

Welcome to

Villa Shanti



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Restaurants



RESTAURANTS in UBUD

Café Wayan (Monkey Forest Road – Tel # 361-97-4629 – www.alamindahbali.com)



Ibu Wayan's Café started as a small Warung - it was a little bamboo hut of a food stall where Ibu Wayan first sold coffee to the rice farmers on what is now Monkey Forest Road. Ibu also means "mother" and Ibu's husband Ketut, a traditional artist, soon began designing accommodations and gardens. Ibu Wayan and Pak Ketut have now created a

network employing over 130 staff and contributing to their communities. Ibu Wayan's daughter, Wayan Metri, is also now conducting Balinese Cooking Classes sharing her love of Balinese food at Lake Leke restaurant in Nyuhkuning not far from Alam Indah- please ask for more information!

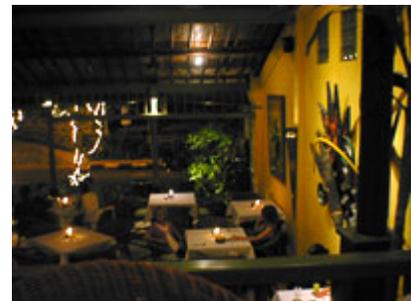
Café Wayan is Open Daily for Breakfast, Lunch and Dinner. A sumptuous Traditional Balinese Buffet is served on Sunday evenings.

Terazo Restaurant (Jl. Suweta – Tel # 361-978-941)



Located in Ubud on quiet Suweta Street, just a stone's throw from the center of town, Terazo restaurant and bar is a must-visit while in town. Open for lunch and dinner, Terazo offers exquisite food and wine from across the globe. Enjoy the open air ambience and a spectacular collection of vintage Indonesian and

European posters while we prepare pan-Asian and international dishes from the freshest local and imported ingredients. Our aquarium on premises, and fish of the day specials, ensure your seafood is the freshest in town.



Lamak Restaurant & Bar (Monkey Forest Road – Tel # 361-974-668 – www.lamakbali.com)



One of Ubud's top-class eateries; it was opened in February 2002. The unique design is by Made Wijaya (Australian Michael White) and the restaurant is operated by the German Chef Roland Lickert. The tempting menus (different for lunch and dinner) include Asian, international and vegetarian. The reasonable prices for food and wine help one relax in the open-air lounge and cocktail bar downstairs, on the upstairs terrace or in the air-conditioned dining room on the upper floor. Lamak is open every day from 11:00 in the morning to 11:00 p.m. Give it a try, and ask Roland for anything you like – even if it's not on the menu. Reservations suggested.

Mozaic (Jl. Raya Sanggingan – Tel # 361-975-768 – www.mozaic-bali.com)



Mozaic is a surprise from the moment you enter. A former meditation center on the road to Ubud, it has been transformed into an elegant garden restaurant with the help of some discreet lighting, a lush garden and the atmospheric haze of twinkling candlelight.

The entrance is a rather grand Balinese affair and gives very little hint of what lies beyond. A main pavilion, decorated with Ubud style paintings overlooks the gardens. Beyond, one finds a large open kitchen where Chef Chris Salans runs his kitchen like a maestro directing his orchestra. The décor and everything else fades into insignificance, however, when the food arrives; a virtual symphony of flavors. The menu is divided into two sections; a la carte and a special tasting menu.

Maya Ubud (Jl. Gunung Sari – Tel # 361-977-888 – www.mayaubud.com)



Maya Sari Mas

Our signature restaurant, with covered and open air dining terrace adjacent to the main swimming pool overlooking the river valley. Service commences each morning with a sumptuous sunrise breakfast buffet, followed by a wonderful ala carte selection of international favorites and classical cuisine for lunch and dinner.

Maya Sari Asiatique

This exciting Asian style restaurant complete with teppanyaki counter features a most innovative choice of selected dishes of Indonesian, Japanese, Thai, Chinese and Indian specialties. Relaxed and informal, the restaurant opens onto a courtyard fountain and hotel gardens.

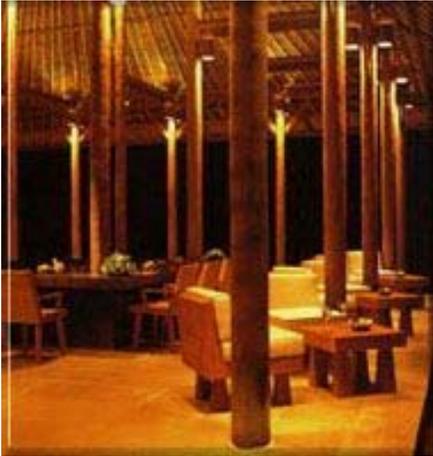
River cafe

A delightful open air hide-away for informal poolside dining alongside the spa on the banks of Petanu River. Relax in the lush tropical surroundings and be lulled by the rippling waters below while enjoying inspiring, healthy “spa cuisine.”

Bar Bedulu

Traditional Balinese thatched roof pavilion adjoining the lobby, with panoramic view of the valley and the villages beyond. Catch the cool evening breeze and enjoy intriguing cocktail concoctions and exotic thirst quenching tropical juices and ice-cold beers.

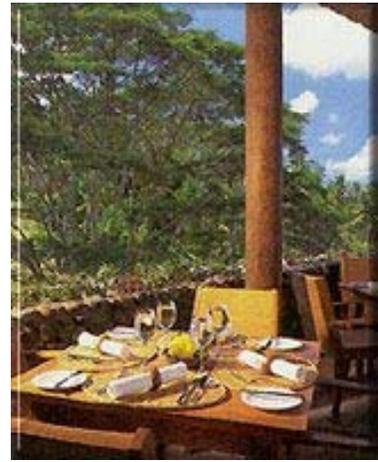
The Chedi Club (Jl. Goa Gajah, Tengkulak Kaja – Tel # 361-975-685 – www.ghmhotels.com)



The Restaurant and The Club Lounge

Overlooking lush rice paddies, this open-air pavilion features daybeds in a cozy lounge where cocktails and afternoon tea is served. This tranquil lounge also ushers the way to the main restaurant. It has an open kitchen concept and offers traditional Balinese and other Asian specialties.

All fresh produce originates from the organic farm in Tanah Gajah.



The Bird Lounge

A unique and beautiful lounge adjacent to the main aviary of Tanah Gajah. One can browse through an extensive collection of illustrated books on birds whilst sipping on specialty cocktails. There is also a fine selection of cigars on offer.

Kafé Batan Waru (Jl. Dew Sita – Tel # 361-977-528 – www.baligoodfood.com)



Located on the side of Ubud's vital street, Kafé Batan Waru lies conveniently in the heart of Ubud and provides easy access for the visitor. Batan Waru is not just a superb choice for breakfast but also an excellent place for dinner. This is an expression of a classic, simple, fresh and clean restaurant with a pleasant atmosphere during the day

which is enhanced at night when the street entrance is lit with candles. But the pleasant atmosphere is not the only thing Batan Waru has to offer; its interesting and delicious selections of western and Indonesian food which caters to all tastes is surely the main reason for the visitors to spend their time in Batan Waru.



Indus (Jl. Raya Sarginan, Campuhan – Tel # 361-977-684 – www.casalunabali.com)



On the way to Sayan between the Campuan Hotel and the Pita Maha Resort is INDUS Restaurant operated by the same owner as Casa Luna. Well-spaced tables on two levels offer a beautiful view over the Campuan river valley, the service is very

friendly, and they serve a wide range of health food.



Indus Restaurant is just a five minute drive from the centre of Ubud. It overlooks the Tjampuhan River and enjoys breathtaking views of the surrounding hills. On a clear day, you can see mighty Gunung Agung in the east and on a full-moon there is a spectacular view from the terrace.

Amandari (Jl. Raya Kedewatan – Tel # 361-975-333)

The Restaurant, open to the breezes and crafted largely of teak wood, overlooks



Amandari's swimming pool and the gorge. It serves breakfast, lunch and dinner and specializes in Western and local Indonesian dishes. The Bar, with its terrace seating, features a wide selection of drinks. Fine dining in a fine hotel with a stunning view. In the evening, live entertainment is provided by gamelan players.

Three Monkeys (Jl. Monkey Forest - tel # 361-975-554)



Three Monkeys, is a contemporary but cozy eat-any-time café situated on the edge of the rice fields, half way up Monkey Forest Road. With constantly changing art, Three Monkeys offers a unique opportunity to view some of the latest exhibitions from local artists while enjoying a menu that is an innovative mix of Mediterranean and Asian styles with an emphasis on fresh locally grown organic ingredients. Three Monkeys' casual dining with flair will have you coming back again and again

Breakfast - Lunch - High Tea - Tapas - Dinner - or anything in between.

Kagemusha (Jl. Pengosekan - tel # 361-973-134)



A traditional Japanese-style inn specializing in home cooked food. This is not a sushi bar. Their soups are excellent; some of the best tasted. They have a great bento box-lunch as well. On a cool evening, the hot sake is fortifying, as is the Japanese green tea. Wonderful ambiance!

Makan Makan (Jl. Sanggingan – located next to the large Bintang Supermarket)



A very, very inexpensive mix of the best tasting Indonesian food around. It's not fancy by any means, but the flavors are amazing. A fun “to go” option as well.

Kafe (Jl. Hanoman – Tel # 361-780-3802 - www.balispirit.com/kafe)



Great music, healthy foods, yummy desserts & true espresso...all in the heart of Ubud... Indonesian, Asian, Indian and Western plates with a healthy twist. Excellent food and fresh juices. This is a great restaurant to order delivery from.



Bali Buddha (Jl. Jembawan - tel # 361-976-324)

This is a happening little expat spot with a small grocery store that sells good fresh bread, organic vegetables, healthy snacks, and supplements. Upstairs is a popular juice bar -- a good place to meet long-staying folks or get info off the bulletin board. Also a great restaurant for home delivery.



RESTAURANTS in SEMINYAK/LEGIAN

The Livingroom (Jl. Petitenget, Kerobokan, Kuta – Tel # 361-735-735 – www.thelivingroom-bali.com)



Located at Jalan Petitenget between the Petitenget temple and the Intan Beach Village hotel, this very pleasant open-air restaurant with many tables in the candle-lit garden has a distinctive colonial atmosphere. Terracotta floors, high ceilings, flowing curtains and painted bamboo blinds, paintings, antique marble tables and carved chairs allow you to

feel like you're in a private home in Singapore or Kuala Lumpur 50 years ago. The menu lists interesting "modern Asian" creations influenced by Indonesia, Malaysia, Thailand, and Vietnam that are well prepared and well presented.



La Luciola (Jl Kayu Ayu, Seminyak – Tel # 361-730-838)



The very popular **LA LUCIOLA** (with a truly outstanding beach front setting next to the Petitenget temple and great views of Kuta's famous sunsets) serves a range of modern Italian specialties. Reservations recommended for sunset dining.

La Luciola is a must. Prices are reasonable and dishes vary from fresh garden salads to a mixture of Italian and Indonesian with some interesting variations. In the evening the place transforms into a romantic setting with the sound of the ocean roaring in the background and frangipani trees lit with fairy lights.

The Legian (Jl. Melasti, Legian – Tel # 361-751-711 – www.legianbeachbali.com)



A 5-star, (nearly) all-suite hotel set right on the beach between the Oberoi Hotel, Ku De Ta and La Luciola. It offers one of the best food & beverage service in this part of Bali, i.e. in the Kuta/Seminyak/Kerobokan area. In the beach front restaurant you'll enjoy great views of Bali's sunsets and excellent food. The Legian has also earned an excellent reputation for catering weddings and other parties. Its special

dinner events introducing the products of visiting wine makers and/or guest Chefs are very popular with Bali residents.

Ku De Ta (Jl. Laksmana #9, Seminyak – Tel # 361-736-969 – www.kudeta.net)

Since its opening in 2000 Ku De Ta has risen from the making of a beachside retreat evolving into a sacred landscape, complimented by the Indian Ocean and a backdrop of colors changing in the sky. Like all things great, the



evolution of Ku De Ta began as a vision and has evolved into a story. It is a story of contemporary and traditional harmony, a natural evolution representing eastern and western

philosophy. The beauty is found in its simplicity. It is an architectural sanctuary coinciding peacefully with the environment. (Cont...)



It is a world where towering trees and gentle pools of running water offer a gesture of welcome. Sandstone walls graced with intricate carvings and detailed mirror work narrate a story of times passed. A pathway of natural rocks and symmetrical stone squares transcends into a contemporary museum with painting and sculptures adorning the walls. Elements reflect an

appreciation for the natural world. An energy-filled dining area represents a fusion of worlds featuring dark woods, seductive colors and music representing styles and sounds from around the globe. Adjoining communal areas outline the courtyard, creating an open-sided pavilion reflective of a time where people gathered to respect the kings, honor the gods, and engage in merrymaking celebration.



Daily offerings are placed in the temples as presents to the gods and strangers unite under a sunset indulging in the fine pleasure of life.

The story of Ku De Ta continues into the future. This chapter echoes wild times and daring adventures, outdoing what it has done in the past through expanding design, earthly delights and parties and celebrations this world has never seen.

The Oberoi (Jl. Laksmana, Seminyak, Tel # 361-730-361 - www.oberoibali.com)



Dining at The Oberoi Bali presents a delectable range of choices. The Kura Kura restaurant is renowned for its international cuisine and impeccable service, while the beachside Frangipani Cafe is ideal for alfresco breakfast, fresh seafood and light meals.

Kura Kura Restaurant

The Kura Kura restaurant with prominent views of the ocean and the tropical gardens features a hand carved

stonewall mural and a central lotus pond.

Frangipani Cafe

The Frangipani Cafe on the oceanfront is a celebrated spot for alfresco dining. Breakfast, light snacks and fresh seafood throughout the day and cocktails at sunset, for the cultured traveler present a delectable range of choices.



Made's Warung (Jl. Raya Seminyak, Seminyak – Tel # 361-753-039 – www.madeswarung.com)



Made's Warung is a unique experience; a place where the guest abandons reality and gets immersed in the scents and flavors of deep Asia. Unique recipes, original fruits and products, exclusive decoration, exquisite treat and... fast service. Everything is designed for the palate's enjoyment. We have a clear objective: we offer what is original in

Indonesia and its islands in a relaxed inviting atmosphere, absolutely different from any similar concept. Our team of cooks gathers the complete know-how of the most traditional recipes of Indonesia –particularly of Bali cuisine, and blends them perfectly with the western taste.



Kafé Warisan (Jl. Raya Kerobokan No. 38, Kerobokan – Tel # 361-731-175 – www.kafewarisan.com)



When partners Said Alem and Nicolas "Doudou" Tourneville opened Kafé Warisan in February 1997 they dreamed of offering visitors and residents of Bali the highest standard of dining service and

incomparable French Mediterranean cuisine overlooking the rice fields of one of South East Asia's most favorite islands. The relaxed "Bali Style," combined with sophisticated fine dining, enchanting artworks for sale, experienced and hospitable staff, and the surrounding rice fields, builds an ambiance that keeps guests coming back time after time.

Trattoria (Jl. Oberoi, Seminyak – Tel # 361-737-082)

Trattoria Cucina Italiano is another simple open-air restaurant located on Jalan Oberoi and serving excellent home-cooking at very reasonable prices. Great street-side atmosphere and very tasty Italian dishes. Save room for dessert!



Hotels



HOTELS in UBUD

Artini III (Jl. Raya Pengosekan - Tel # +62-361-978-424 - www.artiniubudhotel.com)



A magnificent accommodation located in the midst of rice fields and surrounded by coconut trees. Three modern buildings designed in traditional Balinese style with 16 rooms surrounded by superbly kept landscaped gardens and swimming pool. Outstanding views provide you with the ultimate in comfort and tranquility. Our guest rooms are complete with fan or air-conditioning, hot and cold water, spacious bathrooms with bathtubs and private balconies. When you arrive, our personable, attentive and gracious staff will do their best to make your

stay more enjoyable, comfortable and memorable.



Taman Harum (Tel # +62-361-975-567 - www.bali-hotel-taman-harum.com)



Taman Harum Cottages - The Fragrant Garden - is more than just a hotel. It is an idyllic setting perfectly located at the center of the art and craft villages of Bali, This area is home to some of Bali's best artists and woodcarvers including your host at Taman Harum Ida Bagus Tantra, known worldwide as one of Bali's most renowned wood carvers.

A unique cultural experience, where Bali's past, present and future can be enjoyed within the setting of the hotel, surrounded by the beautiful rice paddies of Mas/Ubud all the way to the sacred Mount Agung in the distance. Taman Harum embodies the quiet serenity and expert craftsmanship of this important

Balinese village. Beautifully decorated oversized rooms, spectacular scenery & lush tropical garden landscape and fish ponds surround you.

Taman Harum complex consists of 17 lovely rooms, reception pavilions restaurant, bar, swimming pool with a view of rice paddies, yoga/meditation room, aerobic class, woodcarving studio & workshops and a Balinese compound where we arrange tuition, classes and cultural activities.

HOTELS in LEGIAN

Kumala Pantai (Jl. Werkudara, Legian Kaja, Kuta - +62-361-755-500 - www.kumalapantai.com)



Your home away from home, Hotel Kumala Pantai welcomes you to a very unique blend of traditional Balinese lifestyle, carefully landscaped gardens by the beach and a soothing ambiance. Every one of our guests is special and we take utmost care in the provision of only the

highest quality service and hospitality catered to each individual's needs. Just 1 minute walk from gift shops, cafés, transportation, outdoor adventure sites and fashion boutiques, Hotel Kumala Pantai has the convenience of being in the heart of Bali's most multicultural district while retaining a secluded and characteristic natural beauty.

The Courtyard Apartments (Jl. Werkudara #14 – Tel # +62-361-750-242 – www.courtyard-bali.com)

A new Boutique Hotel offering 3 star accommodation. Its architecture is very unique, boasting of an exciting combination of Western and Asian styles. Situated on Rum Jungle Street in Legian, Kuta just 20 minutes drive from The Bali International Ngurah Rai Airport. There is a host of shopping and entertainment within walking distance.



Spas



SPAS in UBUD

Spa Hati (Raya Andong #14 Peliatan - Tel # 361-977-578 - www.spahati.com)



Not only is it a lovely location with true Balinese architecture and spotless modern facilities, Spa Hati is also a foundation where the children of Ubud are trained in a range of living skills. It is now regarded as one of the premier foundations of Bali & you will thoroughly enjoy your spa and massage

activity. This is for adults only - The kids can enjoy the swimming pool and Jacuzzi amid the lush rice fields. Spa Hati's facilities include a salt water Jacuzzi, steam room and swimming pool with lounge area. Restful treatment rooms and an outdoor pavilion overlooking rice fields are attended by both male and female therapists trained in an extensive range of spa treatments.



Venezia Day Spa & Salon (Jl. Monkey Forest [on the curve between Monkey Forest and Hanoman) - www.venziadayspa-ubud.com - tel # 0361-975-715)



They have GREAT treatments. Very friendly staff and appointments were readily available. Very good prices. No pool, Jacuzzi, or steam, however, there are two-person bathtubs in the treatment rooms. A great treatment is the 1 hr. 45 min Spice Bath for a fantastic price! They give a great pedicure too! All this in a wonderful atmosphere as well.



Sedona Spa (Jl. Raya Campuhan - Tel # 0361-975-770 - www.sedonaspa-ubud.com)

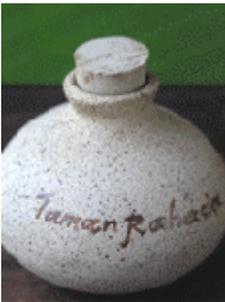


The spa operates with totally holistic approach the beauty and healing. All body products have been internally produced using only naturally sourced herb and spice ingredients as well as essential massage oils. Both male and female spa therapists have been extensively trained and exude the charming gentleness that is characterizes the Balinese race.

This spa is a nice "back-up" to Spa Hati and Venezia which are both wonderful spas. If they're full, give Sedona a try.



Spa Taman Rahasia (Jl. Raya Penestanan Kaja - www.balisecretgarden.com - Tel # 361-979-395

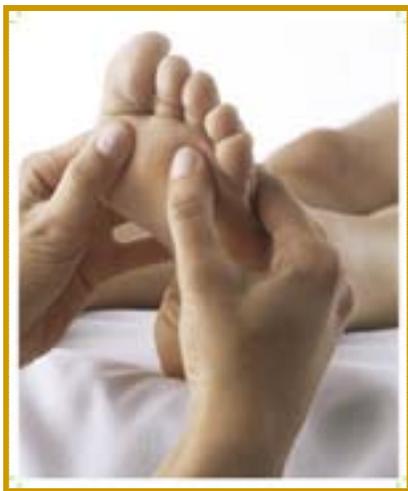


Unwind and indulge your senses at Spa Taman Rahasia. The soothing hands of our professionally trained staff with blends of aromatic oils and natural ingredients used in treatments will restore harmony to the body, mind & spirit. Our beautiful gardens, restaurant, swimming pool & refreshing Jacuzzi enhance the rejuvenating experience in

your very own tropical oasis



Kenko Reflexology (Jl. Ubud Raya - across the street from the Ubud Market - tel # 361-978-068, Jl. Monkey Forest - next to Komaneka Resort - tel # 361-975-293)



KENKO chain of Foot Reflexology Centers and Wellness Spas was founded by Dr Jimi Tan. Dr Tan has more than 15 years of experience in the Foot Reflexology and Wellness Spa industry and is skillfully trained in Chinese and American techniques of reflexology. He has also developed his very own style of therapeutic massages and treatments for a quick and effective relief from migraine, back and neck problems. If you're in the mood for a foot rub on the go, this is the place. No oil used, just powder so you don't leave feeling greasy. Super prices!

SPAS in SEMINYAK/LEGIAN

Jari Menari ("Dancing Fingers") (Jl. Raya Legian - Tel # 361-736-740 - www.jarimenari.com)



Jari Menari is a center dedicated to massage, where practitioners are trained to let rhythm, flow, and long connective strokes guide the inspiring sessions. The mostly male staff is known for massage sessions that offer strong, firm, consistent pressure and our guests become frequent visitors.

Jari Menari greets you with the intoxicating scent of exotic flowers and subtle incense. The intimate boutique offers fragrant oils, light cotton robes, accessories for meditation, and sensuous body lotions. Serene melodies float by and soft lighting beckons. Walk through the shoji door and continue the exploration...

Body Works (Jln. Kayu Jati 2, Petitenget, Kerobokan – Tel # 361-735-058)



For both men and women, Bodyworks offers massage and beauty treatments dispensed by professionals: manicures and pedicures, full traditional massage and body exfoliation, flowered herbal baths, and a hair cream bath that includes a head and neck massage. This is a very pleasing environment with soothing music and colors. Open 1000-2200.

Temples



TEMPLES

UBUD

Gunung Kawi (Jl. Tampak Siring - Tel # 361-235-300)



Gunung Kawi is the largest and maybe also the most impressive of the old monuments on Bali. Like Goa Gajah this site is around 1,000 years old, probably built at the end of the 11th century. Gunung Kawi was first discovered by Europeans in 1920, even if the local population had knowledge of it a long time before that. The monument is located just south of Tampaksiring city, about 40 km north of Denpasar.

It was in this area Hinduism first got a foothold on Bali.

The site consists of a total of 10 temples, or shrines, carved out of the mountain. Each of these stands inside a 7 meter high niche for protection against the weather. The shrines are only facades; there are no inner chambers. The 10 monuments are spread on three sites; 5 are located east of the river; 4 are on the west side; and one is built on a separate site about 1 km further south in the valley.

There are differing opinions on what Gunung Kawi really means. One explanation is "carvings in mountain," another "mountain of poetry." It's also not clear who built the monument and why. Like Goa Gajah, and all other ancient sites between the Pakrisan and Petanu rivers, this one is, according to old tradition, carved out of the mountain in one night by the giant Kebo Iwo.

There is no doubt that each temple is a monument over a dead royal figure, mainly because they have the same shape as burial towers found all over Central and East Java. Exactly which royalties these are made for is disputed, the most popular theory is that the five temples east of the river are built for King Udayana, his Javanese queen Guna Pria Dharma Patni, his concubine, his oldest son Airlangga, who ruled East Java, and his youngest son Anak Wungsu. Anak Wungsu ruled Bali from 1050 to 1077. The four temples on the west side of the river should then have been built for the chief concubines of Anak Wungsu. The tenth, about 1 km away, is probably built to honor Rakryan, Anak Wungsu's prime minister.



Another theory is that the entire complex was built only for Anak Wungsu, his wives and favorite concubines, who probably killed themselves to follow their ruler into eternity. This particular architecture does originate on Java and it's also said that it can resemble Indian temples. The uniqueness about these monuments compared to other similar sites is that they do not stand freely, but are part of the mountain.

To the right of the main entrance is a Buddhist monastery. The monks were probably caretakers of Gunung Kawi. The complex is open daily, and the area is nice and tidy, surrounded by lovely rice paddies and trees. From the souvenir stalls on the top you walk down a long, steep stairway with 315 steps and through a gate carved out of the mountain. Don't miss this place; it is absolutely worth a visit! There is another Gunung Kawi in the Sebatu village 5 km further north, but this is a bathing place.

ULUWATU (Southern Most Tip of Bali)

Uluwatu

Bali's most spectacular temples located high on a cliff top at the edge of a plateau 250 feet above the waves of the Indian Ocean. Uluwatu lies at the southern tip of Bali in Badung Regency. Dedicated to the spirits of the sea, the famous Pura Luhur Uluwatu temple is an architectural wonder in black coral rock, beautifully designed with spectacular views. This is a popular place to enjoy the sunset. Famous not only for



its unique position, Uluwatu also boasts one of the oldest temples in Bali, Pura Uluwatu. Built in the eleventh century, the temple is one of the oldest and most important temples in Bali. Uluwatu Temple is a classic expression of ancient Bali in a spectacular setting, high above the crashing waves. This is one of the oldest and most important temples in Bali, one of the six original 'Sad Kahyangan' (territorial) temples on the island.



BATUR VILLAGE

Pura Ulun Danu

Pura Ulun Danu Bratan, located by the western banks of Lake Bratan in the Bedugul Highlands at a level of 1239m, is one of the most picturesque and most photographed temples in Bali. Danu Bratan is inside the caldera of the now extinct volcano Gunung Catur. It is one of the main sources of irrigation in the Balinese highlands, and so the temple is dedicated to Dewi Danu, the lake goddess. Pilgrims come to pay homage, and to ensure bountiful harvests. According to the ancient manuscript of the Mengwi Kingdom, Pura Ulun Danu Bratan was built in 1633 by I Gusti Agung Putu, the King of Mengwi; the same person who later built **Pura Taman Ayun**. Inside the main gate, you come upon a large stupa with carvings, then the main



temple Pura Teratai Bang. Then there's a smaller temple, Pura Dalem Purwa, dedicated to the goddess of food and drinks. On the shore of the lake are two multi-tiered merus. The bigger, 11-tier meru is the abode of the god of Gunung Mangu. Gunung Mangu is said to be the abode of Wisnu, hence the meru is dedicated to Wisnu.



Activities, Adventure & Sightseeing



UBUD

Monkey Forest (Jl. Monkey Forest Road – Tel # 361-971-304 – www.monkeyforestubud.com)



Experience this unique opportunity to visit Monkey Forest; an exciting walk amongst 340 free roaming Balinese Long Tailed Macaques, lush surroundings, and a beautiful temple. You will be able to discover this amazing species as they exhibit their natural behavior and roam freely in a forest with no bars or cages to hinder your view. The Ubud Monkey forest

is a small nature preserve on the southern outskirts of Ubud. The monkeys are very tolerant of people, but are famous for stealing food and sunglasses from tourists, so you have to be careful around them. As you enter the park you will feel



privileged to observe the monkeys living in their fascinating society as they would in the wild.



The Yoga Barn (Jl. Pengoseken - Tel # 361-970-992) - In addition to wonderful



yoga classes, The Yoga Barn also shows Monday Movies "in the barn" biweekly on Monday nights. They also serve a very healthy, delicious buffet before the film starts. The buffet starts at 6:00pm and the movie begins at 7:30.

Bali Bird Park (Jl. Serma Cok Ngurah Gambir Singapadu, Batubulan - Tel # 361-299-352 - www.bali-bird-park.com)

Find yourself at the Bali Bird Park to witness the largest and finest collection of Indonesian birds in the world plus fantastic birds from Africa & South America. Encompassing two hectares of botanical landscape, the park provides sanctuary to almost 1000 birds of 250 different species. Our innovative approach towards the display of rare and tropical birds has progressed from traditional exhibits to that of showcasing mixed species in their natural habitats & in large walk in Aviaries and free range throughout the park. The park accommodates an amazing display of flora with more than 2000 tropical plants including 50 varieties of palms alone and attracting numerous butterflies. Incorporating a breeding, research and veterinary facility within the complex, the park has a high success rate in the captive reproduction of exotic birds such as the Bird of Paradise and Hornbill.



MENJANGAN ISLAND (North Western Bali)

Snorkeling at Menjangan Island

The drop-offs at Menjangan Island Marine Park can be a real treat, offering



some of the most vibrant reefs to be found anywhere off Bali. There are several great sites but one of the easiest to reach is on the north coast, due north of the old ranger's hut. Here a broad channel leads from the beach—look to be greeted by batfish. Reaching the drop-off, there are spectacular corals, deep crevices and fissures

pock marking the reef. Sleeping groupers and Wary Big Eyes are found in many of the recesses. Fans decorate the drop-off down to 38m and more.

Located in the northwest Bali; a 3 hour drive from Nusa Dua or Kuta. Menjangan Island is part of West Bali National Park, declared in the 1982. Entry and diving on the island is controlled by the Park Service. In 1978 Menjangan became Bali's



first internationally recognized diving location due to its beautiful flat reef. In 1997 the extensive flat reef at the island suffered damage from crown of thorns starfish and in again 1998 from coral bleaching as result of El Nino. However, the walls for which Menjangan is most famous are still in excellent condition.

[AMLAPURA \(Eastern Bali\)](#)

Tirtagangga (www.tirtagangga.nl)

Tirtagangga, meaning holy water of the Ganges in Balinese, is one of the world's romantic gardens out of time. Gushing springs flowing from beneath



an ancient Banyan tree and holy temple fill the myriad reflecting and swimming pools that grace the Water Palace.

The prominent 11 tiered lotus fountain has become the symbol for Tirtagangga since its creation by the late Raja of Karangasem in 1948. After a tour of the Versailles Palace in France, the Raja was inspired to create his

second Water Palace in the mountains overlooking his kingdom. The waters of the holy spring have been praised by island healers for their healing and youth giving powers. Thus the Raja named them after the holy river Ganges in India which is famous for these qualities. It is said that if one bathes in the waters of Tirtagangga on the full moon you will be blessed with lasting youth and your illnesses will be healed. Tirtagangga is the "Fountain of Youth" of Bali.

Villa Djamrud (Emerald Villa) and Villa Tirta Ayu (Villa of the Beautiful Spring) overlook the magnificent Water Palace spring fed pools and fountains. They are situated in Tirta Ayu, the home of the youngest son of the late Raja. Beyond the gardens are sculpted rice terrace fields in classic Bali style which lead the eye to surrounding mountains, hills and the deep blue sea with Lombok Island floating peacefully in the distance.



Both villas have been designed and appointed for your pleasure, privacy and comfort. As was the wish of the late Raja, Tirtagangga remains open to the public and is enjoyed by the local people on a daily basis. You are not



separated from Balinese life in your villa compound, rather you are invited to participate and enjoy interacting with the many colorful and heartfelt people who live around you.



Shopping



SHOPPING

UBUD

Ubud Market (Jl. Ubud Raya)



A Two-Story Market Across from Lotus Temple on the corner of Monkey Forest Road and Jl. Raya Ubud. A warren of stalls bursting at the seams with wood carvings, batik shirts, sarongs and anything else a tourist could possibly want as souvenirs.

The



merchants here bargain with tourists for a living and think nothing of asking for ten times the going price, so try to establish a baseline before you go in and buy. Try to avoid busy lunchtimes when the tour bus hordes arrive.

MAS Village



Known for its woodcarvers and mask carvers, this is one of the best places to shop for woodcarvings.

