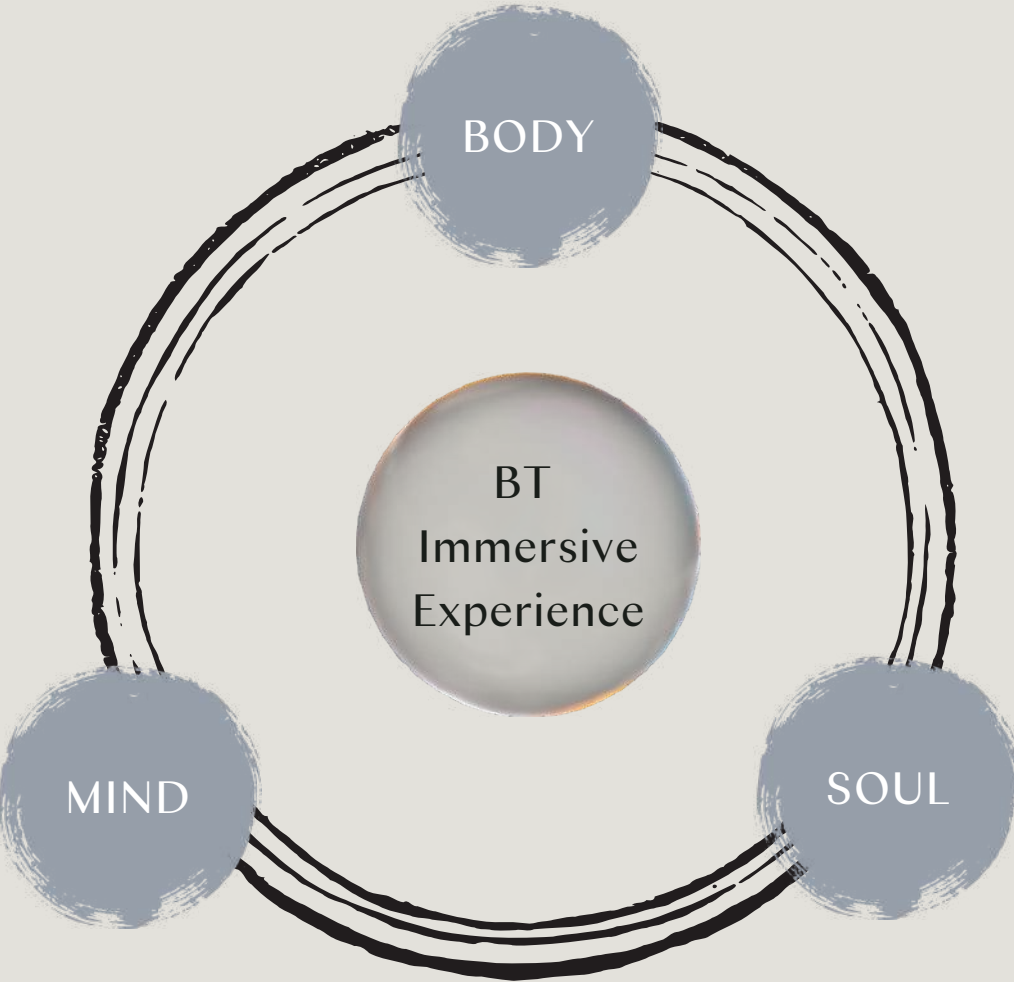




BUAHAN DISCOVERY
EXPERIENCE

AN INVITATION INTO A DIFFERENT WAY OF BEING



HOLISTIC MIND,
BODY & SOUL
EXPERIENCE



Our Discovery Experiences are curated with the alignment of
Body, Mind, and Soul
and holding on to our pillar of Connecting to Nature, Community Embedded, and Discovery Experiences.

ADVENTURE, CULTURE, CULINARY, HEALING

ADVENTURE

An exciting or unusual experience that is risky undertaking with some potential physical challenge, such as mountain climbing or participating in extreme sports.



CULTURE

Cultural Experiences are related to local society and its ideas, customs, art, creativity, different cultures/ways of life, visiting historical sites, participating in hands-on learning experiences and local festivals.



CULINARY

It is related to cooking or arts of food preparation, and presentation of food in the form of meals, table manners or arts and it includes a local cooking class and special dining destination program.

HEALING

Program of physical fitness, holistic care, happiness, relaxation, emotional balance, stress reduction, quality of life and spiritual health or proactive maintenance and improvement of health and overall wellbeing



BUAHAN DISCOVERY CALENDAR

HAPPENING

- Daily complimentary activity
- Duration should be around 30 minutes to max 90 minutes
- Happening is on-site or around the property
- Mostly guided and scheduled, others are DIY (Guided by a Map)



DISCOVERY JOURNEY

- Local experience that is unique and tailored for our property and only can be booked by our in house guest
- 10% on-site and rests are off-site Property
- All are Chargeable and guided



CELEBRATION

- Local culture celebrations include the cycle of life celebration, a special place or temple festival
- Unique tradition at a certain place
- Seasonal (every 2 or 3 months or more)
- Focusing in Happening around the property (less than 2hr)
- May required special attire

EVENTS

- Involving outside practitioners, or expertise
- Theme Events happening every quarter
- Event Announcement shared between 6 -2 months ahead

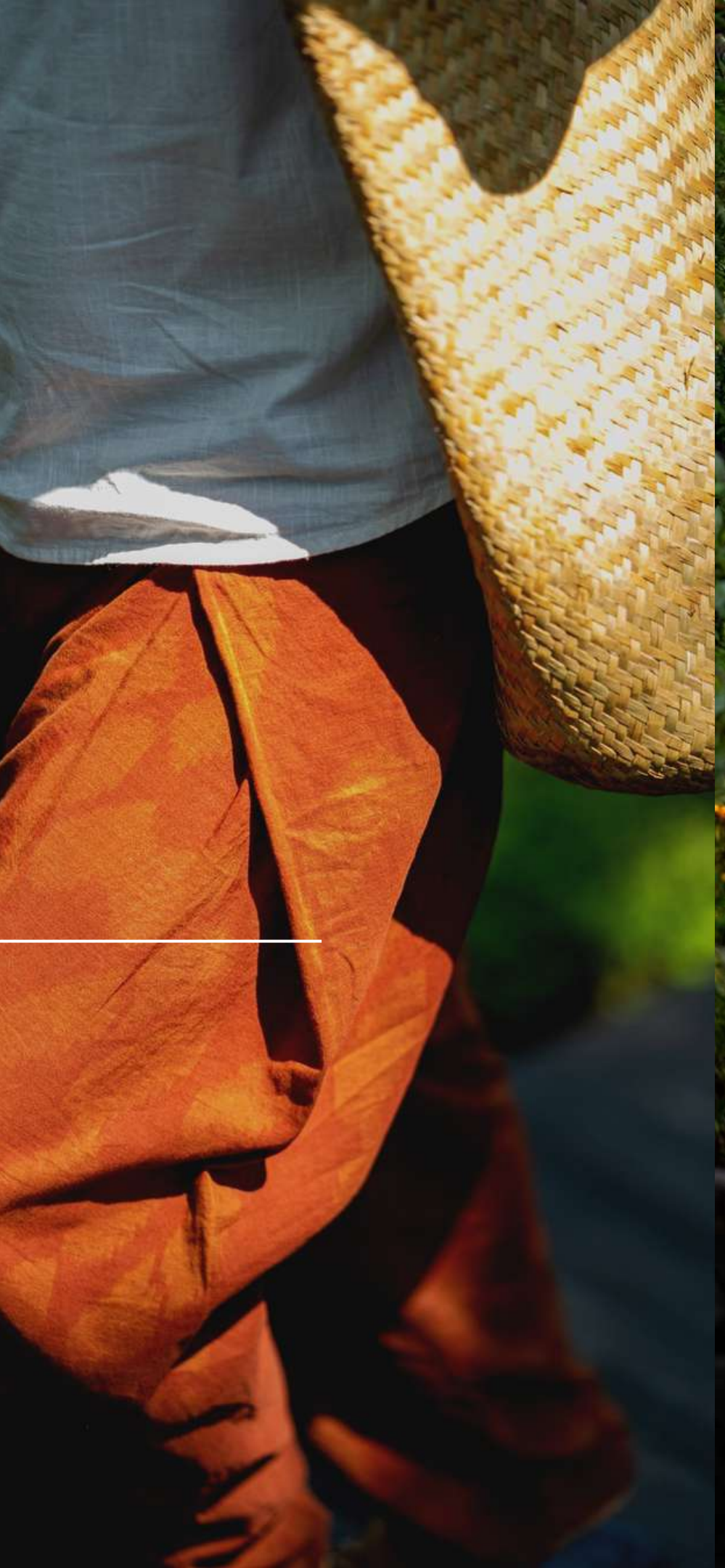
A scenic view of a resort at dusk. In the foreground, there are wooden tables and chairs, some with lit candles. In the middle ground, there are several lounge chairs and umbrellas. In the background, there is a large mountain with a lake in front of it. The sky is a mix of orange and blue.

DISCOVERY JOURNEY

ADVENTURE, CULTURE, CULINARY, HEALING



ADVENTURE



SOUL FREEDOM JOURNEY



JOURNEY OF REWILDING

is about "Connecting to Nature" in an intuitive way as we take the guest through experiences to attune their senses to the earth's invisible rhythms and their own wise and wild sanctuary within.

Price : IDR 1.500.000++/person
IDR 2.300.000++/couple



Start the journey by making your own gratitude, a Balinese offering “Canang sari”, symbolizes our gratitude to the Devine God. You will be dressed in traditional Balinese attire before starting a short hike into an intimate, peaceful valley featuring the captivating Tjampuhan waterfall, two rivers (Satang and Ayung river) adjoining together.

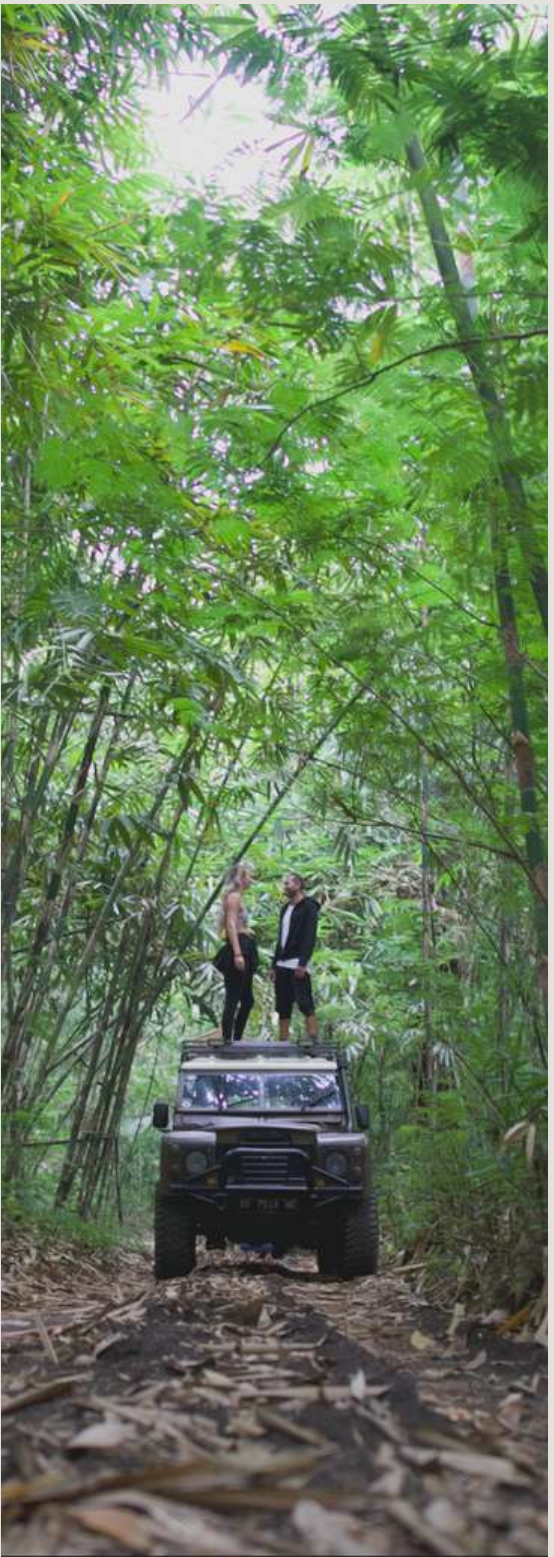
Experience a spiritual purification ritual to cleanse both body and mind, refresh the spirit and dissolve away any negative, to let go of something that is not good within us. You will be guided through meditation, chanting and offering by a local priest. After chanting, the priest will guide you to go inside the waterfall before a flower release ritual at the river.

At the end of the ritual the priest will purify you with holy water and you will be given a lucky charm bracelet “Tridatu” a symbol of the Three Goddess , as a symbol of protection

LAVASCAPE TRAIL



"BAMBOO is a useful plant. When it still young, it stand up erect and while it grows older it will stand up stoop. This is a symbol of Hindu philosophy that always keep the politeness"



SACRED ECOLOGY OF BAMBOO

The adventure will be started bypassing the lush pine forest at Manik Liu Village then continue across the lunar-like landscape of the black lava fields, enjoy the Breakfast Picnic by the Lava Rock. Continue your journey to having the bamboo weaving activity at Pangotan Village accompanied by a local villager, then your adventure will continue to the Bamboo forest of Kintamani, with an amazing 4WD jeep ride.

It offers hilly scenery with a quite challenging track, very slippery and muddy in the rainy season passing through the dense bamboo forest feel the real 4WD off-road adventure before meeting up with the forest guardian and his family, then having short trekking and healing session with the forest guardian. Purification at Mengening Temple will be your last spiritual adventure.



Location: Kintamani
Duration: 7 hours (Half Day Experience)
Picnic Breakfast included in the Experience

Schedule: 06:00-13:00
Price : IDR 3.500.000++/person
IDR 4.500.000++/couple

RIDE FOR RESILIENCE



Get ready to embark on an enriching journey off the beaten track, through some of Bali's most scenic highland locations. Your ride starts from Bayung Gede Village at Mt. Batur cycling down through 20 km of jungle trails



passing ancient Hindu Temples, meandering through traditional Balinese villages, witness farmers attend their rice paddies and fruit plantations.

Location: Bayung Gede Village
Duration: 5-6 hours (Half Day Experience)
Picnic Breakfast included in the Experience

Schedule: 09:00-14:30
Price : IDR 2.900.000++/person
IDR 4.500.000++/couple



Enjoy the opportunity to sample exotic fruits picked from the trees and or vines, traditional Balinese cake with palm sugar and Balinese wine 'tuak', and enjoy your private picnic lunch with a panoramic valley view.

BATUR BREWSCAPE



Immerse yourself in a sensory adventure through Kintamani's enchanting coffee highlands and captivating volcanic landscapes. From the rich volcanic soil to your very soul, this journey awakens your senses, celebrating the craft of local farmers.



Every sip tells a story, and each moment is a celebration of connection and purpose.

Location: Kintamani Village
Duration: 5-6 hours (Half Day Experience)

Schedule: 14:30-19:30
Price : IDR 4.500.000++/couple



Indulge in exceptional brews at a pioneering coffee shop dedicated to empowering these artisans. Savor lush flavors during a barista-led tasting and bask in the beauty of the Batur caldera with an afternoon tea picnic.

HIKE TO THE PEAK

Mount Batur is 1,717 meters above sea level (the second highest peak in Bali) and is considered one of the sacred mountains. The scenery here alone is worth the journey but it is the view from the top that will forever stay in your mind, an experience that you will never forget. You will be accompanied by a professional local trekking guide. The pathway of trekking is sort of a pilgrimage to the top of the high-spirited ambiance. Along the trekking tour, you will pass the green tropical forest that has grown for hundreds of years. Trekking in the cool, early morning darkness, you will begin the ascent to arrive in time to witness a glorious sunrise and experience the stunning morning views of the surrounding crater while enjoying your tasty breakfast with a beautiful landscape panorama of the eastern part of the Island.



Location: Mount Batur
Duration: 7 hours (Half Day Experience)
Picnic Breakfast included in the Experience

Schedule: 02:30-09:00
Price : IDR 2.700.000++/person
IDR 3.700.000++/couple



CULTURE

LOCAL LIFE VINTAGE JOURNEY

(TRI HITA KARANA)

THREE CAUSES OF WELLBEING



This journey introduces you to a traditional philosophy of Balinese life named Tri Hita Karana. It is three causes of happiness that involve the relations between humans and God (Parahyangan), human and fellow human beings (Pawongan), and human and nature (Palemahan). Rewind the clock as you peel back the modernity of Bali to explore the traditional way of local life.



As you wander the surrounding Balinese villages on a vintage car, you will first where you can meditate in the sacred jungle and join the prayers.

Following his journey to opening local religious schools at Gunung Raung Temple, you will be rewarded with grand gates (Candi Bentar) with a huge sacred traditional meeting Bale called, Bale Agung, where all the transactions and important rules and regulations made.



Visiting the first arrival mark of Maharsi Markandeya's (Priest who introduce Hinduism in Bali), named Sabahang Dehet temple.



Location: Taro Village
Duration: 6 hours (Half Day Experience)
Picnic Lunch included in the Experience

Schedule: 09:00-15:00
Price : IDR 2.900.000++/person
IDR 4.900.000++/couple



CULINARY



JUNGLE AFFAIR

CULINARY ADVENTURE

Amidst the dense jungles of Buahan, and creates lifelong memories of an experience unlike any other. Dining on homegrown dishes crafted in harmony with the forest, as you listen to a nature orchestra.



Location: Pavilion
Price : IDR 1.700.000++/person

EARTHY HERITAGE COOKING

CULINARY ADVENTURE

Began your culinary journey at our "Paon" traditional kitchen by cooking an authentic recipe from around Bali. Smoky and fragrant from our in-house spice and herb, using wood fire stove and heritages equipment will accompany your experience with the story and traditional technique from our Buahan Chef.



Bringing the Buahan heritage flavor" that is our philosophy, introducing the importance of ingredients "Bumbu" that will help your body and palate to enjoy the dishes with a lot of benefit from the spice, such as turmeric, ginger, lemongrass, and green vegetables.



"BASE GENEP"
Seasoning itself
is a basic spice
that is widely
used in Balinese
food
processing.

Location: Bale Delod, BTE
Duration: 3 hours (Half Day Experience)
Lunch included in the experience
Schedule: 12:00 - 15:00
Price : IDR 1.700.000++/person
(include a glass of traditional Loloh)

ESSENCE OF SENSES

Start your journey at Botanist and awaken your taste buds using our senses to appreciate wild plants . You will be invited to forage at our inhouse “Taman Bumi ” farm, to learn more of native plants and it taste and benefit to your wellbeing. Our Botanist will guide you to curate your own cocktail using some of those you have forage with an infuse of local Palm wine ‘Arak” that is made by local palm wine artisan “Dapur Bali Mule” to enrich your pallet of local palm wine.



Location: The Botanist Bar
Price : IDR 3.000.000++/couple



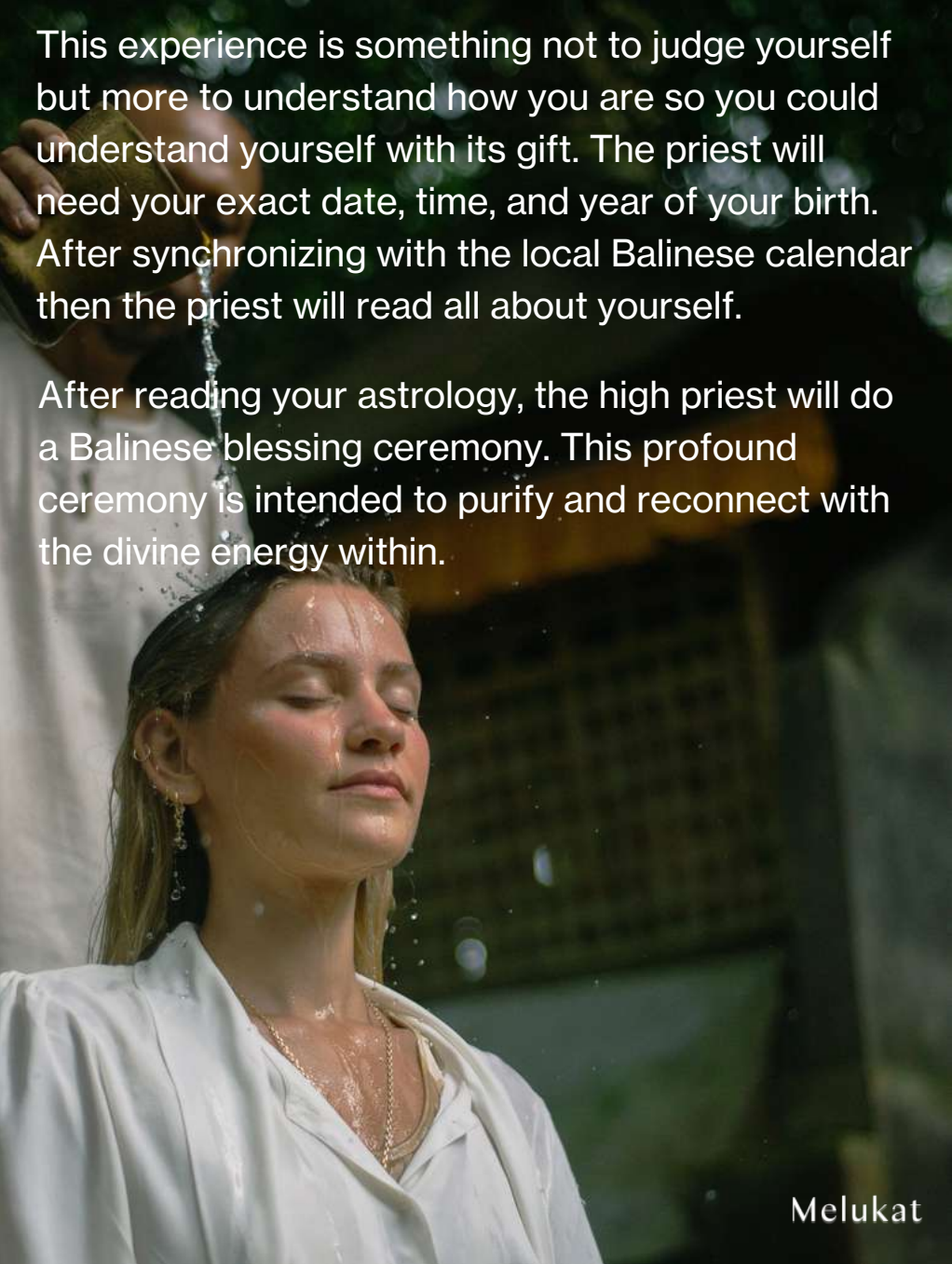
HEALING

INSIGHT JOURNEY



Balinese Wise Man (High Priest)
Ida Rsi Nabe Bhujangga Waisnawa Agni Murwanatha

THE PATH TO ENLIGHTENMENT



This experience is something not to judge yourself but more to understand how you are so you could understand yourself with its gift. The priest will need your exact date, time, and year of your birth. After synchronizing with the local Balinese calendar then the priest will read all about yourself.

After reading your astrology, the high priest will do a Balinese blessing ceremony. This profound ceremony is intended to purify and reconnect with the divine energy within.

Melukat



REDISCOVERING
YOUR INNER
SELF

Location: Buahan and Bukian, Gianyar
Duration: 4 hours (Half Day Experience)
Schedule: 09:00-12:30
Price : IDR 2.700.000++/person
IDR 3.700.000++/couple

CHAKRA & SOUND HEALING

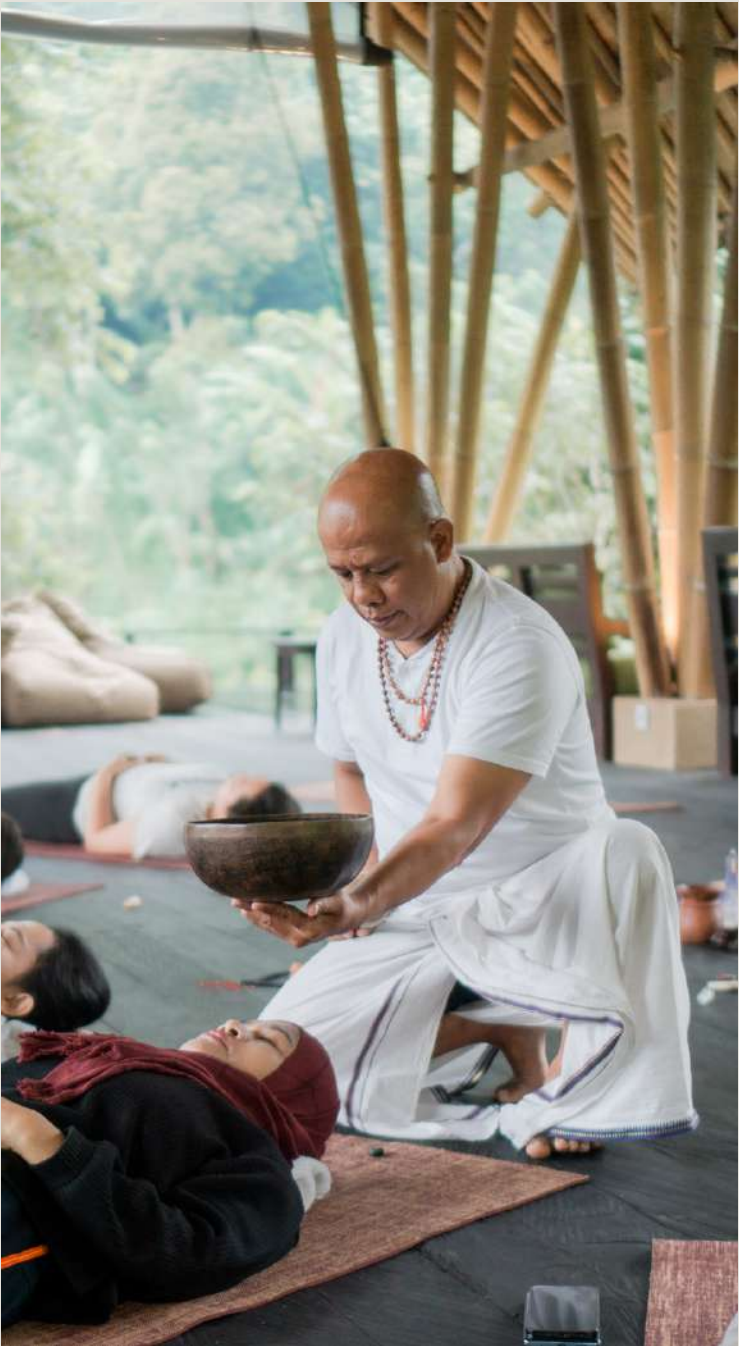


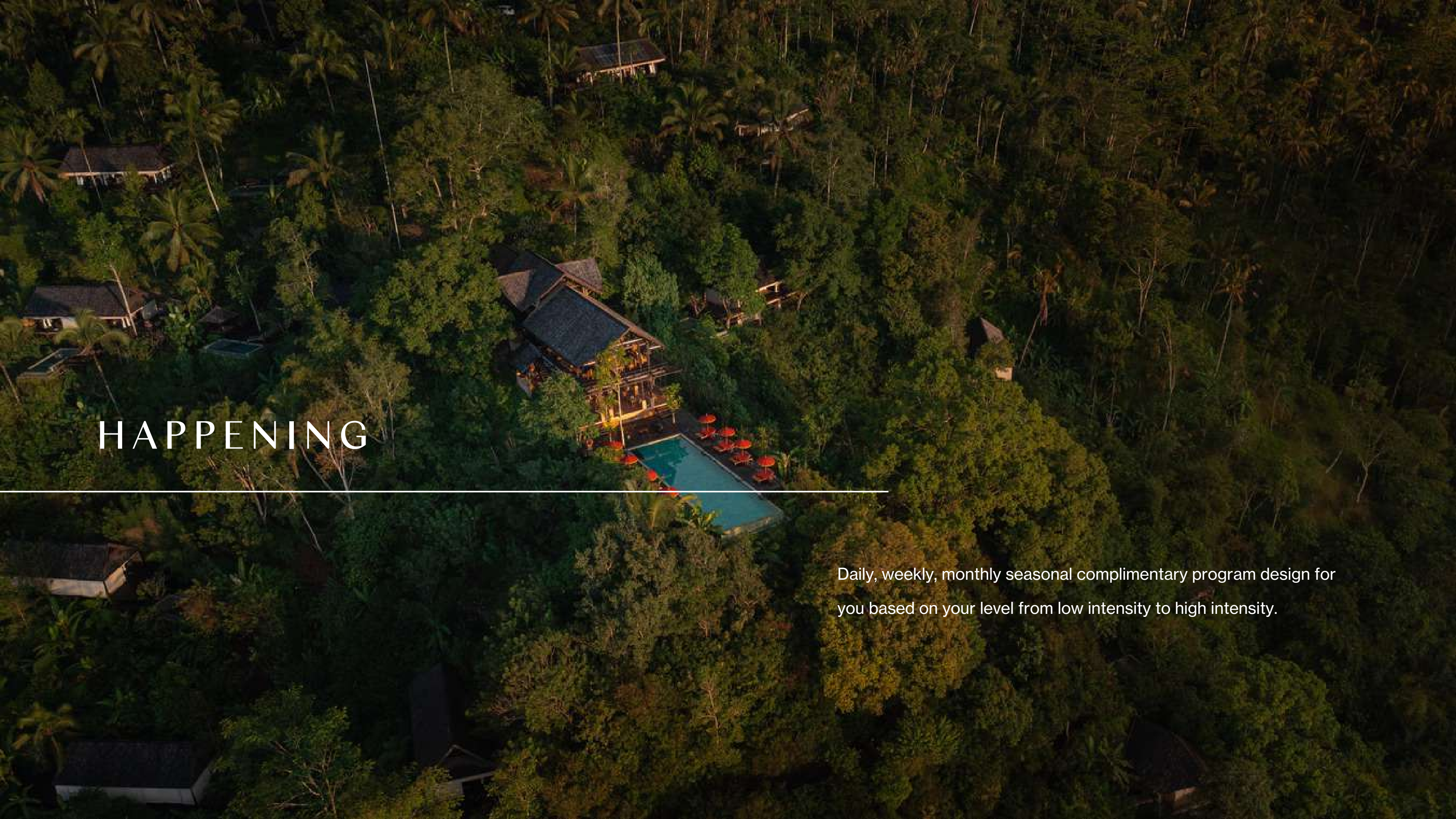
CHAKRA BALANCING

Is to create alignment in your physical body through the seven major chakras run from the base of your spine to the top of your head.

SOUND HEALER

Sound healing therapy uses aspects of music to improve physical and emotional health and well-being



An aerial photograph of a resort nestled within a dense tropical forest. The resort features several buildings with dark, gabled roofs and a large, rectangular swimming pool. The pool is surrounded by a deck with numerous orange umbrellas. The forest is composed of tall palm trees and other lush vegetation, creating a vibrant green backdrop. The lighting suggests a late afternoon or early morning setting, with long shadows and warm tones.

HAPPENING

Daily, weekly, monthly seasonal complimentary program design for you based on your level from low intensity to high intensity.

BUAHAN DAILY HAPPENINGS CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00am - 08:00am		Surya Hatta Yoga (All Level)		Surya Hatta Yoga (All Level)		Surya Hatta Yoga (All Level)	Vinyasa Flow (All Level)
08:30am - 10:30am	Rice Life Trekking (Medium Intensity)			Rice Life Trekking (Medium Intensity)			
09:00am - 10:00am	Tjampuhan Waterfall Trek (High Intensity)		Tjampuhan Waterfall Trek (High Intensity)		Tjampuhan Waterfall Trek (High Intensity)		Tjampuhan Waterfall Trek (High Intensity)
12:00pm - 01:00 pm	Art of Balinese Script	Traditional Coconut Oil Crafting		Art of Balinese Script	Artisan of Palm Sugar (Low Intensity)		
03:00pm - 04:00pm	Palm and Press (All Level)	Palm and Press (All Level)	Bali's Soul: A Dance Journey			Boreh Rub (All evel)	Bali's Soul: A Dance Journey
04:00pm - 05:00pm	Vinyasa Yoga (All Level)	Senja on Wheels (Medium Intensity)	Restorative Yoga (All Level)		Vinyasa Yoga (All Level)	Senja on Wheels (Medium Intensity)	Restorative Yoga (All Level)
05:00pm - 05:30pm	Foraging			The Botanist Discovery			
05:30pm - 06:00pm	Arak Taste & Toast	GM Cocktail	Arak Taste & Toast	Arak Taste & Toast	GM Cocktail	Arak Taste & Toast	Arak Taste & Toast
09:00am - 05:00pm	DIY Waterfall, Trekking or Cycling are available on request, please contact Escape Host						

*Maximum participant for adventure activity is 4 persons only
*it is a simple Happening calendar and it will be changing seasonally

BUAHAN PRIVATE PROGRAM CALENDAR

CATEGORY	ACTIVITY	DURATION	INTENSITY LEVEL	PRICE
PRIVATE WELLBEING PROGRAM	Balance & Breath Yoga	90 Minutes	Beginner Level Advanced Level	IDR 1.500.000 ++/person IDR 2.300.000 ++/person
	Yin Yoga	90 Minutes	Beginner Level Advanced Level	IDR 1.500.000 ++/person IDR 2.300.000 ++/person
	Resonance Meditation	90 Minutes	Beginner Level Advanced Level	IDR 1.500.000 ++/person IDR 2.300.000 ++/person
	Sound & Chakra Balancing	90 Minutes	All Level	IDR 2.300.000 ++/person
	Moon Meditation	90 Minutes	Beginner Level Advanced Level	IDR 1.500.000 ++/person IDR 2.300.000 ++/person

*it is a simple private program calendar and it can be changing seasonally

PRIVATE ACTIVITIES

SEASONAL	ACTIVITY
06:30 - 07:30 pm	Restorative Fire Light Yoga (every New Moon and Full Moon) Pre-book

TIME	CATEGORY
11:00 am	UBUD SHUTTLE
16:00 pm	UBUD SHUTTLE

*it is a simple private program calendar and it can be changing seasonally

YOGA



MELODY FLOW YOGA

In Melody Flow Yoga, you are singing a song with your body. Practicing flow movement accompanied by the selected song. The flow movement will be combined by slow and fast asanas. Enjoying the music through body movement.

SURYA HATTA YOGA

Performing Surya Yoga at open air pavilion to access and absorb the energy of the sun to activate the energy of fire inside the body. Perfect for beginners and levels that focused on pranayama.



Performing standing flow asanas to increase the body balance, range of motion and stability.

VINYASA YOGA



YOGA

AERIAL YOGA

Allow the weight of your body supported by a hammock, as anti-gravity yoga you will reach a big difference of experience to connected to the air. Our private guru will guide you to reach the sense of flying during practicing this yoga style.



YIN YOGA

Yin Yoga is a slow style of yoga, incorporating principles of traditional Chinese medicine and asanas (postures) that are held for longer periods of time than in other styles had. Perfect for all levels to connective tissues of the body and increasing circulation in the joints and improving flexibility.

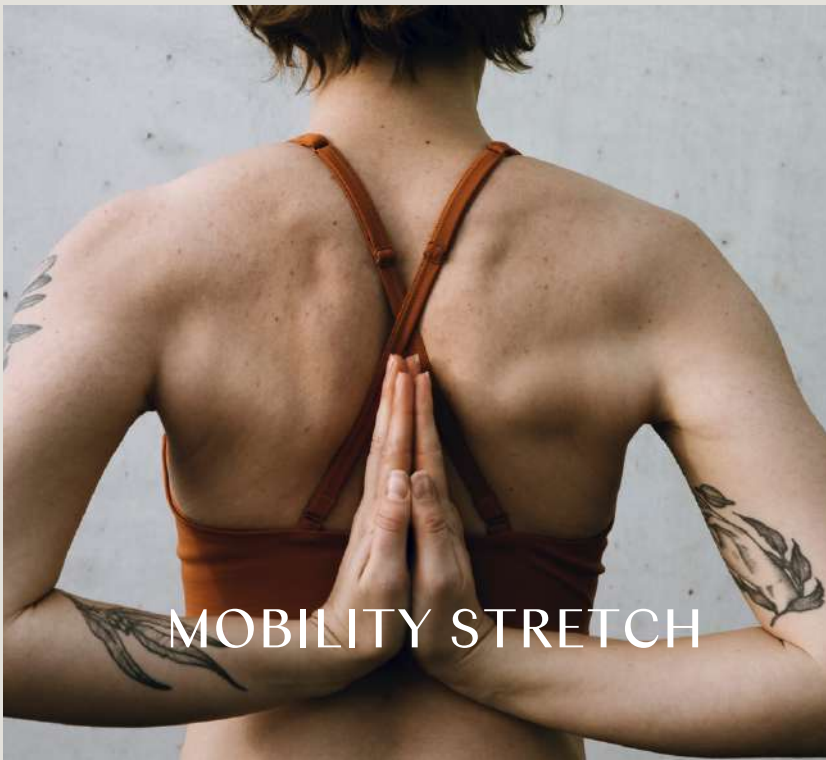
YOGA

PRIVATE YOGA - ALL STYLE

Yoga is a connection between body, mind and soul. Having private yoga at your Bale Deck, the instructor will offer the yoga based on your capability and your purpose.

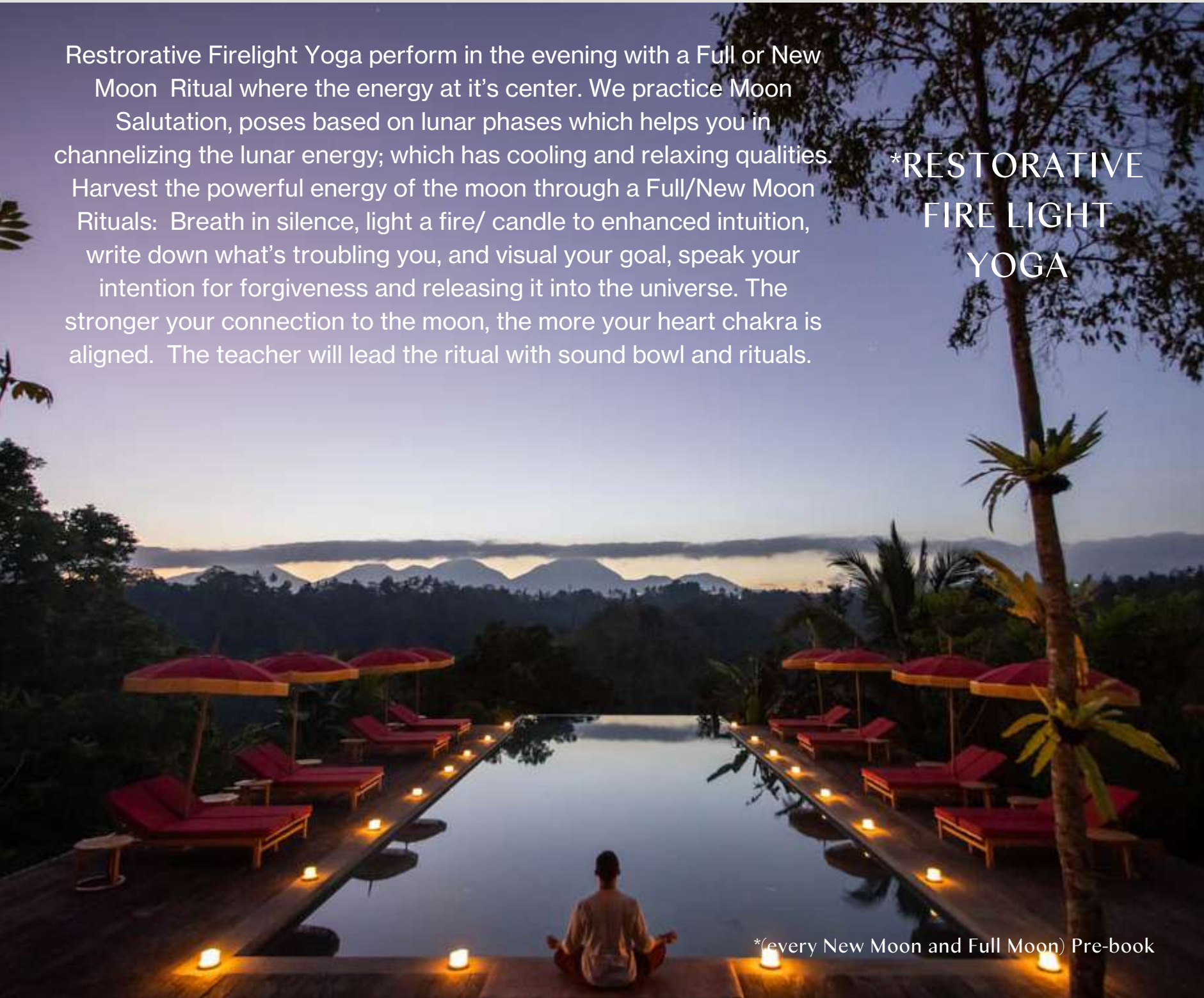


Mobility Stretch is an advanced form of flexibility movement, which involves both the stretching and contracting of the muscle group that we targeted to improve the flexibility, muscle strength and range of motion. Mobility Stretch also known as the muscle rehabilitation. The host will guide you to reach your maximum flexibility by doing Contact-Relax Stretching approach.



Restorative Firelight Yoga perform in the evening with a Full or New Moon Ritual where the energy at it's center. We practice Moon Salutation, poses based on lunar phases which helps you in channelizing the lunar energy; which has cooling and relaxing qualities. Harvest the powerful energy of the moon through a Full/New Moon Rituals: Breath in silence, light a fire/ candle to enhanced intuition, write down what's troubling you, and visual your goal, speak your intention for forgiveness and releasing it into the universe. The stronger your connection to the moon, the more your heart chakra is aligned. The teacher will lead the ritual with sound bowl and rituals.

*RESTORATIVE FIRE LIGHT YOGA



*(every New Moon and Full Moon) Pre-book

TJAMPUHAN WATERFALL TREK



TJAMPUHAN

Step down into the gravel pathways, descending the 45-degree of downhill. The stick, map and your sense of discovery will guide you to reach the Tjampuhan Waterfall of Ayung River.



RICE PADDY CYCLING & BUAHAN LIFE TREKKING



RICE PADDY CYCLING

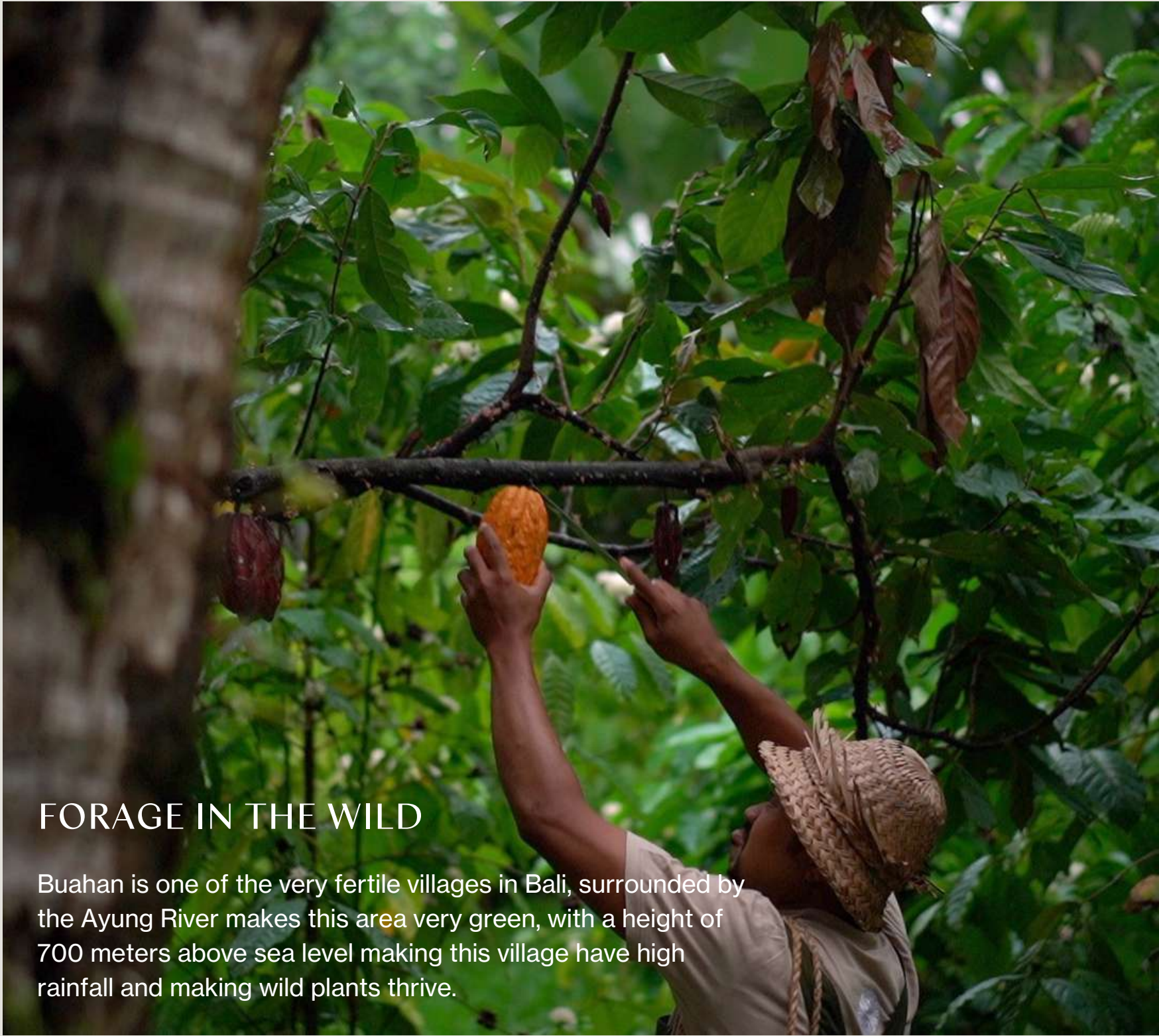
Experience cycling to the real-life and nature of Buahan village. Start by having uphill cycling to Majangan Village then enjoy the long downhill cycling to the southern part of Buahan village to enjoy a borderless rice field view or stop at the local temples and houses around the village.

BUAHAN LIFE TREKKING

Taking deep into heartland of Buahan, explore the timeless beauty of virgin rainforest before enjoying untouched layers of Buahan rice filed. Our Host will lead you to this beautiful world of nature, exploring local plants and flora of interest before exploring rural Balinese house



FORAGE IN THE WILD



FORAGE IN THE WILD

Buahan is one of the very fertile villages in Bali, surrounded by the Ayung River makes this area very green, with a height of 700 meters above sea level making this village have high rainfall and making wild plants thrive.



There are lots of wild plants with their own aroma and characteristics. we invite you to enjoy directly picking, smelling, tasting, and all benefits of the plant. Foraging are including native local fruits, local vegetables, farm harvesting and seasonal fruits & vegetables

TRADITIONAL ELIXIR JAMU & ART OF LOLOH



TRADITIONAL ELIXIR JAMU

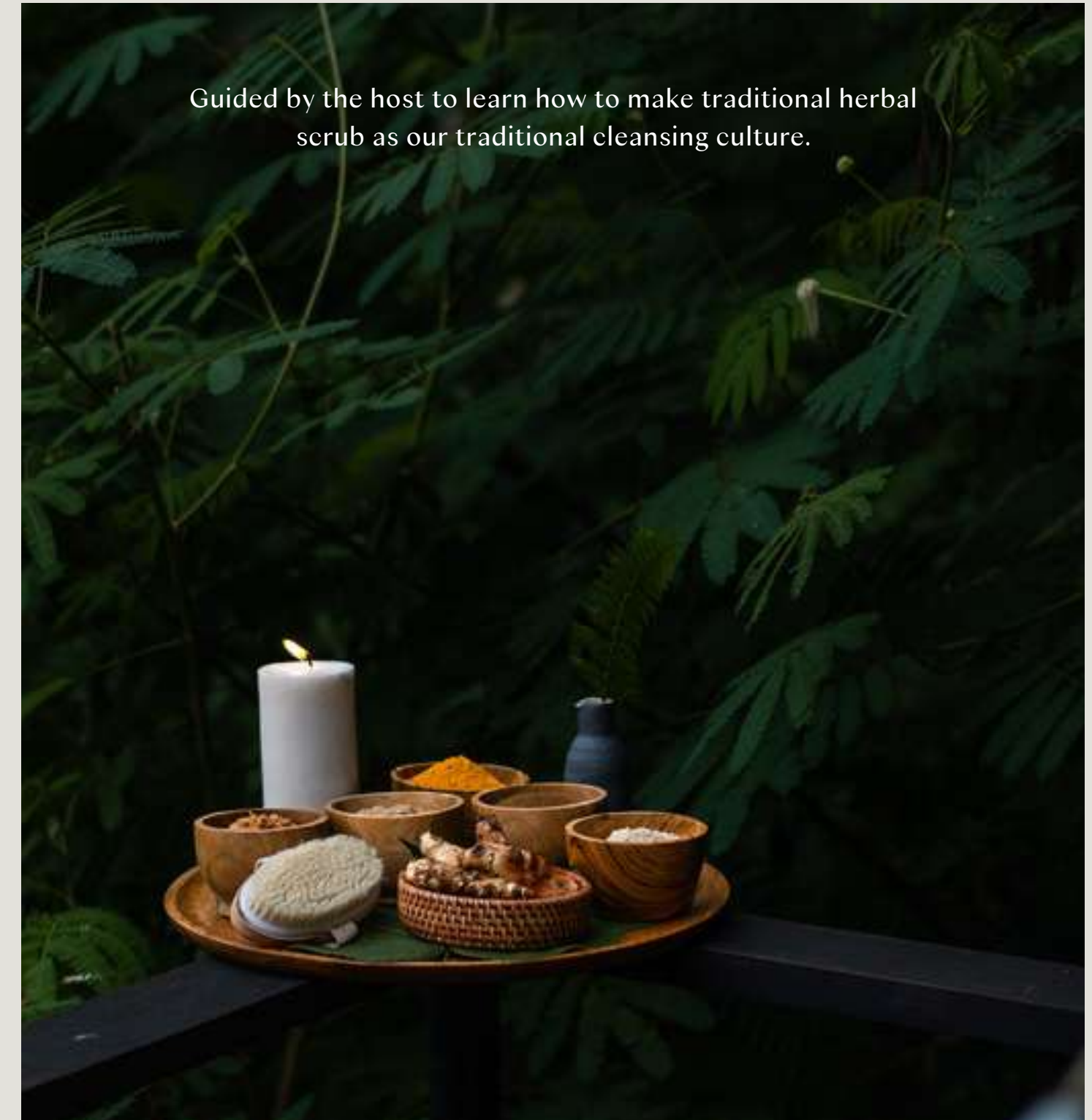
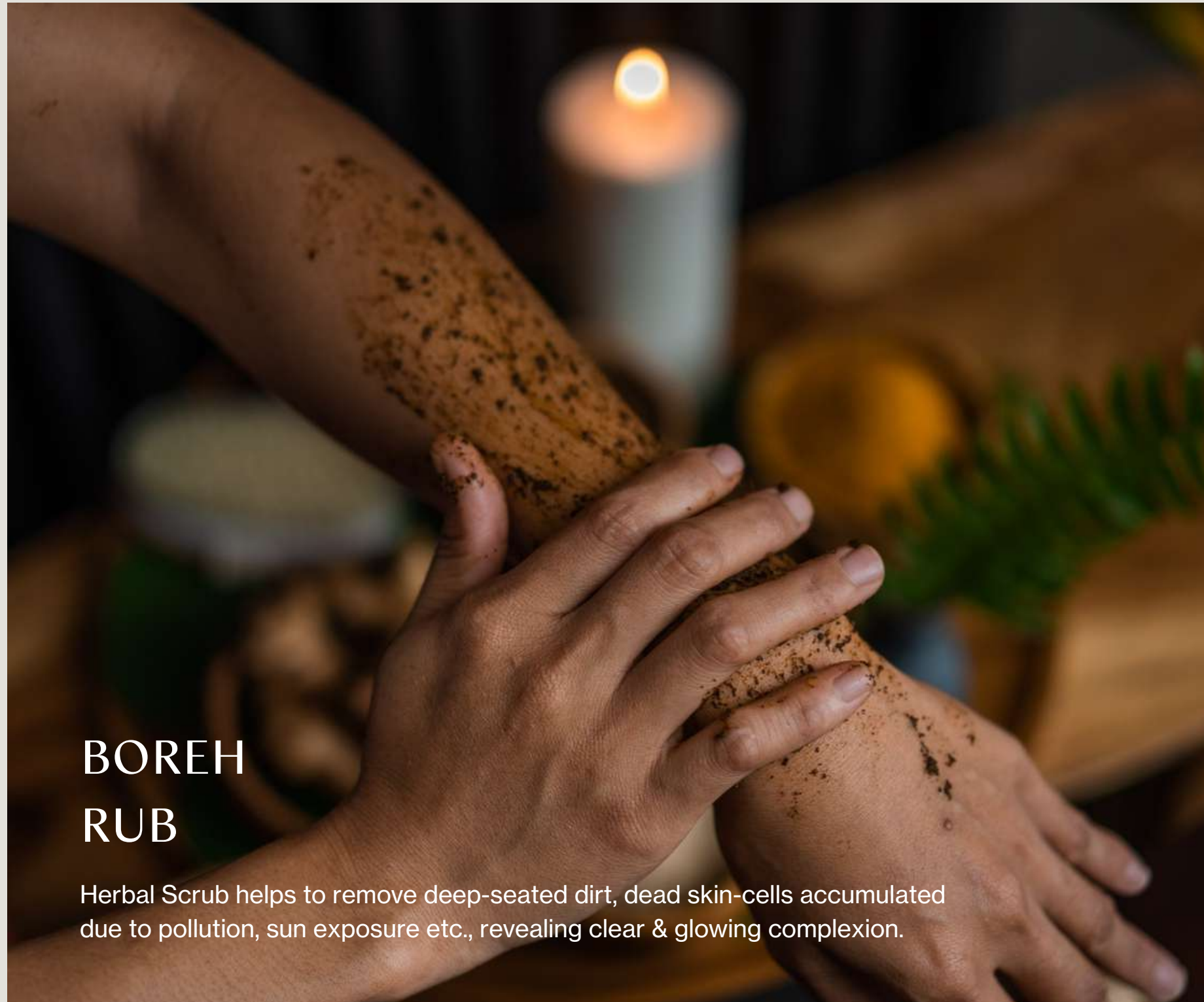
Jamu is a traditional Indonesian herbal drink made roots, bark, spices and seeds that's said to promote inner and outer health and beauty. You will be taken through the process; an ancient knowledge that has been passed down from generation to generation and boasts some major health benefits, earning itself a local reputation as a 'cure-all' elixir.

ART OF LOLOH

Loloh, is traditional Balinese medicine from nature such as medicinal leaves, herbs, and spices. These natural remedies are very common in Bali, its is used more as a preventive medicine rather than a cure, it has the benefit of giving good health and purifying the blood.

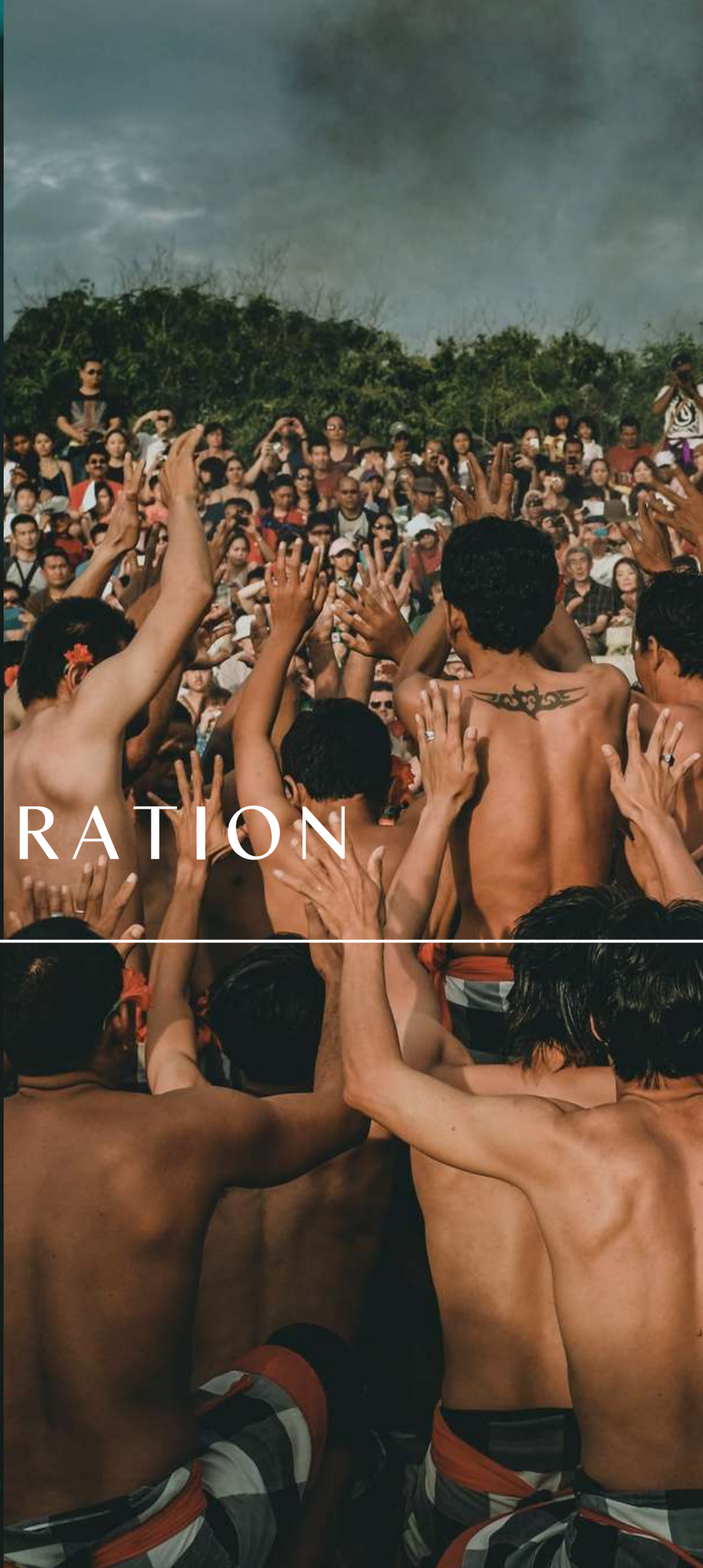


BOREH RUB





BALI CELEBRATION



2025



PERANG PANDAN

(JUNE 2025)



Each young man carries a weapon; a bunch of thorny pandan leaves which have sharp spines. They try to inflict each other's bodies with lashes from the leaves' sharp thorns. This bloody match was held as a form of physical and mental training for youth. After the battle is over, the wounds will be treated immediately using traditional ingredients made from various kinds of tubers. The wound will usually heal in a few days. Thus, after the ceremony, they will be treated and purified also by the priests who led the ceremony.



MAKARE
KARE

Witness indigenous people of Bali, at the Eastern part of Bali, Tenganan village. Bali Aga, also often called Bali Mula, is the original inhabitant of Bali who had lived on this island before the arrival of Hindu migrants from Java. You will find traditional houses that are not even influenced by Melanesian architecture. Most traditional houses here have a small door, palm roof, and wooden floor. Another hallmark of this village is weaving Gringsing fabric and the Perang Pandan ceremony. One of the rituals performed by the people of Tenganan village is the Pandan War. Two young men were pitted against each other in a special arena.

MEKOTEKAN

(MAY & NOVEMBER 2025)

"TOLAK BALA"

Mekotekan Rituals are part of the traditional Kuningan Festival that is celebrated to battle evil spirits that are said to attack Munggu Village. The Kuningan Festival is held every six months according to the traditional Balinese calendar. The festival's rituals are diverse but aim at purifying the locals and the village. By eliminating any evil spirits, the locals are able to ensure that only good spirits remain. The ritual involves men re-enacting the Blambangan war by walking to the temple carrying wooden sticks.



They are sprinkled with holy water and proceed to lay the sticks into a huge pyramid. Some men will climb the pyramid to “face-off” with each other whilst cheered on by the large crowd. This ritual is believed to date back to the 17th century around the time of the Mengwi Kingdom. Legend has it that the Mekotekan ritual was conducted to welcome the kingdom's soldiers back from the battlefield after fighting against soldiers from East Java's Blambangan kingdom. On their way to the center of the Mengwi kingdom, which was Munggu village, local residents cheered them as the winners of the war. Visitors are welcome to watch the ritual.





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BUAHAN
A BANYAN TREE ESCAPE



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