



# One Woman Bali Adventure

## November 19 - 26, 2017

### **Includes:**

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Seven nights at the breathtaking Nusa Dua Beach Hotel and Spa  
[www.nusaduahotel.com](http://www.nusaduahotel.com)

Breakfast daily at the hotel (Nov 20-26th)  
Lunches and dinners as specified in the itinerary (Nov 20-25th)  
Excludes beverages

All domestic travel and entrance fees for scheduled activities and excursions as detailed in this itinerary

Transfer to hotel from airport upon arrival  
(Once your flights are booked, please email your flight itinerary to  
[Sharla@OneWoman.ca](mailto:Sharla@OneWoman.ca))

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**Single Accommodation \$3,469 CAD per person**

**Shared Accommodation \$2,699 CAD per person**

For One Woman Bali Adventure participants who wish to arrive a few days earlier to adjust to the time change, relax on the beach or participate in the many activities offered by the hotel, the Nusa Dua is pleased to offer discounted hotel rates at \$220 CAD/night (single occupancy) and \$110 CAD/night (double occupancy), with breakfast included. When you book your trip on our website, simply add any additional nights and then email us at [Sharla@OneWoman.ca](mailto:Sharla@OneWoman.ca) with the dates that you would like to add to your itinerary.

## Indonesia



**Population:** 253 million

**Capital City:** Jakarta (population: 10.1 million)

**People:** Javanese, Sundanese, Matay, Madurese, Batak, Minnankabau, Bantenese, Banjarese, Balinese and others

**Language:** Bahasa Indonesia, English, Dutch, Javanese and other local dialects

**Currency:** Indonesian Rupiah (IDR)

**Time Zone:** Western Indonesia Time +7 Hrs; Central Indonesia Time +8 Hrs; East Indonesia Time +9 Hrs

## Indonesia

Encompassing over 17,000 islands, 300 languages and just as many ethnic groups, the vast and varied archipelago nation of Indonesia is anything and everything, all at once. A dizzying mosaic of culture, contrast and some of the most arresting scenic beauty in the entire world, Indonesia remains an extraordinary last frontier for adventure. Amid growling volcanoes, primordial jungles and stunning palm-fringed beaches, lies some of Asia's most fascinating heritage and history - and with it, the promise of a journey in a place unlike anywhere else on earth.

This custom One Woman itinerary allows you to discover the hospitality and culture of Bali. Explore rainforests and terraced rice paddies, indulge in gourmet dinners, participate in a variety of workshops, and get to know Balinese women as you experience the adventure of a lifetime in the furthest reaches of exotic Asia.

## Bali



**Population:** 4.2 million

**Capital City:** Denpasar

**People:** Javanese, Sundanese, Malay, and Madurese

**Language:** Bahasa Indonesia

**Currency:** Indonesian Rupiah (IDR); USD cannot be accepted as payment but can be easily exchanged at banks or authorized money changers

**Time Zone:** GMT +7 Hours

## Bali

With its lush greenery, crystal-clear water, unique culture, and friendly people, Bali is the best known of Indonesia's many islands, a quintessential "tropical paradise" that tops the bucket list of even the most seasoned travellers. The island is home to Indonesia's majority Hindu population, and much of its history, architecture and culture is influenced by the beliefs and rituals of Hinduism. This rich culture is at its most vibrant in Ubud, considered the cultural heart of the island. Bali is also an exciting destination for adventure as opportunities abound to hike, scuba dive and snorkel among its volcanic scenery, beautiful islands and pristine beaches.

### Nusa Dua Beach Hotel and Spa



Bali's 5-star Nusa Dua Beach Hotel and Spa is situated on a stunning stretch of white sand beach just south of Denpasar in the South Kuta District. Overlooking nine acres of elegantly manicured tropical gardens and magnificent ocean views, the design of the spacious guest rooms, suites and villas proudly showcases traditional Balinese culture and architecture.

The staff at Nusa Dua embody the graceful hospitality for which the people of Bali are known. With five gourmet restaurants featuring a range of international cuisine, a full service spa, and a daily schedule of activities, classes and traditional events, the Nusa Dua ensures that guests will be immersed in the culture and luxury of Bali.

Hotel accommodation includes breakfast daily, welcome drink upon arrival, Wifi, use of Fitness Centre, scheduled shuttle to Beach Club, and scheduled shuttle to Bali Collection/Shopping Complex.





### Day 1 - Sunday, November 19th

#### Arrive at Ngurah Rai International Airport (Denpasar)

We will be there to greet you when you arrive at Ngurah Rai International Airport and bring you to the breathtaking Nusa Dua Beach Hotel and Spa. Enjoy a refreshing welcome drink while we get you checked in and ready for an unforgettable week. Depending on your arrival time, you may choose to rest after the long flight, relax by the pool, enjoy a wonderful meal at one of the many amazing restaurants at the hotel, or perhaps treat yourself to an incredible Balinese Massage or other spa treatment. This day is yours to enjoy at your leisure.



### Day 2 - Monday, November 20th

#### Explore East Bali and the Karangasem

The Hall of Justice in Klungkung, with its many famous Kamesan paintings depicting well-known Hindu legends, is our first stop of the day. We will pass through the beautiful terraced rice fields of Rendang before enjoying lunch in the hillside town of Putung, where breathtaking views of Bali unfold before us. After lunch, we will travel through local villages and Balinese countryside to the beach of Candi Dasa, where we will have time to shop at local markets, grab a refreshing Balinese beverage or simply relax. A highlight of this day is a visit to the traditional village of Tenganan. Said to be home to the ancient Balinese, the 'Bali Aga', this village has remained virtually unchanged for hundreds of years.



#### Dinner - Bali Discovery

Discover Bali's cultural heritage with 'Bali Discovery'. A troop of Beleganjur musicians with Balinese flutes and cymbals will lead us to our dinner venue. A village atmosphere is created with local artisans displaying arts and crafts, and we will see rice planting and rice grinding demonstrations, shadow puppet shows, wood carving, weaving, egg painting, and Balinese ladies preparing offerings for the Gods. Service staff are dressed in traditional costumes and tables are decorated with traditional batik with banana palm candles as centerpieces. Be prepared to fall in love with Bali.



## Day 3 - Tuesday, November 21st

### Discover Bali WISE (R.O.L.E Foundation) in the South Kuta District



One Woman's partner charity for this event is Bali WISE. This organization empowers marginalized women through skills education as a means to develop sustainable communities in Indonesia. Part of your registration in the One Woman Bali Adventure will be used to support the school's programs and to sponsor a student for the upcoming school year.

Get ready for an incredible day with the students of Bali WISE. These young ladies are excited to share their culture and stories with us. The girls who attend Bali WISE come from poor communities and cannot afford a college education. Through Bali WISE, the girls are able to obtain skills training in Hospitality, Travel and Tourism so that they can find employment and, in turn, help to break the cycle of poverty for their families. We will start the day with morning tea, Bali cakes and fresh fruit as we learn about the daily lives of Bali WISE students and also share our stories with them. This is a fabulous way for the students to practice their English, and we can also learn some Bahasa (the language of Indonesia).



Our day will be filled with interactive workshops. We will have the opportunity to make Jamu (a traditional herbal medicine) as well as soap while we learn about the Bali WISE soap recycling program. After we enjoy a traditional Balinese lunch with the students, we will visit their Eco Park where we can see and learn about their local waste and recycling programs and participate in a traditional weaving workshop. The evening will end with a fabulous dinner together along with a dance performance from the students. This day will be one you will never forget!



### Day 4 - Wednesday, November 22nd

#### Explore the Tegalalang Rice Terraces and Ubud's Monkey Forest



Today we will each create a unique piece of silver jewellery as a special souvenir. Skillfully guided from design through each step of the production process by trained silversmiths, we will learn how to work silver into wearable art. Each participant will receive five (5) grams of silver, enough to create a pair of earrings, a ring or a pendant for this is a one-of-a-kind creative experience. After crafting our silver masterpieces, we will enjoy a lunch of authentic Balinese cuisine in a local restaurant. Following lunch, we will do some monkeying around – literally! – as we head to Ubud Monkey Forest,

famous for its large population of monkeys that inhabit the trees and man-made sculptures. Enjoy watching the monkeys play with one another, and don't be alarmed if they want to play with you, too! After visiting the Monkey Forest, we will have one-and-a-half hours to freely explore the famous market and many cool specialty shops of Ubud.

#### Dinner - The Culinary Journey

The Culinary Journey offers a selection of beautifully prepared local and international dishes displayed in market-style stalls, each in the décor of the country from which the cuisine originates and manned by staff in traditional uniforms. The Balinese flavor is enhanced by penjor (Balinese flags) and janur (coconut leaves), festive torch lights, umbul-umbul (pennants) and Balinese umbrellas, with tables set to reflect the theme of the event. This is a gastronomic adventure for all foodies!

## Day 5 - Thursday, November 23rd

### Experience a Day in a Balinese Woman's Life in the Heart of Bali



Our day will start with visiting a traditional market, where we can explore all kinds of spices and ingredients that are used for cooking Balinese food. We will pick up the ingredients we need for our cooking lesson later in the day. We will then head to Rumah Desa, a traditional Balinese village where we will live as Balinese women for the day. Activities include learning about their daily life, making an offering (mejejaitan), and making Boreh, a centuries-old healing recipe of herbs and exotic spices traditionally used

as a "body revival" in the form of a mask and scrub. As we explore the traditional village, we will learn about the culture and various functions of the different houses, visit a local school, trek to the coffee plantation, and learn about the processes of making coffee and coconut oil. We will then use our market purchases to cook various Balinese dishes and enjoy a delicious traditional lunch. Our afternoon will include spending time farming and rice planting. As refreshment on the rice field, we will enjoy a snack of young coconut. We will then head to the spring for a purification ceremony and blessing. As a reward for our hard work, we will each receive a beautiful Balinese sarong as a gift.

After a busy day, we will have a chance to relax, freshen up and put on our new sarongs for our evening dinner party. We will celebrate an amazing day as Balinese women with an authentic dinner and Balinese dancing. We know that after this day, the women of Bali will live forever in our hearts.



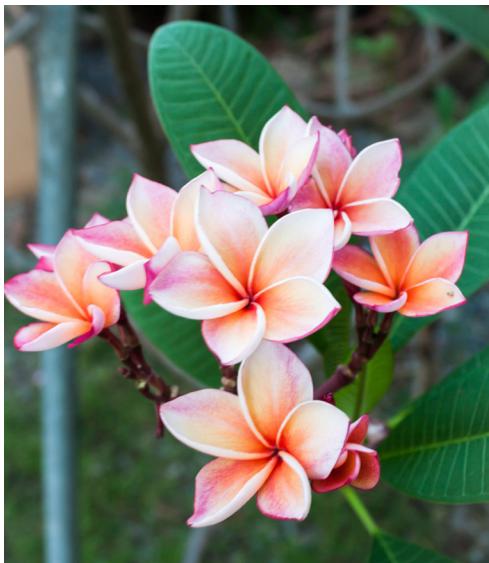
### Day 6 - Friday, November 24th

#### Enjoy a Perfume Making Class



In this experience, we will meet with a perfume assistant who will introduce us to the world of perfumery. We will be guided through a set of "perfumery organs" with different ingredients including citruses, spices, flowers and woods to create our own signature perfume. We will then create three trial formulas in separate vials and choose which scent we want made into a 30ml bottle of a personalized perfume to take home.

We will enjoy a wonderful lunch and have some time to shop for souvenirs and treasures before returning to the hotel to rest before our royal dinner and midnight excursion to Mount Batur to see the sunrise.



#### Dinner - Royal Rayalaya

The Rajalaya service was traditionally reserved for Royal families. Each course is served in procession by Balinese girls dressed in traditional costumes and accompanied by a Beleganjur orchestra, which consists of musicians playing bamboo instruments, flutes and Balinese cymbals. Janur (coconut leaves) and penjor (lighted Balinese flags) decorate the entrance, while umbul-umbul (pennants) and Balinese umbrellas are positioned throughout the dining venue, creating a stunning atmosphere. The tables are decorated elegantly in Batik cloth decorated with aromatic burning candles and fresh flowers. Tonight we dine like queens!

### Day 7 - Saturday, November 25th

#### Trek Mt. Batur to Watch the Sunrise



Just after midnight, we set off under the cover of darkness for a two-hour drive to the foot of Mount Batur, an active volcano which is the starting point of our trek. After a quick safety briefing from our local guide, we will set off on foot for the summit. After a challenging trek to the top of the volcano, we will arrive in time to watch the sun rise over the spectacular panoramas - a treat well worth the early morning exercise. From our vantage point, the sun rising over the

eastern side of Bali behind Mount Agung creates a spectacular silhouette. With the sun rising overhead and the summit air beginning to warm, we will enjoy a light breakfast of bread, banana and egg expertly cooked by our guide using the heat of the volcano! Satiated, we will descend the mountain and return to the hotel for a day of rest and relaxation until our final dinner together, a gala feast at Nusa Dua beach.

#### Dinner - Mystical Bali

This evening begins with us joining a Balinese parade to the beach; we will each be given a small offering made from palm leaves to offer to the Gods at the beach shrine. After we experience a Balinese welcome dance, we will be escorted to dining tables decorated with pandan straw mats and coconut leaves, which create a traditional atmosphere for this outdoor feast. The staff is dressed in sarongs and sandals; torches and the light from the moon and the stars light the area. As we experience the world famous Kecak dance during this final evening, we can reflect on our amazing journey together.