



Lombok to Flores: The Hidden Path

15 days, Tempasan to Labuan Bajo

Trip code AELF

What's included

- Your G for Good Moment: Tado Village Hike, Tado
- Your G for Good Moment: Waerebo Coffee Experience, Waerebo

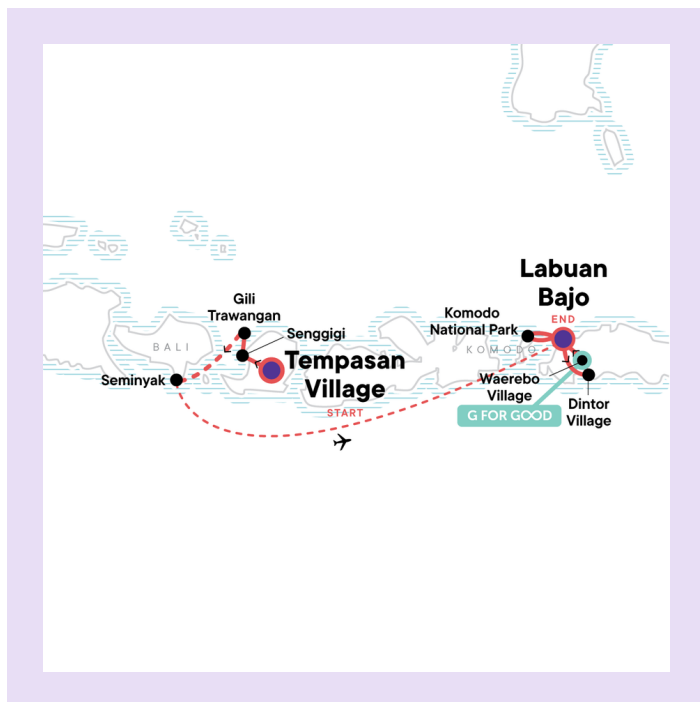
- Your G for Good Moment: Trek to Waerebo Village, Denge
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Local Living Moment: Rice Terrace Village Walk and Weaving Demonstration, Tempasan
- Your Big Night Out Moment: in Gili Trawangan, Gili Trawangan
- Your Big Night Out Moment: in Labuan Bajo, Labuan Bajo
- Rice terrace & guided village walk
- Pringgasela weaving village visit
- Traditional loom demonstration
- Afternoon tea at Aranka homestay
- Bonjeruk Village Village immersion experience
- Gili Trawangan 3-Island Snorkeling Tour
- Stay in Wae Rebo-a UNESCO-recognized village with traditional Mbaru Nii houses
- Share coffee and stories with Manggarai locals
- Kayak Komodo's pristine waters
- 3D2N private boat adventure
- All transport between destinations and to/from included activities and domestic flights

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing July 16th, 2025 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Tempasan

Welcome to the island of Lombok in Indonesia! Opt to pre-arrange an arrival transfer to meet you at the airport and bring you to Tempasan or make your own way there and arrive before 5 pm. Tonight, meet your group and CEO at a welcome meeting. Then meet the local villagers at dinner accompanied by some live music while we learn what's to come this week.



Meals included

Dinner



Accommodation

Aranka Tempasan Lodge (or similar)

Lodge



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Get close to local life in Lombok today on a village tour and rice terrace trek. Meet with local farmers to learn about village life firsthand, wander through the instagramable rice terraces and maybe sample some local fruit on the various plantations. Then join the local women to learn about their gorgeous traditional weaving styles and a yummy lunch. The rest of the day is yours to explore Lombok how you'd like. Opt to join a local cooking class, take a bike tour or join a yoga class. Then join the group for an after-dinner campfire.

If you choose to join the optional 2-day 1-night Rinjani summit trek, will have the chance to join the Rice Terrace Village Walk and Weaving Demonstration after your return on day 3.



Meals included

Breakfast | Lunch



Accommodation

Aranka Tempasan Lodge (or similar)

Lodge



Today's Activities

Free Time

Tempasan

The afternoon is yours to explore Lombok!

ACTIVITY

Explore the beautiful Tempasan Village with your CEO. Walk along the path through the rice field like the local people do. During the walk we will meet the farmer for their daily activities. Wander through pineapple, cassava and coffee plantations, the chicken and cow farm and take a short stop at the top of the hill for the amazing panoramic view of rice fields and Rinjani Mountain. Then hop in some local transport and drive to Pringgasea Village where you will learn about this unique and sole weaving village in east Lombok. Learn about their local textile, traditional looms and natural dyes.



Optional Activities - Day 2

Lombok Cooking Class

Aranka Tempasan

Enjoy a cooking class alongside your local hosts. Dig into local favorites like semur ayam, a braised chicken dish that uses many ingredients you may know, and some that will be completely new to you!

Lombok Yoga Class

Tempasan

Find your zen and enjoy a local yoga class.

Countryside Bike Tour

Tempasan

Experience local life from two wheels. Tour through the villages and enjoy rural life in Lombok.

Mt Rinjani's Second Summit 2-Day, 1-night

Mount Rinjani

Conquer the second summit of the great Mount Rinjani, Lombok's active volcano. Mt Sangkareang is the second highest point on Mt Rinjani. Trek through tropical rainforest, admire incredible views and witness Lombok on "fire" at sunrise/sunset.

From land to sea, Lombok has a never-ending list of sick adventures for us! Today is yours so do what you want. Yoga? A snorkel trip? Monkeys and waterfalls? A cooking class? Options on options! So get out there how you want!



Meals included

Breakfast



Accommodation

Aranka Tempasan Lodge (or similar)

Lodge



Today's Activities

Free Time

Tempasan

A free day in Tempasan means you get to explore how you want!



Optional Activities - Day 3

Lombok Cooking Class

Aranka Tempasan

Enjoy a cooking class alongside your local hosts. Dig into local favorites like semur ayam, a braised chicken dish that uses many ingredients you may know, and some that will be completely new to you!

Lombok snorkel trip

Tempasan

Hop on a boat tour through the crystal blue waters around Lombok. Snorkel around beautiful coral reefs and next to colorful fish with hopes of seeing some incredible creatures like sea turtles, eels and rays!

Lombok Yoga Class

Tempasan

Find your zen and enjoy a local yoga class.

Black Monkey Forest & Waterfall hike

Tempasan

Join a tour to explore the incredible raitforest that covers most of Lombok. Get out into the jungle in search of black monkeys and hike to see some of those awe-inspiring Indonesian waterfalls you see on social media.

Drive to Bonjeruk Village this morning for an opportunity to connect with the local villagers. Here we will work up our appetite for a yummy Lombok lunch from a cycle tour around the village. Afterwards, continue on to Senggigi for a free afternoon at the beach.



Meals included

Breakfast | Lunch



Accommodation

Puri Saron Hotel Senggigi Beach (or similar)

Hotel



Today's Activities

Private Vehicle

Tempasan - Bonjeruk

1h30m

40km

Settle in and scan the scenery from the convenience of a private vehicle.

Bonjeruk Village Experience

Senggigi

Receive a warm welcome by the the villagers of Bonjeruk Village and learn about the youth development organization they support. Your guide, a student from the English learning program, will lead you on a short cycling around the village (approx 45 mins - 1 hr). You will have lunch at a lovely spot in the village and enjoy a home-cooked meal giving you a taste of Lombok traditional food. After lunch, join some of the women of the village to try the local cakes and snacks made from flour sourced from locally grown potatoes or sticky rice.

Private Vehicle

Bonjeruk - Senggigi

1h

37km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Senggigi

Spend the rest of the day free in Senggigi, on the coast in Lombok.

Get ready for the ultimate island paradise as we travel to Gili Trawangan, an island with no motorized vehicles and the freshest air! After dropping our things off at the hotel, we head back out to sea for a snorkel trip. On board the boat, we'll jet around to various islands and picturesque snorkel spots in search of sea turtles, rays and if we're lucky, a cute lil reef shark. Grab your sunscreen and a snorkel and get ready for an epic day. Tonight, as if today could get any better, we head out on our big night out! Want a drank? Wanna dance? Well let's do it!

As there are no motorized vehicles on Gili Trawangan, you will need to carry your luggage from the speed boat to the hotel, approximately 300m.



Meals included

Breakfast



Accommodation

Natya Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Senggigi – Bangsal

30m-45m

22km

Settle in and scan the scenery from the convenience of a private vehicle.

Speedboat

Senggigi – Gili Trawangan

30m

Climb aboard and get your float on.

The Gili Islands Snorkel Trip

Gili Trawangan

Visit all 3 islands that make up the famous Gili Islands. Starting from Gili Trawangan, snorkel around the best spots like Turtle Point. Then head to Gili Meno by boat to snorkel through the perfect water on the most tranquil of the 3 islands. Next is Gili Air, with our final chance to swim through the vibrant coral reefs before returning to Gili T.

ACTIVITY

The Gili Islands are known for having the best parties in the world! Tonight, let's see what its all about together on our Big Night Out! Grab yourself your drink of choice and let's kick it!

There are 2 types of beach people. The rotters-who want to lay in the sun all day, and the adventurers! Today, you get to pick your own player and spend today exactly how you want! Feel free to pick your fav beach and just chill, get your tan on and take a dip in the perfect blue water. Looking for something more to do? How does stand up paddle board yoga sound? Maybe a leisurely bike ride around the island? However you choose to spend it, Gili T is yours to see.



Meals included

Breakfast



Accommodation

Natya Hotel (or similar)

Hotel



Today's Activities

Free Time

Gili Trawangan

Enjoy a free day to explore Gili Trawangan on your terms!



Optional Activities - Day 6

Sunrise Stand Up Paddle Yoga

Gili Trawangan

Get your om on with this unique and peaceful experience that combines the calmness of yoga with the excitement of stand-up paddle boarding (SUP). Practice yoga on the water while balancing on a SUP board. Start your day, surrounded by the beautiful sunrise, crystal-clear waters of Gili Trawangan all while connecting with nature, improving your balance, and enjoying the island's stunning tropical beauty.

Gili T Bike Tour

Gili Trawangan

Cycle around Gili Trawangan with your CEO at the helm, a leisurely and scenic way to explore the island's stunning landscapes. With no motorized vehicles allowed, the island's peaceful atmosphere is perfect for biking. The flat terrain makes it an easy and enjoyable ride for all fitness levels.

Head back to Bali on a speed boat today for one final adventure in Indonesia. Arrive to the harbour and drive to Seminyak, known for its super fun nightlife, amazing shopping, beautiful beaches and incredible restaurants! The rest of the day is yours to enjoy this awesome town!



Meals included

Breakfast



Accommodation

The Rivavi Legian (or similar)

Hotel



Today's Activities

Speedboat

Gili Trawangan - Padangbai

2h

Climb aboard and get your float on.

Private Vehicle

Padangbai - Seminyak

1h

52km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Seminyak

Spend the evening free in Seminyak!

Day 8

Seminyak/Labuan Bajo

We're off the gateway of Komodo National Park! Welcome to Labuan Bajo on the island of Flores. Arrive in the afternoon and enjoy the rest of the day to explore, chill on the beach and get ready for an epic adventure through the Komodo islands.



Accommodation

Flamingo Ceria Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Seminyak – Denpasar

30m

10km

Settle in and scan the scenery from the convenience of a private vehicle.

Plane

Denpasar – Labuan Bajo

1h15m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Venture inland this morning to Tado Village, full of beautiful rice terraces, and 15th generation descendants of immigrant Sulawesi ancestry who fled Islamic persecution in the 16th & 17th century. Join our local guide to hike up the mountain, about 1.5 km uphill then back. The views are well worth the effort so don't forget your camera. Hike down, enjoy some lunch then continue on to Dintor Village for the night. We'll prep for our overnight trek to Waerebo Village that starts tomorrow morning.



Meals included

Breakfast | Lunch



Accommodation

Parle Zo Cottage (or similar)

Lodge



Today's Activities

Private Vehicle

Labuan Bajo - Tado

2h

65km

Settle in and scan the scenery from the convenience of a private vehicle.

Private Vehicle

Tado - Dintor

2h

55km

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Hike to the top of Tado Village, a community of Sulawesi descendants. Meet with a local guide and together hike to the top of the mountain – approximately a 2-hour journey – and enjoy a stunning bird's-eye view of the iconic spiderweb rice fields. The trail is rocky and unpaved, with about 70% uphill and 20% relatively flat sections. The same path is used for both going and returning. The total trekking distance is 1.5 km. Enjoy a delicious local lunch alongside our hosts, as well.

Today we trek into the jungle! A drive and a motorbike ride brings us to the starting point of the hike. We're headed to the remote Waerebo Village, famous for its traditional circular and cone-shaped houses called Mbaru Niang. Trek through the tropical jungle and up hill for about 2-3 hours, with plenty of stops to rest. We'll be greeted with a welcome ceremony by the local villagers, followed by lunch. In the afternoon, we'll enjoy a little pick me up where we'll learn to harvest coffee beans and prep them for our own drinking. Tonight we will sleep in a Mbaru Niang together. These accommodations are basic but offer an extremely unique opportunity to experience this beautiful and cozy village.

No need to bring your entire suitcase with you into the jungle overnight. Make sure to pack a small overnight bag with the few items you need tonight and tomorrow. You'll be reunited with your main bags again tomorrow evening.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Dintor - Denge

Drive to Denge Village from Dintor. Hop on the back of a motorbike to the start of the trek.

ACTIVITY

Join a local from Waerebo village for a tour of the coffee garden. Go through the steps of coffee cultivation—from harvesting the fruit, using traditional tools to separate the bean from the skin and prepping it before we sample some ourselves!

ACTIVITY

5km

Today we trek to the legendary UNESCO World Heritage village, Waerebo, known as Mbaru Niang in Manggarai culture. This community, known for its cone-shaped houses is nestled deep in the Todo forest. We'll meet our guide and hike for 2-3 hours through the jungle with our small overnight bag. We'll be greeted by the villagers in a welcome ceremony, followed by a local lunch.

Day 11

Waerebo/Labuan Bajo

Say goodbye to our friends in Waerebo Village and trek back to the place we started yesterday. Take a motorbike to meet our transport and luggage. Then drive back to Labuan Bajo for a much deserved rest.

This evening, repack your smaller bag for the 3-day, 2-night Komodo National Park boat excursion. Your main luggage will be stored safely at the hotel in the Labuan Bajo.



Meals included

Breakfast



Accommodation

Flamingo Ceria Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Denge - Labuan Bajo

3h-4h

105km

Settle in and scan the scenery from the convenience of a private vehicle.

Waerebo Trek Day 2

Waerebo - Denge

1h30m-2h30m

5km

Enjoy the morning to explore Waerebo before hiking back to the starting point. Because we are going down hill, the hike will be about 30 minutes faster.

And today we're off to the famous Komodo National Park! Walk to the harbour then board the boat. And yes! We are exploring Komodo by boat! The First stop-Kelor Island. We'll take a short hike to an incredible view and then jump into kayaks to Strawberry Rock. Admire the incredible, picturesque, crystal-clear water then jump in to snorkel and watch the fish swim through the coral. After lunch back onboard, it's off to our next island-Rinca Island. The trek on this island has one point... to spot the worlds largest lizard, the Komodo Dragon! Afterwards, enjoy relaxing on the boat for the rest of evening. Make sure not to miss the stellar sunset onboard as you watch thousands of flying foxes take flight in the colorful sky anchored at our third island, Padar.

The boat itinerary may shift depending on the season and weather.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Komodo Island Day 1

Labuan Bajo - Pulau Padar Besar

Explore the amazing islands of Komodo National Park on board a Phinisii boat. Trek through Kelor Island, snorkel Strawberry rock, hike Rinca Island in search of Komodo Dragons, watch the bats fly over Kalong Island and anchor at Padar Island.

No better way to start a day at sea than a beautiful sunrise. Trek up Padar Island and reach the top just in time for the colorful view. Back on the boat, we head to Long Beach for some chillin', swimmin' and kayakin'. Next stop-Manta Point. And yes.. those mantas! Jump in the water with a snorkel in hopes to see this magnificent (and giant) sea creature. Then to the last stop of the day, Sebayur Island. Here we'll catch the sunset on a kayak. Then head to the beach for a bonfire and star gazing. Doesn't get much better than this, huh?



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Komodo Island Day 2

Pulau Padar Besar - Pulau Sebayur Besar

Another day on the sea-it's about to be another epic day! Catch the sunrise over Padar Island, kayak around Long Beach, snorkel at Manta Point and enjoy a nighttime bonfire on Sebayur Island. Para... para..... paradise!

Last day on the boat so let's make it count (don't worry-we've got you covered!) Today will be epic- think snorkeling through the reefs, kayaking to the picture perfect Kanawa Island, and some final time to soak up life on the phinisi boat. This afternoon, we'll dock back in Labuan Bajo, say goodbye to our boat crew and reunite with our suitcases. Take some time to relax in the hotel but not for long. Tonight, and our last night may I remind you, is our Big Night Out! One more time, we'll hit the town together for a last hoorah! Join us at a beach bar, grab your drink of choice and celebrate together!



Meals included

Breakfast | Lunch



Accommodation

Flamingo Ceria Hotel (or similar)

Hotel



Today's Activities

Komodo Island Day 3

Pulau Sebayur Besar - Labuan Bajo

Enjoy the last day on the Phinisi boat! Snorkel around Sebayur Island, kayak around Kanawa Island, and cruise through the incredible natural beauty until you reach the harbor in Labuan Bajo!

ACTIVITY

Hit up a beach bar with the crew and and enjoy a night out on the town!

Say goodbye to the many islands of Indonesia and depart at any time.



Meals included

Breakfast

What's included

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- Your G for Good Moment: Waerebo Coffee Experience, Waerebo
- Your G for Good Moment: Trek to Waerebo Village, Denge
- Your Welcome Moment: Meet Your CEO and Group
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What are the main highlights of this trip?

Sleep in a CEO-hosted lodge and weave with artisans in Pringgasela village, Spend the night in the remote and UNESCO-recognized Wae Rebo Village, Kayak through volcanic waters, spot Komodo dragons on a 3D2N boat expedition

What are the main highlights of this trip?

Sleep in a CEO-hosted lodge and weave with artisans in Pringgasela village, Spend the night in the remote and UNESCO-recognized Wae Rebo Village, Kayak through volcanic waters, spot Komodo dragons on a 3D2N boat expedition

Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 28th - Mar 29th 2025, and Feb 17th - Mar 19th 2026. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

What is the maximum and typical number of participants on this tour?

Max 18

What meals are included in this trip?

13 breakfasts, 7 lunches, 4 dinners

What are the modes of transportation on my trip?

Private Vehicle, Walking, Speed Boat, Motorbike, Phinisi Boat, Kayak, Plane

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Homestay (3 nts), Hotel (7 nts), Guesthouse (1 nt), Mbaru Niang Homestay (1 nt), Phinisi Boat (2 nts)

What should I expect from the accommodations on this trip?

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are accustomed to as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations. That said, rooms are generally small and simple yet clean. There may only be shared toilet facilities and showers.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities. In Waerebo Village, our group will stay in one big communal house.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually 5pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Who do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

24/7 emergency number:

From outside Thailand: +66 92 338 9222

From within Thailand: 092 338 9222

G Adventures Local Representative (Indonesia)

Mr. Azhar : +62 813 376 18480

Mr. Edy: +62 811 380 3820

Ms. Periana: +62 811 380 3821

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should I pack for this trip?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Indonesia:

If you are eligible to apply a tourist e-visa for Indonesia, please follow the below links for further information and application:

[C1 Visa Description and Requirements](#)

[eVisa Application Website](#)

The All-Indonesia Arrival Card is mandatory for all international travelers on arrival at Soekarno–Hatta International Airport (CGK), I Gusti Ngurah Rai International Airport (DPS) and Juanda International Airport (SUB) must be completed online within 72 hours before arrival. Submitting the form in advance generates a QR code required at immigration and customs.

Note: The Arrival Card will be mandatory for all international travelers on arrival at all international airports, all international ports by land and by sea from 1 October 2025. For more information and to complete the application, visit the [Indonesia Immigration website](#).

Bali:

Effective February 14, 2024, Bali will implement the “Bali Tourist Levy” for all foreign tourists traveling to the island. This fee is 150,000 IDR (or \$10 USD). Travellers can opt to pay this fee online or in person upon arrival to Bali. We strongly suggest every traveler pay before arrival to ease your entry and avoid queueing to pay upon arrival. The Balinese Government also highly recommends travellers to pay this fee before arrival to Bali.

Payments made before your arrival into Bali will take place through the “Love Bali System.” After successful payment, the system will provide you with a digital paid notification as proof. Make sure to hold on to that proof as it will be scanned by Bali Officials upon arrival to the island. Pay Tourist Levy [here](#)

If you do not pay the fee before arrival, a cashless payment must be made at your entry point. You will receive a printout proving your payment. This document must be kept safe as entry officials will scan the printout upon entering Bali.

For more information, please click [here](#)

Information is accurate as of April 1st, 2024.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

During this tour the local currency you will use is the Indonesian Rupiah. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals.

Do I need to pay a departure tax?

Departure Tax is included in all International and Domestic tickets.

What are the tipping guidelines for this trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Aranka Tempasan

- Lombok Cooking Class

Tempasan

- Lombok Yoga Class
- Lombok snorkel trip
- Black Monkey Forest & Waterfall hike
- Countryside Bike Tour

Mount Rinjani

- Mt Rinjani's Second Summit 2-Day, 1-night

Gili Trawangan

- Sunrise Stand Up Paddle Yoga
- Gili T Bike Tour

What general safety tips and free-time guidelines should I follow?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

What are the age restrictions for this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.