



ACTIVITIES



Walks without guide

There are a lot of footpaths going through the rice fields and the clove gardens in the surroundings of the Lesong Hotel. Feel free to explore the area by yourself. Our staff will help you with directions to find the nicest routes.

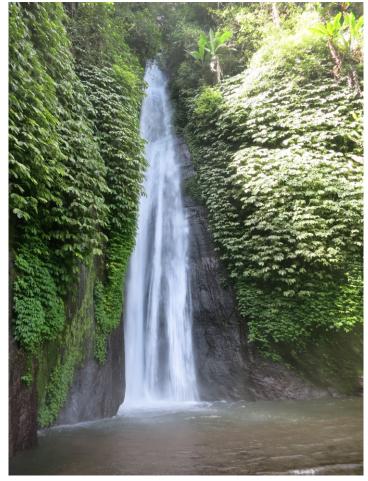
Gesing to Munduk

There are several nice paths through the rice fields to go to Munduk and back. Central Munduk is 1 km and 160 m in altitude away. Use our homemade map to find the right track.

Waterfalls

There are two nice waterfalls which you can easily reach by foot from Lesong Hotel. The first is called Melanting, the second Red Coral (Red Coral is a tourist name, the original name is Tanah Barak). Walking distance to each of them is about 2h if you go easy. There is a small entrance fee to each of the waterfalls. There is also a hotel called Melanting, so don't get confused. If you prefer to walk one way only, we can of course arrange a pick up for you.

Need provisions for the way? Our kitchen will gladly prepare a Lunchbox.



Red Coral Waterfall



Hiking Map Please refill immediately if empty



Guided Hikes

Embark on an enchanting voyage of discovery! Our tour guides are eager to show you around the nicest places and have many stories to tell. Here are a few propositions; course we are flexible to arrange your individual trek if you have something else in mind.

External guides usually charge around 110'000 Rp. per hour. Our hotel staff is proficient at tour guiding too and we are more flexible about the prices. But our staff is limited, so we cannot guarantee that there is always someone of our own staff available.



An easy walk though the rice fields around the Lesong Hotel. While wandering across coffee, coco, rice and fruit plantations, the guide will provide you with background information about life in the Balinese hills.



Mount Lesong Climb

entrance fee 100'000 Rp. per person guide 600'000 Rp. transport 250'000 Rp. per group

Climb up to the summit of Mount Lesong, the name giver of the our Hotel. Mount Lesong is a dormant stratovolcano and has a large crater which is several hundreds meters in diameter at its peak. The hike leads mostly though dense rain forest. On the summit at 1865m you will find a small temple. Best during dry season.





Guided Hikes

Between the Lakes

3-4 h entrance fee 100'000 per person guide 500'000 Rp. transport 300'000 Rp.

A beautiful hike through the rain forest between the two crater lakes. Our driver will bring us to Lake Tambilngan, where the hike starts along the lakeside. There are several mystical temples hidden in the rainforest to discover. After a while the path goes deeper into the jungle and a little bit of climbing over trees will be necessary while you can explore the fascinating flora and fauna. After reaching Lake Buyan, the path leads through lush forests and clearings on the lakeside, offering tremendous views on the caldera and the unique landscape inside the crater. Back again in civilisation the driver will be waiting for us. An entrance fee to Lake Tamblingan may apply. Best during dry season.



To Lake <u>Tambilngan</u>

entrance fee 100'000 per person guide 600'000 Rp. per group

A long and diverse walk over the caldera to Lake Tamblingan and back. Lesong Hotel is at 660 m above sea level, the caldera is somewhat above 1300 m, so the hike requires a bit of endurance, but the landscape is certainly worth it. The path leads through rice fields, coffee and coco plantations, gardens and finally even rain forest next to the lake. An entrance fee to Lake Tamblingan may apply.





Biking

Rent a high quality Mountain Bike

Price: 300'000 IDR per Day 150'000 for 2 hours.

Complete Shimano Deore group set. Maintenance after every trip. Sizes S/M/L available.



Disclaimer

Mounatinbiking is a dangerous sport if you exceed your limits. Appropirate you riding style to your skills and fitness. You are responsible for your own safety and insurance. All liability for any injuries and damages are disclaimed.



Road Cycling



Of course you can just rent a bike and go around by yourself. Central Munduk is 4 km away, the ascent is 160 m in altitude. For an intermediate rider it will take less than 30 min to get there by bike.

The two Waterfalls in the canyon behind Munduk offer a good destination for a bike trip. Since the little path leading to the Waterfall is usually quite busy (during main season), its best to leave the bike at the road and do the last stage by foot.

Another option is a round trip through the villages. For example turning right after Lesong Hotel down the small road to Banyuatis, then through Kaya Putih back up to Gesing.

Bali Bike Park

There's actually a real bike park in Bali, just 20 km from Lesong Hotel, on the slopes of gunung Tapak, next to lake Buyan. There's a dozen of short but well-maintained trails with red to black jump features. They have a couple of up do date downhill bikes there. If you're a trail addict, you shouldn't miss it, but for beginners it's probably not the place to make the first steps. Entrance Tickets are slightly overpriced – but well maintaining the trials in the jungle is a lot of work.





Guided Mountain Bike Tours

If you want to find the best trails, our staff can lead you to the hidden treasures

Dayang Loop

A short and easy yet very beautiful loop through the rice fields. After an easy start through Gesing we follow the main road ascending to Munduk. There we take a small road until the peak of this tour. There are some steep ascents but they are short so its feasible for nonathletes too. The way back takes us on single trails through amazingly picturesque rice fields. The trails are technically easy yet fun to ride thanks to the nice setting in the rice fields. Price for guide: 150'000 IDR per group (excl. bikes)

Extra: If you're still hungry for more after the first lap, we can easily add another one: The second loop goes to Gobleg, past the most important temple of the Cature Desa region then descending on single trails through a nice canyon to Kaya Putih then back home on the road.

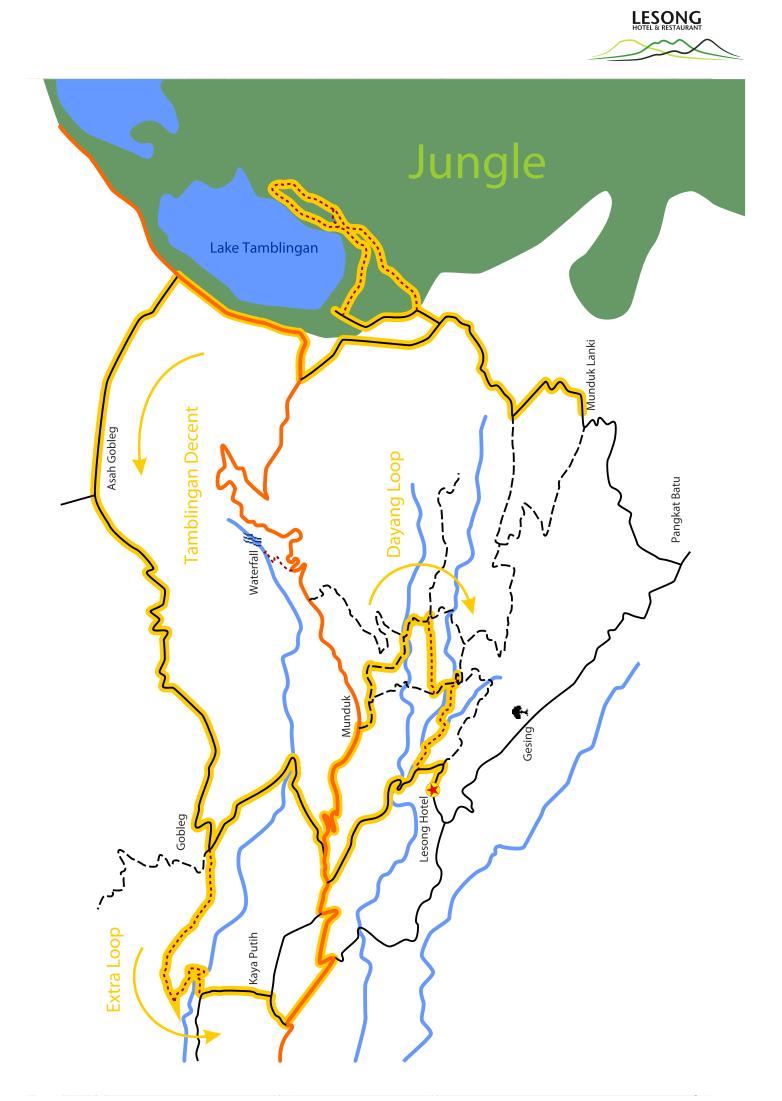


1h cycling 9.5 km ^{300m} ascent

Tamblingan decent 5h ^{3h} cycling 19 km ^{550m} ascent

On this tour we cheat a bit by using the car for the big ascent, so we can go down twice as many meters than we have to go up. To warm up we start on a small road going up and down through the hills covered with coffee plantations and clove gardens. We enter the crater and go down to lake Tamblingan which is entirely surrounded by rain forest and thus offers mystic sceneries. The dirt tracks are fun to ride as we explore the jungle and its amazing vegetation. After discovering a beautiful temple, we turn back to the crater and climb up the rim which offer tremendous views on the lakes and the younger volcanoes. Soon we reach the highest point of the tour and the big descent down to Gobleg Village begins. Since its all downhill you don't need to focus on pedalling too much, so you can focus completely on enjoying the great view on the landscapes unfolding all the way down to the sea. From Gobleg we follow the mostly level road through the rice field back home to Lesong Hotel. Price for guide: 700'000 IDR per group (excl. bikes)







Guided trips

Sightseeing and activities in the surroundings of Gesing.

Healing at Tambe Eling

entrance fee 100'000 per person guide 400'000 Rp. transport 250'000 Rp.

Enjoy the natural beauty of Bali in a way that most tourists never do, with a trip through the "Alas Mertajati" tropical rain forest that surrounds the sacred and beautiful Tamblingan Lake. The indigenous people of Dalem Tamblingan sacred the forest and named it Alas Merta Jati, which means the real source of life. This trip will offer a rich diversity of flora and fauna, which has never been touched by the influence of the outside world for centuries. The name of lake Tamblingan comes from the words Tambe and Eling which means medicine for awareness. Tranquility and the sound of nature will be the perfect medicine to heal your body and soul. There are at least 17 ancient temples originating from past civilizations which were sanctified by the Dalem Tamblingan and are still standing firmly today. At the end of the trip, we will explore the beauty of Lake Tamblingan from the cance while enjoying the majesty of Alas Mertajati.



Drive to nowhere by truck 2–3 h 350'000 Rp. per group

We will take you to a place away from the crowd, bring you closer to see the village atmosphere that has not been touched by tourism, travelling the local way, on the back of the pickup truck. We stop at Umajero and take a leisurely 20-minute walk to reach a waterfall. Feel the fresh splash of water from the waterfall and swim while enjoying the beautiful atmosphere of the Umajero waterfall. Next, we cruise through the rice fields that stretch throughout the village, occasionally stopping for views and photos. Finally, we reach Banyuatis for shopping or just looking around the village. Are you ready to explore the mountain villages?





Excursions

Sightseeing and activities in the surroundings of Gesing.

Bedugul Botanical Garden

More than 2000 species of plants are preserved at Bali Botanical Garden focussing on plants from the tropical mountain areas of eastern Indonesia: Bali, Nusa Tenggara, Sulawesi, Maluku and Papua. The botanical garden was established 1969 by the Indonesian Institute of Science. Its mission is conservation and research as well as education and recreation.



45 min by car from Lesong - Transport 350'000 IDR - there is a small entrance fee

Bali Treetop Adventure Park

The rope park includes six main circuits that stretch from tree to tree, as well as nets, Tarzan Jumps, and bridges. Each run also features "Flying Fox" zip-lines of up to 160 metres, providing heart-pounding thrills to guests as they fly through the air. Two circuits are designed for young children from 4 years old. On the campus of the botanical garden, thus a combination of the two activities is recommended.



45 min by car from Lesong - Transport 350'000 IDR - please ask the staff about the current entrance fee



Excursions

Banjar Hot Springs

The sacred hot springs of Banjar consist of four public pools set in the midst of a tropical garden. The sulphuric water is of volcanic origin and has an agreeable warm temperature of 37 degrees Celcius, ideal for people suffering from rheumatic diseases. There are changing cabins, outdoor showers and a restaurant on site. The place is very popular also among locals so expect it to be quite alive unless you go there early in the morning.



30 min by car from Lesong

Canoeing on Lake Tamblingan

Cross Lake Tamblingan by traditional dugout canoe. The crater lake is almost completely surrounded by jungle and full of mystical atmosphere. Three temples are set at its shores. The canoes are operated by the locals, so this is more about enjoying the experiencing the crater lake than canoeing as a sport.



30 min by car from Lesong



Excursions

Pura Ulun Danu Bratan

After Tanah Lot, this is perhaps the most photographed temple on the island and is certainly one of the iconic images of Bali. The temple sits on the western shore of Lake Bratan and it can give the illusion of actually floating on the water. Built in 1633, the temple is devoted to Ida Batara Dewi Ulun Danu, goddess of the lake. A beautiful temple in a truly stunning setting.



40 min by car from Lesong

Bedugul Market

Cbedugul is the highland garden of Bali, producing lots of cool climate fruits and vegetables. In the market here you can find strawberries plus a myriad of tropical fruits, vegetables, corn and orchids. The local market activity takes place in the early morning. There is also a more tourist oriented section of the market with lots of handicrafts. This is a great place to buy exotic spices, with mixed gift packs being



40 min by car from Lesong



Cultural Activities

Gesing Village

Explore the Village of Gesing. Unlike Munduk, Gesing is not traversed by a thoroughfare so there is very little traffic and it's safe and comfortable to explore the village on foot. With its tranquillity and clean air Gesing Village is a picture of Bali from times past. There are numerous Temples in the village. In the community centre next to the Banyan Tree various activities take place. The spinning top competitions are particularly popular. If the weather is good, you can see people flying kites fighting each other in the skies all over the village.



Traditional Dance and Music

Balinese dance and music are justly famous and a major attraction for visitors to the island. Dances are extremely visual and dramatic. Other than in the south there are no show dances for tourists here, but if you're lucky you may be able to see a genuine dance performance. Since it takes years to learn the complex and comprehensive dances children start training at young age. These exercises often take place right next to Lesong Hotel. Audience is welcome, so if you hear a gamelan orchestra playing, just follow the music and don't be shy to have a look.





Ceremonies

Gesing is one of the four villages of Catur Desa. Its people are known to have retained their old traditions for thousands of years. Culture is very much alive here, almost every day there is a ceremony somewhere. A good share of Balinese social life takes places around ceremonies. It is a very fascinating experience to see a genuine ceremony from inside. Most people in the region are very hospitable and friendly, so there is a good chance you get invited to a ceremony if you stay here for a few days. But of course you need to keep in mind that these ceremonies are not organized for tourist purposes but have a very important spiritual function for the local people. So we cannot promise anything but we try our best to make it possible for our guest to visit a ceremony. Most ceremonies require the traditional Balinese dress. Our Staff will help you get dressed up properly. For home ceremonies visitors usually bring a small gift, typically 2 kg of sugar for the host. Following this habit will be highly appreciated.



Parcipication and Volunteering

If you would like to get in closer touch with the local community, we invite you to join social work activities as a volunteer. English speakers are welcome to support English classes at local schools. There is also a local volunteering program building houses for people in need. If you are interested to learn about traditional agriculture, you can join the work in the rice fields according to the season.





Getting around

Motorbikes for rent



Please be aware that you drive at your own responsibility. Lesong Hotel does not accept any liability. Make sure you own a driving licence valid in Indonesia. Wearing a helmet (included in the price) is compulsory.

Transport service

We gladly organize transport services for you. We carefully pick experienced and diligent drivers. The staff can give you some hints about the usual prices, but you have to negotiate directly with the driver. Of course you can do a few stop-overs and see the sights on the way – but the price will be slightly higher than if you go straight.