



TRIP OVERVIEW

Bali is synonymous with lush rice terraces, dramatic volcanoes, and an artistic vibe. The island is a haven for sea adventurers and although known more for its surfing, the north-eastern corner of Bali is a surf-free zone and is an excellent open water swimming site featuring vibrant coral reefs populated with rich marine life atop a black sandy bottom which makes for awesome visibility.

This short swimming escape is based in the fishing village of Amed which sits underneath the volcanic peak of Mount Agung, Bali's highest and also most spiritually significant site which is 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 rich marine life start right from the shore so the swimming is always interesting and varied.

WHO IS THIS TRIP FOR?

This swimming short escape 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 5.5km (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.

TAILOR-MADE SWIMTREK TRIPS

This trip can also be offered as tailor-made experience. The date of travel and itinerary can be adjusted to suit you. For more information [contact us](#) with the dates you'd like and number of people taking part. We'll be in touch to chat about putting together your dream swimming experience.



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. While here there are plenty of locations here where you could 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 has it 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 within easily visibility of the surface. Around the wreckage live damselfish, pygmy seahorses which live inside the numerous sea fans that have grown up on the wreck.

Then at the end of our journey, after three days of swimming, in Tulamben lies the remains of the USS Liberty, which was torpedoed by the Japanese in 1942. At 110 metres long, and lying as close as just 5 metres depth, the 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 the swimmer.



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 www.blueearthvillage.com
Finish Time	10:00 on Day 5

Daily Itineraries

Please note that the below daily itineraries are an example of the swims that may take place during the course of 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

Arrive and check-in and early evening we meet for drinks at the bar of the Blue Earth Village for a pre-trip briefing, where you will meet your guides and fellow swimmers. You will 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

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

Once you're suitably relaxed it's back in the water for our second swim of the trip and 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.

After time to relax, there is an opportunity to practise your swim technique in the resort's 25m pool.

Day 3

Today will be spent swimming over a number of reefs and associated freediving sites such as Ghost Bay. The swimming on this stretch is varied and there are numerous points to get out and rest should you so wish. Lunch will be taken in one of the numerous beachside cafes that populate this area.

In the afternoon, we carry on along the coast before finishing in front of the Hindu temple at Segara Bulaken. We then take a short boat ride back to our base, where you have a chance to relax for the rest of the day and evening.



Day 4

The last full day of our trip involves two legs as we swim from Segara Bulaken and 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. It is a great way to break up the day as we swim from site to site. We take lunch at the picturesque beach at Batu Niti.

On arriving into Tulamben we swim over the wreckage of the USS Liberty, which marks the end point of our swimming journey. There will be plenty of opportunity 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 5

There is a last opportunity for a brief last swim in Jemeluk Bay before breakfast. After time to relax and maybe explore it's time to check out of our accommodation before our short escape draws to a close.

TRIP INFORMATION

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"/>	

*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 rather will fill up each individual guest's personal drink bottle. 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. For more please check out our [Covid-19 guidance](#),

Group Size and Boat Support

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 on this trip includes one main boat and two support boats to be piloted by local boat pilots. Please note that this boat support is subject to change without notice and cannot be guaranteed.

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
Banyuning (Japanese Shipwreck) - Lipah Bay	3½km	Lipah Bay - Jemeluk Bay	2km
Jemeluk Bay - Kirana	3km	Kirana - Segara Bulaken	2½km
Segara Bulaken - Batu Niti	3½km	Batu Niti - Tulamben (USS Liberty)	2km

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. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult 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*
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. As a consequence, 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.

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 [SwimTrek's tips to help you get the best deals for your flights](#) 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 is cheapercheaper and often more fun if you share with another SwimTrekker. Still, it should only cost around IDR600,000 (GB£35) per car.

PRACTICAL INFORMATION

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 relaxing and large, airy shalas for practicing yoga. In addition, and what we love, is the single lane 25 metre-long pool, which is ideal for stroke analysis. There is 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.

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 it 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 a variety 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.

Three breakfasts are included during your trip, as well as lunch on Days 2, 3 & 4. 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 150,000 Indonesian Rupiah (IDR) (\$AUD14, \$US10).

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

Extra Activities

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

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 that can be found in Amed.

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.

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 about travel insurance, please visit: www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Bali Indonesia, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.