# SENANGA CABIN

SELF CONTAINED RAINFOREST CABIN ON MOUNT BATUKARU

# GUEST INFORMATION

Senanga Cabin is located on the quiet slopes of Mt Batukaru at 750m. Built by two friends, Larz & Louise they dreamt of building a self-contained cabin that could be enjoyed by friends & family. A quiet place to switch off and enjoy spectacular rainforest views & bird life or sit and have a drink around the fire pit.

Finished in June, 2023 the cabin's build was inspired by Japanese tea-houses & remote cabins from around the world.

The cabin is secluded & private but provides all the creature comforts, like a gas stove, fridge/ freezer, king size bed, fire pit & rainfall shower. Sarinbuana Eco Lodge is just a short 20-minute walk away where you can eat at the restaurant, enjoy the natural pool or one of their many activities.

The cabin is self-serviced so bring your own food & drinks to enjoy over your days immersed in nature. The cabin is not a 5-star resort, you are well and truly in the middle of nature - there is no AC (thankfully not needed) and the appearance of moths, ants, geckos and frogs is normal in a living diverse ecosystem.

Please note, there is a sacred temple next to the property (a little further up the mountain). Please do not enter this space without permission from our Balinese staff, or unless you are accompanied by a tour booked through the lodge. We respect local tradition and women are not to enter the temple under any circumstances when menstruating.









## HOW DID YOU FIND THIS PLACE? SARINBUANA ECO LODGE (SHORT VERSION)

Sarinbuana Eco Lodge started as a private retreat from Australia for our family (Larz's) in 1992 where we would spend a few months every year here.

We found this area to be one of the most beautiful & undeveloped parts of Bali. We were invested to protect the rainforest & share our inputs regarding sustainability with our community.

We started with no electricity, no English speaking locals, & only 4WD access. We came to live on Mount Batukaru full time in 2000. It was a lifestyle decision for us, and especially for our young boys.

Our eco lodge "evolved" slowly over time as people wanted to come & share this "piece of paradise" with us. The Tree House & Jungle Bungalow were built before electricity. We have home-schooled our boys here & had many memorable experiences & adventures along the way. The most recent addition is the cabin you are in - Senanga Rainforest Cabin - which was built to provide a more private offering within close proximity to the lodge

Thank you for sharing your time with us.



Linda & Norms wedding at the lodge in 1995



The Sarinbuana family



Early Days at Sarinbuana

# LARZ & LOUISE BUILDING THE CABIN 2022-2023







# NATURE AROUND YOU







# ROOM INFORMATION

#### Provided in your cabin

- All Day mountain spring drinking water
- Locally made natural soaps
- A torch
- Firewood (limited amount free of charge, extra available for purchase)
- Basic kitchen amenities (oil, salt, pepper, Bali Coffee, tea & sugar)
- Kitchen utensils/equipment (pots, pans, cutlery, glassware, fridge, gas stove)
- Internet modem wi/fi
- Linen, towels & blankets

# PLANNING YOUR TIME HERE

Please arrange you daily activities & payments through Sarinbuana Eco Lodge directly. Office hours are 8am - 4pm daily.

Note: Treks, massages & workshops need to be arranged the day before.

To operate the room safety deposit box, follow the instructions on your safe. If you have any serious problems during the night, please text our staff. Whatsapp +62 813 3902 8839

Our house staff will clean your room in the morning (upon request). You are welcome to have complete privacy for your stay & request no cleaning.

Please be assured no one will come into your room unless there is an urgent matter that needs attending to – in this case our staff will announce themselves clearly before arriving at your cabin.

Please note there will be a staff member on the grounds tending to the gardens and property, to ensure privacy they will not approach the cabin unless they have been requested to clean or there is a maintenance request.

Children under 12 years old are not recommended to stay at the Cabin due to the nature of the building with high ledges & windows. All children must be fully supervised at all times.

#### CHECK OUT TIME

Check out time is 11am. There is no charge for late check out, but please message us to see if the cabin is available. Unfortunately if another guest is checking in we cannot accommodate late check out.

Please smoke on the balcony or outside- No smoking inside

Please turn your lights off when you leave the room or when they are not in use. Outside lights can be turned off at night, as they may attract bugs in some seasons.

In the event of a power cut there is a torch in the bedroom & candles in the kitchen cabinet - please be careful with candles on our furniture & extinguish before going to bed

# LAUNDRY

Please place items you wish to be washed in the laundry bag in your room. Please Whatsapp Sarinbuana for laundering service

Washing	60 k per load
Drying clothes	60 k per load

Your towels & linens have been washed using gentle unscented natural soaps We encourage you to sun dry & reuse your towels.

# FOOD & COOKING IN THE CABIN

Please note, there is no room service available in the cabin. It is a self service cabin with all the cooking utensils you need to enjoy your stay in utter privacy.

Please feel free to use the kitchen utensils & supplies that are available. We have provided cooking oil, salt & pepper. We ask that you remove all food from the fridge before you leave to keep the space tidy for the next person. We have a compost station on the property, please keep all food scraps (NO MEAT OR PLASTIC) in the bin outside the kitchen to be emptied daily.

The gas stove is there for you to use. Please respect the pots, pans and equipment. They are strictly not to be used on the open fire on the fire-pit upstairs as it will cause damage to them. Please wash your own dishes after cooking and dry on the drying rack provided.

If you break something, please don't worry, we understand things happen. Please notify us as soon as you can so we can replace it for the next guest to enjoy.

Please put all your food in the fridge to stop ants from coming into the cabin.

#### FOOD NEARBY & TAKEAWAY

If cooking really isn't for you, you can walk (15 minutes) or drive (5 minutes) over to Sarinbuana Eco Lodge and eat at the restaurant.

Breakfast & lunch can be ordered between 8.30am – 3pm at the restaurant. Wait time 20– 40 mins

If you would like dinner Please notify the Lodge by Whatsapp +62 813 3902 8839 before 4pm, food bills to be settled at the lodge directly. By credit card, bank transfer or cash

Alternatively our closest neighbour also has a small take away service & is happy to deliver to the cabin (cash on delivery)

Please contact Simon directly to arrange.

Simon's Whatsapp (mention you are staying at Senanga Cabin) +62 821 4409 0603

Orders can be made for breakfast the night before. Lunch & dinner can be ordered between 11am  ${\text -}\ 7\text{pm}$ 

Expect a 1 hour preparation time

# WATER

Please be conscious of your water usage, although we live in a wet area there are dry times of the year when water becomes scarce.

Our water comes from a natural underground mountain spring. Water tests reveal our water is pure with many minerals & safe to drink & brush your teeth.



# WI /FI

The wifi modem is in the desk draw, please charge & turn it on for wifi connection

# FAQS

#### Is it on the same grounds as Sarinbuana Eco Lodge?

No, the cabin is in a different location from our other property - Sarinbuana Eco lodge. The lodge is a short walk (20 mins) or 5 minute Car ride away.

#### Is the cabin serviced/cleaned daily?

The cabin is a true nature immersion. You will have someone greet you on arrival and show you the cabin, then you will be left in total peace & quiet.

Daily room cleaning is optional and if you have any questions the team at Sarinbuana are just a whatsapp message away. From these hours 8am – 8pm

#### Where can I eat?

There are a few restaurants & local warungs for lunch or snacks nearby – use google maps to see them. Cook for yourself & stock up on produce on your way up to the cabin. You will have access to a kitchen, fridge, freezer, gas stove & utensils within the cabin to make yourself at home & cook as you please. For those who don't want to cook, you can walk over to Sarinbuana for a meal (15 min walk)

#### How many people does the cabin sleep?

The cabin comfortably sleeps 1- 2 pax in 1 king sized bed. Downstairs you will find a bedroom, upstairs we have a large U-shaped couch which provides an additional 2 single beds sleeping on the sofa.

#### Is there internet access?

The wifi modem is in the draw in the bedroom desk, please charge & turn it on for wifi connection We have a small portable modem 4G for use.

Telephone carriers (such as telkomsel) work well in the area.

#### How do I get there?

You can arrive by bike or car (the road is suitable for both). Please note, if you plan on taking a gojek or grab car to the cabin you will need to pre-plan your driver back as you won't be able book one online from that location.

Sarinbuana lodge can also assist with booking drivers.

# How do i pay for Drivers, massages, treks, workshops & meals from Sarinbuana Eco lodge?

All activities at Sarinbuana Eco lodge will be added to your final bill, this can be paid, in cash, by credit card (a 2.5% bank fee applies) or bank transfer on the day of departure

# WALKS, TREKS & TOURS FROM THE CABIN

All treks include drinking water. Treks are rated 1 (easy) to 3 (difficult). Treks to the temples require a small donation. Please note these must be arranged directly with Sarinbuana Eco Lodge the trek can start from the cabin or the lodge





#### MOUNT BATUKARU RAINFOREST TREK



#### 3 or 5 hours, start at 9 am

A guided scenic walk into this volcanic rain forest. See vanilla, cacao, coffee, & other crops on the way, then enter the rainforest, where you will see tropical trees, palms, vines, ferns, birds & butterflies. Price including: Personal guide & drinking water.

3 hours: 1 Adult... 250K

2-5 Adults 450K Total price

5 hours: 1 Adult... 450K

2-5 Adults 600K Total price

Child under 12 free

#### 2. FOOD FOREST & RICE PADDY WALK



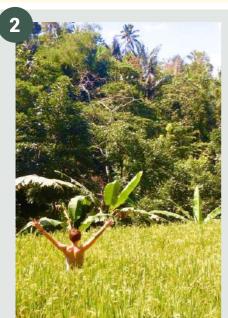
#### 3 hours - Depart 9am return 12pm

An informative scenic walk with our experienced guide. Stroll through groves of Cacao & cloves, past terraces of rice paddies, see farm animals & take a swim in the river. Please check if the river swimming is available at your time of stay. Price including: Personal guide, towel, & drinking water.

1 Adult..... 250 K

2+ Adults... 450 K Total price

Not suitable for children under 10 years



#### 3.RAINFOREST & RICE PADDY WALK

#### 5 hours - Depart 9am return 2pm

A scenic walk into the Batukaru Rainforest. See cacao, lychee, coffee, & other tropical fruits growing on the way. Then submerge yourself into this beautiful wetland rainforest, where you will see impressive birds nest ferns, native flora, tree canopy for most of the time, then stroll amongst the rice paddies & take a swim in the river. Price includes: Personal guide & drinking water. Please order a take away lunch to eat along the way.

1 Adult..... 450K

2+ Adults... 600K Total price

Child under 12 free



#### RELAXATION & THERAPEUTIC MASSAGE TREATMENTS

Balinese Relaxation Massage	Relaxing tissue massage to the back, legs, feet, arms, neck, stomach & shoulders with pure cold pressed coconut oil.	1 hr	300K
Aromatherapy Relaxation Massage	Relaxing deep tissue body massage to the back, legs, feet, arms, neck, stomach, & shoulders with pure cold pressed coconut oil & essential oils (choose from ylang ylang or kutus kutus (cinamon, clove, eucalytus)	1.5 hr	400K
Balinese Massage & Reflexology	Relaxing deep tissue body massage to the back, legs, arms, neck & shoulders, followed by a half hour reflexology with reviving essential oil of peppermint.	1.5 hr	350K
Hot Stone Hawaiian Massage	Hot stones are placed on the meridian points of the body to improve circulation & stimulate body points during a therapeutic massage.	1.5 hr	450K
Lomi Lomi Hawaiian Massage	Using the palms, forearm & fingers to apply pressure to the pressure points of the body. Bringing health & well being with pure cold pressed coconut oil.	1.5 hr	350K
Reflexology Foot Massage	A relaxing & therapeutic foot massage to improve circulation & bring energy & balance to the entire body without having to remove your clothes.	1 hr	250K
20 Finger Eco-luscious Massage	A 20 finger special massage with 2 massage therapists simultaneously massaging you & combining 4 different massage techniques. You must try this if you need serious relaxation!	1 hr	400K
Romantic Couples massage	Join with your partner for a 1 hour Balinese massage together in our lovely massage bale	1 hr	600K
Healing massage	Walk 5 minutes down the road to IBu Putu's house for a local Balinese healing massage, she also can make a plant poultice if needed	1 hr	300K

# MASSAGE TIMES & INFORMATION

# Daily from 8 am - 6 pm. Please book your massage in the office

- Please shower before & after your massage & respectfully leave your underpants on.
- Please let your masseuse know if you have any injuries or serious conditions.
- If you would like to give a tip after your massage, please do so directly to your masseuse.

# PEDICURE/ MANICURE

Our local lady Ibu Dina, is available
Manicure 200K 1 Hr / Pedicure 200K 1Hr

#### BIRDS & NATURE WATCHING FROM THE CABIN









Birds such as these can be seen regularly at the lodge

#### BEST TIME TO BIRD WATCH

The most bird activity at the cabin is between the hours of 6-7 am & 4-6pm where many local birds can be seen & heard from the cabin or you can sit on the top deck. An area of over 15,000 hectares is dedicated to preserve nature in the Batukaru Rainforest.

You may see locals with rifles as locals are permitted to defend their crops from squirrels (of which there are many) who eat their cacao pods, durians and coconuts.

We have observed that the local bird population has dramatically increased over the last 15 years. The Bali Black Eagle makes its presence known by its distinctive call & can be seen regularly spiralling down the valley.

Please ask for the lodge Bird Watching Checklist. See our website for our bird gallery of photos.

Our birds of Sarinbuana Eco lodge book is available for sale in the shop

#### EARLY MORNING BIRD WATCHING WALK

#### Starts at 5.45 am

If you are an avid bird watcher you might like to take an early morning walk with our local guide, who will come to the cabin at 5.45am

Walk into the rainforest from there for 1.5– 2 hours of bird watching, then return for breakfast.

1 Person.... Rp 250K

2-5 People... Rp 400K Total price

#### NIGHT SPOTLIGHTING WALK

#### Starts at 8.30 pm

Many of the insects and mammals prefer to come out at night. A guided spotlighting tour around the cabin is a great way to spot some of these creatures. They are shy so it can be tricky!

Headlights included. Maximum 3.

1 Person..... Rp 200K

2+ People... Rp 350K Total Price



#### CAR TRIPS FROM THE CABIN

#### Max 4 Persons per car

Please note entry fees to temples, tourist attractions & carparks are not included in this price (small fees apply).

Please give 1 day notice if possible.

Please ask in the office or whatsapp the lodge for prices.

Times can be flexible.

#### TOUR 1

# Balian Beach & Bat Cave Temple

9 am - 2 pm

Temple Bat Cave, surf beach for walking & sea side restaurant

1/2 DAY TOUR

#### TOUR 2

#### Tamba Waras Healing Temple, Sangketan

9 am - 12 pm

A short drive of 30 mins will bring you to this 12th century healing temple. The priest will perform a cleansing ceremony in the temple sacred pools, bring a change of clothes. Note-There is a donation required

1/2 DAY TOUR

#### TOUR 3

#### Ubud

9 am - 5 pm

Art & cultural center, zoo, bird park, reptile park, elephant park, monkey forest, art galleries, shopping, organic & vegan cafes & restaurants.

**FULL DAY** 

# TOUR 4

# Canggu/Brawa

9 am - 5 pm

Shopping, selection of modern restaurants, beach, Tanah Lot Temple

**FULL DAY** 

# TOUR 5

## Bedugul & Lake Bratan

9 am - 5 pm

Fruit & spice market, lakes, agricultural area, botanical gardens, strawberry picking, The iconic Ulun Danu Temple

FULL DAY

#### TOUR 6

#### Batukaru Temple, Butterfly Park, Hot spring

9 am - 5 pm

Balinese temple, scenic drive, butterfly park, Tabanan Market or hot springs, & lunch at a local 'warung'

**FULL DAY** 

#### TOUR 7

#### **Waterfall Tour**

9 am - 4 pm

Visit three local waterfalls and stop for lunch along the way. Involves some walking, and bring your swimmers!

**FULL DAY** 

#### **TOUR 8**

#### **Market Tour**

1pm - 8pm

A favourite among young travellers. Visit 3 nearby markets including the local second hand clothing market, the traditional Tabanan market and finally the bustling street food night market.

FULL DAY

#### MAKE YOUR OWN TOUR

We can help you plan a great day out! Just ask in our office. Please let us know if you need a car & driver - 1 day notice.

#### WHAT'S NEARBY

**Talasi Factory** - Coffee shop & SOTJU tasting 5 minutes walk up the road, turn right at the carpark. Open 9am - 4pm

Ibu Eka - Local 'warung' for lunch10 minutes walk, at the carpark turn left

**Tek Tek Eatery** - a new restaurant nearby by our good friend, simon.

15 minutes walk, ask in the office for directions

**Tibu Sampi Waterfall** – a lovely waterfall with small shops nearby.

15 minutes motorbike ride, ask in the office for directions





#### SHOP

Visit the shop located in the main office at the lodge for a variety of local crafts and goods, organic products, bamboo T-shirts, instruments, sarongs & our lodge Permaculture Plant book and Bird book

#### **WOOD FIRED STEAM SAUNA**

Our wood fire Sauna is available. Please check in the office for Sauna times during your stay.

Price: 100K per person. Private 2 hour sessions 450K Please wear your bathing suit in the sauna, and rinse your body before entering the natural pool



#### EXCLUSIVE USE OF THE LODGE

Book our lodge exclusively for your Group, Family get together, Retreat or Workshop.

Exclusive use of the lodge including: Our staffed restaurant, all bungalows, yoga space, pool, sauna & grounds. The cabin is also available- extra charge Menu can be catered to your taste & preferences.

Please see our website www.baliecolodge.com for more detailed information.

#### WATERFALLS & RIVER POOLS AT THE SARINBUANA ECO LODGE

Take a walk to the bottom of our lodge garden & follow the signs to the waterhole. Here you will find 3 natural pools with waterfalls. You can access the 2nd pool by climbing up the steps in the rock, then walk around the 2nd waterhole & climb up the waterfall to the top waterhole.

The best time to swim is around midday when the sun is overhead.

Note: an adult must supervise children as the path is steep.

**No diving** please as there may be unseen branches in the water. Ple&se be careful as the path can be slippery in the wet season.

#### THIS TREK IS SEASONAL - NOT AVAILABLE IN RAINY SEASON



# DAY TREK TO THE TOP OF MT. BATUKARU (2.200 M) 8 hours, start at 7 am - Return 3-4pm

Trek with our experienced english speaking guides. Mt. Batukaru is the second highest mountain in Bali. The word Batukaru translated means "The coconut shell rock". Mt Batukaru is an extinct volcano & home to 1 of only 2 remaining wet rainforests in Bali.

Trekking to the summit of Batukaru is a 4-5 hour trip & 3-4 hours to return. **A high level of fitness is required.**This is a steep & challenging climb!

A day return trip should be started at 7 am to allow time to return in daylight. Trekking Mt. Batukaru should only be endeavored during fine weather. The path can get very slippery & therefore dangerous after rains.



#### What to wear

Comfortable shoes, light rain jacket, shorts, & a t-shirt or light shirt. If you wish to enter the mountain temples, you will need to bring along a sarong & sash.



#### What you will see

You will start your trek by a short motorbike trip to the first temple, from here the trek to the summit for the most part is shaded by tropical rainforest.

The trail is narrow & unsealed. You will climb from 700m ascending to 2,200m. Passing small mountain temples on the way. Note: women menstruating are not permitted to enter the temple grounds.



You will see Giant Fig trees, native orchids, epiphytes, fungi, palms, ferns, & incredible Pandanus trees. Your guide will pick native bush foods for you to try. Although this is the home of the small deer (Kijang), wild cats (Civet), Lubak, & leaf eating monkeys, the only likely evidence that you will see is their droppings on the trail. From the summit on a clear day you will see the crater of Batukaru, the lakes of Bedugul, Lombok, & Java. You may find you are above the clouds with only the mountain peaks visible.



#### A spiritual journey

The Balinese believe that after death the spirit returns to the mountains. For this reason, the mountains in Bali are considered spiritual & very sacred places. If there has been a death in the village, it is not possible to enter the mountain until the body is buried. The locals say you will only reach the top if your heart is good.

1 Adult......Rp800,000 2-3 Adults...Rp1,000,000 Total price 4-6 Adults...Rp1,500,000 Total price

Not suitable for children under 15 years. Lunch can be ordered for the trip – Extra Charge

# WORKSHOPS AT SARINBUANA ECO LODGE



To place value on the Balinese culture & to highlight the skills & diversity of our local community, we offer a series of workshops so your tourist dollar can reach out to our local community.

Our freelance educators are paid well per workshop by the hour. Please don't forget to tip our core staff who work full time here when tipping.

All workshops & discussions require 1 day notice & take place at Sarinbuana Lodge.

Longer sessions can be arranged to cover the subject in greater depth.



#### INDONESIAN LANGUAGE CLASS



#### 1 hour

Learn the basics of the Indonesian language including the alphabet, greetings, & any specific words you would like to know in Indonesian.

1 Person.... 150K 2+ People... 60K



#### **BALINESE CALIGRAPHY**



#### 1 hour

An introduction to Balinese writing. Learn the characters & translate your own words into Balinese.

1 Person..... 200K 2+ People... 150K pp



#### BALINESE CEREMONIAL COSTUMES



#### 1 hour

Learn & dress in traditional Balinese ceremony costume. Learn the significance of sarong design, jewelry, & hair pieces.

1 Person..... 100K 2+ People... 60K p.p



#### **BALINESE MASSAGE**



1 hour - interpreter included
Learn some of the techniques used in
Balinese massage while you are being
massaged or your partner/friend is being
massaged.

1 Person.... 400K



# LEARN TO PLAY THE BAMBOO RENDIK OR BALINESE BAMBOO FLUTE

#### 2-hours

Spend 2 hours learning to play these traditional instruments. No prior experience is needed.

Flute..... 250K Rendik... 250K



# BALINESE TEMPLE OFFERING (CANANG SARI)



1 hour

Our local village women will show you how to make beautiful natural offerings for the temple from coconut leaves & flowers.

1 Person..... 200K 2+ People... 150K



#### **BALINESE COOKING**

1 hour, 4-5 pm

Pick an item from our menu that you would like to make or

learn how to cook 2 traditional Balinese desserts.

A great experience for all those who love to cook with fresh ingredients.

1 Person..... 150K

1-3 People max... 100K pp



#### MAKE A BAMBOO FLUTE (SULING)



#### 2 hours

Learn how to make a bamboo flute with Pak Made, then take it home with you. Includes basic instruction to flute playing

1 Person..... 200K 2+ People... 150K p.p



# SEASONAL FARMING WORKSHOPS 2-3 hours

Subject to the time of year - Please inquire

- Processing/harvesting coffee or cacao
- Vanilla growing & processing
- Farming crops-cocoa, coffee, vanilla, salak
- Rice planting, harvesting, & processing

1 Person..... 250K 2+ People.... 125K p.p



#### TRADITIONAL MEDICINE & BALINESE HEALING

#### 1.5 hours

Join our local herbalist who will teach you some of the traditional medicines from plants to heal the body for fever, stomach ache, toothache, muscle ache, & cough.

1-4 People..... 300K Total



#### TRADITIONAL BALINESE WOOD CARVING

#### 3 hours

Sit with Pak Ketut, our local villager, self taught carver, who has carved most of the ornate work in our bungalows.

Ketut takes orders for small carvings.

1 Person.... 450K p.p Maximum 3 people



#### BALINESE LIMESTONE CARVING

#### 2 hours

Ketut is also available to carve limestone (white rock). This is an easier medium to carve & is suitable for children as well.

1 Person.....400K p.p Maximum 3 people

#### SUSTAINABILITY MANAGEMENT PRACTICES

#### HOUSEKEEPING & OFFICE

#### We use:

- Natural cleaning products in your room
- Natural locally produced soaps & insect repellents
- Natural sunlight & a gas dryer for drying clothes (only when needed)
- Natural unscented laundry soap & liquid soaps
- We change the towels only when guests request or every 3 days
- No single use plastic bottled drinks on our property

#### PEST CONTROL

Natural pest control using locally produced natural sprays for insect

#### GARDEN PLANTINGS

• We grow local fruits & vegetables, in our organic gardens

# RESPONSIBLE WASTE MANAGEMENT

- Sewage is treated on site through vegetated leachfields
- No raw sewage is released into the environment
- Biodegradable cleaning items are used in the guest rooms, kitchen & laundry compatible with waste water treatment
- We recycle glass & plastic bottles & aluminum cans
- We compost all organic wastes & paper (non-glossy)
- All excess non recyclable rubbish is taken to the landfill where it is sorted for recycling

#### ENVIRONMENTAL PRINCIPLES

- Protection of natural areas including the riparian zone
- "NO TAKE" zone in the surrounding rainforest see Seacology project
- "NO catching bird" zone in the surrounding community
- NO burning rubbish on the property
- Guest Carbon offsetting tree planting scheme

#### **GUEST ACTIVITIES**

Our activities aim to be as low impact as possible

- We provide education through in room information booklets & also by talking directly with out guests
- Guests are welcome to join our village classes & ceremonies

#### WASTE WATER TREATMENT

Water from your cabin is treated by our Wastewater gardens – this returns nutrients back to the garden. No septic tanks.

It is important that you do not put harsh chemicals down the sinks, showers, or toilets as this can kill useful bacteria needed for the system.

Please note our toilet is not a flush toilet, simply fill the bucket provided with water and manually flush by emptying the bucket in the toilet bowl. Please put toilet paper down the toilet!

#### INSECTS

Possibly where you live, insects are not appreciated for the useful work that they do.

There are certain insects that are very important to our ecology here such as:

- Ants for breaking down compost
- Native frogs for eating flying termites
- Geckos for scaring off mice and eating mosquitoes
- Spiders for eating mosquitoes and termites

Please don't be afraid of spiders – there are no dangerous or biting spiders here. If you come across a spider or insect that you are uncomfortable with, please let our staff know and they will relocate it for you. Between 8am –4pm only

Please respect our "no chemical policy" by not using chemical insect sprays or coils in the room.

Please note: Diverse insect life is a sign of a healthy living ecosystem, and should not be confused with a room not being clean.

## RUBBISH

Glass, plastic bottles, cans, & organic wastes are recycled where possible. Please place food scraps in the bin provided outside the kitchen. Ladies, please put your sanitary napkins in the bin provided.

# **TIPPING**

If you would like to tip our staff who have lovingly prepared the cabin for you, please leave your appreciation on the dining room table.

Suggested tip 100K - 200K

Drivers, Trekking guides & Masseuses can be tipped directly as they work freelance.

Please leave your feedback in the book- in the desk draw