

ID002 Lombok Love Affair 16 Days

**Your “Taste of Volunteering” Project:
Teaching English**



It is the local Sasak people who will guide your trek, and whom you – in turn - will assist by teaching English. Get immersed in the Sasak culture and way of life as you live in their village and contribute directly to their well being by actively participating in their village-based eco-tourism project.



Trip Highlights:

- Volunteering and living with the wonderful Sasak people
- The mountain resort of Tetebatu
- Rice fields and plantations
- Mt Rinjani National Park four day trek
- Gili Trawangan island - relax, sunbathe, swim, snorkel, horse ride or explore
- Luxury boutique hotels on Gili Trawangan & Senggigi Beach



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Day by Day Itinerary:

- Day 1** Arrive in Mataram, Lombok, drive to Tetebatu (D)
Day 2 Countryside Tour – pottery, weaving, fish markets (B,D)
Day 3 Hiking in Tetebatu, transfer to Senaru or Sembalun village (B,L,D)
Day 4-7 Trek in Mt Rinjani National Park (B,L,D)
Day 8 Panoramic walk in morning; teaching English in afternoon, in Senaru or Sembalun village (B,L,D)
Day 9 Optional morning hike; teaching English in afternoon (B,L,D)
Day 10 Free morning; teaching English in afternoon (B,L,D)
Day 11 Free morning; teaching English in afternoon (B,L,D)
Day 12 Drive to Bangsal and boat to Gili Terawangan island (B,L,D)
Day 13 Snorkelling, horse riding options on island (B,L)
Day 14 Village walk, boat and drive to Senggigi (B, L)
Day 15 Beach relaxation day (B)
Day 16 Morning in Senggigi; transfer to Airport (B, L)

Trip Description:

Day 1 You are met at Lombok's Mataram Airport by your English speaking local guide and transferred to Tetebatu village, a hill station with views of Mt. Rinjani providing an area perfect for relaxation and walks in the countryside.

Free time and stay overnight at a simple hotel.

Day 2 Countryside Tour (full day tour)
Today's tour will visit "Loyok Central Handicraft" and it is about 8 km from Tetebatu. Loyok village is famous for the bamboo crafts that it produces. Many local designs are created by skilled craftsmen working each day on an amazing array of products. We then visit a pottery making village "Masbagik" where the pottery products are gaining an international reputation for its quality workmanship. Pringgasela is a village known for its traditional weaving cloth, still produced on hand-loom by skilled women weavers.
We then go to the local market in "Paokmotong" where you observe the interaction between buyers and sellers. We continue to Tanjung Luar, a village of fishermen and the most colourful fish market in Lombok. Here you can go around the village and talk to the local people. We return to Tetebatu by a different route.



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Day 3 We walk to an isolated village through tropical forest inhabited by monkeys (we may even spot the rare ebony leaf monkey during the walk). We then follow a small river into which flows the Jeruk Manis Waterfall. You can enjoy the awesome views from the foothills of Rinjani Mountain.

We then return to the hotel, and in the afternoon we leave for Sembalun Lawang - about a two hour drive – where we check-in to our guesthouse and stay overnight.

Day 4 Trekking Mt Rinjani- 4 days/3 nights
We register at the Rinjani Information Centre (RIC) in Sembalun Lawang (1,156m), meet our guide and arrange National Park entry tickets.

We first visit the nearby Volcanology Centre to check the seismograph, learn about the volcano, and its pattern of eruptions. We return to the RIC for the briefing, describing the route details, local cultural traditions and what you might see, and explain rubbish management and safety procedures.

The trek starts from Sembalun Lawang with a gentle ascent walking through open grassland used as cattle grazing by the local people. Resting at Pos 1 Pemantauan (1,300m), after about three hours from Sembalun, we reach Pos 2 Tengengean (1,500m) enjoying the beautiful views of Mt. Rinjani's summit (3,726m). After another hour's ascent to Pos 3 Pada Balong (1,800m), we start the steep 3.5 hour climb amidst the pine-like Casuarina species locally known as *Cemara*, perhaps seeing evidence of wild pigs and the long-tailed grey macaque monkeys. The camp site at Plawangan 2 Sembalun crater rim (2,639m) is our resting point for tonight.

Day 5 A 3.00 am start is necessary for the hard three-hour climb to the summit (3,726m) on volcanic scree (loose rocks and stones). Savour feelings of satisfaction and enjoy the amazing sunrise views over Sumbawa and Mt. Tambora; to the west across the Wallace Line to Bali & Mt. Agung, and down to the lake Segara Anak (2,000m) inside the Rinjani crater. Return down the ridge passing numerous edelweiss plants to the crater rim camp for a well-deserved breakfast. It takes two to three hours down the steep trail to the crater-lake and tonight's camp. The rest of the day is spent relaxing,



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swimming in the lake and exploring the caves and soaking in the hot springs, believed to have healing powers.

Day 6

After breakfast we leave the lake and climb for two hours up to Plawangan 1 Senaru Crater Rim (2,461m). After lunch we enjoy the views of the lake from the other side, relax, explore and await the sunset. If the wind is cold, you may prefer to descend two hours to Pos 3 Mondokon Lolak and camp in the more sheltered forest.

Day 7

After breakfast we descend down the trail to Senaru village (601m), through thick tropical forests rich in flora, bird life and a variety of butterflies. You might see orchids and, if you are lucky, the rare black ebony leaf monkey, known locally as *lutung*.

Rest stops are taken along the way, with village stories and local legends related by your guide. Features include the Batu Penyesalan stone and banyan tree that looks like someone standing with their legs apart. After seven hours walk from the rim, (or five hours from Pos 3 Mondokon Lokaq), the trek ends at Rinjani Trek Centre at the road head in Senaru.

We report in and have a rest! The rest of the day is free to relax after checking-in at our guesthouse (a homestay option is also available).

Day 8

After breakfast, around 8.00 am, we commence a panoramic walk guided by female guides. This half day walk explores the foothills of spectacular Rinjani volcano in Lombok's northern district of Bayan. Starting near the border of Gunung Rinjani National Park, your route follows old pathways amongst shady bamboo groves, visits a traditional village to discover the highlight of Senaru before entering a wide, open landscape of rice terraces and palms. Following a winding irrigation canal you reach the lush rainforest of the famous Sindang Gila Waterfall Reserve.

Along the way, discover tropical plants as your guide explains how the local people make practical use of them. You should come across the cheeky long tailed monkeys and have another chance to spot the ebony leaf monkey.

Passing small hamlets where age-old traditions are practiced, you gain insight into the colourful village life of the Sasak people. There is always something interesting happening here as you meet local people and admire traditional houses along the way.



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Your Volunteer Project of teaching English by way of being a conversational reading partner to mountain guides, women guides and porters begins in the afternoon.

Day 9 Free time in the morning, although there is an optional visit to a “second waterfall”: Tiu Kelep. This is another hour’s walk upriver from Sendang Gila. The scramble over rocks through the tropical forest is rewarded by the beauty of the waterfall and you can swim in its deep pool. The locals say that every time you swim behind the main waterfall of Tiu Kelep you become a year younger, so keep swimming!

The volunteering work of teaching English to the mountain guides, women guides and porters continues in the afternoon.

Day 10 Free time
Relax and enjoy the rest of the time to observe the area of Senaru village.

The volunteering work of teaching English to the mountain guides, women guides and porters continues in the afternoon.

Day 11 Free time

The volunteering work of teaching English to the mountain guides, women guides and porters continues in the afternoon.

Day 12 After breakfast we say goodbye to our new friends and leave for Gili Terawangan. We drive from the village to Bangsal and from here take a small boat to Gili Terawangan. There are three small islands called “Gili Air, Meno and Terawangan” with beautiful reefs, and white sandy beaches. Check in at your luxury boutique hotel and have the rest of the day to relax.

Day 13 Free day -you can go around the island in a horse-cart ride, and other activities include snorkelling, scuba diving on the nearby reef, as well as horse-riding, fishing, cycling and swimming.



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- Day 14** After breakfast we take a boat to Bangsal then drive to Senggigi (about 2 hours), and check in at your luxury boutique hotel.
- Day 15** Free time to relax on the beach, and enjoy the luxury hotel.
- Day 16** On the last day you still have enough time during the morning to explore Senggigi before you leave. Your adventure finishes with a transfer out to the airport.

Comfort Level: 3/5

Accommodation is in luxurious boutique hotels (4 nights), simple hotels and guesthouses (8 nights), and camping (3 nights) with a homestay option in the village during the Volunteer Project.

Activity Level: 5/5

Min. Travellers per Group: 2

Max. Travellers per Group: 12

Police Check Required? No



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