



FLAIWAY

TRAVEL GUIDE · 7 DAYS

Bali in 7 days: inland temples and southern sea cliffs

This route combines four days exploring the cultural heart of central Bali with three days along dramatic coastal cliffs and beaches. Expect morning walks through terraced rice fields, sacred water temples, and sunset views over the ocean.

Flaiaway editorial team · Data updated 2026-10-28

DAY

1

UBUD

Central Ubud Sacred Courtyards and Forest Trails

Experience the cultural core of Ubud by exploring historical royal residences, traditional art galleries, and lush forest paths on foot.

1

Campuhan Ridge Walk

Walk along the paved narrow trail elevated between two river valleys to see the surrounding greenery. Arrive early in the morning to enjoy cooler air and avoid the heat of the midday sun.

2

Puri Lukisan Museum

Examine classical Balinese artwork and intricate modern wood carvings housed inside quiet garden pavilions. It is better to book ahead online during busy travel months to ensure prompt entry.

 [Tickets · Klook](#) Partner link

3

Saraswati Temple

Walk past the large lotus ponds flanking the stone pathway leading toward the ornate temple gateway. Keep to the outer garden paths if traditional evening dance performances are being prepared.

4

Ubud Palace

Tour the open courtyards of the historical royal family residence and observe detailed stone carvings. Visit during the afternoon when the main courtyard is quieter for taking photos.

5

Ubud Art Market

Browse through stalls filled with woven rattan bags, lightweight sarongs, and wooden handicrafts. Polite bargaining is expected when purchasing souvenirs directly from local vendors.

6

Sacred Monkey Forest Sanctuary

Stroll through a dense jungle reserve containing ancient mossy temples and resident grey macaques. Secure all loose belongings like sunglasses and phone straps inside your bag before entering.

 [Tickets · Klook](#) Partner link

DAY

2

UBUD

Northern Sacred Water Temples and Volcanic Vistas

Journey north through traditional agricultural valleys to discover ancient purification springs and panoramic views of Mount Batur.

1

Tegallalang Rice Terraces

Hike along the narrow mud paths carved into steep hillside terraced fields. Wear sturdy walking shoes with good grip as the earth steps can be slippery after rain.

 [Tickets · Klook](#) Partner link

2

Gunung Kawi Sebatu Temple

Admire the tranquil koi ponds and stone fountain shrines nestled in a quiet forested valley. Bring a sarong to wrap around your waist, as proper modest attire is required inside temple grounds.

3

Tirta Empul Temple

Observe worshippers as they step into the stone bathing pools for traditional Melukat cleansing rituals. If you plan to participate in the purification pool, bring a change of dry clothes.

 **Tickets · Klook** [Partner link](#)

4

Gunung Kawi Temple

Descend hundreds of stone steps into a river gorge to view massive 11th-century shrines carved into cliff faces. Take your time climbing back up and stay hydrated along the staircase.

 **Tickets · Klook** [Partner link](#)

5

Kintamani Mount Batur Viewpoint

Stand on the edge of the large volcanic caldera to view Mount Batur and its crater lake. Clear conditions are most frequent in the morning before mountain clouds roll in.

DAY

3

UBUD

Southern River Caves, Waterfalls and Village Crafts

Uncover southern Ubud's quiet farmland trails, carved archaeological caves, and hidden river cascades.

1

Sweet Orange Walking Trail

Follow a calm paved footpath winding through quiet working rice fields just steps from central roads. Watch for farmers tending their crops and stick to the paved path to respect private land.

2

Threads of Life Indonesian Textile Arts Center

Inspect complex hand-woven textiles made with natural dyes collected from local plants across Indonesia. Ask the staff for a brief demonstration explaining the traditional botanical dyeing process.

3

Goa Gajah Elephant Cave

Enter the dark 9th-century cave through the menacing stone face carved around the entrance. Explore the surrounding garden pathways down to the sunken rock pools and river stream.

 **Tickets · Klook** [Partner link](#)

4

Sumampun Waterfall

Descend to a secluded waterfall where local artists have carved stone figures directly into the canyon walls. Use caution on the steep descent and wear footwear suitable for wet rocks.

5

Tegenungan Waterfall

Walk down to the base of a roaring waterfall fed by the Petanu River and swim in the natural pool. Visit late in the afternoon when light hits the mist coming off the falls.

 **Tickets · Klook** [Partner link](#)

DAY

4

UBUD

Eastern Valleys, Sunlit Canyons and Water Palaces

Travel east toward dramatic river canyons, quiet rural hamlets, and coastal royal garden estates.

1

Tukad Cepung Waterfall

Wade along a shallow stream through a narrow rock canyon to reach a waterfall hidden inside a cavern. It is better to book ahead a driver for early arrival when sunbeams enter the cave opening.

 [Tickets · Klook](#) Partner link

2

Banjar Mancingan Rice Terraces

Wander through undisturbed village rice terraces away from major tourist routes. Talk with local villagers who manage the traditional Subak irrigation systems.

3

Sidemen Valley Rice Terraces

Enjoy expansive views across terraced agricultural fields extending toward the slopes of Mount Agung. Rent a bicycle or walk along country lanes to appreciate the agricultural landscape.

4

Sunda Hill Sidemen

Climb a short grassy hill to take in panoramic views of the surrounding valley and distant mountain peaks. Bring water and sunscreen as there is very little shade along the crest of the hill.

5

Taman Ujung Water Palace

Cross stone bridges spanning large reflecting pools to reach historic royal pavilions and formal gardens. Walk up the hilltop stairs for expansive views across the ocean and eastern mountains.

 [Tickets · Klook](#) Partner link

DAY

5

BALI

Ubud Valleys and Sacred Jungle Sanctuaries

Focus on the cultural heart of central Bali by exploring quiet ridge trails, vibrant artisan markets, and ancient forest temples.

1

Campuhan Ridge Walk

Walk along the paved hilltop trail surrounded by deep river valleys and palm trees. Start early in the morning to avoid the heat and enjoy quieter paths.

2

Ubud Art Market

Browse stalls selling handmade wood carvings, woven baskets, and traditional batik textiles in central Ubud. Friendly bargaining is expected, so stay polite and negotiate gently.

3

Sacred Monkey Forest Sanctuary

Wander through ancient jungle groves populated by hundreds of long-tailed macaques and moss-covered shrines. Keep all food tucked away in closed bags and avoid making direct eye contact with the monkeys.

 [Tickets · Klook](#) Partner link

4

Elephant Cave

Step down into a cool ravine to see the carved stone entrance of Goa Gajah depicting ancient protective demons. Wear clothes that cover your shoulders and knees or rent a sarong at the entrance.

 **Tickets · Klook** [Partner link](#)

5

Tegallalang Rice Terraces

Walk down into the stepped green valley to observe traditional Subak irrigation channels between the rice paddies. Bring sturdy walking shoes as the narrow soil paths can get slippery after rain.

 **Tickets · Klook** [Partner link](#)

DAY

6

BALI

Ancient Stone Shrines and Coastal Rock Temples

Journey from the sacred holy springs of eastern Gianyar to the dramatic sea cliffs on the southwestern coast.

1

Gunung Kawi Temple

Descend hundreds of stone steps into the Pakerisan River valley to view ten towering funeral shrines carved into cliff walls. Visit during the morning when light illuminates the rock face and crowds remain thin.

 **Tickets · Klook** [Partner link](#)

2

Tirta Empul Temple

Observe local worshippers carrying out ritual bathing in the stone pools fed by natural spring water. Respect sacred customs by changing into a dedicated green sarong before entering the spring pools.

 **Tickets · Klook** [Partner link](#)

3

Tanah Lot Temple

Watch ocean waves crash against the offshore rock formation supporting this ancient sea temple. Arrive before late afternoon to secure a good viewing spot along the cliff edge.

 **Tickets · Klook** [Partner link](#)

DAY

7

BALI

Clifftops and Hidden Inlets of the Bukit Peninsula

Spend the day exploring southern Bali's monumental cultural sites, cave beaches, and high seaside headlands.

1

Garuda Wisnu Kencana Cultural Park

Explore the expansive park grounds featuring the massive statue of Lord Vishnu atop his mythical mount. Wear a sun hat and sunscreen as the open plazas offer very little shade.

 **Tickets · Klook** [Partner link](#)

2

Nyang Nyang Beach

Follow the paved coastal road down the steep cliff side to reach a wide expanse of quiet white sand. Pack plenty of drinking water and snacks since facilities on the shore are minimal.

3

Suluban Beach

Walk down narrow stairs through limestone caves to reach a hidden inlet famous among experienced ocean surfers. Check the tide times beforehand because access through the cave narrows significantly during high tide.

4

Uluwatu Temple

Walk along the high cliff-edge pathways that look out across the Indian Ocean to watch the sunset and traditional Kecak dance. Hold onto loose belongings like sunglasses and hats to prevent wild monkeys from grabbing them.

 **Tickets · Klook** Partner link

Tickets: indicative costs

Sacred Monkey Forest Sanctuary	9 €
Garuda Wisnu Kencana Cultural Park	8 €
Taman Ujung Water Palace	6 €
Puri Lukisan Museum	5 €
Sacred Monkey Forest Sanctuary	5 €
Tanah Lot Temple	4 €
Uluwatu Temple	4 €
Tirta Empul Temple	3 €
Gunung Kawi Temple	3 €
Goa Gajah Elephant Cave	3 €
Elephant Cave	3 €
Tegallalang Rice Terraces	3 €
Gunung Kawi Temple	3 €
Tirta Empul Temple	3 €
Tegenungan Waterfall	2 €
Tukad Cepung Waterfall	2 €

Indicative prices in euros. Always check the price on the partner's site before booking.

Where to stay

Ubud Center

First-time visitors wanting walking access to culture and markets

Staying central places you steps away from Saraswati Temple and Ubud Art Market. It makes morning walks easy before street traffic builds up.

Penestanan and Sayan

Travelers seeking quiet valley views and rice field walks

Located just west of central Ubud, this area offers peaceful scenery near the Campuhan Ridge Walk. It provides a calm retreat while remaining close to town.

Uluwatu

Surfers and sunset seekers focused on coastal scenery

Perched on the southern Bukit Peninsula, this area is ideal for visiting Uluwatu Temple. It suits those looking for high ocean cliffs and surf beaches.

Seminyak

Beachgoers looking for dining and coastal walks

Positioned along the southwest coast, Seminyak Beach offers long stretches of sand and sunset views. It is well connected to major southern roads.

What to eat



Babi Guling

Spiced roasted pork served with rice, steamed vegetables, and crispy skin. It is traditionally prepared for ceremonies and eaten as a lunch dish.



Nasi Campur

A foundational Indonesian dish featuring a central portion of steamed rice surrounded by small portions of meats, vegetables, peanuts, and sambal.



Bebek Betutu

Duck slow-roasted in banana leaves with a rich paste of local spices and lemongrass. It is traditionally prepared for hours and served during evening meals.



Lawar

A traditional savory mix of minced meat, green vegetables, grated coconut, and rich Balinese spices, typically eaten fresh during communal gatherings.



Sate Lilit

Minced seafood or meat blended with grated coconut and coconut milk, wrapped around lemongrass sticks and grilled over charcoal.

When to go

- May to September offers dry weather and lower humidity for outdoor trails.
- July and August see peak visitor numbers across popular temples and coastal towns.
- The shoulder months of April and October bring fewer crowds and clear walking paths.

Getting there

- Fly into Ngurah Rai International Airport near Denpasar.
- Pre-arrange a private driver or book a airport taxi upon arrival.
- Arriving passengers typically reach central inland destinations in about ninety minutes depending on road conditions.

Getting around

- Hiring a private driver for full days is the standard way to move between inland regions.
- Scooters offer quick transit for short trips but require confidence on narrow roads.
- App-based ride services operate in main towns, though local transport restrictions apply in certain village zones.

Mistakes to avoid

- Underestimating travel times between regions due to narrow roads and heavy local traffic.
- Visiting popular spots like Tegallalang Rice Terraces and Tirta Empul Temple during mid-day peak hours.
- Ignoring local dress codes when visiting holy sites such as Uluwatu Temple and Lempuyang Temple.
- Relying solely on ride-hailing apps in areas where local transport cooperatives restrict pick-ups.
- Not carrying cash for small entry donations and local market purchases in rural villages.

Frequently asked questions

How should days be split between central Bali and the coast?

Splitting a week into four days around central valleys and three days near southern cliffs gives a balanced experience of culture and coastline.

What should be worn when visiting Balinese temples?

Cover shoulders and wear a sarong wrapped around the waist with a sash. Major sites like Tanah Lot Temple offer sarong rentals at entry points.

Is hiring a private driver necessary?

Hiring a daily private driver is the most efficient method for touring spread-out sites like Ulun Danu Bratan Temple or Sidemen Valley Rice Terraces.

When is the best time of day for walking trails in Ubud?

Early morning around sunrise is best for routes like the Campuhan Ridge Walk or Sweet Orange Walking Trail to avoid tropical heat.

Before you go

✈ Flights

Search flights on the partner's site and choose your own departure and dates.

Flights to Bali

Partner link · Aviasales



eSIM for Indonesia (Bali)

Mobile data as soon as you land, without buying a local SIM.

Yesim

Airalo

Partner link

Build your own itinerary

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