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**JAVA**

**Jakarta**

**Thousand Islands**

**West Java**

**Banten**

**Gunung Krakatau**

**Bogor**

**Cimaja**

**Cibodas**

**Cianjur**

**Bandung**

**Pangandaran**

**Central Java**

**Borobudur**

**Yogyakarta**
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Itineraries

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.
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.

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.

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.
**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 Temkesi 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.
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 Togean 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.

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
- 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
- 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


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.

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.
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.

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.

Read more about Stuart at: http://auth.lonelyplanet.com/profiles/stuartbutler