



C E M P E D A K

PRIVATE ISLAND

ACTIVITIES

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The concept of our activities is to provide something for everyone whether it is a hammock to read a book or island hopping for the more adventurous. For us, exploring the natural environment is the focus of our activities so we deliberately offer no motorised water sports.

If you are spending time outside do please wear a hat and lots of sunscreen as even on cloudy days you can get sunburnt very easily.

For those interested in exploring the area we have created an "Experiences" menu which includes visits to local villages and desert islands.

Board games – we have a small selection of board games including scrabble, chess and draughts. We also have dice and cups to play a game called Paso (aka Liars Dice or Perudo) as featured in the movie Pirates of the Caribbean. A great game to play with a rum in your hand!

Boule – we have sets of Boule (Petanque) at the boahouse that you are welcome to borrow. The best location to play is along the footpaths.

Diving (Scuba) – can be arranged, subject to weather conditions and confirmation of requisite qualifications and experience. Dive Instructors and Dive Masters are available but we do not

offer dive courses as we feel it is not an ideal place to learn to dive. We have a small collection of dive equipment that can be hired out. All divers must have a PADI open water qualification (or the equivalent).

Islands – there are a number of uninhabited islands near Cempedak and if you are interested in exploring these then please ask our staff. Picnics can be arranged for such excursions. Please refer to our "Experiences menu" for a list of the options. Note some will be dependent on weather and tides.

Kayaks - we have a collection of one and two man kayaks. These can be used free of charge. In addition we have a state of the art Epic racing kayak for which there is a small charge for the use of. We insist that lifejackets be worn when kayaking. Do let our staff know if you are planning to kayak around the island and be wary that even at high tide it is a long way around the island.

Kite Surfing – Kite surfing is a popular activity along the East coast of Bintan. Cempedak is not well suited for kiting so we do not offer it as an activity. A number of our staff are keen kites and they would be happy to give you more information on the kiting scene on Bintan.

Library – We intend to slowly build up a small library of books. The iPads in the rooms also have access to the online version of The Idler magazine which we



thoroughly recommend.

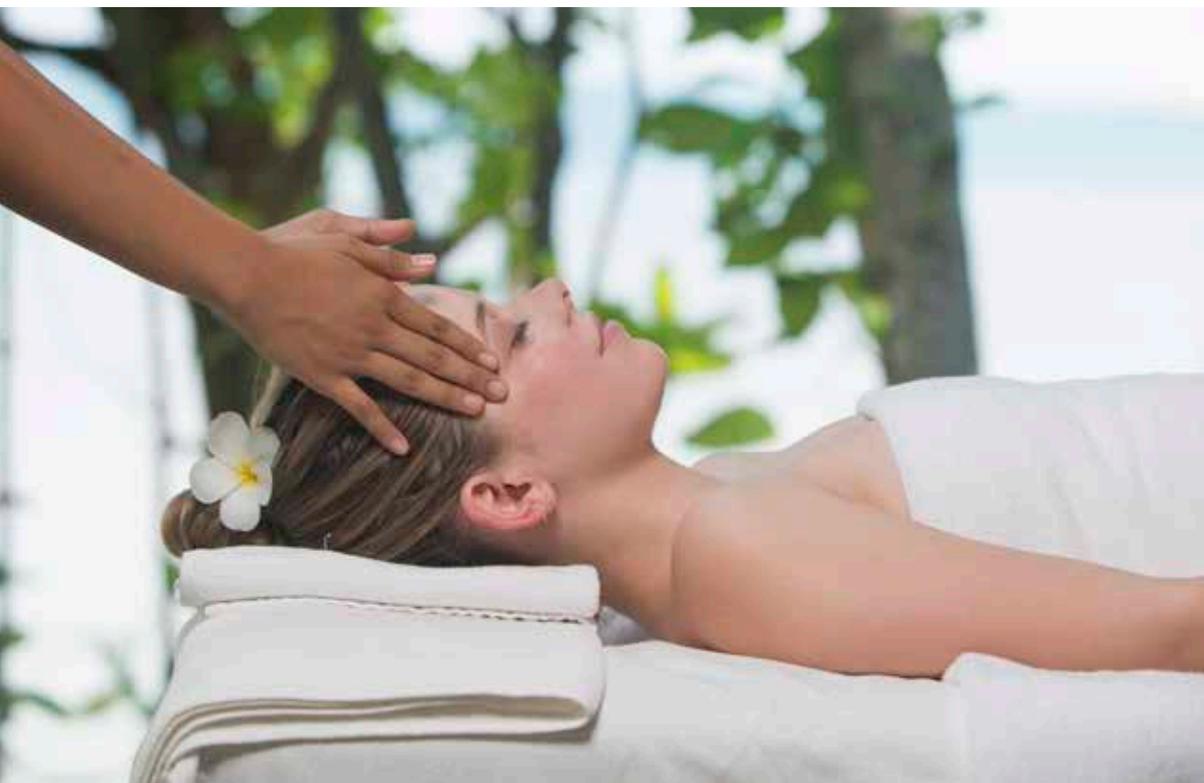
Massages – Massages are available at our spa (see Spa section below).

Movies – We have access to a large database of music from which playlists have been curated specially for us. This music is available in the dining areas and main bar area. Please ask our staff if you have any particular requests or would like the music turned up or down. Please be sensitive to other guests' music tastes.

Music – We have a large collection of music stored on a hard drive. This music is available in the dining areas and Dodo bar and Boathouse. At the Dodo bar we

also have a turntable with some classic albums. Please ask our staff if you have any particular requests or would like the music turned up or down. Please be sensitive to other guests' music tastes and ambience.

Sailing – We have Lasers which are rigged with racing rig and a Twin Cat catamarans. There is no charge for the use of the Lasers provided they are returned intact and not damaged. There is a small charge for the use of the catamarans. Our staff in the Boathouse will rig the boats for you and will even be happy to give you a short lesson. Please note there are shallow waters all around the island. If you are unsure do





not hesitate to ask our staff. If you plan to sail around the island or out of sight please let our staff know so that they can keep an eye out for you.

Snorkelling – There is good coral reef on the eastern side of the island but it is difficult to access and the currents can be strong. There are lots of other options nearby but all of these require boat access which we are happy to organise. If you are interested in snorkeling we suggest you discuss this with our staff and they can suggest when and where are the best locations to go to. Equipment is provided free of charge provided it is returned intact. Please visit the Boathouse to borrow any equipment. Visibility varies greatly throughout the year. March through to June and September through to November typically provide the best water visibility. The first quarter and third quarter of the lunar cycle is usually when the sea currents are at their mildest and when visibility is best.

There is a lot of plankton in these waters and whilst this affects visibility it does mean there is an abundance of marine life. At certain times the currents can be strong so we would recommend you let our staff know what your plans are. Plan your snorkel so that you just drift with the current.

Spa – We offer massage treatments in your villa. We use virgin coconut oil

and all natural products. A 50 minute massage starts at S\$50++. Shorter and longer massages are available. Facials, and scrubs are also available.

Stand-up Paddleboards – This is a Royal Hawaiian sport that is now 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 Boathouse.

Sustainability Tours – Our staff will be happy to take you on a tour of Cempedak to show you what we do to make Cempedak as sustainable as possible.

Swimming Pool – In addition to there being private pools in every villa there is a swimming pool at Boathouse on the western side of the island near the jetty. There is a bar serving drinks but no food.

Tennis and Croquet – We have two natural grass tennis courts. 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 or a hitting partner can be arranged.

Walks – only one third of the island has been developed and there are a number of walking paths around the island taking 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. We are fortunate to have a number of rare species on the island including Pangolin, Silver Leaf Monkey, Sea Otters and Hornbills. In the sea we have spotted pods of the critically endangered Irrawaddy dolphins. If you do set off to explore the island we would recommend that you apply mosquito repellent. 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 – our staff are keen players and have a net set up in the staff area. Feel free to join them or watch if you are interested. However, be warned they are very good and take it quite seriously.







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