An aerial photograph of terraced rice fields in Bali, showing lush green terraces carved into a hillside, with a small hut and a person visible in the middle ground.

# Bali & Lombok

a travel survival kit

lonely planet

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Tony Wheeler

Mary Covernton

Alan Samagalski

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### Tony Wheeler

Tony was born in England but spent his youth in places like Pakistan, the West Indies and the US. A degree in engineering and an MBA did nothing to settle him down and he dropped out on the Asian overland trail with his wife Maureen. *Across Asia on the Cheap* was their first book and they've been travelling, writing and publishing guidebooks ever since setting up Lonely Planet in the mid-70s.

### Mary Covernton

Mary has lived much of her life in Adelaide where she went to university and worked as an advertising copywriter, journalist and book editor. She has hitchhiked around Australia and lived in Spain and England for five years. She was also one of the writer-researchers for our Indonesian guidebook.

### Alan Samagalski

After escaping the Melbourne Uni Genetics Dept and surviving a long stay in India, Alan joined Lonely Planet and was dispatched north to research Ballarat, Bali and China. After co-writing *China - a travel survival kit*, he did the same to Indonesia and was then sent off on his own to write *Chile & Easter Island* and *Argentina*.

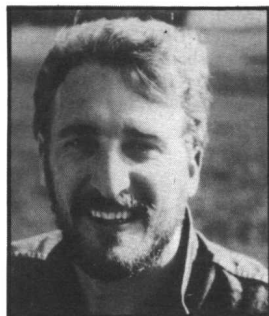
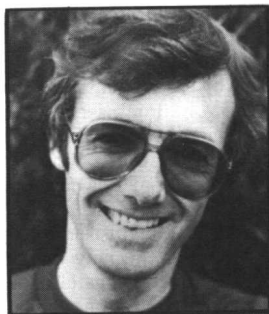
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concentrated on Lombok. Tony continued with Bali for the second edition while Alan Samagalski tackled Lombok while working on *Indonesia - a travel survival kit*. With this third edition Tony covered both Bali and Lombok, accompanied once again by Maureen and their children Tashi and

Kieran, both children on their third visit to Bali.

Additional material for this book was provided by Maureen, who wrote the 'Take the Children' section and Kirk Willcox, who wrote the 'Surfing in Bali' section. The bicycling information is based on Hunt Kooiker's now out of print *Bali by Bicycle*. Mark Balla, Lonely Planet's former linguist-editor, reported on his ascent of the holy mountain Mt Agung. The illustrations of a warung in the introductory section and a losmen scene at the Singaraja beaches were done by Peter Campbell.

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### A Warning & a Request

Things change - prices go up, schedules change, good places go bad and bad places go bankrupt - nothing stays the same. So if you find things better or worse, recently opened or long since closed, please write and tell us and help make the next edition better! All information is greatly appreciated and the best letters will receive a free copy of the next edition, or any other Lonely Planet book of your choice.

Extracts from the best letters are also included in the *Lonely Planet Update*. The *Update* helps us make useful information available to you as soon as possible - it's like reading an up-to-date noticeboard or postcards from a friend. Each edition contains hundreds of useful tips, and advice from the best possible source of information - other travellers. The *Lonely Planet Update* is published quarterly in paperback and is available from bookshops and by subscription. Turn to the back pages of this book for more details.

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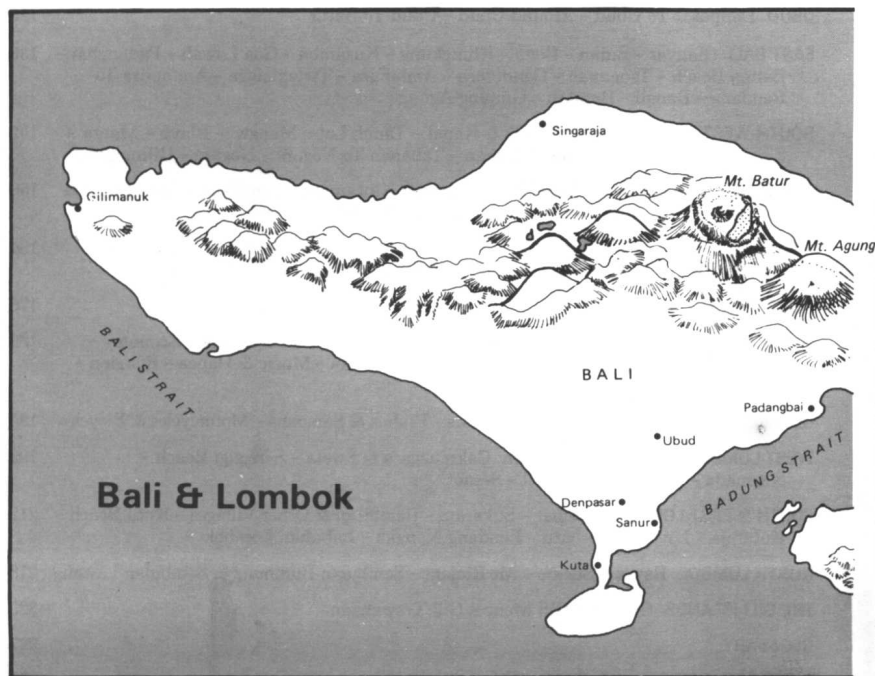
# Introduction

Bali is a tropical island in the Indonesian archipelago so picturesque and immaculate it could almost be a painted backdrop. It has rice paddies tripping down hillsides like giant steps, volcanoes soaring up through the clouds, dense tropical jungle, long sandy beaches, warm blue water, crashing surf and a friendly people who don't just have a culture but actually live it. In Bali spirits come out to play in the moonlight, every night is a festival and even a funeral is an opportunity to have a good time.

A curious mixture of position and events accounts for Bali's relative isolation from Indonesian history and religion, and

the amazing vitality of its culture. Six centuries ago Indonesia was still a Hindu nation but when Islam swept across the islands the Majapahits, the last great dynasty on the island of Java, retreated to Bali with their entire entourage of scholars, artists and intelligentsia. Bali's extraordinary fertility had already allowed for the development of a highly active arts and culture and this new injection of energy sparked off a level of activity which has hardly faltered to this day.

The Balinese are a most unusual people. Unlike most islanders they are not great seafarers. In fact they shun the sea as the abode of demons and evil spirits,



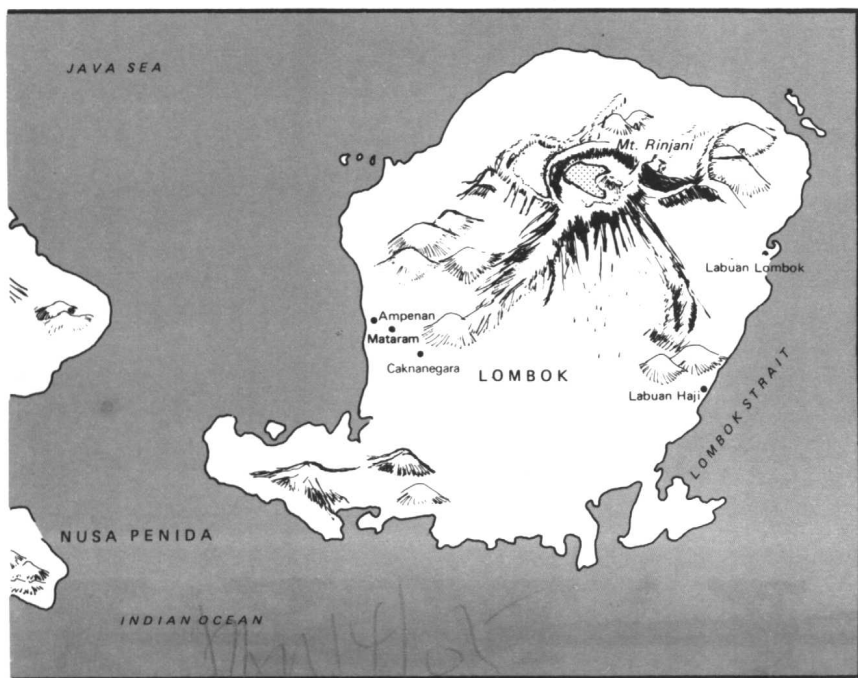


and look toward the holy mountains which rise up in the centre of the island. They're also an unusually friendly and outgoing people - particularly once you get away from the south coast tourist enclaves. Few people manage to spend a week or two in the village of Ubud without falling in love with it.

Although Bali is, for many of its western visitors, simply a place with cheap living and pleasant beaches it's much, much more than that. Festivals, ceremonies, dances, temple processions and other activities take place almost continuously in Bali and they're fun to watch, easy to understand, instantly accessible. It's the great strength of Bali's culture that both makes the island so interesting and also ensures that it will stay that way. 'Has tourism ruined Bali yet?' is the query

every visitor is asked. It may not have done Kuta Beach a lot of good but the answer has to remain 'no, it hasn't. If it's any consolation Covarrubias, whose pre-war guide to Bali remains the classic book on the island, was worried about tourism ruining the island - at a time when the number of visitors was not 1% of what it is today.

You can go to Lombok to see Bali but you can't go to Bali and see Lombok. The neighbouring island has all the lushness of Bali combined with the primeval starkness of outback Australia. It's an island of contrasts, rimmed with toothpaste-white beaches and tropical coconut palms, dominated by a towering volcano and patchworked with perfect rice terraces. Like its name, which means chilli pepper, it has a harsher side. Parts of Lombok drip





## 8 Introduction

with water while pockets are chronically dry, parched and cracked like a bleached crocodile skin. It's the unpredictability of the rainfall which can cause severe hardship. Droughts on this small island can last for months, rice crops fail and people starve to death in their thousands. In 1966 50,000 people died of starvation and many others only survived by eating mice.

Lombok has an intact Balinese culture with all the splendour and colour of its

processions and ceremonies and a number of magnificent, though rather neglected, temples. It also has the secret animist rituals of the Sasaks and the raucous sounds of today's muezzin, the loudspeaker, calling the faithful to prayer. While you shouldn't be taken in by the stories of black magic that the Balinese like to affect about Lombok, it does have a special magic of its own that in some ways is more powerful than the fairy-tale unreality of Bali.



# Facts for the Visitor

## VISAS

Your passport must have at least six months validity at the time you arrive in Indonesia. For Australians, New Zealanders, British, Americans, Canadians and most western Europeans a visa is no longer necessary for entry and a stay of up to two months provided you have a ticket out of the country. This is a considerable improvement on the previous situation where everybody had to have a visa and it was only valid for one month.

The only minor problem with this new system is that you must enter and leave Indonesia through certain approved 'gateways'. In actual fact 99% of arrivals and departures are through these ports or airports but if Bali is just part of a larger Indonesia trip and you plan to enter or leave through a very strange place (which basically means Jayapura in Irian Jaya) then you'd better check the visa situation before you depart.

In Denpasar the Immigration Office (Kantor Immigrasi) is in the south of Denpasar, just around the corner from the GPO at Jalan Panjaitan 4.

## Indonesian Diplomatic Offices

Embassies and consulates include:

### Australia

Embassy, 8 Darwin Avenue, Yarralumla, Canberra ACT 2600 (tel 73 3222)  
Consulate-General, 238 Maroubra St, Maroubra NSW 2035 (tel 349 7027, 344 9933)  
Consulate, 22 Coronation Drive, Stuart Park, Darwin NT 5790 (tel 81 9352)  
Consulate, 3rd floor, 52 Albert Rd, South Melbourne Vic 3205 (tel 690 7811)  
Consulate, 3rd floor, 34 Gawler Place, Adelaide SA 5000 (tel 223 6300)  
Consulate, WA Institute of Technology Building, Kent St, South Bentleigh, WA 6012 (tel 451 8744)

### Burma

Embassy, 100 Pyidaungsu Yeiktha Rd, Rangoon (tel 81714, 91358)

### Canada

Embassy, 287 Maclaren St, Ottawa, Ontario K2P 0L9 (tel 236-7403 to 5)

Consular offices in Toronto and Vancouver

### Denmark

Embassy, Orejøj Alle 1 2900, Hellerup, Copenhagen (tel 62 44 22, 62 54 39)

### Finland

37 Eerikinkatu, 00810 Helsinki 18 (tel 694744)

### Hong Kong

Consulate-General, 127-129 Leighton Rd, Causeway Bay, Hong Kong (tel 57904421 to 8)

### India

Embassy, 50A Chanakyapuri, New Delhi (tel 602352, 602343, 602308)

Consular offices in Bombay and Calcutta

### Japan

Embassy, 2-9 Higashi Gotanda, 5-chome, Shinagawa-Ku, Tokyo (tel 441-4201 to 9)

Consular offices in Fukuoka, Kobe and Sapporo

### Malaysia

Embassy, Jalan Tun Razak 233, Kuala Lumpur (tel 421011, 421141, 421228, 421354, 421460)

Consulate, Coastal Rd, Karamunsing, Kota Kinabalu (tel 64100, 54245, 55110, 54459, 53571)

Consulate, Jalan Burma 467, Penang (tel 25168, 25162 to 4)

### Netherlands

Embassy, 8 Tobias Asserlaan, 2517 KC Den Haag (tel 070-469796)

### New Zealand

Embassy, 70 Glen Rd, Kelburn, Wellington (tel 758695 to 9)

### Norway

Embassy, Inkonitogata 8, 0258 Oslo 2 (tel 441121)

### Papua New Guinea

Embassy, Sir John Guisa Drive, Sel 410, Lot 182, Waigani, Port Moresby (tel 253544, 253116 to 8)

### Philippines

Embassy, 185/187 Salcedo St, Legaspi Village, Makati, Manila (tel 85-50-61 to 8)

Consular office in Davao

## 10 Facts for the Visitor

### Singapore

Embassy, 7 Chatsworth Rd, Singapore 1024  
(tel 7377422)

### Sri Lanka

Embassy, 1 Police Park Terrace, Colombo 5  
(tel 580113, 580194)

### Sweden

Embassy, Strandvagen 47/V, 11456  
Stockholm (tel 63 54 70 to 4)

### Switzerland

Embassy, 51 Elfenauweg, 3006 Bern (tel  
440983 to 5)

### Thailand

Embassy, 600-602 Petchburi Rd, Bangkok  
(tel 252 3135 to 40, 2523177/8)

### UK

Embassy, 38 Grosvenor Square, London  
W1X 9AD (tel 499 7661)

### USA

Embassy, 2020 Massachusetts Ave NW,  
Washington DC 20036 (tel 293-1745)  
Consular offices in Chicago, Honolulu,  
Houston, Los Angeles, New York and San  
Francisco

### UN

UN Building, 325 East 38th St, New York,  
NY 10016 (tel 972-8333 to 49)

### West Germany

Embassy, Bernkasteler Strasse 2, 5300  
Bonn 2 (tel 310091)  
Consular offices in West Berlin, Bremen,  
Dusseldorf, Frankfurt, Hamburg, Hannover,  
Kiel, Munich and Stuttgart

## MONEY

Australia	A\$1	=	1350 rp
USA	US\$1	=	1700 rp
UK	£1	=	2850 rp
New Zealand	NZ\$1	=	1050 rp
Singapore	S\$1	=	850 rp
Hong Kong	HK\$1	=	220 rp
Australia	1000 rp	=	A\$0.75
USA	1000 rp	=	US\$0.60
UK	1000 rp	=	£0.35
New Zealand	1000 rp	=	NZ\$0.95
Singapore	1000 rp	=	S\$1.20
Hong Kong	1000 rp	=	HK\$4.50

The unit of currency in Indonesia is the rupiah (rp) - like lire in Italy there is nothing else. You get coins of 5, 10, 25, 50 and 100 rp but 5s and 10s are really only found in banks - nothing costs less than 25

rp. Notes come in 100, 500, 1000, 5000 and 10,000 rp denominations. Changing money is quite easy in Bali. The exchange rate is usually much the same for cash or travellers' cheques. In the main tourist centres of Kuta, Sanur and Ubud there are lots of moneychangers to back up the banks and their exchange rates are very similar to the banks, often better.

Away from the main centres the story is not quite so simple although it's by no means difficult. You may not find banks in all the smaller towns or they may not be able to exchange foreign currency. Even Ubud, the major tourist centre after the Kuta-Sanur area, doesn't have a bank but the moneychangers there offer rates almost as good as Kuta.

It's no problem around Kuta, Sanur and Ubud but out in the sticks beware of the two standard Asian money problems. First of all it's difficult to change big notes - breaking a 10,000 rp note in an out-of-the-way location can be a major hassle. Secondly away from the major centres notes tend to stay in circulation much longer and tend to get very tatty - when they get too dog-eared and worn looking they're difficult to spend. This isn't the major problem it can be in remote parts of Indonesia but it's instructive to compare the age of the notes you get in Kuta with those you get in less touristed parts of the island.

In Lombok it's most convenient to take US dollars cash or travellers' cheques as they're the most readily exchanged. The big banks in Mataram are about the only places you can change money in Lombok so don't venture far afield without making sure you have enough currency. Travellers often seem to find they spend longer on the Gili Islands than they had planned, and then have to make a money run back to Mataram when funds run low. When you get money changed in Lombok make sure they give you plenty of smaller denomination notes. In the villages it's often very difficult to get change for big notes.



It is illegal to bring Indonesian currency into or out of Indonesia.

Banking hours are 8 am to 12 noon, Monday to Friday and 8 to 11 am on Saturday although some banks close an hour earlier. Moneychangers are open much longer hours although they tend to open later in the mornings.

### **COSTS**

Bali and Lombok are still great travel bargains. Of course you can spend as much as you want to - there are hotels where a double can be US\$100 a night, where lunch can cost US\$10 to US\$15 per person and they'll even arrange a helicopter for you if you're desperate to see Bali *fast*. But there's absolutely no need to do that. At the other extreme you can find rooms for US\$2 and get a filling meal from a warung for a few hundred rupiah - say 25c.

In general travellers who don't need air-

con and 24 hour service will discover they can get good rooms almost anywhere on the island for under US\$10, sometimes as little as US\$3 will get you a fine room. Steering clear of the international air-con places once again, US\$10 will get you an excellent meal for two, with a big cold bottle of beer, even at relatively flashy places like Poppies in Kuta. A good meal for two for US\$5 is no problem and you don't even have to get into the really rock bottom warungs to eat for under a dollar.

Transport is equally easy - remember that Bali and Lombok are small islands. Bemos cost from around 25 rp a km so a 20 km trip will cost you about 500 rp, say 40c. If you want your own wheels you can hire a motorcycle for around US\$6 a day, a jeep for US\$35 a day or charter your own bemo for US\$20 a day.

### Bargaining

Many everyday purchases in Bali require bargaining. This particularly applies to handicrafts, clothes and artwork but can also apply to almost anything you buy in a shop. Meals in restaurants, accommodation and transport are generally fixed price although when supply exceeds demand you may often find hotels willing to bend their prices a little, rather than see you go next door. This particularly applies in Kuta where there are lots of next doors to go to! On the other hand bemos have a well-earned reputation for taking foolish westerners for whatever they're willing to pay. In that case your bargaining has to be a matter of finding the right price and thus beating their excessive demands down to a proper level. The easiest way is simply to ask another passenger what the *harga biasa*, regular price, is. Then you offer the correct fare and don't accept any arguments.

In an everyday bargaining situation the first step is to establish a starting price. It's usually easiest to simply ask them their price rather than make an initial offer, unless you know very clearly what you're willing to pay. You then have to make a counter offer but you can start the psychological game moving your way immediately if you can get the seller to cut his price before you even start. Ask if that is the 'best price' and chances are you'll find it's cheaper straight off. Your counter offer should be a worthwhile notch below what you're willing to pay but not so low as to be ludicrous. If your offer is simply too low then either the seller is going to decide you're just uninterested or you're going to have to start moving in his direction immediately. That is, incidentally, a good way of getting rid of a persistent salesperson - simply make a silly offer. But be careful, lots of people have ended up buying things they didn't want because their silly offer was accepted!

Just what your initial offer should be depends to a large extent on the item for sale and who is selling it. As a rule of

thumb your starting price could be anything from a third to two thirds of the asking price - assuming that the asking price is not completely crazy. Then with offer and counter offer you move closer to an acceptable price - they ask 25,000 rp for the painting, you offer 15,000 rp, eventually you compromise at 20,000 rp. Or 22,000 rp if they are better, 18,000 rp if you are. Along the way you can plead your end-of-trip poverty or claim that Ketut down the road is likely to be even cheaper. The seller is likely to point out the exceptional quality and plead poverty too. An aura of only mild interest helps - if you don't get to an acceptable price you're quite happy to walk away. Actually walking away often does help!

A few rules apply to good bargaining. First of all it's not a question of life or death where every rupiah you chisel away makes a difference. Bargaining should be an enjoyable part of shopping in Bali, treat it as such, maintain your sense of humour and keep things in perspective. Remember that 1000 rp is less than US\$1. Secondly when you reach a price, you're committed. When your offer is accepted you have to buy it, don't decide then you don't want it after all. Finally the best buy is said to be at the 'morning price'. The seller feels that making a sale to the first potential customer of the day will ensure good sales for the rest of the day. So the trader is more likely to settle for a lower bid from the early morning customer.

Bargaining is nowhere near such an obvious aspect of everyday life on Lombok, nor is it so much fun. Nevertheless you are expected to bargain, particularly for items like antiques, cloth or basketware. If you manage to get the price down to half you can consider yourself a skilful bargainer on Lombok, whereas on Bali this is about the norm. Usually you will end up paying about two-thirds of the starting price on Lombok and sometimes you may only be able to get a nominal amount knocked off the starting figure.

If you have any difficulty knowing when

and where to bargain in Lombok don't be embarrassed to ask. While they are more reserved than the Balinese and may not volunteer this information, they will soon let you know whether it's on or not. In fact they will probably give you a line about special Lombok prices and advise you without so much as a blink of the eye that you will pay twice as much on Bali for a similar item. A very dubious statement! However, there is no doubt that you can get some very good bargains on Lombok if you're prepared to take your time.

As with Bali, restaurant and accommodation prices in Lombok are invariably fixed and, because Lombok is far less popular as a tourist or travel spot, the competition is not so keen and hotels are less likely to drop their prices. Unlike Bali many shops on Lombok have fixed prices but, once again, if you have any doubts ask whether it's permissible to bargain. Nearly every village on Lombok has a market at least once a week where there are numerous stalls selling food, clothes, handicrafts and many other items. Markets are great places for bargaining.

Don't get hassled by bargaining. Remember that no matter how good you are at it there's always going to be someone who is better or will boast about how they got something cheaper than you did. Don't go around feeling that you're being ripped off all the time. There are obviously times when you will be but both Bali and Lombok are very cheap places to travel around and you should remember that in most instances the locals will always pay less than foreigners. Both the Balinese and the Sasaks consider this to be eminently fair as in their eyes all westerners are wealthy.

If you are accompanied by a local on a shopping spree you will find it far harder to get down to bargaining basics. While it is likely that your guide may be getting some commission for taking you there, even if they aren't they don't like to see one of their fellows being put in this position by a westerner, particularly one

who is a shrewd bargainer. It reflects on them as well, each loses face. The advantages of finding things more easily and quickly is often outweighed by this local loyalty.

### Entry Charges

Nearly every temple or site of touristic interest will levy an entry charge or ask for a donation from foreigners - which means the Javanese just as much as it means you, as any non-Balinese is a foreigner. Usually the charge will be 100 rp, occasionally less, very occasionally more. If there is no fixed charge and a donation is requested 100 rp is also a good figure - ignore the donation book figures indicating that somebody has just paid over 1000 rp. Zeros are easy to add. Entry charges, a few places like Narmada apart, are not so common on Lombok.

At some temples you may be asked to rent a temple scarf, this may sometimes be included in the entry charge or donation. Buy your own at any market or general store, they only cost a few hundred rupiah and if you do much temple visiting they soon pay for themselves as well as allowing you to feel 'well dressed' at temples where scarves are not available.

### TIPPING

Tipping is not a normal practice in Bali or Lombok so please don't try to make it one. The expensive hotels slap a 21% service and government tax on top of their bills but there are no additional charges at lower-priced establishments. Beggars are virtually unknown in Bali or Lombok.

### TOURIST INFORMATION

#### Tourist Office

Unlike many other Asian countries Indonesia doesn't have an excellent tourist office pumping out useful brochures and with all the facts at their fingertips. What they do have tends to be piecemeal and variable from place to place. Garuda, the Indonesian airline, has better information brochures than you're likely to find from

the government offices. In Bali there is both a Denpasar (Badung) tourist office and a Bali one. The office on the corner of the airport road and Jalan Bakungsari in Kuta is pretty good. The local office in Ubud is also good.

In Lombok the West Nusa Tenggara Regional Tourist Office is at Jalan Langko 70, Ampenan, diagonally opposite the Ampenan post office. It has a couple of coloured brochures with information on places of interest, accommodation, restaurants and so on plus a map of Ampenan, Mataram and Cakranegara.

### Foreign Consulates & Embassies

Despite Bali's great number of foreign tourists there is little diplomatic representation there. For most nationalities if your passport is stolen in Bali you have to make the long trek to Jakarta to get another one! Fortunately for the great number of Australian visitors there is an Australian consulate between Sanur and Denpasar. There is a US consular agent at Sanur. Diplomatic offices in Indonesia include:

#### Australia

Jalan M H Thamrin 15, Jakarta (tel 323109)

Jalan Raya Sanur 146, Denpasar (tel 25997-8) (Denpasar PO Box 243)

#### Canada

5th floor, Wisma Metropolitan, Jalan Jen Sudirman, Kav 29, Jakarta (tel 510709)

#### Denmark

4th floor, Bina Mulia Building, Jalan H R Rasuna Said, Kav 10, Jakarta (tel 518350)

#### India

Jalan Rasuna Said 51, Jakarta (tel 518150)

#### Japan

Jalan M H Thamrin 24, Jakarta (tel 324308, 324948, 325396, 325140, 325268)

Jalan Raya Sanur Tanjung 124, Denpasar (tel 25611)

#### Malaysia

Jalan Imam Bonjol 17, Jakarta (tel 3321709, 336438, 332864)

#### Netherlands

Jalan H R Rasuna Said, Kav S3, Kuningan, Jakarta (tel 511515)

#### New Zealand

Jalan Diponegoro 41, Jakarta (tel 330552, 330620, 330680, 333696)

#### Norway

4th floor, Bina Mulia Building, Jalan H R Rasuna Said, Kav 10, Jakarta (tel 517140, 511990)

#### Papua New Guinea

6th floor, Panin Bank Centre, Jalan Jen Sudirman, Jakarta (tel 711218, 711225/6)

#### Philippines

Jalan Imam Bonjol 6-9, Jakarta (tel 348917)

#### Singapore

Jalan Proklamasi 23, Jakarta (tel 348761, 347783)

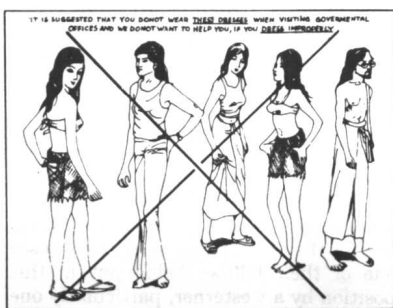
#### Sri Lanka

Jalan Diponegoro 70, Jakarta (tel 321018, 321896)

#### Sweden

Jalan Taman Cut Mutiah 12, Jakarta (tel 333061)

Segara Village Hotel, Jalan Segara, Sanur (tel 8231, 8407)





**Thailand**

Jalan Imam Bonjol 74, Jakarta (tel 343762, 349180)

**UK**

Jalan M H Thamrin 75, Jakarta (tel 330904)

**USA**

Jalan Medan Merdeka Selatan 5, Jakarta (tel 360360)

**West Germany**

Jalan M H Thamrin 1, Jakarta (tel 323908, 324292, 324357)

17 Jalan Pantai Karang, Sanur (tel 8535)

**GENERAL INFORMATION****Post**

There are poste restante services at the various post offices around Bali and since the Denpasar post office is so inconveniently situated, you're better off having mail sent to you at Kuta, Ubud, Singaraja or other more convenient locations. Mail should be addressed to you with your surname underlined or in capital letters, then Kantor Pos, the town name, Bali, Indonesia. There's a 50 rp charge for each letter you get through the poste restante.

If you're having mail sent to you on Lombok you may come across a few hassles collecting it. There is only one post office on Lombok with a poste restante service. It's on the edge of Mataram, as inconveniently situated as the one in Denpasar and while there's another post office in Ampenan all poste restante mail is automatically re-directed to the new post office. Other post offices on Lombok are at Cakranegara, Lembar, Narmada, Praya, Tanung and Selong.

Airmail charges for postcards are: Australia 450 rp, Europe 550 rp, and North America 700 rp. Mail charges from Lombok are slightly higher as all mail is sent via Bali.

**Electricity**

Electricity is usually 220-240 volts AC in Bali and Lombok. In some smaller villages in Bali and many in Lombok voltage is 110 so check first. It's usually fairly reliable too, blackouts are not an

everyday occurrence. In many small towns or even in many parts of larger towns electricity is still a fairly futuristic thing - if you travel around very much you're likely to stay in the odd losmen where lighting is provided with oil lamps. Even where there is electricity you're likely to find the lighting can be very dim. Lots of losmen seem to have light bulbs of such low wattage that you can almost see the electricity crawling laboriously around the filaments. If 25 watts isn't enough to light your room it might be worth carrying a more powerful light bulb with you.

Street lighting can also be a problem - there often isn't any. If stumbling back to your losmen down dark gangs in Kuta or through the rice paddies in Ubud doesn't appeal a torch (flashlight) can be very useful.

**Time**

There are three time zones in Indonesia. Bali and Lombok and the islands of Nusa Tenggara to the east are on Central Standard Time which is eight hours ahead of GMT or two hours behind Australian Eastern Standard Time. The time zone lines have been redrawn since

the previous edition when Bali and Lombok were in different zones.

Thus, not allowing for variations due to daylight saving time, when it is 12 noon in London it is 8 pm in Bali and Lombok, 8 pm in Perth, 10 pm in Sydney or Melbourne, 7 am in New York and 4 am in San Francisco or Los Angeles.

As Bali is close to the equator the days and nights are approximately equal in length. The sun pops up over the horizon at 5 am and drops down the other way at 5 pm. And what sunsets Bali can provide—orange-fire spectaculars!

### Business Hours

Most government offices are open from 8 am daily except Sunday. Monday to Thursday they close at 3 pm, Friday at 11.30 am, Saturday at 2 pm. Usual business office hours are 8 am to 4 pm, Monday to Friday. Some also open on Saturday morning. Banks are open 8 am to 12 noon, Monday to Friday and 8 to 11 am on Saturday.

### Tourist Seasons

The cool, dry season from April to October is the best time to visit Bali or Lombok but there are also distinct tourist seasons which alter the picture. Remember that Bali is Australia's favourite Asian getaway, a cheap place to laze on the beach. At Christmas time and through January Bali can be packed out with Australians and at that time of year the air fares from Australia are also higher. The early April, late June/early July and late September school holidays also bring Australians flocking in. The European summer holidays also bring crowds—July for the Germans, August for the French.

The Muslim fast of Ramadan applies to Lombok but it is unlikely to pose any major problems. During the month of Ramadan Muslims are not allowed to eat between sunrise and sunset so some restaurants are closed and by the end of the month the people are crabby and unpredictable.

### HEALTH

There are no health entry requirements for most visitors to Indonesia but it's wise to be vaccinated against cholera, typhoid and tetanus and have them recorded in a yellow International Health Certificate booklet. You can arrange these vaccinations through your doctor or at a local health centre.

### Malaria

Bali and Lombok are officially within the malarial zones but actually the risk of malaria in Bali is very low, particularly in the south Bali tourist enclave. Nevertheless it's wise to take precautions against



malaria by taking either a weekly or daily anti-malarial tablet. Your doctor will probably have a personal recommendation for one form or the other. You have to commence taking anti-malarials before you depart and continue taking them after you return. The period depends on the actual form you're taking.

You can easily take further precautions by avoiding mosquito bites—mosquitoes are the carriers of malaria. In the evening, when mosquitoes are most active, cover bare skin, particularly your ankles. Use an