Itinerary

12 Day Small Group Cultural Sarawak Tour

***IMPORTANT NOTE: Any extra nights, optional tours or other amendments, will not be visible on this itinerary.**

Day 1: Arrive Kuching, Malaysia

Upon arriving at the airport, you will be met and transferred to your hotel for check-in. The rest of the day is yours to relax or explore Kuching City at your own pace.

MEALS: Nil

OVERNIGHT: Waterfront Hotel, Kuching or similar

Day 2: Kuching - Bako National Park

Today, we visit Bako National Park, one of the best places in Sarawak to experience wildlife in its natural habitat. Keep an eye out for Borneo's unique proboscis monkeys, silvered langurs, long-tailed macaques, wild boars, monitor lizards, and a variety of bird species.

The park boasts diverse forest types, ranging from mangroves and heath forests (kerangas) to tropical swamps, cliff vegetation, and beach vegetation. A network of trails allows visitors to explore different areas based on fitness levels and interests. The park's coastline is stunning, featuring small bays, coves, and beaches.

The day begins with a pickup from your hotel and a 35-minute drive to Bako Village, followed by a 30-minute boat ride to the park headquarters. Along the way, you may spot crocodiles, sea eagles, and other shorebirds. At the park headquarters, explore the trails and enjoy spotting wildlife before returning to Kuching in the mid-afternoon.

Important Notes:

The schedule may vary depending on tides and sea conditions.

This tour may not be possible during the wet season (November to February) due to rough sea conditions.

During the wet season, the tour typically lasts around 5-6 hours, as early departures from the park are often necessary.

MEALS: Breakfast, Lunch

OVERNIGHT: Waterfront Hotel, Kuching or similar

Day 3: Kuching - Semenggoh Wildlife Centre

After breakfast at the hotel, you'll be picked up and driven to Semenggoh Wildlife Centre, located 24 kilometres from Kuching. This renowned orangutan rehabilitation centre focuses on training orphaned or rescued orangutans to survive in the wild. The reserve is home to over 20 orangutans, many of which return to the centre during feeding times.

Upon arrival, you'll head to the briefing area for a short talk from the rangers. Then, take a brief walk along a trail to the feeding area, where you can watch these incredible creatures descend from the trees for a meal.

After the visit, return to Kuching, where the rest of the day is free for you to explore the city at your leisure or join an optional tour.

MEALS: Breakfast

OVERNIGHT: Waterfront Hotel, Kuching or similar

Day 4: Kuching ~ Sibu Countryside

Start the day with a transfer to Kuching Airport for your flight to Sibu. Flight times will be provided by your guide. Upon arrival, meet your guide and begin the journey to the countryside. Along the way, enjoy a stop at a local open-air restaurant or coffee shop to savour delicious local delicacies for lunch.

Continue the drive through scenic countryside, passing hilly landscapes, pepper vineyards, rubber plantations, and even traditional longhouses visible from the roadside.

Upon reaching the longhouse, you'll receive a warm welcome from your host, who will share insights about longhouse life and culture. In the evening, take a leisurely walk through the village to meet the friendly local community and experience their way of life. Return to the longhouse before sunset.

Together with your host, prepare a traditional dinner featuring dishes like Pansuh (chicken cooked in bamboo) and enjoy Tuak (rice wine). After dinner, relax on the ruai (veranda), sharing stories and legends with your host before retiring for the night.

Driving Distances:

Sibu Airport to Sibu Countryside: 100 km

MEALS: Breakfast, Dinner

OVERNIGHT: Countryside Iban Longhouse (Private Room), Sibu

Day 5: Sibu Countryside ~ Sibu

Start the day early by joining the villagers to experience rubber tapping, where you'll learn about the challenging process of extracting natural rubber latex. Afterward, return to the longhouse for breakfast and a bit of rest.

Next, embark on a journey through lush, undisturbed rainforest. Along the way, discover the incredible biodiversity of the area, including various plants and herbs used by locals for food and medicinal purposes. As the locals say, "The rainforest is the largest supermarket for free."

Enjoy some fun and relaxation at a simple but stunning natural stream. While surrounded by the sounds of nature and a gushing waterfall, prepare and savour a delicious lunch in the heart of the rainforest.

After lunch, return to the longhouse to freshen up before departing for Sibu.

Upon arrival in Sibu, check into your hotel and take a rest. In the evening, visit the vibrant Sibu Night Market (weather permitting), where you'll find an exciting array of food, gadgets, textiles, utensils, and other unique items.

Driving Distances:

Sibu Countryside: 110 km

MEALS: Breakfast, Lunch

OVERNIGHT: Kingwood Hotel, Sibu or similar

Day 6: Sibu - Making Longevity Noodles

Longevity noodles are a key dish in birthday celebrations and festivals like Chinese New Year, symbolising good health and long life due to their long, continuous shape. This morning, visit a local village to see how longevity noodles are made the traditional way. Learn the differences between handmade and machine-made noodles, from processing and pulling the noodles to drying them under the sun and storing them. You'll also discover how factors like humidity, weather, and the quality of flour affect the noodles' taste and texture.

Take a leisurely stroll along the beautiful esplanade of the mighty Rajang River, Malaysia's longest river. Observe the variety of river taxis, including express boats, speedboats, and sampans, as they transport people and goods along the water. Witness how locals stock up their "floating grocery stores," which serve the riverine communities.

Continue to a beautifully crafted Chinese temple, where you can climb the Seven-Storey Pagoda for panoramic views of Sibu's bustling waterfront. Then, meander through the winding streets of Old Sibu Town, soaking in the aromas of pastries baking in traditional earthen ovens and discovering quaint alleyways filled with unique small businesses—perfect for photos.

End the walking tour at Malaysia's largest central market, home to over 1,200 stalls. Explore the vibrant array of goods, from seasonal fruits and fresh seafood to live chickens wrapped in newspapers. This market offers an authentic glimpse into the daily lives of the people of Sibu.

Enjoy this immersive walking tour before returning to your hotel.

MEALS: Breakfast, Lunch

OVERNIGHT: Kingwood Hotel, Sibu or similar

Day 7: Sibu ~ Mukah

The Melanau people, celebrated for their gentle nature and exceptional seafaring skills, are one of Sarawak's most fascinating ethnic tribes.

Begin the day with an exciting 1hr30min, 200hp speedboat ride from Sibu to Dalat Town. This scenic river journey takes you through meandering waterways, passing by Malay villages, shipyards, Iban longhouses, and Melanau settlements. Midway, stop at the tranquil Sungai Kut Melanau Village, where you can experience the serene and peaceful rhythm of village life.

Continue the journey by boat, winding through lush rainforests and mangrove swamps, before arriving in Dalat Town. Explore the town's highlights, including the iconic Church by the River and the unique Jerunei Gardens, where you'll learn about their cultural and historical significance.

Afterward, travel by road to Mukah, passing through the picturesque town of Oya. Upon arrival in Mukah, check into a charming village house overlooking the river. In the evening, enjoy an introduction to the Melanau people, their rich culture, and traditions, followed by an exotic Melanau-style dinner.

Driving Distances:

Dalat to Mukah (via Oya): 45 km

MEALS: Breakfast, Dinner

OVERNIGHT: Melanau Village House (Private Room), Mukah

Day 8: Mukah ~ Bintulu

After breakfast, set off on a village walk to immerse yourself in the rich cultural heritage of the Melanau community. Visit the ancient Jerunei—above-ground burial coffins—and learn about the mystical beliefs and traditions of the locals.

Next, stop by a traditional sago bakehouse, a cottage industry where sago pearls are processed using age-old methods. Here, you'll witness how sago is transformed into a staple food.

Then, enjoy a boat ride along the Tellian and Misan Rivers. Along the way, you might see villagers tying sago palm trunks together and sending them downstream like rafts—a practice they've followed for generations to harvest wild sago from the forests. Venture into a sago forest, where you'll have the opportunity to search for and dig up sago worms—a local delicacy.

Return to the village and visit a local textile workshop to see how sago starch is used in the batik-making process. Before lunch, enjoy demonstrations of Melanau traditional foods and pastries.

After lunch, continue with a Melanau handicraft-making demonstration. Bid farewell to the villagers and proceed overland to Bintulu.

Upon arrival in Bintulu, check in to your accommodation and relax for the evening.

Driving Distances:

Mukah to Bintulu: 150 km

MEALS: Breakfast, Lunch

OVERNIGHT: Golden Bay Hotel, Bintulu or similar

Day 9: Bintulu ~ Niah National Park ~ Miri

After breakfast at your hotel, depart at 8:00 AM for Niah National Park, a UNESCO World Heritage site. Upon arrival, check in at the Park HQ and take a short longboat ride across the river at Pangkalan Lobang to begin your visit.

Start with the Niah Museum to learn about the fascinating history of the area. The prehistoric Niah Caves are renowned as one of Asia's cradles of civilisation. The discovery of the oldest human remains in Southeast Asia makes this park one of the world's most significant archaeological sites.

Your guided tour of the caves includes exploring the Great Cave and the Painted Cave, where you'll see ancient rock art. You'll also learn about the traditional practice of bird's nest harvesting, a government-regulated activity, and see remnants of the equipment used for this age-old trade. The cave tour will take approximately four hours.

After exploring Niah, continue your journey to Miri. Upon arrival, check into your hotel and relax for the evening.

Driving Distances:

Bintulu to Niah: 150 km

Niah to Miri: 75 km

MEALS: Breakfast, Lunch

OVERNIGHT: Pullman Hotel, Miri or similar

Day 10: Miri ~ Mulu

After breakfast at your hotel, transfer to Miri Airport (MYY) for your flight MH3652, departing at 12:20 PM and arriving at Mulu Airport (MZV) at 12:50 PM. Upon arrival, you'll be transferred to the Mulu Marriott Resort for check-in and to settle into your accommodation.

In the afternoon, transfer to Mulu National Park Headquarters to begin your adventure. Register at the HQ and take a scenic 3 km plank walk through pristine primary rainforest to the entrance of Deer Cave.

Deer Cave is the world's largest cave passage and an awe-inspiring sight. The entrance is an incredible 150 metres wide and 120 metres high, with the roof towering no less than 90 metres throughout. Inside, you'll find a moon-like landscape, and from a particular angle, you can see a natural rock formation resembling the profile of President Lincoln.

Nearby is Lang's Cave, renowned for its exquisite limestone formations. The stalactites and stalagmites here are among the most beautiful in the park.

After exploring both caves, visit the Bat Observatory outside Deer Cave. At sundown, you may witness an extraordinary spectacle as about two million bats emerge in swirling formations to begin their nightly search for food.

After the experience, return to the park headquarters by torchlight and transfer back to the resort for dinner and a relaxing evening.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Mulu Marriot Resort & Spa, Mulu or similar

Day 11: Miri - Penan Settlement, Wind & Clearwater Caves

After breakfast, take a longboat transfer to Batu Bungan, a Penan settlement. Here, you'll have the opportunity to observe the traditional lifestyle of the Penan people and browse their beautifully handcrafted items, which are available for purchase.

Continue your journey upriver by longboat to Wind Cave, famous for its stunning "King's Chamber." This chamber features intricate stalactites and stalagmites with delicate, lace-like patterns, showcasing the natural beauty of the cave.

Next, take a short plank walk along a limestone cliff, followed by a climb of approximately 250 concrete steps to the entrance of Clearwater Cave. This cave is home to unique plant species, including the one-leafed plant found only in Mulu. Photo-sensitive algae also grow on specific rocks, forming needle-like formations that point toward light sources.

Near Clearwater Cave, there's a serene swimming area shaded by giant rainforest trees. Enjoy a simple picnic or packed lunch by the water, with time to swim or relax in this tranquil setting.

Return to your resort in the afternoon, and enjoy the rest of the day at your leisure.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Mulu Marriot Resort & Spa, Mulu or similar

Day 12: Mulu ~ Kota Kinabalu - End Tour

After breakfast at your hotel, transfer to Mulu Airport (MZV) for your flight MH3252, which departs at 12:40 PM and arrives in Kota Kinabalu (BKI) at 1:35 PM which marks the end of your journey.

Thank you for choosing MyHoliday2 and we wish you a safe onward journey.

MEALS: Breakfast