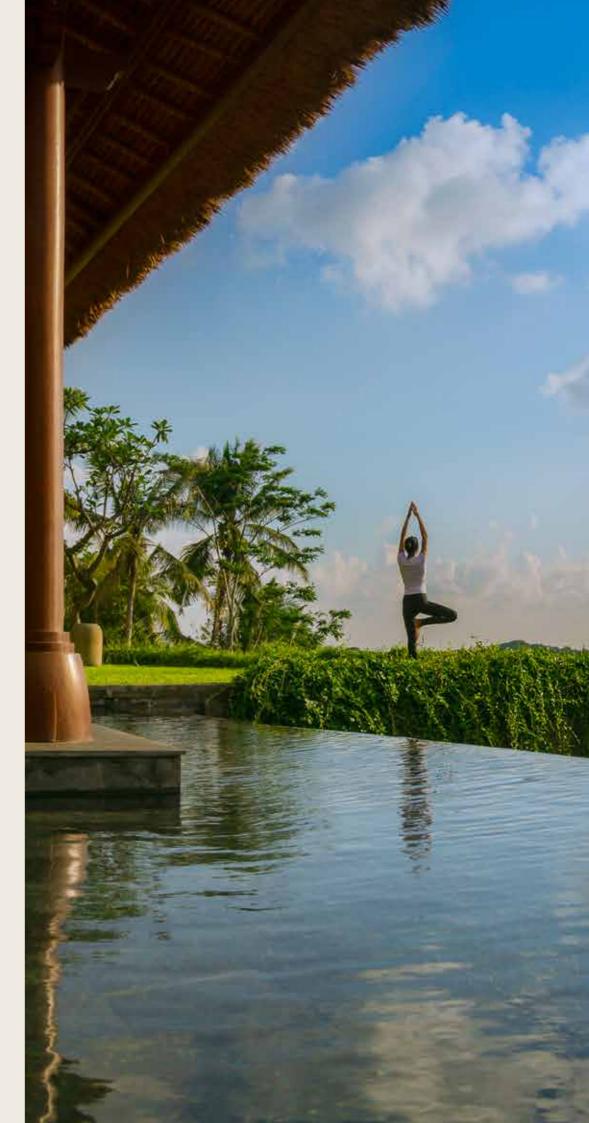


SOLO EXPLORER

PERSONAL EXPLORER'S INSIGHTS

2 Nights, 3 Days









ARRIVAL



Set on a dramatic cliff top 100 meters above the Ayung River and nestled into the Ubud forest, Mandapa sense of arrival set the stage for a journey of discovery.

Welcomed by the sound of Balinese Gamelan, guests will immediately immerse themselves into the Village atmosphere of Mandapa. Cool off with a cold towel and sip on the resort's refreshing Loloh Cemcem before your personal Patih, a Balinese term for "Butler", takes you to your suite or villa for an in-room check in for your maximum comfort.



DAY

SOLO EXPLORER

PERSONAL EXPLORER'S INSIGHTS

3PM



Warm welcome and in-villa check in by your personal Patih.

4PM



A REJUVENATING SPA TREATMENT AT MANDAPA SPA

The Mandapa Spa treatments embody the spirit and soul of Ubud. Each Ceremony begins with a traditional Balinese welcoming foot ritual. Take a dip in the open-air Vitality Pool with water jet massage or experience the sauna and steam room to relax and prepare the mind and body prior to treatment.

-7.30PM



A LA CARTE DINNER AT SAWAH TERRACE

In an elegant setting, enjoy dinner for two overlooking the majestic Ayung River and tropical forest with menu that highlights Balinese cuisine and Asian flavors, classic and healthy delicacies with favorite international cuisine creations alike.

-8AM



TERBIT – "SUNRISE" YOGA AT YOGA PAVILION

Experience our morning yoga, held in our idyllic Yoga Pavilion overlooking the Ayung River and close to the Holy Temple, enjoy this complimentary yoga session guided by our well respected Yoga swami.

-10AM



GUIDED CYCLING TOUR AT PAYANGAN

This 2-hour cycling tour will take you to discover the natural beauty of Ubud.

OR GUIDED SAWAH WALK

This 2-hour walk takes place in the wonderful, capricious landscape of Sayan, from the resort's Wantilan and back.

SOLO EXPLORER

PERSONAL EXPLORER'S INSIGHTS

-1PM



HEALTHY LUNCH AT THE POOL BAR

The Pool Bar serves timeless classics, fresh products, salad and sandwiches and light fare. Juiceology, detox selections, and tea mixology for the health conscious guest are also offered, accompanied by dedicated poolside service.

4PM



JAMU MAKING AT THE LIBRARY

Sample a taste of "Jamu", a traditional herbal drink of Indonesia venerated for its power to heal ailments or enhance one's beauty, strength or stamina, and experience a chance to make your own blend of jamu.

-7PM



RIVERSIDE DINNER AT KUBU RESTAURANT

Meaning "hut" or "shelter" in Bahasa Indonesia, Kubu, the signature restaurant of Mandapa is surrounded by a tropical breeze and the soothing sound of water. Kubu with its unique bamboo construction offers intimate dining spaces with nine private cocoons overlooking the Ayung River. Guests can enjoy fine Mediterranean-European cuisine as well as the option for a la carte and degustation menu.

SOLO EXPLORER

PERSONAL EXPLORER'S INSIGHTS



BREAKFAST AT SAWAH TERRACE

Offering extensive buffet selection as well as a la carte menu selection with the highlights of healthy delicacies and farm-to-table concept right from the chef's organic garden. Breakfast is served daily from 6.30 AM to 11 AM.

8AM



CLASSIC VOLKSWAGEN VINTAGE TOUR

Enjoy an unwinding journey in a classic VW 181 convertible as we drive along the incredibly beautiful country side, passing the rice field of Ceking village, visiting Sebatu water temple and the historical Gunung Kawi. A lunch picnic break before returning to the resort completes the ultimate vintage experience.

1PM



Fond farewell and a warm goodbye from the Ladies and Gentlemen of Mandapa.





COMPLIMENTARY ACTIVITIES

ART, TRADITION & CULTURE

SUBAK FARMING – 1 HOUR

A hands-on traditional farming activity, exploring the way a Balinese farmer works using the traditional irrigation system, Subak.

BALI TEMPO DOELOE – 1 HOUR

A relaxing and educative documentary session about the Balinese culture, traditions and way of life in the olden days.

BALINESE COSTUME DEMO – 30 MINUTES

Experience wearing traditional Balinese outfit and learn about the philosophy and the meaning behind it.

BALINESE CRAFT DEMO – 1 HOUR

Learn how to make Balinese Offering "Canang Sari" made from coconut leaves.

BALINESE CULTURE TALK – 1 HOUR

An informative session to learn about the daily life of the Balinese community.

RICE POUNDING - 1 HOUR

Experience the unique way of how the Balinese people prepared their rice – the primary food in Bali.

BALINESE PLANTS STUDIES – 1 HOUR

Learn different types of tropical plants and trees within the resort and their usage and importance in the Balinese culture.

SAWAH WALK – 1 HOUR

Learn about the traditional irrigation system, Subak, and the life of local farmers during a refreshing walk through the rice field.

VILLAGE WALK - 1 HOUR

Enjoy a village walk by observing the real Balinese way of living along Kedewatan village.

JAMU MAKING DEMO – 30 MINUTES

Sample traditional Indonesian herbal drinks and take home the healing recipes.

AQUA AEROBIC – 45 MINUTES

A fun pool exercise to improve physical and mental health.

CORE CONNECTION – 30 MINUTES

A simple exercise to train with bodyweight and free weight.

STRETCH CLASS - 30 MINUTES

Low intensity stretching warms up your body and increase flexibility. A great start before a cardio work out

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