



TRIP OVERVIEW

Bali is synonymous with lush rice terraces, dramatic volcanoes and a bohemian atmosphere. The volcanic 'Island of the Gods' to this day retains its unique Hindu culture and traditions - the perfect backdrop to an unforgettable YogaSwim experience.

The island is a haven for sea adventurers. The north-eastern corner of Bali is a surf-free zone and an excellent playground for open water swimmers, featuring vibrant marine life and coral reefs arrayed in tiers over seabeds of black sand. The water visibility is outstanding as well.

For this YogaSwim experience, we are based in the fishing village of Amed, which sits under the volcanic peak of Mount Agung - Bali's highest and most spiritually significant site. The coastal view is framed by the roofs of our 'shalas' where we perform our daily yoga practice at the start and end of each swimming day. Tall slopes and volcanic terrain are also visible as we swim along the coastline throughout our trip. The reefs (keep your goggles freshly cleaned to spot the marine life) slope directly from the shore, so you'll have plenty to see, even in the earliest moments of each swim.

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who enjoy yoga, or who want to explore the benefits of yoga and how it naturally complements and enhances our swimming. We swim twice per day along the idyllic coast. Swims are shorter than an average SwimTrek Trip. So, if you prefer to cover more kilometres per day then you may like to explore our: [Shipwreck Coast – Bali Trip](#)

Swimmers do not require open water experience but should be capable of completing the average swim distance of 1½ km prior to the start of the trip. The average daily swim distance is around 3km (split over a minimum of two swims). No prior experience of yoga is required.

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery.

WHY YOGA AND SWIMMING?

Yoga and swimming are a perfect combination. For swimmers, yoga offers both physical and mental benefits. Yoga increases breathing awareness, develops strength and increases mobility, especially if you can work yoga into your daily routine. Through meditation, relaxation and stretching, yoga has incredible restorative qualities, relaxing the nervous system and muscular tension. It can help you centre and focus, and to find the perfect rhythm for your swims.



LOCATION SUMMARIES

Amed

Amed started off as a fishing village in north-east Bali. More recently, it has become one of the go-to places for freediving due to the fantastic visibility available just off the shore. While here, there are plenty of locations where you could try your hand at the sport.

Mt Agung

Towering 3,142 metres above sea level, Mount Agung is the highest mountain on the island of Bali and the fifth highest volcano in the whole of Indonesia. Mount Agung has huge spiritual significance to the people of the island and is home to the 'Mother Temple' of Besakih. Balinese legend describes how Agung was created when the Hindu God Pasupati split Mount Meru (the spiritual axis of the universe) and formed Mount Agung with a fragment.

Karangasem Coast

Amed is situated within the Karangasem Regency and this coast is where we will be swimming over the entire trip. Where there aren't reefs, you will notice volcanic sand spewed over the ages by the looming presence of Mount Agung. The volcanicity makes for great clarity and ideal swimming conditions.

World War II Shipwrecks

Our start point is at the site of a Japanese patrol ship which lies close to the coast and is visible from the surface. Around the wreckage live damselfish and pygmy seahorses drawn to the numerous sea fans that sprout on the wreck.

TRIP SCHEDULE

Start Point	Blue Earth Village, Amed, Bali www.blueearthvillage.com
Start Time	15:00 on Day 1
Finish Point	Blue Earth Village, Amed, Bali
Finish Time	11:00 on Day 6

Please note that the below daily itineraries are an example of the swims and yoga sessions that may take place during your trip, however, specific activities may vary according to local conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

Arrive, check-in and we will meet in the early evening at the Blue Earth Village for a pre-trip briefing. This is where you will meet your guides, fellow swimmers and enjoy a welcome drink. Afterwards, we will take a short walk down to Jemeluk Bay for an acclimatisation swim before returning for our first



yoga session. This will be a short yoga practice covering basic Asanas and learning the principle of effortless effort within swimming and yoga, preparing us for the week ahead. From the Shala you will enjoy stunning views over Amed before sitting down for dinner.

Day 2

This morning we will meet for our yoga practice. We will explore how our poses can support us in the water through greater balance, mobility, alignment, and connection to our breathing.

After breakfast, we gather and walk down to Jemeluk Bay where we meet our skippers and their outrigger boats, which will transport us to the start of our swim at the Japanese shipwreck - just offshore from the traditional Balinese village of Banyuning. After some time to snorkel above its wreckage, we begin our swim with numerous reefs below us, around isolated headlands. We finish at Lipah Bay for a relaxing lunch, taking us into the afternoon before heading back to Blue Earth Village.

Back at Blue earth Village, we will have the opportunity to practice restorative yoga. The practice will consist of slow deep stretches which we will hold as we begin to understand the feeling of letting go in a pose, as well as improving your swimming technique.

Day 3

The morning will start with our yoga practice, connecting our swimming and yoga, developing a steady rhythm in both our bodies and our breathing.

We will have a relaxing morning of swimming as we head into the calm waters of Balila Beach Resort and make our way South along the coast. After lunch, we then take a short boat ride back to our base, where you have a chance to relax for the rest of the day before the afternoon yoga session. We will take time to restore our bodies with a gentle yoga practice and breathing techniques before dinner.

Day 4

This morning's yoga practice will begin with a sitting meditation as we prepare for our longest swim of the week. We will then focus on our alignment and the difference this can make when we are swimming in open water. After breakfast we walk down to the waters of Jemeluk Bay and swim out across the bay to find the opposite shoreline and its fringing reefs, following these to Amed.

On our return to Blue Earth Village, we will have the opportunity to build on your restorative yoga and body awareness practice.

Day 5

We will continue to explore how our poses can support us in the water through greater balance, mobility, alignment, and connection to breath. After breakfast, we transfer back to Balila, but this time we head North to explore the coastline. If conditions allow us - we can swim through 'Simon's Squeeze' - a small opening in the rock. After lunch, we continue North towards Tulamben. This stretch is dotted with dive sites, such as Seraya Secret, Emerald, Drop Off and Coral Gardens - all of these are visible from the surface.



On arriving at Tulamben, we swim over the wreckage of the USS Liberty which marks the end point of our swimming journey. There will be plenty of opportunity to swim over and dive down to explore the wreckage before heading back to Jemeluk Bay for the final time. That evening there is an opportunity to head into the village and enjoy a last meal overlooking the Bay.

Day 6

On our last morning, we will bring everything we have learnt together for our final yoga practice. We explore how yoga can train the mind and body and how we can take this into our everyday lives to enhance all that we do. We will also have the time to discuss any of the practices we have done. After breakfast, we finish with a relaxing swim in Jemeluk Bay, where the trip draws to a close.

TRIP GRADING

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery.

Swimming Distances

Swim	Distance	Swim	Distance
Banyuning (Japanese Shipwreck) – Selang Bay	1½km	Selang Bay - Lipah Bay	1½km
Lipah Bay - Bunutan	1½km	Bunatan – Jemeluk Bay	1½km
Jemeluk Bay - Amed	2km	Amed - Kirana	1km

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult the office prior to booking.

Walking Conditions

Walking is not a major part of the trip, and we will generally walk on sealed paths to and from the bays and beaches that we start and finish our swims on.

Temperatures

Month	Water Temperature*	Air Temperature*
May	27°C - 80.6°F / 31°C - 87.8°F	24.5 °C - 76 °F / 30.7 °C - 87.2 °F

September 24°C - 75.2°F / 29°C - 84.2°F 23.6°C - 74.4 °F / 30.1 °C - 86.1 °F

* Please note that these temperatures are indicative and should be used as a guide only.

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Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 12. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat Support

Boat support on this trip includes one main boat and two support boats to be piloted by local boat pilots. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

Freediving, scuba diving, meditation and traditional massage are all available. It is also possible to Climb Mount Agung and walk or cycle the Amed countryside & coastline as well as visiting the Tirta Gangga Water Palace.

Yoga Practice

Our 1-1½ hour morning practice is designed to help you prepare for the day, energising and invigorating your body for exhilarating swims and walks. This practice may include a mix of standing poses (asanas), back or forward bends. All poses are completely optional, and props may be used for support. The practice will develop stability and alignment for the specific muscle groups we will use when swimming. After our active day, we'll unwind our tired bodies and relax with a restorative evening yoga class. This is a gentle session which will help the mind and body let go and allow you to enter a state of relaxation.

Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2) *	<input type="checkbox"/>	Light Sweater / Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Trainers / Sandals / Aqua Shoes
<input type="checkbox"/>	Personal Drink Bottle (x2)	<input type="checkbox"/>	

For more information please visit: www.swimtrek.com/packing-list

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*Try to bring one clear lens and one tinted lens for different light conditions.

SwimTrek will supply yoga mats, yoga props, swim hats, water, and electrolyte drinks. The guides will no longer distribute shared drinks bottles but will fill your personal drink bottles. Please ensure these are clearly marked to help our coaches identify yours. If you would like to use a wetsuit, rash vest, snorkel, or fins during your swims, please ensure that you bring these with you.

GETTING THERE

The easiest way to reach the start of your trip is to fly into Bali's Ngurah Rai International Airport (DPS). Flights arrive direct from many international destinations including Jakarta, Singapore, Kuala Lumpur, and the Australian hubs of Adelaide, Brisbane, and Sydney

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips, so check out [SwimTrek's tips to help you get the best deals for your flights](#) page on the website.

Transfer from Ngurah Rai International Airport to Amed

The best option to get to Blue Earth Village is via a private transfer. The drive to Amed from Denpasar is about 2.5–3 hours, depending on traffic. The drive is a scenic one along the varied coastline then winding up through tropical hills and past rice paddy fields. If you are staying in Sanur for a night before then it is about 30 minutes less, again traffic dependent. It'll be cheaper and more fun if you share with another SwimTrekker. Still, it should only cost around IDR600,000 (GB£35) per car.

ACCOMMODATION

Blue Earth Village was created by a group of friends with a shared love of freediving and yoga and belief in the vulnerability of our planet. This belief guided them in their use of sustainable and recycled materials. From the various levels and walk-ways of the restaurant, popular with Amed local expats, there are stunning views of the mighty Mount Agung volcano. Around the grounds are decking areas for chilling out and the single lane 25-metre-long pool, which is ideal for stroke analysis. There is a smaller deep pool that is lovely for dipping in between swims. Within the grounds are two large, airy Shalas, purpose built for practicing yoga whilst making the most of the views and space.

The accommodation is built with a combination of recycled materials and natural building techniques such as Earthsack 'super adobe'. With this sustainable technique the walls are very thick and hence insulated against heat and noise. No room is the same. Room choices include beds for twin share, double occupancy and a limited number of single occupancy rooms are also possible, subject to availability.

Please note that Blue Earth Village is built on quite steep and undulating land. If your mobility is limited

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and this is of concern, please contact our customer team for more information.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Bali and need to book additional nights' accommodation before or after your trip, please contact Blue Earth Village directly via: info@blueearthvillage.com

Besides the natural beauty of Bali, it also has a rich cultural element and the island's cultural heartland of Ubud is worth a visit whilst you are here. Or try some wave surfing on the beaches around Kuta & Seminyak.

Food and Drink

The restaurant at Blue Earth Village offers international dishes and local favourites. Though they do serve fish and meats, it specialises in a range of vegan and vegetarian cuisine. They avoid the use of MSG or palm oil, wash all ingredients in drinking water, and wherever possible use only organic produce. Try the coconut milk which is made onsite from fresh coconuts.

All breakfasts are included during your trip, as well as lunch on Days 2, 3 & 4. Other meals are at your own expense. This gives you the opportunity to experience Amed's local cafes and restaurants over the course of your trip. Prices will vary between local and tourist restaurants but in Amed you might expect the price of a restaurant meal to be around 150,000 Indonesian Rupiah (IDR) (\$AUD14, \$US10).

The village of Amed is on our doorstep and there is a good range of cafes and restaurants to satisfy any dietary requirements.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as evening dinners, drinks, entertainment, souvenirs, etc. The local currency in Bali is the Indonesian Rupiah. You can exchange currency at the hotel or withdraw money at ATMs that can be found in Amed.

In some countries tipping, gratuities, is not part of the culture. In others it has become an expected norm. We believe that tipping is entirely at your discretion. If you have been provided with excellent service, it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters, or taxis. Nothing is expected for your SwimTrek guides, but many groups like to present something to the Guides at the end of the trip.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible

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tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information please visit: www.swimtrek.com/sustainable-travel

Passports and Visas

Bali is an Indonesian island. All passports must have at least 6 months validity remaining after departure from Indonesia. Citizens of all E.U. member states, the US, Canada, Australia, and New Zealand travelling to Indonesia for tourism purposes may travel within the visa exemption policy entering without a visa for up to 30 days at certain ports of entry.

Please note that visa regulations are subject to change, and we advise you check visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage, and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Bali Indonesia, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries.

Please note that this information is subject to change, and you should re-check this site regularly prior to your trip.

Internet Access, Electricity and Travel Plugs

At Blue Earth Village there is free Wi-Fi in all rooms and public areas. Service may be intermittent.

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.