

A traditional Balinese pavilion with a thatched roof and wooden pillars stands on a stone platform overlooking a swimming pool. The background is a lush tropical forest under a cloudy sky. The word "amandari" is written in white lowercase letters across the center of the image.

amandari

Experience Guide



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## Experience the Peaceful Spirit

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

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

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

In a country of rivers and volcanic mountains, tropical 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 Activities 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!

Michel Bachmann  
General Manager



## 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 lovely ceremony that involves offerings, prayers, holy water, incense, and bija (consecrated rice) and takes place at the Amandari temple.

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

### Spiritual Journey

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

### Spiritual Healing

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

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

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



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## Cultural Insights

Ubud is known as the cultural heart of Bali. Discover the unique lives of the Balinese, their Hindu rituals, and unique craftsmanship through tours or comprehensive activities.

### Cultural Tour

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

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

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

### Balinese Children's Dance Class

Dance teacher Ibu Agung and her husband, music teacher Bapak Agung, have been part of the Amandari family for over 30 years. They come daily to the resort to teach the local children to dance and play music. Music and dance are an important part of Balinese culture and a tradition to be passed down.

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

### Arts and Crafts Tour

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

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

### Art Class

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



### Morning Markets

Discover the institutions of Bali: the morning markets. There are several morning markets within a 20-minute drive of Amandari. Get there well before 8.00 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. If you get hungry, 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

From Pura Taman Saraswati, in the centre of Ubud, to Pura Tirta Empul, to the lesser-known local temples that dot the map, a trip to Amandari means a step into the spiritual Balinese culture.

Ubud is full of interesting and world-famous temples. We recommend visiting the lesser-known temples of the area for a more authentic taste of Ubud.

## Cultural Etiquette

Foreigners are always welcomed, 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.

*Amandari provides traditional Balinese outfits. Please refrain from photographing people praying and smoking inside temples.*

## Pura Dalem, Ubud

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

In Ubud, 15 minutes from Amandari

## Pura Penataran Sasih, Pejeng

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

East of Ubud, 20 minutes from Amandari

## Pura Samuan Tiga, Bedulu

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

East of Ubud, 25 minutes from Amandari

## Pura Gunung Kawi, Tampaksiring

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

North of Ubud, 30 minutes from Amandari





#### **Pura Gunung Kawi, Sebatu**

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 from Amandari

#### **Pura Taman Ayun, Mengwi**

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

Southwest of Ubud, 35 minutes from Amandari





## Cycling and Trekking

Cycling and trekking individually are great ways to experience the countryside and vibrant culture of Bali. However, as both allow you to witness life at different speeds, why not combine them for the ultimate immersion.

### Cross Training

#### **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 12.8 km bike ride is a beautiful trip through the heart of Bali's rice fields, peddling along back roads, rice paddy tarmac paths and small sections of off-road. The 1.5–2 hour ride has a very steady incline of 340m over the 12.8 km, nothing is too steep but not too much freewheeling either. After reaching Senganan Village, the car will pick you up and drive you 15 minutes to the base of Jatiluwih's rice terraces, where you will enjoy a delicious breakfast in a remote bale overlooking mt. Batukaru.

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

#### **Behind the Scenes Bali – Juwetto Bongkasa, with Brunch**

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

Depart Amandari early morning and drive for 30 minutes to Juwetto, 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 islands have to offer.

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

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

## Cycling Tours

### Sunset Cycling – Around Juwet & Bongkasa

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

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

### Backyard Biking – Amandari to Monkey Forest

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

### Volcano and Temple Ride – Kintamani to Gunung Kawi

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





### **Peddling above Bali**

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

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

### **Downhill Dream- Kintamanito Bongkasa**

After driving 1 hour north into the Kintamani region (1,595m), begin the ride with Mt. Batur & Mt. Abang over your shoulder. This 3-4 hour, 48.5km, bike ride is almost all downhill- in fact, you will descend a whopping 1,600m in total, with only two short and sharp ascents of 1km each with 130m climb between the two. Free-wheel your way through mandarin groves in the higher altitudes, before coming down through stunning rice terraces, deep valleys of bamboo, and quiet villages before ending in Bongkasa Village. 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  
*Approximately 7km and 2 hours*

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

### From the Morning Market

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

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

### Ubud Flora and Fauna

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

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



### Mount Abang

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

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

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

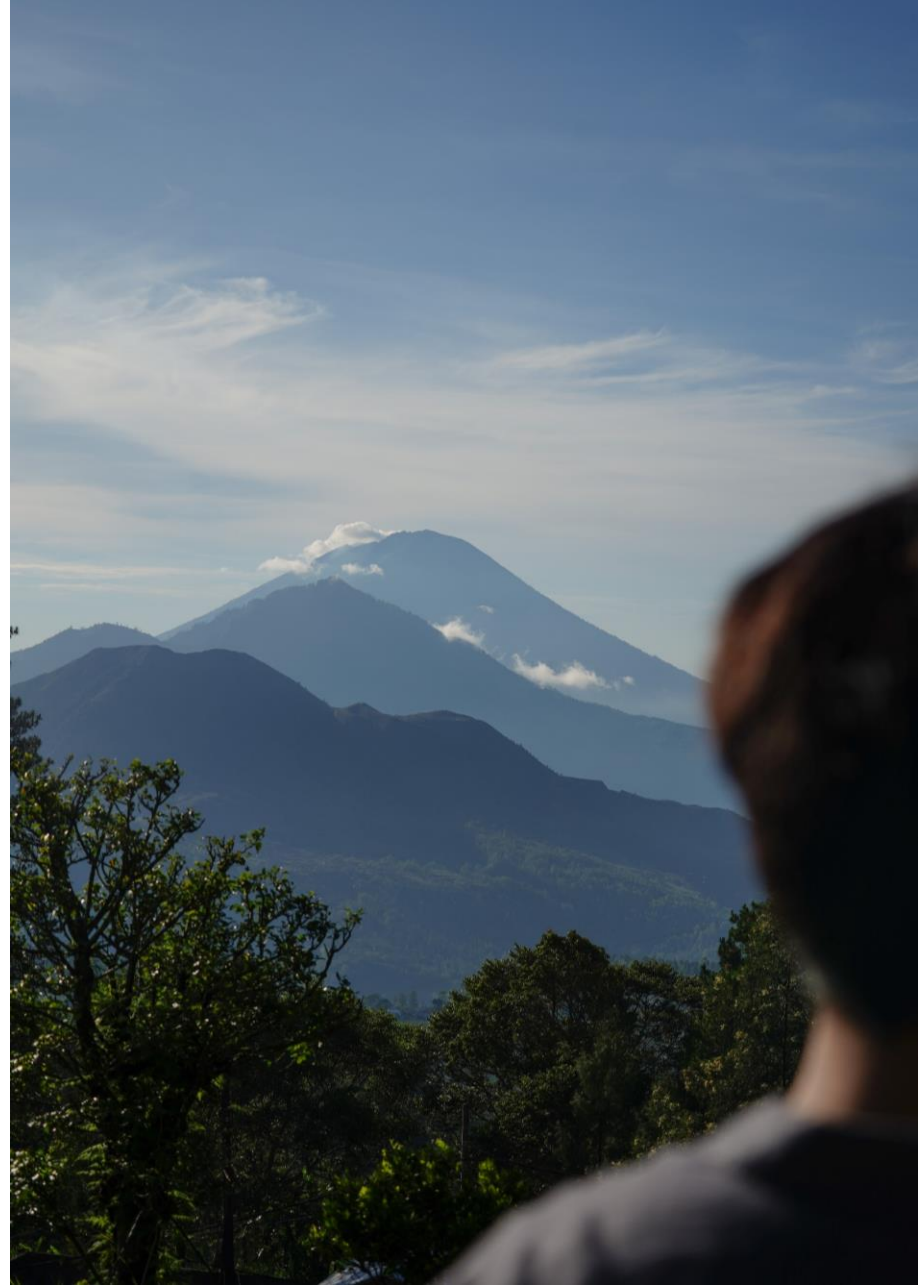
### Mount Batukaru

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

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

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

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







## Wellness

Treating the whole - the mind, body, and spirit - Aman strives to provide guidance, support, and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

### Mindfulness

#### Yoga

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

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

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

#### Vinyasa Flow

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

#### Hatha Yoga

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

#### Yin Yoga

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



### Pranayama

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

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

### Spa Treatment

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

### Meditation

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

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



## 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

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 northern Bali's Bedugul region. Bali Handara's 18 holes overlook Lake Buyan.

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

*Driving time is about 60 minutes from the resort.*

### Rafting

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

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

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







## Culinary Experiences

An array of options and opportunities await. Either a picnic lunch or an intimate dinner in the Ayung Balé, Amandari offers a variety of possibilities for a special dining experience.

Private Dining options are also available, with special menus or a la carte from Amandari Restaurant. Intimate venues include our Ayung Valley balés and the Lotus Pond Pavilion. 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.

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

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

### Traditional Tea

Every day at 4.00pm, Ibu Made and Ibu Wayan from our village, Kedewatan, arrive with an array of traditional Balinese sweets and home-brewed tea and coffee for your enjoyment. This Traditional Afternoon Tea is served at the Golden Pavilion, by the main resort pool. You may enjoy your delicacies by the pool or overlooking the river valley. This is a complimentary experience for all guests of our resort.

### Ayam Panggang Dinner

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

But Ayam Panggang is much more than its name lets on. Offerings are a central part of Balinese culture, as it is a symbol of giving thanks to God, and is done not just for ceremonies and special events, but also as a part of daily existence. Banten, possibly derived from the Sanskrit word meaning tribute, obligation or gift, is the Balinese word for the offering. In Banten Gebogan, a special type of offering to thank God for infinite blessings, the Ayam Panggang is an important element. Banten Gebogan can be as short as 10 centimetres or as high as three metres. Special skills and lots of experience are needed to prepare a truly artful Gebogan.

The colours of flowers, selection of fruits, arrangements of the cakes, placement of the chicken with its head pointing skyward, and woven coconut leaves used to adorn the offering and overall shape must all be carefully considered.



### **Sundowners on the Hill**

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

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

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

### **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 the people by offering his light and reminding them of their own light within.

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

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









## Children and Families

Through hands-on learning, active exploration, and immersion in cultural events and traditions, learn the deep-rooted life of Bali through interaction.

At Amandari we have developed an exciting range of activities for our younger guests to enjoy. Our activity programme aims to give our junior guests a memorable insight into Bali and the Ubud region. Let your little ones learn about the rich Balinese culture 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 5.00pm with a selection of Balinese sweets and traditional tea and coffee for our guests to enjoy, presented at the Golden Pavilion.

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

#### Balinese dance and Gamelan 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 the local children the renowned skill of Balinese dance. Her husband, Bapak Agung, is the local music teacher, instructing the male youth on the art of the gamelan.

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

## Young Explorers

### Regenerative Farming

In partnership with Astungkara Way, Amandari introduces a Regenerative Farming learning experience about subak, a UNESCO World Heritage community-based system to manage water and farming that reflects the Balinese principle of Tri Hita Karana: harmony among people, nature, and the gods.

The experience takes place in the rice paddies and community garden of Subak Uma Lambing, a 20-minute drive from Amandari, aiming to connect with local farmers and friends and get your hands dirty. You will learn about regenerative farming methods aimed to restore depleted soil to a healthy state and nurture biodiversity. Sometimes there will be real work to do, mud to get wedged between toes, fingers to get blistered, necks to get burned in the morning sun whilst ploughing, planting, fertilising, and harvesting.

Through this immersive Regenerative Farming experience, we will gain a new appreciation for the Balinese landscape, for our local friends and partners, and for all it takes to produce a simple meal of rice and vegetables.

### 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. Ideal for active young guests, Amandari bike rides are lots of fun.

### Trekking

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

### 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. 4 hours (25 minutes drive from Amandari)



## Tours and Parks

### **Mason Adventures' Chocolate Tour**

Bali Chocolate Tour & Tasting - 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. Inspired by nature and crafted to perfection using only the best hand-picked cocoa beans sourced throughout the Indonesian archipelago. Our 'Tropical Blend' is carefully selected from each island, then roasted to perfection before being blended using only the finest organic ingredients.

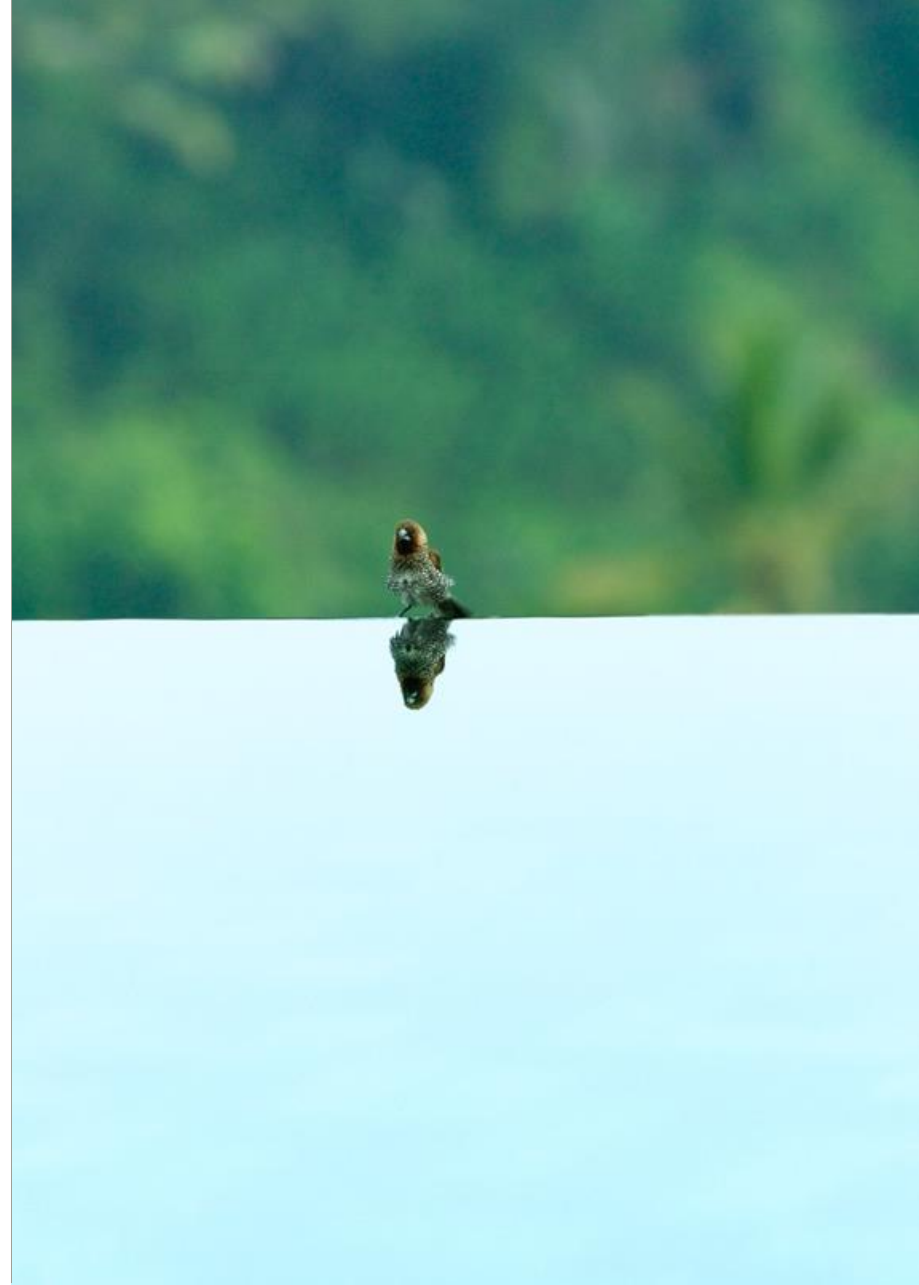
*30 minutes drive from Amandari*

### **Bali Bird Park 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.

*Trip duration may reach 4 hours*

*30 minutes drive from Amandari*







## Pricing Guide

## Spiritual

### Blessings

Spiritual Healing	Per guest Per hour, Per car	IDR 300,000* IDR 500,000
Balinese Temple Blessing	Per session	IDR 1,825,000
Spiritual Journey <i>min. of 2 guests required for booking</i>	Per guest	IDR 2,020,000*

*\*kindly note a 50% charge will be applied if cancelled within 24 hours*

## Cultural

### Cultural Insights

Cultural Tour	Per hour, Per car	IDR 500,000
Balinese Children's Dance Class		<i>Complimentary</i>
Cultural Ceremonies	Per hour, Per car	IDR 500,000
Arts and Crafts Tours	Per hour, Per car	IDR 500,000
Morning Markets	Per hour, Per car	IDR 500,000
Art Class	Per hour, per guests	IDR 595,000

### Temples

*Any number of temples can be visited as per your preference. Visits to the area temples will be charged at the hourly rate of a Cultural Tour.*

Cultural Tour	Per hour, Per car	IDR 500,000
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*The rate for Spiritual Healing is net and excludes transportation. (charged at an hourly rate)*

## Adventure

*All Cycling Tours, Trekking, and Cross Training are priced per guest and include transportation to/from the start and finish points, an Aman guide, support car and water.*

### Cross Training

Up, Up, and Jatiluwih		IDR 2,250,000
Behind the Scenes Bali	to Bongkasa	IDR 1,325,000

### Cycling Tours

Sunset Cycling	Juwet - Bongkasa	IDR 1,325,000
Downhill Dream	Kintamani - Bongkasa	IDR 1,325,000
Lakes to Lowlands	Bedugul - Bongkasa	IDR 1,325,000
Backyard Biking	Amandari - Monkey Forest	IDR 1,080,000
Peddling above Bali	Baturaru - Jatiluwih	IDR 2,500,000
Volcano and Temple Ride		IDR 1,325,000

### Country Trekking

The Ayung Valley	from the Morning Market	IDR 825,000
Flora and Fauna of Ubud	Per adult guest, incl. admission to Taman Burung Bali Bird Park	IDR 1,265,000
	Per junior guest, incl. admission to Taman Burung Bali Bird Park	IDR 630,000

### Mountain Trekking

Mount Abang at Sunrise	Per guest Per additional guest	IDR 3,650,000 IDR 690,000
Mount Baturaru	Per guest Per additional guest	IDR 4,000,000 IDR 690,000

## Wellness

Yoga, Pranayama, & Meditation	<i>60 minutes</i>	
	Per guest	IDR 1,300,000
	Per couple	IDR 1,620,000
	<i>90 minutes</i>	
	Per guest	IDR 2,375,000
	Per couple	IDR 2,700,000

Spa Treatments	-	<i>Please refer to the Aman Spa Menu</i>
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## Sports

Tennis		<i>Complimentary</i>
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- *Guests have complimentary access to the Amandari Tennis Court.*
- *Tennis Racquets, balls, towels, and a refrigerator with water are provided*

Tennis with a hitting partner		<i>Complimentary</i>
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Tennis with pro	Per hour, Per guest	IDR 550,000
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Golf	Car fee, up to 8 hours /2 guests	IDR 3,250,000
	Car fee, up to 8 hours /4 guests	IDR 4,750,000

*Green fees differ between clubs as well as depending on the preferred day of the week and time. For more information on golfing fees, please speak with our Guest Assistants.*

## Nature

Rafting	Per adult	IDR 995,000
	Per junior guest	IDR 695,000
	Per family, 2 adults and 3 children	IDR 2,995,000

Bird Watching	Per adult	IDR 385,000
	Per junior guest	IDR 192,500

*The rate for Bird Watching is net and excludes transportation. (charged at an hourly rate)*

## Culinary Indulgences

### Traditional Treats

Ayam Panggang Dinner	Per couple	IDR 870,000
Megibung Balinese Feast	Per guest	IDR 1,150,000
Rijstaffel Rice Table Feast	Per guest	IDR 750,000
	<i>min. of 2 guests required for serving</i>	
Babi Guling Dinner	Per guest	IDR 650,000
	<i>min. of 6 guests required for serving</i>	

### Afternoon Enjoyments

Sundowners on the Hill	Per couple	IDR 325,000
Traditional Tea		<i>Complimentary</i>

### Theme Dinners

Purnama and New Moon	Per guest	IDR 1,050,000
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## Children and Family

### Balinese Traditions for Youth

Balinese Children's Dance Class		<i>Complimentary</i>
Learn to make Canang Sari		<i>Complimentary</i>
Private Dance Class	Per junior guest - Per hour	IDR 320,000

### Little Artisans

Aksara Bali	Per junior guest, 1 hour	IDR 1,850,000
Woodcarving lesson	Per junior guest, 2 hours	IDR 500,000
Stone carving	Per junior guest, 2 hours	IDR 550,000
Painting	Per junior guest, 2 hours	IDR 500,000
Batik	Per junior guest, 3 hours	IDR 800,000
Kite Making	Per junior guest	IDR 550,000
Silver Jewellery Making	Starting at <i>Including 5gm of silver</i>	IDR 550,000
Art Class	Per guest - Per hour	IDR 550,000
Fruit and Vegetable making	Per junior guest	IDR 550,000

### Young Adventurers

Tennis Lesson		<i>Complimentary</i>
Trekking	Per junior guest	IDR 480,000
Biking	Per junior guest	IDR 480,000
Rafting	Per adult guest Per junior guest Per family, 2 adults and 3 children	IDR 995,000 IDR 695,000 IDR 2,995,000

*The rate for rafting is net and includes transportation.*

## Tour and Parks

Mason Adventures Chocolate Tour	Per guest Per hour, Per car	IDR 350,000 IDR 500,000
Bali Bird park and Rimba Reptile Park	Per guest Per hour, Per car Children under 2 y.o.	IDR 385,000 IDR 500,000 <i>Complimentary</i>
Visit an Orphanage	Per hour, Per car	<i>Donations welcome</i> IDR 500,000

## Additional Services

Babysitting	Per hour	IDR 165,000
Private Car	Per hour 8 hours	IDR 500,000 IDR 3,500,000

*All prices are in Indonesian Rupiah and exclusive of 11% government tax and 10% service charge.*

**AMANDARI**

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