

## MUAY THAI CLASSES

Group Classes: 225k per person

Private Classes: 350k for 1 person

+ 200k per additional person

Group classes will be held at 5pm in the gym below the Lingga pool. It's a class by our trainer Tresna and his team that will work up a great sweat and teaches you the basics of muay thai.

We welcome all levels and make sure everyone will leave satisfied. Please sign up before so we know how many people we can expect.

If you are staying a while, you can get a custom training schedule including multiple classes at a discounted rate, to help build up your level slowly.

Private classes can be done in the gym or the trainer can come to your villa and do the class there. Tresna can facilitate any training level; technique, functional training, fight training or just a good workout.

\*You can buy boxing wraps in the office or gym for 100k, for hygiene purposes we don't rent them out.

Please remove outdoor shoes when using the gym. In the rainy season the roads get muddy and its important to keep the gym clean.

After training you can enjoy a **50k discount** on a day pass at the sauna and ice bath.

### WOULD YOU LIKE TO EXPERIENCE THIS?

The reception team will happily organise this for you!

Tag us in your posts!

**6**SUMBERKIMAHILL



## GYM GROUP CLASSES

Personal Training: 200k for 1 person, +100k per extra person

Group Classes: 100k per person

We have a 1 hour circuit training class for anyone who wants to stay fit during their stay.

It is a walk in group class where people of all levels are welcome. Train your balance, endurance, cardio, power and speed.

If you are staying a while, you can get a custom training schedule including multiple classes at a discounted rate, to help build up your level slowly.

You can also hire Tresna for personal training, just let him know what your goals are and he will help you achieve them. Some of the routines he does are:

- Outdoor training up the hill for cardio and explosive power building exercises.
- · Personal training in the gym focused on increasing strength or weight loss.
- Personal circuit training

Please always take off your outdoor shoes and wear clean exercise shoes or socks when using the gym. Especially in the rainy season the roads can get muddy and its important to keep the gym clean

After training you can enjoy a **50k discount** on a day pass at the sauna and ice bath.

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## SAUNA & ICE BATH

1x entry pass: 200k

3x entry pass: 500k

1 week unlimited: 800k

Take some time for self care or recover from a long active day in our traditional Sauna, Infrared Sauna and Ice Bath Facility.

Enjoy the many health benefits like detoxification, muscle recovery, skin health, weight loss or many of the other positive effects.

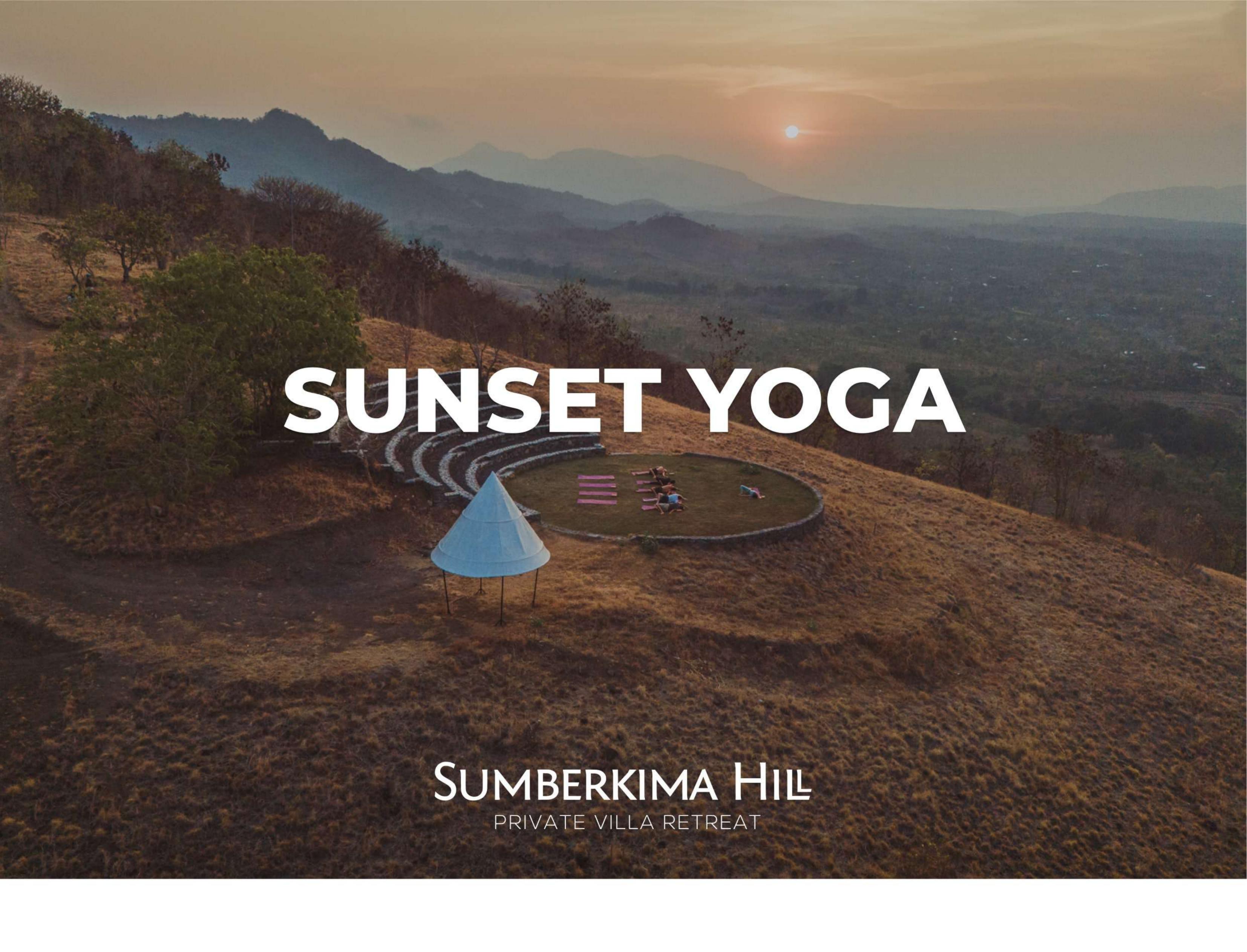
The spa looks out over the java volcanoes and is designed to have a calm and relaxing atmosphere with lots of natural materials, dark iron wood, big rocks, a fish pond and a tea garden where you can relax in between your ice bath and sauna sessions.

You can also order tea or other drinks while in the garden.

You can get a **50k discount** on a sauna pass if you combine it with a spa treatment or class from the schedule on the same day.

Opening Hours: 8am - 8pm, everyday.

#### WOULD YOU LIKE TO EXPERIENCE THIS?



## SUNSET YOGA AT THE STAGE

**1x class:** 200k including a drink and national park entrance fee

Three times per week we have a yoga class in the national park on the top of the hill. There is a theatre stage with amazing views looking out over the volcanoes of Java, Menjangan Island and the jungle. We will meet at Senja restaurant at 4:50pm and drive to the top together by shuttle bus, you can also drive or walk up yourself.

The sunset yoga session starts **at 5:15pm** followed by a meditation and a refreshing drink after while enjoying the sunset from the best point in the area.

After a yoga session you can go to the sauna and ice bath on the same day for a 50k discount.

This class will be dependent on the weather forecast. During rainy season we will inform everyone 30 minutes before if the class will happen. During dry season the weather is stable and does not require confirmation.

Please inform the front office if you would like to join so we can prepare mats and transport.

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## SUMA AND SENJA

Suma Restaurant is our main restaurant and offers a mix of different style foods with something for everyone. Here you can also order room service.

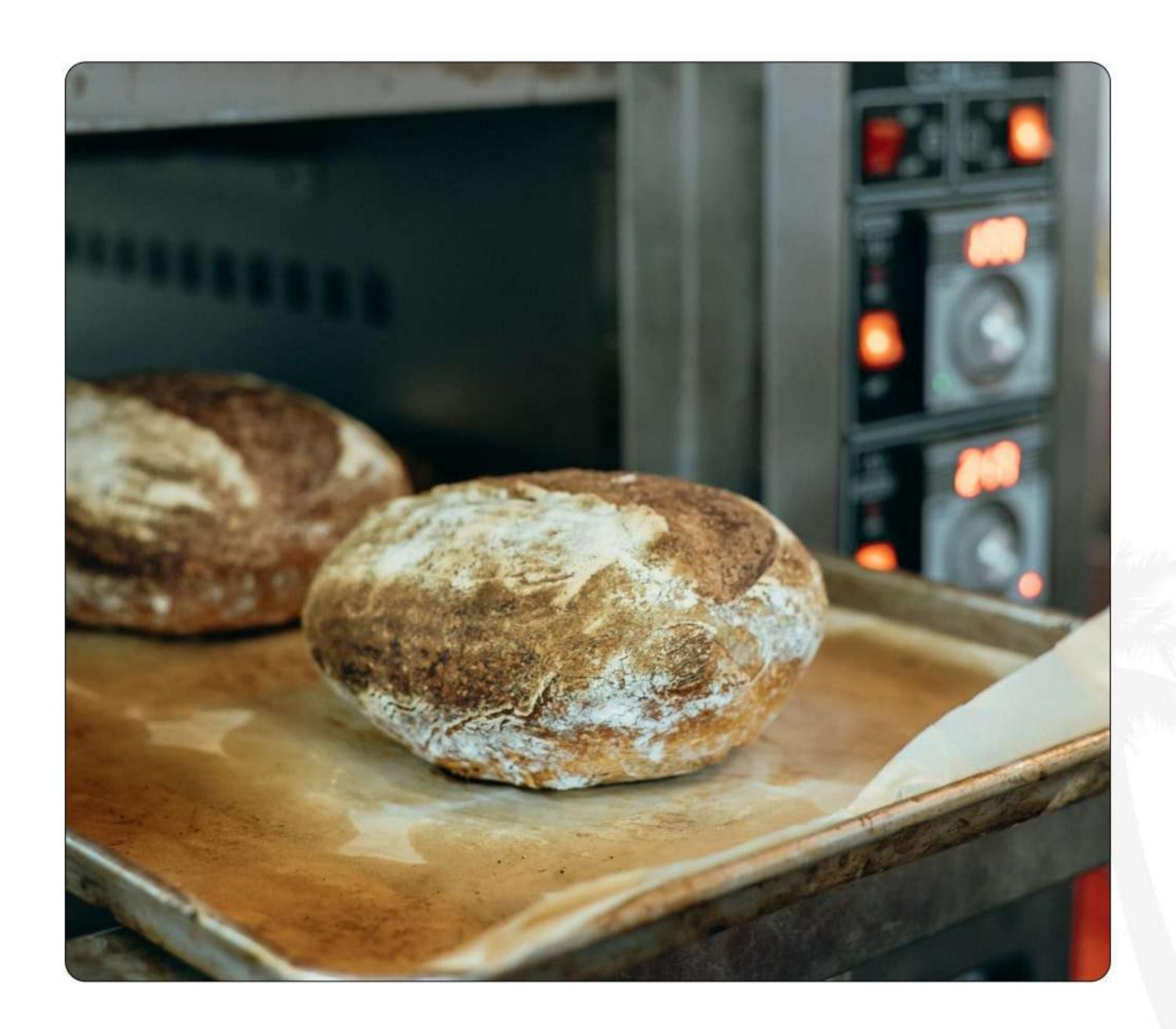
Senja Restaurant serves Indonesian food for dinner. For breakfast and lunch there are more western style options such as waffles, smoothie bowls and sandwiches as well. It's the best spot in Sumberkima for sunset cocktails and a cozy outdoor dinner.

We have a culture of experimenting and trying to create everything homemade.

Sourdough breads, pizza and pasta dough, cookies, jam, peanut butter and ice cream come fresh from our bakery, everyday!

Other than that we make our own pickles, coconut yogurt, jamu, ginger beer, pomelo tonic, kombucha and much more.

We also try to grow as much in the garden as we can and most of the fruits and herbs are grown in our organic farm.



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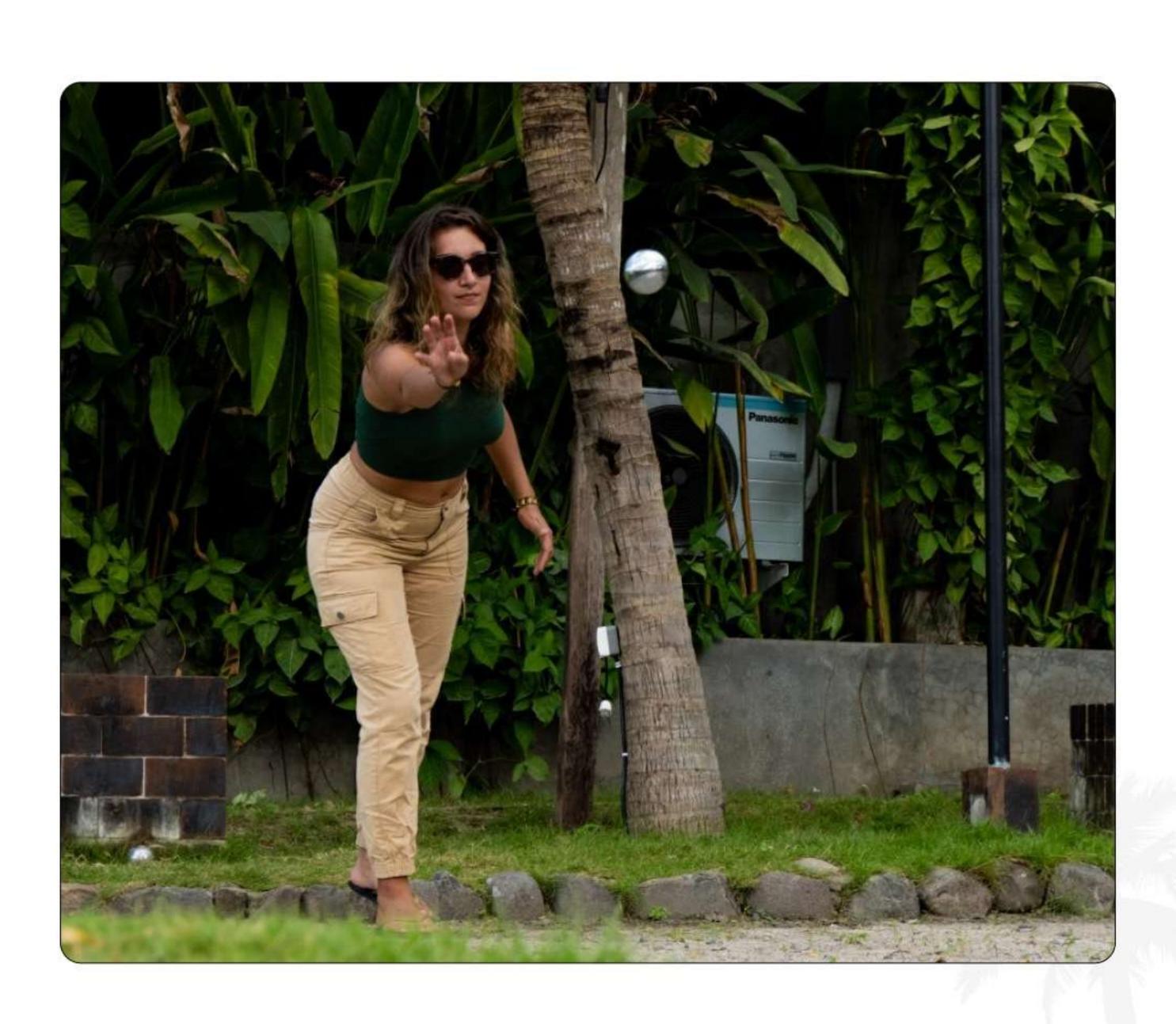
## MANGROOVE BAY RESTAURANT & HOSTEL

In the bay 5 minutes from Sumberkima Hill we have set up another project called Mangroove Bay.

Mangroove bay is located next to the metamorfosa office, so a perfect spot to hang out after snorkeling or kayaking.

The Mangroove bay restaurant offers delicious food and a different atmosphere than on the hill.

In the hostel zone you can also play games like backgammon, ping pong, beer pong, volleyball, pétanque, darts and board games. We also offer sunset yoga there in the shala between the palm trees. The shuttle bus can bring you there for free.

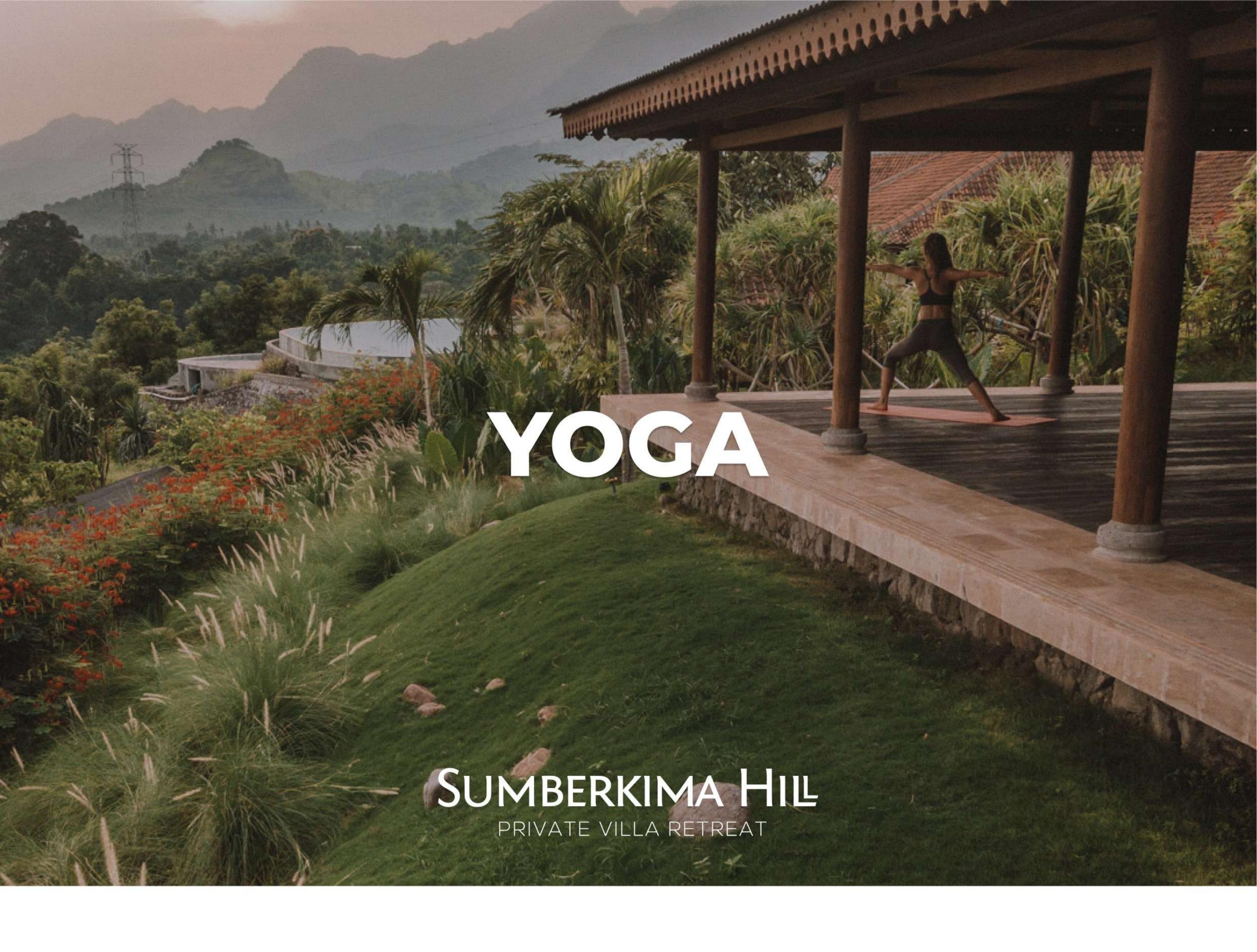


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## YOGA

Walk in: 100k per person

Private class on special request.

We offer different style yoga group classes once or twice every day. Our teacher will make sure there is something for everyone with classes varying from gentle yoga to power yoga.

Check the weekly schedule to see what day is what class.

Every morning from 7:30am - 8:30am classes will be held in the yoga shala below Suma restaurant.

Its a beautiful iron wood shala with perfect sunrise views over the ocean.

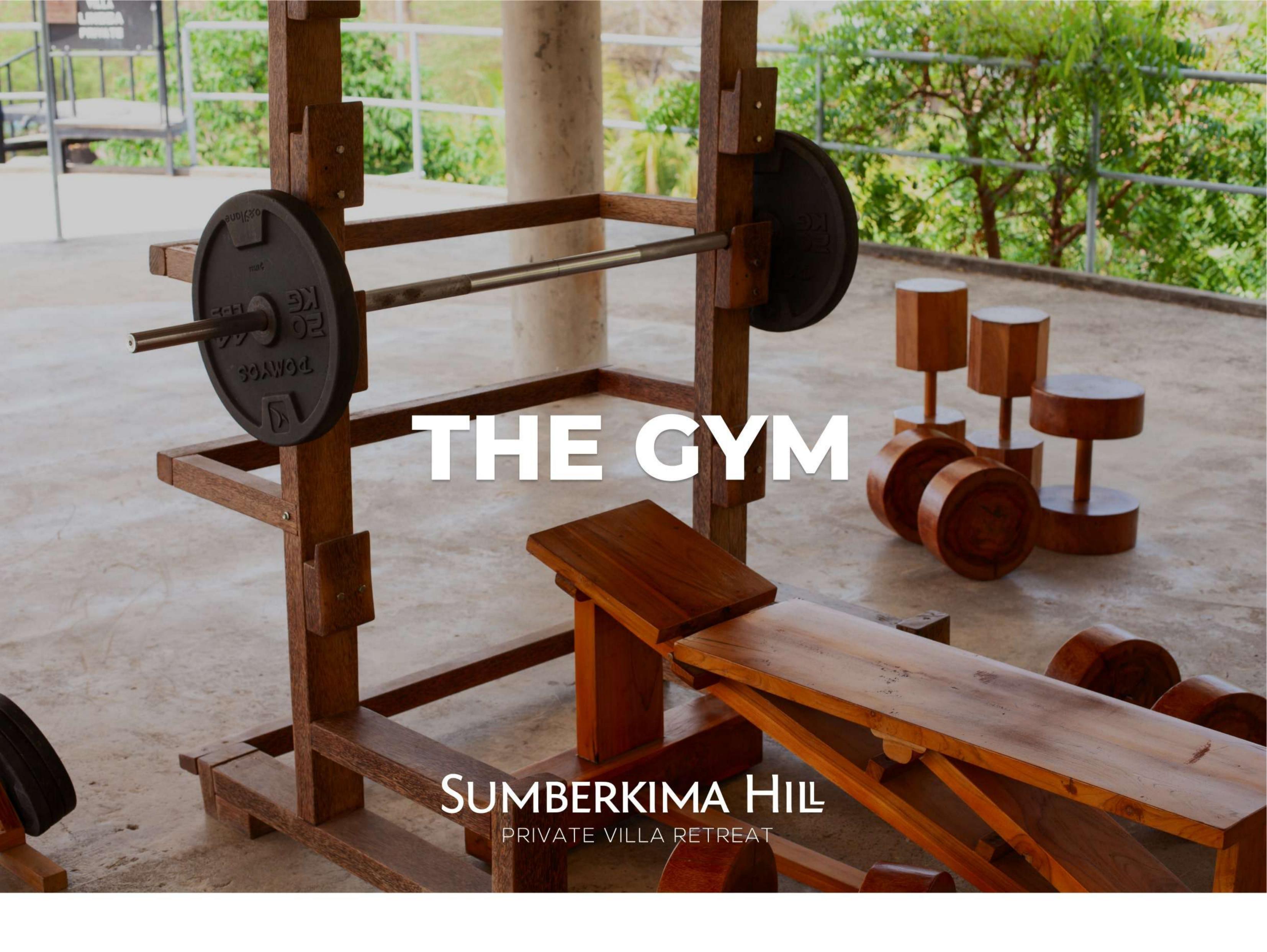
Three times per week there will also be a unique yoga class on the top of the hill in the national park during sunset. Make sure to not miss that experience!

You can book a weekly or monthly yoga class subscription if you plan to make yoga a part of your daily routine on the hill.

After a yoga session you can go to sauna and ice bath the same day for **50k discount**. great for muscle recovery and relaxation.

#### WOULD YOU LIKE TO EXPERIENCE THIS?





## THE GYM

Open gym: free for all guests

**Boxing hand wraps:** 100k, purchasable at the reception desk

Want to work out? We have set up a simple gym below the Lingga pool for you. Ask the front office to bring you there by shuttle car or warm up by walking yourself.

It's always fun to combine working out with running up the hill, or swimming some laps in the Lingga pool above the gym.

We offer muay thai and circuit training group classes a few times per week, check the schedule when they will happen. You can also book private classes if you would like to train at different times.

Please always take off your outdoor shoes and wear clean exercise shoes or socks when using the gym. Especially in the rainy season the roads can get muddy and its important to keep the gym clean.



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## ALING ALING WATERFALL

**Transport:** 750k for a car up to 5 people, excluding entrance fees.

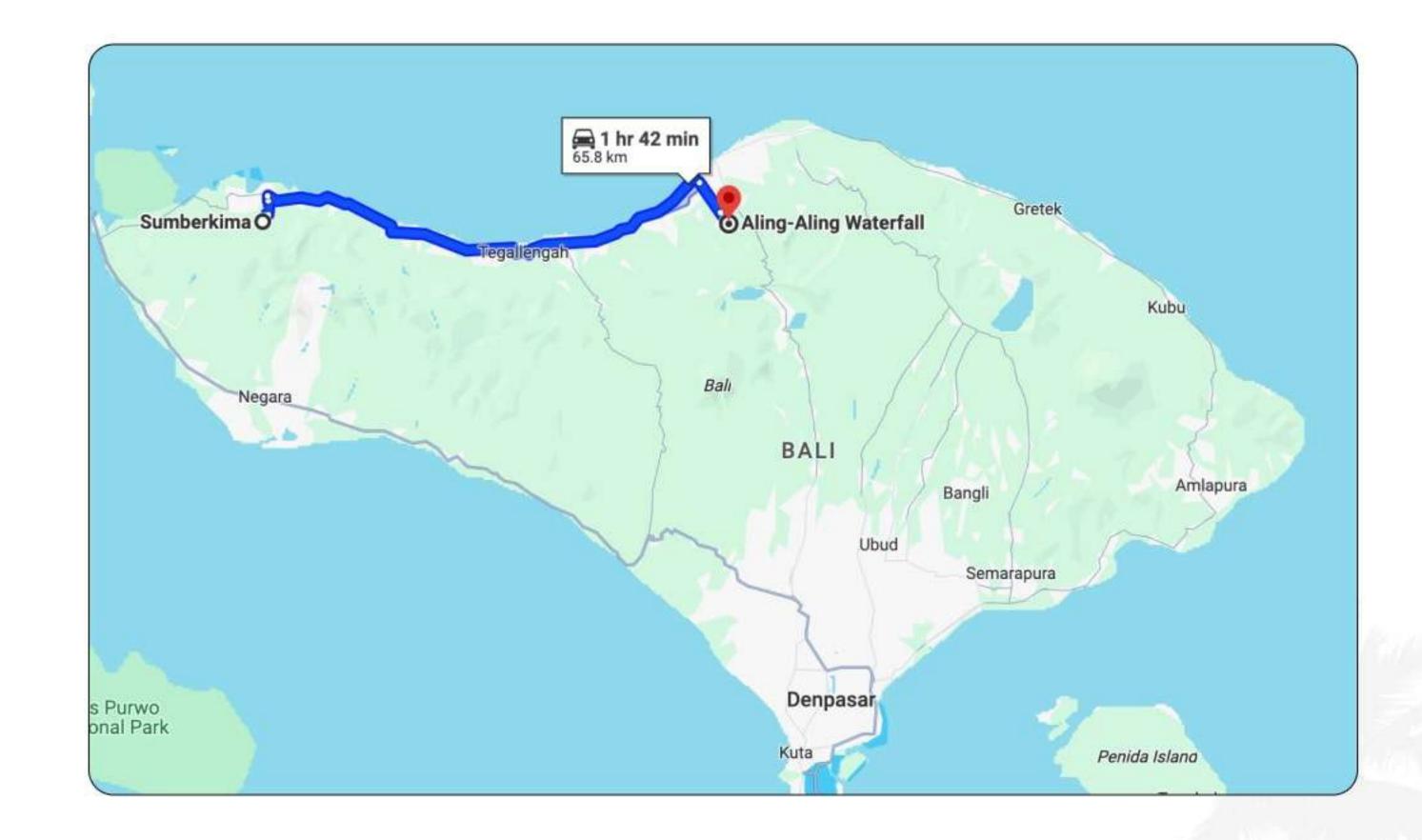
900k for a car up to 5 people, including a visit to the Banjar Hotspring, and the Buddhist Temple, excluding entrance fees.

Aling Aling is a series of around 5 large waterfalls in Sambangan, about a 1,5 hours drive from Sumberkima.

The fresh crystal clear water from the mountain and the surrounding green sceneries will make you feel close to nature.

If you dare, you can go sliding down the second waterfall or jump (7, 12 or 16 meters) in one of the natural pools.

It's fun, challenging and refreshing! Jumping and sliding is at your own risk, please note the high jumps can be dangerous.



### WOULD YOU LIKE TO EXPERIENCE THIS?



## PLANT A BAY CORAL

A coral wish: 100k per wish, planted by Metamorfosa

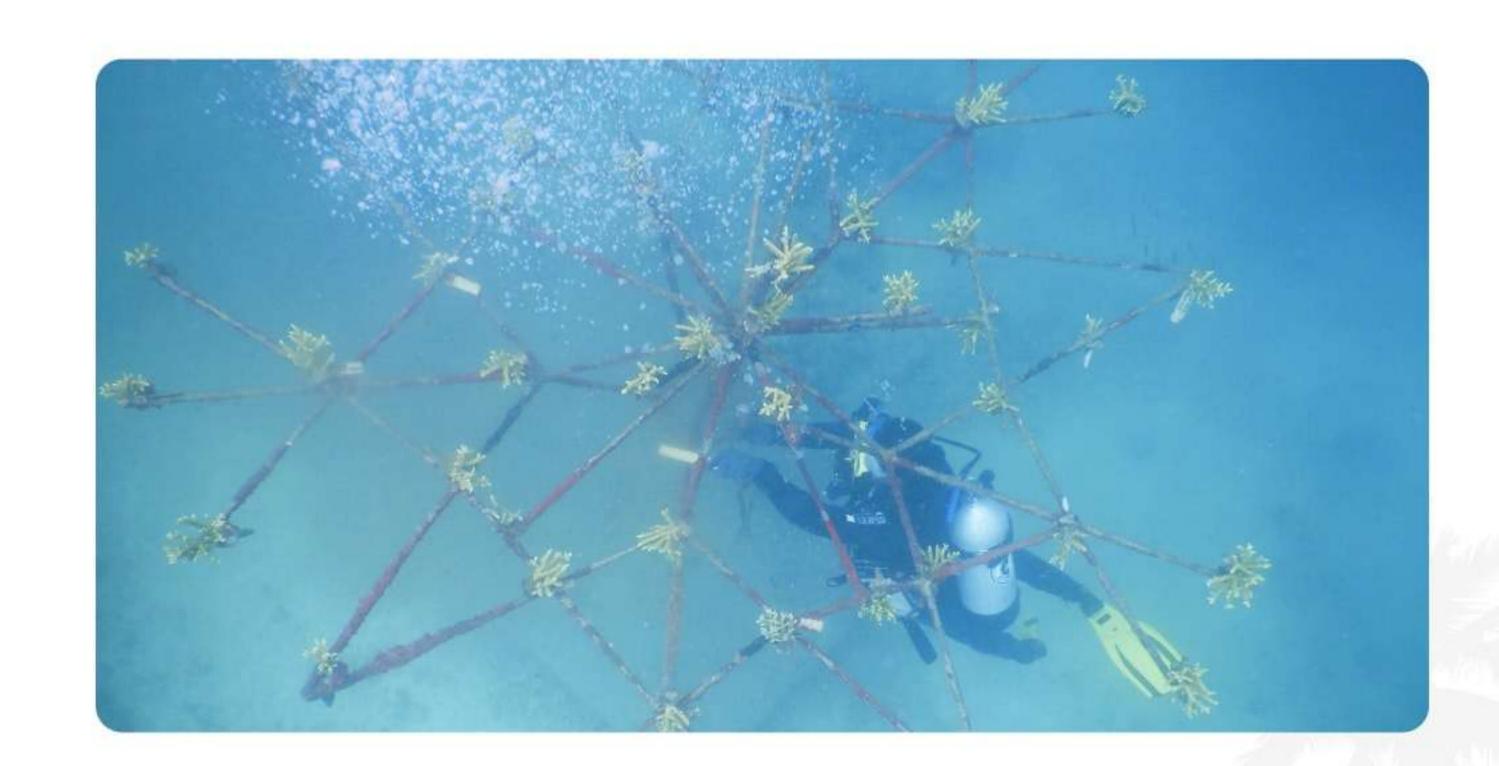
Add-on Snorkelling: +350k per person. Plant the coral yourself, alongside Metamorforsa

The Metamorfosa team is restoring the reef in Sumberkima Bay.

One of the inventive aspects of their approach is placing sculptures underwater that form a strong base for new coral to grow on.

Artists are working on a series of sculptures within the theme of 'change' that together form an underwater art gallery.

One of the structures in the underwater gallery is a wish tree. You can sponsor a baby coral to be added to this wish tree, along with your wish for change so that your wish and the coral grow together.



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## NATIONAL PARK WALK

Guided walk + picnic: 1065k per person (min 2 people). Includes transport, a knowledgeable guide, water and a picnic halfway.

Guided walk + 3 course lunch at Octagon: 908k per person (min 2 people). Includes transport, a knowledgeable guide, water and a 3 course lunch at the end in the Octagon restaurant.

This hike starts after a 15 minutes drive into the Park.

The 2 hours hike will be passing the coastline with mangroves and using a forest trail. Half way, on a romantic spot overlooking the sea, a picnic is prepared for you.

The hike ends at the Bali Mynah bird sanctuary, a preservation place for the endangered Bali Starling or Jalak Bali.

During the hike you have a chance to see and hear different birds, monkeys, deers and other wildlife.

Children 11 years and younger are half price. Children 4 years and younger can join for free.

#### WOULD YOU LIKE TO EXPERIENCE THIS?



## BOATTRIP

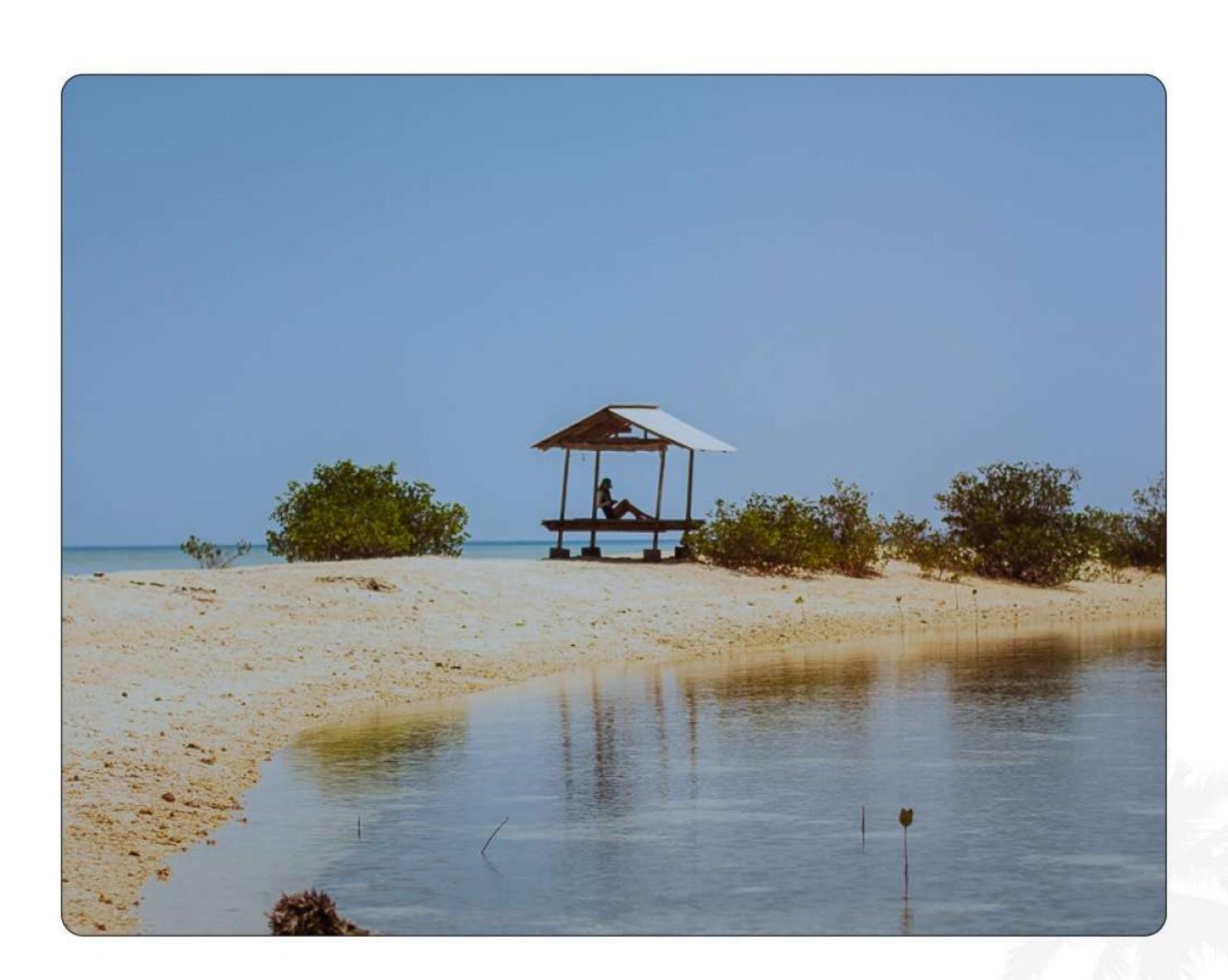
**Boat trip:** 450k per boat for max 8 people. Extra charges apply if you want to include snorkelling and visit the reef restoration site.

You can take a boat trip alongside the mangroves, fish farms and to Gili Putih, the white sand island.

Enjoy the beautiful scenery of the mountains from the sea and let the Java volcanoes show their glory.

You will also support Metamorfosa, the local reef restoration project by taking this trip. Best is to take the trip during high tide to have access to the white sand island.

If you don't have one, it is super useful to buy a custom metamorfosa drybag in the front office to make sure your phone and other belongings stay dry during your trip.



### WOULD YOU LIKE TO EXPERIENCE THIS?



## BOTANICAL WALK

### Free of charge

We have created a self-guided botanical walk for you.

This 2 hour journey starts at the yoga shala and ends at the reforestation site on the hill.

On this walk, you will learn about the origins and traditional uses of the different flora on our site. You will also visit our organic farm on this walk.



## WOULD YOU LIKE TO EXPERIENCE THIS?



## DIVING

Prices can vary depending on the trip. Contact reception for current information.

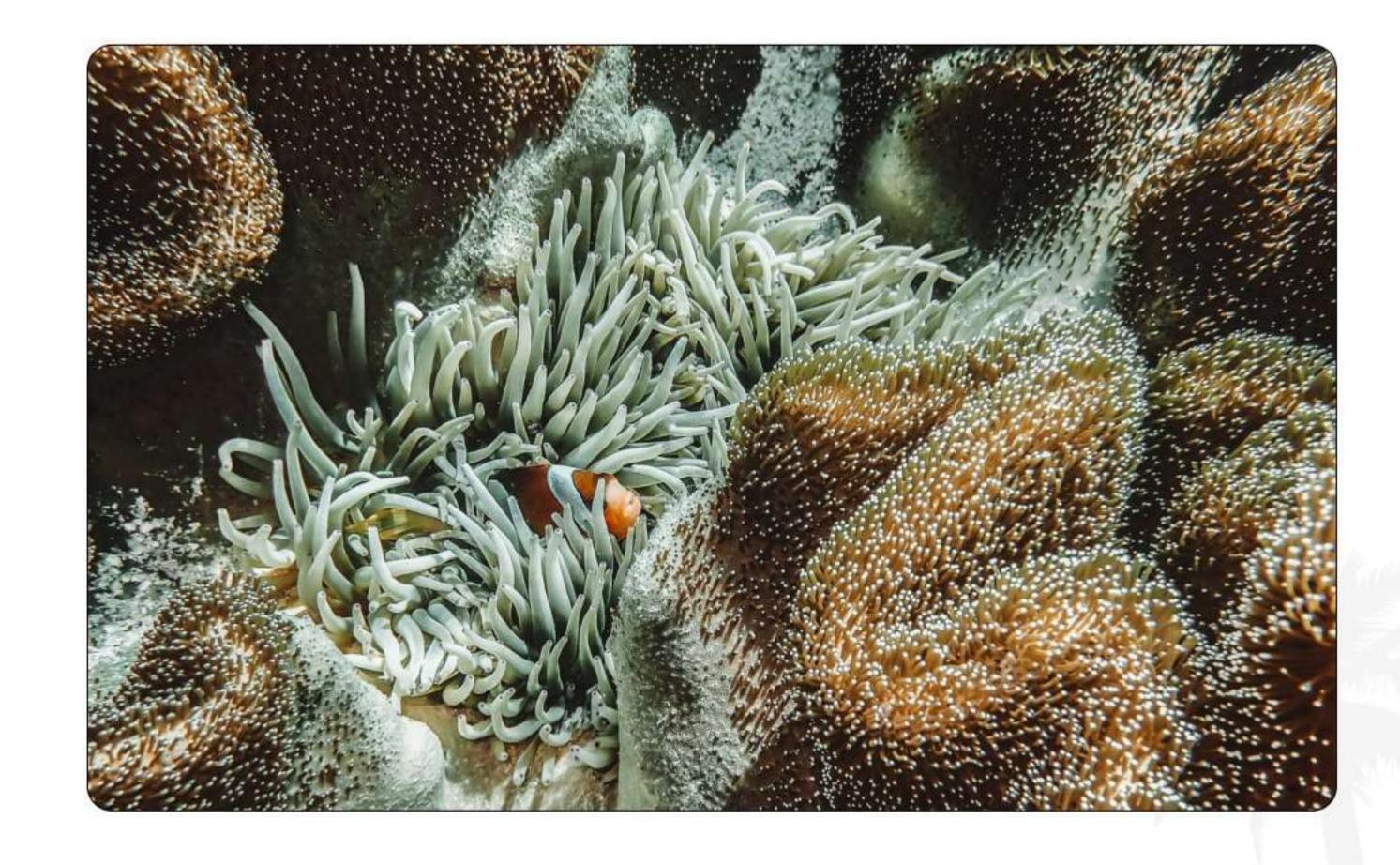
North West Bali has an adventure for every diver! You can explore the reefs in Sumberkima Bay and learn more about our coral restoration project.

Or take a boat ride to Menjangan Island that offers a more challenging experience. We offer fun dives for holidaymakers, introduction dives for beginners and any level PADI courses.

If you are in a group, we can also organise a mix of snorkelling and diving.

Our divermaster and local ranger, Totok can discuss all the options to ensure the perfect dive experience for you.

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WOULD YOU LIKE TO EXPERIENCE THIS?



## FREDIVING TRIP

A freedive trip: Starts from 850k per person.

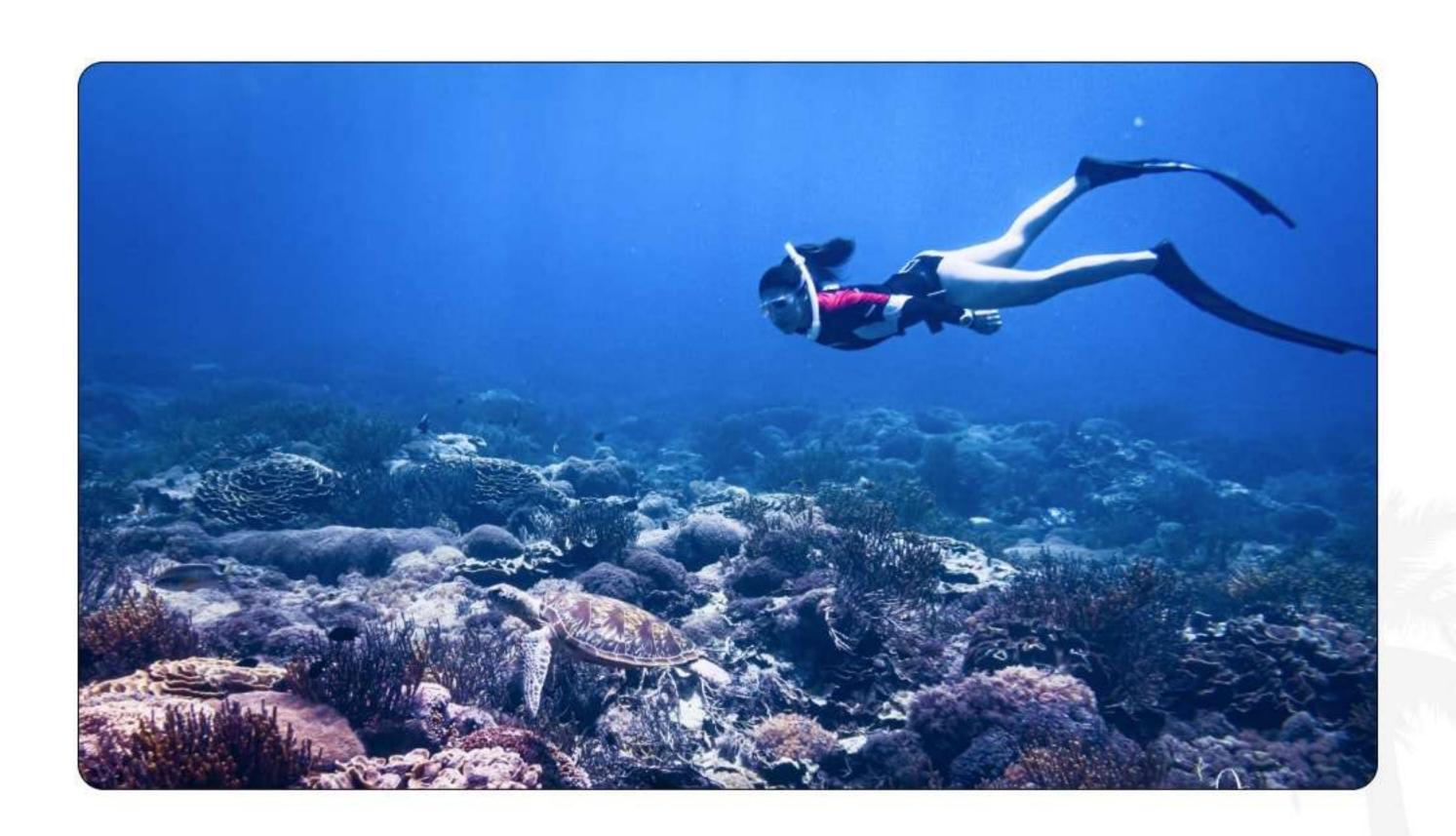
Included is lunch, drinking water, guide, and national park entrance ticket

If you are a certified freediver then you can join Yoshua on a fundive around the reefs of Pemuteran and/or Menjangan Island. He will arrange this trip with a minimum of 2 people. If you don't have a friend to join you, it's also possible to join another group that is going.

It's a guided tour customized for freedivers.

You will go to spots freedivers love, away from the regular snorkelers and scuba divers. It's a unique opportunity for freedivers to see the best spots Bali has to offer.

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## LEARN TO FREDIVE

Introduction course 1.350k

AIDA2 - Beginner Course: 4.500k

We partner with Ousia Freediving Academy in Pemuteran, the perfect place to start your freediving journey.

They offer customized teaching experiences to meet your personal needs. From introduction up to instructor courses, there is something for everyone.

For beginners the course takes 2.5 full days, with multiple theory sessions on land providing you with all the knowledge you need.

There are practice sessions in the pool to make you more comfortable with breath holds, and to work on your technique

Finally, there are multiple sessions out on the ocean.

After each day you will also get amazing pictures from your dives and a video analysis to show you what you need to work on to perfect your skills.

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A part of the profits of this experience will be donated to the metamorfosa reef restoration project.

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## PHOTO EXHIBITION

Free of charge, viewable in the reception lobby.

The QR code below will direct you to an album where you can see the photos and the purchase prices.



Talented photographer, and good friend of Sumberkima Hill Stephane Sensey, has curated photographs of the soul of the island of gods. He has photographed a wide variety of different faces and Balinese culture.

Most of those photographs were captured in the Sumberkima area. The exposition reflects their stories during covid.

You can purchase a postcard from the exhibition as a memory of your travels to bring home with you at the reception desk or request a bigger print to be made.

#### WOULD YOU LIKE TO EXPERIENCE THIS?



## HIKING

**Solo Hike:** 25k per person that supports the maintenance of the hills.

**Guided Hike:** 175k per person for a guided 3 hour hike (minimum 2 people).

The hills around Sumberkima have beautiful jungle and savannah terrain. The top boasts a panoramic view with mountains, volcanos and ocean.

If you want to go with a guide, the local chief will show you the most picturesque routes. Half the profit goes to reforesting the hill.

Hikes take between 1 and 3 hours.

The best time for a walk is at sunrise. You can explore our trails by yourself if you feel adventurous or hire a guide to avoid getting lost.



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## JEN CRATER

2 People: 1250k per person

4 People: 900k per person

Includes entrance & guide fee, transport, ferry ticket, breakfast box, gasmask, and a flashlight.

This volcano on Eastern Java, has a 1 km wide turquoise-colored acid crater lake and an active sulfur mine.

Kawah Ijen is 2,600m or 8,660ft tall. The track to the crater is about 3 km of which only about 1.5 km is a bit of a steep climb. Bring shoes with a good grip. This hike is not advised to do in the rainy season.

Departure time from Sumberkima to see the sunrise at the crater and avoid the heat for the climb, is 11 PM. You will start your hike around 4 AM.

You will be back in Sumberkima Hill the next day around noon. The driver will go with you on the ferry boat to Java and stay with you so you can leave your belongings safely in the car.



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## KAYAKTRIP

Double Kayak: 200k, fits 2 people

Add-on a Guide: 100k

Sumberkima Bay is a protected bay, lined with mangrove trees. With a backdrop of mountains and the volcanoes of Java, the views are sensational everywhere you look!

The best way to explore this is with Metamorfosa's kayak trips. You can explore the area with a guide and visit the mangroves, fish farms and White Sand Island.

Sunrise or sunset time are best for kayak trips as the sky is ablaze with colours. Make sure to bring plenty of water and sun protection. Please be aware that the wind and currents can pick up while you are out on the water. It is advised to bring a phone so you can make a call to be picked up.

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## PROFESSIONAL PHOTOSHOT

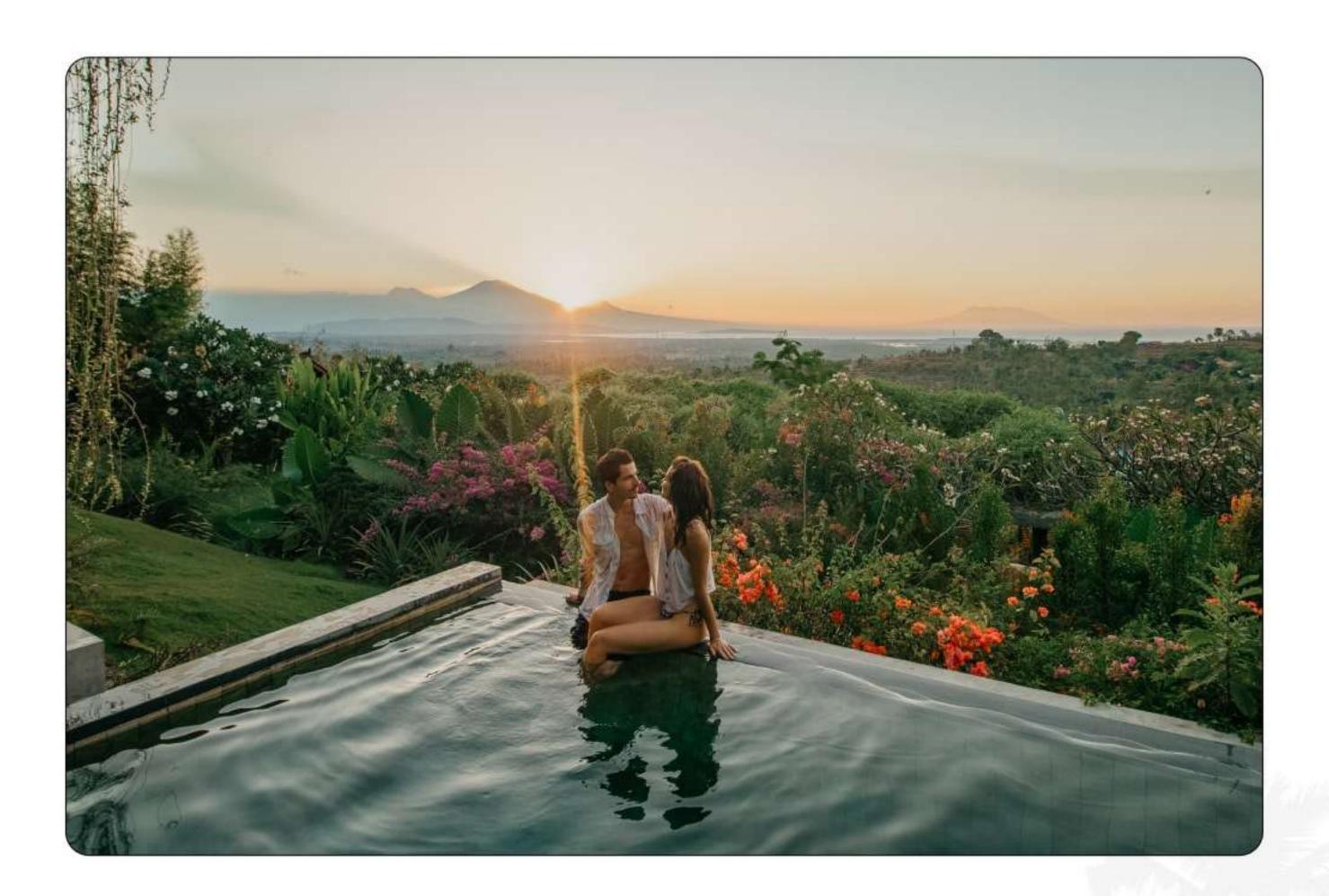
2 hour shoot: 950k

4 hour shoot: 1500k

Make the most of our incredible nature and architecture to capture gorgeous memories with a professional photographer.

We can offer you any available sunrise or sunset villa as your location, as well as Gili Putih (extra boat fee) or in the hills of Sumberkima.

If you desire extra props like flowers, romantic dinner or pillows, we can arrange them for an extra fee. The price includes editing and receiving high quality photos in your inbox.



#### WOULD YOU LIKE TO EXPERIENCE THIS?



## A SPECIAL PICNIC

## Price varies based on picnic location & food order

Our picnic platters are a special treat to surprise your loved ones with.

We use cushions, handpicked flowers and candles to create a cosy atmosphere on the terrace or in the garden of your villa or by the poolside.

It's possible for 2 or for bigger groups.

You can choose any of the following platters:

### Brunch platter

Pancakes, fruits, chocolates and coffee

### Sunset platter

Grilled veggies, dips, cheese, olives and more

## Romantic dinner setup

Order from the menu or request something special

### Location options:

- At your villa
- · Gili Putih
- Top of the hill at Sumberkima Stage

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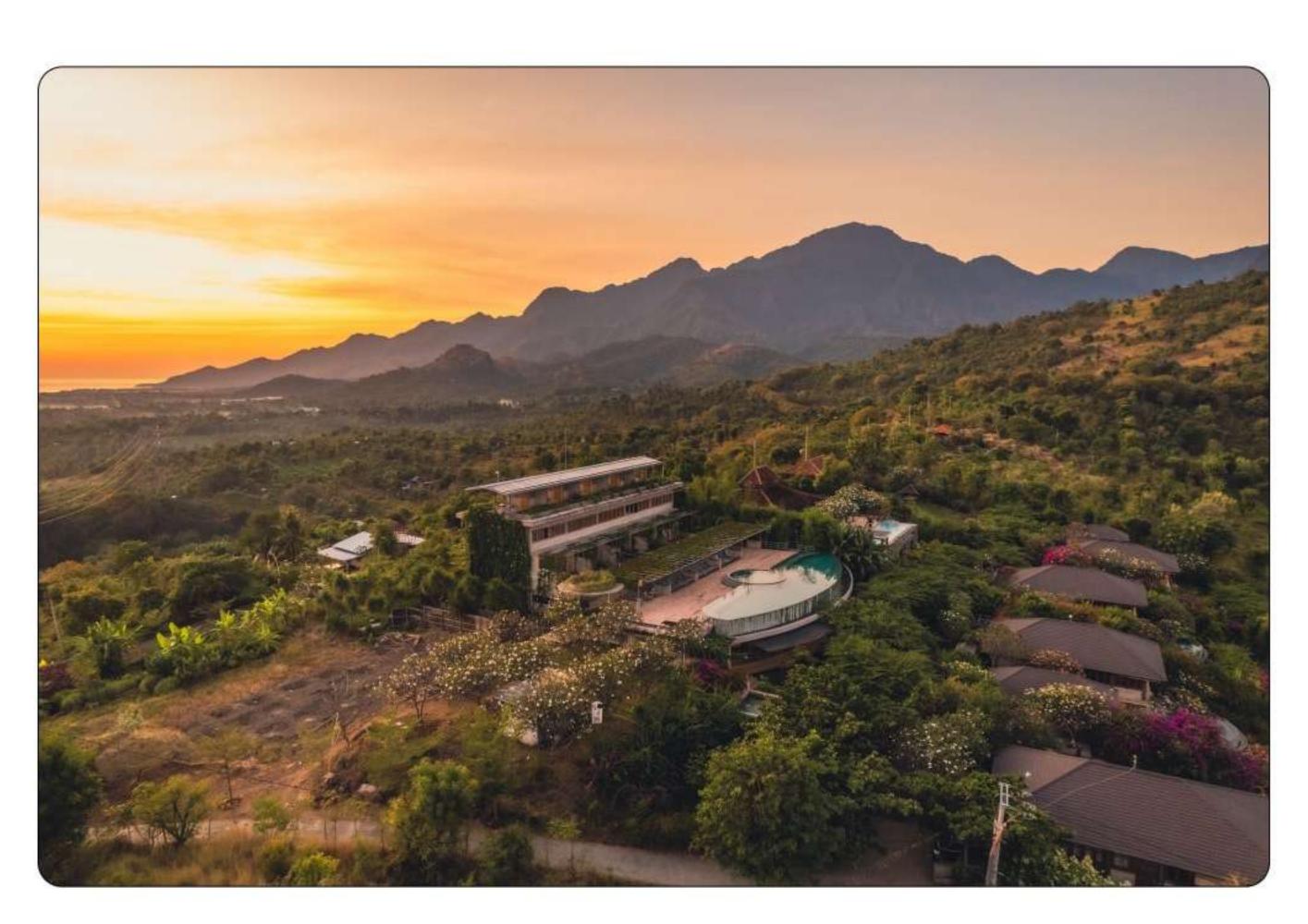
## COMMUNITY POOLS

### Free to use for all guests

Be sure to have a dip in the two community pools. Both of them have excellent views and are suitable for doing laps.

The Lingga infinity pool is on the south side of our hill and looks over the valley below and volcanoes above, with epic sunset views. Enjoy the most scenic swim of your life.

The Madya infinity pool is 30 meters in length located above the lobby and has mountain and volcano views. The golden and green hues make a swim here feel even more tropical.



#### **WOULD YOU LIKE TO EXPERIENCE THIS?**



## ROMANTIC DINNER

Price varies based on location & food order

Romance can present itself in many ways: through love, towards nature, in solitude and much more!



We have several "romantic" dinner locations to help you depart from the normal and seek excitement away from everyday life!

Options include: a dinner for you and your loved ones on...

- White Sand Island
- On top of the hill
- In the garden or terrace of your own villa

This is your chance to be wooed by tropical lushness, surrounded by those who intrigue you.

#### WOULD YOU LIKE TO EXPERIENCE THIS?



## SNORKELLING

Prices can vary depending on the trip. Contact reception for current information.

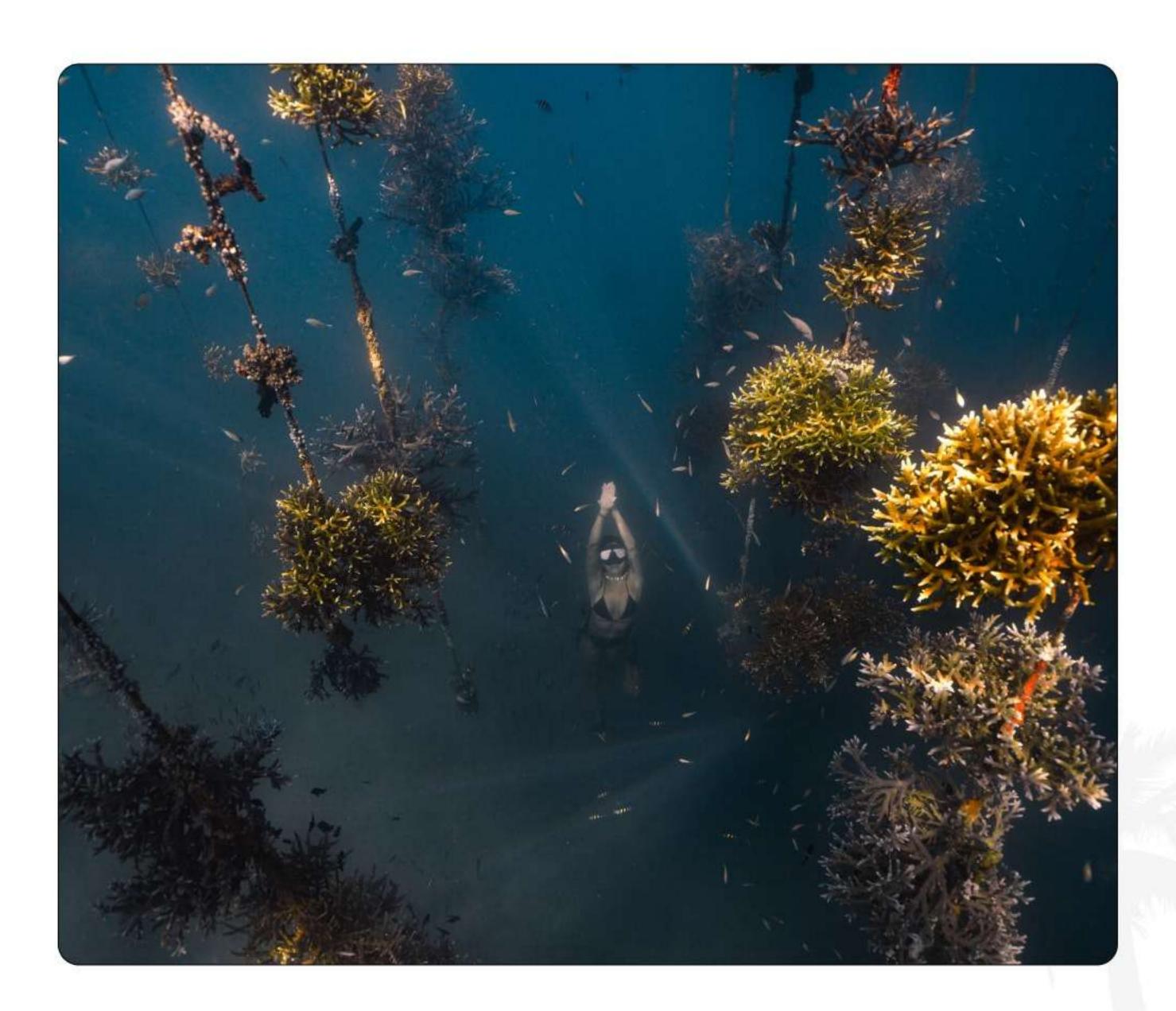
In the area there are some nice snorkelling spots. You can go snorkelling in our bay with the Metamorfosa team to check out our reef restoration project.

In Menjangan Island there is a famous underwater world to enjoy.

Or head to Pemuteran to the biorock structures.

In Pemuteran and in the Menjangan area there are some nice beaches for a lazy afternoon.

If you don't have one, it is super useful to buy a custom metamorfosa drybag in the front office to make sure your phone and other belongings stay dry during your trip.



### WOULD YOU LIKE TO EXPERIENCE THIS?



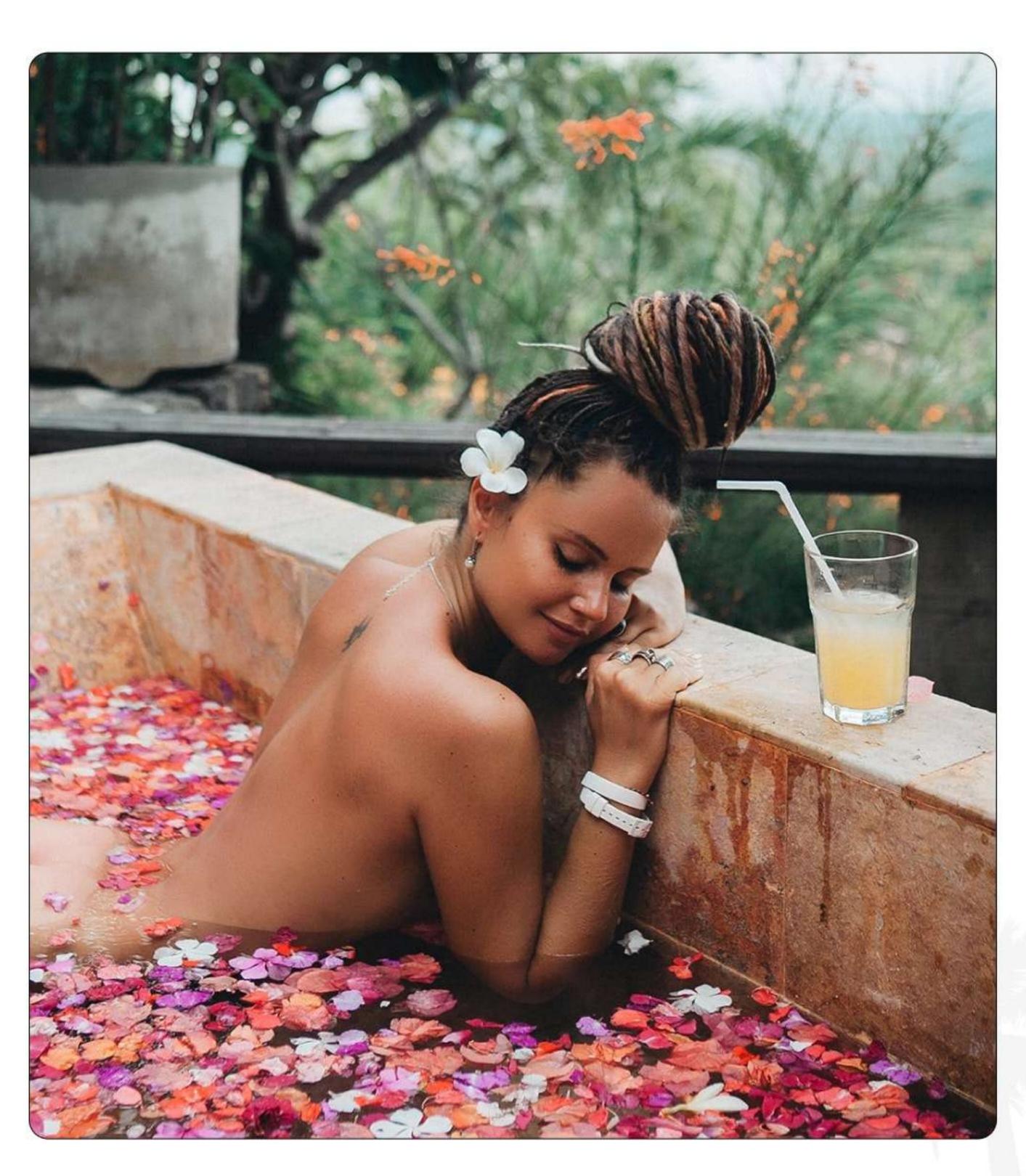
## SPA TREATMENT

## Check our spa menu for rates

We have a range of affordable spa treatments to enhance your experience, from beauty therapies for your skin and hair to cleansing massages and reflexology.

We have several experienced local practitioners to work their magic on you, blending modern and ancient methods of healing.

You can see the spa menu in the villa as well as in our Instagram highlights.



WOULD YOU LIKE TO EXPERIENCE THIS?



## SUPPING

**SUP Board Rental:** 100k

SUP Board Guide: +100k (optional)

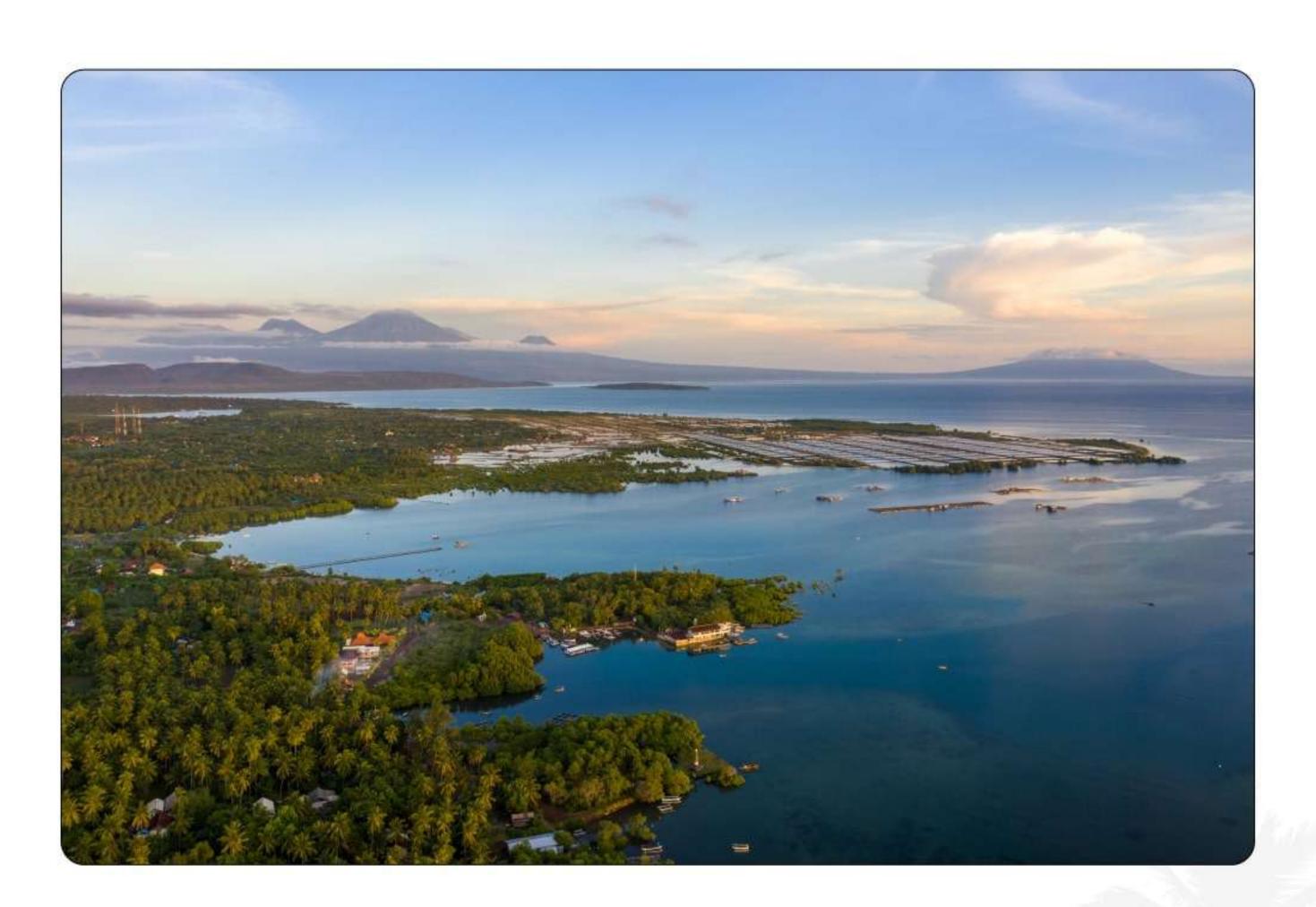
We have our own line of SUP boards for rental, in collaboration with Metamorfosa.

You can use them to paddle around the bay, go from snorkel spot to snorkel spot and if you feel confident in your paddle power, you can even go all the way to Gili Putih!

Spend the afternoon enjoying the gentle current and the warm sunshine.

Please be aware that the wind and currents can pick up while you are out on the water. It is advised to bring a phone so you can make a call to be picked up.

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## TEMPLE TOUR

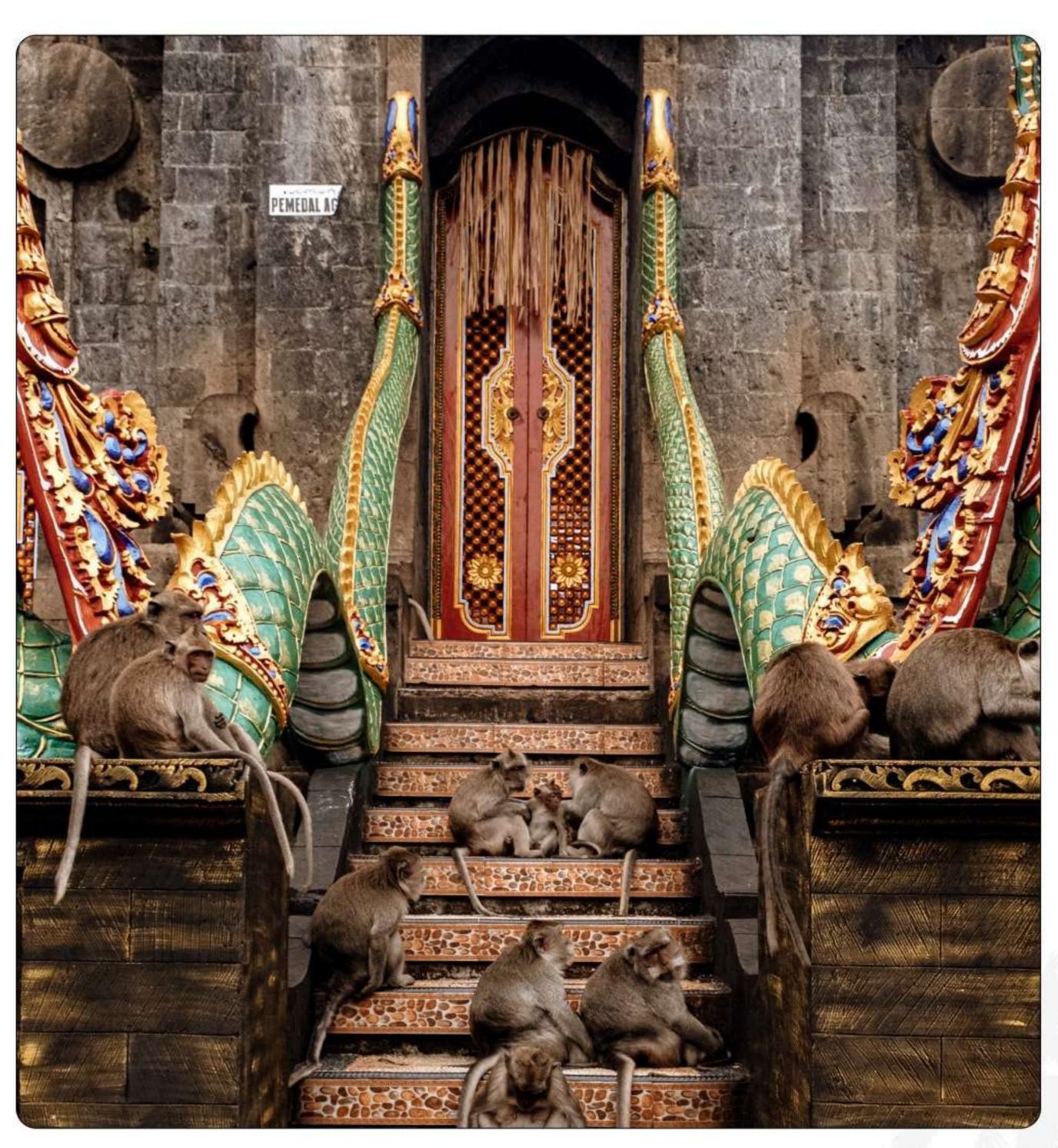
**Transport:** 450k for a taxi (max 6 people)

At some temples you will be asked for a small donation or entrance fee.

We offer a temple tour in the area which takes you to the Belatung, Pulaki, Pabean and Melanting temples.

Each temple has a different deity and a different story! What better way to learn about Balinese Hinduism than through the places of worship?

Wearing a sarong is mandatory when you visit the temples.



### WOULD YOU LIKE TO EXPERIENCE THIS?



## RELEASE A TURTLE

Donation: 100k per person

\*An extra boat fee will be charged in the event the turtles are to be released at Gill Putih

Metamorfosa's turtle hatchery has various nests waiting to hatch from the months of April to October.

If the turtles are about to hatch during your stay, you will be notified by reception so you can watch them crawl out from the sand.

When the eggs hatch, there is a twelve hour period in which you can be the lucky person who gets to release the baby turtle into the sea! Your donation goes a long way.



WOULD YOU LIKE TO EXPERIENCE THIS?



# VISIT THE UNDERWATER ART GALLERY

Entire trip: 350k per person

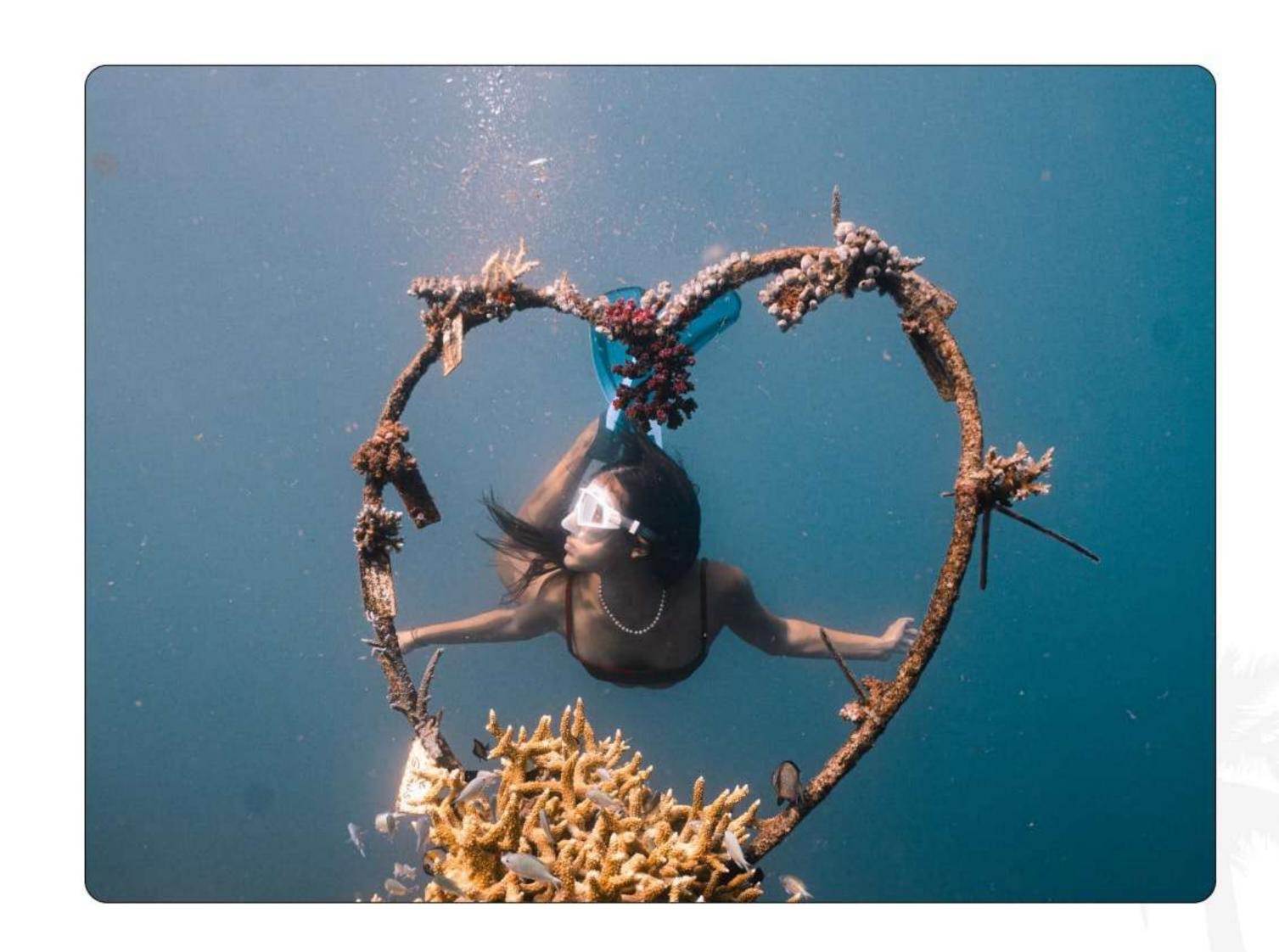
Includes transport, boat, and gear.

One of the innovative ways in which Metamorfosa is restoring the reef is by placing sculptures underwater that can form a strong base for the baby corals to grow on.

Several artists are working on a series of sculptures around the theme of 'change' to represent the mindset that is required of us in order to save the reef.

You can visit the underwater art gallery by boat, snorkel to the seabed and admire the delicate beauty of this underwater art gallery.

By joining Metamorfosa's trips, you support the reef restoration project!



### WOULD YOU LIKE TO EXPERIENCE THIS?

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## FULL MOON DINNER AT SENJA

**Dinner:** dish prices vary, based on the special event menu.

During the Balinese full moon there will be a special Indonesian 5 course menu served in Senja with a dancing performance by the local dancing school.

Senja has curated this special experience by selecting unique dishes from different islands in Indonesia and paired custom cocktails and mocktails with each course that complement the flavor.

There will be 3 dances, the youngest girls will welcome everyone with a Puspanjali dance, after that there will be a Cendrawasih or bird dance and in the end we will invite everyone to join our beautiful dancers in a Joged dance.

We serve a meat & fish menu and a vegetarian menu. Our standard a la carte menu will not be available on full moons.

Details for pricing, food and drinks can be found in the Sumberkima Hill Linktree or in both Suma and Senja restaurant.

#### WOULD YOU LIKE TO EXPERIENCE THIS?



## BERS & POOL AT WHANA CABINS RECEPTION

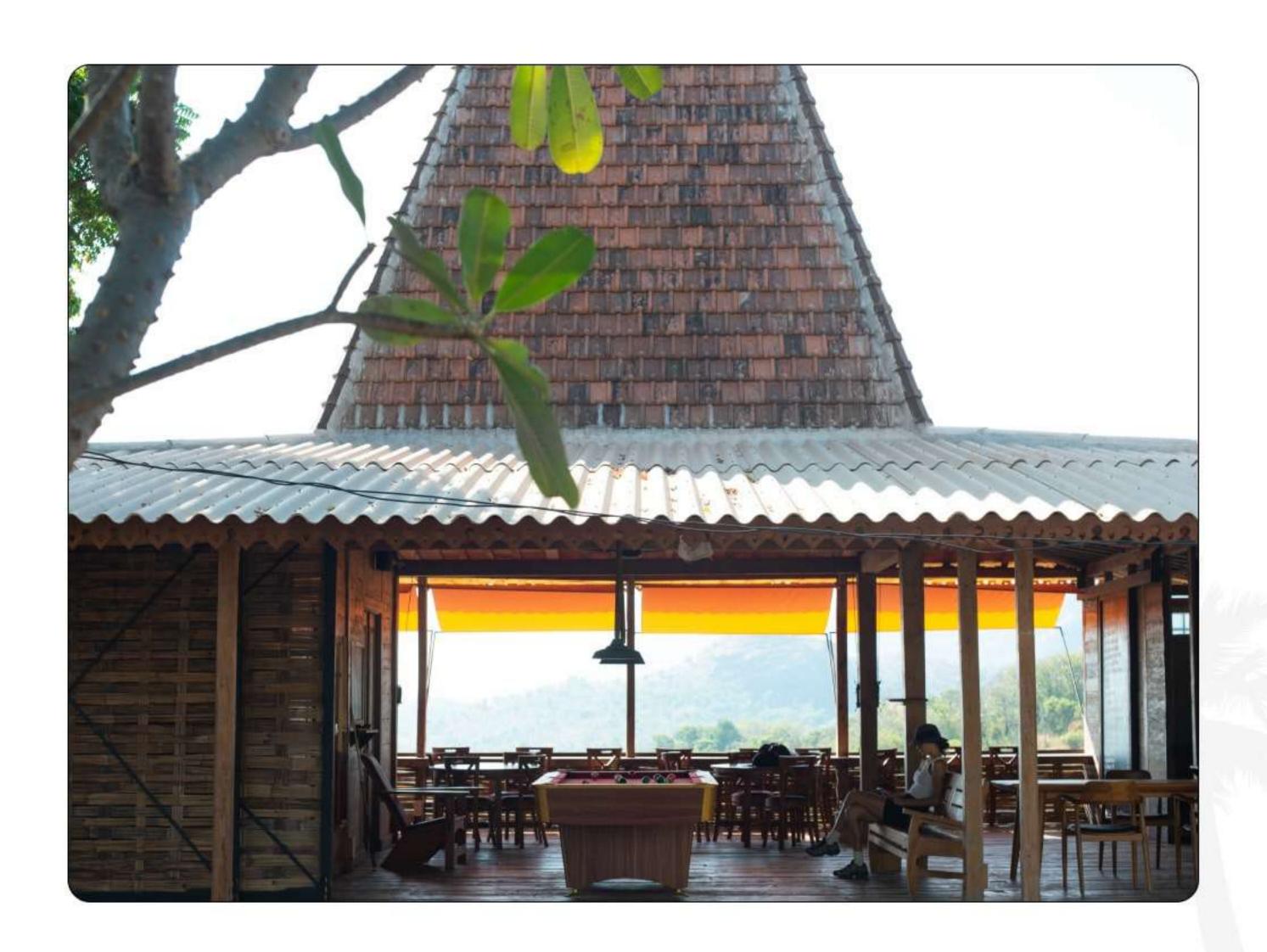
The Whana Warung offers a nice hang out spot to have a coffee or tea with a snack in the morning or a satay and beer in the evening while playing pool.

It's the perfect spot to just hang out, read a book or play a game. You can also start a hike here if you want to go to Sumberkima Stage at the top of the hill.

Playing pool costs 50k per hour and you can book with the cabin reception staff if you want to claim a certain time slot.



At Whana you can also rent a cabin to stay the night. It's higher up on the hill with amazing views. Every cabin has a comfortable bed and a little deck. There is a shared toilet and shower area for all cabins. Book in advance via the Sumberkima Hill team, as it is a popular spot!



### WOULD YOU LIKE TO EXPERIENCE THIS?



These activities are organized directly with our staff and are only possible outside of their usual working shifts at Sumberkima Hill. They can all be booked directly using the QR codes seen here.

## Authentic Balinese Cooking at Gede's House



At Gede's Cooking class, you'll master the art of cooking Bali favorites like satay chicken and fish in banana leaf. We cater to your needs and can tailor the menu for special requests. Join us for an unforgettable cooking experience that's a must-do for any food lover!

## Cooking class in your villa by our chefs Suma or Gusti



Cook in the comfort of your own villa. Our chefs will teach you how to cook different courses with attention to the preparation and flavour. You can make a request for specific food to be cooked or have them surprise you with their favourite Balinese

#### Mixology workshop with Yuda



Learn how to mix your favorite cocktails, how to shake like a pro and make your own garnish. You can take all the recipes with you to impress your friends at home. Price includes 3 cocktails.

## Learn how to make jamu with Ocho and Yuda



Jamu is a traditional herbal remedy made from ginger, turmeric and a variety of different spices and herbs depending on what kind of purpose the jamu has. All ingredients are grown in Sumberkima and cooked in a specific way to make jamu. You can harvest the ingredients in the garden of their house and make it together.

#### Homemade coconut oil by Ocho



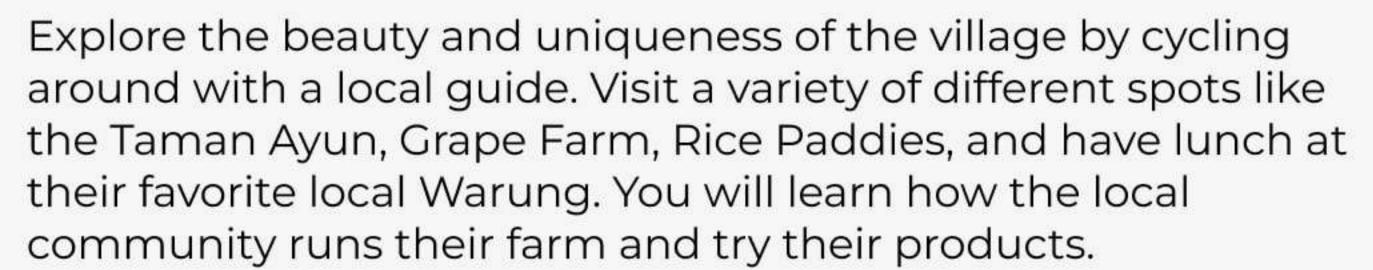
Learn about how Ocho makes virgin coconut oil in his house and if he makes a batch during your stay you can join him. You can also buy a bottle in the reception space.

dishes.



These activities are organized directly with our staff and are only possible outside of their usual working shifts at Sumberkima Hill. They can all be booked directly using the QR codes seen here.

## Cycling tour around the Village with Mangroove Bay



### Fishing or spearfishing trip with Putu

Go by local fisherman boat or speedboat to a few of Putus favourite spots and learn how to fish or spearfish. Fun fishing is at the reefs close to the beach and spear fishing is deeper out at sea. Make sure to pack yourself a lunch and some water (the restaurant can organize this for you). It's also possible to go night fishing. You need to have experience already for spearfishing, including some basic freediving skills and knowledge how to handle a spear gun. Not for beginners.



Go around Gumbleng area in the valley of Sumberkima to various farmers, learn about how they work, and enjoy the area. After go to pande family house for a traditional balinese dinner cooked by his mother.

## Make your own offering (Canang) at Mangroove Bay

Try out your skill in weaving your own offering with the guidance of Mangroove Bay team. When your offering is ready you will visit the Sumberkima Monument Temple and send your prayer to God with your own handmade offering. Includes some coffee and cookies.

#### Village tour by Ocho and Yuda

Walk around in the village and learn about how locals live and have a chat with them. Go to different temples and special places around the village and perhaps join a ceremony.

### Cycling tour to Melanting area with Suma

Cycle past pulaki and melanting temple over the main road. About 30 min one way and 30 min back. Includes some coconut and a snack.









