

ACTIVITIES & EXPERIENCES



An aerial photograph of a tropical bay. The water transitions from a deep blue in the distance to a vibrant turquoise near the shore, revealing a sandy bottom and coral reefs. On the left, a large, rocky island is covered in lush green vegetation. On the right, a smaller, similarly vegetated island juts into the water. In the foreground, five people are kayaking in the deep blue water, their colorful kayos (red, orange, and yellow) visible. The sky is filled with large, white, fluffy clouds, and the overall scene is bright and sunny.

AN AWE-INSPIRING
PLAYGROUND
AWAITS



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 richness of Indonesian heritage with a traditional Jamu making class, or spend a quiet afternoon unwinding at Aura Sanctuary or reading on your private veranda surrounded by nature. At Bawah Reserve, days unfold gently. We have a variety of experiences for you to enjoy and you're free to plan each day at your own pace—unhurried, intuitive, and beautifully simple.

WATER & BEACH



Day Trip To Nowhere (\$)

Explorers wanted for a trip to nowhere. Step aboard your private motorboat and cruise into the open sea for a relaxing afternoon in the sunshine and open waters. Explore nearby islands in the Anambas Archipelago or just kick back and enjoy the ride. Approx 8-hour day trip.



Catamaran Sailing

Hobie Wave, Hobie Gateway

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*



Discover Scuba Diving (\$)

Located in the remote Anambas Islands of Indonesia, we offer an exceptional setting for diving, whether you're a complete beginner or an experienced diver.

For those looking to learn, we are an ideal place to begin your diving journey. Our calm, clear waters and thriving reefs provide the perfect environment to gain confidence underwater.

Our registered Dive Centre is managed by PADI-certified professionals who specialise in both diving education and marine conservation. We can arrange for your online theory to be completed in advance, so you can make the most of your time in the water.

Explore vibrant coral gardens, swim alongside colourful reef fish, and experience the beauty of the underwater world—right from our doorstep.

Dive services include:

Discover Scuba Diving, Scuba Refresher, Open Water, Advanced Open Water Diver, Rescue Diver Course, Fun Dives, Conservation Dives, Bubblemaker (kids), Speciality 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 a 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 one of our motorboats, 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.

Includes refreshments.





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 now available.

Night Paddleboarding (\$)

Discover the magic of our reefs on a see-through stand-up paddleboard (SUP) under the tranquil night sky. Glide across the calm waters and marvel at the fascinating marine life that emerges after sunset.

Maximum of 4 people per trip.

Wild Swim Challenge

1 km or 2 km This famous long-distance ocean swim from Bawah to Sanggah island beach will invigorate your entire being! Support team and refreshments will be available.

**Please see weekly Wellbeing Programme for timings. Alternative times available on request.*





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.

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.

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.

GoPro Camera Rental (\$)

Capture every moment of your ocean adventures with our GoPro cameras or SeaLife underwater phone housing—perfect for snapping unforgettable holiday memories above and below the surface.

For rental pricing, please refer to the back of this brochure.





ISLAND

Behind the Design: Architecture Walking Tour

Join us for a guided walking tour that uncovers the hidden stories behind the creation of Bawah Reserve.

Explore how this once-uninhabited island sanctuary was thoughtfully brought to life, blending modern engineering with traditional Indonesian craftsmanship. Learn about the innovative techniques used to construct our signature bamboo Beach Suites, the age-old method of building rock walls by hand, and the talented artisans who wove strips of bamboo into the intricate patterns that now grace our walls and ceilings.

Batik-inspired Painting Class

Tap into your creative side and try your hand at batik—Indonesia's centuries-old art of wax-resist dyeing using traditional tools and natural, plant-based dyes. With guidance from our friendly team, you'll learn the basics of this beautiful craft.



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!

Table Games

Challenge your mind and enjoy some friendly competition with our selection of classic table games. Join our activities team for a round of chess, learn the strategy of mahjong, or discover congklak, a traditional Indonesian game of logic and skill. It's a fun way to unwind, connect, and learn something new.

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.



Tennis, Croquet & Lawn Bowls

Located between the boutique and our permaculture gardens, the all natural activities lawn is the perfect spot for outdoor play. Pick up the pace with a game of lawn tennis—an energising way to start or end your day. Prefer something more relaxed? Try your hand at traditional croquet or lawn bowls.

All equipment is provided—just bring your game face.

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.

Guided Jungle 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.

Jungle Trails & Lookouts

At the heart of our island wilderness lies untouched primary jungle and a thriving ecosystem teeming with life. Don't miss the 'King of Our Jungle' – a 50-metre high, 500-year-old Keruing tree. Bawah offers marked trails (*map in the in room directory*), leading to magnificent lookouts with panoramic views, Coconut Beach, the statuesque Batu Tokong and surrounding islands.

Indonesian Dance Experience ^(\$)

Enjoy the vibrant spirit of Indonesia during your private dinner or BBQ, as our talented staff performers bring the rich culture to life through dance.

Enjoy traditional dances such as the graceful Melayu (Persembahan) and the dynamic Balinese, each celebrating love, heritage, and timeless stories.

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

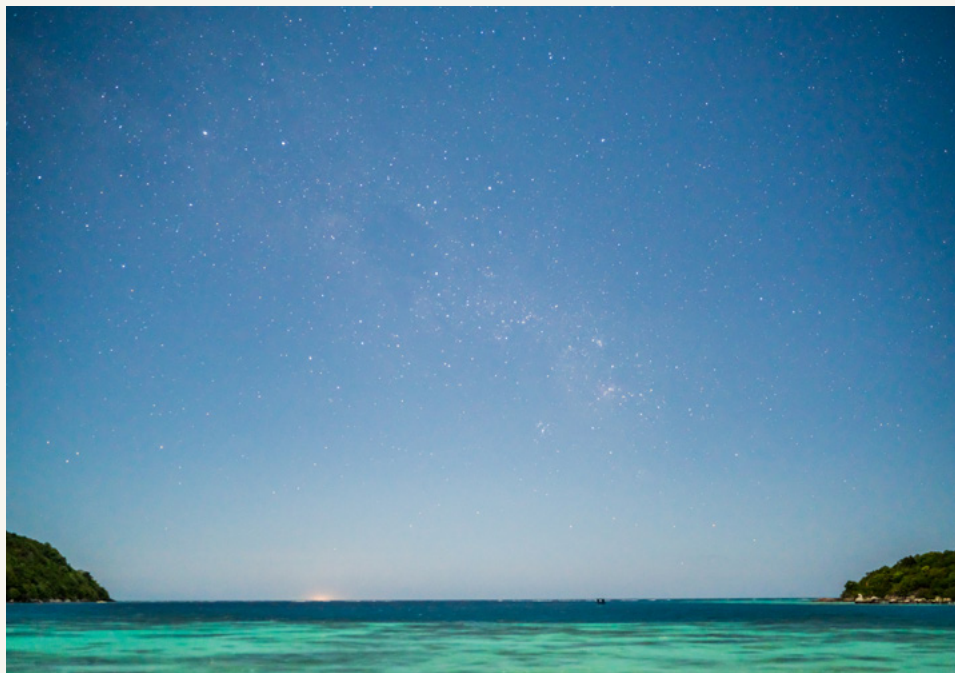
Our boutique offers a carefully curated selection of resort and swimwear, gifts, jewellery, homeware, and essentials you may have forgotten.

Celebrate sustainability and support local Indonesian designers and artisans by stopping by for a browse—you're sure to find a unique treasure to take home.

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. There is also a book exchange at the Grouper Bar.





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 lounge 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. Our team can create a special bespoke experience that includes personal clues and themes for couples, families or small groups.



A tropical dining nook on a beach. The structure is made of bamboo and has a thatched roof. It is decorated with white curtains, blue and white patterned cushions, and a small wooden table. The background is a dense wall of green foliage. The foreground shows the white sand of the beach and the turquoise water of the ocean.

DINING



Boat House BBQs

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

Indonesian Coffee Exploration (\$)

A perfect activity for coffee connoisseurs. Learn about the different methods for 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.



Cocktail or Mocktail

Making Class (\$)

Learn to craft your very own garden-to-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 Cooking Class

Indonesian cuisine is world famous for its 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 a truly intimate dining experience as the sun sets over the sea. Set on your own private stretch of beach, your romantic evening unfolds in an island balé, beautifully set for two.

Enjoy a bespoke four-course BBQ dinner prepared by your personal chef and attended by a dedicated waiter. The menu can be tailored to your preferences, and the experience includes a bottle of house wine to complement your meal. A wonderful way to celebrate romance.





Private BBQ (Beach/Suite) (\$)

For groups or families, consider an intimate BBQ on the beach or in your suite or 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 Indonesian dance performance available as an add on.

BBQ Dinner Boat Cruise (\$)

Embark on a serene cruise around our picturesque lagoons as the sun sets, giving way to a breathtaking starry night sky. Create unforgettable Bawah memories with canapés, Champagne and a private BBQ prepared by your onboard chef.

Maximum of 4 people per experience.

Destination Dinner (Beach/Suite/Jetty) (\$)

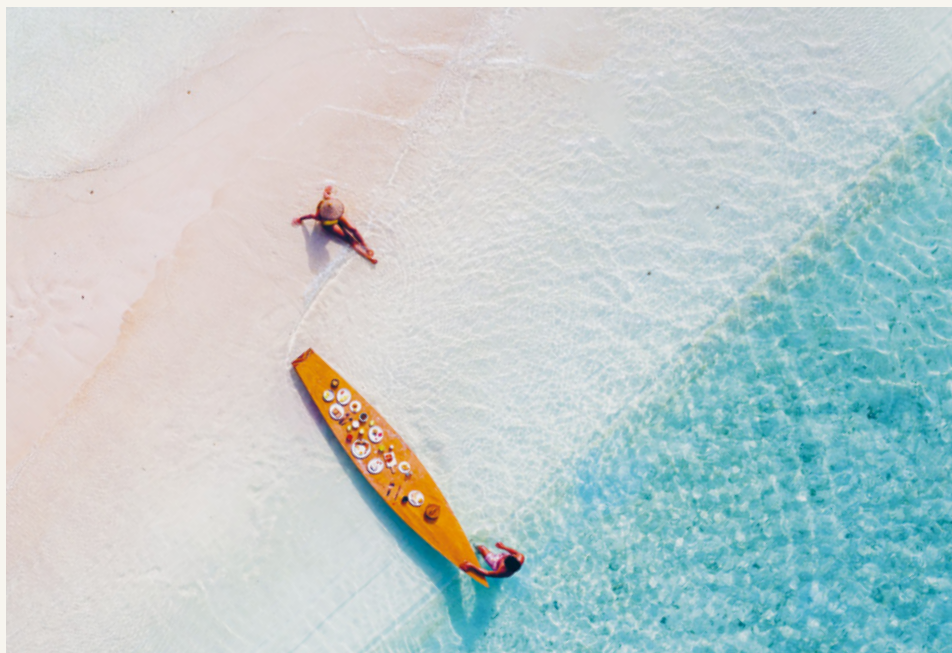
Create magical memories with a special dinner with the gentle sounds of the sea lapping as your soundtrack. Our chefs will create a delectable menu, customised to your taste, and delivered to your location. The ultimate romantic experience for two or an intimate evening for small groups.

Private Indonesian dance performance available as an add on.

Exclusive Dinner on Rock Island Balé or Private Island Beach (\$)

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.

Note that this location is subject to weather and Elang island availability.



Sommelier's Table (\$)

Explore our wine collection and learn more about wine pairing with our expert Sommelier. Enjoy a carefully selected tasting flight of organic and biodynamic wines, based on your preferences, artfully paired with a selection of artisanal cheese, charcuterie and canapés from Indonesia. 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'oeuvres served up to you as the sun sets on another day.

Sundowners at Sanggah Kecil (\$)

Unwind with a two-hour sundowners experience at your own beach bar on Sanggah Island, overlooking the turquoise lagoons and the silhouette of Bawah.

Enjoy refreshing cocktails crafted by our mixologist, paired with light snacks. It's the perfect setting for conversation, connection, and unforgettable views.

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.



Sunset Chill at Lidi Balé (\$)

Climb to our highest balé for breathtaking, uninterrupted views of the sunset. Relax as the sky transforms into soft ombré hues, while you enjoy a bottle of champagne and a selection of delicious canapés—an unforgettable way to end the day at Bawah.

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. Experience includes a personalised menu and private service.

The Spirit Discovery (\$)

In this interactive session, you'll explore how various spirit flavour profiles can harmonise with different food profiles, creating the perfect match. Taste and enjoy three carefully selected spirits paired with complementary canapés or sweets for an unforgettable experience.

Picnic Explorer Under the Stars (\$)

Embark on a magical evening that begins with a scenic boat ride, complete with two glasses of champagne and canapés to toast the journey.

Arrive at your starlit picnic setting, where a private chef awaits with a grill station to prepare a delicious, freshly cooked meal. Enjoy relaxed dining under the night sky and your very own private movie screening—a unique blend of adventure, comfort, and cinematic charm.

Premium Castaway Picnic ^(\$) Coconut Beach

Indulge in the ultimate private escape with our Premium Castaway Picnic, set on a secluded stretch of Coconut Beach—chosen for its natural beauty and peaceful views.

Arrive by boat to your private hideaway, where a chef prepares a personalised meal featuring 1kg of fresh lobster and light, wholesome dishes curated by our culinary team. A bottle of house wine completes the experience. A barefoot dining moment surrounded by nature.

Castaway Grill Picnic ^(\$) Turtle Beach

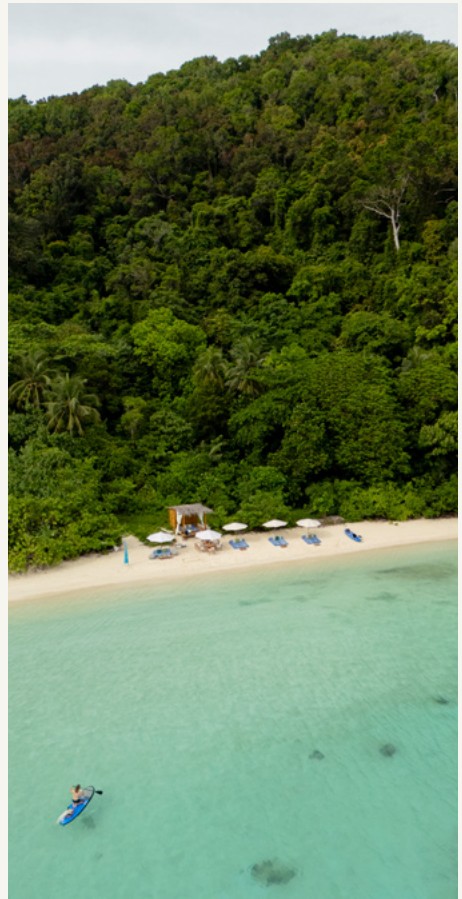
For those who enjoy a hands-on experience, this picnic at Turtle Beach offers the perfect mix of seclusion and simplicity.

Settle into a peaceful stretch of untouched beach—yours for the afternoon. A small grill station and everything you need to cook 500 grams of fresh lobster will be provided, along with a light, chef-curated picnic.

This relaxed, do-it-yourself escape invites you to slow down, savour the moment, and enjoy sea views over lunch.

Castaway Beach Picnic ^(\$) Your choice of Sanggah, Merbah, or Elang island

Hop on a boat for a short ride to one of our handpicked island locations, chosen for their views and natural beauty. Enjoy a light and healthy meal prepared by our chefs, delivered in a thoughtfully crafted picnic basket.





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).

Arts & Crafts

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

- Henna painting class
- Origami paper crafting
- Drawing & colouring
- Face or hand painting
- Eco printing
- Nature art
- Shadow picture drawing

Find Nemo!

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





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.

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.

Treasure Hunt

Embark on an exciting treasure hunt around Bawah Island! Follow the clues and discover hidden treasures on this fun-filled island adventure. Explore secret paths, solve puzzles and uncover surprises as you journey through the island's beautiful landscapes. Get ready for some mystery, excitement and unforgettable memories!



A close-up photograph of a person lying on their back, receiving a massage. The person's back is oiled and glistening. A therapist's hands are visible, applying pressure to the lower back. The therapist is wearing a dark shirt and patterned pants. The background is softly blurred, showing vertical wooden slats. The overall mood is relaxing and therapeutic.

AURA SANCTUARY AND SPA



Nestled in the forest on the east side of Bawah Island, Aura Sanctuary is a peaceful haven where guests can reconnect with nature and themselves. Within this tranquil setting, you'll find Aura Spa and Hill Spa—each offering serene spaces for restoration. Enjoy time in the sauna, steam, or polar rooms, or indulge in a curated menu of treatments including full-body massages, facials, scrubs, wraps, and nail services—all designed to soothe, restore, and renew.

Dry Sauna - A serene, wood-lined dry sauna offering gentle heat therapy to relax muscles and promote detoxification

Steam Bath - A soothing steam bath that cleanses the skin, improves circulation, and promotes deep relaxation

Polar Immersion - Invigorate your senses and boost circulation with a refreshing cold plunge, ideal after heat therapies.

Guests are welcome to enjoy the Aura Sanctuary facilities daily from 14:00 – 19:00 pm.

Aura Sanctuary Private Journeys & Signature Rituals ^(\$)

Available daily from 09:00 to 13:00 for private, paid use.

To reserve, please contact Guest Relations at #100 or Spa Reception at #199.

We kindly request a minimum of 2 hours' advance booking. Subject to availability.

PRIVATE JOURNEYS

Private Aromatherapy Sauna ^(\$)

Immerse yourself in the calming warmth of our private sauna, enhanced with aromatic essential oils to soothe muscles, release tension, and promote deep relaxation.

30 min

Private Aromatherapy Sauna Yoga or Pilates ^(\$)

Experience the healing synergy of seated yoga or Pilates in the warmth of our sauna. This unique session boosts flexibility, detoxification, and inner calm through breath, movement, and essential oils.

30 min

Private Guided Sauna Meditation ^(\$)

Step into stillness with a guided meditation inside our warm, aromatic sauna. This calming experience blends gentle heat, soothing essential oils, and mindful breathing to restore inner balance.

20 min

Private Steam Bath ^(\$)

Relax in a private steam bath where warm, aromatic mist soothes muscles, and promotes deep detoxification and renewal.

30 min

Deluxe Steam Bath Scrub ^(\$)

Enjoy your choice of deluxe body scrub in the soothing warmth of a private steam bath. The steam enhances exfoliation, opens pores, and leaves your skin silky-smooth and deeply revitalized.

45 min



Please see Aura Spa & Wellbeing brochure for full schedule of services

Private Cold Immersion (\$)

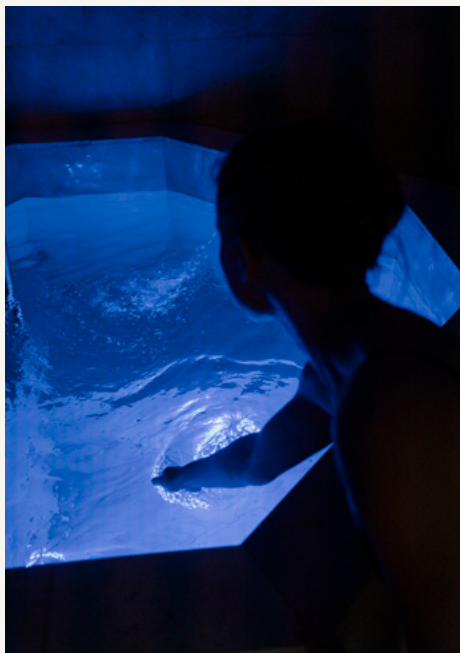
Reinvigorate body and mind with a private cold immersion. This invigorating experience reduces inflammation, boosts circulation, and promotes clarity and recovery.

15 min

Private Cold Immersion Breathwork (\$)

Harness the power of breath to navigate the invigorating cold. This guided session combines focused breathing techniques with cold immersion to enhance resilience, calm the mind, and boost overall wellbeing.

15 min



Private Contrast Therapy Session (\$)

Enjoy exclusive access to the full Aura Sanctuary for a revitalizing contrast therapy session. Move between sauna, steam, and cold immersion to stimulate circulation, ease muscle tension, and restore balance and vitality. *60 min*

Aura Signature Rituals

Aura Hammam Ritual (\$)

Experience the healing warmth of our signature Bawah Hammam, inspired by ancient cleansing rituals. Begin with an aromatic steam to open pores and ease tension. Black Soap is applied, followed by full-body exfoliation with a traditional Kessa glove to reveal smooth, radiant skin. This detoxifying ritual boosts circulation and leaves you deeply refreshed.

60 min

Aura Royal Ritual (\$)

A deeply restorative Indonesian-inspired journey begins with a guided sauna meditation and herbal footbath. Enjoy a Traditional Massage to release tension, followed by a royal Javanese Lulur scrub and soothing coconut milk splash in the steam room. An optional cold plunge boosts circulation before you relax in the butterfly garden with a young coconut. Includes a special gift from Aura Sanctuary.

150 min

Please see Aura Spa & Wellbeing brochure for full schedule of services



Deluxe Spa Treatments (\$)

Elevate your wellness experience with our deluxe spa offerings featuring rejuvenating facials, therapeutic massages, and revitalising body rituals. These premium treatments combine specialised skills with thoughtfully selected natural ingredients—designed to leave you feeling restored, radiant, and deeply relaxed.

**Pre-booking required.*

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.*

Aura Spa Explorer (\$)

Begin your journey with a scenic boat ride to a secluded spa balé perched above the sea. Surrounded by ocean views and the sounds of nature, unwind as your therapist guides you through a personalised series of treatments designed to soothe the body and calm the mind. With the sea breeze on your skin and time to truly slow down, this is a memorable way to experience the healing power of nature—one treatment at a time. Perfect for couples seeking a deeply relaxing and intimate shared experience.

**Pre-booking required.*

Scent Bar Experience (\$)

Explore 24 exquisite scent notes and be guided by our scent designers through the creative process of crafting your own unique eau de parfum. This immersive, sensory journey not only results in a personalised fragrance but also creates a lasting memory of your time at Bawah Reserve. Perfect for individuals or couples looking to mark their stay with something meaningful.

**Pre-booking required.*



Please see Aura Spa & Wellbeing brochure for full schedule of services

AURA WELLBEING





Air-conditioned Gym

Our fully equipped indoor gym offers stunning lagoon views and everything you need to stay active during your stay. Enjoy a variety of cardio machines—including elliptical, treadmill, upright bike, and rowing machine—alongside kettlebells, boxing gear, and free weights. All in a cool, air-conditioned space designed for a focused workout in comfort.

***Beach Stretch & Mindful Snorkel**

Combine outdoor stretching with meditative snorkelling in our naturally psychedelic lagoon aquarium

Body Composition Report & Analysis ^(\$)

Personalised Inbody Biofeedback Report and Reading, including a 30 minute private wellness lifestyle consultation. Gain valuable insight into your body composition including water, protein, fat and minerals. Discover your basal metabolic rate and recommended calorie intake in order to achieve your optimum weight.

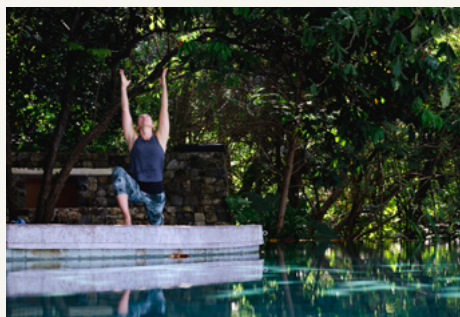
Subject to availability.

***Daily Movement & Mindfulness Classes**

Join us for a daily selection of movement and mindfulness classes, included as part of your stay. From gentle breathwork to energising flows, each session is designed to meet you where you are—whether it's a slow stretch to the rhythm of the waves or an invigorating workout on our open-air yoga deck with lagoon views. We offer two classes per day, which may include yoga, Pilates, or a blend of modalities that incorporate mindfulness tools. Sessions range from low to high intensity but are thoughtfully designed to be accessible to all levels.

Please reserve your spot at least one hour before class. Private, personalised sessions are also available for a fee.





***Infinity Pool Aqua Yoga**

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



***Forest Bathing Hike**

Break a sweat and immerse yourself in our ancient oxygen-bearing jungle during a rejuvenating forest hike to a magical viewpoint with optional journalling or meditation on arrival.

***Jungle Energy Bootcamp**

Unleash your inner adventurer and energise your body and mind, combining natural landscapes with brisk hiking, trail running and a series of dynamic workouts that cater to all fitness levels.



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.

Subject to availability.

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.

Private Wellbeing 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.

**Please see weekly Wellbeing Programme for timings. Alternative times available*



A large sea turtle, likely a Hawksbill, is the central focus, swimming from the lower left towards the upper right. Its head is angled upwards, and its flippers are extended. The turtle's shell and flippers show a distinct pattern of dark brown and yellowish-brown scutes. Below the turtle, a vibrant coral reef is visible, featuring various types of coral in shades of blue, green, and yellow. The water is a deep, clear blue, and a large school of small, dark fish is scattered throughout the upper half of the frame. The text "ANAMBAS FOUNDATION" is overlaid in the center in a white, sans-serif font.

ANAMBAS
FOUNDATION

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.

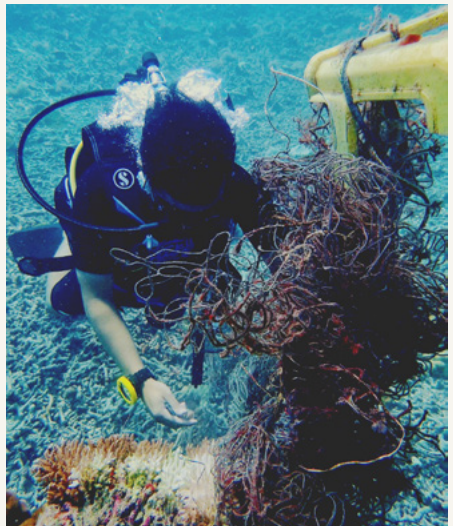
***Reef Health Monitoring (\$)**

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.*



Marine Conservation Talk & Activities

A fun and meaningful family experience.

Join our resident marine biologists to learn about the vibrant underwater world surrounding Bawah Reserve and the vital work being done to protect it. Discover the fascinating marine life that calls our lagoons home, and explore how we care for this delicate ecosystem through our partnership with the Anambas Foundation.

As part of our Marine Conservation Heroes programme, guests of all ages are invited to participate in hands-on initiatives like coral measurement and transplantation, underwater clean-ups, and turtle monitoring and protection.

It's a chance to connect with nature, give back to the ocean, and be part of something bigger—while making memories that matter.

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.

Please speak with Guest Relations to participate in the next beach clean up.



Turtle Nest Patrol

Join our marine biologists for an early morning excursion to our outer beaches, where you'll help monitor sea turtle nesting sites. If new nests are discovered, you may assist in carefully relocating them to our protected enclosure near the Guest Relations pavilion—safeguarding them from predators like monitor lizards and poachers.

A meaningful and memorable way to support turtle conservation.

Subject to tide conditions and nesting season.

Take part in one of three unique **three-day Marine Conservation Heroes Experiences**. Blending Bawah Reserve's natural beauty with marine conservation. Join our marine biologists in restoring coral, monitoring our reefs, or protecting our turtles, creating unforgettable memories while making a lasting impact in our oceans.



Coral Reef Restoration Experience ^(\$)

Join us in renewing fragile coral ecosystems! On Day 1, you'll create an artificial reef unit. Day 2 involves diving to collect broken coral fragments for our nurseries. On the final day, you'll deploy reef structures and transplant nursery-grown corals into damaged areas. This experience includes four dives and offers lasting impact, with progress updates for a full year.

Please see our Scuba Diving brochure for more information.

Sea Turtle Conservation Experience ^(\$)

Protect and study sea turtles in this unique programme. Begin with a beach patrol to monitor nests, followed by a DPV dive or snorkel to photograph turtles for research. Day 2 includes another identification dive and an evening patrol to observe nesting turtles. On the final day, contribute to our database by identifying individual turtles using conservation software.

Please see our Scuba Diving brochure for more information.

Reef Health Monitoring Programme ^(\$)

Explore reef preservation with three dives focused on coral health and biodiversity. Begin with a monitoring dive using underwater photography, followed by cataloguing fish species and a night dive to remove crown-of-thorns starfish. On the final day, analyse your data with marine biologists to understand its impact on reef health. Perfect for divers passionate about protecting Bawah's reefs.

Please see our Scuba Diving brochure for more information.

Pre-arrival booking is required! These bespoke and exclusive Marine Conservation Experiences require advance booking and planning to ensure availability. To discuss your preferred dates and activities or receive a detailed quote, please contact our Dive Centre at **divemgr@bawahreserve.com**.

ACTIVITY & EXPERIENCE PRICING

BEACH EXPERIENCES		IDR++	US\$++	
Bawah Survivor Experience		10.200	640	p/group
Private Starlight Cinema Night		3.655	228	p/set up
Treasure Hunt	A 60-90 minute treasure hunt that includes treasure surprises and refreshments. Maximum 6 people.	5.950	372	p/family
BOAT EXPERIENCES				
Private Six Islands Boat Trip Sunrise / Sunset	Includes refreshments	8.500	531	p/boat
Private Boat Snorkelling		3.655	228	p/couple
BBQ Dinner Boat Cruise	Includes two glasses of Champagne & canapés followed by an on board BBQ dinner (up to 4 people, 3 hours)	16.000 *3.200	1,000 *200	couple
Day Trip to Nowhere	Includes guide, light snacks, lunch, fresh juice, water and 2 bottles of beer p/p. (2 to 15 people. Approx 8-hour trip)	59.500	3720	group of 5
		*2.125	*133	p/person
DIVE, SNORKEL, PADDLEBOARD EXPERIENCES				
DPV Rental for Diving (1 Dive) Not Specialty Certified		1,500	94	
DPV Rental for Diving (1 Dive) Specialty Certified		1.000	63	
DPV Rental for Snorkelling (1 Snorkel Session)		1000	63	
Night Snorkelling In Lagoon (1-2pax)		1.600	100	
Night See-through Paddleboarding	Includes guide and night lighting hire	850	53	single
GoPro/Underwater Camera or Phone housing Rental		850	53	
MARINE CONSERVATION HERO EXPERIENCES				
Coral Restoration Experience		17.000	1,063	single
Reef Health & Predator Removal ExperienceExperiences		15.000	938	
Turtle Conservation Experience (Diver)		13.000	813	
Turtle Conservation Experience (Snorkeller)		11.000	688	

*** Denotes price per additional guest**

All prices are in Indonesian rupiah (IDR millions) ++ and subject to 10% service charge and 11% GST
US\$ conversion is an estimate based on an exchange rate of IDR 16,000 to US\$1.

FOOD & BEVERAGE				
Premium Castaway Picnic - Coconut Beach	<i>Includes private chef, bespoke menu, fresh grilled lobster, a bottle of house wine</i>	16.000	1,000	p/couple
Castaway Grill Picnic - Turtle Beach	<i>Includes small grill for self grilling, fresh lobster, bespoke menu</i>	8.500	531	p/couple
Castaway Beach Picnic - Sanggah, Merbah, Elang	<i>Selections from picnic menu, fresh juices, soft drink & still & sparkling water</i>	5.950	372	p/couple
Mocktail Making Class	<i>Includes a Permaculture Walk to gather ingredients and three drinks</i>	1.070	67	single
Cocktail Making Class		1.680	105	single
Coffee Exploration Class	<i>Create your own Indonesian coffee blend. Light snacks provided.</i>	2.750	172	p/couple
Private BBQ	<i>On the beach or in your suite with private chef and waiter. Includes a bottle of house wine</i>	8.850 *3200	553 *200	p/couple
Destination Dinner	<i>A course by course dinner delivered to the beach, your suite or the jetty</i>	6,500 *1.280	406 *200	p/couple
Sunset Private Bar at Sanggah Kecil	<i>2 hour free-flow private bar with bartender (house pour wine, cocktails, spirits)</i>	8.000 *3,200	500 *133	p/couple
Free-flow Alcohol Package (12pm – 6pm)	<i>Unlimited house cocktails, wine, spirits & beer for a period of 6 hours. (Excl. happy hours and beverage promotions)</i>	2.460	154	single
Sommelier's Table	<i>Flight of wine, cheese, charcuteries, canapés</i>	4.000	250	single
SUP Breakfast	<i>Including an assortment of breakfast items</i>	2.560	160	p/couple
Sunset Sandbar Service	<i>Canapés & either 3 glasses of house wine, beer or cocktails</i>	1.680	105	single
Sunset Tapas @ Jules Verne, 5-7.30pm	<i>Indonesian and Mediterranean tapas evening. Includes a bottle of house wine</i>	2.510	157	p/couple
Sunset Chill at Lidi Bale <i>*per additional person</i>	<i>Sundowner drinks with a bottle of champagne and a choice of canapés or a cheese and fruit platter</i>	7.490 *2.130	468 *133	p/couple
The Spirit Discovery	<i>Choose one type of spirit between Whisky, Rum, Vodka, Tequila and Gin. Each drink will be paired with canapés or sweets</i>	2.530 *1.280	158 *80	p/couple
Dinner @ The Lookout	<i>A personalised menu and private service on our deck overlooking the lagoon</i>	2.500	156	p/couple
Picnic Explorer Under the Stars	<i>Picnic under the star with private movie/ Include 2 glasses of champagne, canape, grilled station at picnic venue</i>	24.000 *3.200	1,500 *200	p/couple
Exclusive Dinner on Elang island at Rock Island Balé or Elang Beach	<i>With private chef and waiter. Includes a bottle of house wine</i>	13.000	813	p/couple
Island Balé and Beach Dinner	<i>With private chef and waiter. Includes a bottle of house wine</i>	13.000	813	p/couple

*** Denotes price per additional guest**

All prices are in Indonesian rupiah (IDR millions) ++ and subject to 10% service charge and 11% GST
US\$ conversion is an estimate based on an exchange rate of IDR 16,000 to US\$1.

AURA SANCTUARY, SPA & WELLBEING		mins	IDR++	US\$++	
<i>See Aura Spa & Wellbeing brochure for full details</i>					
Spa Explorer at Rock Island Bale	150	6.320 9.520	395 595	single couple	
Spa Explorer at Batu Tokong Beach Bale	180	7.920 11.120	495 695	single couple	
Private Classes <i>Gym, Yoga, Pilates, Meditation</i>	60	2.400 4.000	150 250	single couple	
SUP Yoga	60	2.400 4.000	150 250	single couple	
Aura Scent Bar Experience	60	2.400	150	single	
Spa Bath Experience - In-spa	30	1.280	80	single	
Spa Bath Experience - In-suite		1.760	110	single	
Inbody Biofeedback Report incl. private wellness lifestyle consultation		1.920	120	single	
Private Aromatherapy Sauna	30	1.280 1.920	80 120	single couple	
Private Aromatherapy Seated Yoga or Pilates Class inside Sauna	30	1.920 3.040	120 190	single couple	
Private Guided Meditation Class inside Sauna	20	1.760 2.720	110 170	single couple	
Private Steam Bath	30	1.280 1.920	80 120	single couple	
Deluxe Scrub Treatment of your choice inside Steam Bath	30	2.080	130	single	
Private Cold Immersion	15	800 1.200	50 75	single couple	
Private Cold Immersion Breathwork Class	15	1.040	65	single	
Contrast Therapy <i>Private access to the Sanctuary</i>	60	2.400 3.600	150 225	single couple	
Aura Hammam Ritual	60	2.400	150	single	
Aura Royal Ritual	150	4.000	250	single	

**** Denotes price per additional guest***

All prices are in Indonesian rupiah (IDR millions) ++ and subject to 10% service charge and 11% GST
US\$ conversion is an estimate based on an exchange rate of IDR 16,000 to US\$1.



reservations@bawahreserve.com **whatsapp: +62 8131 297 2018**

Bawah Reserve, Anambas, Indonesia