



If time spent chilling on pure white sandy beaches, wandering through lush rice paddies, and seeing sea turtles, manta rays and Komodo dragons in the wild sounds like your vibe, we think you're going to fall hard for Epic Indonesia. The ultimate way to discover one of the world's most tranquil and beautiful countries in 19 days, expect everything from exploring traditional villages to active volcano hiking as you dive deep into Indonesia's rich culture, learn to surf, discover a love for Nasi Goreng, and so much more. Oh, and did we mention you'll be doing all this with an awesome group leader and an instant crew of new mates? The trip of a lifetime just got even better...

## CANGGU ➔ LABUAN BAJO

<b>Transport:</b>	Minibus, Ferry & Flight
<b>Meals:</b>	17B, 3L, 3D
<b>Group size:</b>	4 - 24
<b>Age Range:</b>	18 - 39

## HIGHLIGHTS

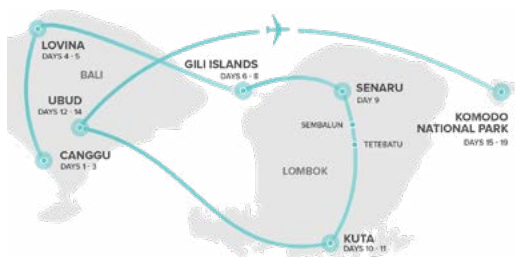
- Learn to surf with Balinese surfer dudes before kicking back with a sunset beer
- Hop on board a traditional outrigger boat and spot pods of wild dolphins
- Snorkel with turtles and hang out in paradise on the Gili Islands
- Explore rural and traditional Lombok and visit some epic waterfalls
- Summit an active volcano with a local guide to catch a sunrise you'll never forget
- Sail through the Komodo National Park looking for the famous dragons

## INCLUSIONS

- ✓ Airport Pickup To Our Accom 24/7
- ✓ 18 Nights Accommodation
- ✓ 23 Meals
- ✓ All Transport & Internal Flight
- ✓ Awesome Group Leader
- ✓ Visit Ancient Temples
- ✓ Canang Sari (Local Offering) Making Class
- ✓ Bahasa Indonesian Lesson
- ✓ Soak up Stunning Sunsets
- ✓ Experience Bali Nightlife
- ✓ Learn to Surf & Swim under Waterfalls
- ✓ Visit a local Balinese Family
- ✓ Basket Weaving
- ✓ Coffee Plantation & Rice Paddies
- ✓ Dolphin Boat Trip
- ✓ Explore Tropical Islands by Bicycle
- ✓ Boat Trip Around the Gili Islands
- ✓ Snorkel with Turtles
- ✓ Island Party
- ✓ Traditional Village Visit
- ✓ Sunrise Volcano Trek & Monkey Forest
- ✓ Traditional Balinese Massage
- ✓ Komodo National Park & Sailing Trip
- ✓ Stunning Viewpoints
- ✓ Komodo's Pink Beach
- ✓ Snorkeling with Manta Rays
- ✓ Help with Onward Travel

### NOT INCLUDED:

International flights, travel insurance, visas & some meals



# ITINERARY & IMPORTANT INFO

## DAY 1 - ARRIVE IN CANGGU

• **CANGGU** Landing in Denpasar, we'll meet you at the airport and take you to our accom in Canggu. Meet your travel crew and get excited!

## DAY 2 - TEMPLES & SUNSETS

• **CANGGU** Today's we'll explore ancient temples, experience a Bahasa Indonesian lesson and learn to make a Canang Sari (local offering). and sunsets as you get a first taste of Bali's culture. Tonight, we hit the dancefloor!

## DAY 3 - LEARN TO SURF

• **CANGGU** Canggu is known as one of the world's most iconic surf destinations, and you'll soon see why as you hit the waves with the help of local Balinese surf instructors.

## DAYS 4 - EXPLORING LOVINA

• **LOVINA** Untouched Lovina will steal your heart with its rolling rice paddies and smiley welcome. On the way we'll squeeze in some temples and a dip in a waterfall before arriving at our accommodation, set high in the mountains with views of rice paddies and the shimmering ocean.

## DAY 5 - DOLPHINS & LOCAL LIFE

• **LOVINA** After brekkie on the beach, it's all aboard a traditional outrigger boat as you cruise the coastline on the lookout for wild dolphins. Back on land, we'll then visit a local family where you'll learn the art of basket weaving and get a unique insight into traditional Balinese life. Spend the afternoon chilling by the infinity pool at our villa.

## DAY 6 - HELLO PARADISE

• **GILI T** Crystal clear waters and swaying palm trees are on the agenda today as we catch the fast ferry to Gili T. With a free afternoon feel yourself slipping easily into island time, Bintang in hand, before a night out island style.

## DAY 7 - TIME TO CHILL

• **GILI T** With no motorised vehicles on Gili T, today you'll explore the island on two wheels, beach hopping from one sandy shore to the next before capturing a sunset snap.

## DAY 8 - EPIC SNORKELLING

• **GILI T** Travelling by boat, today you'll explore the beauty of the Gili Islands, stopping along the way for plenty of snorkel breaks to spot turtles and other colourful marine life.

## DAY 9 - TRAVEL TO LOMBOK

• **SENARU** This morning we are taking a quick boat trip over to another stunning island – Lombok. Lombok has so much to offer, including the gorgeous waterfalls we'll be seeing today. Tonight, we will stay in a village in the foothills of Mount Rinjani, Indonesia's second largest volcano.

## DAY 10 - BEACHES & SUNSETS

• **KUTA** Today we'll travel to Kuta, with plenty of time to relax and explore later. We'll then head to some of the beautiful beaches that line Lombok's coast, as well as taking you to one of our favourite spots for sunset.

## DAY 11 - TRADITIONAL LOMBOK

• **KUTA** Seeing the sites and traditional Sasak villages of Lombok is on the agenda for today. Later, there's time to chill by the pool and explore the surf town of Kuta before heading out for dinner and drinks.

## DAY 12 - TRAVEL TO UBUD

• **UBUD** Waving goodbye to Kuta, the chilled out cultural mecca of Ubud awaits as you travel back over to Bali by ferry.

## DAY 13 - MONKEY FOREST

• **UBUD** You've seen the pictures, now experience Ubud's famous Monkey Forest for real! A centuries old temple overrun by monkeys, today's your chance to get up close to these mischievous primates.

## DAY 14 - SUNRISE VOLCANO TREK

• **UBUD** It's an early start this morning as you head out before dawn for a once-in-a-lifetime sunrise trek. Joined by a local guide, hike up an active volcano and summit just as the sun peaks over the horizon for breakfast with a view. Arriving back around mid morning, this afternoon relax and unwind with a traditional Balinese massage.

## DAY 15 - LABUAN BAJO

• **LABUAN BAJO** Leaving Bali, we are catching a short flight over to the island of Flores, the gateway to Komodo National Park.

## DAY 16 - BOAT EXPEDITION

• **KOMODO** The start of our unforgettable 2 night expedition, we will be jumping aboard our traditional Phinisi inspired boat, soaking up the sun and taking in views of Komodo National Park as we sail. We will stop off at a viewpoint and snorkelling spot before watching sunset with a twist – with thousands of bats flying above us, heading out for their night-time search for food. Tonight is spent sleeping on the boat in comfortable cabins.

## DAY 17 - BOAT EXPEDITION

• **KOMODO** Ready for a day you'll never forget? Insta-famous viewpoints for sunrise, a mesmerising pink beach, snorkelling with manta rays, and of course, a chance to see Komodo dragons – the only place in the world where you can see them in the wild. We'll finish off this incredible experience with another night sleeping onboard the boat, toasting to the fantastic memories we've made.

## DAY 18 - RETURN TO SHORE

• **LABUAN BAJO** It's time to head back to the mainland after our epic cruise through Komodo National Park. The afternoon can be spent relaxing by the pool or on the beach back at our hotel, or you can pop into the town of Labuan Bajo.

## DAY 19 - CHECK OUT

• **LABUAN BAJO** Your epic 19 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Indonesia with our help and the new friends you've made.

## ARRIVAL INFORMATION

It's best to arrive on the actual start date, as that's when most people get in. While there are no activities on the first day, the group usually meets up for dinner around 7pm. If you do arrive early, we'll still pick you up from the airport if you're staying at our accommodation. You can book and pay for extra nights accommodation in the [Manage My Booking](#) area.

## AFTER EPIC INDONESIA 19 DAY

Epic Indonesia 19 Day will finish in the coastal town of Labuan Bajo.

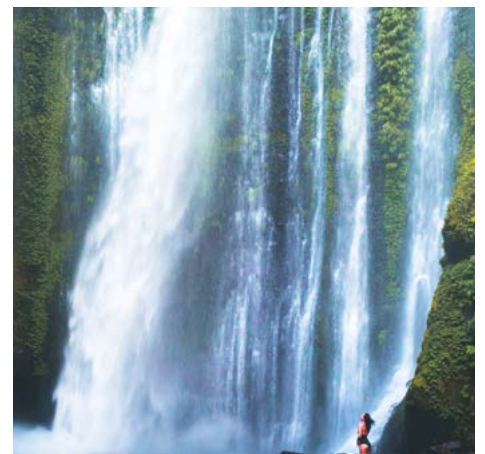
You can choose to stay on longer in Labuan Bajo and explore more of Flores, or if you have a flight to catch then it's a quick 10 minute taxi to Labuan Bajo airport. We can organise this for you during the tour. Your group leader will ensure any other local transport is sorted and you are comfortable with all parts of your trip and your onward travel.

## VISAS

A visa on arrival (VOA) for Indonesia is available to citizens of over [90 countries](#). The VOA can be obtained upon arrival in Indonesia and travellers must provide the relevant documentation as well as pay the VOA application fee of IDR 500,000 (\$35 USD). You will need at least 6 months remaining validity and 2 blank pages in your passport. It's also recommended to have onward travel booked out of Indonesia before travelling there, as you may get asked for proof of this before boarding your flight to Indonesia. We recommend checking with your local Indonesian consulate for up to date visa requirements and costs.

## TRAVEL INSURANCE

Travel insurance for Indonesia is compulsory to join this trip. Your group leader will ask to see proof of your cover before your trip begins. You can organize your travel insurance [here](#).





# ACCOMMODATION GUIDE

## CANGGU - FRII HOTEL

3 NIGHTS

A funky place with a short walk to the beach.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Swimming Pool & Bar



## LOVINA - GAYATRI PRIVATE VILLA

2 NIGHTS

Something special and unique, just for you.

Multi-Share Rooms

Ensuite

WiFi & Air Con

Swimming Pool



## GILI T - TIR NA NOG GUESTHOUSE

3 NIGHTS

Island life at its best!

Twin/Double/Triple Rooms

Ensuite

WiFi, Air Con & Laundry

Right on the beach!

OR

## GILI T - ABDI HOTEL & BUNGALOW

3 NIGHTS

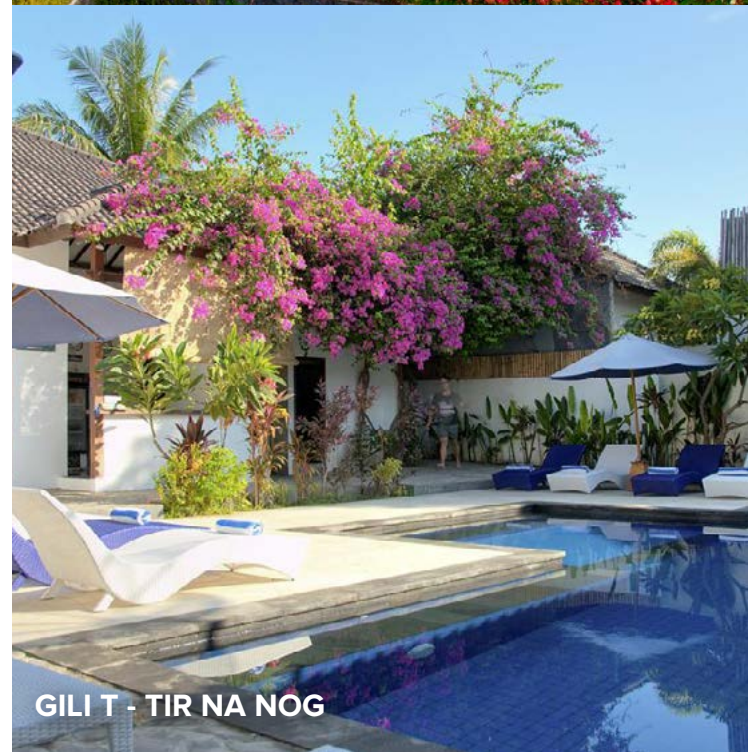
Relaxing beachfront hotel in the heart of Gili.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool





## SENARU - RINJANI HOTEL & GUESTHOUSE

### 1 NIGHT

Mountain guesthouse surrounded by lush nature.

Twin/Double/Triple Rooms

Ensuite

WiFi & Air Con

Swimming Pool

## KUTA LOMBOK - SIMA HOTEL

### 2 NIGHTS

A stunning hotel just 400m from the beach.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool & Hot Tub

## UBUD - UBUD INN GUESTHOUSE

### 3 NIGHTS

Tranquil resort surrounded by lush gardens.

Twin/Double/Triple Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool, Bar & Spa

## LABUAN BAJO - SYLVIA HOTEL

### 2 NIGHTS

Surrounded by gorgeous beaches.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool

## BOAT EXPEDITION - LEXXY LIVEABOARD

### 2 NIGHTS

Stay on a traditional Phinisi inspired boat.

Twin/Double/Triple/Quad Rooms

Shared Bathrooms

Air Con

Snorkelling Gear



KUTA LOMBOK



UBUD



LABUAN BAJO



BOAT EXPEDITION

## IMPORTANT NOTE



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

# #SMALLCHANGE

## SUSTAINABLE TRAVEL



PROTECTING THE ENVIRONMENT



SUPPORTING LOCAL COMMUNITIES



CULTURAL EXCHANGE & EDUCATION



ANIMAL WELFARE

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

## FAQS



### DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends! Most of our accommodation is twin or triple share, so we will put you in a room with someone of the same gender.



### HOW WILL I ACCESS MY MONEY WHILE I'M AWAY?

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout Indonesia and some places only accept cash.



### CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [Bali & Indonesia](#).



### IS THERE WI-FI THROUGHOUT THE TRIP?

All accommodations we stay at have free Wi-Fi available. Indonesia's network quality is often lower than you're used to but you can generally connect and do basic stuff.



### CAN I CHANGE MY START DATE?

Enjoy ultimate peace of mind and flexibility with INTRO. Should your travel plans change or be disrupted you can change your start date or tour for free up to 30 days before your start date.

Or simply transfer your booking to 100% travel credit that will never expire and can be used on any tour with us at any time in the future.



### TERMS & CONDITIONS

For the full set of terms & conditions for our tours including your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.



### WHEN IS THE BEST TIME TO VISIT INDONESIA?

The great thing about Indonesia is it's usually quite hot all year round, so it's great to go at any time. There are generally 2 broad seasons in Indonesia. April to September is usually dry and hot. October to March is slightly cooler with a slightly higher chance of rain, but this rain is often only for an hour or so, which can be a nice relief from the heat.

### That's about it for now!

Once you've booked you'll get access to Manage My Booking and the INTRO Travel App, which will give you all the information you'll need on Indonesia and Epic Indonesia, so you can just relax and enjoy the experience.

Of course if you have any more questions just contact us. We're happy to help!

hello@introtravel.com  
introtravel.com