

Cycling Route

NWC-A: Tour to fishing village with stilt houses (coastline and mangroves) (CCT) ●

Distance & cycling time: 10 - 12km (45 - 60min)
Average speed: 13km/h
Equipment / Level: ★ / Easy
Route: Riung Harbour - Riung Pasar - junction to Ruteng - junction to coast - Dermaga - Riung Pasar.

Start the tour early in the morning at the pier of the harbour and cycle back towards the palm trees and the market. Pass it and 150m after the bridge turn left onto the old road to Ruteng and continue for about 1.5km. At the junction with the traffic island turn right and follow the road till you reach the coast. Turn left on a smaller, still paved path along the water and mangrove trees. After a while when you reach a bigger road, turn right, passing through the village of Dermaga first. At the end of the village (before the road ascends) take the path to the right, down to the backwaters of the mangrove forest. Very close to the coastline you reach the double track concrete path, which leads through the middle of the stilt housings of Dermaga. At the small port turn left to the concrete pier (bridge) to visit the nice small harbour and enjoy beautiful views of the Riung islands. On the way back from the harbour, cycle on the big road first, then turn left onto the same small paved path as before. After leaving the waterfront and crossing into the palm tree area take any of the long, straight roads to the left and make your way back to the market of Riung.

Tips:
 If you have extra time in the Riung area, you could cycle around 24km to the west of Riung following the road near the coast you will reach the village of Golo Lijung and only 3km from there a small resort (4 rooms) with nice activities at the area (Empat Pohon Resort).

NWC-B: Ngada Exploration (all the way from Bajawa to Riung) (OT) ●

Distance & cycling time: 74km (5 - 6h or more)
Average speed: 15km/h
Equipment / Level: ★★ / ★★★ / Advanced
Route: Bajawa, Jl. A. Yani - Soa - Wulabara - Dekundenu - Junction to Mbay - Riung.

Make sure to start early in the morning (around 6 to 7am) for this long distance trip to Riung at the north coast of Ngada. Bring snacks and enough water along, as on the way there is little in terms of food supply.

Depending on your speed, the trip takes between half a day to a full day. Take the direction of Soa/Mengeruda (road sign at Jl. Gaja Mada) and follow the long road downhill to Soa (km 19.5). At the beginning of the market on the left side is the last biggest warung serving Indonesian breakfast before the main part of this day-trip.

After Soa (follow the road sign to Riung), the road passes a farmland area and it quickly gets remote and more rough. At km 28, Wulabera with a big bridge initiates the first climb for 3 to 4km, then, before km 36 the longest and steepest uphill section starts for about 6 to 7km (stay left at Dekundenu, 1.5km before the highest point). After a break, continue downhill. At km 51 (keep straight at the junction to Maronggela) the third and last uphill section of around 2km awaits. The last 20km until Riung follows a long road downhill. At km 70 you are already at sea level and at the junction to Mbay turn left for Riung. The last 3 to 4km to the harbour of Riung are passed along a very easy and even road. Turn right at the junction to the harbour, to the area with a few accommodation facilities.

NWC-C: Coastal trip from Riung to Mbay (DT) ●

Distance & cycling time: 43km (2 - 3h)
Average speed: 20km/h
Equipment / Level: ★ / Easy
Route: Riung Pasar - junction after the Bridge - junction to Bajawa/Mbay - Bekek - (optional junction to Watulajar) - Mbay.

Start this easy tour early to avoid the mid-day heat. After the traditional Market (on Sunday evening and Monday), pass the small concrete bridge and after another 150m turn left. After 3.5km you reach the junction to Bajawa. Go straight, in the direction of Mbay. The small road follows the mangroves, and provides shade. At km 10 you pass the village of Bekek (you could turn left somewhere to visit one of the beaches). After Bekek, the mangroves end. At km 17 there is a road sign to the left for Watulajar beach. It could be a good option to take this road (2.2km) to take a break and a swim or even to stay overnight (very basic bungalows available at ECO Eden Bungalow). Back on the main road you will reach the road going uphill at around km 30, overlooking the countryside around. Afterwards the same road is almost flat (continue straight at km 36; left leads to the harbour) and at around km 43 you will reach a big bridge crossing a river. This is the beginning of the city of Mbay. Pass the mosque first and cycle left on the big roundabout to get "around" the city. After another 2km you will arrive at the junction of the market area on your left side and shortly after reach the area with some warungs and small restaurants. If you cycle further on this road you are leaving the city in the direction of Ende. So find a place to relax or stay.

Tips:
 This tour can also be done the other way around.

NWC-D: Mbay countryside round trip to the harbour (Marapokot dua) (RT) ●

Distance & cycling time: 30km (1.25 - 1.5 h)
Average speed: 17 - 18km/h
Equipment / Level: ★ / Easy to Medium
Route: "Jalan Lingkar" (ringroad), close to the mosque and the bridge towards Riung - direction north - Village of Marapokot - junction turn left to the harbour - harbour - back at the same junction left - junction of Maumere road - junction of Ende road - new government office area - Pasar and junction of Bajawa - Mosque.

Start this pleasant trip at the mosque of Mbay on the circular road and cycle around 200m north to go straight across the junction (left for the bridge and Riung). Be sure to be on the road to the harbour (road sign to Marapokot). Follow the road and at km 12 in the fishing village turn left to the harbour area. At the pier (another 1km) you can see bigger wooden ships being loaded with agricultural goods. Back at the village with stilt houses, at a mangrove area, turn left at the junction and follow the road through the fields. At km 20.5 keep right (the other road goes to Maumere). At km 25 keep right again (the road to the left goes to Ende). Once you arrive at km 26 the road is very nice and wide. You will pass the new government office of Mbay. At km 28 you will see the market on the right side and at the junction afterwards turn right again (straight leads to Bajawa) and arrive back at the starting point of the tour after around 30km.



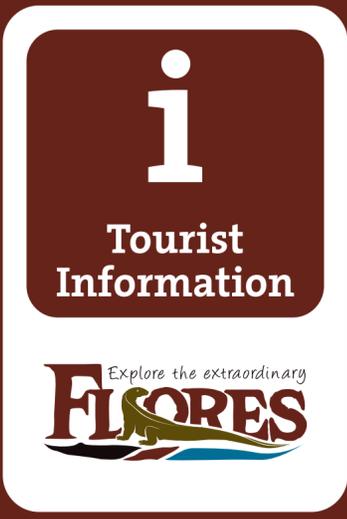
Scenic Road in Mbay, Nagekeo



Mangeruda Hot Spring, Ngada



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
Stee 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



So'a / Mangeruda Hot Spring
 Located in the Soa sub-district, about 23.5km from Bajawa, Mangeruda Hot Springs offer you the Florinese highlands at their warmest. Mangeruda Hot Springs are about 23km from Bajawa and can be reached by private transport (motorbike), or by ojek. From Bajawa, drive along the Jalan TW Mangeruda, which heads towards Soa public market. After about 20km, you will reach a junction to your right with a signpost that reads 'Mangeruda Hot Springs'.



Riung 17 Islands
 Riung is located approximately 72km from Bajawa. Along the Transflores 'highway', Riung can be either reached from Mbay (about 2 hours) or Bajawa (4 hours). The drive from Ende takes about 3-4 hours. The crystal-clear water makes it a perfect place for swimming, snorkeling, and underwater photography.



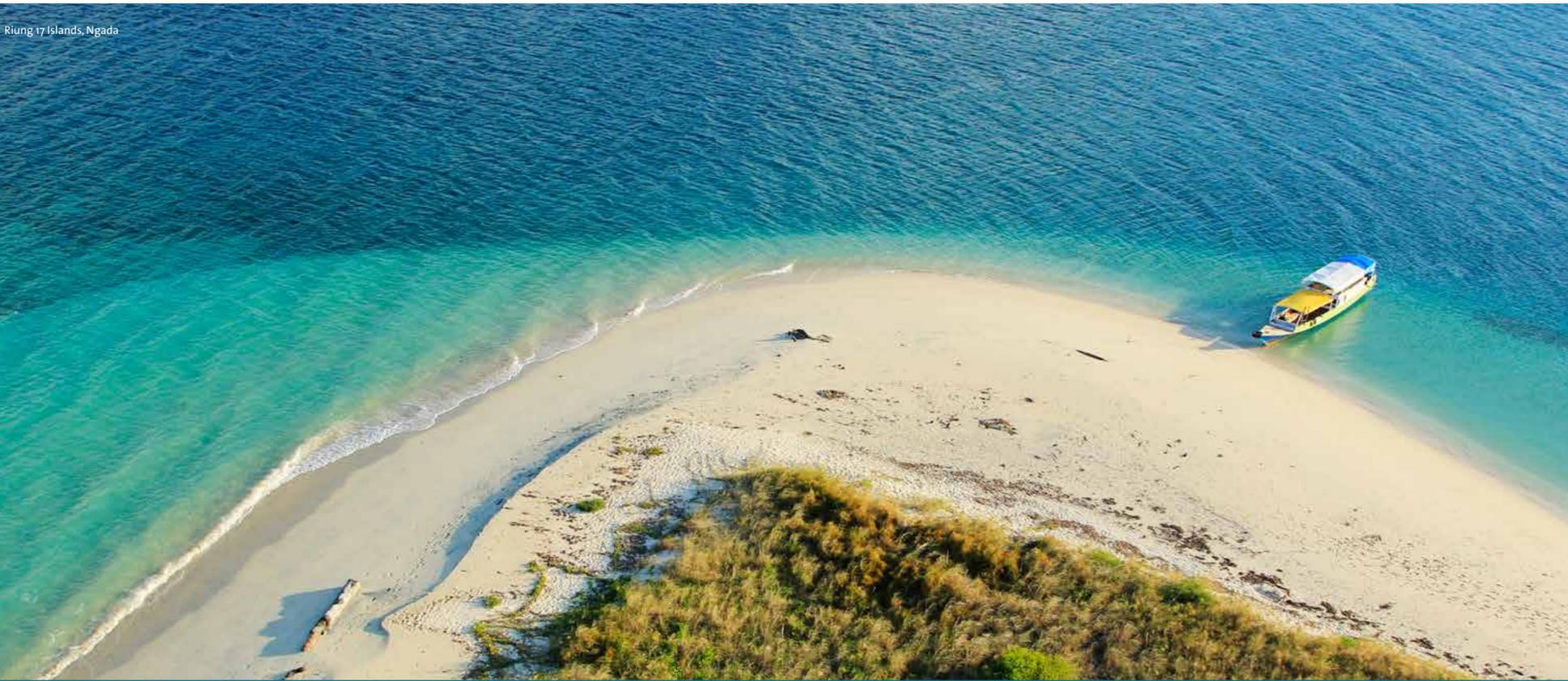
Tutubhada Village
 Located in Rendu - a village in Aesesa Selatan Sub-District, the less-traveled village is home to Nagekeo's traditional ritual house called Sa'o Ji Vao. The village is only ± 10 km away, from Nagekeo's capital - Mbay. It has a good access road that allows guests to go by car or motorbike. Each year Tutubadha also holds 'Etu' - a lively traditional boxing event only found in central Flores.



Japanese Caves in Mbay
 During World War II, the Japanese army built 33 artificial caves in the highlands of Lape Village near Mbay in 1942-1945. The Japanese Caves are an interesting testimony of recent Indonesian and local history that you should not miss while visiting Nagekeo.

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Riung 17 Islands, Ngada

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