

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

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



For your safety

- Follow instructions and heed warnings.
- Let security know when you leave, where you are going and when you plan to return.
- Wear good hiking shoes.
- Take plenty of water and a snack.
- Carry your personal first aid kit.

For Mulu's Protection

Please be aware that it is an offence to:

- Enter the Park without a permit.
- Fish inside the Park.
- Kill, capture, poison or disturb any animal.
- Cut, remove or damage any plant or light a fire.
- Litter - do not leave any litter behind.

Caution!

If you decide to explore the Park by walking away from the trails listed in this brochure and marked on the official park map of trails you will most likely get lost.

Lost persons may be required to pay for the cost of any search and rescue operation.

The **unguided** Walks



MULU...

Discover the difference,

Understand the importance



Unguided walks round the Park include:

The Botanical Heritage Trail is a 1.5km loop which branches to the left off the path to Deer Cave about 450 metres from the Park Office. It has numerous signs along the way to provide you with an introduction to the evolution of plants in general and to many of the interesting families of tropical rainforest plants.



The Kenyalang Loop (see the map) provides an opportunity for you to explore a slightly different area of the rainforest away from the heavily used Deer Cave Walk, without needing a guide. (Yes, you can take a picnic lunch and make arrangements to meet your Deer Cave tour guide at the Bat Observatory later in the day!)

The Paku Valley Loop (see the map) is an 8km long trail where you can stroll at your own pace to discover the rainforest following your own particular interests, be it birds or bugs, ferns or fungi or just the chance to be alone in a beautiful place.

The full 8km walk should take you around 5 to 6 hours. While the Paku Valley Loop is an easy walk, the section along the Melinau River is all concrete and is usually very

slippery (so take it slow and easy) and on other sections there are a few small streams to cross where water levels can change quickly.

Before heading off to explore any part the Paku Valley Loop you must register your plans with the Security staff near the park entrance bridge.

Let them know where you are going and when you expect to be back. If something goes wrong at least we'll know where to start looking for you!

The Paku Waterfall

Another option is to take the path to Deer Cave and turn left towards the Summit and stop for a swim by the Paku Waterfall before making your way back the way you came. Allow 2 to 3 hours.

Long Langsat River Walk (guide optional)

A longboat trip takes you down the Sungai Melinau and up the Sungai Tutoh to the small Long Langsat stream. Crystal clear waters cascade down a narrow valley between steep slopes with lush rainforest plants crowding in over the water; the soft sounds of birds, insects and the stream relax you.

Take your time to enjoy a river walk and a swim in this secret and precious part of Mulu.

This environment is in pristine condition. Please keep it that way and bring back all your rubbish.

Along the way you can stop at Long Iman to meet the local Penan people and learn a little about their customs. Time 3 – 4 hours.

Kuala Litut + Camp 5

Camp 5 in the center of the Park is a great place to spend a night or two after a 90 minute long boat ride followed by a 3 hour walk from Kuala Litut. It's easy, follow the well-trodden path.

You can do this as a day trip but if you want to spend the night you must check with the office staff. It is essential to book a boat and a sleeping space before you go.

