



— Tour A Route — Tour B Route
— Tour C Route — Tour D Route
- - - - - Hiking Trail

CCT City circular/round trip
 CT City trip to point and back (same way)
 DT Day trips
 RT Round trip
 ★ Tour cycle or Mountain Bike (MTB)
 ★★ Tour cycle or Mountain Bike (MTB), containing steeper uphill parts
 ★★★ MTB highly recommended or a must

Note: Please pay attention to the traffic sign.

Cycling Route

EN-A: Northern City Tour with Bay Views (CCT) ●
 Distance & cycling time: 20km (1h 30min - 2h)
 Average speed: 14km/h
 Equipment / Level: ★★ / Easy to Medium
 Route: Simbang Lima - Jalan El Tari - Jalan Subarkan to the end of it - turn left uphill onto Jalan Ratulangi - Manungoo University of Flores - turn left short after beginning of downhill - Nuabosi Village - North Coast of Ende Bay - Jalan Hatta - Jalan Yos Sudarso - Jalan Ahmad Yani - Jalan Pattimura - Jalan Kelimutu - Simbang Lima.

For this tour it is better to have a mountain bike, because some stretches of the roads are very rough. If using a normal bike you might have to push at some parts.

Start this trip at Simbang Lima and take Jalan El Tari road uphill and turn at the second bigger junction to the right into Jalan Subarkan. Pass the petrol station (left side) and follow the road up to the end (around 1.5km). There turn left on to the steep hill where after around 2km you will see the Manungoo University of Flores on Jalan Ratulangi. From there you have nice views down to town. Follow the Jalan Ratulangi until it begins to descend towards the centre of the city and turn right at the first possibility to continue straight at this height. Follow this road which is now partially rough and rocky to reach Nuabosi Village with a school and a big cemetery in the center. At the end of the village you have a very nice panoramic view down to Ende Bay. Follow the sandy road until you reach a junction to the left, which takes you down to the beach on a paved road. If you want you can have coffee or tea at warung near the bus station.

The way back is easy, just follow the wide Trans Flores Highway and take a left turn after passing the church onto Jalan Pattimura. Turn right at the roundabout onto Jalan Kelimutu with the nice, small Potulando market on the right where you can buy some fresh fruits there, then follow the main road down and back to Simbang Lima.

EN-B: Wolotopo Village Tour (CT) ●
 Distance & cycling time: 20km (3.5 - 4.5h)
 Average speed: 12 - 13km/h
 Equipment / Level: ★★ / Easy to Medium
 Route: Simbang Lima Ende town - Wolowona - Mbu'u Beach - Wolotopo - East Wolotopo.

Start the tour at Simbang Lima and ride east to reach Wolowona after passing the Marylonga stadium after around 3km. At the edge of the market when you reach the junction turn right after the big statue and cross the bridge. Then turn right again at the next junction towards Mbu'u beach. At the gate to this beach, the road makes a left curve and then continues all the way along the water. The road rises to go around a cliff. At the top you can see ahead to one of the nicest stretches of unspoiled beach near Ende (only 6km from the city centre). The road now turns rocky and it is good if you have broad tyres on your bike.

After passing this beach you will ride up a steep slope through the forest for around 1km and the villages of West and East Wolotopo appear when you reach the top. Cycle down to Wolotopo where you can see the suspension bridge and the church. Turn left and follow the concrete road which passes under the bridge. Now you are in the well-kept and clean village of Wolotopo. This is also the only road that takes you up slightly right to East Wolotopo which has 3 unique traditional houses standing at the edge of a stone wall, built without fixtures of concrete. You can enjoy nice views down to the sea, the church, suspension bridge and the village. If you want you can get coffee at one of the warung in Wolotopo, then ride the same way back to Ende and enjoy the marvellous beach again.

Tips:
 - If you are a good cyclist it is possible to proceed from Wolotopo along the beach on a rocky gravel road around 4km further to Ngulupolo and another 4km to Reka where the road ends.
 - On the way back from Wolotopo stop after the bridge of Wolowona and visit the nice, small market along the road.

EN-C: Ndona Weaving Village/ Manulondo Tour (RT) ●
 Distance & cycling time: 17km (2 - 3h)
 Average speed: 11km/h
 Equipment / Level: ★★★ / Medium
 Route: Ende, Simbang Lima - Wolowona - Nanganesa - Ndona - Radawuwu Village - Manulondo - Pantai Mbu'u - Wolowona - Simbang Lima Ende town.

Start in the morning at Simbang Lima and proceed east to Wolowona, turn right at the hero statue and cross the bridge. Then continue straight and all the way up the road for around 4km on a good, but steep and curvy road. Pass Nanganesa before reaching Ndona with the women weaving cooperation (ask to find them if you want to buy an ikat) and further up behind Ndona to Radawuwu village. Now the road gets more challenging and very steep. After around 1km it ends in the forest and there is only a footpath left leading up to the school.

Go down around 100m to the last junction. Take this road and you will immediately be at a small single track concrete road which enters the narrow village of Manulondo. On both sides of this small road are houses of villagers very close by and after around 500m along the way on the way down you can see the traditional houses on the left side and a big family grave on the opposite side. The villagers tend to be curious, because there are very seldom cyclist or tourists around.

Enjoy the sights downhill and towards the Ende Peninsula. Further down on the very steep and narrow road you will notice the very old and huge couple of ficcus trees (Banyan tree) on the left side. Local people believe those trees symbolise husband and wife.

From there, the way down is only a rock and mud path so you definitely need a mountain bike for this trip. Follow the track all the way down for 3.5km and you will be at the junction to Wolotopo. Turn right and find access down to Mbu'u beach with stones of various colours and good waves. After visiting this nice beach, ride on the Wolotopo road westwards, pass the karaoke club and after the same bridge as the one you took in the morning you are back in Wolowona. If you want, visit the small market, then head back (3km) to the starting junction (Simbang Lima).

EN-D: Island Tour to Pulau Ende (CT/DT) ●
 Distance & cycling time: 10km in Ende + 18km on the Island (4h)
 Average speed: 13 - 14km/h
 Equipment / Level: ★★ | ★★★ / Easy to medium
 Route: Ende, Simbang Lima - Jalan A Yani - Pelabuhan junction to the left - Jalan Pasar - Pasar Mbongawani - Access to the beach (100m left of concrete jetty) - Public Boat trip at gam to Ende, Ekoreko-Ekoreko - Puutura - Kampung Baru - Metinumba - Hiking to the mountain - Metinumba - (boat to Ende 12.30pm) - Kampung Baru - Anarewa - Kampung Baru - Ekoreko - (Boat to Ende 13.30pm) - Jalan Pasar - Jalan Ahmad Yani - Simbang Lima.

This day trip starts in the middle of Ende at Simbang Lima around 7.30am, equipped with bike, sun protection and swimsuit. Cycle on the main road in the direction of Bajawa on Jalan Ahmad Yani, passing the "city hill" and ride down towards the harbour. There turn left and proceed until Pasar Mbongawani. Buy water, fruits and snacks here because on the island it is hard even to get tea or coffee.

At the beach, right behind this market there's a public boat that starts at 9am (costs IDR7,000, including bike) heading for the island. The nice boat trip with views back to Ende and the Peninsula of Meja and Iya takes one hour, after which you reach Ekoreko on the right corner of Ende Island. You will have to wade the last 10m through the crystal-clear water after you get off the boat. People might be curious, because aside from the few motorbike taxis (ojeks) there is no transportation on the island and the tracks are small and sandy, stony or muddy. Ask the captain before leaving, about the time and the place to board the boat again in the afternoon.

To explore the island by bike turn left and follow the small track along the beach. The landscape is beautiful and there are not many roads around. First of all reach Puutura after around 3km and if you continue along the same small road, passing houses and small villages at the waterline you will end up in Metinumba dua after 7km, where the road ends at the school yard. If you like you can relax on the beach at a spot which appeals to you.

In Metinumba you have the choice of leaving the bike (be sure to lock it) and hike up the mountain to have a nice view of the surroundings. It takes around 1h, and the track is very steep (loose sand) and before reaching the top the path is sometimes not visible anymore. Alternatively, you continue to cycle back around 3km until you reach a small junction at Kabari where you turn right up towards a telephone tower.

First you have to go uphill for 1km, and after passing the tower another 1km steep downhill. Then you are in the only village on the east coast of the small island. From here you can enjoy the view to the mainland and find a place at the sea for a rest and to swim. Plan the return trip (2km to Kabaru, then 4km after turning right to Ekoreko) on time, because the boat normally departs before 1.30pm.

You are sure to get a warm welcome on board, because the captain and crew will be curiously waiting for you and are eager to hear about your island exploration.



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Ende & 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

Ndona
If you are fond of Lionese ikat weaving, you must visit the women of Bou Sama Sama, an ikat weaving cooperative in Ndona. Bou Sama Sama was founded in 2004. At present, 17 weavers headed by Ibu Maria Angelina – a school-teacher and weaver – participate in this working group to produce a well-known, natural-dye ikat. The distinct reddish dye is extracted from the morinda tree in an elaborate process. The beautiful traditional cloth from Ndona is popular among ikat aficionados and is sold to collectors all over the world.

Wolotopo
Situated on a hill about 12km from Ende, Wolotopo's centuries-old traditional Lio 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 attracts many visitors with its captivating agrarian panoramas and its tradition of ikat weaving, which is found throughout the countryside

Mount Iya
Gunung Iya or Mt. Iya (627m) is a spectacular volcano situated on Ende Peninsula. Even though it is not the highest in Flores but once you're up there and standing at the edge of those sheer cliffs that drops off to the sea, it feels as if you could touch the clouds.
To climb Mt. Iya visitors are advice to hire local guide to get to the peak. The sandy ground is peppered with ditches and holes overgrown with waist-high grass. The guide will also be able to show you a nice spot from which you have an excellent view of the smoking cliffs of Iya's crater, and avoid getting lost that could lead you facing deep ravines and cliffs.

Soekarno's Exile House Museum

In the history of Indonesia independence Flores Island took an undoubtedly important role. In return of his challenge to Dutch colonization, Soekarno was exiled to Ende, Flores from 1934 to 1938. During the four year exile, he often meditated under a breadfruit tree in a garden at the town center - now known as Taman Renungan Soekarno - in search of inspirations for Indonesia independency. It was during this period when Soekarno formed the idea of Pancasila, the 5 philosophical foundation of the Indonesian state.

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