



# 7 ISLANDS

H O P P I N G T O U R



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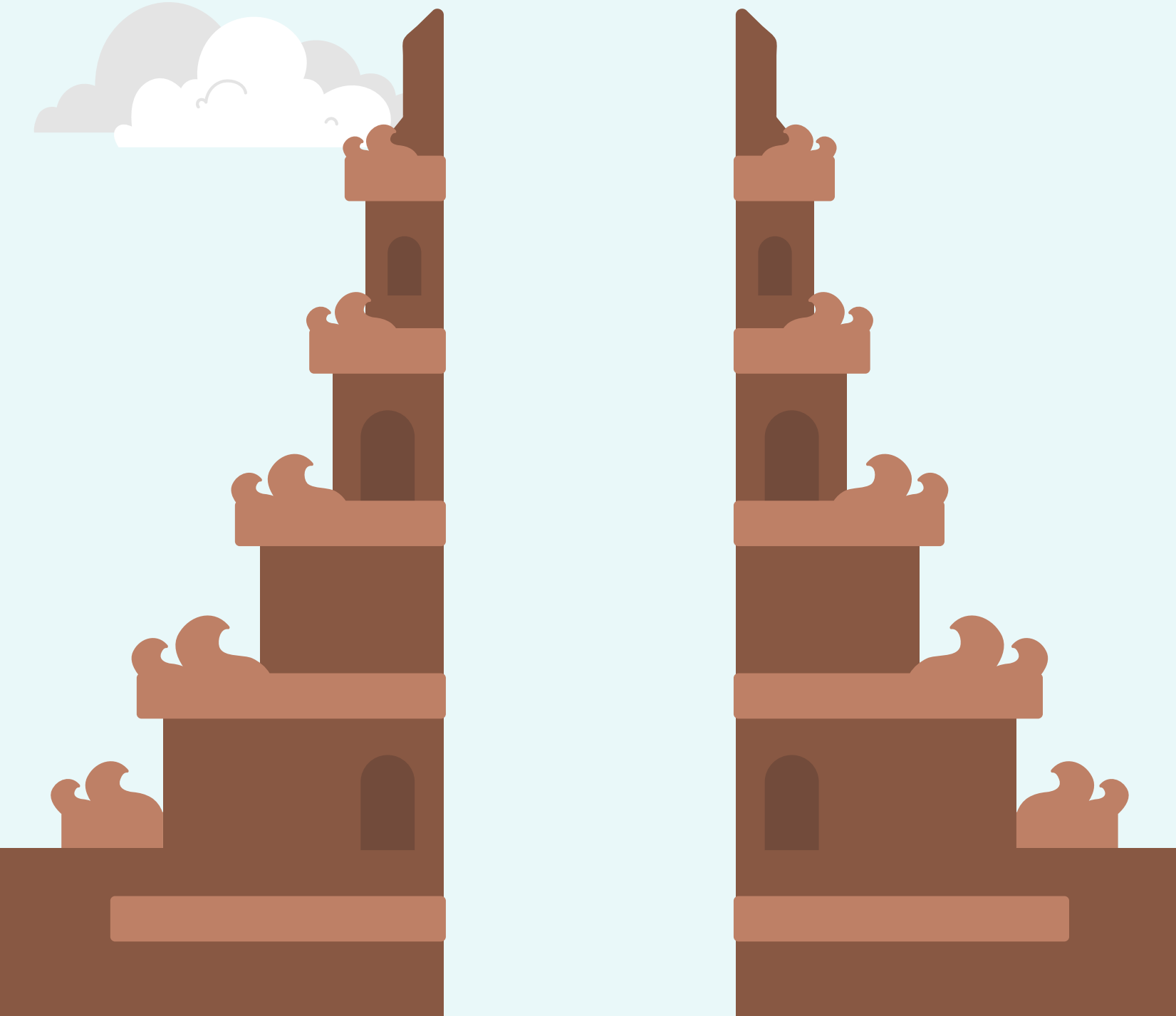
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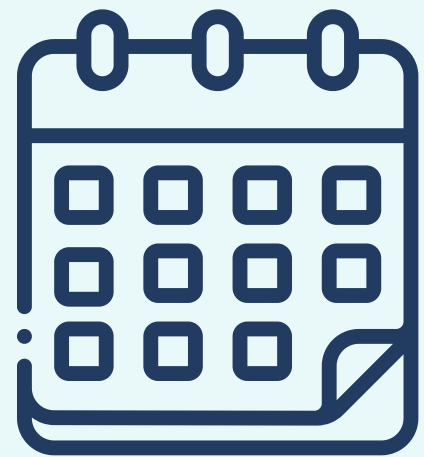
# *What is an Island Hopping Tour?*



It's a traveling tour that explores multiple islands in a single region, all of which are only accessible by boat. It's an exciting way to maximize your time and experience in multi-island destinations.



# Basic Information



Duration

13 Days  
12 Nights



Intensity

Medium  
High



Islands

7



Concept

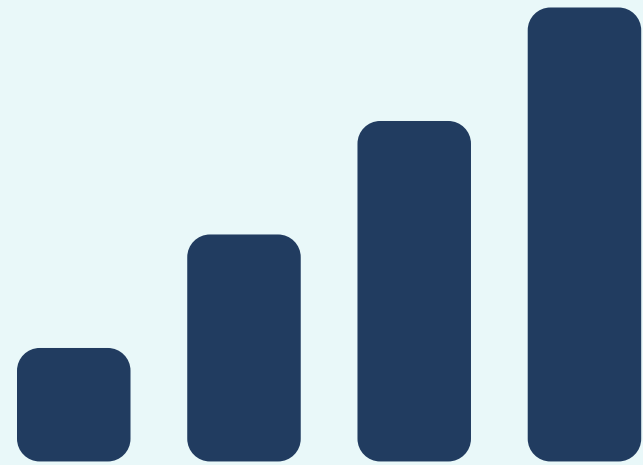
Deluxe  
Adventure

# Basic Information



Transport

Motorcycle/  
Car/Driver



Category

Small  
Boutique  
Hotels



Budget

From  
125€/p/day



Including

All - diets  
and  
donations

# Pricing Options



**BIKE X 2**

**1.718€**

**BIKE X 1**

**1.787€**

**CAR SELF**

**1.925€**

**CAR DRIVER**

**2.195€**



# *The Route*

*7Islands™ Hopping Tour*



# Divided into 3 blocks: Bali, Gilis and Nusas



## GILIS



T

Meno

Air

## NUSAS

N. Penida

N. Lembongan



1°  
**BALI**

2°  
**GILIS**

3°  
**NUSAS**

2

1

12-13

5-6

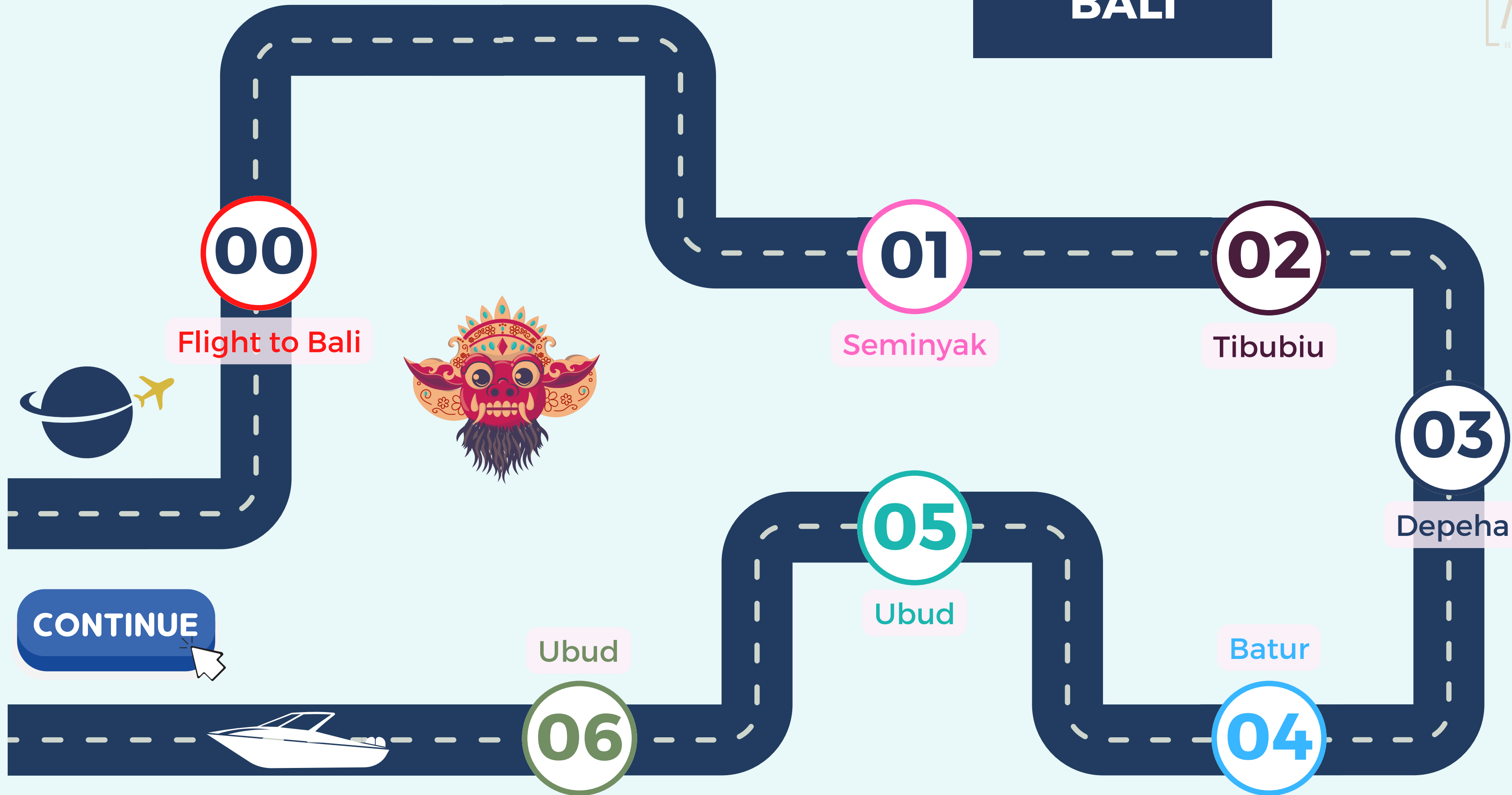
9-10-11

7-8

3

4

# ITINERARY BALI



CONTINUE

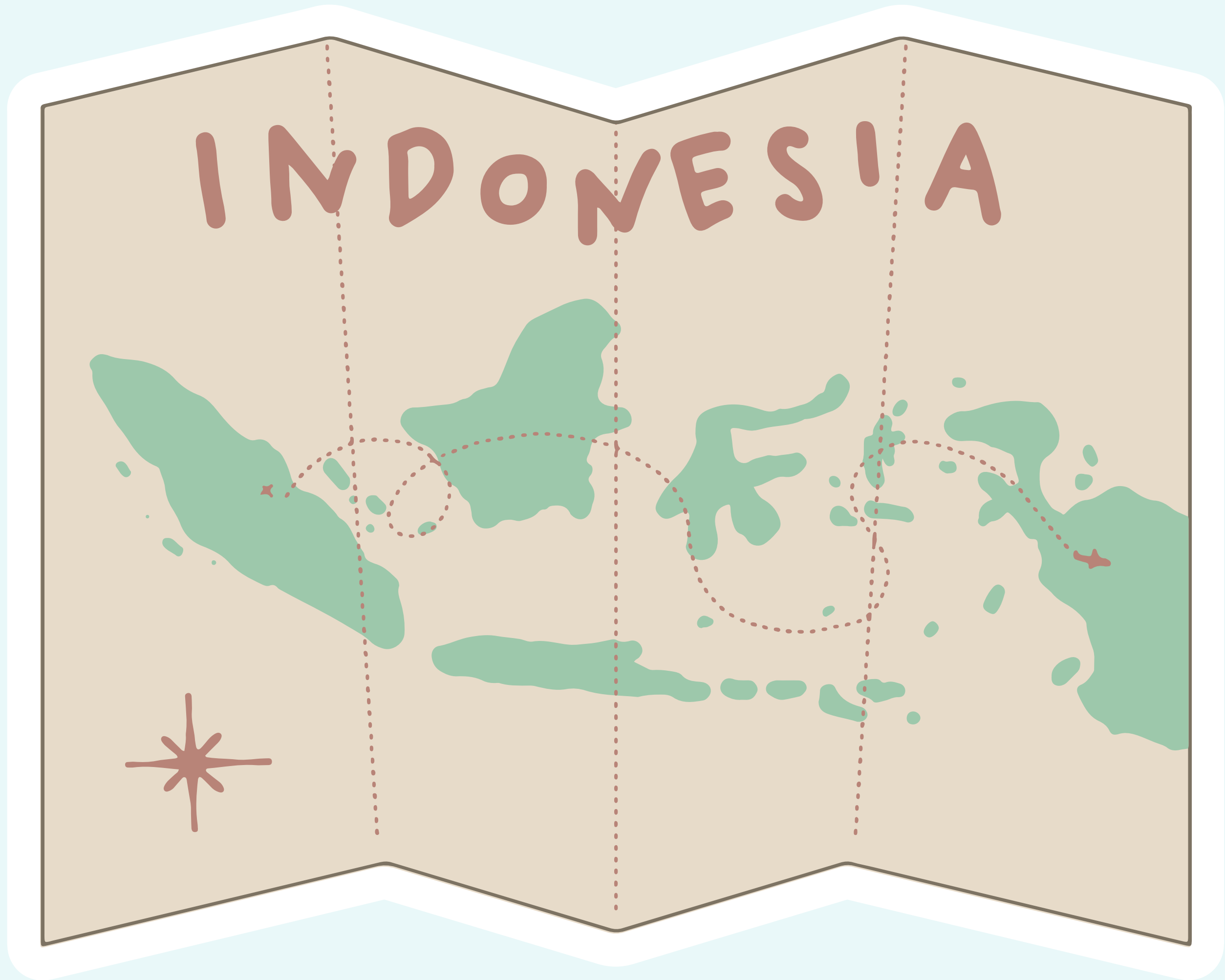
# ITINERARIO GILIS+NUSAS



**THE  
END**



*Let's start!!*





*Indonesia is an unknown giant. The largest archipelago in the world (more than 5,000 km long, with more than 17,500 islands and 54,716 km of coastline).*



*The country with the most volcanoes in the world, more than 400 – of which 147 are active.*



*It has 9 sites considered World Heritage by*  
**UNESCO**



*It has the greatest diversity of flora and fauna. It is home to the last dinosaur on the planet, the Komodo dragon.*

**China**  
1.43B



**Rest of world**  
1.07B



*4th most populated country in the world*

**India**  
1.42B



**USA**



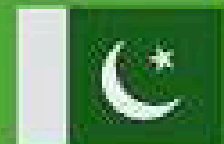
**338M**

**Indonesia**



**276M**

**Pakistan**



**236M**

Rank	Country	Population
#1	China	1.4B
#2	India	1.38B
#3	U.S.	325M
#4	Indonesia	258M
#5	Brazil	214M
#6	Nigeria	212M
#7	Bangladesh	206M
#8	Russia	157M
#9	Japan	146M
#10	Japan	128M



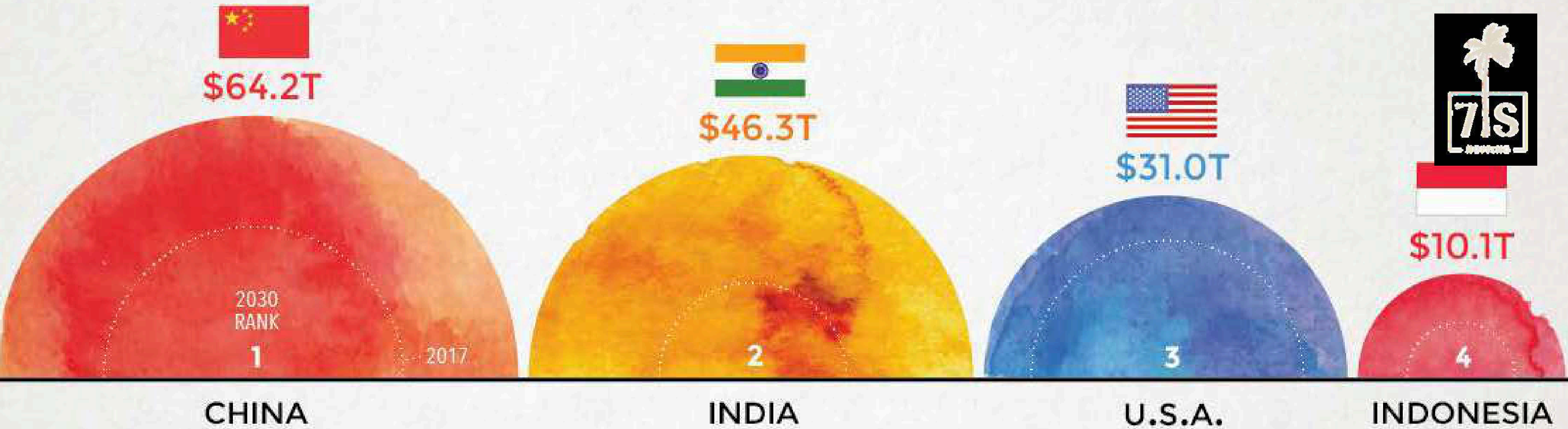
*The youngest population in the world (+200 million -30 years) and one of the highest happiness rates*

BAL

ESTD

ESTD

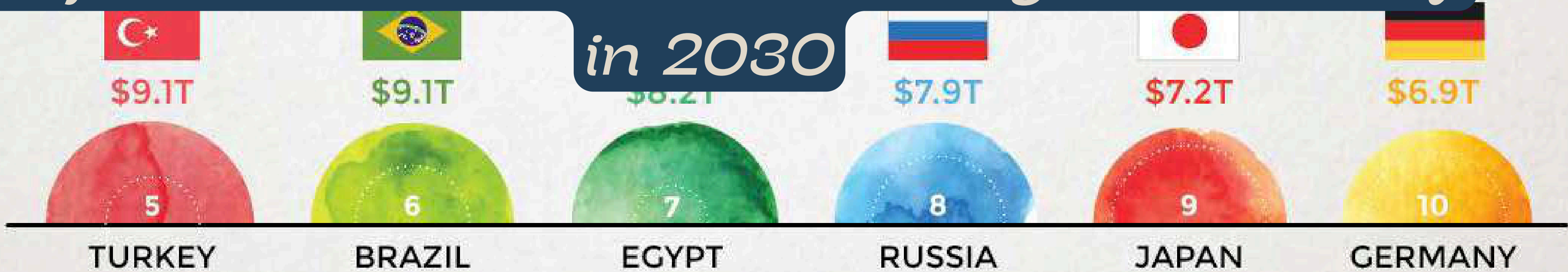
2023



**TOP 10 COUNTRIES, BY GDP (PPP) IN 2030**

*Projection to the world's 4th largest economy*

*in 2030*



# Fitting european countries in Indonesia by population



*+300 million inhabitants expected in 2030*



Notes: "Other Religion" includes:  
 1) Indigenous/Animist  
 2) Non-Trinitarian Christian (North America and Oceania only)  
 3) Sikhism (Asia and North America only)

**Religion: Insular**  
 SE Asia  
 Papua N  
 Guinea



Cordillera of Northern Luzon: Large Animist and Protestant Minorities, Hence Catholic Plurality Only

Northern Penang, Malaysia: Buddhist Plurality

Batak People, Protestant Majority

Ipoh, Malaysia: Buddhist Plurality

Singapore: Buddhist Plurality

Iban & Kenyah People: Protestant Majority

Iban & Chinese: Catholic

Toraja People: Protestant

Basilan

Muslim Area of Mindanao

Sulu Archipelago in the Philippines: Muslim Majority

Pamona People of Poso: Protestant

Minahasa People: Protestant Majority

Halmahera: Divided Island

Areas of Heavy Muslim Migration in Indonesian Half of New Guinea

Seram: Slight Muslim Majority

**Cocktail of religions, ethnicities (+600) and languages**

Archipelago: Protestant Majority

**(+100)**

SE Indonesia: Mostly Protestant

Timor & Eastern Timor: Catholic



<10,000 LAOS  
<10,000 TIMOR-LESTE

PHILIPPINES  
6%

BRUNEI  
75%

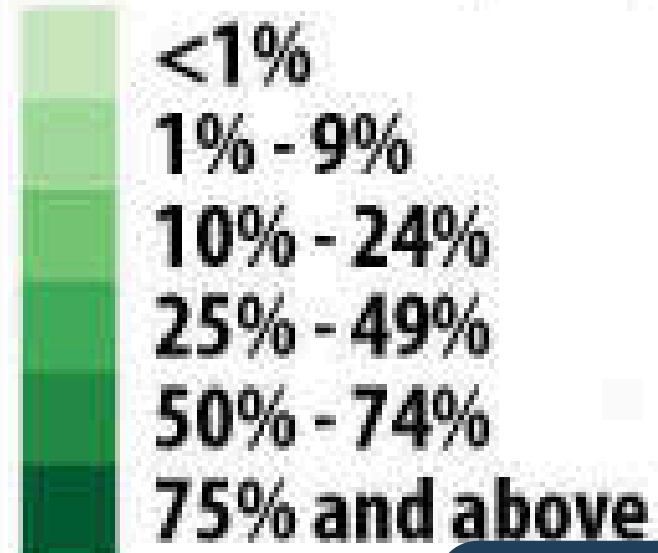
MALAYSIA  
66%

SINGAPORE  
16%

87%  
INDONESIA

TIMOR-LESTE  
<1%

## MUSLIMS AS PERCENTAGE OF COUNTRY POPULATION (2020)



DATA: "The Future of World Religions:  
Population Growth Projections,  
2010-2050," Pew Research Center  
(2015), except data for regions of  
Indonesia from Operation World

DESIGN BY  
 [CartoMission.com](http://CartoMission.com)

*Largest Muslim country in the world*

ASIA



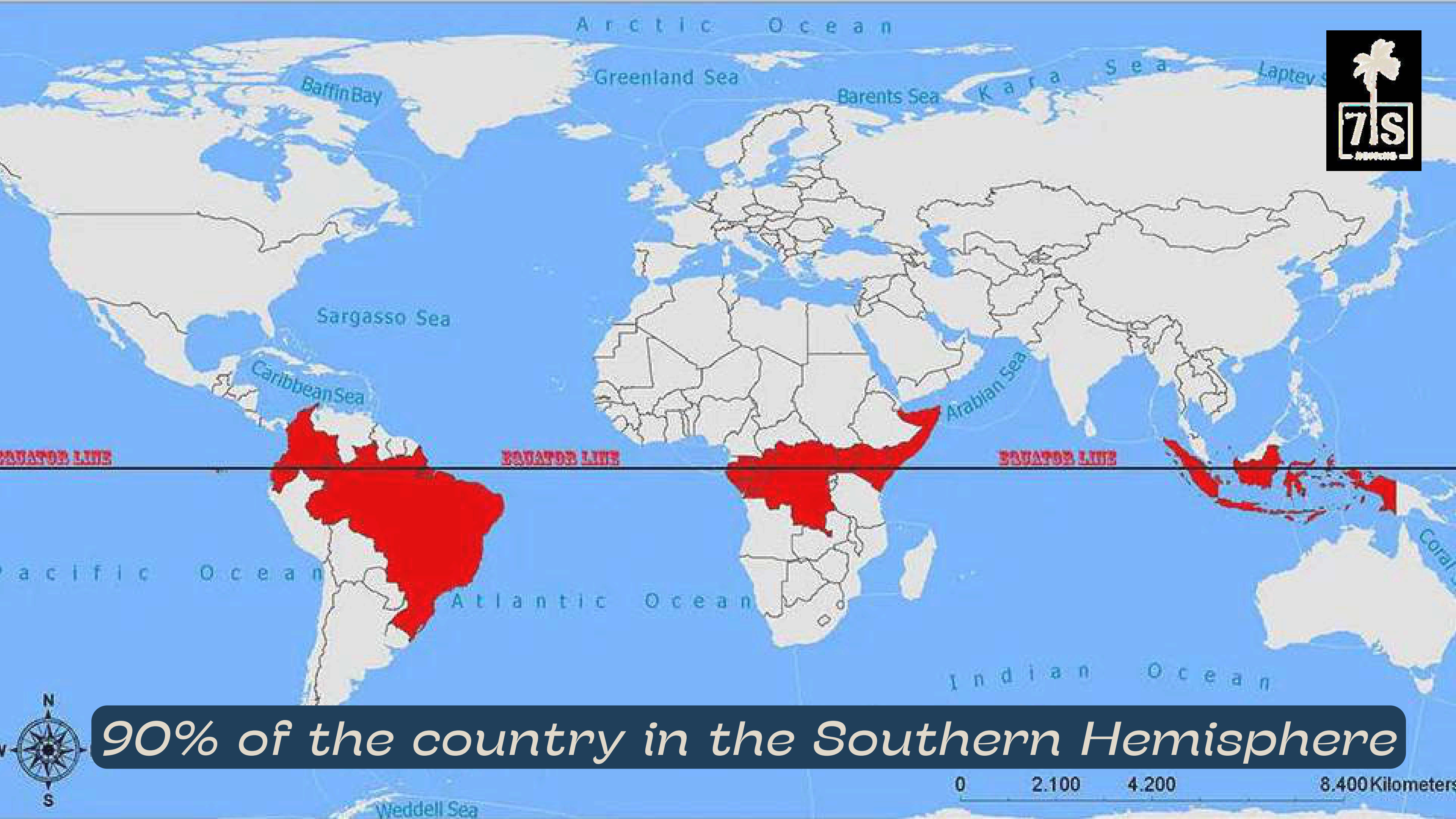
PACIFIC  
OCEAN

SOUTH  
CHINA

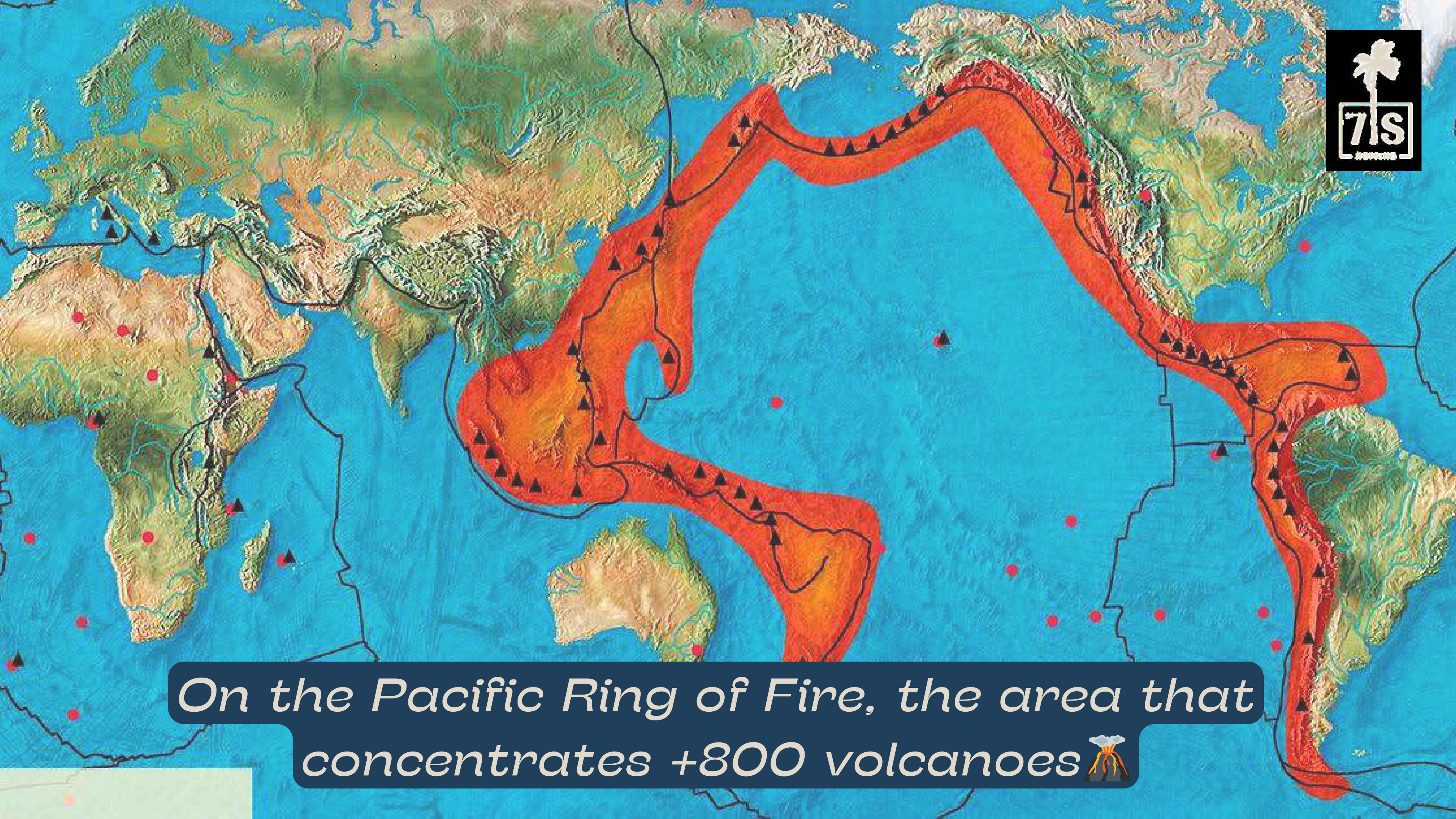
*It became independent from the Netherlands in  
1949.*

INDIAN  
OCEAN

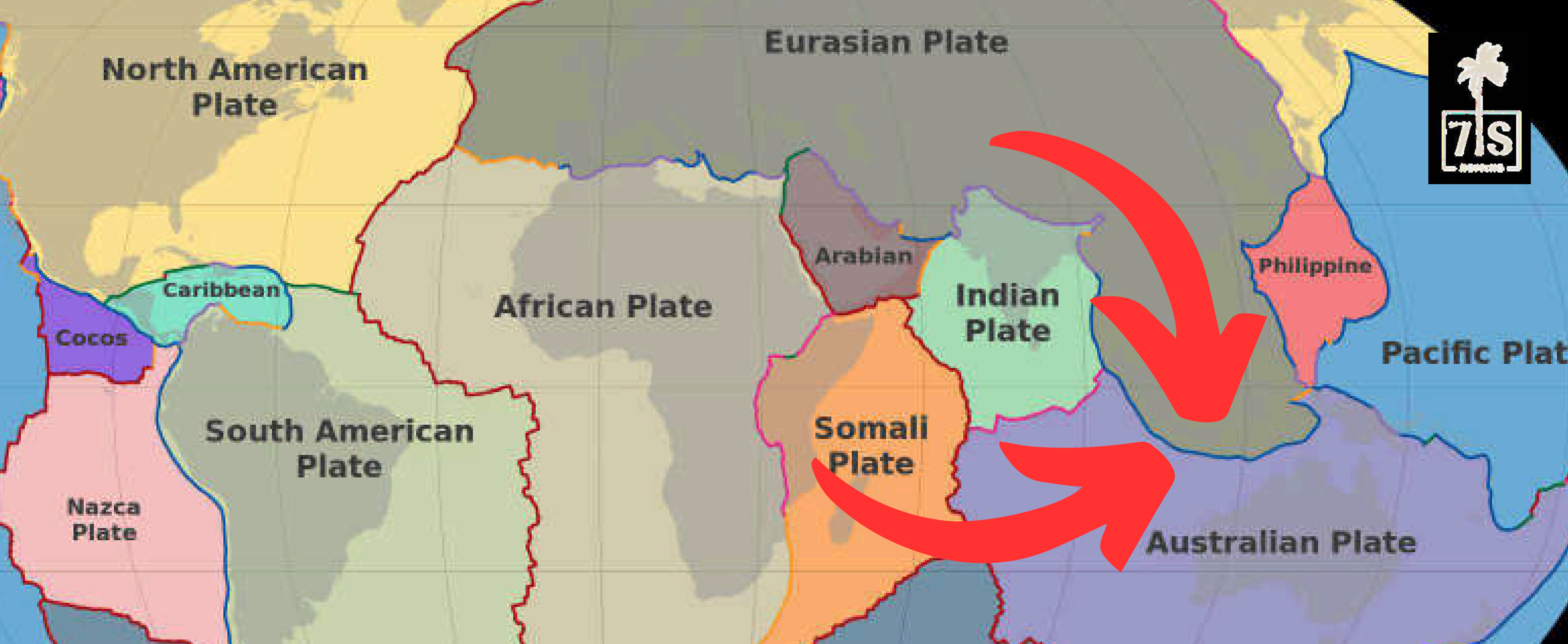
**DUTCH EAST INDIES**



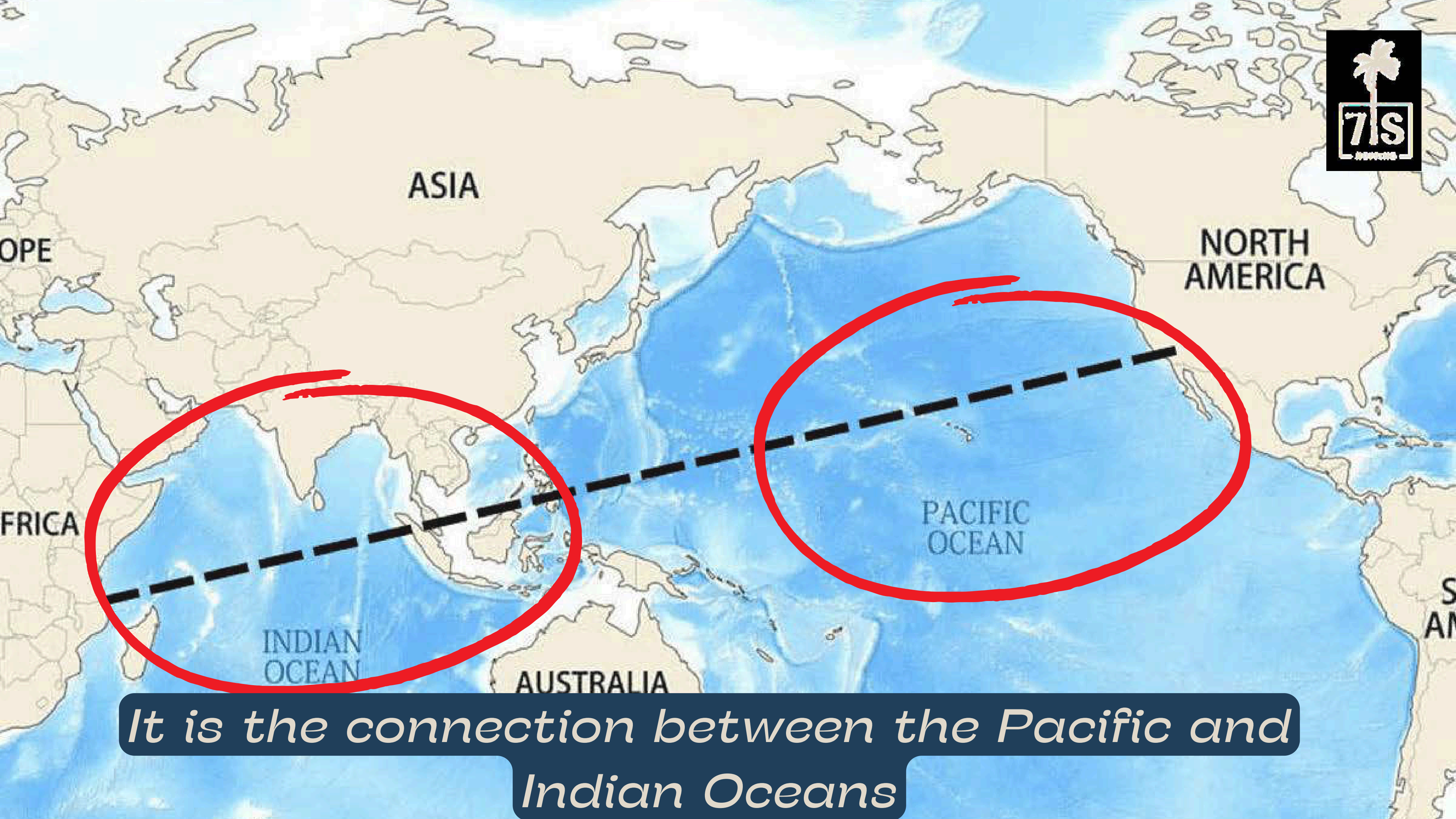
*90% of the country in the Southern Hemisphere*



*On the Pacific Ring of Fire, the area that concentrates +800 volcanoes 🌋*



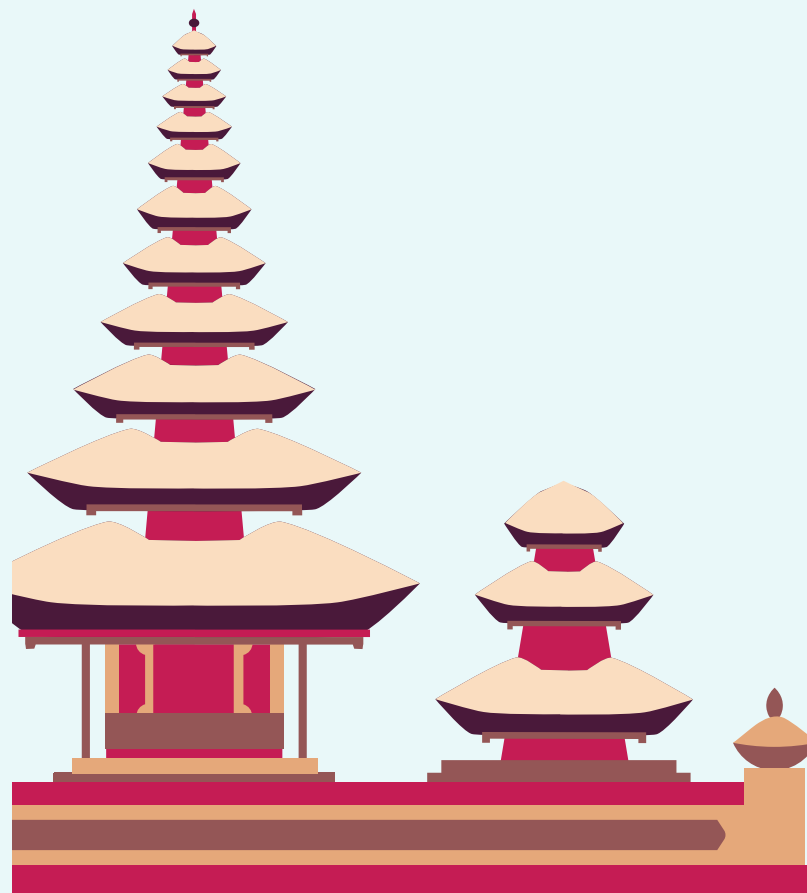
*Situated at the collision of two tectonic plates - Eurasian and Australian - it is one of the most geologically complex and active regions in the world.*

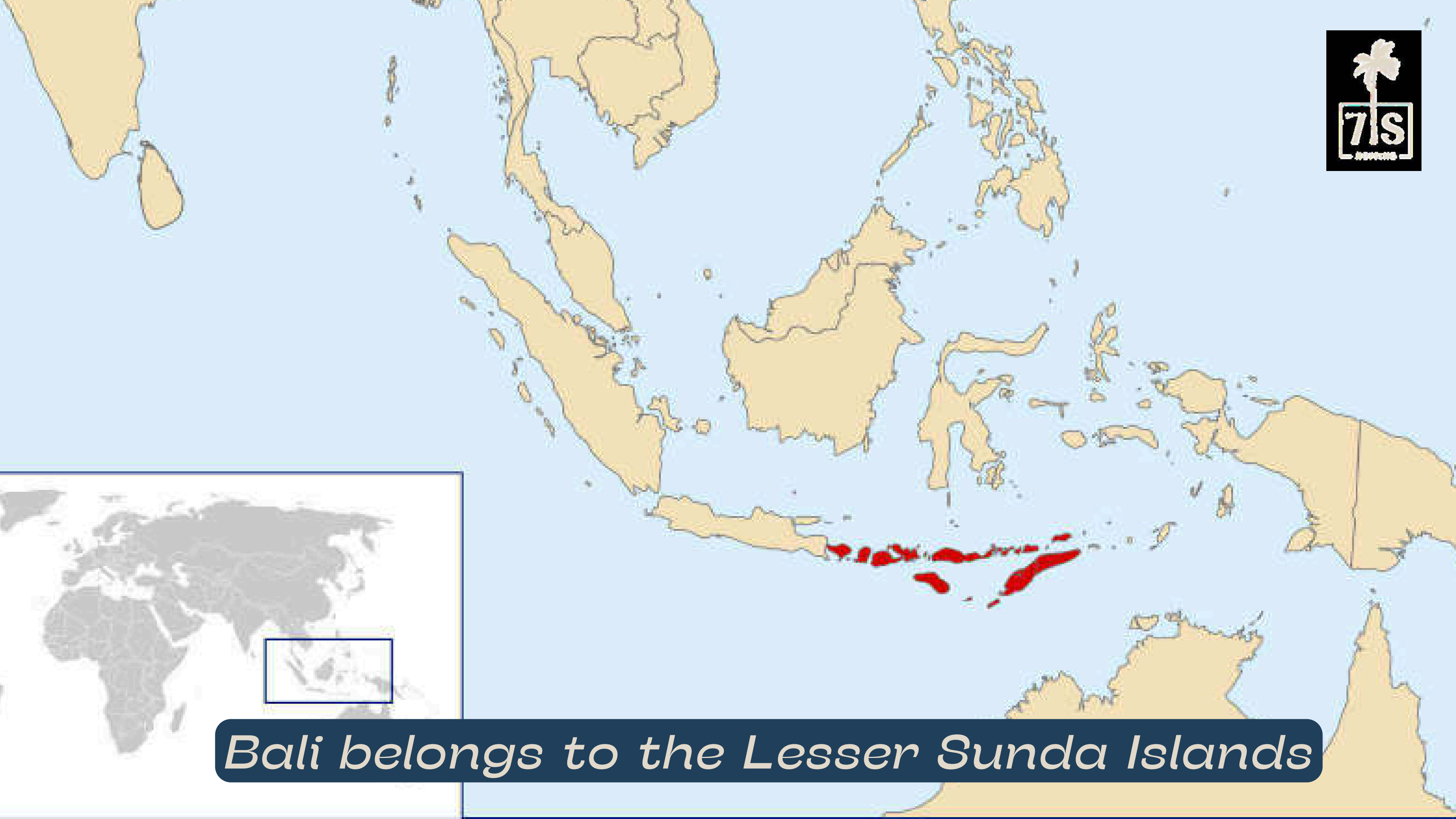


*It is the connection between the Pacific and Indian Oceans*



# Bali



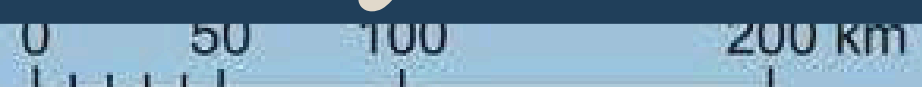
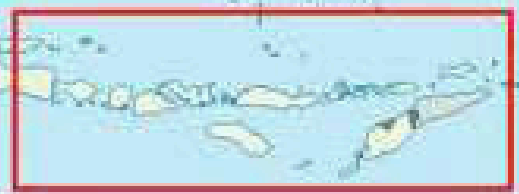


*Bali belongs to the Lesser Sunda Islands*



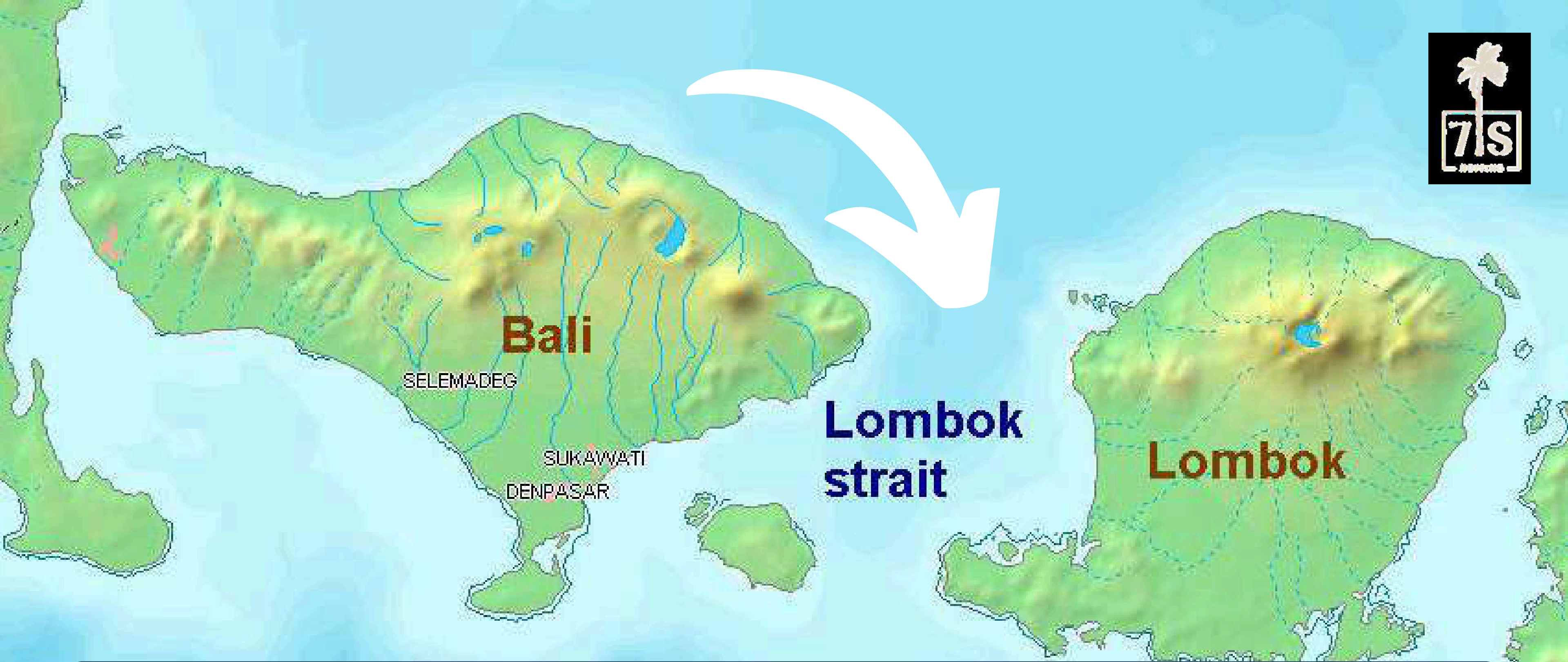
*Islands of volcanic origin and geologically young.*

*\*15 million years old\**





*It has never been part of a continental mass,  
hence its unique biodiversity.*



*It is located in the Lombok Strait, the main interchange between the Pacific and Indian Oceans and the largest water passage on the planet,*

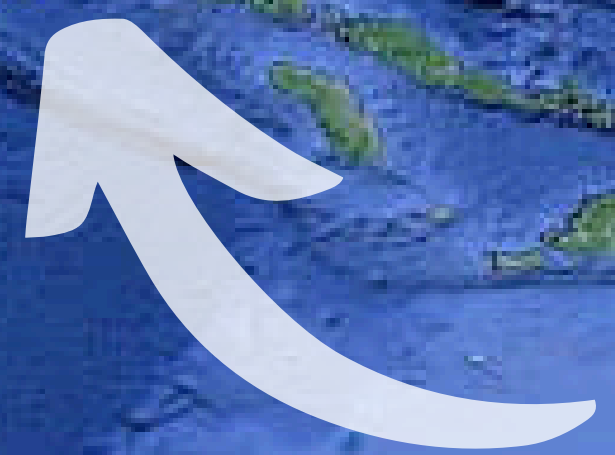


*Right on the Wallace Line, the imaginary axis that divides  
the world's fauna and flora in two*

Wallace Line

ASIA

OCEANIA



WELCOME TO THE

# Bali Island

Bali, the "Island of the Gods," captivates with its lush beauty and deep-rooted spirituality. Black sand beaches in the north, golden sand beaches in the west, and white sand beaches in the south offer surfing paradises and spectacular sunsets.

Terraced rice paddies display natural works of art throughout the island.





*Once again, Bali is chosen to be the most popular destination in the world in the TripAdvisor Travelers' Choice Award 2023. Read why Bali is so popular in the world.*

***Most popular destination in the world 2023 and 2024***

BALINESE

# *Culture & Traditions*

Balinese culture is a unique fusion of spirituality, art, and deep-rooted tradition. Dominated by Hinduism, the island is filled with ornate temples, daily rituals, and vibrant festivals.



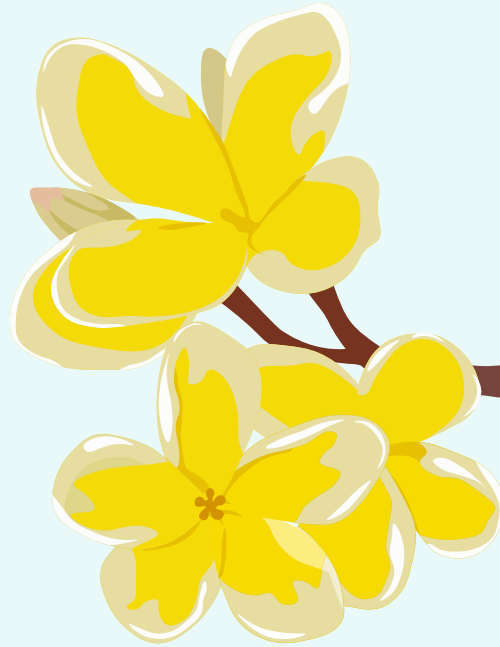


BALINESE

# *Traditional Clothing*

PAYAS AGUNG

Balinese clothing reflects the rich cultural heritage and Hindu influence. For ceremonial occasions, men wear the kamen (tunic) and udeng (headscarf), while women wear the elegant kebaya (blouse) and sarong (wrap-around skirt).



BALINESE

# *Traditional Events*

## NYEPI

Nyepi, the Day of Silence in Bali, is a unique Hindu celebration marking the new lunar year. During this sacred day, the island falls into a reflective silence. Residents observe the "Catur Brata Penyepian" ritual.



BALINESE

# Traditional Dance



KECAK DANCE

The Kecak dance of Bali is a mesmerizing spectacle where dancers, accompanied by chants from a vocal choir, narrate epic Hindu myths.



PANYEMBRANA DANCE

The "Panyembrama" dance refers to a Balinese dance form performed with slow, graceful movements. It is a dance of welcome and expression of gratitude.



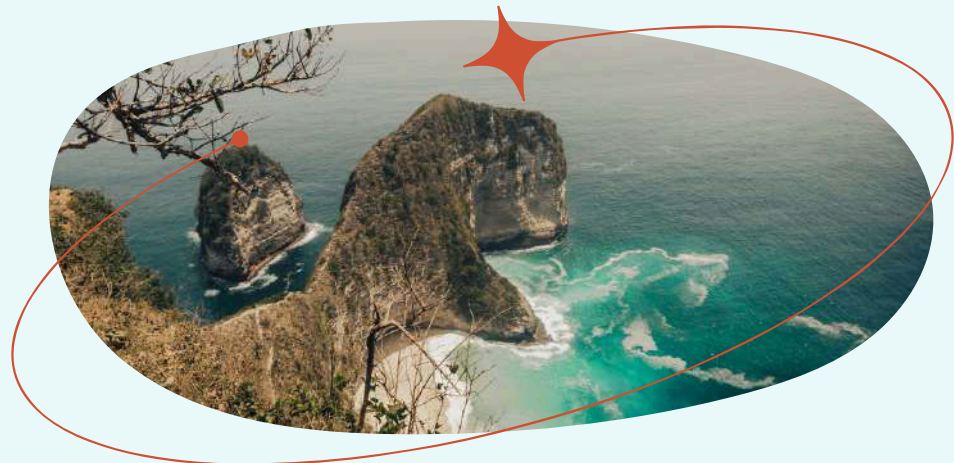
LEGONG DANCE

Balinese Legong dance is a classical and elegant form, performed by young dancers, with graceful movements and delicate facial expressions.



PLACES

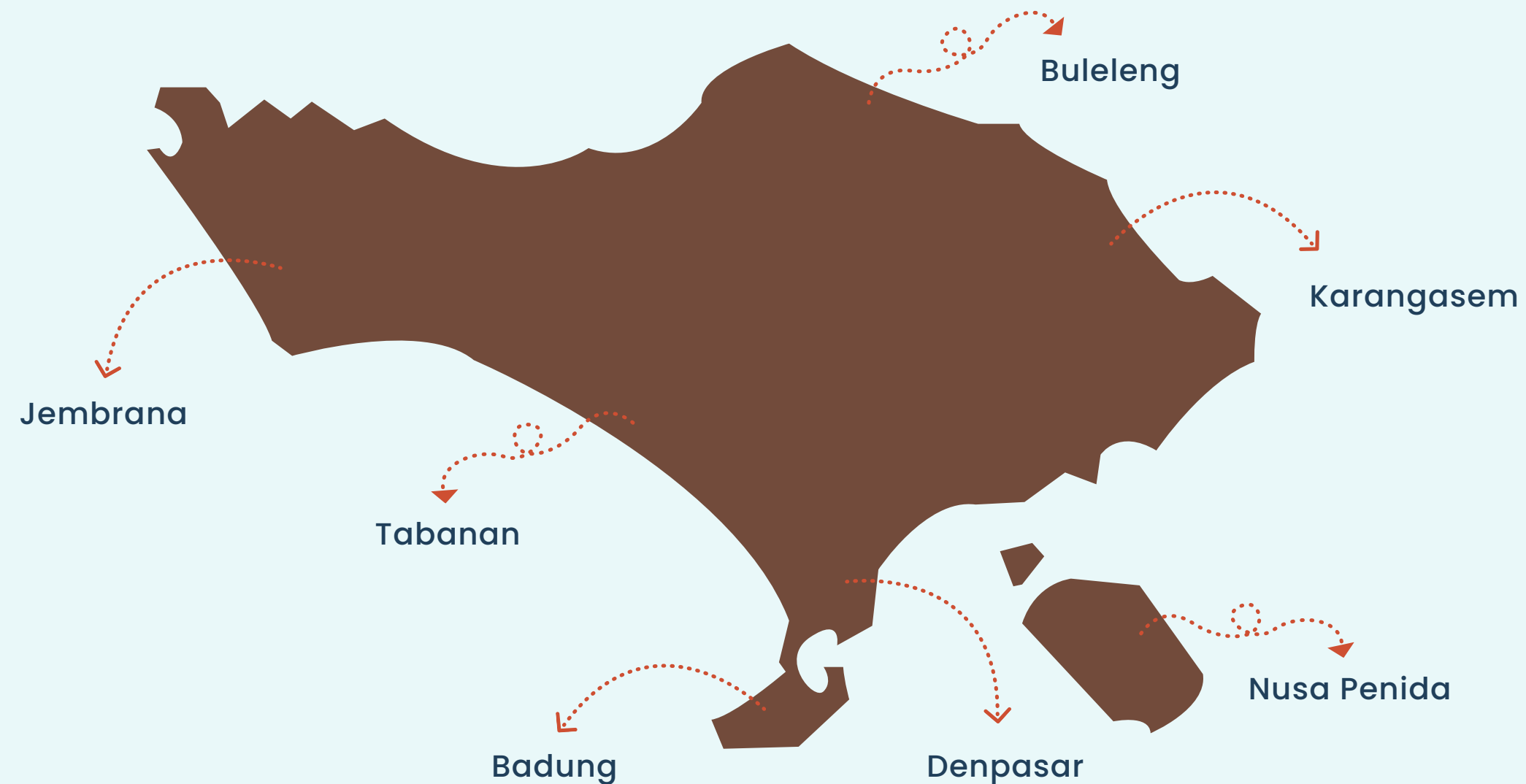
# Featured



# BALI *Demography*



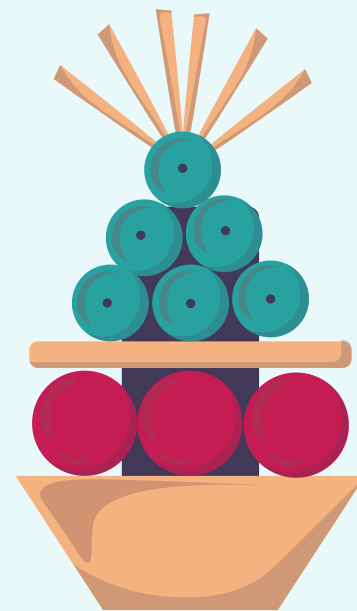
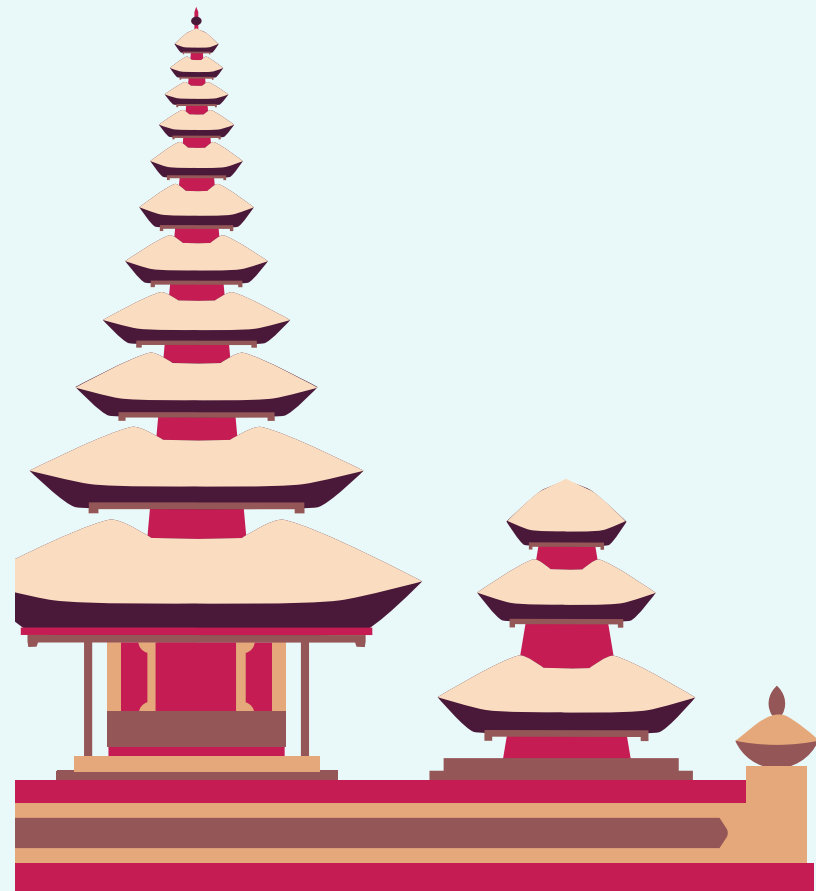
Bali, the "Island of the Gods," is divided into several zones, each with its own unique charm. Each region offers distinctive experiences, from relaxation to adventure, captivating visitors with its cultural and natural diversity.





# DAY 1

*Seminyak, Bali*





*Arrival at Bali airport*



*Accommodation in the heart of Seminyak*



*Sunset at Seminyak Beach*

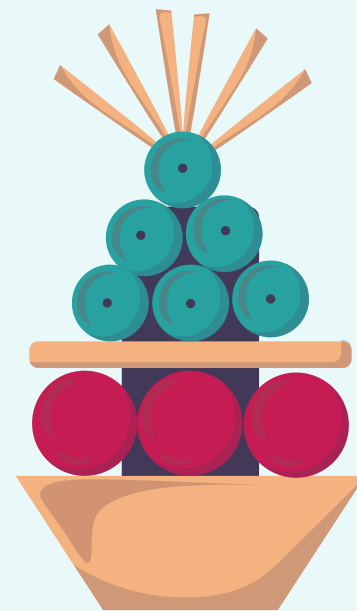
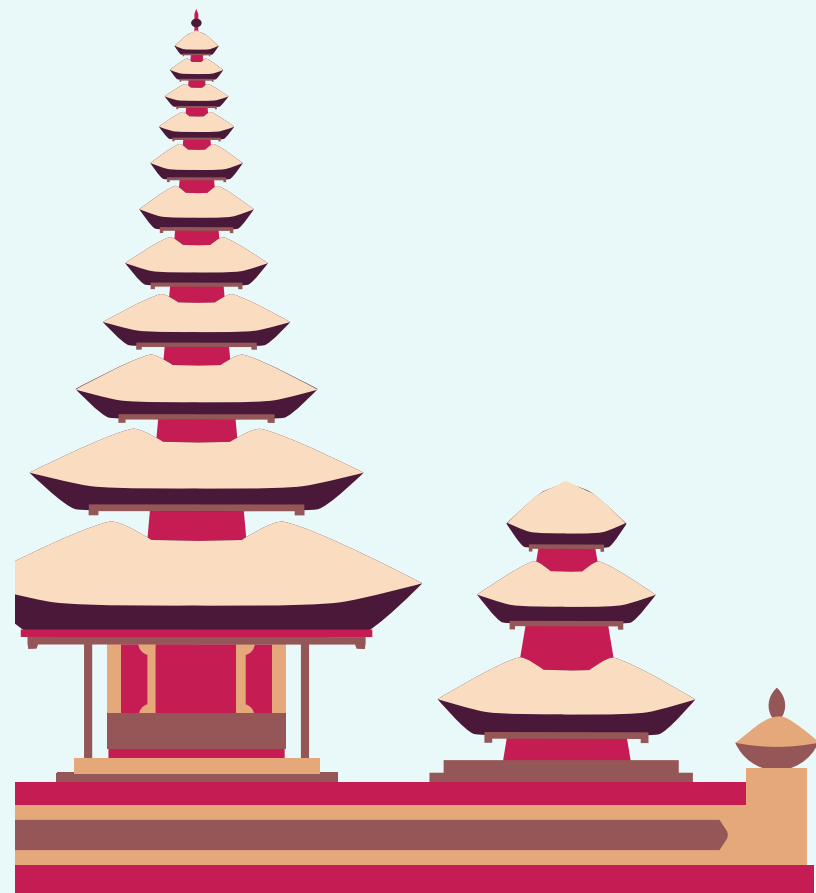


*Dinner by the seaside.*



# DAY 2

*Tibubiu, Bali*





*Walk through the rice fields of Penarungan*



*Lazy River Tubing*

*Taman Beji Griya Temple*





*Water Purification*



*Food in the rice fields*

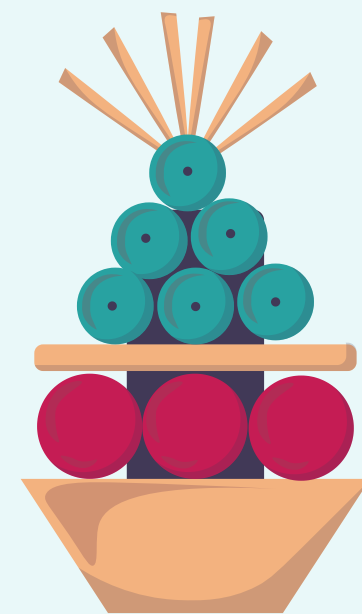
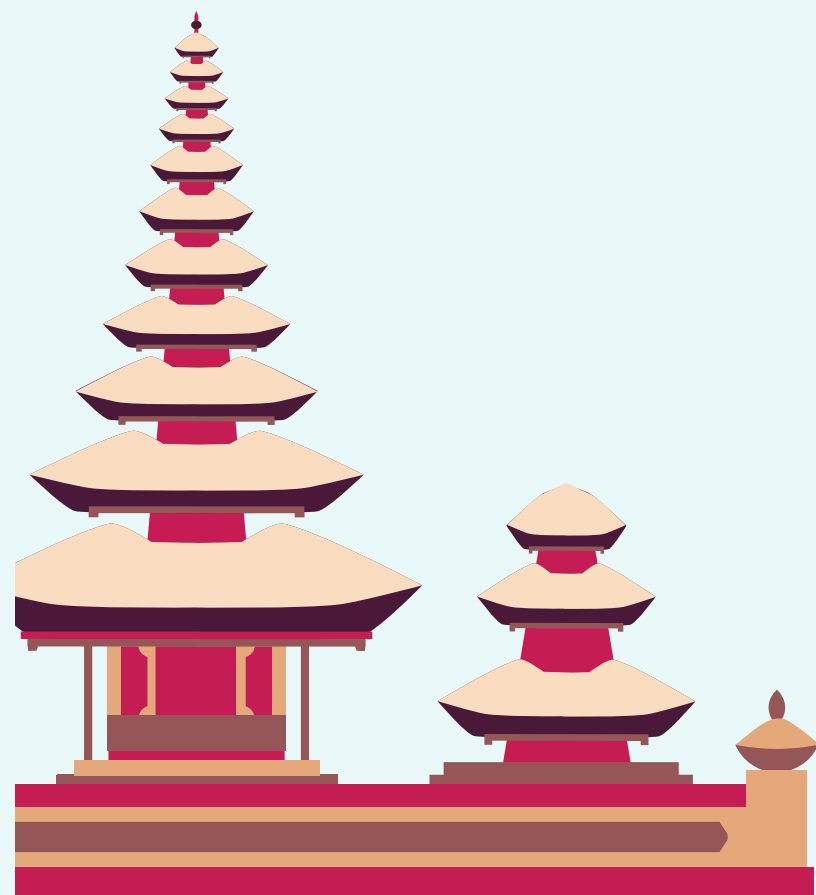


*Beachfront accommodation*



# DAY 3

*Depeha, Bali*





*Belimbing Ricefields*



*Sade Waterfall*



*Coffee in the rice fields*



*Pura Siwa Temple*



*Tasting of local fish in front of the sea*

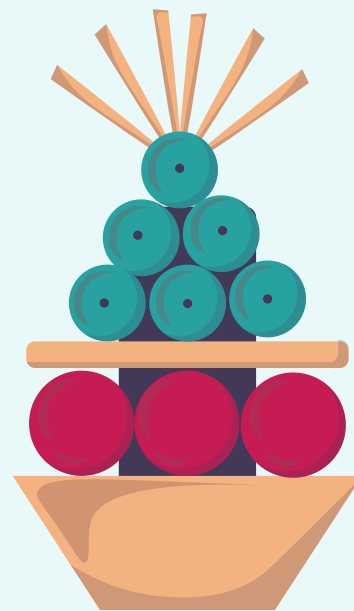
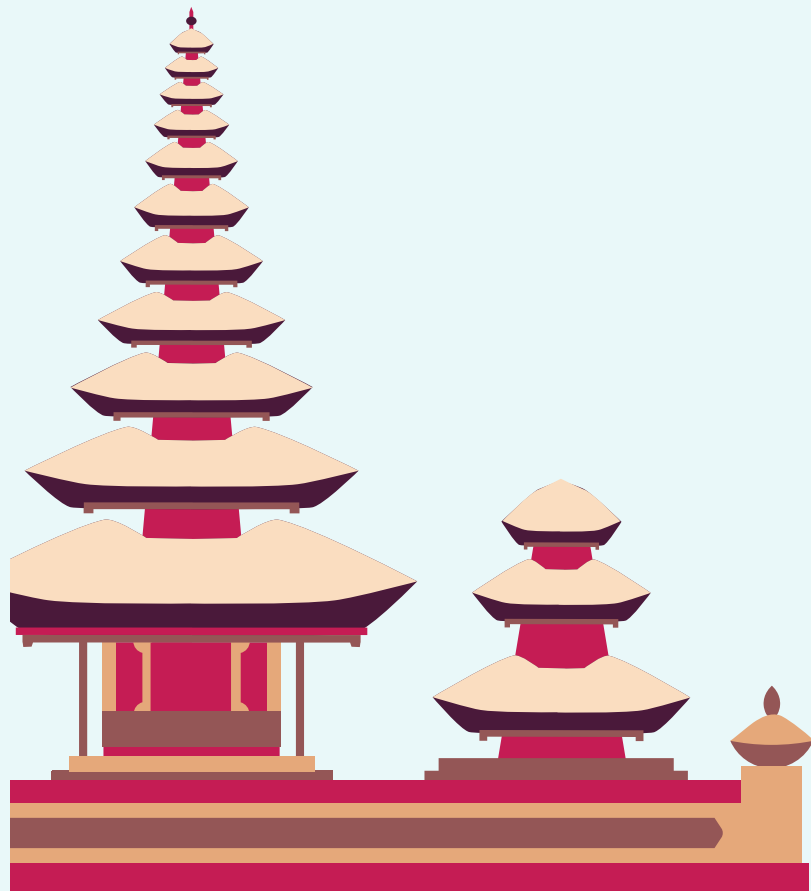


*Accommodation with views of the Bali Sea*



# DAY 4

*Batur, Bali*





*Pura Ulun Danu Batur*



*Cafe with a view*



*to the Batur Volcano*



*Driving on lava*



*Aguas Termales*



*Massage in water*

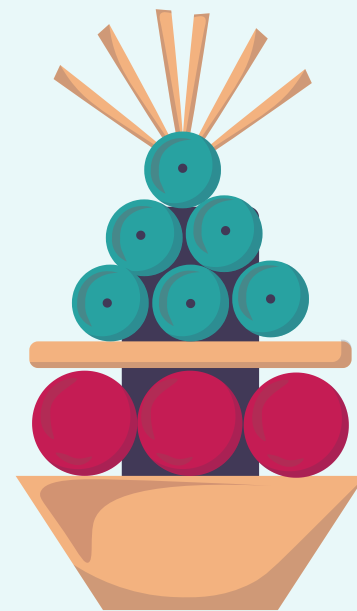
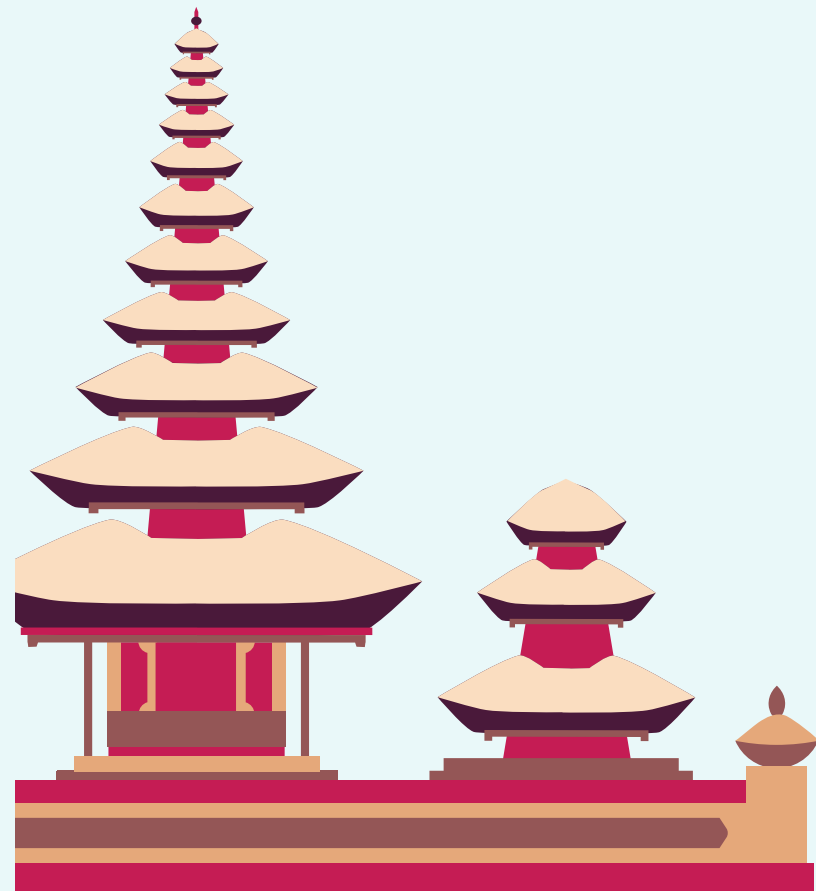


*Glamping accommodation on the lava*



# DAY 5

*Ubud, Bali*





*Besakih Mother Temple*



*Tukad Cepung Waterfall*



*Café with views of the Agung Volcano*



*Balinese Massage*



*Accommodation in the heart of Ubud*



Donna

*Premium Dinner*

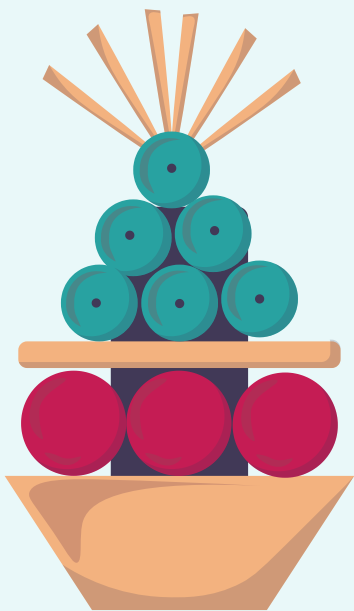
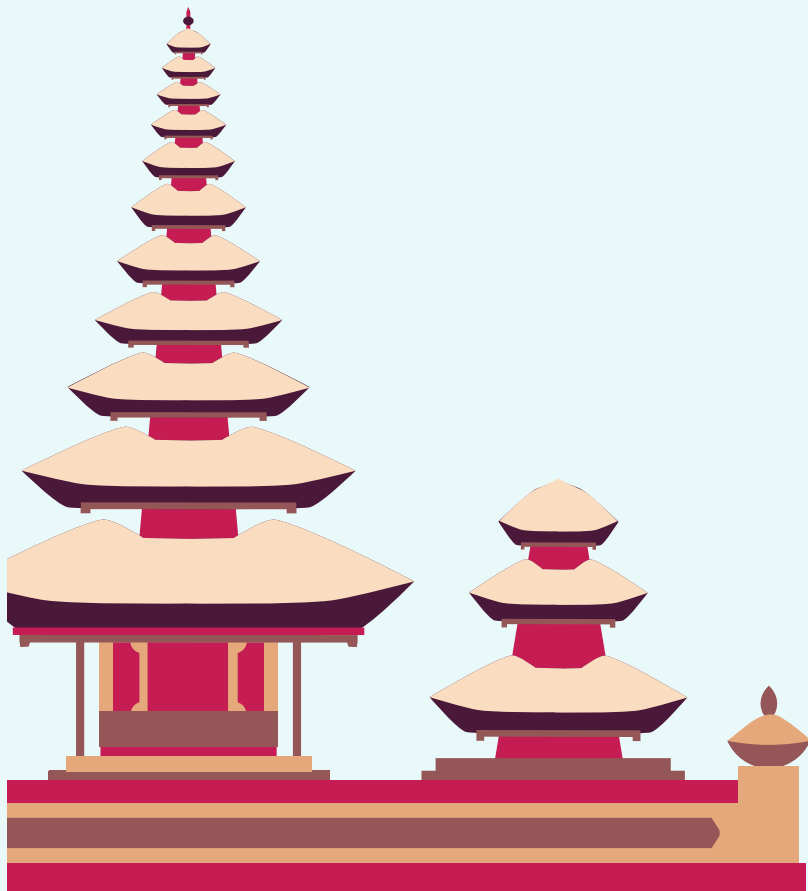


*Ubud Nightlife*



# DAY 6

*Ubud, Bali*





# *Ayung River Rafting*



# *Campuhan Ridgewalk*



*Monkey Forest*



*Pura Taman Kemuda Saraswati*



*Ubud Street Market*



*Balinese Massage*

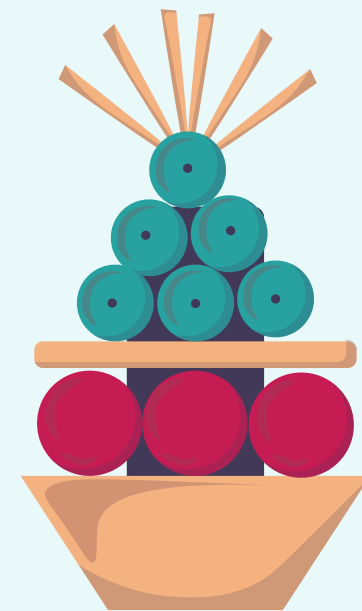
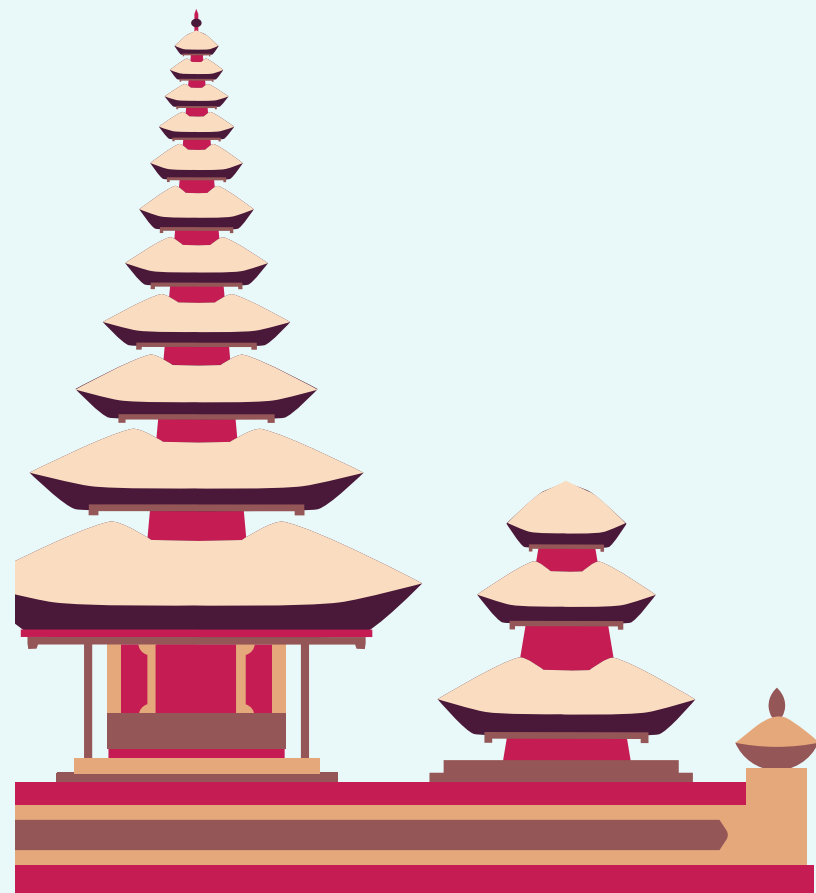


*Premium Dinner*



# DAY 7

*Gili Islands, Lombok*





*Luwak defecated coffee*





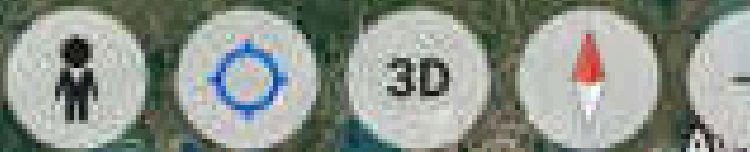
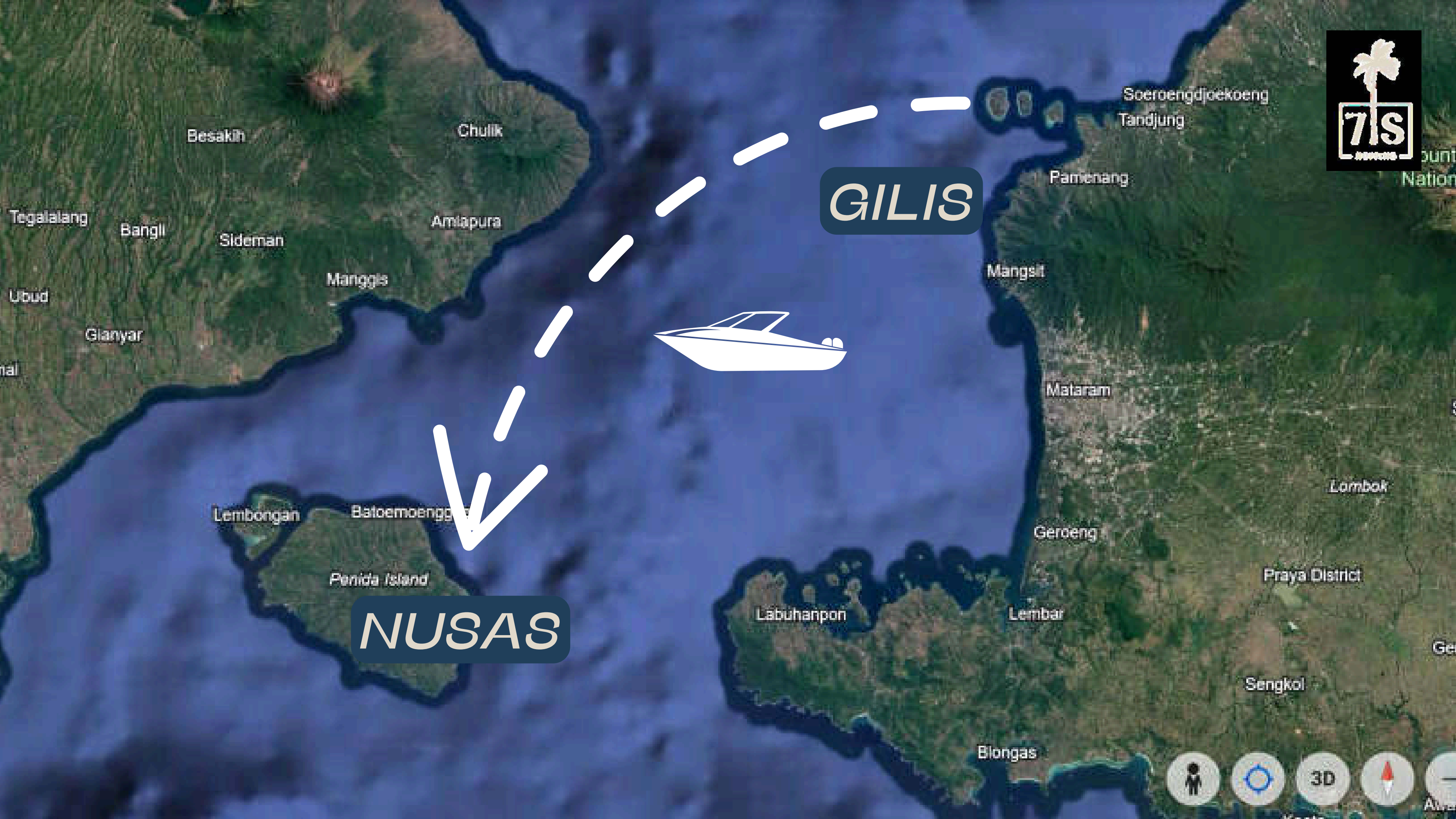
# *Sanur Port*





**GILIS**

**NUSAS**





*Sailing from Asia to Oceania*



*Arrival in the Gili Islands*





*Mechanically propelled vehicles are prohibited.*

*-Transfer to the hotel by carriage -*



*A perfect place to disconnect from the world*

TRADITIONAL  
MASSAGE  
LOMBOK

*Massage on the beach*





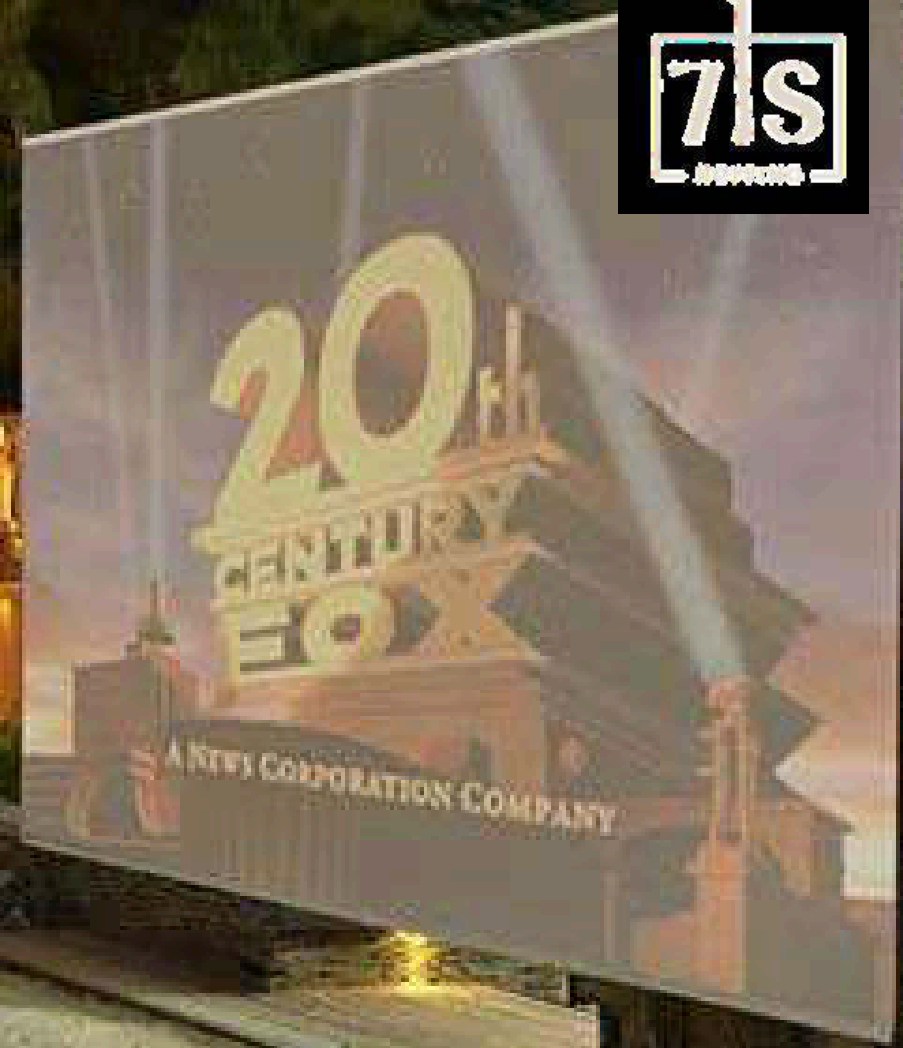
*Circular walk of the island*



*Sunset*



*Night Market*

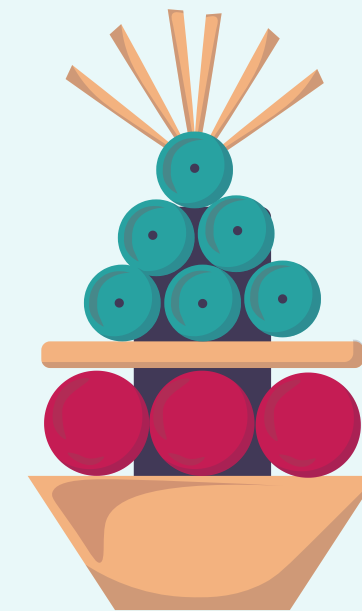
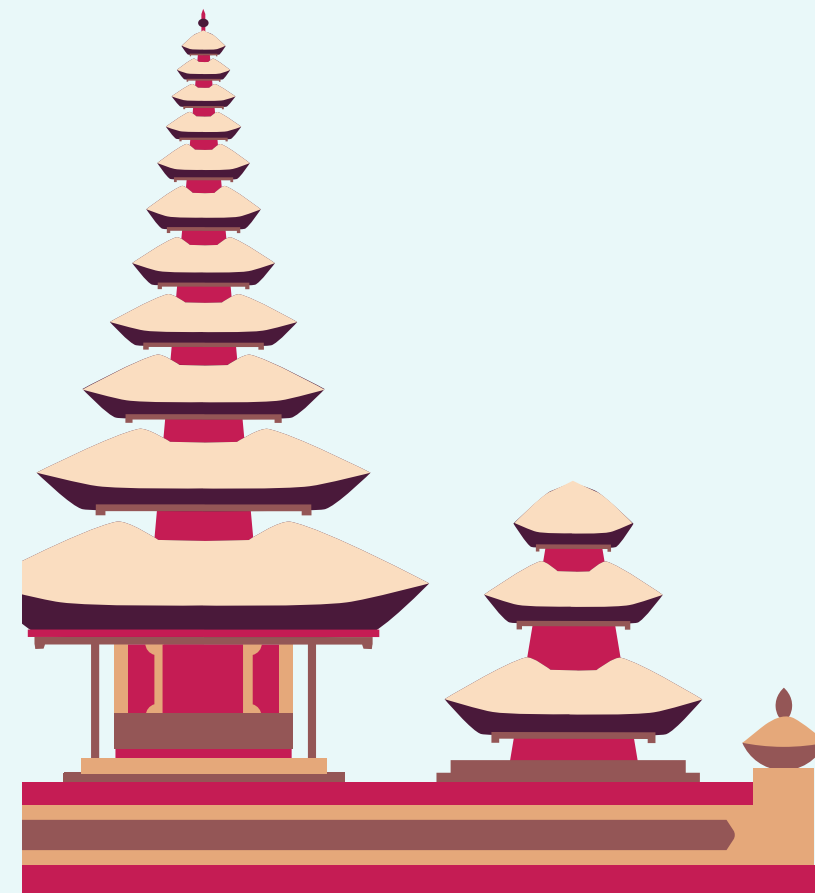


*summer cinema*



# DAY 8

*Gili Islands, Lombok*





*Private diving excursion to the 3 Gilis*



*Snorkeling*



*With more than 4,000 different species*



*Visit to Gili Meno*



*Submerged Statues*



*Sunken motorcycles*



*Chill*

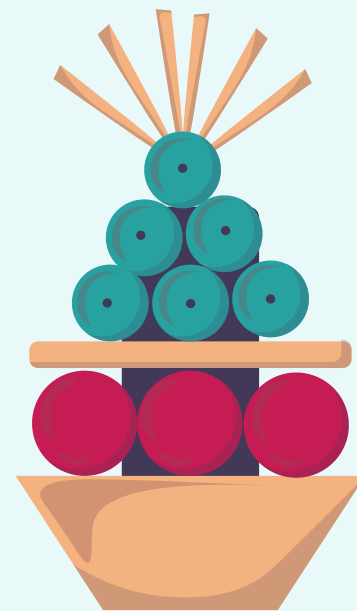
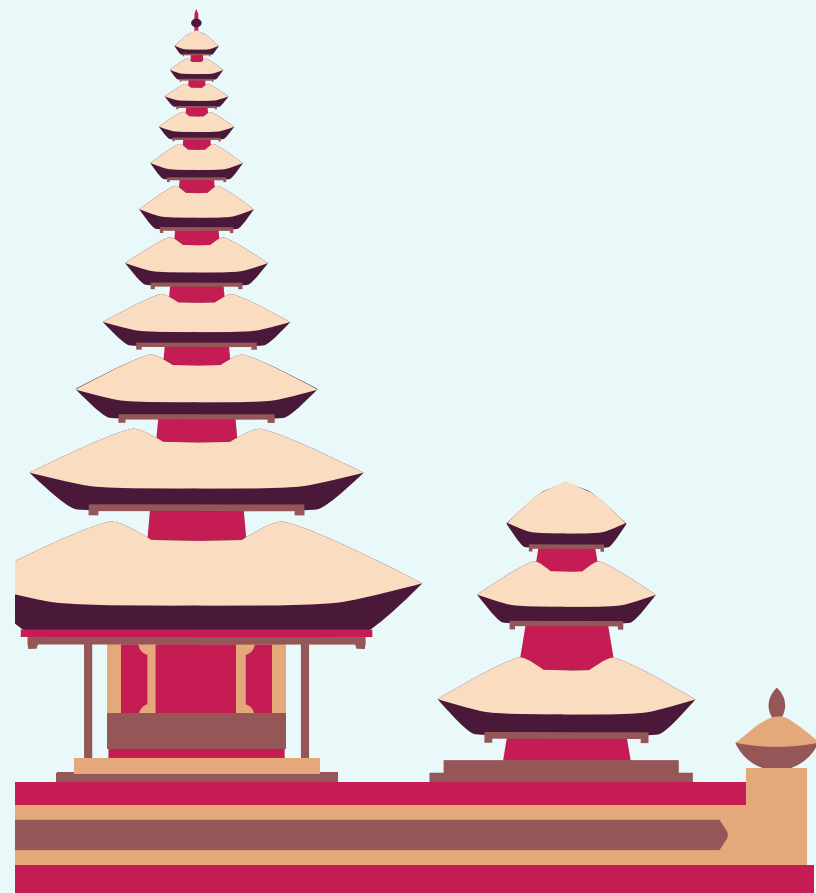


*Dinner on the beach*



# DAY 9

*Nusa Penida*





*Transfer from the Gili to the Nusas*



*Motorcycle pickup at the beach*



*Hotel check-in*



*Angel's Billabong*



*Broken Beach*



# *Kelingking Beach*



*The most photographed beach in Indonesia*



*Tembeling Forest*



*Banah Cliffs*

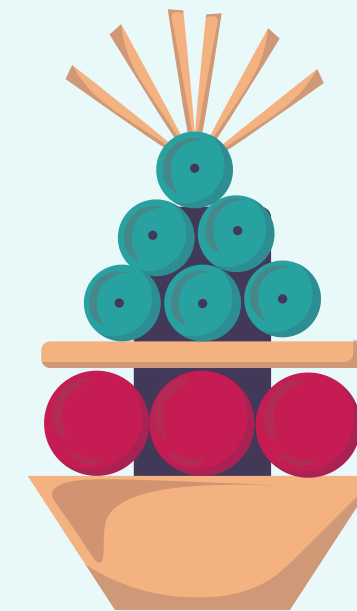
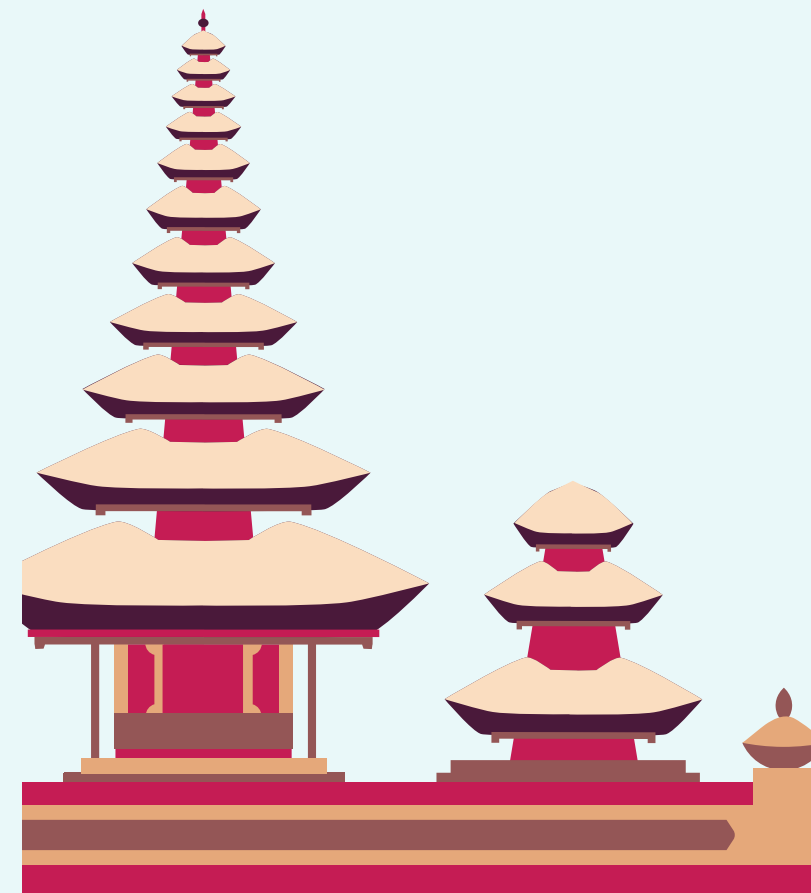


*Amok Sunset*



# DAY 10

*Nusa Penida*





*Manta Point Snorkeling*



*Hotel check-in*



*Pura Goa Giri Putri*



*Diamond Beach*



*Atuh King 5*



*Atuh Beach*



*Lunch at Cactus Beach Club*



*Massage with a sea view*



*Dinner at The Chill Penida*



# DAY 11

*Nusa Ceningan &  
Lembongan*





*Transfer from Nusa Penida to Nusa Lembongan*



*Arrival at Yellow Bridge*



*Motorbike pick-up*



*Hotel check-in*



*Song Tepo Beach*



*Seaweed farming areas*



*Jungubatu*



*Hutan Mangrove*



*Stand Up Paddle in the mangrove*



*Suku Beach Club*

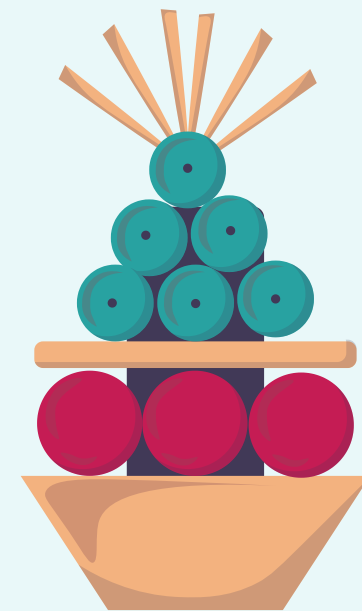
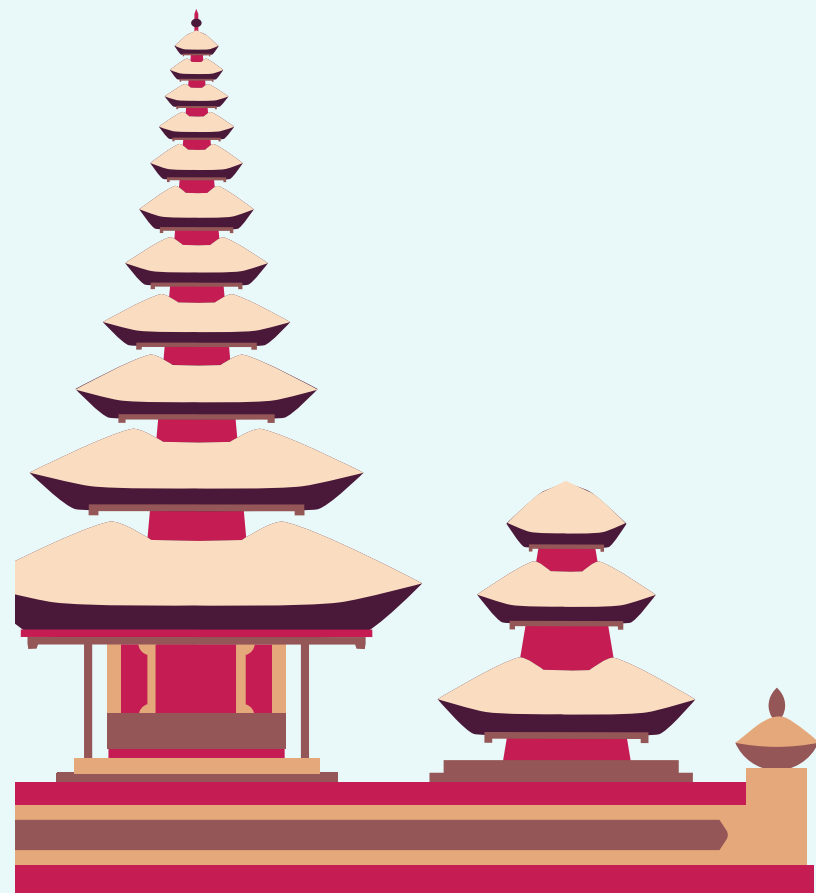


*Beach Front Massage*



# DAY 12

*Kuta Beach, Bali*





*Blue Lagoon*



*Devil's Tear*



*Secret Beach*



*Dream Beach*



*Mushroom Bay*



*Speedboat to Bali*



*Motorcycle pickup at Sanur port*



*Hotel check-in*



*Patung triratna amreta bhuwana*



*Shopping in Kuta Beach*

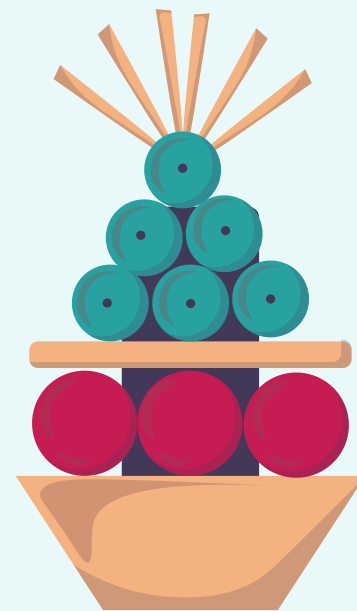
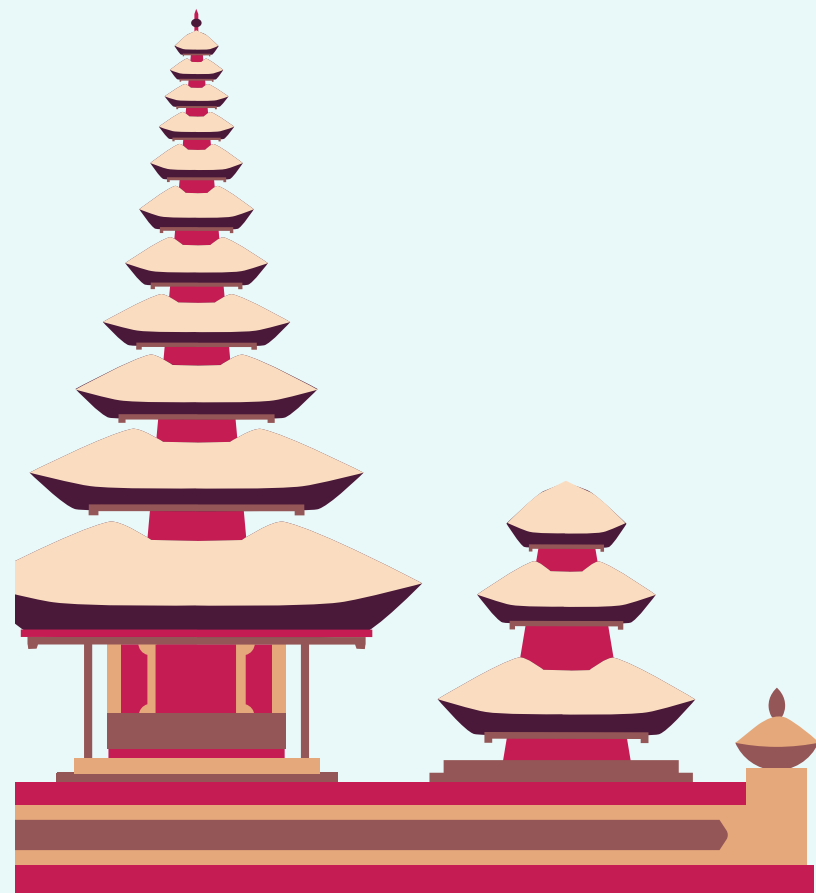


*Oceanfront dinner*



# DAY 13

*The End*





*Helicopter tour (optional)*



*Return journey flight*

THANK YOU!

# Contact.

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# 7 ISLANDS

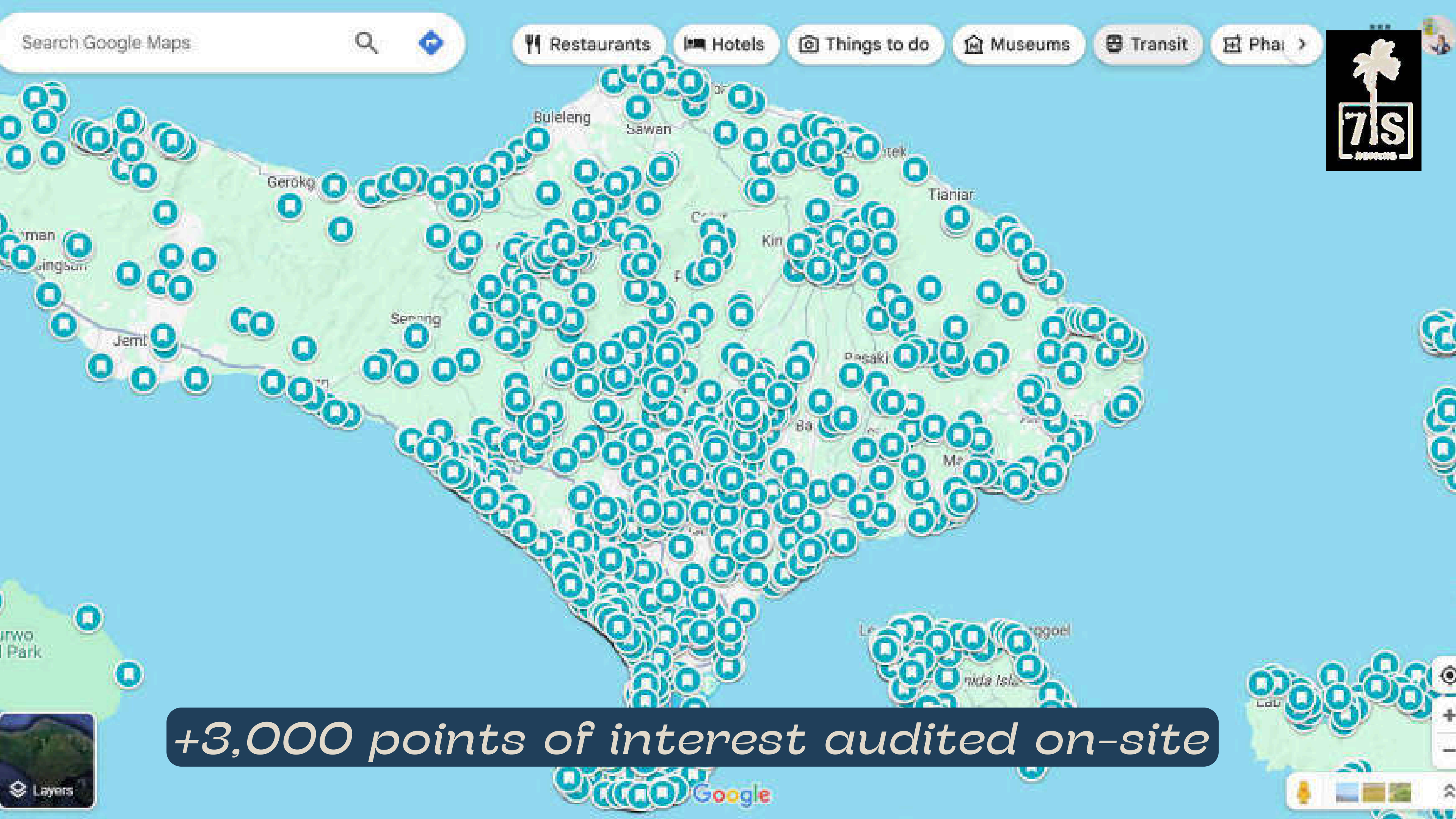
H O P P I N G T O U R

# *Our team*





*Insatiable explorers of the Lesser Sunda Islands*



*+3,000 points of interest audited on-site*



*To select the best places*



*and offer epic experiences*



*@7islandshopping*

[www.7islandshop.com](http://www.7islandshop.com)

