Cycling Route

**A. Horseshoe + Passar - Seaview Tour (CCT)**

Distance: 150km (3 - 4 h), difficulty: -
Average speed: 20 km/h
Equipment: -
Level: -
Note: The itinerary is subject to traffic and weather conditions.

**B. Gea Balo Centrum Tour (CCT)**

Distance: 15km (1-1.5 h), difficulty: -
Average speed: 20 km/h
Equipment: -
Level: -
Note: The itinerary is subject to traffic and weather conditions.

**C. Northern Beach Tour (CCT)**

Distance: 35km (2 - 3 h), difficulty: -
Average speed: 20 km/h
Equipment: -
Level: -
Note: The itinerary is subject to traffic and weather conditions.

**D. Sari Ngayong and Cunca Rani Waterfall Tour (DT - 2 days)**

Distance: 29km (2.5 - 3 h), difficulty: -
Average speed: 20 km/h
Equipment: -
Level: -
Note: The itinerary is subject to traffic and weather conditions.

Tips:
- Bring food, water and cash with you and be prepared for unforeseen things.
- Proceed towards Ruteng (by car or bicycle).
- Return to Labuan Bajo by car.
- Cycle 29km back to Labuan Bajo (mostly downhill or flat).
- Back at the cycle starting point there are possibilities:
  - Cycle back to Labuan Bajo (main road or flat terrain)
  - Drive to see a small waterfall (Cunca Rani) or drive back to Labuan Bajo
  - proceed to Ruteng.
  - Proceed towards Lumbung (by car or bicycle)

Transfers:
- Gear rental.
- Lunch at the warung or at the homestay.
- Dinner at the warung or at the homestay.

**Notes:**
- The itinerary is subject to traffic and weather conditions.
- The last point with a possibility to stay overnight is Werang again, with a local homestay or the guesthouse of St. Klaus, which is an annex of the main school.
- Another possibility is to walk or even cycle around the lake if the weather or road conditions allow to do so. This might take you several hours.
- Drive or cycle back to Werang (9km again) after visiting the thermal area close to the beach.
- After a break you will mostly cycle uphill towards the crater rim, then drive down to the lake (Sano Nggoang), turn left at the lake and after a total of about 10km drive through the lovely area along Mount Mbeliling with terraces, villages and farmland. After around 20 minutes (13km) you will reach the village of Cunca Rani, which is a delightful village with a small waterfall and a natural park.
- After the waterfall you will mostly cycle uphill towards the crater rim, then drive down to the lake (Sano Nggoang), turn left at the lake and after a total of about 10km drive through the lovely area along Mount Mbeliling with terraces, villages and farmland. After around 20 minutes (13km) you will reach the village of Cunca Rani, which is a delightful village with a small waterfall and a natural park.
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**Point of Interest**

**Batu Cermin**
Batu Cermin is set within an impressive panoramic rock formation near Labuan Bajo. Through a hole in the rock, rays of light flood their way into the cave’s inside walls where they perform a spectacular show of reflected sunlight. This fantastic effect is caused by water, extreme temperature and pressure conditions and the unique rock composition. If you want to experience this natural 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 10 am.

**Sano Nggoang**
Sano Nggoang is one of the deepest volcanic crater lakes in the world at a depth of around 70m. Challenge yourself with a rigorous trek to the lake’s summit – Panca Tours Flores: Enjoy a village experience in hiking or explore the wonderland of the Sano Nggoang volcano on horseback. Be sure to take your time trying the therapeutic mud spa treatment in its natural sulfuric hot springs.

**Cuncu Rami Waterfall**
Cuncu Rami waterfall is an enchanting natural waterfall located about 2h from Labuan Bajo on the direction of Wuring. Enjoying with bird watching and exotic fauna and plants, the trail to Cuncu Rami Waterfall is one of the most treasured and highly recommended treks to脑袋山 area.

**Mount Mbeliling**
June to November is the right time to trek on Mount Mbeliling. The trail starts from Roe, a village located 600m above sea level in the foot hills of the mountain. Trekking lecture about Mbeliling consists of a zapping tour, perfect for Lord Buddha and an ideal place for bird watchers who will be surrounded by rich diversity of marine life, exotic fauna, wild orchids and tropical plants. The trail to the summit of Mount Mbeliling is a true test of the visitor’s endurance as it is covered by steep and high slopes.

**Komodo National Park**
Highlights in tourist magazines worldwide, Komodo National Park offers more than just its prehistoric dragons (Varanus komodoensis), explore different adventure treks around Komodo and Rinca, or explore off the beaten path along the slopes of Mount Aru and Poreng Valley that are home to the prehistoric dragon (Varanus komodoensis). Explore different adventure treks around Komodo and Rinca, or explore off the beaten path along the slopes of Mount Aru and Poreng Valley that are home to the prehistoric dragon (Varanus komodoensis). Komodo National Park offers more than just its prehistoric dragons (Varanus komodoensis). Explore different adventure treks around Komodo and Rinca, or explore off the beaten path along the slopes of Mount Aru and Poreng Valley that are home to the prehistoric dragon (Varanus komodoensis).