

Wellness Bali - AEUSW

9 days: Ubud to Sanur

What's Included

- Your G for Good Moment: Bali Community Training Lunch Program, Ubud
- Your Wellness Moment: Morning Yoga, Ubud
- Your Foodie Moment: Organic Cooking Class, Ubud
- Your Wellness Moment: Healing Ceremony, Tabanan
- Your Wellness Moment: Balinese Healing Yoga Session, Pemuteran
- Your Wellness Moment: Morning Yoga, Sanur
- Your Wellness Moment: Anti-Gravity Yoga, Sanur
- Arrival transfer, Tirta Empul Temple Visit, Gunung Kawi Temple Visit, Snorkelling Menjangan Island, Hike to Munduk Waterfall, Ulun Danu Temple Complex Visit, Cycling Jatiluwih Rice Terrace, All transport between destinations and to/from included activities

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing June 19th, 2018 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Ubud

Arrive at any time. Arrival transfer included. This evening, meet the group and CEO for a welcome meeting. Take this opportunity to set your intention for the trip ahead.

There are no activities planned until an evening welcome meeting.

Private Vehicle

Denpasar - Ubud2h

Settle in and scan the scenery from the convenience of a private vehicle.

Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Accommodation

Puri Bagus Jati (or similar)

Hotel

Day 2 Ubud

Enjoy an early morning yoga class before a healthy breakfast. Participate in a day exploring the spiritual side of Bali in depth, including visits to Hindu temples Tirta Empul where you will take a holy bath to purify yourself, and Gunung Kawi where you will be guided around small rice field paths surrounding the complex. Stop for lunch at the G Adventures supported-Bali Community Training Lunch Program. Opt to wind down with a yoga and meditation session.

Before departing, create an offering called Canang in Balinese. This offering will be brought with you to the temples to ask for permission from the gods to enter.

Your Wellness Moment: Morning Yoga

Start your day with a Hatha yoga session

Tirta Empul Temple Visit

Ubud

Take in the beauty of this Hindu temple, built in 962 and dedicated to Vishnu, the Hindu god of preservation. Wade through its bubbling springs, believed to hold curative powers.

Gunung Kawi Temple Visit

Ubud

Explore this ancient Hindu temple complex, which is surrounded by bright green terraced rice fields. Be sure to check out the shrines carved into the cliff -- they stand at an impressive 7m (23ft).

Your G for Good Moment: Bali Community Training Lunch Program

Enjoy lunch at the G Adventures-supported Bali Community Training Lunch Program. This initiative supports and assists people living with disabilities in Bali to find independence and meaningful employment through training in the hospitality sector. In Hindu-Bali, it is a societal belief that being born with a disability is a product of "bad karma". Our ground partners are working in the community to break down these stereotypes, and provide resources, training, and education to adults living with disabilities to gain independence and confidence, and find employment within their community. Fully managed and operated by individuals living with disabilities, enjoy a delicious traditional Balinese buffet lunch prepared by the organization while learning more about this initiative that empowers individuals through skills and employment training. All proceeds from this included lunch support the organization's training, education, advocacy and outreach programs, as well as resources such as wheelchairs and three-wheeled mopeds.

Optional Activities - Day 2

Gianyar Night Market

Ubud

Tour the Gianyar night market for some local cuisine. Enjoy amazing food (including savoury soups, satay and sweets) and take in Balinese culture.

Afternoon Yoga

Ubud

Take a break from your day with an afternoon yoga session.

Meals included: Breakfast | Lunch

Accommodation

Puri Bagus Jati (or similar)

Hotel

Day 3 Ubud

Enjoy an early morning yoga class before a healthy breakfast. Visit an organic farm accompanied by a chef who will explain the ingredients used in Balinese cuisine, then get your hands dirty and enjoy the ritual of preparing a typical Balinese meal in a traditional Balinese kitchen. Learn various techniques and get to know the equipment. Afternoon at leisure with the option for a yoga and meditation session.

Your Wellness Moment: Morning Yoga

Start your day with a Hatha yoga session

Your Foodie Moment: Organic Cooking Class

Refine your culinary skills with a Balinese cooking class. Discover the secrets of delicious local cuisine and how to use exotic herbs and spices.

Free Time

Ubud Afternoon

Opt for a massage, cycling, or simply wandering around town.

Optional Activities - Day 3

Massage

Candidasa

Relax and soothe sore muscles with a local massage.

Afternoon Yoga

Ubud

Take a break from your day with an afternoon yoga session.

Meals included: Breakfast | Lunch

Accommodation

Puri Bagus Jati (or similar)

Hotel

Day 4 Ubud/Pemuteran

Depart for Pemuteran via Tabana, where you will stop at a traditional Balinese house compound and experience their healing ceremony. Learn about typical Balinese life including how to write in the Balinese alphabet, then enjoy a family-style regional lunch. Continue to Pemuteran and enjoy a free afternoon.

Private Vehicle

Ubud - Tabanan1h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Your Wellness Moment: Healing Ceremony

Enjoy a healthy welcome drink. Visit a typical Balinese house compound and learn about daily life including how to make offerings, herbal medicine "Boreh", how the Balinese calendar is built, how to write the Balinese alphabet on a Lontar leaf and how to make coconut oil. Visit with a Balinese Healer called a Balian.

Private Vehicle

Tabanan - Pemuteran2h

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Pemuteran Afternoon

Enjoy free time this afternoon.

Meals included: Breakfast | Lunch

Accommodation

Taman Sari Cottage (or similar)

Hotel

Day 5 Pemuteran

Begin the day breathing through a special Balinese Healing Yoga session followed by a healthy breakfast. Afterwards, drive to the pier for a short boat ride to Menjangan Island for a day of snorkeling over magnificent underwater vistas. Return to hotel with the rest of the day to spend at your leisure.

Your Wellness Moment: Balinese Healing Yoga Session

Enjoy a unique calming yoga that will challenge both body and mind.

Snorkelling Menjangan Island

Menjangan4h30m

Hop on a 30 minute boat ride to Menjangan Island. Snorkel over sponges, sea plants, coral and fish for an hour before stopping for a scenic lunch break on the island. After lunch jump in for another snorkelling session at a new spot off the Island.

Meals included: Breakfast | Lunch

Accommodation

Taman Sari Cottage (or similar)

Hotel

Day 6 Pemuteran/Sanur

Depart for Sanur. Enroute your first stop will be Munduk, perhaps Bali's most beautiful waterfall. Next visit Ulundanu Temple, a Balinese Hindu Temple located in the Candi Kuning highland countryside. Continue to Jatiluwih to begin a cycling trip through rice fields. On arrival in Sanur relax with a cold drink by the ocean.

Private Vehicle

Pemuteran - Sanur 5h-6h

Settle in and scan the scenery from the convenience of a private vehicle. Enjoy multiple stops enroute.

Hike to Munduk Waterfall

Munduk

Munduk is arguably Bali's most beautiful waterfall. After trekking 300m from the main road through lush green forest and nature song, opt to take a refreshing dip in Munduk's pool.

Ulun Danu Temple Complex Visit

Danau Beratan - Munduk

Bring your camera for this floating temple visit; the captivating Ulun Danu Temple, founded by the King of Mengwi in the 17th century, is one of Bali's most important and most photographed temples.

Cycling Jatiluwih Rice Terrace

Jatiluwihkawan - Kintamani

Start cycling (on an electric bike) amongst the rice fields. Ride through the exotic landscapes to Jatiluwih's stunning centre, guided by an experienced local guide who will share their knowledge about this UNESCO recognized living monument.

Meals included: Breakfast

Accommodation

Puri Santrian (or similar)

Hotel

Day 7 Sanur

Start the day with a morning yoga session in view of the ocean waves. This afternoon opt for an in-depth Balinese dance class or try your hand at massage by taking an informative course.

Your Wellness Moment: Morning Yoga

Enjoy a morning Hatha yoga session at an eco-friendly yoga shala with a second-floor vantage point looking out over the beach.

Optional Activities - Day 7

Balinese Dance Class

Sanur

Join a fun and knowledgeable Balinese Dance lesson with professional practitioners. First learn of its history then see a demonstration before joining in yourself. The instructors will guide you through postures and moves, then combine them all into an enthusiastic dance.

Massage Course

Sanur

Balinese people believe that body, mind and spirit work in harmony, and that health and wellbeing leads to happiness. The traditional Balinese massage is useful for healing, releasing tension, freeing tissues of toxins and improving circulation. In this class you will learn and practice techniques of the traditional Balinese massage. The technique use a combination of gentle stretches, skin rolling and pressure-point stimulation.

Meals included: Breakfast

Accommodation

Puri Santrian (or similar)

Hotel

Day 8 Sanur

After breakfast enjoy the unique experience of doing anti-gravity yoga in a local families backyard. The rest of your day is free to explore this beach town.

Your Wellness Moment: Anti-Gravity Yoga

Join locals at this intimate, neighbourhood-favourite yoga spot. Instantly feel relaxed in the serene backyard, the perfect spot to achieve a total-body workout by performing a series of exercises inspired by yoga, pilates, calisthenics and aerial acrobatics. All while hanging in a silk hammock.

Free Time

Sanur Afternoon

Relax on the beach, or choose from the endless ways to stay active including stand-up paddleboarding, running, surfing, cycling or snorkelling.

Meals included: Breakfast

Accommodation

Puri Santrian (or similar)

Hotel

Day 9 Sanur

Depart at any time.

Meals included: Breakfast

What's Included

Your G for Good Moment: Bali Community Training Lunch Program, Ubud

Your Wellness Moment: Morning Yoga, Ubud

Your Foodie Moment: Organic Cooking Class, Ubud

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Highlights

Take in the inspiring Munduk waterfalls, Soak in a holy bath at Tirta Empul, Centre yourself with yoga overlooking the ocean, See the unique floating Ulun Danu Temple, Cycle the UNESCO-protected Jatiluwih Rice Terraces, Discover a traditional healing ceremony in Tabana

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 15, avg 12

Meals Included

8 breakfasts, 4 lunches

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice may be limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Indonesian cooking contains fermented shrimp paste (terasi) as a basic ingredient. Although there are many vegetarian options available, please be specific when ordering food, as often a little chicken is included with most dishes.

Transport

Private van, walking.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (8 nts)

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

When arriving at Denpasar Airport in Bali you will want to exit Customs into the arrival hall. Once here, there are money changers but they do not offer the best rate, so its best to wait until you arrive in Sanur. There are ATMs available that distribute Indonesian Rupiah (the local currency).

An arrival transfer is included when you arrive on Day 1, or when you arrive up to three days prior to the tour, provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly, the last day is a departure day in which no activities are planned.

Upon arrival to the Bali Ngurah Rai International Airport (Denpasar International Airport), walk out of the arrival terminal, turn left and walk through the Duty Free Shop. Once you come to the exit, you will see a sign for the toilets and the domestic terminal (pointing left). Please turn left immediately towards the toilets as indicated on the sign. After around 50 meters you will pass WH Smith Express just before the toilets. Please continue around 10 meters further, where our driver will wait near the entrance of the toilets. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Office or our G Adventures Local Representative (if one is listed below). If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Denpasar (Bali) Airport Transfer complications please call our local G Adventures Transfer provider directly at: +62 8113803820, +62 8113803821, +62 81337618480

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit with you in buses or on trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Packing List

Conservative Dress:

* Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)

* Shawl or scarf (for temple visits)

Documents:

* Flight info (required) (Printouts of e-tickets may be required at the border)

* Insurance info (required) (With photocopies)

* Passport (required) (With photocopies)

* Required visas or vaccination certificates (required) (With photocopies)

* Vouchers and pre-departure information (required)

Essentials:

- * Binoculars (optional)
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)
- * Ear plugs
- * First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- * Flashlight/torch (Headlamps are ideal)
- * Fleece top/sweater
- * Footwear
- * Hat
- * Locks for bags
- * Long pants/jeans
- * Moneybelt
- * Outlet adapter
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Reusable water bottle
- * Shirts/t-shirts
- * Sleepwear
- * Small travel towel
- * Sunglasses
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana
- * Swimwear

Wellness:

- * Flip flops or comfortable shoes (required)
- * Large towel (required)
- * Yoga clothes or comfortable clothing (required)
- * Yoga mat (required)
- * Face towel
- * Journal
- * Water Bottle
- * Yoga props

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

Indonesia now offers e-visa services to select nationals. Please check with your local consulate to see if the Indonesia e-visa process is valid per your nationality.

***Please note that we always recommend all nationalities to check with their embassy about entry requirements to Indonesia. The situation with visas in Indonesia is changing frequently, and the below information is accurate as of June 19th, 2015.

A 30-day free visa is available at some arrival locations in Indonesia for many nationalities. This visa is non-extendable. This free visa is available at: Jakarta (Soekarno-Hatta Airport), Bali (Ngurah Rai Airport), Medan (Kualanamu Airport), Surabaya (Juanda Airport) and Batam (Hang Nadim International Airport). All travelers to Indonesia must be in possession of passport valid for at least six months from date of arrival and have proof (tickets) of onward or return passage.

The nationalities below will be able to receive the 30-day free visa, however we always advise to check with your embassy to confirm entry requirements:

Austria, Bahrain, Belgium, Brunei, Cambodia, Canada, Chile, China, Czech Republic, Denmark, Ecuador, Finland, France, Germany, Hong Kong, Hungary, Italy, Japan, Kuwait, Laos, Macau, Malaysia, Mexico, Morocco, Myanmar, Netherlands, New Zealand, Norway, Oman, Peru, Philippines, Poland, Qatar, Russia, Singapore, South Africa, South Korea, Spain, Sweden, Switzerland, Thailand, United Arab Emirates, United Kingdom, United States, Vietnam

A 30-day visa-on-arrival is available at all international airports in Indonesia for USD 35. It is then possible to extend this visa for an additional 30 days at the immigration office. Official price is USD 35, extension takes a couple of days and can't be processed at the airport. All travelers to Indonesia must be in possession of passport valid for at least six months from date of arrival and have proof (tickets) of onward or return passage. Payment of visa fees can be made in all major currencies (cash or credit card). However, to avoid any difficulties or abusive exchange rate problems, we highly recommend bringing USD 35 in cash.

Visa extension can be done at the Immigration Office (Kuta in Bali) and will take approximately 7 working days. Cost is additional 35 USD for another 30 Days. Maximum stay is 60 Days

The below countries qualify for getting their visa on arrival:

South Africa, Algeria, US, Argentina, Australia, Austria, Bahrain, Belgium, The Netherlands, Brazil, Bulgaria, Czech Republic, Cyprus, Denmark, UAE, Estonia, Fiji, Finland, Hungary, India, UK, Iran, Ireland, Iceland, Italy, Japan, Germany, Cambodia, Canada, South Korea, Kuwait, Laos, Latvia, Libya, Liechtenstein, Lithuania, Luxemburg, Maladewa, Malta, Mexico, Egypt, Monaco, Norway, Oman, Panama, France, Poland, Portugal, Qatar, China, Romania, Russia, Saudi Arabia, New Zealand, Slovakia, Slovenia, Spain, Surinam, Sweden, Switzerland, Taiwan, Timor Leste, Tunisia, Greece

***Travelers from all destinations not listed above must have their visa arranged in advance through their local consulate.

Detailed Trip Notes

Indonesia has long been a great tourist destination and is an intriguing and rewarding destination to visit. English is widely spoken, transportation and infrastructure is good, but maybe not at the same level as you would expect in developed countries. If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

During this tour the local currency you will use is the Indonesian Rupiah. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

Emergency Fund

Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

Ubud
- Afternoon Yoga
- Gianyar Night Market

Candidasa
- Massage

Sanur
- Massage Course
- Balinese Dance Class

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

Local Dress

When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length. Singlets and tank tops are not acceptable. One piece bathing suits are recommended and topless sun bathing is unacceptable.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.