

Cycling Route

BO-A: Borong and Mangroves tour (CCT) ●

Distance & cycling time: 11km (30 - 45min)
 Average speed: 20km/h
 Equipment / Level: ★ / Easy
 Route: Borong (traffic lights, towards Ruteng) - Toka - Cepi Watu - Borong Pasar - Borong main junction.

Start the round trip in Borong at the main traffic light and cycle uphill on the Flores Highway in the direction of Ruteng. After about 2-3km, passing a stone pit on the right, in a big curve turn left, down to the village of Toko. Ride towards the beach through the rural residential area. Turn left at the beach and pass Cepi Watu, which is a frequently visited beach area. Rest or swim if you want. Proceed along the coastline, until you reach the area where mangroves can be found and two rivers meet before entering the sea (watch for the birdlife around). After another 0.5km turn right towards the weekly market of Borong and you will reach a small area with fishing boats. Finish the tour after visiting the firih, the market and the small road with shops in Borong. Continuing along the road you will arrive back at the traffic lights of the main junction.

BO-B: Downhill-Biking from Mbeliling to Borong (RT) ●

Distance & cycling time: 14km (45 - 60min)
 Average speed: 22km/h
 Equipment / Level: ★ / Easy
 Route: Church of Mbeliling - Pesek - Kampungbaru - Borong.

Start at the Church of Mbeliling (around 800masl), from where you can have nice views down to the seaside of Borong: you can see the peak of Mount Inerie in the morning hours as well as Poco Ndeki. From the church take the road down towards Borong. During the first 3km the road is in bad condition, but later on, you will have a smooth road downhill, all the way through the two villages of Pesek and Kampungbaru down to Borong (traffic lights at the junction).

- Tips:
- Try to find a Bemo (public minibus) to take you and your bicycle up to Mbeliling, otherwise you have to cycle up (around 2.5h) from Borong.
 - Maybe you can also stay overnight in a guest room of the parish's house or with a local family in the traditional part of the village (make a donation for the meal and bed).

BO-C: Trekking/Biking from Mbeliling high up to Ajang (forest and mountain area) (DT) ●

Distance & cycling time: Approx. 10km (bike for 1.5 h or motorbike uphill, around 45 min)
 Average speed: additional 1h walk
 Equipment / Level: ★★ / Demanding
 Route: Mbeling - towards Waling - turn left before Waling - follow the path through the forest to Ajang.

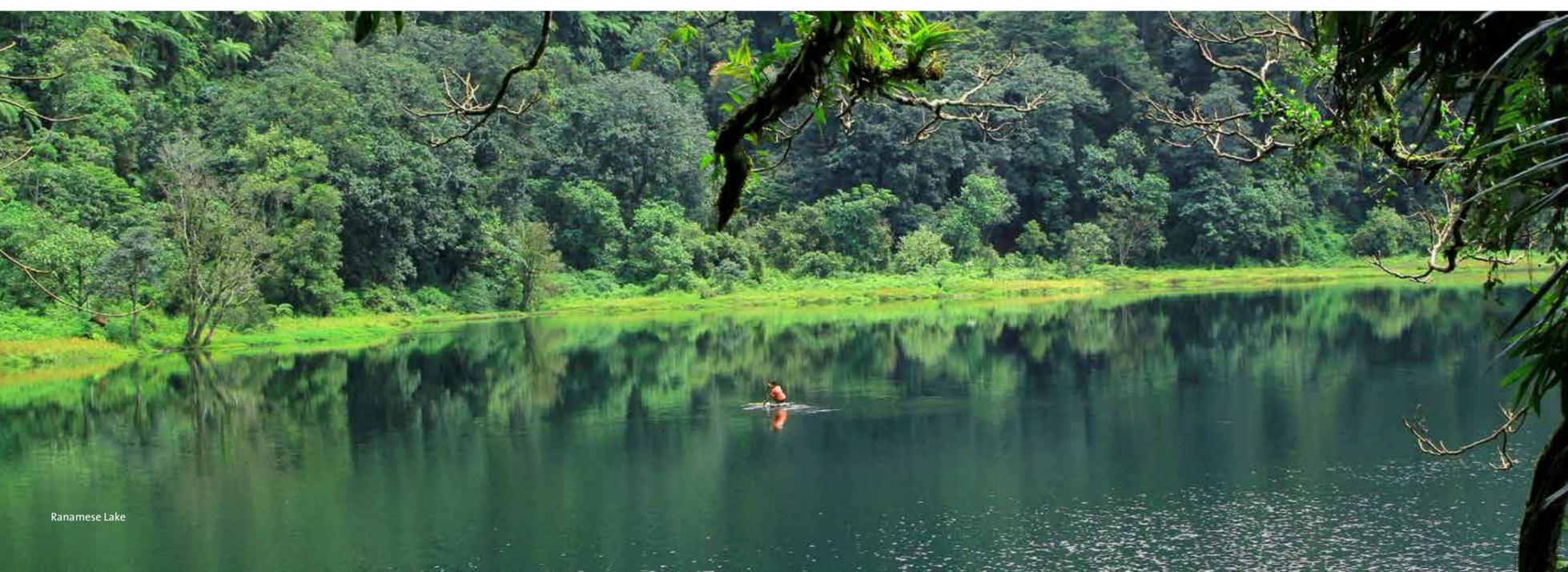
Start at the Church of Mbeling uphill on the very rocky road. Ride down again, leaving the higher part of Mbeling behind you and pass the junction towards the traditional village of Compang and pass an Adat house on the right side. Follow the ascending road and ask for the junction to Ajang. This junction is around 1 to 2km before the junction to Waling. Leave the ojek (motorcycle taxi) or lock your bike to a tree at this junction and hike around 1 hour up the path to reach the very remote village of Ajang. The resettled families of Ajang were driven out some decades ago in political struggles. They are still waiting for the legalization of land since then. You can drink some local coffee and chat with them. Afterwards take the same way back.

- Tips:
- No public transportation on this road, if you are lucky, you can find an ojek.

BO-D: From Ruteng to Mbeliling on the forest route ●

Distance & cycling time: Around 45km (around 4.5h, depending on weather)
 Average speed: 10 to 12km/h
 Equipment / Level: ★★★ / Medium to advanced
 Route: Ruteng - Mano - (Watuacie) - (Biting junction turn right towards south) - (Waling) - (Ajang) - Mbeliling.

This forest road might once have been the direct way from Ruteng to Borong, before the Transflores Highway passing the Ranamese lake was built. Nowadays only Motorbikes are using the small and rough roads. Bring food and water. From Ruteng take the Transflores Highway up to Mano (10km). Shortly after Mano, turn left at the junction towards Watuacie (ask to be sure). After about 5km keep straight across the junction (don't turn to the village) and follow the road through the forest. After another 10 to 15km, pass straight across the junction to Waling (left) and shortly later straight across the junction to Ajang (right), then follow the curvy and mainly downhill track for another 10 to 15km to reach the village of Mbeling. It is located on the plateau above Borong, with nice views of the sea and Mount Inerie in the east. Ask to get a room at the parish's house next to the church (donation) or try to go for a homestay with a family in the traditional part of the village (ask the Village Chief or Yopi). If you do not want to stay overnight in Mbeling, proceed down to Borong (see downhill tour to Borong).

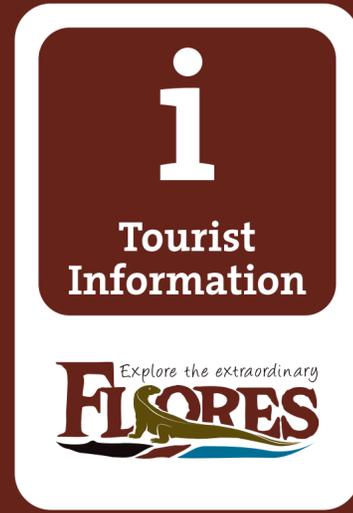


Ranamese Lake



Borong & 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	Ram
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
Steer tube	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



Cepi Watu Beach

Located only 2km from the Borong town center, this beach is a popular hangout place among the locals and a worthwhile spot to enrich your stay in Borong. The beach is interspersed with round, medium-sized black stones, which at certain times are covered by sand. There is also a natural spring where fresh water comes out from a hole in the stones. The locals sometimes come here to fetch water for their daily needs.



Mbalata Beach

Mbalata Beach is in Kotakomba sub-district in East Manggarai, about 42km east of Borong, nicely framed by Mount Inerie to the east and by soft, hilly landscapes to the west. This spot is popular among locals as well as foreign visitors. You can go for an easy hike along the wide, grey-sand coast to the grazing land of Nangarawa Hill where you will be able to catch a beautiful view over the sea and the surrounding farmland.



Ranamese Lake

Ranamese, a mountainous natural reserve (Taman Wisata Alam), impresses with its dense forests and a 21-meter-deep crater lake at an altitude of 1220m. Ranamese is ideal for those who want to explore the Florinese highlands by trekking. If you wish to visit a nearby village, Teber in Golo Rutuk, about 6km from Ranamese, is a nice place to drop by.



Poco Ndeki

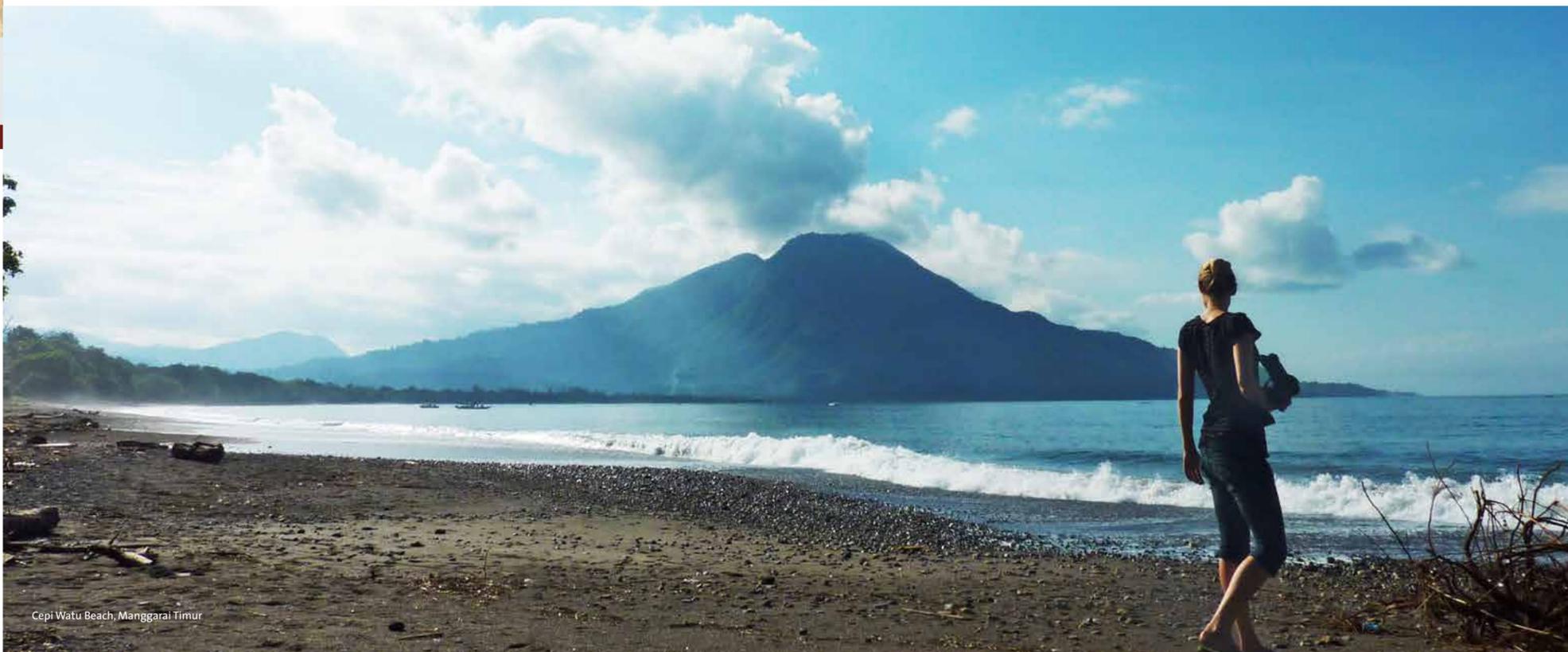
In the local Manggaraian dialect, 'poco' means mountain. Located around 12km from Borong, the capital city of the Manggarai Timur district, Poco Ndeki is 950 meters above sea level and covered by a pristine wilderness where makes it as the perfect place for bird watching. Early morning bird watching will bring you a big chance encounters with various bird species, ranging from cockatoos, pugnlors (Zoothera interpres), and kingfisher to the gagak Flores (Corvus florensis) and sometimes even the lawelujang (Asian Paradise Flycatcher/Terpisiphone paradisi), the district's iconic bird.

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Cepi Watu Beach, Manggarai Timur

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