



HANDARA  
GOLF & RESORT  
BALI

# DAILY ACTIVITY



## Basic Golf Lesson

Meeting Point : Lobby (Golf Reception)  
Time : 10 am - 12 pm  
Duration : 60 minutes

*\*prior reservation required*

## Golf Course Tour

Meeting Point : Lobby (GRO Desk)  
Time : 4 pm  
Duration : 60 minutes  
Add Charge : IDR 150,000 net / pax  
IDR 300,000 net / 4 pax

## Yoga

Meeting Point : Lobby (GRO Desk)  
Time : Anytime  
Duration : 60 minutes

*\*free yoga mat rent by booking required*

## Meditation

Meeting Point : Lobby (GRO Desk)  
Time : Anytime  
Duration : 60 minutes

*\*free yoga mat rent by booking required*

## Tennis

Meeting Point : Lobby (GRO Desk)  
Time : 8 am - 5 pm  
Duration : 60 minutes

## Basket Ball

Meeting Point : Lobby (GRO Desk)  
Time : 8 am - 5 pm  
Duration : 60 minutes

## Cycling

Meeting Point : Lobby (GRO Desk)  
Time : 6 am - 6 pm  
Add Charge : IDR 50,000 / 2 hours

## Harvest Your Own Salad

Meeting Point : Lobby (GRO Desk)  
Time : Wednesday, 3 pm  
Duration : 30 minutes

*\*Additional charge for salad making IDR 50,000  
\*\*Prior reservation required*

## Adopt a Tree

Meeting Point : Lobby (GRO Desk)  
Time : Anytime  
Duration : 45 minutes  
Add Charge : IDR 200,000

*\*Prior reservation required*

## Afternoon Tea

Meeting Point : Breeze Terrace  
Time : 2 pm - 6 pm  
Duration : 90 minutes  
Add Charge : IDR 165,000++ / 2 pax

## Eco Bag Painting

Meeting Point : Breeze Terrace  
Time : Tuesday, 4 pm  
Duration : 60 minutes  
Add Charge : IDR 75,000 net / pax

## In-Room Movie

Meeting Point : Front Office  
Time : Anytime  
*\*Kids movie available for free rent at Reception*

## In-Room Board Games

Meeting Point : Lobby (GRO Desk)  
Time : Anytime

## Flying Kite / Kite Painting

Meeting Point : Lobby (GRO Desk)  
Time : Thursday, 4 pm  
Duration : 60 minutes

## Bonfire

Meeting Point : Breeze Terrace  
Time : Saturday, 6 pm

## Jogging

Time : Anytime  
*\*please ask Reception for jogging route*



# KIDS DAILY ACTIVITY

## Kids Eco Playground

Meeting Point : Lobby (GRO Desk)  
Time : 8 am - 5 pm

## Fish Feeding

Meeting Point : Lobby (GRO Desk)  
Time : Anytime

## In-Room Camping

Meeting Point : Lobby (GRO Desk)  
Add Charge : IDR 50,000/night

## Little Farmer

Meeting Point : Lobby (GRO Desk)  
Time : Wednesday, 3 pm  
Duration : 30 minutes

*\*Add Charge for salad making IDR 50,000  
\*\*Prior reservation required*

## Kids Golf Lesson

Meeting Point : Lobby (GRO Desk)  
Time : 10 am - 12 noon  
Duration : 60 minutes

*\*prior reservation required*

## Mask Painting

Meeting Point : Lobby (GRO Desk)  
Time : Wednesday, 4 pm  
Duration : 60 minutes

## Bunny Feeding

Meeting Point : Lobby (GRO Desk)  
Time : Anytime  
Duration : 60 minutes


## Stone Painting

Meeting Point : Lobby (GRO Desk)  
Time : Thursday, 4 pm  
Duration : 60 minutes

## Colouring

Meeting Point : Lobby (GRO Desk)  
Time : Anytime  
Duration : 60 minutes

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 [handaragolfresort](#)

 [Handara Golf & Resort Bali](#)

[www.handaragolfresort.com](http://www.handaragolfresort.com)

*Price & Schedule are subject to change  
Contact our Guest Relation Officer for more information or reservation*






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**\*Terms & Conditions**

Available on Everyday 4 pm - 6 pm.

Please contact our Reception or  
GRO for booking.

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# ARCHERY

IDR **150,000**  
net\*/hour/person

Join our **ARCHERY CLASS** under the supervision of our well-trained staff. This activity is located at our Driving Range, away from the main buildings.

Group sessions are available by advance booking at least one day before. Adults and kids above 12 years old are allowed to join.



# Handara Nature *Activities*



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## FAMILY TREKKING (KIDS FRIENDLY)

Jungle trekking at Handara jungle area completed with vegetation tour and tree planting.

*\*Cempaka tree and pine tree included.*

**Price : IDR 250,000 net/person**  
(minimum 2 persons)

- 10:00 AM : Meeting point at lobby Handara, start walking to Handara Jungle area
- 10:20 AM : Arrive at Jungle area, start vegetation tour
- 11:45 AM : Back to Handara
- 12:00 PM : Free time
- 13:00 PM : Tree planting at Handara (optional)
  - Cempaka tree
  - Pine tree
  - Etc.
- 14:00 PM : Finish

## BERATAN TEMPLE AND LAKE TOUR

Ulun Danu Beratan Temple tour and canoeing around the lake.

**Price : IDR 250,000 net/person**  
(minimum 2 persons)

- 09:00 AM : Meeting point at lobby Handara, depart to Beratan lake
- 09:15 AM : Temple tour & Traditional Canoeing at Ulun Danu Beratan Temple
- 11:30 AM : Free time
- 12:30 PM : Continue to Jungle Trekking (optional)
- Finish - back to Handara



# Handara Nature *Activities*



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## MUNDUK TREKKING TOUR

Trekking at Munduk, natural hot spring experience and Buddhist monastery tour.

**Price : IDR 650,000 net/person**  
(minimum 2 persons)

- 09:00 AM : Meeting at lobby Handara, depart to Munduk
- 10:00 AM : Arrive at Munduk, start trekking
- 12:30 PM : Free time
- 13:30 PM : Continue trekking
- 14:30 PM : Natural hot spring experience
- 15:30 PM : Buddhist monastery tour
- 16:30 PM : Finish - back to Handara

## SUNRISE TOUR

Watching sunrise at Beratan Lake.

**Price : IDR 250,000 net/person**  
(minimum 2 persons)

- 06:00 AM : Meeting at lobby Handara, depart to Beratan Lake
- 06:15 AM : Arrive at Beratan lake
- 07:00 AM : Watching sunrise
- 08:00 AM : Free time
- 09:00 AM : Continue to Beratan tour (optional)



# Handara Nature *Activities*



## BANYUMALA WATERFALL TREKKING

Plantation and jungle tour, holy cave meditation tour, visit to natural pool at Banyumala waterfall, and continue trekking to see other waterfalls.

**Price : IDR 650,000 net/person**  
(minimum 2 persons)

- 09:00 AM : Meeting at lobby Handara, depart to Banyumala waterfall
- 09:30 AM : Arrive at starting point
- 09:30 AM : Plantation and jungle tour, tour to Holly Cave Meditation, Natural Swimming Pool
- 12:00 PM : Free time
- 13:00 PM : Continue trekking to see other waterfalls.
- 15:00 PM : Finish, back to Handara
- 15:30 PM : Arrive at Handara

## JATILUWIH TOUR

Trekking to ancient temple, visit to the beautiful Jatiluwih rice terrace, and ended with natural hot spring experience.

**Price : IDR 650,000 net/person**  
(minimum 2 persons)

- 09:00 AM : Meeting at lobby Handara, depart to Jatiluwih
- 10:00 AM : Arrive at Jatiluwih
- 10:00 AM : Trekking to ancient temple, visit to the beautiful Jatiluwih rice terrace
- 13:00 PM : Free time
- 14:00 PM : Depart to natural hot spring
- 14:40 PM : Arrive at natural hot spring, swimming at natural hot spring
- 15:40 PM : Finish - back to handara



# Handara Nature *Activities*



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## HANDARA JUNGLE TREKKING & CANOEING TO BERATAN LAKE

Trekking at Handara Jungle to Beratan Lake and canoeing at Beratan Lake.

**Price : IDR 500,000 net/person**  
(minimum 2 persons)

09:00 AM : Meeting at lobby Handara.

09:00 AM : Start trekking at Handara Jungle  
to Beratan Lake

12:00 PM : Start canoeing at Beratan Lake

13:00 PM : Free time

14:00 PM : Finish - back to Handara

14:30 PM : Arrive at Handara



# Hidden Waterfall Paradise

*in North Bali*



Coffee, strawberries, mountains and clove plantations are what surround you in the highlands of North Bali and you should absolutely not miss visiting the area. Bali isn't only about beautiful beaches and sunset cocktails. This paradise island is home to stunning waterfalls too - here are some of the best for your next adventure!

If walking through dense jungle, clambering over rocks and ducking under lush green canopies is your idea of fun, then hunting for Bali's hidden waterfalls needs to be on your Bali bucket list. So, to help you on your wet adventure, here are some must visit waterfalls around Handara areas. Go on, jump right in!



**Tirta Mampéh Waterfall**



**Banyumala Twin Waterfall**



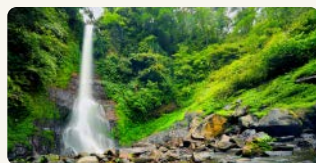
**Wanagiri Pucak Manik Waterfall**



**Tirta Buana Waterfall**



**Munduk Waterfall**



**Gitgit Waterfall**

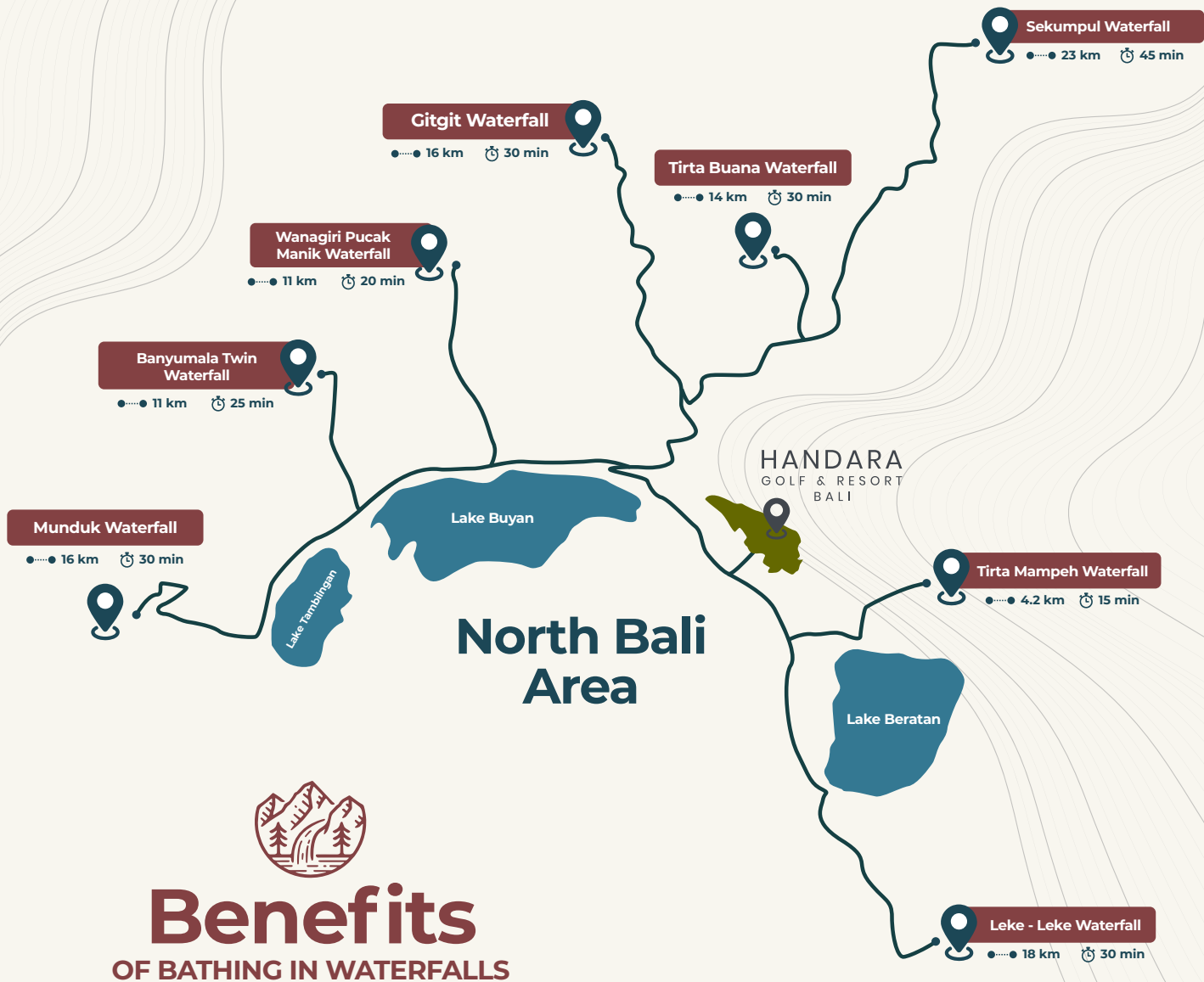


**Leke - Leke Waterfall**



**Sekumpul Waterfall**





# Benefits OF BATHING IN WATERFALLS

Waterfalls provide soothing sights and sounds that help you relax and de-stress in today's busy world. Lower your blood pressure and improve your physical and mental health as you prop your feet up and enjoy the therapeutic effects of Mother Nature.

Waterfalls create calmness especially during day. Most people get tired especially during day and the negative ions from the waterfalls bring in calmness.

They also help in reduction of the free radicals

which cause the damage of cells, DNA and proteins in the body through the release of the negative ions.

Waterfalls also help in reducing stress and depression. the negative ions released causes calmness and this somehow alleviates the stress and depression.

Waterfalling is indeed making the most out of our limited time as it's one of the most worthwhile things you can do in life.

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