

September, 2010

# FLORES



## FATHER AND SON MOUNTAIN BIKE TOUR

Ten days of incredible sites and amazing activities.

World Heritage sites, traditional villages, active volcanos, incredible jungles, amazing coral reefs and Komodo Dragons, Flores is a must see for adventurers.

The most famous tourist attraction in Flores is the mountain of [Kelimutu](#). The three multi coloured crater lakes in the caldera of a volcano are fed by a volcanic gas source, resulting in highly acid water. The coloured lakes change colours on an irregular basis, depending on the oxidation state of the lake, from bright red through green and blue.

Kelimutu is just one stop on this fascinating bike trek across an

island that has fourteen active volcanoes.

Flores is also a melting pot of different cultures. Christianity, Islam and Animism create a fascinating mix of people.

Six different languages are spoken on the Island, and there is also a subtle Dutch and Portugese influence in the region.

Flores is a long way off the tourist trail. The lack of high end resorts and mass tourism allows the traditional culture to shine.

Bike touring is truly the best way to explore this beautiful island with fascinating and friendly locals.



**Kelimutu's Green/Blue lake**  
The three coloured crater lakes at the top of the Kelimutu are accessible via mountain bike. By September 2010 there is a real possibility this lake will be black, red, dark blue or some other amazing colour.

# TOUR SITES



Top: Mt Inerie. At 2,245 meters, this volcano is also the source of numerous hot springs in the region.

Middle: The Komodo Dragon

Bottom: Traditional cargo boat in a region with a long history of sea fearing.

## The Itinerary

### D1. Fly Australia to Bali

Transfer to Jimbaran Bay. Afternoon at leisure. Overnight at 3 star hotel near beach.

**D2. Fly from Bali to Maumere** and settle in to the [Sea World Club](#). Bike set up, swimming, briefing luggage check. Includes hotel transfers.

### D3: Cycling: Maumere - Moni.

After Breakfast visit Wuring, a Fishing Village in Maumere. Onwards to Ledalero Museum. In this small museum you will see a collection of woven Ikats and precious stones. Sikka is known for is old church from 1899 and Ikat, which is enthusiastically sold by the local people. Paga Beach allows riders to relax and if you like you can swim before heading up to the mountains. Before Moni a visit Traditional village Jopu. In Moni riders stay overnight at Floresare. Rooms are non AC in this cool hill climate. The small village of Moni has good cafes for dinner and a very relaxed atmosphere. O/n Floresare hotel 100 km (B,L)

### D4: Moni ~ Kelimutu ~ Ende

Early rise to cycle or walk up to Mt. Kelimutu, the famous volcano with its three multi coloured lakes. Most visitors like to rise early enough to watch the sunrise from the rim. Return to hotel for breakfast before setting off by bike through beautiful landscape to Ende on the south coast. Here you can visit former President Soekarno's House where he stayed after he was captured by the Dutch.

O/n Mentari or Dwi Putra Hotels +/- 50 km (B,L)

### D5: Ende - Bajawa

This trip will take you from the south coast, and includes a stop at a green stone beach called Pengga Jawa. The road climbs towards Bajawa, and the stunning views of Mt. Ebulobo are one of the highlights of this long day in the saddle. 130 km (B,L)

**D6: Bajawa:** Visit traditional villages of Bena and Wogo.

Day 5 starts with a visit to the traditional Ngada village of Bena. Traditional megalith stone tombs sit beside the old houses, in this village with an amazing mix of Christian and animist cultures. The village also has beautiful views of the conical volcano Mount Inerie. In the afternoon, guests visit the traditional village Wogo. Here too the people still preserve their ancestral believes and spiritual way of life. The afternoon also includes a trip to the Soa hot springs where the hot water boils to the surface Overnight Bintang Wisata Hotel (B,L).

### D7: Bajawa ~ Borong.

In the morning depart for Borong. At Aimere you can see how Arak is distilled from palm trees. This day includes long downhill sections and incredible views over Fores' southern coastline. O/n Hotel AA - Borong 75km (B,L)



Traditional village near Bajawa

### D8: Borong to Ruteng

In the morning depart for Ruteng. On the way visit Lake Rana Mese. Here you can walk around the lake. In the afternoon a visit to the old centre at Ruteng Puu. O/n Dahlia Hotel (B,L)

### D9: Ruteng ~ Labuhanbajo

This a long day in the saddle but the ride into Labuhanbajo is worth it. Views include looking out to Komodo National Park. En route visit the extraordinary spidersweb ricefields at Cacar. Riders are rewarded with a high quality hotel. O/n [Hotel Jayakarta](#) 120km (B,L)

### D10: Komodo National Park

Full day boat trip to visit the islands of Rinca & Komodo, home to the famous Komodo Dragons. These are the largest living lizards on earth, and they only live on four islands on the planet: Rinca, Padar & Komodo and some parts of West Flores. Its length can reach up to 3 meters with a weight of up to 90 kilos. Early morning wake up call for breakfast at the hotel. This is followed by a 6.00 am depart for Komodo island from the port. This trip over blue tropical waters and past hundreds of small island will take approximately 4 hours. Our visit to Komodo Island includes a walk (1 hour) with a local ranger in search of the dragons. During your visit you may also encounter wild buffalo, deer, pigs and various species of tropical birds. Lunch is served at Pink Beach and guests are given time to discover the splendid underwater world of these rich waters (snorkels and fins are provided). The tour then continues onwards to Rinca for one hour or guided soft trekking through forest and savanna. Komodo Dragons are often spotted on the way. From the highest point on this hike a beautiful panorama of the surrounding island. The return journey to Labuhanbajo will take around 90 minutes. Upon arrival at the harbour transfer to Hotel Jayakarta LBJ for overnight (B,L)

### D11: Labuhanbajo ~ Bali

Morning at leisure until transfer out for

onward flight (B) O/n at 3 star Jimbaran Bay Hotel.

### D12: Return to Australia

Price pending.

Includes:

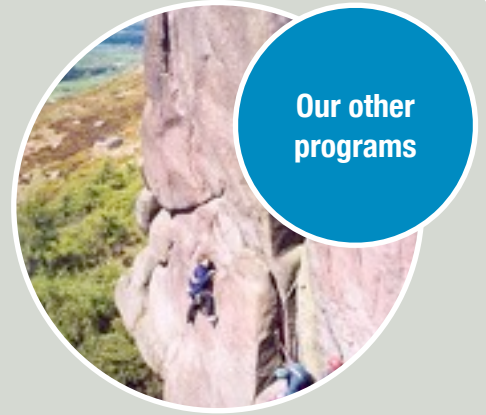
- Daily breakfast
- 8 x lunch or lunch-box
- 11 nights accommodation as per itinerary
- English Speaking guide on Flores cycling overland
- Australian tour leader with wilderness first aid or paramedic training.
- 1 Mechanic to service bikes
- AC transport as per itinerary to follow cyclist
- Full Day Boat trip to Komodo/Pink Beach & Rinca.
- National Park fees
- Ranger guides at Komodo and Rinca
- Snorkel equipment on boat trip
- Hard copy photo journal. (1 per father and son)
- Pre tour briefing and physical assessment.

Excludes:

- domestic airport tax (Bali Rp. 30.000 pp / LBJ Rp. 6.000 pp - subject to change)
- int. airport tax @ Rp. 150.000 pp
- other meals
- Indonesian Visa. (Please ensure passports have more than 6 months before expiry)
- personal expenses, tips.
- Excess luggage charges

**Adventure for Life's** group programs are designed to bring fathers and their children together, by promoting physical and emotional well-being.

Adolescence is often a very difficult time for boys and girls (and parents too), and risk taking is a very important part of growing up. Many



*teenagers will push boundaries in unhealthy, illegal, and dangerous ways.*

*Our group tours involve taking adventurous journeys and minimising the risks along the way through sensible planning and decision making. Highly trained guides will promote safety and ensure all parties have a sense of achievement by the end of the tour.*

*Our programs are designed for various aged boys and girls. We also have a "breaking away" adventures for 18-20 year old young men and women, who want to do something spectacular as they enter adulthood.*

*Our adventures will challenge fathers, daughters and sons, encourage self-confidence, and provide an environment where family ties are strengthened.*

*We encourage you to break away from the everyday, get away from computers, X Boxes, and the TVs, and have an **Adventure for Life.***

*Yours in Adventure*

*Adventure for Life*

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