



Cycling Route

LA-A: Around the slopes of Ile Mandiri (RT) ●

Distance & cycling time: 30 to 32km (2.5 - 3.5h)
 Average speed: 16km/h
 Equipment / Level: ★★/★★★ / Medium
 Route: Larantuka - Watowiti - Madakeputu - Siola - Badu - Wailolong - Waibalun - Lewolere - Larantuka.

This pleasant round trip takes you around Mandiri mountain on a nice half- or full day trip (Gunung Mandiri will be on your left side during the whole tour).

Start in the centre of Larantuka and go north, passing Weri terminal and after around 12km you will reach the small airport of Larantuka, pass it and cycle uphill (don't turn right at the junction, down at the beach) until you reach Madakeputu at the hillpoint. The road is now mostly flat till the forest, in the forest there is a long stretched village called Siola, where the road gets worse. The long descend on the partially difficult road takes around 4 to 5km to reach the first village of Wailolong. Proceed on the same road further down to the junction that heads to the Transflores Highway. Then turn left and after a nice and relaxing ride of 8km along the coast, passing Waibalun and Lewolere you are back in Larantuka.

- Tips:**
- It is a half day tour (better start early in the morning) or if you want you can spend the whole day by walking or doing excursions, photo stops at the beach before Larantuka.
 - The tour can be done the other direction, but the described (counter-clock wise) is easier.
 - Very experienced and enduring cyclists can add an extension to Ile Padung, at the centre of Siola, you should find the small single track to the right, that brings you to Lewolema/Lewotoma after around 4km (half an hour, due to very difficult track) and from there further down (around 2km) to the junction (ojek point). Turn right there on a better road, up the hill to Riangkotek.

LA-B: Big Larantuka - Belogili (RT) ●

Distance & cycling time: 53km (4 - 6h)
 Average speed: 12 - 14km/h
 Equipment / Level: ★★/★★★ / Medium to demanding
 Route: Larantuka (Terminal Weri) - Watowiti - Delang - Waimana - Welo - Hilltop (Puncak) - Belogili - Kawaliwu - Riangkotek - Transflores Highway - Waibalun - Lewolere - Larantuka - Terminal Weri.

This mountain bike trip starts and ends at Weri Terminal and requires minimum half a day, so bring food, drink and sun protection. Proceed north along the beach, pass the airport and after around 1.5km passing the first uphill section, take the right turn at the junction at the coastal village of Delang. Turn left before the waterline and follow the diverse coastline (nice beach, mangroves, but also a city dump, forest etc.) At Waitotuto (around 9 to 10km from the start) the road turns rough for around eight kilometres. Later on the road gets better until the hilltop. After 17km you should proceed uphill (don't turn right, the path leads to the beach in the east) for another 1km to reach the hilltop after passing a memorial grave on the right of the forest with a white wall and blue bowls in it. On this hilltop, with a house (selling fuel in bottles), you will find the junction to the old Maumere road. Starting here until Kawaliwu you will ride mostly on a track (mud, sand, big stones, holes) and the area is very remote with the exception of the small village of Belogili. First, follow a steep track downhill for 2.5km to reach Belogili, pass through the village and ride carefully through the forest and the banana plantations. 6km after Belogili the road will be very bad with curves around the cliffs close to the sea (be prepared to push the bike in some difficult parts if necessary). Finally, after 29 to 30km, you reach the village of Kawaliwu with a rather big church (on the right) and also traditional areas (left up in the forest). Pass by the church and ride 250m to the junction of Ile Padung/Riangkotek.

If you need to, take a rest before the last ascending stretch for 3km up to Riangkotek awaits you. The way back to Larantuka is easier and the first part leads downhill. Stay on the right side of the junction and proceed down to the junction on the Highway (3km). Turn left over the bridge and enjoy the easy ride of the last 9km to reach the city. Go back to your hotel in the city centre or proceed to Pasar Larantuka for the very last 6km (to buy some of the rare fruits in Flores Timur) and the Weri Terminal, the starting point of the tour.

LA-C: Discover the east coast of Tanjung Bunga up to Muleng (CT/DT) ●

Distance & cycling time: 59km (6 - 7h)
 Average speed: 10 - 12km/h
 Equipment / Level: ★★/★★★ / Demanding
 Route: Larantuka (Terminal Weri) - Watowiti - Delang - Waimana - Welo - junction (km 17 right) - Kolidatang/Kolaka - Laka - Karawutun - Muleng.

The east coast of Tanjung Bunga is still very remote and the track, depending on the season, weather and the tide, is unpredictable, so it is only accessible with a good mountain bike.

Start fully equipped at the Weri Terminal and cycle north, passing the airport and turning right after 1km further down to Delang. Follow the coastal road north, pass by Waimana and Welo and make sure to take the right turn at the junction at km 17 for Kolidatang. The next 12 to 13km to the end of the road (only fishing boats further up north) is very beautiful but also demanding. The track is rather small and a combination of sandy and loose gravel with even some flooded parts close to the mangroves. Look out for the monkeys, nature and nice stretches of beach, while you pass the small settlements of Kolaka, Laka and Karawutun. After Karawutun the road gets very rough before you reach a newly constructed bridge (first part of the construction provides better access to this area) and shortly afterwards the last village of Muleng. It has no more than 50 to 100 inhabitants, but luckily there is a small Warung providing the basics, such as water and coffee. The same way you came also takes you back to Larantuka.

LA-D: Cycling the western part of Solor Island to Ritaebang ●

Distance & cycling time: 40km (4 - 5h, boat schedule)
 Average speed: 12 to 13km/h
 Equipment / Level: ★★ / Medium to advanced
 Route: Larantuka, harbour - Pamakoyo, harbour - Lamalewo - Rianglaka - Daniwato - Ritaebang Satu - Ritaebang dua.

This full day trip from the harbour of Larantuka starts around gam. Be early enough to make sure to catch the ferry boat (IDR 10,000; bicycle included) for Pamakoyo at Solor, which takes around one hour. Before leaving the boat, ask the captain for the departure time in the afternoon, which is normally at 4 pm.

To explore the western part, turn south above the harbour, on the only road to the right and follow this trail all the way. You have beautiful views of Larantuka and Gunung Mandiri as well as of the mountains and coastline of Flores. After 10km and passing two rural settlements you arrive at Daniwato half way to Ritaebang. Check your remaining time, because the second part is much more hilly, and you must be back in Pamakoyo between 3.15 and 3.45pm to catch the ferry.

On the second part two more steep stretches lead uphill and downhill, riding through the countryside. Once you are close to the beach again, you reach the quiet fishing villages of Ritaebang satu and dua. If you want, find some snacks (pisang goreng) at the Warung and relax somewhere at the beautiful sandy beach, with its beautiful views of the mountains of Flores (Lewotobi and Mandiri Volcanoes). Calculate around two hours to get back to the ferry. You will pass closely by the western stretches of Adonara before reaching the harbour in Larantuka.

LA-E: Coastal trip on Adonara Island to Waewerang ●

Distance & cycling time: 35km (3 - 4h)
 Average speed: 11 to 13km/h
 Equipment / Level: ★★/★★★ / Advanced
 Route: Larantuka City market - Pelabuhan Palu - Tanah merah (Adonara) - Tobilotu - Wailebe - Lebe - Suban Kotang - Woto - Samsogoe - Bariona - Mewet - Terong (Cargoship harbour) - Waewerang.

Cross the Adonara strait early in the morning from Pelabuhan Palu on a small boat (sâmpans; minimum of four people; IDR 15'000 each; bicycle included) to be more flexible.

Once on Adonara, Tanah Merah find the main road behind the houses turn right and cycle south along the coastline. After four kilometres the paved road ends and you will find yourself on a nice track for mountain biking.

Pass the rural villages and enjoy nice views over the strait of Larantuka. Some sections of the road are currently under construction (the new ferry harbour to Larantuka at Tobilotu is also nearly finished). After Wailebe the road gets slightly better and starts to ascend for 5km. On top of the ridge between the hills, where the telecommunication tower is, you find the nice and quiet village of Woto. On one side you can see the Larantuka/Adonara strait and on the other, the Adonara/Solor strait. Children in the village tend to be follow you around because they rarely see cyclists. Before road starts to descend, there is a pilgrimage place on the right side. You can rest there. On a long (5km) and partially demanding downhill ride to the sea level you can observe birds and exotic flowers and plants. The last part, around 11km is mostly an even road and along the coastline. Find a nice spot on the beach for a swim and visit one of the closer villages (Samsogoe, Bariona or Mewet) or find a weekly market around.

In Terong, exactly opposite of the cargo harbour is the first Warung providing a fresh coffee. The last 3km through the urban area are rough. Before visiting Waewerang check the ferry departure at the harbour. The ferry should depart around 2 pm (IDR 20,000; bicycle included), it takes less than two hours and you can see the way you cycled from the seaside. After arriving at Larantuka harbour cycle the last 5km to the north that will bring you back to the market and Pelabuhan Palu.





Glossary

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
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



Semana Santa Procession
 The town of Larantuka in East Flores is famed for its yearly Easter Procession, which is visited by a huge crowd of Catholic from all over the world. The Easter activities are initiated one week before Easter with semana sancta, or holy week, which is considered to be a time of self-reflection and confession.



Lewotobi Twin Volcano
 Lewotobi twin volcano is located on the eastern end of Flores Island. It is composed of the Lewotobi Laki-laki and Lewotobi Perempuan strato-volcanoes. The volcano contains two peaks separated by 2 kilometers and a 1,232 meters high saddle. A summit crater at Lewotobi Laki-laki (1,584 meters) has a diameter of 400 meters and is open to the north. The crater at Lewotobi Perempuan (1,703 meters) is 700 meters wide.



Lewokluok
 Tiny Lamaholot Village is famed for its ikat, or kwatek kinge in the local language. By car or motorbike it takes about 26 kilometers from Larantuka and 114 kilometers from Maumere. The road off the Transflores 'highway' that leads you to Lewokluok takes another 2 kilometers.



Kawaliwu Village
 Located 30 minutes away from Larantuka, at Sinar Hading village, Lewolema sub district, Kawaliwu has a long story of its existence that was handed down from one generation to another. As part of Lamaholot tribes, they still maintain their traditional house called korke. Despite of its magnificent tradition, history and nature, Kawaliwu is blessed with a panoramic view of the Sinar Hading bay and Flores' North Sea.



Watotena/Ina Burak Beach, Adonara Island
 One of the most beautiful virgin beaches Flores Timur has is Watotena in Adonara, an island in the eastern of Flores, reachable by 2.5 hour-sailing from Larantuka. Watotena is well-known for its white sand beach and the magma stones adorned the shore. The dark greyish almost black rocks in various shapes give Watotena's shorelines a unique impression that differentiates it from those found in Adonara or Flores mainland.

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Ina Burak Beach, Adonara

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