

KAYAK & PADDLEBOARD TRAILS

-  RED
-  BLUE
-  YELLOW

THE ISLANDS

-  1 BAWAH
-  2 BATU TOKONG
-  3 MUERBA
-  4 SANGGAH
-  5 ELANG
-  6 LIDI
-  MANGROVE
-  BARRIER ISLAND

-  SPEED BOAT
-  SAILING
-  SEAPLANE

POINTS OF INTEREST

- | | |
|---|---|
|  A JULES VERNE BAR |  G BAT CAVE |
|  B MAIN LOOKOUT |  H TURTLE BEACH |
|  C BEHIND WATER BUNGALOWS WEST |  I SEAPLANE LAGOON |
|  D BLUE LAGOON LOOKOUT |  J BOAT LAGOON |
|  E COCONUT BEACH |  K BLUE LAGOON |
|  F NORTH EAST LOOKOUT | |



At Bawah Reserve you can consider yourself in a Kayak and paddleboard paradise. There are single, double or even see-through kayaks to the sheltered lagoons are perfect for Stand Up Paddling Boarding If you have never had this water adventure before and don't know wxhere to begin, take advantage of the guidance from the Activity Centre, where you learn from expert instructors who will gear you up and teach you the fundamental skills you'll need to navigate your way through the Reserve's crystal-clear lagoons.

RED TRAIL

(APPROX 2 HOURS)

Circumnavigate Bawah Island to discover its beautiful coconut grove and lush mangroves and the Blue Lagoon. This can be done clockwise or anticlockwise ask your host or any of the activities team which way they would recommend. Generally it is easier to go West following the main beaches of Bawah, firstly under the main jetty, then past the Overwater Suites West passing either between or round the large rocks. This marks the beginning of the sandy southern end of the Blue Lagoon. Here in the tranquil waterway you can explore vegetation, look out for Fruit Bats roosting between satigi and seashore pandan trees.

Make landings and if you are lucky there may even be rays and turtles, that dart away as you approach. Eventually you will see Batu Tokong standing starkly gardening the north end of the Blue Lagoon. Coconut Beach will present itself on your right for a welcome rest on where you can arrange a picnic, have a swim, admire the view and generally just relax. You can explore the largest groups of mangroves on foot and the area behind the helipad which leads to the the green hiking trail. Then back to paddling crossing the lagoon to admire Batu Tokong and see whether the tide is high enough for you to exit. If it is continue out to sea turning right and east. The Bat Cave and the beach in front runs along to your right. Keep going and soon your will see the Water Suites East and finally turning right you will return to the Boat House and the Activity Centre.

BLUE TRAIL

(APPROX 1.5 HOURS)

This is an easy trip around the most protected waters of both the Boat Lagoon and the Seaplane Lagoon, and in sight of the Jetty (security) for much of the paddle. It is better to avoid the lowest point of the tide. Circle Elang in the crystal clear waters of the lagoon between Elang Island and Lidi Island, one of Bawah Reserve's barrier islands where a variety of vegetation has managed to gain a foothold in rock and coral rubble. Head west towards the jetty from the Boat House, paddling beside the jetty before crossing to Elang. You will see many tropical fish, brightly coloured clams, blue starfish and coral formations. You can choose to travel clockwise or anticlockwise around Elang.

YELLOW TRAIL

(APPROX 1-2 HOURS)

This trail takes you to the east side of the Seaplane Lagoon. Paddle from the Boat House to Muerba Island then follow the reef across to the little beach you can see, the north of Sanggah Island. Here you will be able to see evidence of Bawah Reserve's volcanic past. Heading down the western side of Sanggah Island where you can see evidence of Bawah's volcanic past. Continuing south following the rocky shoreline, observing what you can through the clear water until you reach the southern tip and small beach. Don't go around this point, instead pull your kayak up onto the sandy beach and stroll over the rocks to Turtle Beach. A 400 metre stretch of sand awaits where between March and September Green Turtles come ashore to nest and lay their eggs, you can also see beautiful Barringtonia asiatica trees. Look for the turtle tracks and depressions where their nests are. A picnic can be arranged for you here.



Our Activity Team at The Boat House will assist you with your equipment, including life jackets and drinking water, as well as advise you on the best time of day for each trail. Also, feel free to take your snorkelling gear to encounter the rich underwater life.