

LIST OF RECOMMENDED EXCURSION IN LOMBOK

(Please contact us for detail pricing)

LOMBOK HIGHLIGHT

(Light trekking and light shopping)

On the lower slopes of Gunung Rinjani, Senaru village is braced by cool refreshing air. From here you will be rewarded with views of Rinjani to the south and views of the ocean to the west. Once a secluded mountain settlement sheltered from the outside world, this village with its traditional style homes is fast becoming a tourist's escape from the heat of the coastal regions. Sendanggile is a place where the water comes straight off one of the highest peaks in Southeast Asia. Wade in what is considered to be some of the cleanest, and freshest water in Indonesia. A soft trek for approximately 30-40 minutes, you will find Tiu Kelep waterfall. Here you can rest and swim in the cool waters of the pool formed by the waterfall. Continue to Bayan village, home of The Wetu Telu religion and Muslims who arrived in Lombok during the 16th century. After enjoying the waterfalls, proceed to the traditional village of Sembalun Valley on the eastern slopes of Mount Rinjani. Natural wildlife, traditional village crafts, and stunning views await. Continue to Sapit village with its stunning views to the next island in Indonesia's archipelago to Sumbawa Island where the annual rainfall is very low in comparison with Lombok.

Duration: 8 Hours – suggested departure 8.30 a.m.

VILLAGE LIFE & CULTURE TOUR

(Culture and shopping)

Experience Lombok's unique Sasak-Hindu Temple at Lingsar. Lingsar is the most important temple on the Island. Built in 1714, the temple is comprised of areas for the Sasak's and the Balinese, with the latter higher and to the North. Once a year the Sasaks and Balinese hold a ceremonial *war*, in which they pelt each other with *Peran Topat* (rice cakes). After a visit to this unique temple gain an insight into traditional daily life by visiting the village of Nyiur Baya. The durable and famous "Ketak" handicrafts are made here.

See Lombok's residents earn their living working in the rice fields and transporting sand from the river to be later sold as building materials. Afterwards visit the Royal Palace "Narmada". Built in 1805, originally as the Raja's (King's) summer palace.

Within the garden compound, is a lake said to represent the crater lake of Lombok's volcano, Gunung Rinjani. When no longer able to climb the great mountain for spiritual inspiration, the Raja could gaze on its likeness. Lotus filled ponds and terraced gardens recall royal splendors of the past. From the palace continue to the weaving village of "Sukarara" to see the traditional weaving for sale followed by a visit to the nearby village of Banyumulek, where Lombok's famous hand thrown pottery is produced.

Duration: 8 Hours – suggested departure 8.30 a.m.

TRADITIONAL SASAK TOUR (Culture and shopping)

This full day tour to southern part of Lombok introduces various aspects of traditional Sasak lifestyle, culture and handicrafts. The tour begins at the unique Sasak-Hindu Temple at Lingsar. Lingsar is the most important temple on the Island. Built in 1714, the temple is comprised of areas for the Sasak's and the Balinese, with the latter higher and to the North. Once a year the Sasaks and Balinese hold a ceremonial *war*, in which they pelt each other with *Peran Topat* (rice cakes). From the palace continue to the weaving village of "Sukarara" to see the traditional weaving on sale. Continuing to Lombok's southern shores, you will pass through the traditional village of Rambitan a community of self sufficient Sasaks. On the way you will notice the dramatic change in landscape when mountains appear to rise from the sea. Visit Tanjung A'an and at the spectacular Putri Nyale Beach where according to Lombok legend a few nights after the full moon in the 10th month of the Sasak calendar, millions of worms swarm to the surface of the sea. Believed to be part of the body of Princess Mandalika who sacrificed herself to avoid war between Lombok princes. The worms are gathered, grilled and eaten or spread as fertilizer on rice fields in the south at Lombok's very own Kuta.

Duration: 8 Hours – suggested departure 8.30 a.m.

BAYAN HERITAGE TOUR

(Culture)

The road north runs along black sand beaches and a secret underwater fresh water spring (no time to stop- 2km from shore) frequented by thirsty fishermen. One of the few places on earth where you can drink water from the sea. Stopping at the traditional village of Segenter, a small settlement of typical, traditional Lombok living. A good place to wander, and see local people going about their daily routines. In the mid-day sun, local villagers can be seen resting in shady bales (raised grass covered pavilions). The people of Segenter lead an almost self-sufficient life; as they produce almost all of the staple goods necessary for their daily lives. Continuing onwards and northwards, stop next at the village of Bayan, 700 meters above sea level on the slopes of Mount Rinjani. Explore its unique Moslem Wetu Telu religion and the ancient Mosque (the oldest standing one on the island). The original Sasak customs (a mixture of Muslim and Animist beliefs) cannot be found easily elsewhere on Lombok.

Duration: 6 Hours – suggested departure 9:00 a.m.

BENANG SETUKAL & RICE TERRACES

(Culture-adventure)

Visit the unique Sasak-Hindu temple at Lingsar, and continue through the most agricultural growing areas of Lombok to the spectacular mountain village and Hindu Shrine at Suranadi. Continuing on you reach the magnificent twin waterfall of Benang Setukal, which is set amongst tranquil and lush rainforest surroundings. Afterwards visit the traditional and unique weaving village at Sukarara and onwards to, the clay pottery industry at Banyumulek. The return route will bring you through the main tourist resort area of Senggigi, which winds its way back to The Oberoi along stunning sea-view cliffs and traditional villages.

Duration: 8 Hours – suggested departure 8.30 am

TEBANGO TREKKING

(Culture-adventure- minimum 2 persons)

The seldom recognized, but anthropologically important Buddhist community at Tobango, are thought to be the original settlers of Lombok. Studies have shown that the ethnic Sasak's originated near Myanmar (Burma) and northern India. On the way to this Buddhist village you pass through the traditional market at Pemenang where the locals do their shopping. Farmers and fishermen come from the nearby villages to sell their merchandize from sunrise until 11.00 a.m. A trek ahead through for approximately 2 hours through bamboo forests, bubbling streams and a steep mountain pass will lead you to the traditional Buddhist village rarely visited by tourists. Visit the ancient Buddhist shrine while exploring this simple village set upon a plateau with some of the best views of Lombok's three Gili islands.

Duration: 4 +- Hours – suggested departure 8.30 am

PUSUK TREKKING

(Culture-adventure minimum 2 persons)

Drive through the tropical rainforest inhabited by roadside monkeys and visit the traditional palm sugar (gula merah) processing village at Sideman. Your trek starts here through the rainforest with spectacular views of the ocean and countryside. Eventually you will find yourself in the resort area of Senggigi Beach where you can get some refreshment before continuing on northwards along the winding road studded with stunning sea-view cliffs and traditional villages all the way to The Oberoi, Lombok.

Duration: 6 Hours – suggested departure 8:30 a.m.

Picnics box to take along with you for your adventure are available from
The Oberoi, Lombok.

Please inquire at The Reception Pavilion with any of the Guest Assistants.

THE BEACH CLUB AT THE OBEROI, LOMBOK

Water Sports

The following water sports are complimentary at The Jetty from 10.00 a.m. to 5.00 p.m.

- Snorkeling
- Sea kayaking
- Windsurfing

The following additional water sports can be arranged through third party at a charge (Please contact us for the detail pricing):

- Beach drop to the Gili Islands
- Deep-sea fishing
- Scuba Diving instruction/ certification
- Snorkeling Trips
- Sunset cruises

Water Sports and Recreation

The Oberoi, Lombok's **Beach Club** is located at the south end of the property and features a PADI dive centre marine operation, managed by H2O Sportz. The Beach Club offers a wide range of water-based activities. Our dive centre offers full PADI training courses, scuba diving trips, snorkelling tours, and boat charters. To make a reservation, please dial ext. 777 or visit our staff at the Beach Club. Water sports equipment can also be obtained from the Beach Club with instruction on use, and suggested locations

The Gili Islands

Famous for their white sandy beaches, crystal clear waters and fringing coral reefs, the Gili Islands offer a perfect opportunity for a short escape or a day outing. The pace of life is unhurried with the only means of transport being a "Cidomo", a local pony and trap.

You don't need to take much more with you, other than snorkeling equipment, a good book, your swimsuit and sarong. Our Chef will be delighted to prepare a special Picnic Hamper lunch for you to enjoy during your island retreat. (24 hours notice is kindly requested).

Gili Air is within closest reach from the Beach Club and is the smallest of the islands. Gili Air has a small harbour to visit and a turtle nursery where baby turtles are reared and released into the wild.

Gili Meno is the next island from the Oberoi and the quietest of the three Gilis. For the avid snorkeller, the coral reef here is a must and for those who prefer terra firma, Gili Meno has a bird sanctuary, and is famous for its salt lake in the centre of the island.

Gili Trawangan is the largest of the group, and by far the busiest. The island is distinguishable due to its large hill at the island's centre. Here there are many small hotels, restaurants.

SCUBA DIVING

Few activities offer as much adventure and enjoyment as SCUBA diving. During your stay at The Oberoi, you can enjoy a full range of PADI dive training, and dive trips to all of the popular sites around the Gili Islands. Learning to scuba dive is safe, easy and fun. The Oberoi PADI dive centre is located at our Beach Club.

Fun Divers (qualified)

Upon presentation of your dive card, our staff will be happy to provide you with several diving options, and assist in planning your underwater itinerary. All of our dives are carefully planned and guided by qualified dive staff. For those divers who have not dived in a while, it is wise to join in a refresher dive to brush up your skills. Ask Beach Club staff for details.

PADI Scuba Diver Course

PADI has recently introduced this exciting new course designed for those who wish to become a certified diver but have limited time. This certification will allow you to dive to depth of 12 meters and can be credited towards the PADI **Open Water Dive Course**. See our Beach Club staff for more details.

PADI Discover Scuba Diving Program

This is an ideal introduction to the wonders of scuba diving and much easier than most think. With the *Discover Scuba Diving Program* you will be guided through basic diving theory and skills to prepare you for the mysteries of the underwater world. Under the direct supervision of your PADI dive instructor, you will be taken on an underwater tour of one of the many exciting dive locations. The Discover Scuba experience takes approximately two hours, after which you will feel confident and eager to explore our many coral reefs with your instructor.

PADI Open Water Diver Course

This certification program is your passport to an exciting new world. The course will make you comfortable with the equipment, which is used to develop the knowledge and diving skills necessary for safe and enjoyable diving. The program can be completed in a period of three days and consists of classroom sessions, confined water training, and four open water-training dives. See our Beach Club staff for more information.

Refresher Dives

For those divers who have not dived in a while, ask one of our instructors for a refresher dive to brush up your skills

PADI Advanced Open Water Program

As an already certified diver you can acquire additional skills and knowledge to dive in more challenging conditions as well as visit a wide variety of new underwater environments. This course lasts for two and a half days and includes full equipment, boat fees and five specialty dives.

THE DIVE SITES

House Reef

Directly in front of The Oberoi is a colorful reef with a gentle slope that descends to 15 meters. An abundance of unusual reef fish, together with the gentle water conditions, makes this a great orientation to the diving that can be enjoyed on Lombok. Medana Bay has very little water movement making this an excellent habitat for the more unusual reef dwellers. Due to the Beach Club jetty's convenient location, the house reef also makes an excellent night diving experience.

Gili Trawangan

Only 20 minutes away from The Oberoi, Gili Trawangan has three excellent dive sites to offer.

Sunset Reef

This gentle slope of hard and soft corals descends to a depth of 25m/ 80ft. Hawksbill turtles are often sighted here along with inquisitive white-tip reef sharks. Just minutes into the dive one comes across a meter long blue giant clam (*Tridacna Crocea*) that will quickly close its mantle if disturbed. (Watch your fingers!)

Shark Point

This is home to a number of white-tip reef sharks. Here one can have close encounters with the reef sharks as they are now quite accustomed to divers. Another opportunity is to try your drift diving skills. The current at shark point can be quite strong, and it is recommended that this dive be left to the more experienced.

Malik Reef

This is an excellent drift dive. The sloping fields of colorful stag horn coral and huge gorgonian coral descend down to 30m/ 100ft. Green sea turtles, white-tip reef sharks, and abundance of colourful Indo-Pacific reef fish make this a magnificent dive.

Gili Meno

A little closer, only 15 minutes by our fast 9m/ 30ft dive boat. Here there are two more dive sites to explore.

Cabbage Patch

This underwater garden is a gentle dive. Starting in a garden of leaf coral that descends to 30m/100 ft., schools of unicorn fish, sergeant major fish, triggerfish and puffer fish are common encounters.

Meno Wall

From 5m/ 15ft below the surface Meno Wall descends to 25m/ 80ft. The wall, which is in two sections, harbours many species of marine life. Here, the comical clown fish will play in front of your mask, and the camouflaged cuttlefish will hover and dazzle you with flashes of colour. A great dive for all certification levels.

Gili Air

Our closest dive site, Han's Reef is on the North shore of Gili Air. Gili Air has a very beautiful coral garden, which supports a large array of interesting marine life.

Gili Air Wall - Simply a great drift DIVE!

Off-shore

15 minutes from The Oberoi, due North, lies Takat Malang. This is an undersea mound rising from 30m/100ft to 10m/ 33ft. The dive is planned as a multi-level deep dive to 30m/ 100ft. Here there are several coral heads to

explore and hide behind while creeping up on the sleeping reef sharks! Due to its depth and current, this dive is also only for experienced divers.

OTHER OCEAN ACTIVITIES

Snorkeling

Nothing can be as relaxing as floating amidst a beautiful coral reef watching the under sea life. Join our boat crew for a short ride to one of the nearby reefs. For those who have never tried, ask for a quick lesson from one of our Beach Club staff. Snorkeling is also available just in front of The Oberoi. The best place to start is from "The Jetty" at our Beach Club, continuing north along the Oberoi's coastline. Equipment and instruction can be obtained at the Beach Club.

Swimming

The Oberoi's main swimming pool is located in the centre of the resorts' reflecting pond feature. The forty meter arced infinity pool is salt-water chlorinated. You may swim at all times of the day or night. Please refrain from diving, as the pool has no deep end. Running on the pool patio deck is also not advised. One may also swim in the ocean in the resort bay. The seas tend to calm and there is no undertow.

Please note that whilst we do have Beach Attendants who watch over our guests, no lifeguards are on duty. Please pay special attention to your safety when in the pool or sea.

Please note that the ocean's water is very shallow for approximately 25 metres just off our beach. There may be broken coral, sea grass and Sea Urchins in this area, so please watch your step, especially during low tide. Easiest access to deeper water is best obtained from the Jetty pontoon at the Beach Club.

Wind Surfing

Is available and can be done in the bay. We have two boards, which are kept at the beach club. Winds tend to pick up in the afternoon, and seas are generally calmer in the morning. For novices, instruction can be obtained at the Beach Club.

Water Skiing/ Boogie boarding

Meet with our Beach Club staff for more details and boat availability.

Sea Kayaks

Fiberglass sea canoes are located at the Beach Club. Please do not take the canoes too far into the bay as they can tip easily.

CRUISING

Snorkeling Trips to the Gili Island

Every day at 09:00 am our boat leaves for a ½ day trip to one of the Gili Islands. The boat normally goes to Gili Meno (the middle island) first for a chance to see giant sea turtles on the reef. Afterwards, you will visit the beach of one of the Gili's, where you can also snorkel or just sunbathe in paradise. There are restaurants on the islands if you would like to partake in some local cuisine or a Picnic Hamper can be provided from The Oberoi. (Please contact the Guest Assistant to organize). Local handicrafts are available by haggling with some of the beach vendors. All snorkeling equipment is supplied along with towels and drinking water.

Game Fishing

Lombok is famous for its white sandy beaches, crystal clear waters and Big Fish! Come aboard and try landing one. Some fishermen have been quite successful, landing catches of Spanish Mackerel, Barracuda, Wahoo, Giant Trevally, Mahi-Mahi, Juvenile Yellow Fin Tuna, and Blue Marlin.

Sunset Cruising

Why not finish your day with a panoramic sunset cruise aboard our traditional wooden outrigger. A variety of cold drinks and canapé's are offered to whet your appetite before dinner. The cruise circumnavigates the Gili Islands to view the spectacular sunset over Bali's Mount Agung Volcano. Leaves at 5:00 PM.

THE VESSELS

Private Charters

We can customize a Private Cruise to the three Gili Islands or to some of the beautiful bays of West Lombok. We have a selection of small boats to cater for any requirement. Picnic hampers can be arranged, or you may wish to try some of the local beachside restaurants on the Gili Islands. Game fishing, snorkeling or scuba diving is available. Visit the Beach Club and plan your half-day or full day itinerary!

Obe-One

7-Meter Glass Fibre Speedboat is available for charter to the three Gili Islands.

Obe-Two

8-Meter Glass Fibre Speedboat **is our game-fishing vessel.**

Obe –Three

14 meter Balinese Outrigger – This boat is hand crafted from solid teakwood with a natural finish, and is available for private charters around the Gili Islands or for cruising the beautiful coastline of Lombok.