


A M A N I
L O M B O K

LOCAL GUIDE

Your guide to Kuta Lombok

Welcome to the Kuta Lombok Guide that we have created to give you all the up-to-date information about eating, drinking and activities in and around Kuta Lombok.

For more information or to help make bookings and arrange travel plans you can speak to one of the team at Villa Amani.

 Our Picks

 Vegan



Restaurants & Bars

- | | |
|-----------------|---------------------|
| 1. The Breakery | 13. Mexican in Town |
| 2. Kenza | 14. Terra |
| 3. Bush Radio | 15. Spanish |
| 4. Le Too Much | 16. Loka |
| 5. KRNK | 17. Rocket Chicken |
| 6. La Cantina | 18. Beer place |
| 7. Knalpot | 19. Rock Salt |
| 8. Jin Jang | 20. El Bazar |
| 9. New Place | 21. Mana Yoga |
| 10. Surfers Bar | 22. Mamas Pizza |
| 11. Markissa | 23. The Hut |
| 12. Kemangi | 24. Sonyas Warung |



Dining, Bars & Clubs

Restaurants & Bars

Amidst an influx of foreign expatriates over the years and an increase in traffic due to the Mandalika Circuit, Kuta has witnessed the emergence of numerous outstanding new restaurants and bars. In this updated Kuta Lombok Guide, we present a diverse range of cuisines and venues that come highly recommended.

KNALPOT

Casual fine dining style with a great atmosphere, bar and setting in the town centre. For us this is our best pick in town at the moment.

[instagram.com/knalpot.lombok](https://www.instagram.com/knalpot.lombok)

MARKISA

Indulge in fantastic Mediterranean cuisine and Asian fusion within a vibrant atmosphere, complemented by excellent drinks. They also offer great breakfast options.

[instagram.com/rawa.lombok](https://www.instagram.com/rawa.lombok)

JIANG NAN

Savor excellent authentic Chinese food featuring handmade noodles and dumplings, all within a stylish tropical setting.

[instagram.com/jiangnanlombok](https://www.instagram.com/jiangnanlombok)

ROCKSALT

Savor hearty plates of meat and fish dishes infused with creative flair, all while offering great value for money.

[instagram.com/rocksalt_lombok](https://www.instagram.com/rocksalt_lombok)

MAMAS PIZZA

Recently opened and already world-famous, Mamas Pizza serves legendary sourdough-based pizzas and a variety of other delectable dishes.

[instagram.com/mamapizzalombok](https://www.instagram.com/mamapizzalombok)

EL BAZAR

Delight in contemporary Mediterranean and North African cuisine that has proven its timelessness.

[instagram.com/elbazarlombok](https://www.instagram.com/elbazarlombok)



CANTINA MEXICANA

Indulge in the vibrant atmosphere of this Mexican cantina, owned by the creators of El Bazar and Kenza Cafe.

[instagram.com/cantinamexicanalombok](https://www.instagram.com/cantinamexicanalombok)

KRNK

A popular streetside bar celebrated for serving the best burgers in Lombok.

[instagram.com/krnk_lombok](https://www.instagram.com/krnk_lombok)

MILKYWAVE

Experience the allure of a new Japanese fusion restaurant that boasts the best views of Kuta Town and the ocean.

[instagram.com/milkywavelombok](https://www.instagram.com/milkywavelombok)

KEMANGI

Experience upscale Indonesian and Western cuisine in an elegant venue that boasts a substantial wine cellar.

[instagram.com/kemangilombok](https://www.instagram.com/kemangilombok)

BARA

Discover a fantastic day-club and restaurant, offering all-day dining along with super cool decor and uplifting vibes.

[instagram.com/baralombok](https://www.instagram.com/baralombok)

SEASALT

Delight in fresh seafood at this charming beachfront location.

[instagram.com/seasaltlombok](https://www.instagram.com/seasaltlombok)

MEXICAN IN TOWN

Experience the first and one of the best Mexican restaurants in the area, serving tantalizing tacos, burritos, and more.

[instagram.com/the_mexican_in_town](https://www.instagram.com/the_mexican_in_town)

SAPORI ITALIAN

Indulge in the flavors of authentic Italian pasta, pizza, and other regional dishes that transport your taste buds to Italy.

[instagram.com/saporikutalombok](https://www.instagram.com/saporikutalombok)

LA CABANA

The 1st Spanish Restaurant in Kuta Lombok, great range of food and wine lovingly prepared in a nice garden setting.

[instagram.com/saporikutalombok](https://www.instagram.com/saporikutalombok)

TERRA



Eating to live, instead of living to eat, is the motto at Terra, serving up a colourful array of raw, vegan, vegetarian and plant-based goodness.

[instagram.com/terra_lombok](https://www.instagram.com/terra_lombok)

CURFEW

7 minute walk from the villa. Craft beer bar serving a wide selection of local tap beers and bar grub. They have a great selection of games for a fun night out or chilled afternoon with the kids.

[instagram.com/curfewlombok](https://www.instagram.com/curfewlombok)

LE TOO MUCH

Homestyle French fare, pastries & sweets served in relaxed confines with a rustic, artsy vibe.

[instagram.com/letoomuch_kuta_lombok](https://www.instagram.com/letoomuch_kuta_lombok)

Cafes & Breakfast

Whether you're on the hunt for the perfect espresso or craving a delightful avocado on toast, your search ends here – the Kuta Lombok Guide has got you covered!

THE BREAKERY

Indulge in a delightful French bakery experience, offering an array of baked delights, sandwiches, and a sumptuous selection of breakfast items.

[instagram.com/thebreakerylombok](https://www.instagram.com/thebreakerylombok)

BUSH RADIO

A hipster haven known for its excellent coffee and food, making it the ideal post-surf spot for satisfying your appetite.

[instagram.com/bush.radio](https://www.instagram.com/bush.radio)

MANA RETREAT

This yoga retreat offers a range of vegetarian options and all-day dining for those with a health-conscious mindset.

[instagram.com/manayogaretreat](https://www.instagram.com/manayogaretreat)

LOKA CAFE

Dive into a healthy, extensive menu that caters to both breakfast and all-day dining preferences. With a wide variety of wholesome options, tonics, and juices, it complements the nearby gym and recovery center perfectly.

[instagram.com/loka.lombok](https://www.instagram.com/loka.lombok)



KENZA CAFE

A wonderful breakfast destination offering a fusion of European and Indonesian dishes, along with a range of beverages.

[instagram.com/kenzalombok](https://www.instagram.com/kenzalombok)

MILK ESPRESSO



A Kuta classic, this spot is the go-to for staying updated on the town's latest news. Featuring a modern Australian menu and exceptional coffee, it's a must-visit.

[instagram.com/milk.lombok](https://www.instagram.com/milk.lombok)

GECKO CAFE

A vibrant cafe with a contemporary Australian menu that's available all day, with occasional exciting parties.

[instagram.com/gecko.kutalombok](https://www.instagram.com/gecko.kutalombok)

Local Fare

Indonesia offers a diverse array of culinary delights that you simply can't miss when visiting, from Nasi Goreng to Ayam Taliwang. In Kuta Lombok, you can savor all these exquisite flavors.

WARUNG SONYA

Indulge in Lombok-style seafood served alongside traditional side dishes and snacks.



WARUNG JAWA PERMUDA

Experience the flavors of well-curated local Indonesian cuisine with a focus on cleanliness. Enjoy healthy red rice options and fresh coconuts.



STREET KOPI VENDOR

If you're fortunate and an early riser, you might stumble upon a local mobile coffee vendor roasting and preparing traditional Sasak Kopi. Fair warning: You won't need another coffee that day, and make sure you're near a restroom!

WARUNG SULAWESI

Delight in Sulawesi cuisine served in an authentic local setting.

FISH BONES WARUNG

Located on the main street of town, this local-style eatery offers fresh seafood and sides. Don't miss out on their fresh fish selections. Plus, they serve beer to complement your meal.

JOES KITCHEN

For your evening cravings, this street-side kitchen offers classic Indonesian dishes like Nasi Goreng, Mie Goreng, and more.

ROCKET CHICKEN

Perfect for combating a hangover, Indonesian fried chicken should definitely be on your must-try list.

Beachclubs & Bars

While Kuta Lombok may not be famed for its nightlife, you'll be surprised by the lively venues where you can enjoy drinks and embrace the bikini spirit.

SEGARA

Located around a 30-minute drive from Kuta, Serangan Beach boasts one of the finest private beach clubs in the area. With an excellent menu and a relaxed atmosphere, it's a perfect escape.

[instagram.com/segaralombok](https://www.instagram.com/segaralombok)

AMBER

A dynamic beach club situated on a secluded beach, offering modern Australian dining and drinks. It's about a 45-minute drive from Kuta Lombok.

[instagram.com/amberlombok](https://www.instagram.com/amberlombok)

MANDALIKA BEACH

The newest addition to the scene and the closest and most impressive club in Kuta. Ideal for both all-day and evening enjoyment, it's just a short drive or pleasant walk into town.

[instagram.com/mandalika.beachclub](https://www.instagram.com/mandalika.beachclub)

EL GARITO

Pub and sports bar in Kuta Lombok that's open late and shows sports and live music. Opens late everyday.



WARUNG TURTLE



Not really a club but one of the best spots on the island for hanging out on sunloungers and enjoying the ocean vibes. If you ask a day before the owner can also prepare fresh seafood barbecue including prawns, lobster and the freshest fish and clams.

[instagram.com/turtleherman](https://www.instagram.com/turtleherman)

SURFERS BAR

An original sandy late-night spot in Kuta Lombok, Surfers Bar offers live music, cold bintangs, and good times. If you're concerned about hangovers, it might be wise to avoid the cocktails.



Surf, Sea
& Sand

Beaches

Lombok needs no introduction as one of the world's best locations for unspoiled beaches, epic surf, and rugged natural landscapes.

TANJUNG ANN



Discover a pair of horseshoe-shaped white sand beaches with pristine blue waters. Ideal for swimming, relaxation, and boasting numerous warungs and beachside bars. It's a great spot for longboarders or mall wave enthusiasts, as well as beginner and intermediate surfers. Don't miss out on the seafood and coconuts at Warung Turtle.

MAWUN

Hidden within rugged hillsides, this secret bay offers a tranquil atmosphere perfect for swimming and unwinding. While it may not have as many eateries as Tanjung Ann, it provides a quieter and more secluded ambiance. The wave works at specific tides and swells.

SELONG BELANAK



This renowned buffalo beach is home to several restaurants, bars, and an extensive stretch of untouched coastline. It's an excellent place for swimming and learning to surf amidst dramatic beauty. Laut Biru is an upscale restaurant worth visiting on the beach.

SEGER

Near Kuta, Seger beach is favored by medium to advanced surfers. It also offers a beautiful beach and striking hilltop viewpoints, perfect for watching the sunset.

MANDALIKA

Situated at the edge of Kuta town, this pedestrianized beach is ideal for swimming during higher tides and offers opportunities for running and various activities. It's also a popular spot for kiteboarding during the season.

ARE GULING

A surf beach that offers lovely coastal walks and rock scrambling during low tide. You'll find a few warungs and vantage points to observe the surfers.

GERUPUK

Several beaches surround the fishing town and are accessible by boat. They provide good beginner and intermediate waves.

MAWI

Located in a remote bay, Mawi offers dramatic scenery and requires an adventurous drive. It's suitable for intermediate and advanced surfers, but due to tides, swimming is not recommended.

SERANGAN

A charming beach with higher-end restaurants. Strong currents demand caution while swimming. Serangan is a fantastic rainy-season surf spot, usually having rideable surf on various peaks and tide levels.

EKAS

A sheltered reef break with consistent surf. Inside is great for longboards and beginners, while the outside requires more experience.

DESSERT POINT

Though a bit distant from Kuta, we can't omit it. Desert Point is undoubtedly one of the world's best waves. However, it's also among the most unpredictable, demanding a significant groundswell before breaking.

Diving & Fishing

Numerous dive operators are available to help you arrange trips and certifications from Kuta Lombok.

CORAL GARDEN

Experience the beauty of soft corals covering a shallow reef at a depth of 10-12 meters. The plateau slopes down into the deep blue abyss at over 40 meters, offering sightings of passing pelagic fish like skipjack tunas and Spanish mackerel.

HALFWAY HOUSE

Heading towards Tanjung Ringgit's southeastern tip of Lombok, Halfway House provides a view across the Alas Strait to Sumbawa. A comparable dive site, Les Arches, can be found on the other side. This site is a playground for experienced divers.

MANDARIN

As the name suggests, the Mandarin fish, a vibrant member of the dragonet family, takes center stage here. Among some of the healthiest staghorn corals, these colorful creatures are hidden.

EAGLE ROCK

Named after the magnificent fish eagle often seen soaring above the tall island walls, its local name, Batu Pilar, translates to 'pillar of rock.' Eagle Rock boasts impressive topography, including a swim-through arch-cave and a techno-colored coral wall.

For diving trips departing from Kuta Harbour, we recommend reaching out to Blue Marlin Diving. You can find more information at www.blumarlindive.com.

Surfing around Kuta

Beyond its breathtaking natural beauty, vibrant culture, and delectable cuisine, this island boasts a consistent supply of waves that cater to surfers of all levels throughout the year. Whether you're a novice seeking your inaugural surfing experience or an experienced rider in search of remarkable swells, this destination stands as the ultimate choice for your upcoming surfing escapade.

OPTIMAL SEASON

Lombok stands as a year-round surfing haven, presenting a consistent swell and an array of diverse breaks that cater to all preferences. However, the rainy season holds a special place for avid surfers. During this period, numerous surf spots come alive, yielding pristine glassy waves in locations like Seger and Are Guling. Moreover, the rain season's charm lies in its reduced crowds, translating to more waves for enthusiasts to enjoy. Does this imply that the dry season lacks its allure? Certainly not—each season unveils its unique surf breaks. The dry season boasts its own allure, with waves like Mawi and Desert Point thriving. These spots benefit from offshore winds and larger swells, creating splendid hollow barrels. For those seeking alternatives, the sheltered spots of Ekas, Gerupuk, and Tanjung Aan provide a great choice on calmer days.

Dry Season: May – September

Rain Season: October – April

Water Temperature: 26 – 30°C

ARE GULING

Positioned as the initial bay to the west of Kuta, Are Guling serves as an intermediate to advanced surfing locale. This expansive bay offers both right and left hand waves, revealing their prime performance during the rain season spanning from October to April. Both waves are reef breaks, with the left variation characterized by its slightly shallower and sharper nature.

The wave action transpires within the central expanse of the bay. Access can be facilitated either by embarking on a boat drop or through paddling out. It's crucial to grasp the intricacies of the currents before venturing out.

Are Guling : Right, Presenting a right hand orientation, this wave accommodates varying swell sizes, whether modest or substantial. It flourishes particularly during the ebb of low to mid-tide cycles. The experience here unfolds with options ranging from a lengthy, playful ride with a smooth wall to a swift, barrel-heavy surge.

Are Guling : Left, Located on the bay's left side, this left hand wave boasts heightened velocity and a hollow structure, rendering a shorter ride. Its optimal performance aligns with mid-sized swells around 4 to 5 feet and the mid to high tide range. Interestingly, the left side of Are Guling tends to be less frequented compared to the right, offering a more serene surfing encounter.

SEGER

A short 10 minutes drive east of Kuta. All levels Seger beach is a must-visit; not only does it deliver some fun and snappy waves, but it also offers one of the best sunset spots close to Kuta.

It's close to Kuta with a short paddle out. At Seger, you will find both a left and a right-hand wave with the right one being more famous and consistent. This break works best in the rain season and on mid to high tide as it sits on a shallow sharp reef with plenty of sea urchins. Seger works best on small to mid-size days as it can't hold a big swell.

Seger Right is a short fun wave with a fast takeoff. The wave is known to be shifty, and you can expect some strong currents when the swell is big and the tide is high.

Seger Left works best on a mid-tide and is more mellow than the right, making it a better option for beginners – intermediate. Seger left tends to be a favorite surf spot by many local groms.

MAWI

Mawi, 30 minutes west of Kuta, is a prime destination for intermediate to advanced surfers. Renowned in southern Lombok, it offers an exceptional A-frame reef break. Smaller to midsize swells provide an exhilarating right-handed ride. Lower tides reveal fast barreling sections.

Mawi's left-handed counterpart accommodates various swells, but truly shines with 6 to 8 feet swell and offshore winds. This creates clean, captivating open barrels.

The dry season brings Mawi's true splendor, with consistent swells and offshore winds. Modest swell and high tide make it suitable for beginners to intermediates. As swell size increases, it becomes a challenge for experienced surfers adept at handling powerful waves and currents.

Surfing around Kuta

EKAS

With two waves Ekas Inside and Ekas Outside, this is a place for all levels. Ekas works all year round being located next to the hill, protecting it from the wind in the dry season.

Ekas Inside: A fun wave for beginners to the intermediate surfers as it's a more mellow wave. It holds a left and a right hand wave with the right being a bit steeper and shorter and the left more mellow and longer. This wave works best on a 5-6 ft swell and low to mid tide.

Ekas Outside tend to pick up more swell and is a steep left hand wave that can give barreling sections. The best time to surf is on a higher tide with an overhead SE swell.

SELONG BELANAK

Selong Belanak, 30 minutes west of Kuta, is a pristine beginner-friendly beach. With a wide expanse of white sand, it's perfect for those new to surfing. The focus here is on basics like pop-up and balance, rather than riding big waves.

The wave dynamics are over a sandy seabed, creating shallower waters for a more comfortable environment, especially for beginners. Prime conditions are during mid tide with a 3 to 5-foot swell. Selong Belanak's versatile beach break is surfable year-round, providing a great learning opportunity.

DONDON

DonDon: Suitable for all levels. A-frame wave with impressive left and right sides, best with medium to large swells. Gentle for beginners on a medium swell, while advanced surfers excel in bigger swells.

Outside Right: Thrives on smaller to midsize days. Steep takeoff leads to a barrel-heavy inside section. Multiple peaks, milder inside option. Best during rain season, watch tide due to reef.

Outside Left: Advanced surfers. Swift, hollow left-hand wave on shallow reef. Works with small swells, mindful of wind. Mid to high tide range ideal.

Kids Point: For beginners to intermediates. Comes alive with substantial swell. Playful yet enjoyable right-hand wave. A safe option for less experienced surfers.

TANJUNG ANN

Situated a mere 15-minute drive east of Kuta, Tanjung Aan emerges as an idyllic destination suitable for surfers of all levels. Regarded as one of the most enchanting beaches in southern Lombok, Tanjung Aan boasts a perfectly rounded bay graced with a lengthy expanse of white sandy shores, inviting both sunbathers and swimmers alike.

At the heart of this picturesque bay resides a remarkable A-frame wave, a source of unadulterated joy for surfers. During calmer days, this wave provides an exhilarating experience for beginners and longboard enthusiasts, granting them elongated, enjoyable rides. As the waves amplify in size, Tanjung Aan's character evolves. The wave assumes greater power and presents a splendid wall that caters to surfers seeking a more dynamic challenge. However, it's essential to be mindful of the currents, which can exhibit strength on these larger days.

The optimal surfing window aligns with the rainy season, particularly during mid to high tides. This seasonal alignment not only heightens the wave's performance but also ensures a rewarding experience for those who venture into its waters. With its versatile offerings and stunning surroundings, Tanjung Aan stands as a true coastal treasure in Lombok.

GERUPUK

Gerupuk Bay, 20 minutes east of Kuta, is a serene fishing village beloved by surfers. A short boat ride away, find five breaks for all skill levels.

Inside Break: All Levels

Inside offers a consistent, gentle right-hander with a soft grass reef at low tide for a mellow ride. Operational most of the year, it shines in the rainy season, accommodating all swell sizes. Suitable for beginners to experts. Gerupuk Bay offers diverse surfing, a must-visit for wave enthusiasts.

[Check with the team at Villa Amani for information on a surf guide or tour package.](#)

A black and white photograph of a person's face, partially obscured by a wooden railing. The person's eyes are closed, and their expression is serene. The railing is made of dark wood and runs horizontally across the middle of the frame. The background is softly blurred, showing what appears to be a window with light coming through. The overall mood is peaceful and contemplative.

Wellness, Beauty
& *Shopping*

Wellness

Discover an abundance of treks that immerse you in nature and showcase Lombok's rugged beauty. From waterfalls to monkey forests and rice terraces, our villa team can assist you in arranging these experiences.

Fitness

TENNIS & PADEL COURTS

Located at Tampah Hills estate, just a short drive from Kuta, you'll find three Padel Courts and one Tennis Court available for rent by the hour.

LOKA GYM AND RECOVERY

Discover a comprehensive gym and recovery center that offers classes, sauna, ice baths, a magnesium pool, and healthy dining options.

RUNNING ROUTES

Kuta offers fantastic road running opportunities along the town from the Villa. Additionally, you'll find a wide variety of coastal trail runs and beach runs in all directions. Keep an eye out for our upcoming runner's guide on the website.

TANJUNG ANN GYM

Experience a unique beachside homemade community-style gym at Tanjung Ann. They offer drop-in passes and provide a fun atmosphere with a great crowd.

BASKETBALL COURT

Take advantage of the small five-a-side basketball courts located at the Mandalika pedestrian area. These courts are free to use.

XENO FIT

New gym well fitted out located just behind Amani Lombok.

Shopping

There are many mini-marts around the Kuta town that are generally 24hr for essentials but for a more robust shopping experience [FreshMart](#) in Kuta is a good option or the local market that operates early mornings on the main Jl. Pariswata Road.

For fashion and surf shopping there are a number of shops on the main road including Flow that has an excellent selection of surf brand.

For fresh bread we recommend [The Breakery](#) who have a range of sourdough and pastrys cooked fresh daily.

Alcohol is available in Freshmart but there is also a good wine and spirits shop located next to [Kemangi](#) restaurant.

The team at Villa Amani can assist you in recommending shops and amenities in town.

Spa & Massage

You can book Spa treatments and massages in the comfort of the villa just ask the team to arrange, alternatively there are a number of spas in Kuta Lombok.

RAINBOW

Good quality well priced massage also available in the villa.

MATCHA

Range of beauty and spa treatments in a nice setting walking distance from Villa Amani.

SALTY HAIR

The only decent hair salon in Kuta Lombok for both men and womens cuts and treatments, ran by an expatriate.

A person wearing a dark jacket and a beanie is hiking on a mountain trail. The background features a large, rocky mountain peak, likely a volcano, under a clear sky. The foreground is filled with tall, dry grasses and some small plants.

Outdoor *Activities*

Activities

Discover an abundance of treks that immerse you in nature and showcase Lombok's rugged beauty. From waterfalls to monkey forests and rice terraces, our villa team can assist you in arranging these experiences.

MOUNT RINJANI

Embark on a two-day journey to conquer one of Indonesia's tallest volcanoes, located just three hours from Amani.

SEMBALUN

Explore beautiful hiking routes with panoramic views of Rinjani and the surrounding landscapes. This location is a three-hour drive from Villa Amani.

SKATEBOARDING

For skateboarding enthusiasts, Kuta Lombok offers a variety of bowls and skateparks to enjoy.

SASAK VILLAGE

Experience the unique culture and life of the Sasak people by visiting traditional villages near Kuta Lombok.

PINK BEACH

Discover one of Lombok's wonders by taking a two-hour drive from Kuta to witness the unique pink coral beach featured in countless Instagram posts and movies.

MANDALIKA STREET CIRCUIT

Explore the world-famous new motorsports track in Mandalika, offering private hire track experiences when racing events aren't taking place.

KITE BOARDING

Experience fantastic kiteboarding opportunities along Mandalika and Tanjung Ann beaches. Look online for rentals and instructions.

Field Notes

DATE : _____

NAME: _____

Field Notes

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