



LA COCOTERAIE ECOLODGE

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 tell us, make 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!



Team La Cocoteraie



THINGS TO DO

SNORKELING

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, but we highly recommend the area on the map below. This area 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 150-200 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 (0,5-2m 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 snorkeling equipment (mask + tube) for free. Please ask the receptionist.





D I V I N G

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 multi-lingual instructors who prioritize safety and fun, Trawangan Dive is the top choice for scuba diving in Gili Trawangan.

Book with us by WhatsApp or email. Don't forget to let them know you're staying at La Cocoteraie Eco Lodge as you'll get a 10% discount on all diving and courses!

📍 Jalan Raya Pantai Gili Trawangan

✉ info@trawangandive.com

☎ +62 811 3810 2929

🌐 www.trawangandive.com

📷 @trawangandive





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
- 📷 @mantadivegili

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

FREEDIVE

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
- ✉️ info@freedivegili.com
- ☎️ +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





YOGA

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 5860

📷 @sunset_beach_yoga



Yoga

Morning flow yoga. Exercise, meditation, control breathing.
200k incl lime ginger tea and free water.
If you take breakfast, 10%

Book one day before, or half an hour before class start

Come here or whatsapp

Hellocapitano Lifestyle Café

📍 Gili Trawangan

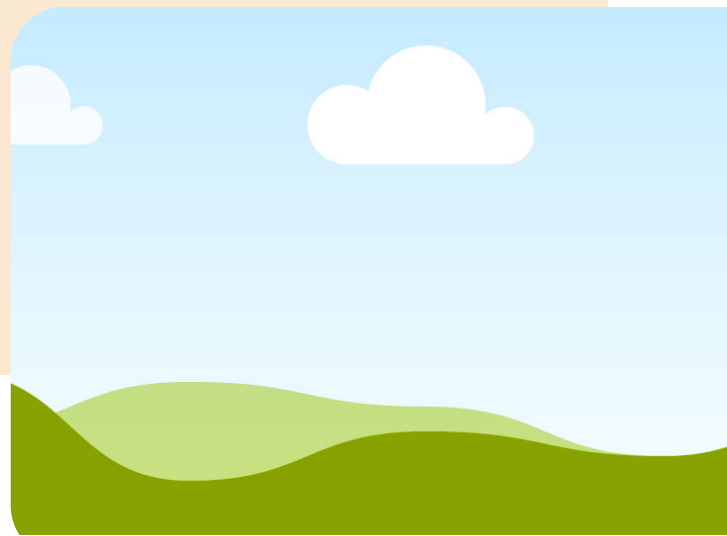
✉ hello@hellocapitano.com

☎ +62 853 3930 7648

🌐 www.hellocapitano.com/

📷 @hellocapitanocafe

Rp 0/person





STUD HORSE RIDING

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 groves and lead you out for a ride along sandy beaches – truly an excellent way to explore the island at a leisurely pace.

For experienced riders, Stud Horse Riding has round-the-island tours available. Booking is essential for sunset rides as they are very popular. For the well-being of the ponies, the maximum rider weight is 75kg.

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

- 📍 Gili Trawangan
- ✉ studhorseriding@gmail.com
- ☎ +62 813 3960 0553
- 📱 @studhorseriding

1 Hour beach ride Rp 500.000

1/2 Hour beach ride Rp 300.000

Around the island tour Rp 650.000



STAY FIT

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



SUP

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



SNORKELING

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





SURFING

Gili Trawangan's surf spot is out the front of the 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 winds turn it on shore but in early mornings and late afternoons, the wind tends to die down.

In the wet season, the winds are 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.

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

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.

WANDER

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.





COOKING CLASSES

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 kelapon, 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) or 8:00 pm (high season).

The Intro Course (1,5 hours)

Kelapon, fried noodles, fried tempeh + peanut sauce

Four of a Kind (2 hours)

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

The Super Six (2,5 hours)

Kelapon, 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





ECO TOURISM

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. 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

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🌐 www.giliecotrust.com

📷 @giliecotrust



GILI ECO TRUST





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 on 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	-
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 IN GILIT

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

On our side

Casa vintage beach

Dunia Beda

Karma Kayak

Vegan and vegetarian

Kayu Cafe

The Banyan Tree

Samadhi Living

Good coffee

Hello Capitano

Manta Dive

Coffee & Thyme

Italian food

Regina Pizzeria

Francesco's Pizza

Dessert

Cremoso

Western food

Tir Na Nog Irish Bar

Scallywags

Villa Almarick

Trawangan Dive

Bale Sampan

Tiki Grove

Romantic dinner

Aston

Vila Ombak



RESTAURANTS IN GILIT

Watch sunset

Exile

Window Bar

Pink Coco

Local spots

Warung Sasak

Warung Dewi

Superman

Warung Jaman Now

Wajan Sister Cafe



