

NECTAR & PULSE®

LIFE IS A JOURNEY



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Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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Have you already seen our other guides to New York, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

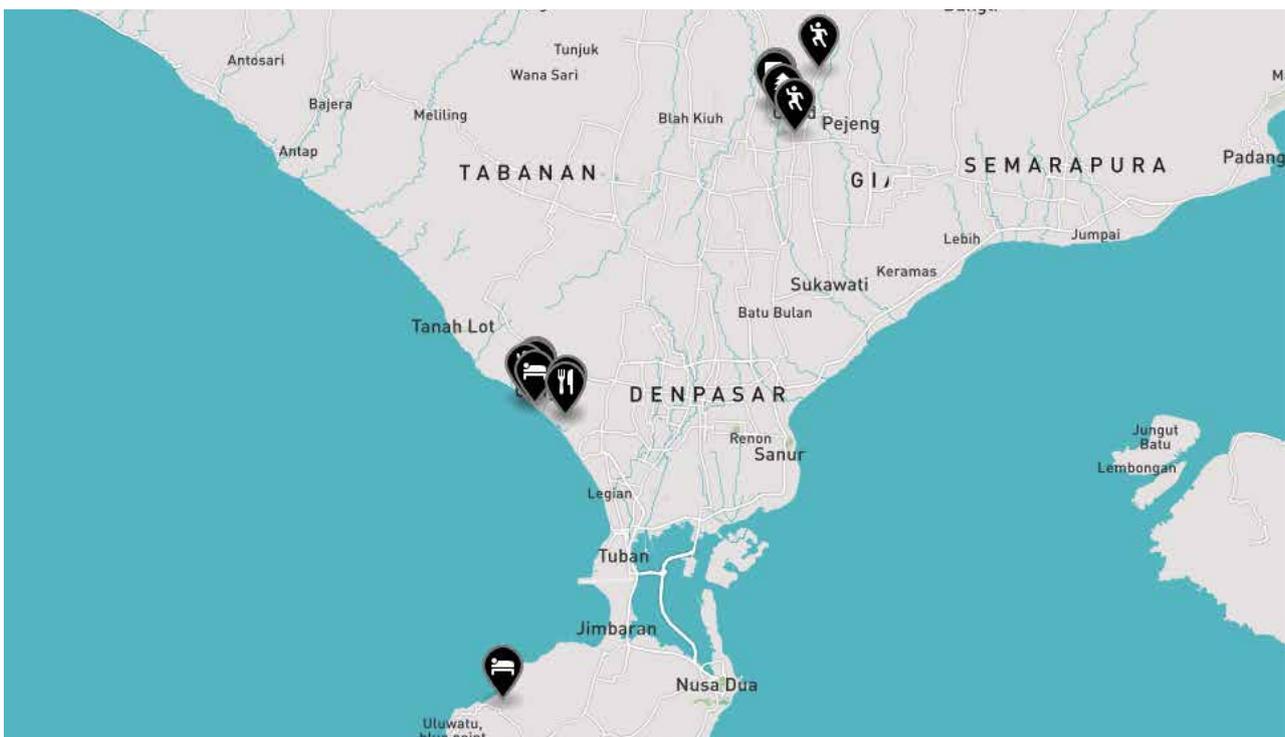
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24 HOURS IN

Bali

BY DANIELA ANDREWS

Blogger | Nomad | Woman of Action



MY PERFECT 24 HOURS IN BALI

The perfect 24 hours in Bali begin with the sunrise trek at **Mount Batur**, one of the island's three main volcanoes. The trek begins at 4am so that you reach the peak in time for sunrise and a simple breakfast of eggs and toast that your guide cooks right in the rock fissures on the mountain. The views are amazing and you get to watch the sky turn from inky black to deep purple to candy cane pink and finally to daytime azure.

From Batur you'd head to Ubud and straight to **Yoga Barn** for a Sunday morning ecstatic dance. This is an experience not to be missed, a chance to dance like no one's watching to a soundtrack of tribal rhythms and electronic beats in an open-air shala in the middle of the jungle. After the sweaty but rejuvenating experience, it's time for lunch at **Clear Cafe**, a colourful café and restaurant offering delicious smoothies, salads, and beautiful temple views.

If you still have energy and are hanging around Ubud then head up the street to start the **Campuhan Ridge Walk** (a beautiful path through rice fields and jungle) before playing hookie for the rest of the day at **Bisma Eight**, a boutique hotel with stunning design and an incredible infinity pool.

If instead you want to explore other parts of the island, head to Canggu for lunch at one of the town's amazing restaurants. **The Shady Shack** and **Peloton Supershop** are two spots where I can often be found – the first is a vegetarian restaurant where tables are spread outside under the shade of the palms. They serve the most amazing halloumi bowl, which I probably eat at least three times a week. The second is a vegan spot that has (in my opinion) the best veggie burger in the village. Have the Burnout Burger with the Tricken Schnitzel – you won't even miss the meat – or try the Miss Jackson, jackfruit tacos that I swear actually look and taste like pulled pork!

During siesta time, have a snooze on a massage table at **Chillax Canggu**. The setup is basic but clean and air conditioned (you'll be glad to escape the midday heat) and coconut massage oil will soak into your skin as one of the all-female staff prove that even tiny hands can pack a big punch.

After a massage, go for a sunset surf at **Echo Beach** followed by dinner under the stars at **The Savage Kitchen** (the barramundi and broccoli salad are an excellent choice) and a night at the ultra-luxurious **Tugu Hotel**. Or head south to Uluwatu, check yourself into one of the boho bungalows at **Mu**, book an afternoon body scrub, followed by a siesta on a lounge perched atop the cliffs, and finish off the day making new friends at the family-style dinner served nightly.

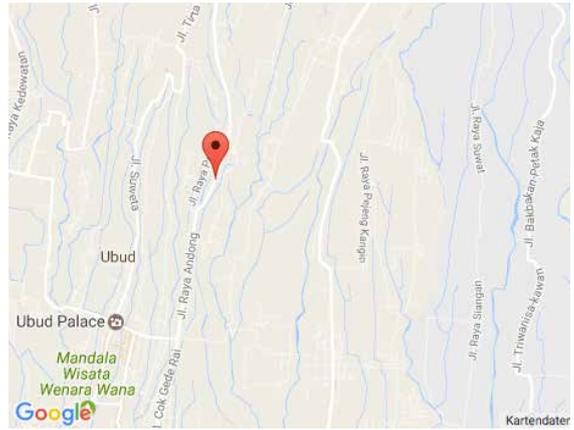
*Enjoy exploring,
Daniela*

MOUNT BATUR

FITNESS & HEALTH

Mount Batur Trekking, Bali, Indonesia

Hike above the clouds and watch the sun rise over the island.



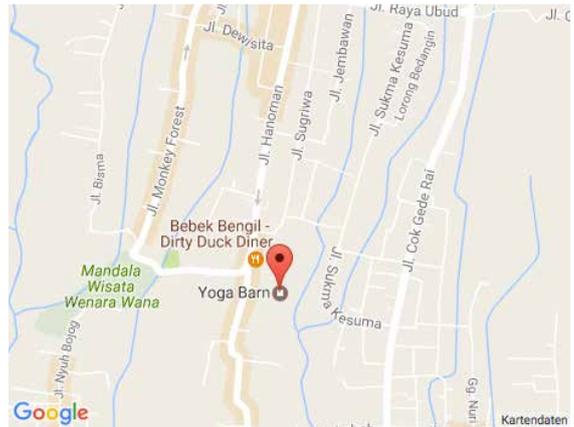
YOGA BARN

FITNESS & HEALTH

Jl. Raya Pengosekan Ubud No.63 X, Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

www.theyogabarn.com

Dance like no one's watching.



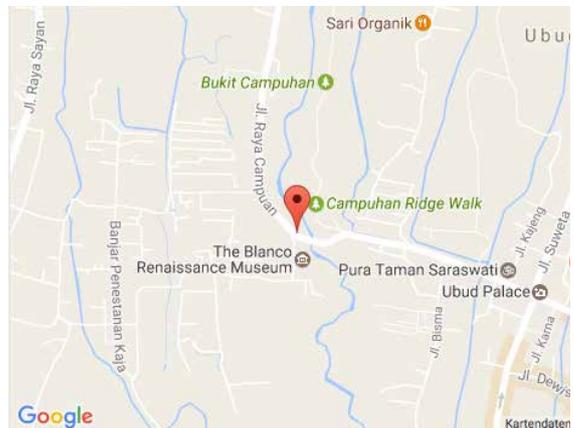
CLEAR CAFE

CAFÉ

Jl. Raya Ubud, Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

www.clear-cafe-ubud.com

Happiness is delicious healthy food and colourful comfort at Clear Café. Maybe they already moved, than you can find this cute café in its original location, not far away on Hanoman street.

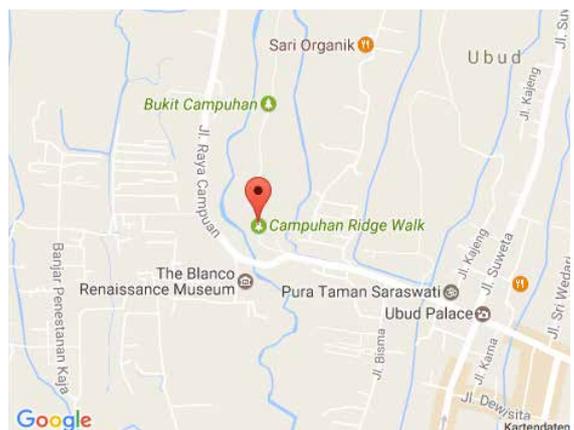


CAMPUHAN RIDGE WALK

FITNESS & HEALTH

Campuhan Ridge Walk, Kelusa, Gianyar, Bali, Indonesia

This walk through jungle and rice fields is a great way to stretch your legs.

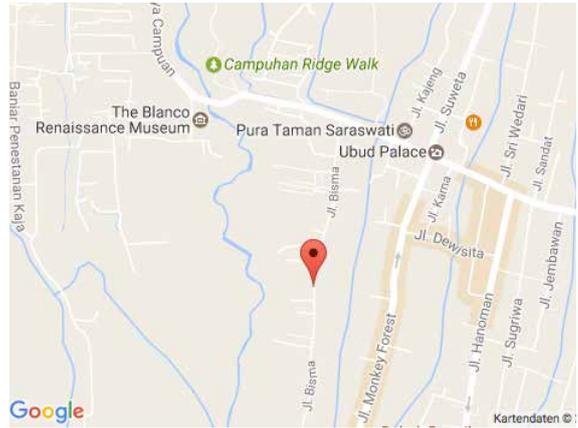


BISMA EIGHT

ESCAPE

Ubud, Jalan Bisma, Gianyar, Bali, Indonesia
www.bisma-eight.com

Industrial chic design. Impeccable service. You'll never want to leave.



ECHO BEACH

FITNESS & HEALTH

Echo Beach, Badung, Bali, Indonesia

Where the cool kids go to ride a wave. Beginners head down the beach to Batu Bolong.



THE SAVAGE KITCHEN

RESTAURANT

Jl. Raya Pantai Berawa No.8, Tibubeneng, Kuta Utara, Kabupaten Badung, Bali 80361, Indonesia
www.facebook.com/thesavagekitchen/

Mix and match your proteins, salads, and sides for the perfect meal every time.



MU

SLEEP

Jalan Pantai Bingin, Pecatu, Badung, Bali, Indonesia
www.mu-bali.com

Boho chic accommodation on the clifftop overlooking the sea.



THE SHADY SHACK

RESTAURANT

Jl. Tanah Barak No.55A, Canggu, Kuta Utara, Kabupaten Badung, Bali 80351, Indonesia
www.facebook.com/The shadyshackbali/

One of the best spots in Canggu to while away an afternoon under the shady palms, feasting on vegetarian fare.



PELTON SUPERSHOP

RESTAURANT

Jl. Raya Pantai Berawa No.41, Tibubeneng, Kuta Utara, Kabupaten Badung, Bali 80361, Indonesia
www.pelotonsupershop.com

Vegan food has never tasted so good.



CHILLAX CANGGU

ESCAPE

Jl. Munduk Catu, Canggu, Kuta Utara, Kabupaten Badung, Bali, Indonesia
www.facebook.com/chillaxcanggu/

A clean and comfortable little massage spot to have your aching muscles knead.



TUGU HOTEL

SLEEP

Jl. Pantai Batu Bolong No.117X, Canggu, Kuta Utara, Kabupaten Badung, Bali, Indonesia
www.tuguhotels.com

A hidden gem of 5-star luxury in the heart of Canggu.

