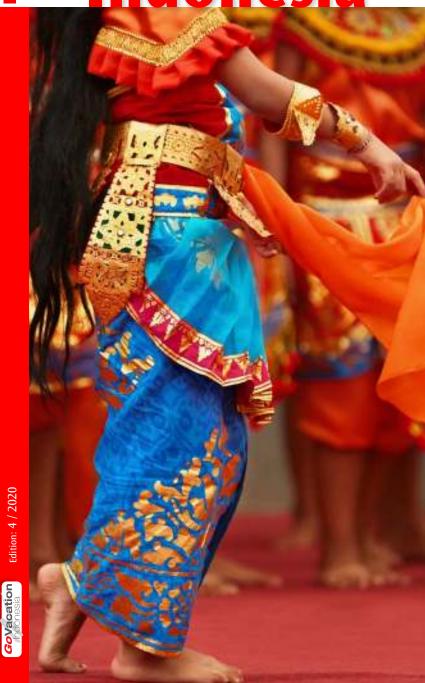
Indonesia



Gangga Beach, Tabanun, Baci "An enchanting beach-side retreat, bar, restaurant, spa and amphitheatre, resting upon a headland beside the glittering black sands of Gangga Beach on Bali's west coast." Waka Hotels & Resorts 🔍 info gangga@wakahotelsandresorts.com (\$) +62-361-8469699 www.wakahotelaandresorts.com



We are always there for you!

Useful information, tips and many exciting tours are awaiting you at your information meeting with your representative in South Bali or just contact us:

24/7h Hotline +62 (0) 811 385 9191

Email: cs@govacation-indonesia.com













Reservations

Tel +62 361 751 381 | Fax +62 361 766 251 reservation@ballmandira.com | sales@ballmandira.com

www.balimandira.com



Indonesia



Selamat Datang
Welcome to Bali,
surely the most beautiful island on this planet

Bali is the most famous of the approx. 13,700 islands in the Indonesian archipelago. With its 4 million inhabitants this tropical paradise can be found on the 8° southern latitude and 115° eastern longitude. Despite being one of the most favourite long-haul travel destinations, it has not in the least lost its beautiful appeal.

It's a place where the scent of tropical flowers and spices fill the air. Where the immense range of colours leaves any observer in awe. The sun, sandy beaches and palm trees, the clear blue skies, rice paddies and the mysterious legends of the ever-present magical gods and demons make this place an absolute paradise of the Indian Ocean in the southern hemisphere of our planet – both for the Balinese as well as for travellers.

As it is our highest endeavour to make your stay in Bali as beautiful and pleasant as possible, we have handpicked these travel tips especially for you.

We wish you a fascinating and relaxing stay in Bali and Lombok.

Your Travel Representative

CONTENT

We are here for you!	6
Consulates and Emergency Numbers	8
Representatives of GoVacation Indonesia	8
PRACTICAL INFORMATION	9
Currency	9
Travel, arrival and at the hotel	10
Health	13
Pharmacies	13
Clothing	14
Post Office	14
Public Transport	14
The "transporttransport" phenomenon	16
Shopping	16
Nightlife	17
Tips	18
Taking photos and videos	18
Please be careful!	19
Valuables	19
Drugs	19
Sex Trade and Child Protection	20
Your flight back	20
A Personal Recommendation	21
BALI	22
History	24
Geography	25
Climate	25
Economy	25
Religion	26
Government	26
Country and people	26
Customs and practices	28
Special occasions	28
Food and beverage	30
Architecture and art	30
Music	32
Theater and Dance	35
Holidays	35
Festivals	35
Sports	39
Handicrafts	40
Language	41
□ SOUTHERN AND CENTRAL BALI	43
Denpasar	43
□ Uluwati	43
□ Jimbaran	44
□ Kuta	44
□ Tanjung Benoa	45
□ Nusa Dua	45
□ Pupuan	46
Sanur	46
□ Nusa Penida and Nusa Lembongan	47
□ Seminyak	47
Canggu	48
Mas	50
□ Ubud	50
☐ Recommendations for excursions in South and Central Bali	50
Restaurants	51
☐ THE NORTH	59
□ Jagaraga	59
□ Munduk	59
□ Singaraja	59
□ Lovina ′	61
☐ Recommended excursions in the north	61
☐ THE WEST	62
□ Perancak	62
Recommended excursions in the west	62

CONTENT

☐ THE EAST	64
□ Candi Dasa	64
Culik	64
□ Tirta Gangga □ Ujung	64 64
☐ Recommendations for excursions to the east of Bali	66
□ HIGHLIGHTS	67
□ National Park	67
□ Springs	67
☐ Rice terraces	69
Lakes	70
☐ Temples	70 71
□ Volcanoes □ Underwater world	71
□ YOUR EXCURSION PROGRAMME	73
Excursions	73
□ Why you should book with us	73
☐ Sustainability in tourism	74
☐ Meeting with the travel representative	75
Important notice!	75 75
□ Culture, History And Everyday Life □ Sun and the Sea	75 85
Adventure and Nature	94
□ Special Highlights	110
SPA THERAPIES IN BALI	115
LOMBOK	119
History	119
Geography	120
Climate	120
	120
Traffic	123
☐ THE CITIES ☐ Mataram	123 123
Ampenan	123
□ Cakranegara	123
□ Kuta	124
Lembar	124
Lingsar	124 124
□ Narmada □ Sade	124
□ Senggigi	124
Sukarare	125
□ Suranadi	125
□ Tetebatu	125
Gili Islands	125
□ HIGHLIGHTS □ Mount Rinjani	127 127
□ Water Palace Mayura	127
□ Pura Meru	127
☐ YOUR EXCURSION PROGRAMME	129
☐ Culture, History and Everyday Life	129
☐ Sun and the Sea	134
☐ Adventure and Nature	136
JAVA	140
	141
The Prambanan Yogyakarta	143 145
FLORES	146
KOMODO	140
	147
A LITTLE HELP WITH THE LANGUAGE	
MAPS	152
NOTICE	164





WE ARE HERE FOR YOU!

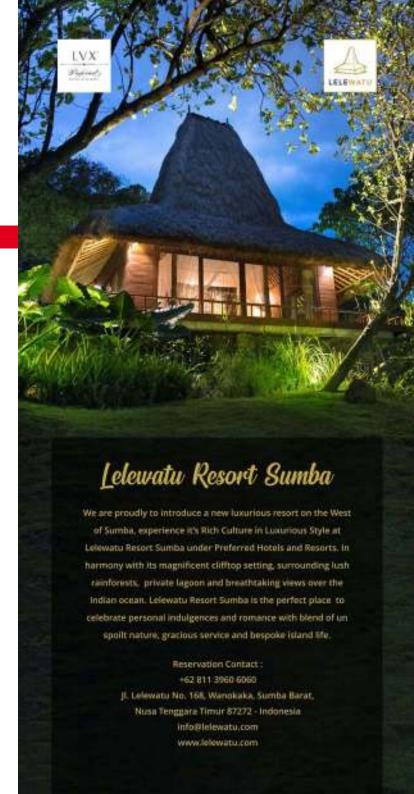
On arrival at the hotel you will receive an invitation to meet your travel representative with time and place. You will also find an information board or folder at the hotel, where you can see the exact times your travel representative will be at your or the neighbouring hotel.

We look forward to meeting you. We would like to give you useful tips, no matter if they are about excursions, sport activities or shopping and restaurants – we know our way around. It's best to meet us shortly after your arrival. The sooner you get all the information you need, the sooner you will feel at home in your hotel and your precious holidays can start without any unnecessary confusion.

We wish you unforgettable holidays and look forward to your visit.

Your Travel Representative





CONSULATES AND EMERGENCY NUMBERS

General Consulate of Germany

17 Jl. Pantai Karang, Sanur, Ph.: +62 (0) 361 288 535

E-mail: sanur@hk-diplo.de

Open to the public: Monday to Friday 08:30 AM - 12:30 PM

General Consulate of Swiss and Austria

Jalan Ganetri 9D, Gatot Subroto Timur, 80235 Denpasar, Ph.: +62 (0) 361 264 149 or +62 (0) 361 8784343

E-mail: bali@honrep.ch

Open to the public: Monday to Friday 09:00 AM - 01:00 PM

General Consulate of the United Kingdom:

Jalan Tantular No. 32, Sanur, Denpasar

Ph: (021) 23565200

open to the public: Monday, Wednesday, Saturday 08:30 AM - 12:00 PM

General Consulate of France:

Jl. Umalas I No. 80, Kerobokan, Kuta, Kabupaten Badung

Ph: (0361) 4730834

Open to the public: Monday to Friday 9:00 AM - 12:00 PM

General Consulate of Sweden, Norway and Finland:

Segara Village Hotel, Jalan Segara Ayu, Sanur, Denpasar

Ph: (0361) 282223

Open to the public: Tuesday and Sunday 10:00AM - 1:00 PM

Ambulance 118 Police 110 Fire Brigade 113

REPRESENTATIVES OF GOVACATION INDONESIA

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♦ GoVacation Indonesia - Java

Jalan Karangsari No. 5 RT 15a/RW05 Rejowinangun Kotagede – Yogyakarta - Indonesia Ph./Fax: (+62 274) 382352



PRACTICAL INFORMATION

Currency

The Indonesian currency is Rupiah. 100, 200, 500 and 1,000 Rp coins are available. The Rupiah notes comprise of 1,000, 2,000, 5,000, 10,000, 20,000, 50,000 and 100,000 Rp notes. You can exchange US Dollars as well as Euros or Pound Sterling, as long as these are undamaged and without writing on them. Please note that you receive a better exchange rate when exchanging bigger notes rather than smaller bills. Banks are open from Monday through to Friday until 3 PM. If you would like to withdraw cash with your credit card, your passport will be required here. Traveller checks can no longer be redeemed. Also money changers are available between 10 AM and 9 PM. But please take caution! Always make sure to

count the money thoroughly. It is said that some of these money changers use calculators that show manipulated results unfavourable for the traveller. You can spot a serious money changer as these usually offer an average exchange rate and do not also sell souvenirs, clothing, tours, etc. on the side. At BMC or Money



Exchange Central Kuta you can exchange your money safely. As the Indonesian currency is subject to fluctuations, we cannot state an exact exchange rate for the Indonesian Rupiah. For 1 Euro you can expect to receive roughly 16,000 Rp while for 1 US Dollar you will receive around 14,000 Rp. As soon as you arrive at your hotel, your travel representative will tell you the current exchange rate. It is recommendable to not exchange too much money at the money changer at the airport as the rate is usually much worse here than at other money changers. 50 US Dollars or Euros should definitely be enough to start out with.

Obviously, it is also possible to exchange money at the hotel, however, the rate is usually not quite as favourable as with the money changers.

Close to your hotel you will find plenty of ATMs, a lot of them inside Circle Ks, nearby larger super markets or inside banks.

You can usually withdraw up to 2,500,000 Rp with either 50,000 or 100,000 Rp bills. Most ATMs accept most VISA and Master Cards, some ATMs also accept debit cards, but only rarely. The accepted card types will be shown on the ATM machine. After entering your PIN number you will be asked to enter an amount to withdraw under other amount. In the last step you will have to pick either checking, saving or credit. However, this is not important as it makes no difference whichever you choose. Afterwards either your card will come out first and then your money, or the money will be available first before it releases the card. Make sure to never forget your card!

The time difference to Central European Time is six hours during summer time and seven hours during the winter.

☐ Travel, arrival and at the hotel

Beside your excitement to travel to this beautiful island, you need to bring a passport that is still valid for at least six months. Visitors from certain states will need a visa to enter the country. It is not permitted to bring drugs, weapons or pornographic material of any kind.

After your arrival at the airport you will have to go through immigration and customs. Your travel representative will then be waiting for you in the arrivals hall and explain to you how to get to your bus that will take you to your hotel. During the bus drive you will be given further information as well as a brochure with all the excursions that we offer and an invitation to meet the travel representative of your hotel.

When you arrive at the hotel you will be asked to fill out a registration form at the reception and will then be given your key card and breakfast vouchers, if applicable. Make sure to double check your correct name on your luggage to ensure it will be delivered to your room promptly. Please note that most hotels request a deposit upon check-in at the hotel. You can leave a cash amount with the reception or agree to have the amount blocked on your credit card.

In most cases your hotel room will have a safe. Should this not be the case, please make sure to leave your valuables inside the hotel safe at the reception.

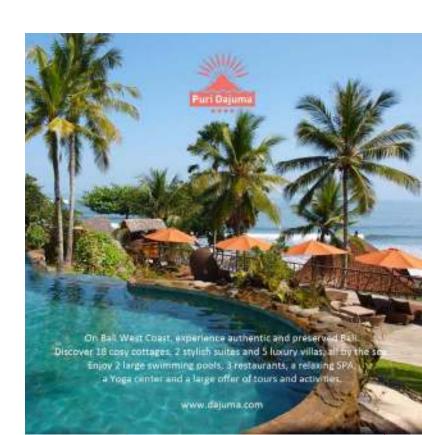
Please do not drink water from the tab. The hotel will provide drinking water for you. If you would like to use the hotel's laundry service, housekeeping will pick up your laundry for you. The electrical network carries 220 volt.

Most rooms will have a direct-dial telephone. You will find the list with prices for phone calls, sorted by country and region, next to the phone or in the hotel information brochure. There will also be additional information about the hotel grounds, the restaurants and the swimming pool. Towels will be available by the pool.

In case you would like to make phone calls during your holiday, keep the time difference in mind and please be aware of high roaming prices for calls. If you want to call home, you need to dial the country code first e.g. +44 if you want to call to the UK first and omit the 0 of the area code. One minute will be charged approx. 8,000 Rp, one SMS will cost you 500 Rp.

Most hotels offer international TV programmes as well as internet access, which mostly is free of charge.

There will be an information board or folder from your travel representative stating detailed excursion descriptions, emergency phone numbers as well as the addresses of consulates. Please meet your travel representative during the visiting hours. Your personal travel representative will be happy to assist you with every enquiry and question you might have, provide you with information and advice of any kind and will try his/her best to make your stay as memorable as possible.





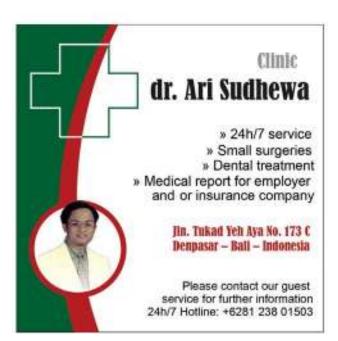
Why Legian Beach Hotel

- Located directly on an endless white sand beach of Legian with breathtaking sunset on an area of 40.000 sqm.
- Idyllic oasis of tranquility and beauty in the midst of pulsating places of Legian with its shops, restaurants and bars, strategically located between Kuta and Seminyak.
- 3. Very beautiful, luxurious, big tropical garden.
- Traditional Balinese architecture in prefect harmony with all modern amenities.



Jalan Melasti, Legian, Bali - Indonesia Ph. +62 361 751711, Fx +62 361 752651

info@legianbeachbali.com www.legianbeachbali.com



■ Health

Treatment of small injuries and common discomforts such as diarrhoea, sun burn etc. is not an issue on Bali nor on Lombok. Should there be the need for larger procedures or operations, it is recommended to leave the island.

There are several hospitals in Bali, we recommend Hospital Kasi Ibu, Prima Medika and Siloam Hospital. In Lombok we recommend Rumah Sakit Harapan Keluarga.

Please inform your travel representative immediately, should you need medical assistance.

You will most likely have to pay the medical bills up front by cash or credit card. Usually your insurance will reimburse you for these costs after returning home.

□ Pharmacies

When you are looking for a pharmacy or chemist in Indonesia, look out for the words apotik, pharmacy or drugstore. They are usually open until late in the evening. Most medications are sold without the need of a prescription. However, should you need a specific medicine, which you brought from home that has run out, it is advisable to bring the empty package. The selection of medicines is not as extensive as it is in Europe and occasionally also the sell by date has long passed. Also, most Indonesian medicine is stronger than at home. Should you need any medication, we recommend to bring it with you from your home.

□ Clothing

As there is a tropical and humid climate in Bali, loose clothes made of natural fabric are recommendable. Men and women are required to cover shoulders and knees before entering a temple, otherwise entrance is not permitted. For many temples you will need to tie a sarong around your waist. You can buy these in any shop for approx. 50,000 Rp. Usually you will also be able to rent one at the entrance of the temple for a small fee around 5,000 Rp.

■ Post Office

Most hotels offer both post cards and stamps. You can leave your post cards with the reception or drop them at any local post office. Delivery to Europe will usually take around two weeks

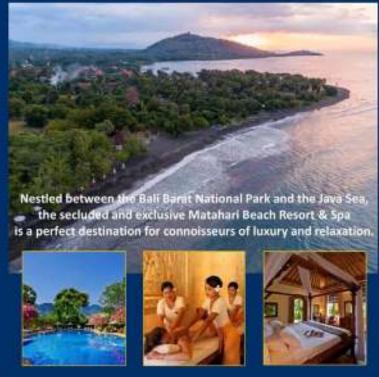
■ Public Transport

In most cases travellers will already have booked a specific hotel with airport transfer with their travel agency. If you are going to the hotel on your own, you will need a taxi. After leaving the arrivals hall you can purchase a taxi voucher with fixed prices at the taxi counter. Please be aware of the private drivers offering their transportation service for usually twice the price. Do not use these services. When using a taxi, make sure to always check if the meter is on. However, the taxis leaving the airport do not have meters as they all use fixed prices.

For short trips within the south of Bali we recommend using the light blue taxis called Blue Bird (Phone: +62 361 701111). They are reliable and insured. In Nusa Dua you can use Taksi Bali, which are also light blue. In order to get a taxi you can either have the hotel reception order one for you or you can stop one from the side of the road using a hand signal. For a 10-minute ride you can expect to pay approx. 40,000 Rp. We recommend to memorise the taxi number and company and









MATAHARI BEACH RESORT & SPA

Jalan Raya Seririt - Gilimanuk . Pemuteran Gerokgak . 81155 Buleleng . Bali/Indonesia Phone: ++62 362 92312 . Mobile: ++62 81 2380 5458 E-mail: info@matahari-beach-resort.com



ach-resort.com

www.matahari-beach-resort.com

also to bring a hotel card with the address for your return. If you order a taxi at the reception, ask for Blue Bird or Taksi Bali, otherwise they might try to sell you a much more expensive limousine service.

Traffic in Bali can be somewhat overwhelming. While cars drive the streets constantly honking, they are widely ignored by the many bike drivers surrounding them. It is easily possible to be stuck in traffic for an hour during rush hour in Denpasar or Kuta area, and as a foreigner you do not know the short cuts. Should you still consider renting a car, please take note of the recommendations your travel representative will give you.

☐ The "transport...transport" phenomenon

It happens everywhere on the streets and even within the hotel premises: people ask you, if you would like to take a private tour with them or a friend. It might sound good and often the private taxi drivers will even introduce you to their families. As you arrive, you will realise that all the aunts own silver shops and the brothers sell handicrafts — and of course you are "welcome" to buy something. On top of that, private taxi drivers usually have lots and lots of families!

The most dangerous part is, however, that the cars are usually not insured and do not hold a permit to carry tourists. In order to be safe, it is recommended to book an insured car with a driver and petrol with your travel representative for 8 hours or with a tour guide.

"The bitterness of poor quality remains long after the sweetness of low price is forgotten".



□ Shopping

On the markets on the street and in shopping malls you will find plenty of clothes, leather products, handicraft, jewellery and antiques (Careful! Not everything is genuine!). Haggling is a must and can even be seen as some kind of sport. If you are able to speak some Indonesian you are at luck, but with English you will be fine as well. Beach vendors in the south of Bali will most likely start out with a price

that is five to ten times higher than the actual price. In Kuta and Ubud vendors will usually ask for five times the price when you're purchasing handicraft. Before buying something you should decide on a price that you are willing to pay for the product, then tell the vendor half this price for bargaining. With this strategy you might be able to make the purchase for 30% less of what you would have been willing to pay. Only supermarkets such as Matahari, Hardy's, Circle K or shopping malls have fixed prices. As soon as you look at a vendor's items you are signalling interest in buying. If you are not actually interested in buying anything, it is best to not look at the products and say "Tidak, terima kasih!" (No, thank you!) while walking past.

■ Nightlife

Bali is known, for its wide range of entertainment after sunset. There are international DJs offering tourists the best experience. The Kuta party scene on Jalan Legian attracts tourists at night with happy hours, live music and especially cheap bars and night clubs, where the party goes on until dawn. If you are looking for a more upbeat and maybe fancy place, Seminyak is for you. It has evolved as a trendy and hip place for going out.



□ Tips

The question on how to handle tips usually causes doubt and uncertainty among travellers. Most, however, are willing to respect local practices and honour services appropriately. As in most travel destinations, tips are also common in Bali (Lombok etc.) to show appreciation of good service and friendliness. Of course this is completely up to you, however, any staff will always be happy about a terima kasih (thank you) when you are happy with the service. On top of that, we recommend a tip for services, bell boys, waiters and room service in the amount of 10,000 to 20,000 Rp. For excursions and trips it is recommendable to pay a tip of 30,000 to 50,000 Rp to the bus driver and 50,000 to 100,000 Rp to the tour guide, counted per day and per person. Of course there is no limit. If a restaurant does not include the service charge automatically, it is recommendable to tip between 5,000 and 30,000 Rp.

□ Taking photos and videos

There is an abundance of exotic things and scenic panoramas to take photos of. In general people are happy for you to take photos anytime if you ask them in a friendly manner. There are a lot of photography shops available all over the is-

KARACHI Bo PENANG 80160 KOTA KINABALU \$0460 LOS ANGELES 80196 PHNOM PENH M1396 MHS \$020 8091W BEIJING S05 SHANGHAI

land where you can buy films and microchips. As the lighting is different to Europe, it is best to ask for advice.

□ Please be careful!

Bali is a very safe holiday destination. You can feel safe to walk the streets even late at night. However, it is recommendable to take some precautions. Refrain from taking larger amounts of money out of your bag and never leave your luggage unattended.

■ Valuables

You should always leave important documents, checks and cash inside your safe. Please note that credit cards are never deposited as security. When paying with your credit card, keep an eye on it as it can occasionally happen that someone forges your signature and all of a sudden you will be charged money from a shop that you don't even know.

Drugs

Drug trafficking, in the worst case, is prosecuted with a death sentence. Even just for the possession of a few marihuana cigarettes or ecstasy pills, it can be assumed that the owner is involved in drug dealing. Even more so of course with the



possession of heroin or cocaine.

Keep your distance to any person who approaches you selling any of these products. In case of an arrest the local embassy will not be able to help you.

It is also advisable to never take any letters or packages for someone.

☐ Sex Trade and Child Protection

The economic and social problems present in many countries are one reason for the sexual exploitation of children. Poverty and a lack of schooling and vocational training force many minors to sell their bodies – also to affluent travellers. Sexual violence causes huge damage to a child, both physically and emotionally.

The "United Nations Convention on the Rights of the Child" protects every child under the age of 18 from sex trade. Most European Countries as well as countries from all over the world have signed this in order to prosecute such crimes no matter which country they take place in. Thanks to this, more and more offenders get arrested and sentenced directly at the holiday destination where the crime happened.

Do not look away, help the children!

☐ Your flight back

According to international regulations you are allowed to use your hotel room until 12 o'clock noon. In case of a late flight you can ask the hotel reception for a late check-out. This, however, is subject to availability and will be charged an additional daily rate.

You will receive further information on your flight back from your travel representative. Please make sure to reconfirm your flights 72 hours before departure. In case you have booked an airport transfer with your tour operator, you will receive a message sent to your room with the according pick-up time and the confirmation of your flight two days before your departure.

Guests who have not booked a transfer should please reconfirm their flights as mentioned above.

It is recommended to be at the airport three hours before your flight. Many airlines offer the option to check into your flight online, where you can also pick your seat on the aircraft. It would be best to be in the hotel lobby shortly before your pick-up time.

Did you forget anything?

Here's a short list to help you make sure you have everything:

- Did you empty your safe?
- Did you pay for all extras at the hotel cashier?
- Did you tip the staff?
- Does the bell boy already have your luggage and name?
- Do you have the following items in your hand luggage: money, passport, flight ticket, credit card, mobile phone, car and house keys?
- Do you have items you would like to claim a VAT refund for?

Remember to take out any prohibited items from your hand luggage.

After arriving at the airport please proceed to the check-in counter where you will be issued your boarding pass. In case you have a connecting flight, please be informed that your luggage will be checked through to your final destination automatically.

The boarding pass will mention the gate number. Please proceed to the departure hall and wait for your flight to be announced.

We hope you have a pleasant flight!



□ A personal recommendation

Europe is a perfect continent (sometimes even working too correctly) and people tend to assume that this is the case in other countries as well. When travelling, especially to southern countries and the tropics, they will soon be proven otherwise. There is a certain phenomenon taking place here, in which the time assumes a different speed. So please do not take time references too seriously, the precise European rules

do not apply here. It is rather replaced by spontaneous improvisation as well as a warm and friendly zest for life. Balinese people don't get upset over the small things that can get Europeans angry easily.

Remember this, when you're stuck in traffic, you need to wake up the bus driver first, there is a blackout or no hot water, the receptionist doesn't speak your language, an important fax or document gets delivered to you too late, etc., etc.

Enjoy the atmosphere of this special, magical world, be generous and sometimes turn a blind eye. The Balinese would most likely not understand your anger anyway, as these situations are part of everyday life for the local people.

What is there for you to do? Smile! Just give everyone a wide smile and you will see that almost any problem disappears as if by magic. With this positive attitude, almost anything can happen on the Island of the Gods Bali.

Enjoy different countries with different customs!

Just like in the rest of the world, also here it is recommended to eat in restaurants with many guests. Hotel restaurants are usually more expensive than individual restaurants on the street. Lots of restaurants display their menu out front for you to see the dishes and prices. The prices are usually subject to a 21% surcharge (11% tax and 10% service charge). For great service a small tip will be appreciated, this can be approx. 5% of the total bill.

BALI

Bright blue sky with no clouds in sight is what you can expect during the day. Sometimes the Southern Cross will present it self in the night sky.

If you are looking for a holiday destination to spend two weeks lying on the beach, there are probably better places than Bali with more paradisiac beaches. Of course the beautiful pools at the resorts with nice beaches right at the door step offer a lot of possibilities for water activities and perfect spots for relaxing in the sun. Bali, however, has much more to offer than its beaches and needs to be explored also in the centre of the island in order to get a real glimpse of this Island of the Gods. Especially the artists have shaped the image of Bali with their grand statements. The poet Colin McPhee for example witnessed in the thirties of the 20th century how the island transformed within one mere day. "In the early morning the island had a golden freshness, dripped and shone with moisture like a garden in a florist's window. By noon it had

become hard and matter-of-fact. But in the late afternoon the island was transformed once more; it grew unreal, lavish and theatrical like old-fashioned opera scenery." But what is it that makes Bali this unique holiday dream? What's the most important part? The culture or the people? Actually you cannot separate these two, as without the Balinese people the creativity and romance on the island would not exist. But the reality can also look very different, as many people lead a hand to-mouth existence. This, however, does not in the least interfere with their joie de vivre, charm and warm-heartedness.

Get carried away by the pure magic of this island. Several authors have already tried their skills to accomplish the task of putting this paradise into words:

"The true Bali is a vibrant mixture of glossy contradictions, confidence and open questions that are much deeper and more interesting than the tourist image of the island reveals", notes travel author Alfons from Kraan. Surely for most travellers it won't be possible to experience the true Bali during their short visit to the island. But the image offered to every foreigner still satisfies every longing and exceeds any expectations. Since the beginning of this century Bali has been known to be the world's last paradise; an enchanting island; a romantic dream. However, during the centuries before people thought of a warlike and wild Bali.

So who introduced the paradise?

For a long time the Dutch and English tried with all their might to conquer and colonise the island. However, no matter how many massacres they started, they did not succeed. The "indigenous" fought strongly against the foreign troops, they did not want to be suppressed. Christian missionaries were



laughed at; generals were murdered and the Balinese soldiers and their wives and kids were even willing to give the ultimate sacrifice to protect their independence. Finally the Europeans had to realise that they could not name this island their own as they could with other countries. In the beginning of the 20th century the island of Bali was then simply named paradise, a magic place where the rules of the rest of the world simply do not apply.

The Australian history professor Adrian Vickers wrote the book "A Paradise Created" and believes to know, why so many people want to come to Bali: "Bali is the 'enchanted isle', 'the last paradise', one of the world's great romantic dreams. Tahiti called to Gauguin with the beauty, beaches and tropical climate of the South Seas; India lured travelers with its Eastern mystery and Hinduism; but Bali's image combines all these attractions. The South Pacific disappoints — visitors there find it expensive, westernized by way of the missionaries, and without much to offer tourists beyond leis and kava. India is just too vast and overwhelming. Asia and the Pacific meet in Bali, which remains open, accessible, compact — its cultural riches on display, ready to be appreciated by the tourist just off the airplane, no matter where they are coming from."



History

Not much is known about the prehistoric times of Bali. The first written tradition are stone scripts from the 9th century. The first connection between Bali and Java, the dominant kingdom of today's Indonesia, can be traced back to the 10th century. The ruler of that time made contact with his mother who was living in Bali at the time. Java occupied Bali for only a short time in 1284, after that, Bali has mostly been an

autonomous island, where the powerful Pejeng Dynasty ruled for approx. 150 years. Java tried many times to conquer Bali, rarely successfully. After the downfall of the Majapahit Kingdom many painters, musicians, dancers and artists sought refuge in Bali, which then developed into a centre of art.

In the 19th century the Dutch occupied the north of the island and allied with Lombok's rulers. With this the Dutch suc-

ceeded in colonising the north of Bali.

The Rajas of Badung, Bali, realised their hopeless situation, however, surrender was not an option. With thousands they marched against their occupants, willing to give the ultimate sacrifice rather than giving up their island. This happening is known as puputan and was repeated in the history of the island again in 1946. This is where the famous independence fighter Ngurah Ra – the airport is named after him – led a last resistance against the Dutch.

■ Geography

The island covers approx. 5,780km² and lies 8 degrees south of the equator. East to west, Bali is about 153km wide and stretches approx. 112km from north to south. Several volcanoes can be found within the mountain region in Central Bali, some of which are still active. The highest volcano is Gunung Agung with its 3,030m height. Just south of the mountains is a fertile rice-growing area.

Looking at Bali's coast, coral reefs can be found all around. Most beaches have white sand, while others have black sand.

□ Climate

Bali is a tropical island just 8 degrees south of the equator. There are two seasons in Bali: rainy season and dry season. Rainy season lasts from October to April, however, this can also shift. Mid of April until mid of October is dry season. During rainy season it usually rains in the evening and morning, whereas the rain showers mostly only last about one hour. During this season there are less tourists, everything is green, fresh and fertile. During dry season there is a very nice climate with a light breeze and barely any rain. High season lasts from July to September. If there is rain, it usually only lasts a few minutes and mostly beautiful weather follows the short rain. When there is rain in Indonesia, this is considered a very good thing as the nature can only bloom and thrive in its beautiful green colours when it rains. The rain is refreshing and warm anyway.

If you would like to find out about the tides you can find information at the hotel. Most likely you will find a board near the pool or at the beach stating the current times of high and low tide. In general, there are two high tides and two low tides within 24 hours, which shift by approx. one hour every day.

Economy

Bali's main industry these days is tourism. In 2013-14 approx. seven million tourists were recorded.

The most important agricultural products are rice, coffee,

fruit and vegetables that are grown for the local markets as well as fishing.

Handicraft such as clothing, batik, jewellery and the manufacturing of furniture are important industries bringing in foreign currencies and creating jobs.

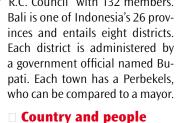
Extensive investments of foreign money can also be found in real estate.

Religion

Despite having Hindu as the main religion in Bali, it does not resemble the Indian faith much. Back when the Majapahits came to Bali from Java, they took with them their beliefs, faith and rituals. With this, the beautiful mixture of Hindu, black magic and animism has developed, which is now an integral part of Bali life. Reincarnation is not a question of belief, but a law of nature. Most parents believe to recognise long deceased relatives in their new-born children. The gods live far up in the mountains while the demons inhabit the sea. In between, there are the humans. It is their duty to maintain the balance between good and evil. However, the aim is not to have the good win over evil but to accept both sides of life. With this thought, not only the gods receive offerings but also the demons. It seems that with this belief, anything is possible. Every once in a while incidents occur that work against any law of physics and simply seem inexplicable.

Government

Indonesia is a republic with the president as the head of state. The "Peoples Consultative Assembly" rules the republic, consisting of two chambers: the "P.R. Council" with 560 members and the regional chamber "R.C. Council" with 132 members.



Approx. 90% of the 4 million inhabitants of the island are ethnically Balinese, while the rest mostly come from different regions.

The traditional life happens in the villages. Here the community does everything together - from



agriculture to the organisation of religious and cultural festivities.

A person is not only family member but also belongs to the clan, the caste and the community of the village. You can basically call it a collective respon-

sibility. Any wrongdoing does not only get blamed on one person but the whole village community.

The Balinese are without a doubt friendly and helpful people. Especially outside the tourist centres, however, strict rules apply, with ancient rituals and religious ceremonies shaping daily life. In the tourism centres this is not as strict, as people have mostly already been accustomed to the "bad habits" of the foreigners. If you get invited into the home of a Balinese, it is expected to bring a present. You can buy these Kado readily packed at the market. Note that the present will not be opened until after the guests have left.

The Balinese are neither fishing nor diving enthusiasts. They fear the sea and the demons within it. In case you come across a fisherman, this will most likely be someone from Java with a different religion.





□ Customs and practices

It's often just small things that can easily be avoided that can truly insult or shock a Balinese. For example it is not accepted to point at someone or something with your index finger, you use your thumb for this. Also, the left hand is unsanitary. You should therefore never give someone your left hand, accept anything with your left hand, let alone eat with your left hand. You can often see it on the streets, people of the same sex hugging each other, but without any sexual intentions.

Public display of affection between men and women is seen as being shameless and bad. It's also indecent to cross your legs, show the bare soles of your feet and to point your feet in the direction of a Balinese. You should also not touch the head of a Hindu.

Before entering a temple, you are required to tie a yellow scarf around your waist. This is a symbol of supressing any physical desires of the body. Balinese and foreign women need to cover shoulders and knees. During menstruation women are not allowed to enter the temples. A believer, who does not respect this and enters the temple nonetheless, risks an unpleasant meeting with supernatural forces. This may sound weird, however, such incidents have actually been recorded in Bali

■ Special occasions

Birth

There are rituals and ceremonies celebrating each and every stage of a Balinese life. The first one takes place shortly after birth, where placenta, umbilical cord, blood and water are buried with offerings in the family's garden. It is supposed to



calm the spirits and protect the new-born child.

There are four basic names for every Balinese child. The first is called Wayan or Putu, the second Kadek, the third Nyoman or Komang and the forth Ketut. If a family has more than four children the names start again from the first.

After 210 days, which is half of the Balinese calendar, great festivities are held at



the ancestral temple. Further birthdays do not have as much meaning.

Weddings

All Balinese are expected to get married. Despite being Hindu, the parents do not choose the partner. However, there are strict rules within the castes.

There are two different kinds of marriage, mapadik and ngorod. With the former, the groom's family goes to visit the young woman's family. The second is a bit more adventurous and also more fun. The groom 'kidnaps' his bride. Other than loudly protesting she does not show much resistance. The parents "look for her without finding even a trace" and have to accept the fait accompli. After the wedding couple returns to the village a large festival is held and the marriage is accepted.

Cremation

Among all the celebrations there are for the different stages in life of a Balinese, the cremation is the most important and also largest one. With the cremation, ngaben, the deceased is sent to the "next" life. An astrologer decides on which day the ritual needs to be held. Family members of the highest caste usually get cremated within the first three days after death. However, as the cremation is extremely costly, the average people burry the deceased and wait, sometimes for years, to have a mass cremation.

On this day, the family digs up the body and places it in a coffin, which then is placed in a sarcophagus. These constructions usually take the form of a temple or sometimes of a buffalo and are made of paper and wood. The men carry the coffin on their shoulders to the place of cremation. The more



important the person, the higher the tower. If the deceased is a priest or raja, hundreds of men carry the coffin. The procession does not follow a straight line, much more swinging from left to right and in circles, in order to confuse the evil spirits that are trying to approach the body.

Finally the cremation of the sarcophagus takes place on a pyre. The Balinese faith states that the fire is necessary in order to free the soul from the earthly body and to induce reincarnation.

□ Food and beverage

eaten real Balinese cuisine."

"Bali's stunning beauty and dynamic culture have only become popular for the first time in 1930, when adventurous colonialists, artists and the International Jet Set, back then by boat, came to the island", said Swiss gourmet chef Heinz von Holzen, who opened the famous restaurant "Bumbu Bali" in Benoa and offers cooking classes to people from around the globe. "Ever since the beginning of mass tourism in the seventies hundreds of thousands of travellers have come to the Island of the

This is actually very sad as the traditional Balinese cuisine is just as unique and diverse as the island itself and cannot be compared to any other cuisine in the world.

Gods. However, most leave this place without even once having

The preparation of the dishes is usually done in woks and with charcoal and can be very time-consuming. It could actually also be seen as a sacred act as on many days during the year the Balinese cook delicious menus for the gods. These are taken to the temples as offerings in order to calm the gods. And with the same passion and love they prepare the food for

their hungry guests: with fruit, vegetables, sardines, lobster, tuna, mackerel, duck, chicken, beef and pork.

It is true that rice is the main part of any Balinese dish. *Padi* is the most important food of the island. A dish without *nasi*, which is the name of cooked or fried rice, is pretty much unimaginable for the people here. With this there are different kinds of rice with different colours as well as different ways of preparation. Thus, rice does not equal rice.

The numerous exotic spices lend their recognisable taste to the dishes: chili, ginger, cinnamon or lemon grass, to name a few

Delicacies are for example *babi guling*, which is suckling pig fried on a stick, filled with chili, garlic and ginger. Then there is *bebek betutu*, duck filled with spices and wrapped in banana leaves, or local satay skewers, such as sate *lilit*.

Food is served in so called *warungs*, which are small cafes and restaurants on the side of the streets.

However, no traveller to Bali will have to go without eating their known and loved food. Beside Asian delicacies, there are plenty of international restaurants such as Italian, Spanish and Mexican, French cuisine or much more. In case you are a true fan of America, you can munch away at McDonald's.

Indonesia is known for its outstanding kopi tubruk or kopi susu, coffee with milk, and iced fruit juices Any kind of alcohol is also available, such as local and imported beer as well as wine that has been brewed on the island (*brem*), rice wine (*tuak*), palm wine and arak (distilled palm wine).

Just like in the rest of the world, also here it is recommended to eat in restaurants with many guests. Hotel restaurants are usually more expensive than individual restaurants on the street. Lots of restaurants display their menu out front for you to see the dishes and prices. The prices are usually subject to a 21% surcharge (11% tax and 10% service charge). For great service a small tip will be appreciated, this can be approx. 5% of the total bill.

□ Architecture and art

The traditional Balinese house, bale, is a pavilion that is open on the sides and is made of bamboo or wood. It has a pointy roof that is covered with palm leaves. A family complex entails several bale. Together with others it surrounds the so-called bale banjar, where village meetings, debates and gamelan practices take place.

Compared to Java, the royal palaces of Bali are rather subtle. One royal family still exists.

Of course here also, the main focus of architecture are the

temples.

Pura is the name of Balinese Hindu temples. It originates from Sanskrit, the sacred and literary language of ancient Indian, meaning city. However, over time it was added to the Balinese language and today refers to a temple complex, whereas puri refers to palace.

Pura are open places of worship, surrounded by walls. Their numerous narrow and wildly decorated gates giving entrance to the different zones of the temple. Here the people worships their gods and makes offerings. In the outer area, religious festivities are held, while in the central zones there are several pavilions, such as the bale Gamelan, the wantilan, meant for meetings and the bale perantenan, the kitchen. The most sacred part of the pura lies on the highest point of the temple complex. In its centre you can find the lotus throne of the Acintya God. In this area more pavilions can be found, such as the bale pawedan for chants and others for keeping relics.

Temples are differentiated according to their geographical loca-

tion. Therefore there are mountain and water temples as well as temples within villages and cities. Originally, paintings and sculptures were meant to decorate the sacred places. Artists usually used legends and mystical stories for their art pieces. You can mostly see this in the Hindu pura as their architecture was mostly influenced by the Javanese Majapahit Kingdom of the 16th century.

With the 30ies the influence of foreign artists began, leading to a revolution of the conventional art of painting. Artists no longer used overcrowded village scen-



ery on their canvas but many more pictures and paintings were now much more primitive with more focus on form and colour.

Most art galleries and museums can be found in and around Ubud.

■ Music

The traditional Balinese music is still mainly performed by the Gamelan orchestras, consisting of up to 100 musicians playing

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percussion instruments such as gongs, drums and xylophones. Almost all dances and shows have a traditional Gamelan orchestra.

■ Theater and Dance

Just like in most South and East Asian countries, dances show the epics of Ramayana and Mahabarata. The Wayang puppet shows and shadow plays originated in Java, however, they can be found all over.

One of the most famous dances is the *Kecak*, which unlike most dances is not supported by a Gamelan orchestra but buy singers. It tells the story of Prince Rama and his wife Sita, who has been kidnapped by the evil King Rawana of Lanka. Sita is freed with the help of the Ape King and his army. During the show you can constantly hear the "chak chak chak" of the singers.

The *Barong* is just as famous as the *Kecak*. The Barong Keket, a mystical creature half dog half lion symbolises the good and protects the village from the evil witch *Rangda*, who possesses magical powers. The followers of the Barong take out their stakes but the witch puts them into a trance. Finally the good wins and *Rangda* exits.

Most visitors to the island probably know the gracious *Legong* from pictures. It shows the delicate dancers in their exotic costumes with black-framed eyes.

■ Holidays

- 1. January, New Years Day
- **25.** January, Chinese New Year (Year of the Rat)
- **19. February 29. February,** *Galungan Kuningan* (*Balinese Holiday*)
- **25.** March, Hari Nyepi, Day of Silence
- **24. May**, Idul Fitri, End of Muslim fasting month; Ramadhan
- **16. September 26. September,** *Galungan Kuningan* (*Balinese Holiday*)
- 17. August, Independence Day
- **25. December,** Christmas

□ Festivals

Religious and secular festivities are scattered throughout the whole year and take a major part in the love for life of the Balinese. Whenever there is something to celebrate, any opportunity is seized. People dress up and go out to celebrate.

Some of the most important festivals are:

Melasti introduces the Balinese New Year, following the saka lunar calendar. People dress up in their festive clothing and make flower offerings at the temples and priests sacrifice pigs. Melasti is a day of spiritual cleansing.

Nyepi is a very important day in the saka calendar. It is the last day of the year and the last day after the new moon of the ninth month. People do not celebrate anymore, instead there is 24 hours of complete silence, from 6 AM until 6 AM. No one leaves their houses, also tourists are to remain within their hotel complex. The airport is closed for the day and absolute silence prevails.

The silence is supposed to mislead the evil spirits and make them believe the island is deserted.

Galungan symbolises the victory of good, Dharma, over evil, Adharma. During these 10-day festivities the Gods visit the earth. They are worshipped with Barong dances and offerings. On the right side of each house you will see a large pole decorated with palm leaves, fruit, cake and flowers.

Kuningan takes place 10 days after Galungan and ends the

festivities. Special rituals take place in honour of the spirits of the ancestors.

Saraswati takes place in honour of the Goddess Dewi Saraswati. She symbolises knowledge, art and literature. Books, manuscripts and the Vedas, the oldest scriptures of Hinduism, are blessed during Saraswati.

Pagerwesi literally translated means "fence of iron". On this day the Balinese ask for strong mental and spiritual defence against the evil spirits.

Bali Spirit Festival Compared to other louder happenings with music, this one is more about spiritual wellbeing. Yoga,









dance shows and international live music fuse together to a combination of "East meets West" through art and music.

Negara Buffalo Races take place between July and October. People wash the animals and decorate them with garlands, then harnessed to a carriage the competition begins.

■ Sports

Golf is, just like anywhere in the world, a very popular sport in Bali.

The stunningly beautiful golf course of Nirwana Bali Golf Clubs has been designed by golf superstar Greg Norman. The complex is located right at the ocean offering a stunning view of the Tanah Lot temple while enjoying golf.

The Handara Kosaido Country Club in the scenic highlands near Bratan Lake offers an idyllic panorama, lower temperatures than at the seaside and is one of the 50 best golf courses in the world. The new golf course New Kuta Golf is only 15 minutes from Jimbaran.

Sailing, snorkelling and diving is available all around the island. Wild water rafting on the rivers Ayung and Telegawaja is also a very popular way of spending time in Bali.

If you would like to learn surfing, Kuta and Seminyak beaches are the best spots to do so. Our partner surf school "Bali Wave" offers beginner as well as intermediate surf lessons for those who are keen to learn. Your travel representative will have more information, if needed.

Hiking and biking are also available for an active holiday, which you can also book with your travel representative.

■ Handicrafts

You can find wood carvings all over Indonesia as they are not only on offer for the tourists as souvenirs but also for the locals. They often hang figurines or heads of animals above their entrances in order to keep out evil spirits. As teak is not as available, mostly mahogany, sandal and ebony woods are used in Bali. Ubud and Mas are the centres for this kind of handicraft.

Many visitors wish to have handmade furniture from Bali. It can be shipped easily, freight in containers usually takes approx. three months. Make sure to get appropriate advice as not every kind of wood is suitable for the European climate. If you are looking for gold or silver jewellery, Celuk will have most on offer.

Of course you can also find ikat and batik on the island, despite the fact that Flores and Sumba are the main centres for this handicraft. Java is known for its delicate batik paintings. Ikat weavings are made of hand-spun cotton, dyed in various colours depending on the pattern. Before only natural colours were used: the colour blue was taken from the indigo tree, the rusty brown colour, kombu, is then mixed with the dominant colours in order to create more colours. Ikat weavings are per-



Your Bali Experience

A beachfront family resort with the warm-hearted authentic Indonesian hospitality

Tolon Cemora, Sonur 80/28, Botl - Indonesia P. 462-163 288013-11, July color@arconnellabelela.com fectly suitable for bed and sofa covers as well as for wall tapestries. According to experts, the designs can be traced back to Indian and Southern Chinese influences.

Marionettes and puppets are popular souvenirs. There are wayang kulit, flat figurines carved from buffalo skin that are used for shadow plays, and there are wayang golet for puppet shows. The characters are usually taken from the Mahabarata epics. Puppets with a pointy nose embody the good and the ones with a flat nose the villains.

Language

The official language spoken by the 220 million Indonesians is Bahasa Indonesia, Indonesian. It is comparable to e.g. Mandarin in China. Indonesian can be traced back to the language Basar Malay, which was the "lingua franca" in today's Malaysia and Indonesia during colonial times.

After the Second World War a state language needed to be determined. Even though the literary traditions from Java still have great influence, Javanese was not picked. Instead, a new language was created, Bahasa Indonesia. You could compare this to the Philippines, where today's Pilipino was created from Tagalok and other Philippine dialects. Phonetically, Bahasa is rather easy. It consists of five basic vocals und barely uses any grammar. The Dutch influence can be detected easily. Also, the many different islands of Indonesia each have their own indigenous dialect.





SOUTHERN AND CENTRAL BALI

After the Dutch conquered and colonised Bali in 1908, Denpasar was established as the centre of administration and the first European travellers arrived in Bali. The tourism boom, however, did not start until the seventies. Whereas in 1974 just over 50,000 foreigners were recorded, this increased to over 180,000 visitors just by 1984. By 1994 the number of visitors to the island by far exceeded 1 million. Thanks to the endless beaches in the south and the construction of the airport the infrastructure developed quickly.

Denpasar

The capital of the Indonesian province Bali used to be called Badung. It is the economic centre of the island and a loud and uncomfortable city. You really only want to spend as little time there as possible.

□ Uluwatu

Uluwatu is the most popular area of Bali's Bukit Peninsula, which is best known for its cliff-faced temple. The hilly limestone region is home to some of Bali's most scenic luxury villas and resorts with facilities on towering cliffs overlooking the Indian Ocean and magical sunsets. The cliff-lined coast is also home to hidden beaches and surfing paradises. Uluwatu should have the highest priority when looking for a stay in Bali away from the crowds of southern Bali such as Kuta, Legian and Seminyak. The high and exotic location provides a perfect setting for resorts, restaurants or beach clubs.



□ Jimbaran

The village Jimbaran just south of the airport has experienced a tourist upswing. During sunset many small fish restaurants, many are located directly on the beach, serve delicious seafood and fish delicacies.

■ Kuta

After the sun as tinted the scenic beach of Kuta in a dusky red and has finally set in the ocean, this small city starts to move. Just 40 years ago the towns Kuta, Legian, Tuban and Seminyak were sleepy fisher villages, where the fishermen used to snooze underneath the tall palm trees. But then the hippies arrived and surfers discovered it as an "insider tip of Southeast Asia", creating the first facilities for tourists. Today these towns have melted together to one single conurbation offering a loud and bright setting for nightlife.

The population density is four times as high as in Germany and consequently the traffic in the small streets is accordingly overwhelming. The centre of Kuta is Bemo corner at the junction of Jalan Legian and Jalan Raya Kuta. From here it is best to explore on foot. Jalan Pantai Kuta leads to the beach,

where surfers and sun worshippers come together and local sellers sell their products.

On the one side you experience a mystical Bali with cremation ceremonies, temple festivities in traditional clothing and offerings, on the other side you find endless party and rock around the clock at 30 degrees. The contrast could not be higher.

□ Tanjung Benoa

Benoa is well known for its variety of water sport activities. The port of Benoa is also starting point of many cruises and catamaran rides to the islands of Nusa Penida and Nusa Lembongan.

■ Nusa Dua

In the east of the Bukit Badung peninsula you can find Nusa Dua. It stretches across several hectares and has developed to be a luxury holiday paradise. The luxury hotels of Nusa Dua offer extensive lush gardens and pools, exquisite restaurants and bars, tennis courts and shopping arcades. With the tourism boom the land prices in this formerly infertile area have multiplied immensely.



CALM BEACHFRONT RESORT IN TUBAN, KUTA BALI

Discovery Kartika Plaza Hotel is located by the quiet part of Tuban Beach in Kuta, Bali. Situated on a 7-hectare tropical landscapes, the 5-star hotel offers unparalleled peaceful and relaxing resort experiences.

Boosting 316 well-appointed and spacious rooms, suites and beachfront villas, all featured in a classical Balinese trapical style, the resort is ideal for romantic, solo, family and group travelers,

The resort features 6 restaurants and bars, a spa and fitness center, a ballroom and 7 meeting rooms, a free-form outdoor swimming pool, children swimming pool, a large garden for outdoor social events and a helipad.







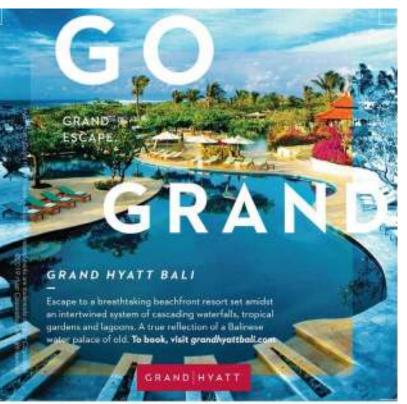
Pupuan

The most beautiful route from south to north and vice versa leads through the mountains and rice terraces of Pupuan, where you constantly have to stop to be amazed by the view and take photos. The small village with its cute houses and narrow alleys is surrounded by rice and asparagus fields with a fresh air at 792m above sea level. The street in the west will lead you through coffee and spices plantations with a scenic view of the Indian Ocean. The drive through Bunut Bolong is especially stunning as the street leads directly through a bunut tree.

Sanur

The formerly sleepy fisher village is the setting of Vicky Baum's novel "Love and Death on Bali" and today is a relaxed tourist area. Along the beach of Sanur you can find several small temples that have been constructed in a pyramid shape in prehistoric designs. Especially noteworthy are the temples Pura Segara near the beach market that is guarded by two black demons and the temple Pura Merta Sari at the southern end of Sanur beach, which is shaded by large trees and is supposed to be a place of supernatural powers.

Many speedboat companies also depart from Sanur harbour mainly to the islands Nusa Penida as well as Nusa Lembongan.



∃ Nusa Penida and Nusa Lembongan

Nusa Penida and Nusa Lembongan is the perfect paradise to escape the crowd. Just a short boat ride from Bali, you can find the place where white sand beaches are completely deserted and the corals are still completely intact. The underwater world is unique and invites you especially in Nusa Lembongan to snorkel and dive. The islands are also known for its nature and hiking opportunities.

□ Seminyak

Exclusive international hotels can be found along the beach and sea of Seminyak. Just like Kuta, Seminyak beach is famous for its legendary sunsets that you can enjoy from one of the many beach bars on Double Six Beach. In between beautiful beach hotels and rice fields by the ocean you can find the small temple Petitenget, where a container of magic powers from the 16th century is being kept.

Over the last few years Seminyak has evolved as a hip place with exclusive locations for a night out. Seminyak is especially known



for its great restaurants, beach bars and shopping facilities. In Jalan Raya Seminyak and Jalan Kayu Aya you can find designer stores as well as many trendy boutiques of young designers.

□ Canggu

Canggu is best known among young people as the hipster region of Bali. With the same artistic charm as Ubud and the variety of small cafes and cocktail bars, the coastal resort invites you to linger. In addition to the shopping on small markets or hip boutiques Canggu is a hotspot especially for surfers. The long sandy beach is one of the most popular surfing paradises in Bali, where surfers from all over the world are enjoying the waves. In the evening you can end the day in one of the many beach bars with a magical sunset.









Visit the moment & stay a while

find yourself bordered by lush rice fields and deep forest valleys and tap into the healing energy that flows from Bali's spiritual and cultural heart.



Maga Ubod Bovert & Spa later Gorseng Sari, Peliatan, Libed: Ball Pts Box 1991 Libral, Ball B1571, Jodenson

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Mas

This town basically "lives" wood carving. Along the main street workshops line up left and right and many tourists like to come here. Also within the small streets you can find plenty of ateliers that, despite being smaller, certainly do not lack creativity. Originally the carvings were only meant for temples and masks. This is where the style and themes have developed from. Mas is located close to Ubud.

□ Ubud

Ubud - the heart of artistic Bali. In and around Ubud endless ateliers, workshops and family businesses can be found that work with silver and gold, create unique wood carvings or paint beautiful pictures. There is plenty to choose from. Ubud became even more popular after Conde Nast Traveler, an American magazine, declared Ubud as the best shopping paradise in Asia. The movie "Eat, Pray, Love" showing scenes in Ubud naturally also contributed its part to Ubud's fame and popularity. If you prefer to stay outside the main happening of the town, you can take peaceful walks around the rice fields outside the city centre.

Recommendations for excursions in South and Central Bali

☐ Magical World of Gods and Art	76
□ Devdan	79
□ Village Life of Bali	81
□ Cooking Class	81
☐ Cooking and Trekking in Candi Dasa	83
☐ Balis Spiritual Life incl. Ceremony	85
□ Dolphin Tour in the South of Bali	85
☐ Exclusive Waka Sailing Cruise - Lembongan	86
Aristocat - Catamaran Tour Lembongan	86
☐ 3 Day Island Cruises	86
☐ Aristocat - Catamaran Tour Nusa Penida	88
Aristocat Catamaran - Romantic Dinner Cruise	88
□ Bali Wave	88
☐ Lembongan Island and Mangroves	99
□ Nusa Penida In A Day	99
☐ Mountain Bike Tour	102
☐ Central Bali VW Safari	104
☐ River Rafting	107
☐ Quad & Canyon Tubing Adventure	108
☐ Spa treatments in Bali	115

BADUNG, KUTA

Restaurants

Tepan Noodle Restaurant. Asian

Tepan Noodle is located inside the Discovery Kartika Plaza Hotel right at the beach. Indulge your pallet with Japanese and other Asian specialties. Every Wednesday there is a Chinese buffet with live performance.

Discovery Kartika Plaza Hotel

Ph.: +62 361 751067

Poppies Restaurant

The restaurant is located right in Central Kuta in Poppies 1, opposite the hotel of the same name, Poppies Hotel. This is quite an insider tip where you can try the Indonesian cuisine in a peaceful and gardenlike atmosphere. Beside Indonesian dishes they also serve food from around the world.

Waroeng Dadong

Experience authentic Balinese food in this brand new restaurant. They are specialized in suckling pig or "Babi Guling", a must try culinary experience for every food lover. Jl. By Pass Ngurah Rai No.10, Tuban, Kuta

BUKIT, NUSA DUA & TANJUNG BENOA

Restaurants

Boneka

You will find the restaurant inside the St. Regis Resort. It is famous for its outstanding breakfast buffet and Sunday luncheon. Some of the specialties are "Egg Nouvelle" filled with blanquette of lobster or fried egg with Foie Gras, to name a few.

St. Regis Resort,

Ph.: +62 361 3006782

Bumbu Bali

In order to taste authentic Balinese cuisine, this is the place to go. Heinz von Holzen, author of the book "The Food of Bali" and former food guru of the Grand Hvatt Bali and Ritz Carlton resides here. The Balinese rijsttafel ("rice table") with 14 different dishes or the lokut Kakul, an interesting snail soup, are two of the many specialties and delicacies that you can order here.

II. Pratama. Ph.: +62 361 774502

Tapa Bistro, Tapasbar

The hip and trendy Tapa Bistro is located inside The Bale. You will find a whole range of creative tapas and desserts, accompanied with delicious cocktails and music.

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Restaurants

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A small and cosy restaurant with outstanding food and beautiful staff. II. Tamblingan

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Ph.: +62 361 287 374

Kokoya, Sushi

Small and authentic sushi restaurant

178 II. Danau Tamblingan

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Enjoy the evening at the hip Bamboo Bar at the Prama Sanur Beach with a cocktail and relaxing music right at

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Massimo, Italian

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Pregina, typically Balinese cuisine

Beautiful atmosphere, good value for money 106 Il. Danau Tamblingan

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Restaurants

Biku, Indonesian and international cuisine

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perfect for slurping your cocktail at sunset. Right at the end of Jl. Dyana Pura, left on the beach, near Cocoon

Double Six Rooftop Bar

Experience a breath-taking sunset at Double Six Beach in Seminvak in one of Bali's most extraordinary rooftop bars. The 5m-long grill station offers more than 25 kinds of satav skewers. The mini cinema shows short films of the Bali International Film Festivals. Double Six – Luxury Hotel Seminyak

Ph.: +62 361 730466

Ku De Ta, Fusion Cuisine

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with a champagne dressing. It is not cheap, but still reasonably priced. 9 II. Laksmana, Ph.: +62 361 736969

The Gong, Asian and international cuisine

Extraordinary atmosphere at The Gong Restaurant. The Santai Hotel

Ph.: +62 361 900 26 99

Metis Restaurant & Gallery

Enjoy the view of distant rice terraces from this openair restaurant, its bar and lounge. Beside delicious fish and meat specialties, vou will also find a menu especially for Foie Gras. Prices are higher. II. Petitenget, Ph.: +62 361 737888

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Delicious food, great service and good value for money II. Kayu Aya,

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Dewata Lounge

Dewata Lounge is elevated to capture sweeping views over the Ayung River, which carves a meandering pathway through the landscape of rural Ubud. This elegant setting is a delightful spot to take pleasure in afternoon tea and evening cocktails.

As a place to sit back and truly relax, Dewata Lounge honours the timeless beauty of Ubud. The lounge offers pure sensory indulgence with light bites and refreshing beverages against a backdrop of tropical greenery that descends down to the Ayung River.

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UBUD

Restaurants

Bridges Café

Spread over several levels, this restaurant offers a nice view over the river. The food specialises on Pacific Rim dishes from Thailand, China and Japan. Try the Szechuan pancakes.

Jl. Raya Campuan,
Ph.: +62 361 970095

Dirty Duck

A restaurant located in a garden near the main street. You can enjoy Indonesian as well as international dishes. Padang Tegal, Ph.: +62 361 975489

Mozaic

The American chef Chris Salans, formerly Thomas Keller in Napa Valley, will treat you with excellent wines and handpicked dishes. Depending on the weather you can dine inside or al fresco.

Jl. Raya Sanggingan, Ph.: +62 361 975768

Kafe

The lively Kafe is a beacon for visitors to Ubud and residents alike. Offering a unique format and ambience, this is Ubud's energy centre for fresh wholesome food and a healthy, sustainable lifestyle.

Jl. Hanoman 44b,Padang Tegal,

+62 361 4792078

Ayung Organic Restaurant, Indonesian and international cuisine

The Ayung Organic Restaurant is located right at the Ayung River inside the exclusive Royal Pita Maha Hotel.

The Royal Pita Maha Ph.: +62 361 980022



Boutique Privacy





Terrace Restaurant

The split-level Terrace Restaurant has been crafted to follow the gentle contours of the Tjampuhan ridge against a backdrop of Ubud's hilly countryside. Open for all-day dining, the restaurant features a menu of flavoursome Asian cuisine and Western specialties with emphasis on fresh quality produce and the creative use of local herbs and spices.

Jl. Sanggingan PO Box 198 - Ubud 80571 - Bali t. (62 361) 974330 - f. (62 361) 974329 e. sales@pitamaharesorts-ball.com www.pitamaha-ball.com

THE NORTH

The north, close to the Java Lake, used to be the economic centre of Bali. Today the area has lost its significance in this field. More and more tourists leave the south of the island for three or four days to experience the romance and tranquillity of the north. At sunrise you can go out to sea on small colourful boats to watch the wild dolphins jump in the water. On top of that skilled divers enjoy the conservation-protected coral reefs and the huge variety of fish found here. Lovina can also be a perfect starting point to do interesting excursions to the centre of the island and to the mountains. Very popular and beautiful is the waterfall Gitgit, located approx. one hour from Lovina as well as the Bratan Lake by Mount Batur. The temple from the 15th century Pura Beji in Sangsit, extensively decorated and built atop a spring, is also definitely worth a visit.

Jagaraga

The small town Jagaraga, located in the north of the island, was the centre of the resistance fights against the Dutch colonists. The name actually means "watch out". Prince Gusti Ketut Jelantik, who successfully fought the Dutch army, was named national hero in 1993. All around Jagaraga you can find plenty of temple reliefs showing bizarre images of airplanes, cars and Europeans.

■ Munduk

A narrow, steep street leads to Munduk in the north, which has pretty houses built in colonial style. Left and right of the street lie many fertile rice fields, you can gaze into deep, seemingly mysterious valleys and only just assume the volcanoes' peaks, cloaked by clouds. Between Kayaputih and Munduk you drive past clove forests as well as coffee, cocoa and vanilla plantations. Via a rather adventurous slope you can drive through tropical rain forests to the nature reserve at the Tamblingan Lake.

□ Singaraja

The former colonial capital, Singaraja, by the north coast of Bali used to be the main harbour for trading and the gate to the rest of the world. Later the trading with Java moved to the west and with the construction of the airport in the south, only a few tourists find their way to the hot north. Today Singaraja seems to be a small, underdeveloped, Asian town with rundown houses from colonial times.



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Lovina

In the fifties former King Bulelung built a guest house with the name Lovina on his land. Now seven small villages, stretching over approx. 10km, belong to the original Lodge Lovina. Kalibukuk is the main village with Lovina as its city centre.

The northern coastline is narrow with a black sandy lava beach and crystal clear water.

In the early morning you can charter a boat to go out to sea and watch the dolphins play in the water.

There are a couple of nice hotels and bungalows available right by the sea. A relaxing holiday without much excitement is possible in Lovina.



Recommended excursions in the north

■ Pristine Northwest

THE WEST

The west of the island has only little population and is mainly untouched by tourism. However, the Balinese from the west seem to do perfectly fine being isolated from the happenings of the rest of the island. A flyer of Jembrana once actually stated, as a joke, that the only downside of this area is not having to deal with traffic, endless disco music and airplane noise. The west coast only offers few places for bathing as the current is very strong and swimming as well as surfing can be dangerous. You can find nice beaches in Lalang Linggah, 19km west of Antosari and in Medewi, where simple hotels are available. Candi Kusama, 14km west of Negara, also offers beautiful and idyllic beaches.

At the river mouth of Balian it is possible to go swimming.

Perancak

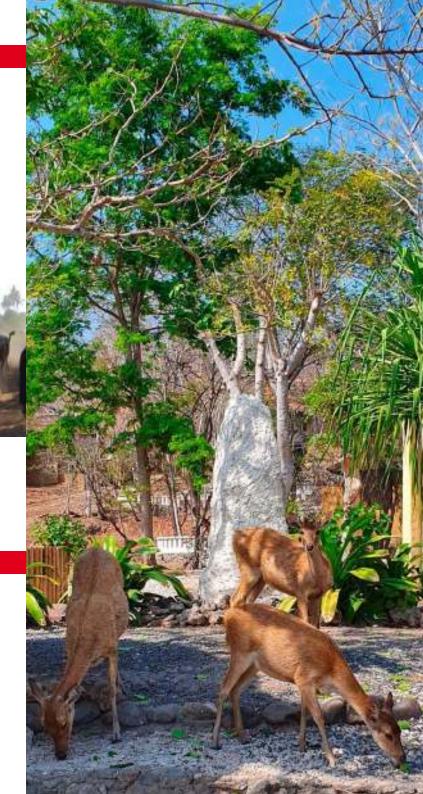
Perancak – a peaceful and idyllic place south of Negara. It was named after a limestone temple by the river, which, however, you are only allowed to enter accompanied by a priest. The leisure centre Taman Rekreasi can be found here, which offers a zoo with

lions, monkeys, birds and crocodiles.

The racing track that has been built especially for buffalos is truly fascinating. Every year between September and November you will be able to witness the Bali Grand Prix here. The best bred buffalos pull two-wheeled carriages and compete against each other.

Recommendations for excursions to the west

Royal Bali	78
Temples & Rainforests	79
The Secret of Bali	94
Deep Jungle Trekking	96
Waka Land Cruise	96
West Bali Nature Safari	98
E-Bike Tour	102
West Bali VW Safari	102
Water and Bamboo VW Safari	106
Westbali Hiking & Snorkeling	112



THE EAST

For the Balinese the east of the island is the centre of the world. This is where you find the volcanoes Gunung Agung and Lempuyang, which rule the country and give home to the gods. The people mostly live in the fertile valleys, where you can find several very old and pristine Bali Aga villages. The mysterious Bali Aga people have kept their ancient traditions, possessions and laws for centuries, protected from any outside influences. Only shortly they have started to let tourists sneak a peek on their villages, if they pay a small voluntary donation to enter. Now you can buy souvenirs, where they used to prepare the offerings. The villages Tenganan, Amlapura, Bugbug, Timbrah or Asak offer to experience this bizarre culture. In the small village Trunyan by the Batur Lake the inhabitants let their deceased relatives rot outside, in the open. You should not miss out on the mystical bat temple Goa Lawah. It is recommendable, to ask when a ceremony will be held there. At the entrance of the large cave, home to thousands of bats, a temple of the underworld has been built in the 11th century. It is said that no one has ever entered that cave.



□ Candi Dasa

Up until the eighties of the last century mostly divers and ethnologists found their way to Candi Dasa. The former exploring the reefs, the latter the temple complex at a lagoon. Then the Balinese started using the beautiful white sandy beaches to attract tourism and nothing has been the same since. The reef was blown up in order to generate space for construction. However, the earth's elements found revenge; because of the missing protecting barrier, the beach was flooded, concrete walls had to be built in order to prevent possible flood catastrophes. Candi Dasa's dream of becoming a popular tourist spot could not be fulfilled, however, it is the best spot to start excursions in the east of Bali.



□ Culik

Just north of Culik the traces of the volcano eruption can still be witnessed. The dry land is now being used for agriculture with lemon plantations and Lontar palm trees. 10km north of Culik the village Tulamben is located by the sea in the east of Bali. Probably no one would be interested in coming here if the American destroyer Liberty had not been torpedoed here by the Japanese back in 1942.

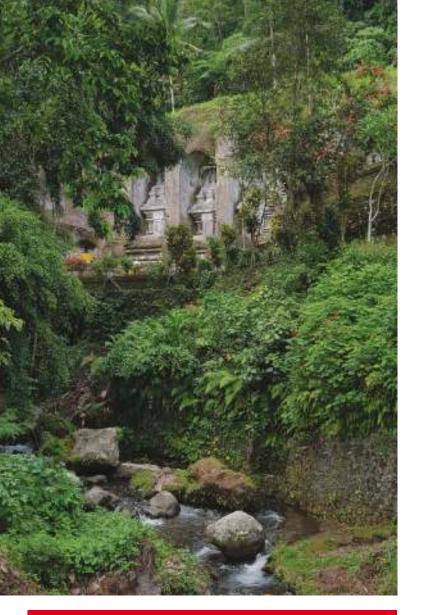
The sunken ship wreck is now one of the most popular diving spots.

□ Tirta Gangga

The former capital Amlapura was severely affected by the eruption of Mount Agung. Some of the old palaces can still be seen and visited. The palace Puri Kanginan used to be the most majestic building in Bali. The buildings surround an artificial lake and comprise of a mix of styles from Balinese, European and Chinese architectural elements. 6km from Amlapura you can find the royal bath of Tirta Gangga right by Mount Agung's slopes. It was built in 1948 in a pompous style and now offers bathing fun in several pools.

□ Ujung

The village Ujung lies about 5km from Amlapura. On the street leading to Seraya you will find the remains of a romantic water palace. It was built in a pleasure garden, which the Raja of Karangasem had created in 1919. The park, however, was destroyed in 1963 after the eruption of Mount Agung. The extensively decorated buildings have sunken into the grounds and fallen apart. Now plants have grown all over it. In their time the Raja princes used to live a life in abundance and luxury in their palace.



Recommendations for excursions to the east of Bali

☐ Mystical East	7!
□ Snorkelling Safari	90
☐ Diving day trip or Fun Dive	92
Mystical Volcanoes	94
Mount Batur Hiking	98
Holy Lemnuyang Summit Trekking	100

National Park

The only national park in Bali, "Taman Nasional Bali Barat" can be found in the west. It is a combination of tropical forest and dry mountain landscape. Large areas of the reserve are completely untouched and do not grant access to tourists in order to conserve the nature for the future. Many animals such as wild buffalos, leopards, civet cats, monkeys and rare deer types can be found here. On paid guided tours tourists can hike on very specific trails through the park. In the village Terima you can see the grave of Jayaprana. He is known to have been an orphan of fine ancestry who married a simple peasant girl from Banjar. The young girl was so beautiful that even the mighty Raja wanted her. He led Jayaprana into a trap and had him killed in order to have beautiful Layonsari just to himself. The girl, however, preferred to commit suicide instead. Many women today lay down offerings by Jayaprana's grave. It is supposed to lend supernatural powers.

Hot water springs that are supposed to have a healing effect can be found by the north border of the national park near Banyuwedang. The small uninhabited island Menjangan is surrounded by coral reefs and counts as one of the most beautiful diving spots in Indonesia. It also belongs to the national park and preserves endangered bird species.





Springs

Close to the Buddhist monastery Brahma Vihara Arama, southwest of Banjar, you can find the hot springs Air Panas Komala Tirta. Especially during rainy season or on cloudy days many visitors enjoy the hot Sulphur

THE MENJANGAN







THE MENJANGAN offers you a unique chance to experience the natural treasures within the West Ball National Park. Experience the magic location, kayaking through our secret mangrove maze, diving or snorkeling in one of the most beautiful coral reefs in Ball or venture through the forest on horseback. Warmth and hospitality make The Menjangan the first choice for adventure in Ball.

springs. Balinese doctors actually recommend coming here to treat skin irritations. Two holy springs at temperature 38 degrees well from two demon heads into two small pools. Showers and toilets are built into a rock face. On top you will find a terrace restaurant. Entrance fee is 1€ per day.

Rice terraces

Balinese call their rice terraces "stairway to heaven". The white grains are considered gifts from the goddess Dewi Sri, on the island she is worshipped more than any Hollywood star. The goddess of fertility makes sure that year after year more than ten million tons of rice grow and sometimes up to four (!) harvests a year can be made. A cooperative near Tabanan holds the world record: 15 tons per hectare; that is more than the farmers in California manage to get out of the earth with their computer supported technologies. 2,500 year ago vendors from China and Vietnam brought the valuable food and the know-how of irrigated cultivation to Bali. Ever since, the rice farmers have cleared the jungle on the volcanoes' slopes in hard work, dug up channels of several kilometres in length, built aqueducts, diverted rivers, raised the loamy grounds and turned whole areas all over the island into fertile rice land.

Every morning anew, the farmers ask the goddess for her goodwill with prayers and offerings. When the farmers set up a new rice field, they take holy water from the temple and pour it on their field. However, as the Asian population boom in the seventies started to unsettle people, it was decided to not solely rely on the gods' goodwill.

The International Rice Research Institute of the Philippines and the Botanical Institute of Jakarta developed new hybrid kinds. This new sort of rice replaced the former traditional padi Bali and finally started the "green revolution". The new sorts have names such as IR 36, IR 61 or PB5. With these, Bali now does not have to import rice from other countries anymore. In Bali's highlands black rice is grown.



This rice is needed in order to prepare Arak, a devious alcoholic spirit that in combination with fruit juice makes a dangerous cocktail called "Arak Attack".



Lakes

There are four lakes on the island. The Batur Lake is the crater lake of Gunung Batur, where you can also find a hot spring. The best spot from which you can enjoy this stunning panorama is from Kintamani. On the other side of the lake the village Trunyan, where the Bali Aga live, is located.

The second largest lake is Bratan Lake, which is just as impressive. The Pura Ulun Danu keeps watch here.

The Buyan and Tamblingan Lakes can be found northwest of Bratan Lake. They used to be connected until a landslide separated them in the 19th century.



Temples

During your stay in Bali, visiting the most important temples should definitely be on your agenda. There are thousands of sacred places around the island, most of which are community temples. The most important ones, however, are worshipped from all the island's inhabitants. The most

famous temple is probably the

Pura Tanah Lot

Surely the most visited and photographed temple. Originally Hindu, it can be traced back to the Majapahit Kingdom



It is said that the sea temples on the southwest coast have been built in a way that you can see from one to the other.



Pura Besakih

The mother temple of Bali impresses on 1,000m alti-

tude on the southwest slope of Gunung Agung. It consists of countless smaller and larger buildings, supposedly 86, many of which cannot be accessed by tourists. However, you can easily take a walk around the complex.



Pura Goa Lawah

The name means "Bat Temple" in English. It is located inside a cave which is home to hundreds of these animals. The myth says that the bats are food for the legendary giant snake Naga Basuki, also

inhabiting the cave.

The Goa Lawah is one of the oldest and most important temples.



Pura Luhur Uluwatu

It is one of the six main temples of Bali, which are said to be the islands spiritual pillars. It is located on a steep cliff 70m above sea level.

Two Ganesha statues, the Indian Elephant God, guard the

entrance, while the walls inside the complex are decorated with mythological sculptures.

Especially during sunset the view the temple offers is simply breath taking.



Pura Ulun Danu Beratan

Is a Hindu-Buddhist temple from the 17th century and was built in honour of the water goddess, Dewi Danu. It is located on a small island in the middle of the

lake. Many pilgrims come here to ask for lots of rain fall for their crop.

The temple itself is constructed in tiers with palm leaves covering the roofs. You can also find a Buddhist stupa and an enormous banyan tree that invites for a rest in the shade.

Volcanoes

Bali, a volcanic island, can be found on the Ring of Fire of the Pacific Ocean, where many volcanoes are still very active. It stretches in a horse shoe shape over 40,000km from



Southeast Asia over Japan to South and Central America. On the Ring of Fire there are 450 active volcanoes and 70% of the inactive volcanoes. 90% of all the earth quakes occur here.

Fertilisation through volcanic ash and plenty of rain fall, which is common in the mountains, make this region extremely fertile. The rain is the natural irrigation system of the rice terraces.

The mother mountain Gunung Agung dominates the east of the island with its height of 3,142m. It is the centre of the cosmic conception of the Balinese and home to the gods and ancestors. Here you can find Pura Besakih, the mother temple.

Mount Batur, with its 1,717m height, is the most active Balinese volcano. It offers a truly beautiful sight: an enormous volcano, its summit rising up from a crater lake.

Unfortunately these phenomena also come with downsides. The last large and catastrophic eruption destroyed part of the island back in 1963. Lava spilled over villages and cities, destroying them and killing people. Further eruptions cannot be ruled out.

Underwater world

The underwater world by the coasts of Bali has a lot to offer. Depending on the season you can find many species when fishing or diving: mackerels, tuna and even ocean sunfish, or mola mola, as it is called here, which can be found when diving between August and November. These huge fish can become up to 3m in size. Countless schools of fish live by the reefs. You can witness passing eagle rays and during dives at night also a lot of sea slugs.

Excursions

We have created several excursion packages that cater for different tastes and interests and will give you the chance to truly experience Bali while enjoying your holiday. Please get in touch with your travel representative in order to make a booking. Of course we can also create your individual excursion exactly according to your wishes. Let our excursion packages inspire you. We created them with different tastes and criteria in mind in order to help you make your stay in Bali a truly memorable holiday. Payment is required upon booking ahead of time and cannot be charged via the hotel. We accept euros, USD, GBP, Swiss francs, rupiah and credit cards (Visa& MasterCard).

Why you should book with us

Everywhere on the street and at the hotel you will probably get asked if you would like to take a private tour — maybe even for very cheap prices. However, you cannot know whether these excursions are insured and offered legally or even if the driver possesses a driving license.

Also, these tours can be offered at very cheap rates as sometimes they make stops where you are supposed to buy something. We recommend to spend a little more and rest assured that you are taking part in a high-quality and memorable excursion. All our tours are insured and have been checked by your tour operator. You will receive exactly what you have booked. Moreover, our tours will be adapted according to the participants' wishes. Almost all tours only consist of a small group of people, which is also a perfect opportunity to meet other travellers. Your tour guide is well informed and will be able to provide you with information and answers to your questions.





Please always remember to bring sun screen, a hat, additional clothes (in the mountains of Bali it can be a little chilly or windy), a sarong for visiting temples, small change for drinks and of course your camera.

Sustainability in tourism

Certainly you want to find intact nature and an authentic environment during your stay. We are aware of our great responsibility towards nature and people, and are therefore committed to environmental protection and sustainable travel in Indonesia. GoVacation Indonesia as a partner of Travelife stands for sustainable tourism. Travelife is a leading initiative for the efficient and effective implementation of sustainable tourism principles. We aim to offer socially responsible and environmentally friendly products and expect the same from our partners we work with.

One goal of us is to reduce plastic waste that heavily pollutes the land and especially the seas. You can get a BPA-free refillable bottle with us and have the opportunity to replenish it at any time. For this we work together with many

hotels, as well as restaurants on excursions. Use these to dispense with the use of plastic bottles. The additional fabric bag can help you with your shopping on-the-spot and, like the water bottle, is a little memento of your trip. Both are locally produced.



Meeting with the travel representative

The time to meet your travel representative is limited. Please bring the money / credit card needed for your booking to assure quick payment. Every guest would like their time to make bookings and the guests from the next hotel would like to meet the travel representative on time as well.

Important notice!

The tour operator of these offers is always the stated company. It alone is responsible for the contractual fulfilment. Our travel representative sells and collects payment in the name of and for the bills of the company carrying out the tour. We cannot be held responsible for these services and do not bear liability for any faults. The excursion programme may be subject to modifications.

CULTURE, HISTORY AND EVERYDAY LIFE



► Mystical East

Bali and its contrasts Truly extraordinary impressions is what you can expect on this beautiful and diverse tour. You will travel through the tropical vegetation of Bali towards Klungkung, which played an important role in the history of the island, and visit Kerta Gosa, the historical hall of justice with its stunning wall paintings. The tour will take you along the coast to the bat cave Goa Lawah, where

you will be able to see hundreds of bats living in countless cavities. You will enjoy the paradisiacal nature on the way. Afterwards you will pass the famous rice terraces of Selat and continue to Pura Besakih, the so-called Mother Temple and most important Hindu sanctuary of Bali. Last but not least, expect to get a truly interesting insight into the work of the silversmith.

Tour operator: GoVacation Indonesia

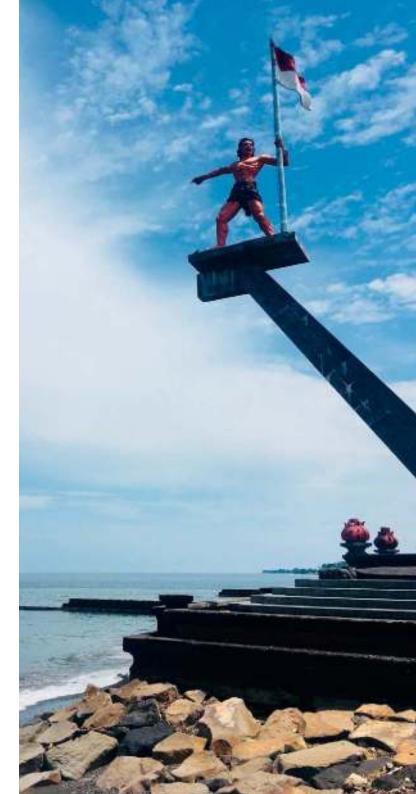
► Magical World of Gods and Art

A different kind of Bali On this day excursion you will visit the famous monkey forest in Ubud and see playful brown macagues up close. Please look after your belongings and do not try to pet the monkeys while you have enough time to stroll around the park area with its gigantic trees and old statues. In Ubud the colorful art market as well as the art gallery of painters close by will inspire you. Then drive along idyllic villages and small streets and enjoy the picturesque landscape of rice terraces. Afterwards we will visit Tampaksiring for the holy cleaning temple Tirta Empul – its spring water is considered sacred. and is used for ritual ablutions. The temple is one of Bali's most important shrines. Before visiting the famous Elephant cave Goa Gajah, you will have an amazing view over the mighty volcano of Batur. This one day tour, gives you a special insight into the daily life of Bali. Tour operator: GoVacation Indonesia

▶Pristine Northwest

Bali outside the tourist centres

Discover the great diversity and open all your senses for an extraordinary combination of colors. scents and sensations. On the way to the former capital Singaraja, which used to be the commercial center of Indonesia, you'll pass picturesque sceneries on the way and also visit the twin falls of Git-Git. In Singaraia a short walk along the old harbor and a visit to the Chinese Ling Gwan Kiong Temple await you. Lunch is served in a small local restaurant by the harbor. Afterwards we continue to Lovina with its famous black sandy beach. The temple complex Pura Ulun Danu, on the volcanic crater of Lake Bratan, impresses with its unique panorama and is a highlight of the tour. Tour operator: GoVacation Indonesia





▶Uluwatu Temple and Jimbaran Seafood Dinner

Culture, history and indulgence

Combine culture, history and culinary indulgence. Visit one of the six holiest temples. Uluwatu, which is located at the edge of a cliff approx. 100m above sea level and is home to a joyful group of monkeys. The impressive spectacle of the famous Ketchak and fire dances will take your breath away during sunset, high above the ocean. Another highlight awaits on the beach of Jimbaran, where you will indulge in a

▶Royal Bali

A day full of experiences

Experience the close western part of Bali with its famous Pura Taman Ayun temple in Mengwi, which gained popularity thanks to its beautiful swimming flower garden. The flying dogs and monkeys of Kedaton will astonish you and

delicious seafood dinner in a casual atmosphere. Halfday trip including dinner, Uluwatu Temple without dinner or only limbaran with dinner are available for booking. Try not to take any sparkling objects with you, as the monkeys love to steal them from the visitors. Tour operator: GoVacation Indonesia



surely make you laugh out loud. The unique romantic setting of the Tanah Lot temple and the beautiful combination of colours during sunset will be a truly memorable experience. On this tour expect an outstanding and extraordinary experience. Half-day trip. Tour operator: GoVacation Indonesia



► Temples & Rainforests **Extraordinary moments** are waiting for you

In the morning you will visit the mystical sea temple Tanah Lot. One of Bali's most popular photo motives. After this the journey continues to Batu Karu Temple, the so-called Jungle Temple located in the midst of Balinese's only rainforest. In the very rainforest close by we will also stop for lunch at Bamboo Forest Restaurant which is as the name indicates all surrounded by native bamboo trees. Another special highlight of the tour are the famous rice terraces of Jatiluwih, which are part of the UNESCO World heritage. At the end of the tour you will visit the former royal temple Pura Taman Ayun in Mengwi. The name Taman Ayun means beautiful garden and this is what you

can expect. An expansive magnificent garden with lotus filled fish ponds. courtyards and enclosures all built in traditional architecture. Do not forget your camera on this tour with many highlights of Bali and temple insights. Tour operator: GoVacation

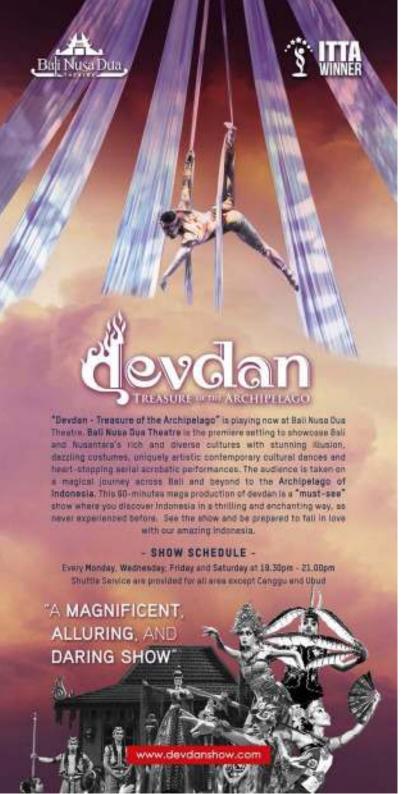
▶ Devdan

Indonesia

Enjoy and experience!

You will enjoy a unique dance and music performance at the famous "Nusa Dua Theatre". A local dance group combines fascinating acrobatics with modern and ethnic melodies and fanciful costumes. Be amazed by the dance performances of the different islands of Indonesia and experience a musical and cultural journey from Sumatra to Papua.

Tour operator: Nusa Dua Theatre





►Village Life of Bali

Rumah Desa

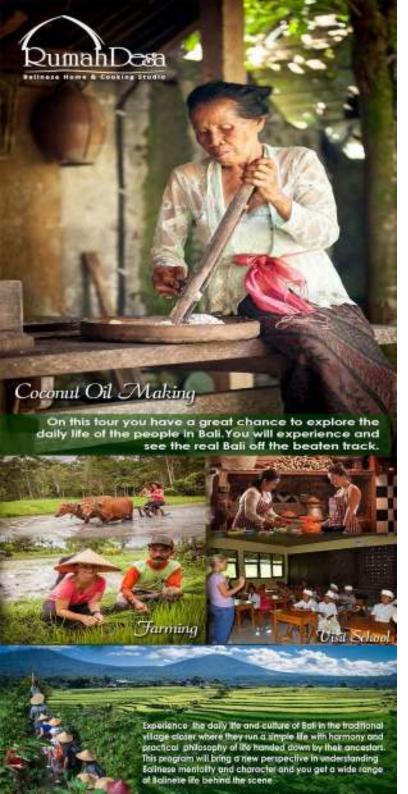
First stop will be a colourful market, where you will have the chance to have a stroll around. Afterwards you will visit a farm, where you will be able to learn a lot about the Balinese rituals and traditions. While hiking through a jungle vou can then learn about coffee and cocoa, peanuts, nutmeg, ginger, lemon grass and numerous other crop plants that grow here. Enjoy a refreshing young coconut on a rice field before using the unique opportunity to give the farmers a hand by ploughing the field with the water buffalo and plant rice seedlings. Afterwards an authentic Balinese lunch will be served in the pleasant fresh mountain climate. On the way back we will take you to a village,

where beautiful wooden decorations for temples and houses are carved.
Experience the life of the villagers also through an optional overnight stay experience at a Balinese village. On the second day more activities await you. Breakfast and Balinese authentic lunch are included. Tour operator: Rumah Desa

▶Cooking Class

Rumah Desa

In the same village as in "Village Life of Bali" you can take part in a Balinese cooking class. In a village, located far from the tourist centre, you will be introduced to the different spices of Balinese cuisine and will have the opportunity to try them directly while cooking, with 21 different Balinese recipes. Afterwards you will understand the tra-



ditional methods of cooking before having a taste of your delicious meals. A trip for real gourmets. This day trip includes lunch. Don't forget your camera! Tour operator: Rumah Desa

►Cooking and Trekking in Candi Dasa

Candi Beach Resort & Spa

You will be picked up in your hotel in South Bali around 8 am by your local guide and we will head towards the peaceful Eastern Bali. On the way to the starting point for the trekking in Candi Dasa we will stop at a local market for about 15 minutes and arrive then at our destination around 10 am. Together with the guide you will start a moderate one hour trekking, starting from a local village. Learn about the Balinese way of living, farming and family traditions before you stroll along beautiful rice paddies, meet some friendly ducks – called "bebek" – and finally get to a local housing complex where you can discover what has been explained before. Leaving this area, your walk will continue through the beautiful surroundings of Manggis along lush tropical forests where vou will learn more about the flora and fauna. Here you will have the chance to discover plants such as

coffee, papaya and many more. Learn about how the Balinese make use of all the plants and how it is used for cooking, healing or for the production of the local palm wine called "tuwak". After finishing off the walk at a local temple and having learned about praying, ceremonies and traditions, you will hop into the car and your guide will accompany you to Pegubugan mountain gazebo. Reaching the top of the hill you will be thrilled by breathtaking views overlooking rice paddies and the ocean towards Nusa Penida island. Enjoy a refreshing welcome drink first before joining a Balinese chef and his team for an authentic and truly Balinese cooking class in this unique setting. Within the one hour class, you will experience the preparation of typical dishes while receiving secret cooking recipes by the kitchen experts. After preparing all dishes. the time has come to sit down and relax. Try the mouthwatering meals and enjoy a cold drink while overlooking the stunning scenery. You will slowly head back to your hotel from Pegubugan mountain gazebo at 1 pm. Only if your hotel is in South Bali on the way back vou will additionally make

bamboo, banana, cocoa,



Why Candi Beach Resort & Spa

- Located directly on the beach on an area of 40.000 sqm, a secluded white sand beach.
- 2. Big tropical palm garden
- Traditional Balinese architecture in perfect harmony with all modern amenities,
- 4. Bungalows with sea view or garden view.
- Luxury Suites and Villas for ultimate comfort and breathtaking garden and ocean view.
- 6. A 26 meter long pool with a sea view pool and a bar.
- 7. Ideal for snorkeling, diving and fishing.
- Perfect as a starting point for your tours to important objects of interest.



Mendira Beach Sengkidu, Candi Dasa, Bali Ph. +62 361 41234, Fx +62 361 41111

info@candibeachbali.com www.candibeachbali.com

a short stop at Pura Goa Lawah also know as Bali's bat cave as well as at the beach where farmers harvest natural sea salt under the swaying coconut palms. Tour operator: Candi Beach Resort & Spa + GoVacation Indonesia

▶Balis Spiritual Life incl. Ceremony

Rumah Desa

Get to know everything about the Balinese Spiritual Life and experience an intimate celebration for your anniversary, welcoming birthday, engagement, wedding day, celebration of marriage, or simply celebrating success and happiness. The program starts with making offerings for your private ceremony. Followed by a short introduction into the cooking of the traditional yellow rice cone or know as Tumpeng, which is especially made for ceremonies. After this you have time to rest, relax and pamper yourself with a Balinese massage. After a shower, you will change into traditional Balinese clothes worn for the ceremony. The blessing will be done at the Bale Gede. After your private ceremony is finished the day will end with a nice dinner in a Balinese House.

Tour operator: Rumah Desa

SUN AND SEA



► Dolphin Tour in the South of Bali

Not only for Flipper fans

Expect a truly unique adventure. You will encounter

the dolphins in their natural habitat in open waters. Watch them while they peacefully play and dance. This is your opportunity to experience these peaceful,

intelligent and lovable marine mammals up close. Please note: this half-day trip is not suitable for children under the age of 12 years, pregnant women and people with heart and/or back problems. Tour operator: Bali Hai Cruises

►Exklusive Waka Sailing Cruise - Lembongan

One-of-a-kind sailing experience

"Waka Sailing Cruise" invites you to have a joyous day out aboard the sailing catamaran. The trip from Benoa to Lembongan Island will give you a feeling of pure freedom. The trip starts from a private yacht harbour in Benoa. From here it will take you around one hour (depending on wind conditions) to reach the beautiful Nusa Bay of Nusa Lembongan. Enjoy a pleasant and relaxed trip with a refreshing ocean breeze. Being able to comfortably sit in- and outside you will have a comfortable trip, where you will also enjoy coffee, tea and snacks. Once in Lembongan you can either relax at the beach club or take part in activities such as snorkelling or a tour around the village. You will keep this day in memory for a long time. Bring things for swimming and some soap. Tour operator: Waka Sailing

►Tour Aristocat – Catamaran Lembongan

Sun and sea

Ioin us on board this exclusive catamaran and eniov a beautiful journey. We will take you from Benoa to Lembongan Island, where our own beach club with crystal clear water and different activities await. In Lembongan vou will have the opportunity to enjoy glass-bottomboat rides, snorkelling, banana boat, village tours or a semi submarine. Do not miss out on this one-of-a-kind opportunity. Bring things for bathing and washing.

Tour operator: Bali Hai Cruises

3 Island Day Cruise

Snorkeling between the islands

Experience Bali's fastest and most exciting full day snorkeling cruise as you discover the magnificent sights of Bali's three sister islands. Nusa Penida. Nusa Lembongan und Nusa Ceningan. Sit down, hang on, and let's go!! The journey first leads to Nusa Penidas picturesque steep cliffs, the untouched bays and hidden beaches for snorkeling and swimming. You will have the chance to see seaweed farmers at work in the traditional villages.



You will then visit the Lembongan Bay Marine Park with options of snorkeling, banana boat rides & semi submarine dive or just enjoy the beach club (swimming pool and volley ball court provided) Tour Operator: Bali Hai Cruises

►Tour Aristocat - Catamaran Nusa Penida

Get swept ashore with a private Castaway Escape!

You will begin the day sailing to Crystal Bay in Nusa Penida onboard Aristocat, our 64ft luxury sailing catamaran. Located on a remote tropical island, you'll be transferred to the pristine beach at Crystal Bay. Named because of its crystal clear waters, you will have a one-of-a-kind Bali day trip incl. the opportunity to snorkel over some of Indonesia's best coral reefs, teeming with tropical marine life. Furthermore you will have the chance to taste the local food cassava. and meet the islanders as they make flower offerings for their temple. A tropical BBO lunch will be served at the beach front restaurant "Hai Ri'Zen" in Mushroom Bay, Nusa Lembongan. The Castaway experience is a complete haven of relaxation. It is hands down one of the best daytime activities in Bali. You can enjoy

a massage throughout the day or simply relax in a beach chair overlooking the bay's tranquil, tropical waters.

Tour operator: Bali Hai Cruises

► Aristocat Catamaran - Romantic Dinner Cruise

Enjoy a sophisticated Evening Cruise aboard the Aristocat Catamaran. After a welcome cocktail in the garden, step on board to enjoy a romantic evening dinner whilst being serenaded by live music and the sounds of the sea.

Tour Operator: Bali Hai Cruises

▶Bali Wave

Surf School

Here you will experience the feeling of riding Bali's legendary waves. Trained instructors will give you an introduction into the foundations of surfing. It is guaranteed that you will stand up on the surf board on your first day. One lesson takes approx. two hours and takes place in small groups. Bali Wave Surf is a very professional school with high security standards. There are different classes for beginners and intermediates. The school is located on famous Kuta Beach. The surf times vary depending on the ocean conditions and will be given to you upon booking. Do



not miss out on trying this unique sport when visiting the surfer paradise of Bali. The surf board, a surf shirt and drinking water are included. Do not forget your board shorts and clothes for changing. Half-day trip. Tour operator: Bali Wave



► Snorkelling Safari Like a fish in the sea

On this exciting trip you will have the opportunity to learn about all the tips and tricks about snorkelling. You will be guite impressed with yourself of what you will be able to do after this day. Professional diving instructors will show you, how to make a snorkelling trip a truly memorable experience. The setting of the stunning steep face as well as the coral reefs with countless fish will take your breath away. Secure your spot and join us on an adventurous and informative snorkelling safari. Day trip, all inclusive (except alcoholic drinks). Bring your

bathing suit, towel and maybe soap. Tour operator: Tauch Terminal Bali



DIVING SNORKELLING INTRODUCTORY DIVES COURSES AND SAFARIES



TAUCH TERMINAL BALI

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e-mail: dive@tauch-terminal.com

Homepage: www.divebali.com

▶Diving Day Trip or Fun Dive

Experience Bali's magi- cal underwater world

"Tauch Terminal Bali" is a professional, guided diving school with many years of experience, ensuring the highest international security standards. Explore one of the world's best and most adventurous diving areas. Viewings of manta rays, steep faces with countless colours and shapes, as well as wrecks in a biologically

intact underwater environment that is rich in species will be on your agenda. Expect excellent diving, endless beaches and bizarre volcanic landscapes along with the charm and exotic culture of Bali. Day trip, all inclusive (except alcoholic drinks). Bring your bathing suit, towel and maybe soap. It is possible to rent an underwater camera (bring your SD memory card). Tour operator: Tauch Terminal Bali







ADVENTURE AND NATURE

► Mystical Volcanoes

Experience mystical Bali From your hotel we drive towards the Northeast of Bali and visit a small waterfall. Then we continue towards the village of Nyalian. Here we will visit a traditional Balinese family house and enjoy a delicious cup of Balinese coffee or tea. Then visit a village that is known for the production of palm wine called Tuwak which you can also taste yourself surrounded by many types of tropical plantations. Then we drive you through an original bamboo forest along rice terrace fields on the way to Kintamani, where stunning views await you. Enjoy amazing views over the Batur volcano and its lake. Next stop will be at the authentic hidden temple called Bubung Renteng.

Then we head from there off to a small village and meet a local knife producer, who still uses traditional technology to produce knifes. The way back to the hotel leads along small country roads, with a stop at a sacred banyan tree.

Tour operator: BJT Tours

▶The Secret of Bali

Bali's Hinterland

Take part in a breath-taking jeep safari in Bali's hinterland. We will take you to traditional handicraft villages, pass idyllic rice fields and cocoa plantations and to a Balinese house, where the locals will greet you with coffee and tea. Afterwards your jeep will take you to the untouched Tamba Wara temple. Thanks to 4-wheel drive you will be able to



discover pristine Bali and visit areas where only few tourists have made their way to before you. A short hike across rice terraces makes this trip truly memorable. Please bring sturdy shoes.

Tour operator: BIT Tours

▶Deep Jungle Trekking

A trekking adventure Your adventure will start around 07:30 in the morning and leads you guided by professionals through one of the oldest and biggest jungles of Bali at Batukaru mountain. Batukaru is the second highest mountain in Bali. at 2,276m above sea level in the area of Tabanan regency. The mountain is also a volcano which had it's last eruption more than 2000 years ago. It's impact still being visible today. You will further see gigantic trees, wild bamboo plants, birds and with a bit of luck even wild pigs, deers and monkeys. At about half track through the jungle we will make a short break accompanied by local snacks and coffee. After crossing the jungle, we will have a nice overview of the mountains Adeng and Sangiang with their green lush tropical forests. Then we will visit a local family to see how to make red

sugar. On the way prior to

our lunch stop we will also

see many tropical plants, an irrigation dam and the famous UNESCO rice terraces of Jatiluwih. Lunch will be served at a local restaurant while overlooking the rice fields.

We suggest you to use trekking shoes or sport shoes, long pants and a long sleeve shirt if possible. Please do also bring sun screen, a hat and some small change for drinks etc. Tour operator: BJT Tours

►Waka Land Cruise Journey to the secret soul of Bali

A day trip through authentic Balinese villages and some of the most picturesque parts of Bali, Waka Land Cruise pick up guests in a land rover equipped with picnic baskets with refreshments. The journey leads you away from the main roads and busy highways on to back roads and through authentic villages. First stop is a natural stone quarry where villagers have cut the stone out of a dry river bed for generations. From there the trip continues to an agricultural village where a local family introduce you to the wealth of tropical plants surrounding them, Cacao trees, mangosteens, the native pomelo, coffee and traditional rice fields mingle with the flowering



Trip Organizer: Waka Land Cruise

six main temples on the

island of Bali.

by Empu Kuturan, a great

Hindu Sage who established



► Mount Batur Hiking The mountain is calling...

A truly special experience

for any experienced hiker is the ascent of the 1,717m high active volcano. Mount Batur, Starting in the middle of the chilly night you will make it to the crater within approx. 2.5 hours. At the summit getting out of bed that early will be rewarded with a simply breath-taking sunrise and panorama of the volcanic landscape beneath. You will need sturdy mountain boots, a change of clothes and a piece of warmer clothing as well as maybe things for swimming and soap.

Tour operator: BJT Tours / Clipper Discovery

► West Bali Nature Safari Top notch safari feeling

Take part in an interesting and diverse nature safari through the west of Bali, which is basically unknown to tourism. From rice terraces and rubber plantations, to villages and valleys you will experience Bali off the beaten track. Only with the help of 4-wheel drive vehicles these areas are accessible, which makes the impressions and your experience all the more exciting and memorable. With this trip you will see a part of Bali that not many people have visited before you. Tour operator: Clipper Discovery

►Lembongan Island and Mangroves

(incl. stand up paddle board)

Your morning begins with the pick-up from your hotel and the transfer to the local port, where your fast boat will be waiting for you. Whilst on the boat, you will cross Bali's southeast coast, as well as enjoying the view of Mount Agung. During the 40-minute journey, you can also enjoy the fantastic view of the blue ocean. After arriving in our Natural Base Camp, a Natural Welcome Drink will be served for your refreshment. While enjoying the drink, the instructor will give you the locker key to store your bags.

Start the day by exploring the Mangrove forest by Stand Up Paddle. Do not worry if you never tried it before, our professional instructor will assist you until you are ready to stand up. After that, you will explore the small canal through the mangrove forest and

will have a short break in the boat while enjoying a soft drink. After a short briefing and a safety check, you can jump into the blue sea water and immerse your time with colorful coral and many kind of coral fishes.

At lunchtime, you will "refuel" with A Natural Set Menu Lunch on Natural Base camp. Afterwards, you can enjoy some free time to explore the hidden white sandy beach, as well as the local seaweed farmer near the camp. Tour Operator: Bali Nature & Experience Tours

►Nusa Penida In A Day On an extraordinary

holiday, you need to go to an extraordinary destination. So if you are looking to step into a world of awe-inspiring beauty and discovery you've come to the right place. You will embark to the new

paradise island Nusa Penida with its sheer beauty and unique culture hidden away for many years. Early in the morning you will be



crossing the small strait to Nusa Penida island for about 30 minutes by fast boat while enjoying the view. Once arrived you will visit the hidden Kelingking Cliff, the Broken Beach which allows ocean water to flow into a pool and the nearby Angel's Billabong. Afterwards you will have time to rest and relax at your exclusive beach club in Nusa Lembongan as well as experience some top class snorkeling along the coast of the island. This day excursion includes all transfers, snorkeling equipment as well as lunch. Please bring sun cream, sun hat, small change. swim suit and of course your camera. Nusa Penida as a two day excursion including Giri Putri Cave, Teletubbies Hill, Atuh Coral Beach and much more is also available. Tour operator: Bali Nature

& Experience Tours

► Holy Lempuyang Summit Trekking

The gateway to heaven Eastern Bali is well known to be the place of "spiritual power". Many Balinese visit the temples in Lempuyang when purification of the body is needed or when they need

to draw holy water for their ceremonies. The meaning behind Lempuyang comes from "Lempu" meaning the light, "Yang" which comes from the name of a famous God - Sang Hyang Widi. The trekking will start at the first temple which is located halfway up the mountain. Along the way a traditional Balinese fabric, called "Sarong" will be handed out to you. Once you have emptied your minds of negative thoughts and feelings, the trekking to the top of the mountain will continue. You will be trekking through a preserved rain forest. Reaching the temple located at the top of the mountain, there will be a chance to take a moment to meditate, relax and to clear all thoughts. If lucky enough, the magnificent Mt. Agung will appear when trekking downwards. This splendid view of Mt. Agung will definitely remain in your memory! Tour Operator: Bali Nature & Experience Tours





www.ojibali.com

▶Mountain Bike Tour

A day filled with impressions

Equipped with everything you need — mountain bike, helmet and gloves — you will start your journey through a beautiful setting. You will ride through picturesque scenery on your modern bike. Your day will

be filled with nature, villages, fantastic impressions and many short stops with visits and information to make this active trip truly diverse and adventurous. You can also combine this day trip with a visit to the elephant park.

Tour operator: Sobek



▶E-Bike Tour

E-biking through Jatiluwih UNESCO site and trekking

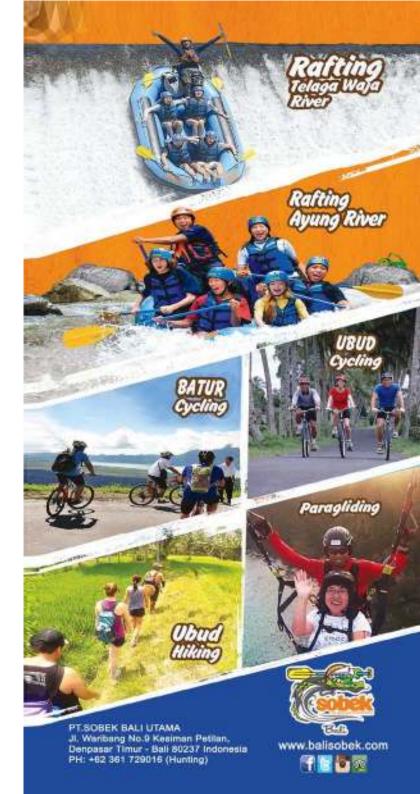
This cycling trip (approx. 2 hours) with electric bikes starts around 10am from Batukaru temple (no temple visit) and takes you past beautiful landscapes to Jatiluwih, an UNESCO World Heritage site, where you will cycle through its stunning center, guided by an experienced local guide who happily shares his/her knowledge with you. This unique UNESCO site consists of more than 300 hectares of stunning nature, rice terraces and lush tropical vegetation. We pass with our bikes dense jungle, giant bamboo forest, local villages, rice terraces and much more. Following the

cycling trip a tasty authentic Indonesian lunch is served in Green Café surrounded by rice fields. After the break we continue on foot (approx. 1.5 hours) through the rice fields to see local farmers at work. Halfway through the trekking we literally go off the beaten track to cross a river and discover even more amazing natural terrain. Tour operator: Green Bikes Bali

▶West Bali VW Safari

Bucket car tour

Your tour's first stop will be the sea sanctuary Tanah Lot temple before heading to the jungle temple Batu Karu, located in the rain forest. Afterwards a drive through Bali's lush rice terraces with lots of stops



for taking photos and for explanations will follow. You will also take part in a short hike through the rice fields. On 1,200m above sea level you will find the stunning Bratan Lake with its temple for the goddess of water. You will also get the chance to visit a colourful vegetable, spices and fruit

market, a real pleasure for the senses. The visit to a rice farmer's house in the afternoon is the cherry on top of this wonderful trip. Please bring something to cover your head. We will provide sarongs for visiting the temples in the VW. Tour operator: Bali Safari Tours



► Central Bali VW Safari Bucket car tour

Our driver will pick you up from your hotel early in the morning and then we drive to the Batuan Temple which has been founded over 1000 years ago. This sanctuary is both a village as well as an ancestral temple and impresses with its classic architecture and incredible stone sculptures. There are also beautiful Barong masks to see and taking photographs in the morning light is ideal. Then it goes on village streets to the famous artist village Ubud. You will get an impression of the palace Puri Agung and then have

free time to explore the art market and the surrounding area in the center of the village. In Ubud you will also visit the famous monkey forest where you can see playful brown macaques up close. Please look after your belongings and do not try to pet the monkeys while you have enough time to stroll around the park area with its gigantic trees and old statues. The tour then continues along rice fields and through sleepy villages in the mountain areas where the vegetation drastically changes where vegetables and fruit trees can be seen. After about an hour we



reach the Batur volcano with its 12 km diameter gigantic caldera. The view of the volcano, the caldera and the Batur lake in it is breathtakingly beautiful. A highlight of the trip is the subsequent drive down into the old crater to the lava fields. The tour guide will tell you about volcanoes and you will have time to wander through the lava fields and photograph bizarre rock formations. Back on the edge of the crater, lunch will be served in a restaurant with an impressive view of the volcano. In the afternoon the journey continues to the source sanctuary Pura Gunung Kawi Sebatu. The small temple with its flowers and its pond is beautiful. Finish off with the rice terraces in Tegallalang area and take a short walk along the canyon with fascinating photo opportunities. Tour operator: Bali Safari Tours

►Eastern Seascape VW Safari

Bucket car tour

Experience pure Bali with is breath-taking land-scapes, remote bays and fantastic beaches off the beaten tourism track. Early in the morning this tour will take you to the East, first stop: bat cave Goa Lawah. Passing by snake fruit plantations and small

villages you will head to Tirtha Gangga, the water palace. Afterwards you will drive along the coast to Amed, which is known for its beautiful underwater world and its pristine and colourful fishing villages. Lunch will be served directly on the beach of Jemeluk. Afterwards you will have the chance to go snorkelling and to sunbathe. Along the coastal road high above the sea with fantastic views of hidden bays and surrounding islands, we will take you to White Sand Beach. This place is still an insider tip! (You will stay here for approx. one hour). On the way back you can take pictures during a short stop at a black sandy beach where vou can also watch many surfers and take wonderful photos. Snorkelling equipment with flippers and all sun beds with umbrella are included. We provide sarongs for visiting the temples in the VW. Tour operator: Bali Safari

Tours

Water and Ramboo

►Water and Bamboo VW Safari

Bucket car tour

First we visit the beautiful and serene waterfall Tibumana in the Gianyar district. An easy walk down of about 50 concrete steps takes you to the fall which leads into a pool, ideal for

morning. The landscape is fantastic, with ferns and giant trees all around. Afterwards we drive on with the roof of the car down through evergreen rice fields and further pristine landscapes via Bangli to vour second waterfall experience: Tukad Cepung. Again you walk concrete steps deep down into the ravine of the river. There is a cave which illuminates a fall that spills right into it. The place is really magical although swimming is not possible here. We then continue an easy half hour drive to your lunch restaurant with gorgeous views of rice terraces and Mount Agung, Bali's highest volcano. After the lunch break we then take you to one of Bali's most beautiful and mysterious temples which is Pura Kehen. Founded in the 11th century it is a spectacular site with its ornamented front gate and a giant Banyan tree growing in the temple's courtyard. Afterwards we visit Penglipuran Village. This village has preserved its traditional Balinese style. All houses are laid out identically with their gates, temples and inner courtyards. Adjacent to the village we wander through a bamboo forest, cool and quiet, with giant bamboo

a refreshing swim in the

growing in an area of 45 hectares. On the way back we stop at a black sand beach for photos and rest for a while before going back to your hotel.
Tour operator: Bali Safari Tours

▶River Rafting

A different kind of day

Have you ever rafted? No? Then it's about time! The Ayung and Telagawaja Rivers offer the perfect conditions for everyone who has always wanted to try this adventurous sport. It's a perfect combination of nature and adventure with countless amazing impressions and lots of fun. Be a part of it! Please bring things for bathing, sun screen, dry change of clothes, shoes that may get wet and of course your camera (if possible protected). Tour operator: Sobek

▶Individual Bali

Create your own programme according to your own wishes!

Rental car with driver and tour guide. It is a completely free programme, which you can design yourself with your driver and tour guide. Experience Bali individually. Depending on what you choose, the tour will take 4 or 8 hours and includes the car, driver and

also a tour guide. Time of departure: completely up to you. Tour operator: GoVacation Indonesia

▶Quad & Canyon Tubing Adventure

Get dusty, muddy and wet

This adventure off the beaten track lets you drive a quad bike/ buggy through rice fields, plantations, jungle, mud tracks, & 2 traditional villages followed by a unique river tubing experience. Your all-inclusive adventure starts with pick up from your hotel. At the location you will store your belongings in free lockers, watch a safety video while enjoying your welcome drink & snack, and then the guides will give you a briefing with hands-on instructions. Afterwards you will complete the training track and start the approx.

2hr adventure. Ouads/ Buggies are fully automatic and easy to operate. Quads are Yamaha & Kawasaki. All tours are accompanied by experienced guides & groups with very different driving skills will be split up to ensure the tour is catered to your liking. After this great land experience. make your way through a secluded canyon in the virgin Balinese wilderness by land, water & air in one exciting trip! The Canyon Tubing Adventure will take you drifting down the idyllic stream of the hidden Siap River in your own inflatable tube. You will add a little excitement to your Bali trip while enjoying the lush environment and beautiful nature of this tropical paradise. A 4WD vehicle (navigated by our guide) will bring you to your journey first through the jungle and then to the canyon. In the canyon you





the riverbank, back to the base camp (no torturous stair climbing before or after the tour!) Post the tour, vou can have a hot shower and then enjoy an extended hot buffet style lunch before heading back to your hotel. Both tours can also be booked separately. You can drive your quad/ buggy by yourself or if you want just enjoy a tandem drive with your friend or partner. Bring fresh clothes, swimwear and sun cream. Waterproof bags for the tubing adventure will be provided.

Tour operator: BODT

SPECIAL HIGHLIGHTS

end of the tour, the 4WD

vehicle will bring you from



► Best of Bali

Or: Bali in 3 days

If you would like to learn as much as possible about the island and its people, this 3-day-trip is for you. Almost all the attractions to see are included in the agenda of this trip. You will gain a perfectly structured insight into the world of Bali. You will experience the Barong

dance. Kerta Gosa the hall of justice of Klungkung, the mother temple Besakih, the bat cave Goa Lawah, the artists' city Ubud, Kintamani and Mount Batur, as well as Lovina in the north. Ulun Danu temple by the Bratan Lake, the gathering on the fruit, orchid and spices market in Bedugul, the royal temple of Mengwi, the Taman Ayun and of course the probably most famous temple Tanah Lot in the southwest. At the end of this trip you will have experienced all of Bali and will surely tell stories about the memories made during this trip for years to come. 3-day trip with half board. Please bring clothes for staying overnight. Tour operator: GoVacation Indonesia

► Lovina 2D/1N - Balis Northern Gem

For those who want to be off the beaten track

Day 1

After your guide has picked you up from the hotel we first drive to Gunung Kawi tombs. These royal tombs date back to the 11th century and were shaped in picturesque gorge rock walls. Afterwards, we continue our drive to Kintamani, where a lunar like landscape of black lava fields overlooking the Batur volcano awaits you. Absorb

this unique panorama view during your lunch break. When you have finished lunch we proceed to Pura Beji Temple. This rather small Hindu temple is one of the most beautiful sanctuaries in the region. After having visited the temple, we drive to your beach hotel "The Lovina", where you will spend the night. Once there, in the afternoon you can rest & relax and enjoy the hotel facilities before dinner is being served.

Day 2

On the second day of your round trip, we will take you to the sea shortly before sunrise and observe from a small boat Lovina's famous dolphins. At sunrise they will come out in swarms. Afterwards we drive back to the hotel where breakfast is already waiting for you. After you have strengthened yourself, you can freshen up for a bit before hotel check-out and our next visit to Brahmavihara-Arama. the largest Buddhist temple in Bali. Then we go on a 20 minute short hike to the more unknown Munduk waterfall. The water falls about 25 meters down a tropical wall into a rock pool. Please wear proper shoes for the hike. At the end of this tour after lunch is being served in Bedugul, we will drive you to Pura Ulun Danu. It is one

of the most beautiful and also most photographed temples in Bali. A smooth reflective surface of the lake surrounding the temple's base especially during the more rainier month in Bali creates a unique floating impression, while the mountain region of Bedugul provides the temple with an astonishing scenic backdrop.

Tour operator: GoVacation Indonesia + The Lovina



►Gili Trawangan 2 or 3 days

Experience a fascinating and pristine world that almost seems forgotten. There are no cars and no bikes to be found on this island with its South Pacific atmosphere. Despite the proximity to Bali, you cannot compare Lombok and Bali. Gili Trawangan will surely amaze you. A fast boat will take you from Bali to Gili Trawangan. Once arrived, the typical Lombok horse carriage – Cidomo – will take you to your 4-star

hotel Vila Ombak/Aston. You can then spend the day by the beach, relaxing, swimming and snorkelling. A one-of-a-kind experience that has something for everyone. Please remember to bring things for bathing, sun screen and a hat. Please note that you might get a little wet during the boat ride. 2- or 3-day trip including breakfast. Please bring clothes for staying overnight. This tour is not suitable for pregnant women or people with heart or back problems. Tour operator: GoVacation Indonesia

► Westbali Hiking & Snorkeling

Active holiday

Everybody who wants to be one with nature and experience Mother Earth up close, knows that trekking as well as snorkelling are some of the best ways to do that. During this 2-day safari in the national park of Bali many unforgettable and truly impressive moments will await you. On the first day you will trek along the Tamblingan Lake, visit Munduk Waterfall and experience the hot springs before enjoying the romantic sunset. On the second day we will take you to the Menjangan Island, offering the best possible conditions for

snorkelling and diving. A visit to the Rambutsiwi temple rounds off this interesting, diverse and adventurous 2-day trip. 2-day trip with half board. Please bring clothes for

staying overnight, also something a little warmer such as a sweater or similar as well as sturdy shoes and things for bathing. Tour operator: GoVacation Indonesia



▶Rinca – journey to the Komodo dragons incl. flight

Day 1: LABUAN BAJO – RINCA

After arriving in Labuan Bajo your tour guide will take you to the harbour where you will embark on your private ship. It will take you to Rinca – one of the main islands of the Komodo National Park Lunch will be served on board. The sail to Rinca (in Loh Buaya) takes about 2.5 to 3 hours. After registering for the Komodo National Park, a ranger will guide you along the 4km-long trekking path to the centre

of the island. On this path you will encounter Komodo dragons, wild water buffalos, wild horses, deer, rare bird species, monkeys and much more (duration of the hike approx. 2 hours).

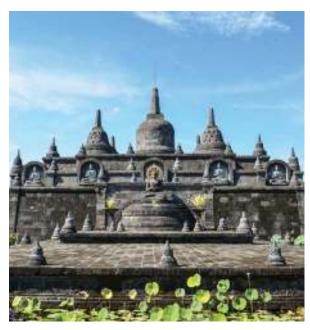
Day 2: Rinca – BIDADARI ISLAND – LABUAN BAJO In the early morning



the ship will take you to Bidadari Island where you will have the chance to swim and snorkel in the crystal-clear water. Return to Labuan Bajo and trans-

YOUR EXCURSION PROGRAMME

fer to the airport. 2-day trip with full board. Also available as a 3-day tour. Tour operator: GoVacation Indonesia



▶Yogyakarta incl. flight

Let us take you on a very special trip. You will go to Yogyakarta on Java Island, a place with one of the densest populations in the world. Everywhere you go you will feel the Javanese mystic and the spirit of past high cultures. The life far away from tourism and hustle and bustle of any kind will surely impress you. You will visit the Borobudur temple, one of the biggest Buddhist sanctuaries in the world. It is completely covered with

reliefs and was declared **UNESCO** World Heritage Site in 1991. You will also have the opportunity to visit the Hindu counterpart, Prambanan temple. With an inner courtvard 100x100m in size, it is surrounded by seven towers. A truly unique and impressive sight. You will also find the sultan palace Keraton and the impressive ruins of the moated castle on your agenda. This day trip includes lunch. Tour operator: GoVacation Indonesia

TIME TO RELAX

A stressful lifestyle uses up your energy, which you normally don't even notice. In order to regain your energy and return back to balance it is important to let yourself get pampered with everything Mother Nature has to offer.

The traditional Balinese full-body massage treats your deeper tissue with a combination of both soft and strong pressure and energetic influences. The therapist alternates with his palms and fingertips, during the partly soft and smooth and partly dynamic passages of your therapy. Soft touch and strong pressure open up space for a deep contentedness with your body and yourself. The warm surrounding, the scent of exotic oils and the smooth sounds will let you dream of far eastern worlds. A great way to leave behind your everyday life and regain energy. With its combination of stroking, stretching, kneading and pressure this traditional Indonesian healing therapy stimulates blood circulation, loosens the muscles and revitalises.

Mandi Lulur (or Javanese Lulur) is an old kind of therapy that was originally developed for aristocratic families. It is a full-body mask with flowers, herbs and spices (curcuma, ginger, sandalwood, ylang-ylang etc.), which dries on the body and is then scrubbed off (peeling). Normally Yasminor rose-scented scrub is used for this. A flower bath in the end ensures absolute relaxation.

Peeling is often recommended as preparation for tanning. Make sure to stay in the shade during your first few days, the tropical sun in Bali is very strong! You should not underestimate it.

Please note:

* A treatment with peeling (body scrub) is not recommended if you have sunburn. It can be substituted by a massage.

^{*} The stated duration of each treatment is only for reference, it can be different with every person, depending on body size and skin condition.



Celebrate the art of supreme relaxation

Royal Kirana Spa & Wellness takes personal rejuvenation to the next level in a natural setting designed to harmonize with the gentle beauty of the surrounding river valley. It is the perfect place to indulge in luxurious body and beauty rituals along with local theraples inspired by traditional Balinese wellness.



The Royal Pita Maha

Desa Kedewanan PO Box 198 - Ubod 80571, Bali - Indonesia
t. (62.361) 976333 - f. (62.361) 974888
e. info@royalkirana.com - www.royalkirana.com



▶Theta Spa – Tuban

Located right at the famous Kuta Beach, where you can find international restaurants, shopping malls and souvenir shops such as Centro or Matahari Shopping Mall Kuta Square within walking distance.

Tour operator: Theta Spa

►Ayutaya Spa - Jimbaran

The spa is easily accessible as it is only 15 minutes from the airport, 25 minutes from Kuta and 10 minutes from Nusa Dua. Balinese and international staff pamper their guests, while certified energy therapists take care of your bodily wellbeing. All the rooms provide lockers, a large bath tub and showers. Tour operator: Ayutaya Spa

▶Ubud - Rest and Relax

We will pick you up at your hotel and drive you to Ubud. Your driver will drop you to your spa, where you will first enjoy an History Spa Experience. Afterwards you can plan the rest of the day on your own. Either you enjoy the beautiful pool and garden area of

the hotel or you try an extensive trekking along the famous Campuhan Ridge Walk. Another great option is joining the shuttle to Ubud center and exploring the cultural artistic heart of Ubud on your own. We recommend to visit the Ubud Royal Palace, the famous Ubud Market and also the Monkey Forest. The driver will pick you up again at the Spa in the late afternoon.

History Spa Experience includes:

- Approx. 30 minute guided visit to Gunung Lebah temple (an ancient Hindu temple from the 8th century with ornate carvings and statues)
- Relaxing with 1 hour traditional Balinese Massage by OOS river ride
- Enjoy all spa facilities such as hot cold whirlpools baths, sauna and steam rooms
- Lunch with 3 courses Indonesian set menu include fresh fruit juice /soft drink at Terrace Restaurant Tour operator: GoVacation Indonesia and Tjampuhan Spa



LOMBOK

The way Bali was thirty years ago can still be experienced in Lombok. White powder sand, which is a rare find in Bali, turquoise ocean, scent of tobacco plantations filling the air, fertile rice fields; the island has everything to offer that you expect from a tropical island.

Even the world of animals is different from Bali. The so-called "Wallacean Line", which marks the boundary between the Australian and Southeast Asian fauna goes right through the Lombok Strait, which is the water separating Bali and Lombok

The impressive Mount Rinjani, the third largest mountain in Indonesia with its 3,726m dominates the landscape.

Rugged crags, crystal clear waterfalls and crater lakes, hot springs and lush rainforests invite for adventurous hikes. Lombok opened to tourism back in 1980, giving a more de-

serted alternative with less tourism than in Bali. The most

developed tourism area in Lombok is located around Senggigi and stretches approx. 10km along the coastal street. Traffic is only very limited and night life with its few clubs not very extensive. Beside the local restaurants you will surely find some trend setters. Several comfortable hotels offer their friendly service at mostly lower rates than in Bali.



You can reach the Gili Is-

lands within roughly one hour from Lombok, either on ferry or fast boat. And these beautiful islands are not only popular among backpackers.

■ History

The kingdom of the Sasak, Selaparang was the first known society in Lombok, which was founded by three brothers. Following internal fights for power the kingdom broke into several smaller states. There is not much more known about the early history of the island. After the 17th century the Balinese and Sumbawanese people conquered parts of Lombok until in 1838 the Mataram Kingdom of Bali took full control over

the island. 1674 was when the first Dutch arrived, establishing their trade missions in the east of Lombok. Together with the Sasak, the indigenous of the island, they fought the reigning Balinese Hindu Dynasty in a bloody revolt in 1891. It ended in 1894 when the whole island was part of the Dutch colony. During the Second World War in 1942 the island was occupied by the Japanese. Ever since the declaration of independence on 17 August 1945 Lombok is officially part of Indonesia.

■ Geography

Lombok means chilli in Bahasa Indonesia. It is part of the Small Sunda Islands and can be found in the Nusa Tenggara Barat Province. 2.4 million people inhabit the island, 360,000 living in the capital Mataram. The island itself covers 4,725km².

The Lombok Strait between Bali and Lombok, marks with the Wallacean Line the biogeographical boundary between the animal and plant world of Australia and Asia. To the east, the Alas Strait separates Lombok and Pulau Sumbawa.

The island has a volcanic origin and is surrounded by several smaller islands. The most famous are the Gili Islands Trawangan, Meno and Air, located in the northwest. In the northeast you can find Gili Lawang and Gili Sulat Lombok. The main island's landmark is the 3,726m-high Mount Rinjani. The southern part of the island is fertile with rice fields and coffee plantations.

□ Climate

Lombok's climate is tropical, hot and wet all year round. Rainy season starts at the end of October and lasts until April. The driest months are July and August.

□ Population

The population is made up of 85% indigenous islanders, the Sasak, 10% to 15% Balinese and a minority of Chinese, Arabians, Javanese and Sumbawanese.









The languages spoken in Lombok are Indonesian, Bahasa Indonesia, and different variations of the Sasak language, ngeno-ngené, ngeto-ngeté, meno-mené and meriaq-meriku. These usually vary from village to village, thus many different dialects exist.

The Sasak are culturally and ethnically closely related to the Balinese. It is believed that they originally come from the mountains in the northwest of India or Burma. The main religion since the 16th century is Waktu Telu, which is a mix of Islam, Hindu and ancestral worship. Due to this the Sasak traditionally only pray three times a day. Ceremonies and rituals are of course just as culturally unique.

□ Traffic

The Lombok International Airport, LIA, is located in Praya, the district capital of Central Lombok approx. 70km from the capital Mataram. The sail on the ferry from Lembar to Padang Bai in Bali takes approx. 4 to 5 hours. From Labuhan Lombok to Poto Tano in Sumbawa about 2 hours. Just like anywhere in Indonesia, mini busses connect the most important cities.

■ The cities

Mataram

There is really no reason to stay in Lombok's capital except if you want to see the Bank of Indonesia or the immigration office. Mataram is merely a modern administrative city with a few hotels.

Ampenan

The best way to explore this small old fisher village is with one of the popular and ringing horse-drawn carriages, called Cidomos. Let the carter show you some local antique stores. The province museum Nusa Tenggara Barat on Jalan Banjar Tilar Negara is worth a visit with its selection of regional textiles. Pay attention to the old Dutch buildings and the small and lively Chinese and Arabian districts.

Cakranegara

For visitors it is hard to tell where Mataram ends and Cakranegara begins. However, both lack charm. Back in the 17th century Cakranegara was Lombok's capital. Today many shops offer sarongs, baskets, ikats and silver, especially around the market on Jalan Selaparang. In the kitchens you can try Lombok's gastronomical delicacy Ayam Taliwang, which is a spiced grilled chicken.

Kuta

Not to be confused with the lively sandy beach in Bali. Despite the plans of turning this coastal area into a luxurious Nusa Dua, it is still not on the map for tourism. Here backpackers mingle with fishermen and other locals, who live in simple beach bungalows. Only when it is really windy and a lot of the burning seaweed gets washed onto shore, this place somewhat loses its atmosphere.

Lembar

Lombok's important harbour is mainly a pier for ferries to and from Bali. Dozens of Bemos are waiting here for passengers to take them to Ampenan, Mataram, Cakranegara and to the terminal Sweta, where you can catch different busses.

Lingsar

Legend has it that after the first Balinese arrived in Lombok, in Lingsar a sacred spring came bubbling up from the ground. Four Hindu shrines and a Muslim sanctuary mark the spot today. At the Waktu Telu temple close by you can find many baby eels. You can buy boiled eggs at the parking booths to feed to the sacred creatures. However, you will have to break it in half as the spiritual skills of the creatures do not enable them to eat a whole egg yolk.

Narmada

When King Anak Gede Karangasem of Narmada became too weak to climb the summit of Mount Rinjani, they simply built a replica of the Crater Lake here in order for the king to make his offerings to the gods from there. Beside the publicly accessible pond and a small Balinese Hindu temple from 1805 the place is rather run down and does not offer many things worth seeing.

Sade

The lovely little village is located in between rice fields at a large tar street near Kuta and offers insights into the traditional way of life of the Sasak. Be informed that many women will try to sell you woven carpets with little girls, some only five years old, showing the weaving.

Senggigi

Lombok's most popular beaches might not be able to keep up with those of Nusa Dua or Sanur, however, they offer protected bays for safe swimming, white sand and further up the coast a great palm tree scenery.

Sukarare

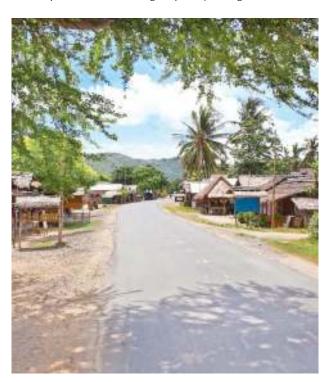
Don't be surprised to find many weavers in this small city of the Sasak. Sukarare is known for its hand-woven fabrics: patterned sarongs and elegant Kaim Songkets, a colourful fabric with golden threads.

Suranadi

It is said that a Hindu saint founded this village in the mountains east of Mataram in a state of trance. To celebrate this occasion a Balinese temple was built near the spring of a mountain stream. Inside the Pura Suranadi you can see ornate reliefs, several cheeky monkeys and lots of sacred eels.

Tetebatu

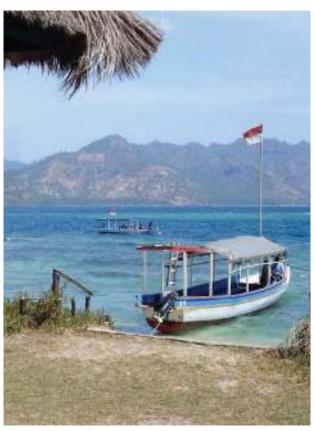
This mountain shelter right at the foot of Mount Rinjani is the perfect place for recreation in the middle of rice fields. You can enjoy stunning views of the south of Lombok and take part in great hikes to the waterfalls and forests around. Guides will take you through the rice fields to the small communities of the Sasak. You can also find the way yourself with the help of a map. But make sure to get up early enough as the moun-



tain is usually covered with clouds before the afternoon and a thin layer of fog will lie on the village.

Gili Islands

The three small island pearls Gili Trawangan, Gili Air and Gili Meno, in short: Gilis TAM, all blessed with wonderful beaches, beautiful corals and bright turquoise sea, are only a 30-minute boat ride away from Lombok's west coast. You will not find any large hotels here, however, still many travellers make their way here looking for relaxation. Visitors dine on fresh fish and enjoy the beautiful sunsets above Mount Agung in Bali as well as the sunrise above Mount Rinjani. On Gili Trawangan you will find the best snorkelling conditions and entertainment. Gili Air on the other side is quieter. However, during high season from June through to September accommodation can be scarce, especially if you arrive late in the afternoon. With your travel representative you can book either 2- or 3-day trips to Gili Trawangan.



■ Mount Rinjani

You should consider climbing this wonderful mountain if you are physically fit. It is recommend to only go in company with a guide. During dry season you will enjoy fantastic views of the mountain's summit. Reaching up 3,726m into the sky it is often covered in haze. The enormous crate is filled with emerald water, which you can reach during a 2-day hike from the city Bayan. Forests cover the steep slopes.

Twice a year the Balinese pilgrim to the mountain to bring offerings to the goddess of the mountain. For the rest of the time it remains quiet, untouched and indescribably beautiful. As the awe-inspiring enormous mountain is visible from basically every last corner of the island, you will enjoy beautiful views from the village Tetebatu or from the Gili Islands.



Water Palace Mayura

In 1744 the palace was built as the Teol for the former Balinese ruler in Lombok. It marks the spot where a century later the Balinese won over the Dutch. You can find several canons as well as a lovely small shrine in the

east. In the middle of the lake there is an open courthouse, the so-called Floating Pavilion.



Pura Meru

Across the street of the water palace Mayura you will find Pura Meru. It is one of the largest Balinese temples in Lombok and was built in 1720 by Prince Agung Made Parang in pursuit of reuniting the different factions of the island. His efforts stayed unfulfilled, however, the temple with its three court-

yards and 33 shrines was preserved. It is dedicated to the Hindu gods Shiva, Brahma and Vishnu.



CULTURE, HISTORY AND EVERYDAY LIFE



► City Tour Get to know your "vacation surrounding"

On this half day tour you will get to know a lot of interesting facts about the history of Mataram, the capital of Lombok, and the customs of the Sasak people. You will visit Mayura temple which has been built in 1744 by Anak Agung Gede Nugurah and also go to the market, Pasar Karang Jasi. Here you will have the opportunity to stroll around the lively market offering everything the population could possibly need every day. The next stop will be Epicentrum shopping mall as a modern contrast to the local market followed by a visit to a museum. On the way back you will pass by Ampenan, the colonial part of Mataram.

Time of departure: 9 AM Duration: approx. 4 hours

Tour operator: GoVacation Indonesia



►Lombok Tour on a Cidomo Carriage A tour with the "Lom-

A tour with the "Lombok Ferrari"

The cidomo is the local traditional horse-drawn carriage, which will take you from the market in Lendang Bajur to Gunung Sari and Duman. The islanders are specialised on the manufacturing of useful things made of bamboo. You will visit Lombok's oldest temple complex, Pura

Lingsar. It is a shared place of worship for Hindus, Muslims and followers of the Wetu Telu religion which incorporates both Hindu and indigenous belief. This is followed by a relaxed stroll around the large market in Kebon Roek and a stop at Pura Batu Bolong.

This half-day tour includes entrance fees and the carriage tour.

Time of departure: 9 AM Duration: approx. 4 hours Tour operator: GoVacation Indonesia

► Lombok Country Side Beautiful landscape and a lot of tradition

During this tour you simply will not get enough of the fascinating tropical landscape and the exotic plants. You will visit the water palace Narmada with its temple which attracts until today Hindu worshippers from all over the country. It is a miniature of mount Rinjani in Lombok. Afterwards you will visit the villages Tanak Beak and

Bonjeruk where you can observe the daily activities of the villagers first hand. On the way you will pass various local brick manufactories and a pottery in Banyumulek. The last stop will be a holy grave in Loang Balog cemetery which is located in the village of Tanjung Karang, Ampenan. People say that crocodiles have been frequently seen here. Until today this place is worshipped by followers. It is also said that visiting the holy crave brings good fortune. This day trip includes lunch. Time of departure: 8:30 AM Duration: approx. 8 hours Tour operator: GoVacation Indonesia

► Malimbu Sunset Tour Lombok's North West Coast

This half-day trip will start in the afternoon at around 3 pm when we will pick you up from your hotel. First we will drive along rice terraces, through green mountain landscape, past



small villages to the Pusuk Monkeys Forest, where you can observe wild monkeys. Then our tour continues to Nipah Beach. This beach offers a great atmosphere, with a white sandy beach and crystal clear water. You can bring your bathing suit and dip into the refreshing cool water if you like. Shortly before sunset we will afterwards reach Malimbu, a magical sunset place sloped on a small hill. From here you can enjoy

breathtaking views also to islands of Gili Trawangan and Gili Meno. When the weather is clear even the far away Bali island with its majestic Mount Agung can be seen in the distance. In the end of our trip, we will bring you back to your hotel or if you want to Senggigi, where you can let the rest of the day come to an end.

Tour operator: GoVacation Indonesia



►Lombok by night Fish dinner by the beach

You will leave the hotel around 6:30 PM in order to experience the city Mataram in the evening. The government offices of Westnusa Tenggara (NTB) can be found here. On the way there you will have a chance to visit the oldest shopping mall in the province of NTB. Both

the islands Lombok and Sumbawa belong to NTB. After visiting Mataram Mall you will go to Cakranegara, the old Chinese trade city in the direction of Senggigi. You will take part in a 30-minute carriage ride on the "Cidomo Lombok Ferrari", as the locals like to call it, which will take you from Kebon Roek to the beach Melase where your delicious dinner of

fresh fish will be served. The evening by the beach with a wonderful view of the ocean and watching the blinking lights of the fisher boats will be a truly memorable experience.

Or take the tour to the traditional Sasak Ayam Taliwang: The horse-drawn carriage will take you from

YOUR EXCURSION PROGRAMME

Pasar Sidhu to Sayang Sayang within 30 minutes where your traditional Ayam Taliwang dinner will await vou. In the darkness this is even more impressive. This trip includes dinner. Time of departure: 6:30 PM Duration: approx. 4 hours Tour operator: GoVacation Indonesia



▶ Getting around Lombok Country, people and animals

You will depart at approx. 8am from your beach hotel and start to drive South of Lombok. You will pass beautiful rice fields, small villages on the way and grasp a glimpse of stunning Mount Rinjanji. Several stops will be made on your journey through Lombok from the West, to the East and back to the North. One very nice stops you will make at the Pusuk Pass which is situated around 800 meters above sealevel. Pusuk is the perfect place

to unwind where you will be treated with incredible natural scenery. If you are also lucky whole monkey families can be observed playing and interacting with each other. After this Bayan awaits you with one of the oldest mosques in Lombok which dates back to the 16th century. On the way back you will go via Sembalun which gives you again a stunning view on the hilly side of the island. This day trip includes lunch. Time of departure: 8:30 AM Duration: approx. 8 hours Tour operator: GoVacation Indonesia

▶Sendang Gile Waterfalls Interesting tour visiting the market and mosque

After having a stroll around the Lendang Bajur Market in the north of Lombok you will go to Bayan to visit the probably oldest and most important mosque of the island, which was built in the 16th century. You will also visit the traditional village Senaru and

experience the roaring waterfall of Sendang Gila. Senaru is usually also the starting point for trekking tours up Mount Rinjani. On the way back you will go along the west coast of Lombok.

This day trip includes lunch.

Time of departure: 8:30 AM Duration: approx. 8 hours Tour operator: GoVacation Indonesia

SUN AND THE SEA

▶The Gili Classics:

Gili Air, Gili Meno & Gili Trawangan

This day trip starts from the Bangsal harbour to discover the coral islands Gili Air, Gili Meno and Gili Trawangan. You decide on what island you would like to start for your day full of relaxing, swimming and snorkeling. In the later afternoon you

will go back to the Lombok mainland via the famous Pusuk Pass where wild monkeys can be observed. Please bring things for swimming, sun screen and a hat. Please note that you might get wet during the boat ride.

This day trip includes lunch. Time of departure: 8:30 AM Duration: approx. 8 hours Tour operator: GoVacation Indonesia



▶Secluded Island Paradise: Gili Lampu, Gili Kondo & Gili Bidara

Snorkelling and barbecue on an island just like ROBINSON CRUSOE in the east of Lombok

In the early morning at 7 AM we will pick you up from your beach hotel in Senggigi. Your tour will

start with a 3-hour car drive including several stops for taking pictures to East Lombok. On the way you will have the chance to visit a local market where you can pick out your own fish our guides will prepare later for your lunch. Right before arriving at the harbour you will make a short

photo stop at a giant tree forest. The trees are said to be hundreds of years old. After this the local boat ride to the secluded Gilis will be only 15 minutes. Once arrived you have time to enjoy your stay to the fullest with swimming, snorkeling and relaxing at the beaches. On high tide a mangrove island can be visited on top of this.

This day trip includes lunch. Time of departure: 7:30 AM Duration: approx. 12 hours Tour operator: GoVacation Indonesia



►The Secret Islands: Gili Nanggu, Gili Sudak & Gili Kedis

Lots of time on and under the water

Starting from Senggigi:

First optional stop on your agenda will be the old city of Ampenan. At the harbour of Tawun your 15-minute boat ride to Gili Nanggu will start. Here you can experience the stunning underwater world or enjoy a day of swimming and relaxing. Lunch will be served on Gili Sudak. In the afternoon you will get the chance to snorkel in between colourful

fish and beautiful corals. Starting from Kuta (Novotel):

First you will most likely have the chance to experience the

traditional life and culture of the island in the village Sade Rambitan before heading to the harbour of Tawun. Within 15 minutes you will reach Gili Nanggu with your boat.

The rest of the tour will be the same as from Senggigi. This day trip includes lunch. Time of departure: 8:30 Am Duration: approx. 8 hours Tour operator: GoVacation Indonesia

ADVENTURE AND NATURE

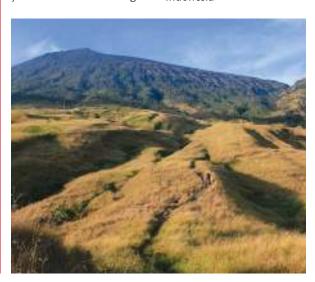


YOUR EXCURSION PROGRAMME

► Exotic Hike in Lombok Tropical flora and beautiful landscapes

After picking you up from your hotel you will embark on a tour through the tropical world of plants and the beautiful landscapes of Lombok. First stop will be a traditional market in Narmada. Afterwards we will take you to Sedau, where your 2-hour soft trekking

tour through fertile rice terraces will start. Your tour guide will inform you about the different kinds of plants vou will see. In Suranadi lunch will be served with a stunning panorama. Afterwards the tour will take you to Gunung Sari where you will visit the fantastic Pura Agung Gunung Sari. Across the 400m-high Pusuk Pass, which is home to lots of monkeys, you will head to the north of Lombok. The last stop on your agenda will be Malimbu. You will find some of the most beautiful sandy beaches of Lombok with stunning views along the coast. This day trip includes lunch. Time of departure: 8:30 AM Duration: approx. 8 hours Tour operator: GoVacation Indonesia





▶Mountain Bike

An active day filled with

many great impressions Equipped with everything you need – mountain bike, helmet and gloves - you will start your journey through a beautiful setting. From the village Golong you will go downhill on your modern bike. Your day will be filled with nature. villages, fantastic impressions and many short stops with visits and information to make this active trip truly diverse and adventurous. Day trip including lunch. Bring your camera and sun screen.

Time of departure: 8 AM Duration: approx. 6 hours Tour operator: GoVacation Indonesia & Norma Tours and Travel

► South of Rinjani Hike Rain forest hike from

Rain forest hike from Benang Kelambu Waterfall to Benang Setokel Waterfall

At 8 AM in the morning you will leave your hotel and head to Central Lombok. After a one-hour drive through the breath-taking mountain and rice terrace scenery you will reach the



southern slope of Mount Rinjani. Here your two-hour soft trekking will start. On your rain forest trek you will get to see all kinds of tropical plants as well as banana, coffee and cocoa plantations. After approx. 45 minutes of hiking you will reach the impressive

Benang Kelambu Waterfall before heading to Benang Setokel Waterfall, which turns into a twin waterfall in the rain.

This trip includes lunch. Time of departure: 8 AM Duration approx. 8 hours Tour operator: GoVacation Indonesia



▶ Beach Safari Beautiful scenery in the untouched southern part of the island

Your tour will take you to the south where you will experience the deserted coastal landscape of the remote beaches of Lombok. Your first stop will be a traditional family-run pottery workshop before going to the beautiful white-sanded beach of Selong Belanak, which is surrounded by mountains. You will have the opportunity to go swimming before lunch. Remember to bring things

for bathing. After lunch the tour will take you all the way to the south along the coast with stunning panoramas passing by Mawi and Mawun until you reach the tourist centre of Kuta. During a short stop you will also enjoy the Tanjung Aan Beach which is known for its fantastic sand. The day tour includes lunch, entrance fee and guide. Do not forget: Hat, sun screen, camera. Time of departure: 8:30 AM Duration: approx. 8 hours Tour operator: GoVacation Indonesia



► Individual Lombok

Create your very own programme and experience Lombok on your own terms

Rental car with Englishspeaking driver or incl. English-, French-, German- speaking tour guide. It is a completely free programme, which you can design yourself with your driver and tour guide. Experience Lombok individually. Depending on what you choose, the tour will take 8 hours and includes the car, driver and/ or tour guide.

Time of departure: flexible or according to arrangement with your tour representative

Duration: 8 hours

Tour operator: GoVacation

Indonesia



IAVA

This island is and always has been the heart of the nation, Indonesia's soul.

In order to fully understand the people here it is necessary to stay for some time. Java has the densest population in Indonesia. On a size the same as Greece with 139,000km² it holds the same population as Japan, 140 million people. Economic and social tensions are still present on the island of Java. However, the philosophy of life in the Javanese culture is to "beautify the world inside and out by spreading beauty, love, honesty and kindness" (memayu hayuning bawana). This is also a character trait that every person should embody in order to protect the physical as well as spiritual safety of the world. The people here can be described as lively and joyful who welcome strangers.

The island's landscape is simply breath-taking, with its lush rice fields, volcanoes, jungles and sandy beaches. The infamous Krakatoa is probably known among everyone interested in geo physics. It had been inactive for



hundreds of years before the last eruption in 1883. At the time activity had been detected inside the mountain for months until it literally exploded in August that year.

The ash rain even reached Singapore and lava covered great parts of the island. However, much worse was the tsunami that followed the eruption. Great parts of the coastal areas of Java and Sumatra were flooded, killing thousands of people and destroying their homes. Fauna and flora did not exist anymore, but even here life goes on and after 100 years the world of plants is just like before and animals and insects live in their usual habitats again.

The earliest kind of human life can be traced back to millions of years ago thanks to skeletons and skulls that have been found in diggings. The findings are known as "Java Man" or Homo erectus.

During the first dynasties of the island, which took place around our mediaeval times, Hinduism and Buddhism coexisted. Remainders of this time are the Borobudur and Prambanan temples.

The probably most important kingdom was the Majapahit Kingdom, which also took influence on the religion and art in Bali. However, the era was ended with the Islamic sultans, who gained more and more importance during the 15th century. The last Muslim dynasty was broken due to internal battles for power. They were not able to fight the Dutch colonialists and were defeated in one of the Dutch revolts. A resident took over all Dutch government tasks.

Today Java has to face an increase in Islamisation of Orthodox groups, even though the majority of people follows the secular parties.

People still consult faith healers and choose traditional medication over chemical ones.

Just like Bali, Java has a very rich culture with many early influences of Hinduism and Animism.

Jakarta is not a tourist destination but it surely has some attractions to offer, such as the old Sunda Kelapa Harbour, which was the centre for trade of spices during the Dutch colonial times. In 1619 the Dutch occupied great parts of the island. Jakarta, or also Jayakarta, was renamed to Batavia during that time.

In Sunda Kelapa you will be able to see the Pinisi. These are traditional two-master ships that have been constructed completely from wood and are still used today for trade between the islands. The house of the former harbourmaster is still in good condition today. The "Maritime Museum" offers lots of information about the time back then.

Yogyakarta is the island's cultural centre. A sultan resides in a palace, kraton, which is surrounded by walls. Lots of international hotels are available in the city. Also, it is a great starting point to visit the archaeological sites Borobudur and Prambanan

Two important temple complexes tell the religious past of Java:

☐ **The Borobudur**, a Mahayana temple from the 9th century is probably the most famous Buddhist building in the world, a "UNESCO World Heritage" complex and the most-visited monument of Indonesia.

The enormous stupa is designed in a mandala shape, of Tantric Buddhism on nine levels. The lower levels are constructed in a square shape, whereas the upper ones are designed in a circular shape. On the top platform you can find 72 small stupas.



The monument can be separated into three parts. The worshippers interpret it like this: the lowest platform shows the wishes of the humans. The next five steps show the meaning of these wishes and the last one embodies Buddha, who reached Nirvana.

With the right attitude it can be a spiritual experience, not only for Buddhists.

For centuries the Borobudur remained under layers of lava with tropical vegetation covering all remainders of walls. The sacred mountain was deserted and legends said that evil spirits had settled here.

Between 1811 and 1816 the English managed the island. Governor Thomas Stamford Raffles did not only collect Javanese antiques but was also very interested in the Javanese history. During his frequent visits he heard that there was supposed to be an enormous monument deep within the jungle. He ordered a Dutch engineer, H.C. Cornelius, to get to the bottom of these rumours.

He cleared out the area where the monument was believed to be located. Remains of the monument were discovered, however, it took until 1835 until all works were finished. At this time it was not used as a place of worship. Many artefacts were stolen.

The Indonesian government asked UNESCO for their help during the 60ies of the last century. It took almost ten years and several million US Dollars to restore the site.

☐ The Prambanan temple complex

With the beginning influx of Indian traders, locals started converting from Animism to Buddhism and Hindu. The best examples for these religions are the Borobudur and the temple complex of Prambanan. The latter was built between the 8th and 10th century, roughly 50 years after the construction of Borobudur.

At the time two dynasties were ruling the island, one Buddhist and one Hindu. They united in marriage, which explains the fusion of these religions in architecture and design of certain buildings.

It is said that the Prambanan complex originally entailed 240 structures. Now eight main temples remain.

The decay of the complex began with an earth quake, whereas the restoration began during the 30ies.

It took until 1991 for it to be listed as "UNESCO World Heritage Site". The largest and most beautiful building is Candi, temple, Shiva Mahadeva, which, as the name already suggests, is devoted to the Indian god. He is one of the main gods of Hinduism and is part of the Trimurti, a Hindu triad of deities, together with Brahma and Vishnu. Shiva embodies the destroyer, Brahma the creator and Vishnu the preserver.

The tower is 47m high with ornate stone decorations. Inside you can see figures from the Ramayana epic on the walls. In the main hall Shiva stands on a lotus base, the symbol of Buddha. Candi Brahma and Candi Vishnu are also worth seeing.





☐ Yogyakarta incl. flight

From Bali it is only a short trip to Yogyakarta that you should not miss if you have enough time. It is a cultural and educational centre that is famous for its skilful artists creating wonderful pieces of art such as batik, silver and leather. Visitors can also enjoy beautiful traditional dances, gamelan and puppet shows. This fascinating student city is not just a famous tourist spot due to its proximity to Borobudur and Prambanan. Yogya (as it is often called) offers lots of attractions and cultural sights in a huge urbanised city.

Travel with us to Yogyakarta for a day and experience cultural Java.



FLORES

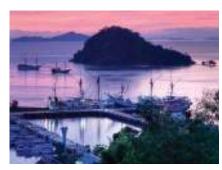
The island impresses its visitors with lush vegetation, fertile rice terraces and the scent of forests in the air. Already the Portuguese were fascinated and thus named the island "Flowers". The empty white sandy beaches offer great places to relax, the pristine coral reefs are superb for snorkelling and diving. You will barely ever meet groups of tourists, it is the individual

Flores, one of the small Sunda Islands in Indonesia, is located east of Sumbawa, north of Sumba and south of Sulawesi. It covers 13,500km² and holds a population of 1.8 million people. The Gunung Kelimutu volcano is the most famous attraction on the island. There are three lakes inside the crate of the mountain. The water colour changes depending on the oxida-

tion level from green to red and blue.

travellers who come here.

The population is divided into five linguistic groups. In remote areas of the island you can still find people who do not speak Indonesian and still keep their animistic faith. Despite the fact that 85% of the population are Catholic, for larger celebrations such as birth, wed-



dings and funerals they often still celebrate animistic rituals. A Dutch priest, Theodor Verhoeven, who was interested in archaeology, did excavations in different parts of the island during the 50ies and 60ies. In Liang Bua he discovered the so-called "Homo floresiensis", also known as "Hobbit". An Indonesian team of archaeologists found a skull and lower jawbone in 2003 which were believed to be those of a child. After further examination of the jawbone and the condition of the teeth, however, they were able to tell that it was the residues of an adult. The findings were identified as "Homo floresiensis". He was about 1m tall and weighed around 30kg. The age was estimated at approx. 700,000 years. He is therefore seen as a connecting element between Homo erectus and Homo sapiens.

The small harbour of Lubuanbajo on the west coast of the island is the starting point for trips to Komodo. Many young Flores people move to the city more and more to find work. But also here they are expecting the negative influence of

tourism as the infrastructure is not equipped to withstand the fast growth.

The waters between Lubuanbajo and Komodo are perfect diving sites. The rich plankton develops with the combination of the warmer Flores Sea and the cooler Sumba channel and offers an abundance of food for all kinds of fish. A diving paradise.

KOMODO

As one of the 17,500 islands of the Indonesian archipelago, Komodo is home to the Komodo dragons, Varanus komodoensis. The island is located west of Sumatra and east of Flores. It covers 350km² with a population of 2,000 people. Islam is the main religion of the island.

Beside the national park, which is a "UNESCO World Heritage Site" and home to the Komodo dragons, there are red coral reefs and an abundance of fish. Due to the corals the sand is dyed in a pink colour, a natural phenomenon that can only be found on seven beaches in the world.

The Komodo dragon is the largest lizard species with an unusually long nose. It can grow to a length of up to 3m and reach 150kg in weight. Fossils of these animals were also found in Australia, the age is estimated at 3.8 million years.

The Komodo dragons were first discovered in 1910 by scientists. They are carnivorous animals that lay eggs. The incubation takes nine months and they reach maturity after roughly eight years with a life expectancy of up to 30 years. Their saliva is poisonous, which they use to put their prey in a state of shock. On short distances they can reach a speed of up to 20km per hour. Roughly 1,700 of these protected animals live in Komodo. Visitors to the island will be guided along safe paths to the feeding sites by a park ranger.

With us you can book a 3-day-trip which includes the national park as well as buffalo races and folklore dances.



A LITTLE HELP WITH THE LANGUAGE

English Indonesian

Greetings

Good morning/afternoon/evening Selamat pagi/siang/malam

How are you? Apa kabar?

I am fine, and you? Baik-baik saja, dan Anda

(Kamu)? Terima kasih

Thank you You're welcome Sama-sama Maaf I'm sorry My name is Nama sava

What's your name? Siapa nama Anda (Kamu)? This is my father, my mother Ini bapak saya, ini ibu saya This is my daughter, my son Ini anak perempuan saya, ini anak laki-laki sava Do you speak English? Apa Anda (Kamu) bisa bicara bahasa Inggris?

Everyday life

I, you (formal) Saya, Anda

I, you, he, she, it Aku, kamu, dia, dia, dia We, you (pl.), they Kami, kalian, mereka

Have Punya There is Ada Do vou have? Apa ada? I'd like, I want Saya mau Yes Ya Tidak No It's okay Tidak apa-apa

What is this? Apa ini? What is the name? What is it called? Apa namanya? Lunderstand Sava mengerti I don't understand Sava tidak mengerti

Understand Mengerti I want to go Saya mau pergi Where is? Di mana? Market Pasar Beach Pantai Island Pulau

Accommodation

Toilet

Hotel hotel

Restaurant Ruma makan, restoran,

warung

Kamar kecil, toilet, WC

English Indonesian

Makan Eat Drink Minum Room Kamar Dingin Cold Hot **Panas** Air Water Towel Handuk Table Meja Light Lampu

Shopping

How much does it cost? Berapa harganya?

Expensive Mahal Not good Tidak bagus Beautiful Indah Putih White Black Hitam Red Merah Green Hiiau Lebih besar Bigger Smaller Lebih kecil Beli Buy

May I haggle? Boleh tawar? Can you make it a bit cheaper? Bisa kurang?

Food and drink

Breakfast Sarapan, makan pagi

Lunch Makan siang Dinner Makan malam

Coffee Kopi Teh Tea Beer Bir Mineral water Air mineral Rice Nasi putih **Noodles** Mie What is this? Apa ini? Minta bill, (bon) The bill please

Emergencies

Can you please call a doctor? Tolong bisa panggilkan dokter?

I'm not feeling well Saya tidak enak badan

I am ill Sava sakit

I have diarrhoea Saya sakit perut, (mencret)

I have a fever Saya sakit demam

English Indonesian

Numbers

Nol 0 1 Satu 2 Dua 3 Tiga 4 **Empat** 5 Lima Enam 6 7 Tujuh 8 Delapan 9 Sembilan 10 Sepuluh Sebelas 11 12 Duabelas 13 Tigabelas 14 Empatbelas 15 Limabelas 16 Enambelas 17 Tujuhbelas 18 Delapanbelas 19 Sembilanbelas 20 Duapuluh 21 Duapuluh satu 22 Duapuluh dua 30 Tigapulu 40 Empatpuluh 50 Limapuluh 60 Enampuluh 70 Tujuhpuluh 80 Delapanpuluh 90 Sembilanpuluh 100 Seratus 500 Lima ratus 1.000 Seribu 10.000 Sepuluh ribu 100.000 Seratus ribu 1.000.000 Satu juta



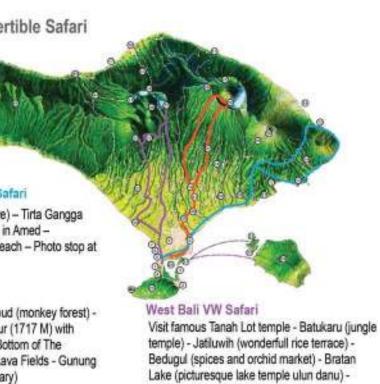


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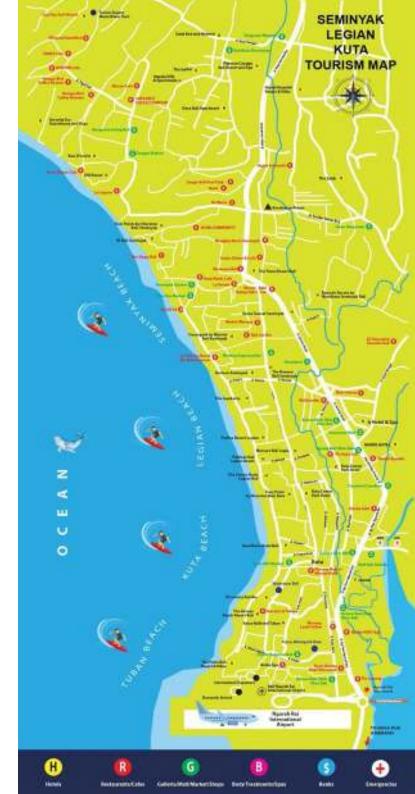


ishes either in the blue shipwreck in Tulamben day dive courses with

bongan – Beach Optional on the spot

age tour

Traditional House











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Tread the boardwalk along a white sand beach and feel time itself stretch out before you.



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Beach front resort at Tanjung Benoa on southern tip the island of Bali.

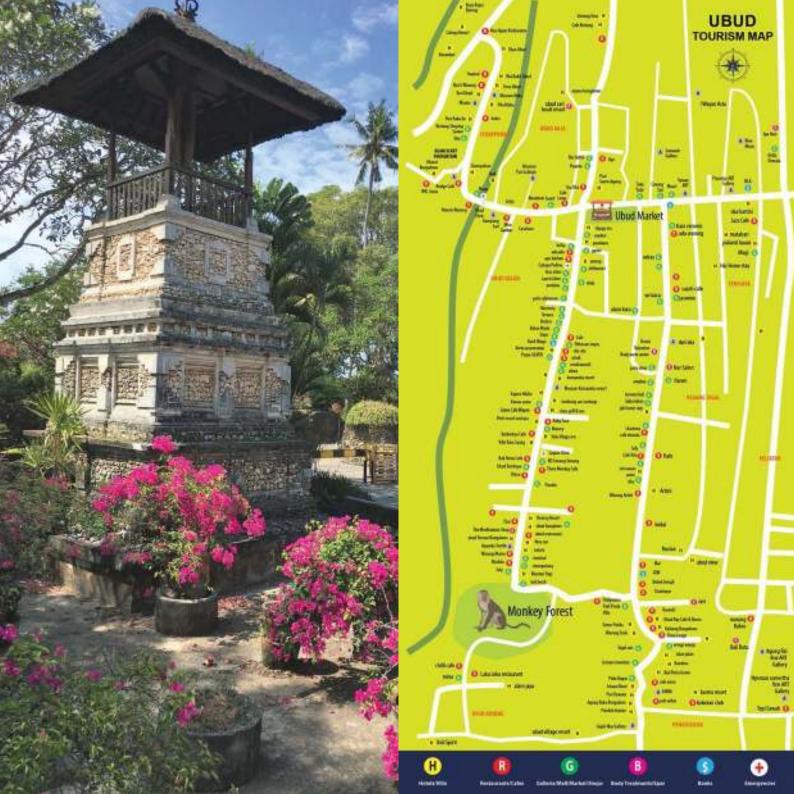
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■ Notice

We hope you find this holiday information interesting and useful. We did our best to verify all information, however, it might happen that some information is outdated in our fast-paced time, also errors can occur from time to time. Therefore all information are supplied without liability.

If you have recommendations for improvement or suggestions of any kind, we would be happy to hear from you. We will then use these for our next issue. robert.schadler@govacation-indonesia.com

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