

Explore Sumbawa Island in Indonesia



Sumbawa include its turquoise waters and sandy beaches, and anyone who likes diving or snorkeling won't leave disappointed. It is also one of the hidden gems of the Indonesian surf scene, so if you are looking for a place to bring your board then look no further than Sumbawa.

Sumbawa



Sumbawa Island

Sumbawa is an [Indonesian island](#), located in the middle of the [Lesser Sunda Islands](#) chain, with [Lombok](#) to the west, [Flores](#) to the east, and [Sumba](#) further to the southeast. It is part of the [province](#) of [West Nusa Tenggara](#), but there are presently steps being taken by the Indonesian government to turn the island into a separate province. Traditionally the island is known as the source of [sappanwood](#), as well as [honey](#) and [sandalwood](#). Its savanna-like climate and vast grasslands are used to breed [horses](#) and cattle and to hunt [deer](#).

Sumbawa has an area (including minor offshore islands) of 15,448 square kilometres or 5,965 square miles (three times the size of [Lombok](#)) with a current population (January 2014) of around 1.39 million. It marks the boundary between the islands to the west, which were influenced by religion and culture spreading from [India](#), and the region to the east that was less influenced. In particular this applies to both Hinduism and Islam.

The 14th-century [Nagarakretagama](#) mentioned several principalities identified to be on Sumbawa; [Dompu](#), [Bima](#), Sape and one on the [Sang Hyang Api](#) island just off the coast of northeast Sumbawa. Four principalities in western Sumbawa were dependencies of the [Majapahit Empire](#) of eastern [Java](#). Because of Sumbawa's natural resources, it was regularly invaded by outside forces - from the [Javanese](#), [Balinese](#), [Makassar](#), to the [Dutch](#) and [Japanese](#). The Dutch first arrived in 1605, but did not effectively rule Sumbawa until the early 20th century.



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Located in West Sumbawa, Benete Beach is one of the most popular in the area and a big part of this is down to the dining options here.

The beach is close to the Batu Hijau Mine region, and it is here that you will find some of the most delicious seafood in all of Sumbawa.

The beach is a little different from many others in the area as it is covered in a kind of black sand which is a result of volcanic mineral deposits.

The best way to enjoy it is to seek out a little local eatery, order up a plate of simply grilled seafood and tuck in while enjoying the views across the water.



Lisa's Garden

ABOUT

A healthy mix of traditional Indonesian and western food to fill the stomach of any hungry surfer while not breaking the traveller's budget. Lisa hand-picks the freshest ingredients daily from her organic garden and local market.

KITCHEN TYPES

Cafe, Indonesian, Vegan Options, Vegetarian Friendly

SPECIAL DIETS

Kids, Families with children

MEALS

Breakfast, Dinner, Brunch, Lunch

FEATURES

Takeout, Outdoor Seating, Seating, Waitstaff, Serves Alcohol