I am fortunate to have a long and strong affiliation with the beautiful Indonesian islands, Bali in particular. Having visited the place almost annually since my early twenties, I’ve seen this place change and develop as both the population and the tourist trade increase. For the most part the islands magic remains, but it is important that each and every one of us respects this beautiful country and its people to ensure it stays special for future generations.

I call this guide *Bali in a Nut Shell*, as it contains a beautiful overview of this special region.
EAT PLAY DRINK

SEMINYAK:
Alive and buzzing from day till night Seminyak is a hub for divine food and cooling off in pastel sunsets with icy margaritas.

TACO CASA
Only the most epic eight-layer veggie burrito you’ll find in the southern hemisphere.

REVOLVER
Aussie owned, best rated coffee in Bali and tasty breakfast too.

BAMBU
Amazing high end Asian dishes inspired by all parts of Indonesia. A variety of Indonesian cuisine.

PITSTOP
For your midnight tipsy burger fix.

BARBACOA
Delicious everything! Tell Dundo (the owner) Julia from THE VISTA sent you.

MAMASAN
Delicious Asian fusion. You will definitely need to book well in advance.

WATERCRESS
Fresh breakfast and salad bar, this place serves hearty meals into the evening.

SARONG
Brilliant Asian fusion menu, lovely surrounds and good service, betel leaves and curries are amazing with garlic roti bread.

MADE’S WARUNG
Great, cheap Indonesian food (lunch or dinner) best with cold Bintang :) Just near Kuta Square or Seminyak, Made’s fish curry is beautiful or alternatively, order the jumbo prawns and the mixed up salad.

KU DE TA
You’ve already heard of this busy sunset cocktail scene.

POTATO HEAD
The new Ku De Ta.

TACO LOCAL
Go here for great fish tacos, fun ambience and cold coriander margaritas.

BREEZE
Set on the beach at The Samaya hotel, Breeze’s tempting menu is slightly more expensive. At night its pool side dining and low lit lanterns make it perfect for a sneaky pash or wedding proposal!

LELLO LELLO
An expat family from Brisbane, Australia have established a winning Indian and ice-cream cafe on a busy strip in Seminyak opposite the Samaya. This little spot is both yummy and affordable.

LA LUCCIOLA
Rave reviews, an unbeatable beachfront location this Italian (fine dining) restaurant is lovely for breakfast, lunch or dinner. My mum loves this restaurant and I always order the salmon.

BLOSSOM AT SENTOSA
Order a lychee martini and betel leaf for entrée, then lay out by the fresh water pool with friends – hello heaven! Complemented by wonderful beauty rooms inside the hotel, the milk crème hair bath is highly recommended.

B A L I I N D O N E S I A – T H E V I S T A

TRATTORIA PIZZA
Good Italian pizza and traditional pasta options.

ULTIMO
Is a super popular Italian restaurant also on Jl Laksmana’s eat street. Specialising in grilled lobster, and lovely wines, grilled mixed seafood plate also beautiful.

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BIKU
Half way along Petitenget, Seminyak you’ll find this rustic timber fronted café. Best for breakfast or lunch (if lunch the Kashmiri fish curry is a must) and gorgeous tea service served with vintage teacups. Best place to take your mum or best friend for a lady date and tarot reading.

NAUGHTY NURI’S
For those who like their pork ribs. Expect smoke and tourist overload.

SARDINE
Gorgeous restaurant and great seafood, perfect for a romantic dinner.

EARTH CAFÉ
Always busy, consistently fresh and healthy,

MOTEL MEXICOLA
Parties daily...the best place to celebrate (if you’re looking for a crowd).

CANGGU

BALI BUDDHA.
Balls! You have to try them. The soy chai isn’t bad either.

INDO TOPIA
Indonesian and Vietnamese. Particularly good spicy pho.

DELI CAMPUR
Japanese. The sashimi tuna, avocado and brown rice salad and ginger ice tea always satisfies. The staff here are welcoming and always happy to see you. Keep this one as a local staple if you’re staying close enough.

DANDELION
Date night! Fresh food, personal service and fairy lights. Best on a moonlit night as the restaurant opens up over the rice paddies.

DEUS
Live music on Sundays and taco Tuesday

OLD MANS
This large beach bar has a relaxed style and casual atmosphere. Don’t miss happy hour between 5-6pm on weekdays.

SATE BALI
Best known for its awesome seafood lunch BBQ.

KAKILIMA
Book a mat on the grass for Kakilima’s relaxed al fresco dining, sublime sunsets and Mediterranean platters.

LA FINCA
Yummy cocktails and delicious tapas.

LE PIRATE
A beachfront hangout with good granola.

BETELNUT
The big salad is a hit, as is Gypsy’s Betelnut cake but the Snickers cheesecake is pure, mouthwatering goodness!

Butter
Have your cake and eat it too (it’s vegan after all).

MONSIEUR SPOON
Addictive French patisserie. This place comes with just one warning - do not stop at the almond croissants!

CRATE
Western style big breakfast and a very popular latte hang out.

GREEN GINGER
My favourite! I love this little café for the service, the crunchy corn fritters and the chai! Service can be a little slow, but it’s well worth the wait.

CANTEEN
Monty and his team will take care of you here. Great coffee, big fruit salads and bike hire too.

LA MEXICANA
Amazing cactus garden, good Mex too.

BALI INDONESIA – THE VISTA

KUTA
Believe most things you hear about Kuta. It is home of the airport, the party scene and come November, the notorious schoolies week rules this little pocket of Bali. Amidst the chaos, Kuta delivers some great authentic food options and some quality people watching.

THE BALCONY
A popular choice among surfers. Traditional Indo & western dishes, super cheap and yummy.

TJ’S MEXICAN
Deep in the heart of Kuta on Poppies 2, TJ’s has been here forever due to it’s hugely popular menu. Try the fish enchiladas with almonds.
**NUSA LEMBONGAN**
Head to Sunur, leave your scooter/bike/car there for a few days and catch the fast boat (approximately 30 mins) or the local boats (approx 1.5 hours). There’s plenty of cheap bungalow-style accommodation on the water, starting at around $15 per night. This area is friendly, fun, with several yummy Indonesian warungs and two great reef breaks for surfing right out the front. For a special dinner head to The Deck at sunset.

**NUSA CENNINGAN**
This quaint little island adjoins Nusa Lembongan by a tiny yellow bridge. Only motorbikes or bicycles can be ridden on the island. Scattered with tiny new resorts including Le Pirate Beach Club, you’ll discover jumping holes, surfing and beautiful beaches around each corner.

**UBUD**
If those beautiful green mountains call...it’s safest to ask a driver to take you out there for approx. 400,000 ($40). Alchemy, Soma and Clear are great vegetarian cafes to try while you wander the village streets. The Yoga Barn hold classes from morning till evening and there’s also an option to stay overnight in traditional Balinese accommodation. The monkey forest, Ketut Liyer (the quirky medicine man made famous via ‘Eat, Pray, Love’) and white water rafting are all interesting/touristy options but it may be best to just relax and have another massage ;)

**KARMA KANDARA**
A beautiful, yet popular white sand beach resort with a beach club called ‘Nammos’. Everyone must go here at least once. Arrange driver to take you to Jalan Villa Kandara Banjar Wijaya Kusuma Ungasana. Take the cable car down to the water to the white sand beach below. Perhaps one of the best views in Bali, leave your surf boards at home, spend the day sipping cocktails, order pizzas and laze in the sun. The resort is not cheap however and it will take you around 45-60mins to get there from Seminyak. Aim to arrive by about 10-11am to make the most of the day.

**BELANGAN BEACH**
Perfect for surfers. Make a half day trip which takes between 1-2 hours (depending on traffic from Seminyak). A beautiful white sand beach, great surfing and swimming. At the end of the beach you shall find ‘Suzies Warung’ where you can leave your board, shoes and bags safely whilst on the beach. Cheap, local food with generous servings and frosty cold beers.

**BINGIN**
Is also a lovely blue water beach. Study the winds and tide before you go. Staying overnight in this area is great, the majority of accommodation is basic yet waking up on the ocean is perfection. Most of the beach warungs also cook fresh fish on the BBQ every evening. Mick’s Place (on top of the cliffs) is a well known villa option, Kelly’s Warung is best for fresh fruit salads and juices all day long.

**ULUWATU**
There are various places to stay here and most with a stunning view over the ocean from high up in the cliff face. Check MU Villas and the Uluwatu Surf Villas. Make sure to explore the pretty ocean caves at low tide too.

**JIMBARAN BAY**
Famous for seafood BBQ’s and sunsets, make a stop here on route home from the Bukit or perhaps make it your last super before you fly out as it’s close to Belangan / the airport. Yet beware, many tourists, high prices.

**GILLI ISLANDS**
The three islands which make up the Gillies; Gili Trawangan, Meno and Air are like three different worlds. Trawangan has a vibe much like Ibiza an all day all night party. Meno may be best avoid as there is a lake which is the source of all mosquitoes in Indonesia, however Air now that’s something different. Air is a relaxed, tiny, remote island with no vehicles. A perfect escape and well worth a visit.

With any day trips if taking an arranged tour, do make sure you book through a reputable and trusted organisation.

**FURTHER MAGIC**
If you are looking for a very special destination a short plane flight away from the main island, ‘Sumba Resort’, Nihiwatu. This escape is one held sacred to many hearts, you will know within yourself if you should go...
REST

RESTORE

BEAUTY

LUXE SPA
Sentosa is the best place to spoil yourself. Massage, massage, massage! Put aside three hours for pure bliss with a luxe massage, facial and milk bath, plus their ginger tea is amazing!

BODYWORKS
Located on Oberoi, Bodyworks is a well-known option for massage & waxing

BRONZE
Great products and cheap packages.

BLISS SANCTUARY
Relaxing Yoga, massage (for women only).

EQUILIBRE CONCEPT
Excellent mani pedi.

AMO SPA
It’s easy to while away a few hours here at least!

GOLD DUST
The best and fastest place for Massage, Canngu

GLO
Jump in here for a speedy Medi & Pedi

RITUALS
Found on JL Legian, Rituals can do a quick blow dry/hair treatment just when you need it now.

THINK PINK
Fun, air-conditioned nail bar, with OPI products.

ROB PEETOOM HAIR SPA
Indulge is a beautiful hair treatment and blow dry while you take in a view of the tranquil rice fields. Perhaps a special treat on your last day in Bali?

YOGA

SERENITY
Low cost, popular and regular classes.

SAMADI
Situated on the outskirts of Canggu. Daily Mysore and Astanga are practised here in an amazing space suspended above water. Beautiful cafe attached with plenty of organic goodness.

DESA SENI
This stunning space is the most popular yoga space in Canggu. Meditation classes are also held regularly, arrive early or stay here in their traditional huts and homes.

See Ubud day trips for more.

SHOP

Head to JL Laksamana, Seminyak - start at the top and make your way down. You’ll find everything from lovely cotton dresses to lingerie from many well-known brands. For more traditional Balinese clothing and sarongs in the city - stick to the main strip of Jalan Legian.

Legian & Kuta is packed full of jewellery, baskets, carvings, shells, kaftans, sarongs and other Batik pieces. Ask your taxi driver to take you to Remo Corner in Kuta and immerse yourself in the back streets. I do advise you to start early to avoid the heat or go late afternoon and be mindful of what you buy, as it may not be accepted through customs when returning home.

There are many great custom leather makers including The Bali Tailor and AURA. Take a picture or a sample of what you would like made, then hand select your leather and trims.

STAY

ACCOMMODATION
options are endless in Bali with hundreds of hotels and villas ranging from budget $25 per night to luxe $2,000 per night.

Brown Feather is a new centrally located Seminyak hotel which ranges from $40 per night.

Airbnb always have great options for private villas and homes from Seminyak and Canngu to Ubud.

For a very special escape visit Linda at Sarinbuana Eco Lodge located at the foothills of Mount Batukaru (approx 45mins from Seminyak). Their organic garden and talented local chefs create the most blissful food you could ever imagine.

Also check our website www.followthevista.com for the latest reviews on Bali accommodation.
FLIGHTS
Multiple airlines fly daily to Bali. Virgin and Jetstar being two of the best in Australia. Book in advance and keep your eye out for specials. A return economy flight can cost you anywhere between $600 to $1000 from SYD. Costs are higher from the US at approx $1,700 from LAX and the UK/LON from around $1,100.

FINAL THOUGHTS
As respect to those who have generously guided me to special and sacred places on the island, some spots aren’t mentioned in this guide. Take what you have here as a personal treasure map. I have no doubt it will lead you on the right path, and help you find your own unique destinations as well.

Travel safely and consciously and I know you will adore Bali and its people.

Enjoy.

X

TIPS
Changing money in Bali, no matter how many times you read ‘authorised money exchange’ or hear that its ok, can still be a little dodgy. If you do so, just keep your wits about you. Count the cash twice, and always be sure you’re the last person to count and handle it before you leave. There are plenty of magicians ready and able to fleece a little cream off the top if you’re not watching closely!

You can change money safely at Bali Deli but it’s best to just use your card at the various ATMs. Take cash out at the airport from ATMs as you can get more out than in town i.e. $3million (Indonesian Rupiah) instead of $1.5m (and therefore less bank fees).

Have USD $35 in cash with you for arrival tax when you land in Bali and keep 200,000 IDR for departure tax when leaving.

Buy a cheap mobile phone (or take an unlocked one from home and just buy a Telkomsel sim card) for 400,000 IDR (approx $40-50) so you can make reservations and arrange drivers etc. (200,000 IDR credit and it will last you the whole time – saves you clocking up huge bills on your international mobile. There are ample mobile phone shops scattered about the place).

Wine is quite expensive in Bali so you may like to buy this prior to entry at duty free. For any last minute necessities or toiletries ‘Carrefour’ is a large western style supermarket.

Do check Trip Advisor for all addresses, it is best to take a screen shot of your location to share with drivers and taxis and learning a small amount of Indonesian will get you a long way.