

# COMO SHAMBHALA ESTATE ACTIVITIES MENU

## **Reservations and Hours of Service**

Reservations can be made at the COMO Shambhala reception by dialling extension #2 on your in-room telephone. If calling from outside COMO Shambhala Estate, you may dial +62 361 978888. Hours of service are from 9.00am to 9.00pm. We suggest that you schedule your appointments in advance to obtain your preferred time.

## **Cancellation Policy**

All activities need to be cancelled by 9.00pm one day prior to the activity. If notice is given after, guests will be charged 50 per cent of the total price. If cancellations are made on the day of the activity, guests will be charged the full price. The services of a third party company such as water activities will be subject to the terms and conditions of third party.

## **Charges**

A 10 per cent service charge and an 11 per cent government tax will be added to all services. This does not apply to third party companies.

# LAND ADVENTURES

## Estate Walk

Join your guide for a walk around the Estate. Our nine-and-a-half hectare Estate has a nearly two-kilometre long trail of stone pavers and steps around it, from which you can enjoy views of the gardens, river and local flora and fauna. Your guide will lead you through a relaxed stretching session at the end of the walk.

Price	Private sessions at IDR 500,000 per person
Duration	One hour
Inclusions	Estate guide and water
Level of difficulty	Fairly easy
What to wear / bring	Walking shoes and light clothing

## Rice Field Walk

This easy walk takes you through the Estate's environs. Enjoy lush rice fields and learn about temples and housing compounds. See the locals at work in the fields, cultivating the rice and tending to their flocks of ducks. Your guide is an expert in everything local and will be thrilled to share with you information of interest.

Price	Private trek at IDR 500,000 per person
Duration	One hour
Inclusions	Estate guide and water
Level of difficulty	Easy
What to wear / bring	Running or walking shoes and light clothing
Optional	For longer walks, we offer several more extensive trails. Speak with your Personal Assistant or the Guest Services team for more information.

## Tjampuhan Ridge Walk

The well-known Tjampuhan Ridge walk is on the checklist of many visitors to Ubud. The trek starts at the 8th-century Gunung Lebah temple that marks where Ubud all began, at the auspicious confluence (or 'Tjampuhan') of the Wos rivers. We visit the temple, learning about the history of Ubud and the traditions associated with the location. From there we find the trailhead at the base of Lover's Hill, a spot frequented by Balinese couples enjoying the scenery. Our journey continues for just over two kilometres along the ridgeline that separates the rivers, offering views of rice terraces, temples, traditional houses and distant volcanoes.

Price	IDR 1,300,000 for one person, plus IDR 500,000 per additional person
Duration	Two hours
Inclusions	Estate guide, water and transport
Level of difficulty	Easy
What to wear / bring	Walking shoes and light clothing

# LAND ADVENTURES

## Village and Ricefield Biking

Our guides have devised a range of cycling routes starting from the Estate that showcase the local rural lifestyle. The cycle ride takes you through lush rice fields and past the plethora of temples and shrines that dot the countryside. This trip is accessible to bikers of all abilities and is usually about seven kilometres long.

Price	Private rides are available at IDR 500,000 per person
Duration	One hour
Inclusions	Estate guide, water, bike, helmet and gloves
Level of difficulty	Fairly easy
What to wear / bring	Running or walking shoes and shorts

## Hill Climb Bike Challenge

The guides have selected several loops beginning at the Estate that offer excellent cycling and a great workout. Start by ascending in the direction of Kintamani, turning around for a well-deserved downhill ride back to the Estate when we get too tired. The main track is along an incline that is steady but never severe. While the most commonly chosen route involves 38 kilometres of cycling and 950 metres of altitude gain, the length and level of the challenge can be altered to suit your ability. There are a couple of very short, steep climbs on the return journey, which also take us on some of the 'subak' lanes through the area's most beautiful rice terraces and through small traditional villages dotted with craft studios and cafés.

Price	IDR 2,350,000 for one person plus IDR 600,000 for each additional person
Duration	Three to four hours
Inclusions	Estate guide, water, fruit, bike, helmet and gloves
Level of difficulty	Moderate to very hard, depending on your route choice
What to wear / bring	Running shoes and shorts

## COMO Shambhala Estate Biathlon

Challenge yourself with a great combination workout of trekking and cycling, with Bali's lush landscape as a backdrop. Start by heading on-foot to our sister hotel COMO Uma Ubud, through rice terraces and past villages. Once at Ubud we hop on our bikes and head through the rural village of Sebali, before continuing on our way back to the Estate on back-roads through verdant river valleys. The challenge is about 10 kilometres each way and can be made into a triathlon, finishing with a 500 metre swim in the Estate pool.

Price	IDR 2,350,000 for one person, and IDR 600,000 for each additional person
Duration	Three to four hours
Inclusions	Estate guide, water, fruit, bike, helmet and gloves
Level of difficulty	Moderate to hard
What to wear / bring	Running shoes and shorts

# LAND ADVENTURES

## Mount Batur Dawn Ascent

This popular trek ascends 700 metres from the base of Mount Batur's innermost volcanic cone, and normally takes between one and three hours to summit. We climb by torchlight to catch the sunrise from the top. On a clear day the views of Mount Abang, and the Batur crater and lake are truly majestic. Witness the sheer scale of the ancient mountain, which once stood at an estimated 4,000 metres in height. Your local guide will serve tea or coffee and cook eggs in the steam vents at the top of the volcano. Most guests will arrive back at the Estate in time for a late breakfast. Please note that though considered safe to climb, Mount Batur is an active volcano and availability can change at short notice.

Price	IDR 3,000,000 for one person, and IDR 980,000 for each additional person
Duration	Seven to eight hours
Time	3.00am
Inclusions	Estate guide, local mountain guide, water, breakfast, juice and transport
Level of difficulty	Moderate
What to wear / bring	Walking shoes, light clothes and light jacket

Please note: The option to start the trek at a later time is available. We recommend an early start to avoid the mid-day heat.  
According to Balinese custom, women on their monthly cycle are not allowed to climb the Mount Batur.

## Kintamani Freewheel

We will be dropped off on the rim of the Batur crater where you will enjoy the spectacular views overlooking the volcano. From here the adventure begins with a downhill freewheel ride back towards the Estate (you can also opt to start from the Abuan Village if you want an easier ride). The route will take us through 30 kilometres of orchards, paddies and small villages with virtually no uphill. Ducking in and out of village side roads and country lanes, this is by far the best way to see and experience Bali's interior countryside, and the ride is remarkably scenic. We cycle past the main temple in the town of Taro, the first village of the original Javanese immigrants to Bali from which the current population of the island descends. We then head onto concrete 'subak' paths which are used by local farmers to access their rice fields. Shortly before the market village of Payangan there are three short but very steep uphill sections. We will have the choice to get picked up here or to take on the hills and finish the ride at the resort.

Price	IDR 2,450,000 for one person, and IDR 700,000 for each additional person
Duration	Three to four hours
Inclusions	Estate guide, water, fruit, bike, helmet, gloves and transport
Level of difficulty	Easy to moderate, depending on your choice of route
What to wear / bring	Running shoes and shorts

## Mount Batur and Kintamani Combination

This tour combines the Mount Batur Dawn Ascent with the Kintamani Freewheel to deliver a full day of trekking and cycling.

Price	IDR 3,980,000 for one person, plus IDR 1,450,000 per additional person
Duration	Eight to 10 hours
Time	3.00am
Inclusions	Estate guide, local mountain guide, water, bike, helmet, gloves, breakfast, juice and transport
Level of difficulty	Moderate to hard
What to wear / bring	Walking and running shoes, light clothes and light jacket

## LAND ADVENTURES

### Mount Abang Trek

Mount Abang is the third highest point in Bali, and the highest point on the Batur crater. Much less well-known and less crowded than Batur, this trek will take us through primal-looking jungles of tree-ferns and casuarina trees laden with moss, orchids, and epiphytic plants. Enjoy spectacular views of the Batur lake, crater and volcanic cone all the way up. The trek takes anywhere from one and a half to three hours for the ascent, followed by about an hour of descent. The trail is steep and slippery in some locations, so please wear shoes with good tread, as well as long trousers to protect against thorny vines and bushes growing alongside the trail. Our group will likely be the only people we see throughout the journey to the top, from which the highest peaks of both West Java and Lombok can be seen on a clear day.

Price	IDR 3,200,000 for one person, and IDR 1,050,000 for each additional person
Duration	Seven to eight hours
Time	6.00am
Inclusions	Estate guide, local mountain guide, water, breakfast, juice and transport
Level of difficulty	Very hard
What to wear / bring	Walking shoes, light clothes, light jacket and trousers

Please note: The option to start the trek at a later time is available. We recommend an early start to avoid the mid-day heat.  
According to Balinese custom, women on their monthly cycle are not allowed to climb the Mount Abang.

### Penulisan Experience

We leave the resort in the dark to enjoy a sunrise breakfast next to Penulisan's Tegeh Kahuripan temple, the highest temple in Bali. Enjoy an unrivaled 360-degree view, with the sun rising next to the Batur, Abang and Agung Mountains. Participate in an offering and private ceremony with our Estate guide at the temple before hopping on the bikes. Descend through the Balinese countryside past orchards of tangerines, bananas, coffee, papayas and fields of marigolds and rice. Cross Bali's highest bridge as you head back in the direction of COMO Shambhala Estate. We will have a vehicle escort the whole way, allowing us to make this trip as short and easy, or as long and challenging as desired. This trip is downhill most of the way.

Price	IDR 3,980,000 for one person, and IDR 1,450,000 for each additional person
Duration	Six to seven hours
Time	5.00am
Inclusions	Estate guide, water, bike, helmet, gloves, breakfast, juice, offerings, sari and transport
Level of difficulty	Easy to moderate, depending on your route choice
What to wear / bring	Running shoes, shorts and light jacket

Please note: This experience may be enhanced with a visit to Nungnung waterfall or Sangeh Monkey Forest for an additional IDR 300,000 per person. Speak with your Personal Assistant or the Guest Services team for more information.  
According to Balinese custom, women on their monthly cycle are not allowed to enter the temple.

### Sambangan Waterfalls

Immerse yourself in nature with a trek encompassing some of Bali's most evocative sights and experiences. A two and half hours' scenic drive to Sambangan Village and you will begin your trek wending your way among the lush rice paddies and local plantations, before reaching a spectacular natural waterfall. Jump and slide your way into a crystalline freshwater lagoon to enjoy the best of Bali's wild swimming.

Price	IDR 3,500,000 per person IDR 800,000 per additional person
Duration	Nine hours
Inclusions	Estate guide, lunch, cookies, juice and transport
What to wear / bring	Light clothes with sandals or light shoes and swimwear

## WATER AND LAND ADVENTURES

### Ayung River Rafting

Join us for a thrilling white-water rafting adventure down the Ayung River, which flows beneath COMO Shambhala Estate. The rapids are rated class two and three, making it an exhilarating experience where you will encounter swirling waters, turbulent rapids and sudden adrenaline-inducing drops. You will also have the opportunity to take in the lush jungle surroundings, waterfalls, and intricate wall carvings – a scenic and unforgettable experience.

Price	IDR 995,000 per adult, IDR 695,000 per child and IDR 2,995,000 per family (up to three children) Private rafting experiences are available at IDR 4,975,000 (up to five persons)
Duration	Three to four hours
Time	9.30am and 12.30pm
Inclusions	Specialist rafting guide, boat, lunch and transport
Level of difficulty	Easy
What to wear / bring	Sandals, T-shirt, swimwear and a change of clothes

Please note: Ayung River Rafting is only available for guests aged five to 65.  
We use the services of a third party rafting company for this activity.

### Bali Canyon Tubing

Get off the beaten track with this exciting tour. You'll start with an inflatable tube adventure down a six kilometre canyon on the Siap Stream. This crystal clear 'lazy river' gives access to Bali's unspoilt landscape, as well as views of diverse flora and fauna. There are occasional rapids and a stop for an exciting zipline ride.

Price	IDR 1,335,000 per adult and IDR 825,000 per child
Duration	Three to four hours
Time	8.15am and 10.15am
Inclusions	Transport, water, towel, showers, insurance, safety equipment, lunch and guide
Level of difficulty	Easy
What to wear / bring	Sandals, swimsuit and a change of clothing. A wetsuit is recommended for those sensitive to cold

Please note: We use the services of a third party company for this activity.  
This activity is suitable for children aged eight years or older.

## WATER AND LAND ADVENTURES

### Bali Canyon Tubing and ATV Combination

You start with an inflatable tube adventure down a six-kilometre canyon, giving access to Bali's unspoilt landscape, as well as views of diverse flora and fauna. There are occasional rapids and a stop for a zipline ride to ensure an exciting time. After the gentle trip downstream you will explore the less travelled side of Bali with a quad ride through the untamed jungle, mud tracks, villages and plantations of Payangan.

Price	IDR 2,535,000 per adult (driving) IDR 1,785,000 per adult (passenger) IDR 1,485,000 per child (passenger)
Time	Six hours
Inclusions	Transport, water, towel, showers, insurance, safety equipment, quad, lunch and guide
Level of difficulty	Easy
What to wear / bring	Sandals, swimsuit and a change of clothing. A wetsuit is recommended for those sensitive to cold

Please note: Passengers must be aged five or older. You must be aged 16 or over to drive your own ATV. We use the services of a third party company for this activity. Buggies are available at an additional charge. Please speak with your Personal Assistant or the Guest Services team for more information.

### Beji Guwang Hidden Canyon Trek

Embrace a challenge with a two-hour guided trek. You will traverse Beji Guwang, a hidden canyon, gouged deep by time and water, and considered sacred by locals. This trek combines adventure with natural beauty, requiring a reasonable level of fitness and agility.

Price	IDR 2,500,000 per person IDR 500,000 per additional person
Duration	Four hours
Inclusions	Estate guide, cookies and juice
What to wear / bring	Light clothes, light shoes and swimwear. A change of clothes is also recommended.
Optional	You can enhance your activity with a 'Wayang' shadow puppet theatre experience, where you will learn the ancient art of making puppets with a master of the wayang art. Additional IDR 800,000 per person.
Please note	This trail is a naturally sandy and rocky stream with waist-high water levels. Flip-flops are discouraged as it can be slippery. Speak with your Personal Assistant or the Guest Services team for more information.

# CULTURAL EXPERIENCES

## Ubud Essential Tour

This tour is designed around three key elements of Balinese culture: spirituality, art, and trade, and will take you through galleries, temples and the local shops of Ubud. Speak to your guide about customising your tour to incorporate the elements of local culture you want to experience the most. The tour leaves early in the morning to avoid the midday heat.

**Price** Tours are available at IDR 1,500,000 for up to two people.  
Each additional person will be charged at IDR 560,000

**Duration** Two to three hours

**Inclusions** Estate guide, transport and fruit

**What to wear / bring** Light clothing

**Please note:** According to Balinese custom, women on their monthly cycle are not allowed to enter the temple.

## Purification Ceremony at Tirta Empul

Take part in an authentic Balinese experience at the 10th-century water temple of Tirta Empul. You will make an offering under an ancient banyan tree, then enter the inner courtyard and be led through a series of cleansing rituals. After visiting the fountains there will be a final prayer led by a priest, in the innermost temple, where spring water wells up from the ground.

**Price** IDR 2,450,000 for one person and IDR 800,000 for each additional person

**Duration** Four to five hours

**Inclusions** Estate guide, water, transport, offerings and sarong

**What to wear / bring** A change of clothes

**Please note:** According to Balinese custom, women on their monthly cycle are not allowed to enter the temple.



## CULTURAL EXPERIENCES

### Water Spring Blessing

In the emerald green gardens of COMO Shambhala Estate you will find an ancient spring of rejuvenating holy water just footsteps from the Ayung River. Dressed in traditional Balinese attire, you will be guided through chanting and offerings by a local priest. You will wash beside a statue of the god Ganesha, allowing the minerals to soak into your skin. While chanting, the priest will splash each participant three times with holy water. With this, you will be considered new – clean in mind and soul.

Price	IDR 2,500,000 for up to two people. IDR 500,000 per additional person
Duration	One hour
Time	8.15am, 10.15am or 1.15pm
Inclusions	Estate guide, local priest and offerings

Please note: Preparations are needed for this experience. Please confirm your request at least 24 hours in advance.  
According to Balinese custom, women on their monthly cycle are not allowed to enter the temple.

### Balinese Blessing Ceremony at Padmasana Temple

Celebrate your health and happiness in the traditional Balinese way, with blessings from a Balinese priest in an authentic ceremony at our COMO Shambhala Estate Padmasana temple. A local musician will play on a traditional bamboo gamelan before the ceremony starts, then your Estate guide will help you with dressing in traditional Balinese clothes. Elaborate and ornate offerings to the gods will adorn the temple and you will be invited to join in with prayers of gratitude accompanied by flowers and incense.

Price	IDR 2,500,000 for up to two people IDR 500,000 per additional person
Duration	One hour
Inclusions	Estate guide, local priest and offerings

Please note: Preparations are needed for this experience. Please confirm your request at least 24 hours in advance.  
According to Balinese custom, women on their monthly cycle are not allowed to enter the temple.

### Cooking Classes at the Estate

Try your hand at cooking a three-course meal at COMO Shambhala Estate, with instruction from our talented chefs. You can choose the menu you want to prepare, whether an authentic Indonesian dish, or something from our healthful COMO Shambhala Cuisine menu. After you've finished cooking, you can sit down and dine on your creation in glow, our open-sided restaurant.

Price	IDR 1,500,000
Duration	90 minutes
Time	Daily from 10.30am to 12.00pm and 2.30pm to 4.00pm, except Sundays
Inclusions	Practical demonstration, apron and lunch

Subject to availability. Bookings require 24 hours advance notice, and same day cancellations will incur a 50 per cent fee.

## CULTURAL EXPERIENCES

### **Jatiluwi Rice Terraces and Metekap**

At Jatiluwi Rice Terraces, in the heart of Tabanan Regency, you will find one of the most beautiful rice fields in Bali – recognised as a world heritage site because of the traditional Subak system. Next we visit Taman Sari Buwana, where you will learn about the Balinese way of life, from visiting a local school and tropical fruit plantation to spending time in a unique Balinese house where over 15 families live harmoniously together. You can also witness the increasingly rare spectacle of Metekap, the traditional planting and ploughing of the fields using a pair of cows or buffalo.

<b>Price</b>	<b>IDR 4,000,000 per person</b> <b>IDR 1,000,000 per additional person</b>
<b>Duration</b>	<b>Nine hours</b>
<b>Inclusions</b>	<b>Estate guide, lunch, cookies, transport and juice</b>
<b>What to wear / bring</b>	<b>Light clothes with sandals, plus a change of clothes</b>

### **Penglipuran Village**

Penglipuran is a time-capsule of a village nestled in the forested highlands of Bali. The Village's layout itself is adapted from the Three Mandalas concept of Balinese Hinduism: Parhyangan (sacred area), Pawongan (settlement area), and Palemahan (graveyard, farming area). There are traditional Balinese architectures with materials such as stones, wood, palm, and bamboo that are well preserved within the Parhyangan area. You can witness centuries of undisturbed heritage visible in traditional compounds and arched gateways, preserved as per the principles of Tri Hita Karana philosophy, which aims to harmonise relations between the gods, nature and humans.

<b>Price</b>	<b>IDR 2,500,000 per person</b> <b>IDR 800,000 per additional person</b>
<b>Duration</b>	<b>Five hours</b>
<b>Inclusions</b>	<b>Estate guide, cookies, transport and juice</b>
<b>What to wear / bring</b>	<b>Light clothes, light shoes and swimwear.</b> <b>A change of clothes is also recommended.</b>

Please note: This activity can be enhanced by a visit to the Tukad Cepung waterfall, which lies off the beaten track and away from the bulk of tourists. Reached by rough roads and steep steps, the intrepid visitor will be rewarded by the sight of water cascading from surrounding cliffs. IDR 1,000,000 per person for up to four people. IDR 800,000 per additional person.

## OTHERS

### **Personal Training**

Our team of specialists can customise training routines for you that are effective and enjoyable, whether you are looking to improve your general fitness or work on a specific area such as flexibility or core strength. Routines can also be tailored to include facilities beyond the gym, including our tennis court and hiking trails.

<b>Price</b>	<b>IDR 1,900,000 for up to two people</b>
<b>Duration</b>	<b>One hour</b>
<b>Inclusions</b>	<b>Personal instructor, gym equipment and facilities</b>
<b>What to wear / bring</b>	<b>Gym clothes</b>

### **Bicycle Rental**

Immerse yourself in the Balinese environment, cycling through lush rice fields. Bicycles can be hired between 9.00am to 5.00pm at IDR 150,000 per hour.