

Waves, Open Horizons, and Awakening: The Transformative Journey along the Coasts from Bali to Lombok



Introduction

Sometimes it takes geographic distance to reconnect with yourself. In the fast-paced, tightly scheduled routine of the Western world, we often move within predefined roles. Hectic schedules, an excessive need for security, and the constant search for external validation leave little room for the essential questions: *Who am I really, and what do I want out of life?*

Travel transforms the mind. In a new environment, far removed from familiar obligations, doors open that usually remain closed in everyday life. Bali and its neighboring island, Lombok, act as powerful catalysts. The omnipresent spirituality of the locals, the grandeur of the Indian Ocean, and the decelerated pace of life create the perfect space for reflection, enjoyment, and lasting transformation.

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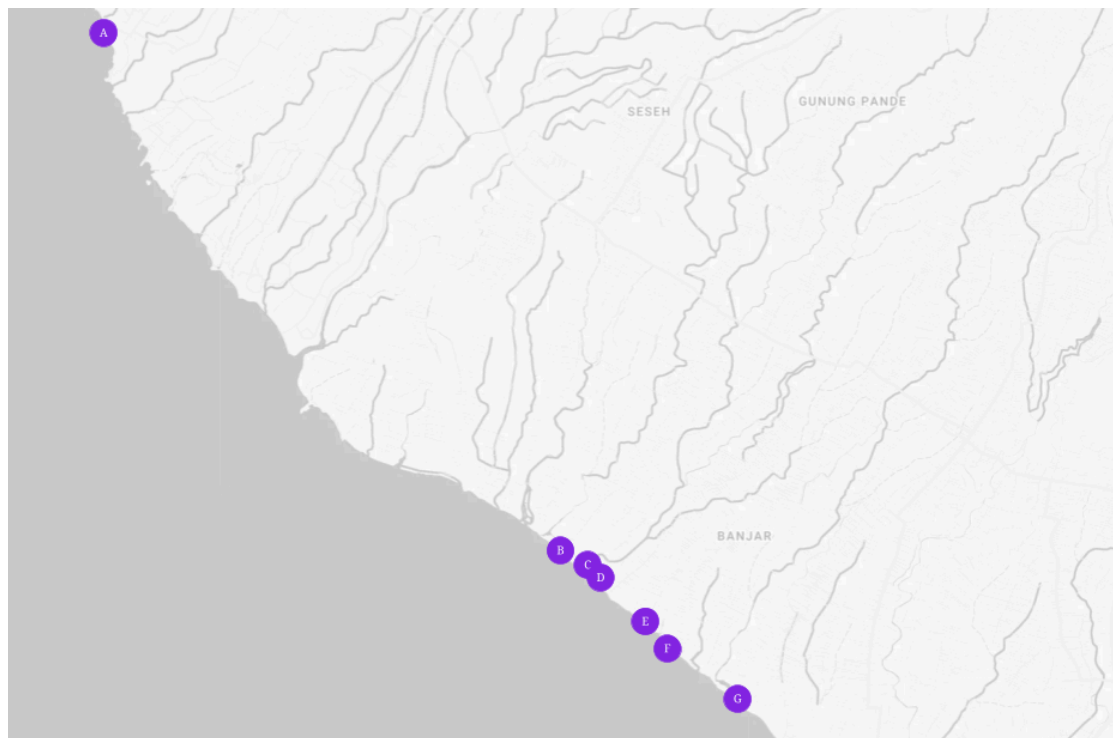
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The Southwest Coast Surf Scene: Canggu

The journey of discovery begins in the vibrant coastal region of Canggu. Here, international surf culture and a healthy lifestyle merge into a distinctive atmosphere. The coastline around Canggu features a high density of varied surf spots that break over dark volcanic sand as well as shallow reef slabs.

- **A - Kedungu:** Located slightly to the north, Kedungu offers relaxed conditions with mellow breaking waves, making it ideal for beginners and intermediates. With noticeably fewer surfers in the lineup, this spot is a true hidden gem.
- **B - Pererenan Beach (Pererenan Stairs):** Generates powerful, fast lefts as well as punchy rights. This spot is especially suitable for intermediate to advanced surfers.

- **C - Rivermouth & Sandbar:** At the rivermouth, it forms a fast, hollow right. The sandbar offers shifting, hollow sections for shortboarders. Both breaks cater primarily to advanced surfers and pros.
- **D - Echo Beach:** A world-renowned break featuring challenging lefts and rights over shallow reef. Ideal for intermediate to experienced surfers.
- **E - Old Man's:** One of the most famous epicenters of the longboard scene, offering long rides on wide, forgiving reef waves. Perfectly suited for beginners, improvers, intermediates, and longboarders.
- **F - Batu Bolong:** Arguably Bali's most iconic longboard spot. Incredibly gentle, wide waves roll in here, providing plenty of glide surface and ideal conditions for beginners, progressing surfers, and longboarders.
- **G - Berawa:** A versatile break located farther south in Canggu. It features softer lefts and rights over sand and reef, suitable for beginners, intermediates, and advanced surfers alike.



Beyond the ocean, Canggu offers inspiring gathering spots such as

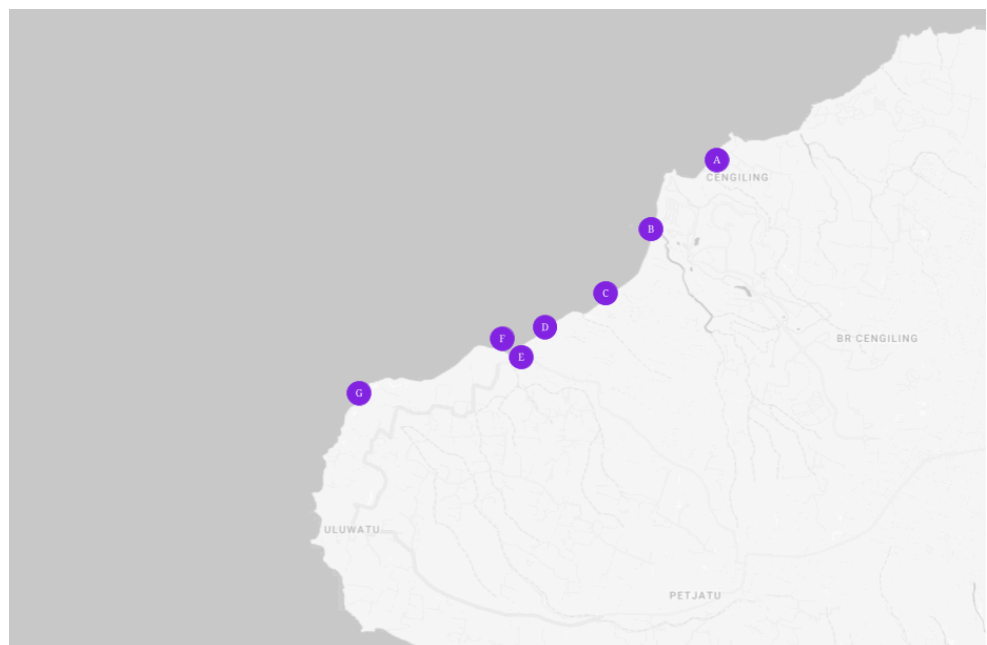


Deus Ex Machina (Temple of Enthusiasm): a fusion of shaping bay, custom motorcycle workshop, art gallery, and café. The local food scene also sets standards: restaurants like **I am Vegan Babe** show how versatile, delicious, and nourishing plant-based dining can be. Balinese gastronomy delights with fresh, vitamin-rich exotic fruits that recharge the body and foster long-term well-being.

The Bukit Peninsula: The Epicenter of Indonesian Reef Surfing

Traveling further south along the coast brings you to the dramatic Bukit Peninsula. The topography shifts drastically here: towering limestone cliffs drop into the sea, at the base of which break some of the finest left-hand waves in the world. Groundswells that have traveled thousands of miles across the ocean crash into the coral reefs with immense power. The most famous spots line the west coast:

- **A - Balangan:** Coral reef; suitable for intermediate to pro surfers. Offers a long, fast left against a picturesque backdrop and is heavily tide-dependent. With far fewer surfers in the lineup, it remains an insider tip.
- **B - Dreamland:** A mix of sand and reef; suitable for beginners to intermediates. Characterized by mellow A-frames on smaller swells, turning heavy and punchy when the swell picks up.
- **C - Bingin:** Shallow coral reef; suitable for advanced to pro surfers. Delivers an extremely consistent, hollow, and short left-hand barrel.
- **D - Impossibles:** A long-stretched reef; suitable for advanced to pro surfers. A blistering, fast left with multiple racing sections.
- **E - Padang Padang (Baby / Inner):** Sand and shallow reef; suitable for beginners to intermediates. A sheltered, forgiving wave in the bay, perfect for progressing surfers.
- **F - Padang Padang (Outer):** Shallow coral reef; suitable for experts and pros. Known as the "Balinese Pipeline," offering an extremely hollow, high-speed barrel wave.
- **G - Uluwatu:** Deep reef with a cave entry; suitable for advanced to expert surfers. A legendary break featuring multiple distinct sections, including the Peak, Racetrack, and Temples.



A cultural crown jewel of the southern peninsula is the cliffside temple **Pura Luhur Uluwatu**,



perched 70 meters (230 feet) above the roaring sea, infusing the area with a magical spiritual atmosphere.

Surf Legend Gerry Lopez & Humility Before the Wave

Uluwatu is closely tied to surf legend Gerry Lopez. In the 1970s, he was among the pioneers who introduced this wave to the surfing world. In his book [Surfing Is Where You Find It](#) - which we also carry in the Way back to you collection - he vividly recounts his experiences and the profound wisdom of the ocean. Lopez consistently highlights the close connection between surfing and yoga as two paths

that sharpen the mind and cultivate inner peace.



Surfing the powerful waves of the Bukit Peninsula is a lesson in humility. Anyone attempting to dominate nature by sheer willpower will be humbled quickly. On the face of a wave, neither past nor future exists; all that matters is the absolute present moment. Surfing teaches us to leave our egos on the beach and adapt fluidly to whatever comes our way.

Dining & Lifestyle on the Bukit Peninsula

In addition to world-class waves, the Bukit Peninsula offers a distinct lifestyle:

- **The Cashew Tree:** A popular restaurant in Bingin serving healthy, fresh food in a lush garden setting.
- **Drifter Surf Shop:** This iconic hub was created in close collaboration with surf legend Rob Machado and the influential surf film *The Drifter*. Drifter is far more than a surf shop: it brings together a café, restaurant, and art gallery within an authentic surf ambiance. It regularly hosts art exhibitions featuring works by artists like Rob Machado, Andy Davis, and Ozzy Wrong. The venue

also draws crowds with cozy movie nights with popcorn, monthly surfboard swaps, artisan workshops, and traditional Balinese nights with live gamelan music.

- **Uluwatu Surf Villas Restaurant:** Delivers culinary highlights accompanied by breathtaking ocean views.



A surfboard featuring the iconic lightning bolt logo of Gerry Lopez's brand, Lightning Bolt, hangs behind the bar in tribute to the spot's heritage, honoring the era when Uluwatu was discovered by a handful of pioneers.

- **Suarga Padang Padang:** An eco-luxury resort situated near Padang Padang Beach. Enjoying a coffee or a traditional Nasi Goreng or Bami Goreng on the terrace is especially worthwhile at sunset, as the sky changes color and

fishing boats drift by.



Recommended Surf Camps in Bali

For those seeking professional coaching alongside an active community, Bali offers outstanding options tailored to different regions and travel styles.

Surf Camps in the Canggu Area

- **Kima Surf Camp Canggu:** Ideal for surf enthusiasts, digital nomads, and fitness fans. Located right in the heart of the action near Canggu Beach, it features a professional surf guiding program with daily sessions at various breaks, video analysis, three pools, a gym, and coworking spaces.
- **Pelan Pelan Bali Surf Camp:** Ideal for travelers seeking tranquility and mindfulness. Located just away from the hustle and bustle in the green outskirts of Canggu, it offers a relaxed, family-run atmosphere that combines surfing with yoga, meditation, and massage therapies.
- **Wave House Bali:** Ideal for beginners and intermediate surfers looking for a structured learning environment. Situated in the popular Berawa

neighborhood near Canggu, it blends modern resort amenities with a professional surf school curriculum.

Surf Camps on the Bukit Peninsula

- **Rapture Surf Camp Padang Padang:** Suitable for all skill levels and solo travelers. Boasts a prime location near Padang Padang with video coaching, daily yoga, a pool, and social community events at balanced, flexible rates.
- **Suarga Padang Padang:** Best for advanced and eco-conscious surfers. A sustainable luxury resort overlooking the peak, featuring high-end dining in the premium segment.
- **Dreamsea Uluwatu:** Catered to lifestyle surfers and wellness seekers. Features stylish boho design right on the beach, a strong yoga focus, and social vibes in an upscale mid-to-high bracket.
- **Anantara Uluwatu:** Designed for intermediate to pro surfers desiring five-star luxury. Features a dramatic cliffside setting, a luxury spa, an infinity pool, and dedicated surf coaching.
- **CARI Surf Camp:** Suitable for progressing surfers and intensive learners. Offers comprehensive 8-day packages with theory sessions, photo and video analysis, and yoga in the mid-range tier.

Note for Experienced Surfers and Non-Surfers

For seasoned surfers who don't need a surf camp, as well as non-surfers: platforms like Airbnb and Booking.com make it easy to find everything from budget-friendly homestays to high-end private villas.

Ubud: The Spiritual Heart of the Island Interior

A detour inland to Ubud rounds out any trip to Bali. Ubud is widely recognized as the island's center for yoga, meditation, and holistic spirituality. Here, daily practice on the mat is viewed not as a chore, but as essential care for the soul.

Throughout the town, burning incense, handcrafted daily offerings, and shrines draped in black-and-white checkered Poleng fabric shape the streetscape. These symbols reflect the Balinese philosophy of Rwa Bhineda, the ongoing pursuit of harmony and balance between life's opposing forces: light and dark, stillness and movement.



Ubud's palpable energy invites you to pause, breathe deeply, and view your life from a broader perspective.

Stepping away from your routine and immersing yourself in a different culture provides fresh clarity on your personal path. Leaving everyday life behind for Bali's unhurried rhythm allows you to gain perspective on worn-out thought patterns, like viewing things from high above.



Far from everyday pressure, social masks fall away, giving you space to ask the questions that truly matter: Does my current career still fulfill me? Is my relationship healthy? Am I surrounding myself with people who lift me up? For deeper inspiration and practical advice on bringing balance into your routine through intentional breaks, check out our blog post, [Finding Balance in Life](#).

Continuing to Lombok: Untouched Nature and Empty Lineups

If you are looking for even more tranquility after experiencing Bali, continue east to the neighboring island of Lombok. You can make the crossing by speedboat or take a short, comfortable flight from Denpasar. Flying, for instance with Garuda Indonesia, is generally the smoothest, most relaxed option.

Lombok feels distinctly different from Bali: mass tourism has barely touched it.



Travelers find untouched nature, uncrowded white-sand beaches, and wide-open lineups with plenty of room in the water.

A standout recommendation near Kuta Lombok is Symbiosis Surf Lodge. Set peacefully amid palm trees, this bungalow retreat accommodates a maximum of 22 guests, ensuring a warm, intimate atmosphere. Because it isn't a massive commercial camp, surf groups stay small. The team organizes boat-assisted surf trips to remote, pristine breaks where you often have the waves entirely to yourself. In addition, the crew provides genuine insights into traditional Sasak culture.

Conclusion: The Transformative Synergy of Nature and Consciousness

A journey taking you from Canggu across the cliffs of Uluwatu into the green heart of Ubud and over to the quiet bays of Lombok is far more than an ordinary vacation. It is a journey back to yourself (Way back to you). The combination of the ocean's raw power,



wholesome plant-based nutrition, daily mindfulness, and letting go of the ego fosters deep clarity and inner balance. When you learn to live in the present moment and ride the waves of life with ease, you return home with renewed, lasting vitality.

Further Impressions



Coastline around Canggu



Restaurant in Canggu: "I am Vegan Babe"



Uluwatu surf break overlooking "The Peak" and "Racetrack"



Striking rock formation at Thomas Beach



The Author

Thank you for taking the time to read this guide. We hope we were able to transport you to the beaches of Bali and Lombok. Perhaps it is time for a getaway of your own? Warm regards, your Way back to you team.

Helpful Links

- More travel blogs: www.waybacktoyou.ch
- More inspiration for your next trip: www.waybacktoyou.ch
- Our yoga & meditation offerings: www.waybacktoyou.ch
- Rapture Surf Camp Padang Padang: www.rapturecamps.com
- Suarga Padang Padang Resort: www.suargapadangpadang.com
- Uluwatu Surf Villas Restaurant: www.uluwatusurfvillas.com
- Symbiosis Surf Lodge Lombok: www.symbiosis-surf.com