

Bali

Journey to the Island of the Gods

July 17 - July 29, 2028

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/bali-jul-2028

Tour Overview

Duration:	13 days
Maximum Group Size:	12 women
Start Date:	July 17, 2028
End Date:	July 29, 2028
Arrival Airport:	Gusti Ngurah Rai International Airport (DPS)
Departure Airport:	Gusti Ngurah Rai International Airport (DPS)

Let's go to paradise! On this small group retreat for women over 50, prepare for an incredible hybrid of unique experiences, cultural exploration and a healthy dose of relaxation and self-indulgence.

You will marvel at **Bali's natural beauty**, explore **Balinese spiritual practices**, create **traditional crafts**...and so much more! Each activity on this 13-day tour has been expertly curated to ensure a special, community-focused and memorable visit to the **Island of the Gods**.

Our **accommodations** for 10 nights will be at the **Premier Agung Resort**, located close to the center of beautiful Ubud. This **tranquil sanctuary** is the ideal base, with luxurious private rooms, a great swimming pool, massage services and a setting among the palm trees and lush rice fields. We'll then finish the trip with 2 nights at a hotel near the beautiful beach of Sanur.

Dive into our daily itinerary below and start dreaming of all the unforgettable adventures awaiting you in Bali.

This soulful retreat in a truly magical destination is an experience not to be missed!

Itinerary

Day 1: Ubud, Bali (Arrival Day)

Included meals: Dinner

Welcome to the Island of the Gods! Upon arrival, a private driver will whisk you away to Premier Agung Resort, a serene resort nestled amidst the lush landscapes of Ubud. Our fabulous hosts will be there to provide a warm welcome to Bali and show you to your private accommodations for the next 10 nights. Ubud is situated in the island's uplands and is known as a center of traditional Balinese crafts and dance. It is surrounded by a stunning landscape of rainforest and terraced rice paddies dotted with ancient Hindu temples and shrines. On the first evening, we'll gather together for a brief orientation and a chance to officially introduce ourselves, followed by our first group dinner of freshly prepared, traditional Balinese cuisine. *For those who would like to arrive early and would like help making arrangements, let us know and we'll connect you with our Bali hosts who'll happily assist you.

Day 2: Mengening Temple / Bali Swing

Included meals: Breakfast, Lunch, Dinner

Good Morning, Bali! After breakfast, we're off to one of Bali's best kept secrets, the Mengening Temple. Pilgrims from around the island and surrounding areas visit Mengening to collect its holy water and cleanse themselves in the sacred pools. In this natural wonderland, we'll have the opportunity to participate in water healing (known as "melukat"), a ritual that has been used for generations in religious and spiritual blessings and as a therapeutic tool for personal healing. For our next stop, we'll head high above the lush landscape of the rice fields of Tegalalang to an incredible spot that promises spectacular views and the safe thrills of the Bali Swing for adventure seekers. Get your cameras ready! Following a delicious lunch, we return to our home base for free time before heading out for a delicious dinner at a local Balinese restaurant.

Day 3: Spa Day / Free Time To Explore

Included meals: Breakfast, Lunch

This morning will be about rest, rejuvenation and soaking up the tranquility of the Bali spirit at a luxurious spa in Ubud. Indulge in 3 relaxing treatments to unwind and refresh from your long flight and to help prepare your body and spirit for the magical days ahead. A healthy, 3-course lunch will be served in the lovely gardens of the spa restaurant. Following lunch, you'll be free to spend time exploring the heart of Ubud or you may return to the resort for an afternoon of continued relaxation. Options for dinner include an unhurried meal at our hotel or eating out at one of Ubud's wonderful restaurants.

Day 4: Sound Healing / "Canang Sari"

Included meals: Breakfast, Lunch, Dinner

After breakfast, we'll take a short drive to the mystical Pyramids of Chi to be led through an enchanting session of sound healing. The Balinese utilize these sound sessions to heal the mind, body and spirit and to create a deep sense of tranquility through the vibrations of music. After our healing session, we'll enjoy lunch served in the beautiful cafe located in the gardens before going back to our hotel. The afternoon will be spent learning the Balinese practice of canang sari, or the making of traditional offerings. Balinese offerings are a conscious expression of gratitude, intended to please and honor the Island of the Gods. In the evening, we'll dine together at one of the most famous restaurants in the city of Ubud!

Day 5: Volkswagen Convertible Tour

Included meals: Breakfast, Lunch

Today we'll soak in the beauty of Bali on a scenic drive, with the tops down and hair blowing in the wind in VW convertibles! Riding in style, we'll have a full day to explore rural villages of the island, observe the genuine beauty of the lush landscapes and crop fields, meet many lovely people along the way and connect even deeper with the vibe of this great destination. Back at our hotel for the evening, we'll be able to relax and enjoy dinner as you wish.

Day 6: Mala Bead Ceremony / Free Time

Included meals: Breakfast, Lunch, Dinner

After breakfast, we'll have the honor of participating in a mala creation ceremony. More than a simple string of beads, a mala is a set of 108 stones intentionally crafted as a tool to support spiritual practices and meditation, aiding in quieting the mind and increasing mental clarity. With guidance, you'll create your own mala, setting intentions and goals with each knot tied. Lunch will be served at our hotel and the afternoon is yours to spend however you would like. A massage, a long walk, shopping... our hosts will be happy to help find the best use of your time based on your motivations. We'll join together again at the end of the day for another amazing meal in Ubud.

Day 7: Beyond Ubud (UNESCO rice terraces and Ulun Danu Beratan Temple)

Included meals: Breakfast, Lunch, Dinner

Today you'll venture beyond Ubud to discover some of Bali's most beautiful landscapes and cultural treasures. This includes the UNESCO-listed Jatiluwih Rice Terraces, where lush green rice fields stretch across the hillsides in a stunning display of traditional Balinese farming. We'll also visit the impressive Ulun Danu Beratan Temple, a picturesque lakeside temple surrounded by mountains and dedicated to the goddess of water. Along the way, we'll stop for a relaxing lunch before returning to Ubud in the afternoon. In the evening, we'll come together for a delicious group dinner and share stories from our day in Bali's brilliant countryside.

Day 8: Balinese Cooking Class / "Boreh"

Included meals: Breakfast, Lunch

This morning, we're invited to the village home of a local culinary instructor to learn the basics of Balinese cuisine. We'll learn the purpose and preparation of all of the fresh ingredients and will feast together on the assortment of ‘makan enak' (yummy food) that we've created. Back at our hotel, there will be time for rest before an optional Boreh workshop. Boreh is a traditional Balinese body scrub made of an aromatic blend of natural spices and herbs. It has been used for centuries for both cosmetic and medicinal purposes, helping to improve blood circulation, reduce muscle pain, bone pain, fever, chills, and headaches. This workshop will be both educational and a delight for the senses!

Day 9: Batik Painting / Tea Tasting

Included meals: Breakfast, Lunch, Dinner

Once again, we begin the day invited into the home of a local talent for a workshop on the art of batik, an Indonesian technique of wax-resist dyeing applied to cloth. We'll spend a few hours playing with color and creating beautiful cloths before moving to Ubud for lunch. Following lunch, we will be led through a special tea ceremony, where we'll sample a variety of local teas grown in the Indonesian archipelago. In the late afternoon we'll make our way back to the hotel for a relaxing evening of free time and a delicious dinner.

Day 10: Herbal Walk / Botanicals Workshop

Included meals: Breakfast, Lunch

Today's outing will take us on a stroll through the scenic rice fields of Ubud. Along this walk, we will learn about the uses of common plants and herbs passed down for generations in traditional Balinese medicine. We will also explore unique, Southeast Asian spices used as both local cuisine flavors and natural healing agents. After our walk, we'll have the opportunity to use our new herbal knowledge to create a variety of traditional Balinese herbal products including pain relief balms, body care products, sunblock and beverages. The rest of the evening will be yours to use as you wish.

Day 11: Sanur

Included meals: Breakfast, Lunch, Dinner

Following breakfast, we'll pack up, bid farewell to Ubud and take a leisurely drive to Sanur, a seaside town in southeast Bali. After check in, there will be many options to spend the rest of the day. You may choose to explore the shops and art galleries of Sanur, walk along the calm, shallow waters of the beach, or take a bike ride down on the paved paths. In the evening, we will

head to the coastal sunset performance of the Kecak, the Bali Fire Dance, overlooking the ocean. Said to originate from the Balinese ancient ritual Sanghyang and aimed to repel evil spirits dancing in a trance-like state, Kecak has become a theatrical display of traditional dance. The performance will take place at the magnificent Uluwatu Temple, perched atop a 230-foot cliffside. We'll enjoy dinner at a local restaurant near the temple once this fascinating ceremony is complete.

Day 12: Free Time in Sanur

Included meals: Breakfast, Dinner

On your last day in Bali, the time is yours to spend as you wish. You can rent an electric bike to explore the Sanur area, nap or read in the fresh air, hang out at the beach, get a massage, partake in last minute shopping or something entirely different. In the evening, we'll join together at one of the best restaurants in the area for a farewell dinner, designed to honor and celebrate the experiences and new friendships that have defined our time on the Island of the Gods!

Day 13: Bali - Departure Day

Included meals: Breakfast

As they say in Bali, "Selamat tinggal!" You will be picked up and transferred to the airport depending on the time of your departing flight.

Tour Inclusions

Included

✓ Small group experience with a maximum of 12 women

✓ 12 nights of accommodation at comfortable 4-star hotels

✓ Breakfast every day, 10 lunches, 8 dinners

✓ Transportation for all scheduled activities

✓ English-speaking hosts and guides throughout the trip

✓ All activities, entrance fees and special experiences listed in the itinerary

✓ A special gift bag

✓ Airport transfers

Not Included

✗ Flights to/from Bali

✗ Passport/visa fees

✗ Meals, activities and transportation not mentioned

✗ Travel insurance (mandatory)

✗ Gratuities

Pricing

Shared Room:	**$ 4,075**
Single Room:	**$ 4,675**
Deposit:	**$ 750**

Accommodations

Paradise in paradise! We'll stay at the tranquil Premier Agung Resort for 10 nights, located near the center of Ubud. We'll also spend 2 nights at a hotel near the beach in the town of Sanur. There are single rooms and limited shared rooms (rooms with two separate beds) available.

Physical Demand

EASY-MODERATE

This retreat-style trip includes plenty of time to relax, balanced with light daily activity. Scheduled experiences involve short walks through temple grounds, villages, and natural areas, along with workshops and time on uneven or unpaved surfaces, steps, and slight inclines. A couple of stops on the tour require 50 steps to reach the site.

Some days include multiple activities, warm tropical weather and occasional early starts. This trip is not strenuous, but it is best suited for women who are in good general health, can walk up to 1.5 miles at an easy pace and are comfortable being active in potentially warm conditions.

Ready to Book Your Adventure?

Women Travel Tribe

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Tour Details: womentraveltribe.com/tours/bali-jul-2028

Small group adventures designed specifically for women 50+
Experience the world with like-minded travelers!