

PEXMT-BBN-01 3D2N BARIO VALLEY

Ex Bario Airport

Day 01 BARIO - ULUNG PALANG Meet on arrival at Bario airport and transfer to our lodge. After lunch we will explore Bario Valley which brings us Ulung Palang longhouse and the surrounding area. We return to homestay for dinner and overnight. (-/L/D)

Day 02 BARIO - PA UMOR After breakfast, we will trek for approximately 2 hours to Pa Umor, a Kelabit longhouse. Lunch at Pa Umor before we return to homestay. Overnight. (ABF/L/D)

Day 03 BARIO / DEPARTURE After breakfast, transfer to Bario for your onwards flight. (ABF/-/-)



Tour includes : English speaking guide, all transfers, night stay, meals as mentioned and head tax.

What to bring: Insect repellent, leech socks, long sleeve shirts and long pants, raincoat, sun hat, swim wear, comfortable trekking shoes (two pairs needed), torch light, water bottle, bath towels & personal toiletries.

What to expect : Homestays in Bario are basic with shared bathrooms, cold water showers (no electricity ~ either running on generators or candle lit), thin blankets provided so bring own extra blankets or sleeping bags and you must make do with Asian-style toilets (squat-style rather than seats). Be aware that you will probably not be able to use your mobile phone in the highlands and there is only one internet centre in town.

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