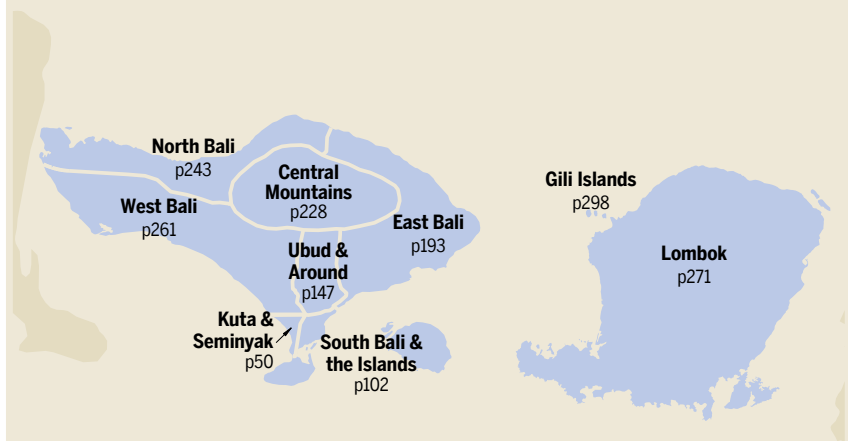




# Bali & Lombok



Kate Morgan, Ryan Ver Berkmoes

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BARONG-STYLE TEMPLE  
DECORATION



GILI TRAWANGAN P300

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# Itineraries



2  
WEEKS

## Bali & the Gilis

See an incredible cross-section of Bali and enjoy the most popular parts of a Bali trip, including the Gili Islands.

Start your trip in **Seminyak**, which has the best places to go out for a meal or a drink or to buy a new frock. Allow at least three days to experience the refined charms of **Kerobokan**, the beachy pleasures of **Canggu** and the wild nights of **Kuta**. Once you're sated, head north, driving through the rice terraces of **Jatiluwih** and on to **Pura Luhur Batukau**, a holy temple up in the clouds. Head northwest to the mellow beach resorts at **Pemuteran**, from where you can snorkel or scuba Bali's best dive site at **Palau Menjangan**. Next, driving east inland, 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**. Then head down to the cute little port town of **Padangbai** and catch a fast boat to the **Gili Islands**. Wander the islands, enjoy the pulsing nightlife of Gili T and go snorkelling to spot a turtle.



### 3 WEEKS Total Bali & Lombok

You'll visit six islands and countless beaches on a trip that takes you to the most interesting sites and places across Bali, Lombok and the Gilis.

Begin your trip at **Bingin**. Settle back in the sand and let the jet lag vanish. Then move to **Canggu** for Bali's hippest scene. Transit through **Denpasar** for a purely Balinese lunch and 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 ribbons of rice paddies lining the hills. Then head south to the wonderful temple of **Pura Luhur Batukau** and consider a trek up Bali's second-highest mountain, **Gunung Batukau**. Recover with some chill-out time on popular **Balian Beach**, just west.

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 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 **Gili Islands** on the direct boat from Nusa Lembongan for more tranquil time circumnavigating the three islands above and below the idyllic sapphire waters fringing them. Take a boat to Senggigi, but ignore the resorts and head south. Still 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 Bali and Lombok's great walks.



Top: Ubud (p148)  
 Bottom: Pura Tanah  
 Lot (p263)





## Bali at a Slow Pace

Find accommodation close to the beach in **Kerobokan**. Be sure to get to the trendy restaurants and cafes of **Canggu** 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 excellent local restaurants 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 hotels and resorts define relaxation. Dive or snorkel nearby **Pulau Menjangan** in Bali Barat National Park. 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 underwater. 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 enjoyable port town is an ideal place to hang out for a couple of days before you take back roads 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 iconic family homestays, 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 has its own buzz, 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.



## Best of Bali

Seven days will fly by on this trip which covers Bali's best.

Start at a beachside hotel in **Seminyak**, **Kerobokan** or **Canggu**; shop the streets 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 to breathtaking **Sideman**, 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.



## 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. Base yourself at a beachside hotel in **Sanur**. In between your days out, soak up the mellow beach vibe and let your cares float away at a spa.

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 shops, galleries and museums. Take different routes there and back so you can enjoy 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 east coast. 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 beautiful **Sideman**. Next, loop west and head back down through the tidy regional centre of **Gianyar**, where you can check out traditional fabric showrooms and feast at the night market.



2  
WEEKS

## Lombok in Two Weeks

Lombok is all about the great outdoors, from its incredible beaches to its iconic volcano.

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 **Gerupuk** is an excellent place to either take a lesson or hitch a boat ride to an epic break. Not far away, tranquil southwest Lombok is ideal for more aqua action; swim in sheltered waters or explore the dozen or so islands by boat. Tiny **Gili Gede** makes a perfect base.

Sacred **Gunung Rinjani** is up next. You can 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). Just don't miss the beautiful Sembalun Valley. Finish off with a stay at one of the quietly luxurious resorts on the white beaches of **Sire**.

1  
WEEK

## Gili Islands in One Week

These three little dots of white sand off Lombok can easily occupy your entire trip, with their top-class options for diving, lazing, partying and hanging out on the beaches.

The ideal place to get to grips with island life is **Gili Air**, where the main beachfront strip is perfect tropical lounging territory. You can while away a day or two doing nothing but chilling with a book, taking a cooling dip, snorkelling the offshore coral and feasting on inexpensive fresh seafood.

Next up is **Trawangan**, where there's much more action. The perfect day here 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 stroll round the sandy lanes of the island, slipping in a sunset cocktail on the west coast. After dinner, feel the beat at one of Trawangan's parties.

The final stop is **Gili Meno**, where, once you've secured the perfect place to stay (including at some new upscale choices), there's little to do except ponder the sheer desert-isle-ness of the place. If you can drag yourself away from the beach, you can go egret-spotting on the inland lake.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/MRT/MTR station
- Monorail
- Parking
- Petrol station
- Skytrain/Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*



## 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 Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, 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



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Having worked for Lonely Planet for over a decade now, Kate has been fortunate enough to cover plenty of ground working as a travel writer on destinations such as Shanghai, Japan, India, Zimbabwe, the Philippines and Phuket. She has done stints living in London, Paris and Osaka but these days is based in one of her favourite regions in the world – Victoria, Australia. In between travelling the world and writing about it, Kate enjoys spending time at home working as a

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