



# Bali for Solo Travelers: Beaches, Temples & Culture

10 days | 12 days with Singapore extension

The beaches and temples of the Indonesian island of Bali are the stuff of legend—but its emerald rice terraces and kaleidoscopic culture contribute even more color. On this tour, you and your fellow solo travelers will head from inland Ubud to seaside Nusa Dua, seeing all the different sides of this vibrant island as you go. A morning yoga class and sound bath? An afternoon visit to a thriving monkey forest? Expect both, along with other unforgettable moments. And to add the unbelievable flavors of a world-renowned culinary destination to that list, take up the optional extension to Singapore.



## Your tour package includes

- 7 nights in a private room at handpicked hotels
- 7 breakfasts
- 2 lunches
- 3 dinners with beer or wine
- 1 tasting
- 1 cooking class
- 8 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

## Included highlights

- Bali rice farm visit
- Ubud Monkey Forest
- Bali yoga class
- Balinese cooking class
- Holy Spring Temple water purification ceremony
- Besakih Temple complex
- Beaches of Bali
- Mangrove conservation project
- Uluwatu Temple & kecak dance

## Tour pace

You'll walk for about two hours or more daily across flat and hilly terrain, including paved roads and dirt paths. You'll need to climb stairs when visiting temples.

## Group size

15–28

# Bali for Solo Travelers: Beaches, Temples & Culture

10 days | 12 days with Singapore extension

## Overnight Flight → 1 night

### Day 1: Travel Day

Board your overnight flight to Bali today.

---

## Ubud → 4 nights

### Day 2: Arrival in Ubud

Welcome to Indonesia! After touching down, transfer to your hotel in Ubud, a town on the island of Bali. You'll arrive later in the evening, so use the rest of your day to settle into your room, grab a bite to eat, catch up on sleep, and dream of the adventures to come.

### Day 3: Rice farm visit, basket-weaving demonstration & Monkey Forest

*Included meals: breakfast, tasting, welcome lunch, dinner*

The island of Bali boasts more than 10,000 temples—and Ubud is its spiritual nexus. The town stuns, too, with emerald rice paddies and lush jungles encircling it. Spend the morning getting to know this peaceful place, from its houses of worship to its famous landscapes.

- Begin your Indonesian getaway with a stroll through Subak Guliang, a traditional farming village on the outskirts of Ubud. Immerse yourself in the rituals of daily life, then visit a nearby rice farm. There, a farmer will teach you about the complexities of rice production and the importance of the grain, which the Balinese view as a gift from God and a symbol of life.
- Enjoy a coconut water tasting and pick up some rice-cooking tips to put into practice when you return home.

Make your way deeper into the field for a scenic welcome lunch. Get to know your fellow travelers and Tour Director as traditional rindik music—a softly percussive style played on bamboo instruments—hums delicately in the background. Afterward, stay on the farm to discover more local traditions.

- Participate in a hands-on basket-weaving workshop and learn how to prepare your own canang sari—a small gift of gratitude locals prepare daily for Hindu deities. With your

basket and offering ready, don a sarong and sash and enjoy the walk to the village temple, where you'll meet a priest. Place your canang sari, receive a blessing, then leave the rice farm behind.

- Venture into the Ubud Monkey Forest. Making up part of the town's southern border, this nature preserve is home to three 14th-century Hindu temples and thousands of long-tailed macaques. Have a look around—you might make a furry friend or two!

Celebrate your first full day on tour this evening with an included group dinner, served with beer or wine.

### Day 4: Morning yoga class

*Included meals: breakfast*

In the Hindu faith, yoga's more than vinyasas and sun salutations—it's a combination of physical and mental practices that opens a path to supreme knowledge and spiritual autonomy. This morning, you'll scratch the surface of this discipline during a guided yoga class. Follow your instructor and flow through asanas (poses) before surrendering to a blissful sound bath. A full-body meditation, it involves listening to echoing tones, generated by singing bowls, that are said to unblock chakras and promote well-being.

Now that your energy centers are freshly aligned, choose how to spend your afternoon. UNESCO-recognized landscapes and ethereal floating temples await on today's optional excursion, but if you'd prefer to go solo, set aside some free time to visit the Ubud Art Market.

You'll find everything from tie-dyed sarongs to rattan handbags in its many stalls, so make some space in your suitcase for souvenirs.

+ Rice Terraces, Ulun Danu Beratan Temple & Lunch

### Day 5: Elephant Cave temple, water purification ceremony & cooking class

*Included meals: breakfast, dinner*

Spend the day exploring Balinese history and culture at some of the island's most important temples. Begin by heading to Bedulu, a historical village and site of the Goa Gajah, or Elephant

Cave, temple. Erected in the ninth century, this mysterious Hindu sanctuary greets visitors with a fierce visage. Demonic carvings, meant to ward off evil spirits, adorn its entrance, protecting bathing pools and a courtyard.

Afterward, drive north to Pura Tirta Empul—the Holy Spring Temple. Surrounded by thick tropical vegetation and peppered with intricate stonework, the complex centers on a petirtaan, a bath filled with holy spring water. You'll learn about water's symbolic significance to Balinese Hindus, then wade into the petirtaan to participate in Melukat, the local purification ceremony meant to cleanse mind, body, and spirit.

Later tonight, try your hand at making traditional Balinese dishes during a cooking class taught by an expert chef. Join your fellow travelers and enjoy the dinner you've prepared together.

*Please note: If you don't feel comfortable in enclosed spaces, avoid entering Goa Gajah.*

*Also, we recommend bringing either a change of clothes or a bathing suit for the water purification ceremony.*

---

## Nusa Dua → 3 nights

### Day 6: Nusa Dua via Besakih Great Temple & Mangrove Conservation Project

*Included meals: breakfast, lunch*

Today, you'll trade rice terraces for sandy shores and drive south to the coastal retreat of Nusa Dua. But before you hit the beach, you'll detour northeast and hop off your bus at the famed Besakih Great Temple. Also known as the Mother Temple, this massive complex encompasses 23 temples and six terraces and is revered as the holiest site in Balinese Hinduism.

Explore its grounds, stepping up the slopes of the sacred volcano Mount Agung, and marvel at the way the temples' spires frame sections of this magnificent panorama.

Finish up inland with an included lunch near the Besakih Great Temple, then continue to a local reforestation project in Nusa Dua. With their knotted roots and lanky trunks, mangroves make a beautiful sight. They're also vital to global conservation efforts: Besides supporting thriving ecosystems and protecting coastlines from

extreme weather, they capture carbon more effectively than almost any other marine habitat. Learn more about the trees and their role in Bali's sustainability initiatives—and maybe plant some seeds yourself.

Afterward, transfer to your hotel. You'll have a free evening to relax or explore the area at your leisure before your first full day on the beach.

### Day 7: Free day in Nusa Dua

*Included meals: breakfast*

Spend a free day in Nusa Dua, sunning yourself on the shores of the Indian Ocean, or take to its waves on our optional excursion. (If a catamaran cruise and an afternoon filled with watersports sound appealing, go for the latter.)

+ Nusa Lembongan Catamaran Cruise & Lunch

### Day 8: Uluwatu Temple

*Included meals: breakfast, farewell dinner*

Ease into your final full day on tour on one of Bali's famous beaches, or join an optional excursion to unweave the cultural importance of batik. (Want to spin some of your own? You can do that, too!)

Then, head to Pura Luhur Uluwatu—a cliff-top temple overlooking Jimbaran Bay. Set off on a short walking tour of its gorgeous grounds with your Tour Director before getting the chance to watch the evening *kecak*, or fire dance. Using only their voices, dozens of performers work together to weave pulsing rhythms, pairing them with their movements to tell the tale of the *Ramayana*, a Hindu epic narrating the life of an exiled deity.

After a rousing show, celebrate your trip—and raise a toast to those good times—during a farewell dinner served with beer or wine.

---

## Overnight Flight → 1 night

### Day 9: Departure

*Included meals: breakfast*

Relax in a day room before departing for the airport for your overnight flight home. Or, continue on the trip's extension to explore the pungent hawker markets and harmoniously sculpted green spaces of Singapore.

---

## Arrive Home

### Day 10: Travel Day

Arrive home today.

## + Singapore extension

There's a certain flavor to life in the city-state of Singapore, spiced by its multicultural past and present. Places like the UNESCO-listed Botanic Gardens make it easy to see why people consider it the greenest city on the planet, while sizzling hawker markets serve fresh reminders of Singapore's status as a world culinary destination. Whatever you're looking for, you'll find it—and have a great time doing so.

---

## Singapore → 2 nights

### Day 9: Flight to Singapore

*Included meals: breakfast, dinner*

Board a flight to the island nation of Singapore, located just off Malaysia's southern tip. Upon arrival, transfer to your hotel and get settled in. Meet back up for an included dinner at a local distillery restaurant, served with a special cocktail and your choice of beer or wine, then call it a night.

### Day 10: Sightseeing tour of Singapore

*Included meals: breakfast*

Last night, you got a preview of Singapore's charm. Today, discover its daytime delights on a guided sightseeing tour.

- Board a bumboat—a small, lowriding water taxi—and motor off on a cruise of the two-mile-long Singapore River. Float past its bustling shores and beneath historic bridges before disembarking in Merlion Park.
- Walk through the well-tended park, stopping to view the half-fish, half-lion statue that memorializes both Singapore's roots as a fishing village and its original name—Singapura, or “lion city.”
- Drive past the landmarks of the Downtown Core, including the museum- and memorial-rich Civic District; the open playing field known as the Padang; the Parliament House, home to the country's main governing body; and the neoclassical former City Hall.
- Make your way into Chinatown and stop at Thian Hock Keng, a dual temple venerating Mazu, a Chinese sea goddess. Its Taoist shrine is among the oldest and most important in the country—but head to the back, and you'll find a Buddhist sanctuary dedicated to Guanyin, a bodhisattva of mercy.

- Wander through the Singapore Botanic Gardens. Home to over 10,000 plant species and 1,000 types of orchids alone, it's one of three gardens—and the only tropical one—to be named a UNESCO World Heritage Site. Tonight, track down dinner yourself (you can't go wrong with Hainanese chicken rice) and spend one final night basking in the city's lights.

---

## Flight Home

### Day 11: Free day in Singapore & departure

*Included meals: breakfast*

Spend a free day marveling at multicultural Singapore. Or, if you're interested in sampling Singapore's unbeatable eats, add our optional excursion to see the city come alive at one of its famous hawker markets.

This evening, relax in a day room before departing for the airport for your overnight flight home.

+ Singapore Hawker Market Tasting Tour

---

## Arrive Home

### Day 12: Travel Day

Arrive home today.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.com/BA6](https://goaheadtours.com/BA6) | 1-800-597-0350

## **Day 4: Rice Terraces, Ulun Danu Beratan Temple & Lunch**

\$135/\$145\* (TBD, TBD)

Bali's scenery seamlessly shifts from dreamy waterscapes to verdant mountains—and today, you'll take in some of its finest sights. Begin by driving north to Pura Ulun Danu Beratan, a Hindu temple complex on the shores of Lake Beratan. Walk the manicured gardens of this four-building compound and marvel at how the main temple seemingly floats atop the water. Then, sit down for an included lunch by the lake before striking out for the nearby rice terraces. Fed by the subak—a UNESCO-recognized traditional water management system—these multi-level paddies step down mountains in a mesmerizing cascade. Take an optional walk through the fields and learn about the island's farming communities or simply enjoy the view before returning to Ubud. Please note: If you plan on joining the rice terrace walk, wear shoes with good grip. The fields can get slippery.

## **Day 7: Nusa Lembongan Catamaran Cruise & Lunch**

\$169 (9.5 hours, departs in the morning, includes lunch)

Enjoy a day of leisure as you and your fellow travelers cruise aboard your own private, luxury catamaran and relax at a local beach club. Begin the day by climbing aboard your vessel at Nusa Dua's Benoa Harbor. From there, sail atop sapphire waters to the tiny island of Nusa Lembongan and disembark at a beach club for a day of kayaking, snorkeling, and zipping around the bay on banana boats. If you're in the mood for something a little more low-key, relax on the sand, enjoy a spot of shade in the gardens, or lounge in the club's lagoon pool. For lunch, enjoy a barbecue feast complete with a variety of Western and Indonesian dishes. After plenty of time to enjoy the sun, sand, and surf, board your catamaran for the return trip to Nusa Dua, then head back to your hotel. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

## **Extension excursion options**

### **Day 11: Singapore Hawker Market Tasting Tour**

\$129/\$139\* (5 hours, Departs in the morning)

Singapore's multicultural heritage is woven through the nation's fabric, and nowhere is it more prominent than in its food. Over 100 hawker markets—open-air complexes packed with street food vendors specializing in various cuisines—can be found in the country, and tonight, you'll head to one for lunch. Spend midday with a local guide, hopping from stall to stall and savoring each delicious stop. Once you've had your fill, turn in for your last afternoon in Singapore.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.com/terms](https://goaheadtours.com/terms)