



Bali Journey Companion

Culinary

Accommodations

Destinations

Wellness, Yoga & Tips



Where do I go in Bali?

We suggest that you divide up your time in Bali amongst a few areas. For example, base yourself in Canggu for 5 days while making trips down to Seminyak, then head up to Ubud for another couple days or down south to the cliffs and beaches of Uluwatu, then up North to Amed/Pemuteran.

We are sure you would also enjoy visiting one of Bali's neighbouring islands such as the Gili islands or Nusa Lembongan. Rote, Raja Ampat is also very popular at the moment. To help you decide where and how long you want to go where, we have written out little guides on each of our favorite areas of Bali below – enjoy!

SEMINYAK

Seminyak is the louder & busier side of Bali filled with great restaurants, shopping and evening fun. Beach is perfect to learn surfing.

Restaurant

Mamasan / Kilo / Da Maria
LaLuccciola/Made'sWarung

Café

Biku / Café Bali
Hut & Nalu / Kynd
Braud Café / Revolver

Sunset

Ku De Ta / Potato Head
Anantara & 66 Rooftop
La Plancha / Manos

Yoga

Olops

Before you leave Bali, make sure you go for a yoga class with Olop. He is my teacher, to me he is the best :) The address is Jl. Drupadi 7A. His classes are Monday to Friday at 8am (advanced); Tu/Th 8am (intermediate); Mo/Th 17:00 (beginners)

Yoga 108

Have a yin yoga class with Jessie at Jl Drupadi 108



Accommodation

The Legian

Luxury hotel on the beach

Villa 8

Book via us for a good rate / private

Brown Feathers

Medium

Zen Rooms

Affordable

Spa

Think Pink

fabulous for mani-pedi

Bodyworks

Maroccan inspired architecture, highly experienced

Cozy

ah the foot reflexology!

Prana

luxurious, but worth it

Jari Menari

professional but dreamy massage

CANGGU

It used to be "just" Seminyak, now Canggu is the hip partner, great for organic nutritious cafes. Black beaches, great for surfing (Echo and Batubolong Beach) and a few rice fields. From here, take a day trip to the Tanah Lot Temple and enjoy the sunsets.

Restaurant

Milu / Ulekan / Yuki
Yema Kitchen / Mason
Hut / Woods

Café

Milk & Madu / Baked
Shady Shack / Café Vida

Sunset

LaBrisa / The Lawn
Times Warung
Old Man's / Caravan

Yoga

Samadi/Serenity
The Practice / The Path



Accommodation

The Slow / Zin
Serenity Bali

Luxury
Affordable

Spa

Amo
Spring Spa
Maria Curau
Mynx
Muka

great treatments/mani-pedi/affordable/ice bath
really love this spa, treatments and design are fabulous
simply the best treatments in Pererenan
perfect place for haircuts
fabulous facials, clothes, accessories

UBUD

Ubud is located in middle north Bali with a more down to earth nature about it with many yoga studios, rice fields and organic vegetarian cafes. Visit the Pyramids of Chi, the Monkey Forest and the art markets during the day and Tirta Empul temple for a spiritual cleanse. Make ceramics at Gaya Ceramics. Ricefields in Teggalalang and Ayung River Rafting are touristic but spectacular!

Restaurant / Cafe

Sayuri's Healing Food / Zest / Alkemy
Sari Organics / 3 Monkeys / Clear

Yoga

Radiantly Alive
Yoga Barn



Don't miss the ecstatic dance on Sunday

If you are staying for longer periods of time in Ubud, I would recommend getting an Airbnb, however, here are some other villa or hotel suggestions

Accommodation

The Maya	Luxury
Ubud Sari	Health retreat, healing, fasting affordable
Indira Cottage	Affordable

Spa

Ubud Sari	Beautiful all-natural spa/colonics
Nur	Jl. Hanoman/traditional/Mandi Lulur/our favorite

KINTAMANI

A drive to the Kintamani region reveals the huge crater of holy Mt Batur, the second largest mountain in Bali, which has left a beautiful lake in its center as a reminder of its huge explosion in 1917 and 1926. This volcano is still active today, but that shouldn't stop you from enjoying a tour of its crater with its magnificent views. Hot springs.



JATI LUWIH

I love this area! Visit the World-Heritage rice fields of Jati Luwih around the volcano Batukaru, which is definitely worth a climb to enjoy the sunrise. Stay at either Batukaru Coffee Estate or Sari Devi Eco Lodge. Enjoy the fresh cool air, the clear water and such Bali beauty.

ULUWATU

Uluwatu is considered the surfer's paradise. There are so many beautiful white sandy beaches here for you to explore. Some good beaches include Thomas's Beach, Medasti, Padang Padang, Balangan and Bingin. Close by is Jimbaran which has great on-the-beach seafood restaurants which I recommend. Uluwatu Temple for sunsets and Kecak Dance and Uluwatu Surf Villas for sunsets. Desayogi.com für Yogall



Accommodation

Stickys in Bingin	Affordable
Mick's Place in Bingin	Medium
MU	Yoga retreat on the cliffs
Suarga Padang Padang	Luxury eco resort overlooking the ocean
6 Senses	super luxury but pool day pass for all

Restaurants

Saladbar Alkemy/Bartolo/Dugong
Gooseberry/Mana/OM Burger

Cafe

Kely's Warung / Nourish / Lands
End Café /The Cashew Tree

Sunset

Uluwatu Surf Villas



BEDUGUL

Discover the mountainside of Bali and head north to Bedugul. Visit the botanical gardens and the beautiful vegetable markets. I would recommend to stay at Villa Lakeside and if you have a chance go to some waterfalls nearby: Git Git & Twin Waterfalls we love.

SIDEMEN

Spectacular rice fields and magnificent views of the mother volcano Agung. Visit the mother temple Besakih, Gembleng & Bangli waterfalls or the tile factory Sadus Tiles.

For accommodation we suggest

Villa Idanna

Luxury

Samanvaya

Medium (best restaurant)

Darmada Eco Resort Affordable



CANDI DASA

is in East Bali and is a great getaway for sun, beach & snorkelling. Visit the Goa Lawa temple (one of the most important temples in Bali, but don't get too close to the bats). Stay luxuriously at Amankila or Alila Manggis (my favorite), medium in Pondok Pisang! From here, visit Sidemen, the Virgin Beach or the Tirta Gangga water temple for cleansing. Andre Spal

AMED

Amed is in east Bali and is a great getaway for some beach and snorkeling. Still a sleepy fishermen village. There is a shipwreck here which is great for divers and snorkelers too. Visit the White Beach and stay at The Kampung. Restaurants: Blue Earth and Galanga.



PEMUTERAN

Pemuteran is in north Bali and is one of my favorite sides of Bali. Here you can still see the old Bali and the black sand beaches with beautiful coral and marine life. Go to Menjangan island for incredible snorkeling. I would recommend to stay at either Taman Sari or Taman Selini. Visit the turtle conservatory and ride horses on the beach.

ISLANDS NEXT TO BALI

The Gillis

Already quite commercial especially Gili Trawangan has become the party island so we suggest Gili Air or Gili Meno. Rent a boat around the islands for 600,000 Rp (40 euro) for two hours to snorkel and swim with the sea turtles. Less known Gillies are Gili Nanggu, Gili Po, Gili Asahan which are amazing too.

Nusa Lembongan

The new hype is to stay around Sarangan there is one place called Le Pirate in Ceningan (which is the trendy part of the island) that everyone likes and a cheaper place next door.

Nusa Penida

They say it is the spiritual heart of Bali and that Crystal Bay used to be one of the worlds miracles for divers and snorkelers. The sea can be rough so watch out, especially when diving, but snorkeling with a boat nearby is fine. Visit the beautiful underground temples – simply amazing! It is a must see.

How do I get there?

Take a fast boat to either one of the Gili islands. It is the safest and the most affordable option. We suggest to check if there are life vests on board and that is an old-standing safe company as at times the crossing can be dangerous. Rather go in the morning in good weather.



Other places in Indonesia?

If you wish to travel outside Bali, we would recommend exploring Flores and the Komodo islands where you can see the Komodo dragons and go snorkeling with Manta Rays. Or the Nihiwatu Resort in Sumba, absolutely beautiful (luxury). Lombok (Hotel Tugu, the Oberoi - luxury).

SHOPPING

ITEMS	SHOPS / AREA
ANTIQUES	<ul style="list-style-type: none"> ▪ Jl. Kunti Dua ▪ Jl. Gunung Tangkuban Perahu ▪ Batubulan & Batuan Village ▪ Gianyar
ARTS	<ul style="list-style-type: none"> ▪ The Bianco Renaissance Museum ▪ Nyaman Gallery
CERAMICS	<ul style="list-style-type: none"> ▪ Kevala Ceramics ▪ Jenggala Ceramics ▪ Kapal Village (local ceramics)
CLOTHING & ACCESSORIES	<ul style="list-style-type: none"> ▪ Jalan Raya Seminyak ▪ Jalan Oberoi ▪ Beachwalk Mall ▪ Seminyak Village Mall
FABRIC	<ul style="list-style-type: none"> ▪ Alta Moda ▪ Jl. Sulawesi (Local fabric, cheap). ▪ Wiras ▪ Busana Indah ▪ Duta Silk
FURNITURE	<ul style="list-style-type: none"> ▪ Warisan ▪ Kenzie Décor ▪ Balquise
JEWELRY	<ul style="list-style-type: none"> ▪ Celuk Village
INTERIOR	<ul style="list-style-type: none"> ▪ Vinoti ▪ Disini ▪ Kim Soo ▪ Mercredi
MALLS/SHOPPING CENTRES	<ul style="list-style-type: none"> ▪ Discovery Mall - Centro ▪ Bali Mall Galeria ▪ Nusa Dua Galeria ▪ Beach Walk ▪ Seminyak Village
MARKET	<ul style="list-style-type: none"> ▪ Kumbasari/ Badung Market ▪ Sukawati Market ▪ Ubud Market
PAINTINGS	<ul style="list-style-type: none"> ▪ Rudana Gallery ▪ Arma Gallery ▪ Sukawati Market ▪ Rizal Art
STONE	<ul style="list-style-type: none"> ▪ Batu Bulan Village
WOOD CARVINGS	<ul style="list-style-type: none"> ▪ Mas Village ▪ Kemenuh Village ▪ Tegallalang Village

YOGA CLOTHES

Studio K Yoga Wear

Canggu / Ubud 15% Rabatt with Code Theresa15

Divine Goddess

Seminyak: Jl. Raya Taman

Canggu: Jl. Batu Bolong

We-ar

Oberoi: Jl. Kayu Aya No. 12

Canggu: Jl. Pantai Berawa

Ubud: Jl. Hanoman

Indigo Luna

Canggu: Jl. Batu Bolong



FOOD & DRINKS

Water cannot be drunk unfortunately, please bring your non-plastic water bottle to refill, this is the most environmentally friendly and avoid plastic bottles as much as possible! In Batu Karu you can drink the water in some places.

FAMOUS INDONESIAN DISHES

Nasi Campur (Rijstaffel; Padang Food)
Nasi (rice) campur (mixed) is a plate of mixed Indonesian delicacies ranging from white rice to meat, soy and vegetable dishes; at warungs (Indonesian: local food stall/small restaurant/small store) you can pick your choice directly from glass display cases and it costs around Rp. 8,000 to Rp. 25,000 (under €2).



Nasi Goreng / Mie Goreng is Nasi (rice) or Mie (noodles) Goreng (fried) - so a simple fried rice/noodles with chicken/seafood or vegetarian; watch out for the sambal (homemade chili sauce) as you may want it as a side dish as the traditional red colored Nasi/Mie Goreng is VERY spicy! Often served with sate ayam (chicken on a wooden skewer).

Tempe Goreng

Tempe is a fermented, pressed soybean dish that is simply delicious and is not prepared in this form anywhere else in the world! Try it! Especially a discovery for your children!

Gado Gado

Steamed vegetables, tofu, tempeh and white rice with peanut sauce.

What else can I try? Tahu Tipat, Jackfruit Curry, Pepes Ikan, Sayur Lodeh, Rujak

Whats important in restaurants?

Tip yes! Average wages in Indonesia are very low, tipping is appreciated. Ice! Don't worry too much about the ice; ice is now controlled by the government.

Bali Belly

is a common gastrointestinal illness in Bali. We recommend only visiting popular and busy restaurants and avoiding salads and raw food in simple eateries and ordering something cooked Indonesian rather than a cordon-bleu ☺. If you should have diarrhoea, the risk of dehydration is to either go to a clinic or take Oralit (or other rehydration fluids), along with Chinese remedies (such as Po Chai), charcoal tablets or medicated by (D)a doctor.

Cooking Classes

Casa Luna Cooking School

world-famous cooking center in the heart of Ubud, offering a deep insight into Balinese culture

Sayuri Healing Food's

fantastic courses/certificates in raw and vegan cuisine

Health Food Shops

Bali Buda

Kerobokan / Canggu
Ubud / Renon

Alive

Umalas / Canggu

Sayuri's Healing Foods

Ubud

Alchemy

Ubud / Ulu Watu

Samadi

Canggu

Soil Temple

Seminyak / Canggu



Bali Jivva – Bali Direct- Sage Bali

are organic online stores that sell a variety of superfoods, health foods and organic fruit and vegetables. There is free delivery with a minimum order. If you order before 15:00, your goods will be delivered the next day. We highly recommend them!

TRANSPORT

GoJek is an amazing app where you can order food, motorcycle cabs or cars and also pay for everything through go-pay. Very cheap, reliable & friendly! But you need an Indonesian Sim card.

Bring your international driver's license if you are brave enough to drive here (left-hand traffic, often chaotic). Or rent a motorcycle. We recommend a car with a driver; it's the safest bike. Be safe and aware.

AIRPORT TRANSFERS

After landing in Bali, you can either:

- Take a cab at a fixed price (at the cab counter)
These are the approximate prices from the airport:
Ubud/Canggu €23/25 * Seminyak €15/20 * Uluwatu €20
Sanur €18/20 * Kuta €16 * Tabanan €35 * Candi Dasa €40
- Order Grab or Gojek
- Pre-book a private driver

SPA

FAMOUS INDONESIAN BODY & BEAUTY TREATMENTS

Indonesia is world famous for its centuries-old, traditional and natural body and beauty treatments. Be sure to enjoy a typical Bali massage or a Mani pedicure. below I explain my two favorite treatments:

Creambath

Usually lasts an hour and consists of a hair wash followed by the application of a traditional deep conditioning cream (usually aloe vera or avocado based) massaged into the scalp. While the cream penetrates your hair with the help of steam, you can "rest" with a head, neck, shoulder and arm massage. Divine!



Mandi Lulur

The lulur bath is usually a two-hour treatment that begins with a one-hour Balinese body massage, followed by a full body application of a grainy paste ("lulur") made from a mixture of Indonesian spices, nuts and rice to exfoliate the skin. After the shower, yoghurt or papaya is applied, followed by a hot flower bath. Many spas offer rooms with two beds, so you can share the physical luxury of heaven with either your partner or friend!

VISA

- Constantly changing; please only check the Molina website.
- Passport must be valid for at least 6 months
- Return flight ticket!

MONEY / CURRENCY EXCHANGE

Bring some Euro or USD in cash to change into Rupiah, otherwise you are welcome to use ATM cards. Don't forget to contact your bank before you leave so that you can use your ATM card internationally and there are no set limits. Take at least 2 cards with you and be aware that the ATM gives you money first, then the card! This is often forgotten!

Don't change money at the airport or in an obscure money changer in an alley. Only visit professional money changers behind glass doors that are air-conditioned, Maspion is a good brand. There are fake calculators, please do your own math.

PHONES

We recommend bringing a second phone for a local SIM card (e.g. Simpati); simple and cheap. Wi-Fi is free everywhere.

WORDS OF RESPECT & CAUTION

- When entering a temple, please remember to cover your shoulders and dress respectfully by wearing a sarong + sash. Ladies do not enter the temple during menstruation.
- Please make sure to take off your shoes before entering a house/yoga shala (Asian etiquette).
- Blowing your nose in public is not appreciated, although spitting on the street is normal
- The left hand and feet are considered rather "dirty" because of toilet tradition and bare feet; so only give and take with the right and leave your feet out of it etc.
- Please dress respectfully, especially on the street (always wear a top and only wear a bikini at the beach or pool)
- Please wear a helmet on your motorcycle and a seatbelt in your car.
- If a policeman stops you, please be super polite, then you have many options.
- There is often honking on the road, but 90% not out of impatience or anger, but to tell you "Hey, I'm here, watch out!" or to greet a sacred tree etc.
- If you rent a car, get out at gas stations and check if the liters match the total and ask for a receipt.
- Watch out for motorcycle thieves snatching bags off the bike as you stroll or ride along the road. Separate your money / cards into different pockets, carry the bag away from the road, or not at all, or hide it in the motorcycle seat. Make use of room safes.
- Be careful when swimming in the sea; currents can be very strong EVERYWHERE, especially in Seminyak and Nusa Penida.
- Be careful when you are around monkeys because they like to steal hats, glasses, camera, sandals or jewelry and also bite from time to time. Do not feed them! :)
- Recognize that any kind of narcotic drugs including hemp products of all kinds, CBD oil, Ayuhwaska etc are illegal in Indonesia. Indonesia is one of the toughest anti-drug countries in the world with harsh penalties.
- **In case of emergency:** Siloam Hospital - 1-500-911 or BIMC Clinic - 761-263

The Balinese are truly remarkable in their smiles, patience and are extremely polite and respectful. We are their welcome guests on this beautiful island. They love to share this beautiful nature and customs with us: they are incredible hosts! This is a blessing for us guests!



Enjoy Your Time in Bali!

With Love

Beate & Davina