

# BALI AND BEYOND

## HEY TRUTRAVELLER! PARADISE IS AWAITING YOU...

We thought we would give you some finer details to get you even more excited about your upcoming trip. In this itinerary, you have an outline of the day-to-day activities you get to experience, as well as the accommodation type and what's included from us. We have planned almost everything but we have left you some free time to go off and explore yourself...or just relax if that's more your style. There are many recommendations in this itinerary so you don't leave feeling like you have missed anything!

### FLIGHT INFORMATION



**NGURAH RAI INTERNATIONAL  
AIRPORT (DPS)**



**LABUAN BAJO (LBJ)**

### TRIP OVERVIEW

**DAY 1 CANGGU-** meeting the group

**DAY 2 CANGGU-** temples/free time

**DAY 3 CANGGU-** surfs up!

**DAY 4 UBUD-** travel to Ubud/ waterfalls

**DAY 5 UBUD-** cooking class/ monkey forest

**DAY 6 UBUD-** rice terraces/ lunch by volcano

**DAY 7 GILI T-** travel to Gili T

**DAY 8 GILI T-** snorkling/ free time

**DAY 9 GILI T-** bike ride/ free time

**DAY 10 TRAVEL DAY!**

**DAY 10 KUTA LOMBOK** travelling to Lombok

**DAY 11 KUTA LOMBOK** waterfalls

**DAY 12 KUTA LOMBOK** beach day

**DAY 13 SUMBAWA** relax and recharge

**DAY 14 MOYO** explore island and waterfalls

**DAY 15 LIVE-ABOARD BOAT** explore islands

**DAY 16 LIVE-ABOARD BOAT** island hopping

**DAY 17 LABUAN BAJO** explore komodo island

**DAY 18 FLORES** chilled check out



### DAY 1 - OVERNIGHT IN CANGGU

**WELCOME TO THE ISLAND OF THE GODS. YOU'RE IN BALI BABY!**

**ALL DAY:** Check in, explore, chill, connect with others in the group, drink your first Bintang... Today all your fellow Trutravellers will be arriving and checking in, if they haven't already.

**EVENING:** Your Travel Ninja will arrange a time and place for everyone to meet up for the first night out together (usually around sunset time). Keep a look out in the group chat for details.

#### AIRPORT PICKUP



#### TIP

For getting around use the "**Grab taxi or Gojek app**"

#### OPTIONAL ACTIVITIES

Want to keep up with that pre holiday work out regime?

Then check out the workout or yoga classes available at **The Practice, Power & Revive or Canggu Studio.**

Or if that sounds like way too much hard work... then the cocktails are pretty bangin at **Finns Beach Club.**

**DON'T FORGET TO DRESS APPROPRIATELY AND BRING WATER AND SUNCREAM.**



#### TWIN SHARE HOTEL

#### OPTIONAL ACTIVITIES

If you arrive early, you have the option to explore Canggu. This area is very safe, full of amazing **cafe's and bars.**

Why not check out the beach front which has **surf boards** for rent and lots of bars to choose between.

If you're feeling active, you can go to one of the **gyms** close by and try out some classes e.g: **boxing or Muay Thai**

**Want to get involved in a beach clean?** Check out Trash Hero Canggu for their schedule.

Or volunteer and walk some dogs at **Bali Bully rescue.**

### DAY 2 - OVERNIGHT IN CANGGU

**RISE AND SHINE ON YOUR FIRST FULL DAY WITH TRUTRAVELS...**

**MORNING:** We're going to fully immerse ourselves in Bali's rich culture and visit 2 beautiful temples. This morning, Breakfast is included at the hotel from 7am -10am, and we typically leave for the temples straight after breakfast. Your Travel Ninja will confirm timings.

**AFTERNOON:** When we return in the afternoon there's a few hours of free time to explore or relax.

**EVENING:** Then we meet back up for dinner and we will see where the night takes us!



#### TWIN SHARE HOTEL



#### BREAKFAST



#### TEMPLE VISIT



#### RETURN TRANSPORT



### DAY 3 - OVERNIGHT IN CANGGU

#### SURFS UP...!!!

**MORNING:** Today we're heading south, down to Kuta beach for the surfing lesson... We go down to that side of the island for the safer more tame waves. It's around a 1-1.5 hour drive. Departure time for this day will be determined by your Travel Ninja and will change based on tides and currents....

**REST OF THE DAY:** Make the most of your free time, because tomorrow morning we leave to Ubud!



#### BREAKFAST



#### SURF LESSON

#### TIP

A "**Warung**" is the name given to a local restaurant.

#### OPTIONAL ACTIVITIES

Check out **Kuta beach**, the legendary Bali area with some little shops for souvenirs.

Or visit **Beachwalk** - the shopping mall!

If you want to experience Beach club vibe, check out **Finns or Atlas beach club**  
If not, Back to the hotel to relax



#### TWIN SHARE HOTEL



#### FANCY A BITE TO EAT IN CANGGU?

There are lots of **cute and healthy cafes** around the hotel in walking distance such as **Dua Tiga cafe, Lusa by Suka, Nude cafe and Cinta cafe.**

The local Warungs's are usually super cheap, and delicious food.

Our favourite, and close to the hotel is '**Made Warung**'.

Speak to your travel ninja about other optional activities and cool things to do in Canggu.

#### OR WANT A CAFFEINE HIT?

For the best coffee close by check out **Ruko Coffee**. They support community projects with every cup.

### DAY 4 - OVERNIGHT IN UBUD

#### GOOD MORNING, RISE AND SHINE.

**MORNING:** After breakfast, we're going to jump in our transport, and head to Ubud.

It's around a 3 hour drive depending on traffic. Before arriving, we will stop at one of Bali's most beautiful and impressive waterfalls, so make sure you have packed your swimming stuff.

**AFTERNOON:** We arrive to Ubud in the mid afternoon, and after check in you have free time to explore. Ubud is famous for being Zen as well as the home of crafts - with plenty of yoga and meditation classes happening hourly, and markets and shops displaying handmade gifts.

**EVENING:** In the evening, we will meet back up for dinner.



#### OPTIONAL ACTIVITIES

Check out **Ubud market**... Its the best place to buy gifts for friends and family back home.

You can usually barter the price, just remember to be fair and kind when bartering.

Don't fancy shopping? Then check out **Cretya Ubud** - One of the most impressive pool bars built around rice terraces.



**TWIN SHARE HOTEL**



**BREAKFAST**



**WATERFALL VISIT**



### DAY 5 - OVERNIGHT IN UBUD

#### PREPARE THE CHEFS WHITES AND SHARPEN THE KNIVES!

**MORNING:** Before we head to our cooking class today, we're first going to visit the local markets, before heading to the family home of our teacher, where we will prepare and cook some traditional Balinese dishes.

**AFTERNOON:** We will be dropped off from our cooking class to the Sacred Monkey forest to explore and see the wild monkeys. The rest of the day is yours to enjoy, so check out what other activities Ubud has to offer.

**EVENING:** To finish off our day, we will have dinner at some beautiful restaurants and maybe even listen to some live music!



**TWIN SHARE HOTEL**



**BREAKFAST**



**COOKING CLASS**



**TWIN SHARE HOTEL**



**BREAKFAST**



**RICE TERRACE VISIT**



**RETURN TRANSPORT**

### OPTIONAL ACTIVITIES

**Yoga and meditation classes** happen hourly around Ubud – so check the schedules and get involved.

Also, why not try **Ketut Liyer** (the famous palm reader from Eat, pray, love) and **Museum Puri Lukisan** (Traditional Balinese Art).



**DAY 6 - OVERNIGHT IN UBUD**

**BRING YOUR CAMERAS... IT'S TIME TO VISIT ONE OF BALI'S TOP ATTRACTIONS!**

**MORNING:** A visit to Ubud wouldn't be complete without visiting the rice terraces. After breakfast, we will head out and spend a few hours there– enough time to explore and try the famous Bali swing (you're not in Ubud without pic on the Bali swing!).

**AFTERNOON:** After, we will grab lunch in a restaurant overlooking Mt. Batur volcano. Then we will return to our hotel so make the most of the last day.

**EVENING:** Tomorrow we leave in the early morning for Gili – so pack your bags tonight.



**DAY 7 - OVERNIGHT IN GILI T**

**GILI T HERE WE COME!**

**MORNING:** Today we have an early morning transfer to the Gili Islands. Trust us, its worth the early start.

Your Travel Ninja will confirm all of the timings – but typically we arrive around midday.

**AFTERNOON:** The rest of the afternoon is yours to enjoy – Chill by the pool with a cocktail, or explore the island.

**EVENING:** Tonight were going out – Gili Style.



**TWIN/ TRIPLE SHARE HOTEL**



**BREAKFAST**



**TRANSFER TO GILI T**

### A LITTLE INFO ABOUT GILI T...

The Gili Islands are 3 small islands off the coast of Lombok. Gili Trawangan is the biggest of the 3, and the most popular with backpackers.

There are no bikes or cars on the Gili islands – so prepare to walk to the hotel. Around 30-40 minutes.

The parties are crazy & the water is crystal clear. A Tru tropical paradise!

### DAY 8 - OVERNIGHT IN GILI T

#### IT'S SNORKEL TIME!

**MORNING:** The waters off The Gili Island are full of marine life – Today, after breakfast, we will take a private glass bottom boat out to the best snorkelling spots.

**AFTERNOON:** It's a full afternoon on the water. Your Travel ninja will confirm times based on weather conditions and schedule.

**EVENING:** You will have a few hours to chill before we team up again in the evening for dinner and drinks.



**BREAKFAST**



**BICYCLE**



**SNORKELLING 3 ISLANDS**



**TWIN/ TRIPLE SHARE HOTEL**

IF YOU HAVE A WATERPROOF CAMERA - THEN TODAY IS THE DAY TO GET SOME AMAZING SHOTS WITH UNDERWATER STATUES AND SEA TURTLES.



#### OPTIONAL ACTIVITIES

Check out **Luni Lombok** cafe on Gili T – cuddle cats, grab a drink, buy some cat souvenirs. They are helping all animals and especially the stray cats on the Gili Islands with sterilisation, medical care, providing fresh drinking water and food.

MAKE SURE YOU WEAR PLENTY OF SUN CREAM, AND TRY TO APPLY 1 HOUR BEFORE GETTING INTO THE WATER - SO NOT TO DAMAGE THE MARINE LIFE.

#### OPTIONAL ACTIVITIES

- ☐ YOGA
- ☐ STAND UP PADDLE BOARDING
- ☐ KAYAKING
- ☐ SWIMMING
- ☐ MASSAGE
- ☐ MINI GOLF
- ☐ LUNCH AT CAFE ON BEACH



### 📍 DAY 9 - OVERNIGHT IN GILI T

#### THE LAST DAY ON GILI T :(

**ALL DAY:** Today is your last full day on the beautiful Gili T. We will cycle around the island, stopping at a couple of different beaches for a cold drink and keeping an eye out for turtles. Apart from that, the day is yours.

**EVENING:** Some members of the group might be leaving today before we travel on, so there will be a farewell dinner and maybe some tears!



**TWIN/ TRIPLE SHARE HOTEL**



**BREAKFAST**



**BICYCLE**



### 📍 DAY 10 - LET'S TRAVEL TO KUTA LOMBOK

**MORNING** In the morning we will travel east to Lombok!

**AFTERNOON** Once we arrive the afternoon is free for you to explore and discover the magic of Lombok! Relax by the pool, meet the new arrivals and get ready for the epic second part of the trip!



**BOAT TO LOMBOK**



**BREAKFAST**



### 📍 DAY 11 - KUTA LOMBOK

**MORNING** In the morning you will have a welcome talk from your group leader! We will then go to Sasak Village to learn about their culture and discover the art of weaving.

**AFTERNOON** Then later we will go to the Benang Kelambu and Benang Stokel waterfalls and then go for lunch at a local Warung restaurant. In the evening we will meet for a group dinner and explore Kuta Lombok by night!



**WATERFALL VISIT**



**TWIN SHARE HOTEL**



**1 X BREAKFAST**

### OPTIONAL ACTIVITIES IN KUTA LOMBOK

If we get back early from the waterfalls there is a lovely coffee shop about 10 mins away from our hotel called Mushroom coffee shop.

There is also a beach called Tanjung Ann and also you can walk to see the sunset on the top view point.



### 📍 DAY 12 - KUTA LOMBOK

**MORNING** Today is a beach day! We will visit 2 beautiful beaches, Lancing Beach and Selong Belanak Beach

**AFTERNOON** We will eat lunch at Aqia Warung and stay relaxing at the beach until around 4pm but if you want to stay longer to watch the sunset you can! You'll just have to pay for your own transport back.



**BEACH VISIT**



**TWIN SHARE HOTEL**



**BREAKFAST**

### OPTIONAL ACTIVITIES IN SUMBAWA

Whilst you are in the beautiful Sumbawa make the most of the sunset on the beach! You won't regret it!



### MORE OPTIONAL ACTIVITIES IN KUTA LOMBOK

At the beach you can hire surfboards and take some lessons if you want! Just ask your tour guide and they will point you in the right direction!

### 📍 DAY 13 - SUMBAWA

**MORNING** Today we say goodbye to Kuta Lombok and do a transfer to Sumbawa. Get your snacks and headphones ready for the journey!

**AFTERNOON** Once we arrive in Sumbawa we can relax and get to know the local area. In the evening we will go to the hotel restaurant and your tour guide will give you an introduction to Sumbawa and information about the days to come.



**TWIN SHARE HOTEL**



**1 X BREAKFAST**

### 📍 DAY 14 - MOYO

**MORNING** We will sail to Moyo and visit the Mata Jitu waterfall. It is an absolutely stunning waterfall and we will get to spend some time there before heading back and going for lunch at Moyo Sunset

**AFTERNOON** After lunch we will head to the second waterfall called Dwai Mbai and we will take a swim stop there too so bring your towels!



**TWIN SHARE HOTEL  
BREAKFAST**



**EXPLORE ISLAND AND WATERFALLS**

### 📍 DAY 15 -LIVE-ABOARD BOAT

**MORNING** We will leave in the morning and stop for some snacks for the boat. We will sail to Satonda island, trek to the viewpoint and maybe even do some snorkelling depending on the currents.

**AFTERNOON** Overnight we will sail to Manta point. Get ready because the first night might be rocky, but you'll soon find your sea legs!



**4 PERSON CABIN  
BREAKFAST, LUNCH  
AND DINNER**



**VISIT SATONDA ISLAND**

**LIVE ABOARD BOAT!**



### 📍 DAY 16 -LIVE-ABOARD BOAT

**MORNING** For early risers within the group there will be a fantastic sunrise! We will arrive mid-morning and potentially see some Manta Rays - keep your fingers crossed!

**AFTERNOON** We will spend the afternoon on pink beach and relaxing on the shore! Then we will go back to the boat, have dinner and sail to padar island to dock overnight. As we are docking we will have a party/games night if you wish!



**4 PERSON CABIN  
BREAKFAST, LUNCH  
AND DINNER**



### 📍 DAY 17 - LABUAN BAJO

**MORNING** It's the day you have been waiting for.... it's Padar view point and Komodo day!! We will do a sunrise trek to Padar view point, go back to the boat for breakfast and then go to Rinca Island to see the Komodo Dragon

**AFTERNOON** In the afternoon we will sail back to mainland and check into our hotel. You can explore the local area and do a bit of shopping nearby or just relax by the pool!

We will then have a farewell dinner in the evening and reminisce about the incredible trip we have had!



### BREAKFAST AND LUNCH

Don't forget to tip the boat staff who worked so hard to make us all happy! Your tour leader will suggest an amount



### 📍 DAY 18 - FLORES

It's a day for sore heads and emotional goodbyes as we're at the end of the tour. Fear not though, this may not be the end of your adventure and if not, our Travel Ninjas know Southeast Asia like the back of their hand and can advise you on what and where to next.

If it is time to depart this part of the world, then allow yourself to be sad about it, but promise us you'll come back for more? It's a very easy promise to keep in truth. You're now a lifelong member of the TruFam and by now, you'll know how big a deal that is. See you soon!



### BREAKFAST