

EXPLORE THE EXTRAORDINARY

2013

FLORES



# About Indonesia

The Republic of Indonesia is the largest archipelago in the world. Of its more than 17,000 islands, only around 6,000 islands are inhabited. With over 238 million inhabitants, 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.





# Welcome To Flores

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

Flores is without doubt most famous for two world-wide renowned attractions. Firstly, for Komodo National Park, home of the unique Komodo dragon, a monitor lizard of impressive size and appearance, which attracts thousands of people from all over the globe each year. Secondly, for Kelimutu, an inactive volcano in central Flores, which bedazzles its visitors with three bright-colored myth-spun crater lakes.

However, Flores is so much more than Komodo and Kelimutu. Nature lovers will find it all in Flores: deserted islands with white sandy beaches, just right to escape from civilizations' hassles; beautiful rice-field sceneries in soft-shaped hilly landscapes inviting for laid-back strolling; birdsong-concerts in lush coffee gardens and wild forests; hot springs, clear lakes and cool river ponds to jump in after a volcano trek. Innumerable places of an

amazing natural beauty are still waiting to be explored.

A journey across Flores is not only natural wonders 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, eager to share their fascinating past and present way of life. The cultural richness is impressive and it is definitely worth getting off the main road to discover Flores' full spectrum of attractions.

This publication presents as synthesis of what Flores has to offer tourist. It includes a list of destinations and itineraries in which Flores operates. More than a portfolio of Flores' extraordinary, the publication is a practical guide for tourism professionals, providing easy references and facilitating the planning and implementation of business. Flores awaits you. Welcome to our Flores!

Flores Destination Management Organisation

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Publisher: Flores DMO and supported by Swisscontact and SECO...

### NOT FOR SALE

**Paper:** Cover 23 x 23cm Artpaper 310gsm laminated Insert 23 x 23cm Artpaper 150gsm **Printing:** 4/4 color premium offset **Binding:** Wire stitching

**Cover:** Caci fighter

**Publisher:** Swisscontact and supported by SECO (State Secretariat for Economic Affairs) of the Swiss Confederation. No part of this publication may be copied or rep

[secretseavisions@yahoo.com](mailto:secretseavisions@yahoo.com)

**Photography:** www.djunapix.com, Secret Sea Visions

**Design:** Swisscontact WISATA

**Printer:** Daito Printing, Denpasar, Bali, Indonesia

**Distributor:** Flores Destination Management Organisation, Ende, Flores, Indonesia

**Inquiry:** [media@florestourism.com](mailto:media@florestourism.com)

**Website:** [www.florestourism.com](http://www.florestourism.com)

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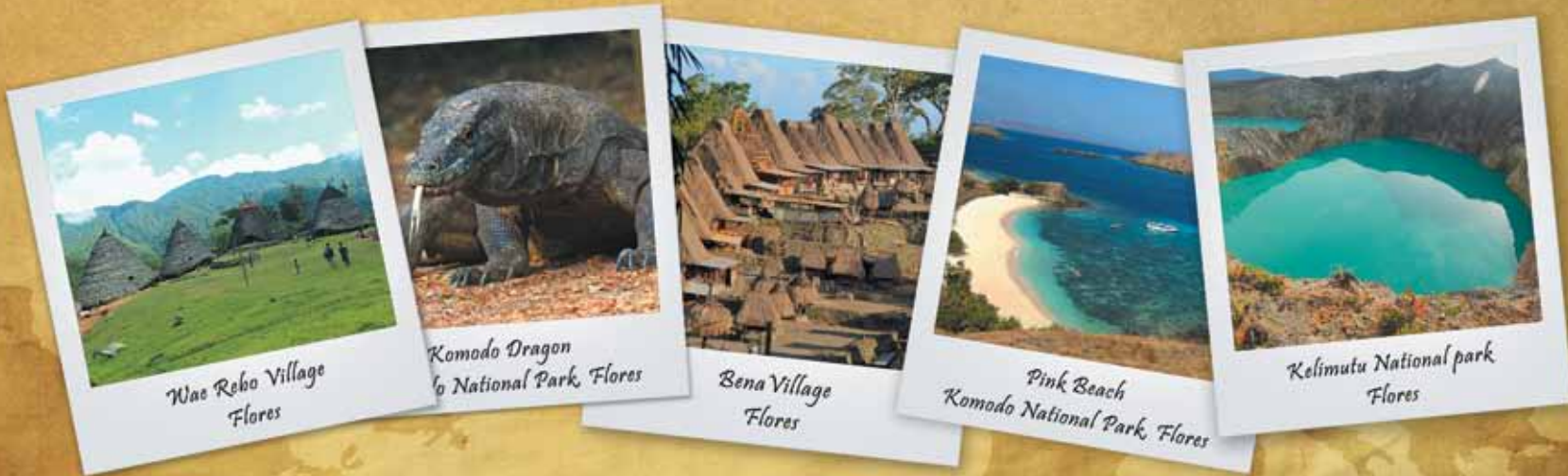




Ikat Weaving, Dokar



# DISCOVER THE LAST GIANT LIZARD KOMODO DRAGON AND EXOTIC NATURE, CULTURE AND TRIBES OF FLORES, SUMBA, TIMOR, ALOR AND ROTE ISLAND - EAST NUSA TENGGARA PROVINCE - INDONESIA



Wae Rebo Village  
Flores

Komodo Dragon  
Komodo National Park, Flores

Bena Village  
Flores

Pink Beach  
Komodo National Park, Flores

Kelimutu National park  
Flores

We are a group of 8 young Florenese, having many years of experience in the field of tourism in Flores and Bali and have done local and international tourism training. Our aim is to share our experiences with those who wish to know more about our Flores island, Komodo dragon island and other exotic island in East Nusa Tenggara Province. In addition, we wish to show closely our pure nature, for others to enjoy the stunning beauty of nature to get closer with the friendly local tribes, to see with their own and wonderful arts and cultures, and to discover the world's most diverse and exotic wildlife.

We also focus on ecotourism, community-based ecotourism, trekking and bird watching, as programs offered in Tado, Werang, Mbeliling, and Wae Rebo 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 economy and resources and every visitor has high respect for local culture, people and nature.



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# People & Culture

## Inspiring Culture, Charming People

It's the people that make Flores a dazzling gem. The uniqueness of Flores lies in its amazing wealth of cultures, languages, and history. One of the explanations for these local varieties lies in the island's mountainous nature: it hindered access to the interior areas and made communication between the single communities difficult; thus preserving a huge range of long-standing local peculiarities.

One of the remarkable cultural traits is the limitless local languages and dialects spoken by the Florinese who roughly belong to the major ethno-linguistic entities of Manggarai, Ngada, Nagekeo, Ende and Lio, Sikka, and Lamaholot. Part of the Austro-Polynesian language family, the speech sounds contribute to the history, cultural, and traditional values passed on for hundreds years from one generation to another through the songs sung from the ancient times by the adat elders.

Flores' cultural richness is impressive and it is definitely worth getting off the main road to explore its appealing attractions. Until the present day the Florinese 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 festivity for the new farming season in Ngada; and Gren Mahe - a ritual for thanksgiving and universal balance performed by the Tana Ai clan in Sikka. Singing and dancing in a circle all night long such as the Sanda, as well as martial arts are an integral part of every adat ceremony. The western to the central part of Flores are famous for Caci—the well-known whip fight, or Sagi - the exciting traditional boxing fight from Ngada.

Flores is a journey filled with endless amusements. Bena and the newly introduced Belaraghi, are two of the larger villages which are most celebrated for the divine history and traditional cultural values richly carved on the walls of the

impressive everlasting-homes. Being agriculturalists, the Florinese still apply unique agricultural land tenure division displayed by the lavish Lingko of Cancar.

Savor Flores' fascinating past and present way of life through ikat, an eloquent art of traditional weaving found in every corner of Flores. The time-consuming process and the intricate patterns make ikat more than just a piece of cloth. Watublapi is one of the sites remarkable for its gorgeous ikat whose glorious colors are created with organic dyes. Equally enchanting is the ikat from Lewokluok, which, unlike others, is produced by weavers who combine the cotton threads with shells handsomely inter-woven to form unique ikat patterns.



Genuine Florinese Smile





Caci Whip Fight, Manggarai





Wae Rebo, Manggarai

## Caci Whip Fight Manggarai

Caci is a kind of martial art performed as a mixture 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, trying to strike each 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 spider-webbed 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, and you can enjoy this 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.





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## Bena Ngada

Bena is a traditional community located about 16km from of 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 for its traditional way of life. The village takes the form of a rectangle and is comprised of 18 traditional houses that represent a clan system. Bena people have agreed to conserve their tradition as part of their daily lives, which includes preserving their ikat weaving technique. Indeed Bena is living history as their traditions are still active. Take the trekking route from Bena to neighboring villages and end the exploration at Malanage Hot Springs or Wae Roa Waterfall.

## Wajo Nagekeo

Very well-maintained traditional houses and menhirs are the attractions in the highland village of Wajo. Easily reached from Raja (Boawae) or Nangaroro, this village has unique traditional bamboo music 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 their delicate patterns that are engraved on many parts of the structures. They also reflect the unique Lio tribal way of life many art and architecture enthusiasts will find fascinating. Wolotopo attracts many visitors with its captivating agrarian panoramas as well as its tradition of ikat weaving that is found throughout the countryside.

## 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 switched to industrially spun yarn and chemical dyes for the sake of saving time and money, the weavers of Watublapi still use the traditional, hand-spun yarn made from local cotton, as well as local natural dyes. In the 1980s, the villagers established a cultural cooperative called Sanggar Bliran Sina with the goal of preserving and promoting not only ikat weaving, but also local dance, music, and other handicrafts.

Visitors to Watublapi who register in advance can be sure of a warm welcome by the members of Bliran Sina with traditional dance and music performances. Visitors with a profound interest



in ikat weaving will have the opportunity to join an ikat workshop in Watublapi. The Bliran Sina weavers will teach you the skills of this fascinating handmade craft.

## 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 gorgeous ikat patterns. These textiles are true masterpieces. You can also learn about their natural dyeing process here. Support the local villagers by taking home a piece of this stunning tradition that has been passed on from generation to generation for centuries.





Watublapi, Sikka

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Wajo, Nagekeo





Spiderweb Rice Fields, Cancar, Manggarai



# Nature

## Untouched Wilderness

Breathtaking is the perfect word to describe Flores' natural wonders that are spread along its narrow mainland. The Cape of Flowers is the perfect place for nature lovers who will be mesmerized by its alluring scenery: white-sand beaches and deserted islands, undulating hilly landscapes with beautiful rice fields interspersed with mountainous areas.

You are invited to unveil its unspoiled beauties for which Flores is renowned for. A hidden paradise, Flores promises indulgence with its pristine beaches of Rii Taa, Pemana Besar, and Kecil Islands, Pangabatang, Babi Island, in the east, or lazy stroll amidst beautiful rice fields on the gentle slope of Ruteng and Tengkulese's hilly landscapes. Flores' treasured waterfalls are admired for their magnificence and refreshing water such as Cunca Rami and Cunca Wulang in West Manggarai, or Murusobe, the twin waterfall, and Liwulegur in Sikka of Eastern Flores.

Flores' distinct rugged landscape with its complex V-shaped valleys and knife-edged ridges was formed by an impressive, young volcanic mountain range which spans across its backbone. Fourteen of the volcanoes are still active: Poco Ranaka in Western Flores is one of them; others—like the famous Mount Kelimutu in Ende—are extinct but nonetheless impressive with their crater lakes and calderas such as Ranamese, a crater with still water surrounded by a dense rainforest.

Abound with great mangroves and rainforests, Flores is home to various tropical flora and fauna. The vast area of Mount Ndeki's rainforest is home to rare endemic bird species like *Loriculus flosculus*—the Hanging Parrot, or Otus Alfredi, the Flores Scoops Owl; while Mount Mbeliling is home to Kehicap Flores (*Monarcha sacerdotum*), Serindit Flores (Wallace's Hanging Parrot) in its green woodland. The iso-

lated forest of Wae Rebo - one of the most biologically rich habitats in Indonesia; or the outback of Kelimutu National Park which is blessed with endemic fauna, such as Bare Throated Whistler (*Pachycephala nudigula nudigula*) and rare flora, such as *Begonia kelimutuensis*, *Rhododendron renschianum*, and *Vaccinium varingiaefolium*.

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



Rii Taa Isle, Nagekeo





Kelimutu National Park, Ende



Cunca Rami, Manggarai Barat

### **Cunca Rami** **Manggarai Barat**

Green, exotic mountainous vegetation creates a picturesque backdrop along the trail 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.

### **Ranamese Crater Lake** **Manggarai Timur**

Meaning ‘big lake’ in the vernacular, Ranamese is a 11.5 hectare crater that is located 1,200m above sea level. The surrounding rainforest creates a refreshing breeze and is a great place for trekking, bird watching, and spotting playful macaques. The calming water of the lake reflects the blue sky on its surface resulting in peaceful and surreal reflections. Visitors are advised to wear proper shoes for trekking around the lake.

### **Mangeruda-Soa** **Ngada**

Enjoy yourself in the warm water that flows from a natural spring to a river under the shade of coconut trees, or take a short trek to a more untouched scenic area 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 takes 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, traditional boxing.





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## 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 villages of Pemo and Woloara, then either finish your trip with a visit to Murundao Waterfall in Moni, or unwind in the warm pools of Kolorongo and Waturaka natural hot springs.

## Waturaka Hot Spring

### Ende

Among the hot springs in Kelimutu National Park, Waturaka is one which still has its natural charm. Located in the middle of candlenut 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.

## Rii Taa Isle

### Nagekeo

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 peace and quietness of the pearly white sand beach while marvelling at the large flocks of black-naped birds frolicking in the waves.



View from Pemana Island, Sikka

## Pemana Besar & Pemana Kecil Islands

### Sikka

This island chain, made up of Pemana Besar, Pemana Kecil/Kambing, Besar, Babi, and Pangabatang, makes an ideal island hopping adventure with its calm stretch of turquoise-blue sea. You can enjoy not only trekking and camping along the silvery white sand beaches but also snorkeling in crystal clear water surrounded by schools of radiant, colorful tropical fish. Be sure you check out the amazing craftsmanship of traditional Buginese wooden boats called phinisi that the locals are so proud of.

## Solor & Adonara

### Flores Timur

Solor and Adonara are reachable by boat from Larantuka, Flores Timur. The main tribes - Lamaholot, Adonara, Bugis, and Bajo - give colors to the diversity of traditional customs, cultures, and local languages in the islands. The islands' less-traveled roads offers exploration among traditional villages of Kampung Karawutung in Solor that boasts "berauk" - an annual traditional rite; or the Thursdays' hustle and bustle of Ena Tukan barter market in Solor. Solor and Adonara coastal lines promise snorkelers and leisure lovers a hidden paradise along the white sand-beaches of Ritaebang and Riangsungai in Solor; and Watotena, Ina Burek beach, also Mekobani island in Adonara. Trekking along the path of Ile Boleng Mount is a must-visit for those seeking an adventure.





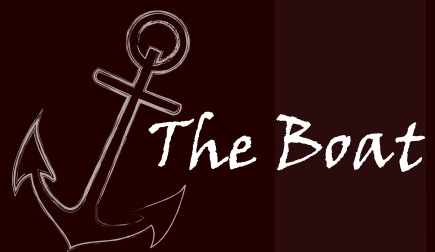
Adonara Island, Flores Timur



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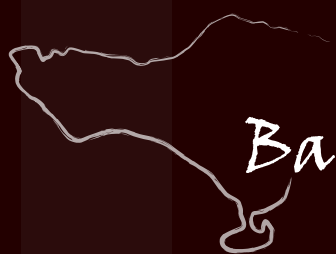


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# Adventure

## Ultimate Trails to Adventure

An island sanctuary blessed with places of stunning natural beauty, in all seasons Flores is an outdoor escapade so exquisite with innumerable options: pleasure as well as adrenaline boasts a harmonious culture-blended adventure in a natural setting.

The chain of islands around Maumere Bay promise island hopping explorations among the idyllic beaches of Besar, Babi, Pangabatang, Sukun, Palu'e, Pemana Besar, and Pemana Kecil. The hike along the less-travelled village roads of Komodo and Kelimutu National Parks, Tiwu Sora, and Mount Mbeliling's forest are heaven-sent jungle treks for nature and wildlife enthusiasts alike. Equally fascinating is the hike along the little-travelled paths of waterfall banks, and rivers such as Tengkuluse, Cunca Lega, and Wae Garit. Murusobe's cascading twin waterfall will bring out the 'child' in you, urging you to plunge in delight from one of the surrounding cliffs into the refreshing, cool water basin; while the braver souls can amuse themselves with a straight freefall jump into the glorious river flow of Campat Poti.

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 (1703m) in Sikka and Mount Inerie (2229m) in Ngada: both offer the warmer side of Flores' adventure trails. Sano Nggoang challenges many adventurers to an exhilarating and vigorous trek to the lake's summit-one of the deepest volcanic crater lakes in the world with a depth of 500m.

Flores' mountainous landscapes and shorelines promise any ultimate trails to suit every pleasure and outdoor adventure-seeking travelers that they will always want to return to.




Inerie Volcano, Ngada





Murusobe Waterfall, Sikka





Komodo National Park, Manggarai Barat

### Komodo National Park Manggarai Barat

Highlighted in tourism magazines worldwide, Komodo National Park offers more than just its prehistoric 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 all nature lovers who will be surrounded by a rich diversity of exotic fauna, wild orchids and tropical plants. 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 where 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 indeed a camping haven, perfect for forest trekking and an ideal place for bird watchers who can observe infinite unique endemic plants and birds such as kehi-cap Flores (*Monarcha sacerdotum*) and serindit Flores (Wallace's hanging-parrot). Restore your spirit and body in the refreshing serenity of Mbeliling rainforest while enjoying a warm cup of Roe's freshly boiled, ground ginger.

### 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 the village experience in Nunang; or explore the wonders of the volcanic Mount Sano Nggoang on horseback. Be sure to take your time trying the therapeutic mud spa treatment in its natural sulfuric hot springs.



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## Tengkulese Waterfall

### Manggarai

Adventure lovers will be dazzled by the natural beauty along the little explored trails of Tengkulese. The rippling water that descends along the stream forms the awesome canyon of the Tengkulese Waterfall. It promises an attractive mix of trekking and then swimming in the amazingly cool water of Cunca Lega, a cascading river that flows at the foot of the waterfall, as well as a thrilling splash at Campat Poti. Tengkulese is ideal for adventure seekers and explorers.

## Belaraghi

### Ngada

Prepare yourself for an 11km hike to discover a village that is blessed with stunning, untouched natural beauty and rich in fascinating cultural traditions. You will find that the challenge is worth taking. The Belaraghi clan that has been living in this village is rarely mentioned in any travel guides, and 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 Deturia 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 especially 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 – offering a mix of extraordinary sights of herds of



Mount Egon, Sikka

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. Mount Egon is 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 billow puffs of smoke.

## Murusobe Waterfall

### Sikka

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





Tengkulese Waterfall, Manggarai



# Diving

## 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 were probably referring to the flourishing underwater world: the coral, fish, and other marine life, rather than the flowers that grow on the island.

In Flores you will find plenty of beaches: black, white, and even pink sand beaches; blue pebble shores; beaches with backdrops of mountains, or just the jungle. The beautiful untouched coastal strips with crystal-clear water surround the island. Going beneath the water, Flores' underwater world hides a diverse and colorful parallel universe of marine life. Komodo National Park in the West hosts remarkable dive sites, 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, as well as on the chain island of Riung 17 Islands you do not even have to go scuba diving. Simply snorkeling brings you close to sea turtles, rays, reef sharks, lobsters, and all species of fish—large and small. If you are lucky, you may even meet a curious dolphin.

Divers will be spoilt for choice in Flores' eastern region: drift dives, colorful reefs packed with everything from invertebrates to turtles, or delight in one of the fish bowls surrounded by dense schools of fish. Once a world-famous dive site, Maumere Bay promises the more adventurous 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 the pristine hideaway, Flores is a mind-blowing thrill that makes its aquamarine world home for dive addicts.



Crystal clear sea, Riung 17 Islands



Diverse Marine Life





Padar Island, Manggarai Barat

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.

Seraya Kecil

Dive site close to Labuan Bajo, Manggarai Barat

ALL OF THESE TEXTS ARE NOT YET  
REVISED WHILE THE EDITED TEXTS IS  
ALREADY EMAILED TO HARI.

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	Reef Type	Depth
Seamount & Coral Garden	Hard coral fringing reef & sandy slope	30m
Distance to nearest town	Closest mooring buoy/anchorage	Snorkeling
10km from Labuan Bajo	No nearby moorings. Anchorage in sheltered bay southwest Seraya Kecil	Good





## 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, nudibranches, 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

Wall

#### Reef Type

Hard and soft coral encrusted rocky wall

#### Depth

28m

#### Distance to nearest town

40km from Labuan Bajo

#### Closest mooring buoy/anchorage

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

#### Snorkeling

Excellent



# Gili Lawa Darat Pasagge

## 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 liveboards, as Gili Lawa Bay offers a good anchorage.

Dive Type	Reef Type	Depth
Drift	Hard & soft coral fringing reef	25m
Distance to nearest town	Closest mooring buoy/anchorage	Snorkeling
35km from Labuan Bajo	Small boat mooring northwest of the passage. Two large boat moorings inside the bay to the east of the passage	Good, especially on nearby sheltered coral gardens

# 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 – their bodies decorated in amazing maroon-studded golden beads, and with their bright yellow or cream tentacles. 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. Continue exploring around to the north and east sides and you will be astounded by huge gorgonian fans clinging to the reef amongst ledges, small walls, and overhangs. 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, nudibranches, 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!

On a rising tide the south side of the rock can experience strong currents, which can be a fun and challenging way to dive the site for more experienced divers. Larger pelagic species can often be found hunting here. 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 liveboards and safari boats.

Dive Type	Reef Type	Depth
Seamount & Macro	Hard and soft coral pinnacle	40m
Distance to nearest town	Closest mooring buoy/anchorage	Snorkeling
50km from Labuan Bajo	Two large boat moorings to north of Cannibal Rock	Good



## 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	Reef Type	Depth
Drift Dive	Hard and soft coral slope, white sand bottom	30m on the channel floor
Distance to nearest town	Closest mooring buoy/anchorage	Snorkeling
29.85km from Maumere	No mooring buoy	very good if the current is not too strong

## 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 loosing 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.

Dive Type	Reef Type	Depth
Wall Dive	Hard and soft coral drop off, huge fans, little caves and overhangs and the spectacular crack	more than 40m to the platform, after that continuing drop off to 200m
Distance to nearest town	Closest mooring buoy/anchorage	Snorkeling
37.7km from Maumere	No mooring buoy	good along the steep drop off



# Where to Go

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.

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 suitcase. Dress is casual but appropriate. Clothing should be light, preferably cotton, with at least one long-sleeved shirt and pair of pants. Bring a bathing suit, thongs or sandals and sneakers or walking shoes, lots of film, camera, and extra batteries. 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.

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

### Day 1. Labuan Bajo – Ruteng

Lunch at Labuan Bajo's local restaurant upon arrival. Drive up to the hilly lands of 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 mainland. First visit will be to Golo Cara Village – the best place to see the unique spider-web rice fields. Continue driving to Todo traditional village where you will get to leisurely trek across rice field terraces and enjoy the splendid landscape of Narang Village. In the afternoon, you will be taken to drive along the south coast to Dintor and Denge with some stops along the road. Stay overnight in Denge.

### Day 3. Denge – Wae Rebo Village

After a light breakfast, be prepared for a four-hour trek to Wae Rebo Village, home to seven authentic Manggaraian houses called Mbaru Niang. The trekking trail predominantly covers the middle of mountain area, located 1000m above sea level. Built in the same conical form, six of the houses serve as homes for the community while one is dedicated to visiting guests. These houses have really high roofs and each has five stories: the top four are mainly used for storage, whereas the living area is at the

bottom. Stay overnight here and enjoy the forest songs that will lull you to sleep.

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

After breakfast, trek to Denge Village where lunch will be served. After lunch, depending on the road conditions, drive back to Labuan Bajo via Dintor and Nangalili. The alternative route is through Todo Village to Labuan Bajo. Stay overnight in Labuan Bajo.

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

After breakfast, transfer to the pier of Labuan Bajo to visit Rinca Island. The two-hour sail will take you to Rinca to start trekking through the island's typical dry forest savannah. Exploring the island of Komodo, you will find not just the dragons but also many wild animals such as Timor deer, wild buffalo, long-tailed macaque, and wild boars, as well as numerous birds. If you are lucky, you may also see young Komodo dragons hanging in trees. Sail on to Bidadari Island for swimming, snorkeling, and relaxing on the white sand beach. Return to Labuan Bajo in the afternoon.

### Day 6. Labuan Bajo – Denpasar

Transfer to the airport for the next destination.



# Transflores Adventure

12D/11N

## Day 1. Denpasar – Maumere

Arrive at Frans Seda Airport, Maumere.

## Day 2. Maumere – Larantuka

Depart from the hotel and drive to Larantuka, the capital of East Flores. This coastal town used to be a naval base for trade and a central point for colonial and clerical activities in East Indonesia. Nowadays, Larantuka is still an important connecting port to the neighboring islands and the center of economic activities of East Flores, attracting many people from the surrounding villages to make a living in the town. On the way, you will stop at Boru Village where you can see the volcano called Mount Lewotobi as well as a coffee plantation in Hokeng. A stop at Titehena will give you a beautiful panorama of Konga Bay and Lewotobi. Have dinner and stay overnight in Larantuka.

## Day 3. Larantuka – Maumere

Visiting Meting Doeng Beach in the morning, followed by the Larantuka city tour to visit Reinha Rosari Catholic cathedrals built in Portuguese style, the harbor, and local market. Return to Maumere at noon. Have dinner and stay overnight in Maumere.

## Day 4. Maumere - Moni

After breakfast, depart from the hotel to visit Ledalero Museum located on the outskirts of Maumere. The museum has an interesting collection of ethnological objects from the region. Ledalero is named after a major Catholic seminary that produces many Florenese priests. Continue to Sikka Village, a district very famous for its traditional ikat weaving using organic dyes. Enjoy the serenity of Paga Beach, before going on a leisurely trek to Jopu and Ranggase villages in the afternoon. Stay overnight in Moni.

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

Depart before sunrise (4.30am) from the hotel to admire Kelimutu. This tri-colored crater lake is one of Indonesia's most mysterious and dramatic sights. The view is simply spectacular and unique with its three lakes that have been constantly changing colors since the eruption of Mount Iya in Ende in 1969. Afterwards, return to hotel for breakfast and continue on to Ende. Stop by at Nangapanda or the blue pebble beach. Have dinner and stay overnight in Riung.

## Day 6. Riung Marine Park

Enjoy island hopping around Riung 17 Islands – a chain of large and small islands called Pau, Borong, Ontoloe, Dua, Kolong, Lainjawa, Besar, Halima, Patta, Rutong, Meja, Bampa (Tampa or Tembang island), Tiga (Panjang), Tembaga, Taor, Sui, and Wire. All islands are uninhabited and their coast

lines are pure white sand beaches. Watch flying foxes at Ontoloe Island; swim, snorkel, and relax on the white sand beach, enjoying the peacefulness of Tiga and Rutong Islands. Stay overnight in Riung.

## Day 7. Riung – Bajawa

Drive up to Bajawa, a small town located 1200m above sea level, and indulge your senses with wonderful scenery along the way. Take a warm bath at the hot springs in Soa, before going on the Bajawa city tour in the afternoon. Stay overnight in Bajawa.

## Day 8. Bajawa – Ruteng

In the morning, visit Bena – an ancient Ngadanese village that takes 1.5 hours by car to reach from Bajawa. Appreciate the unique way of life, the traditional houses, and the ceremonies that are steeped in a long-preserved tradition. Drive to Aimere, famous for its arak – the local palm wine distillation – and trek along the rainforest trail of Ranamese's crater lake. Stay overnight in Ruteng.

## Day 9. Ruteng and its Surrounding Areas

In the morning, drive to Tengkuluse Waterfall in the northern part of Ruteng. The two-tiered waterfall – also referred to as Cunca Lega (cunca means 'waterfall' in Manggarai) – is named after the nearby village. The one-hour trek to the waterfall is set around a lush forest and rice terraces. You can also swim here. Return to Ruteng in the afternoon, and visit Liang Bua, an archaeological cave where the Homo Floresiensis was founded by Indonesian and Australian archaeologists.

## Day 10. Ruteng – Labuan Bajo – Rinca

Depart from the hotel to Golo Curu, a hill where you can admire the scenic view of Ruteng and its famous rice terraces to the north. Then visit Ruteng Pu'u traditional houses of Manggarai tribes. Continue to Cancar to see the unique lingko, circular rice fields arranged like a spider web. Drive directly to Labuan Bajo to sail to Rinca Island.

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

Go on a morning trek in Rinca to see Komodo dragons in the wild, then continue to Komodo Island where you go on another trek for a couple of hours. Sail on to Pink Beach for a relaxing swim and snorkel before sailing back to Labuan Bajo.

## Day 12. Labuan Bajo – Denpasar

After breakfast, go on a morning visit to Batu Cermin before departing to the next destination.

# 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



### PT. Ile Mandiri Biro Perjalanan Wisata

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## Restaurants



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## Diving



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## Tourist Information Center

### Tourist Information Center Labuan Bajo

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Labuan Bajo 86554, Flores, Indonesia  
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### Tourist Information Center Bajawa

Jalan Jenderal Ahmad Yani No.75 Bajawa  
Ngada, Flores, Indonesia

### Tourist Information Center Ende

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Diverse Marine Life, Komodo National Park



# Things to Know Before You Go

## Flores Island

Area: 14,300 sq km

Location: Indonesia

Population: 1.800.000

Official Language: Indonesian

Largest town: Maumere

## 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.

### 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.

### 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 will have to visit the only available immigration office in Maumere city.

## 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 ex-

change 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. Avoid entering a restaurant and hotel in topless Bali type tourists, as it would disturb other guests and considered as impolite by locals.

### 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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