

PEXMT/MZV-05*

5D4N MULU SHOW CAVES, PINNACLES & HEADHUNTER TRAILS

Ex Mulu Airport

Day 01 MULU - LANG & DEER CAVES Meet on arrival at Mulu Airport and transfer to Royal Mulu Resort for check-in. In the afternoon. After registration at the Park Headquarters, you take the 3 km plank walk to explore Lang's Cave and Deer cave. Watch the bats exodus if weather permits and after that return to Mulu National Park Headquarters and transfer back to Royal Mulu Resort. (-/-/-)



Day 02 MULU - WIND & CLEARWATER CAVES / CAMP 5 We will take a boat in the morning, travelling upstream on the Melinau River to explore Wind Cave & Clearwater cave. Later after picnic lunch at Clearwater Hut, we will travel by boat to Long Litut. We will trek through lowland forest for 8.8 km to Camp 5. Dinner and overnight at Camp 5. (ABF/L/D)



Day 03 CAMP 5 - Mt. API After breakfast, we will ascend Mt. API to an elevation of 1200 m to view the Pinnacles. Packed lunch at the viewpoint before we descend to Camp 5 for dinner and overnight. (ABF/L/D)



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

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Day 04 CAMP 5 / IBAN LONGHOUSE After breakfast, we will trek 12 km headhunters trail to Kuala Terikan. We will take a boat from here traveling on the Kuala Terikan and Medalam rivers to an Iban Longhouse for dinner and longhouse. (ABF/L/D)



Day 05 IBANG LONGHOUSE / LIMBANG After breakfast, we will bid farewell to our host and take the boat to Medamit jetty. From here we hop on land transport to Limbang Airport for your flight back. (ABF/-/-)



Tour includes : English speaking guide, all transfers, night stay, meals as mentioned, park fees 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 : Accommodation at longhouses are very traditional and basic. You will be sleeping on the floor in the communal living area with a simple mattress and mosquito net. Not to expect much on the bathroom / toilet, they may not have running water and you must make do with Asian-style toilets (squat-style rather than seats).

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