

Exploring Lombok

NOT FAR FROM the ferry terminal at Lembar is Mataram, the provincial capital. From here a road runs from west to east taking in the sights of Narmada, Lingsar, and the hill-station area of Tetebatu. A road to the south coast leads to Kuta, a surfing spot and ideal base for exploring the rugged southern coast, which has many beautiful and remote beaches. Lombok's main resort area is Senggigi beach, north of Mataram. Easily accessible from Senggigi are the Gili Isles, an excellent diving and snorkelling location. North central Lombok is dominated by Gunung Rinjani, a huge volcanic peak surrounded by a national park, with opportunities for trekking in remote areas.



A mosque in the town of Selong

GETTING AROUND

There are bus and *bemo* services on some main roads in Lombok, particularly the main east-west route from Mataram, and the road to Senggigi. There is little transport elsewhere, even on the road south to Kuta. Independent travellers are strongly recommended to rent their own vehicle, preferably with a driver. Remoter roads can be steep, narrow, or badly surfaced.



The majestic landscape of Taman Nasional Gunung Rinjani



Cultivation of kangkung, a kind of watercress, near Tanjung

0 kilometres 10
0 miles 5



Traditional Sasak dance

KEY

- Major road
- Minor road
- Scenic route
- River
- Viewpoint
- Airport

SIGHTS AT A GLANCE

- | | |
|----------------------|--|
| Bangko Bangko 24 | Segenter 9 |
| Banyumulek 2 | Selong Blanak 22 |
| Gerupuk 21 | Sembalun 12 |
| Gili Isles 7 | Senaru 10 |
| Kuta 20 | Senggigi 6 |
| Labuhan Lombok 14 | Sukarara 17 |
| Lembar 1 | Sweta 3 |
| Mataram p155 5 | Taman Nasional Gunung Rinjani pp158-9 11 |
| Narmada 4 | Tanjung 8 |
| Penujak 18 | Tanjung Luar 23 |
| Pringgasele 15 | Tetebatu 16 |
| Rembitan and Sade 19 | |
| Sapit 13 | |

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