

Bali – Bali itineraries**West bound:**

Benoa (Bali) - Giligenteng (Madura) – Probolinggo (Java) – Lovina Beach (Bali) – Senggigi beach (Lombok) – Gili Sudak (Lombok, Nusa Tenggara) – Benoa (Bali)

East bound:

Benoa (Bali) - Gili Kondo (Lombok) – Komodo National Park, Pink beach – Satonda – Gili Meno/Gili Trawangan (Lombok) – Gili Nanggu (Lombok) – Benoa (Bali)

11 nights :

Benoa (Bali) – Gili Kondo (Lombok) – Komodo National Park, Pink beach – Waikelo (Sumba) – Wera (Sumbawa) – Satonda (Nusa Tenggara), Labuan Haji (Moyo) - Gili Bidara (Lombok) - Senggigi beach (Lombok) – Lovina beach (Bali) - Gili Sudak (Lombok) – Benoa (Bali)

10 nights:

Benoa (Bali) – Gili Kondo (Lombok) – Komodo National Park, Pink beach – Waikelo (Sumba) – Wera (Sumbawa) – Satonda (Nusa Tenggara), Labuan Haji (Moyo) - Senggigi beach (Lombok) – Lovina beach (Bali) - Gili Sudak (Lombok) – Benoa (Bali)

We use the best available guides and transportation for all our tours. However since your cruise will take you to many exotic destinations off the usual tourist radar, you must be prepared to encounter minor inconveniences and infrastructure which is not always of the highest standard: restaurant services may be rather basic, toilet facilities can be quite primitive by Western standards and tour guides will not be as sophisticated as those found in the Mediterranean. Nevertheless we are confident that these drawbacks will be far outweighed by the truly unique and unforgettable experiences you will take home with you. All tours are offered with English speaking guides. The length of the tours as well as the time spent on the various sites, is given as an indication only as it may vary depending on the road, weather, sea and traffic conditions and the group's pace.

With the exception of Bali, Indonesia is a country with a very strong muslim tradition ; certain excursions may be modified or even cancelled depending on religious festivals

Fitness requirements vary according to your chosen activity. If you would like to participate in hiking, snorkeling and boating, an average to good level of fitness is mandatory. Please note that the activity level of our excursions is given as a guideline, much depends on your own personal fitness.

This itinerary includes several beach stops, please note that sharp pieces of coral may be washed ashore by the tide, so please take suitable shoes.

Some ports of call involve wet landings! Please take shoes with you for beach stops as the sand can be burning hot! Some hiking tours may require proper walking/ non slip shoes.



BALI

BENOA

Bali, the famed “island of the gods” is a tropical diamond-shaped island that has been described as “heaven on earth”, for this tiny Hindu island is blessed with an ethereal beauty and infused with a sense of mysticism. Discovered by Dutch sailors in the early 1600’s, it was then ignored by the colonial powers until the early 20th century. Bali is the largest Hindu outpost in the world outside India and everyday life revolves around the Hindu religion.

The Balinese, who embrace the Hindu religion, are a most devout people where a large part of their lives is dedicated to rites and ceremonies aimed at maintaining harmony in this world. With over 20000 temples on Bali there are almost daily festivals featuring such traditional dances as the Barong or Kecak dances. Although modern life and tourism have taken their toll, Bali remains one of the most harmonious and paradise – like cultures in the world. It is a land of sparkling rice terraces, majestic volcanoes and deep ravines. It is also a land of extraordinarily artistic and creative people.

Heart of Bali Tour (disembarkation only)

By air conditioned vehicle

Minimum 4 participants

Duration 8 hours

Includes a traditional Indonesian buffet lunch

This tour will end at approx 17h at the airport

€90

First stop on this tour is Batuan village a traditional rural community, which is noted for its artwork and a style of painting which originated in the 1930’s and had a major influence on Balinese art. These paintings are mostly of mythological and religious subjects painted in great detail on a dark coloured background. Founded in 1022 AD the village upholds Balinese customs and folklore and a visit to the house compound is a window into the traditional way of life of the Balinese people and their homes. Houses in Bali consist of several buildings, each with a specific purpose. The building to the east will be used to make offerings to the Gods while the building to the south will be used as a kitchen. Parent’s will occupy the west building while the north building is for the children. Spirituality is everywhere in Bali and Hindu people build a family temple in the northeast area of the house for daily religious rituals.

We will next visit Sebatu the tranquil water temple, one of the most beautiful and least visited temples on the island. The temple is built alongside a holy spring where Balinese people fetch holy water for their religious rituals and ceremonies. The tradition of holy healing water derives from the legendary conflict between the King Mayadenawa who used his powers to dabble in Black Magic and the God Indra who put a stop to this evil doing by creating a sacred healing spring. There are many Holy Spring temples in Central Bali, but this one is without doubt the most attractive. People from all over the island make regular pilgrimages to Holy Spring temples like Tirta Empul. They seek purification and healing in the many pools and sacred springs, healing of both spiritual and physical ailments.

The tour continues with a visit to the Kintamanai area in Bali’s central highlands. Here you will see enjoy a view on Mount Batur, an active volcano which last erupted in 2000.

You will then have lunch at Panelokan one of the three villages which make up the Kintamanai area, before exploring Penglipuran a beautifully preserved village, which maintains Bali’s traditions and cultural heritage.

On the way to the airport there will be time to visit Sanur where you will have time at leisure to relax, have a drink or shop.

45 minute drive to Batuan

60 minute drive to Sebatu temple

30 minute drive to Kintamanai

15 minute drive to the airport.



In transit Hotel Day pass in Sanur (disembarkation only)

Minimum 10 participants
€67

How about enjoying your last hours in Bali on a beautiful beach, soaking up the warm sunshine before heading back home?
The hotel day pass includes

All transfers port / hotel /airport on a shared basis
Transfers to the Airport will be provided at two pre-arranged times in order for the guests to make the most of their last day
Use of some hotel facilities, changing and showers facilities,
Lunch is at your own expense

In transit Hotel Day pass in Nusa Dua (disembarkation only)

Lunch included
Minimum 10 participants
€99

How about enjoying your last hours in Bali on a beautiful beach, soaking up the warm sunshine before heading back home?
The hotel day pass includes

All transfers port / hotel /airport on a shared basis
Transfers to the Airport will be provided at two pre-arranged times in order for the guests to make the most of their last day
Use of some hotel facilities, changing and showers facilities,

LOVINA BEACH

North of Bali, the Lovina tourist area stretches over 12 km and consists of a string of coastal villages: Kaliasem, Kalibukbuk, Anturan, Tukad Mungga, collectively known as Lovina. Lovina's black sandy beaches are quite lovely, the sea is very calm here and safe for swimming. The atmosphere on the beach is one of laid-back tranquillity with colourfully decorated traditional outriggers called perahu dotted along the shoreline. The village of Kalibukbuk is regarded as being the centre of Lovina and has many bars, restaurants and shops. Located at the end of Jalan Binaria Street (Dolphin Street) you will find the statue of a dolphin and Binaria beach one of the most popular beach locations.

Lovina beach is also the gateway to West Bali National Park, the only national park on the island. The park was established as an Indonesian National Park in 1941. One hundred and sixty species of bird life have been recorded in the park including endangered species such as the Bali Starling which is nearly extinct. The starling is Bali's only endemic vertebrate species and the reason why the park was created in the first place. Mammals found within the park included Banteng, a species of wild cattle from which the familiar Bali cows are descended as well as Javan Rusa and Indian Muntjac deer. Wild boar and Leopard cats are both quite common but seldom encountered.

The Bali Barat Park is mountainous and consists of primary monsoon forest, mangrove forest, lowland rain forest, savanna, sea grass vegetation, coral reefs, sandy beaches and both shallow and deep sea waters.

As the Bali Barat park is a protected area, only a small percentage of the total surface area of the park is open to visitors and all visitors are escorted by an official Park Guide.

An ideal spot for snorkelling and diving is Pulau Menjangan which boasts colourful coral reef gardens and limpid water.



ULUN DANU TEMPLE

By motor coach and on foot

Minimum 15 participants, no maximum

Duration 4h30

€68

Ulun Danu temple is dedicated to the water goddess Dewi Danu and attracts pilgrims from all over the island; they come to worship the deity in the hope of ensuring a plentiful and steady supply of water.

Set against a dramatic back drop of some of the highest peaks in Bali, the temple seems to emerge from the waters of Lake Bratan and float on the surface as if by enchantment. The serene, deeply spiritual atmosphere that pervades the temple complex enhances the impression of being in another world, a threshold between the sacred and the profane. The complex consists of four temples each one with its own specific deity. Lingga Petak is dedicated to Siva, Penataran Pucak Manggu to Vishnu, Terate Bang to Brama and Dalem Purwa to the goddess Danu.

The Ulun Danu Temple is one of the iconic landmarks of Bali, so much so that it is even depicted on the 50.000 rupiah bill. Your guide will tell you many interesting stories about the temple and accompany you on a fascinating journey of discovery, exploring Balinese culture and spirituality.

On the return trip there will be a photo stop at the Buyan and Tamblingan Twin lakes. The site will give you an overview of the volcanic heartland of Bali, the two crater lakes being situated in the caldera of the now extinct Bedugul volcano. The twin lakes were originally one big lake, but in 1800 a landslide separated the lake in two. At an altitude of nearly 4000 ft., this is the heart of Bali's farming area with coffee plantations, vegetable fields and traditional rice paddies covering the nearby slopes.

The scenic drive from Lovina to Ulun Danu Temple takes about one hour

Snorkeling on Menjangan Island

Transfer by van and then by boat

Minimum 10 participants, maximum 30

Duration 5h30

Energetic excursion

€96

Menjangan Island is a small uninhabited island lying five miles to the north west of Bali. Menjangan in Indonesian means "Deer" and herds of Barking Deer (*Muntiacus muntjak*) swim to the island every springtime and can be seen bathing and sunning themselves on the sandy beaches.

This excursion is a must for anybody who is interested in marine life, snorkeling or diving. You will set off by coach to Labuan Lalang and from there you will take a boat to the island. The snorkeling here is said to be the best on Bali with transparent water and calm seas. One of the snorkelling sites is a coral garden with massive coral fans and a host of colourful tropical fish. It is compulsory to be accompanied by a guide when in the water. One issue, which is unfortunately not unique to Menjangan, is that currents will sometimes wash plastic bags and detritus from the mainland out into the ocean.

The drive from the pier to Labuan Lalang takes 1h15

The boat trip to Menjangan island takes 30 minutes

There are no changing facilities, so wear your swimsuit under your clothes and don't forget to bring a towel and sunscreen

The price includes the entry fee to the national park

Snorkelling gear will be provided on board, or you can use the equipment handed out by Star Clippers for use during your cruise.

The snorkeling is from the boat



Munduk Hiking

Transport by motorised vehicle and then on foot

Minimum 15 participants, maximum 30

Duration 5h30

Energetic excursion

€65

Munduk is a small village perched high in the mountains (altitude 1000m), with fantastic views. It is set in fertile land surrounded by tropical forest, waterfalls, clove, cocoa and coffee plantations and rice fields. This off the beaten track location with its Dutch colonial architecture has a unique charm all of its own and is the starting point for some fantastic hiking excursions. Here you will discover the hidden face of Bali, far from the madding crowd.

After making your way up winding mountain roads and passing through small villages, you will stop at Mayong village to enjoy a photo opportunity and panoramic views of north Bali.

The three Munduk waterfalls are in a protected zone at the heart of the tropical forest. Your guide will take you to Tanah Barak waterfall following a hiking trail across clove, coffee and guava fruit plantations with vanilla vines growing around the tree trunks.

The drive from Lovina beach to Munduk takes 45 minutes

The hike follows a "round trip" trail

The tour involves about 2 hrs trekking, depending on the groups' pace

Most of the trail is in the shade

There is a soil footpath and also some concrete paving

There are steps to be climbed going up and down

Walking distance is approximately 2.5 km

There is an altitude difference of 100m during the hike

The path is hilly and goes up and down

You will get the opportunity to refresh yourself in the waterfall. (For your comfort we recommend wearing plastic shoes)

There may be mosquitoes, depending on the weather and the time of year, so please apply insect repellent prior to the tour

This excursion requires a good level of physical fitness

Toilets are available at the waterfall

We advise you take a bottle of water with you

Wear light, non-slip hiking shoes and use sunscreen

JAVA**PROBOLINGGO**

Probolinggo is a port town whose main activity is fishing. It is also the nearest town of any size to the Bromo-Tengger-Semeru National Park on the east coast of Java, and a stopping point on the way to the Gunung Bromo volcano. The area in and around the park is inhabited by the Tenggerese, an ethnic minority, and one of the few remaining Hindu communities on the island of Java.

Mount Bromo is particularly significant for the Tengger people, who believe that this is the exact site where a prince was sacrificed to save his family. Legend has it that the King and Queen, who were childless, climbed to the top of the mountain to beseech the mountain god to give them children. Their prayer was granted on condition that their 25th child be thrown in to the volcano's crater as a sacrifice. When the time came the king and queen were naturally reluctant to fulfill their part of the bargain, but they were threatened with terrible catastrophes and in the end had to honour their pledge. In another version of the story Kesuma, the 25th child, was consumed by fire as he attempted to flee Mount Bromo. The Tengger people commemorate this event with the "Kasada" festival, asking the Mountain god for blessings in exchange for offerings of rice, fruit, flowers and livestock which they throw into the crater.



MOUNT BROMO

By air-conditioned motor coach and then by jeep (with no air conditioning)

Minimum 25 participants, no maximum

Duration 8h30

Lunch included

Energetic high activity excursion

€169

The name Bromo is a corruption of Brahma, the Hindu creator god. Mount Bromo (2.329m) is part of the Tengger Semeru National Park and is situated in a spectacular lunar landscape of incomparable natural beauty. It is easily recognisable as the top has been blown off and its crater continually belches sulphurous white smoke.

Relax and enjoy the comfort of your air-conditioned motor coach as you leave Probolinggo and drive through lush, scenic countryside and terraced farmland on the way to Sakupura village which is located near the volcanoes. After the journey there will be a rest stop with traditional snacks at a local restaurant before the jeep ride to Bromo Tengger Semaru National Park where you will admire the iconic peaks of East Java's volcanoes, including Mount Bromo. The contrast between the verdant hillside and the surreal gravel plains and sea of volcanic sand is particularly striking.

The first stop is Pananjaka (2770m) which offers breath-taking views of Mount Bromo and Mount Batok with Mount Semeru (3676m) in the background.

The tour continues down the crater and you will leave the jeeps to continue over rough ground, exchanging your four wheel drive vehicle for a guided pony ride to the foot of Mount Bromo.

Accompanied by a guide you will then hike up the side of the mountain and follow the rim of the inner caldera (6 miles in diameter) surrounded by a sea of sand with the volcano puffing clouds of sulphurous smoke.

By now you will have worked up quite an appetite and so we will get back to the jeeps and drive to the lava view restaurant. Admire the spectacular views of Mount Kursi (8467 ft.) while you enjoy an authentic Indonesian buffet lunch.

Due to safety issues, the caldera can only be approached by foot when the prevailing alert status permits

Although the site is located only 28 miles from Probolinggo, the total transfer from the port to Mount Bromo takes 1h30/2 hrs due to the condition of the road

The tour starts with a transfer by air-conditioned motor coach to a level of 1000m, thereafter you will board 4 wheel drive jeeps (no air-conditioning) for the rest of the trip. Each jeep can accommodate four persons, 2 at the front and 2 at the back on a bench face to face.

Upon leaving the jeep you will walk for approximately 1 km (twenty minutes) on flat ground to get to the base of the volcano, or you can take a pony ride 15 minutes)

From the base of the volcano, participants can walk to the edge of the crater (250 concrete steps, 1m wide, approximately 30 mins)

Buffet lunch provided, include one soft drink and mineral water

There can be a difference in temperature of 8 degrees between sea level and Mount Bromo, weather is unpredictable so make sure you have warm clothing and wear comfortable shoes



KOMODO NATIONAL PARK

Komodo

The park was founded in 1980 with the aim of preserving the unique Komodo dragon and its habitat. Nowadays the project is broader in scope, and the goal is currently to protect both the terrestrial and marine biodiversity. These efforts have been rewarded; in 1986 the park was declared to be “a Man and Biosphere” reserve and attained Unesco World Heritage status, underlining its ecological importance.

Komodo Island is the bleak and desolate domain of a highly aggressive reptile that looks like a relic from the age when dinosaurs walked the earth. The species is notoriously fierce and the “dragon” moniker is well deserved. The Komodo dragon which belongs to a once widespread order of monitor lizards now survives only on a handful of islands. This giant lizard can grow up to 3 metres in length and weigh as much as 150 kg. Like other monitor lizards they have tapered heads, visible ear-openings, and a long slender neck, round pupils and eyelids and above all very powerful jaws.

Despite their fearsome appearance they are not active hunters but patient predators. In the wild they will stalk their victim, usually choosing prey which is weak or injured. Although they don't breathe fire like fairy tale dragons, their saliva contains a toxic substance and one bite is enough to injure their prey. They will then follow it around, sometimes for days on end, as it gets weaker and weaker, before eventually devouring their hapless victim. They also sometimes use ambush tactics, knocking down their prey and using their claws and mighty tail to devastating effect.

Despite a slow and deceptively lazy gait, these giant lizards can suddenly turn aggressive and move very fast.

Dragons are very sensitive to the smell of blood which stimulates their aggression; they will immediately associate the smell of blood with prey.

All visitors are accompanied by a Park Ranger.

The Park Rangers are experienced and know how to deal with the Komodo. They always carry a forked wooden stick, resembling the Komodo's tongue, in order to deter the reptiles if they try to approach tourists.

Smoking is forbidden in the park.

Souvenir stalls can be found at the entrance to the park.

Komodo sightings cannot be guaranteed as the animals are in their natural habitat. However, it is very rare not to catch sight of one of these giant lizards.

Depending on the time available you can choose between two different trails; a short one (about 45 minutes) or a medium one (approximately 1h30).

Pink Beach

Pink beach, or Pantai Merah, is one of only seven such beaches on the whole planet. The amazing colour comes from microscopic animals called Foraminifera which leave a red pigment on the coral reefs and the name Pantai Merah literally means red beach. Tiny fragments of red stained coral break off and combine with silvery sand to produce the glorious pink shade visible from the shoreline. Pink beach is bounded by turquoise blue sea and offers spectacular views of the surrounding area, including small islands, hills and mountains. It is said to be the best spot for snorkelling in Komodo National Park.



LOMBOK AND GILIS

LOMBOK, NUSA TENGGARA

Lombok is located east of Bali and the famous Wallace line. The Wallace line was a boundary drawn up in 1859 by British naturalist Alfred Russel Wallace, a colleague of Darwin, to highlight the different ecozones; west of the line Asiatic fauna prevails whereas to the east a mixture of Asian and Australian species are present. The island has often been ignored in favour of neighbouring Bali, but its wild natural landscapes and authenticity make it well worth a visit.

Also known as “Chili pepper island”, the territory is a study in contrasts; near the coast the land is dry and parched whereas the centre of the island, dominated by the awe inspiring volcano Mount Rinjani, is lush and green, with rice, coffee, cotton and tobacco plantations.

The islands’ indigenous Sasak people make up approximately 90% of the population. They are predominantly Muslim, but their form of Islam combines some elements of Animist and Hindu-Buddhist beliefs.

A visit to a traditional Sasak village, where most people maintain their traditional way of life and unique culture, is an essential part of any trip to Lombok. The villages are generally located on sloping hills and the inhabitants make a living from raising cattle and cultivating crops. Rice and corn, their annual crops, can only be grown during the rainy season, so most families keep animals such as chickens, goats, cows and buffaloes to sustain them during the summer months. As an alternative source of income the native women have turned to weaving, and their ikat textiles with attractive motifs are becoming increasingly popular.

The village houses have grass roofs and are built on wooden frames with bamboo walls. Known as “Bale”, these traditional dwellings consist of a single room used as a sleeping area and kitchen plus a “Lumbung”, a curved construction used for storing rice. Although no nails or metal tools are used in the building of these traditional houses, they are quite solid and provide adequate protection from the weather and wild animals.

According to Sasak tradition only women and children sleep inside the house; men and boys over 12 sleep in the lumbung or on an outside balcony.

GILI ISLANDS

Picture minuscule islands fringed by powdery white sandy beaches, dotted with coconut palms, and set in a turquoise blue sea surrounded by coral reefs. The Gilis are a foretaste of Paradise offering superb snorkelling sites. The name “Gili islands” is a form of tautology as the word Gili simply means “small island” in Sasak. The Sasak people are a mainly Muslim ethnic group which make up the majority of the population of Lombok. The “gilis” are an archipelago of 3 small islands: Trawangan, Meno and Air, just off the North West coast of Lombok, but the name has stuck and is universally used and understood in Lombok. Indeed, all the surrounding islands have the word “Gili” in front of their name.

The islands are a popular destination for visitors looking for a secluded, getaway. Each Gili has its own character; some have very small “resorts”, usually consisting of a collection of huts for tourists, together with bars and restaurants, whereas others are completely uninhabited. There is no motorised transport on the islands, only horse drawn vehicles known as “cidomo” or bicycles. However as the islands are never more than a few km in diameter, it is quite possible to use “Shank’s pony” and get about on foot.

Diving and snorkelling in and around the Gilis is very popular due to the abundance of marine life and attractive coral formations.

Gili Bidara & Gili Kondo

These two uninhabited islands are part of the 33 small islands in eastern Lombok.

Enjoy snorkelling directly from the beach, the waters are very calm and there are plenty of multi-coloured fish. Afterwards you can relax on the white sand and soak up some rays, or take a long beachcombing stroll.

These islands have no facilities, just sand and sea

There is no shade

Be sure to take shoes with you as the sand can be burning hot

Both calls involve a wet landing



Gili Suddak

This is the perfect island getaway, a small “resort” with fine white sand, coral reefs and limpid turquoise waters teeming with marine life including colourful tropical fish and starfish. The island has facilities and there is shade. From here the ship’s zodiac can take you to “Gili Kadiz”, a great snorkelling site.

Wet landing & Star Clippers beach barbecue

Gili Nanggu

Gili Nanggu is a serene island paradise where there is nothing to do except relax and unwind or maybe indulge in a little snorkelling or swimming. There is a very simple “resort” with both shade and facilities.

Wet Landing & Star Clippers beach barbecue

Gili Trawangan, universally known as “Gili T”, is the most cosmopolitan and popular island. During the day you can explore the island on foot, snorkel, sunbathe, join a dive trip, rent a bike or take a horse carriage ride. These activities are offered by local companies directly at the disembarkation pontoon. By night the island becomes more animated and is something of a “party” island, with all the local restaurants and bars open and the appetising aroma of fresh snapper, grouper and tuna fish being cooked over a charcoal grill.

Gili Meno is the smallest of the three islands and offers good sport for snorkelling enthusiasts off the north east and the west coast towards the north. There is a good chance of seeing turtles in the shallow water as both the green sea turtle and the Loggerhead turtle are common in these waters. Gili Meno is home to a Turtle sanctuary whose aim is to save the eggs from predators, allow them to hatch naturally and nurture the young turtles for a year before releasing them into the sea. Injured turtles are also cared for at the facility. The sanctuary, located on the beach, consists of a variety of little pools and baths, bubbling with filters, each containing a host of baby green and Loggerhead turtles.



Senggigi Beach

Senggigi Beach is a large bay at the centre of Senggigi. The main thoroughfare lined with shops and bars runs parallel to the beach and in between there are some large hotel resorts. This is an ideal area for rest and relaxation. A string of white sandy beaches offers safe swimming, and a colourful reef sheltering a wide variety of marine life and exquisitely shaped coral is ideal for snorkelling.

The Majestic Senaru Tour

By air-conditioned vehicle

Minimum 15 participants, no maximum

Duration 9h approx.

€96

Lunch included

Meet up with your guide at Senggigi beach and head out to Senaru village located on the slopes of majestic Mount Rinjani, an active volcano (last eruption October 2015). Explore the area near Rinjani National Park on a wonderful panoramic walk taking you through bamboo groves, plantations and rice terraces. You will enjoy fantastic views and get an insight into daily life in the countryside. Further along the way you will penetrate a lush rainforest with tropical vegetation. A trek will lead you to the famous Sendang Gile Waterfall believed by the locals to have medicinal and rejuvenating properties.

At Senaru village you will be able to see the inhabitants going about their daily lives; making palm sugar and coffee, and pounding rice. You will be offered coffee and snacks and have lunch at a local restaurant.

After lunch a short drive will take you to Korangan, where we will visit the local school for some interaction with the children, who are always happy to welcome foreign visitors. (except during public/school holidays & Ramadan)

In contrast to this, our next stop is a Buddhist monastery or Wihara. Lombok is predominantly Muslim, so this is a rare occasion to learn about the customs of the Buddhist minority. We will then drive through the Baun Pusuk monkey forest, a hilly area inhabited by monkeys that are used to tourists and eagerly await treats such as peanuts or bananas. The coach will stop for a while so you can breathe in the cool fresh air, watch the monkeys playing and admire the view of the surrounding valleys.

The excursion ends in Senggigi where you will find a host of shops, bars and restaurants, as well as peaceful sandy beaches for rest and relaxation.

The tour involves a long scenic drive showcasing the natural beauty of Lombok island

The walk to the waterfall is for experienced hikers, and you should wear appropriate non slip shoes. The walk takes about 20 minutes including steps and pathways. Be prepared for 350 up and down stairs). Those who don't want to walk can wait for the group.

As an indication, the total walking duration during the tour is 2 hours including the visit of the village and walk to the waterfall

There will be opportunities for interaction with the local people so if you like you can bring sweets, pencils and notebooks for the children you will meet at the village and school. The stop at the school will not be possible during public or school holidays and Ramadan

You will get the opportunity to see a traditional Sasak folk performance during the panoramic walk

A local lunch will be served during the tour, but drinks are not included.

The itinerary may be reversed, the tour duration varies depending on local traffic and pace of the group



MADURA

GILIGENTENG

To the south of Madura lies a small island, Giligenteng, a community of four peaceful little fishing villages, where everybody knows each other. This tranquil spot is covered by a barrier of mangrove and shelters a wide variety of wild life and marine species that use it as a breeding ground or for hibernation.

The village of Bringsang consists of one small street, a mosque and a few local shops. There are no tourist attractions but it is an authentic fishing village and will give you an insight into the everyday life of this little community.

The atmosphere is one of quiet content and the people are remarkably hospitable and friendly, saying hello and waving greetings as they go about their business. The beach here is really beautiful with clear water and pristine white sand.

The ship will be at anchor, guests taking part in a tour will disembark at Tanjung Sronggi (Madura Island mainland - 10 minute tender drive) while passengers who want to enjoy the beach will be transferred directly to Giligenteng. (45 minute tender drive)

Bikinis are not appropriate attire on the beach and are not liked by the locals to be seen on the beach! Depending on weather conditions there might be a tricky tender landing at Tanjung / Madura. You will have to climb from the ship's tender over other local boats to the jetty as tenders cannot go alongside there.

Guided transfer to Sumenep

By air-conditioned motor coach and on foot

Minimum 20 participants, no maximum

Duration 3 hours

€60

Sumenep is a sleepy town with a laid back Mediterranean atmosphere. You get the impression that by midafternoon the whole town is taking a prolonged siesta. Life revolves around the central pedestrian area which is like the "plaza de armas" or Main Square found in many South American towns and it is here that the principal tourist attractions are to be found.

The tour starts with a visit to the Sumenep museum in the town centre. The museum is situated just opposite the Kraton Sumenep, the former sultan's palace built in the eighteenth century, and houses a collection of items which belonged to the royal family: colonial era furniture, ceremonial weapons and a golden carriage which was a gift from the Queen of England to the ruler of Sumenep. You will also see a massive edition of the Koran, which is 4m high, 3 m wide and weighs 500 kg.

After the museum you will step inside Kraton Sumenep itself. There is a small museum inside the palace displaying furniture from Madura as well as binggel (weighty bracelets worn by the Madura women) and other ceremonial items.

Next on the agenda is Sare Park where there is a bathing pool which was kept for the exclusive use of the Royal Princesses. The entrance to the palace complex is called Labang Mesem (the Smiling Gate) and, as with most Javanese kraton, there is a big Banyan tree, considered to be a symbol of eternal life, growing in the courtyard.

A short walk will take you to the Sumenep Great Mosque, one of the oldest mosques in Indonesia. Built in 1779 this yellow and white building is an eclectic mixture of Chinese, Javanese and Western architecture. The mosque is enclosed by iron railing, which has replaced the massive wall of former times, designed to separate the Mosque complex from the outside world. (photo stop- no entrance)

The drive to Sumenep takes 30 minutes

Local refreshments as well as a performance of Muangsangkal dance will be offered during the tour



SUMBA

Sumba Island is a mysterious and beautiful island situated between the islands of Bali and Timor.

As the island has very few exploitable natural resources and also enjoyed a fearsome reputation as a land of cannibal tribes, it managed to escape the waves of Hindu, Muslim and Christian influence that washed over the other island territories and has remained culturally intact. Tourist facilities are very basic and few and far between and the island is one of the poorest in Indonesia. Many villagers do not have access to running water and what they manage to grow in their gardens is what they eat.

Sumba is truly the land which time forgot; tradition persists in many villages and although the government has recently made some improvements in the local infrastructure, the unique character of the island has been preserved.

Hilltop villages with thatched clan houses cluster around megalithic tombs. Megalithic burial was widespread during the Neolithic and Bronze ages, but here it is a living tradition. Chiefs and other prominent persons are buried in above ground burial chambers. Although members of the younger generation may convert for practical purposes (by law all Indonesians have to identify as members of one of the official religions) they still follow Marapu the indigenous ancestral form of worship which involves bloody sacrificial rites and ancestor worship. Manifestations of this are the impressive stone burial monuments and elaborate funeral ceremonies to honour the dear departed, which unfortunately leave many families deeply in debt.

Thanks to its extensive grassland Sumba is one of Indonesia's leading horse breeding islands. Horses still serve as a mode of transport in the more rugged regions and remain a symbol of wealth and status. The major event in Sumba's ritual calendar is "Pasola" a form of traditional jousting with spears showcasing the men's bravery and skilled horsemanship. These traditional games are very dangerous and there are often fatal casualties.

On a more tranquil note, Sumba is also renowned for its outstanding hand dyed Ikat woven textiles. The women weave cloth incorporating motifs that symbolise the life and cosmological beliefs of the Sumba people. These textiles are seen as the tangible representation of the female element in the bipartite Marapu universe ruled by Father Sun and Mother Moon, a Highest Being who is the Creator/Weaver of human life. The Sumbanese believe that a person is able to acquire special powers and the qualities of certain creatures if they wear textiles displaying these motifs. Textiles feature in all ceremonial rites, such as marriage and funerals and are also used as a form of currency. The Sumbanese still produce these textiles, but the number of weavers is decreasing as they face competition from factory made textiles.

Tourist infrastructure is rather primitive. Tour buses are simply local buses with uncomfortable wooden seats and no air-conditioning and are often in a bad state of repair. There are very few tourist guides on the island and none of them has any great mastery of the English language. There are no public restrooms and if you need to use such facilities, you will have to stop off at someone's house, so be prepared for this eventuality.



Prai Ijing Megalithic Village tour

By non-air- conditioned local standard vehicle

Minimum 20 participants, no maximum

Duration 5h30*

*duration depends on traffic, road conditions, and embarkation & disembarkation procedures which may be difficult (wet landing)

There will be no professional tourist guide on the vehicle, only a local escort

€90

The excursion starts from Waikelo beach and heads out to the Loli district where most of the traditional villages are to be found. Discovering places like Prai Ijing is the reason of this tour, this village is just awesome with the exotic background of the typical Sumba topography, Prai Ijing village is the authentic megalithic legacy. It lies peacefully on the hill of Waikabubak, among dozen of mystical tombs stone, combined with the unique architecture of the high roof huts.

You will be welcomed by a performance of local folk dancing before setting off to visit the village and see how the inhabitants go about their daily business, including cooking and weaving. Houses in Prai Ijing are built from very simple materials. The tilted houses have thatched roofs and no nails are used in their construction, only bamboo fibre. These unique traditional houses all have very high roofs and the interiors are either very simple or ornately carved. Many of the women in Prai Ijing wear traditional ikat or sarongs. Visitors may be surprised to see the inhabitants have large tombs in front of their houses. These stone tombs are above ground and consist of one big square block covered by a thin square block.

After the visit, the drive back to the port is by way of Waikelo Sawah, known for its beautiful scenery and there will be time for a short walk through the rice paddies and a photo stop.

1h30 -2 hour drive to the village. The road is in bad condition and often congested.

Only basic toilet stops are possible during the tour.

We suggest you wear comfortable, flat, closed shoes.

The villagers will offer you handmade souvenirs (sculptures, ikat). You will need small notes and local currency only if you wish to make any purchases.

There are many children in the village who are always very excited to see visitors and would be delighted to receive pens, coloured pencils or sweets.

The elders of the village will be proud to welcome you with folk dances and the women will be happy to show you how they make the traditional "ikat" fabric, prepare Betel-nuts and pound rice and corn as their ancestors did before them. All the while a host of happy village children will be milling round, joining in the fun. A local Master of ceremonies, will do the honours and take you on a tour of the village.

The tour starts from the beach which implies a wet landing and zodiac transfer. You risk getting wet, so we recommend you bring a change of clothes

This tour does not include any lunch due to the lack of infrastructure on the island – participants should start the day with a very hearty breakfast and enjoy snacks on board when you return in the afternoon.



SUMBAWA

WERA

The island of Sumbawa was completely devastated by the eruption of Mount Tambora in 1815 and the Sumbawan population was decimated.

However, in the mid-19th century immigrants from other islands came to Sumbawa to repopulate the island so it is now a mixture of different ethnic groups from all over Indonesia, including the Bugi people from Sulawesi. Sumbawa is part of the province of West Nusa Tenggara, one of the poorest and least fertile regions in Indonesia where most of the inhabitants earn a living by fishing or farming. The population is scattered and many villages are remote and untouched by modern civilisation.

As Nusa Tenggara is definitely off the beaten track and unused to tourists, visitors should adopt modest dress, and show courtesy and respect for the native culture and religion.

On the north eastern tip of Sumbawa Island lies the village of Wera, one of the few boat building villages in the world where ships are built entirely out of wood without any mechanical tools and no metal, apart from the keel.

When you disembark at Wera village you will be greeted by crowds of laughing children, happy to welcome visitors, and you will see traditional wooden boats at various stages of construction.

The Buginese people who live in the village have handed down their wooden boat building expertise from generation to generation and build their ships, known as "Pinsi", without any need for plans or calculations.

Most of the houses in the village are built on stilts to provide natural air conditioning and flood protection as well as pest control and storage for livestock and equipment.

The women of the village sell the brightly coloured ikat cloth they weave and if you should choose to make a purchase you are sure to be rewarded by a wide smile showing red stained teeth from all the betel nuts they consume.

LABUAN HAJI, MOYO ISLAND

Moyo Island is a hidden paradise located in Sumbawa West Nusa Tenggara that offers a pristine environment, beautiful beaches and untamed forest. The island is for the most part uninhabited and has been a designated Indonesian wildlife reserve since 1986. The abundant flora and fauna make it an unforgettable destination for nature lovers and keen snorkelers. The island has been visited by well-known figures like Princess Diana, David Bowie, Mick Jagger and Yoko Ono, seeking to get away from the pressures of celebrity status.

You will disembark at Labuan Haji beach, an area where the locals embark and disembark when they travel to and from the surrounding islands. From here a one hour's walk will take you to Mata Jitu, a stunning waterfall set like a precious jewel against a back drop of lush emerald forest; The waterfall consists of seven pools and "Mata Jitu" literally means waterfall that cascades down into the pool below. Since Princess Diana's visit, the waterfall also goes by the name of "Queen Waterfall".

The island is almost totally surrounded by healthy coral reef and is a snorkelling and diving paradise. This was not always the case as in former years the coral was damaged by explosives used by foreign fisherman. Nowadays people are more conscious of environmental issues and the coral is well on the way to recovery; snorkelers can admire a marine environment teeming with tropical fish, anemones, eel, grouper fish and even manta rays.

SATONDA

Satonda is a tiny uninhabited island formed millions of years ago by an eruption which rocked the sea bed at 1000m and projected volcanic rock upwards to a height of 289 metres above sea level. The eruption is said to be the largest and most devastating in human history;

The local people believe that the island is sacred and you can see offerings in the form of bits of coral hanging in the trees; these have been put there by pilgrims who visit the island in the hope of having their wishes granted. The island is home to a large colony of fruit bats that live high in the trees, sleeping by day and circling the jungle by night.

Satonda is surrounded by beautiful coral reefs with a large variety of tropical fish; to protect this unique underwater paradise the island was declared to be a Marine Nature Park in 1999.

Prepare your snorkelling equipment and wear comfortable shoes if you want to climb to the salt water Crater Lake in the middle of the island (the walk takes about 15 minutes depending on your pace).

