

A scenic view of a beach in Samara, Lombok. In the foreground, a herd of water buffaloes, including several adults and young calves, are wading through the shallow, wet sand. The water is a clear, vibrant turquoise. In the background, a large, forested mountain with a prominent peak rises from the coastline. The sky is blue with scattered white clouds. The text "SAMARA LOMBOK" is centered in the upper half of the image, and "THINGS TO DO IN SOUTH LOMBOK" is centered in the middle.

SAMARA  
LOMBOK

# THINGS TO DO IN SOUTH LOMBOK

# OUR CLOSEST BEACHES

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## TOROK BEACH

Directly adjacent to Samara Bay and connected to Samara Hills  
Pristine white sand and clear turquoise waters. Try Amber  
Resort for lunch and refreshing drinks. This beach is home to  
the future Samara Beach Club.

## PENGANTAP BEACH

This beach is typically harder to reach unless you are a Samara  
owner taking advantage of the direct access from Samara Hills.  
The beach is still very much un-touched +offers breath-taking  
views of the Indian Ocean and stunning sunsets. It's also  
known for snorkelling and turtle spotting.

## SELONG BELANAK BEACH

Only 5 minutes away from Samara and frequently voted as the  
best beach in South-East Asia. It is a favourite with families and  
beginner surfers with a gentle sandy beach break. There are a  
range of local beach stands offering pizzas, coconuts, beers and  
surf boards. Alternatively, it is also home to Laut Biru  
restaurant (see below).

## SERANGAN BEACH

A favourite for surfers due to the consistent waves coming out  
of low tide. It is also surrounded by a range of beach bars and  
restaurants where visitors can relax and enjoy delicious food  
while taking in the beautiful ocean views. These include Boni  
Beach Resort, Segara Lodge and Surfing Point 9 Resto.

## MAWI BEACH

Is another surfers beach that is protected from on-shore wind  
and best at mid-tide. Beautiful beach to also just sit, watch the  
world go by and enjoy a coconut. Sun-beds available for rent  
and a few beach warungs providing refreshments. However,  
road to get there is unpaved and quite bumpy on a scooter.

## SEMETI BEACH

Visitors can explore the beach's rocky coastline, natural rock  
pools, and tidal lagoons, which are home to a variety of marine  
life such as colourful fish and crabs. If you are looking for a  
secluded beach, this is your spot.



# ACTIVITIES - SURFING

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South Lombok boasts some fantastic surfing spots. Here are a few:

## KUTA BEACH

Famous for its white sandy shores and consistent waves, Kuta Beach offers something for surfers of all levels. Beginners can enjoy smaller waves closer to shore, while more experienced surfers can head out to the reef breaks for bigger swells.

## SEGER BEACH

Just a short drive from Kuta, Seger Beach is known for its stunning scenery and great waves. Intermediate to advanced surfers will appreciate the reef breaks that produce fast and hollow waves, especially during the dry season.

## GERUPUK BAY

A popular surfing destination with multiple breaks catering to different skill levels. Inside Gerupuk Bay, you'll find mellow waves perfect for beginners, while outside the bay, experienced surfers can challenge themselves with larger swells.

## SELONG BELANAK

Ideal for beginners and longboarders, Selong Belanak offers gentle, rolling waves and a picturesque setting. The sandy bottom makes it a safe and forgiving spot for those learning to surf.

## MAWI

Provides mellower waves on high tide for less experienced surfers. Best on mid tide where fun barrels are at the most perfect.

## SERANGAN BEACH

Reef break – best surfed on a mid-low tide. it is also very wind-sensitive, so best to surf Serangan on a low-wind day, or early in the morning.

For more details on South Lombok surfing, Please see the links below for more info:

- <https://www.surfindonesia.com/lombok-surf-spots/>
- <https://surfsouthlombok.com/>
- <https://www.naluasurf.com/blog/lombok-surf-spots>



# ACTIVITIES - SNORKELLING

## GILI NANGGU

This small island off the southwest coast of Lombok offers crystal-clear waters and vibrant coral reefs teeming with marine life. Snorkelers can expect to see colourful fish, sea turtles, and even reef sharks in these pristine waters.

## GILI LAYAR

Just a short boat ride from Gili Nanggu, Gili Layar is another fantastic snorkelling spot known for its diverse marine ecosystem. The coral gardens here are home to an array of tropical fish, making it a paradise for underwater enthusiasts.

– Gili Sudak: Located near Gili Nanggu, Gili Sudak is renowned for its shallow coral gardens that are perfect for snorkelling. The calm waters and abundant marine life make it an ideal spot for beginners and families.

## SECRET GILIS

These lesser-known islands off the coast of South Lombok offer secluded snorkelling spots away from the crowds. With pristine reefs and clear waters, the Secret Gilis are perfect for snorkelers looking for a peaceful underwater experience.

For those of you wishing to take it a step further, diving in South Lombok offers a huge variety of options accessible to both advanced and beginner divers. Please see links below for more info:

- <https://www.bluemarlindive.com/>
- <https://scubadiverlife.com/best-scuba-diving-lombok/>



# ACTIVITIES - FISHING & SPEARFISHING

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Take a local boat and spend the day fishing with a local guide.

## FISHING SPOTS

### GILI ISLANDS

The waters surrounding the Gili Islands are known for their rich marine life, making them excellent fishing grounds. Chartering a boat from one of the local operators on Gili Trawangan, Gili Air, or Gili Meno can take you to prime fishing spots where you can catch a variety of species including tuna, barracuda, and snapper.

### SEKOTONG PENINSULA

The Sekotong Peninsula on the southwest coast of Lombok offers numerous fishing opportunities. From Sekotong, you can hire a local boat and guide to take you to nearby reefs and fishing grounds where you can target reef fish and pelagic species.

### SOUTHERN COASTLINE

The southern coastline of Lombok, particularly around Kuta and Selong Belanak, provides excellent shore fishing opportunities. Look for rocky points, estuaries, and reef areas where you can cast your line for a chance to catch snapper, grouper, and lobster.

## SPEARFISHING SPOTS

### GILI ISLANDS

The clear waters surrounding the Gili Islands are ideal for spearfishing. Head to the outer reefs and drop-offs for the best chances of encountering a variety of reef fish species.

### SOUTHWEST COAST REEF

The reefs along the southwest coast of Lombok, near Sekotong and Ekas Bay, are popular spearfishing spots. These areas are home to an abundance of reef fish and offer excellent visibility for spearfishing.

### SECRET GILIS

The Secret Gilis, a group of small islands off the coast of South Lombok, offer secluded and pristine spearfishing spots. Explore the underwater terrain around these islands for a chance to encounter a diverse range of marine life.

Other Ocean Activities:

For other ocean-based activities, please also take a look here:

<https://oceanaddictsombok.com/>



# ACTIVITIES - WATERFALLS

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These waterfall spots offer a refreshing escape into nature and are perfect for adventure seekers and nature lovers alike.

## BENANG STOKEL WATERFALL

Located in central South Lombok, Benang Stokel Waterfall is a stunning two-tiered waterfall surrounded by lush greenery. The water cascades down into a refreshing natural pool where visitors can take a dip and cool off after a short trek through the jungle.

## TIU KELEP WATERFALL

Situated near the base of Mount Rinjani, Tiu Kelep Waterfall is a magnificent sight to behold. The waterfall is known for its powerful cascade and the misty atmosphere it creates. Visitors can enjoy a scenic hike through the forest to reach the waterfall and swim in the pool at its base.



# ACTIVITIES - TRAIL BICYCLE

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Selong Belanak is something wonderful to know or explore because it has a very beautiful beach and friendly local life, exploring Selong Belanak is most interesting by bicycle and passing through the local village thus providing a valuable experience.



# ACTIVITIES - DIRT BIKING

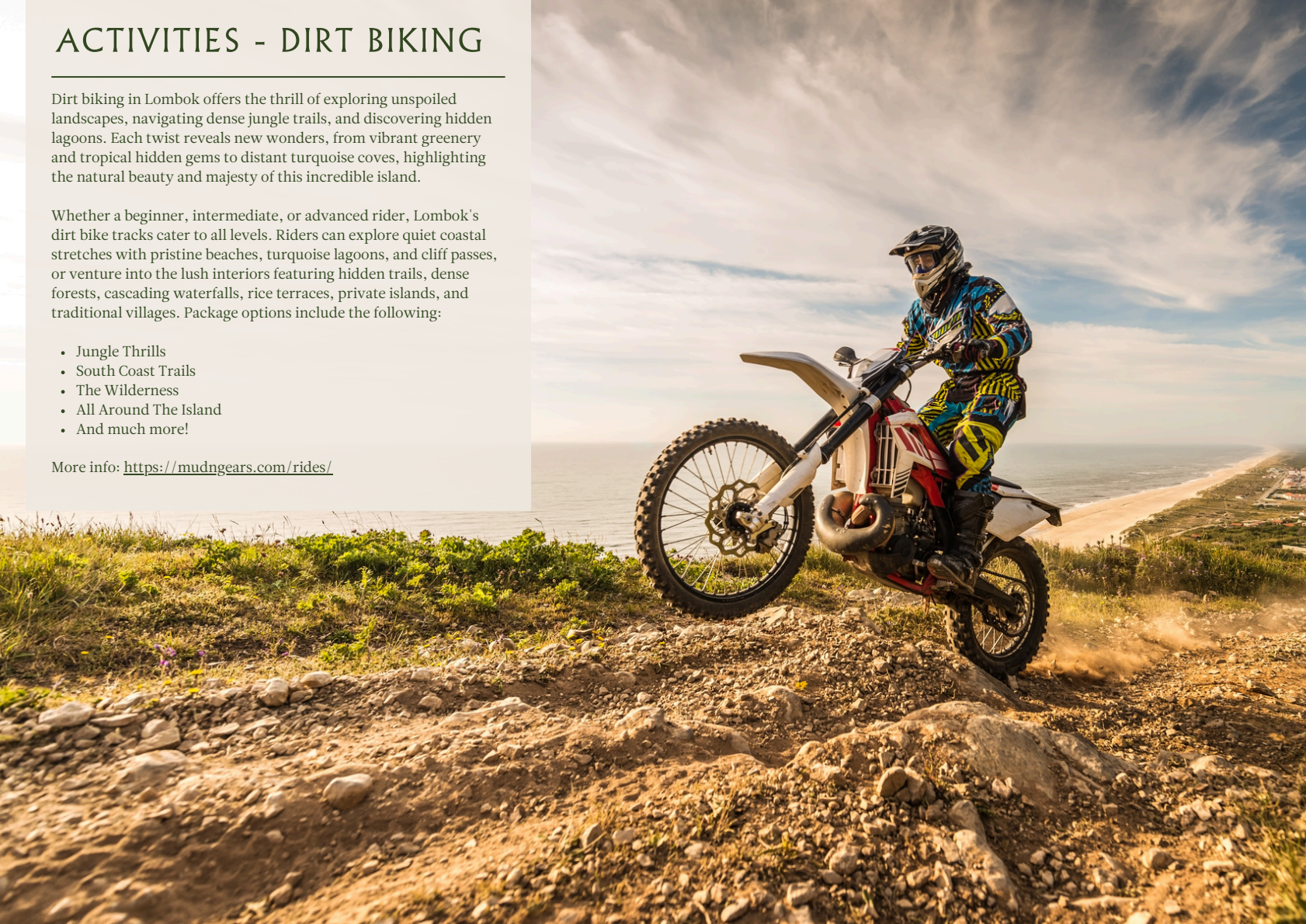
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Dirt biking in Lombok offers the thrill of exploring unspoiled landscapes, navigating dense jungle trails, and discovering hidden lagoons. Each twist reveals new wonders, from vibrant greenery and tropical hidden gems to distant turquoise coves, highlighting the natural beauty and majesty of this incredible island.

Whether a beginner, intermediate, or advanced rider, Lombok's dirt bike tracks cater to all levels. Riders can explore quiet coastal stretches with pristine beaches, turquoise lagoons, and cliff passes, or venture into the lush interiors featuring hidden trails, dense forests, cascading waterfalls, rice terraces, private islands, and traditional villages. Package options include the following:

- Jungle Thrills
- South Coast Trails
- The Wilderness
- All Around The Island
- And much more!

More info: <https://mudngears.com/rides/>



# ACTIVITIES - HIKING

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South Lombok offers some fantastic hiking opportunities amidst its stunning landscapes.

## MOUNT RINJANI TREK

The most iconic hiking destination in Lombok, Mount Rinjani offers a challenging yet rewarding trekking experience. Standing at 3,726 meters (12,224 feet), Rinjani is Indonesia's second-highest volcano. The trek typically takes 2-4 days, with highlights including crater rim viewpoints, Segara Anak Lake, hot springs, and the summit itself.

## BENANG STOKEL WATERFALL HIKE

For a more leisurely hike with beautiful scenery, consider visiting Benang Stokel Waterfall. Located in central South Lombok, this hike takes you through lush forests and across suspension bridges to reach the stunning twin waterfalls. It's a perfect day trip for nature lovers and those seeking a refreshing dip in the natural pools.

## TANJUNG RINGGIT COASTAL HIKE

Explore the rugged coastline of South Lombok with a hike along the Tanjung Ringgit peninsula. The trail offers panoramic views of the ocean and cliffs, as well as opportunities to discover hidden beaches and caves along the way. Don't forget your camera to capture the breathtaking scenery!

## SELONG HILL HIKE

Enjoy sweeping views of Selong Belanak Bay and the surrounding countryside with a hike up Selong Hill. The trail starts from the village of Selong Belanak and winds its way up the hill, passing through lush vegetation and offering stunning vistas at the summit. It's a relatively easy hike suitable for all skill levels.

## SEMBALUN VILLAGE HIKE

Immerse yourself in the local culture and natural beauty of South Lombok with a hike around Sembalun Village. Explore rice terraces, traditional Sasak villages, and scenic countryside as you learn about the island's rich heritage and way of life.



# ACTIVITIES - PARAGLIDING

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Sky Lancing is a tandem paragliding place in Lancing Hamlet, Lombok, with licensed and professional pilots. A beautiful way to see and enjoy the South Lombok coastline.

For more info: <https://skylancinglombokparagliding.com>



# ACTIVITIES - RAFTING

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Rafting is a great way to experience the flora and fauna of central Lombok with an element of adrenaline mixed in. It's pretty straight forward; you and 4 to 5 other people get into a boat. The boat soars downstream on a river that runs through the heart of Lombok's jungle giving you an up-close look at the landscape. There are two popular places to go rafting in Lombok; the Batu Mekar river, and the Jangok River. Both, which are both class II and III rapids, an appropriate level for beginners. Plus, Jongok features a beautiful waterfall to stop at.



# CULTURAL

Exploring the rich cultural heritage of South Lombok can be a rewarding experience. Here are some cultural activities you can enjoy in the region:

## VISIT TRADITIONAL SASAK VILLAGES

Take a cultural tour to visit traditional Sasak villages such as Sade and Rambitan. Here, you can immerse yourself in the local way of life, observe traditional architecture, and learn about Sasak customs, crafts, and traditions from friendly villagers.

## ATTEND SASAK CULTURAL PERFORMANCES

Experience the vibrant culture of the Sasak people by attending cultural performances featuring traditional music, dance, and storytelling. Look out for performances at local community centres, cultural events, or during special festivals such as Perang Topat.

## EXPLORE LOCAL MARKETS

Wander through bustling markets like Pasar Mandalika or Pasar Tanjung where you can discover a wide array of local produce, handicrafts, and traditional snacks. Engage with local vendors, sample authentic Sasak cuisine, and pick up unique souvenirs to take home.

## PARTICIPATE IN WORKSHOPS AND CLASSES

Join workshops or classes to learn traditional Sasak crafts such as weaving, pottery, or basket making. Local artisans are often happy to share their skills and knowledge, providing a hands-on opportunity to create your own unique piece of artwork.

## VISIT CULTURAL SITES AND TEMPLES

Explore historical and religious sites such as Pura Lingsar, a unique Hindu temple complex where both Hindus and Muslims worship together. Discover ancient stone carvings, sacred pools, and architectural wonders that reflect the island's diverse cultural influences.

## ENGAGE WITH LOCAL COMMUNITIES

Take part in community-based tourism initiatives that offer authentic cultural experiences while supporting local livelihoods. Whether it's joining a homestay program, participating in village activities, or volunteering with community projects, interacting with local communities can provide valuable insights into Sasak culture and way of life.



# VISITING PEARL FARM LOMBOK

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Pearls are objects of mystery, crafted by the ocean and treasured by people for millennia. The Chinese believed pearls gave the moon her glow, and the Persians thought they were the tears of gods. These lustrous gems are beautiful when set into jewellery, but to truly understand their beauty, it's worth seeing them at the source. Fortunately, a neighbour of ours on Lombok, the Autore Pearl Farm is one of the world's leading sources of pearls.

<https://www.instagram.com/autorelombok/>



# RESTAURANTS

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## IN SELONG BELANAK AREA

### LAUT BIRU

Located on the stunning shores of South Lombok, Laut Biru offers a fusion of Indonesian flavours amid breathtaking ocean vistas. With a focus on locally sourced ingredients, the open-air eatery invites guests to indulge in fresh seafood delicacies and aromatic rice dishes. Promising a memorable dining experience amidst the natural beauty of the region. The restaurant sits directly west-facing and is a perfect spot to enjoy sun-downers and an early dinner.

<https://www.instagram.com/lautbirubarrestaurant/>

### BONI BEACH

Boni seeks to honour the culinary heritage of Lombok, while also incorporating Western influences and refinement. The restaurant serves food from breakfast until dinner each day starting from 7:30 am. Traditional Sasak and Indonesian dishes, as well as Western cuisine options with a common theme of balance and freshness. A favourite dinner spot.

[https://www.instagram.com/bonibeach\\_lombok/](https://www.instagram.com/bonibeach_lombok/)

### SEGARA

Situated by the seaside, Segara presents a delectable menu featuring seafood, grilled fish, meats, and vegetarian selections. Infused with a relaxed atmosphere, they blend modern and Indonesian flavours with French cuisine, ensuring a delightful culinary exploration. Simply great food and a relaxed ambience await you here. Segara is the perfect spot for a long lunch overlooking the ocean.

<https://www.instagram.com/segaralombok/>

### CLUB KEMBALI

Offers a unique experience that blends innovative cocktails with a focus on Indonesian ingredients and sustainability. An idyllic place for dinner and drinks.

<https://www.instagram.com/klubkembali/>

### TROPIK

Tropik Lombok, serves tasty Indonesian dishes, like flavourful curries and fresh seafood. Their food is all about bringing the tropical vibes to your plate. Whether you're into traditional flavours or trying something new, they've got you covered for a delicious dining experience. Family-friendly vibes are best enjoyed for lunch.

<https://www.instagram.com/tropiklombok/>

### AMBER

Relax and enjoy the tropical vibes at the Bayside restaurant, where you can unwind with cool drinks and delicious food from morning till night.

<https://www.instagram.com/amberlombok/>

### THREE SISTERS DUMPLING

A thriving restaurant that provides comforting Chinese Street Food and homemade dumplings.

<https://www.instagram.com/threesisters.lombok>



# RESTAURANTS

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## IN KUTA AREA

With so many options, we've tried to break it down into the best time of the day to enjoy each spot:

### BREAKFAST

#### MILK

Our favourite coffee in town. Chilled, friendly Aussie-style café serving breakfast and lunch daily.

<https://www.instagram.com/milk.lombok/>

#### KENZA

Newly renovated and relocated, Kenza offers something for everyone with a seamless transition from a perfectly relaxed breakfast to trendy lunch spots to a more sophisticated modern French dining bistro evening experience.

<https://www.instagram.com/kenzalombok/>

#### BUSH RADIO

Chilled, laid back, community-feeling hangout spot with seriously tasty salads, sandwiches and smoothie bowls. Everything is homemade, fresh and packed full of goodness. Great coffee hit too.

<https://www.instagram.com/bush.radio/>

### LUNCH

#### SEASALT

Specialising in fresh, locally sourced seafood with daily specials featuring the catch of the day. They offer a wide range of salads and sides to combine with the catch of the day.

<https://www.instagram.com/seasaltlombok/>

#### MUNCHIES

Kuta's latest cafe has great interiors and popular with digital nomads. Enjoy huge healthy salads, sandwiches and incredible coffee and cakes.

<https://www.instagram.com/munchies.lombok/>

#### ELAMU

A charming restaurant known for its authentic Greek cuisine with perfected recipes passed down through generations, combining diverse ingredients with high-quality Greek olive oil and aromatic herbs.

<https://www.instagram.com/elamulombok/>



# RESTAURANTS

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## LUNCH

### MILKY WAVE

A Japanese fusion cuisine restaurant with a unique blend of Japanese dishes with local Lombok flavours, crafted by Chef Saito Tsutomu.

<https://www.instagram.com/milkywavelombok/>

### NOHI

A charming restaurant located in Kuta, Lombok, Indonesia. It offers a delightful menu featuring breakfast, brunch, lunch, and coffee, along with delicious pastries.

<https://www.instagram.com/nohi.lombok/>

### THE WELL

A delightful restaurant offering a diverse menu featuring Southwestern, Asian, fusion, and Indonesian cuisines. Known for its clean, organic, gluten-free, and vegan options.

<https://www.instagram.com/thewelllombok/>



# RESTAURANTS

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## DINNER

### EL BAZAR

Newly renovated featuring a terrace, a contemporary salon, a lounge and an open kitchen, it focuses heavily on wine and Mediterranean-style shared dining, using local and seasonal produce. A warm and welcoming atmosphere in the centre of Kuta.

<https://www.instagram.com/elbazarlombok/>

### JIANG NAN

A Chinese eatery serving fantastic dumplings, noodles and stir-fries. The interiors alone are a reason to visit but the kimchi pork dumplings will keep you coming back for more. Their cumin lamb noodles and the prawn cashew stir fry are a must.

<https://www.instagram.com/jiangnanlombok/>

### MAMA PIZZA

Mama Pizza specialises in sourdough pizzas baked in a traditional brick oven. Sister restaurant to Mama Pizza Gili Air, it's arguably Lombok's best pizza.

<https://www.instagram.com/mamapizzaindo/>

### KR NK

A cool, young, and hip place to hang out in the centre of Kuta, offering a wide range of freshly prepared and homemade burgers, pizzas, and more. Their homemade rums and vodkas featured in their extensive cocktail menu are a must-try.

[https://www.instagram.com/krnk\\_lombok/](https://www.instagram.com/krnk_lombok/)

### CANTINA MEXICANA

Tasty Mexican-inspired menu with a great selection of cocktails, we love the jalapeno pineapple margarita. A lively spot perfect to kick your night off.

<https://www.instagram.com/cantinamexicanalombok/>

### UMIBOZU RAMEN BAR

Authentic Japanese cuisine, specializing in freshly homemade ramen and a variety of sushi options.

[https://www.instagram.com/umibozu\\_ramen/](https://www.instagram.com/umibozu_ramen/)

### SIMONETTA

Get a taste of France without leaving Lombok. Experience the perfect fusion of French flair and island life.

<https://www.instagram.com/simonettalombok/>



A close-up photograph of a hand pouring a dark red liquid from a glass pitcher into three glasses filled with ice. The liquid is captured mid-pour, creating a thin stream. The glasses are arranged in a row, and the background is dark with some blurred floral patterns.

# RESTAURANTS

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## AFTER DINNER

### CAPTIKUS SPEAKEASY BAR

Captikus is a hidden speakeasy bar located behind an old Chinese-Indonesian pharmacy, offering an Indonesian-inspired cocktail menu.

<https://www.instagram.com/barcaptikus/>

# DELI & BAKERY

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The bakery scene in South Lombok is a delightful blend of French-inspired pastries and local flavours, offering high-quality breads, pastries, and a warm, welcoming atmosphere.

L'ASACHE LE MARCHE

<https://www.instagram.com/alsaceatable/>

THE BREAKERY

<https://www.instagram.com/thebreakerylombok/>



# SPORT FACILITIES

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## XENO FIT

Lombok's largest fitness centre, it blends natural beauty with top-notch wellness programs, offering personalized training, yoga, and meditation making it an ideal spot to rejuvenate mind, body, and spirit.

<https://www.instagram.com/xenofitlombok/>

## LOKA GYM

Loka has everything needed to maintain your health during your stay: boutique accommodation, a health cafe and a fitness gym. The perfect place to achieve your health and fitness goals while enjoying the beauty of Lombok.

<https://www.instagram.com/loka.lombok/>

## REUNION PADEL

An exciting, new, and modern Padel club in Kuta Lombok, where passion for sports, community, and fun come together in a vibrant and friendly environment.

<https://www.instagram.com/lareunionpadelclub/>

## TAMPAH HILLS

Offers a Sports Center with facilities such as Padel & tennis courts, mini-soccer and beach volleyball.

<https://www.instagram.com/tampahills/>

## TROPIK LOMBOK

A boutique hotel that offers a lineup of sports activities, including pickleball, badminton, mini soccer, and half-court basketball.

<https://www.instagram.com/tropiklombok/>



# YOGA

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## MANA YOGA

A yoga retreat that encourages a simple and slower-paced lifestyle. They offer different types of rooms, from bungalows to villas, and house a restaurant that provides healthy, vegetarian, and vegan meals and drinks. All their produce is sourced locally.

<https://www.instagram.com/manayogaretreat/>

## ASHTARI

From sunrise to sunset, you can practice yoga surrounded by nature, followed by cooking classes. You can also stay overnight at their seafront apartments overlooking Kuta.

<https://ashtari.yoga/>





## SPA

South Lombok offers various options for relaxation and rejuvenation, including massages, facials, and other therapeutic treatments.

AMBER BEACH RESORT

<https://www.instagram.com/amberlombok/>

BONI BEACH

[https://www.instagram.com/bonibeach\\_lombok/](https://www.instagram.com/bonibeach_lombok/)

MATCHA SPA

<https://www.instagram.com/spamatcha/>

SAMARA CLIFFTOP SPA

# SAMARA CLIFFTOP SPA

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Unwind and rejuvenate with our range of signature spa treatments, from body treatments, and revitalising facials, to soothing reflexology. Treatments include a refreshing welcome drink, a post-treatment drink and access to our plunge pool.



# LANDSCAPE WALKING TOUR

Embark on a guided walking tour and immerse yourself in the breathtaking landscapes of Samara Hills. Led by our experienced guides, discover the hidden gems nestled within our lush gardens as they share fascinating insights and stories along the way.

