

# Experiences Guide

CAP KAROSO





# 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 Neighborhood

## Culture:

Traditional Village Visit  
Ikat Weaving in Kodi  
Waikaroko Cultural Experience  
Pero, Ratenggaro & Buku Bani

## Adventure:

Mandorak Beach  
Snorkel at Pahewa Beach  
Weekuri Lake  
Off the Beaten Path  
Mangrove Tour



# The Neighborhood 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 Neighborhood Culture

## Ikat Weaving in Kodi

2hrs || 1,200k for up to 2 guests || 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 || 1,600k for up to 2 guests || 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 || 2,600k for up to 2 guests || 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 || 2,600k for up to 2 guests || 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 Neighborhood Adventure



## 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 Neighborhood 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—Marapu Beach, Watu Malandong, and Mbwana Beach.

These hidden gems offer a chance to immerse yourself into Sumba's unspoiled beauty, where pristine landscapes meet the azure Indian Ocean.

To reach Watu Malandong, prepare for a rewarding 20-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.



# The Neighborhood Adventure

## Mandorak Beach

2hrs || 1,200k for up to 2 guests || 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 || 1,200k for up to 2 guests || 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 || 1,200k for up to 2 guests || 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, teeming 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.

## Off the Beaten Path

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

Explore our local area, discovering hidden lagoons and deserted beaches. A great opportunity to venture off the beaten path, and adventure into the less-visited parts of Kodi. Finish at Pantai Humma, taking in the Ocean breeze while the team serve a small snack on the beach.

## 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.



Weekuri Lake



Mandorak Beach



# The Neighborhood 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.

# The Neighborhood Adventure

## 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 || 2,600k || 300k for additional guest

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

Weekuri Lake

Snorkel Kodi from Paheva Beach Mandorak Beach

Traditional Village Visit

Ikat Weaving

### Explore Sumba before your flight

600k for up to 2 guests || 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) Lendongara Hills (1hr)

Snorkel Kodi from Pahewa Beach (2hrs)

### 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.



Ikat Weaving



Mandorak Beach

# 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 &  
Prailjing Village



## Lapopu Waterfall, Prai Ijing Village & Weekacura Waterfall

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

Explore further afield, enjoying a 2hr30min scenic drive from Kodi to the Wanokaka District in West Sumba, before a short 20- minute hike through a beautiful forest to reach Lapopu Waterfall. Greeted by water cascading down from a height of 90-meters into a natural pool below, the water is crystal clear and cool, making it a great place to take a refreshing swim.

When ready, enjoy a delicious picnic before setting off to Prai Ijing Village. Surrounded by rice paddies and forests, this traditional village is set on a hill giving the most incredible view over the entire village and beyond. Finally, a short stop at Weekacura, a picturesque gentle waterfall set in rice fields – a beautiful spot to stretch your legs before the final drive home.



## Matayangu Waterfall Trek, Lapopu & Prai Ijing Village

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

For the more adventurous, and not for the faint hearted, a 1hr30min 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.



Lapopu Waterfall



Prai Ijing Village

# Equestrian Adventures

Swimming With Horses  
Sunset Ride



# Equestrian Adventures

## Mandorak Horseback Ride

2 Hours || 2,500k per guest || Soft drink and small bite included

A peaceful 45-minute ride each way leads you to the pristine shores of Mandorak Beach. Sip a soft drink, enjoy light bites, and unwind as the day fades.

## Swimming With Horses

30min || 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 || 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
- Sports & Fishing
- Snorkeling Trip
- Private Cruise
- Wake Boarding

- 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.

## Exclusive Sports & Fishing Charter

4 Hours || 7,500k for up two guest || 650k for additional Guest || Snack and soft included

Step aboard the T-Paradisi fishing vessel, designed for serious fishing and unforgettable moments on the water. Fully equipped with professional-grade fishing gear and operated by an experienced crew, this charter delivers quality in every detail. Perfect for anglers of all experience levels, this exclusive charter offers a smooth, well-prepared adventure focused on the thrill of the catch and the stunning beauty of Sumba's waters.

# Boat Activities

## Snorkeling trip

3hrs || 3,000k for up to 2 guests || 400k for additional guests || Snack Included

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!

## Explore Sumba on a Private Cruise

3hrs || 6,500k for up to 2 guests || 650k for additional guest || 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.

## Wake Boarding

Wakeboard Lesson : 1hr || 2,795k

Wakeboard Rental : 1hr || 2,150k & 30Min || 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.

# Spearfishing

## Spearfishing at Pahewa Beach

2hrs || 2,000++ for up to 2 guests || 400k++ for additional guests || 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.



Boat



Fishing

# Hunt the Waves

Ride the untamed waves in the surf paradise of Sumba.

Board Rental Only (up to 2hrs)	complimentary
Board Rental Only (4hrs    8hrs)	385k    690k
Guide Surf To Pero (3hrs)	1,850k per person    3,500k per couple
Guide Surf To Wainyapu (4hrs)	2,700k per person    5,200k per couple
Private surf trip 3hrs with Instructor for up to 6 guests	13,100k    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
Waipanda Beach	5 min	Right	Intermediate + Advance
Pero	35 min	Left	Advance + pro
Wainyapu	60 min	Left	Beginner through to 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





## 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 || 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

Just a short walk or bike ride away, explore our 3-hectare organic farm and see what's growing with the seasons. Meet our free-roaming chickens that supply your breakfast eggs, along with our pigs, buffaloes, and horses. With our farm team, learn about our permaculture approach and other sustainability initiatives that shape life at Cap Karoso. 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.



# Culinary Experiences

Harvest to Breakfast  
Harvest to Lunch  
Breakfast at Mandorak  
Picnic Lunch  
Cooking Class



# Culinary Experiences

## Harvest to Breakfast

Adult 800k per guest || Kids (6-11 years old) 350k per guest

Begin your morning with Cap Karoso's signature Harvest to Breakfast. Wander through our 3-hectare organic farm with our team at first light, pick what catches your eye, then settle in under the waru tree to enjoy a breakfast inspired by the harvest of the day—simple, nourishing, and deeply rooted in the land. Available between 7am and 11am.

## Harvest to Lunch

Adult 1,300k per guest || Kids (6-11 years old) 650k per guest

Pause at midday with Harvest to Lunch at the farm. Tour the gardens before settling in to enjoy a seasonal lunch shaped by the harvest of the day — generous, grounding, and deeply connected to the rhythms of the land. Available between 12pm to 3pm.

## Breakfast at Mandorak Beach

Up to 3hrs || 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 || 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.



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

## Experiences Guide

