delve into three distinctive styles of gamelan music – Gendar Wayang, Slonding and Kebyar – accompanied by captivating demonstrations of traditional dances such as Rejang and Baris, as well as the contemporary Kecak dance.

### **Bali's Artisan Trail**

Discover the rich heritage of Balinese craftsmanship with Amandari's artisanal trails. Begin your journey at the Ikat workshop of Tenun Setia Cap Cili – in operation since 1948 – where you will tour the atelier, learn about the process of creating traditional fabrics using non-machined looms and observe skilled artisans at work.

Next, explore the Kerta Gosa Pavilion within the Klungkung Palace, gaining insight into its architectural significance, historical background and royal connections, while marvelling at the intricate ceiling paintings and the stories they tell. Finally, visit Kamasan village, home to a traditional painting community to witness artists in action, learn about the distinctive Kamasan painting style and appreciate its cultural significance. The tour includes an exclusive visit to Bapak Sondra's workshop, where you can see the creation process of Kamasan paintings, echoing the artistic legacy displayed in Amandari Suite.





### Art Class

Amandari's private art class 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 10-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.

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.

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.

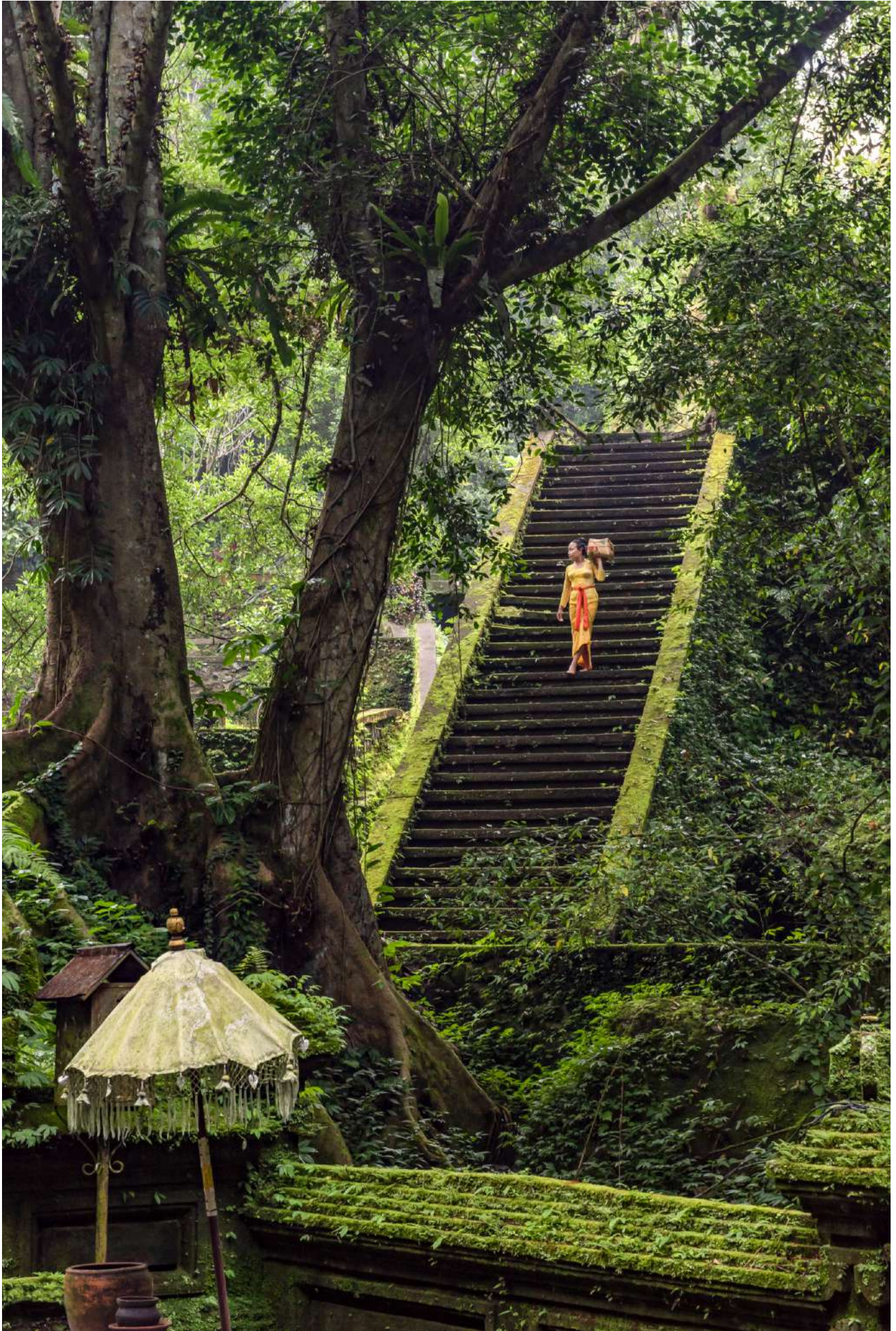
Women who are menstruating or in an advanced state of pregnancy are asked not to enter the temple, in keeping with local customs.

### Arts and Crafts 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.







# 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 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 seven 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.

## **Morning Purification and Temple Walk at Tirta Empul**

Immerse yourself in the sacred waters of the legendary Tirta Empul temple, a Unesco World Heritage site, renowned for its natural springs. Experience tranquillity like never before as you wash away your stress and rejuvenate your spirit amid the site's serene surroundings.

At Amandari, we collaborate with the exclusive authorized operator to offer our guests exclusive access to Tirta Empul before its official opening hours, providing a serene experience free from the bustle or delays of typical crowds.

Embark on a guided tour, led by a storyteller from the village of Manukaya Let, a community dedicated to preserving the temple for generations. Each step of your journey is crafted to immerse you in the rich history and cultural significance of Tirta Empul, promising an unforgettable experience that will leave you refreshed and inspired.

## **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.

## **Energy Healing**

Energy healing is a holistic approach to healing that focuses on the subtle energy system within the body. The practitioner engages in a body scanning process, using hands or intuitive abilities to assess the energy flow within your body. Energy healers work on these energetic imbalances to restore harmony and promote well-being. After the energy healing session is complete, the practitioner will engage in a Q&A session.

## **New Path to Renewal**

Step into a realm where ancient wisdom intertwines with modern practices as we unveil our curated collection of wellness experiences designed to nourish your mind, body, and soul. Drawing inspiration from the rich heritage of Eastern traditions, Amandari encourages you to immerse yourself in the graceful movements of Tai Chi, harness the life force energy of Qigong, and awaken your inner potential with the transformative power of Reiki Kundalini. Each session is under the gentle guidance of our skilled practitioners, fostering states of harmony and inner peace.

Complementing these practices, we are also delighted to introduce the healing arts of Hypnotherapy, Acupuncture, and Master Therapy, offering tailored experiences to address your unique needs and aspirations. Whether you seek emotional release, physical alignment, or spiritual harmony, our expert therapists are dedicated to guiding you toward insightful and holistic wellness.





# 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.

## Movement & Body Work

### **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**

Discover a heightened awareness of the moment through a pranayama session, immersing yourself in controlled breathwork. This powerful practice is guided by ancient yogic techniques to cultivate mindfulness and balance energy.

### **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

### **Barebow Archery**

Step into a journey of self discovery and mindfulness through the ancient art of archery, in collaboration with Bali International Archery. This dedicated session goes beyond the mere mastery of skills; it's an exploration of awareness, focus and concentration, leading to a state of inner calm.

Delve into the philosophical ideas and teachings associated with archery, illuminating the path to achieving a meditative state of mind, where each arrow released marks a symbolic step towards inner peace and harmony.

This programme caters to both beginners and advanced archers, welcoming guests as young as six years old.

### **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 of 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.

### **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.

### **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

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.

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.

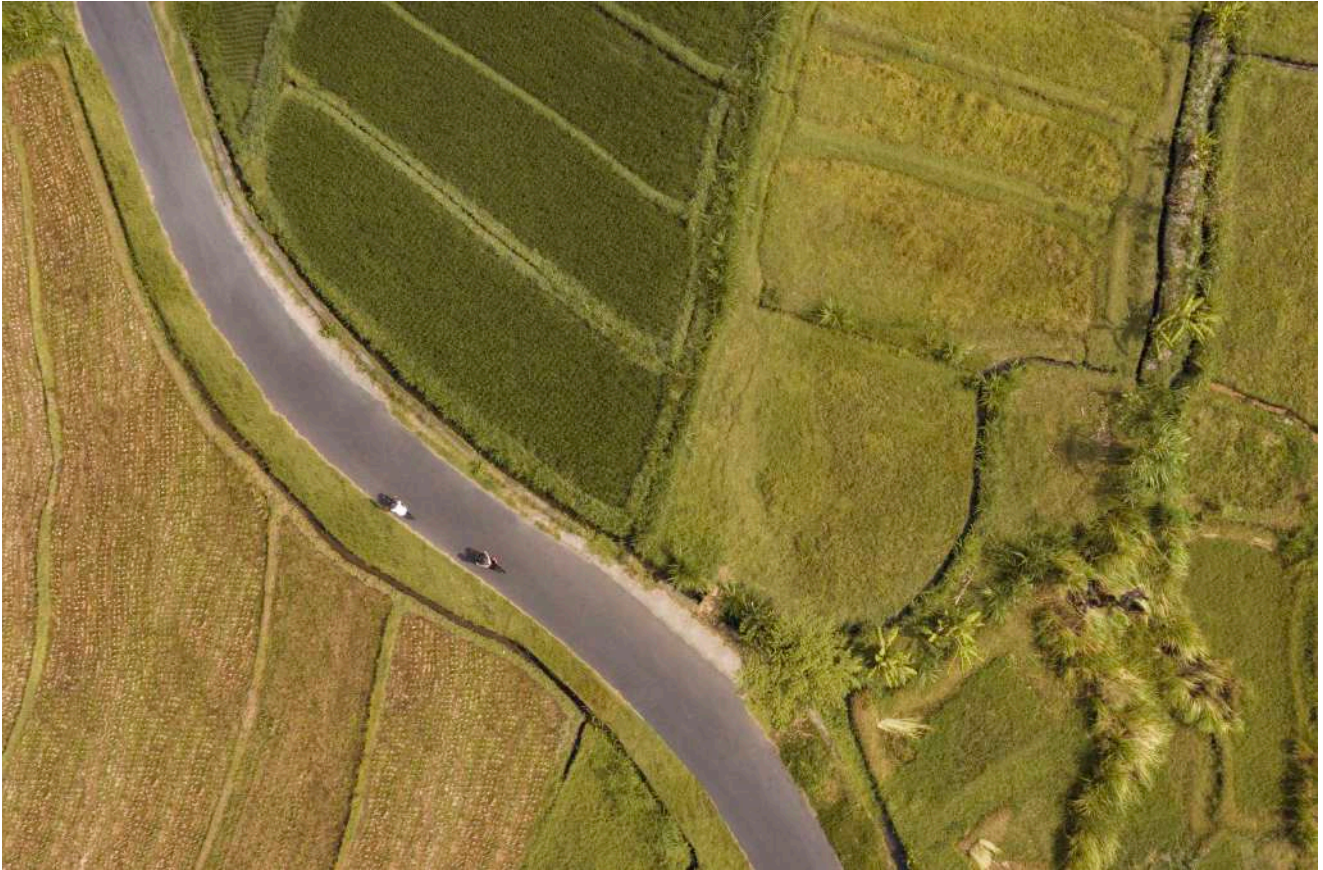
### **Volcano and Temple Ride**

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 Sindu Market, about 10 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. You will 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. Your trek will cover approximately 4.5km to Bird Park, and you will return by car to Amandari after your visit.

# Helicopter Tours

Explore Bali's natural wonders from above on our helicopter tours. From towering volcanoes to cascading waterfalls and verdant rice terraces, experience the diverse landscapes of Bali from a bird's-eye view.

## Helicopter Routes

### **Volcano Wonder**

30 minutes

Get ready for an exhilarating 30-minute helicopter tour that glides over the grandeur of Batur Mountain, soars above the rice terrace of Tegalalang and follows the winding path of the Ayung River – all in one thrilling adventure. Starting and ending at the Elephant Park Taro, this tour promises an unforgettable journey through Bali's most breathtaking landscapes.

### **The Tranquility of Green Paradise**

42 minutes

Embark on a 40-minute helicopter tour showcasing Bali's natural landscapes. Drift over the picturesque region of Bedugul, marvel at the majestic waterfalls of Sekumpul and Banyumala, and soar above Unesco-listed Jatiluwih Rice Terrace, all while taking in the island's beauty from above.

### **The Majestic**

60 minutes

Discover the allure of three active volcanoes – Mount Batur, Mount Abang and Mount Agung, the island's spirituality icon – before continuing to the historical water palace and former royal residences of Taman Ujung, where intricate Balinese buildings unfold amid lush gardens and serene water features. After travelling over the coastal regency of Karangasem, known for its laid-back atmosphere and black-sand beaches at Candidasa, the journey ends in the picturesque heart of Bali, high above the terraced rice fields of Tegalalang.





# 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.

## **Ngejot Balinese Feast**

"Ngejot" is an exquisite Balinese Hindu tradition, a symbol of interfaith harmony on the beautiful island of Bali, Indonesia. It involves sharing food with neighbours as an expression of gratitude during celebratory occasions like Galungan, Nyepi and Kuningan.

The food offerings vary according to religious beliefs, fostering unity and respect among different communities. This cherished custom showcases Bali's peaceful nature and proves that differences need not hinder love and understanding.

At a table set for just you and yours in our Ayung Valley balé, the evening starts with a performance by Tari Penyembrama dancers and continues with a variety of dishes starting with Balinese soup, followed by a diverse selection of local cuisine from the island of Bali, including our Babi Guling, Bebek Betutu, Nasi and Sambals. The feast is rounded off with in-season tropical fruits and a selection of Balinese sweet treats served with coconut-based ice cream on the side.

## **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 Terrace 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.

## **Jamuan Makan Nusantara**

Savour the symphony of tastes through an array of Nusantara's rich dishes, with an exhaustive collection of regional dishes and accompaniments, celebrating the culinary heritage of Indonesia.

Choose from a selection of expertly prepared vegetables, seafoods, and meat dishes, each a testament to the bold and complex flavours that define Indonesian cuisine. Opt for our vegetarian-only selection for a plant-based exploration of these delectable tastes. With aromatic spices and the freshest locally sourced ingredients, promising a feast for the senses.

Choose to savour this culinary journey in the comfort and privacy of your suite, or join us in our restaurant for a lively and convivial dining experience, where the panoramic views of the majestic Ayung Valley serve as a breathtaking backdrop to your culinary exploration.





### **Babi Guling Feast**

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.

Amandari celebrates each full moon with a unique cultural and culinary event, featuring Balinese dance, a gamelan orchestra, and a thoughtfully crafted menu that highlights local ingredients and seasonal flavors alongside traditional Balinese favorites.





# 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

### **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 son 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.

### **Canang Sari making**

Ibu Made and Ibu Wayan from our village, Kedewatan, are available to teach our younger guests how to prepare a Canang Sari, a simple yet significant Balinese offering. This traditional offering is made from natural materials such as flowers, leaves, and coconut leaves, and is an integral part of Balinese Hindu rituals. This experience can be particularly engaging and educational for children, providing them with a hands-on introduction to Balinese customs and traditions.

Kindly check the Weekly Activities or speak with our Guest Assistants for the scheduling of this monthly event





# Little Artisan

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.

## **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 (half an hour's drive from Amandari).

## **Wood Carving Lesson**

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.

## **Silver 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.

## **Fruit and Vegetables Carving**

Transform ordinary fruits and veggies into art! Join our fun activity where kids carve carrots into butterflies and watermelons into lotus flowers. With guidance, they'll create their own edible masterpieces. It's a playful way to encourage creativity and healthy eating habits!

## **Totebag Painting**

In this fun session, children will paint unique designs on a canvas totebag. Guided by our instructors, they can bring their imagination to life with various colors and patterns. At the end, they'll take home their personalized totebag as a cherished keepsake of their artistic experience at Amandari.

## **Crafting Toys from Banana Stem**

Let your children unleash their creativity by crafting toys from banana stems. Guided by our experienced instructors, kids will transform banana stems into charming houses or animals. This hands-on class teaches sustainability and encourages imagination and fine motor skills. After the 2-hour session, children will proudly take home their handmade creations as a delightful reminder of their time at Amandari.

## **Air-Dry Clay Class**

Explore the world of air-dry clay, allowing our younger guests to unleash their creativity. This particular type of clay air dries naturally, eliminating the need for firing. Each participant receives 500 grams of clay, along with tools and acrylic paint for shaping and colouring. During the session, they will master basic techniques, create decorative objects like animals or fruits, and then paint finished pieces.

Note: items made from air-dry clay are not food grade.

## **Batik Class**

Calling all young artists! Join us for an unforgettable Batik experience, where you'll learn to dye and design your own masterpieces.

## **Painting Class**

Enjoy painting in a new and refreshing way! Explore traditional Balinese styles and fun modern and abstract forms.

## 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 everything about Subak, Bali's UNESCO World Heritage-celebrated, community-based system for regenerating the land.

Subak water- and 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 Laming, 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.

### **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.

### **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.

### **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 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](mailto: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

Kedewatan, Ubud, Bali,  
Indonesia

Tel: (62) 361 975 333

Email: [amandari.fo@aman.com](mailto:amandari.fo@aman.com)







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