

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

INDONESIA

Culture, Beaches, Orangutans, & Dragons



June 24 - July 7, 2020

INDONESIA

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TRIP HIGHLIGHTS

- ▶ Enjoy island hopping in Indonesia from Java to Rinca, Komodo to Bali
- ▶ Spend three days immersed in all things orangutan in Tanjung Puting National Park
- ▶ Sail, raft, swim, snorkel, and relax beachside in Rinca and Bali
- ▶ Meet Ubud artisans in Bali and learn about Balinese culture first-hand

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in Jakarta, day on own
- Day 2: fly to Pangkalan Bun, cruise in a local riverboat called a “klotok” in the rainforest
- Day 3: witness two orangutan feedings, one at Camp Leakey, walk in the forest
- Day 4: see one last orangutan feeding, visit a local Dayak community
- Day 5: cruise to meet your flight to Semarang, taste coffee at a local plantation
- Day 6: see sunrise from the top of Borobudur Temple, play traditional music in a village
- Day 7: fly to Labuhan Bajo, set sail for Rinca Island, swim and snorkel
- Day 8: search for the Komodo dragon on foot, relax on your chartered boat
- Day 9: swim or snorkel at the Pink Beach, fly to Bali, settle into your Ubud resort
- Day 10: enjoy a Balinese cooking class, free afternoon to explore, dinner at a local home
- Day 11: explore the food and art market, whitewater rafting on the Ayung River
- Day 12: bicycle through villages and rice fields
- Day 13: relax at the beach for a day, farewell dinner
- Day 14: depart Indonesia

TRIP PRICE

Main Trip: \$6,490

Optional Single Accommodations: \$1,600

Internal Air: \$800

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your adventure in depth

DAY 1

Wednesday
6/24/20

Arrive in Jakarta

Straddling the equator, the heavenly country of Indonesia is actually comprised of thousands of islands, little green gems in a sparkling blue sea. Start your unforgettable island-hopping adventure in Jakarta.

Pick-up and Transfer

You will be met and transferred to your hotel in Jakarta.

Welcome Dinner

Enjoy a welcome dinner and trip orientation this evening to kick off your adventure.

Accommodations

Hotel Borobudur

Meals Included

dinner

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DAY 2
Thursday
6/25/20

Jakarta to Kalimantan

Borneo is the third-largest island in the world and the largest in Asia. It is home to one of the oldest rainforests on the planet, and is known for the native Bornean orangutans.

Morning Flight

After breakfast, return to the airport and board a morning flight to Pangkalan Bun on the island of Kalimantan, Indonesian Borneo.

Visit a Dayak Community

Visit a Dayak long house where you will be welcomed with a traditional ceremony performed by members of the local community.

Transfer to Your Klotok

On arrival you will be met and escorted to the nearby port of Kumai, where you'll board what the locals call a "Klotok," a wooden riverboat that measures approximately 19.5' x 6.5'. The boat is equipped with an upper deck that allows you to view the rain forest as you glide by. Travel into the Tanjung Puting National Park, located about two hours up-river from Kumai. It is not unusual to see female orangutans building their nests high in the treetops as you cruise up the river.

Lunch

Lunch will either be served on the klotok on the way to your lodge or at a local restaurant depending on the timing of your flight.

Afternoon Along the River

This afternoon, explore and observe the many different forms of wildlife along the river. Enjoy dinner on the boat at the dock near your lodge.

Accommodations
Rimba Lodge
Meals Included
breakfast, lunch, dinner

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DAY 3

Friday
6/26/20

Kalimantan

The Bornean orangutan belongs to the only genus of great apes native to Asia. Orangutans are highly intelligent - they use fairly sophisticated tools and have distinct cultural patterns in the wild. Rangers cover tall feeding platforms with fruits and veggies then call the wild orangutans with a throaty “Ooo ooo!”; watch as adults, juveniles, and mothers with babies holding tight swing through trees toward their meal. While at Camp Leakey, learn about their research and preservation programs, and as you walk through the preserve, remember to look up - you might just spot female orangutans nesting in the trees.

Morning Ride up the River

Board the klotok to travel up river through the park to Pondok Tangui. Look for monkeys, birds, and other wildlife along the river bank.

Orangutan Feeding

Arrive at Pondok Tangui in time for the daily orangutan feeding at 9:00am. Walk into the jungle along small tracks and witness these incredible creatures in a natural habitat from just few feet away.

Lunch on Board

Have lunch on the boat as you continue along the river. Prepared by the boat crew, your meal consists of delicious Indonesian dishes of fresh fish, chicken, beef, vegetables, and fruit with plenty to drink. During lunch the boat will 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!

Afternoon Feeding

Enjoy another orangutan feeding. Observe these thoughtful, fascinating creatures as they come feast on bananas for their breakfast.

Dinner

Enjoy sunset and dinner on the boat as you cruise back to the lodge.

Accommodations
Rimba Lodge

Meals Included
breakfast, lunch, dinner

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DAY 4

Saturday
6/27/20

Kalimantan

The Bornean orangutan is the third-heaviest living primate and the largest tree-dwelling animal alive today. These orangutans live in tropical and subtropical forests in the Bornean lowland, as well as in mountainous areas up to 4,900' above sea level. They move long distances to find trees bearing fruit.

Morning on the River

Enjoy another morning cruising the river. Head up a branch of the river where you can search for crocodiles.

Camp Leakey

Arrive at the famed Camp Leakey, established in 1971 to support research activities in Tanjung Puting Wildlife Reserve. Take a look around the research center and learn about the local families of orangutans. Observe these impressive animals at another orangutan feeding, and perhaps see wild gibbons, macaques, and birds. Try to identify the orangutans from the "family photos" they have on the walls of the research center.

Evening Cruise and Dinner

Enjoy an evening cruise back up the river to your lodge. Have dinner along the way. Eating as you watch the riverbanks float past you is a calming and magical experience.

Accommodations

Rimba Lodge

Meals Included

breakfast, lunch, dinner

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DAY 5

Sunday
6/28/20

Kalimantan to Java

Fly from Kalimantan to Java. Java is home to more than 50% of the Indonesian population. It was the center of Hindu-Buddhist empires, Islamic sultanates, and the core of the colonial Dutch East Indies.

Early Wakeup and Flight

Wake up very early this morning and head to Pangkalan Bun to catch your flight to Semarang on the island of Java.

Lunch

Enjoy lunch when you arrive in Java at Toko Oen, one of the oldest family-run restaurants on the island. It was started in 1910, and the name literally translates to "Oen's Cookie Store." The dishes at Toko Oen are based on European, Indonesian, and Chinese cuisines.

Coffee Tasting

Take a tour of a local coffee plantation, complete with a coffee tasting. You'll have an opportunity to buy coffee to bring home if you'd like.

Dinner

Dinner is on your own tonight. There are multiple dining options at your beautiful resort.

Accommodations
Plataran Borobudur Resort

Meals Included
breakfast, lunch

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DAY 6

Monday
6/29/20

Java

Java is almost entirely of volcanic origin. It has 38 mountains that form an east-west spine across the island. The island is known for growing rice and coffee.

Sunrise on Borobudur

Before the sun comes up, 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. Climb the steps to see the 1640 relief panels and 504 Buddha effigies. Upon reaching the top of the monument you will (hopefully!) witness an extraordinary sunrise.

Breakfast

Enjoy breakfast after your early-morning excursion.

Visit to Candirejo Village

Late this morning, visit Candirejo Village and have an opportunity to meet with the local community members to see their farms and plantations. End your visit with a lesson in traditional Gamelan music at one of the local homes. Enjoy lunch at a local restaurant.

Afternoon to Relax

Spend the afternoon at your stunning hotel. Explore the grounds or take a dip in the inviting pool to cool off after your busy morning.

Dinner

Enjoy dinner at your hotel this evening.

Accommodations
Plataran Borobudur Resort

Meals Included
breakfast, lunch, dinner

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DAY 7

Tuesday
6/30/20

Java to Komodo National Park

Labuhan Bajo is a small fishing town on the island of Flores. It is the ideal launching point from which to visit Komodo National Park.

Flight to Labuhan Bajo

Today is a long travel day, but the reward is worth it. Take an early morning flight from Java to Bali. During your layover in Bali, you'll have lunch at a local restaurant before connecting with your onward flight. Land in Labuhan Bajo on the island of Flores, the departure point for a visit to the Komodo National Park.

Settle in on the Cheng Ho

Transfer to the harbor and board your luxury chartered vessel, Cheng Ho, setting sail for a two night voyage to search for Komodo dragons.

Kalong Island

Watching the fruit bats take flight from Kalong Island is an astonishing sight. Thousands of bats are backlit by a stunning sunset as they fly off of the island in the evening to feed.

Dinner

Enjoy dinner on board. After dinner, take some time to stargaze.

Accommodations

Cheng Ho

Meals Included

breakfast, lunch, dinner

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DAY 8

Wednesday
7/1/20

Komodo National Park

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.

Search for Komodo Dragons

After breakfast on board the Cheng Ho, get in smaller boats and hop out on Komodo Island. You'll be escorted by rangers to search for Komodo dragons on foot. Climb to the top of the hill just behind the beach on Komodo Island for a stunning panoramic view of the surrounding area.

The Pink Beach

After lunch on the Cheng Ho, spend some time on the Pink Beach, which gets its name (and color!) from the particles of red coral that are mingled in with the sand. Do some snorkeling from the beach, or just swim and relax on the sand.

Accommodations

Cheng Ho

Meals Included

breakfast, lunch, dinner

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DAY 9

Thursday
7/2/20

Komodo National Park to Bali

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, and picturesque beaches, all combined by the warmth and friendliness of the Balinese people makes the stay on this island a truly memorable visit.

Relaxing Morning

Spend a relaxing morning on the Cheng Ho, watching islands drift by as you cruise back to your port in Labuhan Bajo. Enjoy lunch on board before saying goodbye to the boat crew.

Fly to Bali

This afternoon, fly to Denpasar, Bali - the "Island of the Gods," and proceed to Ubud, arriving just in time for dinner at your hotel.

Accommodations

Komaneka Rasa Sayang

Meals Included

breakfast, lunch, dinner

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DAY 10

Friday
7/3/20

Bali

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, there are many 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.

Balinese Cooking Class

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. Your day begins early at the Ubud markets with the chef as you buy fresh herbs and spices, crisp vegetables, and choice cuts of meat. 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 the meal, sit down together to enjoy it as a group.

Afternoon at Leisure

Take the afternoon to explore, shop, or maybe just relax. This is a fun area to wander around in small groups.

Meet a Local Woman

Spend time with a woman from the local community. Learn about what it's like as a woman in modern Bali, what traditions they continue, and what is changing.

Dinner

Enjoy dinner on your own this evening.

Accommodations

Komaneka Rasa Sayang

Meals Included

breakfast, lunch

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DAY 11

Saturday
7/4/20

Bali

The fabled town of Ubud, in central Bali, sits on gentle mountain slopes surrounded by emerald rice paddies, coconut groves, and ancient temples. For more than a century, its mystical charms and sublime landscapes have drawn artists, crafts-people, and writers who live and work in and around the town.

Exploring Ubud

This morning, you'll visit Goa Gajah, or Elephant Cave, a Hindu meditation center built in the 11th century. Explore the food market, and learn about local produce, and enjoy visiting the art market.

Lunch

Lunch today is at a restaurant overlooking the Tjampuhan River, with breathtaking views of the surrounding hills.

Afternoon Rafting on the Ayung River

After lunch what's more fun than an active white water rafting trip on the world-class Ayung River! The adventure begins with a safety and equipment briefing given by your expert guide. You'll walk down a long set of stone stairs (600 stairs!) to reach the river. 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 your rafts through this exciting river. Go AdventureWomen! At the end of the rafting adventure, climb the stairs (another 350 stairs!) leaving the gorge.

Dinner

Take just a few minutes to freshen up, and then head out for dinner in a Bedulu village hosted by a local family.

Accommodations

Komaneka Rasa Sayang

Meals Included

breakfast, lunch, dinner

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DAY 12

Sunday
7/5/20

Bali

A Balinese traditional house follows a set of strict, ancient architectural guidelines, which are a blend of Hindu and Buddhist beliefs, fused with animism. The concept is based on the Hindu dharma principle: every object in the universe has an ideal location which must be correctly aligned at all times in order to have harmony with the universe; this harmony is essential in order for a person to achieve moksha, or the point of liberation where a person can achieve a perfect state of being.

Bali by Bike Explore Bali by bicycle, starting just north of Ubud. You will ride through villages, seeing the real Bali. Visit temples and ride through rice fields. You'll visit a local family's compound and learn about the significance and uses of each building. Biking is a peaceful way to explore the countryside. Finish your ride with a delicious lunch.

Drive to Sanur Check out of your hotel and drive to Sanur, a beautiful beach area in southern Bali. Enjoy this evening on your own.

Accommodations

Maya Sanur Resort

Meals Included

breakfast, lunch

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DAY 13

Monday
7/6/20

Bali

The beaches in this area of Bali are incredible - white sands, deep water, and long stretches of beach are perfect for swimming. Bali is the ideal place to relax before you head home.

Day on Your Own

Spend a full day relaxing at the beach at your beautiful hotel. Perhaps schedule a massage!

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations

Maya Sanur Resort

Meals Included

breakfast, dinner

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DAY 14

Tuesday
7/7/20

Depart Indonesia

All great adventures must one day come to an end. This morning, enjoy your last few hours in Indonesia at your resort or in town before heading home.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Hotel Borobudur

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

Rimba Lodge

Past visitors have rated Rimba Lodge as a “jungle wonder” and a “true heavenly destination.” This rustic 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, and retire to the comfort of your personal bungalow to rest peacefully for the night. While it’s basic, the location is perfect - it’s the best jumping off point to see orangutans.

Plataran Borobudur Resort

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.

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Accommodation Details

Cheng Ho Your 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.

**Komaneka
Rasa Sayang** Komaneka at Rasa Sayang is a stylish small hotel in the midst of central Ubud's cafes and boutiques, but set off from the street in luxurious calm. The smart modern architecture is warmed by the use of wood and recycled timber. The Deluxe rooms have sleek, first-class interiors with generous living space and broad balconies facing urban gardens. A sheltered infinity pool overlooks a quiet river valley.

**Maya Sanur
Resort** Featuring an outdoor pool and four on-site restaurants and bars, Maya Sanur Resort & Spa offers modern and luxurious beachfront getaway in the tranquil area of Sanur. It's the ideal place to unwind before your long flights home.

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Entrance fees
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Tips for luggage porters and waiters
- ▶ Complimentary bottle of drinking water and one cold towel per person per day
- ▶ English-speaking guides throughout the trip
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare to and from Indonesia
- ▶ Domestic airfare
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passport or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and staff

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as Active. Active adventures at AdventureWomen get you on your feet! You should be in good physical condition for these trips and comfortable walking on uneven surfaces, such as cobblestone streets, biking well-maintained paths and natural trails, or kayaking in calm waters. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before March 26, 2020. A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

US citizens can enter Indonesia at specific border points without obtaining a visa in advance. Flying into Soekarno Hatta Airport (CGK) in Jakarta and out of Ngurah Rai Airport (DPS) in Bali allows for a visa exemption for a 30-day tourist visa upon arrival.

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Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Indonesia, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Indonesia.

Money:

The currency of Indonesia is the Indonesian Rupiah. Visa and MasterCard are more widely accepted than American Express. There is generally a surcharge for credit card use of 3-4%. In larger towns credit cards are widely accepted, but in rural areas cash is recommended. ATMs are in larger towns only.

Higher denominations of US dollars get a better exchange rate. Bring clean, new bills with no marks or tears issued in the last ten years.

Suggested Gratuities:

- ▶ Head Guide: \$5-8 per day
- ▶ Klotok Crew: \$15 per day
- ▶ Cheng Ho Crew: \$20-30 per day

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Arrive: Arrive at Jakarta's Soekarno Hatta Airport (CGK) on June 24, 2020 before 4:00pm.

Depart: Depart Bali Ngurah Rai International Airport (DPS) in the afternoon or evening of July 7, 2020.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

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 release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Luggage Weight Allowance: The majority of the domestic flights within Indonesia allow a maximum weight of 20kg (44lbs) of checked baggage per person. **This weight restriction is strictly enforced.**

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 and early July is the best weather in Java, Bali, and Lombok, as it is drier and not as humid. Clothing should be lightweight, quick drying, and breathable. Pay special attention to sun protection needs. Long sleeves and wide brim hats are recommended.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Small foldable duffel bag
- 3-4 short-sleeve shirts
- 1-2 long-sleeve shirts
- 2 pairs of knee-length shorts
- 1-2 pairs of pants. Convertible, light-weight zip-off pairs are convenient
- 1-2 sets of nicer, casual clothes for evening meals
- 5 pairs underwear
- 2-3 bras/sports bras
- 1-2 bathing suits
- 1 fleece sweater or jacket
- 1 Gore-Tex rain jacket and/or poncho to protect daypack and camera gear from rain
- Wide-brim hat
- Sleepwear

- 5-6 pairs of socks
- Comfortable, lightweight walking shoes. Must be comfortable all day
- Sport sandals for rafting
- Casual sandals

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries

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Essentials Continued:

- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

INDONESIA

Culture, Beaches, Orangutans, & Dragons

June 24 - July 7, 2020

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Cancellations and Refunds

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

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 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. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to 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!**

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!

In this spirit, the successful adventure traveler should be a