

Treks and Trails

Trekking around Mulu <i>Minimum of 3 people</i>	Group Sizes
Garden of Eden Valley Walk 7 hours. Begins at 9:30am. Includes the Deer and Lang Cave. The guide will leave you at the Bat observatory at 5:00pm	Min 3- Max 8
Mulu Summit Includes guide fee, Hut accommodation for 3 nights, includes foods and breakfast. 4 days and 3 nights. Food and Beverage included.	Min 3- Max 8
The Pinnacles Includes Guide fee the Pinnacles, long boat return to Park HQ, accommodation at Camp 5 for 2 nights. 3 days and 3 nights. Food and Beverage included.	Min 3- Max 12
Camp 5- 1 day trekking to Kerangas or Melinau Gorge Includes Guide fee for the walk, longboat Park HQ return and accommodation at Camp 5 for 2 nights. Food and Beverage included.	Min 3- Max 8
Camp 5- ½ day trekking to Kerangas or Melinau Gorge Includes guide fee for the walk, Longboat Park HQ return and accommodation at Camp 5 for 1 night. Food and Beverage included.	Min 3- Max 8
Camp 5- 1 night, no guide for trekking Longboat Park HQ return and accommodation at Camp 5 for 1 night. Food and Beverage included.	Min 3
Camp 1 Overnight Includes guide fee, Hut accommodation for 1 night. Food and Beverage included.	Min 3- Max 8
Camp 1 Trekking only about 6 hours, guide compulsory. Food and Beverage included.	Min 3- Max 15
Long Langsat 3 hours, River walk with Penan Plant guide at Long Iman. Food and Beverage included.	Min 3- Max 8
Long Langsat 3 hours, with Penan Plant guide at Long Iman and Park guide on the longboat with the river walk. Food and Beverage included.	Min 3- Max 8
Long Iman Penan Longhouse 2 hours, visit the local community with Penan plant guide for their medicinal garden and trek to “Ba Desai” waterfall with local guide. Snacks included.	Min 3- Max 8
Long Impan Penan Longhouse	Min 3- Max 8

2 hours, visit the local community with Penan plant guide for their medicinal garden and trek to “Ba Desai” waterfall with local guide as an interpreter. Snacks included.	
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General Tour Itinerary Descriptions

Clearwater & wind caves - ½ day activity. Begins at Park HQ at 8:45am or 9:15 am. Daily Tour.

Meet your guide at the front of the office then travel by longboat to Batu Bungan, a Penan Longhouse. Here a Penan Guide will take you through the market and explain the handicrafts to you. The market is not open on Sundays. Continue on your boat to Cave of the Winds. Then your guide will then take you to the Clearwater Cave. After this tour, you can either relax and/or swim in the river.

Deer and Langs Cave - ½ day activity. Begins at Park HQ at 2:00pm or 2:30pm. Daily Tour.

Deer Cane and Langs Cave are two distinctly different caves situated in the ‘southern hills’ area of the park. You should be at the office at least 10 minutes early. If you arrive on the 2:25 flight then you will have missed this tour for the day. While Lang cave is the smallest of the four show caves in the park it is very special. It has a spectacular array of stalactites, stalagmites, helicies, shawls and rim stone pools. In contrast, Deer cave is the largest cave passage in the world. A powerful underground river once flowed through this area, dissolving and eroding the limestone to form a stream-passage cave. While Deer Cave does not have lots of cave decoration its’ size alone is overwhelming.

Garden of Eden Valley Walk- Full day activity. Begins at 9:30 am, includes Dee and Lang show caves. Minimum age: 12 years old.

Begin your adventure leaving the Park office at 9:30am because you will be venturing deep into this ancient enclosed valley which can only be entered via Deer Cave. You will get muddy so bring old clothes and good walking shoes it will be slippery. From the Garden of Eden pool, you will climb, walk and swim up to the wading trails that wind around the valley through a series of waterfalls and rock pools ideal for swimming. This secluded valley receives few visitors and is an ideal place for a picnic lunch. After Exiting the Deer Cave your guide will show you the Lang Cave then leave you at the Bat observatory for the Bat Exodus. You will then return to park HQ at your leisure along the rainforest discovery walk.

Fast lane tour in Lagang Cave - Begins at Park HQ at 2:00pm. Daily Tour.

A short boat ride, a 500m walk through the rainforest and a climb up the steps to the cave entrance brings you to the beginning of your 1.5km underground adventure. This tour is unlike any other offered at Mulu. The group is limited to 12 people and as the only ones in the cave you can fully enjoy the story of the cave’s origin. The tour begins by torchlight encouraging you to discover the cave for yourself.

Cave fauna is easily seen at the start of this trip; twinkling spider eye stare back at you, beautiful blue Racer snakes sit waiting to catch a bat flying by, white crabs feed blindly in the shallow pools of water and the long antennae of cave crickets' pickup your movements as you pass by. As the cave becomes larger some of the best formations in Mulu are presented to you via stunning lighting. The wide plank walk path allows you to look around you and thoroughly enjoy this amazing experience.

Mulu Canopy Skywalk - Please note that this isn't suitable for children under 6 years of age.

The Mulu Skywalk, the world's largest tree based canopy walk opens your personal pathway to discovery. This 480m walkway, suspended 20m above the forest floor winds among the lush tree tips with tranquil river views below and the soaring heights of the nearby limestone cliffs above. Around you is the sunlit world of fragrant flowers and beautiful ferns; monkeys, flying lizards and squirrels; amazing insects and rainforest birds. As you walk among the ferns and vines enjoy this unique opportunity to get closer to the rainforest 'web of life'. Compare the vegetation of riverine forest floor to the understory, the treetops and the nearby limestone cliffs.

The night shift - Begins at Park HQ at 7:00pm or 7:30pm. Daily Tour.

Immerse yourself in the night sounds of the rainforest; watch the blinking fireflies float before you or search for luminescent fungi. Quietly move through the forest looking for animals that hide during the day but emerge in the darkness. Be amazed by the thousands of insects of all shapes and colours. A guide will help you understand this mysterious world and guide you along the 1.5km plank-walk. You will meander through the Kerangas Forest, which contains Borneo's famous pitch plants, riverine, swamp and limestone vegetation. The tour begins at 7pm. If there is rain, the tour will be delayed for up to 30mins before being cancelled.

Long Langsat River walk - Trekking, river cruise and a cultural visit. 3 people minimum.

If you would like to see more of the park and what surrounds it, a boat ride and a pleasant walk up the rainforest stream appears to be perfect. A popular choice is to travel from the park HQ by boat to the Langsat River where the boat can be beached and you can trek up the river, wading in its cool clear water. The tour travels down the Melinau River before entering the larger Tutoh River and then travelling upstream past Long Iman, a Penan settlement, before entering the much smaller Langsat River, which flows from the park. Once on the Langsat river you can enjoy a leisurely trek upstream, experiencing the forest and doing some bird watching. Spend as much time as you like splashing and swimming in its waters or sit under the small waterfalls that make natural spa pools. A stop at Long Iman on the way back or there is worthwhile as the community has a small market that sells local handicrafts. The entire tour takes between 3 to 4 hours. This is a beautifully secluded place, untouched by the world. We want to remind our visitors of how important it is that they respect the area and help in its protection by being responsible visitors. Most boat operators are Penan and don't speak English, if you think this will be a problem please hire a guide who can translate.

Long Iman Ba' Desai- Trekking, river cruise and a cultural visit. 3 people minimum.

The tour travels down the Melinau River before entering the larger Tutoh River and travelling upstream to Long Iman, a Penan settlement where you will meet a local guide. Here you will have the opportunity to walk through the long house and purchase local handicrafts. This is a beautiful and secluded place untouched by the world. We want to remind our visitors of how important it is that they respect the area and help in its protection by being responsible visitors. When you are ready to take the 40min walk out the Ba' Desai Waterfall along a local trail, your guide will show you the way. Arriving at this location in the wilderness will not disappoint and it is an ideal location for a picnic lunch. Spend as much time as you like swimming and relaxing at the waterfall. The entire trip takes around 5 hours and we recommend packing a picnic lunch the day before, as there will not be any food or drink outlets along the way.

Overnight at Camp 1-Trekking. 3 people minimum.

Basic forest hut provides overnight shelter and the guide is not the only source for information about the environment but essential for your safety to ensure that you return to the park HQ. You need to have a sleeping bag, bedroll and protection from the insects. The camp has basic cooking equipment. Wood fires are not allowed but we will provide small gas stoves so all you need to do is buy the gas cartridges and some food from the park shop.

Bats Exodus- No booking required.

Twelve species of bats have been recorded within Deer Cave, including the colony of Wrinkled-Lipped bats estimated to number between 2.5 and 3.5 million individuals.

Expectation builds as the sun moves towards the horizon and the Bat Hawks take up their roost on the cliff face, waiting for the first of the millions of bats appear. Each evening the bats gather at the cave entrance in large ring-shaped formations, circling higher and higher up the cliff face before moving out across the rainforest in spiraling ribbons.

It has been estimated that nightly each bat consumes between five and ten grams of flying insects. This means that 3 million bats will return in the morning to deposit a huge amount of guano in the cave and provide a unique ecosystem, home to millions of insects and their predators.

The bats leave the cave on most evenings between 5.30pm and 6.30pm but on rare occasions do not leave at all. Even more rarely they sometimes leave as early as 4.30pm and are believed to travel up to 100 kms from the cave before they return in the early morning. Their "cruising altitude" to their feeding areas is around 3500 meters at up to 75 kph.

Bat exodus is included in Deer & Lang show caves tour.

Tree Top Tower- No booking required.

Soaring into the tree tops like one of the nearby massive trees this 30 metre tower and bird hide provides the opportunity to 'spy' on squirrels arguing over their territory and to watch canopy birds swooping through the branches. During fruiting season there is a chance to see hornbills or macaques feeding on the fruits of the fig trees that surround the hide.

A 10 minute walk from the Park Office takes you to the base of the tower, designed for you to comfortably and quietly wait for passing wildlife without them being aware that you are watching.

Bird watchers can arrange private use of the tower for dawn (5-8am) and dusk (5-8pm), ask at the office for the cost and to make a reservation.

For safety reasons the tower is kept locked, but ask at the Park Office to book a time slot and pick up the key. There is a 50rm refunded key deposit to pay.

Paku Waterfall- No booking required.

If you want to walk by yourself and just enjoy being alone in the forest then this is the walk for you. Walk at your own pace to discover the rainforest and follow your particular interest looking for birds, insects, ferns or just the chance to be alone.

Enjoy a refreshing swim in the cool waters of the Paku river and a picnic lunch before returning to HQ. This walking trail begins on the Deer Cave plank-walk but after about 1.3km you climb down to the forest floor and follow the clearly marked trail. It is an easy walk but there are streams to cross and water levels can rise quickly so you must check at the office and register when you are leaving and later inform Park Security of your return.

You need good walking shoes and it is often a very muddy trail so be prepared to get dirty.

High risk for getting lost if you are trekking beyond the Waterfall to Camp 1 without a guide.

Other unguided tours are available such as, Botanical heritage trail, Paku Valley Loop or Kenyalang loop.

Please email dorothyblobao@gmail.com for more details.