



TRAIL RUN TOUR

BALI

COAST 2 COAST





WELCOME TO...

TOUR DE TRAILS' BALI 'COAST TO COAST' RUN TOUR OFFERING FIVE RUNS OVER SEVEN DAYS COVERING UP TO 100KM THROUGH THE HIDDEN & VIBRANT HINTERLAND OF BALI.

RUNNING THROUGH RARELY SEEN LANDSCAPES, YOU'LL GET AN INTIMATE EXPERIENCE OF THE 'REAL' BALI AWAY FROM THE HUSTLE OF THE POPULAR BEACHSIDE RESORTS. EN ROUTE YOU'LL CLIMB EXTINCT VOLCANOES, DIP INTO DEEP GORGES WITH TOWERING WATERFALLS, AND RUN THROUGH VERDANT RICE PADDY FARMLANDS AND SMALL VILLAGES.

In between running, we will stay in comfortable lodging of mostly 4* standard and most with swimming pools to cool down at the end of the day. There will be mid run swims at waterfalls. And plenty of time to explore local villages or just laze away soaking in the Indonesian sunshine and the odd Bintang.

All runs will be guided, although as per any Tour de Trails tour there's always a little bit of 'exploring' and 'adventure' as we go.

Transport will be via minivan on some windy mountain roads, so some transfers (i.e. the first on to the north of the island) will take up to 2+hours. But in general you are running from COAST to COAST - so you won't be in the bus much at all!

It's a tour, not a race, so there is ZERO expectation on pace. None. Go as easy as you like. Run when you can, walk when you have to. Or want to! It's that casual.

The weather will be hot and humid! So pack plenty of electrolytes and be prepared to carry more water than you may usually for the longer runs.

A NOTE RE LUGGAGE: we will have limited space for luggage so please try to minimize luggage to medium-size suitcases or duffle bags, rather than behemoth ones. Where possible, please consolidate your smaller bags into your single large suitcases.....

Aaaand welcome to the adventure....!

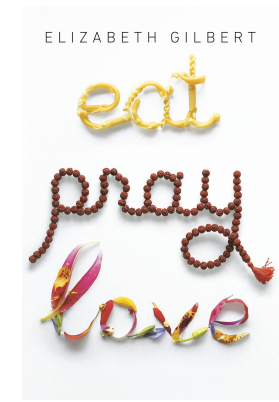
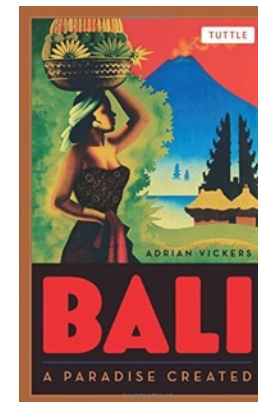
Recommended reading

Bali A Paradise Created

(2013, Non fiction) *by Adrian Vickers*

Eat, Pray, Love

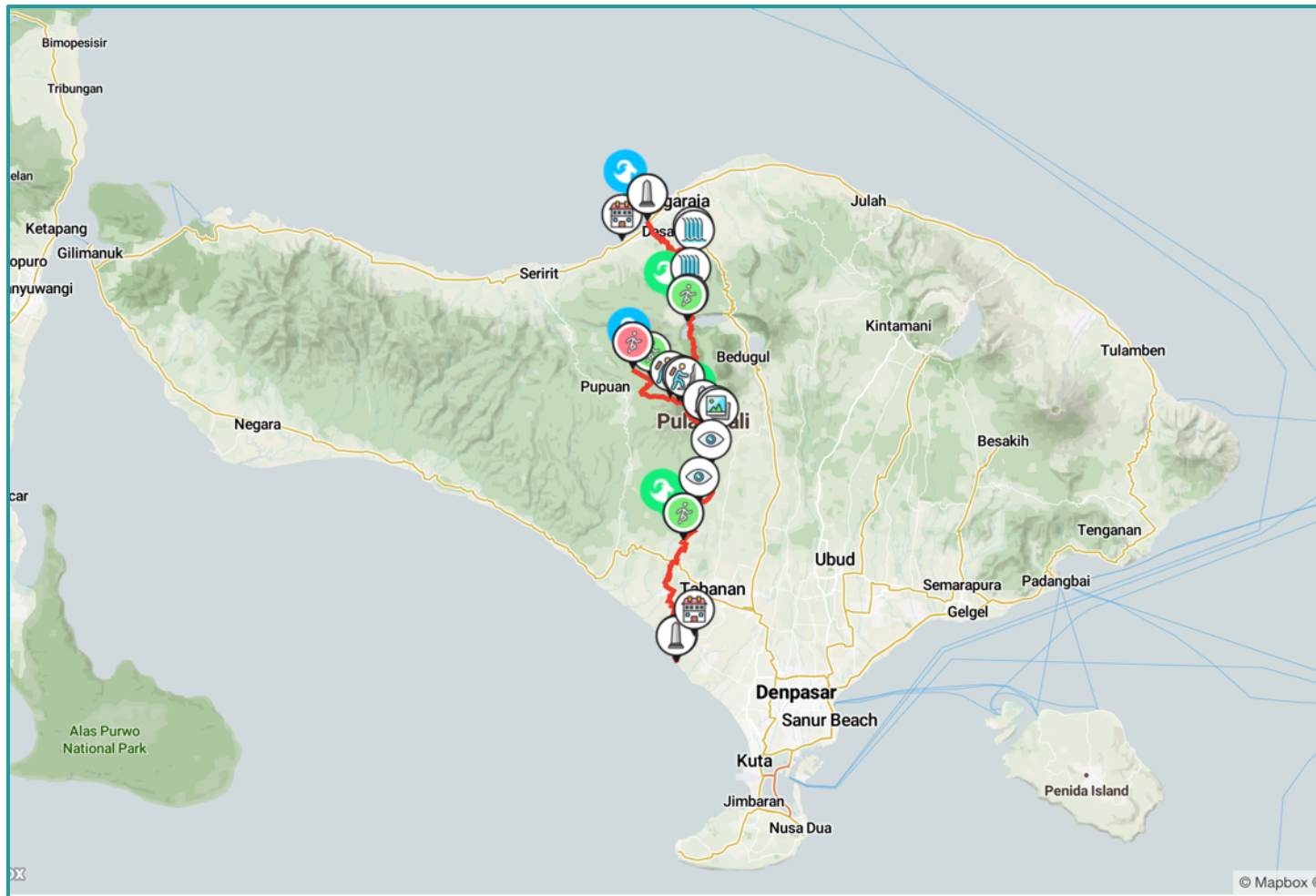
(2007, Non-fiction) *by Elizabeth Gilbert*





RUN SCHEDULE

OVERVIEW COLLECTION MAP VIEWABLE AT: <https://capra.page.link/UDPZ>



DAY 1

Transit Day

Canggu - Lovina

DAY 2

23km // 1640m ascent

Lovina - Aling Aling Waterfall
- Tamblingan Lakes

DAY 3

17km // 750m

Tamblingan Lakes - Umejero

DAY 4

16km // 1420m ascent

Umejero - Mt Batukaru -
Jatiluwih

DAY 5

23km // 400m ascent

Jatiluwih - Riang Gede

DAY 6

24km // 151m

Riang Gede - Tanah Lot

DAY 7

Transit Day

Canggu - Airport



WHAT'S INCLUDED

- 6 night's accommodation
- 5 runs over 7 days
- 2 x guides + safety on trail
- Local guide & driver
- Breakfasts (6)
- Lunches (6)
- Dinners (6)
- Van/luggage transfers
- Park entry fees
- Spa appointment (1hr)

WHAT'S NOT INCLUDED

- Alcohol
- Extra food, snacks
- Personal nutrition and hydration
- Travel / emergency insurance
- Medical costs
- Costs associated with medical extraction and associated extra accommodation, transport costs off tour due to early departure





DETAIL BY DAY

DATE	FROM	TO	RUN/ELEVATION	ACCOMMODATION	BREAKFAST	LUNCH	DINNER	TRAVEL/TRANSPORT
DAY 1 27/05/2024	Canggu	Lovina	NA	Villa Teman	X	✓	✓	Meet in Canggu Van transfer from Canggu to Lovina
DAY 2 28/05/2024	Lovina	Lake Tamblingan	23km / 1634m	Munduk Menir Villas	✓	✓	✓	Run/Van Support
DAY 3 29/05/2024	Lake Tamblingan	Umejero	17km / 742m	Atres Sari Resort	✓	✓	✓	Run/Van Support
DAY 4 30/05/2024	Umejero	Jatiluwih	16km / 1416m	Adhi Jaya Suite Bhuana Agung Villa	✓	✓	✓	Run/Van Support
Day 5 31/05/2024	Jatiluwih	Riang Gede	23.2km / 401m	De Moksha Boutique Resort	✓	✓	✓	Run/Van Support
DAY 6 1/06/2024	Riang Gede	Tanah Lot	24km / 151m	De Moksha Boutique Resort	✓	✓	✓	Run/Van Support
Day 7 2/06/2024	De Moksha Boutique Resort	Denpasar	NA	X	✓	X	X	Van transfer to Denpasar Airport



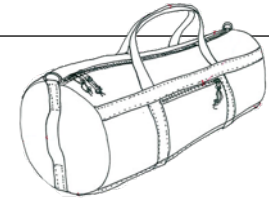
KIT LIST

Make sure to have your fave trail shoes packed and whatever running attire you feel comfortable in for 5-6 hours on trail daily. Things take a while to dry in the humidity, so we suggest taking more rather than less tees/socks etc - nearly one set per run day. A list of items to ensure you have:

- Running Hydration pack
- Bladder - preferably 2L given the heat and humidity
- Soft flasks x 2
- Nutrition - as per your needs. Some towns will have small shops to replenish lollies and basics but likely no specific run gels / powders etc, so please BYO.
- Hats - wide brim preferable given warm sunny days
- Run thermal top x 1 (safety)
- Wet weather jacket seam sealed x 1 (safety)
- Drybag x 1 (keep kit dry from sweat)
- Quick-dry towel (small) for mid and post run swims
- Snake bandage - yes there are some in Bali!
<https://finnsbeachclub.com/guides/the-ultimate-guide-to-snakes-in-bali-venomous-snakes-sea-snakes-and-more/>
- Buff / Headsock (NOTE: we will provide one)
- Sunscreen & personal first aid kit - as per you would have for any wild run (i.e. blister kit)
- Poles - not required on this tour but as you prefer
- Flip flops / sandals for post wear

A NOTE ABOUT RUNNING SHOES: we run on both firm / paved surfaces such as village roads, farm tracks and the like AND on proper trail (i.e. up and down the volcano). We suggest you definitely need trail shoes for day 2 & 3, but could get away with road shoes for the remainder. Best bet is to bring a pair of each type. If not, then a pair of trail shoes that you are comfy with on firm tracks and village roads.

BEFORE YOU GO CHECKLIST



- TRAINING** - anything in heat = good. Saunas = ace!
- FLIGHTS TO DENPASAR** have you booked them?
- KNOW** your flight times, advise Tour de Trails
- PASSPORT**
- MONEY** / access to money (for extras like alcohol, souvenirs. *Visit ATM at airport or in major town prior to leaving - you will need cash to pay for snacks and alcohol etc. Some accommodation will take card.*)
- RUN GEAR** checked & packed
- OFF TRAIL GEAR** packed
- TRAVEL INSURANCE** paid up
- PERSONAL MEDICINES** packed / health checked
- PERSONAL HYDRATION** (powders, pills etc) packed
- PERSONAL ENERGY BARS**/nutrition packed
- FLEXIBILITY** (body and mind) & **SENSE OF ADVENTURE** (and humour)
- CULTURAL SENSITIVITY**
- CONNECTED TO WHATS APP** - download the WhatsApp app and ensure you are connected to our Crete 2023 group chat for consistent group communications.



ARRIVAL INFORMATION

There are a few 'to knows' when arriving in Bali with regards to visas and the like. *It is your responsibility to ensure you have pre-prepared and have the required information prior to arriving at Customs!*

On arrival there will be THREE things asked of you as you move through the airport.

1. Tourist Levy (IDR 150, 000).

Easily paid beforehand through the link below.

The Bali Provincial Government has introduced a new tourist levy of IDR 150,000 per person to foreign tourists entering Bali. The tourist levy is separate from the e-Visa on Arrival or the Visa on Arrival.

Cashless payments can be made online prior to travel or on arrival at designated payment counters at Bali's airport and seaport.

See the [Bali Provincial Government's](#) official website and [FAQs](#) for further information.

2. Electronic Visa on Arrival [E-VOA] (IDR 500,000).

If you're travelling to Indonesia for tourism, official government duties or business meetings, you can [apply for an e-Visa on Arrival \(e-VOA\)](#) online at least 48 hours before your travel to Indonesia.

NOTE: We have previously tried to do this online before leaving and had troubles with glitches on the website. It is very easy to go and do this at the counter when you arrive in the terminal.



3. E-customs declaration.

We recommend doing this before you depart. Quick and easy and saves you having to muck around on your phone in the arrival's hall. Once you have completed online it will send you a QR code to show as you exit customs.

You'll be required to complete an [e-customs declaration](#) for arrival. You can complete this within 3 days of departure to Indonesia.

Further travel information can be found on Smart Traveller.

[Indonesia Travel Advice & Safety | Smartraveller](#)



PRE TRIP

ARRIVAL NOTES

If arriving at Denpasar on the Sunday or before, have fun exploring! Your guides will be arriving Sunday afternoon. We'd love to meet up with you that night in Canggu to say hello if you're around! Will post where we'll head for dinner in our WhatsApp group.

Our meet point on Monday 27th May 10am will be at a café in Canggu. Address and pinpoint to be supplied in WhatsApp in due course.

We will be driving to northern coast of Bali on the 27th with a little side trip to a waterfall to break the drive up. We will not be running on the 27th so casual clothes are fine.

DEPARTURE NOTE

We will be departing our accommodation near Tabanan on the final day 2nd June, at 9:30am sharp in order to arrive at Denpasar airport in time for check in for an 2pm scheduled flight.

We will be able to drop those staying on in Bali at a central location in Seminyak on the way to the airport.

GUIDE COMMUNICATIONS

Your guides will have their Australian mobile phone operational in Crete should you need to call.

Chris Ord
Mish Hooper

+61 (0) 430 376 621
+61 (0) 448 863 074



Guides will also carry a satellite phone for emergencies on trail (only). You should note the number:

+61 (0) 410 643 036

DAILY COMMS WHATS APP

We ask that all guests download the WhatsApp app onto their mobile phones. This will be the main channel of communications between guides and the group throughout the tour. We ask that you check it regularly for any messages - from dinner meeting spots and times, to changes in plans, or just a 'meet at the bar'!



We will add your mobile number in - so ensure it is accepted and that you get into the habit of checking it!



RUNS – BE PREPARED

How we will operate on trail

You will always have two guides with you on trail, usually one ranging somewhere near the front and another always at the very rear for safety.

By arrangement, you may run ahead of your guide (only after discussing safety particulars) but you must stop at any pre-arranged points or if you experience any navigational uncertainty (i.e. at a junction). You will only be allowed to run ahead if you have [CAPRA Mapping App](#) or [Gaia Mapping App](#) or another guide-approved app or GPS-enabled watch with pre-uploaded GPX files so you can follow the route accurately. Your guides can help set this up.

We will brief you each morning as to what to expect on the run. Please keep in mind and follow any special instructions on any given day.

On trail there are a few golden rules to abide by.

1. If you reach an intersection, do not proceed, do not make an assumption on direction, especially when unsure of direction. Wait for a guide to arrive and direct, unless you have already pre-arranged with a guide and agreed on moving ahead safely.
2. Never stop to rest in a position where if you would pass out, you would fall dangerously i.e. down a cliff. Wherever you stop you should be able to flake and not put yourself in danger!
3. Always alert your guide to any ailments no matter how minor.

Hydration

The usual rule applies – drink to thirst. However, remember that on most days it is likely to be warm-to-hot with high humidity, so be aware of your intake and ensure you remain hydrated.

We suggest an electrolyte mix to ensure you keep your electrolyte balance. We suggest carrying a minimum of 2L and a flask or two extra. Carrying more than sufficient water is not just to have adequate reserves for the run, but also for emergency and you are on trail for longer than expected.



Illness / issues

Please alert your guide to any issues as they arise in terms of your wellness, however minor. It is best we know of red flag issues earlier in order to attend and keep you on trail safely, rather than know about an issue too late and have to extract.

Food

Breakfasts will be taken at our accommodation daily. We will endeavor to get you all to breakfast as early as we can to ensure we are out on trail as before it gets too hot.

Lunch will generally be simple packed lunches including a local equivalent of a roll/sandwich, piece of fruit, packet of chips, a sweet and a small juice or similar. Sometimes we may take lunch in a café if we return from a run early enough. We will cover equivalent of AU\$20 per person for your lunch.

Dinner will be enjoyed together at our accommodation or restaurant each night. Sometimes we may order from a set menu to get a variety of different dishes. **Please note that alcohol is not included and is to be paid separately.**

Money (INR Indonesian Rupee)

\$1 AUD = 10,600 INR

\$10 AUD = 106,000 INR

\$100 AUD = 1,060,000 INR

Larger towns and cities such as Canggu and Lovina will have adequate access to ATMs and most establishments should take card.

Given Bali is very much used to tourists, most retail establishments and hotels will accept cards for payment, although some isolated tavernas, cafes, farm gate supplies or similar may only take cash or try the old 'our machine is offline' trick.

We ask that you have cash on you at all times and prepare for this by taking out money in Canggu or at the airport on the way in.

Towns with VISA ATMs we pass through include: Canggu (Day 1), Lovina (Day 1) and near Tabanan (Day 5/6). There may be other brand ATMs, although we cannot guarantee, so be prepared.

Some useful information on Bali ATM's can be found [here](#)



CAPRA MAPPING APP

Tour de Trails is proud to partner with [Capra App](#) to present all the mapping info you will need to get safely along the route of the Bali Coast to Coast.

WHAT IS CAPRA ALL ABOUT? CHECK THE WEBSITE OUT [HERE](#).

[DOWNLOAD CAPRA APP](#)

Basically it allows you to track where you are in relation to the prescribed route and other cool things - like where the accommodation is!

We have mapped each day's run as per the map images you see in this booklet.

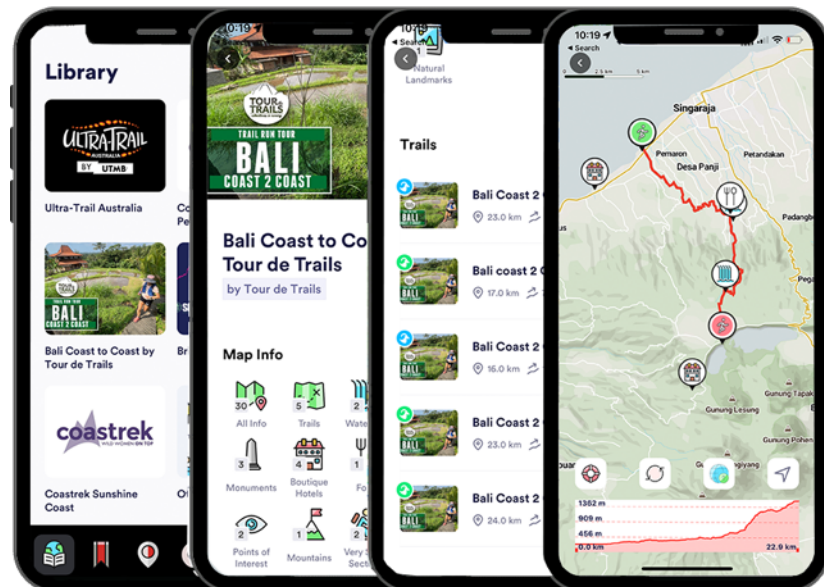
To see a particular day's run on your phone, download Capra App, then scan the QR Code in this booklet OR open the App and search for 'Bali Coast to Coast Tour by Tour de Trails'.

You can also view the dynamic maps on your computer or other electronic device via a regular browser like Safari of Chrome. Just *click* on the QR code in this PDF (it has a link embedded).

Also embedded in this document is a link to a GPX Download should you want to upload into your personal digital device (GPS wristwatch etc).

Using the Capra App on your phone is for in the field. Make sure at the start of each morning you open the Capra App and navigate to the appropriate day's map while you are still in Wifi or mobile service.

Once opened, find the day's map and hit the 'globe/lock' icon near the bottom. This will ensure your phone will store the map in the background, so you can still use the Capra Mapp in flight mode or while out of range to track where you are.





MONDAY 27th

MEET 10AM

Café **CANGGU TBC**

Our meet point on Monday 27th May at 10am will be at a café in Cangu. Address and pinpoint supplied in WhatsApp.

LUNCH ON TRANSFER TO THE NORTH 11AM-2PM

STAY Villa Teman - Lovina (below)

TUESDAY 28th

RUN

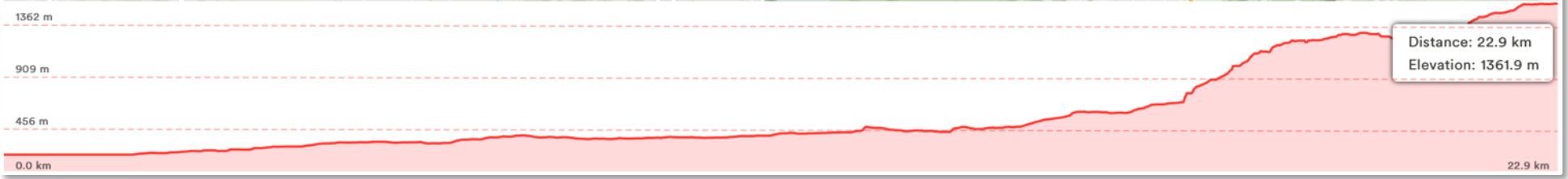
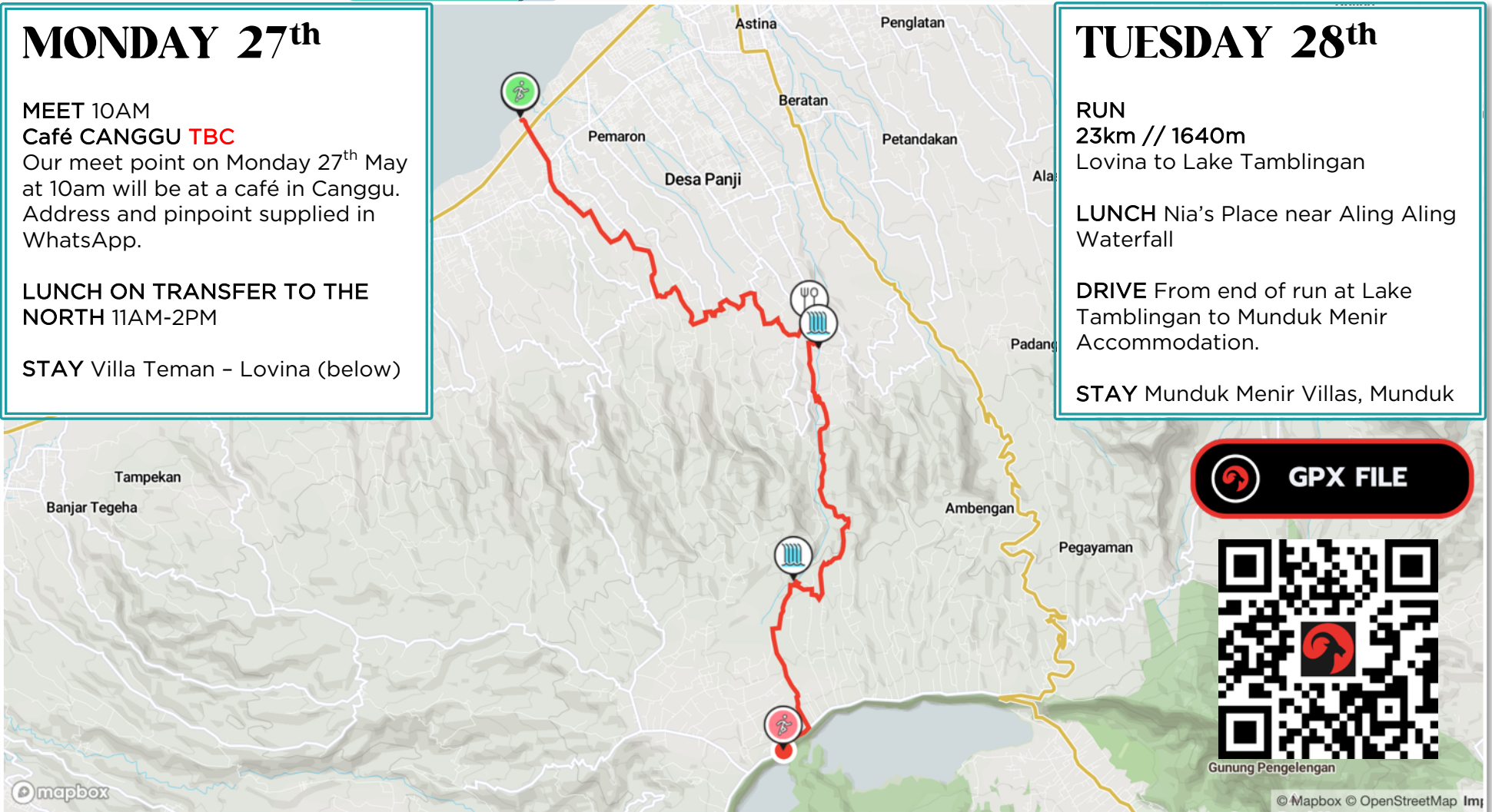
23km // 1640m

Lovina to Lake Tamblingan

LUNCH Nia's Place near Aling Aling Waterfall

DRIVE From end of run at Lake Tamblingan to Munduk Menir Accommodation.

STAY Munduk Menir Villas, Munduk





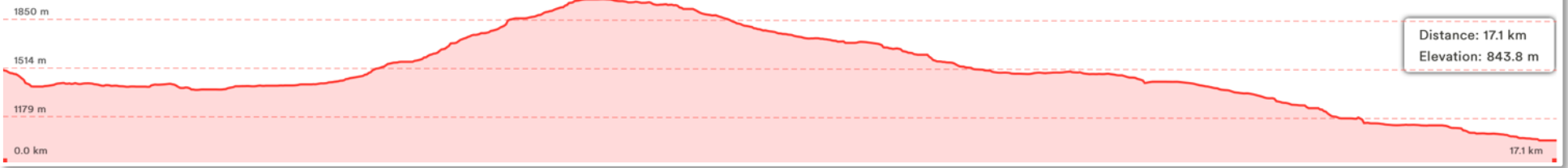
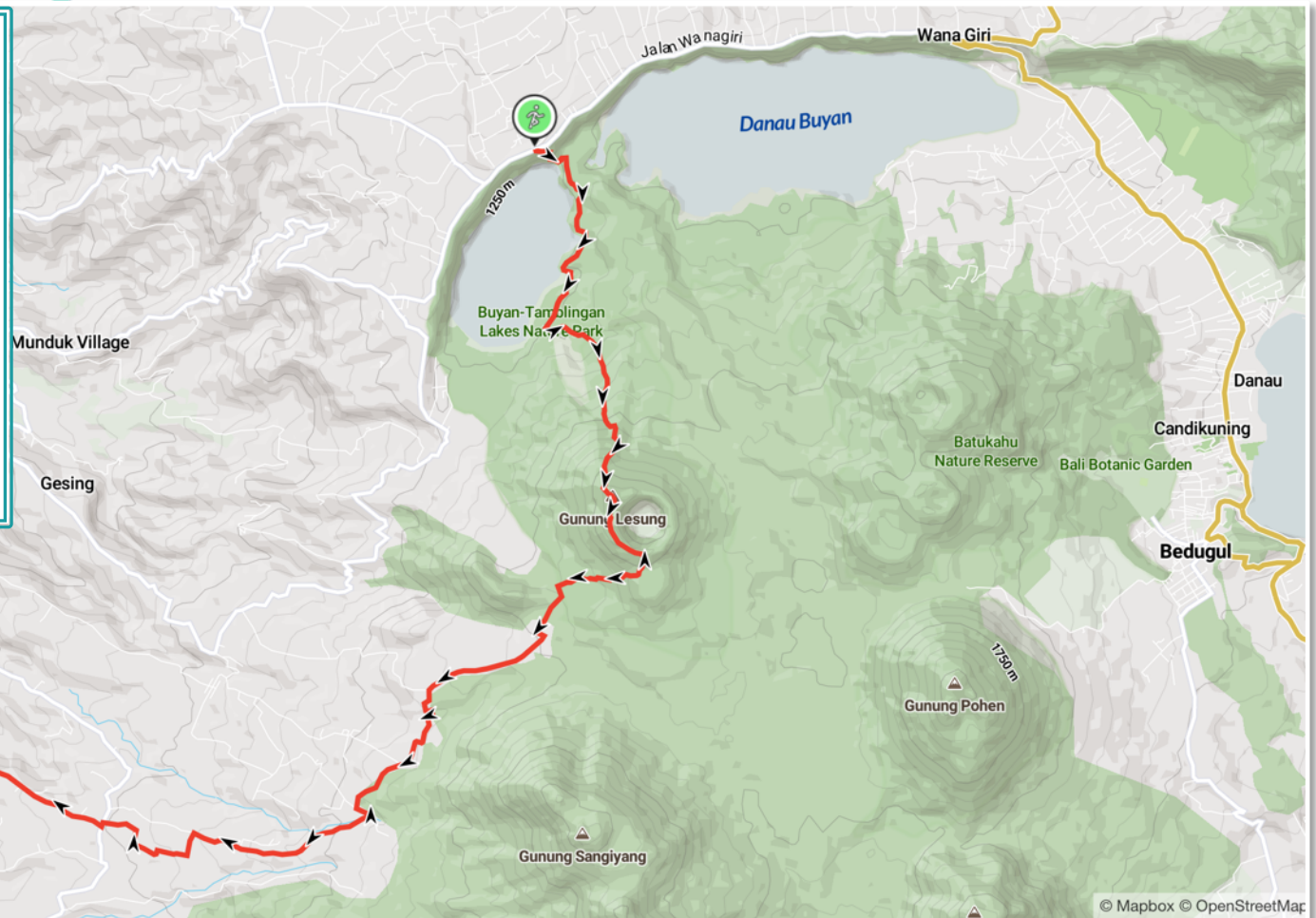
WEDNESDAY 29th

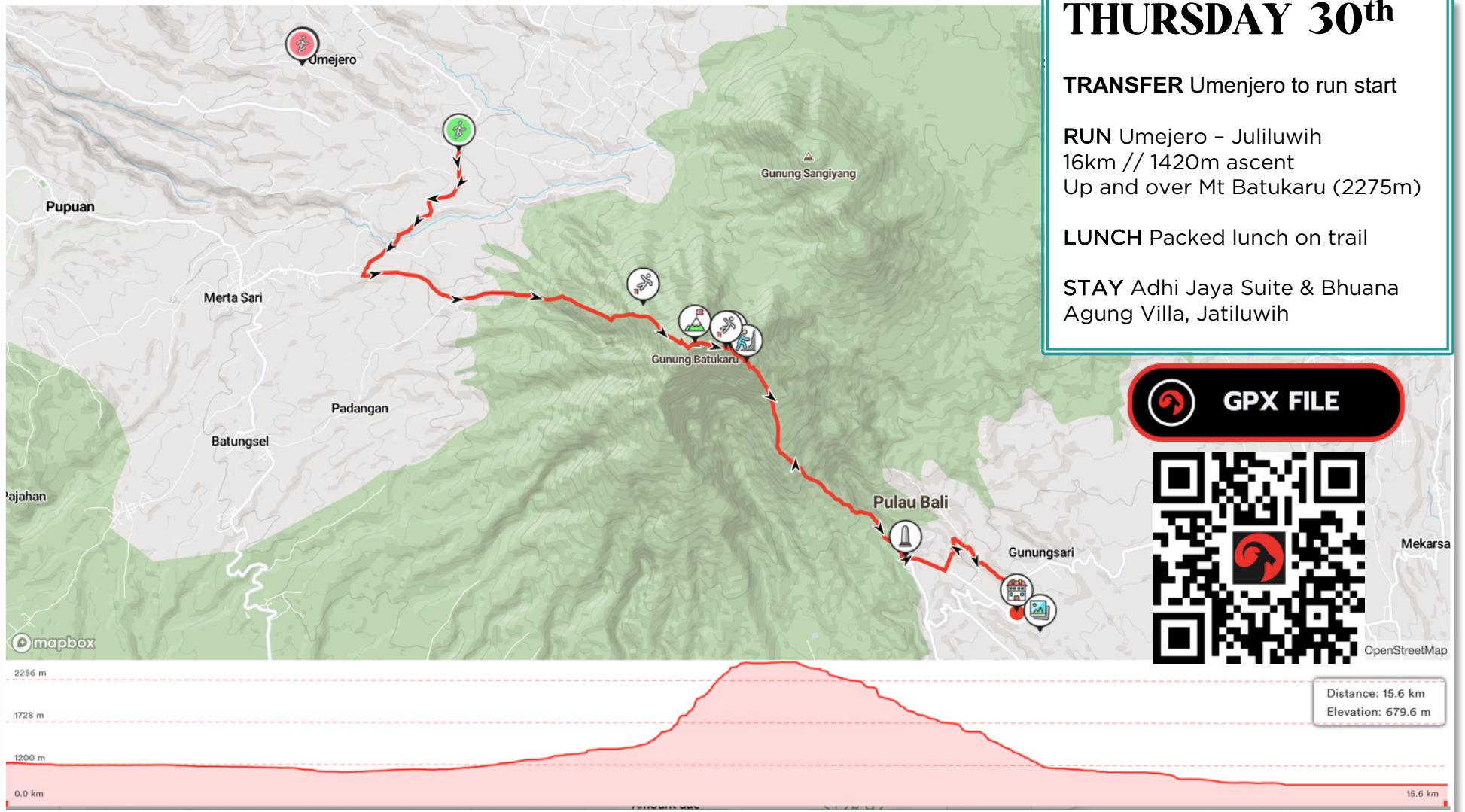
DRIVE From accommodation to the start of run at Lake Tamblingan

RUN Lake Tamblingan - Umejero
17km // 750m ascent

LUNCH Packed lunch on trail as we in remote areas on trail

STAY Atres Sari Resort, Umejero





THURSDAY 30th

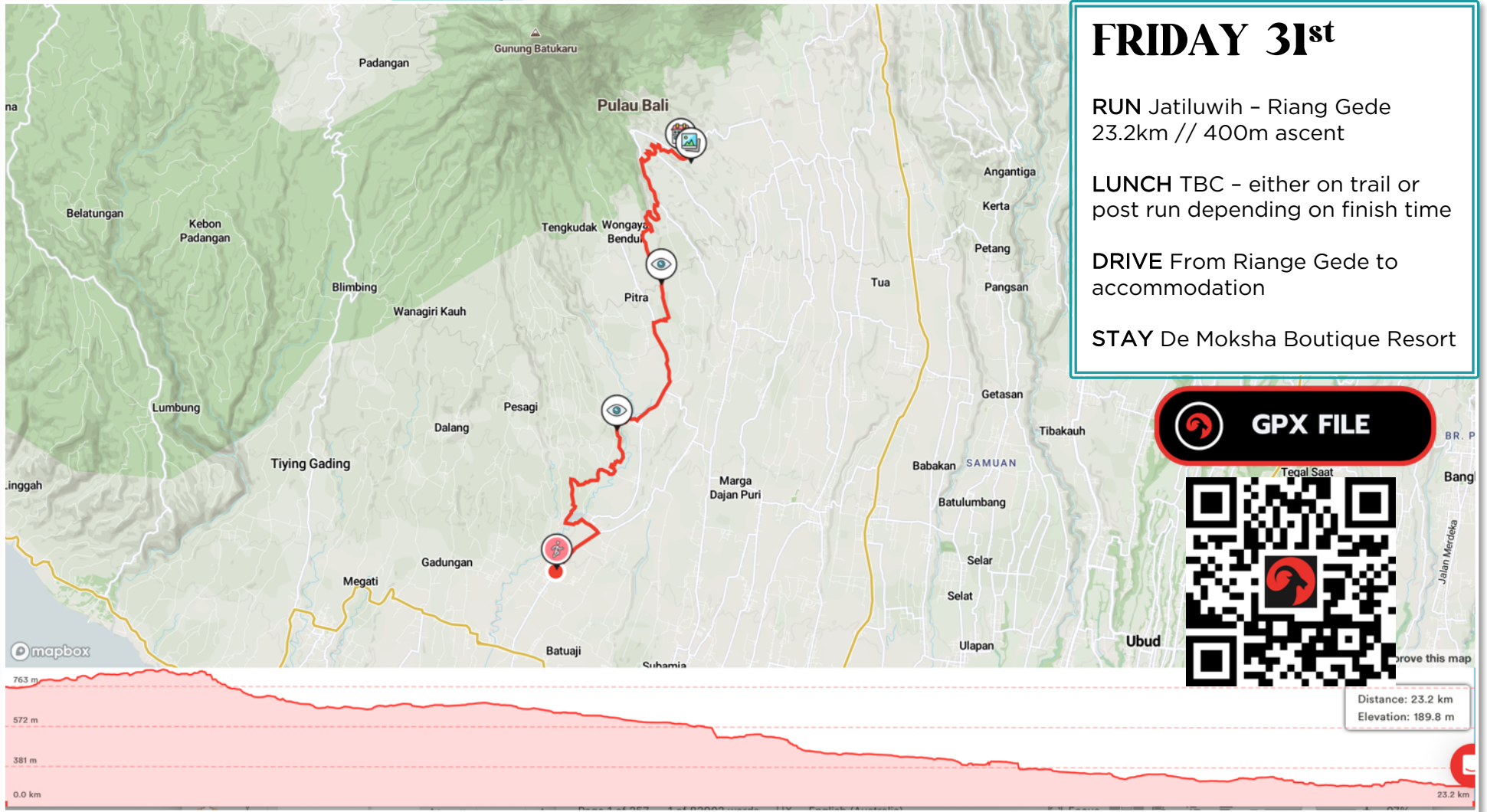
TRANSFER Umenjero to run start

RUN Umejero - Juliluwih
16km // 1420m ascent
Up and over Mt Batukaru (2275m)

LUNCH Packed lunch on trail

STAY Adhi Jaya Suite & Bhuana
Agung Villa, Jatiluwih







SATURDAY 1st

DRIVE From accommodation to the start of run at Riang Gede

RUN Riange Gede - Tanah Lot
24km // 150m ascent

LUNCH Post run celebration at Tanah Lot

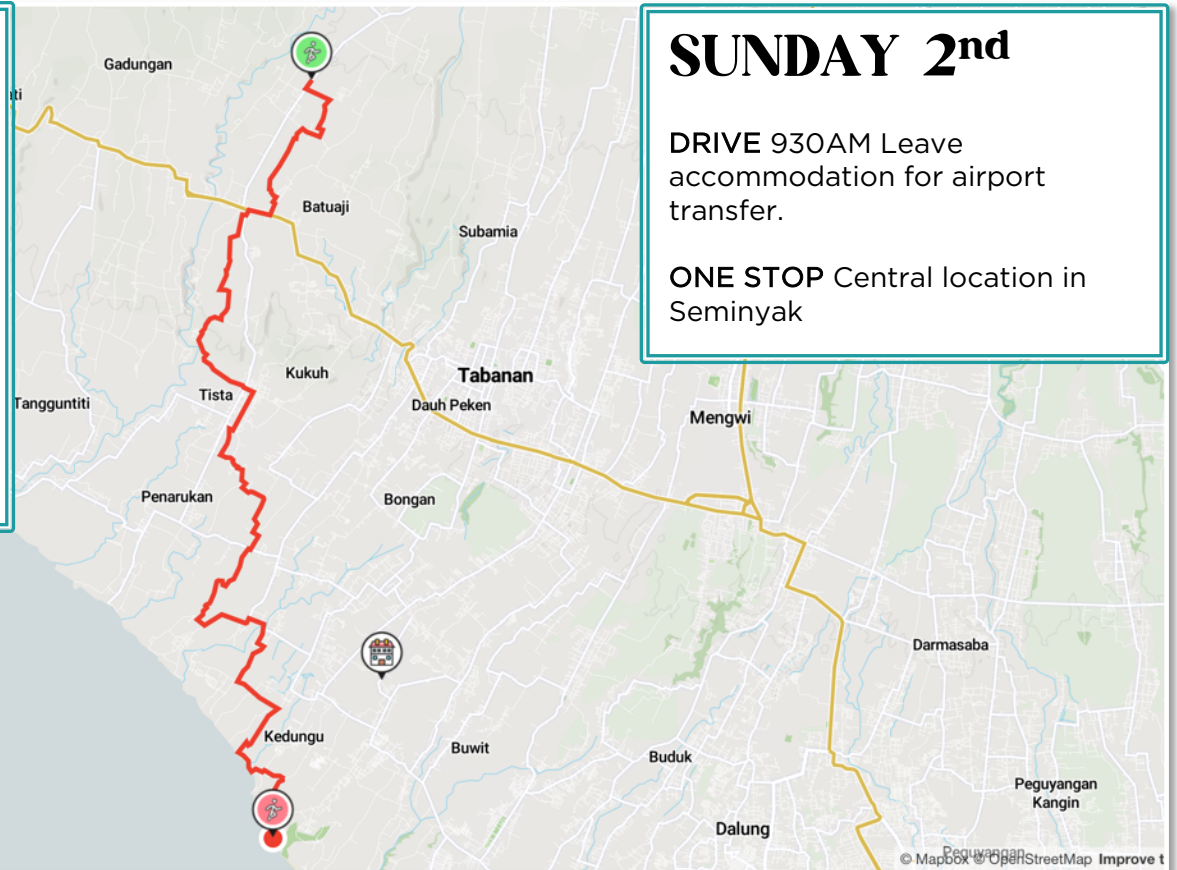
SPA treatment and CHILL PM

STAY De Moksha Boutique Resort

SUNDAY 2nd

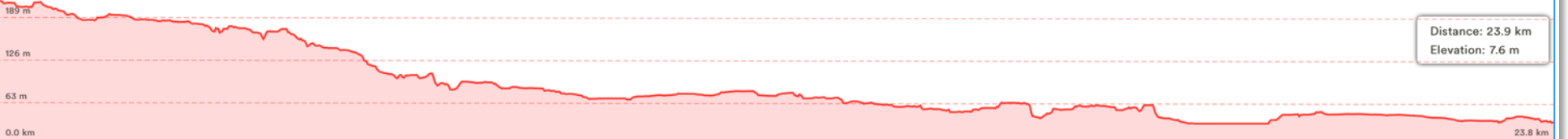
DRIVE 930AM Leave accommodation for airport transfer.

ONE STOP Central location in Seminyak



GPX FILE

mapbox



Thanks for joining us
on our Tour de Bali Coast to Coast!
We hope you enjoy the balmy adventure.

**ONE LIFE.
MANY TRAILS.**



www.tourdetrails.com

