



Indonesia



THIS EDITION WRITTEN AND RESEARCHED BY

Loren Bell, Stuart Butler, Trent Holden, Anna Kaminski, Hugh
McNaughtan, Adam Skolnick, Iain Stewart, Ryan Ver Berkmoes

PLAN YOUR TRIP

Welcome to Indonesia . . .	6
Indonesia Map	8
Indonesia's Top 20	10
Need to Know	20
What's New	22
If You Like	23
Month by Month	26
Itineraries	28
Outdoor Adventures . . .	32
Travel with Children . . .	43
Regions at a Glance . . .	45

ON THE ROAD

JAVA	48	Imogiri	127
Jakarta	52	Gunung Merapi	127
Thousand Islands	73	Solo (Surakarta)	133
West Java	74	Gunung Lawu	141
Banten	74	Semarang	144
Gunung Krakatau	77	Karimunjawa Islands . . .	154
Bogor	79	East Java	158
Cimaja	83	Surabaya	158
Cibodas	85	Pulau Madura	166
Cianjur	86	Sumenep	168
Bandung	87	Malang	169
Pangandaran	96	Probolinggo	182
Central Java	102	Ijen Plateau	188
Borobudur	106	Meru Betiri	
Yogyakarta	111	National Park	191



Contents

BALI197

South Bali206

Kuta & Legian206

Seminyak &
Kerobokan216

Canggu & Around.....225

Bukit Peninsula.....229

Sanur234

Denpasar238

Nusa Lembongan & Islands242

Ubud247

East Bali266

Pura Besakih.....270

Gunung Agung271

Padangbai272

Candidasa276

Central Mountains283

Gunung Batur284

Danau Bratan287

North Bali290

Lovina.....292

Pemuteran.....295

Gilimanuk298

West Bali298

Pura Tanah Lot298

Jembrana Coast.....301

NUSA TENGGARA . 302

Lombok304

Mataram305

Senggigi.....309

Gunung Rinjani.....315

Praya319

Labuhan Lombok.....324

Gili Islands.....324

Sumbawa342

Komodo & Rinca Islands351

Flores354

Labuanbajo356

Manggarai Country363

Riung368

Ende370

Kelimutu372

Maumere375

Alor Archipelago.....378

West Timor381

Kupang.....382

Kefamenanu389

Rote391

Ba'a.....392

Nemberala.....392

Sumba394

Waingapu.....397

Waikabubak.....399

MALUKU.....407

North Maluku409

Pulau Ternate410

Pulau Tidore417

Pulau Halmahera418

Pulau Ambon.....423

Kota Ambon424

Lease Islands431

Pulau Saparua431

Pulau Molana433

Pulau Seram433

Masohi, Namano &

Amahai.....434

Banda Islands.....435

Bandaneira437

Pulau Gunung Api441

Pulau Run (Rhun).....444

Kei Islands.....444

Pulau Kei Kecil447

Pulau Tanimbar Kei449

PAPUA450

West Papua457

Raja Ampat Islands458

Manokwari.....463

Northern Papua467

Jayapura467

Sentani.....471

Pulau Biak473

SPECIAL FEATURES

Outdoor Adventures
guide 32

Travel with Children.... 43

Food & Drink guide ... 742

Responsible Travel.... 763



A MAN WORKING IN A RICE
FIELD, UBUD (P247), BALI

ON THE ROAD

Baliem Valley 477

Wamena 478

Yali Country 485

The South 485

Merauke 485

Wasur National Park . . . 487

SUMATRA 490

North Sumatra 494

Medan 494

Bukit Lawang 501

Tangkahan 504

Berastagi 505

Danau Toba 508

Sibolga 514

Pulau Nias 515

Gunung Sitoli 517

Teluk Dalam 518

Aceh 521

Banda Aceh 521

Pulau Weh 526

Banyak Islands 531

Gunung Leuser

National Park 534

West Sumatra 536

Padang 537

Mentawai Islands 544

Bukittinggi 550

Danau Maninjau 558

Kerinci Valley 560

Bengkulu 565

Riau 568

Pekanbaru 569

Pulau Bintan 572

Jambi 573

South Sumatra 577

Palembang 577

Krui 578

Lampung 580

Bandarlampung 580

Way Kambas

National Park 583

Gunung Krakatau 585

Bukit Barisan Selatan

National Park 585



Contents

UNDERSTAND

KALIMANTAN 586

West Kalimantan 590

Pontianak 590

Sungai Kapuas 596

Sukadana 598

Central Kalimantan 600

Tanjung Puting

National Park 600

Pangkalan Bun 603

Palangka Raya 605

South Kalimantan 608

Banjarmasin 608

Kandangan 612

Negara 613

East Kalimantan 615

Balikpapan 615

Samarinda 619

Sungai Mahakam 623

The Muller Mountains 629

Kutai National Park 630

Derawan Archipelago 633

North Kalimantan 635

SULAWESI 636

South Sulawesi 639

Makassar 640

Pantai Bira 647

Pulau Lihukan 652

Taka Bone Rate Islands 652

Tana Toraja 654

West Sulawesi 666

Mamasa Valley 666

Central Sulawesi 669

Pendolo 670

Poso 672

Lore Lindu National

Park 673

Ampana 676

Togean Islands 677

North Sulawesi 682

Gorontalo 683

Manado 684

Pulau Bunaken 688

Tomohon 692

Bitung 694

Southeast Sulawesi 696

Kolaka 696

Kendari 697

Bau Bau 698

Tukangbesi Islands 699

Indonesia

Today 702

History 705

Culture 725

Food & Drink 742

Environment 751

SURVIVAL GUIDE

Responsible

Travel 763

Directory A-Z 766

Transport 776

Health 784

Language 789



PURA ULUN DANU BRATAN
(P287), BALI

Itineraries



2
WEEKS

Bali & Lombok

Mix the offbeat with the sublime in Indonesia's heart of tourism.

Start in Bali, acclimatising in the resorts, clubs and shops of **Seminyak**. Dose up on sun at the beach, then explore the little beaches and surf breaks of the **Bukit Peninsula**.

Head north to immerse yourself in the 'other' Bali – the culture, temples and rich history of **Ubud**. Visit **Gunung Kawi**, an ancient site worthy of *Indiana Jones*, and the nearby craft villages. Take a cooking course, learn woodcarving and revel in Bali's famous traditional dance. Then escape to the misty mountains for treks to waterfalls amid coffee plantations in and around **Munduk**.

Next is Lombok. Ferry from Bali's beachy port town of **Padangbai** to **Lembar**, Lombok's launching pad. Head to **Kuta** for mellow vibes amidst the wonderful beaches of south Lombok. Then potter through the rice fields and Hindu temples around **Mataram**.

Ferry from **Bangsal** to the deservedly celebrated **Gili Islands**, where seamless beaches, translucent water and vivid reefs beg for snorkel-clad swimmers. Or if time's short, catch a fast boat direct to the Gilis from Bali.



3 WEEKS Java Jaunt

Indonesia's most populous island mixes the nation's future, past and natural beauty.

Begin in **Jakarta** and wrap your senses around the dizzying smells, sounds, sights and people of Indonesia's teeming capital. Linger long enough to binge on Bintang beer and shopping, then head to **Batu Karas** for classic laid-back beach vibes or go for the resorts of nearby **Pangandaran**.

After you've worshipped the sun for a week or so, catch the train to **Yogyakarta**, Java's cultural capital. Dabble in batik, amble through the *kraton* (walled city palace) and part with your rupiah at the vibrant markets. A day trip to majestic **Borobudur** is a must.

From Yogyakarta, journey to the laid-back city of **Solo**, via the enigmatic temples of **Prambanan**. Head into the clouds at awesome **Bromo-Tengger-Semeru National Park**, spending a night on the lip of Tengger crater. From here head to the southeast coast and **Meru Betiri National Park**. You just might see the amazing giant squirrel. Finally, follow the coast to **Alas Purwo National Park**, where there's leopards and amazing surfing at G-Land.



6 WEEKS Sumatra

Sumatra is quite huge and you'll have to hustle to fully appreciate its myriad natural charms within visa constraints.

Start your explorations in **Medan**, which has great transport connections. Then get right out of town and head to **Bukit Lawang**, where you can see the island's most famous residents, the orangutans. It's a short jaunt from here to **Berastagi**, a laid-back hill town set amid volcanoes.

Head northwest to **Ketambe** for some jungle trekking in Gunung Leuser National Park, then on to the large sea creatures at **Pulau Weh Marine National Park** off the coast. Head back south and travel off the west coast to the **Banyak Islands**, a surfing and beach paradise. Back ashore, follow the Trans-Sumatran Hwy south to **Bukittinggi**, a good base for exploring the cultures and beauty of the **Harau Valley** and **Danau Maninjau**.

More surf and sand awaits at the **Mentawai Islands**. Next, head inland to the volcanic **Kerinci Valley** and Kerinci National Park for remote jungle villages. Finally, head far south to **Way Kambas National Park**, where the highlights include elephants.



Nusa Tenggara

Lombok is well known to visitors and Flores is the new darling, but the island province of Nusa Tenggara holds many more surprises.

Head east from **Lombok**. Admire the beautiful coastline and surf breaks that dot **Sumbawa** such as Maluk and Pantai Lakey. Catch the ferry to Labuanbajo on **Flores**, the fast-growing hub for exploring nearby **Komodo National Park**. Enjoy dragons and beautiful little island beaches. Note that you can also journey from Lombok to Flores by liveaboard boat.

Flores is a rugged volcanic island with thriving ancient cultures and dramatic terrain. Stop in Bajawa to explore volcanoes and villages, then use mountainside Moni as a base for visiting the vivid waters at Kelimutu. Stop off at the lovely beaches near Paga.

Now take ferries south to isolated and timeless **Sumba**, where some superb beaches are just starting to attract visitors. After indulging in sun and isolation, fly to Kupang in **West Timor**. Visit entrancing ancient villages like None, Boti and Temkessi in the surrounding areas to the east, then jump over to **Rote** for relaxed beach vibes.



Papua

Papua is the launching pad for this route through some of Indonesia's most exotic and beautiful territory. You can do it in 30 days with judicious use of flights, otherwise take your time for the full land and sea adventure.

Start at the transport hub of **Jayapura**. But you'll only be there long enough to charter a boat to visit the magnificent **Danau Sentani**, a 96.5-sq-km lake with 19 islands perfect for inland island-hopping.

Back on dry land, take to the air to get to the beautiful **Baliem Valley**, rich in culture and trek-worthy mountain scenery, and home to the Dani people, an ethnic group whose members have eschewed most modern things and live a traditional life. Enjoy mountain views from a thatched hut.

Fly to **Nabire** and spot whale sharks off the coast – you can even swim with them. Now fly up for some idle island time on **Pulau Biak**. Next it's a flight to **Sorong**, a base for trips out to the **Raja Ampat Islands** – a paradise for divers and snorkellers with Indonesia's most abundant and varied marine life. It's also good for birdwatching and sublime tropical-island scenery.



8 WEEKS Sulawesi & Maluku

Explore two of Indonesia's greatest concentration of islands in these little-visited regions.

In **Makassar**, pause for excellent seafood. But don't overdo it, as you want to be fully alive for the elaborate funeral ceremonies in **Tana Toraja**, a nine-hour bus trip from Makassar. From here, another long bus ride (13 hours) takes you to the transport hub of **Poso**. Break your journey at the tidy lakeside town of **Tentena**. A five-hour bus ride from Poso gets you to **Ampana**, where you take a ferry to the amazing, beguiling **Togeian Islands** for days of island- and hammock-hopping between iconic beaches.

Tearing yourself away, boat to **Gorontalo**, then bus it or fly to **Manado** and take a boat to laid-back **Pulau Bunaken**. Fly from Manado to **Kota Ambon** on Maluku's Pulau Ambon. Pause only briefly, then take the new fast ferry to the crystalline seas, multicoloured reefs and empty beaches of the historic **Banda Islands**. Make the jaunt southeast to the **Kei Islands**, for one perfect beach after another. Finally, make your way back to Ambon and fly to **Ternate**, which is a pretty tropical-island paradise.



6 WEEKS Kalimantan

Mysterious rivers of unfathomable length are the avenues to discover Kalimantan's incredible diversity of life, including orangutans.

Unassuming **Pangkalan Bun** is the entry point to this excursion – it's the launching pad for trips into glorious **Tanjung Puting National Park**, one of Indonesia's best orangutan haunts. Scan the canopy for their amber bodies as you amble down the beautiful Sungai Sekonyer.

Rejoin reality in colourful **Banjarmasin**. Dabble in Kalimantan's most beguiling city – brave a 5am call for the animated floating markets, then cruise the canals and meet the locals at dusk. Begin another classic river adventure by navigating up the Sungai Kahayan to **Palangka Raya**, a hub for yet more orangutan-watching.

From Banjarmasin, travel overland to **Samarinda** and make an expedition along the **Sungai Mahakam**. Several days upstream will land you in the river's western reaches, which are peppered with semitraditional Dayak villages and preserved forests. Travel back to the coast and head north to primitive **Pulau Derawan** and its offshore underwater wonders.

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

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



Anna Kaminski

Sumatra Anna has been tramping through jungles around the world for over a decade, passing through both Sumatra and wilder Kalimantan during the course of her travels. On this occasion, she was delighted to re-explore Sumatra, particularly its remoter islands and its southern half. This yielded some wonderful surprises: the Kerinci Valley and the Bengkulu region. Though based in Europe, Anna returns to Southeast Asia (and Indonesia) as often as possible, drawn by the fiery

cuisine and the constant travel challenges.



Hugh McNaughtan

Maluku A former English lecturer, Hugh decided visa applications beat grant applications, and turned his love of travel into a full-time thing. Having also done a bit of restaurant reviewing in his hometown (Melbourne), he's now eaten his way across Europe, Southeast Asia, the US and Sri Lanka (and can honestly say that nowhere is the fish as delicious as it is in Maluku). Never happier than when

on the road with his two daughters (except perhaps on the cricket field), he's given his youth to the life peripatetic.



Adam Skolnick

Java Adam has written about travel, culture, health, sports, human rights and the environment for Lonely Planet, *The New York Times*, *Outside*, *Playboy*, *Men's Health*, *Travel & Leisure*, Salon.com, BBC.com and ESPN.com. He has authored or co-authored 25 Lonely Planet guidebooks, and is the author of *One Breath: Free-diving, Death, and the Quest To Shatter Human Limits*, about the life and death of

America's greatest freediver. You can read more of his work at www.adamskolnick.com. Find him on Twitter and Instagram (@adamskolnick).



Iain Stewart

Sulawesi Iain has visited Indonesia 10 times, and travelled from Pandang in West Sumatra to Kupang in Timor. He first went to Sulawesi back in 1994, when waiting for five days for a boat connection wasn't unusual. Travel is now somewhat easier but the island remains as enchanting as ever. Iain has contributed to numerous Lonely Planet guidebooks, including four editions of Indonesia – Sulawesi is his

favourite island.

Read more about Iain at:

<http://auth.lonelyplanet.com/profiles/stewpot>



Ryan Ver Berkmoes

Nusa Tenggara, Plan, Understand, Survival Guide Ryan first visited Indonesia in 1993. On his visits since, he has criss-crossed the archipelago, trying to make a dent in those 17,000 islands. Recent thrills included the ancient villages of West Timor and finding his new favourite beach on Flores (it's near Paga). Off-island, Ryan travels the world writing and calls New York City home. Read more at

ryanverberkmoes.com and at @ryanvb.

Read more about Ryan at:

<http://auth.lonelyplanet.com/profiles/ryanvb>



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, 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



Loren Bell

Kalimantan, Environment Loren fell in love with Kalimantan during his three years managing a remote rainforest research station, and has returned every year since. For this book, he stoically slept in hotels (on real beds!) and ate in actual restaurants before darting back to the jungle in search of more remote Dayak villages and the forest *pondok* where he feels most at ease. He also writes

about Indonesia's environment for Mongabay.com, and consults for NGOs working to protect Kalimantan's forests.



Stuart Butler

Papua Stuart first hit the shores of Indonesia many years ago at the end of a long trans-Asia surf trip. Not surprisingly, it was the highlight of his trip. Today, Stuart lives with his wife and two young children, Jake and Grace, on the beautiful beaches of southwest France. His love of hiking and interest in tribal cultures meant that covering Papua was a dream project for him. His travels have taken

him across Indonesia and beyond, from Himalayan mountain trails to the savannahs of East Africa. His website is www.stuartbutlerjournalist.com.

Read more about Stuart at:

<http://auth.lonelyplanet.com/profiles/stuartbutler>



Trent Holden

Bali Trent first visited Bali as a young Aussie backpacker in 1997. Two decades later, without hesitation he jumped at the opportunity to cover it for Lonely Planet. A regular visitor to Indonesia, Trent believes Bali has lost none of its charms; if anything, it gets better by the year. He also rates the food among the tastiest in the world, and thrives upon his eternal quest to find the best Balinese *nasi*

campur. Trent has covered around 25 titles for Lonely Planet, researching and writing about destinations from Sumatra and Phuket to India's Andaman Islands, Nepal and Uganda. Trent also wrote the Outdoor Adventures chapter for this title.

OVER MORE
PAGE WRITERS

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

11th edition – July 2016

ISBN 978 1 74321 028 4

© Lonely Planet 2016 Photographs © as indicated 2016

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'