



Bali, Lombok & Nusa Tenggara



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Itineraries



1
WEEK

Best of Bali

Seven days will fly by on this trip that covers Bali's top-drawer sights.

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 town of **Klungkung (Semarapura)**, once the royal seat of Bali's most important kingdom. Head north up to **Sideman**, which combines rice terraces with lush river valleys and cloud-shrouded mountains. Then go west to **Ubud**, the crowning glory 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 wood-carvers of **Mas**. Hike through the surrounding rice fields to river valleys, taking a break in museums bursting with paintings.



Above: Pura Taman
Saraswati (p162), Ubud
Right: Seminyak Beach
(p81)



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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 cliff-side inns overlooking the surf. Make the short drive down to Bukit Peninsula's spiritual centre (and monkey home) **Pura Luhur Ulu Watu** and explore the secluded beaches at the bottom of Bali, such as **Green Bowl Beach**.

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** and then 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 semiposh – lining its sands. It's a timeless travellers' scene with a backdrop of excellent surfing and splendid snorkelling and diving.



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 taste of traditional Balinese culture over two or three days. Next, visit the **Jatiluwi Rice Fields**, centuries old rice terraces that have received Unesco World Heritage status in recognition of their ancient rice-growing culture.

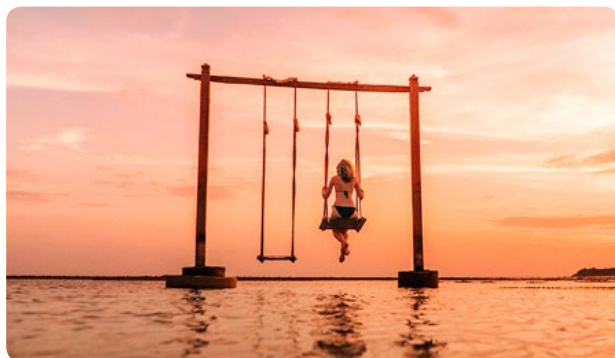
Next, head west to the village of **Munduk**, which looks down to the north coast and the sea beyond. Go for a walk in the area and enjoy waterfalls, truly tiny villages, wild fruit trees and the sinuous ribbons of rice paddies lining the hills. Then head south to the wonderful temple of **Pura Luhur 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 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 travel through the foothills of sacred **Gunung Rinjani**, the volcanic peak that shelters the lush and remote **Sembalun Valley**.



PIOTR SNIJEK/SHUTTERSTOCK ©



WERNER MUELLER/SCHILL/SHUTTERSTOCK ©

Above: Ulu Watu (p141)
 Left: Beach swing, Gili
 Air (p329)

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, dining, partying and sunbathing. 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, perfecting your asanas at a yoga school or 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 vegan 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, try snorkelling out to the underwater sculpture Nest or egret-spotting on the inland lake.

2
WEEKS

Surfing Bali

Ease into a tour of Bali's best surf in the **Kuta** area. The surf break Halfway Kuta is the best scene for beginners; **Legian Beach** has more powerful breaks. North of **Kerobokan**, on the northern extremity of the bay, **Batu Bolong** (often called Canggu) has a nice beach with light-coloured sand and a chilled party scene.

Next, head west to classic surfer hang-out **Balian Beach**, where there are a few peaks near the mouth of Sungai Balian (Balian River). Further up the south coast of western Bali is a soft left called **Medewi**, a point break that can give a long ride right into the river mouth.

End the circuit in south Bali, where surfing sparked tourism on the island. **Balangan** is a fast left over a shallow reef; **Bingin** has short but perfect left-hand barrels. **Padang Padang's** super-shallow, left-hand reef break is a very demanding break that only works over about 6ft from mid- to high tide (if you can't surf tubes, backhand or forehand, don't go out). **Ulu Watu**, the most famous surfing spot in Bali, has about seven different breaks (observe where other surfers paddle out and follow them).

Bali, Lombok & Nusa Tenggara: Off the Beaten Track

AROUND ANTOSARI & MAYONG

Take the road between Antosari and Mayong and you'll pass rice paddies and terraces, fragrant spice-growing villages, coffee plantations and an eminently Instagrammable rice-growing valley near Subuk. (p251)

AIR PANAS BANJAR

These hot springs west of Lovina percolate amid lush tropical plants and boast three public pools fed by fierce-faced carved stone *naga* (mythical snake-like creatures). (p265)

KEROBOKAN

Kerobokan has more than its fair share of tourists, but wander a couple of kilometres east of its infamous jail and you'll discover tourist-free streets lined with shops making and selling a fascinating array of local products. (p92)

SIKKA

One of Flores' first Portuguese settlements, this charming seaside village 6km off the Trans-Flores Hwy south of Maumere has a handsome 19th-century cathedral. (p365)





0 50 km
0 25 miles

TABANAN TO THE COAST

The rarely traversed route from Tabanan to Gilimanuk passes villages producing traditional pottery, a secluded beach at Yeh Gangga and the village of Kerambitan, known for its dance troupe, musicians and 17th-century palace. (p278)

GELUMPANG

Located in the fertile green foothills of Gunung Agung, the farming village of Gelumpang is home to a restaurant and cooking school that receives rave reviews from food-focussed travellers. (p225)



PEJENG

Once the ancient capital of a powerful Balinese kingdom, temple-rich Pejeng is now part of greater Ubud and an easy ride or walk from the centre of town. (p179)

SOUTHWEST GILIS

Untouched corals and a wealth of marine life make the waters in this little-visited group of islands a perfect destination for those who enjoy crowd-free snorkelling. (p312)

SOUTH CENTRAL SUMBA

It can be a hard slog to reach this remote region, but if you're a keen surfer the trip will be worth it because the waves at Pantai Tarimbang, 95km southwest of Waingapu, are terrific. (p387)

Behind the Scenes

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THIS BOOK

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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

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

Sleeping

- Sleeping
- Camping
- Hut/Shelter

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 station
- Monorail
- Parking
- Petrol station
- 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'.

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