

7 3-Day Bali Adventure Itinerary (with Teenager)



Activities: Rafting • Quad Biking • Lazy River • Kecak Dance • Temples • Beaches

Nights: Kuta (1) → Uluwatu (1)
Departure: Midnight Flight (Day 3)

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📰 Day 1 – Arrival + Kuta Night Walk

- (1) Evening Arrival in Bali
- \$\text{\text{\$\subset}}\$ Land at Ngurah Rai International Airport (DPS)
- Transfer to hotel in Kuta
- Suggested stays:
 - Bali Garden Beach Resort
 - * The ONE Legian (central, teen-friendly)
- Dinner near hotel or Beachwalk Mall
- 3 ~IDR 100,000 (~AU\$10)
- Try: Warung Indo<mark>nesia or Nebula Restaurant</mark>
- 10:00 11:30 PM: Late-Night Walk on Kuta Beach
- Tenjoy the sea breeze, watch fire dancers, grab fresh coconut
- **⑤** ~IDR 30,000 (~AU\$3) for snacks
- Overnight in Kuta
- Day 2 Ubud Rafting & Lazy River → Uluwatu
- **Q** 8:00 AM Breakfast & Check-Out
- 9:00 AM Drive to Ubud
- $^{\bullet}$ ~1.5 2 hrs
- Private car or driver (~IDR 600,000 total / AU\$60 can be split)

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2 11:30 AM – White Water Rafting at Ayung River

Jungle scenery, waterfalls, safe fun for teens

2 hrs rafting + lunch

(~AU\$45) ~IDR 450,000 (~AU\$45)

Lunch included

2:15 – 3:30 PM – Lazy River at Toya Devasya Hot Springs

Soak in hot springs, float in lazy river with Mt. Batur views

3 ~IDR 200,000 (~AU\$20)

Includes: towel, locker, changing room

3:30 PM – Drive to Uluwatu

 $\sim 2.5 - 3$ hours

Scenic drive through rice fields and coastline

6:30 PM – Check-in at Uluwatu Hotel

Suggested stays:

• PinkCoco Uluwatu

• **B** The Korowai

• 🕏 Bombora Surf Camp

7:30 PM – Dinner in Uluwatu

Try Bukit Café or The Cashew Tree

S ~IDR 120,000–150,000 (~AU\$12–15)

└─ Overnight in Uluwatu

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Day 3 – Quad Biking, Uluwatu Temple & Kecak Dance → Midnight Flight

2 7:30 AM – Breakfast

2 9:00 – 10:30 AM – Quad Biking in Uluwatu

Coastal & jungle trails

5 ~IDR 500,000 (~AU\$50)

Epic views + photo stops

11:00 AM – Chill at Padang Padang or Dreamland Beach

Swim, relax, or explore sea caves

Grab a coconut and relax

(S) ~IDR 5,000<mark>-3</mark>0,000 (~AU\$1-3)

1:00 PM – Lunch at a local café

P Options: Suka Espresso, Drifter Café, He'enalu

IDR 100,000–150,000 (~AU\$10–15)

♣ 2:30 – 4:00 PM – Free Time or Optional Massage

1-hour reflexology or Balinese massage

7 4:30 – 6:00 PM – Uluwatu Temple Sunset Visit

Clifftop walk, monkeys, ocean breeze

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IDR 50,000 (~AU\$5)

Don't forget a sarong (can borrow at entrance)

6:00 – 7:00 PM – Kecak Fire Dance Performance

Traditional Balinese chanting & fire dance

5 IDR 100,000 (~AU\$10)

Magical with the ocean sunset as backdrop

7:30 PM – Early Dinner near the airport / Jimbaran

Seafood warung or quick café

3 ~IDR 120,000–180,000 (~AU\$12–18)

8:30 PM – Transfer to Airport (Ngurah Rai)

^⁴ ~1 hour drive

Arrive at Airport by 10:00 PM

Flight Departs: Around Midnight

Total Estimated Costs (Per Person in AUD)

Activity / Item Cost (IDR) Cost (AUD) (approx)

Rafting (with lunch) 450,000 AU\$45

Toya Devasya + lazy river 200,000 AU\$20

Quad biking 500,000 AU\$50 Uluwatu Temple entrance 50,000 AU\$5

Kecak Fire Dance 100,000 AU\$10

Meals (6x) 600,000 AU\$60

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Activity / Item Cost (IDR) Cost (AUD) (approx)

Beach snacks, extras 100,000 AU\$10 Transport (shared total) 600,000 AU\$60

@ Grand Total Estimate:

• IDR ~2,600,000 ≈ AU\$260 per person (Excludes hotels & flights)

Enjoy Your Trip!

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