

11-DAY ADVENTURE

BALI MULTI ACTIVITY

Indonesia

This Indonesian adventure on Java and Bali is for those wanting local culture mixed with the finest outdoor activities Indonesia has to offer. We kick off with a surfing lesson on the famous Kuta Beach. Next, we get to meet villagers from rural Bali and discover their isolated culture. Climb the famous Ijen volcano (2799m) with its acid lake, enjoy adrenaline pumping canyoning and rafting in the heart of the Balinese jungle and go mountain biking on Batur volcano. Finally, we will have the chance to discover rich marine life as we snorkel among the corals and exotic fish found off Menjangan Island.

TRIP HIGHLIGHTS

- Climb the Ijen Volcano 2799m above sea level
- Enjoy whitewater rafting through dense jungle
- Experience a surfing lesson on Kuta Beach
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Katapang
Menjangan Island
Pemuteran
Ijen
2799m
Bali
East Java
Munduk
Mt Batukaru
2276m
Mt Batur
1717m
Amed
Tirta Empul Temple
Sidemen
Ubud
Denpasar
Kuta Beach

ITINERARY

DAY 1

WELCOME TO BALI

Welcome to Bali! A member of the team will meet you at the airport and we transfer to Legian and check in at our hotel. This evening you will meet your guide and the rest of your group, there will be a briefing at the hotel but otherwise you have free time to explore.

Accomodation: **Hotel**

DAY 2

SURFING AT KUTA BEACH

Depending on tide charts, we will go to Kuta beach early in the morning or in the aftenoon to enjoy a private surfing lesson on Bali's most famous beach. We then go to the center of Bali, close to Mount Batukaru, to meet a local family in a remote village surrounded by amazing paddy fields. We will learn how to waive offerings and prepare a local dinner. Donating a small gift to the family such as books or pencils are a good token of appreciation as the mother of the family works in the local school. We then spend the night in a hotel nearby.

Accomodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

TO 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**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 4

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**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 5

MENJANGAN ISLAND

We depart in the morning to Labuan Lalang harbour and take a fishing boat to the nearby island of Menjangan. The island offers some of the best snorkeling locations in Bali and we will visit 2 or 3 different spots to observe corals and tropical fish. If we are lucky we may also be visited by sharks, manta rays and turtles, all of which live in these waters. Depending on the tide level, we may also take a short walk on the island to visit a temple that is home to a small population of deer. By mid afternoon we return to the hotel and enjoy some free time by the beach.

Today there is the option of going diving with a PADI instructor. A fee of $145 is payable for a training session in a swimming pool and two dives of 30-40 mins each. Please ask your guide for more details.

Activity time: **4 - 5 hours**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 6

CANYONING IN UBUD

After breakfast, we head north to the Munduk area of Bali for a day that, for many, will be the highlight of the trip. We will be descending a wild canyon hidden amidst pristine tropical forest! Canyoning is an enormous amount of fun, we will be flying down smooth rock slides, jumping into deep pools sculpted by water and time and abseiling off vertical drops. An awesome experience in the heart of the jungle. After lunch, we climb out of the gorge and reach Ubud by late afternoon, where you will stay for 2 nights.

Activity time: **4 - 5 hours**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 7

MOUNTAIN BIKING FROM BATUR TO UBUD

After breakfast we transfer by minibus to Batur Volcano. We enjoy the spectacular scenery of the volcano and its lake before strapping on helmets and backpacks and setting off for 35km of amazing, easy-going, downhill mountain biking all the way to Ubud. We cross bamboo forest and paddy fields on single tracks, and small paved lanes and back roads through the local villages. Back in Ubud by mid afternoon, we can enjoy some free time to discover the cultural capital of Bali.

Activity time: **5 - 6 hours**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 8

TELAGA WAJA RIVER RAFTING

We start today with a drive north-east to discover the Tampaksiring region. First up, a visit Tirta Empul temple with its sacred pools where we are given the opportunity to take part in a purification ritual. Next, we take the 300 steps of Gunung Kawi Mausoleum, an ancient tomb of the last king of Udayana dynasty. In the afternoon we head to Telaga Waja River for two and a half hours of exhilarating whitewater rafting through the jungle. If our group size is small then we may be joined by other groups to fill the raft. After a pause to let the adrenaline wear off, we get back in the bus and drive to Sidemen. A local village located in a green valley with paddy fields all around.

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

DAY 9

TREKKING 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 leave for Amed, a fishing village located on the eastern tip of Bali, famously renowned for its underwater bio diversity. We sleep in simple traditional bungalows by the beach.

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

DAY 10

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 Sanur with a stop in Tirtagangga water palace for a short visit. Free time in Sanur at the end of the day for shopping or to enjoy a professional massage.

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

DAY 11

DEPARTURE

After breakfast we transfer back to the airport for our journey home. Farewell to Bali.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

This multi-activity trip is of **moderate difficulty**. Climbing the volcanoes will involve up to 700m of vertical ascent in a day, possibly on steep and loose terrain. The trip is jam packed and you will be undertaking different physical activities every day for 9 days which can be tiring, so a good degree of fitness is beneficial to ensure you have an enjoyable experience.

To talk about your suitability for this trip please feel free to give us a call.

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 colourfull with intense flavors 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 hotel or at local restaurants. Lunches will be picnics of fresh fruit and vegetables, bread, cheese and cold 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 but we recommend you bring a water filter or purification tablets. 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 10 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.

In most hotels, you will find there are flushing, western style toilets with toilet roll available. When travelling around Indonesia in local towns and villages however, 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 your wash your hands thoroughly after each visit to the toilet then you shouldn't have any issues either way.

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. In addition 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 at Denpasar on the island of Bali on day 1 of this adventure. The airport code is DPS.

From the UK, Singapore Airlines and Qatar have convenient flights departing from Heathrow with 1 short stop on the way. Other airlines to consider from London include Malaysian and Turkish Airlines.

Emirates provide convenient flights from Manchester, Birmingham and Glasgow, stopping briefly in Dubai.

For travelers from the US, Qatar Airways have the most convenient flights from New York and Atlanta, stopping briefly in Doha. For those on the west coast, Cathay Pacific have flights via Hong Kong from Los Angeles, San Francisco and Seattle.

On arrival in Denpasar, after clearing immigration and collecting your luggage, please look out for a member of our team in the arrivals area where one of our team will be waiting to meet you.

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

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 local currency from in-country ATMs or exchange money at the airport/local currency exchange offices. ATMs and exchange desks are only found on bigger islands like Bali, Java (Denpasar, Ubud, Sanur, Yogyakarta).

The cost of an average meal in Java is between $4 and $9. On Bali that increases to $5 to $12. 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.

Local currency is preferred. US$ may be accepted but the exchange rate is likely to be poor.

TIPS

Whilst Indonesia doesn't have a strong tipping culture, tips are always appreciated.

We recommend a budget of 80,000 - 100,000 IDR (equivalent to US$5 - $6 / £3 - £4) per guest per day for tips. Tips for your crew on Rinjani 150,000 - 200,000 IDR (equivalent to US$9 - $12 / £6 - £9) per guest.

Tipping is entirely voluntary and at your discretion. Local currency is preferred.

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://evisa.imigrasi.go.id/

Prior to your arrival in Indonesia (72h), you will also need to complete the customs declaration form via the following site: https://allindonesia.imigrasi.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

CLOTHING TO BRING

- Warm hat and gloves
- Buff / gaiter
- Sunglasses
- T-shirts (short and long sleeve)
- Thermal long sleeve shirt
- Thermal leggings in case of cold nights
- 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 long trousers (fast drying)
- Shorts for trekking in warm weather
- Comfy trainers/shoes for evenings
- Socks for hiking
- Hiking boots (with ankle support and a slightly ridged sole)
- Toiletries (including wet wipes)

EQUIPMENT TO BRING

- 1 head torch with spare batteries and bulb
- 1 duffel bag - 70 to 90 litres (flexible and water resistant)
- 1 daypack - 30 to 40 liters to carry with you while hiking
- Water purification system (charcoal filter, chlorine tablets or similar)
- 2 water bottles (minimum 1 litre or a water bladder)
- 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.