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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Cover Story
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 Manggarai people are proud of.

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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°C - 34°C (temperature might drop to 12°C in highlands)
- Best Time to Visit: May - August

Flores Sea
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 Denpasas, Bali and direct flight from Jakarta to Labuan Bajo.

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 the roads are often steep, curvy, and in a mediocre condition, 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.

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.

IN THE ISLAND

Flores requires some patience and some time to adjust. 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 (a 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 NT II (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, Trasnnessa, Sriwijaya/Nam Air and Kalstar Aviation are the operating airlines to/from Flores.

WHEN TO GO

WHEN TO GO

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 point 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 individuals 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)

EXPLORE THE EXTRAORDINARY FLORES 17
Flights from Denpasar to
Jakarta
Surabaya
Yogyakarta
Makassar
Labuan bajo
Maumere
Waingapu
Dili

**Amazing Atlas Pearls**

Take home the spirit of Flores, take home an Atlas South Sea pearl. Make your visit to Flores one to remember by visiting the Atlas pearl farm. Explore the magic, experience the nature and unlock the mysteries of the South Sea pearl for yourself.

For farm tours please call or email:

**PUNGGU FARM**

**TELEPHONE**: +62 811 384 8212

**EMAIL**: Komodo.Showroom@cipindo.com

Photography except where noted by

“Wahyudi Tan”  IG: @wahyuditan

Image by Russell James
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 Sebayer and around Kanawa island.
• Return to Labuan Bajo.
• Stay overnight at Labuan Bajo.
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 380m 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.

PLACES TO GO
ISLAND HOPPING AROUND KOMODO / 3D2N

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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, nudibranchs, fine 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.

**Pink Beach**
Dive site of central Komodo Island, Manggarai Barat

<table>
<thead>
<tr>
<th>Dive Type</th>
<th>Reef Type</th>
<th>Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wall</td>
<td>Hard and soft coral encrusted rocky wall</td>
<td>28m</td>
</tr>
</tbody>
</table>
**KARANG MAKASSAR (MANTA POINT)**
Komodo National Park

<table>
<thead>
<tr>
<th>Dive Type</th>
<th>Reef Type</th>
<th>Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drift</td>
<td>Hard &amp; soft coral fringing reef</td>
<td>25m</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Dive Type</th>
<th>Reef Type</th>
<th>Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seamount &amp; Coral Garden</td>
<td>Hard coral fringing reef &amp; sandy slope</td>
<td>30m</td>
</tr>
</tbody>
</table>

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. Follow the slope to the north, you will discover a beautiful coral garden and small rocks littered across the sandy bottom down to 20m. 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.

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

<table>
<thead>
<tr>
<th>Dive Type</th>
<th>Reef Type</th>
<th>Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drift</td>
<td>Hard &amp; soft coral fringing reef &amp; sandy slope</td>
<td>25m</td>
</tr>
</tbody>
</table>

The South Passage separates Gili Lawa Darat from Komodo Island and is best dive on a rising tide, when the current from 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 anemones, 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 sandy bottomed, although it is popular in the high season with liveaboards, as Gili Lawa Bay offers a good anchorage.

**PLACES TO GO**

**Sea Kayaking, Komodo National Park**

**ISLAND HOPPING AROUND KOMODO / 3D2N**

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WAE REBO AND KOMODO DRAGON EXPLORATION

6 DAYS / 5 NIGHTS

**PLACES TO GO**

**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 – DENGGE
- 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:**
DENGE – 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 – DENGGE – DINTOR – LABUAN BAJO
- After breakfast, trek down to Denge village where lunch will be provided.
- After lunch, drive to Labuan Bajo via Dintor and Nanggali (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.

BATUS 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 Manggarai 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 Manggarai 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

Rice Field, Manggarai
PLACES TO GO

FLORES OVERLAND ADVENTURE

12 DAYS / 11 NIGHTS

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 Baru Village where you can see mount Lewotobi and coffee plantation at Hokeng.
• Continue driving to Tihthana where you can see very nice panorama of Konga Bay and mount Lewotobi.
• Visit Catholic Cathedral Kekaha 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 Lewoklua which is famous for its ikat weaving.
• At noon drive back to Maumere and visit ile Paduang 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 Rubeng 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.

KELIMUTU NATIONAL PARK
Ende
Kelimutu National Park, the icon of Eastern Flores natural heritage, offers adventurous trekking. Cyclists, travelers flocking to witness the sacred tri-colored crater lakes will also get to witness Floresene village life as part of their cross country experience in the park. Rainforested hill and yoga trekking shoes need not ready to explore the traditional village of Pemo and Woloara. Then either end at Muru Nda'o waterfall or Moni, or unwind in the warm pool of Kolorongo natural hot spring in Waturaka.
**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 Kanamese Lake before arriving in Ruteng.
- Stay overnight in Ruteng.

**DAY 9: RUTENG AND SURROUNDING**
- Morning trekking to Tengkulese waterfall in the northern part of Ruteng, Tengkulese waterfall which is also referred to as Cunca Lega (‘Cunca’ means waterfall in the Manggarai 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.
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.

CURUSINA 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.

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 Palau Tujubahdias, 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
Tengkulese 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 3km through a beautiful panoramic landscape – including a neat bamboo forest – and passes through the village of Tololela.

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 15km from Ruteng and the drive takes less than 40 minutes.
Ikat Woven Clothes, Sikka Wawomudha Crater, Ngada
Cruise Komodo with SeaTrek Sailing Adventures

Let us take you on an unforgettable journey around the magical islands of Flores and beyond on their traditional pinisi schooners, Ombak Putih and Katharina, where you will discover a world of ancient peoples and traditions, mysterious multi-coloured lakes, pink-sand beaches, gin-clear waters, prehistoric Komodo dragons, stunning wildlife and coral reefs of unsurpassed beauty.

With five-star service, fantastic cuisine, deluxe en-suite cabins, and nothing but tropical blue skies on the horizon, we guarantee you the holiday experience of a lifetime.
EXPLORE THE EXTRAORDINARY FLORES

Bidadari Island, Komodo National Park

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CULTURE & HERITAGE

WAJO
Nagekeo
Very well maintained traditional houses and memorials are the attraction in the highland village of Wajo. Easily reached from Raja (Boawae) or Nangararo, 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 Kendu - a village in Aesesa Selatan Sub-District, the less-traveled village is home to Nagekeo’s traditional rural houses called Sa’i’i Vao. Tutubhada’s stilt houses have a unique shaped roof.

TUTUBHADA VILLAGE
Nagekeo

WOLOTOPO
Ende
Situated on a hill about 1km from Ende, Wolotopo’s centuries-old traditional 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.

WOLOTOPO

AQUAMARINE WATER PARADISE

SAILING ON PHINISI BOAT
Komodo National Park
Indonesia’s Komodo Island is known for its ancient giant lizards and the untouched wilderness, but a luxury phinisi voyage has introduced the most seductive way to enjoy the sapphire blue waters surrounding Komodo and its neighbouring islands. Built by the country’s most legendary shipbuilders on the island of Sumbawa, these phinisi boats combine luxurious sailing with smooth cruising and complete hotel facilities aboard.

SAILING ON PHINISI BOAT

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.

KAYAKING

SNORKELING
Sikka & Nangararo
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.

SNORKELING

OTHER ATTRACTIONS

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 2.5km from Labuan Bajo in the direction of Wologai. 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.

CUNCA RAMI

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 Wolowiro Village in the Paga sub-district. It takes about 45min ride from Maumere and 35km from Wolowai.

KOKA BEACH

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 Bitukabang and Riangsongrai in Solor, Watotena/Ina Burak beach and also Mekobani island in Adonara.

SOLOR & ADONARA

HORSEBACK RIDING
Manggarai Timur
Mbitala Beach is in Kitakomba sub-district in East Manggarai, about 4km east of Boroeng, 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 Nanggolola Hill where you will be able to catch a beautiful view over the sea and the surrounding farmland.

HORSEBACK RIDING

NATURE

TUTUBHADA VILLAGE
Nagekeo

ADVENTURE TRAILS

HIKING MOUNT EGON
Ende
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.

HIKING MOUNT EGON

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.

TIWU SORA LAKE

KAYAKING
Manggarai Barat

SNORKELING
Sikka & Nangararo

EXPLORE THE EXTRAORDINARY FLORES
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COMMUNITY BASED TOURISM

TAIDO 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 Manggarai 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 programmes.

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 and 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. Risks 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 Mantal Relax and enjoy the show.

Tips by Jo Marlow
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 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. In addition to this, there are about 30 dive sites in Maumere Bay, including the spots around the Pemana Island chain.

**DIVING AROUND MAUMERE, SIKKA**

**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 districts where you can withdraw money 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.

**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, local fish, meat, vegetables and other regional products. In the larger towns you can find a range 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.

**TRAVEL TIPS**

**DO’S AND DON’T’S**

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 steer clear of swimming – 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 frequented 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.

**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 for passing 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.

**It definitely pays off to wake up very early if you want to have a complete culinary and cultural experience of a Florenese market.**

All Florenese products, that cloth which is sold in locally different forms, colors, and styles, is definitely the most meaningful, valuable, and unique souvenir. Florenese ikat is mostly hand-woven, and some of the cloth is made out of all natural ingredients – from the cotton to the dyeing agents. Thus, it may take up to three years to produce such a magnificent piece of art.
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 Larantuka, 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.

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Gourmet experiences: Enjoy delicious local dishes, as well as professional tour operators available to make your stay in Flores a rewarding experience. 

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  Tel: +62 361 849 6777 | +62 812 90998855
  jln.aturuk.29.nekang.ruteng.86751.eastnusatenggara@gmail.com

- PT. Manumadi Wisata
  Jl. Sawatama, Hatte, Luba, Bayo,
  Manggarai Barat, Flores, NTT, Indonesia
  Tel: +62 361 753 045
  manumadi-inb@dps.centrin.net.id
  +62 361 445 6191 / 474 3902
  info@seatrekbali.com
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- Flores Exotic Tours
  Main Office
  Jalan Jokotap 88, Ngegeng, Kelurahan Keulo, Ruteng, NTT East Nusa Tenggara
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  Jalan Baru, Labuanbajo, Manggarai - Manggarai Barat - Flores, East Nusa Tenggara
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  www.floresexotic.com

- The Jayakarta Suites Komodo Flore
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  info@jaysuiteskomodo.com
  www.jaysuiteskomodo.com

- Puri Sari Beach Hotel
  Jl. Pantai Pura, Kecamatan Komodo, Luba, Bayo, Flores, NTT, Indonesia
  Tel: +62 361 466 770
  info@pusarihotel.com
  www.pusarihotel.com

- Exotico Hotel Komodo
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  Tel: +62 361 463 20
  info@exoticohotel.com
  www.exoticohotel.com

- SeaTrek Sailing Adventures
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  Kec. Oenjangan, NTT,
  Indonesia
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  steve@seatrekbali.com
  www.seatrekbali.com

- Bajo Eco Lodge
  Jalan Pantai Pole, Luba, Bayo, Flores,
  NTT, Indonesia
  Tel: +62 361 463 20
  info@ecolodgesindonesia.com
  www.ecolodgesindonesia.com

- Scuba Junkie
  Watulake, Luba, Bayo, Flores
  Tel: +62 361 447 525
  info@scubajunkiekomodo.com
  www.scubajunkiekomodo.com

**Dive Operator**
- Blue Marlin Dive Komodo
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  Tel: +62 361 463 20
  info@bluemarlinkomodo.com
  www.bluemarlinkomodo.com

- Komodo Crater Lakes Eco Lodge
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  Tel: +62 361 372 22
  info@komodolodge@gmail.com
  +62 385 413 77
  +27 1538
  +62 812 361 51956
  www.kelimutueco.com

- Kelimutu Crater Lakes Eco Lodge
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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.**

**Important Number**
- Immigration Office Labuan Bajo
  Jl. Gabriel Gampur, Labuan Bajo, Flores, NTT, Indonesia
  Tel: +62 385 722 775 | +62 361 471 9383
  res@ecolodgesindonesia.com
  +62 385 414 00
  info@florestourism.com
  +62 385 413 40
  info@florestourism.com

- Immigration Office Maumere
  Jln. Tjandra No 24 Maumere, Flores, NTT, Indonesia
  Tel: +62 385 421 34
  info@florestourism.com
  +62 361 424 31
  info@florestourism.com

**Police**
- Police Station, Manggarai Barat
  Jl. Frans Sales Legen Kompenagger, Labuan Bajo, Manggarai Barat 8654, NTT, Indonesia
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  +62 812 361 51956
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- Police Station, Manggarai
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- Police Station, Ende
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  +62 385 244 3662
  www.bluemarlinkomodo.com

- Police Station, Ngada
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  +62 385 244 3662
  www.bluemarlinkomodo.com

- RSUD Ende
  Jl. Dr. K.H. Yana, Ende, Flores, NTT, Indonesia
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  www.kelimutueco.com

**Hospital**
- Siloam Hospitals Labuan Bajo
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  info@florestourism.com
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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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