

Itinerary

EAT, PRAY, & LOVE BALI May 21st to May 27th, 2010

19/20 May Late night departure from Los Angeles International Airport (other departure cities available - prices may vary). Overnight flight. Arrive in Hong Kong May 21, then fly on to Denpasar, Bali.

ARRIVAL TRANSFER BY AIR-CONDITIONED MOTORCOACH WITH ENGLISH-SPEAKING GUIDE

LAND ITINERARY

21 May-27 May

May 21

MID-AFTERNOON ARRIVAL TRANSFER BY AIR-CONDITIONED MOTORCOACH WITH ENGLISH-SPEAKING GUIDE. Also, Spirit Quest Tours' own "Julie the Cruise Director," Halle Eavelyn, will accompany you full-time on this trip.

ARRIVE AT THE **ALILA HOTEL AND SPA** in early evening. Shower off in your private outdoor garden, then enjoy cocktails and h'ors d'ouvres by the pool. Dinner is a quick taxi ride into the heart of Ubud, or else dine in the charming restaurant which features fresh, local, often organic, cuisine.



<http://www.alilahotels.com/ubud/>

6 NIGHTS ACCOMMODATION AT **THE UBUD ALILA**. This hotel seems carved from the heart of the rain forest it sits in, surrounded by rice paddies and a wide variety of nature. A family of monkeys may wander over to sit on your balcony or walk down to lunch with you. Birds and flowers of all kinds surround you with the lush tropic feel that tells you you're in the heart of Bali. Your room is impeccably designed, incredibly comfortable, and the attention to detail includes your own iPod (complete with music) and docking station to enjoy while at the hotel, while your private, open air shower connects you to the natural beauty of Bali.

BREAKFAST DAILY is made to order. Dine on the balcony overlooking the pool, or in the covered restaurant, at the edge of the rainforest.



22 May(B/D)

MORNING AT LEISURE

Enjoy breakfast by the pool (Voted one of the top 50 most beautiful in the world), made to order from the very freshest ingredients, as you drink in the sights and sounds of the rain forest and rice paddies which surround you.

11AM ORIENTATION MEETING – get to know your fellow Liz Gilbert fans and tell us what about the book inspired you to come for your very own Eat Pray Love experience in Bali! You will also learn how the Balinese pray, and be given a chance to purchase the appropriate costume if you would like to pray with us inside the temples, where the locals do. (No obligation – the temples are lovely just to see, too)

AFTERNOON SPA TREATMENT AT THE ALILA SPA

Time for some pampering: choose from a facial, Balinese massage or reflexology treatment and relax as the lovely, kind Balinese women float you off into a world of comfort and the sounds of the rainforest in this fabulous indoor-outdoor spa. Flower essences, fresh flowers, and an outdoor shower complete this great experience.



For our first night in Bali, take a quick drive to start the EAT part of our trip, at where else... ***THE ITALIAN RESTAURANT*** at the Amanusa Resort in Nusa Dua. Start off with Antipasto, then move on to the Prima Piatti (first course) of Capelli d'Angelo (angel-hair pasta with fresh crab meat) or Pappardelle with beef Bolognese and a pork ragu. Secondi Piatti includes Osso Bucco or the local Baramundi (Italian style, of course!) And save room for Tiramisu... or gelato!



23 May (B/D)

8 AM Meditation – Each morning, we will have the PRAY part of the tour, led by Halle of Spirit Quest Tours. Today, learn to meditate or just participate. Don't feel like getting up this early... enjoy a late morning and breakfast any time you like!

SHOPPING EXCURSION

In the afternoon, we will visit UBUD MARKET, the renowned outdoor market – Everyone who visits Bali goes here – everyone... sure we can help you bargain with the vendors, but you'll want an extra suitcase for the silk sarongs alone!



Then we hit a couple of terrific local craft studios offering hand-made batik fashions and silver and gold jewelry. We are very pleased with the quality of the crafts on offer and have negotiated a group discount at both establishments.



EVENING: Enjoy **DINNER AT the Bali Beach Club RESTAURANT IN JIMBARAN BAY** This fabulous experience is not to be missed – a torch-lit dinner on the beach, at the water's edge, featuring local dancing and musicians, while we dine on seafood fresh from the Indian Ocean – lobster, shrimp, and fish you've never even heard of! Vegetarian meals will be provided for those who do not eat seafood.



24 May (B/L)

7AM MORNING YOGA SESSION on the grounds of the Nusa Dua.

Think of this as either of the "India" portion of the trip, and fully participate in the yoga classes, or like the "Italy" portion of the trip, and sleep in! It's your choice.



THE RURAL CHARM OF BALI AT ***GULINGAN VILLAGE***



LUNCH AT GULINGAN Lunch is a charming local buffet, which features the island's signature dish, Babi Guling – Roast Suckling Pig. Of course, vegetarian dishes will be included for those who prefer them. Enjoy a fabulous afternoon relaxing among the rice paddies, listening to local musicians, and even getting a Balinese cooking lesson! This is native Bali...



AFTERNOON VISIT TO ***TANAH LOT TEMPLE***

Considered one of the most beautiful temples in the world, Tanah Lot is perched on a cliff overlooking the ocean, and the grounds will give us a taste of the street vendors we will see in Bali. Tourist-y, but a must see!



DINNER on your own at the charming Alila or at one of the many restaurants in Ubud.

25 May (B/L)

8 AM Meditation – led by Spirit Quest Tours, this guided meditation will ground and relax you, even if you've never tried meditating before. Don't feel like getting up this early... enjoy a late morning and breakfast any time you like!



11AM TRANSFER FROM NUSA DUA TO UBUD. En route, we will visit the **AYU MAS PAINTING STUDIO**, which features room after room of gorgeous paintings in the Balinese, local, and classic styles. Yes, we have negotiated a great discount for you here!



The Ayu Mas is a huge, privately owned, art gallery filled with hundreds of original paintings by dozens of local artists. There's often a small group of artists working out front. The owner is a charming fellow who's very knowledgeable in the various local "schools" of painting (i.e. Ubud style, traditional style, etc.) and the staff is friendly and efficient.

LUNCH AT PIZZA BAGUS in Ubud, as we continue to explore the Italian experiences from "Eat Pray Love" – enjoy handmade gelato for dessert!

In the afternoon, we visit **BALI BUDAYA WOOD CARVING STUDIO**, a magnificent example of Balinese craftsmanship at its best, this enormous studio features works as small as the palm of your hand... up to 10 feet tall!



This studio offers stunning, original carvings in a variety of sizes and price-ranges. We have negotiated a very substantial discount for the group.

READINGS WITH KETUT LIYER



By special arrangement, Spirit Quest has set up readings with the world-famous Ketut Liyer, the Balian featured in "Eat, Pray, Love." Ketut will give private readings outside in his family compound, and you can also buy art drawn by Ketut or his granddaughter, or carved by one of his sons. As Ketut is 87 (we think ;-)) this is a once-in-a-lifetime opportunity to have your palm read, or ask questions of this charming, quirky wise one. You can also pose for a picture with Ketut at no charge, but he will ask to see the picture, and then is sure to tell you he is very ugly! Don't forget to bring your copy of "Eat Pray Love" for him to autograph! Enjoy this glimpse into Balinese magic and spiritual energy.

May 26 (B/L/D)

7AM MORNING YOGA SESSION on the grounds of the Alilla, or sleep in!



26 May(B/L)

8 AM Meditation – led by Spirit Quest Tours – remember the Pray part of the tour? Now's your time to turn within. Don't feel like getting up this early... sleep in a bit!

9AM-1PM NOON TOUR TO VISIT **BESAKIH TEMPLE**. Called the Mother of all Balinese Temples (over 15,000 in all!) this temple creates a sacred Mandala of 5 temples, one dedicated to each direction, and the fifth at the center. All Balinese temples are active centers of worship, and we will have the opportunity to observe the Balinese culture and religion up close!



LUNCH AT **Wayan the Healer's** in Ubud – enjoy a Vitamin Lunch, “still the best meal in Ubud” and meet Wayan - and maybe her girls, too!



2PM THE **UBUD MONKEY FOREST**

Cuddle up with these amazing local monkeys at the Monkey Forest sanctuary. See Mamas and their newborns, up close and personal, take as many pictures as you like, even feed the monkeys bananas! Enjoy shopping afterwards on Monkey Forest Road, a favorite with our groups!



EVENING FAREWELL DINNER: AT THE LOTUS RESTAURANT

Our farewell dinner awaits! Tonight we will enjoy excellent Balinese cuisine at a wonderful local establishment, the famed Lotus Cafe. Sit alongside a pond that forms the stage for a magnificent Lotus Garden, and enjoy local treats and tastes in the heart of Ubud, as we say farewell to Bali and bring home all our fabulous memories!



May 27 (B)

Relax and pack, or else take time for one last spa treatment or a final shopping trip into Ubud today – our air-conditioned bus will pick us up at 1pm for our 4pm flight.

OPTIONAL If you would like an appointment for another spa treatment, the Alila Spa is a world-class facility with a real sense of the environment created by its magical indoor/outdoor rooms. Relaxation and pampering combine as you choose from Balinese massage, Balinese facial, or traditional reflexology with a Balinese twist – 1 hour treatment. (prices start at \$50)



OR

OPTIONAL EXTENSION

4 NIGHTS ACCOMMODATION AT **NUSA DUA BEACH SPA & RESORT** (DELUXE ROOM) Enjoy your gorgeously appointed, upgraded room, with private patio or balcony, marble bathroom, and sunken tub. Even the in-room privacy doors are ornate — hand-carved from exotic wood. Everything in Bali is a work of art!

<http://www.nusaduahotel.com/>



The Nusa Dua is a stunning full-service hotel with a private beach, 6 restaurants, 4 bars, a cultural pavilion and a private Hindu temple.



Welcome drink at the Nusa Dua; room assignments; dinner on your own, or relax and take a walk on the private beach, stroll the grounds, or take a swim in one of the hotel's beautiful pools. Dinner on your own in one of the hotel's 6 fabulous restaurants.

27 May(B/L)

BREAKFAST DAILY, in the amazing dining room, which opens onto the hotel's relaxing gardens and features views of the beautiful central pool.



7AM MORNING YOGA SESSION on the grounds of the Nusa Dua, overlooking the private beach.



28 May(B/D)

8 AM Meditation – led by Spirit Quest Tours. By now, you should be getting the hang of it – meditating outside, with the beautiful Balinese gardens, plant life, birds, and local color. Mmmm...

OPTIONAL TRIP Wondering what to bring home for the man in your life?

Spirit Quest has arranged for a special trip to visit the greatest living Kris Master, I Wayan Ritug, who lives outside Ubud. Museum quality weapons mingle with the large collection of caged birds in his Balinese compound, where you will get a glimpse into real Balinese life. If you want to choose your own Kris, you can buy the handle and blade separately and have it forged into your own special piece. A unique opportunity!



The “Kris” is a wavy-bladed dagger/short-sword, peculiar to Bali and Indonesia, which possesses great magical qualities and mystical significance. I Wayan Ritug’s family compound easily has 1000 antique kris in it (as well as tons of other cool, amazing things). Ritug’s Kris sell for as little as \$150 up to \$1000 or more (the President of Indonesia recently purchased an antique Kris from Ritug).

LUNCH on your own, either at the Alila or in Ubud.

29 May/20 May (B)

OPTIONAL AFTERNOON SPA TREATMENT AT NUSA DUA BEACH SPA & HOTEL

Time for some pampering: choose from a facial, Balinese massage or reflexology treatment at the world-class Nusa Dua Spa. (\$50)



Choose from a Balinese massage, Balinese facial, or traditional reflexology with a Balinese twist – 1 hour treatment at the world-class Nusa Dua Spa. Afterwards, take a dip in the spa's lap pool, and enjoy the soothing spa music piped through the underwater speakers! Before or after your treatment, try the state-of-the-art gym, just across from the spa. Your visit to the health club is included!

Dinner on your own - enjoy one of the many restaurants in and around Nusa Dua, take in incredible shopping at the Bali Collection, or relax at the hotel - enjoy fine dining, room service, or one of the cafes.

May 31 (B)

TRANSFER FROM UBUD TO AIRPORT FOR OUR AFTERNOON FLIGHT TO HONG KONG

PRICES

Please CALL for pricing 877-406-5206. Tour is based on a minimum of 20 persons. Price includes RT international airfare: Los Angeles-Bali (several other cities available). **Prices quoted are cash only; please add 3% PER CREDIT CARD CHARGE.** A payment plan is available.

Cost is based on double occupancy; single room supplement is \$950 per person

Departure taxes, security and fuel surcharges are subject to changes without notice.

AIR ITINERARY (FOR LOS ANGELES DEPARTURE - OTHER CITIES AVAILABLE; PRICES MAY VARY)

CX 881L 19MAY LAX HKG SS1 150A 725A+*

CX 785L 20MAY HKG DPS SS1 1005A 250P *

CX 784M 27MAY DPS HKG SS1 400P 845P *

CX 880M 27MAY HKG LAX SS1 1140P 1005P *

G/N/Q/H CLASS OF SERVICE IS NOT ELIGIBLE FOR MILEAGE CREDITS; upgrade to mileage credits for \$300 per ticket

TOUR PRICE INCLUDES:

Economy Class Airfare – AS INDICATED ABOVE

Transfers and Sightseeing - by motorcoach, as specified in itinerary; all admissions and entrance fees to places visited as per the itinerary.

Hotel Accommodation - room accommodations are provided at the hotels indicated, in deluxe/garden view category. Accommodations are based on two persons sharing a twin-bedded room or king bed with private bath.

Roommates/Single Supplements - Single rooms are available upon payment of a single room supplement of \$750 per person. Spirit Quest will provide roommates wherever possible, upon request. If no roommate is available when tour closes, guest will be required to pay a single supplement, so guests are strongly encouraged to sign up with their own roommates (and may receive a referral fee per person).

Tips and Taxes - all local taxes and tips on room accommodations, portorage and meals are included in the cost of the tour, except airport taxes and gratuities to local guides.

Tour Price Does Not Include - documentation costs, Entrance or exit visa charges of \$35 total, Bali Indonesia departure tax, travel insurance, excess baggage charges, beverages not on the menu of table d'hôte meals, optional tours and activities specified herein or not specifically included in the itinerary, laundry, insurance, or any other item of a personal nature not specifically mentioned herein.

CANCELLATION

DEPOSIT IS NON-REFUNDABLE IN THE CASE OF CANCELLATION, EXCEPT AS NOTED. PASSENGERS CANCELING WITHIN 2 MONTHS OF TRAVEL RECEIVE A 50% REFUND, IN LESS THAN 1 MONTH, NO REFUND – WE STRONGLY ENCOURAGE ALL TRAVELERS TO BUY TRIP INSURANCE IN CASE OF CANCELLATION.

TRAVEL DOCUMENTS

All travelers need a passport valid for at least six months after the date of entering the country. Please note that this rule is enforced by Indonesia. Holders of American Passports are required to obtain visas to visit Indonesia. Visas will be obtained at the airport upon arrival for US\$25 per person, which they must carry in cash.

BAGGAGE

Between North America and Asian destinations, each passenger is allowed two pieces of checked baggage. The total dimensions of both pieces must not exceed 107 inches, with the largest piece not to exceed 62 inches. Cabin baggage is limited to one item and the sum of the three dimensions must not exceed 45 inches.

RESPONSIBILITY

Spirit Quest Tours has made arrangements for the tour services described in this brochure. Hotels, airlines, and other suppliers providing tour services are independent contractors and are not the agents, employees or servants of, or joint venturers with Spirit Quest Tours. Elizabeth Gilbert and Penguin Books are not affiliated with Spirit Quest Tours or with this trip. All certificates and other travel documents for tour services issued by us or our booking agent, AsiaLuxe, are subject to the terms and conditions specified by the supplier and the laws of the countries in which the services are supplied.

By agreeing to utilize the services of Spirit Quest Tours, the tour participant agrees that neither Spirit Quest Tours, AsiaLuxe, Cathay Pacific Airlines, Plan Asia, or its affiliates nor its or their employees or agents, shall be liable for any delay, inconvenience, loss of employment, upset, disappointment, distress or frustration, whether physical or mental, resulting from the act or omission of Spirit Quest Tours, AsiaLuxe, Cathay Pacific, Plan Asia, or its affiliates, or its or their employees or agents, or shall be liable for any damage, loss, claim, cost or expense arising out of personal injury, accident, or death, loss, damage or delay of baggage or other property, resulting from:

1. the act or omission on the part of any person other than Spirit Quest Tours, AsiaLuxe, Cathay Pacific, Plan Asia, or its employees;
2. acts of God, sickness, theft, labor disputes, mechanical break-down, government actions, weather, or any cause beyond Spirit Quest Tours', AsiaLuxe's, Cathay Pacific's, or Plan Asia's direct control.

No person, other than a representative of Spirit Quest Tours, AsiaLuxe, Cathay Pacific, or Plan Asia, authorized by a document in writing, may vary, add or waive any term or condition in this brochure, including any term or condition set forth in the preceding provisions.

Written notice of any claim against Spirit Quest Tours must be received no later than fourteen (14) days after the date that services were provided to a tour participant.

Although every effort will be made to deliver the trip exactly as in the itinerary, all terms and conditions, including fares, schedules, locations and rates are subject to change without notice.