

14-DAY ADVENTURE

VOLCANIC ADVENTURES: JAVA, BALI AND LOMBOK

Indonesia

Visiting the islands of Java, Bali and Lombok, this Indonesian adventure is for those who want to do some challenging trekking but also get to know the people and culture of Indonesia. We will climb to the peaks of numerous volcanoes including Rinjani, Ljen and Batukaru. As we travel across the islands we will see ancient temples, try the cuisine and spend time with local families. As well as scaling volcanoes, we will also be swimming and snorkeling, discovering dense jungles, waterfalls, hot springs and terraced rice fields. This is an action packed 2 week adventure for people with plenty of energy who just want to see and do it all!

TRIP HIGHLIGHTS

- Climb the highest peak on the island of Lombok, Rinjani 3726m
- Discover the ancient Buddhist temple of Borobodur
- Visit the UNESCO World Heritage Jatiluwih ricefields
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Borobodur Temple
Prambananan
Purba Volcano
Yogyakarta
Jombang
East Java
Mt Bromo
2329m
Ljen
2799m
Katapang
Menjangan Island
Pemuteran
Sambangan
Mt Batukaru
2276m
Mt Batur
1717m
Wongayagede
Denpasar
Ubud
Padangbai
Bali
Senaru
Mt Rinjani
3726m
Senggigi
Lombok
Boat
Train
Transfer/Trek

ITINERARY

DAY 1

WELCOME TO INDONESIA

Arrive at the airport in Yogyakarta, welcome by your English-speaking guide. We transfer to our hotel and the afternoon is free to either rest after your journey or explore the city. Pre-trek briefing at your hotel in the evening.

Accommodation: **Hotel**

DAY 2

PRAMBANAN, BOROBUDUR AND KERATON

Today we spend some time soaking up the sights of Yogyakarta. From the spiritual beauty of the Taman Sari water palace, to the intricate architecture of the Temples of Plaosan and the bustling Beringharjo market. We then head to Borobudur, the world's largest Buddhist temple. The temple consists of nine stacked platforms, six square and three circular, topped by a central dome. We take time to wander around the temple's gardens before moving on to visit Prambanan. This 9th century Hindu temple complex is dedicated to the Trimūrti, the expression of God as the Creator, the Preserver and the Destroyer.

Note: In 2022, the local government of Borobudur announced that climbing to the top of Borobudur temple would no longer be permitted. Visitors can now only walk around the gardens and base of the temple.

Hiking time: **2 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 3

YOGYAKARTA – CEMOROLAWANG

This morning we head to the train station for our journey to the Mojokerto region which will take 3.5 hours. From Mojokerto, we continue on to Bromo, a drive of roughly 3 hours through the captivating Indonesian landscape. Mount Bromo is an active volcano that stands at 2,329m and is located in the Bromo Tengger Semeru National Park. The slopes of the mountain are cultivated by the local Tenggerese farmers with the local markets filled with their produce. Tenggerese history can be traced back to the peoples of the Majapahit Kingdom who fled their land following an eruption from Mount Merapi. They are the only group of Hindus left in Java today.

Depending on our arrival time, it is possible this afternoon to discover the sandy sea and get as close as possible to the crater of the famous Mount Bromo.

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 4

SUNRISE OVER BROMO VOLCANO

In the morning we wrap up warm and head off before sunrise in Jeeps, then walk a little to reach a viewpoint looking over the Bromo, Batok, and Semeru volcanoes. The scenery is simply staggering in the early morning. If we didn't have time the day before, we can now go down by jeep into the sandy sea to get as close as possible to the smoking crater of Mount Bromo.

We return to the hotel for breakfast before driving to the east of Java and the town of Ketapang. On arrival we have free time to relax and enjoy the hotel pool!

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

DAY 5

HIKING KAWA IJEN VOLCANO (2883M)

Once again very early in the morning (1am), we leave by jeep to discover the Ijen volcano. We reach the starting point of the hike at sunrise allowing us to climb in the cooler hours of the day. Even this early in the morning we will see the sulphur carriers who have already descended from the crater with their first load of the day. After about 2 hours of climbing, we arrive at the edge of the crater and enjoy a lunar landscape and stunning views of the high lake.

We descend to the car park and follow the road towards the pretty Jagir waterfall before reaching Banyuwangi. From here a ferry takes us across to the island of Bali and we settle at our accommodation in the village of Pemuteran for 2 nights.

Hiking time: **3 - 4 hours**
Ascent: **400 m**
Descent: **400 m**
Max. altitude: **2883 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 6

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 7

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 arriving in Wongayagede at Ibu Sastra house for an evening with a local Balinese family.

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

DAY 8

CULTURAL HIKE IN TAMPASKRING

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 return to our hotel in the late afternoon to have a relaxed evening in preparation for an early start the next morning.

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

DAY 9

SUMMIT OF BATUR VOLCANO AND HOT SPRINGS

Departure before dawn (around 2 am) to reach the Kintamani region and climb Mount Batur. This relatively small volcano only requires 700m of ascent to reach the top and we get up there in time to witness the magnificent sunrise over the lake. We walk around the crater and spend some time exploring before descending for a swim in the hot springs to revive our aching muscles. We return to Ubud around lunch time and the rest of the day is free to relax and / or explore.

Hiking time: **4 - 5 hours**
Ascent: **700 m**
Descent: **700 m**
Max. altitude: **1717 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 10

UBUD TO LOMBOK

After breakfast at our hotel in Ubud, we head to Padangbai Harbor to take a speedboat over to the island of Lombok. It's recommended to bring some snacks for the journey as there won't be food available on the boat (ginger biscuits are always a good shout if you're sea legs aren't the best!) On arrival at Bangsal harbor, our driver takes us to Senaru waterfall from where we start an easy hike up to the falls. In the afternoon we reach our hostel in Senaru village and rest up for our 3 day ascent of Rinjani. Tomorrow will be the most demanding day of our trip so get plenty of sleep.

Transport: **Speedboat (3 hours)**
Hiking time: **1 - 2 hours**
Accommodation: **Hostel**
Meals included: **Breakfast**

DAY 11

SENARU VILLAGE – SEMBALUN CAMPSITE

Hiking time: **8 - 9 hours**
Ascent: **1489 m**
Max. altitude: **2639 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

Our first port of call today is the Rinjani National Park office. We check in with the park authorities, grab some breakfast and have a pre-trek breifing with our guide and support crew. From there, a short transfer takes us to our start point at Sembalun Village.

The trek from Sembalun starts with a gentle ascent through the village and surrounding farmland before entering open grassland used as cattle grazing by local people. There are beautiful views of the hills of Sembalun and Rinjani itself as we walk. Please be aware it is essential you have a sunhat and plenty of sun cream for this section. There is very little shade in the grasslands and the sun can be intense.

After two hours, we reach our first stop at Pemantauan rest area (1300m). From here a steep climb takes us to our lunch spot at Tengengean (1500m). We pause for lunch while taking in the magnificent views. A tough afternoon awaits as we continue our ascent past Padabalong (1800m) and through pine forests to Pelawangan (2639m). This is our campsite on the crater rim of Sembalun and we can finally relax with a tea or coffee and watch the sunset from this spectacular location.

After dinner, get to bed early because our push to summit of Rinjani will start at 2am!

DAY 12

THE SUMMIT OF RINJANI

Hiking time: **10 - 11 hours**
Ascent: **1500 m**
Descent: **1000 m**
Max. altitude: **3726 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

We set off at 2am to complete the final 1000m of ascent to the summit of Rinjani. The climb should take us roughly 4 hours as although not too far in distance, it is very soft underfoot which makes for slow progress. At the summit at 3726m, the temperatures may be between 3-5 degrees, so an extra warm layer may come in handy! We watch in awe as the sun rises over Bali, Sumbawa and Mt Agung. The views are simply incredible and the sense of achievement enormous. We spend around an hour at the top before descending back down to camp for breakfast.

We continue our descent to Segara Anak Lake where we have awesome views of Mt Sangkareang far off in the western side of Rinjani National park. Once we reach the lake, our porters begin preparing lunch while we take a short walk to the hot springs to soak aching muscles. The hot springs here are said to have healing powers.

After lunch we continue for another 2-3 hours to reach our next campsite on the crater rim of Senaru.

DAY 13

SENARU – SENGGIGI

From our campsite we have 5 hours of descent ahead of us to reach the Rinjani Trekking Centre office in the village of Senaru. This is a steep descent through jungle terrain and our walking poles will be put to good use as the ground underfoot is quite slippery. We take our time along the way, pausing for photo opportunities and lunch as we descend nearly 2000m in height from the crater rim. Once we reach the road, our car is waiting to transport us to our beach front hotel in Senggigi.

Hiking time: **5 - 6 hours**
Descent: **2040 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 14

SENGGIGI TO BALI – TRANSFER TO THE AIRPORT

Today we have a little free time in the morning to enjoy the beach at our hotel. Late morning we take a speedboat back to Bali and transfer to Denpasar airport.

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 adventure is rated as **challenging**. You will be required to walk for up to 11 hours a day with a maximum ascent of 1500m and maximum descent of 2000m. The terrain can be steep and loose and care should be taken to avoid slips and trips, particularly on Rinjani where the ground can be soft underfoot, resembling sand dunes. Being in great physical condition with recent experience of hiking for 8-9 hours with 1000m elevation several days in a row will ensure that you enjoy your treks.

Please be aware that on Mount Rinjani, due to the steep terrain, helicopters aren't able to land, meaning helicopter evacuation isn't possible on this trek. Our descent protocol for climbers whose condition is mild (eg, early signs of altitude sickness, diarrhoea, tiredness) is to bring you down on foot. For anything more serious, you will be carried down by an evacuation team then transferred by vehicle to hospital. We would therefore recommend that you are confident in your ability to complete this climb.

If you are unsure about your suitability please feel free to speak to a member of our team and they can discuss this with you.

FOOD & DRINK

Indonesian 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 colorful 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. Please see the equipment pages on our website.

ACCOMMODATION

Hotels will be of 2 or 3 star standard with twin or double rooms and en-suite bathrooms. Hostel accommodation will be more basic with shared bathroom facilities.

We provide a **good quality 3 man tent** per 2 people to allow for maximum space and comfort. We will also provide a **foam mattress** per person and a **mess tent** for use at meal times and as a communal area. You will be required to pitch your own tent at the end of each day. At camp each evening we will set up a **toilet tent** and **wash tent**. These are very basic facilities that provide a little privacy. The toilet tent will simply cover a hole in the ground. The wash tent will contain a basin and cold water.

On the two nights we stay with local families, the accommodation will be basic with dormitory style rooms and shared bathroom facilities that have cold water only. Although rustic, these nights are a great opportunity to get to know the local people and their way of life. It is a nice idea to bring something along for the family we will be staying with, maybe a local specialty from where you are from?

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 your 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 vehicle whilst you are trekking. 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. Whilst you are on your Rinjani multi-day trek your main luggage will be left in secure storage at our local office. You will then have your daypack for all personal essentials whilst on this trek. The group and camping equipment will all by carried by porters. If you wish to take your full bag with you on this trek then a personal porter can be hired at an additional cost. We recommend also bringing a waterproof cover for your daypack.

HOW DO I GET THERE?

Your international flights will need to arrive at Yogyakarta (YIA), Java on day 1 and depart from Denpasar (DPS), Bali on day 14.

Most people will need to stop at Jakarta, Indonesia's capital, before continuing to Yogyakarta. However, many airlines offer flights from Denpasar on Bali or Singapore without the need to stop in Jakarta again on your return.

From the UK, airlines that offer the most convenient flights include Qatar Airlines, Singapore Airlines and Cathay Pacific.

From the US, the airlines with the most convenient flights are Cathay Pacific, All Nippon Airways and Qatar.

On arrival in Yogyakarta, 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.

When booking departure flights be aware that **if your flight is before 5pm then you may need to stay an additional night in Denpasar** as we will only arrive into Denpasar in the afternoon of the departure day. If you wish to stay in Sengiggi for an additional night then you may wish to book your return flight from Lombok as you will otherwise still need to do the transfer by speedboat to Denpasar.

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 around $4 to $9; in Bali it is $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

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- 3-man dome tent per 2 people
- Comfortable sleeping mat
- Toilet tent
- Eating utensils

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
- Breathable fast drying underwear
- Comfortable long trousers (fast drying)
- Shorts for trekking in warm weather
- Comfy trainers/shoes for evenings
- Wool and cotton socks
- Hiking boots (with ankle support and a slightly ridged sole)
- Toiletries (including wet wipes)

EQUIPMENT TO BRING

- 2 water bottles (minimum 1 litre or a water bladder)
- Walking poles (recommended for jungle trekking on Rinjani)
- Light sleeping bag (comfort rating 10 degrees)
- 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 each day
- Water purification system (charcoal filter, chlorine tablets or similar)
- Quick drying towel
- Dry bags – for packing your kit into if your bag is not waterproof

GEAR RENTAL

- Head torch
- Walking poles

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.