

# MESASTILA

MAGELANG, CENTRAL JAVA

## MESASTILA – HARD RIDES & TOTAL TRANQUILITY *LUXURY HEALTH & FITNESS RETREAT ON A JAVANESE COFFEE PLANTATION*



Riding hard, playing well... Roadies or mountain-bikers... Enjoyable days in the saddle followed by some down-time with family & friends... Cycling opportunities that take you back the spirit of cycling. Helping magnify your cycling fitness; offering some epic terrain, beautiful views, interesting routes and a magnitude of cultural experiences to boot!

Special all-inclusive rates:

Occupancy	3-Days/2-Nights	4-Days/3-Nights	5-Days/4-Nights
Single	USD\$550 ++	USD\$795 ++	USD\$1.060 ++
Double	USD\$700 ++ USD\$350 ++ per person	USD\$990 ++ USD\$495 ++ per person	USD\$1.320 ++ USD\$660 ++ per person

- Accommodation in luxury Javanese-style villa
- All daily meals - breakfast, lunch & dinner, with morning & afternoon snacks
- Choice of daily recovery / relaxation massages; plus use of Hammam steam room
- Complimentary programs: scheduled fitness & cultural activities
- Airport transfers from Yogyakarta, Semarang or Solo (including bike pick-up)

Desa Losari - Grabag

PO Box 108 Magelang 56100, Central Java - INDONESIA

T. (62-298) 596 333 | F. (62-298) 592 696

E. [info@stila.mesahotelsandresorts.com](mailto:info@stila.mesahotelsandresorts.com) | [www.mesahotelsandresorts.com](http://www.mesahotelsandresorts.com)

# MESASTILA

MAGELANG, CENTRAL JAVA

## Retreat property

An exquisite luxury-property, blending Javanese, Colonial and contemporary styles; hidden amongst 55-acres of charming gardens and a working coffee plantation. This heritage site is situated in the cool mountains of Central Java, eight hundred meters above sea level – overlooking the jungle and eight surrounding volcanoes.

## Mountain-Biking\*

A mixture of jungle single-track, technical riding, quiet village roads, rice-paddy paths, steep cobbled inclines, and tracks that criss-cross various extinct volcanoes. Plenty of unexplored routes to tempt adventurous riders; entry-level mountain bikes on the property for new riders, with local guides to ensure a safe and fun time-out!

## Road-Cycling\*

Riding-routes vary from moderate to very hard - influenced by the terrain of eight surrounding volcanoes. Climbs are usually between 6-12%, with a few sections as steep as 22%. Sometimes the slopes seem never-ending as Javanese road-builders seldom use switchbacks! Mostly fairly quiet roads, with motorbike outrider-guides on busier routes...

Examples of some of the routes ridden:

Difficulty- Route Name	Time to Completion	Distance	Total Ascent
Moderate- <i>Grabag-Ngablak</i>	3-4 hours	75 km	1800m
Hard- <i>Pingit-Tambi</i>	6-8 hours	145 km	3400m
Intense- <i>Sumowono-Selo</i>	7-9 hours	140 km	3600m

Adam Horler - Rapha Continental leader, writes about the Pingit-Tambi route: *Climb statistics alone don't do justice to a volcano climb. At 11.2km, Plantation Road rises 838m and has an average gradient of 7.5%. With plenty of sections well above 20%, it offers a brutal test of mental and physical strength...*



## Non-cyclists - *Pure-Life Experiences for everyone...*

Non-training partners can enjoy spa treatments, healthy cuisine, cleansing programs, fitness activities and space to relax and rejuvenate. Kids can delight in the freedom of nature, cultural activities and active experiences, like: Javanese dance, Pencak Silat, horse-riding & horse-cart rides, jungle gym fun, trekking adventures and traditional arts & crafts...

## Bike support

A mechanic is available to assist with most problems; staff will clean the bikes after riding, and bikes may be stored in guest villas. Back-up motorbikes enable some support on the busier roads; though most of the road riding is done on moderate to low-use roads.

\*It is recommended that intermediate to advanced cyclists bring their own bikes, for which travel by Air Asia via Jogjakarta is effortless. A small number of entry-level mountain bikes are available on the property for beginners.

Singapore contact: DDI. +65 6689 1042 | HP. +65 9821 7180

Desa Losari - Grabag

PO Box 108 Magelang 56100, Central Java - INDONESIA

T. (62-298) 596 333 | F. (62-298) 592 696

E. [info@stila.mesahotelsandresorts.com](mailto:info@stila.mesahotelsandresorts.com) | [www.mesahotelsandresorts.com](http://www.mesahotelsandresorts.com)