

Cycling Route

LB-A: Harbour - Pasar - Seaview Tour (CCT) ■

Distance & cycling time: 3.1km (15 - 20min)

Average speed: 15km/h

Equipment / Level: ★ / Easy, partially uphill

Route: Jalan Soekarno Hatta - Jalan Bidadari - Jalan Puncak Waringin - Jalan Kerapu - Jalan Soekarno Hatta.

Start the tour at the beginning of Jalan Soekarno-Hatta (one way road). You can visit the fish market first, which is in the building next to the night market. Then ride up along the harbour on the business road of Labuan Bajo. Turn left uphill after Mandiri Bank, then turn left again after Chez Felix Hotel. Enjoy the charming view of the harbour while cycling along Jalan Puncak Waringin before going down the hill (turn left twice) onto Jalan Kerapu and pedal back to the starting point near the night market.

LB-B: Goa Batu Cermin Tour (CCT) ■

Distance & cycling time: 12.5 km (1h - 1.25h)

Average speed: 13.5km/h

Equipment / Level: ★ / Easy, partially uphill

Route: Jalan Soekarno Hatta - Jalan U Kasimo - Jalan Gabriel Gampur - Jalan Mgr van Beckum - Jalan Mae Wata - Pasar Batu Cermin - Goa Batu Cermin - turn left twice until reaching Jalan Wae Mata again - turn right and follow the road around the runway extension - Jalan Binongko - Jalan Kerapu - Jalan Soekarno Hatta.

Start at the city's main business road till you reach Mandiri Bank. After turning left onto Jalan U Kasimo, it will lead you uphill to Jalan Gabriel Gampur (turn right) and Jalan Mgr van Beckum at the plateau of the airport. Turn left at the second red light and follow the wide road. After you've passed the police station, keep half right at the traffic light and continue through the Batu Cermin village with a small local market place on the left side. A short ride after passing the village you get to a junction where you have to head left to the forest park and the entrance of Batu Cermin, a big and accessible lime stone cave with bats and some fossils (guided tours only: IDR30,000 with helmet and torch provided. Better wear good shoes and have mosquito repellent with you).

The way back is the same as for the Airport -Bajo - Island view tour, once you reach Jalan Wae Mata again (ride to the north). Follow this road all the way until you have passed the end of the airport runway and reach the highest point with a nice view down onto the bay. After a riding downhill along Jalan Binongko, you have to master a rather steep uphill section that will lead you past Golo Hilltop Hotel until you reach Paradise Bar, another nice photo stop and chance for a drink. Finally proceed down to the city and ride back to the market building via Jalan Kerapu.

Tips: If you are already feeling tired after the visit to the cave, the shortest way back will be the same way you took to get there.

LB-C: Northern Beach Tour (CT/DT) ■

Distance & cycling time: 19 - 20km (2 - 2.5h)

Average speed: 9.5km/h

Equipment / Level: ★★ / Medium to demanding

Route: Jalan Soekarno Hatta - Jalan Kerapu - Jalan Binongko - to the north - Pantai Waecicu until Hotel Waecicu Beach Inn or even further north till Loh Mbongi Beach (then the same way back) - Jalan Soekarno Hatta. (pay attention on Jalan Soekarno-Hatta and Jalan Kerapu which are partially one way road.)

Ride the bike to Jalan Binongko until the airport-plateau, turn left at the small T-junction with a hotel sign to Sylvia Beach resort, and you will be on an unpaved road. Follow the main track, which at the beginning will be quite smooth, but soon it will get rougher. Once you have passed all junctions, the beach resorts will be on your left side, a good mountain bike is necessary to be able to cycle through the nice and beautifully diverse landscape along the beach of Loh Mbongi. Driving time is one hour or more, depending on the weather and the track condition.

Beautiful and secluded beach nice for swimming, a fish hatchery and some houses are the only thing in the otherwise unspoiled sandy beach area of the bay.

Tips:

- For cycling only, it's a nice half day tour. It can be extended to a full day, spending half a day at the nice beach (bring your own food and drinks).
- Start early in the morning after sunrise to avoid too much sun and the mid-day heat
- After rainfall the track can be very difficult or even impossible to ride on (very slippery on rocky parts and flooded or muddy).

LB-D: Sano Nggang and Cunca Rami Waterfall Tour (DT- 2 days) ■

Distance & cycling time: 40km in three parts (4 - 4.5h)

Additional time: 1h (hiking)

Average speed: 10km/h

Equipment / Level: ★★ / Medium to advanced

Route: Car: Labuan Bajo - Wae Losos junction

Bike: Wae Losos - Werang - Sano Nggang - Nunung - Werang - St. Klaus boarding school - Hiking: Cunca Rami - Road Werang/Wae Losos - Biking back to the junction with Highway - Car: Back to Labuan Bajo or proceed to Ruteng.

Combined tour with car, bike and hiking section with an overnight stay around Werang. Start the tour at Labuan Bajo and drive by car 29km to the junction where you turn right to Wae Losos. Prepare the bike, as cycling will mostly be downhill on a single track road (the car will follow at a distance) through the lovely area along Mount Mbeliling with forests, villages and farmland. After around 75 minutes (12km) you will reach the village of Werang (take a break and have lunch that you brought or try to get food, fruits and drinks at a local warung called Warung Serindit selling fish or chicken).

After a break you will mostly cycle uphill towards the crater rim, then drive down to the lake (Sano Nggang), turn left at the lake and after a total of 9km from Werang, you will reach a small and very rural village of Nunung. Try to stay overnight at an ingenu homestay. Alternatively drive or cycle back to Werang (9km again) after visiting the thermal area close to the beach.

Another possibility is to walk or even cycle around the lake if the weather or road conditions allow to do so. This might take you several hours. The latest point with a possibility to stay overnight is Werang again, with a local homestay or the guesthouse of St. Klaus, which is an annex of the mission school just 1km after the village.

In the morning after a small breakfast in the guesthouse start directly behind the school to hike to Cunca Rami Waterfall via three river crossings, which takes you approximately 1 hour. After a break and a bath in the refreshing natural pool, walk another hour uphill through rice terraces and candlenut forest up to the paved road, where the car will wait for you. Sporty cyclists can cycle uphill back to the Trans Flores Highway junction (6-7km and very challenging) or stay in the car.

Back at the cycle starting point there are 3 possibilities:

- Cycle 29km back to Labuan Bajo (mostly downhill or flat).
- Return to Labuan Bajo by car.
- Proceed towards Ruteng (by car or bicycle).

Tips:

- Bring food, water and cash with you and be prepared for unforeseen things.
- The tour can also be done combined with bicycle and a motorbike as backup.
- If you want to hire a motorbike and start very early in the morning the whole tour can probably be done in a full day, but cycling will provide you with a more natural experience.

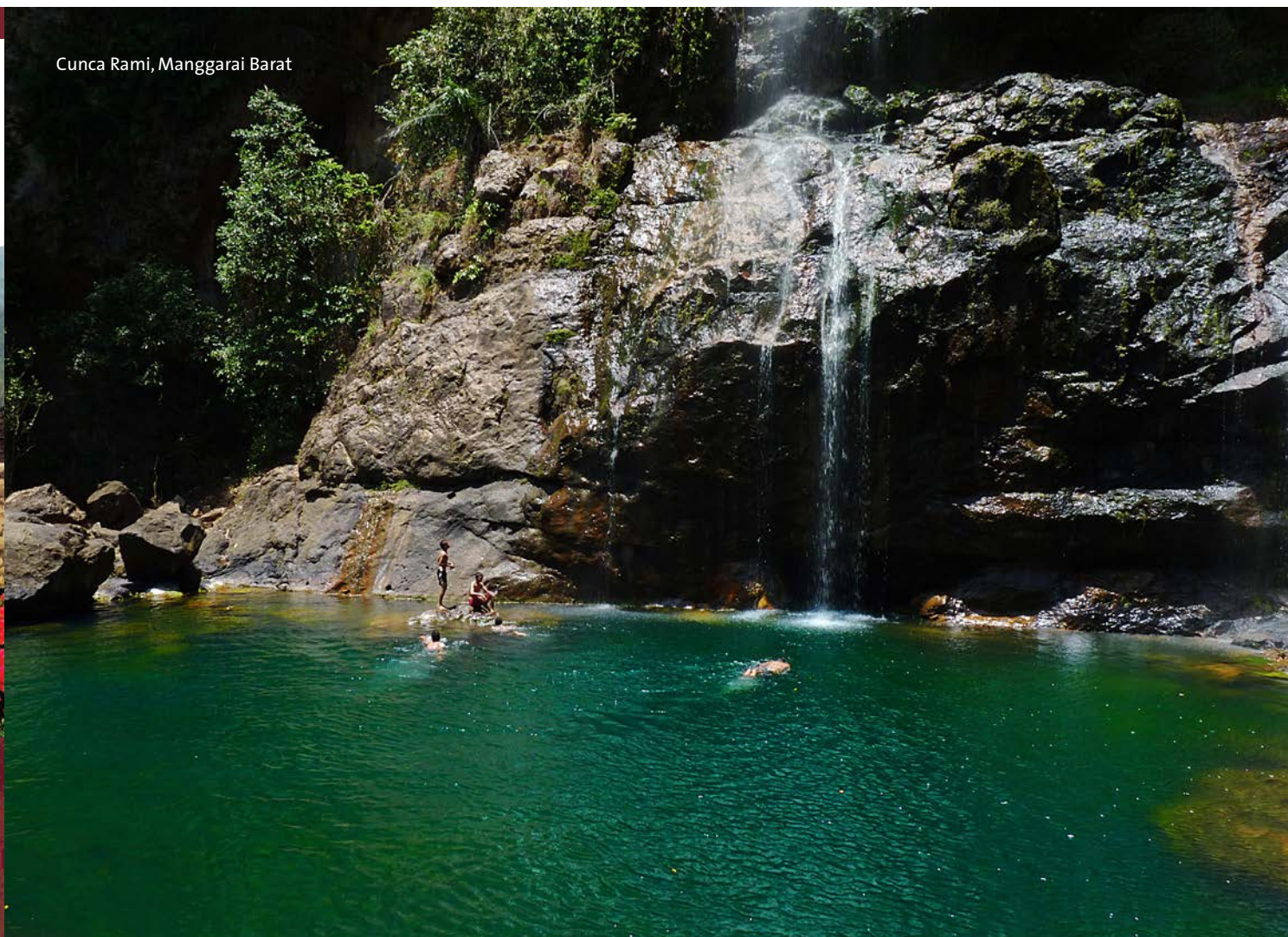
*Please note that Jalan Soekarno Hatta to point #40, Jalan Waringin, and Jalan Kerapu are one-way road.

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Cunca Rami, Manggarai Barat



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