

HALF DAY TRIPS

Sarawak's Painting Workshop (Half Day)



The richness of Sarawak's culture lies not only in its diversity of ethnic groups, but also in the traditions, crafts and shared heritage woven across Borneo.

Morning, proceed to Telang Usan Hotel which is the first hotel owned and managed by a native Sarawakian from the Orang Ulu tribe and displays an impressive collection of tribal arts and crafts as well.

Enjoy a short presentation about the paintings and carvings of the Kenyah people. You will learn about their painting tradition including its function and unusual technique. After which you will have the chance to create your own little piece of art, using traditional painting methods and motifs, which you may bring home as a special souvenir. A local Sarawakian lunch will be included before returning to your hotel.

The workshop will be led by Louise Macul, who is a museologist and a docent for the NGO "Friends of Sarawak Museum". She has been living in Southeast Asia since 1998 and in Kuching since 2010. She has a masters degree in Museum Studies and is presently working on her doctorate. The focus of her research is the native painting tradition of the Kenyah, Berawan, and Kayan people in Borneo. (L)

Includes:

- Talk about the art of traditional painting in Borneo
- Hands-on workshop to learn the traditional technique
- Supply of materials needed during workshop
- Local Lunch at Telang Usan Hotel

Date of trip: Fixed date (Require a min of 10 persons)



Cooking Class – Sarawak's Unique Cuisine (Half Day)



You will be picked up at 9am from hotel in city center for a cooking class with a professional chef!

Before you start the actual cooking class, you will visit a local market, which is teeming with fresh produce. This is a great introduction to the local fruits and vegetables, meat, fish and herbs used in Sarawak's local cuisine. And while you will see many familiar ingredients, you will surely also find lots of unique agricultural and jungle products which are new to you.

Proceed to Telang Usan Hotel, where a professional chef will share some traditional Sarawakian recipes with you. A typical local meal usually consists of rice served with meat or fish and vegetable. The chef will choose according to season and availability of ingredients which local delicacies you will prepare. Observe the local cooking techniques of the chef and listen to his explanations, while you try your own cooking skills hands-on. Learning from a professional chef is the perfect opportunity to get advice on how to improvise and substitute certain ingredients, which might not be available in your home country.

After this interesting cooking class, you will have the meal you prepared for your lunch. Selamat Makan! Enjoy your meal! Tour ends with transfer back to your hotel. (L)

Includes:

- Land transportation
- Market visit
- Cooking ingredients with simple easy to follow recipes
- Local Lunch at Telang Usan Hotel

Date of trip: Any day (Require a min of 2 persons per lesson)



Sape Music Lesson & Siniawan Food Night Market (Half Day)



Late afternoon, be picked up from your hotel and transfer to the village of Kampong Atas (30 – 45 minutes' drive). It is here at his home and workshop called 'Lan E'Tuyang' that Mathew Ngau Jau will welcome you. Mathew is an artist from the ethnic group of Orang Ulu (translates to 'upriver people'), or more specific the Kenyah tribe. He is a great defender of the Dayak culture and his artistic skills comprise painting, wood carving and music. He is famous for hand-crafting, playing, as well as teaching 'sape', a traditional guitar-like music instrument from the Orang Ulu tribe. His workshop 'Lan E'Tuyang' is a comfortable airy space, resembling the structure of a longhouse, the typical type of housing of the Dayak tribes. Enjoy a 1 hour 'sape' lesson with the master of the 'sape'. Mathew will be happy to spend time with you and share his ancestral knowledge.

After your lesson, proceed to Siniawan Food Night Market which takes place every Friday, Saturday and Sunday. Located 21 km away from Kuching city, this small town is a beautiful place to spend the evening eating and being merry. The street is lined with old wooden townhouses, and Chinese lanterns light the street below.

Over the recent years, the old town of Siniawan has begun to really invest in their weekend night markets, promoting their traditions and cultures while breathing new life into the local economy through tourism.

As there are various food stalls here, you are free to walk around and check out the delicious local delicacies here. (On your own account). Return to Kuching. (No meal)

Includes:

- Land transportation
- 1 hour Sape music lesson
- English speaking tour guide

Date of trip: Fri – Sun Only (Require a min of 2 persons per trip)

FULL DAY TRIPS

A Journey of Hope – Matang Wildlife Center & Semenggoh Orang Utan Center (Duration: Full Day)



A visit to Sarawak will not be complete without visiting the Orang Utans!

Matang Wildlife Center is a dedicated centre where endangered species, such as orang utans are rehabilitated and released into the forest. Most individuals were confiscated from members of the public, who illegally kept them as pets, and must be taught how to fend for themselves in the wild. Participants will have a chance to learn from a dedicated team of experts about the challenges of orangutan rehabilitation and related work at the centre.

After lunch, visit Semenggoh Wildlife Centre. Located approximately 30 mins from Kuching, Semenggoh was set up in 1975 to care for orang utans that had been previously kept as illegal pets, orphaned or found injured in the rainforest. These semi-wild orang utans have been taught to watch out for the forest reserve's caretakers during feeding time. During feeding time, visitors will gain the golden opportunity to interact with the orangutans as they will swing down from trees for a free hand out of fruits. (L)

Includes:

- Land transportation
- Entrance fees & Buggy, Lunch
- English speaking Tour guide

Date of trip: Any Day – Min of 4 persons per trip

Ulu Bengoh Experience (Full Day)



You will be picked up from your hotel in Kuching's city centre at 8am. A drive of about 1hour and 15 minutes through picturesque landscapes will bring you to the Bengoh dam. This dam was built to create a water reservoir for the city of Kuching. Take a boat ride across the man-made lake.

The area of Ulu Bengoh is the native land of the ethnic groups referred to as Bidayuhs. The word "Ulu" means "upriver" in the local language and refers to the interior. Many of the inhabitants have left their native lands in Ulu Bengoh as the area is only accessible by boat and moved to areas where road access provides better connectivity. However, some of the natives decided to stay and take care of their ancestral lands.

After roughly 30 minutes of boat ride (depending on water levels) you will reach a nice little lodge, surrounded by lush green rainforest. After lunch you will take a nature walk of about 30 minutes to reach the Dayak village called Kampung Nyegol. Your guide will stroll with you around the village and show you the community farm to introduce you to the locally grown crops. Besides rice as well as a few fruits and vegetable for their own consumption, the Bidayuhs here grow pepper for sale. You will also visit a local family to get a better insight into the culture of the Bidayuhs, one of the native ethnic groups of Borneo. Enjoy a cup of coffee or tea, while listening to the stories about their traditions and beliefs.

After a local lunch, proceed to the tree nursery, which is part of a tree planting initiative by the local community. This initiative aims at reforesting areas that have been degraded by farming. Listen to the explanation about the project and plant a tree yourself as well! Planting a tree is a great opportunity for you to take lots of great memories home, while leaving a positive impact at the same time.

Mid-afternoon you will return by boat to the dam for your transfer back to Kuching (estimated arrival in Kuching ~5.00pm) (L)

Includes:

- Land & boat transportation
- Local Lunch, community fees
- English speaking Tour guide

Date of trip: Any Day – Min of 2 persons per trip

Day at the Museums (Full Day)



Spend the morning in Malaysia's largest museum, the Borneo Cultures Museum which is a modern five-storey building with a distinctive architectural design that reflects Sarawak's unique traditional crafts and rich cultural heritage. Enjoy a guided tour of the museum's various galleries such as Arts & Crafts, Harmony with Nature & more.

Enjoy a set lunch at the Borneo Cultures Museum Restaurant. After lunch, walk across to the renovated Sarawak Museum which was built in 1891 and the oldest museum in Sarawak. Guided tour of the museum. (L)

The museum walk will be led by Louise Macul, who is a Museologist and a docent for the NGO "Friends of Sarawak Museum". She has been living in Southeast Asia since 1998 and in Kuching since 2010. She has a Masters degree in Museum Studies and is presently working on her doctorate.

Includes:

- Land transportation
- Lunch, entrance fees
- English speaking Tour guide

Date of trip: Any Day – Min of 2 persons per trip

The Essence of Kuching (Full Day)



Visit Brooke Gallery (Fort Margherita), which tells the story of one of the most remarkable kingdoms in history: Sarawak and its 'White Rajahs'. In the 1830s Sarawak, a province of the once-mighty Sultanate of Brunei in north-west Borneo, was ravaged by piratical raiding and rebellion against Brunei rule. Inspired by stories of its natural wonders and diverse indigenous cultures, a bold English adventurer, James Brooke, arrived on its shores in his yacht, Royalist, in August 1839. He was to forge a unique bond with its peoples and together they built the foundations of today's Sarawak.

Next, visit Raneë Museum which centres on the life, legend and legacy of Margaret de Windt, wife of the second Rajah Brooke, who became the queen of Sarawak at the age of 19. This exhibition provides insight into Raneë Margaret's life through paintings, music, literature and craft. As Raneë for nearly half a century, one of her greatest contributions to the state was her appreciation for skills such as songket weaving and keringkam embroidery, leading her to be a patron to such crafts, having her personal collection which can now be shared in this exhibit.

Enjoy lunch at the Old Court House. After lunch, visit places of attraction around this historical city such as the Cat Monument before cruising through China Town, the Tua Pek Kong Temple, one of the oldest temples in Sarawak and many more historical buildings and sights. A great introduction to the Cat City!

After a long day, it's time for some pampering! Indulge in a full body relaxing aroma oil massage that will leave you feeling rejuvenated and refreshed. (L)

Includes:

- Land transportation
- Lunch, entrance fees, 60 mins full body aroma oil massage,
- English speaking Tour guide

Date of trip: Any Day – Min of 2 persons per trip

OVERNIGHT TRIPS

Ulu Bengoh Experience (2D1N)

Day 1: Kuching – Semenggoh – Ulu Bengoh

07:45 hrs – You will be picked up in the early morning for a drive of about 30 – 40 minutes to the orang utan center of Semenggoh Nature Reserve. Borneo is one out of two places in the world where orang utans exist in the wild. At Semenggoh Nature Reserve you get the rare chance to see some semi-wild orang utans that had been rescued as orphans or confiscated from illegal pet trade and underwent rehabilitation training in order to have a chance at life in the jungle again. Observe the impressive big apes at feeding time as they come swinging high up in the trees towards the feeding platform to grab a meal of fruits. However, please note that the animals roam free in the nature reserve and are not in cages and therefore sightings cannot be guaranteed.

After this fascinating experience, you will hit the road again and continue your drive for another 40 minutes to the Bengoh dam. This dam was built to create a water reservoir for the city of Kuching. Take a boat ride across the man-made lake.

The area of Ulu Bengoh is the native land of the ethnic groups referred to as Bidayuhs. The word “Ulu” means “upriver” in the local language and refers to the interior. Many of the inhabitants have left their native lands in Ulu Bengoh as the area is only accessible by boat and moved to areas where road access provides better connectivity. However, some of the natives decided to stay and take care of their ancestral lands. After roughly 30 minutes of boat ride (depending on water levels) you will reach a small boat landing from where you will embark on a trek to a waterfall. The area boasts several waterfalls with beautiful scenery. One of the waterfalls in particular is often referred to as Jurassic Park, due to the huge rock boulders and ancient looking vegetation around it.

Don't forget your swimming gear for a dip in the refreshing water! A packed lunch is included.

After this adventure you return to the boat for another 10-15 minutes boat ride to reach a nice little lodge, surrounded by lush green rainforest. Check-in at the lodge. After dinner you may choose to venture on a night walk in search of nocturnal creatures. Overnight in the lodge (private room with attached shower/WC). (L/D)

Day 2: Ulu Bengoh / Kuching (B/L)

Enjoy the special morning atmosphere when the mist starts rising from the surrounding hills, while you enjoy your breakfast.

Today you will get an introduction to “bush craft”! Learn how the forests of Borneo provides the Dayaks with all their daily needs. For the native people, the forests are: a “supermarket” as they gather edible plants and hunt or fish, a “pharmacy” as they know many medicinal plants, and a “hardware shop” as they use natural materials for tool-making, construction and many other purposes. Your guide will bring you on a jungle walk and show you some of the plants being used by the Bidayuh people. Depending on the season, you might collect some edible plants along the way, such as jungle fern or bamboo shoots. At a riverbank, your guide will demonstrate to you how ‘bubu’ fishing works. ‘Bubu’ is the name for a fish trap, skilfully made from rattan or other natural vines.



Next, your guide will teach you how to cook a meal in the forest without a stove or pots. After starting a camp fire, the guide will use bamboo to cook rice, vegetables and even meat or fish in it. Enjoy a special lunch in the jungle!

After lunch, check out of lodge and return by boat to the dam and overland drive back to Kuching. (B/L)

Includes:

- Land & boat transportation
- 1 night Basic accommodation at lodge, Local meals, community fees,
- Entrance fee & buggy at Semenggoh Orang Utan Center
- English speaking Tour guide

Date of trip: Any Day – Min of 2 persons per trip

Mystical Mulu Caves (3D/2N)



DAY 1: Mulu National Park / Deer & Lang Caves

Morning, upon arrival at Mulu Airport, transfer and check in Mulu Park accommodation. Afternoon, depart for a three KM plank walk to Deer Cave and Lang Cave. Late afternoon, observe the millions of bats coming out from the vast mouth of the Deer Cave which will be a memorable occurrence (Only during fine weather). Return to accommodation and overnight. (D)

DAY 2: Mulu National Park / Wind & Clearwater Caves/ Penan Settlement

Depart by a long boat going up river to Wind Cave via Penan settlement. Visit the settlement and observe the lifestyle of this tribe. Visit Wind Cave and explore the limestone formation of this unique eco system. Continue the journey by plank walk to Clearwater Cave where more interesting stone formation can be seen. Picnic lunch included. Return to accommodation and overnight. (B/Picnic Lunch/D)

DAY 3: Canopy Walk / Departure

Mulu canopy walk is a 420 metre walkway, suspended 25 metres above the forest floor and still one of the longest tree based canopy walks in the world. Walk in the lush tree tops with tranquil river views below and compare the vegetation of riverine forest floor to the understory, the treetops and nearby limestone cliffs. A unique opportunity to get closer to the rainforest 'web of life'. Transfer to Mulu airport for your departure flight. (B)

Includes:

- Land & boat transportation
- 2 nights accommodation at lodge, meals as mentioned
- Entrance fee, Canopy Walk
- English speaking Tour guide

Excludes:

- Airfare & Tourism Tax for accommodation for Non Malaysians

Date of trip: Any Day – Min of 2 persons per trip