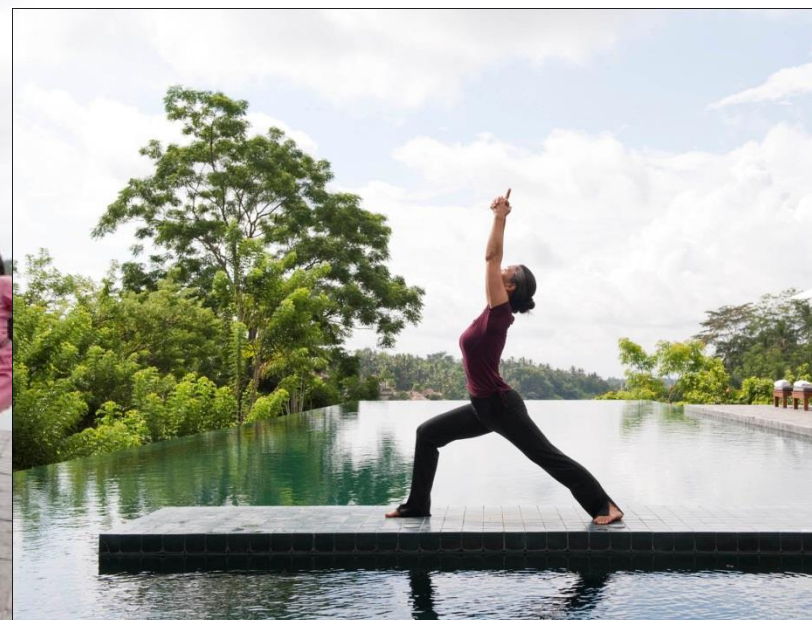


Alila

UBUD . BALI

ALILA UBUD  
ALILA EXPERIENCES



For more information and reservations, email : [ubud@alilahotels.com](mailto:ubud@alilahotels.com) or call +62 361 975 963

# ALILA UBUD

## ALILA EXPERIENCES



### ALILA HOSPITALITIES

#### Tai Chi

Tue ,Thu & Sat 8am-9am, at Pool Side

Improve your energy flow and rebalance the body by learning the graceful art of Thai Chi in the scenic surrounds of our beautiful gardens. A relaxing way to welcome the new day.

#### Yoga Introduction

Mon & Wed 8am-9am, at Sculpture Garden

The rituals of Yoga are taught through a series of moves for the beginner to the experienced by Alila's qualified Yoga instructor, Promote self healing of your body, mind and spirit in the sculpture Garden with a green view of the Ayung Valley

#### Balinese Dancing

Tue & Sun 3pm-4pm,Cabana

Join a group of Balinese children from neighboring villages as they begin their classes in the delicate and intricate art form of Balinese Dance. Alila supports traditional culture in all its forms, be sure to bring your camera as these sessions provide a wonderful photographic opportunity.

#### Balinese Offering

Friday during spice market

Take part in the traditional daily ritual of the Balinese Offering and learn how to make them. The Balinese also explain the history and importance of Hindu religious ceremonies.

#### Afternoon Tea

Daily 4pm-5pm

With our compliments, enjoy your Afternoon Tea at the Cabana Lounge poolside. To order dial Room Service Ext #1.

#### Walking / Cycling Route

Pick up an Alila walking or cycling map from reception and experience the sights, sounds and scents of Ubud at your own speed and leisure. A wonderful way to experience the resort gardens and stunning views. Our Leisure Concierge will provide you with a map and safety helmet at reception.

#### The Library

Next to the main Lobby

e-mail and Internet access, newspapers, and magazines will bring you within reach of reality (if you want to, that is!) Your window to the outside world is a relaxing environment to sit for a friendly-spirited game of chess or to take away a selection from our classic books library. Choose movies from the video compact discs or enjoy a selection of virtual movies on our library computers showing our range of Alila Experiences.

ALILA UBUD

ALILA EXPERIENCES

## ALILA HOSPITALITIES

### SHUTTLE BUS SERVICE TO UBUD

A complimentary shuttle bus service to central Ubud operates 4 times a day at the following times:

ALILA – UBUD: 10.30am / 12.30pm / 3.30pm / 5.30pm

UBUD – ALILA: 11.00am / 1.00 pm / 4.00pm / 6.00pm

Private transportation service outside of our complimentary shuttle bus service schedule is available at anytime for a fee of Rp.80, 000 each way. Customize your very own day of discovery with a private driver in the cool air conditioned comfort of a chauffeured or self drive car. Renting your own car gives you freedom of choice to stop, start and discover Bali as you sit back and soak in the surrounds at your own leisure.

Hourly car rental with driver – US\$20 per car / per hour

Self drive Toyota Kijang – US\$65 per day

Note: Guests are requested to possess an internationally recognized driver's license for self drive tours.

For more information or to book transportation, please contact our Front Desk or dial 1.

## The Pool

Voted one of the 50 Most Spectacular Pools in the World our 25-meter long emerald green infinity edged pool provides the ultimate in swimming and sunning. Located on the stunning edge of the mountain with sweeping ravine views and plush oversized towels it is the perfect place to relax and unwind. Pool attendants are on call to cater to your every whim from 7am-6pm daily, but please be aware that there is no lifeguard on duty. For your safety, please refrain from diving. For our guests who would like to swim after hours, pool towels are available from the lounge staff.

ALILA UBUD

ALILA EXPERIENCES

### **An expression of your lifestyle...**

Discover a destination that celebrates its traditions, its cuisine, its environment, the roots of its people and their daily rituals. Being on holiday is much about celebrating your own choices in living, in rhythm, in friendship and cultivating your personal priorities. Because perfection is defined individually, Alila has carefully combined our destination know-how with all the ingredients of your lifestyle to make your stay a 'surprisingly different' experience. Choose the ingredients of our Alila Experiences based on your preferred lifestyle.

### **Our Leisure Concierge Team**

When you feel compelled to leave the peaceful grounds of your holiday refuge, allow our Leisure Concierge Team to guide you. Browse the following pages detailing the Alila Experiences and choose which one best suits your personality profile and lifestyle.

### **Browse Alila Experiences Virtually**

Before you make your choice, we suggest you browse through the Alila Experiences virtual tours on one of our Library computers or our DVD player in the lobby. Our Leisure Concierge Team will take a few minutes to show you the options, or alternatively, you may choose to browse at your own leisure.

### **How to book**

Please contact our Leisure Concierge at the front desk or dial #1

ALILA UBUD

ALILA EXPERIENCES



### CULTURAL LEARNING

Interactive learning experiences to understand the cultural roots of Bali and their daily life. Activities vary from history, religion and ritual, flora and fauna to architecture and art of living in Bali, a contemporary understanding of today's culture.

#### **The Balinese Lifestyle**

5 hours IDR 600.000 ++ / Person

Our Leisure Concierge takes you to one of Bali's largest volcanoes, Kintamani. At 1500 meters, Kintamani sits on the rim of a vast crater overlooking Lake Batur and its bubbling hot springs. Lake Batur is the largest Lake in Bali and provides water to an underground network of streams and springs across the southern slopes of the mountain. After enjoying beautiful views of the area our Leisure Concierge takes you on an informative journey to a world of aromatic spices, coffee and tea in the surrounding markets of Sekardadi. From there visit the holy water springs of Tirta Empul whose waters are believed to possess magic curative powers. Every year people journey from all over Bali to purify themselves in the clear pools. The experience ends with a magical view over the manicured rice terraces of Tegalalang, whose shape and form have been spectacularly crafted by local farmers to follow the natural contours of the mountain.

#### **Hidden Sanctuary**

5 hours IDR 600.000 ++ / Person

A half day trip to Bangli regency in the middle of Bali. In this trip, our leisure concierge will take you to the Balinese traditional village, Panglipuran through a bamboo forest to see the traditional Balinese compound and their village life. Followed by visiting Kehen Temple in the north of Bangli. Kehen temple is one of the largest temples in Bali and is a stirring example of the skill of the stone-carvers of the region. Founded in the 11th century, Kehen Temple has three courtyards that are each entered through towering, carved gateways. This trip is also able to be arranged as an additional trip on the way to our sister property in East Bali, Alila Manggis.

ALILA UBUD

ALILA EXPERIENCES



### CULTURAL LEARNING

Interactive learning experiences to understand the cultural roots of Bali and their daily life. Activities vary from history, religion and ritual, flora and fauna to architecture and art of living in Bali, a contemporary understanding of today's culture.

#### **The Temple treasure**

4 hours IDR 550.000 ++ / Person

An impressive trip for those interested in archaeology visiting 11th century megaliths made by a king known as the Balinese giant and master builder, Kebo Iwa. The experience starts with a visit to the mysterious Goa Gajah, an 11<sup>th</sup> century cave for monks and hermits. Also known as the Elephant Cave, a gaping mouth forms an entrance to the cave depicting entangling leaves rocks, animals, ocean waves and demonic human shapes. From there our Leisure Concierge takes you to Candi Tebing in Pejeng where you will find the foot stamp of Kebo Iwa as well as hidden ancient megaliths. The last destination is Gunung Kawi. Approached by a steep descent through breath-taking rice terrace you will reach 11th century tombs carved out of the rock face of the Pakerisan river gorge. On the way back to the hotel, stop at Tegalalang where you will see the well manicured rice terrace views.

### Scenery, Spirituality and Sunset

5 hours IDR 600.000 ++ / Person

Enrich your understanding of the Balinese way of life with a visit to the scenic village of Bedugul, northern Bali, where the island's freshest local produce is grown. Visit the largest subak irrigation system temple in Bali, 'Ulun Danu', situated at the edge of beautiful Lake Beratan against a breathtaking backdrop of hills. The tour continues on to the traditional fresh fruit market at Candi Kuning with a stop at Pacung village to enjoy views of the beautiful rice terraces in the afternoon. The journey culminates with a visit to the 11th century Tanah Lot Temple along the south coast, built by the holy priest Danghyang Nirartha from East Java, in time to catch the most magnificent sunset sea view.

All rates are in thousand of Indonesian Rupiah and subject to 21% tax.

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## ALILA UBUD

### ALILA EXPERIENCES

#### ACTIVE SPIRITS

For those who want to live life to the fullest, combine active holidays with destination discovery. Activities include recommended trekking and cycling, rafting and carefully selected soft adventures.

#### A Gentle Trail

2 hours IDR 340.000 ++ / Person

This Cycling Tour is a gentle cycling experience suitable for beginners or the skilled cyclist. Leading you through back roads, you will visit traditional Balinese Temples and local living compounds where natural verdant rice terraces are in abundance. Suitable for ages 10 to 65.

#### Alila Challenge Trail

4 hours IDR 550.000 ++ / Person

This experience includes downhill paths offering beautiful scenes of Bali. En route you will descend an exciting 1.5 km down a challenging road suitable for the more experienced and adventurous mountain bikers. The ride leads to Keliki, a village where you will visit a local family to see how they live. On the way back you will pass Bunutan to visit the Pura Dalem Gede temple.

#### Bayad Valley Trek - Morning or Evening

1.5 hours IDR 250.000 ++ / Person

This is a short but unforgettable countryside adventure. See magnificent valley scenery, lush tropical vegetation, and terraced rice paddies fed by the unique Subak irrigation system. Enjoy the walk either during sunset...or early morning. Morning treks start at 8.00am / Evening treks start at 5.00pm

#### Payangan Country side Trek

3.5 hours IDR 395.000 ++ / Person

Enjoy three and a half hours of wonder as you walk through lush local countryside featuring some of the most impressive rice terraces and rivers. Our Leisure Concierge will explain about spices and local flora and fauna. Take this opportunity to visit a local Balinese family compound and enjoy a refreshing drink of coconut milk direct from its natural source. What to bring for Trek/Cycling: Sport shoes, comfort wear, sun glasses, hat or cap, insect repellent

ALILA UBUD

ALILA EXPERIENCES



### ACTIVE SPIRITS

For those who want to live life to the fullest, combine active holidays with destination discovery. Activities include recommended trekking and cycling, rafting and carefully selected soft adventures.

#### The Ultimate Climb

7 hours IDR 1.500.000 ++ / Couple

...A very early rise at 3am. The Ultimate Climb experience begins at the bottom of Mount Batur. Prepare for an unforgettable climb that will have you at the summit in time to view a spectacular sunrise. After you catch your breath, enjoy a delicious Alila breakfast served on top of the world. This trek is recommended for those who are in good physical condition and are seeking a challenge. What to bring: Warm clothing, hiking boots or sport shoes, comfort wear, sun screen, sun glasses, hat or cap, insect repellent Please book one day in advance with our Leisure Concierge. Prices are per person and subject to 11% tax and 10% service. A minimum of 2 persons is required to enjoy these experiences. Single supplement upon application

### Rafting Wild Ayung

Adult – USD 79 nett / Person

Child - USD 52 nett / Person

Go white-water rafting on the thrilling rapids of Ayung River with the experienced rafting guides at Sobek. A mix of adrenaline pumping fun, excitement and fantastic wilderness sightseeing. Alila Ubud takes care of the transport to the rafting start point north of Ubud. Price includes towels, and showers at the finish point, and a light lunch of Western and Balinese dishes. Tours include: Full air conditioned transfer, the best trained guides, safety approved industry leading equipment, international standard buffet, USD100,000 insurance What to bring: Sport shoes or sandals, T-shirt, shorts or swimming gear, hat or cap, sunscreen, insect repellent, change of clothing, voucher. Pick up time in Ubud area: 8.45am – 9.15am/1.15pm – 1.45pm

### Elephant Safari Ride

USD 91 nett / Person

The experience of sitting on the top of a beautiful Sumatran elephant as it meanders peacefully through the cool jungle of Taro is an experience you'll never forget. Don't miss a visit to see these gentle giants who have been rescued from extinction by the world class Elephant Safari Park. The tour includes hotel transfer, park admission, safari ride, buffet lunch and insurance. Operated by Bali's leading adventure tour specialists, Bali Adventure Tours. Tour Include: Air-conditioned hotel transfers, park admission, safari ride, buffet lunch, live shows, insurance What to bring: Hat, sunscreen, insect repellent. Pick up time in Ubud area: 8.30 – 9.00am



## ALILA UBUD

## ALILA EXPERIENCES

### ACTIVE SPIRITS

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#### Quad/Buggy

2 hours Single: USD 98 nett/ Person

Tandem: USD 58 nett / Person

Discover the real Bali by driving among the 'sawah' – paddy fields, through the rainforest and by passing traditional villages. North Ubud is probably the one of most preserved part of the island where even during the last few decades changes seem to have passed the people without touching their traditional way of living. Driving your own powerful quad off road machine or buggy, you will discover North Ubud's stunning beauty. Driving on this excursion demands some effort of course, but you will be rewarded with a truly exciting experience you will never forget. Operated by Bali Quad Discovery Tours. Tours include: Air conditioned hotel transport, driving instruction lesson, morning/afternoon tea & snacks, hot lunch buffet, driving your own buggy/quad, USD50,000 personal insurance(age limited 7-65 years old) What to bring: Solid shoes, a pair of extra clothes, sun screen, sun glasses, voucher payment Pick up time in Ubud area: 8.00am – 8.15am/10.30am – 10.45am/1.00pm – 1.15pm

### CONSCIOUS LIVING

When holidays are about pampering, relaxing and healthy living – Soak up the local wisdom on essential life priorities. Activities include spa treatments, Asian life philosophy, natural healing, Yoga, Tai Chi, Reiki and meditation. Take this opportunity to learn about healthy eating and sample our Spa cuisine. Experience and share for the preservation of our sustainable environment.

#### Reiki Treatment

1 hour IDR 650.000 ++ / Person

Our Reiki master teacher, brings the ancient holistic healing technique of Reiki. Uniting powerful energy uses a simple sequence of laying-on-of-hands and crystals to re-balance the body, with meditative music and aromatherapy aids to assist with deeper relaxation. Let your mind and body drift away for this enlightening and profoundly awakening experience.

#### Alternative Therapy

1 hour IDR 450.000 ++ / Person

This experience takes you on a visit to a local healer "Cokorde Rai" for an all over body assessment and acupressure treatment. Acupressure is an ancient technique, and that gave rise to modern practice of acupuncture. Therapists set to work on the feet to release blockages formed in spots believed to be linked to body parts to help the body relax, detoxify and return to natural balance.

## ALILA UBUD

### ALILA EXPERIENCES



#### CONSCIOUS LIVING

When holidays are about pampering, relaxing and healthy living – Soak up the local wisdom on essential life priorities. Activities include spa treatments, Asian life philosophy, natural healing, Yoga, Tai Chi, Reiki and meditation. Take this opportunity to learn about healthy eating and sample our Spa cuisine. Experience and share for the preservation of our sustainable environment.

##### Private Yoga class

1.5 hours IDR 900.000 ++ / Couple

Yoga instructor's signature healing yoga sessions are privately offered to individuals seeking to

##### 'Melukat' Blessing

(depart resort at 8.30 am) IDR 500.000 ++ / Person

Visit the beautiful Brahmin compound of Balinese high priest 'Pedanda' in the serenity of Ubud where you can witness him perform the ritual of 'Puja Mantra' and experience a Balinese blessing called 'Melukat'. The ritual is believed to clear the mind and cleanse the devotee's body and soul from both self-inflicted impurities and negative influences from external sources. It also recharges a person's spiritual strength and enthusiasm. Receive your blessing during a full or new moon if you can – it's said to be the best time. rebalance the body, centre the chakras and re-energize the soul. Working to individual needs and difficulty levels from beginner to experienced, the sessions include meditation and take home practice poses tailored to your needs.

#### COUPLE CELEBRATION

For those who want to dedicate their holidays to their loved one. Whether on honeymoon, anniversary, to affirm commitment or simply to spend quality time together, we will set up the mood and the privacy.

##### Balinese Astrology

1 hour IDR 800.000 ++ / Couple

Hindu astrology is mystifying to most. Discover the meaning and implication of your Otanan (Balinese Birthday) and find out whether your symbol is a deity, tree, bird or animal. Explained by an experienced Balinese Astrologer, you are certain to be amazed by how accurate he can read your character and personality and to find out how compatible the both of you really are!

##### Couple Reiki

70 mins IDR 1.300.000 / Couple

Reiki session specially designed for couple by our Reiki master-teacher to enhance your relationship. Empower yourselves in this unique session which weaves Reiki together with Hypnotherapy. Drift off together to the magical place of relaxation to unite and balance your relationship. Will be directing you through guided imagery to send each other love energy while placing her hands on each chakras and other energy points to open them and send Reiki energy.

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ALILA UBUD

ALILA EXPERIENCES

### COUPLE CELEBRATION

For those who want to dedicate their holidays to their loved one. Whether on honeymoon, anniversary, to affirm commitment or simply to spend quality time together, we will set up the mood and the privacy.

#### Romantic Dinners

IDR 1.500.000 ++ / Couple

IDR 1.900.000 ++ / Couple (including a bottle of “Plaga” White, Red or Rose wine)

Amid all the distractions of daily life, it can be hard to find time for romance. So while you're here, amid the gorgeous beauty and welcome serenity of our valley retreat, why not treat yourselves to some well-deserved pampering and a romantic dinner for two served by your personal butler? Allow us to tailor the perfect menu to be enjoyed in a venue of your choice. Relax over a drink with our chef and discuss the menu and beverage selection.

If you would like to unwind further with an afternoon in the spa, enjoying a couple's spa treatment while we create the mood for romance, please speak with our team who will be happy to assist in arranging. *Supplementary charges apply*

Choose from 3 locations:

'Away' (Sculpture Garden)

'On the Edge' (Pool Garden)

'Amidst the Forest' (Bale Bengong)

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ALILA UBUD

ALILA EXPERIENCES



### CULINARY JOURNEY

For the active gourmet travelers – Blend product understanding and selection, secrets of the spices to time in the kitchen to showcase the regional flavor of our destination –And of course, take that knowledge home...

#### **Introduction to Balinese Cuisine**

USD 90 ++ / Person

Experience the entire journey from picking ingredients at the local market to cooking up some of Bali's most popular dishes. The day starts early at 7.00am with a quick coffee or breakfast in Plantation Restaurant before drive to the "Payangan" market with our chef. There you'll be able to immerse yourself in the busy sights and sounds of the market, observing the locals as they go about their marketing activities. Learn from our chef more about the local ingredients as you select what you need for the day's cooking class. While you're here, why not have a taste of some authentic Balinese breakfast dishes such as Nasi Bungkus, Tipat Santok or Jajan Bali?

After the market, it's back to the hotel to prepare for your cooking class, you'll be cooking close to nature in an outside kitchen at our Organic Garden. But first, refresh with a drink of young coconut water, and don your personal Alila Ubud apron – a gift from our chef. During the class, you'll learn how to prepare and cook 7-8 authentic Indonesian dishes, which you can then enjoy together for lunch in the garden – an experience to savour long after you leave Ubud. As a further memento, you'll also receive a booklet of recipes, which you can take home with you and share your newly learnt Balinese dishes with family and friends.

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### CULINARY JOURNEY

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#### **Balinese Breakfast at Nasi Campur 'Ibu Kedewatan'**

(depart resort at 6 am) IDR 300.000 ++ / Person

Nasi campur, which is rice eaten with an assortment of meat, vegetables and other items, is one of the most traditional Indonesian dishes. Savour the best nasi campur in Bali with a trip to Kedewatan village. Take a stroll through a traditional market with our Leisure Concierge, learning about local ingredients along the way. Then it's on to the famous warung 'Ayam Kedewatan', set in a beautiful Balinese compound. Join for a personal tour of the kitchen to discover the secret to her superb chicken dish, cooked in a unique way using the freshest local ingredients. Once the cooking is done, sit back and enjoy your Balinese breakfast with this tasty chicken dish.

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### CULINARY JOURNEY

For the active gourmet travellers –Blend product understanding and selection, secrets of the spices to time in the kitchen to showcase the regional flavour of our destination –And of course, take that knowledge home...

#### Authentic Ubud Food

Start at 7.00am, USD 90++ / Person,

The focus for this class is very much on the unique foods famed in and around Ubud. Start the day bright and early at 7.00am with a quick coffee or breakfast in Plantation Restaurant. Then head to Payangan market with our chef where you can stroll around and learn about the many local ingredients and spices, and watch the locals go about their daily marketing activities. If you're keen to breakfast like the locals, you can try some of their authentic Balinese breakfast dishes such as Nasi Bungkus, Tipat Santok and Jajan Bali.

After the market, drive to our regular Babi Guling (suckling pig) supplier in Kedewatan to get some inside information on how this most traditional Balinese dish is prepared. Then take a stroll back to the hotel through the rice paddies. Along the way, we'll share with you interesting aspects of the surroundings including the subak irrigation system and the eatable produce that lives and grows around the hotel, some of which may surprise you, such as leaves, snails and eels.

Back at the hotel, you'll be cooking close to nature in an outside kitchen at our Sculpture Garden. After freshening up with a cold face towel and a drink of young coconut water, don your personal Alila Ubud apron – a gift from our chef. During the class, you'll learn how to prepare and cook 7-8 authentic Ubud dishes like Bebek Betutu (roast duck in banana leaf), Pepes Lindung (eel in banana leaf), and Sate Kakul (snail satay), which you can then enjoy together for lunch in the garden – an experience to savour long after you leave Ubud. As a further memento, you'll also receive a booklet of recipes, which you can take home with you and share your newly learnt Ubud dishes with family and friends.

#### Culinary Walk

IDR 400.000 ++ / Person

Our knowledgeable leisure concierge will explain various local spices found in their natural habitat as part of this 2hr culinary walk. Learn how they are planted, how to use them in cooking, and how to concoct traditional medicines for various ailments. Learn how a rice terrace works with the unique Subak irrigation system. After returning to the hotel refresh your self with a glass of traditional spiced herbal drink called a Jamu.

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# ALILA UBUD

## ALILA EXPERIENCES



### PRIVATE PURSUITS

The creative, artistic impulse exists within each one of us. Alila invites you to experience the island's cultural wonders and traditions through our recreational classes. Take a chance to express yourself through our Private Pursuits activities.

#### Egg Painting

2 hour IDR 400.000 ++ / Person

In Bali even an egg can be a canvas of art for Ramayana stories, Balinese daily life, their nature and animals. Learn the process of egg painting from our egg painting teacher and express your impression of Bali in this trip on an egg and take it home as a souvenir.

#### Gamelan Class

1 hour IDR 400.000 ++ / Person

Every village in Bali has one or several types of gamelan that are used for ritually predetermined sets of occasions. Learn the techniques of playing the distinctive Gamelan and learn how to play a basic melody by a professional Gamelan teacher. Learn about the history of Gamelan and the meaning of its music in Balinese culture.

### Batik Workshop

2 hours IDR 400.000 ++ / Person

Visit a local family run batik factory and hand make your own original Batik Design. Design the motif, draw it by wax and choose the colors you like to make your own distinctive piece (30cm x 30 cm). An exciting learning experience which introduces the delicate art of Batik textiles and design.

### Silver Smith Workshop

3 hours IDR 600.000 ++ / Person

An exciting workshop for those who love silver and jewellery. Design and make an original silver piece of jewellery for yourself or for a loved one. Before giving your designer piece a final polish, visit a local silver smith factory to see the hand made silver making processes which use traditional hand made tools.