



Borneo  
Orangutan  
Survival UK

Get ready for your trip

# Rainforest Retreat

7 DAYS / 6 NIGHTS

16 - 22 MAR 2025

FROM £2,499



Immerse yourself into an unforgettable week, whereby you return home with memories that will last a lifetime.

From walks in the rainforest 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.



**Zoë**

Tour leader & event manager



**Anna**

Yoga teacher

# Welcome to Borneo

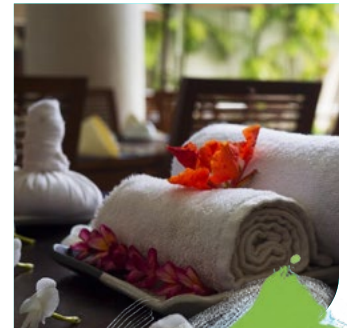
## A once in a lifetime experience in the heart of an Orangutan Sanctuary

**THE ONLY** fully sustainable and wildlife friendly orangutan conservation and reintroduction organisation in Borneo.

**POSITIVE IMPACTS** to your visit. Funds will go directly towards providing care for the orangutans and reforestation Projects.

**A ONCE-IN-A-LIFETIME** opportunity to deepen your orangutan knowledge and also observe the behaviour of rehabilitated individuals.

**IN THE HEART OF** secondary rainforest, our Samboja Lodge is a beautifully designed and sustainable eco lodge.



**By joining the Rainforest Retreat you play a vital role in assisting to bring orangutans back from the brink of extinction**

You get to deal directly with BOS partner organizations themselves instead of an external profit-oriented agency or broker. This ensures that your financial contribution to this program supports BOS Foundation and the orangutans under our care to 100%.



# ○ The Samboja 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 to rescue, rehabilitate and provide a safe haven for orphaned orangutans.

It also provides a source of ethical income and conservation education for local communities. Sustainability, conservation

and community development are at the core of our values.

By staying with us you not only support our conservation work, but also help us build an ecologically minded local community.

For an extra unforgettable experience, you can book one of two King Suites on the top floor of the lodge with an 180 degree view over the forest canopy.



## STANDARD ROOMS

## RAINFOREST VIEW

## TREETOP PANORAMIC VIEW



Our Standard Rooms are located across the ground and first levels of the lodge, and each is a generous 18 square meters of

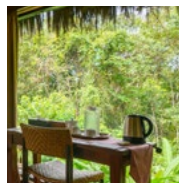
living space that serves as the perfect base for your rainforest experience.

En suite

Air conditioning (AC)

Twin beds

Room size: 18m<sup>2</sup>



Our Queen Suites are tastefully decorated. Within you will find a large bed draped with a mosquito net, a living area for kicking back, a

private balcony perfect for taking in the beauty of the rainforest, and a bathroom fitted with a refreshing shower.

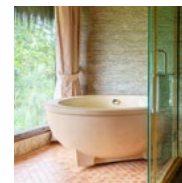
En suite

Air conditioning (AC)

Double (Queen) bed

180° window view to the jungle

Room size: 20m<sup>2</sup>



Situated in the canopy with the birds and monkeys, nicknamed the 'birds nest', where you can observe the forest life

from the comfort of your bed. Open the window and the calls of the birds and croaks of the frogs soothingly wash over you.

En suite

Air conditioning (AC)

Double (King) bed

180° window panoramic view

Room size: 28m<sup>2</sup>

All on this page: © Andrew Suryono

## ○ Your activities could include...

### 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.



### Canopy Bridge



See the rainforest from a different perspective by walking along the Canopy Bridge, 30 meters above the forest floor.

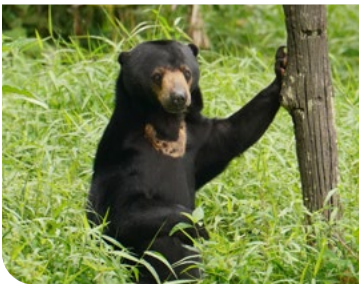
A must-do activity!

### Full Day Rainforest Trek



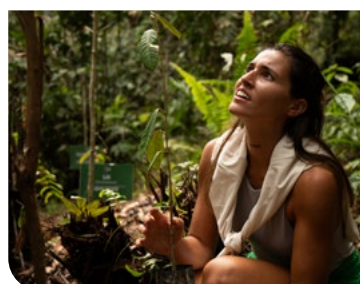
Less than one hour drive from Samboja Lestari lies a protected forest area for orangutans, sun bears, proboscis monkeys, 242 species of birds (9 species of hornbills!) and more.

### Sun bear Sanctuary



The BOS Foundation also looks after a number of sun bears, the smallest bears in the world. You will get to see staff feed the bears but you will also 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.

### 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.

### Beading workshop



The Dayak tribe of Borneo create beautiful beadwork in complex patterns and motifs that carry great cultural significance. Our intro to traditional beading is a great way to get to know local culture and learn a new skill.

All photos taken on previous retreats, by: © Sam Rios

# ○ Daily yoga by Anna



Our specially chosen and skilled yoga teacher from the UK will take you through a Vinyasa inspired morning yoga class to start your day off just right, while in the evening, Anna will be teaching a blend of more relaxing and playful practices, combining acroyoga, partner work, therapeutics and inversion focused classes.

## WORKSHOP 1 Playshop

Explore the body and it's unlimited potential in the most playful way with the support of each other. AcroYoga where the wisdom of yoga, the dynamic power of acrobatics and the loving kindness of healing arts are blended into one.

## WORKSHOP 2 Therapeutics

A soothing practice to stretch out and lengthen our spine using gravity and Thai massage techniques.

## WORKSHOP 3 Inversions

Overcome your fear and gain more strength by paying attention to your core! A playful and strong class to experiment with going upside down with the support of each other in the safest way.



## About Anna

**Anna Karides is a leading Yoga & AcroYoga teacher in the UK, teaching for over a decade at London's best studios.**

She has international teaching and training experience and has been featured in leading publications from Vogue to The Guardian. Classes range from dynamic vinyasa flows to therapeutic flying. Combining her passion for teaching, adventure and travel, Anna is regularly leading retreats all around the world.

Being very passionate about the welfare of animals, she's part of the PETA action team, taking part in demonstrations and campaigns and teaching for animal charities.

As seen in

VOGUE

The Guardian

Borneo Orangutan Survival UK

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# ○ Essentials

## Food and drinks:

The price for your accommodations also includes all 3 meals per day (not including alcohol). For those who eat meat, we consciously choose locally sourced meat and fish, and for those who are plant-based we always provide delicious alternatives. Tea and coffee are available at all times.

Dietary requirements can be catered for provided we are advised of them prior to the trip.

## Recommended flights:

\*Any flights arriving in Balikpapan, Kalimantan on **Sunday 16th March** and departing Balikpapan on Saturday 22nd March 2025. Let us know if you are planning to arrive/ depart on different days.

\*Please remember that airfare is not included. The airport shuttle is only included on the day the retreat begins and ends. An extra fee will be added if you arrive or depart on alternative days.

## Price for this retreat: only £2,499:

To secure your booking, a deposit of £500 is required. The final payment is due 2 months prior to your trip.

## What's included:

All accommodation (upgrades available for an additional cost) with three meals a day and soft drinks.  
All activities.  
All transportation and airport transfers.  
A personal guide from BOS-UK to ensure you get the best experience on your trip.

## What's excluded:

Flights. Alcohol.



## 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.

## 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.**

## Visa:

30-days tourist visa on arrival is available to purchase at the airport. If you are planning to stay in Indonesia longer than 30 days you need to look for alternative visa solutions.

## Cancellation Policy:

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



Both photos taken on previous retreats, by: © Sam Rios

*Does this sound like the trip  
of a lifetime to you?*



If you would like to know  
more contact Zoë at:

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or +44 (0)7496 428237



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