

WELCOME TO GILI AIR



E-BOOK 2024 - TRAVEL LIKE A LOCAL
#GILIASKJULIE @GILITRAVELAGENCY

INTRODUCTION TO GILI AIR

As soon as you enter Gili Air, you will feel your body and soul fill up with an extreme sensation of relaxation. There are no motorized vehicles on Gili Air, making the island eco friendly – the only way to get around is with the wonderful local horse carts, by bicycle or by foot. Gili Air, once a backpacker heaven, has now evolved into the barefoot luxury island of The Gilis. With its boutique properties, organic cafés, and yoga center, it is slowly evolving into an Ubud by the sea. The ideal place to slow down and rethink your speed of life. As a bonus, it also has great food!

GOOD TO KNOW

Gili Air is a Muslim island. Please respect the local culture when visiting the island.

Dress up when leaving the beach and entering village area.

The mosque calls for prayer five times a day.

Always remove your shoes when entering a house or a shop.

Point with your hands, not your feet.

Greet the locals with your right hand only.



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HUNGRY?

Gili Air is full of amazing restaurants, cafés and coffee shops, where it is possible to get delicious and healthy food. Whether you are in to Western food, local Indonesian dishes, vegan options, vegetarian meals, or simply craving for the biggest burger in town; Gili Air has something for everyone!

Don't worry, you can easily take your Instagram-worthy photos in our little paradise. Here's my opinion on the best places to eat in Gili Air!

BREAKKIE & SMOOTHIE BOWL

- Gili Bliss
- Kopi Susu
- Juju
- Gili Coffee Roaster
- Barefoot Blondie
- FRESH! Salad Bar & Smoothie Bowls
- FLOW Ayurvedic Cafe
- Barefoot Blondie
- Maxal
- Aura Bowls

BEST BURGERS

- Begadang
- Mama Pizza
- Papaya Beach Club
- Pj's Beach Bar & Grill
- Alegria
- Shark Bites
- Burger Lady
- Mowies

LOCAL FOOD

- Warung Alam Damai
- Warung Sunny
- Aura Bowl
- Warung ZZZ
- Burger Lady

*Tip

Visit Warung Alam Damai. Pay for your food and this wonderful man will offer you a free Indonesian cooking class while cooking. Make sure you tip him for being such a magical person.

FINE DINING

- Mama Pizza
- Papaya Beach Club
- ITALY Pizzeria
- Hakuna Matata
- Dolce Mare

ROMANTIC DINNER : @vyaana.giliair

VEGAN FOOD

- Pachamama
- Pituq Cafe
- Musa Cookery
- Captain Coconuts
- Legend Bar
- Ra Healing Food

DELICIOUS MEAT

- Chill Out
- Papaya Beach Club
- Zip Bar
- Makan La Vie
- Shark Bites

HEALTHY FOOD

- Gili Bliss
- Musa Cookery
- Pachamama
- Pituq Cafe
- Ra Healing Food
- Poke Bowl

SEAFOOD BBQ

- Papaya BeachClub
- Chill Out
- Zip Bar
- Scallywags

THAI/SUSHI

- Hakuna Matata
- Sabai - Sabai

PROGRESSIVE DINNER

- Pituq Cafe
- Ra healing
- Pachamama

All with minimum risk of Bali Belly!

BALI BELLY REMEDIES:

- Diapet
- Bananas
- Soto ayam
- *(Chef Hero/Warung Sunny)
- White rice

PERSONAL FAVORITES

- Kopi Susu
- Hakuna Matata (sushi)
- Allora
- Mama Pizza
- Chill Out
- Dolce Mare
- Papaya Beach Club
- ITALY Pizzeria
- Legend Bar
- Sabai Sabai (Thai Food)



@giliblisslove_giliair
@musa.cookery
@legendbargiliair



@papayagili
@mamapizzaindo
@pachamamagiliair

MY FAVORITE FOOD

Spicy Beef Bowl - **Pachamama**
 Spaghetti Vongole - **Mama Pizza**
 Sausage and Mash - **Begadang**
 Ravioli Panna E Funghi - **ITALY Pizzeria**
 Ayam Lalapan - **Warung Alam Damai *Chef Darma**
 Bungkus - **Warung Parida and Warung Muslim**
 Martabak Special - **Warung ZZZ & Warung Bamboo**
 Smoothie Bowl and Hot Chocolate - **Musa Cookery**
 Tartare Mango Coco & Crème Brulée - **Sunrise Resort**
 Sushi - **Hakuna Matata**
 Beef Thai Basil - **Sabai Sabai**
 Roast Chicken - **I am Bagus**
 Palak Tofu - **FLOW Ayurvedic Cafe**

Samosa - **FLOW Ayurvedic Cafe**
 Beef Steak - **Chill Out/Shark Bites/Makan La vie**
 Lobster - **Papaya Beach Club**
 Poke Bowl - **Legend Bar/ Poke Bowl**
 Vegan Food - **Pachamama**
 Caesar Salad - **Scallywags**
 Soto Ayam - **Warung Sunny**
 Beef Rendang - **Ruby's Café**
 Avocado on Toast - **Gili Bliss**
 Seafood Linguine - **Ruby's Café**
 Spring Roll Bowl - **Musa Cookery**
 Pizza - **Mama Pizza and ITALY Pizzeria**
 Ayam Betutu - **Ruby's Cafe**
 Vegan Lasagna - **Ra Healing**



@kopisusu_giliairi
 @sabaisabai_giliair

THIRSTY?

BEST COFFEE

- Kopi Susu
- Begadang
- Gili Coffee Roaster
- Alegria

COLD COCONUTS

- Scallywags -
- Mowies - Gili
- Lumbung

BEST COCKTAILS

- Raja Bar
- Papaya Beach Club
- Legend bar
- Scally Wags
- Shark Bites
- Hakuna Matata

BEST HAPPY HOUR

- Wine at Mowies
- Cocktails at Gili Lumbung
- Papaya Beach Club

HEALTHY JUICE

- Musa Cookery
- Kopi Susu
- Gili Bliss
- Captain Coconuts - Pituq Cafe
- Pachamama
- FLOW Ayurvedic Cafe
- Ra Healing



@scallywags_resort
 @pituqco
 @kopisusu_giliair

ACTIVITIES

WATCH THE SUNSET

- North/West Coast
- Mowies
- Island View
- Papaya Beach Club
- Vyana Resort
- Pandan Bungalow Gili Air

WATCH THE SUNRISE

- North/East Coast
- Sunrise Resort
- From a SUP Board
- Gili Air Hotel

DIVE SPOTS

- Hans Reef
 - Shark Point
 - Kecinan (Muck)
- @bluemarinedive

YOGA

- Slow Villas & Spa (Private)
- Flowers & Fire Yoga Garden
- H2O Yoga & Meditation Center
- Gili Air Yoga @7seascottages
- Salim Yoga

SNORKEL SPOTS

- Turtle Heaven
 - Meno Statues
 - In front of Zipp Bar
- With Captain Madi

PLAY GROUND

- PAPAYA Beach Club
- Gili Indah Elementary School
- Captain Coconut

KIDS CLUB

- Play Cafe
 - Family Chilling House
- *close until further notice**

CO-WORKING SPACE

- Working on Air
- FLOW

*Captain Madi has been a captain for more than 20 years and knows the reefs like his own pocket. Book your private snorkel trip with @gilitravelagency. PROMO CODE: #giliaskjulie2024

IF YOU ARE LUCKY, YOU CAN SEE

- Mandarin fish, sea horses, blue ringed octopus, mimic, rhinopias scorpionfish at Gili Air Harbour or at Kecinan, muck dive
- Frog fish at Biorock Gili Trawangan
- Best dive guide of the Gilis: Dedi @gilitravelagency

WHERE TO GET A TATTOO?

- Gili Ink Gili Air

GILI AIR WILDLIFE

Monitor Lizard
Looking for the best spot to take a beautiful swing-photo for your social media account?

WHERE TO GET A GYM?

- Radiant
- The Gym Gili Air
- Holiday Fit

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- Radiant
- The Gym Gili Air
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CHILL AT THE BEACH

- Adinda
- Vyaana
- Island View
- Chill Out (*always high tide)

BEST SWING SHOT

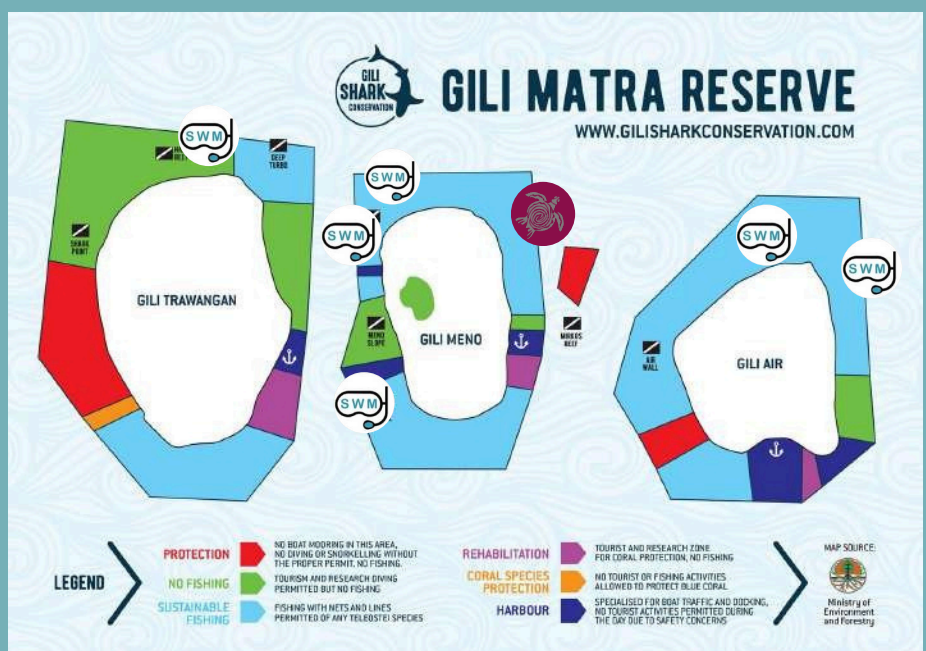
- Pink Coco
- Island View
- Gili Lumbung



@bluemarinediveair
@gilitravelagency



WHERE TO GO SNORKEL WITH CAPTAIN MADI??



@gilisharkconservation

NIGHT ACTION



MY FAVORITES

- Parties organized by *Waham from Space Bar
- Live reggae concerts at Raja Bar (Sun)
- Patchito @Pachamamagiliair
- Hammam & Ice Bath @flowgiliair

REGULARS

- Cheeky Monkey (Tue)
- Legend Bar (Wed)
- ZIP Bar (Fri)
- Lucky's (Sat)
- Raja Bar (Sun)
- Live Music at Gili Lumbung

FULL OF MAGIC

- Space Bar

ARE YOU A DJ AND WOULD LIKE TO SPIN? Find DJ Abstractt at Space Bar @hamabstractt

DO YOU LIKE HOUSE MUSIC? Find Nez @fishplantmusic

ACRO CIRCUS MONKEYS Find Gili Magic Crew @slowretreats @acroyogagiliair @slowsecretsfestival

FIRE SPINNER Find Aiji + Atchay at all the parties

ALWAYS ACTION

- Space Bar & Cheeky Monkey
- Begadang Backpackers, Lucky's Bar

FIND OUT MORE

@giliairparty (*instagram)

Find out what's on the agenda and which event takes place where

@giliairpinboard (*facebook)

Ask the Gili Islanders questions and look for offers



SUSTAINABLE TRAVEL



The local community's dream is to become a Zero Waste island. To achieve this goal, we need your help.

WHERE CAN YOU REFILL YOUR BOTTLE? To minimize waste on the island, I strongly encourage all travelers to refill their bottles in our refill stations. Download the app 'RefillMyBottle' to see which properties in Gili Air has a refill station. Join our journey towards a Zero Waste Gili Air!

Buy Your Zero Waste Gili Kit @slowgiliair

HOW TO HELP US BECOME ZERO WASTE
Bring your own container for take-away food
Bring your own reusable bag, bottle and straw

WHERE TO GET YOUR ZERO WASTE KIT?

Visit Slow Villas & Spa's (Gili Air) or Pituq Community Foundation's (Gili Trawangan) sustainable shops for all the necessary zero waste essentials. Reusable bottles, bags and bamboo straws. You can also find reef-safe sunscreen and beautiful handmade clothing.

@slowgiliair @pituqcofoundation

Do you know it's very easy to make a difference on your holiday? Support the Gili Green businesses* and refill stations on Gili Air and join our journey towards a #PlasticFreeParadise! Together we can make the change. Remember - we don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly.

* There are three things businesses need do to receive the Gili Green Certificate. Be a refill station. Serve drinks without plastic straws. And offer plastic-free packaging for take-away.

Made with love by The Gili Shark Conservation Project

@gilisharkconservation



WHERE TO RENT YOUR BIKE?

Mr. Man is an all time Gili Air-favorite for bike rental of the local community. He rents bikes in the harbor and offers a good price. In general, you can find bike rental all around the island.

+62 819 1723 2536





WHERE TO TREAT YOURSELF?

My favorite place is Slow Villas & Spa:

Barefoot luxury boutique property in Gili Air

Private pool luxury villas with spacious garden

In-house organic and luxurious spa with amazing treatments

PROMO CODE:
#giliaskjulie2024.

ROMANCE & LUXURY

@slowgili

ROMANTIC SPOTS

- Dinner in the water by Gili Travel Agency
- Floating breakfast or champagne at Slow Villas & Spa
- Chill on the beach at Island View
- Spa experience at Slow Villas & Spa
- Flower bath and romantic package at Slow Villas & Spa

WHERE TO PROPOSE?

- Dinner in the water by Gili Travel Agency

WHERE TO GET MARRIED?

Weddings on a tropical island is like a dream coming true. Do you already know what your dream wedding looks like? Do you need someone to make it reality? Ask Julie!

@gilitravelagency.



WHERE TO HOST RETREATS?

- Slow Retreats

WHERE TO DO YOUR YOGA TTC?

- Flowers & Fire Yoga Garden
- H2O

WHERE TO DO YOUR INSTRUCTOR IDC?

- Oceans 5
- Blue Marlin Dive
- Blue Marine Dive

WHERE TO STAY?

What is truly magical about Gili Air, is that the island welcomes every kind of traveler. Whether you are into pure luxury experiences, or if you are into cheap and cosy solutions, this island has something for you.

Couples seeking for romantic getaways, or backpackers looking for new travel mates? Here are the best solutions for accommodation on Gili Air.

BAREFOOT LUXURY

- SLOW PRIVATE POOL VILLAS

If you are looking for barefoot luxury, a place where you can relax, slow down and rethink your speed of life in your own private pool villa nestled in a beautiful coconut plantation, with an in-house spa and yoga studio; This is it.

BOUTIQUE HOTEL

- VILLA NANGKA

A couple of islanders fell in Love under the Nangka tree. They created a home filled with love, butterflies and dragon flies. If you are traveling with kids, there's no place in Gili Air where you'll feel more at home than here.



@villanangka



@sunrisegiliair
@begadanggiliair



COMFY WITH A GREAT VIEW

- SUNRISE RESORT

The beautiful Sunrise Resort is located on the East coast of Gili Air. A stunning beachfront location, facing the crystal clear blue waters and the memorable sunrise. Plus the restaurant serves delicious food and the best deserts of the island. Fastest and most stable Wifi on Gili Air.

CHEAP WITH A GOOD VIBE

- BEGADANG BACKPACKERS

If you like staying in youth hostels, make sure not to miss Begadang Backpackers. The owners have set loose any idea their inner child had. The vibe, the food, everything is thought trough. Moonlight cinema, cat adoptions and much more!

WHERE TO SHOP?

*Gift Shop :

- Kartini The Label
- Mojo Boutique
- TOKO
- Kita
- SLOW Villa Shop
- JUJU Zero Waste Store
- Made In Bali
- Yin Jewelery
- Little Gili (Kids SHOP)
- Coco Loca (coconut Shop)
- Bambu Shop

*Mini Shop :

- Siti Shop
- Pandan Shop
- Uni Shop
- Sriwijaya



@juju.zerowaste

KARTINI THE LABEL (@kartinithelabel)

KARTINI The Label is a boutique in Gili Air, Indonesia, offering sustainable, eco-friendly clothing. They use Repreve, a material made from recycled waste, for their soft, stretchy intimates that can double as swimwear. Their batik prints are created using a waterless, eco-friendly method.

TOKO (toko_giliair)

Island Boutique offers a range of products, including embroidered tote bags, clothing, skincare, jewelry, and swimwear. All items are made sustainably in small batches and produced locally.



@toko_giliair

JUJU ZERO WASTE STORE (@juju.zerowaste)

JUJU Zero Waste Grocer is a specialty grocery store and low waste bulk shop that has been operating since 2020. They focus on eco-friendly products, offering beautiful batik-patterned waist bags, tote bags, kimonos, notebooks, scrunchies, scented wax sachets, ceramic cups, and special gift bamboo basket boxes. You'll find many unique gifts that remind you of Indonesia and Gili Air Island.

COCO LOCA (@cocoloca_gili)

COCO LOCA is a shop for coconut lovers, offering a variety of delightful products. You can enjoy delicious ice cream and food treats, as well as natural and artisanal beauty products made in Indonesia. The shop also sells tote bags, scented wax sachets, and home decor items, all celebrating the versatility of coconut.

GIVE BACK

WHERE CAN I GIVE BACK?

- Soraya Foundation
- Trash Hero Beach Clean-up
- Gili Eco Trust - Gili Shark Conservation
- Pituq Foundation

Visit Gili Air's elementary school (SD) on Saturday mornings and join the volunteers of the Soraya Foundation to connect with the Kids of Gili.

Host a pop-up event at the elementary school. If you want to give back, Ask Julie!
[@sorayafoundation](#)



[@sorayafoundation](#)

JOIN A BEACH CLEAN-UP

Join one of the beach cleanups. More info
[@trashherogiliair](#)

WORKSHOPS FOR CHARITY

Host or join a workshop for charity, like pilates & acro jam. Contact [@slowretreats](#). More info
[@slowsecreatsfestival](#).

JOIN AN ARTIST EXCHANGE

Would you like to exchange with the local community? Do you feel like you have something to share? Fall in love with Gili Air and its people by sharing your skills and passions. [@slowgiliair](#) or [@slowsecreatsfestival](#)

GILI SHARK CONSERVATION

The people to talk to for ocean projects. They also teach conservation classes at the elementary school on Saturdays. More info [@gilisharkconservation](#)



[@3wdive](#)
[@sorayafoundation](#)
[@gilisharkconservation](#)



MEET THE PEOPLE OF GILI AIR

BIK' SANI

A talented massage therapist specializing in traditional Lombok massage, Bik' Sani brings a warm demeanor and expert touch to her sessions. As a beautiful local from Gili Air, she provides a rejuvenating experience that embodies the essence of Slow Spa Gili Air!

CAPTAIN MADI

My favorite captain to snorkel with around the Gilis. Book your trip with [@gilitravelagency](#)

CHEF DARMA

He cooks the best local food on the island in his Warung Alam Damai (peaceful world). [@waroengalamdamai](#)

DIVE GUIDE DEDI

The absolutely best scuba diving guide on Gili Air. 'The Eagle Eye'. He knows the reefs like his own pocket. [@bluemarinediveair](#)



Chef Darma



Pak Mus



Chef Hero



Mr. Ajje

MR. AJJE

Gili Air's ultimate fire spinner. This wonderful man offers his fire spinning class entirely for free. Buy him a drink and give him a tip for being such a lovely person! [@ajiebajje](#)

CHEF HERO

If you are feeling sick, go visit Warung Sunny. Chef Hero will cook you what you need with local herbs harvested on the island

MR. HAM

DJ Abstractt and founder of Gili Air's psychedelic scene. Organizing underground parties with guest DJ's from all around the world. [@spacebargiliair](#)

PAK MUS

In the morning he sells delicious food cooked by his wife, then he teaches at the elementary school, and he finishes the day by selling jewelry on the beach. If you see him, say hello from me!

GILI AIR'S DESIGNERS Meet the talented women of Gili Air, designing their own clothes. Find Suki at Gili Bliss for her special made T-shirts, or meet Jill to try her beautiful clothing and swim wear at Kartini. [@suqueen02](#) [@kartinithelabel](#)

EVENTS & FESTIVALS

SOUNDTUARI MUSIC FESTIVAL

The Soundtuari Musik Festival will take place from November 1-3, showcasing an Eco-Friendly Music Festival theme for 2024. Set to become one of the largest music events in North Lombok, this festival follows the MotoGP Mandalika 2024 and aims to attract numerous tourists to Gili Tramena (Trawangan, Meno, and Air).

SLOW SECRETS FESTIVAL

Charity festival on Gili Air with focus on yoga, food, Indonesian culture and the local community. Supporting Soraya Foundation and the journey towards a zero waste Gili Air through annual festivals with yoga classes, acro yoga, life coaching, workshops and nutrition events. [@slowsecretsfestival](#)

THIS IS LIFE FESTIVAL

Offering a diverse serving of Minimal, House, Techno & Psychedelic Trance. Emulating the Australian doof scene mixed with exotic island spirit. Annual event in July at Lucky's Bar, Gili Air. [@thisislifefestival](#)

IN NEED OF PROFESSIONAL PHOTOGRAPHERS ON GILI?

Armand & Ardit
[@armaaannd](#)
[@pradityaak](#)
[@Gilitravelagency](#)

BEST NEWS MEDIA

Gili Life Magazine
[@gili_island_magazine_media](#)
[@gililife_food](#)
My Lombok Magazine
[@mylombokmag](#)



DO YOU WANT TO HOST AN EVENT?

Ask Julie!

INDONESIAN

A quick guide to communicating

SELAMAT PAGI
Good Morning

SELAMAT MALAM
Good Night

BISA BANTU SAYA?
Can You Help Me?

SAYA TIDAK MENGETI
I Don't Understand

SAYA INGIN ..
I Would Like ..

APA KABAR?
How are you?

BAIK , TERIMA KSIH
Good, Thank You

SAMA SAMA
You're Welcome

APA INI
What is this ?

DIMANA TOILET
Where is the Bathroom

PAK
Name for an older man

IBU
Name for an older woman

TEMAN
Friend

KELUARGA
Family

ENAK
It's Taste Good

MAAF
Sorry

JALAN JALAN
Walking around

HATI HATI
Take care

TOLONG
Help

BERAPA HARGANYA?
How Much Is it?

SELAMAT DATANG
Welcome

SAMPAI JUMPA
See You Later



Ask Julie

Your own Gili Air Expert

MY MISSION

Helping the local community realize their dream: making Gili Air a zero waste island

Being a stand for the Slow Movement, promoting sustainability, fighting burnout and awakening a more easeful lifestyle in lives all over the world

Love for the earth, love for humanity

Book a call : calendly.com/slowsecrets

By Julie Spark / [@askjulie.travel](https://askjulie.travel)
Designed by Julie Spark