

### Alternatives to climbing

Camp 5 is one of the best places in the world to spend a night enjoying the rainforest and it is not compulsory to climb the Pinnacles in order to enjoy a night at Camp 5.

### Kerangas Forest or Melinau Gorge

(both require a guide).

The poor sandy soils of Kerangas forest are the ideal habitat for pitcher plants and provide 'dancing grounds' for the Great Argus. Listen for their calls and hopefully you might catch sight of one. If you take your time this 4.5km loop walk will take 2-3 hours.

Depending upon water levels you can walk beside the river and into the Melinau Gorge. A 30 minute walk takes you to the 'pools' and another 2 hour walk in the river and over the rocks (careful they are slippery) and you arrive at the spectacular 'Gorge'. This 15 metre river passage between the towering cliffs can quickly flood. A guide is compulsory.

### 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 protect Mulu

### For your safety

- Follow instructions and heed warnings
- Wear good hiking shoes
- Take plenty of water and a snack
- Remember your personal first aid kit

### For Mulu's Protection

Please be aware that it is an offence to:

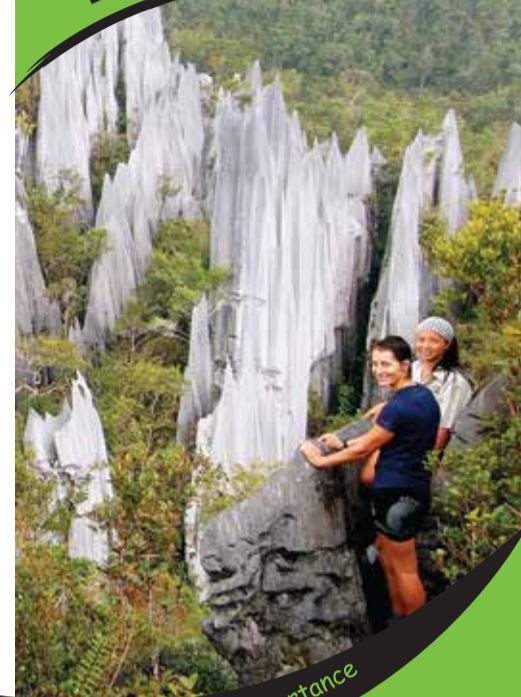
- Enter the Park without a permit
- Fish inside the Park
- Kill, capture, poison or disturb any animal
- Cut, remove or damage any plant or light a fire
- Litter - do not leave any litter behind

You need to have a Sarawak Forestry Licensed Park Guide

- Whenever you enter a cave in the park
- When trekking on the Summit Trail above the Paku Waterfall
- Climbing the Pinnacles

Advanced bookings are essential for all guided walks

## The Pinnacles



Thanks for doing all you can to ensure Mulu is protected for our children and for your return.



# MULU ...

Discover the difference ...

Understand the importance

Information is correct and accurate for July, 2018. Future changes to tour content and times may apply.



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So you want to climb the Pinnacles? Well, here's your first warning. You'd better be fit, and I mean REALLY fit!



### Climbing the Pinnacles (guided)

The Pinnacles Climb is a very physically challenging, high risk, adventure activity.

It is provided by the Park employed Guides as a 3 day/2 night package for groups of 3 to 6 people, but you can arrange to spend an extra night or two at Camp 5. Private tours can be arranged pending on availability of guides.

If you are travelling alone or as a couple, we will try to combine you with others to make the minimum group size of 3. However, if we cannot, you will have to pay for a minimum of 3 persons.

### The Program

**Day 1** – depart from the Park Office by longboat at 9.15am (sharp\*) to visit the Cave of the Winds and Clearwater Caves (optional, extra cost) after a short stop at the Penan handicraft market at Batu Bungan. Take a packed lunch to enjoy on the picnic deck at Clearwater Cave before continuing your boat ride for another hour or so upstream to Kuala Litut (with luck the river level will be up and you won't have to push the boat too many times!) From Kuala Litut you have an easy 9km walk on a well marked path to Camp 5 (allow 3 hours for the walk) where you will meet your guide for the climb on Day 2. Upon arrival you will be shown to your allocated sleeping mat and cooking area. Now you can relax and even cool down in the river before preparing your evening meal.

\*unless you are having a private tour in which case you decide what time you want to leave and return.

**Day 2** – up with the dawn and down with a good breakfast, prepare your lunch and be ready for a 7am departure on today's big adventure. The trail to the Pinnacles viewing area may be only 2.4km long – but it is 1.2km up and the last section is vertical with several ladders and ropes to climb. Fit and experienced people can reach the top in 2 – 3 hours while the not so fit will take around 4 – 5 hours, but remember you are travelling as a group. The guide's responsibility is to be sure everyone is safe and coping with the climb.



If one person is having difficulty then they will need to spend more time with them. You must stick together to help each other, so slow down and take your time. The guide can't talk to you about the forest if you have raced on ahead of everyone else. When it is safe to do so, the guide may direct some of you to go ahead and wait at a designated meeting point. Please follow their instructions closely.

If you have failed to reach the mini-Pinnacles within 1 hour then you are not fit enough to continue and finish the climb before dark, so the guide will direct you to return to Camp 5. This is a safety issue and the guides instructions must be followed.

The trip back down is always much harder and may take you 5 hours or more to get back to Camp 5 where you can relax, cool off in the river and rest your weary legs.

**Day 3** – the 'early-birds' are going to wake you up anyway so you may as well join them and be ready for a 7 or 8am departure for the return trip to Kuala Litut where your boat will be waiting at around 11.00am. If luck is still on your side you won't have to push the boat too many times and you should be back in time for lunch.

### Cancellation Policy

It doesn't rain in the mornings very often here in Mulu, but when it does the risk on the Pinnacles Climb increases to an unacceptable level. If the Park Guides decide that the risks are too high they will cancel the trip. The climb is sanctioned and regulated by the Park Guides ONLY.

### Under no circumstance may anyone climb the Pinnacles without a Guide.

If the Pinnacles Climb is cancelled by the Park Guide you can claim a refund of RM168 + 1 night accommodation if you did not stay for second night. Refunds are not made for any other reasons.

(And just in case you were wondering, the guides don't cancel trips without very good reason because they lose money if they don't climb, but they do know when the risk is just not worth it!)

### Essentials to take

- Food and water (include energy snacks and two containers of water, one is left at the half way point of the climb and the other is taken to the top.)
- Torch and spare batteries - headlamp advisable
- Personal first aid kit with insect repellent
- Towel and toiletries
- Light weight sleeping bag or blanket
- Good hiking shoes (not sandals)
- Raincoat
- Shoes to get wet when pushing the boat

Camp 5 has 5 bedrooms which sleeps up to 10 people each on raised timber platforms with a roof and half walls, NO windows, NO doors and NO insect screens.

- Sleeping mats are provided, but no bedding. Bring your own or pay a deposit for blanket, sheet and towel at HQ. Get a refund on returning the bedding at HQ.
- Camp 5 has separate showers (cold water only) and toilets.
- Eating facilities are self-catering with an equipped kitchen that provides gas and utensils for cooking and eating.
- No cell phone reception – only radio communication.

### Planning your trip to Camp 5

- Excess baggage can be locked in our store and passports, etc, (but no cash) can be locked in our office safe.
- Take drinking water for the walk to Camp 5 – Free filtered/boiled water is available.
- You can buy cotton gloves at the Park Shop if you want hand protection from the sharp rocks during the climb.
- Long pants will protect your legs from cuts and scratches but make sure they are loose and light weight enough for you to climb easily.
- Mosquitoes are not usually a problem at Camp 5, but mosquito nets can be rented. The nets **MUST** be paid for at the Park Office upon check in and can be collected at Camp 5.
- Self catering – you need to take food that you can cook yourself in the kitchens provided. The minimum you need is enough for
  - 2 breakfasts, 2 dinners & 1 lunch for the climb.
  - You can order a picnic lunch at the Cafe to have on the way to Camp 5.
  - Please understand that The Pinnacles Climb is a high energy activity so do not under estimate how much food you need for the 3 days.
  - The Cafe can sell you fresh fruit, bread, eggs, vegetables, meat and basic canned foods. (Please show your Camp 5 receipt to cashier)
  - There is a very limited selection of snack foods and drinks for sale at Camp 5.

