

Your Guide to Discovery and Understanding

Gunung Mulu National Park is a unique and fragile environment. How you behave in Mulu will make a difference. Please treat this World Heritage Area with respect by following the A to H guide.

- Accept responsibility for the environment in which you travel
- Be aware of your impacts on the environment and community and try to minimize them
- Choose wisely when deciding which activities are right for you
- Don't do things you would never do at home
- Explain to others why you choose to behave in this positive way
- Find out and learn more about Mulu
- Guide others who are not as informed as you by setting a good example
- Help us to protect Mulu

Licensed Guides

"No person may enter any cave in a National Park except in the presence of a Licensed Park Guide."
(National Parks Ordinance 1998)



Thanks for doing your part to ensure Mulu is protected for our children and for others to enjoy

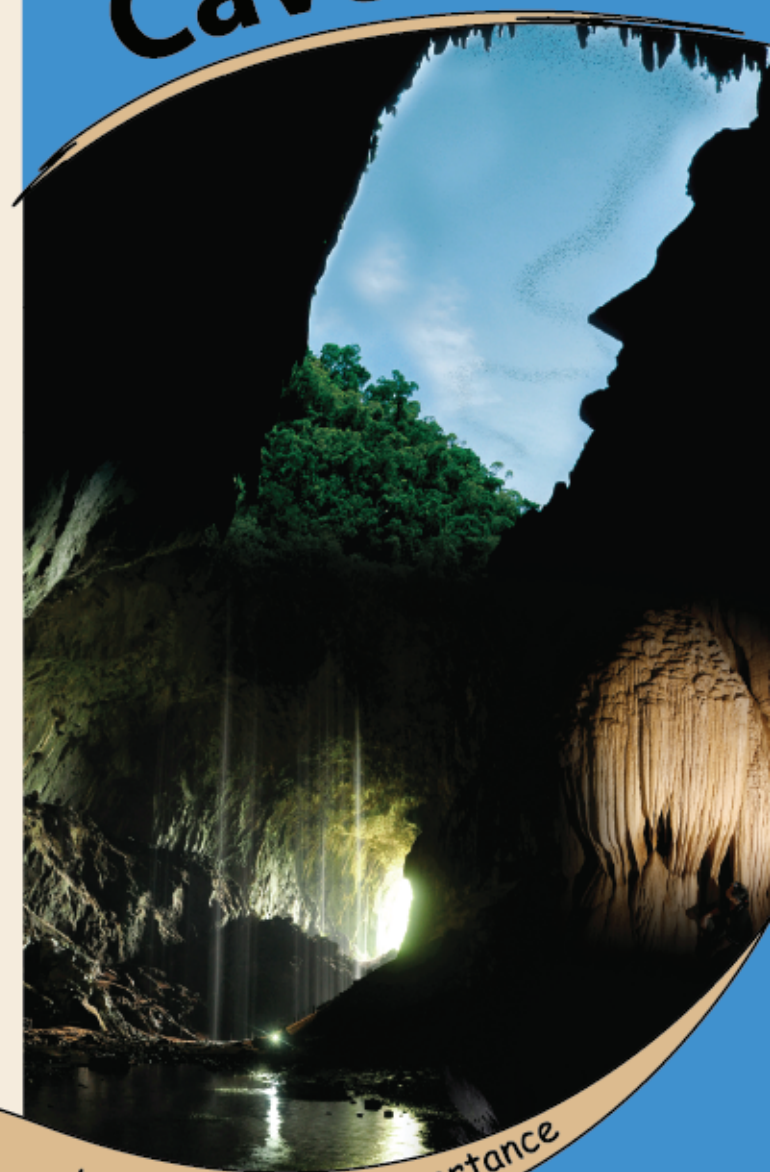
Please follow all instructions from your Park Guide

- 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
- Tripods are not permitted in caves - ask your Guide
- Special private photography trips can be organised depending on the availability of guides. Enquire at office.

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.

The Caves



MULU...

Discover the difference,

Understand the importance



Deer and Lang Caves

are two distinctly different caves situated 150 metres apart in the Southern Hills area of the Park.

While Lang Cave is the smallest of our 4 'show caves' it too is very special. It has a spectacular display of stalactites, stalagmites, helictites, shawls and rimstone pools. The geological development was influenced more by the action of standing ground water dissolving the limestone rather than an active stream passage eroding it. Look carefully for the evidence – the flat ceiling and notches in the walls are two hints.

In contrast Deer Cave is not only the biggest show cave at Mulu, it is the largest cave passage in the world. A powerful underground river once flowed through this area, dissolving and eroding the limestone to create this incredible space. The massive Deer Cave passage is an over-whelming and awesome sight.

How	on the Deer Cave Walk, along a 3km timber plankwalk
What	you will need – a torch (you will return in the dark. Watch out for the fire flies), water, raincoat, and non slip walking shoes
When	tours led by Park Guides leave daily at 2.00pm and 2.30pm
Where	at the Park office 10 minutes before departure time

Exploring the caves with your guide will take about 2 hours. While waiting at the Bat Observatory for our famous



Any time between 4.30 and 6.00pm millions of bats stream from the cave in long floating ribbons.

Clearwater Cave & Cave of the Winds

are situated in the Gunung Api section of the Melinau Limestone.

First enter the Cave of the Winds; you will feel its cooling winds as you walk through. It no longer has an active river flowing through it, but evidence of the river is all around you. This dry river passage leads you to the 'Kings Chamber' with a particularly special display of stalagmites and columns.

The short walk to Clearwater Cave provides an opportunity to enjoy views of the river and the unique flora that grows on the limestone cliffs.

There are quite a few steps to climb to the Clearwater Cave, named for the crystal clear river that flows through for over 200km of cave passages in this system. Watch the power of this subterranean river carving its path through the limestone rock. It looks inviting, but leave your swimming for when you get back outside.

****Please note:** Clearwater Cave and Cave of the Winds are INCLUDED in the CLEARWATER REVIVAL Adventure Caving package.

How	Longboats leave Park HQ from 8.45am. Share a boat and reduce the cost
What	you will need water, a torchlight, a snack, raincoat and non slip walking shoes
When	tours leave daily at 8.45am and 9.15am.
Where	Be at the Park Office 10 minutes before tour time to meet your guide

The Fast Lane

This beautiful cave winds for 1.5km through some magnificent formations and large passages. The pathway takes you from the sediments on the cave floor and climbs up among the stalactites at the roof of the cave.

The evidence of the formation of limestone under the sea and the solution processes which create caves is easy to see.

The tour is unique as only some selected areas are lit, but most of it is by torch light. Discover the cave fauna, spectacular blue Racer Snakes, large cave insects and colonies of bats and swiftlets flying by in pursuit of food.

The underground experience is complemented by a longboat trip and a pleasant forest walk to and from the cave entrance.

****Please note:** FAST LANE IS INCLUDED in the LAGANG Adventure Caving Package.

HOW	journey by longboat for about 20 minutes followed by a 1km walk to the cave entrance
What	you will need water, a torchlight, a raincoat and non-slip walking shoes
When	tours leave daily at 2pm
Where	Be at the Park Office 10 minutes before tour time to meet your guide