



INFORMATION BOOK



WELCOME TO LA COCOTERAIE

La Cocoteraie Ecolodge is a luxury tent resort located in the north of Gili Trawangan that allows nature lovers to enjoy a return to the sources but with the luxury and comfort of a boutique hotel. You can experience the unique concept of 'Glamping' only at our place in the Gili islands.

Embrace nature fully in style. Situated in the beautiful coconut plantation of Gili Trawangan with only 8 tents, La Cocoteraie brilliantly combines outdoor vacation, exotic living, and respect for the environment. You will experience the elegance and safety of a permanent accommodation with the thrill of sleeping in close contact with nature.

Our place is perfect for nature lovers, and guests who want to relax on the quiet side of the island. Though further from the main street, Gili Trawangan is a small island, so even though you are far from the main street, it's only a 15-minute bicycle ride or an 8-minute horse cart ride away. Our ecolodge is fully equipped for your lazy Sunday: restaurant (breakfast, lunch, dinner), drinks (alcohol & non-alcohol), chill area, and swimming pool.

Say hello to La Coco family. We are not just people that work here. All the kind things guests tells us makes everything we do worthwhile. We are a small boutique resort, and this means our kind and humble staff are free to ease you towards tranquility.

Our small friendly team will do their best to ensure you have a memorable stay and will happily assist you with any requests. Feel free to come to our reception with any questions.

La Cocoteraie is a cozy place: once you come, you don't want to leave. We are your family, your home away from home. We are all about you.

- · You will feel welcome
- · You will feel relaxed
- · You will be looked after

Enjoy your most memorable holiday: welcome to La Coco's tropical paradise!

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LA COCO'S ABC



Breakfast

Breakfast is available between 7:00 am and 10:30 am in our restaurant. You can have breakfast on your patio, but after 9:00 am only. Please choose your breakfast with our staff the evening before.

Bicycles

To provide you with a better service, we bought new bikes in January 2O23. Due to Covid and without any help from our government, it is not in our capacity to have the new bikes for free. Keep in mind that the air is salty on the island so the bikes can look a bit rusty. We repair and clean the bikes daily.

You can rent our brand-new bikes for IDR 50.000 per day per bike.

Bills

We will put all your orders from the restaurant on your room. Simply let the staff know your room number. You can pay by cash or card at the end of your stay. Please note that there is a 10% government tax and a 7% service fee added on top of the prices. If you pay with a credit card, there is a 3% charge on top of that.

Celebrations

Whether you have a birthday, it is your anniversary or you are on your honeymoon: we will give you the most special time ever. Let us know beforehand, so we can talk about arrangements. Our chef can bake a delicious cake for Rp 350.000 (8 portions). You can choose a chocolate cake or a carrot cake.



Check-in and check-out times

Check-in time is 12:00 pm Check-out time is 10:30 am

Early check-in is possible when the room is ready. Late check-out is possible if we are not fully booked. We will charge 30% of one night.





Dressing code

The Gili islands are predominantly Muslim, and nude or topless sunbathing is not an acceptable practice. Please take care to not show too much skin when walking past a mosque and on the inside of the island where families live.

However, this being a hot, tropical region, the dress code is very relaxed and it is normal to see tourists walking around in shorts and singlet tops. Bear in mind that if entering a shop or a local home, it is customary to remove your shoes or sandals first.

Drinking water

Drinking water from the tap is not safe. We provide fresh water for you that can be found in your bathroom. We will replace your water gallon once it is empty.

Electricity

Please help us protect the earth and save the environment. Switch off your lights, fan, and air conditioning unit when you are not in the room.



Extending your stay

If you've enjoyed your La Cocoteraie experience and would like to extend your stay, please let us know as early as you can. We have limited tents and often are booked out in advance. Please ask the receptionist for further assistance.

Extra bed (third person)

Breakfast and snorkeling equipment are included in the price.



Fast boat ticket

We can arrange fast boat tickets from and to Bali for you. Please ask us at the reception, or visit our website for more information.

If you want to do more research, we recommend two other websites

- Gilibookings for the best and most reliable fast boats
- Gilitickets for good budget fast boat options.

We book your fast boat but we are not responsible for the journey and the company.





Geckos

Since we are on a small tropical island, there are a lot of animals you normally wouldn't see. See if you can spot them! Have a look at their beautiful colors. Watch him hunt other insects and forgive him if he keeps you awake occasionally.

Hairdryer

Most rooms have a hair dryer. If your room doesn't happen to have one, please ask one at the reception.



Hot water shower

We use gas heaters for your hot water showers. If the hot water doesn't work, most likely the gas is finished. Please ask us to check, we will help you at any time.

Housekeeping

We will clean your tent every day unless you tell us not to. Please don't lock your tent or give your key to one of us, so housekeeping can access your tent during the day. They will lock your tent after cleaning and your key will be stored at the reception. If your tent is closed, we won't be able to clean.



You can borrow an iron from the reception.

Keys

Your personal security, the security of your belonging, and that of the hotel are of utmost importance to us. If you lose all your keys, we will have to replace them immediately. Please notify us and provide us with a replacement fee of Rp 53O.OOO (locks and keys for the tent and safety box). We will take care of it immediately.



Laundry

A laundry service is available during your stay. It usually takes 24 hours and might be longer during the rainy season. Please note that we outsource this service to a third party, and will not be held liable for any issues arising from using this service. Prepare a bag with your clothes in it, and separate any clothes which require handwashing. Drop your bag at reception.

Rp 30.000/kg



Lost/damaged items

Broken or lost villa items will need to be replaced or paid for. The price per item

- All keys (Rp 530.000)
- Beach towels (Rp 300.000 each)
- Towels (Rp 220.000 each)
- Hand towel (Rp 100.000)
- Toiletries bottles (Rp 225.000 each)
- Tent locks (Rp 30.000 each)
- Key safety box (Rp 400.000)
- Umbrella (Rp 300.000)
- Bicycles (Rp 3.000.000 each)
- Bicycle locks (Rp 150.000 each)
- Snorkeling gears (Rp 400.000 each)

Luggage storage

We will be happy to store your luggage on the day of your check-out if you have an afternoon boat.



Mosquitos

We suggest putting on repellent in the evenings and using your mosquito net when sleeping.

Payment

We accept cash (Indonesian Rupiah only) and credit cards (an additional 3% charge). The closest ATM is at Aston Sunset Beach Resort. All bills from the restaurant must be paid during checkout.



Phone

You will find a phone at reception that can be used to make domestic calls (e.g., confirm your fast boat). International calls cannot be made.

Power cuts

Gili Trawangan is a small island. The island has rolling blackouts in all areas to conserve power on the island. If this happens, we will put the backup generator on. Please give us 15 minutes. We can only run the generator for 5 hours in a row, so if the electricity cut is more than 5 hours long, we will have to stop the generator for 1 hour to rest it before continuing to use it.

Sometimes power cuts happen because cables are damaged. The workers will try to get it fixed as soon as possible. Please be patient when this occurs.





Restaurant and bar

Our restaurant and bar are open from 7:00 am until 10:00 pm. We offer food and drinks all day long. All our fresh ingredients are bought daily. We would appreciate your understanding in case of missing vegetables or fruits as we are on a small island. Moreover, we work only with seasonal ingredients, so mango for example is not available all year long.

If you wish to order, please give us your room number so we will put everything on your bill. You can settle the balance at the end of your stay by cash (Indonesian rupiah) or credit card (the bank will charge you 3%).

Rules

- No smoking inside the tent. Smoking is allowed on your patio and everywhere else
- No parties
- No noise around the tents before 9:00 am and after 10:00 pm
- The swimming pool is open until 9:00 pm
- Treat our staff with respect, we are one big family

Thank you for your cooperation.

Safety deposit box

Every tent has a safety box at the reception, where you can leave your precious belongings, such as your passport, money, laptop, and more.



Security

When leaving the hotel, please make sure to lock your bathroom and main door. We will not be held accountable for any theft during your stay.

Snorkeling equipment

We offer snorkeling equipment for free for all guests. Be aware that this is a free service that will cost you Rp 50.000/equipment to rent for the day in town. Ask for your snorkeling equipment at the reception.

Staff

Our team has been trained to make your stay comfortable. We will always try to help you in any circumstance. We see everyone as our family. Please respect them.

Management: Pak Muhid, Josephine, and Nathalie Housekeeping: Firdaus, Yos

Reception: Maliki Garden: Pak Daud

Kitchen: Hardi, Edi, and Mahrun



ROOM SERVICE





WA: +62 819 O797 6985



How to order

- Scan the QR code or go to our WhatsApp catalog
- 2 Add the products to your cart
- Send us your order + your room number
- We will confirm that we have received your order
- Once it is ready, we will bring it to your room. Enjoy!







THINGS TO DO

Since backpackers first started coming to the Gilis, the main attraction has always been the coral reef and its marine life. The easiest way to enjoy this is to go snorkeling. Just a few meters from the main island beaches, the sand drops away to reveal coral heads, sponges, and an amazing array of colorful fish life. Just remember to watch out for the current, especially at low/high tide.

You can enter the water anywhere along the sandy beach. You can snorkel all around the island, surrounded by coral reefs. Gili Trawangan is known for the richness of its marine life and the abundance of sea turtles, particularly green sea turtles.

The best moment to see sea turtles is early in the morning in front of Moomba bar. The spot to explore covers a 15O-2OO meters wide area between the beach and the reef drop-off. At this point, starting from the beach, you will cross a few dozen yards of sandy areas and seagrass (O,5-2m deep), sometimes only a few meters from the beach. You can also meet hawksbill sea turtles on the coral areas along the drop-off, especially at high tide.

La Cocoteraie will provide you with free snorkeling equipment (mask + tube). Please ask the receptionist.



The Gilis are now synonymous with scuba diving, so for those wanting more than what snorkeling can offer, there's no better place to take the plunge. Indonesia is home to over 3000 species of marine life - more species than the Great Barrier Reef and the Red Sea put together. You can be sure that the crystal clear waters around the Gilis captivate scuba divers of all levels.

For beginners, there's a range of courses available (PADI and SSI). From discovery dives to fully certified open water courses. If you're already certified, you can join daily fun dives at one of the 20 dive sites around the islands. Expect to see green and hawksbill turtles, bump-head parrotfish and white-tip reef sharks, coral formations, and plant life. Visibility is commonly in the 15-20 meter range: with drift diving being the norm due to changing currents.





Trawangan Dive

Explore the magical underwater world around the Gili Islands with Trawangan Dive!

Trawangan Dive is a 5* PADI scuba diving center offering fun dives and the full range of PADI courses from beginner try dives through to instructor, plus conservation courses and technical diving.

With an award-winning team of multilingual instructors who priorities safety and fun, Trawangan Dive is the top choice for scuba diving in Gili Trawangan.

Book with all diving and courses through reception.

- Jalan Raya Pantai Gili Trawangan
- info@trawangandive.com
- +62 811 3810 2929
- www.trawangandive.com
- @trawangandive



UTOPIA CATAMARAN

Their custom-built luxury catamaran offers relaxed but classy food including day cruising experiences around the Gili Islands. Utopia's guests tell us that their time with us is something they will never forget.

The tours include exquisite cuisine prepared by the international head chef and the opportunity to snorkel with turtles, accompanied by a professional snorkeling guide if you choose.

Utopia was built specifically to provide a one-of-a-kind guest experience with the highest standards of comfort and style. There are three unique cruise products offered every day aboard Utopia. Each three hours cruise features a different menu and itinerary, but the same great service and fantastic vibe.

Breakfast cruise, 8-11 am

You'll cruise to a few different spots with great views and calm tropical water near Gili Meno. You are invited to relish a delicious European Breakfast, try a bit of snorkeling with the turtles, and soak up some sun on the deck.

Lunch cruise, 12-3 pm

Your afternoon ambiance packs a little more punch and is sure to be the highlight of your time in the Gili Islands, making memories of snorkeling with turtles in crystal-clear waters.

Sip a cold beer or sparkling glass of prosecco and enjoy the beautiful coastline while you soak up some sun on the top deck.

Gourmet Sunset cruise: 4-7 pm: Enjoy handmade cocktails from the bar as you look out over the catamaran's bow, or take in the warm orange hues of the Indonesian sunset during a late afternoon swim in crystal clear tropical waters. Let the experienced crew, bartenders, and chef ensure that your every need is met. Utopia's sunset cruise is in a class of its own.

Utopia Catamaran

- Jalan Pantai Gili Trawangan
- info@utopiacatamaran.com
- **L** +62 821 4456 7O79
- www.utopiacatamaran.com
- @utopiacatamaran







Manta Dive

If you are looking to socialize and experience diving Manta Dive is one of the longest-running professional dive centers on the Gilis. (French, Chinese, English, Spanish, Italian & Indonesian instructors)

- Gili Trawangan
- bookings@manta-dive.com
- +62 812 3788 9378
- www.manta-dive.com
- @mantadivegilit

Prices

Prices will be the same everywhere because island's diving association decides on it.

Discover scuba diving

Rp 950.000

Fun dive

Rp 540.000

Open water course

Rp 5.900.000

Advanced adventurer

Rp 4.900.000

Ever wanted to swim like a fish without all the equipment? At Freedive Gili, they teach you all you need to know to become a breath-hold diver. Whether you're a complete novice or a more experienced apnoea diver, their range of certified courses will train your body to be more efficient with oxygen and provide you with all the skills necessary to have you freediving to depths of 20 meters (or more!) in no time.

Freedive Gili

- Jalan Panti Gili Trawangan
- +62 813 9286 6683
- www.freedivegili.com
- @freedivegili

Wave 1 (2 days) Rp 4.250.000

Wave 2 (3 days) Rp 5.995.000

[Wave 3 (4 days) Rp 7.995.000]

Wave 4 (1 week) Rp 9.000.000







Flying yoga

FlyHighYoga classes are held daily at Sunset Beach Yoga from 5:00 to 6:00 pm. It's a beginner's class, so no previous experience is needed. FlyHighYoga will improve your posture, and decompress the spine to improve overall health and energy flow. It's one of the most beneficial forms of yoga!

Vinyasa Flow

Energetic power yoga, daily at 8:30 am.

Whatsapp for the weekly schedule. Bookings are not necessary, you can walk in.

Rp 150.000/person

Sunset Beach Yoga

- Jalan Pantai Gili Trawangan
- sunsetbeachgilit@gmail.com
- +62 878 6212 586O
- @sunset_beach_yoga



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SEOF

With a variety of horses to suit all levels of rider, Stud Horse Riding offers a unique opportunity to discover Gili Trawangan on horseback. Quiet paths will take you through serene coconut droves and lead you out for a ride along sandy beaches - truly an excellent way to explore the island at a leisurely pace.

All proceeds go towards the care and upkeep of our rescue ponies. Stud Horse Riding imports all food, supplements, and equipment. The riding horses are vetted regularly and are all in good health. The staff will be happy to take photos of you. Just bring your camera or phone.

Stud Horse Riding and Rescue

- **Q** Gili Trawangan
- studhorseriding@gmail.com
- +62 813 3960 O553
- @studhorseriding

1 Hour beach ride Rp 500.000

1/2 Hour beach ride Rp 300.000

Around the island tour Rp 650.000





SPA EXPERIENCE

Step out of the bustling heat and into a calm oasis for the most unique day spa experience in Gili Trawangan. You spa is unlike anything you will find on the island, with beautiful wooden furniture and tropical fittings which have been specially designed to ensure a serene spa experience.







Their extensive range of treatments has been created by qualified and consummate therapists. Let go and unwind in our semi-open cabins, surrounded by luxurious tropical gardens and fitted with your own private shower. Immerse yourself in a full-body experience as you take in the sounds and pleasing aromas of essential oils and beauty products. Join for your unique You Spa experience.

All of our spa products are handmade in Bali with love, using natural ingredients, without additives. Indulge yourself in all of the health and beauty products you may have forgotten to pack in your suitcase – or spoil a loved one with a unique, handmade gift from Indonesia.

Join for a once in a lifetime sensory journey – the team of professionally trained therapists are standing by to pamper you.

You Spa

- Jalan Kelapa Gili Trawangan
- info@youspaexperience.com

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 Description:

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- www.youspaexperience.com
- @youspaexperience



The Cave is the first fully air-conditioned sports bar in Gili Trawangan. Located on the second floor of GiliFit, it encompasses the first golf simulator in Lombok, perfect for practicing your swing on a driving range or teeing off for 18 holes.

Along with a full-size pool table, darts, and traditional bar games, The Cave has several TV screens for sporting events and ice-cold draught Heineken flowing daily from 4 pm to 10 pm, with Happy Hour prices every day from 5 pm to 7 pm.

If you get hungry, The Cave offers food in partnership with Gili T's finest burger joint - Voodoo, delivered directly to your table!



AKUNA MASQUATA

RAMS NCE
BOOTY

IONTE RST

IONTO ROMS

OWE

Last, it is possible to privatise the venue for special events or set up a day golfing with your friends. Bookings outside the opening hours are welcome.

The Cave

- Jalan Ikan Kupu-Kupu, Trawangan
- +62 818 1888 4460

GiliFit is the gym of choice for expats and tourists alike. First established in 2015, it is the first Fitness facility in Gili Trawangan. Fully renovated in 2020, it now offers modern gym equipment with free weight, cardio, resistance training machines, and boxing/kickboxing equipment.

Gilifit

- Jalan Ikan Kupu-Kupu, Trawangan
- info@gilifit.com
- +62 818 1888 4460
- www.gilifit.com
- @gilifit

Daily pass Rp 100.000`

Weekly pass Rp 300.000

Monthly pass Rp 500.000

STAY FIT



Explore the clear blue waters surrounding the Gili Islands and see the Gilis from another perspective! Rent paddles and kayaks at Sup Gili

Double kayak

1 Hour Rp 120.000 2 Hours Rp 180.000 Half day Rp 250.000 Full day Rp 300.000

Single kayak

1 Hour Rp 70.000 2 Hours Rp 120.000 Half day Rp 200.000 Full day Rp 220.000

Paddle board

1 Hour Rp 100.000 2 Hours Rp 150.000 Half day Rp 200.000 Full day Rp 250.000

Sup Gili

- In front of Gili Cooking Classes
- +62 896 2339 7774
- @sup_gili

Public trip

You will be able to find public snorkeling trips in many small shops. The price is around Rp 100.000/person. A full boat carries up to 40 people. All public boats go to the same spots at the same time. Be prepared it will be busy everywhere.

Private trip

We will be happy to book a private snorkeling trip (4 hours) for you. You can have the boat for yourself or share it with other guests from La Cocoteraie. The boat will stop you at Gili air for a lunch (at your charge). Price starts at Rp 1.200.000

2 persons Rp 1.200.000

3 persons Rp 1.300.000

4 persons Rp 1.400.000

5 persons Rp 1.500.000

6 persons Rp 1.600.000





ISLAND

Make a day trip to Gili Air or Gili Meno. The public boat to Gili Air and Gili Meno leaves two times a day from Gili Trawangan (9:30 am, 4:00 pm). It will first stop in Gili Meno, and continue to Gili Air. Later it will return from Gili Air (3:00 pm) to Gili Meno (3:20 pm) back to Gili Trawangan.

Tickets can be bought directly at the public harbour one way for Gili Air (Rp 45.000) and Gili Meno (Rp 40.000)

HOPPING

MOVIE

WANDE

Vila Ombak offers an open-air cinema with a big screen and surrounding sound at the beach. Catch a movie while enjoying some popcorn and a beverage. The evening breeze is cascading off the sea next to you. The open-air cinema plays 2 movies each night.

Gili Trawangan's surf spot is in

the front of Ko-Ko-Mo resort on

the southwest corner of the

island. This spot breaks all year

round, in the dry season there is

always swell. The wind turns it on

shore but in early mornings and

late afternoons, the wind tends to

In the wet season, the wind is

very low or offshore but the wait

for swell can last a couple of days

or more. Boards and lessons are

available close to this area.

die down.

Did you know Gili Trawangan is a small island? Around the perimeter of the island, it will only take you 2 hours by walk and 1 hour by bike. Stroll around, enjoy the views, and don't forget to bring sunscreen and water!

The highest point of the island is where you can have a superb view of the other Gili Islands, Lombok with Mount Rinjani and Bali with Mount Agung. The viewpoint is located in the southern part of the island and is also very suitable for watching the sunset.



Learn how to cook authentic Indonesian food at Gili Cooking Classes! Gili Cooking Classes provides a relaxed and fun space to indulge in a memorable cultural experience.

The charismatic chefs will guide you and your friends through preparing, cooking, and eating several of the region's most popular dishes like kelopon, mie goreng, fried tempe + peanut sauce, and more.

Whether you love Indonesian food, cooking is your passion or you're just curious, Gili Cooking Classes offers a fantastic, fun-filled introduction to the Indonesian cooking culture!

Open every day with classes at 11:30 am, 4:00 pm, and 7:00 pm (low season)/8:00 pm (high season).

The Intro Course (1,5 hours)

Kelopon, fried noodles, fried tempeh + peanut sauce

Four of a Kind (2 hours)

Kelopon, fried noodles, fried tempeh + peanut sauce, yellow chicken curry

The Super Six (2,5 hours)

Kelopon, fried noodles, fried tempeh + peanut sauce, yellow chicken curry, gado gado, chicken taliwang

Gili Cooking Classes

- Jalan Raya Pantai Gili Trawangan
- trawangan@gilicookingclasses.com
- +62 819 7735 7244
- www.gilicookingclasses.com
- @gilicookingclasses







Debris Free Friday

Each Friday from 5:00 pm - 6:00 pm, people on the island meet in a different location for Debris Free Friday beach clean-ups. After a quick briefing to learn what we can recycle from marine debris you'll be provided with an eco-cleanup bag to clean as much marine trash in one hour as possible. The location is announced on Instagram every week.

Eco tours

Learn more about how we recycle glass bottles and minimize plastics getting into the ocean at the RE-Cycle tour. Or take the plunge underwater to learn how we restore coral reefs during the Biorock Snorkel Tour.

The Biorock snorkel tour starts at the Eco Trust clubhouse with a short documentary on Trawangan marine conservation. We start at Trawangan's first solar-powered Biorocks and continue with an 800-meter swim and explore along the coast with a chance to see reef life, corals, turtles, and fish. Ends with a short beach clean back to the shop to make sure this plastic-free paradise lasts forever. (Note: this tour is for competent swimmers only).

Book your tour 1 day in advance. Each tour is about 1,5 hours long. The minimum donation is Rp 50.000. All proceeds go towards further coral reef conservation and recycling projects.

Gili Eco Trust

- Jalan Ikan Hiu Trawangan
- info@giliecotrust.com

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- t +62 813 3960 O553
- www.giliecotrust.com
- @giliecotrust







SUNSET

La Cocoteraie's location is close to sunset point: it is only 1 minute by bike. Enjoy the sunset at the Window bar, or relax at the beach. Bike a little bit further to see the sunset at Exile. This bar has a djembe jamming session right after sunset. Don't forget to take a picture at the famous Gili swings.

PARTY

Gili Trawangan is best known for partying! Every bar has its own day for a big party that ends at 3:00 am. All other places will close around midnight. Enjoy some pop, R&B, techno, house, or reggae: we have it all on this island.

[Monday]

Blue Marlin

Tuesday

Ombak bar

Wednesday

Tir Na Nog Irish bar

Thursday

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Friday

Sand bar

[Saturday]

Sama Sama Reggae bar

Sunday

Evolution

NIGHT MARKET

Around 6:00 pm, daily at the market square in front of the harbour, the night market takes place where you can eat good and cheap food. A wide range of various specialties is offered such as fresh fish, seafood, sate of all kinds, vegetables, grilled corn on the cob, and much more.

Highly recommended is the nasi campur, a typical Indonesian rice dish with vegetables, eggs, some meat, tofu, peanuts, and fried noodles. You can choose what you would like. For 3 sides with rice, you pay around Rp 15.000. You should also try a grilled red snapper (Rp 100.000), including rice vegetables, and tofu for 2 people.





RESTAURANTS INGILIT

Besides our own restaurant, there are many other places you can go to for food and drinks.

On our side

Dunia Beda	Karma Kayak				
Vegan and vegetarian					
The Banyan Tree	Samadhi Living				
Manta Dive	Coffee & Thyme				
Dessert					
Francesco's Pizza	Cremoso				
Francesco's Pizza	Cremoso				
Francesco's Pizza Scallywags	Cremoso Villa Almarick				
	The Banyan Tree				

Romantic dinner

Aston Vila Ombak



RESTAURANTS INGILIT

Watch sunset

Exile

Window Bar

Pink Coco

Local spots

Warung Sasak

Suparman

Warung Jaman Now

Wajan Sister Cafe





