



8-DAY ADVENTURE

## KAYAK THE KOMODO ISLANDS

Indonesia

Embark on an adventure through the tranquility of the Komodo National Park and meet the local people whose lives evolve around this scattered web of islands. Visit the wonders of Cunca Wulang waterfall and Mirror Stone cave before kayaking through lush mangrove forests and snorkelling amongst incredible, Indonesian wildlife including turtles and mantas. Visit the mystical waters of Goa Rangko caves and take a back seat to watch the majestic Komodo Dragons that give this land its name, prowl through dense forest on Komodo or Rinca Island. Then camp on the surrounding uninhabited islands, boasting pristine clear water and idyllic, sandy beaches and absorb the local culture whilst being soothed by the gentle lap of the sea.

## TRIP HIGHLIGHTS

- See the enormous Komodo Dragons in their own environment.
- Kayak through crystal clear waters between mangrove forests and utopian islands.
- Snorkel with Manta Rays at Manta Point.
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### WELCOME TO INDONESIA!

Arrive into Komodo Airport in Labuan Bajo. Here our guide will meet us and transfer us to our hotel. We then have free time for the rest of the day to explore the fishing town of Labuan Bajo and sample some of the local cuisine.

Accommodation: **Hotel**

## DAY 2

### MIRROR STONE CAVE AND CUNCA WULANG WATERFALL

This morning our guide will meet us at the hotel at around 8:30am and we will drive inland to Mirror Stone Cave, located on a rocky hill behind the town. The cave earns its name from the salt drenched walls that sparkle in the morning sunlight as it seeps in through a crevice in the roof. These, along with the fossils of marine animals found in the cave walls, are remnants from when the cave was submerged thousands of years ago. We then head on to Cunca Walung waterfalls, where a 30 minute hike will take us along a deep cut canyon to the scenic falls beyond, where the option of a cooling swim is available. Ending on a high, we then drive to a delightful viewpoint to watch the magnificent sunset over the archipelago before heading back to the hotel to relax ready for kayaking.

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

## DAY 3

### LABUAN BAJO – BIDADARI – GOA RANGKO – SETURE ISLAND

This morning is the start of our adventure out into the Komodo National Park. After a safety briefing at Puri Sari beach with our Guide, we will begin your first kayaking leg to Bidadari Island; with its rocky outcrops and exotic white beaches it is the perfect place for a snorkel and a relaxing swim followed by some lunch aboard our traditional, wooden support boat. After lunch, the support boat will sail us to the spectacular site of Goa Rangko caves. This grotto shields clear, turquoise waters, seamed by stalactites and stalagmites. After some time exploring and swimming in the caves we will sail back to Seture Island for our first overnight camp beneath the stars and if time permits an evening sunset kayak, the perfect way to finish the day.

Accommodation: **Safari Style Tents**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 4

### SETURE – PUNGU PEARL FARM – PUNGU ISLAND

This morning, after a delicious breakfast on board the support boat, we'll begin things with a relatively easy paddle, through the lush mangroves, to a local pearl farm. Learn about the local pearl business in a beautiful location, before heading on to Menjerite, famous for its crystal clear water. Snorkel from the picturesque jetty surrounded by colourful coral reefs and majestic views. We then continue on our paddle to Pungu Island, where we camp in Safari style tents on idyllic, white, sandy beaches.

Accommodation: **Safari Style Tents**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 5

### PUNGU ISLAND – GADO – RINCA VILLAGE – KOABA – TORO BUAYA

After waking, and an optional early morning swim, we board the support boat for breakfast before starting our first paddle to Gado, its woven web of mangroves yielding some amazing snorkelling. Our guides take us to a unique spot that boasts giant table corals, multicoloured fish and turtles drifting by on their way to find lunch. We marvel at these incredible surroundings before hopping back in our kayaks and heading to Rinca Village School where we indulge in a bit of local culture and experience a small part of island life. To end our day, we take in the sunset aboard our boat at Koaba, a small mangrove island which is inhabited by bats. We watch the spectacular sight as thousands of them fly into the night sky before spending the night in our cabins, anchored up at Toro Buaya.

Accommodation: **Cabin**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 6

### KOMODO – MANTA POINT – SEBAYUR KECIL

This morning, we board the support boat to Komodo National Park, home to the formidable Komodo Dragons. These impressive beasts are a highlight of the trip, as we trace them in the natural environment they have roamed for thousands of years. We then again board our support boat and take a scenic ride to Manta Point where these gracious marine wonders will delight us with their presence as we float amongst them. After lunch, we will then start paddling towards Sebayur Kecil for our last beach camp of the expedition. Sebayur Kecil has a beautiful white sand beach with some great coral reefs and interesting fish so a spot of snorkelling in the late afternoon or early the next morning is certainly encouraged.

Accommodation: **Safari Style Tents**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 7

### SEBAYUR KECIL – KANAWA – LABUAN BAJO

After enjoying our last breakfast in the beautiful islands and maybe a swim or snorkel just off the beach, we will then make our way, paddling through the tropical mangrove forests towards Kanawa for one last snorkel and swim. Fringed with coral reefs, Kanawa's blue-green waters make for the perfect place to finish on a high, before we hit the last open stretch of kayaking. It will then be time to say goodbye to the crew before we arrive back at the Puri Sari Beach by mid afternoon. Enjoy free time for the rest of the day to relax in the luxury of the hotel or take in some local culture in this quaint fishing town.

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 8

### DEPARTURE

Our transfer will pick us up at our hotel and transfer to the airport for our flight.

Meals included: **Breakfast**

#### PLEASE NOTE

*Please be aware, due to conservation and maintenance of the Komodo Dragon inhabited islands, every year one of them is closed to the public. This means you may see Komodo Dragons on either Komodo or Rinca Island,*

*depending on which is closed that year.*

# TRIP INFORMATION

## DIFFICULTY

This adventures is of **moderate difficulty**. This means you will need to be in good physical condition as on some days we will have up to 19km of paddling to do. In the park, the areas we kayak in are mostly protected by the surrounding islands, which means we should not encounter large swells or waves. However, the park is known for its strong currents due to the water channelling in between the islands. We select our routes carefully to avoid kayaking against the current as much as possible. Previous kayaking experience or an introduction to kayaking control and stability is also recommended but is not essential.

The hikes we undertake will be short and have relatively low height gain, the longest walking day will be on Komodo Island when we encounter the Komodo Dragons. Being in good physical condition will mean you find these walks well within your capability.

We are running our kayaking trips in the dry season, so in the perfect situation, you should not experience much or any rain, however in recent years this has become more common. Temperatures in the park are always warm ranging from mid 20's to mid-'30s during the day and low 20s during the night. Conditions can also be windy at times depending on the season. If it is too windy or unsafe to kayak we will cover the distance with our support boat.

If you have any questions about your suitability or how to prepare for this trip please have a look at our [Indonesia Kayaking Guide](#) and do not hesitate to contact us.

## FOOD & DRINK

Indonesian food is **delicious!** Expect plenty of meat with Sate Padang (beef satay), Ayam Bakar Taliwang (grilled chicken in spices) and Ikan Bakar (grilled fish in Sambal sauce). The cuisine is vibrant and colorful with intense flavors thanks to the vast array of spices.

A typical meal will always include steamed rice along with one or two main dishes of Fish, meat or vegetables. Vegetarians can enjoy Tempe Goreng (Indonesian tofu), Nasi Goreng Lotus (rice with vegetables and egg cooked in a lotus leaf) or Gado Gado (green vegetables with tofu and peanut sauce).

We will take our breakfasts and evening meals onboard our support boat whilst out kayaking. Lunches will be picnics of fresh fruit and vegetables, bread, cheese and cold meats.

If you have special dietary requirements, please let us know when booking your trip.

Please be aware that tap water in Indonesia is not drinkable. Mineral water can be purchased in most towns and villages but we recommend you bring a water filter or purification tablets. Please see the equipment pages on our website.



## ACCOMMODATION

**The Support Boat** - Escorting us in the park will be a 19m x 4m traditional wooden support boat and small tender. The boat is crewed by a captain, cook and a deck hand and facilities include two bathrooms, with a hand shower, a flushing toilet, and hand basins. The boat has multiple socket outlets however, we suggest charging your phones and any other devices during the day while the engine is running. The boat has 3 air-conditioned sleeping cabins; 1 x 4 bed, 1 x 3 bed, 1 x double. The AC is powered by a generator which will be switched off during the night to avoid noise pollution, however, you are free to make use of the battery-powered marine fans in the cabins. Bedding and towels are also provided on the boat. Once you have boarded the support boat on the first day of kayaking, you will be shown to your cabin, where you can store your belongings. These will be allocated to group members of the same gender; please be aware that couples may not be in the same room whilst on the boat. Below deck, at the front, there is plenty of space for relaxing and there is a large covered dining room at the rear of the boat. The upper deck has a sun lounge deck with bean bags and deck chairs. We can even set up a hammock for you!

**Safari Style tents** - When on the islands you will be staying in very comfortable insect resistant Safari Style tents. Here, you will sleep in twin or double rooms on stretcher style beds which are very comfortable. Nights in the park are fairly warm, especially in the tents, however, we suggest bringing a lightweight sleeping bag or sleeping bag liner and a couple of sarongs which can be used as a sheet or blanket. You will have small camp stools to sit on around the common areas. A toilet tent will also be set up for some privacy with a basic seated toilet to use.

**Hotel** - This will be of 3 star standard with twin or double rooms and en-suite bathrooms. It has a pool and beach access so is a good place to relax before and after kayaking.

**Toilets** - In Indonesia, toilet paper is a rarity, with Indonesians preferring water as their cleanser of choice. Toilets are more often than not squatties with either a hose, bucket and water, or occasionally toilet paper available. If water is a no go in your eyes then it is definitely worth bringing your own loo roll. In many cases, wiping is a hands-on affair with locals sticking to using one hand for wiping and the other for eating, drinking and shaking hands. Of course, if you wash your hands thoroughly after each visit to the toilet then you shouldn't have any issues either way. In most hotels, however you will find there are flushing, western style toilets with toilet roll available.

## YOUR GUIDE

You will have an English Speaking Guide for the entirety of your trip.

## TRANSPORT

Transportation by air-conditioned private minibus.

## LUGGAGE

Please bring a **small 30L rucksack** to use as a day bag. You can bring this as hand luggage on the airplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a **large duffel bag** to store your other clothes and belongings in. This will be stored on the support boat for the duration of the trip. Please ensure that this is a soft bag like a rucksack or duffel bag rather than a hard cased suitcase. We recommend packing all of your clothes in plastic bags or dry bags so that they stay dry in the event of wet weather.

## HOW DO I GET THERE?

You will need to arrive at Komodo Airport, Labuan Bajo on the island of Flores on day 1 of this adventure. The airport code is LBJ.

From the UK, Emirates provide convenient flights from Stanstead, Manchester, Birmingham and Glasgow, stopping in Dubai and Denpasar (Bali) on route.

For travellers from the US, Emirates also have the most convenient flights from New York (JFK) and Los Angeles, stopping in Dubai and Denpasar (Bali). For those coming from Atlanta, Dallas and San Francisco, Qatar Airways and Singapore Airlines have convenient flights via Doha and Jakarta (Java).

On arrival in Labuan Bajo, after clearing immigration and collecting your luggage, please look out for a member of our team in the arrivals area. They will be holding a large "KANDOO" sign.

**A customs declaration form must be filled out 48 hours prior to arrival in Indonesia. Follow the link to fill out the form - [Declaration Form](#)**

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

### Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

**[eC02 Flights Calculator](#)**

## BUDGET & CHANGE

The currency in Indonesia is the Indonesian Rupiah, Rp (IDR). You can withdraw Indonesian Rupiahs from in-country ATMs or exchange money at the airport/local currency exchange offices. ATMs can be found at the banks in Labuan Bajo.

The cost of an average meal in Labuan Bajo will be about \$15 per person. The hotel we use is situated on the beachfront with it's own restaurant and many of our guests choose to eat here rather than in the town itself. When purchasing souvenirs, we ask our guests to respect the Species Protection Agreements (CITES) which protects 2,500 species of animals by prohibiting the trade of hides, scales, corals, shells and live animals.

## TIPS

Tipping when you are satisfied with the service you have received is customary in Indonesia. However, it is not mandatory and should be left to the discretion of each individual.

We recommend ~\$10 per guest per day for your guide and other support crew.



# FORMALITIES & HEALTH

## PASSPORT

As soon as possible after booking your tour, please provide Kandoo Adventures with your passport details (first name, last name, date of birth, passport number, issue date, expiry date) along with a photocopy of the photo page. Your passport must be valid for 6 months after your departure date.

## VISA

United States, Canadian, Australian and UK passport holders are eligible for a visa upon arrival to enter Indonesia for a period of less than 30 days. On arrival you will be granted a maximum 30 day stay in the country. We recommend applying for an e-visa in advance at: <https://molina.imigrasi.go.id/> as it will enable you to skip the queue on arrival.

Prior to your arrival in Indonesia (48h), you will also need to complete the customs declaration form via the following site: <https://ecd.beacukai.go.id/>

This information may be subject to change, without notice, by the local authorities. It is your responsibility to check the latest travel requirements and information before departure.

## VACCINATIONS

Recommended vaccinations include Diphtheria, Hepatitis A, Poliomyelitis and Tetanus. It is your responsibility to check the latest health information before travel.

## INSURANCE

Before you can join any Kandoo Adventure, you will need to insure yourself against accident, injury, and illness.

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek, climb, and any other activities you will participate in. Specifically, for our Volcanic Adventures trip, you need to be covered for trekking above 4000 metres and for our Bali Multi-Activity you need to be covered for trekking above 3,000m. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf. You will also need to bring details of your insurance cover to the pre-trek briefing.

We recommend the global supplier of travel insurance, World Nomads. Make sure to choose the correct policy for the altitude you are trekking to. Be sure to read the small print carefully for any policy you are considering - different policies provide different levels of cover, so make sure you understand what is and isn't included in your policy.

## HEALTH

Malaria prophylaxis are not required for travel to Java and Bali but are required in other parts of Indonesia such as Lombok and the Komodo Islands.

## MEDICATION

Your guide is a trained first aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, EPIPENs, plasters (blister plasters), antiseptic and painkillers.

Indonesia is located on the equator and while kayaking you will be exposed to its strong sun rays for longer periods of time. We suggest always wearing a long sleeve shirt or rash shirt and a hat while in the kayak or exposed to the sun. Ensure to apply **sunscreen** regularly and take it along with you in your kayak to be able to re-apply if required.

The Komodo Islands are also home to malaria infected mosquitos so Antimalarial medication is required. Speak to your doctor for advice on these. Please also be aware that this is particularly important when visiting Komodo Island as, **to protect the Komodo Dragons on this island, bug spray is prohibited.**

## OTHER INFORMATION

When visiting the school, some people like to give a donation or gift. We suggest you only bring a small number of supplies, something light to carry in your luggage. The school and the children are always happy to receive any donations like writing materials, colouring books, cards, pens, pencils, stickers, and sports equipment, such as tennis balls, skipping ropes, bats, balls, etc. Please do not feel obliged to bring anything with you to donate to the school as this is a personal choice. Please also refrain from handing out sweets or lollies.

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- **Kayaks** - The kayaks we use are called Komodos. They are adjustable meaning they can be dismantled and made into a **1 or 2 man craft**. Usually on an expedition, you will share a double kayak, however if you prefer to paddle in a single kayak, please let us know before departing for your trip. The kayaks are made out of durable plastic and are perfectly suited for expeditions such as this. They have large storage space in both the front and back of the craft as well as secure deck straps for immediate use equipment. Each kayak comes with a handheld bilge pump, waterproof torch, and compass. You will also be provided with **a paddle, a life jacket, and a spray deck** to keep water out of the capsule. The kayaks slot together like a jigsaw puzzle and are then secured together to the support boat. You will be asked to check your kayak each morning and afternoon.
- **Snorkelling equipment** including mask, snorkel and fins.

## CLOTHING TO BRING

- Kayaking booties or trekking sandals to protect your heels
- Gloves to protect from blisters whilst kayaking
- Sunglasses with a retaining cord
- Broad brimmed sun hat with cord
- Long sleeve shirt or rash shirt (sun protection shirt)
- T-shirts (short and long sleeved)
- Light sweater
- Soft shell or fleece jacket
- Waterproof jacket
- Knee length shorts
- Comfortable fast drying trousers
- Breathable fast drying underwear
- Socks

## **EQUIPMENT TO BRING**

- Small dry bag to store your personal gear whilst kayaking
- 1 daypack - 30 -40 L
- 1 large duffel bag - 70 -90 L (flexible and water resistant)
- A lightweight sleeping bag or sleeping bag liner and a couple of sarongs which can be used as a sheet or blanket.
- Hiking boots
- Headtorch and spare batteries
- A camera and spare batteries/portable charger
- A power plug travel adapter
- A pocket knife
- Water bottle and filter
- A fast-drying micro-fiber beach towel
- Zip lock bags to protect your important documents and electronics
- A laundry bag/bin bag for your dirty clothes
- Toiletries (including wet wipes)
- Tissues
- Earplugs
- Suncream
- Mosquito repellent

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

