



Cycling Route

MO-A: Night Trip to Kelimutu for Sunrise (CT/DT) ■

Distance & cycling time: 26km (around 3h) Hiking (or humping with the bike) : 1h

Average speed: 12 to 14km/h

Equipment / Level: ★★ ★ / Advanced

Route: Tourist Information Center of Moni - junction to Kelimutu - Liasembe - Sa'o Ria - Kolorongo - Waturaka - Manukako - Park entrance gate - Parking place - (crater lakes).

This tour is recommended for "extreme bikers." You need to have a mountain bike, good lights and an extra torch, small backpack, extra T-shirt/sweater and a wind-stopper jacket/raincoat as well as water and food.

It is recommended to start this top adventure at 4am (minimum two hours before sunrise). From the office at the main road, ride in the dark exactly 1.75km uphill towards Ende. Shortly after passing Sa'o Ria Wisata Hotel on your left, find the road gate also on the left side and back for the ascending road to Kelimutu. Once you are sure being on the right track (single track, paved, normally in good condition) you have exactly passed the 12km curvy and slightly heavy ascending road. Do not take any junctions and beware of holes and muddy or sandy parts occasionally (depending on season and weather).

You will ride completely in the dark unless there is moonlight around. After 6km from the road gate, you arrive at the national park entrance to register (entrance plus camera fee). Proceed immediately because the last 3km to the parking area are the steepest part and also very curvy. If you arrive at the parking area at around 5:30 am you are still right in time to reach the viewing point between the crater lakes either walking fast with a torch or even by shouldering the bike with you. Just follow the stair steps, later on the track for 20 to 30 minutes. Now you are on top and also at one of the ultimate highlights of Flores to visit. Enjoy the the mystical atmosphere of Kelimutu three colored crater lake at dawn and sunrise.

You may wish to visit the Arboretum close to parking area and also the collection of beetles and butterflies at the park entrance. Further down, you can stop at the traditional village of Waturaka or at one of the hot spring pools (30m opposite of the village office of Waturaka), the volcanology station next to it or further down the bathing place at Liasembe.

Don't forget to visit Muru ndao Waterfall. You have to stop after the last big left curve before Moni, lock your bike at a tree opposite the Rainbow Café and take the small and steep footpath (200m) down to the forest to the waterfall.

MO-B: Offroad - / Roadbiking- Roundtrip passing Jopu and Wolowaru (RT) ■

Distance & cycling time: 25km (2,5 - 3,5h)

Average speed: 12km/h

Equipment / Level: ★★ | ★★ ★ / Medium

Route: Tourist Information Center of Moni - Woloara - Nuaone - Raso - Mbaja - Jopu - Wolowaru - Moni.

This predominant downhill and uphill round trip will give you the opportunity of seeing Ikat weaving and traditional houses as well as beautiful forests and a traditional market is along its way. For the downhill section you need a mountain bike because of the rough road condition, while for the return a road bike is acceptable but it is better to do this tour with broad tires.

From the tourist information center, go down and pass the traditional market on the right then proceed for around 1km to the Flores Sare Hotel. From there, take the junction to the right for healthcare center (Puskemas) at Woloara. After crossing the river, proceed to the small road and on the top of the first small hill is Nuaone, a small traditional village. From there, the road is very rough and steep downward toward Raso and Mbaja. Here, take the chance to see families working in their house yards on Ikat weaving and check closely to the Ikat collections hanging on cords.

Occasionally, there is a nice view down to Sawu Sea while biking downward. At around KM7, there is a junction to the right towards Jopu with a very big and impressive indigenous house, but to visit it you have to conquer 300m long of extremely steep hill. Back to the main road and at KM8 turn left at the junction. After that, ride downward towards Wolowaru and you will be crossing the bridge. It is only 1,5km more to reach the big junction of Wolowaru (ask to the people around there "Where is Simpang Lima?" or in Bahasa "Simpang Lima, lewat mana?").

The return back to Moni is on the Transflores Highway and takes exactly 12km on good, but curvy and medium to heavy uphill road. From milestone END 56, it takes only 15 minutes back to "downtown Moni."

MO-C: Combined Biking-/Hiking roundtrip to Pemo and Kelimutu (RT/DT) ■

Distance & cycling time: 26km (4 - 5h)

Average speed: 9 - 10km/h

Equipment / Level: ★★ ★ / Demanding

Route: Tourist Information Center of Moni - Woloara - Woloki - Khopobhoke - Mboti - Sigo - Pemo - Kelimutu Parking area - Crater lakes - Manukako - Waturaka - Liasembe - Moni.

Prepare your mountain bike, some food and enough water. Start your journey by passing the main road and ride down to Woloara (turn left at Flores Sare Hotel). Short before Nuaone, there is a junction, turn right to the small concrete track which is in rough road condition. Ride or push steep uphill to reach Woloki. Here the concrete track ends and you have to cycle/walk on a very small muddy track uphill to the village, Kopobhoke.

Approximately 200m after this small farmer village with a church in the middle turn left for Mboti and follow this road. The next village after Mboti, there is a small traditional shop on the hilltop of Sigo including lady weavers behind the shop. After a short downhill, go uphill again and at the next hilltop you will enter the area of Pemo. There you have a stunning view down to sea and the main part of the village with church, mosque and school. Pemo is an extraordinary village with its indigenous houses that welcome guests to visit.

The next 2,5km, the road is very uphill and rough track, it becomes worse after the rain, it is nearly impossible to proceed the journey (very slippery). Probably this section will be mostly hiking and require to carry your bicycle. If you find the only junction of this part, turn left to the steeper road. Once this broad but muddy road ends, go back for around 300m and find a little path, go straight up for 500m then you will find the milestone 2km to Kelimutu.

You can decide whether to go up for another 700m for the parking area and from there you are able to see the crater lakes at daytime or alternatively go back to the place where you start through directly to the 13km downhill back to Moni.

MO-D: On Transflores Highway from Moni to Ende (OT) ■

Distance & cycling time: 53km (3,5 - 4,5h)

Average speed: 18km/h

Equipment / Level: ★ / Medium

Route: Moni - Nduaria - Ekoleta - Detusoko - Wolotolo - Roworeke - Wolowona - Ende.

This overland trip consists of a downhill ride mainly in the first part and passes interesting and varying landscapes.

The journey begins from Moni and pass the street for 7,5km to reach Nduaria on top with its small yet colorful market along the street. After that, a long downhill for around 8 to 9km awaits you and end up with the traditional village of Wologai with a hilltop on your right side. After reaching Ekoleta, there are some flat parts ahead but after KM20 just passed Detusoko (there is an overnight stay possibility at the convent Wisma Santu Fransiskus) the road leads to the area with high danger of falling rocks, so it is better to do not rest on that road.

In Wolotolo at KM32,5, pass a bridge and enjoy the landscape around, then a medium uphill is in front of you.

At approximately KM37, prepare yourself for the final downhill towards Ende. You will reach Roworeke and the bus station then enter Wolowona the suburban of Ende. After a long stretch and 52km of cycling, you will arrive in the center of Ende at Simpang. To reach Zero mile marker (KM0) you must pass on Jalan Ahmad Yani for another 1 to 2km.



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Glossary

English	Indonesian
3x9 speed transmission	Gir
Air pump	Pompa angin
Bar, handlebar	Selang
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
Derailleur (front and rear)	Shifter
Fender	Spakbor
Fork	Carpu
Frame	Frem
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



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Point of Interest



Kelimutu National Park

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 Murundao Waterfall in Moni, or unwind in the warm pools of Kolorongo, Waturaka and Waturaka natural hot springs.



Muru Ndao Waterfall

Located about 400 meters from the village of Moni. Muru Ndao waterfall can be reached by walking for ± 10 minutes from the village of Moni. Waterfall with a height of approximately 15 meters, this waterfall with stunning natural surroundings is very exciting to be enjoyed for every tourist. The 15 minutes hike to the waterfall is a nice short programme after visiting Kelimutu. The locals frequently visit it for bathing. What makes it unique is the meeting of cool water and hot spring has a refreshing effect.



Wologai

Wologai is one of the few villages in the Ende district with well-maintained houses built in the traditional Lionese architectural style. Throughout the year, there are several ceremonies held in these beautiful buildings. During a big harvest ceremony that usually takes place in August, Wologai people from abroad reunite in their home village and turn it into a very lively spot. Since they are constructed from bamboo and palm fiber, the houses are highly flammable; so even more, as the kitchen is located inside. The village already burnt down several times and had to be reconstructed.



Nggela

Nggela, which is famed for its traditional houses and fine ikat weaving, is a good option. The woven cloth from Nggela is well-known for its distinct motifs, colors, and high quality. Therefore, the Nggela ikat is sought-after by local and international collectors. If you are looking for a unique Florinese souvenir, Nggela offers you a wide range of beautiful woven products.



Arboretum Kelimutu National Park

Enjoying the wonder of Kelimutu National Park in Flores wasn't only about the famous sunrise on its three colored-crater lakes. If you want to explore the national park more, venture your curiosity into the Arboretum path. Apart from being a conservation area, Arboretum is also a great place for observing various types of fauna, especially indigenous birds. After the sunrise, before nine in the morning is a good time to enjoy the bird songs.

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Kelimutu 3 Colored Crater Lake, Kelimutu National Park

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