



BLISSOLOGY™

**WELCOME TO BALI. SELAMAT
DATANG DI BALI!!! WE ARE SO
HAPPY YOU ARE HERE**

*Here is a very personal list of places we
like in Canggu, Ubud and beyond.*

It is by no means comprehensive, but it does include lots of insights from Blissologists over the years and soon it will include your recommendations as well!!!

**NAMASTE + ALOHA,
The BLISSOLOGY TEAM.**

Coffee and Restaurant Heaven

Canggu // Batu Bolong Side

- 1- BGS / Revolver - best coffee in town/try BGS's homemade almond milk
- 2- Crate - everything on this healthy menu is 55k IDR / can get pretty busy
- 3- Bali Buda - healthy and cheap meals + grocery shopping
- 4- Copenhagen - create your breakfast plate, so yummy
- 5- Motion Fitness Cafe - clean and healthy eating/protein shakes for 30k at happy hour
- 6- Vida - So delicious, try the flights of healthy "shots"
- 7- Monsieur Spoon - for a treat we take Ananda here on Sundays for a croissant
- 8- Made's Gluten-Free Bakery - for treats - supplies a lot of the local cafes with gluten-free desserts
- 9- I am Vegan Babe - Vegan heaven - all-you-can-eat Pancakes on Sunday
- 10- Nalu Bowls - right at the beach at Batu Bolong Road
- 11- Shady Shack - try the vegan burger and any of the bowls
- 12- Mad Pops - BEST vegan Ice cream for a sneaky treat
- 13- Dreamwave Donuts - Eoin's favorite Donuts in town
- 14- Times Warung - oceanview morning coffee
- 15- Ji Restaurant Bali - say Ji Terrace by the sea x Blissology for 10% off
- 16- La Baracca - all-you-can-eat pizza on Tuesdays 79k + tax!!!
- 17- Secret Spot - healthy vegan food & live Music on Tuesday Evenings

Brawa // Berawa Area

- 1- Peloton in Berawa - delicious vegan food, lots of local flavors
- 2- Matcha Cafe - for your extra Matcha boost
- 3- Nude Café - healthy and yummy
- 4- Manggis - another super yummy vegan Restaurant, try their Tiramisu for a treat
- 5- Butterman - best croissants you will ever have
- 6- Suka - new in town
- 7- Sista Dumpling - Dumpling heaven
- 8- Cinta cafe - awesome Avocado toast
- 9- Urban bites - great price for great dishes
- 10- Lola's - the best Tacos you can get
- 10- L'Osteria - authentic Italian food

Pererenan Area

- 1- Rize Cafe - Best Indian food for lunch - we love their Doshas & Chai Tea
- 2- Zali - Lebanese food, has a taste of Beirut
- 3- Touché - Great coffee in Pererenan
- 4- The Hula - Nice atmosphere, great food
- 5- Arte - Try the wood fire Pizza
- 6- Vedic kitchen - our favorite ayurvedic food
- 7- Seseh general store - your best coffee choice next to Udara

Ubud Area

- 1- Kafe on Jl. Hanoman
- 2- Sage Bistro - beautiful space and nice for dinner
- 3- Alchemy - best salad bar ever
- 4- Sayuri's Raw Food
- 5- Seeds of Life - known for tonics and elixirs and clean food
- 6- Clear Café - really lovely restaurant that will appeal to everyone, vegetarians and omnivores alike
- 7- Moksa - plant-based cuisine
- 8- Elephant in Campuhan - sister restaurant to Green Ginger in Canggu
- 9- Milk & Madu - try their Pizza
- 11- Zest - most stunning location in Ubud with awesome vegan dishes

Local Warungs

- 1- Dandelion
- 2- Warung Local
- 3- Warung Bu Mi
- 4- Give (GMO free, vegan Nasi Campur - they donate 10% of your meal)
- 5- Oma Jamu (healthy vegan Nasi Campur - no GMO, Palm Oil)

For a night out

- 1- The Lawn - for a stunning Sunset
- 2- Black Sands Brewery - for a dance
- 3- Secret Spot at Batu Bolong - different Events during the week (movie night, live music, surf movie night)
- 4- Single fin - for an amazing ocean view

To do in Bali

- 1- Go Surfing: get a board and/ or lessons at Batu Balong beach, Old Mans. This is the best nearby spot for beginners. Rentals are approx. \$5/ hour. Please let us know if you want to book a surf lesson, we have an awesome surf instructor.
- 2- Hike Mount Batur: a very popular hike, find records at various tour places around Ganggu. Could be fun during the break with a group

Visit one of the Hindu Temples

- 1- Tirtha Ganga - the water temple north of Ubud
- 2- Pura Luhur Uluwatu Temple - the Temple is at the southernmost tip of Bali. If you go for the Sunset, get sure to see the traditional Kecak Fire Dance
- 3- Besakih Mother Temple - a temple village in the middle of the Island

Visit Uluwatu

- 1- Surf in Uluwatu if you are a more experienced Surfer or at Baby Padang, for a more beginner-friendly wave. The water is crystal clear and you will love the walk down to either of these spots.
- 2- Have a beach day at Thomas Beach, Melasti Beach, or Pandawa. The water is turquoise blue and beautiful, perfect for a relaxed beach day.

Visit Bali's neighbor islands

Nusa Lembongan/ Gili's/ Nusa Penida

- 1- Book a 1-day trip and go on an incredible snorkeling adventure. These trips are well organized, all you need to do is to go to Sanur and catch a Ferry. We are sure you will fall in love by swimming with Manta Rays while watching the coral reef and different fish species.

Ps: Sanur has a beautiful beach to relax afterwards

Visit Ubud

- 1- Walk the Campuhan Ridge Hike early in the a.m.
- 2- Go and visit the monkey forest and hike beyond
- 3- Take an herbal walk with Nadi's Herbals and learn about traditional Indonesian herbal medicine
- 4- Go to the Pyramids of Chi for a sound bath experience – it is amazing!!!
- 5- Visit a Balinese Healer: Ketut at Bodyworks is famous
- 6- Visit the Russian Dacha for a sauna and massage
- 7- Visit the Ubud Palace and watch the Kecak Dance
- 8- Visit the Market and get totally cured of ever wanting a macramé wall hanging or a dreamcatcher

SPA

Get some quality time for yourself and visit one of these great Spa's in Bali.

- 1- Gold Dust - on Batu Balong
- 2- Spring for massages - on Batu Balong
- 3- Therapy right at Echo Beach - Soothing, calm space. Good therapists.
- 4- Esthetic for everything - on Jalan Pantai Pererenan | 5- Bening Spa - at Batu Belig: great Balinese massage
- 5- Bening Spa at Batu Belig - great for 4 years
- 6- Colors Bali at Batu Bolong or in Berawa - treat yourself with a Mani/ Pedicure and get 50% off on Friday
- 7- Maria Curau - non-toxic, cruel- free and vegan natural nail care - show your lanyard for a discount

**APPRECIATE THE BLISSNESS OF BALI
AND YOU BEING HERE EVERY DAY!**

