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5D Mulu Adventure & Sport

Day 1 Kuala Lumpur - Mulu

(L,D)

Arrive Mulu airport, meet your guide and transfer to your choice of accommodation.
1200hrs – Lunch at Sg. Pala Restaurant. After lunch we proceed by van to Park HQ for a visit to Deer and Lang's Cave. We trek along the plant walk (3 km) through the rainforest. Explore the largest cave passage in the world- DEER CAVE and LANG'S CAVE. Relax at the open air observatory for an opportunity witness the phenomenon exodus of BATS out of the caves, spiraling high overhead and ascend to the sky where they will search for food. We then returned to the Park and transfer to your accommodation. Dinner at Sg Pala Café. Overnight.

Day 2 Batu Bungan Penan – Cave of Winds – Clear Water Rier- Lady's Cave

(B,L,D)

Breakfast. Take a morning longtail boat ride to visit Batu Bungan Penan Settlement where you are able to purchase the local handicraft made by the Penan tribe Go by boat to the CAVE OF THE WINDS with is tall, slender stalagmites, then on to the source of the CLEARWATER RIVER, see the underground river and visit the dry passage of the LADY'S CAVE. Swim at the Clearwater Spring. After picnic lunch at the Clearwater Pavilion, continue your journey by longtail boat to Kuala Berar or Long Litut. The 8km trek is through beautiful rainforest and along the Litut river to Melinau Camp (Camp 5) where we stay overnight.

Day 3 Mulu National Park – Gunung Api

(B,L,D)

Early breakfast. Begin the 2.4km steep trek to the Pinnacles viewpoint at 1750 m. Along this trail are many orchids, pitcher plants and tiny Tree Shrews foraging for food. The pinnacles of Mulu National Park are a collection of 45 meter high, limestone needles that cling to the side of Gunung Api (Volcano). The hike to the viewpoint overlooking the pinnacles is a tough and challenging mountain climb. However, trekkers are rewarded with a spectacular view of a silver-grey forest of stone, poking up through the surrounding jungle. Return to Camp 5 for a refreshing swim and another overnight stay. (B/L/D)

Day 4 Headhunters' Trail to Terikan River - Medalam Rivers - Bala Lasong Longhouse.

(B,L,D)

0730 hrs, breakfast. Walk through lowland forest. The Headhunters' Trail to Terikan River, then boat down the Terikan River and Medalam Rivers to Bala Lasong Longhouse. When head-hunting was at its height, a hundred years ago, Kayan war parties from the Baram River made their way through the Mulu area to attack Murut longhouse and Chinese farmers along the Limbang River Paddling their war canoes up the Melinau River to the Melinau Gorge, they dragged them 3 km overland to the headwaters of the Terikan River, a tributary of the Limbang. The "Kayan Road" – a 4m wide trail with poles laid across it to facilitate dragging the boats has disappeared without trace, but you can still see the canal they dug around Batu Rikan, where the Terikan river goes through a cave the hill. Overnight at the Iban Longhouse. (B/L/D)

Day 5 Mulu – Kuala Lumpur

(B)

After breakfast at the longhouse, hence by boat to Kuala Mendamit then overland transfer to Limbang Airport for your departure flight.