



TRIP OVERVIEW

Bali is synonymous with paradise, spoilt for lush rice terraces, dramatic volcanoes, and a bohemian vibe that pervades the island. Sometimes called 'The Island of the Gods' - this popular tourist destination still retains a certain undiscovered charm, with its unique Balinese culture, traditions and religious foundations.

The island is a haven for sea adventurers, and while it is more famous for its surfing, the north-eastern corner of Bali is a surf-free zone, which is excellent for open water swimming. It's there that we'll comb the coastline, threading the surface over vibrant coral reefs, populated by rich marine life that shoal and scatter over a seabed of black sand.

This trip is based in the fishing village of Amed, which sits underneath the volcanic peak of Mount Agung - Bali's highest and most spiritually significant site, revered by the island's Hindu population. Its high imposing slopes are clearly visible as we swim along the varied coastline over the entire trip. The reefs, with their flourishing populations of marine life, slope right from the shore, so the swimming is always interesting and varied, with plenty to look at!

WHO IS THIS TRIP FOR?

This trip is for those who want to enjoy some stunning coastal swims along with the chilled-out ambience that the fishing village of Amed has to offer.

Swimmers should have a basic understanding of open water swimming and be capable of completing the average swim distance of 3km prior to the start of the trip. The average daily swim distance is around 6km (split over a minimum of two swims).

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

LOCATION SUMMARIES

Amed

Amed started off life as a fishing village in north-east Bali. More recently it has become one of the go-to places for freediving due to the fantastic visibility available just off the shore. During our trip there are plenty of locations and opportunities for you to try your hand at the sport.

Mt Agung

Towering 3,142-metres above sea level, Mount Agung is the highest mountain on the island of Bali and the fifth highest volcano in the whole of Indonesia. Mount Agung has huge spiritual significance to the people of the island and is home to the 'Mother Temple' of Besakih. Balinese legend posits that Agung



was created when the Hindu God Pasupati split Mount Meru (the spiritual axis of the universe) and formed Mount Agung with a fragment.

Karangasem Coast

Amed is situated within the Karangasem Regency and this coast is where we will be swimming over the entire trip. Where there aren't reefs, there will be volcanic sand spewed over the ages by the looming presence of Mount Agung. The volcanicity makes for great clarity and ideal swimming conditions.

World War II Shipwrecks

This swimming trip literally starts at one World War II shipwreck and ends at another!

Our start point is at the site of a Japanese patrol ship, which lies close to the coast and is easily visible from the surface. Around the wreckage live damselfish and pygmy seahorses, which settle inside numerous sea fans that sprout on the wreck.

We will mark the end of our swimming journey in Tulamben, where the remains of the USS Liberty lie - it was torpedoed by the Japanese in 1942. At 110-metres-long, lying at just 5-metres depth, this wreck is an underwater wonderland of marine life - schools of trevally, bream, fusilier and anthias mill all over and around the wreck, coming curiously right up to swimmers.

TRIP SCHEDULE

Start Point	Blue Earth Village, Amed, Bali www.blueearthvillage.com
Start Time	15:00 on Day 1
Finish Point	Blue Earth Village, Amed, Bali
Finish Time	10:00 on Day 6

Please note that the below daily itineraries are an example of the swims that may take place during your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We arrive and check-in, gathering in the early evening to meet for drinks at the bar of the Blue Earth Village. It's there we'll hold our pre-trip briefing, where you will meet your guides and fellow swimmers. You will also enjoy stunning views over Amed. Following this there will be an acclimatisation swim in Jemeluk Bay, which is just a short walk from our accommodation.

Day 2

For our first morning, we enjoy a leisurely breakfast and begin by walking down to Jemeluk Bay to meet



our skippers, hopping into outrigger boats that transfer us out for our first swim. We start our trip by swimming between two temples - Pura Song Lawah and Pura Segara Muntig - the latter is a temple devoted to an ocean goddess. During this swim, we have an opportunity to video your technique for some analysis later in the day.

We then have lunch back at Blue Earth Village, before taking the rest of the afternoon to enjoy our accommodation and the opportunity to analyse any video, during some informal coaching. If you're wanting to put this straight into practice, you can do so in the resort's 25-metre pool before dinner.

Day 3

After breakfast, we meet and walk down to Jemeluk Bay to head to the start point of the Japanese shipwreck just offshore from the Balinese village of Banyuning. After some time to snorkel above the wreckage, we head off and swim towards Amed in a north-west direction. There are numerous reefs below us as we swim around isolated headlands. At the end of the first swim, we make shore at the remote Lipah Beach with its volcanic black sands. We have lunch locally and you will have the opportunity to explore part of the island's interior.

Once you're suitably relaxed, it's back in the water for our second swim of the trip, finishing at Jemeluk Bay where our accommodation is located. The large Jemeluk headland is our sighting point during this swim and once we round this, we are only a few hundred metres from shore.

Day 4

This day offers an interesting mix of swimming and sightseeing. We start north of the resort and explore Pyramid Reef as we swim back to Jemeluk Bay before a local lunch. We then take a transfer of approximately 40 minutes into Bali to the Tirta Gangga - a local Water Palace. As well as the spectacular views of the ponds and statues, this garden is home to two mountain-fed pools - a perfect spot for a gentle afternoon swim!

Day 5

We transfer back to Balila, but this time we head North to explore the coastline, and, if conditions allow, we swim through Simon's Squeeze - a small cut in the rock. After lunch, we continue North towards Tulamben. This stretch is dotted with dive sites such as Seraya Secret, Emerald, Drop Off and Coral Gardens all of which are visible from the surface.

Upon our arrival in Tulamben we swim over the wreckage of the USS Liberty, which marks the end point of our swimming journey. There will be plenty of opportunities to swim over and dive down to explore the wreckage, before heading back to Jemeluk Bay for the final time. That evening there is an opportunity to head into the village and enjoy a last meal overlooking the bay.

Day 6

There is one final opportunity for a brief swim in Jemeluk Bay before breakfast. After time to relax, and maybe explore, we'll all check out of our accommodation and with that our Bali adventure comes to an



end.

TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

Swimming Distances

Swim	Distance	Swim	Distance
Pura Song Lawah – Pura Segara Muntig	3km		
Banyuning (Japanese Shipwreck) – Lipah Bay	3km	Lipah Bay – Jemeluk Bay	2km
Pyramid Reef	3½km	Tirta Gangga	n/a
North Balila	3km	Tirak Suci- Tulamben (US Liberty)	3km

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as jellyfish and sea urchins could be present during the swims. We work with our local boat captains to reducing your contact with these creatures, however if you suffer from anaphylaxis, you must inform the office prior to booking.

Walking Conditions

Walking is not a major part of the trip, and we will generally walk on sealed paths to and from the bays and beaches that we start and finish our swims on.

Temperatures

Month	Water Temperature*	Air Temperature*
May	27-29°C / 83-85°F	27-29°C / 83-85°F
September	27-28°C / 80-82°F	23-30°C / 73-86°F
October	28-29°C / 82-84°F	24-31°C / 74-88°F

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open



water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 12. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat Support

Boat support on this trip includes one main boat and two support boats to be piloted by local boat pilots. We work with local suppliers and the boats we use are traditional Balinese boats. Whilst these are suitable vessels, they are very basic with no toilet on board. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

Freediving, scuba diving, yoga and meditation, traditional massage are all available. It is also possible to climb Mount Agung and walk or cycle the Amed countryside and coastline.

Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2) *	<input type="checkbox"/>	Light Sweater / Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Trainers / Sandals / Aqua Shoes
<input type="checkbox"/>	Personal Drink Bottle (x2)	<input type="checkbox"/>	UV rash vest and leggings

For more information, please visit our [Packing List](#) page on the website.

*Try to bring one clear lens and one tinted lens for different light conditions.

SwimTrek will supply swim hats, water, and electrolyte drinks. The guides will no longer distribute shared drinks bottles but will fill your personal drink bottles. Please ensure these are clearly marked to help our guides identify yours. If you would like to use a wetsuit, rash vest, snorkel, or fins during your



swims, please ensure that you bring these with you.

GETTING THERE

The easiest way to reach the start of your trip is to fly into Bali's Ngurah Rai International Airport (DPS). Flights arrive direct from many international destinations including Jakarta, Singapore, Kuala Lumpur, and the Australian hubs of Adelaide, Brisbane, and Sydney.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

Transfer from Ngurah Rai International Airport to Amed

The best option to get to Blue Earth Village is via a private transfer. The drive to Amed from Denpasar is about 2.5–3 hours, depending on traffic. The drive is a scenic one along the varied coastline then winding up through tropical hills and past rice paddy fields. If you are staying in Sanur for a night before then it is about 30 minutes less, again traffic dependent. It'll be cheaper and more fun if you share with another SwimTrekker. Still, it should only cost around IDR760,000 (£40/\$48) per car.

ACCOMMODATION

Blue Earth Village was created by a group of friends with a shared love of freediving and Yoga and belief in the vulnerability of our planet. This belief guided them in their use of sustainable and recycled materials. From the various levels and walk-ways of the restaurant, popular with Amed local expats, there are stunning views of the mighty Mount Agung volcano. Around the grounds are decking areas for chilling out and large, airy Shala's for practicing yoga. In addition, there are two inviting pools, one a single lane 25-metre-long pool, perfect for fitting in a few extra lengths and the second; a smaller deep pool that is lovely for dipping in between swims.

The accommodation is built with a combination of recycled materials and natural building techniques such as earthsack 'super adobe'. With this sustainable technique the walls are very thick and hence insulated against heat and noise. No room is the same. Room choices include beds for twin share, double occupancy and a limited number of single occupancy rooms are also possible, subject to availability.

Please note that Blue Earth Village is built on quite steep and undulating land. If your mobility is limited and this is of concern, please contact our customer team for more information.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Bali and need to book additional nights' accommodation before



or after your trip, please contact Blue Earth Village directly via: info@blueearthvillage.com

Besides the natural beauty of Bali, the island also has a rich cultural element and the island's cultural heartland of Ubud is worth a visit whilst you are here. Or try some wave surfing on the beaches around Kuta and Seminyak.

Food and Drink

The restaurant at Blue Earth Village offers of international dishes and local favourites. Though they do serve fish and meats, it specialises in a range of vegan and vegetarian cuisine. They avoid the use of MSG or palm oil, wash all ingredients in drinking water, and wherever possible use only organic produce. Try the coconut milk which is made onsite from fresh coconuts.

Breakfasts are included during your trip, as well as your mid-week lunches . Other meals are at your own expense. This gives you the opportunity to experience Amed's local cafes and restaurants over the course of your trip. Prices will vary between local and tourist restaurants but in Amed you might expect the price of a restaurant meal to be around 230,000 IDR (£12/\$US15).

The village of Amed is on our doorstep and there is a good range of cafes and restaurants to satisfy any dietary requirements.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as evening dinners, drinks, entertainment and souvenirs. The local currency in Bali is the Indonesian Rupiah. You can exchange currency at the hotel or withdraw money at ATMs in Amed, however these can be temperamental. We recommend bringing currency with you, some restaurants will accept credit cards, but this will incur a 2-3% charge.

In some countries tipping, gratuities, is not part of the culture in others it has become an expected norm. We believe that tipping is entirely at your discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters, or taxis. Nothing is expected for your SwimTrek guides, but many groups like to present something to the Guides at the end of the trip.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough



to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website.

Passports and Visas

Bali is an Indonesian island. All passports must have at least 6 months validity remaining after departure from Indonesia. Citizens of all EU member states, the US, Canada, Australia, and New Zealand travelling to Indonesia for tourism purposes may travel within the visa exemption policy entering without a visa for up to 30 days at certain ports of entry.

Please note that visa regulations are subject to change, and we advise you check visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage, and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information, please visit our [Travel Insurance](#) page on the website.

Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions.

Internet Access, Electricity and Travel Plugs

At Blue Earth Village there is free Wi-Fi in all rooms and public areas. Service may be intermittent. For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.