

July, August, September 2010

the LIST

The definitive guide to our thoughts, tastes and tributes to Ubud and surrounds.



Birds & Bees • Out & About • Homestays • Festivals • Galleries • Eco

Illustrations in The List by Captain Freddie.

**Alphabetical musings,
meanderings and more from
The Bud team...**

A

ADVENTURE

Bali Adventure Tours

Jl. Raya Bypass Ngurah Rai, Pessangaran, Sanur. Tel: 0361-721480. Map Ref: C.2 (Rafting) www.baliadventuretours.com. Long-established Bali adventure tours operator with activities ranging from river kayaking, white water rafting, jungle trekking and mountain cycling, as well as the Bali Elephant Safari Park at Taro (see entry under Wildlife).

Bali Bird Park & Rimba Reptil

Jl. Singapadu, Batu Bulan. Tel: 0361-299352. www.bali-bird-park.com With over 1,000 birds and 250 different species, walk through an avian rainforest, catch a film at the 4D avian theatre and top that off with a reptilian experience of dragon proportions at Rimba Reptil.

Bali Bird Walks

Campuhan, Ubud. Tel: 0361-975009. www.balibirdwalk.com Join Su-made (and if you're lucky the one-and-only Victor Mason) on a well-informed and delightful bird walk around the Campuhan hills.

Sobek Bina Utama

Jl. Raya Tebongkang No. 33 Ubud. Tel: 0361-287059. www.balisobek.com Map Ref: B.3 Established in 1989, Sobek Bina Utama was the first adventure tour company of its kind on the island and

continues to offer excellent rafting, cycling and eco trail tours in Bali.

ANTIQUES

Gallery Macan Tidur

Puri Muwa, Monkey Forest Road 10, Ubud. Tel: 0361-977121. www.macan-tidur.com Map Ref: L.7

Respected dealer in tribal art, antiquities, ornaments and textiles, Macan Tidur is often cited as 'the best shop in Bali'. Clients include collectors, architects, hotels and museums.

Kusia Gallery

Jl. Raya Sanggingan No. 99X, Ubud. Tel: 0361-973113.

Fascinating and long-established shop dealing with Balinese cultural artifacts.

The Shop Sayan

Jl. Raya Sayan No. 52, Br Kutuh Sayan - Ubud. Tel: 0361- 973508 www.shopthesayansayan.com Map Ref: C.3

With a 15th century reclining Bhudda marble statue as the 'piece d resistance' the artefacts, antiques and

relics at The Shop have been knowledgeably hand-sourced from around the region.

ARAK Noun: arrack |arak; arak| |arak| |arøk| |arak| (also arak). An alcoholic liquor typically distilled from the sap of the coconut palm or from rice. Clear and colourless with a sharp biting taste, arak in Bali is a

distillation of tuak, produced by fermenting the sap of the flower bud of any of a number of species of palm. Origin early 17th cent.: from Arabic araq 'sweat', from the phrase arak al-tamr, denoting an alcoholic spirit made from dates.

ART GALLERIES & MUSEUMS

3 Brothers + 1

Jl. Raya Kedewatan, Ubud. Tel: 0813 3874 5650.

The Balinese artist family of Nyoman Budiartha, Ketut Budarsa, Wayan Piadnya and Made Budiana, stands together as an inspiring lesson in the power of art to heal and overcome limitations.

Adi's Art Studio & Gallery.

Jl. Bisma 102, Ubud. Tel: 0361-977104. Featuring an eclectic mix of sculptures, paintings and readymade objets d'art by artist Adi Bachmann and a number of talented Balinese artists.



Agung Rai Museum of Art (ARMA)

Jl. Bima, Pengosekan. Tel: 0361-974228. www.armamuseum.com One of the most distinguished museums in Bali, ARMA exhibits work by many of the island's celebrated names including Spies, Bonnet, Hofker and

Affandi. Open daily from 9am to 6pm, except holidays. Map Ref: X.10

Agung Rai Fine Art Gallery

Peliatan, Ubud. Tel: 0361-975449, 974562. www.agunraigallery.com

Selected works of fine art picked by owner Agung Rai for what he describes as a "spiritual connection he feels between a painting and himself". Open daily from 9am to 6pm. Map Ref: U.13

Antonio Blanco Renaissance Museum

Jl. Raya Campuhan, Ubud. Tel: 0361-975502. www.blancomuseum.com

Dedicated to the life and work of the late Filippino artist Antonio Blanco (and curated by his artistic son Mario), this intriguing museum space includes the artist's original studio, gardens, aviaries and family temple. Open daily from 9am to 5pm.

Gaya ArtSpace

Jl. Raya Sayan, Ubud. Tel: 0361-979252.

www.gayafusion.com High concept space offering major exhibitions by both international and local artists featuring contemporary art, paintings, performance, installations and sculptures.

Genta Gallery

Jl. Raya Lodtunduh No1, Ubud. Tel: 0361-978272.

www.museumrudana.com/gentagallery International art collectors, painters, performers and travellers alike acclaim Genta's fine art collection. Part of the Museum Rudana art empire.

those were THE DAYS

Accommodating a famous artist deprives Victor Mason of room to moralize.

IT was early morning and the south-easter was already blowing hard without let-up; so I imagine it must have been May or June, and decidedly low season. In fact I don't remember there being any guests at all. Ever since the dispersal of the Prophecy, our resident band of rockers, things had been pretty quiet. A few guests for lunch or dinner - that was all. I had the whole place to myself. Heaven!

The only sound, aside from combers crashing and rumbling on the reef, was the rippling and crackling of umbul-umbul, towering in stately line along our front. Strenuously engaged in disentangling parasol tassels, I could see out of the corner of my eye Lanus, the head gardener, raking piles of seaweed and dead leaves, and setting even rows of furrows in the sand.

A tap on the shoulder. I turned, and there was Putu, my Bali GM, Man Friday, Figaro, and general factotum, all rolled into one - a wild glint in his eye, panting.

"Hey man! Come quick! We got guest!"

I followed him across the beach, beside the restaurant and up the garden path, to the bamboo shack that served as our reception desk. A man and a woman were standing without, surrounded by several large pieces of luggage. He was short, squat, and stocky, with swarthy complexion, and close-cropped, grizzled hair. She - the utter antithesis.

Though I would describe her as tall but not skinny, and pasty-faced rather than pallid, her hair was somewhere between mousey and ash-blonde, and, like the rest of her, lacking definition or expression. Perhaps it was the sun-glasses that obscured much of her face and lent her a vague, androgynous appearance. In my mind's eye I can still see him distinctly. She fails to register.

Tanjung Sari. Leased for the duration, it was - and still is - one of the most desirable residences on Sanur Beach, ideally sequestered in its beautiful garden of flaming floral borders. Usually I billeted myself there, but given some consideration, I was prepared to move into something a bit pokier. Such was the occasion of which I now speak. It wouldn't take long to clear out my stuff. Meanwhile, I conducted Monica and her companion, Signor Ferraro, to a table under my disentangled parasol, and left them gabbling away in Italian over a bottle of Chianti Ruffino.

Then Fritz popped in for his customary midday constitutional. "Did that couple I

sent here show up?" he enquired. Having assured him they were already installed in room two, and offered him another beer, he resumed:

"You know what?" he lowered his voice and took a large swig: "The first thing they did was try to get the chambermaid to take off all her clothes. She wasn't having any of it, and apparently they offered her a lot of money, but she still refused, and went and complained to the housekeeper. That's when I got called in. I thought they might be better off here. You could use some extra guests, couldn't you?"

"Well, thanks a lot mate," I said - "We haven't got any chambermaids, but you're right about the occupancy. We could do with the revenue."

"Let me know how it goes," said Fritz before sloping off.

Tucking into *insalata di mare* and glass of *vinho verde* a short while later, I saw Monica approaching.

"Hello there," I greeted her; "I trust you're settled in all right?" She ignored the remark.

"I need to ask you something," she said. She placed her hands on the table and her head next to mine. "Can you tell me if Balinese girls have pubic hair?"

Now I don't think I'd ever been asked that question before, certainly not by a girl. And, to be perfectly honest, while I could say that I'd seen any number of ladies, of all races, colours and persuasions, stark naked, I couldn't state then and there that I'd actually beheld a Balinese lady unadorned. But, as they say, some chicks have feathers, some don't. So I equivocated.

"Look," I said, "I'm going to Ubud this afternoon, and I can take you to a place where you can see Balinese girls bathing.

Would you care to join me?"

"Oh goody!" she said, waxing quite girlish. "Yes please, I'd love to come."

As we sped up the road, I took delight

Continued on page 69.

Hanna Art Space

Jl Raya Pengosekan, Peliatan, Ubud.
Tel: 0361-978216.
With an accent on artists from Surabaya, Hanna Art Space intends to uncover the 'underdog' of art by bringing new and creative art to the visual forefront of Ubud's gallery walls.

Han Snel Gallery

Jl Raya Pengosekan, Peliatan, Tel: 0361 975 699, 974 271. Fax: 0361 975 643
www.hansnelbungalow.com
View the works of one of Indonesia's most celebrated foreign artists...Han Snel. Run by his widow Siti, the Han Snel Gallery is located in the grounds of the bungalow complex opened by the artist.

Komaneka Gallery

Jl. Monkey Forest, Ubud.
Tel: 0361-976090.
www.gallery.komaneka.com
Map Ref: P.7
Komaneka Fine Art Gallery features unique work by young Indonesian and overseas artists with 'vision' and an accent on *kontemporer*. It was built in 1996 with the aim of sharing the experience of living with art. Young contemporary artists exhibit their canvases and installations to those who stay at the resort and those who pop in or walk by the gallery. Keep an eye out for it as you walk towards Ubud palace on the right-hand side of Monkey Forest road.

Museum Neka

Jl. Raya Campuhan, Ubud.
Tel: 0361-975074.
www.museumneka.com
One of Ubud's oldest and best established galleries, Neka Museum features all the greats from Ubud's

artworld in a traditional Balinese setting with a fabulous ravine view. Open daily 8am to 5pm except holidays.

Museum Puri Lukisan

Jl. Raya Ubud.
Tel: 0361-975136.
www.museumpurilukisan.com Bali's first museum features exquisite examples of Balinese art styles in drawing, painting and wood carving. Museum Puri Lukisan was established in 1954 and boasts among its past curators the artist Rudolf Bonnet. Open daily 8am to 4pm except holidays.

Museum Rudana

Jln. Cok Rai Pudak no.44
Peliatan, Ubud.
Tel: 0361-975779.
www.museumrudana.com
Museum Rudana boasts an excellent collection of Balinese and other Indonesian fine arts by the likes of I Gusti Nyoman Lempad, Affandi, Supono and Antonio Blanco in an elaborate new gallery that stands in its own grounds. Open Mon-Sat 9am to 5pm and on Sundays from midday to 5pm.

Nyoman Sumerta Fine Art Gallery

Banjar Teges, Peliatan, Ubud.
Tel: 0361-975267.
www.sumerta-gallery.com
Highlights the richness of ideas and imagination of Indonesian artists with an emphasis on local Balinese painting.

Oracle Gallery

Jl. Raya Sanggingan, Ubud.
Tel: 0361-978611.
www.sculpturebyfilippos.com
Map Ref: B.4
The gallery of Greek

sculptor and Ubud resident Filippou, Oracle is an artist's dreamscape inspired by the creative imaginings of one of Ubud's most flamboyant sculptors.

Pranoto's Art Gallery

Jl. Tirta Tawar No. 34, Kutuh Kelod, Ubud.
Tel: 0361-970827.
www.age.jp/~pranoto
Pranoto's Art Gallery is a lively, active place in the heart of the Bali arts community. Hosts life-drawing model sessions, exhibitions and a large fine art collection of paintings by Indonesian and international artists.

**Seniwati Gallery of Art by Women**

Jl. Sriwidari 2B, Ubud.
Tel: 0361-975485.
www.seniwatigallery.com
Seniwati supports and showcases more than 70 female artists with a wide variety of styles and also houses a shop for and about women, from where you can buy crafts, some of them by artists who exhibit in the gallery.

Sika Contemporary Art Gallery

Jln. Raya Campuhan, Ubud.
Tel: 0361-975727/975084.
www.sikagallery.info
Artist curator I. Wayan Sika

and his contemporaries of the Sanggar Dewata Artist Association, seek to push the visual arts envelope at this gallery, which condemns modern commercial art as "too sweet, like candy".

Symon Studios

Jl. Raya Campuhan, Ubud.
www.symonstudios.com
A Campuhan landmark for over a quarter century, Symon's somewhat rakish Ubud Studio is the original Art Zoo. The artist has lived in Bali since 1978 and is best known for his bold portraits of sensual young Balinese men.

Tanah Tho

Jl. Raya Lodtunduh Ubud.
Tel: 981 482
www.tanahtho.com
Owned and curated by Dewa Gede Putrawan, owner of the popular Ibu Rai Restaurant, Tanah Toh Art Studio was built with passion and with the aim of bringing art enthusiasts and artists into a single community. The gallery showcases pieces of great energy, spirit and highlight the dynamic relationship between the artist and the canvas.

TonyRaka Art Gallery

Jln. Raya Mas No. 86, Ubud.
Tel: 0361-7816785.
www.tonyrakaartgallery.com
One of Ubud's prominent art galleries - and art characters - is Tony Raka. Respected by artists and collectors alike, he is an enthusiastic promoter of contemporary Balinese and Indonesian art. Tony

Raka's is a gallery for people who like the questions art poses. Apart from a large modern building where the permanent collection hangs, there is a vast Balinese

in pointing out to Monica the quaint, well-ordered villages, each distinguished by its uniform and individual architectural style, and the radiant expanses of ricefields shimmering in between. In those days there were no artshops or ugly manufactories lining the wayside, as there are now. When one village ended, there were no constructions of any kind cluttering the intervening landscape before the next one began, save the odd rustic kubu, cattle-shed and shrine.

But Monica was singularly unimpressed. Her mind was elsewhere and she seldom glanced out of the window. I did learn, however, that she hailed from somewhere on the south coast of England - Brighton I think - and that she travelled extensively with Signor Ferraro. The latter was originally from Sardinia (or it may have been Sicily) and was descended from a long line of fishermen. He looked a bit like Picasso, rude and rugged, and I was told that, like the celebrated master of cubism, he also enjoyed a considerable reputation internationally. A pioneer constructivist, Monica's companion was well represented in any number of major galleries and museums, and she produced a portfolio of reproductions to prove it.

I was wondering about the exact nature of the relationship - companion, secretary, PA, mistress, sex slave - all of those things at once quite probably, when she suddenly turned to me and asked, straight out of the blue: "Do you take drugs?" God, she did come out with some funny questions, this girl! I was shocked. "Er...no," I replied, "of course not. Why do you ask?"

She ignored the rhetorical question, as she did my every other utterance. It was impossible to hold a conversation with this woman. Perhaps she was deaf.

"Everyone takes drugs," pronounced this extraordinary female, at the same moment producing from her reticule an opaque phial that looked as though it might contain laudanum - except that it rattled briskly. "You really ought to try these!"

I was peremptorily informed that Monica held in her hand nothing less than the ultimate panacea, that this potent nostrum was a prescription drug - there was a label which bore the trade-name, but I forgot it - and that it had recently been banned in the UK and pretty well

everywhere else (excepting Indonesia) owing to its reportedly narcotic and addictive properties. She had been most agreeably surprised, she said, to find it displayed on the counter at the Bali Beach drug-store, and had promptly purchased their entire stock. I can't remember either what it was supposed to be for, but each bottle contained fifty or sixty pills, and the normal prescribed dose was two a day. If, however, you swallowed half the contents in one go, the apparent upshot was that you tended to float a few inches above terra firma for the rest of the day - and night too I shouldn't wonder! My strange guest then proceeded to take a handful - they were really quite small, like Carter's Little Liver Pills - but I declined to participate in the exercise.

We parked the car at Teges, and walked on the track to Pango-Pango, past the men's ablutions by the dam, to the watering place where the women of the village bathed and filled their urns. A few were already there, chattering gaily, and for the most part clad in sarongs. On seeing them, Monica whooped and hollered, tore off all her clothes in an instant, and joined them.

To say I was mildly embarrassed would be about right. So I'd seen numberless naked ladies on and off, but our Balinese maids don't normally jump around in the nuddy and let it all hang out. Anyway, I thought, as I wandered off, girls will be girls, and judging by the squeals and hysterical hoots of merriment emanating from the source, a good time was being had by all. I'm showing you mine, so you show me yours!

When I returned half an hour later, Monica was still starkers, shrieking with laughter, and slinging water all over the show - and she wasn't the only one! On the way home I said I hoped she'd enjoyed herself, but was pointedly ignored, as she continued to gaze pensively ahead, saying and seeing nothing. I assumed the pills were kicking in.

Later, just as I was polishing off dinner in the restaurant, Monica reappeared. Plonking herself down opposite me and totally disregarding my offer of a drink,

she eyed me for a few moments, then said: "I really need your help. It is a matter of extreme urgency. You've got to help me!"

"Well," I vouchsafed, "I'll certainly do what I can." I might as well not have

spoken. "You see," she went on, her eyes pleading, "Signor Ferraro is so unhappy. We cannot get any model to pose for him. You must understand. We need a nude model, and she must be Balinese. Please, will you help us. We'll definitely make it worth your while." I had a sudden flash of inspiration. "Right oh! Just leave it with me. I promise I'll get back to you later this evening."

I whistled up Putu from the front office. "Got a special job for you," I told him. Then I explained exactly what was needed. "Off you go to room number two....and see what you can do."

Putu disappeared off the face of the earth for the following ten days, though I did see him very briefly the morning after I'd dispatched him on his errand.

"Well," how did it go?" I asked him. "Any luck?"

"Oh yeah man, everything okay. I get very good girl, and Mister Ferrari he happy." I pressed him for more information. "Sorry man; I got to go now pick up the girl. But you know what...?"

To this day, I can see Putu standing there, clad in the scarlet bell-bottomed trousers bequeathed to him by Mick Jagger, and a spotless white shirt, which I think may have been from me. Blue-black mane tumbling over his shoulders; scarred thin face; and that familiar conspiratorial glint in his eye. I waited for more details, but none were forthcoming. All he said before hurrying away was: "Wow man! They got lot of money - lot! I tell you later." Then he was gone.

Apart from their brief appearance punctually at mid-morning every day on the beach, under my parasol and over a bottle of Chianti, Monica and her artist friend never, as far as I could see, ventured out of their rooms. The bar and restaurant were not favoured by their appearance. For all I cared or knew, they might as well not have been there. In Nora's Bungalow they remained concealed, and of what went on in there I had not the slightest inkling. Besides, so long as they didn't trash the place or set it on fire, it was hardly any concern of mine.

That same day, however, Monica materialized once more and I had the opportunity to speak to her. I never spoke to her - or him - again. I was standing at the bar when she approached me. "Mind if I have a word with you?" she began. "By all means," I nodded. "Signor Ferraro

pavilion for temporary exhibitions and a new exhibition building. Both the gallery and the gardens, festooned with orchids, are well worth a visit.

W. Gallery

Jl.Bisma #3, Ubud.
Tel: 0361-977978.
pkaler@dps.centrin.net.id
Art for conservation. The W. Gallery was established in July 2007 as an effort to raise money for conservation through artwork. The gallery hosts local Balinese artists who have committed to donating a percentage of every sale to support the work of FNPF.

B

BARS

Ary's Warung
Jl. Raya Ubud.
Tel: 0361-975053.
www.dekco.com
Map Ref: I.7

Since its lavish revamp from a humble eatery to a posh bar and dining experience fitting the likes of Beverly Hills, Ary's Warung has been the place to be seen in central Ubud. The menu is mod-Australian inspired - that is, fresh produce, the best of meats, and simple preparation. Food aside, this is also a great bar with an open-plan atmosphere and tasteful design. The service, food and drinks are all good - it's also a great meeting point in the centre of Ubud, anytime of the day.

Bar Luna

Jl. Gootama
Tel: 0361-971832
Map Ref: L8
Wander down (or up) one



or cocktails, Smirnoff or Sambucca. Cafe des Artistes also has an extensive wine list and is open until midnight. One of Ubud's popular yet quietly romantic eating and drinking venues, now serving original Belgium beer.

Coffee & Silver

Jl. Monkey Forest, Ubud. Tel: 0361-975354. Map Ref: Q.6 One of the most popular drop-in and come-as-you-please restaurant bars in Ubud. Based at the bottom of the Monkey Forest hill it is perfectly placed to quench that thirst before the stroll up the three in one.

of Ubud's quaintest streets and drop into Bar Luna for an exotic breakfast or a very chilled glass of wine. Definitely one of our favourite secret hangouts.

Café Des Artistes

Jl. Bisma 9X, Ubud.
Tel: 0361-972706 .
www.cafedesartistesbali.com
Map Ref: K4

Pop in anytime, after 10.30 in the morning, for mocktails

Flava Lounge

Jl. Pengosekan, Ubud.
Tel. 0361-972953.
www.flavaloungebali.com
Young, hip and urban (or as urban as one can be in Ubud) yet with a holistic feel. Comfy seating, shisha pipes and free WiFi that mixes well with the juices, the cocktails and café style menu.

Han Snel Gallery & Bungalows

Tel: 0361 975 699, 974 271
Fax: 0361 975 643

www.hansnelbungalow.com
A horseshoe-shaped counter here gives the bar and restaurant at Han Snel Bungalows a distinctly convivial atmosphere...easy to remember the artist Han Snel himself sitting here drinking Bintang and regaling all-comers with tales from his past. Located half way down Jalan Kajeng on the left.

Jati Bar The Four Seasons

Sayan
Jl. Raya Kedewatan.
Tel: 0361-977577.
www.fourseasons.com/sayan Sophistication is the name of the game here (unsurprisingly given the Four Seasons brand). Perched atop the breathtaking Sayan Ridge, the vibe is mystically romantic. World-class views and flavours.

Jazz Café

Jl. Sukma # 2, Tebesaya,
Ubud. Tel: 0361-976594.
www.jazzcafebali.com
Map Ref: M12
A true Ubud classic that hosts local and international jazz stars, along with great bar snacks and full menu. Live music nightly except Mondays, 7.30pm until 10.30pm.

Mozaic - The Lounge

Jl. Raya Sanggingan, Ubud.
Telp: 975768
info@mozaic-bali.com
www.mozaic-bali.com
Map ref: B.3

A welcome addition to Mozaic's award-winning restaurant oasis, The Lounge offers sublime cocktails and jazzy ambience. A taste of the future with excellence on all levels, this is a discerning and stylish atmosphere with a range of drinks fitting for one of Bali's best fine dining spots (see Mozaic's entry under Restaurants).

There's also a piano in the corner, should you feel like getting on the ivories, but be warned - the cocktails are quality standard and likely to promote over-exuberance. The manager is a chap called Rakesh, a man possessed of devilishly suave sub continental aplomb.

Naughty Nuri's

Jl. Raya Sanggingan, opposite Neka Museum.

wished me to tell you that he is quite satisfied now, and your servant will be well rewarded."

"But you mustn't spoil him" was all I said. She rounded on me savagely. I was utterly unprepared for the onslaught. "How dare you moralize with me," she shouted. "Whatever arrangement we make with your staff is none of your damn business!" Hold on, I thought. That's not right, what if we had a chambermaid you'd tried to strip....? But I held my peace.

"You bloody colonials," she continued, raving. "You think the world owes you a living. What do you care about the local people who are forced to work for you? To hell with you and your stupid morals! If we want to spoil your servant, we will!" She turned on her heel and stalked off. I stood there speechless, if not for want of something to say, but she was out of earshot. Then, what could I say? Of one thing I was certain, and that was that I shouldn't take this woman too seriously.

When I next saw Putu - it must have been a good ten days later - the sun had just come up, and I was routinely parasol fiddling. He sauntered over - "Morning." All very casual, as if he'd never been away. "Is okay, you can move back now," said he beaming: "they already go last night." Well, I thought, that's a relief, though it really altered nothing. Still, I was curious to learn what had actually transpired since I'd packed Putu off to Nora's Bungalow. Now, forty years after the event, I recall his every word clearly. How, indeed, could I forget?

"You won't believe, man. I go there like you say, and the lady she very nice. She take my hand and say - Putu, you want drink? Then she give me glass wine and ask me sit down. So I sit. Then she ask me if I can find Bali girl for Mister Ferrari. But, you know, must be naked. Cannot any clothes, not even panty! Oh, I say, very difficult, Bali girl cannot like this. But she say I must know someone, and she give me another glass wine. Still I thinking is not possible. What can I do?"

I can see it all as clearly as if it were yesterday, and I an actual spectator. Putu sitting there, mien immeasurably solemn, shaking his head, sucking his teeth, and looking at his Gucci boots - also inherited from Tuan Mick. Oh, so very difficult!

"Then she say - we give you money. How much you want? And I say - even you give money, cannot get girl naked

in Bali. Look, she say, I want show you something. Come with me - and she take me in bedroom, and she show me one big black box. Now, I want you watch, and she take key, and - click! click! she open box. Shit! I don't believe, man. The box full of money - just money! I never see money like that, man. Must be million - all dollar!"

We've all seen the scene in the film, when the evil transaction takes place, the buyer reveals the contents of the case stuffed with dollars - always dollars - and moments later the bullets start flying. I've witnessed it exclusively on celluloid - so have you - but this was the real thing, and better still, without the bullets zinging. Picturing Putu in that moment, I experience also the vertigo that overwhelmed Edmond Dantes at the unveiling of the treasure of Monte-Cristo. And, had I been then in Nora's Bungalow, I too would have collapsed into the nearest chair, accepted uncomplainingly a further glass of wine, and attempted to collect my tumultuous thoughts.

My friend was aware that Monica continued to cajole him with cash. She was saying - "Come on, tell me, how much do you need?" and, peeling off several dozens of a stack of bills, and thrusting them into his hand - "Will this be enough?" This was no movie; the propounders were not imaginary; and there were no victims. And presently, with a fistful of dollars, and still in a daze, Putu found himself standing in the garden, daring to deliberate his next move.

Being a resourceful and practical fellow, my Balinese friend did not linger long. He had heard of an establishment in Denpasar where there were ladies who were prepared to divest themselves of their duds for a modest consideration. Of the latter he had abundance. Conveyance and driver were summoned, and Putu sped there directly. On arrival, he swaggered in - and, suitably accoutred by Tuan Mick, I must say he certainly looked the part - and having discussed matters of state with the owner, magnanimously offered every inmate of the house a drink.

There was one girl who, by Putu's account, was outstandingly beautiful. Her body was perfectly proportioned, and she had hair flowing to her waist. I don't believe she was Balinese, but with or without her clothes on, it hardly mattered. A deal was struck, and Putu spirited the young

lady away without further ado. Whether any hanky-panky occurred in the interim I cannot say, but some things are better left to the imagination.

Said lady was ushered into the artist's atelier, where she proceeded to fulfil his every fancy - "A littler wider if you please." She seemed quite professional, and feigned but the slightest embarrassment. Everyone was delighted, none more so than Putu who, as you may conceive, had profited handsomely from the exercise. It was all a game, and the principal protagonist intended to play it to the glittering hilt.

Indeed, the very next day, Putu put on his best Bali boot-face, claiming that the model of the moment was reluctant to commit herself to a repeat exposition. Consideration was enhanced, and she was won over. For the following eight days painter and poser performed their appointed roles. And on the final day, Putu received a bountiful bonus for his invaluable service.

I am unable to state the precise amount involved, but it was considerable. To your latter-day trader, dealing in dodgy derivatives, it might seem of no very great account. To the hero of our tale, it was unconscionable. And, like the treasure of Monte-Cristo, it could not be carried without attracting unwanted attention - at least not in broad daylight.

So, emulating once more the actions of Sinbad the Sailor, who, having unearthed the precious casket, promptly reinterred it, Putu cast about him for a suitable burial place, beyond the visionary scope of Lanus the gardener, plainly in evidence weeding in borders beside the beach. In the flower-bed behind the bungalow, he buried his loot.

There were anxious moments, but at the end of the day and under cover of nightfall, the trove was revisited and found to be intact.

And that's really the end of my story. But you want to know what Putu did with all that money? I can tell you this much : - he built a beautiful new house for himself and his family, and I believe even devised a whole complex of villas-for-rent, which enabled him and his kin to live happily ever after.

Finally, if there's to be a moral to the story - for it is after all a fine and edifying fable - it would simply have to be this - Don't moralize! ☺

CALENDARS: To the outsider, the Balinese calendar of worship can appear startlingly complex, comprising, as it does, both a lunar calendar – each month starting on the day after a new moon, with the full moon occurring in the middle – and a 210-day ritual cycle. The lunar calendar is based on that used in parts of India and numbered from the founding of the Indian Saka Dynasty in AD 78, so that the year 1900 in Bali began in 1979. The 210-day *pawukon* cycle is indigenous to Bali, however, and differs from other calendars in that its dates are not measured as years, perhaps because it has its roots in the growing period for rice. The *pawukon* cycle is subdivided yet again into a number of shorter cycles, which run concurrently. These comprise a number of three, five and seven day "weeks" which have no correlation to conventional time but are used to determine holy days. Each day is said to have its own god, constellation and omen indicating good or bad times for activities ranging from construction to cremation. ☺

Tel: 0361-977547.
Another longtime Ubud institution – the marriage of Ubud and New York sensibilities à la Brian and Nuri – Naughty Nuri's serves mean, brimming Martinis, gargantuan Bloody Mary's and home-cooked food, all in an open, road-side grille. Famous for its ribs (See entry under Restaurants).

Ozigo
Jl. Sanggingan, Ubud, Next to Nuri's Nacho Mama.
www.ozigobarubud.blogspot.com
When you're pissed enough on Brian's Martinis, join the fun-loving mix of great live cover bands and DJs as they lead you in to the late night! Suspiciously large and colourful drinks.

Terazzo
Jl. Suweta, Ubud
Tel: 0361-978941.
A stylish and somewhat famous spot in town for savvy cocktails with superb finger-food and full menu. Great music and atmosphere.

BOOK SHOPS

Ganesha Book Shop
Jl. Raya Ubud.
Tel: 0361-970320.
www.ganeshabooksbali.com
A veritable treasure chest of second-hand books and

beautiful weighty ones of the coffee table variety. You can also find magazines, bestsellers and postcards here.

Periplus
Jl. Raya Ubud & Bintang Supermarket, Campuhan and Monkey Forest Rd.
www.peripluseditions.co.id
Ubiquitous chain bookstore-cum-cafe stocking hundreds of titles on Bali and beyond. Buy your take-home copy of *The Bud* and *The Yak* here.

BOUTIQUES



Biasa

Jl. Raya Sanggingan
Tel: 0361-8878002
Map Ref: B3
Stylish nomads dress in Biasa. One of Bali's top labels for cotton and linen fashion just opened an outlet in Ubud (near Naughty Nuri's) with their unique and recognizable cut and design. Comfortable, flowing and in a range of soft, contemporary colours Biasa-wear is ideal to move

elegantly around the hills in.

Dandelion
Ubud Main Street 18
Tel: 0361-978085
Map Ref: K.10
A boutique for the heir and spare. Delightful children's wear from the ever-popular and ever-expanding Dandelion.

This petite boutique will outfit the under 9s in ultra-chic elegant (boutique for boys and girls) thankfully age appropriate day wear

Divya Boutique
35 Ubud Main Street
Tel: 0361-977169 Fax: 975115
Map Ref: K.10
Exquisite handmade batik shop incorporating both traditional and modern designs into cotton, silk and canvas textiles. All dresses, sarongs, shirts and scarves at Divya – which is part of Nomad Restaurant on Ubud Main Street – are individually hand made using the 'batik tulis' process, which means patterns are hand-drawn and painted. Prices range from \$70 to \$180. Each piece is entirely original – no mass produced cottons here.

BOTANIC GARDENS

Botanic Gardens Ubud
Kutuh Kaja, Ubud.
Tel: 0361-7463389.

www.botanicgardenbali.com Situated at an elevation of between 320 and 400 metres above sea level, the Botanic Gardens Ubud offers a range of micro-climates including ravine, hillside, meadow, a river, waterfalls and natural forest on a vast six hectare property. Situated in the village of Kutuh Kaja just outside Ubud, the Gardens face the bird village of Petulu, home of the famous white egrets.

Botanical Gardens at Elephant Safari Park Taro
Bali Adventure Tours, Jl. Raya Bypass Ngurah Rai, Pessangaran, Sanur.
Tel: 0361-721480.
www.baliadventuretours.com
This park is not just about elephants – throughout this 3.5 hectare wildlife haven are myriad indigenous plant species and a fabulous orchid display.

C

CAVIAR & CHAMPAGNE

Mozaic
Jl. Raya Sanggingan, Ubud.
Telp: 975768
www.mozaic-bali.com
Map ref: B.3
Caviar menu and Champagne menu available, indulge your tastebud with the Caspian

Sevruga Caviar and Iranian Imperial Oestra Caviar and Champagne at the Lounge of Mozaic.

COCKFIGHTING

Cockfighting|kák fai ting ng | noun | Balinese 'Tajen' | The sport (banned in 1981 in Indonesia except for three rounds permitted prior to temple ceremonies) of setting two cocks to fight each other. Fighting cocks often have their legs fitted with sharpened metal spurs. A cockfight is not only allowed at every Balinese temple festival, it is required. The blood is an offering to the hungry forces of evil.

COOKING CLASSES

Bumbu Bali Restaurant
Jl. Suweta No. 1, Ubud.
Telp: 975768
info@mozaic-bali.com
www.bumbabaliresto.com
Half-day cooking programs with Balinese chefs teaching a wide variety of traditional island food.

Beduur Restaurant
Ubud Hanging Gardens, Desa Buahan, Payangan.
Tel: 0361-982700.
www.ubudhanginggardens.com
Part nature walk, part culinary experience. Walk along the Ayung River and up to a village where the locals grow spices and vegetables. Then come to what is described as the hotel's 'indigenous outdoor kitchen', located amongst the rice fields.

The chef will inform and guide you through the creation of three traditional recipes (which will also be your lunch!) A gentle wander back to the hotel grounds with views of Mount Batukaru is as much of a gift as the recipes you created

that day.

Casa Luna Restaurant

Jl. Raya Ubud.
Tel: 0361-977409.
www.casalunabali.com

Map Ref: J.6
Join Casa Luna's own Janet De Neefe and team and discover the exotic spices and ingredients of Balinese food. Explore cooking techniques, alternative ingredients and fascinating kitchen myths of this unique culture. Each session includes a lavish Balinese feast with complete class notes. Guests of the Honeymoon Guesthouses receive a 10% discount on all cooking classes.

Mozaic Restaurant

Jl. Raya Sanggingan, Ubud.
Tel: 0361-979395.
www.balisecretgarden.com
One and two-day hands-on

which make up the delicious lunch to follow.

Maya Ubud

Jl. Gunung Sarim Peliatan, Ubud.
Tel: 0361-977888.
www.mayaubud.com
Map Ref: L.17
In one easy hour, Maya Ubud's master chefs will teach you five traditional Balinese dishes and then invite you for lunch. Take home a complimentary recipe book to continue your Balinese culinary education.

The Secret Garden Cooking School

Penestanan Kaja, Ubud.
Tel: 0361-979395.
www.macan-tidur.com
Map Ref: L.6

Whilst one half of Macan Tidur (otherwise known as Sleeping Tiger) is for exquisite antiques, the other half supports local craftsmen to continue their creative traditions whilst also supporting innovations. One of Bali's best places to buy unique pieces for gifts or interiors.


intensive courses will allow you to learn, understand and appreciate Balinese cooking at its best. Learn of the spices, herbs, meat and vegetables that go into preparing a Balinese banquet. From appetisers to dessert, all in a tropical outdoor restaurant pavilion.

CLINICS

Kupu Kupu Barong

Kedewatan, Ubud.
Tel: 0361-975478.
www.kupubarongubud.com
Map Ref: A.2
Balinese cooking secrets revealed in one of Ubud's most charming resorts. Learn to cook a classic three-course Balinese meal of Soto Udan, Pepes Ikan and Dadar Gulung

Prima Medika Hospital (Outpost)

Banjar Nyuh Kuning, Mas, Ubud.
Tel: 0361-972374.
www.primamedika.com
A hospital favoured among longtime expats, Prima Medika's main facility is in Denpasar, approx 45 minutes

by car. Open from 8am-8pm.

CRAFTS

Indigo

Jl. Monkey Forest, Ubud
Tel: 0361-7810631.
www.indigobali.com
Art and artifacts, natural dye batiks & ikats, handcrafted, earth-conscious clothing, jewelry, gifts, furniture and home accessories.

Macan Tidur Gallery

Puri Muwa, Monkey Forest Road 10, Ubud.
Tel: 0361-977121.

www.macan-tidur.com
Map Ref: L.6
Whilst one half of Macan Tidur (otherwise known as Sleeping Tiger) is for exquisite antiques, the other half supports local craftsmen to continue their creative traditions whilst also supporting innovations. One of Bali's best places to buy unique pieces for gifts or interiors.

Oman Gallery

Jl. Raya Sanggingan, Ubud.
Tel: 0361-978250.
www.omangallery.com
"Modern Art • Design • Ethnic • Antiques" reads the business card of this well laid-out gallery shop - from antiques to lamps to knick knacks for interiors. On the hill that leads to cocktails or culture - just steps away from Naughty Nuri's and the Neka Museum.

Sayan Square

Jl. Penestanan, Sayan, Ubud.
Tel: 081236 806100.
A one-stop shop where you can find a variety of items from batik to fashion, gifts to handicrafts, home decor to home spa products. If one of you shops and the other does not, coffee and the delicious

handcrafted JBay ice cream is also on the schedule.

Tegun Gallery

Jl. Hanoman #44B, Ubud.
Tel: 0361-970992.
Woodcrafting for the home and garden. A unique collection of inspiring traditional Folk art from across the archipelago.

D

DHARMA

(Sanskrit) Meaning righteousness. The orderly fulfilment of inherent duty. A religious duty, according to one's caste. Adharma is unrighteousness or the lack of observation of this duty, and brings accumulation of demerit.

E

ECO

The Linda Garland Estate
Banjar Nyuh Kuning, Ubud.
Tel: 0361-974017.
Linda@indosat.net.id
Linda Garland's world-renowned river-estate is an amazing tribute to the potential of bamboo in all its forms. Mick Jagger loved this place so much he got married here...well sort of.

The Green School

Jl. Raya Sibang Kaja, Banjar Saren, Abiansemal.
Tel: 0361-469875
www.greenschool.org.
A powerful community joint-venture school and event centre on the river. Well worth an afternoon looksee.

Utama Spice - Bali Herb Walk & Jamu Class
Banjar Pengosekan, Jl Kaja Kauh #8, Ubud.

Tel: 0361-975051 or 0812 3816 020.

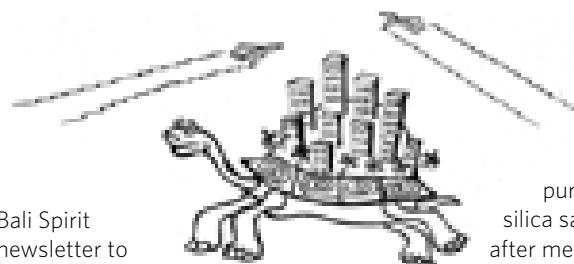
www.utamaspicebali.com
Contact Lilir for secrets of jamu, Indonesia's practice of traditional herbal medicine.

F

FESTIVALS

Bali Spirit Festival

www.balispiritfestival.com
A vibrant and uplifting annual international celebration of yoga, dance and music held in Ubud, the Bali Spirit Festival brings international artists and yoga practitioners together to inspire change in our world. Held in April each year at the Bali Purnati Centre for the Arts in Batuan. Go online and sign up for the



Bali Spirit newsletter to stay in the loop about next year's event.

Ubud Writers and Readers

www.ubudwritersfestival.com
One of the six best literary festivals in the world (according to Harper's Bazaar UK at least), the Ubud Readers & Writers Festival brings together writers, readers, artists and performers in a week-long program that's put Ubud on the map as an international centre for the arts. Check the website for details, news, and updates as to who is coming this year and how to get tickets to the literary lunches, workshops and talks.

GALUNGAN

(Noun). A religious festival that takes place on Wednesday of the week Dunggulan in the Balinese calendar and which celebrates the victory of dharma (religious duty) over adharma, (or the lack of observance of this duty).

G

GLASS

Horizon Glassworks

Jl. Raya Kengetan, Ubud.
Tel: 0361-7804014.
www.horizontglassworks.com
Map Ref: F.1
Handmade glass, expert craftsmanship, best materials and great prices on solid sculpture and more. Trained at the world-recognised centre for hot glass - Pilchuck Glass School in Washington State's Cascade Mountains - Horizon Glassworks founder Ron Seivertson believes the process of creating hot glass art is all encompassing.

"There is something about the material that is alive," he says. "Before being melted it is



pure silica sand; after melting it is glass, and it will be glass forever - there is an alchemy in this process."

Ron transforms molten glass into sophisticated sculptures and vessels alike, capturing the fragile beauty of the subjects that inspire his work. Visit the workshop on the south end of Sayan Ridge and see art in creation. Monday to Saturday, 10am to 6pm.

H

HEALTH

Light Spirit

Jalan Pengosekan, Ubud
Tel: 0361-857-5570
www.lightspiritbali.com
Sound and energy healing centre which works with intuitive and highly educated therapists to ensure a high quality standard for energetic treatments. Open Monday - Saturday from 10:30 - 7:30 pm

HELICOPTERS

Air Bali

Dewa Ruci Building No. 2
Simpang Siur, By Pass Ngurah Rai, Kuta.
Tel: (24 Hour hotline) +62 813 3876 9756 or +62 812 3836 321.

www.airbali.com
Sky tours, volcano flights, aerial photography...or maybe you just need to get up to Ubud in a hurry. Air Bali's helicopter service covers the bases. Landing pad at The Viceroy Bali.

HOMESTAYS

Alam Indah Family Hotels

Nyuh Kuning village.
Tel: 0361-974629.
www.alamindahbali.com

Jati 3 Bungalows & Spa

Jl. Monkey Forest, Ubud.
Tel: 0361-973349 & 977101.
www.jati3bungalows.com

Kebun Indah (Beautiful Garden)

Jl. Raya Pengosekan.
Tel: 0361-973366.
www.alamidahbali.com

Padi Prada Suite - Resto - Gallery

DANCE: "No feast is complete in Bali," penned the Mexican writer Miguel Covarrubias in 1937, "without music and elaborate dramatic and dance performances. No one would dream of getting married, or holding a cremation, or even of celebrating a child's birthday, without engaging troupes of dancers and actors to entertain the guests and neighbours." Dance and drama remain central to the Balinese way, colourful spectacles in the life of the culture. In fact Covarrubias and his wife became such enthusiastic theatre-goers during their time on the island they "sometimes had to make a point of staying home to catch up with lost sleep". The Mexican chronicler wrote in his still definitive book, *Island of Bali*: "Even the tired peasant who works all day in the fields does not mind staying up at night to watch a show, and the little children who invariably make up the front rows of the audience remain there until dawn for the end, occasionally huddled together taking naps, but wide awake for the exciting episodes of the play." Next to having good orchestras, a fine group of dancers is an imperative need for the spiritual and physical well being of the community. When a society has enough money for the elaborate costumes needed for public appearance, the village *banjar* or community association gives an inauguration festival to bless the clothes. All actors, dancers, or story-tellers undergo the same ceremony - in the case of a dancer, a priest uses the stem of a flower to inscribe magic syllables on the face, head, tongue and hands in order to make the dancer attractive to the eyes of the public. It is not only on this occasion that dancers pray for success; before every performance they make small offerings to the deities of the dance. ☐

Jl. Monkey Forest, Ubud.
Tel: 0361-978972 & 970979.
www.balihotels.com/ubud/padiprada.php

Sania 's House
Jl. Karna 7, Ubud.
Tel: 0361-975535.

Swasti Cottage
Banjar Nyuh Kuning.
Tel: 0361-974079.
www.baliswasti.com

Taman Indrakila Hotel
Jl. Raya Sanggingan, Ubud.
Tel: 0361-975017.

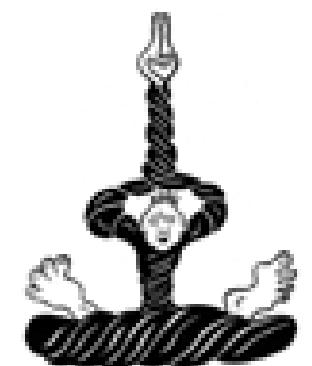
Tirta Harum
Jl. Jero Gadung 66A, Kutuh Kelod, Ubud.
Tel: 0361-973381.

HOTELS

Agung Raka Bungalow
Jl. Pengosekan, Ubud.
Tel: 0361-975757.
www.agungraka.com

Alila Manggis
Desa Manggis, Candi Dasa.
Tel: 0363-41011.
www.alilahotels.com
One of Bali's best kept secrets, Alila Manggis is a secluded, stylish seaside resort in Manggis, East Bali, superbly designed in a

contemporary interpretation of traditional Balinese architecture. All rooms face the ocean with clear views across the straits to Nusa



Penida. Alila Manggis is famed for its cooking school specialising in East Balinese cuisine.

Alila Ubud
Desa Melinggh Kelod, Payangan.
Tel: 0361-975963.
www.alilahotels.com
One of Ubud's favoured hotels, this 56-room resort perches on one side of the Ayung River valley. Four Pool Villas and four Valley Villas offer superb one-up-manship for privacy and luxury. A megalith garden, a designer spa and a fabulous restaurant complete this one-of-a-kind

www.aniniraka.com

Anhera Suite Ubud

Jl. Raya Sanggingan 168, Ubud. Tel: 0361-977845.
www.anherahotelbali.com

Bagus Jati

Br. Jati, Desa Sebatu, . Tel: 0361-978885/901888.
www.bagusjati.com
This out of the way resort is ideal for those times when you need to retreat and cleanse. Fabulous spa facilities.

ARMA Resort

Jl. Raya Pengosekan, Ubud.
Tel: 0361-975742/976659.
www.armaresort.com

ARMA resort is artistically and thoughtfully designed with antique wooden beds on each patio providing a romantic perch from which to enjoy the view. Traditional Balinese architecture melds thatched roofs, woven bamboo and sculpted sandstone into a unique and meditative ambience surrounded by lush tropical gardens and rice terraces. The Resort is set within a unique and natural landscape.

Beji Ubud Resort

Jl. Raya Sanggingan, Ubud.

Tel: 0361-971166.

www.bejiubudresort.com

Barong Resort & Spa

Jl. Monkey Forest, Ubud.
Tel: 0361-971759.
www.barongresorts.com

Bumi Ubud Resort

Jl. Raya Lodtunduh No.88, Br. Silungan Lodtunduh, Ubud. Tel: 0361-974124.
www.bumiubudresort.com

Casa Luna Honeymoon Guesthouse

Jl. Bisma, Ubud.
Tel: 0361-973282.
www.casalunabali.com
The Honeymoon

jiwajuice

Reclaim your heart, says Nicky Kassapian.

IT is time to be in the Heart Space which is literally the mid point between the lower energy points or chakras and the higher ones. The heart is the bridge between the two and is so much more than a pump for the blood.

It is a place of acceptance, compassion, discernment, balance, connection, trust, peace, unconditional love and presence.

It is a place we frequently associate with both joy and sorrow yet contrary to the popular beliefs we have absorbed through music especially love songs, novels, soap operas, cinema and so forth, your esoteric/metaphysical heart is not something that you give away partly or fully to another being, just because you love them, or because you think they can do a better job of looking after it than you can.

You need all of your heart for you, so that you can feed and nurture yourself and then you can open that wonderful heart of yours and 'SHARE' your heart space with others, who hopefully have all of their heart to share with you too!

You need to reclaim your heart so that you can create inter dependent relationships, which are based on willingness, joy and a lightness of being. A healthy alternative to the co dependent relationships we create, which are based on need, obligation and a reluctance to take responsibility for what unfolds in life.

Leaving your heart scattered around the place is messy. It means you are also scattered around, never quite present here or there, holding on to something long since changed, perpetuating pain and suffering and not allowing the current moment to be enjoyed or the next moment to fully emerge.

A good friend Jean M Nadeau taught me this technique, for which I am eternally grateful. I have passed it on to the many beings I facilitate for all around the world. The benefits are instant, regardless of age, gender or situation.

I have a Kintamani dog, Peri is his name. He was given to me as a gift by another dear friend when a long term relationship came to a close. I was reluctant to take on a dog as I thought I preferred cats. He was

insistent that as a woman living by myself I needed a dog to keep trouble at bay. After a month or putting off the meeting, I finally went over to have a look. Well I was greeted by a white ball of fluff with two big brown eyes and a wagging tail. As the fur ball and I locked eyes, Disney land took over. I saw my bruised and aching heart do back flips across the room and land in the puppy's and his cart wheeled across the room to land in mine. The deal was done and Peri became part of the house hold.

Now when I shared this story with Jean he had smiled and said ah, that's why so often when people have pets it feels like their heart is unavailable, as if they have a partner, but in fact they are single. You need to reclaim your heart and free up Peri at the same time.

The effect when I did this starting with Peri was huge. I did it at 3am and when I got to the piece when I gave back his heart, tears flowed. When I took back my heart, nothing happened for a moment or two, then very slowly a faint heart beat began, more tears flowed as finally I allowed the sadness of the ending of the relationship to go. Peri was no longer carrying my 'pain and suffering'. Little wonder the next morning when I opened the door, the change was extraordinary, there was a lightness, a playfulness and a joie de vivre that had been so clearly absent up to that point.

Taking this process a step further, knowing it to be the good of myself and others I then went on to do it with all the past loves, family and so forth and the results continue to affect the relationships we now share.

So this is how it is done and it is done by yourself NOT with the other person, animal or place present before you. It is only done once.

Find a quiet spot and settle yourself by focusing on your breath

Move into a space of appreciation and compassion for yourself and for the other you are about to call in.

Visualize or think about the other person, creature or place.

With appreciation, compassion and grace say whatever you need to say and

please note that it is not a forum for you to blame and feed victim identity. Thank them for having been in your life, for all the gifts their presence in your life has brought to you, even if some of those came in challenging ways. You may want to say sorry for some of your actions as well.

Once you are done, sit back and listen to what they have to say – and they will have things to say, so stay open to that

Once you are both complete you then say and wording here is important:

"I now give you back your heart"

Wait allowing whatever emotion arises to occur without judgement. Stay with it until it has passed.

Once their heart has been returned you then say and wording is significant: Please do not ask for it back, you are reclaiming it not requesting it.

"I now take back my heart"

Again wait and allow whatever emotion arises to pass and gradually you will feel your heart start and to expand.

Once this occurs see the two of you face to face. Wish each other well, part company and walk individually into the ocean of life.

You have now created SPACE in which things can change.

Any interaction you have now will be out of willingness, not out of need, obligation or co dependency. You have created a space of joy, lightness of being and playfulness. This is a space of allowing, freedom and peace, where neither of you are caught in a holding space of fear.

Please note, if you are in 'happy' relationships STILL do the process as it frees everyone and everything up to be who they be and creates healthy inter dependent relationships all round.

As you reclaim it from past loves, parents, siblings, children, friends, pets, even countries, places and work environments you will find you are expanding the 'Heart Space'.

Remember YOU need to reclaim ALL of your heart, so you can be Present and create a better world for yourself and others. ■

www.soulsupportsystems.com

Continued from page 75.

Guesthouses are situated only a five-minute walk away from the heart of Ubud and Casa Luna Restaurant. With 30 elegant Balinese-style guest rooms set in lush tropical gardens, Honeymoon Guesthouse has become a favourite with travellers, possibly because it boasts within its grounds the Honeymoon Bakery. Guests can also order delicious meals from the extensive menu of the Casa Luna Restaurant, part of the same organisation under Ubud's own Janet De Neefe.

Champlung Sari Hotel

Monkey Forest Road, Ubud. Tel: 0361-975418/975349. www.champlungsariubud.com

A veritable institution with many returnees, located right opposite Ubud's Monkey Forest.

Cendana Resort and Spa

Monkey Forest Road, Ubud. Tel: 0361-973243. www.cendanaresort-spa.com

COMO Shambhala Estate

Br. Begawan Giri, Payongan, Ubud. Tel: 0361-978888. www.como.bz

An Estate like no other. This is where the A-list, red carpet regulars and the rest of the jet-set come for a change of scenery. Set on acres and acres of ravine and river exuberance, this retreat combines opulence, health, excellent raw food and a world-class spa topped off with some of the world's best butlers. One wants for nothing at Como.

Four Seasons Resort Sayan

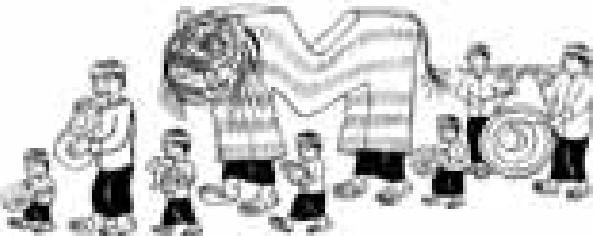
Sayan Ridge, Ubud. Tel: 0361-977577.

www.fourseasons.com/sayan/ One of the most famous of Bali's hotels as almost every year Condé Nast or some other venerable travel magazine nominates it for its fabulosity or service.

Furama Villas & Spa

Jl. Raya Mambal, Br. Bindu, Mambal, Ubud. Tel: 0361-7463064. www.furamavillasandspa.com

Furama's first resort property, Furama Villas & Spa Ubud is set amidst an expanse of serene rice fields, framed by the majestic Mount Batur.



Gaya Fusion Villa

Jl. Raya Sayan, Ubud. Tel: 0361-979252/979253. www.gayafusion.com

Garden View Cottages

Monkey Forest Road, Ubud. Tel: 0361-974055. www.baligardenview.com

Kajane Mua Villa

Monkey Forest, Ubud. Tel: 0361-972877. www.kajane.com

Kamandalu Resort & Spa

Jl. Tegallalang, Br. Nagi, Ubud. Tel: 0361-975825. www.kamandaluresort.com

Kayu Manis Ubud

Br. Baung, Sayan, Ubud. Tel: 0361-972777. www.kayumanis.com The first of the Kayu Manis brand, the one-bedroom villas

are excellent and the new spa is something to write home about.

Komaneka at Bisma

Jl. Bisma, Ubud. Tel: 0361-971933. www.komaneka.com Map Ref: L.4

Located in Bisma street and close to the very centre of Ubud, the Komaneka at Bisma is a sophisticated and contemporary lifestyle resort, beautifully designed and nestled along the Campuhan river valley, with amazing views of the river, sloping rice fields and coconut groves. Choose a Bisma Suite Room

views. A contemporary art gallery makes it young, hip and chic – Ubud style. So popular it is usually fully booked.

Komaneka at Tanggayuda

Br. Tanggayuda, Kedewatan, Ubud. Tel: 0361-978123. www.komaneka.com Map Ref: P.7

Think romance, think honeymoon, even if you have been married a few years. Komaneka Tanggayuda ignites passion and intimacy in this hillside resort, just a short drive north of Ubud. Balconies, soft beds and huge bathtubs set the scene for one of rest, relaxation and pure indulgence.

Kori Ubud

Jl. Raya Sanggingan 18, Campuhan, Ubud. Tel: 0361-972487. www.koriubud.com

Kupu Kupu Barong Ubud Villa & Spa

Jl. Kedewatan, Ubud. Tel: 0361-975478. www.kupubarongubud.com Map Ref: A1

This is a charming and verdant resort that spills down the hillside along the Ayung River Valley in Sayan, offering spectacular views of the Ubud countryside as well as friendly service and a buggy ride back and forth from your luxury pool villa.

Maya Ubud Resort & Spa

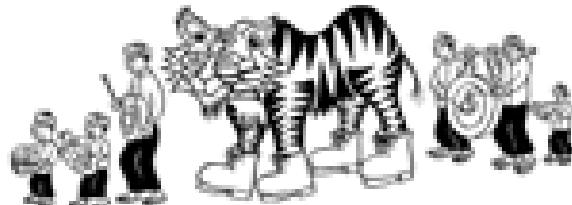
Jl. Gunung Sarim Peliatan, Ubud. Tel: 0361-977 888. www.mayaubud.com Map Ref: K18 Maya Ubud Resort & Spa is set in 10 hectares of hillside garden, stretching 780 metres along a peninsula

high above two river valleys. It flows from hilltop down to riverside hideaway, 30 metres below. Just minutes by foot from Ubud, Maya Ubud Resort & Spa provides a spacious, stylish and luxurious environment in which to enjoy some of life's better moments. Setting it apart are the luxurious Pool Villas, the landscaped botanical walk that skirts this vast property and an award-winning spa (not to mention the excellent food - see Restaurants).

Natura Villa Resort & Spa
Jl. Raya Gunung Sari, Br. Laplapan, Ubud.
Tel: 0361-978666.
www.naturaresortbali.com

Novus Taman Bebek
Jl. Raya Sayan, Ubud.
Tel: 0361-975385.
www.novustamanbebek.com

Oka Kartini Bungalows
Jl. Raya, Ubud, Bali.
Tel: 0361-975193.
www.okkartini.com



Ibu Oka Kartini has been welcoming travellers to Ubud for a number of years now and largely because of her they keep coming back!

Padi Prada Ubud
Jl. Monkey Forest, Ubud.
Tel: 0361-978972.
www.padiprada.balidwipa.com

Pertiwi Resort and Spa
Jl. Monkey Forest, Ubud.
Tel: 0361-975236.

www.pertiwiressort.com

Puri Bunga Village Hotel
Jl. Raya Kedewatan PO Box 141, Ubud.
Tel: 0361-975488.
www.puribungahotel.com

Puri Saron Villa & Spa
Desa Madangan, Petak, Ubud. Tel: 0361-270123.
www.purisaronhotel.com

Rumah Rio
Jl. Suweta No.24, Ubud.
Tel: 0361-978773.
www.rumahrio.com
Private villas for rent in the heart of Ubud.

Royal Pita Maha
Desa Kedewatan, Ubud.
Tel: 0361-980022.
www.royalpitamaha-bali.com

Fit for a Prince and built by a Prince. Royal Pita Maha encompasses regal Balinese architecture on a stunning valley and river-view property.

The Samaya Ubud
Banjar Baung, Desa Sayan, Ubud.

Tel: 0361-973610
www.thesamayabali.com
A sister property to The Samaya in Seminyak, this latest property from The Royal Collection hotel group boasts 19 villas set against the Ayung River in arguably Bali's chic-est valley, Sayan.

A restaurant at the top of the property commands fabulous views over the entire gorge while each of the villas - built in to the hillside - has its own swimming pool. Expect first class service from a well-trained staff, modern minimalist interiors, world class cuisine and an exceptional spa. And then of course there is the glory of your surrounds, perfect for bird walking, cultural exploration or just relaxing.

Semana Villa
Br. Semana, Desa Singakerta, Ubud.

Tel: 0361-7471234.
www.villasemana.com
Set in a Balinese village just out of Ubud, the outstanding scenery to and from this property complements the luxury of staying in it.

Sunny Blow Villa Jepun

Jln. Sanggingan, Ubud.
Tel: 0361-977950.
Fax 0361-970012.
www.sunnyblow-bali.com

Next to the well-regarded Minami Japanese restaurant (and indeed managed by the same team) is Sunny Blow, a charming collection of bungalows set in a garden around a small pool. Each room is designed with style and comfort in mind: the furniture is hand-picked and Colonial to suit the mood of this relaxed mid-range

property.

Tanah Merah Resort

Melayang, Pejeng, Ubud.
www.tanahmerahresort.com

Tegal Sari Hotel

Jl. Hanoman, Padang Tegal
Tel: 0361-973318.
www.tegalsari-ubud.com

Tepi Sawah Villas

Jl. Raya Goa Gajah, Br. Teges, Peliatan, Ubud,
Tel: 0361-970388

www.tepisawahvillas.com
A restful retreat set amidst beautiful tropical gardens, Tepi Sawah Villas offer spacious Balinese-style accommodation, ultimate privacy, a friendly atmosphere, together with excellent, personalised service. The Balinese-style thatched-roof villas overlook verdant rice terraces, decorated with selected paintings and artifacts by Ubud's famous artists.

The Chedi Club at Tanah Gajah

Jl. Goa Gajah, Tengkulak Kaja,
Tel: 0361-975685.
www.ghmluxuryhotels.com

Map Ref: X18
This luxury 20-villa resort, set on an estate dedicated to elephants and surrounded on all sides by paddy fields is located near the Goa Gajah or Elephant Cave, and a favourite among 'those in the know'.

The Elephant Safari Park Lodge

Jl. Elephant Park, Taro.
Tel: 0361-721480.
www.elephant safariparklodge.com

A lodge that is not a lodge. Twenty-five luxury accommodations in the

Continued overleaf.

OFFERINGS: Bali's offerings take on myriad forms, part of the ritualistic art of the island. Simple offerings are presented daily to the gods - they may range from a tiny piece of banana leaf holding a few grains of rice to elaborate palm-leaf trays containing flowers and betel nut, a token of hospitality for the spirits. In 1937, Miguel Covarrubias, whose book *Island of Bali* is regarded by many as the definitive text on matters Balinese, wrote that offerings "are given in the same spirit as presents to the prince or friends, a sort of modest bribe to strengthen a request; but it is a condition that they should be beautiful and well made to please the gods and should be placed on well decorated high altars". The size of the offering may also be scaled up or down depending on the occasion or nature of the "request". *Pula gembal*, consisting of dozens of different rice dough figurines, may range in size from a single basket to a spectacular construction several meters high. Women and girls nearly always carry towering cones of rice cakes, fruit and sweet breads to the temple, where the gods are said to consume their essence, leaving the food intact to be returned home later. No part of the offering may be used again, meaning the *banten* must be reproduced for every single festival. ☐

centre of an elephant park!
Pack your trunk and go to bed with the pachyderms. One of the top 100 things to have done in a lifetime.

The Linda Garland Estate

Nyu Kuning, Ubud.
Tel: 0361-974028.
www.lindagarland.com

The Mansion Hotel & Spa

Jl. Penestanan, Sayan, Ubud.
Tel: 0361-972616.
Map Ref: K1

www.themansionbali.com
'Grand' is the word that comes to mind when walking through the doors of the aptly named The Mansion Hotel & Spa. Asian opulence at its best with a sweeping staircase that leads to an eclectic that houses paintings, rare textiles and royal regalia. The Suites and Residences host large four poster beds, swathed silk curtains and generous bathrooms. Indochine, the restaurant, is exotic and romantic. (See Restaurants)

www.viceroybali.com
An relative newcomer to the Ubud hotel and resort scene, The Viceroy Bali is now one of the top resorts in the area.

Tjampuhan Hotel & Spa

Jl. Raya Tjampuhan, Ubud.
Tel: 0361-975368.
www.hoteltjampuhan.com

Ubud Hotel - Taman Harum Cottages

Tel: 0361-975567.
www.bali-hotel-taman-harum.com



Ubud Hanging Gardens

Desa Buahan, Desa Payangan, Ubud.
Tel: 0361-982700.
www.ubudhanginggardens.com

Located in the steep rice terraces of Payangan, this unique resort has 38 luxury private pool villas, each with heated private infinity plunge pools and spectacular views of an ancient temple, tropical mountains and the winding Ayung river. The resort itself is not so much perched on

the hilltop as merged with it, and a small mechanical carriage (funicular) carries guests up and down the hillside in style.

Ubud Sari Health Resort

Jl. Kajeng No 35, Ubud.
Tel: 0361-974393.
www.ubudsari.com

A resort offering health and detoxification treatments.

Ulun Ubud Resort

Jl. Raya Sanggingan,
Tel: 0361-975024.
www.ulunubud.com

Uma Ubud Bali
Jl. Raya Sanggingan
Tel: 0361-972448.
www.villasonia.nl

Warwick Ibah Villa & Spa
Jl. Raya Campuhan, Ubud.
Tel: 0361-974466.
www.warwickibah.com

A small but revered boutique hotel with Balinese architecture fountains and tropical gardens. One of the more genteel places to stay. The view from the balcony terraces and bathrooms is totally memorable.

Waka Di Ume
Jl. Suweta, Ubud.
Tel: 0361-973178.
www.wakadume.com

Simple Balinese elegance from the Waka boutique hotel group. Set in rice paddy just north of

Ubud, it ranks as one of the areas nicest places to stay.

Waka Namya Resort & Spa

Jl. Raya Penestanan, Ubud.
Tel: 0361-975719.
www.wakanamya.com
Balinese antiques marry modern convenience.
Romantic rice barn rooms or family villas with pools.

J

JEWELRY

Galaxyan Jewelry
Jl. Hanoman No.3, Ubud.
Tel: 0361- 971430.

Map ref: K.10
galaxyanjewels.com



Galaxyan collection has been created by Italian artist Milena Zu and uses intricate 'mesh' designs in silver, together with stones that range from gems to minerals and zircons. The collection includes bracelets, necklaces, anklets and accessories. This very intricate weaving process was employed in the past to make gold woven jewelry for maharajas and nobles of the Orient, but through Galaxyan it is now available for you too!

Gemala Jewelry

Jl. Raya Pengosekan, Ubud.
Tel: 0361-976084.
www.gemalabalisilver.com

JFF Jewelry

Jl. Suweta No. 6, Ubud.
Tel: 0361-972078.
www.jff-f.com

Waka Namya Resort & Spa

Jl. Raya Penestanan, Ubud.
Tel: 0361-975719.
www.wakanamya.com
Balinese antiques marry modern convenience.
Romantic rice barn rooms or family villas with pools.

J

JEWELRY

Galaxyan Jewelry
Jl. Hanoman No.3, Ubud.
Tel: 0361- 971430.

Map ref: K.10
galaxyanjewels.com



Treasures Jewelry

Jl. Raya Ubud.
Tel: 0361-976697.
www.decko.com

Map Ref: I.6

Six acclaimed jewellers exhibit at Treasures, Bali's most unique venue for the world's most favoured metal. Gold, and lots of it, alongside precious and semi-precious stones amalgamate to make up truly one-of-a-kind pieces that last many lifetimes.

Yan Van Jewelry

Jl. Monkey Forest, Ubud.
Tel: 0361-978513.
www.yanvan.com

Finally jewelry that looks great on men (and excuse me, women too)! Using rubber and silver as his 'signature take' on adorning the opposite sex, Yan Van's unique pieces are masculine yet thankfully not overly biker-ish.

K

KAWI

A literary language, based on Sanskrit, that evolved in South India and was transmitted to Java; many sacred Balinese lontars are written in Kawi, which is unintelligible to the average person and must be interpreted; the heroes and heroines of the epic poems speak in Kawi. In the lower case, kawi means 'creative force', 'to write or compose prose or poetry'.

KIDS

See entries under Adventure and Wildlife - Bali Zoo Park, Bali Safari & Marine Park, Bali Bird Park and Elephant Safari Park Taro.

L

LIVE JAZZ

Mozaic

Jl. Raya Sanggingan, Ubud.
Tel: 975768
www.mozaic-bali.com

Map ref: B.3

Every Thursday, Friday, Saturday nights are the time to enjoy the live jazz performance at the Lounge at Mozaic from 7pm - 11pm, elegantly accompanied by a deluxe tapas menu and very delicious cocktails.

Coffee & Silver

Jl. Monkey Forest, Ubud. Tel: 0361-975354.
Head to the base of Monkey Forest hill and Coffee & Silver for live music on Saturday's Sunday's and Tuesday. The action starts at 7pm.

Jazz Cafe

Jl Sukma, Tebesaya, Ubud
Tel: 0361-976594.
www.jazzcafebali.com

Map Ref: M.12

Cool Jazz at Ubud's hottest night spot. A lively and popular club, restaurant and bar frequented by locals, ex-pats and international travellers alike. Enjoy a meal from their excellent bistro, try one of their legendary cocktails, sit back, relax or kick up your heels and dance the night away. Their inviting, intimate venue is perfect for birthdays, anniversaries, wedding parties and other special events. Great bands play Jazz, Blues, Latin, Funk, Soul and World Music from 7.30 to 10.30pm every night (except Sundays and Mondays).

Free pick up service from hotels in the Ubud area.

M

MELASPAS

(noun): A dedication ceremony in which a house or other building is "brought to life" with offerings, mantras and holy water so that it can be lived in and used.

N

NGABEN

To cremate a body, low Balinese or Sudra; the noun is properly pengabenan, but the transitive verb is commonly used to mean "cremation", an important final rite of passage for every Balinese, for it is only in this way that the spirit may be released from its body to join the family's deified ancestors.

O

ODALAN

A temple ceremony marking its anniversary. Lasting anywhere from one day to over a week, temple grounds are decked out in flags, penjors and impressive offerings. Music and prayers go on well into the night.

P

PALACES

If you're interested in seeing a palace and observing the way life is conducted inside, there are opportunities to do so, but remember that for the most part they are private homes, not public thoroughways. Many of the Ubud royals have opened hotels and restaurants within the walls of their homes, so one can, in fact, sleep and eat

in one of the Ubud palaces, enjoying accommodations from the most modest bungalow to modern luxury rooms. In some cases, you have a chance to meet the palace residents and join them for family and community ceremonies. Puri Saren Agung is the central palace where the public dance performances are held. Located at the northeast corner of the central cross-roads, it's pretty hard to miss. It was the home of the last "king" of Ubud, and now his descendants live there. It is essentially the "father palace" of the other Ubud palaces, which are more or less its "spinoffs," built as the family extended. It was also Ubud's first hotel, opening its doors to paying

visitors in the 1930s. Parts of the gardens and some of the bales are quite grand and formal, with generous lashings of prada (gold leaf) applied to the carved woodwork. Puri Saren Kangin is the eastern portion of Puri Saren (kangin means "east"), and is a private residence for several branches of the Ubud royal family. Pura Saren Kauh Kauh means "west," and accordingly, this is the occidental portion of the palace.

PERFORMANCES
See last pages of The List for Dance Schedules and

Performances.

PROPERTY

Exotiq Real Estate

Sanur, Bali Office
Jalan Danau Tamblingan 77,
Sanur, Bali 80227, Indonesia
Tel: 0361-287642

www.exotiqrealestate.com

Exotiq Real Estate is South East Asia's largest brokerage and consultancy focusing on property located in highly attractive and desirable holiday destinations. Exotiq Real Estate offers prime property listings in nine different destinations from a network of 12 offices. Exotiq Real Estate Bali is the largest real estate specialist with offices in Lovina, Jimbaran, Sanur and Seminyak.

Ubud Property

Jl. Raya Ubud No.1 (eastern end of main street Ubud, next to the statue).
Tel: 0361-970888.

www.ubudproperty.com

Ubud Property is a leading realtor in the Ubud area.

The company is staffed by professionals who will help you to find and secure your ideal property and, let's face it, who doesn't want to retire and live in Ubud? The Ubud Property team is multinational and experienced, with the key staff holding degrees in law. The company works in association with the region's leading Notary Office for optimal legal protection, and enjoys a reputation good enough to hold an exceptional portfolio of villas and land in and around Ubud.

PHOTOGRAPHY

Rio Helmi Gallery

Jl. Suweta No. 5, Ubud.
Tel: 0361-972304.
www.riohelmi.com

Yaeko Masuda

www.yaekomasuda.com

R

RESTAURANTS

Ary's Warung

Jl. Raya Ubud.
Tel: 0361-975053.
www.dekco.com

Ary's gourmet European and Indonesian specialties have fans from around the world. Stop in for at least one of the honey-ginger-lime drinks (with or without the booze) and kick back on a couch street side for a bit of people-watching.

The metallic, angular construction of this open-air bistro would look great in a big-city gallery district, and stands comfortably beside ancient Hindu temples and the adjacent Royal Palace. It is the place to see and be seen and Ary's is quite pleasant at night, when tranquil trance music plays and candles light every corner. Second-floor dining gives you a good view of the busy street below or the bats swooping to catch bugs at dusk. The food is good but not for the budget-minded. Try the gazpacho, perfect on a hot day, or the grilled goat's cheese salad. The grilled tuna and lamb cutlets are done to perfection, and the ponzu-grilled snapper is delicious. Ary's also makes for a good meeting place or for reconnoitering when the kids are trekking and Mom is off shopping.

NYEPI: What could be a better illustration of Bali's on-going dedication to religion and ritual than Nyepi, the island's Day of Silence? The afternoon before this extraordinary annual festival, excited children create vast figures in demonic designs – these ogres with their long talons and fierce teeth will later be lifted onto the shoulders of groups of men and danced around the streets in a mass of noise and colour. The festivities reach a chaotic climax before midnight, when crowds pick up and bang on drums, wooden logs or musical instruments, to be followed in the morning by a deafening silence, a time when the people stay in their houses, lights, and fires are put out and the roads are made empty. This, more than any other ceremony in Bali, shows the island's true regard for ritual: the island's visitors, just like anyone else, are forced so stay inside in observance of Nyepi. For 24 hours, Bali stands silent, its beaches, bars, and restaurants closed against daylight in the hope that evil forces will be tricked into leaving its deserted streets. ☐

Bebek Bengil Restaurant (Dirty Duck Diner)

Jl. Hanoman,
Padang Tegal, Ubud.
Tel: 0361- 975 489.
www.agungraka.com
Bebek Bengil or Crispy Duck is what this venue is famous for... as well as its breezy pavilion style seating.

Bebek Tepi Sawah
Jl. Raya Goa Gajah, Br. Teges, Peliatan, Ubud.
Tel: 0361-975656
www.tepisawahvillas.com

Map Ref: E.6
Enjoy a wide selection of cuisine, ranging from contemporary Western and innovative Indonesian or Balinese specialties in a fresh atmosphere within the environment of a real Balinese village. Tepi Sawah Restaurant is open for lunch and dinner from 10am - 10pm.

Beduur Restaurant
Desa Buahan, Payangan.
Tel: 0361-982700.
www.ubudhanginggardens.com

Terraced onto the hillside with outstanding panoramic views of the valley and the scenic backdrop of the temple on the opposite side of the gorge, Beduur Restaurant at Ubud Hanging Gardens resort features the delights of both Asian and French cuisine with Balinese

ingredients in the serene setting of pure tranquility. Executive Chef Renaud Le Rasle's menu is innovative and superbly delicious. Bookings preferable.

Bumbu Bali
Jl. Suweta No 1, Ubud.
Tel: 0361-974217.
www.bumbubaliresto.com

Bunute Restaurant & Bar
Jl. Dewi Sita, Ubud.
Tel: 0361-972177.
www.bunute.com
Recently opened Bunute serves Balinese delights with international twists. Wine and live music make this a new venue to try.

Café Des Artistes
Jl. Bisma 9X, Ubud.
Tel: 0361-972706.
www.cafedesartistesbali.com

Map Ref: K.5
Think Belgian, think steaks, frites and salads in a romantically-lit pavilion or at garden tables. Belgium beer now available for those mid-day heated moments. One of Ubud's favourite hangouts and a must for excellent comfort food.

Café Lotus Ubud
Jl. Raya, Ubud.
Tel: 0361- 975660.
www.lotus-restaurants.com
Overlooking an expansive lotus pond and amphitheatre in the grounds of Puri

Saraswati.

Casa Luna Restaurant
Jl. Raya, Ubud.
Tel: 0361- 977409.
www.casalunabali.com

Map Ref: J.6

With its relaxed tropical atmosphere and superb selection of food, Casa Luna offers a fine selection of Balinese and Mediterranean dishes, great bakeries, to-die-for coffees and a health-conscious outlook. Situated



on the main road just down from the Ubud market, it is a favourite with visitors from all over the world and has a reputation that extends beyond most café restaurants of its kind.

Wednesday nights are Brazilian Jazz nights with music by Murni and Riwin as well as tapas and cocktails. It also offers the Luna Lounge with newspapers, CNN, movies and free Wifi, as well as its famed Honeymoon Bakery, established in 1991, using time-honoured methods and the finest ingredients to satisfy

travellers from all corners of the globe. Sunday Brunches are a must.

CasCades Restaurant

Jl. Lanyahan, Br. Nagi, Ubud.
Tel: 0361-972111.
www.cascadesbali.com

Map Ref: H.15
CasCades at The Viceroy Bali is a superb fine dining experience with an inspiring menu, a good selection of fine wines, and an outstanding view across the valley.

Cinta Grill and Inn

Jl. Monkey Forest Ubud.
Tel: 0361-975395.
www.baligoodfood.com

Map Ref: 0.7
Walk along Monkey Forest Road in Ubud and you won't miss Cinta Grill, Ubud's garden restaurant and pub. The inviting ambience of a spacious garden entices you in; the food and drinks convince you to return again. Start at the bar for a cocktail, then choose the thatched dining room, the outdoor modern garden backdropped by an impressive Balinese gate, or chill on the cushions in the private pavilion. The menu has tantalising surprises in store, combining grill classics with an imaginative menu of salads, pastas, Asian curries, stir-fries and down-home desserts. Open daily from 8am to midnight.

Coffee & Copper

Jl. Nyuhbulan, Nyuh Kuning, Ubud.
Tel: 0361-978631.
www.coffeecopper.com

A spacey, airy restaurant right next to the back entrance of Monkey Forest. Serving a range of healthy breakfasts, light brunches and romantic dinners. Luxurious suites available for reasonable prices.

Coffee & Silver

Jl. Monkey Forest, Ubud
Tel: 0361-975354.
www.coffeesilver.com

A favourite among the Euro-crew, this restaurant and bar is set on a multi-tiered terrace dotted with antiques and interior design accents. International food is served in a jovial and social atmosphere and the bar never lacks for clients.

Fly Café

Jl. Raya Lungsiakan, Ubud.
Tel: 0361-975440.
flycafe@gmail.com
Ribs, ribs, beer and ribs and a great Trivial Pursuits night.

GLOW at COMO Shambhala

Bj. Begawan Giri, Payongan.
Tel: 0361-978888.
www.como.bz

It's rawfully good at GLOW, COMO Shambhala's signature 'healthful' restaurant. Zucchini carpaccios, quinoa, red rice – everything gluten-free if need be – and all totally delicious. Executive and award-winning chef Chris Miller, has hand-crafted a menu based on the purity of the new health trend of raw food. It is not only the food that will do you good as GLOW has one of Bali's best ravine-river views with mature trees that just burst

with energy and life, whilst the open, glass-accented kitchen lets you watch the specialists prepare your ultra-fresh ingredients. Located on a private estate bookings for GLOW are essential!

Ibu Rai Bar & Restaurant

Jl. Monkey Forest 72, Ubud.
Tel: 0361- 973472.
www.iburai.com

Map Ref: K.8
Ibu Rai's menu is specially selected for nutrition and natural flavours and uses the best and the freshest ingredients. They serve a pleasing presentation coupled with friendly service that adds enjoyment to any meal.

Indus Restaurant

Jl. Raya Sanggingan, Ubud.
Tel: 0361-977684.
www.casalunabali.com/indus

Map Ref: C.4
Indus Restaurant, a five-minute drive from the centre



of Ubud, overlooks the Campuhan River and enjoys breathtaking views of the surrounding hills. On a clear day, you can see mighty Gunung Agung, in the east, and on a full-moon, there is a spectacular view from the terrace. The restaurant runs a

free shuttle service between Indus, Casa Luna and the Honeymoon Guesthouses. With its mouth-watering menu, eclectic gallery and breathtaking views of the Campuhan River, it's easy to see why Indus has been an Ubud favourite for nearly 10 years. Salsa nights on Mondays.

Jazz Cafe

Jl. Sukma, Tebesaya, Ubud.
Tel: 0361-976594.

Map Ref: M.12
Cool jazz at arguably Ubud's hottest hotspot. The first live jazz venue of the island, with a lively and popular restaurant serving Mediterranean cuisine and a variety of salads, excellent kebabs, healthy fare and fresh juices. Live music nightly except Mondays.

Juice Ja Café

Jl. Dewi Sita Ubud.
Tel: 0361-971056.
Fresh, pure and healthy. The perfect place to get your shot of wheatgrass and watch the street go by beneath you.

Kafe

Jl. Hanoman no. 44B, Padang Tegal, Ubud.

Telp: 0361-7803802.
www.balispirit.com/kafe/
The destination for the yoga crew and anyone looking to feel at home when so far away. It is also the hangout for the regular expat community, overseas course-takers and overnight Ubudites. The menu is organic and healthy, varied and reasonable. And, if you just want to read your book and have a decent coffee, you can do that too! Open daily from 8am to midnight.

Kagemusha
Jl. Pengosekan, Ubud.
Tel 0361-973134.
A secret success story, Kagemusha is a friendly Japanese restaurant serving

runaways

Andrew Hall says goodbye to an old friend.

IS it just me? Or does it seem that as we get on in years more and more of our peers keep falling off the twig?

It's happened again. To a man not many of you would have met. A kind and gentle man who lived in Ubud for more than 30 years. A man with a prodigious sense of humour. A prodigious knowledge of literature. A man whose simple drawing of a warung can still be seen on the sign outside Murni's.

His name was Pat, Pat Scanland. He is the father of Ni Wayan Murni's youngest child. In a way he is also the father of Murni's Warung. I use the present tense here because these have not passed with Pat's passing.

In the very early '70s Murni's was a small batik shop – next to the bridge, where it is today – in Tjampuhan. Pat, an American, was in the shop making a tomato sandwich for his lunch when a couple of tourists who'd been backpacking around Indonesia entered and encountered him.

They wanted his lunch.

Said they were sick of nasi boring and fanning for some western food.

Pat didn't give them his lunch but, not long after, a small menu was created and a couple of tables installed in the batik shop. On the menu appeared the 'Upper Elk Valley Cheeseburger' from Pat's native, Kansas. He knew Dorothy and Toto too. And so the legend was born. Pat's burger is still on the menu today.

He worked hard to develop a bread roll for Murni's that possessed the taste and texture of those found at baseball matches in his homeland. Why someone would do that, I have no idea, but you had to give

the man marks for persistence. Bread-making wasn't exactly easy back then in The Bud.

The idea of the place caught on and Murni's grew and grew. Grew into what it is today.

Pat Scanland came to Bali from



RIP Pat Scanland.

Afghanistan where he worked for the U.S. government, well more than two wars ago. He spoke Farsi. Because I have an abiding interest in people and places – and an interest, shared with Pat, for drinking scotch – Pat told excellent stories about his travels and travails. Pat had a talent for making a story come alive, painting pictures with words.

Many a night we spent eating Herbert's fabulous food at the Globetrotter in Andong. Food was great there but in the time taken for it to be served Pat could have added a few chapters to his memoirs.

In the early days Pat and Murni lived in a small room underneath the batik shop. Then Murni built her small hotel at the top of the hill in Tjampuhan, south of the aquaduct. That's where I met him. That's

where he installed himself, rarely to be seen again out and about. That's where he read and wrote. That's where he regaled his guests. His guests who came back and back. That's where Pat, with his big old glasses, would throw his head back sometimes and laugh. A dry laugh. But a

real one. That's where he shared the best times of his life with the best thing in it – his daughter, Morny.

Pat was eccentric, lucid and kind. He was eloquent and erudite. He wasn't like a lot of people here – banging about and big-noting.

Pat was so eccentric that he had a post-mortem epiphany and became a Buddhist.

It's amazing to me that there are so many wonderful stories in Ubud. Stories that hide behind the edifice of landmarks

that we all drive past and hardly notice. Pat's is such a story. In his own quiet way he was very much a part of creating something that is almost folkloric.

I'm going to say goodbye to Pat tomorrow. I wish I had said hello more often.

The Quiet American in every sense and meaning.

Sometimes we get too busy, too self-absorbed. We get lazy and lackadaisical. And we miss out on stories that should be shared. We don't take advantage of those who are gifted and insightful – those who might be able to fill in a few gaps for us.

I am very happy to have known Pat Scanland. He filled in a few gaps for me. And for that I thank him. ☐

home-cooked cuisine in a serene atmosphere with a good view.

Kemiri at Uma

Jl. Sanggingan, Ubud.
Tel: 0361-972448.
www.umaubud.como.bz
Map Ref: B.4

Chef Amanda Gale and her team have created an Indonesian menu with flavours fit for a king. Sit beside a waterfall that spills into a Koi pond in the midst of tropicalia and savour Southeast Asian cooking as well as traditional Balinese cuisine. The healthy COMO Shambhala menu is also available. Open breakfast, lunch and dinner with à la carte or set menus. Full moon dinners come highly recommended as does Uma Teatime.

Kokokan Club

Jl. Raya Pengosekan, Ubud.
Telp: 0361-975742, 976659
www.kokokan.com

Elegant dining in the old-world atmosphere of Kokokan Club's Balinese style open-air restaurant. Rejuvenate yourself with an exotic range of Asian Cuisine, prepared by the internationally trained chef, specialising in delightful Thai dishes. Relax in the tranquil Kokokan Restaurant, situated within the peaceful surroundings of ancient rice terraces and water-gardens.

Kudus at COMO

Bj. Begawan Giri, Payangan
Tel: 0361-978888.

An exquisite 150-year-old prince's abode seemingly hangs over the Ayung River Valley and sets the scene for eating some of the palatial delicacies that Indonesian royal families from past eras

enjoyed. Open for dinner only. Bookings essential.

Kué Bakery

Jl. Raya Ubud.
Tel: 0361-975249.

Our answer to glucose withdrawals, Kue just takes the biscuit and bakes the cake (in fact it bakes 15 types of bread daily). It also boasts a fabulous upstairs eatery which is very well regarded. Open daily from 8am-10pm.

Laka - Leke

Jl. Raya Nyuh Kuning.
Tel: 0361-977565.

Related to the excellent Cafe Wayan on Monkey Forest Rd, at Laka Leke sit amongst lily ponds in pavilions and listen to the



sound of frogs, and the food is as good as at Cafe Wayan.

Lamak Restaurant & Bar

Jl. Monkey Forest, Ubud.
Tel: 0361-974668.
www.lamakbali.com

Stylishly modern traditional dining featuring steel interior designed by renowned sculptor Pintor Sirait.

Little K

Jl. Pengosekan - Padang,
Tegal Ubud (Bali Spirit Yoga Barn's Garden).
Tel: 0361-970992.
www.balispirit.com

Awesome fresh breakfasts and lunches. Sit in the garden and umbrellas provided. Open Tuesday to Sunday 9am - 4pm with Wifi also!

Laughing Buddha Bar

Jl. Monkey Forest, Ubud.
Tel: 0361-970928.
Map Ref: P.7

A cosy, vibrant and fun place to share tapas and sangria. The little sister of Jazz Cafe, the music is a treat, with great playlists and live gigs on Monday and Thursday, 8-11pm. Free Wi-fi 9am-6pm.

Maya Sari Mas

Jl. Gunung Sari Peliatan,
Tel: 0361-977888.
Map Ref: K.17

Maya Ubud's signature restaurant brings the best of local and imported ingredients to the table.

more in the garden. Pure classic white and garden green predominate. The food is exquisite Japanese fare, beautifully prepared with delicious variety. Minami serves a range of dishes not found in other Japanese restaurants and also specialises in cuisine from Osaka. This well-regarded restaurant offers something very different with Japanese cuisine normally served only in Japan.

Mozaic

Jl. Raya Sanggingan, Ubud.

Tel: 975768
www.mozaic-bali.com
Map ref: B.3

Enter Mozaic's Balinese doorway and you are guaranteed an evening of repose and pure enjoyment. A walkway leads you into a tropical garden and pavilion dining. The chef's Degustation or tasting menu offers you the occasion to truly savour what is a parade of ever-changing culinary creations. Mozaic and Chef Chris Salans have been honoured around the world for the excellence of their cuisine, and the beauty of the setting, by being selected by the prestigious Traditions & Qualité as one of Les Grandes Tables du Monde. The wine list is also a favourite choice of Wine Spectator. Top class. Reservations essential.

Murni's Warung

Campuhan, Ubud.
Tel: 0361- 975233.
www.murnis.com
Shaded and riverside, Murni's has been welcoming guests to lovely food and her eclectic antique and handicraft shop for years.

Naughty Nuri's Warung

Jl. Raya Sanggingan, Ubud.
Tel: 0361-977547.
Best ribs, best sashimi tuna (Thursdays only), best grills, best mash - all topped off with draught beer, a Bloody Mary or a superb Martini. Some claim the latter are among the tastiest in the world, and we would have to agree (hic). Genial owner Brian is usually on hand in a corner seat somewhere, ready to welcome you into a world of enjoyment that may start over a quiet beer and extend late into the night. Seating here is a free-for-all...just sit down and take your chances. Naughty Nuri's (named after Brian's charming wife Nuri) is also something of a legend with Japanese and Chinese tourists, not to mention hordes from Jakarta who trek here on a regular basis, making sure this is one of the busiest and most popular restaurants in Bali, let alone Ubud. In fact sometimes it's impossible to get a seat. So go early and enjoy the food, ambience and ribaldry of what has become a legendary roadside establishment.

Nomad Restaurant

35 Ubud Main Street
Tel: 0361-977169 Fax: 975115
Map Ref: K10
Opened back in 1979 and an institution among travellers to Ubud for three decades, Nomad Restaurant is a popular gathering place for people of all nationalities, there to sample the local, Asian fusion and Western food from an eclectic menu that boasts a few special treats - Nomad-style Martabak, Fresh Prawn Lakso and a selection of Balinese

tapas. Open from 9am every day, Nomad Restaurant uses no MSG or other food additives, and the staff is delightful.

Nuri's Nacho Mamas

Jl. Raya Sanggingan, Ubud.
Tel: 0361-977547.
Just as it sounds...a part of Tijuana in Ubud with the added value of Nuri's ribs if Nuri's is crowded!

Pundi-Pundi

Jl. Raya Pengosekan, Ubud.
Tel: 0361-3084005
www.artinibaligroup.com
Map ref: U.8

Pundi-Pundi Grill & Asian restaurant sits right in the heart of Ubud serving the likes of Grilled Baby Back Pork Ribs, Pundi Grilled Duck and Nasi Bakar Lotus. A great

**Palm Grove**

Elephant Safari Park, Taro
Tel: 0361-721480
www.baliadventuretours.com
A four-course fine dining experience like no other. Sit under the stars and palm fronds of Bali's pachyderm estate and enjoy excellent food and wine in one of Bali's most original and beautiful locations. Boasting rights and getting to tick off one of those 100-things-to-do boxes is definitely part of the evening. Bookings are a must.

place for lunch or dinner, this restaurant serves both local and international favourites whether for breakfast, lunch or dinner. Pundi-Pundi is a sibling of the respected Artini Bali Group and prides itself on using the freshest of ingredients, prepared by award-winning chefs.

Rendezvous Doux

Jl. Raya Ubud.
Tel: 0361-7470163
International airconditioned library and cafe with all-day screenings.

Ryoshi

Jl. Raya, Ubud.
Tel: 0361-972192.
Dependable Japanese food on two levels and tatami seating.

Pizza Bagus

Jl. Raya Pengosekan.
Tel: 0361-978520.
Eat in, take away or delivery!

www.baligoodfood.com/
siam-sally
Map Ref: V.9

After years of exploring the food of Thailand, and intensive cooking with Thai home chefs, the owners of Siam Sally have finally introduced excellent Thai cuisine to Ubud. Popular among tourists and locals alike, Siam Sally delivers fresh, homestyle Thai food in a spectacular setting. You can start your journey on the comfy sofas downstairs with an innovative cocktail menu and some shared food. Co-owner/chef Karen Waddell starts you off with Roasted green chili "salsa" with rice cracker, Siam Palace Lom dip, or the hawker stall favorite, Hoy Tod, a crisp mussel fritter served with a housemade fiery Sriracha chili sauce.

Curries are cooked up with house-ground spice pastes and fresh coconut milk, and the market style noodle dishes are fabulous, ditto the wok-seared creations and Fried Chicken and Som Tam papaya salad, a recipe inspired by a favourite food stall in Bangkok's Jatujak market. Non Thai food and Vegan also available. Open seven days a week. Early dining birds (seated by 7pm) get a 20 percent discount when booking Table Five (food only).

Terazzo

Jl. Suweta, Ubud.
Tel: 0361-978941.
www.baligoodfood.com
Map ref: H.8
London's *Financial Times* described Terazzo as having food at a "price and quality that would embarrass your average London restaurateur". And it's true, Terazzo delivers

ultra-fresh pan-Asian and international cuisine in stylish surroundings. Located in Ubud's flourishing west end (Mozaic, Nuri's, Minami et al) is the West End Café. The cool and colourful décor is designed in a colonial modern style by international design firm Hananto Lloyd. It features banquette dining, a stylish lounge and mahogany bar downstairs. Casual glam awaits you in the dining room upstairs. Open daily from 10am to midnight, Terazzo offers exquisite food and wine from across the globe.

Three Monkeys Café

Jl. Monkey Forest, Ubud.
Tel: 0361-975554.
Excellent starters and the desserts are mouthwatering.

The Green House Restaurant

Jl. Monkey Forest, Ubud.
Tel: 0361-978189.
Pan-Asian cuisine in a modern luxury glasshouse setting, to be followed by a chill-out session with cocktails upstairs in the Party Lounge.

Warung Buddha Bar & Grill

Jl. Goutama, Ubud.
Tel: 8686705
Open for lunch and dinner with live big-match broadcasts from ESPN, Star Sports, Euro Sports and others.

Warung Enak

Jl. Raya Pangosekan, Ubud.
Tel: 0361-972911.
www.warungenakbali.com
Excellent Balinese and local fare with some highly amusing, if a tad risqué, decor!

West End Café

Jl. Raya Sanggingan, Ubud.
Tel: 0361-978363.
In Ubud's flourishing west end (Mozaic, Nuri's, Minami et al) is the West End Café. The cool and colourful décor is a welcoming respite to guests in need of food, refreshment and a place to relax.

S**SPAS****Ayung Spa at Ubud Hanging Gardens**

Desa Buahan, Desa Payangan.
Tel: 0361-982700.
www.ubudhanginggardens.com
In pure Balinese style, the resort's Ayung Spa offers three luxurious pavilions dedicated to relaxation and well-being. Each pavilion comprises two large spaces; one with two massage beds and a Balinese sofa, the other with a dressing area



and bathroom with a bath that is surrounded by water and looks out onto the river. Ayung Spa at Maya Ubud has won countless international accolades and Best Spa at The Yak Awards 2008... goes without saying - it is fabulous!

Eve Body Treatment Centre

Eve 1: Jl. Penestanan Kelod.

Tel: 0361-979356.
Eve 2 & 3: Jl. Monkey Forest, Ubud.
Tel: 0361-7470910 & 973236.
The Day Spa Specialists.
Eve - Body Treatment Centre offers professional service at affordable prices.

KUSH

Jl Hanoman.
Tel: 0361-971236
Map Ref: O.10

Happiness in name (Sanskrit) and happiness in aim - balance, calm, strength and contentment through an incredible variety of massages and treatments. From gentle Abhyanga to Kati Basti, through a Hot House session in the Infra-red sauna. Facials, hand and feet rituals using ancient Indian techniques promote cellular healing and alleviate strains of Modern Day existence and put one in the Ubud frame of mind. Time to turn off your handphone!

Spa Alila

Desa Melinggih Kelod, Payangan
Tel: 0361-975615.
Map Ref: A.2

Spa addicts unite. The Spa Alila has created a total concept for die-hard Alilites. Using their own blended products and those of Decleor, the Alila therapists wrap you in seaweed, massage you with warm stones, relax you with frankincense resin, even tend to your Third Eye with Shirodara.

When having an Alila treatment think fresh ingredients that smell sublime...

Spa Villas at Komaneka at Bisma

Jl. Bisma, Ubud.

Tel: 0361-971933.
www.komaneka.com
Map Ref: L.4
The resort's Spa Villa concept boasts four single treatment villas and two double spa villas overlooking the Campuhan river. Treatments include traditional Indonesian beauty and massage therapies.

Maya Ubud Resort & Spa

Jl. Gunung Sarim Peliatan, Ubud.
Tel: 0361-977888.
www.mayaubud.com
Map Ref: K.18
Below the hotel nestles the riverside Spa at Maya...a haven of sensual bliss with double treatment pavilions and a spa treatment list that includes a gentle four-hand massage, relaxing Balinese massage, natural facials and body scrubs and treatments tailor-made for men.

Skin Organic

Jl. Gootama 24, Ubud.
Tel: 0361-975615.
www.skinorganic.info
Petite and organic spa on Gootama, Ubud's up-and-coming 'chic street'.

Taman Rahasia

Jl. Raya Penestanan Kaja, Tel: 0361-979395.
www.balisecretgarden.com
Affordable treatments in the gardens of The Secret Garden. Birds sing, flowers scent the air and the massages just flow...

Ubud Sari Health Resort

Jl. Kajeng 35, Ubud.
Tel: 0361-974393.
www.ubudsari.com
Look out over Mumbul river and treat yourself to a number of beauty and

semi-medical treatments, colonics, fasting programmes and retreats. CranioSacral Therapy, Reiki and Deep Tissue Body Work rejuvenates the mind and revitalizes the body. A number of one, three day raw health programmes up to a two week total revitalization retreat completes the detoxifying package whilst the Salon De'elegance keeps the face and body glowing like royalty.

Kirana Spa
Desa Kedewatan, Ubud.
Tel: 0361-976333.
www.kiranaspaspa.com
Shiseido products from Japan meet one of the best views of Ubud's Kedewatan valley views. Located on the property of the Royal Pita Maha hotel.

Uma Ubud Spa
Jl. Sanggingan.
Tel: 0361-972448.
www.umaubud.como.bz
Map Ref: B.5
This Zen inspired spa already calms the spirit on entering. Add to that the excellence of COMO Shambhala's exclusive products and unique massage therapies and one has, quite simply, entered heaven.

T

TEXTILES

Macan Tidur
Puri Muwa, Monkey Forest Road 10, Ubud.
Tel: 0361-977121.
www.macan-tidur-textiles.com

Map Ref: L.7

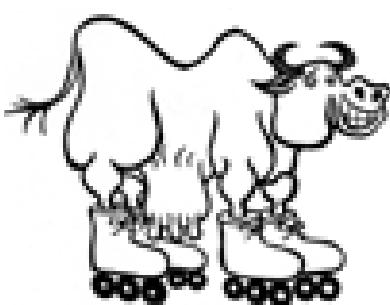
Unique and varied collection of woven and hand-dyed textiles, clothes and sarongs from all over the Indonesian Archipelago. Many with story-telling themes such as the Western tapestries, but woven instead of knotted or sewn.

Threads of Life

Jl. Kajeng 24, Ubud.
Tel: 0361-976581 & 976582.
www.threadsoflife.com
Maintaining and promoting traditional forms of weaving and cloth making. Handmade traditional textiles from Bali, Flores, Java, Kalimantan, Sulawesi, Sumba and Timor.

U

UDENG



Traditional headcloth worn by men; called 'dastar' in high Balinese.

V

VEDAS

Four holy books of the Aryans, dating from about 1,000BC; the Aryans were not Hindu, but they laid some of the most important foundations of Hinduism; the Vedas are considered sacred by Balinese Hindus; the Rig Veda is the best known of the four and is

probably the oldest religious text in the world.

W

WALKING

Just go! There are many wonderful walks in every direction from Ubud, through villages, rice terraces, jungle gorges, and grassy hilltops. Don't be afraid. Just strike out in any direction. You can walk anywhere you like, without "trespassing". Don't be shy, just be courteous. The best of the Ubud area is off the roads, so grab a map, or just go rambling without one. Often the best discoveries are purely coincidental and can't be found in any guidebook. If you prefer to follow a good leader, day treks are offered by adventure guides under our Adventure listing.

WEDDINGS

Elephant Safari Park & Lodge
Jl. Elephant Park Taro.
Tel: 0361-721480.
www.elephantsafariparklodge.com
Featured in international television travel programmes, getting married atop an elephant - with your entourage hanging out in a traditional Javanese pavilion surrounded by 30ft commemorative wedding flags - is one of those events that will make a lifetime dream come true, you will even have the photos and videos to prove it! (In reality wedding vows take place on the ground).

Wanasmara Chapel, Komaneka at Bisma

Jl. Bisma Ubud
Tel: 0361-971933.
www.komaneka.com
Map Ref: L.4

Maya Ubud
Jl. Gunung Sarim Peliatan.
Tel: 0361-977 888.

www.mayaubud.com
Map Ref: K.18

Maya Ubud is a truly stunning property that sits on the bend of a river amid established tropical forest. It oozes Bali chic, so it's no surprise that this is a popular spot for weddings, whether large or small. More than 100 rooms and villas set in equatorial Bali bliss give you the option of a big event that still feels like an exclusive and intimate ceremony. Packages start at \$1,558. Maya offers you the full spectrum of wedding services, from spa treatments to photography and entertainment.

Uma Ubud

Jl. Raya Sanggingan, Ubud.
Tel: 0361-972448.
www.uma.como.bz
Map ref: A.2

With just 29 rooms, Uma Ubud offers the opportunity for an exclusive wedding for up to 60 guests in a lush contemporary property that oozes style and sophistication. Take over the entire property or opt for a more intimate wedding a deux or with a small group of close friends. Uma is part of the worldclass Como brand, so you'll be in good company whichever way you decide to go.

Wanasmara Chapel, Komaneka at Bisma

Jl. Bisma Ubud
Tel: 0361-971933.
www.komaneka.com
Map Ref: L.4

Wanasmara Chapel is built as a place to celebrate love! Wonderfully positioned among the tropical treetops and dense foliage alongside the Campuhan River, the Chapel is made almost

entirely of wood and glass, with a unique touch of Toraja thrown in. Capable of seating 48 guests, this is truly a stunning setting in which to tie the knot. Basic wedding packages start at US\$2900++. For more details, email wedding@komaneka.com

WILDLIFE

Bali Bird Park & Rimba Reptil

Singapadu, Batubulan.
Tel: 0361-299352.
www.bali-bird-park.com
It's all on at the Bali Bird Park...there's an Avian 4D Theater, Reptilarium, Free Flight bird show and Komodo experience, plus avian nursery and kids corner.

Bali Safari & Marine Park

Jl. Bypass Prof. Dr. Ida Bagus Mantra, Gianyar.
Tel: 0361-950000.
Bali Safari & Marine Park relives the legends of both human and animal in a large natural setting of 40 hectares.

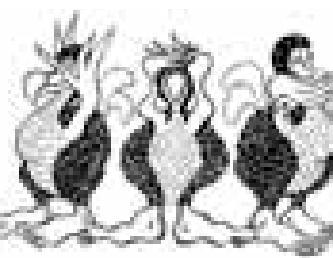
Bali Zoo

Singapadu, Gianyar.
Tel: 0361- 294357
www.bali-zoo.com
Jovial zoo with 350 animal species, from birds to mammals (including Sumatran tigers) to reptiles and other animals, some of which are endemic to Indonesia. Open Daily: 9am to 9pm.

Elephant Safari Park & Lodge

Jl. Elephant Park Taro.
Tel: 0361-721480.
www.baliadventuretours.com
Part of the respected Bali Adventure Tours company, the Elephant Safari Park at

Taro is a world class retreat for pachyderms and their admirers. This is an extremely well put together attraction guaranteed to be a hit with all the family. An official member of the World Zoo Association, the Park meets International Standards for animal care and is set in more than 3.5 hectares of exotic eco-landscaped botanical gardens, surrounded by national forest. Facilities include a full Reception and Information Centre, a comprehensive Museum, with a large collection of elephant memorabilia and the only Mammoth Skeleton in South East Asia. Elephants can be seen bathing in the park lake, in between riding, painting or other activities. Hand-feed them, touch them, take



photos with them, then learn more about the elephants ancestry and diversity at the Park's historical and graphic displays. It's all about the elephants, however - get up close and personal with these incredible animals in a beautiful tropical park setting. You can also stay in one of 25 luxury lodges set within the grounds, or simply visit for the day.

WORKSHOPS

Sari Api Ceramic Studio

Ceramic Workshop

Jl. Suweta 176 Bentuyung,
Tel: 0361-977917.
www.rose.ne.jp/~ojara/bali/sariapi

Cultural Workshop

Agung Rai Museum of Art.
Jl. Pengosekan, Ubud.
Tel: 0361-975742.
www.armamuseum.com

Nirvana Batik Courses

Nirvana, Jl. Gautama 10,
Padangtegal Kaja, Ubud.
Tel: 0361-975415.
www.nirvanaku.com

Pranoto's Art Gallery

Private Painting Lessons
Pranoto's Art Gallery. Jl. Raya Ubud, Kutuh Kelod, Ubud.
Tel: 0361-970827.
www.age.jp/~pranoto/

Painting Class

Ubud Hanging Gardens, Desa Buahan, Desa Payangan.
Tel: 0361-982700.
www.ubudhanginggardens.com

Silversmithing Courses

Studio Perak. Jl. Hanoman.
Tel: 0361-7801879.
www.studioperak.com

Thread's of Life Gallery

Jl. Kajeng 24 Ubud.
Tel: 0361-972187.
www.threadsoflife.com

Y

YAYASAN/CHARITIES

Yayasan Bumi Sehat
Nyuh Kuning, PO Box 116,
Ubud, Bali 80571.
Tel: 0361-972969.
www.bumisehatbali.org

Yayasan IDEP

Jl. Hanoman No. 42, Ubud.
www.umaubud.como.bz

Telp: 0361- 981504.
www.idepfoundation.org

YOGA

Intuitive Flow

Jl. Penestanan, Ubud.
Tel: 0361-977824
www.intuitiveflow.com

The Yoga Barn

Jl. Pengosekan, Padang Tegal
Tel: 0361-970992.
www.theyogabarn.com
Map Ref: O.10

Bali's premier yoga centre located in the heart of Ubud. Offers yoga classes, pilates, dance, meditation, detox & cleansing, teacher trainings, special events, workshops and retreats. An instant connection to holistic Bali.

Uma Ubud

Jl. Raya Sanggingan
Tel: 0361-972448.
www.umaubud.como.bz
Map Ref: B.4

Stretch and Savour, every Sunday at Uma Ubud Yoga Studio is a must attend program that will certainly give you a stretching and savoring impression. This is the "Stretch and Savor" Sunday Yoga Breakfast. For Rp. 295,000 ++ per person you will experience a one hour yoga session starting at 8:00 a.m. followed by breakfast showcasing healthful COMO Shambhala Cuisine specially prepared by Chef Amanada Gale. Wear something comfortable, leave all the hustle and bustle, and head to Uma Ubud.

Tel: 975 024
www.umaubud.como.bz

PERFORMANCE SCHEDULES

SUNDAYS		VENUE	PM	MAP REF.
Legong of Mahabarata	Ubud Palace	7.30	I.7	
Kecak Fire & Trance Dance	Padang Tegal Kaja	7.00	O.8	
Wayang Kulit (Shadow Puppet)	Oka Kartini	8.00	K.12	
The Peliatan Master	Arma Museum	7.30	U.10	
Janger	Lotus Pond Open Stage	7.30	1.7	
Jegog (Bamboo Gamelan)	Bentuyung Village***	7.00	-	
Kecak Fire & Trance Dance	Batukaru Temple	7.30	-	
Dancers & Musician of Peliatan	Balerung Mandera	7.30	-	
Pondok Pekak Gamelan & Dance	Bale Banjar Ubud Kelod	7.30	J.7	

MONDAYS		VENUE	PM	MAP REF.
Legong Dances	Ubud Palace	7.30	I.7	
Kecak Fire (Monkey Chant Dance)	Junjungan Village ***	7.00	-	
Barong & Keris Dance	Wantilan	7.00	-	
Kecak Ramayana & Fire Dance	Pura Dalem Ubud	7.30	H.5	
Women Gamelan & Dance Group	Bale Banjar Ubud Kelod	7.30	J.7	
Legong Telek	ARMA Museum ***	7.30	U.10	
Wayang Kulit (Shadow Puppet)	Pondok Bamboo	8.00	-	

TUESDAYS		VENUE	PM	MAP REF.
Ramayana Ballet	Ubud Palace	7.30	I.7	
Spirit of Bali	Pura Desa Kutuh	7.30	J.12	
Kecak Fire & Trance Dance	Padang Tegal Kelod	7.30	Q.9	
Wayang Kulit (Shadow Puppet)	Monkey Forest	8.00	S.6	
Legong Dance	Balerung Stage ***	7.30	-	
Legong Dance	Pura Dalem Ubud	7.30	H.5	
Women Gamelan w/Children Dancers	Lotus Pond Open Stage	7.30	I.7	
Narita Dewi Gamelan & Dance	Bale Banjar Ubud Kelod	7.30	J.7	

WEDNESDAYS		VENUE	PM	MAP REF.
Legong & Barong Dance	Ubud Palace	7.30	I.7	
Wayang Kulit (Shadow Puppet)	Oka Kartini	8.00	K.12	
Legong Dance	Yamasari Stage ***	7.30	N.14	
Kecak & Fire Dance	Padang Tegal	7.00	M.9	
Jegog (Bamboo Gamelan)	Pura Dalem Ubud	7.00	H.5	
Kecak Fire & Trance Dance	Pura Dalem Taman Kaja	7.30	-	
Topeng Jimat	ARMA Museum ***	7.00	U.10	
Chandra Wira Buana	Bale Banjar Ubud Kelod	7.30	J.7	

PERFORMANCE SCHEDULES

THURSDAYS		VENUE	PM	MAP REF.
Legong Trance & Paradise Dance	Ubud Palace	7.30	I.7	
Kecak (Monkey Chant Dance)	Puri Agung Peliatan ***	7.30	-	
Legong Dance	Pura Desa Kutuh ***	7.30	J.12	
The Barong & Keris Dance	Pura Dalem Ubud	7.30	H.5	
Barong & Keris Dance with Children Dancers	Ubud Water Palace	7.30	I.7	
Kecak Fire & Trance Dance	Pura Taman Sari	7.30	-	
Kecak Fire & Trance Dance	Batukaru Temple	7.30	-	
Wayang Kulit (Shadow Puppet)	Pondok Bamboo	8.00	S.6	
Mepantigan Arts	ARMA Museum ***	6.30	X.10	

FRIDAYS		VENUE	PM	MAP REF.
Barong Dance	Ubud Palace	7.30	I.7	
Legong & Barong Dance	Balerung Stage	7.30	-	
Kecak & Fire Dance	Pura Padang Kertha	7.00	P.9	
Wayang Kulit (Shadow Puppet)	Oka Kartini	8.00	K.12	
Jegog (Bamboo Gamelan)	Bentuyung Village ***	7.00	-	
Kecak Ramayana & Fire Dance	Pura Dalem Ubud	7.30	H.5	
Barong & Keris Dance	ARMA Museum ***	6.00	U.10	
Women Gamelan	Bale Banjar Ubud Kelod	7.30	J.7	

SATURDAYS		VENUE	PM	MAP REF.
Legong Dance	Ubud Palace	7.30	I.7	
Legong Dance	Puri Agung Peliatan ***	7.30	-	
Kecak Fire & Trance Dance	Padang Tegal	7.00	M.9	
Wayang Kulit (Shadow Puppet)	Monkey Forest	8.00	S.6	
Legong Dance	Ubud Water Palace	7.30	I.7	
Frog Dance	Pondok Pekak	7.30	M.8	
Beauty of Legong	Pura Dalem Ubud	7.30	H.5	
Kecak Fire & Trance Dance	Pura Dalem Taman Kaja	7.30	-	
Wayang Wong	ARMA Museum ***	7.00	U.10	

EVERY 1ST. AND 15TH: Gambuh Dance
VENUE: Pura Desa Batuan *** TIME: 7.00 PM
EVERY FULL MOON & NEW MOON: Kecak Rina Dance
VENUE: ARMA Museum *** TIME: 7.00 PM

*** Free transport from Ubud Tourist Information, ask them for detail (0361) 973285. Entrance fees are between Rp. 50.000,- to Rp. 150.000,-
Ticket for these performances can be obtained at: Ubud Tourist Information, Jl. Raya Ubud, phone : 973285; ticket sellers on the street or the place of the performances. The price is the same wherever you buy it.

DISTRIBUTION LIST



NATIONAL & INTERNATIONAL

The Bud is available in selected outlets in Jakarta, Singapore, Malaysia and Brunei, in airport and hotel business lounges, as well as in selected villas, hotels and partner venues in Seminyak and throughout Bali.

NATIONAL

The Bud is also on sale in outlets of Circle K stores in Bali, including Seminyak, Kuta, Legian, Tuban, Jimbaran, Nusa Dua, Denpasar and Sanur, and at selected distribution points in Ubud, including Periplus bookstores at Monkey Forest, Bintang Supermarket and Tino's, as well as in Ary's Bookshop, Alila Shop Ubud, Coffee & Silver, Fly Café Restaurant, Komaneka Shop, Laughing Buddha, Murni's Warung and Verona salon.

VENUE COPIES

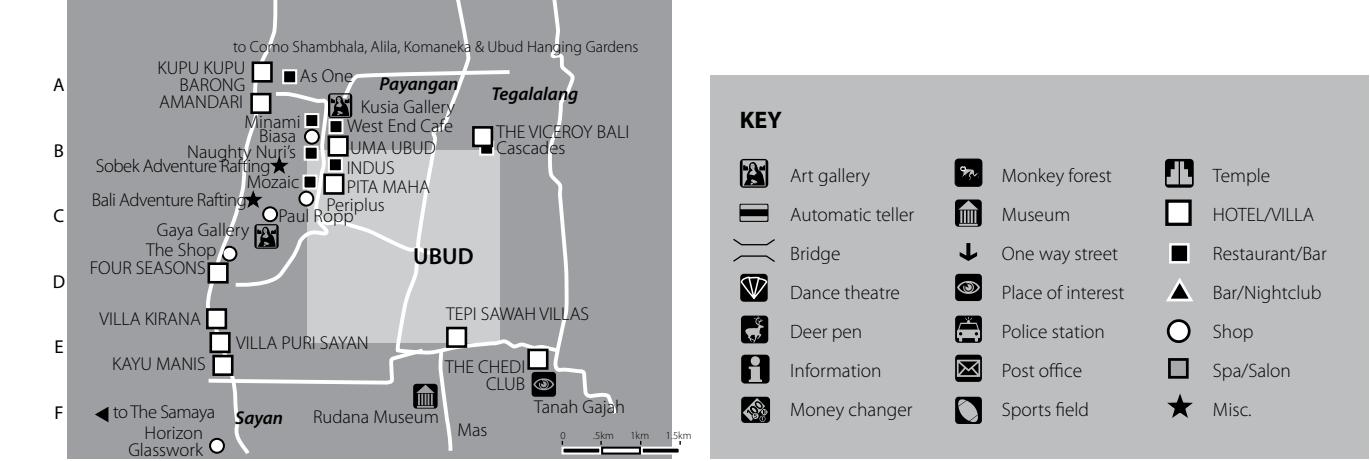
Alila Hotel Ubud
Adi's Gallery Ubud
Amandari Resort Ubud
Arma Resort
Ary's Warung
Aston Nandini
Bali Animal Welfare Association
Bali Masari Villas
Bali Spirit
Bali Bird Park
BARC
Bar Luna
Batan Waru Restaurant
Bloomz Flower
Bumbu Bali
Bumi Sehat
Café Des Artistes
Casa Luna Restaurant

Cinta Restaurant
Coffee & Silver
Como Shambhala
Dirty Duck
Elephant Safari Park
Esthetique Clinic
Fly Café
Four Seasons Sayan
Galaxyan Jewelry
Gaya Gallery
Green School Bali
Highway
Horizon Glassworks
Macan Tidur
Maya Ubud Resort and Spa
Mozaic Bali
Ibu Rai Restaurant
Indochine Restaurant
Indus Restaurant
Jazz Café Restaurant
JFF Jewelry
Kamandalu
Kayu Manis Villa
Komaneka
Kori Resort
Kupu-Kupu Barong
Lamak Restaurant
Laughing Buddha Bar
Maya Hotel Ubud
Minami
Mozaic Restaurant
Murni's Warung
Museum Rudana
Nacho Mamas
Naughty Nuri's
Neka Museum
Nomad Restaurant
Paul Ropp
Pundi - Pundi Restaurant
Rendezvousdoux Restaurant

Rio Helmi
Royal Pita Maha Resort and Villas
Taal
Seniwati Gallery
Siam Sally
Skin Organic
Sobek Adventure Rafting
Tama Gallery
Taman Hati
Tegal Sari
Terazo Restaurant
The Café
The Chedi Club
The Green House
The Mansion Hotel
The Shop
The Viceroy Bali/Cascades
Three Monkeys Cafe
Tony Raka Ubud
Treasures
Tutmak Restaurant
Ubud Hanging Gardens
Ubud Property
Ubud Sari
Ubud Village Resort
Uma Hotel Ubud
Verona Salon
Wah Gallery
Warwick Ibah Hotel Ubud
West End Café
Wina Gallery



THE BUD is in 33 outlets of Mini Mart stores in Bali.



KEY

	Art gallery		Monkey forest		Temple
	Automatic teller		Museum		HOTEL/VILLA
	Bridge		One way street		Restaurant/Bar
	Dance theatre		Place of interest		Bar/Nightclub
	Deer pen		Police station		Shop
	Information		Post office		Spa/Salon
	Money changer		Sports field		
					Misc.

