MAJESTIC WATERFALLS VOLCANO CLIMBING ICONIC BEACHES SNORKELLING WELLNESS

BALI INDONESIA

1.

10 DAYS ITINERARY by Slowfia

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"It's the small square offerings made of tree leaves, with colourful flowers, a small portion of rice, and incense placed on streets and house entrances to prevent evil spirits from entering, on high altars in honour of ancestors or carried overhead all the way to communal temples..."

壁 Day of Arrival 🌴

Kick off your trip by settling into your cosy accommodation in the heart of Ubud. Lose yourself in the vibrant streets and the bustling Jalan Monkey Forest Road. Explore the traditional Balinese handicrafts, art, lively cafes and restaurants that make this area captivating.

🛵 Day 1 | Ubud Tour (arrange a tour with your host or rent a scooter)

Start your day with a visit to the iconic Tegalalang Rice Terraces, a breathtaking showcase of Balinese rice cultivation. Next, be awed by the sacred Gunung Kawi Sebatu Temple, an 11th-century complex featuring intricate rock-cut shrines and relief carvings.

After that, cleanse your spirit at the Tirta Empul Temple, famous for its holy spring water and purification rituals. Wrap up your day with a visit to the stunning Tegenungan Waterfall, surrounded by lush greenery.

👗 Day 2 | Mount Batur Hike & Camping

In the late afternoon, set off on a thrilling hike to the summit of Mount Batur, an active volcano, to witness a breathtaking sunset.

After the hike, replenish your energy with a well-deserved dinner and serene relaxation at the campsite. Spend the night camping on Mount Batur, stargazing and enjoying the tranquil atmosphere.

Wake up to a stunning sight as thousands of lanterns light your way to capture the beautiful sunrise.

💍 Day 3 | Spa & Wellness

Immerse yourself in a day of pure indulgence at one of Ubud's sought-after spas. Rejuvenate your mind, body, and soul with yoga, meditation, or a soothing sound bath session. Before you move on to your next destination, take your time to find those perfect last-minute souvenirs to commemorate your time in Ubud and to pack your bag.

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▲ TOP RECOMMENDATIONS | LINKS

- WELLNESS: TJAMPUHAN SPA & YOGA BARN
- YOGA RETREAT: SHANTI TOYA
- AFFORDABLE YOGA CLOTHING: YOGA SHANTY
- TRADITIONAL CUISINE: KAYUNAN WARUNG (ask for the interior garden; vegan friendly)
- SCENIC RICE PADDY BITES: HUMA & SAYAN POINT (perfect for sunset; vegan friendly)
- HEALTHY FOODS: ZEST & SAYURI HEALING FOOD (offers concerts and workshops too; vegan friendly)
- SMOOTHIE BOWLS & SPECIALTY COFFEE: MUDRA CAFE (vegan friendly)
- ACCOMMODATION: <u>YASA BACKPACKERS HOUSE</u> (dorms and privates)
- TOUR GUIDE: MOUNT BATUR
- SPECIAL SOUVENIRS: SARASWATI PAPERS (handmade recycled notebooks)
- EVENTS WHATSAPP GROUP: SPIRIT UP BALI (tea & cacao ceremonies, ecstatic dances, sound baths)
- VISA EXTENSION: INDOBIZ CORNER
- PRACTICALITIES: TRANSFERS SUPERMARKET LAUNDRY TAILOR



• 9 Angels and 9 Bamboo •• Shanti Toya o

Downtown

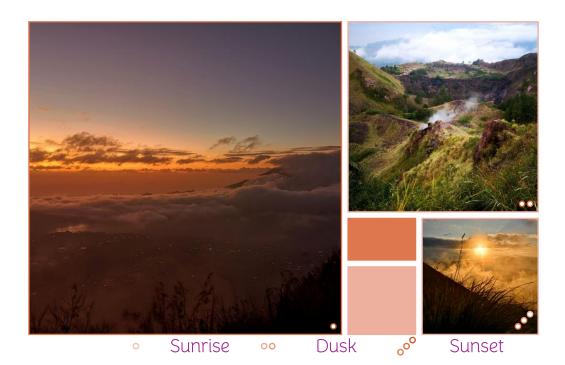


"We started the hike (...) in time to see a dreamy sunset warmed up by the volcano's steam. The last considerable eruption was in 1926, destroying the upper part of the then-highest peak in Indonesia; now, the summit is 'only' 1717m. After, we set up a tent facing a spectacular night sky that sent my way 2 shooting stars..."

Top Tip: Many people typically visit this volcano on a morning tour, setting off around 1 AM to hike in the dark and witness the sunrise. However, I've found a guide who offers a different option.

The alternative plan involves starting the hike in the afternoon, timed to catch a beautiful sunset warmed by the volcano's steam. After the sunset, you can set up a tent to admire the starry night sky and witness shooting stars. Then, you can rest until dawn and wake up to join a crowd of people with head lanterns to experience the breathtaking sunrise.

At This unique experience lets you enjoy the volcano's beauty at different times of the day, from the golden hour of sunset to the starry night sky and the magical sunrise, all in one trip!





"The trail often succumbed to the weight of our feet, chunks of soil crumbling every few steps. Fortunately, unexpected camaraderie and dialogue started to pervade the interactions of the strangers in line, who began extending a helping hand in less steady parts of the track and asked for or gave priority to facilitate the ascends & descends..."

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Start your adventure by taking a swift boat ride from Sanur or Padangbai in Bali to Nusa Penida.

Visit the famous Kelingking Beach, known for its unique T-rex-shaped cliff, and enjoy the breathtaking views from the lookout point.

Explore Angel's Billabong and Broken Beach, two remarkable natural rock formations sculpted by the crashing waves.

Enjoy the crystal-clear waters and pristine white sand of Diamond Beach.

Top Tip: End your day in the Tembeling Hot Springs (the way down requires a very skilled driver; alternatively, prepare for a long hike).

Some beaches and coastal points are accessible via steep, precarious dirt tracks. Exercise caution, wear appropriate footwear, and ensure you have enough water and snacks for your adventure.

Day 2 | Relaxation and Exploration

Spend a leisurely morning on one of Nusa Penida's pristine beaches, such as the serene Crystal Bay.

▲ TOP RECOMMENDATIONS | LINKS

- VARIED FOOD OPTIONS: <u>SUNNY CAFÉ</u> (vegan friendly)
- HEALTHY FOODS: ORGANICA FRESH AND TASTY (vegan friendly)
- HOT SPRINGS: TEMBELING
- **PRACTICALITIES: BOAT TRANSFERS** (alternatively, arrange at the port)



• Kelingking Beach •• Tembeling o[•] Angel's Billabong

🔾 Gili Air 📋 Day 7-10



"No matter which of the 3 islands you choose, there are no cars or motorbikes: everyone walks or takes a bicycle to get around, and untouched nature is predominant, with countless coconut and banana trees, or frangipani and bougainvillaea flowers..."

🚲 Day 1 | Arrival and Settling In

Upon arrival at your accommodation, take some time to rest and refresh after your journey. Explore the island on foot or by renting a bicycle to experience its tranquil atmosphere and lush natural surroundings. Enjoy a traditional Indonesian meal at one of the local warungs for dinner.

🔁 Day 2 | Snorkelling Adventure

Begin your day with a guided snorkelling tour, exploring the vibrant underwater world surrounding the Gili Islands; witness the diverse marine life, including colourful coral reefs and tropical fish. After the snorkelling tour, spend the afternoon relaxing on the beach or trying out water activities like stand-up paddleboarding or kayaking.

🔒 Day 3: Departure or Extension

If you have time, consider extending your stay and completing a scuba diving or free diving certification course. Alternatively, bid farewell to Gili Air and take a boat back to Bali to head to the airport for your departure, or continue your journey in Lombok – known for the surfing – or Flores – home to the Komodo Dragon.

▲ TOP RECOMMENDATIONS | LINKS

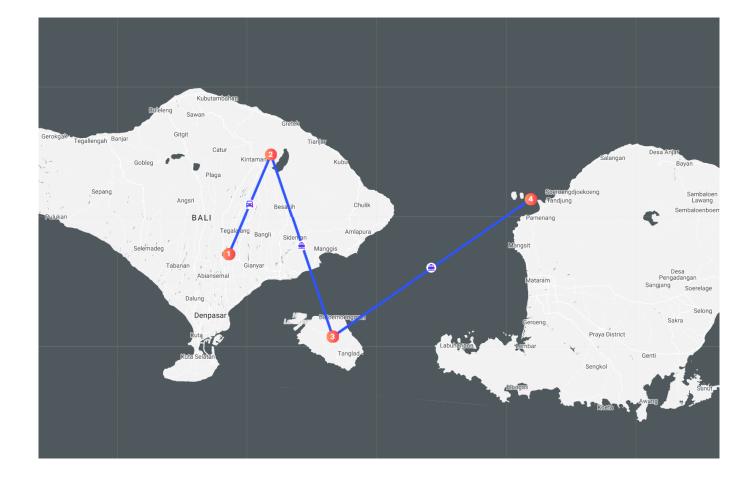
- DIVING SCHOOL: PACIFIC FREEDIVE ACADEMY
- TRADITIONAL: <u>H&R RESTO</u> & <u>MAMA'S GARDEN</u> (super well-served curries; vegan friendly)
- SMOOTHIE BOWLS: <u>AURA BOWLS</u> (vegan friendly)
- ACCOMMODATION: <u>BERANDA ECOLOUNGE</u> (privates & dorms)
- TOUR GUIDE: SNORKELING
- VETERINARY: CATS OF GILI (in case you see a cat in need of urgent vet care; it's for free!)
- VOLUNTEERING: <u>GILI ECOTRUST</u> (coral reef restoration)
- PRACTICALITIES: BOAT TRANSFERS (alternatively, arrange at the port)



◦ Carribean Beach ◦◦ Beranda Ecolounge _o◦◦ Aura Bowls

EMERGENCY NUMBERS

- POLICE/GENERAL EMERGENCIES: 110 & 112
- AMBULANCE & MEDICAL EMERGENCIES: 118 & 119
- FIREFIGHTER: 113
- SEARCH & RESCUE: 115
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