

2015

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Explore the extraordinary  
**FLORES**



# Welcome To Flores

Open a world map and take a look at extensive Asia. Between the Indian Ocean and the Pacific Ocean you will find the Indonesian archipelago stretching west to east along the equator. In the seas of Eastern Indonesia lies the snake-shaped island of Flores.

Flores is most famous for two internationally renowned attractions. Firstly, the Komodo National Park, home to the unique Komodo dragon, a monitor lizard of impressive size and appearance, which attracts thousands of people annually from around the world. Secondly, Kelimutu, an inactive volcano in central Flores, which intrigues visitors with its three brightly coloured crater lakes surrounded by local mythology.

However, Flores is so much more than Komodo and Kelimutu. Nature lovers will find it all on Flores: deserted islands with white sandy beaches to escape from the hassles of everyday life; beautiful rice fields nestled among soft hilly landscapes perfect for a laid-back stroll; a concert of birdsong in lush coffee plantations to soothe the mind; a swim in a hot spring, clear lake, or cool river after a volcano trek. There are numerous places of amazing natural beauty still waiting to be explored.

Flores' natural wonders are not the only thing that make Flores an unforgettable travel experience. The magic of Flores comes from its people who receive guests with open arms and heart-warming friendliness. The Florenese are eager to share their fascinating way of life with visitors. The cultural richness of Flores is impressive and it is definitely worth getting off the main route to discover Flores' full spectrum of attractions.

This publication presents as synthesis of what Flores has to offer for the tourist. It includes a list of destinations and itineraries which are offered in Flores. More than a portfolio of Flores' attractions, the publication is a practical guide for tourism professionals, providing an easy reference and assisting in facilitating the planning and implementation of tourism business.

Flores awaits you. Welcome to Flores!

Flores Destination Management Organisation



Elder of Wae Rebo, Manggarai

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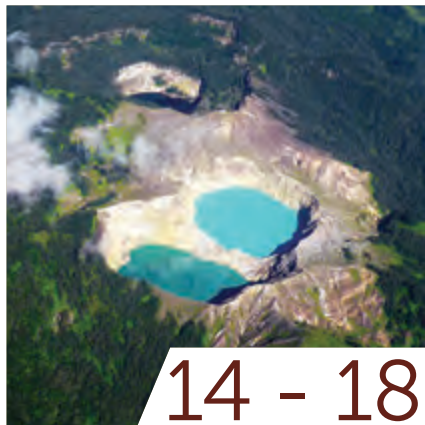
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## Cover Story

### Watublapi Ikat Weaver, Sikka

Watublapi is a small community in the Sikka district well known for its fine traditional ikat weaving. Whereas many other local weaving communities switched to industrially spun yarn and chemical dyes for the sake of saving time and money, the weavers of Watublapi still use the traditional, handspun yarn made out of local cotton, as well as local natural dyes.

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Ikat, Sikka





Caci Fighter, Manggarai



# People & Culture

## Inspiring Culture, Charming People

It's the people that help make Flores a dazzling gem. The uniqueness of Flores lies in its amazing wealth of culture, language, and history. One of the explanations for the great variety of cultures lies in the island's mountainous terrain, which hindered access to the interior of the island thus limiting communication between single communities and thereby preserving long standing local indigenous traditions.

One of the remarkable cultural traits on Flores is the large number of local languages and dialects spoken by the Florenese who belong largely to the major ethno-linguistic groups of Manggarai, Ngada, Nagekeo, Ende and Lio, Sikka, and Lamaholot. Part of the Austro-Polynesian family, the languages on Flores contribute to its rich historical, cultural, and traditional values, which are passed from one generation to another through the songs sung from the ancient times by the adat (or traditional) elders. Flores' cultural richness is impressive and it is definitely worth getting off the main tourist route to

explore its appealing attractions. The Florenese still perform sacred rituals such as: Penti, a celebration of the harvest season and new hope in Manggarai; Reba, a week-long traditional new year festival for the new farming season in Ngada; and Gren Mahe, a ritual for thanksgiving and universal balance performed by the Tana Ai clan in Kringa. You can experience Sanda, an all-night singing and dancing circle as well as martial arts, which are an integral part of every *adat* ceremony.

The Western and Central regions of Flores are famous for Caci, the well-known whip fight, and Sagi, the exciting traditional boxing from Ngada. Flores is a journey filled with endless attractions. Bena and the newly introduced Belaraghi, are two of the larger villages which are most celebrated for their divine history and traditional cultural values,

which are richly carved on the walls of their impressive traditional homes. Being agriculturalists, the Florenese still apply unique agricultural land tenure division displayed by the Lingko of Cancar, which are parcels of land making a stunning spider-web shape.

Celebrate Flores' fascinating past and present way of life through ikat, an intricate craft of traditional hand weaving found in every corner of Flores. The time-consuming process and the intricate patterns make ikat more art than just a piece of cloth. Wautublapi is one of the places well known for its remarkable ikat, which has glorious colours created with organic dyes. Equally enchanting is the ikat from Lewokluok, which, unlike others, is produced by weavers who interweave shells into the cotton threads creating a handsome and unique form of ikat patterns.

Wae Rebo, Manggarai







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## Caci Whip Fight 🍷 Manggarai

Caci is a kind of martial art performed with a mix of dance, singing and skillful fighting. There are two fighters, the attacker who uses a buffalo hide whip and an opponent who tries to protect himself with round buffalo leather shield and a bent bamboo stick (made up of several thin strips of bamboo tied together). They take turns, each trying to strike the other's body. It is a bloody game and usually performed as part of joyous occasions, such as *Penti* - a day of thanksgiving celebrated each year in mid-November.



## Lingko Spiderweb Rice Field Manggarai

*Lingko* refers to the spider-webbed shaped rice fields which are found in numerous places in Manggarai. The most impressive is the *lingko* of Cara Village in Cancar, around 17km west of Ruteng. *Lingko* is a traditional Manggaraian system of land possession where, depending on the family's size, the family head divides land based on the distance between his fingers. The traditional system is still preserved and practiced today in Flores. The distribution starts from the center pole (*lodok*) from which lines are drawn to the outer circle of the *lingko*, forming pie segments locally known as *moso* (meaning 'hand').



## Wae Rebo 🍷 Manggarai

Challenge yourself with a trek along Wae Rebo's trails set in lush coffee and vanilla plantations surrounded by untouched rainforest, and densely populated by endemic birds and exotic flora. Wae Rebo is located 1,200m above sea level so you can enjoy a stunning panorama from this village. The villagers lead a harmonious agrarian lifestyle in symbiosis with nature, identifying the changing seasons through, for example, local bird life. The village is also home to typical Manggaraian traditional houses called *Mbaru Niang*.





## Bena Ngada

Bena is a traditional community located about 16kms from Ngada's capital city, Bajawa. It is the most visited village in the district and is famous for its impressive stone formations, ancestral shrines, Ngadanese-style houses, and its traditional way of life. The village takes the shape of a rectangle and comprises 18 traditional houses in a clan system. Bena people have agreed to conserve their traditional way of life, which includes preserving their ikat weaving technique. Indeed Bena is living museum as their traditions are still practiced in their daily life. Take the trekking route from Bena to neighboring villages and end the exploration at Malanage Hot spring or Wae Roa Waterfall.



## Watublapi Sikka

Watublapi village is located about 13km from Maumere. It is well known for its fine traditional ikat weaving. Whereas many other local weaving communities have switched to industrially spun yarn and chemical dyes for the purpose of saving time and money, the weavers of Watublapi still use the traditional, hand spun yarn made from locally grown local cotton, as well as local natural dyes. Visitors with a profound interest in ikat weaving could join the ikat workshop in Watublapi. The Bliran Sina weavers will teach you the skills of this fascinating handmade craft (by appointment).



## Wajo Nagekeo

Very well maintained traditional houses and *menhirs* are the attraction in the highland village of Wajo. Easily reached from Raja (Boawae) or Nangaroro, this village has unique traditional bamboo musical instruments, which are used during traditional ceremonies and on other special occasions. A visit to Wajo will give you more insight into the local tribe of Nagekeo.



## Wolotopo Ende

Situated on a hill about 12km from Ende, Wolotopo's centuries-old traditional Lio houses silently reveal an ancient history through delicate patterns that are engraved on many parts of their structures. They also reflect the unique Lio tribal way of life which will fascinate many art and architecture enthusiasts. Wolotopo attracts many visitors with its captivating agrarian panoramas and its tradition of ikat weaving, which is found throughout the countryside.



## Lewokluok Flores Timur

Lewokluok (about 26km from Larantuka), not only boasts beautiful countryside panoramas, but is also a traditional village renowned for its exceptional hand-woven ikat. Unlike other places, the villagers of Lewokluok combine the cotton threads with shells, skillfully interweaving them to form stunning ikat patterns. These textiles are true masterpieces. You can also learn about their natural yarn dyeing process here. While in Flores Timur, see also Kawaliwu, a village known for its traditional house – *Korke* – that still preserves its authenticity to this day.





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Bena, Ngada



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# Nature

## Untouched Wilderness

Breathtaking is the perfect word to describe Flores' natural wonders that are abundant along its narrow mainland. Named the Cape of Flowers by the Portuguese, it is the perfect place for nature lovers who will be mesmerized by its alluring scenery. Flores offers everything, including white-sand beaches, deserted islands, undulating landscapes with beautiful rice fields interspersed with volcanic mountains. Come and experience the unspoiled natural beauty for which Flores is renowned. Truly a hidden paradise, Flores promises indulgence with pristine beaches of Rii Taa, Pemana Besar, and Kecil Islands, Pangabatang, Babi Island, in the east.

Take a leisurely stroll through beautiful rice fields on the gentle slopes of Tengkuluse's hilly landscape. Flores' treasured waterfalls, Cunca Rami and Cunca Wulang in West Manggarai, are admired for their magnificence. Murusobe, the twin waterfall, and Liwulegur in Sikka of Eastern Flores, are also must see attractions. Flores' distinct rugged landscape with its complex V-shaped valleys and knife-edged ridges formed by an impressive volcanic mountain range which spans its length. Fourteen of the volcanoes are still active, Poco Ranaka in West Flores being one of them. Others, like the famous Mount Kelimutu in Ende and Ranamese, are extinct but nonetheless impressive with their crater lakes and calderas surrounded by dense rainforest.

Abound with complex mangroves and old growth rainforests, Flores is home to a diverse variety of tropical flora and fauna. The vast rainforest area of Mount Ndeki is home to rare endemic bird species including *Loriculus flosculus*, the Hanging Parrot, and *Otus Alfrede*, the Flores Scops Owl.

Mount Mbeliling's green woodland is home to *Monarcha sacerdotum*, the Flores Monarch, and *Loriculus flosculus*, Wallace's Hanging Parrot. The isolated forest of Wae Rebo - one of the most biologically rich habitats in Indonesia - and the outback of Kelimutu National Park are rich with endemic fauna, such as *Pachycephala nudigula nudigula*, the Bare-throated whistler, and rare flora, such as *Begonia kelimutuensis*, *Rhododendron renschianum*, and *Vaccinium varingiaefolium*.

Exotic plants and orchids, the mimicry of insects, reptiles, and the chorus of birds are nature's delightful lullabies that keep wildlife lovers always coming back to the lush, unspoiled wilderness of Flores.

Kelimutu National Park, Ende





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### Cunca Rami 🍷 Manggarai Barat

Green, exotic vegetation among mountains creates a picturesque backdrop for the trek to Cunca Rami, a waterfall with an emerald water basin located about 47km from Labuan Bajo in the direction of Werang. Combined with lush plantations that produce horticultural crops, the trek to Cunca Rami Waterfall is exhilarating and an ideal trip for nature lovers of all ages.



### Tengkulese Manggarai

Tengkulese Waterfall, which is also referred to as Cunca Lega is named after the nearby village. The water drops over two levels with a promising altitude. Surrounded by a lush forest and rice terraces, it can even be spotted from a distance. From Nanu Village, you'll have to walk for about 2.5km through a beautiful panoramic landscape with soft green hills, terraced rice fields, and farmers plowing the land with their water buffalos to get to the waterfall.



### Ranamese Crater Lake Manggarai Timur

Divine is the word for Rii Taa Isle, Nagekeo's most treasured beach that is accessible only by boat (you can charter a vessel from Marapokot Harbor or from Nangadhawe Beach). It is a memorable experience to catch the first glimpse of this pristine beach that harmoniously blends with the bright turquoise sea. Enjoy snorkeling in the aquamarine water or simply relax in the peace and tranquillity of the pearly white sand beach while marveling at the large flocks of black-naped birds frolicking in the waves.



### Mangeruda-Soa Ngada

Enjoy yourself in the warm waters that flows from a natural spring to a river, sit under the shade of coconut trees, or take a short trek to more untouched scenic areas of the hot spring, starting from the road to Virgin Marie Cave, which is located next to the entrance to the spring. Request that a guide take you for a walk along the descending river amid rice fields to the canyon where the hot spring emerges. If you come in May-July, make sure you also catch Sagi, which is traditional boxing.



### Kelimutu National Park 🍷 Ende

Kelimutu National Park, the icon of Eastern Flores' natural heritage, offers adventurous trekking trails. Travelers flocking to witness the sacred tri-colored crater lakes will also get to witness Florenese village life as part of their 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, then either end at Muru Ndao Waterfall in Moni, or unwind in the warm pools of Kolorongo, Waturaka and Waturaka natural hot springs.



### Rii Taa Isle Nagekeo

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## Koka Beach Sikka

This beautiful bay on the south coast of the Sikka district is a favorite place for locals to relax or go fishing in their jukung outriggers. The long and wide white-sand beach is also popular among foreign visitors to pause, have a picnic, and maybe go for a swim. The tall, black rocks interspersed with bright sand provide a very contrasting scene and are ideal objects for photography. Koka Beach is situated about 2.5km from the main road near Wolowiwi Village in the Paga sub-district. From Maumere, it takes about 48km; from Wolowaru, about 35km.



## Solor & Adonara Flores Timur

Solor and Adonara are reachable by boat from Larantuka, in East Flores. The main tribes, Lamaholot, Adonara, Bugis, and Bajo, provide a colour of diversity with a range of traditional customs, cultures, and local languages on the islands. Kampung Karawutung in Solor boasts *berauk*, an annual traditional rite. Solor and Adonara coastline provide snorkelers and leisure lovers a hidden paradise with white sand beaches at Ritaebang and Riangsungai in Solor, Watotena/Ina Burak beach and also Mekobani Island in Adonara. Trekking along the path of ile Boleng Mount is a must see for those seeking an adventure.



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# Adventure

## Ultimate Trails to Adventure

An island sanctuary blessed with places of stunning natural beauty, Flores is an outdoor paradise so exquisite with innumerable travel options from adrenaline boasting adventures to harmonious cultural experiences.

The island chain around Maumere Bay is ideal for island hopping exploration to the idyllic beaches of Besar, Babi, Pangabatang, Sukun, Palu'e, Pemana Besar, and Pemana Kecil. The less-travelled village roads of Komodo and Kelimutu National Parks, Tiwu Sora, and Mount Mbeliling's forest provide amazing jungle treks for nature and wildlife enthusiasts alike. Equally exciting is a hike along the little travelled paths of river banks to waterfalls such as Tengkulese, Cunca Lega, and Wae Garit. Murusobe's cascading twin waterfall will bring out the child in you and you won't be able to stop yourself from plunging into the refreshing, cool water basin. Braver souls can amuse themselves with a straight freefall jump into the glorious Campat Poti river.

Flores is part of a volcanic belt which stretches from Sumatra through Java and Bali to the Banda Sea. The island's highest, still active volcanoes are Mount Egon (1,703m) in Sikka and Mount Inerie (2,229m) in Ngada, which both offer a 'fiery' side to Flores' adventure trails. Sano Nggoang, one of the deepest volcanic crater lakes in the world with a depth of 500m, challenges many adventurers to an exhilarating and vigorous trek to the lake's summit.

Flores' mountainous landscape and pristine shorelines provide a range of trekking trails to suit every traveller's need. Once you do one hike you'll definitely be back for more.



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We also focus on ecotourism, community-based ecotourism, trekking and bird watching, as programs offered in Tado, Waring, Mbeliling, and Wat Raba Village, located in West Flores. This may help develop local community development, local economy and local resources.

We are concerned about sustainable tourism development by helping local ecology and resources and every visitor has high respect for local culture, people and nature.



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## Komodo National Park 📍 Manggarai Barat

Highlighted in tourism magazines worldwide, Komodo National Park offers more than just its pre-historic dragon (*Varanus komodoensis*). Explore different adventure treks around Komodo and Rinca, or explore off-the-beaten trails along the slopes of Mount Ara and Poreng Valley that are 580m above sea-level. This scenic area will surely dazzle any nature lover when surrounded by a rich diversity of exotic fauna, wild orchids, and tropical plants. Also be sure to immerse yourself in the enchanting underwater world around the park.



## Mbeliling Mountain Manggarai Barat

June to November is the right time to trek on Mount Mbeliling. The trail starts from Roe, a village located 600m above sea level in the foothills of the mountain. The 15,000-hectare dense Mbeliling rainforest is a camping haven, perfect for forest trekking and an ideal place for bird watchers who can observe infinite unique endemic birds such as the Flores Monarch (*Monarcha sacerdotum*) and Wallace's Hanging-Parrot (*Loriculus flosculus*). Restore your spirit and body in the refreshing serenity of Mbeliling rainforest while enjoying a warm cup of Roe's freshly boiled ground ginger drink.



## Sano Nggoang Crater Lake Manggarai Barat

Sano Nggoang is one of the deepest volcanic crater lakes in the world at a depth of around 500m. Challenge yourself with a vigorous trek to the lake's summit – Puncak Savana Ekowisata. Enjoy a village experience in Nunang, or explore the wonders of the Sano Nggoang volcano on horseback. Be sure to take your time trying the therapeutic mud spa treatment in its natural sulfuric hot springs.



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## Mount Inerie Ngada

Mount Inerie with its beautiful, harmonic pyramid shape, is an eye-catching peak in the Florinese 'mountain skyline'. With an altitude of 2245m above sea level, Mount Inerie is also one of the highest volcanoes in Flores. If you would like to climb to the top, you do well to start your trip at night or in the very early morning. You will be rewarded with a magical moment when the sun slowly rises up behind the hills. From the top of Mount Inerie, you have a stunning view that sometimes even goes as far as Sumba Island in the south.



## Belaraghi 🍷 Ngada

Prepare yourself for a 3km hike from Aimere to discover a village that is blessed with stunning, untouched natural beauty and is rich in fascinating cultural traditions. You will find the challenge of getting there worth taking. The Belaraghi clan has been living in this village and is rarely mentioned in any travel guides. It was their ancestors who in the 16th century built Ngadanese style houses (sao) that are beautifully decorated with carvings rich in symbolism and cultural values. There is no electricity yet in Belaraghi, so enjoy this rare moment of silence with only oil lamps and the sounds of the rainforest to lull you to sleep.



## Tiwu Sora Ende

Tiwu Sora Lake is perched on the highest hill of De-turia Village. Surrounded by dense, relatively untouched rainforest, the deep, tranquil lake is sacred to the locals who believe it is the resting place for the dead and their holy ancestors. A solemn ritual is specially performed at a certain time when remarkable giant eels can be seen swimming in the cool open water. Tiwu Sora trekking trails start from Pise Village and offer a mix of extraordinary sights including herds of wild horses on the savannah, rainforests, as well as bird watching and community-based tourism.



## Mount Egon Sikka

Beyond Kelimutu, there are actually more than twelve volcanoes throughout Flores that are suitable for trekking with Mount Egon being one of them. Sitting astride the narrow waist of East Flores, its summit reveals a crater 350m wide and 200m deep. Depending on the season, there is also a lake in the crater. Other small crater lakes can be found on the flanks of Mount Egon. Its 1,703m high summit is formed by a lava dome from which puffs of smoke billow.



## Murusobe Waterfall Sikka

Murusobe Waterfall means 'dive' (muru) 'like a bamboo pole' (sobe). In a free fall of 100 meters, this twin waterfall will bring out the child in you, urging you to plunge with delight from one of the surrounding cliffs into the refreshing cool water basin below. Make sure you also explore Poma, a small village amid rice fields that blossom with fairy duster calliandra and lush clusters of coffee, cocoa, vanilla, and candlenuts trees as a backdrop.



## BYOB - Bring Your Own Bike

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.

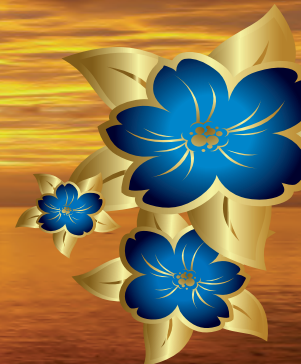
Cycling in Flores is an adventure fitting for small groups and individualists and is best done by bringing your own, well maintained, bicycle from home country. Alternatively, rent a bike in Bali and transport it free of extra charges with Garuda Indonesia Airways either to Labuan Bajo or Ende and back. 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.





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Liwu Legur, Sikka





# Diving

## Flores Aquamarine Waters

Portuguese traders and missionaries who came to Flores in the 16th century named Flores 'Cabo das Flores' the Cape of Flowers. These newcomers could easily have been referring to the flourishing underwater coral gardens, the fish, and other marine life, as well as the flowers that grow on the island.

In Flores you will find plenty of untouched coastline with black, white, and even pink sand beaches. There are blue pebble shores and beaches with backdrops of mountains and jungle. Surrounding this coastline is crystal-clear azure water. Going beneath the sea, Flores' underwater world opens up to reveal a diverse and colourful parallel universe of marine life. Komodo National Park in the West hosts remarkable dive sites and is home to over 1,000 species of fish and more than 350 reef-building corals. On many of the small islands around Labuan Bajo, such as Seraya, Kanawa, and Bidadari, you do not even have to put on scuba gear to expe-

rience the marine life. Simply snorkeling brings you close to sea turtles, rays, reef sharks, lobsters, and all species of reef fish both large and small. If you are lucky, you may even meet a curious dolphin.

Divers will be spoiled for choice in Flores' eastern region with drift dives, colourful reefs packed with everything from invertebrates to mammals, and fish bowls surrounded by dense schools of fish. A world-famous dive site, Maumere Bay promises adventure with dives down to the deeper seamounts where you can watch sharks, tuna, and trevally hunting and patrolling the reefs.

Be it muck diving, night diving, snorkeling, or simply laying back and enjoy this pristine hideaway, Flores is a mind blowing diving thrill that makes its aquamarine world a second home for dive enthusiasts.





# WICKED DIVING

Flores' sea is a universe glowing with diverse marine life. Snorkeling and dive addicts find their heaven on many sites stretching from western to the eastern coastlines boasting one of a kind underwater experience.



**Dive Type**  
Seamount & Coral Garden

**Reef Type**  
Hard coral fringing reef  
& sandy slope

**Depth**  
30m

**Snorkeling**  
Good

**Distance to nearest town**  
10km from Labuan Bajo

**Closest mooring buoy**  
No nearby moorings. Anchorage in  
sheltered bay southwest Seraya Kecil

## Seraya Kecil

### Dive site close to Labuan Bajo, Manggarai Barat

Seraya Kecil is a relaxed and easy dive, just 40 minutes travel from Labuan Bajo. This proximity to the mainland offers the exciting option of a spectacular evening or night dive. The area is also a very well known snorkel site. Begin the dive on the northwest side of Seraya Kecil, above a sandy tongue. Following the slope to the north, you will discover a beautiful coral garden and small rocks littered across the sandy bottom down to 18 m.

Seraya Kecil is a fantastic place to spot various kinds of nudibranch, scorpionfish, stonefish and other photogenic macro life. Search the gorgonians carefully for pygmy seahorses; it is an exhilarating experience to spot one of these cryptic creatures. But there is more to Seraya Kecil than amazing macro diving. Turtles are frequently found, and divers that descend deeper into the channel will find a small seamount at 30 m, where eagle rays, reef sharks and other big pelagics congregate. The mid-water currents can pick up in the channel, so it is better to turn around and end the dive exploring in the shallows.





**Dive Type**  
Wall

**Reef Type**  
Hard and soft coral  
encrusted rocky wall

**Depth**  
28m

**Snorkeling**  
Excellent

**Distance to nearest town**  
40km from Labuan Bajo

**Closest mooring buoy**  
One small boat mooring to West of beach.  
Two large boat moorings adjacent to  
small island to the southeast

## Pink Beach 🍷

### Dive site of central Komodo Island, Manggarai Barat

Pink Beach is a delightful dive and one of the most popular spots in the park. The pristine pink beach gets its color from red coral fragments, and is located near the trekking area on Komodo Island. The shallow reef begins just by the beach, and is perhaps one of the best snorkeling sites in the park, deep enough to snorkel at low tide and not too deep at high tide. Colorful clumps of hard corals lie interspersed with brilliant patches of white sand and form a haven for fish of all shapes and sizes. The life here is more typical of the southern sites and the water temperature is usually around 25°C. The predominant currents here are mild and from the south, and the site is best dived on a falling tide. About 50m out from the beach, a small rocky outcrop is exposed at low tide and marks the ideal starting point for this dive. Follow the wall down to 18–20m, where large schools of fusiliers, snappers, extremely tame grouper, and many lion and scorpion fish can be found engulfing the headland. While only a small dive site, it is nonetheless very rich in both hard and soft corals, with plentiful tunicates and feather stars. Careful searching in and around the rocks can reveal frogfish, nudibranchs, fire urchins, crocodile fish, crustaceans, and much, much more. Further to the northeast lies a steep sandy slope which is home to razor fish and, if you're lucky, the extremely rare and elusive sand diver.



**Dive Type**  
Drift

**Reef Type**  
Hard & soft coral fringing reef

**Depth**  
25m

**Snorkeling**  
Good, especially on nearby sheltered  
coral gardens

**Distance to nearest town**  
35km from Labuan Bajo

**Closest mooring buoy**  
Small boat mooring northwest of the pas-  
sage. Two large boat moorings inside the  
bay to the east of the passage

## Gili Lawa Darat Passage 🍷

### Dive site of north Komodo Island, Manggarai Barat

The South Passage separates Gili Lawa Darat from Komodo Island and is best dived on a rising tide, when the current runs east to west creating a gentle drift out from Gili Lawa Bay. The eastern shore of the peninsula, just inside the bay, is an ideal starting point for the dive.

Follow the current, with the reef to your left, around the point. Turtles are regularly seen on this pretty coral reef. The point is a great place to snorkel amongst schools of fish, and deeper at 20–25m many small coral trout, large schools of anchovies, small tuna, and trevally come in to feed in the bay. Deeper still, along the bottom of the slope, fish life increases; garden eels sway and white tip reef sharks sleep on the sandy bottom. The site is large and rarely crowded; although is popular in the high season with liveaboards, as Gili Lawa Bay offers a good anchorage.





**Dive Type**  
Seamount &  
Macro

**Reef Type**  
Hard and soft coral  
pinnacle

**Depth**  
40m

**Snorkeling**  
Good

**Distance to nearest town**  
50km from Labuan Bajo

**Closest mooring buoy**  
Two large boat moorings to north  
of Cannibal Rock

## Cannibal Rock 🍷

### Dive site of south Rinca Island, Manggarai Barat

Cannibal Rock is one of the jewels in Komodo's crown, a macro-lover's heaven and a site that you will want to dive again and again, since each time it offers up new delights for the eagle eyed diver. It is a submerged seamount just off the coast of Nusa Kode, in the South Rinca area. This sheltered bay is well protected and generally free from strong currents. The waters here are much cooler than in the north, dropping to 20–25 °C. Consider extra layers and perhaps a hood, and be prepared for less than perfect visibility at times.

Descend on the southern side of the seamount for the deepest section at 30m, where you will find magnificent, enormous green and blue anemones swaying back and forth. Sea apples are abundant and look carefully, as these fans conceal the cryptic but always popular pygmy seahorse. The diversity of macro-life on Cannibal Rock is overwhelming. Search for frog fish, ghost pipefish, nudibranchs, fire urchins, Coleman shrimps, and zebra crabs amongst the riotously colored soft corals and anemones. As you might expect, Cannibal Rock is a stunning night dive and a photographers dream!

Larger pelagic species can often be found hunting here. Try to drag your eyes away from hunting for critters and out into the blue where eagle rays, black-blotched rays and black tip reef sharks cruise by. The protected north and east sides provide a haven for dedicated macro-lovers and those wanting a respite from Komodo's crazier dives. This is one of the most famous sites in Komodo, and therefore most popular. The waters are warmer and the site quieter during the rainy season from November to April. During the high season the area can become very busy with liveaboards and safari boats.



**Dive Type**  
Drift Dive

**Reef Type**  
Hard and soft coral  
slope, white sand  
bottom

**Depth**  
30m on the channel  
floor

**Snorkeling**  
Very good if the current is  
not too strong

**Distance to nearest town**  
29.85km from Maumere

**Closest mooring buoy**  
No Mooring buoy

## The Fish Soup 🍷

### Dive site in Pangabatang Island, Sikka

The dive site FISH SOUP lays on the Southern side of the Pangabatang Island. Pangabatang is a small sand bank, located between Dambila Island and the main land Tanjung Darat. The water is pushing through the channel between Pangabatang and Tanjung Darat and therefore the current is often strong. By incoming tide the eagle ray groups are standing still- gliding in the blue water, white tip reef sharks shooting up from the deep, chasing giant trevally's or turtles along the edge of the channel (30m-24m) where a coral reef is framing the end of the sandy bottom, before it drops. Schools of snappers, red tooth trigger fish, Wahoo, huge dog tooth tuna's and Napoleon are gathering there, creating the famous FISH SOUP. Marple rays as well as Jenkins' stingrays resting on the sand. Sometimes a hammerhead shark is curious and watches all the traffic in the channel.

The divers swim along the channel. The drop off, starting at over 30m, is overgrown with big Gorgonian fans which offers a beautiful view from above. Continuing the dive, the divers follow the channel into shallower depth, passing a field of garden eels and blue spotted stingrays enjoying overgrown seamounts, the home for the big batfish family, and the slope with different hard and soft coral. Passing "the Corner" and following the shallower channel surprising the divers with big schools of bumphead parrotfish, especially around full moon. Often we have to wait them to pass by as we cannot swim pass them, because they are too many. On the shallower slope, 14-5m, there is a lot of smaller fish to find. Lobsters, crocodile flathead, pipefish, pipehorse, ribbon eels, ghostpipe fish, many different nudibranchs and plenty of reef fish inhabiting this area. The current easily picks up and becomes strong.





### Dive Type

Wall Dive

### Reef Type

Hard and soft coral drop off, huge fans, little caves and overhangs and the spectacular crack

### Depth

More than 40m to the platform, after that continuing drop off to zoom

### Snorkeling

Good along the steep drop off

### Distance to nearest town

37.7km from Maumere

### Closest mooring buoy

No mooring buoy

## The Crack 🍷

### Dive site in Babi Island, Sikka

THE CRACK is called after the 10m deep crack, a remain of the earthquake (which pulled the reef apart) and following tsunami in 1992. The crack starts at the drop off and continuing land inwards all along the shallow reef of Babi Island. Rumors of destroyed reefs caused by the earthquake are nonsense. The Crack is a perfect shelter for sweetlips, starpuffer fish, boxfish, batfish, firefish and many others which like to hide safely.

The wall of Babi Island is overgrown with different soft and hard coral, oysters, sponges, huge fans etc, creating shelter for giant morays, baby sharks bedding in the caverns, pygmy seahorses, different species of nudibranchs, leafscorpion fish, dartfish, frogfish, juvenile reef fish and dragonets.

It is easy for losing yourself in watching the little details on the wall. Looking down, eagle rays nuzzling around and turtles feeding on the big barrel sponges. Marple rays passing and reef sharks swimming by. Along the edge of the wall the surgeon fish group and the midnight snappers stay along with the passing mackerel and fusilier schools. The site is easy to dive as long you control your buoyancy, to stay on the right depth. Currents are mostly mild, if there is any, horizontal directions.

# Diving Tips



Komodo National Park is just as famous for its currents as it is the dragons that roam topside. It's thought to be home to some of the most challenging recreational diving in the world.

Here are some Dos and Don'ts for diving in currents:

- Do be aware that diving in Komodo National Park is for everyone and sites can be dived in many ways to accommodate all levels of experience.
- Do communicate with your dive guide both on the surface and underwater. If you are uncomfortable or have a problem they need to know.
- Do relax to maintain a regular breathing pattern.
- Do swim close to the bottom or reef to reduce the strength of the current.
- Do listen to the dive briefing and don't be afraid to ask questions.
- Do practice good buoyancy control and finning techniques. Courses are available to help you improve that.

- Don't fin like crazy against a current. Take a break before you exhaust yourself.
- Don't stray too far from your buddy or guide in strong current. Risk of separation and other problems can increase.
- Don't choose your dive operator based on price alone. Safety and experience should be at the top on your list when choosing an operator.
- Don't forget the most amazing marine life can be seen in current, such as Manta! Relax and enjoy the show.

Happy diving!

*Tips by Jo Marlow, Conservation Project Manager Wicked Diving*





Coral Garden





# About Indonesia

The Republic of Indonesia is the largest archipelago in the world, comprising 13,466 large and small tropical islands fringed with white sandy beaches, many still uninhabited and a number even still unnamed. Straddling the equator, situated between the continents of Asia and Australia and between the Pacific and the Indian Oceans, it is as wide as the United States from San Francisco to New York, equaling the distance between London and Moscow.

Indonesia has a total population of more than 215 million people from more than 200 ethnic groups. The national language is Bahasa Indonesia., Indonesia is the world's fourth-most populated country. All in all, there are more than 757 languages spoken in Indonesia. More than half of the Indonesian people live on the island of Java. Jakarta, the capital of Indonesia, is situated in Java and is home to around 20 million inhabitants.

Tourism in Indonesia is an important component of the economy and the sprawling archipelago has so much natural beauty, historical heritage and cultural diversity to offer. Beside beaches, diving sites, volcanoes, mountains and various national parks, the people and rich cultural attractions reflect Indonesia's dynamic history and ethnic diversity.







# Where to Go

## Flores Island

Location: **Indonesia** (part of Lesser Sunda Islands)

Length: **450km**

Coordinates: **8°40'29"S 121°23'04"E**

Population (as of 2010): **1,831,472**

Official Language: **Bahasa Indonesia**

Largest town: **Maumere**

Temperature: **25° - 32°Celsius**

Best Time to Visit: **May - August**

Flores offers infinite nature, culture, and adventure exploration for your holiday. Trips can be arranged for three days, one week or even ten days depending on your time (*see page 36 for sample of itinerary.*)

For any travel service requirements, see the Hospitality Services for more details. The tour rate usually includes accommodation, meals, coach transfers, entrance fees, guides, refreshments and drinks; whereas the return flights, airport taxes, porters, snorkeling/diving/camera fees, and other personal expenses are charged to the guest's personal account. Tipping is welcome as an appreciation services you receive. Doing a trip in Flores is also the adventure itself. Leave behind any expectations of high-end accommodation, sophisticated restaurants, and modern shopping malls or transportation, as these are usually very basic. However, don't let this stop you from exploring the island.

## What to bring

- Travel lightly. Due to limited space on air and land transport, it is recommended to carry a small luggage.
- Dress is casual but appropriate (conservative), preferably cotton, with at least one long-sleeved shirt and pair of pants.
- Bring a bathing suit, flip-flop or sandals and sneakers or walking shoes, camera, extra batteries and portable powerbank.
- Remember to bring a light sweater or jacket as it can get cool in the highlands. Also bring sunscreen, insect repellent, sunglasses, and a sunhat.



# Sample of Itinerary

## Island Hopping Around Komodo 3D/2N

### Day 1: Labuan Bajo – Bidadari Island – Rinca Island – Kalong Island

- Pick up from the airport or your hotel
- Snorkeling at Bidadari Island
- Trekking in Rinca to see giant Komodo dragons and other wild animals
- Admire sunset wonders while seeing thousands of giant fruit bats
- Spend the night onboard

### Day 2: Kalong Island - Padar Island - Pink Beach - Komodo Island - Komodo Village

- Cross by boat to Padar while enjoying spectacular sunrise and breakfast
- Snorkeling, then relax on white sandy beaches. Trekking to enjoy beach views from elevation.
- Snorkeling, then relaxing on Pink Beach
- Trekking to see giant Komodo dragons and other wildlife
- Visiting a native of Komodo island in their fishing village
- Stay overnight onboard

### Day 3: Komodo Village – Karang Makasar – Sebayur Island – Kanawa Island – Labuan Bajo

- Cross by boat to Karang Makasar while enjoying the sunrise
- Snorkeling with giant manta rays
- Relaxing on a white sandy beach and snorkeling in Sebayur and around Kanawa island
- Return to Labuan Bajo
- Drop off at hotel

## Wae Rebo & Komodo Dragon Exploration 6D/5N

### Day 1. Denpasar – Labuan Bajo – Ruteng

Morning flight from Denpasar to Labuan Bajo (West Flores), Upon arrival you will meet our guide and transfer to the local restaurant for lunch. After lunch, drive up to Ruteng by air conditioned coach. Stay overnight in Ruteng.

### Day 2. Ruteng – Todo – Narang – Dintor – Denge

After early breakfast, depart for Ruteng to discover the southern part of Manggarai. First visit Golo Cara village – the best place to see ‘spider web’ rice fields. From there, drive to Todo traditional village, soft trekking through rice terraces and enjoying the beautiful landscape near Narang Village. In the afternoon, drive along the south coast to Dintor and Denge (some stops will be taken en route). Stay overnight in Denge.

### Day 3. Denge – Wae Rebo Village

After a light breakfast, trek to Wae Rebo Village, which takes around four hours. The authentic Manggarai houses are located about 1000m above sea level in the middle of the mountains. There are seven traditional houses. Built in the same form, six are for the local people and one extra house for the visitors. These houses with really high roofs and they are five stories: the top four are mainly used for storage and all the living areas are on the bottom. Stay overnight in a provided house.

### Day 4. Wae Rebo – Denge – Dintor – Labuan Bajo

After breakfast, trek down to Denge Village where lunch will be provided. After lunch, drive to Labuan Bajo via Dintor and Nangalili (depending on the road condition; alternatively take the route through Todo Village to Labuan Bajo).

### Day 5. Labuan Bajo – Bidadari – Rinca – Labuan Bajo

Morning after breakfast at hotel, transfer to the pier of Labuan Bajo to visit Rinca Island, it takes 2 hours sailing. Arrive in Rinca, start trekking walk through the typical dry forest to explore the Island of Komodo dragon, you will find not just the Dragons but also many wild animals like, Timor deers, wild buffalo, long-tailed macaque and wild boars also numerous of birds. Sometimes if you are lucky to see the young Komodo dragons on the trees. Return to boat and proceed to Bidadari Island for swimming, snorkeling and relaxing. Afternoon back to Labuan Bajo.

### Day 6. Labuan Bajo – Denpasar

Free time until transfer to airport for departure flight to Denpasar.



# Transflores Adventure

12D/11N

## Day 1. Denpasar – Maumere

Arrival at Frans Seda Airport Maumere.

## Day 2. Maumere – Larantuka

Departure from your hotel, drive to Larantuka to the east of Flores, Larantuka is the capital of Flores Timur. This coastal town used to be a naval base for trade and a centrepoint of colonialisation and clerical activities in Eastern Indonesia. Nowadays, Larantuka is still an important connecting port to the neighbouring islands and the centre of economic activities in the Flores Timur district, attracting many people from the neighbouring villages to make a living in the town. on the way, you will stop at Boru Village where you can see mount Lewotobi, Coffee plantation in Hokeng then continue drive to Titehena. From here you can see very nice panorama of Konga bay and mount Lewotobi. Dinner and overnight in Larantuka

## Day 3. Larantuka – Maumere

Morning visit white sandy beach at Meting doeng, then city tours around Larantuka, visit Chatolic cathedral which built in Portuguese style, the harbor and local market, at noon drive back to Maumere. Dinner and overnight in Maumere.

## Day 4. Maumere - Moni

Morning after breakfast departure from your hotel, first visit Ledalero Museum, on the outskirts of Maumere. This museum has an interesting collection of ethnological objects from the region. Ledalero is also the name of a major Catholic Seminary which forms many Florinese priests. Continue your Trip to Sikka Village, very famous for its traditional ikat weaving, then to Paga to enjoy the peace full beach. Afternoon; soft trekking to Jopu and Ranggase villages. Stay overnight in Moni.

## Day 5. Moni-Kelimutu-Ende-Riung

Colour lake Kelimutu is one of Indonesia's most mysterious and dramatic sights that can be found on top this mountain, It has a unique and spectacular view on its three crater lakes with their respective colors. The colors, however, have changed continually since the eruption of Mount Iya in Ende in 1969. depart early in the morning at 4.30 am from your hotel. Afterward back to your hotel for breakfast the continue to Ende, stop at Nanga panda beach or the blue pebbles beach.

Dinner and overnight in Riung.

## Day 6. Fullday trip to visit Riung Marine Park

Natural Park Seventeen Riung Island is a group of large and small islands of Pau, Borong, Ontoloe, Dua, Kolong, Lainjawa, Besar, Halima, Patta, Rutong, Meja, Bampa (Tampa or Tembang island), Tiga (Panjang island), Tembaga, Taor, Sui and Wire island. The whole island is uninhabited by humans

On trip will be spent your time by watching flying fox at Ontoloe island, swimming, snorkeling and relaxing on white sandy beach and peaceful island in Pulau tiga and Rutong island.

Stay overnight in Riung.

## Day 7. Riung - Bajawa

Drive up to Bajawa, about 1.200 m above sea level, nice scenery can be seen on the way and taking a bath at Sot hot spring, in the afternoon, you can do bajawa city tour. Stay overnight in Bajawa.

## Day 8. Bajawa - Ruteng

Morning visit Bena is prototype of an ancient Ngada village. Such villages are found in rather great numbers in the area and can be reached by car from Bajawa in about one and half hours. The way of life of the people is unique, and so are the houses and the traditional ceremonies. Then drive to Aimere, famous for its "Arak" distillation and palm wine fresh used tapp, and at lake Ranamese to follow the trail in the cloud forest. Stay Overnight in Ruteng.

## Day 9. Ruteng and surrounding

Morning drive to Tengkulese waterfall in the northern part of Ruteng, Tengkulese Waterfall, which is also referred to as Cunca Lega (cunca means 'waterfall' in the Manggarai language) is named after the nearby village. The water drops over two levels with a promising altitude. Surrounded by a lush forest and rice terraces, it can even be spotted from a distance. From the road you have to track for about 1 hours, swimming on the waterfall is possible. Back to Ruteng and in the afternoon, drive to Visit Liangbua Cave where the Homofloresiensis was founded by Indonesian and Australian achaeology.

## Day 10. Ruteng – Labuan Bajo- Rinca

Departure from your hotel, visit to Golo Curu hill where you can have a very nice view of Ruteng and rice terraces on the northern side. Then visit Ruteng Pu'u, traditional houses of Manggarai tribes, continue to Cancar to see the unique Lingko ricefield, circular terraces arranged like a spider web, then drive direct to Labuan Bajo, from the pier of Labuan Bajo by boat to Rinca island.

## Day 11. Rinca – Komodo island – Labuan Bajo

Morning trekking in Rinca to see the komodo dragons and other wild animals, and continued the trip to Komodo island where you make 2 hours trekking again. back to your boat and sail to Pink beach for swimming and snorkeling before sail back to Labuan Bajo.

## Day 12. Labuan Bajo – Denpasar

After breakfast, visit to the Batu Cermin cave before returning to Denpasar.



# Hospitality Services

With authentic genuine Florenese warmth, Flores is an ideal place to visit. From seaside hotels catering to leisure and adventure seeking-travelers to restaurants offering delicious local dishes, as well as professional tour operators are available to make your stay in Flores a rewarding experience.

## Tour Operator



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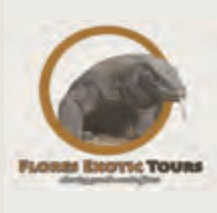
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## Dive Operator



### Ora Dive

#### Chandra Novrizal (Mr.)

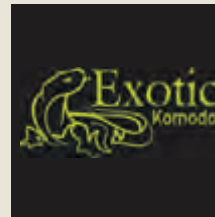
Jl. Soekarno Hatta, Labuan Bajo  
Flores, NTT, Indonesia

☎ +62 821 4444 4656

✉ info@oradive.com

🌐 www.oradive.com

## Accommodation



### Exotic Komodo

#### Vincentius Felix (Mr.)

Jl. Yohanes Sehadeun, Labuan Bajo 86554  
Flores, NTT, Indonesia

☎ +62 385 412 62

✉ exotickomodo@gmail.com

🌐 www.exotickomodo.com

## Other



### Lotus Laundry

#### Nyoman Sumerta (Mr.)

Jl. Raya Sernaru, Ruko No.1, Labuan Bajo  
86754 Flores, NTT, Indonesia

☎ +62 812 467 988 44

✉ lotuslaundry@hotmail.com

🌐 -

### Asian Trails Indonesia

Jl. Bypass Ngurah Rai 260, Denpasar  
Bali, Indonesia

☎ +62 361 285 771

✉ res@asiantrails.co.id

🌐 www.asiantrails.travel

### Flores Adventure Tours

#### Sebastian Pandang (Mr.)

Jl. Frans Nala Gg. Adenium, Labuan Bajo  
Flores, NTT, Indonesia

☎ +62 821 456 589 34

✉ floresadventuretours@gmail.com

🌐 www.floresadventuretours.com

www.komodoflorestour.com

### Flores Spa

#### Ayurosa Kristyarini (Mrs.)

Jl. Soekarno Hatta, Labuan Bajo, Flores NTT  
Indonesia

☎ +62 385 420 89 | +62 821 449 335 53

✉ info@floresspa.com

🌐 www.floresspa.com

### PT. Garuda Indonesia (Persero) Tbk.

Jl. Gatot Subroto No. 100, Ende  
Flores, NTT, Indonesia

☎ +62 381 236 00

✉ arfak\_amran@garuda-indonesia.com

🌐 www.garuda-indonesia.com

### Hotel LAPRIMA

#### Albertus Jemmy B. (Mr.)

Jl. Pantai Pede No. 8, Labuan Bajo  
Flores, NTT, Indonesia

☎ +62 385 244 3700 | +62 812 377 589 99

✉ reservation@hotellaprima.com

🌐 www.laprimahotel.mynetworksolutions.com

### Mediterraneo Restaurant

#### Fabio Nizzardo (Mr.)

Jl. Soekarno Hatta, Labuan Bajo  
Flores, NTT, Indonesia

☎ +62 385 422 18 | +62 821 461 616 63

✉ info@mediterraneoinn.com

🌐 www.mediterraneoinn.com

### No Roads Expedition

#### Peter Miller (Mr.)

3/77 Beach Rd, Sandringham  
Victoria, Australia 3191

☎ +61 395 988 581

✉ peter@noroads.com.au

🌐 www.noroads.com.au

### Atlantis Beachclub

Jl. Pantai Pede, Labuan Bajo, Flores  
NTT, Indonesia

☎ +62 361 411 388

✉ reservation@platarankomodo.com

🌐 www.plataran.com/p/atlantis



### Plataran Komodo

Jl. Soekarno Hatta, Labuan Bajo, Flores  
NTT, Indonesia  
☎ +62 361 411 388  
✉ reservation@platarankomodo.com  
🌐 www.plataran.com

### Puri Sari Beach Hotel

**Intan Gemala Putri (Mrs.)**  
Jl. Pantai Pede, Kecamatan Komodo,  
Labuan Bajo 86554, Flores, NTT, Indonesia  
☎ +62 385 244 3710  
✉ gemalapuri@gmail.com  
🌐 www.purisarihotel.com

### Rumah Makan Cita Rasa

**Dra. Tatiek Julianingsih (Ms.)**  
Jl. Kelimutu 59A, Ende, Flores, NTT  
Indonesia  
☎ +62 381 240 35  
+62 852 533 842 01

### Sylvia Resort Komodo

**Mr. Yanto Dikky (Mr.)**  
Waecicu Beach, Labuan Bajo, Flores NTT,  
Indonesia  
☎ +62 812 387 108 15 | +62 813 533 293 92  
✉ yantoambu@yahoo.co.id  
🌐 www.sylviaresortkomodo.com

### The Lounge Restaurant, Rooms & SkyBar

**Asep Suryaman (Mr.)**  
Jl. Soekarno Hatta, Labuan Bajo, Flores  
NTT, Indonesia  
☎ +62 385 419 62  
✉ theloungeflores@gmail.com  
🌐 www.theloungeflores.com

### Villa Seirama Alam

Jl. Puncak Waringin, Labuan Bajo, Flores  
NTT, Indonesia  
☎ +62 813 537 799 42  
✉ holidays@villaseiramaalam.com  
🌐 www.villaseiramaalam.com

### PT. Wicked Diving Indonesia

**Paul Landgraver (Mr.)**  
Jl. Soekarno Hatta, Labuan Bajo, Flores  
NTT, Indonesia  
☎ +62 385 421 24  
✉ info@wickeddiving.com  
🌐 www.wickeddiving.com

## Tourist Information Centre



Look for this sign if you need information while traveling in Flores. City maps and information assistance are available for free in the tourist information centers located in strategic locations of the town.

*For further information please check [www.florestourism.com](http://www.florestourism.com).*

### Tourist Information Center Labuan Bajo

Jl. Mutiara, Kampung Ujung, Labuan Bajo, Flores  
86554, NTT, Indonesia  
☎ +62 385 41181  
✉ komododestinationinfo@gmail.com  
✉ info@florestourism.com

### Tourist Information Center Bajawa

Jl. Jenderal Ahmad Yani No.75, Bajawa Ngada, Flores  
NTT, Indonesia  
✉ info@florestourism.com

### Tourist Information Center Moni

Desa Koanara, Moni, Kab. Ende, Flores, NTT  
Indonesia  
✉ info@florestourism.com

### Tourist Information Center Ende

Jl. Bhakti No.1 Ende 86312, Flores, NTT  
Indonesia  
☎ +62 381 231 41  
✉ info@florestourism.com

### Tourist Information Center Flores Timur

Taman Kota Larantuka, Flores, NTT  
Indonesia  
☎ +62 821 450 467 12  
✉ info@florestourism.com

### Tourist Information Center Bali

Jl. Batur Sari No. 20SB, Sanur 80227, Bali, Indonesia  
☎ +62 361 271 145  
✉ info@florestourism.com

## Important Number

### Kantor Imigrasi Kelas III Labuan Bajo

Jl. Gabriel Gampur, Labuan Bajo, Flores  
NTT, Indonesia  
☎ +62 385 421 34  
Inquiry/complaint Phone: +62 8123 8554 899  
Inquiry/complaint Email: kanimlabuanbajo@yahoo.com

### Kantor Imigrasi Kelas II Maumere

Jl. Adi Soetjipto No. 24 Maumere 86111, Flores  
NTT, Indonesia  
☎ +62 382 21150-51 / Fax: +62 382 211 80

## Police

### POLSEK Manggarai Barat

Jl. Frans Sales Lega Cowangdereng, Labuan Bajo  
Manggarai Barat 86544, Flores, NTT, Indonesia  
☎ +62 385 41110

### POLRES Manggarai

Jl. Katedral No. 1 Ruteng, Flores, NTT, Indonesia  
☎ +62 385 86500

### POLRES Ende

Jl. Polisi, Ende, Flores, NTT, Indonesia  
☎ +62 381 21501

### POLRES Ngada

Jl. Polisi, Ende, Flores, NTT, Indonesia  
☎ +62 384 22110

## Hospital

### ST. Joseph Clinic

Kelurahan Wae Kelambu, Labuan Bajo, Flores  
NTT, Indonesia  
☎ +62 385 41407

### RS ST. Rafael

Cancar, Manggarai, Flores, NTT, Indonesia  
☎ +62 385 22944  
🌐 www.cancarhospital.com

### RSUD Ende

Jl. Prof. DR. WZ Yohanes, Ende, Flores, NTT, Indonesia  
☎ +62 385 41407

### RSUD Bajawa

Jl. Diponegoro 5, Bajawa, Ngada, Flores, NTT, Indonesia  
☎ +62 384 21030

*Please note that you're traveling in a remote destination and the availability of appropriate treatment & medication can't be assured. Contact the hospital before you go there and inform yourself carefully.*



# Things to Know Before You Go

## When to Go

Each season in Flores has its charms. However, it is more comfortable to travel the island in the dry season from mid-April to the end of October. As some roads can be impassable due to ongoing heavy rains, you might not be able to reach remote destinations. Please consider making advanced bookings during the dry season, especially when planning to stay in Labuan Bajo which gets pretty crowded. If you plan to do intense trekking, you should definitely choose to visit Flores in the dry season, as hours of walking in the pouring rain will be more of a pain than a pleasure. Even though Flores is a tropical island, it is highly advisable to bring some warm clothes (jacket, sweater, etc) and appropriate footwear for your journeys to the mountainous regions around Ruteng, Bajawa and Kelimutu.

## Getting There

Until not so long ago, Flores was hardly penetrable because of the chain of volcanoes, that stretches across the 450km long but narrow island. Labuan Bajo in the west and Maumere in the east are the

two main gateways for tourists visiting Flores. Both places have airports with daily flights to Denpasar, Bali.

### BY AIR

The easiest and fastest way to reach Flores is by air from Ngurah Rai Airport in Bali. There are daily flights from Denpasar to Labuan Bajo (about 1 hr to 1h 30 min) or Maumere (about 1h 45 min). Depending on the weather, you may enjoy a spectacular view of the NTB (Nusa Tenggara Barat) and NTT (Nusa Tenggara Timur) island groups. Unfortunately changes in schedule, prices, and operating airlines are the order of the day. The most precise information about the current flight connections is best obtained via the websites of the operating airlines, at Bali Ngurah Rai Airport, or at the local travel airline agencies in Flores. Garuda Indonesia, Wings Air, Transnusa, Sriwijaya Air are the operating airlines to/from Flores.

### BY SEA

If you are up to a different, more time intensive, travel experience, you can choose to take a PELNI

(national ship passenger service) boat from Benoa Harbor in Bali to Labuan Bajo (about 36 hrs), which operates three times a month. There are also monthly PELNI boats from Benoa to Ende (about 2 days 3 hrs), Maumere (about 2 days 5 hrs), and Larantuka (about 3 days 11 hrs). The timetables are unreliable and depend on the season. For updated information and ticket reservation, visit the website [www.pelni.co.id](http://www.pelni.co.id), or contact the PELNI office in Kuta, Bali (Jalan Raya Kuta 299, +62 (0)361 763963) or in Benoa, Bali (Jalan Pelabuhan Benoa, +62 (0)361 723689).

## Getting Around

Flores will entangle you with its impressive landscape and unique cultural features. Be aware though that it takes time to explore the hidden treasures that are spread over this 450km long beautiful island. As the roads are often steep, curvy, and in a mediocre condition, you will rarely go faster than 30 km/h. In addition, the island's pace of life is generally slower than your usual rhythm. Thus, travelling in Flores requires some patience and some time to adjust.

Kayaking







Riung 17 Islands, Ngada



## ABOUT 'TRANSFLORES HIGHWAY'

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 700 km-long road twists and tumbles across the island. This route never gets boring: it leads you to waterfalls, crosses mountains, and passes traditional villages. For more remote natural and cultural exploration, the Transflores highway offers you a good starting point for taking side roads into undiscovered areas.

## BIKE & CAR RENTAL

Alternative to public transport, hiring a car with an experienced driver gives you the flexibility to stop wherever you want. Most of the cars are privately owned, and the sector does not offer international standard tourism services yet. A small number of tour operators have their own cars. So far, no cars are rented for self-driving. A motorbike is a good option for traveling around Flores as well, since some of the remote areas can only be reached by this means of transport. However, longer distances are for experienced drivers only as the roads are sometimes in a terrible condition. Motorbikes can be rented in the district capitals. Do not forget to bring an international driving license with you to rent a car or motorbike.

## 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, motorbike taxi often offered by young men who want to make an extra income, is another option for shorter distances. As it is quite popular to work as an Ojek driver, you will also find these young chauffeurs in more remote places. Of course the 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 (preferably the front row so it will be less bumpy) at a local travel agent because the buses can get crowded. 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.

## VISA REQUIREMENTS

The visa requirements depend on the length of your stay and on your home country's regulations. Indonesian visa requirements are prone to changes. Thus, it is important to check the respective requirements at the Indonesian embassy or consulate in your home country before you start on your

journey. If you want to extend your visa in Flores, you can visit immigration office in Labuan Bajo or Maumere.

## MONEY

In Flores, only Indonesian rupiah (IDR) is accepted for cash payments. In general, the payment in Flores is cash-based. Money transfers are not usually possible, as using international accounts is not very common yet. 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. The banks will also change your foreign currency into rupiah. In Labuan Bajo, 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. Travellers cheques are rather difficult to change.

## SHOPPING

In Flores you will experience a different but probably more exciting kind of shopping beyond your notions of malls and supermarkets. There are many small to large local markets where you can find fresh agricultural products, fish, meat, and many other regional products. In the larger towns you can find all kinds of small shops that sell new as well as used clothes, household tools, electronic gadgets etc. The Florinese shopping malls are still very small and basically limited to Maumere, Ende, and Ruteng.

The hustle-bustle of Florinese markets will bring you closer to an important part of the Florinese people's 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. It definitely pays off to wake up very early if you want to have a complete culinary and cultural experience of a Florinese market.

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 – from the cotton to the dyeing agents. Thus, it may take up to three years to produce such a magnificent piece of art.

During your trip, you may use the versatile cloth as a blanket or dress. Back home, you may still enjoy the cloth as a nice interior decoration item.

The Florinese people are skilled carvers, too. The most popular products are the Komodo dragons made out of wood which are frequently sold to

tourists in Labuan Bajo. Traditional Florinese coffee is another typical island product that you should not miss. Coffee is grown and produced in most parts of the Florinese highlands. Its great taste is well known throughout Indonesia.

## DO'S AND DON'TS

While visiting Flores, you will notice many cultural differences, also in matters of behavior. Visitors who respect the local customs and traditions will find a heartwarming hospitality from their Indonesian hosts and get an unforgettable travel experience. It is therefore an advantage if you consider some basic cultural do's and don'ts for Flores:

### 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 one of Labuan Bajo's beaches or islands frequently visited by tourists, you should wear more than just a bikini to swim. Best to bring a fast-drying t-shirt, a pair of board shorts and a sarong to change into if you plan to enjoy Flores' remote waters. 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. Smile is an indicator for friendliness. Arrogant visitors who do not reply the smiles or greetings will find it hard to get close to the local people.

### Reduce the use of your left hand!

Use your right hand for bringing food to your mouth as well as to pass on and receive things. The left hand, being used to wash after going to the bathroom, is considered to be dirty. Try to avoid passing food, money, shaking hands or touching people with your left hand as it will be considered offensive. Avoid touching men, women or even children's head as well as this is considered offensive.





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