



## **CULTURAL EXPERIENCE**

### **OFFERING MAKING CLASS**

Art is part of Balinese traditional and ritual life. In this kind of art, weaving is used for daily offering, special occasion, ceremony or just for beautiful decoration. Join the class to learn the unique way of weaving 'mejahitan' or create a simple Balinese offering made from young coconut leaf and flower IDR 100.000/pax

### **IBU COOKING CLASS**

Ibu cooking class provides our guests an opportunity to learn to cook their favorite Balinese dishes. The experience takes about 3 hours starting with an early morning trip to get local ingredient at local market. Then the class can be arrange for Lunch or dinner. Ibu will do the cooking demonstration. Enjoy the food of your cooking at our restaurant and don't forget to try again when you back home. IDR 250.000/person. Starting time 10.00 a.m for lunch, alternatively start at 05.00 p.m for dinner

### **COFFEE PROCESSING**

Let's try our traditional way of fulfilling our daily need by making our coffee through roasting it traditional way. The process is very interesting, from select the bean then dry it in sunny place followed with roasting them in a simple machine. Alternatively provide the showcase how the real Bali Coffee beans is process (since this event not occur on daily basis/home industry) please check on day in advance to our host on duty. It's takes about 1 hour hike. IDR 50.000/person



## **ATRES EXPLORE & ADVENTURE**

RICE PADDY, LAKE, WATERFALL PICNICS. RICE PADDY WALKS. JUNGLE AND MOUNTAIN TREKKING. BALINESE BOAT RIDE. EXPERTLY GUIDED MOUNTAIN BIKE TRAILS. NATURE WALKS. COFFEE CULTURE CRUSADE. CLOVE FIELD AND GUIDED WALK. YOGA & MEDITATION. IBU FAMILY KITCHEN TABLE DINNER. AUTHENTIC BALINESE COOKING CLASSES. HINDU CALENDAR CELEBRATIONS. HEALING & WELLNESS PROGRAMMES. TRADITIONAL WEDDINGS. ARTISAN WORKSHOPS. SPONSOR A BABY CORAL- WE CAN ALWAYS DREAM UP MORE...

### **TREKKING EXPERIENCE**

#### **BANYUATIS NATURE TREKK IDR 50.000/pax/hour**

Banyuatis renowned for their COFFEE and CLOVE Plantations and we have created a simple and humble trekking experience through rice fields to a local coffee plantation. Afterward, we will visit a nearby clove plantation. After trekking we will have a refreshing swim under a sublime waterfall and enjoy a picnic lunch nearby (picnic lunch optional with an extra charge). A great way to get some close up interaction with the local village!

Duration: approximately 2 until 3 hours. Site: Easy

If you have sense of direction, map available free of charge

Note : actually many trek can be arrange depending on your walk ability and duration, please speak to one of our host on duty for an alternative walking



**LAKE TAMBLINGAN TREK OR CANOE IDR 400.000 price for car only max 4 person**

A picturesque adventure where you will have the pleasure of commencing a trek from our secret drop off spot and enjoying a jungle trek through to the sparkling and mystical Lake Tamblingan which is surrounded by tropical rain forest and a local fishing settlement. Enjoy the calm of pristine Tamblingan Lake, just simply sit and relax on the day out canoe. On return (optional), take a stroll and enjoy local kopi before heading back to Atres. The wisdom and gentle energy of our Lake will put you into an even deeper state of bliss. You can choose the activities on spot at the lake on personal expense

**TOURS**

**MARKET BAZAAR and BANJAR ADVENTURE IDR 250.000/PAX, PACKAGE PRICE MIN 2 PEOPLE**

Visit the traditional market in Seririt, which is a visual feast of local wild-crafted and seasonal produce. We will take you to meet some of our colourful suppliers and immerse you in the daily life of the village people. Following this, a visit to the healing and therapeutic hot-springs for a refreshing swim. On our way home a final stop at the Buddhist temple for a blessing and meditation time to calm and balance the senses for the evening ahead. If you love everything local, this is for you.

**SACRED ISLAND SNORKELLING or DIVING IDR 900.000 TRANSPORT ONLY MAX 4 PEOPLE**

Snorkeling around the coral reef of Menjangan Island, there is an opportunity to see sea turtles gliding through the water and a vast array of colourful sea life. Menjangan Island is uninhabited as it is known as a sacred island. A visit to the island temple and a light lunch are included as a part of this unforgettable experience.

Around the Sacred Menjangan Island, where you are likely to see some of the most beautiful coral gardens in the world, as well as turtles, and an amazing array of tropical fish. You can also have the opportunity to visit the BALI BIO ROCK CENTRE in PEMUTURAN and SPONSOR A BABY CORAL. Atres is a great supporter of this ecological initiative that has seen the regeneration of many coral species that have been close to extinction due to cyanide and bad fishing practices over the years.

Price included pick up and drop off at the hotel only. Activities either snorkeling or diving can be booked on spot





**DOLPHIN MAGIC LOVINA IDR 350.000, PACKAGE PRICE MINIMUM 2 PEOPLE**

Rise early in the morning and our team will drive you to the sleepy sea-side village of LOVINA where you will board a boat to venture out to sea. Snorkeling is optional if you choose to get up close and personal with the dolphins...we do not encourage our guests to touch the dolphins however and we ask our boat captain to stay within a fair distance so as not to disturb these wonderful animals in their natural habitat. If you love the ocean and it's inhabitants than this is for you.

**MOUNT BATUR SUNRISE BREAKFAST IDR 700.000/person Minimum 2 person**

Wake up to the sound of early morning at 01.00 a.m, Gecko's and frogs before day-light. Snooze in the car as our team drive you to the famous MT Batur. We recommend good hiking shoes and warm clothing as you embark on an early morning trek up the mountain where you will be served breakfast as the sun gently rises on the mountain. On the way back down you will breathe in fresh air, see an abundance of flora and fauna and experience some of the most breathtaking views in North Bali. Not for the faint hearted but well worth the journey and a great place to propose with an early morning bottle of champagne. Breakfast box and mineral water included

**PICTURE PERFECT RICE TERRACE EXPEDITION IDR 450.000/person PACKAGE PRICE minimum 2 person**

See the magnificent terraced rice fields and local people of Jati Luwih (appointed as a world heritage by UNESCO) working in the rice fields. Enjoy a local lunch in a traditional warung perfectly situated in front of the picturesque rice fields. After lunch at Jatiluwih (not included) we will visit the temple in the middle of Lake Beratan. To finish the day we will visit the traditional markets which is home to some of the best local farmers and produce.

**HISTORICAL SINGARAJA IDR 350.000/person PACKAGE PRICE Minimum 2 person**

Commencing after breakfast, we depart for Singaraja to see the museum displaying traditional architecture and sacred and ancient books made from Lontar leaf. At the museum you will also see the sacred kris, a wavy bladed knife believed to have magical powers. Then we will freshen up with a swim at gitgit waterfall (entrance ticket included) . We will stop at the view point of the twin Lake, Lake Buyan and Tamblingan. Final stop at Kubu Kopi to see the coffee plantation and the show case how to process traditional Bali coffee (optional with extra charge paid directly on site)



## ADVENTURE TRIPS

### **MUNDUK WILDERNESS EXTREME ADVENTURE IDR 750.000 PRICE PER PERSON, minimum 2 participant**

Go wild , canoeing and driving through some extreme landscape in an open air KOMODO 4WD Buggy. This sturdy two- seater utility vehicle can zoom over the most difficult terrain with remarkable agility. Combined with mountain bikes for rough terrain, the traditionally hidden hinterlands now become accessible, ready to be explored. The base camp is located in the small and friendly village of Munduk, high up in the mountain with gorgeous views, surrounded by numerous waterfalls, clove, cocoa and coffee plantations and stunning rice fields. This is the best choice for a truly memorable experience!

### **MOUNTAIN BIKE TOUR, IDR 650.000, PRICE PER PERSON, MINIMUM FOR 2 PERSONS**

Enjoy biking downhill from Munduk to Banyuwatis, those looking for a physical challenge whilst experiencing magical views immersed in nature should definitely try this out.



### **BOTANICAL GARDEN TREETOP ADVENTURE PRICES START AT USD 60 PER PERSON , MINIMUM 2 PERSONS**

Set in the Bedugul Botanical Gardens- Think Suspended Bridges, Spider Nets, Tarzan Jumps, Flying-Fox, Flying Swings, and many more fun challenges for all ages. This tree top adventure park takes the meaning of 'getting high' to a whole new level. On the drive down you will enjoy the scenery of 3 major lakes: Tamblingan, Buyan and Beratan and a visit to Ulundanu temple is another add -on to the adventure. If you are unsure for the type of adventure you may choose we can provide transport only for max 4 people at IDR 400.000 in one car





## KAWAH IJEN

Ascension du Volcan Kawa Ijen dans un décor lunaire, à la découverte de l'incroyable performance des porteurs de soufre.

Pour une immersion dans le quotidien les quelques familles qui y vivent, possibilité de dormir la veille dans le gîte rustique au pied du volcan..

Trajet : 2 heures de voiture jusqu'à Gilimanuk, ½ heure de ferry jusqu'à Java, 1h30 de voiture jusqu'au gîte situé au début du trek dont une bonne partie sur un chemin en très mauvais état. Durée du trek : Départ du gîte à 5h du matin pour avoir une meilleure vue sur le lac. 3 heures de randonnée aller retour

Niveau : pour tous. Prévoir des vêtements chauds (en particulier pour la nuit au gîte ) et des foulards pour se protéger des vapeurs de soufre au sommet.

IDR 1.800.000/pax minimum 2 pax



## SPIRITUAL ACTIVITIES

### BASIC HATHA YOGA

Private yoga class with certified instructor available at Atres Family under supervision of Bali Yoga Center / Maruti Suta Center which pioneered in practicing Vinyasa Hatha Yoga in Bali since 1997 .Bali Yoga Center has many experiences instructor for teaching yoga both for domestic and foreign tourist group.

### SURYA NAMASKAR 12 POSTURES OF SURYA NAMASKAR

Known variously as Surya Namaskar or Prostrations to Sun or Sun Salutation, the Surya Namaskar is one of the best exercises that people can perform. The benefits accruing from these exercises are unique and excellent. This is a yoga based exercise and it is customary to perform. Surya Namaskar after performing loosening yoga exercises. The human being can be thought of consisting of 'pancha kosas' (or five sheaths) consisting of the Annamaya (or Body), Pranamaya (or Breath), Manomaya (or Mind), Vijnanamaya (or Intellect) and Anandamaya (or Bliss) sheaths. These same five kosas can be further grouped into Gross (or Sthula), the Annamaya or body sheath, Subtle (or Sukshma) consisting of the pranic, mental and intellectual sheaths and the Causal (or Karana), the Bliss sheath. Properly performed Surya Namaskar impacts and influences all five sheaths – the body, the breath, the mind, the intellect and the bliss – thus providing to the performers of these exercises the benefits for the Sthula (Gross), Sukshma (subtle) and Kaarana (Causal) bodies. Whereas conventional exercises of all forms including aerobic, weight lifting, walking, jogging and running are designed to provide benefits to the physical body and its various component organs including joints and muscles, Surya Namaskar provides benefits of a holistic nature by working on the physical body, praana (breathing), mind, intellect and the bliss components (or kosas) of the entire human personality. In that sense, Surya Namaskar can be considered to be a personality development tool and must be included as part of one's wellness program

#### **Namaskar:**

The Surya Namaskar is performed usually early in the morning facing the morning rising Sun. The Namaskar is done in 12 steps, each step having its own posture (including position and form) with its own breathing pattern (inhalation or exhalation).

IDR 200.000/pax minimum 2 participant

