



SWASHBUCKLERS



**RUNVENTURE TOUR**

**BALI**



# The Tour

## About our 'RunVenture' Tour.

We've decided to label this tour our 'RunVenture' tour of Bali because there's a little bit of running, a little bit of adventure - and a whole lot of awesome. It's designed to be enjoyed by almost everyone - regardless of your level of running ability. In fact, we've gone out of our way to make sure you'll have an amazing time, even if you decide to do absolutely no running at all.

## Even non-runners will have a blast!

In our experience, 'running widows' (ie the partners of runners) tend to be pretty much left behind and left out while the runners are out doing their thing at most running events. But not on our RunVenture Tour!

Almost every day has a shorter, hosted walking option available and non-runners are able to join in the extra activities when the running is over. So if you have a husband, wife, partner, mum, dad, sister, brother, friend or anyone else you'd like to bring along but they're not interested in the running part, rest assured they'll still have an adventure filled week of fun they'll never forget. Ever.

## A totally unique running experience

As for you crazy runners though, you are in for something really special and different. We won't be breaking any speed or distance records, most of the runs are relatively modest and around the 10km mark, but you'll be running in some truly beautiful and spectacular places most people never get to see.

Please understand, if you're looking for a multi-stage race type event, this isn't it. Or if you're looking to show off your super-human powers of endurance over ridiculously long distances, this probably isn't for you either. But don't worry, each day will have its own challenges, and certainly with a run planned for every single day for seven days straight, on varying surfaces and in what may well be some pretty warm and possibly humid weather conditions at times, this will definitely give you the chance to test yourself.

## It's mostly about having an Amazing time.

But most of all, this Tour is about having adventure-based fun and a truly Amazing holiday. There's enough running to keep runners happy. Enough adventure to keep those who want a more interesting and active holiday happy. And enough fun to, well, keep pretty much anyone happy!



# Day 1

## Visit the baby sea turtles

**Sunday, August 4, 2013**

This is an optional day and actually has a fairly major variable that is beyond our control. Our plan is to meet in Kuta at 4pm with the view to release baby sea turtles into the ocean at approximately 5pm. As you can imagine, this is subject to there actually being some baby sea turtles ready to be released! At this time of year, we have an 87.3% chance of this happening, but should be considered a 'bonus' activity on the off chance the timings don't work for us and we are not able to do this. At the very least, we should be able to show you the baby turtle hatching area and almost certainly some baby sea turtles - even if they're not quite ready to be released.

After this, we'll head out to dinner for a casual 'meet and greet' at a local restaurant. Dinner will be at your own expense, but accommodation for the night will be included.

If you happen to fly in earlier than Aug 4 and require accommodation, please contact us and we will do our best to help you out with this. If you can't find a flight that arrives by lunch time, we recommend flying in at least one day earlier to make sure you're in town in time for the sea turtle visit and dinner. (To confirm, it's not a turtle dinner, just a turtle visit!) If you fly in late, you can simply check-in to the hotel and we will have a proper briefing over breakfast.



# Day 2

## The Beach Run

**Monday, August 5, 2013**

We start with breakfast, a slightly more formal 'meet and greet' and a briefing of the day's activities.

Today is the only day we run in the afternoon instead of the morning so after breakfast you'll have free time to look around or pick up any last minute supplies - there's a big supermarket and numerous sports stores nearby. We'll then meet at lunch time for a quick bite to eat, before heading off at around 2pm for our 17km Beach Run. The exact time will depend on the tide as we need specific conditions to make it where we're going. Even though it's likely to be quite warm and with almost no shade along the way, there's a reason we run in the afternoon - our aim is to arrive at the stunning Tanah Lot beach temple in time to watch the sunset.

A shorter distance 5 & 10km run and walk is also available.

We'll then head back to Kuta for the night where you can either join us for a casual dinner or do your own thing which is how most dinners during the tour will work.





## Day 3

### The Jungle Run

**Tuesday, August 6, 2013**

We'll head off quite early - probably around 7:30am, (right after breakfast) - as we have a few hours driving to get up into the mountains and start our Jungle Run. This will be through the stunning Botanic Gardens before venturing out the back of the gardens into a more untouched, jungle environment. This run is almost entirely on paved, bitumen roads and paths. Total distance is 10kms but with a 'Figure 8' route you can easily run a shorter distance or run at your own pace and explore the garden attractions along the way.

After the run we'll regroup at the Tree Tops Adventure Course where you can enjoy a series of tree top ropes challenges.

(Note: We may actually end up doing the tree top course before the run on this day.)

After this we'll have lunch, visit the Bedugul lake temple and head to our hotel in nearby Munduk. In the afternoon you can sit back and relax or join us for another short walk or run to see a stunning waterfall or two. (The first, spectacular waterfall is an easy, one hour return walk. The second involves a 5km round trip on slightly more difficult trails.)



## Day 4

### The Lake Run

**Wednesday, August 7, 2013**

We start Day 4 with breakfast at the hotel before driving to Pancasari near the 'Twin Lakes' of Buyan and Tamblingan for our Lake Run. This 9km run will take us on trails through some lush, green jungle past both lakes and ending up at the village of Tamblingan where you can go for a ride on the lake in a traditional, wooden canoe. The trails on this route vary from nice, wide and relatively flat to reasonably technical and can also be walked - we can even arrange a canoe to meet you at the half way point and you can canoe the rest of the way if you like!

We'll then head up the hill for lunch and some fantastic photo opportunities with a few of the more colourful locals - including a giant bat, python and chameleon!

After lunch we jump back on the bus and head further north to the coastal town of Lovina and check in to our hotel there where you can enjoy a relaxing walk on the beach or some down time by the pool.



# Day 5

## The Waterfall Run

**Thursday, August 8, 2013**

It's an early start (about 6am depending on sunrise time) as we head off before breakfast (sorry!) on a Sunrise Dolphin Tour. We'll jump in a local boat and head out to sea looking for the friendly dolphins that swim past nine mornings out of ten. With or without the dolphins you'll enjoy the cruise, but if we're lucky enough to spot the dolphins swimming around it will easily be one of the highlights of our trip so bring your camera!

After heading back to the hotel for a quick breakfast we'll do a short Waterfall Run up to the Secret Garden of Sambangan to check out some of Bali's most spectacular, and spectacularly fun, waterfalls! There's a nice, natural pool to go swimming in here, or for the more adventurous there's several natural, rock 'waterslides' (the big one is slightly nuts, the smaller one is very civilized) and a nice, high waterfall jump - not for the faint hearted!

The run (or walk) itself is a fairly modest, but at times steep, 5kms. We've kept the distance on this one fairly short due to scheduling, but if you really want to run further let us know and we'll see if we can throw some extra trails in there for you!

We'll then have lunch at a nearby restaurant with views of the waterfalls in the distance before heading back down to Ubud to check in to the hotel where we'll be staying for the remainder of the trip.





## Day 6

### The River Run

**Friday, August 9, 2013**

Day 6 is another cracker day and a real treat. After breakfast we jump on our bus and head North to the start of our nice, gentle, downhill run on a mixture of roads and trails through local villages, some light jungle and the rice fields Bali is famous for.

This River Run will also be approximately 10kms with a shorter option available and if you need a break from running you can even mountain bike this course. The finish line is at the Ayung River where we jump into rafts to do another 10kms down the river. This is quite a modest river ride and not really 'white water rafting' so while it's plenty of fun, there's nothing to be too worried about and there's sensational jungle views along the way.

We finish up with a delicious lunch (you're bound to have worked up an appetite by then) before making our way back to the hotel where you'll have the afternoon off to explore, shop or visit the nearby Monkey Forest. But be warned, you'll want an early night as we have a very, very early start the next day...





# Day 7

## The Volcano Run

**Saturday, August 10, 2013**

Sorry, but there's simply no way around this - we head off at the incredibly uncivilized time of 2am in order to make it to the base of Mt Batur in time to start our Volcano Run at around 4am. We head up in the dark and if you want to push yourself and blast your way up (mostly 'fast packing' on what is a reasonably steep and technical ascent, especially in the dark), this will take a little over an hour, but more likely closer to two hours for most. Once we're at the summit (approx 1700m above sea level) we'll settle in with a nice, hot cup of tea and wait for the sun to rise. If it's a clear morning we'll enjoy magnificent views over nearby Mt Agung (Bali's highest and holiest mountain) and as far as Mt Rinjani on the neighboring island of Lombok.

Breakfast will be eggs cooked in the steaming, hot, volcanic soil and 'banana sandwiches'. Probably not the finest meal you'll enjoy in Bali, but a fun one for sure.

If you've had enough by this stage, you can just turn around and head back down, otherwise we'll be making our way around the edge of the crater, running across to the secondary crater and site of some of the more recent eruptions, and visiting the holy 'Bat Cave'. If you're game enough, you might even go inside. Good luck with that!



Our descent will be down a slightly different route, passing through a small forest along the way, (which will provide what is likely to be some welcome shade), and finishing at the local hot springs where you can have a swim in the Olympic sized pool, soak in the hot water pools and refuel with some lunch.

After lunch we have one more little, and rather unique, side trip for you - a trip across the lake to the unusual cemetery of Trunyan. We won't ruin the surprise by telling you too much about it suffice to say besides being something a little different, and potentially slightly gross, this is a great insight into original Balinese culture and tradition.

Then we'll drive back to Ubud and again, whatever time is left will be all yours.



## Day 8

### The Elephant Run

**Sunday, August 11, 2013**

We've left this one til last because truly it's one of our favourite things to do in Bali. After breakfast we drive to the start of our Elephant Run which will take us through 10kms of villages and light jungle. Again, there are shorter distances available and this gentle downhill route is perfect if you'd like to join us on a bike instead of on foot.

While the run itself is nice enough and gives you another look at local, Balinese life which we can tell you a little bit about as we go, it's the finishing point at the Elephant Park that's the real treat. Here you can feed the elephants and see the elephant show. You can even take an elephant ride at a special discounted Swashbucklers rate.

We'll also have lunch at the Elephant Park and celebrate the unofficial end of our tour before heading back in to Ubud.

In the evening, we'll have a final, farewell dinner at a local restaurant before spending one more night in our Ubud hotel. The next morning is check out and you can either stay in Ubud or take our bus back to Kuta or the airport.





# Meet Sputnik.

Sputnik is Chief Swashbuckler at The Swashbucklers Club and will be your 'host' on the Bali RunVenture Tour. He has been to Bali about 20 times over the past 20 years and is ridiculously passionate about showing people the 'real Bali' away from the usual tourist hot spots.

In February 2013 Sputnik visited Bali to research this trip and personally run and do every single thing that now makes up this tour. He also stayed in every hotel guests will be staying in to make sure they met the standards of The Swashbucklers Club. (It has to be said, there were a number of things he did, places he ran and hotels he stayed in that have not made it into this tour so if it's in here now, you can be sure it deserves its place!)

A few things you should know about Sputnik: He is not a world champion ultra runner. So if you are thinking about coming on this tour to break the land-speed record, you'll be doing that on your own. As a Nike Run Club Leader in Adelaide, South Australia since mid-2011 he is, however, experienced at running with, supporting and guiding runners of varying abilities - particularly those of more modest abilities. And after running many of the planned routes in February 2013 he made the decision to make the majority of them more manageable to less experienced runners - often with shorter alternatives.



Because many of the courses will not be marked the runs will predominantly be 'group runs' where runners run together and will be speed-limited by Sputnik's own pace or the slowest runner in the group. To give you a reference point, here's a few details of Sputnik's running in 2012:

**Adelaide Marathon:** 3:44

**Tarawera 100km trail race (Rotorua NZ):** 14:35

**The North Face 100 (Blue Mountains, Australia):** 19:30 (injured)

**Manaslu Multi Stage 212km Trail Race (Nepal):** Completed 3 stages of 7/(approx 90km) in just over 22hrs before suffering altitude sickness and recording his first ever DNF (Did Not Finish). Thankfully there will be no altitude issues on this trip!

**Yurrebilla 56km Trail Race (South Australia):** 6:54.

Since 2010 Sputnik has completed 7 trail ultra marathons, 4 road marathons and numerous half marathons.



# RunVenture Tour Cost.

## Tour includes:

- ✓ 8 nights accommodation at clean, comfortable, 'mid-range' hotels.
- ✓ 7 Breakfasts (Days 2 to 8)
- ✓ 7 Lunches (Days 2 to 8)
- ✓ Farewell celebration dinner on Day 8
- ✓ Airport transfers (subject to your arrival and departure times)
- ✓ Air conditioned bus transfers to and from all runs/activities
- ✓ 7 hosted runs as per itinerary. (Beach Run, Jungle Run, Lake Run, Waterfall Run, River Run, Volcano Run, Elephant Run.)
- ✓ 2 Western hosts - one for running group, one for walking group.
- ✓ Local guides as required at various locations
- ✓ Baby sea turtle release
- ✓ Entry to Tenah Lot temple
- ✓ Entry to Botanic Gardens
- ✓ Tree Top Ropes Adventure
- ✓ Traditional Canoeing on Lake
- ✓ Picture fee with animals (with your own or our camera - no prints, just digital files.)
- ✓ Sunrise Dolphin Tour
- ✓ River rafting
- ✓ Mountain bike hire on River Run (if required)
- ✓ Local guides at Mt Batur as required by local regulations
- ✓ Entry to Hot Springs at Mt Batur
- ✓ Mountain bike hire on Elephant Run (if required)
- ✓ Entry to Elephant Park
- ✓ Swashbucklers RunVenture Tour T-Shirt
- ✓ Bottled drinking water during all runs/activities

## Total cost:

AUS\$2,200 (Per person, twin share room)

AUS\$2,600 (Per person, single room)

### Notes:

A percentage of all profits go to the Negara Orphanage.

Does not include dinners (unless specified), drinks at ANY meal (other than water during runs/activities), or flights - to be arranged at your own expense.

### Discounts available as follows:

Early bird discount: Book and pay your deposit by 30 April, 2013 and save 15%.

\$1,870 per person, twin share. \$2,210 per person, single room.

Not-so-early bird discount: Book and pay your deposit by 31 May, 2013 and save 5%.

\$2,090 per person, twin share. \$2,470 per person, single room.

Book and pay deposit for two people, twin share by 31 May, 2013 and save 15% each.

\$1,870 per person, twin share.

Full terms and conditions available at [www.SwashbucklersClub.com](http://www.SwashbucklersClub.com). 25% non-refundable deposit is payable to confirm your booking.



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