

..... JAVA & BALI

DETAILED ITINERARY

VOLCANOES AND GAMELANS IN EDEN

Nov 17/23



We begin on the famed island of Java, and start our tour in the historic capital of Yogyakarta, the cultural center of Java. On a series of day trips, we shall explore temples and sites including Borobudur - the world's largest Buddhist temple and largest ancient monument in the Southern Hemisphere. We take the train to Surabaya and head south to Mount Bromo where we will watch the magnificent sunrise on the volcano, with an optional hike to the rim.

We continue to the exotic island of Bali, where we will divide our time between the artistic and cultural center of Ubud, and the beachside towns of Permuteran and Candidasa. While in Northern Bali, explore seldom visited Bali Barat National Park (particularly good for those interested in birdlife), or join a trip to Menjangan Island, with its spectacular snorkeling and swimming. Take traditional fishing boats to a white sand beach with crystal blue water for swimming.

Fly to Labuan Bajo, Flores, our base to see Komodo dragons, the world's largest lizard. We journey to

FACTS & HIGHLIGHTS

- 20 land days • Maximum 16 travelers • All meals included • Start in Yogyakarta and finish in Denpasar
- Includes 2 internal flights • Discover Borobudur Temple
- Wander through the temple complex of Prambanan
- Sunrise hike to the crater of Mount Bromo • Overnight boat journey to see Komodo dragons on Rinca and Komodo islands • Swim or snorkel at Menjangan Island Reef (scuba diving available; not included) • Explore Ubud, the cultural center of Bali • Experience the arts, dance and culture of Bali • Includes 1 overnight on boat during Komodo adventure

DEPARTURE DATES & PRICE

Oct 21 - Nov 09, 2024 - \$6495 USD

Activity Level: 2

Comfort Level:

Some rough roads and long drives.

ACCOMMODATIONS

Comfortable, well-located accommodations with private bathrooms throughout. Includes 1 overnight on boat during Komodo adventure.

ELDERTREKS



**SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS**



Rinca and Komodo Islands by overnight boat, allowing us a magical experience where you can swim, snorkel or simply relax in nature, overnighing in a stunning sheltered bay instead of returning to the city! We also journey to the fascinating Manggarai, who perform the enthralling caci dance. We fly back to Bali for our farewell dinner and departure.

DAY 1 ARRIVAL

Arrival in Yogyakarta, the cultural center of historic Java. Transfer to our comfortable and charming hotel (with a swimming pool) in the city for our welcome dinner.

Overnight in Yogyakarta.

DAY 2 ANCIENT HINDU TEMPLE OF PRAMBANAN

A morning trip to Prambanan, a splendid 8th century Hindu temple complex not far from Yogyakarta. This will be our first opportunity to learn about Hinduism, which surprisingly co-existed with Buddhism until the overwhelming infiltration of Muslim traders in the 13th century turned the course of history for Java. In the afternoon, we visit the main market of Yogyakarta before some free time for exploring (or shopping) on your own.

In the evening we enjoy a performance of the Ramayana Ballet in Prambanan (the actual performance date may change but will take place during one of our nights in Yogyakarta).

Overnight in Yogyakarta.



Yogyakarta underground passages





DAY 3 YOGYAKARTA - ARTISTIC HEART OF JAVA

In the morning we will take a tour by becak (three-wheeled bicycle taxi) through Yogyakarta, a lovely city set in a broad, green crescent of fertile rice lands that blanket the southern reaches of Mt. Merapi. The city is known as the artistic heart of Java where it is possible to see batik workshops, gamelan orchestras, ballet, and all night puppet shows, in addition to some of the best handicraft shopping in all of Asia. One highlight of our tour will be our visit to the Water Palace, once a splendid pleasure park of palaces, pools, and underground passages and waterways for the Sultan of Yogyakarta. Today, Yogyakarta's artistic community has established itself in this inspiring and serene setting. We will also have the opportunity to explore the Sultan's Palace, the only active Sultanate in Indonesia, and enjoy a buffet lunch on the palace grounds. After lunch we venture into the exotic Bird Market. Following dinner we will attend a shadow puppet performance, one of the traditional arts of Java.

Overnight in Yogyakarta.

DAY 4 SUNRISE AT BOROBUDUR

An early morning drive to the fabled steps of Borobudur (8th c.), the world's largest Buddhist monument and the greatest ancient monument in the Southern Hemisphere. This fantastic complex was buried beneath volcanic ash for almost 1,000 years until excavations in the late 19th century, and remains today a brilliant synthesis of sculpture and architecture.

We then continue on to Mendut, one of the oldest sites in Java. The temple here has a statue of the seated Buddha, flanked by two acolytes.

Overnight in Yogyakarta.

DAY 5 TO MT. BROMO

This morning we take the train from Yogyakarta to the city of Surabaya. From there we drive to spectacular Mt. Bromo, arriving in the early evening. For those joining our optional adventure hike in the early hours to the summit of Mt. Bromo, an early evening is recommended.

Overnight in Bromo.

Mt. Bromo



DAY 6 VOLCANIC LANDSCAPE OF MT. BROMO

A free day to relax at Mt. Bromo, a primordial volcanic landscape unmatched for its scenic beauty. For those with energy to spare, early this morning we will have a 4 hour hike to the beautiful and rugged rim of the crater at Mt. Bromo. This is not a technically difficult hike, but does require a strong spirit. Upon return to our hotel, group members will visit the village market and will be treated to tea or coffee at the home of a local Tenggerese family where we will learn about Tenggerese people and culture, who represent Java's only remaining pocket of Hinduism (all the others retreated to the island of Bali during the 13th century conversion to Islam). This evening, before dinner we will have a private instructional session on how to play the gamelan instruments.

Overnight in Bromo.

DAY 7 BROMO SUNRISE, TO BALI

Early this morning (about 4 am) we begin our off-road drive to the top of a nearby mountain to catch the sun as it rises over the lava fields illuminating Mt. Bromo and its neighbor Mt. Batok. The rewards for such an early start usually include one of the most spectacular sunrises you could ever hope to see. Silence falls and the power and beauty of Mother Nature strike home. We return to our guesthouse, and after breakfast, we continue to Banyuwangi to catch the ferry for the short crossing to the idyllic island of Bali. Our accommodations for the next two nights are at a charming hotel in Pemuteran Bay, just a few minutes outside Bali Barat National Park, on the North Bali Sea.

Overnight in Pemuteran Bay.

Prambanan Temple



Borobudur Temple





Borobudur Temple



Borobudur Temple





DAY 8 BALI BARAT NATIONAL PARK & MENJANGAN ISLAND

A short morning drive to Bali Barat National Park, protecting 200 sq. km of stunning scenery in northwestern Bali, and featuring one of the world's rarest and most endangered birds, the Bali starling. We will enjoy a boat trip to Menjangan Island for a picnic lunch, and an afternoon filled with swimming and snorkeling, or just relaxing on the beach. For those not joining the morning hike, you can enjoy a relaxed morning to catch up with your reading or enjoy a nice stroll on the beach prior to the Menjangan Island journey. Late afternoon return for dinner.

Overnight in Pemuteran Bay.

DAY 9 TO MT. BATUR & UBUD

Today we drive to the town of Ubud, passing through beautiful rice fields in this magical middle kingdom that is Bali's most exotic and artistic region. On our way to Ubud, we stop at a local farm to taste their homegrown coffee or lemongrass tea. In the afternoon, we will stop at Tirta Empul Water Temple (Penelokan) for fantastic views of the dormant volcano Mt. Batur and the crater lake of the same name. Here we will visit Batur Temple, the second most important Hindu temple on the island.

Overnight in Ubud.

DAY 10 BALI BIRD PARK

Today is a chance to see the beautiful bird life of Bali. Get up close to the rare Bali starlings, South American macaws and Australian cockatoos to name just a few. Be captivated by the radiance of Indonesian parrots and massive cassowaries, black palm cockatoos, horn-





Boat to Komodo





bills and one of the world's largest and most varied collection of birds of paradise.

As we stroll through the park, relax with the sounds of the waterfalls, and the tropical temperatures as you learn more about the flora and fauna that lives here.

Overnight in Ubud.

DAY 11 TRADITIONAL HOME & DINNER WITH A LOCAL BALINESE FAMILY

Enjoy a morning hike to explore the beautiful countryside and artisan villages set in the rice paddies surrounding the town.

We will return to Ubud before going to lunch with a local family in a Balinese home. Please note: the order of events in Ubud may vary.

Overnight in Ubud.

DAY 12 UBUD - THE ARTS OF BALI

We will visit some of the unique art galleries near Ubud, including a guided tour of a gallery featuring traditional and contemporary Balinese paintings. Later, an informative talk led by a master woodcarver and mask maker will teach us about Balinese culture and how it is expressed in the forms of traditional art and dance. We also we visit an

interesting and informative puppet museum.

In the evening we will enjoy a traditional Balinese dance performance at the Ubud Palace.

Overnight in Ubud.

DAY 13 UBUD, BESAKIH TEMPLE, TO CANDIDASA

Today we can enjoy a well deserved relaxing morning. In the afternoon, we depart Ubud to the lovely seaside resort of Candidasa. As we drive through this breathtaking countryside, we visit Besakih, the home of the Hindu Mother Temple of Bali. After our tour of Bali's most important temple, we continue to the relaxed seaside resort of Candidasa.

Overnight in Candidasa.

DAY 14 CANDIDASA: TIRTAGGANGA & PASIR PUTIH

This morning we will drive a short distance to visit a royal water palace, Tirtagganga. This site with beautiful ponds was destroyed by the 1963 eruption of Mt Agung and rebuilt.

After the palace we will drive back to Candidasa to board small motorized outriggers to visit a nearby beach for swimming and relaxing.

Overnight in Candidasa.





DAY 15 CANDIDASA, FLY TO FLORES

Today we depart our lovely seaside resort and drive to Denpasar for our flight to Labuan Bajo, Flores. During your flight, you will pass by some of the stunning islands and volcanoes of Indonesia. Upon arrival, we are transferred to our hotel just outside of town.

Flores, unlike most Indonesian islands, is predominantly Catholic. The mountainous island of Flores is part of the Lesser Sunda chain that stretches from Bali in the west, to Timor in the east.

On arrival you may have time to relax by the pool or take a stroll on the beach before dinner.

Overnight in Labuan Bajo, Flores.

DAY 16 DANCE CEREMONY OF THE MANGGARAI

Today, our adventure focuses on the fascinating Manggarai culture, who inhabit the western 1/3

of Flores and represent the largest ethnic group on Flores. In the past, heroes and knights performed their famous dance to celebrate and evoke a battle between villages. Today, the people of Manggarai perform the caci dance during celebrations such as welcoming guests, weddings, and thanksgiving during harvest season.

Time permitting, we will also visit a local school.

We return to Labuan Bajo for overnight.

DAY 17 KOMODO DRAGON ADVENTURE, RINCA ISLAND BY OVERNIGHT BOAT

Today we have an early start as we drive to the harbor to board our boat in search of the massive Komodo dragons. The Komodo dragons are actually monitor lizards that can grow up to 12 feet. The 2 main islands where the Komodo dragons live are on Komodo Island and Rinca Island. Our adventure is not limited to searching for these massive lizards. We also make visits to







pristine beaches to swim and several spots where we can snorkel, including Manta Ray Point. We may also see a variety of birds as well as deer and monkeys, which are also a food source for the lizards.

As we journey to these remote islands, the setting is idyllic. The islands, inlets, and topography are simply stunning!

Today we visit Rinca Island, as we hike with a park ranger who will explain the rules of hiking. The Komodo dragons do not view humans as prey and we can get quite close, as long as the ranger is there to monitor the situation. Our hike will vary between 1 - 2 hours with several stops.

After our visit, we return to our boat. We will likely have a chance to snorkel and cool off before relaxing on board, where we can enjoy the view, our dinner and hopefully a sky full of stars. This adventure can be absolutely magical!

Overnight on our boat.

DAY 18 KOMODO ISLAND, SNORKELING, RETURN TO FLORES

Our excursion today is on Komodo Island. We depart by boat with our first stop at the park headquarters where we meet our ranger. Today our hike will be 1 - 2 hours, in search of birds, monkeys, deer and most importantly, Komodo dragons.

We will return to our boat and sail to the 'pink beach' where we have lunch and can swim or snorkel. We continue our journey past beautiful islands and will make one last stop at Manta Ray Point where we can snorkel with manta rays as well as other colorful, tropical fish. You can also keep an eye out for dolphins, which you can often find jumping out of water.

Overnight in Labuan Bajo.

DAY 19 FLY TO BALI, FAREWELL DINNER

This morning we drive to the airport for our flight to back to Bali. Upon arrival, we transfer to our hotel. You can enjoy a relaxing afternoon before our farewell dinner tonight. The perfect toast to a splendid journey!

Overnight in Jimbaran, Bali.

DAY 20 DEPARTURE

After breakfast you have free time before your transfer to the airport.



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (porterage), national guide, bus driver, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit museums, National Parks, and Reserves and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to get to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most “educational” moments are spent sipping a cold drink in a street market.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We have our own air-conditioned minivans or microbuses for road travel. We also use several types of boats including speedboats, sailboats, ferries and our overnight boat to Komodo with private cabins/bathroom. We may also use becaks (bicycle taxi).

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations, both hotels and lodges, where rooms have a private bath or shower. From Flores, we enjoy a 2 day/1 night to Komodo by boat where we have private cabins with private bathrooms. The accommodations have been chosen on the basis of location, atmosphere and local charm.

7. WHAT ARE THE MEALS LIKE?

All meals are included, starting with dinner on day 1, and finishing with breakfast on departure day. Our breakfasts will be

prepared at the guesthouse or hotel, other meals will be served in local restaurants where you can always find a full selection of vegetables, chicken, beef, fish or shrimp. In many cases, we simply order a number of dishes and share “Asian style”.

8. WHAT ABOUT THE WEATHER?

Sumatra has a tropical climate — hot and humid year round. The temperature rarely drops below 70°F (20°C) and usually climbs to 85°F (30°C) or higher in the day. Travel is fine throughout the year during both the dry and rainy seasons as long as you are prepared for intermittent showers.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

10. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment in full of the land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms and Conditions” section of our brochure.

11. WHAT SHOULD I TAKE ON THE TRIP?

There is a detailed “What to Take” list in our Trip Kit which we will send to you after receiving your booking deposit for the trip.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please feel free to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

