



NIHI

SUMBA

Renew the Spirit

5-NIGHT ITINERARY FOR MIND, BODY & SOUL

Edge of Wildness™

Embark on a Journey

Embark on a soulful journey where wellness flows through every moment, from the rhythm of hoofbeats along golden shores to the stillness of sunrise over the hills. Let Sumba's ancient spirit and breathtaking landscapes guide you toward renewal and balance.

Ride gently across beaches and rolling hills, swim with our graceful Sandalwood horses in turquoise waters, and follow the sacred trails that connect the island's heart to its people. Each experience invites grounding, mindfulness, and a deeper connection to nature.

Soothe your body and spirit at the Nihioka Spa, where open-air pavilions overlook the ocean and the sounds of waves replace all distractions. Rejuvenating treatments inspired by local healing traditions restore harmony and awaken inner calm.

Whether through movement or stillness, touch or taste, this journey invites freedom, balance, and renewal, an unforgettable retreat at the Edge of Wildness™.

- Comfortable long pants for riding
- Sunscreen and sunglasses
- Light long-sleeved shirts for sun protection
- Mosquito repellent (provided at the resort, or bring your preferred one)

... and don't forget to bring your spirit of adventure



Your journey begins here.

It is our pleasure to outline the experiences and activities that will be part of your stay, each one designed to immerse you in the island's beauty, culture, and sense of adventure.

SIGNATURE INCLUSIONS

- 5 nights accommodation at 1 Bedroom Villa with a private pool
- Roundtrip airport transfer in a shared Safari Car
- Three daily meals (breakfast, lunch, dinner) and all non-alcoholic drinks
- Unlimited Wi-Fi
- In-villa mini bar (1 full restock per day)
- Laundry
- Happiest Hour, daily from 5:30pm to 6:30pm with free-flow domestic beers and house wine
- Complimentary weekly activities
- Complimentary tour of projects by The Sumba Foundation
- Padel & Pickleball from 6:00am to 9:00pm
- Water Activities: Stand-up paddle boarding and snorkeling around Nihiwatu Beach (when weather conditions permit)
- Guests can also participate in our scheduled group yoga & meditation classes.

YOUR NIHI EXPERIENCES

- E-Bike Adventures
- Swimming with Horses
- Padel or Pickleball
- Blue Waterfall
- Half Day Spa Safari
- Wanukaka River Adventure



WWW.NIHI.COM

FOR MORE INFORMATION,
PLEASE CONTACT OUR
EXPERIENCE TEAM

EXPERIENCES@NIHI.COM
+62 811-3821-3330 (ASIA TIME)

EXCLUSIONS

Please note that all additional activities and services, not stated in this itinerary above, including alcoholic beverages, tobacco, fishing trips, boat excursion, jet ski, tow surfing, spear fishing, private Yoga/Pilates/TRX instruction, private surf lesson, waterfall treks, additional surfer spots, spa treatments, boutique purchases, private open-air Land Rover discovery trips and babysitter services, are available at additional charges.



*Edge of Wildness*TM

ARRIVAL DAY

Welcome to the Edge of Wildness

Upon landing at Tambolaka Airport (TMC), you will be greeted by our team for a 90-minute journey to the resort in our open-air Safari vehicle, a signature experience where the landscape feels both African in soul and Asian in spirit. As you travel through teak and mahogany forests, past traditional Sumbanese villages, rice terraces, and river valleys, your immersion into the island's ancient culture and mysticism begins. With each passing mile, the modern world fades away, and the rhythm of Sumba welcomes you, leading you gently to the Edge of Wildness™.

Happiest Hour

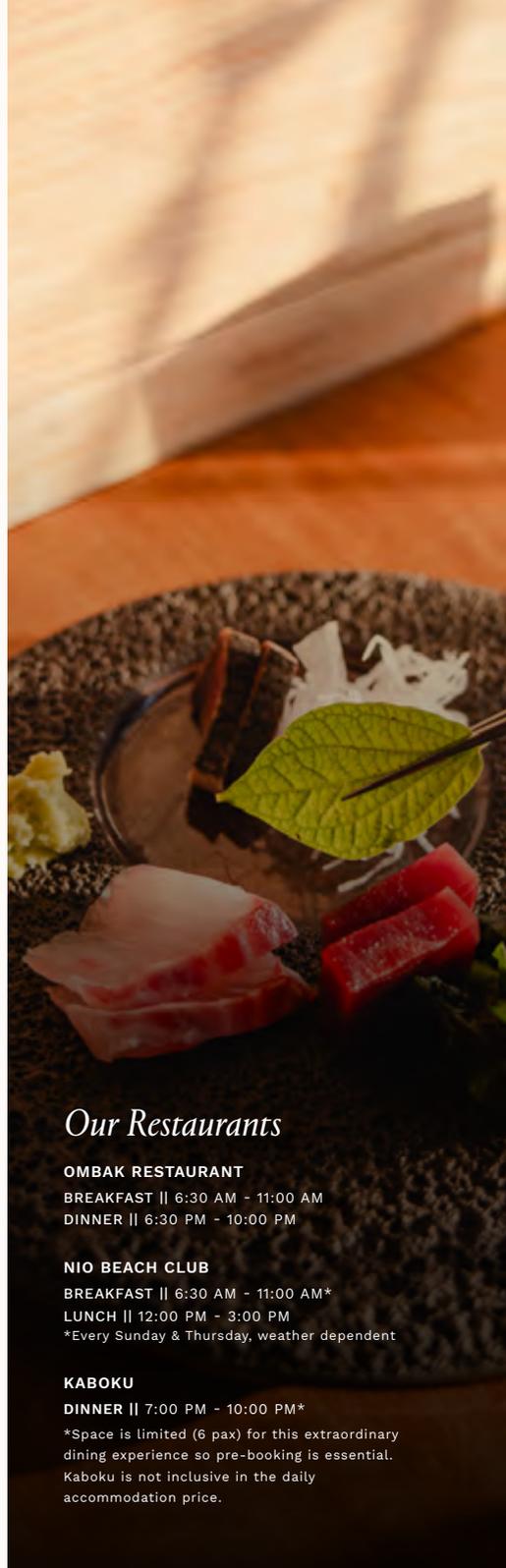
From 5:30 PM to 6:30 PM, gather at the Boathouse, NIHI's favorite sunset spot, to enjoy free-flowing local beer and house wine. Connect with fellow travelers, share stories, and toast to another unforgettable day at the Edge of Wildness™.

📍 BOATHOUSE 🍷 COMPLIMENTARY

Jungle Themed Dinner

Experience NIHI's Jungle-themed dinner, a vibrant buffet-style celebration inspired by the island's wild beauty. Held at Menara, home to Sumba's tallest traditional roof, the evening features dishes crafted from our Organic Garden, Food Forest, our Indian Ocean and local village harvests, a true taste of the Edge of Wildness™.

📍 MENARA 🍷 COMPLIMENTARY



Our Restaurants

OMBAK RESTAURANT

BREAKFAST || 6:30 AM - 11:00 AM
DINNER || 6:30 PM - 10:00 PM

NIO BEACH CLUB

BREAKFAST || 6:30 AM - 11:00 AM*
LUNCH || 12:00 PM - 3:00 PM
*Every Sunday & Thursday, weather dependent

KABOKU

DINNER || 7:00 PM - 10:00 PM*

*Space is limited (6 pax) for this extraordinary dining experience so pre-booking is essential. Kaboku is not inclusive in the daily accommodation price.

DAY 2

A Day of Motion & Connection

BREAKFAST AT OMBAK

FROM 6:30 AM - 11:00 AM

E-bike Adventures

Explore Sumba with ease and depth on an E-bike adventure that lets you cover more ground while staying present to the land and its people. Ride through valleys, beaches, and hilltops, passing traditional villages where everyday life and ancient traditions unfold.

🕒 7:00 AM 📍 IDR 4,500,000** /PERSON

Swimming with Horses

Experience one of NIHI Sumba's most iconic adventures, a bareback horse ride along Nihiwatu® Beach as the tide gently recedes. Meet your horse at Nio Beach Club, fitted with a soft bareback pad for comfort, and set off for a relaxed ride through the shimmering shallows. A favorite among both horses and riders, it's a moment of pure connection, freedom, and joy at the Edge of Wildness™.

🕒 TBC (TIDES DEPENDENT) 📍 IDR 2,000,000** /PERSON

LUNCH AT NIO BEACH CLUB

FROM 12:00 PM - 3:00 PM

Padel or Pickleball

Experience the fastest-growing sports in the world on our **Padel** and **Pickleball** courts. Play anytime on the **first and only Padel court in Sumba**, or enjoy a friendly match of Pickleball surrounded by lush nature. Both games are fun, social, and a perfect way to stay active and even make a few new friends along the way.

📍 PADEL COURT 📍 COURT BOOKING REQUIRED

HAPPIEST HOUR AT THE BOATHOUSE

FROM 5:30 PM - 6:30 PM

DINNER AT OMBAK

FROM 6:30 PM - 10:00 PM



DAY 3

Chasing the Blue Waterfall

BREAKFAST AT OMBAK
FROM 6:30 AM - 11:00 AM

Group Yoga Class

Join a group yoga session at our beachfront yoga pavilion, where the ocean becomes your soundtrack and the horizon your focus. Classes vary between Hatha, Vinyasa Flow, and Meditation, each designed to restore balance and presence. Sessions are complimentary, and no booking is required. Simply arrive, breathe, and begin.

🕒 8:00 AM 📍 COMPLIMENTARY

Blue Waterfall

Descend into Wanukaka Valley for a 45-minute drive to Matayang. Enjoy a 1-hour and 30 minutes trek with our guide through a pristine national park to a stunning blue lagoon at the waterfall's base. Keep an eye out for exotic wildlife. Witness the breathtaking waterfall basin before a leisurely picnic and swimming.

🕒 10:00 AM 📍 IDR 8,200,000**/COUPLE

LUNCH AT NIO BEACH CLUB
FROM 12:00 PM - 3:00 PM

HAPPIEST HOUR AT THE BOATHOUSE
FROM 5:30 PM - 6:30 PM

Foundation Night

Experience Burch Foundation Night, a signature dining event held weekly at Menara. This buffet-style evening celebrates NIHI's commitment to giving back, with proceeds supporting the impactful philanthropic work of the Burch Family Foundation and The Sumba Foundation®. Savor local flavors, connect with purpose, and be part of something truly meaningful.

🕒 7:00 PM 📍 MENARA

DAY 4

The Healing Trek to Nihioka

BREAKFAST AT OMBAK
FROM 6:30 AM - 11:00 AM

Half Day Spa Safari by Trek

Begin your journey to Nihioka Spa with a 120-minute scenic trekking along Sumba's breathtaking west coast, passing rolling hills, lush valleys, and traditional villages. Upon arrival, enjoy a wholesome breakfast served at the treehouse overlooking our secluded beach, the perfect beginning to a day of renewal. Then, retreat to your private bale for 2.5 hours of pampering with one of our skilled spa therapists. Indulge in a selection of treatments, from full-body massages and organic facials to revitalizing body wraps and reflexology, all crafted with natural, locally sourced ingredients that embody the healing spirit of Sumba. For a truly unique experience, explore the Equine Wellness Program, featuring Equine Massage, Equine Reiki, and Equine Sound Healing: powerful, restorative encounters that deepen your connection with Sumba's most soulful creatures.

🕒 IDR 13,000,000**/COUPLE (HALF DAY SPA SAFARI)

🕒 IDR 3,500,000**/PERSON (HORSE RIDING ADD-ON)

LUNCH AT NIO BEACH CLUB
FROM 12:00 PM - 3:00 PM

Group Yoga Class

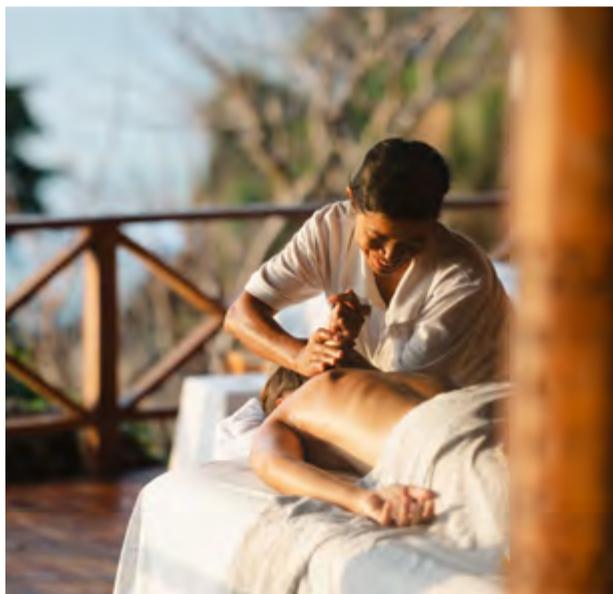
Join a group yoga session at our beachfront yoga pavilion, where the ocean becomes your soundtrack and the horizon your focus. Classes vary between Hatha, Vinyasa Flow, and Meditation, each designed to restore balance and presence. Sessions are complimentary, and no booking is required. Simply arrive, breathe, and begin.

🕒 4:30 PM 📍 COMPLIMENTARY

HAPPIEST HOUR AT THE BOATHOUSE
FROM 5:30 PM - 6:30 PM

DINNER AT OMBAK
FROM 6:30 PM - 10:00 PM





DAY 5

From Giving Back to Going Beyond

BREAKFAST AT OMBAK
FROM 6:30 AM - 11:00 AM

Sumba Foundation Tour

This complimentary 2.5-hour tour offers an inspiring glimpse into The Sumba Foundation® and its efforts to uplift local communities. Founded to combat water scarcity and malaria, the tour visits the Foundation's headquarters near NIHI, a malaria clinic, and, when possible, the school lunch program providing nutritious meals to local students. These initiatives have reduced malaria rates in core areas by over 93%, showcasing the Foundation's remarkable impact on community health and well-being.

🕒 10:00 AM 🎟️ COMPLIMENTARY

LUNCH AT NIO BEACH CLUB
FROM 12:00 PM - 3:00 PM

Wanukaka River Adventure

The journey to the Wanukaka River will take 40 minutes, offering scenic views of rolling hills, lush forests, rice paddies, and traditional villages. If you're lucky, you might even spot herds of buffalo grazing. You can choose to paddle or kayak along the river and will last approximately 60-90 minutes, depending on the current. At the end of the adventure, you can relax and enjoy some snacks, and drinks before returning to the resort.

🕒 1:00 PM 🎟️ IDR 8,200,000**/COUPLE

HAPPIEST HOUR AT THE BOATHOUSE
FROM 5:30 PM - 6:30 PM

DINNER AT OMBAK
FROM 6:30 PM - 10:00 PM



DAY 6

One Last Morning in Paradise

As the sun rises over your final morning on the Edge of Wildness, it's time to say farewell, not goodbye.

Our team will gently guide you through the departure process, ensuring every detail is thoughtfully cared for.

Please have your luggage ready one hour before your transfer, as your journey from Sumba back to Bali begins.

*We will miss you!
See you soon.*





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NIHI* SUMBA IS A MEMBER OF:

