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Although Ubud itself is small, the surrounding villages that adjoin the town are full of exciting sights and sounds.

The popular tourist hotels in Ubud are all centrally situated and within easy walking distance of the main attractions.

If you want to glimpse Balinese life, take a walk on a designated trail which starts at the Monkey Forest Sanctuary and heads south to the rice paddy fields. The walk takes about two hours, so go prepared with sensible shoes and plenty of water. Free maps are available from the tourist board or the reception desks of most hotels in Ubud, and this is a great way to escape the bustle of the town and soak up the atmosphere of rural Bali.

The Monkey Forest Sanctuary (Mandala Wisata Wanara Wana) is a fascinating place to visit. It is refuge to hundreds of long-tailed Balinese macaques that share the forest with three ornately carved temples. Officially called Mandala Wisata Wanara Wana, it houses three beautifully carved holy temples, and is sprawling with hundreds of long-tailed Balinese macaques.

West of the town of Denpasar, very close to Ubud, is the Ulu Watu temple, perched on cliffs high above the sea. It is the best place to watch the sun go down, romantic and spiritual at the same time. There is also a theatre showing traditional dancing.

There are plenty of spas and yoga sessions for relaxation, and many of the large hotels in Ubud have spa rooms with authentic Eastern therapy treatments for guests, a welcome indulgence after a day of sightseeing.

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