

Free

WHAT'S HAPPENING

January – March 2002
Volume 2, Issue 1



TOURISM INFORMATION FOR NORTH SULAWESI

To Our Visitors,

Well here we are producing a second issue with the hopes that you, our guests will use this while you are here and bring it home with you, at the end of your North Sulawesi Experience. We encourage everyone to give us their comments about things that they liked or disliked, in order that we, the tourism community can try to improve things where needed. If you are interested in submitting an article about your experiences in North Sulawesi, please email us the story and photo and we would do our best to try and publish it. Most of all, we truly would like to thank all of our friends and colleagues who contributed stories as well as committed advertising funds to support this endeavor.

Finally, it is the friendly people of North Sulawesi that keep you and I happy to be here in this warm & smiling land!

Warm regards from,

Ninny Ruata Barnes

Editor: "What's Happening"
Safari Tours & Travel

Website: www.manadosafaris.com

Email: info@manadosafaris.com

Tel: 62 431 857637

Contents

BUNAKEN The Best Wall **2**

The Pyramids In North Sulawesi? No, But **4**

The King of Sea **5**

Pamper Yourself **7**

North Sulawesi is Culture - Adventure **9**

Looking For Something A Little Different? **10**

Wear Your 2002 Bunaken Entrance Tag with Pride! **11**

A New Market - Taiwan **12**

The Birds Are Coming **13**

Manado City Map **16**



Cover Photo:
This six meter tree is comprised of over 6000 bread rolls using over 200 kilos of flour.

BUNAKEN *The Best Wall*



Bunaken Island offers a plethora of wall experiences for visiting divers. Everyone has their favorite site and mine is Lekuan 2. Judging from the number of divers who frequent the site,



many agree with me. The reasons are obvious immediately upon entry. You can't help but notice the high concentration of schooling fish from the drummers and fusiliers that greet you as you begin your descent, the blizzards of brightly-colored anthias you pass along the edge of the reeftop, continuing to fall through the clouds

of pyramid butterflyfish and bannerfish underneath. The variety of reef fish is astounding: you could pick out over 20 species of butterflyfish alone if you so desired.

The start of the traditional dive offers small treasures as candy crabs frequent the beautiful soft corals in the area, often adorning themselves with a sprig of live soft coral they've

Continued on page 6

Help protect the reefs of Bunaken Marine Park!

Dive with the NSWA

The Eco-worried dive operators of Manado & Bunaken have joined together to make sure that you can come here and dive again, and again, and again

<p>Imposed a ban on anchoring by all members</p>	<p>North Sulawesi</p>  <p>Watersports Association</p>	<p>Organised rubbish management projects</p>
<p>Initiated the entrance fee system to provide conservation funds</p>		<p>Designed & constructed mooring bouys on some dive sites</p>
<p>Sponsored a village handicrafts program</p>		<p>Set up and run a scholarship program for local villagers</p>
<p>See our web site www.Bunaken.Info Email us NSWA@Bunaken.Info</p>	<p>Initiated patrols to stop dynamite fishing</p>	<p>Produced reef-education booklets for children</p>

Support us and dive with us

Bunaken Divers, Blue Banter Marina, Barracuda Dive Resort, Celebes Divers, ChaCha Dive Resort, Dive Centre Thalassa, Eco Divers, Froggies Divers, Kungkungan Bay Resort, LumbaLumba Diving Centre, Minahasa Prima Resort, NDC, Murex Dive Resort, Sulawesi Dive Quest, Two Fish Divers

The Pyramids in North Sulawesi??

No, But

Before the Minahasan people converted to Christianity, a process that began in earnest only in the mid-1800s, they buried their dead in stone tombs called waruga. The affluent Minahasan tribes would place the tombs next to their homes, a practice the Dutch discouraged on hygienic grounds. After their conversion to Christianity, a large group of waruga were collected and taken to the village of Sawangan, kecamatan Airmadidi, about an hour southeast of Manado

The Waruga Cemetery now consists of 144 stone sarcophagi, which are remnants of the Megalithic age. Waruga sarcophagi are unique, rectangular in shape and above the ground, are hollow in the middle and are fitted with prism shaped stone lids. These stone coffins are various heights, the tallest being approximately 175 cm. There's believed to be a relation between the height of the

waruga and the deceased status. If one looks closely, the story of the person's life and or death can sometimes be understood quite easily. The status of the person is another story that is often told when looking at the carvings on the tombs. Take the time to have a close look at the sarcophagi, and see if you can discern the story and travel back in time 500 years ago.

JHB

Mikrolet go to Airmadidi from Manado's Paal 2 terminal (2000 Rp). From Airmadidi you can also take a mikrolet to Tondano (45 minutes; 2000 Rp) or to Bitung (40 minutes; 2000 Rp). You can see more waruga at Sawangan and Likupang and at Kema on the south coast near Bitung.



The King of the Sea

You may be aware that North Sulawesi lies firmly in the epicenter of marine biodiversity, but did you know that Bunaken National Park is home to a living fossil fish whose body and habits have hardly changed over 400 million years of evolution? The coelacanth (known locally as *raja laut* or “the king of the sea”) is one of the most enigmatic fish known to man and was long-considered a “missing link” between fishes and four-legged land animals. So, what makes this mysterious fish so special? Coelacanths are large fish, reaching over 2m in length and weighing up to 100 kg. They live in relatively deep, cold water averaging 150-200m in depth and 18E C in temperature, and seem to prefer steep volcanic slopes with lava caves. During the day they rest in these caves in groups of up to 14, while at night they come out and



drift in the currents while searching for their prey (which includes small reef fish, cuttlefish, and even small bottom sharks). Perhaps their most striking feature is their seven lobed fins, unique among living fishes. The paired pectoral and pelvic fins are supported by girdles which resemble the pectoral and pelvic girdles of many land animals, and these paired fins are moved in an alternating fashion which resembles a horse at a slow trot. Other interesting morphological features include an intracranial joint and a hollow, oil-filled notochord instead of a backbone. The name coelacanth, which comes from the Greek words for “hollow spine”, refers



Dive Bunaken with Eco Divers (PADI Gold Palm IDC Centre)



On board our comfortable boats you'll find all you need to make the most of your holiday in Manado

- Qualified guides
- Bathroom, sundeck, salon
- Lunch served hot on-board
- Oxygen (D.A.N.)

Daily diving and snorkelling trips to Bunaken National Park

We also offer:

- Dive trips to Lembeh and Bangka
- Night dives
- PADI courses
- Camera and equipment rentals
- Sales of dive and snorkel equipment, accessories and PADI books
- E6 slide processing
- Introductory dives

Tasik Ria Resort



All rooms air-conditioned, ensuite bathroom, satellite TV, fridge, safe, IDD telephone

Tasik Ria Resort also offers:

- large swimming pool
- two bars
- restaurant

Eco Divers Manado
(at Tasik Ria Resort)

Tel: 824445

Email: info@tasikria.com

Web: www.eco-divers.com



to the hollow spines in the fish's fins. Up until 1998, living coelacanths were known only from the western Indian Ocean. Three specimens had been captured from South Africa, Mozambique, and Madagascar, respectively, but these individuals were considered "strays" from the true home of *Latimeria chalumnae* in the Comoros Archipelago - where almost 200 specimens have been captured since 1952. This view was shattered on July 30, 1998, when Mr. Lamah Sonatham captured a living coelacanth off the volcanic island of Manado Tua in Bunaken National Park, almost 10,000 km from the Comoros! The Manado Tua specimen was eventually found to represent a distinct species, *Latimeria menadoensis*, and has since been formally listed as a protected species, both within Indonesia and internationally.

So, you may ask, what are my chances of seeing a coelacanth while diving in Bunaken? Truthfully, quite low! Because of their preference for deep, cold water, coelacanths are generally below the depth range of recreational scuba divers. In fact, until recently, living coelacanths had only previously been observed in their natural habitat by scientists in research submarines. This changed dramatically in October of 2000 when a team of trimix technical divers succeeded in locating a group of coelacanths at a depth of 104m in Sodwana Canyon, St. Lucia Marine Reserve in South Africa. Several dive operators in Manado are currently exploring options of starting technical diving operations within Bunaken National Park, so the day may come when you can join a special group and dive for coelacanths and other bizarre animals of the deep in North Sulawesi's biodiversity hotspots.

Until that time, you'll have to be content drifting along Bunaken's famous walls, peering into her eerie depths, and wondering just how many other as-yet-undiscovered sea monsters glide beneath you. Buy a locally-crafted coelacanth handkerchief or coconut shell carving from your dive operator and support local conservation efforts....

Dr. Mark Erdmann is a coral reef ecologist who currently works to support the management of Bunaken National Park. ■

BUNAKEN The Best Wall

Continued from page 3

affixed atop their head. The faerie crab, a finger-nail-sized squat lobster that's pink and hairy can be found by a discerning eye peering among the outer folds of barrel sponges. But don't become engrossed with the macro life so much that you miss any of the larger residents: sharks that pass you by below your fins, napoleons wrasse or bumphead parrotfish above you, or turtles out in the blue off the wall.

Toward the end of the site, the Lekuan point, the current predictably picks up just as you notice the schools of redtooth triggerfish around you. Sharks enjoy the current as well, often coming up to only five meters in depth to cut over the point to Lekuan 1. Resident napoleons, giant trevally, jacks, batfish and solitary giant barracuda are predictably seen along this stretch, but smaller denizens such as leaf scorpionfish are common as well, keeping your attention divided between the lush wall and the blue ocean. With the wall going from only 2-5 meters along the top to 50-70 meters along the bottom, where a narrow shelf exists before the wall continues to plunge into the abyss, you can alter your depth to find an entire new set of attractions dive after dive. Boredom is definitely not an option.

Bruce Moore / Blue Banter ■

PAMPER YOURSELF

Not all visitors to Manado are here for the diving and what do you do if you're visiting with a partner who prefers to spend their holiday 20 metres under and you've had enough of sitting on a boat? What about treating yourself to a little pampering and easily filling in a morning or afternoon or a whole day!

The current rupiah woes may well provide you with the perfect opportunity to treat yourself to a much longed for pedicure or facial that you may never be able to afford at home. We visited a few of the better-known salons in Manado to check out what was on offer.

First on the list was the newly opened *Steiner Salon & Naturale Day Spa* (Jalan Tikala Ares No. 11, Tikala - Tel: 851 147). We were greeted and shown around by the very charming Pak Hanny who is naturally very proud of this stylish establishment. The interior is very tastefully decorated with objects from Bali and Java and is pleasantly air-conditioned. Aside from all man-

ner of haircuts, dyes, facials, pedicures and manicures, the sumptuous Massage Room is well worth a visit to indulge in massages and steam baths. The list ranges from the Javanese Massage (Rp 35,000) to an Aromatherapy Massage (Rp 50,000) through to the Java Body Polish (Rp 90,000).

My guest for the day proclaimed her Spa Pedicure (Rp 80,000 with Gehwol products) very professionally executed and her feet felt (and looked) fabulous. I was in need of a haircut so opted for the "Cut-Blow-Styling" (Rp 30,000). Although the blow-drying did take longer than I normally would like, the final result was very flattering.

Pak Hanny and his team are running a very professional operation and the key members speak great English so overseas visitors can feel confident in booking and visiting Steiner for an enjoyable few hours.

I have previously visited *Christania Beauty Salon*

STEINER

Salon & Natural Day Spa

Tikala Ares No. 11 Manado Telp. (0431) 851147

The famous salon & day spa with Professional Touching. Enjoy a cozy atmosphere at our place and feel our range of excellent service from STEINER Salon & Natural Day Spa.

Hair cut • Blow • Styling • Creambath Hair Spa • Colouring
Waving • Straightening • Facial (Sothys) • Make Up • Spa Manicure
Spa Pedicure (Gehwol) • Aromatherapy Massage
Body Scrub (Javanese Lulur & Balinese Boreh) Body Slimming
Firming (Phytoceane) • Colourtherapy • Dead Sea Mud



SKIN CARE



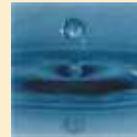
BODY CARE



AROMATHERAPY



MASSAGE



HYDROTHERAPY



MAKE-UP/HAIR

• Salon for ladies & gents

• Spa for ladies only

HOTEL "NEW QUEEN" Bar & Restaurant

Jalan Wakeke 12-14
Manado 95111 North Sulawesi
Indonesia
Ph. +62-431-855551
Fax. 853049-864440
hotel@newqueen-manado.com
queen@mdo.mega.net.id
www.newqueen-manado.com

Make the right choice, stay at the awarded clean atmosphere of the most moderately priced two star hotel in the city center of Manado!

- 36 fully air-conditioned rooms
- Private bathrooms with hot water
- IDD
- Minibar
- Color TV/satellite programs



(Jalan Sudirman No. 41 – Tel: 851 926) on a number of occasions for a cut and blow dry and took relatives for a *Cream Bath*. The Cream Bath is something I have only experienced in Indonesia and largely involves having your hair shampooed and treated with a rich cream, which is left to sink in while your head, neck and shoulders are massaged and pummeled. Certainly at the end your shoulders are a bit sore but your hair smells and shines gloriously. The products used for the Cream Bath at *Christania* are from Wella and cost Rp 40,000 for short hair and Rp 50,000 for mid to long hair. The manicures and pedicures are Rp 30,000. Prices for the facials depend on the products used and range from Rp 35,000 for locally produced products through to Rp 60,000 for Lancôme.

Ms Siska is the proprietor of *Christania* and frequently visits Singapore to keep up with international trends. Her English skills are confident but the staff speak only Indonesian. However, all are extremely friendly and would gladly welcome foreign guests. I would suggest you ask an Indonesian-speaking friend to help with your booking if your *Bahasa Indonesia* is not quite up to it.

Conveniently located on Jalan Sam Ratulangi, next to the News Café, is *Clarins*. Their prices are certainly reasonable although they didn't seem to have any English speaking staff. A creambath is RP 35,000 for short hair and Rp 40,000 for long hair. A manicure or pedicure is RP 25,000 and the facials were Rp 50,000 for *Clarins* products and Rp 50,000 for *Oriflamme* products.

The recently opened Puri Spa is a sumptuous venue located beside the pool area in the Gran Puri Hotel. The tastefully decorated interior is cool and inviting with soothing lighting and welcoming staff. The services available range from Traditional Massages to the unique Aroma and Music Therapy through to the standard Facial, Body & Skin Care, Hair Treatment and Manicure and Pedicure treatments.

The price range is certainly at the upper end of the budget scale with the Massage packages starting at 150,000 rp and moving up to the Executive Package at 900,000 rp, however these can take a number of hours and meals are included in some of the top of the range packages. The prices do reflect the attention to detail given to the facilities and amenities available and cer-

tainly well worth the pampering.

Cary Yanny from Eco Divers is a frequent visitor and finds a visit to the Puri Spa an essential stress buster in her busy life. She describes the venue as “brilliant” and has found the staff to be extremely helpful and their English good. She feels the main attraction for her is the clean hygienic surroundings, lovely music and good showering facilities. As the venue is comparable to any she has found in Europe then the Rupiah price she pays here in Manado certainly represents excellent value for money. Visit the Puri Spa at the 5th floor of the Gran Puri Hotel, Jalan Sam Ratulangi #458 (Tel - 822 888).

Continued on page 15

MUREX Dive Resort & Live-aboard

Known throughout the world, Murex (founded by Dr. Han Batuna, pioneer of North Sulawesi diving) caters to all your holiday needs in a relaxed friendly family setting.

Cozy accommodations in a lush tropical seaside garden over looking Manado Tua & Bunaken Island.

Fixed Departure Cruises
every Saturday afternoon
Join us !!!
6 or 5 days diving to the
Sangihe Islands, Lembeh and Bangka.
Charters Available

MUREX DIVE RESORT & LIVE ABOARD
Address : Jl. Raya Trans Sulawesi, Desa Kalasey I, Manado 95361, North Sulawesi – Indonesia Phone: (+ 62 431) 826091, 868513
Mobile: 0811-431838 Fax: (+62 431) 826092, 852116
Email: info@murexdive.com
Website: www.murexdive.com www.manado-liveboards.com

NORTH SULAWESI

Culture - Adventure

For many years we in North Sulawesi have always thought of ourselves as a marine tourism destination. The reality is, this is not true!! If one takes the time to travel beyond the dive resort or hotel you are staying in, you will find a wealth of culture and adventure right here on your doorstep. Let's go up to the Highlands for a quick look at what is available. If the thought of seeing pottery, jars, large urns, and the like being turned on a foot driven potters wheel, then make it a point to travel to Pulitan approximately one and a half hours from Manado. On the way back, turn off the road in Tomohon to make a quick stop in Woloan. This is the center of the cottage industry of the Minahasan Traditional Houses, no pun



intended. Arriving at the village, drive down the lane and both sides are lined with various models, shapes and designs. The prices begin at less than \$1000 US and continue up to \$10,000 US for a large all wood frame house, complete with roof, hardware, floors, knocked down and delivered and constructed on site.

The only drawback is that this price only includes assembly in the Manado/ Bitung/ area. If you are looking for more traditional adventure try the white-water rafting- contact a local travel agent.

Remember – North Sulawesi

*is
Culture & Adventure*

Puri Spa

Is a place to find the harmony between your body and soul. By a tropical treatment processes themselves unravel yet more exotic sensations. And, is a unisex spa.



Experience your stay

Jl. Sam Ratulangi no. 458 Manado, North Sulawesi - Indonesia.
Tel. (62-431) 822 888, Fax. (62-431) 858 892, e-mail: hotel@granpuri.com

AIRLINE CONTACT INFORMATION

Manado's Sam Ratulangi International located 20 minutes from downtown Manado is serviced by the following major airlines. At the present time international there are two flights per week from Davao, Philippines; three flights per week from Singapore and three flight from Taipei.

Bouraq Indonesia Airways 862757
Garuda Indonesia Airlines 862242
Kartika Airlines 814377
Mandala Airlines 851743
Merpati Nusantara Airlines 853213
Silk Air 863744

Did you know the water temperature around Bunaken National Park ranges between 27C - 29C all year round.

Looking For Something A Little Different?

Are you a visitor to Manado who is looking for a little bit of adventure on a Saturday afternoon? Do you Hash? No it's not what you think. Hashing has nothing to do with smoking and a lot to do with running. Manado boasts its very own Hash House Harriers & Harriettes Club, which is a small but perfectly formed group of outdoorsy types who like to "Hash". To the uninitiated, "Hashing" is primarily orienteering through a course set by a "Hare". The innocent bunch of followers gallop over the terrain following shredded paper or arrows sprayed on rocks or coconut trees.

For a touch of adventure, courses often include hills, rice paddies, rivers to ford, dead ends (check-backs) or "circles" where you have to search around a radius of 100 metres to find the paper trail again. Some "Hares" are tougher than others so it's luck of the draw on the day.

There are two runs set, one long and one short. If you're just off the plane, and you're not quite as fit as you'd like to be, we suggest you join the short run to enjoy the area at a slightly leisurely pace (ideal for families). For those of you a bit more acclimatized to the heat and with a moderate fitness level, you could tackle the long run which invariably is a bit more challenging. Both runs should take approximately one hour.

Whichever run you participate in, it's a sure bet you'll arrive at the end with a pretty mean thirst? Luckily this is the part of the hash experience, which involves the imbibing of much fluid, generally

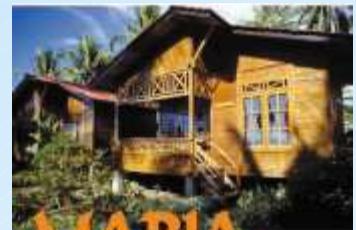
of the amber colour. "The Circle" is conducted once all the runners and walkers have arrived back safely. It largely involves a lot of songs which stem from the traditional Hash first conducted by a group of Expatriates in Malaysia.

Not unlike bawdy University drinking ballads, most of it is light-hearted and all participants have the chance to have fun poked at them. Each regular Hasher is generally given a silly Hash name and it's all pretty harmless fun.

If you've got the time and the energy, "The Hash" is a great opportunity to see some of the out of the way sites in the area. The views on some runs can be spectacular and you pass through small villages tucked away behind the main roads and get the chance to see some of the everyday lives of the local Minahasans.

The local Hash crowd is a mix of Manadonese and Expatriates and the group recently celebrated its 10th anniversary. For details on the next hash (generally held every 2nd Saturday afternoon), pick up a Hash sheet at Green Garden restaurant on Jalan Sam Ratulangi, or ask Ruben Simon at the Ritzy Hotel or Ninny Barnes at Safari Tours (opposite Green Garden). Happy Hashing!

RS.



MAPIA RESORT

The right place for a diving holiday in Manado

10 AC cottages in a tropical garden on sea

Italian-Indonesian restaurant

Jl. Raya Tanawangko
Kalasey, west Manado
tel. +62 (0)431 826582
fax +62 (0)431 826581

e-mail
celebes@kudalaut.com

web: www.kudalaut.com



Dive the diversity of Indonesian seas

Bunaken Marine Park,
Manado Bay,
Lembeh Strait

Marine biology lab

Celebes Divers



Wear Your 2002 Bunaken Entrance Tag with Pride!

The North Sulawesi Provincial Government is proud to announce an increase in the Bunaken National Park Entrance Fee for 2002 to Rp 50,000 per daily ticket (approximately US\$5) or Rp 150,000 (approximately US\$15) for a waterproof plastic entrance tag valid for all of 2002. Tags (or tickets) must be carried at all times the guest is within park boundaries and can easily be affixed to guests' diving or snorkeling gear or on backpacks. The entrance fee system has been adapted from the well-known Bonaire Marine Park system and was successful in raising nearly \$40,000 for conservation programs in Bunaken during 2001. The current increase in the entrance fee will bring Bunaken in line with other marine parks around the world and enable financing of a full range of conservation activities in the park. Entrance tags and tickets can be purchased through marine tourism operators based in Manado and in the Bunaken National Park, or can be purchased from one of two ticket counters in Bunaken and Liang villages on Bunaken Island. Enforcement of the entrance fee system is conducted via spot checks by park rangers on land and at sea. Note the design on the 2002 entrance tags features the pygmy seahorse *Hippocampus bargibanti*.

North Sulawesi is located in the epicenter of marine biodiversity and these fascinating yet cryptic animals are only one of a host of special critters that well-trained dive guides can help you find within the park and surrounding reefs. Try diving in Lembeh Strait for a further taste of North Sulawesi's fantastic marine diversity.

All proceeds from sales of the entrance tags and tickets are managed by the Bunaken National Park Management Advisory Board (BNPMAB), a multi-stakeholder board established by Governor's decree No. 233/2000 and consisting of dive operators, environmental organizations, academia, pertinent government officials and villagers from within the park. The BNPMAB will utilize these funds to finance a number of high priority conservation programs in the park, including patrols and enforcement to abolish destructive fishing practices, control and disposal of plastic and other wastes entering the park's waters, marine conservation education of village children and adults, and reef and mangrove rehabilitation.

We greatly appreciate your support and cooperation with this system. Conservation of Bunaken's spectacular marine habitats requires funding, and your entrance fee is a valuable contribution to saving Bunaken's reefs. For more information on Bunaken and North Sulawesi in general (terrestrial and marine ecotourism), please visit the website:

www.north-sulawesi.com

M.E



HIGHLAND
Resort
BACK TO NATURE

Relax in the peaceful atmosphere

HIGHLAND
RESORT

Located at the edge of thick jungle forest, between two volcanoes.

Cottages in a garden on hill with 24 hours restaurant.

For reservation or more information, please contact us :

J. Kinnerang-Kal, Kinilow, Jaga IV, Tomohon, 95362

Ph. (62) (431) 353333, (62) (431) 353888
Fax. (62) (431)353777

E-mail :
highland@manado.wasantara.net.id
limtise@yahoo.com

A New Market – Taiwan

December seems to be a good month in North Sulawesi. Last year our international airport truly became world class, a new terminal building equipped with glass jetways and eateries throughout! This year Garuda Indonesia opened up a brand new market, to North Sulawesi-Taiwan. With the help of New Places and Apple Tours (both players in the Taiwan market) Garuda has launched three flights a week non-stop to Manado.

On Sunday Decemeber 9th, at approximately 2:45 PM Garuda's wide body GA-869/DC 10 landed at Sam Ratulangi International Airport. All the celebs were there, movers, shakers, travel agents, hotel managers, hangers on, government officials gathered to welcome travel agents, press people and even a few diver tourists. All kidding aside, it was exciting!! You have to remember that this airport was in the planning stages way back in



1994 (way before my time) so I am absolutely serious when I say it was exciting.

As our Honorable Governor Sondakh pinned the cortege on the arriving Garuda pilot (see photo) traditional Minahasan music played in the background.

On a final note, after talking with some of the guests that actually came in on the plane, it might be nice in the future to confer with the tourism community in organizing these types of events. Why, because after a three hour flight and getting up at 6 AM (or earlier) the last thing that even a travel agent wants to do, is to sit and listen to speeches and watch a cultural show in an airport! There was plenty of time for those cultural performances during their stay. We thank the honorable Governor for taking his time on Sunday to greet the flight, a short welcome speech and friendly handshake to everyone coming off the plane would have been quite adequate and equally appreciated.

Finally, so for you westerners that read this and are wondering whether North Sulawesi is developing another market, the answer is yes! North Sulawesi will continue to be one of the melting pots of Indonesia, why, because of the tolerance of our people, we will continue to welcome visitors from around the world.

BHJ

Santika Hotel *“Where Business is pleasure”*

*Whether organizing a convention,
conference, incentive, or product
launch, Santika can offer an all-
exclusive package tailor made to
meet the specific needs and
objectives of your company.*

*Hotel Santika team sprit,
creativity and adaptability will
ensure the success of your stay.*



Hotel Santika
M A N A D O

For further information and reservation please contact:
Phone: 858222, 858333; Fax: 858666
e-mail: info@santika-mdo.com

www.santika-mdo.com

Did you know that the flag fall on a Manado taxi is Rp. 2000, but often times they don't want to use the meter. Drivers are generally very nice but better to negotiate the fare first.

mountains of Ambang.

Calling in at local forest warden Yus's house, to arrange a guide and to make sure there's some of that coffee waiting for us when we get back, we set off.

The nice thing about Ambang is there are no steep hills to climb. The footpath to the reserve winds gently uphill, passing through tidy agricultural plots, and the local farmers stop hoeing to stare, smile, and wave. An hour or so brings you into the forest, and the weird noises start.

First there's the chatter and drone of cicadas and crickets. Then a telephone rings, errr....actually it's a hair-crested drongo - crazy noise, crazy name, crazy bird. At last - some wildlife!

Next a brass band starts playing. It's time to look for the wonderful, trumpeting malia, a large, yellow, thrush-like bird. Groups of malia, announce their presence long before becoming visible and their manic calls and energetic actions attract many other species. Accompanying the brass band is the big bass boom of a hornbill; a whoosh of wings and a pair of these huge fruit chomping monsters is looking down on us from a tall fig tree.

Walking through the reserve along wide, but usually muddy footpaths, can bring encounters with all manner of animals. Birds are easiest to see, but there's always a chance of bumping into some crested black macaques, big black monkeys that are unique to north Sulawesi, or even - if you're really lucky - some rarer beasts such as an anoa (a miniature forest-living cow).

Ambang is home to some really rare species, and is a mecca for the wildlife enthusiast. But much of the time things are difficult to see. Remember to be patient, take binoculars, and stick close to your

guide - he'll have eyes like a hawk. Even if you miss the furry and feathered guys, and chances are they'll run or fly away just as you spot them (they always do), just enjoy the hike, the forest, the smells, and trying to work out where some of those noises are coming from. The moss and orchid drenched trees, towering ferns, and dizzyingly deep drops to crystal-clear mountain streams - yes, it's safe to drink - washed in the afternoon sunlight. Stumbling out onto the Singsingon road again, it's a few strides before our legs stop shaking and get used to the flat. Back to Yus's for that coffee, a great selection of local cakes of course, and hordes of noisy, nosy, happy kids. Then down the road again, descending into the dust and warmth of Kota. Bendis are snoozing, even the minibuses have chilled out.

Now, what was the telephone bird again?

The reserve is under the administration of the National Park office in Kotamobagu and visitors must obtain permits from here; the office is out of town in Mongkonai on Jalan AKD, telephone 0434-22548. Kotamobagu is a four-hour drive from Manado. Some tour companies in Manado could arrange an Ambang trip - try Pandu Express. People visiting Ambang will have to be accompanied by a ranger - not only is this advisable given the area's remoteness, but rangers can also assist with language and organising food/accommodation close to the site. Daily rates are usually between US\$3 and US\$5. Check at the park office.

The paths are not too steep, but visitors will probably be walking an 8 km round trip so it's not for the faint hearted. Wear stout shoes, long trousers and long shirts to combat thorns and nettles. Take a raincoat, better still an umbrella, some water and snacks, and insect repellent. **J.R**

PAMPER YOURSELF

Continued from page 8

Our last visit was to *Prameswari* – *The Traditional Spa and Beauty Care* (Jalan R. Wolter Monginsidi No. 29 – Tel: 859 551). It seems the services on offer are more geared towards a female clientele and the surroundings reflect this. Nonetheless, I was treated to a very luxurious foot massage using the German product, Gehwol. The lovely Yoke, spoke English and provided a very professional service. There are several foot and nail treatments available for Rp 65,000. Other treatments include Facials with Phytomer products for Rp 150,000 and the Spa Programme for Rp 125,000 and a Slimming Programme for

Rp 150,000.

Despite a slightly off the beaten track location, Prameswari do provide a professional pampering experience and the relaxation alone is certainly money well spent. I must confess to almost dropping off to sleep on the bench during my foot massage to the strains of Vivaldi's Four Seasons.

Guys don't be afraid to visit any of the salons listed above, pampering isn't just for the ladies. A foot massage or a manicure is a treat for anyone. Indulge in some time just for yourself and you'll walk out looking and feeling fabulous.



© 2011 Dive Froggies Photography www.vimaldiving.com

PADI
REGORT
RESORT

Dive and stay on Liang Beach - Bunaken Island - www.divefroggies.com

Froggies Divers

Manado - Indonesia

A small and eco-friendly operation.
Only 4 or 5 diving guests on each boat.
Get a taste of long, slow and lazy dives...

Email: manado@divefroggies.com
Phone: + 62 812 430 1356/1464
A reservation is recommended

Manado City Map



Note from the editor:

The contents of this publication were contributed by various persons, neither the individuals nor PT. Usaha Wisata Safaris may be held liable for any information contained herein.

SAFARI TOURS

Box 1253

Phone: 62 431- 857637

Manado 95000

Email: info@manadosafaris.com

www.manadosafaris.com

LEGEND

- | | | |
|--|--|--|
| 1. To Hotel Santika & Thalassa Dive Center
To Nusantara Dive Center | 7. Green Garden Restaurant | 16. Grand Puri Hotel
Coco Supermaket
ATM's |
| 2. Logam Jaya Gift Shop | 8. Safari Tours & Travel
Dolphin Donats | 17. To Gardenia Highland Resort
To Kali Waterfall |
| 3. Blue Banter | 9. Money Changer | 18. To Kungkungan Bay Resort
To Airport Sam Ratulangi
To Lembeh Strait |
| 4. Pola Pelita Tour & Travel
Ritzy Hotel
Matahari Dept. Store
ATM's | 10. Metropole Tour & Travel | 19. Museum |
| 5. M2 Factory Outlet | 11. Maya Express Tour & Travel | |
| 6. Hotel New Queen | 12. Steiner Salon | |
| | 13. Sonny's Gallery | |
| | 14. Jysti Restaurant | |
| | 15. To Murex Resort & Live-Aboards
To Tasik Ria Resort & Eco Divers | |