

7-Day Bali Itinerary: Ubud, Uluwatu & Nusa Penida

Bali packs jungle, temple, and beach into one week — Ubud's rice terraces and a sunrise hike up Mount Batur, Uluwatu's clifftop temple and Kecak fire dance, and a speedboat day trip to Nusa Penida's Kelingking Beach and Angel's Billabong, finishing with a beach club afternoon in Seminyak. This loop hits Bali's best-known stops without rushing, with real hotels, tour operators, and prices for each stop.

DURATION

7 Days

BEST TIME TO GO

May – September

dry season, fewer crowds in May & September

FROM

\$1,365 USD / person

for 2 people

Day 1

Arrive in Ubud

Fly into Ngurah Rai International Airport (DPS) on Bali's south coast, then head north into the hills — Ubud is roughly an hour's drive through rice paddies and roadside temples.

■ Private Airport Transfer — Ngurah Rai Airport (DPS) to Ubud

~45–60 minutes · IDR 350,000 (about \$22 USD) one-way per vehicle

A private, fixed-rate car meets you at arrivals with an English-speaking driver and a name sign — the simplest way in from DPS, with fares that beat the airport's metered taxi queue.

Bali Airport Taxi · baliairporttaxi.com

Day 2

Ubud: Rice Terraces, Monkeys & a Water Temple

Ubud's best-known sights are spread across a wide arc north of town — a private driver for the day covers all three without the back-and-forth of public transport.

■ Private Full-Day Driver — Tegalalang, Ubud Monkey Forest & Tirta Empul

Full day (8 hours) · \$50 USD per car, for 1–6 people, entrance fees separate

Your driver strings together the emerald tiers of Tegalalang Rice Terrace, the resident macaques of the Sacred Monkey Forest Sanctuary, and the holy spring-water purification pools at Tirta Empul — the same loop nearly every Ubud itinerary is built around, done at your own pace.

Ubud Driver · +62 859-4342-1992 · ubudcenter.com

■ Dinner — Locavore NXT

Tasting menu Rp 2,250,000++ / person (about \$140 USD), reservations required

One of Asia's most-awarded tasting menus, built entirely around Indonesian ingredients sourced from the island's farmers and fishermen — book weeks ahead, this is the splurge night of the trip.

Locavore NXT · locavorenxt.com

■ Overnight — Kamandalu Ubud

From \$260–320 USD / night, for 2 people

Second night in the same pool villa — no need to repack before tomorrow's pre-dawn pickup.

Kamandalu Ubud · kamandaluresort.com

Day 3

Mount Batur Sunrise & Transfer to Uluwatu

An early alarm buys one of Bali's classic views, then it's a scenic transfer south to the clifftops of the Bukit Peninsula.

■ Mount Batur Sunrise Trekking

Pickup ~2:00–2:30 AM · 4–5 hours round-trip · From \$35–45 USD / person, includes guide, breakfast & hotel transfer

A guided hike up the active volcano's flank in the dark, timed to reach the 5,633-foot summit as the sky over Batur's caldera lake turns pink — breakfast (often eggs steamed in the volcano's own vents) is served at the top.

Baliventur · baliventur.com

■ Private Transfer — Ubud to Uluwatu

~2–2.5 hours · From \$45–55 USD one-way per vehicle (1–4 people)

The drive crosses the island from the central highlands down to the dry, cliff-lined Bukit Peninsula in the far south — arrange it through your hotel or book direct the day before.

Bali Private Driver Tour · baliprivatedrivertour.com

■ Overnight — AYANA Resort Bali

From \$450–600 USD / night, for 2 people

A clifftop resort on Jimbaran's southern point, home to the cliffside Rock Bar and a private cove beach reached by elevator — a scenic, self-contained base for the Uluwatu days ahead.

AYANA Resort Bali · ayana.com

Day 4

Uluwatu Temple & the Kecak Fire Dance

Keep the day loose around the resort's pools and coves, then head to Uluwatu's clifftop temple for sunset.

■ Free Day — Beach & Pool

Self-guided

Spend the day at AYANA's private beach club or walk the short clifftop path to Padang Padang and Uluwatu's other surf beaches tucked into coves below the highway.

■ Uluwatu Temple & Kecak Fire Dance

Shows at 5:45 PM & 7:00 PM · ~60 minutes · From \$15–20 USD entry, \$35 USD all-inclusive with temple admission & hotel transfer

Pura Luhur Uluwatu sits on a sheer 230-foot cliff above the Indian Ocean — arrive before sunset to see the temple and its resident macaques, then stay for the Kecak, a bare-chested male chorus chanting around a torch-lit fire dancer.

Kecak Dance Bali · +62 851-9065-3969 · kecakdancebali.com

■ Dinner — Menega Cafe, Jimbaran Bay

Est. \$25–40 USD / person

One of the original beachfront seafood grills on Jimbaran Bay — pick your fish or lobster by weight, then eat it barbecued at a table set directly in the sand as the sun goes down.

Menega Cafe · Jimbaran Beach

Day 5

Nusa Penida Day Trip

A speedboat crossing east reaches Nusa Penida's dramatic, less-developed coastline — the day's built around its three most-photographed viewpoints.

■ Nusa Penida Full-Day Speedboat Tour

6:30 AM–4:30 PM (full day) · From \$38 USD / person, \$65 USD with snorkeling, hotel transfer included

A speedboat from Sanur crosses to Nusa Penida for the T-Rex-shaped cliffs of Kelingking Beach, the turquoise pool at Angel's Billabong, and the natural rock arch at Broken Beach — book a weekday to spread out the crowds at the viewpoints.

MyBaliTrips · mybali trips.com

■ Overnight — AYANA Resort Bali

From \$450–600 USD / night, for 2 people

Back to the same clifftop resort after a long day on the water — the spa is worth booking if the boat ride wore you out.

AYANA Resort Bali · ayana.com

Day 6

Transfer to Seminyak & a Beach Club Afternoon

Trade the clifftops for Bali's most social stretch of coast — Seminyak's beach clubs and boutiques are a world away from Uluwatu's quiet.

■ Private Transfer — Uluwatu/Jimbaran to Seminyak

~40–50 minutes · From \$25–30 USD one-way per vehicle

A short run up the coast road, timed for a late-morning checkout and an early check-in on the other end.

Bali Private Driver Tour · baliprivatedrivertour.com

■ Overnight — W Bali Seminyak

From \$280–350 USD / night, for 2 people

A beachfront resort built around a sprawling free-form pool, a short walk from Seminyak's restaurant and boutique strip on Jalan Kayu Aya (Eat Street).

W Bali Seminyak · marriott.com

■ Sunset — Potato Head Beach Club

Sunset hours 4:30–7:00 PM · IDR 250,000 entry (redeemable) · daybeds from IDR 500,000, for 2 people

An amphitheater of reclaimed wood shutters facing straight out over the sand, with DJs starting up as the sun drops — book a daybed ahead for sunset, the club's busiest window.

Potato Head Beach Club · seminyak.potatohead.co

Day 7

Departure

A free morning before the flight home — keep it close to the hotel with an easy transfer to the airport.

■ Free Morning — Spa or Beach

Self-guided

Use the last morning for a final swim, a spa treatment, or a walk along Seminyak Beach before packing up.

■ Private Transfer — Seminyak to Ngurah Rai Airport (DPS)

~25–35 minutes · IDR 200,000 (about \$13 USD) one-way per vehicle

A short, direct run back to the airport — build in extra time during afternoon traffic on Jalan Sunset Road.

Bali Airport Taxi · baliairporttaxi.com