



HANGING GARDENS OF BALI

# ONCE-IN-A-LIFETIME EXPERIENCE





# *Welcome to Hanging Gardens of Bali*

Nestled deep within the lush jungle of Ubud, Hanging Gardens of Bali is a sanctuary of serenity and refinement, where nature's beauty and unparalleled luxury converge. To elevate your stay, we have carefully curated a collection of immersive experiences designed to awaken your senses, restore your spirit, and create cherished memories.

From sunset yoga sessions that invigorate the body to guided nature walks unveiling Bali's hidden wonders, from exquisite dining beneath a starlit sky to indulgent riverfront spa rituals, each experience is an invitation to embark on a journey of relaxation and discovery.

Let this guide inspire you to embrace the enchanting essence of Bali and make the most of your extraordinary retreat with us.







A tropical landscape with palm trees and a grassy field under a bright sky. The scene is hazy, suggesting a misty or early morning atmosphere. The palm trees are tall and slender, with their fronds reaching upwards. The grass in the foreground is lush and green, with some taller plants interspersed. The overall tone is peaceful and serene.

# *A Morning Walk Through Bali's Heart*

The first light of dawn spills over the treetops as the jungle stirs to life. You set out on a winding trail, the air crisp with the scent of morning rain and wild blossoms. The rhythmic crunch of earth beneath your feet blends with the distant murmur of a hidden stream. Your guide, a storyteller of the land, unveils secrets of ancient trees, sacred temples, and the whispered legends of Bali. With each step, the world awakens—golden rice fields glistening, birds calling their morning songs. This is not just a walk. This is an adventure into the soul of the island.

Durations: 2 Hours (7AM - 9AM)





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# *Peddalling Through Paradise: A Guided Cycling Adventure in Bali*

The morning air is crisp, carrying the scent of damp earth and frangipani as you set off on two wheels, following a trail that winds through Bali's emerald countryside. The path leads past ancient temples shrouded in mist, through villages where artisans craft by hand as they have for centuries, and into the heart of endless rice terraces, their mirrored waters glistening in the sun. With each turn, the island reveals another secret—an offering placed on a doorstep, a farmer tending his fields, a hidden shrine nestled beneath banyan trees. Cycling through Bali's timeless spirit, where every turn tells a story.

Durations: 2 Hours (7AM - 9AM)





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# *Sacred Steps: The Wellness Hiking Journey to Dalem Segara Temple*

Begin your journey at Hanging Gardens of Bali, where a guided hike unfolds through lush jungle trails, leading to the sacred Dalem Segara Temple—a place of profound serenity and spiritual energy. Along the way, pause for mindful breathing exercises, letting the crisp morning air awaken your senses. Feel the rhythm of your steps sync with nature's heartbeat, the world slowing as you ascend. Upon arrival, sip on herbal tea, savor a wellness-inspired snack, and immerse yourself in the tranquillity of this hidden sanctuary. Some paths transform you along the way, this path is a journey inward.

Durations: 2 Hours (2PM - 4PM)





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# *Melukat at Langgahan Waterfall: A Cleansing of Spirit and Soul*

Hidden among the lush highlands of Bali, Langgahan Waterfall whispers an ancient invitation—to release, to renew. Here, beneath cascading waters and the canopy of towering trees, the sacred Melukat ritual unfolds. Led by a Balinese priest, the ceremony begins with offerings of flowers and incense, their scents rising with your intentions. Chanting echoes softly through the forest as crystal-clear holy water flows over your crown, your shoulders, your soul. It is more than a ritual—it is a return. To balance, to purity, to yourself. Whether you seek healing, clarity, or a spiritual rebirth, Melukat at Langgahan is a journey inward, a sacred moment carved in nature's heart.

Durations: 3 Hours



# *A Picnic in Paradise: Gourmet Lunch at Langgahan Waterfall*

Some places feel like a secret—this is one of them.

Tucked away in the heart of Bali, where emerald jungle meets cascading waters, Langgahan Waterfall awaits. Here, in nature's embrace, a beautifully curated gourmet picnic is set just for you—fresh, locally sourced delicacies, artfully arranged in the shade of towering trees. The sound of rushing water, the cool mist on your skin, the flavors of Bali unfolding with every bite. Time slows. The world fades into an intimate escape, a feast for the senses and a moment suspended in paradise. Dine. Breathe. Lose yourself in the magic.

Durations: 4 Hours

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A photograph of a Balinese temple ceremony. In the foreground, a woven basket filled with yellow and red flowers sits on a wooden stand. Thick white smoke from incense rises from the basket, filling the air. In the background, a person in traditional Balinese attire is visible, partially obscured by the smoke. The scene is set outdoors with lush greenery and a stone wall in the background.

# *The Balinese Blessing: A Sacred Ritual at Dalem Segara Temple*

This is a ceremony to be felt and to be part of. Deep within the jungle, at the sacred Dalem Segara Temple, time slows as the Pemangku, a Balinese priest performs this sacred ceremony. The air is thick with the scent of incense, the soft murmur of ancient mantras washing over you. Fragrant flower offerings surround you, and then—cool, holy water trickles down your hands, your forehead. A whisper of prayers and a moment of stillness. Whether you seek love, protection, or a new beginning, this deeply personal blessing connects you to something greater—a tradition unchanged, a moment exclusively yours.







# *Blossoms of Serenity: The Enchanting Flower Pool Experience*

Step into a world where luxury unfolds petal by petal. In the heart of the jungle, your private villa pool at **Hanging Gardens of Bali** transforms into a mesmerizing oasis—fragrant blossoms drifting across the water, a tapestry of colour and elegance. As you sink into the warm embrace of crystal-clear waters, the delicate petals swirl around you, a fleeting masterpiece of beauty and serenity. Whether celebrating love, marking a moment, or surrendering to pure indulgence, this ethereal experience whispers of romance, renewal, and the kind of tranquillity that lingers long after the petals have drifted away.

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# *Champagne Breakfast: A Taste of the Wild*

As the morning sun filters through the jungle canopy, a scene of effortless elegance unfolds. A beautifully set table awaits, draped in crisp linen and adorned with a feast of tropical flavours—succulent mangoes, ripe papaya, and buttery pastries still warm from the oven. The soft pop of a chilled Champagne bottle signals the start of a morning steeped in indulgence, where golden bubbles rise like the mist over the treetops. With the sounds of nature as your soundtrack, this is breakfast reimaged—exotic, romantic, and utterly unforgettable.

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The background of the image is a lush, green riverside scene. A wooden bridge with a railing is visible, surrounded by dense foliage and trees. The scene is bathed in soft, natural light, creating a serene and inviting atmosphere. The text is overlaid on the upper portion of the image, with the title in a large, elegant serif font and the paragraph in a smaller, clean sans-serif font.

# *Whispers of the River: A Private Picnic by the Ayung River*

Lose yourself in the untamed beauty of the Ayung River, where an intimate, handcrafted picnic awaits. Beneath the emerald canopy, with the river's murmur as your soundtrack, indulge in a spread reminiscent of a bygone era—freshly baked baguettes, rich pâtés, artisanal cheeses, and ripe tropical fruits glistening in the afternoon sun. A chilled bottle of crisp Champagne or a classic Negroni sets the mood, while delicate pastries and hand-rolled chocolates offer a sweet farewell. Whether toasting to love, friendship, or the sheer pleasure of an unhurried afternoon, this secluded riverside retreat whispers of elegance, adventure, and timeless indulgence.



# *Private Sanctuary: A Candlelit Feast in Your Villa*

Some moments should be shared with no one but the one who matters most. Step inside your villa, now transformed into an intimate haven—where candlelight flickers across silk-draped tables, and the night hums with quiet enchantment. At Hanging Gardens of Bali, privacy is a luxury, and tonight, it is yours alone. A world-class chef curates an exquisite menu, each dish an invitation to indulge, to linger, to savor. No distractions. No intrusions. Just the two of you, wrapped in the serenity of the jungle, the soft glow of candlelight, and an evening designed to be unforgettable.







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# *Forbidden Feast: A Secret Temple Dinner of Love and Indulgence*

Picture this: You and your love, hidden deep in the jungle, where few have ever dined. The ancient Dalem Segara Temple—yours for the night. Candles flicker, shadows dance, and the air hums with something almost mystical. A table set just for you, draped in elegance, awaits. Each course, a masterpiece, each bite, a revelation. Sourced from the finest local ingredients, curated for indulgence, designed for connection. Every dish, crafted with obsession. Every moment, designed for seduction. This isn't just dinner. It's a once-in-a-lifetime secret... whispered only to those daring enough to take it.





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# *Romance Under the Stars: A Private Starlit Feast Beneath the Stars*

Some experiences are so rare, so extraordinary, they become part of you. This is one of them. Beneath a sky ablaze with stars, in a secluded jungle clearing, an intimate table awaits—bathed in candlelight, surrounded by the soft whispers of nature. Here, at **Hanging Gardens of Bali**, every detail is crafted for romance. A world-class chef curates an exquisite multi-course feast, blending innovation with the finest local ingredients. The air is thick with enchantment, the night alive with possibility. More than a dinner—this is a celebration of love, an unforgettable moment, and a story waiting to be written.





A photograph of a floating boat dining experience. The boat is a long, narrow, light-colored structure with a low, curved roof, floating on a calm body of water. The background is a dense, lush green jungle with various trees and foliage. The lighting is soft, suggesting a late afternoon or early morning setting. The overall mood is serene and luxurious.

# *A Drifting Feast: The Floating Boat Dining Experience*

Not just dining. Not just luxury. But an experience so rare, so unforgettable, it feels like stepping into a dream. Before you, a vision of elegance—an exquisitely adorned floating boat drifts effortlessly across the shimmering infinity pool, a masterpiece of design and indulgence. Adorned with fresh blooms and set with gleaming tableware—culinary artistry at its finest, designed to seduce the senses. Above you—open skies. Around you—an untouched jungle paradise. Whether an ethereal sunrise breakfast or a languid midday feast, this is indulgence untethered. Serenity redefined. A moment so extraordinary, you'll wonder if it was ever real.





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# *Jungle Cooking Class: A Culinary Journey Through Bali*

Amidst the towering palms and the scent of fragrant spices, discover the art of Balinese cooking in an open-air jungle kitchen. Guided by expert chefs, learn to craft traditional dishes using fresh, locally sourced ingredients, each one a story of the island's rich culinary heritage. Feel the warmth of the fire, hear the sizzle of coconut oil, and taste the bold, authentic flavors you create. As you master each technique, you carry more than just recipes—you take home a piece of Bali, woven into every dish you'll ever make.

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# *The Arak Making Experience: Crafting Bali's Liquid Gold*

Step into the world of Bali's most storied spirit—a drink woven into the island's rituals, celebrations, and traditions for centuries. At Three Elements Bar & Lounge, take a front-row seat to the art of Arak-making, where fire, time, and skill transform pure ingredients into a bold, complex elixir. Guided by expert hands, explore the alchemy behind this legendary Balinese distillation, from its origins to the final, crystal-clear pour. The scent of fermenting rice lingers, the first drops glisten in the light, and with a sip, you taste history itself, a legacy in a glass.

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# *Afternoon High Tea: A Timeless Indulgence in the Heart of Bali*

The porcelain clinks. The steam rises. The jungle hums. Time slows. At Three Elements Restaurant, Lounge, and Bar, the ritual of Afternoon High Tea is a celebration of elegance, tradition, and the art of indulgence. Beneath the golden afternoon light, overlooking the lush Ayung Valley, a curated selection of the world's finest teas awaits—each sip deep, fragrant, steeped in quiet luxury. Accompanying them, a hand-crafted array of delicate pastries, artisanal savories, and confections designed to delight. The scent of blossoms, the sound of distant birdsong, and the feeling of unrushed refinement. A moment suspended in time.

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# *The Jungle Awakens: A Yoga Odyssey*

As the sun dips below the horizon, painting the sky in hues of amber and rose, the jungle exhales—a gentle hush falling over the canopy as day surrenders to night. In this sacred retreat, yoga becomes more than a practice; it is a twilight journey of reflection and renewal.

Guided by expert instructors, flow into the serenity of Vinyasa, ground yourself in the stillness of Hatha, awaken inner fire with Kundalini, hone discipline through Ashtanga, or soar with the elegance of Aerial Yoga. Each breath, each movement, is a communion with nature—a moment of harmony between body, spirit, and the wild, enchanting dusk of Bali's wilderness.

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# *Chakra Meditation: A Journey Within*

The air is thick with the scent of rain-drenched earth, the distant call of exotic birdsong echoing through the emerald canopy. Here, in this sacred space, you close your eyes, guided by a voice that speaks of ancient wisdom. With each breath, the weight of the world fades, the pulse of the jungle aligning with your own. Seven energy gates within you stir, unlocking forgotten strength, releasing burdens long carried. As the final chant dissolves into the air, you awaken—lighter, clearer, a traveller returned from a journey not across land, but through the soul itself.





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# *Sanctuary of the Senses: The Ultimate Spa Escape in the Heart of the Jungle*

A ritual of renewal and awakening.

Under a canopy of lush rainforest, where the whispers of nature blend with the scent of exotic oils, The Spa Collection by Hanging Gardens invites you to experience the ultimate in rejuvenation. Trained in the ancient art of Balinese healing, our expert therapists work in harmony with the elements—soothing, restoring, awakening. The warmth of skilled hands, the rhythm of flowing water, the embrace of nature itself. Tension melts. Energy returns. Serenity reigns. More than a spa, this is an escape into pure, unfiltered bliss.



# *The Ultimate Body Bath: A Ritual of Pure Indulgence*

Some moments are meant to be savoured—this is one of them. Step into a haven of warmth and fragrance, where The Spa Collection invites you to immerse in a bath infused with healing herbs, delicate flower petals, and rare essential oils. As the steam rises, muscles soften, and the outside world fades. Not just a soak—it's a ritual of renewal, designed to detoxify, restore, and awaken your senses. With every breath, tension dissolves, leaving only serenity, radiance, and pure indulgence. Immerse. Unwind. Reawaken.

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# *Riverside Rejuvenation: A Sanctuary of Renewal by The Ayung River*

Nestled along the sacred Ayung River, where ancient waters whisper secrets of renewal, The Spa Collection by Hanging Gardens unveils a wellness experience like no other. Imagine the rhythm of flowing water in perfect harmony with the expert touch of a Balinese healer—detoxifying body rituals, deep-release massages, and holistic therapies designed to awaken every sense. As the cool mist rises from the river and the jungle hums around you, tension dissolves, energy is restored, and a deep, undeniable peace settles in. More than a treatment—this is pure transformation, wrapped in nature's embrace.

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A serene spa treatment room with dark wood-paneled walls. Several square decorative carvings are mounted on the wall. In the foreground, a table is covered with a purple and white patterned cloth. A large, shallow metal bowl filled with white and pink flower petals sits on a blue cloth on the floor. A window on the left shows lush green foliage outside.

# *The 60-Minute Revival: A Full-Body Massage by The Spa Collection*

Some massages relax you. This one transforms you.

For 60 blissful minutes, surrender to the masterful hands of our expert therapists, trained in the ancient art of Balinese healing. With a seamless blend of deep tissue therapy and time-honoured techniques, every stroke melts away muscle tension, restores circulation, and unlocks the body's natural energy flow. As stress dissolves and balance returns, you'll feel lighter, looser—completely renewed. An awakening of body and soul, wrapped in the serenity of the jungle. One hour. A lifetime of difference.

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# *Crafting Gratitude: The Sacred Art of Canang Making*

In a quiet, and peaceful setting, the ritual begins. Slender hands weave coconut leaves into delicate trays, a canvas for vibrant petals, grains of rice, and fragrant incense. Each element carries meaning—white for purity, red for strength, yellow for wisdom—offered in gratitude to the gods. This is Canang making, a practice as old as Bali itself, devotion expressed in colour and form. As you shape each offering with care, you are lulled into a sense of calm and connection. More than tradition, Canang is a meditation on balance, a humble yet profound gesture of harmony with the universe.

Durations: 2 Hours (During Afternoon Tea)

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# *Enchanted by Motion: The Art of Balinese Dance*

Enter a world of rhythm, grace, and timeless tradition. Balinese dance is more than movement—it is storytelling in its most captivating form.

With each intricate hand gesture and precise step, centuries of myth and devotion unfold. As you learn this mesmerizing art, you will feel the pulse of Bali's cultural soul, where dance is not just performance but a ritual, a language, a living breath of history. Surrender to its hypnotic elegance and become part of a tradition as old as the island itself.

Durations: 2 Hours (During Afternoon Tea)





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