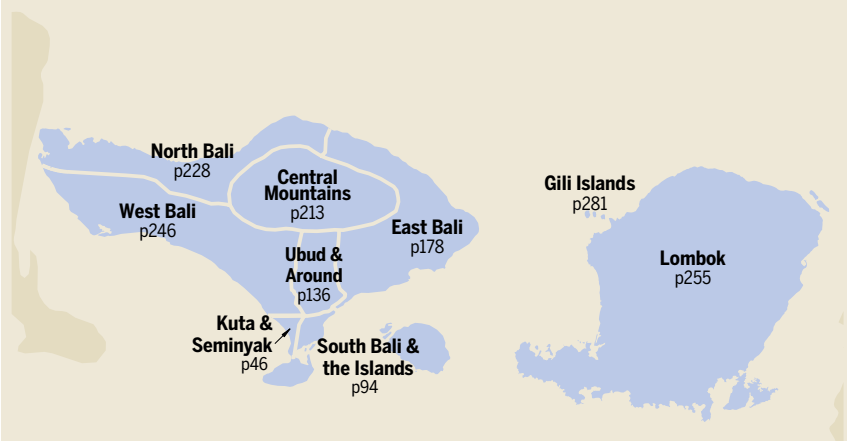




Bali & Lombok



THIS EDITION WRITTEN AND RESEARCHED BY

Ryan Ver Berkmoes

PLAN YOUR TRIP

Welcome to Bali & Lombok	4
Bali & Lombok Map	6
Bali & Lombok's Top 17	8
Need to Know	16
What's New	18
If You Like.....	19
Month by Month	21
Itineraries	24
Bali & Lombok Outdoors	29
Travel with Children	39
Regions at a Glance	42

ON THE ROAD

KUTA & SEMINYAK .. 46

Kuta & Legian	48
Seminyak	71
Kerobokan	83
Canggu & Around	88

SOUTH BALI & THE ISLANDS 94

Bukit Peninsula	96
Jimbaran	96
Central Bukit	99
Balangan Beach	99
Pecatu Indah	100
Bingin	100
Impossibles Beach	102
Padang Padang	102
Ulu Watu & Around	103
Ungasan & Around	104
Nusa Dua	105
Tanjung Benoa	108
Sanur	110
Pulau Serangan	117
Benoa Harbour	118
Denpasar	118
Nusa Lembongan	126
Nusa Ceningan	132
Nusa Penida	133

UBUD & AROUND .. 136

Ubud	137
Bedulu	168
Pejeng	170
Mas	170
Tegallalang	172
Tampaksiring	172
Taro & Around	174
Blahbatuh & Around	174
Kutri	174
Bona & Belega	175
Batuan	175

Sukawati & Puaya	175
Singapadu	176
Celuk	177
Batubulan	177

EAST BALI178

Coast Road to Kusamba	179
Gianyar	182
Sidan	183
Bangli	183
Semarapura (Klungkung)	184
Sidemen Road	187
Pura Besakih	188
Gunung Agung	189
Rendang to Amlapura	191
Kusamba to Padangbai	191
Padangbai	192
Candidasa	198
Amlapura	201
Tirta Gangga & Around	202
Tirta Gangga to Amed	204
Amed & the Far East Coast	204
Kubu Region	210
Tulamben	210
Tulamben to Yeh Sanih	211

CENTRAL MOUNTAINS 213

Gunung Batur Area	214
Gunung Batur	215
Around Gunung Batur Crater	216
Danau Bratan Area	220
Bedugul	220
Candikuning	220
Pancasari	222
Danau Buyan & Danau Tamblingan	222



MACAQUES, UBUD P137



RICE FIELD, UBUD P137

Contents

UNDERSTAND

Munduk & Around	223
Gunung Batukau Area	225
The Antosari Road	227

NORTH BALI 228

Yeh Sanih	230
Singaraja	230
Lovina	232
Seririt & Around	238
Pulaki	239
Pemuteran	239
Banyuwedang	243
Labuhan Lalang	243
Taman Nasional Bali Barat	244

WEST BALI 246

Pura Tanah Lot	248
Kapal	248
Pura Taman Ayun	248
Marga	248
Tabanan	249
Antosari & Bajera	250
Balian Beach	250
Jembrana Coast	251
Negara	252
Belimbingsari & Palasari	253
Cekik	254
Gilimanuk	254

LOMBOK 255

West Lombok	258
Mataram	258
Lembar	260
Southwestern Peninsula	260
Senggigi	261
Senggigi to Bangsal	266

North & Central Lombok	266
Bangsals to Bayan	266
Senaru	267
Sembalun Valley	269
Gunung Rinjani	269
Tetebatu	272
South Lombok	273
Praya	273
Kuta	274
East Lombok	280
Labuhan Lombok	280

GILI ISLANDS 281

Gili Trawangan	283
Gili Meno	293
Gili Air	297

Bali & Lombok Today	302
History	304
Local Life & Religion	313
Food & Drink	324
The Arts	332
Architecture	344
Environment	351

SURVIVAL GUIDE

Directory A–Z	358
Transport	369
Health	377
Language	382
Index	392
Map Legend	399

SPECIAL FEATURES

Bali & Lombok's Best Beaches	59
Top 5 Local Encounters	323
Top 5 Balinese Treats	331
Top 5 Arts Experiences	343

Itineraries



2
WEEKS

Bali & the Gilis

See an incredible cross-section of Bali and enjoy the most popular parts of a Bali trip, including the Gili Islands.

Start your trip in **Seminyak**, which has the best places to go out for a meal, a drink or to buy a new frock. Allow at least three days to experience the refined charms of **Kerobokan** and the wild nights of **Kuta**. Once you're sated, head north, driving through the rice terraces of **Jatiluwih** and on to **Pura Luhur Batukau**, a holy temple up in the clouds. Head northwest to the crescent of mellow beach resorts at **Pemuteran**, from where you can snorkel or scuba Bali's best dive site at **Palau Menjangan**. Driving east, stop in **Munduk** for some hiking to remote waterfalls.

Carry on via Candikuning to **Ubud**, the cultural centre of Bali. Nights of dance and culture are offset by days of walking through the serene countryside. Do a day trip to the ancient monuments at **Gunung Kawi**. Then head down to the cute little beach and port town of **Padangbai** and catch a fast boat to the **Gili Islands**. Wander the islands, enjoy Gili T's pulsing nightlife and go snorkelling to spot a turtle.



3 WEEKS Total Bali & Lombok

You'll visit six islands and countless beaches on a trip that takes you to the most interesting sites and places across Bali, Lombok and the Gilis.

Begin your trip at **Bingen**. Settle back in the sand and let the jet lag vanish. Then move to **Denpasar** for a purely Balinese lunch and head up the hill to **Ubud** to get a full taste of Balinese culture. Next, tackle **Gunung Agung**, the spiritual centre of the island. Start early to reach the top and take in the views before the daily onslaught of clouds and mist.

Having climbed Bali's most legendary peak, head west to the village of **Munduk**, which looks down to the north coast and the sea beyond. Go for a walk in the area and enjoy waterfalls, truly tiny villages, wild fruit trees and the sinuous ribbons of rice paddies lining the hills. Then head south to the wonderful temple of **Pura Luhur Batukau** and consider a trek up Bali's second-highest mountain, **Gunung Batukau**. Recover with some chillout time on popular **Balian Beach**, just west.

Next, bounce across the waves from **Sanur** to **Nusa Lembongan**, the island hiding in the shadow of **Nusa Penida**. The latter is visible from much of the south and east – it's almost unpopulated and makes a good day trip. Take in the amazing vistas from its cliffs and dive under the waves to check out the marine life.

Head to the **Gilis** via the direct boat from Nusa Lembongan for more tranquil time circumnavigating the three islands above and below the idyllic sapphire waters fringing them. Take a boat to Senggigi, but ignore the resorts and head south. Still off the beaten path, the south coast near Lombok's **Kuta** has stunning beaches and surfing to reward the intrepid. The seldom-driven back roads of the interior will thrill the adventurous and curious, with tiny villages where you can learn about the amazing local handicrafts. Many of these roads lead up the flanks of **Gunung Rinjani**, the volcanic peak that shelters the lush and remote **Sembalun Valley**. Trekking from one village to the next on the rim can take days but is one of Bali and Lombok's great walks.



Best of Bali

Seven days will fly by on this trip which covers Bali's best.

Start at a beachside hotel in **Seminyak** or **Kerobokan**; shop the streets of both and spend time at the beach. Enjoy a seafood dinner at **Jimbaran** as part of a day trip to the monkey-filled temple at **Ulu Watu**.

In the east, take the coast road to wild beaches like the one near **Pura Masceti**, followed by the royal town of **Semarapura** with its ruins. Head north up the breathtaking **Sidemen Road**, which combines rice terraces with lush river valleys and cloud-shrouded mountains. Then go west to **Ubud**, the crowning stop on any itinerary.

To spoil yourself, stay in one of Ubud's many hotels with views across rice fields. Sample the offerings at a spa, then try one of the myriad of great restaurants. Bali's rich culture is most celebrated and most accessible in Ubud and you'll be captivated by nightly dance performances. Check out local craft studios, including the wood-carvers of **Mas**. Hike through the surrounding rice fields to river valleys, taking a break in museums full of paintings.



Bali Day Trips

This is for the traveller who wants to unpack only once, seeing what's possible on Bali during a series of easy day trips. Base yourself at a beachside hotel in **Sanur**, such as Hotel La Taverna or Tandjung Sari, both of which have a refined yet relaxed charm.

Day trip one starts with the short drive to the markets and museums of **Denpasar**, followed by a visit to the shops of **Seminyak** and **Kerobokan**. Finish up with a sunset seafood grill at **Jimbaran**.

Day trip two heads to **Ubud** for a half-day strolling the streets, looking at the shops, galleries and museums. Take different routes there and back so you can enjoy sights such as the temples of **Pejeng**, the carvers of **Mas** and the village market at **Sukawati**.

Day trip three follows the wave-tossed volcanic beaches along the east coast. Stop at **Lebih**, which has a temple and mica-infused glittering sand. Go inland to the temple ruins and market at **Semarapura**, then head north along the beautiful **Sidemen Road**. Next, loop west and head back down through **Gianyar**, where you can feast at the night market.



JOHN BOWEN AT APENPHOTOS / GETTY IMAGES ©

Above: Fetching water
from a river
in Ubud (p137)

Right: Woodcarvings,
Mas (p170)



JUergen RITTErBACH / GETTY IMAGES ©



2 WEEKS Lombok Explored

Lombok is all about the great outdoors, from its incredible beaches to its iconic volcano.

Kick off in gorgeous **Kuta** and spend a day or two finding the perfect beach. East or west of town there are a dozen or so bays to choose from: magnificent **Selong Blanak** is just one. While you're here, it would be rude not to sample the fabled south Lombok surf – tiny **Gerupuk** is an excellent place to either take a lesson or hitch a boat ride to an epic break. Not far away, tranquil southwest Lombok is ideal for more aqua action; swim in sheltered waters or explore the dozen or so islands by boat. Tiny **Gili Gede** makes a perfect base.

Sacred **Gunung Rinjani** is up next. You can explore its foothills from the rustic base of **Tetebatu**, or go the whole hog and trek from **Senaru** to the crater rim, the sublime crater lake or the summit itself (depending on your time, energy and commitment level). Just don't miss the beautiful Sembalun Valley. Finish off with a stay at one of the quietly luxurious resorts on the white beaches of **Sire**.

1 WEEK Gili Islands Explored

These three little dots of white sand off Lombok can easily occupy your entire trip, with their top-class options for diving, partying and hanging out on the beaches.

The ideal place to get to grips with island life is **Gili Air**, where the main beachfront strip is perfect tropical lounging territory. You can while away a day or two doing nothing but chilling with a book, taking a cooling dip, snorkelling the offshore coral and feasting on inexpensive fresh seafood.

Next up is **Gili Trawangan**, where there's much more action. The perfect day here could start with a morning dive at a site such as Shark Point, followed by a healthy lunch and an afternoon snooze. Then take a gentle stroll round the sandy lanes of the island, slipping in a sunset cocktail on the west coast. After dinner, feel the beat at one of Trawangan's parties.

The final stop is **Gili Meno**, where, once you've secured the perfect place to stay, there's little to do except ponder the sheer desert-isle-ness of the place. If you can drag yourself away from the beach, you can go egret-spotting on the inland lake.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITER



Ryan Ver Berkmoes

Ryan Ver Berkmoes was first entranced by the echoing beat of a Balinese gamelan in 1993. On his visits since he has explored almost every corner of the island – along with Nusas Lembongan and Penida, the Gilis and Lombok.

Just when he thinks Bali holds no more surprises, he finds, for example, a new seaside temple on nobody's map. Ryan never tires of Bali; sometimes his island social calendar is busier than anywhere else. Away from the gamelans, Ryan

writes about travel and more at ryanverberkmoes.com and on Twitter @ryanvb.

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

15th edition – Apr 2015

ISBN 978 1 74321 389 6

© Lonely Planet 2015 Photographs © as indicated 2015

10 9 8 7 6 5 4 3 2 1

Printed in China

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

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

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