

# Paradise Trails of Bali, Lombok and the Gilis

Trip Code: BPT

Version: BPT Paradise Trails of Bali, Lombok and the Gilis



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

- 12 Breakfasts
- 7 Lunches
- 3 Dinners
- 10 nights Hotel with swimming pool
- 2 nights Guesthouse

[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: BPT Paradise Trails of Bali, Lombok and the Gilis

## DAY 1

**Meet at the group hotel in Tabanan, on the slopes of Mount Batukaru. A single timed transfer from Ngurah Rai International Airport (Denpasar) is included.**

Your holiday starts at the group hotel near Tabanan. A single timed airport transfer (2 hours) from Ngurah Rai International Airport (Denpasar) to the group hotel is provided. The hotel is resort-style set amongst rice plantations on the slopes of Mount Batukaru, the second highest mountain in Bali at 2276 metres above sea level. In the evening the group will meet for a welcome dinner, where the guide will give a full briefing on the days to follow.

Meals: **D**



### Accommodation

Hotel with swimming pool

## DAY 2

**Walk through the Jatiluwih rice terraces and visit the Batukaru Temple.**

Following the long journey to Bali we'll enjoy a relaxed start today and our guide will meet us in the mid-morning for the journey to the incredible rice terraces of Jatiluwih. The rice terraces are a stunning emerald green and hug the sides of the mountain slopes like steps. Recognised as a UNESCO World Heritage site, the terraces are famous for the traditional water irrigation system managed by a local cooperative of rice farmers called Subak. We'll enjoy a leisurely short walk of around an hour through the paddies and will learn more about rice production in Bali. Continuing to Batukaru Temple we will take a short 4WD journey to the Bamboo Restaurant set amidst the depths of the forest. After lunch there is the opportunity to take part in a traditional Balinese Hindu temple ceremony. Everyone will be provided with local-style clothing to ensure that they are appropriately dressed as they are guided through the temple ritual before enjoying afternoon tea in a tented camp. Returning to our hotel there will be some time to relax before dinner.

Meals: **B L**



### Accommodation

Hotel with swimming pool



### Time

1 - 2 hrs walking

**DAY 3****Hike through Batukaru Nature Reserve and visit Lake Beratan.**

After checking out of our hotel, we depart for the short 20 minute drive back to the tented camp for a short trek through the Batukaru Nature Reserve tropical rainforest on the slopes of Mount Batukaru. The forest here is protected and managed. The area is south-facing and onshore winds make for a relatively high annual rainfall count. The result of this is lush green vegetation with an incredible variety of flora and fauna. We will take a walk through the forest where our guide will help us identify endemic plant life, species of butterfly and perhaps the long-tailed Macaques who inhabit the forest. The walk will be on waymarked and well-maintained forest paths with a small amount of ascent and descent requiring a modest level of fitness. After lunch we will take transfer by vehicle to the Ubud area, stopping off en-route at Lake Beratan to visit the iconic Ulun Danu Temple, a major Shivaite temple dedicated to the worship of water. Built in 1633, the temple is the site of offerings to the Balinese water goddess, Dewi Danu as Lake Beratan is the source of water for irrigation of the local area. Located on a small outcrop of land on the shores of the calm waters of the lake, should water levels be high the temple gives the impression that it floats on the lake. From here it's onward to Ubud, where we check into a hotel on arrival.

Meals: **B L**

**Accommodation**

Hotel with swimming pool

**Time**

2 - 3 hrs walking

**DAY 4****From Ubud visit the Besakih Temple, Kintamani and Penglipuran Village.**

Today we take a full day excursion from Ubud to visit the most interesting sites in the area and sample the traditional temple culture. Our first stop will be the Hindu Besakih Temple, the "Mother Temple" of Bali. Sitting on the slopes of Mount Agung at an altitude of 1000m the complex includes 23 separate temples with the largest being Pura Penataran Agung which is built on a terrace with 6 levels. Every day pilgrims visit the temples to worship Hindu gods and goddesses and on special festival days many thousands of people come to pay their respects to Shiva, Brahma and Vishnu. Although visitors are permitted to enter the temple complex, access to some areas is restricted to Hindu worshippers only. From Besakih we transfer to the village of Kintamani, the best spot, weather-permitting, for views of Mount Batur (1717m), an active volcano. Kintamani sits on the caldera rim of what was a huge crater and Batur is just a small part of it created over thousands of years of volcanic activity. We'll take lunch at a local restaurant overlooking the volcano before driving to Penglipuran. Penglipuran is a traditional and well-ordered village surrounded by banana plantations and bamboo forest. The local people are Aga and follow a strict code called Adat laid down many centuries ago by their ancestors. Tradition is very important here and we will have time to explore before returning to our hotel near Ubud. There will be approximately 3 - 4 hours driving today.

Meals: **B L**

**Accommodation**

Hotel with swimming pool

**DAY 5****A free day to relax and explore Ubud.**

Today there is a free day to allow everyone to explore Ubud. The town itself is made up of connecting villages surrounded by forest and rice terraces. As the cultural centre of Bali there is a thriving arts scene and a number of art museums. Ubud is the sort of place that easily absorbs a couple of days. As well as numerous temples, palaces, museums, art galleries and the incredible landscape, there are a number of traditional spas, botanic gardens, a bird park and the Monkey Forest. It's a great place to explore on foot with limitless shopping opportunities, perfect for buying Balinese gifts. Of course, if you feel like taking it easy you can just relax by the hotel pool. Your guide will be able to give good advice on things to see and do in Ubud.

Meals: **B****Accommodation**

Hotel with swimming pool

**DAY 6****Take the speedboat to Lombok and transfer to the slopes of Rinjani.**

After breakfast we'll transfer to Padang Bai harbour (1 hour 20 minutes) on the eastern coast of Bali to board the speedboat for the 75km crossing to Teluk Kode harbour on the neighbouring island of Lombok. The boat journey will take 1 to 1.5 hours. Arriving in Lombok we are met by our tour vehicle at the harbour and we head north to Pusuk Forest which is a protected area for macaque monkeys. The road crosses Pusuk pass the high point on a ridge through the forest where we have extensive views over the island and to the coast. We continue around the coast making stop at a local restaurant for lunch, before heading to the mountain village of Sembalun on the slopes of Rinjani in the east of Lombok. Surrounded by terraced fields of rice, garlic, tomato and chilli, Sembalun is actually made up of two villages 2km apart. We will stay in Sembalun Lawang (1150m) located in an ancient caldera of Rinjani. Our accommodation tonight is guesthouse-style but with a swimming pool. A total of approximately 4 - 5 hours driving today.

Meals: **B L****Accommodation**

Guesthouse

**DAY 7****Senaru Panorama walk for views of Rinjani.**

After an early breakfast at our guesthouse, we will transfer (approx. 1 hour) to the Gunung Rinjani National Park entrance for a spectacular half-day walk. Rinjani is the dominating feature of the island of Lombok and is the second-highest mountain in Indonesia as well as an active volcano with frequent eruptions. Our walk follows traditional paths through bamboo groves and local villages before we enter a wide open landscape of rice terraces and palms. Following a winding irrigation channel we reach the lush rainforest of the Sendang Gile Waterfall Reserve, 600m above sea level. Continuing our walk we arrive in Senaru village, where the local Sasak people still live very traditionally. Each turn of the track offers new vistas until finally Rinjani's summit comes into view, rising majestically over the rice terraces and the rainforest. Lunch will be taken at a local restaurant before we transfer back to Sembalun for a second night.

Meals: **B L D**

---

	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 200M		<b>Descent</b> 200M		<b>Time</b> 3 - 4 hrs walking
---	------------------------------------	---	-----------------------	---	------------------------	---	----------------------------------





---

**DAY 8****Sunrise on Rinjani from Pergasingan Hill.**

A very early start today for our sunrise walk on Pergasingan Hill. Setting off at around 3.30am we will walk with the light of our headtorches until the sun rises. The trail ascends through the hills and fields of vegetables surrounding Sembalun Lawang before reaching more open grassland. After approximately 2 hours walking we will reach the top of Pergasingan Hill (1700m) from where we should be able to enjoy fantastic sunrise views across the valley below to the peaks of Rinjani. We'll take a light breakfast on the top of the hill before descending to Sembalun where there will be time to relax. We may even be able to enjoy a game of Gasing, a traditional yoyo game with the local people before we drive back (3 hours) to the western coast of Lombok, to Senggigi, where we check in to a beachfront hotel

Meals: **B L**

---

	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 700M		<b>Descent</b> 700M		<b>Time</b> 3 - 4 hrs walking
---	--	---	-----------------------	---	------------------------	--	----------------------------------

---

**DAY 9****Snorkel the clear waters off the coast of Gili Meno Island.**

Departing the hotel after breakfast, we will transfer to Bangsal for the short boat journey to Gili Meno. We will stop off on the way at Malimbu Hill, a spectacular viewpoint from where there is a magnificent vista of the islands' mountains and coast with views out to small islands dotted in the sea. From here we

will drive to the harbour for embarkation on the speedboat to Gili Meno (25 mins). Arriving on the island, we will be escorted to a beach which is a popular destination for swimming and snorkelling. Snorkel equipment will be provided and basic instruction will be given; lunch will be provided at a beach restaurant. Later in the afternoon we will take the 10 minute boat trip to Gili Air Island where we check into a hotel by the sea. Our guide will leave us today when we depart for Gili Meno, but will return to meet us on day 12 when we arrive back in Bali.

Meals: **B L**

**Accommodation**

Hotel with swimming pool

---

**DAY 10****A day at leisure on Gili Air Island.**

A free day to relax on the island of Gili Air. For the next 2 days no services are included other than your accommodation and breakfast. There are many options for activities on the island - hire bikes are available, you can join a yoga class or take a walk around the island. Of course many people come here to snorkel and dive in the crystal clear water. Alternatively there is the option to just chill out on the beach.

Meals: **B**

**Accommodation**

Hotel with swimming pool

---

**DAY 11****A second day at leisure on Gili Air Island.**

A final day in this paradise location on Gili Air. Choose a different activity to enjoy or take some relaxing time out. We spend a third and final night at our accommodation by the sea.

Meals: **B**

**Accommodation**

Hotel with swimming pool

---

**DAY 12**

---

### Take the speedboat back from Lombok to Bali.

After breakfast at the hotel, we take a short transfer back to the Lombok coast for the express boat journey back to Bali. The journey, in total, will take around 3.5 hours. From Serangan we transfer by road to Sanur (20 minutes) where we are reunited with our guide and check into our beachside hotel. The rest of the day is free to relax or explore this seaside town which has a great beach and a leafy main street lined with art galleries, shops and restaurants. In the early evening, the group will gather together with our guide to enjoy a celebratory last dinner together.

Meals: **B D**



#### Accommodation

Hotel with swimming pool

---

### DAY 13

### Departure Day. A single timed transfer to Ngurah Rai Airport is provided.

Your holiday ends after breakfast. Flight time allowing there will be plenty of time to enjoy the beach at Sanur, indulge in some last minute shopping or do some people-watching from one of the cafes and bars. If you would like to extend your stay on Bali, we can also arrange additional nights at the group hotel. A single timed transfer (30 minutes) to Ngurah Rai Airport on Bali is provided in the mid-afternoon

Meals: **B**

---

## 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 including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** 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

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

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>.

### Severe Allergies

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](http://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](http://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)

## 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 11/07/2025 and the trip is subject to change