



Spa Calendar

2010

**26 March
23 July**

**23 April
27 August**

**28 May
24 September**

**25 June
29 October**

**Alila Manggis
Karangasem, Bali**

Alila Culinary Journey

For the active gourmand – blend product understanding and selection, the secret of spices to time spent in the kitchen, to showcase the regional flavour of Bali. An experience you'll joyously take home.

Spa Travel Inclusions:

- Return private airport / resorts transfers
- 5 Nights accommodation staying at Alila Manggis in room of choice
- Daily breakfast
- 1 x 6 hr Introduction to Balinese Cooking
- 1 x 5 hours Food for Life experience
- 1 x 5 hours Seafood Cooking School
- 1 x 60 minute Spa Alila signature massage treatment
- 1 x 3 course dinner for two at guests chosen location within Alila Manggis
- Free shuttle service based on hotel schedule to Candi Dasa Town
- Daily afternoon tea 3pm – 5pm
- Complimentary lifestyle experience based on weekly schedule for tai chi or yoga
- WIFI internet connection in room or in public areas
- Spa Travel wallet & documentation

Costing:

Room of choice:

Superior Room	\$\$
Deluxe Room	\$\$
Suite	\$\$\$



\$ indicates approximate costing in Australian Dollars and is based on per person. Package is subject to seasonal or currency price increases. Extended and single package costings are available on application. All packages are non-refundable, subject to availability and conditions apply. Valid 31 October 2010

Travel Request:

Call Spa Travel reservations on **1300 13 11 16** to speak with a qualified consultant who will attend to all your travel arrangements or contact your preferred travel agent.

Price Guide:

\$1,000 - 2,000 **\$\$**2,001 - 3,000 **\$\$\$**3,001 - 4,000 **\$\$\$\$**4,001 - 5,000 **\$\$\$\$\$** 5,001+

Itinerary:

Day 1

Arrive at Bali international airport and transfer to Alila Manggis.

After checking in to your room, you'll relax with a Spa Alila signature massage treatment.

The rest of your day is at leisure.

Day 2

After an early morning breakfast with Alila Manggis Chefs, visit the morning market at Klungkung and experience the amazing sights, sounds and aromas of one the busiest village markets in East Bali. Return to the hotel to learn how to use the ubiquitous Ulekan (traditional Balinese mortar and pestle) to make the embodiment of the Balinese cuisine – Bumbu Bali (Balinese curry paste) and Bumbu kacang (peanut sauce) – and prepare Balinese style nasi goreng (fried rice) in a wok and sate ayam (grilled chicken skewers). Then savour the morning's handiwork over a leisurely lunch.

Rest of day at leisure.

Day 3

Eat well...life well. Enjoy a great day of cleansing, stretching and cooking for life with a combination of vegetarian cuisine and yoga. Your day will begin after breakfast with a visit to Alila Manggis' gardener, Pak Sugita's house where you will help him make jaja Bali (Balinese sweets) and palm sugar before joining his family for a morning coffee. Then venture into the organic garden for your cooking class. Using organic ingredients, traditional cooking techniques and equipment you'll create a refreshing vegetarian lunch – perfect for cleansing the body and learning healthier cooking habits.

After lunch amid the tranquil surroundings, enjoy the afternoon at your leisure until your evening yoga class.

Day 4

Today you will join the Alila Manggis team of fisherman aboard their jukung, a traditional style fishing boat. At 7.39am, you will venture out with the colourful local fleet of fishing boats to catch a fish for your dinner. Your day will be at leisure, with your cooking class commencing at 5 pm in the garden by the sea. You will learn how to prepare a local fish and prawn curry. Bumbu Bali and pepes ikan (fish wrapped in banana leaves) will be served as a sumptuous seafood megibung, utilising your very own catch of the day.

Day 5

Take breakfast at leisure and enjoy your day to do as you wish.

Tonight you'll experience a sensational 3 course dinner at location within Alila Manggis that you choose.

Day 6

After breakfast.

The morning is at leisure before you check out of your room by 12pm.

Transfer to the airport.

For all your reservation needs:

Phone: 1300 13 11 16

Email: [Spa Travel Reservations](#)

[COMO Shambhala Facts](#)

All travel arrangements are non-refundable, subject to availability, conditions and cancellation fees apply. All prices are quoted in Australian dollars and are subject to change. Other prices for different room types, duration of stay or number of persons is all available on application. Spa Travel or Travel With A Difference is no way responsible for any unforeseen operations of airlines, hotelier, tour operator or retreat facilitator. Whether travelling within Australia or overseas travel insurance is highly recommended, contact us or visit www.SpaTravel.com.au and click into resources to access QBE travel insurance on line. Credit card payments may incur a transaction fee 1.2% visa, mastercard and 3% Amex. Travelling overseas visit www.smartraveller.gov.au for country security information or to register you being abroad. If travelling to countries that may expose you to major illnesses or disease visit your preferred travel medical practitioner well in advance. Are you visiting a country that requires a visa? Lic No. 32425

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