

Cycling Route

BA-A: City Sunrise Tour (CCT) ■
Distance & cycling time: 11km (50 - 75 min) with extra loop to Pasar: +7km (45 min)
Average speed: 13km/h with extra loop to Pasar: 10 km/h
Equipment / Level: ★ / Easy
Route: Jalan Ahmad Yani (Tourist Information Centre Bajawa) - Jalan Sukarno Hatta - Jalan Gajah Mada towards Riung - KM2.5 after the bridge & stone pit on the right of the road to view the sunrise - back the same way (1.5km) to Jalan Gajah mada - Jalan Soekarno Hatta to the north - 300m after the Cathedral on the left of the junction - Football field/meeting place-take a left down to Jalan Ahmad Yani - Jalan Basuki Rahmat - Jalan Gajah Mada (right) - Jalan Soekarno Hatta (left) - turn right at military camp - Jalan Basuki Rahmat (right) - take the next left to Bajawa market (shops) and Lagganan Supermarket - Jalan Basuki Rahmat-Jalan A. Yani (TIC).
 Additional loop: from KM2.5 turn right for 2km down to the market (pasar besar) - 2.5km uphill ride to Jalan Soekarno Hatta - continue to Jalan Gajah Mada

Start at TIC and follow the main road to east, turn right at the big junction after BRI bank and follow the road towards Soa/Riung direction for about 2.5km to reach the point from where you can see a beautiful sunrise around 6 am close to the peak of Gunung Ebulobo in the south-east. At the same time you can see the big peak of Gunung Inerie which is closer in the south. On the way back turn left down (ask people) to walk around the fresh market (Pasar Besar Boubou). Back on the main road, turn left at the same big junction and pass by the post office, the Regent Office and the Santo Yoseph Cathedral. Around 300m turn left and follow the road to the green field (Alun-alun Kartini). After that, ride down to the left to Jalan Ahmad Yani again and find a rather busy road (Jalan Basuki Rahmat) after the Edelweiss Hotel. If you like, you could stop for a fresh fruit juice in a warung on the right side. After that, cycle further north to find Jalan Gajah Mada again, turn right twice and drive down the hill to the wide road again. At the penitentiary turn right twice (again Jalan Basuki Rahmat) and after 300m (turn left) to the Bajawa Market with shops and the Lagganan Supermarket. Find the way back to your hotel or to the TIC at Jalan Ahmad Yani.

BA-B: Wawomuda Volcanic Tour (CT/DT) ■
Distance & cycling time: 12km (1 to 1.25h) Combination of cycle and hike!
Average speed: 14km/h (go and back)
Additional Time: approx. 4km, uphill 1 to 1.5h; down 1h (hiking)
Equipment / Level: ★★ / Easy to Medium
Route: Jl. Gajah Mada (Lagganan Supermarket) - Jl. Ki Hajar Dewantara - turn left towards the Hospital - Wawomuda Gate (turn right) - after 1km turn right - park in the forest junction after the last house - hiking trail at the left heading uphill - straight at junction one - turn left at junction two with the sign board - turn left at the edge after the old crater.

Start the tour at the Lagganan Supermarket, cycle north to Jalan Ki Hajar Dewantara turn left on the road before Santo Yoseph Cathedral, pass the Bajawa Hospital and Ariesta Hotel. Cross the junction and cycle all the way up the same road – at first it will be flat then uphill. Pass a village with a small traditional adat house. Turn right after the Wawomuda Gate, turn right 1km later again, cycle uphill and pass the last house on your left side. A short ride later (a rocky, steep road uphill) to the walnut trees to find the place for parking that will turn into an uphill footpath to the left (be sure to lock your bike to a tree).
 Start the hike to reach the first junction. Follow the path which goes over a small concrete part, then pass the coffee plants. From there you will reach another junction. Turn left there and hike for a while between the two former volcanic craters (now covered with fields), keep going uphill and turn slightly right around the right crater and to take the even more narrow footpath on the right heading uphill to the highest edge. Just behind this you can see down on Wawomuda, to see the crater with the two small lakes (erupted in 2001). Enjoy the scenery and have a break or a picnic or you could walk down to explore the crater area that is close by (be aware the road is slippery, loose gravel, dust and ash).

- Tips:
- The tours can be done within half a day to a full day (going down to the crater field, or hiking in the area beyond the former craters).
 - Depending on your physical abilities and in case of dry weather, you can try biking on the footpath (dirt road) uphill through the plantation forest around 500m after passing the old craters.
 - If you are very short in time, then hire an ojek (motorbike taxi) in Bajawa, that can bring you in dry season all the way up close to the crater and back again.

BA-C: Oghi Waterfall Tour (CT/DT) ■
Distance & cycling time: 14km (1.25 - 1.75h)
Average speed: 12km/h
Equipment / Level: ★ / Medium
Route: TIC - Jl. A. Yani - Jl. Soekarno Hatta (turn right towards Jalan Oghi - Bajawa penitentiary) - Boubou - Oghi.

Start at TIC and proceed to Jalan Soekarno Hatta (left turn). Immediately after Bajawa Penitentiary and start the long way downhill, passing Elizabeth Hotel (on the right), at the junction keep right and make sure you pass the petrol station (then you are on the right way down the hill). Enjoy the steady and sometimes steep ride downhill for a total of 7km (take note that you have to bike the same way up to return to Bajawa later on). After a short while the road condition worsens before you reach the bottom of the hill with some houses (ask for "Oghi") stop at the right side and head back into the valley for the next goom (biking is possible on the muddy path if dry, or walking on the concrete wall of the watering system). At the end of that "valley," passing rice paddies, at the foot of the hill is a house next to the natural pool under the Oghi Waterfall. Rainbows are often to be seen in the mist of the fall, depending on the sun position. Have a picnic or take a bath. Have a look also at the micro-hydropower station behind the house.
 Tips:

- Half day tour or extendable to full day (walking and pushing the bike all the way back)
- Start early to avoid the mid-day heat.

BA-D: Ngada Country Roundtrip, including Bena (RT/DT) ■
Distance & cycling time: 36km (3.5-4.5h)
Average speed: 12km/h
Equipment / Level: ★ / Medium to Advanced
Route: Bajawa - Watujaji - Mangulewa - Warekeo - Rakateda - Manulalu - Nuamuzi - Tiworiwu - Bena - Watumeze - Bela - Watujaji - Bajawa.

Make sure to have enough food and water for this nice round trip of Ngada countryside, starting and ending in Bajawa. First, head to the bus station and take the road towards Ende. Follow the road (slightly uphill, flat, then slightly curvy and downhill) to reach the junction at Mangulewa (KM9), there turn to Bena (road sign to the right). At KM14 begins a steeper road down the hill. At the deepest point you might be able to visit a small waterfall (ask around if interested). Afterwards you will have to drive a long and demanding part uphill through the forest and other nice landscapes. At around KM18 pass a still active volcanic area with the smell of sulphurous gases. Keep straight at the junction (KM21) of Tiworiwu and reach a very short downhill leading you to the traditional village of Luba and Bena for an extended visit and break (registration and donation are required).
 On the way back (make sure to start at around 3pm) is very interesting with a lot of changes, shorter in distance but also quite challenging. Turn left at the junction (KM1) of Tiworiwu towards Langa village direction, then follow the road all the way, mostly uphill, until Watumeze (junction to Inerie). From there a long road takes you downhill towards a bamboo forest and crossing of a small river. After a challenging uphill ride, you will pass by Bela (off the left side of the road), another traditional village. After more uphill, you will reach Watujaji again and be on your way to return safely to Bajawa, enjoying the last downhill to the city district.
 Tips:

If you are a good cyclist and have the opportunity to spend the whole day in this area, you can easily expand the tour and include two more villages and stay overnight at one of the villages. Starting from Bena a hiking/biking loop (1 to 2h hiking/biking mostly downhill on a rocky road) first to the nice village of Tolelela (ask the villagers for an overnight possibility if needed), then around 3km further to the right to Gurusina and from there on mostly paved road around 5 to 7km on a steep road uphill back to Bena. From there proceed further as described in the above-mentioned main tour.



Ka Sao Ceremony, Ngada

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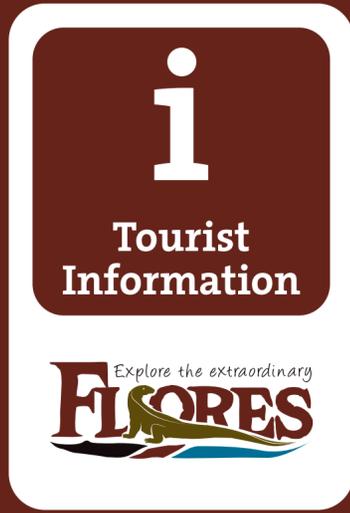
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Bajawa & Beyond
CYCLING MAP

English	Indonesian
3x9 speed transmission	Gir
Air pump	Pompa angin
Bar, handlebar	Setang
Bell, bike bell	Bel
Bike, bicycle	Sepeda gayung, sepeda
Bike computer	Komputer sepeda/tachometer
Bike lock	Kunci pengaman sepeda, spiral lok
Break, disc break	Rem, rem cakram
Chain	Rantai sepeda
Chainring	Gir depan
Cog	Gir dengan gigi
Cog cassette, cog set	Gir tumpuk belakang
Crank	Bandul pedal gir tumpuk depan
Cromoly steel	Besi krom
Derailleur (front and rear)	Shifter
Fender	Spakbor
Fork	Garpu
Frame	Frame
Gear	Posisi rantai (cepat/pelan)
Hub	As roda
Lights	Lampu depan & belakang
Pedal, treadle	Pedal
Pivot	Sepatu rem/rem karet
Reflector	Reflektor, mata kucing
Rim	Pelek
Rim brake	Rem Pelek
Saddle, seat, riding stick	Jok sepeda, sadel
Seatpost	Pipa jok
Seatpost clamp	Pengatur tinggi rendah jok
Shifter, changer	Pemindah rantai belakang/ depan
Spoke, crossing	Jari-jari
Stand, kickstand	Stand sepeda, standar
Steertube	Pipa stang
Street	Jalain
Suspension	Shock, suspensi
Tire	Ban luar
Tubing	Ban dalam
Water bottle mount	Dudukan botol minum
Wheel	Roda



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Point of Interest



Mount Inerie

Mount Inerie with its beautiful, harmonic pyramid shape, is an eye-catching peak in the Florinese 'mountain skyline'. With an altitude of 2245m above sea level, Mount Inerie is also one of the highest volcanoes in Flores. From the top of Mount Inerie, you have a stunning view that sometimes even goes as far as Sumba Island in the south. Starting from an altitude of about 900 meters, the hike will take you about 2.5 - 4 hours. Be aware that climbing Mount Inerie demands a good physical condition, and the expertise of a local guide who knows about the safe trails and weather conditions.



Oghi Waterfall

Oghi Waterfall is easily accessible from the main road and on the way to the waterfall you will get to see local farmers working their lush rice paddies. The 30-meter waterfall cascades with a buzzing sound, creating a breeze that cools the surrounding area. Next to the fall, a micro hydroelectric power plant has been installed to support the electricity consumption for the nearby towns.



Bena

Bena is a traditional community located about 16kms 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, Ngadanes-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.



Wawomudha Crater

Mount Inerie has not shown any significant activity for centuries. However, in the year 2000, due to small eruptions, a red-colored lake emerged out of the mountain's crater named Wawomudha. Thus, the new-born lake was called Wawomudha Crater Lake. This spectacular natural phenomenon is located a 1½ hour hike from Ngoranale Village, about 10km to the north of Bajawa, leaving a blackened crater. From Bajawa to Ngoranale it takes about 15-20 minutes (8-10km) by motorbike or car. In Bajawa, you start driving toward the Bajawa market and continue toward Hotel Kembang. There, you turn right in the SMA Regina direction, passing Kantor Kelurahan Susu, and then drive up toward Ngoranale Village.



Mangeruda Hot Spring

Enjoy yourself in the warm waters that flows from a natural spring to a river, sit under the shade of coconut trees, or take a short trek to more untouched scenic areas of the hot spring, starting from the road to Virgin Marie Cave, which is located next to the entrance to the spring. Request that a guide take you for a walk along the descending river amid rice fields to the canyon where the hot spring emerges. If you come in May-July, make sure you also catch Sagi, which is traditional boxing.



Gurusina

Gurusina is another Ngada village where you can get acquainted with all the wealth of Ngada culture. As it is quite easily accessible by car or motorbike (the road can get bumpy, though), it offers a good alternative to the more popular Bena for visitors who are short in time. The village was founded in about 1934 by people coming from the highlands and is one of the widest traditional village in the area with stunning panorama of boasting hills on its southern part.

Path to Belaraghi, Ngada



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