



BAMBU INDAH

A HARDY ARTISANAL HOTEL

BESPOKE EXPERIENCES



# WELCOME TO BALI

We are pleased to offer a selection of activities and excursions specifically designed to provide you with a uniquely Bambu Indah and authentically Balinese experience.



Bali evokes the reminiscence of a forgotten paradise, an unknown intriguing secret and sacred ancestor's land, where the local people honor their gods with colorful and symbolically intricate ceremonies. Bali is more than just another tropical island.

Bali is an experience, a lifestyle, a way of being, a way of thinking and embracing what comes. You can only get the genuine essence of Bali if your hands and heart are open to receiving this truly magical offering.

You will find here our best recommendations for a few bespoke activities to find your way to the real Bali. You will not be able to do everything. You should never feel guilty about doing nothing. Bali has a plan for everyone, and we have a few suggestions too.

Create your own unique path through this journey, allow yourself to get lost a little, and embrace the magic that comes with surrendering to the unknown.



# WELLNESS & CULTURE



## MUKA CONCEPTS x BAMBU INDAH

### SHIATSU MASSAGE

90 minutes | IDR 950,000

A traditional dry Japanese massage performed on a soft mat, using the stable weight from the therapist's feet to apply long, rhythmic pressure along key energetic points. Releases tension and improves circulation.

### MUKA FULL BODY MASSAGE

90 minutes | IDR 950,000

Muka's signature full body massage begins by warming up the body with dry kneading, followed by deep tissue work with our Cempaka Flower Butter to release tension and increase blood flow to sore muscles. Gua Sha massage is then applied to the back. The massage ends with cupping therapy to help detoxify the body.

### MUKA FULL BODY SCRUB

60 minutes | IDR 950,000

Muka's signature full-body scrub uses only handmade, natural Muka products to exfoliate, cleanse, and relax the body.

### MUKA GUASHA FACE LIFTING MASSAGE

60 minutes | IDR 750,000

Facial massage specifically to relieve wrinkles, regenerate scarring, followed with a calming turmeric mask.

### MUKA SIGNATURE FACIAL

90 minutes | IDR 950,000

This signature facial begins with gentle strokes on the face to improve circulation, followed by a gentle facial scrub, extractions, a cleansing antibacterial turmeric mask, soothing seaweed serum, and buccal massage. All Muka skincare products used are natural and handmade.



SCAN HERE TO BOOK  
YOUR TREATMENT



[https://mukaconcepts.com/  
spa-bambu-indah](https://mukaconcepts.com/spa-bambu-indah)



# Specialized Massages

## HEALING THERAPY WITH PAK KADEK

Working with the four elements of water, fire, wind and earth, Pak Kadek will realign, clear and charge your chakras (energy centers). While working on your hands and feet using Reflexology, he can assess your internal health and identify problem areas. A fountain of wisdom about the body and spirit, Kadek can also help you to put together a plan to balance your ongoing lifestyle.

60 minutes IDR 1,550,000

## ITONG

A master of human anatomy, Itong specializes in sports therapy and Shiatsu massage, while incorporating breath work. We highly recommend Itong for tackling problem areas stemming from injury or chronic pain, and for releasing blocked energy in the body. Itong does not talk much - this is a no chit chat, no frills deep tissue massage that can be challenging at times (you can always guide the pressure), but will get straight to the root of the issue and heal it.

120 minutes IDR 2,350,000

## PHONIK or NGURAH

Two excellent massage therapists trained internationally in the Esalen technique. This special modality uses smooth, strong movements, massaging the body from head to toe with gentle twists to relieve knots and tension. An incredibly professional, nurturing and restorative massage.

120 minutes IDR 2,950,000

*Advance booking of 24 -48 hours required.  
Rates are subject to 21% government tax & service charge.*



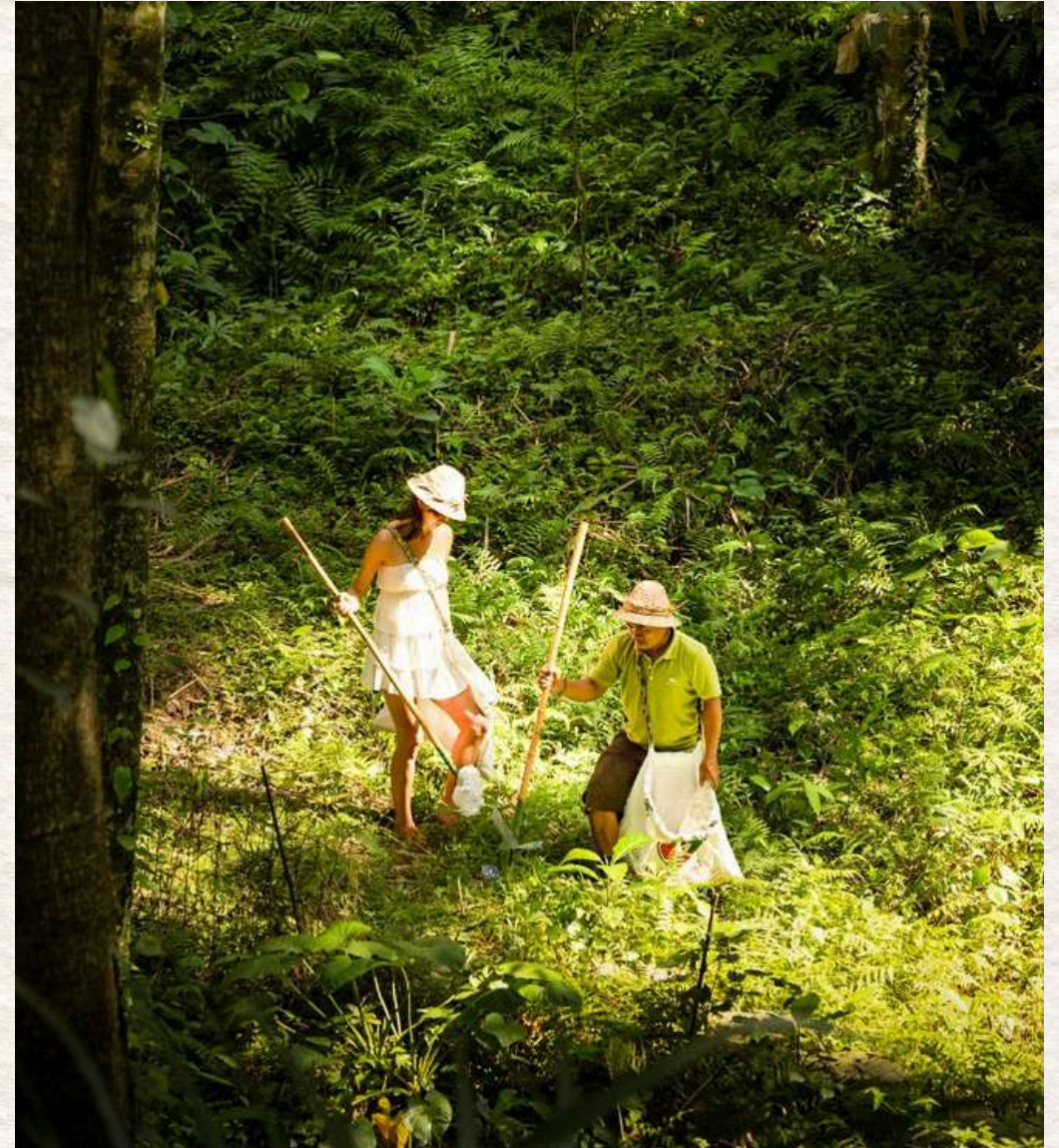
## Bambu Indah Nature & Trash Walk

Explore the beauty of nature in the morning, discover the simplicity of village living, and work up a bit of a sweat with our guided, lasting approximately 1.5 hours and beginning at 7 AM. With the help of a local guide, sharp stick and a rice sack contribute to the beauty of Bali by spearing and gathering trash along your nature walk.

Adult : IDR 550,000

Child under 12 : IDR 350,000

*Rates are subject to 21% government tax & service charge.*





## Bambu Indah Morning Walk

Experience the simplicity of village life, connect with nature, and start your day with renewed energy on our guided morning walk, lasting approximately 1.5 hours and beginning at 7 AM.

Adult : IDR 550,000

Child under 12 : IDR 350,000

For a truly unique adventure, enquire about our "Paddies, Farm, Village & Temple Walk" a one-of-a-kind journey through lush rice paddies, traditional farms, and local villages. The walk also includes a respectful visit to a temple from the outside, offering a deeper connection to the spiritual and cultural heart of the area.

*\*If you wish to visit a traditional villager's house, a small donation is appreciated as a gesture of support for the local community.*

*Rates are subject to 21% government tax & service charge.*





# YOGA SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 - 8 am		Sunrise Yoga (complimentary)					Sunrise Yoga (complimentary)
9 - 10 am	Mat Pilates			Embodied Healing with Thoriq		Sunrise Yoga	
11 am - 12 pm					Yoga and Meditation with Rajiv		
4.30 - 5.30 pm			Strength & Recovery		Strength & Recovery	Strength & Recovery	
4 - 5 pm		Yin Yang Yoga with Thoriq		Sound Healing			



## Yoga Class

Whether you are new to yoga or a seasoned practitioner, our yoga classes are designed to help you reconnect and restore.

Please note that Sunrise Yoga is complimentary to all hotel guests. All classes are taught in our Yoga Shala unless otherwise stated.

Rate per person:

Private class  
IDR 700,000

Regular class  
IDR 350,000

*Rates are subject to 21% government tax & service charge.*





# Rajiv Arapurakal

## Yoga and Meditation

Flow through a dynamic Vinyasa Yoga session, followed by a peaceful meditation. Find balance, strength, and tranquillity at Bambu Indah

Day:

Every Thursday at Bambu Indah

Time:

11 am - 12 pm (60 minutes)

Adult

IDR 300,000



*Rates are subject to 21% government tax & service charge.*



## Meet our Indian Yogini, Veena Pareek

Veena is a lifelong yogi, transitioning from the corporate world to wellness in 2013, guided by her "living yogi" parents. With a Master's in Yoga Therapy and over 1,500 hours of advanced training, she has a profound background that includes guiding the Indian Air Force and training with masters in India's monasteries, including time spent with His Holiness the Dalai Lama.

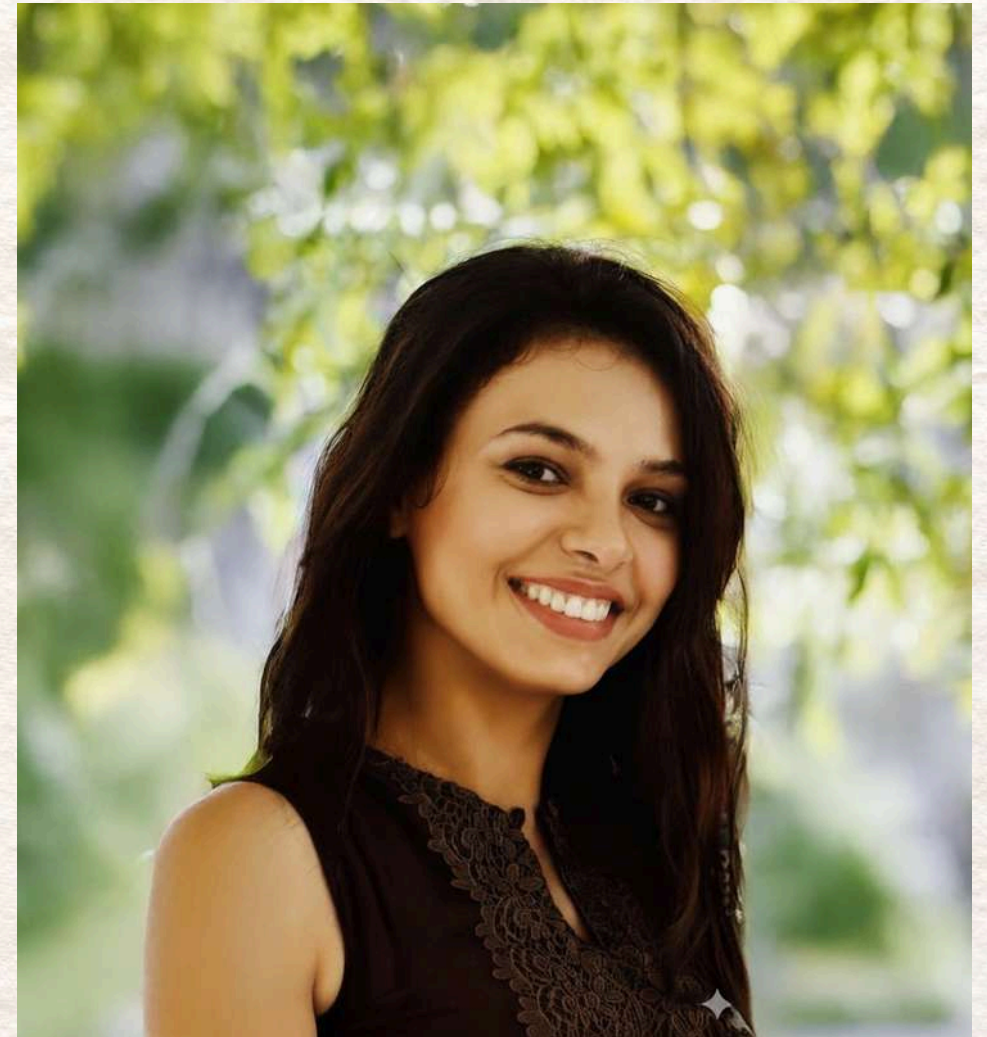
Specializing in the gentle yet powerful Yin Yoga and MSRT, Veena offers restorative, meditative, and deeply personal sessions for everyone.

### Private Yin Yoga & MSRT

A bespoke session combining Yin Yoga with MSRT (Mind Sound Resonance Technique), a therapeutic practice using yogic sound vibrations to quiet the mind and balance the nervous system. Together, these practices create profound release, emotional clarity, and deep relaxation.

### Private Class

IDR 1,500,000/ person



*Rates are subject to 21% government tax & service charge.*



## SOUND HEALING JOURNEY

An immersive sound healing experience designed to harmonize the mind, body, and soul. Guests are guided into the quantum realm of being, returning to the zero point of nature—a state of pure presence, balance, and coherence within. The journey integrates elemental breathwork and Alchemy Crystal Singing Bowls to support deep nervous system regulation, energetic alignment, and expanded awareness. Through sound and stillness, participants reconnect with the natural harmony that lives within and all around.

Day:

Every Wednesday at Bambu Indah

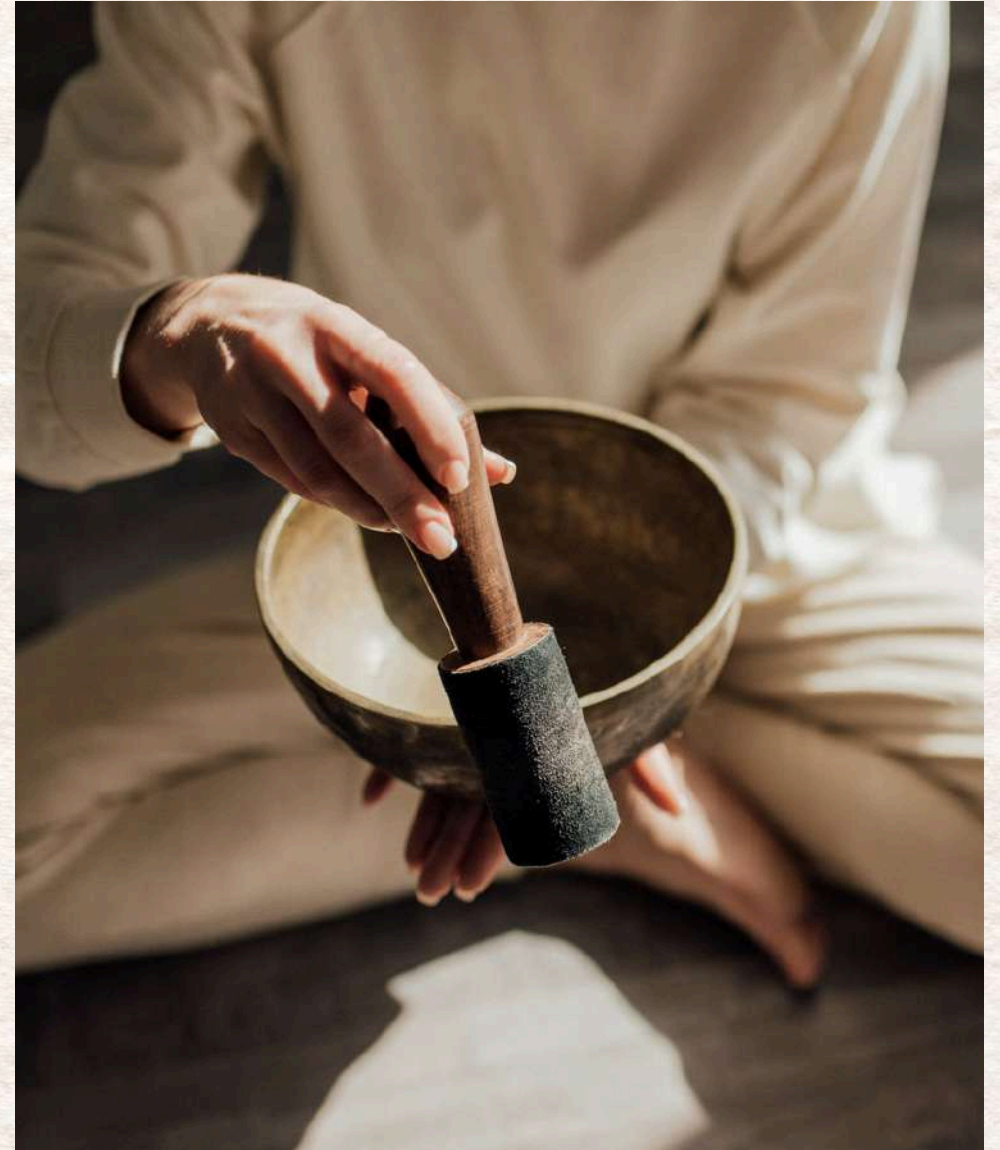
Time:

4 - 5 pm (60 minutes)

IDR 350.000/ person (for group session)

IDR 1.500.000/ person for private .

*Rates are subject to 21% government tax & service charge.*





# Thoriq Cravo

Rooted in a lifetime of movement, Thoriq's journey began with Capoeira at the age of four and later blossomed in Bali, where he discovered Yoga and the transformative power of mindful living. His path evolved from discipline and martial arts into a refined exploration of balance, embodiment, and inner harmony.

With over a decade of dedicated practice and professional teaching experience, Thoriq curates Yoga experiences that blend strength, grace, and presence. His offerings unite Yoga, Capoeira, and fluid dance elements, creating immersive sessions designed to restore the body and elevate the spirit.

Complementing his classes, Thoriq provides therapeutic bodywork and healing massage, supporting guests in deep release, nervous system renewal, and holistic wellbeing.

He is devoted to guiding others toward restoration, clarity, and conscious living. Thoriq's approach invites guests to move with intention, reconnect with themselves, and experience wellness as a meaningful journey of inner awakening.

*Rates are subject to 21% government tax & service charge.*



## Embodied Healing - Wednesday 9.00 - 10.00 am

A somatic practice to release tension and restore balance. Connect with mindful movement and deep breath to reclaim your natural ease and presence.

## Yin Yang Yoga - Monday 04.00 - 05.00 pm

A refined blend of graceful Vinyasa and restorative Yin. Move with your breath to awaken the body, then settle into stillness for deep release and renewal.

IDR 350.000/ person (for group session)

IDR 1.500.000/ person for private



## WATSU HEALING

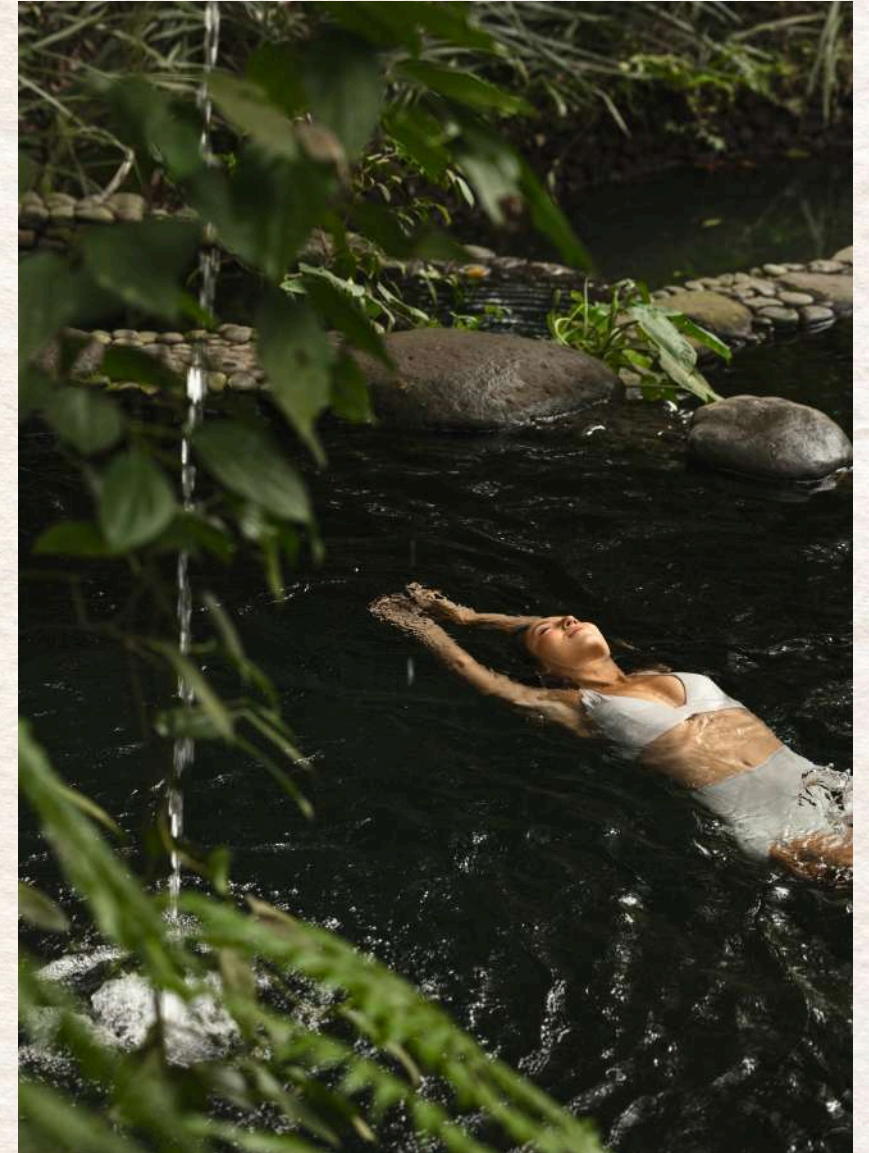
Aquatic bodywork in a fire-heated, spring-fed pool beside the Ayung River

Experience a rare form of Watsu in our natural spring-fed pool, gently heated by firewood and set along the sacred Ayung River. The warm mineral-rich water, the sound of flowing river, and the jungle surroundings create an unparalleled environment that deepens relaxation and heightens the therapeutic experience.

Allow your body to float into effortless surrender as your practitioner guides, stretches, and supports you through 60 minutes of deeply restorative aquatic therapy—awakening balance, ease, and inner flow.

IDR 2.200.000++/ person

*Rates are subject to 21% government tax & service charge.*





## Beji Blessing Ceremony

A sacred tradition that invites harmony, prosperity, and protection. Performed by a local priest, the ceremony involves offerings, water blessings, and prayers to cleanse the spirit and invite positive energy into your life and your loved ones.

Dress in full, modest Balinese temple attire, and connect with the essence of Bali's spiritual culture.

1 person:

IDR 1.550.000

2 - 6 people:

IDR 1.100.000// person

more than 6 people:

IDR 900,000/ person

*Rates are subject to 21% government tax & service charge.*





## Temple Purification Blessing

Situated 45 mins from Bambu Indah, Tirta Empul is a sacred temple where people worship at this purifying holy place. Our team will take you on a special journey through a water purification ceremony, sharing their culture and most ancient beliefs with you.

Includes Balinese traditional temple attire, guide, transport, offerings, locker, towels, entrance fee and temple donation. The blessing ceremony usually takes about 1 hour and 30 minutes.

Minimum 2 people IDR 1.750.000/ person  
1 person IDR 2.250.000

*Rates are subject to 21% government tax & service charge.*





# Balinese Ceremonies

## PURNAMA (FULL MOON) & TILEM (DARK/NEW MOON)

Every month on these very important days, Balinese hold ceremonies to pray and present offerings to the spirits.

## TEMPLE FESTIVALS

Odalan Ceremonies (temple birthdays) are grand affairs and occur every few months. Enquire about visiting an Odalan while you stay with us.

## NYEPI, GALUNGAN & KUNINGAN

The most amazing traditional celebrations in Bali, worth planning your travel dates around.

Nyepi : Thursday, March 19<sup>th</sup>, 2026

Galungan : Wednesday, June 17<sup>th</sup>, 2026

Kuningan : Saturday, June 27<sup>th</sup>, 2026

Resources for planning:

[www.ubudcommunity.com/index.php/en/events/day.listevents](http://www.ubudcommunity.com/index.php/en/events/day.listevents)

[www.balispirit.com/events/](http://www.balispirit.com/events/)

[hwww.kalenderbali.org/](http://hwww.kalenderbali.org/)





## Pottery Masterclass

Step outside the resort and journey into the heart of Balinese craft culture, where you'll be escorted by private transfer to a professional pottery studio in an inspiring local setting. Guided by an expert artisan steeped in genuine Balinese heritage, you'll learn both traditional hand-building and wheel-throwing techniques.

All materials and tools are included, and at the end of the class you'll take home the piece you've made as a lasting souvenir of your experience.

Price: IDR 950,000/ person

*Price includes transport, full class with instructor, and the finished pottery piece.*

*Rates are subject to 21% government tax & service charge.*





## Natural Dye Batik Class

This half - day class is held in a working natural dye studio and offers a hands-on experience of batik making and indigo dyeing, as well as a unique insight into the botany, dye processes and practices of Indonesia.

Monday to Friday 9.30 am – 1 pm

Price: IDR 950,000/ person



## Indigo Tie Dye Class

Using a cotton scarf and a T-shirt, create personal tie-and-dye pieces using a range of found objects. Try clamping, folding or stitching to create beautiful patterns. The outcome is always a magical surprise! The class includes an expert indigo dye demonstration by the Dye Studio team.

Everyday 2.30 pm – 4.30 pm

Price : IDR 950,000/ person



*Rates are subject to 21% government tax & service charge as well as transportation, which can be arranged separately for you.*

*This class is not appropriate for children under 10 years old.*



## Pranic Healing & Balinese Massage

The goal of this session or treatment is for physical and psychological therapy

Healing the mind and body begins with Pranic Healing, an energy-based, non-contact modality designed to shift your life-force and cleanse the body's aura and chakras. Followed by a soothing and relaxing Balinese traditional full-body massage.

90 minutes IDR 1,800,000/ person

## Acupuncture & Deep Tissue Massage

The goal of this session or treatment is to restore muscular problem

Acupuncture and Deep Tissue Massage are therapeutic modalities specifically designed to address and treat various muscular issues including prolonged and chronic pain conditions

120 minutes IDR 2,200,000/ person

## Pranic Healing and Acupuncture

The goal of this session or treatment is to rebalance and calm

This session begins with an assessment of your unique needs. With that in mind, the non-contact Pranic healing session cleanses and replenishes with the powerful energy of Prana (life-force). Gentle acupuncture follows, placing needles in the areas most needed to rebalance and heal, and to bring about a deep mind-body-spirit connection.

90 minutes IDR 1,700,000/ person

## Acupuncture & Lymphatic Drainage Therapy

The goal of this session or treatment is to unblock the Chi and drain the toxin to the lymphatic system

To enhance the flow of Chi and facilitate the removal of toxins through the lymphatic system, start with acupuncture by inserting thin needles at specific points to unblock Chi within the body. Following this, perform a lymphatic massage to effectively drain and purify the toxins

90 minutes IDR 1,900,000/ person

*Rates are subject to 21% government tax & service charge.*



## Chakra Healing & Intuitive Massage

The goal of this session or treatment is for Energy Detox

A holistic spa treatment designed to balance your energy centers and promote deep relaxation. This personalized experience combines intuitive massage techniques with chakra healing to restore harmony to your mind, body, and spirit

90 minutes IDR 1,800,000/ person

## Abdominal Massage & Reflexology

The goal of this session or treatment is to enhance the natural body healing

Cleansing the digestive system enables the body's natural healing processes to function optimally. This session begins with an ancient massage technique targeting specific points around the abdomen to release tension from negative emotions, then followed by reflexology to stimulate the body's innate healing abilities.

90 minutes IDR 1,800,000/ person

## Indian Scalp Massage & Relaxing Massage

The goal of this session or treatment is for deep relaxation

Release the tension from the mind and head, and carry it on through the entire body. We begin with a seated massage on the scalp, neck, and shoulders to release stuck energy caused by stress. Then, surrender to a reclining full-body massage designed to cool and fully relax the whole system.

90 minutes IDR 1,800,000/ person

*Rates are subject to 21% government tax & service charge.*



# Bamboo Tours

Watch the process as bamboo gets treated, cut, and crafted into furniture. Then visit spectacular homes constructed entirely of bamboo, rising up as high as six stories, perched on the slopes of Bali's sacred Ayung River.

## BAMBOO FACTORY + GREEN VILLAGE

10.15 am – 1 pm

10.15 am - Registration

10.30 am - Bamboo Factory Tour

11.30 am - Drive to Green Village

12 pm - Green Village Tour

Adults:

IDR 400,000

Kids 5 - 12 years old:

IDR 300,000



*Rates are subject to 21% government tax & service charge as well as transportation, which can be arranged separately for you.*



# Green School Tour

Explore the imaginative campus of Green School, built of bamboo and surrounded by forests and rice fields. Learn about new ways of thinking and educating, alternative energy sources that power the school and be inspired by the focus on creativity and culture.

Tuesday, Wednesday & Thursday

Regular day:

3 pm–4 pm

School holidays:

10.30 am - 11.30 am

Adult:

IDR 195,000

Kids 5 - 12 years old:

Free of charge

*Fees for tours go directly to support young Changemakers and their innovative projects.*



*Rates are subject to 21% government tax & service charge as well as transportation, which can be arranged separately for you.*



# Visit the HARDY FAMILY Enterprises

## IBUKU

Working with the world's best engineers, architects, designers and builders, IBUKU has become known internationally for their pioneering creativity. Elora Hardy and the team are at the forefront of design with bamboo and other sustainable materials, merging visionary architecture with sculpture and art. [ibuku.com](http://ibuku.com)

## BAMBOO U

Learn the fundamentals of building with bamboo, from planting to construction. Bamboo U continues to foster the bamboo movement, offering the knowledge and skills to build your own bamboo structures. Courses are quarterly. [bamboou.com](http://bamboou.com)

## JOHN HARDY JEWELRY FACTORY

Visit the John Hardy jewelry compound - tour the factory, workshops, as well as the Kapal Bambu showroom. Join the employees for lunch and get deeper insights into the process. Please reserve one day in advance for tour and two days in advance for lunch. [johnhardy.com/visit-us-in-bali](http://johnhardy.com/visit-us-in-bali)

## CARINA HARDY JEWELRY STUDIO

Carina Hardy designs jewelry as art- expressing the strength and softness of womanhood through finely created jewelry pieces. Limited editions, ethically handcrafted from recycled gold and silver. [carinahardy.com](http://carinahardy.com)



*Rates are subject to 21% government tax & service charge as well as transportation, which can be arranged separately for you.*



ADVENTURE



# White Water Rafting on Ayung River

Experience an exhilarating ride with beautiful views down Bali's longest river.

## REGULAR RAFTING

Start times at 8 am or 2 pm (we recommend a morning start)

Adult:

IDR 995,000/ person

Kids 5 - 12 years old:

IDR 695,000/ person

## PRIVATE BOAT

Start at your own time

IDR 7,000,000/ boat (up to 4 people)



*Rates are subject to 21% government tax & service charge.*

# Canyoning

Jump, swim, rappel into Bali's amazing swimming gorges, pools and waterfalls!

Daily adventures start at a 6.30 am

*\*Canyoning price depends on level and length of adventure*

Starting price: IDR 2,175,000/person





# Mount Batur Trekking

Hike to the top of an active volcano and peer over the world, and deep into its crater.

## SUNRISE HIKE

2.15 am - 11 am  
Sharing car & guide  
IDR 975,000

## DAY HIKE

Pick up at your preferred time  
Private car & guide



# Cycling Tour

Bike through quiet villages, traditional farming communities and enjoy spectacular views from the heart of Bali.

Daily 8 am – 1 pm

Adult:  
IDR 910,000

Child:  
IDR 580,000



*Rates are subject to 21% government tax & service charge.*



## Bird Walk

Signup to a beautiful walk with local experts to search for some of the 100 bird species that surround Ubud.

Daily adventures start at 9 am  
IDR 565,000 per person



*Rates are subject to 21% government tax & service charge.*

## Bambu Indah Scooters

Depending on your destination, you may want to travel by foot, bicycle, car or a scooter. Scooter rentals are available for those with experience driving on two-wheels. We can also arrange transportation by scooter.

### 24 - HOURS SCOOTER RENTAL RATE

Regular Scooter:  
IDR 300,000

Big Size Scooter:  
IDR 400,000

Includes 2 helmets, full petrol, 2 raincoats, first aid kit





## RICE PLANTING & HARVESTING *(based on season)*

Our rice paddies are a quintessential part of the Bambu Indah experience — they are regenerating the land to how it was used centuries ago, and they provide all of the rice we serve our guests. Most visitors who have eaten rice all their lives have never had the pleasure of planting or harvesting it.

Several times a year, we invite you to help us do both — it's straightforward, if strenuous, work, but also meditative and fulfilling. The effect can be very powerful. Guaranteed, you'll find a new appreciation for rice!





# Ubud's Best Tables

While the gastronomy scene in Ubud has become renowned for its quality and diversity, some tables can only welcome you by booking weeks in advance. We would love to make sure you get yours.

## INDONESIAN & BALINESE CUISINE

### *Hujan Locale*

Excellent Balinese fusion cuisine, modern takes on traditional street food recipes.

### *Bebek Bengil*

Aka Dirty Duck Diner, serving Bali's classic Crispy Duck and other Balinese delicacies.

## CASUAL DINING

### *Rusters*

Coffee roastery, bakery, full, diverse lunch and dinner service overlooking the rice fields. Live jazz Friday nights.

### *Cantina*

Rooftop restaurant and bar, modern bistro with Mexican flare and great margaritas.

## PLANT-BASED

### *Herbivore*

From the Locavore family, unique recipes exploring local flora in a bright setting.

### *Alchemy*

Stylish, open environment, serving scrumptious dishes day and night, with a nearby yoga shala.

## FINE DINING

### *Honey & Smoke*

Come for the Wes Anderson-inspired speakeasy vibes, stay for the smokey cocktails and wood fired dishes.

### *Pica South American Kitchen*

Fine Peruvian dining in the inviting atmosphere of a family-run restaurant.

### *Omakase/Sayan House*

Latin-Japanese fusion with a romantic ambiance and lush views.

### *Uma Cucina*

Rustic Italian restaurant and lounge at Como Hotel, Ubud. Eat family style or opt for intimate dining. London mixologist on the bar.

## MEAT LOVERS

### *Batu Bara*

Latin-flamed-kissed dishes in a cool, artistic setting.

## AFTER DINNER

Sweets, Drinks and Entertainment

### *Room 4 Dessert*

Imaginative, award-winning desserts and craft cocktails.

### *Pinstripe Bar at Aperitif*

Exotic cocktails in a vintage 1930s bar scene. Live Jazz Thurs & Fri nights.

### *The Laughing Buddha*

On Monkey Forest road, casual, fun, live bands most every night.



**VISA ON ARRIVAL** Your VOA can be purchased directly at the airport, and it will last for exactly 30 days. You will be able to pay in various currencies at the arrival gate. Note that the VOA is not required for all countries.

## MOBILE PHONE

Getting an Indonesian SIM card is a simple operation. Your phone must be unlocked to use an overseas SIM card. A local phone can also be purchased easily for as little as 300'000 Rp. The credit for cell phone use, which is called “pulsar” can be bought in many local shops (Circle K, Alfamart, Indomarket...). You can also purchase Internet credit “data” for cellular data usage. 100'000 Rp worth of pulsa/data can be enough for local phone calls and texts and some navigation and web browsing. Note that it is standard for local vendors to add a very small transaction fee (3'000 Rp) when you buy credit.

## CURRENCY & BANKING

Find daily exchange rates on the website <http://www.xe.com>. Debit cards are not accepted in most hotels, shops and restaurants. It is safer to travel with more than one credit card, in case of a problem. Always carry enough cash with you, especially when traveling to remote places where ATMs are less easy to find (North and West Bali, Nusa Lembongan, Nusa Penida, Gili Islands).

## AIRPORT DEPARTURE TAXES

It is usually included in ticket price. Please contact your airline or travel agent for further information.

## TAXES

It is common in Bali to list prices without including the 21% government tax and service charges. Take the time to check in order to avoid being surprised with a different bill than you expected.

## SCOOTERS

Many people travel using scooters on the Island, as it is more convenient during high traffic times, and also a nice way to discover the local life and hidden paths. The fun is obvious, but traveling on two wheels has its risks. We strongly advise taking cars over scooters whenever possible, and we advise not driving a scooter if you've never driven one before. To legally drive a scooter in Bali you must hold an international driver's license, usually procured in your home country. Please note that many travel insurance companies will not cover you without the proper license.

## TAXIS

Make sure you always agree on a price before departing. Various areas are ruled by the local taxis, making it sometimes impossible to call online taxis (Gojek/Grab) to pick you up. Online taxis tend to be available in Kuta, Legian, Seminyak and some parts of Canggu, Uluwatu and Ubud, but not all. We are happy to help you arrange cars and drivers, including to and from the airport.






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 Bambu Indah Ubud