



TRAVEL ITINERARY AND EXTRA INFORMATION

-26 DAY TOUR-

TOTAL INDONESIA

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

- DAY 1 MEDAN** meeting the group
- DAY 2 BUKIT LAWANG** bat cave exploring
- DAY 3 BUKIT LAWANG** national park exploring and river tubing
- DAY 4 PADANG** travel day
- DAY 5 MENTAWAI** local homestay
- DAY 6 MENTAWAI** jungle trekking
- DAY 7 SUNGAI PINANG** travel to Sungai Pinang
- DAY 8 SUNGAI PINANG** island hopping and turtles
- DAY 9 TRAVEL TO BALI**

DAY 10 CANGGU- temples/free time

DAY 11 CANGGU- surfs up!

DAY 12 UBUD- travel to Ubud/ waterfalls

DAY 13 UBUD- cooking class/ monkey forest

DAY 14 UBUD- rice terraces/ lunch by volcano

DAY 15 GILI T- travel to Gili T

DAY 16 GILI T- snorkeling/ free time

DAY 17 GILI T- bike ride/ free time

Day 18 Kuta Lombok meeting the group

Day 19 Kuta Lombok waterfalls

Day 20 Kuta Lombok beach day

Day 21 Sumbawa relax and recharge

Day 22 Moyo explore island and waterfalls

Day 23 Live-aboard boat explore islands

Day 24 Live-aboard boat island hopping

Day 25 Labuan bajo explore komodo island

Day 26 Flores chilled check out

DAY 1 - OVERNIGHT IN MEDAN

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

ALL DAY: Today all of your fellow Trutravellers will be arriving so check in, chill, explore, connect with your group and maybe drink your first Bintang..

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

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 is an early start! We will have breakfast before we start trekking at around 8 am, how exciting! We will go into the jungle in search for some wild animals.

AFTERNOON: We will have lunch in the jungle! Afterwards, we'll continue to explore the jungle before river tubing back straight to the front of our hotel.

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 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 each other!



TWIN SHARE 3* HOTEL



BREAKFAST



BAT CAVE VISIT



TWIN SHARE 3* HOTEL



BREAKFAST



JUNGLE TREKKING





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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 3* 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: This 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 AND 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 sago worm, traditional fishing and making poison. At around 4pm will head back to the main village.



LOCAL HOMESTAY



BREAKFAST, LUNCH AND 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 AND DINNER



ALL TRANSPORT INCLUDED



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DAY 8 - OVERNIGHT IN SUNGAI PINANG

DURING THE DAY: We have saved the best till last! We're going snorkelling (around 3 stops : turtle point, nemo point and snake is) 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're back, in the early evening we'll get involved with the local projects and help at a turtle conservation site. Later on we will watch the last sunset as a group, have some beers and see some live music - lucky us!



BEACH HOUSE



BREAKFAST, LUNCH
AND DINNER



ALL TRANSPORT
INCLUDED



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

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



OPTIONAL ACTIVITIES

If you arrive early, you have the option to explore Canggu. This area 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: Tonight we meet back up for dinner and we will see where the night takes us!



TWIN SHARE 3* HOTEL



BREAKFAST



TEMPLE VISIT



RETURN TRANSPORT

DAY 11 - OVERNIGHT IN CANGGU

SURFS UP...!!!!

MORNING: Today we're heading down to Kuta beach for surfing lesson! We go down to this side of the island for safer and tamer waves. This is around a 1-1.5 hour drive and departure time will be confirmed by your Travel Ninja.

REST OF THE DAY: Make the most of your free time as tomorrow morning we leave to go to Ubud!



BREAKFAST



SURF LESSON

OPTIONAL ACTIVITIES

Check out **Kuta beach**, the legendary Bali area with some little shops for souvenirs.

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

If you want to experience Beach club vibe, check out **Finns or Atlas beach club!**

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



TWIN SHARE 3* HOTEL



FANCY A BITE TO EAT IN CANGGU?

There are lots 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 have 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.

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

Good morning, rise and shine.

MORNING: After breakfast, we will 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, 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 as well as markets and shops displaying handmade gifts.

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



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 3* HOTEL



BREAKFAST



WATERFALL VISIT



DAY 13 - OVERNIGHT IN UBUD

Prepare the chefs whites and sharpen the knives!

MORNING: Today we have our cooking class! We will 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 a beautiful restaurant and maybe even listen to some live music!



TWIN SHARE 3* HOTEL



BREAKFAST



COOKING CLASS



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TWIN SHARE 3* 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 arfternoon 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 3* 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!



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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 snorkeling 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.



BREAKFAST



BICYCLE



SNORKELLING 3 ISLANDS



TWIN/ TRIPLE SHARE 3* HOTEL

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



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.



DAY 17 - OVERNIGHT IN GILI T

THE LAST FULL DAY ON GILI T :(

ALL DAY: 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 3* HOTEL



BREAKFAST



BICYCLE



TRAVEL ITINERARY AND EXTRA INFORMATION

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DAY 18 - TRAVEL DAY

ALL DAY: After an incredible few days on the Gili Islands, it's time to go back off the beaten track and make our way towards the sister island of Bali.

We're off to Lombok! We'll take the scenic route of course as we drive south to the town of Kuta Lombok! This afternoon is yours to spend as you please! Check into the hotel and have a relaxed afternoon by the pool or head out for a venture around the town. Whatever you decide to do in Lombok, you're in for a treat!



TWIN/ TRIPLE SHARE 3* HOTEL



BREAKFAST



ALL TRANSPORT INCLUDED



DAY 19 - KUTA LOMBOK

MORNING This morning you will have a welcome talk from your group leader! We will then go to Sasak Village to learn about their culture and discover the art of weaving.

AFTERNOON Later we will go to the Benang Kelambu and Benang Stokel waterfalls and then go for lunch at a local Warung restaurant. In the evening we will meet for a group dinner and explore Kuta Lombok by night!



WATERFALL VISIT



TWIN SHARE



1 X BREAKFAST

OPTIONAL ACTIVITIES IN KUTA LOMBOK

If we get back early from the waterfalls there is a lovely coffee shop about 10 mins away from our hotel called Mushroom coffee shop.

There is also a beach called Tanjung Ann and also you can walk to see the sunset on the top view point.



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📍 DAY 20 -KUTA LOMBOK

MORNING Today is a beach day! We will visit 2 beautiful beaches, Lancing Beach and Selong Belanak Beach!

AFTERNOON We will eat lunch at Aqia Warung and stay relaxing at the beach until around 4pm but if you want to stay longer to watch the sunset you can! You'll just have to pay for your own transport back.



BEACH VISIT



TWIN SHARE



BREAKFAST

OPTIONAL ACTIVITIES IN SUMBAWA

Whilst you are in the beautiful Sumbawa make the most of the sunset on the beach! You won't regret it!

MORE OPTIONAL ACTIVITIES IN KUTA LOMBOK

At the beach you can hire surfboards and take some lessons if you want! Just ask your tour guide and they will point you in the right direction!



DAY 21 - SUMBAWA

MORNING Today we say goodbye to Kuta Lombok and do a transfer to Sumbawa. Get your snacks and headphones ready for the journey!

AFTERNOON Once we arrive in Sumbawa we can relax and get to know the local area. In the evening we will go to the hotel restaurant and your tour guide will give you an introduction to Sumbawa and information about the days to come.



TWIN SHARE



1 X BREAKFAST

📍 DAY 22 - MOYO

MORNING We will sail to Moyo and visit the Mata Jitu waterfall. It is an absolutely stunning waterfall and we will get to spend some time there before heading back and going for lunch at Moyo Sunset

AFTERNOON After lunch we will head to the second waterfall called Dwai Mbai and we will take a swim stop there too so bring your towels!



TWIN SHARE



BREAKFAST



EXPLORE ISLAND AND WATERFALLS



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📍 DAY 23 -LIVE-ABOARD BOAT

MORNING We will leave in the morning and stop for some snacks for the boat. We will sail to Satonda island, trek to the viewpoint and maybe even do some snorkelling depending on the currents.

AFTERNOON Overnight we will sail to Manta Point. Get ready because the first night might be rocky, but you'll soon find your sea legs!



4 PERSON CABIN



**BREAKFAST, LUNCH
AND DINNER**



VISIT SATONDA ISLAND

LIVE ABOARD BOAT!



📍 DAY 24 - LIVE-ABOARD BOAT

MORNING For early risers within the group there will be a fantastic sunrise! We will arrive mid-morning and potentially see some Manta Rays - keep your fingers crossed!

AFTERNOON We will spend the afternoon on pink beach and relaxing on the shore! We will head back to the boat, have dinner and sail to padar island to dock overnight. As we are docking we will have a party/games night if you wish!



4 PERSON CABIN



**BREAKFAST, LUNCH
AND DINNER**

📍 DAY 25 - LABUAN BAJO

MORNING It's the day you have been waiting for.... it's Padar view point and Komodo day!! We will do a sunrise trek to Padar view point, go back to the boat for breakfast and then go to Rinca Island to see the Komodo Dragon!

AFTERNOON In the afternoon we will sail back to the mainland and check into our hotel. You can explore the local area and do a bit of shopping nearby or just relax by the pool!

We will have a farewell dinner in the evening and reminisce about the incredible trip we have had!



**BREAKFAST AND
LUNCH**

📍 DAY 26 - FLORES

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.

See you soon!



BREAKFAST