



**Bali internationaal gezelschap +
individueel begeleid**

**11 Days/10 Nights
Departure Dates:**

2011

10 April - 20 April

8 May - 18 May

12 June - 22 June

17 July - 27 July

7 August - 17 August

11 September - 21 September

23 October - 2 November

Prices

US\$1,550 Tour

US\$375 Single Supplement

US\$150 Bike Hire

De prijzen in Euro vindt u
op de website
www.flyandbike.be

**individuele reizigers
dagelijks vertrek
prijzen zie website**

Bali Adventure

When people plan a trip to Bali, it's usually to partake in activities like swimming, snorkeling, diving and surfing. And for good reason: Bali has a reputation as one of the most spectacular island paradises in the world. But there's more to Bali than water sports and fun-in-the-sun and people are quickly discovering that this wonderful destination has a little something for everyone, including mountain-biking enthusiasts!

With fast flowing rivers, deep canyons, crater lakes, and volcanoes dominating its interior landscape, Bali is an outdoor lover's dream come true. The island's multitude of tracks and trails link different villages to each other and provide endless opportunities for mountain bikers in search of a unique adventure featuring breath-taking scenery combined with fascinating glimpses of local culture.

If you're a rider who loves mountain biking and are up for a new challenge, then this tour will more than exceed your expectations. Once your wheel hits the ground prepare to be confronted with a variety of riding conditions including dirt tracks, forest trails, volcanic lava and sand as you trek the hidden trails that connect the remote parts of the island. Along the way, witness a huge diversity of different environments from volcanic craters to beautifully crafted rice paddies and coconut groves.



Along the way you'll have time to appreciate Balinese culture, which can be traced back to around the 1st Century AD, and the strong influence on Hinduism on the island's art, music, dance, sculpture, painting, leather, and metalworking. You won't have to go far to see locals making offerings of a basket filled with rice and flowers to various deities, including some to placate the volcano spirits, which is lucky for us considering that our ride takes us along the edges of the craters of Batur volcano.

Meer info: info@flyandbike.be of 09 226 23 54
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Biking Difficulty



(out of five)

Dirt and gravel tracks with some challenging hills. Technical experience strongly suggested.



Cycling Distance

240 kilometers

Cycling Days

6 full days, 2 half

Trip Profile

Starting from the beach resort of Sanur we will explore the famous Batur Crater. We will also visit the island's two highest volcanoes and various canyons. Along the way, you will be able to take in breath-taking coastal views from the rim of craters and cycle around the ruins of a water palace and some of the most important temples on the island.

Towards the end of our tour we will spend some days cycling the central volcanoes on small trails through forests, coconut groves and the rice paddy fields that Bali is famous for. During what can only be described as an epic trip, you can also unwind and catch your breath by taking advantage of rafting, snorkeling and scuba diving opportunities.

Biking Conditions: Although this tour only covers around 240 kilometers in 6 full cycling days and 2 half days, it is still quite challenging. Because flat land in Bali is almost non-existent, the experience is made up entirely of off-road excursions on a series of challenging surfaces including forest trails, red mud hard-pack, volcanic sand, lava cobbles, gravel and broken tarmac roads. There are sections of single-track in every ride, but no long rocky or rooty sections or big drops. As far as gradients are concerned, all the trails except one have an overall down-hill element to them (in other words they finish at a lower altitude than the start). A few steep ascents and descents are also part of the program, but these are normally short and sharp.

Suitability: This trip is recommended for riders who enjoy and have some off-road experience, but you don't have to be an expert to get the best out of this trip. This tour is mainly on jeep trails and single track and most of the trip is off-road. While the off-road riding is not that technical, some experience is highly recommended. The support vehicle cannot always follow but will meet the group at certain points along the trail.

Day to Day

B=Breakfast, L=Lunch, D=Dinner

Day 1 – Arrive Denpasar

A member of the SpiceRoads team will pick you up from the Denpasar (Ngurah Rai) airport and transfer to our hotel in Sanur. Once there, you can relax by the pool or if you're really anxious (and we're sure you will be), you can start assembling your bike and get into the mountain-biking mindset.

Puri Santrian Hotel. D

Day 2 – Batur Volcano

We head up to Penulisan on the rim of the Batur crater for the start of the ride. The first part of the trail is on a broken tarmac road with spectacular views of the Batur Volcanic cone and on a clear day Mt. Abang and Mt. Agung in the distance. We turn onto jeep tracks and easy single track to the village of Pinggan where we have a well-earned lunch. A short sharp descent takes us to the base of the volcanic cone, and we spend the afternoon riding around the base of the volcano on narrow sandy trails. With the last part of the trail crossing the latest lava field, there is ample opportunity to get a close up of the volcano and the strange moonscapes that it has created.

Segara Hotel. Ride 35 km. B L D

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- **We have carefully chosen accommodation that is the best available for the location and offer a good mix, from home stays to luxurious lodges, on our tours.**

- **We love Asian cuisine, well-known for being hot and spicy and for its use of fresh ingredients, and will make sure you get to sample lots of it.**

RESERVEREN

Stuur ons een mailtje met uw reisdata of maak even een afspraak op kantoor om de verschillende zaken te bespreken. Wij hechten veel belang aan een persoonlijk contact om samen uw reisdroom in te vullen.

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Day 3 – Mt. Abang and Mt. Agung

This day is your chance to see the unseen! First, we'll take you from Abang to the east coast with a ride starting at the edge of the Batur Crater. From there, you'll head downhill on jeep tracks for 8 km before turning east and climbing steadily through 10 km pine forests to the top of a mountain pass between Mt. Abang and Mt. Agung. At this point, lunch will be served. Please be aware that this part of the island is extremely remote and back-up will not be available for long stretches of the ride. The exhilarating descent to the east coast finds us cruising by dry river beds and through cashew-nut plantations.

Wawa Wewe Amed Hotel. Ride 35 km. B L D

Day 4 – Mt. Agung – Perasi Beach

The start of the ride manages to steer a reasonably flat route around the side of Mt. Agung via a network of single track paths which weave their way through shady coconut and bamboo groves. We continue on through stone cutting and carving villages and rock quarries until we reach the ruins of a water palace at Jungutan. With incredible views over the rice paddies, we enjoy our packed lunch. The afternoon ride continues on down through some of the finest rice paddy scenery in Bali ending on a beautiful white sand beach where a cool refreshing drink awaits.

Kubu Hotel. Ride 35 km. B L D

Day 5 – Ubud

Today's half-day ride starts high up on the slopes of Mt. Agung and descends along a tarmac ridge with spectacular views along the south coast on a clear day. We then enter a large Salak fruit growing area where we weave our way through plantations and stone carving villages until we reach Muncan. We have lunch and then transfer to Ubud and an afternoon off.

Pande Permai Bungalows. Ride 30 km. B L

Day 6 – Ubud Rest Day

Today is a rest, ride or raft day! Spend the day exploring the many markets, shops and art galleries, go to a spa and have a massage. For those who wish more activity we can either organize a white water raft trip down the Ayung river or, if you want to ride, try out our Ubud loop. The night life is thriving with a good jazz bar or the more traditional Balinese dance, music and puppet shows, and loads of good places to eat and drink. Rafting is an extra charge but can be arranged through your guide, just let the guide know the day before.

Pande Permai Bungalows. Ride: Optional Ubud Loop 35 km. B

Day 7 - Batukaru Temple

After a 1.5 hour transit we set off on a small track above a bustling market to a picturesque caldera lake. The trail takes us on a real mix of surfaces through the small farming communities around Candikuning, one of the few Muslim areas on the island. This is followed by a wilder stretch of descending forest trail.

Eventually we reach a small tarmac road which conveniently guides us around the tops of rice paddies to our lunch stop, a small restaurant that serves excellent food with great views across beautifully kept paddy fields. The afternoon is a pleasant spin along a small tarmac road that continues to wind its way just south of the central volcanoes to your hotel for the night. For those with some energy left to burn there is a 200m ascent (over a distance of 2 km) up to Batukaru temple. For those that lack the energy but want to explore, transport is always available. **Prana Dewi Hotel. Ride 35-40 km. B L D**

Day 8 – North Coast descent

Today we transfer past the Central Volcano crater lakes before arriving at Tamblingan and the start of our ride. Clove and coffee plantations dominate the scenery for the first part of today, which starts on broken tarmac roads along the north side of the Central volcanoes. This section includes great views of the north and west part of the Island, where we will be spending the last day of our trip. After lunch, we head predominantly downhill on small tarmac roads through remote villages and farming communities. We eventually emerge out onto the rice paddy plains, ending our ride on a small black sand beach which is typical of the north coast.

Taman Sari Cottages. Ride 35 km. B L D

Day 9 – Snorkel/Diving Day

Today starts with an early morning ride along the coast to the port where we pick up our boat for the day. The ride takes us through coastal palm groves and small fishing communities where you can witness early morning fishing activities. We pick up a small local boat in Labuan Lalang which takes us across calm tropical waters to the remote island of Menjangan, meaning deer in Balinese, and of which there are many still living on the island. It is better known for its underwater life, and this is what we will be focusing on. Donning our masks and snorkels, we'll have a good chance of spotting sharks, turtles and if we are really lucky, manta rays.

Taman Sari Cottages. Ride 20km. B L

Day 10 – Kuta

This morning we transfer back across the island to the South Coast (3.5 hours) and arrive at our final destination, Kuta – where you can catch up on last minute shopping and vibrant nightlife. We will end the tour with a farewell dinner in one of the many restaurants in the area.

Santika Beach Hotel. B D

Day 11 – Kuta

Onward travel and free time.

B

Nuts & Bolts

Bikes: The bikes are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, disc/v-brakes and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, and that it is in good mechanical order.

Bike Repairs: Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety: Wearing a helmet is strongly recommended on all our biking adventures and if you choose not to wear one you will be asked to sign a liability waiver. Your guide is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.



Unlike the majority of Indonesia which is Muslim, most Balinese are Hindus, following a combination of existing local beliefs – in which gods and demigods are worshipped together with Buddhist heroes, the spirits of ancestors and indigenous agricultural deities - and Hindu influences. It pervades nearly every aspect of traditional life.

Support: We will be supported by air-conditioned vehicles that have been specially modified for cycle tours. The vehicles follow us most of the time and when not directly with us will wait at certain points along the trail. It is very easy to get bikes on and off, so you can rest when you are tired and cycle whenever you feel like it.

Subject to Change

In remote destinations abnormal conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected change and we will do our best to adhere to the original itinerary and cannot be held responsible for any last minute changes; in order to enjoy them you should be prepared to be flexible when necessary.

Guides: You will be led by a local English-speaking guide and if the group is 8 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

The Nitty Gritty

Arriving and Departing: This tour starts and ends in Bali, Indonesia. International flights to and from there are not included in the tour price. Please contact us for advice before arranging flights for the best arrival and departure times.

Passports and Visas: Most nationalities are required to have a tourist visa to enter Indonesia. This can either be obtained on arrival (US\$25, cash only) or you can apply for one in your own country. If you choose to do this, please contact the Indonesian embassy in your country for the cost and details of obtaining one before you leave, but be warned, sometimes this can be more expensive and trouble than obtaining a visa upon arrival.

Health: Recommended vaccinations include typhoid, polio, tetanus and Hepatitis A. A certificate for Yellow Fever is required if arriving from an infected area within the prior six days. The more remote areas may be considered malarial areas. Please check with your doctor prior to departure for the most recent information.

Weather: Located 8 degrees south of the equator, Bali is home to a tropical climate with constant temperatures during the day ranging from 28 to 30 degrees C at sea level, although the humidity varies throughout the year. It is highest during the rainy season which is from December to March and gradually reduces to its lowest level from May to September, when a beautiful dry cooling breeze blows across from Australia.

All of the trails start between 500 and 1700 m where temperatures are cooler. At 1700 m the temperatures can be below 20 degrees C and at 500 m the temperatures can be as high as 26 or 27 degrees C, but are usually less. Although a lot of the trails end at sea level, at this stage we are usually going downhill and therefore not generating too much heat. In the mountains, there are increased chances of rain throughout the year, but in the dry season these are usually nothing more than short showers.

Food: Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local Indonesian dishes and feature noodles, rice, curries and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink: Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. We are riding in a Muslim country and though beer is available, it might not be served in some restaurants. If you choose to purchase some beer please note it is NOT included in the price.

Extra Expenses: We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US\$3-4 per person per day is appropriate.

Money: The official currency in Indonesia is the rupiah (Rp). Foreign currencies are not generally accepted. ATMs are widely available in cities and towns and touristy places have lots of moneychangers as well as banks. Banks usually have better exchange rates, though moneychangers may offer the best rates for cash. Credit cards can be used for larger purchases, in hotels and restaurants.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between this and previous information, this document is the correct version and supersedes the brochure or website.