

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

Mountain Bike Bali

Overview

Bali maybe better known for it's surf than it's mountain biking, but with it's fast flowing rivers, deep canyons, crater lakes and volcanoes that dominate it's interior make it an outdoor enthusiasts dream, and the myriad of tracks and trails which link one village to another provide unlimited scope for the adventurous mountain-biker.

Bali has been attracting tourists since the early 1900's, with news of its exotic women and it's unique Balinese Hindu culture attracting travelers from around the globe. This was followed in the 1930's by the discovery of it's surfing waves along the south coast, where the present day tourist resorts are based. We leave the crowds on the south coast, and go in search of Bali's unique scenery and culture, as well as some fantastic mountain biking moments that will remain with you long after you have returned home.

Ride Guide

Bali is an island where flat land is extremely rare and mountain biking in Bali is characterised by steep ups and downs. Although there is an overall down-hill emphasis on the majority of rides, everyday includes some steep uphill sections. The trails are on a diverse range of surfaces from forest trails and compact red-mud to volcanic sand, lava and dust and there is as much singletrack as we can cram in. This is a tour for adventurous people who like biking on challenging trails rather than those that like to cover big distances on jeep tracks. The back-up truck is never too far away, but is rarely able to follow our tracks.

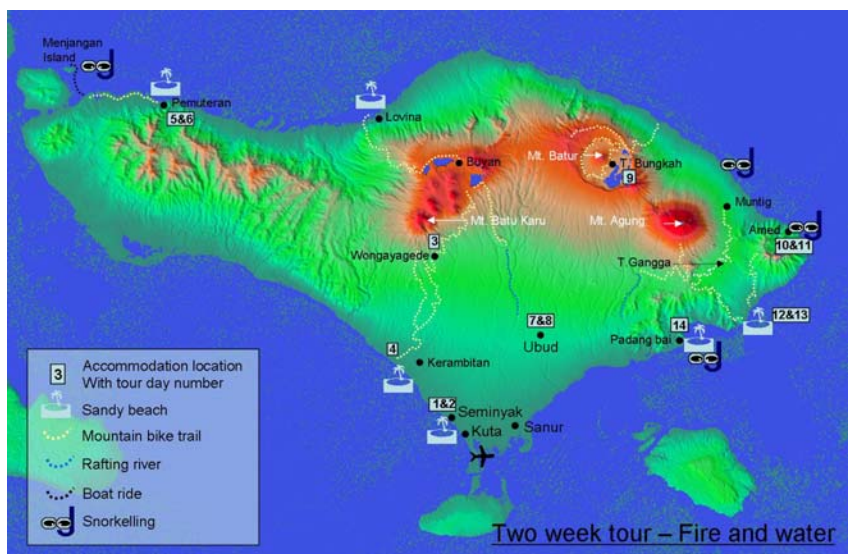
Whilst some off-road experience is a required to enjoy this trip, you don't have to be an expert, you just need a sense of adventure! Ideally, you will need a light weight cross-country mountain bike with a minimum of front-suspension and you should seriously consider fitting disc brakes if you don't already have them. It is also possible to hire a bike on the Island.

An average day consists of 3 to 5 hours in the saddle. The trip is supported by a Ford Ranger back-up truck for tired legs or broken bikes. We normally meet up with the truck every one to two hours for refreshments.

Fire and Water Tour

Cycle & splash your way around this beautiful tropical island with a heady mixture of biking, rafting and snorkelling. The emphasis is on mountain biking and with up to 7 days of great trails there should be enough to keep everybody happy. The tour also includes 2 rest days although there are options for more activities for active people!

The trip starts in the Central volcanoes spending the first day in the saddle on the northern side of the volcanoes where the trail passes 2 crater lakes and ends with a superb 16km of down hill. The



following day we ride around the rim of the famous Batur Crater finishing the ride across the vast lava field. After spending the night in the caldera we have an early morning ascent of the volcanic cone before an epic downhill ride to the south coast.

The following day is a rest day in the buzzing town of Ubud, the cultural capital of Bali with an optional white water rafting trip down the Ayung river.

The impressive Agung & Abang volcanoes sets the stage for the next couple of days including a dramatic 1200m descent to the east coast, where we spend the following day snorkelling over a famous Japanese wreck, more riding or just taking things easy.

The final days are based around some stunning ridge-top rides in the Karangasem region with a blast down a fast flowing river as a finale to this exhilarating adventure.

Itinerary

(10 Nights/11 days starting and finishing in Ngurah Rai Airport, Bali)

Day 1 Arrive at Ngurah Rai Airport, transit to Sanur – 25 mins

Day 2 Assemble bikes and warm-up ride, night in Sanur.

Day 3 Full day ride – Buyan to Subak, night in Lovina.

Day 4 Full day ride – Batur Crater, night in Toyah Bungkah.

Day 5 Full day ride - Kintamani to South coast descent, night in Ubud

Day 6 Optional half day White water rafting trip, afternoon free to explore Ubud, night in Ubud

Day 7 Full day ride - Abang to East coast, night in Amed

Day 8 Free day with optional coastal road ride and/or snorkeling/diving, night in Amed

Day 9 Full day ride - Pidpid to Manggis, night in Padang Bai

Day 10 Half day ride/1/2 day white water rafting – Besakih Temple to Tangkup, night in Padang Bai

Day 11 Return to airport

Cost: £925

Bike rental: £75

Included: Airport pick-up and drop-off, all land transport including back-up vehicle and driver & support crew, 10 nights accommodation, 1 rafting excursion, breakfast, lunch and some dinners, guides.

Excluded: Bike hire. Dinners on night 2,6 & 8 are not included. \$5 will get you a good basic meal, \$10 and you will eat like a king, so US\$30 should cover your dining expenses. The Ayung river rafting trip (Ubud day off) is optional and costs around US\$50

Details

Total Distance:300 kilometres

Number of Days: 10 days /11 nights

Number of days riding: 5 full days 3 optional half days.

Road Surface: Pre-dominantly off-road on a mix of vehicle-width dirt trails and singletrack, which may be smooth, gritty, stony, rocky, rutted, loose or hard-packed.

Support: Pick-up truck adapted to take a max. no. of 11 bikes and 4 people. Additional vehicle for remaining passengers.

Accommodation: All hotels have en-suite facilities with hot shower and a/c. and swimming pools.

Whenever possible we try to use hotels with charm and local character.

Food: Lunch is provided on all cycling days and an evening meal is provided on Day 1, 3, 4, 5, 7, 9, 10.

White water rafting: 1 white rafting trip is included in the price, the other trip is optional and not included in the price.

Detailed itinerary

(B)-breakfast (D)-dinner, (L)-lunch included in the cost.

Day 1: Arrive Bali

Arrival at Denpasar (Ngurah Rai) airport. You will be met by one of the team and transported to your Hotel. You can relax in the pool or if you are really keen, start to assemble your bike. (D)

Day 2: Assemble bikes and warm-up ride.

Today is spent recovering from your long journey, assembling your bikes, exploring the touristy bits and if you are up for it, a quick spin around the country lanes. For those brave enough to sample the legendary Kuta nightlife, this is your chance. (B)

Day 3: Buyan to Subuk

After a short 1.5 hour transfer we find ourselves next to lake Buyan, one of three crater lakes in the Central volcanoes. We follow small trails through the pristine sub-tropical rain forest which borders the lake and after a short 'bike n hike' section continue on past lake Tamblingan, where we can get a short truck up-lift to the start of an amazing 16km descent on jeep and singletrack along the northern side of the volcanoes and down towards the north coast. The ride takes us past remote fruit farms and clove and coffee plantations, finishing the ride in beautiful rice terraces. 1/2 hour transfer to Lovina. 35km. (B,L,D)



Day 4: Batur Crater day ride

We head up to Penulisan on the rim of the Batur crater (1 hour transit) and its highest point at 1700 m. The first part of the trail is on a broken tarmac road through cool pine forests. The road changes to jeep track and ultimately singletrack that takes us along the ridge top with superb views of the crater, and on a clear day down to the east coast. We continue on into the crater itself down the famous 'lung busting hill' and onwards on small sand trails, finishing our ride by crossing the 1997 lava field on a small cobbled track. The night is spent in the crater in a small village next to the crater lake. 35kms. (B, L,D)

Day 5: Kintamani to South Coast

Today starts with an optional hike up Mt Batur which rises around 700 m from the caldera floor. You start walking at 4.00 am from the Hotel and will be at the top by sunrise. It is a spectacular sight and well worth the effort. You can be back down by 8 am and ready for a ride! (transit to start of ride ½ hour) Today's ride is an epic mountain to coast descent. We descend into a bamboo and pine gully, followed by hard and fast hard-pack jeep track through orange groves and vegetable farms, on down the side of a huge ravine on challenging singletrack and out on to the rice paddy plains where we navigate along rice bungs and irrigation channels down to the south coast. The night is spent in Ubud. 50 kms (B, L, D)



Day 6: Day off in Ubud

Today is a rest, ride or raft day! Spend the day exploring the many markets, shops and Art galleries, go to a spa and have a massage, take a white water raft down the Ayung river (optional) or, if you want to ride,

why not repeat some of yesterdays great down-hill sections. The night life is thriving with a good jazz bar, up-tem Balinese dance, music and puppet shows, and loads of good places to eat and drink. (B)

Day 7: Abang to the east coast

Today's epic starts at the edge of the Batur crater and heads down hill on jeep tracks for 8km before turning east and climbing steadily through pine forests for 10km to the top of a mountain pass between Mt Abang and Agung where we have lunch. This is an extremely remote part of the Island and back-up is not possible for long stretches of the ride. Descent down to the east coast finds us cruising down dry river beds and through cashew nut plantations until we eventually emerge on the east coast of the Island.. We spend the night in a small fishing village called Amed. Ride length 35-45 km (B,L,D)

Day 8: Optional relax or ride

Traditional fishing is still very much a way of life in the village of Amed. The coast line is dotted with numerous colourful Junkung; traditional sailing boats comprising of a narrow dug-out hull with out-riggers and a small square sail. The sight of them all leaving at dusk and returning at dawn is not to be missed. The area offers ample opportunities to snorkel or dive, with two wrecks to be explored. There are also options for those that want more riding. (B)



Day 9: Pidpid to Manggis

This ride is a mastery of small intricate trails through a whole mix of different environments. Starting high on the slopes of Mt. Agung, the trail descends via a network of singletrack paths which weave their way through shady coconut and bamboo groves. Challenges include 'drop gully' – a narrow gully with man-made stone drops which range from easy to 'only for free riders'. We continue on through stone cutting and carving villages and rock quarries until we reach a little known water palace at Jungutan where, with incredible views over the ubiquitous rice paddies, we eat our packed lunch. After a short downhill warm-up, we ride up the first serious hill of the day, which brings us to the top of a ridge. We ride down the crest of the ridge towards the sea, with great views on either side and finally drop down into the next valley via a crazy hill (which can be walked for the faint hearted amongst us!). We spend the night in Padang Bai. Length 40 km's. (B,L,D)

Day 10: Besakih Temple to Tankup

This ride starts at around 1200 m, at a temple high up the slopes of Mount Agung. The mountain still plays an important role in the lives of people that live near it, and this temple is one of the most important on the Island.

The ride navigates it's way around the top of a huge ravine and then follows a small single track path along the side of the ravine.

The path continues through a large rock quarry and on down some fast sections of jeep track until eventually you come out on a small tarmac road that takes you to the small village of Muncan and the head of the rafting river.



After lunch you spend the last afternoon cruising and bruising your way down the Telaga Waja River; a fitting end to a truly exhilarating holiday. Ride length 20kms. Night in Padang Bai. (B,L,D)

Day 11: Return to Airport (B)

Travel Arrangements

If you are traveling from Europe the quickest routing to Bali is either via Kuala Lumpur with Malaysian Airlines or via Singapore with Singapore Airlines. Prices vary according to the season and how much in advance you book

Climate

The Island of Bali is 8 degrees south of the equator, so the climate is tropical. Although the temperature stays pretty constant all year round – 28 to 30 degrees C at sea level during the day, the humidity varies throughout the year. It is highest during the rainy season which is from November to March and gradually reduces to it's lowest level from May to September, when there is a beautiful dry cooling breeze blowing across from Australia.

From a mountain-biking perspective all of the trails start between 500 and 1700 meters where the temperatures are cooler. At 1700 meters the temperatures can be below 20 degrees C and at 500 m the temperatures can be as high as 26 or 27 degrees C, but are usually less. Although a lot of the trails end at sea-level, at this stage in the trail you are predominantly going down-hill and therefore hopefully not generating much heat.

In the mountains there is an increased chance of rain at any time of the year; however, in the dry season these are usually short showers.

Accommodation

All accommodation has been chosen for its character, location and value. It comprises of small hotels, retreats or home-stays. Accommodation on the coast has AC and all have en-suite facilities. Most of the lodgings also have a swimming pool. Prices are based on a twin-share basis.

Visa Requirements

Most nationalities are required to have a tourist visa to enter Indonesia. This can either be obtained on arrival or you can apply for one in your own country. If you purchase one on arrival it will cost \$25. Check with the Indonesian embassy website in your country for the cost of obtaining one before you leave; sometimes it is more expensive and more hassle to do it this way (as it is in the UK).

- 1) Visa on arrival. This will cost you \$25 which you can pay in US dollars or Indonesian Rupiah. They do not accept credit cards so you have to have the cash with you before you board the plane. When you get off the plane in Denpasar you will have a choice of queues to stand in at the immigration desks, just make sure you stand in a 'visa on arrival' queue and that you have filled out your immigration form which is handed to you in the plane.
- 2) Buy before you leave. If you wish to buy a visa before you leave, please contact the Indonesian embassy in your country of origin at least 1 month before you leave. The quickest way is to download the application form their website. Details for the UK embassy are as follows:

www.indonesianembassy.org.uk
38 Grosvenor Square.
London, W1K 2HW.
Tel. (020) 7499 7661.
Fax. (020) 7491 4993

Currency

The Indonesian currency is IDR Indonesian Rupiah (rp). You can buy it before you arrive or it is also easy to use your credit and debit cards in most ATM machines of which there are many in the tourist areas in the south.

Immunisation

Visit your travel clinic, doctor or practice nurse at least 6-10 weeks before you leave to check on immunisation requirements. If you are travelling for more than a month, see them earlier.

It is not necessary to take anti-malarial tablets if you are visiting Bali. However, if you are planning on visiting other Islands in Indonesia, notably the neighbouring Island of Lombok, it is advisable. A good website to visit is <http://www.fitfortravel.scot.nhs.uk>

Traveling with your bike

The best bike to ride is your own, and traveling with your bike need not be a great stress or hassle. Here are some suggestions

- 1) The easiest way is to get your local bike shop to pack it into a box for you – for a small fee.
- 2) Alternatively you can get the cardboard box from you local bike shop and pack it yourself – they are usually happy to give them away and more than willing to give you some top tips on packing it. Here are some guidelines;
 - a. You will need a suitably sized bike box, some plastic fork-end protectors and a spacer for your front hydraulic disc brake (if you have them) all of which should be available and free from your local bike shop, a roll of packing tape, bubble wrap or pipe lagging from a hard-ware store.
 - b. Remove your pedals, and take out your seat post.
 - c. Take off your handlebars, which you should tape under the down tube, you may need to release your front brake cable for this, be wary of crimping hydraulic cables if you have disc brakes.
 - d. Tape pipe lagging or bubble wrap around the frame's tubes, shifters and back derailleur. As an added precaution you could also fit a plastic fork end protector. These come with new bikes, and most cycle shops will have a few lying around - which they will let you have.
 - e. Deflate your tyres and air shocks, take off your front wheel leaving the back wheel in place, insert a spacer between your front disc pads (if you have disc brakes), and your bike should fit in the box. You will probably have to take the skewer out of the front wheel, and you should keep this in a padded bag with your pedals.

It is important to use as small a cardboard box as possible to fit your bike into, as a tight fit will help to protect your bike. A small bike box also helps to overcome potential problems at airport check-in.

- 3) Another option is to use one of the latest padded bike bags, which are easier to handle than a cardboard bike box, especially if your journey involves public transport on the way to or from the airport.
- 4) Finally you could use a purpose-made rigid box. These are expensive and can be heavy (which may put you over the baggage allowance) but do ensure that your bike arrives in one piece.

At the start of your the biking holiday we will store your bike boxes, bags or cases and return them to you for your flight home. If you are using a cardboard box, don't forget to take an extra roll of packing tape to seal your box for the return journey.

Bike Hire

If you don't want to bring your own bike, you can hire one from us for £75 for 10 days. Hire bikes are aluminium framed, with front suspension, disc brakes and Shimano LX components.

Kit List

Essential Items

- 1) A copy of your insurance policy.
- 2) Your passport – with at least one completely empty page in it and more than 6 months to run before the expiry date.
- 3) A valid tourist visa or \$25 US to pay for a visa on arrival (Indonesian Rupiahs are also acceptable, but credit cards are not accepted). Please read visa requirements.
- 4) Money or some means of getting it out of the bank.
- 5) Sun-cream – SPV 15 or above.
- 6) Mosquito repellent.
- 7) At least 3 pairs of comfortable cycling shorts.
- 8) A fleece or jumper for cooler evenings in the mountains
- 9) Cycling shoes/mitts/helmet

Non-essential but 'nice to haves'

- 1) Mosquito net – if you want to guarantee undisturbed nights.
- 2) Hydration pack – CamelBak or similar. If you haven't already got one I would seriously consider buying one as it is one of the easiest ways to combat de-hydration.
- 3) Head-torch if you want to do the Mount Batur sunrise trek.
- 4) A supply of your favourite energy bar (edible ones haven't reached Bali yet, but there are always plentiful supplies of bananas and nuts)
- 5) Light pair of trousers and long sleeved shirt for the evenings – the best way to ensure not being bitten by mosquitoes – if you are particularly prone.
- 6) If you want to snorkel (or dive), bringing your own Face-mask is a good idea