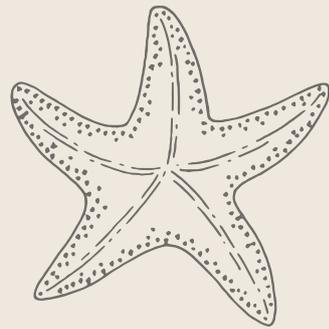
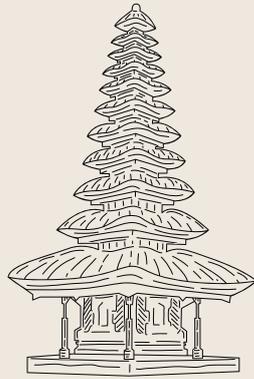


mimpi

THINGS TO DO AT MIMPI



Welcome to our activities booklet

Within these pages, you will discover a world of leisurely experiences & adventures offered at Mimpi Resort Menjangan, nestled in Bali's secluded oasis.

Here, time flows at a slow pace, inviting wanderers to uncover off-the-beaten-path treasures.

Delve into Menjangan Island's mesmerizing underwater wonders, and embrace centuries-old Balinese traditions, rituals, and crafts.

We invite you to immerse in the allure of nature, culture, and the passage of time...

スキャンしてください



日本語



RESORT WORKSHOPS & CLASSES

For activities that require reservation, please book by visiting the lobby or calling #3

Canang Making Workshop

Every Monday & Thursday at 7.30-9.00 am in front of Spa. Complimentary.

Everyday, the Balinese craft the Canang Sari, an offering that serves as a symbol of their devotion toward the Gods. You will be guided through the art of creating your own Canang Sari. It consists of a palm-leaf basket to serve as a sacred tray, and adorned with symbolic flowers.

Learn to Play the Rindik

Every Monday & Thursday at 7.30-9.00 am in front of Spa. Complimentary.

Rindik is a traditional Balinese musical instrument that closely resembles a xylophone. It is crafted from selected pieces of bamboo and played with a gentle hammer's touch to produce a melodious sound. It is often played in ceremonies & dance performances.

Learn Traditional Balinese Dance

IDR 200,000 per person. Only by reservation at least 1 day before.

Balinese dance is an ancient tradition that is part of the Island's religious & artistic expression. The dancers convey stories through dynamic and profoundly expressive gestures. You will learn the basic poses, rhythm, the bold eye movements and intricate hand gestures.

Healing Yoga Class

IDR 500,000 per person. Only by reservation at least 1 day before.

Led by our professional yoga instructor, you will explore a variety of Hatha sequences & breathing techniques designed to promote flexibility and mindfulness. You may even explore laughter yoga, a fusion of laughter exercises & breathwork that melts away stress and nurtures positive energy. This class is suitable for everyone, including beginners.

Melukat (Purification) Ceremony

Every Monday & Thursday at 9.00 am in front of Spa, please arrive earlier if you wish to make your own Canang Sari (offering). IDR 200,000 per person, minimum 2 people. Reserve 1 day before.

Melukat is a traditional Balinese spiritual purification ceremony that cleanses the mind & soul, purges evil spirits, and invites good fortune. This age-old ritual remains an enduring tradition embraced by the Balinese.

The sequence of ceremony is as follows: After making your own Canang Sari (offering) at the Canang Making Workshop, you will proceed to the sacred Pura Sakti Temple. Draped in traditional attire, you will then be guided through this experience by our Balinese priest.



RESORT WORKSHOPS & CLASSES

The Art of Jamu Workshop

Every Tuesday & Friday at 4.00-5.00 pm at Sunset Beach Restaurant.

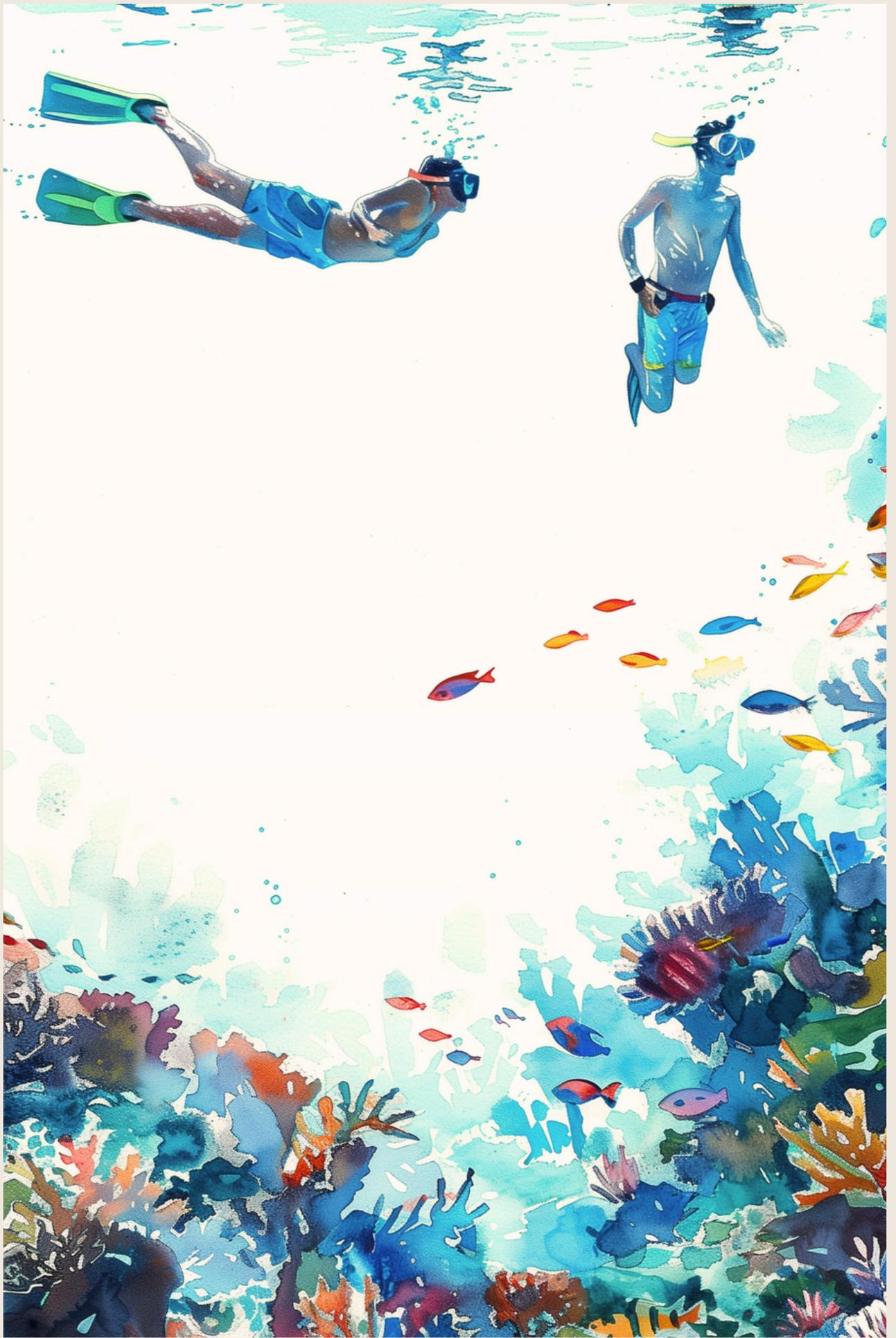
IDR 100,000 per person, minimum 2 people. Reserve 1 day before.

Where ancient wisdom meets modern wellness, Jamu is a medicinal tonic crafted from natural ingredients dating back to 1300 years ago. You will learn to prepare two Jamu varieties: 'Beras Kencur,' a ginger & rice blend known for its digestion soothing and energy boosting properties, and 'Kunyit Asam,' a turmeric & tamarind blend, celebrated for its anti-inflammatory and immune boosting properties.

Balinese Cooking Class & Community Garden Tour

IDR 650,000 per person, minimum 2 people. Only by reservation at least 1 day before.

Learn to cook authentic Balinese dishes from scratch with traditional techniques & fresh ingredients. In this 2-hour session, you will first get a tour of our Community Garden to pick your own ingredients (tour is dependent on season), then we will learn the skills & recipes to create these culinary delights at Sunset Beach Restaurant.



PADI DIVE CENTER ACTIVITIES

Visit the Dive Center (open 7.00 am - 8.00 pm daily) to make prearrangements for next-day trips.

Please scan the QR code for the complete price list of activities & dive courses.



Snorkeling

Menjangan Island with its crystal clear waters & healthy corals is a haven for snorkelers. Explore a diverse colony inhabiting the colourful reefs: Turtles, clownfish, scorpionfish, moray eels and starfish just to name a few! Boats depart at 9.00 am directly from the resort's jetty.

Another great spot for snorkeling is at Pemuteran Bay, a 20 minute car ride from the resort. There, you will find one of the biggest Biorock coral nursery in the world, inhabited by a diverse range of marine life.

Diving

Menjangan Island offers spectacular diving with healthy reefs, calm waters and a variety of sites suitable for divers of all levels, from wall diving to caves.

Other sites are similarly incredible: Witness the Mandarin Fish mating dance during a dusk dive at Mimpri Channel, explore every macro photographer's dream at Secret Bay, Puri Jati or Putri Menjangan, and discover the majestic man made sculptures at Pemuteran.

Our experienced PADI-qualified team are happy to tailor each dive to your level & needs. We take care of you each step of the way so that you can enjoy yourself underwater worry-free. For those new to diving or looking to upgrade their skills, we offer a range of PADI dive courses.

Kayaking & Stand Up Paddling

Explore the beauty of our secluded lagoon through kayaking or stand up paddle boarding. Paddle to a breathtaking backdrop of majestic mountains & mangroves.

The best condition to paddle is during high tide, please check with the Dive Center for recommended times.



NATURE EXCURSIONS

Please book your excursion at least 1 day before by visiting the lobby or calling #3

Coral Restoration 'Adopt-a-Baby-Coral' Workshop

IDR 1,800,000 per person for divers, IDR 1,500,000 per person for snorkelers. Minimum 2 participants. Get 10% off for groups of 3 or more. Includes light meal.

Join Pejarakan village's coral nursery team for an immersive workshop where you will learn all about coral restoration.

Divers will personally transplant their baby coral onto modular reef structures, while snorkelers can witness the process from the surface or transplant it themselves in shallower waters. As a special touch, we will send you regular email updates on your baby coral's growth after you depart.

Mangrove Planting Workshop

IDR 450,000 per person. Minimum 2 participants. Includes light meal.

Indonesia is home to the world's largest mangrove ecosystem. These green superheroes combat climate change by absorbing 4x more carbon dioxide than rainforests.

But sadly, mangroves have been in decline. So let's plant pollution-fighting mangrove saplings together. It is a fun & meaningful way to contribute to a better world.

Menjangan Island Tour (~ 4 hours)

IDR 1,900,000 per boat for a maximum of 8 passengers. Excludes National Park entrance ticket fee of IDR 200,000 (weekdays) or IDR 300,000 (weekends, holidays) per person.

A half-day trip to explore the treasures of Menjangan Island (without snorkeling or diving). Hike the Island's hills to discover majestic temples with a mesmerizing view.

Get up close & personal with the friendly Menjangan deers, and indulge in the sun-kissed beauty of its pristine beaches. Mineral water & towels are provided. Guide is available on request for IDR 400,000.

Guided Fishing Tour

IDR 1,500,000 for two people. Includes boat, equipment, bait and mineral water. Boat capacity is maximum 4 people. Extra equipment rental is IDR 125,000 per set.

Experience the joy of fishing at Mimpi Channel or Putri Menjangan, with a maximum fishing depth of 70 meters. Relax on the boat, enjoy the scenery, and reel in your memorable catch!



NATURE EXCURSIONS

Dolphin Watching At Lovina

IDR 600,000 per person, minimum 2 people. Tour is from 5.00 - 9.30 am.

The dolphins have developed a close relationship with local Lovina fishermen for decades, helping each other catch fish. We will depart from the resort at 5.00 am, arriving at Lovina in an hour to catch the early morning sunrise boat. We will immerse in the joy of dolphin watching on a 2-hour boat adventure before returning to the resort.

Mount Ijen Trekking

IDR 2,000,000 per person, minimum 2 people.

Embark on a thrilling journey through the stunning landscapes of this iconic volcano in East Java. Witness the beauty of the turquoise crater lake, catch a breathtaking sunrise from the summit, and, weather permitting, experience the mesmerizing blue fire phenomenon.

We will depart from the resort at 1:00 am (Bali time), arrive in East Java by 2:30 am (Java time), and start the trek at around 4:00 am. We will reach the peak by 6:00 am in time for sunrise, and we will then explore the crater lake. We will begin our way down at 7.30 am, followed by breakfast. We will leave Ketapang Harbour at 9.30 am and arrive back at the resort at 11.30 am (Bali time).

If crater & weather conditions allow viewing of the Blue Fire phenomenon, the tour will leave earlier from the resort at around 9.00 pm (Bali time). The schedule above are approximate and subject to change due to local conditions.

Trekking At West Bali National Park

1-2 hour trek: IDR 600,000 per person, 2-3 hour trek: IDR 750,000 per person**

Trek the extraordinary terrain of monsoon forest, savanna, and coastal mangroves. Due to its modest rainfall--significantly less than other parts of the Island--this Park boasts a distinct array of flora & fauna.

Safari Tour At West Bali National Park

*~2-3 hours. IDR 750,000 per person**

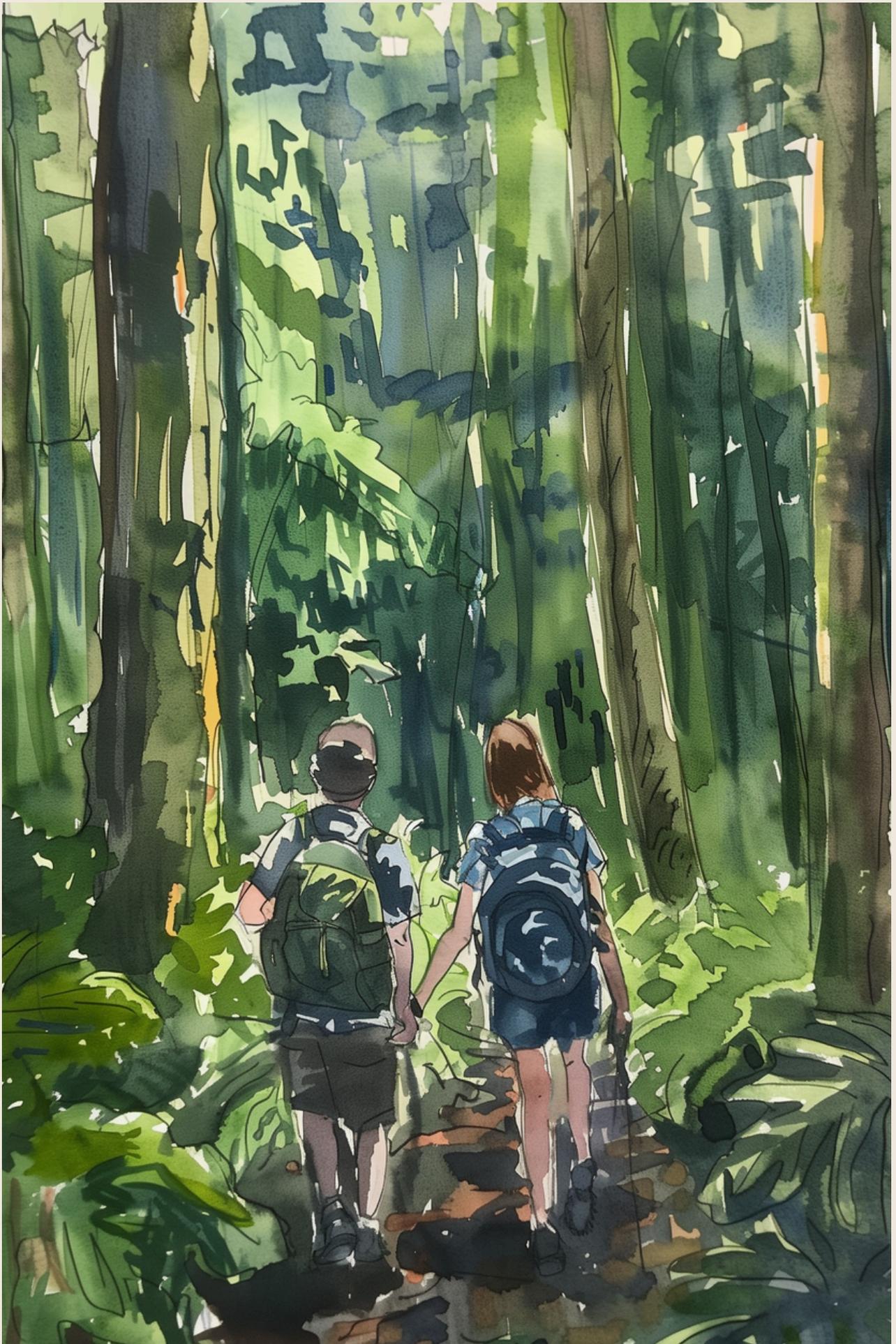
Get lost in the harmonious symphony of the savanna while encountering wildlife that will leave you in awe, from the rare Balinese black monkey, Menjangan deers, macaques to monitor lizards.

Bird Watching At West Bali National Park

*~2-3 hours. IDR 800,000 per person**

The Park is home to a diverse array of more than 300 tropical bird species, including kingfishers, herons, and other rare endemics and migratory wonders. The most famous resident is the near extinct Bali Starling (*Leucopsar rothschildi*), the Park's mascot that is endemic to the island of Bali.

*Price includes National Park entrance tickets, transport and guide for a minimum of 2 participants.
Additional charge of IDR 100,000 / person on weekends & public holidays



NATURE EXCURSIONS

Explore West Bali National Park on a mountain bike – giving you a mix of landscape sightseeing, wildlife safari, and adrenaline rush.

The tours are led by a professional guide certified by the National Park. Choose from three routes:

Jungle Cycling Tour: Easy (24 km / 2-2,5 hours)

IDR 1,200,000 per person, minimum 2 participants.*

Ride a fully-paved road to the Segara Rupek Temple and back. Highlights are the lush rainforest, resident macaques who will welcome you right on the road, and the stunning view of East Java across the Bali strait. Note: Excluding entrance to temple.

Jungle Cycling Tour: Intermediate (24 km / 4-5 hours)

IDR 1,400,000 per person, minimum 2 participants. Includes lunch.*

Full off-road ride where you will experience different ‘faces’ of the National Park. Highlights are dense evergreen forest, mangrove forest where you will ride on an ancient seabed, and a unique savannah forest.

This route will take you to the quiet corners of the Park, where you have the greatest chance of wildlife encounter.

Jungle Cycling Tour: Advance (32 km / 6-6,5 hours)

IDR 1,600,000 per person, minimum 2 participants. Includes lunch.*

Full-loop tour along the perimeter of the National Park. Warm-up on a paved, forest road before exploring the true landscape of the Park.

This route covers all segments of the Easy & Intermediate routes, plus the most pristine and untouched parts of the Park.



CULTURAL EXCURSIONS

Please book your preferred excursions at least 1 day in advance by visiting the lobby or calling #3

Northwest Bali Temples, Trail & Banjar Hot Spring Tour (~ 6 hours)

IDR 950,000 per car. Maximum 4 passengers. Recommended start time between 6.00-10.00 am.

Uncover the soul of Bali with our curated tour that takes you on a journey through cultural & spiritual gems.

Begin your day with an optional 30-minute hike to Batu Kursi Temple and its panoramic viewpoint of the ocean and rolling hills. The hike is accessible but steep, so we advise setting off early to avoid the intense sun. To catch the beautiful sunrise, it's advisable to depart at 5.30 am.

We will continue our journey to the famous seaside Pulaki Temple, a sacred site skillfully crafted by Empu, the revered Hindu master. Next, we will visit the serene Melanting Temple, nestled amidst a lush forest at the foot of the Pemuteran Hill. Legend tells us that the temple was lovingly erected by the revered priest, Dang Hyang Nirartha, during his momentous voyage from Java to Bali.

Afterwards, we will visit the centuries old Banjar Hot Spring. Nestled amidst the jungle, the complex boasts traditional Balinese architecture with unique dragon spouts and a tiered structure. The water is therapeutic, and for centuries people have come to revitalize their health.

If time permits, we will visit the Brahma Vihara Arama, Bali's largest Buddhist temple perched atop a hill. Lastly, we'll immerse in the beauty of Kerta Kawat Temple, boasting a magnificent Bentar (Balinese-style gate) with intricate carvings against a backdrop of hills.

Half-Day Northwest Bali Temples & Trail Tour (~ 4 hr)

IDR 600,000 per car. Maximum 4 passengers. Recommended start time between 6.00-10.00 am.

A half-day journey through Northwest Bali's most iconic temples, offering a window into Bali's rich cultural heritage.

Begin with an optional hike to Batu Kursi Temple and its panoramic viewpoint of the ocean, villages, and rolling hills. The 30-minute hike, though accessible, is steep, so we advise setting off early in the morning to avoid the intense sun. Depart at 5.30 am if you want to catch the beautiful sunrise.

We will then explore the seaside Pulaki Temple, intricately crafted by Empu, the revered Hindu master. Lastly, we will visit the serene Melanting Temple nestled amidst a lush forest at the foot of the Pemuteran Hill. It is one of the most sacred temples in Bali built by the revered priest, Dang Hyang Nirartha, during his momentous voyage from Java to Bali.

CULTURAL EXCURSIONS

Village Traditional Market, Salt Farm And Pearl Farm Tour (~ 3.5 hr)

IDR 550,000 per car. Maximum 4 passengers. Tour is from 5.30-9.00 am.

This tour immerses you in the traditional village life of West Bali. We will start the day at 5.00 am at Goris Market, where you'll witness how the locals shop for fresh produce, seafood, and snacks, and taste various mouthwatering Balinese treats.

As the sun rises, we will continue our journey to the traditional salt panning farms, where we'll marvel at the breathtaking views and discover the time-honoured art of sea salt production. Our journey ends at the Atlas Pearl Farm, where the world of pearl farming and its secrets are revealed.

Customized Tour

IDR 150,000 per hour per car. Maximum 4 passengers.

Plan your own dream itinerary with our "Plan Your Own Tour" package, featuring a convenient car and driver rental. Our dedicated guest experience team is here to assist you in every step of your planning.

DELIGHTFUL CULINARY EXPERIENCES

Picnic at Gili Putih Beach

IDR 3,500,000 for two people, including transportation & butler service.

A tropical picnic on the stunning white sandy island nestled off the shores of Sumberkima Bay. Revel in the breathtaking panorama while savoring delectable treats & local Balinese Sparkling Wine.

Picnic at Mimpi's Garden

IDR 600,000 for two people.

An intimate & beautifully arranged picnic set up in our expansive gardens. Enjoy delightful pastries & non-alcoholic beverages as you relax with a captivating book or simply bask in the fresh air.

Picnic at Hatten Wines Vineyard

IDR 3,000,000 for two people, including transportation & butler service.

Visit Bali's most famous vineyard and pick grapes straight from the vines. Indulge in the Island's finest wine and savor a scenic afternoon picnic, surrounded by picturesque views.

Floating Breakfast

IDR 400,000 for two people.

Elevate your mornings with a lavish floating breakfast at the private pool of your villa. Drift into the day with a selection of sweet and savory breakfast options whilst enjoying a refreshing early morning dip.

Afternoon Tea

IDR 125,000 for two people.

Treat yourself to a midday pick-me-up with a selection of sweet & savory treats delivered right to the privacy of your own villa or room.



MIMPI SPRING SPA

Indulge in uniquely crafted spa experiences that harness the healing powers of the Banyuwedang hot spring. Each treatment room comes with a private bathtub that flows natural hot spring water.

Open from 10.00 am to 8.00 pm daily. Please reserve at least 2 hours in advance by visiting or calling the Spa at #6 or calling the reception at #3.

Balinese Massage

75 minutes for IDR 400,000

Derived from traditional Balinese massage techniques to renew, strengthen and heal the mind, body and soul. The massage applies stretching, palm and thumb pressure techniques to relieve tension and improve circulation. We use sweet almond body oil combined with virgin coconut and spiced essential oils to warm & nourish the body.

Mimpi Art Movement

90 minutes for IDR 490,000

Inspired by the art of Esalen® massage, this treatment applies long flowing strokes all over the body to help release you from the stresses of everyday life, leaving you feeling integrated and deeply relaxed. The treatment is combined with your choice of aromatherapy and sweet almond body oil to bring the mind, body and soul to harmony.

Aromatherapy Massage

90 minutes for IDR 440,000

A relaxing massage that combines Swedish, Shiatsu, Indonesian and Acupressure techniques using your choice of aromatherapy and sweet almond body oil, and finished with a soothing mini face massage. This treatment is designed to allow deep relaxation.

Reflexology Massage

60 minutes for IDR 380,000

An ancient healing therapy, blissful as it is beneficial. Reflexology works on the principle that all body organs are connected to reflex points in the feet, via constantly flowing energy channels. Massaging these reflex points will improve well-being by restoring the body's natural energy flow. This treatment is combined with a refreshing natural foot cream.

Foot Massage

30 minutes for IDR 210,000

This treatment is designed to rejuvenate tired feet using long strokes and friction movements from the sole to the upper calf.

Back & Shoulders Massage

30 minutes for IDR 210,000

This relaxing massage focuses on the shoulders & upper back to relax the muscles, ease tension, smoothen the wrinkles from your daily stresses, and uplift your mood.

Thai Barefoot Pressure

75 minutes for IDR 420,000

This treatment begins with a barefoot shiatsu on the back using rocking & deep pressure movements from the feet, continued with Thai massage techniques using acupressure points along the meridian line, stretching and mobilizing movements aimed at increasing blood circulation and soothing sore muscles. This massage is designed without oils.

Hawaiian Warm Stone Therapy

90 minutes for IDR 480,000

Designed to relieve sore and stiff muscles, this treatment starts with a Hawaiian lomi-lomi massage using a detoxifying aromatherapy and sweet almond body oil, followed by brushing warm rocks across the body in long, flowing strokes. Simultaneously, other rocks are placed on the body's various energy points, the heat penetrating deep within the muscles to melt away tension and restore balance.

Body Wrap & Energizing Herbal Spring Bath

60 minutes for IDR 380,000

Your choice of body wrap to energize & moisturize the skin.

- Spicy: A traditional Balinese recipe of spiced herbs with ground rice, giving a warming and energizing effect.
- Aloe vera after-sun gel: Aloe-based infused with lavender and geranium essential oils to cool and give a relaxing effect on the skin. Best for sun-burnt skin.
- Wrap of the day: Made from fresh seasonal ingredients.

Body Scrub & Energizing Herbal Spring Bath

60 minutes for IDR 380,000

Your choice of body scrub to soften & brighten the skin.

- Sandalwood: A traditional exfoliator made from turmeric & sandalwood powder infused with sandalwood essential oil. Relaxing and soothing effect on the skin.
- Green Tea: Made from green tea powder infused with citrus essential oil. A great antioxidant and has an anti-aging effect on the skin.
- Scrub of the day: Made from fresh seasonal ingredients.

Mimpi Herbal Compress

75 minutes for IDR 460,000

Inspired by an ancient Asian healing therapy, the treatment starts with warming up the body without oil, followed by a warm herbal compress containing fresh herbs from our very own organic garden, such as tamarind, ginger, turmeric and cloves to help balance your body, relieve stress, boost energy and improve blood circulation.

Natural Facial with Poultrice & Jade Stone

60 minutes for IDR 550,000

This treatment uses traditional beauty recipes made with fresh natural ingredients and mother of pearl powder. Warm herbal poultrice is gently massaged onto your chest, shoulder and neck, and acupressure points will relax the muscles. The facial is perfected with uplifting movements using a jade stone to help boost blood circulation and reduce puffiness.

Tibetan Singing Bowl

60 minutes for IDR 300,000

An ancient sound and vibration healing therapy that originates from Tibet, the treatment uses 4 different bowls, all working harmoniously together to balance the chakra, relax the mind, body and soul, and strengthen the immune system.

Banyuwedang Water Ceremonial Ritual

150 minutes for IDR 800,000

A ritual designed to purify your mind, body and soul. This ceremonial ritual utilizes the power of sandalwood powder, essential oils and an aromatherapy flower spring bath.

A foot cleansing ritual is followed with an ancient exfoliation and polishing process using a natural scrub made from sandalwood and candlenut. Afterwards, enjoy the colorful and fragrant Balinese flower spring bath infused with romantic essential oils.

Lastly, achieve ultimate relaxation with our Balinese Massage using your choice of aromatherapy sweet almond body oil. The ceremonial ritual ends with a relaxing moment at the bayside lounge while enjoying our refreshing traditional beverage, Jamu Kunyit Asem, and cookies.

Magic Detox & Revitalizing Ritual

4.5 hours for IDR 1,250,000, lunch is included

This ritual is specially designed to detox and revitalize your body using the power of herbs, natural hot spring water and essential oils.

It begins with a foot cleansing ritual followed by an ancient exfoliation and polishing process using a natural scrub made from green tea and avocado. Afterwards, soak in the energizing herbal hot spring bath while enjoying warm tea and cookies.

Afterwards, a delicious organic lunch is served accompanied with the ancient sound and vibration healing therapy of the Tibetan Singing Bowl. The ritual is completed with a detoxifying Hawaiian Warm Stone Therapy using a sweet almond body oil blended with lemon, juniper and cypress essential oils. Take a moment post-ritual to recover and relax at the bayside lounge while enjoying refreshing beverages and dried fruits.

RESORT FACILITIES

Sunset Beach Restaurant

Open from 7.00 am - 11.00 pm. Last order at 10.00 pm.

The restaurant sits by the shore, partially afloat and overlooking beautiful views of the water, mountains and mangroves. Enjoy the restaurant's iconic sunset views while savouring the carefully crafted selection of Indonesian & international dishes.

We strongly recommend making a reservation in advance as tables may fill up quickly. To reserve, please call #4 or drop by the restaurant.

Gift Shop

Open from 7.00 am - 9.00 pm.

Our gift shop offers a unique collection of items that showcase beautiful Indonesian craftsmanship. You will find handcrafted wares, fine crafts and textiles, as well as organic beauty & wellness products. Mimpi merchandise are also available for purchase.

Gym

Open from 7.00 am - 8.00 pm.

Stay fit while on holiday with our range of strength & cardio equipment.

Jogging Track

The jogging & walking track takes you on a journey through our lush tropical garden.

Music Room

Feel free to drop by our Music Room at anytime to play around with the traditional Balinese instrument, the rindik.

RESORT MAP



LEGEND

- A. Parking
- B. Bicycles
- C. Lobby
- D. Meeting Room
- E. Patio Rooms
- F. Villa Area
- G. Hot Springs
- H. Garden Pool.
- I. Bale Yoga
- J. Jogging Track
- K. Kitchen Garden
- L. Wantilan
- M. Music Room
- N. Pura (Resort Temple)
- O. Giftshop
- P. Gym
- Q. Mimpi Spring Spa
- R. Dive Centre
- S. Sunset Beach Restaurant & Bar
- T. Beach Pool
- U. Jetty

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