



Ministry of Tourism and
Creative Economy
Republic of Indonesia

wonderful
indonesia 

6 **INDONESIAN ADVENTURE TRAVEL DESTINATION**

Harau Valley | Ubud | Raja Ampat |
Citatah | Poso Lake | Samboja Lestari



PREFACE

LOOKING FOR EXTRAORDINARY TOURS IN THE ARCHIPELAGO

The Covid-19 pandemic seems to have triggered and spurred many people to be more creative, including being creative in determining how and where to travel.

Not only those abroad who later gave rise to “family trips”, but also we here make the same. This is a one-family tour with the aim of no longer going to general and more visited destinations, but to special destinations to get more than just the sensation, which is extraordinary.

Look at a family who decided to spend two days on the weekend visiting Citatah village in kecamatan Cipatat, West Bandung regency. They got information about the excitement of climbing cliffs, lying on a hammock which to reach it is awful. As a result, in addition to getting new and unforgettable experiences, they could decorate their social media accounts with their photos and videos. Comments and questions also came.

Therefore, Citatah became known. Even then, information emerged that around Citatah there were spots that were no less exciting, a variety of typical culinary delights, as well as thematic lodging.

This way of traveling does not require long preparation and most importantly can be done in a location that is not too far away. The tourism elements in it even provide an impressive new experience throughout the ages. There is a sense of adventure that has a positive impact on various stakeholders in the tourism industry in the vicinity.

Adventure tourism with extraordinary sensations complements other forms of tourism that are continuously being developed by the Ministry of Tourism and Creative Economy (Kemenparekraf) of the Republic of Indonesia.

This book features six adventure tourism destinations from the five largest islands in Indonesia (Sumatra, Java, Borneo, Sulawesi, and Papua), plus Bali. In addition, it is also accompanied by types of adventure tourism, accommodation, culinary, and tips. Don't miss the itinerary if you only have one day.

Happy reading, happy adventure! (*)



In this book there is information about the range of costs or prices, which are valid for the period September 2022. (*)

INDONESIA'S SIX ADVENTURE TOURISM DESTINATIONS



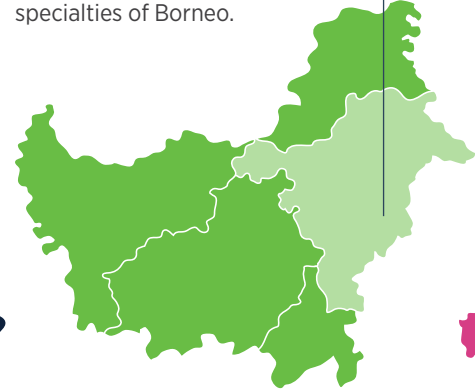
SAMBOJA LESTARI 84

Adventure in the natural world of Borneo, understand the flora and fauna singing nature's songs, and don't forget the culinary specialties of Borneo.



04 HARAU VALLEY

Various activities of rock climbing, cycling, camping, to glamping are flanked by millions of years old cliffs.



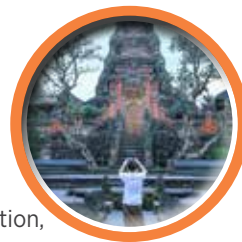
52 CITATAH

There are three towering cliffs where climbers play. In addition, there is a test of courage lying in the hammock. Finally, it is closed with camping in the highlands.



20 UBUD

Fondling the swift Ayung river, cycling through Balinese rice fields, and ending up at a traditional hotel.



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Various adventure activities are presented in this book according to the facilities available at each location. In addition, it is also equipped with a choice of typical hotels and culinary guides at tourist sites.

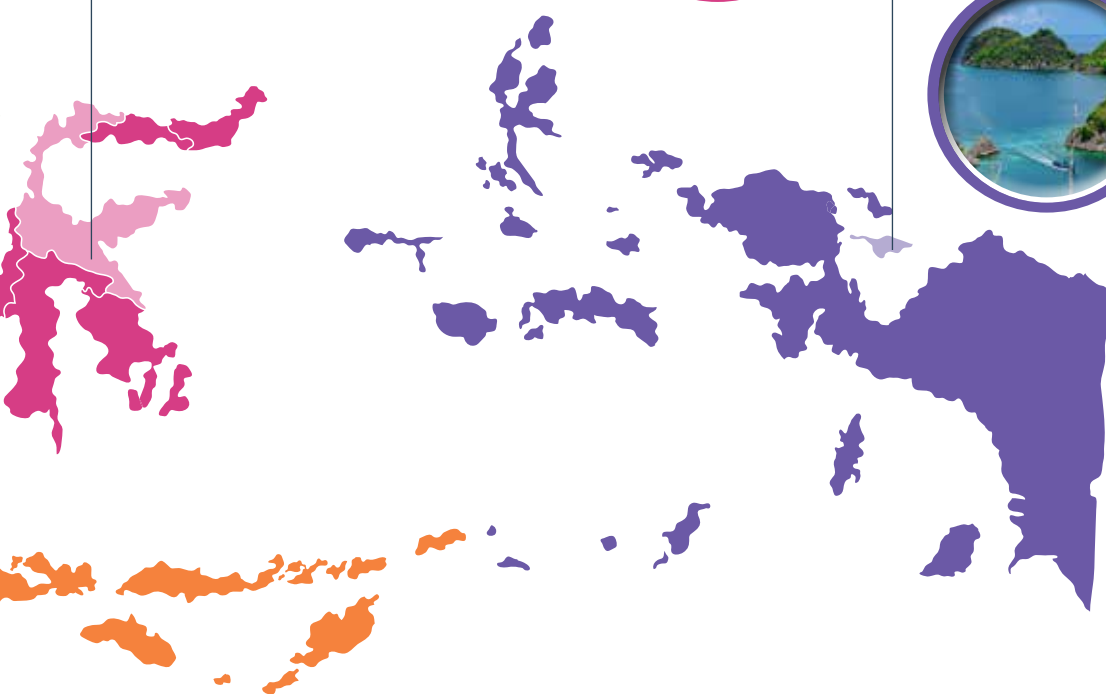
68 POSO LAKE

Trekking down the hills to the waterfall, then spending the night camping around the lake, and cycling around the lake the next day.



36 RAJA AMPAT

Dive one adventure in an underwater paradise, the rest you can do trekking or birdwatching.



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HARAU VALLEY, WEST SUMATRA

ADVENTURE PACKAGE IN MINANG LAND



Welcome to Lembah Harau (Harau Valley). This is chosen valley for holiday destination and for testing adventure desire. There are stretched rice fields, hills, steep cliffs to caves that are fun to explore. End your adventure by enjoying a memorable glamping atmosphere.



Harau Valley welcomes everyone who wants to get rid of their tiredness. As it is like Minang people who open their arms for all visitors. In the arms of cliffs which act as giant fences, there is landscape of large valley unfolded naturally.

Harau Valley covers two villages known as *Nagari*, *Nagari Tarantang* and *Nagari Harau*. Both are in Harau Sub-district, Regency of Limapuluh Kota, West Sumatera Province. The location is 50 km from Bukittinggi or 1.5 hours travel, and it is about 18 km from Payakumbuh, the second biggest town in West Sumatera.

Direction from Minangkabau International Airport, in Padang, the location of Harau Valley is about 100 km, and it can be through in about 3 hours vehicle travel. From Padang, Harau Valley is about 138 km.

Harau Valley or some people call it Harau Canyon is like a giant ravine with 699 hectares width. All of area now is tourism area and becomes nature conservation. The main scenery

in Harau Valley is the skyscraper cliffs. All cliffs have different level of height from 80 meter to 300 meter. Those cliffs surround the beautiful green valley.

Number of waterfalls from three rivers completes the beautiful sceneries of Harau Valleys consisting of three areas. Those are Resort Aka Barayun, Resort Sarasah Bunta, and Resort Rimbo Piobang. Sarasah Bunta is the most popular one relating the existence of Sarasah Aie Luluih, Sarasah Bunta, Sarasah Murai, and Sarasah Aie Angek waterfalls.

The name of Harau according to hearsays comes from 'parau' or throaty voice. The local villagers often faced flood and landslide disasters.

Those made them panic and scream. They screamed so loud until their voice became throaty or hoarse. When outsider met those villagers with throaty voice, they called them people with 'orau' voice. Later on, the name changed into 'arau'. That was why finally people called the area as 'harau'.

CHOOSE ATTRACTIVE SPOTS

Waterfalls

There are four waterfalls in this area; those are Sarasah Aie Luluih, Sarasah Bunta, Sarasah Murai, and Sarasah Aie Angek. The terrain is sloping in Sarasah Bunta that makes it possible for visitors to play around the waterfalls

Air Sarasah Murai offers another beautiful sight with *Murai* (Magpie) birds which usually crowded in the afternoon. Directing to the jungle, there is Sarasah Aie Angek waterfall which has warm water. It feels so nice when putting the feet inside the water. Sarasah Aie Luluih waterfall streams through the wall of cliffs to bathing pool.

Landscape of High Cliffs

The towering cliffs in Harau Valleys spread on several areas. The height is also various. The cliffs in Harau Valley become favorite places for professional climber. Some cliffs become training spots for professional climbers who want attend the tournament.

Culture and Culinary

The people surrounding Harau Valley and West Sumatera are famous with their culture and tradition.

Having close socialization with the people will voluntarily introduce their own culture and tradition. This will give particular experience. As people says, If you don't know then you don't care. Various culinary will spoil your appetite. It is not only the taste but also the philosophy behind the variety of the food.

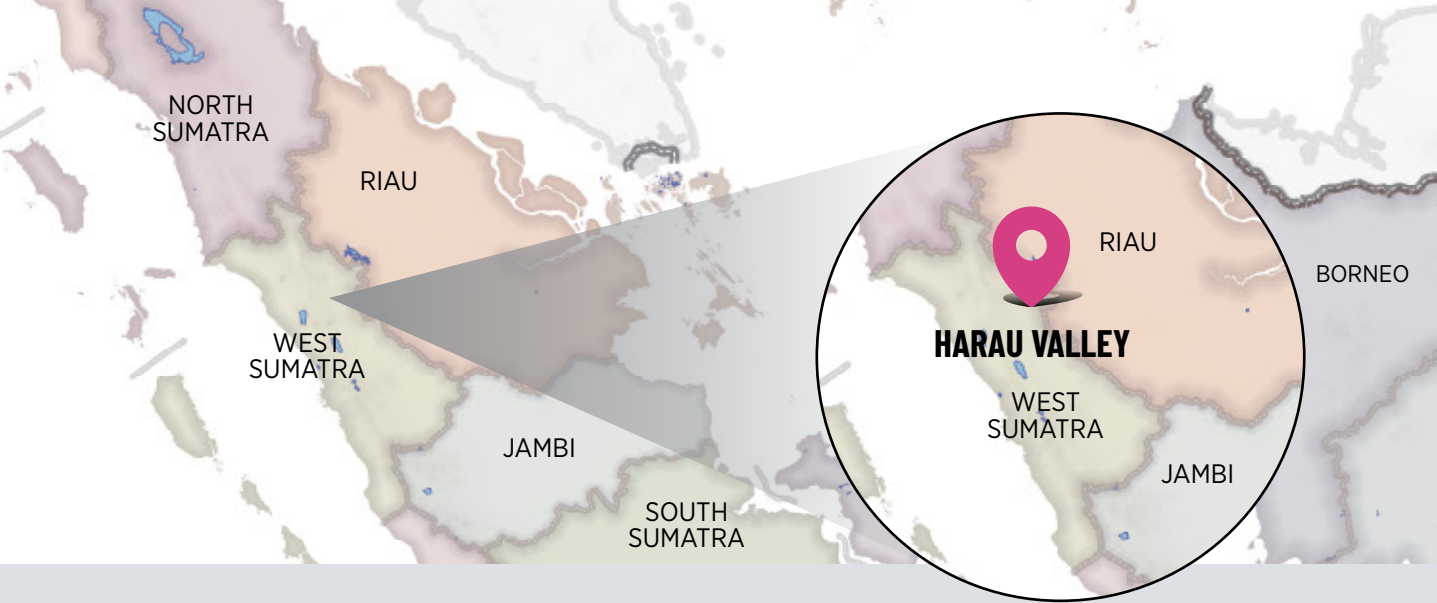




HISTORY OF HARAU VALLEY

Harau Valley or Lembah Harau is a valley of granite stones aged 30-40 million years. Steps of mankind who enjoyed the beautiful scenery of the Harau valley recorded almost 100 years ago. The Government of Netherland had made monumentt nearby the canyon in 1926. This written monument hadmarked the amazement of man on the beatiful scenery of water fall of Sarasah Bunta.

In early 1993, the site of the canyon was stated as Natural Conservation. The nature of Harau Valley has various species of highland tropical rain forest plants and numbers of rare native Sumatera animals which both them are preserved and protected.



A LITTLE ABOUT HARAU VALLEY

Harau Valley is located in Limapuluh Kota Regency, West Sumatra Province.

It covers an area of 2,705 square km and is divided into three sub-areas, namely Aka Barayu, Sarasah Bunta, and Rimbo Piobang.

It has seven waterfalls with heights of **50 meters to 90 meters**.

This area has been designated as a **Nature Reserve and Wildlife Reserve since January 10, 1993**.

The altitude around the canyon varies from **500 meters above sea level to 800 meters** above sea level.

Its **average air** temperature ranges from 20 to 25 degrees Celsius

The population in Kecamatan Harau reaches more than **51,000 people**.

To Harau Valley



Padang to Payakumbuh
Vehicles: Rental/private or travel cars

Payakumbuh – Harau Valley
Vehicles: Private or rental cars

Harau Valley and the Vicinity
Vehicles: Private or rental cars



Comfortable Lodging After Adventure

It is not complete to explore the *Harau* Valley without enjoying the offerings of classy hotels. There are several recommendations to unwind after exploring. Most are homestays, but there are also typical hotels.

Teras Harau

Address: Jorong Lubuak Limpato, Tarantang, Lembah, Kec. Harau, Kabupaten Lima Puluh Kota

A romantic and pampering heaven. The interior is filled with beautiful artwork and stately furnishings. The nine glamorous thematic suites are decorated in bright colours.

Roemah Abdoe Café and Homestay

Address: Tarantang, Kec. Harau, Kabupaten Lima Puluh Kota

Close to Sarasah Bunta waterfall, it offers a balcony house with a typical West Sumatran interior. It is very fitting for one family lodging. It has a cafe that serves a variety of cuisines.

Orau Inn Homestay

Address: Tarantang, Kec. Harau, Kabupaten Lima Puluh Kota

It is natural with cottages made of bamboo. It is located in the midst of the natural *Harau* Valley with views of the cliffs that seem to be fenced off. It's fun with lots of instagramable spots.

Herota Homestay

Address: Tarantang, Kec. Harau, Kabupaten Lima Puluh Kota

It presents a beautiful view. There is a pool in the middle of which stands a cottage made of wood. It is quite comfortable and beautiful in the cottage. It blends with the coolness offered by the natural Minang land.



Abundant Spices Spoiling the Tongue

West Sumatran cuisine dominates the menus at various restaurants around *Payakumbuh*, not far from the Harau Valley tourist area. Here lies the opportunity to taste the various spices that are the seasoning for food to spoil the tongue.

Pongek Or Situjuah

Address: Jl Soekarno Hatta Balai Panjang

The main menu is jackfruit curry with a variety of *Payakumbuh* typical side dishes. There is also Salai fish curry with sweet potato shoots. Or fried *Salai* fish. All food is cooked using firewood.

Rumah Makan Talua Ikan Mis Simpang Aua

Address: Tanjung Anai, Payakumbuh

In this restaurant, there is a pucuk parancih (cassava leaves) soup, jengkol curry, and coconut oil green chili sauce. Especially this green chili sauce is amazingly delicious. Moreover, there are goldfish eggs inviting the taste buds.

Kuraya Resto

Address: Jl Sumbar-Riau, Sarilamak, Harau

If you want to taste the complete West Sumatran culinary menu at this restaurant, this is the place. Chicken curry, fish curry, fried or grilled fish, and fresh cassava leaves will accompany warm white rice.



YOUTH AND SPORTS TOURISM OFFICE OF PAYAKUMBUH

Komplek Ngalau Indah, Jalan Soekarno Hatta
Phone: 0752-90469

CHOOSE YOUR OWN
ADVENTURE IN
HARAU
VALLEY

Wide range of trekking track, the steep wall of the hill, and refreshing waterfall are some options of adventure tourism in Harau Valley.



01 TREKKING

Payakumbuh, the closest city, which only 19 km.

Trekking is one of challenging activities during staying in Harau Valley. Even, some people start when they still, Payakumbuh, the closest city, which only 19 km. If it is too far, trekking can be done while staying surround the valley. This is enough and fun.

The paddy/rice field expanses on the right and left of the road will take the visitor to gate of Harau Valley.

The best time to start is in the morning, maximum around 9 o'clock. It needs around 6-8 hours for trekking if visitors want to enjoy most of the side of the valley. For those who don't want to do earlier, they can do short lane trekking which needs only one or two hours.

Trekking is started by walking down the valley, passing through the woods, climbing up middle high cliffs, and passing through the waterfall stream. Can you imagine how fun it is? This is going to be unforgettable experience.

Trekking can be finished at the point to watch Harau Valleys from height. The view from above the scenery below looks so wide and green. The visitor can feel the robust of the cliffs from this place. From a far the quiet forest unfolds mysteriously.

TREKKING PREPARATION IN HARAU VALLEY

PHYSICALLY FITNESS

It needs good condition of health and physically fit to walk more than 10 km. Trekking in the uphill terrain needs physical exercises both foot strength and respiratory. Yoga, daily jogging, or stretching are very important exercise.

FULL OF ENERGY

Trekking in tropical area is energy consumed. Besides burning calories resulting from physical hard work, the hot weather that burns the skin can make people lack of energy. Drinking water at least 500 ml two or three hours before trekking is recommended for the traveller.

SPORT SUIT

The selection of outfit is much depending on the condition of the weather. If the sun shines brightly the sport suit is the best choice. Legging is allowed. Running shoes can be used, as long as those are comfortable.

BACKPACK AND POLES

Supporting preparation that is sometimes forgotten is taking backpack for one-day travel. The 25 liters size backpack is enough to take spare shirt, raincoat, snack and other meals, drinking water, medicine, and camera.

Poles needs to be included in carried things list. One is enough to support feet in taking rhythms of walk and brings stability for harder terrain.

02 HIKING



Harau Valley has about 70 cliff climbing track with different levels of difficulty.

For hiking activities, Harau Valley has particular challenge. The towering cliffs are like castle walls. There are still only a few hiking/climbing tracks.

The cliffs made of granite stone, which is combination of *breccia* and *conglomeratic* rocks. This kind of stone has various colors and mostly exists at the bottom of the sea. The level of height is various, from 30 meter to 300 meters. The most popular one is Echo. For beginner, there is service for them to climb, including rented equipment and *tour guide* who will assist.

Harau Valley has about 70 cliff climbing track with different levels of difficulty. The easy level can be done by all of family members including children, while difficult level is only for trained climber. Some world class climbers had made Harau Valley as training location before they attend some tournaments.

The cliff climbing tracks are spreading in several locations. For those who love adventure, they can try "Pancasila Cliff" which provides climbing aid until 120 meters. In Padang Tarok Village there is climbing track that has six pitches with height level about 300 meters. This location is, sometimes, used for cliff climbing training school or vertical rescue school.





03



BIKING

Biking while surrounded by granite hills as if the giant fortress is such an unforgettable excitement. Biking, either solo or groups can use several tracks in Harau Valley. For example from Payakumbuh pedaling the bike, the visitors can enjoy the view surround Harau. The distance is just about 19 km. For mountain biker this distance is kind of easy track.

Biking down to the valley among hills views brings spectacular experience.

The excitement can be much more when passing above Harau Valley, through the steep uphill

path. Not every track can be used for pedaling. At some tracks the bikers must uphold their bike, but still this doesn't reduce a bit of the excitement. On the top of the area the bikers can get rest while taking picture using beautiful scenery behind.

There are several alternatives for biking surround the valley. For example visitor can continue the trip to Air Terjun Sarasah Aksara Berayun. At this area the bikers can take a rest while having delicious culinary. Along the way to the waterfalls the green scenery or rice field will spoil their sight.

04



ROCK CLIMBING

The form of cliffs in Harau Valley reminds people to Yosemite National Park in Sierra Nevada California, USA. The rows of cliffs are like giant wall surrounding the flatland inside the valley. This also reminds people to film *Free Solo* about the climbing of Alex Honnold on the most world scary Cliffs named, El Capitan.

In Harau Valley the local and national climbers often try their capability by climbing the giant granite rock.

Different with *karst* rocks, the granite rock left only few cracks or cleft for stepping or hanging. No wonder the character of the cliff has high level of difficulty.



The height of the cliffs is also various from 30 meter to 300 meter. The beginner must be satisfied with 30 meter. This is maximal for beginner. The climber are opened to choose the higher track to 300 meter but this needs well- prepared plan and it is only done using expedition package.

There are three cliffs that are familiar both the climber. First is The Echo Valley. This name is given because in this valley if people shout out loud their voice will back or echoed.

The second is Sasarah Akar Barayun. This cliff is overlaid with the sound of the waterfall (that is the name of "Sasarah" comes from) with various plants which decorate the cliff. This cliff is not far from Echo valley. Just walking about 500 meters, from there, visitor can see the cliff with 90 degrees tilt. For those who love photography this can be particular challenge to take climbing picture using waterfall as background.

The third is Padang Tarok. This cliff is appropriate for beginner, even for those who are doing cliff climbing for the first time. Some tracks for climber have been made by previous climber and this creates tracks that can be climbed by lay people. Those tracks are named after the one who has made.

In Echo Valley there are 15 tracks with unique names on it, such as 'Biadab'. This track was often used by national rock climbing athletes for training/practicing. And then, 'Maghrib' track that was probably made approaching *maghrib* prayer. There is also, 'Toilet' tracks which has international grade 5.10. Those tracks generally have been marked with necessary point on the wall of the cliffs.



CAMPING

Enjoying Harau Valley within family adventure moment can be done by camping.

Having outdoor adventure such as sleeping in cave tent, or walking around the area is unforgettable experience, too. The location that often used as camping is Sarasah Pincuran Tigo.

The nature attraction is unfolding before eyes from the wide camping ground, the sight of cliffs wall that sometimes covered by fog and the waterfalls. Camping adventure gives freedom for the traveller to choose their own activities or they can take camping package that is equipped with tent or take glamour camping (*glamping*).

Harau Valley is one of nature destination which set forward *geo-tourism*. In Sarasah Pincuran Tigo, there are a lot of things about geology that can be learned. Here the children will testify things that they learn from books or internet before.

Camping in Sarasah Pancuran Tigo can be done into several events, such as reunion, vacation or meet up/gathering for office staff or just week end vacation combining with other outdoor events.

Enjoying natural outdoor sphere can be done on the week end. However, if visitors need optimal adventure by exploring other adventure spots or other challenging events, they need at least three days two nights.

HEALTHY TRAVELING TIPS

Health protocols must be implemented by traveller or tourists, for the goodnes of both themselves and other travellers and the officers of the tourism. Therefore, the following things must done;

BEFORE TRAVELLING

Ensure that the destination, i.e: Harau Valley and West Sumatera Barat in general are opened for the travellers.

Postpone the the travel if you feel not healthy or not fit

DURING ADVENTURE

The principles must be done 3M (mask on, maintain distancing, mind to wash hand using water and soap)

Reduce unnecessary chit chat, particularly close distance.

Get rest immediately to recover body fitness after adventure acitivities.

GRANITE ROCKS AGED 40 MILLION YEARS

Harau Valley locating in Harau Sub-district, Regency of Lima Puluh Kota is formed resulting from down fault or one block that went down and created wide and flat valleys. The many waterfalls in this area are proved of the existence of the fault. The waterfalls are the sign that there were rivers that was cut relating to the down fault and became waterfalls.

Geologically, the rocks existing in Harau Valley is old. It is about 30-40 million years old. The rocks with that age have soft structure. The granule is so small 1/16 mm like dust even smaller than sand. This stone contains organic carbon, meaning the stones were made of died organism.

On the other side the hills in Harau Valley were resulted from elevation of land and simultaneously the degradation of the hill. This fact can be found from the sedimentation of the stones supporting the cliffs which was low land sedimentation (coming from rivers).

Uplifting and degradation of the land in Harau Valley happened because of endogenous power, or energy coming from deep down in earth that changed mark on the earth skin. It was the endogen power that made the wide and flat area of the valley.



06 CAVING

Cave exploration or caving can also be enjoyed in the canyon which also has many passages, to be precise in *Ngalau Seribu*. *Ngalau* is a West Sumatran language which means cave. These caves are a rock structure that was formed thousands of years ago. The aisle is elongated with underground rivers.

The series of caves in *Ngalau Seribu* is not too large. However, they are quite varied.

Although the difficulty level is not too high, the rocks are very slippery. Tourists should use rubber-soled shoes so as not to slip.

The fun is to explore *Ngalau Seribu* like you are doing trekking. The ride is up and down and takes about 3 hours.

Travel preparation and equipment are very necessary, considering its location is far from the center of the crowd. In addition, you need a guide to explore it. Local guides are familiar with the route.

There is also another cave that is worth visiting, namely *Ngalau Anyie*.





07 GLAMPING



The number of types of adventure tourism is increasing in the Harau Valley, especially tourism for families. A glamping area is available in *Lubuak Limpato, Tarantang*. It is very suitable for families who are just starting camping activities and traveling in the wild.

It is located in a fairly spacious valley with a cliff fence behind it. Next to it flows a river that is usually used for light rafting.

The tents provided by the manager are quite spacious. The tents contain beds complete with all amenities, including modern bathrooms. Even tourists can access the internet thanks to the availability of a Wi-Fi network.

At night, the lights that hang and intertwine with each other add to the romantic atmosphere.

One Day Adventure Plan

Adventure in the valley with various objects can be completed in one day. But you have to do it from the morning.

08.00 - 10.00	Enjoying Sarasah Bunto Waterfall
10.00 - 10.30	Go to Echo Valley
10.30 - 12.30	Rock climbing in the Echo Valley
12.30 - 13.30	Go to Ngalau Anyie or Ngalau Seribu
13.30 - 16.30	Exploring Ngalau Anyie or Ngalau Seribu
16.30 - 18.30	Culinary in Payakumbuh while stopping at the Sarasah Donat
18.30 - 19.00	Go to Glamping The Edge Harau
19.00 -	next day Enjoying glamping

Estimated cost IDR 500,000 per person (without consumption, transportation, and lodging)



WANDERING BY MOTORCYCLE

Exploring the Harau Valley is not too difficult, it can even be done in one trip using a motorbike. Touring is generally done from the Padang, Solok, Lunto Sawah to Harau Valley in Payakumbuh. Then the trip by motorbike can be continued to another route through Bukittinggi and arrive at the next destination at Lake Singkarak.

This motorcycling adventure track is not only exciting because it passes through various types of roads, from straight, uphill and winding tracks, but also because almost all routes have lots of beautiful scenery.

By using a motorbike, travelers can enjoy longer time in the *Harau* Valley, where the road infrastructure is generally good and suitable for motorbikes.

For example, spending morning until noon at the top of Mount Bungsu. The summit is a great point for a 360-degree view.

From there, you can head to the Sarasah Donat waterfall. Then you can follow the winding road to the north towards the Harau Valley. You can visit many objects here. If you want to stay overnight, there are more than 10 inexpensive homestays.

The Padang – Harau Valley – Bukittinggi – Lake Singkarak route is a motorcycle touring track that has recently become popular with many people. Reportedly this route is one that challenges the passion of adventure.

Frequently Forgotten Touring Equipment

Touring by motorbike is not enough with clothes or jackets, and other motorbike riding needs such as helmets, pads, and balaclavas.

Some of the following equipment is often forgotten to bring. What are they?



GPS and Map

They can provide accurate information and can be used as an alternative to maintain safety and security from unknown places.



Tool Kit

This item is one of the motor tools including screwdrivers, pliers, keys with the most frequently used sizes



Flat Tire Repair Kit

Because tires are the most common component of problems, it's best to bring a kit containing a pump or gas cylinder, screwdriver, glue, and rubber that can be used to patch tires.



Medicines

Motorcycling adventures are quite risky, therefore medicines such as wound medicine, plasters, bandages, and other light drugs need to be brought.



Power Bank

This is a source of charger for gadgets that are carried when traveling long distances. We recommend that you bring a large capacity charger.

A woman in traditional Balinese attire, including a white lace top and a blue patterned sarong, is walking through a lush tropical landscape. She is holding a small woven basket. The background features tall palm trees and terraced rice fields under a bright sky.

UBUD, BALI

KISSING THE GOD'S CREATION

In Ubud it seems that the whole day is the same, the same interesting and attractive. You don't believe it, do you? In Ubud every single moment, morning, daylight, and night, each of those has its own character to call all adrenaline driver to prove their adventure passion and thirst. Of course, keeping in mind to maintain cleanliness, health, safety and environmental friendly is a must. That is the standard of nowadays tourism.



In Ubud it seems that the whole day is the same, the same interesting and attractive. You don't believe it, do you? In Ubud every single moment, morning, daylight, and night, each of those has its own character to call all adrenaline driver to prove their adventure passion and thirst. Of course, keeping in mind to maintain cleanliness, health, safety and environmental friendly is a must. That is the standard of nowadays tourism.

Let's make a bet. Your eyes will not be shut when the vehicle riding on the smooth road connecting from Denpasar to Ubud, Gianyar, Bali. The sight along the way will never make you bored. The various *pura* (pace to worship for Hinduism) and traditional houses will perfect the nature beauty of Island of gods.

Ubud is an option of non-beach tourism. Therefore, the traveler will find the cool air which specific to highland with abundant vegetation.

The village nuance is dominant, the terrace system to manage rice field is unfolding like a universe painting. Moreover, the winding rivers are like giant snakes. All of those are God's Creation.

From Ngurah Rai Airport Denpasar, Bali, Ubud area can be reached within 45 minutes. The distance is about 40 kilometers between the airport to the Central Ubud and this journey will not make you bored because the beautiful views will accompany along the way.

Embarking from Denpasar City, the distance to Ubud is much closer about 30 kilometers and can be through within 1 hour. If choosing Seminyak area as starting point, it needs 1 hour 15 minutes to go to Ubud Tengah (Central Ubud) and the distance is about 32 kilometers.

Ubud can be stated as the home of artists and talents. They create so much art works and it's been already known since 1930s. It was the family of Ubud kingdom who became member of *Volksraad* (it's like House of representatives) in Batavia (now Jakarta) as the driver to support all local artists and local culture. Even, he once took Ubud culture to the European festival in 1931. This mission of culture and culinary seemed to be surprising Europe. Since then the name of Ubud and Bali has been known in international world.

Ubud is included to the Gianyar Regency which has beautiful nature and equipped with talented artists. The art works can be seen from the landmark of rows of traditional Hinduism *pura*, art museums and the palace of Gianyar Kingdom existing in Ubud. It is not too much to say Ubud as central of art and culture of Bali.

A BLEND OF NATURE, ART, AND ATTRACTION

Nature And The View

The land of Ubud is such a contoured topography from the ridge of Batur Mountain on the north. The altitude is 300 above sea level and it has fertilized soil. This makes flora grows well and attracts fauna to come. From Batur Mountain streams the river which beautifies the ecosystem and all at once becomes source of water for hectares of *subak* (rice field). Thus, Ubud delivers variety of visual from the nature, the wonderful scenery of mountain ridge, amazing staging rice field, and natural river it is all what nature offer in Ubud.

Art and Culture

Art and tradition of the community has become daily life. This has made Ubud oasis for travelers who want to escape from modern world which suffocating. Every corner of Ubud offers uniqueness which will relieve the soul of the traveler.

Staying among community of Ubud that strongly holds tradition becomes unforgettable experience. Daily ritual of people can easily found in the many *pura* spreading in Ubud area. The building of *pura* has uniqueness. Some of those are new buildings but others have hundreds of years old.

Attraction and Challenge

Number of attractions perform to complete uniqueness of Ubud. Some of those are rafting adventure in Ayung Rivers, Birds Park Bali and the newest is Bali swing. Bali swing is one of the most popular rides in Bali recently. Swing in Ubud becomes more spectacular because people can enjoy the beautiful scenery below.





FROM SUKAWATI DYNASTY TO WALTER SPIES

UBUD THAT HEALS

Ubud is also known with alternative medication. It is like manifestation of the origin of the Ubud name. The word of Ubud means “ubad” or ‘obat’ (Bahasa Indonesia) meaning medicine. It can be translated that Ubud as a place to give medicine for those long long for vacation, travelling or adventure.

The history of Ubud started from the 8th Century. This was revealed on the event of Art, Culture, Culinary, Community Gathering Shrida Taste of Ubud, June 2019. The story is about Resi Markendya from Dieng Highland (Central Java) who did the journey to find Gunung Agung (Bali).

On their journey, some of his followers are sick and they were cured after doing ritual to purify them in the Wos Campuhan River, Ubud. This place was the meeting point of two river streams. Those rivers were named spiritually Silukat and Sudamala.

Sukawati Dynasty that grew in the 17th century, became one of foundation of the nowadays Ubud. One of the sons of the Sukawati King

built small kingdom in Peliatan Village which governed Ubud. The children of this small Peliatan kingdom built many pura as the ruler of the village’s area, such manca and *punggawa*.

One of the Sukawati descendants, namely Tjokorde Gede Raka Sukawati was successfully inviting Walter Spies to live in Ubud. The German painter lived in Ubud in 1927, to be precisely in Campuhan. This place now is well known as art center in Bali.

Walter Spies successfully elevated the traditional art of Bali. This was not only for painting art but also for sculpture. Spies also handled traditional dance art. Some dances were created by Spies such as Kecak, Calon Arang, and Gambuh.

LAMPUNG

DKI
JAKARTA

BANTEN

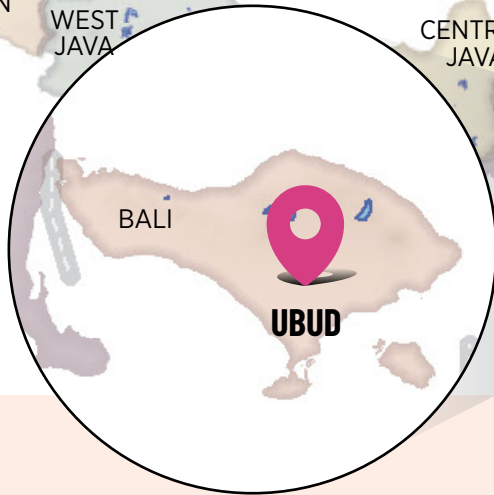
WEST
JAVA

CENTRAL
JAVA

EAST
JAVA

BALI

WEST NUSA TENGGARA



Ubud is about 37 kilometers from Denpasar, and the altitude is 300-600 above sea level. The temperature is cool in Ubud it's about 23-28 Celcius degree.

Ubud is divided by a main road called Jalan Raya Ubud which connects Gianyar to the north at Mount Batur and Kintamani.

The Ayung River is the longest in Bali (68.5 km) where the middle passes through Ubud.

Ubud is territorially kecamatan under the auspices of Gianyar Regency.

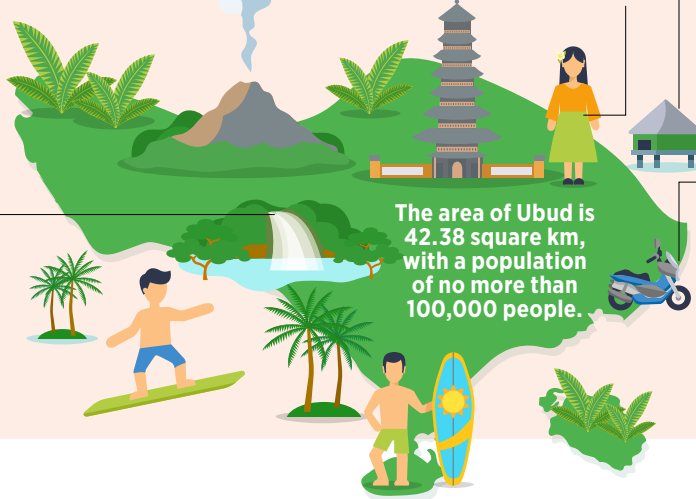
The number of tourists who come to Ubud on average reaches 3 million people per year.

Hotel rates from three stars to five stars range from IDR 450,000 to IDR 3,500,000 per night.

(*three stars to five stars)

For transportation, you can rent a motorbike or car and order it online.

Payment methods in Ubud include cash, online payment, mobile banking, and credit cards.



Direction To Ubud

From International Airport I Gusti Ngurah Rai or from Denpasar City there are several options of transportations, such as:



- Airport taxis that don't usually use metered meters. Fares can be negotiated with the driver. Maximum capacity is 4 people.



- MPV type daily rental car with a capacity of 3-5 passengers. Fares vary and depend on the types of cars. Rental fee is negotiable. With or without driver. If renting without a driver, you will be asked to show your driver's license.



- Kura-kura Bali Bus, which is a shuttle bus, with routes from Nusa Dua, Kuta, or Seminyak or the Perama Tour mini shuttle bus. Fares depend on the point of departure. However it is quite affordable and convenient.



- Rental mini bus for groups of more than 5 people. Usually the driver has been prepared by the rental owner. The prices vary depending on the types of vehicles.



- Rental motorbikes of various brands, with a capacity of 2 people. The prices depend on the types of motorcycles. General automatic motors are usually very cheap. The price for renting a large motorbike is many times over.



Stay in Modern-Traditional Style Hotel

The 3-star hotels in Ubud are very varied and each one features a traditional style, blending with nature and their locations are in the center of activities.

These lodging places are suitable for tourists who really want to enjoy the friendly atmosphere of Ubud with complete facilities. Of course they are modern. Here are 7 selected 3-star hotels;

Ayuna Family

Address: Lontunduh

It is a beautiful hotel, not too big but clean and has a swimming pool.

Ari Cottage

Address: Jl Made Lebah, MAS

Traditional style houses blend with nature with a pool in the middle.

Green Taman by Prasi

Address: Jl Sandat

A hotel with Javanese house architecture in the form of a *joglo*, also with a charming small swimming pool

Ubud Aura Retreat

Address: Jl Hanoman

Has a natural and beautiful Balinese feel, making your stay feel like home

Ayu Duwur Beji

Address: Jl Kelabang Moding Tegallalang

It has traditional style but gives a modern taste, excellent service with culinary sensation while swimming

Ubud Sari Health Resort

Address: Jl Kajeng

It is located in a land that is contoured and still lush with a variety of tropical plants, the concept is one with nature.



Spots for Local Culinary Tongue Pamperers

After an exhausting adventure, then it's your turn to find a restaurant. Ubud is a culinary paradise especially for local food (Indonesian menus). Some spots even present a typical view of Ubud. The eyes and stomachs are always pampered in Ubud.

Mr Wayan, Coffee & Eatery

Address: Jl Suweta, Br Bentuyung

Pros: price, portion, rice field view

Price range: IDR 150,000,- per person

Murni's Warung

Address: Jl Raya Ubud, Bali Bird Walks

Pros: convenient and spacious location, Balinese food

Price range: IDR 150,000,- per person

Nasi Ayam Kedewatan Bu Mangku

Address: Jl Raya Kedawetan

Advantages: price, portion and taste of Balinese chicken rice

Price range: IDR 50,000,- per person

Warung Pulau Kelapa

Address: Jl Raya Sanggingan, Lungsiakan, Kedawetan

Pros: A variety of Indonesian dishes

Price range: IDR 200,000,- per person

Bebek Tepi Sawah

Address: Jl Raya Goa Gajah

Pros: Balinese processed duck dishes

Price range: IDR 200,000,- per person

Labak Sari

Address: Jl Tirta Tawar, Br Abangan

Pros: affordable price, using organic ingredients

Price range: IDR 50,000,- per person

Warung Gauri

Address: Jl Bisma, Ladera Villa

Advantages: complete Balinese rice, affordable prices

Price range: IDR 70,000,- per person



UBUD TOURIST INFORMATION

Jalan Raya Ubud, Ubud, Kabupaten Gianyar, Bali.
phone: (0361) 973285



EVENT CALENDAR

Ubud Food Festival (Middle Of The Year)

Being held since 2015 this event becomes the biggest culinary festival in Indonesia. The festival performs various events of cooking demo and world food exhibition.

Ubud Writers Festival (October)

This festival is for writers and has been held since 2003. Every year this festival gave unique theme and it's always attractive.

CHOOSE YOUR OWN ADVENTURE IN UBUD

An adventure doesn't like to be at home for so long. Ubud provides many locations to be tried. The call of Ubud nature is always rings out in the ears of exciting adventurer. Here are the options.



This adventure tourism is in Ubud, to be precisely in Satria Coffee Plantation. In this area, the visitors do not only enjoy the taste coffee and how they serve.

They are, too, challenged to play giant swing. This swinger can fly the person tens meters above.

It needs four to five persons to make a person sitting on the swinger 'fly' to the highest position the swinger can be. They pull the rope of the swinger as strong as they can, then they free the swinger at the same time. Those who do not have height phobia and have some nerve will enjoy this.

The location of giant swinger can be found at, for example, Bongkasa Abiansemal, which offer above the cliff swinging. This place is well-known as Bali Swing Ubud.

Bali Swing is quite thrilling and adrenaline pumping. Starting viral adrenaline activity since 2017, this adventure has become one of favorite activities during having holiday in Bali. This activity completes the other ones which have already existed before. Though it seems like it is easy but visitor needs prepare their guts. Some of them close their eyes when swinging on the height.

Trying to swing with the giant swinger truly makes worry. Imagine that swinging with ropes and below is the cliff and ravine. But the excitement of adrenaline adventured. Remarkable sensation comes out when the swinger starts to move faster and faster.

Bali Swing Ubud has 15 swingers for 1 person capacity. There are options of height level, 10 meter, 15 meter, 20 meter and 78 meter above the ground. The different of height gives different sensation.

01 SWINGING



02 RAFTING



5 Preparations for Rafting Tours for Beginners

Navigating the Ayung River in a tour package takes an average of 2 – 3 hours. There are various grades of rapids on the longest river in Bali. Although safety is a top priority, rafting beginners should prepare for the following five things;

Appropriate Clothing

In the tropics it is enough to wear a short or long sleeve shirt and short pants. Footwear may wear sneakers or mountain sandals that do not come off easily with rubber soles.

Helmet and Life Jacket

Both of these are equipment that absolutely must be worn. The helmet must be made of hard plastic and life jacket worn on the body. Making sure the life jacket ties are strong enough and able to hold the body from sinking needs to be done at the beginning.

Warm Up Before Rafting

White water rafting requires movement of the whole body, especially the hands, waist, and legs. Warming up and stretching the body's muscles is very important to avoid cramps and muscle soreness. Try practicing how to row back and forth.

Know How to Swim

As a water sport, tourists should have the ability to swim. Your guide will teach you how to swim when you're thrown from the inflatable boat, and you'll be able to keep your body position while you're being swept away by the current.

Knowing and Trusting Guides

The guide usually also serves as a captain or skipper. He directs the boat across rapids after rapids. Trust him completely.

Rafting down to Ayung Rivers is so familiar to the travelers who visit Bali. With 62.5 kilometers length, Ayung River is included into the longest in Bali. Rafting service providers usually offer rafting package with certain distance, 10-15 kilometer.

River which has estuary in Sanur is suitable for beginner who wants to try the challenging rafting. The rafting track is included into II – III so that it is relatively safe for those do not have much experience in rafting. At certain point there will be rapids spot which quite difficult.

Along the track the rafters will be given beautiful nature views. One of those is the story of Ramayana relief as long as 1 kilometer at the river bank-wall. At the other spot the visitor can see the row of beautiful resorts, villas and hotels which perform with charming architecture style.

In addition, there is a waterfall view along with beautiful scenery surrounds. It is guaranteed spending for 2 hours in rafting adventure will not be disappointed. It is all pay off, even it is more than expected.





03 TREKKING



The best way to enjoy natural view and villages in Ubud is by walking or trekking. Every step will lead traveler to find the deepest side of nature and human. Ubud provides at least five tracks for trekking.

First is the Campuhan Hill. This name is Bali origin name, *tjampuhan* meaning a place where two rivers meets. Campuhan Hill is well-known with amazing scenery. There is comfortable trekking track. If visitors want to find another romantic atmosphere, they can try to come before sun set. Enjoying Campuhan Hill will set such a deeper feeling of love.

Next is Subak Sok Wayah. The visitors are invited to walk down the rice field directing to one of the best vegetarian restaurant in Ubud, Sari Organik. The extend of green rice field becomes another entertainment when visitors walking here.

Another alternative track is Jalan Kajeng. To find this route needs quite effort, because this track is a bit hidden. The location is not far from

Sari Organik restaurant. Having arrived to the restaurant visitors then turns the right before reaching Starbucks there is a narrow and uphill bridge. It seems like it is a dead end, however the scenery behind this 'dead end' is charming.

The other rice field trekking is Ubud Rice Terrace Walk. There are many other service providers for rice terrace trekking in Ubud.

The price is affordable, too. However, the visitors can make their own route by just directing to Jalan Andong. From here they can continue the walking to the north.

The other option to enjoy the culture of the community is by visiting Penglipuran Village Ubud. This village is sometimes called as the most beautiful village in the world and it is known as one of village tourism which preserves the inherited culture from their ancestors. Therefore, particularly in the festive day of Hindu religion such as Kuningan or Galungan, Penglipuran Village will be crowded.



04 BIKING



Streets in Ubud are friendly for bikers. Biking while enjoying culture of local life which is known as having high art is another way for adventure, it is to pay the curiosity.

For the beauty of nature behind luxurious resort in Ubud, Hotel Campuhan can be chosen as location. People say that the place is part of Campuhan Hill because the hill itself is exactly behind Hotel Campuhan.

It is not difficult to go to Campuhan Hill. The visitor can start from the intersection beside Hotel Campuhan, and follow the downhill road and followed by narrow stairs with 100 steps.

So the biker must take extra effort because it is difficult to pedal on the stairs. They must carry or uphold their bikes. Well, this is the art of biking, once a while have carry the bike to reach the best location. This is part of biking adventure, isn't it?

If visitors don't bring their own bike, there is small kiosk which rents various kind of bike. The location is on the north of Ubud Palace about 5 minutes from there. The rent price for a day is only Rp 15,000,-

If biking track surround Campuhan Hill is less challenging, visitor can do biking tour around Ubud. If they want a bit farther. They go biking until Tegalalang or even to Kintamani. Just for reminder if they want to go to both places they must have good physical condition.

One Day Adventure Plan

If you want to enjoy a full day adventure in Ubud, you can start in the morning;

10.00 – 12.00 Ayung River Rafting
13.00 – 15.00 Riding ATV on natural trails
16.00 – 17.00 Trip to Tegenungan Waterfall
18.30 – tomorrow Stay a la glamping

Estimated Cost: IDR 1,750,000 per person (excluding food and transportation costs)



05 TRACING JULIA ROBERTS

Since Eat Pray Love film with Julia Roberts as main character and broadcast in 2010, the house of Ketut Liyer becomes another destination for tourism. It locates in Jalan Raya Pengosekan. It is true that the writer of novel with the same title, Elizabeth Gilbert (casted perfectly by Julia Roberts) once lived around that area and Ketut Liyer became spiritual teacher for Elizabeth. The film also took the scenes from that house.



Favorite Places In Ubud

MONKEY FOREST UBUD

It locates in the middle of conservation forest which is still natural and occupied by hundreds of monkeys.

Within the forest there is Pura Dalem Agung Padangtegal Ubud.

Open hours: 09.00 – 17.00

Child and adult ticket prices are different, but both prices are very affordable. In addition, please be careful with your luggage, because it can invite ignorant monkeys in this place.

PURA TAMAN SARASWATI UBUD

Locating on Jalan Kajeng this place is to perform Bali traditional dance such as Kecak.

Open hours: 07.00 – 17.00

Kecak dance performances take place every Tuesday and Thursday from 19.30 local time with ticket prices slightly more expensive than the average ticket for cinemas in Indonesia. Watching the Kecak dance is like watching the art of body flexibility combined with Balinese rituals.

SUBAK TEGALALANG UBUD

Tourism object of rice field terrace in Tegalalang Ubud delivers iconic view with the extending rice field with the dramatic tilt of terrace.

Open hours: 09.00 – 17.00

Subak is a self-help system that regulates the distribution of irrigation for rice fields. These terraced rice fields are very

unique and become a typical natural scenery of Ubud.

ELEPHANT CAVE

Another tourism object is archeology, displaying the uniqueness of crafting.

Open hours: 10.00 – 18.00

The ticket price is very affordable, visitors just wear normal clothes and do not require special skills to explore this cave.

PURA TIRTA EMPUL TAMPAK SIRING

The main attractive point is the natural spring water within the pura area.

Open hours: 10.00 – 18.00

The ticket is very cheap, but you are guaranteed to be satisfied enjoying the natural scenery of the non-coastal hinterland.

TEGUNANGAN KEMENUH WATERFALL

The height of the waterfall is about 16 meters; however, the water discharge is large and heavy.

Open hours: 06.30 – 18.30

The ticket is very cheap, while the presentation of the waterfall attraction makes you amazed.

SUMAMPAN WATERFALL

It is relatively new to tourists. It is 10 meters high with small water discharge but the area is lush with tropical plants.

Visiting hours: 08.00 – 18.00



06 GLAMPING, ADVENTURE STYLE CAMPING

Camping is a way of traveling a la staycation while getting closer to nature with an adventurous flavor. Of course, you don't need to prepare your own tent or cooking utensils. Because, in Ubud, which has beautiful natural scenery, there are several glamping sites.

There are no wall partitions, your life really feels like being in the wild. Even so, glamping places in Ubud are equipped with hotel-style facilities.

Where tourists can enjoy a night or several nights with those different atmospheres?

Sandat Glamping Tent

From Ngurah Rai Airport, you will travel 30 km to arrive at Sandat Glamping Tent. This place offers luxury tents with private pools and gardens. You are guaranteed to enjoy a unique yet luxurious holiday experience. The design concept is eco-architecture surrounded by lush greenery.

The luxurious tents come with mosquito nets, seating areas and iPod docks. Electric kettles and minibars are also available. The private bathrooms provide showers, hairdryers and other toiletries.





Seed Life of Moodra

If you want a more extreme location, go north of Ubud, there you can choose the Seed Life of Moodra. In this glamping, there is a wide dome-shaped tent that stands together with the rice fields. This place provides a naturally designed bathroom with bamboo walls and open roof.

Foreign tourists love staying at the Seed of Life. Apart from the nuances offered, there are also food menus that fit with foreign tongues. At some points there are hammocks that you can try if you want to soak up the natural beauty of the island of Bali in the highlands.

Batan Nyuh Retreat

Unwind and enjoy living in the middle of the rice fields. The place is quiet and really has a clean rustic feel. Batan Nyuh Retreat is located in Tegallalang, Gianyar Regency, or north of Ubud. This place is perfect for you who want to quench your thirst for adventure while staying in a bamboo house.

This sensation of tranquility is increasingly felt because there are also spa, massage, and yoga services available. When it gets dark, the camping version of the barbecue is ready to be approached, while enjoying the night atmosphere in the embrace of Ubud's nature.

Ubud Tropical

The location is in the middle of the tourist area of Ubud. So if you want to explore Ubud and its surroundings, Ubud Tropical Glamping may be an option. The tents that stand in the tropical garden are equipped with five-star hotel-style facilities.

The tropical atmosphere is felt by a variety of green plants that are neatly arranged around the luxurious camping area. A swimming pool to accompany tourists who want to enjoy a deeper tropical aura is also available.

07



EXPLORING UBUD WITH ATV

All-Terrain Vehicle (ATV) is basically a motorcycle designed to be able to cover any terrain. Exploring the hinterland of Ubud requires an ATV so that tourists can get to a more varied track combined with rice fields, exploring caves or tunnels, exploring the forest, passing waterfalls, traversing rivers, going up and down hills and much more.

This diversity of terrain cannot be found in the hustle and bustle of Ubud. To be able to enter deeper villages that are still pristine with a preserved culture, tourists can choose to ride an ATV.

Riding an ATV is actually not that difficult. The rider just plays the gas and brakes. This is not like riding a two-wheeled motorcycle which requires balance.

There are more than three ATV operators in Ubud. Tourists can ride alone or in tandem. If you are in doubt and worried, the choice can be in tandem with a professional guide driver provided by the operator.

ATV renters will get insurance in the event of an accident. In addition, before the adventure to explore Ubud begins, the operator will warm up or test the ATV for 15 minutes.

In addition, every tourist will get a helmet and boots. While operators generally offer two trips in one day, morning trip and afternoon one. One trip takes an average of two hours.

The sensation of running through muddy ground and passing through small rivers makes the adrenaline pumping. Arriving at the finish line, tiredness is paid off by a thrilling adventure. And, a variety of dishes to fill a hungry tummy is available.

Motorcycling exploring the hinterland of Ubud is important to be immortalized to decorate the social media of tourists with adventure themes. (*)



08 CAMPERVAN BRINGS NEW ADVENTURE SENSATION



An alternative way to explore Ubud, even areas that are rarely visited by people on weekends, is to use a campervan. This is an MPV-type car that is modified into a “mobile hotel”.

One operator that provides it is Bali Campers. This operator rents an automatic transmission car with a capacity of 4 seats.

This car can be brought and stopped to enjoy interesting spots around Ubud or the camping area.

Each campervan is equipped with cooking facilities, including a gas stove, standard cooking utensils, as well as a portable refrigerator. A washing equipment is also provided with a water container that can be refilled with a capacity of 120 liters.

Not to forget a drinking water dispenser with a capacity of 19 liters. Shower for full bath with curtain. Meanwhile, electricity needs can be obtained from a generator. However, there is also a charger slot using solar if you want to recharge the gadget’s batteries.

Bali Campers is based in Ubud, but renters are also allowed to bring a campervan to various other tourist areas in Bali. The duration of renting a campervan varies, from one day overnight or 24 hours to a maximum of two weeks.

By adventuring using a campervan, tourists do not need to rent a hotel or inn. Campervan fulfills the need for rest. In the van the seats can be folded into a mattress for 2 adults. If the number of passengers is more than 2 people, others can sleep in tents, especially for children. A comfortable mattress for sleeping is also available.

The campervan also has an extended roof cover if the tourists want to enjoy the makeshift terrace beside the van. The roof is simply retracted and becomes a terrace that can be filled with folding chairs.



RAJA AMPAT, WEST PAPUA

ADMIRE THE BLEND OF BEAUTY AND UNIQUENESS OF THE KINGS



From the height of a large hill, the beautiful view of the Karst hills scattered below captivates the eyes of visitors.



It is hard to hide admiration. Some of the visitors give thanks and call the Creator. The beauty is more perfect a few moments after they dive while greeting marine life. This is Raja Ampat, a sexy destination in West Papua.

A couple of tourists stare at the sea with a twinkle in the eye. Their vision is no longer shaken and disturbed because the fast boat that takes them to the heart of Raja Ampat has stopped. Soon they lower their bare feet to touch the shallow sea water. What an amazing experience. The vast waters of Raja Ampat are indeed tempting. Especially when we are in shallow water surrounding the scattered Karst hills. Anyone will try to dive or step in the clear water.

On the other place the row of Wayag Hill peaks it is like magic that can spell visitors to be quite a while adoring the nature's beauty. Their all day long travel from Jakarta to Wayag is paid off. From Jakarta to Waisai, they have to continue traveling by boat to Pulau Wayag, still they have to hike on the steep road to Wayag hills about an hour. It is all worth it.

Since on boarding in the speedboat from Waisai, the visitors have been spoiled with wonderful view of ocean. Now, again, they are served with remarkable nature painting. The blue ocean is separated by cliffs islands which arranged orderly by nature. On a far several dolphins are happily capering to the air and swim to the water. The blue sky combines with the ripple of the ocean down to the white sands on the beach. Fresh air blows and brings natural coolness of tropical forest.

The perfect performance of the nature is completed with the sound and the existence of seagulls. They are like praising to God for the beautiful nature. Down under water, there are various fishes dancing wonderfully among the reefs.

Raja Ampat locates on the end of south west Papua Island and now becomes Regency as sub divided from Sorong Regency in West Papua Province. Going Raja Ampat Islands, needs a bit struggle. However, having get there, all of the struggles will be paid off and it's all worth it.

CHOOSE AN INTERESTING SPOT

Karst Hills

Raja Ampat consists of 1.800 karst cliffs islands spreading on the calm oceans. Among those there four main islands, those are Waigeo Island, Batanta Island, Salawati Island, and Misool Island. Those big four islands is assumed as the beginning of the spreading of Raja Ampat people which mostly as seaman for their livelihood.

The richness and the beauty of ocean becomes the main attraction of Raja Ampat.

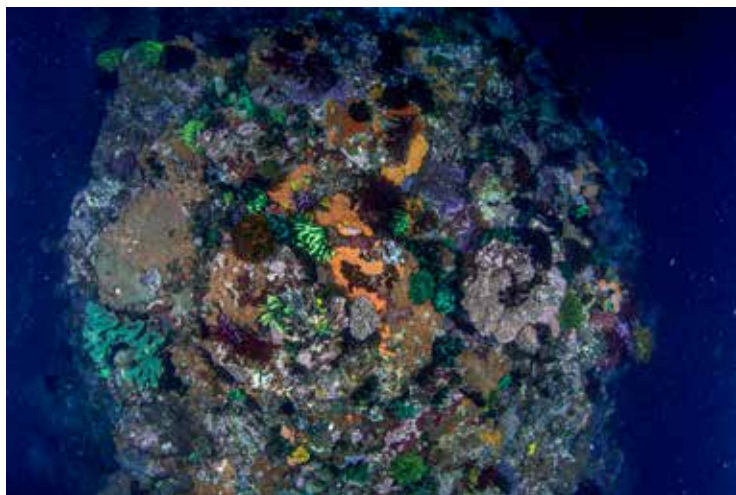
Raja Ampat area which total width of ocean and the land about 4.6 million hectares, is stated as the 10 world best ocean areas. The richness of Flora and fauna and marine nature conservation hidden within Raja Ampat land is also stated as the most completed in the world.



Underwater And Marine Biota

A research report from international conservation agent stated that the ocean of Raja Ampat has about 75% of marine species from all over the world. Raja Ampat becomes home of 540 kinds of reefs, 1,511 species of fish and thousands other marine biota. With this abundant nature richness it is no wonder if the Raja Ampat is ordained as the most beautiful underwater heaven in the world.

Above the sea level, Raja Ampat has rows of charming beaches. Beaches with white and smooth sand (it is closed to the powder) are easily found at every corner of Raja Ampat.



Forest And Fauna

The beauty of Raja Ampat is much more magnificent with the existence of virgin tropical forest. Within the tropical forest there is Sawinggrai village or Saporkrein village

which becomes a must-visited destination in Raja Ampat. One of experience that visitor can get only in this place is watching the beautiful Cendrawasih bird from close distance. Cendrawasih Bird is ethnical bird of Papua.

Tradition And Culture

The story of Raja Ampat will not be accomplished only on the richness and the beauty of the nature. The culture of Raja Ampat people who has blood relation with Kasultanan Tidore, in Maluku is interesting to be deepened. Their life can be experienced at some tourism villages' areas. One of those is Arborek Village locating in one of small islands in Raja Ampat.

This village is well-known of woven *pandan* leaves which has Siborek signature and inherited from generation to generation. In addition, here the visitor can enjoy some of traditional dance. For culinary, don't worry. The visitor can taste various menus of sago (flour made of the central of sago tree).

The marine culture of the community reveals in the daily life of Raja Ampat people who most of them have blood stream of Tidore Kingdom in Maluku. Deep in the area visitor can find caves with painting of hands which ancient man iconic form. This is going to be excited history tourism. Last but not least, here lays the legacy of World War II. Raja Ampat was exposed to that.



THE LEGEND OF RAJA AMPAT

There is a legend believed by indigenous people in Raja Ampat from generation to generation. Once upon a time, the name of Raja Ampat was taken from seven eggs found by a lady as their ancestor. Four among the eggs became princes which later on became king of the big four island Waigeo, Salawati, Batanta, and Misool.

The other four eggs became ghosts, a lady and a stone. This story is traditionally believed by the people as the beginning of Raja Ampat. Lesson learned is that the nature of Raja Ampat is a kind of sacred as it is general kingdom. This area must be guarded and preserved from harm and destruction. According to scientific research Raja Ampat consist of clusters of reef islands which had been structured thousands of years ago. Raja Ampat was used to be known as Kalanafat, in local language means clusters of islands. This name is suitable with physical appearance of Raja Ampat which has almost 1.800 islands big and small.

Clusters of islands in Raja Ampat are structured from karst rocks that was elevated from the bottom of the sea and then experienced of karst formation process. This nature landscape as result of karst formation process delivers exotic panorama amazed by all of travelers in the world. The karst formation process also influenced the belief local community. They believed that some caves as result of the latest (*endokars*, red) were sacred places. This is the place where local community lays or buries the corpse of their families.

RAJA AMPAT IN BRIEF

It needs more than 8 hours embarking from Jakarta. Numbers of transportation mode must be used before stepping to the Raja Ampat, airplane -ferry- motorboat.



Raja Ampat has a population of 50,000 people. Compare that with the number of 1,500 islands which are only inhabited by 50,000. There are so many empty spaces, pristine nature, and deserted stretches of beach. The largest population concentration is in the city of Waisai which reaches 8,500 people.



There are more than 10 languages spoken in Raja Ampat. This is a result of the many waves of immigrants and mixed marriages. The dialects spoken are even more numerous and differ from island to island.



FAVORITE CULINARY SPOT

M-Grill Restaurant & cafe

Jl. Kalimantan no. 1 RT 02/03 Klabala Kampung Baru, Sorong 98413 Indonesia
Pros: Full menu, local and international food



The first inhabitants of Raja Ampat were Melanesian people who had settled between 30 thousand and 60 thousand years ago.



There are more than 500 species of coral reefs in Raja Ampat. These are 75% of the extraordinary coral reef species found worldwide. As many as 96% of Indonesia's total hard coral reefs are in Raja Ampat.

Kitong Papua Resto

Jl. A. Yani Klademak 1 no. 12 Fishery Housing, Sorong 98414
Pros: Easy to find location, complete menu, suitable for domestic visitors



Foreigners have only known Raja Ampat since about 30 years ago. A Dutch diver named Max Ammer spread the word about Raja Ampat in 1990. He was there searching for sunken World War II ships and airplanes.



There are more than 1,500 fish species in Raja Ampat. This is the largest number of species ever found. This is the reason why divers and scientists are attracted to Raja Ampat.

Vega & Capella Lounge

28 Frans Kaisepo, Km 7, Sorong 98411
Pros: Convenient location, varied food menu from pizza, seafood, and can barbeque



CALENDAR OF EVENTS

Raja Ampat Maritime Enchantment Festival (usually October)

The festival featuring various wild life activities (getting to know flora and fauna closely), snorkeling, diving, island hopping (visiting Piyainemo Island and Fam Islands).

West Papua Cultural Arts Festival (October)

Held since 2013, the West Papua Cultural Arts Festival presents a variety of traditional arts. The community shows their skills in dance competitions, folk song competitions, traditional music competitions, body painting competitions, and so on.



TOURIST INFORMATION CENTER

Jl. Ahmad Yani, Kel. Warmasen, Waisai, Raja Ampat Regency, West Papua 98482 phone: +62 852-5455-0411



To Raja Ampat

Jakarta-Sorong

To reach Sorong, there are two options, namely by plane or boat.

The plane from Jakarta to Domine Eduard Osok Airport, Sorong, takes a maximum of four hours. Currently, only Batik Air airlines from Lion Air Group and Garuda Indonesia serve flights from Jakarta to Sorong.

For those who want adventure, they can use a ship. From Jakarta, the trip can take between five to seven days.

Sorong – Raja Ampat

The journey from Sorong to Waisai can be reached in two ways, namely by plane or ferry. Currently, there are Susi Air and Wings Air which serve direct flights from Domine Eduard Osok Airport, Sorong to Marinda Raja Ampat Airport. Ticket prices fluctuate.

Ferry from Rakyat Sorong Harbor – Waisai, Raja Ampat

Sorong Harbor can be reached in 10 to 20 minutes by motorbike or car from the airport. Public transportation is available with routes A and B.

From Rakyat Sorong Harbor to Raja Ampat, there are two options of ships, namely fast boats and regular ships. By fast ferry it takes 2 hours to travel. Every day there are two trips with the schedule of Monday-Friday (9:00 and 14:00 WIT) and Saturday (9:00 and 12:00 WIT). With the slower ferries, it takes 4 hours to travel. The schedule is tentative.

Transportation in Raja Ampat

In Raja Ampat, visitors pay the Environmental Maintenance Service Fee (TLPL). In Waisai, visitors can rent a car to the inn. To go to the desired tourist destination, visitors can use the boat provided by local residents.



Stay at Resort or Homestay

Various hotels, cottages, homestays to luxury resorts are available in Raja Ampat and its surroundings. Here are some places to stay and relax in Raja Ampat.

RESORTS

AFU Resort, Waigeo Selatan

+62-8114807610

Sorido Bay Resort, Meosmansar

+62-8114807610

Kri Eco Resort, Meosmansar

+62-8114807610

Raja Ampat Dive Lodge, Kurkapa, Meosmansar

+62-82138862299

Waiwo Dive Resort, Waigeo Selatan

+62-85344515123

Raja Ampat Dive Resort, Waigeo Selatan

+62-8114807610

HOTELS

Waisai Beach Hotel

+62-85282582971

Kakatua Hostel, Waisai

+62-81343171819

COTTAGES

Acrophora Cottage, Waisai

+62 85354895091

King Dolphin Cottage, Waisai

+62-85299792842

HOMESTAYS

- Kasuma Homestay, Ayau
- Yombustar Homestay, Ayau
- Biyei, Batanta
- Black Swiss Homestay, Batanta
- Karangkary, Batanta
- Marwes Homestay, Batanta
- Mongkairi, Batanta
- Ano Homestay, Meos Mansar
- Corepen Homestay, Friwen
- Yenbuba Homestay, Meso Mansor
- Swanido Korano Fyau, Kofiau, Misool
- Mangrove Homestay, Kofiau, Misool
- Harfat Jaya, Kofiau, Misool
- Alvano Homestay, Wasai, Teluk Mayalibit
- Mayalibitbay Cottage, Wasai, Teluk Mayalibit
- Jou Suba Homestay, Waigeo
- Bon Wauw Homestay, Waigeo

CHOOSE YOUR OWN
ADVENTURE IN
RAJA
AMPAT

The extreme view of earth and ocean in Raja Ampat seems to be never ending and this always challenge adventurous spirit to explore. Diving is just one of ways to kiss the beauty of Raja Ampat. For those who don't like diving, there is other adventure offered by these islands.



01 ISLAND HOPING



One of the ways is down on the Raja Ampat Islands and comes over to the small islands. This is often done by traveler. Using boat, the traveler are invited to pass by the clusters of various shapes of island, feel the smoothness of white sand and entering forest and ocean-inside cave. Travelers also visit some villages such as Arborek, Sawingray, and Yenbuba which each of village offer different uniqueness.

Wayag is the most popular place in Raja Ampat. Iconic pictures are mostly taken from the peak of Wayag Hill. That's why visiting Wayag is a must.

To take picture of the nature beauty needs hard work. The Wayag Islands can be reached within 3 hours travel with speedboat from Waisai. Arriving to the island, the speedboat harbored on the bank of cliff reefs which is also the trekking track to go up to Wayag peak. To go to the peak visitors have to climb the cliff with 45 degree tilt.

Having climbed for about 40 minutes, finally the expectation fulfilled with the remarkable scenery from the top of Puncak Wayag. All of Wayag sides deliver charming ocean panorama and cliff of reef.

It must be remembered that the space in the peak is not that wide and below the peak is ravine. Number of visitor is limited for safety.

The similar Panorama as it is in Wayag Hill can be found in Penemu or Piaynemo Island. Here the visitors can hike to three karst hills to enjoy spectacular view that is small limestone with amazing color grading. The travel to the peak of Piaynemo does not need too much struggle because there is wood stairs available here.

What makes it amazing is the trees that block on the way up hill are not cut. People make special hole to make them alive.

The other place, Telaga Bintang has the similar track with Wayag, but the distance is one third shorter than Wayag. The name of Telaga Bintang is taken from formation of the sea cliffs which formed as starfish.

The travel then continues to Pasir Timbul existing in the middle of the sea and the friendliness of Yenbuba villages.

02 DIVING



Raja Ampat is well known with the beauty of the sea. Therefore, the world traveler guidance for diving and snorkeling hobby, Scuba Diving Magazine admitted and even released numbers of recommendation for the readers.

Fee for diving in Raja Ampat is set from Rp 550.000, per log. Some diving operators in the resort are Raja Ampat Dive Resort, Raja Ampat Dive Lodge, Kri Eco-Resort, and Waiwi Dive Resort.

For safety, please ensure to choose credible operators because there are some of those who do not really have experienced diving master.

Local community is aware that the attractive point of Raja Ampat is in the richness of marine/ocean. The sustainable nature had given them livelihood. Therefore they maintain and keep their eyes on the visitors not to do harm to their nature.

Some spots for diving adventure can be found in sea area of Misool Island which has many kinds of amazing coral reefs. The coral reefs offer contrast and spectacular color kaleidoscope. Every coral reef and the tilted wall are decorated with various species and any marine biota living under the water such as Pipefish, Harlequin Shrimp and dwarf sea horse.



03 SNORKELING



Snorkeling is the other way to explore the beauty of Raja Ampat, particularly those who do not have diving license. There are cool spots for snorkeling in Raja Ampat, such as Kri Resort, Wayag, Firwen Wall and Manta Point.

There are so many wonderful spots in Mioskon and Firwen Wall which can be reached from Waisai within 1 hour. Having equipped with goggles, snorkel, and fin the visitor can jump to the sea water. Mioskon offers snorkeling spot in the middle of the sea, while Firwen Wall offers spot snorkeling beside the reef cliffs completed with color grading of water: blue, toska and clear.

Manta Point is another spot when exploring Raja Ampat. If the visitors are lucky enough, they can find shark which will not disturb unless they smell blood.

The ocean area near Bukit Wayag is another snorkeling spot. Here visitor can feed shark while swimming using goggles and snorkel. Those sharks can be so close to the visitors.

The sharks are still babies but their size is quite big. Even though they are gentle, visitor must be careful when feeding the sharks.

04 BIRDWATCHING



Next, spend the time to go to Doberai Resort. This resort is in Urai Island. The building is natural, wooden floor and the traditional walls, surrounded by opened ocean. The fishes are so close.

Staying here can witness the beauty of Cendrawasih birds. Visitors better wake up earlier, and start the journey to watch the beauty of Cendrawasih.

To watch this heavenly bird, the visitors have to hike uphill to the Cendrawasih hill. This is not easy tracks. And on the way to go the visitors must be quiet so that the Cendrawasih bird do not get disturbed.

The best way to do bird watching is by staying in Sawing Rai. The visitors can get closer to the birds by, first, hiking to the Manjai Hill, Sawing Rai. It needs about 30 minutes. If they get lucky, they can watch tens of Red Cendrawasih, Rattan split Cendrawasih or small and big Cendrawasih that perch on the 2 meter high trees.





Diving Spot In Raja Ampat

TANJUNG KRI

This is the favorite spot in Raja Ampat. The marine biologist and author of reference marine books, Dr. Gerald R. Allen stated that diving in Tanjung Kri, he found 283 fish species. This was such a particular record for him within his 30 years of his career as a diver. Besides Tuna, there are a lot of Jack, Trevally Barracuda and big Chevron. If visitors get lucky, they can see big Napoleon Wrasse, Grouper fish and Reef Sharks.

SARDINE CORAL REEFS

This is a kind of reefs that sliding 25 meters. Ecosystems of fishes that block the light are Jack, Tuna, and Trevally Barracuda (in large number). Wobbegong Australia fish can be found under the cliff reefs and table

reefs. Doing diving here truly brings insight about various kinds of fish species.

CROSS WRECK

This is to mark the place of the first missionary who harbored in Papua land for the first time. Numbers of ship wrecks become places for the growth of reefs and home for various fishes such as Lionfish, big Napoleon Wrasse, Hump head cockatoo fishes and other marine biota which usually come out at night.

THE PASSAGE

This locates between Gam Island and Waigeo Island. The charm of this diving place is performed by landscape of reefs which cover all of sea surface. The divers will be charmed

with the beauty of underwater biota. Octopus, flatworms and cuttlefishes, Wobbegong sharks sometimes can be found here. The caves and the curvature make the topography even more marvelous.

PEF ISLAND

Coral reef in Pef Island offers colorful night diving. It will be thrilling if we can meet sharks foraging. Once in a while the flock of Batfish gives best opportunity to make wonderful pictures.

BIG CAVES

It locates in south of Farondi Islands which offers shallow level ocean view with plate corals, skin corals and yellow purple corals and other ocean corals. Blue Chromis and Damoiselles show the diving points. It is a bit far directing to North West across soft yellow coral parks. After that the visitors will find the hard rock in the underwater cleft which full of green, white and red corals.

FABIACET

This place is called as the best Scuba Diving Spot in Raja Ampat. Here the divers can find number of the greatest underwater visuals.

SOUTH PIAYNEMO PEAK

This spot becomes one of the diving master destinations who can jump into the blue water bringing flare in its place. On the top of shallow underwater there are many colorful Anemon fishes and soft corals that cover all of the Anemon.





05 PREHISTORIC CAVE AND ROCK ART TOUR

Raja Ampat is part of the Geopark area that offers geological wealth. Its nature keeps the history of a tenth of Earth's age, when what is known as the land of Raja Ampat was still in the deep sea, about 2 million years ago, and then exposed to become the beautiful islands that we see. Karst rock ornaments on cliffs, or those that appear in the middle of the ocean, to geosites and caves, are geotourism spots that are continuously being developed. Here are some locations of rock art and caves.

- Karst of Sunmalelen Rock Art
- Karst of Pef Island Rock Art
- Karst of Selpele Rock Art
- Muhidin Cave
- Fanfanlol Cave
- Jepang Batanta Cave
- Jepang Samate Cave
- Keramat Cave
- Kolam Biru Tomolol Cave
- Putri Termenung Cave
- Saporkren Cave
- Waiwo Cave

The government of Raja Ampat Regency had set rule of restrictions to protect nature conservation. One of those is the existence of resort. Until the next 10 years the resort is restricted to maximum 20 resorts. It is also for fast Ferry. Recently there are seven resorts, and the fast Ferry is 40 units with different size and capacity of passengers.

One Day Adventure in Raja Ampat

The location of Raja Ampat which is at the eastern end of Indonesia makes visitors take longer. But is it possible to enjoy your favorite spots in one day? Maybe. But with a record that visitors are already in Sorong, the main city in and out of Raja Ampat.

07.30 WIT	Depart by special fast boat from Usahamina Port, Sorong
08.00 WIT	Start visiting: <ul style="list-style-type: none">• Telaga Bintang• Piaynemo• Dorekarui/ Telaga Manta• Sawendarek• Yenbuba• Pasir Timbul (Note: some spots cannot be visited if the sea water recedes)
17.00 WIT	Back to Sorong
19.00 WIT	Arrive at Usahamina Port, Sorong



06 WATERFALLS AND RIVERS

The contours of Raja Ampat form rivers, some of which have beautiful waterfalls. Visitors get an unforgettable experience when walking along the river in the middle of the mangrove ecosystem. Or they can bathe in the clear blue water under the shade of the forest canopy. They can also see the beauty of the waterfalls with old volcanic rocks that have geological historical value. Here are some locations of rivers and waterfalls.

- Kali Biru
- Saupon Mangrove Forest
- Kapatcol Waterfall
- Malol Gamta Waterfall
- Wailebet Waterfall
- Warinkabom Waterfall
- Warinkris Waterfall



Raja Ampat Tourism Tips

Adventuring in Raja Ampat needs physical and mental preparation because it is not common tourism destination. There are many restrictions from the management to protect the nature conservation. Below is the tips to have holiday there:



- The weather in Raja Ampat is hot. The temperature is about 45 degree Celsius. It is better that visitors prepare suitable clothes and equipment to cover from the hot sun shine.
- The best time to travel to Raja Ampat is September-Mei even though the weather is hot. In June -August, there is south wind season resulting strong wind and the impact high waves until 4 meters.
- Even though solo adventure is possible but, travelling together is so much fun and cheaper. A group of 4-6 persons to Raja will be much more economic.
- It is better to arrive at Sorong in the morning. This can be done doing night flight. The purpose is to catch up fast Ferry which sets out on 14.00 (local time).

- It's better to keep money in sufficient cash because ATM is rarely here. There is only one ATM (ATM BRI).
- Raja Ampat is not directed to be mass tourism relating to the restriction to protect nature which becomes the main attractiveness. The restrictions are also for diving in Raja Ampat because the body temperature of the diver is concerned to harm the coral reefs.
- Underwater photography is not allowed for mass scale. The massive flashlight from the camera is concerned to harm coral reefs.
- Capacity of Wayag Hill Peak is restricted only for 10 persons maximum. The group of hiker must wait the first group down first to avoid crowded people on the top.



TRIVIA IN RAJA AMPAT

BATIK

The feature of Raja Ampat Batik has unique concept and philosophy. The motive is about beauty of local nature, mostly about marine beauty. The color also unique and specific Raja Ampat. Central production of batik is in the mini workshop in 'Gedung Wanita' in Waisai.

CULINARY

Ocean worm becomes unique and 'must try' culinary adventure when visiting Raja Ampat. Ocean worm is daily meals for people in Raja Ampat. Nutrition fact about ocean worm, it contains high protein and the taste is savory, sweet and a bit of charcoal flavor.



SOUVENIR

It is not completed going there without buying souvenir. In Raja Ampat, the anti-mainstream souvenir is Koteka, Noken and small statues. The common souvenir is like T-Shirt, bag and woven hat, and key chain.



07 TOURIST VILLAGES

It's not complete if you don't mingle with the indigenous people, feel like living in their homes, see traditional dances and ceremonies, and enjoy local culinary delights, so that tourists mingle with the procedures and traditions that apply to everyday life in villages of Raja Ampat. Come and enjoy life in the tourist villages below.



- Arborek Tourist Village
- Arefi Selatan Tourist Village
- Fafanlap Tourist Village
- Friwen Tourist Village
- Harapan Jaya Tourist Village
- Kalam Tourist Village
- Manyaifun Tourist Village
- Meos Manggara Tourist Village
- Pam Tourist Village
- Salio Tourist Village
- Saporkren Tourist Village
- Saukabu Tourist Village
- Saupapir Tourist Village
- Selpelpe Tourist Village
- Tomolol Tourist Village
- Usaha Jaya Tourist Village
- Wailebet Tourist Village
- Waiyom Tourist Village
- Wawiyai Tourist Village
- Yellu Tourist Village
- Yenbeser Tourist Village
- Yensawai Barat Tourist Village
- Yenwaupnor Tourist Village

Tips for Climbing the Hill in Raja Ampat

To get the best view in Raja Ampat, visitors have to do trekking and hill climbing. Here are things to note.

Natural path

Tips for visitors who want to do trekking, please remember that not all Karst hills have hiking trails. Not all peaks have shelter. Do not dress neatly or swimsuit, use outdoor clothes that are light and comfortable.

Trekking shoes

Visitors should wear trekking shoes, wide and comfortable hats, comfortable pants, and bring gloves. Trekking shoes will avoid pain in the soles of the feet. Gloves are to protect the palms of the hands from scratches coral, or twigs.

Morning

To avoid the hot sun, trekking activities in the Kars hills should be done in the morning. This is to avoid crowds.

Bags and drinking water

Bring a bag similar to a small backpack that can contain enough drinking water. The bag can also be filled with towels or rags to wipe sweat or t-shirts to change

Camera

If visitors want to capture various locations and places, be sure to bring a camera and lightweight lens of the highest quality. If you feel the need to carry a tripod, make sure it's not too heavy.



CITATAH, WEST JAVA

EXPLORING ROCKS AND CLIFF FOR ADRENALIN RUSH



The nature of Citatah offers never ending adventure tourism. Rock climbing or Cliff climbing is the main challenging event. The trekking, hammocking, and highline are the spice for the excitement. What about the remarkable views that can be captured to be wonderful pictures? That's the bonus.



The sign Welcome to Stone Garden Geo Park is displayed on the rocks to welcome travelers who just arrive on the site of Taman Batu (Stone Garden) Citatah. From here, the adventure begins. Passing the welcoming sign, the visitors can start to walk uphill to the real location of Stone Garden.

Along the uphill walk, there are many small sign board containing description about the stones spreading on the areas. One of descriptions is about ancient marine fossil stones or ancient coral reefs. Matching with the name of Stone Garden this area is equipped irregular formation of stones that created beautiful stones garden. Visiting to this area, the visitors are invited to know the history of the earth geological process of Sundanese land which aged thousands or even million years old.

Having walk for 20-30 minutes through about 1.5 kilometer stepping path visitors arrive at the top of the stone hill. Within morning coolness atmosphere of, the visitors will be spoiled with the landscape of ancient rocks standing tall among the green trees.

Amazing! That is the perfect word to describe the perfect combination.

The white brownish color of hills looks so contrast with the green landscape of the trees. At some point there are karst stones towering as blue skyscraper reaching the clouds which becomes umbrella for the beauty of nature's sculpture. The panorama is so remarkable that most cameras directly capture this charming view. Doing *selfie* here will be so cool.

The visitors will be so lucky visiting this place in bright weather, and the sun is not so high and dazzling, so that the cool and fresh air of West Bandung will trigger the smell of adventures.

When walking down the edge area of Stone Garden, the eyes of visitors will capture exciting scenery displayed by nature through surrounded shallow valleys. On one of corner of Stone Garden the visitor can see Cirata Reservoir from a far.

The up and down contours of the land seems like to invite all adventures to step on. Thus, hiking and trekking among Citatah hard rocks become some of the way to spur the adrenaline hormone.

TOP THREE PLACES

Stone Garden

Operational hours: Monday to Sunday from 05.00-18.00 WIB

Facilities: parking, toilets, prayer room, snack stalls, and souvenir merchants.

Entrance tickets for local tourists are quite affordable. Ticket prices for foreign tourists can be double the ticket price for local tourists. There are also tickets for various kinds, such as camping, pre-wedding photo shoots, filming locations for video clips and movies.

Citatah Cliff

Operational hours: Monday to Sunday 08.00-17.00 WIB

Entrance tickets for local tourists are very affordable, even for camping is just as cheap. But the price is different if tourists want to camp overnight or more. This location also offers rates for pre-wedding photo shoots, video and film shooting, and even special prices for reunion events.

Gunung Hawu Cliff

Operational hours: Monday to Sunday 08.00 - 18.00 WIB

There is no entrance ticket, but visitors must pay a rental fee for the available rides. There is rock climbing, hammocking, rappelling. And prepare a fee of around Rp. 500,000, - for some of these rides.





GEOLOGICAL CONSERVATION

Stone Garden is not far from Pawon Cave which was formed in ancient time. Now, this is stated as archeological sites. Cave Pawon formed within Miosen era (about 20-30 million years ago) is within karst Citatah areas. Millions years ago this high land was shallow sea which was then dried up.

This can be seen from the sea animal fossil such as coral reef on this hill. This locates on the 709 meters above sea level.

The karst stones performed by coral reefs that previously existed at the bottom of the sea. Pawon Cave is stated as one of 5 sites of archaeological man in Indonesia.

Archaeologist estimated that this cave has been occupied since thousands of years ago. Inside Pawon Cave there was early human fossil with Mongoloid race whose age more than 5,600 years. Besides human fossil there was remains of pre-history era found in these two-hectares of stones garden.

Pawon Cave is included into first class karst which has precious historical archive stored inside nature library.

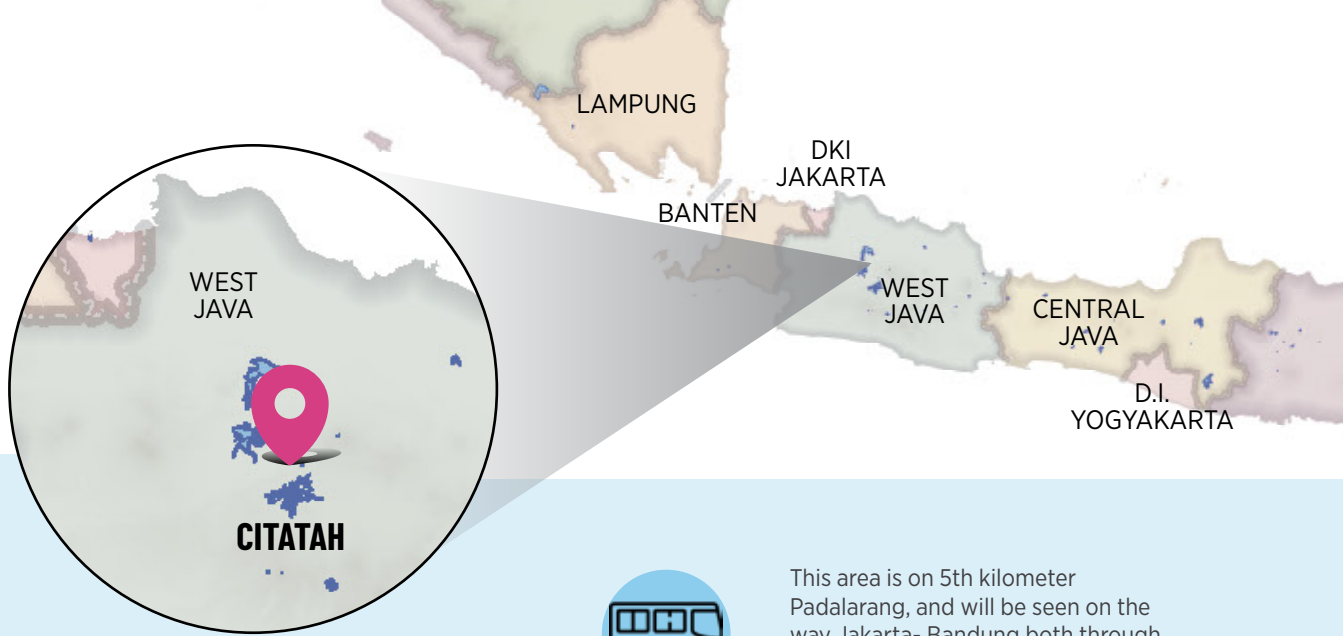
This karst area is stated as geological conservation because of values inside.

Karst Citatah is also known as Tagog Apu This karst term means stones which endure dissolving process as lime stones. The dissolving process had formed cave and cliffs.

Karst Citatah consists of series of the mountains such as Pawon Mountain, Hawu Mountain, Pabeasan Mountain, Pasir Bancana Mountain, Manik Mountain, Masigit Mountain and Sangiangtikoro Mountain. Pabeasan Mountain existing in this mountainous area is known as Tebing (Cliff) 125 and this is such favorite place for cliff climber.

Karst Citatah is the origin of Bandung area which used to be a shallow ocean which is known as Ancient Bandung Lake.

In 1929 this conservation area is included into geological sites register.



A BRIEF ABOUT CITATAH, CIPATAT

Citatah locates in Kampung Girimulya, Masigit Mountain Village, Cipatat Sub-district, Regency of West Bandung, West Jawa.



This area is on 5th kilometer Padalarang, and will be seen on the way Jakarta- Bandung both through Cianjur or Jonggol.



Tourism locations in Kecamatan Cipatat are spread over more than 15 points, including in the area of Citatah village, Rajamandala Kulon village, Gunungmasigit village, Cirawamekar village.



The average air temperature in Citatah, Cipatat is between 23 to 30 degrees Celsius.



The total population in Citatah village is more than 19,548 people.



The livelihood of the majority of the population as merchants.

Citatah is known as a village where people sell *peuyeuem* (tapai), which is also a typical souvenir.



Citatah village has an area of 16.28 sq km and is the second largest village in Kelurahan Cipatat, after Rajamandala Kulon village.

Direction To Citatah

Using private vehicle



From Bandung City:

Visitor can enter Purbaleunyi toll road and exit Padalarang to directing to Cianjur - Jalan Raya Cipatat - Masigit Mountain- There is a gate with sign 'Gua Pawon' on the right side.

Duration 1-2 hours.



From Jakarta:

Visitors enter Cipularang toll road and exit to Padalarang directing to Cianjur - Jalan Raya Cipatat -Masigit Mountain- There is a gate with sign 'Gua Pawon' on the right side. Using motorcycle visitor rides to Kota Baru Parahyangan - Cianjur - Batu Apu - and then there is a gate with sign 'Gua Pawon' on the right side.

From Jakarta it needs 3-4 hours travel.



Using general transportation

From Jakarta visitors take Kampung Rambutan Terminal and ride a bus directing to Ciawi or bus directly to Cipularang Tol Road. It's charged Rp. 20,000,- per person. From Ciawi, they get down in front of Multi Marmer Alam Factory. The cost is the most affordable.

If the bus directing to Cipularang Tol, ensure that the buss take exit tol at the Padalarang gate. From there, visitor can take transportation to Rajamandala area an get down in front of Multi Marmer Alam Factory.

From Padalarang train station by public transportation or online taxi to Citatah it is about 16 km



WEST BANDUNG TOURIST INFORMATION

Jalan Raya Lembang no 177 Jayagiri
Phone: 0881-2074-480



Unwind at the Hotel

Mason Pine Hotel (Modern)

Located in Jl. Raya Parahyangan KM. 1.8 Kota Baru, Cipeundeuy, Padalarang, West Bandung Regency or about 18 minutes' drive to Citatah. A modern, four-star hotel with complete facilities and a swimming pool.

Kai Swargaloka (Traditional)

Located in Mekarjaya, East Cikalong, it is about 30 minutes to Citatah. The uniqueness of this inn is the traditional atmosphere in a typical Sundanese rural area. The natural atmosphere is increasingly felt with the diversity of Sundanese culinary choices.



Pampering the Tongue at Padalarang

No adventure in Citatah, Cipatat, Padalarang is complete without tasting Citatah. There are several options, including;

Kupat Tahu Padalarang 99

Located on Jl Raya Padalarang, it offers the main menu of *Kupat Tahu*. This is a Sundanese specialty that includes fried tofu, *ketupat*, boiled bean sprouts, tossed with peanut sauce and sweet soy sauce. Very suitable for the breakfast menu.

Rumah Makan Setuju Utama

Its address is Jl Raya Padalarang, in the village of Citatah, near Tebing 48. The special menu is Sundanese cuisine, such as goldfish *pepes*, *gepuk* or fried meat, vegetable tamarind, with rice served in a bamboo container with banana leaves.

Warung Nasi Suka Hati

From Citatah to Padalarang, on Jl Cijeungjing, there is a restaurant with a variety of Sundanese cuisine served in the window. Guaranteed to be tempting, especially the various *Pepes* wrapped in banana leaves. There is also fried or grilled carp that is delicious eaten with a special chili sauce. Likewise, rice wrapped in banana leaves adds to the delicacy.

Rumah Makan Selera

Not far from Mount Hawu, on the edge of Jl Raya Padalarang, a restaurant that offers a variety of satay menus, especially *maranggi* satay. The satay companion can be a bowl of carp soup that will shake your tongue. Coupled with warm rice, perfect for the lunch menu.

CHOOSE YOUR OWN ADVENTURE IN CITATAH

Cipatat nature has challenging morphology for various adventure activities. The hilly contours interspersed with steep cliffs make it ideal to challenge their nerves. There are many activities that can pump adrenaline, from trekking to highline or walk up on the rope on the 50-meter height.

01 ROCK CLIMBING



Citatah is identical with rock/cliff climbing. This kind of activity was introduced by a climber from the Skygers group about 40 years ago.

Recently there are many tracks made by climbers along the cliffs. For warming up activity, it can be started by having an adventure at Gunung Hawu (Hawu Mountain) Cliff which has 15 meters or 26-meter height. This is included as a short track so that this is suitable for beginners.

Gunung Hawu Cliff is ex quicklime/chalk mining. By local community this was made as an adventure tourism destination, including cliff climbing. At first, it was only those who love outdoor activities who learned to climb the cliff. However, nowadays it is opened for all. All people who want to try the sensation of cliff climbing in open air can try their ability here.

Visitors have to pay Rp 150,000 for one attempt of cliff climbing at Gunung Hawu Cliff. For a group of three persons, they will be charged Rp 400,000,-.

Even though this is not that high but, climbing here needs particular requirements. Those who are still newbies need to be assisted by an expert. This is because cliff climbing is included in high risk sports.

Those who have experience enough in cliff climbing can choose Citatah Cliff that is known among the climbers domestically and internationally. The beautiful view from the top is so rewarding for those who reach to the top of a steep cliff.

In this area there is a place for those who want to learn cliff climbing. The assistance is given by the community of cliff climbing in Bandung. There is also a mentor available to assist in choosing the climbing track. Each track has its own difficulty level.

Doing Stretching Before Climbing

Cliff or Rock climbing needs leg and arm muscles strength. Therefore it needs stretching before climbing. Feet and legs are pedestals of strength, while arm and hand are for balancing. Neck muscles also need stretching too, because the climbers often look up to the track.





The cliffs have their own difficulty level from normal level until the most difficult one. The combination of bulge and cleft become natural points which giving different difficulty comparing to man-made. In addition every track has been given safety devices.

Citatah Cliffs have three cliffs that is worth to try to challenge the capability, those are Citatah Cliff 48, Citatah Cliff 90, and Citatah Cliff 125. Those three cliffs have different characteristics.

Citatah Cliff 48 locates in Jl. Pamucatan Raya, Bandung, West Java. The tall of the cliff is about 40–50 meters. Type of cliff's rocks is karst or limestone and has about 25 climbing tracks with different difficulties.

Next is Cliff 90. This means that this steep and precipitous has about 90 meter tall. Citatah Cliff 90 has height and higher difficulty level than Citatah Cliff 48.

The last is the tallest, it is Cliff 125. Citatah Cliff 125 is andesite and marble rocks, and the difficulty level is divided into classes from normal level to the most difficult one.

Climbing tracks have unique names such as Hanoman Track or Elang Track. Sometimes the climber faces overhang wall which needs specific experience of high class rock climbing to overcome.

Because of the many variety levels, the wall of cliff 125 is often used as military training or cliff climbing schools.

Using Your Own Equipment

Even there is climbing equipment in the climbing tourism package, but it is better if visitors use their own equipment. In addition to safety, it is also to follow health protocols. Private equipment that can be brought is seat harness, climbing shoes with fix size, chalk bag, helmet, and one or two karabiners (screw gate and non-screw gate).

02 TREKKING



Stone Garden locates in Kampung Girmulya, Gunung Masigit Village, Cipatat Sub-district, Regency of West Bandung.

This Stones Garden locates at the top of Pasir Pawon Hill with height 709 meter and its large is about three times football field.

To get there, the visitors have to do trekking about 1.5 kilometer and duration is about 30 minutes. Visitors will pass path surrounded by grass and ancient stones that has geological history.

Trekking in Stone Garden is not only exciting but also visitor can learn history of the existence of the stones that structure the earth.

The landscape of stones aged millions years old, is arranged in such an artistic way that

make Stone Garden view so specific. The beauty of Stone Garden is completed with the combination of white brownish karst hills with landscape of green trees.

There are two ways in to Stone Garden, the main gate and the gate that is from Pawon Cave. The track through Pawon Cave is more difficult because it is uphill with the tilt is about 45 degree. However, using this tracks visitor can get two objects all at once, Pawon Cave and Stone Garden. This track is recommended for those who want to feel the adventure.

Stone Garden area is surrounded by shallow valleys. The visitors can down on the edge areal of Stone Garden to witness the exciting view offered by this valleys.



03 PHOTO HUNTING



Stone Garden has many marvelous spots to be captured with camera and it is guaranteed this will be photo collections for private or for social media. In Stone Garden Geo-park Citatah Padalarang, there are many natural cliffs that invite to be captured. The abundant natural lights will support artistic picture.



When doing climbing, at certain height the climber sometimes get the right angle and view that is very different.

Even the climbers in action can be objects of camera shots because their picture can be dramatic.

Wild grass that grows in between coral rocks becomes another list of camera capture. This is nature with millions panorama of karst area which is reachable and invites camera to capture. As it is like a model, Citatah is sexy and beautiful.

No wonder that there have been thousands of brides who record their pre-wedding photo here. They capture their romantic love with the tall cold stones or beautiful nature as background. And then, the pictures will be displayed on their wedding day.



04 SUPER UNIQUE ADVENTURE

Gunung Hawu Cliff is kind of limestone mountain locating in Kampung Pamucatan, Padalarang Village, Padalarang Sub-district, Regency of West Bandung. From Stone Garden, it needs only 20 minute by vehicle to reach this location. From Citatah Cliff can be reached in 30 minutes walking to arrive to Gunung Hawu Cliff.

The beauty of the peak of Gunung Hawu Cliff had most of the visitors charmed. "The beauty of the nature is almost similar with Natural Bridge in Virginia, AS," said one of visitors.

The name of Hawu is given by local community because this mountain a hole in the middle. This is similar to the traditional fireplace for their daily cooking. Hawu in Sundanesse means fireplace stove.

Recently Gunung Hawu becomes a place for those who love to pump their adrenaline and body exercise. Getting down tens meter to the cave or learning to crawl up to the cliffs from the masters of the cliff climber community are so excited.

This place can be used for camping or just building a tent to relax while enjoying the charming view from above.

Gunung Hawu Cliff is suitable for those who love any of height challenges.

Besides cliff climbing, the challenging game is highline. This is such a slacklining activity by walking on the rope which both end are tied at the peak of two mountain nearby.

This activity is done on the 50 m height above the ground. The activity is reminding people the movie *The Walk* starred by Joseph Gordon-Levitt.

The other activity that must be tried is hammocking. Hammocking is activity using hammock (a kind of swing made of clothes which both end are tied at two poles or more).

This attraction is fun because it brings different sensation of camping. Spending night on a place which so high from the ground using hammock, the sky seems to be so closed, is guaranteed it brings so much excitement and thrill.

Adventure on the height needs trained personnel and standardized equipment validated by Federasi Panjat Tebing Indonesia (FPTI).

To enjoy the sensation of three extreme activities the travelers pay for about Rp 200,000,-. This is not too expensive comparing to the safety-guaranteed facility and the most important thing is the anti-mainstream excitement and it is also so instagramable.

That track that must be passed is sandy and dusty because this area there is active chalk mining. Therefore, the visitors are recommended to use masker and use comfortable shoes to cover the skin from the hot of chalk stones. One thing that must be kept in mind, visitors must bring sufficient meals pack of water and meals because there is not many food stall here.





05

RESEARCH AND OBSERVATION

Citatah is also a natural learning laboratory which is so fantastic. Here recorded history trails of the Sundanese land formation. This place is also habitat of many wild animal. Therefore, it is no wonder that this place is also for research center.

Padalarang, particularly Citatah is often used as geological research. This is because of the unique and rare characteristic of the soil and stones as geological formation process within thousands of years since pre-history era.

Archaeological sites of Pawon Cave are stated as national or even world asset relating to the rare and precious historical values. That is why many archaeologists come over to this place.

In addition to geological research, this tourism area is often used for bird conservation research or wild monkey.



06 HAMMOCKING



This is camping activity without tent but is done by relaxing sit down or laying down on the hammock. It is trending recently. For your information, hammock or hanging sleeping place has been existed since 404 BC. It is used to be hung in the kitchen. The cliff climbers are familiar with hammock. If they climb for several days on the cliff which is no terrace, then hammock becomes place to get rest.

Hammocking can be done on Mount Hawu. The excitement will make tourists' hearts flutter when they lie down on the hammock. Of course, this activity can be documented to update your social media.

The name is Indiana Camp. This is one of the places to enjoy heights including hammocking. But there are also photo spots that will enrich the Instagram space.

One Day Adventure Plan

If you want to enjoy a full day adventure in Citatah, you can start in the morning;

10.00 – 12.00	Trekking at Stone Garden
12.00- 13.00	Travel from Stone Garden to Mount Hawu
13.00 – 15.00	Hammocking, Rappeling, Rock Climbing di Gunung Hawu
16.00 – 17.00	Travel from Mount Hawu to Mount Bendera
17.00 – 18.30	Culinary at Padalarang
18.30 – tomorrow	Camping at Mount Bendera

Estimated Cost: IDR 500,000 per person (excluding food and transportation costs)



07 CAMPING



To the south of the Citatah cliffs lies a plateau where there is a camping area located on Mount Bendera. The route chosen to go to Mount Bendera is via the Mason Pine Hotel to the village of Jaya Mekar, Kampung Pojok. The distance is about 5 km with a travel time of 15 minutes.

Mount Bendera has a height of 1,403 meters above sea level, and offers stunning views of the city of West Bandung.

Tourists must bring their own camping equipment and only pay a very cheap entrance fee per person for one night. The camping location is at the top of Mount Bendera which is a fairly wide plain and can accommodate dozens of tents. To get to the top it takes about 60 minutes of trekking.

To the north of Mount Bunder, there is another charming camping spot, named Mount Puter. This mountain is higher than the Mount Bendera, which is 1,250 masl. But generally, tourists just want to do trekking while capturing poses in the instagramable spots provided. Mount Puter is a relatively new tourist location.

08 MOUNTAIN BIKE



Cycling fans, especially mountain bike fans, can try various routes, including uphill at Stone Garden. This route is very popular because it features an up and down track with a mix of soil and limestone. Another track that is no less challenging is to the Mount Bendera. The selected track can be started from the city of Padalarang. A number of cyclists do it at night because in addition to not being too hot, it is also a higher challenge. Of course, they hope to get a good view of the night atmosphere of the city of West Bandung while stopping for a moment at rest spots.



TOURISM TIPS IN CITATAH

Exploring Citatah needs physical fitness. It is not ordinary travel. There are several things that must be prepared by travelers, such as;

- Visiting Stone Garden is suggested to do in the morning. Beside cool and fresh air, the view is charmed and so much different. It is like standing on the other planet. The atmosphere is pleasant.
- Using private vehicle is better than using general transportation. It needs motor-taxi or *Ojek* to reach certain areas and the cost can be various. It will be more interesting if using private trail motorcycle.
- Citatah has challenging nature, and walking down here will burn calories. Therefore, breakfast meal is very important that must be on the list in the backpack.
- Condition of stony ground can be dangerous for foot step. Therefore it is better to use trekking or sport shoes with thick shoes soles. Don't forget to use hat to reduce the hot sun light.
- Masker is very important. It is not only keeping people healthy due to pandemic issue, but also it will protect from quicklime (chalk) dust.
- Not all of cliffs can be climbed. Trying new tracks that are never climbed before is dangerous. Moreover if it is not completed equipped such as seat harness, kern mantel, karabiner, chalk bag, climbing shoes with rubber soles and also *belayer*.

LAKE POSO, CENTRAL SULAWESI

IMMERSE YOURSELF IN THE RICHES OF FRESHWATER LAKE



Lake Poso seems to complement the uniqueness of the island of Sulawesi. This 'k' shaped island was created by the collision of several plates from Asia, Australia, and the Pacific islands. This island which is rich in freshwater lakes, including Lake Poso, offers many unforgettable adventures. Let's try.



A car speeds up on a paved road, but a moment later it wobbles as it passes through an uneven road. Crossing the trans Sulawesi connecting Toraja-Poso-Gorontalo to Manado is indeed full of challenges. But along this route, there are scattered natural beauty and cultural richness of Sulawesi, one of which is Lake Poso.

Traveling approximately 8 hours from Palu to Lake Poso is a new experience.

Public transportation passengers really enjoy traveling on the Trans Sulawesi road. The journey across the Trans Sulawesi road is also passing through the Tomini Bay coast. Passing this road will be an unforgettable journey, because this is where the spirit of adventure begins, especially in the West where the lush Lore Lindu National Park area is known for its forests, lakes, waterfalls, a variety of flora and fauna, and being a famous spot among climbers.

The lake began to appear when vehicles started to enter the Tentena area. The lake looks so beautiful. It is located about 285 km South East of Palu, and it can be reached from Palu by using vehicles or public transportation, for 8 hours travel. Alternatively, Lake Poso can also be reached from downtown Poso about 56

km to the south. To get to Lake Poso from Poso, travelers can use vehicles or public transportation for about 1.5 hours travel.

Geographically, Lake Poso is located in Poso Regency, Central Sulawesi province.

Lake Poso is the largest and deepest lake in Indonesia after Lake Toba and Singkarak. It has about 510 meters depth and covers area of approximately 32,000 hectares. The lake is located in two cities, Tentena in the North and Pendolo in the South. Lake water flows into the Poso River in Tentena and ends in Tomini Bay in the city of Poso.

Lake Poso, one of the tourist destinations in Poso Regency, is located at an altitude of 657 meters above sea level, surrounded by forests and hills. There are many clove trees with distinctive aroma around the lake. On the edge of the Lake, there is yellow sand reminiscent of beach sand on the seashore, while the water consists of two colors (green near the sand and ocean blue for the rest). In addition to the view of the forest surrounding the Lake, there are also endemic animals inside the forest such as Anoa and deer-pigs.

INTERESTING SPOT OPTIONS

Lake And Beaches

In the waters of Lake Poso, there are unique rocks known as Watu Ngoggi and Watu Asa Mpangasa Angga. Both are rock complexes floating on the lake. In addition, there is also Siuri beach. This represents the uniqueness of the vast Poso Lake, with yellow sand coast.

Caves and Waterfalls

There are many caves within Tentena village. One of those is the Pamona cave containing ancient human skeletons. On the other side there is a small hill with sedimentary rocks. This is where Latea cave is. This cave is used for the burial of the ancestors of the Pamona people who is the indigenous people of Poso.

Don't forget the Saluopa waterfall as well. Located at an altitude of 600 meters above sea level, the lake has a hilly landscape with Saluopa waterfall.

Monuments

Sogili and Goldfish Monuments in Poso Lake are known for their Sogili fish and goldfish. These fishes are similar to eel fish but they have bigger size than general fishes.

Furthermore, there is Tando Bone, a monument built by soldiers of Dutch descent. Not far from the monument there is a view of green rice fields completed with buffaloes foraging.





Society and Culture

Dodoha Mosintuwu is a bamboo house known as a place or symbol for Poso women and children. Dodoha Mosintuwu functions as an empowerment for women and children. In this bamboo house you can also enjoy the view of Poso Lake.

Geological Tourism

Poso can also become a geological tourism. The megalithic rocks in the Bada Valley which is part of the Lore Lindu National Park are located not far from Lake Poso. The Bada Valley is home of a series of megalithic relics in the form of large stones containing mystery of the triumph of the Napu tribe, Besoa, and Bada tribes. These statues are located in South Lore, North Lore and West Lore Sub-districts, in Poso Regency.

Poso Lake Culinary

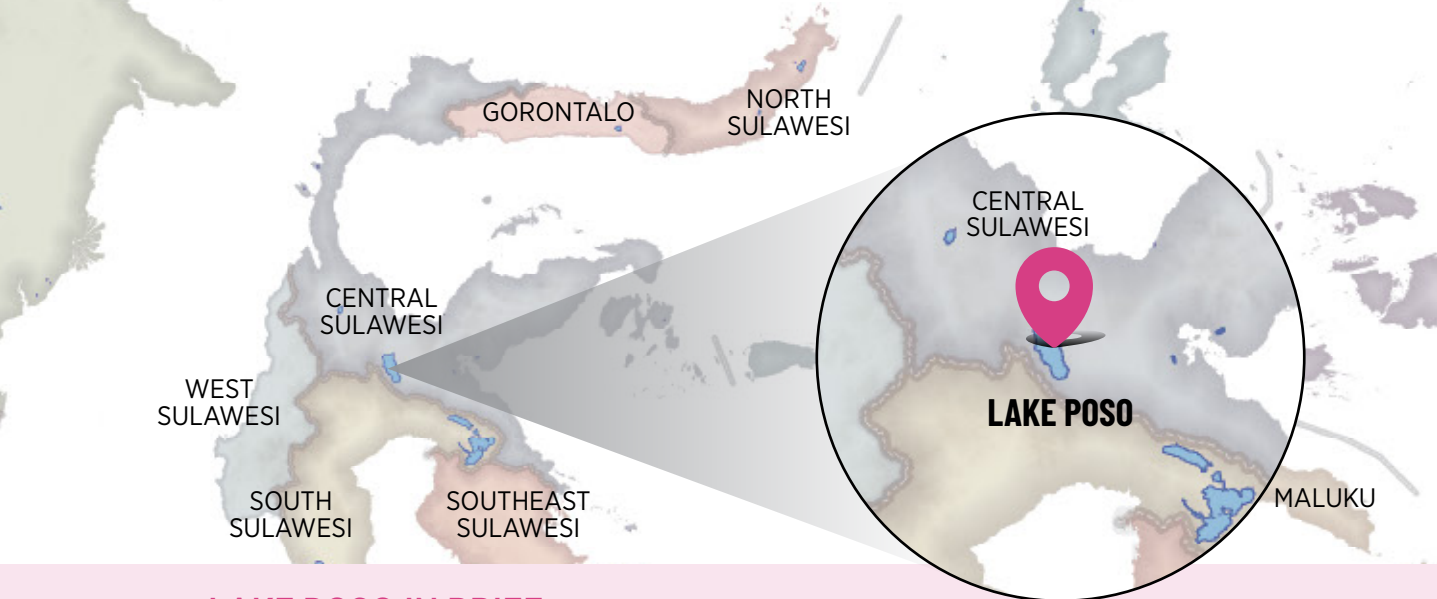
The area around Poso Lake is known for its fish-based culinary. Examples of these are Woku, Masapi, and grilled Sogili fish, which are just a few of 'must-try' culinary delights while visiting Lake Poso.

History Of Lake Poso

Lake Poso is one of the ancient lakes in the world. Its age is estimated about more than two million years. In 1865, European only heard about a large lake in the interior of Central Sulawesi. Then, Van der Wyck, a Dutch researcher proved the existence of the Lake Poso and carried out the mapping.







LAKE POSO IN BRIEF



Lake Poso, which is located at an **altitude of 657 meters** above sea level, has cooler weather than other places in the surrounding area. .



The lake stretches over an area of **32,000 hectares**, with a depth of **515 meters at its deepest point**. It is almost three times deeper than the Java Sea which has an average depth of 151 meters.



The population of Poso Regency, where Lake Poso is located, is **244,875 people**.



Lake Poso has a water volume of **216 million cubic meters**. The lake water flows into the river and then into Tomini Bay near the city of Poso.



Lake Poso is surrounded by beautiful **white sandy beaches and black orchid forests**. The shores of the lake are like beaches in the Lombok area.



Hills surround Lake Poso, covered with expanses of bright green rice fields, fragrant clove trees, and tropical forests. .



Silver and yellow eels cross the lake with two endemic fish species.



Some of the **wildlife around** Lake Poso, including deer pigs and anoa, are endangered and native to Sulawesi.



The town of Pendolo to the south is the main settlement in the region and to the far north is Tentena. Several small villages are scattered between the two.

Not far from Lake Poso, in the village of Bancea, visitors can see wild orchids.



The center of the lake is crystal blue, bordered by shade of green and white and golden sand.

Lake Poso is Indonesia's third deepest lake and is located in the southern part of Central Sulawesi.

To Lake Poso

There are many ways to get to Lake Poso, especially from outside Sulawesi. The main city to get to Lake Poso is Poso or Palu.



Jakarta – Palu

Take a flight to Mutiara SIS Al Jufri airport.

Duration 2-4 hours



Palu – Tentena

You can use public or private vehicles which you can rent at Palu.

This trip will be around 285 km.

Duration 8-10 hours



Poso – Tentena

You can use public or private vehicles which you can rent at Poso.

This trip will be around 56 km.

Duration 1 hour



CALENDAR OF EVENTS

Lake Poso Festival (October)

The first time was held in 1989, and continues every year. In addition to displaying a wealth of culture and art, this festival also features a variety of events, including a marathon race.



TOURISM OFFICE OF POSO REGENCY

Jalan Yos Sudarso No.1,
Kasintuwu, Poso Kota Utara,
Kabupaten Poso, Sulawesi
Tengah 94611
Phone: (0452) 22849



Relaxing around Lake Poso

There are various lodging places ranging from hotels, guest houses, to guesthouses.

Mulia Poso Lake Hotel

Danau, Poso, Sulawesi Tengah
94664

Phone: +62 813-4227-5454

The Bali Cottages Poso

Jl. Trans Wisata, Siuri, Toinasa,
Tentena, Pamona Bar,
Kabupaten Poso,

Phone: 0811-4443-868

Hotel Tropicana

Pamona Pusalemba, Pamona,
Pamona Pusalemba,
Kabupaten Poso,

Phone: (0458) 21054

Ue Datu Cottages

Lorong Ue Datu 92-93,
Tentena - Poso, Pamona,
Pamona Utara, Palu
Phone: 0811-3441-597

Siuri Cottages

Jalan Trans Sulawesi, Pasir
Putih, Pamona Selatan,
Kabupaten Poso
Phone: 0852-4105-8225

Hotel Pamona Indah

Jl. Komodor Laut Yos Sudarso,
Kasintuwu, Tentena, Pamona
Utara, Kabupaten Poso,
Phone: (0458) 21245

Intim Danau Poso Hotel

Jl. Yos Sudarso No.22,
Tentena, Pamona Utara,
Kabupaten Poso
Phone (0458) 21345



Enjoying Culinary at Lake Poso

Ongga Bale

Jl. Setiabudi, Tentena
Eating tilapia fish or sea
eel while enjoying the cool
breeze of Lake Poso

Resto Bumbu Desaku Tentena

Sangele, Pamona Utara,
Poso 94663
One of the favorite dishes is
grilled fish

Dodoha Mosintuwu

Danau, Poso 94663
Combining delicious dishes
with beautiful lake views.

Rumah Makan Nasional

Danau, Poso 94664
Often used as a stopover
before starting a trip around
Lake Poso.

RM Pak Dhe Muji

Jalan Puselemba, Sangele,
Pamona Utara, Poso 94663
Famous restaurant in the
city of Tentena. Serving
various dishes such as
chicken rice, chicken
noodles, and meatballs,
gado-gado

POPULAR PLACES AROUND LAKE POSO

When at Lake Poso, you should visit the surrounding places. Some are some distance away, but still around the shores of the vast lake.

Madale Beach

It is a white sandy beach that almost surrounds the blue lake water, under the umbrella of a clear sky. This beach is located about 5 km east of Poso. Madale Beach offers a tempting stretch of white sand to be stepped on while splashed by the sun. From a distance you can see the trees waving. The waves at Madale Beach are not too big so visitors can swim and snorkel.

Toini Beach

Toini is a village in Kecamatan Poso Pesisir, Poso, Central Sulawesi, Indonesia. The Toini area was originally inhabited by the Pebato Tribe, then replaced by the Kaili Tribe who spread from Palu, Parigi Moutong, and Donggala. Perfect sand adorns the clear shoreline. Toini is one of the 10 best beaches in Indonesia. Here is one of the best places to enjoy sunrise and sunset views.

Padamarari

Padamarari is one of the hills on the edge of Lake Poso. On top of this hill, visitors can see the beauty of Lake Poso which stretches widely. With a height of approximately 100 meters above the surface of Lake Poso, Padamarari is the best place to gaze. Padamarari is wrapped in a wide meadow.

Bancea Village

Here are thousands of types of orchid plants, including the rare black orchid and moon orchid.

Operational hours: 24 hours

Visitors can come at any time to this village. Ticket prices are very affordable.

Saluopa Waterfall

Saluopa Waterfall has 12 levels of splashing water. Each level can be climbed, but you have to be careful with slippery rocks and currents from splashing waterfalls.

Operational hours: 8:00-17:00 WITA

Ticket prices are affordable for most residents.

Tangkaboba Cave

This cave is located on the shores of Lake Poso. From the mouth of the cave you can enjoy the view of the lake. This cave, which is also called Latea, is a place for storing the remains of the ancestors of the Pamona Tribe.

Operational hours: 24 hours

Ticket prices are affordable

Sulewana Waterfall

Sulewana Waterfall has a heavy flow that can be used for power generation.





CHOOSE YOUR OWN ADVENTURE IN POSO LAKE

Imagine, the expanse of forest, cool air, and sounds of nature will accompany you during trekking. That's just one adventure. There are other adventures, such as exploring Poso Lake, which aims to make visitors understand better, so that they participate in preserving and protecting the lake which is a cultural and national asset.

01 TREKKING



Trekking around Lake Poso can be started from the protected Leboni forest area and ends at the Saluopa waterfall. Departing from Leboni, visitors can take 6 km trekking path that passes through the shores of Lake Poso beach. Don't forget to prepare your stamina and equipment, including camping equipment if needed.

The expanse of forest, cool air, and sounds of nature will accompany during the trekking. Once a while, take a break to enjoy nature, but don't take too long because the journey is still far. You will hear the sound of falling water and feel the cooler wind when approaching the Saluopa waterfall.

Saluopa is not only a place to rest after trekking or refresh yourself, but this waterfall can also be enjoyed. The waterfall which is also called water slide has 12 levels. Each level has a small pool where visitors can immerse themselves in.



Soaking for a while in this small pool will be a very comforting experience.

While tracking, enjoy the leaves and twigs greetings from the forest around Lake Poso. There are several parts of the forest that are protected, such as the forest around the waterfall which is included in the conserved forest.

For those who want to continue trekking, they can step upstream of the river or return to the original position so that the distance for trekking can reach 12 km. This will certainly be fun and challenging adventure for trekking enthusiasts.

Trekking in the forest, conquering hills, bathing in natural water, following the river to the end, and spending the afternoon on the shore of Lake Poso. That's how exciting it is spending one day trekking around Lake Poso.

You can also have casual trekking around the Pokekea megalith site. The so-called Kalamba statue is a cylindrical megalithic object. This archaeological site locates in the Benhoa Valley Lore Tengah. In Besoa, means boat and its cover.

Most of the Kalamba at the Pokokea site have a distinct characteristic at their body part in the form of geometric lines and human -face reliefs. Some others are round and cylindrical, with a hole in the middle. Kalamba has various sizes, with the largest one standing at 188 cm.

Visitors can have trekking while getting to know Kalamba, which is assumed to be burial vessel. There are about 29 Kalamba, which are mostly located in the center of the site.

02



CAMPING

Spending the night around Poso Lake can be a great choice. Visitors who come from far away obviously want to spend the night around the lake. There are lots of guest houses, but why not camping?

Around the lake, there is a hill that can be used as a camping location. Padamarari hill is one of them. One of the advantages when camping at high altitude is having the opportunity to get a beautiful view at sunrise. From this height, you can also see a wider stretch of the lake. This hill can be reached from Tentena by motorcycle. During the trip, you can see the lakeside, which looks calm as usual lakes. Likewise, the breeze of wind that is so refreshing.

Arriving at Padamarari, you can continue walking to a position that can be used and allowed for camping. It only takes 5-10 minutes

to walk to get an empty field for a camping location. Setting up a tent while occasionally gazing at the beauty of the lake will boost your spirit.

It is an unforgettable experience to spend the night on a hill with only little light, silent, and occasional sound of the wind. Light the campfire to add warmth and excitement. If the sky is clear, the occasional line of stars will appear.

Don't miss the morning while camping. There is an extraordinary view in the morning, from the moment the sun starts to appear until it rises. Watch the calm lake water sparkled by the warm sun.

Don't miss any second of this beautiful nature dance.



03 BIKING



Pendolo is one of the cities around Lake Poso. The distance between Pendolo to Tentena is approximately 80 km, which is suitable for cycling. Pendolo can be a starting point for cycling because there are several guest houses here.

Preparation for cycling is important because the Pendolo to Tentena route is quite far and the road situation is quiet, and lacks of lighting. On the way, visitors will go through several villages, rice fields, cocoa gardens, and crops. After that, they will enter the forest in the western part of the lake. Road conditions are not always as expected, but this can serve as challenge while

biking.

Other route that can be taken by cyclists is through the road east of the lake. Here, the terrain is somewhat different because it follows the contours of the hills along the lake shore. In the eastern part of the lake the track is smoother and more motorized, has higher contours, and requires more power to pedal.

Every now and then, bikers will encounter villagers around the lake. They are mostly Pamona and Toraja ethnic groups. There are several villages inhabited by residents from Bali such as in the villages of Sukakaia and Toinasa.



04 LAKE POSO EXPLORATION



Exploring Lake Poso, which is the third largest lake in Indonesia, is also part of preserving and protecting it as cultural and national asset. Around October to April, the Poso Lake festival usually takes place. This is the best time to visit the lake while swimming, enjoying nature, eating culinary delights and so on.

Exploring the lake can be started by renting a motor boat from fishermen or by local community. By motorboat, you can go to several famous beaches such as Saluopa Indah and Suri beach with its yellow sand.

Then, go on to the large rocky area that surfaces from the lake. The community calls it Watu Ngonggi and Watu Asa Mpangasa Angga. This rock can make a sound reminiscent of a drumstick.

During the exploration of Lake Poso, besides enjoying scenery, the visitors can also see the activities of the local community, such as fishing, and cultivating fish in keramba. The fish that is usually cultivated is Sogili Eel, the largest eel fish in the world. If they are lucky, they can see the size of the fish that reaches 2 meters length.



05 WILDLIFE PHOTOGRAPHY

Photography fans who travel to Poso lake, don't forget to stop at the Bancea Nature Park. This is nature conservation area that was inaugurated by the government in 1989.

This area is conserved forest area located in Donggala, Poso, Tolitoli, and Luwuk, Banggai Central Sulawesi province.

In the Bancea Nature Park, there are several types of ecosystems including lowland forest, mountain forest and grasslands with an area of 5.000 hectares. In this area there are also various types of orchid plants, including the black orchid, a highly protected endemic flora. Other types of biodiversity include betau, kume, nyatoh, guava nut wood, lonrong, iron wood and tea.

Bancea Park is also home to endemic animals like anoa, hog deer, deer, Sulawesi black monkey and tarsiers.



One Day Adventure Plan

One day around Lake Poso is enough to do some activities.

08.00-12.00 WITA	Saluopa Waterfall Trekking to Saluopa Waterfall, relaxation, taking pictures at tourist sites
12.00-13.00 WITA	Pamona Cave Seeing skulls in Pamona Cave, visiting the last home of the Pamona Tribe.
15.00-18.00 WITA	Lake Poso Enjoying the natural beauty of Lake Poso, along Lake Poso by boat.

06 CHASING FISH



Chasing fish or known as *monyilo* can be done in Lake Poso. This activity is more crowded if there are celebrations such as the Poso Lake Festival. This activity is usually carried out with local fishermen. At night the boats with shining lights move from under the bridge to the lake platform area. *Toponyilo* is the name for people who spear fish. They usually carry petromax lamps, leaving in the late afternoon. At 10 pm they usually return to the mainland. But if the wind is friendly, they will go back down to the lake until dawn.

Performing a *monyilo* requires special skills and an introduction to water currents, winds, fish movements. In addition, it also requires the ability to control the boat, see in dim light, and of course the accuracy of spearing. This activity is usually carried out at least 2 people, one spearman and the other driving the boat. The boat driver will direct the spear to chase the fish or *sogili* that appear at the bottom of the river. The *monyilo* tradition is only performed at night. Wanna try?



TOURISM TIPS IN LAKE POSO

A trip to Lake Poso promises a pleasant journey and discovery of new things. However, it takes a long travel to enjoy the beauty of Lake Poso.

Some of these tips can be used as reference when traveling to Lake Poso:

- Long road trips require excellent physical preparation. Your condition must be fit to avoid fatigue during travel.
- If you take private or casual trip, plan carefully, schedule tickets and accommodation such rental vehicles which are better prepared from the cities of Palu or Poso.
- If you take public transportation from Palu or Poso, you can rent motorbike in the city of Tentena. In this city there are many motorbike rental places to get around Lake Poso.
- Poso Lake is more of an adventure tourism destination. Therefore it is better to prepare adequate personal equipment such as trekking, camping, swimwear and other tools.
- Respect the local customs and tradition, including in clothing. Say hello to the local people.

An aerial photograph of a vast, lush green forest in East Borneo. A network of dirt paths winds through the forest, connecting several small, cleared areas. Some of these areas contain small structures, possibly huts or buildings. The forest extends to the horizon under a clear sky.

SAMBOJA LESTARI, EAST BORNEO

ENJOYING NATURE WHILE UNDERSTANDING ANIMALS

At Samboja Lestari, visitors can have different experiences in one place. Starting from caring for nature, seeing orangutan and sun bear schools before being released into the wild, to seeing the roof of the forest from a height. Samboja is different.



The bodies of the visitors who had just left the city of Balikpapan for Samboja are shaking as the car drives down the dirt and rocky road. Most of the roads that cut through the dense forest are not smooth. It takes a special type of 4x4 car to conquer this tough terrain. In the rainy season this road is increasingly difficult to pass.

Not far from Balikpapan, there expands out Samboja Lestari Conservation Forest area. In this place, orangutans expelled from their native habitat learn to live. The climate and sustainable nature make this area not merely place for orangutans. There are also a lot of Borneo-typical wild animals live by the human conservation efforts.

Having trip on jeep has already become adventure in the middle of Borneo tropical forest. Ironwood trees line up tightly along the side of this not-smooth road. Ironwood tree is typical plant of Borneo mostly used for building structures due to its hardness.

Approaching the location, the voices of birds are heard in chorus accompanied by other forest animal's singings. The visitors are guided to go into the orangutan conservation school area on foot for hundred meters.

However, not everyone is allowed to go in. only those meeting certain requirements are allowed. One the requirements is that the visitor must be in healthy condition, proven by the report of medical-checkup conducted maximally five days before arriving to this place.

All visitors must wear face masker. Before Covid-19, health

protocols have been applied here. It is applied for the security and safety of both the visitors and the orangutans which are still in the conservation.

To check up the requirements, before arriving, the tourist should contact the management of BOS to gain some recommendations. This 'registration' can also be used to order picking up from the airport, which is provided by Samboja Lestari Forest management.

From Sultan Aji Muhammad Sulaiman International Airport, Balikpapan, Lestari Conservation Forest area, Kutai Kartanegara, can be reached in about 50 minutes on land route.

The road connecting the Airport and this conservation area is smooth enough and event almost no holes might be found, so that no specific vehicle is need for this route. The traffic is smooth too, as not many vehicles passing the road.

The road switches to rocky uphill road when entering the conservation forest area. The chorus of forest animals sounds clearly. In some junctions there are signposts, such as area zones, and the lodge.

Before the adventure, the visitors will be firstly dropped off in Samboja Lodge, functioning not only as a lodge but also for BOS Foundation office.

Here, they will switch to another car to reach the real conservations area. According to the guide officers, the visits can only be done in the morning and afternoon, as at night, this place is closed.

INTERESTING SPOT OPTIONS

Conservation Island

There are 7 (seven) islands as the rehabilitation places for orangutans in Samboja Lestari Forest. Two of which are open for common tourists, those are, Island Six and Island Five. The other five islands are only for the management, researchers, and conservation volunteers.

Those are called islands as every area is divided by little rivers. The 2-meter-wide river to prevent the visitors from entering specific area and only see the activities across the rivers.

The first stop is in Island Five. Here they can find some parents and the young orangutans which are 2-5 years old. The parents are about ten-year-old. The tourists meeting the requirement to go in can directly interact with the orangutan

Afterwards, they continue to Island Six. By the tour guide, this island is called as the education zone for tourists. Why is it so? Here the visitors are invited to identify the orangutan's characteristics before being rehabilitated. There are orangutans

which used to be circus players so that they are more interested in human beings than in other orangutans. There are also orangutans with mental handicaps due to their owner's treatments.

Orangutans Playing

Dozens of baby orangutans cutely hang. Some like to pose. Some like to attract the attention of visitors whom they like. Some are mischievous, attracting and taking tourist items such as visitors' cameras, hats, or bags. Witnessing their behavior, visitors think these animals behave similarly to humans. True, 97% of orangutan DNA is the same as that of humans.

Next is to Enam Island. By the guides, this island is called an education zone for tourists. Why is that? Here, visitors are invited to know the characteristics of orangutans before they are rehabilitated. There are some orangutans who were previously circus orangutans, so they are more



attracted to humans than to each other. There are also orangutans who due to the treatment of their owners eventually have mental retardation.

Tropical Forest

The Samboja Lestari Forest is one of the best conservation sites for orangutans. Here the confiscated orangutans are taught to be wild in order to be ready to be released into their natural habitat. The average length of this learning period is seven to ten years before they are released into the wild. How can humans teach orangutans?

Seeing the orangutan school turns out to be a very interesting experience - how these orangutans are taught the curriculum of living in the wild, such as climbing, building nests, memorizing trees, and recognizing hundreds of types of food.

For this purpose, BOS managers have developed a number of methods. One of them is a 10 cm long bamboo toy. The bamboo turns out to be not just a toy, but it has food inside. Through these toys, the little orangutans are trained to take the food inside. So that when released into the wild they are used to taking termites from inside tree trunks.

Sun Bear Breeding

After playing with the orangutans, visitors can return to the lodging to rest.

The lodging is very environmentally friendly. It was designed by elevating the values of local wisdom using environmentally friendly materials or even recycled materials. The use of electricity is also limited, there is no television, let alone an air conditioner. It really is in nature. At night, you can hear the sounds of various wild animals that inhabit this 1852-hectare area.

Visitors can also see up close the sun bear captivity, as well as see the various environmental conservation efforts carried out by the BOS Foundation. An exciting activity that you should not miss is releasing these orangutans into the wild. Unfortunately, it is not carried out all the time. Lucky visitors who can feel the experience.



ORANGUTAN SPECIES

Orangutans found in tropical forests in Sumatra and Borneo (*Pongo pygmaeus*) have three sub-species, namely *Pongo pygmaeus pygmaeus* in northwest Borneo, *Pongo pygmaeus wurmbii* in central Borneo, and *Pongo pygmaeus morio* in northeastern Borneo. *P.p. wurmbii* is the sub-species with the largest body size, while the smallest ones are *P.p. morio*. The striking difference is that the orangutans in Central Borneo are slim while those in East Borneo are fatter.

Orangutans are not social creatures and spend a lot of time alone. After mating, the female immediately leaves the male who has no role in caring for the babies. They eat fruit and leaves, but sometimes eat termites as a snack.

They are arboreal, meaning that they spend most of their lives in trees, even sleeping in nests in trees. Bornean orangutans sometimes spend time on the ground, Sumatran orangutans rarely descend to the forest floor.

According to data from the Ministry of Environment and Forestry (KLHK), Indonesia is currently home to at least 60 thousand individual orangutans. Based on data from the Indonesian Orangutan Forum (Forina), the total number of orangutans in Borneo (*Pongo pygmaeus*) is estimated to be 57,000, while in Sumatra (*Pongo abelii*) only about 14,000.

According to *Current Biology*, nearly 150,000 orangutans in Borneo have died in 16 years. The research also revealed that by 2015 the population of this endangered animals had shrunk by 50 percent. Without conservation efforts, the orangutan population is threatened with extinction and will shrink by 45,000 individuals by 2050. Deforestation or clearing of tropical rain forests that are home to orangutans to make way for oil palm plantations puts the orangutan population in serious threat.

For this reason, a number of conservation sites have been built as well as to examine the lives of endangered animals. Samboja Lodge Borneo Orangutan Survival/BOS in East Borneo was established in 1991.

In addition to conservation and education, Samboja Lodge is also a place for the conservation and captivity of orangutans and other wild animals. In addition to conservation owned by the Borneo Orangutan Samboja Lestari, Indonesia also has rehabilitation sites in Nyaru Menteng, Central Borneo, and the Bukit Barisan National Park.





FAVORITE PLACES AROUND SAMBOJA

Bukit Batu Dinding

Operational hours: 24 hours

A Karst wall with a height of about 125 meters, stretching for 150 meters.

Bangkirai Hill Nature Tourism

Operational hours: 09.00 -17.00
WITA

Although not too far from Samboja Lestari, access to this place is difficult. Cobbled roads mixed with dirt make it difficult for vehicles to move, especially during the rainy season. Ticket prices are affordable.

Tanah Merah Beach

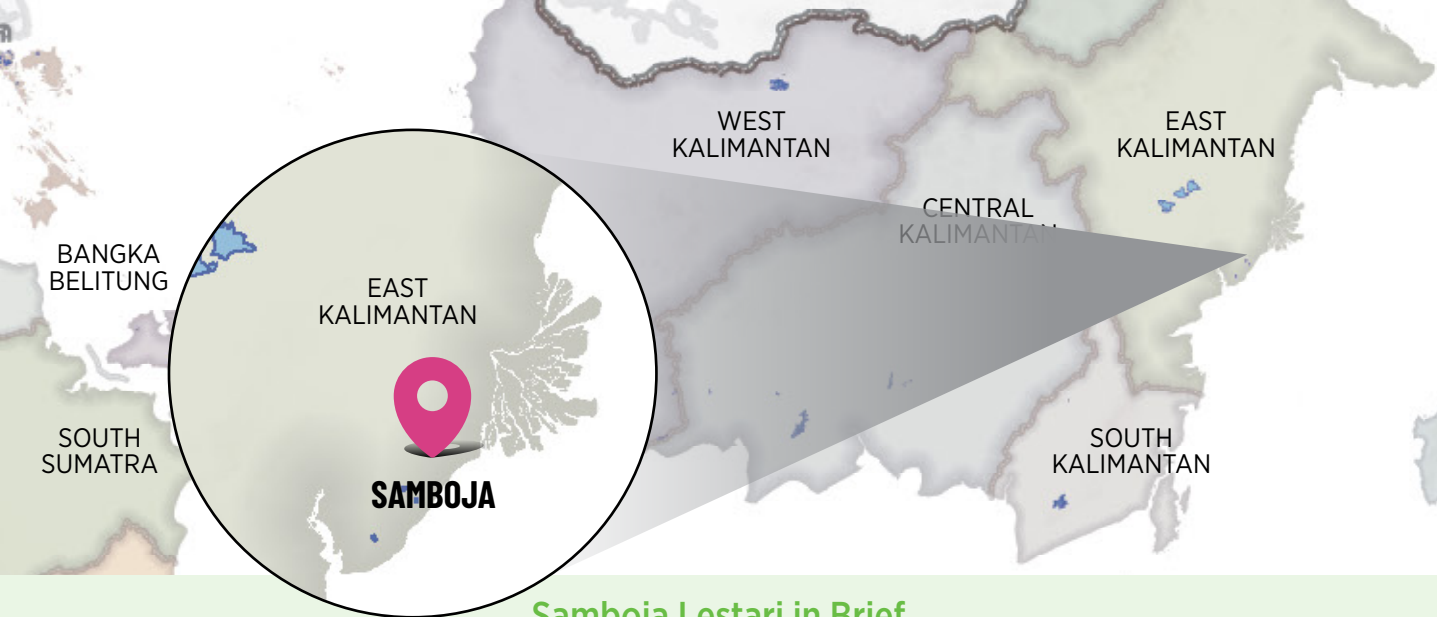
Operational hours: 24 hours

This is one of the local people's favorite tourist spots. It is called Tanah Merah Beach because the soil is red, but the beach has white sand. This is a good place for camping.

Sun Bear Education and Conservation Center

Operational hours: 08.00 -17.00
WITA

Usually there is no entry fee, but the price is still affordable, if any. Visitors can see sun bears in quarantine in large cages. Sun bears are taught to be independent, including finding their own food. At certain times they go to the forest to find food.



Samboja Lestari in Brief



Borneo Orangutan Survival/ BOS in Samboja Lodge is located on Jalan Balikpapan – Handil Km. 44 Kelurahan Margomulyo, Kecamatan Samboja, Kutai Kartanegara, East Kalimantan.



Kecamatan Samboja has an area of 1,045 sq km, which is divided into 21 kelurahan. The population in this kecamatan reaches 66,617 people (2020).



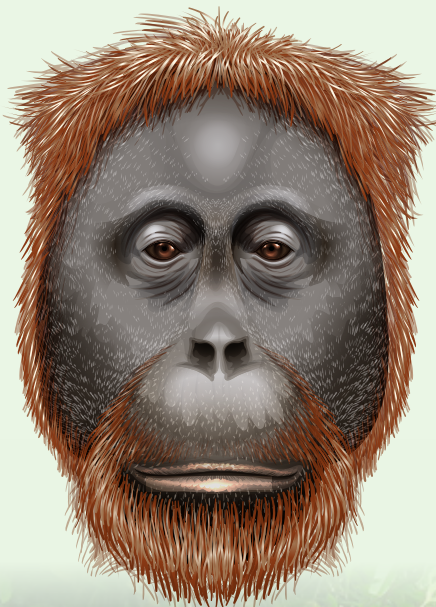
At Samboja Lestari there is animal schools for orangutans and sun bears before they are released into the wild. Visitors can meet these two wild animals in the wild.



Kecamatan Samboja is one of the oil and natural gas producing areas in Kutai Kartanegara.



In Samboja, the dry season is very hot; the rainy season is usually short and stays warm. Temperatures vary from 24 degrees Celsius to 31 degrees Celsius.



To Samboja Lestari



Jakarta – Balikpapan

For those who live outside the island of Borneo, they can take a flight to Sepinggan Airport, Balikpapan.



Balikpapan – Samboja

By road from the airport to Samboja Lodge which is about 30 kilometers. If you stay at Samboja Lodge, there are shuttle facilities (includes lodging fees and others). Please contact the BOS Samboja Lodge Call Center at (0542) 7111484



SAMBOJA LESTARI INFORMATION

Jl. Balikpapan Handil No.Km.
44 RT. 01, Margomulyo, Kec.
Samboja, Kabupaten Kutai
Kartanegara, Kalimantan Timur
75271
Phone: 0811-5423-600



Stay around Samboja

There are several places to stay in the area between Balikpapan and Samboja.

Samboja Lodge

The view of the forest unfolds as guests open the windows. This lodge is located in the middle of the Samboja Lestari conservation forest. The site, which is located on Jalan Balikpapan Handil kilometer 44, Samboja, Kutai Kartanegara, is managed by the Borneo Orangutan Survival (BOS) Foundation.

Sepinggan Hotel

It's close to the airport and is perfect if you want to rest right away after a long flight. The location is on Jalan Marsma R. Iswahyudi No.60, Sepinggan, Kecamatan Balikpapan.

Penginapan Handayani

Located on Jalan M. Hatta No. 29, Muara Jawa Pesisir, Kabupaten Kutai Kartanegara. Its location is easy to find.



Time to Try Culinary in Samboja

Although Samboja Lestari is not a culinary destination, there are several places to eat that are worth trying.

Warung Warisan

Located on Jalan Balikpapan - Handil 2, Seluang River, Kec. Samboja. The menu at Warung Warisan is quite complete, one of the favorite menus is *capcai*. It tastes good, and the price is affordable.

Rumah Makan Gunung Lampu

Located on Jalan Ambarawang Darat, Samboja, Kutai Kartanegara. The prices are relatively cheap, the food portions are large.

CHOOSE YOUR OWN ADVENTURE IN SAMBOJA

Samboja Lodge was originally intended to facilitate researchers, volunteers, and administrators. The 'tourism' activities have only been held recently. That's why when adventuring in Samboja, visitors can learn about nature, understand animals, and preserve them.

01 PENETRATING THE WILDS



Samboja Lodge Borneo Orangutan Survival/ BOS stands on an area of 1852 hectares in the middle of the tropical forest of Borneo. There are about 137 bird species, 9 primate species, various insects, snakes, reptiles, and mammals, such as deer and wild boars live on this island. In addition, there are more than 1200 species of trees that thrive in this forest area.

Samboja Lodge was originally intended to facilitate researchers, volunteers, and administrators. The 'tourism' activity was held recently. That's why adventure here is not for fun, but also for learning a lot about

nature. Visitors are invited to participate in rejuvenating the forest and its inhabitants, the orangutans.

Visitors are invited to participate in daily activities of Borneo Orangutan Survival/ BOS in Samboja Lodge such as rehabilitation of Sun Bears (Sun Bear), rehabilitation of critical lands, organic garden activities, activities of making organic fertilizer (compost), and observing wild animal life in the Borneo Orangutan Survival (BOS) area.



02 PLAY WITH ORANGUTANS



This is the main activity at Borneo Orangutan Survival/BOS in Samboja Lodge. The manager of Samboja Lestari BOS provides adventure tourism facilities to see directly the orangutan habitat in a conservation area called Orangutan Island. In this area there are seven islands where orangutans are being rehabilitated, but only two islands are open to public visitors, namely Enam Island and Lima Island.

Orangutan Island is used to rehabilitate orangutans and other wild animals that are sick or can no longer survive in the wild. In this place there is a 'school' where orangutans are trained in skills to survive in the wild.

Every orangutan arriving at one of the reintroduction programs must go through quarantine procedures and routine health checks (physical and psychological). This is especially important because rescued

orangutans are likely to have contracted human diseases that are not normally found in the wild.

Most of the orangutans entering this facility are very young, so they need other orangutans to interact and get daily lessons about survival in the forest. During rehabilitation, orangutans are taught and guided to build nests, choose appropriate natural food and recognize their natural predators. This process begins in 'Baby School' and progresses through various levels in 'Forest School', where each day is spent in the forest learning new skills.

The skills acquired by each individual will be assessed before they are allowed to advance to the next level. The orangutans then enter the Health Quarantine or Forest School 3, which is a stopover forest for the final stage of rehabilitation. Depending on the age and skills of each orangutan, rehabilitation can take up to 7 years.

Visiting the Samboja Lestari BOS we will witness firsthand the funny behavior of the orangutans in this Forest School. If we are lucky, we are also allowed to take care of baby orangutans, but for that we must meet certain conditions.

At certain times the management will also hold a release event for orangutans who have passed rehabilitation to their natural habitat. However, not all visitors are allowed to participate in this activity, moreover, this activity is not carried out all the time.



03 PARTICIPATE IN CONSERVATION ACTIVITIES



At Samboja Lodge, there are educational tours that are often used as a place to study for school students. For one-day visit there are various conservation activities, one of which is planting trees that are suitable for the habitat of orangutans and sun bears. Each tree planted will be given the name of the person who plants it.

In addition, visitors are offered to improve rehabilitation facilities for orangutans and sun bears, as well as prepare feed. Visiting here means that we are contributing to the conservation of orangutans and sun bears. Because all profits from the lodge are directly donated to the BOS Foundation's conservation activities in Samboja Lestari.

04 TREKKING IN CONSERVATION FOREST



The Samboja Lestari conservation forest is inhabited by various wild animals, such as various insects, butterflies, praying mantis, millipedes, and lizards. Various birds and small mammals such as deer and pigs are also still found here. Monkeys and langurs of various types are also often found in the area, which began to be reforested in 1991.

Not to forget small predators such as pythons are often seen when trekking. For fauna, there are various types of flowers, wood, and fruit trees which are very suitable for the habitat of orangutans and sun bears.

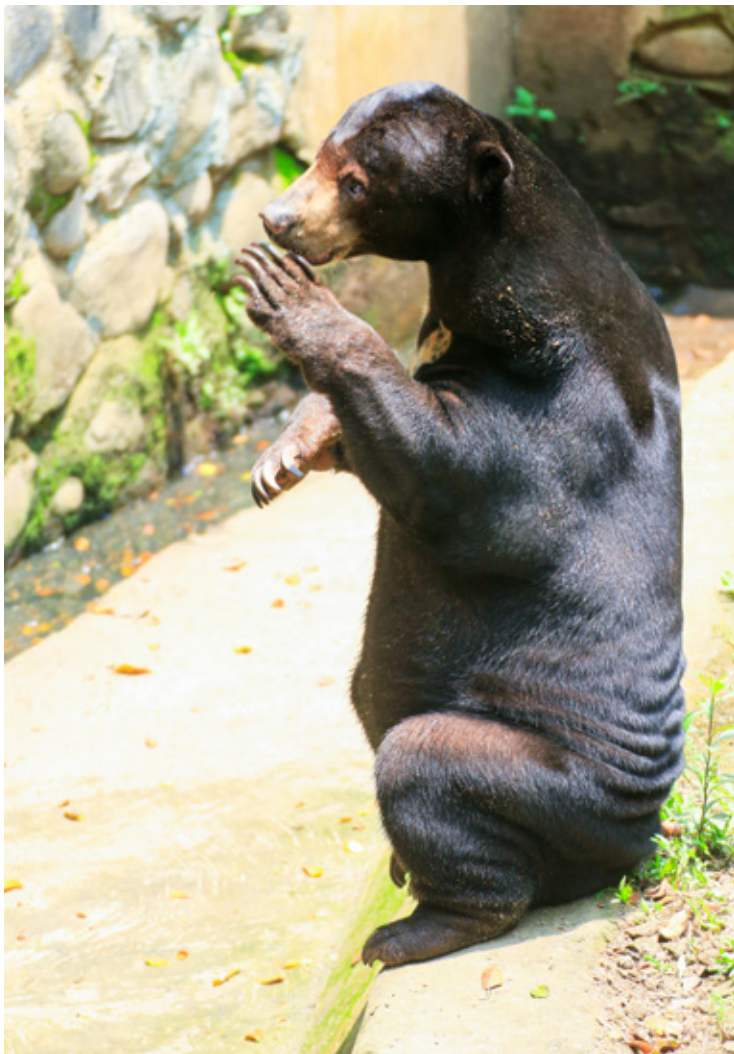
Trekking in the Samboja Lestari forest area is usually done in the morning and evening with a guide. The guide explains about the forest vegetation, including the various characteristics of its inhabitants.



05 SEEING THE SUN BEAR FARM



Samboja Lestari manages a sun bear (*Helarctos malayanus*) sanctuary which is also threatened by deforestation. Currently, there are more than 40 sun bears under the care of Samboja Lestari. Most of these bears were confiscated from illegal ownership, trade, and as objects for circuses. Here, they undergo a rehabilitation process so that they are ready to be returned to their natural habitat.



BOS has three large cages for sun bears, one each for bear cubs, adult female bears, and adult male bears. At Samboja Lestari, there is no sun bear breeding and only pure rehabilitation so that the cages between male and female bears are separated.

Although separated by a 2-meter-high fence as a barrier, visitors can see up close these animals that like to eat honey. Sun bears are solitary animals so they prefer to live alone.

Even though there are dozens of sun bears in the BOS Foundation Samboja, the officers never have trouble recognizing them, because every bear has a different sign. Each bear has a different neck circumference.

In addition, there is a yellow line 1 meter from the fence that visitors are not allowed to pass. This line is the safe limit of the bear's reach.

"The area where the bears are kept is still limited, so sometimes they try to get out of the cage. They are bored and actually need a bigger area," the guide explained the presence of this yellow line.

Bears are nocturnal. They rely heavily on smell and hearing. So, as long as near a bear, visitors should not be too noisy. The noise can trigger stress.

In addition, too much interaction with humans can destroy the sun bear's instinct as an animal. In fact, they will no longer rely on their ability to find food. Because, food is always available and makes them lazy.

To restore that instinct, in the cage there are various games, ranging from colorful balls, tree branches, and holes in trees. In the game officers put honey to train the bear's sense of smell. Besides honey, bears also like fruits like papaya. Bears have an eating schedule four times a day and, in a day, they can spend up to 4 kilograms of rations.

If you are not satisfied with seeing a sun bear in a cage, you can visit the sun bear captivity in the Environmental Education Tourism Area or KWPLH Balikpapan, which is not far from Samboja Lodge. Here, there is a giant enclosure of about 1.3 hectares.

The enclosure is a secondary forest surrounded by electric fences and wire fencing. Some of the bear's favorite fruit trees populate the enclosure. Two climbing structures of a 1.5 - 2-meter-high wooden bridge are provided near the edges of the enclosure.

This place gives visitors the opportunity to see the bears looking for food. A visitor boardwalk is built around the enclosure so that visitors can observe sun bears from a distance.

This enclosure arrangement benefits both bears and visitors. This is a natural enclosure

that promotes natural behaviors that are highly beneficial to the health and well-being of the bears. On the other hand, visitors gain an understanding of bear behavior and their habitat. Viewing animals in a natural environment will make people less than happy to see this rare and protected wildlife living in small bar cages or tied to chains.

This is consistent with the main objective of the sun bear enclosure, which is to instill a positive attitude towards sun bears and knowledge about the conservation status of bears to local residents, thereby reducing wildlife trade and creating support for forest conservation activities.

In addition to the enclosure for bears, in this agro-tourism area, there is also an educational area about conservation and natural resources, especially the natural wealth endemic to Borneo.



SUN BEAR BREEDING INFORMATION

Location:

Km. 23 Jln Raya Balikpapan-Samarinda.

Entrance ticket:

Free/Voluntary

Opening hours:

08.00-17.00 WITA. If you want to see them foraging by climbing trees, it is best to come between 09.00 and 15.00.





06 DOWN THE RIVER

Sungai Hitam is not far from Lodge Samboja Lestari and can be reached within 30 minutes by car. From a small dock we can rent a boat belonging to a local fisherman. Exploring the tidal area that is the habitat of the Proboscis (long tailed monkey) will open our eyes to see how the impact of deforestation creates an extraordinary threat to the habitat of Proboscis and other wildlife.



One-Day Adventure Plan

It's a shame to spend only one day at Samboja Lestari, but it's not impossible. It's still challenging and fun. The following can be used as an example for a one-day activity.

07.00-08.00	Pick up at hotel or elsewhere
08.00-12.00	Travel to Samboja Lestari BOSF. Visitors will be accompanied by a local guide from Samboja Lestari BOS to see their program in rehabilitating orangutans and sun bears.
13.00-14.00	The journey continues to Bangkirai hill to enjoy the view from the top of the 30-meter-high canopy bridge.
14.00-15.00	Visit Kariangau Graha Balikpapan Mangrove Center
15.00-17.00	Travel by boat down the river.



07 TREE PLANTING

Staying at this inn built by the Indonesian Conservation Partner for Borneo Orangutan Survival (BOS), we are also actively involved in efforts to save orangutans and their habitat. The costs incurred, after deducting operational costs are fully allocated for conservation.

One of them is for planting trees. Sounds simple, but there is a long process to go through.

At Samboja Lodge there are more than 100,000 seeds of various types of plants. Each has a different character and needs. It takes enough knowledge to plant a tree properly. This requires knowledge from finding the right place according to the needs of sunlight, water needs and soil conditions to caring for these plants so they can grow independently.

Participants who take part in this activity are given a machete to clean the surrounding weeds and a chance to fertilize the baby plants. They will also be given books to record and report any developments and problems encountered.



Tips for Traveling in Samboja Lestari

Since Samboja Lestari is also a place for research, visitors need to pay attention to various provisions:

- Make an appointment with the BOS first. Many tourists want to gain a lot of knowledge in Samboja Lestari. "We can certainly accompany them who make an appointment first. Many visitors come here with various purposes, so we need an appointment," said Deputy Director of the Indonesian Orangutan Habitat Restoration, Dr Aldrianto Priadjati.
- Wear comfortable clothes. Prepare comfortable cotton clothes because you are in the wild, the terrain is steep and the weather is hot. Female visitors are not recommended to wear skirts.
- Avoid flashy colors. Tourists who want to meet orangutans are not advised to wear clothes or accessories with flashy colors. Bright colors can interfere with the process of training behavior in order to change the original nature of orangutans.
- Wear comfortable shoes. Visitors will often explore the wild, so they need comfortable footwear. Mountain shoes or sneakers are the right choice.
- No smoking. Orangutans like to imitate human activities, so when visitors smoke, they can also smoke.
- Follow the tour guide's instructions. When you explore the Samboja Lestari forest follow all the instructions given by the guide, such as not taking flash pictures, not making noise, not approaching, not feeding anything.
- Additional equipment. Prepare gloves and a hat, they will be very useful for some activities, especially those that have to go into the forest. Hand Sanitizer and reusable masks are also important during the Corona pandemic like now.
- *Keep clean.* Always keep the tourist attraction clean by disposing of garbage in its place.

ADVENTURE INFORMATION DICTIONARY

BIKING

This is different from cycling which tends to mean a round trip. Biking is a cycling activity that combines elements of sports, recreation and adventure. One of them is mountain biking that uses bicycles and is designed for off-road or all-terrain travel.

BIRDWATCHING

Or also called Birding, is one of the ways to observe wild animal, in the term of aves, which is in the form of recreation and science. This activity can be done with bare eyes, or using visual increasing tools such as binoculars and telescope, by listening to the bird voice, or by watching webcam provided for public.

CAVING

Exploration of the cave with a variety of ways and techniques. But in essence it is an activity to explore the system contained in the cave, both the rocks and ornaments, the biological aspects in it, to other natural beauties.

CHSE

CHSE Certification Program or Clean, Health, Safety and Environment is a process to give certificate to the tourism business, other business/facilities related to the community environment and tourism destinations.

DIVING

Or Scuba Diving, is a underwater diving mode, in which the diver uses independent underwater breathing-aid tool (scuba), which is fully cut off from the surface supply to breath underwater.

GLAMPING

It is an English term, first appearing in the UK in 2005. This term is a combination of “glamour” and “camping”. This activity is camping with star hotel style facilities (from 1 to 5 stars). Glamping has become very popular among today’s travelers who are looking for the luxury of hotel accommodation in addition to adventure and recreational camping adventures.

RAFTING

Or whitewater rafting, which in Indonesian is termed as *arung jeram*. This outdoor recreational activity uses an air-filled rubber boat (which is pumped into the boat) to navigate rivers or other bodies of water. Rafting is carried out in a team, together pedaling using a paddle with one captain (skipper) behind. Meanwhile, whitewater rafting is categorized into 6 classes based on the level of difficulty. Rafting is different from canoeing which uses canoe boats.

HAMMOCKING

Activity on a hammock, it is usually done by swinging slowly which leads to sleep. This activity is usually done alone or together, depending on the capacity and strength of the hammock itself.

ROCK CLIMBING

A sport in which a person climbs up, go down or cross natural rock formation or artificial rock wall. The goal is to reach the top of the formation or the final point of the route which has usually been determined before, without falling down. Rock climbing is a sport which requires physic and mental, often to test the strength, endurance, agility, and balance of the climber altogether with mental control.

HIGHLINING

This is a relatively new adventure activity at Mount Hawu Citatah, Cipatat. Basically, it is a slacklining activity (climbing a strong and wide rope or ribbon) with total balance on a cliff or ravine, or a certain height. To provide security, tourists usually use belts, ropes equipped with hook rings to the main ropes.

SNORKELING

One of swimming sports wearing face masker and using snorkel. Snorkel is a hose used in mouth to help to breath when swimming with the face under water surface.

SWINGING

Basically, this is a swing activity using a rope. But then it developed and became one of the adventure tourisms because it is done in the wild. The types of swinging are increasingly diverse, even extreme swinging that challenges courage.

TREKKING

It is a kind of walking activities done with specific goal to explore and enjoy the views. It is usually done in a footpath in a forest which remains relatively natural.

TREE-PLANTING

An activity in the form of planting tree-seed process, generally for forestry, field reclamation, or landscape needs. Trees contribute to the environment for the long term by providing oxygen, improving air quality, climate improvement, water reservation, soil reservation, and supporting wild life.

TOURING

This is a long trip out of town, across provinces, and across islands together with community members. This is usually done within a few days by stopping at one location and moving to another. A touring group is usually led by a leader, then a guide, and finally a sweeper. The trend of touring using a motorbike is one of the many adventurous activities carried out after the Covid-19 pandemic.



POLICE STATION AND HOSPITAL DIRECTORY

HARAU VALLEY

Police Office

Lima Puluh Kota Resort
Police
Distance : 10,2 km
Address: Sarilamak,
Harau, Kabupaten Lima
Puluh Kota
Phone: (0752) 7050510

Hospital

RSI Ibnu Sina
Payakumbuh
Distance: 18,4 km
Address: Jl. Veteran
No.14, Koto Baru,
Balai Janggo, Kota
Payakumbuh
Phone: (0752) 92222
RSUD Dr Adnaan WD
Distance: 18 km
Address: Jl. Ade Irma
Suryani No.20, Labuh
Baru, Kec. Payakumbuh
Utara, Kota Payakumbuh
Phone: (0752) 796152

CITATAH

Police Office

Cipatat Sector Police
Distance : 14 km
Address: Jl. Raya
Rajamandala No.434,
Rajamandala Kulon,
Kec. Cipatat, Kabupaten
Bandung Barat
Phone: (022) 6900110
Padalarang Sector Police
Distance: 3 km
Address: Jl. Raya
Purwakarta No.89,
Kertamulya, Kec.
Padalarang, Kabupaten
Bandung Barat
Phone: (022) 6809110

Hospital

RS Cahya Kawaluyan
Distance: 11 km
Address: Jalan
Parahyangan Raya No.Km
3 Cipeundeuy Padalarang,
Kota Baru, Parahyangan,
Kabupaten Bandung Barat
Phone: (022) 6803700
Padalarang IMC Hospital
Distance: 11 km
Address: Jl. Raya
Gadobangkong No.173,
Cimareme, Kec. Ngamprah,
Kabupaten Bandung Barat
Phone: (022) 6620965

UBUD

Police Office

Gianyar Sector Police
Address: Jl. Raya Andong,
Peliatan, Kec. Gianyar,
Kabupaten Gianyar
Phone: (0361) 975316
Gianyar Resort Police
Address: Jl. Ngurah
Rai-Gianyar, Gianyar,
Kec. Gianyar, Kabupaten
Gianyar
Phone: (0361) 943110

Hospital

BIMC Ubud 24 Hours
Medical Center
Address: Jl. Raya
Sangganing No.21,
Kedewatan, Kecamatan
Ubud, Kabupaten Gianyar
Phone: (0361) 2091030
Ari Canti Hospital
Address: Jl. Raya Mas
No.88x, MAS, Kecamatan
Ubud, Kabupaten Gianyar,
Phone: (0361) 974573



SAMBOJA

Police Office

Balikpapan Utara Sector
Police

Distance: 37 km

Address: Jl. S. Hatta

Km. 0.5, Muara Rapak,

Balikpapan, Kota

Balikpapan

Phone: (0542) 422391

Samboja Sub Sector Police

Distance: 6.5 km

Address: Simpang tiga

samboja, Sungai Seluang,

Kec. Samboja, Kabupaten

Kutai Kartanegara

Hospital

RSUD Aji Batara Agung

Dewa Sakti

Distance: 7,8 km

Address: JL. Balikpapan

- Handil, Sei Beluang,

Sungai Seluang, Kec.

Samboja, Kabupaten Kutai

Kartanegara

Phone: (0542) 7215367

POSO LAKE

Police Office

Pamona Utara Sector
Police

Address: Jl. Setia Budi

No.129, Tentena, Kec.

Pamona Utara, Kabupaten

Poso

Phone: (0452) 21818

Hospital

Hospital of Sinar Kasih

GSKT Tentena

Address: Jl Setiabudi 98

Tentena

Phone: (0458) 21904

RAJA AMPAT

Police Office

Raja Ampat Sector Police

Address: Jl. Bhayangkara

no. 1 Kota Waisai, Raja

Ampat Waisai

Phone: (0956) 2220

Hospital

RSUD Raja Ampat

Address: Jl. Poros Waisai-

Warsambin, kelurahan

Bonkawir, Distrik Waisai

Kota

Phone: 0853 9582 8989



**INDONESIA
CARE**

PARIWISATA INDONESIA SIAP!

Cari dan temukan usaha pariwisata tersertifikasi CHSE disekitar Anda

Ketuk lokasi yang Anda inginkan

Pilih dari Tema
Lokasi

Hotel

Rumah
MakanDaya Tarik
WisataArung
JeramPondok
Wisata

Selam

Usaha
Transportasi
Wisata

Golf

CLEANLINESSE



HEALTH



SAFETY

ENVIRONMENT
SUSTAINABILITY

SCAN AND FIND THE INFO

Ministry of Tourism and Creative Economy's CHSE information can be obtained by scanning the following QR Code



Information on tourism industry players who have been certified CHSE can be obtained by scanning the following QR Code;



Direct questions and answers using WhatsApp about CHSE can be done by scanning the following QR Code;



Adventure Tourism a la CHSE

Clean, healthy, safe and always preserve the environment. That is the spirit of traveling that has always been echoed by the Ministry of Tourism and Creative Economy through CHSE (Cleanliness, Health, Safety, Environment) since two years ago.

All information about CHSE governance can be accessed through the website <https://chse.kemendparekrif.go.id/>

CHSE applies to all stakeholders of the tourism industry, including tourists. This is done so that the tourism industry in Indonesia runs much better, especially by paying attention to aspects of cleanliness, health, safety and environmental preservation.

The birth of CHSE governance cannot be separated from the role of the Ministry of Tourism and Creative Economy in maintaining the entire tourism ecosystem. This includes adventure tourism.

The website is equipped with guidelines for implementing CHSE from various fields. These include hotels and accommodations, restaurants, tourist attractions, white water rafting, tourist lodges, diving, tourist transportation businesses and golf locations.

To ensure the location or tourism industry players who have received a certificate, an I Do Care label will be put on. Travelers can find it to ensure their vacation is safer and more comfortable.

Meanwhile, tourism actors or entrepreneurs who have not obtained CHSE certification can immediately register online to the CHSE website of Ministry of Tourism and Creative Economy.

CHSE CERTIFICATION

CHSE Certification is the process of granting certificates to Tourism Businesses, Tourism Destinations, and other Tourism Products to provide guarantees to tourists for the implementation of Hygiene, Health, Safety, and Environmental Preservation.

Currently tens of thousands of tourism industry players have CHSE certification. To ensure who and where are certified tourism actors, tourists can check them at the following website addresses: <https://chse.kemendparekrif.go.id/tersertifikasi>

ADVENTURE TRAVEL
DESTINATION
RECOMMENDATIONS

This Book of 6 Indonesian Adventure Travel Destinations presents complete and comprehensive information about the six tourist destinations.

The six destinations include the Harau Valley (Sumatra), Citatah (Java), Samboja (Borneo), Poso Lake (Sulawesi), Raja Ampat (Papua) and Ubud (Bali).

Various adventure activities are presented in this book according to the facilities available at each location. In addition, there is a choice of typical hotels as well as culinary guides at the tourist sites.

There is also the option of one-day trip adventure. Even though the tourists only have a short time, they can still enjoy the thrill of adventure.

As a complement, there are also explanations about adventurous activities, tips and tricks, including an information directory for the nearest police stations and hospitals.



**Ministry of Tourism and
Creative Economy
Republic of Indonesia**

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Jalan Medan Merdeka Barat No. 17
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