

# EXPLORE!

NEW

**On Foot in Java and Bali**  
14 days

Indonesia - Trip code WJB



## On Foot in Java and Bali

An exciting and varied walking holiday that combines the inspiring natural wonders of Java and Bali's landscapes with their rich cultural history. Hike through tropical forests, farmlands and plantations, visit rural villages, sample Indonesian cuisine and discover the local music and culture. Climb a volcano at sunrise and see spectacular sulphur-coloured lakes from the top of a plateau. Explore on foot, by rickshaw and jeep around Mount Bromo's volcanic lunar landscapes. This is a fabulous trip that includes both famous sights and lesser-known highlights.

## Trip highlights

- ★ **Borobudur temple** - Visit this fabulous UNESCO World Heritage Site
- ★ **Dieng Plateau** - Walks to temples, villages and colourful volcanic lakes
- ★ **Mount Bromo** - Hike through the 'sand Sea' to the smoking cone of an active volcano
- ★ **Ubud** - Relax and unwind in this beautiful town known for its crafts and dance
- ★ **Bali Hikes** - Explore on foot and learn about the Balinese people, their culture and customs

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

**WALKING GRADE:**

**Easy**

Suitable for most people in good health, these easy walks are predominantly on good paths, at low altitude and on undemanding terrain. Previous walking or trekking experience is not necessary.

**GROUP SIZE:**

**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Trip starts in Yogyakarta the cultural capital of Java

The trip starts today in Yogyakarta. Situated almost exactly halfway along the length of Java, in an area considered to be the heartland of the Javanese, Yogyakarta is home to some of the island's oldest traditions and blessed with a rich, fertile volcanic soil. It is the cultural capital of Java, with a real mixture of influences, including Hindu and Buddhist temples, dating from the 8th century, Islamic palaces from the 18th century and Dutch colonial architecture that harks back to the days when the Netherlands held much of Java in its imperialistic grip.



**Accommodation: Indies Heritage** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 2 - City tour by cycle rickshaw; walking tour of Yogyakarta along the Kali code river


In the morning, we explore Yogyakarta by becak (traditional cycle rickshaw), a fun way to discover the city. Our first stop is at the Kraton Palace. This walled compound is the heart of the old part of the city and was once the palace of Yogyakarta's sultans. We will also visit the ruins of Taman Sari and the Water Palace, which was a pleasure park for the sultans. There will be an opportunity to visit some of craft markets for which the city is famous In the afternoon we take a guided urban walk around the Kali Code residential area of the city, following the river and passing down small alleys, we see how the local people live and learn about the day to day way of life here. Observe neighbours exchanging the latest gossip, pass little warung (small local restaurants) serving simple but tasty food, see children playing games and vendors going door to door selling their goods. Today's seven kilometre walk will take approximately three hours at a very leisurely pace with plenty of stops along the way.




**Accommodation: Indies Heritage** (or similar)




Standard Hotel

 Standard Hotel

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 Swimming pool available

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 Single room available

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 Meals Provided: Breakfast

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## DAY 3 - Hike to Candirejo; visit the Borobudur Temple World Heritage Site


In the morning we leave the city behind and drive north to enjoy a countryside walk to and around Candirejo, a typical Javanese village. The residents here have set up a sustainable tourism project that introduces visitors to Javanese village life. During the walk our guide will explain all about village life and give us the chance to take a closer look at the different activities such as harvesting and drying chili, making cassava crackers, and creating handicrafts made from bamboo and pandanus. We also plan to visit a local house and watch a traditional gamelan music performance before enjoying a delicious Javanese lunch at the village Pendopo (open-sided pavilion house). In the afternoon we visit Borobudur temple, the world's largest Buddhist monument and the largest man-made structure in the southern hemisphere. A UNESCO World Heritage site, Borobudur predates Angkor Wat by 300 years and Notre Dame by 200 years. Rediscovered in 1815, it has been excavated and returned to its original glory. The stone relief panels offer a clear glimpse into Buddhist doctrine and Javanese life 1,000 years ago. Today's four kilometre walk will take approximately two to three hours with plenty of stops along the way.

 **Accommodation: Shankara Borobudur** (or similar)


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 Standard Hotel


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 Swimming pool available

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 Single room available

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 Meals Provided: Breakfast & Lunch

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## DAY 4 - Walk through rice fields to Selegriyo Hindu temple; drive to Wonosobo

In the morning we drive to the village of Kembang Kuning on a beautiful route along winding roads passing rice terraces and streams. Our walk today takes us from the village through a valley of rice fields to Selegriyo, a small Hindu Temple that is older than Borobudur and much less visited. Later we drive on to Wonosobo, a small city in central Java. Wonosobo lies between two mountains, Sindoro and Sumbing which makes this area cool almost the whole year. Today's five kilometre walk will take approximately two to three hours.

 **Accommodation: Kresna Hotel Wonosobo** (or similar)

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 Standard Hotel

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 Swimming pool available

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 Single room available

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 Meals Provided: Breakfast

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## DAY 5 - Explore the volcanic crater and stunning two-coloured lakes of the Dieng Plateau

Situated 2,000 meters above sea level, the Dieng Plateau is a wonderfully cool place to escape the hot and humid Javanese climate of lower altitudes. This morning we explore the area on foot and by bus and visit the historical and natural sites that are dotted in this beautiful hilly landscape. We visit the Dieng temple complex, a famous relic from the time of the famous Kalingga kingdom of the 7th and 8th centuries. We walk to the crater of Kawah Sikidang where the air is filled with the pungent odor of sulphur from the crater then continue further to enjoy the views of the two-coloured lake, a spectacular sight caused by sulphur mixing with the water. After spending the day on the Plateau we drive back to Yogyakarta for the night. Today's six kilometre walk will take approximately three hours.



**Accommodation: Indies Heritage** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 6 - Travel from Yogyakarta to Malang by day train

Today we travel by train to the city of Malang; it's a great way to see a lot of the countryside and to meet the local people. We travel on the Malioboro Express in comfortable air-conditioned executive class carriages. Upon arrival in Malang late afternoon, we check in at our hotel with the remainder of the day free to explore. Malang is the second largest city in East Java and is known for its mild climate. During the period of Dutch colonization, it was a popular destination for European residents.



**Accommodation: Enny's Guesthouse** (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Jeep safari to Mount Bromo; hike through the Sand Sea

We drive this morning to Tumpang, a small village south of Mount Bromo where we swap our bus for jeeps and enjoy a journey through beautiful scenery to eventually arrive at the 'sand sea', ash strewn landscape that surrounds Mount Bromo. After a picnic lunch we hike through the desert-like surroundings to reach the cone of volcano. Our jeeps meet us here and take us to our hotel at the outer crater-rim from where there are fantastic views of Mount Bromo and its cones. Today's seven kilometre walk is expected to take approximately two hours.



**Accommodation: Lava View Lodges** (or similar)



Simple Hotel



Single room available

## DAY 8 - Watch sunrise over Bromo's lunar landscapes; afternoon flight to Bali, drive to Ubud

We get up early this morning to see the spectacular sunrise on the crater rim of Mount Bromo. You can walk, or there is an option to take a horse or ride by jeep ride to the summit. In first daylight the scenery looks like a lunar landscape. In the afternoon we drive to the city of Surubaya from where we fly to Denpasar (Bali) and drive to the Balinese capital Ubud in the centre of the island. Ubud is Bali's artistic heart and the centre of cultural events. Surrounded by a beautiful landscape it is easy to see where the artists find their inspiration. This is a great place for buying special mementos with many small shops and galleries. For those wishing to know more about Balinese art; a visit to one of the local museums will be of great benefit. Cultural events such as ceremonies, dances and temple festivals occur frequently and you are always very welcome to observe. Ubud has many good restaurants where you can sample a range of foods from Balinese-style to European dishes.



**Accommodation: Nick's Pension Hotel Bali** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast

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## DAY 9 - Free day to explore Ubud

Today has been left free to explore the delights of Ubud in your own time. Ubud has a wonderfully relaxed atmosphere. You may wish to take an optional excursion to the Tanah Lot temple. Perched on a barren rock outcrop, at high tide it is completely surrounded by the ocean and is a popular place to watch the sunset.



**Accommodation: Nick's Pension Hotel Bali** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast

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## DAY 10 - Trek around the Muntigunung area of North Bali

Today we travel to Bali's little-known Muntigunung area, trekking up in the spectacular hills of North-east Bali. Here we can enjoy the tranquility of this remote area and stunning views of the deep blue Lake Batur, Mount Agung and the Indian Ocean. High up in the mountain villages of Muntigunung the people have much less privileged lives than most Balinese. Part of the costs of our hike goes to support the building of water depots that help the villages to sustain agriculture and become more self-sufficient. Weaving and hammock making as well as cultivating caju nuts are also undertaken here. Today's seven kilometre walk is expected to take approximately three hours.



**Accommodation: Nick's Pension Hotel Bali** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast & Lunch

## DAY 11 - Botanical walk - pick, smell and taste wild herbs

This morning we enjoy a \herb walk\, discovering the wild organic herbs that grow along the edges of the sawahs which provide ingredients for food and medicine. Turmeric root, coconut palms, taro plants and banana trees, lemon grass and citronella, soursop, jackfruit, pineapple and breadfruit grow side by side. Our guide will show us how to pick, and crush the roots to extract the strong fragrances. We stop to taste edible leaves, to suck the nectar out of the red flowers of the \closed hibiscus\ tree and to drink fresh young coconut juice. After the walk we drive to Munduk, a typical Balinese village, with a temple, busy morning market and Balinese houses, surrounded by rice-terraces and clove-plantations as far as the eye can see. Today's four kilometre walk is expected to take approximately two to three hours.



**Accommodation: Puri Lumbung** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 12 - Lakes and rainforest and temples walk; drive to the beach at Sanur

Today's walk starts at Lake Buyan then passes through Dasong, an area of vegetable and strawberry plantations then through Hutan Dasong tropical rain forest. The trail continues to a small canal which leads to Lakes Buyan and Tamblingan. Along the route we plan to visit the local temples of Dalem Tamblingan and Gubug. After the walk we drive to Sanur, a small relaxed town with a long beach promenade and plenty of lovely places to eat. Today's seven kilometre walk is expected to take approximately three to four hours.



**Accommodation: Puri Sading** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

## DAY 13 - Free day at the beach

Sanur is a relaxed beach resort with shallow waters and plenty of cafes and eateries and places to buy souvenirs from your trip.



**Accommodation: Puri Sading** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 14 - Trip ends at Sanur Beach

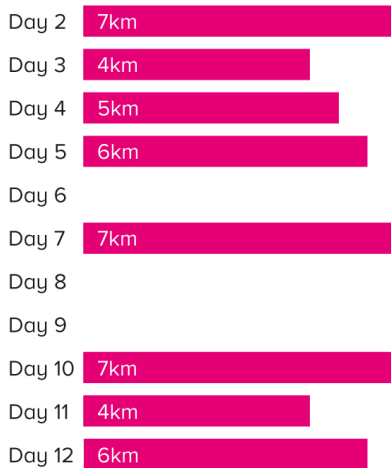
The trip ends today at Sanur Beach.



Meals Provided: Breakfast

# Walking and Trekking information

### DAILY DISTANCE



### Walking grade

Easy

### Trek details

Walks on 8 days for between 2 to 4 hours. Routes generally follow village and countryside footpaths. Other than the hike on day 10 there are no significant ascents or descents. Although distances are not great, walking in the tropical heat and humidity can be quite tiring. Please see website for more details.

### Max walking altitude (m)

2329



# What's included?



## Included meals

Breakfast: 13  
Lunch: 4



## Transport

Bus  
4WD  
Flight  
Rickshaw  
Train



## Trip staff

Explore Tour Leader / Trek  
Guide  
Driver(s)  
Local Guide(s)



## Accommodation

11 nights standard hotel  
2 nights simple hotel

# Trip information

## Country information

### Indonesia Holidays & Tours

#### Climate

Lying on the equator, Indonesia stays hot all year round, with daytime temperatures in the 80's (26°-28°C). Humidity is usually high. The wet seasons are roughly: Java- October to April; Bali- November to May; starting later the further east you travel. Nights are much cooler in the mountains than on the plains. Sea breezes normally keep the coastal strips of the islands from becoming too uncomfortable.

#### Time difference to GMT

+7

#### Plugs

2 Pin Round

#### Religion

Islam, Christian, Hindu

#### Language

Indonesian (official), numerous regional dialects, Sundanese, Javanese and some English.

## Budgeting and packing

### Optional activities

Bromo - Jeep excursion to Mount Bromo for sunrise - £25.00 - £32.00 depending on number of participants

### Clothing

The region is tropical (humid) and days can be very hot. Casual clothes are the most practical, whilst tight fitting garments should be avoided. Please bring long skirts, trousers and shirts to cover yourself fully in order to respect local sensibilities and please bear in mind that short shorts are generally unacceptable. Bring some warmer clothing for the time spent at higher altitudes and if you



intend (conditions allowing) to climb Mount Ijen (optional). Light rain gear and/or an umbrella is excellent in sticky, tropical conditions. A sunhat is essential.

## Footwear

We recommend you bring lightweight walking boots, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

## Luggage: On tour

One main piece of baggage and a daysac. Remember, you are expected to carry your own luggage and cabin space is limited, so don't overload yourself.

## Equipment

Binoculars, torch, water bottle, insect repellent, high factor suncream (at least factor 15), good quality sunglasses and a lip salve with sun protection. You may also wish to bring your own snorkel and mask for Lovina Beach.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately £35 for gratuities for local staff.

## Country Information

### Indonesia Holidays & Tours

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

##### Lunch price

£5

##### Dinner price

£9

##### Beer price

£1

##### Water price

£0.5

#### Foreign Exchange

##### Local currency

Rupiah (Rp).

##### Recommended Currency For Exchange

USD, EUR and GBP.

##### Where To Exchange

Always check rates first. Banks and moneychangers usually have the best rates. Exchange is also possible at airports. Always keep receipts.

##### ATM Availability

In major towns.

### **Credit Card Acceptance**

In major towns.

### **Travellers Cheques**

Travellers Cheques are accepted but require the purchase receipt. Well known brands and higher denominations are recommended.

## **Transport, Accommodation & Meals**

### **Transport Information**

Bus, 4WD, Flight, Rickshaw, Train

## **Essential information**

### **FCO Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

#### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Essential Information**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa Information**

Indonesia: British nationals travelling to Indonesia for tourism purposes can enter the country without a visa for up to 30 days at certain ports of entry including international airports in Jakarta, Yogyakarta, Bali, Medan, Surabaya and Batam, and sea ports in Batam and Bintan. If travelling on a free visa you must also exit via one of these approved ports. All passports must have at least 6 months validity remaining after departure from Indonesia.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

### **Booking conditions**

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

### **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

#### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

#### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of

your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Maximum altitude (m)

2329

## Indonesia Holidays & Tours

### Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, infectious hepatitis, typhoid and polio. Consult your travel clinic for latest advice on Malaria and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Although not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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