



Beautiful Bali - For Solo Travellers

Overview & Itinerary

Start	Ubud, Indonesia
Finish	Sanur, Indonesia
Destination	Indonesia
Style	Original
Theme	Explorer
Code	STTISA
Travellers rating	4.75
Validity	01 Jul 2018 to 31 Dec 2019



Is this trip right for you?

- This trip is for solo travellers only. If you're planning an adventure with a friend, family member or partner, we've got heaps of other trips you can travel on! If you're planning to travel on your own, with a group of other solo travellers, this trip might be just what you're looking for.
- A good level of fitness is essential, as there are a range of physical activities included (cycling from Ubud, walking up Mt Batur at sunrise, and snorkelling in Bali Barat National Park).

- There is one very early start – your sunrise climb of Mt Batur kicks off at 3 am. This means you'll be walking over some gravel and volcanic rock in the dark. Head torches, warm clothing and good walking shoes are a must. The view at sunrise is well worth the effort, especially if the weather's fine!
- Bali is blessed with a consistent climate for most of the year. However, the rainy season (usually October–March) brings frequent downpours. The good news is that these rainy bursts don't last long, and it is usually still warm.

Physical rating



Joining point

Artini 2 Cottages
 2 Jalan Hanoman
 Padang Tegal
 Ubud
 Bali
 85071
 INDONESIA
 Phone: +62 361975689
 Fax: +62 361 813956

Joining point description

Artini 2 Cottages is located close to the centre of Ubud, approximately a 10 minute walk from Ubud Monkey Forest and Ubud Art Market. Please be aware that there are three Artini hotels in Ubud. Our hotel is Artini 2 or 'Artini dua' in Indonesian. The complex is surrounded by lovely gardens and has a great swimming pool. There is free Wifi available throughout the property. There is a 24 hour reception desk and staff are friendly and helpful. All rooms have private facilities, air conditioning, a private bathroom, and an outdoor seating area.

Joining point instructions

Intrepid can assist with pre-booking an arrival transfer from the airport - enquire with your agent. Please advise your flight arrival details at least 14 days prior to your departure.

If you have booked an airport transfer please proceed to the Goldenbird lounge this is on the right hand side after you have passed the x ray machines (to the right of where all the drivers are standing holding name placards) give your name to the Goldenbird staff and then they will bring you to your driver. Alternatively you can find your driver stood behind the barrier with the other drivers with a piece of paper with your name on it. If your flight has been cancelled and you are arriving on different flight number than planned please call Goldenbird on Phone number +62 821 4726 1983 to inform them of your new flight number/arrival time. If you have booked a departure transfers to the airport you will be collected 3 hours before your scheduled flight departure for pick ups in Sanur/Seminyak and 4 hours before for pick ups from Ubud if there are any problems locating your driver for your departure transfer please call : +62 838 9797 5000 if there are any further complications please call Intrepid's 24 hour emergency number on +66 898 103 722

Alternatively, taxis are cheap, safe and reliable. As you exit from Immigration you will see a sign for public taxis. At this booth you buy a coupon which is given to your driver. There is no bargaining - the system is straightforward. Expect to pay about IDR300,000. It takes up to one and a half hours to get to Ubud from the airport.

Look for the Intrepid information board at reception for suggestions of what you can do while waiting for the trip to start.

Problems and emergency contact information

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

Intrepid's Thailand Office: +66 898 103 722

Itinerary

Day 1: Ubud

Om Swastiastu! Welcome to Ubud, the arts and cultural centre of Bali. Your adventure begins with a welcome meeting at 6 pm on Day 1. Please look for a note in the hotel lobby or ask reception where it will take place. Afterwards, perhaps head out to for a group meal at one of the delicious local restaurants.

Accommodation

- Hotel (1 night)

Optional Activities

- Ubud - Cooking class - IDR350000

Meals Included

There are no meals included on this day.

Day 2: Ubud

Led by your local guide, you will tour Ubud on foot today (approximately 2.5 total). Take a local bus for 15 minutes to the starting point of your walk. Along the way you'll see the goings-on of daily village life, rice fields, an along along valley (wild grass that is used for making the roof on traditional buildings), and visit a local painting and handicraft area. The tour ends in central Ubud where you'll have time to explore the many cafes, galleries and shops on your own. Today you'll also visit Bumi Sehat, a local community-based health clinic whose mission is to reduce maternal and child morbidity and mortality.

In the evening you will sit down to a traditional Kecak dance performance. Driven not by musical instruments but by human chanting, this fascinating theatrical performance is considered a highlight by many travellers.

Accommodation

- Hotel (1 night)

Included Activities

- Ubud - Guided walk
- Ubud - Kecak dance performance
- Ubud - Bumi Sehat visit

Optional Activities

- Ubud - Saraswati Temple Lotus Garden - Free

- Ubud - Whitewater rafting - IDR740000

Meals Included

- Breakfast

Day 3: Sidemen

Set off by bicycle (approximately 2.5 hours) through backstreets, quaint villages and rice fields – a great way to meet the local people and take in the lovely views. About 1.5 hours of the cycling is downhill, so you can save your pedal power. Along the way, you'll make stops for photo opportunities and to rest if you need to. There are plenty of opportunities to visit some of the small and intricately carved temples. Your ride concludes in Ubud. Next, head for the hills and the village of Sidemen, travelling by minivan (approximately 2 hours). Set against a backdrop of Bali's highest peak, Mt Agung, the peaceful and friendly village of Sidemen is proof that Bali has pockets tucked away from the tourism the island is famous for. It's a little cooler up here, thanks to the elevation.

Accommodation

- Hotel (1 night)

Included Activities

- Ubud - Bike tour from Bayung Gede (Kahyangan) Village to Ubud

Meals Included

- Breakfast

Special Information

Bicycle helmets are included on your ride, and there is a support vehicle if the going gets too tough.

Day 4: Mt Batur

Take a morning walk (approximately 2.5 hours) around Sidemen, visiting the craftspeople of the local songket weaving industry. A traditional 'bungkus' lunch is included. The walk is a great chance to take in the beautiful scenery. Continuing your journey higher into the mountains, drive along the crater rim road to a fishing village on the edge of Lake Batur (approximately 2 hours). Volcanic Mt Batur (1,717 m) sits inside a stark and spectacular caldera, and with Lake Batur below it's a stunning sight. The lake supports the local fishing industry, while many of the villagers work as guides for the volcano climb. Your accommodation at the base of Mt Batur is a basic hotel with a restaurant. This is a great location at which to start tomorrow's early morning trek without extra travelling time.

Accommodation

- Guesthouse (1 night)

Included Activities

- Sidemen - Guided walking tour & traditional lunch

Meals Included

- Lunch

Special Information

There are often mosquitos and bugs around Lake Batur, so be sure to pack your insect repellent.

Day 5: Lovina

Get up at 3 am this morning to walk to the summit of Mt Batur (approximately 1.5–2 hours). You'll be glad you made the effort to rise early when you see the gorgeous sunrise over the valleys of Bali. On a clear morning, it's possible to see all the way across the Lombok Strait to the peaks of Lombok's Mt Rinjani. This may well be one of the most memorable parts of your trip. Do keep in mind, however, that the weather can be unpredictable and sometimes the view is obscured by clouds. After descending the volcano, there's an option to soak in hot springs with fantastic views over the lake and caldera. Make the journey from the mountains to the small coastal town of Lovina (approximately 3 hours). Lovina is famous for the dolphins that patrol its coast. It's also a great spot for fine food, traditional massage and yoga.

Accommodation

- Hotel (1 night)

Included Activities

- Mt Batur - Entrance Fee
- Mt Batur - Volcano climb

Optional Activities

- Mt Batur - Hot springs - IDR200000

Meals Included

- Breakfast

Special Information

The summit trail starts more easily, while heading to the crater it climbs steeply with switchbacks over volcanic rocks and gravel. A good level of fitness is required. The path can be slippery, particularly after rain so good shoes are essential. Please bring your headtorch and a warm layer to wear at the summit. The climb may be cancelled during heavy rain and unsafe conditions.

Day 6: Lovina

Enjoy a day of snorkelling on Menjangan Island reef, a short boat ride from the coast (there will approximately 2 hours of travel in total). This island and its coral reefs are part of the Bali Barat National Park. Enjoy some free time in Lovina this afternoon, exploring the sun-drenched coastline. Just be careful of rubbish in the water if you go swimming, as this can be a problem after bouts of stormy weather in the waters around Menjangan, as in other coastal areas in Bali.

On the way back stop at Banjar Hot Spring, a small spring popular with the locals.

Tonight we head to Ibu Wayan's to learn about Balinese cuisine and have a home cooked meal.

Accommodation

- Hotel (1 night)

Included Activities

- Lovina - Menjangan Island Reef snorkeling tour
- Lovina - Banjar Hot Springs

Optional Activities

- Lovina - Yoga class - IDR120000

Meals Included

- Breakfast

- Dinner

Special Information

After a storm or erratic weather there can be a problem with rubbish in the water around Menjangan, and also throughout Bali's coastal areas.

Intrepid does not support dolphin-watching trips as an optional activity, as there is little regulation of this activity. Previous travellers have raised concerns over many motorised boats pursuing dolphins pods.

Day 7: Bedugul

Bring your swimming gear to visit today as our first stop is a visit to the small but more local Banjar Hot Springs. Continue to the tiny hilltop village of Munduk (approximately 1 hour). Walk through clove and coffee plantations to a hidden waterfall. Visit Lake Bratan nearby for delightful views of Pura Ulun Danu Bratan, a Hindu-Buddhist temple set on a small island in the lake. Continue to Bedugul (approximately 1 hour). This mountain town is nestled in the cool and misty highlands, in a volcanic lake region covered in lush vegetation. Your warm clothes may come in handy for early mornings and evenings here.

Accommodation

- Hotel (1 night)

Included Activities

- Munduk - Waterfall
- Bedugul - Lake Bratan Temple
- Lovina - Seririt Market visit

Meals Included

- Breakfast

Special Information

Our accommodation here has no air conditioning, as it is not generally required in the cooler climate of Bedugul.

Day 8: Sanur

Visit the Bali Botanical Gardens in Bedugul. Here, over 2,000 species of plants from all over Indonesia are on display in a tranquil highland setting. Continue by minivan to Sanur and enjoy some free time there in the afternoon. Perhaps enjoy a stroll along Bali's first beachfront walk, chat with the locals as they too enjoy the sea and sun, watch the fishermen in the shallows or kick back and relax at one of the beachside restaurants. Get a feel for the traditions and local customs which are well maintained here. Ancient temples are easily accessible – just a short distance away from the beach.

Accommodation

- Hotel (1 night)

Included Activities

- Bedugul - Bali Botanical Gardens

Optional Activities

- Sanur - Morning Cycling Tour - IDR330000
- Sanur - Cooking Class - IDR700000
- Sanur - Yoga Lesson - IDR120000
- Balinese Massage - IDR90000

- Seminyak - Hidden Rice Fields Trek Urban Adventure - IDR500000
- Seminyak - Bali VW Cocktail Safari Urban Adventure - IDR800000

Meals Included

- Breakfast

Special Information

ALTERNATIVE ITINERARY: Please note departures on the below dates will operate on an alternate itinerary. Today travel from Bedugul to Ubud.

Enjoy some free time left for last-minute shopping and sightseeing.

This will affect trips commencing on: 2 May 2017, 7 Jun 2017, 19 Jun 2017, 12 Jul 2017, 06 Sep 2017, 13 Sep 2017, 11 Oct 2017.

Day 9: Sanur

Your trip comes to an end after breakfast today.

Optional Activities

- Seminyak - Bali VW Spa Safari Urban Adventure - IDR1150000
- Seminyak - Urban Adventure Total Bali Food Tour - IDR600000

Meals Included

- Breakfast

Finishing point

Abian Harmony Hotel
Jl. Danau Tamblingan No.192
Sanur
80229
INDONESIA
Phone: +62 3614721299

Finishing point description

The Abian Harmony Hotel is located 25 minutes drive from Ngurah Rai International Airport and approximately a 5 minute walk to nearby beaches. The hotel features an outdoor swimming pool, 24 hour front desk, spa and wellness centre, on site restaurant, as well as offering a laundry service, luggage storage and free wifi throughout the property. Each room has air conditioning, flat-screen television, small refrigerator, tea and coffee making facilities and an en suite bathroom.

Finishing point instructions

If you have pre-booked a departure transfer your transfer driver will meet you approximately 3 hours before your departure time. Please ask your leader to reconfirm your pick up time.

Alternatively the hotel can help you book a taxi to the airport. Expect to pay about IDR150,000 (increased rates at night time) for the 20-30 minute journey to the airport.

Itinerary disclaimer

Occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. The information given in this itinerary may be slightly different to that in the brochure. It's very important that you print and review a final copy of your Essential Trip Information a couple of days prior to travel, in case there have been changes that affect your plans. If you have any queries, please contact your travel agent or our staff. We are here to help you! Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route. The order and timing of included activities in each location may also vary from time to time.

OPTIONAL ACTIVITIES:

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are approximate and are for entrance only and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability and it may not be possible to do all the activities listed in the time available at each destination. Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. This means that it is possible that you may find the same activity cheaper with another operator on the ground, however we cannot vouch for the safety or quality of that operator. Activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with booking these activities. The decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

1. A single supplement is available on this trip. Please note that on the following nights the supplement is not available: - Day 3 Sideman and Day 4 Mt Batur. Please contact your booking agent if you would like to book a single supplement.

Passport and visas

As a general rule most countries expect that your passport has a minimum of 6 months validity remaining. Please ensure the name on your passport matches the name on your booking and airline tickets. Your passport details are required to complete your booking. Your consultant will contact you when this is required.

Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

INDONESIA:

Passport holders for most nationalities are now permitted to enter Visa Free for up to 30 days for tourism purposes. In March 2016 Australia and Ireland have been added to the list of countries now exempt from visas for visits for tourism purposes under 30 days. Please check with your relevant consulate or embassy.

Entry requirements: presentation of onward or return tickets, passport which is valid for at least 6 months. Visitors on Visa-Free Short Visits must enter AND exit from certain airports and seaports in Indonesia including: Jakarta (Soekarno-Hatta Airport), Bali (Ngurah Rai Airport), Yogyakarta (Adisucipto Airport) and Surabaya (Juanda Airport). This currently excludes entry and exit from Lombok (Bandar Udara International Airport). Visa-Free Short Visits cannot be extended and cannot be transferred to another type of visa.

Some nationalities are required to obtain a visa on arrival, or in advance. Citizens of countries who aren't on the visa on arrival or visa free lists are required to apply for a visa overseas before travelling to Indonesia.

Nationals of all countries planning to stay for more than 30 days in Indonesia have to apply for the appropriate visa at an overseas Indonesian consulate or embassy before their departure.

Local laws require that you must be able to show your valid passport at any time when required to do so by an immigration office. We recommend taking a clear photocopy of your passport photo page, and visa (after arriving), to carry with you.

Medical and health information

All Intrepid travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

RABIES:

Health authorities in Bali have reported of an increase in the number of local people being hospitalised with rabies.

To avoid the risk of contracting rabies:

- Do not pat or touch any wild or domestic animals during travel
- Do not attempt to pick up an unusually tame, unfamiliar animal
- Do not attract stray animals by being careless with litter

Pre-exposure vaccine is available but receiving rabies vaccine prior to travel does not preclude the need for post-exposure medical evaluation and additional doses of rabies vaccine. There is a shortage of rabies vaccine in Indonesia and if you are bitten by an animal you should consider travelling to Singapore or your country of origin for treatment.

Treatment

- * Immediately wash the wound with soap and running water for 5 minutes.
- * If possible apply an iodine solution or 40-50% alcohol (whiskey or other spirit can be used)
- * Seek medical advice about the need for rabies vaccination and possible antibiotics for a bite wound infection as soon as possible. Tetanus vaccine may also be required.

All travellers who have possibly been exposed to the rabies virus, whether by bites, scratches or other exposure, should seek medical advice without delay. Medical advice should be sought without delay even if pre-exposure vaccine was received.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

Strict vegetarians should be aware that a lot of Indonesian cooking contains fermented shrimp paste (terasi) as a basic ingredient. Although there are many vegetarian options available, please be specific when ordering food, as often a little chicken is included with most dishes.

Accommodation

Guesthouse (1 night), Hotel (6 nights)

OCCASIONAL ALTERNATIVE ACCOMMODATION

The style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

TWIN SHARE / MULTI SHARE BASIS

Accommodation on this trip is on a twin/multishare basis. Please note there may be times where facilities will be shared rather than ensuite and rare occasions when you share a room with passengers travelling on our different trips than your own.

CHECK-IN TIME

Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination.

PRE/POST TRIP ACCOMMODATION

If you've purchased pre-trip or post-trip accommodation (if available), you may be required to change rooms from your trip accommodation for these extra nights.

Transport

Private minibus

LONG TRAVEL DAYS

There are some long travel days and some of the transport can be quite cramped and without air-conditioning.

TRANSPORT IN BALI:

In Bali we travel by private minivan in order to access more remote areas such as Bedugul, and for safety on the busy and narrow Balinese roads. Your group will be split over multiple vans, however your leader will rotate between the vehicles.

Money matters

SPENDING MONEY:

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

Budget for meals not included: USD 200

EMERGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you bring an extra USD500 for emergencies (e.g. natural disasters or civil unrest). Sometimes these things necessitate last minute changes to our itineraries, and we can't guarantee there won't be some extra costs involved.

The official currency of Indonesia is the Rupiah (IDR).

There are money exchanges and ATM machines available at the airport and all major towns. ATMs are the easiest and safest way to access cash, although we also recommend that you bring and carry some cash in a major currency for when ATMs can not be accessed.

USD notes older than 2000 series, as well as foreign currency notes that are old, torn, worn or damaged notes can't be changed in Indonesia.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. Carrying small notes of local currency will make tipping easier. It is best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult.

Optional Tipping Kitty:

On Day 1 your tour leader will discuss with you the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips for drivers, local guides, and hotel staff (excludes restaurant tips). The leader will keep a running record of all monies spent which can be checked at any time, and any money remaining at the end of the tour returned to group members. This is often the easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader

Optional tipping kitty for this trip: IDR 240 000 per person.

Your Tour Leader:

You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline US\$2-US\$4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Commissions:

Unfortunately, commissions in exchange for recommending particular shops or restaurants are an ingrained part of the tourism industry. Rather than turning a blind eye though, we've tried to legitimise the practise with a centralised fund. Moneys are collected from recommended and fully vetted suppliers and funnelled back into our business. This keeps the trip cost low (for us and for you) and makes sure you only get the best experiences.

If you're unhappy with any places your leader recommends, or feel the quality of the trip is being compromised in any way, please let us know in your feedback.

Packing

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

ESSENTIALS

- Day pack: for carrying essentials when exploring destinations.
- Lightweight clothing: A mixture of covering lightweight clothing and some warm layers (depending on the season) are recommended. It is best to check the weather and seasonal information before travelling. For visits to religious sites you will also need to wear clothing that covers shoulders and pants/skirts that go past the knee. Perhaps carry a scarf or sarong for these visits. Modest and covering clothing is also preferable when visiting areas outside major cities that are more conservative.
- Walking shoes or hiking boots with a good grip: Closed-in shoes that are comfortable to walk for an entire day are recommended for Mt Batur climb, city and countryside walks, and are necessary for cycling activities
- Sandals/flip flops
- Sun protection – hat, sunscreen, sunglasses, lip balm
- Insect repellent
- Head torch (a head torch is best for when you are climbing to Mt Batur before sunrise)
- Waterproof jacket (particularly if travelling from October until March)
- Warm layers (While climbing to Mt Batur before sunrise temperatures can be very cold, so make sure you pack several layers that can be added/removed as you ascend/descend).
- Swimming costume

RECOMMENDED

- Warm hat (for Mt Batur Climb)
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as, mild pain killers, adhesive bandages and electrolytes.
- Camera with spare batteries/charger/power bank: You will have access to power to recharge your electrical items most days, however these are a good backup.
- Electrical adapter plug
- Hand sanitizer
- Water bottle – some hotels may have filtered drinking water to refill your bottle.
- Money belt or pouch
- Water purification tablets
- Waterproof bag cover or plastic bags

OPTIONAL

- A good book, a journal and music player
- Playing cards
- Travel washing line and Bio-degradable washing detergent

MORE!

If you need some further tips for packing, you can always check out our ultimate packing list.

<https://www.intrepidtravel.com/packing-list>

Climate and seasonal information

NATIONAL INDEPENDENCE DAY:

National Independence Day for Indonesia takes place on 17 August. Around this time you may experience some delays to transport, or alternative accommodation may be need to be sourced.

RAMADAN & THE EID UL-FITR FESTIVAL

In 2018, the important month of Ramadan will be in progress from 15th May until 14th June and the Eid ul-Fitr festival will be held directly at its conclusion for 3-4 days.

Ramadan is a festival of sacrifice where the devout refrain from eating or drinking during daylight hours. During Ramadan, business hours are shortened, including opening hours at some tourist attractions. Alcohol is not permitted during daylight hours and many restaurants will be closed. Please note that drivers and leaders of Muslim faith are likely to be fasting over Ramadan. While you should expect some delays and inconveniences during this period, the month is a fantastic opportunity to travel in a Muslim country and witness this unique period, particularly the nightly celebrations when the sun sets and the fast is broken. Please note that although the Eid ul-Fitr festival can also be a fascinating time to travel it's a period of national holiday. Most government offices and businesses will be closed and some tourist site opening hours may be affected.

BALINESE NEW YEAR:

This takes place in March or April each year based on the lunar calendar (new moon). Known locally as Nyepi, custom requires that all people in Bali observe a day of silence and do not leave their homes. Although this is a Hindu celebration, it is respectful for tourists to remain within their accommodation. Flights to/from Denpasar airport will be suspended for this day and many other services do not operate. We endeavour to schedule our trip departures to avoid this day where possible, although the exact date can be announced quite late.

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have

specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MOTORBIKE BAG SNATCHING:

Be particularly aware of motorbike bag snatching, especially in the bigger cities.

BIKE HELMETS:

Helmets are provided for all included cycling activities. If you prefer you can bring your own to ensure the right fit and quality.

A couple of rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land, but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE TRAVELLERS:

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Trip Notes. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

COFFEE/KOPI LEWAK:

Civet coffee, or Kopi Luwak as it's known in Indonesia, is made from coffee beans that have been partially digested and then excreted by small cat-like mammals known as civets. High demand for this expensive drink, as well as the rising popularity of Kopi Luwak with international travellers has led to a proliferation of plantations across Indonesia. However, investigations by the likes of World Animal Protection reveal increasing animal cruelty to meet demands. Rather than sourcing beans from the wild, producers are capturing civets (highly active nocturnal animals) and keeping them caged in cramped, inhumane conditions on farms. Due to the numerous ethical questions surrounding the coffee beans, we strongly encourage our travellers to refrain from purchasing Kopi Luwak.

If you'd like to know more, visit <https://www.worldanimalprotection.org.au/news/civet-coffee-cruelty-cup>

The Intrepid Foundation

Since Intrepid Travel commenced operating in 1989 we've been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. Whilst it is often tempting to give hand-outs to those less fortunate, this has the potential to promote a culture of begging and dependency. Handouts are not a sustainable way for individuals or communities to live. That's why we established The Intrepid Foundation – to make it easier for travellers wishing to give back to communities in an effective and meaningful way.

The Intrepid Foundation is a not-for-profit fund offering a selection of excellent grassroots organisations which you can contribute to. All donations to The Intrepid Foundation will be matched by Intrepid Travel dollar for dollar (up to AU\$1,000 per donor and a total of AU\$400,000 for all donors in each financial year, excluding emergency appeals). And every cent gets there as Intrepid Travel pays for all the administration costs. Donating is simple and secure. Please ask your leader for information on the projects we support through The Intrepid Foundation or go to our website:

<http://www.theintrepidfoundation.org/>

Organisations and projects currently supported by The Intrepid Foundation in Indonesia include:

* Bumi Sehat's mission is to reduce maternal and child morbidity and mortality, as well as to support the health and development of communities. In addition to providing education and training for midwives and community health nurses, their Bali clinic assists approximately 1,000 people each month and their Aceh clinic around 1,500 people each month.

www.theintrepidfoundation.org/projects/bumi-sehat/

For more information, or to make a donation please visit: <http://www.theintrepidfoundation.org/projects/?projectcountry=indonesia>