



Bali Wellness & Hiking Journey

9 Days



The Adventure Company | EST. 1969


MT·SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Bali Wellness & Hiking Journey

Renew and rejuvenate in Southeast Asia's epicenter of spirituality and wellness on this new Bali adventure! Experience nine decadent days beginning on the slopes of Bali's second-highest mountain. Hike through Batukaru Nature Reserve's lush jungle, filled with chattering monkeys and birds. Cycle through Jatiluwih Rice Terraces, visit Batukaru Temple, and watch the sunrise from atop Ubud's Mount Batur. Participate in traditional Balinese blessing and offering rituals. With daily yoga, massage and spa treatments, and stays in luxurious eco-resorts throughout the trip, you're assured a wellness retreat for body and mind that will leave you feeling healthier than when you arrived!

Details

Arrive:	Denpasar, Indonesia
Depart:	Ubud, Indonesia
Duration:	9 Days
Group Size:	6-14 Guests
Minimum Age:	16 Years Old
Activity Level:	

Testimonials

"I have taken 12 trips with MT Sobek. Each has left a positive imprint on me—widening my view of the world and its peoples."

Jane B.

"Exceptional trips! Go with MT Sobek!"

Mitch S.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1.888.831.7526  INFO@MTSOBEK.COM

Why Take This Trip With Us?

REASON #01

MT Sobek's new wellness offerings balance activity with relaxation, yoga and massage in scenic and serene destinations.

REASON #02

Our team of wellness guides are accredited yoga instructors who work with your body and encourage mindfulness.

REASON #03

This trip has been carefully designed so that you can enjoy the beauty and culture of Bali, and return feeling healthier than when you arrived.

What to Expect



ACTIVITIES

Rejuvenating yoga, massage, and spa treatments plus temple offerings and blessing ceremonies. Our wellness trip still includes hiking and cycling.



LODGING

Elegant eco-lodges in traditional Balinese settings — both carefully selected by our Asia experts for their peaceful, quiet and secluded atmosphere.



CLIMATE

Although it can still rain in the dry season, you'll have the best conditions for hikes. Temperatures will range from the high 60's to mid-80's.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Arinto was born in West Java and grew up in East Kalimantan. A veteran guide leader, he began leading trips in 1983 and feels deeply fortunate to continually live his passion through guiding. In addition to traveling, Arinto enjoys music, art and history. He can be found playing the guitar, sharing the history of heritage sites, leading wellness trips, ascending volcanoes or snorkeling in pristine waters. Arinto has an impeccable level of knowledge and expertise, and is a tremendous leader of MT Sobek adventures.

Arinto Prakoso

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Itinerary

DAY 1

ARRIVE IN DENPASAR, TRANSFER TO MOUNT BATUKARU

Welcome to Bali! Arrive at the international airport in Denpasar by 3pm and transfer to your eco-lodge on the slopes of Mount Batukaru, the second-highest mountain in Bali. Set in peaceful and natural surroundings, the property features a yoga studio overlooking the lush jungle. After a welcome and trip orientation, enjoy dinner at the lodge in a traditional Balinese setting.

Meals: D

DAY 2

REJUVENATE WITH YOGA, SPA TREATMENTS & A BLESSING CEREMONY

Ease into the day with a morning yoga session. After breakfast, visit a spa for a rejuvenating Balinese massage and body scrub. If you choose, you may join another yoga session before lunch, and then experience the magic of a traditional Balinese temple ceremony at a local temple. As a participant, dressed in the appropriate attire, you are guided through the temple ritual and learn about its significance before heading back to a tented camp where a sumptuous afternoon tea awaits. Enjoy dinner at a local restaurant on the slopes of Mount Batukaru.

Activity: 2, 2-hour yoga sessions (Bikram/Vinyasa)

Meals: B, L, D

DAY 3

TREAT YOUR BODY TO YOGA & JUNGLE TREKKING

Join a morning yoga session at the studio. After breakfast, drive to the starting point of today's Batukaru jungle trek. It's a half-day walk through the lush forest, and your local guide helps you to spot rainforest vegetation, playful monkeys, and vibrant birds. Enjoy a local picnic-style Balinese lunch, then return to the lodge for an afternoon yoga session. Dinner tonight will be at a local restaurant surrounded by the lush jungle of Batukaru. The food will be predominantly Indonesian food.

Activity: 2, 2-hour yoga sessions (Bikram/Vinyasa) & 3 hours hiking with 1,300' elevation gain

Meals: B, L, D

DAY 4

RECHARGE BODY & MIND

Enjoy the day at your leisure today. Take advantage of morning and afternoon yoga sessions, and even pamper yourself with a relaxing massage at the lodge with our local therapist. Whatever you do, the mountain lodge serves as an idyllic haven for rejuvenation, exploration, and relaxation.

Activity: 2, 2-hour yoga sessions (Bikram/Vinyasa)

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Meals: B, L, D

DAY 5

SCENIC CYCLE RIDE TO BATUKARU TEMPLE

After a morning yoga session and breakfast at the lodge, head out to explore the countryside by bicycle — the best way to savor the scenery close-up. First drive to the spectacular beauty of the UNESCO-recognized Jatiluwih Rice Terraces. From here, travel mainly on flat paved routes, passing small villages along back roads. Enjoy a Balinese-style lunch overlooking the mesmerizing rice terraces. En route back to the lodge, visit Batukaru Temple (Pura Luhur Batukaru), one of Bali's most sacred jungle temples. Reboot with an afternoon yoga session, then transfer to Ubud.

Activity: 2, 2-hour yoga session (Bikram/Vinyasa); 2.5-3 hours/19 miles easy cycling

Meals: B, L, D

DAY 6

CENTER YOURSELF WITH YOGA, MASSAGE, & TEMPLE OFFERINGS

Revel in another leisurely day of yoga and massage at the resort. A highlight of today is an offering lesson, a truly memorable experience in which you learn to make the canang sari — temple offerings made by Balinese Hindus. Local women share their knowledge of Balinese life and prayer based on family traditions passed from generation to generation. An unforgettable afternoon! Come evening, enjoy an authentic dinner while you meet, dine with, and learn from a local family in their home. A traditional Balinese performance completes a very memorable day.

Activity: 2, 2-hour yoga sessions (Bikram/Vinyasa/Kundalini)

Meals: B, L, D

DAY 7

TAKE A SUNRISE TREK UP MOUNT BATUR

Rise early! At 3:30am transfer to trailhead and trek through the jungle before ascending up a volcanic rocky path to Mount Batur's main crater. From Mount Batur's summit (5,600') witness the stunning sunrise and sweeping views over Mounts Abang and Agung, and across the Lombok Strait. Head down Batur's west slopes, stopping at craters from eruptions in 2001 and 1999 — the latter is still smoking! — and to observe the surrounding lava field. Cross black seas of lava sand to the trek's end, then transfer to the resort for lunch and afternoon yoga.

Activity: 4 hours/6 miles hiking, 2,200' elevation gain; one 2-hour yoga session (Bikram/Vinyasa/Kundalini)

Meals: B, L, D

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DAY 8

EXPLORE UBUD

Embrace the day with morning yoga, then choose activities for the day in Ubud. Options include exploring the simplicity of village life, worship, and nature on a guided morning walk. Visit Green School, renowned for its integrated traditional academic education with sustainable green practices. Or explore architect and designer Elora Hardy's wonderland world of bamboo homes. This evening, join the group for a festive farewell dinner!

Activity: 2, 2-hour yoga sessions (Bikram/Vinyasa/Kundalini)

Meals: B, L, D

DAY 9

DEPART FROM UBUD

After breakfast at the resort, bid farewell to Bali and transfer to the airport for your departure flight.

Meals: B

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Dates

May 13 - 21, 2019

Jul 15 - 23, 2019

Sep 16 - 24, 2019

May 13 - 21, 2020

Jul 15 - 23, 2020

Sep 16 - 24, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 6,295 per person

Additional Cost

\$ 2,000 Single Supplement

2020

\$ 5,995 per person

Additional Cost

\$ 2,000 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary yoga and cycling gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of Day 1
- Optional travel protection

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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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