

## PEXMT-BBN-06 : 5D4N THE HIGHLANDS CULTURE & HERITAGE TRAILS

Ex Long Banga Airport

**Day 01 LONG BANGA** Meet and greet at Long Banga airport ( Sa"ban & Kenyah Leppo" settlement) and check in homestay. Overnight at homestay. (-/L/D)

**Day 02 LONG BANGA / PA DALLIH** After breakfast, travel on a 4WD to visit a Penan village at Long Beruang and another Kelabit & Sa'an village, Long Peluan. Return to Long Banga for lunch before checkout and continue our 2-3 hrs overland journey to Pa' Dallih (Kelabit Settlement). Checkin at homestay. (ABF/L/D)



**Day 03 PA DALLIH** Today explore some of cultural sites within the area: Batuh Kelabet (Gibbon stone), Batuh Liban (Liban stone), Perupun Batuh Kating (Kating buried stone) & \*Binatuh (Jars cemetery). Later, try some of the village activities such as fishing, collecting some wild vegetables while visiting the Paddy farm/ orchards. Or enjoy the rest of the evening, relax/swimming at Kelapang river. Overnight at homestay. (ABF/L/D)

**Day 04 PA DALLIH / BARIO** After breakfast and check-out, continue on a 1hr 4WD to Bario, heading to Pa' Umor area and visit Keramut Salt Spring (Main Keramut). Check-in lodge. After lunch, leisure walk tour within Bario village, Bario Museum and few remains from WWII. Overnight at the lodge. (ABF/L/D)

**Day 05 BARIO / ONWARDS** Checkout and transfer to Bario airport for onwards flight. (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.

**People Express Travel Sdn Bhd** (KKKP/PL-5422) (810890-P)

138-3, Jalan Radin Anum 1, Bandar Baru Sri Petaling, 57000, Kuala Lumpur - MALAYSIA

Tel : +603-9058 0882 | Fax : +603-9058 5322 | Web : [www.peoples.com.my](http://www.peoples.com.my) | Email : [diana@peoples.com.my](mailto:diana@peoples.com.my)