

Advanced Adventure Caving

is a tour for visitors who -

- Can demonstrate **current membership** of an internationally recognised speleological society or caving group, or
- Can provide details of ***previous caving experience**, or
- Have **completed one of the intermediate caving tours **** at Mulu first.

Minimum previous experience is described as an expedition of at least 5 hours duration in a wild cave which has no lighting or pathways.

*Verifiable written evidence on each participant's previous caving experience and S.R.T. experience must be provided to the Park Manager for his approval. It should list the caves visited, their location, and describe the trip e.g. vertical rope work, crawling in confined spaces, climbing, swimming, horizontal or vertical systems.

** If you do not have previous experience you can go to intermediate level caving first where your guide will assess your abilities and if successful an advanced adventure caving trip can be organised.

Beginner / Intermediate (Minimum age)	12 yrs
Advanced	16 yrs

Please remember to bring drinking water!

Reservations are essential
Cancellation fees may apply
Approved footwear is essential

Please

Follow all instructions from your Park Guide

- Do not touch cave decorations
- Stay on the track indicated by your guide
- Stay with the group at all times
- Do not smoke or leave litter in the cave
- No tripods allowed in the caves - ask your Guide

Adventure caving involves varying degrees of difficulty. All participants require a reasonable level of physical fitness and the ability to be underground in small dark places.

CANCELLATION BY THE PARK STAFF

- If the trek is cancelled before leaving the Park Office then there will be a full refund.
- Once you have left the Park Office there will be no refund for the tour not going all the way (due to poor fitness levels, high water levels, sickness, accident or any other reason).
- A 50% cancellation fee applies to any tour cancelled by you within 24 hours of the scheduled departure time.

For your safety and comfort
Lights and helmets are provided but you will get muddy so bring old clothes, a spare torch, hand glove and good walking shoes.
(No sandals)



Discover the difference,

The Adventure



Understand the importance

MULU...



All adventure caving must be booked in advance and depends upon the availability of guides.

Lagangs Cave (beginner/ intermediate)

This is an ideal adventure for students and family groups. After the 15minute boat ride from the Park Office, another 10 minute walk through the rainforest brings you to the cave entrance ready for your 2 to 3 hour underground experience. Equipped with helmets and torches, discover the mysterious dark world of cave insects and bats. Scramble over boulders where ancient rivers have carved their way through the mountain.

Total time 2 to 3 hours.

****Please note:** FAST LANE show cave included here.

Racer Cave (intermediate)

After a 25 minute boat ride from the Park Office your underground journey will take about 2 hours depending on how many are in your group. The more people in the group (maximum of 8) the longer the tour will take. Your Park Guide will lead you through the cave climbing up and down the passageways with the aid of ropes. This tour does require a reasonable amount of upper body strength but most modestly fit people can do it.

Life in the dark will amaze you; on most trips you will encounter a variety of oddly shaped insects adapted to survive in the underground world where beautiful blue/brown/grey Racer Snakes have learned how to catch a meal of birds or bats as they fly by in total darkness!

Enjoy the great feeling that comes with discovering your abilities and meeting a physical challenge.

Total time 3 to 4 hours

Other Adventure Caving opportunities

Intermediate

- Drunken Forest Cave (Full day including 4 to 5 hours of forest trekking.)
- Kenyalang Cave and Fruit Bat Cave (4 to 5 hours)
- Stonehorse Cave (2 to 3 hours)

International safety standards require that all caving groups have a minimum of 4 persons, therefore the prices for adventure caving activities are per person but based on a minimum of 3 persons, with the 4th being your guide.

The Clearwater Revival (intermediate)

The Clearwater Revival tour begins with Wind and Clearwater Caves before stepping off the boardwalks to journey through ancient underground river areas experienced by only our most advanced cavers. Depending on the river levels you will wade, swim and climb to the far reaches of the system returning along the same passage.

Note the tour is weather dependent and participants must be able to swim.

****Please note:** Clearwater & Cave of the Winds show caves included here.

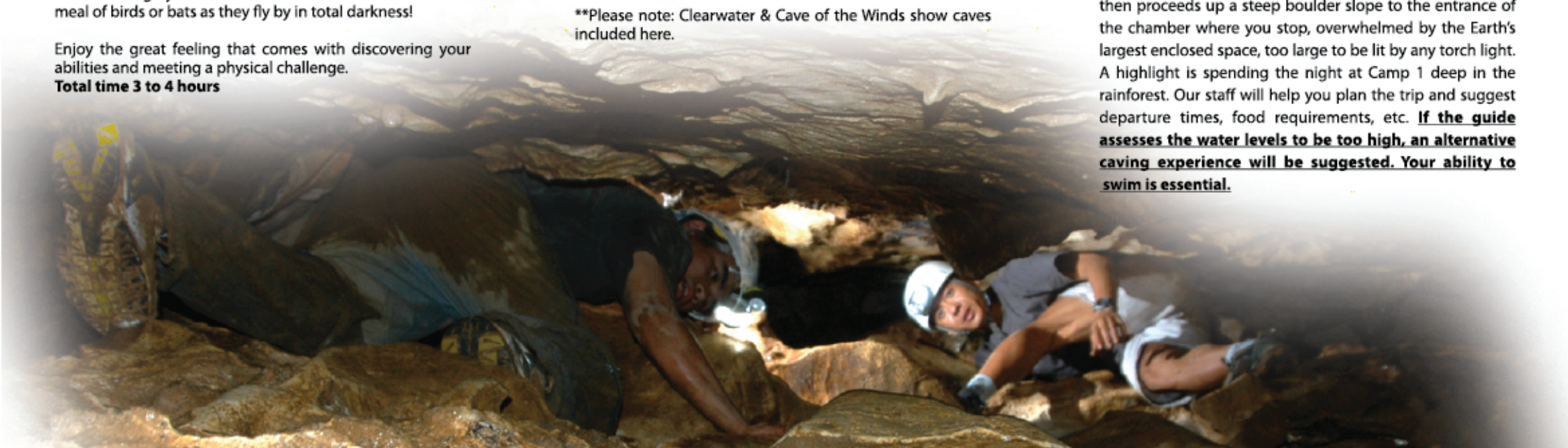
Clearwater Connection (advanced)

A longer trip which, depending on fitness, takes from 6 to 8 hours to complete (larger groups take more time). Beginning in the show cave section of The Cave of the Winds you will leave the tame pathways behind and venture into the 'wild' passageways of this over 200km long cave system. Your 5km route is over rugged terrain strewn with boulders and it requires some climbing up and clambering down many muddy slopes. Areas that are hazardous have fixed ropes and guides carry personal ropes to assist you in sections that require climbing. For many the 1.5km river section at the end is the highlight as it is exceptionally beautiful and refreshing after the hard caving.

Note the tour is weather dependent and participants must be able to swim.

Sarawak Chamber overnight at Camp 1 (advanced)

Sarawak Chamber overnight at Camp 1 is a challenging tour of 2D/1N. Arriving at Gua Nasib Bagus after a 3 hour trek, you proceed along a river channel with sheer rock faces rising to 50m. Following a 200m traverse, the tour then proceeds up a steep boulder slope to the entrance of the chamber where you stop, overwhelmed by the Earth's largest enclosed space, too large to be lit by any torch light. A highlight is spending the night at Camp 1 deep in the rainforest. Our staff will help you plan the trip and suggest departure times, food requirements, etc. **If the guide assesses the water levels to be too high, an alternative caving experience will be suggested. Your ability to swim is essential.**



All adventure caving requires good walking shoes with non-slip soles. Sandals are not allowed.