

UBUD NYUH BALI RESORT & SPA

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*The Ultimate Travel Guide*

# Ubud & Beyond

@nyuhbaliubud

*Dedicated to our lovely guest to enjoy Ubud as its best*

An aerial photograph of a tropical resort. The image shows several swimming pools of different shapes and sizes, surrounded by lush greenery, including many palm trees. Traditional Balinese-style buildings with thatched roofs are visible. A semi-circular pool is prominent in the lower half of the image, while a rectangular pool is in the upper left. A semi-transparent white box with rounded corners is centered in the upper half, containing text.

*We hope this little book will be your friend to  
explore Ubud & beyond.*

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*Dear Our Valued Guest,*



*Thank you for choosing our home as your holiday getaway. We are aware that it may be a little bit confusing to decide where you should go. We try to help by creating this non sponsored guide to enjoy Ubud and Beyond. Just pick the ones that suit you and leave the rest.*

*Seeking for relaxing retreat, connecting with the local tradition, or immersing the beauty of Bali's nature are few popular reasons visitors come to Ubud. Everyone spends their time differently, so choose the way that you love. Sometimes traveling is not just about visiting the trendy places as many as possible. It is absolutely okay staying in the villa for the whole day and spend quality time with your partner or with yourself. Just relax because the holiday makes you feel good and recharged afterward.*

*Don't miss our regular tips about Bali by following our Instagram @nyuhbaliubud and Facebook "Ubud Nyuh Bali Resort & Spa." Use the hashtag #nyuhtips to explore more. Hopefully, you will have an enjoyable time at Ubud, Bali's cultural heart.*

*Warm Regards*

*Ubud Nyuh Bali Team*

## *Top 10 Nearest Attractions*

### *around Ubud Nyuh Bali Resort & SPA*

#### **Ubud Palace**



*Distance: 7 km*

*Timing : 30 mins*

If you are a fan of traditional architecture, then this is the must place to visit. It has well-preserved Balinese architecture and charming garden setting.

**#nyuhtips** : To avoid the crowd, we suggest you take the first shuttle at 09.00.

#### **Ubud Water Palace**



*Distance : 7,3 km*

*Timing : 30 mins*

Known as the Saraswati Temple, this place is dedicated to the Goddess of knowledge and learning. Abundance unique Balinese architecture and its charming lotus pond make this place should be highly considered on your itinerary. The scent of lotus flower will boost your mood instantly as you walk around the temple.

#### **Neka Museum**

*Distance : 9,6 km*

*Timing : 40 mins*

It is home to Ubud style painting and contemporary Balinese artwork. You will also witness the Balinese culture through foreign artworks by various artists. The museum also features a separate photography section.



## Ubud Monkey Forest



*Distance : 8,5 km*

*Timing : 35 mins*

It is a natural forest sanctuary that a home to a horde of grey, long-tailed monkey. It also offers a refreshing walk through a beautiful forest. Monkeys are not pet, they are the wild animal. It is not a secret that some unlucky visitors

have bitten by the monkey, so please be careful.

### *#nyuhtips : How to avoid the monkey's bite?*

- Do not wear any accessories and jewelry
- Do not bring any food
- Be sure to check your bags and pockets for candy, small foods before entering
- Never touch the monkey or persuade them onto your body. Taking a selfie with the monkey will put you to a higher risk to get bitten

## Ubud Art Market



*Distance : 7,3 km*

*Timing : 35 mins*

The items sold here are typically Balinese, unique, and some are unavailable elsewhere. Here, you can find unique Balinese art such as silk, scarves, sarong, handmade

bags, statues, baskets, and many more. Another plus point, the seller organize their items in an artistic way, which makes this market looks instagrammable. The price is bargainable, **take a look at #nyuhtips "How to bargain in Bali?" on the Page 26.**

## Blanco Museum

*Distance : 9 km*

*Timing : 35 mins*

Set on top of the valley of Campuhan, this museum was built by Filipino artist Don Antonio Blanco who lived and painted the beautiful Bali island after emigrating in 1952. Many collections are modeled on nude Balinese women and dancers. It features a palace-like complex that makes you feel like royalty.

## Campuhan Ridge Walk



*Distance : 9,3 km*

*Timing : 35 mins*

Escape the hustle of bustle of Ubud center with this easy 1,5 - 2 km hike where you will be rewarded by views of lush green. It is kind of a relaxing walk that also suits children.

### #nyuhtips :

Please avoid hiking in the mid-day because the entire route is unsheltered, and you will be exposed to Bali's heat. We recommend you to go in the late afternoon and take the shuttle from our resort at 4 PM.

## Puri Lukisan Museum



*Distance : 8 km*

*Timing : 35 mins*

It was built by Rudolf Bonnet together with the former prince of Ubud to preserve the Balinese artworks and keep their origin. It is one of the best museum to visit if you want a slice of the modern art scene of Ubud and non-religious artwork.

## **Elephant Cave**

*Distance : 8 km*

*Timing : 30 mins*

Despite its name, you will not be able to spot any elephant here. It is actually an ancient temple built on the 11<sup>th</sup> century with the hand-made carving that forms an elephant. It has a serene setting of a unique courtyard, carving upon the walls of the rocks, meditation cave, and the bathing pools.

## **Tegenungan Waterfall**



*Distance : 4,2 km*

*Timing : 20 mins*

It may not be the most beautiful waterfall in Bali; however, its easy access makes Tegenungan Waterfall so popular among Tourists. The pathway is well maintained and very safe to explore. It's just a short walk down the concrete steps, and the safety rail leads you to the pit of the falls. You will also be able to swim at the foot of the waterfall. There's a part where you can create photos with Bali's common sign or enjoy the Swing with the waterfall view as the background. The downside, this waterfall could be pretty busy, so try to go there as early as possible.

## **ARMA Museum**

*Distance : 5,5 km*

*Timing : 25 mins*

Spread over more than 5 hectares, The Agung Rai Museum of Art (ARMA) houses works from the most influential painters in 1930s Ubud, as well as from local contemporary artists and everything in between. There are usually some kids practising traditional Balinese dance in the afternoon. Balinese girl generally starts to learn to dance since early childhood.



## ***Ubud & Beyond***

### **Tegalalang Rice Terrace**



*Distance : 16 km*

*Timing : 45-60 mins*

It is definitely a must place to visit when you are in Ubud. Tegalalang is the nearest rice terrace from Ubud. The best time to visit is in the morning or the late afternoon as the weather is so much more relaxed at this time of day. The total walk from the street to the magnificent view is just around 10-15 minutes.

#### ***#nyuhtips :***

Eat earlier before visiting Tegalalang or later as it may be a little bit challenging to find recommended restaurant or cafes nearby

### **Tirta Empul Temple**



*Distance : 22 km*

*Timing : 60 mins*

Tirta empul simply means holy spring water in English. The spring bubble up into a large clear pool within the temple. The fifteen water fountains are believed to wash away your turmoil and prevent sickness.

#### ***#nyuhtips :***

Tirta empul is the most well known and busiest holy spring water in Bali. If you prefer the quieter spot, you can opt to go to Sebatu Holy Spring. The bathing pond is smaller than in Tirta Empul however it is still beautiful and worth to visit.

## Mengening Temple



*Distance : 22 km*

*Timing : 60 mins*

Looking for the true serenity from the Ubud Temple? Mengening Temple definitely should be included in your list. Located just down the road from the Gunung

Kawi Temple, you will need to walk down the stairs to reach this temple.

## Gunung Kawi



*Distance : 22 km*

*Timing : 60 mins*

Gunung Kawi complex comprises a collection of ancient shrine reliefs carved into the face of the rock cliff. It was actually a funeral complex that was built in the 11<sup>th</sup> century. You need to

walk down over than 270 steps however the walk itself is relaxing as it is surrounded by the views over rice field and valley.

## Hidden Canyon

*Distance : 9,1 km*

*Timing : 30 mins*

It is a beautiful stunningly ravine, the rugged and deep rocky gorge along a section of the Oos River in Sukawati Village. If you are into adrenaline-rush activity, then this place is for you. Skip it if you would like to seek for relaxation as you need to trek about three hours to explore this canyon

### **#nyuhtips**

Be prepared to get wet and bring your climbing essential.

## Kanto Lampo Waterfall



*Distance : 13,5 km*

*Timing : 35 mins*

Like the Tegenungan waterfall, the access to the Kanto Lampo waterfall is pretty easy. It usually takes 10 – 15 minutes to reach the waterfall depending on your fitness level. The

water is only waist deep, and you can explore down the stream further if you wish. If you are a photography enthusiast, you may need to get into the water to take the best shot. Be careful as the rocks can be quite slippery, especially in the rainy season. We strongly suggest you wear water shoes or river sandals.

### **#nyuhtips**

The waterfall is beautiful, however it is small, making it hard to fit many people in. Please try to go as early as possible if you would like to take an amazing shot.

## Tibumana Waterfall

*Distance : 16 km*

*Timing : 45 - 60 mins*

Tibumana Waterfall drops stunningly to the natural pool that is permitted to swim. It takes about 10-15 minutes hike to reach the waterfall. Tibumana is relatively quiet and less crowded compared to other waterfalls around Ubud. The path to it passes the tropical jungle, and it's an excellent chance to admire the exotic plantation.



## Sukawati Art Market



*Distance : 5,5 km*

*Timing : 20 mins*

It is not as touristy as Ubud Market as most tourists usually skip this place. The sellers offer the similar items as in Ubud Market at a lower price if you're good bargainers. However, the display may not be as beautiful as in Ubud Market, not a perfect choice if you just would like to stroll the market. As it is farther than the Ubud Market, you can opt for this place if you plan to purchase many souvenirs.

## Celuk Village

*Distance : 6,3 km*

*Timing : 20 mins*

It is a traditional village famous for its incredible gold and silver handicraft made by the local people. You also can take a look closer to the process of making jewelry. #nyuhtips The sellers usually mark up the price, so bargaining is a must. **Wonder how to bargain nicely in Bali? Read our the bargaining tips on the page 26.**

## Visit Family-friendly Park



If you travel with kids, you can consider visiting some parks around Ubud. The available options are Bali Safari & Marine Park, Bali Zoo Park, Bali Bird Park, and Kemenuh Butterfly Park. They bring wildlife, fun, and learning for your kids.

## ***What to Do in Ubud?***

*Here are some ways to spend your time in Ubud that will nurture your body, mind, and soul. We take away some popular activities that abuse animal. We hope your holiday is not only relaxing, but also bring value into your life.*

### **Practice Yoga**



It is no secret that Ubud is the place to be when it comes to yoga. While in Ubud, why not enrich your holiday to do something right to your body and mind? If you would like to experience a more advanced yoga style, you can plan to visit a yoga studio. There are some well-known yoga studios in Ubud such as Yoga Barn, Radiantly Alive Yoga, Taksu Yoga, Ubud Yoga house, Intuitive Flow, Ubud Yoga Centre, and Chakra Yoga Shala.

If you are the first-timer, we recommend you learn the basics of yoga at our daily complimentary class. The friendly instructor will guide you to practice techniques to harmonize your body and soul through posture, breathing, and meditation. Please do not hesitate to let the instructor know that you are the first-timer as she will adjust the pose to suit on you

### **Learn to Cook in the Balinese Way**



Bring some pieces of Bali home by learning the Balinese spices and its unique cooking method. We provide a private Balinese cooking class with the market tour included. You also can join our daily schedule Balinese activities to learn the secret recipe about Sambal Matah, the popular raw Balinese salsa.



## Experience the Famous Swing in Bali



It is the great option to do if you would like to have an awesome photo or just want to experience the adult playground.

### ***Official Bali Swing***

It is a popular swing located in Bongkasan Village, about 40 mins from our Ubud Nyuh Bali. It offers a picturesque view, overlooking a beautiful palm valley.

### ***Tegalalang Terrace Swing***

There are lots of swings that owned by the landowner situated at different heights scattered around the rice terrace, with the favoured ones being the lowest Swing that's right beside the entrance and the highest Swing offering a panoramic view

### ***Aloha Ubud Swing***

Nestled in the Tegalalang, it also offers spectacular rice paddies view and agriculture activities.

### ***Wanagiri Hidden Hills (not located in Ubud)***

It features the serene view overlooking to Lake Tambingan and Lake Buyan that known as Twin Lake of Wanagiri. Located at a higher altitude, it has fresh air that will make your experience becomes more pleasant.

### ***Tegenungan Waterfall Swing***

It is located right in the Tegenungan Waterfall that available with the extra cost.

**#nyuhtips** : If you bring the bright dress, you can wear it to add the tropical vibes into your photo

*There are still hundreds of swing attraction in Bali. Please ensure the vendor has reliable safety equipment .*



## Discover Indonesia's Beans



Part of the lush Balinese landscape, Ubud is also home to discover the Indonesia's great beans. Seniman Coffee Studio, Ubud Coffee Roastery, Revive, and Anomali Coffee are just a few popular coffee shops to get your caffeine fix.

There are many Luwak coffee plantation in around Bali, the most expensive coffee in the world. However, we need to be honest to say that it is rather challenging to find the plantation that produces the Luwak coffee ethically. Mostly, Luwak is put in the small cage to be watched by the visitor in the daylight, whereas luwak is actually wild nocturnal animals. In their natural habitat, they pick the best food from nature by themselves.

## Cycling



Cycling would be a great option to discover more about Ubud while exercising at the same time. We provide complimentary bikes on-site with the cycling trek to explore the Lodtunduh Village. It is just a short trek, and you will be rewarded with a beautiful river and temples in the end. **Please**

**refer to the page: 16.** If you want to cycle further, there are many vendors in Ubud that provide guided educational cycling tour. Some possible treks are to the jungle, rice field, temple, or to the Mt. Batur Volcano.

### *#nyuhtips*

Please be careful as the street is quite busy

## Taste the Plant-Based Dishes

Ubud is truly a heaven for Vegans and Vegetarians. It boasts its own distinctive “plant-based” cuisine. Whether you are a yogi or a foodie, once you are in Ubud, don’t miss to taste the healthy foods that Ubud offers.

## Watch the Balinese Dance Performance



For the art lovers, watching Balinese dance should be on your top list while visiting Bali. Unlike any modern dance, Balinese dance is typical as part of Ramayana Story and mainly influenced by Hinduism. It is dynamic, very expressive with lots of attention to detail. The dancers usually begin to learn the dance at a young age, the training its self is often rigorous and disciplined. The unique part is the crucial role of the eye move-

ment called “seledet,” that must be done with the eyes wide open and no blinking. Here are some nearby places to watch the Balinese Dance that available (entrance fee will be applied).

- **Ubud Palace**

You can enjoy the Legong dance performed by a woman with headdresses and colorful clothing. Starts at 7.30 PM every day.

- **Batubulan Village**

Barong Dance runs from 09:00 AM - 10:30 AM daily. Meanwhile, Kecak Dance’s performance runs from 6:00 PM - 7:00 PM.

- **Café Lotus Ubud**

Located in **Ubud Water’s Palace**, the café holds regular performance every night except on Friday. The dances varied from Legong Dance, Ramayana Ballet, Gamelan, to Barong Dance.

*NB: The schedule may change anytime, please check the schedule before going.*



## White Water Rafting



If you are an adventurer, then going to white water rafting may be the best way to spend the day in Bali. There are three rivers that suitable for rafting in Bali.

- **Melangit river**

It is the least popular compared to others; however, it offers the most challenging rafting experience that perfect for advance. It is classified as grade III-IV whitewater rapids class because it has 37 drops with 3 meter as the highest one. The river length is about 7,5 km. Nestled in the rural area, the river is less polluted, and the green scenery is still well preserved.

- **Telaga waja rafting**

Located in the Karangasem, it offers the longest rafting track, approximately 14-17 km. The water flow is the best during the wet season; unfortunately, it becomes very shallow during the wet season that makes the rafting experience quite unpleasant. It has easy access at the start, and the finish point means that you don't need to walk long. The water is generally clear as it is located far away from air pollution. The rapid classes are mostly 2-3.

- **Ayung River Rafting**

It is the nearest one from our home. It is ideal for beginners, families, and the ones who want to have recreational rafting. The water stream is quite stable for all seasons makes it the best choice to go during the extreme dry season. It is also the nearest spot from our home. The downside in general (most vendors), you need to walk hundreds of stairs to the river from the starting point.



## White Water Rafting

Many vendors provide rafting ranging from the five star quality to the cheap one. We recommend you to check the online reviews before booking and to pay attention to the safety standard.

### ***#nyuhtips : What's to pack for the rafting?***

Changing clothes, sunscreen, a waterproof camera (optional), quick-dry clothes, water shoes or river sandals, laundry bag for wet clothes, and, little cash

## Riding ATV

Get your adrenaline rushing by doing ATV in Ubud while also enjoying the green scenery, rice paddy field, and river. The trek for every company will be varied; however, it mostly involves uneven dirt roads for challenging excitement. The good company will provide you with the safety equipment including helmet, gumboots, and insurance.

## Experience a Balinese Purification Ritual



Balinese believe the spiritual power of the holy water to purify ourselves, to prevent sickness and bad luck. Immerse your self in the sacred bathing pool and under water spouts that will cleanse your body and mind. There are some places around Ubud to have the ceremony, Tirta Empul, Sebatu, and Alas Arum Heritage that is very close to our home. Alas Arum is not as big as Tirta empul or Sebatu. Still, the whole ambiance is so serene, makes this place perfect to find your inner peace. Please refer to the next page (page 16) for further information regarding Alas Arum Heritage.

### ***#nyuhtips***

To feel the positive energy in the air, we strongly recommend you to meditate again after finishing the whole bathing ritual to do self-reflection and welcome the new you

## ***Recommended Cycling Trek around Ubud Nyuh Bali***



Alas Arum Heritage Temple is located just 2 km away from Ubud Nyuh Bali, takes about 10 to 15 minutes by bicycle.

- From the Ubud Nyuh Bali, please go ahead until you find a crossroad, then turn left.
- Continue straight forward for about 750 meters, you will cross the two main roads in between before finding a sign to the Alas Arum Temple
- Please follow the direction on the sign; you will need to turn left, turn right and turn left consecutively to reach the alas arum temple.

This traditional temple is not commonly known by many visitors; therefore, it is suitable for seeking peace and relaxation. Located in the middle of the tropical forest, the complex has three temples facing the river with beautiful green scenery. It also has a natural bathing pool to have a purification ritual. This hidden gem is such a perfect place to reconnect with nature and to

unwind from the hustle and bustle of daily life, definitely worth your 15 minutes riding.



## ***Bali's Highlight***

### **Lempuyang Temple**



*Distance : 62 km*

*Timing : 150 mins*

Famously known as the gate of heaven, it is located in the foot of Mount Agung, 600 meters above sea level. If you are lucky, you can overlook Mount Agung on a clear day. Besides the famous instagrammable gate (*be prepared to wait in line for hours*), you may hike up to the top temple to see the six other beautiful temples. Locals believe one must never complain during the way up. If one complains, they will not make it to the top.

### **Tirta Gangga**



*Distance : 54 km*

*Timing : 100-120 mins*

Tirta Gangga means 'water of the Ganges,' and at the water palace, you will see a lot of it. There is a famous photo spot, stepping stones that lead around the centerpiece where you can feed fish in the area and capture a memorable photo. Fish food is also sold here.

### **Taman Ujung**



*Distance : 56 km*

*Timing : 100 - 120 mins*

It is a former palace in Karangasem. It combines both Balinese and European architectural styles. Please prepare yourself to climb the stairs as the higher you go, the more breathtaking the view.



## Mount Batur



*Distance : 48 km*

*Timing : 60 - 90 mins*

It is one of the most active volcanoes in Bali along with Mount Agung. To catch the beautiful sunrise, it is best to leave at 02.00 AM as it takes around 1- 2 hours to reach the

summit of Mount Batur. The sky will show its unique appearance from black to dark red tones, then orange, pink, and yellow, absolutely worth your effort to wake up at 2 AM.

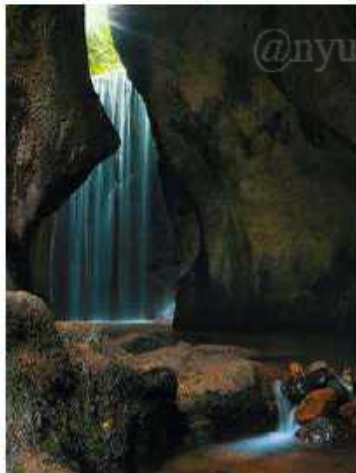
### *#nyuhtips*

Don't forget to pack a warm jacket as the weather will be quite cold and bring the mosquitoes repellent.

*Wonder the idea as a treat after climbing?*

You can go to Batur natural hot spring for an extra cost. It offers the opportunity to soak in the volcanically heated pool with a beautiful mountain as the background.

## Tukad Cepung Waterfall



*Distance : 34 km*

*Timing : 75 mins*

It is the most unusual waterfall within a small cave around. On a sunny day, you will be able to enjoy the light shafts coming that creating a breathtaking atmosphere. The first sunbeam protrudes into the cave at 9 to 11 AM, depending on the season and sun's position. The walk down to the canyon is moderate. You will pass through the tropical jungle and down some steps for about 15-20 mins.

## Ulundanu Temple



*Distance : 49 km*

*Timing : 90 mins*

Located in the Bedugul, approximately 1,5 hours from our home, this temple is situated on a lake surrounded by mountains. If you are interested to capture the lake from a different perspective, you can rent the traditional jukung to tour the lake.

### **#nyuhtips**

We suggest you visit the temple in the morning or early afternoon as, by the late afternoon, the heat and winds from the low lands create fogs, covering the panorama.

## Handara Gate



*Distance : 50 km*

*Timing : 90 mins*

It is a Balinese gate with the lush green scenery on the side. It is basically not a tourism object, just a photo spot that worth to stop by if you visit the north of Bali. Due to its popularity, be prepared to wait in line before taking the picture.

## Banyumala Twin Waterfall



*Distance : 62 km*

*Timing : 120 mins*

Immerse yourself in two epic waterfalls and the swimming hole with the crystal clear water. It takes 15-20 mins to go down and 20-25 mins to go up depends on your fitness level. The trek itself is somewhat tricky, please wear the comfort foot wear.

### **Leke – leke waterfall**

*Distance : 34 km*

*Timing : 75 mins*

The waterfall is lil bit narrow, however, set up beautifully between two cliffs, surrounded by the green and lush forestation. You will find bamboo bridges over the river crossing, which is quite photo-genic. Compared to other hidden waterfalls in Bali, leke leke waterfall has well-maintained entrance and amenities. The hike into the waterfall is an easy to moderate hike that takes approximately 15 minutes.

### **Sekumpul Waterfall**



*Distance : 66 km*

*Timing : 135—150 mins*

Sekumpuls means a group in English, as its name, you will find the cluster of 7 narrow waterfalls, plunging from an average height of 80 m. It is quite hard to get the walk down is rather steep and arduous, as usual because all good things take time. You will be rewarded with the incredible view when you find it. It is considered as one of the tallest waterfalls in Bali with the natural swimming pool to unwind.

#### **#nyuhtips**

The entrance fee varies from IDR 20.000 to IDR 200.000 depending whether you just would like to have the view or enjoy the full or half trekking with the local guide.



## Jatiluwi Rice Terrace



*Distance : 43 km*

*Timing : 90 mins*

It is located in central of Bali, on the foothills of Mount Batukaru. It is appointed as one of the UNESCO world heritage sites due to the usage of a traditional water irrigation system that dates back as early as the 9<sup>th</sup> century. The rice

terrace here is much bigger (600 hectares) and less crowded compared to the more popular Tegalalang Rice Terrace.

### *#nyuhtips*

Consider visiting this rice terrace if you have lots of time in Bali, or you really want to see the rural side of Bali.

## Tanah Lot Temple



*Distance : 30 km*

*Timing : 90 mins*

Known as the temple in the sea, this magnificent temple seemingly floating in the ocean for all to see. Sitting on a large offshore rock, Tanah Lot is dedicated to the deity of the Sea, Bhatara Sagara.

You also can find small caves inhabited by sea snakes that believed as the guardian of the temple. Take a chance to see it if you are into.

### *#nyuhtips : What is the best time to visit Tanah Lot?*

Sunset is the best time to see the Tanah lot as its prettiest. Unfortunately, it is also the busiest time; both ways getting to and from Tanah Lot during sunset brings traffic. If you don't mind missing the sunset, visiting in the morning is a better

## Uluwatu Temple



*Distance : 47 km*

*Timing : 150 mins*

It is perched on the top of a cliff overlooking the beautiful Indian ocean. The breathtaking view from the temple's cliff top location is one not to be missed. Locals believed that it was built in the 11<sup>th</sup> century to protect Bali island from evil's spirit. The best time to visit is at sundown (around 5 to 6 PM). You also can watch the Kecak dance that performs daily from 6 to 7 PM.

## Bias Tugel Beach

*Distance : 33 km*

*Timing : 90 mins*

It was considered as the secret beach but still a fairly unknown compared to the other nearby white beaches. Bias tugel beach has white sand with black volcanic boulders on both ends. The trek is pretty accessible for anybody of a general fitness level, no more than 10 minutes. It is relatively quiet and perfect for a relaxing day of sunbathing and splashing around in the crystal clear water.

## Sanur Beach



*Distance : 22 km*

*Timing : 40 mins*

It is the nearest beach from our home with lots of hotels, bar, and restaurants along the beach. However, it is less crowded than Kuta Beach. The water is clear, but not turquoise, expect golden sand instead of fine white sand. The waves are calm, hence it is not a choice to do surfing. Even if the beach is mediocre, it still has a certain laid back charm. It also offers one of the best beach front running paths in Bali, with a 6 km path.

## #nyuhtips : Temple Etiquette

*Bali is famously known as the island of the thousand temples. Temple is considered as the holy place to pray. It is interesting to witness the Balinese tradition as Balinese people practice their own unique branch of Hinduism. Whichever the temple you plan to visit, every temple usually has a similar etiquette to follow.*



### Do's

- **Sarong**

Cover legs below the knee by using sarong and sash around the waist. Sarong rental is usually available, bring yours if you have one.

- **Clothes**

Wear clothes that cover your shoulder properly. Bikini, crop top, tank top are considered inappropriate to enter the holy place.

- **Donation**

Entrance fee is mandatory in the famous temples. In some less familiar temple, you can visit the temple without paying anything. If you wish, you can leave a little donation at the temple as a good gesture in the donation box.

- **Taking Photo**

Photography is generally permitted as long as you pay respect to both the praying pilgrims and the sites.

- **Sitting Position**

Sit cross-legged or sit on your heels as Balinese do.



## Don't's

- **Point your feet to the altar**

Feet are considered unclean in Bali, therefore you should not point your feet to the shrines or any holy object in the temple.

- **Sit next to or higher than the priest**

The priest is the respected person that leads the ceremony.

- **Enter a temple if you are menstruating or have given birth in the last 6 weeks.**

## #nyuhtips : Learn Indonesian Languages

While in Bali,

*Try to Do Things  
like Balinese Do*

Balinese do really respect the visitors who can say the local language, even just one word. Here are some famous easy words to learn. Have fun in using it while in Bali.

How are you?	Apa kabar?
I am fine	Baik – baik
Thank you	Terima kasih
You're welcome	Sama – sama
Yes	Iya
No	Tidak
Good morning	Selamat pagi
Good afternoon	Selamat siang
Good evening	Selamat malam
Good night	Selamat tidur
Goodbye	Selamat tinggal
See you again	Sampai jumpa lagi
How much is it?	Berapa harganya?
Please	Tolong
I am sorry	Maaf

## ***Exchange your Money Safely in Bali***

### ***#nyuhtips***

Generally speaking, you will get a much better exchange rate when exchanging your money in Bali rather than in your home country. Here are the tips for us to change your money safely :



- We don't want you to get scammed. Our suggestion is to avoid any vendors located down an alley, even if they claim as "authorized" or their exchange rate is much higher

- Go to the bank or authorized money changers. How to notice? They usually have di-

rect frontage onto the main street and usually manned by the security guards

- Use your own calculator in the smartphone
- Ensure to count the money carefully before you go
- Get familiar with Indonesian money. Be aware as some of them may look similar
- Compare the rate before you exchange for some money. Here are the links to see their updated daily rate.

[\*http://www.balibestrate.com/\*](http://www.balibestrate.com/)  
[\*https://www.balimaspintjinra.com/\*](https://www.balimaspintjinra.com/)

## ***How to Bargain Nicely in Bali?***

### ***#nyuhtips***

Bargaining is part of the local custom and expected in Bali. If you are not familiar with bargaining, just read our tips below.

- **Never ask a price until you are sure that you want it**



The sellers will invite you to bargain once you ask the price. You may feel guilty afterward and end up buying things that you don't like. If you don't like it, simply say politely "no thanks" in the beginning

- **Never accept the first price**

The seller usually marks up the price two or even three times more. Start to bargain 50% or even 70% lower of the first price and go up slowly

- **Use the famous walk away trick**

Unless the price is too low, the seller will usually call you and accept your final price. If they let you walk away, you know that your price was simply too low.

- **Start shopping in the morning**

Balinese people believe that the first sale of the day is considered as an omen of coming good fortune for the vendor

- **Don't express much interest in the item**

Don't be too attached to the item to get a better deal

- **Choose the shop on your own.**

The shop in the art village or traditional market usually sell a similar item. It is okay to visit several vendors before deciding to buy to compare the quality and research the price

- **Enjoy it as the fun experience**

Don't be so aggressive. It is okay to be laughing and smiling



## ***Transportation Options in Ubud***

### ***#nyuhtips***

Most of the villages in Ubud don't permit blue bird taxi and online taxi to operate around Ubud. Here are some transportation options you can choose to explore Ubud and Beyond.

- **Using our shuttle service**

You can rely on our shuttle service to go around the Ubud center. We frequently operate in a day to three destinations. Please ask your butler regarding the shuttle schedule.

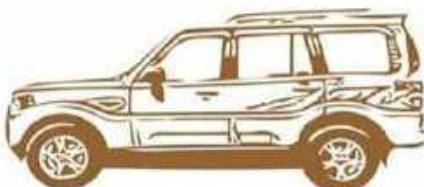
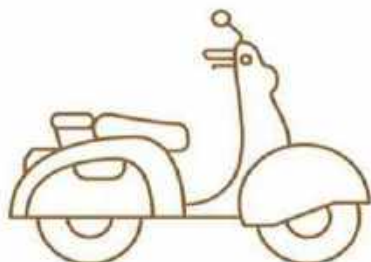
- **Stroll around with Motorbike**

We provide two complimentary motorbikes based on availability. We advise you to skip this option if you have not ridden a scooter before in your country, as Bali's street is not an excellent training ground. It will be very risky to ride a motorbike in Bali for the first time rider. If you are fully capable of riding a motorcycle, please double check these below points :

- ✓ International drivers license
- ✓ Wear a helmet at all times
- ✓ Valid medical insurance
- ✓ Stay on the left-hand side of the lane
- ✓ Save the registration letter well

- **Use our transportation service or Rent a Driver**

It is an excellent option if you want to explore more about Bali safely in the more relaxing way.



## **#nyuhtips : Five Ways to Prevent Bali Belly**



Bali Belly is basically just another name for diarrhea or other stomach or digestion problems. Like the traveller's diarrhea, bali belly can happen anytime, anywhere in the world. Bali belly happens, but it doesn't happen to everyone. It is commonly caused by consuming contaminated food and water. Although, in few cases, it also can be caused by stress and jet lag. The symptom appears after 1-10 days, depending on the pathogen's incubation period. We recommend five following ways to prevent it :

- **Never brush teeth with the sink water**

The tap water in Bali is not drinkable. Always use the bottled water that we provide. Be aware when showering to not get any water in your mouth

- **Be careful about Tasting the street food**

While it may be tempting to try local food on the street, having meal at the restaurant is a better option to avoid Bali's belly

- **Don't eat the fruit directly after you buy it**

Bali's weather is hot, and we all know fruit is the best way to combat this heat. Always wash the fruit with the mineral water before you consume it. Do not buy the peeled fruits on the street

- **Hand Hygiene**

Wash your hands frequently for a minimum of 20 seconds with soap, mainly before eating and after going to the toilet

- **In the worst-case if it happens...**

Drink lots of water. The water we provided is sourced from the aqua, the most popular mineral water brand's in Indonesia. Coconut water is known to help cure Bali Belly, as it has a lot of electrolytes to replace the fluids that are lost due to diarrhea and vomiting. Please let us know if you need any help.

## **Medical Assistance**

### **#nyuhtips**



We don't want you to get sick during your holiday. In case it happens, please let us know immediately through "0" so we can try our best to help. We can arrange an on-call doctor to your room, but honestly speaking, they usually will charge you a lot more compared to the same service at the hospital. In our perspective, their service is relatively limited, as in the severe case, they will also refer you to the hospital.

Currently, many private clinics around Bali offer 24 hours service. These clinics are designated for foreign travellers. Due to the hit and miss of getting an appropriate diagnosis, you are better to go to a hospital than a local clinic. Hospital has more complete facilities and examination such as blood test and x-ray if needed. The hospital usually has standard for the price, therefore avoid you of being scammed. The downside, not all doctors in the hospital can speak English fluently; however, our staff would be pleased to translate your problem and concern.

*A pro tips from us :*

*If the situation is not too emergency, we suggest you ask first about the price before accepting the treatment.*

Here are the list of the nearest hospital from Ubud Nyuh Bali :

Ari canti hospital (1 km)

Ganesha Hospital (4,8 km)

Kasih Ibu General Hospital Saba (10 km)





*The following are the credits for photographs that we use besides our own pictures.  
Thank you for capturing the beauty of Bali*

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