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Cempedak Island

野趣冒险健康体验

由Richard Williams亲身体验，位于印度尼西亚里亚乌群岛的Cempedak私人岛屿

从新加坡只需要一小段旅程，便能抵达这个宁静的岛屿度假胜地——Cempedak私人岛屿位于印度尼西亚的里亚乌群岛。从新加坡的Tanah Merah坐渡轮前往民丹岛，然后驱车到Kawal，抵达度假村码头。度假村的工作人员会热情的喊出客人的名字，提供一条凉爽的芳香毛巾和一杯招牌姜茶，之后再乘坐短途快艇抵达Cempedak岛，这段快艇旅程非常令人激动，我感到一段“邦德007”时刻就要开启了！

毫无疑问，Cempedak是养生度假的典范，一个让人放松、释放压力并放松身心的地方，将自己完全融入大自然的美景中，舒缓、恢复并焕发活力。作为一个可持续发展的目的地，这里吸引了大量对环境保护感

兴趣、寻求美丽的自然生态、同时向往舒适奢华体验的旅行者。光脚旅行已经成为过去时，在Cempedak，带上珊瑚鞋，还要准备好一双舒适的步行鞋。

登上快艇Manu 4，冒险之旅开始了。吸入咸咸的海风，顿感放松下来。晴空万里，海域蔚蓝，25分钟的航程，我们紧贴民丹岛海岸线行进，看到了许多小岛，然后转向Cempedak。郁郁葱葱的热带丛林和令人惊叹的竹制和茅草结构房屋，这里就是我未来几天的家。下艇后，热情洋溢的工作人员将我引领到餐厅的咖啡吧，并再次提供了一条凉爽的芳香毛巾和迎宾饮料。

随后的午餐是鱿鱼沙拉和当地主食Nasi Campur——搭配了多种菜式的米饭，包括烤鸡肉、咖喱牛肉、豆腐馅、木薯绿叶菜，

配上椰丝和一小块烤鱼。甜点则是令人惊艳的菠萝脆皮焦糖挞配椰子冰淇淋。所有的菜肴都非常美味可口，而且感觉很“健康”！工作人员告诉我这份餐点的份量属于中等水平，可以随时加量。当然，他们也提供素食和纯素食的餐点。所有食物都是从农场到餐桌，蔬菜是当地当季采摘、无农药，牛羊肉是来自新西兰和澳大利亚的草饲养殖，鱼类是当地新鲜捕捞，并符合世界自然基金会和海洋公园的捕鱼标准。在Dodo酒吧和船屋，不间断供应新鲜水果和自制饼干来解馋。说实话，有几顿午餐我都跳过了，因为早餐实在太丰盛了，有当地蛋糕或kueh（一种小巧的传统甜点心），当地主食（粥、炒饭或面条）或者鸡蛋、培根、烤豆、香肠等等。咖啡也很棒，用的是从爪哇或苏拉威西山区精



Bedroom with Organic Cotton Sheets



Permaculture Vegetable Garden

心挑选的咖啡豆。

别墅十分宽敞，坐落在山上，被丛林环绕，饱览壮丽的海景。别墅采用手工制作的可持续竹制结构，屋顶覆盖着茅草。推开宽大的入口门，进入到宽敞的起居室，里面有一张很大的舒适的沙发(材质是天然纤维和柚木)，备餐区则有放置饮料的冰箱和供泡茶和咖啡的水壶。巨大的玻璃折叠门外通向木质露台、室外淋浴和一个流线型的无边际泳池，远处森林和海洋的全景尽收眼底。这个别墅非常注重将室外景色带到室内，我感觉整个人都被郁郁葱葱的热带天堂所包围着。

沿着蜿蜒的竹楼梯，来到巨大的主卧套房，床上优美地安装了蚊帐，还有扶手椅和

宽敞的浴室，可以理解为什么没有浴缸，因为岛上的所有水都是收集雨水，因此决不允许有过多用水。作为一个独自旅行者，能如此有机会给自己一些独处的时间，在自然间与世隔绝几天，真是太棒了。桌上的平板电脑用于和沟通，和管家以WhatsApp联系并收到每日活动内容，还有一个岛屿指南。这是一件根据自然法则设计的建筑，没有电视，不需要空调。床上方有一个遥控风扇。在这里，做个电子排毒是被受到鼓励的!

20座别墅，分别位于海滨、悬崖顶和山顶丛林。每座别墅都有其独特之处，有的俯瞰无敌美景、有的方便下海游泳，还有的更利于观察岛上的栖息生物。Cempedak的自然



Ary the Barman Portrait

顾问Raj Suberaj致力于监测岛上的稀有野生动物，以便让热爱大自然的客人探索和发现岛上的一些常驻动物。绿海龟和玳瑁海龟常在海滩上筑巢，当发现巢穴时，工作人员会用栅栏将其围起来，保护它们免受蜥蜴等捕食者的伤害。尼科巴鸽、伊洛瓦底河豚、银叶猴甚至濒临灭绝的巽他穿山甲都曾在岛上或周围区域被看到过。逗留期间，我与一只令人印象深刻的黑白凤头鸟有过两次邂逅，一次是在我沿着山坡漫步时看到它停在树枝上，另一次是我躺在别墅泳池旁时，它似乎只是飞过来打个招呼，停在露台的栏杆上片刻，然后就飞走了。凤头鸟的叫声则时常从树梢传来。我还对海獭很着迷，在这个自然栖息地中，它们的呆萌感和鸟类般的啾啾声实在是可爱极了!

第二天，我发现自己置身于大卫·爱登堡(David Attenborough)式的自然时刻中，静静地站在池塘旁的树荫下，观察着美丽蝴蝶的求偶舞蹈，还有巨大黑蜜蜂的忙碌工作。在这几天的时间里，我了解到不同种类的蜜蜂会产出截然不同的蜂蜜，不妨品尝和购买其中的几种。丛林蜜蜂产的蜂蜜颜色很深，口感较薄，带有酸味；另一种蜂蜜颜色较浅，花香四溢，更加甜美。这一切正是我向往的健康度假方式——沉浸在自然栖息地中，学习可持续发展的举措，同时享受美食和SPA的乐趣。

Rock Spa是一座壮观的建筑，由竹子和传统的高茅草屋顶建构而成，坐落在海边的巨石上。这些巨石看起来像是被起重机有意地放置在那里，如此的奇妙而充满美感。然而，它们就是大自然的鬼斧神工，其中一些上面有着明显的凹脊，仿佛是由某种神奇的手打造而成。SPA团队的工作人员非常



Lazy Days by the Beach

热情友好，他们来自于民丹岛，因此对当地的土地、故事和社区都非常熟悉。三间双人理疗室都完全面向大海开放。在享受草药足浴时，你可以观察小鸟或看看蜥蜴。这里没有播放音乐，而是让大自然成为你的交响乐团，海洋和树林中传来的风的声音是如此的妙不可言。很难用言语表达这种感觉，只能形容为极乐。我体验了巴厘式按摩，结合了指压、掌压的有力手法，中等到强力的深层组织按摩。当地产的初榨椰子油闻起来很美味，具有极佳的保湿和愈合作用。我的年轻治疗师Melati手感十分敏锐，能够找到我身体上所有的紧张处，令人难以置信的是，我竟然在护理过程中睡着了，这大概是对理疗师技术的最好证明。疗程缓缓结束，我坐起身来，Melati最后还对我进行了肩颈按摩。之后她让我自行整理一下，自己去了SPA接待处等我，并递给我一杯温暖的姜茶。返回别墅只需穿过丛林的短暂漫步，但如果不想走路，高尔夫球车可以在几分钟内到达。我相信今晚我会会有一个非常深度的睡眠。

通常，客房服务的工作人员会在晚上帮客人关闭别墅的大门，并整理床铺，拉上蚊帐。但我更喜欢将楼上的门敞开，这样就可以听到海洋的声音，感受微风拂过，对我来说，这是就像田园诗般的梦境一样美好。逗留期间，有一天下起了雨。热带暴雨和雷电阻止了人们进行任何户外海滩活动或在船屋游泳。不过这自然也是冒险的一部分，我乐在其中，安静地进行了一些阅读，并打了个盹。有些客人会在Dodo酒吧或咖啡吧里享用鸡尾酒、玩棋盘游戏。还有电子琴、吉他和尤克里里供喜欢音乐的客人们演奏。

晴天时，有很多水上运动和活动可供选

择，如帆板冲浪、皮划艇、站立式划板、帆船，以及在附近的珊瑚环礁浮潜或潜水。我个人非常喜欢从码头上跳入水中，在Cempedak的码头也不例外。这是对青春的回忆，背景是美丽的自然，一跃跳入深蓝的海洋……难以忘怀。我还没有见过哪个度假村拥有保存得这样完好的草坪，可以在上面打网球、玩地掷球和槌球。漫步在小径上，你就会看到这个美丽的翠绿球场。

黎明和黄昏是最凉爽的时候，也是最合适进行户外活动的最佳时间，强烈推荐在晴朗的夜晚躺在草坪上观赏迷人的夜空。也不要错过日出或日落时在码头或别墅的私人空间里进行轻柔的瑜伽课程。

Cempedak岛和其姐妹岛Nikoi都推行着非常负责任旅游政策，业主在2009年成立了The Island Foundation (TIF)，并在新加坡和印度尼西亚注册为慈善基金会。TIF的主要关注点是当地社区提供教育机会。自成立以来，在民丹岛及周边岛屿建立了12个学习中心，共有3,168名学生参加了学习项目，1,526名教师通过TIF接受了培训。印度尼西亚政府为该基金会提供了赞助资金进行管理。此外，Nikoi岛和Cempedak岛均位于一个面积约为138,000公顷的海洋保护区内。在联合国可持续发展目标 (SDG) 中，Cempedak和Nikoi岛的发展和运营符合17个目标中的15个。

这里在可持续发展方面的努力超越了其他地区的酒店。Cempedak海岛度假村是The Long Run (www.thelongrun.org) 的成员，这是一个可持续旅行运动，旨在帮助企业、自然和人类共同为更美好的未来而努力。Cempedak岛和Nikoi岛将环境保护作为其核心价值观：保护并清洁沙滩，进行生物

多样性调研，聘请海洋保护官员；通过节水和太阳能计划节能减排；通过减少、回收、再利用和升级利用等实施零废物政策；文化和社区合作和倡议——通过TIF进行财务支持，为员工提供福利，大部分员工自2015年Cempedak开业以来一直在这里工作。

作为一位客人，我必须说以上这些真的给我留下了无比深刻的印象。能够以某种方式为这片天堂般的环境、周边社区和文化做出贡献是非常棒的一件事。我也有机会参与了一些慈善活动，并参观村庄、进行农耕，参与艺术家工作坊和疗养活动。

这是一次充满惊喜的养生体验。我相信每个离开岛屿的人都会在心中留下难忘的回忆。工作人员已经成为了家人，餐厅里年轻而出色的团队，船屋里知识渊博的水上运动团队，以及水疗中心的理疗师们，这里的每个人都非常乐于助人、友好和专业！在补充能量、获得灵感和或许略有改变之后，我已经开始计划何时再次回来。



Richard Williams

出生于新西兰的Richard在酒店行业拥有39年的工作经验，他的专长是为客户开发水疗理念、提供水疗培训和运营咨询。他参与的项目包

括北京璞瑄酒店、吉隆坡如玛酒店、厦门七尚酒店、广州W酒店、印尼JHL Solitaire Serpong酒店、巴厘岛努沙杜瓦威斯汀天梦水疗、吉隆坡瑞吉酒店、马尔代夫瑞吉酒店。Richard是澳大利亚水疗协会、新加坡水疗养生协会、亚太水疗养生联合会的创建人员之一。在亚洲生活工作已有20余年，最近九年常驻巴厘岛。

Richard is a New Zealander by nationality with over 39 years in the hospitality industry, working around the globe in 5-star hotels, wellness resorts and fine dining restaurants. Richard develops spa concepts, conducts spa training and operational consulting. Projects have included The Puxuan, Beijing, The Ruma, KL, Lohkah, Xiamen, W Hotel, Guangzhou, JHL Solitaire Serpong, Java, Heavenly Spa at Westin, Nusa Dua, Bali, St. Regis, KL, St. Regis, Maldives. A founding member of ASPA, the Australasian Spa Association, SWAS Spa & Wellness Assoc. Singapore, and APSWC Asia Pacific Spa & Wellness Coalition. Richard has spent over 20 years in Asia, the last 9 in Bali, Indonesia. After the Covid pandemic, Richard has returned to Bali where he continues to offer consulting services.



Cempedak Island Seaview Villa

A Wildcrafted Wellness

Experienced by Richard Williams, at Cempedak Private Island, Riau Archipelago, Indonesia

Who knew that just a hop, skip and a jump from Singapore, lay this idyllic island getaway. Cempedak Private Island is located in the Riau Archipelago of Indonesia. A multi-award winning property, from Conde Nast Traveller to National Geographic Traveller, Cempedak is a ferry trip from Tanah Merah, Singapore, to Bintan Island, a drive across Bintan to Kawal, the resort office and pier, where you are warmly welcomed by name and offered a chilled fragrant towel and a signature ginger tea. A short speedboat ride brings you to Cempedak Island. It's hard not to imagine a "Bond – 007" moment!

Frankly, the epitome of a wellness escape, Cempedak is a place to disconnect, decompress, and relax. Surrender to the beauty of nature and allow it to soothe you, rejuvenate and revive you. Cempedak is a sustainable destination and therefore it attracts a demographic interested in the care of the environment. Low footprint travelers' who seek out places to visit with spectacular natural ecosystems that do not compromise on comfort and a little luxury. Barefoot travel has become a bit of a cliché, but

on Cempedak, bring your reef shoes and pack your walking shoes for a guided nature walk.

Boarding Manu 4, one of the island speedboats, the adventure begins and with the wind in your hair and inhaling the salty sea breeze, you will already start to feel yourself relaxing. The trip takes about 25 mins, the weather is stunning, the sea a deep azure blue, many satellite islands are seen as we hug the Bintan Island coastline before making a turn to Cempedak. There is a feeling of anticipation as the boat gets closer, one can see the lush tropical jungle and the amazing bamboo and thatch structures which will be home for the next few days. There is a warm cheery greeting from staff on the jetty, many of whom I get to know better during the stay, and never cease to be surprised with what I can only describe as a personalized experience. Addressed again by name, we are escorted to the coffee bar, in the restaurant, where another cool fragrant towel and welcome drink is offered before lunch.

Lunch today is a salad of calamari and a local main called Nasi Campur, which is rice with a selection of small dishes. Today, grilled

chicken, beef rendang, stuffed tofu, a green vegetable, (later I am told its cassava leaf), with shredded coconut, and a small piece of grilled fish. For dessert there was an amazing pineapple crumble caramel tart with coconut ice-cream. Wow! Clearly no one will go hungry, and all the dishes were so tasty and delicious and felt "healthy"! You are informed that the meals are of average size, and you are always welcome to ask for more. Of course, you may also request vegetarian and vegan meals. Be assured that everything is farm to table. The vegetables, seasonal and locally sourced, farmed without pesticides and chemicals. The beef and lamb are grass-fed NZ and Australian sourced. The fish are freshly caught locally and meet with WWF Marine Park fishing standards. At the Dodo bar and Boathouse, there is always fresh fruits and homemade cookies to quell any hunger in between meals. To be honest, I skipped a couple of lunches during my stay as the breakfasts are very generous and include local cake or kueh, (bite sized traditional sweet snacks), a local option, (which could be rice porridge, fried rice, or noodles),



Sunrise Rock Spa

or eggs, bacon, baked beans, sausages and more! Great plunger coffee sourced from Java or handpicked coffee beans sourced from the mountains in Sulawesi.

My villa is enormous and is located up the hill, immersed in the jungle and with a sweeping sea view. The structure is handcrafted sustainable bamboo with alang-alang thatch on the roof. Opening the large entry door, I enter a vast living room with a large comfortable sofa, (think natural fibers and teak), a powder room, a small pantry area where beverages can go in an icebox, a kettle for tea and coffee. Huge glass concertina doors open to a wooden deck, outdoor shower, a teardrop horizon plunge pool and panoramic view of the forest and ocean in the distance. It's very much about bringing the outside in, and you are indeed cocooned within this lush tropical paradise.

Up the sweeping bamboo stairs lies the huge master bedroom suite, the bed suitably mosquito netted, armchairs and large bathroom. You understand why there is no bath, given that all the water on the island is rainwater sourced. Elegant natural décor is suitably comfortable and luxurious. As a solo traveler I feel very spoiled. How great to be able to give myself this opportunity to have some alone-time, and to go with the flow, and switch off for a few days. You will find a tablet on the desk, used for communication, including a WhatsApp contact and daily activities along with an Island Guide. There is no television, and no air-conditioning is required based on the architecture

of the villa structures. Every bed has a remote-controlled fan above. Digital detox is encouraged. Do you really need your watch?!

There are seaside, clifftop, and hilltop jungle villas, 20 in total. These are all the same build, and yet they each have their own uniqueness, be it the view, the convenience of a sea swim, or simply the opportunity to get a better look at the island habitat. Cempedak's consultant naturalist Raj Suberaj, a leader in his field, is focused on monitoring the rare and interesting wildlife on the island, to enable nature-loving guests to explore and discover some of the resident fauna. Hawksbill and Green Sea Turtles nest on the beach. When nests are found, the staff fence them in to protect them from predators such as monitor lizards. The Nicobar Pidgeon, Irrawaddy Dolphins, Silver Leaf Monkeys and even the critically endangered Sunda Pangolin have been sighted on or around the island. During my stay, I had two encounters with an impressive Oriental Pied Hornbill, once on a branch as I strolled up the hill and another time as I lay by the villa pool. He just seemed to fly in to say hello, perched on the deck railing and as quick as he arrived, off he flew. The hornbills can be heard in the treetops, usually there are more than one. I am also slightly obsessed with sea otters. I know for those living in Singapore they are a common sight along the marina, but in this natural habitat they are even more enchanting. The staff are not so keen, as I'm told the otter's smell of fish, but their playful nature and their birdlike chirp



Cempedak Crayfish Pasta



Island Grass Tennis Courts

is awfully cute!

Next day I found myself in another BBC, Attenborough nature moment, quietly standing in the shady trees around a pond. I watched the courtship dance of beautiful, huge butterflies and the busy work of enormous black bees. I learnt during my stay that there are different species of bees that produce very different honey. Both of which you can sample and purchase. The Jungle Bee honey was very dark, thinner, and sour to taste, compared to the other more light, floral, and sweeter honey. This is my kind of wellness escape. To immerse myself in a natural habitat, to learn sustainable initiatives whilst still enjoying my passion for food and for spa.

The Rock Spa is this spectacular structure of bamboo and traditional high thatched roofs, planted on the giant rocks at the ocean's edge. These giant rocks look like they have been strategically placed by a crane, certainly not made by nature. And yet here they are, some with great ridges down them as if by some celestial hand. The spa team are warm and welcoming. I am told that they come from Bintan Island, and thus they are very familiar with the local land, its stories and communities. Each of the three double treatment rooms are fully open to the sea. Sit whilst you enjoy an herbal foot wash, looking out for the bird life or a monitor lizard. There is no piped music here, let nature be your orchestra, the sublime sound of the ocean and the wind in the trees. It's hard to express the feeling, I can only describe as bliss. I enjoyed a Balinese

massage, a combination of thumb, palm pressure and firm strokes, with a medium to strong, deep-tissue pressure. The extra virgin coconut oil produced locally, smells almost delicious and it's such a great hydrator and healer. My young therapist Melati had such strong intuitive hands, she was able to find all the knots and tension, and yet I can't believe I was still able to doze off during the treatment. For me, this is always a testament to the therapist's skills, to be able to lull you into the sleep zone. Sitting up to finish with massage around the shoulders and neck, always for me, relieves what in Bahasa Indonesia they call "masuk angin", internal wind. I was asked to dress and would be met back at spa reception by Melati with a warm ginger tea. My villa is a short stroll through the jungle, but a golf buggy can turn up in minutes, any time you want a lift. I am confident I will enjoy a deep sleep tonight.

Housekeeping will normally close the villa doors in the evening and sets the bed, closing the netting. I prefer to have the upstairs doors open, I can hear the ocean and feel the breeze, to me, this is idyllic. It did rain one day during my stay. A tropical deluge that prevented any outdoor beach activities or swims at the Boathouse due to the thunder and lightning strikes. This is all part of the adventure and I suggest you enjoy it. I brought my book with me and thus settled down to a good read and a snooze. Some guests will hole up at the Dodo

Bar or the Coffee Bar for a cocktail and a board game. There is a keyboard, guitar, and ukulele available for the musically inclined.

When the sun shines, there is a lot of water sports and activities to choose from, such as windsurfing, kayaking, SUP, sailing the catamaran, snorkeling, or diving nearby coral atolls. I am a big fan of jumping off jetties, and Cempedak jetty was no exception. A reminder of youth, it's such a fun activity leaping into the deep blue ocean and with that natural panoramic backdrop... unforgettable. I know of no other remote island resort that has a pristine lawn for tennis, boule, and croquet. Wandering along an island path you come across this beautiful lush green court. Dawn and dusk are the best and cooler times to play, and I can highly recommend laying on the lawn on a dry night to watch the mesmerizing night sky! Another activity that can be enjoyed at sunrise or sunset on the jetty or in the privacy of your villa is a gentle yoga class. A great way to start the day.

A very integral part of Cempedak Island and its sister island Nikoi is their admirable responsible tourism policy. The Island Foundation was established in 2009 by the property's owners and registered as a charitable foundation in Singapore and Indonesia. TIF's primary focus is education for local communities. Since its conception, 12 learning centers have been established on Bintan and the surrounding

islands. 3,168 students have participated in learning programs and 1,526 teachers have been trained through TIF. The Indonesian government is funding better management of the area, and both Nikoi and Cempedak Islands are within the boundaries of an MPA, Marine Protected Area, which covers some 138,000 hectares gazetted by the Governor of the Riau Province. In the context of the UN's Sustainable Development Goals, (SDG's), the development and operation of Cempedak and Nikoi has benefitted 15 of these 17 goals.

Cempedak has pushed the boundaries beyond what other regional hotels and even further afield have gone. Huge respect to them as members of The Long Run, www.thelongrun.org as a GER* Global Ecosphere Retreat, a sustainable travel movement, helping business, nature and people work together for a better future. Thus, Cempedak and Nikoi's commitment to the environment as its core values; Conservation – beach clean ups, biodiversity surveys, employing a marine conservation officer, Energy Reduction with water and solar power initiatives and a Zero Waste policy - reduce, recycle, re-use upcycle. Massive Culture and Community collaborations and initiatives, including giving back financially via TIF, and also in the wellbeing of the staff, most of whom have worked here since Cempedak opened in 2015.

As a guest, I have to say how absolutely impressive this is. How great it feels to be a contributor in some way to this pristine slice of heaven and to the surrounding communities and culture. You may also have an opportunity to participate in any onshore charitable events, village visits, farming tour, or artist workshops and retreats.

It is hard to express what an incredible wellness experience this has been for me. I suspect that everyone who leaves this island has a little piece of their heart that remains. The staff have become family, thank you Jimmy, Ary, Gaspar, the wonderful young team at the restaurant, the highly knowledgeable water-sports team at the Boathouse and Emmy and her team at The Rock Spa, frankly everyone, they are so helpful, friendly, and professional! Suitably refueled, inspired and perhaps a little transformed, this trip was an unforgettable one, and I am already working out when I can return.

www.cempedakisland.com

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