ECO BEACH CITY | FREE GUIDE

Sumba for athletes

When to go, how to get there and what to bring

A community by the sea on Sumba island, Indonesia, about one hour by plane from Bali.
ecobeachcity.com

SEASONS

When to go

Sumba is an island in East Nusa Tenggara, in eastern Indonesia, east of Bali. It is warm all year and has two broad seasons.

Dry season: roughly April to October or November

- Less rain and lower humidity.
- The easiest months for travel, outdoor training and the beach.
- The best choice for a training block or a team trip.

Rainy season: roughly December to March

- Green hills, higher humidity and more thunderstorms.
- Some roads and plans become less predictable.
- Keep plans flexible and have covered options for stormy afternoons.

> *The rains can arrive earlier in some years. Treat these months as a guide, not a promise, and check a forecast before you book.*

TRAVEL

How to get there

Sumba has two airports: Tambolaka (TMC) in the west and Waingapu (WGP) in the east. There are daily flights from Bali (Denpasar, DPS) to Tambolaka, and the flight takes about one hour. Most international travellers connect through Bali.

Tips for athletes

- Check your airline baggage rules for bikes, boards, rackets and other sports equipment before you book.
- Give yourself a buffer day in Bali or on arrival, especially before a competition or a key session.
- Pack medicines and anything you depend on in your carry-on.
- Carry some cash in rupiah: small shops and markets may not take cards.
- Get travel insurance that covers your sport and medical evacuation from remote areas.

> *Sumba has far fewer shops than Bali. Specialist sports gear can be hard to find on the island, so bring your own, plus spares.*

TRAIN WELL

Heat and training by the sea

Heat and hydration

- Train early or late: sunrise and the hour before sunset are the most comfortable times.
- Drink before you are thirsty, and replace salts as well as water after long sessions.
- Give yourself a few days to adapt. Start lighter and build up.
- Hat, sunglasses, sunscreen and light, breathable clothing.
- Dizziness, headache, nausea or unusual tiredness are a signal to stop, cool down and rest.

The beach as a gym

- Sand running and sand drills build strength in the feet and legs. Start with short sessions: sand is harder on calves and Achilles.
- Swimming and paddling give low-impact cardio between harder days.
- Conditions change with the tide and swell. Ask locally before swimming at an unfamiliar beach, and never swim alone.

> *If you have a medical condition, speak with your doctor before a training trip to a hot climate.*

Culture off the field

Sumba has a strong living culture. Many Sumbanese follow Marapu, a traditional belief centred on ancestors. It is part of everyday life, not a show for visitors.

Pasola

A ritual horseback jousting festival, usually held around February or March in West Sumba. Dates follow tradition, so confirm locally before planning a trip around it.

Traditional villages

High-roofed clan houses and megalithic stone tombs are found across the island. Visit with a local guide, dress modestly and ask before taking photos.

Ikat weaving

Sumba is known for hand-woven ikat textiles. Buying directly from weavers supports local families.

> *A greeting and a thank you in Bahasa Indonesia go a long way.*

BEFORE YOU FLY

Packing checklist

- Flight from Bali to Tambolaka booked, sports baggage rules checked.
- Your own equipment, plus spares (strings, grips, leash, fins, tubes).
- Sunscreen, hat, sunglasses and light, breathable clothing.
- Refillable water bottle and electrolytes.
- Small first-aid kit: antiseptic, plasters, blister care.
- Reef booties if you surf, swim or paddle near reef.
- Prescription medicines in your carry-on.
- Travel insurance that covers your sport and medical evacuation.
- Some cash in rupiah.
- Modest clothes for visiting villages.
- A light first few days in your plan to adapt to the heat.

THE COMMUNITY

Eco Beach City

Eco Beach City is a community by the sea on Sumba, inside a private seafront residence with 2 km of beach. Already built: 24 homes, padel and tennis courts, and a beachfront coworking with Starlink internet. Guests already stay on site.

The community organises themed experiences, such as padel and tennis camps and tournaments, functional fitness, running, boxing, beach volleyball, and kayak and paddleboard. Dates are published as each experience is confirmed.

Become Head of your discipline

- One person per country and discipline can become Head of. Only one.
- 50% of the profit of every traveller from your country in your discipline, after costs.
- Stay up to a week a month, when there is availability.

> *Your share comes only from experiences that actually take place. Read how it works at https://ecobeachcity.com/head-of*

See you by the sea.

Eco Beach City, Sumba, Indonesia

https://ecobeachcity.com

Head of program: https://ecobeachcity.com/head-of