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## Flavours of Bali.

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**BALI | 5DAYS / 4NIGHTS**

Route: Round-trip from and to Denpasar

Type of tour: Gastronomy, Culture

## TOUR OVERVIEW

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The beautiful island of Bali is blessed in many ways – not only will the distinct culture and the warm welcome by the islanders charm you, but the tremendous culinary heritage will also surprise you. Enjoy the delicious Balinese *nasi campur* at Warung Men Weti restaurant in Sanur, and continue to the heart of Ubud where you will have lunch at the most popular *warung* – a typical local restaurant – of the island of Bali, Warung Babi Guling Bu Oka. Lastly, visit some of the best culinary venues in Seminyak for a flavour adventure on this five-day trip for the taste buds.

## DAY BY DAY

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### DAY 1 | ARRIVAL DENPASAR – NUSA DUA (15km – 30 min)

Arrive in the afternoon at Ngurah Rai International Airport in Denpasar, where you are greeted by a professional local guide. A private transfer will take you to **Tanjung Benoa**, a beautiful beachside town on Bali's south coast popular for its beaches, and the centre of water sports activity. Check in to your hotel and enjoy time at leisure.

- **Overnight in Tanjung Benoa area hotel.**



### DAY 2 | NUSA DUA – CULTURAL WARUNG TRAILS – NUSA DUA (95km – 7 hrs)

Today is a very special day! In the morning, skip your usual breakfast at the hotel and go on your first Balinese food adventure. Head to **Pantai Segara Sanur**, where Warung 'Men Weti' is already crowded with local Balinese people. This is a simple *warung* with only wooden benches and chairs around the footpath. It offers a basic Balinese dish commonly comprised of Bali spiced roast chicken, *betutu*, deep-fried crispy chicken skin, half an egg topped with hot tomato sambal, blanched cassava leaves, shredded coconut, fried peanuts and a special dish that consists of sliced shallots, chili and salt. After, transfer to **Batubulan Village** to witness probably the most well-known dance in Bali, Barong. It is a storytelling dance, narrating the fight between good and evil. The Barong is a mythological lion-like creature, leader of the hosts of good, and the enemy of Rangda, the demon queen. All performers wear beautifully decorated, colourful masks.

Then drive onwards to Ubud, pay a short visit to the **monkey forest** - home to a healthy population of long-tailed macaques. Continue to the heart of Ubud where you will have your lunch at the most popular *warung* on the entire island of Bali, Warung Babi Guling Bu Oka. Here they serve the most famed Balinese dishes - **babi guling** - Balinese style whole-roasted suckling pig. The pig is stuffed and infused with a spicy concoction typically involving turmeric, coriander seeds, lemongrass, black pepper and garlic, and traditionally spit-roasted. Next, visit the local market and **Ubud Palace**. The royal family still lives in the palace and at night the garden is used for staging some of Bali's most important dances, such as the Legong dance, Barong dance, Ramayana and Mahabharata ballets. Continue to the **Elephant Cave, Goa Gajah**. The cave was built in the ninth century, however, the addition of the bathing pools dates back to the 1950s. At the end of the afternoon, transfer back to your hotel.

- **Overnight in Tanjung Benoa area hotel. Breakfast and lunch included.**

### DAY 3 | NUSA DUA – COOKING CLASS & BALINESE ACTIVITY – PENGLIPURAN – NUSA DUA (110km – 8 hrs)

Today you have the chance to discover more of the Balinese way of life and to learn about the culture and Balinese traditions. Be Balinese for a day! In the morning, meet your guide and transfer to **Guliang Kawan village**, located in Central Bali. A warm welcome from the villagers awaits you before you savour a simple Balinese breakfast served with coffee or tea inside a traditional home compound.

Next, enjoy a **cooking class** which offers a fascinating introduction to the exotic ingredients and unique culinary culture of Balinese food. Gain valuable insights into preparation and cooking techniques that are used on a daily basis in homes all over the island. After savouring lunch, which is served in a hut facing a rice field, you may join in a rural activity that allows you to experience how the farmers work in the rice fields. Learn how to plant, transplant or harvest rice (depending on season), and at the same time you will have the opportunity to learn more about *Subak*, the Balinese traditional irrigation system that is an UNESCO-recognized method of sustainable farming.

Next, proceed to **Penglipuran**, a traditional village that preserves their long-established Balinese architecture to this day. Admire the typical entrance ways which stand in a row on the left and right side of the village. Later, transfer to **Seminyak**, a beautiful beachside town on the south coast. A perfect place to enjoy the beautiful sunset, Seminyak is the island's most fashionable and sophisticated area, home of many luxury hotels, fine restaurants and boutiques. The rest of the evening is free at leisure.

- **Overnight in Tanjung Benoa area hotel. Breakfast and lunch included.**



#### DAY 4 | NUSA DUA – GOURMET SAFARI – NUSA DUA (45km – 1 hr)

Start the day with breakfast at the hotel. Enjoy a free morning at leisure to enjoy the hotel facilities, read a great book, or just relax by the pool. In the afternoon, your **flavour adventure** begins! Explore the most beautiful food destination in Bali, visiting some of the best culinary venues across Seminyak. When the sun goes down across the coastline, the golden colour dominates the horizon while you enjoy some tasty smoked duck and chilled foie gras as your appetizer and then continue to the next venue for your main course.

This is not only about enjoying a variety of delicious dishes, but the excitement of discovering 'unplanned' and 'unknown' venues, going to one after the other, one tasty dish followed by the next - a culinary journey created by you. Seminyak offers an amazing food scene, both local and international. After your tasty main course, try a delicious dessert, or perhaps a cocktail, coffee or tea to finish off a perfect night. Transfer back to your hotel.

- **Overnight in Tanjung Benoa area hotel. Breakfast and lunch included.**

#### DAY 5 | DEPARTURE TRANSFER (15km – 30 min)

This morning is free at leisure until your transfer to Denpasar International Airport for your departure flight.

- **Breakfast included.**

#### END OF SERVICES

#### INCLUDED

##### TOUR GUIDE:

- Operated with qualified English-speaking bilingual guides or other language based on availability

##### ACCOMMODATION:

- Four nights at your selected hotel category

##### MEALS:

- Meals as mentioned in the itinerary

##### TRANSPORT:

- Air-conditioned transportation through the tour

##### ENTRANCE FEES AND ACTIVITIES:

- All entrance fee and activities indicated in the itinerary

#### NOT INCLUDED

- Expenditures of a personal nature, drinks and meals if not stated explicitly in the programme
- International flight tickets or Indonesia visa fees (if applicable)
- Airport taxes for domestic and international flights (if applicable)
- Gratuities for driver and guide
- Optional tours

## **OPTIONAL EXTRAS**

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A wide range of optional excursions and pre and post-programme extensions are available on request. Please ask tour designer Kadek Suardhamana for rates and conditions

## **RECOMMENDATIONS**

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Comfortable and light clothing is the most suitable for travelling in Bali. Visitors should not wear sleeveless shirts, shorts, short skirts or skimpy clothing when visiting temples, religious or official buildings. Sun protection, sunglasses, a hat and mosquito repellent can be very useful during your stay