



ADVENTUREWOMEN®, INC.

FIRST AND STILL THE BEST! SINCE 1982

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The Islands of Indonesia – 2017

Culture, Beaches, Orangutans & Dragons

Trip Summary

Dates

June 14 - 28, 2017

Cost

\$4,995 (plus \$700 internal airfare) from Jakarta, Indonesia (\$800 deposit)

Rating

Moderate

Activities

- Animal Tracking
- Archeology
- Architecture
- Birding
- Boat Travel
- Buddhism
- Cooking Class
- Cultural Exploration
- Historical Sites
- National Parks
- Natural History
- Photography
- Sightseeing
- Snorkeling
- Swimming
- Sailing
- Walking
- Wildlife Viewing
- White Water Rafting

In June 2017 we travel to the islands of Indonesia including Bali, Java, Kalimantan, Flores, Rinca, and Komodo to explore Indonesian rain forests and rivers, wildlife preserves, culture and art! Over 17,000 shimmering Indonesian islands stretch more than 3,000 miles, as this ancient archipelago extends across South-East Asia like a colorful, jeweled necklace. A nation full of rich contrasts, Indonesia is blessed with spectacular temples and monuments, delicious cuisine, stunning beaches, diverse cultures, and exquisite wildlife.

Our adventure tour in Indonesia is island hopping like you've never experienced it before! From Jakarta, fly to Indonesian Borneo (Kalimantan), and the Tanjung Puting Wildlife Reserve, home of the famed Camp Leakey. Spend 3 days in the rain forest, searching for orangutans, proboscis monkeys and gibbon. We'll visit the orangutan orphanage to meet the babies, and talk to the scientists and researchers who work here.

Fly back to Semarang on the island of Java and explore the world's largest Buddhist site of Borobudur Temple at sunrise, then travel in a horse-drawn buggy to visit with the locals and learn about their farms. Journey to Yogyakarta to see the Sultan's Palace and the gates of Kota Gede, examples of beautiful, traditional Javanese architecture. Then fly to Bali, "Island of the Gods," and transfer to Ubud, the "cultural heart" of Bali, an artists and crafts center, exquisitely carved out of the verdant hills and valleys of sparkling green rice fields. From our Balinese hideaway we'll learn about rich and traditional Balinese arts, plus visit stunning temples and the sacred monkey forest. We'll unlock the secrets of Balinese cooking in a culinary adventure, and get wet braving the rapids through the rainforest and rice paddies on a whitewater raft trip!

Flying to the island of Flores, we board our luxury chartered sailboat for a relaxing 2 night voyage to Rinca Island and Komodo National Park, home to the world's largest monitor lizard, the Komodo dragon! Enjoy swimming and snorkeling too, before flying back to Bali to end this unforgettable trip at a luxurious beach resort.

If you love exotic, mystical and magical experiences, then this Indonesian adventure vacation is the ultimate adventure for you!

Main Attractions

- View endangered orangutans ("the man of the forest") in the wild and in amazing sanctuary, orphanage, and rehabilitation centers on Kalimantan, the island of Borneo, at the famous Camp Leakey.
- Experience sunrise at the majestic Borobudur Temple on Java, the largest single Buddhist monument in the Southern Hemisphere.
- Explore Ubud, the center of Bali's art scene, and experience a Balinese cooking class and an exciting whitewater raft trip.
- Sail for 2 nights to Flores and Komodo National Park on a luxury schooner, to track the Komodo dragon, the largest reptile in the world.
- Enjoy expert guides and wildlife interpretation by naturalist guides.
- Swim and snorkel on beautiful beaches.
- Stay in comfortable eco-lodges and luxury hotels, and end at a 5-star Bali beach hotel and spa.

What's Included:

- 12 nights/13 days Islands of Indonesia adventure, twin-bedded double occupancy accommodations in superior hotels, lodges, and resorts, including 2 nights on the deluxe chartered sailing vessel Cheng Ho.
- Fully-guided sightseeing in national parks, wildlife reserves and points of interest as indicated; different local guides will be assigned for each destination.
- All meals as specified in the itinerary.
- Complimentary bottle of drinking water and 1 cold towel per person each day.
- All entry fees to visited monuments and parks.
- All applicable hotel tips and taxes, plus gratuities for baggage handling.
- Deluxe air-conditioned motor coach when applicable.
- Services of a highly-trained English-speaking guide throughout.
- One AdventureWomen Associate to accompany the group throughout.

What's Not Included:

- Round-trip air transportation from your hometown Indonesia: with arrival into Jakarta, West Java (CGK), and departure from Denpasar, Bali (DPS).
- 5 internal flights as per itinerary within Indonesia: Jakarta - Pangkalanbun, Pangkalanbun - Semarang, Yogyakarta – Denpasar, Denpasar - Labuanbajo, Labuanbajo - Denpasar. Combined total is \$700, subject to change.
- Passport and visa fees.
- Meals and beverages, other than specified.
- Alcoholic and other beverages not mentioned in itinerary.
- Laundry (except where included) and other items of a personal nature.
- Personal and baggage insurance.
- Cost for anything not specifically mentioned in the listing above.
- Tipping Guidelines for guides and staff. Consider budgeting the following amounts per traveler/per day:
 - \$5 - \$8 per day for your Specialist guide
 - \$3 - \$5 per day for driver

- o \$3 per day for boat drivers, other drivers, other local guides, rangers, etc.
- o \$5 per day for camp staff at Camp Leakey
- o For 2 days on the schooner: \$10 a day

Passports and Visa

If you do not have a passport, APPLY NOW! Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen), and always carry 2 sets of photocopies of your airline tickets and the first two pages of your passport.

A U.S. passport is required for travel in Indonesia. Your U.S. passport must be valid for a minimum of 6 months from the date you plan to depart Indonesia.

In addition, your passport must also have **adequate unused visa pages** to allow for entry and exit stamps upon arrival and departure from Indonesia. To be safe, all travelers in the region are strongly encouraged to have a minimum of six or more unstamped visa pages in their passports prior to commencing travel. Please note that Amendment pages in the back of your passport are not to be used for entry and exit stamps or visa issuance.

Visa Exemption

As of 9 June 2015, Indonesia has added 30 nations to its list of countries whose citizens can enter without first obtaining a travel visa, and the United States is one of them. It is very important to note that when guests apply for a free visa to Indonesia they need to enter and exit the country through specific designated borders as mentioned. If clients exit via a non-designated border they will have to pay the VOA fee. Flying into Soekarno Hatta Airport (CGK), and out of Ngurah Rai Airport (DPS), we do not need to pay visa fees and can get a Visa Exemption on arrival, which is a stamp you receive in your passport when you arrive at the airport in Jakarta. Your purpose of travel must be purely tourism and you cannot stay more than 30 days.

Health Requirements and Health Insurance

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by riding on rough, bumpy, and unpaved roads in the national parks, or walking 3-5 miles per day on level dirt and unpaved ground, or on sightseeing tours in cities and towns. You must be in very good physical condition to participate in this trip.

There are no special vaccinations required to enter Indonesia, but please make sure that you are up-to-date on routine vaccines. Please consult with your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, anti-malaria medication, or others that may be personally recommended for you based on your age, health, and past vaccination history.

How To Register

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking “Sign Up for this Trip” on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier’s check. You can also give us your credit card number over the phone. Once we receive **your deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Traveling to Indonesia: Arrival and Departure

This trip requires that we fly into **Jakarta's Soekarno Hatta Airport** on the morning of **June 16, 2017**, where our adventure begins. Departure is from **Bali Ngurah Rai International Airport, also known as Denpasar International Airport, on June 28, 2017**. Your transfers to and from the airport will be arranged to accommodate your flight schedules.

Making Travel Arrangements to Jakarta, Indonesia

Choosing the best possible air arrangements is always a challenge, but a good way to begin is to call our air agent, **Ciretta Green at Travel Café, Montana’s Travel Agency**, to discuss your air options and arrangements to Indonesia.

1-800-247-3538 OR FAX 1-406-586-1959
email: ciretta@travelcafeonline.com
CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen traveler. If you leave a message on Ciretta’s voice mail, she will return your call promptly.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!.

Please keep this in mind when making your travel plans.

Liability Form and Final Payment

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, return it with the remainder of your balance due by **MARCH 17, 2017**.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. A brochure will be sent to you in your registration packet.

Switching Trips

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Trip Itinerary

DAY 1 - 2

Wednesday - Thursday, June 14 - 15, 2017

Depart from the United States for Jakarta, Indonesia

Depart on your international flight to Jakarta, Indonesia. You will lose one day, crossing the International Dateline, and arrive in Jakarta early morning on June 16, 2017.

Meals Aloft

DAY 3

Friday, June 16

Arrive Jakarta - Jakarta City Tour

This morning your flight arrives in Jakarta, on the island of Java, the capital and largest city of Indonesia. It's important that you arrive early this morning to settle into your hotel, and then enjoy a Jakarta city tour of Old Batavia this afternoon. We begin at Sunda Kelapa Harbor, which dates back to the 17th century. Located in the head of Batavia, this harbor was the first to be used by the Portuguese and Dutch when they arrived in Indonesia. Continue with the tour to China Town, known to the local people as "Glodok", with its many small shops and typical Chinese architecture. Walking through this maze of shops, temples, vendors, and street kitchens is a colorful and layered experience. Tonight we'll enjoy a Welcome Dinner, orientation and introductions at our hotel.

Welcome Dinner

Overnight at **Hotel Borobudur**

Jalan Lapangan Banteng Selatan, P.O.Box 1329, Jakarta

Tel: (62-21) 380 5555

Email: welcome@hotelborobudur.com

<http://hotelborobudur.com/>

Hotel Borobudur Jakarta is a five star hotel, situated right in the center of Jakarta. Only a stroll away from the Presidential Palace, a quick ride to shopping malls and business districts. Spanning across

23 acres of tropical gardens and supported with extensive recreational facilities; Hotel Borobudur Jakarta has become an oasis where people can relax and escape from the hustle and bustle of the city.

DAY 4

Saturday, June 17

Jakarta - Pangkalan Bun

After breakfast we return to the airport and board a morning flight to Pangkalan Bun on the island of Kalimantan, Indonesian Borneo. On arrival we'll be met and escorted to the nearby port of Kumai, where we board what the locals call a "Klotok," which is a wooden riverboat that measures approximately 19.5 feet x 6.5 feet. The boat is equipped with an upper deck that allows us to view the rain forest as we glide by. Lunch is served on the way to Tanjung Harapan, a rehabilitation center for orphaned orangutans located about two hours up-river from Kumai. It is not unusual to see female orangutans building their nests high in the treetops as we cruise up the river. In the peaceful afternoon we'll continue to explore and observe the many different forms of wildlife along the river.

Breakfast, Lunch and Dinner

Overnight at **Rimba Lodge** (Emerald Rooms)

www.rimbaecolodge.com

For the next three nights we stay at the highly acclaimed Rimba Lodge. Past visitors have rated this spot as a "jungle wonder" and a "true heavenly destination." The lodge is equipped with all the necessities that you would want after spending the entire day in the jungle. It's a great place to cool off, view more wildlife in action, eat some delicious food and retire to the comfort of your personal bungalow to rest peacefully for the night before continuing our splendid journey.

DAY 5

Sunday, June 18

Orangutan Exploration - Pondok Tanggui and Camp Leakey

This morning we wake early and board our klotok to travel up river through the park to Pondok Tanggui. We enjoy seeing monkeys, birds and other wildlife along the river bank, and arrive at Pondok Tanggui in time for the daily orangutan feeding at 9:00 am. Accompanied by our guide and a local park ranger, we are able to walk deeper into the jungle along small tracks, and witness these incredible creatures in a natural habitat from just few feet away.

Returning to the post we visit the small orphanage where playful and friendly baby orangutans are taught the first stages in finding themselves in the jungle. Then continuing our journey upriver towards Camp Leakey, we have lunch onboard the boat. Prepared by the boat crew, our meal consists of delicious Indonesian dishes of fresh fish, chicken, beef, vegetables and fruit with plenty to drink. During lunch we turn from the "Big" Sekonyer to the "Small" Sekonyer branch of the river, otherwise known as Crocodile River. Living up to its name, this small river is the home to many crocodiles!

We arrive early afternoon at the famed Camp Leakey, established in 1971 to support research activities in Tanjung Puting Wildlife Reserve. We'll take a look around the research center and meet some of the scientists, researchers and local rangers as well as the resident orangutans. At Camp Leakey we'll have the opportunity to trek further into the rain forest with our expert guide and forestry rangers to learn about the flora, and perhaps see wild orangutans, gibbons, macaques, and birds. Continuing our trek further into the forest, we arrive to see the orangutan feeding session, where we can try to identify the orangutans from the "family photos" they have on the walls of the research center. After the feeding, you can opt to take a short walk through the forest or return to the boat.

Breakfast, Lunch and Dinner

Overnight at **Rimba Lodge**

DAY 6

Monday, June 19

Orangutan Exploration - Pondok Tanggui and Tanjung Harapan

Our day begins as we head upstream to Post II, Pondok Tanggui. Here we will either meet with one of the resident rangers to learn more about the area, or go to the feeding station to see the orangutans who swing through the depths of the jungle to come to this tasty spot to eat. A freshly prepared lunch will be served as we head back downstream to the rainforest station of Pesalat.

Slightly further downstream is Post I, Tanjung Harapan, a small post that sees very few visitors but is a favorite feeding station. The local family that lives here will give us a warm welcome, and their children will be very happy to play a game of ping-pong with us on the weathered table right in the middle of the jungle! We'll take a stroll around the area after the feeding, and cross the river to the largest settlement in the area, Tanjung Harapan Village, where we'll visit playful and happy children, their school and small fish farms.

Breakfast, Lunch and Dinner

Overnight at **Rimba Lodge**

DAY 7

Tuesday, June 20

Rimba Lodge - Pangkalanbun - Semarang

Leaving the hotel early this morning, we transfer back to Pangkalan Bun to catch our morning flight to Semarang, Java, where we check into the hotel and enjoy the rest of the day at leisure. This charming boutique hotel is set on Tanjungan Hamlet Hills and has stunning views of Borobudur Temple, Mount Merapi, and Menoreh Hill.

Breakfast

Overnight at **Plataran Borobudur Resort** (Deluxe Wooden Villa)

Dusun Tanjung, Borobudur, Magelang, Central Java 56553

Tel: +62 293 788 888

Email: info@plataranborobudur.com

<http://plataran.com/area/borobudur>

At Plataran Borobudur Resort the spacious cabanas are designed in a traditional Indonesian style, and are spread out in lush tropical gardens. Air-conditioned cabanas have telephone and TV. Facilities at the hotel include an outdoor swimming pool and the Padma Spa and Yoga Club. The Stupa Lounge & Restaurant offers a variety of fine dining, international and Indonesian cuisine. Wi-Fi is available in the restaurant.

DAY 8

Wednesday, June 21

Borobudur Sunrise Tour - Andong Village Tour

Before the sun comes up we head to the stunning and majestic Borobudur Temple. Around 850 AD, the temple was deserted when the Hindu Majapahit Empire overthrew the Sailendra Dynasty. Borobudur is the largest single Buddhist monument in the Southern Hemisphere. We can climb the steps to see the 1640 relief panels and 504 Buddha effigies. Upon reaching the top of the monument we will (hopefully!) witness an extraordinary sunrise.

Traveling by "Dokar", or horse drawn buggy, we'll visit Candirejo Village and have an opportunity to meet with the local village people to see their farms and plantations. We'll end our visit with a lesson in traditional Gamelan music at one of the local homes. After lunch in a local restaurant we'll return to hotel.

Breakfast and Lunch

Overnight at **Plataran Borobudur Resort**

DAY 9

Thursday, June 22

Yogyakarta - Bali

We depart Magelang this morning and drive to Yogyakarta to explore the Sultan's Palace, also known as "Kraton". Located in the center of the city and built around 1755, this very interesting living museum features a showcase of Javanese Culture and relics. Today it still remains as the residence of the Sultan, or King of Yogyakarta.

We continue to Taman Sari (also known as the Water Castle and built in 1758 by the prince), just a short distance from Sultan's palace. On our way we'll walk through the Yogya's Main Market and have time to sample the exotic fruits and spices on display, and perhaps pick up some beautiful batik art! Our walk continues to the northern gates of Kota Gede, also known as the silver village, which retains some of Central Java's best examples of traditional Javanese architecture.

This afternoon we fly to Denpasar, Bali – the "Island of the Gods," and proceed to Ubud. Bali is an island paradise, with lush rice field terraces, stunning volcano and lake views and beautiful beaches, but it is often the warmth and friendliness of the Balinese people that make any stay on the island so memorable. The predominantly Hindu island gives visitors the chance to have an exclusive and fascinating cultural experience, while still being able to partake in various activities including swimming, surfing, soothing massages and diving deep into the depths of the splendid

waters and culture. Blossoming and fertile rice field terraces, remarkable volcano and lake views, picturesque beaches, all combined by the warmth and friendliness of the Balinese people makes the stay on this island a truly everlasting memorable visit.

Breakfast

Overnight at **Ubud Village Resort** (Garden Pool Villa)
Jalan Raya Nyuh Kuning, Pengosekan 80571, Ubud - Bali

Tel: +62 (361) 978 444

Tel: +62 (361) 971 333

Email: reservation@theubudvillage.com

www.theubudvillage.com

The perfect Balinese hideaway, the Ubud Village Resort is located on the verdant hillsides of Ubud and is surrounded by rice paddy terraces. The Hotel has 28 cottages all individually set within their own private gardens. Each cottage compound includes a private entrance, lush gardens and private balcony. From relaxation to adventure, the hotel offers a world-class spa experience.

DAY 10

Friday, June 23

Touring Ubud, the Arts Capital of Indonesia

Ubud is the vivacious center of Bali's arts scene, famous for its artists and paintings and home to a small treasure trove of museums and galleries. Near Bali's cool central upland, it is a treasure trove of cultural landmarks, ranging from ancient temples and majestic age-old royal palaces, to wonderful panoramas of green hillsides and rice terraces. It is where some of the world's notable artisans and collectors have visited, lived and worked, creating or compiling eclectic masterpieces that you can observe in local museums and art galleries.

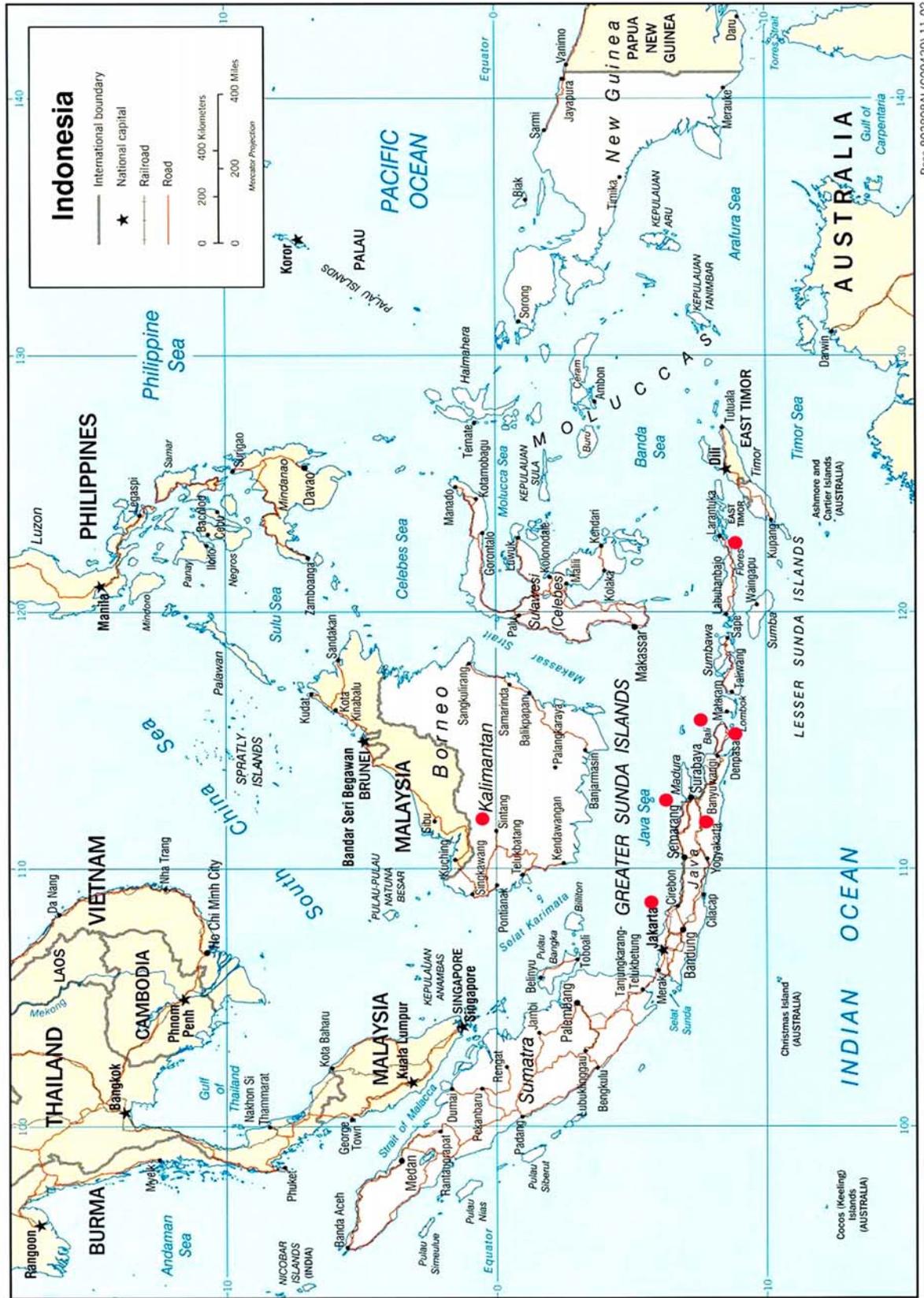
This morning we visit the Museum Puri Lukisan, one of the most beautiful museums dedicated to preserving and exhibiting the rich traditional and modern Balinese arts. We'll also visit Puri Saren Agung, the Ubud Palace where Ubud was ruled from the late 1800s - World War II, and walk across the palace to enjoy the Art Market.

Lunch today is at a restaurant overlooking the Tjampuhan River, with breathtaking views of the surrounding hills. After lunch we proceed to the village of Mengwi, with its 17th century Taman Ayun Temple, a legacy of its glorious kingdom's era. Then after a visit to the nearby sacred monkey forest of Alas Kedaton, we'll end the afternoon with a spectacular sunset at Tanah Lot Temple (weather permitting).

Breakfast and Lunch

Overnight at **Ubud Village Resort**

Follow Our Journey in Indonesia Jakarta - Kalimantan - Semarang - Yogyakarta - Bali - Flores - Denpasar - Denpasar



Base 802898AI (C00429) 11-02

DAY 11

Saturday, June 24

Balinese Cooking Class and Afternoon Rafting on the Ayung River

Today we embark on a culinary adventure that unlocks the secrets of authentic Balinese cooking, utilizing traditional ingredients and preparation methods, in a fully equipped community village kitchen. Our day begins early at the Ubud markets with our chef as we buy fresh herbs and spices, crisp vegetables and choice cuts of meat. We'll explore cooking techniques and the fascinating kitchen myths of Balinese cuisine, and learn about the exotic herbs and spices used in ceremonial and everyday Balinese dishes. After preparing our meal, we'll celebrate with a glass of local rice wine or homemade hibiscus tea.

After lunch what's more fun than an active white water raft trip on the world-class Ayung River! Our adventure begins with a transfer to the starting point followed by a safety and equipment briefing given by your expert guide. It's then headlong into the first set of Class II & III rapids, through towering gorges and past untamed rainforest and magnificent rice paddy terraces. Your professionally trained and experienced guides will call out instructions and safely navigate us in our Avon-branded rafts through this exciting journey. Go AdventureWomen!

Breakfast and Lunch

Overnight at **Ubud Village Resort**

DAY 12

Sunday, June 25

Bali - Labuhan Bajo - Rinca Island

This morning's early flight takes us to Labuhan Bajo on the island of Flores, the departure point for a visit to the Komodo National Park. Home to some of the world's largest and most dangerous lizards, Komodo is one of the 17,508 islands that make up the Republic of Indonesia. The island has a surface area of 150 square miles and over 2,000 inhabitants, descendants of former convicts who were exiled to the island and who have mixed themselves with the Bugis from Sulawesi. The population is primarily adherents of Islam but there are also Christian and Hindu minorities. Upon arrival, we transfer to the harbor and board our luxury chartered vessel, *Cheng Ho*, setting sail for a two night voyage to Rinca Island. Along the way today, we will enjoy a swim and snorkeling at nearby Kambing Island, and end our day at Komodo Island.

Our sailing vessel, *Cheng Ho*, is a modified Phinisi (Bugis) schooner launched in 2000 and named after the famous Chinese mariner, explorer, diplomat and fleet admiral who played an important part in Asia's maritime history. Constructed with three decks, 110 feet long, 34 feet wide, and with 14 cabins, the *Cheng Ho* has plenty of space to lose yourself, whether in the air-conditioned comfort of the large saloon or on the decks under the shade of one of the ship's huge sails. All cabins have individual air conditioning, a private bathroom with hot and cold water, wireless internet connection and plenty of storage. The *Cheng Ho* is equipped with a modern navigation system, plus updated safety and first aid equipment.

Breakfast, Lunch and Dinner

Overnight aboard the **Cheng Ho**

<http://www.divingseasafari.com/diving-boat-detail.php?boat=8>

DAY 13

Monday, June 26

Komodo Island Trekking

Today we're escorted on foot to Komodo National Park for a walking tour in search of the Komodo dragon. The Komodo National Park is located within the Lesser Sunda Islands on the border region between the provinces of East Nusa Tenggara and West Nusa Tenggara. The park is the domain of a fierce and rare species of reptile that looks like a dinosaur, called the Komodo dragon, remnant of a once widespread ancient order of monitor lizards that today survive in the harsh climate of Indonesia's Lesser Sunda Islands. Trek to see the Komodo dragons, the largest monitor lizard in the world which can grow to ten feet long and can weigh more than 300 pounds. It is estimated that there are 2,000 lizards on the island. Like other monitor lizards, the head is tapered, the ear-openings are visible, and the neck is long and slender. The Komodo dragon is a carnivore, and preys on the deer and wild pigs that inhabit the island. The island is also a good place for birdlife such as cockatoos and gosong birds. The rest of the morning is free to visit the small Park Laboratory Museum and relax on the Pink Beach. At midday, we sail back to Labuan Bajo.

Breakfast, Lunch and Dinner

Overnight aboard the **Cheng Ho**

DAY 14

Tuesday, June 27

Labuhan Bajo - Bali

Today we return to Bali by air and transfer to our beautiful hotel in the Nusa Dua area. It's time to enjoy the beach and relaxation at this stunning beachfront resort before flying home. OR, you may make plans to stay here a few more days on your own to REALLY relax!

Breakfast

Overnight at the **Nusa Dua Beach Hotel & Spa**

Kawasan Pariwisata Nusa Dua North 4, Bali 80363

Tel: +62 361 771210

Email: reservations@nusaduahotel.com

www.nusaduahotel.com

Located in lush tropical gardens, the 5-star Nusa Dua Beach Hotel & Spa, Bali features 3 outdoor pools and a private beach. Designed to resemble a Balinese palace, it offers several daily activities, including free scuba diving lessons, aqua aerobics and Balinese dance classes. Decorated with Balinese furnishings, the rooms at Nusa Dua Beach Hotel & Spa, Bali have a balcony or a terrace with views of the tropical gardens or the beach. Each room features satellite TV, tea/coffee making facilities and a safe.

DAY 15

Wednesday, June 28

Departure

This morning is at leisure to take a last swim. Shortly after lunch, you'll be escorted to the airport for your return flights home (or stay longer and take advantage of all that is offered at the hotel)!

Breakfast

Money

The currency of Indonesia is Indonesian Rupiah. 1 Rupiah = 0.00007 U.S. Dollars.
10,000 Rupiah = .07 U.S. Dollars; 100,000 = \$7.38

MasterCard and Visa are more widely accepted than American Express. In larger towns credit cards are widely accepted, but in rural areas cash is recommended. However, there is generally a surcharge for credit card use of 3-4%. ATM machines are in larger towns only.

Exchange rates vary with higher denomination notes getting a better rate. If bringing bank notes ensure that they are crisp and new - notes which are folded, bent, torn, stamped or scribbled on may not be accepted. Also banks are unable to receive U.S. Dollar notes issued prior to 2006 so it is wise to ensure you bring recently issued notes.

Climate

Indonesia has a tropical climate which is highly variable from area to area. The eastern monsoon brings the driest weather in June - September, but rain storms can occur all year. Higher regions are cooler. Temperatures average between 73°F and 82°F all year, but June is the best weather in Java, Bali and Lombok, as it is drier and not as humid.

What to Bring

Select your clothing based on comfort. Clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent.

Loose fitting, comfortable clothing is advisable, and a comfortable, well broken in pair of walking shoes is a necessity. A hat and sunscreen are also necessary, as we will spend many hours in the sun as we explore the UNESCO World Heritage sites all over Indonesia.

Remember that we will be in a Muslim country, and you should dress accordingly.

Baggage Restrictions

Although international flights from the U.S. to Indonesia allow one piece of checked luggage not exceeding 50 lbs., the majority of the domestic and regional flights in Indonesia **ONLY ALLOW A MAXIMUM WEIGHT LIMIT OF 44 LBS (20 kg) per person of checked baggage.**

THESE WEIGHT RESTRICTIONS ARE VERY IMPORTANT AND STRICTLY ENFORCED!

Luggage, Clothing, and Travel Accessories

Three words of packing advice: LIGHT, LIGHT, LIGHT! It is best to condense your luggage into one manageable suitcase with wheels and one daypack or backpack (carry-on size). Also, a spare, very light duffel bag or day pack rolled or folded into your wheeled suitcase is useful to have to transport souvenir items home.

We suggest you use your daypack as your carry-on bag during your flights. In it you should have all valuables and essentials: medications, passports and all important documents, cameras, a day's change of clothing, lightweight sleepwear, and toiletries.

Put luggage ID tags on the outside AND inside your baggage. If your bag is lost and the outside ID tag and baggage stickers are dislodged, the airlines may open the bag to search for an ID inside your bag. (We will send you 3 tags for the outside of your bags.)

You should also be aware of the airline regulations (www.tsa.gov) about what you can and cannot bring in your carry-on bag, and what you must put in your checked luggage.

Pre-Departure Tasks

- Obtain or renew passport.
- Evaluate and obtain trip cancellation, baggage, and medical insurance.
- Consult with your physician for physical examination, immunization, and prescription medicine recommendations.

Clothing

- Clothing should be lightweight, quick drying, and breathable. Pay special attention to sun protection needs. Long sleeves and wide brim hats are recommended.
- Underwear. Synthetics are easier to wash and dry.
- Sleepwear.
- Shirts: 2-3 long-sleeve, synthetic or cotton shirts because they are featherweight, durable, wrinkle-resistant, and dry quickly. Those with multiple, closed (velcro or zipper) pockets are excellent.
- 2-3 short-sleeve synthetic or cotton T-Shirts.
- Sweater/Jacket: Medium-weight sweater or jacket made of synthetic fabric (fleece) for cool evenings in Bali or on the boat.
- Vest: A lightweight, multi-pocket, photo journalist-type vest is excellent for day use (use it to store cameras, binoculars, etc.).
- 2-3 pair pants: Full-length pants, preferably of quick-drying synthetic fabric with many zippered pockets. Convertible pants that convert from long pants to shorts save room and are very convenient for use during a long day.
- Walking shorts, preferably of a synthetic fabric and to the knee (modesty is respectful here).
- Bathing Suit (s).
- Sun hat with a wide brim, preferably with a chin strap to keep it from blowing off.
- Gore-Tex rain/wind parka and/or sturdy poncho to protect day pack and camera gear from rain. (This can be your jacket, as listed above, as long as it is waterproof).
- Athletic socks (synthetic for easy washing and drying) that are suitable for your lightweight walking shoes.

- Sturdy, properly fitting footwear can make your trip much more comfortable and enjoyable. Very comfortable, lightweight walking shoes are a good option. We will be doing a lot of walking on this trip, so bring shoes that you will be comfortable in for all day wear.
- Sandals for walking around resorts (Teva-type sandals or similar: Merrell's, Keens, etc., or any thing that can get wet and dry fast, if we walk in any water).
- 3-4 cotton bandanas (it's an AdventureWomen tradition!).
- One or two sets of nice, casual city clothes that are dressier for evening meals in restaurants or at our very nice hotels (maybe a lightweight skirt/dress to be included).

Personal Items

- Passport.
- 2-3 spare passport photos to bring on the trip (in case of lost passport/visa).
- Battery operated travel alarm clock.
- Extra batteries for cameras, alarm clock, etc.
- Small flashlight with extra batteries and bulb.
- Sunglasses, case, strap (90% - 100% ultraviolet and some infrared protection).
- Pair of spare glasses (if you wear glasses).
- Contact lenses, cleaner, saline solution, extra eyeglasses with safety band.
- Money belt.
- Bring U.S. cash, credit cards in denominations no larger than \$50 US Dollars, and make sure that you have lots of small bills (\$1 - \$20). Credit cards are widely accepted in most hotels, restaurants, and department stores. ATMs are in larger cities, and infrequent in smaller ones.
- Address book, writing paper or journal, pen/pencil.
- Daypack (also serves as an airline carry-on bag).
- Although you are supplied bottled mineral water, you might also want to bring an extra plastic water bottle. Nalgene plastic is recommended as there is no plastic taste in the heat.
- Locks for your suitcase and/or duffel bag (when left in rooms).
- Ziploc-type bags for packing shampoo or other liquids, or wet, dirty clothing.
- 1-2 heavyweight plastic garbage bags for anything wet swimming.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!
- Washcloth (not supplied in many hotels).
- Personal toiletries in small leak-proof bottles.
- Tampons or sanitary napkin supply (not always widely available).
- Thread, needles, safety pins for minor repairs.
- Insect repellent with the percentage of DEET recommended by your travel medicine physician. It's important that you bring an ample supply of good quality repellent. If you use DEET, try to wipe it off your hands before touching plastic surfaces such as your binoculars or cameras (DEET damages some plastics).
- Wash & Dries (or other antiseptic wipes) for hand washing and emergency toilet paper and hand sanitizer.
- [Indonesia travel guide\(s\)](#)

Personal First Aid Kit

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sun screen with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics (Cipro, or another systemic antibiotic).
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for “new” flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Emergen-C or similar. Some people swear they get fewer colds on airplanes if they take this during flights.
- Laxative tablets.
- Visine or similar eye drops.

Camera Equipment

For many women, photography is a large part of this trip. We suggest you bring the following:

- Digital camera, more memory cards and batteries than you think you will possibly need, battery charger, and adapter. You can charge your digital batteries in hotels.
- Most digital cameras have a built in converter so you only need to bring an adapter.

If you want to get great pictures of animals and birds, a long lens is a must. An 80-400 mm lens can get just about anything that you want to take photos of on this trip. There is really no need to have anything larger than a 400 mm lens. You will, of course, need a normal or wide-angle lens (somewhere between 24 – 70 mm), to take pictures of people, villages, and general photography during the trip. Many lenses on newer cameras are “all in one” (i.e. 28 – 400-500 mm). Get advice from a good, reputable camera shop!

- Small, lightweight binoculars (a MUST) for orangutan and bird viewing. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.

Electricity

Indonesia has both 120 and 220 volt electricity. It uses the standard Europe non-grounded electric power plug, also known as Type C (2 round prongs), and the UK non-grounded 3 prong plug known as Type G.

Optional

- Pictures of your house, pets, and family (local people love to see this!).
- Reading material.
- Extra, lightweight duffel bag (empty, and packed inside your suitcase) for anything you want to buy and take home.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).
- Please leave all valuable jewelry at home!!!

Some Extra Items to Add to your "What to Pack" List

With more than 30 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist,* and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important,* and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

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