4 DAYS MULU – ADVENTURE ON THE FORMER HEADHUNTER’S TRAIL
(FORMERLY: 4 DAYS HEADHUNTING TO MULU)
TOURCODE: MZV4DHHS / MZV4DHHP
JOINT TOUR (MIN. 2 PERSONS) / PRIVATE TOUR WITH DAILY DEPARTURES

MULU NATIONAL PARK

<table>
<thead>
<tr>
<th>Days</th>
<th>Tour</th>
<th>Meals</th>
<th>Overnight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Mulu Arrival – Mulu Caves Tour</td>
<td>-/ L /-</td>
<td>Mulu</td>
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<tr>
<td></td>
<td>Arrival in Mulu and transfer to Mulu National Park</td>
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<td></td>
<td>Half-day Deer Cave &amp; Lang’s Cave Tour</td>
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<tr>
<td>Day 2</td>
<td>Mulu Caves Tour – Camp 5</td>
<td>B/ L /D</td>
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<td></td>
<td>Half-day Wind Cave &amp; Clearwater Cave Tour</td>
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<td></td>
<td>Boat ride to Kuala Litut and trek to Camp 5</td>
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<tr>
<td>Day 3</td>
<td>Camp 5 – Medalam</td>
<td>B/ L /D</td>
<td>Medalam</td>
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<tr>
<td></td>
<td>Trek along the Headhunter’s Trail</td>
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<td>Boat ride to Iban longhouse</td>
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<tr>
<td>Day 4</td>
<td>Medalam – Limbang Departure</td>
<td>B/ - /-</td>
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<tr>
<td></td>
<td>Trek back to Kuala Litut and boat ride to airport</td>
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B = Breakfast / L = Lunch / D = Dinner

<table>
<thead>
<tr>
<th>City</th>
<th>Budget Category</th>
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<tbody>
<tr>
<td>MULU</td>
<td>Mulu National Park, Run of House (ROH)</td>
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<tr>
<td>MULU</td>
<td>Mulu National Park, Camp 5</td>
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<tr>
<td>MEDALAM</td>
<td>Iban longhouse</td>
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www.diethelmtravel.com
<table>
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<tr>
<th>City</th>
<th>Deluxe Category</th>
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<tr>
<td>MULU</td>
<td>Mulu Marriott Resort &amp; Spa, Deluxe Room</td>
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<tr>
<td>MULU</td>
<td>Mulu National Park, Camp 5</td>
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<td>MEDALAM</td>
<td>Iban longhouse</td>
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DETAILED ITINERARY

MULU CAVES & HEADHUNTER’S TRAIL
Mulu National Park lies in the interior of Sarawak’s rainforest, about 100 km east of Miri. This UNESCO World Heritage site is home to the world-famous Mulu Caves, like Deer Cave or Clearwater Cave. Different adventurous jungle treks lead visitors through this stunning national park, with a chance of observing wildlife and exploring Mulu’s amazing flora. One of these treks is the famous Headhunter’s Trail. This route was used in the old days during the tribal wars by the Kayan tribe, who came by boat from Baram area via the Melinau river. The Kayan war parties then carried or dragged their boats overland along this trail to Terikan river, to attack and raid the tribes in the Limbang area. The Headhunter’s Trail leads through riverine forest for 2 days, some parts of the way have to be travelled by boat and a longhouse along the way provides accommodation – a perfect blend of adventure, nature and culture!

MULU ARRIVAL – MULU CAVES TOUR \((-/L/-)\)
Day 1
Arrival at Mulu airport and transfer to your hotel. Proceed to the national park headquarters for registration and lunch at the park’s canteen. After lunch, you will take an approximately 45 minutes’ walk along a wooden plank path through riverine and lowland limestone forest leading to Lang’s Cave. Explore this beautiful cave with its stunning stalagmites and stalactites, followed by the Deer Cave with the largest cave passage in the world. This cave also houses an estimated 2-3 million bats, so be prepared for the stinging smell of guano. After the exploration of these two amazing caves, you will proceed to the bat observatory platform. If weather permits you will witness the bats emerging from the cave in spiralling black streams. Walk back to the park’s headquarters the same way and return to your accommodation for overnight.

Overnight at hotel of choice.

Meals included: Lunch

MULU CAVES TOUR – CAMP 5 \((B/L/D)\)
Day 2
Breakfast at the hotel & check-out. Embark on a 30-40 minutes boat ride (depending on water level). During a short stop at a Penan settlement, you can learn about their formerly nomadic lifestyle and visit a small handicraft market. Then proceed by boat to Wind Cave. Climb up a few stairs to the cave entrance. Inside the cave you will sometimes feel a slight breeze, which gave this cave its name. You will also find the beautiful King’s Chamber with its astonishing rock calcite formations. After exploration of this cave, take a 10 minutes’ walk to the Clearwater Spring, where you will take a short break. In order to reach the entrance of Clearwater Cave, you need to climb 200 steps. Inside the cave many more steps await you. But it is worth it, as this cave is probably the most impressive amongst all.

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A simple picnic lunch will be served at the Clearwater Spring. Proceed to Kuala Litut on another 1-hour boat ride (depending on water level; during dry season boats need to be pushed at very shallow spots). A 2 hours trek will lead you from Kuala Litut to Camp 5, a big shelter, located at the foothills of Mount Api. A simple dinner will be served at Camp 5.

Overnight at Camp 5 (very simple accommodation).

**Note:**

Very basic accommodation at Camp 5. Guests need to bring their own sleeping bag, as there are no beds or mattresses provided.

Meals included:  
Breakfast  
Lunch  
Dinner

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**CAMP 5 – MEDALAM**  

**Day 3**  

After breakfast, you will venture on the 12 km long Headhunter’s Trail (~5 hrs. trek) to Kuala Terikan. Follow the footsteps of the former headhunting war parties! From Kuala Terikan continue for about 3 hours by boat (depending on water level; during dry season boats need to be pushed at very shallow spots), traveling on the Terikan and Medalam rivers, to an Iban longhouse. Dinner will be served in the longhouse.

Overnight at the longhouse (very simple accommodation).

**Note:**

Basic accommodation in the communal hall of the longhouse with mosquito net, mattress, pillows and blanket provided.

Meals included:  
Breakfast  
Lunch  
Dinner

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**MEDALAM – LIMBANG DEPARTURE**  

**Day 4**  

After breakfast, you will travel by boat for about 1 hour from the longhouse to Medamit and proceed for another 1.5 hours’ drive to Limbang airport for the flight to your next destination.

Meals included:  
Breakfast
NOTE:

- MASwings currently flies daily from Miri to Mulu and vice versa and daily from Miri to Limbang and vice versa. The flights are operated on ATR aircrafts and luggage allowance on these flights might be limited (please refer to your flight ticket for exact information).
- This tour package can also be arranged vice versa, starting in Limbang and ending in Mulu.
- Even if the package is booked on private basis, all land & boat transfers in Mulu and Medalam may be on shared basis in order to minimise impacts on the natural environment or if other circumstances require so.
- Due to tough trekking for long hours under tropical climate conditions, this tour is very strenuous and one is expected to have high fitness level and good stamina.
- Please travel light for the overnights at Camp 5 and the longhouse, as you will have to carry your own bags during the trekking. If you overnight in Miri before and after this 4 days tour, your suitcases can be stored at your hotel in Miri. In case you just transit in Miri on the way to Mulu and on the way from Mulu to your next destination, we can arrange a representative of Diethelm Travel to meet you during your transit in Miri and store the luggage for you (not included in the package; charges depend on size and weight of luggage). Should you not transit in Miri or choose to continue from Limbang overland to Brunei, you will have to bring along your entire luggage. If porters are needed, this has to be booked in advance (not included in the package; charges depend on size and weight of luggage).
- We advise guests to bring some high-energy snacks for the trekking.
- Due to basic living conditions at Camp 5 and the longhouse, be prepared for some discomfort. Following basic facilities are available at Camp 5: temporary electricity (solar powered), pipe water from the river and simple sanitary facilities. Guests have to bring their own towels and sleeping bag, as there are no beds provided. At the longhouse you will be provided with mattress, mosquito net, pillow, blanket and clean linen. Simple sanitary facilities are available.

SERVICES INCLUDED:

- 1 night accommodation in shared twin room with air-condition (AC) and private bathroom
- 1 night accommodation at Camp 5 with shared sanitary facilities
- 1 night accommodation in the communal room of a longhouse with shared sanitary facilities
- Meals as stated in the programme B= breakfast, L= lunch, D= dinner
- Transfers and tours with local English-speaking driver guides
- Entrance fees and/or boat fees as stated in the programme
- Package includes GST 6% (Good and Service Tax)

SERVICES EXCLUDED:

- Domestic airfare and/or International airfare to/from Malaysia (quoted separately, if requested)
- Optional tours
- Surcharges for other language guides
- Personal travel insurance
- Personal expenditure, such as drinks, souvenirs, laundry, camera fees, communications, postage, gratuities etc.
- Meals and services other than mentioned in the programme
- Drinks with meals
- Early check-in and late check-out at hotels, if not mentioned in the programme
- Luggage storage or porter fees
WHAT TO BRING:

- Backpack
- Loose-fitting summer clothing
- Long pants and long-sleeve shirt for the cooler nights
- Swimwear
- Sun hat/ cap
- Sun block
- Insect repellant
- Personal toiletries
- Flat walking shoes with good grip
- Water shoes or sandals that may get wet
- Raincoat
- Torch or flashlight
- Sleeping bag
- Towel
- Energy food & drinks
- Refillable drinking bottles
- Leech socks (optional; the species of leeches that do occur occasionally cause harmless bites)

CONTACT INFORMATION OF HOTELS DURING YOUR STAY:

BUDGET CATEGORY

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Mulu National Park/ Headquarters</td>
<td>c/o Diethelm Travel (Sarawak) Sdn. Bhd</td>
</tr>
<tr>
<td>&amp; Mulu National Park/ Camp 5 &amp;</td>
<td>Lot 257, 2nd Floor, Jalan Chan Chin Ann, 93100 Kuching, Sarawak</td>
</tr>
<tr>
<td>Iban longhouse/ Medalam</td>
<td>Tel. (+60-82) 412 778, Fax (+60-82) 258 320</td>
</tr>
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LUXURY CATEGORY

<table>
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<tr>
<th>Hotel Name</th>
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<tbody>
<tr>
<td>Mulu Marriott Resort &amp; Spa</td>
<td>CDT 62, 98007 Miri, Sarawak</td>
</tr>
<tr>
<td></td>
<td>Tel. (+60-85) 790 100, Fax (+60-85) 790 105</td>
</tr>
<tr>
<td>Mulu National Park/ Camp 5 &amp;</td>
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“JOURNEYS OF A LIFETIME”