

Niah National Park

Millions of bats and swiftlets, numerous historical sites, ancient tombs and a primary rainforest come together to enchant visitors at this national park. Sprawling over 3,238ha, Niah National Park enjoys great popularity among history lovers and researchers for its archaeological significance. The Great Cave here was inhabited by prehistoric men nearly 40,000 years ago. Among the relics unearthed include Neolithic paintings and Paleolithic artefacts. Another attraction is the Painted Caves, where depictions of human-like figures were found near an ancient burial site. Niah National Park is accessible from Miri and Bintulu. It is situated about 109km from Miri or 131km from Bintulu.

Must do:

- Explore the forest trails
- Visit the Iban longhouse nearby
- Enjoy a boat ride
- Explore the Great Cave to see the excavation sites
- Visit Niah's famous Painted Cave

Mulu National Park (A UNESCO World Heritage Site)





One of the most outstanding attractions in Sarawak, Gunung Mulu National Park is a treasure trove of vertical cliffs, jagged limestone pinnacles and intricate cave networks. The area is a paradise for researchers with some 20,000 animals and 3,500 plant species.

Tours and caving expeditions are available from the park office. Visitors can choose from introductory, intermediate or advanced tours depending on their experience and fitness levels. Tours are accompanied by World Heritage Guides. To truly appreciate the beauty of Mulu, visitors are advised to allocate at least several days for their trip here. Accommodation ranges from camp sites, forest huts to the exclusive Mulu Marriott Resort nestled amidst the rainforest. Mulu is accessible by air from Miri.

Must do:

- Visit the four show caves – Deer, Lang, Clearwater and Wind Caves
 - Watch millions of bats from the Bat Observatory
 - Make your way to The Pinnacles
 - Trek along the Headhunters Trail to Limbang
 - Go up the 480m Mulu Canopy Skywalk
 - Explore the Medicine Plants Trail
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Batu Caves

Batu Caves is a an iconic and popular tourist attraction in Selangor.

It is a site of a Hindu temple and shrine, Batu Caves attracts thousands of worshippers and tourists, especially during the annual Hindu festival – Thaipusam.

A limestone outcrop located just north of Kuala Lumpur, Batu Caves has three main caves featuring temples and Hindu shrines.

Its main attraction is the large statue of the Hindu God at the entrance, besides a steep 272 climb up its steps to finally view the stunning skyline of the city centre.

Monkeys frolic around the caves, and it is a popular spot for rock climbing enthusiasts. Paintings and scenes of Hindu Gods can also be seen in the Ramayana Cave.

Batu Caves is a place where you should not miss on your next visit to Malaysia!

There are 3 main attractions at Batu Caves which is a limestone hill riddled with caves. The main Cave is known as the Temple Cave or Cathedral Cave and is accessed by a steep flight of 272 steps. The steps are thronged with troupes of greedy macaques who will harass you for food if you are carrying any (better not to feed them).

The cave serves as a Hindu Temple devoted to Lord Muragan whose 42 meter high gold statue stands guard outside. Unless you are particularly fond of huge crowds or wish to take part in the festival, you might want to avoid visiting Batu Caves during the Thaipusam festival (which falls in January or February each year) hundreds of thousands of believers will

throng to the cave, including a number who impale themselves with skewers and hooks as acts of penitence and devotion.

Half way up the flight of stairs is the entrance to the second main attraction, the Dark Cave. This is more of an adventure cave with educational and scientific interest. It is not always open (on 2 of my 5 visits to Batu Caves it has been closed) and depends on the availability of a guide without whom you are not allowed to enter.

The Dark Cave is said to be home to the rarest spider in the world, the Trapdoor Spider, and an ancient animal community dating back over 100 million years (which during my visit seemed only to comprise bats and cockroaches!).

The Cave Villa, the 3rd attraction which lies at the foot of the limestone hill. There are two more show caves illuminated here with coloured lights and containing brightly painted statues and paintings of Indian poets and characters from Hindu mythology. You can read the plaques containing pearls of oriental wisdom while strolling around the humid caves. One of the caves also contains glass display tanks full of snakes and other reptiles.
