



**NOVEMBER 4th
to NOVEMBER 11th**
8 DAYS/7 NIGHTS

Includes:

Seven nights at the breathtaking Prama Sanur Beach Resort
www.pramasanurbeachresort.com

Breakfast daily at the hotel

Lunches and dinners (as specified in the itinerary)

All domestic travel and entrance fees for scheduled activities and excursions
(as detailed in the itinerary)

Transfer to hotel from airport upon arrival

Excludes:

Your round trip flight from your home country to Ngurah Rai (Denpasar)
International Airport

Beverages

Some meals will be on your own (as detailed in the itinerary)

Travel Insurance

**Once your flights are booked, please email your flight itinerary to
Sharla@OneWoman.ca**

Single Accommodation: \$2499 CAD per person (incl. HST)

Shared Accommodation: \$1999 CAD per person (incl. HST)

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 Prama Sanur is pleased to offer discounted hotel rates at \$160 CAD/night (single occupancy) and \$80 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 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.

Prama Sanur Beach Resort



The Prama Sanur Beach Resort is an environmentally-friendly hotel bordered by a sandy beach and set in 7 hectares of lush tropical gardens with spectacular ocean views. An extensive range of services and facilities includes the new Splash Zone pool for families, a Lagoon Pool with swim-up bar, Watersport Centre, Spa, private beach and a choice of dining options including: Basilico Italian Pavilion, Lada Restaurant, Tirta Restaurant, Bamboo Bar & Lounge and Prama Bar & Lounge, which include Italian, Indonesian, Asian and international specialities.

Hotel accommodation includes breakfast daily, free WIFI, 24 hour room service, private beach, use of fitness centre and so much more!



NOTE: This is a tentative itinerary, activities may vary slightly or the order in which they happen may be adjusted as needed to make the best experience possible!

Day 1 Sunday, November 4th Arrive at Prama Sanur Beach Resort

We will be there to greet you when you arrive at Ngurah Rai International Airport and bring you to the breathtaking Prama Sanur Beach Resort in Bali. 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.



Breakfast included at the hotel. Lunch and Dinner on your own at one of the many restaurants at the hotel or within walking distance.

Day 2 Monday, November 5th Eat, Pray Love - Balinese Spa Day and Exploring Ubud

We will begin the morning at Taksu Spa for some well deserved pampering after a long flight. You will have your choice of treatment (we highly suggest a traditional Balinese massage) followed by a fabulous spa lunch.

In the afternoon we will take an enchanting journey through Bali's artistic landscape of Ubud, famously known from Julia Roberts' journey of self discovery in the movie, *Eat, Pray Love*. From the village of Tohpati, famous for its handmade Batik fabrics, to Celuk, where silversmiths form statues and intricate jewelry, and where you can observe these beautiful Balinese creations coming to life. Next, head to the heart of Ubud and mingle with some of Bali's funniest inhabitants: the monkeys! Enjoy a leisurely afternoon with your new furry friends in the Ubud Monkey Forest before wrapping up the day shopping for handicrafts and clothes at the colorful Ubud Market.



Breakfast included at the hotel. Spa lunch included. Dinner on your own or with the group at one of the many restaurants at the hotel or within walking distance.



Day 3 Tuesday, November 6th **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!

Breakfast included at the hotel. Traditional Balinese lunch included. Dinner on your own or with the group at one of the many restaurants at the hotel or within walking distance.

Day 4 Wednesday, November 7th

Explore the Tegalalang Rice Terraces, Try the Famous Luwak Coffee and a Traditional Cultural Workshop



In the morning, we head to Ubud and take a short hike in the serene Tegalalang Rice Terraces and continue to a coffee plantation, having a sample of delicious local coffees and hot drinks, including the world's most expensive coffee, the famous "Coffee Luwak."

In the afternoon it is time to try a traditional Batik class. This is a fascinating introduction to Balinese Batik techniques, tools and dyes. A fun-filled, creative workshop to produce an original design, or to try to master the detail of a traditional one. Working in vibrant colours with a skilled teacher, this class is guaranteed to be one of your most unforgettable memories of Bali.

This is a workshop where participants will learn about many features of Balinese batik, foremost of which are its form, motifs, techniques used, and its history. In this two hour workshop, each participant will receive a set of utensils and will make a piece of Balinese batik that they can bring home to remember this incredible experience.



Breakfast included at the hotel. Lunch stop during the day at an international restaurant (on your own account). Dinner on your own or with the group at one of the many restaurants at the hotel or within walking distance.

Day 5 Thursday, November 8th

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.



Breakfast included at the hotel. Lunch and Dinner included in the day.

Day 6 Friday, November 9th Bedugul and Tanah Lot Tour

Ulun Danu Bratan Temple

Mengwi is home to the former Royal Temple called Pura Taman Ayun, which is a great stop on the way to Bedugul. Built in the 17th century, the temple served as the family temple of the Mengwi dynasty, whose kingdom survived until the late 1800s. The temple is famous for its exquisite wooden merus, or pagoda-like shrines.

Next stop is a visit to the village of Bedugul, a beautiful and peaceful mountain retreat. A stop is made at the local fruit and vegetable markets, where you can bargain for those tropical delicacies that you have only seen in photos.

Lake Bratan is the mist filled lake of Mt. Bratan. Home to Pura Ulun Danu Bratan, a temple built entirely on small islands and dedicated to Dewi Danu, the water goddess, the scenery here is stunning and the climate is usually a bit cooler than her seaside cousins to the south. Alas Kedaton is one of Bali's famed monkey forests. Its towering nutmeg trees are unique to this area and are sacred to the Balinese people. It is undoubtedly also home to some of Bali's cheekiest inhabitants, the macaque monkeys, and no trip to Bali is complete without seeing them.



Last stop on this busy day is Tanah Lot, a magnificent temple perched gingerly on a huge rock resting just off the shore. Probably the most photographed temple in Bali, this temple has been an important part of Balinese mythological history for centuries. At the base of the rocky island, poisonous sea snakes are believed to guard the temple from evil spirits and intruders. There is said to be one giant snake which also protects the temple. We visit the temple at sunset, which is the best time for taking photos of this magical site. Once the sun has set, we head back to the hotel.

Breakfast included at the hotel. Lunch stop at an international restaurant (on own account). Dinner on your own or with the group at one of the many restaurants at the hotel or within walking distance.

Day 7 Saturday, November 10th Muntigunung Trekking

Departure from the hotel is in the early morning and we drive to North East Bali. The trek is a moderate route, which begins at the lakeside village of Songan, a village that is a nearly untouched part of the island of the gods. From here you trek through wild vegetation to the hamlets nestled along the hillside. Accompanied by experienced, English speaking guides and villagers, you will enjoy a part of the island that most Balinese are not even aware of, learn about the challenges locals face and how help is provided while enjoying the tranquility of this remote area and stunning views of Lake Batur and the Indian Ocean.



The non-profit organization 'Future for Children', helps people of Muntigunung to improve their living conditions by providing water catchment systems and enabling them to focus on generating income. High up in the mountain villages of Muntigunung, North East Bali, they were touched by people that live a much less privileged life than most Balinese. They felt fortunate to have found a way to support poor local families generate income by taking visitors on a beautiful trek. They believe water is the 'blue gold of the future'. Not without reason. Access to clean drinking water is the foundation for a sustainable future. With your participation you directly support this project while enjoying



some of Bali's most spectacular views.

Around lunchtime, you will relax near the beach and enjoy a delicious meal before heading back to the hotel.

Breakfast included at the hotel. Lunch is included. Dinner is at the hotel or at one of the restaurants in the area (on own account).

Day 8 Sunday, November 11th Departure Day

This is departure day. For anyone who would like to extend their stay, we can help with booking additional hotel nights. Please email Sharla@OneWoman.ca if you require assistance with this.

