

SUMATRA

DETAILED ITINERARY

Dec 27/23



The lush island of Sumatra, with its many tribes, cultures, wildlife reserves, jungles, rivers, spectacular waterfalls and crater lakes is a joy for any traveller interested in natural beauty and diverse cultures. We travel south along the rugged Bukit Barisan Mountain Range, exploring a number of fantastic sights and cultures enroute, including the Orangutan Rehabilitation Reserve (Bukit Lawang) as well as spectacular Lake Toba, where the proud Batak people call home. We cross the equator before reaching Bukittinggi, home to the Minangkabau people, one of the few remaining matrilineal societies in the world.

We fly south to Jakarta and cross the Sunda Strait by speedboat to Krakatoa volcano, famous for the 1883 massive eruption creating a powerful tsunami and changed the Earth's climate for several years. In 1927 the volcanic island, known today as Anak Krakatoa, emerged out of the collapsed caldera. We land on Anak Krakatoa and climb to a spectacular viewpoint.

FACTS & HIGHLIGHTS

- 20 land days • Maximum 16 travelers • Start in Medan and finish in Jakarta • All meals included • Includes 2 flights • Visit Bukit Lawang Orangutan Reserve • Search for wildlife in Way Kambas • See the mountains, jungle and volcanoes of Sumatra • Hike through rural villages • Learn about the tribal Batak of Lake Toba • Explore Bukittinggi and learn about its matrilineal society • Journey to Krakatoa and climb 'Child of' Krakatoa (depending on volcanic activity)

DEPARTURE DATES & PRICE

Oct 02 - Oct 21, 2024	-	\$6595 USD
Oct 01 - Oct 20, 2025	-	\$6795 USD

Activity Level: 3

Comfort Level: Some rough roads and long drives.

ACCOMMODATIONS

Comfortable, well-located accommodations with private bathrooms throughout. 7 nights with ceiling fans but no air conditioning in hot locations (2 nights in Bukit Lawang, 2 nights Way Kambas, and 3 nights in Samosir Island, which is typically cooler).

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

We continue to Way Kambas National Park, which is home to a myriad of wildlife including birds, monkeys, Sumatran elephants, the elusive Sumatran tiger and the very rare Sumatran rhino, with only 100 rhinos worldwide is considered the world's most endangered large animal. We explore this seldom-visited park on foot and by jeep. We return to Lampung for our last night in Sumatra before flying to Jakarta for our homeward flights, or to join our Java, Bali & Komodo adventure.

DAY 1 ARRIVAL IN MEDAN

Upon arrival, we transfer to our hotel. Our adventure begins in Medan, with its Dutch architecture and Asian culture. Tonight we meet as a group for dinner and orientation.

Overnight in Medan.

DAY 2 DRIVE TO BUKIT LAWANG

Our morning city tour includes Sultan Deli Palace, the Great Mosque, Chinese Temple and Kesawan Area, and the old center of Medan city. In the afternoon we leave Medan and depart for the 97 km drive to Bukit Lawang, an orangutan rehabilitation reserve. On the way, watch the transformation from urban life to the jungle. We may make a stop at the rubber and oil-palm plantations before arriving at our hotel for a relaxing evening in Bukit Lawang.

Overnight in Bukit Lawang.

DAY 3 ORANGUTAN REHABILITATION RESERVE, TANGKAHA

After breakfast, we hike up the hill behind the lodge for about 1 – 2 hours to find the orangutans in their natural habitat. Orangutans are indigenous only on the islands of Sumatra and Borneo.







In the afternoon, we set out on a jeep safari to Tangkahan where we will visit a nice waterfall. For those who would like, you can also go for a refreshing swim in the river. At some point, you may even be joined by some local elephants looking to take a bath! We return to Bukit Lawang by jeep in the afternoon.

Overnight in Bukit Lawang.

DAY 4 TO BRASTAGI

After breakfast this morning, we will depart for the half-day drive to the mountain town of Brastagi. Enjoy the evening in Brastagi, a town which is nestled between two volcanoes. Depending on volcanic activity, we may have the opportunity to hike to the rim of one of the volcanoes.

After lunch, we will visit the Lumbini Temple, the old

Batak church and a local fruit market.

Overnight in Brastagi.

DAY 5 BRASTAGI, SAMOSIR ISLAND

Today, we have an early morning drive to Sibayak Mountain where, if the weather permits, we will hike up the crater for a wonderful photo experience.

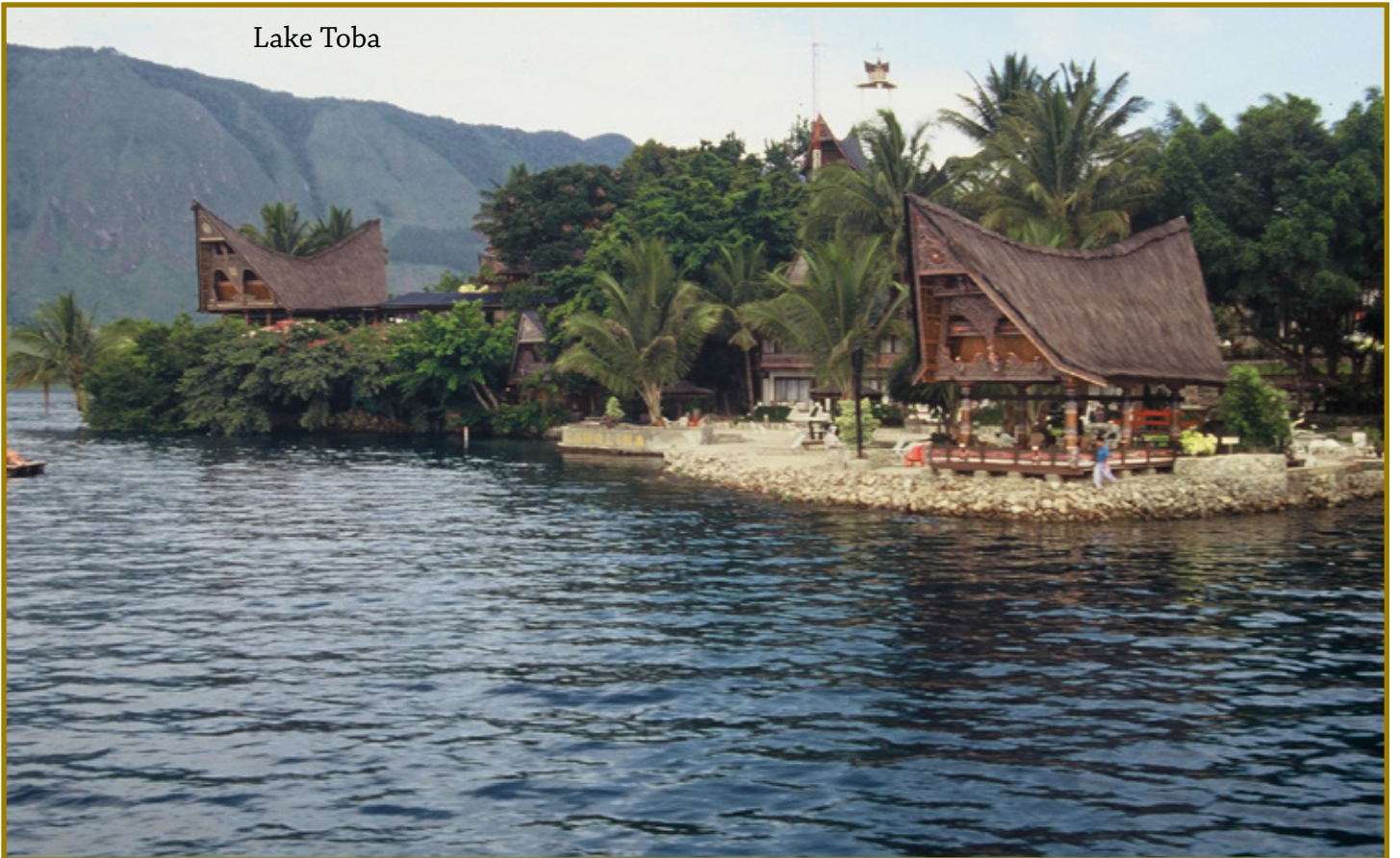
Following our journey to Sibayak Mountain, we will spend some time visiting the stunning Sipiso – Piso Waterfall, one of the tallest waterfalls in Indonesia, measuring 120 meters.

Overnight on Samosir Island.





Lake Toba





DAY 6 LAKE TOBA BOAT EXCURSION

Today we have a boat excursion around Samosir Island, the original home of the Batak people. In the morning, we embark on a journey to visit the Batak Toba traditional village at Tomok, and see the old tomb of Sidabutar kings. We will continue by boat visiting Ambarita, an old Batak village, where we learn about the ancient Batak judicial system. See the stone chair and table where executions took place for the ancient tribal chieftains. In the evening, experience a Batak Toba traditional dance.

Overnight on Samosir Island.

DAY 7 LAKE TOBA

Today we have the opportunity to enjoy an afternoon walk to visit some ancient Batak tombs followed by spending some time with a local Batak family in their home. You can also choose to enjoy a free day to walk or bike around the dramatic scenery of Samosir Island, or just relax and enjoy the view looking out upon this magical crater lake.

Overnight on Samosir Island.

DAY 8 MINANGKABAU HIGHLANDS, PADANG SIDENPUAN

We have an early morning departure from Samosir Island by ferry boat to travel south through the Minangkabau Highlands to the town of Padang Sidenpuan. Enroute, we will discover the vast array of agricultural crops grown in this fertile land, and visit a traditional market at Balige.

Overnight in Padang Sidenpuan.

DAY 9 CROSS THE EQUATOR, TO BUKITTINGGI

We continue driving south, across the equator at Bonjol village, to the town of Bukittinggi. Although this is a long

drive, the scenery on the way is absolutely spectacular, providing numerous vistas of rivers winding their way through beautifully terraced mountains. Pass through the tropical forest of Rimba Panti where we will stop to learn about the world's most exclusive coffee. We arrive in the early evening to the town of Bukittinggi. The town is nestled between 3 volcanoes, 3,000 ft. above sea level, and is widely known as the cultural and craft center of the Minangkabau people.

Overnight in Bukittinggi.

DAY 10 CULTURAL WEST SUMATRA AND THE SINGGALANG WALK

Experience the rural beauty during our hike, known as the Singgalang Walk. The 5 - 10 km walk takes us from one village to the next as we travel through the beautiful countryside between the smoldering Merapi and Singgalang volcanoes. Daily life, especially during harvest time, is full of activity. Observe farmers planting rice, chili peppers and sugar cane or just working the fields or plowing with water buffalo. This is a great day to simply take in the beauty of this culture.

Overnight in Bukittinggi.

DAY 11 BUKITTINGGI AND THE MINANGKABAU CULTURE

We travel into the Minangkabau countryside and visit a Minangkabau cultural village in nearby Padang Panjang in order to gain insight into this interesting, and ancient, matrilineal society. We may witness Pacu Jawi, where if we are lucky, we can see the locals enjoy a 400-year-old tradition in the area of bull racing.

Overnight in Bukittinggi.

Traditional Minangkabau architecture



Singgalang walk





DAY 12 SIANOK CANYON, THE GREAT WALL, JAPANESE TUNNELS

Today we hike through the beautiful Sianok Canyon, which is very close to Bukittinggi. We follow the “Great Wall” through the canyon and make several stops, including at the Japanese Tunnels (built by the Japanese during the 2nd World War), and Kota Gadang, a small village where they make silver jewelery. We can meet locals along the way at their homes or working in the rice fields. We may even see the occasional macaque monkey.

Overnight in Bukittinggi.

DAY 13 TO PADANG

This morning we will leave the Sumatran highlands and descend to the hotter climate until we arrive in the administrative capital of Padang. While driving down to sea level, we will make a stop at a nice waterfall dropping its waters vigorously into a wonderful ravine.

We will have a very local lunch with special Padang or Minangkabau food like Rendang. The Padang cuisine is famous both in Indonesia and in Malaysia. The free afternoon gives us time to walk to the nearby ocean to refresh a bit.

DAY 14 FLY TO JAKARTA, DRIVE TO ANYER

From here we fly to Jakarta, Java as we temporarily leave Sumatra, returning the next day. We drive to the coast on the Sunda Strait, which separates Java from Sumatra, and overnight in our seaside hotel in Anyer.

Overnight in Anyer.

DAY 15 SPEEDBOAT TO KRAKATOA, HIKE TO VIEWPOINT, DRIVE TO LAMPUNG

We set out by speed boat, crossing the Sunda Strait to the remote, but fabled, volcano of Krakatoa and Anak (“child of”) Krakatoa. Perhaps the single greatest



destructive force in modern history happened in 1883 when Krakatoa exploded, creating massive tsunamis and changing the Earth's climate for several years.

Today only a part of the steep rim or wall of the original caldera remains. Close to the original caldera remnants is the volcanic island of Anak Krakatoa. The island first emerged from the ocean in 1927. The lower portion of the island is already lush with tropical plants which supports the wildlife that live there.

Please Note: In 2018, the volcano once again erupted so until things are calm and the government once again allows visitors to hike up the volcano, we can only view the volcano in close proximity from our boat. We hope to resume our hike as soon as possible. From our viewpoint we may see what remains of Krakatoa, which looks like a vertical green wall. Turning around we see the top of Anak Krakatoa, still active and often spewing smoke.

Our encounter with Krakatoa is followed by a relaxing visit to a small, nearby island, where we have lunch on the beach. You can lie in the sun, under a palm tree or go for a refreshing swim in the tropical blue ocean.

We continue our boat journey to Kalinda, once again returning to Sumatra.

We drive to Lampung, where we enjoy dinner and overnight.

DAY 16 TO WAY KAMBAS NATIONAL PARK, NIGHT WALK

After a relaxing morning, we depart for Way Kambas National Park. The night is full of mystery and intrigue. The sounds of the jungle can be overwhelming and captivating. A myriad of birds, insects and animals create a beautiful wild symphony! We are also on the lookout for wildlife and birds as the jungle is very much alive.

Overnight at Ecolodge, Way Kambas.

DAY 17 JEEP SAFARI, SCHOOL VISIT, COOKING CLASS, EVENING VILLAGE PERFORMANCE

We enjoy a driving safari in search of wildlife but with a focus on the Sumatran elephants, monkeys, birds and other wildlife of Way Kambas.

Later in the day, we will visit a local school, enjoy a cooking class and in the evening enjoy a village performance of costume, music and dance.

Overnight at Ecolodge, Way Kambas.

DAY 18 JEEP SAFARI, RETURN TO LAMPUNG

Today, enjoy a morning jeep safari in search of wildlife. While tigers and rhinos are only spotted on rare occasion, the elephant, gibbons, macaques and over 400 recorded bird species, including the endemic white winged duck, can be seen along the river from a park boat. We return to our lodge for lunch and to relax during the heat of midday. In the late afternoon, we return to Lampung.

Overnight in Lampung.

DAY 19 TO JAKARTA

Enjoy a relaxing morning, where you can go for a swim, a workout or visit the spa.

After lunch, we fly to Jakarta where we will overnight at our airport hotel. Tonight we enjoy our farewell dinner before departing Java and Indonesia.

Overnight in Jakarta.

DAY 20 DEPARTURE

Depart Jakarta for our homeward flights or continue your ElderTreks Indonesian Adventure by flying to Yogyakarta to start the Java/Bali/Komodo tour.











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 (portage), 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. WHAT ARE CONSIDERED THE CHALLENGING ASPECTS OF THE TOUR?

- Some bumpy roads, long drives, many switchbacks through beautiful lush mountains.
- Hot and humid in at Bukit Lawang and Way Kambas.
- Hike at Bukit Lawang can be muddy and steep. Feeding location changes frequently.

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, microbuses and jeeps for road travel. We also use several types of boats including speedboats, sailboats and ferries. 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. 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.

