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Waecicu Beach - Labuan Bajo, Flores

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food & drinks

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Email. ana.rainbow@ovi.com

**MEDITERRANEO RESTAURANT**  
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Flores, NTT, Indonesia  
Tel. +62 385 42218  
Email. info@mediterraneoinn.com  
www.mediterraneoinn.com

**IMPORTANT NUMBER**

**Immigration Office Class III Labuan Bajo**  
Jalan Gabriel Gampur, Labuan Bajo, Flores, NTT, Indonesia  
☎ +62 385 421 34  
✉ Inquiry/complaint Phone: +62 8123 8554 899  
✉ Inquiry/complaint Email: kanimlabuanbajo@yahoo.com

**Immigration Office Class II Maumere**  
Jalan Adi Soetjipto No. 24 Maumere 86111, Flores, NTT, Indonesia  
☎ +62 382 21150-51 / Fax. +62 382 211 80

**District Health Care Center Ende (Puskesmas)**  
Jalan Prof. DR. WZ Yohanes, Ende, Flores, NTT, Indonesia

**Police Ende**  
Jalan Polisi, Ende, Flores, NTT, Indonesia  
☎ +62 381 21501

**SAGA VILLAGE ENDE**

ENDE, FLORES  
CITY MAP  
free

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**Villa Seirama Alam**  
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Email. info@florestourism.com  
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PARTICIPATE IN OUR EFFORTS TO REDUCE PLASTIC WASTE

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- 2 When shopping Bring Your Own Bag
- 3 Use refillable drinking bottles

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**Cycling in Flores**

Flores has absolutely great potential for touring around on various roads using bicycles. Pedalling across idyllic villages, passing rice fields, lakes and forests and enjoying a nice picnic at a spot of your choice is just a wonderful experience you can have while on the island.

Cycling in Flores is an adventure fitting for small groups and individualists and is best done by bringing your own, well maintained, bicycle from home country. Alternatively, rent a bike in Bali and transport it free of extra charges with Garuda Indonesia Airways either to Labuan Bajo or Ende and back. A classical mountain bike with medium broad tyres fits most of Flores' road conditions. Bring a helmet, gloves and lights as well as air pump, good chain oil and an all-purpose toolset with you.

**RETAIL PRODUCT**

**BOOK FLORES: A GLIMPSE OF THE PEOPLE & CULTURE**  
This travel guide takes you into a journey to explore Flores, an island in the eastern part of Indonesia blessed with beautiful natural surroundings, fascinating people and amazing cultures and traditions. The book is a must have for travelers keen on unveiling Flores' long gone past, hidden treasures and the charm of the Florenese people.

**BOOK FLORES: ADVENTURE TRAILS**  
Flores: Adventure Trails brings you to a spellbound journey along 24 select treks from the west to the east of Flores Island. Its colorful pages captivate with information, trekking maps and appealing images exploring Flores' active volcanoes, rugged mountain ranges, pristine forests, wildlife and much more.

This book is the latest Flores' guidebook of a series every thrill seeker looks for to enjoy the beauty of Flores, a perfect setting for an unforgettable energizing trekking adventure.

**FLORES TRAVEL MAP**  
Especially made to help plan your holiday in Flores, the travel map features Flores Island from the farthest west to its most eastern area. Highlighting more than 40 places of interest Flores is famous for; it also provides 4 main city maps and 5 trekking maps. Be it adventure or leisure, Flores Travel Map is your great guide to an amazing journey.

**FLORES: DIVING AROUND KOMODO**  
Flores: Diving in Komodo will put divers enchanted under the spell of Komodo National Park mesmerizing underwater world. The 100 colorful pages explore the extraordinary natural beauty of untouched crystal clear shores and the challenges of dive sites around the park. With tons of useful diving and travel tips, this book makes a great practical guide for diving aficionados in Flores.

**FLORES, THE CAPE OF FLOWER**  
This CD is dedicated to those who place music in life as one of important priorities. In this album Ivan Nestorman tries to capture the spirit of his homeland Flores through his music from a more pop angle. The real richness of Flores music is there within the island and you don't really know it until you get there yourselves. Listening to this album at least gives you a glimpse of Flores music and a warm welcome to Flores.

**FLORES POSTCARDS**  
Share your dearest ones your thoughts about the extraordinary Flores with these postcards picturing stunning images found only on this island.

**EVENT CALENDAR**

**14 AUGUST**  
**Pati Ka Du'a Bapu Ata Mata, honouring the ancestors at Kelimutu, Ende**

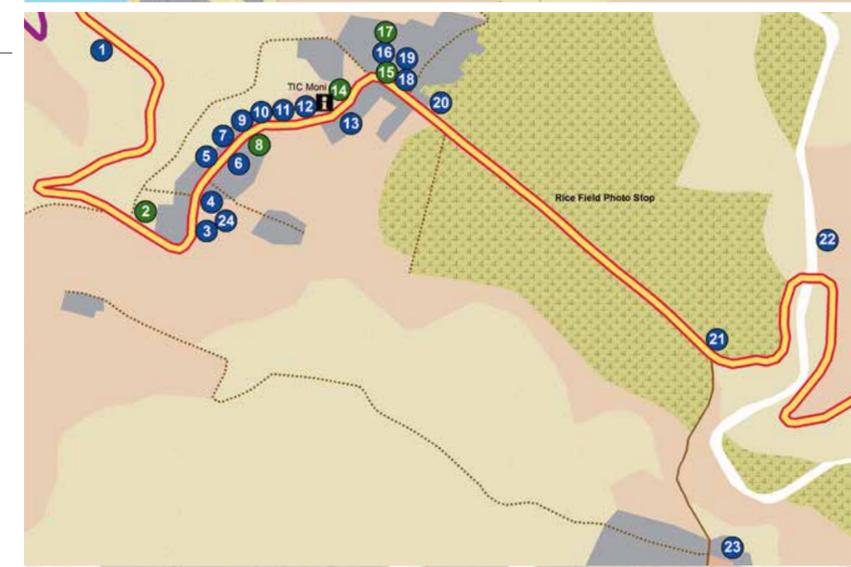
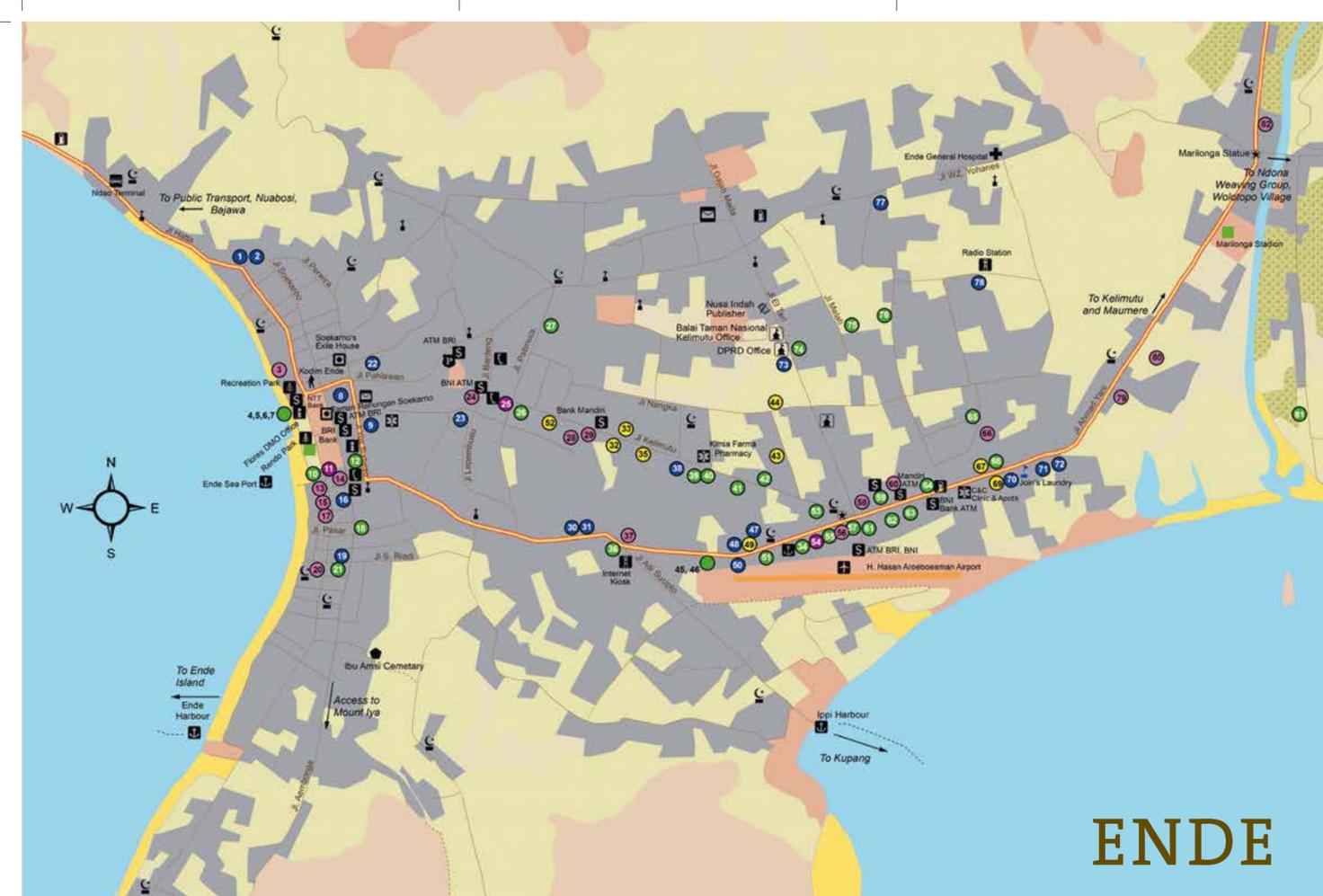
14 August is a sacred day for the Lio people of Flores. It is time to celebrate and honor their ancestors. Lio people believe Kelimutu is the soul's final resting place - a place where our lives' journeys come to an end. "Pati Ka Du'a Bapu Ata Mata" is the event where the Lio sacrifices various type of food offering to the ancestors, showing their gratitude for the past year and hold prayers for blessings for the coming year.

Annually, hundreds of people hold a pilgrimage journey up to Kelimutu. Starting from last year, this customary ritual was officially hosted and organized under the coordination of Kelimutu National Park and Culture and Tourism Department of Ende.

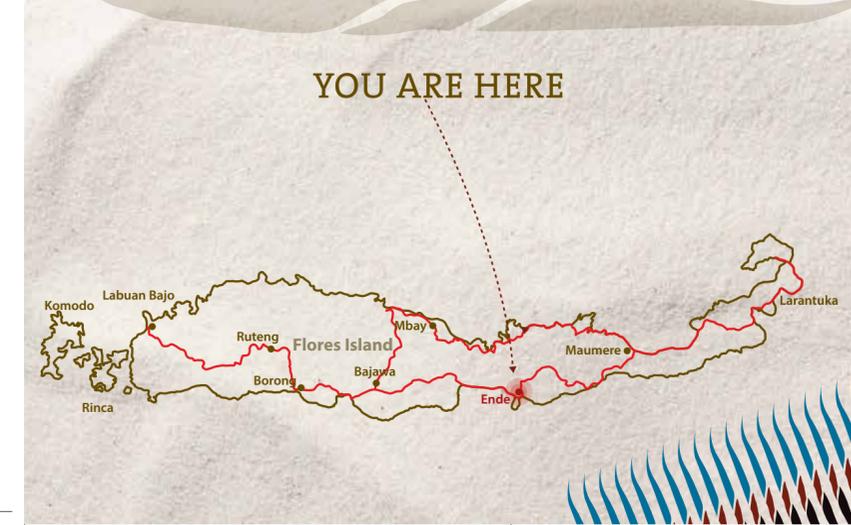
The procession starts with a communal preparation and gathering at the national park parking lot, followed by trekking up the mountain to *Tiwo Ata Polo* where a stone altar (*Mesbah*) is placed. This altar is where all the food offerings are presented and it becomes the centre for the whole ritual performances throughout the day. Chants and prayers accompany the rite with hundreds of people absorbed in the wake. Once the customary ritual is concluded, people walk back down to the starting point where a series of cultural performances are held.

The above events may or may not be held regularly every year. Unfortunately, there is no fixed schedule because timing usually relies on internal consensus among community members from one tribe to another. Some events may be conducted in the same months yearly, without specific dates. Thus it is strongly recommended to always check the correct dates in advance with your travel agent or Tourist Information Centre near you.

To order, contact Tourist Information Centre near you, or email info@florestourism.com.



YOU ARE HERE



**Tourist Information Center**  
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## TRAVEL PRACTICALITIES

**Getting Around**  
 Flores will entangle you with its impressive landscape and unique cultural features. Be aware though that the roads are often steep, curvy, and in a mediocre condition, you will rarely go faster than 30km/hr. Thus, travelling in Flores requires some patience and some time to adjust.  
 The so-called Transflores 'highway' is the main road that connects Flores from west to east. Starting from labuan Bajo and ending in Larantuka, this 700km-long road twists and tumbles across the island and lead you to waterfalls, crosses mountains, and passes traditional villages.  
**Bike and car rental**  
 Hiring a car with an experienced driver is an alternative to public transport. Most of the cars are privately owned, and no cars are rented for self-driving. A motorbike is a good option for travelling around Flores as well, since some of the remote areas can only be reached by this means of transport.  
**Public transportation**  
 Within the district capitals and larger towns, it is quite easy and cheap to cover short distances by hopping on and off bemo (minibuses). The ojek, a motorbike taxi is another option for shorter distances. Price is negotiable. For longer distances, you may choose to ride on one of the many buses and trucks that bring their passengers from one town to another. It is advisable to reserve a seat in advance at a local travel agent. They mostly depart and arrive via public bus stations. Exact time schedules are not available, and buses will only depart once all seats are occupied.

**Money**  
 In Flores, only Indonesian rupiah (IDR) is accepted for cash payments. In general, the payment in Flores is cash-based. There are ATMs in the district capitals which – depending on the bank-accept major credit cards (Visa/Mastercard) where you can get cash. The ATMs of BNI (National Bank of Indonesia) are the most reliable. You also have the option of changing your money at local money changers. Be sure to check their exchange rates and fees before the transaction. Traveler's checks are rather difficult to change.

**Shopping**  
 The hustle and bustle of Florinese markets will bring you closer to an important part of Florinese daily life. Not only will you see a range of familiar or unknown local products, you may also witness a barter transaction, which used to be the traditional way of doing business in Flores. Of all Florinese products, ikat cloth, which is sold in locally different forms, colors, and styles, is definitely the most meaningful, valuable, and unique souvenir. Florinese ikat is mostly hand woven, and some of the cloth is made out of all-natural local ingredients. Traditional Florinese coffee is another typical island product that you should not miss.

**Dos and Dont's**  
**Dress conservatively!** For female travelers, it is highly advisable to dress rather conservatively – a shirt covering the shoulders and a lower body garment to the knees – especially when visiting villages and cultural objects. Unless you are on a dive boat or on the beach or islands frequently visited by tourists, you should wear more than just a bikini to swim. Please also consider that it is inappropriate for men and women to change clothes in the same place.  
**Smile a lot!** Probably the most important thing is smiling. Arrogant visitors who do not respond to smiles or greetings will find it hard to get close to the local people.

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This city map is available for free in major business outlets and Tourist Information Center of the town where it is distributed in Flores Island. If you can't find it, please get it from the nearest Tourist Information Center.



## PLACES TO VISIT



**The Exile House of Mr. Soekarno, Ende**  
 Historical  
 Mr. Soekarno – the world famous Indonesian founding Father – was exiled to Ende by the Dutch administration in 1934 –1938. Mr. Soekarno is a thinker, artist and of course politician. The idea of Pancasila – the five principles of Indonesian philosophy – was first come to his mind when he spent his spare time under the breadfruit tree in Ende. The exile house is now considered as historical site and protected under the national law.

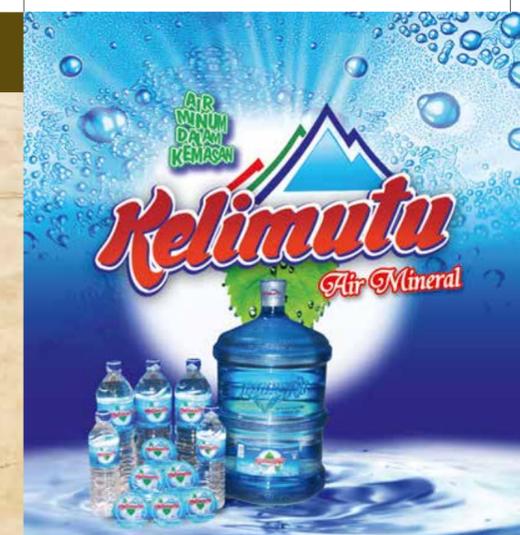
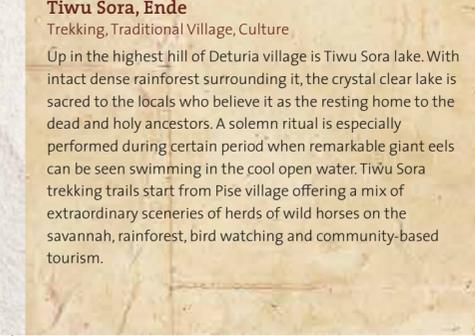
**Kelimutu National Park, Ende**  
 Trekking, Nature  
 The Eastern Flores' natural heritage icon, Kelimutu National Park, and its surrounding areas boast countless of bewildering nature beauty and adventurous trekking trails along its off-beaten tracks. Travelers flocking to witness the sacred tri-colored crater lakes, may also encounter Florinese village living as part of the cross country experience in the park's rainforest. Put on your walking shoes and get ready to explore the traditional village of Pemo and Woloara with Murundao waterfall in Moni, or unwind in the warm bath of Kolorongo and Waturaka natural hotspring.

**Wolotopo, Ende**  
 Culture, Traditional Village  
 Situated on a hill, ± 12km from Ende to Wolowona market then to the South coast of Wolotopo Timur village, Wolotopo resides long-preserved traditional Lio homes silently telling the ancient history through their delicate patterns engraved on many parts of the houses. They also reflect the unique Lio values of living that may tantalize art and architecture-aficionados. Wolotopo attracts many visitors with its captivating agricultural village life scenes as well as Ikat weaving in almost every corner of the countryside.

**Ndonga, Ende**  
 Culture, Traditional Village  
 Adoring the beauty of traditional Florinese Ikat textile? In Bou Sama Sama ikat weaving studio (± 13km from Ende) you may not only admire the exquisite patterns and colors of Ikat but even take course in creating one. Members of Bou Sama Sama will share you the secrets of making organic natural dyes and show you the intricate cotton Ikat weaving. While you are here, take time to also enjoy the fascinating traditional village living of Onelako village, Ndonga Sub District.

**Waturaka, Moni**  
 Trekking, Traditional Village, Relaxing  
 Among the hot springs in Kelimutu National Park, Waturaka is one which still has its natural charm. Located in the middle of candienut fields this is a place to relax after short soft trekking and the hot shower flowing from a bamboo pipe is a real treat. Bring your book, spread out your mat and enjoy the rest of the day in a peaceful atmosphere.

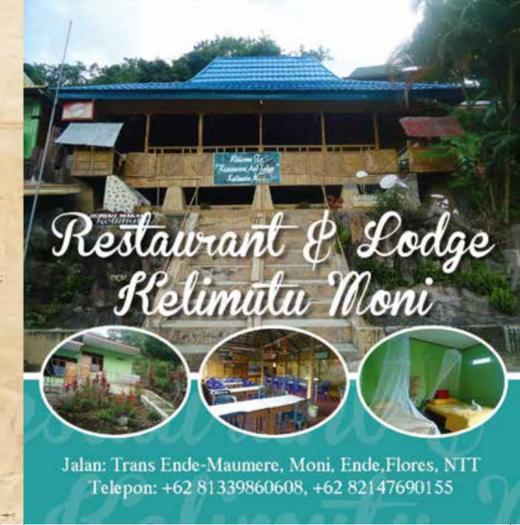
**Tiwu Sora, Ende**  
 Trekking, Traditional Village, Culture  
 Up in the highest hill of Deturia village is Tiwu Sora lake. With intact dense rainforest surrounding it, the crystal clear lake is sacred to the locals who believe it as the resting home to the dead and holy ancestors. A solemn ritual is especially performed during certain period when remarkable giant eels can be seen swimming in the cool open water. Tiwu Sora trekking trails start from Pise village offering a mix of extraordinary sceneries of herds of wild horses on the savannah, rainforest, bird watching and community-based tourism.



**Hotel Flores Mandiri**  
 Jalan Melati No.1, Ende, Flores, NTT  
 Telepon: +62 381 21525  
 Email: puskopdit\_floresmandiri@hotmail.com



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 Telepon: +62 381 22191, +62 8123795208  
 Email: klinikcnc@gmail.com



Jalan: Trans Ende-Maumere, Moni, Ende, Flores, NTT  
 Telepon: +62 81339860608, +62 82147690155

- ACCOMODATION**
- Ende**
1. Hotel Makanul Amni
  2. Hotel Sinar Harapan
  3. Hotel Dwi Putra
  4. Alhidayah
  5. King Hotel
  6. Hotel H Mansyur
  7. Hotel Mentari
  8. Hotel Flores
  9. Hotel Rinjani
  10. Hotel Nurjaya
  11. Hotel Grand Wisata
  12. Hotel Ikhlas
  13. Hotel Safari
  14. Hotel Merpati
  15. Syifa Hotel
  16. Hotel Angrek
  17. J Hotel
  18. Hotel Satarmese
  19. Flores Mandiri Hotel
  20. Dasi Guesthouse
- RESTAURANT**
- Ende**
1. Depot Pantai Ria
  2. Kafe Gito
  3. Paradise Cafe
  4. Violet Cafe
  5. Warung Sate Bangkalan
  6. Warung Tegal 2
  7. Istana Bambu
  8. Warung Tegal Aemboga
  9. Depot Lumayan Es Campur
  10. Cipta Rasa Bakery
  11. Bread Top Rest.
  12. Strawberry Bakery
  13. Eldeweiss Rest
  14. Rumah Makan ME
  15. Rumah Makan Cita Rasa
  16. Castehogen Ice Cream Cafe
  17. Rumah Makan Padang
  18. Warung Laperpool
  19. Warung Sari Rasa
- SHOP**
- Ende**
1. Night Market
  2. Market
  3. Cendana Souvenir Shop
  4. Mbongawani Market
  5. Istana Foto
  6. Pasar Potulando Ende
  7. Pojok Adventure Gear Shop 1
- TRANSPORTATION**
- Ende**
1. Gunung Mas Shuttle Bus Agent 1
  2. Shuttle Bus Puspasari
- Moni**
1. Sao Ria Bungalow
  2. Pondok Wisata Hidayah
  3. Moni smile
  4. CHRISTIN LODGE
  5. Nusa Bunga Homestay
  6. Andy lodge
  7. pondok wisata arwany & Restaurant
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  9. sylvester homestay
  10. Filo lodge
  11. bintang restaurant and lodge
  12. Watugana
  13. Antoneri Lodge
  14. Saoria Lelegana
  15. Maria Inn
  16. Daniel Lodge
  17. Flores Sare Hotel
  18. Kelimutu Ecologde
  19. Palm Homestay
  20. Angy Lodge
- Moni**
1. Rabon Rest.
  2. Bangkalan Rest.
  3. Khalia
  4. D TWINS
  5. Sari Alam Rest.
  6. Rumah Makan Niki Sae
  7. Warung Lamongan
  8. BALIO
  9. Kripik Madani 1
  10. Warung Seafood
  11. N'Kure Rest
  12. Pangan Lokal Center
  13. BETE CAFE
  14. STAR ONE
- Moni**
1. Rainbow Cafe
  2. Centy Cafe n Resto
  3. Nusa Bunga Resto
  4. Restoran Bambu
- Moni**
1. Roxy Market
  2. Sehati Artshop
  3. Starmart Minimarket
  4. Hero Swalayan
  5. Kripik Madani
  6. Loka Binka souvenir
  7. Wolowona market