



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.

Balinese Ceremonies

PURNAMA (FULL MOON)

Every month on this very important day, 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.

Galungan : Wednesday, January 13th, 2027

Kuningan : Saturday, January 23th, 2027

Nyepi : Monday, March 8th, 2027

Resources for planning:

www.ubudcommunity.com/index.php/en/events/day.listevents

www.balispirit.com/events/

hwww.kalenderbali.org/



Visit the HARDY FAMILY Enterprises

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

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

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



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

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

Only on weekdays, Monday to Friday

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.

IBUKU Studio Tour

IBUKU Studio Tour is an invitation to step into IBUKU's creative world and experience the process behind their architecture. Guests are guided through the ideas, materials, and craftsmanship that shape each project. What began with bamboo has grown into a broader exploration of natural and sustainable materials, carefully chosen in response to place and purpose. More than a tour, it is a curated experience offering insight into the philosophy, experimentation, and care behind IBUKU's work.

STUDIO TOUR SCHEDULE

Available every Monday, Wednesday, and Friday.

- 9:00 – 10:00 AM
- 12:00 – 1:00 PM

Minimum group charge (1–4 guests): IDR 1,500,000

Groups of 5 or more: IDR 350,000/ person

All payments should be made directly to IBUKU Studio upon arrival.

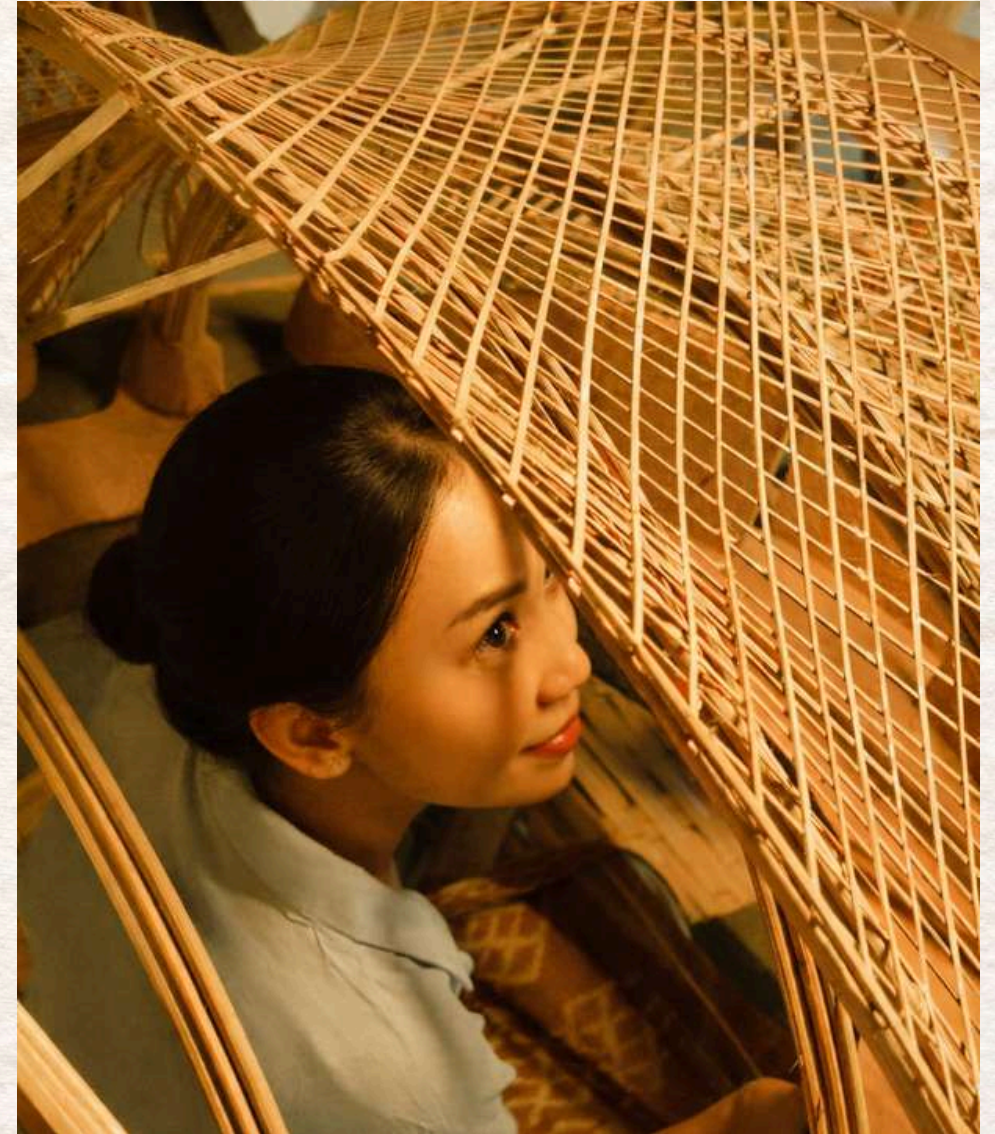
OPTIONAL LUNCH AT IBUKU STUDIO

Lunch fee: IDR 50,000/ person

Menu options:

- Balinese mixed rice with chicken or pork
- Vegetarian mixed rice

Please let us know in advance if you have any food allergies or special dietary requirements.



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.



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.

WELLNESS & CULTURE



YOGA SCHEDULE

Time	SUN	MON	TUE	WED	THU	FRI	SAT
8AM - 9AM		Sunrise Yoga (Complimentary)	Sunrise Yoga (Complimentary)	Sunrise Yoga (Complimentary)	Sunrise Yoga (Complimentary)	Sunrise Yoga (Complimentary)	Sunrise Yoga (Complimentary)

*Private yoga session based on appointment
IDR 700.000++/person*

Massage Rituals

WARISAN BALI MASSAGE

Rooted in the timeless rhythms of Balinese village life. This massage draws inspiration from the farmers who laboured under the tropical sun, tilling the earth with strength and devotion. At day's end, loved ones and healers restored them, drawing on the philosophy of Pancha Maha Bhuta. The five great elements Earth, water, fire, air and ether, to bring body and mind back into harmony. With flowing strokes and grounding touch, this treatment releases deep muscle tension, calms the nervous system, and restores vitality. More than a massage, it is a ritual of renewal, leaving you grounded, clear, and ready to greet a new day.

50 / 80 Minutes IDR 750,000++ / IDR 950,000++

THAIATSU MASSAGE

Tayatsu as a meeting of movement and stillness. In Thailand, there's a tradition of flowing stretches that open the body. In Japan, the quiet wisdom of the hands, mindful pressure, guiding the body back to balance. Tayatsu brings these two philosophies together. Where flow meets stillness, a dialogue of stretch and touch that restores suppleness, steadies the breath and clears the mind. It's a journey that feels both ancient and freshly alive.

80 minutes IDR 950,000++

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

WARRIOR MASSAGE

Every body carries a warrior's spirit. Warrior Massage uses slow, deep pressure to release those knots, ease stiffness, and restore movement in bodies that are pushed by training, long hours on your feet, or everyday stress. It's ideal when your muscles feel stubbornly tight and you need a clear, physical reset. You'll walk away feeling looser, stronger and ready for what's next.

50 / 80 Minutes IDR 950,000++ / IDR 1,200,000++

HEAD, NECK, AND SHOULDER

In just 25 minutes, this short but focused treatment works through the head, neck, and shoulders to release built-up tension and quiet a busy mind. Ideal for desk strain, tight necks and shoulders, and stress headaches, leaving you feeling clear, light and ready to go.

25 / 50 Minutes IDR 400,000++ / IDR 750,000++

JETLAG MASSAGE

In just 25 minutes, this short but focused treatment works through the head, neck, and shoulders to release built-up tension and quiet a busy mind. Ideal for desk strain, tight necks and shoulders, and stress headaches, leaving you feeling clear, light and ready to go.

25 / 50 Minutes IDR 400,000++ / IDR 750,000++

Advance booking of 24 -48 hours required.

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

Facials Rituals

MUKA SIGNATURE FACIAL

More than a facial, Muka Signature Facial is a complete ritual designed to restore your skin's natural vitality. Featuring MUKA Fresh Natural's botanical skincare, crafted with fresh, naturally derived ingredients, this treatment combines deep cleansing, expert facial massage, and restorative techniques to boost circulation, melt away facial tension, and replenish hydration. Your complexion is left smooth, luminous, and naturally radiant, while your mind enjoys a luxurious moment of calm and renewal.

90 Minutes IDR 950,000++

MUKA GUASHA FACE-LIFTING MASSAGE

Using handcrafted copper gua sha tools and MUKA Fresh Natural's botanical skincare, this sculpting facial massage stimulates lymphatic drainage, relieves facial tension, and helps reduce puffiness. Crafted with fresh, naturally derived ingredients, the nourishing products enhance the treatment, leaving the skin refreshed, sculpted, and beautifully radiant.

60 minutes IDR 750,000++

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

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

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.*

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.

WATSU HEALING

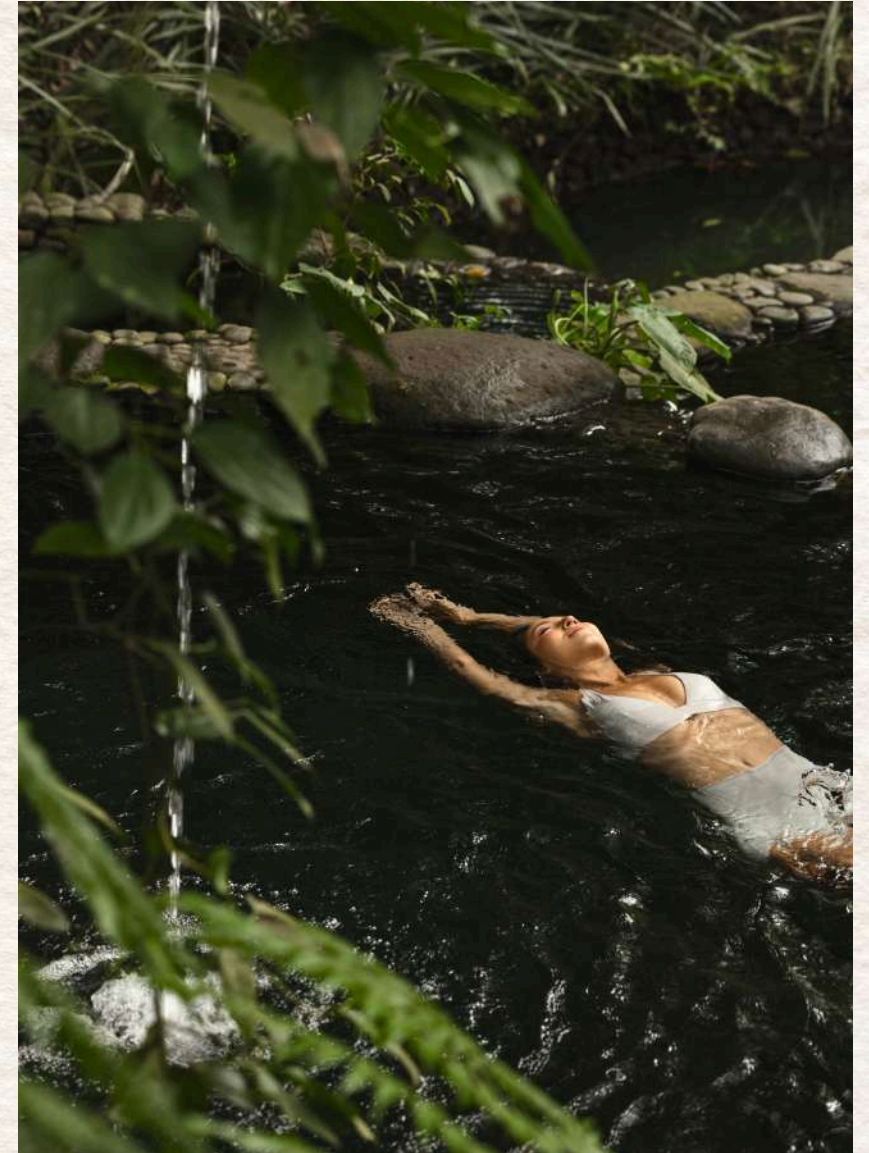
Aquatic bodywork in a fire-heated, spring-fed pool beside the Ayung River

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 2.500.000++/ person

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



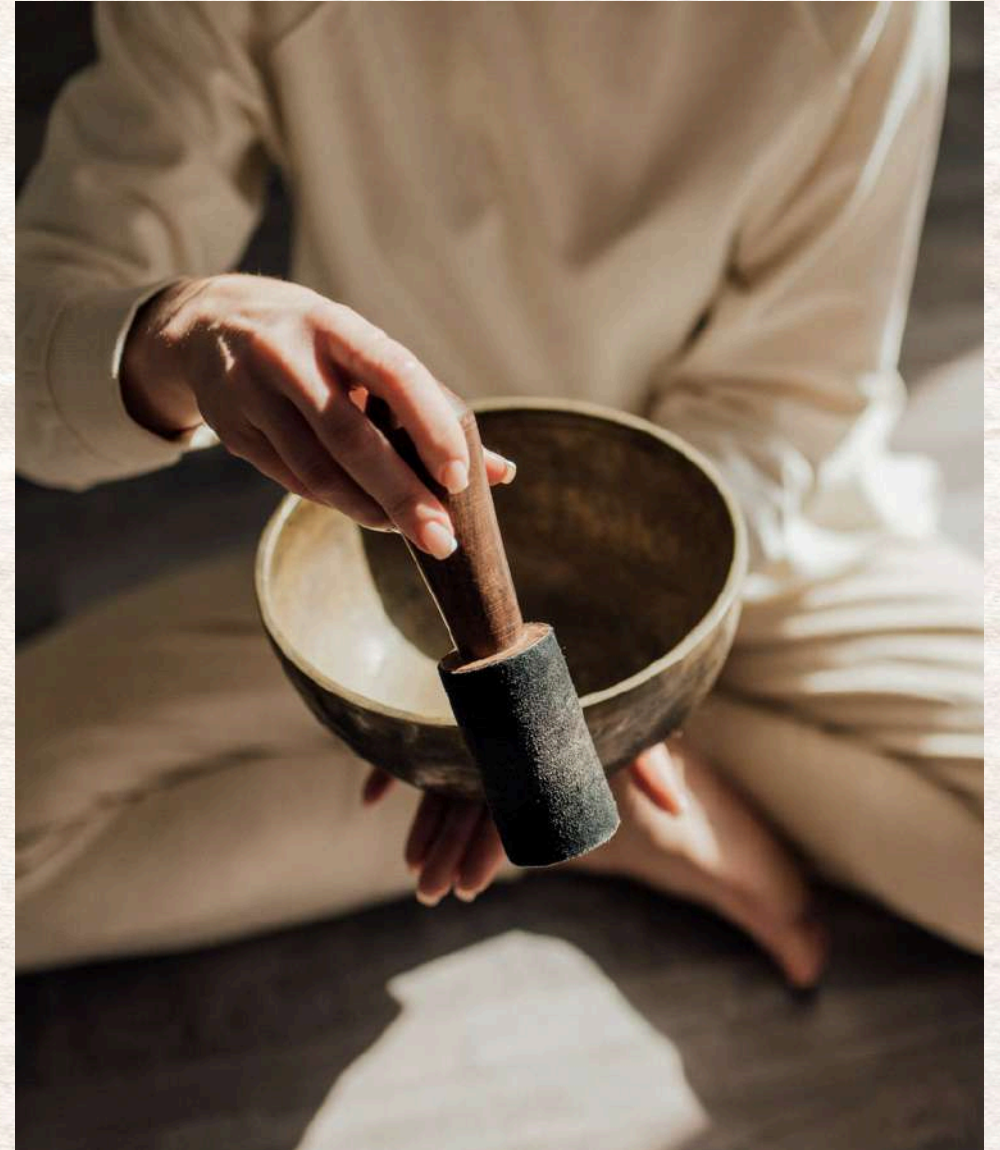
SOUND HEALING JOURNEY

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.

IDR 350.000/ person (for group session)

IDR 1.500.000/ person for private .

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.



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

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



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!



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 “pulsa” 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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