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# SABUK LAWU JOURNEY

# CULTURE, + WELLNESS, & AROMA

*A curated tour by* **ATSIRI**

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Exploration of **Jawa Wellness** centered  
around **Solo & Tawangmangu**



# SOLO AND TAWANGMANGU

An exquisite representation of Javanese valor

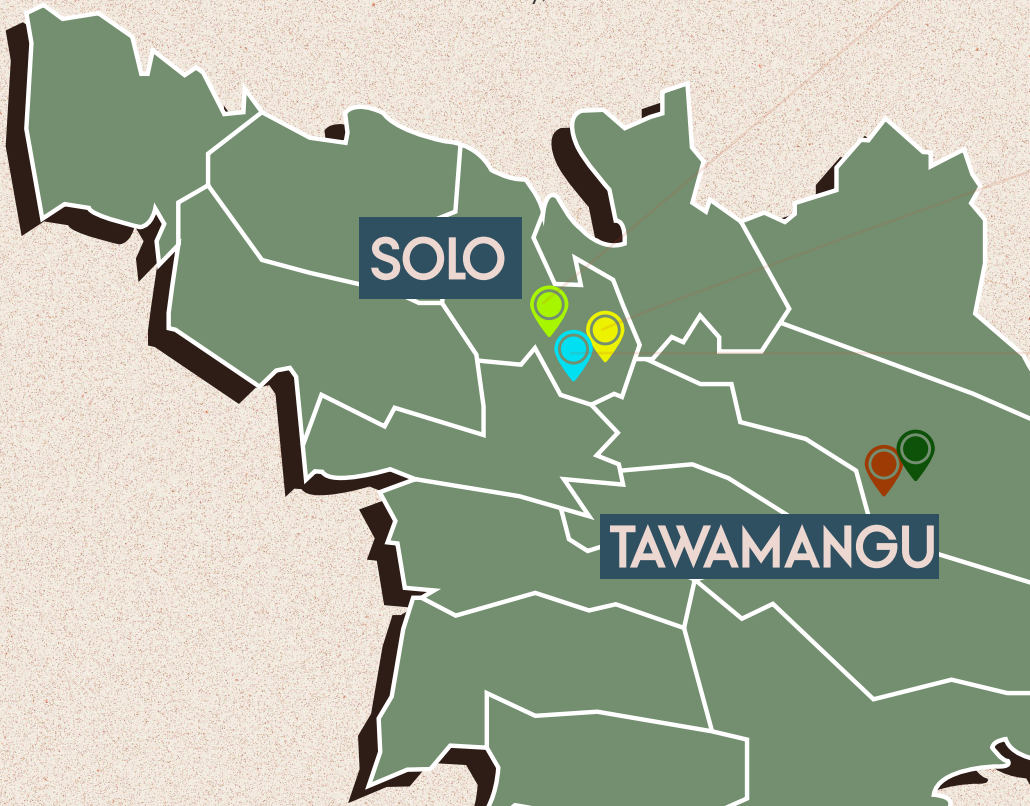
Solo, a traditional and unhurried city 65 km northeast of Yogyakarta, is incorporating its vices and virtues and embodying much of its heritage: from the laidback locals to its rich culture, the city's long and distinguished past as a seat of the great Mataram empire means it competes with Yogyakarta as the hub of Javanese culture.

Ever since it was developed by Mangkunegaran VII in 1928, Tawangmangu has gained its prestige ever since. This small village on the slopes of Mount Lawu has been transformed into a beautiful resting destination that is quickly craved

by everyone and warrants at least an overnight visit.

As the peak of Mount Lawu becomes the center, wellness tourism destinations within the 20 km range around the zero point forms a ring. This ring is similar to a belt, or in Bahasa Indonesia, Sabuk. Therefore, we call it "Sabuk Lawu" or The Belt of Mount Lawu.

Begin the exploration of Sabuk Lawu and Solo wellness destinations by planning an exhilarating journey, and luxuriate in the historical stories of the unique Javanese culture that could harmonize the mind, body, and soul.



# SOLO CITY

Discover the city's best features with its historic sites, get to know the Javanese urban communities while wandering the city streets and small alleys on the 'Becak' rickshaw.



## MANGKUNEGARAN PALACE

Pura Mangkunegaran, a stunning and regal palace, is the hub of art and culture in Solo. The principal residence of Adipati Mangkunegaran was constructed in 1757 and features interior design and architecture in the European-Javanese style.

## TRIWINDU ANTIQUE MARKET

Triwindu Antique Market was built in 1939 to mark Mangkunegaran VII's 24 years of rule and is located close to the Mangkunegaran Palace. Explore the past and discover many antiquities in Solo, including radios, puppets, clocks, stone and wood carvings, and ancient money.



## NGARSOPURO MARKET

Ngarsopuro Night Market is a lively nighttime marketplace with a wide variety of merchants selling handicrafts, food & live music. Opens only on Saturdays.

# RUMAH ATSIRI INDONESIA

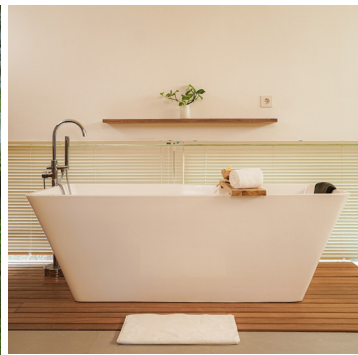
## An Aromatic Wellness Destination

Rumah Atsiri Indonesia (RAI) is an aromatic wellness destination & edu-recreational complex with boutique MICE facilities located in Plumbon Village, Tawangmangu, Central Java

Pivoted around a restored Indonesian-Bulgarian Citronella Factory from 1963, Rumah Atsiri Indonesia is now transformed to house various activities

related to holistic wellness, essential oil education, recreation, research & development, and production activities.

A fully integrated complex with essential oil museums, glamping, lab/research facilities, classes, aromatic garden, shops, and restaurants, among others, Rumah Atsiri Indonesia has started to welcome guests from Indonesia and abroad since 2018.



# ATSIRI JAWA

## A Jawa Living Destination



ATSIRI JAWA is a 2.5-hectare wellness destination in Nglebak Village, Tawangmangu, which offers an experience of living the “Aromatic Jawa Wellness” – a holistic wellness tradition based on the Javanese local wisdom, culture, and philosophy of life.

In ATSIRI JAWA, we present various wellness programs, activities, and experiences that allow visitors to practice the Javanese local wisdom and wellness traditions to improve their quality of life and maintain harmony between their minds, body, and soul.



ATSIRI JAWA is Tawangmangu’s latest wellness destination for everyone who wishes to build a stronger connection with themselves, others, and Nature.

# TAWANGMANGU

Lying on the slopes of Mount Lawu, Tawangmangu is a mountainous area that greets you with a mixture of breathtaking sceneries, fresh weather, historical temples, and a series of Indonesian herbs & wellness activities.



## CETHO TEMPLE

Cetho Temple is a Hindunese temple from the fifteenth century at the end of the Majapahit era. The locals or pilgrims use the surrounding complex as a worship place and hermitage area for the Kejawen people (an old belief of the Javanese). In the Javanese language, Cetho means clear because the temple could be seen from any direction.

## SUKUH TEMPLE

A Hindunese temple in Mount Lawu from the year 15 was once lost and rediscovered in 1815 by Great Britain. The shape of the temple resembles the Mexican Maya civilization or Peru's Inca. The structure also reminds us of Egyptian pyramids.



## B2P2TOOT

B2P2TOOT is The Center for Research and Development of Traditional Medicinal and Medicinal Plants. The Medicinal Plant Research Institute (BPTO) also has an experimental garden, research house Hortus Medicus, Jamu Museum, library, greenhouse of medicinal plants, and theatre.

# ITINERARY SAMPLES

Our itineraries are customizable according to the interests and requests of the guests. We also provide a series of routes we curated for a better, more complete experience, and as an inspiration for our guests.

## SPIRITUAL WELLNESS ESCAPADES [3D2N]

Cetho Temple | Beksan (Yoga Jawa) | Herbal Drink Workshop | Batik Workshop | Full-Body Massage | Rice Fields Trekking | Rumah Atsiri Museum Tour | Aromatic Garden Tour.

Accommodation: Atsiri Glamping (double capacity)

Price starts from IDR 4,300,000/Pax (min. 2 persons)

## CULTURAL CITY & WELLNESS ESCAPADES [4D3N]

Culinary Tour by Becak Rickshaw | Ngarsopuro Night Market (weekdays) or Triwindu Antique Market | Mangkunegaran Palace | Solo Heritage Tour | Beksan (Yoga Jawa) | Herbal Drink Workshop | Batik Workshop | Full body Massage | Rice Fields Trekking | Rumah Atsiri Museum Tour | Aromatic Garden Tour.

Accommodation: Atsiri Glamping & Novotel Hotel Solo (double capacity)

Starts from IDR 5,000,000/Pax (min. 2 persons)

## RING OF LAWU WELLNESS ESCAPADES [5D4N]

Harvesting Herbal Drink | Rumah Atsiri Museum Tour | Aromatic Garden Tour | Rice Fields Trekking | B2P2TOOT | Sunset Tisane | Jimber Tea Plantation (Tea Brewing) | Sுகuh Temple | Cetho Temple | Beksan (Yoga Jawa) | Herbal Drink Workshop | Batik Workshop | Full-Body Massage | Local Home Industries Visit.

Accommodation: Atsiri Glamping (double capacity)

Starts from IDR 8,000,000/Pax (min. 2 persons)

Add-Ons: Karma Reading with additional charge

ATSIRI



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ATSIRI  
INDONESIA



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JAWA

# CONSULT YOUR CUSTOMIZED WELLNESS TOUR WITH US

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