BEST in LOMB LOMB

1 (2) / 2020 (Free Copy)

How to Invest in Lombok Safely

Best Hotels for Leisure, Activities & Special Events

Discover the Secret Gilis

Feast on Lombok's Many Vegetarian Options

A Haven for Water Sports

> Bonus Free Lombok Map Inside

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Editors' Note

As we cruise into 2020, it's easy to get excited about the bright future for Lombok, as more and more tourists and international events are finding Lombok, and hospitality, shopping, commercial, residential and infrastructure building projects are continuously initiated and completed.

Here at Best in Lombok, we are constantly looking ahead, exploring areas not well known to tourists, and chatting with tourists to find out what they look for in their travels around this spectacular island. Thanks to this research, in this issue, we are introducingour handy new stand-alone map of Lombok, for a useful resource during your travels around Lombok. For even lighter travel, we are also making this map available digitally for phones, tablets and laptops, via a convenient QR code on the map and in the magazine. We are also introducing sections on the famous northwest Gili islands, the secret southwest Gili islands, and also a feature article on Lombok's own scenic "Pacific Coast Highway", not yet visible on Google maps.

Our vision here at Best in Lombok is not only to provide beneficial information for visitors to Lombok, but also to create a community of cooperation for our partners and supporters through networking events that encourage new collaborations, increased support of sustainable tourism development in Lombok and in the end, an even better experience for tourists who choose to spend their precious holiday time and money on our beautiful island.

We hope this issue of Best in Lombok will indeed bring you the Best Lombok holiday!

The BiL Editorial Team

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1st Quarter 2020

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The Secret Gilis

Lombok is home to numerous hidden treasures, including the secret Gilis in the southwest, with world-class snorkelling, diving, fishing, relaxing, eating and sleeping.

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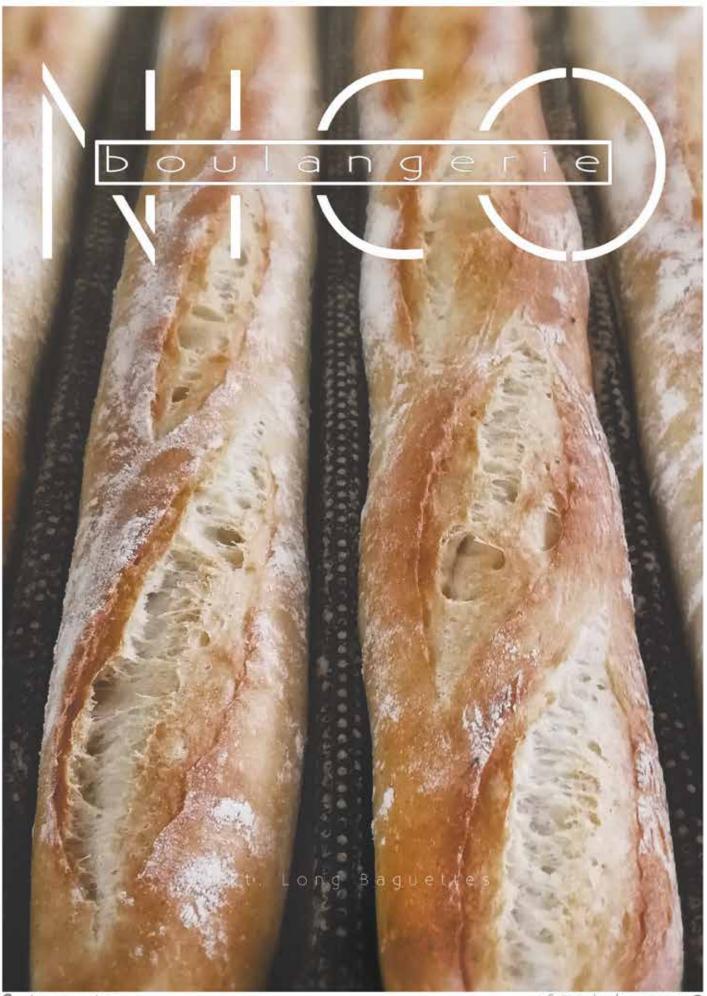












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Lombok – Exotic and Extraordinary

Welcome to Lombok – the island of a thousand smiles! Less crowded than Bali, its neighbour to the west, Lombok boasts all the culture, nature, trekking, beaches, surfing, diving, fishing, partying, and then some. Before you head out and explore this exotic treasure, here is your chance to learn the nitty-gritty basics about Lombok.

rior to July and August 2018, Lombok was one of Indonesia's fastest growing tourism destinations, with tourism being the island's second largest industry after agriculture. Although many are still re-

building their households and businesses after the devastating earthquakes, as a tourist destination, Lombok is fully operational and



ready to welcome visitors from near and afar, with accommodation choices for every budget, restaurants and dishes for every taste, year-round tropical weather, nature just waiting to be explored, and people ready to welcome visitors with smiles and open hearts.

Facts & Numbers

The provincial capital and largest city on the island is Mataram, located in the central west. Lombok's area is about 4,514 square kilometres (1,743 square miles) – approximately the same size as Bali, with a population of about 3.3 million, or about 1 million fewer than Bali. The island is divided into four administrative regencies: Lombok Utara (North Lombok), Lombok Timur (East Lombok), Lombok Barat (West Lombok), and Lombok Tengah (Central Lombok). Eighty-five percent of the population are Sasak, who are thought to have migrated from Java in the first millennium BC, but don't be surprised to see Balinese houses and temples in Lombok - approximately 10-15 percent of residents are Balinese. The main Balinese communities can

Explore Lombok





Best in Lombok Partners

Senggigi

Fresh Market Hamburgerya Happy Café **Holiday Resort Lotus Bayview** Pasta Pojok Puri Mas Resort & Spa Qunci Villas Scuba Froggy

Sheraton Senggigi Beach Resort

Verve Beach Club Willy's Bar & Grill

Kuta & South Lombok

Ekas Breaks Resort El Bazar Fresh Market Kemangi Kenza Cafe **KRNK** Le Too Much Restaurant Nagaindo Nico Boulangerie Novotel Lombok Resort & Villas Palate Café & Restaurant Scuba Froggy Sempiak Villas

The Gilis & North Lombok

The Kayana Beach Lombok

Anema Wellness & Resort Gili Lombok Autore Pearl Farm & Showroom Divine Divers Hotel Tugu Lombok Karma Reef Gili Meno Kenza Village Mahamaya Gili Meno Martas Hotel Gili Trawangan Nico Boulangerie Rinjani Lodge Scuba Froggy Seri Resort

Sekotong & Secret Gilis

Gili Asahan Eco Lodge & Restaurant Nirvana Gili Sudak Resort Marina Del Ray Wyndham Sundancer Resort Lombok

Mataram & Ampenan

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be found in the Cakranegara area of Mataram, and in the Sekotong area southwest of the port of Lembar. The Sasak population is culturally and linguistically closely related to the Balinese, but unlike the Hindu Balinese, the majority are Muslim.

A Brief History

Outside of the 1257 Samalas volcanic eruption, little is known about Lombok's history before the 1600s when various feuding small states, each ruled by a prince, were overpowered by the Balinese. Makassarese from Sumbawa, Dutch and Balinese have all conquered all or parts of the island at some point. In the late 1800s all of Lombok was annexed into the Dutch East Indies. During WWII, Lombok was invaded, and ruled by Japan, however, after the war, the island again

Lombok's area is about 4,514 square kilometers (1,743 square miles) – approximately the same size as Bali, with a population of about 3.3 million, or about 1 million fewer than Bali

came under Dutch control, albeit for a short time, and has been part of Indonesia since the country's independence in the late 1940s, and incorporated into Nusa Tengara Barat (West Nusa Tenggara) province in the late 1950s.

Geography

Almost wherever you are on the island, Mount Rinjani is visible. At over 3,500 metres, it towers over the geographic landscape of Lombok, and is of important



GREETINGS IN BAHASA INDONESIA

- Good morning
 Selamat pagi
- Good afternoon (late morning to 3pm)
 Selamat siang
- Good evening (4pm to 6pm)
 Selamat sore
- Good night Selamat malam
- Hello (on phone) *Halo*
- Welcome
 Selamat datang
- Thank you Terima kasih
- You're welcome *Sama-sama*
- See you again/goodbye
 Sampai jumpa
- How are you?Apa kabar?
- I am fine, thank you Saya baik, terima kasih
- What is your name?Siapa nama anda?
- My name is...Nama saya...
- Bon apetit

 Selamat makan
- How much is this?Berapa harganya ini?
- Where do you live? Tinggal dimana?
- I'm from Australia/ UK/Germany
 Saya dari Australi/ Inggris/Jerman
- I do not understand Saya tidak mengerti
- Excuse me (apology)Maaf
- Excuse me (to get past) **Permisi**

: ABOUT LOMBOK

historical, cultural and traditional value in local folklore. The highland slopes surrounding Rinjani are cooler and less developed than the rest of the island. whereas the plains of central, west and east Lombok are heavily agricultural. The south of the island is much drier than the rest, which is especially apparent during the dry period of June through September, when the landscape is dominated by dry, brown vegetation.

Climate

Lombok's climate is hot and tropical throughout the year, with a rainy season now, between November and March, and a dry, slightly windy season between June and September. The majority of the island sees sunshine most of the time, with the interior mountainous area blanketed in clouds much of the time. The driest season, with the peak period in July and August, is significantly windier and cooler than the

rest of the year. Temperatures are high and fairly consistent throughout the year, slightly higher from October to March (28-32°C) and a bit lower from June to September (24°C-27°C).

The ocean surrounding Lombok is warm all year. The water temperature ranges from 27°C between July and September and 30°C between November and May. On the south coast of Lombok, the ocean can be rough, especially in windy season, and the temperature is slightly lower (25°C-28°C).

Etiquette

Lombok is a stress-free island with a definitive tropical, relaxed attitude, however, it's also a traditional society with some conservative standards and expectations. Modesty in public is a good rule of thumb. Avoid overt public displays of affection, and when meeting local residents, a handshake followed by placing your right hand

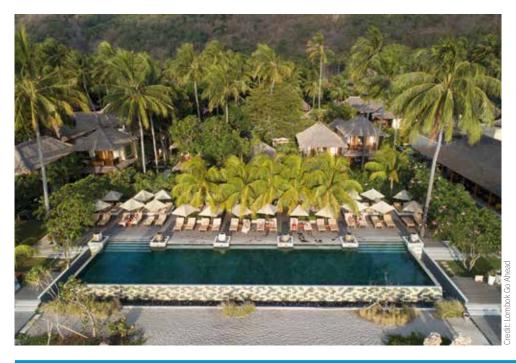


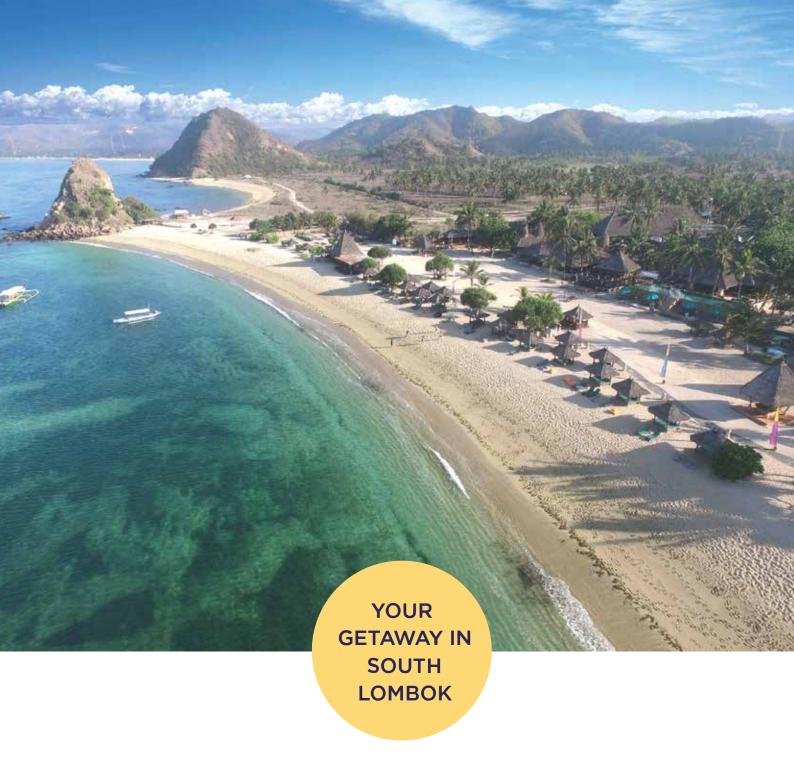
over your heart is considered polite. Avoid showing a lot of skin in public when away from the beach or pool area. It's considered offensive to walk around town in revealing attire, including bathing suits, bikinis or similarly skimpy clothes. When visiting mosques, temples and culturally significant places, be sure to wear clothes covering your knees

and shoulders. It's a good idea to carry a sarong at all times, for those occasions when an unplanned cover-up is necessary. Always ask before taking photos of people, as well as of holy sites. Also, never step or climb on monuments, holy sites or depictions of gods or holy figures.

Food

Lombok has a rich culinary tradition which reflects its name: "Lombok" in Indonesian means "chilli", so expect lots of heat when sampling the island's many distinct dishes. Not only is traditional Lombok food available, foods from other parts of Indonesia and Indonesian culture, such as Padang, Chinese and Betawi are also easy to find in restaurants, in addition to Western dishes. Some of the most iconic dishes worth a try are the spicy water spinach salad, Plecing Kangkung; Beberuk Terong, an eggplant salad; and the famous flavourful grilled chicken called Ayam Taliwang.





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Scuba Diving in Lombok

"Why did you fall in love with scuba diving?" The most common answers are about relaxation, feeling of freedom and amazing active time shared with family. In Lombok you can find your new passion or rediscover your confidence with world-class scuba diving.

Never Tried Diving? Do It! If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving is for you. To sign up for a PADI Discover Scuba Diving experience, you must be at least 10 years old. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health. After a short introductory dive in the swimming pool, your instructor will assist you to enter the sea and discover underwater life, not deeper than 12 m.

How To Become A Certified Diver?

If you've always wanted to take scuba diving lessons, experience unparalleled adventure and see the world beneath the waves, this is where it starts. Get your scuba diving certification with a PADI® course - the world's most popular and widely recognized diving organization. To enroll in a PADI Open Water Diver course (or Junior Open Water Diver course), you must be 10 years old or older. You need adequate swimming skills and need to be in good physical health. No prior experience with scuba diving is required. With an Open Water Diver certification you are allowed to dive to 18 m depth (or 12 m for Juniors).







Do I need a special medical clearance from my doctor?

Although diving has become an activity that can be enjoyed by almost everyone, there are some medical conditions that are 'contraindicated' to diving. Before your dive you will be asked to read and fill out a Medical Questionnaire to be cleared for diving, or depending on any medical issues you might have, you may need to contact a doctor for a medical clearance.

FUN DIVING

- Senggigi − Gili Islands − 3 dives package (for certified divers): 1,600,000 Rp
- ♥ Kuta Kuta area 2 dives package (for certifed divers): 1,300,000 Rp
- ♥ Kuta Pink Beach or Sekotong (for certified divers): 1,800,000 Rp

COURSES

PADI OWD Course, 3 days

- **♀ Gili Islands**: from 5,650,000 Rp
- **♥ Kuta**: from 5,500,000 Rp

DISCOVER SCUBA DIVING

- ♥ Gili Islands 2 dives: from 1,800,000 Rp

The most recommended diving areas

Gili Islands

Three small and very popular islands located in the northwest of Lombok, called "The Turtle Capital Of The World". Signature: sea turtles, shipwrecks, drift diving, reef sharks. For all levels.

Pink Beach

In southeast Lombok, famous for its pink sand and vibrant coral reefs. Signature: pristine coral, sharks, occasional mola mola sightings.

Kuta / Gerupuk

Dive sites located east and west of Kuta, in south Lombok. Signature: rock formations, colorful coral, reef sharks, macro diving. For all levels.

Sekotong

Off southwest Lombok, and less developed, 13 small islands provide solitude when diving. Signature: macro diving, colorful corals. For all levels.

WHERE TO BOOK?

SCUBA FROGGY PADI 5 STAR DIVE CENTER Senggigi-Kuta-Gili Trawangan

- → www.scubafroggy.com
- contact@scubafroggy.com
- Scuba Froggy Senggigi
- Scuba Froggy Kuta Lombok
- Senggigi/Gili +62 (0)878 6551 1090
- **K**uta +62 (0)878 6454 1402



Be a Responsible Diver

Diving is a great adventure and hobby that has countless benefits.

You get to know your limitations and break down fear barriers. You control your breathing and your emotions better. You get to know the underwater world, which is still considered the richest ecosystem on earth.

How to choose a dive school responsibly?

Weightlessness makes you cover distances without much effort. You can share your hobby with younger and older members of your family. Where is the snag? The humorous saying, "If God wanted you to dive, he would have given you gills," reminds us that when crossing the land and water line we must assume a certain dose of risk. Therefore, do not underestimate briefings before diving or snorkelling, because they usually contain information that is important for your safety in the water.

When deciding on a diving course or introductory program, you may have a challenge choosing the best diving school for you. The following list will help you verify various offers and make a more informed choice.

Don't be fooled by the lowest price. It's about your safety in a foreign environment and in a foreign country. The low price may include an inexperienced, temporary employee, instructor without valid certificates, no insurance, no investment in service, etc.

Check which organization the diving centre belongs to, so that in the future you can continue your diving education without repeating the course and expect international standards in service and teaching. PADI is best known in Lombok.

Some dive centres dishonestly use the logo of an accrediting organization, so it's a good idea to check in the search engine on www.padi.com (Find a Dive Shop) whether a particular dive centre really is on the list of accredited centres. Membership

means that the centre must meet certain requirements (qualified instructors, ongoing training, learning materials and safety standards tested worldwide). As with hotels, categorization means meeting certain requirements - some centres have earned higher ratings by offering additional training and services. For example, 5-Star Dive Centre/Resort is a higher level than Dive Shop, and 5-Star Dive Centre/Dive Resort or 5-Star Instructor Development Centre Resort indicates a place where training for instructors is conducted.



One of the selection criteria is to check whether the diving school cooperates with reputable hotels. They care about a good experience and safety of their guests and often have strict requirements.

Ask for confirmation that your instructor has active membership status in his accreditation organization, and teaching and certification entitlements. With foreign instructors, professional diving insurance is required, which during the courses for non-certified divers includes insurance of the instructor and the student under his/her care. DAN PRO is the most popular insurance.

Check the reputation of the diving centre.

Do not limit yourself to TripAdvisor - read the content of entries, see what other customers of the company liked the most; do they confuse the assessment of the dive centre with the assessment of the dive site or weather conditions? Dive forums and themed groups on Facebook can help you find a company from the planning stage. By contacting the dive centre before arrival, you'll have time to ask any questions.

Look at the social media channels of the dive centre. Any centre that is active will share news and photos with customers and of underwater trips. You have the chance to see the boat, crew and other customers' involvement and experiences.

Ask where the practical classes will take place and how many people will be in the course - groups of up to 4 people are the most effective.

Documentation. The dive centre must provide you with several documents to read and sign, based on the general standards of the reputable diving accreditation organizations in the world. You will be asked to complete a medical questionnaire (answer honestly!). The instructor has the right to ask you for a medical consultation in some cases.

If you have a diving certificate and you forgot to take out insurance, ask about the option of buying insurance for the duration of your dive. Good diving centres offer such an option.



PADI (Professional Association of Diving Instructors) is the world's leading scuba diver training organization

Can You Name These Species?



Angelfish



Clown Triggerfish



Sweetlips



Map Puffer



Yellow Boxfish



Hawksbill Turtle



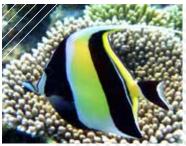
Cuttlefish



Titan Triggerfish



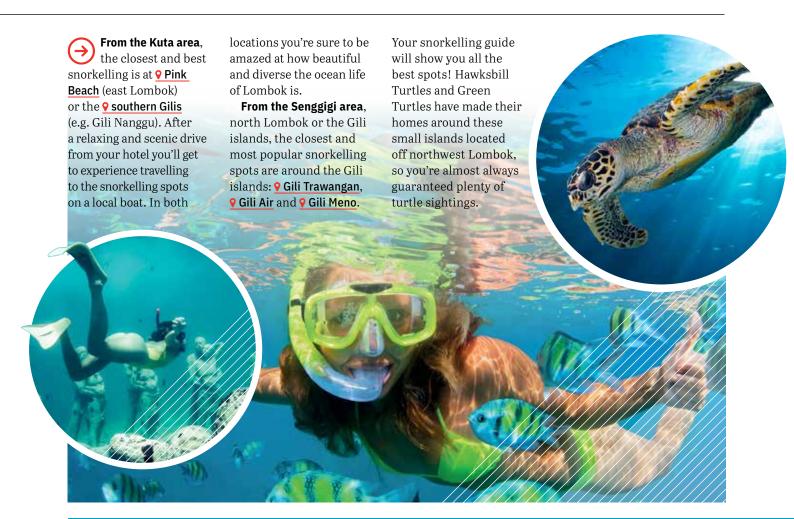
Green Turtle



Moorish Idol



Lombok offers non-scuba divers plenty of great opportunities to explore abundant sea life in crystal clear waters. No previous experience is required to discover Lombok's hidden treasures with just a snorkel and mask, from sea turtles and coral gardens to a world-class diversity of fish. It's a chance for the whole family to create life-long memories.





BE A RESPONSIBLE TOURIST!

- 1. Don't touch turtles and avoid fish feeding.
- 2. Don't touch or step on corals.
- 3. Don't collect sea shells from the ocean or the beach.
- 4. Don't stay close to the engine.
- 5. Wear a life jacket if you are not a confident swimmer.
- 6. Refuse plastic straws and bags.
- 7. Use coral friendly sunscreens.
- 8. Use sun protective clothing while snorkelling.
- 9. Support local clean-up actions.

POPULAR SNORKELLING PROGRAMS

- **♀ Gili Islands from Senggigi**: 600,000 Rp/pp (incl. boat, equipment, guide, drinks, snack, lunch box, Autore Pearl Farm tour; 3 spots around Gili islands); + 50,000 Rp for car transportation
- Pink Beach from Kuta (min. 2 persons): 900,000 Rp/pp (incl. boat, guide, equipment, water, snack, lunch box) + 100,000 Rp for car transportation
- Gili Nanggu from Kuta (min. 2 persons): 900,000 Rp/pp (incl. boat, guide, equipment, water, snack, lunch box) + 100,000 Rp for car transportation

♦ WHERE TO BOOK?

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- +62 (0)878 6454 1402 (Kuta branch)



- DIVING FOR BEGINNERS
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KITESURFING

Explore Kitesurfing

Kitesurfing is a challenging sport that's lots of fun from your very first try. It's a combination of sailing, windsurfing and board sports. You always need to start your kitesurfing adventure with a qualified instructor. Otherwise it can be dangerous.



your kitesurfing course look for a certified school, like Kaliantan Kitesurf (IKO standards) which operates in windy season. The lagoon at Kaliantan is surrounded by a reef that provides perfect conditions for learning and riding. For advanced kiters, there's the option of a 7 km downwinder along the coast.



The windy season starts here in late April and lasts until October. Winds usually pick up by late morning in the peak season, so you can kite most of the day. The average wind speed is 16–23 knots.





Experience Lombok From a **Bird's Eye View**

Thanks to Lombok's undulating and mountainous geography it has several naturally perfectly designed paragliding sites from the south coast to the mountains in the north.



North Lombok also offers spectacular paragliding:

Experience absolute freedom while getting a birds-eye view of the spectacular coastline of south Lombok or the dramatic hills and patchwork farm fields in the shadow of Mount Rinjani. With professional and safe paragliding outfits on the island, all you need to do is choose a location, and then take the chance of a unique opportunity to silently glide through the tropical air surrounded only by the sound of the wind, while taking in nature's show from the sky. Lombok Green Nature (rinjanilombok.net) is one of the most trusted paragliding companies in Lombok, offering flights all over

South Lombok is home to over a dozen sites, catering to beginners through expert paragliders, and tandem flights. Some of the

DARE TO EXPLORE

THE SKIES

most popular take-off sights in the south are:

Prabu: only 5 minutes west of central Kuta, this hill is suitable for advanced pilots.

• Merese: 15 minutes east of Kuta, Merese is a spectacular sunset spot and a popular paragliding location, for beginners to advanced.

 ▼ Torok (Toroq): an hours' drive west of Kuta, Torok is another great spot, above a white sand beach, suitable for beginners through to advanced.

• Anak Dara: 3 hours from Kuta and Senggigi in northeast Lombok, on the slopes below Mount Rinjani, this location above Belanting village is well worth the trip, with spectacular views of the mountains and villages below. Suitable for intermediate to advanced pilots.
• Pergasingan: almost a 3-hour drive from Kuta and Senggigi, and

drive from Kuta and Senggigi, and perhaps best known as a hiking and camping hill, Pergasingan is another site worth travelling to for paragliding, for grand panoramic views of the mountains.

Surfing Lombok: Wavesfor Everyone

Lombok is home to many outstanding surf breaks and has become a popular destination for surfers from all corners of the world. From Gili Air and Gili Trawangan in the northwest; Senggigi in the west; Gerupuk, Are Guling and Selong Belanak in the south; to Desert Point in the southwest and Ekas Bay in the southeast, one can experience a different wave every day of the week.



(Bangko Bangko)

World-famous barrelling left-hander! This dry season wave (May-November) works during a consistent SSW ground swell, and generally best during low tide. It's in a shallow area with rip currents, and suitable for advanced surfers.

The ultimate learner's spot. with soft waves over sand bottom, Selong Belanak is an unintimidating and perfect location for first-timers.

Mawi

Mawi in South Lombok is an exposed reef break that has fairly consistent surf. May to October is the best time of year for waves here. The ideal swell direction is from the southwest at this left-hand reef. Be careful of rocks in the line-up.

♥ Are Guling

This wet season wave (November-May) is a beautiful right-hander exposed reef

break. Advanced surfers also have the option of a hollow left-hander across the channel. Are Guling works at all tides but is best at mid-tide.

♥ Kuta

The reef in Kuta bay provides a long, clean left break, and sometimes a few right-handers, during wet season when

Board rentals and instructors are available at surf shops throughout Kuta, and at most surf spots. Average price for board rental: 50,000 for 2 hours. Average price for surf instruction: 350,000 for 2-3 hours, including board rental. there's no wind. Go with a guide, or someone who knows the breaks, and surfers of all abilities can find a suitable wave under the right conditions.

♀ Seger

Located just minutes east of Kuta, Seger breaks best in smaller conditions and during mid- to high tide, to cover the sharp reef. This right-hand reef break often brings barrels during lower mid-tides, but beware of the sharp reef below.

♥ Tanjung Aan

Only 15 minutes from Kuta, Tanjung Aan is famous for its white sand beach and protected bay. It's a fairly exposed reef break that has consistent surf and works all year round. The quality of the surf at this right-hand reef break isn't affected by the tide.

♀ Gerupuk

With five surf breaks, Gerupuk is one of the most popular surf spots in south Lombok. It's a fairly exposed reef break that works often and year-round. These breaks provide lefts and rights.

SOUTHEAST

9 Ekas Bay

Four breaks and rarely crowded, Ekas Bay has a wave for every level of surfer, all year round.

♥ Sereweh

A little known, out of the way right-hand break east of the Ekas peninsula, Sereweh works early morning when there's very little swell, no other spots in Lombok work, and there's no wind.

It's not easy to get to, with a boat from Awang being your best option.

NORTHWEST

♥ Senggigi

Senggigi left and Senggigi right are inconsistent, and need plenty of tide and at least a bit of a swell to clear the reef, so are best during dry season (May-October). Suitable for intermediate to advanced surfers, under the right conditions, they're worth a stop for a guaranteed uncrowded session.

♀ Gili Air

Still relatively unknown as a surf break, Gili Air works best during a big southwest swell, high tide and light winds. Those who are patient will be rewarded with small crowds and short, square barrels.

♥ Gili Trawangan

A bit finicky, but this break off the southwestern corner of the island works best during high tide January through June, and is appropriate for intermediate and experienced surfers, and is rarely crowded.





- SNORKELING TRIPS TO SEKOTONG, PINK BEACH AND GILLISLANDS
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FISHING

With a vast coastline, lots of sea life and vibrant corals, it's no surprise Lombok offers an abundance of fishing opportunities.

Mahi Mahi, Amberjack, Tuna, Ruby Snapper, White Snapper, Barracuda, Grouper and Bonefish are just some of the species that can be caught in the waters surrounding Lombok.

Normally, it's not necessary to go farther than 5 km from the coast, as the ocean gets very deep very quickly. The only caveat for planning a fishing trip is the weather and swell prognosis – sometimes the waters are just too rough and choppy to go out on, in which case a responsible fishing tour operator will reschedule for a later date when the conditions will be more suitable.

9 South

The waters surrounding Kuta and Gerupuk in the south have been home to fishermen for generations, as well as tourists hoping for a lucky catch, and for good reason. The fish are abundant, and it's not uncommon to see dolphins, sea snakes or turtles and on some occasions, whales.

Sekotong and the Southwest

Sekotong has largely been spared the overfishing by large commercial boats, unlike many other areas of Lombok, leaving the sports fisher with ample opportunities for action-filled sessions and great chances of catching Snapper, Bluefin Trevally and more.

♀ East Lombok

East Lombok with its famous Pink Beach is a wonderful location for a day spent on a boat, but due to overfishing don't expect quick catches. However, going farther out to Sumbawa from east Lombok is a treat for popping and jigging, with great chances of catching Amberjack, Ruby Snapper and more.

Gone

Senggigi

For an authentic, local fishing experience, organize a trip through your place of accommodation with a local boat owner or fisherman. You can start by car from Senggigi and fish in the Malimbu area, a well-known fishing spot, or experience night-fishing in the Nipah Beach area, also easily accessible from Senggigi.

MORE INFO

② Duration: trips vary from a couple of hours to full day depending on your starting point and chosen fishing location.

➡ Price: as with duration, price varies depending on distance and location. Cheapest is not always best. Be sure to insist on a boat with life jackets on board.

WHERE TO BOOK?

Lombok Fishing Adventure, *Mataram*: ② @LombokFishingPro

Lombok Fishing Tour & Travel, *Senggigi*: → lombokfishing.com

Mimpi Manis Fishing Trips,

Kuta:

@ShoreThingLombok

Rinjani Trekking Club, Senggigi:

→ rinjanitrekkingclub.com

Or ask at your place of accommodation.

BE INFORMED AND RESPONSIBLE

Some species such as Blacktip Reef Sharks, Giant Trevally and Marlin are strictly catch-andrelease by law, so be sure to do the right thing if you've accidentally caught one of those.



Off The Beach, Onto The Links

Perhaps surprisingly, Lombok is home to not one, but two 18-hole golf courses, offering completely different experiences for visitors wanting to take a break from snorkelling, sunning and surfing for a day out on the course.

The tropical weather provides near-perfect conditions for lush and healthy course conditions, so any time of the year is optimal to book a tee time and head out for a round.

Only 20 km east of Mataram's city centre, GEC Rinjani Golf & Resort (www.lombok-golf.com) sits nestled in the shadow of Mount Rinjani, a convenient and easy one-hour drive from Kuta or Senggigi. This 18-hole, international standard course offers well-trained and experienced male and female caddies fluent in English or Japanese, as well as the option of an air-conditioned golf buggy! The 500-metre elevation keeps the temperature in the pleasant range, even during the hottest of days, and its tropical surroundings with the towering Mount Rinjani as a backdrop provides rounds of golf with ample photo opportunities, no matter your score.

Price: Greenfee (including caddie, cart) 1,000,000 Rp pp. Club rental 250,000 Rp per set

Located a scenic 45-minute drive from the Senggigi area in northwest Lombok, with stunning views of Bali's Mount Agung volcano and the famous Gili islands, Sire Beach Golf Club (www.sirebeachgolfclub.com) is a destination in itself. The course reflects an architectural philosophy that respects and maintains the natural contours of the surrounding land-scape. An added benefit, as the course is nestled between the shores of Sire Bay and the slopes of Mount Rinjani, players stay cool in the breeze coming off the ocean.

Golfers of all levels enjoy the breathtaking views while receiving personalized service from the local caddies with in-depth knowledge of the course and upto-date tips about the conditions of the day for each hole. A warm-up on the driving range, with some pointers from one of the pros, is a great way to start the day of golf. This hilly links-style par 72 course is 6,245 meters, providing for a challenging and rewarding golfing experience.

Price: Greenfee (including caddie, cart) 1,000,000 Rp pp Sunset golf (including caddie, cart): 700,000 Rp pp Club rental: 300,000 Rp per set

Down The River

Rafting is not a high-performance sport. It does not require any special skills or physical fitness, yet you experience all the thrills and adrenaline of an extreme sport. All you need is a helmet, life vest, comfortable clothes, and a bit of moxie.

Your rafting guide will teach you where to sit, how to use the paddle and what to look out for in the river, and off you go! One of the best rafting routes starts in Lingsar, on the Jangkok Lingsar River in West Lombok. After picking up your gear, you'll drive through rice fields and jungle to the starting point where your raft and guides meet you. The exhilarating 2-hour,

5-km trip on the river will take you through villages, untouched wilderness and, if you're lucky, a few kids splashing in the river, or ladies doing the washing the traditional way. Along the way, the adventurous have the chance to dive into rock pools, and those a bit more faint-atheart can relax in the natural ponds and caverns.

Now, during the rainy season, each raft can accommodate six persons, plus a guide, or during the dry season, three persons, plus the guide.

If you still have energy, on the way back, visit Lingsar temple, a symbol of harmony between Balinese Hindu and Sasak Muslim traditions. Also, don't miss the beautiful and imposing Timponan waterfall.







It's a unique feeling, exploring Lombok from the horseback, whether it's a sunset ride on the beach of Gili Trawangan, a sunrise trot high up on Prabu hill overlooking Kuta bay in south Lombok, or an exhilarating trail ride through traditional Sasak villages in the southern hills.

With an experienced horse guide preparing you with instructions and tips for how to safely enjoy your trip together with your horse, you'll soon be confident and ready to explore the tropical surroundings of Lombok and the Gili Islands with your full-size equine companion. Ranging from one-hour and sunset sessions, to all-day excursions, you can experience not only nature and beautiful scenery, but you'll also have the chance to enter small villages tucked far back into the countryside, areas and cul-

ture you would not normally access with a car or motorcycle, giving you a once-in-a-lifetime chance to explore authentic everyday life in Lombok. The northwest Gilis host several horseback riding outfits with popular sunset sessions circumventing the islands, also on full-sized horses, with spectacular sunset views and peaceful beach traversing.

For a special treat, give your horse a well-deserved frolic and bath in Kuta bay after a fun-filled excursion!

MORE INFO

◆ Duration: trips range from one hour to all day.
 ➡ Price: 400,000-500,000 Rp/hour, with longer trips cheaper per hour

WHERE TO BOOK?

Gili Air Horse Riding: +62 (0)878 6484 2818 Kings Stable Horse Riding, *Gili Meno*:

+62 (0)819 1701 4937

Kuta Horses: +62 (0)818 0277 8157

Sunset Stables, *Gili Trawangan*: +62 (0)859 3501 2836

STUD Horse Riding Adventures, Gili Trawangan:

+62 (0)813 3960 0553



Secluded, Yet Close to all the Action



Imagine waking up to almost complete silence, only the sounds of the birds singing and the waves lapping at the beach breaking the silence, the smell of the fresh, salty ocean breeze mixed with the aroma of tropical blossoms completing your feeling of tranquillity.

t Anema Wellness & Resort Gili Lombok, that's a guarantee, every day. Experiencing remote beaches and nature in Lombok doesn't mean compromising on luxury or comfort. At Anema Wellness & Resort Gili Lombok, you have it all - the tranquillity of seclusion, luxurious accommodations, gourmet food made with organic ingredients straight from the farm at the resort, and plenty of activities. A perfect venue for a wedding or honeymoon, Anema offers effortless celebrations with immaculate tropical surroundings.











Fun In The Sun

For those craving an active holiday, Anema offers plenty of activities, excursions and exploration. Daily boat shuttles to Gili islands for

snorkelling at the famous Turtle Point, or a half-day exploration in the crystal-clear waters in the bay right in front of Anema in a kayak are both relaxing

and exciting. With complimentary free scuba diving initiation in the resort pool, you have every reason to finally experience the wonders of the underwater

world. The Anema Wellness & Resort Beach Club offers complimentary and optional fee-based activities, including twice daily free pick-up and drop-off in Senggigi.

FREE ACCESS BEACH CLUB WITH 4 ACTIVITIES









Free Snorkeling

Free Mini Golf

Free Canoe/Kayak

Free Initiation Diving

Optional Activities

If kayaking and snorkelling are too tame, how about more high-flying, adrenaline-pumping pursuits in the form of parasailing or banana boat riding? Anema Resort also offers jet-ski riding, flying fish, ATV, yoga, massage and manicures & pedicures.





Parasailing

Banana Boat

GETTING THERE

Anema Wellness & Resort is located at Sire Beach, a 45-minute scenic drive north of central Senggigi.

Free pickup 7/8 am and drop off hotel 7/9 pm in Senggigi area







Massage











Manicure/Pedicure









Blend Adventure and Relaxation

Ekas Breaks Resort opened in 2014 by a group of excitement seekers wanting to share their love of all things adventure, and is a true oasis hidden in the hills of the Ekas peninsula in southeast Lombok.

raditionally catering to surfers, kite surfers and those wanting to truly escape it all and get back to nature with an added twist of adventure – think trekking to empty white sand beaches on dirt bikes, and warm water snorkelling among pristine coral reefs housing thousands of fish that seemingly display more colours than the rainbow.

This is not a daydream – this is Ekas Breaks! Back at the resort, spread around the pool are 12 traditional Sasak style bungalows with all the creature comforts – private western style bathrooms, A/C, wifi, plenty of power sockets and super comfy beds (double + twin share) – everything you need to rest up after a big day of adventure (or chilling) with even more to come tomor-



row... Toward the secluded back of the resort are six more luxurious family suites with private double bed, lounge/extra bedroom sleeping two more people and a private indoor/outdoor bathroom. The suites cater to families or those looking

to put extra stars on to their resort experience.

The restaurant and bar are the centre of Ekas Breaks and is where you'll often find other guests from all around the world enjoying a delicious cocktail or icy cold Bintang beer. Listen out for



the impromptu addition of some live music or a sneaky cameo from a local monkey. At meal times the menu featuring Indonesian classics and western delicacies is the real star of the show. Maybe also one more Bintang - "satu lagi Bintang!" But the true heart and soul of Ekas Breaks is the staff, coming from Ekas itself and the surrounding villages, it feels as if everybody is here to make your Ekas break the true experience of a lifetime stoke is contagious around the resort. Whether you're looking for full power adventure or full power relaxation, Ekas Breaks have got you covered from sunrise to sunset and back to sunrise again.

Meet Mitch Wolhuter, Ekas Breaks Surf Manager

Surfing has been a way of life for Mitch Wolhuter since before he was born. Ekas Breaks new surf manager hails from Australia and with generations of surfers on both sides of his family, it was inevitable that he would become a surfer and it's no surprise he would become a renowned surf coach and surf education consultant. Gaining an ASI surf instructor certification in 2010, Mitch has been coaching and guiding all around the world ever since. However, Indonesia has been the chosen destination for the family surf trips since he was four years old: "Indonesia has a magnetism about it. The surf, the people and culture, warm weather and water, the food... everything is amazing."

Throughout his travels, the desire to return to Indonesia has been strong and he's stoked to now call Ekas Breaks home and begin developing the surf department to reach its full potential. "Ekas is the dream surf destination –

THE SURF

Rungkang Beach Break

This is a friendly left and right peeling beach peak ideal for learners (but fun for all levels!). The location is convenient and forgiving, with an easy paddle out from the sunset beach.

Also a longboarder's favourite.

Inside Ekas

The reef break further inside Ekas Bay. Fun left hander amazing for surfers just learning to ride 'green' waves, works on all tides and a more 'down the line' righthander appears on lower tides that is suited to experienced surfers.

Outside Ekas

The reef break out on the eastern headland of Ekas Bay. Heavy lefthander suitable for chargers only (on all but the smallest swells) works on mid to high tide. Look out for those clean-up sets!

Southern Reef

Out on the open beaches of southeast Lombok various reef passes offer up lefts and rights depending on the forecast. Very open to swell and wind, the southern reefs are a wet season speciality. 'Melody's Point', a long righthander with rippable sections is fast becoming a favourite of more experienced surfers.





remote, year-round waves for all levels of surfer. Easy!"

Complete surf novice or a full-on charger? No worries! Ekas Bay and surrounding Indian Ocean reefs have amazing waves for beginners, intermediates and experienced surfers alike. Mitch continues: "In my months here at Ekas Breaks I've consistently seen people with no surf experience, or intimidated beginners, really develop

into confident surfers. Plus we've hosted surfers even more experienced than me. The number of calls of "my best wave ever!" or "best session of my life!" is staggering – it really is an amazing surf destination."

Ekas Breaks are proud to introduce all-new specialised surf packages, designed to educate, encourage and excite the complete beginner through to the seasoned surfer looking to take their surfing to the next level. For more information head to ekasbreaks.com.





Ekas Breaks info@ekasbreaks.com WA: +62 (0)812 3676 2208



At 3,726m / 12,224 ft, Mt. Rinjani is Indonesia's second highest active volcano. A timeless icon of Lombok, Mt. Rinjani draws thousands of adventurous travellers every year. Aspiring alpinists and backpackers flock to the island hoping to tick Gunung Rinjani off their bucket list, and for good reason...

Mount Rinjani is an active volcano which forms part of the magnificent Gunung Rinjani National Park, a 41,330 hectare protected area which was recently awarded UNESCO Geopark **status**. Though Mount Rinjani is closed for trekking during the rainy season, January-March, there are many other options surrounding the massive mountainous area of Lombok for hiking and camping. The park plays host to some interesting flora and fauna, including ∀ Kera Abu-Abu (Macaque), weasel) and **? The Perkici** Pelangi (Lorikeet). Rinjani,

or Semalas as it was then known, is famous for a huge eruption in 1257 AD. The eruption was a global event, one of the biggest eruptions in the last 10,000 years, and is believed to have led to a period of global cooling.

Is trekking Mt. Rinjani accessible to everyone? Most trekkers say climbing Mt. Rinjani is challenging, but an incredible experience you will never forget. The distances covered are not great (around 11-15km per day depending on route), but the gradient is steep so you should prepare for some challenging ascents. If you have moderate to good fitness and some willpower, you should manage to climb Rinjani. But we're not saying it will be easy!

Highlights

The views from Mt. Rinjani are spectacular. The summit offers a 360-degree panorama over Lombok, and the two crater rim campsites offer



dit: Rinjani Dawn Adventures





Rinjani Dawn Adventures has recently launched a multi-day adventure called "I Love Lombok". This package involves their Lombok Waterfall Experience and "glamping" in a beautiful rainforest campsite overlooking Tiu Kelep waterfall, followed by a 2-day/1-night Senaru Crater Rim trek.

their own unique perspectives.

When the afternoon clouds clear, it is often possible to look over the three <u>O Gili Isles</u> to a distant <u>O Mt. Agung</u> (Bali). The views over lake Segara Anak and the volcanic cone of <u>O Mt. Barujari</u> are also magical.

What's New

Trekking in Gunung
Rinjani National Park was
temporarily suspended
following the 2018
earthquakes. In June of
2019 the national park
authority re-opened the
park, but restricted trekking to four crater-rim
routes. The four routes
that were open during
the trekking season were:
Senaru Trail, Sembalun Trail, Timbanuh
Trail and Aik Berik Trail.



Despite the summit being off-limits, these hikes still offered an amazing experience to travellers. You can do them as standalone hikes, or as part of a package.

Gunung Rinjani National Park is an amazing place, with some world-class trekking and sublime views. Despite the summit and lake routes being currently off-limits, we'd still highly recommend a trek to other locations in and around the park such as **9 Pergasinang Hill** or **♥ Tetebatu.** Before booking we suggest you read reviews on Tripadvisor and Google, as choosing an ethical company with strong community and environmental credentials will help preserve these wonderful places. For example Green Rinjani plants a tree on every trek, and Rinjani Dawn Adventures has a community program called "Sasak Warriors" that runs environmental and educational projects.

Decided to go?

There are many people selling trekking throughout Lombok, especially in busy tourist areas such as the The Gili Islands.
 Sengiggi and **?** Kuta. Our advice is to do some research about the company prior to making a decision, as the cheaper option is not always the best. There are many horror stories of travellers booking a cheap Rinjani package, only to discover there isn't much food. water has run out, and the

equipment is sub-standard. With TNGR cracking down on unlicensed operators and littering, it is better to go with an established or recommended trekking company, and book with them directly. As a rule of thumb the cheaper the package, the bigger the group (and less food or older equipment). Here are some recommended companies you might want to check out: Rinjani Dawn Adventures, Rinjani Trekking Centre, Green Rinjani.



Day Tripping

Thanks to Lombok's almost square shape and manageable size, it's easy to base yourself in one place and explore most of the island by doing day trips. From the mountainous north and centre, to the largely undeveloped east and southeast, unexpected adventures beckon with abundance for those willing to explore Lombok's many natural wonders.





♥ Gunung Tunak Nature Park (Taman Wisata Alam Gunung Tunak)

In southeast Lombok, but on the peninsula just west of Sunut, where Pink Beach is located, a rugged, jagged and spectacular coastline awaits. Gunung Tunak is easily reached by car or motorbike, by turning off the main bypass at the clearly marked road to the right, after passing through Bumbang, when driving east from Kuta. An entrance fee of approximately 100,000 Rp per vehicle is charged at the gate. Once inside the park, you will find a small parking lot and butterfly sanctuary, which is worth a 10-minute visit. But don't spend too much time with the butterflies - the main attractions are the vast, completely secluded beach, looking out over the bay toward Gerupuk and its

dramatic sheer limestone cliffs, and a hike up into the hills with their spectacular views over the sheer cliff drops and views over to Sumbawa and Ekas to the east. The beach is on the west side of the peninsula, whereas the entrance to the hiking and cliffs is on the east side, so you will need to drive between the two areas. Some of the road going to the hiking

GETTING THERE

- From Senggigi:2 hours
- From Kuta: 25 minutes

hills is badly damaged, so depending on the vehicle, you might need to stop and walk the last stretch. For the hills, park at the unfinished construction by the water, and hike up to the left, following the coast on the right. Make sure your camera is fully charged, because you'll have many stunning photo opps!

♥ The Eastern Gilis

For the ultimate Robinson Crusoe experience, head east to the Sambelia region, for a day visit to four uninhabited and wild islands. Gili Kondo, Gili Pasaran (Gili Bidara), Gili Lampu (Gili Petagan) and Gili Kapal (Gili Gosong) are still unknown to most tourists to Lombok, and even to many locals. Located just off the east coast of Lombok with views of Sumbawa's west coast, these small islands make for a perfect day trip with an interesting

GETTING THERE

From Senggigi to Labuan
 Pandan: 3 hours

From Kuta to Labuan
 Pandan: 2.5 hours

drive through Lombok's interior countryside, including an optional stop to see the Giant Trees of Sambelia, about 10 km before reaching Sambelia village and the small beach where most boats deploy from for the trip to the Eastern Gilis. All four islands offer something different, with plenty of snorkelling among an abundance of ocean life and pristine coral gardens possible both directly from the beaches of the islands, as well as by boat further out on the ocean. For those wanting an extra dose of adventure, overnight camping is possible on Gili Kondo, with several outfits providing boat transportation, setting up the entire camp with tents, cooked meals, snorkelling and guiding services.

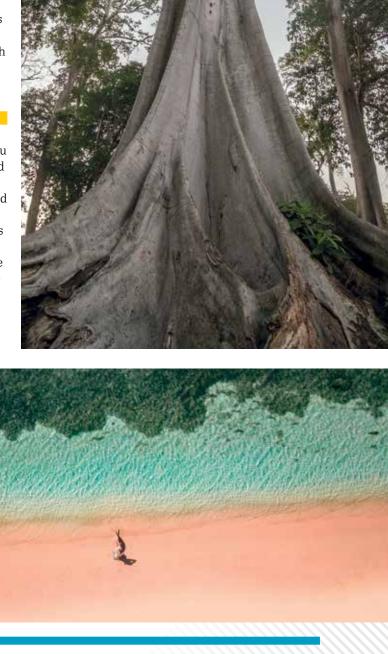


Located on the far southeast corner of Lombok, Pantai Tangsi is better known as Pink Beach owing to its light pink sand that gets its colour from fragments of red coral mixed into the sand. The beach is more or less pink, depending on the weather and light. Pink Beach and the bays and small islands surrounding it make for a perfect day trip, with a mix of snorkelling opportunities, beach lounging, cruising on the ocean and picking your lobster to eat for lunch straight from the water. Several small outfits offer boat trips for the day, starting from various small harbours, including Telong Elong and Tanjung Luar, with stops at Pink Beach

GETTING THERE

 From Senggigi to Tanjung Luar: 2 hours

• From Kuta to Tanjung Luar: 1 hour for relaxing, Sand Island (Pulau Pasir), a visit to a small seafood farm, and several snorkelling stops along the way. It's advised to get an early start before the weather gets too hot, as well as giving yourself plenty of time to enjoy each stop. It's possible to drive to Pink Beach, but the road is in bad condition and it takes approximately 1.5 hours from Tanjung Luar, compared to 25 minutes by boat.



BEST in LOMB



LAND TOURS

♥ Tetebatu

This small town on the southern flank of Mount Rinjani is a center for traditional Sasak handicrafts, including black terracotta, locally weaved sarongs, bamboo crafts and basketry. In addition, thanks to the fertile volcanic soil surrounding Tetebatu, expect to taste and buy many of the locally grown produce, spices and fruits. For nature exploration, a local guide is required, in exchange for a donation. Air Terjun Jukut waterfalls is a pleasant twohour walk from Tetebatu through verdant rice fields. It is also possible to drive to the base of the trailhead to the waterfalls. An easy 4 km walk north from town is Tetebatu Monkey Forest (Taman Wisata Tetebatu), with its black and grey macaques. Not to be missed is the exhilarating traditional Sasak stick fighting rituals, often displayed in the small town of Kotaraja, about 5 km south of Tetebatu. On your way to or from Tetebatu, stretch your legs for a quick hike up to Benang Stokel and Benang Kelambu waterfalls in Aik Berik.

GETTING THERE

- From Senggigi: 2 hours
- From Kuta: 1.5 hours





♀ Sembalun

About an hour's drive east of Senaru, Sembalun is nestled high up in the mountains, surrounded by peaks and panoramic vistas. Not only can you pick your own strawberries and buy vegetables straight from the farmers, Sembalun also boasts scenic photo opportunities galore, Lombok's oldest mosque, and a traditional village believed to be the origin of the Sembalun people. Stop along the roadside overlooks for postcard-perfect views of the mountain ranges and patch-

work quilt fruit and vegetable fields, or hike up Pergasingan or Dandaun hills for a bit more secluded experience, with optional overnight camping. For a bit of culture, don't miss Blek traditional village – the original Sasak village in Lombok, as well as Bayan Beleq mosque, the oldest mosque in Lombok, dating back to the 16th century.

GETTING THERE

- From Senggigi: 3 hours
- From Kuta: 3 hours

♀ Senaru

A starting point for trekkers aiming to climb Mount Rinjani, Senaru offers lots for visitors wishing for bit more relaxed activities, as well as quirky local eateries. Because the waterfalls are within the Mount Rinjani National Park, all visitors are required to buy an entrance ticket, easily done at the small hut at the start of the trail. A guide is not necessary, but can also be arranged near the entrance. There are four waterfalls accessible from the same trailhead, with Air Terjun Sendang Gile being the closest and most spectacular, a short 20-minute walk. For the latter three waterfalls - Air Terjun Tiu Kelep, Air Terjun Betara Lenjang,

Tumpasan Senaru
- it's best to be accompanied by a local guide, because
they require some
river crossings and
climbing up boul-

GETTING THERE

- From Senggigi:
- 2 hours
- From Kuta: 3 hours

ders in places, but are well worth the effort. Be sure to bring a change of clothes and sarong, so you can take a refreshing dip in the waterfall pools!





A Haven for Endurance Athletes

Not only will Lombok host its first-ever Ironman triathlon in 2020, it will also welcome endurance athletes in a Tour de France-style cycling race, and a 117 km mountain running race.

With its clean air, low level of traffic, and pristine and varied nature, Lombok is a natural venue for endurance sports.

From century runs to multi-day road cycling or mountain biking, to swimming races in the many protected bays, imagination is the only limit in creating endurance events. After the devastating earthquakes in August 2018, tourist numbers plummeted and many local residents not only lost their homes, but also their livelihoods, so it's positive news for Lombok as a whole that the world's eyes will be on the island during these highprofile sporting events during 2020.





THE RACES

L'ETAPE INDONESIA BY TOUR DE FRANCE

- **When**: 5 April
- **♥ Where**: To be announced
- **★ What**: Road cycling
- **Distances**: 80 km − 135 km
- 1 Info & registration:

letapeindonesia.com

Held in 14 international locations, this race is designed for amateur cyclists to have the experience of participating in the Tour de France, with the same atmosphere, passion and support of the real race.

RINJANI 100

- **When**: 26-28 June
- Where: Belanting Beach to Sembalun
- **What**: Run (mostly trails)
- **Distances:** 27 km, 36 km, 75 km, 117.7 km
- 1 Info & registration: rinjani100.com

From the sea to the summit, this challenging race promises elevation gains from an impressive 1,703 m to a staggering 12,345 m, with views to match.

2020 IRONMAN 70.3 LOMBOK INDONESIA

- **When**: 1-4 July
- Where: Senggigi (start & finish), courses span span from Mangsit to Lombok International Airport
- ★ What: Swim, bike, run
- **Distances**: 1.9 km, 90 km, 21.1 km
- Info & registration:

ironman.com

Not for the faint-of-heart, this ultimate endurance race is a qualifier for the 2020 Ironman World Championships in New Zealand.





For the **Kids**

It's almost as if Lombok was designed specifically for **kids**. With its vast sand beaches, endless oceans with an abundance of colors and sights, and lush tropical nature, it's a natural playground. But even after young travelers have had their fill of play in nature, there are plenty of options for fun activities for all ages.



South Lombok is perfectly suited for young beginners or groms to get their feet wet in a safe and suitable setting. The waves at Selong Belanak, in south Lombok, break over the sand right onto the beach, providing perfect conditions for learning and advancing skills - all while parents can relax on a sunbed on the beach and watch the progress. For slightly more confident young surfers, Tanjung Aan and even Gerupuk can be suitably challenging, yet still safe waves with an instructor.

Ozi Lombok: (2) +62 (0)853 3876 3536 Sasak Soul: 🕒 +62 (0)853 370 0970

Bubblemaker

Bubblemaker is as fun as it sounds - a chance for kids to blow bubbles by scuba diving. Children at least 8 years old can use scuba gear to breathe underwater and swim around in shallow water. Kids must be comfortable in the water, but no prior experience is necessary. They take their first breaths underwater in water shallower than 2 meters, under PADI Pro supervision. The unique program is available in Novotel Resort in Kuta and Sheraton Senggigi, powered by Scuba Froggy Dive Center.



scubafroggy.com

Kura Kura Family Entertainment Waterpark in central Mataram is a wet haven for the kids, with several pools, climbing structures, fountains, slides and a playground. A restaurant, billiard tables and plenty of space for the adults to relax make it easy to spend a whole day there.

© +62 (0)370 616 0474

Go Wild

Lombok Wildlife Park, a scenic 45-minute drive north of Senggigi, and a 2-hour drive from Kuta, is a small wildlife park that boasts a diverse 50 species of animals. including elephants, hippos, orangutans, reptiles and many birds. Many are rescue animals and all are cared for by a dedicated professional team.

Both malls in Mataram offer hours of fun

for kids. On the top floor at Epicentrum, the

Time Zone arcade entertain the older kids,

setting. In the basement, the youngest of

while the Time Zone play land lets the younger ones burn energy in a safe jungle-gym

visitors can explore tactile areas, jump in the ballpit and ride cars in the Happy Family play

area. At Transmart Carrefour shopping mall,

the entire top floor is a dedicated kids zone,

with many arcade games, train rides - and

even an inside/outside rollercoaster!

◆ lombokepicentrum.com

carrefour.co.id

lombokwildlifepark.com

Shop & Play

Cinema

Want to get out of the sun for a bit? Head for some big-screen entertainment in Lombok's big city, Mataram. Both Epicentrum mall's Cinema 21 and Transmart Carrefour shopping mall's CGV Cultureplex show the latest Hollywood blockbusters in 2D, and 3D when available, with several screens and VIP screening rooms, so buy some popcorn and while away a few hours.

21 Cineplex at Epicentrum:

◆ 21 cineplex.com

CGV Cultureplex at Transmart

Carrefour: → cgv.id













Best For Breakfast

Getting ready for an adventurous and active – or perfectly relaxing – day is easy in Lombok. From a simple "nasi bungkus" takeaway rice and a Lombok kopi at a street corner to a healthy vegan meal, or a luxurious resort breakfast buffet, the most difficult choice in the morning is what you have a hankering for.



Kenza Café & Restaurant, Kuta | Located in the heart of Kuta, Kenza Cafe is a healthy vegan-friendly restaurant with one of the finest selections of mouth-watering coffee, healthy dishes and juices in the area. With ingredients sourced from local markets and local farms, Kenza provides a large selection of smoothies, juices and homemade food (Western and Indonesian) with many vegan and vegetarian dishes. This healthy, organic restaurant serves mouth-watering breakfast favourites like Chia Pudding Parfait, Scrambled Tofu and Eggs Benny, all with optional add-ons such as bee pollen, goji berries and camu-camu powder for that extra health kick.

➡ **Prices**: Smashed Avocado 45,000 Rp, Eggs Benny 55,000 Rp, Bircher Muesli 55,000 Rp

Open: 7:30 am-10 pm

Contact: +62 (0)852 3849 8760

Yenza Café, Jl. Raya Kuta/Jl. Raya Mawun intersection







Pasta Pojok, Senggigi | Healthy really can be tasty. For an authentic and affordable Italian – and healthy – experience, visit Pasta Pojok, created with love by passionate Italian chef Gianluca, with more than 20 years' experience. Start your day with La Frittata della Nonna – like grandmother used to make: with onion, Parmesan, zucchini, rosemary, served with tomato sauce. Or why not try the Rustica with mortadella, mustard-mayo, semi-dried tomato, roasted bell pepper, pecorino cheese, rucola and sunny-side eggs cooked to perfection? For an extra healthy start, the Isola bowl with pineapple, coconut, banana, mint lime and granola, paired with a freshly made Energia Viola juice of beetroot, Lombok orange, ginger and mint is the way to go.

➡ Prices: Energia Viola 55,000 Rp, Rustica 86,000 Rp, Tropicale Bowl 55,000 Rp

Open: 8 am-11 pm (breakfast until noon)

Contact: +62 (0)877 6180 0773

 Pasta Pojok, Jl. Raya Senggigi 8 km, Senggigi (between Polo and Marina Cafe)







Temptations Bakery & Café, Senggigi | A short 2-minute drive south from the centre of Senggigi you'll find Temptations Bakery & Café. For a delicious treat, try the Smoked Salmon Eggs Benedict with house-made hollandaise sauce. Other sumptuous breakfast options include the Full Power Breakfast with your style of eggs, bacon, sausage, hash browns and more; the Granola Parfait with wild berries and crunchy granola; and the Avocado Toast. For lazy mornings, order your breakfast with free delivery anywhere between Montong and Mangsit. After breakfast, pick up some sundries from the shop, including artisan European breads, a range of deli products, dry goods and fresh produce.

➡ Prices: Classic Scramble 40,000 Rp, Granola Parfait 55,000 Rp, Sandwiches from 40,000 Rp

Open: 8 am−10 pm

Contact: +62 (0)813 399 06799

 Temptations Bakery, Cafe and Pastry, Jl. Palm Raja No.3, BTN Green Valley, Senggigi (opposite Café Alberto)



Kenza Café & Restaurant, Gili Air | Newly opened and located on the beautiful island of Gili Air, just a 2-minute walk from the harbour, Kenza is right by the ocean and if you stay for dinner you can see the sun set behind Mount Agung from the beachfront tables. Kenza has one of the finest selections of mouth-watering coffee, food and juices on the island, serving healthy breakfasts such as Morning Pancakes – cassava flour pancakes with seasonal fruits and mixed berry compote, and the Smashed Avocado with dates, pumpkin seeds, almonds and bean sprouts, served on homemade sourdough toast.

Prices: Morning Pancakes 50,000 Rp, Scrambled Tofu 50,000 Rp, Bircher Muesli 60,000 Rp

Open: 7 am-11 pm

Contact: +62 (0)812 3993 3086

♥ Kenza Village Gili Air, Jl. Sunset Sunrise



Best For Lunch

Take a mid-day break to escape the heat and cool down with a quenching lunch to hold you over into the evening. With many options from the simplest warungs to upmarket international restaurants, you won't get bored with your choices.



Hamburgerya | Hamburgerya's dishes are created with love for the perfect buns to accompany its innovative burgers.

The menu features appetizers like The Arabic Mezzeh and nine homemade buns (including gluten-free), with a variety of burgers in-between, with local and international flavours, from classic beef, pulled lamb, to Ayam Taliwang (famous Lombok spicy BBQ chicken), Lombok tuna, and vegetarian falafel. Each of the burgers has a carefully composed set of sauces and toppings that make each dish unique. Try the healthy The Lombok Tuna with seared crushed tuna topped with sambal matah and accompaniments, on a homemade ciabatta bun. A wide range of sides are available, including homemade polenta fries and loaded fries with wasabi mayo and katsuobushi. Delivery service available.

Prices: hamburgers 85,000-130,000 Rp, large beer 55,000 Rp

Open: 11 am-11 pm

Contact: +62 (0)877 5000 7494

Pamburgerya, Jl. Raya Senggigi (above Pasta Pojok)







Mahamaya | Executive chef Hamzar, the new head chef of Mahamaya, comes with a wealth of experience having previously worked at Shangri-La Abu Dhabi and W Seminyak, Bali. The kitchen's focus is to produce affordable, fresh, delicious, and home-made Indonesian and western food in an amazing location with a wonderful view. The menu includes plenty of vegan and vegetarian dishes. Don't miss the desserts and home-made ice creams – and start your evening with unbeatable sunset views and happy hour, 4-6 pm.

■ Prices: starters from 55,000 Rp, salads from 65,000 Rp, mains from 90,000 Rp, coffee from 30,000 Rp

Open: 7 am-10 pm

Contact: +62 (0) 811 390 5828

Mahamaya Gili Meno, sunset point, northwest side of Gili Meno





Nautilus | At Nautilus, listen to the birdsong in perfect tranquillity, or dip your toes in the crystal clear waters off Gili Asahan as you're perusing the menu of dishes, drinks and homemade desserts inspired by fresh ingredients and traditional recipes. Enjoy the seafood-based menu with an Italian twist, popular local dishes and a variety of vegetarian, vegan and gluten-free delights. The Nautilus kitchen combines seasonal ingredients sourced at local markets with imported goods to make your culinary experience unique and unforgettable. Combine lunch with a day trip snorkelling, or stay overnight at the eco-friendly and relaxing Gili Asahan Eco Lodge & Restaurant.

➡ Prices: Italian wine, bottle 480,000 Rp, Penne Pomodoro e Ricotta 85,000 Rp, Pizza 70,000-90,000 Rp, Tempeh Curry 55,000 Rp

Open: 7 am-9:30 pm

Contact: WA +62 (0)813 3960 4779

Nautilus at Gili Asahan Eco Lodge & Restaurant, Gili Asahan





terra



Terra – Food That Loves You Back | 100% plant based. 51% raw. 49% cooked. All healthy and delicious. Chef Mamiko, a former teacher at the Japanese Macrobiotic School and experienced "Slow Food" chef, has created a menu chock-full of plant based, vegan, gluten free food. On the breezy upstairs balcony, or in the air-conditioned kitchen-view area, you can keep your mind and body healthy with dishes like the Tempeh Sushi – roasted sushi, kimchi, activated black rice, veggies and topped with wasabi mayo, and the BBQ Jackfruit Wrap Roll – pulled jackfruit meat, sautéed mushrooms, raw papaya wrap, coconut bacon and fresh veggies. To cap off the meal, the Banana Banoffie Pie is to die for!

➡ Prices: Tempeh Sushi 70,000 Rp, Thai Green Curry 70,000 Rp, Banana Banoffie Pie 45,000 Rp

Open: 8 am-9 pm (except Thursdays)

Contact: +62 (0)859 3663 3130

♥ Terra, Jl. Pariwisata Pantai Kuta, next to Kutamara Hotel





La French Touch: Le Too Much Restaurant

Stop in at Le Too Much Restaurant for artisanal flavours, like the French classic, Croissant au Beurre, or an enticing range of French pastries such as Eclair au Chocolat, or the high-quality homemade gelatos and sorbets. For more snacking, lunch or dinner, you'll probably end up upstairs on the breezy second floor terrace, enjoying music with attitude, and a superb glass of imported wine perfectly paired with the variety of aperitif dinatoire like tapas, and more.



e Too Much Restaurant offers relaxed snacking in the downstairs café and dessert shop, and modern French cuisine at reasonable prices upstairs. Realising the undertaking of opening a French restaurant in Kuta would be a great challenge, the owners have persisted thanks to their passion for sharing with locals and visitors alike the know-how, modernity, creativity and quality

that is French cuisine. Their desire to share the flavours, scents and culinary multiculturalism was stronger than any challenge.

Le Too Much Restaurant is not just known for its freshly baked pastries, or the homemade gelatos and sorbets made from scratch with local, seasonal fruits, the restaurant also serves a full menu of dishes with only the freshest and highest-quality ingredients. The menu and space

at Le Too Much will take you from a small snack, through lunch all the way to dinner, and late-night vibes upstairs. The light lunch menu includes Duck Breast Salad, Quiches and Vietnamese Prawn Rolls. But the "pièce de résistance" of Le Too Much is without a doubt the breezy upstairs terrace and cocktail bar for après-beach drinks or dinner. It's easy to spend hours into the night in the funky décor, comfortable seating, DJ music and with a menu that boasts delicacies like tapas-style Tapenades, Mousses and Salted Fritters; Stuffed Eggplant; Cheese & Pancetta Pasta, or the one-of-a-kind Pork Platter with a variety of smoked and dry-aged Italian, Spanish and French meats and sausages, accompanied by fresh bread, cornichon, homemade jams, and more.

La French Touch Dinner – a true French gastronomy experience

Every Thursday (every other Thursday in low season)

Featuring classics like:

- Le Bœuf Bourguignon
- Le Steak Tartare
- Le Gratin Dauphinois
- Les Moules Frites
- Le Foie Gras, Les Escargots, Les Huitre
- Music & Video by DJ & VJ

Don't miss the monthly Oriental Evening with the famous Traditional Couscous Royal.

Le Too Much Restaurant also offers private dinners of your choice at the restaurant or in your villa.



Lounge Dining Terrace & Snacking Café Dessert Open 8 am-11 pm IG: letoomuch_lombok FB: letoomuchlombok +62 (0)812 3652 8677





Best For Sunset

As the sun sets over the west-facing coasts of Lombok, nature's most spectacular show begins. There's a distinct romantic and relaxing ambiance about the vibrant, pastel-hued sunsets in the tropics, and Lombok's sunsets are second to none. **Grab a cocktail, find a comfortable seat, order some munchies and take in nature's spectacular show**.



Blues Restaurant & Bar | Its secluded vantage point perched high above the ocean, looking out over the Gili islands and Bali's Mount Agung, gives The Blues a unique monopoly on perfect sunset views over the Bali Sea. Sipping cocktails on the breezy outdoor deck while listening to chilled-out lounge and house music spun by the DJ, or live band, feels like being on the top deck of a luxury boat – complete with an extensive list of signature cocktails, international wines, and refreshing mocktails. The glass-walled indoor dining area delivers unobstructed views of the Bali Sea and the famous sunsets, while providing shelter from the elements, and is a perfect venue to sample some of the refined international and luxuriously authentic Indonesian dishes at Blues Restaurant & Bar.

Prices: 65,000 Rp to 1,000,000 Rp

Open: 8 am-11 pm (weekends until late)

Contact: +62 (0)370 6199 000

Blues Restaurant & Bar at The Kayana Beach Lombok, Pantai Kecinan







Breeze Bar | Watch the sunset over the bay in the comfortable and peaceful atmosphere at the only beachfront bar in Kuta - Breeze Bar at Novotel Resort. Relax to the funky music and pastel sky while sipping drinks from the broad range of ice-cold beers, cocktails, coolers, wines and tropical drinks on the menu. To complement your drink, why not share the Mezze Platter, Authentic Mexican Nachos, a pizza or an Asian favorite from the generous all-day dining menu? For your sweet tooth, treat yourself to a Fallen Chocolate Cake with strawberry coulis and vanilla ice cream, perfectly paired with a glass of wine. Enjoy 3-for-2 drinks by the glass during happy hour, 4-6 pm every day.

Prices: starters from 40,000 Rp, mains from 75,000, cocktails from 85,000 Rp

Open: 7 am-11 pm

Contact: +62 (0)370 615 3333

 Breeze Bar at Novotel Lombok Resort & Villas – secure parking provided

Verve Beach Club & Spa

Verve Beach Club & Spa | A stand-alone beach and pool club and spa in the peaceful Mangsit Beach area of Senggigi, Verve serves up perfect sunset views overlooking the ocean and Bali's Mount Agung, together with delicious pizzas and a range of Indonesian and western dishes. For a sunset libation, plenty of cocktails, ciders, wine and cold beer are offered. The breezy open-air spa offers a range of massages, with the waves breaking and the relaxing music the only sounds to accompany the treatment.

Prices: 75,000 Rp to 200,000 Rp

Open: 11 am-10 pm

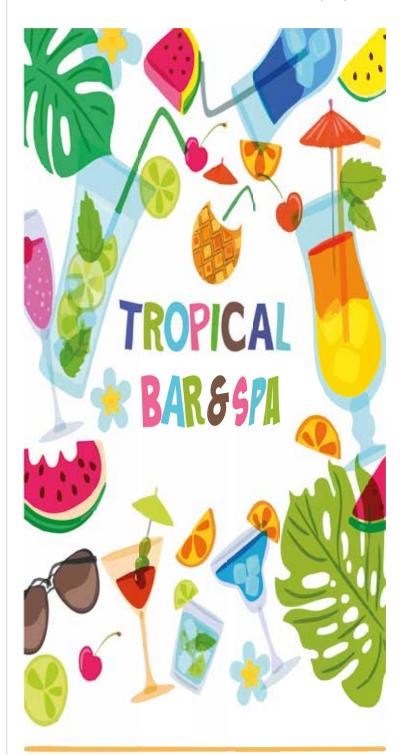
Contact: +62 (0)811 391 913

 Verve Beach Club & Spa, Senggigi, Mangsit, next to Qunci Villas





VERVE BEACH CLUB & SPA



JUICE BAR • TROPICAL COCKTAILS • BEER

PIZZERIA & RESTAURANT



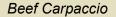






[Elegant Italian Dining]







Braised Beef Ravioli



Tiramisu



[Your Key to an Idyllic Lombok]







Laut Biru Bar & Restaurant | Directly on the famous Selong Belanak beach, Laut Biru Bar & Restaurant is perfectly located for viewing famous tropical sunsets, as well as serving refreshing juices, expertly crafted coffees, delicious cocktails and ice cold beers, accompanied by a wide range of Asian and international dishes cooked to perfection. Laut Biru has been designed to blend in with the surrounding landscape, with driftwood taken directly from the beach, combined with blue hues on the floor and fresh, white walls. This makes for a beautiful setting for you to relax while taking in the surf and whitesand beach in front of the restaurant. If you're in luck, the picture-perfect roaming buffalo herd will traverse the beach right in front of you. To complement the ocean waves, the Ginger Martini and Beach Burger are a perfect combination. Enjoy live music all Sunday afternoon.

- **□ Prices**: starters from 42,000 Rp, mains from 52,000 Rp, beers from 29,000 Rp, cocktails from 85,000 Rp
- Open: 8 am-9 pm, daily
- **Contact**: +62 (0)821 4430 3339
- at Sempiak Villas, Selong Belanak secure parking provided



Real Italian Food With Real Indonesian



Sunsets



Senggigi Art Market +62 (0) 370 693758

Lotus Bayview Restaurant





















Best For Dinner

These days, from the north to the south, new restaurants, bars and warungs are popping up, adding to the already long list of options for dinner. From cheap and simple, to elegant and elaborate, and everything in-between, you won't get bored with your choices.



Square Restaurant & Lounge | Located in the heart of Senggigi, Square Restaurant & Lounge has for years been known for both casual and fine-dining options,

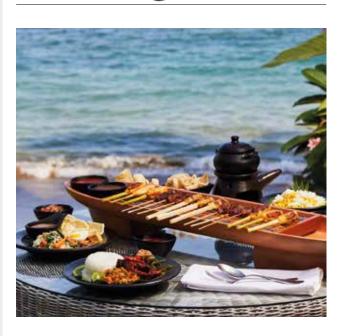
with a menu featuring western and local Asian favorites prepared by the talented chef. If you are vegetarian or have a special dietary needs, the chef can offer a testing menu upon your request. An expansive drink menu, including fresh juices, beers, wines, cocktails and spirits will complete your dining experience. Chef's signature dish, the Begibung – a kind of Risjtaffel, for 2 people – as well as his 5-course set menu will give you an unforgettable—and delicious—dining experience.

- ➡ Prices: 5-course set menu 450,000 Rp, Penfolds Rawson's Retreat Shiraz Cabernet 395,000 Rp, Hatten Aga White 240,000 Rp
- Open: 11 am-11 pm
- **Contact**: +62 (0)877 6529 4866

Square, Jl. Raya Senggigi 8 km, Senggigi



cenja



Senja | Enjoy the signature beachfront Indonesian dining experience with tables inside and out, on the edge of the blue waters off Senggigi Beach. With its magnificent panoramic view, Senja provides a sunset show over the ocean to the west – together with culinary delights that include Chef's Signature Lombok Food Journey. This romantic setting is the perfect spot for sharing special moments.

- Prices: Lombok Food Journey for two 300,000 Rp, Gourmet for two 500,000 Rp, large beer from 80,000 Rp
- **Open**: 11 am-11 pm
- **Contact**: +62 (0)370 693 333

Senja at Sheraton Senggigi Beach Resort, Jl. Raya Senggigi 8 km, Senggigi











Lotus Bayview Restaurant | Located beach-front, Lotus Bayview offers the most popular Italian dishes with the famous Italian hospitality in one of the best spots to enjoy sunset time and a tropical breeze to cool down hot Lombok evenings. The wide selection of pizzas and pastas are best completed with a fresh and delicious gelato. Besides Italian cuisine, you can try one of the authentic Indonesian specialties like Beef Rendang, Pepes Ikan or Ayam Taliwang. The great location lets you combine afternoon sun bathing, sunset watching and dinner. Free transport and delivery service in Senggigi area.

Prices: Imported wines from 550,000 Rp, wood-fired pizza from 95,000 Rp, pasta from 110,000 Rp, Asian mains from 70,000 Rp

Open: 8 am-11 pm

📞 Contact: +62 (0) 370 693 758

Lotus Bayview Restaurant, beachfront Senggigi Art Market, Jl. Raya Senggigi 8 km, Senggigi



Le Too Much Restaurant | A restaurant with a French touch in downtown Kuta? Mais oui! With only the freshest, locally sourced or imported ingredients, cooked with a passion for French cuisine, dishes like the Stuffed Mussels, Duck Breast Salad, Cheese & Bacon Potato Gratin, or the Special Pork Platter with a variety of artisanal Italian, Spanish and French smoked and dry-aged meats and sausages accompanied by fresh baked bread, cornichon and homemade jam, Le Too Much is without compare in south Lombok. The breezy upstairs lounge with relaxing DJ music, funky décor and a complete wine list begs for lingering while savouring a perfectly cooked meal.

Prices: Vietnamese Prawn Rolls 80,000 Rp, Duck Breast Salad 90,000 Rp, Cheese/Pork Platter to share 300,000 Rp, small Bintang 30,000 Rp

Open: 8 am-11 pm

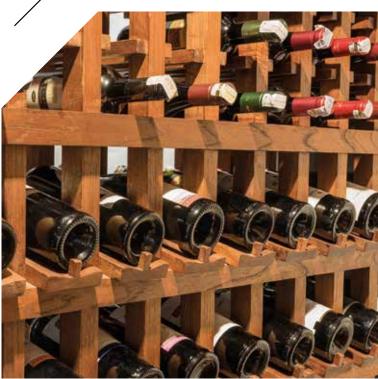
Contact: +62 (0)812 3652 8677

Le Too Much, Jl. Pariwisata Pantai Kuta, near the main junction Jl. Raya Kuta/Jl. Mawun











Square - Senggigi

Booking +62 (o) 877 6529 4866 www.squarelombok.com





Kemangi Bar & Kitchen | Kemangi Bar & Kitchen, located close to Kuta beach, with an ambience best described as "modern tropical" with eclectic touches emphasizing the local Sasak culture. Even on the hottest days, guests stay cool in the airy dining room and tropical backyard garden, lounging to chill out music in the subtle lighting. With a western and Asian fusion menu, Kemangi offers a complete range of dishes for every taste, together with local and imported wines, spirits, and popular cocktails. Chef's signature includes Ikan Bakar Sauce Bima and Molten Chocolate Cake.

Prices: Ikan Bakar Sauce Bima 90,000 Rp, Mojito 60,000 Rp, wines from 80,000 Rp/glass, bottles from 200,000 Rp

Open: 8 am-11 pm

Contact: +62 (0)878 6152 4585

Kemangi Bar & Kitchen, Jl. Pariwisata Pantai Kuta, 100 m from Kuta beach











Quali | Enjoy dinner in the open-air beachfront restaurant offering you a peaceful close to your day, and spectacular sunset views. During dinner Quali becomes an Asian-Indonesian restaurant serving an a la carte menu featuring dishes from all over Asia and Indonesia, using only the best, local ingredients from Lombok farmer's and fisherman's markets. There's also a special, authentic Thai set menu available each day for dinner.

Prices: 45,000 Rp to 255,000 Rp

Open: 7 am-11 pm

Contact: +62 (0)370 693 800

Quali at Qunci Villas, Jl. Raya Mangsit, Mangsit (near Senggigi)







Best Nightlife

No matter what your nighttime preference is – bespoke cocktails and mellow DJ beats, or cheap Bintangs and live rock – both Kuta and Senggigi offer plenty of choices for socializing and getting your groove on. Many bars and nightclubs are open into the early hours, with broad selections of food, beer, wines and cocktails, and just as many options for music.





Riviera Bistronomie, Kuta
Located in central Kuta, Riviera's relaxed layout and cozy late-night vibe
lends itself to linger. With a menu of
international dishes ranging from
tuna tataki, pizzas, pasta, the specialty gnocchi Gorgonzola and local
tenderloin steak, there's something
for everyone. Pair a mouth-watering dish with a range of imported
wines, as well as a broad variety of
cocktails, and you'll want to stay into
the late night. Thursdays belong to
Riviera, with DJs spinning a mix of
house music from 6 pm to 1 am.

- **Prices**: food 70,000 Rp-120,000 Rp
- Open: Monday-Saturday, 5 pm-midnight / Thursdays until 1 am
- **Contact**: +62 (0)815 5736 390
- Riviera Lounge Bistronomie, Kuta: Jl. Mawun, 200 m west of the Jl. Mawun/Jl. Raya Kuta intersection



Marina Café, Senggigi
One of the best known places
in Senggigi to enjoy entertainment
since 2000, Marina provides entertainment that never dies, from live
music by famous bands from all
over Indonesia, to DJ performances,
dancers, acoustic bands and more.
Before you become "a dancing queen
or king", enjoy delicious dishes from
the local, Indonesian and western
menus available. A variety of drinks
are also available, including beer,
cocktails, whiskey and more.

- ➡ Prices: large beer 69,000 Rp, margarita 98,000 Rp, mojito 85,000 Rp, long island tea 110,000 Rp
- Open: weekdays 6 pm-2:30 am / weekends 6 pm-3 am
- **Contact**: +62 (0)21 619 4215
- Marina Café, Senggigi: Jl. Raya Senggigi (next to Pasta Pojok)



Happy Cafe plaza senggigi



Happy Café, Senggigi
Located in the heart of Senggigi,
Happy Café is not to be missed.
With its motto of "I drink, I get
drunk, I fall down, no problem!"
it rocks patrons into the late
night, every night. Listen to your
favorite classics performed by
live bands, or spontaneous jam
sessions, while enjoying food
cooked from the heart – Indonesian specialties, Asian cuisine,
western favorites, sushi, and
more. A wide drinks selection is
also served.

- ➡ Prices: small Heineken 40,000 Rp, Jack Daniels 80,000 Rp, cocktails 80,000 Rp
- Open: noon-3 am
- **Contact**: +62 (0)370 693 984
- Happy Café Senggigi: Jl. Raya Senggigi



LIVE MUSIC EVERY NIGHT







The Only
Sports Bar in Kuta
Showing All Major
Games







PALATE
Cafe & Sports Bar

Open 7 am-midnight +62 (0)878 3953 0070 • PalateCafeKutaLombok



Best Sports Bars

Being on holiday is no reason to miss your favourite sports on TV. Luckily, you can catch most major tournaments and matches at sports bars in Kuta and Senggigi – with extensive menu choices for beers, wines and cocktails for that authentic sports bar experience. If your favourite team isn't playing, enjoy a game of darts or billiards with old - or new - friends.





De Upper Deck, Senggigi
Located above Temptations, De Upper
Deck offers a relaxing place to chill
out after a long day, with a full range
of western and Indonesian food, as
well as high-end coffee and tea, fresh
juices, mocktails and beer. BYO wine
is also allowed without any corkage
charge. Watch AFL, rugby and other
sporting events on the big-screen
TVs, or play a game of darts while
enjoying the cool breeze and views
from the rooftop. Free flow Pizza
Night every Saturday,
6:30-8:30 pm.

- ➡ Prices: Burgers from 65,000 Rp, grilled BBQ steak from 110,000 Rp, snacks from 35,000 Rp, Indonesian favourites from 40,000 Rp.
- Open: 4 pm-10 pm, daily
- **Contact**: +62 (0)812 1039 772
- De Upper Deck, Senggigi Green Valley, opposite Cafe Alberto



Willy's Bar & Grill, Senggigi
In the heart of Senggigi you find Willy's Bar & Grill, serving Indonesian,
Asian and western food all day, including authentic Austrian goulash and pork sausage, of course accompanied by cold draft beer. Whether you want to watch sports, play pool, host a birthday party or just watch the street life, Willy's is a centrally located gathering spot for locals, local expats and tourists alike.

- ➡ Prices: Pork schnitzel 70,000 Rp, goulash 80,000 Rp, baby back ribs 130,000 Rp, large draft beer 46,000 Rp, cocktails 75,000 Rp
- Open: 8 am-midnight, daily
- **Contact**: +62 (0)370 692 008
- Willy's Bar & Grill, Senggigi centre,
 Jl. Raya Senggigi 8 km

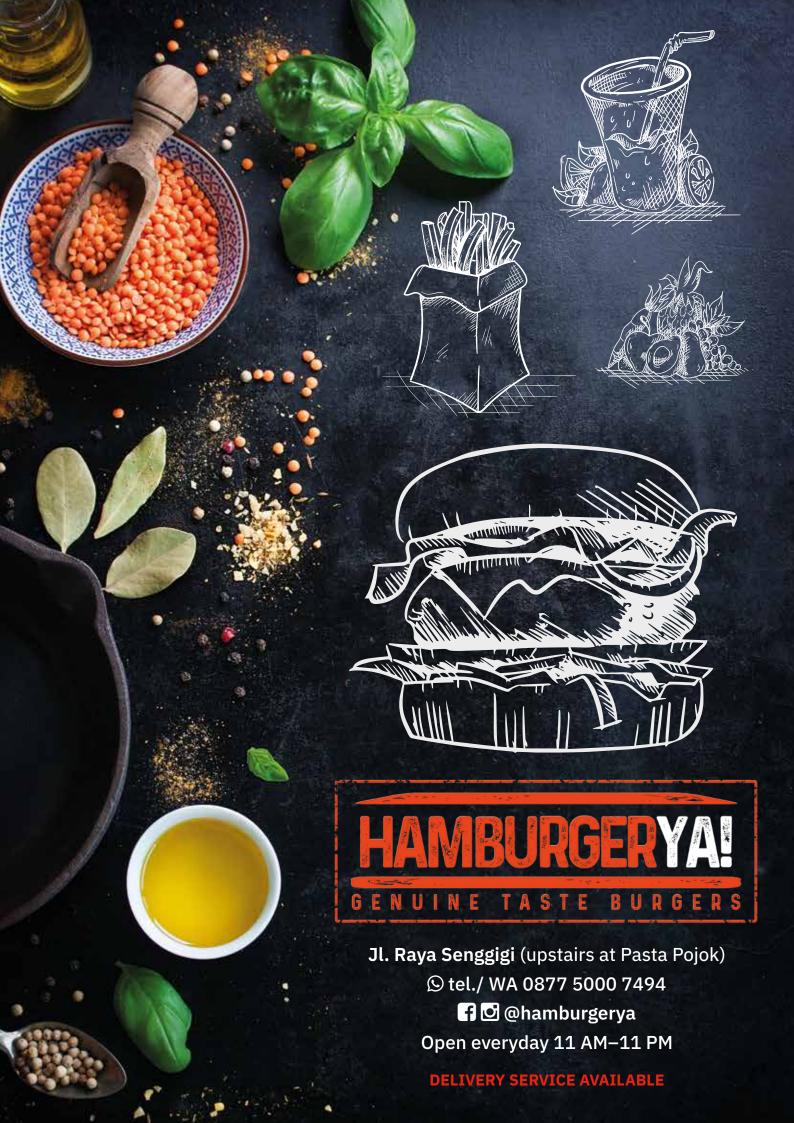






Palate Café & Bar, Kuta The only sports bar in Kuta, Palate shows all major international sports events. Pass the time into the night with darts or pool, while enjoying Sticky Bourbon BBQ Chicken Wings and 2-for-1 happy hour every night, 5-8 pm. Feast on the signature Aussie prime tenderloin, T-bone, ribeye and sirloin, all cooked to perfection. You can't go wrong with Palate's famous Aussie Pies, and of course all the best beers are available, ice cold, as well as a full wine list and perfectly mixed cocktails.

- Prices: Burgers from 55,000 Rp, steaks from 100,000 Rp, small Bintang 30,000 Rp
- Open: 7 am-midnight, daily
- **Contact**: +62 (0)878 3953 0070
- Palate Café & Bar at Pipe Dream
 Villas Resort, Jl Raya Kuta, Kuta







Kenza's welcoming, inclusive space offers something for everyone.

Come and stay awhile. Kenza loves you.

Open: 7:30am - 10:00pm daily

@kenzalombok



THE AUTHENTIC KUTA, LOMBOK EXPERIENCE.
UNPRETENTIOUS GOOD TIMES AND YOUR
FAVORITE INDULGENCES.

OPEN: 11.30AM - 12:00AM DAILY

(C) @KRNK_LOMBOK







Authentic Mediterranean. Bold colors. Deep flavors. Hearty service.

Open: 7.30am - 11pm daily

@elbazarlombok

Vegetarian in Lombok? No problem!

Though chicken, duck, goat and beef feature prominently in Lombok food culture, the island has a rich and long history with cooking what can be cultivated and harvested from nature.

any fruits and plants readily available in nature in Lombok are highly nutritious, and to most locals, free or very

much affordable. But just because they are easily available and seemingly commonplace, it doesn't make them any less interesting or delicious. Next time you find yourself at the

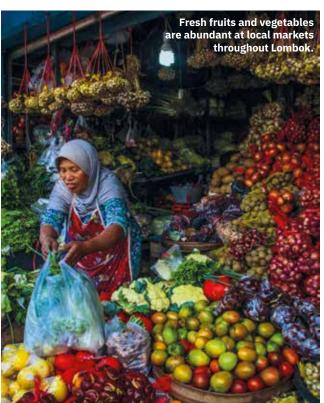
local market or a warung, keep an eye out for these delicious, nutritious and vegan powerhouses.

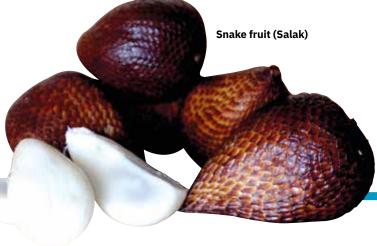
Moringa or Drumstick Tree leaves (Kelor) is a super food found throughout Lombok and is an affordable, readily available and nutritious everyday food for locals. An ordinary looking plant that grows in many places in Lombok, you've most likely passed one without realizing its vibrant green leaves are highly nutritious. With seven times the vitamin C of oranges, 15 times more potassium than bananas, and substantial

amounts of calcium, protein (!), iron and amino acids, moringa leaves can be a healthy part of any meal. Look for Sayur Kelor – a broth soup made with moringa leaves, onion and garlic, sure to not only replenish your vitamins and minerals, but also hydrate you on a hot day.

Water Spinach (Kangkung) is despised as a weed in many parts of the world, but this humble vegetable is also a nutritious secret that features prominently in Lombok food culture, most often in the form of Plecing Kangkung - blanched water spinach mixed with bean sprouts, string beans and coconut, and topped with peanuts and a spicy sambal sauce. It's high in vitamin C, riboflavin, and also contains potassium, iron and magnesium, and is virtually devoid of calories, so it's perfectly guilt-free to eat two or three servings of this delicious and spicy dish.

Jackfruit (Nangka) is commonplace throughout Asia, and can be eaten both raw and cooked. In its raw form, it's slightly pungent with a flavour combination of apple, mango and banana. Very common in Lombok is the delicious and often spicy Jackfruit Curry (Gulai Nangka Muda), served with rice. It's easy to mistake the jackfruit chunks









Jackfruit is the largest fruit in the world and can weigh as much as 35 kg.

for meat, and in fact, some curries contain both jackfruit and meat, so be sure to ask first, if you're trying to stay strictly vegetarian. Jackfruit is a good source of vitamins B6 and C, as well as potassium.

Tempeh is a traditional Indonesian soybean product made from fermented soybeans, and is an excellent source of protein. Thanks to its fermentation, tempeh contains more protein, fibre and vitamins than tofu, and gives it a more distinct nutty and earthy flavour. It's high in riboflavin, niacin, manganese, phosphorus, magnesium and iron, making it yet another cheap, easily available and nutritious core food in Lombok. Fresh tempeh can be found at every local market and local warung, where it is often fried in oil and mixed with string beans and hot chillies.

Snake fruit (Salak) is native to Indonesia, but is cultivated throughout Southeast Asia these days. The slightly off-putting name stems from its snake-skin-like skin, which is easily peeled off by breaking the pointy end. Once peeled, three segments, often with small stones inside are revealed. Although not juicy and sweet, rather a bit pungent and firm like an apple, snake fruit is very popular in Indonesia, and can be bought at every market and fruit stall throughout Lombok. Thanks to their hardy skin, they make a perfect snack for travelling, and with high levels of potassium, pectin, iron, thiamine

and calcium, coupled with few calories, snake fruits are a super food!

Matoa (Buah Matoa) is a member of the lychee family of fruits that is readily available during the rainy season, November to March. Rich in vitamins C and E, it's said to promote a healthy skin thanks to the antioxidants from the vitamins. Eaten raw or in juice form, Matoa is a delicate, juicy and refreshing fruit on any hot day, and also comes in its own convenient natural packaging, so a practical food to bring along while travelling.

FINDING YOUR FOOD

- Breakfast *Sarapan*
- Lunch Makan siang
- Dinner Makan malam
- Eat *Makan*
- Food Makanan
- Without meat Tanpa daging
- Vegetarian Vegetarian
- Spicy Pedas
- Market Pasar



Moringa leaves, a nutritional powerhouse.



Grilled tempeh with peanut sauce - an Indonesian favourite.



Plecing Kangkung is a spicy and ubiquitous dish in Lombok.

Best Warungs And Local Food

Warungs are small family-owned cafés or restaurants, and are ubiquitous throughout Indonesia, and Lombok is no exception. **You'll find warungs seemingly everywhere – in the cities, towns and down to the smallest of rural villages**.



Often attached to the front of a family's house, warungs serve as gathering spots and places to share local gossip, and eat quick, cheap and local meals. Many warungs also take the form of small convenience stores that sell snacks, bottled drinks, cigarettes, and candy. Each warung has its own style and often serves a certain type of food, or dishes from a specific place, such as Warung Nasi (rice and simple Indonesian dishes), Warung Tegal (Javanese food originally from Tegal village in Java), Warung Padang (from Padang in West Sumatra) and Warung Kopi (coffee shop serving simple snacks).

Here are some suggestions to get you started on your journey to eat your way through Lombok, one warung at a time.



Senggigi

Nuf Said Warung

Located right on the beach, Nuf Said is perfectly located for sunset viewing, and is known for its beef rendang, fresh grilled seafood, and cold Bintangs. Open for lunch and dinner.

♥ Mangsit beach, between Holiday Resort and Qunci Villas

Warung Amalia

A tiny family-owned warung where you can find fresh grilled fish, king prawns and many types of salads and soups – and even a few Italian dishes.

Senggigi, near Art Market

Warung Menega

Located in Batu Layar, this spacious beachside warung offers the chance to pick your fresh seafood from the fish tanks onsite. Other specialties include king prawn and squid grilled over coconut shells, served with rice and water spinach.

♀ Batu Layar, south Senggigi

Warung Plaza

Here, fresh Indonesian food is always presented in the glass case outside, which you can take by yourself, or ask for recommendation for the specialty of the day. Step into the air-conditioned space and cool off with some cheap eats.

♥ Central Senggigi, opposite Sahara Club







Kuta

Bakso Solo

This recently opened eatery, located on the bypass road, serves a variety of soups, noodles and rice dishes, in an open-air but covered restaurant style. Cheap, easy and frequented by local workers, Bakso Solo is worth the trip.

♥ Jl. Pariwisata/Bypass, near the roundabout with the surfer statue

Lotus Mandalika

Recently opened in the brand-new Mandalika Bazaar, this warung serves a mix of Balinese, Lombok, Indonesian and western dishes – even Chicken Cordon Bleu, and Wienerschnitzel.

 Mandalika Bazaar, near the large mosque and Kuta beach

Warung Fishbones

Pick the fresh lobster, squid, fish, shrimp or other seafood of your choice, and they'll grill it up right in front of you. Combine your fresh seafood with their plecing kangkung (spicy water spinach) and rice, and you have a delicious meal.

Central Kuta, across from Billabong

Warung Jawa Pemuda

A relative newcomer on the warung scene in Kuta, it's quickly become popular for lunch by locals, expats and tourists alike, with a substantial lunch buffet of Indonesian dishes. Also open for dinner with a la carte ordering.

♥ Jl. Raya Kuta, near the roundabout

Gilis

Moeslim Waroeng

Very local, very cheap and very popular. For under 30,000 Rp you'll walk away full and happy on nasi campur.

♥ Gili Air, 300 m inland, due north from the harbour

The Warung

A traditional local warung serving all the Indonesian dishes you'd expect, and even some western food, as well as a variety of juices, smoothies and beer, all at affordable prices.

♀ Gili Meno, 700 m west of the harbour, near the mosque

Warung Jaman Now

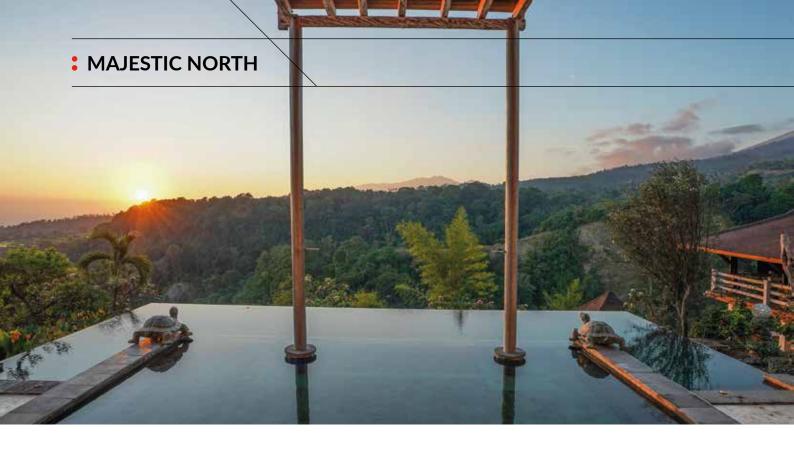
One of Gili Trawangan's few remaining local warungs, among the many western-style establishments. Warung Jaman Now serves the Indonesian dishes you'd expect, at low prices.

♥ Gili Trawangan, Jl. Ikan Hiu, near intersection with Jl. Ikan Paus and the mosque









Rinjani Lodge – the Gate to North Lombok

North Lombok, natural and unspoiled, is a magnet for those who want to experience traditional life, the ancient religion Wetu Telu and feast their eyes on the never-ending green vistas and panoramic views. Bordering Rinjani National Park sits Rinjani Lodge — a perfect setting to relax, unwind and explore the natural wonders of North Lombok.

orth Lombok is uniquely different from the tourist hubs in the northwest and southern parts of the island, and staying there is to take a step back in time

to when life was simpler and nature played a bigger part.

Million Dollar Views Rinjani Lodge is a scenic twohour drive from Senggigi and three hours from Kuta, high up



in the mountains in Senaru, at the gateway to the famous waterfalls surrounding the village.

This family-run hotel was designed, built and is operated by Marta and Joanna, an Indonesian-English couple. Upon entering the property, the most spectacular feature is the view over the lush green hills and rice fields, stretching all the way down to the ocean – truly a million dollar view.





For a once-in-a-lifetime experience of the wilderness of Senaru and unparalleled sunrise views, without compromising on comfort and relaxation, one of the five deluxe bungalows overlooking Mount Rinjani is the way to go. And not even high up in the mountains do you have to compromise on luxury: all the rooms are outfitted with hot water, air conditioning, TVs with satellite channels, minibars and wifi, so you can be as connected or out of touch as you wish. The infinity pool and sunbathing terrace exclusively for guests are a haven for quiet relaxation and reflection. If you fancy a more lively scene, head to the second pool, also open for day use to outside guests.

Stop-Over

After days hiking to the famous Senaru waterfalls, a stop at the Rinjani Lodge Restaurant provides a welcome and delicious respite. The restaurant features both international and Asian food options, but for an authentic culinary experience, the Indonesian specialty dishes based on old family recipes and cooked with locally sourced ingredients is not to be missed.

Rinjani Lodge Restaurant is open to the public daily from 7 am to 10 pm. Bring your swimmers and sunscreen, and enjoy lounging by the pool after your meal.

A Cultural Affair

A visit to Senaru does not have to be limited to the Sendang Gile and Tiu Kelep waterfalls, though they are the most popular attractions for visitors to North Lombok. For those a bit more curious, Rinjani Lodge organises tours in the local area, for immersion into local traditions, agricultural practises, traditional medicine, and learning about local plants and animals.



In addition to the Mount Rinjani trekking and day tours Rinjani Lodge, recommends tours with Rinjani Women Adventure guide Katni and her group of ladies from Senaru.

Female Guides Rule
Katni was the first woman to
become a trekking guide to
Mount Rinjani. She believes
that when women are the



breadwinners, all of their income goes to support their families, their children's education and the community.

Katni is a practitioner of the traditional religion of Wetu Telu – literally 'three times' in the Sasak language. Wetu Telu practitioners are Muslim, but their practices follow animist beliefs. Some Wetu Telu consider Mount Rinjani the dwelling place of their ancestors. During tours with Katni's group you will come across many remnants of this ancient, still practiced religion.



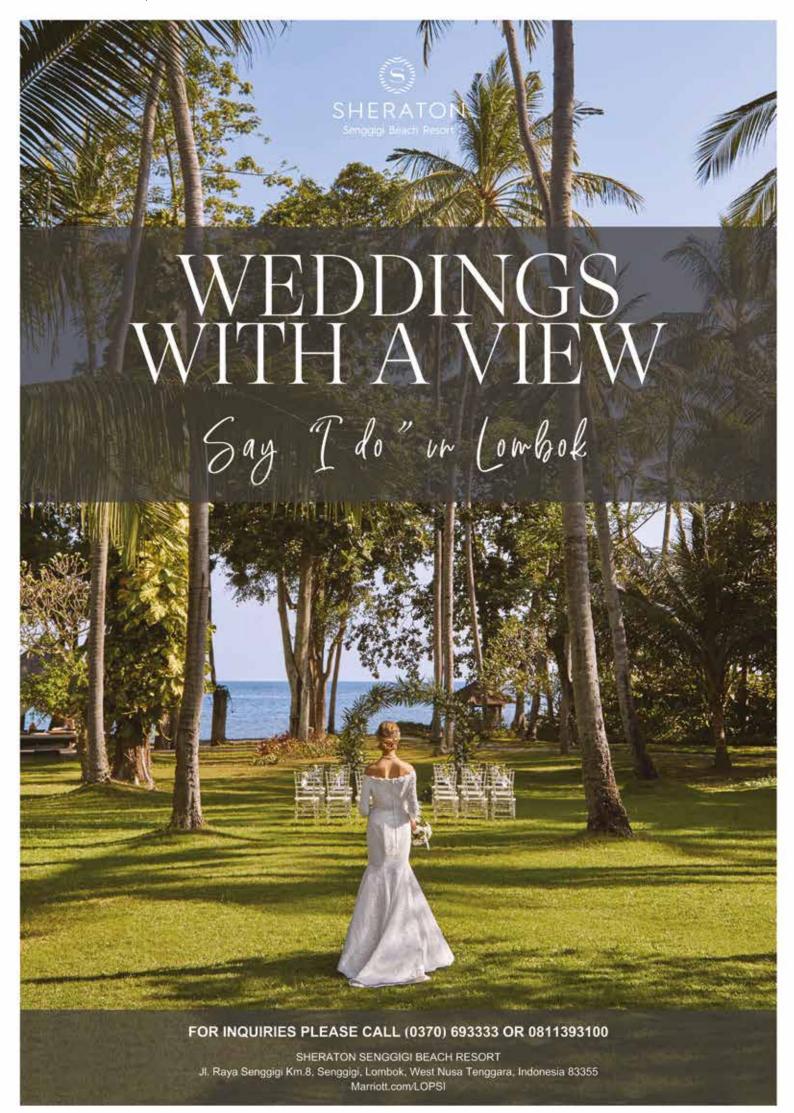
RINJANI LODGE & RESTAURANT www.rinjanilodge.com info@rinjanilodge.com Phone: +62 (0)819 0738 4944 FB: Rinjani Lodge IG: @rinjanilodge

SENARU HIGHLIGHTS WITH RINJANI WOMEN ADVENTURE

- · Kebun Kopi with views down to Tiu Kelep
- The oldest mosque site in Lombok and learn about the unique culture of Bayan and the Waktu Telu religion
- Watch the unique hand woven textiles of the Bayan area being made
- Traditional village by the entrance to the Rinjani National Park
- Guided panoramic walking tours and waterfall adventures around Senaru
- Trekking tours to Mount Rinjani.

www.rinjaniwomenadventure.com/about-us/







Find Your Perfect Match

Stepping onto the private terrace of your own villa at Novotel Lombok Resort & Villas, you are immediately surrounded by peace and tranquillity. The lush, colourful gardens provide privacy and a feeling of being engulfed in tropical life, with vibrant hibiscus and bougainvillea swaying in the breeze around you.

ith their blend of traditional Sasak style buildings with alang-alang roofs, and modern comfort and luxury, Novotel Lombok Resort's unique villas embrace guests with privacy, space and calm.

From your spacious bedroom, you'll wake up to sights and sounds of the tropics slowly coming to, with birds' song welcoming you to a new day, and there's no better place to enjoy your espresso brewed in your villa, than on the chaise-lounge on your private deck, while taking in a new day. A refreshing dip in your villa pool, or the ample hotel pool, will be guaranteed to energize you for the short walk to the delicious and

MORE BENEFITS

With your 2-nights' villa stay, enjoy even more benefits:

- Complimentary roundtrip airport transfer
- · Daily breakfast for 2
- Breath-taking Breakfast on the Hill for 2
- 75-minute hair spa for 2
- 75-minute beach yoga class for 2

generous breakfast at Spice Market restaurant. It's easy to while away entire days at your villa, between taking a plunge, soaking up vitamin D on your sun bed, or taking a rejuvenating nap on your comfortable bed in air-conditioned comfort. A quick break for







happy hour drinks overlooking the vast white sand beach, and sunset views at Breeze Bar will be enough time away from your villa, then back to your private deck and room service dinner is in order.

With four villa types to choose from, you'll have no problem finding your sanctuary at Novotel Lombok Resort & Villas.

- *Private Sasak Villa* for ultimate seclusion, with a private garden and terrace and plenty of space.
- Garden Pool Villa when you long for privacy, and also social interaction, a Garden Pool Villa is just right. There are only five of them and they are nestled around a large lagoon pool which is reserved exclu-

Novotel Lombok Resort & Villas is a 4-star luxury hotel with restaurant, bar, spa, beauty salon, concierge, fitness centre, daily yoga classes, kids club, and daily activities for guests.

- sively for guests of the Garden Pool Villas.
- Private Pool Villa dip into your own private pool straight from your secluded villa, completely enclosed and separate from the rest of the world. Two Private Pool Villas even have direct beach access.
- Private Family Pool Villa

 with two bedrooms, a
 bathroom with shower and separate bathtub, and a
 completely private pool and garden, you'll never want to check out.

Getting There

Novotel Lombok Resort & Villas is a quick 25-minute drive south of Lombok International Airport.



Kuta, Lombok

Phone: +62 (0)370 615 3333 www.novotellombok.com reservation@novotellombok.com

The Kayana Beach Lombok

When you say "I do" at The Kayana Beach Lombok, you're not just committing to the love of your life, you're creating life-long memories at one of the most exotic and beautiful locations in Asia. It's as if The Kayana was built for wedding ceremonies and celebrations, with the secluded beach a perfect venue for a wedding, and the deck overlooking the turquoise ocean providing a backdrop and sunset views second to none.



or flawless wedding memories, imagine standing on the cliff-top deck at The Blues with your loved one, looking out over the sparkling blue waters, tying the knot in front of your nearest and dearest. After the initial kiss as a married couple, bring the celebration into the night with sumptuous food, drinks and live music with the most memorable views. It doesn't get more romantic and picture-perfect than that.

The Kayana Beach Lombok

Even if you're not on Lombok to tie the knot, The Kayana Beach Lombok draws you in for long, lazy days of relaxation and privacy. The Kayana's recently completed 32 private villas all feature king-sized beds, completely enclosed gardens with private pools and bathrooms with bathtubs and showers, all designed for utmost comfort, relaxation and privacy. For guests wishing a bit more social interaction, there is also a common-area pool and pool bar, as well as the endless beach just steps away. After a day of lounging in the sun, perhaps a stop

GETTING THERE

The Kayana Lombok is located at Kecinan Beach, 1.5-hour drive from Lombok International Airport, and a 20-minute scenic drive north of central Senggigi. Secure parking is available on property, and transportation can also be arranged.

at the exercise room with unbeatable views is in order. For never-ending relaxation, a luxurious treatment at Saxum Spa is a great way to cap off the day.

The Blues Restaurant & Bar

Its secluded vantage point perched high above the ocean looking out over the Gili islands and Bali's Mount Agung gives The Blues a unique monopoly on perfect sunset views over the Bali Sea. Sipping cocktails on the breezy outdoor deck while listening to chilled-out lounge and house music spun by the DJ feels like being on the top deck of a yacht - complete with an extensive list of delicious cocktails, international wines, refreshing mocktails and its own signature coffee blend. The Blues Restaurant & Bar is open for breakfast, lunch and dinner.



The kayana

The Kayana Beach Lombok and The Blues Restaurant & Bar Jalan Raya Senggigi, Kecinan, Pamenang, Lombok, 83352 Phone: +62 (0)370 6199 000 www.santika.com/indonesia/ lombok/the-kayana-lombok









RESERVATION (+62-370) **6199 000**

Jl. Raya Senggigi, Kecinan - Pemenang, Lombok Utara





Sempiak Villas

The tranquil sanctuary that is Sempiak Villas is situated at the world-renowned Selong Belanak beach, voted one of the best beaches in Asia by numerous international travel publications. The only luxury accommodation located right on the beach, it offers its guests unparalleled relaxation and comfort.



elong Belanak's vast white-sand beach spans as far as the eye can see in front of Sempiak Villas and its Laut Biru Bar & Restaurant, From the secluded villas perched on the hills of the property, it's easy to feel completely removed from the outside world, surrounded only by beach, ocean and unspoiled nature. Yet, Selong Belanak is just a scenic 30-minute drive from the hustle and bustle of Kuta and its many shops, bars and restaurants. However, with Laut Biru Bar & Restaurant, The Spa by Sempiak, Yoga Shala, boutique, swimming pools and The Camplung Beach Club right on the property and at your disposal, why would you want to leave?

Laut Biru Bar & Restaurant – Dining Excellence

From breakfast until sunset drinks and dinner, Laut Biru serves up an extensive menu of Indonesian, Asian and



international fare, including vegetarian options and a kid's menu - set in a relaxed and fresh beach ambience. Designed to naturally blend in with the beautiful Selong Belanak landscape, with a driftwood interior and turquoise and white design details, Laut Biru is a perfect setting to enjoy fresh juices, cocktails and dishes cooked with the freshest ingredients. The Salt & Pepper Squid, followed by a Beach Burger, and capped off with a scoop of creamy homemade ice cream can only be made better if accompanied by a Ginger Martini – all with a tropical backdrop of one of the world's most beautiful beaches. Laut Biru is open to the public 8 am-9 pm, daily.

Simple Elegance

Built with natural materials such as coconut wood and local stone, the hill villas reflect the surrounding natural area, each villa with its own unique simplicity and elegance - attention to detail with your comfort in mind. Wide, expansive verandas boast panoramic views over the beach, turquoise waters and

GETTING THERE

Sempiak Villas is a 30-minute drive from Lombok International Airport, as well as Kuta. Secure parking is available on property, and transportation can also be arranged.

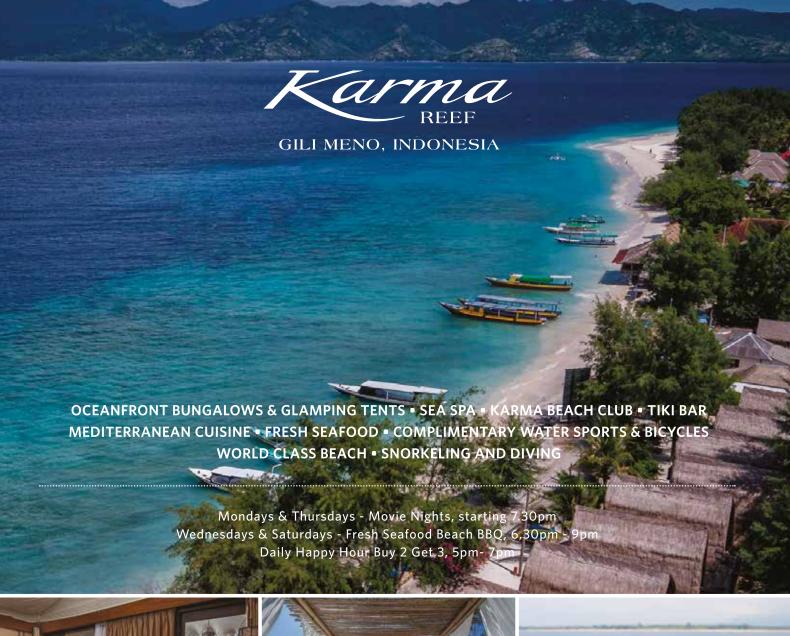
surrounding hills. Designed with groups and families in mind, the Sempiak Holiday Houses are comfortable and perfect for lounging by the pool just outside.

All accommodations are tastefully appointed and include a mini bar, air conditioning, stereos, a safe, tea and coffee making facilities and complimentary drinking water – all to make your stay as comfortable as possible.



Selong Belanak Beach, Lombok, 83572 Phone: +62 (0)821 4430 3337 Web: www.sempiakvillas.com











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The Famous Gili Islands

Decades ago, three undeveloped tiny specks of land off the northwest coast of Lombok became one of Indonesia's most sought-after tourist destinations.

What's the allure of those three islands -Gili Air, Gili Meno and Gili Trawangan?



ith perfectly white sand beaches, crystal clear turquoise water, spectacular views of Lombok's dramatic coastline and Mount Rinjani, palm trees everywhere, reggae music emanating throughout, and a relaxed vibe harking back to the hippie mecca they started out as, it's easy to see how these paradise islands are a favourite stop for travellers in Southeast Asia. Contrary to the

raucous drug-fuelled party islands they originated as, nowadays the three Gilis are family-friendly, and cater to travellers of all ages and interests.

With years of development since those early days, the Gilis offer a full range of accommodations from simple homestays to hip boutique hotels, luxury villas, and everything in-between. Options for eating and drinking also cover a broad range, with relaxed cafés and bars lining up

next to local warungs, ice cream shops and high-end scuba diving with turtles,

restaurants. Best known for world-class snorkelling and

kayaking, stand-up paddle boarding, free diving, horseback riding, and surfing.



FUN FACTS

- The Gilis, as the rest of Indonesia, were occupied by Japan during WWII. Today, visitors to Gili T can view the remnants of a Japanese machine-gun bunker on the hill, as well as a sunken Japanese patrol boat when diving off the coast of Gili Air.
- The name Trawangan originates from the Indonesian word terowongan (tunnel), highlighting the presence of a cave tunnel built under the island during the Japanese occupation.
- The first recorded regular visitors of the then uninhabited Gilis were the Bugis fishermen from south Sulawesi.
- In 1971, the governor of Lombok initiated coconut plantations on the islands and brought in 350 prisoners to help with the harvests, many of whom stayed as permanent settlers still to this day.

the Gilis also offer plenty of

other activities, including



Motorised transportation is not permitted, contributing to the quiet and peaceful ambiance. Exploring the islands is best done by foot, rental bicycle or on a cidomo (traditional horse drawn cart). For cidomos, expect to haggle, and be sure to agree on a price before getting in. All three islands are small enough that adventurous and energetic visitors can loop the islands by foot in 2 to 2.5 hours.

The three Gilis are tiny and all have their unique features and ambiance, ensuring everyone can find their favourite.

GILI TRAWANGAN

Farthest from the mainland and largest of the three islands, Gili Trawangan, or as it is better known, Gili T, is the most cosmopolitan and diverse. Gili T was the first of the islands to be developed, and was originally established as the perfect destination for "happy hippy partier backpackers". Stemming from those initial days, it famously boasts the liveliest party scene, with the most bars and late-night spots, including the popular full moon parties. But these days that's not all Gili T is famous for. Nowadays, restaurants,

hotels and activities catering to families and visitors of all ages are readily available.

GILI MENO

The middle of the islands, smallest and thus far the least developed, Gili Meno is the perfect choice for those longing for relaxation, peace and quiet. But, despite being much quieter and less developed than its neighbours, there are still varied options

for accommodations and eating. Gili Meno is also an ideal base for snorkelling and scuba diving, with the world-famous underwater statues located just off the beach, as well as the chance to snorkel among turtles at the legendary Turtle Point, also accessible straight from the beach.

GTI T ATR

Closest to the mainland. Gili Air offers an eclectic mix of local ambiance and international comfort, yet retains an unpretentious feeling of simplicity. The pace is slower than on Gili T, yet a bit livelier than Gili Meno, appealing to everyone from budget backpackers to honeymooners and families longing for a perfectly balanced escape. The last few years has also seen a surge of yoga and meditation retreats on the island, a natural fit with the overall relaxed ambiance of Gili Air.





GETTING THERE

From Lombok

- Public ferries depart when full, on no set schedule, to all three Gilis from Bangsal, 30 minutes north of central Senggigi, from early morning until about 4:30 pm. After noon, they don't service Gili Meno. Be sure to buy your ticket from the official ticket office, and keep your ticket on you at all times - do not give it away to touts hanging around on the docks.
 - ➡ Price: 12,000--22,000 Rp, depending on route
- Fastboats depart approximately once every hour and a half from Teluk Nara and Teluk Kode harbours, 25 minutes north of Senggigi.
 - ➡ Price: 85,000 Rp
- Private fastboats can be negotiated and arranged on the spot in Teluk Nara, Teluk Kode and Kecinan.
 - **=** 500,000-600,000 Rp

Island Hopping

■ Price: 35,000-40,000 Rp

Morning:

- Gili Air-Gili Meno-Gili T 8:30-8:45-9:00
- Gili T-Gili Meno-Gili Air 9:30-9:45-10:00

Afternoon:

- Gili Air-Gili Meno-Gili T 3:00-3:15-3:30
- Gili T-Gili Meno-Gili Air 4:00-4:15-4:30



Martas is a small family owned and operated hotel located on Gili Trawangan. 9 detached bungalows set in lush tropical gardens, around a central swimming pool, mix traditional Lombok design with modern comforts.

Best for Couples, Families and Friends!

Martas Hotel, Gili Trawangan | mobile: +62 812-3722-777 | e-mail: info@martasgili.com



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Divine Divers Resort -Dive, Eat & Stay

Morning dive with sea turtles, lunch at a cozy beach restaurant, another dive... and cap off the day relaxing with a view of the sunset, chatting with others who share your passion for the ocean. This is the perfect diver's day. If you love diving or are planning on getting your first diving certificate, you'll find everything under one roof at Divine Divers at Gili Meno.

ivine Divers is a PADI 5 Star Dive Resort offering all levels of PADI courses, as well as very comfortable accommodations on Gili Meno, the Gili island known for the best beaches and dive spots. Divine Divers Resort is also the only resort on the island that combines diving, accommodations and dining directly on the beach.

Start your diving adventure with a Discover Scuba Diving program or PADI Open Water Diver course, improve your competency with

embark on guided local dive trips – all available through Divine Divers. On site you will find a swimming pool specially adapted for dive training, two comfortable roof-top classrooms, a convenient changing room, showers, and scuba diving gear storage, not to mention the boat parked directly in front of the dive shop for easy departures straight to the dive sites. The best spots around the island like Bounty, Meno Wall and Meno Slope with its Instagram-starring statues,

continued PADI courses, or





are close by, and Turtle Heaven just a short boat drive from the shop.

Divine Divers resort offers six spacious, pool-view bungalows right behind the dive shop, with hot-water shower, air conditioning, fan, TV with media player, safe, and a comfortable double bed. The newly opened on-site restaurant, Bubbles, serves up ocean views and a breeze, together with Indonesian specials, pizza, sandwiches and snacks, delicious ice cream and always refreshingly cold drinks. Located

at the most perfect sunset point on the island, with invitingly comfortable chairs, you'll never want to leave **Bubbles and Divine Divers** Resort.

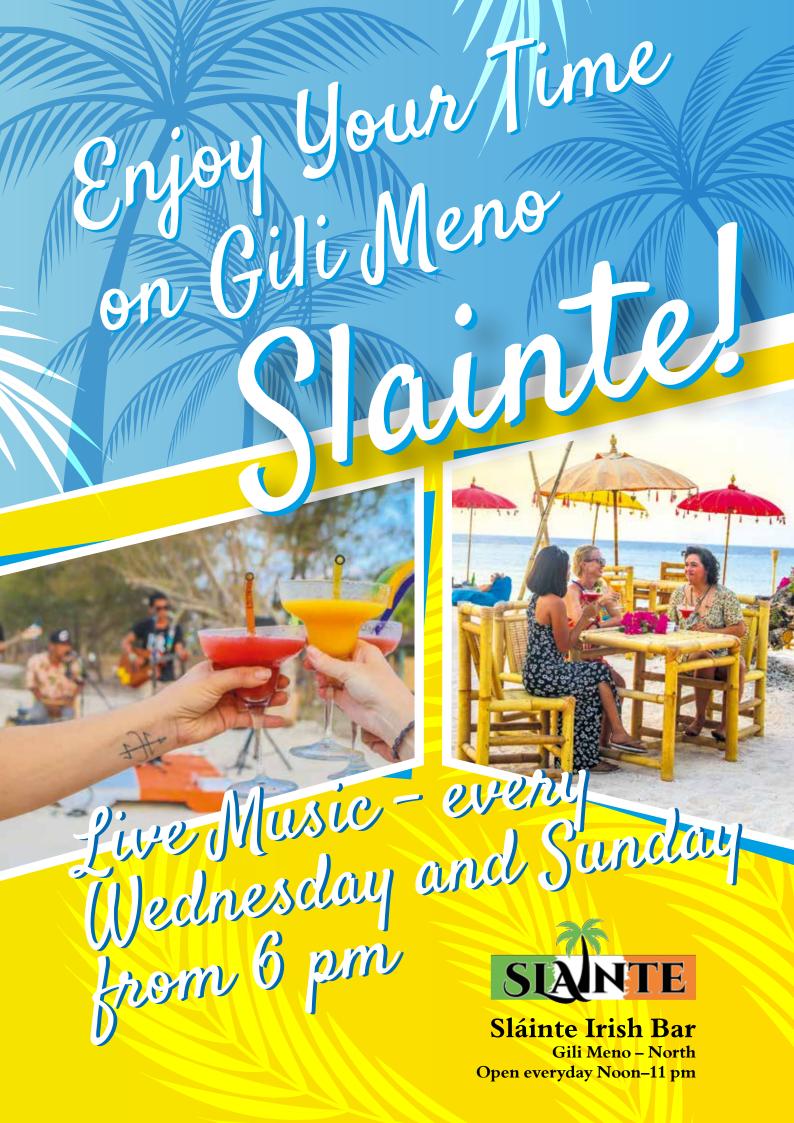


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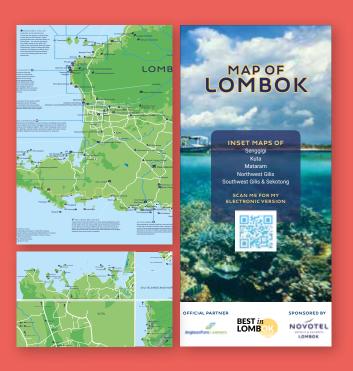
With all the popular sights and destinations included, and the secret ones too, this map shows you the best places to explore, eat, drink, relax and be active.

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Save a tree and bring the electronic map with you on your phone, tablet or laptop.



Includes detailed inset maps of:

Kuta, southwest Gilis,

Mataram, Senggigi,

northwest Gilis



Kenza Café & Restaurant Gili Air

The perfect place to enjoy great coffee, healthy all-day dining and drinks on the paradise island Gili Air. In addition to Kenza Café in Kuta Lombok, you can also enjoy the Kenza experience on Gili Air since mid-2019.

enza Cafe & Restaurant is located a short 5-minute walk from the harbour on the south coast of Gili Air. From the chilled out colonial design to the inspiring people that fill the space, the Kenza vibe is always breezy and natural. All are welcome at Kenza. Anytime, any day.

The coffee at Kenza Café & Restaurant is some of the best one can find on the island. The beans are a blend of four different varieties, yet it is 100% Indonesian. All baristas are trained by an expert Australian barista coach - this is the coffee you will come back for every day!

Kenza serves healthy food prepared with fresh local in-

Kenza offers a lifestyle of peace and ease, inspiring vibes, and a menu that offers an option for everyone gredients for the best holiday breakfast, lunch and dinner. The menu offers something for everyone, with a combination of Western and Indonesian dishes. They cater to all types of diets – vegan, raw, gluten free – serving the health-conscious as well as those who desire something heartier. Always leave some room for dessert, because you don't want to miss it. Try for example the Raw Vegan Cacao Cake or the Blueberry Cheese cake.

Fresh juices, innovative smoothies and healthy shots are prepared on the spot by the friendly bartenders, to give you all the energy you need for your active beach lifestyle. The perfect spot for a relaxed lunch by the ocean after a snorkelling trip is at Kenza. One can spend all day here in the tropical surroundings filled with peace and happiness.

Kenza is a great spot to watch the magical Gili sunsets. Great cocktails, sangria and refreshing drinks are served while the sun disappears and the sky turns to the most beautiful pastels. At night, Kenza is the right spot for a healthy candle-lit dinner by the ocean. Soft lighting, tropical tunes, fresh food made from local ingredients, nice wines and cocktails. Altogether, Kenza is the perfect spot to bliss out after an active day in the water and the Gili heat. The restaurant is also a great area for groups, who can dine together at the large tables with the sound of the waves in the background. The team at Kenza is professional, friendly and the quick service always comes with a big smile.

Kenza Yoga Next to the restaurant you can find Kenza Yoga, the only beachfront yoga studio on Gili





Kenza Yoga co-founder Brandee Leigh Johnston

Air. Daily yoga classes and workshops are given in the beautiful yoga shala. Choose from power yoga, basics, flow yoga, yin/yang, karma yoga and more. Karma yoga is given every Saturday morning at 9 am and half of the revenue plus any additional donations will be given to a local humani-

tarian or environmental cause.

Co-founder Brandee Leigh Johnston is teaching most of the classes at Kenza Yoga. Brandee is Canadian and has over 12 years of teaching experience from Vancouver to Asia. Her studies include hundreds of hours on the mat with Ana Forrest, Baron Baptiste, Patrick Creelman, as well as assisting Chris Chavez and Meghan Currie. Brandee has also studied plant medicine and shamanic practices over the years. She radiates an approachable kindness and earnestness that will have you feeling immediately at home. The classes given at Kenza Yoga are for all levels.

Aside from the daily classes, Kenza Yoga is also the right place for inspiring retreats and yoga teacher trainings. A 300-hour yoga teacher training will be hosted at Kenza this spring and Brandee is also planning to



give a 200-hour yoga teacher training in October 2020. There will also be a wide range of retreats in collaboration with teachers and inspiring individuals from all over the world. A Kenza Yoga retreat is a transformational, inspiring, and life-changing experience. You might make discoveries that will create a major shift in your consciousness and even be the beginning of a major change in your lifestyle. Get to know Kenza Yoga and Brandee by just dropping in for a class, no need to sign up, just arrive a few minutes before it starts.

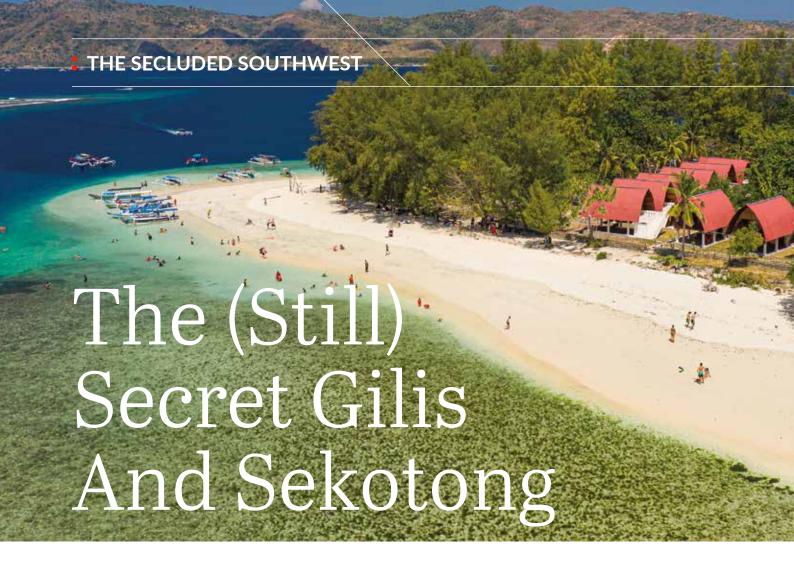
Kenza is the perfect place to spend a lovely day by the ocean, indulging in the healthy food, refreshing drinks, great service and tropical vibes.



Kenza Cafe & Restaurant 300 m east of the harbour on Gili Air www.kenzalombok.com +62 (0)812 3993 3086 IG: @kenzalombok FB: @kenzagili







Although still relatively unknown to most visitors to Bali and Lombok, southwest Lombok boasts world-famous surf spots, unsurpassed aquamarine life for amazing diving and snorkelling experiences, and accommodations ranging from simple beach cabanas to luxury resorts.

hanks to its secluded location on the island, the Sekotong Peninsula and the Secret Gili islands lure intrepid visitors with endless unspoilt white sand beaches practically devoid of any other tourists, just the occasional local resident going about their daily business. The Sekotong Peninsula encompasses the large piece of land, approximately 15 km wide and 25 km long, jutting out into the ocean on the southwest



corner of Lombok, just south of the port of Lembar, together with a plethora of surrounding small islands.

THE SEKOTONG PENINSULA

A 40-minute drive southwest of the harbour of Lembar where the ferries from Bali arrive, Sekotong is sprinkled with small villages along the coast, but the vast majority of the land remains wild and without development, with hills and forest covering most of it. Along the coastline, you'll find small islands and deserted beaches, including Anastasia Beach (Pantai Pandanan) on the far northwest tip of the peninsula and Mekaki Beach (Pantai Mekaki) on the south of the peninsula, as well as the world-famous Desert Point surf spot in the northwest of the peninsula.





inson Crusoe ambiance. Gili Sudak and Gili Nanggu both offer accommodations, including Nirvana Gili Sudak Resort. Continue further west on the coastal road just past Wyndham Sundancer Resort Lombok, and you'll pass beautiful Elak-Elak Beach (Pantai Elak-Elak), protruding into the ocean - a perfect venue for sunset watching. During low tide, take the opportunity to wade across to the small island just off the beach.

Gili Gede, Gili Asahan and Gili Layar are located north off the coast about 10 minutes' drive west of Wvndham Sundancer Resort Lombok, easily accessed by boat from Tembowong Harbour. Gili Gede is the biggest and most populated of the southwest Gili islands, with numerous options for accommodations and restaurants, as well as the newly completed marina, Marina Del Ray. Gili Asahan is less populated, and still almost entirely undeveloped barring three small resorts,



Fishing pontoon near Gili Sudak



Gili Kedis

Marina Del Ray, Gili Gede

GILIS

About a dozen islands dot the coast of the Sekotong Peninsula, most of them uninhabited, some with accommodations and

The Sekotong Peninsula encompasses the large piece of land, approximately 15 km wide and 25 km long, jutting out into the ocean on the southwest corner of Lombok

restaurants, but all promising a multitude of spectacular diving and snorkelling in crystal clear turquoise waters, or just uninterrupted relaxation on vast white sand beaches.

Closest to Lembar lie Gili Nanggu, Gili Tangkong, Gili Sudak and tiny Gili Kedis, all popular destinations for day trips, thanks to the worldclass snorkelling and Robincluding Gili Asahan Eco
Lodge & Restaurant, with
its Nautilus Restaurant. Gili
Layar is the smallest of the
three, and least developed
with one small guesthouse.
Many visitors also choose
to camp overnight on Gili
Layar, for an exciting island
adventure. All the islands
boast unsurpassed snorkelling and diving nearby,
with abundant sea life.

GETTING THERE

- To the Sekotong peninsula
- From Senggigi: 2.5-hour drive, price ca Rp 500,000
- From Kuta: 2-hour drive, price ca Rp 450,000
- From Bali: 4-5-hour ferry from Padangbai to Lembar, price Rp 46,000 pp, then bemo or car

Once on the peninsula, getting to the Gilis can be negotiated and arranged on the spot with local boat operators, or at your place of accommodation.



Indonesia's best kept secret

Experience the unforgettable Secret Gili Islands, on the doorstep of Wyndham Sundancer Resort Lombok. Immerse yourself in crystal clear turquoise waters and explore a captivating underwater world of beautiful coral and marine life at your own pace on a diving or snorkelling excursion. When you are finished, relax with a cocktail on the resort's private beach, take a dip in the large lagoon pool or rejuvenate with sumptuous treatments at our luxurious Sundancer Spa.

wyndhamsundancerlombok.com

Wyndham Sundancer Resort Lombok

Raya Pandanan, Dusun Pandanan, Desa Sekotong Barat, Sekotong, Lombok Call +62 370 619 9888 | Text +62 877 6292 6966 reservations@wyndhamsundancerlombok.com



OUR INDONESIA DESTINATIONS

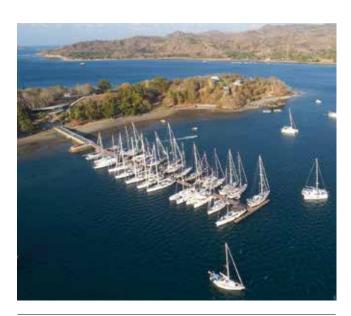
BALI - KUTA | PECATU | KLUNGKUNG







Marina Del Ray: One-of-a-Kind in Indonesia



Lombok is unique in that its tourism industry is fairly nascent – especially marine tourism. Until very recently, foreign yachts were not able to stay in Indonesian waters for more than six months, and only commercial ports were available, providing unsafe and unpleasant situations for yacht owners and operators

hanks to a recent change in regulations, foreign yachts are allowed to be temporarily imported and stay in Indonesia for three years without having to leave, and with Marina Del Ray officially authorised to complete quarantine, customs, immigration and harbour clearance for all international yachts and their crews arriving into Indonesian waters, a safe and convenient place for yachts finally exists in Indonesia. It's the only one-stop Private International Clearance Marina appointed by the Republic of Indonesia in the country's history.

Marina Del Ray's international standard services include:

- 22-metre marina berths and moorings
- Yacht squadron
- Fuel
- Fresh water
- Electricity
- Boat repairs and servicing
- Yacht detailing and cleaning
- Dock yard
- Ship store
- Immigration
- Customs
- Clearance
- ATM

Marina Del Ray is a full-service integrated international standard marina, resort and boat repair facility with the capability to provision even super-yachts with all the necessities needed to discover wonderful Indonesia and transverse the archipelago between Australasia and Asia. Marina Del Ray has already become the go-to spot for all yachts entering Indonesia. This gives Lombok the unique status as Indonesia's only true sailing destination for international yachts. In the centre of Indonesia, and with Marina Del Ray fully operational, Lombok can now start the development of President Jokowi's vision to position Indonesia as the fourth major cruising ground of the world, on par with the Mediterranean, the Caribbean and the Pacific.

The marina is annexed to its own 5-star hotel located high up on the hill overlooking the palm trees, beach, marina and beautiful Port Gili Gede. Because the bay is protected it's perfect for all types of water sports and swimming. At night when the wind subsides, the Milky Way can be seen reflected on the silky water which has phosphorescence that glows at night. Each room has a private balcony, Internet, smart TV, air-conditioning, Egyptian bed linen and fresh drinking water from the marina's own desalination plant.

Marina Del Ray is a destination in itself, apart from yachting, with its accommodations, bar, restaurant, pool, kayaking and SUP board rentals, massage, yoga and more.



www.lombokmarinadelray.com +62 (0)859 6146 7709



Nirvana Gili Sudak: Perfectly Secluded

Like Robinson Crusoe. but with all the creature comforts. The short 15-minute ride from mainland Lombok, past fishing pontoons and over calm waters, takes you to a small speck of land covered with palm trees.

tepping off your boat onto the 200-metre stretch of beach that is Nirvana Gili Sudak's front yard, the fresh breeze, silence and sense of being thousands of miles away from it all is palpable. With just the resort and a couple of small local restaurants on the eastern edge of the island, the majority is wild, quiet and completes the Robinson Crusoe-ambiance to either a day visit or overnight stay.

From your complimentary breakfast in the morning, through lunch, and into sunset and dinner, the on-site restaurant serves dishes featuring locally caught seafood,



including fresh grilled fish served with spicy Lombok sambal sauce a la Sudak, and Cah Kangkung - Fried Water

Spinach - sure to awaken your palate. If you're lucky and are spending the day or night at Nirvana Gili Sudak during a full moon, be sure

FEELING ROMANTIC?

You and your loved one can have a secluded island all to yourselves during a private romantic dinner on tiny Gili Kedis. Imagine your dedicated staff from Nirvana Gili Sudak bringing you a sumptuous, freshly caught and cooked meal on Gili Sudak's uninhabited neighbour island, with nobody else as far as the eye can see. That's the epitome of seclusion and romance.

to sample the freshly caught grilled squid, paired with the resort's style of Nasi Goreng, Fried Rice. Pair your authentically local dinner with one of the many juices made from native seasonal fruits, or an ice cold Bintang beer.

Nirvana Gili Sudak might conjure a feeling of remoteness, but there's no lack of opportunities for exploration and activities - or just doing nothing. Spend the day with a good book on the deck of your room or bungalow, or head out into the water for active pursuits. Just walk into the water in front of the resort with your snorkel and explore the vibrant and abundant sea life. For more vigorous activities, canoeing and banana boat riding are great ways to cool off and have fun on the water. And a fishing trip in the archipelago will surely satisfy your need for some excitement and exploration. If you're lucky, you'll catch that night's dinner.

GETTING THERE

From Senggigi or Kuta to Tawun Beach for boat transfer: 1.5-hr drive. To arrange your transport to Nirvana Gili Sudak, contact Lombok & Beyond: +62 (0)370 644 222

Nirvana Gili Sudak offers simple but well-appointed Standard Rooms, Honeymoon Rooms and a Family Bungalow, all with a fan and/or air-conditioning, showers, and include breakfast. All rooms sit on the beach with spectacular sunrise views over the ocean and mainland Lombok.



GiliSudakLombok.com reservation@gilisudaklombok.com +62 (0)877 0094 1899





Gili Asahan Eco Lodge

Visit Gili Asahan Eco Lodge, a little slice of heaven in South Lombok's secret Gilis archipelago. It's the perfect place for nature lovers, sea enthusiasts and foodies alike.



he Eco Lodge is the perfect holiday destination for anyone seeking a tranquil place to step away from the stresses of daily life. Enjoy a sojourn steps away from gardens of brightly colored corals and fish,

GETTING THERE

- Kuta: 2-hour drive, approx. 500,000 Rp
- Lombok International Airport: 1.5-hour drive, approx. 400,000 Rp
- Senggigi: 2-hour drive, approx. 500,000 Rp
- Bali: 2 hours via boat For further information, visit giliasahan.com or contact Gili Asahan Eco Lodge & Restaurant at +62 (0)813 3960 4779

submerged by clear waters, enclosed by soft white sand beaches and nestled in lush tropical jungles.

All the buildings' design and functions are inspired by love and respect for nature, using mainly sustainable and repurposed materials creating a simple, rustic, yet romantic, atmosphere bringing you closer to nature without renouncing comforts; simplicity doesn't mean sacrifice.

Activities

There is never a dull moment on the island so come and enjoy one of the many activities offered at the Eco Lodge, such as snorkeling, kayaking, SUP, horse riding, hiking to the scenic yoga platform and hills, souvenir shopping at the beach boutique, tanning and relaxing on the sunbeds, getting a massage, island

Make a booking today at **www.giliasahan.com** Room prices range from 700,000 Rp to 2,500,000 Rp Kids 10 years and older are welcome.



hopping boat excursions or eat at the on-site restaurant Nautilus and much more!

Day Trip

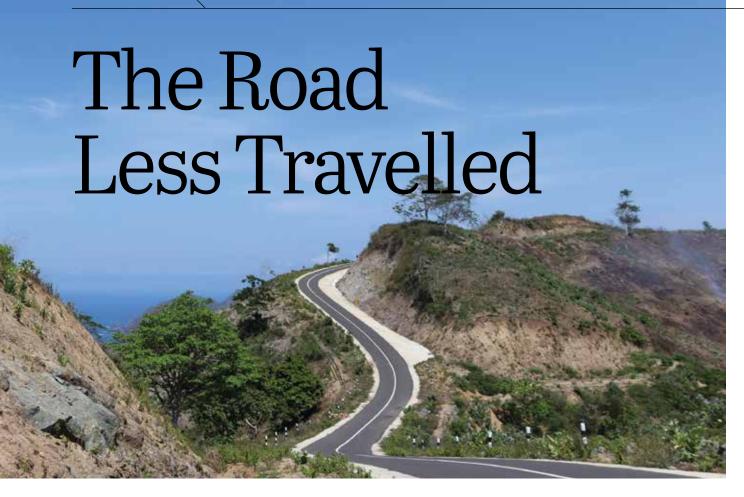
Come and visit for a day trip to experience this hidden paradise. Explore Gili Asahan's beautiful beaches and lush hill jungles, partake in one of the many sea or land activities available, enjoy the communal facilities, dine at the on-site restaurant Nautilus and experience the unique transmittable tranquility of the surroundings.



eco lodge & restaurant · Lombok ·

www.facebook.com/giliasahan instagram: giliasahanecolodge +62 (0)813 3960 4779





The road meandering along the south coast of Lombok, from Kuta to the Sekotong Peninsula is often called **Indonesia's most scenic road**.

tarting west of
Kuta all the way to
Sekotong can be
compared to California's Pacific Coast Highway
between Los Angeles and San
Francisco, taking you above
dramatic rocky coastlines,
through tiny, traditional villages, verdant terraced rice fields
and past vast, pristine and
completely secluded beaches.

Although this road trip can be completed in about two hours, you'd be remiss if you didn't give yourself three or four, to leave enough time for numerous photo stops, lunch in a humble warung midway through, and a few unexpected detours off the road to relax on one of the many secret beaches. The road is mostly recently widened and paved, with great surface, reinforced concrete shoulders, and centre lines, as well as strategically located pull-offs at scenic spots providing chances for great, stress-free photo sessions.

Heading west out of Kuta toward Selong Belanak, you'll gain elevation and have stunning views on your left over Kuta bay, then continue into what can best be described as a moon landscape. Illegal gold mining has consumed the hills and much of the processing takes place in the small villages in the area, leading to a gritty and industrial feel. Don't despair; it only lasts for about

two kilometres. Almost at the end of the mining stretch, you'll have fantastic elevated views of Are Guling – a beautiful beach, with great surf breaks. As you continue west, you'll pass several more of the south coast's most popular

beaches for surfing, sunbathing, and photos: Mawun,
Tampah, Lancing, Mawi and
Semeti. Once you arrive at the
main junction in the village
of Selong Belanak, you have
the option of a detour to the
famous eponymous beach –
voted one of the most beautiful
beaches in Asia, in which case
you'd turn left. If you choose
to continue with the road trip
west, you'll make a right turn,
followed by an immediate left.



THE DRIVE

Kuta to Selong Belanak

Stay on Jalan Mawun heading west out of town, going uphill past Ashtari and the views of Kuta bay on the left. Stay on this road until right before Selong Belanak where you'll arrive at a 3-way intersection with a tree in the middle. Turn left there toward Selong Belanak.

Selong Belanak to Torok

At the main junction in Selong Belanak, turn right, then take the second left of the three roads, to the right of the BNI sign.

Torok to Belongas

About 30 minutes after leaving Selong Belanak, you reach a T-junction where you'll turn left onto Jalan Bukit Batu Jangkih Sepi, to drive down toward the ocean again. Upon reaching the ocean, turn right onto Jalan Raya Sepi at the intersection at the village, to continue west.

Belongas to Pantai Mekaki (Makaki Beach)

In Belongas village, the road will curve right, and immediately after there's a 3-way junction, where you will turn left to continue along the coast.

Stay on this road through the mountain passes until you reach another T-junction where you can turn left for a detour down to Mekaki Beach, or turn right to drive across the Sekotong peninsula and the southwest Gili islands.

Now you're really entering the heartland of the south coast, with vast fields, rolling hills, roving buffaloes, views of white sand beaches, and small villages. While winding your way through the landscape, keep your eye out to your left for small roads leading down to the many secluded beaches. You'll soon discover vast Torok Beach (Pantai Torok) and the famous paragliding launching hill, overlooking the vast bay with its dramatic rock outcroppings. You'll climb uphill through the rice terraces for a few kilometres before once again winding your way down toward Pengantap Beach and the ocean.

Next you'll come into Belongas (Blongas), a vast bay and village, with numerous

excellent scuba diving sites, including the famous The Magnet and The Cathedral. In the middle of Belongas village, you'll need to turn left to continue on the new coastal road. Belongas is also a good opportunity to stop for lunch in one of the local warungs,



and pick up more road snacks and water. Leaving Belongas village, you'll skirt around the bay, passing several pull-offs for photo opportunities, as you continue your way west. This is where the most stunning section of the entire drive starts.

Soon, you'll start gaining elevation as the road climbs ever higher, with spectacular 360-degree views over the dramatic coastline, green hills, villages and terraced agricultural fields. Right after the pull-off at Bukit Simba for your chance at capturing some amazing photos of the rocky coastline below with its turquoise waters, and the interesting views of the road meandering through the landscape, your last chance

for a beach detour for a while is the not to be missed Mekaki Beach (Pantai Mekaki/ Makaki). Just keep vour eve out for the sign indicating a left turn toward Mekaki Beach. Once you've got your fill of secret beaches and mountainous driving, make your way north through the inland of the peninsula and toward Tembowong Harbour for boats to the southwest secret Gilis, Lembar for ferries to Bali, or continue your cultural and natural immersion, and just pull over and spend the night in a small homestay along the way.

As of this writing, Google maps does not recognize several sections of the road in this article, from Selong Belanak to Torok, and from Belongas to Mekaki.



Spas & Pampering



Whether you're a luxury jetsetter or budget globetrotter, taking some time out with a simple massage or a full spa day is always a good idea, especially after days of travelling or exploring.

From the tourist hubs in the south and northwest to the city of Mataram, visitors don't have to look far to find a spa or salon for some pampering. Many higher-end hotels and resorts welcome outside guests to their spas, and more simple local spas are available on almost every corner.

VALUE AND THE SOUTH

IN BALANCE SPA - NOVOTEL RESORT, Kuta

Open to the public, In Balance Spa at Novotel Resort offers a range of treatments in a tranquil spa, including traditional Sasak massage, reflexology, body treatments, facials, manicures and pedicures.

➡ Price: 60-minute full-body massage 375,000 Rp Contact: +62 (0)370 615 3333

MAEY-MAEY SALON & SPA. Kuta

A local spa in the heart of Kuta, offering massage, facials, waxing and nail services in a basic but comfortable setting.

Price: 60-minute full-body massage 130,000 Rp

Contact: +62 (0)819 1673 7370

SUNDANCER SPA - WYNDHAM SUNDANCER RESORT, Sekotong

This resort spa features extensive facilities for both men and women including sauna, steam room, cold plunge and pool, in addition to a full menu of spa services.

Price: 60-minute full-body massage 375,000 Rp

Contact: +62 (0)877 6292 6966



THE SPA BY SEMPIAK – SEMPIAK VILLAS, Selong Belanak

Gentle sounds of water surround this serene tropical spa, with relaxing spa treatment rooms, spa beauty lounge and relaxation "brugas". Treatments include traditional Indonesian massage, coffee body scrub, manicures and pedicures.

Price: Price: 60-minute full-body

massage 180,000 Rp

Contact: +62 (0)821 4430 3337

SENGGIGI & THE NORTH

ANEMA WELLNESS & RESORT, Sire

Lombok massage, foot massage, body scrubs and honeymoon packages are all on the menu at this spa located at Anema Wellness & Resort at the beach in north Lombok.

□ Price: 60-minute full-body massage 550.000 Rp

Contact: +62 (0)852 3708 6062

LEMONGRASS SPA, Senggigi

This local-style spa located in central Senggigi offers a wide array of treatments, including traditional massage, body scrub, hair mask, waxing and nail services.

➡ Price: 60-minute full-body massage 85,000 Rp

Contact: +62 (0)370 693 177

PURI MAS SPA RESORT, Mangsit

This internationally-acclaimed resort spa offers a unique sound massage using Tibetan Singing Bowls, aromatherapy massage, hot stone massage, facials, manicures, pedicures, and more.

☐ Price: 60-minute full-body massage 350,000 Rp

Contact: +62 (0)370 693 831

SAXUM SPA – THE KAYANA BEACH LOMBOK, Kecinan

The techniques used in Saxum Spa's unique Balinese and Javanese Indonesia Heritage Healing Massages hail from the Majapahit era and focus on both relaxation and beauty benefits, as well as healing. Saxum also offers body scrubs, wraps and facials.

➡ Price: 80-minute Indonesian Heritage Massage from 400,000 Rp Contact: +62 (0)370 6199 000

THE OBEROI SPA, THE OBEROI BEACH RESORT, Medana Beach

Featuring luxurious open air, thatched treatment rooms, and therapists qualified and trained in Balinese, western, and the signature Oberoi treatments, including massages, body treatments, hands & feet, and facials.

□ Price: 60-minute full-body massage 1,100,000 Rp

Contact: +62 (0)370 6138 444

VERVE BEACH CLUB, Mangsit

Situated right on the beach, inside the relaxed Verve Beach Club, the spa offers traditional Balinese, deep tissue, reflexology, Thai and hot stone massage.

⊟ Price: 60-minute full-body massage

200,000 Rp

Contact: +62 (0)370 619 296

♥ THE NORTHWEST GILIS

KARMA REEF, Gili Meno

Set in a luxury sea spa tent, offering massage cures and treatments including Sacred Balinese Massage, the Karma Bespoke Facial, and Detox by the Sea, all using pure and local ingredients.

➡ Price: 60-minute full-body massage 350,000 Rp

Contact: +62 (0)370 630 982

SERI RESORT, Gili Meno

Ear candling, body scrubs, manicures, pedicures, reflexology and their signature Indonesian Blend Massage are all available at this comfortable resort right on the beach.

➡ Price: 60-minute full-body massage

250,000 Rp

Contact: +62 (0)822 3759 6677

SLOW SPA, Gili Air

A mix of treatments including Balinese massage with natural and locally sourced products, cream bath, manicures and pedicures, set in a relaxing bamboo structure.

Price: 60-minute full-body massage

300,000 Rp

Contact: +61 (0)878 6447 6099



Sundancer Spa

Away from the hustle and bustle of the tourist hubs, with the scenic panorama of the coast off the southwest corner of Lombok, you find Wyndham Sundancer Resort Lombok and Sundancer Spa – a resort and spa designed purely for relaxation and pampering.



ocated on a pristine white sandy beach, this spacious allsuite, five-star resort offers guests breathtaking views over the sparkly, clear ocean and a host of idyllic islands known as "The Southern Gilis" or "The Secret Gilis". When you arrive at the resort. the vast pool will immediately get your attention. Spanning over 900 square metres, it features a shallow area for children, and a multitude of depths throughout, a 3-meter deep dive zone, swim up bar, as well as a private beach club. Lay back and relax on a deck chair and enjoy a poolside cocktail, mocktail or fruit juice.

Sundancer Spa

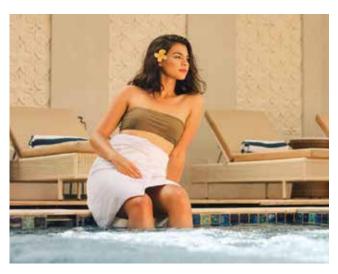
Sundancer Spa features extensive facilities for both men and women, including sauna, steam room, cold plunge, pool spa, gymnasium, comfortable lockers and juice bar. Rejuvenate your mind, body and spirit with a relaxing wellness treatment within one of the candlelit treatment rooms – including twin massage rooms for couples. The spa menu features traditional



massage, as well as Ayurveda, back and shoulder massage, body scrub (green tea, Lulur, coconut, coffee, chocolate), manicures, pedicures and facials.



Sundancer Spa, Wyndham Sundancer Resort Lombok West Sekotong (approximately 75 minutes from Lombok International Airport). Open: 8 am-8 pm Booking: +62 (0)370 6199 888 or Mobile/WhatsApp +62 (0)877 6292 6966



THE SPA'S SIGNATURES

SUNDANCER PERFECT MASSAGE

This treatment begins with floral foot bath - relaxing traditional massage - green tea glow detox body scrub, salt bath and ends with a refresh facial. This rejuvenating massage is recommended especially after a long flight.

150 min - 898,000 Rp

EXOTIC JAVANESE LULUR

This ancient beauty treatment originated centuries ago in the palaces of central Java as a ritual for Javanese princesses as they prepared for their wedding. This luxurious treatment includes a relaxing traditional massage.

90 min - 558,000 Rp



Puri Mas Spa Resort – Award-Winning Luxury Spa

Whether you are a first-timer, or an "old hand" at spa treatments – your spa experience at Puri Mas Spa will be an amazing journey.

ndonesian people are naturally affectionate people, who are not afraid of touch, and often can be seen massaging the hands or shoulders of a friend as an everyday occurrence.

SIGNATURE TREATMENT

The Kampung Spa Ritual – a unique 3-hour treatment originating from the Lombok Sasak people. Lemon grass footbath, Lombok coffee exfoliation, Lombok herbal steam compress, coconut oil and turmeric massage. Indonesia is also famous for its body rituals, especially before special occasions such as a wedding or child birth. In a sense, western countries are far behind the Indonesians when it comes to pampering our bodies naturally.

Puri Mas Spa offers both male and female therapists who are trained by Babor International Germany. This training, together with traditional skills passed down from generation to generation enhances your treatments. Whether you choose a traditional massage, Indonesian Lulur – usually reserved for royalty, an exclusive Babor facial or Cleopa-



tra Body ritual, or perhaps a Tibetan Singing Bowl sound therapy, you're guaranteed to leave wanting more.

Puri Mas Spa is the sister property of Puri Mas Beach Resort. The Spa Resort is just 2 km from Senggigi in Kerandangan Valley. Nestled among one hectare of tropical gardens, the Spa is an oasis of calm with a million things to enjoy. Take a dip in the refreshing lap pool, relieve aches, pains or sunburn in the revitalising pool, take a rest in a Balinese Bale, view the owner's collection of antiques and artefacts in his ancient Joglo museum. After plenty of activity,

then relax poolside, or chill for lunch or dinner in the 200-year-old White Elephant Palace Restaurant. The White Elephant Restaurant serves delicious drinks, Indonesian and international cuisine from the all-day dining menu. Sunday evenings, guests can enjoy a special treat – a fabulous cultural show with the Sasak Gendang Beleq (Big Drums) unique to Lombok, along with traditional village dance and more.



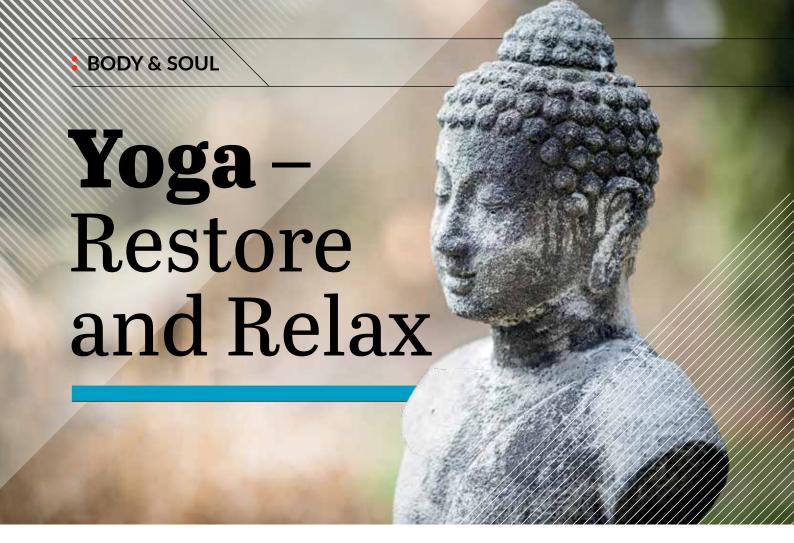
AWARD-WINNING SPA

- Condé Nast Best Couple Spa
- Luxury Spas of the World
- Best Hideaway Spa Indonesia
- Best Boutique Spa Southern Asia



RESERVATIONS Receive a 10% discount on all treatments using Code: PMST2020

Live Chat: purimas-lombok.com W/A +62 (0)878 651 5553 info@purimas-lombok.com FREE PICK UP & DROP OFF SENGGIGI AREAS



Let's face it – travelling can be stressful, both physically and mentally.

Hours spent in airplane seats or on buses, standing in line, lugging around heavy bags, all while trying to find the right direction to go, make yourself understood in a different language and culture, trying to fit in as many things as possible every day...

It can become overwhelming and take its toll on your body and mind. One great way to feel better is to strengthen, stretch and relax in a yoga class, with the guidance and instruction of a professional yoga teacher – so you can continue to enjoy your holiday.



YOGA BRINGS MANY BENEFITS, INCLUDING:

- Improved strength and flexibility after hours in a car, on a plane, or riding a motorbike on bumpy roads
- Mental and physical soothing of travel-weary, culture-shocked and generally overloaded travelers
- More energy to enable continued traveling and exploring
- Restoration of overworked and sore muscles from activities like surfing and hiking
- Providing opportunities to socially connect with like-minded yoga practitioners





9 KUTA AND THE SOUTH

ASHTARI YOGA

Over 30 classes per week, by certified yoga teachers, including a teacher Authorized to Teach the Ashtanga Yoga Method by the Sri. K Pattabi Jois Institute – an authorization only granted to a few teachers worldwide. Classes including Ashtanga Mysore, Hatha, Yin and Vinyasa Ashtanga at two locations: the hilltop shala at Ashtari surrounded by jungle and overlooking Kuta Bay, and the beachfront sunset shala at Novotel Resort.

□ Drop-in class: 120,000 Rp. Multiplesession passes available.

www.ashtari.yoga

MANA YOGA

A diverse 30 classes per week, including Surfer's Yoga, Yogalates, Gentle Stretch and Vinyasa, practiced at its Mana Retreat yoga studio in central Kuta, by an international team of certified yoga teachers. Yoga retreats and teacher training are also offered.

Drop-in class: 120,000 Rp. Multiplesession passes available.

manalombok.com

YOGA AT SEMPIAK, Selong Belanak

Nineteen weekly 75-minute classes, morning and afternoon, include Treetop Hatha, Shala Power and Sunset Yin, held at either the yoga platform set high up in the jungle with breath-taking views of the Selong Belanak Bay, or in the purpose-built Yoga Shala just steps from the iconic white-sand beach and Laut Biru Bar & Restaurant.

□ Drop-in class: 100,000 Rp. Multiplesession passes available.

www.sempiakvillas.com

SENGGIGI

GYPSEA YOGA

Five Iyengar-inspired classes per week in the Joglo-style fresh air yoga studio, taught by a Yoga Alliance registered teacher with more than 10 years' experience. The yoga shala is located within the Gypsea Yoga Eco Retreat.

Drop-in class: 120,000 Rp. Multiplesession passes available.

gypseayoga.com

QGILI ISLANDS

FLOWERS & FIRE YOGA GARDEN, Gili Air

In the heart of Gili Air, Flowers & Fire Yoga Garden offers three classes per day, including Slow Flow, Vinyasa Manipura, and Restorative Yoga, all led by a team of international and Indonesian certified yoga teachers.

□ Drop-in class: 120,000 Rp. Multiple-session passes available.

→ flowersandfire.yoga

H20 YOGA & MEDITATION, Gili Air

Offering 28 classes per week, by an international team of highly qualified and certified instructors. Classes include Hatha Yoga, Intro to Meditation with Qi Gong and Gentle Flow Yoga. Retreats, workshops and teacher training are also available.

□ Drop-in class: 120,000 Rp. Multiple-session passes available.

★ h2oyogaandmeditation.com

KENZA YOGA, Gili Air

Offering 28 classes per week, by an international team of highly qualified and certified instructors. Classes include Hatha Yoga, Intro to Meditation with Qi Gong and Gentle Flow Yoga. Retreats, workshops and teacher training are also available.

□ Drop-in class: 120,000 Rp. Multiple-session passes available.

→ kenzalombok.com

SERI RESORT, Gili Meno

Two classes are offered Tuesdays through Sundays in the purpose-built bamboo yoga studio, and each class includes a post-session healthy drink.

Drop-in class: 150,000 Rp.

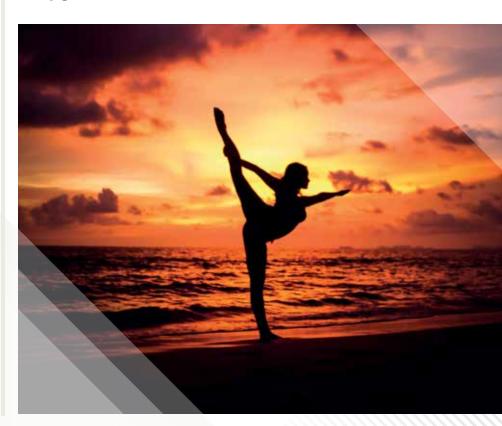
→ seriresortgilimeno.com

SUNSET YOGA, Gili Trawangan

The unique treehouse yoga studio on the northwest corner of Gili Trawangan provides a serene setting for the 14 classes per week, which include Vinyasa Flow and Fly High Yoga and are suitable for all levels.

□ Drop-in class: 130,000 Rp. Multiple-session passes available.

villasunsetbeach.com



Harvest Your Own Pearl

Autore Pearl Farm & Visitor Showroom in Teluk Nara, just north of Senggigi in northwest Lombok, is one of Autore Group's 10 South Sea pearl farms on some of the most beautiful coastlines in Indonesia and Australia.

t the pearl farm and showroom in Teluk Nara, guests are given the opportunity to tour the production facilities and learn how each pearl comes to be, from a microscopic nucleus inserted by hand into a juvenile oyster, two years of nurturing in the ocean, and finally harvesting - again, by hand - by a skilled pearl technician. After harvesting, each pearl goes through a rigorous rating process based on Autore's 5 S rating standard - shine, surface, shape, shade and size.

A short walk on the wooden pier takes visitors from the beach to Autore's showroom, perched on stilts over the crystal-clear ocean, in the breezy wooden visitor centre and café. Here you can peruse loose pearls and finished jewellery as you enjoy the salty ocean breeze, chatting





Pearls are extraordinary, as they are the only gem created by a living animal, and are incredibly unique as they cannot be reshaped or changed in any way.

with the knowledgeable staff always ready to assist.

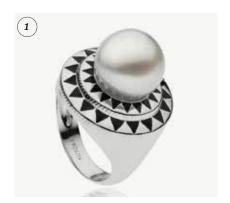
At the Autore showroom, guests can select a loose pearl and then choose a style of jewellery to mount it on. It's a great way to create a personalised piece of Autore jewellery. The showroom also has a pearl harvest lottery opportunity. Guests can test their luck and perform a harvest on a live pearl shell. The pearl the guest reveals from inside the shell is theirs to keep!

A short walk on the wooden pier takes visitors from the beach to Autore's showroom, perched on stilts over the crystal-clear ocean, in the breezy wooden visitor centre and café



Return Home with a One-of-a-Kind Piece of Jewellery

Many styles and sizes of jewellery are available at the showroom in Lombok, including these elegant pieces:













• Autore Chrysler Ring: inspired by the Chrysler Building in New York. This piece is detailed in 18K white gold with black enamel and 12 mm white South Sea pearl. • Autore Neoprene Bracelet: available in various pearl shapes and sizes. • Autore 3 Point Stud Earrings: 18K white gold with pink sapphires and 11 mm white South Sea pearls. • Autore Hooks: 18K white gold with white diamonds and 11 mm white South Sea pearls. • Autore Baroque Strand: available in various pearl shapes and sizes. • Autore Dragon Necklet: this piece was inspired by the Wall of the 9 Dragons in the Forbidden City, China. This piece is detailed in 18k White Gold with White Diamonds, Hand-cut Mother of Pearl shell, Black Diamonds & Moonstones to detail the eyes and 5-12mm South Sea Keshi Pearls. This piece was the recipient of the Best in Pearls Award at Couture Las Vegas 2018. This one-of-a-kind piece has been SOLD, but why not commission your own personalised piece?

GIFTS FROM LOMBOK



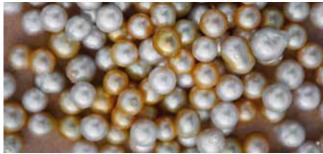
Autore's pearl farm in southeast Lombok, where the oysters get nurtured with the outmost care and can feed on the rich ecosystem with its abundant levels of phytoplankton.



Pinctada Maxima pearl oysters are the largest of the pearl oyster spieces and filter hundreds of litres of water daily.



The constant filtering of water (and hence ingestion of phytoplankton) also produces the largest pearl type.



Exquisite South Sea pearls.

Once you've selected your pearls, make them last a lifetime

- Pearls are an organic gemstone and require special care to ensure their longevity.
- Simple cleaning and storage will ensure that your pearls keep their lustrous beauty for years to come.
- Avoid having your pearls come in to contact with perfume, hairspray, cosmetics and harsh household cleaning agents.
- Perspiration and dirt may also harm pearls, so Autore recommends gently wiping pearls with a damp (not wet) cloth after wear.
- Pearls are strung on pure silk with a knot between each pearl (knotting between pearls ensures that if the strand breaks you only risk losing one single pearl). Silk string weakens and stretches over time, so it's recommended to restring pearls professionally once a year.
- Avoid dipping your pearls in water or wearing them while bathing or swimming as the water weakens the silk thread
- Autore's packaging has been designed especially for pearls and it is recommended you store your pearls in their original box or pouch.
- Store your pearls separately from other jewellery and gemstones that may scratch the pearl's surface.
- Avoid storing your pearls in a plastic bag as some types of plastic emit a chemical that deteriorates the pearl's surface.
- Store pearl strands flat to avoid stretching the silk thread
- Do not store pearls in a safe for a long period of time as the dry conditions can cause the pearls to crack.
- Prolonged exposure to direct heat or sunshine may discolour and even dry pearls.
- Use a very mild soap to remove make-up or dirt from pearls, however avoid using brushes or other abrasive materials which may scratch the pearl's surface.
- Cleaning by a professional jeweller guarantees that your pearls are not at risk of being damaged by chemicals or harsh soaps.

AUTORE

Phone: +62 (0)813 399 20020 Web: www.autorepearls.com.au e-mail: pearlfarm@autorepearls.com.au



Gifts From Lombok

The best memories are those created through experiences, but bringing home a few mementos is also part of travelling, whether keeping them for ourselves, or sharing them with our nearest and dearest. Lombok is a haven for unique and local handicrafts, with many villages specialising in one particular craft. If you fancy a day trip to handicraft villages, head to Sukarara, Sade and Pringgasela for traditional weaving; Banyumulek, Masbagik and Penujak for pottery; Labuapi, Sayang-Sayang and Rungkang Jangkuk for cukli - the traditional craft combining wood and shells, wooden masks and carvings; and Beleka and Kotaraja for rattan handicrafts. Be prepared to bargain or negotiate prices if you don't see a price tag. This is normal, and expected. For one-stop-shopping, so-called oleh-oleh shops sell a collection of souvenirs and crafts, from batik clothes to sarongs, woven baskets, Lombok foods and everything in-between. You can find numerous large oleh-oleh shops in Senggigi, Mataram and Praya, and a couple of smaller ones in Kuta. • Traditional wooden mask available in varying designs throughout oleh-oleh shops and handicraft villages A cukli design, the traditional handicraft combining wood and shells available at oleh-oleh shops and at handicraft villages throughout Lombok 3 Autore pearl bracelets available at Autore Pearl Farm & Showroom Wooden necklaces Sade traditional village, south Lombok 6 Coconesia cutlery set available at The Patio, Kuta, and local shops The Beach Lombok apparel available at Novotel Resort and downtown Kuta



JL. Pariwisata Pantai Kuta - Kuta, Pujut, Lombok Tengah - NTB , Indonesia Telp. +62 877 8421 9281 e-mail :lk1.freshmarket@rcoid.com

FRESH MARKET MATARAM

JL. Sriwijaya no 72 Mataram, NTB , Indonesia Telp. +62 817 0764 894 e-mail : Im1.freshmarket@rcoid.com

FRESH MARKET SENGGIGI

JL. Raya Senggigi Km 8 (Senggigi Square) Dusun Senggigi, Desa Senggigi, Kecamatan Batu Layar Lombok Barat - Nusa Tenggara Barat Telp. +62 818 166 537

e-mail: ls1.freshmarket@rcoid.com





South Lombok Community Association: **Keeping Kuta Clean Since 2015**

The initial donation of 50 240-litre trash bins to SLCA in 2015 started the organization in its encouragement of local businesses to sponsor bins. After two years the number of sponsored bins had increased to 80 and it became clear that they needed to dramatically increase the regularity of collection services.

Again, with the support of generous patrons, the Keep Kuta Clean dump truck was donated. Today, thanks to its growing list of sponsors, and more than 151 bins in circulation, trash is collected from in and around Kuta, and delivered securely to the local landfill five times per



week. With the support of its sponsors, as well as support from the head of Kuta (Kepala Desa) SLCA now employs a team of nine local people (six collectors, one driver, two management). SLCA's goal is to double the number of bins

over the next two years; start a plastic recycling/chipping facility; increasing collections to 10 times per week; and more. With these ambitious goals to continuing its efforts in keeping Kuta and its surroundings clean of trash, SLCA needs continued and new financial support and is always accepting donations. These donations go toward buying new bins, and another truck to facilitate the planned increased collection frequency, and more.



FB: @keepkutaclean
Donations: Acct name:
Lale Yuli Fitrianingsih.
Acct #: 2020157278.
Bank: BCA Bank Central Asia.
Branch: KCU Cakranegara,
Mataram, Lombok.

The Coconesia Project: **Adopt a Lombok Palm Tree**

The Coconesia project started after Marta and Danica, two foreigners living on Lombok, met Pak Raden, a coordinator of VCO (virgin coconut oil) production in the Sokong village in North Lombok.

Pak Raden, with the community of women, is producing one of the best pure coconut oils in Indonesia. They also produce other products from the coconut trees: bowls, sugar, cutlery, brushes, flour, and more. The earthquakes in August 2018 devastated Pak Raden's village – residents lost family members, homes, the mosque, their production location and 80% of the

machines needed for the production.

Marta and Danica came up with the idea to help Pak Raden and his community through sharing with the world what's best about Lombok – beautiful nature, clean air, and healthy coconut palm trees. The Coconesia Project gives an opportunity to people from across the world to own their own Lombok coconut tree, and support local residents affected by the disastrous earthquakes.

Sharing coconut palm trees into paid adoption will help raise money necessary for rebuilding the Sokong community centre, production



location and machines. All supporters receive a certificate confirming ownership of their palm. They will also receive coconut products, made from their own tree.



Your Secret Travel Partner

Lombok International Airport (LOP) is one of the 16 Indonesian airports managed by PT. Angkasa Pura I (Persero), and is located in Praya, West Nusa Tenggara (NTB) province. LOP is accredited by Airports Council International.



Kedatangan Arrival

perating since 2011, LOP served over 3.5 million passengers in 2018, the vast majority on domestic flights. The close to 100 departures and arrivals daily include international destinations Singapore (three times weekly), Perth (four times weekly) and Kuala Lumpur (10 times weekly), and domestic destinations such as Jakarta (Soekarno Hatta &

Halim Perdanakusuma), Bali, Surabaya, Sumbawa, Bima, Beneta, Yogyakarta and Labuan Bajo/Komodo.

In anticipation of increasing tourism to Lombok, Angkasa Pura I is currently expanding the airport by extending the runway, increasing airplane parking and adding a taxiway. Additionally, a fifth gate for domestic flights was recently opened.





PRACTICAL INFO - DEPARTING

The domestic departure lounge (gates 1-2 and 5, upstairs) includes several cafés and coffee shops, restaurants, a convenience store, souvenir shops, a clothing store, a bookshop/news stand, a musholla, bathrooms and mobile phone charging stations.

For international departures (gates 3-4), the Immigration counters are located immediately to the right, as you are leaving the second security check. The only facilities inside the international lounge are water dispensers for refilling reusable bottles, a musholla and bathrooms.



PRACTICAL INFO - ARRIVING

ATMs

In the main terminal area, around the corner from CFC and inside an air-conditioned room is a row of six ATMs, from banks such as BNI, BRI and CIMB.

Car Transportation

Taxis and transportation companies have seven dedicated counters in the building outside of the main terminal building, past the crosswalk. They all have the same posted prices for various destinations. You should expect to pay the following, with some variations depending on the size of the vehicle:

- LOP-Senggigi 350,000 IDR
- LOP-Kuta 175,000 IDR
- LOP-Mataram 200,000 IDR

Convenience Stores

You will find three convenience stores after exiting the baggage collection area, all open 24/7.

Currency Exchange

Exiting the arrivals and baggage carousel area, the Authorized Money Changer office (blue sign) is located between the exit doors for international and domestic arrivals. Open 7 am to midnight, you can exchange all major currencies here.

General Information

The information desk inside the main terminal is staffed and open 5 am-midnight.

Hotel Reservations

Lombok Ahas Tour & Travel is a local travel agent, and is located in the building outside the main terminal (next to Bus Damri), and can make bookings at hotels in the major tourist hubs of Kuta, Senggigi and Mataram.

Public Bus

Bus Damri's counter (#8) is located in the same hall as the car transportation companies. Buses service numerous destinations in Lombok, and depart almost continuously. Prices are as follows:

- LOP-Senggigi 40,000 IDR
- LOP-Kuta 30,000 IDR
- LOP-Mataram 30,000 IDR

SIM cards

There are two telecom counters next to Papa Roti and CFC inside the main airport terminal – Telkomsel and XL Axiata. Prices vary depending on package purchased, and SIM cards of various sizes are available. Be prepared to show your passport for the SIM card registration.

WIFI

The free wifi network @LombokAirport is available throughout the airport.



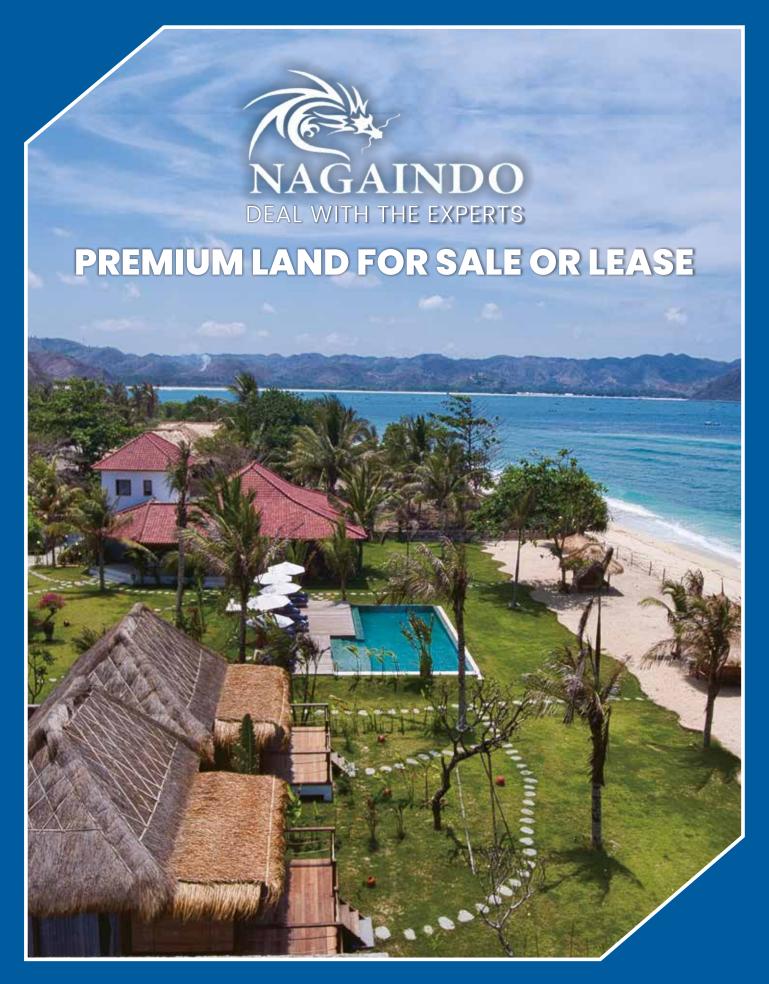












Invest & Run Your Projects Successfully (Commercial & Residential)

+62 813 533 29501 www.naga-indo.com



Owning a Slice of Paradise

So you have fallen in love with Lombok, as most of us who live here have. Now you need to figure out all the ins and outs of owning your own piece of paradise. When looking to invest in Indonesia, the first thing to be clear on is that foreigners are not allowed to own unlimited freehold land under any circumstances.

he only two legal title methods are the Hak Pakai Atas Hak Milik and the Hak Guna Bangunang (HGB) or Corporate Right of Use. The Hak Pakai is available to foreigners with KITAS stay permits, and for their main resi-

dence only. This property cannot be rented out. Some unscrupulous types will give all sorts of circumventions to the laws, in terms of not declaring the full amount of taxable sale price, utilizing nominee agreements, and avoiding the investment reports which are all handled

by the investment board, BPKM. I must categorically recommend that you carry out all transactions to the letter of the law. There is no point in going through the challenges of investing in Indonesia to then lose it all for want of the correct paperwork. Indonesia is a devel-

oping nation where historic corruption meant that tax revenues were not getting to where they were needed. Today we see billions spent on infrastructure and a full scale upgrading of the country's bureaucracy. Those tax revenues are only going to benefit your investment.



INVESTING IN LOMBOK

Once you are here more than 183 days you are a tax resident. Being on inappropriate visas and not having the correct Department of Manpower rights to work will not help you in your investment. So don't do it!

One of the greatest (albeit with teething troubles) developments in anti-corruption, is the online single submission system. This O.S.S. will eventually fully integrate with the BPKM's systems where they will be the one-stop shop for all permits and licenses pertaining to your business investment. Monies are paid directly to the post office for any fees and do not pass through any civil servants' hands. It still can be useful to have an agent process this for you as the system does have some bugs, and fluency in the Indonesian language is helpful when navigating the systems.

In order to legally do business, build and raise appropriate licenses one needs to create a PT PMA. The HGB is the corporate lease created once an Indonesian Foreign Investment vehicle (think Ltd Company) has purchased the land. The freehold disappears virtually, and is reconstituted as an HGB lease which runs for 30 years. This may be renewed up to 90 years initially. This title can be used as security by banks and can be considered part of the capital adequacy of the PT PMA Investment vehicle. A PT PMA should have 2.5 billion IDR of initial investment, rising to 10 billion over six years. The shareholding in the PMA will allow you to gain an Investor's KI-



Villa by Private Sanctuary, in Kuta Skyline development

TAS, which will allow you to stay in the country up to two years. This will not allow you to work in your company, however it is now possible to take a working KITAS even as the majority shareholder, but some kinks are still being ironed out in the O.S.S. system. A KITAS is your visa to stay in the country, whereas work permits are called Notifications (formerly IMTA) and are issued by the Department of Manpower to the employer - not the employee.

Naturally, the security of going with a development group comes with a premium, yet still delivers affordable luxury living. Each company manages their developments' ownership structures in their own way. You might join their company as a shareholder or a subleasee. These are ideal for the 'fire and forget' type of investor who doesn't mind paying a bit more for less hassle. Such developments on the south coast include Mandalika View, Lombok Property Group, Selong Selo and Kuta Skyline by Nagaindo.

Now, you may have heard of incredibly low prices, and people starting out in Bali and Lombok with a few tens of thousands of Aussie dollars and making a mint. Some of these people will have used the nominee circumvention. This is where

people often placed a 'loan' on a local nominee's property as security and thus took ownership by the back door. This has been clarified in recent years as wholly illegal. Illegal structures such as this are at risk of seizure by the government.

In conclusion, I want to emphasize the importance of being an informed investor, utilizing the services of a reputable agent or notaris, and always insist on following the letter of the law.



Pak Uddin studied postgraduate Law at the UK's BPP Law School and spent eight years in banking and finance, before moving to Indonesia six years ago. He's active in Indonesian Law and Regulations groups, and has worked for private developers and real estate agents (AREBI Certified). He keenly follows legal issues in the country, is married to an Indonesian, has a young family and is following the path to citizenship.



SIWA Clubhouse by Lombok Property Group



Bau Nyale and The Legend of Princess Mandalika

The spawning of the marine nyale worms has been of cultural and traditional significance to the Sasak people of Lombok for centuries, and this momentous event is celebrated every year during the Bau Nyale festival in February or March.

he Bau Nyale festival commemorates the Sasak legend of Princess Mandalika, so beautiful that many princes vied for her hand in marriage, and in their competition for her warred with each other, causing great distress to the princess, who only wished for peace. To end this fighting Princess Mandalika flung herself into the sea and perished. A short time after she plunged into the sea, thousands of nyale worms appeared, and





Searching for nyale worms at dawn.



people believed the worms were reincarnations of Princess Mandalika.

The Sasak word for 'catch' is 'bau', and that is a large component of the festival – to catch as many worms as possible for extra good fortune, and eat them either raw on the spot, fried or made into Pepes Nyale when they are mixed with coconut and spices and then roasted in banana leaves. Tens of thousands of people from all over Lombok flock to Seger Beach just east of Kuta to celebrate and collect the nyale worms.

Many performances and activities take place during the Bau Nyale festival, both at Seger Beach and Kuta Mandalika Beach, with many food stalls and small shops popping up just for the days of the festivities, as well as music concerts, stick fighting (peresean) tournaments, traditional dancing, surf competitions and more. Hundreds of people make the festivities into a long celebration by camping overnight, and waking up before dawn to catch as many worms as possible. One of the highlights of the festival is when the local priest - Dukun - observes the spawning worms and from

Sacred meeting of local cultural leaders

Predicting when the spawning will actually take place has long been done during a sacred meeting of local cultural leaders -Sangkep Beleq. This meeting has for centuries been held in early December to predict the exact dates of the spawning the following year. Nowadays, there are efforts to more accurately and scientifically predict the spawning. Historical records show that spawning always takes place on the 20th lunar day (five days after the full moon), either in February or March, or both, and always starts at 3 am.

what he sees, predicts the coming rice harvest. Wading in the low tide in the dark, with just flashlights flickering, surrounded by hundreds, if not thousands, of other people hunting for worms is an unforgettable experience not to be missed!

Give yourself plenty of time to join the festivities, expect congestion near Seger Beach, but it's well worth the effort – once you've arrived, go with the flow, join the activities, enjoy the abundance of local food and just take in the spectacle that is Bau Nyale.

* At the time of writing, the dates for Bau Nyale 2020 had not been announced.

Practical Tips

I heard it's difficult to buy alcoholic beverages in Lombok. Where can I buy beer, wine or liquor?

In tourist areas, such as Senggigi, the Gilis and Kuta, you can buy beer, wine and alcohol in most bars and restaurants. Some stores, like Coco Mart, Fresh Market and Temptations in Senggigi; and TriPutri and Fresh Market in Kuta, normally sell beer. For wine and liquor, The Wine Station in Kuta and Senggigi, wine shop in Sheraton, Fresh Market and Marina Café in Senggigi are your best options. In bars and restaurants, beware of cocktails and liquor that seem too cheap. There is a chance they are made with below-standard alcohol,



Is it safe to drink the tap water, and to order drinks with ice?

Generally, tap water is not safe to drink, however, once boiled, it's fine. Additionally, at hotels and restaurants it's safe to order drinks with ice, but it's best to avoid it at warungs and smaller, local establishments.

which at best could give you a worse than deserved hangover, or at worst, make you lethally sick.

What is the cost to rent a scooter or car?

On average, the price for a scooter rental is 50,000 Rp per day, and a car without a driver 300,000 Rp per day.

Can I purchase a local phone card with Internet access?

Yes, you can buy local phone cards at many locations throughout Lombok, at the airport, convenience stores and local shops. Be prepared to show your passport when you purchase your SIM card.

Do I need an international driver's license to rent a scooter, motorbike or car?

Legally you are required to have an international driver's license to drive any vehicle in Indonesia. You need to carry the international license and

your original license when driving. You can obtain an international driver's license while in Lombok, but it can be a time-consuming process. You most likely will not be asked to show a valid international license when you rent a vehicle, but your travel insurance will not cover you if you have an accident while driving without a valid international license.

Can I use credit cards in Lombok?

The majority of hotels, restaurants and shopping malls accept credit cards (+3% bank fee), however, it is always advisable to carry enough cash for the day, since most smaller shops, warungs, surf schools, vehicle rentals and transport operators do not accept cards. You'll find many ATMs throughout Lombok, at bank offices (e.g. BNI, BCA, Mandiri), convenience stores, as well as inside some hotels (e.g. Novotel). Please be aware that the maximum withdrawal amount might be lower than you are used to.

It gets very hot in Lombok. Can I walk around in my

Even if you feel confident in your bikini or swimsuit in public places, please note, in Lombok it is not polite to wear just beach clothing anywhere outside of at the beach. It's advisable to cover up with a sarong or other clothing, when not on the beach. In official offices, such as Immigration, both men and women must cover their legs, their upper arms and wear covered shoes.

Don't get caught with a 1,000,000 Rp per day overstay fee!

Depending on the visa you have, you might be able to extend it, however, you must do so at Immigration in Mataram a minimum of 7 days before your visa expires.

- 1. Free 30-day visa on arrival (non-extendable)
- 2. Paid 30-day visa on arrival (extendable once)
- 3. Multiple-entry business visa (60-day max. stay, valid for 1 year, non-extendable)
- 4. Single-entry business visa (valid for 60 days, extendable 4 times)
- 5. Social-cultural visa (valid for 60 days, extendable 4 times)

Before you go to Immigration, prepare the following paperwork, originals and a copy:

- Passport (Immigration will keep the passport during the extension process)
- The visa sticker in your passport (and the receipt, if you have it)
- Application form from Immigration
- Departure ticket to leave Indonesia

Questions about your visa or the visa extension process? Contact DES Consultants: dewi.ita2982@gmail.com





Do I need to wear a helmet when driving a scooter or motorbike?

Yes, all drivers of scooters and motorbikes are required by law to wear a helmet.

Is there normally a parking fee near beaches or other destinations?

Yes, there is a parking fee almost everywhere. Ask to receive a parking receipt (tiket), and keep it on your person until you have picked up your vehicle. This is your proof that you have paid, in case something happens to your vehicle. It is advised you pay the fee and park in the parking area. If you choose not to pay and park elsewhere outside the

parking area, there is a chance your vehicle could get damaged or stolen. Along beaches, the normal parking fee is approximately 10,000 Rp per day.

What is the 10% or 21% surcharge added to my restaurant bill some-

times, is it just a way
for businesses to get
more money
from us tourists?
The government

levies a 10% tax
on restaurant
revenue, and most
larger restaurants and
resorts also collect a ser-

vice charge on top of that, which is also taxed. The service charge is normally passed on to the employees in the form of monthly or quarterly bonuses, so the restaurant or resort normally doesn't keep any of this surcharge. Many small, locally owned businesses are not actually registered businesses, and thus do not pay taxes.

Can I use taxis, Grab and Uber in Lombok?

There are many transportation options in Lombok, however not Grab or Uber. Outside of Kuta, a good option is to book a metered taxi (via the Blue Bird

Taxi phone app) or use the Gojek app to book a motorbike driver. In Senggigi,



you can hail a taxi or ask your hotel to book one.
There are some limitations in Kuta with taxis only allowed to drop off passengers, not pick up. In Kuta, it's easiest to book transportation through your accommodation. When hiring a driver, be sure to negotiate a fixed price for your trip before you enter the car

Blue Bird Taxi: +62 (0)370 670 00 or use the My Blue Bird phone app / Gojek phone app from App Store or Google Play.





Jl. Jember II No. 13 Lingkungan Taman Baru, Kota Mataram - NTB

What's Happening?



Kuta

MONDAYS

 bamba: bamba Soundsystem – happy hour all night & live DJ, 5pm onwards

TUESDAYS

- Horizon at Ashtari: Sunset
 DJ Sessions, 5-9 pm
- Rere Bar Kuta Lombok: DJ, live band & beer pong, 7 pm to late
- Rasta Beach Bar: DJ & live band, 9 pm to late

WEDNESDAYS

- Milk Espresso: Wild Wednesdays happy hour & live music, 5-9 pm
- The Bus Bar: Lombok
 Underground deep house & tech house DJ, 6 pm to late
- Shipwreck Bar: DJ party, 9 pm to late

THURSDAYS

 Riviera Bistronomie: Hit Me Thursdays – happy hour 6-8 pm, DJ 7 pm-1 am

FRIDAYS

 bamba: bamba Soundsystem – happy hour all night & live DJ, 5pm onwards

- Horizon at Ashtari: Cheese,
 wine & live acoustic music, 5-9 pm
- Milk Espresso: Funky Fridays happy hour & live music, 5-9 pm
- Surfers Bar Kuta Lombok: live band & DJ, 7 pm to late

SATURDAYS

- Horizon at Ashtari: 2nd Saturdays
 Private Dinner w Chef Pierre,
 5-course set menu, book ahead
- Mandalika beachfront, Kuta:
 Community Collaboration, 4-6 pm
- The Bus Bar: Lombok Underground
 deep house & tech house DJ,
 6 pm to late
- Rasta Beach Bar: DJ & live band,
 9 pm to late

SUNDAYS

- Laut Biru Bar & Restaurant, Selong Belanak: Live band from 1 pm onward
- Milk Espresso: 2-for-1 pasta & live music, 5-9 pm
- Rere Bar Kuta Lombok: DJ, live band & beer pong, 7 pm to late





Senggigi

MONDAYS

 Qunci Villas: Pasar Tradisional – Indonesian buffet with traditional Sasak dance & presean show, 7-10 pm

WEDNESDAYS

- Qunci Villas: Beach BBQ, 7-10 pm
- Hambugerya: Taco Wednesday, 7-10:30 pm

FRIDAYS

- Sheraton Resort: TGIF Buffet & Free-Flow Wine, 7-10 pm
- Square Restaurant & Lounge: 1st Fridays Cellar Party 7-10:30 pm
- Marina Cafe: live band & DJ everyday, 10 pm-3 am

SATURDAYS

- Sheraton Resort: Fisherman Night Buffet, 7-10 pm
- Happy Cafe: live band every day (except Sunday), 8:30 pm

SUNDAYS

Sheraton Senggigi Beach Resort:
 Pasar Senggigi Brunch – piano &
 acoustic music, noon-3:30 pm

Gili Islands

MONDAYS

- Pesona Beach Resort & Spa Gili T: movie night w free popcorn, 7 pm
- Early: Jungle Bar, Gili T
- Late-night: Blue Marlin, Gili T, Rave
 Party psychedelic & techno beats

TUESDAYS

- Early: Jungle Bar, Gili T
- Late-night: Jiggy Bar, Gili T: electro music, Live DJ





WEDNESDAYS

- Mahamaya, Gili Meno: seafood BBQ, 6-10 pm
- Slainte Irish Bar, Gili Meno: live music from 6 pm
- Early: Jungle Bar Party Boat, Gili T
- Late-night: Shipwrecked Bar, Gili T, 'Tir na Nog' Irish bar party & funky house music

THURSDAYS

- Early: Jungle Bar, Gili T
- Late-night: Jiggy, Gili T

FRIDAYS

- Gili Eco Trust: Debris Free Friday (beach cleaning), get free Bintang/ drink for 1 trash bag
- Lava Bar, Gili Trawangan: Rock n' Roll Bingo, 8:30 pm
- Oceans5 Dive Resort, Gili Air: underwater clean-up, 8:30 am

- Early: Jungle Bar, Gili T
- Late-night: Sand Bar, Gili T live DJ

SATURDAYS

- Mahamaya, Gili Meno: seafood BBQ, 6-10 pm
- Early: Jungle Bar Party Boat, Gili T
- Late-night: Sama Sama Reggae
 Bar, Gili T

SUNDAYS

- Trash Hero, Gili Meno: trash pick-up, 4 pm
- Slainte Irish Bar, Gili Meno: live music from 6 pm
- Early: Jungle Bar, Gili T
- Late-night: Evolution, Gili T
- Monthly full-moon parties on the southside of Gili Trawangan and at Space Bar on Gili Air

DIRECTORY

EMERGENCY

Fire: 113

Medical: 118 or 119 Police: 110 Search & Rescue: 115

AMBULANCE. POLICE & FIRE

Kuta Police: +62 (0)370 6158 567

Kuta/Central Lombok Fire Department: +62 (0)370 654 113

Tourist Police Senggigi: +62 (0)370 632 722 Lombok Police, Ampenan: +62 (0)370 693 110

HOSPITALS

Harapan Keluarga, Mataram: www.harapankeluarga.co.id

+62 (0)370 6177 000

Siloam Hospital, Mataram: www.siloamhospitals.com/en

+62 (0)370 623 999. Emergency: +62 (0)370 628 111

Regional General Hospital Mataram (Rumah Sakit Umum Mataram):

+62 (0)370 640 774 or +62 (0)370 638 464

MEDICAL CLINICS

Blue Island Clinic

Senggigi: +62 (0)819 9970 5704 or +62 (0)370 6195 259 Gili Meno: +62 (0)819 9970 5702 or +62(0)878 6435 9111 Gili Air: +62 (0)819 9970 5703 or +62 (0)370 6198 097 Kuta: +62 (0)819 9970 5700 or +62 (0)370 6158 774 Biomedica Clinic. Mataram: +62 (0)370 645 137

Klinic Prodia, Mataram: +62 (0)370 635 010

Senggigi Beach Hotel Clinic, Senggigi: +62 (0)370 693 210

DENTISTS

Drg.Mumu, Mataram:

+62 (0)853 3730 7008

Joli Sourire Dental Care, Epicentrum Mall, Mataram: +62 (0)878 6490 1535

PHARMACIES

Blue Island Medical Clinic, Kuta: +62 (0)819 9970 5700

Guardian Pharmacy, Epicentrum

Mall, Mataram:

+62 (0)370 6172 083

Kimia Farma, Senggigi:

+62 (0)370 6195 268

OPTICAL

Epicentrum Shopping mall in Mataram has a wide array of optical shops.

- · Optik Melaway
- Optik Tunggal
- Optik Seis

IMMIGRATION OFFICE

Mataram: +62 (0)370 632 520

VISA EXTENSIONS & LEGAL ADVICE

DES Consulting, Mataram:

des-consultants.com

+62 (0)818 5489 71

TAXT

In Kuta, ask your place of accommodation for transportation options, as Bluebird Taxi can only drop off passengers in Kuta, not pick up.

Bluebird Taxi:

+62 (0)370 627 000

Express Taxi:

+62(0)370 635 968

PRIVATE SPEEDBOATS TO GILI ISLANDS

Banyu Biru Speedboats, Kecinan: +62 (0)819 0701 3747

Cha-Cha Speed Boat, Kecinan: WA +62 (0)878 6595 7409

PUBLIC FERRIES

Buy tickets at the

harbor ferry ticket office.

- Lombok (Lembar harbour)-Bali (Padang Bay harbour)
- · Lombok (Labuan Lombok/ Labuan Kayangan)-Sumbawa (Pototano)

AIRLINE TICKETS

- www.traveloka.com/en/
- · www.tiket.com

BICYCLE & SCOOTER RENTALS Kuta

Mandalika beachfront

Enquire at your place of accommodation

Senggigi

- Rentbikelombok.com
- Lombok Expeditions

Gili islands

Bicycles are available for rent at many points throughout the islands.

CAR RENTALS

Local providers stage along the main street in Senggigi. In Kuta, ask at your place of accommodation.

Lombok Rental Car, Senggigi: +62 (0)0370 667 7887

Lombok Cantik, Senggigi: +62 (0)817 5730 916

TOURS & TRAVEL AGENTS

Feel Lombok: www.feel-lombok.com

Lombok Green Nature: rinianilombok.net

Tempatku Tour & Travel:

www.tempatkutourlombok.com

E-One Tours & Travel Lombok:

www.lomboktoursandtravel.com

GYMS & TENNIS

Kuta

Loka Lombok:

@loka-lombok

+62 (0)821 4503 5400

Novotel Lombok Resort & Villas: www.novotellombok.com

+62 (0)370 615 3333

Senggigi

Phoenix, Batu Layar:

+62 (0)818 0379 4604

Sheraton Senggigi gym & tennis court:

www.marriott.com/hotels/travel/ lopsi-sheraton-senggigi-beach-resort

+62 (0)370 6933 33

Gili islands

Holiday Fit Gili Air Gym Centre, Gili Air: +62 (0)823 3918 9296

Holiday Fit Gili Air Gym Centre 2,

Gili Air: +62 (0)859 3315 5835

Total Body Fit Tropica Gili Hotel, Gili

Trawangan: +62 (0)812 3757 3129

YOGA

Kuta & the south

Ashtari Yoga

www.ashtari.yoga

+62 (0)818 057 03928

Mana Yoga:

manalombok.com/yoga-lombok

+62 (0)853 3862 8659

Sempiak Villas, Selong Belanak:

sempiakvillas.com

+62 (0)821 4430 3337

Senggigi

Gypsea Yoga:

gypseayoga.com

+62 (0)819 0726 8374

Gili islands

Gili Yoga, Gili Trawangan:

www.giliyoga.com

H20 Yoga and Meditation

Center. Gili Air:

www.h2oyogaandmeditation.com

Mandala Blue Seaview Yoga, Gili

Air: www.mandalablueyoga.com

Mao Meno Resort, Gili Meno:

+62 (0)819 9937 8359

Seri Resort, Gili Meno:

+62 (0)822 3759 6677

Slow Spa & Yoga, Gili Air:

slowgiliair.com

SPAS & BEAUTY

La Beauté Salon at Novotel Resort

+62 (0)370 615 3333

Matcha Spa:

+62 (0)823 3905 0182

Novotel Resort In Balance Spa:

+62 (0)370 615 3333

Rascals Health Spa: +62 (0)877 5074 2086

Salty Hair Lombok:

+62 (0)812 3140 1337

The Spa by Sempiak, Selong Belanak: +62 (0)821 4430 3337

Senggigi & the north

Divine Wax & Nail Bar:

+62 (0)370 6198 112

Mango Tree Spa, Sudamala Villas:

+62 (0)362 288 555 Orchid Day Spa & Beauty Salon:

+62 (0)819 1593 2899

Puri Mas Beach Resort Spa:

+62 (0)370 693 831

Qambodja Spa at Qunci Villas:

+62 (0)370 693 800

Saxum Spa at The Kayana Beach Lombok:

+62 (0)370 6199 000

The Laguna Beach Spa at Sheraton:

+62 (0)370 693 333 Verve Spa:

+62 (0)812 4640 0246

Mandalika Spa by Holiday Resort:

+62 (0)370 693444

Gili Islands & the north

Anema Wellness

& Resort Beach Club, Sire:

+62 (0)878 4904 6445

Jasmin Spa, Gili Air: +62 (0)819 9953 4395



Seri Resort, Gili Meno:

+62 (0)822 3759 6677

Slow Spa & Yoga, Gili Air:

+62 (0)878 6447 6099

Stylist Spa at Aston Sunset Beach

Resort, Gili Trawangan:

+62 (0)811 3800 1000

Villa Bulan Madu & Spa, Gili Air:

+62 (0)819 0733 0444

GROCERS & MALLS

- Coco Mart, Senggigi
- Epicentrum, Mataram
- Fresh Market, Kuta & Senggigi
- Mataram Mall, Mataram
- Transmart Carrefour, Mataram

ELECTRONICS REPAIRS

- Gadget Lombok, Mataram Mall, 3rd Floor
- IBox Lombok, Epicentrum

GIFT SHOPS

- Asmara Collection Lombok, Senggigi
- Anna's Giftshop, Senggigi
- · Art Market, Senggigi
- · Autore Pearl Farm
- & Showroom, Teluk Nara
- Bayan Lombok Gallery, Senggigi
- Bayan Lombok Gallery, Kuta
- $\bullet \ \textbf{Lombok Exotic}, \textit{Montong}$
- Sasaku, Montong
- Sudirman Antiques, Senggigi

CLOTHING

Kuta

In addition to the many local shops, Kuta also has shops with international brands and styles:

- Billabong
- Flow
- Lucky Laundry
- Nalua
- Slam 69
- Sugar Reef Lombok
- Rip Curl

Senggigi

Delasan Oleh-Oleh Khas (near Sendok hotel)

COOKING CLASSES

Kuta

Palate Café & Bar:

@palatecafekutalombok

+62 (0)878 6270 5985

Horizon at Ashtari:

www.ashtarilombok.com

+62 (0)811 3884 838

Senggigi

Pondok Angreek Putih:

anggrekputih.com

+62 (0)877 8432 5182

Puri Mas Boutique Resort:

www.purimas-lombok.com

+62 (0)370 693 831

DIVING SCHOOLS & SNORKELLING

Kuta

Adventure Divers Lombok:

adventurediverslombok.com

WA +62 (0)813 5378 2059

Blue Marlin Kuta:

bluemarlindive.com

+62 (0)812 3739 3491

Scuba Froggy PADI 5 Star Dive Centre:

www.scubafroggy.com

+62 (0)878 6551 1090

Snorkeling Kit Rental:

@snorkeling-kit-rental +62 (0)852 3849 8760

Mimpi Manis:

www.mimpimanis.com

+62 (0)818 369 950

Senggigi

Lombok Dive (SSI):

lombok-dive.com

+62 (0)878 3959 6588

Dive Zone (PADI):

twofishdivers.com

+62 (0)370 6197 076

Scuba Froggy PADI 5 Star Dive Centre:

www.scubafroggy.com

+62 (0)878 6551 1090

Gili Islands

Blue Marlin, Gili Trawangan and Gili Meno: www.bluemarlindive.com

Divine Divers, Gili Meno:

divinedivers.com

+62 (0)852 4057 0777

Dive Central Gili, Gili Trawangan:

www.divecentralgili.com

+62 370 6194839

Gili Air Divers:

giliairdivers.com

+62 (0)878 6536 7551

Manta Dive Gili Trawangan:

manta-dive.com

+62 (0)878 6555 6914

Oceans 5 Dive Resort, Gili Air:

www.oceans5dice.com

+62(0)813 3877 7144

Scuba Froggy PADI 5 Star Dive

Centre, Gili Trawangan: www.scubafroggy.com

+62 (0)878 6551 1090

Trawangan Dive Resort,

Gili Trawangan:

trawangandive.com +62 (0) 370 6149 220

GOLF

Lombok Golf Kosaido

Country Club, Sire:

www.sirebeachgolfclub.com

+62 (0)819 0738 7000

GEC Rinjani Golf & Resort, Narmada:

www.lombok-golf.com

+62 (0)370 6171 775

RAFTING

Lombok Rafting, Lingsar:

lombokrafting.com

+62 (0)370 628 918

RINJANI TREKKING ORGANIZERS

Green Rinjani Tour & Travel:

www.greenrinjani.com

+62 (0)852 3721 4385

Lombok Green Nature:

rinjanilombok.net

+62 (0)818 0579 1762

Rinjani Dawn Adventures: www.rinjanidawnadventures.com

+62 (0)877 6507 3666

Rinjani Trekking Centre:

rinjanitrekcentre.com

+62 (0)81 9074 11211

Rinjani Trekking Club: rinjanitrekkingclub.com

WA +62 (0)818 0571 2752

SURF, KITESURF INSTRUCTION, BOARD RENTALS & WATER SPORTS

Kuta & South Lombok

Ekas Breaks Resort

(surfing, kitesurfing):

ekasbreaks.com

WA +62 (0)812 3676 2208

Flow Surf:

FIUW 3UII.

+62 (0)878 5255 7862 **Lombok School of Surf**:

www.lombokschoolofsurfing.com

+62 (0) 81 933 042 605

Mojo Surf:

mojosurf.com

Nalua:

www.naluasurf.com

+62 (0)877 6531 3279

Sasak Soul Surf Camp & School:

sasaksoul.com

+62 (0)853 3780 0970

Whatsup Lombok: whatsuplombok.com

+62 (0)878 6597 8701

Senggigi & North Lombok

Anema Wellness

& Resort Beach Club:

www.anemaresortgililombok.com

+62 (0)878 4904 6445

Nayaka Surf School: www.nayakasurfschool.com WA +62 (0)812 4640 1009

FISHING TRIPS

Lombok Fishing

Adventure, Mataram: FB @LombokFishingPro

+62 (0)821 4449 3081

Lombok Fishing Tour & Travel,

Senggigi: lombokfishing.com

+62 (0)819 1730 9301

Mimpi Manis Fishing Trips, Κυτα:

FB @ShoreThingLombok

+62 (0)818 369 950

Rinjani Trekking Club, Senggigi:

rinjanitrekkingclub.com

+62 (0)818 0571 2752

CAMPING – EASTERN GILIS

Adam:

Muaiii.

+62 (0)853 3703 3130 **Lombok Green Nature**:

rinjanilombok.net

+62 (0)818 0579 1762

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WARUNGS - LOCAL FOOD Kuta is home to many warungs and options for local food. Some

- suggestions:
 Bakso Solo, Jl Bypass
- Fish Bones Warung, Jl Raya Kuta
- FISH Bolles Walung, Ji Ku
- Herry Warung, Jl Baturiti
 Warung Bule, Kuta beachfront
- Warung Flora, Jl Raya Kuta
 Warung Indowesia, Jl Mawun
- Warung Jawa Pemuda, Jl Raya Kuta, near roundabout
- Warung Padang Java, main intersection in central Kuta
- Warung Sederhana, Kuta beachfront
 Warung Tegal, Kuta Mandalika
- Bazaar
 Warung Turtle, Tanjung Aan beach

- Senggigi
- Nuf' Said, near Holiday Resort
 Warung Amalia, main road
- central Senggigi
- Warung Menega, Batu Layar
 Warung Plaza, Senggigi Plaza
- Warung Paradiso, near Sudamala hotel
- Warungs near Pandanan Beach, north of Senggigi
 Warungs near Nipah Beach,

- Gilis
- Moeslim Waroeng, Gili Air

north of Senggigi

The Warung, Gili MenoWarung Jaman Now, Gili Trawangan

CGV Cultureplex, Transmart,
Mataram: www.cgv.id

Cinema XXI, Epicentrum, Mataram: www.21cineplex.com

+62 (0)370 6172 121

Lombok Wildlife Park, *Sire*: lombokwildlifepark.com



Best in Lombok is a quarterly publication. Our mission is to present companies (hotels, restaurants, bars, tour operators and various types of activities) that have an established market position, very good customer reviews and care for the highest level of service. We want to present the most interesting places, and regularly held events that can make your stay in Lombok more successful. As the publisher, we also aspire to be the broadest-distributed and controlled publishing house. Our guide, from the first issue, is available at six Indonesian airports with direct connections to Lombok, thanks to our partnership with Angkasa Pura Airports, and at 100 of Lombok's most popular tourist destinations. We have also created an online platform that allows our partners to control the guide's availability at their distribution locations.

Thank you to all partners who believed in the idea of this guide. We deeply hope that the next issues will also be interesting for you and contribute to the sustainable development of tourism throughout the island of Lombok.

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Visit the AUTORE Pearl Farm and see how a pearl is created, from the birth of an oyster to the harvesting process.

AUTORE

South Sea Pearls

+62 8133 992 0020 Teluk Nara, North Lombok

www.autorepearls.com.au