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Information is correct and accurate for May 2020;  
future changes to tour content and times may apply.

### Travel Tips

Park Office open 8.00am - 5.00pm daily.  
MASWings provides regular flights from Miri,  
Kota Kinabalu and Kuching - [www.maswings.com.my](http://www.maswings.com.my)  
Money - Malaysian Ringgit or Credit Card  
(VISA or Mastercard)  
Mulu has a medical clinic near the Park but please  
have your own first aid kit and medications.

### Accommodation in Mulu

Stay in Mulu National Park in the heart of Sarawak's  
only World Heritage Area. Choose from rooms with  
private bathroom, air conditioning and private garden  
patio or stay in the hostel.

For bookings, please email:  
[enquiries@mulupark.com](mailto:enquiries@mulupark.com)

or view our website:  
[www.mulupark.com](http://www.mulupark.com)

### The Pinnacles (guided climb)

Enjoy a longboat ride to the beginning of this easy 3  
hour walk to Camp 5 where you meet your guide.  
For your comfort there are kitchens equipped for  
self-catering, a dining area and bathrooms. Settle in  
for the night in one of the 5 open space rooms  
where sleeping mats are provided.

The trail to view the Pinnacles is only 2.4 km long,  
but rises 1,200 metres and the last section is nearly  
vertical with ropes and ladders. A person of good  
health and average fitness would take approximately  
10 hours to ascend and descend the Pinnacles. If you  
are fit, then take your time, enjoy the limestone  
forest and glimpse the tree shrews running past and  
look forward to a cool swim in the river when you  
return to Camp 5.

If climbing doesn't interest you try a walk to the  
**Kerangas Forest** where the poor sandy soils are  
the ideal habitat for pitcher plants.

Another short (1 hour) walk leads you to the  
'pools' in the spectacular **Melinau Gorge**. Guides  
are essential for your safety.

Try the thrill of adventure caving in Mulu (age limits  
apply).

Venture off **Lagang Cave** (intermediate) path to  
explore an ancient river passage.

In **Racer Cave** (intermediate) you clamber up and  
down passageways using ropes. See racer snakes  
catch a meal of bats as they fly past.

**Clearwater Revival** (intermediate) will take you  
on a journey through the ancient underground river,  
entering and exiting the system through the board-  
walks of Clearwater Cave, this tour is suitable for  
intermediate cavers with confidence in water and  
rock climbing.

**Clearwater Connection** (advance) is a 'wild'  
journey over boulders and through squeezes but  
ends in the underground river. A refreshing end to a  
day of hard caving.

**Sarawak Chamber** (advanced) a challenge of  
2D/1N through the rainforest and up a river passage  
to the entrance of the World's largest chamber and  
staying overnight at Camp 1.



# MULU

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Take an early morning walk or make your way up the Melinau River in a traditional longboat to visit the biggest caves in the World!

Visit **Cave of the Winds** where for millions of years deposits of calcite have formed majestic columns in the King's Chamber.

In the nearby **Clearwater Cave** the river roaring beneath your feet has travelled along its subterranean route for over 200km. Giant logs thrown high on the banks and wedged under boulders offer dramatic evidence of its mighty power.

Outside the cave, swim in the crystal clear waters where this river flows from the cliff face. Float with the fishes, breathe in the tranquil rainforest around you and enjoy a picnic lunch.

The **Fast Lane** tour offers a torch light experience tour in **Lagang Cave** and it will be a highlight of your visit to Mulu. Learn about the 'genesis' of caves as you explore the darkness. In the last chambers of this 1.5km long walk, lights reveal the true magic of this underground wonderland.

Pass through the huge mouth of **Deer Cave** into the world's largest cave passage. You are surrounded by the sounds of millions of bats roosting 100 metres above you and thousands of swiftlets swooping in the darkness.

Just 100 metres away is the small and intimate **Lang Cave**. Around you are delicate shawls draped from the ceiling, masses of stalagmites, stalactites and fragile rim-stone pools.

**Bat Exodus** with its 'cast of millions'. What a performance! Each evening between 5 and 6.30, 3 million bats stream from the cave. For up to 30 minutes they spiral across the sky towards the setting sun, forming long ribbon-like shapes, swirling donuts and corkscrew trails as they try to elude Bat Hawks looking for a meal. 'Weather permitting!'

Away from the caves is an easy half-day walk to the **Paku Waterfall** where you can relax, swim and have a picnic lunch.

Another 'cool' trek in this tropical forest is a longboat trip to **Long Langsat**, a small stream where crystal clear waters tumble down a narrow valley. Walk up this secluded river where lush rainforest plants crowd in over the water. On the way back why not visit the Penan people at **Long Iman** and learn a little about their customs?

Conquer the 2,377 metres **Mulu Summit** via a 24km steep climb through conifers, stunning rhododendrons, and pitcher plants (definitely not suitable for the unfit). But if you don't have 4 days to spare try an overnight hike to Camp 1.

The 480 metre long **Mulu Canopy Skywalk** (the world's longest tree based canopy walk) takes you up into the towering trees where the forest pulses with life.

Sway gently over the tranquil river 20 metres below and around you is a sunlit world of fragrant flowers, beautiful ferns, monkeys, squirrels and birds. (guided tours only)

### Tree Top Tower (unguided)

Soaring into the treetops like one of the nearby massive trees this 30 metre tower and bird hide gives you the chance to 'spy' on squirrels arguing over their territory; to watch macaques and hornbills attracted by the seasonal figs and observe a large number of canopy dwelling birds.

The hide is designed for you to sit comfortably and quietly wait for passing wildlife without them being aware that you are watching.

### Mulu Botanical Heritage Trail (unguided)

Just a tranquil walk through the forest on a pathway of discovery, the Botanical Trail suits everyone. The 1.5km trail winds through a collection of Mulu's most interesting plants with a range of information panels explaining how our amazing rainforest works.

### Night Walk (guided)

After vertebrates emerged from the water around 300 million years ago, the land became over-crowded by herbivores and predators. However, a rich habitat remained open to the species that developed their abilities to find food and avoid predators **at night**.

Test your nocturnal skills on this 2 hour tour and join the tens of thousands of species that use this time to hunt, nest and raise their young.

### Rainforest Walks (unguided)

The Paku Valley Loop (8km) and the Kenyalang Loop (2.5km) offer the chance to explore the rainforest at your own pace - but please let Security know before you leave.

