



ACKMA AGM “WEEK”

MULU, SARAWAK, MALAYSIA

23 to 27 APRIL 2010

The program (subject to minor changes) is below. While I can arrange reduced or no cost for some activities there are many for which we will have to pay and please realize that the estimated costs are subject to +/- variation of 25% due to shifting exchange rates. In the optional activities schedule I have indicated the estimated costs which I think I can get approved and I have included a form for participants to complete so that we can plan how best to distribute people across the various activities. Please indicate when you would prefer to what and I will try to slot you in where you want to be, but this does not mean you will get everything exactly when you want it – except where you indicate that you would prefer to be resting. **You will need some down time in this climate.**

When you have worked out what optional activities you would like you can add the indicated costs to see what you will need to pay. Add to this about AU\$25 per day for food and then select your preferred accommodation from the schedule below to calculate your total cost.

– Brian Clark

THE PROGRAM

(NOTE: The program items at Mulu, all of which have numbers restrictions per trip, repeat several times over the week)

WEDNESDAY 21 APRIL

Arrive in Miri sometime during this day and check into the Imperial Hotel. They have a range of accommodation and I will negotiate a deal if I can - but expect to pay around Au\$30 per person twin share. They also have 2 and 3 bedroom apartments which are a good deal. Alternately you can search out a cheaper solution and we'll meet in front of the Imperial Hotel at 8am for transfer to Niah Great Cave (allow Au\$25 per person).

THURSDAY 22 APRIL

8.00am. Depart Miri – arrive Niah at 9.30am(ish). Visit the Interpretation Centre before entering the park proper at 10am. Visit to the archeo museum for 30 minutes or so before commencing the 3 km walk on level plankwalk to the cave entrance arriving at approximately 11.30am and have a quiet wander around. Traders cave on the way to the Great Cave entrance.

Break here for a picnic lunch (which you will have purchased and carried with you – along with at least one liter of water - from Miri or Niah township). 12.30(ish) into the Great Cave and through to Painted Cave and a bunch of stromatolites then back into Great Cave – expecting to start the walk back at around 4.30pm – arriving back at the car park at around 5.30 and into Miri at 7(ish).

FRIDAY 23 APRIL

8.00am. Depart from Imperial Hotel and arrive Miri Airport at 8.20 and check-in for flight to Mulu at 9.20 arriving at 9.50 for transfer to the park (\$2.50pp). Check-in to your accommodation (**See options detailed below**) and the rest of the morning is free to settle in and look around the park HQ before lunch at the café between 12.00 and 1.00.

NOTES: We may not all get on this flight and some may have to travel on the afternoon flight which arrives at 3.50. The flight from Miri to Mulu is at present around Au\$115 return BUT this will change with the wildly fluctuating exchange rates.

Afternoon options

1. 1.30 to 2.30pm – depart for Mulu Canopy Skywalk tour – (2 Hrs \$5). 24 persons max
2. 1.45 to 2.30pm – depart for Deer cave tour. 12 persons max
3. 1.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5)
4. 1.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour. (3Hrs \$5). 12 persons max
5. Swim in the river and/or snoozing with a good book!

SATURDAY 24 APRIL

Morning Options

1. 8.30am to 9am – depart by boat (Au\$10pp) to Cave of the Winds and Clearwater Cave with picnic lunch and swimming in the Clearwater resurgence (AKA the Mulu Fountain of Youth!). 40 persons max.
2. 8.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
3. 8.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
4. 7.00 am – Mulu canopy skywalk and Paku waterfall walk.(1/2 day \$7). 10 persons max.
5. 6.45am – depart* for Clearwater Connection adventure caving trip. (long half day \$10). 6 persons max. (*subject to water level on the day)

Afternoon

3.00pm. **ACKMA Annual General Meeting**

6.00pm. Evening meal and optional night walks.

SUNDAY 25 APRIL

Morning Options

1. 8.30am to 9am – depart by boat (Au\$10pp) to Cave of the Winds and Clearwater Cave with picnic lunch and swimming in the Clearwater resurgence (AKA the Mulu Fountain of Youth!). 40 persons max.
2. 8.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
3. 8.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5).12 persons max
4. 7.00am – Mulu canopy skywalk and Paku waterfall walk.(1/2 day \$7). 10 persons max.
5. 8.30am - depart* for Clearwater Connection adventure caving trip. (long half day \$10). 8 pax max (*subject to water level on the day)
6. 8.30am – depart for Garden of Eden Valley walk. (full day \$10). 8 persons max
7. 6.45am – depart for Sarawak Chamber adventure caving trip (Very full day \$12). 8 persons max

Afternoon options

1. 1.30 to 2.30pm – depart for Mulu Canopy Skywalk tour- (2 Hrs \$5). 24 persons max
2. 1.45 to 2.30pm – depart for Deer cave tour. 40 persons max
3. 1.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
4. 1.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
5. 1.30pm – adventure caving (Racer Cave, Stonehorse Cave or Wild Boar Cave) (1/2 day \$5). 8 persons max
6. Swimming in the river and/or snoozing with a good book!

MONDAY 26 APRIL

Morning Options

1. 8.30am to 9am – depart by boat (Au\$10pp) to Cave of the Winds and Clearwater Cave with picnic lunch and swimming in the Clearwater resurgence (AKA the Mulu Fountain of Youth!). 40 persons max.
2. 8.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5) 12 persons max
3. 8.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5) 12 persons max
4. 7.00 am – Mulu canopy skywalk and Paku waterfall walk.(1/2 day \$7). 10 persons max.
5. 8.30am – depart* for Clearwater Connection adventure caving trip. (long half day \$10). 8 pax max (*subject to water level on the day)
6. 8.30am – depart for Garden of Eden Valley walk. (full day \$10). 8 persons max
7. 6.45am – depart for Sarawak Chamber adventure caving trip (Very full day \$12). 8 persons max
8. Sleep in and rest!

Afternoon options

1. 1.30 to 2.30pm – depart for Mulu Canopy Skywalk tour (2 Hrs \$5). 24 persons max
2. 1.45 to 2.30pm – depart for Deer cave tour. 40 persons max
3. 1.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
4. 1.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
5. 1.30pm – adventure caving (Racer Cave, Stonehorse Cave or Wild Boar Cave) (1/2 day \$5). 8 persons max
6. Swimming in the river and/or snoozing with a good book!

TUESDAY 27 APRIL

Morning Options

1. 8.30am to 9am – depart by boat (Au\$10pp) to Cave of the Winds and Clearwater Cave with picnic lunch and swimming in the Clearwater resurgence (AKA the Mulu Fountain of Youth!). 40 persons max.
2. 8.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
3. 8.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
4. 7.00 am – Mulu canopy skywalk and Paku waterfall walk.(1/2 day \$7). 10 persons max.
5. 8.30am – depart* for Clearwater Connection adventure caving trip. (long half day \$10). 8 persons max (*subject to water level on the day)
6. 8.30am – depart for Garden of Eden Valley walk. (full day \$10). 8 persons max
7. 6.45am – depart for Sarawak Chamber adventure caving trip (Very full day \$12). 8 persons max
8. Sleep in and rest!

Afternoon options

1. 1.30 to 2.30pm – depart for Mulu Canopy Skywalk tour- (2 Hrs \$5). 24 persons max
2. 1.45 to 2.30pm – depart for Deer cave tour. 40 persons max
3. 1.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
4. 1.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max

5. 1.30pm – adventure caving (Racer Cave, Stonehorse Cave or Wild Boar Cave) (1/2 day \$5). 8 persons max
6. Swimming in the river and/or snoozing with a good book!

WEDNESDAY 28TH APRIL

Morning Options

1. 8.30am to 9am – depart by boat (Au\$10pp) to Cave of the Winds and Clearwater Cave with picnic lunch and swimming in the Clearwater resurgence (AKA the Mulu Fountain of Youth!). 40 persons max.
2. 8.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
3. 8.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
4. 7.00 am – Mulu canopy skywalk and Paku waterfall walk.(1/2 day \$7). 10 persons max.
5. 8.30am – depart* for Clearwater Connection adventure caving trip. (long half day \$10). 8 persons max (*subject to water level on the day)
6. 8.30am – depart for Garden of Eden Valley walk. (full day \$10). 8 persons max
7. 6.45am – depart for Sarawak Chamber adventure caving trip (Very full day \$12). 8 persons max
8. Sleep in and rest!

Afternoon options

1. 1.30 to 2.30pm – depart for Mulu Canopy Skywalk tour- (2 Hrs \$5). 24 persons max
2. 1.45 to 2.30pm – depart for Deer cave tour. 40 persons max
3. 1.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
4. 1.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
5. 1.30pm – Adventure caving (Racer Cave, Stonehorse Cave or Wild Boar Cave) (1/2 day \$5). 8 persons max
6. Swimming in the river and/or snoozing with a good book!

THURSDAY 29TH APRIL

Morning Options

1. 8.30am to 9am – depart by boat (Au\$10pp) to Cave of the Winds and Clearwater Cave with picnic lunch and swimming in the Clearwater resurgence (AKA the Mulu Fountain of Youth!). 40 persons max.
2. 8.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
3. 8.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
4. 7.00am – Mulu canopy skywalk and Paku waterfall walk.(1/2 day \$7). 10 persons max.
5. 8.30am – depart* for Clearwater Connection adventure caving trip. (long half day \$10) 8 persons max (*subject to water level on the day)
6. 8.30am – depart for Garden of Eden Valley walk. (full day \$10). 8 persons max
7. 6.45am – depart for Sarawak Chamber adventure caving trip (Very full day \$12). 8 persons max
8. Pack up and go on **10.10am flight** to Miri
9. Sleep in and rest!

Afternoon options

1. 1.30 to 2.30pm – depart for Mulu Canopy Skywalk tour- (2 Hrs \$5). 24 persons max
2. 1.45 to 2.30pm – depart for Deer cave tour. 40 persons max
3. 1.30pm – depart (on foot) for Life in the fast-lane tour. (3Hrs+ \$5). 12 persons max
4. 1.45pm – depart (by boat Au\$7.50) for Life in the fast-lane tour.(3Hrs \$5). 12 persons max
5. 1.30pm – adventure caving (Racer Cave, Stonehorse Cave or Wild Boar Cave) (1/2 day \$5). 8 persons max
6. Pack up and go on the **4.10pm** flight to Miri
7. Swimming in the river and /or snoozing with a good book!

FRIDAY 30TH APRIL

Unless you have made plans for a longer stay your options today are:

1. Pack and go!!

TRAVEL OPTIONS are to:

- Fly with Malaysian Airlines from Perth, Adelaide, Melbourne or Sydney to Kuala Lumpur and connect with a flight with **EITHER** Malaysian Airlines or Air Asia to Kuching or Miri.
- Fly from same cities with Qantas to Singapore and then on to Kuching
- See what carrier will get you from your nearest city to Kota Kinabalu and then fly KK to Miri
- See what carrier will get you from your nearest city to Bandar Sri Bagawan in Brunei and then catch a taxi from Bandar to Miri

THINGS YOU MIGHT WANT TO DO IN TRANSIT

If you are coming –

- **Via Kuala Lumpur**– catch the next plane out!
- **Via Singapore** – see the Singapore Night Safari, then catch the next flight to Kuching

- **Via Brunei** – catch the first taxi you see!
- **Via Kuching** – a night in Bako National Park to see a variety of primates and other Bornean wildlife – but you can also fit in a short walk in Bako as a day trip from the city; a half day trip to see the Kuching Orangutan Sanctuary; another half to full day visiting the Sarawak Cultural Village; the Kuching Fabrics Museum is well worth a couple of hours as is the general museum. A taxi ride to the orangutan sanctuary also takes you past a spectacular pitcher plant and orchid garden worth spending some time (couple of hours max) in. If the Rafflesias are in bloom a half day trip to Gunung Gading NP is worth the effort to see the worlds biggest flowers.
- **Via Miri** – a half day trip to Lambir Hills National Park and then a geological tour around the town precincts is worthwhile – if you know what you are looking at! A day trip to Niah Caves without a bunch of ACKMA members bothering you might be suitable for some
- **Via Kota Kinabalu** – primate watching at Sepilok and Sukau on the Lower Kinabatangan River is very good – and is priced accordingly. A visit to the wildlife center just south of Kota Kinabalu. (it's just a mediocre zoo but just to see the walk-in aviary makes it worthwhile.) Diving or just snorkeling at Sipadan Island. Turtle island sanctuary – a bit too touristy though. Spoil yourself with a couple of nights on one of the small islands just out from the city. Almost forgot – if you are into cave critters you **MUST** get to Gomantong Cave.

ACCOMMODATION OPTIONS AND ARRANGEMENTS

We have limited capacity and it's going to have to be a case of first in – best dressed gets the room and the rights to share or not as they see fit. I will arrange to send out a schedule of what's available, what's not and who got in first from time to time.

The Royal Mulu Resort has unlimited rooms available starting at \$130 per night - but I need to get a more accurate price before you make any bookings.

What is available in the Park now is as follows:

1. One bungalow with 2 bedrooms each with on-suite and air con. Bedrooms each have a double and two single beds. AU\$60 per room
2. Four rooms with en-suite and air con – each with 4 single beds. AU\$65 per room
3. Four rooms with en-suite and air con – each with 1 double and 1 single bed. AU\$55 per room
4. 3 rooms with en-suite and fan cooling – each with 3 single beds. AU\$45 per room
5. 3 rooms with en-suite and fan cooling – each with 1 double and 1 single bed. AU\$45 per room
6. 21 beds in an open space dormitory. AU\$10 per person
7. 9 beds in a research center – available **ONLY** to full time students. AU\$3 per person

THINGS TO UNDERSTAND BEFORE YOU COME!

- Visas are issued on arrival, **BUT** if you fly from KL or KK to Sarawak you will have to go through Immigration when you land in KL or KK and **AGAIN** when you fly to Sarawak.
- Mulu is hot and humid all year round. Expect cold mornings of 20C and hot afternoons of 34 to 37C.
- It rains a lot and the river can rise 6 m in a few hours. Plans change!
- There is very, very little chance of catching malaria in Mulu – but time spent on the coast is a bit riskier.
- Wine is available in Miri but very expensive by Aussie standards
- Beer and spirits are also available in Miri and also very expensive if you buy it from a legal source. If you order ahead I can ship in some supplies from spurious sources.



<http://www.mulupark.com/>