



Cycling Route

RU-A: Golo Curu and around Airport Tour (CCT) ■

Distance & cycling time: 10km (60 - 75 min)

Average speed: 14km/h

Equipment / Level: ★ / Easy

Route: From Banyan tree (town square) - Jalan Motang Rua - Jalan Wae Ces - Golo Curu (pilgrims hill at the north end of the city) - along the airport runway towards the eastern end of it - head north to reach Jalan Ahmad Yani - Jalan Motang Rua.

Follow the main road to the north and turn right at Karot, shortly before the end of the city. Cycle or walk up the short, steep hill to the top, which is also a Christian pilgrims path (Golo Curu). Enjoy the nice view of rice fields, the city, the airport and mountains in the south.

After a break, head back to the base of the hill, then turn left and follow the small paved road along the airport runway to the end. Again you will find nice views of rice terraces. Turn left and make your way through the rural housing area which runs slightly uphill to the south until you reach the bigger Trans Flores Highway (Jalan Ahmad Yani). Turn right and ride back to the centre of the city (approximately 1-2km).

RU-B: Traditional Village Pu'u and Rice Fields Tour (CCT) ■

Distance & cycling time: Max. 15km (approx. 1 to 1.5h)

Average speed: 13 - 15km/h

Equipment / Level: ★ / Easy

Route: Town square - southwards to reach Jalan Diponegoro - head to the west (Kampung Ruteng) - after less than 3km turn right into a small paved road for about 500m, that brings you into the traditional Pu'u village (ask locals for directions if needed). Proceed, back to the main road, further to the east. Later after approximately 1 to 2km turn right again through the rice fields, cross a small river and find the way south to reach the Trans Flores Highway to Labuan Bajo next to the city gate - from there it is 3km back to city center.

Start at town square in front of Kantor Bupati Manggarai, find a small roundabout behind the building complex with the three adat (traditional) houses of the city, then pass the post office to reach Jalan Diponegoro in the north, turn right and follow the road for about 3-4km, turn right again to enter the traditional Pu'u Village. It is recommended to make a small donation and register in the guestbook. You may see the inside the house (if invited to do so).

Drive back to the main road and cycle further west, before you turn right again into the rice fields. From there head slightly down towards the southeast (if necessary ask locals for directions, who are usually sitting outside and are happy to help) to find your way back to the city end (gate) of the Trans Flores Highway. From there you will have to cycle slightly uphill back to Ruteng, via the market back to city centre to finish the tour (approx. 4 to 5km).

RU-C: Hobbit Tour (Liang Bua) (CT/DT) ■

Distance & cycling time: 30km (2 - 2.5h)

Average speed: 15km/h

Equipment / Level: ★★ / Medium

Route: Jalan Motang Rua - Jalan Wae Ces - Karot Village - Village Sondeng - Liang Bua.

Take water, food and sun protection along this nice half-day trip. Start at the banyan tree in the city centre and head north towards Karot Village. Turn left after approximately 4-5km (road sign to Liang Bua) and bike through the nice and scenic rice fields. At the first junction at Sondeng go straight, then follow the route through two small villages during a relaxing downhill journey (please note: you have to return the same way and go uphill again later). After you enter the nice forest area, with only a few farm houses, reach the cave shortly after crossing a river via a bridge on the left side. Entrance fee is needed to get access to the cave and a small exhibition room as well (Indonesian language only).

After break, cycle back the same way you came.

RU-D: Ruteng to Wae Rebo Tour (DT- 3 days) ■

Distance & cycling time: Combined biking/hiking tour for 3 days or biking/mountain biking tour

Average speed: 2 x 6km + 2 x 8km

Equipment / Level: ★★ / Advanced or ★★★ (MTB on Wae Rebo access road)

Route: Day 1: Ruteng (Alun - Alun) - Golo Lusang junction Iteng/Dintor - Dintor - Denge, Day 2: Denge - Wae Rebo, Day 3: Wae Rebo - Denge - Dintor - junction Iteng/Ruteng - Golo Lusang - Ruteng.

This trip is best done from Ruteng, leaving the main luggage back at the hotel and starting with only a small backpack including a change of clothes, a raincoat, mosquito repellent, sun protection and some overnight utensils.

Day 1: From Ruteng city centre (Banyan tree) take the road to the south south towards Iteng/Ulumbu. Once there, pass the government building complex 'Kantor Bupati' and turn left to Jalan Katedral and follow the road sign to Iteng/Ulumbu. First you have to ride for 7km to the ridge that slopes between two peaks of Golo Lusang. You will have nice views looking down to the Sawu Sea or back to Ruteng. Prepare yourself for a very long but pleasant downhill ride through the protected forest area of Ruteng. Watch out for rocks and holes in the road be careful regarding oncoming traffic, especially trucks. After the forest, pass some villages further down and enjoy views of rice fields. Pass the junction to Ulumbu - an interesting geothermal field worth visiting, just take a left turn (sign is available at the small junction) - and turn left then head straight slightly downhill towards Iteng.

After a total of 28km cycling, before Iteng take the junction to the right for Dintor (ask people to be sure). Follow this road for another 12km through the farmlands and occasionally pass some houses to reach a big bridge over a river. After a short way uphill, the small road gets flatter and then follows the coastline. You will see views of many nice beaches views which are inviting for a break or even a swim.

After a total of 53km you arrive in Dintor, a small fishing village and marketplace. Here take a rest and if you need to, buy water and some food in the small warungs. Then turn to the right at the junction and head up a steep road to Denge which is 8km further up. Ride up to the end of this mountain village and after the school and a left curve find the Denge-Waerebo homestay of Mr. Blasius on the right side.

Enjoy the rest of the day here at this basic, but clean mountain hut-like place and enjoy the provided light meal. The natural environment is inviting to spend the evening with a drink while looking at the stars.

Day 2: Try to get an early breakfast at around 5.30am, then pack some water and snacks for the way up to Wae Rebo. Usually, people leave their bikes back at the homestay and do a normal trekking, but if you are adventurous enough and are an enthusiastic off-road biker with a very good bike, you can take your chances. Please take note that you might have to push it or even carry it on your shoulder along some parts of this hard-core route.

Go zoom back in the direction of the village and find the beginning of the track to the left side. You need at least three hours to get to Wae Rebo, but you have plenty of time to do it. The road crosses a river bed twice and is very unstable with big rocks all over. After passing the rivers it goes up in zigzag curves into the mountain forest. Pass all the steep parts with care and remember be extra careful during the exposed areas of the path.

Shortly before the ridge that slopes between two peaks is a view point. Take a break and enjoy the breathtaking views. Proceed further towards Wae Rebo behind the last peak. This trek is worth doing with or without a bike.

Somewhat before midday you will arrive at Wae Rebo and after ringing the bell at the first house to announce your arrival proceed to the other traditional houses. Spend the rest of the day in the community of the villagers, follow all the necessary procedures and respect their privacy. Spend the night in the traditional house for the guests where food will be also provided.

Day 3: Have breakfast as early as possible. Then start the long and challenging way back to Ruteng. The way down can be slippery after the night or after rain (cycling downhill is very exposed and only for professionals). Rescue options are very limited, so remember to be extremely careful especially at the exposed and steep parts.

To head down to Denge, it will take around two hours but if you started early, you should still have good views and pleasant temperatures on the way.

At the guesthouse take a break and then prepare yourself for the journey back. After half an hour of extreme downhill to Dintor (6km) follow the coastal road to Iteng for about 2 to 2.5h (around 30km). From there follow the road around 25km to a slightly heavy uphill heading for Golo Lusang (around 2.5 to 3.5h). The last 7km down to Ruteng can be done in half an hour.

Please keep in mind rain fall in ruteng is often happen in the afternoon. which often happen in the afternoon on the slopes towards Ruteng. This cycling tour is one of the highlights in terms of activities in the area and a highly recommended 3-day cycling tour for advanced and experienced cyclist!

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Glossary

English	Indonesian
3x9 speed transmission	Gir
Air pump	Pompa angin
Bar, handlebar	Setang
Bell, bike bell	Bel
Bike, bicycle	Sepeda gayung, sepeda
Bike computer	Komputer sepeda/tachometer
Bike lock	Kunci pengaman sepeda, spiral lok
Break, disc break	Rem, rem cakram
Chain	Rantai sepeda
Chainring	Gir depan
Cog	Gir dengan gigi
Cog cassette, cog set	Gir tumpuk belakang
Crank	Bandul pedal gir tumpuk depan
Cromoly steel	Besi krom
Deraillleur (front and rear)	Shifter
Fender	Spakbor
Fork	Garpu
Frame	Ram
Gear	Posisi rantai (cepat/pelan)
Hub	As roda
Lights	Lampu depan & belakang
Pedal, treadle	Pedal
Pivot	Sepatu rem/rem karet
Reflector	Reflektor, mata kucing
Rim	Pelek
Rim brake	Rem Pelek
Saddle, seat, riding stick	Jok sepeda, sadel
Seatpost	Pipa jok
Seatpost clamp	Pengatur tinggi rendah jok
Shifter, changer	Pemindah rantai belakang/ depan
Spoke, crossing	Jari-jari
Stand, kickstand	Stand sepeda, standar
Steertube	Pipa stang
Street	Jalan
Suspension	Shock, suspensi
Tire	Ban luar
Tubing	Ban dalam
Water bottle mount	Dudukan botol minum
Wheel	Roda

Tourist Information



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Point of Interest



Golo Curu

This hill is the best spot to enjoy a 360° panoramic view of the city of Ruteng, the sawah (wet-rice fields), and the surrounding hills which are often covered by small clouds. It is a fantastic place to start a city tour at sunrise, as the first rays of morning sun light the city, hills, and mountains in a heavenly way. Bring your binoculars along to observe birds, and keep an eye out for market plants like coffee, cloves, corn, cocoa, vanilla, and candlenut. For pilgrims and spiritualists, the Virgin Mary Cave that has been built on top of the hill will provide a place to pray or meditate.



Ruteng Pu'u

The traditional village of Ruteng Pu'u, located 4km from Ruteng, is one of the most popular places to see the traditional compang, a round, stone platform surrounded by a circle of stones and traditional houses.

The compang is the center of traditional ceremonies and rituals, e.g. for sacrificial offerings. An impressive waringin tree (Ficus Benjamina), locally known as a 'ruteng', once grew in the center of the compang. It is now replaced by a dadap tree. On the east side of the compang, there are two tall traditional houses with spiked roofs.



Cancar Spiderweb Rice Field

In Manggarai you will certainly notice the impressive lingko fields. The most amazing view over a number of these fields is offered at Cara Village situated on a small hill 17km west of Ruteng in Cancar. With their round, spider-web structure, these pieces of land are unique eye-catchers in Manggarai.



Liang Bua

Liang Bua ('cold cave') is a limestone cave in Manggarai district where a team of archaeologists, geologists and paleoanthropologists excavated skeletons believed to be Homo Floresiensis from over 3 million years ago. However, it turned out that these people were alive only 18,000 years ago, possibly co-existing with modern humans. This challenged scientific theories on the evolution of humans and is still subject to speculation.



Wae Rebo

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.



Tengkuluse Waterfall

Tengkuluse Waterfall, which is also referred to as Cunca Lega (cunca means 'waterfall' in the Manggaraian 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.



Biking in the rice fields of Manggarai district

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