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**FLORES**

wonderful  
indonesia



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# Welcome to Flores



Open a world map and take a look at the extensive expanse of Asia. In between the Indian and the Pacific Oceans you will find the Indonesian Archipelago stretching west to east along the Equator. Right at its heart, 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; and secondly, Kelimutu National Park, an inactive volcano in the centre of Flores that intrigues visitors with its three brightly-coloured crater lakes, which are steeped in local mythology.

However, Flores is so much more than Komodo and Kelimutu. Nature lovers will find it everywhere: 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.

Welcome to Flores, where the untold beauty of Indonesia awaits!

**Flores Destination Management Organisation**

## ABOUT FLORES DMO

Flores Destination Management Organisation (DMO) formed in 2011 by The Ministry of Tourism & Economy Creative of Indonesia and serves as the umbrella for tourism management, marketing and development activities in provincial, regional and local level for Flores Island, Nusa Tenggara Timur, Indonesia.

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Caci Whip-fight Dance photo by Yayat Fahrizal

Caci performances, lingko fields and the Penti ceremony are just a few among many highlights that the Manggaraian people are proud of.

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# A GLIMPSE ABOUT FLORES

Flores offers infinite nature, culture, and adventure exploration for your holiday. Trips can be arranged for three days, one week or even twelve days depending on your available time (see “**Places To Go**” for sample itineraries at page 10.).

For any travel service requirements, see “**Find Travel Agents, Dive Operators & Accommodations**” at pages 44 for more details. The tour rate usually includes accommodation, meals, coach transfers, entrance fees, guides, refreshments and drinks; whereas return flights, airport taxes, porters, snorkeling/diving/camera fees, and other personal expenses are the visitor’s responsibility. Tipping is welcome as an appreciation of services you receive.

Visiting Flores is an adventure, so leave behind any expectations of high-end facilities. However, don’t let this stop you from exploring the island. Flores is growing quite fast and nowadays you have more options on luxury accommodations and restaurants.

## FACTSHEET:

**Location:** Indonesia  
(part of Lesser Sunda Islands)  
**Length:** 450km  
**Coordinates:** 8°40’29”S 121°23’04”E  
**Population (as of 2016):** 1,994,213  
**Official Language:** Bahasa Indonesia  
**Largest town:** Maumere  
**Temperature:** 25° - 34°Celcius (*temperature might drop to 12° Celcius in highlands*)  
**Best Time to Visit:**  
May - August

# HOW TO GET THERE

Flores has 3 main entry points: Labuan Bajo in the west, Ende and Maumere in the east. Those districts have airports with daily flights to and from Denpasar, Bali and direct Flight from Jakarta to Labuan Bajo.



## BY AIR

The easiest and fastest way to reach Flores is by air from Ngurah Rai Airport in Bali. There are daily flights from Jakarta to Labuan Bajo (2 hours 25 minutes), or Denpasar to Labuan Bajo, Ende, Maumere (55 minutes to 120 minutes). Depending on the weather, you may enjoy a spectacular view of the NTB (Nusa Tenggara Barat) and NTT (Nusa Tenggara Timur) island groups. 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/Nam Air and Kalstar Aviation 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).

## 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-May to the end of August. 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 AROUND IN THE ISLAND

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.



## Public Transportation (Land & Sea)

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.

## Car & Motorbike 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.

## Cycling Around Flores

Flores has absolutely great potential for touring around on various roads using bicycles. Pedaling 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 at **Tourist Information Centre Labuan Bajo, Bajawa, Moni and Ende. (see page 45)**



**Flights from Denpasar to**  
**Jakarta**  
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PLACES TO GO

# ISLAND HOPPING AROUND KOMODO

3 DAYS /  
2 NIGHTS



## DAY 1:

LABUAN BAJO – BIDADARI ISLAND – RINCA ISLAND – KALONG ISLAND

- Pick up from the airport or your hotel in Labuan Bajo.
- Snorkeling at Bidadari Island.
- Trekking in Rinca to see Komodo dragons and other wild animals.
- Admire sunset wonders while seeing thousands of flying foxes.
- Spend the night on board.

## 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 sand beach or trekking to enjoy the iconic view from the hill top.
- Snorkeling, then relaxing on Pink Beach.
- Trekking to see Komodo dragons and other wildlife.
- Visiting the native of Komodo Island in their fishing village
- Stay overnight on the boat.

## DAY 3:

KOMODO VILLAGE -KARANG MAKASSAR (MANTA POINT) – SEBAYUR ISLAND – KANAWA ISLAND – LABUAN BAJO

- Sailing to Karang Makassar while enjoying the sunrise.
- Snorkeling with giant manta rays.
- Relaxing on a white sand beach and snorkeling in Sebayur and around Kanawa island.
- Return to Labuan Bajo.
- Stay overnight at Labuan Bajo.

PLACES TO GO

ISLAND HOPPING AROUND KOMODO / 3D2N

KOMODO NATIONAL PARK

MANGGARAI BARAT

Komodo National Park offers more than just its prehistoric Komodo dragons (*varanus komodoensis*). Explore different adventure treks around Komodo and Rinca Island or explore off-the-beaten-trails along the slopes of Mount Ara and the Poreng Valley, which is situated 580m above sea-level. This scenic area will surely dazzle with its rich diversity of exotic fauna, wild orchids and tropical plants. Be sure to immerse yourself in the enchanting underwater world in the Komodo National Park. Going beneath the sea, Flores’ underwater world opens up to reveal a diverse and

colourful parallel universe of marine life. Komodo National Park is home to over 1,000 species of fish and more than 350 reef-building corals. Be it muck diving, night diving, snorkeling, or simply enjoying this pristine hideaway, Flores offers a mind-blowing underwater thrill that makes it like a second home for dive enthusiasts.



PINK BEACH

Dive site of central Komodo Island, Manggarai Barat

Dive Type	Reef Type	Depth
Wall	Hard and soft coral encrusted rocky wall	28m

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.



PLACES TO GO

ISLAND HOPPING AROUND KOMODO / 3D2N

GILI LAWA DARAT PASSAGE  
Dive site of north Komodo Island, Manggarai Barat

Dive Type	Reef Type	Depth
Drift	Hard & soft coral fringing reef	25m

The South Passage separates Gili Lawa Darat from Komodo Island and is best dive 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.

KARANG MAKASSAR (MANTA POINT)  
Komodo National Park

Dive Type	Reef Type	Depth
Drift	Hard & soft coral fringing reef	25m

Karang Makassar is a small island off of the east side of Komodo with 2km drift dive and a series of long current-swept reefs running north to south, creating both a highway and a feeding ground for these giant and graceful rays. This is one of the ‘must do’ activities while diving and it is one of the Komodo National Park’s most famous for sightings of up to 50 manta rays.

SERAYA KECIL  
Dive site close to Labuan Bajo, Manggarai Barat

Dive Type	Reef Type	Depth
Seamount & Coral Garden	Hard coral fringing reef & sandy slope	30m

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 18m.

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. 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.



Sea Kayaking, Komodo National Park

PLACES TO GO

# WAE REBO AND KOMODO DRAGON EXPLORATION

6 DAYS /  
5 NIGHTS

## DAY 1:

DENPASAR – LABUAN BAJO – RUTENG

- Morning flight from Denpasar to Labuan Bajo and go to the local restaurant for lunch.
- After lunch, drive up to Ruteng and stay overnight in Ruteng.

## DAY 2:

RUTENG – TODO – NARANG – DINTOR – DENGÉ

- After early breakfast, depart from 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:

DENGÉ – WAE REBO VILLAGE

- After a light breakfast, trek to Wae Rebo village, which takes around 3-4 hours. The authentic Manggarai houses are located about 1,200m 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 have a cone shaped with high roofs and 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 – DENGÉ – 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, you will find not only the Komodo dragons but also many wild animals like, Timor deer, wild buffalo, long-tailed macaque and wild boars also numerous of birds. Look up to the trees and you might find young Komodo on the trees.
- Return to boat and sailing to Bidadari Island for swimming, snorkeling and relaxing.
- Sailing to Labuan Bajo in the afternoon.

## DAY 6:

LABUAN BAJO – DENPASAR

- Explore Labuan Bajo before departure flight to Denpasar.

PLACES TO GO

WAE REBO & KOMODO DRAGON EXPLORATION / 6D5N

WAE REBO  
MANGGARAI

Awarded UNESCO’s World Heritage Site status in 2012, Wae Rebo Village is located in Manggarai Regency and situated 1,200m above sea level. 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. The residents of Wae Rebo Village lead a harmonious agrarian lifestyle in harmony with nature. Wae Rebo is famous for its cone shaped houses known as Mbaru Niang.



BIDADARI ISLAND  
Komodo National Park

Bidadari Island, which means ‘angel’s island’, is a tiny, charming isle located northwest of Labuan Bajo. This island is a water lover’s paradise and its excellent white-sand beaches seem to have come from paradise, while its crystal clear and calm waters make it an ideal spot for swimming, snorkeling, and especially learning how to dive. Bidadari Island is reachable on 15-20 minutes boat trip, comprises 14–15 hectares of land covered with hills and trees, completely surrounded by beautiful beaches.



BATU CERMIN CAVE  
Manggarai Barat

Batu Cermin cave is set within an impressive prominent rock formation near Labuan Bajo. Through a hole in the cave, rays of light find their way into the cave’s inside walls where they perform a spectacular show of reflected sunlight. If you want to experience this visual delight in all its beauty, make sure to be there at the right time: depending on the time of year, the sunrays only hit the hole between 9 and 10am.



TODO VILLAGE  
Manggarai

The village of Todo in south-central Manggarai offers one of the few opportunities to see the traditional ceremonial houses of Flores; in the past, Todo was also the centre of the Manggaraian kingdom and the home of the royal clan.



LINGKO SPIDERWEB RICE FIELD  
Manggarai

Lingko refers to the spider web 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’).



Caci Whip Fight, Manggarai



Cancar Spiderweb Rice Field, Manggarai

# FLORES OVERLAND ADVENTURE

12 DAYS /  
11 NIGHTS

## 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 trekking shoes and get ready to explore the traditional village of Pemo and Woloara, then either end at Muru Nda’o Waterfall in Moni, or unwind in the warm pool of Kolorongo natural hot spring in Waturaka.

- DAY 1: DENPASAR – MAUMERE**
  - Arrived at Frans Seda airport Maumere.
- DAY 2: MAUMERE – LARANTUKA**
  - Depart from your hotel, drive to the eastern most of Flores: Larantuka, the capital of Flores Timur regency which famous for its unique Semana Santa procession during Easter celebration.
  - On the way to Larantuka, stop over at Boru Village where you can see mount Lewotobi and coffee plantation at Hokeng.
  - Continue driving to Titehena where you can see very nice panorama of Konga Bay and mount Lewotobi.
  - Visit Catholic Cathedral Reinha Rosari which built in portuguese style along with the harbor and local market.
  - Dinner and stay overnight in Larantuka.

- DAY 3: LARANTUKA – MAUMERE**
  - Morning visit to Lewokluok which is famous for its ikat weaving.
  - At noon drive back to Maumere and visit Ile Padung village.
  - Dinner and overnight in Maumere.

- DAY 4: MAUMERE - MONI**
  - Morning after breakfast depart 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 Florenese priests. Continue your trip to Watublapi that famous for its traditional Ikat Weaving, then to Paga to enjoy the peaceful beach.
  - Arriving in Moni in the afternoon, exploring Muru Nda’o waterfall and overnight in Moni.

- DAY 5: MONI-KELIMUTU-ENDE-RIUNG**
  - Depart early in the morning at 4:30AM to see the sunrise at Kelimutu three colored crater lakes. The colors, however, have changed continually since the eruption of Mount Iya in Ende in 1969.
  - A worth visit to Arboretum park on your way back to Moni.
  - Stop over at Waturaka Village and soft trekking 2km to Murukeba waterfall. Waturaka is a community based tourism village where you can stay at the homestay with beautiful rice field view and experience living with the locals.
  - Back to your hotel and continue to Ende, stop at Penggajawa beach or the Blue Stone beach.
  - Continue your journey towards Mbay and stopover at Tutubhada traditional village.
  - Dinner and overnight in Riung.

- DAY 6: ISLAND HOPPING AT RIUNG 17 ISLANDS**
  - Explore Riung 17 Islands by boat. First stop is watching flying foxes at Ontoloe island.
  - Second stop is swimming and snorkeling around Tiga island.
  - Third stop is Rutong island where you will have fresh grilled fishes for lunch. You can go swimming, snorkeling and relaxing on white sand beach or short hike to the hill and enjoy the breathtaking view of Riung 17 Islands from the hill top.
  - Back to Riung and stay overnight in Riung.

# PLACES TO GO

FLORES OVERLAND ADVENTURE / 12D11N

## DAY 7: RIUNG - BAJAWA

- Drive up to Bajawa and visit Mangeruda So’a hot spring.
- Arrive in the afternoon and explore Bajawa local market or tasting the famous Bajawa Arabica coffee.

## DAY 8: BAJAWA - RUTENG

- Morning visit to Bena and Gurusina traditional village and stop over at Malanage hot spring.
- Then drive to Aimere, stop over to taste the famous local “arak” distillation.
- A short visit at Ranamese Lake before arriving in Ruteng.
- Stay overnight in Ruteng.

## DAY 9: RUTENG AND SURROUNDING

- Morning trekking to Tengkuluse waterfall in the northern part of Ruteng, Tengkuluse waterfall which is

- also referred to as Cunca Lega (‘Cunca’ means waterfall in the Manggaraian language). The water drops over two levels surrounded by a lush forest and rice terraces, it can even be spotted from a distance.
- Drive to Liang Bua cave, an archaeology site where “The Hobbits” of Flores was founded.
  - Back to Ruteng.

## DAY 10: RUTENG – LABUAN BAJO- RINCA

- Visit 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 driving to Cancar to see the unique Lingko spider web rice field.
- Overnight in Labuan Bajo

## DAY 11: DAY TRIP: KANAWA - RINCA ISLAND - LABUAN BAJO

- Sailing to Kanawa in the morning and enjoy snorkeling and the white sand beach.
- Enjoy your lunch on the boat and continue sailing to Rinca Island to see the Komodo dragons.
- On the way back to Labuan Bajo, stop over to Kalong island where you can capture the perfect moment of sunset and hundreds of flying foxes fly over the red sky.
- Overnight in Labuan Bajo.

## DAY 12: LABUAN BAJO – DENPASAR

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



Mount Inerie, Ngada



## BENA Ngada

Bena is a traditional community located about 16km 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.

PLACES TO GO

FLORES OVERLAND ADVENTURE / 12D11N



MOUNT LEWOTOB

Flores Timur

Lewotobi volcano at the eastern end of Flores Island is one of the most frequently active volcanoes in the region. It has two peaks arranged on a NW-SE line separated by 2 km and a 1232 meters high saddle. This gave the twin volcano its name Lewotobi “husband and wife” (also spelled Lewetobi).



LEWOKLUOK

Flores Timur

Lewokluok (about 26km from Larantuka), not only boasts beautiful countryside panoramas, but 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.



GURUSINA VILLAGE

Ngada

Gurusina is another Ngada village where you can get acquainted with all the wealth of Ngada culture. Gurusina’s traditional houses are situated around a wide courtyard, which displays several sets of ture lenggi, the ancestral stone altars. The village was founded in about 1934 by people coming from the highlands. A visit to Gurusina can also be combined with a nice medium-impact hike starting from Bena, which leads through beautiful natural surroundings – including a neat bamboo forest – and passes through the village of Tololela.



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.



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).



RIUNG 17 ISLANDS

Ngada

The sub-district of Riung, located to the north of Bajawa, is famed for its beautiful coral gardens. The coast and the area surrounding the town of Riung have become a national conservation area, and were even given the status of a national park and named Pulau Tjujuhbelas, or ‘Seventeen Islands’. In fact, the national park consists of more than 20 small and larger islands. The local people, though, have named the area ‘Riung Seventeen Islands’, a label that is easy to remember as it refers to the personification of a beautiful 17-year-old girl and also Indonesian Independence Day on the 17th of August.



TENGKULESE WATERFALL

Manggarai

Tengkulse 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 buffaloes to get to the waterfall.



LIANG BUA CAVE

Manggarai

When visiting Flores why not go to the caves where the remains of ‘The Flores Hobbit’ were found. Homo Floresiensis – nicknamed ‘The Hobbit’, co-existed with our species until 12,000 years ago. Liang Bua is about 13km from Ruteng and the drive takes less than 40 minutes.



Ikat Woven Clothes, Sikka



Wawomudha Crater, Ngada

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OTHER ATTRACTIONS

CULTURE & HERITAGE



**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.



**TUTUBHADA VILLAGE**  
Nagekeo

Never been quoted in the tourism map of Flores, Tutubhada is known only by a small number of local visitors. Located in Rendu - a village in Aesesa Selatan Sub-District, the less-traveled village is home to Nagekeo's traditional ritual house called Sa'o Ji Vao. Tutubhada's stilt houses have a unique shaped roof.



**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.

AQUAMARINE WATER PARADISE



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Komodo National Park

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**KAYAKING**  
Manggarai Barat

Visiting the Komodo Islands and the Komodo Dragons by sea kayak is an awesome experience. The west part of Flores offers great conditions for kayaking. One of the spots is around Labuan Bajo and the other is around Komodo National Park where you may have the chance to paddle with majestic manta rays, or even be overtaken by a pod of leaping dolphins. With a little more luck, you may even find a dugong lifting its big nose out of the water.



**SNORKELING**  
Sikka & Ngada

Maumere Bay (East Flores) and Riung 17 Islands (West Flores) are other areas that offer a uniquely diverse marine environment, with the additional advantage that they are still little visited. Bear in mind though, that on most of the islands it is not possible to rent snorkeling gear. The best option is to rent it beforehand for an extended period in Labuan Bajo or bring your own gear.

NATURE



**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.



**KOKA BEACH**  
Sikka

The long and wide white sand beach is the perfect place on the south coast of the Sikka district to relax, have a picnic, and go for a swim. Koka Beach is situated about 2.5km from the main road near Wolowiwi Village in the Paga sub-district. It takes about 48km ride from Maumere and 35km from Wolowaru.



**SOLOR & ADONARA**  
Flores Timur

Solor and Adonara are reachable by boat from Larantuka, in Flores Timur. Solor and Adonara coastline is a hidden paradise with white sand beaches at Ritaebang and Riangsungai in Solor, Watotena/Ina Burak beach and also Mekobani Island in Adonara.

ADVENTURE TRAILS



**HIKING 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 Flores Timur, Mount Egon's summit reveals a crater 350m wide and 200m deep.



**TIWU SORA LAKE**  
Ende

If you want to experience Lio culture and nature in a remote area, where you will be among the first visitors to leave your footprints, an exploration to Lake Tiwu Sora and an overnight stay in Deturia Village will make an unforgettable journey. For the local Lio people, Tiwu Sora (tiwu means 'lake' in Lio language) is a sacred place with its own legend. The small lake is home to a species of giant eel.



**HORSEBACK RIDING**  
Manggarai Timur

Mbalata Beach is in Kotakomba sub-district in East Manggarai, about 42km east of Borong, nicely framed by Mount Inerie to the east and by soft, hilly landscapes to the west. You can go for an easy hike or on horseback riding along the wide, grey-sand coast to the grazing land of Nangarawa Hill where you will be able to catch a beautiful view over the sea and the surrounding farmland.



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# COMMUNITY BASED TOURISM

## TADO VILLAGE Manggarai Barat

Located 45km east of Labuan Bajo, Tado Village is one of the best places to get a hands-on experience of the long-standing Manggaraian way of life. Rather inconspicuous at first sight, it reveals an immense cultural and traditional wealth. Tado villagers, wearing their traditional costumes, will be happy to receive you with a traditional welcome ceremony. Tado is practicing community-based ecotourism. Tado ecotourism village also offers special-request tours that are an integral part of the village's cultural conservation programme.



## WATURAKA VILLAGE Kelimutu National Park

Waturaka, in a corner of the Flores countryside is a humble farming village located at the foot of Mount Kelimutu. This small village has been developed so it's ready to welcome visitors coming to experience Moni and its surrounding areas. Simple yet clean homestays are available in Waturaka. Here, you can enjoy the totally unique experience of living with local family and tasting local dishes prepared with fresh ingredients from the garden. Located nearby are two trekking trails heading to two amazing attractions, i.e. Murukeba Waterfall and Mutulo'o hot steam. Waturaka offers more than just homestays.



# DIVING TIPS

## What You Should Know About Diving in Currents



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 Do's 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**

# DIVING AROUND MAUMERE, SIKKA

The Bay of Maumere used to be among the world’s most interesting dive spots. Even the renowned World Championship of Underwater Photography was held there, until a massive earthquake followed by a tsunami hit the area in 1992. In the meantime, the surrounding reef has recovered quite well from the damage and offers excellent diving in mild currents again, with a healthy population of gorgonias and sponges, big groupers lurking in crevices, antias, and butterfly fish. Swarms of tuna and carangids patrol the big blue depths in seek of their prey. The charm of Maumere Bay for divers definitely lies in the details: In a single day, you can do excellent muck dives for rarities, wall, drift, as well as wreck dives. In total there are about 30 dive sites in Maumere Bay, including the spots around the Pemana Island chain.



## TRAVEL TIPS

### 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 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. 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 Florenese market. Of all Florenese 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.

### 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. 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.



# EVENTS & FESTIVALS

## December - February

### REBA – THE ANNUAL HARVEST CEREMONY

The most important ceremony for Ngada district is Reba, an annually held thanksgiving celebration to show respect to God and the ancestors for being blessed with a good harvest and wealth. Reba usually lasts for three days full of ceremonies and ritual activities which involve huge amounts of food crops and livestock that had been collected in advance. Please keep in mind that this ancient tradition involves live animal offering which is believed as a sacred process in the ritual, please respect the culture and dress conservatively.

## April

### SEMANA SANTA & GOOD FRIDAY CELEBRATIONS IN LARANTUKA

Each year, the week before Easter Sunday, the town of Lantuka, East Flores, solemnly celebrates the Holy Week, popularly known here as “Semana Santa”. During this special week, the small town of Larantuka will be thronged with thousands of Catholic pilgrims from around Flores and Indonesia come here to pray and participate in this one of a kind procession. This is because of Larantuka’s unique commemoration of Holy Week which blends Old Portuguese devotion with local tradition.

## June-July

### TRADITIONAL BOXING ETU OR SAGI

The traditional boxing is one of Ngada and Nagekeo District’s well-preserved cultural attractions passed for generations. The word “Sagi” or “Etu” in Soa language means to fight with boxing. The boxing festival spreads in some areas such as Soa and Riung Sub Districts. Being an event for a war exercise for the warriors in the old times, Sagi also boasts a



celebration of thanksgiving and hope for a good harvest. Every blood dropped from the fighter’s body marks blessing for that year’s abundant crop and is anticipated with gratitude.

## August

### KELIMUTU FESTIVAL & PATI KA DU’A BAPU ATA MATA CEREMONY

14 August is marked sacred for the Lio People of Flores. It is the time to celebrate and to honor their ancestors. Lio People believe the Kelimutu Crater Lake is the soul’s final resting place. The place where we all return once our lives’ journeys come to an end. “Pati Ka Du’a Bapu Ata Mata” is the event where the Lio sacrifices various type of foods offering to the ancestors, showing their gratitude for the past year and hold prayers for blessings for the coming year. Annually, hundreds of people hold a pilgrimage journey up to Kelimutu. Starting from 2013, this customary ritual was officially hosted and organized under the coordination of Kelimutu National Park and the Ende’s Culture and Tourism Department.

## November

### PENTI CEREMONY AT WAE REBO

Penti is one of the major ceremonies in the Manggarai district. It is a thanksgiving celebration for the past year’s harvest and an expression of hope for a prosperous, new agricultural year. The event is filled with series of ancient rituals that usually last for one full day

and night. The celebration is of such huge communal importance that all village members, even the ones living outside the village, should join these festivities. Penti used to be an annual event closely related to the agricultural cycle. It is suggested to anyone who will be coming to Wae Rebo especially to see the Penti Celebration to be there at the latest on November 15th afternoon. Furthermore, it is advisable to first inform the agenda for the arrival of guests to Mr. Martin Anggo, a local tour guide and owner of the homestay (Wae Rebo Lodge) in the village Dintor (Phone: +6285239344046) before coming to the village in order to be taken into account how many guests will stay at Wae Rebo and if guests need for a guide or porter.



Gurusina Village, Ngada

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## Tourist Information Center

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).

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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  
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✉ 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

**Immigration Office 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](mailto:kanimlabuanbajo@yahoo.com)

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

## Police

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

**Police Station, Manggarai**  
Jl. Katedral No. 1 Ruteng, Flores, NTT, Indonesia  
☎ +62 385 86500

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

**Police Station, Ngada**  
Jl. Kartini, Bajawa, Ngada, Flores, NTT, Indonesia  
☎ +62 21007

## Hospital

**Siloam Hospitals Labuan Bajo**  
Jl. Gabriel Gampur, RT. 005 RW. 007, Labuan Bajo,  
Manggarai Barat  
☎ +62 385 2381900 ext. 29270

**St. Joseph Polyclinic**  
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](http://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.



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**Tourist Information Centre Labuan Bajo**  
Jalan Mutiara, Phone: +62 8234 0566 105



Also available at:

**Tourist Information Centre Moni**  
Jalan Trans Ende-Maumere  
Phone: +62 8123 6875 241

**Tourist Information Centre Bajawa**  
Jalan Jenderal Ahmad Yani  
Phone: +62 8234 1932 186

**Tourist Information Centre Ende**  
Jalan Bhakti No.1, Ria Beach, Ende  
Phone: +62 8381 23141



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