

IMPORTANT CONTACTS

Emergency

999 - Police/Ambulance/Fire Station

Kapit Division

Kapit Police Station

Tel : 084-796222 Fax : 084-796702

Song Police Station

Tel : 084-777222 Fax : 084-777991

Belaga Police Station

Tel : 086-461318 Fax : 086-461298

Kapit Hospital

Tel : 084-796333 Fax : 084-796136

Song Clinic

Tel : 084-777634 Fax : 084-777634

Belaga Clinic

Tel : 086-461323 Fax : 086-461323

Kapit Fire Station

Tel : 084-796444 Fax : 084-798569

Song Fire Station

Tel : 084-777444 Fax : 084-777444

Kapit Division

Kapit Resident Office

Tel : 084-796230 Fax : 084-796932

Kapit District Office

Tel : 084-796322 Fax : 084-797625

Song District Office

Tel : 084-777221 Fax : 084-777046

Bukit Mabong District Office

Tel : 084-798861 Fax : 084-798861

Belaga District Office

Tel : 086-461315 Fax : 086-461315

LIST OF ACCOMMODATION

Kapit & Bukit Mabong		
Hotel	No. of Rooms	Contact No.
Meligai Hotel	46	084-796611
Hiap Chiong Hotel	14	084-796134
Ark Hill In (2000)	19	084-796168
Fully Inn Lodging House	18	084-796377
Orchard Inn	20	084-796235
Dragon Inn	8	084-797436
Well Inn	10	084-796009
New Rejang Inn	15	084-796600
Greenland Inn	18	084-796388
Kapit River View Inn	17	084-796405
Dung Fang Hotel	17	084-797799
Green Height Inn	15	084-796658

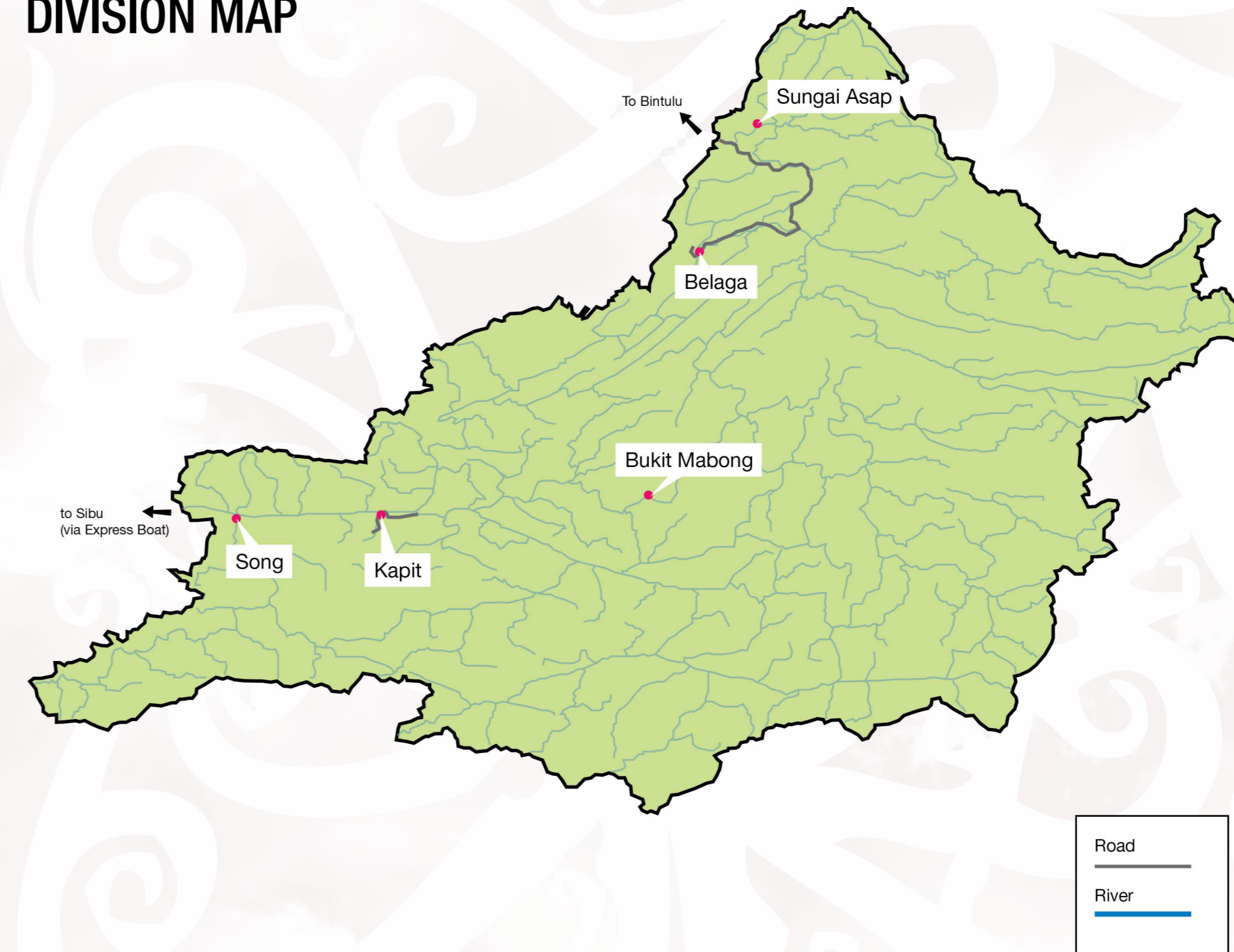
Song District		
Hotel	No. of Rooms	Contact No.
Capitol Hotel	10	084-777252
Katibas Inn (Song)	11	084-777323
Sukaramai Inn	19	084-777323

Belaga District		
Hotel	No. of Rooms	Contact No.
Belaga Hotel	15	086-461244
Sing Soon Hing Hotel (Belaga)	7	086-461257
Sing Soon Hing Hotel (Belaga)	22	086-461307

FOOD OUTLETS IN KAPIT

Shops	Contact No.
Kfc Kapit	019-8876045
Sugar Bun Kapit	084-796608
Malindo café muslim food	-
Good Taste restaurant & Coffee Shop	084-798189
Ah Kau Restaurant	013-8411119
Happy Garden	011-10564080
Xin Yue Restaurant (Lok-Lok)	-

KAPIT DIVISION MAP



Kapit Administrative Division
Ministry of Tourism, Arts, Culture,
Youth & Sports Sarawak



SARAWAK TOURISM BOARD
www.sarawaktourism.com

ATTRACTIONS : KAPIT

SONG TOWN



The express boat that travels to Kapit makes its first stop in Song. This is a jumping-off point for visiting Iban longhouses of the Katibas River. Song, with its old Chinese shophouses facing the wharf is well-known among the locals for its **ijok**, a palm wine produced from the **Arennga Pinnata**. Song is also connected to Kapit Town by road which takes about 45 minutes drive through a picturesque hilly terrain.



Ijok

KAPIT TOWN



Kapit town is surrounded by undulating hills. The centre of town can be quite chaotic with the number of cars on the road. In the last decade, the town has grown exponentially with the emergence of the new township of Bletch.



Bletch Township



Kapit Express Wharf



MARKET TERESANG KAPIT



The bustling Teresang Market, situated right in the centre of the town and walking distance from the express boat wharf is one of the best markets for jungle produce, fruits, vegetables, exotic fresh-water fish and wild meat.

The market gets even more crowded from Fridays right through the weekends with traders and farmers coming in from the rural areas to sell their wares. Close by is Gelanggang Kenyalang, a popular food court. Folks in Kapit will tell you that a must-try is the fried roti canal (popular Malaysian flat bread cooked on a griddle).



Gelanggang Kenyalang Foodcourt



Fried Roti canal

FORT SYLVIA



Fort Sylvia is the predecessor of an earlier fort known as Fort Baleh built in 1874 between Kanowit and Song. It was built to thwart Iban expansion upriver which was creating conflicts with the Orang Ulu tribes.

In 1880, it was replaced with Fort Sylvia which today serves as a museum with a fine collection of artefacts and historical documents. It also houses a collection that pays tribute to **Tun Jugah ak Barieng** – one of Sarawak's foremost independence leaders.

Operation Hours :

Tuesday – Sunday 10am – 12pm & 2pm – 5pm. Closed on Mondays and public holidays.

Contact :

Tun Jugah Foundation
Tel: 082 239672 (Kuching).



EATING OUT : KAPIT

Kapit has its share of old Chinese coffee shops known as kopi tiam with their dependable staple of morning coffee, toast (roti bakar), half boiled eggs, noodle dishes and hand-made steamed buns known as pau.

The best time to savour Iban cuisine is during the Gawai celebrations on 1st June. A popular dish is **pansuh** which is meat or fish seasoned with lemongrass and cooked in bamboo over an open fire. Other Iban delicacies are **kasam** which is fermented meat or fish. Fresh-water fish is cooked in soups with local eggplant or lemongrass. Forest ferns such as midin and the fiddlehead pucuk paku have a special place in the diet of the people.



Pansuh



Kasam

ATTRACTIONS : BUKIT MABONG

BUKIT MABONG, TUNOH



Bukit Mabong is named after a hill located in the Tunoh area where it straddles the 7,000 ft Hose Mountain range. There are remote Iban settlements situated along rivers. This area is known for its outstanding natural beauty with forests, hills, rivers and waterfalls. It has tremendous nature and eco-tourism potential and is earmarked as the next great adventure destination.

Contact :

For safety and record purposes, visitors travelling further inland from Kapit town are encouraged to inform the Kapit Resident's Office, Tel: 795230.



Skim Tunoh – Existing Tunoh settlement



Rumah Killau

LONGHOUSE STAYS

The only way to experience indigenous Iban or Orang Ulu life and culture in to stay in a longhouse. These are sturdy wooden structures built on stilts, with a row of separate family rooms and a common open corridor for meetings, social occasions, weaving and other activities. Some longhouses in Kapit still proudly display the skulls of enemies hanging on a rack from the roof.

Age-old tradition dictates that if visitors should arrive at a longhouse, they should seek the permission of the longhouse chief. It is still the same today although visitors are encouraged to get in touch with the **tuai rumah** or longhouse chief or Kapit Division's Resident's Office first to obtain permission.

The best time to visit or stay in longhouses is during Gawai on 1st June or when there is a special occasion where visitors can experience traditional welcome ceremonies with a **miring** – a blessing ceremony generally performed to honour the spirits and ancestors. This is usually followed by traditional songs and dances and copious amounts of tuak – rice wine.



Miring Ceremony



Tuak (Rice Wine)

Most longhouse stays include a charge and additional charges for guides or expeditions. The nearest longhouse to Kapit town (4km) is Rumah Richard Engking.

Further inland in the Tunoh area is Rumah Laso which is the last Iban longhouse situated along the Baleh River. It can be accessed by express boats (3 – 4 hours).

Rumah Killau, in the Tunoh area (3 to 4 hours drive from Kapit) is situated near the Panchur Mabong waterfalls.

Visitors interested in the ancient art of pua kumbu weaving can visit Rumah Gare, Sungai Kain which is accessed by land transport (1 ½ hours from Kapit) or by river transport (3 ½ hours). The pua kumbu made by master weavers from this longhouse have been certified by UNESCO under the category of materials used and the originality of design.



Pua Kumbu



Rumah Gare



Rumah Killau



Rumah Laso

Contact :

Tuai Rumah Richard Engking, Tel: 013 823 1426.
Tuai Rumah Laso, Tel: 019 818 4352
Tuai Rumah Killau, Tel: 019 829 1851
Rumah Gare, Tel: 013 8000172

ATTRACTIONS : BELAGA

BELAGA



The Upper Rejang accessed via the Pelagus Rapids, is home to the Orang Ulu tribes. The riverine settlement of Belaga is the last major trading post on the Rejang, and a good base for visiting Kayan and Kenyah longhouses situated further upriver.

Contact :

Due to the remote and rugged terrain, visitors travelling beyond Belaga are advised to inform the Belaga District Office, Tel: 461315.

Express boats from Kapit town to Belaga (RM55 per person) leave at 9.30am daily. The journey can take up to five hours through dense jungles.

There are certain months when the water level is too low and the express boats don't run. Visitors are to check with Kapit Resident's Office. Belaga is also accessible by road from Bintulu town.

BAKUN HYDROELECTRIC DAM



The Bakun Hydroelectric Dam on the Balui River is situated around 50km from Belaga.

Traveller Experience :

- Highlight**
 - The biggest hydroelectric dam, on the Balui River, a tributary or source of the Rajang River and some 80KM west of Belaga. It is planned to generate 2400 megawatts (MW) of electricity.
 - A jetty just beside the dam become an attractive spot for shopping where most of aquatic and rural products was sold here on every Wednesday and Saturday morning.

Travel Tips :

Make sure to bring your identity card.

BAKUN MARKET



The Bakun Market on the jetty has become a popular spot for shopping for rural products and fresh water fish. It is only open on Wednesday and Saturday mornings.

MURUM HYDROELECTRIC DAM



Traveller Experience :

- Highlight**
 - The dam site is located on the Murum River, which is in the uppermost part of the Rajang River Basin, 200 km from Bintulu. It is planned to generate 944 megawatts (MW) of electricity.

Travel Tips :

Make sure to bring your identity card.

MEBONG COVE VILLA



The Mebong Cove Villa (formerly known as Belanum Resort) is situated approximately 20 minutes by boat (RM30 per person) from the Bakun jetty.

Traveller Experience :

- Highlight**
 - The New Belanum House known as Mebong Cove Villa at Bakun Dam, Belanum area.
 - 4 bedrooms with private toilet. Accommodate up to 25-30 persons
 - Karaoke available
 - A nice place to gateway

Visitors can also opt to stay at the Floating House. Popular activities here include fishing and trekking to the Belanum Waterfall situated about 30 minutes by boat (RM30 per person).

BELANUM FLOATING HOUSE



Traveller Experience :

- Highlight**
 - Accommodation:
 - 4 bedrooms
 - 2 toilets
 - 2 showers room
 - Kitchen
 - Activity:
 - Fishing
 - Picnic
 - BBQ
 - Karaoke

BELANUM WATERFALL



Traveller Experience :

- Highlight**
 - Belanum Waterfall located upper river on the Bakun Dam have a beautiful scenery. It can be reached. Using land transport going direct to the dam's jetty then continue using a boat ride from the dam. The journey will take approximately around 4 hours from Bintulu Town.

Contact No :

Mr. Luhai Tugau : 017-8535394 / 017-8093764
Mr. Peh Ngerong : 019-8166802
Mdm Nora : 012-8736840
Email : liashra2@yahoo.com
Facebook : Belanum Bay Floating House

HOMESTAY UMA BELOR SUNGAI ASAP



The Kayan longhouse of Uma Belor (88 km from Belaga town) in the Sungai Asap resettlement is the longest longhouse with the most number of families (approximately 100 families) living under one roof. Visitors can observe the farming activities and traditional dance and song of the Kayan as well as partake in the local cuisine and local rice wine called burak.

Contact No :

Mr. Luhai Tugau : 017-8535394 / 017-8093764
Mdm Nora : 012-8736840
Email : liashra2@yahoo.com

WATERFALLS & HIKING TRAILS

There are plenty options of hiking and visits to waterfalls. The Kajavo Waterfall is accessed by boat (RM10 per person) and is situated 10 minutes from Belaga town. The 1.5 km stretch of the Giam Pasang Rapids (15 minutes from Belaga Town) is also accessible by boat (RM10 per person). An hour away from Belaga town is the Buyun Waterfall and this takes approximately an hour to reach by boat (RM30 per person). The Semalong Waterfall is situated about 30 minutes drive from Sungai Asap.

Traveller Experience :

- Highlight**
 - The dam site is located on the Murum River, which is in the uppermost part of the Rajang River Basin, 200 km from Bintulu. It is planned to generate 944 megawatts (MW) of electricity.

Travel Tips :

Make sure to bring your identity card.

KEJAVO WATERFALL



Traveller Experience :

- Highlight**
 - Another beautiful waterfall is Kejavo Waterfall can be reached by boat from Belaga town. The journey will take approximately around 10 minutes from Belaga Town.

Transportations mode & Estimated cost :

By River (From Jeti Belaga – Kejavo Waterfall) (10 Minutes)
- Boat (RM10/ Trip for 1 person)

GIAM PASANG RAPID



Transportations mode & Estimated cost :

By River (From Jeti Belaga – Giam Pasang Waterfall) (15 Minutes)
- Boat (RM10/ Trip for 1 person)

BUYUN WATERFALL



Traveller Experience :

- Highlight**
 - Even though there is no public transport going to Buyun Waterfall, this waterfall can be reached by renting a boat from Belaga town. The journey will take approximately around 1 hours from Belaga Town.
 - Another alternative is using a car passing by newly constructed road from Belaga Town. The journey will take approximately around 30 minutes.

Transportations mode & Estimated cost :

By River (From Jeti Belaga – Kejavo Waterfall) (1 hour)
- Boat (RM30/ Trip for 1 person)

Fees :

*For more info please contact Counsellor Daniel Levoh & Pejabat Daerah Belaga

Contact No :

Mr. Daniel Levoh : 013-8486351
Pejabat Daerah Belaga : 086-461315

SEMALONG WATERFALL



Traveller Experience :

- Highlight**
 - This waterfall have a beautiful scenery and most suitable for family picnic. Easy to access and the journey approximately around 30 minutes from Sungai Asap Town.

Transportations mode & Estimated cost :

By road (From Sungai Asap Town – Semalong Waterfall) (30 Minutes)
- Car (RM15 / Trip for 1 person)
- Van (RM10 / Trip for 1 person)

Fees :

*For more info please contact Mr. Baling & Pejabat Daerah Belaga

Contact No :

Mr. Baling : 013-5675505
Pejabat Daerah Belaga : 086-461315 / 013-8176740

EVENTS

BALEH KAPIT RAFT SAFARI



Baleh-Kapit Raft Safari (April) - this annual event, held along the Rejang River recreates the challenges and difficulties faced by the people traversing the rivers in the old days. The rafting competition is challenging as it takes competitors through the swift flowing river with its many whirlpools.

There are five main categories: Men's Bamboo Open, Men's Bamboo Closed and Women's Bamboo Open, as well as the mixed Free Style and Paddle Boat. The starting point of the race on the first day is from Rumah Lugat, Nanga Semawang Participants stay overnight at the longhouse.

The starting point for second day starts from Rumah Ekau, Nanga Mujong (28 km upriver or 26 km overland from Kapit town). The race ends at Kapit town. An additional event incorporated is the Rainforest Run.



Rainforest Run

How to participate :

A team of 6 persons at least 18 years old that are able to swim. Rafts and equipment that complies with T&C stated in the Entry Form.
Fee per entry: RM 150.00
Get the Entry Form from www.kapitro.gov.my or Resident's Office of Kapit Division.

Contact :

Entry forms can be obtained from www.kapitro.gov.my or at the Kapit Resident's Office, Tel: 796230

In-conjunction Events

Power Boat Race
Kapit Strongman
Kapit Fest
Sales & exhibition
Culture show & entertainment

BELAGA RAINFOREST CHALLENGE



The Belaga Rainforest Challenge is held on a rotational basis with the Sungai Asap Festival. Both the events feature a variety of activities such as mini regattas, powerboat races, paddle boat races, beauty pageants and traditional performances.

Traveller Experience :

Live experience for tourists and visitors on this unique culture for Orang Ulu (Kayan, Kenyah, Sekapan, Kejaman and etc).

Contact No :

Belaga District Office Tel: 461 315

SUNGAI ASAP FESTIVAL



Traveller Experience :

Highlight
Pesta Sungai Asap also known as Bakun Fest has grown rapidly. Held at Sungai Asap, Belaga. It gives live experience for tourists and visitors on this unique culture for Orang Ulu (Kayan, Kenyah, Badang, Lahanan and etc). Various activities were organized such as:

- Beauty Pageant Contest
- Culture show & entertainment
- Community Sport
- Decorated hut contest
- Fishing safari at Bakun Dam

Contact No :

Belaga District Office Tel: 461 315



ABOUT SARAWAK

Located on the north-western shore of the Island of Borneo is Sarawak, the largest state of Malaysia. A beautiful land coloured in peace and tradition, Sarawak is a prime destination for travel nomads seeking untouched culture, exhilarating adventure and breath-taking nature.



Whether it is sharing in the lifestyle of one of the many indigenous communities' longhouses, exploring gigantic caves in the heart of the Bornean rainforest, or shooting the rapids on a swollen river, visitors will leave Sarawak having enjoyed a host of memorable experiences.

As a part of Malaysia, Sarawak is a peaceful and stable place for travel, suited for large groups or single travellers alike.

With thick jungles a few steps from luxurious resorts and modern amenities, it is the perfect location for a wide range of experiences. As these two worlds collide, the people of Sarawak meet in the middle, with a mixture of modern savvy and proudly-kept traditions, wild nature lining organised infrastructure and old-fashioned hospitality mixed with connectivity.

Revealing a side of Asia unlike anywhere else, Sarawak offers an alternative for those seeking humble authenticity far from the tourist-trap clichés, whether their visit to Sarawak is a complement to a trip to Peninsular Malaysia and neighbouring countries, or a journey of discovery all on its own.

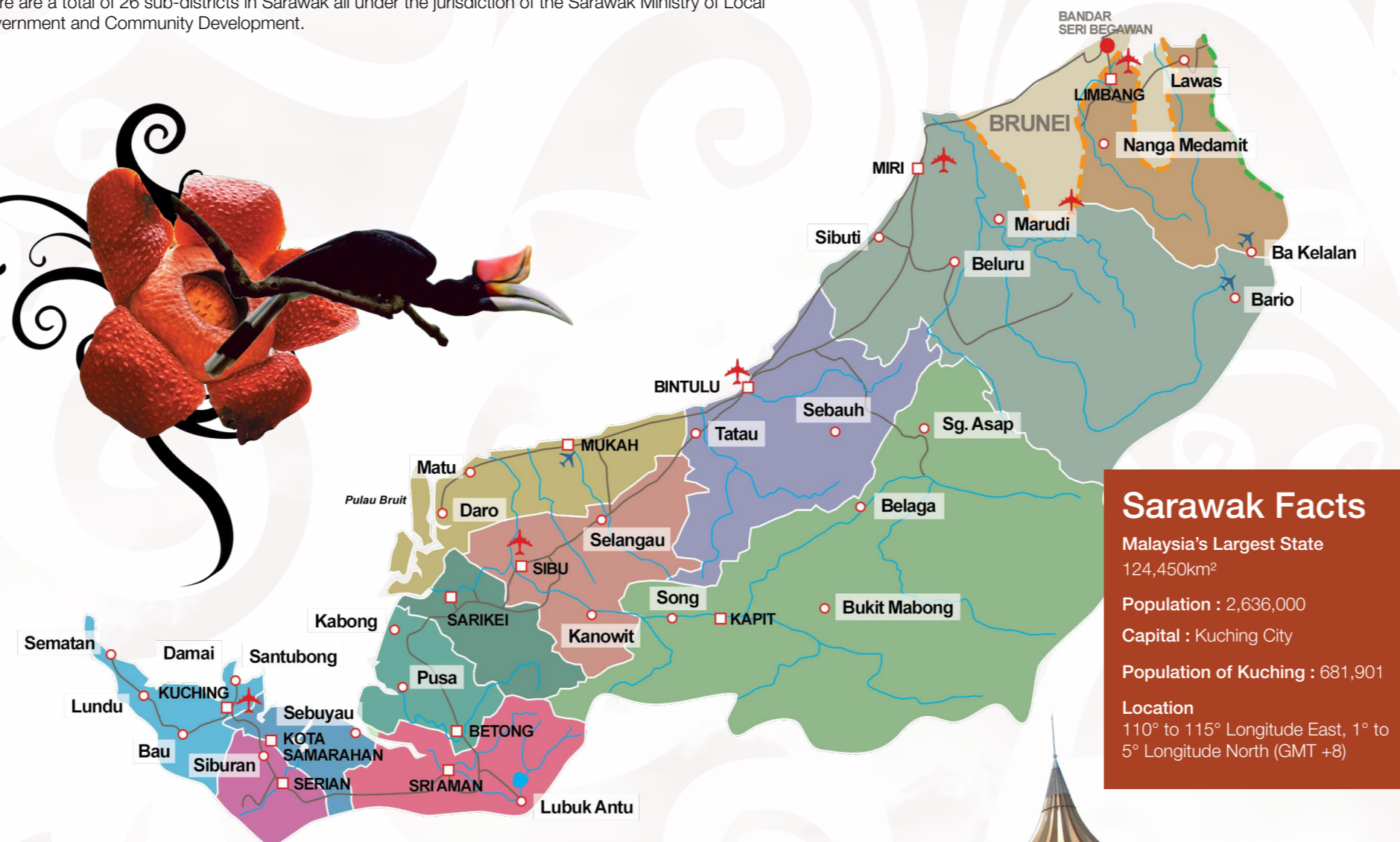


SARAWAK MAP

Sarawak is divided into divisions, 12 in all, each headed by an appointed resident. A division is divided into districts, each headed by a district officer, which are in turn divided into sub-districts, each headed by a Sarawak Administrative Officer (SAO).

There is also one development officer for each division and district to implement development projects. The state government appoints a headman (known as ketua kampung or penghulu) for each village.

There are a total of 26 sub-districts in Sarawak all under the jurisdiction of the Sarawak Ministry of Local Government and Community Development.



Sarawak Facts
 Malaysia's Largest State
 124,450km²
 Population : 2,636,000
 Capital : Kuching City
 Population of Kuching : 681,901
 Location
 110° to 115° Longitude East, 1° to 5° Longitude North (GMT +8)

KAPIT DIVISION



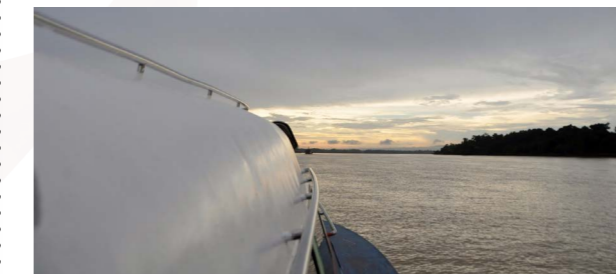
Kapit Division includes the Districts of Kapit, Song, Belaga and Bukit Mabong. The Rejang River, at 551 km, the longest river in Malaysia and its upper tributaries, Batang Baleh, Batang Katibas, Batang Balui and Belaga River flows through the division. These rivers are the main means of transportation for the people.

Kapit and Song are accessible from Sibiu by express boats (First Class RM35, Second Class RM30 and Economy Class RM25). Belaga, in the upper reaches of the Rejang is also accessible by express boats (RM55) and alternatively, visitors can take the road from Bintulu (approximately 4 hours).

Travelling up the Rejang River offers a unique experience. The river and its tributaries are lined by spectacular jungle scenery with scores of Iban longhouses on the banks.

Notes:

The area code for all telephone numbers in Kapit and Song, unless otherwise stated is, +6084 from overseas and 084 within Malaysia while for Belaga is +6086 and 086. For handphone calls add +6 for international dialling followed by the number.



Rejang River

People

The residents of Kapit Division are predominantly Iban and Orang Ulu (upriver communities of Kayan and Kenyah). The ethnic mix in this division is as varied as it is elsewhere in Sarawak with communities of Chinese, Malay, Melanau and other minority ethnic groups.

The Iban and Orang Ulu tribes are scattered throughout the hinterland with many of them living in traditional longhouses. Visitors can enjoy spontaneous longhouse hospitality at its best with overnight stays. Although many of the younger generations have moved into towns, the longhouses are still their ancestral homes where the inhabitants are mainly farmers who cultivate rice and a variety of crops.



KAPIT DIVISION PROFILE

Total Area	38,934 square kilometres
Major Ethnic Group	Iban & Orang Ulu
Major Languages	Malay, Iban, Kayan
Major Religions	Islam, Christian, Buddhist

DISTANCE

FROM KAPIT TO MAJOR DESTINATIONS

From Sibiu, Song is 85km away and Kapit 126km. Both are found off the Rejang River. Belaga is located in the upper Rejang Basin, at the confluence of the Belaga and Balui Rivers and is about 281km from Sibiu town (155km from Kapit).

HOW TO GET TO KAPIT DIVISION

To Kapit Town
 • Express Boat - Sibiu to Kapit (3 hours)

To Song
 • Express Boat - Sibiu to Song (2 hours)

To Belaga
 • Car / 4 wheel drive - Bintulu to Belaga (4 hours)
 - Fare : RM50/person
 • Express Boat Kapit to Belaga (5 hours) - Fare : RM55/person Time: 9.30 am (daily)

To Bukit Mabong
 • Land cruiser / 4 wheel drive - Kapit to Bukit Mabong

Express boat fares

Types of Seat	Price
First Class	RM35
Second Class	RM30
Economy Class	RM25