### Cycling Route

<table>
<thead>
<tr>
<th>Route</th>
<th>Distance &amp; cycling time</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>MO-A</td>
<td>Night Trip to Kelimutu for Sunrise (CT/DT)</td>
<td>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 find the milestone 2km to Kelimutu.</td>
</tr>
<tr>
<td>MO-B</td>
<td>Combined Hiking &amp; Biking route to Pemo and Kelimutu (RT/DT)</td>
<td>Approximate distance from the village office of Moni to Wolokai is 3km. From there, you will cycle/walk on a very small muddy track uphill to the village.</td>
</tr>
<tr>
<td>MO-C</td>
<td>Combined Biking &amp; Hiking route to Pemo and Kelimutu (RT/DT)</td>
<td>The return back to a level surface is a very nice ride to the parking area.</td>
</tr>
</tbody>
</table>

#### MD-A: Night Trip to Kelimutu for Sunrise (CT/DT)

- **Starting point:** Village office of Moni.
- **End point:** Kelimutu crater lakes.
- **Distance & cycling time:** 10km (4h). T-shirt/sweater and a wind-stopper jacket/raincoat as well as water and food.
- **Starting time:** 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 until you reach the parking area at 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).

#### MO-B: Combined Hiking & Biking route to Pemo and Kelimutu (RT/DT)

- **Starting point:** Village office of Moni.
- **End point:** Kelimutu crater lakes.
- **Distance & cycling time:** 14km (5h). Equipment / Level: Demanding. Approximate distance from the village office of Moni to Wolokai is 3km. From there, you will cycle/walk on a very small muddy track uphill to the village. |

#### MD-C: Combined Biking & Hiking route to Pemo and Kelimutu (RT/DT)

- **Starting point:** Village office of Moni.
- **End point:** Kelimutu crater lakes.
- **Distance & cycling time:** 16km (6h). Equipment / Level: Demanding. Approximate distance from the village office of Moni to Wolokai is 3km. From there, you will cycle/walk on a very small muddy track uphill to the village. |

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**Tourist Information Center of Moni - junction to Kelimutu - Liasembe - Sa'o Ria - Kolorongo - Waturaka - Manukako - Park entrance gate - Wolowaru - Moni.**

- **Distance & cycling time:** 18km (6h).

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**Cycling Route**

- **Starting point:** Village office of Moni.
- **End point:** Kelimutu crater lakes.
- **Distance & cycling time:** 20km (7h).

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**Discover Nature & Culture through the Local Expert**

- **Office:** J. Raya Kotha, 4K Klik, RT 33, Lombok Timur, NTB.
- **Phone:** 08126 2543 007
- **Email:** info@natureer.com

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**MD-D: On Transflores Highway from Moni to Ende (OT)**

- **Starting point:** Village office of Moni.
- **End point:** Village office of Ende.
- **Distance & cycling time:** 24km (8h). Equipment / Level: Simple. Approximate distance from the village office of Moni to Wolokai is 3km. From there, you will cycle/walk on a very small muddy track uphill to the village. |

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**MD-E: Offroad - Round trip hiking & Biking route to Pemo and Kelimutu (RT/DT)**

- **Starting point:** Village office of Moni.
- **End point:** Kelimutu crater lakes.
- **Distance & cycling time:** 28km (10h). Equipment / Level: Demanding. Approximate distance from the village office of Moni to Wolokai is 3km. From there, you will cycle/walk on a very small muddy track uphill to the village. |

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**MD-F: Offroad - Round trip hiking & Biking route to Pemo and Kelimutu (RT/DT)**

- **Starting point:** Village office of Moni.
- **End point:** Kelimutu crater lakes.
- **Distance & cycling time:** 30km (12h). Equipment / Level: Demanding. Approximate distance from the village office of Moni to Wolokai is 3km. From there, you will cycle/walk on a very small muddy track uphill to the village. |
**Important Numbers**

- Immigration Office Class III Labuan Bajo
  - Inquiry/complaint Phone: +62 8123 8554 899
  - Inquiry/complaint Email: kanimlabuanbajo@yahoo.com
- POLRES Ende (Police)
  - Phone: +62 382 21150-51 / Fax. +62 382 211 80
- District Health Care Center Ende (Puskesmas)
  - Phone: +62 381 21501

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**Tourist Information Center**

- Ende
  - Phone: +62 381 231 41
- Maumere
  - Phone: +62 361 271 145
- Labuan Bajo
  - Phone: +62 385 41181
- Bajawa
  - Phone: +62 821 450 467 12
- Moni
  - Phone: +62 821 450 467 12

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**Point of Interest**

### Kelimutu National Park

Kelimutu National Park, home of Eastern Flores' natural heritage, offers adventurous trekking trails. Travelers flocking to witness the sacred tri-colored crater lakes will also get to observe how Harmonie village life as part of their cross-country experience in the park's trademark. Add to your walking shoes and get ready to experience the unmatched beauty of Flores' four villages. These villages are also renowned for their magnificent sunrise, which is best viewed from the village of Moni, or viewed in the warm pool of Kolorongo, Welicita and Maloswara natural hot springs.

### Muru Ndao Waterfall

Located about 20 minutes from the village of Moni, Muru Ndao waterfall can be reached by walking for 20 minutes from the village of Moni. While the hike is long, the views are well worth the effort. The waterfall with stunning natural surroundings is very exciting to be explored for every tourist. The waterfall is situated in a forest area which makes it a great place for bird-watching. The locals frequently visit for bathing. What makes it unique is the evening of cool water and hot springs has a refreshing effect.

### Wologai

Wologai is one of the few villages in the Ende district with well-maintained houses built in the traditional Tanu culture architectural style. Throughout the area there are several overgrown trails to bushes of beautiful buildings, forming a big historical community that usually takes place in August. Wologai people from far and wide will visit Moni's village and turn it into a tiny local spot. Tourists can construct temporary houses in the field of the village and the last is located inside the village. The village already burnt down several times and had to be reconstructed.

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**Glossary**

- Wheel
- Water bottle mount
- Tubing
- Tire
- Suspension
- Street
- Steertube
- Stand, kickstand
- Spoke, crossing
- Shifter, changer
- Seatpost clamp
- Seatpost
- Rim
- Reflector
- Gear
- Frame
- Fork
- Fender
- Derailleur (front and rear)
- Cromoly steel
- Crank
- Cog cassette, cog set
- Cog
- Chainring
- Chain
- Break, disc break
- Bike lock
- Bike computer
- Bell, bike bell
- Bar, handlebar
- Air pump
- 3x9 speed transmission

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**Tourist Information Center**

- Labuan Bajo
  - Phone: +62 385 41181
  - E-mail: niggela@niggela.com
  - Komododestinationinfo@gmail.com

**Nggela**

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

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**Arboretum Kelimutu National Park**

Enjoying the wonder of Kelimutu National Park in Flores wasn’t only about the famous sunrise on the tripod and the top of the mountain, but also some rare plants. For nature lovers, the Arboretum Kelimutu National Park is the place to be. From being a conservation area, the Arboretum is also a great place for observing various types of flora, especially indigenous flora. After the sunrise, before noon is a good time to enjoy the bird songs.