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PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

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

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what's new

Unesco Recognition
A fifth record of visiting, Bali retained its status as a World Heritage site in 2018. It's the first time since 1988 that a new site has been added to the list. The new site is the Bali Sakti Hindu Temple Complex, which includes the Jambwet river between and Pura Taman Ayun (2018).

Popular Canggu
The beachside town is now one of the most popular in Bali. The long, narrow beach is now more popular than any other in Bali.

Traffic Schemes
The government is now looking at ways to improve traffic in Bali. The new scheme will be implemented in 2019.

Local Life & Religion
The local life and religion in Bali is still a mix of Hindu and Balinese traditions. The local life and religion in Bali is still a mix of Hindu and Balinese traditions.

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UNDERSTAND BALI & LOMBOK

GET MORE FROM YOUR TRIP

Learn about the big picture, so you can make sense of what you see

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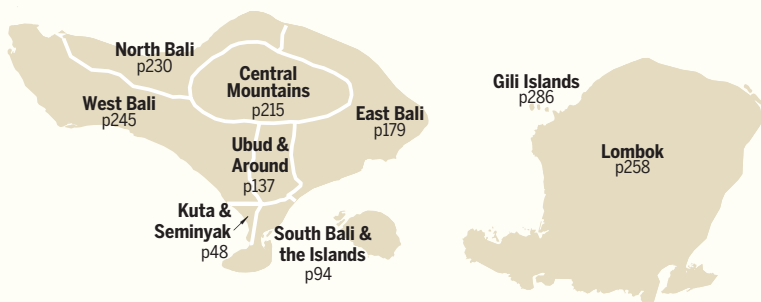
Local Life & Religion

Bali
The local life and religion in Bali is still a mix of Hindu and Balinese traditions. The local life and religion in Bali is still a mix of Hindu and Balinese traditions.

Bali & Lombok Today

Change Without Change
The island of Bali is still a mix of Hindu and Balinese traditions. The local life and religion in Bali is still a mix of Hindu and Balinese traditions.





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Health

BEFORE YOU GO

Get vaccinated for tetanus, typhoid, and hepatitis A before you travel. If you're going to a malaria-risk area, take malaria prophylaxis. Get your medical conditions and medications updated.

Remember, once you arrive, avoid contracting illness by drinking bottled water, eating hot food, and avoiding raw vegetables.

To have a pleasant, safe holiday, it's best to avoid sunburn, dehydration, and overeating. If you're taking medication, make sure you bring enough of your medicine for the trip.

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THIS EDITION WRITTEN AND RESEARCHED BY

Ryan Ver Berkmoes,
Adam Skolnick

Bali & Lombok

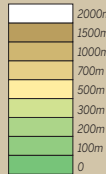


Jatiluwh Rice Fields

Green ribbons curving around hillsides (p227)



ELEVATION



Ubud

Bali's cultural heart (p138)



Seminyak

Bali's capital of glitz (p74)

Kuta

All-night clubbing and partying (p69)

Kuta Beach

Twelve kilometres of sand and surf (p50)

Bukit Peninsula Beaches

A string of sandy pearls (p96)

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 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 **Palau Menjangan**. Driving east, stop in **Munduk** for some hiking to remote waterfalls.

Carry on via **Candikuning** to **Ubud**, the cultural 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 jet lag 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 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 Tandjung Sari, both of which have a refined yet relaxed charm.

Day trip one starts with the short drive to the markets and museums of **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 check out large traditional fabric showrooms.

One Week Best of Bali

Start at a beachside hotel in **Seminyak** or **Kerobokan**; shop the streets of either 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 1000-year-old rock monoliths at **Gunung Kawi**.



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 **Selong Blanak** 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 Tembawang. Either explore its foothills from the rustic base of **Tetebatu**, or go the whole hog and trek from **Senaru** to the crater rim, the sublime crater lake or the 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 Pengsong**.

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.



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ETIENNE ROUDAUF/GETTY IMAGES ©

- » (above) Boats at Mushroom Bay, Nusa Lembongan (p127)
- » (left) Munduk Waterfall (p226)

➤ **Every listing is recommended by our authors, and their favourite places are listed first**

➤ **Look out for these icons:**



Our author's top recommendation



A green or sustainable option



No payment required

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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

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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 Gili and Lombok. Just when he thinks Bali holds no more surprises, he finds, for example, a new seaside temple

on nobody's map. Ryan never tires of Bali; sometimes his island social calendar is busier than anywhere else. Away from the gamelans, Ryan writes about travel and more at ryanverberkmoes.com and on Twitter (@ryanvb).

Read more about Ryan at:
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Adam Skolnick

Lombok, Gili Islands Adam Skolnick writes about travel, culture, health and politics for Lonely Planet, *Outside*, *Men's Health* and *Travel & Leisure*. He has co-authored 18 Lonely Planet guidebooks to destinations in Europe, the US, Central America and Asia. On his recent trip to Lombok his peculiar road karma included several epic dives and the blissful discovery of stunning new beaches, islands, hotels and restaurants. He also encountered runaway horse carts and car crashes,

and, well, he was surrounded by a mob of 50 people who wanted to kill him. But he survived! You can read more of his work at adamskolnick.com. Or find him on Twitter (@adamskolnick).

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