

## BALI ITINERARY

This is an example itinerary only and is subject to change.

### DAY 1 - DEPART MELBOURNE | ARRIVE BALI

Settle into our rooms with a welcome drink.  
6pm Dinner Balinese style

### DAY 2 - BALI SWING PLUS SWIMMING AT THE WATERFALL

6.00am - 6.45am Group Fitness session  
7.00am - Breakfast at the villa  
8.00am - Pick up and head off to then drive to Tibumana waterfall where we will trek our way down to this spectacular sight. Pack your bathers and a towel so we can stop for a quick swim before we make our way to Alas Arum Tegallalang and visit the Bali Swing. There is ample opportunity for some amazing photos here. Channel your inner child and experience a swing like never before when we have a turn swinging over the rice terraces. From here we will make our way to lunch and finish the afternoon with a walk at Ceking rice terraces.  
4.30pm - Yoga  
6.00pm - Dinner

### DAY 3 - COOKING CLASS

6.00am - 6.45am Group Fitness session  
8.00am - Pick up for local Bali cooking class where we head to a traditional family home near Ubud to learn the secrets of Balinese organic cooking and market tour.  
Embark on a culinary adventure unlocking the secrets of authentic Balinese cooking, utilising traditional ingredients and preparation methods, in a fully equipped community village kitchen in a harmonious Balinese home. We will even find out what come first, the chicken or the egg!  
6.00pm - Dinner

### DAY 4 - SPA | YOGA | REST

6.00am - 6.45am Group Fitness session  
7.30am - Breakfast  
This will be a restful day to prepare ourselves for the early morning Mt Batur Sunrise walk that we will do early Thursday morning. This would be a great opportunity to head out to the vibrant Ubud centre and check out the local markets, walk around the monkey forest, have a massage, do some shopping or simply relax by the pool and do absolutely nothing!  
4.30pm - Yoga  
6.00pm - Dinner

### DAY 5 - MOUNT BATUR SUNRISE POINT TREK | HOT SPRINGS SWIM & SPA

2.00am - Departure for Lake Batur to climb the volcano by sunrise. This is an exciting and challenging day. Anyone with an average level of fitness can achieve the goal of getting to the top by sunrise. It is a very outdoors experience, walking on steep paths, walking by torchlight for the first hour, the last km is quite steep, and of course navigating your way down some rocky paths on the way back down. But reaching the top makes it all worthwhile. Take home a great sense of achievement and some amazing photos.

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### DAY 5 - MOUNT BATUR SUNRISE POINT TREK | HOT SPRINGS SWIM & SPA

There will be two to three guides with the group. They are very experienced and very helpful. They are there to give you a hand up if you need it. Usually the group breaks into different places and the guides split up accordingly. It is not a problem to walk at a slower pace, as you won't hold up others who may want to steam ahead. We have time to relax at the top, so it's not a race. Once we hit the bottom, we will take a short walk to the Hot Springs where we will soak in the natural springs and enjoy a foot massage at the local spa. When we return: Upon return from our volcano climb we will have breakfast at the villa. As soon as breakfast is finished the rest of the day is ours to rest and recover.

6.00pm - Dinner

### DAY 6 - BALI TREETOP ADVENTURE PARK

6:00am - 6.45am Group Fitness training.

7:00am - Breakfast at the villa

8:00am - Pick up and head off to our treetops adventure where we will endure 7 adventure circuits from one tree to another with height ranges between 2 - 20 meters. There are 72 challenges to suit all levels as well as suspended bridges, spider nets, Tarzan jumps, flying-fox, flying swings, and many more fun challenges including 12 flying fox up to 160m long. As well as visiting the adventure park we will also visit Ulun Danu Bratan Temple, see the Bedugul Botanical Gardens, visit the Munduk waterfalls and enjoy a delicious buffet lunch.

### DAY 7 - SEMINYAK

6:30am - Group Fitness Training

7:30am - Breakfast at the villa then enjoy the villa in Ubud by morning and finish packing bags ready to check out at 10am.

12.00pm - Check out. Pack our bags, check out and say goodbye to the amazing staff at Villa Alami. From here we will head down to Seminyak where we will check into our next hotel (Sense Hotel) and get ourselves ready to party the night away at Motel Mexicola.

7.00pm - Dinner and dancing at Motel Mexicola:

### DAY 8 - SHOPPING DAY IN SEMINYAK

9.00am - Breakfast at the hotel. After breakfast we will put on our walking shoes and head to the beach for a nice walk before it gets to hot. On the way back we will head to Seminyak centre for some shopping and a cold drink before heading back to the hotel for some pool time and relaxing before our journey home on Monday.

### DAY 9 - DEPART BALI | ARRIVE MELBOURNE

7.00am - Breakfast at the hotel

8.00am - Last Beach walk

9.00am - Back to the hotel to finish packing our bags. We will check out of the hotel and head to the airport by 10.30am.