

NIKOI ISLAND

RELAXED BY NATURE

ACTIVITIES

1° 04' N, 104° 43' E



ACTIVITIES

virgin coconut oil and all natural products. A 50 minute massage starts at S\$60++. Shorter and longer massages are available as are massages for kids. Facials, scrubs, manicures and pedicures are also available.

Stand-up Paddleboards – This is a Royal Hawaiian sport and now becoming popular all around the world. We have several boards (they look like giant surf boards) on which you can stand on and paddle. Ask for the special paddles at the boat house.

Surfboards – We occasionally get a small surf suitable for longboards. We have two beautifully made wooden boards and a number of soft boards for this. We strongly recommend you wear booties as it is a reef break.

Sustainability Tours – Our staff will be happy to take you on a tour of Nikoi to show you all of the effort we go to make Nikoi as sustainable as possible. We have won numerous awards for our efforts and introduced a number of innovative practices.

Swimming pools – We have two swimming pools around on the north east side of the island set in amongst the natural granite rocks. There is a bar and bathroom there and plenty of deck chairs in both the shade and the sun. There is no lifeguard at the pool.

Tennis and Croquet – We have two natural grass tennis courts (we believe these are the only two in Indonesia). We rotate these so one court is in play for tennis and the other set up for Croquet. Racquets and balls are available for a small charge. With advance notice a tennis coach can be arranged to provide lessons.

Walks – only one third of the island has been developed so walking around the island takes you through untouched forest, mangroves and past stunning rock formations making it a rewarding experience for any one interested in nature or simply looking to burn off lunch. At high tide you may need to walk in the water for a short distance. There is also a walk from the pool area up and over the top of the island to the southern side. We would recommend that you apply mosquito repellent before setting off. There

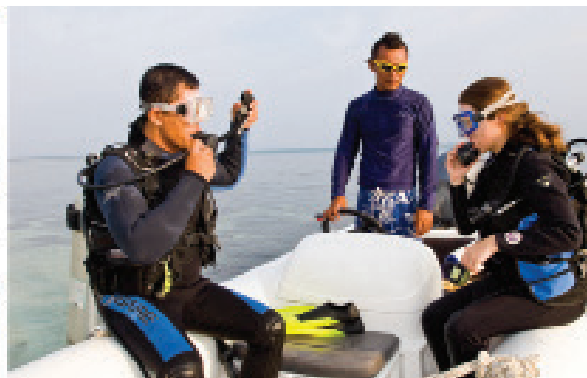
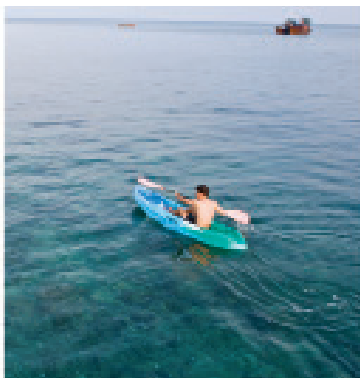
is a jungle trail that will take you from the pool area on the NE side of the island to the top of the island and across to the southern side where there some interesting rock formations. Our staff will be happy to take you on a guided walk and explain the flora and fauna around the island. They have been trained by one of Singapore's leading naturalists and have combined that with their extensive local knowledge.

Windsurfing – we have two windsurfers with a selection of different sized sails. Again these can be borrowed free of charge provided they are returned undamaged. We also have a more advanced board that can be hired.

Volleyball – we typically have a volleyball net set up on the beach and if you are looking for players some our staff can sometimes be encouraged to help make up a team. However, be warned they are very good and take it quite seriously.

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www.nikoi.com