

Paradise Trails of Bali, Lombok and the Gilis

Trip Code: BPT

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Walk through the UNESCO-protected emerald green Bali rice terraces
- Watch the sunrise over Rinjani, one of the most active volcanoes in Indonesia
- Chill out and immerse yourself in the amazing temple life of Ubud

- Relax on pristine beaches and snorkel the beautiful coral reefs around Gili Air

AT A GLANCE

- 13 days cultural touring and walking
- Max altitude - 1672m
- Join at Denpasar

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Spice up your life with a visit to the colourful Indonesian islands of Bali, Lombok and the Gilis. With coral reefs, volcanoes and the unique Balinese culture, the islands draw travellers from around the world. This tour begins on Bali where we will walk through the famous Batukaru rice terraces and trek to a viewpoint for Mount Batur to admire its smoking crater. A short hike through the Batukaru Nature Reserve takes us into the world of tropical rainforest, with its colourful flora and fauna. Transferring to Ubud, we stop off enroute to view the iconic Ulun Danu Temple on the shores of Lake Beratan. No visit to Bali is complete without a trip to Ubud, the cultural heart of the island and the site of the incredible Besakih Temple. Ubud has a chilled-out vibe with a thriving arts scene; this is a great place to do some souvenir hunting.

After the speedboat journey to Lombok, we'll take a hike in the foothills of Mount Rinjani (3762m), an active volcano, and make an early start the following day to watch the sunrise over the smoking caldera from Pergasingan Hill (1672m). Finally, we arrive on the idyllic Gili Islands, strung like pearls in a turquoise sea, with a couple of free days for everyone to snorkel the amazing coral reefs or just chill out on the beach. Take a trip to Bali, and let your troubles melt away!

Is this holiday for you?

This is primarily a touring and sightseeing holiday at low elevation, which includes several gentle walks on the forested slopes of the Indonesian volcanoes. The walks are not particularly difficult, but bear in mind that the underfoot conditions in the Jatiluwih rice terraces are often wet and slippery and the Rinjani National Park walk can also be dry and dusty, so sturdy footwear is required. The Senaru Panorama walk on day 7 is a slightly longer hike, with approximately 4 hours walking followed by an early start on day 8 for the sunrise hike up to Pergasingan Hill for the views of Rinjani (700m of ascent and descent on this day, the most challenging day of the holiday). Lightweight trekking boots would be a good choice of footwear for these walks. All accommodation is in comfortable hotels, with swimming pools, although please be aware that the guesthouse in Sembalun where we stay in bungalows is a little more basic. The tour concludes with a relaxed few days on Gili Air where the group will be unguided and free to enjoy some downtime, join local boat trips or go snorkelling.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers
- Accommodation as described
- Meals as detailed in the Meal Plan
- All transport required by itinerary
- All entrance fees for places mentioned in the itinerary unless indicated as optional

What's not Included

- Travel insurance
- Visas
- Airport transfers other than group transfers
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous personal spending

Joining Arrangements & Transfers

The group will meet at the group hotel in Tabanan on Day 1.

A single timed transfer from Ngurah Rai Airport (Denpasar) to the group hotel is provided. This transfer is usually in the early afternoon.

On the last day of the Land Only itinerary there will be a single timed transfer from Sanur to Ngurah Rai Airport (Denpasar) will be arranged. This transfer is usually in the early afternoon.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 7 lunches and 3 dinners are included in the holiday price.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Rice is the basis of nearly all Indonesian dishes and is usually served with fish, chicken, or vegetables. Food can run the gamut from mild to fiery hot - take care. Two common dishes, nasi goreng and mie goreng (fried rice and fried noodles, similar to their Chinese or Japanese counterparts) can be found everywhere and are an easy introduction to the Indonesian diet. Every town has at least one market, providing an incredible range of fresh fruit and vegetables, and these form an important part of most Indonesian dishes. The meals on the trip will be a mix of traditional Indonesian dishes and more familiar international dishes. When staying in hotels or lodges we will take our meals at the accommodation or in nearby restaurants.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

We will spend 2 nights in a mountain resort in Tabanan, 3 nights in a resort hotel in Ubud, 2 nights at a hotel/guesthouse in Sembalun, 1 night at a beach resort hotel in Senggigi, 3 nights at a beach resort on Gili Air and 1 night at a hotel near the beach in Sanur. All hotels are of a good standard and have swimming pools. The guesthouse in Sembalun is basic, but is in a stunning location.

All accommodation is twin share with en suite facilities. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be accompanied, with the exception of the days on Gili Air, by a professional and qualified tour leader

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

A total of around US\$300 should be allowed for miscellaneous expenses and non-included meals. This amount will also cover reasonable tips to local staff. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Also, if you expect to buy considerable quantities of soft drinks or beer, you should make an allowance for this.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of our local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. The amount to tip is up to you but we suggest that you discuss this as a group and make tips from the group as a whole. As a rough guide, we recommend that you can expect to contribute around \$75 to the group tips 'pool'.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. Please bear in mind that you will have to carry your own bags for short distances when transferring on hydrofoils and ferries. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel.

Visa Indonesia

A visa valid for 30 days can be obtained free on arrival if entering and exiting Indonesia by certain airports (Lombok is not on the list). If you intend to stay longer than 30 days, you must check the visa requirements with the Indonesian Embassy.

Health & Vaccinations

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in Indonesia is the Indonesian Rupiah (IDR)

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

Climate

Lying on the equator, the temperature in Indonesia is relatively high year-round. We can expect daytime temperatures at lower elevations to be as high as 34°C with high humidity. During the trek and walks in the mountainous areas, the daytime temperature will be a very pleasant 20°C and with considerably less humidity. This part of Indonesia receives most of its rainfall between December and February. In the dry season which extends from April to November we can expect sunshine on most days. Occasional rainfall can occur in the dry season but this tends to be during the night or in the early morning.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Bali, Lombok, Gili Islands - Marco Polo - includes a road atlas and pull-out map of the islands

Maps

Bali & Lombok: Freytag & Berndt. Scale 1:125,000

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You Should bring the following items:

- Lightweight hiking boots
- Daypack 20 – 30 litres
- Training shoes or similar
- Sandals – for the waterfall walk
- Walking socks
- Lightweight trekking trousers and shorts
- Lightweight waterproof overtrousers
- Underwear
- Socks
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat
- Scarf or neck buff
- Sunglasses
- Swimwear
- Travel clothes
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle(s) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles
- Camera
- Snorkel mask (if you have your own) for the Gili Islands
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for joining at the hotel in Tabanan, Bali. Single timed transfers are provided from/to Bali Ngurah Rai (Denpasar) Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Bali Ngurah Rai (Denpasar) Airport. The flight will depart from the UK in the morning arriving early afternoon the following day. Return flights will depart in the evening of the last day of the itinerary and arrive in the UK in the early morning of the following day.

Why Choose KE

Why KE

This holiday has the perfect combination of walking, relaxation, and excellent accommodation throughout. All hotels have pools, so don't forget to pack your swimmers!!

Please Note This document was downloaded on 06/05/2025 and the trip is subject to change