

Lombok

West Nusa Tenggara · Indonesia

TRAVEL GUIDE

Tripomatic



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Overview

Lombok is an island in West Nusa Tenggara, just east of Bali across the Lombok Strait. It has a similar mix of beaches, surf and volcano scenery, but it is quieter and less developed. Most people are Muslim Sasak, so village life is different from Hindu Bali.

The island suits active travellers and beach lovers. Trekkers come for the Rinjani volcano. Surfers and swimmers head to the south coast. Divers and snorkellers go to the small Gili islands off the northwest coast. Plan on a rural, spread-out trip: sights are far apart and most of the island is farmland and hills.

When to visit

The dry season runs from about May to September and is the best time for beaches, boats and trekking. July and August are the driest and busiest months. The wet season, from December to March, brings heavy rain and rough seas. Rinjani climbing routes are usually closed for part of the wet season, so check the park status before you book a trek.

The biggest event is the MotoGP Indonesian Grand Prix at the Mandalika circuit near Kuta. The race is usually held in the second half of the year. Dates change each year, and hotels in the south fill up and cost more that week.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for sightseeing	28° / 31° Feels like 32°	24° / 24°	28 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
February	Poor Poor for sightseeing	28° / 30° Feels like 32°	24° / 24°	26 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
March	Poor Poor for sightseeing	28° / 30° Feels like 32°	25° / 23°	25 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
April	Fair Fair for watersports	29° / 30° Feels like 33°	25° / 24°	20 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
May	Good Good for watersports	28° / 30° Feels like 32°	24° / 22°	Oppressive humidity · Calm winds · UV 9 (Very high)
June	Great Great for watersports	28° / 29°	23° / 22°	Oppressive humidity · Calm winds · UV 8 (Very high)
July	Great Great for watersports	28° / 29°	22° / 21°	21 sunny days · Muggy, humid air · Calm winds · UV 9 (Very high)
August	Great Great for watersports	29° / 30°	22° / 21°	23 sunny days · Muggy, humid air · Calm winds · UV 10 (Very high)
September	Great Great for watersports	30° / 32°	23° / 22°	23 sunny days · Muggy, humid air · Calm winds · UV 12 (Extreme)
October	Great Great for watersports	31° / 33°	24° / 23°	Oppressive humidity · Calm winds · UV 12 (Extreme)
November	Poor Poor for watersports	30° / 33° Feels like 34°	25° / 24°	21 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
December	Poor Poor for watersports	29° / 31° Feels like 32°	25° / 24°	28 rainy days · Oppressive humidity · Calm winds · UV 10 (Very high)

Best months: July, August

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights



- A Rinjani is the main reason many people come to Lombok. The active volcano is 3,726 m high and has a crater lake. Treks take two to four days, and you need a licensed guide and a park permit.
- B Senaru Waterfalls are an easy half-day trip on the north side of Rinjani. The trail has several falls, including C Sendang Gile.
- D Tanjung Aan beach is a wide white-sand bay east of Kuta. The water is calm and the beach is quiet outside the main season.
- E Merese Hill is a grassy hill beside the bay. The walk is short and the view of the coast is best at sunset.
- F Selong Belanak Beach has gentle waves and is a good beach for beginner surfers and families.
- G Mawun Beach is a curved bay with clear water and a surf break at one end. It is less crowded than Kuta.
- H Kuta Beach is the base for the south coast. It has the most guesthouses, surf schools and restaurants.
- I Pink Beach is on the southeast coast. The sand is pink because of crushed red coral. Reach it by boat or by a rough road.
- J Sade Sasak Village is a village of traditional Sasak houses with thatched roofs. Local guides explain the customs, and the village sells hand-woven cloth.
- K Mayura Water Palace is a former royal garden and water park in Mataram, built by Balinese rulers. It is a short stop on a city walk.
- L Pura Lingsar is a temple complex near Mataram. Both Hindus and Sasak Muslims use it, which shows how the two cultures mix on the island.

The three Gili islands, Gili Trawangan, Gili Meno and Gili Air, are the island's main snorkelling and diving area.

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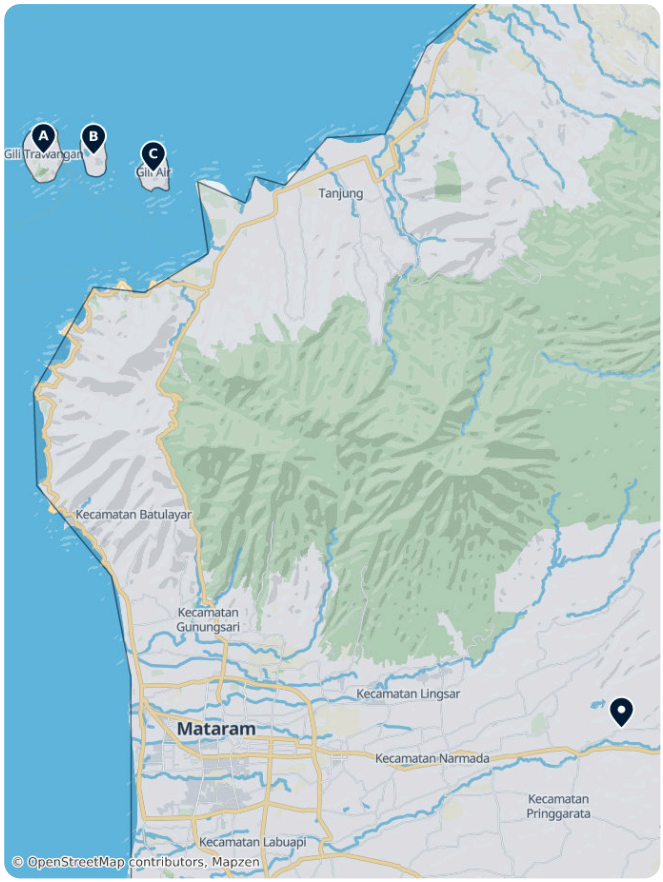
What to experience

- **Surf lessons and surf trips**: the south coast around Kuta Beach and Selong Belanak Beach has breaks for beginners and for experienced surfers. Boats take surfers to reef breaks along the coast.
- **Snorkelling and diving at the Gilis**: sea turtles are common around the Gili islands. Day boats visit several reefs. Dive schools offer courses and trips.
- **Rinjani trek**: a multi-day climb with camping on the crater rim and a swim in the hot springs near the crater lake. Book a licensed operator.
- **Bau Nyale**: each year in February or March, people gather at the beaches near Kuta before dawn to collect sea worms. The date follows the lunar calendar, and there are music and dance events.
- **Perang Topat**: a yearly ritual at Pura Lingsar, where Hindus and Muslims throw rice cakes at each other. It takes place at the full moon in the Sasak calendar's seventh month.
- **Weaving villages**: Sukarara and Sade show hand-weaving and traditional Sasak houses, and sell cloth directly.
- **Sunset at Senggigi**: the west-facing coast gives clear sunset views over the Lombok Strait.

Day trips

These are short boat and road trips inside the island. Times are one way.

- **Gili islands**: Ⓐ Gili Trawangan, Ⓑ Gili Meno and Ⓒ Gili Air are reached by public boat from Bangsal harbour in the northwest, about 15 to 30 minutes. Bangsal is about 1.5 hours by road from Mataram. Snorkelling trips between the three islands run daily.
- **Senaru and Rinjani foothills**: about 2.5 to 3 hours by car from Mataram or Senggigi. Visit the waterfalls and the traditional village, then stay overnight or return.
- **Tetebatu**: a cooler farming area on the southern slopes of Rinjani, about 2 hours by car from Mataram. Walk through rice fields and small waterfalls.
- **Southwest islands**: Gili Nanggu and nearby small islands are reached by boat from the Sekotong coast, about 15 to 20 minutes. They have white sand and clear water for snorkelling.
- **Bali**: the fast boats take at least 1.5 hours, so Bali is not practical as a day trip from Lombok.



Where to explore

- **Cities and coast**: Mataram is the capital and main city, with the markets, the water palace and most services. Senggigi is the long-standing beach resort strip north of the city.
- **Gili islands**: Gili Trawangan is the busiest, with bars and dive shops. Gili Air is calmer and has more local life. Gili Meno is the quietest.
- **Mountain and north**: Mount Rinjani National Park covers the volcano and its trekking routes. North Lombok includes Senaru, Bangsal and the Gili ferry harbour.
- **West**: Lombok Barat is the district around Mataram, with temples and the Sekotong coast.
- **Neighbouring island**: Sumbawa lies to the east, across a short ferry crossing.

Getting there

- **By air**: Lombok International Airport (LOP) is near Praya in the south of the island. It has domestic flights, including from Jakarta, Surabaya and Bali, and a few regional international routes. The airport is about 30 to 40 minutes from Kuta, about 1 hour from Mataram, and about 1.5 hours from Senggigi. Use a pre-booked transfer or a taxi. Damri buses run to Mataram.
- **By ferry from Bali**: a conventional ferry (ASDP) runs from Padangbai in Bali to Lembar port in southwest Lombok. It is the only option that carries cars and motorbikes. Lembar is about 45 minutes from Mataram.
- **By fast boat from Bali**: boats leave Padangbai and other Bali harbours for Bangsal, the Gili islands and Senggigi. They carry foot passengers only, and trips take about 1.5 to 4.5 hours depending on the operator and island stops.
- **From Sumbawa**: a ferry runs from Poto Tano on Sumbawa to Kayangan on the east coast of Lombok.

Getting around

- **Public transport**: there is no useful public transport for visitors. Local minibuses (bemo) are slow and have no fixed timetables.
- **Car with driver**: this is the usual way to see the island. Most hotels and guesthouses can arrange a day or multi-day hire.
- **Scooter**: rentals are cheap and common in Kuta and Senggigi. See the driving section for the rules and risks.
- **Taxi and ride-hailing**: coverage is good in Mataram and around the airport, and limited elsewhere. Outside these areas, arrange a driver through your hotel.
- **Gili islands**: no motor vehicles are allowed. Walk, cycle, or take a horse cart (cidomo). Public boats run between the three islands.

Getting around on foot & by bike

WALKABILITY

Low

Sights are spread out across the island, so you need a vehicle. Beach towns and the Gili islands are walkable.

CYCLING INFRASTRUCTURE

Low

Cycling is practical on the Gili islands. Elsewhere traffic and distances make it a poor choice.

Driving

- **Is a car worth it?**: yes, if you want to visit more than one area. Distances are long and public transport is weak. A car with a driver costs little more than a self-drive rental and avoids the hard parts. Driving is on the **left**.
- **Scooter**: the most common cause of injuries to visitors. Roads are narrow, with potholes, animals and unlit traffic at night. Wear a helmet. You need an international driving permit that includes motorbikes, and police do check.
- **Parking**: free or very cheap almost everywhere. Beaches and sights have small attendants who ask for a few thousand rupiah.

Food & drink

Sasak food is spicier than food in the rest of Indonesia. Look for ayam taliwang (grilled chicken with chili), plecing kangkung (water spinach with chili and tomato sambal), sate rembiga (spicy beef skewers from Mataram) and nasi balap puyung (rice with chicken and chili). Many warungs close or serve limited food during daytime in Ramadan.

For a good local meal, go to the warungs along Jalan Taliwang in Mataram, which are known for chicken. In Senggigi, restaurants line the beachfront road. On Gili Trawangan, the night market near the harbour has cheap grilled fish and noodles. Alcohol is easy to find in the Gilis, Senggigi and Kuta, but is rare in villages.

What to eat & drink

LUNCH

Gado-Gado · gado-gado
A vegetable salad with tofu and tempeh, dressed in peanut sauce.

Padang rice · nasi padang
A dozen or more small dishes brought to the table at once; you pay only for what you eat.

SNACKS & STREET FOOD

Krupuk · kerupuk
Deep-fried prawn or fish crackers, a common side at nearly every meal.

SWEETS & DESSERTS

Martabak · martabak manis
A thick, folded pancake filled with chocolate, cheese, or nuts, sold from street carts in the evening.

DRINKS

Kopi Tubruk · kopi tubruk
Coarsely ground coffee steeped directly in the cup, Indonesia's everyday way of drinking coffee.

SIGNATURE DISHES

Nasi Goreng · nasi goreng
Indonesia's everyday fried rice, usually with egg, chicken, and a fried cracker on the side.

Satay · sate
Skewered, grilled meat served with a peanut or sweet soy sauce.

Rendang · rendang
Slow-cooked beef in coconut milk and spices, originally from West Sumatra.

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Safety & health

Lombok is generally safe for visitors. Petty theft happens at crowded beaches and on the Gilis, so lock your room and do not leave bags unattended.

- **Roads**: traffic accidents on scooters are the main risk. See the driving section.
- **Sea**: rip currents are common on the south coast, and some beaches have no lifeguards. Ask locally before you swim, and follow flags where they exist.
- **Alcohol**: drink in established bars. Avoid cocktails made with local arak from unlicensed sellers, as there have been cases of methanol poisoning.
- **Earthquakes**: the island is in an active seismic zone, and strong quakes struck in 2018. Know the exit routes at your hotel. If you feel a strong quake near the coast, move to high ground.
- **Rinjani**: hike only with a licensed guide, and do not trek in heavy rain. Trails can close at short notice for weather, fire or safety.
- **Dress**: outside the beach areas, cover shoulders and knees, especially in villages and mosques.

History

Lombok's shape was formed by volcanoes. A huge eruption in the 13th century, from the Samalas volcano, left the caldera that now holds the lake on Rinjani. It is thought to have been one of the largest eruptions of the past thousand years.

Sasak people have lived on the island for centuries. From the 18th century, Balinese kings of Karangasem ruled the west of the island, and Sasak and Balinese cultures mixed. Mayura Water Palace was built by a Balinese ruler and is a place to see Balinese garden design in Lombok. Pura Lingsar is still shared by Hindus and Sasak Muslims who follow Wetu Telu traditions.

The Dutch took control of Lombok in 1894 after a military campaign against the Balinese court in Mataram. Indonesia became independent in 1945. Today the island is mostly Muslim. Sade Sasak Village shows how Sasak village life looks. Tourism grew in the late 20th century, and the Mandalika zone on the south coast is the newest large development, with the racing circuit.

Country facts

Quick practical facts for Indonesia at a glance:

CURRENCY
IDR Rp

EMERGENCY
112

ELECTRICITY



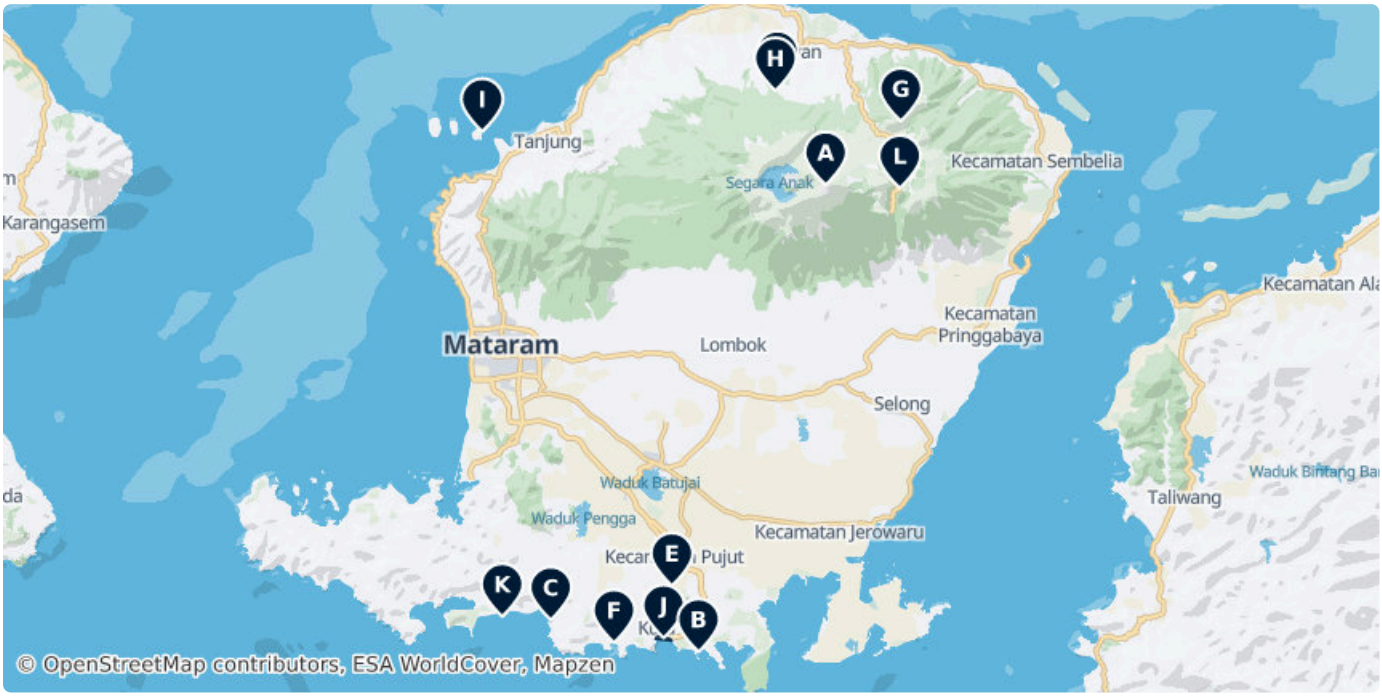
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LANGUAGES
Indonesian

TAP WATER
Not safe to drink

Lombok Essentials

Lombok’s geography is defined by the 3,726-meter Mount Rinjani and its surrounding volcanic fertile plains. This selection spans from the northern rainforests, home to the multi-tiered Tiu Kelep waterfalls, to the southern coastline’s white-sand bays like Tanjung Aan and Mawun Beach. Cultural landmarks include the traditional Sasak village of Sade, while coastal anomalies like the saltwater cascades of Pantai Nambung and the high-altitude viewpoints of Sembalun showcase the island's unique geological diversity.





A Mount Rinjani

Indonesia's second-highest volcano at 3,726 meters, featuring a massive caldera and the Segara Anak crater lake.

83653, Indonesia (-8.41173, 116.45811)



B Tanjun Aan

A wide bay featuring two distinct types of sand—fine white and coarse 'pepper' grains —flanked by the Bukit Merese headland.

83573, Indonesia (-8.90960, 116.32088)



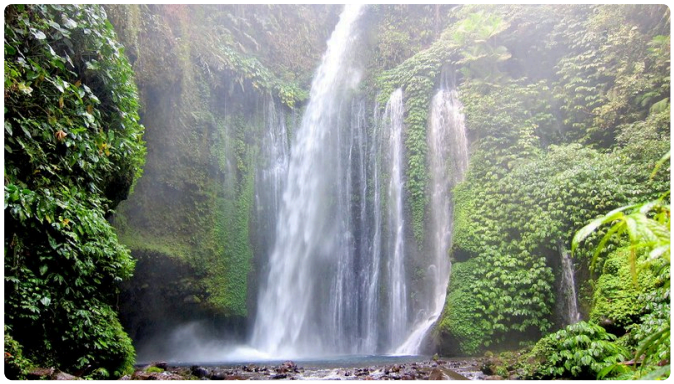
C Selong Belanak Beach

A crescent-shaped bay with shallow, sandy-bottomed waters and white sand, frequently used for beginner surf lessons.

Indonesia (-8.87568, 116.16130)

Mo–Su

Open 24/7



D Senaru Waterfalls

A trekking area on the northern slopes of Rinjani providing access to the Sendang Gile and Tiu Kelep falls.

Jalan Pariwisata Senaru, 83354, Indonesia (-8.30404, 116.40611)

lombok-network.com/rinjani/waterfall_walk.htm

E Sade Sasak Village

A traditional Sasak settlement with 'bale tani' houses constructed from bamboo and thatch, where residents maintain ancestral weaving techniques.

Sade Sasak Village, Rembitan, Lombok Tengah, Indonesia (-8.83940, 116.29219)



F Mawun Beach

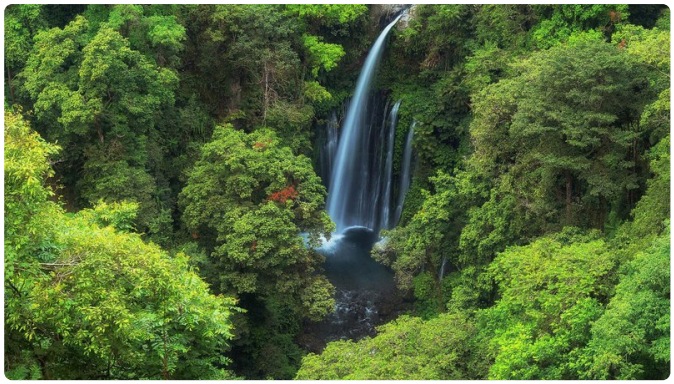
A secluded, horseshoe-shaped bay enclosed by two steep hills, offering calm turquoise waters in the center and deeper currents at the edges.

83573, Indonesia (-8.89992, 116.22957)

G Mount Pergasingan

A 1,700-meter peak overlooking the Sembalun valley, providing views of the patchwork rice fields and the Rinjani mountain range.

(-8.34370, 116.53920)



H Waterfall Tiu Kelep

A 45-meter high waterfall in Senaru reached via a jungle trail, known for the mist created by its powerful vertical drop.

Path To Sendang Gile Waterfall, Senaru 83354, West Nusa Tenggara, Indonesia (-8.31122, 116.40374)

Mo–Su 07:00–17:00

I Turtle Point

A coastal snorkeling area known for its consistent sightings of green and hawksbill sea turtles near the reef drop-off.

Jalan Pantai, Tanjung 83352, West Nusa Tenggara, Indonesia (-8.35479, 116.08722)

J Kuta Beach

The central hub of South Lombok, featuring a long coastline of white sand and distinctive rocky outcrops.

Indonesia (-8.89491, 116.28306)

K Pantai Nambung Waterfall

A coastal rock formation where large ocean waves crash against a cliff, creating a cascading saltwater waterfall effect during high tide.

(-8.87216, 116.10885)

L Pusuk Sembalun Viewpoint

A mountain pass viewpoint at 1,250 meters elevation, offering a panorama of the Sembalun caldera and the surrounding agricultural valley.

Jalan Raya Sembalun Lawang, 83653, Indonesia (-8.41525, 116.53811)

Lombok's Best Beaches & Resorts

Lombok’s southern and eastern coastlines offer a diverse range of geological features, from the volcanic rock formations at Semeti to the coral-tinted sands of the Tangsi area. The region serves as a major hub for surfing, with notable reef breaks at Mawi and Air Guling, while sheltered bays like Mawun and Selong Belanak provide calm conditions for swimming. Many locations, such as Seger Beach, hold cultural significance as the site of the annual Bau Nyale festival.





A Tanjun Aan

Features unique large-grained 'pepper' sand and calm turquoise waters. The beach consists of two sweeping bays separated by a rocky outcrop and is overlooked by Merese Hill.

83573, Indonesia (-8.90960, 116.32088)



B Selong Belanak Beach

A wide, crescent-shaped bay with shallow, sandy-bottomed water. It is a primary location for beginner surf lessons and is known for the local buffalo herds that cross the sand daily.

Indonesia (-8.87568, 116.16130)

Mo–Su

Open 24/7

C Kuta Beach

The central hub of South Lombok, featuring a paved promenade and proximity to the Mandalika International Street Circuit. The sand is characterized by large, white grains.

Indonesia (-8.89491, 116.28306)



D Mawun Beach

A secluded, horseshoe-shaped bay flanked by steep hills. The water is calm near the edges but deepens quickly in the center, with a wide stretch of soft white sand.

Indonesia (-8.90221, 116.22941)



E Pink Beach

Located in the remote Tangsi area, this beach gets its distinct hue from microscopic red coral fragments mixed with white sand. The surrounding waters contain coral gardens.

83672, Indonesia (-8.85944, 116.57951)

F Seger Beach

Site of the annual Bau Nyale festival. It features dramatic rock formations, the 'Princess Mandalika' statue, and views of the nearby international race circuit.

Indonesia (-8.90767, 116.30699)

G Pantai Nipah

A north-western bay lined with coconut palms, known for its beachfront seafood stalls specializing in traditional charcoal-grilled fish.

(-8.43992, 116.03916)

H Pantai Mawi

A prominent surfing destination featuring a powerful A-frame reef break. The beach is accessible via a rugged dirt track and offers views of the jagged coastline.

83572, Indonesia (-8.88405, 116.16015)

I Bongo Beach

A small, quiet sandy cove located east of Tanjung Aan, characterized by rocky outcrops and a lack of commercial development.

83573, Indonesia (-8.91942, 116.32064)

J Air Guling

A rural coastal area known for its world-class right and left-hand surf breaks. The beach is surrounded by agricultural hills and is accessed via a dirt road.

Indonesia (-8.90394, 116.24664)

K Semeti beach

Distinguished by unique volcanic rock formations, jagged cliffs, and 'pyramid' rocks. The area features natural blowholes and tide pools carved into the stone.

83572, Indonesia (-8.89117, 116.15871)

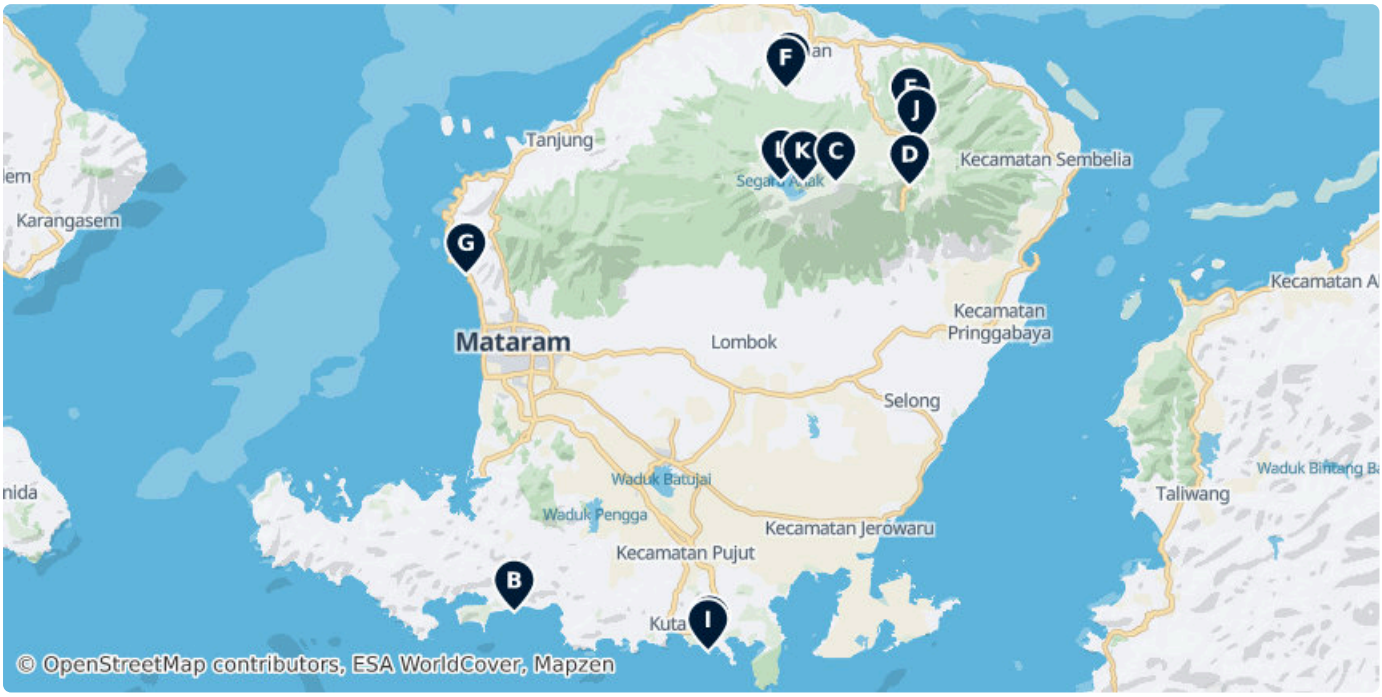
L Tampah Beach

A clean, white-sand beach managed by local community conservation efforts. It offers calm swimming conditions and a quieter alternative to more developed neighboring bays.

Indonesia (-8.90198, 116.20688)

Nature and Peaks

Lombok's terrain is defined by the massive Rinjani massif and a coastline of dramatic headlands. This collection features the island's volcanic core, including the active Mount Barujari inside the Segara Anak caldera and the historical site of the 1257 Samalas eruption. Northern trails lead to multi-tiered waterfalls like Tiu Kelep, while the Sembalun highlands provide elevated views of patterned farmland. Along the southern coast, limestone hills like Merese and Tanjung Aan's horseshoe bays showcase the island's distinct geological formations.





A Tanjun Aan

Horseshoe-shaped bay featuring white sand with a unique large-grain texture often compared to peppercorns. A central rock outcrop separates the two main beach curves.

83573, Indonesia (-8.90960, 116.32088)

B Pantai Nambung Waterfall

A natural phenomenon where ocean waves crash against large coastal rock formations, creating a saltwater waterfall effect during high tide.

(-8.87216, 116.10885)



C Mount Rinjani

Indonesia's second-highest volcano, rising to 3,726 meters. It contains a massive 6-by-8.5-kilometer caldera partially filled by the Segara Anak crater lake.

83653, Indonesia (-8.41173, 116.45811)

D Pusuk Sembalun Viewpoint

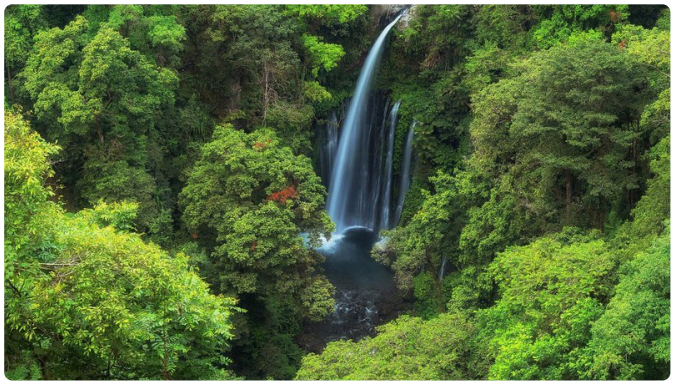
High-altitude mountain pass at 1,250 meters above sea level, providing a panoramic vantage point over the Sembalun valley and the surrounding volcanic peaks.

Jalan Raya Sembalun Lawang, 83653, Indonesia (-8.41525, 116.53811)

E Mount Pergasingan

A 1,670-meter peak offering views of the multi-colored geometric agricultural plots of Sembalun village and the eastern face of Mount Rinjani.

(-8.34370, 116.53920)



F Waterfall Tiu Kelep

A two-tiered forest waterfall where water cascades over moss-covered rock faces. It is the lower and more easily accessible fall in the Senaru waterfall complex.

Path To Sendang Gile Waterfall, Senaru 83354, West Nusa Tenggara, Indonesia (-8.31122, 116.40374)

Mo–Su 07:00–17:00



G Pura Batu Bolong

Hindu temple situated on a volcanic rock outcrop with a natural hole, positioned on the coastline facing the Lombok Strait and Bali's Mount Agung.

Indonesia (-8.51037, 116.05649)

H Tiu Kelep

A 45-meter high waterfall located deep in the northern rainforest, accessible via a jungle trail that requires crossing shallow rivers.

(-8.30563, 116.40829)

I Merese Hill

Grass-covered headland providing elevated 360-degree views of the Indian Ocean and the surrounding bays of southern Lombok.

(-8.91423, 116.31908)

J Gunung Selong

A viewpoint hill located behind Sembalun village, offering a direct perspective of the ancient caldera floor and the patchwork of local farms.

(-8.36640, 116.54600)

K Mount Barujari

An active volcanic cone located within the Rinjani caldera, rising from the eastern edge of the Segara Anak crater lake.

83354, Indonesia (-8.41129, 116.42210)

L Gunung Samalas

The site of a cataclysmic 1257 eruption, one of the largest in recorded history, which led to the collapse of the mountain and the formation of the current caldera.

83354, Indonesia (-8.41036, 116.39838)

DATA SOURCES

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