



# Bali

*Journey to the Island of the Gods*

**April 10 - April 21, 2026**

## **Women Travel Tribe**

Small Group Adventures for Women 50+

[womentraveltribe.com/tours/bali-apr-2026](https://womentraveltribe.com/tours/bali-apr-2026)

# Tour Overview

---

Duration:	12 days
Group Size:	8-12 people
Start Date:	April 10, 2026
End Date:	April 21, 2026
Arrival Airport:	Gusti Ngurah Rai International Airport (DPS)
Departure Airport:	Gusti Ngurah Rai International Airport (DPS)

**Let's go to paradise!** On this small group tour for women over 50, prepare for an incredible hybrid of unique experiences, cultural exploration and a healthy dose of relaxation and self-indulgence.

You will marvel at **Bali's natural beauty**, explore **Balinese spiritual practices**, create **traditional crafts**, and delight in the bustle of the **Ubud Markets**...and so much more! Each activity on this 12-day tour has been expertly curated to ensure a special, community-focused and memorable visit to the **Island of the Gods**.

Our **magnificent accommodations** for 9 nights will be at the **Om Ham Retreat**, located just outside of Ubud. Meaning 'to find god within,' Om Ham was built as a **tranquil sanctuary** where nature, spirituality, and wellness converge. With luxurious private rooms and enchanting views of the lush rice fields, the resort offers yoga, meditation, farm-to-table dining, an infinity pool, and healing and spa services.

Dive into our daily itinerary below and start dreaming of all the unforgettable adventures awaiting you in Bali.

**This soulful journey to a truly magical destination is an experience not to be missed!**

## Tour Operator Information

This Bali tour is operated by Soul Bliss Journeys, a trusted partner of Women Travel Tribe since 2022.

# Daily Itinerary

---

## Day 1: Ubud, Bali (Arrival Day)

### Included meals: Dinner

Welcome to the Island of the Gods! Upon arrival, a private driver will whisk you away to The Om Ham Retreat & Resort, a serene resort nestled amidst the lush landscapes of Ubud. Our fabulous hosts will be there to provide a warm welcome to Bali and show you to your private accommodations for the next 9 nights. Ubud is situated in the island's uplands and is known as a center of traditional Balinese crafts and dance. It is surrounded by a stunning landscape of rainforest and terraced rice paddies dotted with ancient Hindu temples and shrines. On the first evening, we'll gather together for a brief orientation and a chance to officially introduce ourselves, followed by our first group dinner of freshly prepared, traditional Balinese cuisine. \*For those who would like to arrive early and would like help making arrangements, let us know and we'll connect you with our Bali hosts who'll happily assist you.

---

## Day 2: Mengening Temple / Bali Swing

### Included meals: Breakfast, Lunch, Dinner

Good Morning, Bali! After breakfast, we're off to one of Bali's best kept secrets, the Mengening Temple. Pilgrims from around the island and surrounding areas visit Mengening to collect its holy water and cleanse themselves in the sacred pools. In this natural wonderland, we'll have the opportunity to participate in water healing (known as "melukat"), a ritual that has been used for generations in religious and spiritual blessings and as a therapeutic tool for personal healing. For our next stop, we'll head high above the lush landscape of the rice fields of Tegalalang to an incredible spot that promises spectacular views and the safe thrills of the Bali Swing for adventure seekers. Get your cameras ready! Following a delicious lunch, we return to our home base for free time before heading out for a delicious dinner at a local Balinese restaurant.

---

## Day 3: Spa Day / Free Time To Explore

### Included meals: Breakfast, Lunch, Dinner

This morning will be about rest, rejuvenation and soaking up the tranquility of the Bali spirit at a luxurious spa in Ubud. Indulge in 3 relaxing treatments to unwind and refresh from your long flight and to help prepare you body and spirit for the magical days ahead. A healthy, 3-course lunch will be served in the lovely gardens of the spa restaurant. Following lunch, you'll be free to spend time exploring the heart of Ubud or you may return to the resort for an afternoon of continued relaxation. Options for dinner include an unhurried meal at Om Ham or eating out at one of Ubud's wonderful restaurants.

---

## Day 4: Sound Healing / "Canang Sari"

**Included meals: Breakfast, Lunch, Dinner**

After breakfast, we'll take a short drive to the mystical Pyramids of Chi to be led through an enchanting session of sound healing. The Balinese utilize these sound sessions to heal the mind, body and spirit and to create a deep sense of tranquility through the vibrations of music. After our healing session, we'll enjoy lunch served in the beautiful cafe located in the gardens before going back to Om Ham. The afternoon will be spent learning the Balinese practice of canang sari, or the making of traditional offerings. Balinese offerings are a conscious expression of gratitude, intended to please and honor the Island of the Gods. In the evening, we'll dine together at one of the most famous restaurants in the city of Ubud!

---

## **Day 5: Volkswagen Convertible Tour**

**Included meals: Breakfast, Lunch, Dinner**

Today we'll soak in the beauty of Bali on a scenic drive, with the tops down and hair blowing in the wind in VW convertibles! Riding in style, we'll have a full day to explore rural villages of the island, observe the stunning beauty of the lush landscapes and crop fields, meet many lovely people along the way and connect even deeper with the vibe of this great destination. Back at Om Ham for the evening, we'll relax and enjoy a nourishing dinner on the rooftop terrace.

---

## **Day 6: Mala Bead Ceremony / Free Time**

**Included meals: Breakfast, Lunch, Dinner**

After breakfast, we'll have the honor of participating in a mala creation ceremony. More than a simple string of beads, a mala is a set of 108 stones intentionally crafted as a tool to support spiritual practices and meditation, aiding in quieting the mind and increasing mental clarity. With guidance, you'll create your own mala, setting intentions and goals with each knot tied. Lunch will be served at Om Ham and the afternoon is yours to spend however you would like. A massage, a long walk, shopping... our hosts will be happy to help find the best use of your time based on your motivations. We'll join together again at the end of the day for another amazing meal in Ubud.

---

## **Day 7: Balinese Cooking Class / "Boreh"**

**Included meals: Breakfast, Lunch, Dinner**

This morning, we're invited to the village home of a local culinary instructor to learn the basics of Balinese cuisine. We'll learn the purpose and preparation of all of the fresh ingredients and will feast together on the assortment of 'makan enak' (yummy food) that we've created. Back at Om Ham, there will be time for rest before an optional Boreh workshop. Boreh is a traditional Balinese body scrub made of an aromatic blend of natural spices and herbs. It has been used for centuries for both cosmetic and medicinal purposes, helping to improve blood circulation, reduce muscle pain, bone pain, fever, chills, and headaches. This workshop will be both educational and a delight for the senses! Later in the evening, we'll head out for another excellent dinner.

---

## Day 8: Batik Painting / Tea Tasting

**Included meals:** Breakfast, Lunch, Dinner

Once again, we begin the day invited into the home of a local talent for a workshop on the art of batik, an Indonesian technique of wax-resist dyeing applied to cloth. We'll spend a few hours playing with color and creating beautiful cloths before moving to Ubud for lunch. Following lunch, we will be led through a special tea ceremony, where we'll sample a variety of local teas grown in the Indonesian archipelago. In the late afternoon we'll make our way back to Om Ham for a relaxing evening of free time and a delicious dinner.

---

## Day 9: Herbal Walk / Botanicals Workshop

**Included meals:** Breakfast, Lunch, Dinner

Today's outing will take us on a stroll through the scenic rice fields of Ubud. Along this walk, we will learn about the uses of common plants and herbs passed down for generations in traditional Balinese medicine. We will also explore unique, Southwest Asian spices used as both local cuisine flavors and natural healing agents. After our walk, we'll have the opportunity to use our new herbal knowledge to create a variety of traditional Balinese herbal products including pain relief balms, body care products, sunblock and beverages. The rest of the afternoon will be yours to use as you wish. We'll then reconvene in the evening for dinner.

---

## Day 10: Sanur

**Included meals:** Breakfast, Lunch, Dinner

Following breakfast, we'll pack up, bid farewell to Om Ham and take a leisurely drive to Sanur, a seaside town in southeast Bali. After check in, there will be many options to spend the rest of the day. You may choose to explore the shops and art galleries of Sanur, walk along the calm, shallow waters of the beach, or take a bike ride down on the paved paths. In the evening, we will head to the coastal sunset performance of the Kecak, the Bali Fire Dance, overlooking the ocean. Said to originate from the Balinese ancient ritual Sanghyang and aimed to repel evil spirits dancing in a trance-like state, Kecak has become a theatrical display of traditional dance. The performance will take place at the magnificent Uluwatu Temple, perched atop a 230-foot cliffside. We'll enjoy dinner at a local restaurant near the temple once this fascinating ceremony is complete.

---

## Day 11: Free Time in Sanur

**Included meals:** Breakfast, Lunch, Dinner

On your last day in Bali, the time is yours to spend as you wish. You can rent an electric bike to explore the Sanur area, nap or read in the fresh air, hang out at the beach, get a massage,

partake in last minute shopping or something entirely different. In the evening, we'll join together at one of the best restaurants in the area for a farewell dinner, designed to honor and celebrate the experiences and new friendships that have defined our time on the Island of the Gods!

---

## **Day 12: Bali - Departure Day**

**Included meals: Breakfast**

As they say in Bali, "Selamat tinggal!" You will be picked up and transferred to the airport depending on the time of your departing flight.

---

# Tour Inclusions

---

## Included

- ✓ Small group (maximum 12 participants)
- ✓ Accommodation (11 nights – 4\* hotel)
- ✓ All meals
  
- ✓ Transportation for all activities
- ✓ English-speaking hosts and guides throughout the trip
- ✓ All activities, entrance fees and experiences mentioned in the itinerary
- ✓ Gift bag
- ✓ All airport transfers

## Not Included

- ✗ Flights to/from Bali
- ✗ Passport/visa fees
- ✗ Meals, activities and transportation not mentioned
- ✗ Travel insurance (mandatory)
- ✗ Gratuities

# Pricing

---

Single Room:	\$3,680
Deposit Required:	\$1,000

# Accommodations

---

Paradise in paradise! We'll stay at the tranquil, magnificent OmHam Retreat & Resort, where our hosts treat the Women Travel Tribe like family. All rooms are single rooms with a private bathroom.

# Physical Demand

---



## MODERATE

While this isn't a rigorous trip and relaxation time is incorporated into the itinerary, please understand that participants need to be in good health to join us. This trip may involve somewhat long days, nature walks up to 1.5 miles in distance, walking on uneven or unpaved surfaces with some slight inclines, multiple activities each day, being outdoors in potentially warm temperatures, and early morning wake-ups.

## Ready to Book Your Adventure?

---

### Women Travel Tribe

Email: [team@womentraveltribe.com](mailto:team@womentraveltribe.com)

Website: [womentraveltribe.com](https://womentraveltribe.com)

Tour Details: [womentraveltribe.com/tours/bali-apr-2026](https://womentraveltribe.com/tours/bali-apr-2026)

*Small group adventures designed specifically for women 50+  
Experience the world with like-minded travelers!*