



FIT SQUAD HEALTH 'N FITNESS RETREAT

FITNESS. FUN. FRIENDSHIP

\$AUD1795pp

You can expect your program to be along these lines (at times we adjust the program to suit the group, weather or local holidays):

Day 1

2pm Group transfers to retreat.
 4pm Settle in to your bungalow with a welcome lemongrass tea.
 7.30pm Dinner Balinese style

Day 2

6.30am FIT SQUAD Fitness session
 8am Breakfast
 9.30am Jungle trek including lunch
 Afternoon 1 on 1 PT 30 min express session, freetime or book in for a *massage
 5.30pm Yoga
 7.30pm Dinner

Day 3

7am FIT SQUAD Fitness session
 8.30am Breakfast
 10am Trek
 1pm Lunch
 Afternoon 1 on 1 PT 30 min express session, freetime or a *massage
 5.30pm Yoga
 7.30pm Dinner

Day 4

3am Departure for Mt Batur sunrise volcano climb
 9am Hot springs
 12noon Lunch
 Afternoon Rest time or book in for a *massage
 5.30pm Yoga
 7.30pm Dinner

Day 5

6.30am FIT SQUAD Fitness session
 8.30am Breakfast
 10am Head to Ubud for shopping, markets, lunch.
 5.30pm Yoga
 7.30pm Celebration dinner

Day 6

6.30am FIT SQUAD Fitness session
 8.30am Farewell Breakfast
 11am Group transfer to airport or nearby hotels

*additional cost to program

Travelling solo? Nervous you won't have friends?
 Not fit enough or fast enough?
Banish the worries.
 Check out what our guests have to say on Trip Advisor.
 Most guests feel the same way and then wonder what the fuss was all about!



WHAT TO PACK

Keep it simple. Travel light. Make the most of the daily laundry service.

Fitness Sessions

4 sets workout gear as a minimum. Sports water bottle. Sweat towel if you use one.

Yoga & Stretch Sessions

Comfortable stretch pants and t's

Walks & Treks

Workout gear works best. Bring gear, including sport shoes that you don't mind getting wet and dirty at times

Shoes

We spend a lot of time outdoors, so pack suitable sandals or thongs. Preferably bring 2 pairs of sport shoes as this allows time for one pair to dry if necessary. Old shoes are best!

Everyday

Lightweight casual clothes for the tropics.

Long sleeve sweater/t and pants for the surprisingly cool evenings/early mornings.

Sleep in whatever is comfortable for cool nights.

Hat, sunglasses, sunscreen, umbrella, insect repellent, refillable water bottle.

Volcano/Hot Springs

Be prepared for cold conditions at the summit. Wear layers. A nylon wind jacket is a good idea.

Daypack. Small torch, preferably a headlamp. Refillable water bottle.

Sport shoes are fine, but some people feel more comfortable in light hiking boots.

We provide a rattan walking stick.

Swimming gear including goggles if you like to do laps.

Bits & Pieces

Bring an adaptor suitable for Indonesia.

Reusable shopping bag or daypack. Help reduce plastic shopping bags in Bali.

Camera.

Book. (We have a library of books to share).

Banned Narcotics

Don't even think about it packing them! You will be terminated from the property.

Pack your sense of curiosity and wonder.

Leave the expectations at home.

You are about to have a very unique experience.

HANDY TRAVEL HINTS

The Airport

Ensure that your passport is valid for 6 months with 1 empty page.

Hotel details for incoming immigration card:

Retreat name: Ayung Sari Indah **Retreat Address:** Desa Singaprang, Bali

Check your home country terms for Visa on Arrival. Cash only accepted.

Group Transfers

Group transfers are to/from the airport/nearby hotels and Ubud area. Flights must arrive by 1.30pm to meet the transfer schedule. You will be advised of group transfer arrangements once all guest details are confirmed. Private transfers from the airport or other destinations in Bali can be arranged at additional cost. We do recommend that you arrive in Bali one day early. Avoid the stress of flight delays and give yourself a chance to recover from your travels and time zone changes.

Money

Local currency is Rupiah (IDR). The exchange rate does fluctuate daily.

Its easy to change money, don't bother trying to get Rupiah in your home country.

ATM and currency exchange is available at the airport and in all tourist areas.

You will only need cash for your personal extras whilst on retreat. Please note we don't have credit card facilities.

Drinking Water

Only drink bottled water, including cleaning your teeth. We provide clean spring water for drinking to each bungalow. You can refill your water bottles throughout the retreat.

Staying In Touch

We have mobile phone reception, but no landlines or WiFi. Text messages work best. Even better, take a digital detox. Reconnect with yourself and your surrounds.

To use your phone with a local sim card:

- your phone must be unlocked by your carrier BEFORE you leave home
 - bring the device to release the sim card
 - **buy new sim card BEFORE you arrive at the retreat.** We can buy phone credit for you as needed. (cash payment)
- If you plan to use global roaming it must be organised BEFORE you leave home. Indonesia code is +62

Meals

Meals are a delightful time at sharing Bali. We all eat together and our style is genuine village style Balinese food. No preservatives, nothing packaged. Just fresh food. Very gluten and lactose intolerant friendly.

For safety reasons we are unable to accept guests who have a fatal allergy to any foods. We are not equipped to serve separate meals. Please confirm any special dietary requirements prior to booking.

Alcohol

We serve only the local beer. Feel free to bring your own wine and spirits. Juices, tonic, soda, ice, limes etc. are available as mixers.

Safety

Travel insurance is compulsory for all of our guests.

Please bring 2 photocopies of your passport photo page for local registration purposes.

Be responsible about any medical conditions you may have. Pack your medications and prescriptions as necessary. Our treks and outdoor activities can be quite adventurous. Our staff and guides provide a lot of assistance when needed to keep everyone as safe as possible. You don't need to be the fittest or the fastest but you do need to have a general level of fitness and enough mobility to be able to undertake a minimum 1-hour hilly hike unassisted. If you have injuries that considerably reduce your mobility, especially on hills, it may be best give to skip the treks to avoid risk of further damage to your injury.



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INCLUSIONS

- 6 days/5 nights food and accommodation
- group transfers to/from the retreat
- all activities on the program with the exception of *massages and *lunch in Ubud

EXCLUSIONS

- Flights to/from Bali
- Travel Insurance
- Bottled drinks such as water, soft drinks, beer
- Personal laundry
- Extra tours, transport, massages, spa treatments outside the program

TERMS AND CONDITIONS

- **Travel Insurance is mandatory for all of our guests.**
- Please confirm any special dietary needs before booking. **Please note that for reasons of safety we cannot take guests who have a fatal allergy to any food/food groups.**
- A non-refundable deposit of \$500pp is required within 7 days of booking being made. Full payment is required 30 days prior to arrival.
- All funds are non-refundable if a guest chooses to cancel within 30 days of arrival date
- Refunds/credits will not be given after journey commencement, even if services, activities or meals are unused or cancelled for any reason
- Personal expenses to be paid in cash at end of retreat. Note we do not have credit card facilities in Bali.
- FIT SQUAD medical questionnaire/waiver to be submitted
- We are not liable for personal injury, death, damage to property or other loss whether arising from accident, cancellations, delays or any other matter beyond our control. Participants should insure against all such possibilities. All participants participate at their own risk.
- We reserve the right to refuse to take clients on any of our treks/activities if we consider that their health/injuries are likely to present a risk to themselves and others in the group. **Please respect our experience and acknowledge that your health and happiness is our priority.**
- We operate rain, hail or shine!

Questions? Check out www.sharingbali.com for FAQ's, details, photos of bungalows, food, our village, the local culture and our location.

Email anytime for help: info@sharingbali.com