

# BALI AND SUMATRA ADVENTURE

Hey trutraveller! Paradise is awaiting you...

We thought we would give you some finer details to get you even more excited for your upcoming trip. In this itinerary, you have an outline of the day-to-day activities you get to experience, as well as the accommodation type and what's included from us. We have planned almost everything but we have left you some free time to go off and explore yourself...or just relax if that's more your style. There are many recommendations in this itinerary so you don't leave feeling like you have missed anything!

## FLIGHT INFORMATION



**KUALANAMU INTERNATIONAL AIRPORT (KNO)**



**MINANGKABAU (PDG) AIRPORT**



## TRIP OVERVIEW

- |              |  |               |   |
|--------------|--|---------------|---|
| <b>DAY 1</b> | <b>MEDAN</b> meeting the group                               | <b>DAY 10</b> | <b>CANGGU</b> temples/free time             |
| <b>DAY 2</b> | <b>BUKIT LAWANG</b> bat cave exploring                       | <b>DAY 11</b> | <b>CANGGU</b> surfs up!                     |
| <b>DAY 3</b> | <b>BUKIT LAWANG</b> national park exploring and river tubing | <b>DAY 12</b> | <b>UBUD</b> travel to Ubud/ waterfalls      |
| <b>DAY 4</b> | <b>PADANG</b> travel day                                     | <b>DAY 13</b> | <b>UBUD</b> cooking class/ monkey forrest   |
| <b>DAY 5</b> | <b>MENTAWAI</b> local homestay                               | <b>DAY 14</b> | <b>UBUD</b> rice terraces/ lunch by volcano |
| <b>DAY 6</b> | <b>MENTAWAI</b> jungle trekking                              | <b>DAY 15</b> | <b>GILI T</b> travel to Gili T              |
| <b>DAY 7</b> | <b>SUNGAI PINANG</b> travel to Sungai Pinang                 | <b>DAY 16</b> | <b>GILI T</b> snorkling/ free time          |
| <b>DAY 8</b> | <b>SUNGAI PINANG</b> island hopping and turtles              | <b>DAY 17</b> | <b>GILI T</b> bike ride/ free time          |
| <b>DAY 9</b> | <b>TRAVEL TO BALI</b>  | <b>DAY 18</b> | Home time                                   |

### DAY 1 - OVERNIGHT IN MEDAN

**WELCOME TO THE ISLAND OF THE GODS. YOU'RE IN SUMATRA BABY!**

**ALL DAY:** Check in, explore, chill, connect with others in the group, drink your first Bintang... Today all your fellow Trutravellers will be arriving and checking in, if they haven't already.

**EVENING:** Your Travel Ninja will arrange a time and place for everyone to meet up for the first night out together (usually around sunset time). Keep a look out in the group chat for details.

 **TWIN SHARE HOTEL**



Don't forget to dress appropriately and bring water and suncream.

### OPTIONAL ACTIVITIES

Here's some inspiration for things to do around the hotel:

- Center point Mall 80m (4 min walk)
- Setia Budi Temple 300m (6 min walk)
- Traditional Market (800m away)
- Merdeka Walk 1.2km and 15 min by a car

### DAY 3 - OVERNIGHT IN BUKIT LAWANG

**DURING THE DAY:** This morning we'll wake up early, have breakfast and at around 8am we will start trekking! How exciting! We will go into the jungle in search for some wild animals.

**AFTERNOON:** We will be having lunch in the jungle too! After lunch we'll continue to explore the jungle before river tubing back straight to the front of our hotel.

-  **TWIN SHARE HOTEL**
-  **BREAKFAST & LUNCH**
-  **JUNGLE TREKKING**

### DAY 2 - OVERNIGHT IN BUKIT LAWANG

**RISE AND SHINE ON YOUR FIRST FULL DAY WITH TRUTRAVELS...**

**DURING THE DAY:** Today we will have an early breakfast before a 3 hour journey to Bukit Lawang! When we arrive we can chill and explore the local area before meeting after lunch.

**AFTERNOON:** We will walk around 30 minutes to the Bat Cave and explore this amazing cave! We'll spend the late afternoon chilling by the river and getting to know the group.

-  **TWIN SHARE HOTEL**
-  **BREAKFAST**
-  **BAT CAVE VISIT**



### DAY 4 - OVERNIGHT IN PADANG

**DURING THE DAY:** Today is a travel day towards Padang! After breakfast we will transfer to the airport to catch our flight to Padang City in West Sumatra. Once we arrive in Padang we will check into our hotel and have some free time before dinner.

#### OPTIONAL ACTIVITIES

Check out the sunset at a local bar, visit the local shops or visit some mosques.



**TWIN SHARE HOTEL**



**BREAKFAST**



**FLIGHT TO PADANG AND TRANSFERS**

### DAY 5 - OVERNIGHT IN MENTAWAI

**DURING THE DAY:** We're up early again this morning at around 6.30am with a fastboat to Siberut to get to Muntei village! It's going to be epic!

**AFTERNOON:** In the afternoon we'll arrive on Mentawai island, have lunch in local house, visit the traditional markets, visit a local farm and have some chilled beach time. This evening we will have a chilled night, play some cards and have a few beers



**BREAKFAST, LUNCH & DINNER**



**LOCAL HOMESTAY**

#### THINGS TO KNOW

This experience is going to be very unique - go with the flow!

The conditions are very basic. You'll sleep on the floor with mosquito nets and a mattress. You will have an amazing experience sharing your differences with the locals and learning about a new culture in the jungle.

### DAY 6 - OVERNIGHT IN MENTAWAI

**DURING THE DAY:** This morning we are heading to the jungle by a motorised canoe up to the river and from there we will walk in the jungle to reach the Mentawai village.

**AFTERNOON:** We will spend the rest of the day in the Mentawai traditional house called "Uma". The Mentawai live in total harmony with the nature and are animists. The activities with the shaman will include traditional cloth, hunting sagu worm, traditional fishing and making poison. At around 4pm will head back to the main village.



**LOCAL HOMESTAY**



**BREAKFAST, LUNCH & DINNER**



**TRIBE DAY TRIP**

### DAY 7 - OVERNIGHT IN SUNGAI PINANG

**DURING THE DAY:** Spend the last morning with the Mentawai family! It's time to say goodbye and head back to the Muntei village. We'll stopover at the Muntei village again to have lunch and then take the fast boat.

**AFTERNOON:** We'll arrive in Padang harbour and head to Nagari Sungai Pinang, a small traditional fishing village in the south of Padang where we'll spend the last few days on the seaside. Stay at the amazing Ricky's Beach House. We'll have dinner and enjoy some live music!



**BEACH HOUSE**



**BREAKFAST, LUNCH & DINNER**



**ALL TRANSPORT INCLUDED**

### DAY 8 - OVERNIGHT IN SUNGAI PINANG

**DURING THE DAY:** Today, we're going snorkelling (there'll be around 3 stops: turtle point, nemo point and snake island.) It'll be hot so make sure you have packed your suncream!

**AFTERNOON:** We'll have lunch on the island and spend the whole day island hopping! On the way back we will stop on one small island for jumping and more snorkelling, we will back around 4pm!

**EVENING:** Once we are back, in the early evening we'll get involved with the local projects and help at a turtle conservation site. Then we will watch the last sunset as a group, have some beers and see some more live music - lucky us!

 **BEACH HOUSE**  
 **BREAKFAST, LUNCH & DINNER**

 **SNORKELLING AND TURTLE CONSERVATION**

### DAY 9 - TRAVEL TO BALI

It's a day for sore heads and emotional goodbyes as we're at the end of time in Sumatra! We're travelling over to Bali and getting ready to have the time of our lives.

 **TRANSPORT TO BALI**

 **BREAKFAST**

### OPTIONAL ACTIVITIES

The area around Canggu is very safe, full of amazing **cafe's and bars**.

Why not check out the beach front which has **surf boards** for rent and lots of bars to choose between.

If you're feeling active, you can go to one of the **gyms** close by and try out some classes e.g: **boxing or Muay Thai**

**Want to get involved in a beach clean?** Check out Trash Hero Canggu for their schedule. Or volunteer and walk some dogs at **Bali Bully rescue**.

### DAY 10 - OVERNIGHT IN CANGGU

#### RISE AND SHINE ON YOUR FIRST FULL DAY IN BALI...

**MORNING:** We're going to fully immerse ourselves in Bali's rich culture and visit 2 beautiful temples. This morning, breakfast is included at the hotel from 7am -10am, and we typically leave for the temples straight after breakfast. Your Travel Ninja will confirm timings.

**AFTERNOON:** When we return in the afternoon there's a few hours of free time to explore or relax.

**EVENING:** Then we meet back up for dinner and we will see where the night takes us!

**DON'T FORGET TO DRESS APPROPRIATELY AND BRING WATER AND SUNCREAM.**

 **TWIN SHARE HOTEL**

 **BREAKFAST**

 **TEMPLE VISIT**

 **RETURN TRANSPORT**

### 📍 DAY 11 - OVERNIGHT IN CANGGU

#### SURFS UP...!!!

**MORNING:** Today were heading south, down to Kuta beach for the surfing lesson... We go down to that side of the island for the safer more tame waves. It's around a 1-1.5 hour drive.  
Departure time for this day will be determined by your Travel Ninja and will change based on tides and currents....

**REST OF THE DAY:** Make the most of your free time, because tomorrow morning we leave to Ubud!



**BREAKFAST**



**SURF LESSON**



**TWIN SHARE HOTEL**

#### TIP

A "**Warung**" is the name given to a local restaurant.



#### OPTIONAL ACTIVITIES

Check out **Kuta beach**, the legendary Bali area with some little shop for souvenir.

Or visit **Beachwalk**- the shopping mall!

If you want to experience Beach club vibe, check out **Finns or Atlas beach club**  
If not, Back to the hotel to relax



#### FANCY A BITE TO EAT IN CANGGU?

There are lot's of **cute and healthy cafes** around the hotel in walking distance such as **Dua Tiga cafe, Lusa by Suka, Nude cafe and Cinta cafe.**

The local Warungs's are usually super cheap, and delicious food.

Our favourite, and close to the hotel is '**Made Warung**'.

Speak to your travel ninja about other optional activities and cool things to do in Canggu.

#### OR WANT A CAFFEINE HIT?

For the best coffee close by check out **Ruko Coffee.** They support community projects with every cup.

### DAY 12 - OVERNIGHT IN UBUD

**MORNING:** After breakfast, we're going to jump in our transport, and head to Ubud.

It's around a 3 hour drive depending on traffic. Before arriving, we will stop at one of Bali's most beautiful and impressive waterfalls, so make sure you have packed your swimming stuff.

**AFTERNOON:** We arrive to Ubud in the mid afternoon, and after check in you have free time to explore. Ubud is famous for being Zen as well as the home of crafts - with plenty of yoga and meditation classes happening hourly, and markets and shops displaying handmade gifts.

**EVENING:** In the evening, we will meet back up for dinner.



**TWIN SHARE HOTEL**



**BREAKFAST**



**WATERFALL VISIT**



### DAY 13 - OVERNIGHT IN UBUD

**MORNING:** Before we head to our cooking class today, we're first going to visit the local markets, before heading to the family home of our teacher, where we will prepare and cook some traditional Balinese dishes.

**AFTERNOON:** We will be dropped off from our cooking class to the Sacred Monkey forest to explore and see the wild monkeys. The rest of the day is yours to enjoy, so check out what other activities Ubud has to offer.

**EVENING:** To finish off our day, we will have dinner at some beautiful restaurants and maybe even listen to some live music!

### OPTIONAL ACTIVITIES

Check out **Ubud market**... Its the best place to buy gifts for friends and family back home.

You can usually barter the price, just remember to be fair and kind when bartering.

Don't fancy shopping? Then check out **Cretya Ubud** - One of the most impressive pool bars built around rice terraces.



**TWIN SHARE HOTEL**



**BREAKFAST & LUNCH**



**COOKING CLASS**



**TWIN SHARE HOTEL**



**BREAKFAST**



**RICE TERRACE VISIT**



**RETURN TRANSPORT**

### OPTIONAL ACTIVITIES

Yoga and meditation classes happen hourly around Ubud - so check the schedules and get involved.

Also, why not try **Ketut Liyer** (the famous palm reader from Eat, pray, love) and **Museum Puri Lukisan** (Traditional Balinese Art).



### DAY 14 - OVERNIGHT IN UBUD

**BRING YOUR CAMERAS... IT'S TIME TO VISIT ONE OF BALI'S TOP ATTRACTIONS!**

**MORNING:** A visit to Ubud wouldn't be complete without visiting the rice terraces. After breakfast, we will head out and spend a few hours there- enough time to explore and try the famous Bali swing (you're not in Ubud without pic on the Bali swing!).

**AFTERNOON:** After, we will grab lunch in a restaurant overlooking Mt. Batur volcano. Then we will return to our hotel so make the most of the last day.

**EVENING:** Tomorrow we leave in the early morning for Gili - so pack your bags tonight.



### DAY 15 - OVERNIGHT IN GILI T

**GILI T HERE WE COME!**

**MORNING:** Today we have an early morning transfer to the Gili Islands. Trust us, its worth the early start. Your Travel Ninja will confirm all of the timings - but typically we arrive around midday.

**AFTERNOON:** The rest of the afternoon is yours to enjoy - Chill by the pool with a cocktail, or explore the island.

**EVENING:** Tonight were going out - Gili Style.



**TWIN/ TRIPLE SHARE HOTEL**



**BREAKFAST**



**TRANSFER TO GILI T**

### A LITTLE INFO ABOUT GILI T...

The Gili Islands are 3 small islands off the coast of Lombok. Gili Trawangan is the biggest of the 3, and the most popular with backpackers.

There are no bikes or cars on the Gili islands - so prepare to walk to the hotel. Around 30-40 minutes.

The parties are crazy & the water is crystal clear. A Tru tropical paradise!

### 📍 DAY 16 - OVERNIGHT IN GILI T

#### IT'S SNORKEL TIME!

**MORNING:** The waters off The Gili Island are full of marine life - Today, after breakfast, we will take a private glass bottom boat out to the best snorkling spots.

**AFTERNOON:** It's a full afternoon on the water. Your Travel ninja will confirm times based on weather conditions and schedule.

**EVENING:** You will have a few hours to chill before we team up again in the evening for dinner and drinks.



If you have a waterproof camera - then today is the day to get some amazing shots with underwater statues and sea turtles.



**BREAKFAST**



**BICYCLE**



**SNORKELLING  
3 ISLANDS**



**TWIN/ TRIPLE SHARE HOTEL**

#### OPTIONAL ACTIVITIES

Check out **Luni Lombok** cafe on Gili T - cuddle cats, grab a drink, buy some cat souvenirs. They are helping all animals and especially the stray cats on the Gili Islands with sterilisation, medical care, providing fresh drinking water and food.

Make sure you wear plenty of sun cream, and try to apply 1 hour before getting into the water - so not to damage the marine life.



#### optional activities

- yoga
- stand up paddle boarding
- kayaking
- swimming
- massage
- mini golf
- lunch at cafe on beach

### 📍 DAY 17 - OVERNIGHT IN GILI T

#### THE LAST FULL DAY ON TOUR :(

**ALL DAY:** Today is your last full day on tour. We will cycle around the island, stopping at a couple of different beaches for a cold drink and keeping an eye out for turtles. Apart from that, the day is yours.

**EVENING:** In the evening there will be a farewell dinner and maybe some tears!



**TWIN/ TRIPLE SHARE HOTEL**

**BREAKFAST**

**BICYCLE**



### 📍 DAY 18 - CHECK OUT DAY

It's a day for sore heads and emotional goodbyes as we're at the end of the tour. Fear not though, this may not be the end of your adventure and if not, our Travel Ninjas know Southeast Asia like the back of their hand and can advise you on what and where to next.

If it is time to depart this part of the world, then allow yourself to be sad about it, but promise us you'll come back for more? It's a very easy promise to keep in truth. You're now a lifelong member of the TruFam and by now, you'll know how big a deal that is.



**BREAKFAST**