

THE MENJANGAN

west bali national park



Guest Activity Directory

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 TheMenjangan  The_Menjangan

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ON LAND

Explore Bali Barat on foot, horseback or mountain bike. This perfect introduction to The Menjangan takes in the views of the forest and beach guided by the resort's expert staff. Each of the following activities can be arranged with our guest relations team. Tours leave daily and are subject to weather conditions.



BIRD WATCHING

350' / 2 hours/pax
450' / 3 hours/pax

With more than 160 species of birds thriving in the national park, many on the endangered species list, a guided tour is indeed a rewarding experience. Look out for the Bali Starling and visit our breeding program which fearlessly protects these rare and endemic birds as they fight their way back from extinction.

TREKKING AND BIKING

350' / 2 hours/pax

Explore the jungle on foot or jump on a bike. Listen to our trained guides share their secrets, find out which leaf to use for antiseptic and which one to grab for the perfect manicure. Discover some of the best views, only reachable on foot. Keep quiet to discover The 'Menjangan', a unique species of deer after which the resort is named. Chance upon a monitor lizard sunning itself on a warm rock or a family of monkeys in search of lunch. Our guides can answer your questions regarding the conservation projects the resort is involved in or the flora and fauna that live in the park.



HORSEBACK RIDING

600' / 1 hour/pax
1.050' / 2 hours/pax
1.450' / 3 hours/pax

SUNSET RIDE

700' / 1,5 hours/pax (Start at 17.00)
1.150' / 2,5 hours/pax (Start at 16.00)

Experience the beauty of the national park on horseback. We have a stable of faithful Australian horses which know these woods almost better than we do. Take in the views of the jungle and beach, guided by the resort's trained staff who tailor each trip to suite your riding ability. If you wish to see the sun setting behind the volcanoes from Java, we recommend to book the romantic Sunset Ride.

All prices are in indicated in thousands of rupiah and are subject to 11% government tax and 10% service charge
For further information and reservation, kindly contact Front Office service or dial "100"

AT SEA

The coastal area just off-shore from the resort offers possibly the best snorkeling opportunities anywhere in Bali, and is also renowned as one of Indonesia's premier scuba diving spots. All "At Sea" activities are coordinated by the resort's Water Sports team.

KAYAKING

SINGLE KAYAKING

- 150' / kayak / 1 hour without guide
- 200' / kayak / 1 hour with guide
- 200' / kayak / 2 hours without guide
- 250' / kayak / 2 hours with guide

DOUBLE KAYAKING

- 200' / kayak / 1 hour without guide
- 250' / kayak / 1 hour with guide
- 300' / kayak / 2 hours without guide
- 450' / kayak / 2 hours with guide

Kayak through the mangrove maze. Go for it on your own or with a guide to explore the best of the bay as The Menjangan has both single and double kayaks with lifejackets on hand.



SNORKELING TOUR

- at Bajul Bay with guide 350' / 2 hours/pax
- to Menjangan Island (min 2 pax) 800' / 4 hours/pax

Seven world-class dive sites lie off the coast of Menjangan Island, a short boat ride from The Menjangan. has one of the most spectacular coral reefs in Bali. At the local dive sites you can find magnificent coral gardens and dramatic reef walls which are home to a vast range of marine life: everything from sea fans, pygmy seahorses and vivid gorgonians to schools of snapper and reef sharks. Visibility is normally excellent, ranging from between 15 and 30 meters. The Menjangan's watersports / dive base offers a comprehensive selection of wetsuits, masks, diving equipment and all other gear necessary to explore beneath the waves.

DIVING

Please visit the Blue Season Internet page www.blueseasonbali.com



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CULINARY SPECIALS

PRIVATE BARBEQUE DINNER FOR QUEENS AND KINGS

The barbeque dinner is a magical experience; enjoy your front row seat as the sun sets across the ocean. Dine on freshest seafood, meats from local farms, organic Bedugul vegetables with an all you can eat buffet. This is the perfect way to celebrate a special occasion, whether a proposal, anniversary or birthday. Let us arrange everything for you. Barbeque dinners can be organized in the privacy of your own villa, at the beach or in a private Mangrove gazebo overlooking the bay.

950' per person Western Menu
750' per person Balinese Menu



PAON BALI ~ THE CULINARY EXPERIENCE

Explore the secrets of Balinese cuisine and its exotic flavors with this four course culinary experience! Great for kids and adults alike who share a passion for the art of cooking, leaving you with unique memories and plenty of information for your future Balinese dinners once back home. Your private Balinese chef will guide you through the preparation of dishes – using the freshest ingredients, traditional cooking tools and recipes – just as they do in local homes and villages since centuries. Indulge yourself in the Balinese way of cooking and culinary pleasures whilst overlooking the clear blue ocean in the middle of Bali's National Park. Reservation required, please allow us 24hrs for preparation.

800' per person (children under 12 – 50% off)



CANDLELIGHT DINNER SWEET ROMANCE

Surprise your loved one with a magical candlelight dinner! Sit back, relax and let us take care of the rest... be prepared to experience a most romantic evening! Enjoy a special seven course tasting menu dinner which can be tailored to your liking. Reservation required, please allow us 12 hours for preparation.

950' per person Western Tasting Menu
750' per person Balinese Tasting Menu

NASI KAMPUNG PEJARAKAN DEFINITELY BEST OF LOCAL TRADITION

Indulge in the best of traditional Balinese tastes: Nasi Kampung Pejarakan literally translates to the rice of the local village of Pejarakan. Enjoy this feast at the Bali Tower Restaurant, in a private gazebo or in the privacy of your Beach Villa.

Reservation required, please allow us 12hrs for preparation.

550' per person



Vegetarian options are available for all culinary activities. Please enquire with Front Office directly. All prices are in indicated in thousands of rupiah and are subject to 11% government tax and 10 % service charge



BALINESE MASSAGE

60 MINUTES 450' / 90 MINUTES 600'

The balinese massage is a relaxing traditional massage done using stretching, acupressure and swedish massage techniques. The aim of this therapy is to release tension and improve blood circulation.



REFLEXOLOGY

60 MINUTES 450'

Begin with a foot bath ritual followed by acupressure on areas of the feet to reflect on areas of the body. This soothing ritual will reduce the blocked areas throughout the body.



SHIATSU

60 MINUTES 500'

A traditional japanese technique used to balance and detoxify the body. During the massage, muscle toxicity is pushed out into the blood stream.



AROMATHERAPY MASSAGE

60 MINUTES 600' / 90 MINUTES 750'

Combination of long stroke lomi - lomi and Balinese massage with choice of aromatherapy oil:

- Relaxation : blend of clary sage, lavender and geranium
- Revitalizing : blend of lemon, basil and peppermint
- Detoxification : blend of ginger, tangerine and lime
- Sensuous : blend of rose geranium, ylang - ylang and sandalwood



AFTER SUN SOOTHING RITUAL WITH ALOE VERA

60 MINUTES 500'

- After-sun Soothing Gel • Foot Treatment while waiting for the Aloe Vera dry
- Cooling Shower with After-sun Shower Gel • After-sun Soothing Body Mist

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TRANSPORTATION



TOYOTA INNOVA

- **AIRPORT TRANSFER:**
1.100' /Car / Way Up To 4 Pax)
- **UBUD TRANSFER:**
1.100' /Car / Way (Up To 4 Pax)
- **LOVINA TRANSFER:**
700' /Car/ Way (Up To 4 Pax)
- **PEMUTERAN AREA TRANSFER:**
250' /Car/ Way (Up To 4 Pax)