An aerial photograph of a woman swimming in clear, turquoise-colored water. The water is shallow, revealing a sandy bottom and several large, greenish-brown coral reefs. The woman is positioned in the center of the frame, swimming towards the right. The overall scene is bright and tropical.

# CAP KAROSO

Experiences Guide

# Our experiences

Your Sumba Adventure Begins Here!

Welcome to the mysterious and awe-inspiring island of Sumba. Steeped in ancient traditions and natural wonders, this captivating destination offers a truly immersive cultural experience unlike any other. Located in the remote westernmost part of the island, Cap Karoso serves as the perfect launchpad to discover the west of Sumba, and particularly its Kodi region. This is the place where Sumbanese Marapu culture is the most preserved, and where the most incredible landscapes remain untouched.

From the vibrant ikat weaving workshops to the serene turquoise waters of Weekuri Lake, we invite you to embark on a journey of discovery, where every moment is an opportunity to connect with the island's rich heritage and breathtaking scenery. Prepare to be enchanted as you explore the traditional villages, witness the skilled artisans at work, and immerse yourself in the tranquil beauty of the Kodi region's beaches and waterfalls. Whether you're seeking a surf adventure, an authentic fishing trip or an opportunity to delve into the island's unique Marapu religion, this brochure presents a curated selection of experiences that will leave you with lasting memories and a deeper appreciation for the wonders of this beautiful island.

Start getting inspired and reach out to our Umma Tena team of guides to curate your perfect immersion in the wonders of Sumba!

# The Neighbourhood

## Culture:

Traditional Village Visit

A Tale of Two Villages

Ikat Weaving in Kodi

Waikaroko Cultural Experience

Pero, Ratenggaro & Buku Bani

Ruma Budaya Museum & Talasi Cashew Farm

## Adventure:

South Kodi Beach Hopping

Mandorak Beach

Weekuri Lake

Snorkel at Pahewa Beach

Mangrove Tour

Off the Beaten Path



# The Neighbourhood Culture



## Traditional Village Visit

2hrs || 1,200k for up to 2 guests || 300k for additional guest

Embark on a captivating journey with one of our knowledgeable guides to discover the heart and soul of Sumba's cultural heritage—its traditional villages. This experience is not just a tour; it's an invitation to immerse yourself in the ancestral traditions and warm hospitality of the Kodinese people. As you stroll through their beautifully authentic village, you'll witness firsthand the unique aspects of their daily lives, deeply rooted in the ancient Marapu beliefs that define their culture.

Cap Karoso is located amidst several traditional villages, each offering a glimpse into the purest form of Marapu life. Our Sumbanese guides serve as the perfect bridge to the enigmatic Marapu culture, sharing their personal stories and insights. They will explain how Marapu practices influence the daily routines, rituals, and celebrations of the Sumbanese people, providing you with a rich understanding and a sense of connection that goes beyond mere observation.

# The Neighbourhood Culture

## Ikat Weaving in Kodi

2hrs II 1,200k for up to 2 guests II 300k for additional guests

Discover the process of making of Ikat, the world-famous Sumbanese traditional fabric, that serves as a ceremonial cloth but also as a means of story-telling in the local Marapu culture. During your visit to a local village, you'll have the opportunity to explore the intricate process of dyeing ikat threads using natural ingredients. You'll learn how motifs are bound before watching skilled weavers bring these incredible fabrics to life.

## A Tale of Two Villages

3hrs II 1,600k for up to 2 guests II 300k for additional guest

Fully immerse yourself in the traditional villages of Kodi region, visiting two traditional villages, each unique in their own special way. Wander the villages as our knowledgeable guides talk to you about the architecture, Marapu religion and so much more!

## Waikaroko Traditional Village & Cultural Experience \*

3hrs II 2,600k for up to 2 guests II 300k for additional guest

A short drive finds you in Waikaroko, a local, authentic village. Arrive to a colourful experience of singing, music and dancing as the people of Waikaroko treat you to a full traditional welcoming ceremony. Tour the village with those who call it home, learn about the significance of the tall roofs of the "uma", and what it's like to live with your ancestors, before sitting with the inhabitants to talk about their unique religion of Marapu. An experience not to be missed.

\* Please note this experience is excluded from any special offers

## Pero, Ratenggaro & Buku Bani

4hrs II 2,600k for up to 2 guests II 300k for additional guest. Snack included

Pero Konda, a small fishing village located at the mouth of a river and on a beautiful beach, is a predominantly Muslim village, making it very unique in Sumba. Heading out in their traditional fishing boats late at night, the fishermen only return home when they have a good haul. If you're really lucky, you might be able to pick out your dinner for that evening. Next is Ratenggaro, Sumba's most famous traditional village with the highest roofs you will see on the island. Finally, head to Buku Bani, the oldest village our local Kodi region, known and respected by all Kodi people for its powerful shamans.



Ikat Weaving in Kodi



Cultural Experience



Ratenggaro Village



Pero Fishermen

# The Neighbourhood Culture



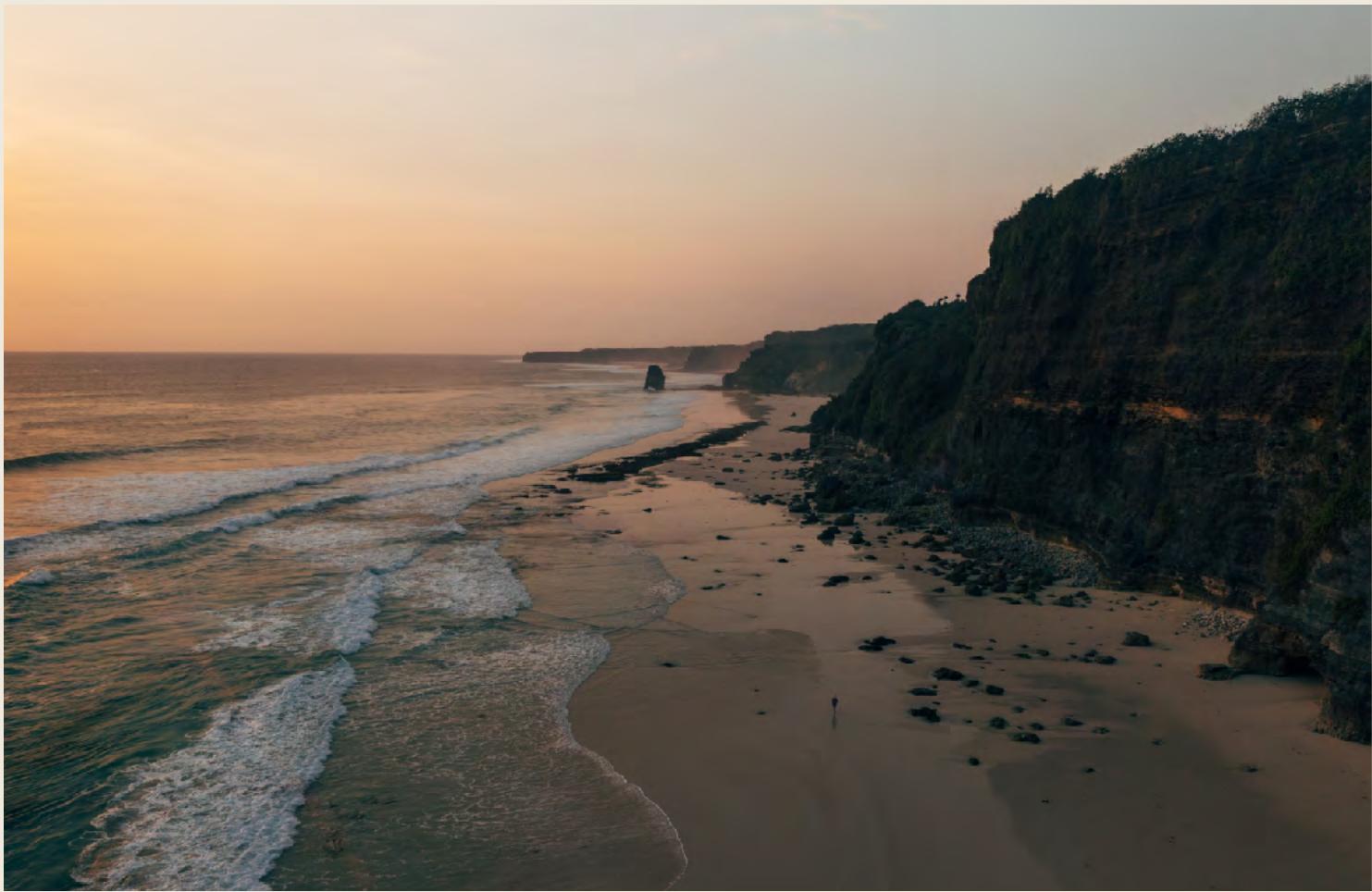
## Ruma Budaya Museum & Talasi Cashew Farm

Up to 4hrs || 3,200k for up to 2 guests || 570k for additional guest. Snack included

Sumba has a rich cultural heritage, unlike any other in Indonesia. Known for its unique traditional architecture, intricate textiles and megalithic burial sites. Set in grounds decorated by Marapu stone carvings, built in the style of a traditional Sumbanese house, the Ruma Budaya Museum has a beautiful collection of artifacts such as ikat, stone and wood carvings and traditional jewelry.

Next head over to Talasi Cashew Farm, who collaborate with local farmers to provide them with the knowledge, skills and tools to help cultivate and sell cashews, one of the largest exports from Sumba, and other products. Tour the Farm, meet the farmers and learn all about the processing of cashew nuts, before sitting down to enjoy their coffee and cashew milk.

# The Neighbourhood Adventure



## South Kodi Beach Hopping

5hrs || 3,250k for up to 2 guests || 300k for additional guest. Snack included

Imagine visiting breathtaking beaches where almost no one has ever stepped foot, apart from local fishermen. Embark on an unforgettable adventure to South Kodi's stunning shores—Mareha Cape, Watu Malandong, and Mbawana Beach. These hidden gems offer a chance to immerse yourself into Sumba's unspoiled beauty, where pristine landscapes meet the azure Indian Ocean.

Mareha Cape, a breathtaking peninsula between Mbawana Beach and Pantai Watu Malandong, is perfect for capturing dramatic photos of the white sandy shores and crystal-clear waters. Take a moment to enjoy the serene views before heading to Mbawana Beach.

To reach Watu Malandong, prepare for a rewarding 30-minute hike along a steep, rarely-trodden path. The effort is worthwhile, as you'll find yourself in a secluded paradise that remains largely untouched.

These incredible spots are perfect for beach lovers and photography enthusiasts, promising the breathtaking scenery that you won't forget.



South Kodi Beach Hopping

# The Neighbourhood Adventure

## Mandorak Beach

2hrs II 1,200k for up to 2 guests II 300k for additional guest

Enjoy complete seclusion on one of Sumba's most beautiful beaches, and marvel in its unique stone formations, said to resemble ancient megalithic structures. Located just a few kilometers away from Cap Karoso, this is the perfect spot to relax and admire Sumba's wild beauty.

## Weekuri Lake

2hrs II 1,200k for up to 2 guests II 300k for additional guest

Just a short drive from Cap Karoso, you'll find Weekuri Lake, one of Sumba's most famous natural landmarks. This breathtaking lake is celebrated for its crystal-clear turquoise waters and stunning scenery. Enclosed by a natural rock barrier that shields it from waves, it provides a serene swimming spot. Additionally, the boardwalk surrounding the lake offers picturesque ocean views, making it an ideal location for relaxation and exploration.

*Top Tip! The best swimming conditions are around high tide. Avoid week-end as the spot can get very busy.*

## Snorkel Kodi from Pahewa Beach

2-3hrs II 1,200k for up to 2 guests II 300k for additional guest

New discovery! Be one of the first to explore the underwater world of Kodi! A short drive away (or 30 mins by bike) discover a pristine coral reef, teaming with beautiful marine life.

*Top Tip! Wind and wave action need to be calm for easy entry, and best time is mid to high tide.*

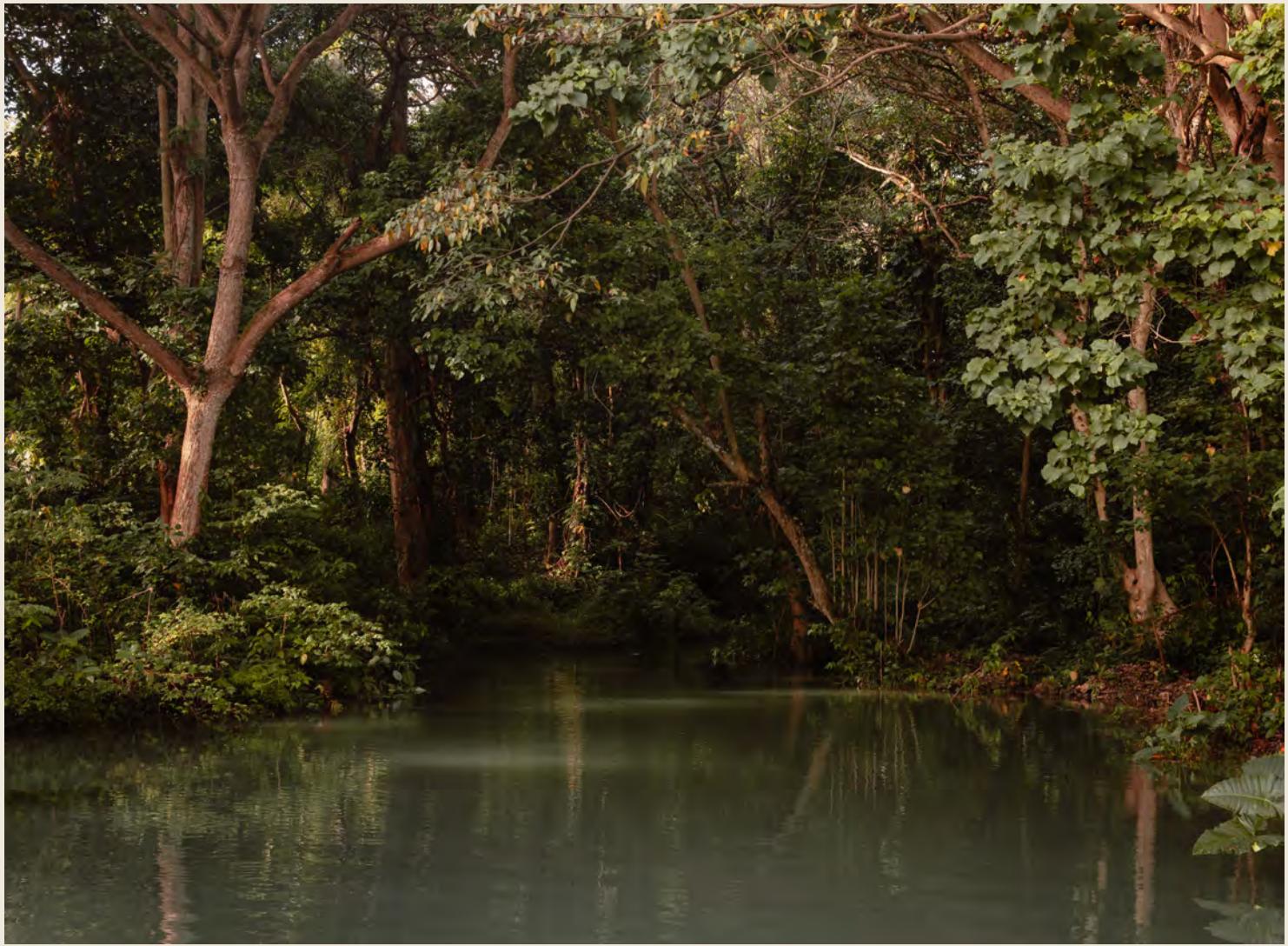


Weekuri Lake



Mandorak Beach

# The Neighbourhood Adventure



## Mangrove Tour

2hr || 2,500k for up to 2 guests || 400k for additional guest

Explore the lush mangroves of Pero Village on a captivating boat journey. Discover the hidden wonders of this unique ecosystem and learn about the vital role mangroves play in supporting marine life.

Afterward, visit the quaint fishermen's village and immerse yourself in the authentic culture and warm hospitality of the Pero community.

## Off the Beaten Path

4hrs || 2,700k for up to 2 guests || 300k for additional guest. Snack included

Join our most adventurous guests on a thrilling adventure to Kodi's best-kept secrets. Venture off the beaten path to discover hidden lagoons and secluded beaches, with breathtaking views that make the journey worthwhile.

End your journey at Pantai Humma, taking in the Ocean breeze while the team serve a small snack on the beach.



Off the Beaten Path

# The Neighbourhood Adventure



Weekacura Waterfall

## Weekacura Waterfall and Lendongara Hills \*

5hrs || 3,250k for up to 2 guests || 300k for additional guest. Snack included

Embark on a scenic 1.5-hour journey through Kodi and West Sumba, passing through rice fields and witnessing the landscape's transformation. Discover a breathtaking, multi-tiered waterfall, nestled in a picturesque setting.

Take a short walk to the waterfall's edge, where you can soak in the views, swim in the natural pools, and rejuvenate amidst nature's splendor. On your return to Cap Karoso, stop at Lendongara Hills for panoramic 360° views of the Loura region and beyond.

## \* Add a Visit to Talasi Cashew Farm

Additional 1hr || 570k

A nice addition to your journey back from Weekacura Waterfall or Lendongara Hills. Meet the farmers, learn about the cultivation processes, and enjoy their coffee with cashew milk.

# Tailor Your Own Experience

Explore our guided activities for a morning or afternoon excursion around Cap Karoso.

## Create your own half-day experience

Up to 4hrs II 2,600k II 300k for additional guest

Combine any two of the experiences below, to create your perfect morning or afternoon:

- Weekuri Lake
- Snorkel Kodi from Pahewa Beach
- Mandorak Beach
- Traditional Village Visit
- Ikat Weaving

## Explore Sumba before your flight

600k for up to 2 guests II 300k for additional guest

\*Standard airport transfer pricing applies in addition to the pricing above

If you find yourself with a morning free before your departure flight, we can arrange a number of these experiences before dropping you at the Airport. Possible options are:

- Weekuri Lake (2hrs)
- Mandorak Beach (2hrs)
- Traditional Village Visit (2hrs)
- Ikat Weaving (2hrs)
- Oro Beach Snorkelling (2hrs)
- Snorkel Kodi from Pahewa Beach (2hrs)
- Lendongara Hills (1hr)

## Curate your experience

Pricing varies according to final itinerary

Do you have your own ideas of where you'd like to go? Seen a few options that appeal and want to combine? Just let us know and we will happily create a personalized itinerary for you, for a truly unique experience.

# Further Afield



Explore further with our full day trip experiences towards the south of the island.

Lapopu Waterfall, Prai Ijing Village & Weekacura Waterfall

Matayangu Waterfall Trek, Lapopu & Prai Ijing Village

Wanokaka River SUP & Bukit Cinta Hills

## Lapopu Waterfall, Prai Ijing Village & Weekacura Waterfall

Full Day II 5,300k for up to 2 guests II 650k for additional guest. Picnic Included

Embark on a scenic 2.5-hour drive from Kodi to West Sumba's Wanokaka District, where a short 20-minute hike through a lush forest reveals the breathtaking Lapopu Waterfall. Witness the awe-inspiring 90-meter cascade into a crystal-clear pool, perfect for a refreshing swim.

After working up an appetite, indulge in a delightful picnic amidst nature's splendor. Next, visit Prai Ijing Village, perched on a hill overlooking a stunning landscape of rice paddies and forests. Take in the panoramic views of the village and beyond.

Finally, stop at Weekacura, another incredible natural wonder, where a picturesque waterfall gently cascades through rice fields, leaving you with a lasting impression of Sumba's untouched beauty.

## Matayangu Waterfall Trek, Lapopu & Prai Ijing Village

Full Day II 5,300k for up to 2 guests II 650k for additional guest. Picnic Included

For the more adventurous, and not for the faint hearted, a 1.5-hour demanding trek led by local guides takes you past Lapopu and on to Matayangu Waterfall, otherwise known as the Blue Waterfall. Reward yourself by soaking up the spectacular location, that only few visit. When ready, head back to Lapopu Waterfall for swimming and a gourmet picnic, before leaving to explore the traditional village of Prai Ijing. If time permits, a short stop at Weekacura Waterfall can also be included on the way back to Cap Karoso.

**IMPORTANT:** this is for advanced hikers only and not suitable for children at all. 500 steep stairs, and walking over an elevated pipeline with no handrail. Suitable walking shoes are required. If it has been raining the ground can be slippery and you could encounter leeches as you may be required to walk through water at times.





## Wanokaka River SUP & Bukit Cinta Hills

Full Day II 5,300k for up to 2 guests II 650k for additional guest. Picnic Included

Relax as you drive through Kodi and on to West Sumba for around 2hr40min, to reach the start of the Wanukaka River, where your stand-up paddleboard adventure begins. Jump on your board and slowly unwind as you enjoy a unique perspective of Sumbas wild, natural beauty.

As you cruise down the river, past the beautiful riverbanks of lush vegetation, keep an eye out for an array of animals such as buffalo and birds, and traditional villages which have developed along the river as it is an important source of water for irrigation and farming activities in the area.

After around 1hr of cruising, the river ends at Wanukaka Beach, the perfect picnic spot, as you unwind from your floating river voyage.

As you journey back to Cap Karoso, take a break at Bukit Cinta Hills. The name “Bukit Cinta” meaning, “Hills of Love”, according to local legend are home to the spirits of a couple who fell in love but were unable to marry due to family opposition. They climbed the hills and leaped to their deaths, forever to remain together in the hills. In addition to a tragic love story, Bukit Cinta offers the most spectacular 360° views of lush countryside, rice paddies, forests and small villages! (Children must be 10yrs old and able to SUP).

# Equestrian Adventures

Swimming With Horses  
Sunset Ride





## Swimming With Horses

30min II 1,150k per guest

Discover the unique connection between horses and the ocean with our Swimming with Horses experience! In Sumba, it's common to see the local people swimming with their horses and bathing them in the crystal-clear waters of the Indian Ocean. To honor this ancestral practice, we invite you to enjoy a memorable swim alongside the local Sandalwood horses. Immerse yourself in this captivating cultural experience and deepen your bond with these magnificent animals while embracing the rich heritage of Sumba Island.

## Sunset Ride

30min II 1,500K per guest

If you already have experience riding horses, we invite you to join us for the most authentic experience—our sunset ride, which takes you through scenic trails and ends at a stunning viewpoint. Capture the breathtaking views of the Sumba sunset on horseback—an experience you will never forget.

# The Sea

## Boat Activities:

Sunset Cruise  
Snorkeling Trip  
Wake Boarding  
Private Cruise

Spearfishing

Fishing

Hunt the Waves (Surfing)





## Set Sail on Our Sunset Cruise

2hrs || 5.800k for up to 2 guests || 650k for additional guest  
One bottle of wine and bites included (upgrade to Champagne for 1.900k)

Celebrate your special occasion or treat yourself to a moment of indulgence amidst the stunning Sumbanese sunset with an unforgettable sunset cruise. Our crew is welcoming you to one of our elegant boats, where you can unwind while sipping on a bottle of your favorite wine and soaking in the breathtaking views of the Karoso lagoon and its picturesque north coastline. As you glide over the sparkling waters, keep a watchful eye —you might spot graceful turtles, playful dolphins, or even the majestic silhouette of a whale.

# Boat Activities

## Snorkeling trip

3hrs II Complimentary

Hop aboard for our snorkeling trip to the stunning north coast of Sumba. Dive into the crystal-clear waters and explore the amazing underwater flora and fauna in places that are still largely untouched and waiting to be discovered by you. Ask our Umma Tena team for the next available departure slot!

## Wake Boarding

Wakeboard Lesson : 1hr II 2,795k

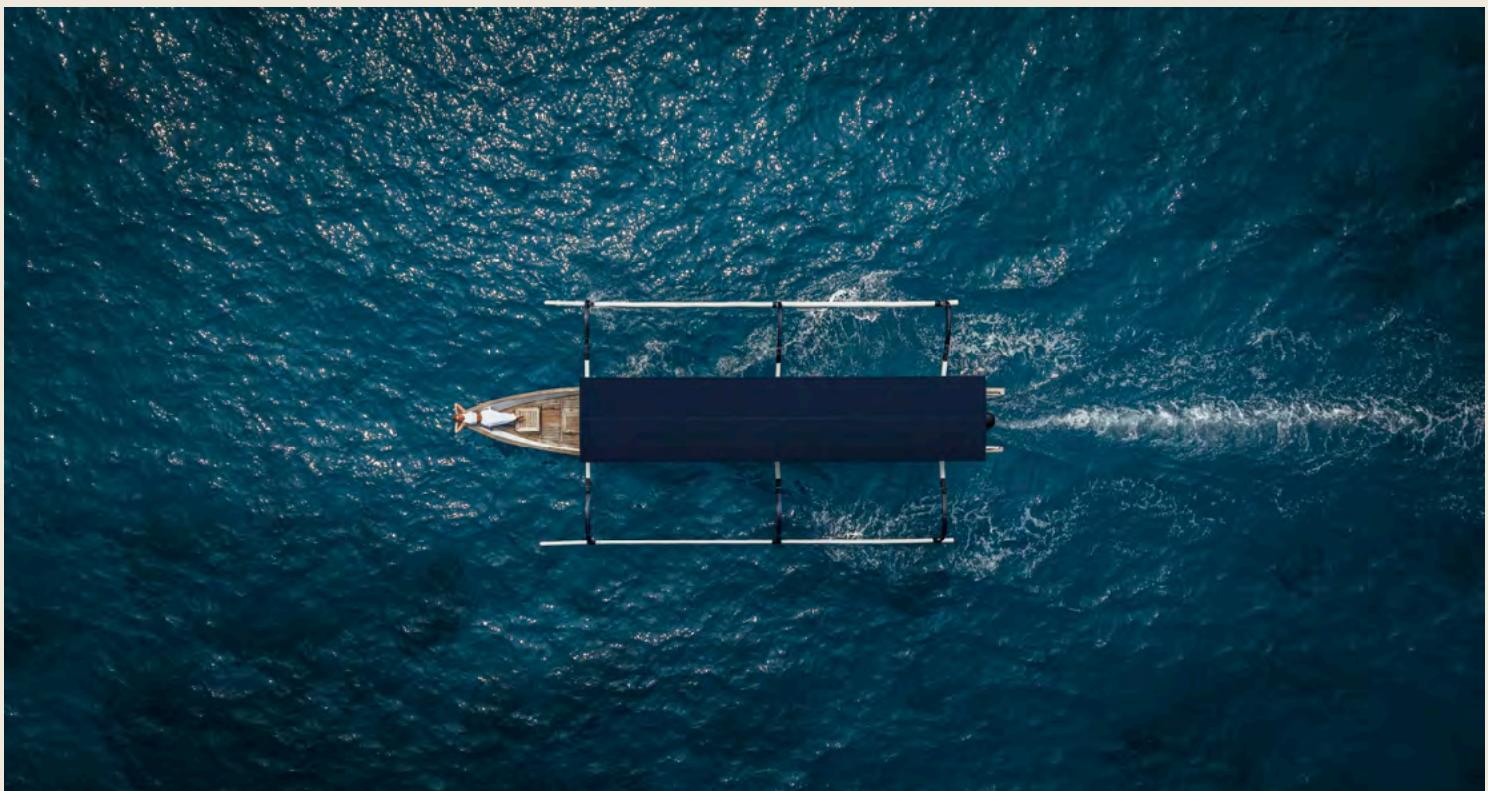
Wakeboard Rental : 1hr II 2,150k & 30Min II 1,290k

Catch waves and adrenaline at Waipanda beach, just a stone's throw from Karoso. Our seasoned instructors will teach you the ropes, and our premium gear will ensure a thrilling yet safe ride.

## Explore Sumba on a Private Cruise

3hrs II 6,500k for up to 2 guests II 650k for additional guest II 1,900k per additional hour.  
Snack and Softs Included

Make unforgettable family memories by privatizing one of our boats for an incredible journey along Sumba's coastline. Discover hidden snorkeling spots, try your hand at fishing, and soak in the beauty of this stunning island paradise.



# Spearfishing

## Spearfishing at Pahewa Beach

Up to 4hrs (including short transfer) || 2,000++ for up to 2 guests ||  
400k++ for additional guest (up to a maximum of 3). Snack Included

Head to Pahewa Beach, a secluded spot not too far from Cap Karoso, where an underwater world awaits you! Fully equipped, with expert tuition from our experienced spearfishing guide, swim out into the Indian Ocean to see what you can find! Land a fish 30cm or bigger, and the Restaurant team would be delighted to cook this for your lunch or dinner, for an extra 300k per fish.

# Fishing

## Traditional Fishing from Pero

Up to 4hrs (including transfer) || 3,250k for up to 2 guests ||  
400k for additional guest (up to a maximum of 6). Snack Included

Accompanied by our guide, head to Pero Konda, a small fishing village approximately 30 minutes away. Climb aboard a local fishing boat and set off into the Indian Ocean to experience authentic line-fishing, a technique used by all local fishermen in Sumba. Land a fish 30cm or bigger, and the Restaurant team would be delighted to cook this for your lunch or dinner, for an extra 300k per fish.

Please note the timing of this trip is dependent on boat availability, the weather and also the tides, as boats cannot come in and out of the harbour during low tide.



# Hunt The Waves

Ride the untamed waves in the surf paradise of Sumba.

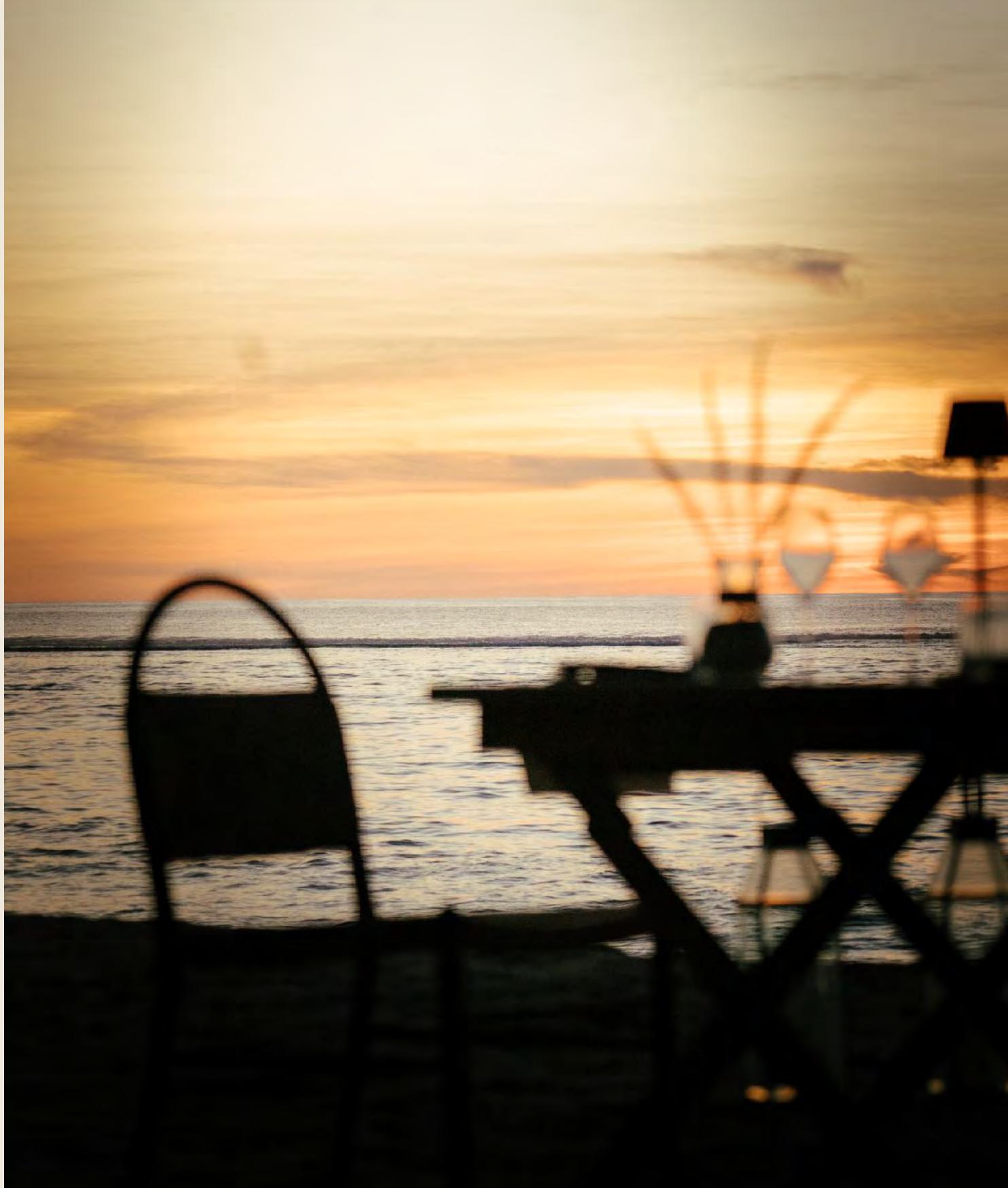
Board rental only (up to 2hrs)	complimentary
Board rental only (4hrs II 8hrs)	385k II 690k
Group surfing trip 3hrs (per person II per couple)	1,850k II 3,000k
Group surfing trip 3hrs with private Instructor	5,200k II 8,500k for 2 guests
Group surfing trip 3hrs with private surf pro (national completion level)	7,700k
Private surf trip 3hrs with Instructor for up to 6 guests	13,100k II 3,200k / additional hour

Head down the South coast of Kodi to reach spots such as Pero, Weynyapu and Mbawana Beach for a half day experience; or venture into West Sumba on a longer trip for waves at Marosi Beach, Kerewei & Wanukaka. Snack included for 4hr experience, picnic included for 6hr experience.

Wave	Distance	Direction	Level
Cap Karoso	-	Left	Beginner + tandem
Pero	30 min	Left & Right	Advance + pro
Weynyapu	60 min	Left	Great for beginners
Katobo	45 min	Left & Right	Advance + pro
Marosi Beach	2hr30	Left & Right	All levels
Kerewei	2hr50	Right	Beginner through to pro, a popular spot
Wanukaka Beach	3hr	Right	Good for beginners, fun for advanced

# In House Activities

Explore the surroundings  
without going on excursion



# In House Activities



## Surfing at Cap Karoso

Sumba is a world-renowned destination for surfers, with many incredible waves in different corners of the island. What sets Cap Karoso apart is our unique location, where the opening in a reef protecting the Karoso lagoon creates the ideal waves for beginners — adults and children alike. Right in front of Umma Tena, you can kickstart your surfing journey or enhance your skills with the support of our talented surf instructors. If you're not catching waves yourself, relax at the Beach Club with a refreshing drink and watch your child ride their first waves just steps away.

Surfing has never been easier!

Guided Surf at Cap Karoso (6pax max)

810k

Tandem surfing (50min) for kids 6-9yo

1,150k

Private surf lesson at Karoso (1.5hrs)

1,900k II 3,200k for 2 guests

# In House Activities

## Snorkel, SUP & Kayak at Cap Karoso

Equipment Rental Only (Snorkel set, SUP or kayak)	Complimentary for 2hrs    150k / extra hour
Snorkel / SUP/Kayak Lesson or Guided Tour of the lagoon (1hr)	465k

## Bicycles and Motorbikes

Electric Bike    Mountain Bike (2hrs    4hrs)	Complimentary    385k
Mountain Bike	Complimentary
Electric Motorbike (4hrs)	900k    200k / additional hour

## Farm Tour

Complimentary

Only a short walk or bike ride away, tour our 3-hectare farm, to see what's growing! You are most welcome to explore on your own, or a guide can accompany you (available on request)

## Forage the Karoso Lagoon

100k Donation recommended

Forage the lagoon with a member of the local community and one of our Umma Tena team. Heading out just before low tide, in daylight hours only, spend an hour with your choice of either fishermen or seaweed harvesters, and take part in helping them forage for their daily meal. This is an incredibly unique experience, right in front of Cap Karoso!

NOTE! Not suitable for children under 12. Guests must be physically fit and able to swim. Caution must be given to the incoming tide because the current can get very strong. We will provide booties to protect your feet, but important to note the lagoon floor is very uneven and rocky.



Forage the Karoso Lagoon

# Culinary Experiences



# Culinary Experiences

## Breakfast at Mandorak Beach

Up to 3hrs II 1,120k per guest

Start your day with a breathtaking breakfast at Mandorak Beach. Relax into a beautiful clifftop arrangement, soak in the view and enjoy a delicious breakfast surrounded by the wild beauty of Sumba. Available between the hours of 7am to 11am.

## Picnic Lunch

600k per guest

Enjoy a gourmet picnic during your experience. A picnic is included as standard for experiences of 6hrs or more.

## Cooking Class at the Beach Club

1hr II 1,500k per guest

Interested in learning how to make pizza in a real Napoli oven, or create handmade pasta? Or perhaps you want to create an authentic Indonesian dish or master the art of making the perfect sauce. Simply let us know and enjoy a one-hour cooking class, guided by one of the Cap Karoso Kitchen Team. And the best part – you can eat what you create.

### Terms & Conditions

All experiences are dependent on weather conditions, and subject to availability.

Bookings should be made no later than 6pm the day before.

Cancellations after 6pm, for bookings on the following day, will incur a 50% cancellation fee. Single travellers will receive a 50% discount on any guided cycling activity.

There is no charge for children 2 years or under.

Prices are in thousand Indonesian Rupiah and subject to a 10% service charge and 10% government tax.



**CAP KAROSO**



Book any of our activities by contacting our Guest Services via  
WhatsApp or by dialing 0 from your room phone.