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## Bali Luxury Biking Tour

BIKE, WALK, RAFT & SNORKEL IN A LAND OF TRANQUILITY

### Multiple Dates 2009- 2010



### Overview

Nothing less than a stepping stone for Hindu gods and goddesses, Bali is an exotic and cultural paradise. Steeped in spirituality and colorful mythology, Bali offers a tranquil and secure world of sensory delights for active travelers. Bike among emerald-green rice terraces, past peaceful villages and around sacred pools fed by high mountain streams. Hike trails to artist communities, stroll along palm-studded beaches, snorkel with technicolor fish and raft past hidden waterfalls. And not to be missed: the art of relaxation at our tropical retreats, renowned for their health spas, divine swimming pools and gourmet cuisine.

**DAY 1** Meet your Trip Leaders at 2 p.m. in the lobby of the Alila Ubud hotel, located in Payangan, near Ubud. Please arrive dressed in your hiking clothes and have a daypack handy. “Arriving & Departing” information and other details will be provided in your welcome kit.

### **UBUD RICE FIELDS GUIDED WALK 2 HOURS**

If you arrive early at the Alila Ubud, feel free to check into your room and lounge by the hotel’s breathtaking emerald-green pool, or head into town to familiarize yourself with your new surroundings. We highly suggest that you explore Ubud’s arts scene. This afternoon, your Trip Leaders fit your bike and give a brief demonstration of bicycling techniques and safety. We then head out for our first adventure, a walking tour of nearby rice paddies led by our wonderful local guide and good friend, Wayan Narta, who’ll be with us for the entire trip. He’s an accomplished painter, dancer and cook, and brings a wonderful sense of humor and valued insider’s perspective.

Climbing a paved pathway along the steep hillside, we reach a small artists’ enclave where we stop for a Q&A, observe Balinese daily rituals and snap photos. We’ll be whizzing by many similar communities later, so this is a great chance to explore at your own pace and get an up-close sense of rural life. Back at the Alila Ubud, an intimate sanctuary perched high above the Ayung River just outside Ubud, we relax and get acquainted over trays of exotic fruits—Bali offers treats found in few other places on the planet. Wayan gives the Indonesian name of each fruit, describes how it’s grown and demonstrates how to eat it. Our appetites properly whetted, we sit down together for a welcome feast of traditional Balinese fare.

For the next three nights, enjoy the Alila Ubud’s renowned swimming pool and on-site health spa, which offers traditional treatments in private open-air pavilions. (Please note that spa services aren’t included in the trip price.) Although it’s a short shuttle or bike ride to reach Ubud, the Alila offers a peacefulness and sophistication unparalleled by other hotels closer to the town center. There is also a selection of great bike routes just outside the Alila door.

**Lodging: Alila Ubud**

### **DAY 2**

#### **UBUD DOWNHILL BIKING ROUTE 21 MILES WITH SHUTTLE**

LONGER OPTION: 27 MILES

Immerse yourself in traditional Balinese life as you ride through the cultural heart of the island. Starting with a downhill spin from the hotel past the royal palace into Ubud, you’ll pedal on narrow car-free paths through villages, and past temples, family compounds and acres of terraced rice fields. Descend past traditional walled communities on your way to Mas, where we visit the acclaimed mask carver Ida Bagus Anom. He’ll sit down with us to discuss

the ritual of his creative process, from selecting the raw block of wood to buffing the final coat of paint. It's a process steeped in tradition, but Anom adds his own flair. Continue through the forest to a small temple, Pura Dalem (Temple of the Dead), almost completely hidden by tangled moss and twisted vines. This forest is home to gray monkeys who, though charming and quiet when glimpsed from afar, are anything but shy if they think you have bananas! From here it's a short walk or ride back to Ubud. Take time on your own to sample the city's exceptional cuisine for lunch. Then spend the afternoon browsing in craft shops, art galleries and temples before shuttling back to the hotel or biking the final stretch. If you choose to bike, you'll return to the hotel the same way you came this morning—and that means you'll want to change gears for the nice uphill! This evening, enjoy another fine meal in our hotel's dining room.

**Lodging: Alila Ubud**

### **DAY 3**

**OPTIONAL MARKET EXCURSION 1 HOUR**

**AYUNG RIVER RAFTING TRIP 4 HOURS**

**OPTIONAL FAMILY COMPOUND VISIT 1 HOUR**

**NORTH UBUD LOOP 18 MILES**

Early risers join Wayan before breakfast to take in the hustle and bustle of Ubud's morning market, where vendors hawk goods from handicrafts and housewares to meats and vegetables (an excellent opportunity for photographers and the curious). Back at the Alila Ubud, a hearty breakfast awaits. Later this morning, prepare for an exciting raft trip on the Class II and III rapids of the Ayung River, the longest river in Bali and a great place to experience the countryside from a different perspective. Paddling downriver, enjoy views of waterfalls, hillside bungalows and the last virgin rain forest on the island. A beautiful picnic spread is served on the riverbank. There's plenty of time after lunch for a trip to the spa (spa services not included in trip price), a shopping excursion in Ubud or relaxing by the pool. Later this afternoon, we rejoin Wayan for a unique cultural visit to a Balinese family compound of our good friend, Made. We learn about sacred Balinese rituals, customs and traditional dress of the upper caste. After meeting the family, we're welcomed into their temple and may receive a blessing for our journey. Ready for more riding? Back at the Alila, grab your bike and head into the quiet countryside for a wonderful, though hilly, loop through the lush green foothills of Ubud.

If you'd like to see more Balinese culture tonight, we'll get you into town to attend a performance by one of Ubud's renowned dance troupes in an open-air pavilion. A leisurely dinner on your own and walk around town might be the perfect way to wrap up this day of discovery.

**Lodging: Alila Ubud**

## **DAY 4**

**PURA TAMAN AYUN BIKING ROUTE 18 MILES**

**SHUTTLE TO PURI LUMBUNG (VIA LAKE**

**BRATAN) 1½ HOURS**

**LOVINA BEACH BIKING ROUTE 24 MILES**

This morning's ride begins with an easy level stretch from the hotel. Continue along narrow side roads in Penestanan, and through the colorful villages of Bongkasa and Villa Semana. Make your way past a lively outdoor market before returning to the main road in front of Taman Ayun (—beautiful garden□), the main temple for the ancient Kingdom of Mengwi. Built in 1634, it is one of Bali's most picturesque temples with a massive moat and three nested courtyards.

After a tour with Wayan, we shuttle up the striking Gunung Catur volcano on our way to serene Lake Bratan, where we'll explore the beautiful Ulun Danu temple with Wayan. Back in our vans for a quick boost up the volcano, we climb through pine and hardwood forests for lovely views of Lake Buyan. Our memorable lunch spot, Puri Lumbung, is an open-air tree house-style dining platform overlooking a hillside of cascading clove, banana and coffee trees.

Following lunch, we bike downhill to Lovina Beach, a resort town on the island's north end. On the nine-mile descent, you'll breeze through fields of hydrangea, and aromatic groves of coffee and clove trees. Take in views of orchards and banana plantations as we continue down to the volcano's north side to Puri Bagus Lovina, a casual seaside resort where we make our home for the next two nights. Puri Bagus' accommodations are simpler than those of the Alila, but it is the finest hotel in the area and offers easy access to our bike rides, as well as unique cultural opportunities. Beaches on this side of the island vary from the white, fine sand we'll find near the end of our trip. Black, rough coral is found here, so although you'll have to wait to build those sand castles, you can snorkel and explore in the meantime. You may also enjoy swimming in the hotel's infinity pool or indulging in a spa treatment in an open-air —therapy room□ facing the sea. (Please note that spa treatments are not included in the trip price.) Dinner this evening is a relaxing poolside feast accompanied by quiet *rindik* (bamboo xylophone) music.

**Lodging: Puri Bagus Lovina**

## **DAY 5**

**TEMBOK BIKING ROUTE 31 MILES SHORTER**

**OPTION: 22 MILES WITH SHUTTLE**

**FREE TIME IN TEMBOK**

We fuel up with a delicious breakfast before riding to the tranquil village of Tembok. After passing through Singaraja (Bali's second largest city), pedal along the island's arid northeast coast, stopping at the cold pools of Air Sanih for a refreshing break from the heat. Our route follows the sparsely populated shoreline and offers views of villages,

temple festivals, and banana and coconut plantations. Expect to be awed by the jewel-like Bali Sea and the majestic Gunung Agung—Bali's —mother mountain, □ where locals believe all life begins; it's over 10,000 feet high and just eight miles from the sea. Be prepared for curious glances and smiles from the villagers. This side of the island sees few Westerners, and they'll no doubt wonder who we are, where we came from and what we're doing. We'll also pass by more temples today, which locals often decorate in honor of Hindu gods and their own ancestors. Just in time for lunch, we arrive at our remote hotel, Spa Village Tembok, an atmospheric beachfront hideaway.

The afternoon is yours to take it easy at the resort—bask on the black-sand beach or beside the infinity pool. This evening, after a delicious seaside dinner, we're treated to an incredible dance performance. Delight in the movements, costumes and makeup, as well as the distinctive gamelan music. Don't forget your camera!

**Lodging: Spa Village Tembok**

## **DAY 6**

### **DAY OF REST & RELAXATION AT SPA VILLAGE TEMBOK**

Ready for a quiet day? The Balinese are, for today is Nyepi, the —Day of Silence. □ A primarily Hindu holiday, Nyepi falls on the country's lunar New Year and is a 24-hour period dedicated purely to self-reflection. From 6 a.m. this morning until 6 a.m. tomorrow morning, Nyepi observers won't leave their homes, eat, speak, light fires, work, watch television or anything else that might interfere with their meditations. The normally bustling streets of Bali's towns will be still. While we're foreigners, we too are expected to observe Nyepi, meaning we cannot venture out of the resort to explore today.

Luckily for us, the lovely Spa Village, with its fantastic setting, indulgent amenities and interesting traditional activities, is the perfect place to spend Nyepi. Relish in this day to relax and engage with Balinese culture. Perhaps you'd like to follow the local custom and devote part of your day to quiet contemplation. You can also treat yourself to a luxuriant massage at the spa (spa services not included in the trip price), swim in the pool or head to the sea for snorkeling. Try your hand—and feet!—at the local martial art of Pencak Silat in a private lesson. Take part in a traditional weaving class or one aimed at making Boreh, a customary Balinese scrub made from ginger, galangal, clove and rice. Tonight we savor a meal amid our tropical oasis.

**Lodging: Spa Village Tembok**

## **DAY 7**

**MIMPI BIKING ROUTE 16 MILES**

**MANGGIS BIKING ROUTE 33 MILES WITH SHUTTLE LONGER OPTION: 42 MILES**

A full day of biking awaits! Our ride to Mimpi takes advantage of the cooler morning hours. After breakfast, coast

along flat roads with stunning views of the Ganung Agung on one side of the road, and coastal villages on the other. Reach Mimpri Resort and cool off with a swim either in the hotel pool, or the ocean, followed by a light lunch. After lunch, pedal along the north coast to the village of Culik, where a bustling local market fringes both sides of the road. You can bike or shuttle to a lofty pass for an exhilarating descent from the summit, past some of the most scenic rice terraces of the trip. If you'd like, stop to explore the area's villages, which specialize in gold and silversmithing. There's a short climb approaching the small town of Candi Dasa, with seaside views to help distract you from the effort, before arriving at the luxurious beachfront Alila Manggis, where a host of amenities await. Enjoy an evening meal in the hotel's open-air dining room.

**Lodging: Alila Manggis**

**DAY 8**

**OPTIONAL VILLAGE BIKING LOOP 14 MILES**

**OPTIONAL MARKET VISIT & COOKING CLASS 4 HOURS**

**OPTIONAL TENGANAN EXCURSION 2 HOURS**

This morning, while the temperatures are cool and village life is active, you have a few fantastic options. You can take an easy loop to the nearby villages of Gegelang and Andakasa, past small family compounds and the local school, where you can make friends with Balinese children as they do —morning exercises.

Or, join the Alila's chef at the Klungkung market and participate in a private cooking class, using the fresh ingredients purchased earlier in the morning. In the casual setting of the breezy open-air restaurant, you'll learn the secrets for creating Indonesian specialties such as *nasi campur* and *mie goreng*. We all enjoy the fruits of this labor for lunch! If you want to ride and cook, take the bike loop after lunch to work off the fantastic meal you just prepared.

This afternoon there's time for a trip to Tenganan, a unique pre-Hindu village and the only place in Indonesia where beautiful double-ikat weavings are produced. The village includes farmers, artists and craftspeople, all descendants of the aboriginal Balinese who settled on the island long ago. It still has a distinctly Polynesian feel, which is especially noticeable in its architecture. Learn how to make ikat, or take advantage of the area's unique shops.

If you'd prefer, forgo today's activities and enjoy a spa treatment (spa services not included in trip price) or relax by the pool. Tonight, we are joined by local performers demonstrating the lively and dynamic *kecak* dance. Following the dance, our farewell dinner is an outdoor barbecue feast in a nearby coconut grove.

**Lodging: Alila Manggis**

## DAY 9

### BLUE LAGOON SNORKELING 2 HOURS

### SHUTTLE TO DENPASAR AIRPORT 1 HOUR

Ending your tropical adventure on a high note, there's one last opportunity to snorkel in Bali's crystalline waters. Local guides escort us from the hotel, and we'll again jump on a junking for a quick ride to the Blue Lagoon, whose beds of hard and soft coral provide a home for an array of beautiful fish. Keep an eye out for the vividly colored parrotfish, reef sharks (don't worry, they don't bite!) and giant clams. Later, back at the hotel, we pose for a group photo and say our final goodbyes.

### CONCLUSION OF THE TRIP

Our trip ends at the Alila Manggis at 11 a.m. You will be provided transportation from the Alila Manggis to the Denpasar airport or to select hotels in Ubud and Kuta/Legian. The shuttle arrives at the airport at approximately 1 p.m. If you'd like to take advantage of the complimentary transportation to the airport, please schedule your flight out of Denpasar for after 2 p.m. If you need to arrive at the airport earlier or later than 1 p.m., the Alila Manggis offers transportation for approximately \$65 per car (six-passenger maximum).

A departure tax of 150,000 Rp (about \$16) must be paid at the airport check-in counter before leaving Bali. Be sure that you have enough rupiah left at the end of the trip to cover this cost.

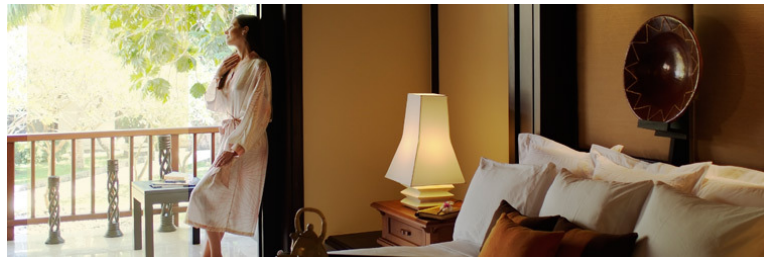
## Your Accommodations



**ALILA UBUD** (3 nights) With its gorgeous swimming pool, world-class health spa and stylish interiors, this luxurious retreat is the perfect place to start your vacation. [www.alilahotels.com](http://www.alilahotels.com)



**PURI BAGUS LOVINA** (1 night) Overlooking the Bali Sea, this resort features villas with traditional architecture, private gardens and outdoor showers. Lovina Beach [www.puribagus.net](http://www.puribagus.net)



**SPA VILLAGE TEMBOK** (2 nights) Shaded by lush tropical gardens, this secluded retreat offers rooms overlooking the Bali Sea, as well as a pool and spa with a wide variety of massages and body treatments. [www.spavillage.com](http://www.spavillage.com)



**ALILA MANGGIS** (2 nights) Balinese-inspired décor and architecture—complemented by stellar cuisine, a tranquil pool and a heavenly spa—invite total relaxation. [www.alilahotels.com](http://www.alilahotels.com)

## Pricing Details

<b>Land Pricing for 9 Day, Bike tour from:</b> with Luxury Accommodations, and Private Guides, Equipment	<b>\$4,398</b>
<b>Single Supplement:</b>	<b>\$ 940</b>

## Passport, Visa, and Health

A passport, valid six months from date of entry with proof of onward transportation is required for entry into Indonesia. Visa on arrival with payment of a \$25.00 fee valid for 4 weeks. If you wish to stay longer, apply to the Indonesian Consulate for a 2 month visa prior to arrival. No inoculations are required or advised. Everyone participating in this trip is expected to be in good health and able to walk at least three miles unaided.

## Travel Insurance

We highly recommend travel insurance for this journey. We will be happy to provide you with a variety of quotes to fit your specific travel needs. **1.866.269.2659**.

## To Register for this Vacation

To register for this tour, please call us directly at **1-866-269-2659** or email us at [info@luxworldtravel.com](mailto:info@luxworldtravel.com) for a Registration Form and a Credit Card Payment Form.

## Your Ripple Effect

By taking this vacation, LUX World Travel will donate \$45 in your name to the Environmental Defense Fund in efforts for this agency to keep up their great work.

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Notes regarding Insurance: Insurance premium is non-refundable. The policy exclusion for pre-existing conditions will be waived provided that 1) trip is insured within 14 days of initial trip deposit, 2) client is medically able to travel at time of insurance purchase, 3) client has not filed a claim for trip cancellation due to a pre-existing condition within the last 120 days for the effective date of insurance, 4) client's trip cost is \$50,000 or less per covered person, and 5) client is a resident of the United States.

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