

Explore the extraordinary  
**FLORES**

  
wonderful  
indonesia

2016  
FREE

# WELCOME TO FLORES

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Ikat Weaving, Sikka

Open a world map and take a look at the extensive expanse of Asia. In between the Indian and the Pacific Oceans you will find the Indonesian Archipelago stretching west to east along the Equator. Right at its heart, in the seas of eastern Indonesia lies the snake-shaped island of Flores.

Flores is most famous for two internationally renowned attractions. Firstly, the Komodo National Park, home to the unique Komodo dragon, a monitor lizard of impressive size and appearance, which attracts thousands of people annually from around the world; and secondly, Kelimutu National Park, an inactive volcano in the centre of Flores that intrigues visitors with its three brightly-coloured crater lakes, which are steeped in local mythology.

However, Flores is so much more than Komodo and Kelimutu. Nature lovers will find it everywhere: deserted islands with white sandy beaches to escape from the hassles of everyday life; beautiful rice fields nestled among soft hilly landscapes, perfect for a laid-back stroll; a concert of birdsong in lush coffee plantations to soothe the mind; and a swim in a hot spring, clear lake, or cool river after a volcano trek. There are so many places of amazing natural beauty still waiting to be explored.

Flores' natural wonders are not the only thing that makes Flores an unforgettable travel experience. The magic of Flores comes from its people, who receive guests with open arms and heart-warming friendliness, eager to share their fascinating way of life with visitors. This cultural richness is impressive and it is definitely worth getting off the main route to discover Flores' full spectrum of attractions.

This publication is designed as a practical guide of what Flores has to offer for both tourists and tourism professionals. Have a look inside and you will find a comprehensive list of destinations and itineraries to best enjoy the island, as well as recommended itineraries to plan your Flores trip.

Welcome to Flores, where the untold beauty of Indonesia awaits!

**FLORES DESTINATION MANAGEMENT ORGANISATION**

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## COVER STORY

### NGADA TRADITIONAL COSTUME

Ngada District lists Flores' most quoted destinations among the art and culture-interest travelers. Traditional villages such as; Bena, Tololela, Wogo, Gurusina, and the recently discovered, Belaraghi, boast Florinese culture and tradition long preserved in a beautiful countryside setting.

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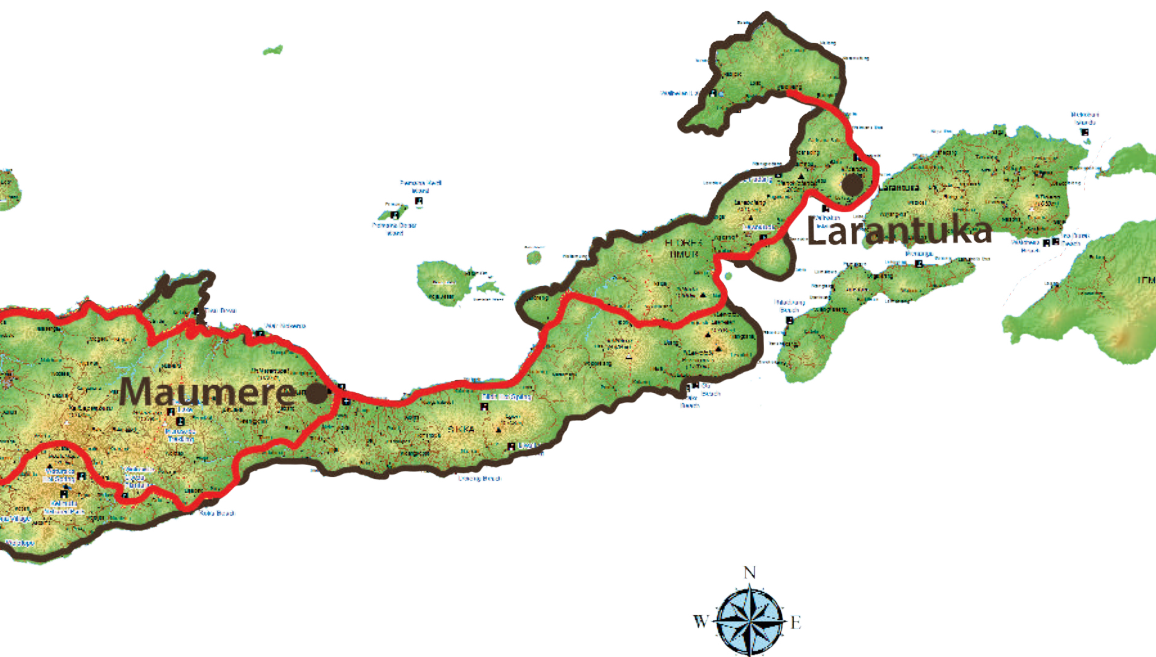
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# A GLIMPSE ABOUT FLORES

Flores offers infinite nature, culture, and adventure exploration for your holiday. Trips can be arranged for three days, one week or even ten days depending on your available time (see “Places To Go” for sample itineraries).

For any travel service requirements, see “Find Travel Agents & Accommodations” for more details. The tour rate usually includes accommodation, meals, coach transfers, entrance fees, guides, refreshments and drinks; whereas return flights, airport taxes, porters, snorkelling/diving/camera fees, and other personal expenses are the visitor’s responsibility. Tipping is welcome as an appreciation of services you receive.

Visiting Flores is an adventure, so leave behind any expectations of high-end accommodation, sophisticated restaurants, and modern shopping malls or transportation, as these are all usually very basic. However, don’t let this stop you from exploring the island.



## FACTSHEET:

**Location:** Indonesia  
(part of Lesser Sunda Islands)  
**Length:** 450km  
**Coordinates:** 8°40'29"S  
121°23'04"E  
**Population (as of 2014):** 1,994,213  
**Official Language:** Bahasa  
Indonesia  
**Largest town:** Maumere  
**Temperature:** 25° - 34°Celsius  
(temperature might drop to 12°  
Celsius in highlands)  
**Best Time to Visit:**  
May - August

### ABOUT INDONESIA

The Republic of Indonesia is the largest archipelago in the world, and of its more than 17,000 islands, only around 6,000 islands are inhabited. With over 250 million inhabitants, Indonesia is the world's fourth-most populated country. All in all, there are more than 700 languages spoken in Indonesia.

More than half of Indonesia's people live on the island of Java, and Jakarta, the capital of Indonesia is home to around 20 million inhabitants.

Tourism in Indonesia is an important component of the economy and the sprawling archipelago has so much natural beauty, historical heritage, and cultural diversity to offer. Beside beaches, diving sites, volcanoes, mountains and various national parks, the people and rich cultural attractions reflect Indonesia's dynamic history and ethnic diversity.

# ISLAND HOPPING AROUND KOMODO 3 DAYS / 2 NIGHTS

## **DAY 1: LABUAN BAJO – BIDADARI ISLAND – RINCA ISLAND – KALONG ISLAND**

- Pick up from the airport or your hotel in Labuan Bajo.
- Snorkeling at Bidadari Island.
- Trekking in Rinca to see Komodo dragons and other wild animals.
- Admire sunset wonders while seeing thousands of flying foxes.
- Spend the night on board.

## **DAY 2: KALONG ISLAND - PADAR ISLAND - PINK BEACH - KOMODO ISLAND - KOMODO VILLAGE**

- Cross by boat to Padar while enjoying spectacular sunrise and breakfast.
- Snorkeling, then relax on white sand beach or trekking to enjoy the iconic view from the hill top.
- Snorkeling, then relaxing on Pink Beach.
- Trekking to see Komodo dragons and other wildlife.
- Visiting the native of Komodo Island in their fishing village
- Stay overnight on the boat.

## **DAY 3: KOMODO VILLAGE -KARANG MAKASSAR (MANTA POINT) – SEBAYUR ISLAND – KANAWA ISLAND – LABUAN BAJO**

- Sailing to Karang Makassar while enjoying the sunrise.
- Snorkeling with giant manta rays.
- Relaxing on a white sand beach and snorkeling in Sebayur and around Kanawa island.
- Return to Labuan Bajo.
- Stay overnight at Labuan Bajo.



## KOMODO NATIONAL PARK

### Manggarai Barat

Komodo National Park offers more than just its prehistoric Komodo dragons (*varanus komodoensis*). Explore different adventure treks around Komodo and Rinca Island or explore off-the-beaten-trails along the slopes of Mount Ara and the Poreng Valley, which is situated 580m above sea-level. This scenic area will surely dazzle with its rich diversity of exotic fauna, wild orchids and tropical plants. Be sure to immerse yourself in

the enchanting underwater world in the Komodo National Park. Going beneath the sea, Flores' underwater world opens up to reveal a diverse and colourful parallel universe of marine life. Komodo National Park is a home in the west hosts remarkable dive sites and is home to over 1,000 species of fish and more than 350 reef-building corals. Be it muck diving, night diving, snorkeling, or simply enjoying this pristine hideaway, Flores offers a mind-blowing underwater thrill that makes it like a second home for dive enthusiasts.

## PINK BEACH

Dive site of central Komodo Island, Manggarai Barat

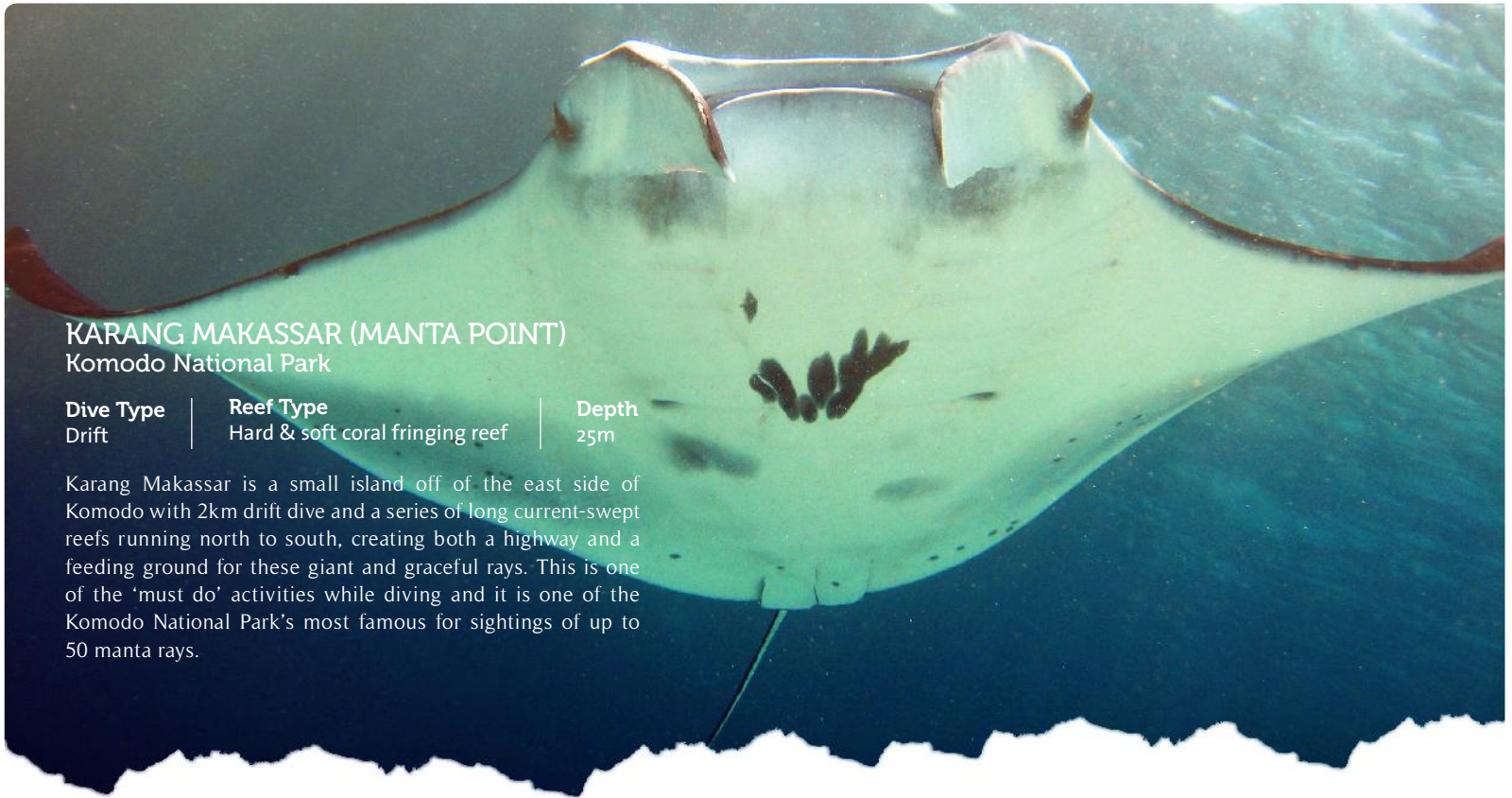
Dive Type	Reef Type	Depth
Wall	Hard and soft coral encrusted rocky wall	28m

Pink Beach is a delightful dive and one of the most popular spots in the park. The pristine Pink beach gets its color from red coral fragments, and is located near the trekking area on Komodo Island. The shallow reef begins just by the beach, and is perhaps one of the best snorkeling sites in the park, deep enough to snorkel at low tide and not too deep at high tide. Colorful clumps of hard corals lie interspersed with brilliant patches of white sand and form a haven for fish of all shapes and sizes. The life here is more typical of the southern sites and the water temperature is usually around 25°C. The predominant currents here are mild and from the south, and the site is best dived on a falling tide. About 50m out from the

beach, a small rocky outcrop is exposed at low tide and marks the ideal starting point for this dive. Follow the wall down to 18–20m, where large schools of fusiliers, snappers, extremely tame grouper, and many lion and scorpion fish can be found engulfing the headland. While only a small dive site, it is nonetheless very rich in both hard and soft corals, with plentiful tunicates and feather stars. Careful searching in and around the rocks can reveal frogfish, nudibranches, fire urchins, crocodile fish, crustaceans, and much, much more. Further to the northeast lies a steep sandy slope which is home to razor fish and, if you're lucky, the extremely rare and elusive sand diver.







## KARANG MAKASSAR (MANTA POINT) Komodo National Park

<b>Dive Type</b> Drift	<b>Reef Type</b> Hard & soft coral fringing reef	<b>Depth</b> 25m
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Karang Makassar is a small island off of the east side of Komodo with 2km drift dive and a series of long current-swept reefs running north to south, creating both a highway and a feeding ground for these giant and graceful rays. This is one of the 'must do' activities while diving and it is one of the Komodo National Park's most famous for sightings of up to 50 manta rays.

## GILI LAWA DARAT PASSAGE

Dive site of north Komodo Island, Manggarai Barat

<b>Dive Type</b> Drift	<b>Reef Type</b> Hard & soft coral fringing reef	<b>Depth</b> 25m
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The South Passage separates Gili Lawa Darat from Komodo Island and is best dive on a rising tide, when the current runs east to west creating a gentle drift out from Gili Lawa Bay. The eastern shore of the peninsula, just inside the bay, is an ideal starting point for the dive.

Follow the current, with the reef to your left, around the point. Turtles are regularly seen on this pretty coral reef. The point is a great place to snorkel amongst schools of fish, and deeper at 20–25m many small coral trout, large schools of anchovies, small tuna, and trevally come in to feed in the bay. Deeper still, along the bottom of the slope, fish life increases; garden eels sway and white tip reef sharks sleep on the sandy bottom. The site is large and rarely crowded; although is popular in the high season with liveaboards, as Gili Lawa Bay offers a good anchorage.

## SERAYA KECIL

Dive site close to Labuan Bajo, Manggarai Barat

<b>Dive Type</b> Seamount & Coral Garden	<b>Reef Type</b> Hard coral fringing reef & sandy slope	<b>Depth</b> 30m
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Seraya Kecil is a relaxed and easy dive, just 40 minutes travel from Labuan Bajo. This proximity to the mainland offers the exciting option of a spectacular evening or night dive. The area is also a very well known snorkel site. Begin the dive on the northwest side of Seraya Kecil, above a sandy tongue. Following the slope to the north, you will discover a beautiful coral garden and small rocks littered across the sandy bottom down to 18m.

Seraya Kecil is a fantastic place to spot various kinds of nudibranch, scorpionfish, stonefish and other photogenic macro life. Search the gorgonians carefully for pygmy seahorses; it is an exhilarating experience to spot one of these cryptic creatures. But there is more to Seraya Kecil than amazing macro diving. Turtles are frequently found, and divers that descend deeper into the channel will find a small seamount at 30m, where eagle rays, reef sharks and other big pelagics congregate. The mid-water currents can pick up in the channel, so it is better to turn around and end the dive exploring in the shallows.



Pink Beach, Komodo National Park

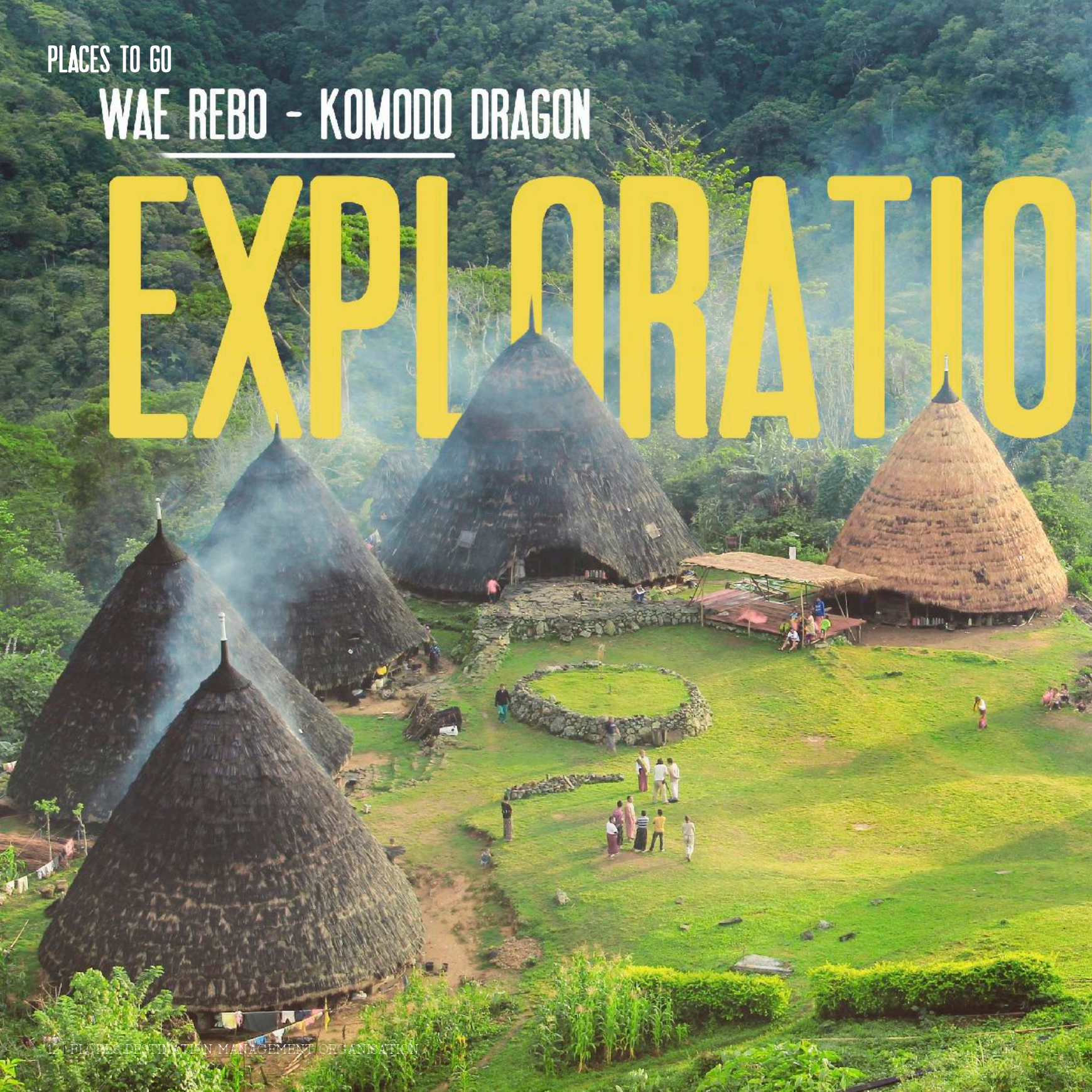


Padar Island, Komodo National Park

PLACES TO GO

WAE REBO - KOMODO DRAGON

# EXPLORATIO





**N**  
**6 DAYS / 5 NIGHTS**

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**DAY 1: DENPASAR – LABUAN BAJO – RUTENG**

- Morning flight from Denpasar to Labuan Bajo upon arrival you will meet our guide and transfer to the local restaurant for lunch.
- After lunch, drive up to Ruteng and stay overnight in Ruteng.

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**DAY 2: RUTENG – TODO – NARANG – DINTOR – DENGE**

- After early breakfast, depart from Ruteng to discover the southern part of Manggarai. First visit Golo Cara village – the best place to see ‘spider web’ rice fields. From there, drive to Todo traditional village, soft trekking through rice terraces and enjoying the beautiful landscape near Narang Village.
- In the afternoon, drive along the south coast to Dintor and Denge (some stops will be taken en route). Stay overnight in Denge.

# PLACES TO GO

## DAY 3: DENGE – WAE REBO VILLAGE

- After a light breakfast, trek to Wae Rebo village, which takes around four hours. The authentic Manggarai houses are located about 1,000m above sea level in the middle of the mountains. There are seven traditional houses. Built in the same form, six are for the local people and one extra house for the visitors. These houses has a cone shaped with high roofs and five stories: the top four are mainly used for storage and all the living areas are on the bottom. Stay overnight in a provided house.

## DAY 4: WAE REBO – DENGE – DINTOR – LABUAN BAJO

- After breakfast, trek down to Denge village where lunch will be provided.
- After lunch, drive to Labuan Bajo via Dintor and Nangalili (depending on the road condition; alternatively take the route through Todo Village to Labuan Bajo).



### CACI WHIP FIGHT Manggarai

Caci is Manggaraian martial art performed with a mix of dance, singing and skillful fighting. There are two fighters; the attacker who uses a buffalo hide whip and an opponent who tries to protect himself with round buffalo leather shield and a bent bamboo stick (made up of several thin strips of bamboo tied together). They take turns, each trying to strike the other's body. It is a bloody game and usually performed as part of joyous occasions, such as Penti - a day of thanksgiving celebrated each year in mid-November.

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## DAY 5: LABUAN BAJO – BIDADARI – RINCA – LABUAN BAJO

- Morning after breakfast at hotel, transfer to the pier of Labuan Bajo to visit Rinca Island, it takes 2 hours sailing.
- Arrive in Rinca, start trekking walk through the typical dry forest to explore the island of Komodo dragon, you will find not only the Komodo dragons but also many wild animals like, Timor deer, wild buffalo, long-tailed macaque and wild boars also numerous of birds. Look up to the trees and you might find young Komodo on the trees.

- Return to boat and sailing to Bidadari Island for swimming, snorkeling and relaxing.
- Sailing to Labuan Bajo in the afternoon.

## DAY 6. LABUAN BAJO – DENPASAR

- Explore Labuan Bajo before departure flight to Denpasar.

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### BIDADARI ISLAND

#### Komodo National Park

Bidadari Island, which means 'angel's island', is a tiny, charming isle located northwest of Labuan Bajo. This island is a water lover's paradise and its excellent white-sand beaches seem to have come from paradise, while its crystal clear and calm waters make it an ideal spot for swimming, snorkeling, and especially learning how to dive. Bidadari Island is reachable on 15-20 minutes boat trip, comprises 14–15 hectares of land covered with hills and trees, completely surrounded by beautiful beaches.

### WAE REBO

#### Manggarai

Awarded UNESCO's World Heritage Site status in 2012, Wae Rebo Village is located in Manggarai Regency and situated 1,200m above sea level. Challenge yourself with a trek along Wae Rebo's trails set in lush coffee and vanilla plantations surrounded by untouched rainforest, and densely populated by endemic birds and exotic flora. The residents of Wae Rebo Village lead a harmonious agrarian lifestyle in harmony with nature. Wae Rebo is famous for its cone shaped houses known as Mbaru Niang.

### TODO VILLAGE

#### Manggarai

The village of Todo in south-central Manggarai offers one of the few opportunities to see the traditional ceremonial houses of Flores; in the past, Todo was also the centre of the Manggaraian kingdom and the home of the royal clan.



### LINGKO SPIDERWEB RICE FIELD

#### Manggarai

Lingko refers to the spider web shaped rice fields which are found in numerous places in Manggarai. The most impressive is the lingko of Cara Village in Cancar, around 17km west of Ruteng. Lingko is a traditional Manggaraian system of land possession where, depending on the family's size, the family head divides land based on the distance between his fingers. The traditional system is still preserved and practiced today in Flores. The distribution starts from the center pole (lodok) from which lines are drawn to the outer circle of the lingko, forming pie segments locally known as moso (meaning 'hand').



Cancar, Manggarai





Komodo Island, Manggarai Barat

PLACES TO GO

OVERLAND

# ADVENTURE

12 DAYS / 11 NIGHTS



Kelimutu National Park, Ende

# PLACES TO GO

## DAY 1: DENPASAR – MAUMERE

- Arrived at Frans Seda airport Maumere.

## DAY 2: MAUMERE – LARANTUKA

- Depart from your hotel, drive to to the eastern most of Flores: Larantuka, the capital of Flores Timur regency which famous for its unique Semana Santa procession during Easter celebration.
- On the way to Larantuka, stop over at Boru Village where you can see mount Lewotobi and coffee plantation at Hokeng.
- Continue driving to Titehena where you can see very nice panorama of Konga Bay and mount Lewotobi.
- Visit Catholic Cathedral Reinha Rosari which built in portuguese style along with the harbor and local market.
- Dinner and overnight in Larantuka.

## DAY 3: LARANTUKA – MAUMERE

- Morning visit to Lewokluok which is famous for its ikat weaving.
- At noon drive back to Maumere and visit Ile Padang village.
- Dinner and overnight in Maumere.

## DAY 4: MAUMERE - MONI

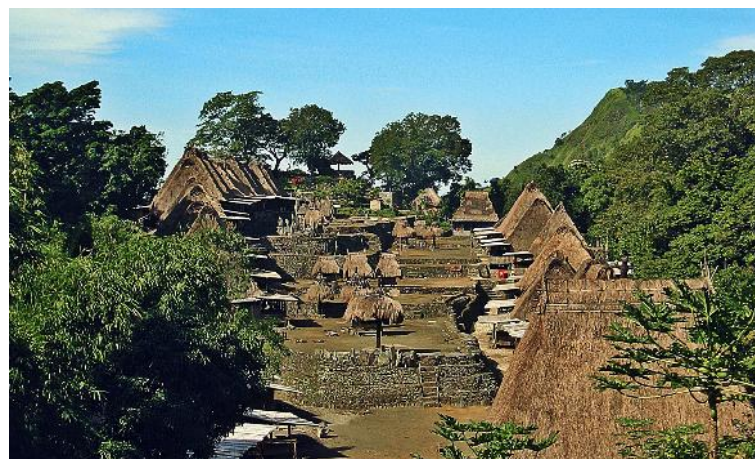
- Morning after breakfast depart from your hotel, first visit Ledalero Museum on the outskirts of Maumere. This museum has an interesting collection of ethnological objects from the region. Ledalero is also the name of a major Catholic Seminary which forms many Florenese priests. Continue your trip to Watublapi that famous for its traditional Ikat Weaving, then to Paga to enjoy the peaceful beach.
- Arriving in Moni in the afternoon, exploring Muru Nda'o waterfall and overnight in Moni.



## KELIMUTU NATIONAL PARK

### Ende

Kelimutu National Park, the icon of Eastern Flores' natural heritage, offers adventurous trekking trails. Travelers flocking to witness the sacred tri-colored crater lakes will also get to witness Florenese village life as part of their cross country experience in the park's rainforest. Put on your walking shoes and get ready to explore the traditional village of Pemo and Woloara, then either end at Muru Nda'o Waterfall in Moni, or unwind in the warm pool of Kolorongo natural hot spring in Waturaka.



## BENA

### Ngada

Bena is a traditional community located about 16km 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, Ngadanese-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.

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## DAY 5: MONI-KELIMUTU-ENDE-RIUNG

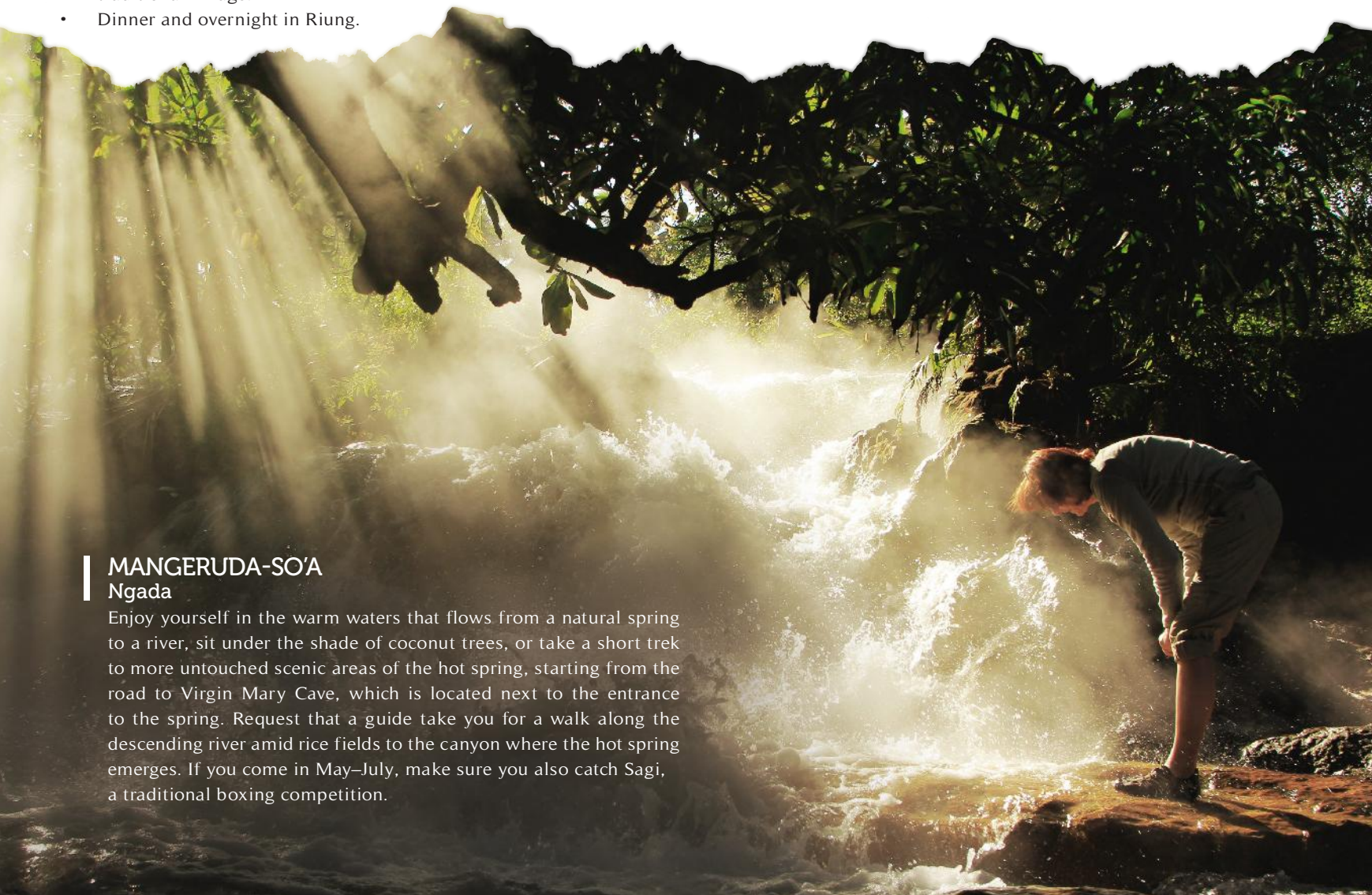
- Depart early in the morning at 4:30AM to see the sunrise at Kelimutu three colored crater lakes. The colors, however, have changed continually since the eruption of Mount Iya in Ende in 1969.
- A worth visit to Arboretum park on your way back to Moni.
- Stop over at Waturaka Village and soft trekking 2km to Murekeba waterfall. Waturaka is a community based tourism village where you can stay at the homestay with beautiful rice field view and experience living with the locals.
- Back to your hotel and continue to Ende, stop at Nangapanda beach or the Blue Stone beach.
- Continue your journey towards Mbay and stopover at Tutubhada traditional village.
- Dinner and overnight in Riung.

## DAY 6. ISLAND HOPPING AT RIUNG 17 ISLANDS

- Explore Riung 17 Islands by boat. First stop is watching flying foxes at Ontoloe island.
- Second stop is swimming and snorkeling around Tiga island.
- Third stop is Rutong island where you will have fresh grilled fishes for lunch. You can go swimming, snorkeling and relaxing on white sand beach or short hike to the hill and enjoy the breathtaking view of Riung 17 Islands from the hill top.
- Back to Riung and stay overnight in Riung.

## MANGERUDA-SO'A Ngada

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 Mary 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, a traditional boxing competition.



# PLACES TO GO

## DAY 7. RIUNG - BAJAWA

- Drive up to Bajawa and visit Mangeruda So'a hot spring.
- Arrive in the afternoon and explore Bajawa local market or tasting the famous Bajawa coffee.

## DAY 8. BAJAWA - RUTENG

- Morning visit to Bena and Gurusina traditional village and stop over at Malanage hot spring.
- Then drive to Aimere, stop over to taste the famous local "arak" distillation.
- A short visit at Ranamese Lake before arriving in Ruteng.
- Stay overnight in Ruteng.

## DAY 9. RUTENG AND SURROUNDING

- Morning trekking to Tengkulese waterfall in the northern part of Ruteng, Tengkulese waterfall which is also referred to as Cunca Lega ('Cunca' means waterfall in the Manggarai language). The water drops over two levels surrounded by a lush forest and rice terraces, it can even be spotted from a distance.
- Drive to Liang Bua cave, an archaeology site where "The Hobbits" of Flores was founded.
- Back to Ruteng.



### WATUBLAPI

#### Sikka

Watublapi village is located about 13km from Maumere. It is well known for its fine traditional ikat weaving. Whereas many other local weaving communities have switched to industrially spun yarn and chemical dyes for the purpose of saving time and money, the weavers of Watublapi still use the traditional, hand spun yarn made from locally grown local cotton, as well as local natural dyes. Visitors with a profound interest in ikat weaving could join the ikat workshop in Watublapi. The Bliran Sina weavers will teach you the skills of this fascinating handmade craft (by appointment).



### LEWOKLUOK

#### Flores Timur

Lewokluok (about 26km from Larantuka), not only boasts beautiful countryside panoramas, but also a traditional village renowned for its exceptional hand-woven ikat. Unlike other places, the villagers of Lewokluok combine the cotton threads with shells, skillfully interweaving them to form stunning ikat patterns. These textiles are true masterpieces. You can also learn about their natural yarn dyeing process here. While in Flores Timur, see also Kawaliwu, a village known for its traditional house – Korke – that still preserves its authenticity to this day.

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### DAY 10. RUTENG – LABUAN BAJO- RINCA

- Visit Golo Curu hill where you can have a very nice view of Ruteng and rice terraces on the northern side.
- Then visit Ruteng Pu'u, traditional houses of Manggarai tribes
- Continue driving to Cancar to see the unique Lingko spider web rice field.
- Overnight in Labuan Bajo

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### DAY 11. DAY TRIP: KANAWA - RINCA ISLAND - LABUAN BAJO

- Sailing to Kanawa in the morning and enjoy snorkeling and the white sand beach.
- Enjoy your lunch on the boat and continue sailing to Rinca Island to see the Komodo dragons.

- On the way back to Labuan Bajo, stop over to Kalong island where you can capture the perfect moment of sunset and hundreds of flying foxes fly over the red sky.
- Overnight in Labuan Bajo.

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### DAY 12. LABUAN BAJO – DENPASAR

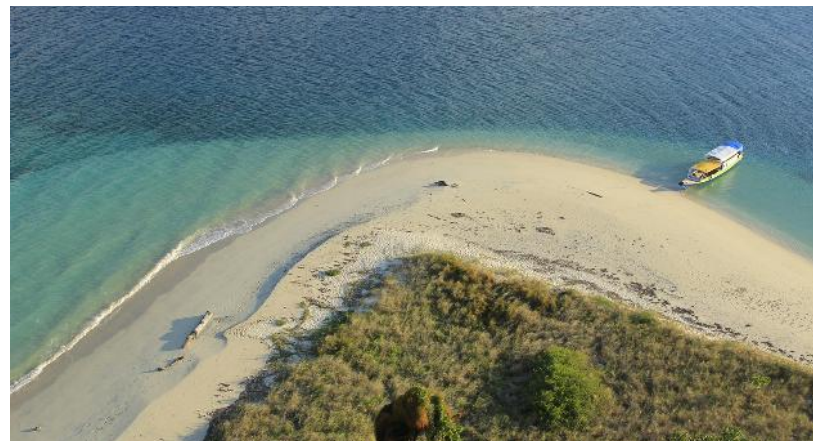
- After breakfast, visit Batu Cermin cave before returning to Denpasar.



#### RANAMESE CRATER LAKE

##### Manggarai Timur

Meaning 'big lake' in the vernacular, Ranamese is a 11.5 hectare crater that is located 1,200m above sea level. The surrounding rainforest creates a refreshing breeze and is a great place for trekking, bird watching and spotting playful macaques. The calming water of the lake reflects the blue sky on its surface resulting in peaceful and surreal reflections. Visitors are advised to wear proper shoes for trekking around the lake.



#### RIUNG 17 ISLANDS

##### Ngada

The sub-district of Riung, located to the north of Bajawa, is famed for its beautiful coral gardens. The coast and the area surrounding the town of Riung have become a national conservation area, and were even given the status of a national park and named Pulau Tujuhbelas, or 'Seventeen Islands'. In fact, the national park consists of more than 20 small and larger islands. The local people, though, have named the area 'Riung Seventeen Islands', a label that is easy to remember as it refers to the personification of a beautiful 17-year-old girl and also Indonesian Independence Day on the 17th of August.

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Sunrise in Larantuka, Flores timur

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**Plataran Komodo Beach Resort** sets the standard for beach living. Nestled on the secluded and private Wae Cicu Beach, you will feel miles from any modern distractions - while remaining a short ten minutes boat ride to the main town of Labuan Bajo.

**Plataran Private Cruises** are renowned within domestic and international celebrity circles, alike, for its private, intimate and unforgettable sailing and "live aboard" experience. Having started with a small fleet of vessels with only 1 base in Labuan Bajo, Komodo, Plataran Private Cruises have, in just a few years, rapidly expanded its operations and now boast a total of 8 luxury vessels consisting of 4 wooden phinisis and 4 yachts which provide a range of cruise selections to various exotic destinations within Indonesia.

Ideally nestled on a secluded stretch of beach and only five minutes from the town of Labuan Bajo, **Atlantis Beachclub** is a perfect place to enjoy your whole day – as the afternoon becomes dusk and the dusk gives way to the wee party hours.



Plataran Private Cruises



Atlantis Beachclub

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## OTHER ATTRACTIONS



### WAJO Nagekeo

Very well maintained traditional houses and menhirs are the attraction in the highland village of Wajo. Easily reached from Raja (Boawae) or Nangaroro, this village has unique traditional bamboo musical instruments, which are used during traditional ceremonies and on other special occasions. A visit to Wajo will give you more insight into the local tribe of Nagekeo.



### WOLOTOPO Ende

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 INERIE Ngada

Mount Inerie with its beautiful, harmonic pyramid shape, is an eye-catching peak in the Florenese 'mountain skyline'. With an altitude of 2245m above sea level, Mount Inerie is also one of the highest volcanoes in Flores. If you would like to climb to the top, you do well to start your trip at night or in the very early morning. You will be rewarded with a magical moment when the sun slowly rises up behind the hills. From the top of Mount Inerie, you have a stunning view that sometimes even goes as far as Sumba Island in the south.



### CUNCA RAMI Manggarai Barat

Green, exotic vegetation among mountains creates a picturesque backdrop for the trek to Cunca Rami, a waterfall with an emerald water basin located about 47km from Labuan Bajo in the direction of Werang. Combined with lush plantations that produce horticultural crops, the trek to Cunca Rami Waterfall is exhilarating and an ideal trip for nature lovers of all ages.



### TENGKULESE Manggarai

Tengkulse Waterfall, which is also referred to as Cunca Lega is named after the nearby village. The water drops over two levels with a promising altitude. Surrounded by a lush forest and rice terraces, it can even be spotted from a distance. From Nanu Village, you'll have to walk for about 2.5km through a beautiful panoramic landscape with soft green hills, terraced rice fields, and farmers plowing the land with their water buffalos to get to the waterfall.



### RII TAA ISLE Nagekeo

Divine is the word for Rii Taa Isle, Nagekeo's most treasured beach that is accessible only by boat (you can charter a vessel from Marapokot Harbor or from Nangadhawe Beach). It is a memorable experience to catch the first glimpse of this pristine beach that harmoniously blends with the bright turquoise sea. Enjoy snorkeling in the aquamarine water or simply relax in the peace and tranquillity of the pearl white sand beach while marveling at the large flocks of black-naped birds frolicking in the waves.



## BELARAGHI

Ngada

Prepare yourself for a 3km hike from Aimere to discover a village that is blessed with stunning, untouched natural beauty and rich in fascinating cultural traditions. You will find the challenge of getting there is worth taking. The Belaraghi clan has been living in this village and is rarely mentioned in any travel guides compare to Bena or Gurusina. There is no electricity yet in Belaraghi, so enjoy this rare moment of silence while you are in Ngada district.



## MOUNT EGON

Sikka

Beyond Kelimutu, there are actually more than twelve volcanoes throughout Flores that are suitable for trekking with Mount Egon being one of them. Sitting astride the narrow waist of Flores Timur, its summit reveals a crater 350m wide and 200m deep. Depending on the season, there is also a lake in the crater. Other small crater lakes can be found on the flanks of Mount Egon. Its 1703m high summit is formed by a lava dome from which puffs of smoke billow.



## MURUSOBE WATERFALL

Sikka

Murusobe Waterfall means 'dive' (muru) 'like a bamboo pole' (sobe). In a free fall of 100 meters, this twin waterfall will bring out the child in you, urging you to plunge with delight from one of the surrounding cliffs into the refreshing cool water basin below. Make sure you also explore Poma, a small village amid rice fields that blossom with fairy duster calliandra and lush clusters of coffee, cocoa, vanilla, and candlenuts trees as a backdrop.



## KOKA BEACH

Sikka

The long and wide white sand beach is the perfect place on the south coast of the Sikka district to relax, have a picnic, and go for a swim. Koka Beach is situated about 2.5km from the main road near Wolowiwi Village in the Paga sub-district. It takes about 48km ride from Maumere and 35km from Wolowaru.



## SOLOR & ADONARA

Flores Timur

Solor and Adonara are reachable by boat from Larantuka, in Flores Timur. The main tribes, Lamaholot, Adonara, Bugis and Bajo, provide a colour of diversity with a range of traditional customs, cultures, and local languages on the islands. Karawutung Village in Solor boasts berauk, an annual traditional rite. Solor and Adonara coastline is a hidden paradise with white sand beaches at Ritaebang and Riangsungai in Solor, Watotena/Ina Burak beach and also Mekobani Island in Adonara.



## MBALATA BEACH

Manggarai Timur

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. You can go for an easy hike or on horseback riding 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.

# OTHER ATTRACTIONS

## DIVING AROUND MAUMERE, SIKKA REGENCY



### THE CRACK

Dive site in Babi Island, Sikka

THE CRACK is called after the 10m deep crack, a remain of the earthquake (which pulled the reef apart) and following tsunami in 1992. The crack starts at the drop off and continuing land inwards all along the shallow reef of Babi Island. Rumors of destroyed reefs caused by the earthquake are nonsense. The Crack is a perfect shelter for sweetlips, starpuffer fish, boxfish, batfish, firefish and many others which like to hide safely.

The wall of Babi Island is overgrown with different soft and hard coral, oysters, sponges, huge fans etc, creating shelter for giant morays, baby sharks bedding in the caverns, pygmy seahorses, different species of nudibranchs, leafscorpion fish, dartfish, frogfish, juvenile reef fish and dragonets.

It is easy for loosing yourself in watching the little details on the wall. Looking down, eagle rays nuzzling around and turtles feeding on the big barrel sponges. Marple rays passing and reef sharks swimming by. Along the edge of the wall the surgeon fish group and the midnight snappers stay along with the passing mackerel and fusilier schools. The site is easy to dive as long you control your buoyancy, to stay on the right depth. Currents are mostly mild, if there is any, horizontal directions.

**Dive Type**  
Wall Dive

**Reef Type**  
Hard and soft coral drop off, huge fans, little caves and overhangs and the spectacular crack

**Distance to nearest town**  
377km from Maumere

### THE FISH SOUP

Dive site in Pangabatang Island, Sikka

The dive site FISH SOUP lays on the Southern side of the Pangabatang Island. Pangabatang is a small sand bank, located between Dambila Island and the main land Tanjung Darat. The water is pushing through the channel between Pangabatang and Tanjung Darat and therefore the current is often strong. By incoming tide the eagle ray groups are standing still- gliding in the blue water, white tip reef sharks shooting up from the deep, chasing giant trevally's or turtles along the edge of the channel (30m-24m) where a coral reef is framing the end of the sandy bottom, before it drops. Schools of snappers, red tooth trigger fish, Wahoo, huge dog tooth tuna's and Napoleon are gathering there, creating the famous FISH SOUP. Marple rays as well as Jenkins' stingrays resting on the sand. Sometimes a hammerhead shark is curious and watches all the traffic in the channel.

The divers swim along the channel. The drop off, starting at over 30m, is overgrown with big Gorgonian fans which offers a beautiful view from above. Continuing the dive, the divers follow the channel into shallower depth, passing a field of garden eels and blue spotted stingrays enjoying overgrown seamounts, the home for the big batfish family, and the slope with different hard and soft coral. Passing "the Corner" and following the shallower channel surprising the divers with big schools of bumphead parrotfish, especially around full moon. Often we have to wait them to pass by as we cannot swim pass them, because they are too many. On the shallower slope, 145m, there is a lot of smaller fish to find. Lobsters, crocodile flathead, pipefish, pipehorse, ribbon eels, ghostpipe fish, many different nudibranchs and plenty of reef fish inhabiting this area. The current easily picks up and becomes strong.



**Dive Type**  
Drift Dive

**Reef Type**  
Hard and soft coral slope, white sand bottom

**Distance to nearest town**  
29.85km from Maumere

**Depth**  
30m on the channel floor

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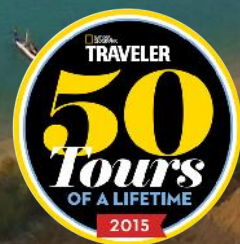


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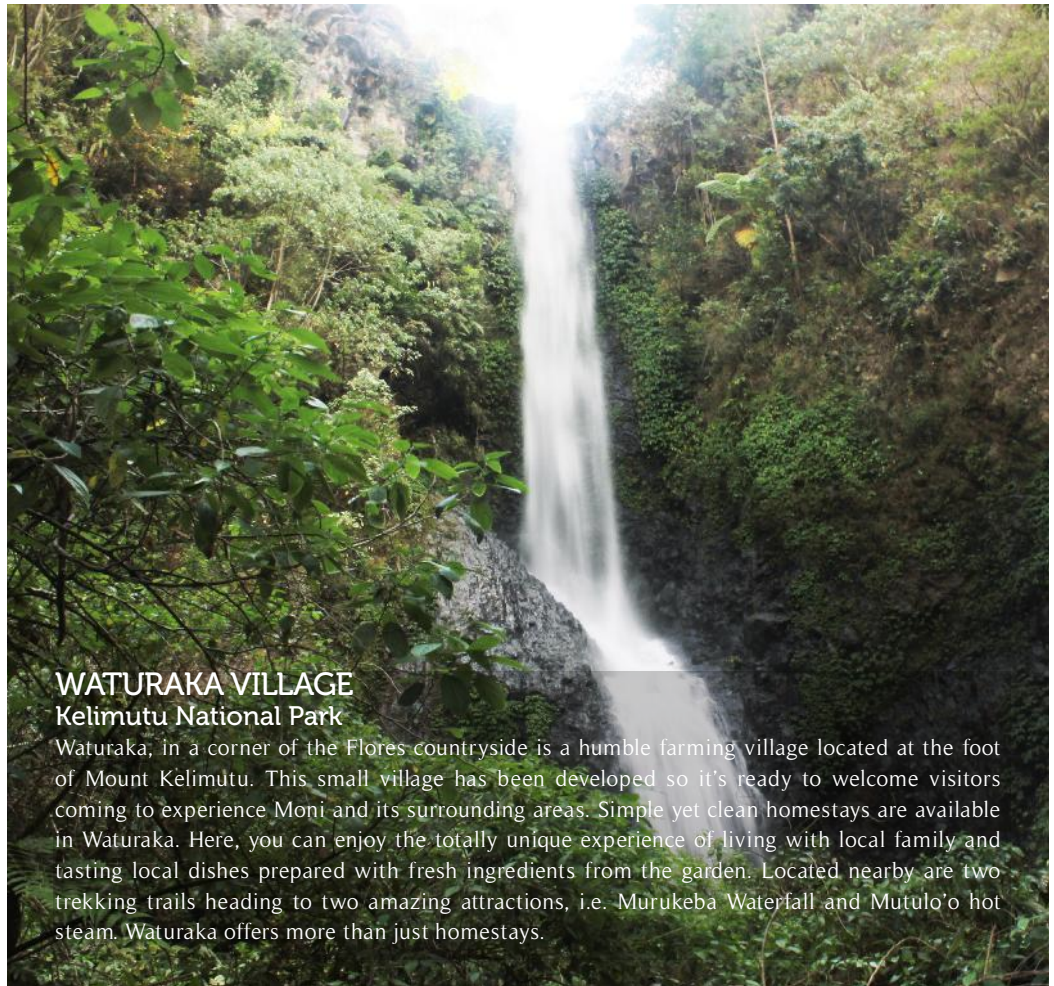
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# COMMUNITY BASED TOURISM



## TADO VILLAGE Manggarai Barat

Located 45km east of Labuan Bajo, Tado Village is one of the best places to get a hands-on experience of the long-standing Manggaraian way of life. Rather inconspicuous at first sight, it reveals an immense cultural and traditional wealth. Tado villagers, wearing their traditional costumes, will be happy to receive you with a traditional welcome ceremony. Tado is practicing community-based ecotourism. Tado ecotourism village also offers special-request tours that are an integral part of the village's cultural conservation programme. The 'ancient ritual' tour features locally renowned Caci performers who will get you acquainted with the rituals, legends, and music associated with this famous element of Manggaraian culture.



## WATURAKA VILLAGE Kelimutu National Park

Waturaka, in a corner of the Flores countryside is a humble farming village located at the foot of Mount Kelimutu. This small village has been developed so it's ready to welcome visitors coming to experience Moni and its surrounding areas. Simple yet clean homestays are available in Waturaka. Here, you can enjoy the totally unique experience of living with local family and tasting local dishes prepared with fresh ingredients from the garden. Located nearby are two trekking trails heading to two amazing attractions, i.e. Murokeba Waterfall and Mutulo'o hot steam. Waturaka offers more than just homestays.





# HOW TO GET THERE

Until not so long ago, Flores was hardly penetrable because of the chain of volcanoes that stretches across the 450km long but narrow island. Labuan Bajo in the west, Ende and Maumere in the east are the three main gateways for tourists visiting Flores. Those places have airports with daily flights to and from Denpasar, Bali.



## WHEN TO GO

Each season in Flores has its charms. However, it is more comfortable to travel the island in the dry season from mid-April to the end of October. As some roads can be impassable due to ongoing heavy rains, you might not be able to reach remote destinations. Please consider making advanced bookings during the dry season, especially when planning to stay in Labuan Bajo which gets pretty crowded. If you plan to do intense trekking, you should definitely choose to visit Flores in the dry season, as hours of walking in the pouring rain will be more of a pain than a pleasure. Even though Flores is a tropical island, it is highly advisable to bring some warm clothes (jacket, sweater, etc) and appropriate footwear for your journeys to the mountainous regions around Ruteng, Bajawa and Kelimutu.

## BY AIR

The easiest and fastest way to reach Flores is by air from Ngurah Rai Airport in Bali. There are daily flights from Denpasar to Labuan Bajo (90 minutes, +30 minutes to Ende), or Maumere (2 hours). Depending on the weather, you may enjoy a spectacular view of the NTB (Nusa Tenggara Barat) and NTT (Nusa Tenggara Timur) island groups. Unfortunately changes in schedule, prices, and operating airlines are the order of the day. The most precise information about the current flight connections is best obtained via the websites of the operating airlines, at Bali Ngurah Rai Airport, or at the local travel airline agencies in Flores. Garuda Indonesia, Wings Air, Transnusa, Sriwijaya/ Nam Air and Kalstar Aviation are the operating airlines to/from Flores.

## BY SEA

If you are up to a different, more time intensive, travel experience, you can choose to take a PELNI (national ship passenger service) boat from Benoa Harbor in Bali to Labuan Bajo (about 36 hrs), which operates three times a month. There are also monthly PELNI boats from Benoa to Ende (about 2 days 3 hrs). Maumere (about 2 days 5 hrs), and Larantuka (about 3 days 11 hrs). The timetables are unreliable and depend on the season. For updated information and ticket reservation, visit the website [www.pelni.co.id](http://www.pelni.co.id), or contact the PELNI office in Kuta, Bali (Jalan Raya Kuta 299, +62 (0)361 763963) or in Benoa, Bali (Jalan Pelabuhan Benoa, +62 (0)361 723689).

# GETTING AROUND

Flores will entangle you with its impressive landscape and unique cultural features. Be aware though that it takes time to explore the hidden treasures that are spread over this 450km long beautiful island. As the roads are often steep, curvy, and in a mediocre condition, you will rarely go faster than 30 km/h. In addition, the island's pace of life is generally slower than your usual rhythm. Thus, travelling in Flores requires some patience and some time to adjust.

## ABOUT 'TRANSFLORES HIGHWAY'

The so-called 'Transflores highway' is the main road that connects Flores from west to east. Starting from Labuan Bajo and ending in Larantuka, this 700 km-long road twists and tumbles across the island. This route never gets boring: it leads you to waterfalls, crosses mountains, and passes traditional villages. For more remote natural and cultural exploration, the Transflores highway offers you a good starting point for taking side roads into undiscovered areas.

## BIKE & CAR RENTAL

Alternative to public transport, hiring a car with an experienced driver gives you the flexibility to stop wherever you want. Most of the cars are privately owned, and the sector does not offer international standard tourism services yet. A small number of tour operators have their own cars. So far, no cars are rented for self-driving. A motorbike is a good option for traveling around Flores as well, since some of the remote areas can only be reached by this means of transport. However, longer distances are for experienced drivers only as the roads are sometimes in a terrible condition. Motorbikes can be rented in the district capitals. Do not forget to bring an international driving license with you to rent a car or motorbike.

## PUBLIC TRANSPORTATION

Within the district capitals and larger towns it is quite easy and cheap to cover short distances by hopping on and off bemo (minibuses). The Ojek, motorbike taxi often offered by young men who want to make an extra income, is another option for shorter distances. As it is quite popular to work as an Ojek driver, you will also find these young chauffeurs in more remote places, of course the price is negotiable. For longer distances, you may choose to ride on one of the many buses and trucks that bring their passengers from one town to another. It is advisable to reserve a seat in advance (preferably the front row so it will be less bumpy) at a local travel agent because the buses can get crowded. They mostly depart and arrive via public bus stations. Exact time schedules are not available, and buses will only depart once all seats are occupied.



Komodo National Park is just as famous for its currents as it is the dragons that roam topside. It's thought to be home to some of the most challenging recreational diving in the world.

Here are some Do's and Don'ts for diving in currents:

- Do be aware that diving in Komodo National Park is for everyone and sites can be dived in many ways to accommodate all levels of experience.
- Do communicate with your dive guide both on the surface and underwater. If you are

uncomfortable or have a problem they need to know.

- Do relax to maintain a regular breathing pattern.
- Do swim close to the bottom or reef to reduce the strength of the current.
- Do listen to the dive briefing and don't be afraid to ask questions.
- Do practice good buoyancy control and finning techniques. Courses are available to help you improve that.
- Don't fin like crazy against a current. Take a break before you exhaust yourself.

- Don't stray too far from your buddy or guide in strong current. Risk of separation and other problems can increase.
- Don't choose your dive operator based on price alone. Safety and experience should be at the top on your list when choosing an operator.
- Don't forget the most amazing marine life can be seen in current, such as Manta! Relax and enjoy the show.
- Happy diving!

- Tips by Wicked Diving

# TRAVEL TIPS



## VISA REQUIREMENTS

The visa requirements depend on the length of your stay and on your home country's regulations. Indonesian visa requirements are prone to changes. Thus, it is important to check the respective requirements at the Indonesian embassy or consulate in your home country before you start on your journey. If you want to extend your visa in Flores, you can visit immigration office in Labuan Bajo or Maumere.

## MONEY

In Flores, only Indonesian rupiah (IDR) is accepted for cash payments. In general, the payment in Flores is cash-based. Money transfers are not usually possible, as using international accounts is not very common yet. There are ATMs in the district capitals which – depending on the bank – accept major credit cards (Visa/Mastercard) where you can get cash. The banks will also change your foreign currency into rupiah. In Labuan Bajo, you also have the option of changing your money at local money changers. Be sure to check their exchange rates and fees before the transaction. Travellers cheques are rather difficult to change.

## SHOPPING

In Flores you will experience a different but probably more exciting kind of shopping beyond your notions of malls and supermarkets. There are many small to large local markets where you can find fresh agricultural products, fish, meat, and many other regional products. In the larger towns you can find all kinds of small shops that sell new as well as used clothes, household tools, electronic gadgets etc. Not only will you see a range of

familiar or unknown local products, you may also witness a barter transaction, which used to be the traditional way of doing business in Flores.

It definitely pays off to wake up very early if you want to have a complete culinary and cultural experience of a Florenese market. Of all Florenese products, ikat cloth which is sold in locally different forms, colors, and styles, is definitely the most meaningful, valuable, and unique souvenir. Florenese ikat is mostly hand-woven, and some of the cloth is made out of all-natural local ingredients – from the cotton to the dyeing agents. Thus, it may take up to three years to produce such a magnificent piece of art.

The Florenese people are skilled carvers, too. The most popular products are the Komodo dragons made out of wood which are frequently sold to tourists in Labuan Bajo. Traditional Florenese coffee is another typical island product that you should not miss. Coffee is grown and produced in most parts of the Flores highlands. Its great taste is well known throughout Indonesia.

## DO'S AND DON'TS

While visiting Flores, you will notice many cultural differences, also in matters of behavior. Visitors who respect the local customs and traditions will find a heartwarming hospitality from their Indonesian hosts and get an unforgettable travel experience. It is therefore an advantage if you consider some basic cultural do's and don'ts for Flores:

- **Dress conservatively!**

For female travelers, it is highly advisable to dress rather conservatively – a shirt covering the shoulders, and a lower body garment to the knees – especially when visiting villages and cultural objects. Unless you are on a dive boat or on one of Labuan Bajo's beaches or islands frequently visited by tourists, you should wear more than just a bikini to swim. Best to bring a fast-drying t-shirt, a pair of board shorts and a sarong to change into if you plan to enjoy Flores' remote waters. Please also consider that it is inappropriate for men and women to change clothes in the same place.

- **Smile a lot!**

Probably the most important thing is smiling. Smile is an indicator for friendliness. Visitors who do not reply the smiles or greetings will find it hard to get close to the local people.

- **Reduce the use of your left hand!**

Use your right hand for bringing food to your mouth as well as to pass on and receive things. The left hand, being used to wash after going to the bathroom, is considered to be dirty. Try to avoid passing food, money, shaking hands or touching people with your left hand as it will be considered offensive. Avoid touching men, women or even children's head as well as this is considered offensive.



## CYCLING AROUND FLORES

Flores has absolutely great potential for touring around on various roads using bicycles. Pedalling across idyllic villages, passing rice fields, lakes and forests and enjoying a nice picnic at a spot of your choice is just a wonderful experience you can have while on the island. Cycling in Flores is an adventure fitting for small groups and individualists and is best done by bringing your own, well maintained, bicycle from home country. Alternatively, rent a bike in Bali and transport it either to Labuan Bajo or Ende and back. A classical mountain bike with medium broad tyres fits most of Flores' road conditions. Bring a helmet, gloves and lights as well as air pump, good chain oil and an all-purpose toolset with you.

# FIND TRAVEL AGENTS & ACCOMMODATIONS

With authentic genuine Florenese warmth, Flores is an ideal place to visit. From seaside hotels catering to leisure and adventure seeking-travelers to restaurants offering delicious local dishes, as well as professional tour operators are available to make your stay in Flores a rewarding experience.

## Tour Operator



### PT. Manumadi Wisata

Jl. Soekarno-Hatta, Labuan Bajo  
Manggarai Barat, Flores, NTT, Indonesia

☎ +62 361 753 045  
✉ manumadi-inb@dps.centrin.net.id  
🌐 www.manumadi.com | www.komodotour.com



### Flores Exotic Tours

Jl. Kakatua 8, Ngencung, Kelurahan  
Watu, Ruteng 86511, Flores, Indonesia

☎ +62 385 270 502 2 | +62 812 366 211 0  
✉ info@floresexotictours.com  
🌐 www.floresexotictours.com



### Flores Cycling Tours

Jl. Kakatua 8, Ngencung, Kelurahan  
Watu, Ruteng 86511, Flores, Indonesia

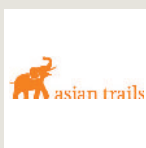
☎ +62 385 270 502 2 | +62 812 366 211 0  
✉ florescyclingtours@gmail.com  
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### Incito Vacations

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☎ +62 811 41 4769  
✉ info@incito.vacations  
🌐 www.incito.vacations



### PT. Asian Trails Indonesia

Jl. Bypass Ngurah Rai 260 Sanur,  
Denpasar 80228, Bali, Indonesia

☎ +62 361 285 771  
✉ res@asiantrails.co.id  
🌐 www.asiantrails.travel

### Flores Adventure Tours

Jl. Frans Nala Gg. Adenium, Labuan  
Bajo, Flores, NTT, Indonesia

☎ +62 821 456 589 34  
✉ floresadventuretours@gmail.com  
🌐 www.floresadventuretours.com  
www.komodoflorestour.com

### No Roads Expedition

3/77 Beach Rd, Sandringham, Victoria,  
Australia 3191

☎ +61 395 988 581  
✉ peter@noroads.com.au  
🌐 www.komodokayaking.com

### Puri Sari Beach Hotel

Jl. Pantai Pede, Kecamatan Komodo,  
Labuan Bajo, Flores, NTT, Indonesia

☎ +62 385 244 3710  
✉ gemalapuri@gmail.com  
🌐 www.purisarihotel.com

### Sylvia Resort Komodo

Waecicu Beach, Labuan Bajo, Flores, NTT,  
Indonesia

☎ +62 812 387 108 15  
✉ yantoambu@yahoo.co.id  
🌐 www.sylviahotelresort.com

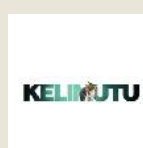
## Accommodation



### Plataran Komodo Beach Resort

Jl. Soekarno-Hatta, Labuan Bajo,  
Flores, NTT, Indonesia

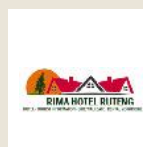
☎ +62 361 411 388, +62 812 4614 4348  
✉ reservation@platarankomodo.com  
🌐 www.plataran.com



### Kelimutu Crater Lakes Eco Lodge

Jl. Koanara Village, Kelimutu, Moni, Flores, NTT,  
Indonesia.

☎ +62 361 722775 | +62 361 4719383  
✉ reservation@ecolodgesindonesia.com  
🌐 www.ecolodgesindonesia.com



### Rima Hotel Ruteng & Rental Motorbike

Jl. Ahmad Yani No. 14, Ruteng,  
Flores, NTT, Indonesia

☎ +62 385 22196 | +62 385 2424 517  
✉ rimahotelruteng@gmail.com  
🌐 -

## Other Service



### Lotus Laundry

Jl. Raya Sernaru, Ruko No.1, Labuan Bajo  
86754 Flores, NTT, Indonesia

☎ +62 812 467 988 44  
✉ lotuslaundry@hotmail.com  
🌐 -

### SeaTrek Sailing Adventures

Jl. Bypass Ngurah Rai 377, Sanur, Bali,  
Indonesia

☎ +62 361 270 604 / 283 358  
✉ info@seatrekbali.com  
🌐 www.seatrekbali.com

### Hotel LAPRIMA

Jalan Pantai Pede No. 8, Labuan Bajo,  
Flores, NTT, Indonesia

☎ +62 385 244 3700  
✉ reservation@hotellaprima.com  
🌐 www.laprimahotel.mynetworksolu  
tions.com

### Bintang Flores Hotel

Jl. Pantai Pede, Labuan Bajo, Flores, NTT,  
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☎ +62 385 244 37 55  
✉ info@bintangfloreshotel.com  
🌐 www.bintangfloreshotel.com

### Exotic Komodo Hotel

Jl. Yohanes Sehadeun, Labuan Bajo, Flores,  
NTT, Indonesia

☎ +62 385 412 62  
✉ exotickomodo@gmail.com  
🌐 www.exotickomodo.com



## TOURIST INFORMATION CENTER

Look for this sign if you need information while traveling in Flores. City maps and information assistance are available for free in the tourist information centers located in strategic locations of the town.

For further information please check [www.florestourism.com](http://www.florestourism.com).

### Tourist Information Center Labuan Bajo

Jl. Mutiara, Kampung Ujung, Labuan Bajo, Flores  
86554, NTT, Indonesia

☎ -  
✉ [info@florestourism.com](mailto:info@florestourism.com)

### Tourist Information Center Ende

Jl. Bhakti No.1 Ende 86312, Flores, NTT  
Indonesia

☎ +62 381 231 41  
✉ [info@florestourism.com](mailto:info@florestourism.com)

## Important Number

### Immigration Office Labuan Bajo

Jl. Gabriel Gampur, Labuan Bajo, Flores  
NTT, Indonesia

☎ +62 385 421 34  
Inquiry/complaint Phone: +62 8123 8554 899  
Inquiry/complaint Email: [kanimlabuanbajo@yahoo.com](mailto:kanimlabuanbajo@yahoo.com)

### Immigration Office Maumere

Jl. Adi Soetjipto No. 24 Maumere 86111, Flores  
NTT, Indonesia

☎ +62 382 21150-51 / Fax. +62 382 211 80

### CAPA Resort Maumere

Jl. Nairoa, Waipare, Maumere, Flores,  
NTT, Indonesia

☎ +62 382 2425 000  
✉ [info@capamaumere.com](mailto:info@capamaumere.com)  
🌐 [www.capamaumere.com](http://www.capamaumere.com)

### Flores Spa

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### Happy Banana Restaurant

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### Tourist Information Center Bajawa

Jl. Jenderal Ahmad Yani No.75, Bajawa Ngada, Flores  
NTT, Indonesia

✉ [info@florestourism.com](mailto:info@florestourism.com)

### Tourist Information Center Moni

Desa Koanara, Moni, Kab. Ende, Flores, NTT  
Indonesia

✉ [info@florestourism.com](mailto:info@florestourism.com)

## Police

### Police Station, Manggarai Barat

Jl. Frans Sales Lega Cowangdereng, Labuan Bajo  
Manggarai Barat 86544, Flores, NTT, Indonesia

☎ +62 385 41110

### Police Station, Manggarai

Jl. Katedral No. 1 Ruteng, Flores, NTT, Indonesia

☎ +62 385 86500

### Police Station, Ende

Jl. Polisi, Ende, Flores, NTT, Indonesia

☎ +62 381 21501

### Police Station, Ngada

Jl. Kartini, Bajawa, Ngada, Flores, NTT, Indonesia

☎ +62 21007

### Tourist Information Center Bali

Jl. Batur Sari No. 20SB, Sanur 80227, Bali, Indonesia

☎ +62 361 271 145  
✉ [info@florestourism.com](mailto:info@florestourism.com)

## Hospital

### ST. Joseph Clinic

Kelurahan Wae Kelambu, Labuan Bajo, Flores  
NTT, Indonesia

☎ +62 385 41407

### RS ST. Rafael

Cancar, Manggarai, Flores, NTT, Indonesia

☎ +62 385 22944  
🌐 [www.cancarhospital.com](http://www.cancarhospital.com)

### RSUD Ende

Jl. Prof. DR. WZ Yohanes, Ende, Flores, NTT, Indonesia

☎ +62 385 41407

### RSUD Bajawa

Jl. Diponegoro 5, Bajawa, Ngada, Flores, NTT, Indonesia

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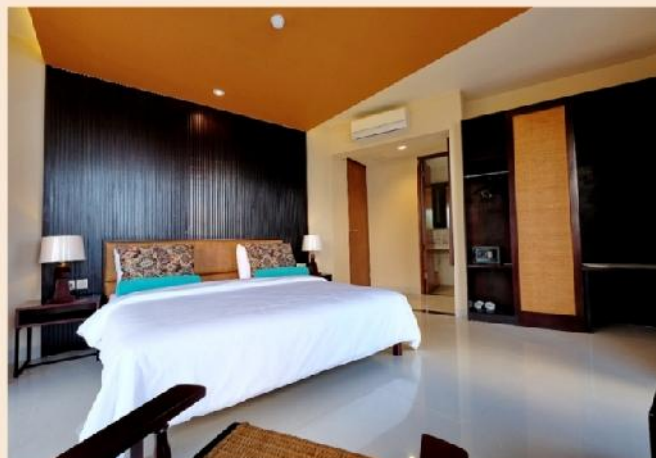


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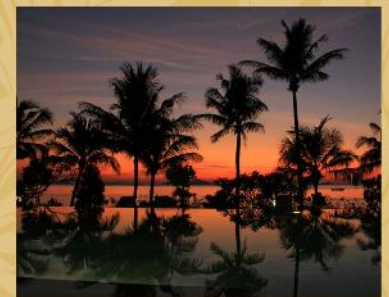
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