



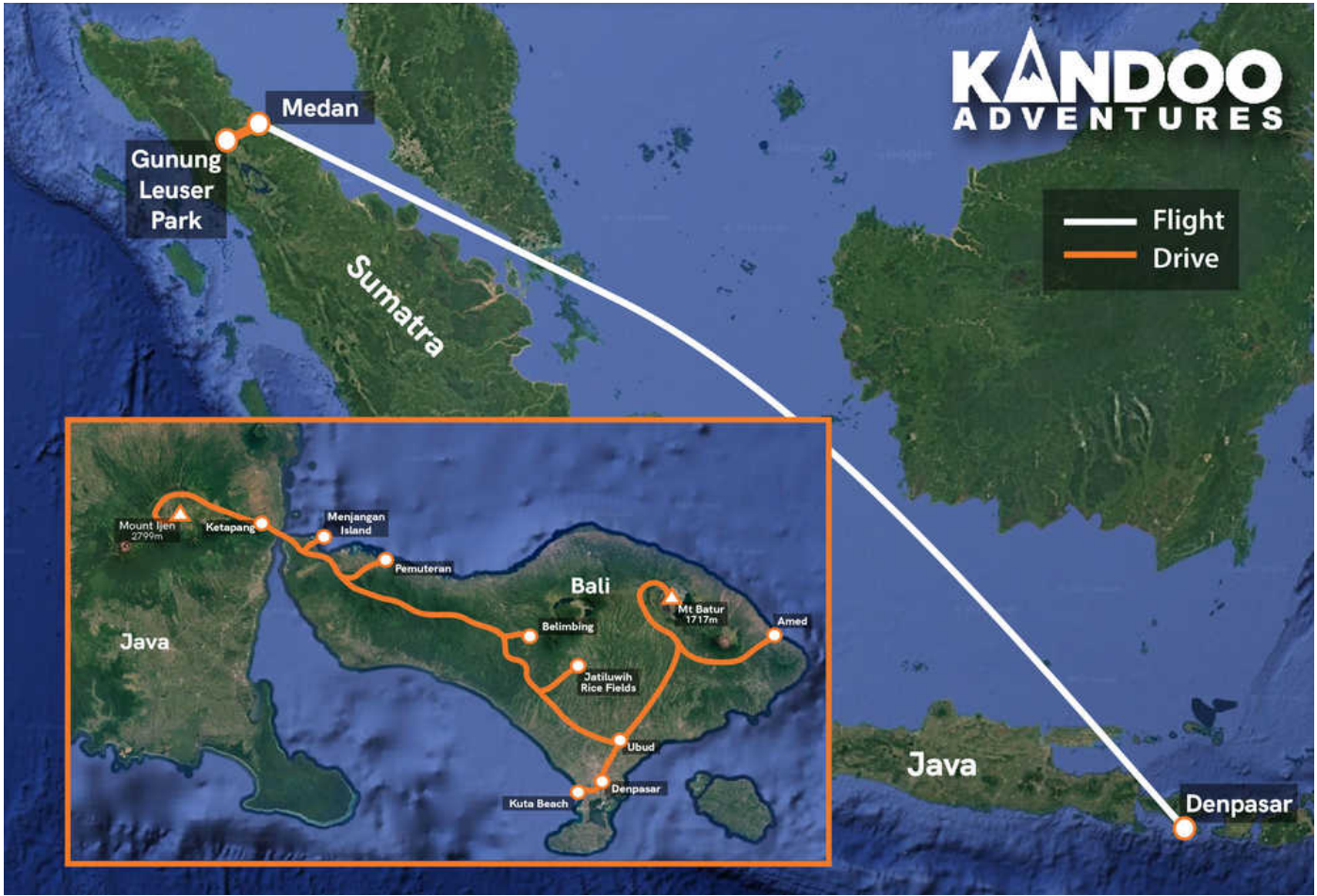
Beginning our unforgettable Indonesian adventure in Medan, the largest city on Sumatra, we have a day of exploration around the city before heading to the Gunung Leuser park to go in search of the famous "men of the forest"; Orangutans. Visiting these copper coloured protected species, in their natural habitat, will be our objective during two day treks into the depths of the jungle accompanied by park rangers. Trek completed, we will fly on to our next destination, Bali.

Here, we embrace our playful spirit; surfing, mountain biking and learning to dance like an Indonesian. We summit the renowned Mount Batur just as the sun begins to rise and relax in scenic, natural hot springs. We head over to Java to visit the electric blue lake on Mount Ijen before coming up close and personal to vibrant undersea landscapes whilst snorkelling around the beautiful reefs on Menjangan Island.

The ultimate itinerary to immerse you in the cultural traditions and adventure that carve out Indonesia's character.

## TRIP HIGHLIGHTS

- Search for gangly limbed Orangutans deep in the jungle of Gunung Leuser Park
- Swim alongside incredible vibrant sea life along the underwater reefs of Bali
- Visit the electric blue crater lake on Mount Ijen
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### ARRIVE IN SUMATRA

Welcome to Sumatra! Our guide will meet us at Medan Kuala Namu Airport (KNO) and transfer us to our hotel.

Transport: **Private transfer**

Accommodation: **Hotel**

## DAY 2

### MEDAN CITY

Today we will spend exploring the lively city of Medan. We will visit the Sultan's palace with its intricate Asian architecture and domed roofs, as well as the Tjong a Fie Mansion; a beautiful art deco museum dedicated to the life of the famed philanthropist and leader, Tjong a Fie. We will sample local cuisine and bask in the chaotic harmony of North Sumatra's capital before hopping into our vehicle and driving away from the bustle of the city, to the peaceful charm of Bukit Lawang, nestled on the edge of the Gunung Leuser Park.

Transport: **Private transfer (4 hours)**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

## DAY 3

### GUNUNG LEUSER PARK

This morning we depart on the first of two trekking days in search of the Orangutans inhabiting the Gunung Leuser Park. Currently there are around 6,000 individuals living in this protected area of rainforest. Accompanied by a park ranger, with an eye accustomed to spotting the traces of these incredible primates, we make our way through the dense jungle. On route we have the opportunity to see other animals native to this forest; White and Black Gibbons, Hornbills and Monitor Lizards are just some of the incredible wildlife that live here. At the end of our days trek we return to our hotel, where we spent the night.

Hiking time: **6 - 7 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

## DAY 4

### GUNUNG LEUSER PARK

This morning, we once again continue our search for Orangutans ("men of the forest" in Indonesian), while also discovering the extensive local flora and fauna that blanket the floor and canopy around us. The rich, vibrance of colour is reflected in the hundreds of species endemic to this region. At the end of our hike, our vehicle will take us back to our hotel in Medan ready for an early flight to Bali tomorrow morning.

Transport: **Private transfer (4 hours)**

Hiking time: **3 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

## DAY 5

### MEDAN TO KUTA

This morning we catch an early morning flight from Medan to Denpasar on Bali. We then transfer to our beachfront hotel and have time to relax by the hotel pool or on the beach.

Transport: **Flight (3.5 hours)**

Accommodation: **Hotel**

Meals included: **Breakfast**

#### DAY 6

### SURFING AT KUTA BEACH

We will spend today on Kuta beach, either early in the morning or in the afternoon we enjoy a private surfing lesson, depending upon tides. Then head north to the Batukaru volcanic region ready for our cultural hike tomorrow morning.

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 7

### BATUKARU TEMPLE - KETAPANG

We leave our hotel in the morning and visit Batukaru temple, before heading to the belimbing area. With a local guide to accompany us, we hike between ricefields, waterfalls and plantations, a great warm up before we tackle a volcano! In the afternoon we reach the north coast of Bali and follow the road west to Gilimanuk harbour. Crossing by ferry to Java Island, we check in at our hotel in Ketapang. Get an early night tonight because we will be up early tomorrow.

Transport: **Ferry (1 hour)**

Hiking time: **3 - 4 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 8

### MOUNT IJEN

At around 3am we will drive to the starting point of the Kawa Ijen trekking trail. (1h30 drive). We start walking by sunrise and after 2 hours of trekking on a easy trail, we reach the crater rim of Kawa Ijen volcano and its splendid acid lake. You may meet local workers on the way, carrying down baskets full of sulphur rocks (up to 100kg per porter!) After some time to enjoy the panorama, we descend and drive back to the hotel where you can grab some rest. After lunch, we cross back to Bali and arrive by mid afternoon in Pemuteran, close by the sea.

Transport: **Ferry (1 hour)**

Hiking time: **4 - 5 hours**

Ascent: **400 m**

Descent: **400 m**

Max. altitude: **2799 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 9

### SNORKELING ON MENJANGAN ISLAND

This morning we drive to Labuan Lalang harbor where we board fishing boats to reach the island of Menjangan. This island is mainly known for its superb coral reefs and we spend the morning snorkeling and exploring the underwater world surrounding the island. After a picnic lunch on the beach we go in search of the wild deer that live here and gave the island its name. In the afternoon we return to Pemuteran for a short ascent of the bukit Kursi hill which offers beautiful views of Menjangan and Java.

Hiking time: **1 - 2 hours**

Activity time: **3 - 4 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 10

### SAMBANGAN WATERFALLS AND JATILUWIH RICEFIELDS

Today we continue our exploration of Bali and take the road to the pretty village of Sambangan, near Lovina. Accompanied by a local guide, we start hiking through flower meadows and rice fields before stopping at a Balinese family home for a short break. We reach the Aling Aling waterfall for a refreshing swim and discover a multitude of further waterfalls downstream with plenty of opportunity jumping, sliding and swimming!

In the afternoon, we take a mountainous road to reach the Jatiluwih rice fields, classified as a UNESCO heritage site, before transferring to our hotel in Kintamani to prepare for our sunrise hike the next day.

Hiking time: **2 - 3 hours**  
Accommodation: **Home Stay**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 11

### SUNRISE HIKE UP MOUNT BATUR

Very early start today (around 4am), we transfer to the starting point of our hike to Mount Batur. The climb can be tough and steep. We reach the crater rim in time for sunrise, perched 1717m above sea level. An unforgettable experience. This summit offers a 180 degree panorama of Bali as well as Mount Rinjani in Lombok when the weather is clear. After descending we have some time to relax in natural hot springs at the base of the volcano before returning to our hotel for a relaxed afternoon.

Hiking time: **5 - 6 hours**  
Ascent: **700 m**  
Descent: **700 m**  
Max. altitude: **1717 m**  
Accommodation: **Hotel**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 12

### SNORKELLING AT AMED

Today we relax and enjoy some snorkelling straight from the beach in the Amed area with our knowledgeable guide. Here the volcanic, black sand beach forms a dramatic backdrop for our snorkel adventure. It is likely we will see groupers, parrotfishes and even white sharks if we are lucky enough. After lunch, drive back to Ubud with a stop in Tirtagangga water palace for a short visit. Free time in Ubud at the end of the day.

Activity time: **3 - 4 hours**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

#### DAY 13

### GUNUNG KAWI CULTURAL HIKE

This morning we follow a culturally infused trail through the rice paddies of Tampaskring, meeting the local people who farm this land, witnessing the intricate process of crafting traditional Balinese cakes, visit the elaborate Gunung Kawi temple and the ancient spiritual sanctuary, Bukit Gundul. Along the way we will sample a traditional Jamu juice drink, learn to make offerings and be taught to dance like a true Indonesian! We will head to our hotel in Denpasar in the late afternoon to have a relaxed evening and enjoy our final night in Bali.

Hiking time: **6 hours**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

#### DAY 14

### DEPARTURE

This morning we wave goodbye to Indonesia and are transferred to the airport in time for our flight.

Transport: **Private transfer**



**PLEASE NOTE**

*The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.*

# TRIP INFORMATION

## DIFFICULTY

This adventure is rated as **moderate** as although it is jam packed and you will be taking part in physical activities every day, none of the hikes require training to complete. Even so, a good degree of fitness is beneficial to ensure you have an enjoyable experience.

You will be required to walk for up to 6 hours in a day with a maximum ascent of 700m. The terrain can be steep and loose and care should be taken to avoid slips and trips, particularly on the volcanoes where the ground can be soft underfoot, resembling sand dunes. Being in good physical condition with recent experience of hiking for 5-6 hours will ensure that you enjoy your treks.

We are running our trips in the dry season, so in the perfect situation, you should not experience much or any rain, however in recent years this has become more common. Temperatures in the parks are always warm ranging from mid 20's to mid-'30s during the day and low 20s during the night. Conditions can also be windy at times depending on the time in season.

If you have any questions about your suitability or how to prepare for this trip please have a look at our [Indonesia Trip Guide](#) and do not hesitate to contact us.

## FOOD & DRINK

Indonesia food is **delicious**! Expect plenty of meat with Sate Padang (beef satay), Ayam Bakar Taliwang (grilled chicken in spices) and Ikan Bakar (grilled fish in Sambal sauce). The cuisine is vibrant and colourful with intense flavours thanks to the vast array of spices.

A typical meal will always include steamed rice along with one or two main dishes of fish, meat or vegetables. Vegetarians can enjoy Tempe Goreng (Indonesian tofu), Nasi Goreng Lotus (rice with vegetables and egg cooked in a lotus leaf) or Gado Gado (green vegetables with tofu and peanut sauce).

We will take our breakfasts and evening meals either in our hotels or at local restaurants. Lunches will be picnics of fresh fruit and vegetables, rice dishes and meats.

If you have special dietary requirements, please let us know when booking your trip.

Please be aware that tap water in Indonesia is not drinkable. Mineral water can be purchased in most towns and villages and you will be provided with fresh water to fill your bottles each morning and evening.

## ACCOMMODATION

On this trip we will stay in **comfortable hotel accommodation** for 13 nights. Rooms will be either double or twin with private bathrooms. Every hotel we use has been carefully selected for its high levels of comfort and cleanliness, great food, facilities and location. A single supplement is available on request and subject to availability.

**Toilets** - In Indonesia, toilet paper is a rarity, with Indonesians preferring water as their cleanser of choice. Toilets are more often than not squatties with either a hose, bucket and water, or occasionally toilet paper available. If water is a no go in your eyes then it is definitely worth bringing your own loo roll. In many cases, wiping is a hands-on affair with locals sticking to using one hand for wiping and the other for eating, drinking and shaking hands. Of course, if you wash your hands thoroughly after each visit to the toilet then you shouldn't have any issues either way. In most hotels, however you will find there are flushing, western style toilets with toilet roll available.

## LUGGAGE

Your main bag should be a flexible duffel bag or backpack of around 70-90 litres and not a rigid suitcase. Your luggage will be transported by bus and can be left on the bus while you are participating in activities. On your domestic flight you have a main baggage weight allowance of 25kg and a hand luggage allowance of 5kg. You will need a daypack of roughly 40 litres to carry with you each day containing your water, spare clothing, lunch, medication etc. This can be used as hand luggage during your flight. We recommend also bringing a waterproof cover for your daypack.

## HOW DO I GET THERE?

You will need to arrive into Medan Kuala Namu Airport (KNO) on the island of Sumatra on Day 1 of your trip.

From the UK, Singapore Airlines have convenient flights departing from Heathrow with 1 short stop in Singapore on the way. Another airline to consider from London is Malaysia Airlines who fly via Kuala Lumpur. Qatar, Turkish Airlines, Malaysia and Singapore Airlines all offer flights to Medan from the rest of the UK; Manchester, Edinburgh, Birmingham, with two stops on route.

From the US, China Airlines and Singapore Airlines offer flights from New York and Los Angeles, whereas Qatar, Singapore and Malaysia airlines offer flights from Atlanta, Dallas and Miami. All these flights have two stops on route to Medan often via Kuala Lumpur, Singapore or Doha.

On arrival in Medan, after clearing immigration and collecting your luggage, please look out for a member of our team in the arrivals area. They will be holding a large "KANDOO" sign.

**A customs declaration form must be filled out 48 hours prior to arrival in Indonesia. Follow the link to fill out the form - [Declaration Form](#)**

You will need to book your departure flights from I Gusti Ngurah Rai International Airport in Denpasar (DPS).

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

## Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

## [eC02 Flights Calculator](#)

## BUDGET & CHANGE

The currency in Indonesia is the Indonesian Rupiah, Rp (IDR). You can withdraw Indonesian Rupiahs from in-country ATMs or exchange money at the airport/local currency exchange offices. ATMs can be found at the banks in Medan and Denpasar.

The cost of an average meal in Sumatra and Bali is between \$4 to \$11 per person. When purchasing souvenirs, we ask our guests to respect the Species Protection Agreements (CITES) which protects 2,500 species of animals by prohibiting the trade of hides, scales, corals, shells and live animals.



## **TIPS**

Tipping when you are satisfied with the service you have received is customary in Indonesia. However, it is not mandatory and should be left to the discretion of each individual.

We recommend the following tips per traveller per trip:

Lead guide and drivers - \$120-200

# FORMALITIES & HEALTH

## PASSPORT

As soon as possible after booking your tour, please provide Kandoo Adventures with your passport details (first name, last name, date of birth, passport number, issue date, expiry date) along with a photocopy of the photo page. Your passport must be valid for 6 months after your departure date.

## VISA

United States, Canadian, Australian and UK passport holders are eligible for a visa upon arrival to enter Indonesia for a period of less than 30 days. On arrival you will be granted a maximum 30 day stay in the country. We recommend applying for an e-visa in advance at: <https://molina.imigrasi.go.id/> as it will enable you to skip the queue on arrival.

Prior to your arrival in Indonesia (48h), you will also need to complete the customs declaration form via the following site: <https://ecd.beacukai.go.id/>

This information may be subject to change, without notice, by the local authorities. It is your responsibility to check the latest travel requirements and information before departure.

## VACCINATIONS

Recommended vaccinations include Diphtheria, Hepatitis A, Poliomyelitis and Tetanus. It is your responsibility to check the latest health information before travel.

## INSURANCE

Before you can join any Kandoo Adventure, you will need to insure yourself against accident, injury, and illness.

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek, climb, and any other activities you will participate in. Specifically, for our Volcanic Adventures trip, you need to be covered for trekking above 4000 metres and for our Bali Multi-Activity you need to be covered for trekking above 3,000m. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf. You will also need to bring details of your insurance cover to the pre-trek briefing.

Make sure to choose the correct policy for the altitude you are trekking to. Be sure to read the small print carefully for any policy you are considering - different policies provide different levels of cover, so make sure you understand what is and isn't included in your policy.

## HEALTH

Malaria prophylaxis are not required for travel to Java and Bali but are required in other parts of Indonesia such as Lombok and the Komodo Islands.

## **MEDICATION**

Your guide carries a first aid kit at all times. However, we recommend bringing any medicine you feel you may need. This could include:

- Painkillers
- Anti-diarrhoea tablets
- High factor sunscreen for lips and skin
- Moisturising cream (for sunburn)
- Elastic bandage, regular bandages and Blister bandages
- Sanitary products
- Water purifying tablets or filters
- Mosquito repellent

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- Snorkelling equipment including mask, snorkel and fins

## CLOTHING TO BRING

- T-shirts (short and long sleeve)
- Lightweight long sleeve shirt
- Rash vest or t-shirt to wear whilst snorkelling
- 2 sweaters - 1 light/1 warm
- Soft shell or fleece jacket
- Waterproof and windproof hard shell jacket
- Waterproof and windproof hard shell trousers
- Breathable fast drying underwear
- Comfortable lightweight, long trousers (fast drying)
- Knee length shorts for trekking in warm weather
- Comfy trainers/shoes for evenings
- Socks for hiking
- Hiking boots (with ankle support and a slightly ridged sole)
- Sunglasses
- Broad brimmed sun hat
- Swimming costume

## EQUIPMENT TO BRING

- 1 duffel bag - 70 to 90 litres (flexible and water resistant)
- 1 daypack - 30 to 40 liters to carry with you while hiking
- Walking poles
- 2 water bottles (minimum 1 litre or a water bladder)
- Toiletries (including wet wipes)
- Quick drying towel
- Dry bags - for packing your kit into if your bag is not waterproof

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

