



Borneo
Orangutan
Survival UK

Get ready for your exclusive Rainforest Retreat in Orangutan Sanctuary



Immerse yourself into an unforgettable trip and return home with memories that will last a lifetime!

From walks in the rainforest and yoga practise to watching orangutans roaming free on the sanctuary islands, a week on one of these retreats is for anyone looking for a transformative experience.

Prepare yourself for something entirely different—a place where you can absorb the natural world and reinvigorate the human soul.

Your guides



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Samboja Lestari Eco Lodge

Samboja Lestari is an area of restored tropical rainforest near the city of Balikpapan in East Kalimantan, Indonesian Borneo. Established by BOSF, this 2,000-hectare orangutan sanctuary was created with the aim of providing a safe haven for orphaned orangutans whilst at the same time providing a source of income for local people. Sustainability and conservation are at the core of our values.

By staying with us you directly give back to the preservation of this area. For an extra unforgettable experience, you can book a King Suite on the top floor of the lodge with an 180 degree view over the forest canopy.

Your date:

24th-30th August 2024

What's included:

Twin room accommodation (upgrades available for an additional cost) with three meals a day and soft drinks. Activities.

All transportation and airport transfers.

A personal guide from BOS to ensure you get the best experience on your trip.

What's excluded:

Flights.

Alcohol.

Activities:

Samboja Lestari Orangutan & Sun Bear Sanctuary Tours. Canopy Bridge.

Sun Bear Enrichment Workshop.

Sungai Hitam River Cruise.

Rainforest Hike.

Tree Planting and Tour of Replanting Area.

Trip to a Night Market.

Food and Drinks

The price for your accommodations also includes three meals per day and soft drinks. Dietary requirements can be catered for provided we are advised of them prior to the trip.

Cancellation Policy

Please note that unless the retreat is cancelled, your deposit is non-refundable as costs need to be paid in advance.

Price for this retreat: £2900

To secure your booking, a deposit of £1000 is required. The final payment is due 4 month prior to your trip.

Single room supplement: £250

Queen room supplement: £500

King room supplement: £700

Vaccinations

According to the most recent governmental advice, three COVID vaccines and a PCR test are no longer required to enter Indonesia. However, we will still organise an antigen test upon your arrival to Samboja Lestari. Important: For any further vaccines, please consult with your travel clinic.

Recommended flights

*Any flights arriving in Balikpapan on Sunday 17 March and departing Balikpapan on Saturday 23 March. Let us know if you are planning to arrive/depart on different days.




Fitness Level

This retreat is open to **ALL LEVELS**. Most yoga offered will be considered intermediate, with both modifications for beginners and challenges for more experienced practitioners provided. Treks are carried out at a leisurely pace to allow for all ages and most fitness levels








○ Your itinerary

DAY 1: Arrival








Arrival in Kalimantan. Airport transfer

-  Depending on arrival times, free time to relax
-  Opening circle and welcome
-  Group dinner


DAY 2

-  Sunrise yoga class
-  Breakfast
-  Samboja Lestari Sanctuary Tour
-  Lunch
-  Relax
-  Afternoon workshop/sunset class
-  Dinner








DAY 3

-  Sunrise yoga class
-  Breakfast
-  Waterfall tour
-  Lunch
-  Relax
-  Afternoon workshop/sunset class
-  Dinner








DAY 4

-  Full day rainforest trek, animal and plant spotting


DAY 5

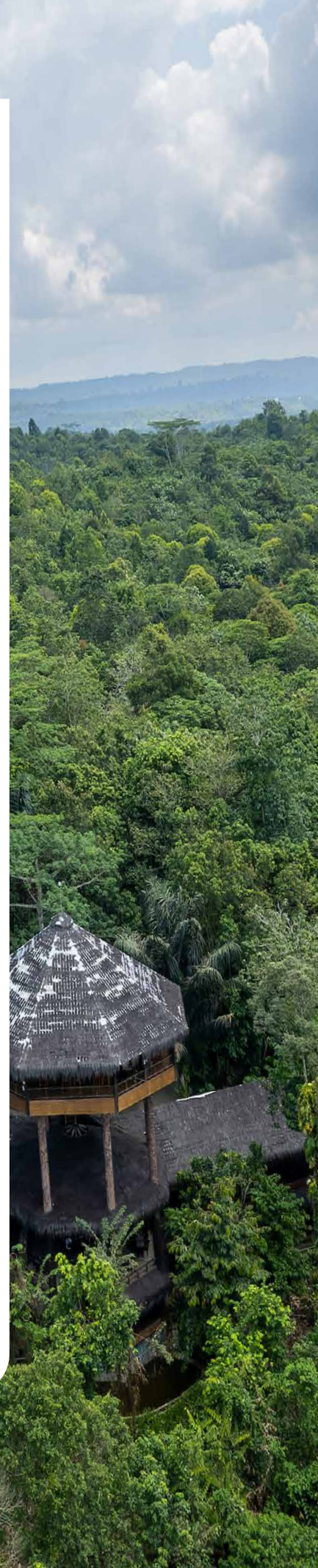
-  Morning yoga class
-  Breakfast
-  Sun Bear Sanctuary tour, Enrichment building workshop.
-  Lunch
-  Watch enrichment go to the bears
-  Sunset yoga class
-  Dinner

DAY 6

-  Sungai Hitam sunrise river cruise
-  Breakfast
-  Morning workshop/Relax
-  Lunch
-  Tree planting. Tour of replanting area.
-  Sunset yoga class
-  Goodbye Dinner

DAY 7: Departure day

-  Optional morning yoga practise



○ Daily yoga by Moon

Specialising in Vinyasa Flow with training in Breathwork & Restorative Yoga, Moon's classes flow seamlessly between traditional and dynamic modern yoga. Including elements of guided meditation, breathwork and options for inversions Moon creates innovative and fun sessions. She is passionate about creating a supportive atmosphere where everyone feels excited to challenge themselves and are able to find their own unique form of yoga.



Workshop 1

INVERSIONS

Duration: 75 minutes

Let's get upside down! Overcome your fear and gain more strength as you connect to your core. A playful and strong class with time to explore and develop your headstand and variations.

Workshop 2

CACAO CEREMONY

Duration: 60 minutes

On our final evening we will come together over a beautiful and heart opening ceremony using the ancient medicine that is Cacao! Experience yoga, movement, moments to share and more. What are you grateful for, what has the jungle taught you? This will be a ceremony of celebration and time to give thanks.



About Moon

I am a Londoner but looking forward to exploring the jungle with you! All levels welcome, as I strive to dedicate time to each adventurer. You will have plenty of room to play, learn new skills, laugh and move mindfully, as we connect to the jungle and get to know more than just orangutans!

Internationally trained and accredited by renowned teachers, Moon came to yoga initially to stay in shape, but she quickly discovered it was about so much more. She fell in love with every aspect of the practice and began to teach and share her love for the journey. Moon's classes are dynamic and innovative. She combines traditional flows, modern fitness based practices and creative sequencing to inspire and empower students. Moon focuses on the physical whilst providing space and gentle guidance for meditation and breath work to be a part of the class naturally. Through her classes, she strives to help individuals find confidence in their bodies and minds whilst remaining playful and remembering to laugh.



○ Activities

Orangutan Survival Sanctuary Experience



Our detailed tour will give you a once-in-a-lifetime opportunity to see orangutans living on sanctuary islands up close. These orangutans are not able to be released back into the wild, but have been given the next best thing, which is a semi-wild environment where they can still climb trees and explore. If you're lucky, you may even get to see one of our resident baby orangutans on one of the islands!

AS SEEN ON



Canopy Bridge



See the rainforest from a different perspective by walking along the Canopy Bridge, 30 meters above the forest floor. A must-do activity!

Bukit Bangkarai Full Day Trek



Less than one hour drive from Samboja Lestari lies a protected forest area for orangutans, sun bears, proboscis monkeys, 242 species of birds (9 species of hornbills!) and more.

Sun Bear Sanctuary



The BOS F also looks after a number of sun bears, which are the smallest bears in the world. You will get to see staff feed the bears and get an opportunity to participate in building daily enrichment.

Tree planting



There are more than 100,000 young trees of many varieties in our nearby plantation. Make your contribution to regenerating the forest for years to come by planting trees with our local staff.

Sungai Hitam River Cruise



Following a 30 minute drive from Samboja Lestari, you will take a leisurely boat ride along the Sungai Hitam river to see highly endangered proboscis monkeys and a river side village of houses built on stilts.

Night Market



During your stay, you will have the opportunity to visit the local night market. Why not take this opportunity to enjoy some local Indonesian cuisine?

○ What's next?

Are you interested in extending your Indonesian Trip?
Here are two potential ways to do so.

Derawan Islands

Welcome to paradise! The classic tropical islands of the Derawan Archipelago are where you go to trade jungle trekking and orangutans for white unspoiled beaches, palm trees and warm blue sea. Snorkel or take an optional scuba excursion to see schools of barracuda, whale sharks, green sea turtles, manta rays and more near Derawan's coast.



Island Hopping in Komodo

Visit the Komodo dragon feeding grounds, swim in a beautiful coral garden, or simply relax by the ocean, and prepare to have your breath taken away by such unforgettable locations as Batu Cermin cave, the Rinca & Komodo Islands, and the famous Pink beach! **During your time you will have the chance of witnessing animals include the water buffalo, monkeys and, of course, the famous Komodo dragon.**



Get in touch with Sylwia to help arrange your activities.

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