

GILI ACTIVITIES MENU

As soon as you set foot on **Gili Air**, you'll feel your body and soul fill up with an extreme sensation of **relaxation**. **Eco friendly island** - there are no motorized vehicles on Gili Air, the only way to get around is with the wonderful local horsecarts (Gili taxi), by bicycle or by foot. The friendly locals will help you climb aboard a horse-cart, to ensure your safe arrival at **Slow - Gili Air**, private pool villas.





The island has plenty of things to do. It is surrounded by white sandy beaches, crystal clear blue water and pristine coral reefs. Ideal for snorkeling, scuba diving, surfing and any other water sport.

Gili Air is located in the coral triangle, which is an area in the tropical marine waters, where the biodiversity underwater is the most developed in the world, 50% more species are discovered here then in the Red Sea. You can see up to 15 turtles on a dive.

We work in close collaboration with <u>Gili Travel Agency</u>, which offer tailor- made travel in Indonesia and can help you book any services you'd like. Fill- out their <u>questionnaire</u> to see what your Indonesian adventure will look like.

The Gili Islands consists of three islands: Gili Trawangan, Gili Meno and Gili Air. Located between Lombok and Bali. There are no motorized vehicles on the islands, the only way to get around are horse carts, bicycles and off course, by foot. Most of the locals depend on tourism, meaning that the majority of restaurants and hotels are owned by locals. The white beaches, coral reefs and the crystal clear blue waters surrounding the Gili's, attract many visitors.

There are many different activities besides swimming and sunbathing on Gili Air and the surrounding islands.

Ask us at reception, we can help you book everything!



WATERSPORT ACTIVITIES

Gili Air is a fantastic place to learn how to dive; great visibility, diverse marine life, an abundance of turtles, knowledgeable instructors and high quality dive schools.

We recommend our guests visit Blue Marine Dive, a well establish school with great attention to detail and a fun atmosphere.

A few of our managers work part time there as instructors.... Perhaps you could to learn to dive with one of the Slow family?!

www.bluemarinedive.com

@ Blue Marine Dive

All **PADI courses** are available through to Dive Master. Ask us for more information.

SCUBA DIVING — for Beginners

Discover Scuba Diving (DSD)

Meet your instructor and learn some basic diving science and safety tips. Then jump in the pool and take your first breath underwater, learn some fun skills and swim around with fins, mask and your scuba equipment on. Finally take your new skills into the ocean and do a full dive to a maximum of 12m!





Discover scuba diving: 900.000 IDR / Minimum age 10

(1 day: 1 theory session, 1 pool session, 1 open water dive)



Scuba Diver

The Scuba diver certification takes 2 days. It consists of the 3 first chapters of the Open Water Course, which includes theory, pool sessions and 2 Open Water Dives in the ocean.

The Scuba Diver certification gives you the possibility to dive until 12m, for life, accompanied by a dive professional.

To upgrade to Open Water Diver, you'll need to complete 2 more chapters, pool session and 2 Open Water Dives in the ocean.

Price Scuba Diver: 2 days / 3.800.000 IDR / minimum age 10

Open Water Course

The Open Water Course takes 3 days. It consists of 5 chapters, which includes theory, pool sessions and 4 open water dives in the ocean.



The Open Water certification gives you the possibility to dive until 18m, for life. It makes you an independent diver. Which means that after completing this course, you are certified to dive without a professional, with your buddy! It gives you full knowledge of scuba- diving!

Get certified as Open Water Diver: 3 days / 5.500.000 IDR minimum age 12



Advanced Open Water

The Advanced Open Water Course takes 2/3 days. It consists of 5 adventure dives. The main goal is to make you a better diver! More practice, less theory. This course will introduce you to various kinds of diving, depending on your preferences.

Two Adventure Dives are mandatory: Underwater Navigator and Deep Adventure Dive, the remaining three Adventure Dives can be chosen from the following:

AWARE Fish Identification, Diver Propulsion Vehicle, Drift Diving, Multilevel and Computer diving, Night Diving, Peak Performance Buoyancy, Search and Recovery, Underwater Naturalist, Underwater Photography, Underwater videography or Wreck diving.

The Advanced Open Water certification gives you the possibility to dive until 30m (21m Junior Advanced), for life, independently with a dive buddy.

Price Advanced Open Water: 2 or 3 days / 4.500.000 IDR / minimum age 12.

Advanced & Nitrox: 6.000.000 IDR

SCUBA DIVING — for certified divers

The dive boats leave 2 or 3 times per day. You can go and explore the Geln Nusa wreck at Jack Point, find more than 20 turtles at Turtle Heaven, look for cool Macro and Nudibranchs at Hans Reef, spot a few sharks at Shark Point, and maybe even see something rarer like an Eagle Ray cruising past the slope at Halik Reef!





Fun dive: 490.000 IDR

10% discount if you do 5 dives





FREEDIVING

Apnea Total Beginner Couse

This course will enable you to feel safe and comfortable when freediving to depths of up to 20 metres. Although this might sound difficult to achieve in a few days, you will be surprised what an experienced team of Freediving Instructors can do for you. Our unique breathing techniques, together with the effective structure of the course program in the classroom and water sessions, creates a fun educative environment and a successful freediving experience.

The Freediver Course runs for 2 days and is divided into 2 academic lessons and 2 water sessions. During our academic classroom session the Instructors will interact with you using videos, questions and different breathing exercises which will help to improve confidence, knowledge and techniques prior to the afternoons water session. During our water sessions we have a normal ratio of 2 students for 1 Instructor, with an absolute maximum of 3 students for 1 Instructor, which allows for greater personalised attention and tuition. Your Instructor will be with you at all times, regardless of depth, increasing your confidence and safety.

On completion of the Freediver Course, you will receive your certification as well as private online access to the Freediver Course materials, so that you can maintain and refresh your freediving knowledge.





Price: 2 days / 3.000.000 IDR



STAND UP PADDLE BOARD (SUP)

Hit the ocean on a paddle board, spot some turtles, take a snorkel and tie up to a buoy, or maybe get a good workout by paddling for an hour along the beautiful coastline! Paddle board activities are all based @ Blue Marine Dive

Hourly rental: 150.000 IDR / 250,000 IDR for 2 person SUP board

Sunrise / Sunset SUP tour

Go on a tour with an experienced SUP guide and watch the sun rise behind beautiful Rinjani, or paddle to the west to see the sunset behind Bali. Sunrise meets at 5.45am and Sunset meets at 5.30pm





Price: 250.000 IDR sunset (1h30) / 300.000 IDR sunrise (1h30)

SUP Yoga

Try out yoga on a SUP board, jump in the clear water when you get too hot, and laugh when even the instructor falls in! Beginner welcome...bring a cap/sunscreen!





Price: 270.000 IDR (1h) at 9.30am



SURFING

Gili Air's **Bongkas reef** has a barreling right-hand break off the south coast. It breaks over some very sharp coral and is best left to experienced, skilled surfers. It doesn't always roll, but when it does this is a good wave. First stop for any surfer is **Lucky's Bar**, where the local crew will be keen to chat about the conditions.





Beginner: Price for a surf lesson with the boat, without board rental 150.000 IDR

Advanced: Boat out to Bongkas with Lucky's Bar surfers (100.000 IDR per hour)

Tel: +62 (0) 878 65121940

Rent a surf board in Gili Air @ Oceans 5 at the harbour

SUBWING





Watch the video on your villa's memory stick! Try something totally different!

Price: 350.000 IDR per person



BOAT ACTIVITIES

If Scuba is not your thing but you want to spend a fantastic day out on the water then jump on the boat with Madi – our boat captain. Madi has 12+ years of experience as a scuba dive boat captain, he worked hard and eventually purchased his own boat, from which he offers the following private activities....

SNORKEL TRIPS

Visit three of the best spots in the Gilis on a private snorkeling trip for 2 or 4 hours, our islands are famous for turtles and colorful marine life. The three islands have many diverse coral reefs surrounding them; no two sites are the same! Madi is your personal captain and marine-guide, you will have private use of his boat, he'll jump in the water with you to point out cool species like octopus, cuttlefish and lobster.



Madi has an amazing knowledge of the waters around the Gilis, he will take you to the two or three best sites based on weather conditions that day, but often he stops at Turtle Heaven, Halik Reef, Sunset Reef and Meno Wreck. If you chose the 4 hour tour you will stop for lunch on a lovely beach on Gili Meno.

Price: 2 persons / 2 hours 750,000 or 2 persons / 4 hours 950,000 (add 150,000 per extra person)



DEEP SEA FISHING

Try your hand at deep sea fishing.... Cruise out on Madi's boat to some deeper waters and discover his secret fishing spots. You will head out to the North of Gili Air, crossing over Simon's Reef at 25m depth and beyond into deeper waters of around 60m. There you will be trawling with a line and try to catch Barracuda, Spanish Mackerel, Giant Trevally and other species of large pelagic ocean fish. Check out the 10kg Spanish Mackerel they caught recently:



While out fishing you might be lucky and see turtles at the surface, flying fish, dolphin or even large species like whale shark! Maybe you can learn some boat driving skills? And of course whatever you catch you can bring back to Slow and the staff will BBQ it for dinner for you!

Price: up to 4 person / 3 to 4 hour trip / 1,250,000 IDR

SUNRISE DOLPHIN SPOTTING TOUR

Spend a morning on the water with Madi looking for pods of Dolphin! You will head out on the boat early while the sun is still rising behind Rinjani and head north towards the top of Bali and then out into deeper waters. The water is usually beautifully flat at this time of the morning. You might see turtles, flying fish, jacks jumping out of the water to escape from hunting tuna and schooling fish cruising just below the surface.







On the rare occasion you may even find something spectacular like a whale shark! Madi will use his experience and knowledge to try his best and find you some dolphin. If you ask him you can even try your hand at driving the boat! You can jump in and swim in the deep blue waters, take some cold drinks and snacks on the boat; whatever you wish... it's your private boat tour!

Tour starts at 6am but you can start later if you wish, just ask us!

Price: minimum 2 person / 3 to 4 hour trip / 1,250,000 IDR

GLASS BOTTOM BOAT

Ask Gili Travel Agency for private or group Trips

Price: 750,000 IDR (Private Boat 2 hours minimum 2 Persons)



ISLAND ACTIVITIES

HORSE RIDING

Horseback riding around the island (1 hour), recommended for sunset.

Price: 400.000 IDR per person (max. 2 Person)





GILI COOKING CLASS





Join the Indonesian cooking school for a fun and cultural experience. Learn how to cook Indonesian food and bring the recipes home. Several menu's, ask our reception for exact rates (275.000 IDR upwards).

Afterwards you eat everything you have cooked. It's your Indonesian dinner!