



# P A R K

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SARAWAK TOURISM BOARD



**BorneoTalk**

# EXPLORE THE DEEP DARK OF MULU

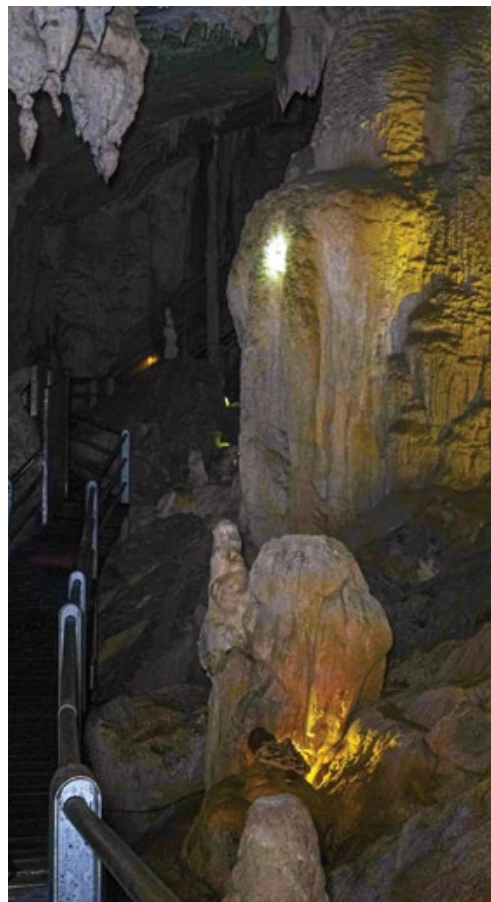
Few places in Sarawak, Malaysian Borneo can match the magnificence of Gunung Mulu National Park. This

fascinating tropical rainforest locale about 100 kilometres away from Miri is riddled with some of the largest, longest, most fascinating cave systems on the planet. Gunung Mulu National Park ticks all the boxes, more than adequately meeting not just one but all criteria (*earth's history and geological features, ecological processes, superlative natural phenomena or natural beauty and aesthetic importance, as well as Biodiversity and threatened species*) needed for it to be listed among UNESCO's globally renowned World Heritage Sites in November 2000.









Cave of the Winds

On the surface, the 544 sq km national park named after Gunung Mulu shows off an undulating mountainous landscape that takes you aback every time you gaze at its grandeur. As you venture deep into the national park, you will discover sights few have ever seen before. Roaring waterfalls, winding rivers, dense canopies and dazzling wildlife are a joy to come across on your temporary escape out of civilisation and into the very heart of nature. The Pinnacles on Mount Api are chief of all these attractions and are a must-see among mountain climbing enthusiasts.

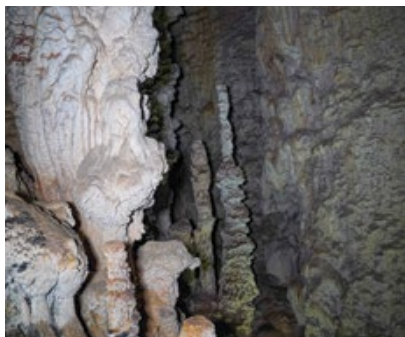
Underneath it all however is a completely different story. The Mulu mountains hide within them some of the world's most impressive subterranean systems, carved in shape over millions of years. We explored just a

fraction of those cave systems during a recent excursion hosted by Sarawak Tourism Board (STB), in partnership with MASwings and Mulu Marriott Resort & Spa.



VIPs and the media on arrival in Mulu via Maswings.





## Journey into the deep

A 30-minute boat ride from Mulu Marriott took us to the starting point of our little adventure into the Cave of the Winds, the first of two show caves we explored during our excursion. A set of winding steps built into the limestone walls provided a much-needed exercise, complete with refreshing views of the surrounding jungle, as we made our way to the entrance of the cave.

Torchlights in hand, we proceeded along a wooden path leading us away from the light and deeper into the Cave of the Winds. The breeze we felt as we moved through the cave was indicative of how the Cave of the Winds got its name.

Within just minutes, unfamiliar sights began to reveal themselves. The deeper we ventured into the cave, the more alien this subterranean world appeared, with stalactites hanging down the ceiling and stalagmites emerging out of the guano-covered ground. Some of the formations joined over time to form columns. These features were especially prominent at the King's Chamber.

Moving through the dark passages inside the Cave of the Winds, we could see evidence that they were carved by a subterranean river that is now no longer there. What's left is an underground landscape that is truly fascinating.

## Art by water

Each of the caves in Gunung Mulu National Park is unique. For Clearwater Cave, it is the clear river that flows through this impressive cave system of over 200 kilometres in length, and the “works of art” it created as it rushed through the limestone rocks over millions of years.

Getting to the mouth of Clearwater Cave was a challenge for the mind. There were 200 steps to climb, which sounded difficult for some. But as we soon discovered, it was not difficult at all.

From the mouth of Clearwater Cave, we could see how massive it was. As we moved further into the cave, its sheer size became more apparent. It's truly a monster of a cave passage, and it's not even the biggest one in Mulu. That title belongs to Deer Cave.

Down where the water flowed through the passages with such an impressive force, we witnessed the true might of the subterranean river that shaped Clearwater Cave – not in the river itself but on the cave walls that had been carved by water over the course of a few million years. To be standing on the bridge over the flowing river below and in the middle of the cave passage resembling a painting was quite something else. Its immense beauty shone through even when there was little light. But 30-second exposed images really captured the finer details of nature's artistry found within the dark hollows of Clearwater Cave.

That, for us, was the highlight of our cave exploration trip in Mulu National Park. That rare opportunity to capture the splendour of Clearwater Cave. Suddenly everything else paled in comparison – for this trip at least. With such rare beauty presented before us, we wondered what else could be waiting in the hundreds of kilometres of dark passages within Clearwater Cave.







Clearwater Cave

## Experience Mulu

Now that it's possible to travel again, we recommend a trip to Mulu for its amazing caves and climbs. Getting there is by plane, via MASwings flights to Mulu Airport from Miri (30 mins), Kuching (1 hr 20 mins) or Kota Kinabalu (55 mins). Check flight schedules or make your booking at <https://www.maswings.com.my/>.

As for accommodation, Mulu has several options. If you want to bask in luxury while reconnecting with nature, Mulu Marriott Resort & Spa is the ideal option. Its lavishly appointed rooms ensure a comfortable, luxurious stay amid a pristine tropical jungle surrounding. More info at <https://www.marriott.com/hotels/travel/myymu-mulu-marriott-resort-and-spa/>.

The park HQ offers different levels of accommodations to suit your budget and preferences. Here you can also purchase Wi-Fi passes in case you need to stay connected to everyone else back home. More information can be found at <https://mulupark.com/accomodations-facilities-2/>.

Other options would be homestays within Mulu area, owned and managed by local homestay operators.

For bookings and more information about Mulu National Park, go to <https://mulupark.com/>.

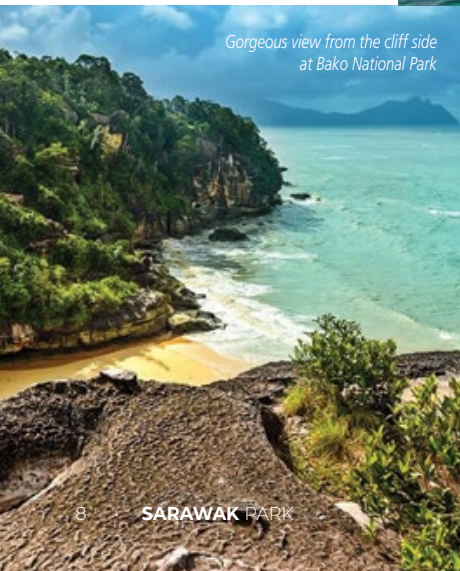
# GO WILD

## MUD AND TRAILS

The abundance of natural attractions makes Sarawak an irresistible destination for both nature lovers and adventure seekers. Here in the Land of the Hornbills, the vast wilderness is made up of soaring mountains, thick forest canopies, massive caverns and winding rivers; all offering a plethora of activities for tourists and locals alike. Here are some wild destinations you need to visit when you're in Sarawak.



*Iconic landmark at Bako National Park*



*Gorgeous view from the cliff side  
at Bako National Park*

### Bako National Park, Kuching

A treasure trove of flora and fauna that offers pristine streams, majestic waterfalls and scenic trails for trekking, Sarawak's oldest national park of 2,742ha in size is a must visit. For the amount of natural splendours it holds, it's surprising that this green and blue paradise (gazetted as a protected area in 1957) is located just 37 km from Kuching City.

Getting there is just a mere 50 minutes or so drive from Kuching to Kampung Bako. A chartered boat from the terminal in the village will take you to the Park HQ located just 30 minutes away. Prior reservation is required and you can do so via local travel agents.

**For more information & bookings:**

Website : [www.bakonationalpark.com/tour-packages.php](http://www.bakonationalpark.com/tour-packages.php)



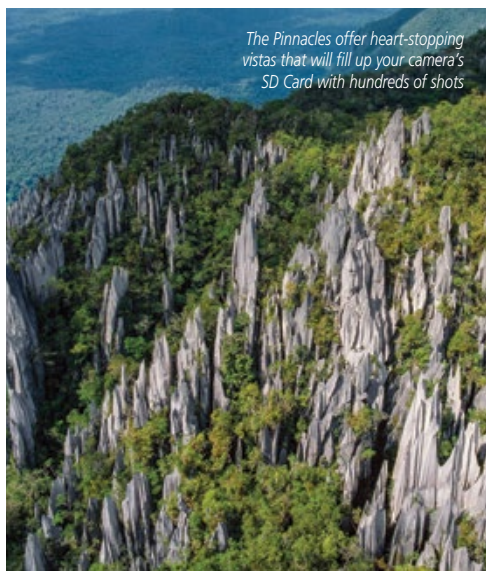
## Gunung Mulu National Park, Miri

This UNESCO World Heritage Site has it all! Adventure, nature, relaxation, splendorous sights that will wow you such as The Pinnacles, Clearwater Cave, Garden of Eden, millions of bats alighting from the caves during the bat exodus, the massive Sarawak Chamber, the Canopy Walk and so much more!

To get there, take a flight from Miri, Kuching or Kota Kinabalu, Sabah via MASwings. Shuttle services by the local community will bring you from the airport to the park and vice versa. Contact a licensed tour operator, who will make all the arrangements for you so you can enjoy more and worry less when you're there.

**For more information & bookings:**

Website: [www.mulunationalpark.com/tour-packages.php](http://www.mulunationalpark.com/tour-packages.php)



*The Pinnacles offer heart-stopping vistas that will fill up your camera's SD Card with hundreds of shots*



*The fascinating rafflesia at Gunung Gading National Park*

## Gunung Gading National Park, Lundu

Come see the rafflesia bloom or explore the seven waterfalls at Gunung Gading National Park. There are three trails to choose from. The Waterfall trail takes you to the beautiful waterfall No.7 just an hour away. If you're up for it, a 3½-hour hike takes you all the way up to the summit via the Gunung Gading trail. The Batu Berkubu trail leads to a former communist base camp on the slopes of Gunung Sebuloh and takes 5½ hours to get to. Getting there is via van or taxi from Lundu town, two hours away from Kuching, to the park office.

**For more information & bookings:**

Website: [gading.my](http://gading.my) Tel: +6082 735 144

\*Ticket can only be purchased at the entrance.

### FOR MORE INFORMATION & BOOKINGS:

#### Majestic Leisure & Tours Sdn Bhd

Website: [www.borneotravelnetwork.com](http://www.borneotravelnetwork.com)  
Tel: +6085 427 751  
Email: [goh2552@gmail.com](mailto:goh2552@gmail.com)

#### Borneo Adventure

Website: [borneoadventure.com](http://borneoadventure.com)  
Tel: +6082 245 175  
Email: [info@borneoadventure.com](mailto:info@borneoadventure.com)

#### Intercontinental Travel Centre Sdn Bhd

Website: [intercont.com.my/v4/inbound-tours/](http://intercont.com.my/v4/inbound-tours/)  
Tel: +6082 256 155

#### Ecogreen Holidays Sdn Bhd

Website: [ecogreen-holidays.com](http://ecogreen-holidays.com)  
Tel: +6082 425 281  
Email: [info@ecogreen-holidays.com](mailto:info@ecogreen-holidays.com)

# MUST SEE ANIMALS OF SARAWAK

Sarawak's wildlife is among the world's most unique. If you're here for the first time and it just so happens that you're into wildlife, then you need to see these eight animals synonymous with Sarawak up-close before you go back home.



## Rhinoceros Hornbill

Scientifically known as *Buceros Rhinoceros*, this particular species of hornbill is an icon of Sarawak and is the State emblem. They are easily recognisable by the large yellow casque on top of their beak, as well as feathers of black and white. They nest and care for their young in tree cavity until the young ones are ready to take flight. If you're lucky, you can spot them in the jungles of Sarawak. You can also see them at Taman Tumbina in Bintulu and Matang Wildlife Centre in Kuching.

### FOR MORE INFORMATION & BOOKINGS:

#### Matang Wildlife Centre

Website : [www.sarawakforestry.com/parks-and-reserve/](http://www.sarawakforestry.com/parks-and-reserve/)

Tel : [matang-wildlife-centre/](http://www.matang-wildlife-centre/)  
+6082 374 869

#### Taman Tumbina

Website : [www.tumbina.com.my](http://www.tumbina.com.my)  
Tel : +6086 337 701



## Orang Utan

The *Pongo Pygmaeus* or commonly known as Orang Utan needs no introduction. Yes you can see them in zoos all over the world but seeing them in their natural habitat is an entirely different experience. Translated into English, the name of this magnificent member of the great apes means 'person of the forest'. Semenggoh Nature Reserve is a wildlife rehabilitation centre where you can see them in the wild.

### FOR MORE INFORMATION & BOOKINGS:

#### Semenggoh Nature Reserve

Website : [semenggoh.my](http://semenggoh.my)  
Tel : +6082 618 325



## Proboscis Monkey

They are the largest of monkeys in Asia and the males are easily identifiable by their unusually large nose, which they use to attract the females. Endemic to Borneo, the Proboscis Monkey (*Nasalis Larvatus*) thrive in the mangroves and swamps of Sarawak. Bako National Park is a popular hot spot where tourists can see them in the wild.

### FOR MORE INFORMATION & BOOKINGS:

#### Bako National Park

Website : [www.bakonationalpark.com](http://www.bakonationalpark.com)



## Crocodile

Yes, Sarawak is famous for this fearsome reptile, especially the giant man-eating white back crocodile Bujang Senang that now remains a legend. You can see them up close and from a safe distance at Jong's Crocodile Farm in Kuching and Miri Crocodile Farm & Mini Zoo in Miri.

### FOR MORE INFORMATION & BOOKINGS:

#### Jong Crocodile Farm and Zoo

Website : [www.jongcrocodile.com](http://www.jongcrocodile.com)

Tel : +6082 863 570 (Farm)

+6082 242 790 (Office)



## Clouded Leopard

One of the most elusive animals in Sarawak, the Bornean Clouded Leopard is unique to the island of Borneo. A completely separate species from the one found elsewhere in Southeast Asia, the Bornean Clouded Leopard is darker in colour and has small cloud markings with distinct spots in them. Matang Wildlife Centre in Kuching and Taman Tumbina in Bintulu are among the places you can see this fantastic feline in person.

### FOR MORE INFORMATION & BOOKINGS:

#### Matang Wildlife Centre

Website : [www.sarawakforestry.com/parks-and-reserve/](http://www.sarawakforestry.com/parks-and-reserve/)

matang-wildlife-centre/

Tel : +6082 374 869

#### Taman Tumbina

Website : [www.tumbina.com.my](http://www.tumbina.com.my)

Tel : +6086 337 701



## Rajah Brooke Birdwing

This beautiful winged insect was first discovered in 1855 by naturalist Alfred Russell Wallace, who named it after Rajah James Brooke. The males are more flashy, with its black wings beautifully contrasted with bright green markings. They can be spotted at Mulu National Park among other forested locales. Taman Tumbina Bintulu's butterfly park has this species as well.

### FOR MORE INFORMATION & BOOKINGS:

#### Mulu National Park

Website : [mulunationalpark.com](http://mulunationalpark.com)

#### Taman Tumbina

Website : [www.tumbina.com.my](http://www.tumbina.com.my)

Tel : +6086 337 701





# TURTLE **HAVEN**

Talang-Satang National Park was gazetted in 1999 as part of an effort to protect Sarawak's marine turtles, making it the first ever protected marine area in the State of Sarawak. The park, which includes the coastlines and waters surrounding four islands, has since become a sanctuary where precious sea turtles thrive.



Three of the islands – Talang Talang Besar and Talang Talang Kecil near Sematan as well as Satang Besar just off Santubong – are collectively called Turtle Islands, and fittingly so, as they form the nesting grounds for 95% of all turtles landing in Sarawak. To date, four turtle species have been recorded to land on Turtle Islands, 90% of which are green turtles. They return to shore every year between May and September to nest on the beach before heading back out to sea. Their eggs are cared for at a special hatchery and the hatchlings are released back into the sea once they hatch. Unfortunately, very few of them make it to adulthood due to many factors including predators like lizards, birds and fish. That's why Talang Satang National Park's role as a conservation area for the turtles is crucial to their survival.

## Worth a visit

Visitors are welcome to Talang Satang National Park, although they are only allowed to explore within the confines of Satang Besar Island. Only volunteers partaking in the park's Sea Turtle Adoption Programme from May to September are allowed to enter other areas within the park.

Take a boat ride to Satang Besar from Santubong or Telaga Air Jetty and get set for a wonderful time. There's accommodation at the park. However, amenities are scarce and those wishing to spend the night need to bring their own food. Despite all of that, Talang Satang National Park is definitely worth the visit, with beautiful natural surroundings and many things to enjoy.

Learn about turtle conservation at the information centre or visit the turtle hatchery. The pristine waters surrounding the island are perfect for activities such as dolphin spotting, scuba diving and snorkelling.

You may also choose to just relax and enjoy the sounds of waves crashing onto the shore, or take a stroll along the beach. Just don't go barefooted as cone shells, stonefish and sea snakes also thrive in the surrounding waters.

This haven for sea turtles and other marine wildlife is located near Kuching so even a day trip will be well worth your time. Better yet, do more than just take pictures and enjoy your time there. Adopt a turtle or two through the park's turtle adoption programme and help secure the turtles a brighter future!

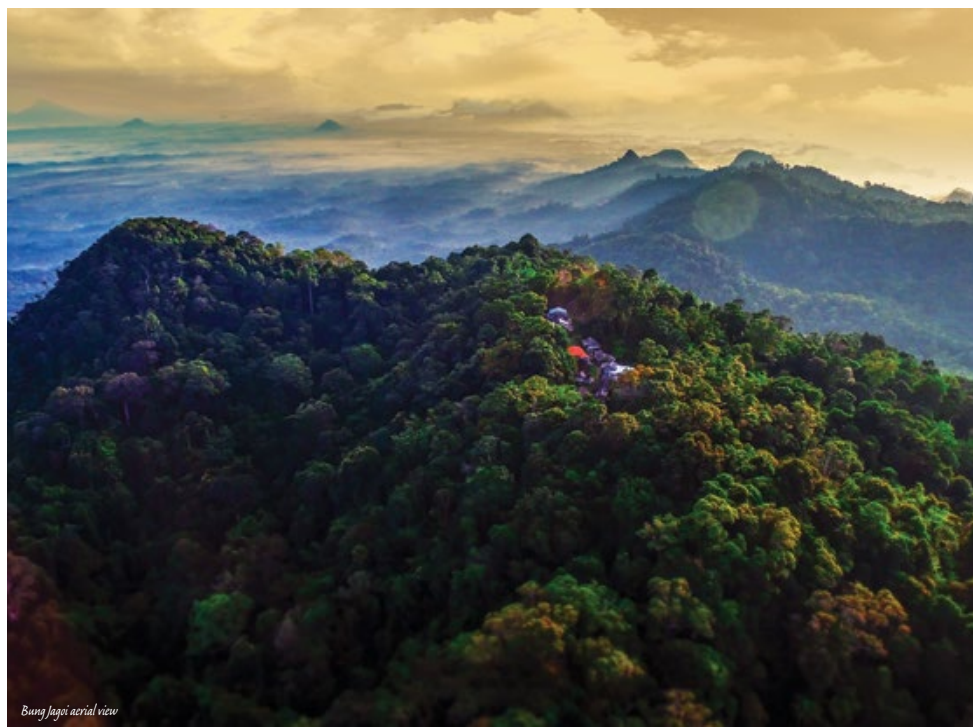


### FOR MORE INFORMATION & BOOKINGS:

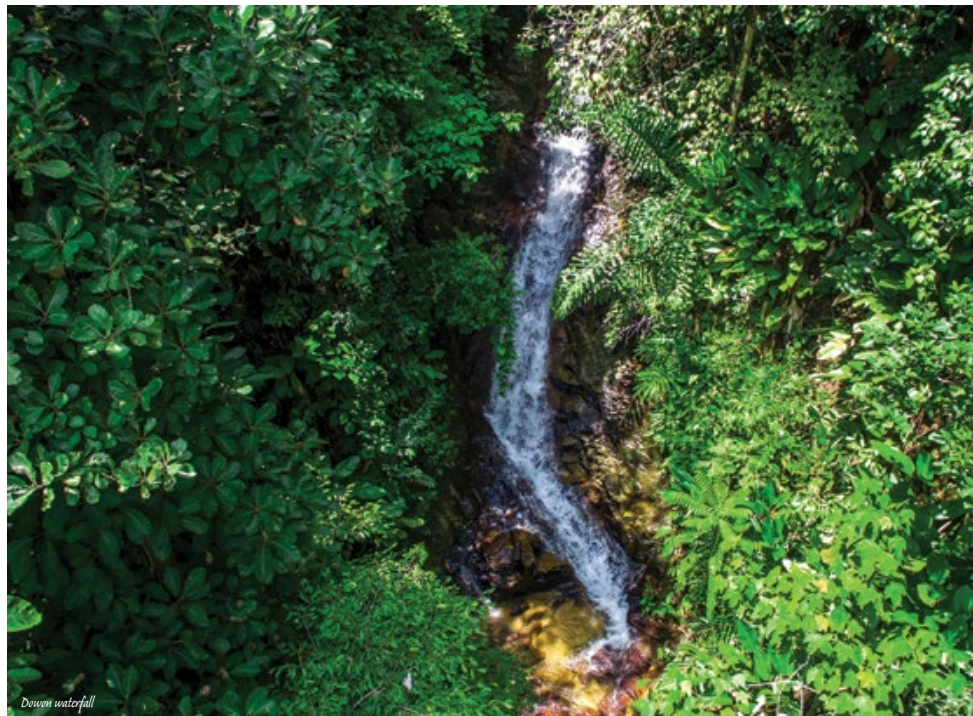
**Ecogreen Holidays Sdn Bhd**

Website : [ecogreen-holidays.com](http://ecogreen-holidays.com) Tel : +6082 425 281

Email : [info@ecogreen-holidays.com](mailto:info@ecogreen-holidays.com)



*Bung Japi aerial view*



*Dusun waterfall*



# DISCOVER BUNG JAGOI

Standing at just 1,600 feet above sea level, Bung Jagoi - a small mountain within the Jagoi area in Bau - hides in it a very old Bidayuh settlement. Located near the top of the mountain, the village was nearly altogether abandoned. Today it has become a heritage area, and Bung Jagoi is also drawing visitors who either come here to see remnants of the Bidayuh's past or to enjoy a scenic hike minus all the obstacles that usually come with it.

## Steeped in history

Bung Jagoi was established by the Bidayuh people who fled from an attack on Bung Bratak by hostiles from Skrang on May 1, 1838. The latter was the first settlement of the Bidayuh in the Bau region after they migrated there from Mount Sungkong in West Kalimantan 700 years ago. After the attack on Bung Bratak, its people moved out to new settlements. Bung Jagoi was among the first of those settlements, others being 33 villages in Bau and Lundu, as well as five villages in West Kalimantan, Indonesia.

The settlers at Bung Jagoi built over 30 houses, with a *baruk* as their centrepiece. A *baruk* is a ceremonial house traditionally built by the Bidayuh people out of timber, with leaves for its roof. Serving many purposes, including as a gathering place

for olden day warriors, a community hall for various ceremonies, and a head house where human skulls are kept as trophies of the olden day warriors, a *baruk* comes in different shapes although most commonly round or octagonal. It is also known as *pangah* in other Bidayuh tongues.

The people of Bung Jagoi thrived by planting vegetables and fruits on the fertile grounds around them for sustenance. But as their numbers grow, along with their needs, the villagers began moving out of Bung Jagoi to the surrounding foothills, and formed the villages of Stass, Serasot, Duyoh, and Serikin to name a few. This left Bung Jagoi almost entirely forsaken, save for one family that still lives up in the mountain. They have been responsible for taking care of Bung Jagoi ever since. Out of over 30 houses built on Bung Jagoi, only less than 15 remain, including the *baruk*.

## A discovery of nature and heritage

Bung Jagoi is today an eco-tourism destination and a heritage centre, where visitors are offered a look at how things were in the past for the Bidayuh people that lived there. What remains of the once glorious village is now preserved so as to allow future generations of the Bidayuh a glimpse of their past, and for

visitors to be able to discover the unique heritage of Bung Jagoi. A special guided cultural tour of Bung Jagoi by a trained local guide is available via Bung Jagoi Tourism, and may include a visit to an old burial site should you wish to, and if the elders allow it. There are also homestays available, which give you a chance to experience more of Bung Jagoi. There is a Bidayuh History and Cultural Gallery as well, with photographs, artefacts and information on the Bijagoi people.

Besides a cultural discovery, Bung Jagoi is also a magnet for those who wish to go on a mountain hike but are not ready to brave the dense jungle and navigate difficult terrains. Bung Jagoi is fairly easy to climb. Along the way, you will chance upon interesting things like *Ayak Bikubu*, which is a traditional contraption built by the Bidayuh people to draw water from the mountain for drinking, bathing, washing and cooking among other things. The water is clean and so refreshingly cool. Speaking of cooling, a river leading to the Duyoh Waterfall at Bung Tesen is a great place to cool off too! And of course, from up on Bung Jagoi, the view is amazing!

Want to experience Bung Jagoi? Check out [bungjagoitourism.wixsite.com/booking](http://bungjagoitourism.wixsite.com/booking) for booking or more information.

*The Dayung Bolih or Sino Bolih. Today, in the Jagoi-Bratak Bau areas, they are the last generation that still practise the old Bidayuh tradition known as Adat Oma/ Adat Asal. The dayung bolih is known as the priestess that plays an important role during Gaweia rituals, especially the paddy harvesting rituals (Gaweia Podi), sickness rituals (Gaweia Onam) and other smaller Gaweia rituals.*




*A local resident weaving basket out of bamboo*




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