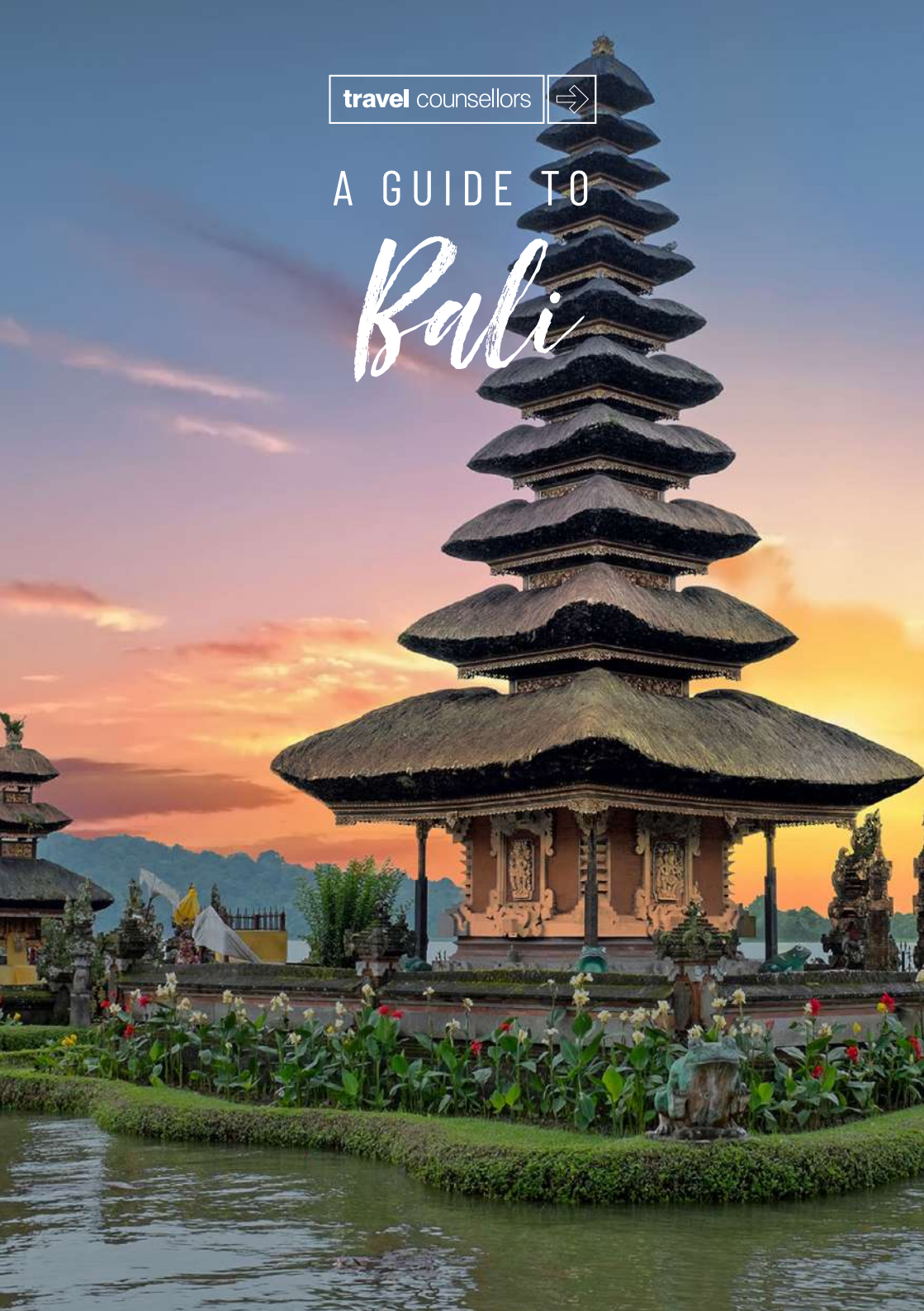


travel counsellors



A GUIDE TO

*Bali*



Introducing

# Bali

Picture the idyllic Indonesian island of Bali. Home to glorious palm-fringed beaches, soaring volcanoes, ancient temples and super-friendly people, you'll soon see why Bali is often referred to as the 'Island of the Gods.' Venture inland and you'll also discover that there's much more to Bali than meets the eye. With traditional villages, verdant rainforests and breathtaking cultural sites to explore, Bali really does offer something for everyone.

Wherever your mind wanders to when you picture this blissful tropical paradise, our destination guide showcases the island's many highlights and little-known hints and tips to ensure you make the most of your dream Balinese escape.



Population	4.225 million
Main town/city	Denpasar
Currency	Rupiah (IDR)
Official language	Indonesian
National anthem	Indonesia Raya

## AVERAGE DAILY MAX (°C)

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
26	26	27	27	28	27	27	27	27	27	27	27

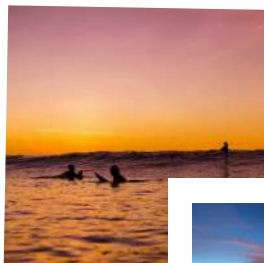


# Where to stay...

## SEMINYAK

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Popular Seminyak is perhaps the most upmarket and stylish of Bali's beautiful beach resorts. The white-sand beach here is one of the best on the island and the sunsets are nothing short of spectacular. Lined with stunning luxury resorts, designer boutiques, high-end restaurants, stylish cocktail bars and funky beach bars, Seminyak is undoubtedly the place to see and be seen in Bali. Renowned for its amazing nightlife scene, the resort really comes alive as the sun goes down. Whether you want to party or relax, you can do it all in swish Seminyak!



## LEGIAN

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A little further down the coastline from chic Seminyak and just north of the lively resort of Kuta, you'll find laidback Legian. A popular choice for surfers and those looking for a more tranquil vibe to their holiday, Legian offers a range of beachfront restaurants, shops, bars and cafes to enjoy. Less crowded than its sister beach resorts of Seminyak and Kuta, lovely Legian is the perfect place to kick back, relax and get away from it all.

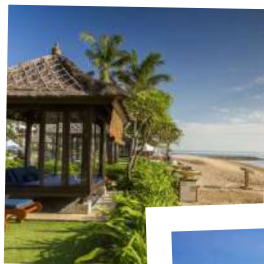




## SANUR

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Situated on the south-east coast of the island, Sanur is Bali's earliest beach resort and a firm favourite with European tourists. Sanur is known for its laidback atmosphere, gorgeous beach, wonderful water sports, fantastic choice of restaurants and bars, and a superb selection of Balinese-style hotels. Visit a Balinese kite maker in a Sanur village to learn how to make a kite from bamboo, string and cloth before launching your creation on the beautiful shoreline. Sanur is also a great base from which to explore other parts of the island. Protected by a coral reef, Sanur has calmer waters than some of the other resorts and together with a laidback coastal ambience, it's the perfect choice for a family-friendly escape.



## JIMBARAN

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Just south of the party resort of Kuta on Bali's west coast, you'll find Jimbaran Bay. Famous for its breathtaking beach and plethora of five-star luxury resorts, the former tiny fishing village of Jimbaran is a great place to relax and soak up the sun. Jimbaran is also known for its sublime seafood and you won't want to miss the chance to watch the local fisherman bringing in their catch, followed by a delicious seafood dinner on the beachfront. It's sure to be one of the highlights of your time in beautiful Bali!

## TEMBOK

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Located on Bali's beautiful black sand coast, the traditional fishing village of Tembok is the perfect destination if you really want to escape the crowds. Backed by a dramatic landscape of soaring volcanic peaks and lapped by the warm blue waters of the Indian Ocean, you'll soon forget about the stresses and strains of daily life during your stay in tranquil Tembok. Traditional Balinese arts such as dancing and martial arts are practiced in the area and it's a far cry from the lively resorts of the south!



## UBUD

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If you can prise yourself away from sipping cocktails on your sun lounger, you'll soon find that there's much more to Bali than its stunning coastline. Artsy Ubud is the cultural heart of the island, where you'll find streets lined with art galleries, crafts shops and market stalls. The town's royal palace also offers regular performances of traditional Balinese dance and music. Surrounded by lush rainforest and scattered with an eclectic combination of ancient temples and luxury hotels, Ubud is a must-see during your time in Bali.

# Interesting facts

Bali has two calendar systems: The saka calendar – based on the moon's cycle with each month beginning after a new moon – and the pawukon calendar, which consists of six months of 35 days, adding up to a 210-day year.

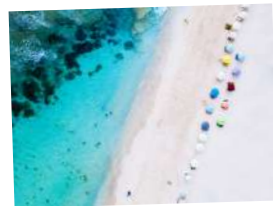
Approximately 80% of Bali's economy depends on tourism.

The Balinese coffee, Kopi luwak, is one of the most expensive coffees in the world and is made from civet droppings!

Bali has one of the highest densities of spas in the world, boasting around 1,200 spas.

The Balinese people usually have one of the following four names: Wayan, Made, Nyoman or Ketut. Meaning first born, second born, third born and fourth born.

Nyepi Day is Bali's New Year's Day when the whole island shuts down for the Balinese 'Day of Silence'. No work, traveling or even noise is allowed and it happens on a different day every year in March.







# TC Recommended

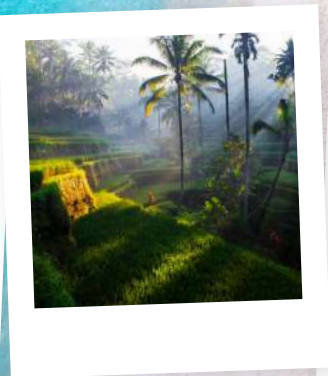
## **Bali helped Travel Counsellor Richard get in touch with his wild side:**

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The thing that got me about Bali was its amazing natural beauty. On our second day, there we went diving off Padang Bai and swam alongside lots of colourful fish and coral.

On another day, we went to Sidemen and got lost in the vastness of the jade green rice paddies – but that was a good thing because it was a great spot from which to photograph the towering palm trees and impressive mountains.

It seems to be that everywhere you look in Bali, there's an awesome reminder of where Mother Nature's left her mark. The beaches are amazing, the warm water is great for swimming in and anyone that loves the outdoors will surely fall in love with the island.



**Travel Counsellor Toni loved Bali's food and can't wait to go back for seconds:**

“Balinese food is just to die for! Most of the dishes are packed full of flavour and are just so tasty because they use a lot of herbs and spices. There's something for everyone, too. Whether you're a vegetarian or if you have a sweet tooth, you'll be catered for in Bali.

“My favourite restaurant is Kubu at Mandapa. It's a romantic place and you can even get a bamboo pod which has views over the river in

a really intimate setting. I would recommend booking in advance because it is really popular, but any couples going to Bali should definitely add Kubu to their itinerary.

“We even tried out a Balinese cooking class in Ubud where we made sayur urab, which is kind of like a mixed vegetables side dish, and an amazing chicken curry called opor ayam! I really want to go back there for the food but, in the meantime, at least I can prepare some in my own home!”



**Travel Counsellor Amy praised Bali's amazing array of activities after enjoying a three-week stay on the Indonesian island:**

“When we booked to go to Bali, I was a little apprehensive. We were going for a long period of time, but there's only so much sunbathing I can do! Having said that, the beaches are amazing. Imagine how they look in holiday brochures, but even better!

“My adventurous side was satisfied, too, and we saw some amazing sights such as the Gunung Kawi which is a gargantuan

11th-century temple where statues are carved into the rock. We also went on a hike to the Tegallalang Rice Terraces where we saw stepped rice paddies, and in the town, they have little markets where you can buy clothes and souvenirs. Oh, and I can't not mention the amazing nightlife in Bali. The place comes alive at night and the selection of bars and restaurants is top class!

“In the end I didn't need to worry because Bali is so full of life and activity that the days just sailed by. I guess time does fly when you're having fun!”



# Try something a little different...

## **BALI MONKEY FOREST, MENGWI TEMPLE AND TANAH LOT**

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Watch monkeys fly from tree to tree at The Sacred Monkey Forest Sanctuary in Ubud. Home to approximately 700 macaques, who live among over 180 species of trees, this is one of the island's most popular attractions.

Explore the beautiful Balinese countryside as you search for the colossal Royal Temple of Mengwi, a structure packed with sacred shrines, complex carvings and protective moats.

Another of Bali's favourite sights is Tanah Lot. Perched on a rock formation off the island's west coast, this sea temple has been part of Balinese mythology and spirituality for centuries.



## **BALI HAI SUNSET DINNER CRUISE**

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Combining a relaxing cruise along the breathtaking coastline with a delicious meal, the Bali Hai Sunset Dinner Cruise is the perfect way to spend a tropical evening! Set off from Benoa Harbour and watch the colours of the sky change as the sun dips into the ocean. Sip a cool drink on the open-air top deck whilst you're entertained with live music, before you enjoy a delicious international buffet dinner. Dance the night away at the disco or enjoy the live cabaret show to round off the evening!



## KINTAMANI LAKE & VOLCANO

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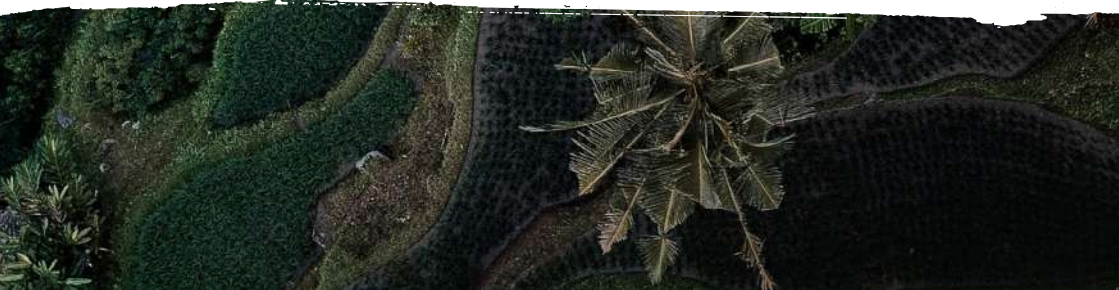
No trip to Bali would be complete without a sightseeing trip to see one of the island's magnificent volcanoes. The Kintamani Volcano, also known as Mount Batur, is a very popular trek for those with a fondness for adventure! If you're feeling active, a climb to the summit to watch the sunrise will take your breath away but you can still get a good view of the surrounding countryside from the crater rim.



## EVENING FIRE, TRANCE AND MONKEY DANCE

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An absolute must during your time in Bali is a trip to see a performance of one of the island's cultural tribal dances. Three of the most famous dances in the country, watch in awe as the sacred Sanghyang (Trance), Kecak (Monkey) and Fire Dances are performed before your very eyes. Prepare to be mesmerised as you marvel at these colourful, traditional performances.





# A Taste of Bali

What tasty morsels can you expect from a visit to Bali? From freshly caught seafood and mouthwatering Nasi goreng to the world's most expensive coffee and deliciously sweet daluman, there are plenty of dishes to delight foodies.

Here are a few specialties we think you should try...

## **NASI GORENG**

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This traditional Indonesian dish literally translates to 'fried rice' and is traditionally served for breakfast with a fried egg on top.



## **BABI GULING (SUCKLING PIG)**

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Bali's famed suckling pig is definitely worth a try. Rubbed with turmeric and stuffed with a delicious spice paste, the pig is roasted on a spit over coconut husks or wood until it's tender and perfect!



## **SATE LEMBAT**

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Bali's take on satay, sate lambat is a popular street food dish on the island. Minced meat ground in a pestle and mortar with grated coconut and a spice mixture, sate lambat in Bali is accompanied with a shrimp paste-based, sambal matah, instead of the usual peanut sauce.







## KOPI LUWAK COFFEE

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One of the most expensive coffees in the world, kopi luwak is also known as civet coffee or even 'cat poo coffee'! Made from part-digested coffee berries eaten and defecated by the Asian palm civet, a cup of this incredible coffee may just be the best that you've ever tasted!



## DALUMAN

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Sweet tooth? Don't leave Bali without trying this traditional drink! A delicious trio of sweetness, Daluman is a refreshing green jelly drink prepared with coconut milk and sugar syrup.



## SEAFOOD

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This list simply wouldn't be incomplete without a nod to Bali's amazing seafood. We're talking about shrimps, clams, crabs, calamari, lobsters and a wide assortment of fish. Most of the seafood served in Bali is freshly caught and perhaps one of the best places to eat it is on the beachfront in Jimbaran Bay.



# Spending Money

Wondering how much spending money you'll need for your travels? To help you plan your trip, here's a rough guide to the cost of some of the things you might be buying whilst you're there!

As of August 2019, £1 GBP = IDR 17,337



**IDR 35,000**

Domestic beer



**IDR 812,000**

Bali Hai Sunset  
Dinner Cruise



**IDR 165,000**

Three-course meal for two  
in a mid-range restaurant



**IDR 21,210**

Cappuccino



**IDR 50,000**

Admission to the Ubud  
Monkey Forest

*Six of the best*

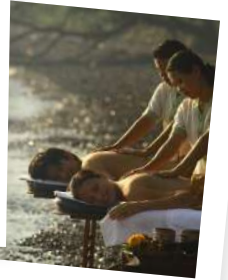
# *Bali resorts*



## **SPA VILLAGE RESORT TEMBOK, BALI**

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The adults-only Spa Village Resort Tembok, Bali occupies a beautiful setting on Bali's tranquil north-east coast. An intimate retreat, which offers the ultimate in rest and relaxation. Indulge in a complimentary daily spa treatment, and yoga sessions, cool off in the palm-fringed infinity pool or explore the local area with additional excursions.



## **GRAND MIRAGE RESORT & THALASSO SPA BALI**

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Located on the beachfront in Tanjung Benoa, the five-star Grand Mirage Resort & Thalasso Spa Bali offers an endless array of activities to keep you entertained. Boasting spellbinding views over the turquoise waters of the Indian Ocean, gourmet restaurants, an exquisite Thalasso spa, tennis courts and plenty of water sports all await at this impressive all-inclusive resort.





## BALI MANDIRA BEACH RESORT & SPA

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Designed for everyone in the family, this modern classic Balinese resort is surrounded by expansive tropical gardens on the beachfront at Legian. Offering family-friendly activities, a picture-perfect private white sandy beach and panoramic ocean views, relax in the most beautiful of surroundings at the Bali Mandira Beach Resort & Spa.



## NUSA DUA BEACH HOTEL & SPA

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Located in over nine hectares of beautifully manicured tropical gardens on Bali's southern peninsula, the five-star Nusa Dua Beach Hotel & Spa features a private beach, three outdoor swimming pools, an award-winning spa and plenty of water and land activities to enjoy. The restaurants here offer culinary delights from around the world and are amongst the best on the island!



## THE ROYAL BEACH SEMINYAK BALI

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The Royal Beach Seminyak Bali is nestled within beautiful tropical grounds on the island's popular Seminyak Beach. A tropical haven close to the area's trendy bars, top dining spots and fashionable shops, this boutique-style resort offers two stunning swimming pools, an exquisite spa, luxurious guestrooms and secluded villas, and a choice of delectable dining options.



## ALILA UBUD

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Sitting high on the edge of the lustrous green Ayung River Valley in Bali's central foothills and just fifteen minutes from Ubud, the hillside haven of Alila Ubud blends contemporary design with traditional Balinese architecture. With secluded courtyards, spacious terraces and private gardens, you'll have everything you need for a relaxing escape from the stresses and strains of daily life.



# Choose Emirates

Let Emirates whisk you away to Bali. Emirates is the world's fastest growing airline, earning over 500 international awards for cuisine, service and in-flight entertainment due to its commitment to innovation and quality. Catch an Emirates flight to Bali via Dubai from six UK airports – Birmingham, Glasgow, London Gatwick, London Heathrow, Manchester and Newcastle – while flying in style.

## **ECONOMY CLASS**

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Fly Economy and travel in style. Enjoy over 2,500 channels on the award winning 'ice' entertainment system, stay connected with love ones with in-flight Wi-Fi, dine on gourmet cuisine or keep your kids busy with toys and cartoons, as you journey to Bali with Emirates.

## **BUSINESS CLASS**

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Luxury experiences await in Business Class. You'll receive complimentary chauffeur drive service and 49kg of baggage allowance. When flying between the UK and Dubai you can enjoy cocktails with other jet-setters at 40,000-feet in the Emirates A380 Onboard Lounge. Other perks include a 23-inch entertainment screen, international cuisine made with local ingredients and complementary Indulgence by Bulgari amenity kits, so you'll step off the plane ready to explore Bali.

## **FIRST CLASS**

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There's nothing like flying First Class with Emirates! Socialise with cocktails and good company in the Emirates A380 Onboard Lounge or enjoy the refreshing Shower Spa while flying between the UK and Dubai. Retreat to your Private Suite and relax in seclusion with a bed, ambient lighting and a private cinema. With world-class service, complimentary Hydra Active Microcapsule lounge wear and gourmet cuisine served on bone china plates, experience the height of luxury!





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