

milk +
honey
TRAVELS

a perfect day in
UBUD



ABOUT UBUD

Perched on the highlands of Bali, Ubud is an all-round destination not to miss when traveling the region. With scenic landscapes, lively art scene, rich cultural atmosphere, and countless lifestyle attractions, there are no limits to the things you can do in this charming town.

facts

Population: 4.2 million (Bali) | Country: Indonesia

Language: Balinese, English | Pronounced: oobood

Noteable Landmarks: Campuhuan Ridge, Monkey Forest, Goa Gajah





1

START YOUR DAY **Yellow Flower Cafe**

Most accommodations in Bali come with a fantastic breakfast spread. However, if you find yourself venturing out in the morning hours before your day gets started, you won't be disappointed with the array of delicious food available at breakfast around town.

Yellow Flower Cafe is a colorful cafe located in Penestanan Kaja that is slightly outside of the craziness of town and a great place to try. They offer a delicious breakfast menu including banana pancakes, french omelet, feta and avocado toast, smoothie bowls and much more. The menu is completely organic and mostly vegetarian. It is located in the Ubud hills with an amazing view of nature.





2

MORNING ACTIVITY

Sunrise Trekking on Mount Batur

Trek up the highest peak of Bali's sacred mountain and witness a glorious sunrise over a volcanic crater. Set your alarm clock and in the very early hours of the morning depart from your hotel to the starting point at the base of Mount Batur.

The first section takes you uphill through volcanic ash, sand and small rocks. Continue ascending to the top of the crater where the terrain becomes windswept with fewer rocks and vegetation. Relax at the summit with a simple breakfast while witnessing the sunrise and the stunning morning views of Mount Abang and Mount Agung. On clear days it is even possible to view Lombok's Mount Rinjani in the distance across the Lombok Strait.

Walk to another crater rim before descending along the same path you climbed in the dark, this time being able to enjoy the spectacular views of the surrounding landscape and Lake Batur. You can even see some of the lava flows and their path of destruction from the most recent eruptions.





3

MID DAY EATS

Folk Ubud

The Folk Pool & Gardens is Ubud's first swim-up pool/ joglo bar. With a unique style that was inspired by local haphazard renovations; rusty iron aged teak tables are complemented by artisan chandeliers and floor to ceiling drapes.

The pool is lined with tables and chairs on one side and private daybeds on the other. Rehydrate with a coconut or two, or relax with a few cocktails. The menu at Folk is diverse, offering something for everyone. They've truly nailed both Indonesian and international dishes.





4

AFTERNOON ACTIVITY

Karsa Spa via the Campuhan Ridge

One of Ubud's most idyllic walks through the countryside is the Campuhan Ridge. At the end of this winding, peaceful path is the Karsa Spa, in the most picturesque setting you can imagine.

Once you arrive, Karsa Spa is a welcome oasis and the perfect end to a short hike. In this tranquil atmosphere, shed all your cares of the world while your mind, body and soul are being pampered with a variety of relaxing treatments. Your massage takes place in your own individual hut, complete with an outdoor shower and tub.

Pro Tip: Karsa Spa was my favorite activity in Ubud, and something I plug in to all my Ubud itineraries. Make sure you end your treatment with a flower bath add on, it's 30 min of pure paradise.





5

TIME TO DINE **Locavore**

Locavore's guests can anticipate an unforgettable culinary adventure. Led by classically trained chefs Ray and Eelke, the passionate and dedicated kitchen team create unique, contemporary European fare from the finest of locally sourced seasonal ingredients. Artfully presented, meticulously prepared and utterly delicious, the cuisine of Locavore promises an exhilarating fine dining experience.





6

LATE NIGHT FUN **Night Rooster**

Pull up a pew at this super-cool new speakeasy on Jl Dewi Sita and enjoy some of the best cocktails you'll find anywhere, thanks to the resident alchemist. From the same team behind the popular restaurant Locavore, the upstairs 40-seater bar area is dripping with a cool late-night atmosphere and the drinks are simply sensational works of art, both visually and in their subtle, delightful flavours.





a note from bri

This place is full of surprises around every corner and there is so much beauty to experience and be a part of. My advice would be to stay outside of the center of Ubud (it really is a crazy, chaotic area with too many people navigating a really small area), but visit it and see it for yourself.

This is a place that speaks to my soul in a way I can't quite explain but desperately want to keep finding a way to listen to. There is a grounding that takes place here, and I really dig it. I know you will too. Please reach out if the milk + honey team can assist you in putting together your own special trip.