

Rediscover Hidden Paradise

April 2019

Flores Plus

www.floresplus.net



THIS DIGITAL MAGAZINE IS ALSO AVAILABLE VIA ISSUU AND SCOOP

Editor's Note

Dear Friends,

One of the most exciting things about Flores is the endless possibility of adventure and discovery. Everyone knows about the Komodo National Park but many do not understand or even can envision the wide expanse of this beautiful island. Beyond Labuan Bajo in the West, there is 13,000 km still left to uncover. With this in mind, we have taken some time to highlight some of the most notable destinations and natural attractions that you mustn't miss when you are out and about discovering Flores. Read more in our Best of Flores section.

Just like most mysterious and untouched tropical island destination, Flores has a ton of thrilling traditional festivals and cultural events that are open for viewing to outside visitors. As the island is home to hundreds of different indigenous tribes, there are always ceremonies, festivals and events to look forward to. You can see which ones will take place during your travels in our What's Up section.

Anywhere you go in the world, you will be sure to want to take advantage of unbeatable deals that will give you great value for money. See our Hot Deals section for awesome offers on trips on a traditional luxurious phinisi, suggestions on tours and trips and where best to eat and even a pearl farm visit and the chance to bring home a beautiful South Sea Pearl.

If you're a photographer - we welcome all contributions of exceptional photographs featuring Flores's wondrous landscapes both above and underwater to feature in our weekly newsletter, Instagram and Facebook. Simply tag us and we'll credit you if and when we use your photographs. So come and join us as we Rediscover Hidden Paradise and do visit www.floresplus.net for more insights and to subscribe to our weekly newsletter.

If you would like to reach us, do send us your comments – email us at info@floresplus.net or simply contact us on Social Media. We'd always love to hear from you.

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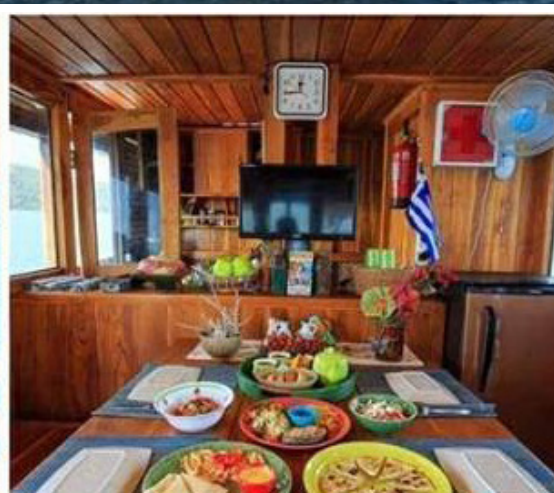
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Reba Traditional Ceremony 15 January 2019, Kampung Adat Bena

Reba is one of the most important ceremonies in the Ngada district – it is a thanksgiving celebration held annually to thank God and to honour their ancestors for blessing the villagers with good harvest and wealth. This ceremony is held over three days and is packed with rituals, food crops and livestock and focuses on the legend of the ancestors and how they travelled far and wide to find a better place to live. There are many different stages to the ceremony; preparations and rituals begin one week ahead of the actual day and is followed by the collecting of offerings, receiving guests, dancing, reciting original myths, and praising the yam root as yam used to be the most important and staple food in the past. As the village Bena is considered the mother of all Ngada villages, this ceremony will take place here first, followed by other



villages in January including Langa, Nage and Wogo and Ruto, Deru or Turekisa in February. *Photo by Marketplus.co.id

Pasola War Festival February / March, Sumba

The Pasola War Festival takes place annually in February & March several days after the full moon in West Sumba, East Nusa Tenggara to honour God and the ancestors. Precise dates to the festival will usually be announced by religious representatives two weeks before the actual event takes place. Although thrilling to watch, the Pasola War Festival is an ancient ritual preceded by plenty of ceremonies and rituals. Visitors and tourists planning to watch should remember to behave calmly and accordingly. 50 men in traditional warrior costumes from multiple villages will be divided into two groups - the ritual begins with prayers and offerings and then warriors on horsebacks will begin chasing one another by throwing spears at their opponents until some blood can be seen. Do not be alarmed – the show of blood is part of the thanksgiving ritual for



God and the ancestors. Pasola is derived from the word Sola or Hola, which means spear. *Photo by Pesonatrip.co.id

Sarong & Tenun Ikat Festival March 2019, Kupang, Timor

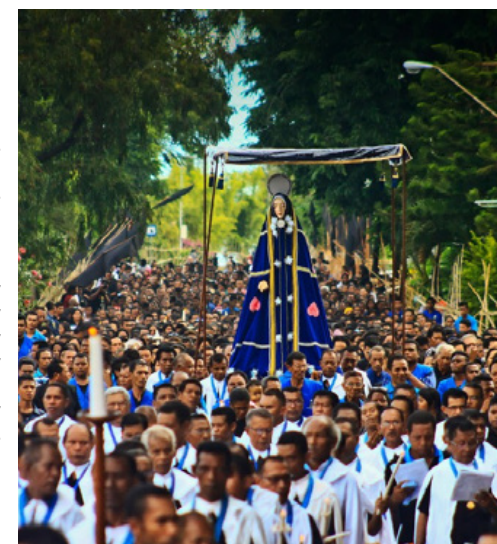
Sarong and Tenun Ikat are traditional hand-woven textiles of Flores and East Nusa Tenggara. These textiles are crucial elements to the communities here and are held in extremely high regard. They play important roles to mark various milestones for families, the communities and villages in East Nusa Tenggara, Indonesia. The Sarong & Tenun Ikat Festival was conceptualized to uphold the importance of this heritage to the communities of East Indonesia while increasing awareness and exposure to this unique and ancient art form in the eyes of the world. In partnership with NTT Regional National Craft Council headed by Julie Sutrisno Laikodot, the festival will showcase the various styles and creations of the Sarong and Tenun Ikat from Flobamora - namely Flores, Sumba and Timor. In addition to beautiful textiles, there will be a variety of traditional dance



performances including Gawi, Dolo-dolo Jai dan Tebe and traditional foods from each respective district. *Photo by Tempo.co

Easter Parade (Semana Santa) 14 March 2019, Larantuka, East Flores

Semana Santa is a holy week that is celebrated every year in Larantuka one week before Easter Sunday. Thousands of Catholic pilgrims from Flores and Indonesia travel to Larantuka for the week to participate in a 10km holy parade where the statues of Jesus Christ (locally known as Tuan Ana) and Virgin Mary (locally known as Tuan Ma) and baby Jesus leads the procession. The holy statues are usually kept hidden for the rest of the year, but they are on display during the week. Portuguese missionaries Gaspar do Espírito Santa and Agostinho de Madalena brought the statues to the island in the 16th century. Semana Santa begins on Shattered Wednesday with prayers where devotees remember the betrayal of Jesus by Judas. On Maundy Thursday they prepare the route with candles for the following day's 7km procession. The climax of the week falls on Good Friday when the door of the chapel



opens at 10am. The whole procession starts and ends at the Katedral Reinha Rosary. Holy Saturday and Easter Sunday mark the end of the holy celebrations. *Photo by Valentino Luis

HOT DEALS FLORES

Explore Flores With The Plataran Phinisi Felicia

Discover the beauty of the Komodo National Park and its surrounding waters with the magnificent and luxurious Phinisi by Plataran, Felicia for just USD 900 per person. Your package is all-inclusive and covers 3 days 2 nights of wonderful adventure amidst the luxury and safety of the Phinisi. The itinerary includes visits to Wae Cecu, Rinca and Kalong Island to see the Komodo Dragons, a visit to a mangrove island, home to thousands upon thousands of bats as well as trekking and snorkeling. You'll also get to visit the incredibly famous Pink Beach, explore Padar Island and snorkel at Kanawa and Bidadari Island. Felicia is the largest in Plataran's fleet with two master cabins, two double cabins, and two bunk bed cabins, offering unsurpassed luxury and space to laze while touring the islands and bays. Available for a minimum of 4 pax. To reserve your slot, please email reservation.komodo@plataran.com or visit www.plataran.com.



Visit Atlas Pearl's Showroom In Labuan Bajo

Make your visit to Flores one to remember and enjoy a tour of Atlas Pearl's working pearl farm in Punggu, near Labuan Bajo in Flores, where you can explore the magic, experience the nature and unlock the mysteries of the South Sea pearl for yourself. Atlas Pearls has an enviable reputation as a global leader in eco-pearling; specialising in the highly sought after silver and white Pinctada maxima, known as the South Sea pearl. Atlas Pearl's extensive range of exceptional quality jewels features South Sea pearls cultivated at the five Atlas Pearl Farms located throughout the Indonesian archipelago including here in Flores. These farms produce some of the world's best South Sea pearls, nurtured by the loving hands of its dedicated personnel before making their way to you. Its Labuan Bajo showroom showcases both new and classic collection as well as loose pearls and all purchases come with a Certificates of Authenticity.



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HOT DEALS FLORES

Delightful Tastes Of Greece At Casa Selini Cafe

Casa Selini Cafe by Selini On The Hill Villas is a delightful place to dine while overlooking the bay. Offering tantalizing Mediterranean Fusion cuisine made from only the freshest ingredients, this is the best place to satiate your appetite with the Chef's exciting surprises. There is no fixed menu as to maximize the availability of each ingredient; therefore, be assured that each experience at the restaurant will be truly unique and memorable. Reviews have stated that Casa Selini Cafe offers some of the best tastes of Greek cuisine in Labuan Bajo! Vegetarians and healthy food lovers need not worry as there are plenty to choose from. We recommend the dips with fresh flat bread – authentic Greek delicacy! After your meal, sit back and relax as you take in the wondrous view of the bay, or linger over cocktails and catch the most magnificent sunset you'll ever see.



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7 Days Full-Board Diving and Snorkeling In Maumere

While the Komodo National Park may be renowned the world over for its breathtaking underwater world, the waters surrounding the island of Flores holds astounding beauty rich diversity and marine life unique only to this part of the world. Maumere, a town located in Ende is famous among serious divers who have seen the magical world beneath the surface in the areas surrounding Maumere Bay, which is home to some of the most beautiful and rich coral reefs and marine life in the world. So go off the beaten path and dive or snorkel around Pulau Besar, Pulau Babi, Pangabatan and Pamana here in Maumere with a trusted Dive Centre, such as the Sea World Club Beach Resort located right on the beach in Maumere. Book a 7-day full board diving package with equipment, accommodation and diving trips included for just USD 550 per person with 2 divers, applicable for online bookings. Individual prices are also available. Visit flores-seaworldclub.com to find out more.



BEST OF FLORES

Lost In Time: Alor's Takpala Village

Takpala village is a traditional village in Alor Island, a small and untouched, raw and rugged island just east of Larantuka in Flores. Here, you'll find everything as it was a hundred years ago – free of development, modernity and pollution; beautiful and untouched, as God intended it to be. Nestled at the top of a hill, Takpala village is just walking distance away from the beach. All the houses here are located in the shape of a pyramid and are made using sustainable and indigenous materials like Lontar leaves, coconut fronds and wood. This primitive home is without any doors or windows and traditionally, it is called a "Lopo". People who live in Takpala village are from the Abui tribe, the biggest in Alor archipelago. They are well-known for their friendly personality and will gladly welcome tourists who come to



visit with a breathtaking traditional dance called Lego-Lego where men wear traditional Abui attire and carry weapons and shields. *Photo by muhammadmaahir

Lembata's Sacred Mount Ile Api

Mount Ile Api is the highest peak on Lembata island, a small island just off Flores, in East Nusa Tenggara. Standing at 1450 metre tall, Mount Ile Api is visible from miles around. This active volcano has some similar characteristics with Mount Bromo in East Java, where the main crater of the mountain is surrounded by fine volcanic sand. At some point, you can spot yellow sulphurous marks near the crater, a sign of the mountain's volcanic activity. The starting point to hike Mount Ile Api is Lewolotok village, one of the traditional villages near the mountain. You can also start hiking from Jontona village, Bungamuda village, Lamatokan village, or Kolontobo village. Ceremonies are held at Mount Ile Api every year; the largest one is called Utan Wetun or 'Kacang Tumbuh' usually at the end of the year. From the top of Mount Ile Api, you can see the Flores Sea and Adonara island with Mount Ile Boleng in the background. *Photo courtesy of Indonesiakaya.com



BEST OF FLORES

An Ancient Tradition – Ende's Gawi Dance

Flores is a haven for various tribes with their own languages and religions, whose unique cultures and traditions are of major interests to tourists both local and foreign. Each tribe expresses itself differently and with a variety of traditional dances owned by each different region. In Kabupaten Ende, the Lio people perform the Gawi Dance or Tarian Gawi during religious ceremonies, festivals, parties and celebrations. The Gawi Dance is one of the most ancient tribal dances in Ende and is performed to showcase the tribe's gratitude and thankfulness to God and their ancestors. The dance is performed en masse by holding hands and forming a circle-like formation with men in the inner circle and women in the outer circle. This dance is often featured in a number of ceremonies, such as the time of harvest, the construction of traditional houses, the



appointment of tribal chiefs and other traditional events.

The Secret Island Of Pangabatang

If you're in Flores and dreaming of exploring quiet, deserted and exotic islands that are way off the tourists' radar, then you must visit Pangabatang Island. Easily accessible from Maumere, the capital city of Sikka, you can embark from Laurens Say Port for an easy one-hour boat journey to your very own "private island". Surrounded by crystal clear turquoise waters, Pangabatang Island is usually the destination of choice for those who crave a getaway from crowds and noise. It is a great option if you're looking for an easy day-trip with a loved one or a trusted friend. To get to the island, you'll need to rent a boat which would cost you about Rp 300,000 or more – the boat will drop you off and wait for you till you choose to return. While you're there, you could just relax and forget about the hustle and bustle of modern life – swim, snorkel, sunbathe and take a walk on the pristine beach. *Photo courtesy of Donny Leonardi





Rediscover Hidden Paradise

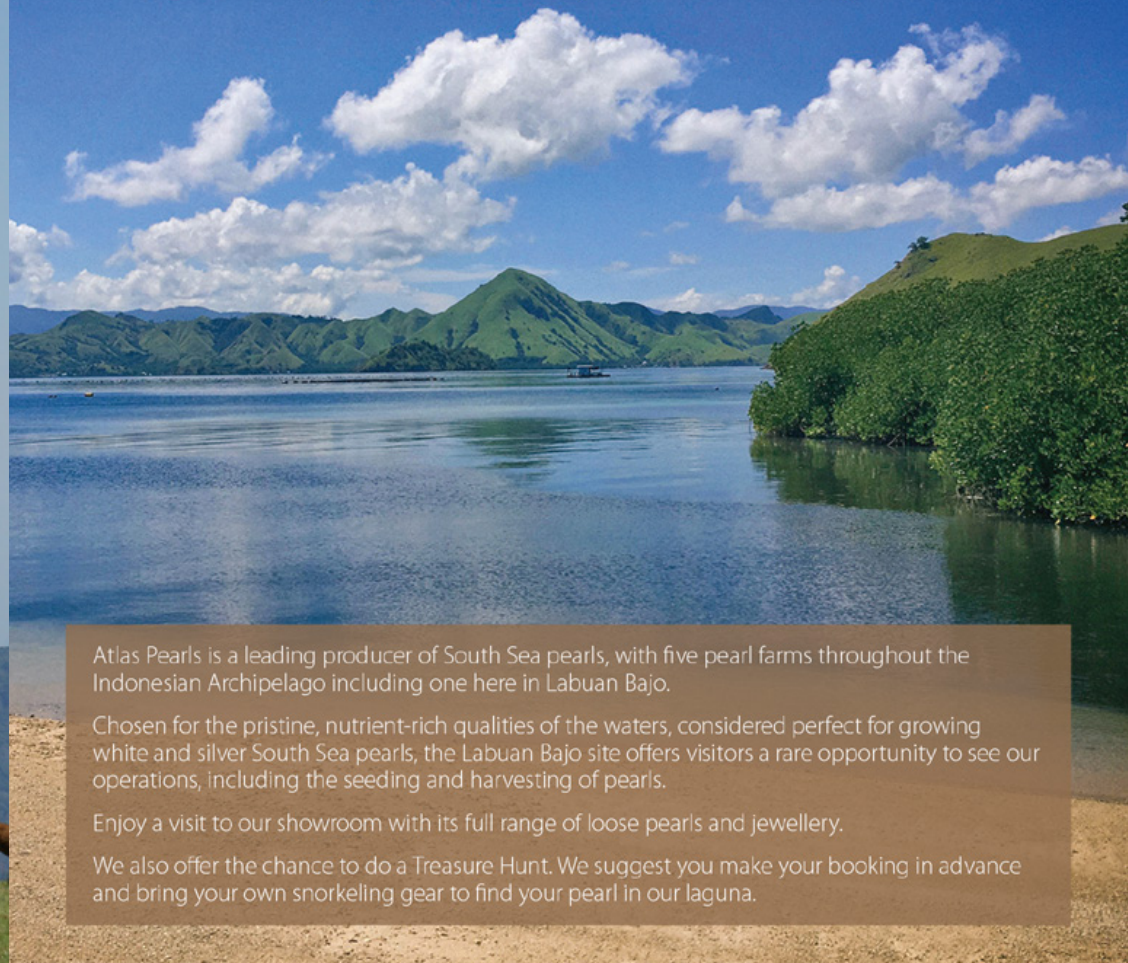
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NEWSLETTER | 02 MARCH 2019



PT Cahaya Bali Presents

Apasajah's New "Finger Candy" Collection

Apasajah introduces its new "Finger Candy" collection: Inspired by light and bubbles, the "Finger Candy" collection by Apasajah is now available for those looking to jazz up their outfit of the day with pretty bright colours and the ring's unique shapes.

Made of premium quality resin and South Sea Pearls, the "Finger Candy" collection is available in three feminine colours - gold, red and black - and will be sure to add some light and life to any outfit no matter the occasion.

Priced at just IDR 350,000 per piece, these cocktail rings are a fun addition to an outfit for any night out in Bali



Created and designed by its own staff, the collection at Apasajah to reflect the "whatever" and "wherever" concept. In addition to its "Finger Candy" collection, other designs and collections are also available for the female or male looking for unique and elegant pieces that will stand out from the crowd. Designed using recycled materials like driftwood from Raja Ampat, Balinese Prayer Coins, leather, glass beads and semi-precious pearls, Apasajah represents everything that the staff of PT Cahaya Bali believes are cool and "in-trend".

Check out the Apasajah collection on Instagram at @apasajajewelry

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NEWSLETTER | 13 MARCH 2019

FLORES NEWS



Flores's Holiest Week & The Parade of Semana Santa

One week before Easter, the town of Laranuka in East Flores will be awash with thousands of devotees for the annual Easter Holy Week devotions, also known as the Semana Santa procession. Semana Santa is celebrated every year in Laranuka - during this time Catholic pilgrims from Flores and Indonesia travel to Laranuka for the week to worship, and to participate in a 10km holy parade where the statues of Jesus Christ (locally known as Tuan Ana) and Virgin Mary (locally known as Tuan Ma) and baby Jesus leads the procession. This event is phenomenal to watch as thousands of people come together to worship and when it gets dark, the night is illuminated by thousands of candles which are carried by the worshippers.

The holy statues are usually kept hidden for the rest of the year, but they are on display during this holy week to the public, which makes the event even more special. It was said that Portuguese missionaries Gaspar do Espírito Santo and Agostinho de Madalena brought the statues to the island in the 16th century.

Semana Santa begins on Shrove Tuesday with prayers where devotees remember the betrayal of Jesus by Judas. On Maundy Thursday they prepare the route with candles for the following day's procession. The climax of the week falls on Good Friday when the door of the chapel opens at 10am. The whole procession starts and ends at the Katedral Reinha Rosary. Holy Saturday and Easter Sunday mark the end of the holy celebrations.

Photo Credits to Valentino Lulo



Komodo's Magnificent Manta Rays

Swimming with Manta Rays is an adventure in itself. Many travellers have described the experience as magnificent, a once-in-a-lifetime moment that they'd happily experience again. If you're planning to travel to the Komodo National Park in West Flores soon, you should definitely consider swimming with the Manta Rays for a safe yet thrilling underwater experience that you won't soon forget.

The best time to swim with the Mantas is usually from April to July, during the summer months when the season is dry and the waters are calm. Be sure to book a day of swimming and snorkelling in Manta Point, also known as Karang Makassar - this is the spot in the Komodo National Park where Manta Rays are often encountered. The site is relatively shallow, safe for beginners and can be easily accessible by a 2-hour boat ride from Labuan Bajo. Experienced divers can try free diving at Manta Alley.

Manta Rays are gentle and inquisitive creatures. Do swim with them gently and respectfully and one or two might even swim right up to you and interact with you! Please refrain from touching ANY wild animals or underwater creatures while in the Park to avoid damaging the Park's fragile eco-system.

Being wild marine animals, there is no guarantee though that the Mantas will be there when you are, you'll still have an amazing underwater experience. Thanks to its unique location, Flores island is one of the best diving and snorkelling sites in the world. There are over 1,000 species of fish and more than 350 reef-building corals in the Komodo National Park alone!

NEWSLETTER | 23 FEBRUARY 2019

FLORES NEWS



High Wave Warning Issued For West NTT

The Meteorology, Climatology and Geophysics Agency (BMKG) again issued an early warning towards the potency of high wave that will strike the west coast of The East Nusa Tenggara region. Previously, BMKG has forecast the weather in East Nusa Tenggara for Friday (22/2) until Saturday (23/2).

Light rain will likely to pour during the day in some area in the region, namely in Ruteng, Lawoeta, and Kalabahi. In the other hand, BMKG predict the weather will be cloudy during the night until dawn for all the area in East Nusa Tenggara. BMKG also predict the temperature in the region will be between 20 to 32 degrees Celsius, where Ruteng city and Bajawa will be the area that have the lowest temperature of around 16 to 24 degrees Celsius. Meanwhile, the East Nusa Tenggara still has high level of humidity which is around 70 to 95 percent.

The wind gust is predicted to be blown from south west to north west in 10 until 20 km per hour. BMKG in their prediction also gave an early warning to be aware with the high wave potential in the waters of the west side of East Nusa Tenggara.

The forecast made by BMKG East Nusa Tenggara Region is valid starting from Friday, 22 February 2019 on 7 AM at the local time up until Saturday, 23 February 2019 on 7 AM local time.



Three Famous Traditional Villages In Jerebu'u Valley, Flores

Flores has all the beautiful landscape that is waiting to be discovered, including its exotic cultural heritage that remains preserved by the local community. The local community in Flores are mostly living in remote villages far from modernization. Taken from komodo.com, here is the list of the top three traditional villages that you don't want to miss when exploring Flores.

Bena

The Bena traditional village received a 4.5-star rating by Trip Advisor with lots of great reviews complementing its beautiful mountain views and local culture. Bena is situated about 16 km from Bajawa at the foot of Mount Ineri. Many tourists continue their journey to Bena after they have visited Labuan Bajo. There, guests can explore the traditional house and the local culture with a beautiful view of the mountain as its background. The cold climate is also suitable for the famous Bajawa Coffee plantation.

Tolilela

Tolilela village is a traditional village situated at the altitude of 650 meter above the sea level in Manuhara village which is around 30 km from Bajawa. It is famous for its traditional wind instrument made from bamboo called bombardon. Bombardon is usually played during the Bombardon concert where they play a folk song about the origins of Tolilela and explaining the contents of each traditional house, Ngadhu and Bhaga.

Gurusa

Gurusa Village can be found after a 19km drive from Bajawa to Bena, and it is quite accessible by car or motorbike. Rows of Megalithic stones are standing at the centre of the village and ready to fascinate the tourists who come to Gurusa. However, the village is burnt down on August 2018, destroying 27 houses from the total 33 traditional houses and burning the valuable heirlooms inside the house.

Article Source: Jakarta Post
Image source: flores tourism.com

NEWSLETTER | 27 FEBRUARY 2019

FLORES NEWS



Flores To Develop Geothermal Facilities - Local Farmers Worry

Flores island has been identified as the site to the country's largest geothermal energy within the East Nusa Tenggara (NTT) region, as announced recently by the Indonesian Ministry of Energy and Mineral Resources (ESDM).

It was reported that Flores has the potential to unleash 776 MWe of geothermal energy which can be used to increase the electrification ratio in eastern Indonesia and power downstream industries such as the mining industry, smelters, fisheries, plantations and tourism. Currently the majority of electricity needs on Flores island are for household consumption.

The government has identified 12 prospect areas for geothermal in Flores - as of today, only 3 areas have received their Geothermal Working Area management permits (GWMP) from the ESDM minister, namely Ulumbu, Mataloko and Sokoria with a total installed capacity of 12.5 MW.

In related news, about 1000 local farmers on the island of Flores are voicing their protests on the government's plans on the geothermal power plant projects, citing damages to the environment and loss of livelihoods as well as ancestral homes.

"The mining activities will create drought, a shortage of clean water and famine because a significant amount of agricultural land will be damaged," said farmer Fridolinus Sanir. He said that the mines would swallow up two natural springs, which have been the main source of drinking water and irrigation for farmers. Mining activities will also damage protected forests and 800 hectares of rice fields, he added. Source



Labuan Bajo A Popular Favourite At Scandinavia's Biggest Travel Show

Labuan Bajo's Komodo National Park was a clear crowd favourite at the recent Danish Travel Show - Ferie For Alle, the biggest travel fair in Scandinavia held in Herning, Denmark. The Indonesian Ambassador in Denmark, M. Ibru Said told ANTARA London that in addition to Bali, Indonesia promoted a variety of other tourism destinations and tour packages at the recent travel fair which was held for three days until 23 February 2019.

During a "Table Top Meeting" held at the exhibition which brought together buyers and sellers within the industry, the Ambassador highlighted that Indonesia is home to more than 17,000 islands, each unique and beautiful in their own way. He also said that it was clear that Indonesia's plethora of enthralling tourists' destinations are obvious favourites during the show. Tour packages offered included eco-tourism, marine tourism, cultural and culinary tourism, visiting traditional villages and shopping & entertainment.



Welcome to Flores, the stunning and almost untouched paradise island that lies to the east of Bali, right after the islands of Lombok and Sumbawa with the island of Timor to its west. Rugged and wild, Flores is the backdrop to some of the world's most unique beauty and home to extraordinary and astonishing wildlife, inimitable to only this part of the world.

Stretching from East to West, Flores covers 360km of land covered with smoldering volcanoes, deep mountainous craters, majestic lakes, hidden beaches, hot springs, clear lakes, cool river ponds, thundering waterfalls, vast open plains and spectacular rice fields. Many would know Flores as home to the magnificent Komodo dragon, a giant lizard of prehistoric and Jurassic-like features that populates Flores' Komodo and Rinca Islands. The Kelimutu has also created a name for itself; this inactive volcano located in central Flores hypnotizes visitors with three brightly coloured crater lakes that changes colours with time from deep within its bowels.



Explorers and travel enthusiasts would already know by now that Flores is so much more than its Komodo Dragons and the Kelimutu. With a long and colourful history, vibrant culture and traditions, this expansive land that spans over 8 main regencies awaits further discoveries. What wonders does this island hold, and what magic that draws the adventurous and the curious to travel far and wide to return to its distinct, rugged terrain. Almost completely shrouded in mystery, calls of the dark tangling jungles and windswept open plains can be heard by many.

The mystifying culture practiced by the locals of Flores has given many a small peek into fascinating



traditions and distinctive languages, which are all part of the island's allure. Flores' cultural richness is impressive; its friendly inhabitants invite you to explore and learn more about their captivating past and present way of life.

Their belief systems, arts and culture, traditions and history are crucial elements in the making of the beautiful island Flores. In this guidebook, we strive to showcase the magnificence of this island that spans across districts, attractions, wildlife, landmarks and its people. Read on and experience some of the most breathtaking sites and experiences in the world.



The people of Flores represents its stunning cultural diversity; with a population of 1,831,000 (2010), the population, as is the island, is split into eight regencies from west to east, each with it's own unique language, dialects and capital cities. Manggarai, Ngada, Ende, Sikka and Flores Timur as well as their capitals Ruteng, Bajawa, Ende, Maumere, Larantuka and Lewoleba, recognizes Bahasa Indonesia as the official language, however everyday conversations in Flores are still carried out in local languages and dialects.



Catholics make up a small minority in Indonesia, the world's largest Muslim country by population; however Flores is the home of Indonesia's largest Catholic community since the arrivals of missionaries in the 16th century. The Catholic mission established a vital part of the island's education and healthcare system. Until today, many hospitals are still managed by orders

of the Catholic Church. The missionaries also pioneered road construction.

Even though Christianity has taken over the island, many elements of the belief systems that existed long before the arrival of the Catholic missionaries are still persistent, which are based upon the concept of complementary opposites like e.g. man/woman, inside/outside, sky/earth, mountain/sea, old/young. These opposites are conceived to be interacting pairs of a circle of life.



Part of Indonesia's Eastern Islands (NTT, Nusa Tenggara Timur), Flores boasts a mountainous and rugged landscape that makes up 6,627 square metres of Indonesia. The biggest island in NTT and also one of the Lesser Sunda Islands, Flores is geographically located between Sumbawa and Timor to its East and West and Sumba and Sulawesi to its North and South. It boasts a tropical climate with two seasons (wet and dry) per year with an average temperature ranging from 27-29°C. Monsoon season hits between December and March before dry season comes in May until October, however, frequencies of rainfall differ according to regions. Between these extremes, there usually is a transitional period lasting from April to May and then again from October to November.

Its highest peak at 7,872 ft, Flores is located in the volcanic zone that extends from Sumatra across Java and Bali to the Banda Sea. Its turbulent geological history is reflected in the heavily fragmented mountainous region. Flores is prone not only to volcanic eruptions, but also to and tsunamis earthquakes: In 1992, a strong earthquake followed by a massive tidal wave claimed the lives of 3000 people and destroyed the town of Maumere and its surroundings.

BEACH

Flores' tropical waters are not only mind-numbingly beautiful; along the coastline they are also free off strong currents. The beaches of Flores are spread out all over the island in many spectacular forms – rest assured you'll find the standard white sandy beach but be prepared to be awestruck by its multi-coloured versions including pink, black, and blue-pebbled beaches with majestic backdrops of jungles and mountains.

FORESTS

Lush forests cover almost all of Flores, with several options available for exploring by foot. The most popular would be the forests surrounding the Kelimutu National Park in the district of Ende and the isolated forests of Wae Rebo in Manggarai district, one of the most biologically richest areas in Indonesia and a short hike away from the village of Wae Rebo. The mountainous forest of Mount Ndeki is where you can observe tropical species of birds while wandering in the pristine wilderness of the mountainous forest, also home to green vipers camouflaging themselves as dry branches.

VOLCANOS

Flores is situated in the midst of the "Ring of Fire" part of a volcanic belt which stretches from Sumatra through Java and Bali to the Banda Sea. The most famous volcano on the island is the Kelimutu, popular site of the tri-coloured crater lakes.



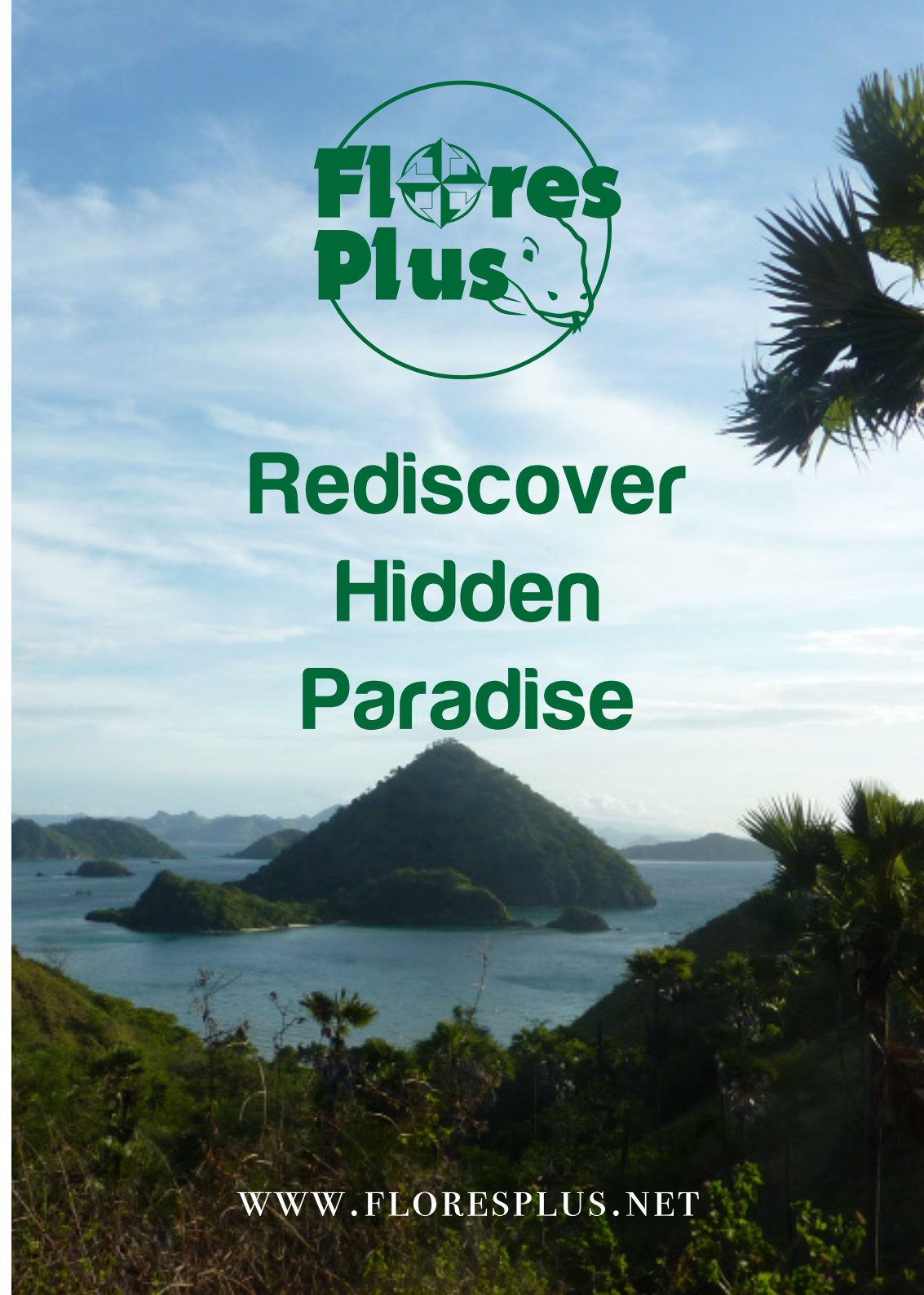
The name Flores came from the Portuguese who landed on the island in the 16th century and named it "Cabo das Flores", which means "Cape of Flowers". The first Portuguese explorers landed in Flores in the year 1511, mainly to Larantuka and Sikka in the quest to dominate the lucrative spice trade in Asia and to extend their missionary efforts.

The missionaries also established the first Catholic school in Larantuka by the late 16th century and later on became an important trade base. Flores – which itself was neither a source of precious spices nor sandalwood – became an important strategic point for the economic activities of Portuguese traders until the Dutch traders interfered with the spice trade.

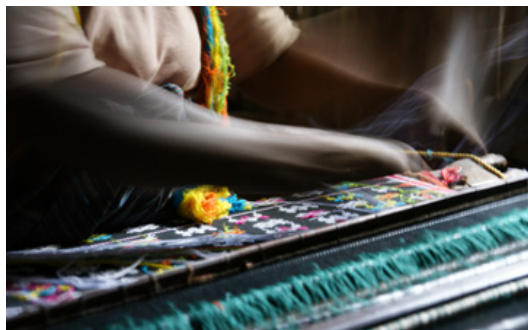
Finally in 1769 the Portuguese were defeated and they withdrew to Dili in East Timor, and renounced their influence in Eastern Indonesia and sold their remaining enclaves in Flores to the Dutch State. Except for a short period of Japanese occupation during World War II, the Dutch remained the dominating colonial force until Indonesia became an independent nation state in 1949.



Rediscover Hidden Paradise



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WEAVING

Woven textiles are a very important part of the Floresese culture. Woven cloths are available all over Flores but the districts of Sikka and Ende have a long and rich history in weaving tradition. The two predominant styles of weaving in Flores are Ikat and Songket with Ikat means "to tie" in the Indonesian language and refers to the weaving process as well as to the woven product. The production of the ikat is a very demanding and time consuming process involving a variety of complex steps and procedures. Ikat weaving style is widespread in Eastern Flores and as numerous villages still are producing ikat, there are many opportunities for visitors to see weavers working on their masterpieces.

Songket weaving can be found in the Manggarai and Ngada districts of Flores, with the main feature of the weave being an ornamental thread that is inserted to the fabric.



CACI DANCE

The Caci Dance of Manggarai is not just a cultural dance; it is a traditional whip fight that involves actual whips, shields, masks and sticks and actual blood between the adversaries. Competition is usually between two male fighters from separate villages and performed frequently during Penti, a festival which is held after the harvest to end the old agricultural year and accompanied by drums and gong music. Other occasions for Caci performances included marriage, birth and funeral ceremonies. Visitors can witness a Caci Dance in the village of Todo and Melo, located on the Transflores Highway about 20 km on the road from Labuan Bajo to Ruteng.



REBA TRADITIONAL CEREMONY

Reba is one of the most important ceremonies in the Ngada district – it is a thanksgiving celebration held annually to thank God and to honour their ancestors for blessing the villagers with good harvest and wealth. This ceremony is held over three days and is packed with rituals, food crops and livestock and focuses on the legend of the ancestors and how they travelled far and wide to find a better place to live. The are many different stages to the ceremony; preparations and rituals begin one week ahead of the actual day and is followed by the collecting of offerings, receiving guests, dancing, reciting original myths, and praising the yam root as yam used to be the most important and staple food in the past. As the village Bena is considered the mother of all Ngada villages, this ceremony will take place here first, followed by other villages in January including Langa, Nage and Wogo and Ruto, Deru or Turekisa in February. *Photo by Marketplus.co.id



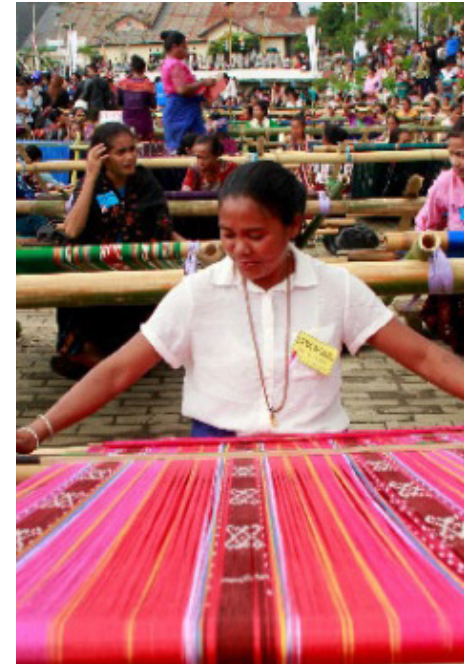
PASOLA WAR FESTIVAL

The Pasola War Festival takes place annually in February & March several days after the full moon in West Sumba, East Nusa Tenggara to honour God and the ancestors. Precise dates to the festival will usually be announced by religious representatives two weeks before the actual event takes place. Although thrilling to watch, the Pasola War Festival is an ancient ritual preceded by plenty of ceremonies and rituals. Visitors and tourists planning to watch should remember to behave calmly and accordingly. 50 men in traditional warrior costumes from multiple villages will be divided into two groups - the ritual begins with prayers and offerings and then warriors on horsebacks will begin chasing one another by throwing spears at their opponents until some blood can be seen. Do not be alarmed – the show of blood is part of the thanksgiving ritual for God and the ancestors. Pasola is derived from the word Sola or Hola, which means spear. *Photo by Pesonatrip.co.id



SARONG & TENUN IKAT FESTIVAL

Sarong and Tenun Ikat are traditional hand-woven textiles of Flores and East Nusa Tenggara. These textiles are crucial elements to the communities here and are held in extremely high regard. They play important roles to mark various milestones for families, the communities and villages in East Nusa Tenggara, Indonesia. The Sarong & Tenun Ikat Festival was conceptualized to uphold the importance of this heritage to the communities of East Indonesia while increasing awareness and exposure to this unique and ancient art form in the eyes of the world. In partnership with NTT Regional National Craft Council headed by Julie Sutrisno Laiskodat, the festival will showcase the various styles and creations of the Sarong and Tenun Ikat from Flobamora - namely Flores, Sumba and Timor. In addition to beautiful textiles, there will be a variety of traditional dance performances including Gawi, Dolo-dolo Jai dan Tebe and traditional foods from each respective district. *Photo by Tempo.co



EASTER PARADE (SEMANA SANTA)

Semana Santa is a holy week that is celebrated every year in Larantuka one week before Easter Sunday. Thousands of Catholic pilgrims from Flores and Indonesia travel to Larantuka for the week to participate in a 10km holy parade where the statues of Jesus Christ (locally known as Tuan Ana) and Virgin Mary (locally known as Tuan Ma) and baby Jesus leads the procession. The holy statues are usually kept hidden for the rest of the year, but they are on display during the week. Portuguese missionaries Gaspar do Espírito Santa and Agostinho de Madalena brought the statues to the island in the 16th century. Semana Santa begins on Shrove Wednesday with prayers where devotees remember the betrayal of Jesus by Judas. On Maundy Thursday they prepare the route with candles for the following day's 7km procession. The climax of the week falls on Good Friday when the door of the chapel opens at 10am. The whole procession starts and ends at the Katedral Reinha Rosary. Holy Saturday and Easter Sunday mark the end of the holy celebrations.



ABOUT KOMODO NATIONAL PARK



It is important to note that Labuan Bajo is the gateway into the Komodo National Park (KNP), which consists of Komodo Island, Rinca Island and Padar Island as well as the numerous smaller islands around it. Also a UNESCO World Heritage Site, the Park is not only home to the Komodo Dragon; many other notable species seek refuge here including the orange-footed scrub fowl, endemic rat and the Timor deer. This is also where you'll find one of the richest marine environments including coral reefs, mangroves, sea-grass beds, seamounts and semi-closed bays. There are over 1000 species of fish, 350 species of reef-building coral and 70 species of sponges as well as dugongs, sharks, manta rays, whales, dolphins and sea turtles.

There are two major points of entry into the Park; Loh Liang on Komodo Island and Loh Buaya on Rinca Island. A group of up to 20 people can charter a local boat at the

port of Labuan Bajo for up to IDR 1.5 million per boat per day to get to your selected entry point. Another option is to book a tour package for guided tours around the Komodo National Park, which would include a tour of the surrounding islands including Komodo and Padar Island with activities such as viewing the Komodo Dragons, snorkeling at Manta Point and trekking at Gili Laba.

There are many operators now offering full day, half day or a few nights' trips with full-board and half-board options. One-day island hopping trips are also very popular with many options available via online booking. Alternatively you could make your own arrangements when you are at the port of Labuan Bajo.



CRUISING KOMODO & BEYOND

Explore Flores with a cruise adventure and for those feeling extra adventurous, why stop here? There are tons of certified cruise and boat charter operators available to take you away to an ocean expedition on magnificent ships that could sail the entire length of the NTT if you so wish.

Sail towards Komodo National Park and Labuan Bajo as well as the surrounding islands from Bali, and along the way, explore the breathtaking sights and the underwater world of **Lombok, Sumbawa, Sumba, Alor and even Sulawesi.**

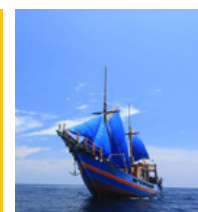
Do conduct your due diligence as it is best to do your research before booking your preferred operator. There are options for full board or half board packages, including meals, accommodation on-board and WiFi, or you and your friends could charter an entire sailboat or cruise ship for the ultimate privacy, service and luxury. Prices would vary depending on the packages you choose and the level of luxury you desire.

Those on a higher spectrum offer packages going for about **IDR 9 million to IDR 30 million** per person. However with popular demand and through the use of social media, affordable group sailing and tour packages to Labuan Bajo and the Komodo National Park are now available for groups of up to 10 people with rates starting from IDR 2 million per person depending on preferences.



BLUE WATER CRUISE BALI

Around Bali, Lombok, Sumbawa, Komodo and Flores
info@bluewatercruises.com
<http://www.bluewatercruises.com/>
+62 813 5329 2447



INDONESIA TROPIC CRUISES

Different cruises include a cruise around Flores like the 'Flores Rinca Sulawesi Cruise 5 days 4 nights'.
Head office: Jl. Raya Pantai Senggigi Plaza Block A3 No 06 83355 Lombok, Indonesia
<http://www.lomboksailing.com/>
+62 (0) 370 692 179 / 693 949



LE PIRATE

Labuan Bajo
Main Office: Jl. Bypass Mahendradatta
Jl. Padang Mekar Gg. Padang Genta No. 11, Denpasar, Indonesia
<https://lepirate.com/explorer/>
+62 361 733 493



Flores Komodo Expedition

Different sea cruises like the cruise from Flores to Lombok or from Lombok to Flores
Soekarno Hatta, Labuan Bajo 86544 Flores, Nusa Tenggara, Indonesia
www.floreskomodoexpedition.com
+62 385 421 27



SEA TREK SAILING ADVENTURES

Different destinations include Flores and Komodo
Head Office: Jalan Tukad Balian 133, Renon, Denpasar, 80227, Bali Indonesia
<http://seatrekballi.com/>
+62 361 445 6191 / 474 3902



PLATARAN KOMODO

Soekarno Hatta, Labuan Bajo, Flores, Nusa Tenggara, Indonesia
<http://plataran.com/private-cruises>
reservation@platarankomodo.com
+62 385 410 19



THE SEVEN SEAS

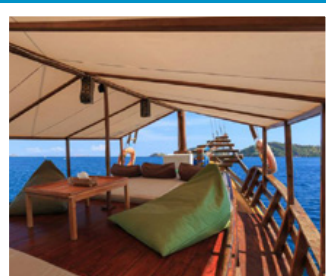
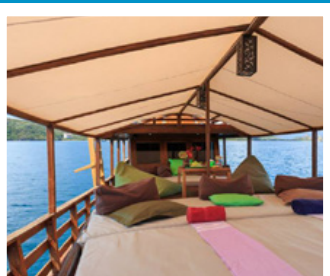
Different destinations include Flores and Komodo
Head Office: Pertokoan Simpang Siur (Kuta Poleng) C1
Jl. Setiabudi Kuta, Badung 80361 Bali Indonesia
<http://www.thesevenseas.net/>
+62 361 759588



AQUA LUNA SELINI TAKES TO THE SEA

It has been said by many travellers who have seen the breathtaking wonders of Flores, that the best way to see this magnificent land and appreciate its raw, rugged beauty is by boat. By being atop a floating vessel, you could slip in and out of islands, dip underwater and explore with over 1000 species of fish and 350 reef building corals whenever you desire before you escape back onto your own private space on the Aqua Luna when you need to unwind. One amazing way to do this is with Aqua Luna Selini, a beautiful and luxurious traditional Indonesian sailboat, also known as the phinisi. Part of the Selini Group, Aqua means water and Luna means moon; the sailboat boasts 4 spacious cabins with fans and 1 cabin with air-conditioning, two fully-equipped bathrooms with running hot and cold water, toilets and sinks, a kitchen, a dining area and relaxing areas decorated with cushions and throw pillows, perfect for sun-tanning, relaxing and any other unproductive activities.

Aboard the Aqua Luna, you can be sure that you'll be experiencing one of the most exhilarating ways to discover the Komodo National Park. Choose from 1 day trips from Labuan Bajo the surrounding islands to 2 days 1 night trips, 3 days 2 nights trips and 4 days 3 nights trips to islands within the Komodo National Park including Bidadari, Rinca, Padar, Pink Beach, Manta Point, Kalong, Kanawa and Gili Lawa. Snorkel, visit coves, islands and quaint fishing villages from the comforts of the Aqua Luna and let the crew pamper you with meals, drinks and anything else that you may need. For more information please email aqualunaselini@gmail.com.



DIVING & SNORKELING IN KOMODO



It has been said time and time again that the Komodo National Park has the potential to become one of the world's best diving destinations. There are over 1,000 species of fish and more than 350 reef building corals. Any diver would be enthralled with the explosion of colours in the variety of dive sites that can be found around Komodo.

Expect many different types of dive sites where you can search out the unique and wonderful, swim into caves or through boulders, dive-drop from pinnacles or underwater cliffs, or simply just drift in the brilliant, clear water with the abundance of marine life in the richest and most colourful reef areas you would ever encounter.

As Komodo lies in the heart of the Coral Triangle, an area that scientists have described as the most diverse marine habitat on Earth, divers and snorkelers will be able to observe a plethora of marine life unlike any other as well as underwater flora and fauna.

Each dive site has its own unique characteristics, and is affected by the tide at different times and in different ways. A good knowledge of the local conditions is essential to avoid any uncomfortable and potentially dangerous experiences.

If you're not into diving but love snorkeling, do consider accompanying a dive boat out to the open waters as these would usually head out to some of the best reefs within the Park. While the divers are underwater, try exploring the sites with a snorkel. However do bear in mind that not all dive sites are suitable for snorkelers but you can always discuss possibilities of trips with dive operators before you make a booking. There are plenty of certified dive and snorkel centres in Komodo with many options and packages available based on your preference.

DIVING COMPANIES IN LABUAN BAJO, MAUMERE AND ENDE :

DIVINE DIVING FLORES

Labuan Bajo
Jalan Soekarno Hatta No 1
86554 Labuan Bajo Flores,
Indonesia
www.divinediving.com
+62 0385 41948

BLUE MARLIN DIVE KOMODO

Labuan Bajo
Jalan Soekarno-Hatta, Labuan
Bajo, Flores 86552, Indonesia
www.bluemarlinkomodo.com
+62 0385 41789 / +62 0812
3766 496

ANKERMI HAPPY DIVE CENTER

Maumere
Runut, Waigete, Sikka Regency,
Flores, Indonesia
www.ankermi-happydive.com
+62 8124669667

FLORES DIVING CENTRE

Labuan Bajo
Labuan Bajo, Flores, Indonesia
[/www.floresdivingcentre.com](http://www.floresdivingcentre.com)
0813 5333 1077

UBER SCUBA KOMODO DIVE CENTER

Labuan Bajo
Soekarno Hatta, Komodo
National Park, Labuan Bajo,
86554 Indonesia
www.uberscubakomodo.com
0813 3961 9724

SEA WORLD CLUB

Maumere
Nai Roa Km 13, Waiara,
Maumere, Indonesia
www.flores-seaworldclub.com
+62 821 4770 0188



The Komodo Dragon is so popular and renowned throughout the world that the Flores Tourism department has adopted the creature as its very own ambassador. The local government even renamed the Labuan Bajo airport in its honour. Unique to the island of Komodo and Rinca, which are part of the Komodo National Park located minutes away from Labuan Bajo within the district of West Manggarai, these giant lizards attract thousands of tourists to its habitat every year.

The heaviest lizards on earth, the Komodo Dragon weighs 300 pounds and reaches 3 metres in length with distinct long, flat heads with rounded snouts, scaly skin, bowed legs, and huge, muscular tails. A dominant predator, the dragon eats anything in its path including deer, pigs, water buffaloes, chickens and even humans. Currently there are about 3,000 to 5,000 dragons on the two islands.

When visiting the Komodo Dragons, it is compulsory to be accompanied by a guide. The dragons may look docile and

lazy, but can in fact move at the speed of light (up to 11 miles an hour in short bursts) and attack when provoked.

Aside to the dragons, wildlife on land in Flores are quite similar to neighbouring tropical islands where you will most likely come face-to-face with monkeys, wild pigs, wild deer, bats, lizards and snakes. Flores is also home to some endemic species of birds including the Hanging Parrot, the Flores Scops Owl. Hiking across Flores' pristine forests, you may just come across an orchestra of singing birds perched among groves of towering indigenous trees, adding a mystical touch to your adventure in the east.

Flores' underwater worlds and the surrounding islands are filled with rich and colourful marine life, which you'll be able to observe just by snorkeling. The calm underwater current near the shoreline helps provide for good visibility and you'll get to come close to sea turtles, stingrays, reef sharks, lobsters and all kind of big and small fish. The marine area around Komodo National Park is a world-

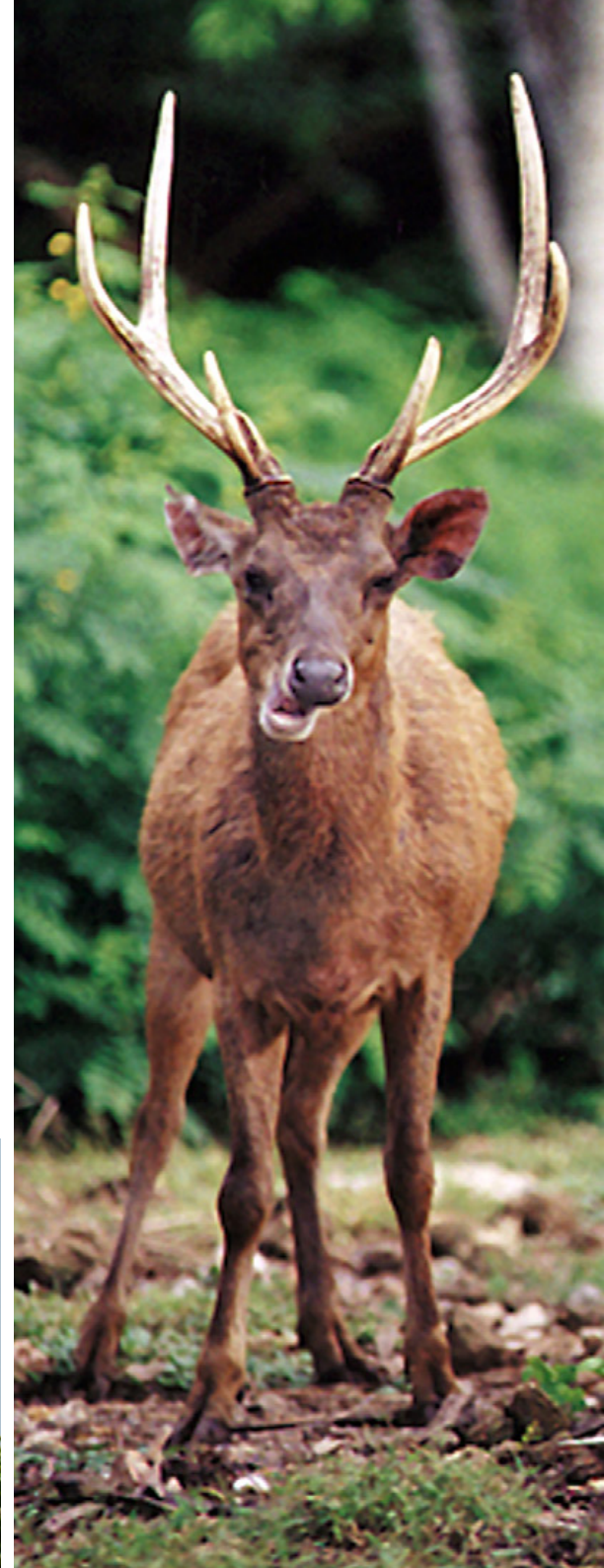
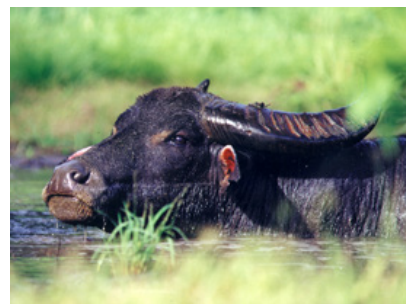
famous dive site and is home to over 1000 species of fish and more than 350 reef building corals.

The Legend of the Komodo Dragon

Long, long ago, a mythical princess lived on Komodo Island whom people called Putri Naga or the Dragon Princess. The princess married a man named Majo and bore him twins; one was a boy and the other a baby dragon. Her son she named Si Gerong and raised him amongst men. The dragon she called Orah and raised her in the forest. Neither knew anything of the other.

Years later, Si Gerong shot a deer while hunting in the forest. As he stepped forward to take his prey, a giant lizard appeared from the bushes and seized it hungrily. Si Gerong tried to chase the beast away but failed, as it stood over the prey and barred its teeth. Si Gerong raised his spear to kill the giant lizard when suddenly a radiant woman appeared; it was the Dragon Princess who said to Si Gerong, "Do not kill this animal, she is your sister Orah. Consider her your equal because you are twins."

From then on, the inhabitants of the island treated the Komodo dragons with kindness. The animals roam freely in the forests, feeding themselves on wild pigs, deer and other animals. Komodos who are no longer able to fend for themselves are fed by their human brothers.





There is a fee to enter the Komodo National Park, which includes all the islands within its vicinity. The fee isn't all-inclusive and some activities are chargeable. Here is a rough guide to help you estimate how much you will be spending there based on the activities that you are planning to undertake. Do talk to your chosen tour operator to have a clearer idea on what's included in your tour package.

ENTRANCE FEE TO THE KOMODO NATIONAL PARK:	
LOCALS	: IDR 5,000 per person
FOREIGNERS	: IDR 150,000 (weekdays) per person IDR 225,000 (weekends and public holidays) per person

OTHER FEES :	
Ranger Fee	: IDR 80,000 per group (max 5 people)
Area Tax	: IDR 50,000 per area
Entrance Ticket for Boats	: IDR 100,000 / boat per area
Fishing Fee	: IDR 25,000 per person
Hiking Fee	: IDR 5,000 per person
Wildlife Observation Fee	: IDR 10,000 per person
Canoeing Fee	: IDR 25,000 per person
Diving Fee	: IDR 25,000 per person
Snorkeling Fee	: IDR 15,000 per person



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ENDE

The capital city of Ende Regency is Ende, which is located on the Southern Coast of Flores. With a population of about 60,000, it has its own university and hospitals. In the 18th century, the city was the seat of a kingdom and is also home to the world-renowned, popular tourists' attraction, Mount Kelimutu as well as the house of Indonesia's first President, which has been turned into a museum called The Bung Karno Museum. Ende Beach is also worth a visit, with clear water, breathtaking panorama and a wide strip of black sand. Other attractions in Ende are listed here in this section. Ende's airport is the H. Hasan Aroeboesman Airport, located on a wide expanse behind a green mountain that gives visitors a dazzling view of Ende as the aircraft land. Another popular way of reaching Ende is overland from Labuan Bajo.

Mount Kelimutu

Probably the most amazing natural phenomenon in Flores, Mount Kelimutu is famous the world-over for its three-coloured crater lakes. Aside to being a popular tourist's attraction, Mount Kelimutu is also a sacred place for the locals, and it comes with a myth which explains the origins of the mountain. Due to the mineral contents of the water, the crater lakes each hold waters that change colours over time. To best way to reach Kelimutu is through the village of Moni, or Detusoko village, 33km away from Kelimutu. While hiking may be an option for

the more adventurous, now you can take an enjoyable 30-minute walk on a paved road through the jungles of Flores before reaching the height of Kelimutu.

Tiwu Sora

An excursion to the Tiwu Sora lake would be an unforgettable memory as the Tiwu Sora is a sacred place to the local people with its very own legend. Home to a large group of giant eels, the locals believe that souls of the deceased will go to the mystic lake and find themselves in one of the eels. In order not to disturb the resting souls, each visitor has to go through a special ritual before entering the area. A village elder who has the ritual knowledge to communicate with the ancestral spirits will arrange the necessary supernatural preparations before you are allowed to walk around the lake. For this trip, it is advisable to engage in the service of local guides who knows the path to this myth-spun site and who can provide you with background information on the local culture and agriculture. You can opt to stay overnight at the village of Deturia where the lake is and indulge in some local dance, music and meals with the friendly locals.

Murosobe Twin Waterfalls

In close proximity to the Tiwu Sora lake and Deturia village are the Murosobe Twin Waterfalls. Located about 4-hour hike away, the waterfalls cascade down from an impressive height of 100 metres. You can also swim in the pools underneath the waterfalls



KUPANG

East Nusa Tenggara (NTT) & Kupang

Nusa Tenggara Timur or NTT is the southernmost province of Indonesia and includes more than 500 islands; notably Flores, Sumba, and the western half of Timor (West Timor). Unlike other areas of Indonesia, the predominant religion in NTT is Roman Catholic. The capital city of NTT is Kupang, which is located on West Timor and is the administrative centre for the government, business, trade and education.

With a population of 350,000 (2011), it is the largest city and port on the island of Timor. The locals call it "Kota Kasih" or "City of Love" as its inhabitants are known to be caring and kind. A bustling university town, Kupang has an interesting colonial presence in the city, as it was an important port and trading point during the Portuguese and Dutch colonial eras. It is also famous as the final destination of William Bligh who was set adrift in an open boat during the Mutiny on the Bounty (1789). The people of Kupang are made up of multiple tribes including the tribe of Timor, Rote, Sabu, Flores, a small ethnic Chinese and immigrants from Ambon.

Kupang's airport is called the El Tari Airport, which connects the city to several cities in Indonesia.



DISTRICTS & PLACES TO VISIT



LARANTUKA

East Flores

The East Flores regency is located at the very eastern tip of Flores, together with the islands of Adonara and Solor. It was established in 1958 with Larantuka as its capital, known also as the City of 1000 Churches, Naples of the Orient, Italy of Flores and Spain of the Lesser Sunda Islands. With a population of about 38,000 people, Larantuka is famous for breathtaking panoramas and splendid views as well as its friendly and outgoing people. Like the rest of Flores, the population is predominantly Roman Catholic.

The city has a strong colonial Portuguese influence as it was the Portuguese trading centre of South East Indonesia and the centre of sandalwood trading. During the Dutch occupation, many Portuguese traders moved to Larantuka. They took local spouses, and the new generations called themselves Topasses, or Larantuqueiros (inhabitants of Larantuka).

An important time for religious celebrations in Larantuka is the "Holy Week", which takes place one week before Easter. The celebration's center stage is on two religious statues, one of Jesus Christ and one of Virgin Mary. These statues were brought to Larantuka by Portuguese missionaries Gaspar do Espírito Santo and Agostinho de Madalena in the 16th century. These statues are only available for public viewing every Easter and remain in the church's safekeeping for the rest of the year.

The nearest airport to the city is the Gewayantana Airport, located 15km away from Larantuka.

DISTRICTS & PLACES TO VISIT



The best way to reach Wae Rebo is by hiking from the lowlands. Depending on your physical condition, the hike may take 3 hours through some of the most biologically diverse rain forests in Indonesia featuring interesting vegetation including orchids, palms and ferns as well as an impressive population of birds.

Once at the village, visitors can view the authentic Manggarai housing called Mbaru Niang or "Drum House" and experience the everyday life of the local community. You can see how the locals live their day-to-day including coffee growing, rice planting and the weaving of traditional Songket cloth.

When the night comes, visitors are invited to spend the night in the ceremonial Mbaru Niang, a unique, one-of-a-kind opportunity to socialize and dine with the Wae Rebo community. Sleep on woven mats and experience life when extended families lived together under one roof.

Todo is also a great place to view traditional ceremonial houses. The village used to be the centre of the Manggaraian kingdom and the home of the royal clan. Visitors can enjoy the Mbaru Niang houses here in their full and reconstructed glory.

Liang Bua

Liang Bua is not only a limestone cave in the Manggarai district, it is the place for spectacular archaeological discovery made by a team of Indonesian and Australian archaeologists, geologists and paleoanthropologists. This is the spot where they found the "Homo Floresis", a new kind of human species with a skeleton of very small stature, the size of a 3-year old child, 106 cm in height, and brain volume less than a third of modern person's size. The tiny adult female skeleton which resembled fossils dating more than 3 million years ago turned lived only 18,000 years ago in a time when modern humans already existed.

Archaeological excavation is still going on, with further discoveries of the bony remains of Stegodons, varans, rats, birds, and stone artefacts.

Lingko (Spider Web Rice Fields)

These are unique eye-catchers, rice fields in the shape of spider webs. Although nowadays these fields are used for wet-rice cultivation, in the past they were used by the Manggaraians for growing dry rice, corn, and tubers, while ceremonies are held at the centre of the lingko. The division of the land is guided by a Tu'a Teno, a traditional leader of the land with knowledge and authority over rituals and ceremonies related to the agricultural cycle. Every family within a community will be appointed the right to work on a certain piece of land. The best place to view a breathtaking Lingko field is in the village of Cara, situated on a small hill 17 km west from Ruteng in Cancar.

LABUAN BAJO

West Manggarai

Labuan Bajo is located here in West Manggarai. It is the gateway to the Komodo National Park as well as several other smaller islands around it. In recent years, thanks to active promotional activities, the area has seen a considerable increase in tourism. What used to be a quiet fishing town is now a bustling tourists' hub, especially for trips to the home of the Komodo Dragons; Komodo Island and Rinca Island as well as Kanawa, Gili Laba, Bidadari and Seraya Islands which are all points of interests and famous snorkeling and dive sites. The Labuan Bajo Komodo Airport is only 2 km away from the centre of Labuan Bajo.

The capital city of West Manggarai is Ruteng, a small town with a population of about 35,000 people. The famous archeological site, Liang Bua is located here and visitors can also head to Ruteng to view the magnificent traditional Caci Dance. Ruteng has its own airport, called the Frans Sales Lega Airport, also known as Ruteng Airport.

Villages of Todo and Wae Rebo

Villages of Todo and Wae Rebo in Manggarai are the places to be to experience unique Manggaraian culture and history. Here is where you'll find the distinctive round ceremonial houses and have the opportunity to experience everyday life of the local community.

DISTRICTS & PLACES TO VISIT

Liang Bua

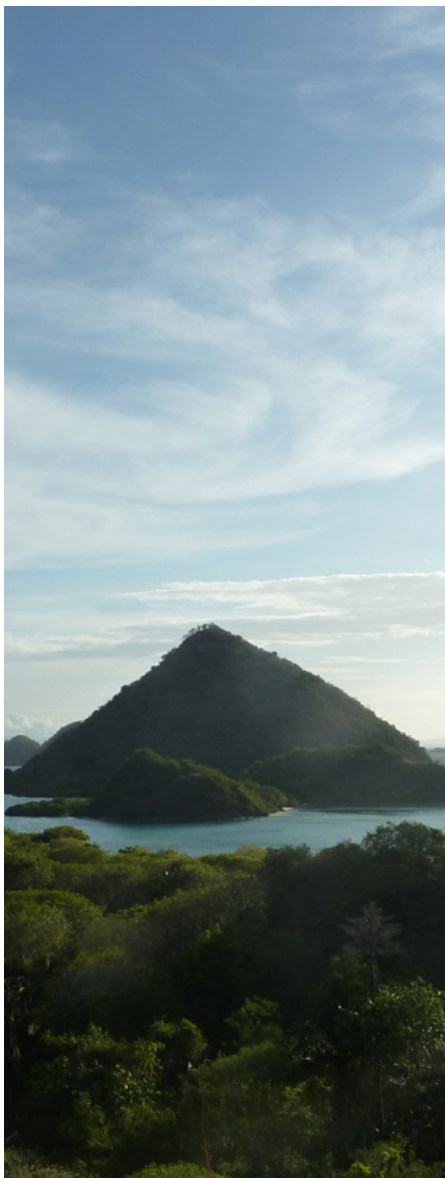
Liang Bua is not only a limestone cave in the Manggarai district, it is the place for spectacular archaeological discovery made by a team of Indonesian and Australian archaeologists, geologists and paleoanthropologists. This is the spot where they found the "Homo Florensis", a new kind of human species with a skeleton of very small stature, the size of a 3-year old child, 106 cm in height, and brain volume less than a third of modern person's size. The tiny adult female skeleton which resembled fossils dating more than 3 million years ago turned lived only 18,000 years ago in a time when modern humans already existed.

Archaeological excavation is still going on, with further discoveries of the bony remains of Stegodons, varans, rats, birds, and stone artefacts.

Lingko (Spider Web Rice Fields)

These are unique eye-catchers, rice fields in the shape of spider webs. Although nowadays these fields are used for wet-rice cultivation, in the past they were used by the Manggaraians for growing dry rice, corn, and tubers, while ceremonies are held at the centre of the lingko. The division of the land is guided by a Tu'a Teno, a traditional leader of the land with knowledge and authority over

rituals and ceremonies related to the agricultural cycle. Every family within a community will be appointed the right to work on a certain piece of land. The best place to view a breathtaking Lingko field is in the village of Cara, situated on a small hill 17 km west from Ruteng in Cancar.



DISTRICTS & PLACES TO VISIT



NGADA AND NAGEKEO

Ngada and Nagekeo is one of the oldest regencies in Flores. Formed in 1958, it was later split into two in 2007, forming the Nagekeo regency. There are a few megalithic sites in this region, which are tentatively listed as a UNESCO World Heritage site. The capital city of Ngada and Nagekeo is Bajawa, with a total population of about 44,000. Bajawa is also home to some natural hot springs that are suitable for bathing and breathtaking views of the valley and the Inerie Volcano. Bajawa has two minor airports that connect it to the rest of the island; the Bajawa Soa Airport and the Bajawa Pahdamaleda Airport.

Here in these districts you'll find eye-catching ancestral shrines, impressive megalithic formations and rich ceremonies which are all integral part of the societies that live in these two districts. There are rituals and

ceremonies for almost every important occasion, which visitors are most welcomed to attend and witness.

Reba Festival

The Ngada people hold annually the Reba festival, a harvest ceremony to close the annual cycle and mark the beginning of the new year. The ceremony typically takes place in December in Bena village before moving on to surrounding communities before ending in February, lasting for several days in each village with music, dance and rituals. In the past, the Ngada people would predict the future during these ceremonies by reading the intestines of sacrificed animals, however today they start the Reba festival with a holy Catholic mass instead. A cheerful social event, people will usually return to their families during Reba festival to celebrate.

Traditional Boxing

Traditional boxing or "tinju adat" are usually held in the dry season in many parts of Ngada and Nagekeo. Instead

DISTRICTS & PLACES TO VISIT

of gloves, fighters wear woven palm leaves as boxing gloves, sometimes with bits of broken glass attached. Each boxer has his own coach who directs him on his next actions during the fight. Not typically called "boxing" in these regions, this sport is called a different name in every region; Etu in Boawae, Sagi in Soa, or Mbela in Riung.

Bena and Wogo

Bena is the most visited village in this district; some might even call it the "signboard of Ngada culture". Located 16km outside of Bajawa, the village is home to impressive stone formations, ancestral shrines and traditional houses. In the centre of the village are the Nghadu and Bhaga shrines representing each clan of the

village and the clan's ancestors. The houses in Bena are decorated with skulls and horns of water buffaloes and pig jaws, all sacrificed at different ceremonies and stored to remember the past feasts. Meanwhile, Wogo is also a traditional Ngada village with all the richness of the Ngada culture. There are no weaving in Wogo like there are in Bena, with the women focusing more on basket weaving and the men on blacksmithing.



DISTRICTS & PLACES TO VISIT



SIKKA

The capital city of Sikka is Maumere, with a population of about 50,000. The town used to be famous for its reefs in the Gulf of Maumere which used to be one of the finest diving sites in the world. Sadly, the sites are now marred due to chemical and bomb fishing.

Maumere's airport, the Frans Seda Airport, also known as Maumere Airport, has recently been renovated to accommodate night flights and narrow-body aircrafts like the BOEING and the AIRBUS. An interesting point of attraction in Maumere is the statue of Mother Mary in Nilo hill, 5 km south-west from Maumere. The statue stands 18 metres (59 ft) tall, but with its pedestal and foundation it is 28 metres (92 ft) tall. The 6-ton copper-clad statue was constructed on 2005, located at the peak of the 500 metre (1,640 ft) Keli hill, Nilo village, and has become the tallest statue raised in Sikka Regency.

Sikka in East Flores is one of the first places of Portuguese influence and catholic missionary activity in Flores. It is most famous for Ikat weaving and remains one of East

Flores' most important and famous weaving centres. Tourists can visit and see for themselves the complete steps of ikat weaving for a small fee including dyeing of threads with natural colours.

The two major societies of Sikka are the Tana 'Ai people in the mountainous east and Sikka-Krowe people in the central areas as well as on the north and south coast. While the Tana 'Ai people were hardly exposed to external influences, the Sikka-Krowe people constantly faced external influences, with the Sikkane Royal House ruling over the Sikka-Krowe people for at least 16 generations.

Sikka Natar

This is the former centre of the kingdom of Sikka and also the site of a big church that was built in 1899 by Jesuit priests. Decorated with Ikat motifs, the church was used by the locals for Holy Mass and the inauguration of new kings. During Christmas time on the 26th of December, you can witness a dance-drama of Portuguese origins called Toja-Bobu about a beautiful princess being courted by many men from a variety of background. Unfortunately the performances are rarely held today.

DISTRICTS & PLACES TO VISIT



Watublapi

This area is well-known for traditional Ikat weaving using traditional handspun yarn made out of local cotton and local natural dyes that come from plants in the villagers' own gardens. Watublapi Ikats have travelled the world into the hands of collectors via the Bliran Sina organization, a locally established cooperative made up of about 40 members who also receive visitors to Watublapi with traditional dance and music performances, while enjoying a serving of "sirih pinang", the betel chew, a traditional Sikkhese welcome ritual.

Pasar Geliting

With over 100 years of history, Pasar Geliting is a festive weekly market where people gather there to buy, sell and barter goods and livestock. It used to be the meeting point for sailors, traders, farmers and merchants from across the region including Goa, Bima and many parts of the Florinese coastlines including Bugis and Bajo seafaring people. In the beginning of the 20th century under the Dutch colonial government, the market was expanded with permanent market stalls and shops which were rented out to traders. It is believed that the name "Geliting" was derived from the first Chinese merchant to rent a stall there, whose name was Go Lie Ting.

Today, Pasar Geliting retains its colourful vigor. There are fish sections both dried and fresh, fruits, vegetables and herb stands, the Ikat, and an animal section with chickens birds, pigs, horses, goats, and even dogs.



Bikon Blewut Museum

The Bikon Blewut Museum is an ideal place to view Florinese cultural and natural history. The name is derived from an ancient verse in Krowe-Sikka ritual language about the creation of the universe and is filled with unique and interesting objet d'arts and pieces that showcase the Florinese's daily lives. Situated within the Filsafat Katholik Ledalero high school, the museum is a well-known Roman Catholic priest's seminary. While you're there, be sure to engage the help of a friendly local curator to glean information on the objects exhibited. Opening hours are Mondays to Saturdays from 07.00 – 13.00.



DISTRICTS & PLACES TO VISIT



You can travel to Flores by air, by sea, or overland combining both bus and ferry, depending on your available time and budget.

BY AIR

Flying is the fastest way to reach Flores. Many airlines fly directly to Flores from Bali, and also from other main cities in South East Asia including Jakarta, Kuala Lumpur and Singapore. With the gateway to Komodo National Park being Labuan Bajo, be sure to book flights to Labuan Bajo Komodo Airport to avoid confusion as there several other airports in Flores including the following:

Maumere	: Fransiskus Xaverius Seda Airport
Ende	: Haji Hasan Aroboesman Airport
Ruteng	: Frans Sales Lega Airport
Bajawa	: Soa Airport
Larantuka	: Gewayantana Airport
Lembata	: Wunopito Lewoleba Airport

If you're flying from Bali, you can choose one of the following airlines: Garuda Air, Wings Air, NAM Air, Lion Air, Transnusa, Kalstar Aviation and Sriwijaya Air. In this day and age, it is easy to find flights to suit your needs via the many travel websites and applications available for consideration at just a few clicks. Flights may take 50-90 minutes from Bali depending on the airline. Do check with your chosen airline for prices, extra charges, delays and schedules.

BY SEA

Travelling to Labuan Bajo by boat may be a fun and cheaper alternative – there are big passenger cruise ships

that connect Bali with Labuan Bajo; Tilongkabila by PT Peln being one of the more prominent operators offering passage with ships departing from Benoa Harbour in Bali to Labuan Bajo twice every month. From Labuan Bajo, you could travel to other parts of Flores with a rented transportation or by public bus.

In previous years, you could choose from tickets in three price classes; a first class ticket, second class and economy, which would cost you less than one million rupiah per person. First class passengers would enjoy their own private room that comes with an attached private bathroom and two beds. Second class had two bunk beds and a private bathroom. But today, the PT Peln has abolished all first and second classes and maintains only the economy class tickets which mean everyone would have to remain within the mass hall with other passengers and sleep on open individual beds and use shared bathrooms. The ship can carry a maximum of 970 passengers over duration of 24-hours. There is a restaurant on board, where you can order simple meals.

For more information on schedules and price, please visit PT Peln's website at <https://www.pelni.co.id/product> or do visit their office in Bali located on Jl. Raya Tuban in Kuta, Bali.

Another option is to go with a tour company who will also arrange your daily itinerary throughout the duration programme. In this way, you can sit back and relax

GETTING TO FLORES & TRAVEL PRACTICALITIES

without having to worry about what to do and where to go next. There are many companies offering three to five day trips between Bali's three sister islands (Nusa Penida, Nusa Ceningan and Nusa Lembongan), the Gili Islands (Lombok) and Labuan Bajo, which include a snorkelling or diving program and a visit to either Komodo or Rinca islands to see the Komodo dragons. For those feeling more adventurous, you can even choose 10-days packages that include excursions to Sumba and the Sumbawa islands.

To avoid any unpleasant surprises, be sure to agree exactly on what is included in your price, including food, drinks and National Park entry tickets. Also, do be advised that the seas can become very rough during the rainy seasons (December–February).

Overland and Ferry

If you are feeling adventurous or have plenty of extra time to travel across these parts of Indonesia, do take advantage of this option to travel over land and ferry from Bali to Komodo. This way, you'll get to explore the breathtaking sights of Lombok, Sumbawa, Bima and Sape before arriving to Komodo in Labuan Bajo. From Denpasar, travel to Padang Bai harbour and board a ferry to Lembar in Lombok.

You'll reach Lembar in about 4 hours, and another 5 hours to travel across Lombok by bus to the port of Labuan Lombok. Here, board another ferry for another 1.5 hour journey to Alas in Sumbawa Island. From here, continue your journey to Bima via public bus, which will take another 12-16 hours depending on the condition of the road and the bus. From the busstation in Bima takes a small public bus or rent a car to Sape, a further two hours down the road. A car and passenger ferry service operates daily between Sape and Labuan Bajo in Flores, taking about eight hours. Definitely not for the faint hearted!

While you're travelling across Flores, you may come across a unique looking vehicle that the locals call "Bis Kayu" or "Oto Col". This mass transit buses are not actual buses, but were once timber trucks converted into a vehicle for the purpose of transporting people, cargo and even farm animals across villages. These buses play important roles in connecting urban areas with rural villages as many people do not have their own transportation to travel such long distances, especially across Flores' unpredictable and sometimes, rough terrain.

AIRLINES IN FLORES

LABUAN BAJO AIRPORT

Labuan Bajo
Batu Cermin, Komodo, West Manggarai, Regency, Indonesia

AIRPORT WAIOTI

Maumere
Angkasa Maumere, Sikka, Alok Tim, Kabupaten Sikka, Indonesia
+62 382 21 444 / 736

FRANS SALES LEGA

Langke Rembong
Satar Tacik Ruteng No. 1, Tenda, Langke Rembong, Kabupaten Manggarai, Nusa Tenggara Tim, Indonesia
0385 21563

HASAN AROEBOSMAN AIRPORT

Ende
Ende, Kel. Tetandara, Flores Kabupaten Ende, Indonesia
0381 21512

BANDAR UDARA TURELELO (BAJAWA SOA AIRPORT)

Masumeli
Masumeli, Soa, Ngada Regency, Indonesia

BANDARA GEWAYAN TANAH

Riangkani
Tiwatobi, Ile Mandiri, Kabupaten Flores Timur, Nusa Tenggara Tim, Indonesia



HOTELS IN FLORES



There are plenty of places to stay in Flores. With escalating tourism in Labuan Bajo, travellers can now find myriad options from luxurious 5-star resort hotels like the Plataran Komodo Beach Resort and the Jayakarta Suites Komodo Flores. A quick search on the internet renders many new resort options as well as private luxury villas with all the amenities you could want including swimming pools, spa and gardens, to comfortable and cosy guesthouses, budget hotels and lodges – a locally run and managed small hotel or inn. Most establishments now come with free wifi, air-conditioning, hot and cold water, sitting toilets as well as flat-screen TVs.

In other parts of Flores outside of Labuan Bajo, there are local hotels, guesthouses, hostels and lodges which you can pre-book online or telephone ahead to secure your accommodation. In other more remote parts of Flores, for example Larantuka in East Flores, rooms are available in the local hostels, hotels and guesthouses. As tourism is yet to escalate to its peak in the more

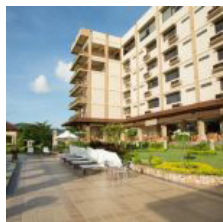
out-of-reach areas, establishments are rarely at full capacity and would most likely not turn away paying guests.

Around Labuan Bajo in West Flores, are the secluded islands of Bidadari, Kanawa, Seraya and Waecicu, to name a few. With rising interests in tourism, accommodations are now available on these islands, which are easily accessible via a 30 minutes boat ride. These places are reachable via boats but if you have booked your accommodations on these islands, you should call ahead to arrange a pick up or risk negotiating with random operators on your own at the harbour. Do consider to stay on the mainland for easy access to banks, ATM machines, grocery stores, essentials and healthcare. If you're travelling to Komodo Island or Rinca Island to see the famous dragons, you can also choose to stay on sailboats or cruise boats that ferry passengers to and from Labuan Bajo in your very own rooms/bunks. Some of these packages include full board or half board options and WiFi, and take travellers around the

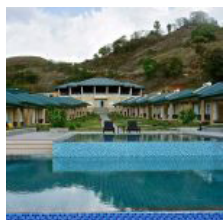
many smaller islands surrounding Labuan Bajo. Again, it is best to do your research before booking your preferred accommodation via the many travel and hotel websites and applications that are available today. Some of the more trusted and credible boat operators include Le Pirate, Ombeng Boat, Kajoma Boat, Aliya Boat, Le Pirate and Madelnitaly-The Boat.

Rooms prices in Labuan Bajo and the surrounding islands may range anywhere from IDR 200,000 a night for the most basic accommodation to IDR 3 million per night and even more for more luxurious options. Cruise boats and sail boats are on the higher spectrum with packages going for about IDR 9 million to IDR 30 million per person. However with popular demand and through the use of social media, affordable group sailing and tour packages to Labuan Bajo and the Komodo National Park are now available for groups of up to 10 people with rates starting from IDR 2 million per person depending on preferences.

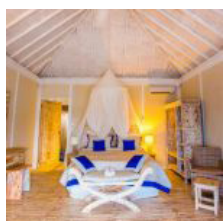
HOTELS IN FLORES



The Jayakarta Suites
Labuan Bajo
Pantai Pede Km 5, Labuan Bajo, Flores, Indonesia
www.jayakartahotelsresorts.com/
0385 2443688



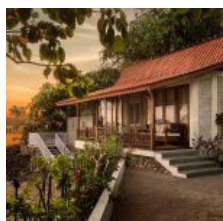
Sylvia Hotel & Resort
Labuan Bajo
Waicicu Beach– Manggerai Berat Flores, Labuan Bajo, Flores 86554, Indonesia
www.sylviaresortkomodo.com
0812 38710815



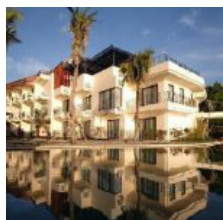
Seraya Hotel and Resort
Labuan Bajo
Jalan Soekarno-Hatta No.77, Seraya Kecil, 86754 Labuan Bajo, Indonesia
www.serayahotel.com/
0821 46471362



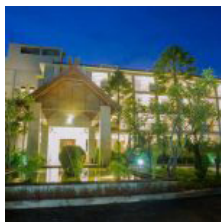
Komodo Resort & Diving Club
Labuan Bajo
Sebayur Island I Komodo, Labuan Bajo, Flores 86754, Indonesia
www.komodoresort.com/
0385 42095



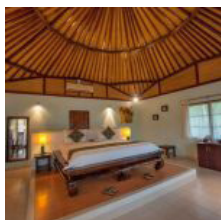
Plataran Komodo Beach Resort
Labuan Bajo
Waicicu Beach, Labuan Bajo, Manggarai Barat, 86511 Labuan Bajo, Indonesia
www.plataran.com/komodo
0812 46144348



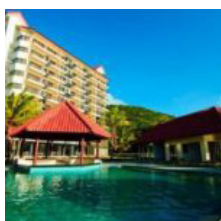
CAPA Resort Maumere
Maumere
Nairoa Waipare, Maumere, Flores 86181, Indonesia
www.capamaumere.com
0382 2425000



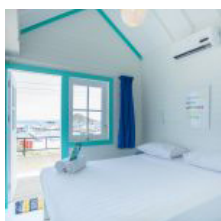
Bintang Flores Hotel
Labuan Bajo
Jalan Pantai Pede, Flores, 86554 Labuan Bajo, Indonesia
www.bintangfloreshotel.com
0385 2443755



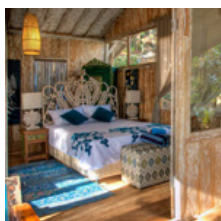
Angel Island Resort
Labuan Bajo
Bidadari Island, 86754 Labuan Bajo, Indonesia
www.angelisleflores.com
0385 41443



Laprima Hotel Flores
Labuan Bajo
Jl Pantai Pedeh no 8 Manggarai Barat, Labuan Bajo, Flores, Indonesia
www.laprimahotel.com
indonesiaroom.com/
0385 2443700



Le Pirate Bajo Hotel
Labuan Bajo
Soekarno Hatta, Labuan Bajo, Flores 86554, Indonesia
www.lepirate.com/labuan-bajo/
0361733493



Selini on the HILL Villas & SPA
Labuan Bajo Indonesia
Komodo
Hotel in Komodo, Nusa Tenggara Timur, Indonesia
[Instagram.com/selinionthehill](https://www.instagram.com/selinionthehill)
0852-5375-2903



Coconut Garden Beach Resort
Maumere
Nasional Larantuka, Maumere, Wairbleler, 86111 Indonesia
www.coconutgarden-beachresort.com
+62 82144260185



Selini On The Hill Villas A Haven Of Serenity

Selini On The Hill Villas is a promise of a breathtaking tropical escape within the stupendous calm and peace of a tree-shaded location cradled by mountains where time stands still...

A unique 7 villa compound in Labuan Bajo, Flores, Selini On The Hill Villas offers a calm and peaceful stay with an amazing view of the bay. All rooms are uniquely decorated in a traditional eco-friendly way, providing guests with a refreshing break from the hustle and bustle of today's glass and steel structures that can be found in many parts of the world.

Built to embrace its magnificent surroundings, Selini On The Hill Villas encourages its guests to enjoy a well-deserved break to reconnect with oneself amidst beautiful and natural settings. All villas are equipped with today's much-needed creature comforts including air-conditioning, hot and cold running water in an en-suite bathroom that comes well stocked with free toiletries, a mosquito net and a cosy seating area.

Each villa comes with amazing views of the bay and the city. Feel free to enjoy a much-needed in-villa massage during your stay; just call the friendly villa staff who will be more than happy to arrange one for you. When you're out and about diving, snorkeling and sightseeing, your villa will be cleaned and ready for your return, thanks to the free daily housekeeping service. Laundry services are also available.

When hungry, head on over to Selini On The Hill Restaurant that overlooks the bay. Offering tantalizing Mediterranean Fusion cuisine made from only the freshest ingredients, this is the best place to satiate your appetite with the Chef's exciting surprises. There is no fixed menu as to maximize the availability of each ingredients; therefore, be assured that each experience at the restaurant will be truly unique and memorable. After your meal, sit back and relax as you take in the wondrous view of the bay, or linger over cocktails and catch the most magnificent sunset you'll ever see.

Perfect for families, Selini On The Hill Villas also provide babysitting services for the little ones. With this, the adults can truly explore what Labuan Bajo and the Komodo National Park's unique offering with complete satisfaction and peace of mind, knowing that the kids are safe and well entertained back at the resort. This is the ideal opportunity to explore the Komodo National Park, where you can meet the legendary Komodo Dragons, swim with the manta rays at Manta Point, hike up Padar and Rinca Island, visit Pink Beach and snorkel or dive with over 1000 species of underwater species including dolphins, sea turtles and dugongs.

To find out more about Selini On The Hill Villas, please click here or visit www.villaselini-onthehill.com.



Rediscover Hidden Paradise



WWW.FLORESPLUS.NET

EAT IN FLORES



There are no shortages of warungs (food stalls) around Labuan Bajo and Flores. For those craving international flavours, Labuan Bajo has plenty of western-style restaurants to satisfy a hungry stomach.

As is typical with any warung, you could get yourself a generous meal consisting of a large portion of rice with any kinds of meat usually chicken, fish and beef, a variety of fried tempe and tofu, vegetables and of course, sambal. Some warung sell grilled fish and meats and for those looking for a snack, fried bananas, tofus, sweet potatoes and more along the main roads.

Just bear in mind your body's tolerance on hygiene levels before you dig in. If its pizzas, pastas, BBQ and western dishes are what you're after, head to any of the established hotels' restaurants for a nice evening out. There are also plenty of restaurants available now near the main roads; a quick search on TripAdvisor would go a long way with 30 highly rated establishments appearing in Labuan Bajo including Atlantis On The Rock by Plataran, Made In Italy Ristorante Italiano, Mediterraneo, Blue Marlin Restaurant, Komodo Kitchen, Blue Corner and more.

Restaurants in Labuan Bajo, Maumere and Ende

MedInItaly – The Boat

Labuan Bajo
The Sea, Floating Restaurant, Labuan Bajo, Flores 86554, Indonesia
+62 385 41366

Happy Banana

Labuan Bajo
Soekarno Hatta, Labuan Bajo, Flores 86554, Indonesia
+62 385 41467

Mediterraneo

Labuan Bajo
Soekarno Hatta, Flores, Labuan Bajo, Flores 86554, Indonesia
+62 821 4616 1663

Bajo Bay Fisherman's Club

Labuan Bajo
Ikan Kerapu, Kampung Unjung, Labuan Bajo, Flores 86554, Indonesia
+62 812 3812 2206

Atlantis Beachclub by Plantaran

Labuan Bajo
Jl Pantai Pede, Gorontalo, Labuan Bajo, Flores 86554, Indonesia
+62 811 9298 111

Atlantis On The Rock by Plataran

Labuan Bajo
Waecicu Beach, Labuan Bajo, Flores 86757, Indonesia
+62 81246144348

Restaurant Gazebo

Maumere
Yos sudarso, Maumere, Flores, NTT, Indonesia
+62 382 22212

Most of the restaurants in Ende are really cheap and from locals, so It is possible that they don't have the budget to advertise in the magazine. The most popular restaurants from the tourists are: Sari Rasa, Rumah Makan Istana Bambu and Roda Baru.

Sari Rasa

Ende
Jend Ahmad Yani, Kel. Tetandara, Ende, Kabupaten, Nusa Tenggara, Flores, Indonesia
Don't have a phone number on the internet.

Rumah Makan Istana Bambu

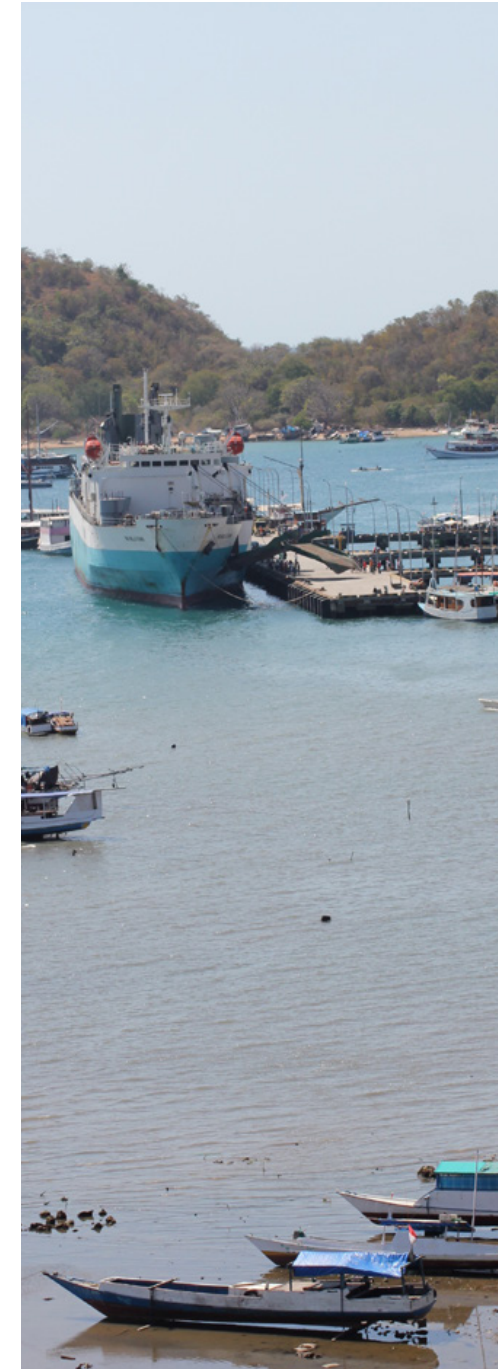
Ende
Kemakmuran Kel. Rukunlima, Ende, Kabupaten, Nusa Tenggara, Indonesia
0380 21921

Roda Baru

Ende
Kelimutu, Kel. Tetandara, Ende, Kabupaten, Nusa Tenggara, Indonesia
(0381) 24135



FLORES ESSENTIAL INFO



Health

Those travelling to Flores before 2016 would have said that health care facilities are very basic but with the recent opening of Siloam Hospital in Labuan Bajo this perception is now slowly changing.

There are also government-run public hospitals in Labuan Bajo, Maumere, Ende and in other districts within Flores and health centres established by Catholic missionaries from the time of the Dutch. You can opt for local doctors in town, with their own small examination rooms where they receive patients. Other districts each have their own public hospitals established by the Government, which have been serving locals and visitors alike since before 2016.

In the event of any diving emergency, you can call Divers Alert Network (DAN) Australia 24-hour hotline (+61-8-8212 9242) or the DAN representative in Bali (Peter Manz, +62 (0) 812 4655 281). There is no decompression chamber in Flores. The closest chamber is located in Bali at the Sanglah Public Hospital in Denpasar (+62-361-227 911 ext 232).

It is best to pack some medication with you as an act of precaution that could treat minor ailments such as headaches, light fever, diarrhoea, body aches and light pains. Traveller's diarrhoea is the most common travel-related ailment due to compromised food and water, so do bring along an antibiotic and an anti diarrheal drug to be started promptly if significant diarrhoea occurs.

As an act of precaution against Malaria, do speak to your doctor on how to prevent contracting Malaria while travelling. As Malaria is transmitted via mosquitoes, try to avoid mosquito bites with the use of insect repellents. You may need to take prescription medicine before, during, and after your trip to prevent Malaria, depending on your travel plans.

Labuan Bajo

Local Hospitals and pharmacies in Flores

There are local hospitals and pharmacies in Flores, but the advice on the internet is to visit a hospital in Bali or Singapore.

Siloam Hospitals Labuan Bajo

Labuan Bajo
Jl. Gabriel Gampur
0385 2381900

St. Josph Clinic [private]

Labuan Bajo
Kelurahan Wae Kelambu, Labuan Bajo, Indonesia
0385 41407

Maumere

RSUD Dr. TC Hillers, Maumere [public]

Maumere
Wairiklau, Maumere, Indonesia
0382 21413

St Elisabeth Hospital Lela [private]

Near by Maumere
Lela, Sikka Regency, Oost-Nusa Tenggara
+1 618 234 2120

RS St. Gabriel [private]

Near by Maumere
Geliting, Kewapante, Maumere
0382 22056

Ende

RSUD Ende [public]

Ende
Prof DR. WZ Yohanes, Ende, Indonesia
38122026

Ruteng

RSU Ruteng [public]

Ruteng
Dr Soetomo 1, Ruteng, Indonesia
0385 21386

Bajawa

RSU Daerah Bejawa [public]

Bejawa
Diponegoro 5, Bejawa Indonesia
0384 21030

Larantuka

RSUD Larantuka [public]

Larantuka
Sudirman, Larantuka, Indonesia
0383 21287

Money

There are many banks in Flores both government and private bank and they have ATMs where you can access your international bank account or change currencies. Most dive operators, 5-star hotels and luxury villas do accept credit cards although smaller, local-run establishments do not. We recommend that you bring sufficient Indonesian cash with you in cases of ATMs not working or if systems are down. Exchanging currency is also an option but better to be on the safe side and avoid matters that could be time

consuming or inconvenient. There are official money changers available in both Labuan Bajo and Maumere, however in other parts of Flores; you will have to head to bank offices during office hours to conduct any money changing activities and transactions.

Shopping

At the time of writing, there are no shopping malls in Labuan Bajo or other towns in Flores; instead, there are plenty of shops run by locals selling essential items for daily use. Do bear in mind that product range may be limited to a number of local brands. Imported cheese, meat and milk are not available except for the local variety. Each town is also host to a local hyper market called "Barata", an air-conditioned building resembling malls selling everything from clothing, toys, groceries, electronics and books. The more nationally known Indomaret convenience stores are available in Ende and Maumere.

There are no shortages of souvenir stores selling the typical tourists essentials including T-shirts, wood carvings, keychains, other knick-knacks and the traditional cloth of Flores – "ikat", a hand woven fabric with ornate patterns that denote its region of origin.

Do visit the local markets to experience local living and purchase seasonal fresh fruits, vegetables and ocean produce. The local markets are vibrant and colourful, and you'll be able to observe how people travel from surrounding villages to sell their own farming products and vegetable produce.

Atlas South Sea Pearl

Atlas Pearl's extensive range of exceptional quality jewels features South Sea pearls cultivated at the five Atlas Pearl Farms located throughout the Indonesian archipelago. These farms produce some of the world's best South Sea pearls, nurtured by the loving hands of its dedicated personnel before making their way to you. Its Labuan Bajo showroom showcases both new and classic collection as well as loose pearls and all purchases come with a Certificates of Authenticity.

Atlas Pearls Labuan Bajo Showroom
Pulau Pungu Kecil, Kecamatan Komodo
Labuan Bajo, Manggarai Barat - NTT
Ph: +62 811 384 8212
GPS: S08 31.260 E119 47.631
Email: komodo.showroom@cipindo.com
Website: www.atlaspearls.com.au

A stylized illustration of a tropical landscape. In the foreground, there are dark, silhouetted trees and bushes. The middle ground shows rolling hills and mountains in shades of pink and purple. Several birds are depicted in flight against the light sky. The overall color palette is soft and pastel, with a focus on pinks, purples, and blues.

Rediscover Hidden Paradise

www.floresplus.net



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