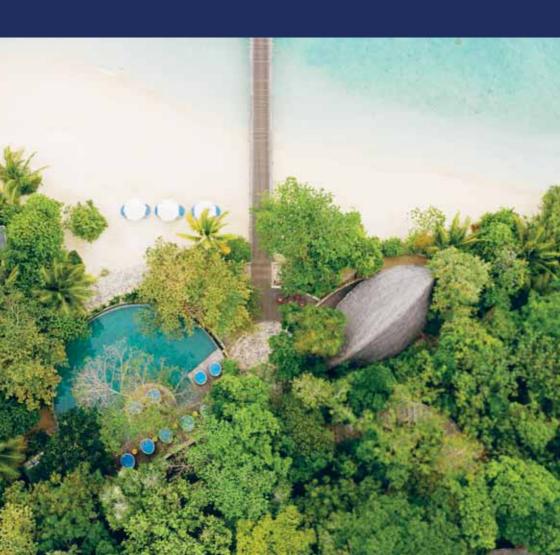


**BAWAH RESERVE PLAY BOOK** 

# ACTIVITIES & EXPERIENCES







From soothing yoga along the water's edge to a spirited afternoon at sea atop a stand-up paddleboard, Bawah Reserve has activities to suit every style and taste. Explore the rainforest on one of our hiking trails, snorkel amongst the coral and marine life or kayak to secluded beaches.

Discover the wonders of Indonesian heritage in a Batik art class or simply laze away the afternoon at Aura Spa or on your private veranda. Because we are a boutique resort with plenty to do, you can easily plan your days as they come. Free, easy, simple - the Bawah way.



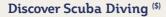
#### Catamaran Sailing

Hobie Wave, RS Feva XL

Make waves and set sail on our easy-to-use catamarans. Enjoy a sail on our turquoise lagoons with magical views included. A relaxing and fun activity that provides unforgettable adventure at sea. Whether you are a beginner or an experienced sailor, gliding through the water is an experience like no other—the ideal sport to add to your tropical island holiday.

#### New to sailing?

Let our activities team take you out and show you the ropes.



Situated in the Northeast of Indonesia in the middle of the Coral Triangle Initiative, the prolific and preserved area of the Anambas, Bawah Reserve offers some spectacular diving attractions. If you are new to diving and looking to complete your certification, or are a seasoned diver, the surrounding reefs offer an abundance of marine life.

Our registered Dive Centre is managed by PADI certified professionals who specialise in diving education and conservation. We can organise your online theory in advance to maximise your diving time. Bawah is an ideal place to try scuba diving.





#### Dive services include:

- Discover Scuba Diving
- Scuba Refresher
- Open Water
- Advanced Open Water Diver
- Rescue Diver Course
- Fun Dives
- Conservation Dives
- Bubblemaker (kids)
- Specialty Dives
- DPV Diving
- Night Diving

Please see our Scuba Diving brochure for more information



# DPV Diving & Snorkelling (\$)

Embark on an exciting underwater journey with our DPV (Diver Propulsion Vehicle) experiences. Also known as underwater scooters, DPV's allow you to glide alongside colourful reefs without strenuous swimming, cover more areas in less time and effortlessly cruise with sea turtles and vibrant fish. Maximise your dive or snorkel time to unveil hidden underwater treasures and unique species. DPV's are suitable for snorkellers and divers of all levels, offering added confidence and support for newcomers and an extra thrill and versatility for experienced marine enthusiasts.

Please see Dive brochure for full details





# Kayaking

Single, double & transparent

Guests are free to pick up a kayak from the Activities Centre at any time to explore the lagoons and alcoves or paddle to our islands and their beaches. A paddle to Sanggah island will uncover evidence of Bawah's volcanic past.

# Want a guide?

Guided kayaking excursions are available upon request.

# Group Sunset Six Islands Boat Excursion

One of the best ways to see Bawah's six islands is at the golden hour of sunset with a glass of wine in hand. Ease into an hour-long guided tour learning about the Reserve's rich history and biodiversity from our Activities Team.

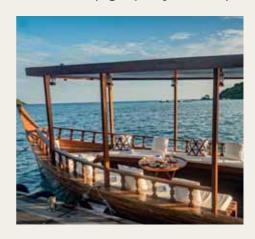
Water and fresh juices provided. Alcohol is available upon request

# Private Six Islands Boat Trip (\$)

Join us for a one-hour sunrise or sunset cruise on board our classic teak motorboat, Hyacinth, a great way to see the Reserve. During your tour you'll get to watch the sun rise or set over the Anambas horizon, toast to a new day or set the pace for the night ahead with loved ones or friends.

**Sunrise:** water, tea, coffee, fresh juices, breakfast pastries

Sunset: Champagne, fresh juices, canapés





# Stand Up Paddleboard (SUP)

Our calm lagoon waters are the perfect place to learn or practice paddleboarding. SUP offers a challenging full-body workout and great views above and below the waves.

#### New!

See-through paddleboards are available

# Daily Guided Snorkel Safari

New to snorkelling or want guided exploration? Join our Activity Team for daily guided snorkels. Learn about marine life behaviour, diets and unique features near our shores.

Please check with our Guest relations team for daily timings.

# **Snorkelling**

Grab your fins and your GoPro and discover Bawah's underwater world, (a protected marine conservation area). Come face-to-face with giant Bumphead Parrotfish, Clown Fish, Angelfish, Rabbit Fish, Butterfly Fish and Green and Hawksbill Turtles to name a few. Keep your eyes peeled for the illusive Puffer Fish, Triggerfish, Giant Clams and Nudibranch galore.





# Private Boat Snorkelling (\$)

Allow our Activity team to take you and yours to some of our favourite snorkel spots for sea life spotting. This private excursion allows you to explore snorkel spots only reachable by boat.

# Night Snorkel Safari (\$)

A fascinating other world awaits after sundown. Join our team to explore our reef in a new light. Night snorkelling offers a chance to experience coral feeding (and spawning - if you're lucky!) and see nocturnal animals that are hiding during the day.

#### Want to see more?

Hire one of our special UV torches to reveal the stunning hues of fluorescent greens, reds, oranges and yellows emitted at night under the waves.





#### **Architecture Walk**

Join us for an informative hour-long walking tour to reveal the hidden stories behind the building of Bawah Reserve, which took five years to build by hand. Discover the process of building on the previously uninhabited islands and the architectural practices that use new engineering and traditional Indonesian building methods. Learn about how the bamboo structures of our Beach Suites were designed and constructed, the traditional method for making rock walls and the artists who weaved strips of bamboo to create the rich tapestry on the walls and ceilings.



# **Batik-inspired Painting Class**

Get inspired by the art of batik making, a craft included in the UNESCO Intangible Cultural Heritage of Humanity list. Learn the process of traditional plant-based wax dyeing along with the basic principles of the craft. Create your own batik with the assistance of our experienced team.

# **Bawah Survivor Experience** (\$)

Imagine you're stranded on an island, Robinson Crusoe style, in the middle of the ocean. You will need to utilise your own ingenuity and problem solving skills to complete the challenges and find the treasure - can you do it? Take part in the tasks set by the Bawah bushmasters and uncover the clues to find out!

#### **Beach Games**

Football, volleyball, badminton, petanque, frisbee, sepak takraw

The soft sandy beach in front of the Activities Centre provides the perfect spot for a host of beach fun. From a game of football to learning the local game of Sepak Takraw, our Activities Team are always up for a friendly competition.





#### **Croquet or Tennis**

Our activities lawn is situated in between the boutique and the permaculture gardens. Enjoy a traditional, slowpaced game of croquet or get the heart racing with a game of lawn tennis.

# Croquet or Tennis with Afternoon Tea (\$)

Enjoy two traditional British pastimes with a game of croquet or tennis followed by afternoon tea in the Pavilion Belajar. Delight in sweet and savoury morsels and a choice of freshly brewed teas or coffee.

# Forest Hiking

At the heart of our wilderness you'll encounter primary jungle and a rich ecosystem bursting with life. Don't miss the 'King of Our Jungle' – a 50-metre high, 500-year-old Keruing tree. Bawah offers three marked trails, leading to magnificent lookouts where you will be rewarded with commanding views of the coastline, Coconut Beach, the statuesque Batu Tokong and surrounding islands.

#### **Guided Forest Hike**

Start or end your day immersed in nature with a guided sunrise or sunset hike. Our knowledgeable Activities Team will take you to the most picturesque spots you will learn about the flora and fauna as you trek.

### Indonesian Dance Experience (\$)

Experience the allure of Indonesia during your private dinner or BBQ event, where our talented staff will transport you to the heart of Indonesian culture through captivating dance performances. Enjoy dances like Melayu (Persembahan) and Balinese, celebrating love and tradition. Experience the diverse culture through "Wonderful Indonesia." Create lasting memories in paradise.

#### Indonesian Dance Lesson

Learn some basic traditional Indonesian dance moves from our talented team.





# **Infinity Pool**

The swimming pool is half-moon shaped and 22 m at its longest point making it great for morning laps. Shaded by trees, the pool offers a cool respite from the tropical heat.

#### Permaculture Garden Walk

Discover our organic and ecological gardens and take an eye-opening guided tour learning about our recycling and pioneering farming practices, which allow us to grow the freshest and most delicious organic produce possible.

# Six Islands Trading Post Shop

Bawah's boutique offers a great selection of resort wear, gifts, jewellery, beauty products and homeware, plus any essentials you may have left behind. To join us in supporting sustainability and celebrating our local Indonesian designers and artisans, stop by for a browse and head home with a treasure.





# Stargazing

With no light pollution, Bawah Reserve is a great place to see the night sky in all its glory. On the beach in front of The Boat House you can also see stars and planets up close through our telescope.

# Starlight Cinema

Enjoy a memorable cinematic experience watching a classic movie by moonlight on our outdoor screen, shown twice a week at The Boat House and the Infinity Pool. Ease into a lounger with popcorn, gentle tropical breezes and enjoy the show.

# Private Starlight Cinema (\$)

Experience an intimate screening from the comfort of your own suite.

#### **Treasure Hunt**

A fun-filled island treasure hunt and an entertaining outdoor activity around Bawah Island.











#### **Boat House BBQs**

Add some sizzle to your evenings at one of our twice weekly beach BBQs serving up a variety of Indonesian delights for sharing.

# Castaway Picnic (\$)

Hop on a boat for a castaway picnic to one of our secluded locations chosen for their pristine views and natural landscape. Choose from crafted picnic baskets and enjoy a light and healthy meal prepared by our chefs.

# Cocktail or Mocktail Making Class (\$)

Learn to craft your very own gardento-glass cocktail or mocktails in this engaging class with our mixologists. Collect the ingredients from our gardens before mixing up your own drinks. Includes three cocktails or mocktails.

# Indonesian Coffee Exploration (\$)

A perfect activity for coffee connoisseurs. Learn about the different methods for harvesting, roasting and brewing coffee. You'll enjoy tasting fair-trade coffee from a variety of areas in Indonesia. Once you have discovered your favourite notes, create a unique coffee blend just for you.





#### **Indonesian Cooking Class**

Indonesian cuisine is world famous for it's aromatic flavours. Learn about the spices and taste the freshness of our home-grown vegetables as you're guided through a two hour cooking class by one of our chefs. Take home a recipe and the skills to recreate the dish.

# Jamu Health Tonic Workshop

Drinking jamu, made from a variety of locally grown herbs, is one of the most popular and widespread rituals in Indonesia. Traditionally, it's the females in the family that mix the tonics and pass down the recipes to the next generation. In this class you will discover the ancient techniques of Jamu creation, prepare your own-using organic ingredients, and then enjoy.

#### Island Balé & Beach dinner (\$)

Enjoy crimson skies as the sun sets over the South China Sea with a romantic candlelit dinner in one of our secluded beach balés. On your own swathe of deserted sand, you and your partner will enjoy a four-course BBQ dinner prepared by your private chef. Our food and beverage team will be happy to tailor the meal to your taste, complete with wine pairings or extra special requests.





# Private BBQ (\$)

For groups or families, consider an intimate BBQ on the beach or in your villa, complete with your own open flame grill, BBQ chef and wait staff. A mix of grilled meats, fresh fish, salads and delicious desserts are sure to please everyone.

# Private Beach / in Villa Dinner (\$)

Create magical memories with a candlelight beach dinner with the gentle sounds of the sea lapping as your soundtrack. Our chefs will create a delectable menu which can be customised to your taste. The ultimate romantic experience for two or an intimate evening for groups.

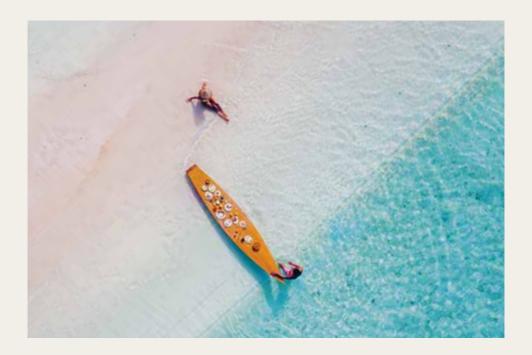
Private Indonesian dance performance available as an add on.

#### Dinner on Rock Island Balé (\$)

Get a sneak peek at Elang Private Residence as you journey across the lagoon for your private dining experience. Rock island enjoys panoramic views of Bawah, Sanggah and the open sea.

#### Sommelier's Table (\$)

Explore our wine collection and learn more about wine pairing with our expert Sommelier. Enjoy a carefully selected tasting flight of wines, based on your preferences, artfully paired with a selection of cheese, charcuterie and canapés. A must for wine aficionados.



# SUP Breakfast (\$)

Indulge in the ultimate holiday experience with an array of breakfast treats atop a stand up paddleboard (SUP), floating on the calm lagoon water. The ultimate Instagram photo of your time at Bawah.

# Sunset Sandbar Service (\$)

Relax in your reserved oceanfront daybed as you enjoy chilled cocktails and gourmet hor d'ouevres served up to you as the sun sets on another day.

# Sunset Sundowners at Sanggah Kecil (\$)

Enjoy your own private beach bar on Sanggah island overlooking the lagoons and Bawah island. Our mixologist will create refreshing cocktails as the soft glow of the setting sun creates a picturesque backdrop for conversations and laughter.

Includes light snacks

# Sunset Tapas (\$)

Experience splendid sunsets on the hilltop and sample Indonesian and Mediterranean tapas and a sumptuous made-to-taste, garden-to-glass cocktail in the Jules Verne Bar.



# The Lookout @ Tree Tops (\$)

A treetop hideaway perfect for romantic dinners for two or small group dining for up to eight guests. Come early to appreciate a stunning sunset.



# Sunset Chill at Lidi Balé (\$)

Climb to our tallest bale to catch the sunset with unobstructed views. Enjoy a glass of wine and canapés while you watch the ombré colours of the sky before you.



# Whisky & Chocolate Pairing (\$)

Be guided through the intriguing history of whisky. Learn the basics of the spirit, its origins, distinctive characteristics and how to pair it with the perfect chocolate treat.



Our Activities Team are young at heart and enjoy engaging with children. We offer the following activities for our younger guests (5-12 years old).

#### Find Nemo!

Grab your snorkel and join us on this underwater exploration in search of clownfish and other colourful reef fish.

#### Nature Walk or Hike

Get immersed in nature with an island walk or forest hike. Learn all about Bawah's flora and fauna on this adventurous expedition.

# Fun Gardening

Discover the world of botany by planting seeds and flowers in our Permaculture Gardens. End the experience with a well deserved organic ice cream from our ice cream cart.

# Indonesian Cooking Class

Learn basic cooking skills and kitchen safety while making a fun and yummy cultural dish.





# **Bug and Butterfly Hunting**

Young eco explorers can play and learn while searching Bawah island of creatures and critters.

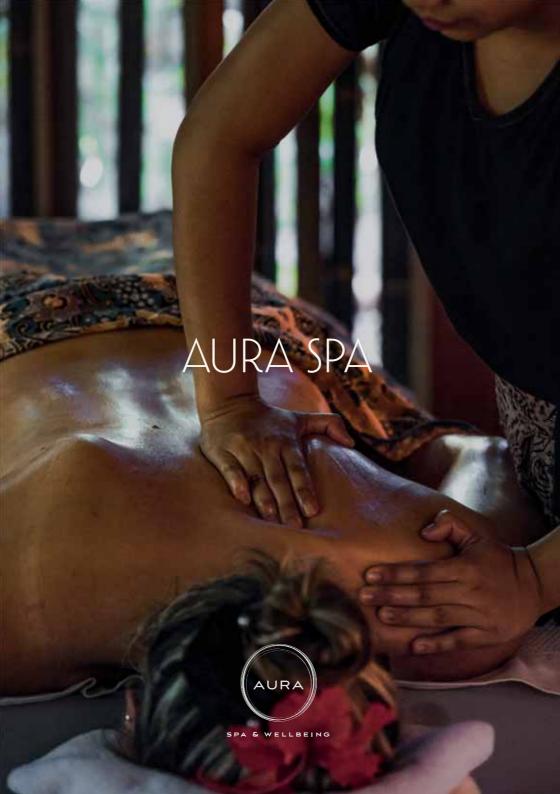
# Kayak & Beach Play

Kayak over to one of our six islands for some beach fun and exploration with an Activities Team member.

#### **Arts & Crafts**

Let your creativity flourish and your imagination run wild with various arts and crafts activities:

- Indonesian batik painting
- Bawah sign making
- Origami paper crafting
- Drawing & colouring
- Face or hand painting
- Eco printing
- Nature art
- Shadow picture drawing



Nestled amongst the forest on the east side of Bawah Island, Aura Spa and Hill Spa offer guests a relaxing tropical sanctuary. A range of treatments are available including full body massages, facials, scrubs and nail service.



# Spa Bath Experiences (\$)

Highly valued by ancient cultures, therapeutic herbal baths soothe skin and promote wellness. Complete your Spa treatment with a luxurious soak in a copper bath overlooking the surrounding forest or wind down at the end of an activity-filled day prepared for you in your own suite for ultimate privacy.

\*Pre-booking required.

# Scent Bar Experience (\$)

Explore 21 exquisite scent notes and be guided by our scent designers through the creative process of making your unique 21% eau de parfum.



# Aura Spa Explorer (\$)

The ultimate pampering experience. You will be taken by boat to a secluded private spa balé offering a haven of tranquillity and sea views. Breathe in the fresh ocean air and enjoy the warm breeze and the healing touch of your spa therapist. From start to finish you will be indulged, leaving your body and mind rejuvenated. This experience is perfect to create special memories.

\*Pre-booking required.







#### Air-conditioned Gym

Our fully-equipped, indoor gym comes complete with cardio equipment and weight equipment such as TRX, boxing, kettle bells and stunning lagoon views.

# Daily Movement & Mindfulness Classes

A selection of daily classes are included. Book your place at least one hour before they start. Private, personalised sessions are also available for a fee. Stretch into a better version of yourself as you breathe in and out to the rhythm of the waves lapping on the shore, or work up a sweat on our outdoor yoga deck with awesome views over the lagoon. We offer two daily classes, which may be yoga, Pilates or a combination of modalities including mindfulness tools. Classes vary between low, medium and high intensity, yet remain accessible to all. (Daily 8am and 5pm at the Aura Wellbeing deck)

# Infinity Pool Aqua Yoga

Build cool confidence in your balancing poses being supported by water in Bawah's Infinity Pool. (Weekly)

#### Jungle Bathing Hike

Reprogramme your mind and body and invite the jungle to revitalise you through all your senses. (Sunrise or sunset, weekly)

#### Music Meditation

If you want to firm up your body, head to the gym. If you want to exercise your brain, listen to music. Few things stimulate the brain the way music does. Research has shown that listening to music can lessen anxiety, normalise blood pressure and reduce pain as well as improve sleep quality, mood, mental alertness and memory.





# Stand Up Paddleboard Yoga (\$)

Stand up paddleboard yoga is a wonderful way to experience nature and diversify your yoga practice. Your instructor will guide you through the poses, and no experience is necessary. You'll get a different type of workout doing SUP yoga as it engages new muscles, and you'll develop mindfulness as your balance is put to the test.

# Trauma Release Movements (\$)

A somatic practice for releasing deep muscular patterns of stress, anxiety, trauma or PTSD. It doesn't require any talking about events, feelings or issues, but rather involves a series of key exercises which induce a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. The body is encouraged to return to a state of balance. (Subject to availability)

# Twilight / Starlight Meditation

Reflect on your cosmic nature on the seashore; focus your mind, reveal and release old blocks and patterns, and fall into a space of deep peace. You can close your eyes or simply gaze up at the beautiful sky. (Weekly)

#### Wallace Library

Named after the British naturalist and explorer, Alfred Russel Wallace, the library offers a cool respite from the tropical heat. Relax and peruse an array of books, which are free to borrow during your stay.



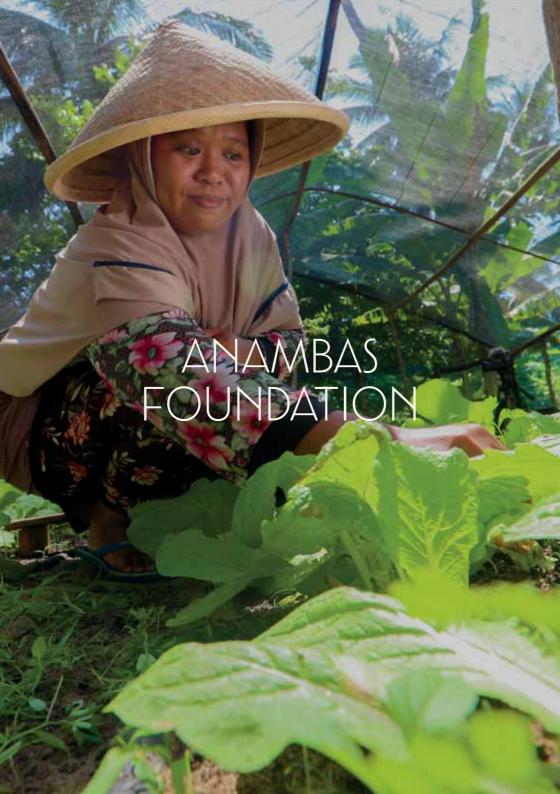
# Wild Swim Challenge

Put your endurance to the test with this 2 KM Wild Swim. For those who are swimming-fit and feeling like a challenge, this long-distance swim across the channel between Bawah's Sandbar beach and Sanggah Island beach will invigorate your entire being. Support team and refreshments will be available. (Weekly. Alternative time slots available on request)

## Private Classes (\$)

A private, guided meditation, movement or wellbeing activity is the perfect opportunity to set specific, personalised goals for your unique body's flexibility, strength or fitness. Private classes can be one-to-one, or arranged for couples or small groups of up to six.





The Anambas Foundation is an Indonesian Foundation that aims to improve the overall ecosystem in the Anambas, both underwater and on land, as well as sustainably lifting the community's welfare.







# \*Coral Transplantation (\$)

Join our Marine Conservation team for a reef dive to help transplant and preserve coral for future generations to come.

# \*Reef Health Monitoring (\$)

This educational dive programme is designed to enhance your knowledge of coral reefs while you learn how to help them remain healthy for future generations. You will learn survey techniques and then participate in a survey at one of our 7 sites to help monitor the health of our reefs.

# \*Underwater Clean Up (\$)

Join the marine conservation team on an underwater diving experience to remove ghost fishing nets and equipment left on the reef.

\*Diving fee applies. A portion of proceeds go towards supporting the Anambas Foundation



# Beach Clean-up

Our paradise isn't exempt from plastic pollution, with as much as 100 KG of waste washing up on our beaches every month. Join us for a fun beach clean and help us keep our marine life safe and our beaches plastic free.



# Marine Conservation talk with our Marine Biologist

A great family activity

Did you know that Bawah Reserve has resident marine biologists? Learn more about our marine conservation area and the sea life that inhabits the ocean world in our lagoons. The Anambas Foundation and our marine biologists have several programmes running at the Reserve that you can participate in: coral measurement and transplantation, underwater beach clean-up and turtle protection and hatching.



#### Tea Time with AF

Enjoy time with representatives from the Anambas Foundation and learn more about what they are doing on the surrounding islands and right here at Bawah Reserve. From coral restoration, to setting up recycling centres to enabling and empowering women, to create new revenue streams, the Anambas Foundation is making a lasting impact on communities (Subject to availability).

#### **Turtle Nest Patrol**

Come and join our marine biologist for an early morning visit to our outlying beaches to monitor turtle nesting sites and relocate new nests to our enclosure, in front of Guest Relations pavilion, for their protection from monitor lizards (Subject to tide and nesting season).



# ACTIVITY & EXPERIENCE UPGRADE PRICING

BEACH EXPERIENCES		IDR**	US\$**					
Bawah Survivor Experience			575	p/group				
Private Starlight Cinema Night		3,200	215	set up				
BOAT EXPERIENCES								
Private Sunrise / Sunset Six Islands Boat Trip		7,500	500	p/boat				
Private Boat Snorkelling		3,200	215	couple				
DIVE & SNORKEL EXPERIENCES								
DPV Rental for DPV Certified guest (1 dive) DPV rental for snorkeller (1 snorkel trip)		1,000 1,000	67 67					
Night Snorkel Safari		800 1,500	53 100	single couple				
UV Light Rental		450	30					
GoPro Rental (3 hours)		750	50					
FOOD & BEVERAGE								
Croquet or Tennis with Afternoon Tea	Includes sandwiches, cakes, teas & coffee	1,600	105	couple				
Castaway Picnic *per additional person	Choices of picnic menu, fresh juices, soft drink & still & sparkling water	3,900 *500	260 *33	couple				
Alcohol Package for Picnic	2 hour free-flow. Choose from house-pour spirits, cocktails of the day OR house wine	2.400	156	couple				
Mocktail Making Class Cocktail Making Class	Includes a Permaculture walk to gather ingredients and three drinks	1,000 1,600	67 105	single				
Coffee Exploration Class	Create your own Indonesian coffee blends. Light snacks provided.	1,900	125	couple				
Island Bale & beach Dinner *per additional person	With private chef and waiter. Includes a bottle of house wine	11,000 *3,000	733 200	couple				
Private BBQ *per additional person	With private chef and waiter. Includes a bottle of house wine	8,300 *3,000	553 200	couple				
Private Beach/Villa Dinner *per additional person	Private in villa or on the beach	5,200 *1,200	346 80	couple				

Sunset Private Bar at Sanggah Kecil *per additional person	2 hour free-flow private bar with bartender (house pour wine, cocktails, spirits)		7,500 *2,000	500 *133	couple
Free-flow Alcohol Package	Cocktails, house wine,spirits & b Any 5 hour period between 12 p	6,400	425	couple	
Sommelier's Table	Flight of wine, cheese, charcuterie	3,750	250	single	
SUP Breakfast	Including an assortment of brea	2,400	160	couple	
Sunset Sandbar Service	Canapés & either 3 glasses of ho beer or cocktails	1,600	105	single	
Sunset Tapas @ Jules Verne, 5-7.30pm	Indonesian and Mediterranean tapas evening. Includes a bottle of house wine		2,350	157	couple
Sunset Chill at Lidi Bale *per additional person	Sundowner drinks with a bottle of champagne and a choice of canapés or a cheese and fruit platter		7,000 *2,000	468 *133	couple
Whisky & Chocolate Pairing *per additional person	6 chocolates, 3 single distilled wh 2 single malt 12 Y.O	2,400 *1,200	158 *80	couple	
Dinner @ The Lookout On a private deck at Tree Tops restaurant high above the tropical forest			1,700	115	couple
AURA SPA & WELLBEING See Aura Spa & Wellbeing brochure for full details mins		IDR++	US\$**		
Spa Explorer at Meurba Beach Bale		180	5,900 8,900	395 595	single couple
Spa Explorer at Batu Tokong Beach Bale		180	7,400 10,400	495 695	single couple
Private Classes Gym, Yoga, Pilates, Meditation		60	1,950 3,150	130 210	single couple
SUP Yoga		60	1,950 3,150	130 210	single couple
Aura Scent Bar Experience		60	4,500	300	single
Spa Bath Experience - In-spa Spa Bath Experience - In-suite		30	1,300 1,650	80 110	single

All prices are in Indonesian rupiah (IDR) ++ and subject to 10% service charge and applicable 11% GST.

<sup>\*\*</sup>US\$ conversion is an estimate based on an exchange rate of IDR 15,000 to US\$1.

