

ACTIVITIES & EXPERIENCES



An aerial photograph of a tropical lagoon. The water transitions from a deep blue in the distance to a vibrant turquoise near the shore, revealing a sandy beach and coral reefs. Several small, lush green islands with rocky outcrops are scattered throughout the lagoon. In the foreground, five people are kayaking in colorful kayaks. The sky is filled with soft, white clouds.

AN AWE-INSPIRING
PLAYGROUND
AWAITS



Whether you seek adventure, wellbeing or quiet moments of discovery, there are experiences to suit every pace and preference.

Explore vibrant coral reefs while snorkelling or diving, kayak or paddleboard through crystal-clear lagoons, enjoy tennis or beach volleyball, or venture into the rainforest on guided walks in search of ancient trees and native birds.

Slow the pace with oceanfront yoga, unwind at Aura Sanctuary, savour fresh island flavours, or simply relax on your private veranda or a secluded beach.

Discover the richness of Indonesian culture through traditional Jamu making, batik painting, Indonesian dance and cooking classes, offering meaningful connections to the heritage of the archipelago.

Every day is yours to shape. Whether filled with adventure, exceptional dining, wellbeing, cultural discovery or complete relaxation, each experience unfolds naturally, inviting you to embrace island life at your own pace.

An aerial photograph of a tropical coastline. In the foreground, a wide, sandy beach with visible ripples in the sand curves along the bottom left. The water is exceptionally clear, showing a gradient from light turquoise near the shore to deep blue further out. Dark patches of coral or rocks are visible beneath the water's surface. A small sailboat with a white sail is positioned in the lower right, near the beach. In the background, a large, rounded island covered in dense green forest rises from the water. The sky is a pale, clear blue.

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 (\$)

Glide effortlessly alongside vibrant coral reefs, cover greater distances with ease, and encounter sea turtles, colourful fish and other marine life using one of our DPV's (underwater propulsion vehicle). Suitable for both snorkellers and divers of all abilities, DPVs provide extra confidence for beginners while adding excitement and versatility for experienced ocean explorers.

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.

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.*





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

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.

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

Discover the vibrant underwater world of Bawah's protected marine conservation area, home to colourful coral reefs and an extraordinary diversity of marine life. Snorkel directly from the beach or jetty at your own pace, where you may encounter Green and Hawksbill turtles, Giant Bumphead Parrotfish, Clownfish, Angelfish, Butterflyfish, Rabbitfish, Giant Clams and dazzling Nudibranchs.

Daily Guided Snorkel Safari

For a deeper exploration, join our Activities Team on a complimentary daily boat-based Snorkel Safari to visit nearby reefs, discover hidden snorkelling sites and learn more about the remarkable marine ecosystem that surrounds the islands. Our Activities crew members are talented sea life spotters!

Please check with Guest Relations for daily departure times.

If you are not a confident swimmer, please let our Activities Team know so we can recommend the most suitable snorkelling experience for you.

GoPro Camera Rental ^(\$)

Capture every moment of your ocean adventures with our GoPro cameras or SeaLife underwater phone housing.

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.

Private guided Snorkelling around the Jetty ^(\$)

Join a private guide to explore the colourful corals and abundant marine life surrounding Bawah's house reef and jetty. Great option for beginners or those new to snorkelling.

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.





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.



Eco Printing ^(\$)

Discover the beauty of nature through eco printing, using locally sourced leaves and flowers to create unique patterns on fabric.

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.

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! A fun activity for families!



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.

Jungle Trails & Lookouts

Explore Bawah’s pristine primary rainforest on a guided sunrise or sunset hike. Our knowledgeable Activities Team will introduce you to the island’s unique flora and fauna as you follow scenic trails to breathtaking lookouts overlooking Coconut Beach, Batu Tokong and the surrounding islands. Along the way, visit the 500-year-old, 50-metre-high Keruing tree, known as the ‘King of Our Jungle’. Marked walking trails are available for self-guided exploration.

Want a guide? *Complimentary guided hikes are available upon request, call Guest Relations to book.*

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.

Indonesian Dance Experience ^(\$)

Enhance your private dinner or beach BBQ with a captivating Indonesian dance performance by our talented team members. Showcasing traditional dances including the graceful Melayu (Persembahan) and the dynamic Balinese dance, each performance celebrates the rich heritage, artistry and storytelling traditions of the Indonesian archipelago.

Indonesian Dance Lesson

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





Infinity Pool

The fresh water 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.

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.



Permaculture Garden Walk

Discover our organic gardens and take a guided tour learning about our pioneering farming practices, which allow us to grow the freshest and most delicious organic produce possible.

Sustainability Tour

Go behind the scenes to discover how Bawah's Earth-First guiding principles shape every aspect of the guest experience. Explore how our floating solar farm provides power, our advanced tertiary water treatment and extensive recycling programme, and gain a deeper understanding of the innovative initiatives that have made Bawah Reserve one of the world's leading sustainable island destinations.

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.





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



SIGNATURE DINING

The image captures a serene beach dining scene. In the foreground, a wooden table is elegantly set on the sand with two place settings, each featuring a striped placemat, white plate, and silverware. The table is laden with a variety of dishes, including several small bowls of food, two coconuts served as vessels, and a glass of water. In the background, a couple stands on the beach, looking out at the turquoise ocean under a large, light-colored umbrella. A lush, forested island is visible on the horizon.

**Pre-booking required for experiences*



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.

Jamu Health Tonic Workshop

Jamu has been a daily part of Indonesian life for generations, with traditional herbal tonics used to support wellbeing and help treat a variety of everyday ailments. Guided by our team, you'll discover the history of this ancient practice, learn about the healing properties of local herbs and spices, create your own organic jamu, and enjoy the fresh flavours of this time-honoured tradition.

Indonesian Cooking Class

Learn the secrets of Indonesian cuisine in a hands-on class led by one of our chefs. Using fresh, home-grown ingredients and fragrant local spices, you'll prepare authentic dishes before enjoying your creations for lunch. Take home the recipe and inspiration to recreate them yourself.

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 Night

Celebrate the rich culture and flavours of Indonesia with a family-style feast designed for sharing. Sample a variety of authentic regional dishes, discover new flavours, and enjoy an evening of traditional Indonesian music and dance.

Night Market BBQ

Immerse yourself in the sights, aromas and flavours of our Market Night BBQ, where a rotating menu of Indonesian and Asian favourites is prepared over the grill and in the earth oven, celebrating the diverse culinary heritage of the region.



Twilight Island Dinner (\$)

Journey by boat to one of Bawah's secluded surrounding islands, reserved exclusively for your evening. As the sun sets over the sea, soak in the tranquillity of your private beachfront setting, accompanied only by the gentle sound of the waves and a sky filled with stars.

Your personal chef will prepare a bespoke four-course BBQ dinner, served by a dedicated waiter. Tailor the menu to your preferences and enjoy a bottle of house wine, thoughtfully paired with your meal.

A memorable way to celebrate romance, a special occasion, or simply the magic of island life.

Weather and tide dependent.

Private BBQ (Beach, Suite or Villa) (\$)

Gather family and friends for a relaxed BBQ in the setting of your choice.

Whether on the beach or in the privacy of your suite or villa, your personal BBQ chef will prepare premium meats and freshly caught seafood over an open flame, accompanied by vibrant seasonal salads, flavourful sides and indulgent desserts, while dedicated wait staff take care of every detail.

Private Indonesian dance performance available as an add on.

Destination Dinner (Beach, Suite or Jetty) (\$)

Celebrate a special occasion with a beautifully curated dining experience in your chosen setting. From a candlelit beach to your private veranda or a lantern-lit jetty above the water, enjoy a bespoke multi-course menu crafted by our chefs and tailored to your preferences. Perfect for a romantic dinner for two or an intimate gathering with friends.

Private Indonesian dance performance available as an add on.

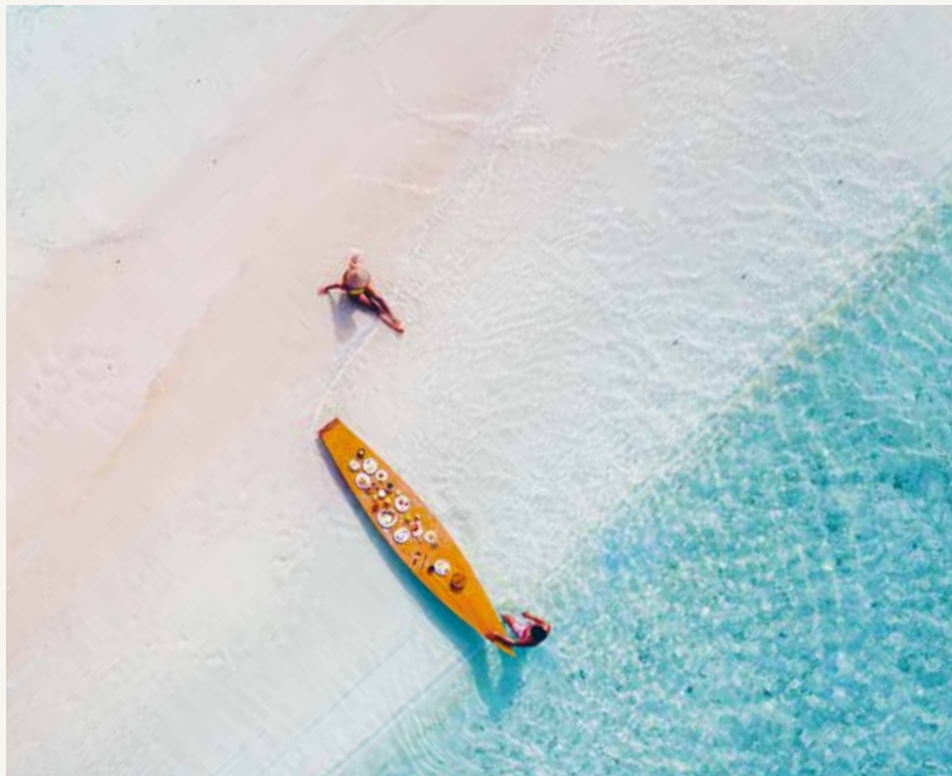
Exclusive Dinner on Elang Private Island (\$)

Cross the lagoon to Elang Private Island's exclusive shores for an intimate evening unlike any other. Reserved just for you, this unique experience pairs exceptional dining with the tranquillity of one of the most private island retreats.

Watch your personal chef prepare your customised menu over the grill before a dedicated waiter serves it in a beautifully curated setting. Whether celebrating a milestone or simply sharing a memorable evening together, this is one of Bawah's most exclusive dining experiences.

Subject to weather conditions and Elang Private Island availability.





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.

Sundowner Sunset Chill (\$)

Watch the sun melt into the horizon from one of Bawah's most spectacular settings, as the sky transforms into soft ombré hues. Accompanied by a bottle of champagne and a selection of handcrafted canapés, this is a beautifully relaxed way to toast another day in paradise.

Sensory Wine Tasting (\$)

Guided by our expert Sommelier, discover wine in an entirely new way. Through a curated sensory tasting, explore the textures, aromas and character of each wine, deepening your appreciation of every sip in a relaxed and engaging setting.

BBQ Dinner Boat Cruise (\$)

Cruise through the lagoons as the sun sets and the stars emerge overhead. Enjoy Champagne, canapés and a private BBQ prepared by your onboard chef while taking in the natural beauty of the archipelago. Maximum of 4 people per experience.

**Pre-booking required for experiences*



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.



Picnic Explorer (\$)

Embark on an unforgettable evening beginning with a scenic boat journey, where champagne and canapés set the tone for the adventure ahead. Arrive at your secluded starlit picnic, where a private chef prepares a freshly grilled dinner just for you. After your meal, settle in beneath the night sky for an exclusive outdoor movie screening, surrounded by the tranquil beauty of the islands. A magical combination of adventure, exceptional dining and cinematic charm under the stars.

A Taste of Bawah Masterclass (\$)

Embark on an immersive culinary journey through the flavours of the Indonesian archipelago. Begin with a visit to our organic garden to harvest fresh herbs and seasonal ingredients before learning the art of making traditional sambal and preparing a selection of authentic Indonesian dishes alongside our chefs. Conclude your experience by enjoying the delicious meal you've created together.

**Pre-booking required for experiences*

Premium Castaway Picnic (\$)

Escape to Coconut beach, a guest favourite for its natural beauty and peaceful setting, for the ultimate private picnic experience. Arrive by boat at your own stretch of shoreline, where your chef prepares a personalised meal featuring either a 1 kg fresh lobster or 400 gr of Wagyu beef, accompanied by fresh salads and seasonal sides. A bottle of house wine completes the experience, creating an unforgettable barefoot dining experience.

Castaway Beach Picnic (\$)

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.



Castaway Grill Picnic (\$)

Become the hero chef at your own private beach picnic. Escape to the secluded shores of a beach, reserved exclusively for you. Your grill will be ready, the ingredients expertly prepared, and everything set for an effortless barbecue. All you need to do is grill 500g of fresh lobster, alongside a delicious selection of premium meat, chicken and seafood skewers, complemented by fresh salads and indulgent sweet treats. Relax, savour the moment, and enjoy an unforgettable lunch in your own private island paradise.



**Pre-booking required for experiences*



YOUNG EXPLORERS

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:

- Origami paper crafting
- Drawing & colouring
- Eco printing
- Nature art
- Shadow picture drawing
- Wooden Craft Painting

Coconut Leaf Weaving

Experience a traditional Indonesian craft and create your own woven treasure from fresh coconut leaves.

Find Nemo!

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

Junior Survivor Challenge ^(\$)

Adventure awaits! Work your way through a series of fun island challenges, solve clues, and discover the hidden treasure. Perfect for young explorers with big imaginations.





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.



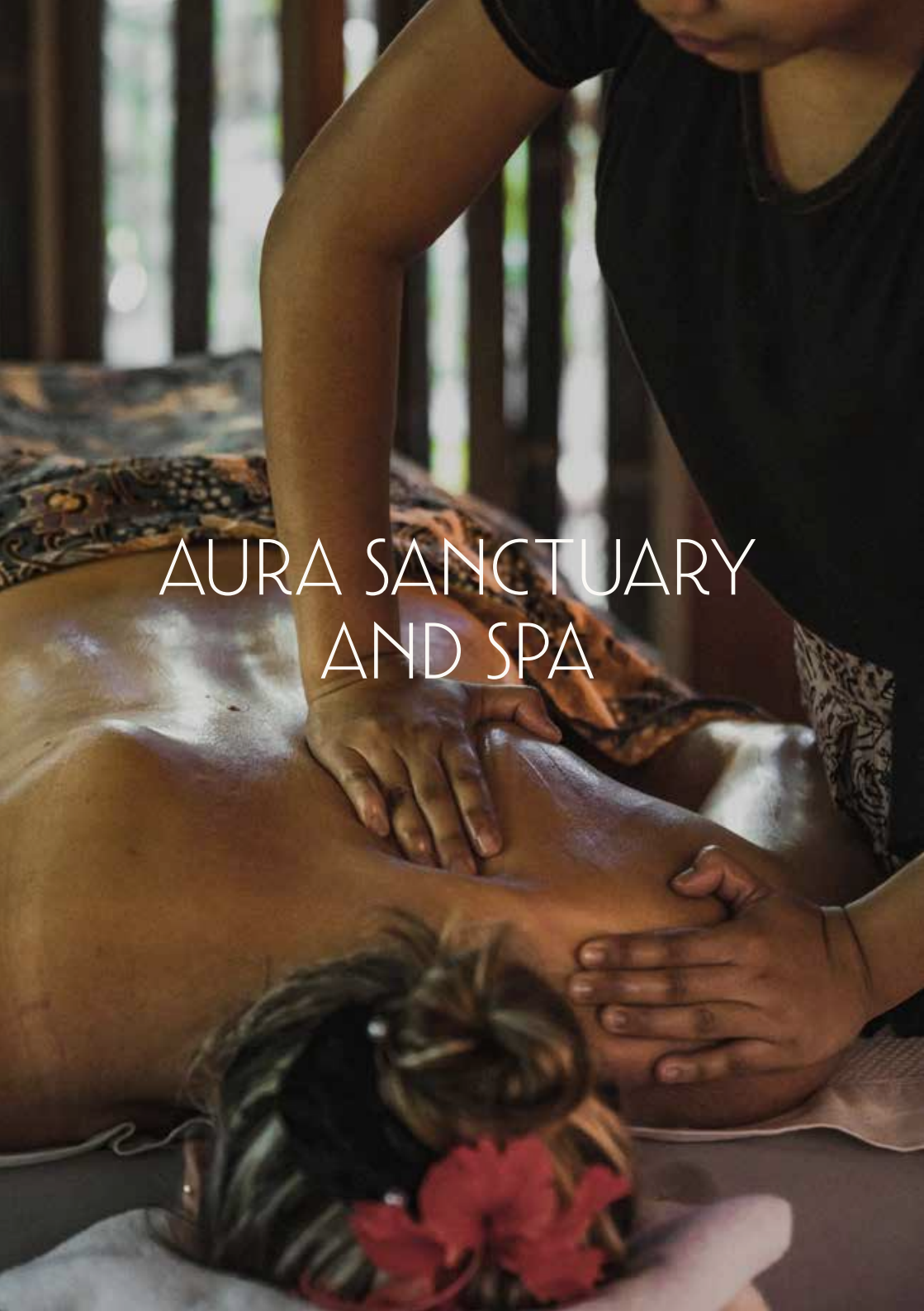
Kayak & Beach Play

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

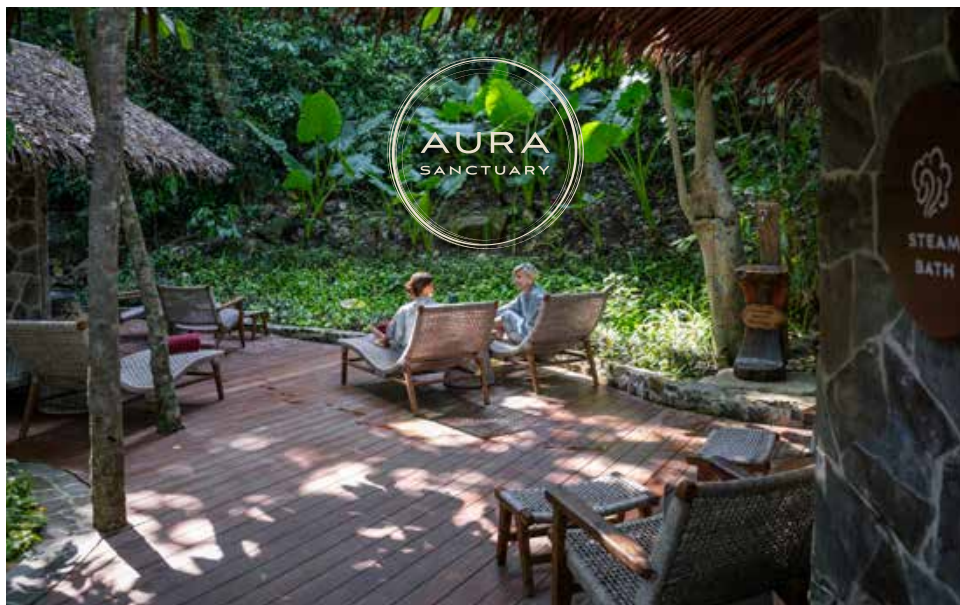
Nature Walk or Hike

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



A close-up photograph of a person lying on their back, receiving a massage. The masseuse's hands are visible, applying pressure to the person's back. The person's hair is styled in a bun with a red flower accessory. The background shows a wooden railing and a patterned cloth. The text "AURA SANCTUARY AND SPA" is overlaid in white, serif font.

AURA SANCTUARY AND SPA



Aura Sanctuary is a peaceful haven where guests can reconnect with nature and themselves. Home to Aura Spa and Hill Spa, it offers serene spaces for relaxation and renewal. Unwind in the sauna, steam or polar rooms, or indulge in a curated menu of massages, facials, scrubs, wraps and nail services—all designed to soothe, restore and rejuvenate.



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.



**Pre-booking required for all wellbeing activities. Private bookings available on request (\$)*

***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.

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.



**Pre-booking required for all wellbeing activities. Private bookings available on request (\$)*

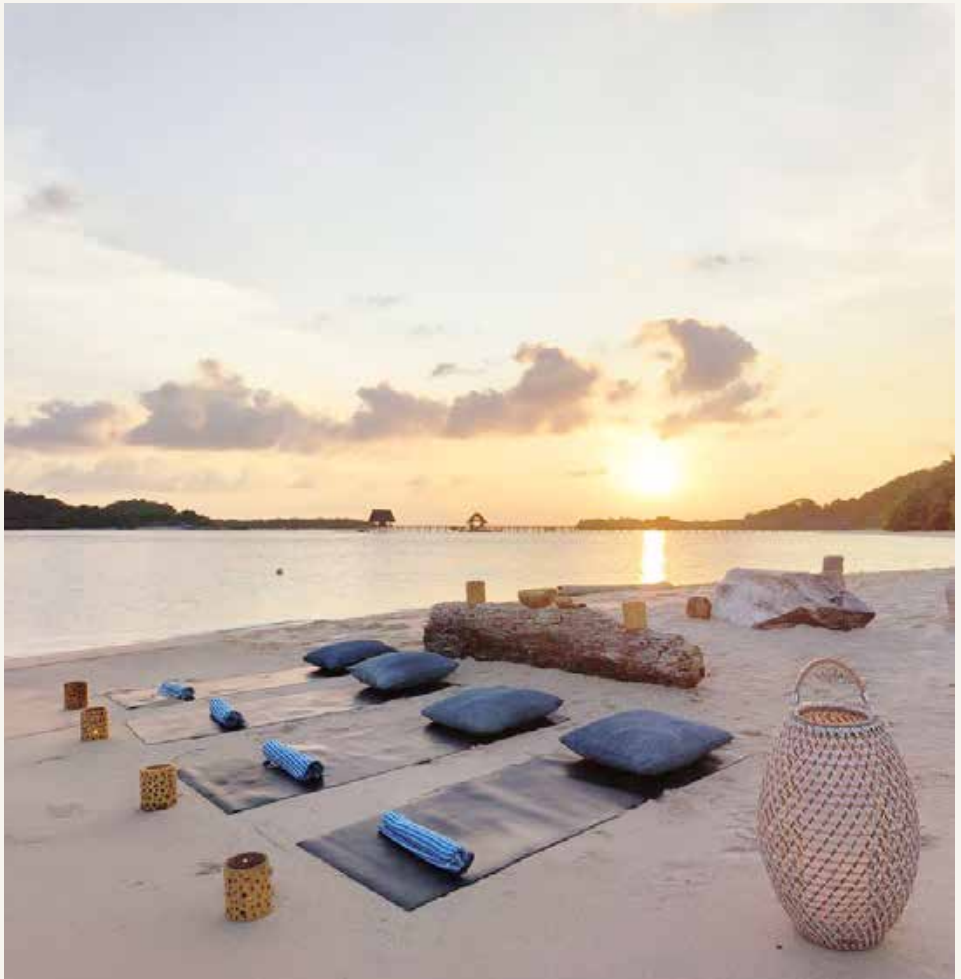
***Twilight / Starlight Meditation**

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.

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

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.



**Pre-booking required for all wellbeing activities. Private bookings available on request (\$)*

A large sea turtle, likely a Hawksbill, is shown swimming towards the upper right of the frame. It has a patterned shell with dark brown and light tan scutes. The background is a deep blue ocean filled with many small, dark fish. In the foreground, there is a diverse coral reef with various types of coral, including some that appear bleached or white. The text "MARINE CONSERVATION" is centered over the middle of the image in a white, serif font.

MARINE CONSERVATION

Our team of marine biologists leads an extensive marine conservation programme in partnership with the Anambas Foundation, an Indonesian non-profit organisation committed to protecting and restoring the marine ecosystems of the Anambas Archipelago while supporting local communities.



***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.

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



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.

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.



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.

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.

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	565	p/group
Junior Survivor Experience	<i>For our Young Explorers</i>	8.500	475	p/group of kids
Private Starlight Cinema Night		4.000	225	p/set up
Treasure Hunt	<i>60–90 minute treasure hunt incl. surprises & refreshments. Max 6 people.</i>	7,000	390	p/family
INDO EXPERIENCES				
Eco Printing	<i>Starting from</i>	550	35	p/person
Private Indonesian Dance		350	195	p/experience
Taste of Bawah Masterclass	<i>Cooking school</i>	2.100	115	p/person
BOAT EXPERIENCES				
Private Boat Snorkelling	<i>2 hours</i>	4.200	235	p/couple
Private Six Islands Boat Trip Sunrise / Sunset	<i>Includes refreshments</i>	8.500	475	p/boat
Day Trip to Nowhere	<i>Guide, snacks, lunch, drinks, beer. 2–15 people. Approx. 8 hrs *Per person extra</i>	80.500 *2.125	4,475 *120	group of 5 p/person
DIVE, SNORKEL, PADDLEBOARD EXPERIENCES				
Private Guided Jetty Snorkelling		1.650	92	p/couple
DPV Rental Dive or Snorkelling (1 Session)		1.200	67	p/session
Night Snorkelling in Lagoon (1–2 pax)		3.000	167	p/couple
Night Snorkelling by Boat (1–2 pax)		4.200	235	p/couple
Night See-through Paddleboarding	<i>Guide & lighting hire</i>	3.465	195	p/couple
GoPro/Underwater Camera Rental	<i>Per 5 hour period</i>	1.000	55	p/session
UV Torch		1.000	55	p/session
MARINE CONSERVATION HERO EXPERIENCES				
Coral Restoration Experience	<i>3 day</i>	18.000	1,000	p/person
Reef Health & Predator Removal	<i>3 day</i>	16.000	890	p/person
Turtle Conservation (Diver)	<i>3 day</i>	14.000	780	p/person
Turtle Conservation (Snorkeller)	<i>3 day</i>	12.000	665	p/person

*** 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 18,000 to US\$1.

FOOD & BEVERAGE		IDR++	US\$++	
Premium Castaway Picnic	<i>Coconut Beach</i>	21.250	1,200	p/couple
Castaway Grill Picnic	<i>Sangah Beach, Merbah Beach, Turtle Point</i>	10.000	550	p/couple
Castaway Grill Picnic	<i>Coconut Beach</i>	11.000	615	p/couple
Castaway Beach Picnic	<i>Sangah Beach, Merbah Beach</i>	7.000	400	p/couple
Castaway Beach Picnic	<i>Turtle Point, Coconut Beach</i>	9.000	500	p/couple
Mocktail Making Class		1.340	75	p/person
Cocktail Making Class		1.700	95	p/person
Coffee Exploration Class	<i>Includes 250g of coffee beans</i>	2.750	150	p/couple
Private BBQ	<i>Sandbank, Grouper Beach</i>	11.000	615	p/couple
Private BBQ	<i>Villa</i>	12.000	670	p/couple
Destination Dinner	<i>Villa, Boathouse Beach, Jetty</i>	8.125	450	p/couple
Sensory Wine Tasting		8.680	485	p/couple
SUP Breakfast		3.200	180	p/couple
BBQ Dinner Boat Cruise		20.000	1,115	p/couple
Sundowner Sunset Chill	<i>Sangah Beach, Merbah Beach, Bawah Beach, Sandbank</i>	8.000	450	p/couple
Sundowner Sunset Chill	<i>Elang Beach, Turtle Point, Coconut Beach</i>	9.000	500	p/couple
Sundowner Sunset Chill	<i>Lidi Bale, Tokong Bale</i>	10.000	550	p/couple
Dinner at The Lookout		3.800	210	p/couple
Picnic Explorer	<i>Elang Beach, Merbah Beach</i>	27.000	1,500	p/couple
Picnic Explorer	<i>Turtle Point, Coconut Beach</i>	30.000	1,675	p/couple
Twilight Island Dinner	<i>Merbah Beach, Sangah Beach</i>	15.000	840	p/couple
Twilight Island Dinner	<i>Turtle Point</i>	16.000	900	p/couple
Elang Private Island Dinner	<i>Elang Beach</i>	17.000	950	p/couple

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AURA SANCTUARY, SPA & WELLBEING		mins	IDR ⁺⁺	US\$ ⁺⁺	
See Aura Spa & Wellbeing brochure for full details					
Spa Explorer at Rock Island Bale	150	7.110 10.710	395 595	single couple	
Spa Explorer at Batu Tokong Beach Bale	180	8.910 12.510	495 695	single couple	
Private Classes <i>Gym, Yoga, Pilates, Meditation</i>	60	2.700 4.500	150 250	single couple	
Aura Scent Bar Experience <i>30ml Eau de Parfum (single)</i>	60	2.700	150	single	
Spa Bath Experience - In-spa	30	1.440	80	single	
Spa Bath Experience - In-suite	150	4.500	250	single	
Inbody Biofeedback Report	45	2.160	120	single	
Trauma Release Movements <i>*Subject to availability</i>	60	2.700 4.500	150 250	single couple	

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