

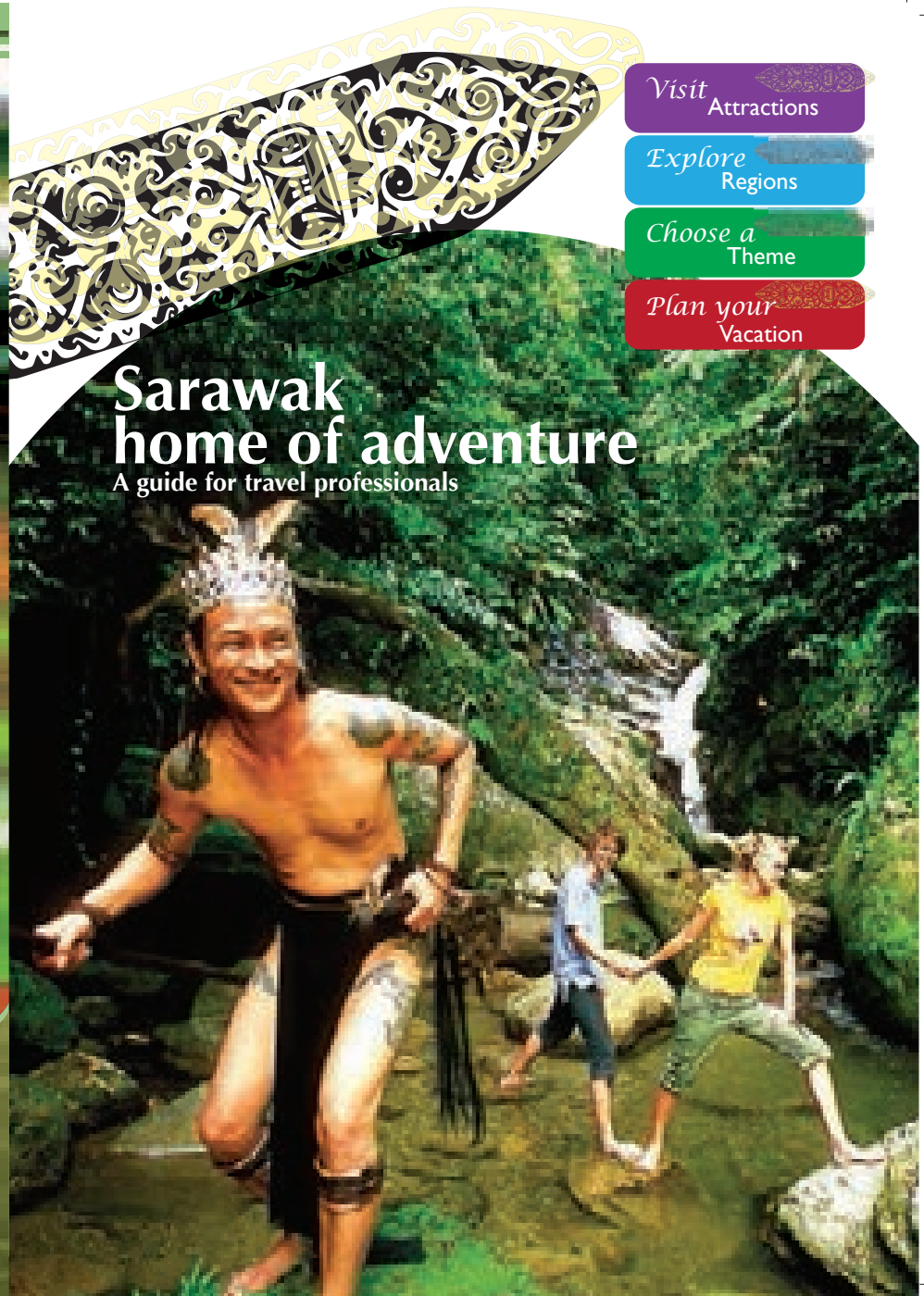


our friends

Rub shoulders with an "Orang Utan" and discover a variety of rich abundant wildlife. Sarawak's rainforests are some of the most diverse and protected ecosystems in the world today. Catch a plethora of unique animals in their natural habitat, and you'll understand why this place is a haven for animal lovers. Come live the adventure.



sarawak
MALAYSIA · BORNEO
where adventure lives



Visit Attractions

Explore Regions

Choose a Theme

Plan your Vacation

Sarawak home of adventure

A guide for travel professionals

welcome to our home of adventure

If adventure had a home, it would be the vast wilderness. Grand, green, awesome! Like no other place on earth.

If adventure had a home, it would be filled with the friendliest people on earth. People of different races, religions and cultures.

If adventure had a home, it would be here when one arrives at a guest and leaves as family.

If adventure had a home, its home would be Sarawak.

Come and explore our vast wild home of adventure.

Sarawak, where adventure lives.



	Coastal		International Boundaries
	Distorted Town		State Boundaries
	National Park		Main Road
	Wildlife Centre		Road (Under Construction/Impending)
	Main Airports		River
	Short Takeoff Landing (STOL) Ports		



WELCOME TO OUR
CAPITAL

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Legends :

- Soft Adventure
- Nature
- Lifestyle Adventure
- Events & Festivals
- Culture

COME, LIVE THE ADVENTURE!

Sarawak Tourism Board Office

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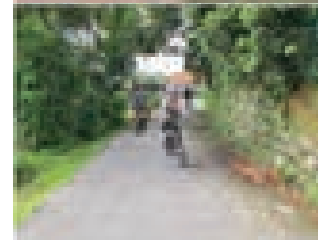
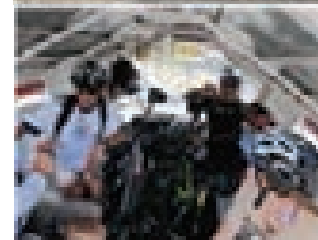
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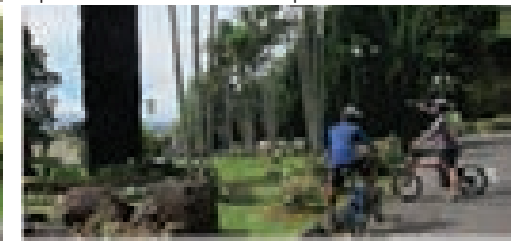
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Exploring Kuching by Bike & Boat

A tour of Kuching is one on the 'must-dos' on any visitor's list. While the city is fascinating enough when experienced by bus and on foot, a bicycle tour brings you a little bit closer to the pace of life on the old city streets. Better still, combine a bicycle tour with a river cruise to explore every aspect of this historic riverine capital.



All photos © CPH Travel & Tours

Sample Itinerary

(Offered by CPH Travel, www.cph.com.my)

Full Day City Bike Tour & River Cruise

After breakfast, join your bike guide for a short briefing and select your ride (helmets compulsory!). Set off through the narrow streets of old Kuching to visit the Tua Pek Kong Temple, Civic Centre Tower, Sarawak Museum, Main Bazaar, City & Indian Mosques and many other attractions. Cross the river to visit the Astana, Orchid Garden and Malay Kampung.

After lunch, enjoy a unique perspective of the city from your cruise boat. After two fascinating hours of observing riverine life, return to the Waterfront jetty and cycle back to transfer to hotel.

Alternative Itineraries

Some local operators can get together with local big-biker clubs to offer motorcycle pillion tours, perfect for incentive groups.

Contact

CPH Travel (above) run bike & boat tours.

Harbour Cruises (Tel: 082-240366) offer afternoon, sunset & dinner cruises on a large double-decker boat.

Soonz Resources (Tel: 012-8933230) run 1 hour cruises in traditional Iban, Malay and Orang Ulu boats.

Local tour operators can arrange a variety of itineraries which include river cruises.

MULU NATIONAL PARK

Gunung Mulu is Sarawak's largest national park (544 sq km), and also Malaysia's first World Heritage Area, awarded in 2000. It is famous for its limestone cave systems, including the world's largest natural chamber, the world's largest cave passage and the longest cave in Southeast Asia. The park's main attractions are the four show caves, the bat observatory, the rainforest canopy skywalk, adventure caving in some of Mulu's less accessible caves and the challenging Mulu Summit climb.

Most people are content to visit the stunning show caves and the bat observatory, but to enjoy the very best of Mulu, adventurous visitors should also tackle the spectacular Pinnacles and the historic Headhunter's Trail through remote rainforest scenery.



Sample Itinerary

(Offered by Borneo Adventure, www.borneoadventure.com)

5D4N Mulu Pinnacle & Headhunter Trail.

Day 1 – Mulu - Deer & Lang Caves. Arrive Mulu airport in the morning and check in to National Park accommodation or Mulu Marriott Resort. Enjoy a scenic 3 km walk through primary rainforest to Deer Cave, the world's largest cave passage. The cave has a moon-like landscape and a perfect profile of Abraham Lincoln can be seen. Next is Lang's Cave, whose stalactites and stalagmites are amongst the very best limestone formations in the park. Then proceed to the Bat Observatory. Most evenings at sundown, a spectacular exodus of about 2 million bats can be observed leaving the caves in search of food. Stroll back to the park HQ by torchlight and return to accommodation.

Day 2 - Wind & Clearwater Caves - Camp 5. In the morning, take a longboat to the Wind Cave with its impressive 'King's Chamber' for stalactites and stalagmites with delicate lace-like patterns. A short walk along a plankwalk and up a staircase leads to Clearwater Cave, a habitat for unique species of plants such as the one-leafed *Monophyllaea pendula*, found only at Mulu. Proceed deeper into the cave to view photo-sensitive rock formations, an eerie box canyon and a spectacular underground river. Enjoy a swim in the Clearwater River, followed by a picnic lunch. Proceed to Long Litut by longboat (1 hr) and trek to Camp 5 (3 hrs) through a mixed dipterocarp and riparian forest. Overnight at Camp 5 (basic dormitory accommodation).

Day 3 - Gunung Api - Pinnacles. Climb Gunung Api to view the bizarre and beautiful limestone pinnacles close up. Over many thousands of years, water has eroded and dissolved the rock into razor sharp spikes which knife skywards through the surrounding rainforest, reaching heights of over 50 metres. The climb is challenging and will take about 4-5 hours. Arrive at the Pinnacles' viewpoint in time for a packed lunch while enjoying the fabulous view. Descend back to Camp 5 and overnight.

Day 4 – The Headhunter's Trail. The trail follows the route taken by Kayan headhunting parties who paddled up the Melinau River to Melinau Gorge, then dragged their longboats through the forest until they reached the Terikan River, where they launched headhunting raids against the people of the Limbang area. Trek to Kuala Terikan through the pristine rainforest scenery of Pulong Tau National Park (5 hrs). Proceed downriver by boat to Rumah Penghulu Sigah Iban longhouse (2-3 hrs) for dinner with the friendly inhabitants. Overnight in the longhouse.

Day 5 - Nanga Medamit - Limbang. Depart the longhouse by boat (1½ hrs) to Nanga Medamit. Then proceed to Limbang Airport (1 hr) by van for departure flight.

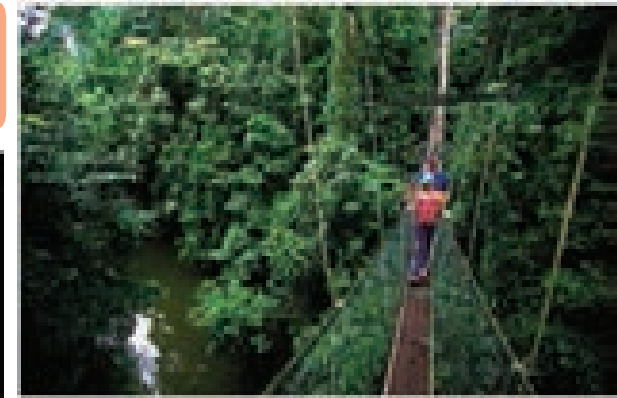
Alternative Itineraries

Many operators also offer 2D/1N and 3D/2N packages to view the show caves, as well as longer visits for serious nature lovers.



Contact

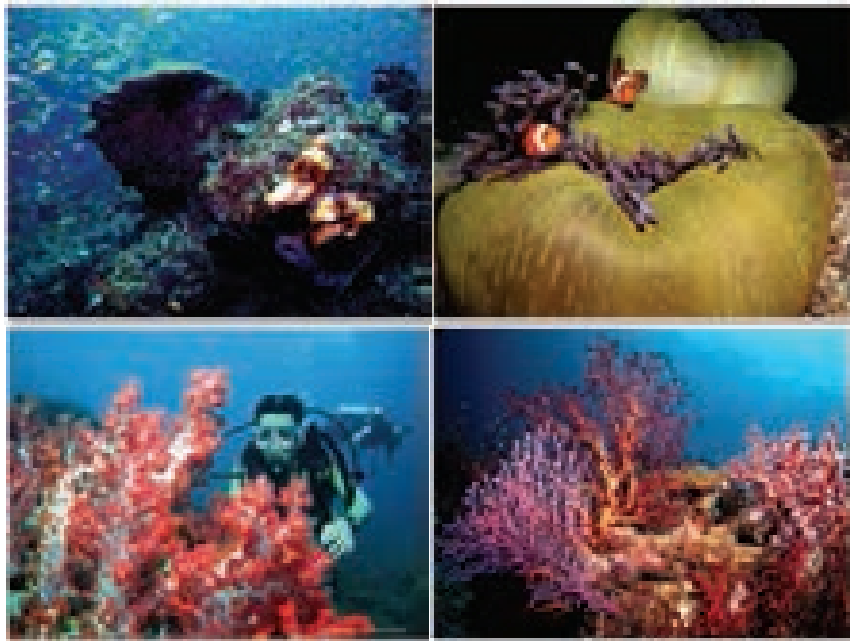
Please refer to the listing on page 64 & 65 for details.



DIVING IN SARAWAK

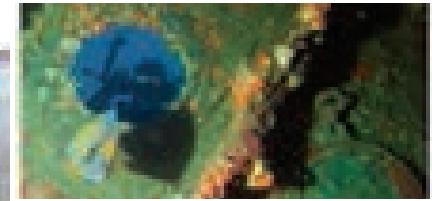
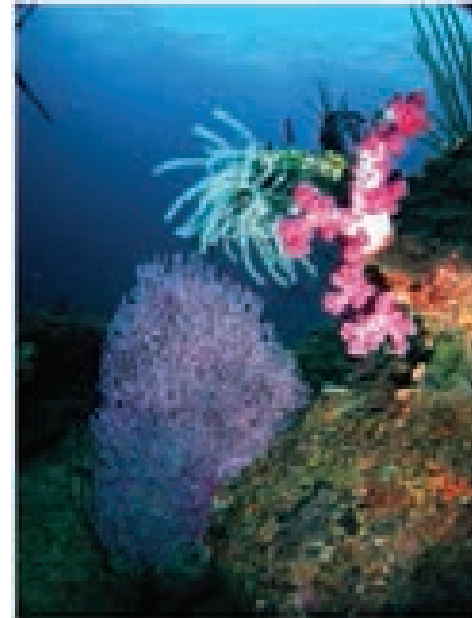
Miri Sibuti Coral Reef National Park in Northeast Sarawak is fast emerging as a premier diving destination due to the abundance of pristine patch reefs and average visibility of 10 to 30 metres. Hard and soft corals cover the reefs, with abundant gorgonians, sea-whips, anemones, sponges and crinoids. Angel fish, butterfly fish, fusiliers, groupers, stingrays, trigger fish, parrot fish, wrasses are among the numerous reef species that can be seen.

The diversity and accessibility of corals and other marine life on the reefs is amongst the best in the region, with a phenomenal population of over 100 nudibranch species. There are also two safe and relatively easy wreck dives. Whale sharks are also frequently seen in open water.



Around 40 dive sites are available, all within easy reach of the City of Miri, so diving is easy and convenient, with plenty of time to enjoy the city and its surroundings as well. With Miri's long history as a centre for commercial divers working oil exploration and production, divers can be sure of the highest professional standards of safety, training, guiding and equipment, as well as specialist dive medical facilities located directly in the city.

Kuching also offers a number of interesting dive possibilities. These including reef diving around the islands of the Talang Satang National Park and wreck diving on World War II historical wrecks in the deeper waters off Santubong.



Sample Itinerary
(Offered by Coco Dives, includes: transfers, divemaster, tank, weight and weight belts)

4D/3N Miri Dive Holiday
Day 1 – Arrival & Briefing. Meet on arrival at Miri airport and transfer to ParkCity Everly Hotel (4-star beach-front hotel). A briefing will be given by the divemaster and divers may choose which site they wish to dive over the next two days from a choice of almost 40 sites. Dinner at hotel or local seafood restaurant (own expense) then overnight in hotel.

Day 2 - Diving. After breakfast, transfer to Miri Marina and take a boat to the dive sites. Two boat dives with lunch on board before returning to the hotel. Dinner at hotel or local seafood restaurant (own expense) then overnight in hotel.

Day 3 - Diving. After breakfast, transfer to Miri Marina and take a boat to the dive sites. Two boat dives with lunch on board before returning to the hotel. Dinner at hotel or local seafood restaurant (own expense) then overnight in hotel.

Day 4 - Departure. After breakfast, free at leisure until transfer out to Miri Airport.

Alternative Itineraries
Budget packages are available with accommodation at Coco Dives own lodge, or a homestay dive package at Kuala Sibuti near Miri, with fascinating local culture and interesting extras such as crocodile and firefly watching. Non-divers with a week to spare can attain basic dive certification from any of the operators listed below, who also offer more advanced courses.

Contact
Miri Diving
Coco Dive (www.cocodive.com.my)
Red Monkey (www.redmonkeydivers.com)

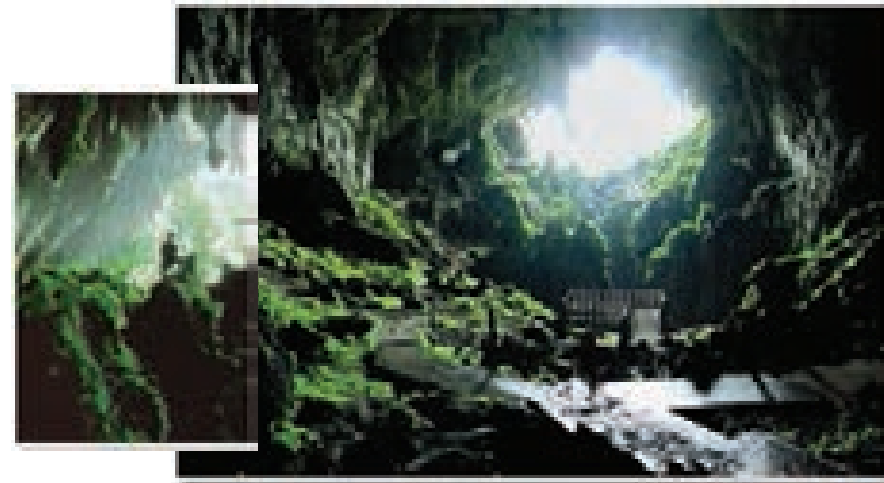
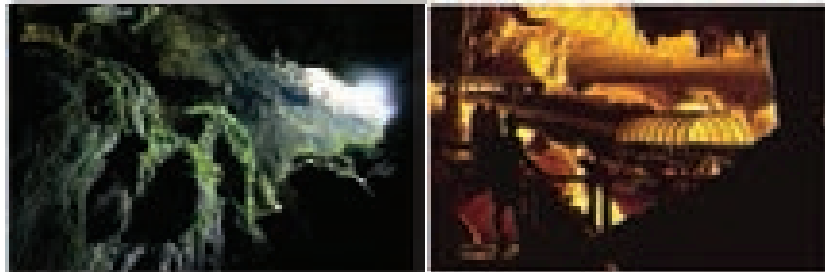
Kuching Diving
CPH Travel (www.cphtravel.com.my), Premier Marine & Scuba Centre (www.wetwolfdive.com).

CAVING IN SOUTHWEST SARAWAK

The rugged terrain of Southwest Sarawak conceals an underground wonderland of spectacular limestone caves which are far less visited than those of Niah and Mulu National Parks. As well as stunning rock formations, you can see ancient cave paintings and enjoy superb jungle scenery along the way.

Many caves are suitable for beginners and do not require a high level of fitness. Options range from one-day caving adventures to longer expeditions that combine caving, climbing, 4x4 treks, jungle walks and visits to remote Bidayuh villages. Beginner, intermediate and advanced level activities are offered and equipment and protective clothing are supplied.

Caving packages can also be tailor-made for educational and incentive groups. Special cave photography tours are also available.



Sample Itinerary

(Offered by Kuching Caving – min 2 pax – moderate level of fitness required)

2D/1N Cave Expedition

Day 1 - Big Spaces, Cool Streams. Depart Kuching at 09:00 and drive for 1.5 hours to a Bidayuh village in a pretty farming valley. Once equipment and safety briefings are complete, take a 10 minute walk across captivating farmland to the cave entrance staircase. In the cave we provide a briefing on its history and pre-history as you see the cave paintings that cover the walls.

We then go deep inside the mountain to view streams, waterfalls and enormous calcite structures as well as a wide range of cave-dwelling species. We proceed deep into the cave passing through the bird nest chamber before retracing our steps and taking a swim near the cave entrance. Dinner and overnight at the Farmhouse, a well-appointed rural lodge.

Day 2 – The Drop Out. After breakfast, drive for about 1.5 hours to one of Sarawak's oldest hill villages. Once equipment and safety briefings are completed, a short walk through the jungle leads to the tiny cave entrance. After crawling through the narrow passage the cave opens to reveal some of the best calcite formations in the Kuching area, as well as a great assortment of insects. A short rope descent leads to a crawl and further chambers before we reach the exit.

A short walk through the jungle takes us to the Skull Cave and a climb up a mud slope leading to a large passage cave which was home to the Bidayuh before the hill village was built. Take some time to enjoy the place while the guides rig the ropes so that we can abseil out about 10m through a hole in the floor. After cleaning up we visit the hill village before stopping for a late lunch en route to Kuching.



Contacts

Kuching Caving (www.kuchingcaving.com) is Sarawak's pioneer specialist caving company.
Borneo Adventure (www.borneoadventure.com) and **Borneo Experiences** (www.borneoexperiences.com) can package these tours together with other adventure experiences.

BIRDING

Birding in Sarawak

Sarawak is a bird-watching paradise. Its 22 Important Bird Areas are home to at least 600 of the 680-plus birds recorded in Borneo, including over 50 endemic species.

The avian experiences range from half-day birding trips that can be added on to a family holiday, to serious ornithological expeditions in search of undiscovered species. View 10% of the world's entire population of Chinese Egrets just a 30 minute drive from Kuching, or trek deep into the rainforest highlands of Paya Maga to spot the elusive Black Oriole.

Easy Birding Destinations

These locations are easily accessible, have good accommodation and facilities nearby and are also suitable for casual birders.

Bako Buntal Bay - estuary & mangrove forest - over 40 species of shorebird, including the Chinese Egret, Chinese Crested Tern and Christmas Island Frigatebird. 30 mins from Kuching.

Bako National Park - 7 distinct rainforest ecosystems in one small area - more than 150 forest species including the Pink-necked Pigeon, Grey-rumped Treeswift, Common Flameback, Asian Fairy-Bluebird, Black-winged Flycatcher-Shrike and Mangrove Blue-Flycatcher. 1 hour from Kuching.

Borneo Highlands - highland forest - over 200 species, including the Pygmy White-Eye, Chestnut-crested Yuhina, Blyth's Hawk-Eagle and various Hornbills. 1½ hours from Kuching.

Gunung Mulu National Park - lowland and highland forest - over 250 species, including the Red-bearded Bee-Eater, Garnet Pitta, Rufous-bellied Eagle, all 8 Hornbills found in Borneo and many endemics. Canopy Walkway and 30m Observation Tower. 45 minutes flight from Miri.

Kubah National Park - lowland forest - around 100 species, including the Bornean Blue-Flycatcher, Rufous-collared Kingfisher, Rusty-breasted Cuckoo, Chestnut-naped Forktail and the stunning Blue-banded Pitta. 45 minutes from Kuching.

Lambir Hills National Park - lowland forest - around 240 species, including the Olive-backed Woodpecker, Orange-bellied Flowerpecker, Red-eyed Bulbul, Great Argus Pheasant and the delightful Fluffy-backed Tit-Babbler. 40 minutes from Miri.

Similajau National Park - lowland forest, cliffs & beach - over 180 species, including Bornean Wren Babbler, Yellow-rumped Flowerpecker, Wallace's Hawk Eagle, Short-toed Coucal, Buffy Fish-Owl, Blue-throated Bee-eater, Diard's and Scarlet-rumped Trogons. 40 minutes from Bintulu.

Challenging Birding Destinations

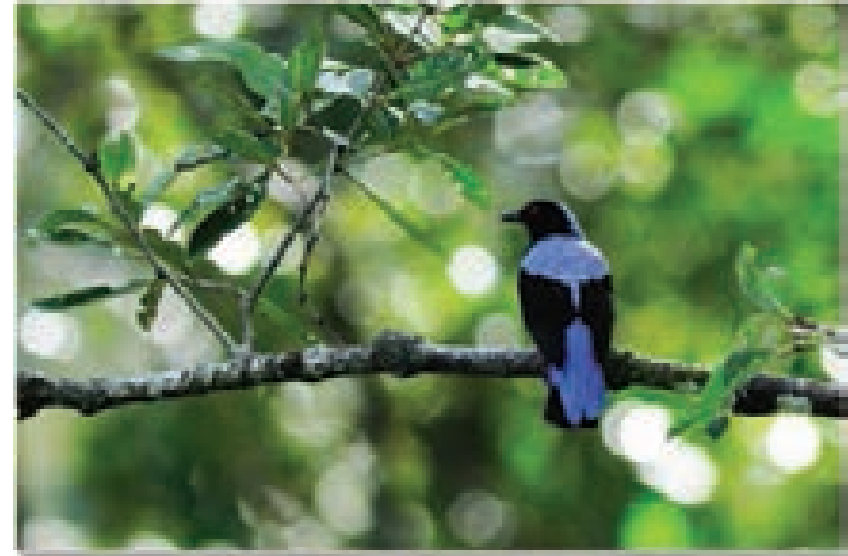
These destinations are not so easy to access, offer fewer visitor facilities and require serious trekking.

Kelabit Highlands - highland and montane forest - over 300 species, many endemic, including the Black-sided Flowerpecker, Blue-banded Pitta, Bornean Stubtail, Bornean Whistler, Chestnut-crested Yuhina, Crimson-Headed Partridge, Dulit Frogmouth and Whitehead's Broadbill. 45 minutes flight from Miri.

Paya Maga Highlands - highland & montane forest - only recently discovered - no census as yet but many fascinating endemics including Black Oriole, Mountain Serpent Eagle, Bornean Frogmouth, Whitehead's Spiderhunter, Black-throated Wren Babbler, Bornean Bulbul, Bornean Leafbird, Bornean Barbet, Mountain Barbet, Pygmy Ibon, Bornean Flowerpecker, Bornean Treepie, and Chestnut-hooded Laughingthrush. 6 hours from Lawas, including 3-4 hour trek.



Pics 1 & 2 © Cat City Holidays



Sample Itinerary (Offered by Cat City Holidays)

6D/5N Mulu, Lambir & Paya Maga Birding

Day 1 - Fly from Miri to Mulu National Park. Spend the day looking for resident species & endemics. After dinner, night walk to spot Large Frogmouth, Brown Hawk Owl, Barred Eagle Owl, etc. Overnight at Mulu Marriott Resort.

Day 2 - Rise early to spot canopy species from observation tower and walkway (Black-throated Wren-Babbler, Bornean Blue Flycatcher, Blue-headed Pitta, Hose's Broadbill, etc.). Continue birding throughout the day and visit bat observatory to spot Bat Hawks & Rufous-bellied Eagles. Optional: visit show caves. Overnight at resort.

Day 3 - Continue birding on park trails. After lunch, fly to Miri. Dinner & overnight at City Hotel.

Day 4 - Transfer to Lambir Hills National Park to search for over Bornean Bristlehead, Bornean Black Magpie, Dusky Munia, Garnet Pitta, Rufous-tailed Shama, etc. After lunch, transfer back to Miri for flight to Lawas. Dinner & overnight at Hotel Seri Malaysia.

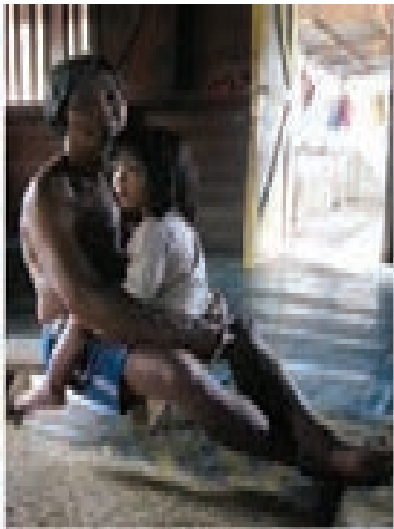
Day 5 - Transfer by 4WD to Paya Maga Highlands, then trek for 3-4 hours through montane heath forest to an altitude of 1,400m, searching for Black Oriole, Mountain Serpent Eagle, Whitehead's Broadbill, etc. Dinner at campsite followed by night walk to spot Bornean Frogmouth & Collared Owlet. Overnight at campsite.

Day 6 - Continue birding for Bushy-crested Hornbill, Straw-headed Bulbul, Orange-breasted Trogon, Banded Kingfisher, Dusky Broadbill, Pale Blue-flycatcher. After lunch, trek back to road and catch flight to Miri.

Contacts

Cat City Holidays (www.catcityholidays.com) offer an extensive range of birding tours with an excellent in-house bird guide.

THE KELABIT HIGHLANDS



The Kelabit Highlands are often referred to as Sarawak's Shangri-La. This area of remote mountain valleys, located at an altitude of around 1,000 to 1,200 metres, enjoys a climate of eternal spring and showcases the vibrant cultures (and warm hospitality) of the Kelabit and Lun Bawang tribes.

The best way to discover this enchanting place is by trekking from longhouse to longhouse through dense rainforest and past sparkling green padi fields, bordered by the mountains of the Maligan Range. These treks last from a few hours to a few weeks in duration, and vary from a gentle stroll to a challenging expedition, trekking through dense jungle, crossing streams on bamboo bridges, and viewing ancient Kelabit megaliths and rock carvings along the way.



Sample Itinerary

(Offered by Borneo Experiences, www.borneoexperiences.com – ex Miri)

5D/4N Bario Discovery

Day 1 – Bario. Fly from Miri to Bario on MASWings Rural Air Service. Transfer to the Ngimat Ayu House, a comfortable homestay and residence of the retired district chieftain, for lunch and a short briefing about your tour. Then drive to the sheep farm to pick produce for your evening meal. Spend the rest of the afternoon relaxing or catch a fish for dinner at the nearby fishpond. Dinner & overnight at Ngimat Ayu House

Day 2 - Pa' Mada Village - Fishing & Wildlife.

After breakfast, experience how the locals travel by 4WD on mud tracks to neighbouring Pa' Mada village and enjoy some of the beautiful scenery en route. Enjoy a picnic lunch, relax by the river and try your hand at a spot of river fishing. As dusk falls, board the rear flatbed of the 4WD and turn on the spotlight to look for wildlife on the way back to Bario. After another sumptuous local style dinner, overnight at the Ngimat Ayu House.

Day 3 - Pa' Lungan - Pa' Umor by Longboat.

After an early breakfast, transfer via 4WD to trail head for a 3 hour trek through heath forests to idyllic Pa'Lungan Village, looking out for giant pitcher plants along the way. After lunch and sightseeing around Pa' Lungan, trek to the Debpur River for a longboat ride to Pa' Umor Village, then transfer back to Bario by 4WD. Dinner & overnight at the Ngimat Ayu House.

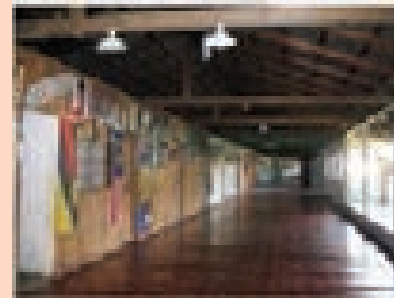
Day 4 - Prayer Mountain & Mountain Biking.

Wake up at 0400 hrs. for a quick coffee and simple breakfast before trekking up Prayer Mountain for the sunrise. This challenging trek takes just over an hour for the moderately fit. The breathtaking sunrise scenery of Bario and the Pulong Tau National Park Range from this summit could well be the highlight of your visit. Return to Ngimat Ayu House for full breakfast. Grab a bicycle and spend the rest of the day discovering Bario and its surroundings (don't miss the old longhouse at Bario Asal). BBQ dinner and overnight at the Ngimat Ayu House.

Day 5 - Departure. After breakfast, transfer to Bario Airport for your departure flight.

Alternative Itineraries

Other possible treks include week long trails to Long Lellang or Lio Match longhouses on the Upper Baram (with overnight stops in the rainforest), the popular Bario Loop, and a pleasant 2-3 day trek to Bakalalan from Bario (or vice versa). It is also possible to climb Gunung Murud (2,424m) or Batu Lawi (2,043m), but these are serious expeditions and must be arranged well in advance.

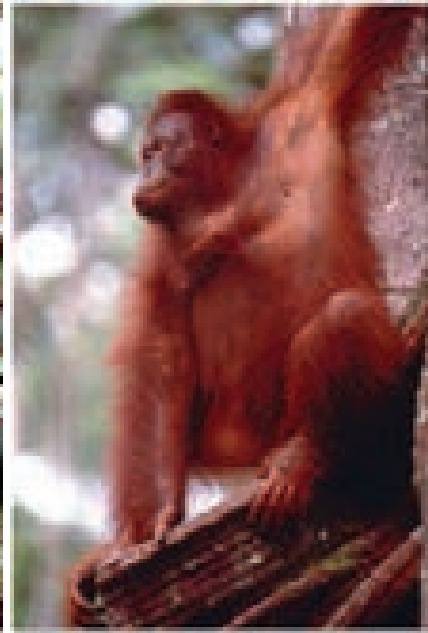
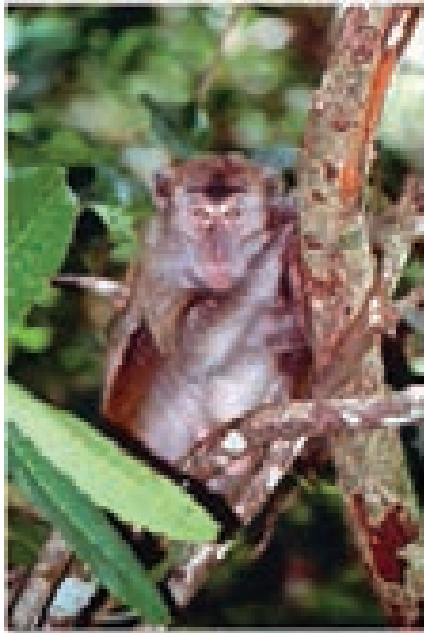


Contact

Most Sarawak tour operators offer Kelabit Highland treks with a variety of locations and itineraries. Please refer to the listing on page 64 & 65 for details.

IN SEARCH OF WILD ORANGUTANS

The area in and around Batang Ai National Park in Sarawak has one of the highest population densities of wild orangutans in the world. It is just upriver from Batang Ai Hydro Lake, and offers good possibilities of seeing wild orangutans. Award-winning local operator Borneo Adventure work together with Iban communities in the Ulu Ai to offer a variety of treks around the fringes of the park, where the chances of seeing wild orangutans are highest (although no guarantees are offered) and evidence of their presence, such as old and fresh nests, are almost always encountered. Trekkers must be reasonably fit, and are required to play their part in conservation by recording sightings and nests on portable GPS devices



Sample Itinerary

(Offered by Borneo Adventure)

The Red Ape Trail (5D/4N)

Day 1 - Kuching - Nanga Sumpa. Depart Kuching and drive to Batang Ai reservoir (4½ hours). Journey overland through rural Sarawak, passing by pepper gardens, cocoa and rubber plantations. Visit the colourful native market in Serian, visit a pepper garden and stop by to view wild orchids and several species of pitcher plants. Upon arrival at Batang Ai reservoir, proceed by longboat (1½ hours) upriver to Nanga Sumpa. Settle in at Borneo Adventure's lodge. After dinner proceed to the longhouse to relax on the ruai (verandah) and spend time with the Iban people, learn about their culture and enjoy some local rice wine. Overnight at lodge.

Day 2 - Nanga Sumpa - Genting Tunu. Depart Nanga Sumpa and trek for about 4 hours through orangutan habitat looking for wild orangutans and other wildlife including pig-tailed macaques, giant squirrels and a variety of birds. While orangutans are only occasionally seen, their nests can usually be observed. Arrive at Genting Tunu jungle camp, located at an elevation of 400 metres. Make camp, have lunch, then take a walk near the camp to search for orangutans and their nests. Return to camp and prepare for evening meal. Overnight at camp.

Day 3 - Genting Tunu - Sungai Mawang. Break camp and trek 5 hours to Mawang, searching for orangutans, nests and other wildlife. Arrive at Mawang, set up camp and have lunch. Help the guides gather jungle produce such as bamboo shoots or edible ferns for your dinner. Late afternoon, take a walk in the vicinity of the camp to search for orangutans. Dinner and overnight at camp.

Day 4 - Sungai Mawang - Nanga Sumpa. Trek to Nanga Sumpa (about 2 hours). Search for wild orangutans and other wildlife along the way. Lunch at Borneo Adventure's lodge. In the afternoon, go on a circular trek through primary and secondary forest that is known orangutan habitat. Alternatively, take a boat upriver to Enselau Waterfall for a swim. Return to lodge for dinner. After dinner proceed to the longhouse across the river. Spend some time "berandau" (chatting) with the longhouse people before retiring for the night. Overnight at Nanga Sumpa Lodge.

Day 5 - Nanga Sumpa - Kuching. Depart down river by longboat, then overland to Kuching. Lunch en route.

Alternative Itineraries

Borneo Adventure also offer a 6D/5N orangutan trek and can arrange longer treks and expeditions on request. Borneo Interland offer a BatangAi jungle camping trek where wild orang-utans may also be encountered, although this is not the trek's main objective.

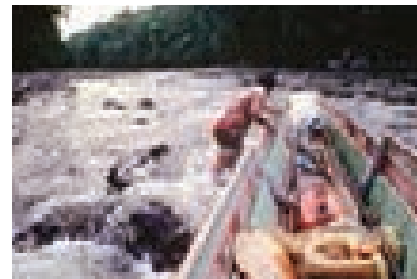


Contact

Borneo Adventure

(www.borneoadventure.com) for the Red Ape Trail and other orangutan treks.

Borneo Interland (see listings) for jungle camping treks in the Batang Ai Area.



THE PADAWAN RAFT SAFARI



Pic 1



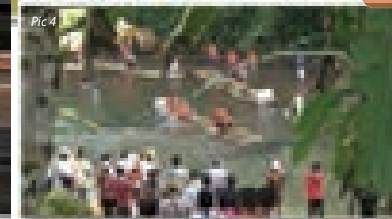
Pic 2

The Padawan Raft Safari is an exciting bamboo rafting competition along the crystal clear rivers of Southwest Sarawak that is held every year on the second Sunday of July. The raft race, which takes around half a day, brings you past dense rainforest and huge rock outcrops, negotiating rapids and overhanging trees along the way.

As well as the fun and excitement of the race, there is the chance to win prizes, get to know the local Bidayuh community, and of course learn how to build a bamboo raft. This is hands-on adventure travel at its very best.



Pic 3



Pic 4



Sample Itinerary

(Offered by CPH Travel)

This itinerary is designed for a team of 4 participants. If there are only 3 of you, your guide will happily join in.

2D/1N Raft Safari Adventure

Day 1 – Build Your Raft. Depart Kuching in the morning to recce the raft safari course, stopping to visit the orang-utans at Semenggoh Wildlife Centre on the way. Arrive at the starting point (Annah Rais Longhouse, Temurang village or Danu village depending on race category) for traditional Bidayuh lunch.

Spend the afternoon building your raft with traditional materials, supervised by a local craftsman. Practice handling the raft until dark. After traditional dinner in the village, get to know your hosts over a glass or two of tuak (rice wine). Overnight in village homestay.

Day 2 – The Race. Rise early to check your raft then go for breakfast. Proceed to the starting point and embark on an amazing river journey through some of the finest rainforest scenery in Borneo.

After about 4 hours of exciting racing, arrive thoroughly soaked at the finishing point at Kampung Git and reward yourself with a hearty traditional lunch. Enjoy the prize presentations and the closing ceremony, then transfer back to Kuching

Alternative Itinerary – Kayak Adventure

(Offered by Borneo Trek & Kayak Adventure)

Similar to the above but for 2-person teams taking part in the event's kayak race (kayak supplied). If you are a solo traveller, your guide will gladly paddle along.

Alternative Itinerary – Baleh-Kapit (April)

(Offered by CPH Travel)

If you are unable to make it in July, you can also take part in the equally exciting Baleh-Kapit Raft Safari, which takes place on the upper reaches of the Baleh River in Central Sarawak. Due to the remoter location this requires an additional two nights in Kapit as well as a night in an upriver longhouse.



Contact

CPH Travel (www.cphtravel.com.my) for rafting race packages.

Borneo Trek & Kayak Adventure (rainforestkayaking.com) for kayaking race packages.

Pic 1 - Pic 4 © Padawan Municipal Council

THE RAINFOREST
WORLD MUSIC
FESTIVAL & EXPO

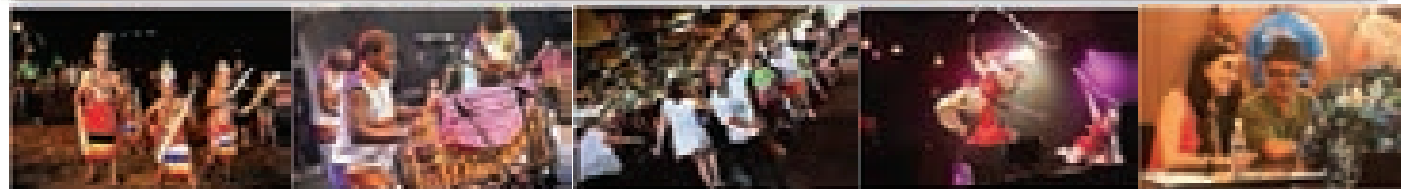
The Rainforest World Music Festival (RWMF), first held in 1997, has grown into one of the best music festivals in Asia, with an average attendance of over 20,000. A 3-day event celebrating the diversity of world music, it is held annually over the first or second weekend of July at the Sarawak Cultural Village (see page??). It features unique daytime music workshops, cultural displays, a craft bazaar, food stalls, and headlining performances on the main stage.

Organised entirely by the Sarawak Tourism Board and local and international volunteers, the festival features a wide range of performances, from traditional music to world fusion and contemporary world music. Performers include prominent artists from Sarawak, other areas of Malaysia, and from all around the world.

Over 350 local and international acts have performed here, including Black Umfolosi from Zimbabwe, Peatbog Faeries from Scotland, Kanda Bongo Man from DR Congo, Te Vaka from New Zealand, Silverio Pessoa from Brazil, Tarika from Madagascar, Joey Ayala from the Philippines, and Huun Huur Tu from Tuva, Russia, to mention just a few. The festival won the PATA Gold Award in 2006, The Aseanta Excellence Award in 2009, and has been cited as one of the World's Top 25 International Festivals by Songlines world music magazine for four years in a row (2010-13).

The Borneo World Music Expo

Timed to take place in the week leading up to the RWMF, the Borneo World Music Expo in Kuching is Asia's very first world music expo, it consists of a trade fair, musical showcases, conferences, exhibitions and networking sessions. It is specifically designed to expose Asian and ethnic musicians to the international market. The first expo, held in 2013, was a resounding success and BWME is already a "must-attend" event for musicians and other industry professionals, as well as world music enthusiasts.



Sample Itinerary
(Offered by Amansar Travel, www.amansar.com)

4D/3N Rainforest Musical Experience
Day 1 - Arrival & Opening Night. Arrive at Kuching airport and transfer to Damai Beach Resort. After settling in, stroll to Sarawak Cultural Village (7-10 mins) for the first afternoon workshops in the village's traditional houses. Return to resort to freshen up, then attend the main stage performances in the evening. After the festival, enjoy the opening night poolside party at the resort.

Day 2 - Workshops & Performances. After breakfast, free at leisure in the morning, then attend workshops and stage performances as per Day 1. Overnight in resort

Day 3 - Jungle Trek & Festival Finale. After a late breakfast, get the festival fatigue out of your system with an easy jungle trek through Santubong National Park. Keep an eye open for jungle plants (the wildlife will be lying low) and enjoy a refreshing dip in the waterfall pool. Later, enjoy the festival workshops, main stage performances and closing ceremony. Return to resort for closing night party and overnight.

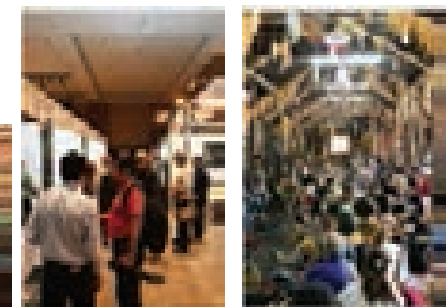
Day 4 - Departure. After breakfast, transfer out for departure flight or extension of stay.

Alternative Itineraries

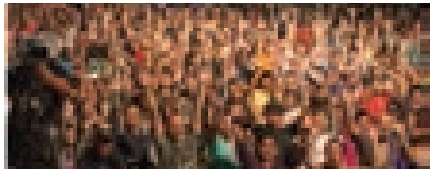
Visitors may stay in Kuching and use shuttle transport to the festival, and may also choose to attend for only one or two nights. Week-long packages are also available which include attendance at the Borneo World Music Expo. Local operators have also devised some exciting incentive packages which include the festival.

Contact

Rainforest World Music Festival - rwmf.net
Borneo World Music Expo - www.sarawaktourism.com
Most local tour operators offer accommodation and ticket packages for the festival and the expo.

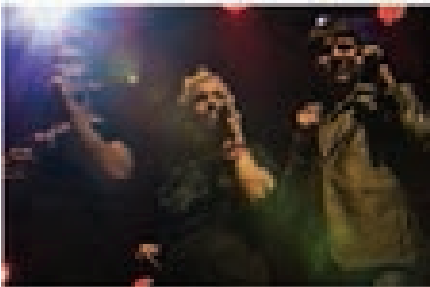


BORNEO JAZZ



Formerly the Miri Jazz Festival, Borneo Jazz is organised by the Sarawak Tourism Board and held in Miri, Sarawak's second-largest city. Since its inception in 2005, Borneo Jazz has attracted a strong international line up of musicians, with the emphasis on mainstream jazz and also featuring blues, funk and fusion music. World-class artists performing at the festival have included Maria Muldaur, John Hammond, Jump4Joy, Hazmat Modine, Schalk Joubert and the New Cool Collective.

The festival is held over the second weekend of May at the Park City Everly Hotel, Miri. Artists perform in a pavilion overlooking the South China Sea, creating a wonderful ambience in which to enjoy some of Asia's and the world's finest musicians.



Sample Itinerary

(Offered by Brighton Travel,
Email: brightontt@gmail.com)

3D/2N Jazz Borneo Package

Day 1 (Friday) - Arrival and First Night. Arrive at Miri airport and transfer to Parkcity Everly Hotel for check in. After an early dinner at a nearby seafood restaurant, stroll to the Everly's Pavilion for the Jazz Festival and watch at least four top-class performances (7.30 pm to 12.15am). Overnight in hotel.

Day 2 (Saturday) - City Tour, Sunset Dinner & Second Night Finale. After breakfast, free at leisure to enjoy the beach and poolside. In the afternoon, enjoy a brief city tour of Miri, taking in the Native Market, Handicraft Centre, 'Grand Old Lady' oil well, Petroleum Museum and other attractions. Head to Hazard Bistro on top of Canada Hill for an early BBQ dinner while watching the spectacular sunset, then return to the Pavilion for four more top-class performances (7.30 pm to 12.15am). Overnight in hotel.

Day 3 (Sunday) - Departure. After breakfast, free to explore Miri until transfer to airport for departure flight.



Contact

Festival organizer – Sarawak Tourism Board
www.jazzborneo.com
Miri-based tour operators offer various event packages. Please see listings on page 64 & 65 for details.

ASIA MUSIC FESTIVAL

The inaugural Asia Music Festival was held in October 2013 at Eastwood Valley Golf Club, Miri. Scheduled to become Sarawak's third iconic music festival after the Rainforest World Music Festival and Borneo Jazz, the Asia Music festival features exclusively Asian artists from a variety of genres, ranging from progressive folk to K-Pop and just about everything in between.

The inaugural festival was a roaring success, due equally to the strong line-up and the unique venue - a vast 'floating' pavilion built over a lake. Future festivals are bound to attract strong interest both from regional audiences and longer-haul travelers with the growing worldwide interest in contemporary Asian music.



Sample Itinerary

(Offered by Inter-Continental Travel Centre, www.intercont.com.my)

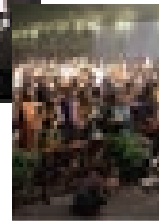
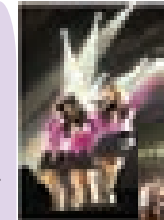
4D/3N Asia Music Festival Package

Day 1 (Thursday) - Arrival and Preview. Arrive at Miri airport and transfer to Parkcity Everly Hotel for check in. After a seafood dinner overlooking the sea, proceed to City Centre to enjoy a preview performance in a local music venue. Overnight in hotel.

Day 2 (Friday) - City Tour & Festival. After breakfast, enjoy a city tour of Miri, taking in the Native Market, Handicraft Centre, 'Grand Old Lady' oil well, Petroleum Museum and other attractions. Then head to Eastwood Valley for Asia Music Festival fringe events (e.g. Tattoo Expo, Craft Bazaar, Food Mart) followed by festival performances (4 pm to 12.15am). Transfer back to hotel.

Day 3 (Saturday) – Festival Finale. After breakfast, free at leisure to enjoy the beach and poolside. Then head to Eastwood Valley for Asia Music Festival fringe events followed by festival performances (4 pm to 12.15am). Transfer back to hotel.

Day 4 (Sunday) - Departure. After breakfast, free to explore Miri until transfer to airport for departure flight.



Contacts

Festival organizer –
www.asiamusicfestival.net.
Miri-based tour operators offer various event packages. Please see listings on page 64 & 65 for details.

BORNEO CULTURAL FESTIVAL

The Borneo Cultural Festival is held every July or August in Sibü Town Square, the largest urban outdoor venue in Malaysia, and is a week-long celebration of food, music and dance - and even a funfair - celebrating the diverse cultures of Borneo.

The highlight of the festival is three nights of free cultural performances by local and international ethnic artists. There are also exhibitions of art, handicrafts, photography and calligraphy, making this a great way to learn about Sarawak's traditional arts and cultures. The attendant Food Festival is a gourmet's delight.

As most activities take place in the evening, this is the perfect opportunity to spend the daytime exploring old Sibü town as well as the rivers and rainforests of Central Sarawak.



Itinerary

Greatown Travel (www.gotoborneo.com) produces selected itineraries for the festival every year. Please contact them for details.

Contact

Festival organizer - **Sibü Municipal Council**, www.smc.gov.my
Sibü-based tour operators offer various event packages. Please see listings on page 65 for details.

TIDAL BORE FESTIVAL



Sri Aman, at the mouth of the Batang Lupar, is famous for its daily Benak (tidal bore), which nearly deprived world literature of one of its finest authors - W. Somerset Maugham almost drowned during the benak, and describes this near-death experience in his short story *The Yellow Streak*. During spring tides the bore surges at up to 18 km/h, producing a wave crest 2-3 metres high, which has attracted some of the world's leading bore-riders.

The town celebrates an annual Tidal Bore Festival (Pesta Benak) complete with bore-riding, surfboard races, longboat races, watersports, traditional sports, nightly live entertainment and even hot air balloon rides. Sri Aman is about 3 hours drive from both Kuching and Sibü. Accommodation is available in budget hotels and local longhouse homestays.



Itinerary

Itineraries vary from year to year depending on the date chosen for the festival.

Contact

Greatown Travel, www.gotoborneo.com, tailor makes custom itineraries for both spectators and participants every year. Please see listings on page 65 for full details. The **Sri Aman Resident's Office** is the festival organizer and will respond to email enquiries, www.sriamanro.sarawak.gov.my.

GAWAI DAYAK FESTIVAL

Gawai Dayak is a festival celebrated on the 1st and 2nd of June every year by the Dayak communities of Sarawak. More than just a demonstration of indigenous culture for tourists, Gawai Dayak is celebrated with genuine joy and enthusiasm in every village and longhouse, with urban Dayaks returning home for the festivities. Weddings take place, singing and toasts fill the air, and families are reunited with one another. In the great Malaysian open house tradition, visitors are most welcome.

The festival begins on the evening of May 31 with traditional music and a ritual to keeping the spirit of greed from ruining the festivities. The festival head or Tua Gawai then sacrifices a chicken to show thanks for a good harvest, followed by dinner and an informal party with much dancing, singing, and drinking. The party continues in the same vein for the next two days, or even longer if the rice wine stocks hold out. If you are an enthusiastic partygoer, this is the very best time to visit Sarawak.



Contact

Sarawak Cultural Village, www.scv.com.my. See article on page 48 & 49 for village description. Most local tour operators offer longhouse visit packages throughout the festive season.

Sample Itinerary (Offered by Sarawak Cultural Village)

2D/1N Gawai Special Package

Day 1 – Gawai Eve. Depart Kuching for Sarawak Cultural Village late morning (35 mins). The Gawai Special Package starts the moment you arrive where you join in the setting up of the 'Pun Ranyal' or Tree of Fortune. Next a 'Miring' or welcoming ceremony will be conducted by the village headman together with a 'Lemambang' or poem chanter. The ritual concludes with a toast of 'Ai Pengayu' with local rice wine at the Bidayuh Longhouse.

Once you have settled in to your homestay room at the Bidayuh Longhouse, you will have a number of other activities which include a Penan Jungle Trek around the foot of Mount Santubong. This is a basic trek which takes about an hour, led by trained guides to view rainforest flora and fauna; pitcher plants, insects, birds and if you are lucky, larger animals.

After trekking, proceed to the theatre to catch the amazing Gawai Dayak cultural show where performers from four ethnic groups showcase the spirit of Gawai Dayak through live music and dancing.

The first day ends with a series of hands-on cooking activities where you learn how to prepare ayam pansoh (bamboo chicken) and midin (jungle ferns) over an open fire. The resulting Iban-style dinner is followed by a round of rice wine, then the 'Ngiling Tikai' a ceremony where you roll up your mat and call it a day.

Day 2 – Village tour & transfer out. A traditional 'Mirup Lekadchang' breakfast is conducted at the village's Orang Ulu Longhouse, followed by a tour of the village where you visit each of the seven traditional houses. After lunch, transfer back to hotel in Kuching.

Alternative Itineraries

Visitors who wish to experience the 'real thing' (and who have sufficient stamina for endless glasses of rice wine) should contact any of the local tour operators who offer longhouse visits and homestays. Visitors are even more welcome during Gawai Dayak than at any other time of year, although with many families returning for the festive season, accommodation may be a little cramped.

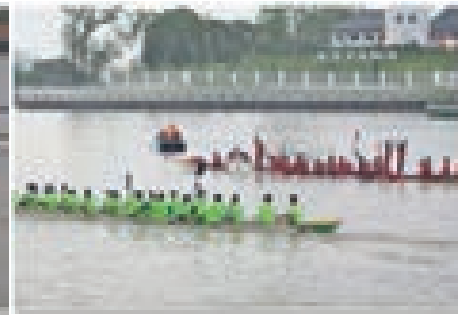
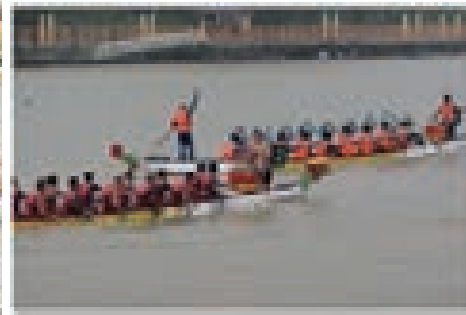
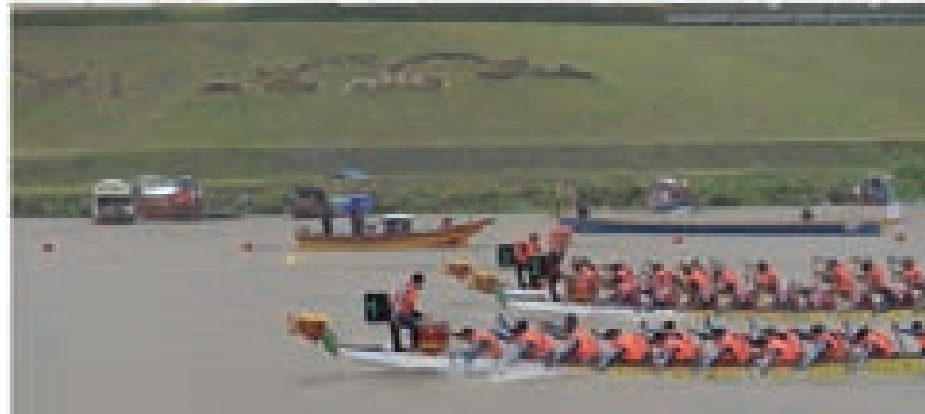


SARAWAK REGATTA

The Sarawak Regatta is one of the oldest sporting events in Malaysia, inaugurated by Rajah Sir Charles Brooke in 1872 as a diversion from inter-tribal conflicts. It takes place on the Sarawak River in Kuching, usually in late August or September, and is the social and sporting highlight of the year.

In the early days, longboats and war canoes raced one another, but nowadays there are categories for dragon boats, modern rowing craft and even power boats, water skiers and jet skis. The regatta is very popular and well-attended; spectators should come early to get a good vantage point on the Kuching Waterfront or the Malay kampungs on the north bank of the river.

There is a 'Tourist Race' for visitors who are not afraid to get their feet wet, where guests can try their hand at longboat paddling, assisted by a few 'ringers' from the local boating fraternity. Serious rowing or watersports clubs and associations are welcome to enter any of the categories as fully-fledged competitors.



Sample Itinerary

(Offered by CPH Travel)

4D/3N Regatta & Tourist Race Package

Day 1 – Introduction to Kuching. Arrive Kuching late morning, transfer to your hotel and proceed for lunch, followed by an orientation tour of the city. Spend an hour watching some of the preliminary races then return to hotel, where a local historian will give a presentation on the history of the Regatta and its social and cultural background. Enjoy an al-fresco seafood dinner, then overnight in hotel.

Day 2 - Watching The Regatta. After an early breakfast, guests wishing to participate in the Tourist Race will be taken for a brief introductory training session. Non paddlers are free at leisure until the Regatta Opening Ceremony at 10 am. Spend the day watching the exciting races and enjoying the side events such as the food festival and cultural shows. Free at leisure in the evening, to soak up the post-regatta atmosphere. Overnight in hotel

Day 3 - The Tourist Race. Get to the waterfront early to watch more exciting races, then join your crew for the Tourist Boat race. You will be competing against guests from other hotels and tour agencies so a certain amount of pride is at stake. After the race, enjoy the prize presentation then watch the rest of the programme, finishing with the prestigious 'King of the River' race for 30-man boats. After the closing ceremony, free at leisure. Overnight in Hotel.

Day 4 - Departure. After breakfast, free at leisure for shopping and sightseeing until transfer out to airport.

Alternative Itineraries

CPH travel are able to provide competitive boats and professional trainers to overseas teams wishing to compete in the serious races. If you are in Northern Sarawak, you can also watch or take part in the century-old Baram Regatta, held in Marudi at the end of September or early October every year.



Contact

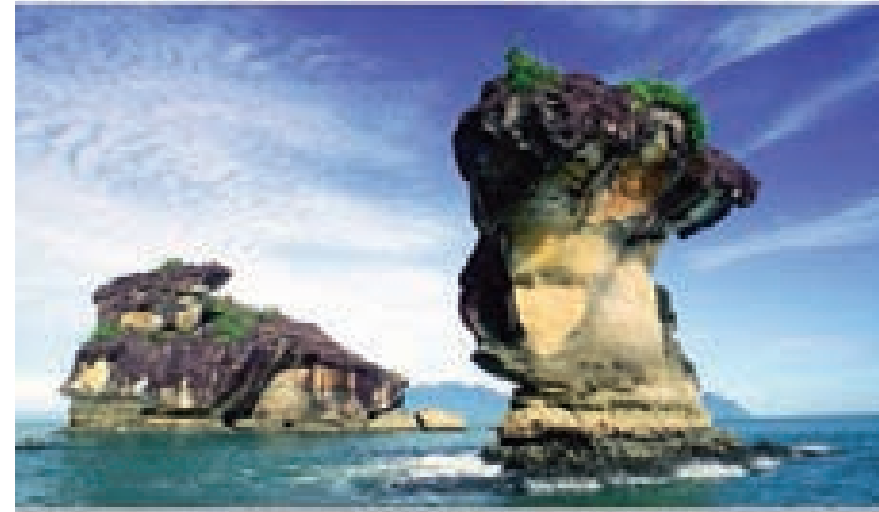
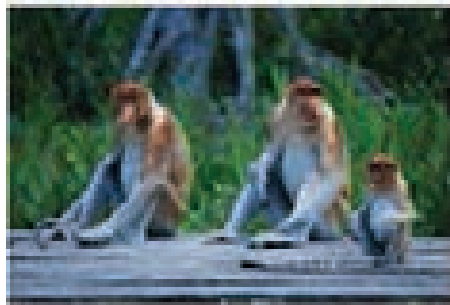
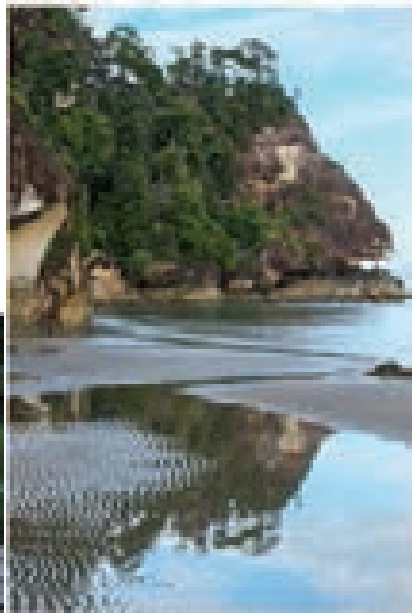
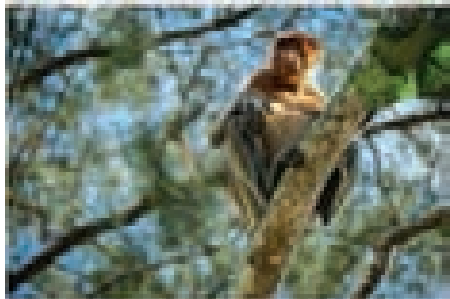
CPH Travel (www.cphtravel.com.my) for regatta tourist race and competing team packages. Most local tour operators can assist with spectator-only packages for the Sarawak Regatta.

BAKO NATIONAL PARK

Though Bako National Park is one of Sarawak's smallest parks, it is one of the most interesting and diverse, thanks to 7 distinct plant ecosystems in an area smaller than Manhattan Island. Bako is most famous for its iconic primate species, the bizarre Proboscis Monkey, found only in Borneo, and the shy yet charming Silvery Langur. Yet with its abundant wildlife, variety of plants, rock formations and secluded beaches, Bako has so much more to offer the visitor.



The park has 17 well maintained trails, allowing visitors to experience almost all the different types of vegetation found in Borneo. Commonly seen wildlife species include the aforementioned Proboscis Monkey and Silvery Langur, as well as Bornean Bearded Pigs, Long-tailed Macaques, Colugos or Flying Lemurs, White-bellied Sea Eagles and a whole host more. In fact wildlife encounters are almost guaranteed. Best of all, Bako is less than an hour from Kuching, including an enjoyable longboat ride across the bay.



Sample Itinerary

(Offered by Jambu Journeys,
www.jambujourneys.com)

3D/2N Bako National Park & Lakei Island

Day 1 – Across the Bako Peninsula. Depart Kuching at 8am. Arrive at Bako Village to catch a longboat at 9am for a half hour boat ride across the bay to Bako National Park. Embark on a fascinating 10km trek right across the Bako Peninsula, passing various types of vegetation and wildlife, to the most secluded beach in Bako. Your camp for the night will be ready upon arrival. After dinner, enjoy a night walk in search of nocturnal activity.

Day 2 – Discover Pulau Lakei. Wake up to the sound of the ocean and take a short early morning walk to try and spot some animal activity. This area of the park is not frequently visited so you may be able to spot some of Bako's more elusive inhabitants. After breakfast your boatman will pick you up and take you across to Pulau Lakei. The beautiful white sandy beach offers a chance to relax and swim in the crystal clear blue waters.

This island is shrouded in mystery and has many stories to tell, most of which concern Datuk Haji Ibrahim, a mystic who resided on the island more than three centuries ago. He supposedly possessed incredible physical strength and was able to carry a sailboat down from the hills to the sea by himself. Walk up to the view point and gaze at the breathtaking panoramic views, then enjoy the superb beach. Spend the night at the island's basic accommodation.

Day 3 – In Search of Proboscis Monkeys. From here, enjoy the boat ride back to the Park HQ, pausing for a close-up view of the famous 'Sea Stack' rock formation. Before and after lunch, follow two of the park's shorter trails in search of unique vegetation and wildlife, including proboscis monkeys. Depart around at 3pm to arrive back in Kuching before 5 pm.

Alternative Itineraries

Many operators also offer day and overnight trips to Bako, as well as longer stays for dedicated nature lovers.



Contacts

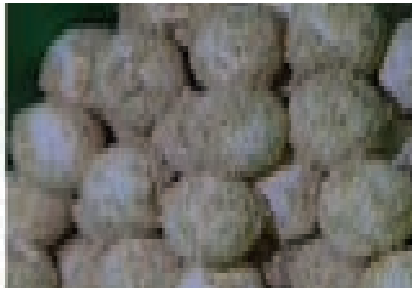
Most Sarawak tour operators offer Bako National Park packages. Please refer to the listing on page 64 & 65 for details.

SEA TURTLE CONSERVATION PROGRAMMES

Sarawak is home to all five sea turtle species - the Green Turtle, Hawksbill Turtle, Olive Ridley Turtle, Leatherback Turtle and Loggerhead Turtle. All of these species are critically endangered worldwide and therefore the state government has set up a network of coastal and marine national parks dedicated to their conservation.

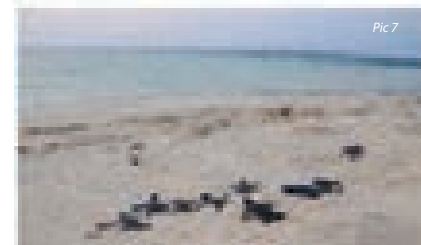
The best coastal sites to view nesting turtles are Similajau National Park near Bintulu and Tanjung Datu National Park on the southwestern tip of Sarawak. However, the largest number of turtle landings, mostly of green turtles, take place on the islands of Talang-Satang National Park, just a short boat journey from Kuching.

The largest of these islands, Pulau Satang Besar, is open to visitors and local tour operators offer day and overnight trips, including a visit to the turtle hatchery. Satang Besar offers excellent snorkelling – free swimming sea turtles are often seen around the reefs just offshore from the island's superb beach.



* Pic 1 - Pic 7 © Sarawak Forestry

The park's main turtle conservation centre, Pulau Talang-Talang Besar, is usually closed to visitors. However, Sarawak Forestry, custodian of Sarawak's National Parks, offers a superb opportunity for hands-on involvement in turtle conservation through its **Sea Turtle Adoption Programme**, where visitors spend 4 days working with professional conservationists, learning about turtles and taking part in conservation activities including: beach patrols to locate turtle landings; monitoring of nesting activities; tagging and measuring turtles; transferring eggs to the hatchery; releasing hatchlings and data recording.



Sample Itinerary

(Offered by Sarawak Forestry. All fees are used directly for sea turtle conservation. Programme runs from May to September.)

4D/3N Sea Turtle Adoption Programme

Day 1 - Arrival, Briefing & Turtle Watch. Depart Kuching in the morning for the boat journey to Pulau Talang-Talang Besar. After a welcome briefing by the park warden, free at leisure to get to know the island. After dinner, attend a technical briefing then head for the beach for a 'turtle watch', spotting female turtles as they come ashore to nest. Overnight in basic hostel.

Day 2 - Turtle Conservation Work. After breakfast, free at leisure until lunch, then take part in turtle management at nearby Pulau Talang-Talang Kecil. Return for 'beach work' followed by dinner. Spend the evening assisting with hatchery management. Overnight in hostel.

Day 3 - Snorkelling & Turtle Adoption. After breakfast, take part in data recording, then free at leisure. After lunch, enjoy a snorkelling session to view the turtles in their natural habitat, then assist with hatchery management. Dinner is followed by the official 'Adopt-A-Turtle' briefing and presentation (part of your fees will be used to adopt a specific turtle and a particular nest). Overnight in hostel.

Day 4 - Review & Farewell. Breakfast is followed by a 'Let You Know' session which reviews the contributions made by you and other volunteers and outlines future prospects for sea turtle conservation. Depart by boat for journey back to Kuching.

Note: Individuals and organisations are also welcome to adopt turtles and nests through financial donations to the adoption programme without attending the volunteer programme.



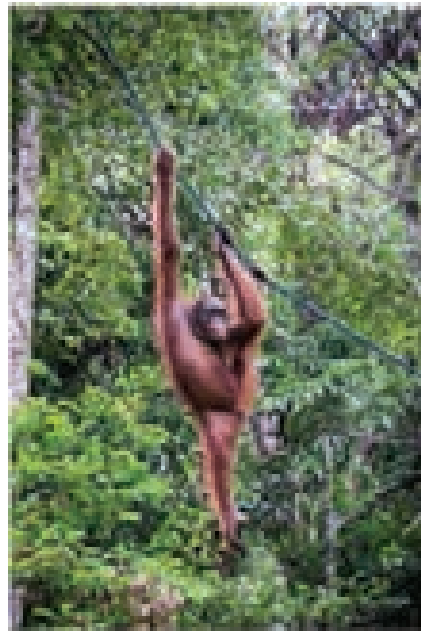
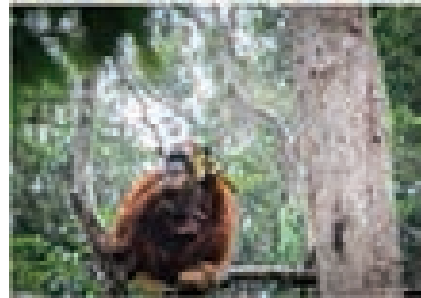
Contact

Sarawak Forestry (seaturtle.sarawakforest.com) for Sea Turtle Adoption Programme. Sarawak Forestry will refer enquirers to approved tour operators for ground handling & logistics. Local tour operators offer trips to Pulau Satang Besar, Tanjung Datu National Park and Similajau National Park. Please refer to tour operator listings for details.

ORANGUTAN CONSERVATION PROGRAMMES

Sarawak has two important centres for orangutan conservation which are both open to visitors and located within easy reach of Kuching.

Semenggoh Wildlife Centre: For over 30 years, Semenggoh's staff trained young orangutans, who had been orphaned or rescued from captivity, how to survive in the wild. The success of this programme has left the surrounding area with a thriving population of healthy orangutans, who are now breeding in the wild, so the rehabilitation programme has been transferred to Matang Wildlife Centre (see below). Semenggoh is now used as an orangutan study centre, but is still a lifelong home for its successful graduates, semi-wild orangutans and their offspring. They spend most of their time roaming the forest but frequently come back to the Centre for a free meal and can be viewed at feeding times.



Matang Wildlife Centre: part of Kubah National Park, now runs the orangutan training programme, where orphaned orangutans are taught how to survive in the wild. The best time to see the orangutans is at feeding times. The centre also includes spacious enclosures housing sambar deer, crocodiles, sun bears, civets and bear cats, and three large aviaries featuring hornbills, eagles, kites, storks and a host of other birds native to Sarawak. Amenities include an information centre and comfortable accommodation.



Pic 2



Pic 1



Pic 3



Pic 4



Pic 5

* Pic 1 - Pic 5 © Sarawak Forestry



Sample Itinerary

(Offered by Sarawak Forestry, operator of both centres, for corporate and private groups. All fees are used directly for orangutan conservation)

Heart 2 Heart with Orangutans (full day)

Morning – Matang Wildlife Centre. Arrive 8.30 am for registration & welcome briefing by centre manager. 'Get to know' session meeting conservation staff, volunteers and of course the orangutans, followed by conservation work, taking part in enclosure cleaning, food preparation and habitat enrichment. Photo session and presentation of certificates followed by lunch.

Afternoon – Semenggoh Wildlife Centre. Transfer to Semenggoh to view the semi-wild orangutans in their natural habitat and at feeding time. Concluding briefing & photo session then transfer back to Kuching.

Alternative Itineraries

Sarawak forestry also run an **orangutan adoption programme** with various levels of participation and commitment. It is also possible to take part in 2 and 4-week **volunteering holidays** at Matang Wildlife Centre, working directly with the young orangutans.



Contact

Sarawak Forestry
(www.sarawakforestry.com) for Heart 2 Heart and Adoption enquiries.

The Orangutan Project
(www.orangutanproject.com) for volunteering holidays.

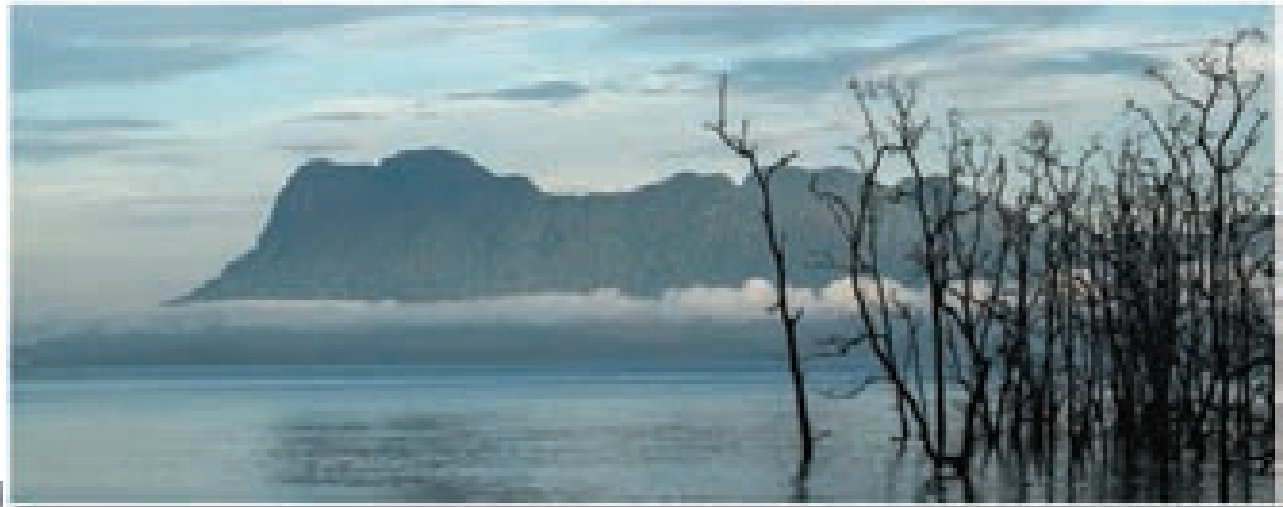
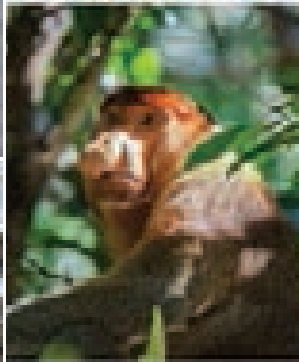
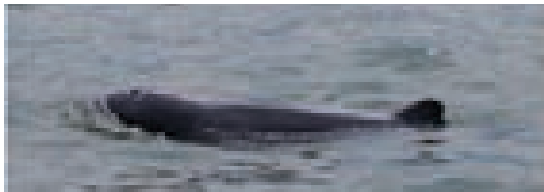
Most Sarawak tour operators offer trips to view feeding times at Semenggoh and Matang, often combined with other attractions. Please refer to tour operator listings for details.

KUCHING WETLANDS NATIONAL PARK

Located just 15 km from Kuching and 5 km from Damai Beach, Kuching Wetlands National Park is Sarawak's only RAMSAR Site, a wetland of international importance. The area has long attracted nature enthusiasts with its fascinating ecosystem and excellent wildlife viewing opportunities amidst the mangrove environment.

It is also home to one of Sarawak's three populations of rare and elusive Irrawaddy Dolphins, and offers the perfect opportunity to view these shy creatures in their natural habitat.

The park is also an important spawning and nursery ground for fish and prawn species and contains a wide diversity of wildlife; Proboscis Monkeys, Long-tailed Macaques, Silvery Langurs, Monitor Lizards, Estuarine Crocodiles, Kingfishers, White-bellied Sea Eagles and many shore birds, including the rare Lesser Adjutant Stork.



Sample Itinerary

(This award-winning cruise is offered by CPH Travel)

Kuching Wetlands & Irrawaddy Dolphin Cruise (afternoon & evening, April - October only)
Depart Kuching at midday for the Sarawak Boat Club to board your well-appointed launch. The launch will criss-cross the mouth of the Santubong River in search of the rare Irrawaddy (or Snubfin) Dolphin, which inhabits rivers, estuaries and shallow coastal areas. The Kuching Wetlands area is one of the best places in Sarawak to view this unusual looking marine mammal. The dolphins are often seen swimming and diving around small fishing boats and occasionally playing in the open water. You will need a keen eye to spot the dolphins at first, but after a short wait they can often be seen surfacing all around the boat.

Proceed to the tidal mangrove swamps to learn all about the mangrove ecosystem, keeping an eye open for Proboscis Monkeys, Silvery Langurs and young Estuarine Crocodiles. Then visit a Malay water village at the mouth of the Salak River. Continue exploring the mangroves until dark, when the boat's engines will be turned off as we drift along the shoreline spotting fireflies and Estuarine Crocodiles, whose eyes are reflected in the torchlight.

Return to the jetty and drive a few minutes to Buntal village for a gourmet seafood dinner overlooking the Bako-Buntal Bay, then transfer back to Kuching late evening.

Alternative Itineraries

Shorter morning-only or evening-only dolphin spotting, mangrove cruising and crocodile and firefly spotting trips are also offered. Kuching Wetlands can also be combined with visit to Satang Island for snorkelling or scuba diving.

Contact

CPH Travel (www.cphtravel.com.my) are Sarawak's marine tourism pioneers whose large, well-appointed boats are ideal for larger groups.

Buntal Boat Cruise, run by Ehwan bin Ibrahim (Tel: 019 826 5680) a licensed boatman from Buntal Village, offer cruises for groups up to 8 pax. Contact directly or book through local tour operators. Please refer to the listing on page 64 for details.

SPECIALIST NATURE TOURS

Sarawak's amazing biodiversity means that nature and wildlife are high on every visitor's agenda. To protect this valuable resource, the state has more totally protected areas (national parks, nature reserves and wildlife sanctuaries) than the rest of Malaysia combined, in terms of both number of sites (over 30) and total land area (around one million hectares). However, some species and subjects are simply too remotely located, or of too specialised interest, to appear on most tour operators' programmes. Fortunately a number of operators offer tailor-made specialist tours for dedicated nature-lovers of all descriptions. The following are just a few examples.

Frogs and Amphibians: Sarawak boasts over 100 amphibian species, including Asia's tiniest frog, the pea-sized *Microhyla nepenthicola*, found only in Kubah National Park, where it rears its microscopic young in the bowl of a dwarf pitcher plant. Other fascinating amphibians include the Giant River Toad, which grows up to 30cm in length, the Mulu Flying Frog and the unique Lungless Frog. Cat City Holidays (www.catcityholidays.com) and Straits Central Travel (kuchingtravelagency.com) offer 1-3 day frogging tours to Kubah National Park and Borneo Highlands as well as longer tailor-made expeditions. There's even a Borneo Frog Race held annually in April at Kubah National Park - further details from Straits Central.

Pitcher Plants: Sarawak has probably the world's greatest variety of carnivorous nepenthes (pitcher plants) of any region on earth. Borneo Touch Ecotour (www.walk2mulu.com) offer a 2D/1N pitcher plant trek from northerly Limbang that reveals at least 13 of Sarawak's 25 or more nepenthes species. They can also arrange longer tours covering more species and extending into the remote Kelabit Highlands, as can Borneo Adventure (see below).

Nature & Wildlife Photography: Professional and amateur nature photographers are spoilt for choice in Sarawak, with an estimated 12,000 animal and 15,000 plant species just waiting to be snapped. Amansar Travel (www.amansar.com) and Borneo Adventure (www.borneoadventure.com) offer custom nature photography tours guided by some of the region's leading nature photographers.



Orchids: Sarawak is home to over 1,000 orchid species, and orchid-hunting in the state was made famous by author Eric Hansen in two remarkable books; *Stranger in the Forest* and *Orchid Fever*. Hansen has worked closely with Borneo Adventure in the past, and they can offer custom tours and expeditions to view rare orchid species in their natural habitat, as well as visits to local orchid growers.

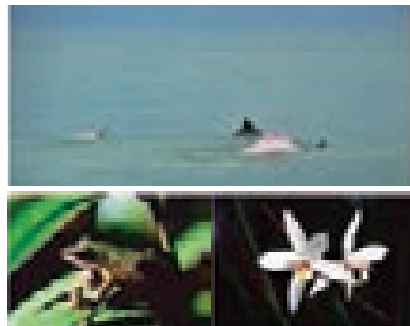
Insects & Other Invertebrates: This is where the numbers start to get truly astronomical. Sarawak boasts around 4,000 species of invertebrates, including the spectacular Rajah Brooke's Birdwing butterfly and various giant beetles and stick insects. Amateur and professional entomologists should contact Borneo Adventure (see above) for further details.

Rafflesias: Four species of the world's largest flower are found in Sarawak. The easiest place to view them is Gunung Gading National Park near Lundu in Southwest Sarawak. The park runs the world's only 'rafflesia hotline' (Tel: +60 82 735144) to let potential visitors know if flowers are about to bloom. Most local tour operators can arrange day trips and overnight visits.

Irrawaddy Dolphin Watching: See Kuching Wetlands National Park, page 34.

Birdwatching: See article on page 10.

Wild Orangutan Treks: See article on page 14.

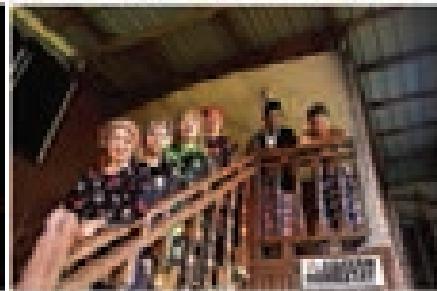
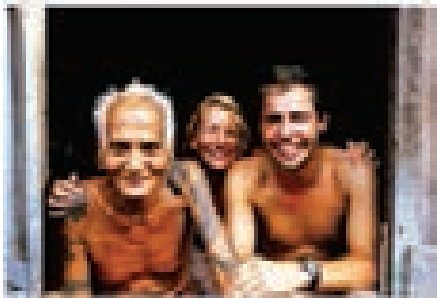


HOMESTAYS IN SARAWAK

There is probably no better way to discover the hidden secrets of Sarawak than to spend time with the indigenous communities and participate in their everyday lives. Sarawak offers a variety of homestay programmes, in almost every corner of the state, hosted by almost all of Sarawak's many ethnic groups.

You can enjoy everyday life in Malay fishing villages near Kuching; snorkel and dive over stunning corals from Melanau and Kedayan villages near Miri; enjoy tales of legendary headhunters in Iban and Bidayuh longhouses deep in the rainforest; trek from village to village through the spectacular Kelabit Highlands; search for proboscis monkeys and maroon langurs at Maludam; experience a floating homestay on a vast hydro lake; or simply relax in a traditional Malay village house in the heart of modern Kuching.

Most homestays are regulated by the Ministry of Tourism Sarawak and first-class hospitality is guaranteed.



Sample Itinerary

(Offered by Borneo Adventure, www.borneoadventure.com)

2D1N Mongkos Longhouse Homestay & Orangutans

Day 1 - Kuching – Semenggoh – Mongkos Longhouse. Pick up from Kuching hotel and depart for Semenggoh Wildlife Centre, to view semi-wild orang-utans (see page 32) Continue by road to Mongkos Bidayuh village past pepper gardens, rice fields and typical scenes of rural Sarawak. Mongkos is a thriving rural community and home to one of the few remaining traditional Bidayuh longhouses in Sarawak. Check in then visit the 24-door traditional longhouse made of wood and bamboo. Bidayuh-style lunch will be served on the longhouse verandah. After lunch learn about local history, including stories from the 'Confrontation' between Malaysia and Indonesia that ran from 1962-1966. See the bullet holes in the longhouse, the result of an Indonesian attack during the Confrontation. Meet local villagers and learn about the Bidayuh way of life. Basketry, *parang* (machete) making, weaving and *tuak* (rice wine) brewing can frequently be observed. Then relax, wander around the village or have a swim in the river. Dinner is served in the longhouse. Overnight in homestay accommodation.

Day 2 - Mongkos Village – Kuching. Enjoy breakfast and a cup of local coffee then take a guided walk along village trails and past farmland to reach a riverside picnic spot. Rice, pepper, cocoa rubber, oil palm, rambutan, mango, bananas, jackfruit, durian and a range of local vegetables are all grown in the small farms that surround the village. Relax or swim in the cool waters before enjoying a local-style lunch of bamboo chicken, rice and jungle ferns. After lunch walk back to the village. Say goodbye to your hosts and arrive back in Kuching around 5 pm.

Alternative Itineraries

The secret of enjoying Sarawak's homestays is to visit as many as possible during your stay – the possibilities are almost endless. Others are just waiting to be discovered. Visit the MOT Sarawak's homestay website (see left), contact local tour operators and try googling some of the homestay communities' own blogs.

Contact

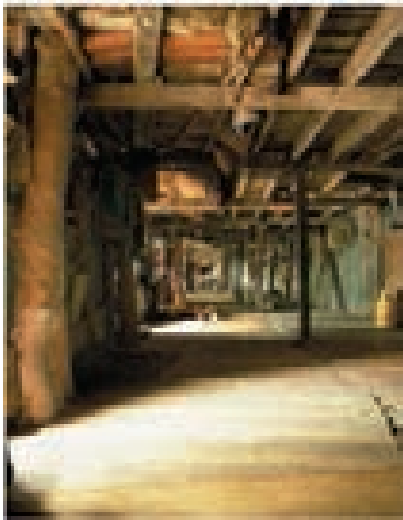
Ministry of Tourism Sarawak's homestay website, www.rightsarawak.com/Homestay. Most Sarawak tour operators offer packages with a variety of locations and itineraries. Please refer to the listing on page 64 & 65.

THE IBAN HEARTLAND

The Iban (formerly known as Sea Dayaks) are Sarawak's largest ethnic group. Former headhunters, they were once widely feared but their traditional hospitality is legendary, and visitors are guaranteed a good time. An Iban longhouse is a long row of separate dwellings covered by one roof, under the authority of a headman, or *tuai rumah*. Each family lives in its separate apartment, or *bilik*, and communal activities take place outside on the covered verandah, or *ruai*.

Longhouses are busy, modern farming communities, so traditional costumes are usually only worn for special festivals like Gawai Dayak (the Iban harvest festival, see page 24) and weddings. To see traditional rituals, customs and dances, it is best to travel with an organised tour group.

Most Iban longhouses that accept guests are on the Lemanak and Batang Ai river systems. Visits usually involve at least one overnight stop and a longboat trip on the river, but some longhouse safaris can last for a week or more. Guests can stay in the longhouse overnight, or if they prefer some privacy, some longhouses have hostels or lodges nearby.



Contact

Most Sarawak tour operators offer Iban longhouse visits with a variety of locations and itineraries. Please refer to the listing on page 64 & 65 for details.

Sample Itinerary

(Offered by Borneo Adventure,
www.borneoadventure.com)

3D/2N The Ulu Ai Experience

Day 1 – Up the Ai River. After breakfast, depart Kuching and drive to Batang Ai reservoir (4½ hours). Journey overland through rural Sarawak, passing by pepper gardens, cocoa and rubber plantations. Visit the colourful native market in Serian where a variety of jungle produce such as edible ferns, bamboo shoots and unusual tropical fruit are on display. Visit a pepper garden and stop by to view wild orchids and several species of pitcher plants. Have lunch en route. Upon arrival at the Batang Ai reservoir, proceed by longboat (1½ hours) upriver to Nanga Sumpa. Settle in at Borneo Adventure's lodge and have dinner. Evening free at leisure. Overnight at lodge.

Day 2 – Discover the Rainforest, Meet the Iban. Following breakfast hike the jungle trails along the river. Then continue upriver by longboat to the scenic Enseluai waterfall. Along the way your boatman may stop to demonstrate fishing Iban-style using a jala or throw net. Arrive at the waterfall and have time to relax, swim and enjoy the rainforest surroundings. Enjoy a riverside BBQ lunch prepared by your Iban hosts. Return to the lodge. Dinner at the lodge with local delicacies to enhance the meal. After dinner, visit Nanga Sumpa longhouse. Relax on the ruai (common verandah) and spend time with the Iban people. Interact with the community; learn about their culture and enjoy some local rice wine. Overnight at Nanga Sumpa lodge.

Day 3 – Farewell to the Iban. Following breakfast, depart down river by longboat, then overland. Lunch is taken en route. Proceed to Kuching and drop off at your hotel.

Alternative Itineraries

Guests who prefer not to overnight in a longhouse or jungle lodge may choose to stay at the Batang Ai Longhouse Resort, operated by Hilton, and visit longhouses in the daytime. Longhouse tours to the Lemanak River (ex Kuching), and the Upper Rejang River in Central Sarawak (ex Sibul) are also offered. Borneo Adventure and Borneo Transverse (see listings) also offer hard core trekking trips through the Ulu Ai rainforest.

THE MELANAU HEARTLAND

The Melanau, who make up 6% of Sarawak's population, inhabit the coastal region of Central Sarawak and are mainly fishermen and sago growers. They formerly lived in massive "tall houses" as protection against pirates, but nowadays build individual wooden houses in charming water villages.

The majority of Melanau are Muslim, with a significant number of Christians, and a small minority who practise the traditional religion, Liko ("people of the river"). An interesting Liko practice is the use of wooden effigies, called *berbayah* and *berayun*, for healing rituals. The Melanau are noted for religious tolerance, with Muslims, Christians and Liko adherents living happily side-by-side.

The Melanau Heartland, centred on the town of Mukah, is off the beaten tourist track. Yet it offers enchanting river journeys, bustling fishing harbours, and ancient water villages where visitors can see traditional boat builders at work and trains of sago logs being towed along the narrow rivers. Add in colourful Chinese temples, elegant mosques and churches, superb seafood and a vibrant and colourful culture and you have one of Sarawak's most fascinating destinations.



Sample Itinerary (Offered by Greatown Travel – Ex Sibul)

2D/1N Heartland of the Melanau
Day 1 – From Sibul to Mukah. After breakfast, take a stroll along Malaysia's longest river at the Rajang Esplanade, visiting the Tua Pek Kong Temple and its stunning Seven Storey Pagoda, then visit the biggest Central Market in Malaysia with over 1,200 stalls selling a huge variety of produce. Then proceed to Dalat via speedboat, cruising down the mighty Rajang & Igan Rivers. Turn into the Sungai Kut, an ancient hand-dug canal connecting two major river systems, and stop in a traditional Melanau Village to enjoy the atmosphere of this serene and peaceful place.

Continue to Dalat along the Sungai Kut, fringed by rainforest and mangroves. Visit the Church by the River with its remarkable altar piece, made from a traditional burial pole or *jerunei*, and view another impressive burial pole at the Jerunei Garden. After a short drive to Kampung Tellian, a water village near the town of Mukah, arrive at Lamin Dana. An authentic replica of a traditional Melanau Tall House, Lamin Dana is both a Melanau cultural centre and a comfortable homestay. Take a walk around the water village and watch the traditional boat builders at work. Enjoy an exotic Melanau dinner while watching fireflies amongst the trees. Overnight in Lamin Dana.

Day 2 - The Melanau Way of Life. After breakfast, take a boat ride along the Tellian and Misan Rivers to visit the sago processing centre, which produces sago pearls by hand the traditional way. Then cruise to Mukah market, to sample local delicacies such as *siet* (sago worms), *umai* (a fresh raw fish salad) and *tebaloi* (delicious sago crackers). Return to Lamin Dana for a traditional Melanau lunch before proceeding to Mukah Airport for onward flight to Kuching or back to Sibul via speedboat.

Contact

Greatown Travel (www.greatown.com) specialize in Central Sarawak and have a selection of tours to the Melanau Heartland and the Lower Rejang.

Suntravel (www.suntravelborneo.com) have strong links with the Melanau community and can tailor-make recreational and educational tours.

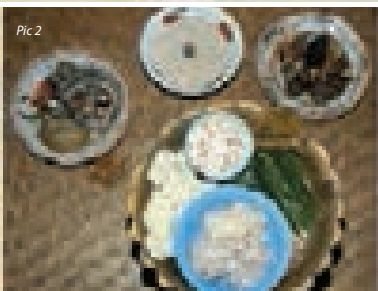
TRADITIONAL RITUALS AND RITES OF PASSAGE

The tribal communities of Sarawak are renowned for welcoming guests to participate in their own cultures and rituals. The rites of passage that mark different life stages are varied and fascinating, and taking part in them is frequently a life-affirming experience.

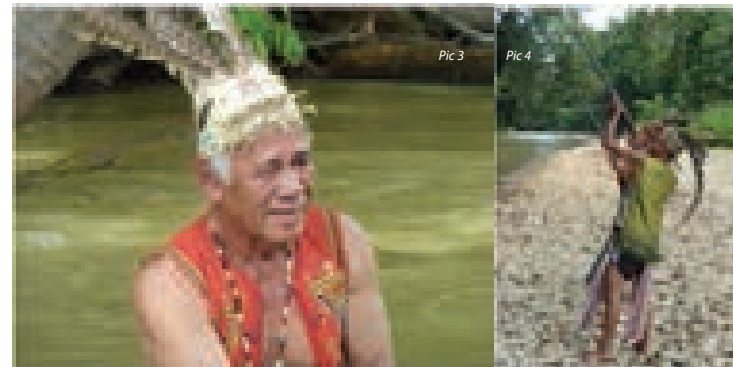
There are many different rituals and rites of passage that can be experienced in Sarawak. A child can undergo a naming ceremony in Iban or Orang Ulu style, and gain adoptive foster parents for life. A young man can celebrate his coming-of-age with a ceremonial tattoo. Health and wealth can be sought from the gods through a shamanistic ritual, and a well-heeled man can celebrate a prosperous retirement by hosting a hornbill feast. The possibilities are almost endless for people seeking to add meaning and substance to the various stages of their lives.



Pic 1



Pic 2



Pic 3

Pic 4



Sample Itinerary

(Offered by Suntravel – suitable for infants to primary school students)

5D/4N Authentic Iban Child Naming Ceremony Background. Iban children are only named when they are old enough for their first bath in the river, which is accompanied by an elaborate set of ceremonies calling on the gods and benevolent spirits to bring the child good health and fortune in later life.

Day 1 - Arrival & Briefing. From airport, transfer to Kuching and check into hotel. Meet your guide to discuss final details, then enjoy an alfresco seafood dinner.

Day 2 - Lemanak Longhouse. After breakfast, journey overland through rural Sarawak to Lemanak River (4½ hours). Then board a native longboat for a 60 minute river journey to the longhouse. You will be met with a rousing welcome from the chief and longhouse residents. After dinner the tribal elders will conduct a ceremony to pick some suitable Iban names for your child (usually names of prominent ancestors). The final name will be chosen by a cockerel pecking at balls of rice bearing the respective names. Spend the rest of the evening listening to tales of your child's 'ancestors', accompanied by a free flow of *tuak* (rice wine), then overnight in the longhouse.

Day 3 - Child Naming Ceremony. After breakfast, join the procession to the riverbank, where the designated elder recites an invocation for the Iban gods and various river spirits to attend the ceremony. Once this is complete, the flag-bearer 'slices' the river with a ceremonial sword so the ceremony may proceed. The 'grandparents' then bathe the child in the river (the child is not immersed and the experience should not be distressing), attended by the parents. The procession returns to the longhouse where the child, in its mother's arms, is sprinkled with holy water to cast away any bad omens. Once the ceremony is complete, lunch is hosted by the proud 'grandparents' for all those present at the ceremony. In the evening, a celebratory feast is held for the entire longhouse.

Day 4 - Return to Kuching. After a late and leisurely breakfast with the 'grandparents', say your fond farewells and depart downriver by longboat, then overland to Kuching with lunch en route. Proceed to city hotel for check-in. Evening free at leisure.

Day 5 - Departure. After breakfast you are free at leisure. Later, transfer out for departure flight or extension of stay.

Alternative Itineraries

The above is simply a sample of what is available. Celebrations of all life stages are held by the various peoples of Sarawak. Please enquire for further details or make your own suggestions.



Contact

Suntravel (www.suntravelborneo.com) offer traditional baby-naming packages and can arrange participation in various tribal rituals and ceremonies.

Borneo Adventure (www.borneoadventure.com) organize special interest tours for groups wishing to study Borneo shamanism and other aspects of traditional culture.

* Pic 1, 3 & 4 © Travelcom Asia
Pic 2 © Ashley Hale

EXOTIC TRADITIONAL WEDDINGS



Weddings in exotic settings are becoming increasingly popular, and Sarawak offers some wonderful wedding venues. The Sarawak Cultural Village (see page 48) frequently hosts wedding ceremonies in traditional Iban, Bidayuh, Malay or Orang Ulu style, and Old Kuching is the perfect setting for a White Rajah era wedding complete with Victorian costumes straight out of the Raj.

However, the most exotic and unforgettable choice is an authentic tribal wedding in a real upriver longhouse, with the host community joining in. As you tie the knot, the whole community will ask the spirits for good fortune and health in your future life together. Once married according to *adat* (customary law), you have the whole of Sarawak to choose from for a blissful honeymoon.



Sample Itinerary (Offered by Suntravel)

5D/4N Authentic Iban Longhouse Wedding

Day 1 - Arrival & Briefing. From airport, transfer to Kuching and check into hotel. Meet your wedding planner to discuss final details, then enjoy a romantic dinner.

Day 2 - Lemanak Longhouse. After breakfast, journey overland through rural Sarawak to Lemanak River (4½ hours), passing by pepper gardens, cocoa and rubber plantations. Visit the colourful native market in Serian where edible ferns, bamboo shoots and unusual tropical fruit are on display. Visit a pepper garden and stop by to view wild orchids and pitcher plants. Lunch en route. At the Lemanak River jetty, board a native longboat for a 60 minute river journey in the shade of overhanging ensurai trees. You will be met with a rousing welcome from the chief and longhouse residents. A special *miring* or welcoming ceremony will be performed before each partner is introduced to their adoptive family. Sip traditional rice wine on the verandah and learn more from your wedding planner about the rituals and ceremonies you will take part in to earn your spouse's hand in marriage. Dinner will be served with your respective foster families. Overnight in the longhouse.

Day 3 - Tribal Wedding Ceremony. After breakfast, proceed for a cruise up the Lemanak River and take your picnic lunch at the riverbank, cooked in bamboo the traditional way. Enjoy a swim in the jungle river before returning to take a well-needed rest before the wedding rites commence. The nuptial ceremony lasts most of the evening and is conducted the traditional way, with authentic costumes and full regalia, by the entire Iban community in attendance. Blessing rituals such as *Ngambi Indu* and *Melah Pinang* will take place, followed by merrymaking and fun and games until early morning. Overnight in the longhouse.

Day 4 - Return to Kuching. After a late and leisurely breakfast, say your fond farewells and depart downriver by longboat, then overland to Kuching with lunch en route. Proceed to your city hotel for check-in. Evening free at leisure, for a romantic stroll or boat ride along the Kuching Waterfront.

Day 5 - Departure. After breakfast you are free at leisure. Later, transfer out for departure flight or extension of stay.

Alternative Itineraries

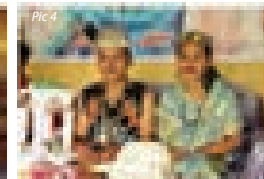
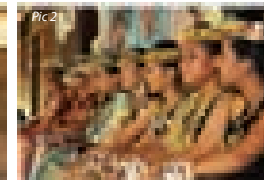
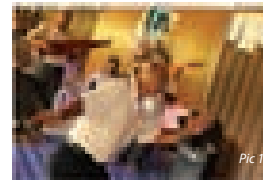
Couples may also opt for a traditional Bidayuh wedding (less travel time) or Orang Ulu wedding (more travel time). Similar ceremonies are perfect for wedding anniversaries or re-affirmation of vows. Christian ceremonies in traditional settings can also be arranged.

Contact

Suntravel (www.suntravelborneo.com) are the pioneers in arranging authentic tribal weddings in the interior of Sarawak.

Sarawak Cultural Village (see page 48) offers ethnic wedding packages in its traditional houses.

Many local tour operators offer **honeymoon packages**. Please refer to listings for details.



* Pic 1 - Pic 5 © Travelcom Asia

SARAWAK CULTURAL VILLAGE

One of Malaysia's best-known and most iconic cultural attractions, Sarawak Cultural Village is a unique award-winning living museum offering an exciting and informative introduction to local cultures and lifestyles. Nine authentic replica buildings represent every major ethnic group in Sarawak; Bidayuh, Iban and Orang Ulu longhouses, a Penan jungle settlement, a Melanau tall-house, a Malay town house, a Chinese farmhouse and pagoda. Each is staffed with members of their respective ethnic groups, in traditional costume, carrying out traditional activities. Every house has a "storyteller" who is an expert in describing and interpreting traditional cultures and lifestyles.

After touring the village, visitors can enjoy a multi-cultural dance performance in the village's own theatre, or even take dance, music and craft lessons. There is also a good ethnic restaurant and a handicrafts shop on-site. Other attractions and amenities include: a Sculpture Garden; the Rainforest Music House, with traditional instruments and interactive music workshops; and the Dewan Legenda (Hall of Legends), a creative space complete with dance studio, library, information centre, costume gallery, lecture hall and creativity room.

The Cultural Village can host theme dinners and parties, corporate events, seminars and product launches, and even traditional weddings, in authentic Iban, Bidayuh, Malay or Orang Ulu style. For guests wishing to stay longer, there is also a popular village-stay programme with accommodation in the traditional houses.



Sample Itinerary

(Offered by Sarawak Cultural Village)

2D/1N Village Stay Holiday Package

Day 1 – Village Tour & Cultural Show. Arrive at midday for authentic Sarawak-style lunch at the Budaya Restaurant, then check into accommodation (Bidayuh Longhouse, Iban Longhouse, Orang Ulu Longhouse or Melanau Tall House). Proceed for a guided tour of the village followed by a spectacular cultural show. Then free at leisure to enjoy the beach and sunset views across the road at Damai Central. Dinner in the Restaurant Budaya and overnight in ethnic house.

Day 2 – Jungle Walk and Hands-On Culture. Rise early for a guided walk through the foothills of the adjacent Gunung Santubong National Park. Your guide will explain the uses of the various forest plants and jungle produce. After a refreshing swim in the waterfall pool, return for a late breakfast. Spend the morning learning about Sarawak culture hands-on, with a traditional dance lesson, handicraft lesson and/or interactive music workshop (select 2 from 3). Enjoy lunch at the Restaurant Budaya, then transfer back to Kuching.

Alternative Itineraries

Shorter half-day or full-day village tours are also offered, as well 3D/2N and 4D/3N village-stay packages, headhunter theme parties and various corporate and incentive packages.



Contact

Sarawak Cultural Village (www.scv.com.my). Most Sarawak tour operators offer tours which include Sarawak Cultural Village. Please refer to the listing on page 64 for details.

ANNAH RAIS LONGHOUSE

Kampung Annah Rais is a large Bidayuh village centred around a centuries-old bamboo longhouse, one of the finest still in existence. The Bidayuh make up about 8% of Sarawak's population and were formerly known as Land Dayaks. They are gracious hosts and village is the perfect place to discover Bidayuh culture and learn about their fascinating way of life.



Sample Itinerary

(Offered by Suntravel, www.suntravelborneo.com – ex Kuching)

3D/2N Annah Rais Homestay

Day 1 – Orangutans & Longhouse. After breakfast, proceed to the Semenggoh Wildlife Centre to observe the semi-wild orangutans during feeding time. Over 20 rehabilitated and locally born orangutans roam this forest reserve, and many still return for extra feeding at the stations. Continue through padi fields and pepper farms to Annah Rais, a well-preserved Bidayuh (Land Dayak) longhouse. After a traditional lunch, take a guided tour of the longhouse to meet the villagers, experience the longhouse way of life and learn about local culture.

Join your host family for dinner, followed by a wine-tasting session of various varieties of the local tuak (rice or fruit wine) and a video presentation on Bidayuh history and culture. Overnight in family homestay.

Day 2 – Jungle Waterfall & Hot Springs. Hike through tropical rainforest, to the spectacular Biduan Waterfall (2 hrs). See local flora & fauna, fruit trees, rice farm and cash crops (pumpkin, cucumber, sweet corn, etc.). Along the trail, your experienced local guide will explain about the surrounding jungle and how the locals make use of the natural resources. Experience crossing rivers on traditional bamboo bridges. After a cooling swim at the stunning 3-tiered waterfall, enjoy a picnic lunch then trek back to the longhouse, stopping at the Annah Rais Hot Springs. This natural jungle spa is fed by geothermally-heated crystal clear mountain water, perfect for washing away grime and easing tired muscles.

After dinner, enjoy a cultural show with traditional Bidayuh music and dancing, and try your hand at playing the ancient brass gongs and unusual percussion instruments. Overnight in family homestay.

Day 3 – Farm Visit & Farewell. Following breakfast, take a short trek to a nearby farm to see local crops like tapioca, yams, ginger and bananas and to taste the local sugar cane. Visit the traditional beehives to sample excellent organic honey then return to the longhouse for a farewell lunch with your host family. Proceed to Kuching and drop off at your hotel.

Alternative Itineraries

Guests may also visit Annah Rais as a day trip or a 2D/1N package. Less strenuous activities are also offered. Similar options are available at Kampung Benuk, another well-preserved Bidayuh longhouse. Serious trekkers may prefer longer, more demanding treks to remote and unspoilt Bidayuh hill villages.



Contacts

Most Sarawak tour operators offer tours to Annah Rais and other Bidayuh communities. Please refer to the listing on page 64 for details.



SHOPPING IN SARAWAK

Sarawak is a shopper's paradise with a huge variety of unusual and interesting handicrafts, antiques and artefacts. Modern shoppers are equally well served with good quality malls, department stores, supermarkets and vibrant traditional markets.

Antiques, Handicrafts and Souvenirs

The picturesque waterfront street of Main Bazaar houses most of Kuching's antiques and handicrafts shops - dark, cluttered spaces that look like Dickens' *The Old Curiosity Shop* meets Conrad's *Heart of Darkness*. This is antique shopping at its finest, with superb bargains to be had. Outside Kuching, Jalan Bendahara and Jalan Yu Seng in Miri and Jalan Blacksmith in Sibiu are good places to look, as well as the towns of Kapit and Marudi.

Food Items

Popular food items include birds' nests, which are very affordable here, Sarawak pepper, said to be the world's finest, and the much loved *kek lapis* (Sarawak layer cakes)

Books Etc.

Books on Borneo history, arts, crafts and society are available in the better bookstores, along with CDs of traditional music.

Shopping Malls

Sarawak's upmarket malls offer genuine international designer wear alongside equally authentic Swiss watches and high tech items such as smartphones, i-Pads and personal computers. Many of these items are priced far lower than in Europe, Japan or North America, offering great value for money.

Markets

Every town and village in Sarawak has a market, where all manner of goods are offered for sale in a wonderfully noisy and bustling atmosphere. Those that should not be missed are the Satok Weekend Market in Kuching, the Cental and Night Markets in Sibiu, the Town Market in Serian and the Pasar Tani (farmers' market) and Saberkas Weekend Market in Miri.

Sample Itinerary

Most tour operators' itineraries include shopping experiences and market visits.

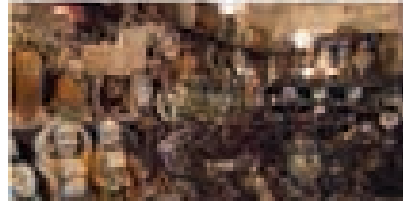
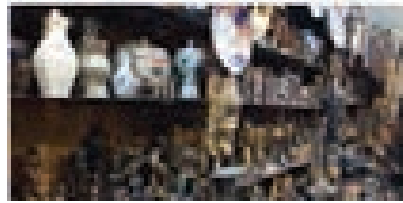
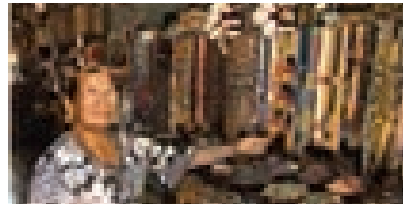


Photo © Plaza Merdeka

Contact

For up to date shopping information and contact details, get a copy of STB's Sarawak Visitor's Guide, or visit the guide's updated website at www.borneoguides.com.

REMEMBRANCE & MEMORIAL TOURS

Although not a major area of conflict during WWII, Sarawak has some notable war graves and memorials of great interest to surviving families and descendants of the fallen, as well as anyone with an interest in the Japanese Occupation. A number of older graves and memorials, dating from the Brooke Era to as far back as the Brunei Empire, appeal to both amateur and professional historians and archaeologists



Photo © Telang Usan Travel

Sample Itinerary (Offered by Telang Usan Travel)

War Memorial & Brooke Era Tour – Half Day
Start with a visit to the Heroes' Memorial, erected in honour of the brave soldiers who died defending the sovereignty of Sarawak. Next, visit Batu Lintang, location of the notorious Internment & POW Camp, including the Punjabi Ammunition Hut and the remains of the Japanese Flag Pole. This is followed by the Air Raid Shelter at Park Lane. Then proceed to view the heritage buildings of the Brooke era – Fort Margherita, the Astana, the Old Court-house, the Square Tower, the General Post Office building, the Textile Museum and the Sarawak Museum - before returning to your hotel.

Alternative Itineraries

Visits to memorials can include remembrance ceremonies; local religious and veterans groups are keen to assist. Tours can also be designed for visitors interested in earlier historic graves and memorials throughout the state.

Contact

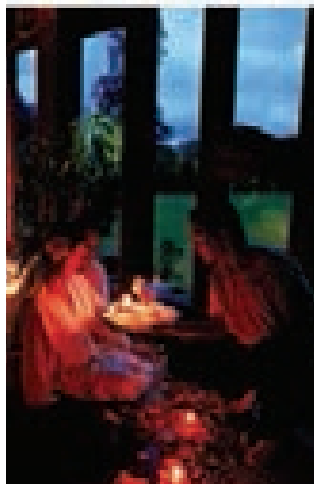
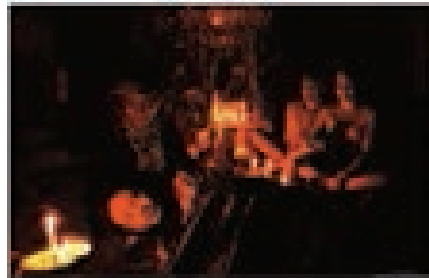
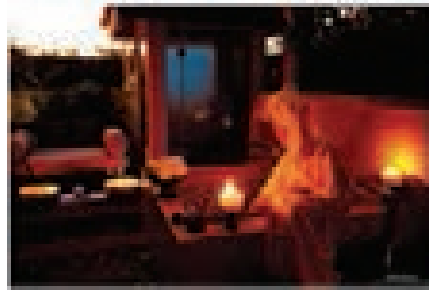
Telang Usan Travel & Tours, www.telangusan.com, offer a variety of remembrance and memorial tours and activities.

SPA & WELLNESS

Sarawak is so famous for its culture, nature and adventure activities that it is often overlooked as a spa and wellness destination. However, with so many different ethnic groups preserving and practicing their traditional healing activities, the state is a paradise for relaxation and recuperation.

Major hotels and resorts in Sarawak offer day spa facilities, many to a very high standard, but even more fascinating is the opportunity to consult traditional healers of various types. In the cities, Chinese reflexologists, herbalists and traditional masseurs abound, along with masseurs and therapists who practice various modern styles and disciplines.

Out in the countryside, you can experience traditional Malay or Bidayuh massage complete with rainforest herbs and ointments, soak in hot springs in the middle of the jungle, have bad spirits cast out by experienced shamans, or even be ritually healed by the wooden sickness-figures of the Melanau.



Itinerary

Nobody has yet designed a spa and wellness itinerary for Sarawak - you could be the first! However, most local tour operators will happily include spa and wellness activities in their existing tour itineraries. If you have an strong interest in shamanism, contact Borneo Adventure (see listings page) who have experience of organizing shamanism tours for student and research groups.

Contact

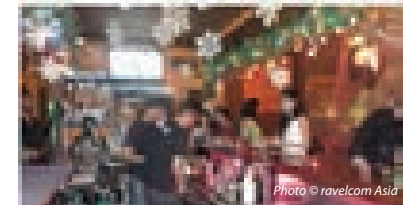
Borneo Odyssey Spa, www.damaibeachresort.com.
D'Puri Spa Village, www.damaipuriresort.com.
Hornbill Jungle Spa, www.borneohighlands.com.my
Mandara Spa, www.marriott.com/myymc.
Thai Legend, www.thailegend.com.
Tjantek Spas, www.tjantekspamiri.com.
Tribal Remedy, www.tribalremedy.com.
Local tour operators can advise on traditional healing activities.

ENTERTAINMENT & NIGHTLIFE

A generation ago, you would be lucky to find a pub or bar in Sarawak that was open after 10 pm. Nowadays, that is the time when most places start to wake up. Sarawak's larger towns and cities - Kuching, Sibul, Bintulu and Miri - offer entertainment and nightlife possibilities to suit almost all tastes, from quiet corner pubs to elegant cocktail bars, live music venues, karaoke lounges and pounding dance clubs.

Beverage prices are remarkably low compared with the rest of Malaysia, and most outlets also have tempting "happy hour" offer, with discounts or 2-for-1 deals. Drinks on offer range from *tuak* (rice wine) and locally-brewed beers to imported beers, fine wines, malt whiskies and exotic cocktails and mocktails. Most outlets are open daily from around 5 pm to 1 am or later.

Apart from the prices, what visitors always enjoy the most is that the locals are so open and welcoming – you can happily wander into most bars in Sarawak and leave an hour or two later having made some wonderful new friends. Begging drinks from tourists is totally unheard of – often you will struggle to pay for your round.



Itinerary

Creating entertainment itineraries is quite pointless – like anywhere else, Sarawak's nightlife scene is constantly changing, with new places popping up like mushrooms as others fall by the wayside. Every operator and tour guide in Sarawak will be able to make good recommendations for a casual bar visit or even an all-night pub crawl.

Contact

For an up-to-date list of entertainment and nightlife outlets, get a copy of STB's Sarawak Visitor's Guide, or visit the guide's updated website at www.borneoguides.com.

DINING IN SARAWAK

In Sarawak, food is something we take very seriously indeed. In fact eating out is something of a local passion; at the last count there were more than a thousand food outlets in Kuching alone. As well as typical Malaysian and Western fare, there is a whole kaleidoscope of local delicacies waiting to be enjoyed, thanks to our rich multicultural heritage.

Local Specialities

We take great pride in our signature dishes: Sarawak *laksa*, a fragrant and spicy soup of vermicelli noodles, prawns and beansprouts; *kolo mee*, a wonderful oily mix of noodles with minced pork or chicken; *midin* and *paku*, two varieties of crispy fried jungle ferns; *manok pansoh*, chicken steamed in bamboo longhouse style; *umai*, the spicy Melanau raw fish salad; and even sago worms (raw or stir fried)! Previously these dishes were only available in local homes, but in recent years a variety of fine dining restaurants have sprung up focusing on the unique flavours of Sarawak. Better still, head for the villages and longhouses to savour these dishes in their natural settings.

Malaysian Food

We also enjoy classic Malaysian dishes, whether Malay, Chinese or Indian, such as fish head curry, banana leaf rice, *nasi lemak* and *char kway teow*, as well as superb fish and seafood, fresh from the South China Sea. Even the smallest towns in Sarawak can offer all of these culinary delights, cooked to perfection.

Western & International

In Sarawak's major towns and cities, diners can choose from 5-star hotel outlets and hundreds of speciality restaurants, offering fine cuisine from dozens of countries. What is not so international, however, is the price – Sarawak offers some of the best-value fine dining in Southeast Asia. If you get a little homesick for your favourite western fast-food, international franchise outlets can be found all over the state.

Itinerary

Most tour operators' itineraries include exciting culinary experiences, and they are usually happy to add as many as you wish. Specialist food trails and cook's tours are described on page 58.



Hawker Stalls

Some of the best places to eat local food are coffee shop and food centre hawker stalls, each with their own signature dishes. Prices are rock bottom and ingredients are always freshly prepared. For many breakfast and lunchtime venues, it is best to come early before they sell out.

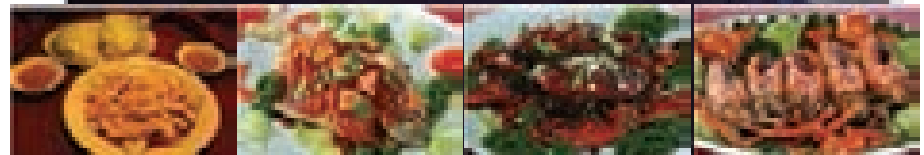
Festive Dining

Religious and ethnic festivals are a great way to discover Sarawak cuisine, thanks to our wonderful "open house" tradition. Visit an Iban longhouse during Gawai Dayak to enjoy delicious jungle produce accompanied by *tuak* (rice wine), drop by a Malay kampung at Hari Raya for *rendang* (spicy dry curry) and *kek lapis* (Sarawak layer cakes), or experience rich and sweetly flavoured mooncakes during the Chinese mid-autumn festival.



Contact

For up to date dining information and contact details, get a copy of STB's Sarawak Visitor's Guide, or visit the guide's updated website at www.borneoguides.com.

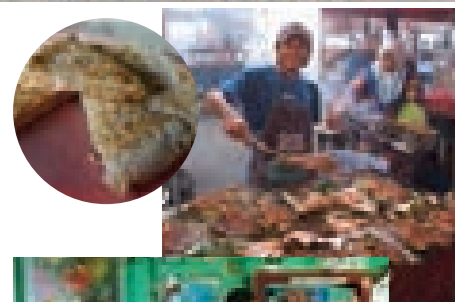
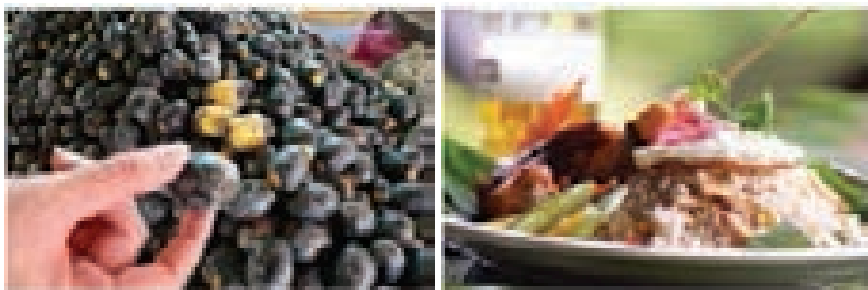


SARAWAK'S FOOD TRAILS

Sarawakians are different to other Malaysians. We don't greet people with "How are you?" – we always ask "Have you eaten?" which is a measure of the importance of good food in our society. With its widely diverse ethnic cuisines and culinary influences from all over Europe and Asia, Sarawak is a gourmet's paradise.

It is very easy to discover Sarawak's culinary delights for yourself, whether you are visiting with a tour group or travelling independently. However, the best way to gain an insight into Sarawak's amazing food culture is to spend a few days with a local chef on a gourmet cook's tour, sampling the best that Borneo has to offer and learning how to cook these amazing dishes it yourself.

Local tour operators can create almost any kind of gastronomic tour, focusing on Sarawak's spectacular seafood, the Foochow culinary tradition of Sibuan, or even DIY jungle survival cooking. Probably the easiest introduction to local cuisine is a cook's tour of Kuching and surroundings, allowing you to experience incredible variety in just a few days.



Sample Itinerary (Offered by Amansar Travel, www.amansar.com)

4D/3N Chef's Tour

Day 1 – City Tour & Seafood Dinner. Arrive at Kuching International Airport, meet your culinary guide (a noted professional chef) and proceed for a hawker stall lunch for an introduction to the local food scene. Proceed for a city tour, with the emphasis on produce markets, spice dealers and exotic ingredients. In the evening, spend time learning from the head chef in a local seafood restaurant, then enjoy a sumptuous fresh seafood dinner. Overnight in hotel.

Day 2 – City Cooking Class. After breakfast, join your chef for ingredient shopping at a local market, after which you will cook your purchases under expert supervision and enjoy a splendid lunch of fresh local ingredients. After lunch, return to the cooking class for further instruction on ingredients, tips and advanced techniques. In the evening, visit a traditional Dayak restaurant to sample longhouse-style dishes accompanied by tuak (rice-wine) tasting. Overnight in hotel.

Day 3 – Up-Country Cooking Class. After breakfast, drive for an hour or so into the countryside, stopping at roadside stalls along the way to buy fresh and exotic ingredients. Arrive at a Bidayuh village where the local ladies will teach you how to cook a traditional lunch using only implements made from natural materials from the rainforest. After lunch, enjoy a tour of the village and surrounding farms and orchards. Evening free at leisure to discover Kuching's culinary traditions for yourself. Overnight in hotel.

Day 4 – Sarawak's Signature Dish & Farewell. Rise early to join one of Kuching's most popular stall operators, who will show you how to prepare Sarawak Laksa – vermicelli noodles, prawns, egg, chicken and beansprouts in a rich, uniquely spiced soup. After enjoying your self-cooked hawker stall breakfast, free at leisure to shop for exotic ingredients until transfer out.

Alternative Itineraries

Shorter half-day or full-day cooking classes are also offered, as well as village-stay culinary packages, extended gourmet tours lasting a week or more, professional cooking courses, food-tasting tours for those who prefer not to cook, and various corporate and incentive culinary packages.

Contact

Many local tour operators can arrange culinary tours to fit your exact needs. Please refer to the listing on page 64 & 65 for details.

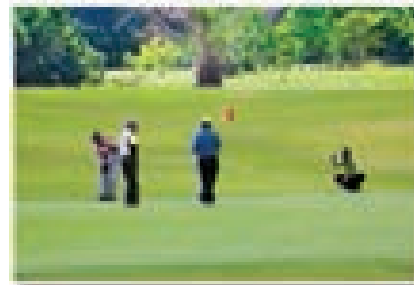
GOLFING IN SARAWAK

Sarawak has some of the most scenic and challenging golf courses in Malaysia. An energetic player can tee-off above the clouds in the early morning, savour a fresh seafood lunch, then enjoy the sunset view from a seaside links course in the afternoon.



The championship standard courses include: **Kelab Golf Sarawak**, **Damai Golf Club** and **Hornbill Golf & Jungle Club**, all within easy reach of Kuching in the southwest; and **Miri Golf Club** and **Eastwood Valley Golf Club** in Miri in the northeast. With 18-hole courses also at **Sibu** and **Bintulu**, it's possible to play the state from top to bottom in just a week.

Ardent golfers with non-golfing family members should note that all of Sarawak's courses are located close to fascinating natural and cultural attractions.



Sample Itinerary

(Offered by Borneo Transverse)

This itinerary is designed for groups of families and friends comprising golfers and non-golfers.

3D/2N Weekend Golf & Family Getaway

Day 1 – Kelab Golf Sarawak. Arrive Kuching on morning flight. Check into hotel & proceed for lunch at Kelab Golf Sarawak.

Golfers: Play 18 holes on one of the two KGS courses - the old course for lovers of fast greens or the new course for those with no fear of water hazards.

Non-golfers: Take a City Tour of Kuching, including the world's first Cat Museum, Main Bazaar, Kuching Waterfront, Civic Centre, Tua Pek Kong Temple and Sarawak Museum

Both: Seafood dinner at Top Spot Food Centre, overnight in city hotel.

Day 2 – Golfing in the Clouds. Rise early to visit the orang-utans at Semenggoh Wildlife Centre, then proceed to Annah Rais Longhouse to learn about the Bidayuh way of life. Traditional lunch at longhouse then transfer to Hornbill Golf & Jungle Club, Borneo Highlands.

Golfers: Play 18 holes on this challenging and uniquely beautiful mountain course, where it's just a single step from fairway to forest.

Non-golfers: Enjoy the organic farm and gardens and the view from the spectacular Kalimantan Lookout Point, or sample a variety of relaxing treatments at the Jungle Spa (at own expense).

Both: Dinner & overnight at Hornbill Golf & Jungle Club.

Day 3 – Damai Golf & Country Club. Rise early and transfer to Damai after Breakfast.

Golfers: Spend the morning playing 18 holes on the Arnold Palmer-designed Damai Golf Course.

Non-golfers: Enjoy a guided tour of the world-famous Sarawak Cultural Village, including the spectacular cultural show.

Both: After a delicious seafood lunch at Buntal Village, transfer to airport for flight out.

Contact

Borneo Transverse (www.borneotransverse.com.my) offer weekend golfing breaks and longer custom-made golfing tours.

Insar Tours & Travel (www.insar.com) specialise in golfing tours for the Japanese and Korean markets.

DAMAI BEACH & THE SANTUBONG PENINSULA

Damai Beach is Sarawak's most popular beach resort area and the perfect base for discovering Southwest Sarawak. Located on the Santubong Peninsula, where Mount Santubong rises majestically from the sea, Damai offers attractions for guests of all ages; sleepy fishing villages, unspoilt jungle, superb seafood restaurants, an Arnold Palmer-designed golf course, a world-famous "living museum", and a choice of beach resort hotels, eco-lodges and guest houses.

Possible tours and excursions include jungle treks to the summit of Mount Santubong, Irrawaddy dolphin watching tours, river cruises and wildlife watching tours, and bird watching at Buntal - one of Malaysia's most important sites for migratory birds. Visible offshore are two small islands - Pulau Satang Besar and Pulau Satang Kecil - which are part of the Talang-Satang National Park, an important sea turtle conservation zone.

Sarawak also offers a number of more rustic beach destinations for adventurous travellers. Sempadi, Lundu and Sematan, along the coast west of Kuching, have excellent white sand beaches with accommodation in small chalet resorts and village homestays. Both Bintulu and Miri in Northern Sarawak offer fine city beaches, and there is a good selection of beaches running south from Miri with basic lodge or homestay accommodation available. Some of the most secluded beaches are located in Sarawak's National Parks, especially Bako, Tanjung Datu and Similajau.



Photo © Village House



Sample Itinerary

(Offered directly by Amogha Tours, www.amoghatourstravel.com)

4D/3N Damai Beach Culture & Fun

Day 1 - Damai Beach Resort. Meet and greet at Airport then proceed for lunch at a local restaurant followed by a half-day city tour of Kuching, including Main Bazaar, Kuching Waterfront, Civic Centre, Tua Pek Kong Temple and Sarawak Museum. Transfer to Damai Beach Resort for check in, then free at leisure to enjoy the beach and the spectacular sunset view. Overnight at resort.

Day 2 - Jungle Trekking & Survivor Cooking. After breakfast proceed for jungle trekking in Mount Santubong National Park. See pitcher plants, wild orchids and catch a glimpse of macaques, squirrels, lizards, otters, birds and insects. Then start to prepare the Survivor Cooking Lunch. The instructor will show how to prepare a delicious meal using only materials and produce found in the jungle. Return to resort to relax or take an optional evening cruise. Dinner & overnight at resort.

Day 3 - Sarawak Cultural Village. After breakfast, take a brief stroll to Sarawak Cultural Village, the world-famous living museum where you can "see Sarawak in half a day". Visit all of the village's traditional houses - Bidayuh, Melanau, Penan, Chinese, Iban, Malay and Orang Ulu - for an excellent introduction to local cultures and lifestyle. The highlight is the multi-cultural dance performance in the village's theatre. After a traditional lunch at the Cultural Village, free at leisure to enjoy the beach or explore the surroundings. Dinner & overnight at resort.

Day 4 - Buntal Seafood Village & Departure. After breakfast, free at leisure until 11.30 check-out. Then head for an al-fresco seafood lunch overlooking the bay at Kampung Buntal. Keep an eye open for the many rare waterbird species visible here. After lunch, proceed to airport for departure.

Alternative Itineraries

Shorter and longer tours are also offered, to Damai and other destinations, as well as various corporate and incentive packages.

Contact

Most local tour operators offer Damai packages and tours to other beach destinations. Please refer to the listing on page 64 for details.

TOUR OPERATOR LISTINGS

KUCHING

Adventure Alternative Borneo Sdn Bhd, 37 Jln Tabuan, 93100 Kuching. Tel: +6082 248000, www.aaborneo.com.

Amansar Travel & Tours Sdn Bhd, Suite #02-3, Wesberly House, Rubber Road West, 93400 Kuching. Tel: +6082 241200, www.amansar.com.

Amogha Tours and Travel Sdn Bhd, Cp 201, Batu Kawah New Township, Jln Batu Kawa, 93250 Kuching. Tel: +6082 463984, www.amoghatourstravel.com.

Bel-Air Travel & Tours Sdn Bhd, 255, Jln Datuk Wee Kheng Chiang, 93100 Kuching. Tel: +6082 414419, www.bel-air.com.my.

Borneo Adventure Sdn Bhd, 55 Main Bazaar, 93000 Kuching. Tel: +6082 245175, www.borneoadventure.com.

Borneo Experiences by Singgahsana Lodge Adventures Sdn Bhd, 96 Main Bazaar, 93000 Kuching. Tel: +6082 429239, www.borneoexperiences.com.

Borneo Exploration Tours & Travel Sdn Bhd, 76 Jln Wayang, 93100 Kuching. Tel: +6082 252137, www.borneoexplorer.com.my.

Borneo Fairyland Travel & Tour Sdn Bhd, Sarawak Tourism Complex, Block C1, Jalan Tun Abang Haji Openg, 93000 Kuching. Tel: +6082 420194, borneofairyland.tripod.com.

Borneo Interland Travel Sdn Bhd, No 63, 1st Floor Main Bazaar, 93000 Kuching. Tel: +6082 413595, Facebook: Borneo Interland Travel.

Borneo Transverse Tours & Travel Sdn Bhd, No 15, Jln Green Hill, 93100 Kuching. Tel: +6082 257882, www.borneotransverse.com.my.

Borneo Tours Sdn Bhd, Lot 153, Jln Ban Hock, 93100 Kuching. Tel: +6082 246422 / 424331, www.borneotours.com.my.

Borneo Trek & Kayak Adventure Sdn Bhd, Lot 8962, Jln Sekama, 93300 Kuching. Tel: +6013-8048338 / +6082 240571, www.rainforestkayaking.com

Cat City Holidays Sdn Bhd, Suite 29, Kueh Hock Kui Commercial Centre, Jalan Tun Ahmad Zaidi Aduce, 93150 Kuching. Tel: +6082 414200, www.catcityholidays.com.

CPH Travel Agencies (Sarawak) Sdn Bhd, No 70, Jln Padungan, 93100 Kuching. Tel: +6082 421018, www.cphtravel.com.my.

Diethelm Travel & Tours Sdn Bhd, 2nd Floor, Lot 257 Jln Chan Chin Ann, 93100 Kuching. Tel: +6082 412778, www.diethelmtravel.com.

Great Leap Tours Sdn Bhd, 2nd Floor, RH Plaza Blk 16, Jalan Lapangan Terbang, 93250 Kuching. Tel: +6082 457181, www.greatleap.com.my.

Ik Chin Travel Service (K) Sdn Bhd, Sublot 17, Panavol Commercial Centre, Jln Simpang Tiga, 93300 Kuching. Tel: +6082 411323, www.ikchin.com.my.

Insar Tours & Travel Sdn Bhd, Lot 2598, 2nd Floor Wisma Sandhu, Green Road, 93150 Kuching. Tel: +6082 248112, www.insar.com.

Inter-Borneo Tours Sdn Bhd, 91 Jln Green Hill, 93100 Kuching. Tel: +6082 233193, www.inter-borneo.com.

Inter-Continental Travel Centre Sdn Bhd, Lot 572-3, Section 10, Jalan Nanas, 93400 Kuching. Tel: +6082 256155, www.intercont.com.my.

Interworld Travel Service Sdn Bhd, No 1 Temple St., 93000 Kuching. Tel: +6082 252344, borneobudgetvacation.com

Jambu Journeys Sdn Bhd, 32 Jln Crookshank, 93200 Kuching. Tel: +6012-3721850, www.jambujourneys.com.

Journey Travel Agencies Sdn Bhd, Hilton Hotel Lobby, Jln Borneo, 93100 Kuching. Tel: +6082 251187 Email: dolores@pd.jaring.my.

Kuching Holiday & Car Rental Sdn Bhd, Sarawak Tourism Complex, Block D1. Jalan Tun Abang Haji Openg, 93000 Kuching. +6082 – 422955 / 486514. Email: Kuchingholiday@yahoo.com

Lung Chia Pin Travel & Tours Sdn Bhd, No 42 Jln Padungan, 93100 Kuching. Tel: +6082 256781, Email: angelalcp2010@hotmail.com.

Matahari Tours Sdn Bhd, Lot 32 Sect 51, No 68, Jalan Padungan, 93100 Kuching. Tel: +6082 246333, www.mataharitours.com.

Mayflower Acme Tour Sdn Bhd, No 254, 1st Floor, Teck Gun Building, Jln Padungan, 93100 Kuching. Tel: +6082 410110 www.mayflowercarrental.com.my.

Ooo Haa Tours & Travel Sdn Bhd, 1st Floor, 40 Main Bazaar, 93000 Kuching. Tel: +6012-5269719, Email: g o g o _ v a c a t i o n @ h o t m a i l . c o m www.gomalaysiatour.com.

Samasa Tour & Travel Sdn Bhd, 358 Rubber Road, 93400 Kuching. Tel: +6082 258888, www.samasa.travel.

Straits Central Travel & Tour Agencies Sdn Bhd, No 123, Lot 41, Sect 33, Jln Tabuan, 93100 Kuching. Tel: +6082 242295, www.kuchingtravelagency.com.

Suntravel Sdn Bhd, 18 Ground Floor, Wisma Phoneix, Jln Song Thain Cheok, 93100 Kuching. Tel: +6082 422023, www.suntravelborneo.com.

The Sarawak Steamship Co. Bhd, 52 Main Bazaar, 93000 Kuching. Tel: +6082 243366, www.sarawaksteamship.com

Tours of Joy Sdn Bhd, 30M, Ground Floor, Teochew Association Building, Jln Tabuan, 93100 Kuching. Tel: +6082 243089, Email: ycpek@tm.net.my

Telang Usan Travel & Tours (S) Sdn Bhd, c/o Telang Usan Hotel, Persiaran Ban Hock, 93100 Kuching. Tel: +6082 236945, www.telangusan.com.

Ucatay Travel & Tours Sdn Bhd, 106, Jalan Simpang Tiga, 93300 Kuching. Tel: +6082 411879, Email: ucatay@hotmail.com

Wah Tung Travel Service Sdn Bhd, 7K Ban Hock Road, 93100 Kuching. Tel: +6082 248888, www.wahtung.travel.

SIBU

Equatorial Tours & Travel, Ground Floor, Wisma Equatorial, 11 Raminway, 96000 Sibiu. Tel: +6084 331599, Email: equatorial@asia.com.

Great Holiday Travel, 23, 1st Floor, Pusat Pedada, Jalan Pedada, 96000 Sibiu. Tel: +6084 348196, www.ghtborneo.com.

Greatown Travel Sdn Bhd, No. 6, 1st Floor, Lrg Chew Siik Hiong 1A, 96000 Sibiu. Tel: +6084 219243 / 211243, www.greatowntravel.com.

Golden Horse Travel & Tours Sdn Bhd, No 62, Jalan Kampung Nyabor, 96000 Sibiu. Tel: +6084 – 323288 gohorse@pd.jaring.my

Metropolitan Travel Services, 72-74 Jln Market, 96000 Sibiu. Tel: +6084 313155, Email: mtssbw8@streamyx.com.

Sazhong Trading & Travel Service, 4 Jln Central, 96000 Sibiu. Tel: +6084 336017, sazhong.yolasite.com.

Sentiasa Travel Services, 2A, Jln Persiaran Brooke, 96000 Sibiu. Tel: +6084 329293, Email: sentiasa@hotmail.com

Team Leisure Travel, G41, Medan Mall, 6 Jln Wong King Huo, 96000 Sibiu. Tel: +6084 344577, www.teamleisure.com.my.

MIRI

Borneo Jungle Safari, Lot 1396, 1st Floor, Centre Point Commercial Centre II, Jln Kubu, 98000 Miri. Tel: +6085 422595, www.borneojunglesafari.com.

Brighton Tour & Travel Sdn Bhd, 15 Level 2 Soon Hup Tower, Jln Maju, 98000 Miri. Tel: +6085 433113, www.brightontt.com.

Inter-Continental Travel Centre Sdn Bhd, 669, Ground Floor, Jln Tritonia, off Jln Permairui, 98000 Miri. Tel: +6085 432007, www.intercont.com.my.

Happy Trails Borneo Tours Sdn Bhd, Lot 1081, 1st Floor, Jln Merpati, 98000 Miri. Tel: +6085 433511, www.borneomainland.com.

KKM Travel & Tours, Lot 236, Taman Jade Manis, 98000 Miri. Tel: +6085 417899, www.kkmtravelintours.com.

Majestic Leisure & Tours, Lot 1084, 1st Floor, Jln Merpati, 98000 Miri. Tel: +6085 427751, www.borneotravelnetwork.com.

Minda Nusantara Tours & Travel Agencies Sdn Bhd (Minda Travel), 1338, 2nd Floor, Jalan Sri Dagang Road, 98000 Miri. Tel: +6085 414433, www.mindatravel.com.my.

Planet Borneo Tours, Lot 273, Brighton Centre, Jalan Temenggong Datuk Oyong Lawai, 98000 Miri. Tel: +6085 415582, www.planetborneotours.com.

Sayu Travel & Tours, 1st Floor, No. 8, Bangunan Sim Peng Lim, Jalan Merbau, 98000 Miri. Tel: +6085 426100, Email: sayumiri@streamyx.com

Transworld Travel Services, 2.04 2nd Floor, Wisma Pelita Tunku, 98000 Miri. Tel: +6085 422227, www.twtmiri.com.my.

Tropical Adventure Tours & Travel, No 12, Ground Floor, Soon Hup Tower, Jln Merbau, 98000 Miri. Tel: +6085 419337, www.borneotropicaladventures.com.

LIMBANG

Borneo Touch Ecotour Sdn Bhd, 2nd Floor, 2065 Rickett Commercial Centre, 98700 Limbang. Tel: +6013 8443861, www.walk2mulu.com.