### Cycling Route

**RU-J: Traditional Village Pulu and Rice Fields Tour (CCT)**
- **Distance & cycling time:** 2-3 hours
- **Average speed:** 10 km/h
- **Equipment / Level:** Advanced or Intermediate
- **Average speed:** 30 km/h

**Tour Route**
- Start at town square in front of Kecamatan Manunmadu.
- Continue on route south to Jalan Diponegoro.
- Head to the west (Kampung Ruteng) after less than 3km, turn right into a small road.
- On your left you can see the sidewalk towards the rice fields.
- Pass the Kantor Bupati and turn left to Jalan Katedral.
- Follow the road sign to Iteng/Ulumbu.
- First you have to ride for 7km to reach the building complex ‘Kantor Bupati’.
- Then continue for 4km on Jalan Ahmad Yani.
- Turn left and ride the rest of the way to Ulumbu.
- You will have nice views of rice fields and mountains.
- Pass the river and cross it.
- Reach the end of the road at the foot of the ridge.
- Enjoy the rest of the day here at this basic, but clean mountain hut-like place and enjoy the provided light meal.
- The natural environment is inviting to spend the evening with a drink while looking at the stars.

**RU-I: Golo Curu and around Airport Tour (CCT)**
- **Distance & cycling time:** 8km (approx. 1h)
- **Average speed:** 15 km/h

**Tour Route**
- From Banyan tree (town square) - Jalan Motang Rua - Jalan Wae Ces - Golo Curu (pilgrims hill at the north end of the city) - along the airport runway to the end.
- Your tour starts with a break on the main road, then you will see the airport and the town square.
- You will see the airport runway.
- Continue your way and make your way towards the airport.
- You will see the airport and the town square.
- Enjoy the rest of the day here at this basic, but clean mountain hut-like place and enjoy the provided light meal.
- The natural environment is inviting to spend the evening with a drink while looking at the stars.

**RU-D: Route to Wae Rebo (CCT - 3 days)**
- **Distance & cycling time:** 60km (approx. 6h)
- **Average speed:** 15 km/h

**Tour Route**
- Start at town square in front of Kecamatan Manunmadu.
- Continue on route south to Jalan Diponegoro.
- Head to the west (Kampung Ruteng) after less than 3km, turn right into a small road.
- On your left you can see the sidewalk towards the rice fields.
- Pass the Kantor Bupati and turn left to Jalan Katedral.
- Follow the road sign to Iteng/Ulumbu.
- First you have to ride for 7km to reach the building complex ‘Kantor Bupati’.
- Then continue for 4km on Jalan Ahmad Yani.
- Turn left and ride the rest of the way to Ulumbu.
- You will have nice views of rice fields and mountains.
- Pass the river and cross it.
- Reach the end of the road at the foot of the ridge.
- Enjoy the rest of the day here at this basic, but clean mountain hut-like place and enjoy the provided light meal.
- The natural environment is inviting to spend the evening with a drink while looking at the stars.

**RU-G: Golo Curu and around Airport Tour (CCT)**
- **Distance & cycling time:** 8km (approx. 1h)
- **Average speed:** 15 km/h

**Tour Route**
- From Banyan tree (town square) - Jalan Motang Rua - Jalan Wae Ces - Golo Curu (pilgrims hill at the north end of the city) - along the airport runway to the end.
- Your tour starts with a break on the main road, then you will see the airport and the town square.
- You will see the airport runway.
- Continue your way and make your way towards the airport.
- You will see the airport and the town square.
- Enjoy the rest of the day here at this basic, but clean mountain hut-like place and enjoy the provided light meal.
- The natural environment is inviting to spend the evening with a drink while looking at the stars.

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**Discover Nature & Culture Through the Local Expert**
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- www.florestourism.com
- The Local Expert
- Branch Office
- Children riding a bicycle, Wae Rebo
**Point of Interest**

**Celo Camp**

This hill is the best spot to enjoy a 360° panoramic view of the city of Ruteng, the sacred (but not rice fields), surrounding hills and Allan, the capital of Flores island. The city is located on a hill, and the hill is surrounded by rice terraces which are unique in Indonesia. This hill is also the highest point in Ruteng and offers a beautiful view of the city. The hill is located on the west side of Ruteng, near the city center. It is a popular place for visitors, especially during the sunset, when the colors of the sky are reflected on the water. The hill is also famous for the traditionalCompang, which is located nearby. The Compang is the center of traditional ceremonies and rituals, and is a popular place for visitors to take photos and enjoy the view.

**Ruteng Pu’u**

The traditional village of Ruteng Pu’u, located on the west side of Ruteng, is one of the most popular places to see the traditional Compang, a round, stone platform surrounded by a circle of stones and traditional houses. This village is also famous for the nearby Waterfall, which is located on the east side of Ruteng. The waterfall is a popular place for visitors to take photos and enjoy the view. The village is also home to typical Manggaraian traditional houses called Mbaru Niang.

**Cancer Spiderweeds Rice Field**

In Manggarai, you will certainly be captivated by the impressive single fields. The most amazing view over a rice field is offered in Canggu, which is a part of Manggarai. With their round, spider web structure, these pieces of land are unique eye-catchers in Manggarai. They are surrounded by beautiful rice terraces which are unique in Indonesia. This hill is also the highest point in Ruteng and offers a beautiful view of the city. The hill is located on the west side of Ruteng, near the city center. It is a popular place for visitors, especially during the sunset, when the colors of the sky are reflected on the water. The hill is also famous for the traditionalCompang, which is located nearby. The Compang is the center of traditional ceremonies and rituals, and is a popular place for visitors to take photos and enjoy the view.

**Liang Bisu**

Liang Bisu (Tambora Cave) is a limestone cave in Manggarai district where a team of archaeologists, geologists, and paleontologists excavated evidence of the Floresian, a species of Homo sapiens which lived in Southeast Asia around 50,000 years ago. The cave is located on a hill, and the hill is surrounded by rice terraces which are unique in Indonesia. This hill is also the highest point in Ruteng and offers a beautiful view of the city. The hill is located on the west side of Ruteng, near the city center. It is a popular place for visitors, especially during the sunset, when the colors of the sky are reflected on the water. The hill is also famous for the traditionalCompang, which is located nearby. The Compang is the center of traditional ceremonies and rituals, and is a popular place for visitors to take photos and enjoy the view.

**Tengkulese Waterfall**

Tengkulese Waterfall, which is also referred to as Cunca Lega (cunca means ‘waterfall’ in the Manggarai language) is named after the nearby village. The waterfall is located on a hill, and the hill is surrounded by rice terraces which are unique in Indonesia. This hill is also the highest point in Ruteng and offers a beautiful view of the city. The hill is located on the west side of Ruteng, near the city center. It is a popular place for visitors, especially during the sunset, when the colors of the sky are reflected on the water. The hill is also famous for the traditionalCompang, which is located nearby. The Compang is the center of traditional ceremonies and rituals, and is a popular place for visitors to take photos and enjoy the view.