

PEXMT-BBN-02 5D4N BARIO-BA KELALAN

Ex Bario Airport

Day 01 BARIO / PA LUNGAN Meet on arrival at Bario airport. We will then start our trek to Pa Lungan, a Kelabit longhouse. The trek will take us approximately 5 hours going through rice fields and montane forest. Dinner and overnight with our host family. (-/L/D)

Day 02 PA LUNGAN / LONG REPUNG After breakfast, we will trek through montane forest to Long Repung, a simple jungle shelter. Dinner will be cooked by your guide and we overnight in this basic hut. (ABF/L/D)



Day 03 LONG REPUNG - PULONG TAU NATIONAL PARK / RA PUPAI After breakfast, we will trek through the temperate forest of the Pulong Tau National Park to the border of Indonesia and overnight at Ra Pupai, a Lun Bawang village. Our trek will take us almost the whole day with some ascending. Dinner and overnight with our host family. (ABF/L/D)

Day 04 RA PUPAI / BA KELALAN After breakfast, we will negotiate some of the steep hills on our trek to Ba Kelalan going through primary forest. Dinner and overnight in Ba Kelalan, a Lun Bawang Village. (ABF/L/D)



Day 05 BA KELALAN / ONWARDS After breakfast, standby for our flight out. (ABF/-/-)

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

What to bring : Personal toiletries, first aid kit, hat/cap, torch light, umbrella or poncho rain coat, insect repellent, trekking shoes and wet sandals, blanket or sleeping bag, towel, light sweater and own drinking water.

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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