

SILENT WALK

Nature is a powerful healer. Spending time in nature opens up our hearts to peace and contentment. Allow us to take you on a journey to discover the magic of Bali and experience the untouched beauty of nature in this area. Taking place in Kintamani, our tour takes you through a region of Bali that is known for its deep spiritual and healing power.

Begin with a refreshing walk through stunning woodlands around Mt. Abang, which lies within a huge volcanic crater basin. Take this opportunity to experience nature's five elements: a majestic volcano, a brilliant lake, rustic earth, cooling breeze, and a compelling sense of spirit while following the footsteps of Bali Mula - the first tribe to have arrived on the island of Bali.

Reconnect with inner peace through guided yoga and meditation sessions, which includes an earth ritual which will strengthen the human connection to the land, nature and to ourselves. The earth ritual is also considered as an act of giving back to mother nature, creating a compassionate relationship with the environment.

The trip ends on a perfect note with a water cleansing ceremony at one of Bali's ancient and sole water temples in Tampaksiring. This spiritual cleansing ritual is aimed to achieve self purification of the body, mind and soul; also to connect emotion and intuition through the element of water, which is believed by the Balinese as an important source of life in Bali.

Come with an open heart, and this day will bring you not only a new understanding of Bali, its people, its traditions, and serene beauty; but also of yourself and your own inner beauty.

Itinerary :

04.00 - 04.30 Pick-up at resort

04.30 - 05.30 Drive to Penelokan

05.30 - 06.30 Sunrise watching at Penelokan

06.30 - 06.45 Drive to Mt. Abang Trekking Point

06.45 - 07.00 Trek through the stunning woodland

07.00 - 08.00 Yoga , meditation and earth ritual

08.00 - 08.30 Fresh and healthy breakfast overlooking Mt. Batur view

08.30 - 10.30 Silent walk to experience nature's five elements: the volcano, lake, earth, cool breeze, and powerful sense of spirit

10.30 - 11.00 Drive to holy water temple for a powerful water cleansing ritual

11.00 - 12.00 Water purification ceremony aimed to achieve self purification of the body, mind and soul. To connect emotion and intuition

12.30 - 13.00 Return to the resort