



Spirit of Bali & Nusa Lembongan

Overview & Itinerary

Start	Ubud, Indonesia
Finish	Canggu, Indonesia
Destination	Indonesia
Style	Original
Theme	Explorer
Code	TISB
Validity	01 Jan 2020 to 31 Dec 2020



Is this trip right for you?

- Bali is blessed with a consistent climate for most of the year. However, the rainy season (usually October–March) brings frequent downpours. The good news is that these rainy bursts don't last long, and it is usually still warm.

- We visit small towns on this trip, where life is more conservative than in the tourist areas. You will need to bring clothes that allow your shoulders and knees to be covered for both men & women. If you want to take part in the purification ceremony at the temple you will need to wear a sarong and t shirt over your swimwear.

Physical rating



Joining point

Inata Bisma
Jl. Bisma, Ubud, Bali, Indonesia
Ubud
Bali
INDONESIA
Phone: +62 361 9000511

Joining point description

Inata Bisma Resort & Spa is a Balinese family style accommodation with panoramic views of the rice terraces. The resort is situated just off the quiet and tranquil Jalan Bisma, while still being a 5 minute walk to the Ubud Monkey Forest and a 15 minute walk from Ubud town centre. The property features an outdoor pool, free Wi-Fi throughout the property, 24 hour reception, laundry service and safety deposit boxes. A free afternoon tea is served daily. Rooms feature large windows, air-conditioning, flat-screen televisions with cable/satellite. Each room has an en suite bathroom with a bath or shower facilities.

Joining point instructions

An arrival transfer from the airport is available if purchased at the time of booking. Please advise your flight arrival details at least 14 days prior to your departure.

If you have booked an airport transfer please proceed to the Golden Bird Lounge.

If you are arriving on an international flight, turn left after the exit gate and the Golden Bird Lounge will be on the right side (around 50 meters from exit gate). Please provide your name to the Golden Bird staff and they will then take you to your driver. The transfer driver will wait up to 4 hours from when your plane has landed. If your flight has been cancelled and you are arriving on a different flight number than planned, please call Golden Bird to advise on: + 62 361 701 621/+62 361 701 111. If there are any complications please call Intrepid's 24 hour emergency number on +62 813 3715 5533

If you are arriving into the domestic airport the Golden Bird Lounge is located around 50 meters after the conveyor belt (baggage claim) just before the exit gate.

Alternatively, taxis are cheap, safe and reliable. As you exit from Immigration at Denpasar you will see a sign for public taxis. At this booth you buy a coupon which is given to your driver. There is no bargaining - the system is straightforward. Expect to pay about IDR300,000. It takes up to one and a half hours to get to Inata Bisma Resort & Spa from the airport.

Problems and emergency contact information

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

GENERAL ISSUES ON YOUR TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

Intrepid's Indonesia Office: +62 813 3715 5533

Itinerary

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Day 1: Ubud

Welcome to the arts and cultural hub of Bali. You are in store for a trip dedicated to wellness, rest and relaxation, and what better place to begin than the verdant highlands of Ubud. This evening, there will be a group meeting at 6 pm to discuss the details of the trip, as well as to meet your leader and travel group. If you do happen to arrive early, good for you! There is so much to see in and around this bustling town, so perhaps wander through the laneways in search for some artisan clothing or souvenirs, book yourself in for a relaxing spa treatment or go in search for the quintessential landscapes of rice terraces. After your important meeting, why not get your group together and find some delicious food at one of the warungs (local restaurants) in town - your group leader will have some great recommendations.

Accommodation

- Resort (1 night)

Meals Included

There are no meals included on this day.

Special Information

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

Day 2: Ubud

Start the day with a guided walking tour (about 2.5 hours). Gain an insight into daily village life as you pass lush rice fields, an alang alang valley (type of wild grass used to make the roof of traditional buildings) and stop by a Balinese home for some coffee. Your tour ends in central Ubud, where you can see the many cafes, galleries and shops on your own. In the afternoon, you'll have time to explore, so how about visiting the Saraswati Temple & Lotus Garden, or try a yoga class? It's up to you. Ubud has been recognised as a town focused on health and wellness, and this extends to their food offerings. With so much to choose from, including a lot of vegetarian and vegan options, you won't go hungry.

Accommodation

- Resort (1 night)

Included Activities

- Ubud - Campuhan Ridge & Village walk

Optional Activities

- Ubud - Saraswati Temple Lotus Garden - Free
- Ubud - Yoga lesson - IDR120000
- Ubud - Blanco Museum - IDR80000

Meals Included

- Breakfast

Day 3: Ubud - Undisan

Say goodbye to Ubud early this morning and continue through the Balinese countryside. You'll pay a visit to a local market outside of Ubud, where your local guide will teach you about different roots, fruits and vegetables, like mangosteen and salak (snake fruit). There may even be the chance to taste some local sweets! Continue on to the Pemulan Bali Farm – a cooking school set inside a lush green farm. Here, you'll take a walk around, learning about the tropical plants, fruits and herbs grown on the property, how to harvest and care for them, and what their uses are for cooking and also in traditional medicines. Once you've gathered enough produce to cook with and enjoyed a Balinese coffee or tea, head back to the cooking station and prepare a series of vegetarian dishes, including some Balinese curries, gado gado and vegetables wrapped in banana leaf. There is also the option to prepare some meat-based dishes, if you would like. A main focus on the cooking class today is making a Base Gede – a traditional Balinese spice paste that is used in many local dishes. Today

will be consist of cooking, eating, more cooking, then more eating – all to make sure that none of your delicious creations go cold! After your class continue on to Undisan village (approximately 2 hours), where you'll have some free time to explore on your own or simply laze by the pool.

Accommodation

- Resort (1 night)

Included Activities

- Ubud - Balinese Organic Farm Cooking Class

Meals Included

- Breakfast
- Lunch

Day 4: Undisan

Start your morning right with a one-hour meditation class and healthy breakfast, before learning about the traditional drink of jamu. Jamu is a type of herbal drink originating on the Indonesian island of Java known for its medicinal properties, and uses many roots and spices, like turmeric, to cleanse the body and mind. You'll pick up ingredients in the local vegetable gardens and learn about the health benefits of these small digestives. In the afternoon, head to the Tirta Sudamala temple, where you have the option to partake in a traditional purification ceremony. This involves putting your head under a series of fountains in and near the river. A local guide will explain to you the customs of this ceremony, plus a little bit about Balinese Hinduism and the importance of these rituals. Please be mindful that you will need to wear a sarong in the temple grounds and wear appropriate bathing attire should you choose to participate. Later on, head back to your resort in Undisan for some well-deserved relax time.

Accommodation

- Resort (1 night)

Included Activities

- Undisan - Meditation class
- Undisan - Jamu (herbal drink) class
- Undisan - Purification at Tirta Sudamala Temple

Optional Activities

- Undisan - Tangkup waterfall walk - IDR200000

Meals Included

- Breakfast

Day 5: Sanur

Today, drive from Undisan to Sanur (approximately 1 hour). Sanur is a popular holiday spot in Bali on the east coast and has a laidback coastal vibe. You'll have the afternoon to explore the surrounding area, or if you'd like, just pull up a towel on part of the sandy beach and take it easy. You are on holidays, after all. Tonight, there's the option to visit a healthy beachfront restaurant with the group to watch day turn to night overlooking the Bali Sea.

Accommodation

- Hotel (1 night)

Meals Included

- Breakfast

Day 6: Nusa Lembongan

Take private transport from your hotel to the Sanur port, then board a boat to Nusa Lembongan island (a 30-minute journey). You'll then head directly to your hotel to drop off your bags. This afternoon, salute to the sun on an included yoga class within walking distance of your accommodation. You may like to keep the relaxation going by booking in an afternoon massage – at such a reasonable price in Indonesia, you'd be missing out not to have at least one!

Accommodation

- Resort (1 night)

Included Activities

- Nusa Lembongan - Yoga Class

Optional Activities

- Nusa Lembongan - Balinese massage - IDR200000

Meals Included

- Breakfast

Day 7: Nusa Penida - Nusa Lembongan

Today, make tracks for Nusa Penida, the larger of the three islands off the east coast of Bali, and perhaps the most stunning. You'll take a bemo (local minivan) from your hotel to the Yellow Bridge. This bridge is the only way the two islands of Nusa Lembongan and Nusa Ceningan are connected, and you can only make it across by walking. From here, take a 30-minute boat ride to Nusa Penida. Your group will hop in a minivan and explore the island, going from the crystal-clear waters of Angel Billabong, the rock formations of Broken Beach and up to the stunning overlook of Kelingking Cliff – if you're an anybody on Instagram at the moment you would've seen this vista all over your feed, and there's a reason for that. Continue on to Crystal Bay, and once you're day-tripped out, head back to your resort for a swim, and maybe a cocktail if you fancy!

Accommodation

- Resort (1 night)

Included Activities

- Nusa Penida - Angel Bilabong
- Nusa Penida - Broken beach
- Nusa Penida - Kelingking Cliff
- Nusa Penida - Crystal bay

Meals Included

- Breakfast

Day 8: Canggu

Have a relaxing morning in this slice of paradise, and in the afternoon, take a boat back to the Bali mainland. Transfer to a minivan and head to the other side of the island, where you'll check in to your boutique hotel in Canggu. Canggu is a popular surf spot and has a heap of beachfront cafés and bars, with some great nightlife. Why not tonight take a walk down the beach and stake out a place to grab a beer and watch the chill day surf spot turn into a heaving hub of activity. After such a calm and relaxed trip, there's certainly a reason to let loose!

Accommodation

- Hotel (1 night)

Optional Activities

- Canggu - Balinese Massage - IDR300000
- Canggu - Yoga Lesson - IDR150000

Meals Included

- Breakfast

Day 9: Canggu

With no activities planned for today, you are free to leave the accommodation at any time after breakfast. That doesn't mean your adventure has to end! We highly recommend spending an extra couple of days in and around Canggu, and if you would like to spend more time here, we'll be happy to organise additional accommodation (subject to availability). While here, why not book in for a surf class or hire a board to catch some waves or continue the zen mentality with some yoga and a Balinese massage.

Optional Activities

- Legian - Rip Curl Surfing Lesson (includes transport) - IDR750000

Meals Included

- Breakfast

Finishing point

Tapa Tepi Kali
Jalan Padang Linjong, Echo Beach - Canggu, Bali 80631 - Indonesia
Canggu
INDONESIA
Phone: 0361 8469141

Finishing point description

The Tapa Tepi Kali is ideally located in Canggu, featuring an outdoor swimming pool, on site restaurant, free Wi-Fi, and a spa and wellness centre. Every room is fitted with a desk and a flat-screen TV, with a private bathroom fitted with a shower and free toiletries. Rooms at Tapa Tepi Kali also provide guests with pool view, and a seating area.

Finishing point instructions

If you have pre-booked a departure transfer your transfer driver will meet you at the the Tapa Tepi Kali Hotel at approximately 4 hours before your departure time. Please ask your leader to reconfirm your pick up time.

Alternatively the hotel can help you book a taxi to the airport. Expect to pay about IDR 350,000 (increased rates at night time) for the 60-90 minutes journey to the airport.

Itinerary disclaimer

ITINERARY CHANGES:

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you print and review a final copy prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays or other factors, further changes may be necessary to your itinerary once in country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any changes once on tour.

OPTIONAL ACTIVITIES:

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

A single supplement is available for every night of this trip. Please let us know if you would like to book a single supplement.

Passport and visas

As a general rule most countries expect that your passport has a minimum of 6 months validity remaining. Please ensure the name on your passport matches the name on your booking and airline tickets. Your passport details are required to complete your booking. Your consultant will contact you when this is required.

Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

INDONESIA:

Passport holders for most nationalities are permitted to enter visa free for up to 30 days for tourism purposes. Please check with your relevant consulate or embassy.

Entry requirements: presentation of onward or return tickets, passport which is valid for at least 6 months. Visitors on visa-free short visits must enter AND exit from certain airports or seaports in Indonesia including: Jakarta (Soekarno-Hatta Airport), Bali (Ngurah Rai Airport), Yogyakarta (Adisucipto Airport) and Surabaya (Juanda Airport). This currently excludes entry and exist from Lombok (Bandar Udara International Airport). Visa-free short visits cannot be extended and cannot be transferred to another type of visa.

Some nationalities are required to obtain a visa on arrival, or in advance. Citizens of countries who aren't on the visa on arrival or visa-free lists are required to apply for a visa in their home country before travelling to Indonesia.

Nationals of all countries planning to stay for more than 30 days in Indonesia have to obtain an appropriate visa at an Indonesian consulate or embassy before their arrival in the country.

PASSPORTS

Local laws require that you must always carry identification. We recommend taking a clear photocopy of your passport photo page and photo of your visa (after arriving), to carry with you.

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained at the locations on this trip. Please ensure that you are adequately prepared.

PRESCRIPTION MEDICATION:

Not all medications available over the counter or by prescription in your home country are available in other countries. Some may be considered illegal or a controlled substance, even if prescribed by a doctor. Always carry a copy of your prescription or a letter from your doctor stating what the medicine is, how much you take and that it's for personal use only.

MOSQUITO-BORNE ILLNESSES:

Several mosquito-borne illnesses occur in Indonesia, including malaria, dengue fever and Japanese encephalitis. The risk of infection remains low. Protect yourself against mosquito-borne illnesses by taking measures to avoid insect bites, including using insect repellent and wearing long, loose-fitting, light-

coloured clothing. Speak to your doctor about prevention and vaccinations before you travel.

RABIES:

Rabies is a risk throughout Indonesia, especially in Bali. Avoid direct contact with dogs and other animals, including monkeys. Don't feed or pat them. This includes monkeys in popular markets, tourist destinations and sanctuaries where you may be encouraged to interact with them. If bitten or scratched, immediately use soap and water to wash the wound thoroughly. Seek urgent medical attention.

Pre-exposure vaccine is available but receiving rabies vaccine prior to travel does not preclude the need for post-exposure medical evaluation and additional doses of rabies vaccine. There is a shortage of rabies vaccine in Indonesia and if you are bitten by an animal you should consider travelling to a 3rd country or your country of origin for treatment.

POISONING FROM ALCOHOLIC DRINKS:

There are known cases of poisoning from alcoholic drinks contaminated by harmful substances, most recently in Bali and Lombok. Drink only at reputable venues, avoid home-made alcohol and seek urgent medical attention if you suspect poisoning.

PROHIBITED SUBSTANCES:

Do not consume any non-prescription drugs in Indonesia, including magic mushrooms. They are highly dangerous and illegal. Indonesia carries high penalties, including the death penalty.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

INDONESIAN FOOD:

Here are 10 quintessential dishes you have to try while travelling in Indonesia: <https://www.intrepidtravel.com/adventures/what-to-eat-in-indonesia/>

VEGETARIANS & VEGANS:

Strict vegetarians should be aware that a lot of Indonesian cooking contains fermented shrimp paste (terasi) as a basic ingredient. Chicken and eggs are also common in many dishes. Although there are many vegetarian options available, please ensure you are specific as possible when ordering food to ensure that your meal suits your dietary needs. If you are travelling to Ubud, see our guide to vegan and vegetarian eats:

<https://www.intrepidtravel.com/adventures/vegan-vegetarian-guide-to-ubud/>

Accommodation

Resort (6 nights), Hotel (2 nights)

Transport

Private Van, Ferry, Boat

LONG TRAVEL DAYS

There are some long travel days and some of the transport can be quite cramped and without air-conditioning.

TRANSPORT IN BALI:

In Bali we travel by private minivan in order to access more remote areas such as Bedugul, and for safety on the busy and narrow Balinese roads. Depending on the size of your group you may be split over multiple vans and your leader will alternate between the vehicles throughout the journey.

Money matters

SPENDING MONEY:

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

Budget for meals not included: USD 200

EMERGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you bring an extra USD500 for emergencies (e.g. natural disasters or civil unrest). Sometimes these things necessitate last minute changes to our itineraries, and we can't guarantee there won't be some extra costs involved.

The official currency of Indonesia is the rupiah (IDR). There are money exchanges and ATMs available at the airport and all major towns. ATMs are the easiest and safest way to access cash, although we also recommend that you bring and carry some cash in a major currency for when ATMs can not be accessed. USD notes older than 2000 series, as well as foreign currency notes that are old, torn, worn or damaged notes can't be changed in Indonesia.

TIPPING

If you're happy with the services provided, a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. Carrying small notes of local currency will make tipping easier. It is best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult.

OPTIONAL TIPPING KITTY

On Day 1 your tour leader will discuss with you the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips for drivers, local guides, and hotel staff (excludes restaurant tips). The leader will keep a running record of all monies spent which can be checked at any time, and any money remaining at the end of the tour returned to group members. This is often the easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty is at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

Optional tipping kitty for this trip: IDR 180 000 per person.

YOUR TOUR LEADER

You may consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline US\$2-US\$4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service

quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

COMMISSIONS

Unfortunately, commissions in exchange for recommending particular shops or restaurants are an ingrained part of the tourism industry. Rather than turning a blind eye, we've tried to legitimise the practise with a centralised fund. Moneys are collected from recommended and fully vetted suppliers and funnelled back into our business. This keeps the trip cost low (for us and for you) and makes sure you only get the best experiences.

If you're unhappy with any places your leader recommends, or feel the quality of the trip is being compromised in any way, please let us know in your feedback.

Packing

<https://www.intrepidtravel.com/packing-list>

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

ESSENTIALS

- Day pack: for carrying essentials when exploring destinations.
- Lightweight clothing: A mixture of covering lightweight clothing and some warm layers (depending on the season) are recommended. It is best to check the weather and seasonal information before travelling.

For visits to religious sites you will also need to wear clothing that covers shoulders and pants/skirts that go past the knee. Perhaps carry a scarf or sarong for these visits. Modest and covering clothing is also preferable when visiting areas outside major cities that are more conservative.

- Walking shoes with a good grip
- Sandals/flip flops
- Sun protection – hat, sunscreen, sunglasses, lip balm
- Insect repellent
- Waterproof jacket (particularly if travelling from October until March)
- Swimming costume

RECOMMENDED

- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as, mild pain killers, adhesive bandages and electrolytes.
- Camera with spare batteries/charger/power bank: You will have access to power to recharge your electrical items most days, however these are a good backup.
- Electrical adapter plug
- Hand sanitizer
- Water bottle – some hotels may have filtered drinking water to refill your bottle.
- Money belt or pouch
- Water purification tablets
- Waterproof bag cover or plastic bags

OPTIONAL

- A good book, a journal and music player
- Playing cards
- Travel washing line and Bio-degradable washing detergent

MORE!

If you need some further tips for packing, you can always check out our ultimate packing list.

Climate and seasonal information

FLOODS & MUDSLIDES:

Floods and mudslides can occur during the wet season (October - March). Heavy rains during this time can result in areas of the Jakarta region being affected by flood waters. Key services, such as emergency and medical care, telecommunications, transport, and the supply of food and water are often disrupted during floods and mudslides. Should our trips be affected by floods during this time we may need to reroute our itineraries and travellers may need to use their contingency funds to cover additional costs.

VOLCANOES:

Indonesia has many active volcanoes that can erupt at any time and cause widespread disruption. Alert levels may be raised and evacuations ordered at short notice. Follow the instructions and advice of local authorities, including any evacuation orders. In the event of or following an eruption you should contact your travel insurance provider directly to ask if your policy is affected by the volcanic activity. For information regarding whether your itinerary has been affected, see our Travel Alerts page: <https://www.intrepidtravel.com/au/travel-alerts>

The most recent eruptions have been:

- Mt Agung, East Bali. Mount Agung has shown increased volcanic activity since late-September 2017. Ash from the volcano has disrupted flights. There is currently an exclusion zone around the crater, which may change at short notice.
- Mount Merapi (near Yogyakarta). Following an eruption in May 2018, people in the area were evacuated by local authorities.
- Mount Rinjani, on Lombok (near Bali), has erupted numerous times in recent years causing flight disruptions in Bali and Lombok.

EARTHQUAKES:

Indonesia is in an active earthquake region with a high level of earthquake activity, sometimes triggering tsunamis. Earthquakes can occur anywhere in Indonesia. In the event of a natural disaster, follow the advice of local authorities. In the event of or following an earthquake you should contact your travel insurance provider directly to ask if your policy is affected by the event. For information regarding whether your itinerary has been affected, see our Travel Alerts page: <https://www.intrepidtravel.com/au/travel-alerts>

The most recent earthquakes have been:

- Lombok & the Gili Islands. A series of powerful earthquakes caused widespread damage and loss of life in northern Lombok and the Gili Islands in July and August 2018. Tourist facilities such as hotels and restaurants that temporarily closed as a result of the earthquakes are progressively reopening and ferry services are operating.

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

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 and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes 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. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple

measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MOTORBIKE BAG SNATCHING:

Be particularly aware of motorbike bag snatching, especially in the bigger cities.

BIKE HELMETS:

Helmets are provided for all included cycling activities. If you prefer you can bring your own to ensure the right fit and quality.

TERRORISM:

Many governments advise to exercise a high degree of caution in Indonesia, including Bali, Surabaya, Jakarta and Lombok, because of the high threat of terrorist attack. See travel advisories from your country of residence for further information.

CIVIL UNREST AND POLITICAL TENSION:

Political rallies, protests and demonstrations occur regularly and can turn violent with little notice. Avoid all public gatherings of this nature and follow the advice of local authorities.

PETTY CRIME:

A range of petty crime occurs in Indonesia, particularly in tourist areas of Bali. Theft, robbery and bag snatching are common. Be vigilant for thieves on motorbikes targeting pedestrians, in crowded and popular tourist areas. Be alert in bars and nightclubs where drink spiking with toxic substances can occur. Credit card and ATM fraud occurs in Indonesia. Monitor your transaction statements and tell your bank when you'll visit Indonesia so your cards won't be blocked. Only use ATMs within controlled and secure areas such as banks, shops and shopping centres.

SCAMS:

All types of gambling are illegal in Indonesia. Travellers have lost large sums of money in card game scams run by organised gambling gangs, particularly in Bali.

TAXIS:

Only use officially licensed taxi companies you can book by phone, from inside an airport or at stands at major hotels.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking, and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE TRAVELLERS:

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Essential Trip Information. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

CIVET COFFEE/KOPI LUWAK:

Civet coffee, or Kopi Luwak as it's known in Indonesia, is made from coffee beans that have been partially digested and then excreted by small cat-like mammals called civets. High demand for this expensive drink, as well as the rising popularity of Kopi Luwak with international travellers has led to a proliferation of farms across Indonesia. Investigations by World Animal Protection reveal increasing animal cruelty to meet demands. Rather than sourcing beans from the wild, producers are capturing civets (highly active nocturnal animals) and keeping them caged in cramped, inhumane conditions on farms. Due to the numerous ethical questions surrounding this coffee's production, we strongly discourage our travellers from purchasing Kopi Luwak. If you'd like to know more, visit <https://www.worldanimalprotection.org.au/news/civet-coffee-cruelty-cup>

LOCAL DRESS:

When packing be aware that dress standards are conservative throughout Indonesia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees for all genders. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climates. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched by Intrepid Group dollar for dollar (up to AU\$10,000 per donor and AU\$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>