

## **Telang Usan Travel & Tours (Sarawak) Sdn Bhd**

Telang Usan Hotel, Lot 340-345, Section 47, Persiaran Ban Hock, Jln Ban Hock, Kuching 93100, Sarawak MALAYSIA  
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**Check out our Website :** [www.telangusan.com](http://www.telangusan.com)

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## **Optional Tours**

### **(1) KUCHING CITY TOUR**

**Morning : 0900 hrs – 1200 hrs / Afternoon : 1400 hrs – 1700 hrs**

A 3 hour Kuching City Tour includes visits to the Sarawak Museum, Kuching Waterfront, Tua Pek Kong Temple – the oldest Taoist Temple in Sarawak, Old State Mosque, Old Courthouse area, photo-stops at the Cat Monuments and rides pass the various historical places and of course a Kuching City Tour would not be complete without stops at a Pottery Factory to see how beautiful pots are hand-made and hand-painted; and a bird's nest outlet.



### **(2) GORGEOUS APES**

**Morning 0815 hrs – 1130 hrs / Afternoon 1400 hrs - 1700 hrs**

A 30 minute drive from the city brings us to the Semenggoh Orang Utan Wildlife Rehabilitation Centre for the feeding of semi-wild Orang Utans who descend from the jungle for their meals prepared by the park's rangers. **(Please note that sighting of Orang Utans is NOT guaranteed. Sometimes, they do not show due to the reason they may have found their food in the jungle.)**

### **(3) GORGEOUS APES + CROCODILE FARM**

**Morning Only 0815 hrs – 1300 hrs**

After GORGEOUS APES, proceed to Jong's Crocodile Farm to catch the 1100hrs feeding of the ferocious reptiles! This place is also a mini-zoo.

### **(4) SARAWAK CULTURAL VILLAGE TOUR**

**Morning 0830 hrs – 1300 hrs / Afternoon 1330 hrs - 1800 hrs**

Board the coach for a 45 minute's drive to the award winning Sarawak Cultural Village situated at the foot of the legendary Mount Santubong by the sea shores of the South China Sea and "see Sarawak in half a day"! The seven unique traditional houses scattered over this 17 acre "village" lets you visit the "homes" of the seven major ethnic groups found in Sarawak. Later attend a 30 minute cultural extravaganza at the village theatre. Back to the hotel.





### **(5) ANNAH RAIS LONGHOUSE TOUR**

*Morning 0900 hrs – 1200 hrs / Afternoon 1400 hrs - 1700 hrs*

A one hour journey by road brings you to Ana Rais. On arrival, a short stroll takes you to the Annah Rais Bidayuh Longhouse.

At the longhouse, you are able to see the longhouse folks going about their daily routine. Listen to interesting stories from your guide who will show you around the place.

On the way back to the city, stop at a Pottery Factory.



### **(6) SHOPPING SERIKIN BAZAAR**

*Morning : 0730 hrs – 1330 hrs*

About 2 hours away from the city, passing Bau Town is Serikin. Serikin is pure shopping paradise for those who love Indonesian wood carvings, sarongs, bamboo mats and many many more! Return to your city hotel about 1330hrs.

**\*\* NOTE : THIS TOUR IS ONLY FOR SATURDAY OR SUNDAY MORNING**



### **(7) BAU CAVES**

*Morning 0900 hrs – 1300 hrs / Afternoon 1330 hrs – 1800 hrs*

Proceed for a tour of the old gold-mining town of Bau, about an hour's drive from the city. Fairy Cave is located about 8km from Bau Town. The cave entrance is about 36 metres above the base of Mount Kapur. A concrete staircase of over 100 steps will lead you to the entrance of the cave. The beautiful view of the valley below from the cave entrance is a sight to behold. From the entrance, a wooden staircase will lead you to the Cave Chambers. When you see the extremely human-like stalagmites and stalactites, you will understand why this cave is Fairy Cave! There will also be a visit to the Wind Caves. You will see why the name came about when you are there!

**\*\* In the event of unfavorable weather, Wind Caves will be closed.**







### **(8) GUNUNG GADING NATIONAL PARK**

**Morning 0800 hrs – 1330 hrs / Afternoon 1200 hrs – 1800 hrs**

A 1 1/2 hours drive brings you to the Gunung Gading National Park, a beautiful expanse of mountainous rainforest. The park is an important conservation zone for the spectacular Rafflesia, the largest flower in the world. A plank walk allows visitors to walk around an area of forest.

**\* The sighting of the Rafflesia can only be confirmed 3 days before a bloom.\***

### **(9) DAY TRIP TO BAKO NATIONAL PARK + LUNCH**

**Pick up time 0830 hrs**

Depart for a full-day tour of Bako National Park via land and boat transfers. This is Sarawak's oldest and smallest national park and is famous for its Proboscis Monkeys whose mysterious lifestyles were recently captured by photographers from *National Geographic*. The Park is a showcase for exquisite flora and fauna – from Mangrove swamps of the wetlands, to the dipterocarp forests of the hills, to the carnivorous plants of the dry and desolate plateau. Lunch at the Park Canteen.

Trek the Park and wonder at the truly beautiful wind-swept formations of the rocks. The Park is home to many species of monkey, including the shy Silver Leaf and the bold *Kera*. Your guide will explain the significance of many plants in traditional healing. Return back to Kuching in the afternoon. (departure time from the park depends very much on the tide.)



**Things to bring :** Comfortable walking shoes, Caps / Hats / Sun-Block Lotion, raincoat, Insect Repellant / Insect Bite Cream, Swimsuit (in case there is time for some swimming), Towels (for overnight trips), Toiletries etc (for overnight trips)



### **(10) OVERNITE TRIP TO BAKO NATIONAL PARK + MEALS**

**DAY 01 : KUCHING / BAKO (LUNCH + DINNER)**

Depart for a full-day tour of Bako National Park via land and boat transfers. This is Sarawak's oldest, and smallest national park and is famous for its Proboscis Monkeys whose mysterious lifestyles were recently captured by photographers from *National Geographic*. The Park is a showcase for exquisite flora and fauna – from Mangrove swamps of the wetlands, to the dipterocarp forests of the hills, to the carnivorous plants of the dry and desolate plateau.

Trek the Park and wonder at the truly beautiful wind-swept formations of the rocks. The Park is home to many species of monkey, including the shy Silver Leaf and the bold *Kera*. Your guide will explain the significance of many plants in traditional healing.

Overnite at the Park Hostel.

**DAY 02 : BAKO / KUCHING (BREAKFAST + LUNCH)**

Breakfast at the canteen. More trekking or you might want to just relax at the beach. Lunch at the Park Canteen. Depart Bako in the afternoon. Back to the city.

**Things to bring :** Comfortable walking shoes, Caps / Hats / Sun-Block Lotion, raincoat, Insect Repellant / Insect Bite Cream, Swimsuit (in case there is time for some swimming), Towels (for overnight trips), Toiletries etc (for overnight trips)



**(11) MANGROVES EVENING TOUR**

***Evening: 1600 – 2100 hrs***

Take a 45 minute road trip to Permai Beach. Board the boat for a ride along Salak River to view proboscis monkeys feeding at the river edge at dusk before heading into mangrove swamp of the Kuching Wetlands National Park.

In the swamp area, do be on the look-out for crocodiles. As night falls, see the trees sparkle with thousands of fireflies in a setting that can only be found in a Sarawakian Mangrove Forest. Binoculars will be provided. Return to the city after the cruise.

**\*\* Please note that sighting of wildlife is not guaranteed.**

**(12) DOLPHINS & SATANG ISLAND**

Day Trip : 0800 – 1500hrs

Take a 45 minute road trip to Permai Beach. Board the boat for a cruise on the South China Sea in search of the extremely shy and rare Irrawaddy Dolphins.

We visit Satang Island where a turtle hatchery is located, manned by the Sarawak Forestry Corporation. Occasionally, visitors will get to see baby turtles being measured and counted before they are released into the sea.

Do bring along your swim wear for this tour!

**\*\* Please note that sighting of dolphins & turtles is not guaranteed.**



**(13) 2DIN LEMANAK IBAN LONGHOUSE**

**Day 01 – Kuching / Lemanak (LUNCH / DINNER)**

A 4 hour drive from the city brings you to a jetty at Lemanak where native longboats await to bring you up river to Nangga Kesit Longhouse. (Life jackets will be provided.) Settle down at the resthouse next to the actual longhouse. A brief tour of the surrounding area. Dinner is prepared by your guide, at the kitchen of the resthouse.

After dinner, stroll back to the longhouse to witness the “Ngajat” where the ladies of the longhouse dance to the beatings of the gongs and “engkerumong”. There will also be a mini market set up for you to buy or just have a look at the souvenirs made by the people at the longhouse. Spend the night at the resthouse.

**Day 02 – Lemanak / Kuching (BREAKFAST + LUNCH)**

After breakfast, witness a blow-pipe & cock-fighting demonstration. Then it’s time to bid farewell to the longhouse folks.

By longboat across the river to another Jetty where your coach awaits. Lunch stop along the way. Arrive Kuching City around 1600hrs.

**Things to bring :** Flashlight, raincoat, slippers, good walking shoes, towels, toiletries, swimsuits, Insect repellent / insect bite cream, Any medication that you might need (paracetamol / anti-diarrhea etc), sap / sun-hat, long pants & long sleeved shirts, sarong

**Resthouse :** Very basic necessities. Sleeping arrangements is dormitory style. Thin mattresses and pillows are provided. Toilets & bathrooms are very basic.



### **PREMIUM CAVING 01 (big spaces & cool streams)**

Full day : 0900 – 1900 hrs

**Difficulty : EASY**

We leave Kuching at 09:00 and drive for about 1.5 hours to a Bidayuh village in a pretty farming valley.

Once the equipment and safety briefings are complete we have a 10 minute walk across some of the areas prettiest farmland to the staircase to the cave entrance. In the cave we will provide a briefing on its history and pre-history as you look at the cave paintings that cover the walls. Then we go deep inside the mountain. There are streams, waterfalls and enormous calcite structures to admire as well as a wide range of cave dwellers.

The easy route visits two chambers before leaving through the main exit and going to a second cave for a swim

The intermediate route goes much further into the cave including passing through the bird nest chamber before we retrace our steps. After we've cleaned up we have some food either in the Kampung or at a restaurant on the way back to Kuching.

Timings may vary. Easy and intermediate routes are available. No ropework required.

**INCLUDES** : Pick up & Drop off at any city hotel , One meal, 2 caves, Basic Caving Equipments , Detailed Briefing, Free photo print of one of your expeditions & photos via email, Caving Guide

**EXCLUDES** : Insurance, Personal items for the tour, Snacks (nothing that requires you to actually touch the food as bacteria in caves are quite deadly)

### **PREMIUM CAVING 2 (The Drop Out)**

Full day : 0900 – 1900 hrs

**Difficulty : INTERMEDIATE**

We leave Kuching at 09:00 for a 40 minute drive towards Serian finally turning onto a small road leading towards one of Sarawaks oldest hill villages. We park at the foot of the hill.

Once the equipment and safety briefings are complete a short walk through the jungle leads to the smallest cave entrance which we visit. Having crawled inside the cave opens out. Some of the best calcite in the Kuching area can be found here as well as a great assortment of insects. A short rope descent leads to a crawl and further chambers before we reach an exit.

A short walk through the jungle takes us to the Skull Cave and a climb up a mud slope to another exit into a doline at the other side of which is a large passage cave which was home to the Bidayuh before the hill village was built. Take some time to enjoy the place while we rig the ropes so that the party can abseil out about 10m through a hole in the floor.

Having cleaned up we will visit the hill village before stopping for food. Intermediate route; ropework required;

**INCLUDES** : Pick up & Drop off at any city hotel, One meal, 1 cave, Basic & Technical Caving Equipments, Detailed Briefing, Free photo print of one of your expeditions & photos via email, Caving Guide

**EXCLUDES** : Insurance, Personal items for the tour, Snacks (nothing that requires you to actually touch the food as bacteria in caves are quite deadly)

### **PREMIUM CAVING 3 (The Hidden Valley)**

Full day : 0900 – 1900 hrs

**Difficulty : INTERMEDIATE**

We leave Kuching at 09:00 and drive for about an hour. Once the equipment and safety briefings are complete we set off on a steep narrow trail (including sections on notched Belian logs) up the side of the mountain which leads to a large cave entrance.

The cave passage leads to another large entrance on the other side of the mountain but on the way we will stop to look at the Devils Mask in one of the intervening chambers. Once through the cave we are in a valley that can only be reached by cave. A steep path leads down to the valley floor from where we walk for about 20 minutes to another small cave with low ceilings which was once home to a river.

Our route back takes us through a third cave which is the route the villagers use to go to the farm. After we've cleaned up we have some food either in the Kampung or at a restaurant on the way back to Kuching. We arrive back at about 19:00. Timings may vary. Intermediate route; No ropework required.

**INCLUDES** : Pick up & Drop off at any city hotel, One meal, 3 caves, Basic Caving Equipments, Detailed Briefing, Free photo print of one of your expeditions & photos via email, Caving Guide

**EXCLUDES** : Insurance, Personal items for the tour, Snacks (nothing that requires you to actually touch the food as bacteria in caves are quite deadly)

## **Useful Contacts**

<b>PLACE</b>	<b>HOURS</b>	<b>TELEPHONE #</b>	<b>LOCATION</b>
Central Police Station	24 hours	(082) 241 222	City Centre
Fire Station	24 hours	(082) 417 712	City Centre
Immigration Department	0830-1630	(082) 230 280	10 min from city centre
Rescue 991	24 hours	(082) 256 685	15 min from city centre
Sarawak General Hospital	24 hours	(082) 254 417	City Centre
Normah Specialist Centre (private)	24 hours	(082) 440 055	20 min from city centre
Timberland Medical Centre (private)	24 hours	(082) 234 466	City Centre

### **LIABILITIES :**

Telang Usan Travel & Tours (Sarawak) Sdn Bhd shall not be held accountable for any loss incurred due to flight delay / cancellation, sickness, strikes, thefts, war and acts of God.

The company reserves the right to alter routes, itineraries, timings and accommodations reserved as and when necessary.

### **TRAVEL ADVICE :**

Beware of unauthorised people who offer their services as guides and booking agents.

It is advisable to use only licensed tour operators to avoid any fraud.

Licensed tour operators are registered with the Ministry of Tourism Malaysia.



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# New Optional Tours for [www.telangusan.com](http://www.telangusan.com)

## APPRECIATING SARAWAK ARTISANS

Duration : 1330 – 1700 hrs

This is a fantastic tour if you are interested in how our gorgeous textiles are woven. The tour begins with a visit to Tun Jugah Museum. This place show-cases a magnificent selection of the Pua Kumbu fabric in modern & authentic designs. There is also a splendid exhibit of antique Iban silverware, local beads and jewellery. This is also a great opportunity to see weavers at work!

Next, we visit Tanoti House to see more Sarawak women weavers and artisans who are dedicated towards the production, promotion and distribution of hand-crafted textiles. Tanoti's aim in setting up this foundation is to improve the lives and livelihoods of womenfolk from the rural communities, through the ancient art of songket weaving.

Your tired feet must be screaming some TLC by now. Take your shoes off, put your feet up and give them the pampering they deserve!  
A 30 minute foot massage before we send you back to your hotel.



**MASAK & MAKAN CLASS with lunch (minimum 5 persons)**

Duration : 0700 – 1300 hrs

Pick up from your city hotel at 7am. Proceed to a wet market for purchase of food items needed for your cooking class. Together with your “purchasing guide”, pick only the freshest ingredients!

Proceed to the outdoor terrace at Telang Usan Hotel. Don your aprons and start preparing your lunch with the hotel’s chef.

You will be preparing :

Umai ~ Sarawak style “sushi”.

Pansoh Manok ~ Chicken cooked in bamboo.

Sarawak Laksa ~ “THE” dish all visitors to Kuching must never miss!

Midin Kerabu ~ Midin is the super delicious jungle fern found only in Sarawak.

There will be a coffee break while waiting for the dishes to be cooked. What else but our very own Sarawak iced coffee called “Kopi-O”. If you prefer your coffee with ice, no problem. Iced coffee is called “Kopi-O-Peng”. And there will be some local Malay cakes for you to sample too!

Your lunch will be what you have prepared earlier on, plus a couple of extra dishes.

**Bon appétit!**

Should you wish for your spouse / friend to join you for lunch, there will be an extra charge of RM 40 per person inclusive of return transfers from a city hotel.





## **BUKIT SERUMBU SUMMIT, PENINJAU (The Wallace Trail)**

**@ RM PER PERSON (minimum 5 persons )**

**\*\* physical fitness is required if you wish to climb from Point B till Point D\*\***

Duration : 0800 – 1700 hrs

Pick up from your city hotel. Enjoy an hour's drive passing typical Borneo country sights till a Bidayuh Village called Peninjau.

From the foothill, a slow & relatively easy trek brings you till Point B. The climb gets steeper and harder from Point B to Point C and from Point C to Point D. But the view definitely gets better!

The various types of flora you will see as you climb are truly fascinating. The tallest flower in the world, the **Amorphophallus** is easily found here as they flower all year round.

Have your packed lunch at the view point or underneath the giant boulder – a pretty awesome sight!

Slowly make your way back to the foothill after lunch. Return to the city. Drop off at your city hotel about 1700hrs.



### **About Bukit Serumbu :**

\* The hill is a single mass of porphyry diorite rock, igneous in origin. It stands on the northern edge of a meandering valley of limestone karst, known as the “Bau limestone”. On the southern bank of this valley rises the Bungo range, composed primarily of sandstone. The boulders are part of the hills crust which have broken off and taken their rounded shape through weathering. Igneous rock weathers like egg-shells, peeling off layers over time, leaving rounded boulders. In the southern part of the hill, parts of the base-rock are visible, yet to be broken off into loose boulders. These parts of the base-rock are spectacular, some the size of a four storey shoplot! Exposed rockface is evident on the northeastern side, facing the two villages of Peninjau Lama and Peninjau Baru.

\* **Alfred Russel Wallace** , the British naturalist, explorer, geographer, anthropologist and biologist, who is best known for independently proposing a theory of evolution due to natural selection, which prompted Charles Darwin to publish his own theory. Considered the 19th century's leading evolutionary thinkers as well as an expert on the geographical distribution of animal species, Wallace is sometimes referred to as the ‘father of biogeography’.

\* This extraordinary man was offered the use of the White Rajah – James Brooke's bungalow ‘Peninjau’ on the summit ridge of Bukit Serumbu. It is here that he made many important findings related to the forest in Bukit Serumbu.

In February 1855, Wallace wrote a paper entitled ‘On the Law which has Regulated the Introduction of New Species’, which was published in the Annals and Magazine of Natural History in September that same year.

In the paper he discussed observations regarding the geographic and geologic distribution of both living and fossil species, what would become known as biogeography.

His conclusion that “Every species has come into existence coincident both in space and time with a closely allied species” has come to be known as the “Sarawak Law”.



### **Items to bring for this tour :**

- \* Good trekking shoes
- \* Long pants
- \* Sun Block
- \* Insect Repellent
- \* Hat or cap
- \* Water Bottle
- \* Extra T-shirts
- \* Water-proof back-packs
- \* Any medication that you might need



## **WAR MEMORIAL & BROOKE'S ERA TOUR**

Duration : 0900 – 1200 hrs

This is the tour for you if you are interested in WW2 and the Japanese Occupation era. The tour starts with a visit to the Heroes' Graves. This Memorial is erected in honour of the sacrifice of our brave soldiers who died fighting while defending the sovereignty of Sarawak. Next, we visit Batu Lintang, which was then known as Lintang Barrack & Kuching POW Camp. Visit the Punjabi Ammunition Hut and the remains of the Japanese Flag Pole.

The last portion of the War Memorial Tour is a visit to the Air Raid Shelter at Park Lane.

Then proceed to view buildings erected during the Brooke era – Fort Margherita, the Astana, the old courthouse, the Square Tower, the General Post Office building, the Textile Museum and the Sarawak Museum.

Drop off at your hotel.





