



NIHI

SUMBA

# Edge of Wildness™

THE RESORT DIRECTORY MAGAZINE

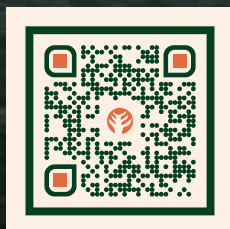


# Wander With Curiosity

FOR MORE INFORMATION PLEASE VISIT

[WWW.NIHI.COM](http://WWW.NIHI.COM)

Digital Version





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# Selamat Datang di NIHI® Sumba

A WARM WELCOME TO THE EDGE OF WILDNESS™!



We appreciate that you have traveled many miles to come and spend your well-earned holiday here with us all at NIHI® Sumba. The mystical island of Sumba is one of Indonesia's most peaceful islands and we are honored to have you with us in our unique home.

We have assembled this guide to aid your discovery in the richness of everything our magnificent island has to offer, including experiences stretching well beyond our resort. Please treat this as your own personal journal, make notes, bookmark pages, and before your journey carries you onwards, tuck it into your luggage as a reminder of the sacred and thrilling time you spent with us.

More than a place for a conventional vacation, NIHI® Sumba is an invitation to harness the power of connection with oneself, to refine one's sense of purpose, and to give back to the world at large in a meaningful way. Through our partnership with

The Sumba Foundation®, we have built a socially impactful business model from the ground up, which supports a better quality of life for communities throughout our island. Therefore, we believe that NIHI® stands to serve as more than just a holiday destination, we are inspired by goodwill and wholeheartedly committed to honest hospitality and an investment in the preservation of culture.

Here, hundreds of hectares are at your fingertips and ready to welcome a sense of wonder – adventures from Sunrise to Sunset await, from our award-winning Spa Safari™ Nihioka, to our world-renowned ocean swim with horses, Wild Wellness Programmes, and our volunteer programs with neighboring communities.

We will tell you all about our activities in the following pages, but nothing beats getting out there to explore, and create your own wild adventures, experiencing it all for yourself. NIHI® Sumba is not only an introduction to an uncharted land with its ancient culture and mysticism, it is also the greatest opportunity to safely stretch yourself outside of your comfort zone as you embark on a personal quest for freedom, discovery, prosperity, and joy.

*“NIHI® Sumba - A place to connect with something larger than oneself. A haven for the adventurer, the wanderer, the endlessly passionate and the curious. Arrive with an open heart and leave changed forever.”*

Welcome to a new age in hospitality, one that is fun, kind, soulful, human and real. Move in your own way, in your own time, and at your own pace, and get ready to write your own story.

Be Wild. Be Free. Be Well.

**Sabine Lamberts**

GENERAL MANAGER





Christopher Burch, our owner and the biggest supporter of The Sumba Foundation®, pictured here visiting a local school, one of his most treasured pursuits when visiting NIHI® Sumba.







# NIHI® Sumba Drone Policy

We appreciate that some of our guests would like to use drones in order to capture special images, memories, and/or footage of their time at NIHI® Sumba however we also need to guarantee that all of our guests are afforded the highest levels of safety and privacy during their stay with us.

We do permit our guests to bring a personal drone to the island for photography or videography purposes but please note that it must be declared to the NIHI® Sumba team on arrival, who will then advise on safety and security, including details around approved fly zones and flying times.

Use of drones at NIHI® Sumba is therefore subject to pre-approval and based on (but not limited to) the following rules and regulations:

- Guests may not make use of any drones unless they have been registered with the front desk team first.
- We are deeply cognisant of the comfort and safety of the horses on the island so please bear this in mind when flying your drone. Guests may fly their own drones while experiencing swimming with horses or horseback riding but this will be limited to no more than 2 drones at a time and must be carried out with the utmost respect to the privacy of fellow guests. No guest may film another guest's experience.
- Guests may fly their own drones to document other water-based activities but only once the drone has been registered and flight plans pre-approved. Again, no other guests may be filmed.
- No drones may be launched when the horses are running freely.
- Drones are only allowed west of Nio Pool.
- Drones are not permitted to fly over any villas, Ombak restaurant, or any shared public spaces on the property.
- Drones are permitted during trekking or hiking to Spa Safari™, the waterfalls, rice island, and The Sumba Foundation® but they are not permitted in or around the Spa Safari™ and Villa Rahasia property.
- Any special requests for shooting restricted areas need to be approved by our General Manager.

Thank you for your cooperation and understanding!







# The Resort

Suspended on the Edge of Wildness™, within the quiet bay of Nihiwatu beach, NIHI® Sumba is a secluded island resort. A lush backdrop of varied and unspoiled landscape, interlaced with ancient tribal culture, uniquely supports our sincere mission: The Freedom to Thrive.

Here you are at liberty to explore, discover, grow and flourish. Instead of ticking boxes, we create off-script itineraries, personally orchestrating everything to tailor your time with us to suit your personal desires; from surfing and deep-sea fishing, to visiting ancient megalithic sites and traditional markets in extraordinary local villages. Your magical NIHI® Sumba experience is yours alone.

Let us help you explore this land under the cool mist of an untamed waterfall or take time to simply relax in the shade of palm trees at our exceptional Spa Safari™. There is nowhere else like it on earth.

NIHI® Sumba is made up of 270 hectares of land, and only part of it can and ever will be developed. The rest will remain as wild and precious as you see it today, used only for farming projects and nature explorations.

Extra effort has been made to include our neighbors through employment within our property, to give back to the surrounding community. We offer fair wages to everyone on our team, which in turn boosts the Sumbanese economy and enables our neighbors to grow and flourish in healthy and sustainable ways. The heart and soul of NIHI® Sumba is and will always be the beloved Sumbanese we share our island home with.

Speaking of community, at NIHI® we leave tipping to our guest's discretion. We believe in going above and beyond for you regardless, but if you feel like our team or someone in particular has really shone for you, please let us/them know. All our prices exclude 21% tax and service charges.



# Our Story

The story of NIHI® Sumba is a unique and serendipitous tale, stretching as far back as Sumba's ancestors when, centuries ago, the 'Marapu' first set foot on the island's breathtaking beach. Whilst the myths and legends of their powers vary, the Sumbanese spirit is a strong and benevolent force on the island, keeping the traditions and culture of the people of Sumba alive.

Tales of the indigenous culture and natural beauty of NIHI® Sumba reached the ears of American financier Christopher Burch in 2012. Chris learned that Claude Graves, founder of the cult surf retreat Nihiwatu, was seeking a visionary to expand on the gem of a location he had uncovered.

Chris then called on his trusted friend from The Carlyle in NYC, South African-born hotelier James McBride who was President of YTL Hotels in Singapore at the time. They visited Sumba together and both Chris and James fell in love with Nihiwatu instantly.

They started developing their bold idea to evolve Nihiwatu into the best resort in the world by weaving leisure and luxurious comforts with the peaceful spirit of Sumba, all while becoming active participants within local communities by empowering the welfare and advancement of the island's people, through The Sumba Foundation®, an already established organization.

Through the generous support of Chris, all administrative costs of The Sumba Foundation® are maintained, which allows for 100% of guest donations to directly fund humanitarian projects.

Additionally, donations and volunteer efforts assist in aiding the focus on village-based projects.



These measurably impact local health through the establishment of access to clean water, the creation of educational programs, and the reduction of the presence of Malaria.

The result is a unique collaboration between NIHI® Sumba and the local community, which today co-exists with compelling interdependence.

NIHI® Sumba has become the largest employer on the island, while The Sumba Foundation® helps alleviate otherwise challenging aspects of daily life for residents in Sumba.





The Sumba Foundation® has built a network of four health clinics which have served more than 400,000 patients and saved the lives of over 400 children through direct intervention of malnutrition and malaria. Since the launch of The Sumba Foundation®'s Malaria Reduction and Eradication Project in 2004, malaria infection rates have reduced by more than 93% within target areas.

The Sumba Foundation® has also built more than 60 water wells and a network of more than 250 water stations, providing clean water for over 25,000 people daily.



LEFT || James McBride and Chris Burch at Spa Safari™ Nihioaka  
ABOVE || Claude and Petra Graves at Nihiwatu Beach



# The Big Blue & Pantai Nihiwatu

Every one of our private villas is well-positioned, with uninterrupted views of the vast Indian Ocean that stretches out from Sumba. And it's no coincidence, given that the swell from this world famous and highly coveted wave is top amongst the many unique features that makes journeys to NIHI® Sumba so desirable. "The Wave" is central to NIHI® Sumba's story, with its famous left-hand break which has attracted passionate surfers from all over the world. As a result, we limit the number of surfers on the wave to only 12 per day, an exclusivity that has amplified its cult status. Over the years, it has accumulated many nicknames, including Big Blue, God's Left and Occy's Left, after surf legend Mark Occhiplupo.

This side of the island is known for its strong currents, so please be cautious during high tide and big swell times. The larger the waves are, the stronger the outgoing current will be.

Please do not underestimate the power of the ocean, even if you consider yourself a highly skilled swimmer. We request that you always alert the Boathouse team when you would like to go for a swim anywhere along our coastline, so we can keep an eye out for you. Safety in the water is our top priority.

NIHI® Sumba's epic beach, Nihiwatu, is over two and a half kilometers long. It is great for exploring at low tide, with many fascinating rock formations and shallow tidal pools toward the far end. To go the distance, plan for a 45-minute power walk or leisurely 1.5 hour stroll to the end point and back. If you plan to spend time on the beach, please take water with you.



ABOVE & BELOW || Different views of Nihiwatu beach  
RIGHT || Guest at Nio Pool, observing NIHI®'s wild horses on the beach.



As a cultural observation and courtesy, we recommend that women cover up with a sarong when walking along the beach, as it is unusual for locals to see women exposed outside of their villages in Sumba.





Since then, their descendants, the Sumbanese people, have called this area Nihiwatu.

The Nihiwatu Stone stands today amongst a group of boulders on the beach, just three hundred meters past the Boathouse. The largest stone of the group, called the Prahu, is believed to be the remnants of the ship the Marapu arrived on.

It stands about 60 meters past the creek and 3 meters above the sand. Closer to the forest from the Prahu is the Nihiwatu, behind which is a larger rectangular-shaped stone called Tempat Istirahat, or resting place. The Tempat Istirahat was the Gods' daybed, from which they could view all of their creation. Beside them would lay their dog, which is also represented in a stone. Named the Anjing, this long, narrow stone dutifully rests at the foot of Tempat Istirahat.

The forest surrounding NIHI® is considered sacred ground and every year, at the start of the seasonal rains, the Ratus, or traditional animist priests, gather to partake in ritualistic sacrifices. This act helps determine the auspicious date for when they will inspect the stone. Depending on the amount of sand that has accumulated in the cylindrical hole, they will be able to predict the success of the coming year's harvest. If the tube is full, it is a bad omen suggesting there will be too much rain and crops will rot. If it is empty, the opposite will occur and there will be minimal rain and crops will die. However, if the sand is found in the perfect placement, about a half-inch below the rim, the yearly harvest will be fruitful and bountiful.

# Nihiwatu Stone

The Sumbanese believe that long ago, before mankind, the Marapu (Gods) descended to Earth on a celestial ship, landing on the beach where NIHI® Sumba sits today. They brought Sirih Pinang (or betel nut), and lime paste with them. However, upon arrival, they realized they had forgotten to bring their mortar stone to mash and mix these ingredients, to release the euphoric alkaloids found within the nut.

They proceeded to mix the addictive remedy on one of the beach boulders near the forest where they had settled. Over time, this boulder developed a cylindrical tube within it, due to the consistent pounding of their mighty pestle. The Gods called this their Nihi (mortar) Watu (stone).



# Sumba Wildlife

Sumba is famous for the wild Sandalwood Horses who call this island home but we are also privileged to cohabit with a much wider range of tropical island wildlife. Whether you are trekking around the island, foraging in our jungle, or spending hours at sea, you will undoubtedly meet an eclectic array of interesting, rare and wild species throughout your stay at NIHI® Sumba. If you are an avid twitcher, prepare for a feathery show. We highly recommend the river and our Spa Safari™, where bird watcher's have recounted numerous sightings of White-winged tern, Cinnamon-banded kingfishers, Sulphur-crested cockatoo, Great-billed heron, Oriental hobby and the native Julang Sumba (Sumba hornbill). Keep your binoculars close at all times!

Chances are you will also encounter a gecko during your stay. These small, wall-climbing lizards are non-venomous and completely harmless to humans, in fact they play a very important role in our ecosystem by eating smaller insects, like mosquitoes and spiders. The gecko call – or chirp – resembles their namesake: “gecko, gecko”. Throughout Asia, geckos have various local names onomatopoeically derived from the sounds they make: such as “chee chak” or “chit chat”.

In Sumba, it is believed that geckos can predict the future when asked a yes/no question, in the same manner as the classic western pastime of pulling flower petals to determine if “she loves me or she loves me not”. So when you next hear the gecko calling, ask your question. The first chirp is ‘yes’, the subsequent chirp is ‘no’, and on it goes. Continue listening to the gecko saying ‘yes’ or ‘no’ after each call and when the lizard finally stops making noises, you will have the answer to your question.







ABOVE || Water Buffaloes on Niihau beach  
BELOW || Dolphins playing on Oahu's Left

Our resident monitor lizards, that freely roam the property, can reach up to 1,5 meters in length. They may look menacing, but rest assured they are in fact terrified of humans. When you meet one on the paths of NIHI®, remain calm, stay still, and watch them as they lumber away. Majestic and wild. The plethora of strikingly colorful land crabs, that you can see as far up as the Menara (the recreational space near the arrivals area), did not get lost, they actually feel at home in dirt or mud rather than sand. These creatures are not dangerous and will quickly scuttle out of your way the moment you approach them.

While not common, should you see a snake, stay calm and move away slowly. Do not approach snakes as they may attempt to defend themselves if they feel trapped or in danger. Once safely distanced from the snake, please let our team know what you have seen and we will help the snake find a much happier home in the jungle where they will have no human interference.

And then of course, we have the underwater world. A rich tapestry of colorful sea life can be found in the ocean waters directly in front of Niihau beach, seen best with a mask and snorkel. Our Boathouse crew will be thrilled to take you out and introduce you to our oceanic friends. Hopefully, our turtle hatchery project will also provide you with the experience of releasing babies out into the ocean during your stay, however this is egg dependent.

The chance of seeing larger wildlife, such as monkeys, buffalo and wild boar, is possible if you take part in our tours and land activities, where trails will bring you into denser areas of the surrounding community. If you are lucky, you may catch a glimpse of buffalo herds on the beach as nearby farmers sometimes bring them down to bathe in our ocean waters.

You will not see many large mammals within the resort, except for our famous horses and some local dogs and cats, belonging to our neighbors along the beach.





# Protecting and Preserving Sumba Island

## B CORP

B Corp Certification companies are leaders in the global movement for an inclusive, equitable, and regenerative economy. Unlike other certifications for businesses, B Lab is unique in its ability to measure a company's entire social and environmental impact to ensure it is meeting high standards of verified performance, accountability, and transparency on factors from employee benefits and charitable giving to supply chain practices and input materials. At NIHI®, we are working to receive our certification in 2024.

## WASTE TO WEALTH

We are making great strides with the implementation of our Waste To Wealth management programme at NIHI® Sumba.

Not only are we sending ten times less waste to landfills but we are working with the community and supporting a local initiative in the process. Visit our website for more detailed information on Sustainability at NIHI.

## EARTHCHECK

NIHI® Sumba is a member of EarthCheck.

EarthCheck is the world's leading certification, consulting and advisory group for sustainable destinations and tourism organizations. Visit our website for more detailed information on our EarthCheck status.

## PLASTIC FREE

At NIHI® Sumba, we are committed to keeping our beloved home clean and free from plastic. We have a dedicated waste center managed by a team who works tirelessly on recycling as much as possible, in an effort to reduce the amount of waste going into landfills. We would be proud to give you a tour of our facilities if you are interested in learning more about what goes on behind the scenes at NIHI® Sumba. Let your Guest Kapten know if you would like to learn more and we will arrange a tour for you, otherwise simply join us in keeping the island plastic-free while growing ever more conscious of how you consume and recycle, and please carry that knowledge with you as you journey onwards.

## MANAGING WATER USAGE AND ENERGY

With water being our most precious resource, we have installed water meters around the property to measure consumption and identify where we can reduce usage. In 2022, we saw a 50% reduction in usage, which not only serves the business by saving money but creates a more sustainable environment for our team, our community, and our guests. We are also continuously working to optimize energy consumption across the resort through better maintenance and operational procedures.



# Introducing NIHI® Botanics and the Wallace Line

150 years ago, a pioneering naturalist embarked on a journey of discovery through the Indonesian archipelago. Alfred Russel Wallace discovered a remarkable division in the region's flora and fauna, leading to the identification of the "Wallace Line".

This line marked the unique botanical wonders flourishing on either side of its bounds.

Fast forward to the 1970s, when a British student, captivated by this botanical phenomenon, undertook his studies in the jungles of Sumba Island. Dr. Simon Jackson, who later earned his PhD in Pharmacognosy from King's College, went on to formulate some of the world's most renowned botanical beauty brands.



Inspired by Dr. Jackson's exploration of Sumba and under his expert guidance, NIHI® Sumba proudly announces the launch of NIHI® Botanics and Wallacea Skin. This groundbreaking project aims to develop precious skincare products while supporting local communities through education, economic empowerment, and sustainability initiatives.

We are thrilled to contribute to the preservation and celebration of Sumba Island's miraculous botanical life, fostering a harmonious relationship between nature and community.





# Walk the Walk & Talk the Talk

In order to further immerse into the time-honored traditions and traits of Sumbanese culture, we thought a few more tips and insights would come in handy.

Sumba's secret lies in the speed of things...or shall we say, the ease of things. The Sumbanese don't run, stress or demonstrate anxiety. While you are here, allow yourself to embrace their laid-back approach to life. While a request may take a little longer than expected, their desire to please and their genuine smiles more than make up for any lost time.

Before you know it, their tranquil way of life rubs off on you and you will feel the benefit of truly letting go and adopting the unhurried pace of island life.

One way we encourage guests to engage with our team is to speak their native tongue: Bahasa Indonesia. Your Guest Kapten will help you pronounce some of our favorites but let's start with some of the basics...

Good Morning  
Selamat Pagi

How are You?  
Apa Kabar?

1-One  
Satu

6-Six  
Enam

Good Day  
Selamat Siang  
(FROM 11:00AM UNTIL 3:00PM)

Thank You  
Terima Kasih

2-Two  
Dua

7-Seven  
Tujuh

Good Afternoon  
Selamat Sore  
(FROM 3:00PM UNTIL SUNSET)

You're Welcome  
Sama-Sama

3-Three  
Tiga

8-Eight  
Delapan

Good Evening  
Selamat Malam

One more beer please.  
Tolong, satu lagi bir.

4-Four  
Empat

9-Nine  
Sembilan

Good Night  
Selamat Tidur

Young Coconut Water  
Kelapa Muda

5-Five  
Lima

10-Ten  
Sepuluh

Sweet Dreams  
Mimpi Indah

Where are you going?  
Mau kemana?

Have you eaten already?  
Sudah makan?







# Global Recognition

NIHI® Sumba is an internationally recognized leader in luxury hospitality and responsible tourism. We are proud to have been honored with multiple industry awards for both our hospitality offering and our efforts to help our neighbors and the environment. We are humbled by the following awards and accolades:

## 2024

**THE WORLD'S 50 BEST HOTEL**

#10 in the World

#1 in Indonesia

**PEOPLE'S CHOICE AWARD**

Best Hotel & Retreat

**TRAVEL+LEISURE**

5 Favorite Resorts Indonesia #4

15 Favorite Resorts in Asia #7

100 Favourite Hotels in the World #38

## 2023

**WORLD'S 50 BEST HOTELS #18**

**CONDÉ NAST TRAVELER GOLD LIST**

**TRAVEL+LEISURE**

5 Favorite Resorts Indonesia

15 Favorite Resorts in Asia

100 Favourite Hotels in the World

**ROBB REPORT** 50 Greatest Luxury Hotels

**NET A PORTER** #1 Prettiest Beach Hotel in the World

## 2022

**TRAVEL+LEISURE**

World's Best Awards Top 50 in the World

## 2021

**TRIPADVISOR** Travelers' Choice Award Winner

**TRAVEL+LEISURE** Top 50 in the World

## 2019

**ANDREW HARPER**

Editors' Choice Award - Hideaway of the Year

**DESTINATION 2**

World's Most Instagrammable Hotels

## 2018

**TRAVEL+LEISURE**

#9 Hotel in the World

#3 Best Hotel in Asia

## 2017

**TRAVEL+LEISURE**

Best Hotel in Indonesia

Best Hotel in Asia

Best Hotel in the World

**CONDÉ NAST TRAVELER**

The World's Best Hotels Gold List

## 2016

**TRAVEL+LEISURE**

Best Hotel in Indonesia,

Best Hotel in Asia and

Best Hotel in the World

**CONDÉ NAST TRAVELER**

The World's Best Hotels Gold List

**THE TELEGRAPH UK**

The 50 Greatest Hotels in the World

## 2015

**ASIA SPA AWARDS 2015**

Winner of Destination Hotel/Resort of the Year

**PURE AWARDS 2015**

Winner of Design of the Year

## 2014

**TATLER'S**

Best Hotel in the world with Soul & Style

## 2013

**CONDÉ NAST TRAVELER**

World Saver's Award "Doing it all" and Runner-Up for "Health" category

**TRIPADVISOR** Top 25 Small Hotels in Asia

"Traveler's Choice Hotel Award"

## 2012

**TRAVEL+LEISURE**

The Standout for "Global Vision Award"

**TRIPADVISOR** Best Hotel #2 in

Indonesia "Traveler's Choice Hotel Award"

**KIWI COLLECTION**

Chosen as one of "Top Eco-friendly hotel in the world"

**TRIPADVISOR** "Certificate of Excellence Award"













# Resort Directory

We might be a far-flung destination but we have many world class and indulgent amenities to make your stay comfortable, alongside an array of creative and wild experiences to make it unforgettable.



# Events & Dining

While we are located on a remote island, we strive to bring our guests the freshest and tastiest cuisine. Our flourishing Organic Garden and Food Forest, together with a bounty of local fruit, vegetables, spices and herbs from neighboring villages and farms, help to ensure that our menus are varied and full of flavor.

Our all-inclusive dining approach affords you the comforts and amenities expected of a luxury resort, but at no additional cost, so you can sit back, relax and enjoy. Included are three daily meals, beverages (excluding alcohol) and snacks offered at the bar and in the lounges. Dining is available from morning until late into the evening, with meals served at your leisure. Feel free to dine within your villa or discuss options with your Guest Kapten should you wish to design a private dining adventure.

We also invite you to join in on our twice-weekly BBQs of freshly caught fish and delicious meats, and to venture down to the Boathouse for sunset nibbles and drinks every day, where we have more social food and beverage experiences set up for all our guests. These gatherings are an opportune time to mingle with other guests who share your sense of adventure and curiosity.

Need privacy? We appreciate that couples usually want to indulge in special, romantic moments in private. We are always available to set up a private dinner table for you at Ombak restaurant or any one of our property's secret spots. Please let us know ahead of time if you are interested in sharing a quiet meal with your loved one and we will plan the rest.

We also understand that families eat at different times and that little ones need to go to bed early. Please arrange with your Guest Kapten should you wish to enjoy room service before 6pm.



ABOVE || Ombak Restaurant  
RIGHT || Nio Beach Restaurant

It is our pleasure to accommodate parents or guardians who wish to relax and enjoy a rare meal to themselves. Nannies are also available to look after the children while you have a quiet evening away. Alternatively, please let us know if there is a special occasion you wish to celebrate with the entire family, so we can creatively dress large, round tables for your jubilant gatherings.

Our à la carte menu includes a range of Indonesian and Western-style dishes with daily specials. We can easily cater to dietary restrictions or allergies and are more than happy to provide children's options upon request. If you crave a simple piece of flame-grilled fish, your favorite comfort foods or something that is off the menu, our chef will gladly prepare it for you given advanced notice.

Please Note: There is an in-room dining menu located in your villa, with a variety of large dishes and snacks to suit any appetite. In-room minibars and estate kitchens are well stocked. If you desire anything else in your villa, our on-site team is available to take requests and replenish items as needed. Please feel free to call and ask our team whenever you are feeling peckish.





## Ombak Restaurant

The heart of NIHI® Sumba's dining activity is found in our main restaurant Ombak, meaning 'wave front'.

Ombak, a laid back, open-air restaurant and lounge bar, serves a la carte breakfast and dinner daily, in a relaxed and convivial atmosphere. Think palm trees, beach sand beneath your feet, and an ocean breeze. Outlined by a large and sunny deck which hangs over the ocean, guests to Ombak enjoy comfortable, relaxed seating accompanied by the sights and sounds of the ocean with every meal.

Guests can also indulge in our weekly special dining experiences, including spectacular BBQs and Sumba Foundation® movie nights. For romantic dinners or special intimate group meals, an out-of-this-world private dining experience, The Nest, is perched on the crest of Ombak's ocean deck.

**BREAKFAST** 6:30AM - 11:00AM

**DINNER** 6:30PM - 10:00PM



## Nio Beach Club

Located on the water's edge, Nio Beach Club's open-aired pavilions are a prime place to enjoy lunch. From a daily catch to colorful vegetables from our abundant organic garden, only the freshest ingredients make up our delicious and healthy global-inspired menus. Enjoy our charcoal grill, daily rotisserie or homemade pizzas from a wood-fired clay oven, all lovingly prepared by our Chef and his team. While you are there, take a dip in our glorious resort lap pool, situated right next to Nio and elevated just off the beach. Swim along the edge while taking in the soothing views of the ocean, epic sunsets, Occy's Left, and the local village life during low tides. Lunch and snacks are also served by the pool and, for special occasions and more intimate dinners, we are able to create a magical setting here.

**BREAKFAST** 6:30AM - 11:00AM

**LUNCH** 12:00PM - 3:00PM

### In Room Dining\*

\* Delivery charge is applicable for each order that is sent to the room

#### ROOM SERVICE

7:00AM - 10:30PM

#### PRIVATE DINING

Menu available in villas



Discover our menus

## Kaboku

Kaboku is NIHI® Sumba's Japanese restaurant, an omakase cave adjacent to the Nio Beach Club swimming pool, offering a truly special and unique omakase seven course experience with the freshest ingredients prepared by our experienced chefs.

Here, guests enjoy the freshest fish and carefully selected premium ingredients that are then masterfully crafted together, perfectly balanced, and presented in the traditional omakase style, with a full array of flavors and textures that tantalize the senses. An elegant selection of Japanese sake and whisky complete the experience. The location of the Kaboku restaurant is oceanfront and unparalleled.

OPENING HOURS 7:00PM

RESERVATION REQUIRED MAX. 6 GUESTS



## Chef's Table

An extraordinary culinary experience inspired by the curation of omakase dining, our guests will be taken on a journey of discovery in a fusion of east and west cuisine. This considered dining experience has been crafted by our executive team of chefs.

OPENING HOURS 7:00PM

RESERVATION REQUIRED MAX. 6 GUESTS



ABOVE || Sushi Experience  
RIGHT || Floating breakfast in the villa  
BELOW || Destination Dining  
LEFT || Chef's Table





## Destination Dining

A NIHI® dining experience does not have to be confined to our restaurant locations. In fact, we love the challenge of developing unusual, unique and memorable backdrops and meals for your most special occasions. Whether preparing a decadent feast in the comfort of your private villa, a simple picnic overlooking lush rice fields, a cozy dinner for two with fireworks, or an elaborate group buffet, we are more than happy to coordinate custom meals for you, anywhere and at any time.

The price and capacity for each dinner will vary, depending on your meal specifics. Personal consultations with our Executive Chef or Sous Chef are the perfect way to design your dream menu.

To plan a special dining event, please discuss options and ideas with your Guest Kapten at least 24 hours prior.



## Floating Breakfast

Wake up to picture-perfect indulgence in the comfort of your own private villa pool. Start your day on the island with a mouthwatering breakfast selection and a bottle of the world's finest champagne, all served on a floating tray.

Breakfast doesn't get much more luxurious than this. We also offer a "champagne-free" option, should you prefer. Please inquire with your Guest Kapten ahead of time.





## Special Occasions

The Sumbanese love a party! Let us make your most special occasions even more magnificent and unique by adding the detailed and luxurious touches of NIHI® with the tribal spirit and soul of Sumba.





\* Please note: we can welcome up to 80 adults in 35 rooms. A resort wedding buyout requires a minimum of 3 to 5 nights stay according to seasonal rates. Please inquire about shared/group villas and space for children. All package prices are available upon inquiry. For more information, inquire about our wedding brochure. Our local priests are not legal celebrants and, thus, do not have any legal value.

## Vow Renewals and Special Celebrations

Renewing your vows at NIHI® Sumba is a rich and heartfelt experience. Shower your partner with love amidst the beautiful natural settings that exist on Sumba island. Let us arrange a unique and special blessing from a traditional Sumbanese priest, who will wish you warm tidings of happiness, health and success, Sumba style. Complete with flowers, music, dancing, decorations and a reception, this ceremony can be perfectly simple or as deluxe and decorative as you desire. Cost is dependent on your heart's desires. Let us know if this is of interest to you.



LEFT PAGE || Wedding at Nihika  
RIGHT PAGE || Wedding at Nihiwatu Beach

## Weddings

We have been honored to host some incredible weddings here at NIHI® Sumba. The wild wonders of Sumba are the perfect, magical and adventurous backdrop for couples initiating their union. No matter how simple or lavish your taste, the spirit and natural beauty of Sumba creates a truly extraordinary and unique setting for your special occasion. Able to accommodate the most intimate affair or support a resort-wide takeover, we would love to help you create your dream wedding. We've even orchestrated an impromptu, spontaneous ceremony for enamored guests when the mood struck them. Fall deeper in love with each other, as you fall in love with Sumba.

Sumba weddings are loaded with culture. Whether you choose to marry on our long stretch of beach, in the mystical rainforest or on an ocean cliff top, exotic romance is dreamily captured by the colorful ceremony of local tradition. Village priests will lead the ceremony; which includes cultural beliefs such as chewing local betel nuts and a marriage ritual symbolizing the sealing of the union, similar to the exchanging of rings. Other features, such as Sumbanese wedding garments, a ceremonial march of horses or water buffalo, and traditional dances, can be incorporated for an authentic and euphoric, Sumbanese style.

## Ceremonies, Funerals & Special Events

The Discovery Channel and National Geographic have aired many documentaries on the unique tribal culture of the Sumbanese people, in particular its dramatic “Pasola” rituals, an annual event and custom which draws thousands of traditionally dressed spectators to witness ceremonious battles on horseback. This cultural equine event takes place each year during the months of February and March and is not far from NIHI® Sumba.

The animist priests decide on the date of the event about six weeks in advance, so the exact dates are confirmed in early February. If you are visiting during this time, our team would be pleased to accompany you to the event. There are many smaller ceremonies taking place in nearby villages throughout the year that NIHI® Sumba guests are invited to. Please request up-to-date information during your stay and we can arrange a guide to escort those interested in attending to experience Sumbanese culture firsthand.



Funeral ceremonies are also very sacred events on the island of Sumba so if you would like to experience more local activities, please check in with us so we can find out what might be taking place during your stay.

BELLOW || Sumba Warriors during the Pasola  
RIGHT || Sumba Ratu collecting Nyales during sunrise









# Things to do around the resort



- |                                |                              |
|--------------------------------|------------------------------|
| 1 SANDALWOOD STABLES           | 9 OMBAK RESTAURANT           |
| 2 CHOCOLATE FACTORY            | 10 RELAXATION HOT POOL       |
| 3 OMBAK GARDEN 2 & FOOD FOREST | 11 BOATHOUSE & BOATHOUSE BAR |
| 4 PICKLEBALL COURT             | 12 GYM                       |
| 5 MENARA                       | 13 TURTLE HATCHERY           |
| 6 BOUTIQUE                     | 14 KABOKU RESTAURANT         |
| 7 PADEL COURT                  | 15 NIO POOL & RESTAURANT     |
| 8 OMBAK GARDEN 1               | 16 YOGA PAVILION             |





30 min car ride +  
30 min trekking  
to Blue Waterfall

WATERFALL

NIHIOKA

120 min trekking  
to Spa Safari™



**A1** PUTRI KASAMBI

**A2** KASAMBI

**B1** PUTRI LANTORO

**B2** LANTORO

**C1** PUTRI WAMORO BEACH

**C2** PUTRI WAMORO JUNGLE

**D1** RAJA MANDAKA

**D2** MANDAKA SUMBA HOUSE

**D3** MANDAKA SURF

**E** KANATAR

**F** PUNCAK

**F1** PUNCAK SUMBA HOUSE

**G** LULU AMAHU

**G1** LULU AMAHU SAUDARA

**H1** MARANGGA OCCY'S

**H2** MARANGGA

**I** MAMOLE TREEHOUSE

**J1** HAWERI SURF

**J2** RAJA MANDAKA







## Chris & Charly's Chocolate Factory

With Indonesia being one of the largest cocoa producers in the world, we celebrate this delicious treat at our very own chocolate factory, designed by Charly, our very own chocolate Guru.

Located in a secret spot that needs to first be discovered, Charly aptly reminds guests that “when the student is ready, the Chocolate will appear”. Chocolate lovers of all ages can learn how to make the delicious, organic chocolate we have here on the island and take some bars home too, if you don’t finish it all on the same day. Explore the best methods for mixing and tempering chocolate, while choosing your own fillings for your personal bars.

Charly himself, who claims to be from another dimension beyond space and time can be sometimes found at NIHI, living in the jungle, under a palm tree in an old imaginary pirate ship that washed up on the beach some centuries ago. Chat to your Guest Kapten to get booked in for a taste adventure.

**OPEN HOURS** 9:00AM - 6:00PM

## Padel and Pickleball Courts

Padel is a fun, sociable (and highly addictive) racket game for players of all ages. A mix between tennis and squash, the game is played as singles or doubles in a glass walled court that is one third the size of a standard tennis court. A special stringless, perforated bat is used and the rules allow for the use of the glass walls in the game, resulting in longer rallies than in a conventional tennis match.

Enjoy a game of this fast-paced and easy to learn sport surrounded by lush nature at any time of day or night. Our court is located next to the NIHI® Sumba nursery.

Pickleball is just as fun! The sport combines many elements of tennis, badminton and ping-pong on a badminton-size court with a modified tennis net. Here, players use a paddle and plastic balls with holes for increased airflow. Our pickleball court is located at our Food Forest and also surrounded by nature.

**OPEN HOURS** 9:00AM - 6:00PM



LEFT || Pickleball Court  
 BELOW || Chocolate Factory  
 RIGHT || Sumba Market by the Boathouse  
 RIGHT || Nio Beach Club

## The NIHI® Sumba Boutique

We might be located on the Edge of Wildness™ but that hasn't prevented us from bringing a conscious and considered world-class retail experience to you. Located at the Menara Garden, our boutique carries a specially curated range of exquisite clothing and jewelry, traditional crafts, and unique gifts. Enjoy browsing our collection and hunting for special treasures for yourself and loved ones back home. Sumba souvenirs are also available; such as The Sumba Foundation® t-shirts, postcards, jewelry by Lorenz Baumer and our coveted red-covered Sumba coffee table book. All proceeds from Sumba souvenirs go directly into supporting community development projects.

In addition to the boutique, we have two Sumba market stalls, one located next to Menara and the other one at Nio Beach Club. Here, our onsite, local ikat weavers display handmade, original artifacts; including ikats, wood carvings, stone statues and jewelry from their home villages. This is one of our many important community projects and all proceeds go directly to these individual weavers. It is a meaningful way to take a piece of Sumba home with you while directly supporting our neighboring families. Feel free to try your hand at ikat weaving while you are there or ask our weavers to create personalized pieces just for you.

OPEN HOURS 7:00AM - 7:00PM



## Nio Beach Club

Leaving the Boathouse, you'll find a sandy path parallel to the ocean that will lead you past the turtle hatchery to our Nio Beach Club.

With an inviting 20-meter infinity lap pool overlooking the Indian Ocean, this is a dream spot for beach lovers to chill while watching avid surfers catch our epic NIHI® Sumba wave.

Our Nio culinary team serves only the freshest, high quality ingredients during lunch times. Enjoy freshly caught fish, delicious salads, items from the grill, or handmade pizzas from our wood-fired clay oven.

POOL 7:00AM - 7:00PM LUNCH 12:00PM - 3:00PM



BELOW || Baby Olive Ridley after being released  
 RIGHT || Baby Green Turtles about to be released into the ocean

## Turtle Release

For over 120 millions years, sea turtles have been present in the vibrant ecosystem of the world's oceans. Their epic journey, from beach birth to swimming great distances to ensure their survival in the vast ocean, is treacherous with only one in every 1,000 surviving into adulthood. If you are lucky enough to ever see a wild turtle in the ocean, please take a moment to appreciate the nothing short of miraculous fight that it took for that prehistoric looking creature to get there. Unfortunately today, human impact and climate change threaten their very existence, decreasing the numbers of wild sea turtles dramatically.

Indonesia's waters maintain six of the seven remaining global species of sea turtles, with Sumba being home to five of these.

The NIHI® Sumba Turtle Hatchery initiative was started in 2004 as a way for us to keep these gorgeous creatures alive in our oceans. A lack of understanding and a need for food mean that thousands of turtle eggs are sold within the local markets, so in an effort to educate, change this mindset, and give more turtles a chance, we reward our local community residents year-round for every egg they bring us in good condition. The eggs are then buried under the sand in our onsite hatchery and, after seven to twelve weeks, hundreds of baby hatchlings start scrambling in the sand, ready to be released into the ocean.

Miraculously, the small percentage of turtles that do survive out in the world's waters always come back to the exact same beach they left as babies, to mate and lay their own eggs. It remains one of the world's greatest mysteries as to how they manage to find their way back after such enormous migration at sea.

It is a joyous and beautiful experience to watch our baby turtles as they take their first steps towards their destined adventures at sea.

Please enquire with your Guest Kapten or the Boathouse crew for release days and times.



## Coconut Cove, Rua

Popular with new surfers as a relaxed and fun place to learn, Rua is home to one of the calmest bays in the area and offers a safe environment to get out there and start your surfing adventure. If riding waves does not appeal, but you are seeking a beautiful white sand beach for a mini-excursion away, then Rua is still ideal.

A quick 15 minute drive via open-air safari jeep or accessible by boat, this bay is the mini version of our main beach. Coconut Cove resulted from the desire to make surfing available to even the youngest beginners. Skill and confidence are developed on these calmer waters with smaller waves, especially during the epic surf months of May to September. The "bunny slope" sized waves are perfect for those surfers who are apprehensive to tackle the smaller ends of Occy's Left.

The fully equipped Boathouse offers snorkeling gear, boogie boards, SUPs and surfboards for those who want to get in the water, and comfortable chaise lounges, beverages and snacks, as well as shower/wash facilities are all available at Rua..





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+15 Sea Activities

+9 Land Activities

+5 Equestrian Activities

+8 Cultural Activities

+3 Culinary Activities

+5 Kids Activities

+8 Wellness Activities



A woman in a white t-shirt and bikini bottoms is surfing on a wave. The background is a blurred ocean scene with a coastline visible in the distance.

# Experiences

Sumba is a rare and exotic playground that elicits one's sense of curiosity and adventure. Whether exploring the turquoise waters of Nihiwatu bay, the traditional villages that nest on the highlands of Lamboya, the many untamed waterfalls or the lush rice fields of Wanukaka, there is no shortage of wonderment in this ancient landscape, that has only grown more marvelous with time.

Our activities are driven by a heartfelt intention; to immerse you in the island's ritualistic culture through its unspoiled nature and rousing views. We design every moment with authenticity and comfort in mind, to present the true soul and spirit of Sumba.

Our various scheduled tours occur daily, so please check with your Guest Kapten to see what is available throughout your stay. We also have a range of On-Demand Experiences that can be booked according to your own time preferences, or, should you prefer a private On-Schedule trip outside of the scheduled hours, we would be more than happy to oblige.

To book any activity, please reach out to your Guest Kapten or our Experience Team. We request that you please sign up for all activities in advance. Please understand that for some activities there may be a 100% cancellation fee if canceled within 24 hours.

# The Power of Water

The Indian Ocean's underwater sea life is dynamic and vibrant, while inspiring tranquility and harmony. Discover its exotic energy and natural beauty with any one of our individual ocean activities, or request a tailored package for water enthusiasts.

Please note that all water activities are weather/season dependent so we suggest checking in advance to avoid disappointment.

Surfing at NIHI Sumba's Occy's Left







## Surfing

NIHI® has earned a reputation as being home to one of the world's most exclusive and coveted waves. Known as "God's Left" or "Occy's Left" (after Australian surfer Mark Occhilupo), the wave is popular for its rugged character.

For even the most experienced surfer, the NIHI® wave presents a challenge due to its sensitivity to nature's conditions: tides, size, strength and direction. However, the reward for catching an epic ride is a 300 meter long, thrilling journey through sections of rippling swell and heaving barrels.

For decades, this wave has been highly sought after by avid, recreational and professional surfers alike, and as our resort has grown, so has the popularity of our highly desirable wave.

To maintain a surfing experience that is globally unparalleled, we limit the wave to **twelve (12)** registered surfers per day, so please ensure you get your bookings in to avoid disappointment.

Please Note: Safety is of paramount importance to us and in the case where conditions might not be ideal, our expert instructors may need to reschedule or cancel bookings or lessons.



## Surf Lesson (PRIVATE & GROUP)

Let our skilled coaches teach you how to surf the world-class waves of Sumba. Calmer waters can be found at nearby Coconut Cove. Here, newbie surfers may spend half a day experimenting with some light surfing. Breakfast or lunch is included.

Please Note: The location for surf lessons is season and weather dependent and based on availability of surf slots. In the popular high season, we highly recommend booking a surf slot together with a surf lesson for those who wish to experience our popular Occy's Left.

👤 MAX. 1 GUEST (PRIVATE) OR 4 GUESTS (GROUP)

🕒 1H30

Surfing at NIHI Sumba's Occy's Left and around NIHI

## Surfari

Hunting the perfect wave is the epitome of surfing life. Although we know that Niihau Beach hosts the greatest wave on the island, we understand that you might be eager to get out, explore and check out other wave sites.

Several breaks are located within 30-60 minutes from NIHI® and are accessible via car or boat.

If you have the urge to wander for waves, we are more than happy to schedule a trip to one or more of the sites below.

👤 MAX. 6 PERSON

🕒 2H , 4H OR 8H



## Tandem Surfing

Tandem surfing is a great way to let little ones in on the action. They will not have to paddle too hard and will always have a helping hand to find their balance and technique on a stable surfboard for two.

👤 MAX. 1 CHILD

🕒 1H00

LEFT PAGE || Surfing at NIHI's Sumba Occy's Left  
RIGHT PAGE || Foiling



## Kitesurfing

From beginner level to advanced, depending on the wind conditions and direction, you can launch directly in front of NIHI® and kitesurf the full length of our 2.5 km coastline.

Beginners will start by learning with training kites on beautiful, calmer, deserted beaches that are a short drive away and where the conditions are ideal for this. Kite rentals are also available for our more experienced kite surfers.

👤 MAX. 2 GUESTS

🕒 2H PER LESSON

### INTRODUCTION (LESSON 1)

Like surfing, you will learn the basics on the beach. Become familiar with the equipment operation, comprehending tide and wind direction and learning safety measures.

### ON THE WATER (LESSON 2)

Enjoy your instruction out on the water. Students will get a feel for nature's conditions and become comfortable with the concept of "Body Dragging," which is to propel yourself through the water using the kite without a board. Learn how to understand how wind direction affects your ride, as well as how to return to your board should you lose it. We will add a board to your lesson if progression is fast.

### ON THE BOARD (LESSON 3)

Your third lesson will focus on riding safely and in control, including more technical maneuvers for a long, thrilling ride with varying wind conditions. Learn how to carve through the waters and, once up and riding, explore edging techniques and riding upwind.

### ZERO TO HERO (FULL COURSE)

If kitesurfing is your adventure goal, let us support you to a level of confidence to go out on the water with your own gear. This session is for the dedicated water enthusiast, ready to commit to the challenge of the sport Kitesurfing.

## Foiling

As you gain speed, the wing-like foils will raise your board over the water, giving you a frictionless flying experience. An instructor will teach you the basics of foiling and guide you through the steps necessary for your first takeoff!

👤 MAX. 1 GUEST

🕒 MIN. 30 MIN



## Golfish

Turn our shoreline into your own private driving range. Our golfish platform can be arranged at the boathouse, and offers guests the chance to practice their swing, all while feeding the fish along the reef. Our eco-friendly balls are biodegradable and slowly release fish food when they hit the water.

👤 UNLIMITED

🕒 1H00

# Fishing

For those who are up to the challenge, our Boathouse team loves to guide anglers, both amateur and enthusiast, on unique and unparalleled fishing adventures through the remote waters of the Indonesian Archipelago.

Our Indian Ocean coastline features a rich marine environment, hosting one of the largest concentrations of phytoplankton nutrients in the world. The summer season blooms, due to the strong monsoonal winds which create a huge coastal ocean upwelling. This generously supports the marine ecosystem with the perfect environment for a thriving sea life population.

The prize pelagic species we regularly find are wahoo, spanish mackerel, mahi mahi, barracuda, giant trevally, dogtooth and yellow fin tuna. We also have an exciting selection of remarkable reef-dwelling species like job fish, grouper, jacks, trout, perch, cod and bass, to name a few. For conservation purposes, a 'catch and release' policy applies to bill fish.

When it comes to marine life, we all love boating alongside the predators, billfish and reef giants we dream to catch. Plenty of sites that attract underwater sea life enable us to access thrilling fishing adventures, with deep and shallow reefs, pinnacles, mountain bombies, rocky caves, fish aggregating devices and drop-offs.

Our Boathouse is fully equipped with a range of fishing equipment to support various fish-catching techniques; including trolling with rapalas, feathers, baited hooks and lures, surface casting lures and poppers, light jigging and fishing rigs.

Ocean to Table: There is nothing more rewarding than the feeling of reeling in your big catch and having our chefs serving it up to you sashimi style or fresh off the BBQ for your evening meal.

 MAX. 6 PERSONS

 1H30

 20% CANCELLATION FEE



## Spearfishing Lesson

Our expert instructors are ready to guide you through one of the most exhilarating of fishing experiences. If it is your first time spearfishing or you are a beginner, a lesson is mandatory. Confidence in the ocean is a necessary safety precaution and a prerequisite. This two to three hour lesson will provide you with an introduction to free-diving, breath-holding and familiarization with all equipment.

The lesson includes an in-water assessment to help us tailor a spearfishing experience that suits your hunting preferences and diving skill level.

 MAX. 2 PERSONS

 2H TO 3H

 MINIMUM AGE IS 14 YEARS OLD





ABOVE || Sumba Sawyer Boat

## Ikejime Fishing

Embark on an extraordinary fishing experience with renowned Japanese Chef, Shinji. During this exclusive experience, discover the intricate art of Ikejime, a traditional Japanese technique that ensures the highest quality and flavor in seafood.

From the moment your catch arrives on the boat, Chef Shinji will guide you through this meticulous process of preparation.

- MAX. 5 GUESTS (SUMBA SAWYER) MAX. 10 GUESTS (BIG BLUE)
- 1H30
- SEASONAL ACTIVITY
- CANCELLATION POLICY APPLIES

## Spearfishing Trip

The waters surrounding NIHI® Sumba offer a variety of locations to optimize your underwater adventure. Guests depart from NIHI® by boat for a 35 minute ride to the desired fishing location. A spearfishing lesson is included in the package price, if the trip is for beginners.

- MAX. 6 PERSONS
- 2H, 4H OR 8H
- 20% CANCELLATION FEE

## Private Boat Charters

Explore the south west coastal area of Sumba at your leisure on a private boat. Our angler-focused charter covers all specialist interests; fishing, fishing and more fishing! Get ready to set out to sea and head straight toward one or more strategically placed FADs to hunt the big swimmers; such as dogtooth tuna, mahi mahi and wahoo.

\* All charter trips are for a minimum of 2 hours and include non-alcoholic beverages and snacks. Lunch will be provided depending on the nature and length of the trip.

- MAX. 6 PERSONS
- 2H , 4H OR 8H
- 20% CANCELLATION FEE

## Konda Trip

This day-long journey is designed for those who wish to combine their love of fishing with some leisure time on the beach. Leave the resort on our boat in the early morning to catch your own lunch out at sea. Once your fish are on board, be transported to the white sands of Konda Beach for a fresh fish BBQ and nice cold beer. Guests can relax and swim, stand-up paddle board, or snorkel before heading back to the resort.

- MAX. 6 PERSONS
- 8H
- 20% CANCELLATION FEE

LEFT ABOVE || Snorkeling in the house reef  
 LEFT BELOW || Low tide rock pool at Nihiwatu Beach  
 RIGHT || Jet Ski Riding

## Dolphin Viewing

Head out on our Sumba Sawyer or Big Blue boat for an exhilarating journey into the big blue, to view one of the ocean's most beautiful creatures. Different species of dolphin are regularly spotted, both from our shores and out at sea. We invite you to join us as we explore the ocean surrounding Sumba, meeting turtles, feeding sailfish and marlin, sea birds, pilot whales, and more.

👥 MAX. 5 GUESTS (SUMBA SAWYER) MAX. 10 GUESTS (BIG BLUE)

🕒 1H30

📅 SEASONAL ACTIVITY

📌 CANCELTATION POLICY APPLIES



## Rock Pooling

The low tides around the new and full moons pull the ocean back enough to expose the entire reef in front of the Boathouse, revealing many tiny pools filled with a variety of marine life. Join the local villagers as they forage the ocean floor in search of seaweed, starfish, sea urchins, crabs, fish and octopus to use in their traditional cooking.

\*We ask that our guests take special care not to step on any live coral in the tidal pools or to remove any shells. We love our ocean and respect its ecology.

👥 UNLIMITED

🕒 UNLIMITED



## The Donut Ride

Cool off from the NIHI® heat by taking a donut boat ride in the ocean. Lean into the elements as you get pulled by a jet ski across the calm waters of the Nihiwatu® bay. Hang on tight and try not to fall off! Enjoy incredible views of our pristine beaches from the middle of the ocean.

👥 UNLIMITED

🕒 UNLIMITED

## Stand-up Paddle

Stand-up paddling (SUP) is a fun and easy way to enjoy the ocean and its waves, while getting a great full-body workout. Riding and balancing on an SUP is less technical and slower than surfing, which makes it popular with a wide range of NIHI® guests. No experience is required, but please check in with the Boathouse team to ensure ocean conditions are safe.

👥 UNLIMITED

🕒 UNLIMITED






## Jet Ski

Reserve a jet ski for a spin around the water in the Nihiwatu bay. Our water team will teach you all you need to know; how to use a jet ski and where the safest ocean boundaries are for your ride, ensuring your complete enjoyment on a solo or tandem journey.

Experience the thrill and freedom of jet skiing as you carve through the waves with the wind in your hair and a huge smile on your face. Safety is our primary concern when it comes to all water sports activities so if you do not have any previous experience, please always inform the Boathouse crew so they can ensure you get the appropriate support.

 MAX. 2 PERSON

 30 MIN

## Snorkeling

The reef in front of NIHI® Sumba maintains a beautiful wall, extending past the channel, which is full of colorful coral and eclectic marine life. The ideal snorkeling conditions are when the surf is small and preferably at low tide, to ensure the current is not too strong and visibility is clearer.

If choosing to snorkel, please visit the Boathouse and inform the Watermen in advance, so that we can prepare the zodiac and snorkel gear for you. As your safety is always our priority, we will always schedule a Boathouse lifeguard to keep an eye on you while you are out in the waves.

 UNLIMITED

 UNLIMITED

# Land

We are continuously unearthing every corner, nook, and cranny of our island, to create new epic excursions and thrilling adventures for avid NIHI® explorers. Sumba is filled with geographical wonder and opulence. Our bespoke land-based activities are abundant; from access to local Stone Aged sites, to traditional Sumbanese village quests, to quiet picnics under majestic waterfalls or vivid, wild nature trails.

Whether on foot, bike, horse or via open-air Safari vehicle, our fully guided tours are generally all within an hour from NIHI® and cater to all; from the slow-paced meanderer to the eager, rugged hiker. Please Note: Some activities may not be available during certain times of year, being weather/season dependent. We advise checking in advance with our team to avoid disappointment.



## Blue Waterfall Trek

Be awestruck by the stunning vistas that surround you as you descend into Wanukaka Valley, a highlight of this 60 minute drive to Matayangu.

The walking trail begins with a 1h to 1h30 trek, led by local guides, through a pristine national park and into the blue lagoon at the base of the waterfall. Keep an eye out for exotic wildlife; such as long-tailed macaques, reticulated pythons, Nusa Tenggara paradise-flycatchers, or citron-crested cockatoos. As the trail emerges from the jungle, the sheer size and scale of the waterfall basin is a mindblowing sight to behold.





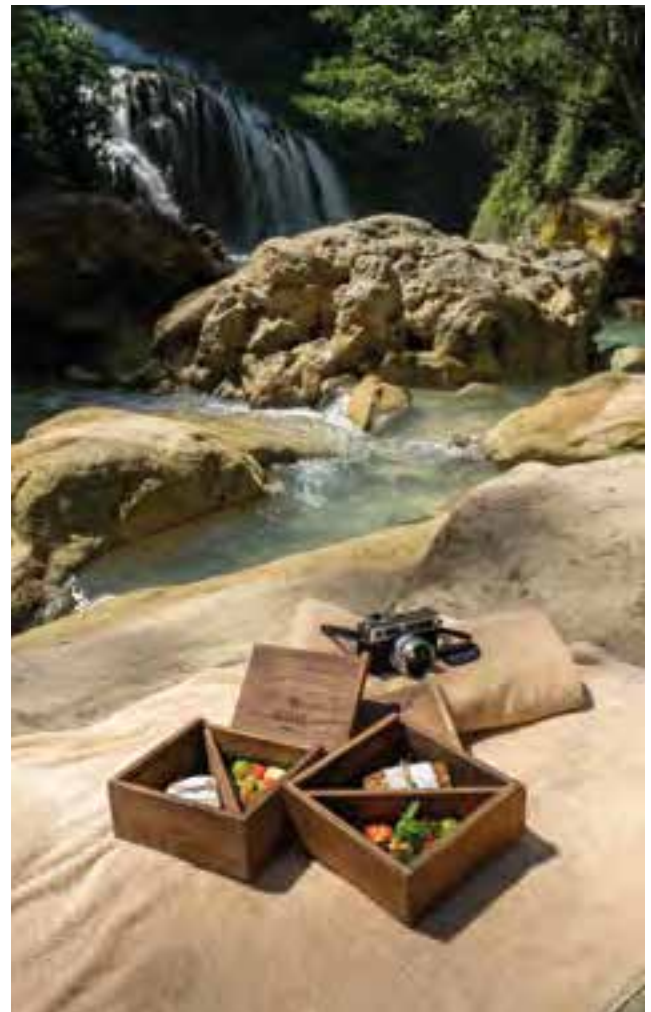
ABOVE CENTER || Lapopu Waterfall  
 ABOVE RIGHT || Picnic at Lapopu Waterfall  
 BELOW LEFT || Blue Waterfall Trek

While you relax and soak in the beauty of this mighty environment, your guides will set up a handmade picnic for a leisurely snack. Spend the rest of the afternoon lounging and swimming in this exquisite setting, before trekking back to your NIHI® vehicle for a relaxed ride home.

We recommend packing a sarong, swimsuit, extra shirt, sunscreen, camera and sturdy walking shoes.

Please note that after heavy rain, access to the waterfall is often restricted.

🕒 4H



## Lapopu Waterfall

Excellent for families and friends of all ages, we begin this excursion with a 40 minute scenic drive through rural Wanukaka Valley to reach the base of Lapopu.

This impressively high waterfall originates at a mountain spring. The cool water cascades down over moss-covered rocks for more than 100 meters, splashing into a natural pool enclosed within a small canyon. This picture perfect location is a spectacular spot for swimming and sunbathing on the rocks. Feel free to relax and take in these heavenly surroundings for as long as you desire. When hungry, our guides will prepare the ideal picnic spot for you to enjoy a delicious and healthy snack, all packed by our NIHI® kitchen.

We recommend packing a sarong, swimsuit, extra shirt, sunscreen, camera and sturdy walking shoes.

Please note that after heavy rain, access to the waterfall is often restricted.

🕒 4H



## Lamboya Highland Trek

This adventure will transport you to the remote area of Lamboya, where many of the most isolated and authentic Sumbanese villages are located. Driven by car to the top of the rural highlands, you will visit the scenic village of Pakat. From here, take a slow stroll down to the riverbank to start your hike, while taking in the rich and varied views of coast and farmland along the way. Following your three-mile village and landscape trek and a short transfer by car, find time to explore the Sumba 'Rice Island'. This elevated jungle, which rises above picturesque rice fields, is the ideal place to relax and take it all in while indulging in homemade, delicious NIHI® picnic snacks.

👥 MAX. 10 PERSON

🕒 2H TO 3H

## Waikelo Sawah & Wekacura Waterfall

After a 60 minute scenic hike, arrive at Waikelo Sawah, a sacred and fascinating cave, which emerged from a natural limestone formation, one that is very sacred to the local community. Along the way, the sound of running water carries over the rice fields and beckons you from the path. It doesn't take long before you see the source; a series of small waterfalls gushing into a beautiful blue watering hole. You have arrived at Wekacura, one of the most distinctive and breathtaking natural attractions on the island of Sumba. Get ready for a swim! Framed by rich green rice terraces and located deep within the natural landscapes, arriving at this waterfall makes you feel like you have stumbled upon a treasured secret you'll want to keep from the rest of the world.

👥 MAX. 10 GUESTS

🕒 2H TO 3H

🚫 SWIMMING IS NOT ALLOWED IN THE CAGE



## Wanukaka River Adventure

This is one of our most popular excursions. Unwind as you gently float along the Wanukaka River, past riverbank villages, on a canoe and experience the unique and authentic perspective of traditional riverbank life with local residents and their animals, such as horses and buffalos. This scenic adventure is a fun and active way to gain insight into Sumbanese culture. Starting with a 30 minute scenic drive, descending deep into the Wanukaka valley, your journey will take you straight to the riverbank. Here you will be briefed on the best paddling methods for your cruise and receive your gear. This adventure concludes with a homemade picnic snack, enjoyed with panoramic views of rice fields and the beach.

\*This activity is offered during the 'green season' on the island. Children are required to be 10 years old or older to participate, however younger kids may ride on their parent's canoe if able to swim well.

👥 MAX. 2 GUESTS

🕒 3H TO 4H


ABOVE || Wanukaka River Stand-up-Paddle





## Rice Island Trek & Picnic


This 2 hour trek to NIHI®'s own "Rice Island" is a symphony of rousing sights and sounds. Starting from the sandy beach, traversing over delicate streams, crossing through green rice fields, along the outskirts of traditional villages and finally tracking down through the agricultural heart of Sumba. You'll meet grazing water buffalo, giggling school children, and hardworking farmers harvesting their crops. This is a magnificent cultural exploration of our neighboring valley. Following the two-hour hike, you will be greeted with a well-earned picnic overlooking sprawling rice paddies below. Additionally a foot massage or full body massage can be arranged upon request. Your return to NIHI® will then be in an open-air safari vehicle so sit back and enjoy the drive through local villages and past schools and health clinics supported by The Sumba Foundation®.

 MAX. 8 PERSON

 4H

## Nihioka to NIHI Sunrise Trek


Depart by open-air safari car from NIHI just before sunrise to watch the sun come up over the horizon at our secret Spa Safari location. Enjoy a light breakfast including coffee or tea, fresh fruit and bread toasted over an open fire before heading back to NIHI on foot, where your full breakfast at Ombak awaits. This beautiful walk is a wonderful way to start a day in the wild.

 MAX. 10 PERSON

 2H TO 3H

## Nihioka Trek & Breakfast

Put on your walking shoes, depart through the resort gates, and start your trek through a palm tree forest as you embark on our award-winning Spa Safari™. Our guide will talk you through the vast and changing landscape, and varied local wildlife and traditional communities, before stopping in a traditional Sumbanese village. Feel free to chat to the residents or show your support by purchasing their handmade local crafts. After the village stop, descend down to Nihioka valley. Splash through freshwater streams and hike over cascading rice paddy fields, all leading to epic panoramic views of the Indian Ocean. Nipi Lima, a hand outstretched over the horizon, welcomes guests who wish to send good intentions and gratitude out into the world. Be greeted with cold towels and a refreshing coconut, before sitting down to a hearty, bush-cooked breakfast all served on a shaded treehouse platform. Enjoy your meal perched against ancient rocks, high above the coast's crashing waves. The ocean view is spectacular. After breakfast, stroll along our magnificent beaches and relax at your leisure. When you are ready to return home to NIHI®, our open-air safari vehicles will be ready and waiting. Alternatively, lunch can be arranged here should you wish to stay and lounge for longer or are celebrating a special occasion.

 MAX. 10 PERSON

 4H



## Mountain Biking

Explore Sumba's rolling hills and luscious scenery from the seat of one of our premium mountain bikes. Pedal along with your guide as he shows you the untouched, raw and natural beauty of Sumba and ride through nearby villages for a glimpse of daily Sumbanese life and culture.

There are multiple paths available, from exhilarating downhill rides to calmer cruises over flat land. Our expert team will help you find the right bike (mountain bike or e-bike) and curate the perfect route to suit your ability and enthusiasm.

👤 MAX. 6 PERSON

🕒 MIN 2H30



LEFT & ABOVE || Mountain Biking  
RIGHT & BELOW || Coconut Cove





## Coconut Cove Trek

Depart from NIHI® at 7:30am for this 2 hour trek, ascending up through the surrounding palm tree forest and heading past traditional Sumbanese villages.

Your personal guide will talk you through the impressive, changing environment and provide you with an opportunity to meet the locals, enter their villages, and experience a glimpse of daily life within a Sumbanese household. Conclude your journey with a fresh coconut and restorative dip in the crystal clear waters of secluded Pantai Rua.

We will happily arrange for our open-air safari vehicle to transport you back to NIHI® or you may choose to return on foot. We recommend packing a sarong, swimsuit, extra shirt, sunscreen, camera and sturdy walking shoes.

 UNLIMITED

 2H30



ABOVE RIGHT || Nihika Ride  
BELOW LEFT || Bush to Beach

# Equestrian

Horses are integral to the soul of Sumba. NIHI®'s exceptional equestrian facility, Sandalwood Stables, offers a range of dreamy equine experiences for all horse lovers. Our local horsemen handpicked the magnificent herd of beautiful horses, selected for their personality, agility, and spirit, ready to carry you off into the sunset and beyond.

Whether you're an experienced rider or new to the saddle, our herd of spirited local horses is ready to guide you on an unforgettable journey across Sumba's stunning landscapes. Begin or end your day with a magical ride along NIHI®'s private beach and watch the sunset or sunrise. Explore serene hacks through lush jungles. You can visit local villages, encounter buffaloes and other farm animals, have an exhilarating gallop along on the NIHI® beach, or relax in the cooling crystal-clear water ocean with your horse.

Each ride is designed to create lasting memories, with personalized care ensuring every detail is just right.

Our horses are descendants of the original Sumba ponies, a unique breed with Mongolian and Arab bloodlines. Despite their small size, these horses are known for their intelligence, agility, and spirited nature. They have adapted to Sumba's challenging environment, thriving in a rustic and untamed landscape. While their physical build is modest, their resilience and character make them exceptional companions for your equestrian adventures.

At NIHI®, we honor the Sumba spirit by treating our horses with respect, kindness, and gratitude. We aim to preserve the wild and rustic essence that defines these remarkable animals.

It is very well known that spending time with horses offers many wonderful wellness benefits. We can greatly enjoy the company, learn and have meaningful human to horse interactions and connect with the NIHI® horses.

\*Due to the smaller build of Sumbanese ponies, **we enforce a weight limit of 85 kg (187 lbs) for beach rides and 75 kg (165 lbs) for more challenging trails to ensure the safety and well-being of our horses.** We recommend wearing leggings or long trousers/jeans, socks, and enclosed shoes when riding. Helmets and boots are available. For our younger guests, please refer to the Little Guest's section of this directory for tailored riding experiences. Join us at Sandalwood Stables for an equestrian adventure that will leave you with lifelong memories, as you explore the natural beauty of Sumba alongside our cherished horses.







## Bush to Beach, River & Rice Field Rides

Trail Ride the back trails off Nihiwatu beach while soaking in the wild Sumba scenery of palm groves, rice fields, rainforest valleys and the rustic villager way of life. Laugh while experiencing a 'water buffalo traffic jam' as their proud local farmer herds them to the beach. Listen as our Sandalwood Ponies call out to other horses tethered in the passing fields. Wave as excited village children approach you for an enthusiastic roadside greeting. On the way back to the Resort, hooves in the sand, enjoy the freedom and beauty of Nihiwatu Beach with an optional gallop in the shallow waves back home. If lucky, ride and meet the other horses of the NIHI® herd on the hill.

\* Riding experience is required, including the ability to manage a horse independently. Due to small steep pathways the max weight is 75kg as our larger horses are not able to go.

- 🕒 1H30 TO 2H (WEATHER/TIDES AND RIDING PACE DEPENDENT)
- 🏋️ LIMIT 75KG (165 LB)

## Horse Riding Lessons

Dreaming of riding freely and controlling your horse yourself? Our wonderful and experienced NIHI® team offers private or small group lessons on request. Teaching you the art of riding and communicating with our Sumba horses in a natural and friendly way. The lessons are taught partly in the arena but with such a stunning beach right in front of our stable we quickly take you out for a lesson on the shoreline. We spend time getting to know our horse, connect and feel relaxed and at ease around the horses as well as on the horse.

\*The lesson takes about 1 hr and explanation and review after the lesson are not included in this time. First time riders or riders who want to brush up their skills.

- 🕒 APPROX. 1H (WEATHER/TIDES AND RIDING PACE DEPENDENT)
- 🏋️ LIMIT 85KG (187 LB)

## Nihioka Ride & Breakfast

A ride to sheer indulgence. Take a relaxed, scenic horse ride over rolling hills and down village back roads to descend into Nihioka valley. Palm groves and lush rice paddies frame the breathtaking, picturesque oceanfront setting of our beloved, award winning spa destination: NIHI Spa Safari™.

On the way there you will pass by a traditional Sumbanese village called Weihola. Upon request you can stop there and receive a warm welcome from the Sumbanese residents of this authentic community. Hop off your horse, walk around, greet the locals and embrace their hospitality and the opportunity to purchase their locally crafted pieces.

Upon arriving at the spa, leave your horse to graze under shady trees, make your way to the Nihioka treehouse for a freshly cut coconut to drink and a bite to eat, while enjoying a view over the ocean cliff top.

A healthy, fire-cooked breakfast will satisfy your belly and your taste buds alike. Post meal, you will have ample time to relax. Take a dip in the creek pool or vast blue ocean, ensuring you soak up the pure bliss of this stunning destination before our signature safari car takes you back to the resort.

An option to upgrade your ride to stay and indulge in a half or full day of limitless spa treatments is available. This arrangement must be pre booked at least a day before the ride at an extra charge. Please check availability with your Guest Kapten.

\* Riding experience is required, including the ability to manage a horse independently. Due to small steep pathways the max weight is 75kg as our larger horses are not able to go.

🕒 1H30

🏋️ LIMIT 75KG (165 LB)



## Swimming with Horses

As the swell lowers and high tide wanes, meet our Sumba ponies on Nihiwatu beach for a calm bareback horse ride in the waves of the Indian Ocean. Meet your steed outside Nio restaurant, ready and dressed with a bareback pad for your grip and comfort. Feel at ease as your horseman leads you down into the crystal clear waters in front of the Boathouse. Revel in the relaxed yet spirited energy of your ride, as our horses thoroughly enjoy the act of wading through waves and cooling off in the refreshing ocean. A truly unique NIHI® Sumba experience. Nothing compares to the exhilarating feeling of connecting with your horse, balancing on their back or next to them whatever you like, as they wade, splash and play weightlessly in the saltwater waves. This adventure has become an iconic NIHI® activity, with everyone wanting their picture perfect paddle captured as a take home memento. Our professional photographer is well versed in snapping this quintessential NIHI® moment. Ask your Guest Kapten if you wish to book. An additional charge applies.

🕒 30 MIN (WEATHER/TIDES AND RIDING PACE DEPENDENT)

🏋️ LIMIT 85KG (187 LB)





## Sunset/Sunrise Beach Ride

As the sun sets or a new day begins, take in the changing hues of Nihiwatu Beach's stunning 2.5 kilometer shoreline astride our majestic Sumba horses. Enjoy a gentle stroll or pick up the pace for a speedy gallop, all while splashing through the rolling ocean shallows. Picturesque and serene, this is an iconic NIHI® photo opportunity that is not to be missed.

\* No riding experience needed.

🕒 1H00 (EARLY MORNING)

🏋️ LIMIT 85KG (165 LB)

ABOVE || Sunset Beach Ride

BELLOW RIGHT || Swimming with horses



## Ride to Coconut Cove

The trail to Coconut Cove on Rua Beach, is a feast for the senses. Surround yourself with the beauty of Sumba, all from the comfort of a saddle. Riding through the traditional villages will connect you with smiling residents while they wave exuberantly as you pass by.

Your ride will take you over rolling hills and down through dales of along along grasslands, exposing an inspiring vista of the Rua coastland you are bound for. Arriving at Coconut Cove Boathouse, you choose how you wish to spend your time here. Stand up paddle, a surfing lesson or swim in the ocean before settling down for lunch. After eating, beach play and chill time a safari car will bring you back to NIHI®.

\*Riding experience is required, including the ability to manage a horse independently. Due to small steep pathways the max weight is 75kg as our larger horses are not able to go.

🕒 2 HOURS (EARLY MORNING)

🏋️ LIMIT 75KG (165 LB)

## Freedom & Spirit

An introduction to our Wild Wellness Equine Connection Program (see Wild Wellness Section) with this enriching addition to our NIHI® equestrian offerings. This program not only enhances your connection with the NIHI® horses but also fosters personal growth and wellness. Spending time with horses is known to offer numerous wellness benefits. Through this program, you will have the opportunity to engage in meaningful human-to-horse interactions, learning from and connecting with the NIHI® horses. The guided horse-to-human sensory exercises naturally synchronize the brain and heart, promoting overall well-being.

### Benefits of Working and Connecting with Horses:

- **Improved Communication Skills:** Learn to communicate effectively with horses, enhancing your interpersonal skills.
- **Stress Reduction and Grounding:** Experience a sense of presence and reduced anxiety through mindful interaction with horses.
- **Relationship Building and Trust:** Develop deeper relationships and build trust with these magnificent animals.
- **Enhanced Concentration and Patience:** Improve your focus and patience through guided activities.
- **Encouragement of Self-Reflection:** Reflect on your experiences and gain insights into your own behavior and emotions.



### What to expect:

- **Insight into the Horse's Life:** Gain an understanding of how horses interact within their herd, their roles, and their view of the world.
- **Subtle Communication:** Learn to listen to and interpret the subtle body language and silent communications of horses, which are devoid of hidden agendas.
- **Unique Differences of Sumba Horses:** Discover the distinct characteristics of Sumba horses compared to Western domestic horses, enriching your appreciation and deepening your connection with these animals.

By participating in this 45 minute session, you will cultivate a deeper appreciation for horses, opening avenues for enhanced horse-to-human connections and a profound connection with yourself.

\* Private session ideal for single, couples or families

🕒 45 MIN





In this one-hour session you will learn about our majestic horses and your own body as the horse will react to your tensions, balance and emotions. It is a powerful experience that brings on a strong sense of connection and relaxation set in our beautiful surroundings.

What to expect:

- Introduction, a first connection with the horse
- Warm up with ocean view starting our practice with a gentle flow
- Connection with our horse, a heart to heart
- On and off the horse stretches
- Meditation walks mounted or dismounted with your horse on the beach
- Release the horse

\* No yoga or riding experience needed

🕒 1H00

👤 LIMIT 85KG (187 LB)

## Equine Yoga & Synergy

A truly unique experience of connection with our Sumba Horses is what you can expect with this exclusive class at the NIHI® Sandalwood Stables located right on the beach.

Breathing with intention, gentle stretching, feeling centered and connecting with all your senses while being in lush nature brings clarity and grounded awareness to your body, while bonding with your horse. Horse riding and stretching creates consciousness of the small, stabilizing muscles that we automatically use to stay strong and balanced while riding our horses or walking through daily life.

Being present with eyes closed, listening to the ocean, hearing the birds chirping, feeling your horse breathing then upon opening them, capturing a view of the endless blue ocean through the ears of the horse.



# Sumba Culture

A stay at NIHI® Sumba combines the ultimate in comforts with the opportunity to authentically immerse oneself in the island's magnificently preserved, ancient tribal culture.

The spirit of Sumba imbibes a plethora of vibrant, local traditions and rituals, which embody the rich symphony of Sumba's daily life. Whether it be a simple hike to a local village, an exciting shopping trip to local markets to hunt for unique arts, crafts and exquisite ikat weavings which are recognized the world over, or observing monumental megalithic burial sites, we encourage our guests to explore. Head out and go deeper within and discover exactly why we chose this island to build our NIHI home.

## The Sumba Foundation® Tour

We invite you to discover the incredible initiatives unfolding across the island by The Sumba Foundation®. The close relationship between the foundation, NIHI® and many of our generous guests, supports health, nourishment and education for the enrichment of the daily lives of the indigenous Sumbanese population.

Visit a local water project, see how the Malaria health clinic is assisting the community, or volunteer one morning with the school lunch program.

Our prearranged tour will make a stop at The Sumba Foundation® headquarters located just outside the gates of NIHI®, for you to learn more.

For online information on The Sumba Foundation®, please visit [www.sumbafoundation.org](http://www.sumbafoundation.org).

UNLIMITED

2H30



## Teaching English

Accompany The Sumba Foundation® team to a nearby school, where you can contribute to English classes through playful lessons, songs and games. This is an incredibly rewarding and fun opportunity to connect with the children of Sumba, while making an impact on their education and confidence to socialize. Be ready for all of the questions the children will ask, they are always excited for visitors and are openly curious.

MAX. 10 PERSON

1H30

ABOVE || Traditional Sumba

ABOVE RIGHT || Ikat preparation process

BELOW RIGHT || Weaving class for the guests





## Ikat Weaving Experience

Women from nearby villages arrive at NIHI® throughout the week to settle in at the Pasar Sumba (Sumba market stall), located near Menara. Watch their nimble fingers as they weave pictorial, traditional Sumbanese ikats, as well as bracelets, placemats, baskets, boxes and containers made of pandanus or palm leaves.

If you are interested in learning this ancient art, they would be honored to teach you. Please inquire with our NIHI® team, so we can make arrangements for you to join them.

UNLIMITED

1H00

## Prai Ijing Village Tour

Prai Ijing village is a traditional Sumbanese village, presenting unique, tribal architecture that has been maintained for hundreds of years. Located 40 minutes from NIHI® Sumba, our local guide will show you the traditional way of life and the true, tribal nature of Sumba culture. Have the opportunity to learn ancestral weaving techniques with the villagers and admire or buy hand-woven Sumba ikats directly from the weaver.

During this tour you will also visit a local market and art shop. A number of unique markets are located a short distance from NIHI®. Walk down the rows of stalls decorated with piles of dried fish, chili peppers, tobacco, betel nuts, and all the produce the locals cherish. You are sure to meet some colorful characters along the way and it's a delight to watch the "pasar" come to life with vendors.

A trip through town includes a stop at a local fruit stand, Sumbanese antique store and any other attraction that might catch your eye while passing by. On Wednesdays, you can visit the weekly traditional market at Kabukarudi (Lamboya), and on Saturdays, journey to Pededewatu (Rua) market.

On the way back to NIHI®, stop at a local art shop to acquire some gifts and souvenirs.

 UNLIMITED

 1H00



## Traditional Horse Riding

When the tide wades and the sun sets the local kids and their own racing ponies gather at the stable to prepare for the horses race. This race is completely dedicated to charity. As the beach bonfire glows, gather on the beach for a Pasola demonstration at NIHI®.

Watch as skilled horsemen demonstrate the art of spear throwing from the saddle-less backs of their Sumba steeds. Let them teach you this ancient art; how to stand, aim and throw. Then enjoy the energy and excitement of our spirited horse racing on the beach at sunset. Young local jockeys, dressed in traditional attire, venture down to Nihiwatu Beach with their prized horses. Watch in awe as they display their impressive agility, while racing and galloping bareback up and down the beach. We also take bets on winning horses, with all proceeds going to The Sumba Foundation® or Horse Charity. The local farmer will bring his beautiful herd of buffaloes down to meet our guests and when hatched the small turtles will be released at this magical moment too.

 ALL GUESTS ARE INVITED

 2H

 TIDES AND WEATHER DEPENDING HIGH SEASON EVENT





## Rice Planting

To the Sumbanese rice is life and in the Marapu way, love, peace, and respect for their ancestors is shown through daily activities and rituals. Farming to them is much more than harvesting food but an expression of harmony between each other, their creator and nature. You will often see the local villagers singing with joy as they plant and harvest rice in seasonal rhythm. This care, dedication and celebration inspire a ritual mindfulness; a slow, methodical, yet joyous action of repetition and song. Join us in this traditional ceremony of rice and life, a unique wellness opportunity to plant, sing and clear the mind.

UNLIMITED

1H00

SEASONALLY DEPENDENT

## Mini Pasola Demonstration

Pasola is a colorful, raw and tribal Sumbanese harvest festival celebrated on horseback. Once a year, in February/March, when the rato, the head of the village has seen the worms come out of the sand on the beach it's time to play pasola, teams of bareback horse riders flock to battle in an epic display of ritualistic horsemanship and raw Sumbanese spirit.

This ritual is a type of blessing ceremony where blood of battle should touch the land to make sure the sumbanese will have a good harvest. Times are changing but the tradition stays.

In real Pasola the riders use sharp wooden spears and will throw to injure each other, however, for our demonstration we use the banana leaf base and the local kids come to show their skills with their own local horses dressed in full attire.

The Sumbanese stable staff will explain the tradition while the kids show you, this activity is partial dedicated to the horse charity.

ALL GUESTS ARE INVITED

45 MIN TO 1H00 - AFTERNOON ON THE BEACH

TIDES AND WEATHER DEPENDING HIGH SEASON EVENT

ABOVE || Prai Ijing Village at Sunrise

LEFT || Paradise-flycatcher and Weekuri Lake

RIGHT || Traditional Pasola by Nihiwatu Beach






# Culinary

Our menus reflect the many traditions of old, new, east and west, which encapsulate the culinary diversity of Indonesia. Put your chef hat on and join a cooking class, to learn what goes into our dishes and how you can recreate some Sumba magic when you journey home.

## Cooking Class

Take a culinary journey through Indonesia. Start with a tour of our organic gardens, to learn about the local herbs and spices used in traditional Sumbanese fare and then put your newfound knowledge to use in the kitchen while cooking some of NIHI®'s most popular Indonesian dishes.

-  MAX. 6 PERSON
-  1H30
-  100% CANCELLATION FEE






## Japanese Cooking Class

This is an ideal experience to dive into after a successful day of fishing in the deep blue sea.

Learn how to carefully filet your fish, before using it to prepare your own delicate and flavorsome sushi dishes, all under the expert supervision of our world class Kaboku Restaurant chef. Other dishes can include miso soup and sakizuke.

\* Classes need to be booked at least 24 hours in advance.

-  MAX. 6 PERSON
-  1H30
-  100% CANCELLATION FEE





## Mixology Class

Learn how to make some of the utterly delicious cocktails we serve at NIHI®, using a sustainability approach exploring local ingredients and a touch of science.

👤 MAX. 6 PERSON

🕒 1H30



## Chocolate Making Class

Learn from our resident chocolate guru's - Charly's Angels - and discover how cocoa beans are grown and processed, before lacing up your aprons and making your own unique creations. Chocolate lovers of all ages can learn how to make the delicious, organic chocolate we have here on the island and take some bars home too, if you don't finish it all on the same day. Explore the best methods for mixing and tempering chocolate, while choosing your own fillings for your personal bars.

👤 MAX. 6 PERSON

🕒 1H

# Children

NIHI® Sumba is a wild and exciting second home for your family, with lush tropical jungles, clear blue ocean, an endless, untouched beach, and luxury private family villas.

The wide-open space is ideal for families to safely play, roam and explore. From a wide range of fun organized activities, to quality alone time with the family in your private pool, you decide what you and your clan get up to in the wilderness of Sumba. Create the fondest family memories that last well beyond your stay.

At NIHI®, we create engaging and immersive experiences that foster respect for the environment, build upon the adventure of travel, and develop curiosity for discovery. The wonder of NIHI is even more spectacular when experienced through the magical eyes of a child.



## Children's Horse Riding Lesson

Give your child the experience of connecting with the calming energy and wild spirit of our beautiful Sumba ponies. Your child will be safely supported by experienced staff during their ride around our fenced-in arena or along the beautiful beach. Let our team explain the basics of riding, while leading your little one on a fun and gentle stroll. Depending upon the age and abilities of the rider, children may be given the chance to move into a faster trot and play some interactive games with their pony and our horse team while in the saddle.

- 🕒 30 MIN OR 1H00
- 👤 MINIMUM AGE: 3 YEARS OLD (PRICING IS ADJUSTED ACCORDING TO AGE AND SADDLE TIME.)

## Kids Pony Club

Head down to our Sandalwood Stables to learn the art of horsemanship with our friendly Sumba ponies. This program teaches children about the daily routines of our stables; grooming, cleaning and feeding. Enjoy some equine entertainment with our team, playing pony games while exploring horse communication and handling skills. Our Pony Club is a fun and interactive learning experience for our little horse-loving guests.

- 🕒 1H00 (30 MIN CARETAKING & 30 MIN RIDING )
- 👤 MINIMUM AGE: 3 YEARS OLD





## NIHI® Wildlings

We have designed a range of scheduled activities for our young wild ones to learn, create and thrive here in Sumba. Through thoughtful collaboration with early childhood experts, our daily Wildling's activities have been specifically designed to be so much more than your standard 'hotel kid's club service'.

All our activities encourage sensory learning, motor skill development, cross-cultural exploration, imaginative play, introspection, and interpersonal skills development. Our team has been formally trained to scaffold your child's learning experience in a fun and interactive manner, with safety and joy being the top priority.

Ask your Guest Kapten for our creatively curated NIHIventure booklet, which includes tasks and activities for completion across various parts of NIHI®. Your child's mission is to complete this book during their stay and become a true NIHI® Wildling.

\*Please contact us for our current weekly activities schedule.

 UNLIMITED

 1H00




## The Wildling Morning

Parents take the morning off as kids join our team for a half-day of fun! Young ones start their NIHI® Wildlings morning by joining in the scheduled 10am kids activity before going to meet our wonderful ikat ladies to learn how to wave. The children will then explore our Ombak Gardens, picking a variety of fruit, vegetable, herbs and flowers needed to create a delicious picnic.

Our Chefs will then assist your littles ones to cook up a range of delicious dishes, for the whole family to enjoy together as you reunite for a picnic at your villa.

 MAX. 4 CHILDREN


 4H00

 MINIMUM AGE: 4 YEARS OLD (CHILDREN UNDER 5 MUST BE ACCOMPANIED BY A GUARDIAN)



## Kids Chocolate Making Class


Each week we host a complimentary chocolate making class for our little guests to experience together. Here, children have a wonderful time celebrating the world of chocolate, while learning all about cacao and the methods required to transform bean to bar. Licking spoons is a must! Chocolate bars are mixed, filled and created by the children, and delivered to your villa once cooled.

 MAX. 4 CHILD

 1H00

## Spa Treats

Regardless of age, everyone loves to feel pampered. Spend some time having spa fun with your littlest ones. We have unique face and body spa treatments created just for kids.

 MAX. 2 CHILD

 30 MIN

### CACAO & BROWN SUGAR SCRUB

A scrumptious scrub designed for young guests who are looking for a body treat filled with ingredients that are delicious enough to eat! Enjoy gentle exfoliation to reveal glowing skin for you and your mini-me.

### COOL KIDS ALOE WRAP

After a full day in the tropical sun, this soothing aloe vera and chamomile treatment will restore, nurture, and cool the most delicate of skin.

### COMFORT MASSAGE

This simple, gentle and soothing body massage combines essences of lavender and chamomile for complete relaxation. Calming body, mind and spirit.

### NOURISHING FACIAL

Enjoy the silky sensation of a coconut oil cleanse, followed by a pampering face massage and a honey mask for a deliciously nourished glow.









# Wild Wellness

BY NIHI SUMBA



# Wild Wellness

Welcome to Wild Wellness: an extraordinary holistic immersion that fuses the rawness of nature with unregulated luxury and the best in healing practices, adding happiness-inducing and results-oriented wellbeing experiences to the world of wellness.

At NIHI® Sumba, we believe that true wellness comes from forging an intimate connection with the power of nature. Here, amidst the unspoilt beauty of Sumba Island, the untamed become your guide, reawakening instincts and fostering a profound sense of liberation.

From long walks along the remote Nihiwatu beach to surfing Occy's Left, and rejuvenating spa treatments at our award-winning Spa Safari™, unique Wildly Fit and Rebalance programs, to meditating underwater, practicing yoga in the jungle, or building trust with our wild sandalwood horses through soulful Equine Connection programs, wellness at NIHI® is pure and transformative, awakening the primal self, and allowing our guests to fully disconnect.



Led by a team of passionate wellness gurus, your NIHI® experience starts with a Wild Wellness Assessment to help guide your stay, during which time you will experience our new treatment spaces, in-house and visiting gurus, adrenaline-filled moments, and deep healing, as you embark on personal or group retreats.

As a direct response to the growing demand for transformative and holistic travel, NIHI®'s guests are invited to enter a world that transcends spa; a place to be totally wild whilst practicing each of the leading pathways to wellbeing; physical, emotional, spiritual, and environmental.

We have also harnessed the curative properties of powerful Wallace Line plants that are unique to Sumba Island. These healing flora form the foundation of the hero oil in our wellness treatments, the Sumba 7 Oil, developed by award winning pharmacognosist Dr Simon Jackson, and incorporate 7 mighty ingredients: cinnamon, coriander seeds, betel nut, turmeric, galangal, ginger root, and mangosteen skin.

Powerful plants and other nutritionally-rich ingredients have been used to lead our menus at NIHI® to provide our guests with energy and healing without being restrictive. Here fresh food lovingly prepared becomes an integral part of central nervous system resetting.

We invite you to celebrate life, and your physical and emotional being, as we tap into Wild Wellness. Meticulously curated activities, deeply relaxing treatments, and conscious cuisine come together to provide profoundly effective wellness retreats and enhancements to your stay.

NIHI® Sumba is more than a wellness escape; it is a testament to the transformative potential of embracing the wild within. So, let us dare to lose ourselves, for it is in the depths of this wilderness that we find our way back to our true vibrant nature.

**BE WILD. BE FREE. BE WELL.**





# About the Sumba 7 & other elixirs

Located near the edge of the Wallace Line, an invisible geographical border that separates fauna and flora in Southeast Asia, Sumba is a unique biosystem outpost.

Along with award-winning Pharmacognocist Dr. Simon Jackson, NIHI® has been formulating a natural cosmetic product line born from deep in the rainforests of Sumba, using traditional Ethnopharmacology, an ancient apothecary for modern times, that harnesses the healing and regenerative power of unique and endemic Botanical species found in and around the Wallace Line.

*Wallacea is a biogeographical designation for a group of mainly Indonesian islands separated by deep-water straits from the Asian and Australian continental shelves.*

Dr. Jackson arrived on the island in the 1980s and committed to preserving and advancing the knowledge of the science of Pharmacognosy through research and the creation of personal care and natural products. Now, in this post-chemical revolution era, increasingly labeled the Golden Age of natural products, his goal is to educate and be as inclusive as possible to those interested in natural products, Botany, and Pharmacognosy.

Powerful plants and other nutritionally-rich ingredients, including the Sumba 7 (cinnamon, coriander seeds, betel nut, turmeric, galangal, ginger root, and mangosteen skin) have also been used to lead our menus at NIHI® to provide our guests with energy and healing, without being restrictive. Here fresh food lovingly prepared becomes an integral part of central nervous system resetting. We invite you to celebrate life, and your physical and emotional being, as we tap into wild wellness. Meticulously curated activities, deeply relaxing treatments, and conscious cuisine come together to provide profoundly effective wellness retreats and enhancements to your stay.



# Explore Wild Wellness at NIHI

We have four pathways to Wild Wellness at NIHI which serve as building blocks to our wellness programs but also how each day plays out on Sumba Island.

## COMMUNITY AND LOOKING BEYOND OURSELVES

A very important pathway to wellness at NIHI® is being exposed to the rich cultural heritage of the Sumbanese people. Through community, both at the resort and through exploration of Sumba alongside our NIHI® Guides, we discover what makes us unique but also what makes us a community. Spending time in the company of people who live the island life can offer us immense wisdom and healing. Come as a guest, leave as family.



## NATURE

Reconnect with your deepest self through slowing down, trekking, swimming or surfing, horse riding, taking in fresh air, or syncing with the natural rhythms of the day like rising with the sun and watching it set, letting simple moments open our senses, with nature as our guide and healer.

This serves as a natural detoxification from the over-stimulation of the modern world where we are bombarded with messages and frenetic energy. We even encourage our guests to consider embracing a digital detox while at NIHI®.



## MOVEMENT AND A HEALING TOUCH

At NIHI®, each day is purposefully designed to bring joy and wonder as our guests explore new parts of the island and experience different ways of life. The warm smiles of the Sumbanese people greet them as they journey through the Edge of Wildness™. Our local spa team and world-renowned Visiting Gurus provide therapeutic sessions that promote healing and well-being, ensuring that our programs focus on the fundamental connection between humans and nature.

## NUTRITIOUS AND FRESH FOOD

*“Let thy food be thy medicine and thy medicine thy food”,* to quote the father of Medicine, Greek physician Hippocrates. Fresh, natural and made with love is how we define our menus that are high in omega, nutritious, and incorporate the rich herbal heritage of the Sumba 7: cinnamon, coriander seeds, betel nut, turmeric, galangal, ginger root, and mangosteen skin. Prepared by our internationally trained culinary experts.

Let's dive in...















# Spa Safari™

Tailored to indulge each of your senses, our NIHI Spa Safari™ is an award-winning experience not to be missed. Plunged into a world where the frontier of reality quickly surrenders to limitless freedom, guests arrive at NIHI Spa Safari™ in adventurous style: by horseback, safari jeep, or soulful sunrise trek through the Sumba jungle, past local villages, and across expansive rice fields.

Reward awaits. Intimate treatment bales dramatically perch on emerald-green cliffs with sweeping ocean views, giving way to deep relaxation and rejuvenation.

The Spa Safari™ experience at NIHI® allows guests to indulge in an unlimited number of treatments while enjoying the energy of the wild ocean that surrounds this wellness wonderland.

Your journey begins with an invigorating 90-minute trek journeying, a 90-minute horse ride or by a 15-minute ride in an open-air safari vehicle across Sumba's dramatic west coast to nearby Nihika valley through the rolling hills and cultural villages.

Upon arrival, guests are rewarded with a cool towel and young coconut and then have the option to enjoy a healthy breakfast cooked on open fire in the Nihika treehouse platform, impressively nestled over a private natural cove with views of the vast ocean at your fingertips.

After breakfast, guests can relax in their own private bale with dedicated spa therapists providing any number of spa treatments from full body massage, cooling and rejuvenating wraps, organic facials, and body scrubs, to foot reflexology using natural and local ingredients. Ultimately the experience is centered upon you; your wants, your needs and at whatever pace truly allows you to unwind and feel free.



In between treatments, guests can play out their day on the wild beaches below, in the palm tree forest, or floating in our freshwater infinity pool. Return to NIHI® in an open-air vehicle either at midday or as the sun begins to set, having experienced both adventure and serenity in equal wondrous measures. Guests with previous riding experience may also choose to go back to NIHI® on a horse, or adventure by bicycle.





## Choose your own Safari...

### HALF DAY SPA SAFARI

Experience the Spa Safari in a half day adventure. Enjoy breakfast or lunch cooked on an open fire before choosing from a range of full-body massages, sumptuous body wraps and scrubs. Treatments are thoughtfully combined to create the ultimate 2.5-hour relaxation experience.

🕒 4H

📅 2H30 OF TREATMENTS

### FULL DAY SPA SAFARI

The ultimate spa experience that stretches on for an entire day. Allow yourself to fully let go under the healing hands of our Sumbanese spa team and experience unparalleled indulgence. Unlimited massage treatments are thoughtfully combined to create the ultimate 5-hour relaxation experience.

🕒 8H

📅 INCLUDING UNLIMITED TREATMENTS

### SPEND THE NIGHT IN VILLA RAHASIA

Never want it to end? Indulge in all of the above, upgrade your stay, and check in to Villa Rahasia, the one and only wildly romantic, completely remote and very exclusive villa at our secret Spa Safari hideaway. There is no WiFi here so what happens at Villa Rahasia, stays at Villa Rahasia.

This is subject to availability and needs to be booked with your Guest Kapten at least 24 hours in advance.

👥 MAX. 2 GUESTS

📅 20% CANCELLATION FEE



# Wildly Well

Outside of the magic of our Spa Safari, we also offer an abundance of wellness treatments in the privacy and comfort of your villa or at our special wellness bale, with ocean views, above the boathouse. Here is a selection of treatments to bring you into alignment during your stay.

## Massage Therapies

### FAR INFRA-RED DETOX SESSION

While traditional saunas heat the air with hot air and steam, infrared saunas use dry heat and infrared light to heat your body from the inside out. In this sweaty session, you will benefit from muscle recovery, stress reduction, detoxing, and improvement of your heart health. Whilst in the sauna blanket, your therapist will use lymphatic drainage techniques on your neck and face to support the lymphatic system detoxification process. Neuromuscular acupressure points on the head and neck will foster the relaxation of the superficial fascia in your scalp. Expect to feel lighter and more energized after this session.

🕒 60 MIN

✂️ AVAILABLE AT YOUR VILLA AND AT THE BOATHOUSE  
SIDE TREATMENT ROOM

### SUMBA 7 DETOX MASSAGE

The cornerstone treatment of our Wild Wellness programmes, this treatment harnesses the power of a miraculous bio-energetic blend of seven plants, roots, and herbs that have been synthesized into a trailblazing detox formulation. Fascia-loosening rollers, cold stones and lymphatic drainage cupping work to eliminate toxins and excess fluids, smooth skin, de-bloat, increase cellular metabolism and boost the immune system.

🕒 90 MIN

### KADU KARABAU MASSAGE

A powerful massage using strong pressure combined with Thai stretching techniques and deep muscle release using the smooth tip of a buffalo horn to alleviate deep-seated tension and muscular stress. A renowned method for alleviating body discomfort and sports related tightness.

🕒 60 MIN OR 90 MIN

### TRADITIONAL HEALING MASSAGE

Handed down through generations, this massage celebrates traditional healing techniques of Indonesia. A strong pressured massage, the Traditional Healing Massage combines pressure points, skin rolling, deep muscle stimulation and stretching. Our bio-dynamic Sumba 7 Oil employs the power of Wallace line plants, roots, and herbs hand-harvested from the area to improve circulation and relieve stiffness and neutralize damaging free-radicals.

🕒 60 MIN OR 90 MIN

### NIHI FREEDOM MASSAGE

Designed to address and target your immediate needs, this massage blends the best of European and Asian therapies. The intuitive hands of our therapists work the areas you prefer to focus on perfectly personalized restorative massage.

🕒 60 MIN OR 90 MIN

### THAI MASSAGE

By incorporating dynamic movements, passive stretching, and acupressure techniques, Thai massage can help alleviate muscle tension, improve flexibility, and reduce stress levels. No oil is utilized and a special Thai shirt and pants are provided for your comfort while receiving the treatment.

🕒 60 MIN OR 90 MIN



### HOT AND COLD WATU MASSAGE

Unique in sensation, this classic style massage adds flare with the alternating use of hot and cold stones. Contrast therapy has been shown to be extremely effective in stimulating micro-circulation, flushing away tissue toxins and acids. Choose only hot stones for a more muscle warming experience or only cold stones to cool and soothe overly sun-kissed skin.

🕒 60 MIN OR 90 MIN

### FOOT REFLEXOLOGY

Throughout Asia, foot massage has been revered for centuries as a key tool for optimal health. Pressure is applied, using thumbs and fingers, to specific areas on the feet which link directly to the internal organs throughout the body. A dynamic mix of stimulation and relaxation, this healing art will help to promote your overall well-being.

🕒 60 MIN OR 90 MIN



### SUMBANESE HEAD MASSAGE

Beyond relaxing, a head massage is quite often the unsung hero of treatments. With thousands of nerve ending in the scalp, neck and head including the powerhouse vagus nerve and our 12 cranial nerves, head massage activates the parasympathetic nervous system (switching off the flight or fight reflex), increases mental clarity, relieves migraines, promotes hair growth, renews energy, and the list goes on. But simply, we love it because it feels divine! An ideal accompaniment to any of our treatments

🕒 60 MIN OR 90 MIN

### REIKI

This ancient healing treatment targets the subtle energy field in and around your body. Lay back and relax, as our Reiki practitioner intuitively uses their palms to shift and realign delicate 'universal life energy' while releasing any energetic blockages you may be experiencing. Reiki induces deep relaxation, while assisting the body's natural healing processes, relieving emotional stress and improving overall wellbeing.

🕒 60 MIN

### DOUBLE THE PLEASURE

For the ultimate nirvana, enhance your massage experience with two therapists and four hands working in tandem for double the relaxation!

🕒 60 MIN OR 90 MIN

## Lush Jungle Baths

Should you wish to fully relax after a big day of jungle trekking, let us draw you a bath. Many of our luxurious villas come fitted with the most opulent tubs. Make the most of your facilities by allowing us to fill your bathtub with flowers, natural bath salts and the sweet aroma of pure essential oils. Melt into the warm water while allowing your mind and body to completely relax or make it a romantic tub-for-two.

\*This is villa dependent and subject to availability. It takes 45 minutes for us to set up your bath. Please contact your Guest Kapten in advance, to give us time to get this prepared for you. For special occasions, please notify us at least 24 hours in case you advance.



### PAMPERING BATH

Perfect to wind down and relax your body after a stressful week or for jet lag recovery. A warm water bath is prepared with flowers, invigorating bath salts and essential oils combined for relaxation and restoration. Enjoy with a pot of your favorite tea and biscuits.

**🕒 45 MIN (SET-UP TIME)**

### COOLING BATH

Pamper your body after a day in the sun with flowers and cucumber in cool water. Apply fresh aloe vera gel after the bath and enjoy an orange, turmeric and carrot juice to boost skin rejuvenation.

**🕒 45 MIN (SET-UP TIME)**

### ROMANCE BATH

Feel the love in this tub ritual for two. This candle-lit warm water bath is filled with red and pink flowers and sensual bath oils. Indulge in a tray of Nihi chocolates along with your choice of crisp champagne or fresh tropical juice.

**🕒 45 MIN (SET-UP TIME)**



### RELAXING PRE-MASSAGE BATH

A delicious prelude to a NIHI® massage treatment to prep the skin while relaxing the mind and muscles. A warm water bath is filled with Epsom salts, milk, and essential oils designed to calm the nervous system. Enjoy with hot lemon ginger tea to cleanse the body.

**🕒 45 MIN (SET-UP TIME)**





## Skin Care

### SOOTHING SUN-KISSED BODY WRAP

A cooling treatment for overly sunned skin. A soothing body mask of aloe vera infused with chamomile essential oil is generously applied over the entire body. You are then wrapped in green banana leaves to draw heat from the skin and tissues leaving you deeply hydrated while repairing damaged, lackluster skin.

🕒 45 MIN

### SUMBANESE LULUR EXFOLIATION

Dating back to the 17th century, the tradition of 'The Lulur' originated as a beautifying skin ritual among Javanese royal brides. Using rice powder, green tea extract and other natural spices, this exfoliation gently buffs the skin, while providing a rich vitamin E, antioxidant boost. The body scrub is removed with cooling natural yogurt balm, leaving skin smooth and silky.

🕒 45 MIN

### SOFTENING SALT GLOW

This mineral-rich body scrub contains a refreshing blend of soft local sea salt, sweet almond oil, lavender, sandalwood & lemon. Perfect for enhancing your refreshed, tropical glow by nourishing deeply while buffing and polishing your skin.

\*Not recommended for sensitive skin.

🕒 45 MIN

### WARMING BOREH

An exotic spicy blend of clove, nutmeg, cinnamon and ginger come together to make this warming body scrub to tone and detoxify the skin. Excellent for achy joints and muscles.

🕒 45 MIN

### SUMBA 7 FACIAL

A restorative facial tailored to your skin type, using natural ingredients to refresh and rejuvenate. Finished off with our miracle Sumba Seven botanical elixir oil.

🕒 45 MIN

### HYDRATING HAIR SMOOTHIE

An intensely hydrating creme bath for the hair!

Synergised with stimulating essential oils of cleansing rosemary, a nourishing base of avocado, coconut and cocoa butter, your hydrating mask is soothingly massaged into your hair and scalp, then left to penetrate the scalp, roots and strands. While working its magic, drift off with a deeply relaxing neck, shoulder and arm massage.

Another wonderful finishing touch to any of our treatments.

🕒 45 MIN

# Fit for Life

Active wellness is a pillar of Wild Wellness at NIHI® Sumba, a playground where the ‘workout’ takes a freeform shape as we are immersed in raw nature. Rest and recovery are also integral to our concept. Guided by our fitness gurus, discover the endless possibilities of movement and longevity.

Sumba is a playground to move your body, push boundaries, disconnect, and feel alive. From our epic new padel court to mobility training techniques for surfers, we have an endless range of activities for active explorers. We also have a free weights area down by the beach and an air-conditioned glass-fronted gym with ocean views for those who need a break from the island humidity while working out. Foster happiness, move with intention, heal your central nervous system and get fit for life.

The following classes can be tailored to all levels of fitness and mobility can be enjoyed in 60 to 90 minutes sessions

## FAR INFRA-RED DETOX SESSION

While traditional saunas heat the air with hot air and steam, infrared saunas use dry heat and infrared light to heat your body from the inside out. In this sweaty session, you will benefit from muscle recovery, stress reduction, detoxing, and improvement of your heart health. Whilst in the sauna blanket, your therapist will use lymphatic drainage techniques on your neck and face to support the lymphatic system detoxification process. Neuromuscular acupressure points on the head and neck will foster the relaxation of the superficial fascia in your scalp. Expect to feel lighter and more energized after this session.

🕒 60 MIN

📍 ONLY AVAILABLE IN YOUR VILLA AT NIHI®.







### MOVEMENT FOR LONGEVITY

Move with intention guided by our experienced instructors. Balance your nervous and hormonal systems as you delve into a carefully curated repertoire of fascia release stretches and refined movements. Designed to optimize joint health and elevate functional performance, this specialized session improves range of motion, strength, and stability. Enjoy personalized attention and precise alignment in an intellectually engaging environment. Embrace the joy of fluid full-body mobility, empowering you to reach new realms of strength, flexibility, and holistic well-being.

🕒 90 MIN



### SUMBA 7 DETOX MASSAGE

The cornerstone treatment of our Wild Wellness Rebalance programmes, this treatment harnesses the power of a miraculous bio-energetic blend of seven plants, roots, and herbs that have been synthesized into a trailblazing detox formulation. Fascia-loosening rollers, cold stones and lymphatic drainage cupping work to eliminate toxins and excess fluids, smooth skin, de-bloat, increase cellular metabolism and boost the immune system. Highly detoxifying, not the most relaxing.

🕒 90 MIN



## STRENGTH AND STRUCTURAL REBALANCE

Experience personalized one-on-one sessions designed to build strength and alleviate pain. Through customized exercises using weights, resistance bands, and bodyweight movements, you'll address muscle imbalances, enhance stability, and improve posture. Each session targets specific areas to relieve pain and prevent injuries, ensuring proper form and alignment. Ideal for athletes and anyone seeking pain-free movement, this training focuses on precise movement patterns for optimal results. Achieve a stronger, more resilient body with Nihi's holistic approach. Train with confidence, restore balance, and embrace a pain-free life..

🕒 60 MIN



## SURFERS MOBILITY

Get back in the water a better surfer. Whether you're just a bit sore after a surf lesson or looking to improve performance and prevent injury, including surf stretches in your training is an often overlooked essential of this extreme sport. Surfing demands extensive use of specific muscle groups and joints, particularly the core, arms, shoulders, back and knees. As a surfer, dynamic flexibility and ease of movement is key to staying injury free while ripping it up with style. Let us guide you through the perfect sequence of long- hold stretches designed to open the shoulders, lengthen the legs and release the lower back.

🕒 60 MIN OR 90 MIN

## YOGA & MINDFULNESS

A personalized session exploring the ancient wisdom of the asanas, pranayama and meditation to deepen your current practice, refine techniques, and explore postures. Alternatively, for the novice, build a solid foundation to begin a yoga journey. Led by revered seasoned instructors, private sessions allow you to ask questions and get ample expert attention, all while immersed in the captivating nature and energy of our island.

Complimentary group classes are offered daily on the hilltop pavilion including Hatha, Vinyasa Flow, Restorative, Yin Yoga, Kundalini Yoga, Breathwork, and Meditation. Private bookings are also available in the privacy of guests villas or one of the awe-inspiring locations around the island

🕒 60 MIN OR 90 MIN



RIGHT || Underwater Rock Running at Nio pool





## AQUA LUNGS

Breath training underwater is extraordinarily unique in its physiological effect. Submersion in water activates a human phenomena; the 'Mammalian Reflex', an immediate survival response that lowers blood pressure, shifts blood and lymph to the vital organs and stimulates the vagus nerve. A great way to lower stress cortisol and gain mental clarity. In the expert hands of our breath specialist, you will learn to control mind and body through specific breathing techniques putting them to practice in an underwater meditation.

\* Available at Nio pool, your villa or the sea (condition dependant)

🕒 60 MIN

## UNDERWATER ROCK RUNNING

An off-piste workout and strength staple for Navy SEALs and surf warriors alike, underwater rock running requires razor sharp focus and a whole lot of strength. Not only is it a lot of fun, but a great form of low impact endurance exercise that significantly improves lung capacity and builds micro-muscle strength through functional fitness.

We won't lie... it's a challenge!

\* Available at Nio pool, your villa or the sea (condition dependant)

🕒 60 MIN









# Wild Wellness Programmes

We invite you to disconnect through one of our immersive wellness programmes. Meticulously curated activities, treatments, and cuisine come together to provide profoundly effective wellness as an enhancement to your stay.

## Wildly Fit

Wildly Fit is a direct line to lasting transformation, guided by our team and visiting gurus.

With longevity and mobility at its core, the programme helps participants gain strength and flexibility through daily exercise, incredible hikes, personal training, brain-body methods, rejuvenating spa treatments, nutrient-dense menus, daily mindfulness activities, yoga, pilates, and surf lessons.

This 5, 7 or 10 day programme will leave guests feeling accomplished, stronger and re-energised.

Depending on your chosen programme length, you can expect to gain strength and flexibility, fortify endurance through daily hikes, fitness classes, specialized and nutrient-dense cuisine, Wallacea remedies, and rejuvenating spa treatments.



## CHOOSE YOUR TRAILS...

Anchored between sea and rugged land, NIHI® offers a gateway to over 150 kilometers of awe-inspiring hikes, unveiling the magic of the local landscape. With many routes to choose from, NIHI® hikes range from 7 km to 27 km in length. Meander through villages unaffected by time, keeping company with buffalo herds, or traverse serene rice fields, where the verdant beauty of the island stretches as far as the eye can see, reaching panoramic vistas and majestic waterfalls.

NIHI's hikes are at the core of our Wildly Fit wellness programmes, improving strength, endurance, and conditioning whilst simultaneously offering the opportunity to be guided by nature and clear the mind.

After each of our Wildly Fit hikes, enjoy a decompression session at your Villa with our Therabody Decompression boots to boost circulation and lymphatic drainage, reduce delayed onset muscle soreness, decrease swelling and stiffness, and relieve muscle fatigue. An arm and hand massage accompanies these 30 minute recovery sessions.

\*Available year round as a daily enhancement or weekly program.





### NIHIOKA TREK

This intermediate 7 km trek starts at NIHI® and takes explorers across beautiful rice fields and over jungle ridges, finishing at our out-of-this-world spa destination with a delicious breakfast cooked over open fire. Or do this hike in reverse with an open-fire breakfast at Nihioaka to fuel yourself for the 7 km trek back to NIHI®.

🕒 7 KM

📌 INTERMEDIATE

### DASANG BEACH TREK

A 10 km intermediate to advanced hike that takes explorers over three bridges and verdant rice fields, and through four small villages.

🕒 10 KM

📌 INTERMEDIATE TO ADVANCED



### PRONA HAI TO RICE ISLAND

A 12 km medium to advanced hike that will take you through the backyard of NIHI's grounds, through villages and jungle terrain, past buffalo herds, and over rice fields.

🕒 10 KM

📌 INTERMEDIATE TO ADVANCED

### WANUKAKA KETAPANG RICE FIELD AND VILLAGE

A 17 km advanced hike that begins at the infamous Pasola grounds. Discover the local life at Praigoli village, ancient culture, and every day rituals around the nurturing of precious rice fields. The trek ends with majestic views over Pahiwi Beach.

🕒 10 KM

📌 INTERMEDIATE TO ADVANCED

### NIHI TO DASANG BEACH

A 27 km endurance hike that is designed to challenge and inspire. The route covers beautiful natural landscapes and passes through villages, schools, and local meeting points. We will pass by Litti Village, locally known for ceramics as well as three rivers (Litti River, Litti River two and Welowa river).

🕒 10 KM

📌 INTERMEDIATE TO ADVANCED

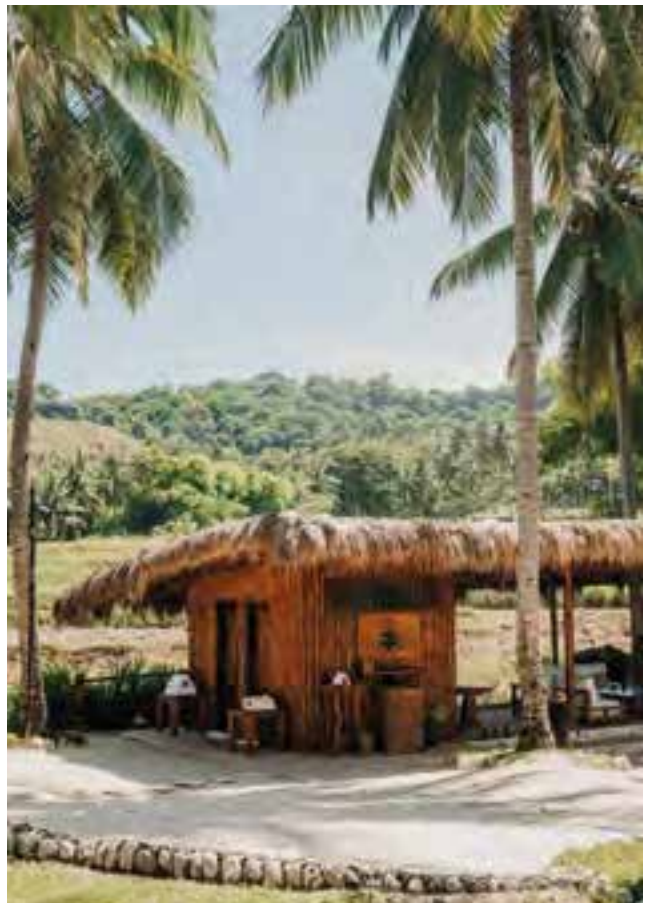
## Rebalance

NIHI®'s wellbeing programs are rooted in a distinctive love for the untamed nature of the island of Sumba, ancient wisdom found in culture, and a spirit of freedom.

### BE WILD. BE FREE. BE WELL.

These are the guiding principles of our Wild Wellness journeys: connecting with nature and in doing so releasing the burdens of the world on the body and the mind, away from the need to endlessly optimize or to hack our systems as if we were mere machines pushed to be better, to do more, in an endless, taxing cycle of pseudo productivity.

At NIHI®, we invite you to calmly and organically get closer to the essence of your true self.



Observe how the wild, free and savage nature of the innate creative mind is unleashed, allowing for deep healing to take place. Here, you won't need to be told to leave your laptop or worries behind, you will simply forget about them.

Born deep within the heart of the rainforest, inspired by the cocooning of Mother Nature, the Rebalance programme is for those seeking mental and physical unloading. Aimed to induce a deep sense of peace and connection with one-self, this programme slows down the Central Nervous System.

With an approachable combination of yoga, movement therapies, meditation, our nutritionally-rich menu, sun, sea, and prescribed cleansing treatment regimen supported by the healing and cleansing power of the island's rare indigenous Botanical species.

Guests can expect discernible clearing of mental fog, gut-biome regeneration, clarity of mind, and a feeling of embodiment and boundless energy.

\*Available year round as a daily enhancement or weekly program.



## YOGA AT NIHI®

For those not participating in a full retreat, we also have daily yoga classes on offer, as yoga is an integral part of the NIHI® Sumba experience. The design of our yoga pavilion reflects just that: a breathtaking platform set atop a cliff side ridge offers sweeping views of Nihiwatu Beach on the Indian Ocean. The schedule created by NIHI®'s resident yoga teacher caters to all levels, honoring limitations while also elevating each student to their highest potential through an integrated journey of body, mind, and spirit.

Complimentary group classes are offered daily on the hilltop pavilion including Hatha, Vinyasa Flow, Restorative, Yin Yoga, Kundalini Yoga, Breathwork, and Meditation. Private bookings are also available in the privacy of guests villas or one of the awe-inspiring locations around the island.

Get in touch if you'd like to find out more about upcoming yoga retreats with guest gurus.

## PRIVATE LESSONS

Enjoy a serene practice and personalized yoga session at your own leisure. Each class is tailored to suit your individual requirements, and can take place at our Yoga Pavilion or in your private villa. No experience necessary, and all levels welcome.

## SPECIAL WORKSHOPS

Deepen your yoga and meditation practice through our seasonal special workshops. Topics may include Inversion Practice, Breathwork Techniques, Introduction to Kundalini Yoga, Yoga Nidra, Somatic Meditation – and beyond. Check the schedule upon your arrival for these targeted yoga experiences, designed to elevate and enhance your practice.



## Equine Connection

The horses of Sumba take center stage in this 5-day program where the graceful synergy between humans and horses becomes a transformative journey of healing and self-discovery. Our local herd of gentle and intuitive horses become your partners in this therapeutic process where a series of five purpose-crafted sessions allow participants to gain profound insights into their emotions, communication styles, and behavioral patterns. As you interact with the horses, you learn to build trust, assert boundaries, and embrace vulnerability, through a unique language of feedback from your equine companions. To understand the horse is to understand yourself.

\*Available year round as a daily enhancement or weekly program.



### EXPERIENCE FIVE SESSIONS:

#### EQUI-ESSENCE

This session is an introduction to our NIHI® herd, to instill a general awareness to the horses' sensory perspectives, and how they communicate and navigate their world. By observing the natural social interactions and communication of the herd, we can gain insights into a horse's highly sensitive sensory system, one that both serves them as prey animals, and can lend itself to healing in humans. Here guests will also learn the unique differences between Sumba horses and western domestic horses and be invited to experience horse communication and connecting. This endeavors to allow enhanced levels of appreciation which opens avenues for deeper horse to human connection and connection with self.

#### EQUI-SEEN

Explorers will be guided through interactive exercises demonstrating how a horse may see and feel when engaging in the human world. With glimpses of the world through the eyes of a horse, valuable insights are gained by experiencing elements of vulnerability on a path to allowing trust. It also helps increase your awareness of the biofeedback symptoms of your nervous system and awareness of stress coping and self-regulation.

#### EQUI-TUNED

This activity is designed to facilitate an environment for horse to human synchronization through sound and meditation. Participating in this mindfulness practice and meditation can help quiet the mind, allow focus on the present moment and elevate emotional states. It is in this space where the natural flow of well-being and healing is accessed.

#### EQUI-FEEL

The exercise in this session further opens the channels of communication with the horse through body language and energetic feel. We explore engaging emotional feelings versus physically doing. Playing with the power of these elements strongly elevates new levels of in the moment self – awareness particularly in the areas of trust, leadership and self-confidence.

#### EQUI-SANA

This dynamic and powerful movement session incorporates yoga asanas and breathwork, while working alongside your horse partner. Trust, confidence, and pushing mental boundaries are themes here, and moving, breathing and stretching while using the horse for support, and as your mirror.









You can make  
a difference



# The Sumba Foundation

In the early years of the development of Nihiwatu (1988 - 1994), our pioneering founders Claude and Petra Graves lived much the same as the villagers around them did, without running water, electricity, or clinics to go to if they were sick. They also contracted malaria dozens of times and experienced firsthand how debilitating it can be.

These setbacks inspired them to explore solutions for the core issues similarly affecting their neighbors: poor health, no access to water, widespread malaria and malnutrition, minimal education and no medical facilities within a day's walk. The philanthropic vehicle they would use to fulfill the needs of the community was their resort Nihiwatu and so they began involving guests in community efforts near the resort.

Then in 2001 they met Sean Downs, a guest of Nihiwatu who was at a stage in his life where he was looking for something more meaningful, and he found it in Sumba. After reading Claude's 20-year business plan for The Sumba Foundation®, detailing many projects, layers of involvement, how and when they would be initiated, and how much it would cost, Sean offered his help.

Soon after, The Sumba Foundation® was established in the United States as a 501©3 non-profit organization and ever since, The Sumba Foundation® has flourished, changing the lives of tens of thousands of people.



It was the guests' involvement that initiated miracles; their support was, and still is, instrumental to the foundation's success. Those guest donations to The Sumba Foundation® went directly to building the projects they were intended to fund and often the donors became personally involved in their projects, knowing they were helping add value to their stay at Nihiwatu.

Nihiwatu's role was to be the economic engine of the island. Hundreds of jobs were created in and outside of the resort, and this helped lift the community out of the harsh conditions under which they were living. The Sumba Foundation® and Nihiwatu model, that of a non-profit working side by side with a for-profit business, each with its own role in poverty reduction, was recognized in 2007 when the World Travel and Tourism Council (WTTC) awarded Nihiwatu the Tourism for Tomorrow Award. And again in 2008, when this tourism model was the winner of the PATA Gold Award.

*"A shining example of what can be achieved when people have commitment and there is a close collaboration between local people, owners and guests ... an inspiring and fascinating story that will serve as a model for other places."*

- KOMENTAR JURI.







The Sumba Foundation® is constantly evolving to meet the current and future needs of the Sumbanese people. They have built a solid foundation of better health and basic education for the community, and have evolved to tackle more of what is needed; even better education, new skills training, and creating employment and small-scale business opportunities for future generations.

The Sumba Foundation® has made life better for the 40,000 people they are helping every day with many water, health, economic, and education initiatives, and outside of these core areas, there are several hundred thousand more who are benefiting from the collaborative projects that have been initiated in other areas of Sumba.

The Sumba Foundation® is a small but highly effective organization that is fully committed to helping the people of Sumba prosper, and with our help they will

# Our Projects

The Sumba Foundation® has focused on five core projects: Access to potable water and establishing community based wells and water stations; Health Care, including but not limited to: malaria control, transmission reduction and eradication, eye care, midwife assistance, and general health consultation; Nutrition projects for infants and school lunch for primary school students to improve their diets including a health and hygiene curriculum; Local economic opportunity projects in sustainable farming; Learning Development, helping to provide English language skills and computer technology to the next generation .



## Water

The first endeavor of The Sumba Foundation® was to address the most basic need of the local community: access to potable water, something so many people simply take for granted. With an initial purchase of a drilling rig that is capable of reaching a depth of 450 feet, we began our first water project in Hobawawi.

Having access to clean water has increased the quality of life for thousands of Sumbanese, in particular women and children who previously walked many miles each day just to bring a bucket of water home to their village.

Over the past 20 years, the Foundation has drilled and hand dug a combined 80 wells, established more than 300 water stations that are now providing more than 30,000 people living in 200 villages access to safe, clean drinking water.

## Health

As access to water started to improve the day-to-day lives of the community, the need to address further health issues became more and more apparent. In 2004, we began to tackle a serious health issue in the area, malaria, and in doing so established a comprehensive program to reduce and ultimately eradicate it from local communities.

In 2005, we established our first health clinic and now have a total of four that operate in two districts (West Sumba and Southwest Sumba), staffed by a team of nurses and midwives that have trained to WHO level certification standards in malaria diagnosis and treatment.

Since the start of the project in 2004, The Sumba Foundation® now covers more than a 200-square kilometer area encompassing 400 villages that are home to 40,000 people.





This project has distributed over 15,000 high quality insecticidal-impregnated mosquito nets to villagers and World Health Organization certified microscopists work daily, analyzing blood-smear slides and treating patients with the best drugs available on the international market.

In 2010, The Sumba Foundation® established a Malaria Training Center and since then have had 500 WHO level students graduate, delivering around 150,000 diagnoses per year in NTT. In the coverage area, we have seen a dramatic drop in the malaria rate - 93% in our original core area, and 70% island wide (The Sumba Foundation®, Government Clinics, UNICEF and other contributors combined). In addition to general health and malaria control, The Sumba Foundation® operates with two Eye Care nurses to perform weekly screenings at the clinics and in the villages, providing the gift of sight to 100's of people every year.

For the past 12 years, The Sumba Foundation has worked with volunteers and in collaboration with a group of Australian Eye Doctors from RACS (Royal Australasian College of Surgeons) and together have helped to perform 1,000 eye surgeries, and distribute 15,000 pairs of prescription glasses.



## Nutrition & School Lunch Program

With malnutrition being one of the major health problems on the island, The Sumba Foundation® has developed several initiatives that focus on finding solutions. One of the projects involves working with a local community and assisting 167 children (ages infant to 5 years old) through a six-month program. Every week, the foundation's nutrition staff visit the village to monitor and record each child's weight as well as to take other data based on the WHO established growth chart. In addition to growth tracking, the children's parents cook a mung bean porridge fortified with Nutrilite Little Bits micronutrients to distribute to the children.

The nutrition team then distributes a week's supply of eggs, milk and Nutrilite Micronutrients to the families of the children enrolled in the program so they may continue to provide at least one high protein meal each day to their child to foster further development.

The School Lunch Program was started in 2008 in one local primary school (grades 1 to 6) to help encourage school attendance, aid mental growth and development, and to teach the children well rounded eating habits. Since then, the program has grown to cover 12 primary schools and reaches out to more than 2,600 primary school students between the ages of 7 and 12 years, providing three high protein healthy and nutritious meals to each school per week. The menu consists of two rice-based meals per week supplemented with locally available vegetables, tempeh and/or tofu, and on a regular rotation, a singular protein of chicken, fish, or hard boiled eggs. For the third meal of the week we provide the children with a porridge consisting of milk, banana, tapioca beads, and mung bean for protein.



## Education

The Sumba Foundation® has supported more than 20 primary schools. Over the past 13 years, they have helped to construct and renovate new classroom buildings and washroom facilities for these schools and where available connect schools to a nearby water project to provide children direct access to clean water at school. Teachers have also been provided textbooks, educational tools, and inside the classrooms, desks, tables, and chairs made for the children so they have a suitable environment to learn in.



At each of these schools, The Sumba Foundation® continues to provide children with a steady supply of notebooks, pens, pencils, erasers, sharpeners, scissors and rulers, regularly distributed at the beginning of each semester. The foundation has also created libraries containing 100's of age appropriate books for the children that were otherwise unavailable in Sumba.

In 2012, the foundation initiated a Health & Hygiene course taught by two teachers employed by The Sumba Foundation® to increase awareness of health issues among children in grades 4 and 5.

This eight-point course is taught throughout the year and covers topics such as what it means to be healthy, malaria and other illnesses, diarrhea, infections, healthy diets and eating habits, dental hygiene, hand washing and body hygiene, as well as trash and recycling.





Since its inception, the mission of The Sumba Foundation® has been to build a better future for the people of Sumba, starting with the basics and focusing on what was needed most at the time, which was providing potable water and improving the health and the education of the community. Now there are new needs and the foundation continues to work on fulfilling them. As tourism grows on the island there will be employment opportunities for those that are prepared for it.

In November of 2017, with the help of guests from NIHI® Sumba, The Sumba Foundation® was able to initiate and establish our first English class. At the time, it comprised 39 primary school students. By June 2019, we officially opened our Learning Development Center in Hobawawi where we teach nearly 500 students (ages 4 to 18) English language and computer skills. We have a total of three (3) afternoon English class locations, and in the mornings when children are obligated to attend their local government schools, we supplement



their standard curriculum by sending our teachers out on motorbikes to teach English at 10 different government schools (elementary and junior-high school level). We currently help more than 2,030 students, with the goal to prepare the Sumbanese children with these two simple skills, so they are able to first be considered for employment when those new job opportunities become available.

## Humanitarian Work

Our humanitarian work includes providing access to general healthcare and clinics and improving the general quality of life for over 40,000 people living in the areas covered by our four clinics in Hobawawi, Lamboya, Kodi, and Karang Indah. These clinics provide healthcare, health consultation and screening, as well as medicine distribution completely free of charge to the local community.

At times we are faced with unique and often sad situations, in particular when villages burn down. We have and continue to assist the people from these villages overcome the burden created by these situations by raising funds to provide food aid, pots and pans for cooking, general kitchen items, materials and tools to help them rebuild their homes, mosquito nets, health screenings and general school supplies such as new uniforms, notebooks, pens and pencils, to help the people affected get back on their feet.

## Organic Farming Projects

The Sumba Foundation®'s Organic Farming Projects teach local farmers new farming methods for sustaining their crops year-round. The project introduces healthier foods to the communities and provides them access to our farming tractor and water pumps to maximize their productivity.

Farmers learn how to improve their soil by applying composting methods using readily available materials.

Seeds are provided to the farmers who need them and The Sumba Foundation® staff provides technical advice as well as monitoring of each project's progress.

The sustainability of these new farms is provided by The Sumba Foundation® purchasing their produce to be used for cooking in the School Lunch Program, and by NIHI® Sumba who opens their doors three times a week to local farmers to purchase items for use in the hotel restaurants. Watermelons, lettuce, tomatoes, cucumbers, beans and many other seasonal produce are purchased directly from the farmers.

Additionally, 10% of all crops yielded from these farming projects are donated back to the foundation for use in the School Lunch and Nutrition Programs. Any additional surplus harvests are then available to the farmers to sell at the local markets or for their own general consumption as they see fit.









# The Future

All of the above projects do little to alleviate poverty across the island, however, they are important first steps - a foundation for improved health and education that is needed for the Sumba community, to arm them with the resources to be able to help themselves and take advantage of opportunities when they arise.

Without good health, there is no way a family can feed itself. Without education there is no way a young adult can compete for work, or gain the knowledge needed to improve their family's lives. The key to poverty alleviation in this region is to create economic opportunities for those who have very little available to them.

We are now seeing farms where there were none, less children dying from malaria, a 300% increase in enrollment and children staying in school through primary and junior high school, reaching retention averages above 90%, and many more children now going on to complete their high school education. There are visible improvements on many levels.

The Sumba Foundation® employs 65 people, of which 92% are Sumbanese, but there are thousands of people in need of work.

The Sumba Foundation®'s first economic initiative was the Bio-Diesel Project. It provided income to hundreds of families and generated over US\$160,000 in local income during its period of operation. Now, the Organic Farming Projects are doing the same, and in the future, we will continue working towards solutions to solve the poverty problem.

This is the ultimate goal and objective of The Sumba Foundation®.







## You Can Make a Difference

Since 2001, guests have been a driving force behind the radical improvements that have gone on to touch the lives of more than 40,000 Sumbanese people.

With meaningful guest contributions, The Sumba Foundation® has been able to provide accessible potable water, mosquito nets, medical clinics, relief aid in times of dire need, life-saving attention, and restored health to the critically malnourished, improved primary education, farming assistance, and a biofuel project from copra that generated income and opportunities to hundreds of families in need.

It's a lot, but none of these initiatives could have happened without people just like you. Beneath nature's paradise, life on Sumba is difficult, and so we encourage you to schedule an outing with The Sumba Foundation® to see the work that continues to be done. Serving lunch to elementary children at school is one of the most moving activities our guests have described. We have no doubt that you will be touched by the experience and compelled to help us make a difference.

Through the generous support of Chris Burch, owner of NIHI® Sumba, all administrative costs of The Sumba Foundation® are maintained, allowing 100% of donations to directly fund these meaningful projects.

If you would like to get involved, please let our team know. The Sumba Foundation® operates six days a week and a representative is always available to share the many ways to get involved. Every donation goes a long way to better the lives of the people who have welcomed us to their homeland. Cash or credit card donations can be made upon check out at the end of your stay or made directly through the foundation website: [www.sumbafoundation.org](http://www.sumbafoundation.org).

We hope you will return to Sumba to see the progress your interest has made.







**More Information**  
SUMBA HOSPITALITY FOUNDATION

You can also contact the resort school directly via email at  
[reservation@sumbahospitalityfoundation.org](mailto:reservation@sumbahospitalityfoundation.org),  
by phone at +62 822 366 155 0.



# Sumba Hospitality School Foundation

When Inge De Lathauwer first set foot on Sumba in 2013, she was overwhelmed by the natural beauty and authenticity of the island, yet deeply affected by bearing witness to the poor living conditions of the local people. Due to its pristine beaches and vibrant culture, Sumba was poised for a surge in tourism development, with the potential to create an influx of indispensable job opportunities.

While an exciting prospect, many Sumbanese youth did not have access to the relevant education and training required to occupy such positions. Thus, the initial seed was planted for Inge's hospitality school and foundation, which has since flourished into a beautiful reality.

The Sumba Hotel School opened on July 1st, 2016 and, in the years following, has experienced extraordinary growth and transformation. What once was an arid landscape is now abundant with life; the farm and gardens are blossoming with fruit, vegetables and medicinal herbs, making delicious ingredients for the meals served within the bar and restaurant. Additionally, the implementation of a solar panel farm and water treatment system allows the school to be self-sufficient. Thus, presenting the campus as a model of conservation and green energy throughout the island.

Inge believes that sustainability and environmental awareness are paramount, an ideology she would like to see continued and implemented across the island, to attract other investors and developers who share the same vision.



# English Goes to Kampung

English Goes to Kampung (EGK) is a grassroots organization founded by English teacher and activist, Roswita Asti Kulla. Recognizing education as a vital tool to alleviate poverty and gain access to job opportunities, EGK's mission is to make education more widely accessible on Sumba island.

Sumba's children and youth are not well-prepared to deal with the inherent challenges and opportunities of a new economic stimulus on their own. Few of the Sumbanese who live in rural villages (where poverty is at its most marked) speak English and a basic command of the English language is an important stepping stone to tapping into job opportunities that are presenting themselves through tourism and other related sectors. There is a real and ongoing need to provide Sumba's village youth with resources to learn English.

In 2015, the initiative began, with Asti conducting English and life skills classes for her students in local villages (kampungs) who were unable to attend school because the distances to get to them were too far or because they were struggling to meet the demands of daily survival. Today, the foundation reaches over 1,000 children along Sumba's coastal areas and inland villages with 80 volunteers organizing and coordinating activities.

We look forward to sharing more with you during your stay!









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