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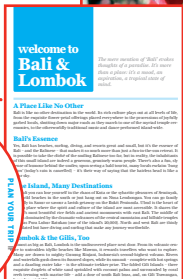
**Ryan Ver Berkmoes**  
Iain Stewart

# PLAN YOUR TRIP

## YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

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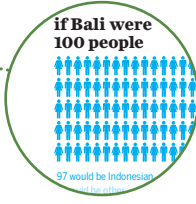
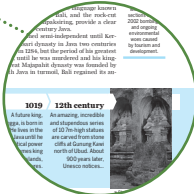


# UNDERSTAND BALI & LOMBOK

## GET MORE FROM YOUR TRIP

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## Jatiluwi Rice Fields

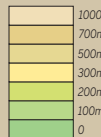
Ribbons of green curve around hillsides (p221)



## Ubud

Bali's cultural heart (p133)

## ELEVATION



## Batubulan

Stone carvers creating art from rocks (p168)

## Denpasar

Tasty Balinese cafes (p118)

## Kuta

All-night clubbing (p68)

## Jimbaran

Grilled fresh seafood (p93)

## Pura Luhur Ulu Watu

Monkeys and temples (p98)

## Balangan Beach

A little plume of white sand (p95)

## Nusa Penida

Where divers feel small (p129)

INDIAN OCEAN

**Look out for these icons:**

Our author's recommendation



A green or sustainable option



No payment required

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# itineraries

Whether you've got three days or 30, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travellers.



Two Weeks

## Bali & the Gilis

Start your trip in **Seminyak**, which has the best places to go out for a meal, a drink or even a new frock. Allow at least three days to experience the refined charms of **Kerobokan** and the wild nights of **Kuta**. Once you're sated, head west, driving through the rice terraces of **Jatiluwih** and on to **Pura Luhur Batukau**, a holy temple up in the clouds. Head northwest to the crescent of mellow beach resorts at **Pemuteran**. From here, you can snorkel or scuba Bali's best dive site at **Pulau Menjangan**. Driving east, stop in **Munduk** for some hiking to remote waterfalls.

Carry on via **Candikuning** to **Ubud**, the spiritual centre of Bali. Nights of dance and culture are offset by days of walking through the serene countryside. Do a day trip to the ancient monuments at **Gunung Kawi**. Head down to the cute little beach and port town of **Padangbai** and catch a fast boat to the **Gili Islands**. Wander the islands, enjoy Gili T's surprising nightlife and go snorkelling to spot a turtle.



Three Weeks

## Total Bali & Lombok

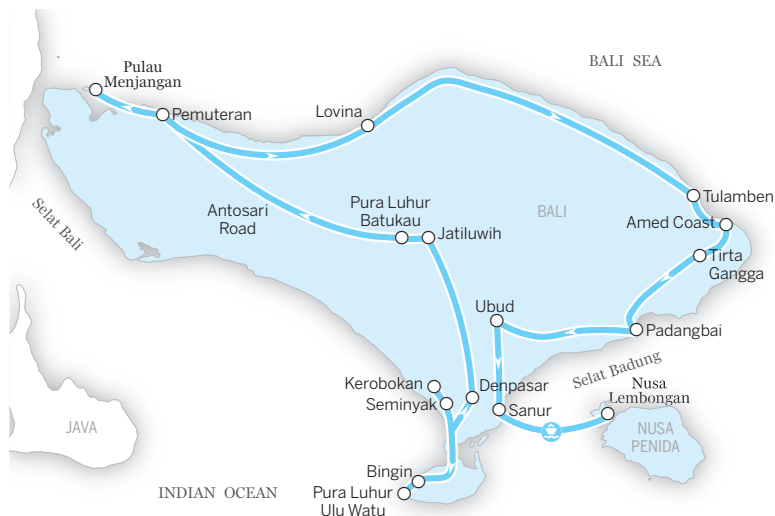
Begin your trip at **Balangan Beach**. Settle back in the sand and let the jetlag vanish. Stop in **Denpasar** for a purely Balinese lunch and then head up the hill to **Ubud** to get a full taste of Balinese culture. Next, tackle **Gunung Agung**, the spiritual centre of the island. Start early to reach the top and take in the views before the daily onslaught of clouds and mist.

Having climbed Bali's most legendary peak, head west to the village of **Munduk**, which looks down to the north coast and the sea beyond. Go for a walk in the area and enjoy waterfalls, truly tiny villages, wild fruit trees and the sinuous bands of rice paddies lining the hills like ribbons. Then head south to the wonderful temple of **Pura Luhur Batukau**, and consider a trek up Bali's second-highest mountain, **Gunung Batukau**. Head down to the newly popular **Balian Beach** on the west coast for some chilled-out time in a funky surfer scene.

Next, bounce across the waves from **Sanur** to **Nusa Lembongan**, the island hiding in the shadow of **Nusa Penida**. The latter is visible from much of the south and east – it's lush, arid and almost unpopulated and makes a good day trip. Take in the amazing vistas from its cliffs and dive under the waves to check out the marine life.

Head to the **Gilis** via the direct boat from Nusa Lembongan for more tranquil time circumnavigating the three islands and diving offshore. Take a boat to **Senggigi**, but ignore the resorts and head south. Well off the beaten path, the south coast near Lombok's **Kuta** has stunning beaches and surfing to reward the intrepid. The seldom-driven back roads of the interior will thrill the adventurous and curious, with tiny villages where you can learn about the amazing local handicrafts. Many of these roads lead up the flanks of **Gunung Rinjani**, the volcanic peak that shelters the lush and remote **Sembalun Valley**. Trekking from one village to the next on the rim can take days, but is one of the great walks.





One Month

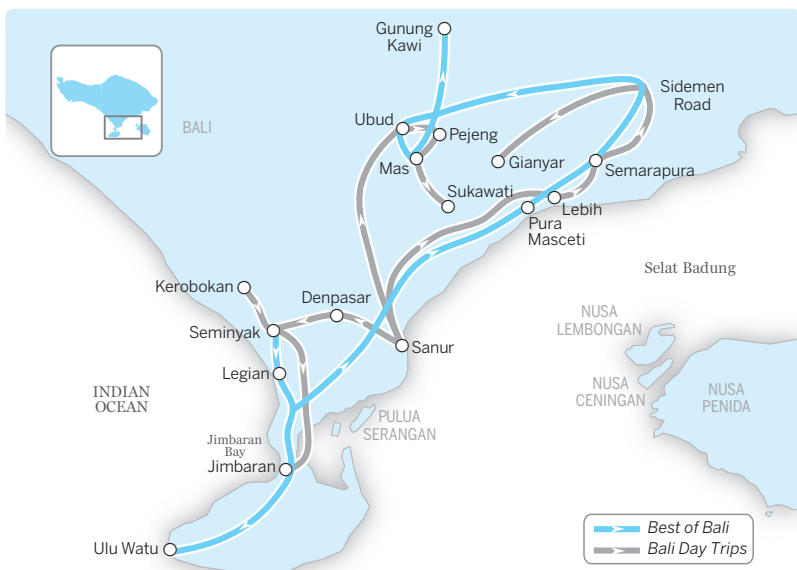
## Bali at a Slow Pace

Get some accommodation close to the beach in **Kerobokan**. Be sure to get to the trendy restaurants and cafes of **Seminyak** before you leave this part of south Bali behind. Maybe you can learn how to surf, or at least brush up on your skills, before you head south to **Bingin** and its groovy cliff-side inns overlooking fab surfing. Make the short drive down to Bukit Peninsula's spiritual centre (and monkey home) **Pura Luhur Ulu Watu**.

Take a trip through **Denpasar** and stop at the markets and museum. Next, Bali's ancient rice terraces will exhaust your abilities to describe green. Sample these in a drive up to the terraces of **Jatiluwih** followed by the lyrical **Pura Luhur Batukau**. Make your way over the mountains via the **Antosari Road**, pausing at a remote hotel on the way. Head west to **Pemuteran** where the beachside hotels define relaxation. Dive or snorkel nearby **Pulau Menjangan** in the Taman Nasional Bali Barat. It's renowned for its coral and sheer 30m wall.

**Lovina** is a good break on a route around the coast to **Tulamben**, where scores of people explore the shattered hulk of a WWII freighter. Get some serious chill time on the **Amed Coast** before the short jaunt to **Tirta Gangga** and hikes through rice fields and up jungle-clad hills to remote temples. Continue to **Padangbai**. This fun little port town is an ideal place to hang out for a couple of days before you take backroads to **Ubud**. Find your favourite cafe and let the world wander past, or rid yourself of travel kinks at a spa. You might consider staying at one of the lush hotels in Sayan, taking gentle walks through rice fields by day and marvelling at dance performances at night.

When you're ready and rested, get a fast boat from **Sanur** to **Nusa Lembongan**. This little island still has the classic simple charm of a rural beach town, with a string of hotels – from basic to semi-posh – lining its sands. It's a timeless travellers' scene with a backdrop of excellent surfing and splendid snorkelling and diving.



## One Week Best of Bali

Start at a beachside hotel in **Legian** or **Seminyak**. Shop the streets of the latter and spend time at the beach. Enjoy a seafood dinner on **Jimbaran Bay** as part of a day trip to the monkey-filled temple at **Ulu Watu**.

In the east, take the coast road to wild beaches like the one near **Pura Masceti**, followed by the well-mannered royal town of **Semarapura** with its ruins. Head north up the breathtaking **Sidemen Road**, which combines rice terraces with lush river valleys and cloud-shrouded mountains. Then go west to **Ubud**, the crowning stop on any itinerary.

To spoil yourself, stay in one of Ubud's many hotels with views across rice fields and rivers. Sample the offerings at a spa before you try one of the myriad great restaurants. Bali's rich culture is most celebrated and most accessible in Ubud and you'll be captivated by nightly dance performances. Check out local craft studios, including the woodcarvers of **Mas**. Hike through the surrounding rice fields to river valleys, taking a break in museums bursting with paintings. Finish by heading north to the imposing thousand-year-old rock monoliths at **Gunung Kawi**.

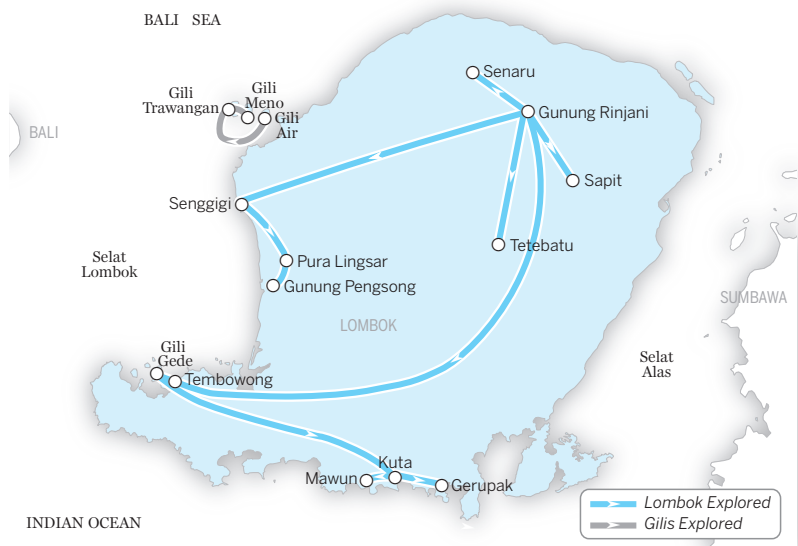
## One Week Bali Day Trips

This is for the traveller who wants to unpack only once, seeing what's possible on Bali during a series of relaxed day trips. Start with a beachside hotel in **Sanur**, such as Hotel La Taverna or Tanjung Sari, both of which have a refined yet relaxed charm.

Day trip one starts with the short drive to **Denpasar**, followed by a visit to the shops of **Seminyak** and **Kerobokan**. Finish up with a sunset seafood grill at **Jimbaran**.

Day trip two heads to **Ubud** for a half day strolling the streets, looking at the shops, galleries and museums. Take different routes there and back so you can enjoy sights such as the temples of **Pejeng**, the carvers of **Mas** and the village market at **Sukawati**.

Day trip three follows the wave-tossed volcanic beaches along the coast road to the northeast. Stop at **Lebih**, which has a temple and mica-infused glittering sand. Go inland to the temple ruins and market at **Semarapura**, then head north along the beautiful **Sidemen Road**. Next loop west and head back down through the tidy regional centre of **Gianyar**, where you can snack at the market and check out large traditional fabric showrooms.



Two Weeks

## Lombok Explored

》 Kick off in gorgeous **Kuta** and spend a day or two finding the perfect beach. East or west of town there are a dozen or so bays to choose from: magnificent **Mawun** is just one. While you're here, it would be rude not to sample the fabled south Lombok surf – tiny **Gerupak** is an excellent place to either take a lesson or hitch a boat ride to an epic break. Tranquil southwest Lombok is not far away for more aqua action – swim in sheltered transparent water or explore the dozen or so islands here by boat. Tiny **Gili Gede** makes a perfect base; you can reach it by boat from Tembowong.

Sacred **Gunung Rinjani** is next up; get here via roads from Tembowong. Either explore its foothills from the rustic bases of **Tetebatu** or **Sapit**, or go the whole hog and trek from **Senaru** to the crater rim, sublime crater lake or summit itself (depending on your time, energy and commitment level). After Rinjani your body will need some serious pampering, and the spas of **Senggigi** are the ideal place to recuperate, with massages and treatments for all budgets. Finish off with a trip or two to the sights around Mataram, such as the intriguing temple of **Pura Lingsar** or the hilltop shrine **Gunung Pingsong**.

One Week

## Gilis Explored

》 The ideal place to get to grips with island life is **Gili Air**, where the main beachfront strip is perfect tropical lounging territory. Here you can wile away a day or two doing nothing but chilling with a book, taking a dip when you need to cool off, snorkelling the offshore coral (maybe you'll spot a turtle) and feasting on inexpensive fresh seafood. OK, now you've acclimatised.

Next up is **Trawangan**, where there's much more action. Here the perfect day could start with a morning dive at a site such as **Shark Point**, followed by a healthy lunch and an afternoon snooze. Then take a gentle cycle round the sandy lanes of the island, slipping in a sunset cocktail on the west coast. After dinner it's time to feel the beat and strut your stuff at one of Trawangan's parties, or catch a reggae band at Sama Sama.

The final stop is idyllic **Gili Meno**, where, once you've secured the perfect place to stay, there's little to do except wonder at the sheer drop-dead beauty of the island and the clarity of the sea. If you can drag yourself away from the beach, you could pop by the turtle hatchery.



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Ryan Ver Berkmoes

**Coordinating author, all chapters except Lombok and the Gili Islands** Ryan Ver Berkmoes was first entranced by the echoing beat of a Balinese gamelan in 1993. On his visits since he has explored almost every corner of the island – along with side trips to Nusas Lembongan and Penida, the Gilis and Lombok.

Just when he thinks Bali holds no more surprises, he finds, for example, a set of stairs leading to a beach on nobody's map. During research for this book, his

10th on the island for Lonely Planet, he confirmed the report of a friend who said that the wonders of snorkelling at Menjangan cause so many smiles you can't keep the water out of your mouth. Ryan never tires of Bali; sometimes his social calendar is busier on the island than it is anywhere else. Away from the gamelan, Ryan lives in Portland, Oregon, and writes about Bali and more at [www.ryanverberkmoes.com](http://www.ryanverberkmoes.com).

Read more about Ryan at:  
[lonelyplanet.com/members/ryanverberkmoes](http://lonelyplanet.com/members/ryanverberkmoes)



### Iain Stewart

**Lombok, Gili Islands** Iain first visited Lombok and the Gilis in 1994, when the only dive shop was a shack on the beach and the parties could go on for weeks. Ah, the good old days. He's returned many times to snorkel the reefs, hike the hills and enjoy some of Asia's best cuisine. Highlights on this trip included a fascinating Chinese temple, eating *ayam taliwang* (a spicy marinated chicken dish) in Kuta, surfing in Gerupuk and fine dining in Trawangan. Author of over 30 guide-

books, Iain specialises in tropical places far from his home in Brighton, England. He's co-written five books about Indonesia for Lonely Planet.

Read more about Iain at:  
[lonelyplanet.com/members/stewpot](http://lonelyplanet.com/members/stewpot)

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