



3D2N - Jungle Trekking to 3-Tier Waterfall & Bamboo Rafting + Spear Fishing

Day One

Jungle Trekking to 3-Tier Waterfall

Arrive at Annah Rais Longhouse - Upon arrival, you will be greeted by your host in the longhouse, with the local-brewed rice-wine (known as “Tuak”) as a welcome drink. Short briefing session about Annah Rais longhouse & its history will be conducted when you are sipping of our local rice wine.

Check In – Check-in to your guestroom in the longhouse, change to your light clothing & get ready for the jungle activities. Please be prepared to get wet in the jungle, as you will be passing through some clear & cool water streams.

Jungle Trekking - Set off for the jungle trekking and you will be amazed with the wonder of natures in the tropical rainforest. You get to see the various flora & fauna. Our experience local guide will also show you the various herbs that we use traditionally for natural healing. Learn from the guide about the basic survival skill in the tropical rainforest too.

** You will have an option to opt for the transport at RM10 per person (to & fro) to bring you uphill where you will only need to walk for 15minutes on a flat land. Please inform the homestay operator.*

Stunning 3-Tiers Waterfall - The fun & adventurous trek in the jungle will finally bring you to the stunning 3-tier Waterfall. You will be swimming & soaking yourself in the crystal clear cool water. You can even try natural waterfall massage.

Picnic Lunch with Bamboo Chicken - Our guide will set up the fire right in the middle of the jungle at our picnic site to prepare the Bamboo Chicken. Join them preparing your lunch & learn how to cook the chicken in the bamboo. Bamboo Chicken is our world-famous signature dish, which you got to it at least once on your trip to Borneo, or your Borneo’s trip will never complete. The taste is just so original, tender and sweet and to go with the fragrant bamboo rice is the best combination of midday meal. Try some local fruit as your dessert after the heavy lunch.

Afternoon Break - After the lunch, sit back & relax at the waterfall site for awhile, enjoy the beauty of the natures, while chit-chatting over a sipping of our local rice wine. If you just can’t help yourself to swim again, just go ahead & swim it for the last time ever, before we set back for our longhouse.

Back to the Longhouse - As soon as you got back to the longhouse, quickly clean up yourself & take a bath to refresh yourself after the long day trip in the tropical rainforest.

Guided Longhouse Tour – While waiting for dinner, our guide will bring you for a longhouse tour. During the tour, you will meet the village folks, visit the head house, mini museum and show house. Learn about our lifestyles, heritages and cultures this time as your guide will tells you a lot of stories about Annah Rais Longhouse. Take this chance to shoot pictures with villagers and get near to them.

Dinner Time - You will get the chance to try our local savoury delicacies. All our foods are organic; our vegetables are collected from our own farm & without pesticide applied. You will also get to try our world famous “Paku” & “Midin” fern collected from the jungle, which will be stir-fry the local way with our own home-made sources. After that, try our local tea.

Dinner Time - Dinner will be served soon later, & you will get to try another different kind of sumptuous dishes. We never repeat the same foods, so that you get chance to try different longhouse’s delicacies. Eat as much as possible, we will have more than enough for you & we promise to feed you well during your stay with us.

Traditional Musical Instruments Jamming Session & Cultural Dance - Soon after dinner, the local musician will start showing you with all their traditional musical instruments & teaching you the basic technique of playing them. This is the very practical session, whereby you will involve in making a traditional music while others

are dancing. You will also be thought on performing the traditional cultural dance with the full traditional costume on if you wish. Some of the villagers, especially the kids here will sometimes come & join in for the fun & crazy moment. Remember to ask for some local rice wine “Tuak” & have fun all night long till you drop!

Day Two

Bamboo Rafting + Spear Fishing

Breakfast - Breakfast to be served from 8am in the morning. Breakfast will be prepared & to go with the local style coffee or tea. Some fruits such as banana to go with! You will be fed well even for the breakfast, but you know yourself better how much you can take. So don't take too much if you will be having trouble with activities later on with your fully loaded stomach.

Jungle Trekking - Start off with trekking on another trail in the tropical rainforest before reaching the small stream for the bamboo rafting. Along the trail, the local guide will make every effort to explain the strange things you see in the jungle, you will start to understand about the surrounding jungle & how they use the natural jungle resources to compliment their daily needs.

Reaching the small stream for Bamboo Rafting – Soon after, you will reach a small stream with sometimes crystal clear running water, where located right in the middle of the tropical rainforest. You would like to soak yourself in the water to cool off the body first if the water level is not that fast & deep on that day.

Building bamboo raft – Dried bamboo are always ready. Your guide will start building the raft after a short rest after the walk & you are most welcome to learn & help in building the bamboo raft for the day.

Bamboo Fish Picnic Luncheon – At the same time the other guide is starting to prepare the picnic lunch. This time, you will get a chance to try another local signature dish, bamboo fish, which cooked right on the spot with the newly found fresh bamboo. Enjoy your bamboo fish lunch, along with some other dishes & bamboo rice.

Bamboo Rafting - Soon after lunch, the newly-made Bamboo raft is ready. Take your time to rest after your lunch, no hurry, & let the guide know when you are ready for the fun & exciting Bamboo Rafting trip. You will raft along the running water stream through the tropical rainforest. The experienced guide will lead you the way, you just have to enjoy the experience, & appreciate the beauty of the tropical rainforest. There's no special skill required by you, except sitting on the raft. If you are adventurous enough, you may try to stand on the raft to feel the adrenaline rush, instead of sitting, but do it at your own risk though! You are warned that underneath the water are rocks & if the water is not deep enough, you may hit the rock if fallen off from the raft!

Afternoon Break - After the raft, sit back & relax by the stream, get some rest while enjoying the beauty of the natures, before setting back for the longhouse.

Spear-fishing – After taking the break, you will be given a goggle & spear for spear-fishing with our traditional technique, which our guide will show you how to do it. Try to catch as many as possible & when the fire is has been set up, we will start to BBQ luncheon picnic with your catches (if you catch any), as well as the foods that we have brought along. You also can prefer to bring back your catch and seek assistant from your host to cook it for you.

Back to the Longhouse - Coming to the end of the rafting trip, you will get up from another point of the jungle trail. Your guide will then lead your way back to the longhouse through another short trekking. Take a fresh water shower, clean up yourself & get ready for the dinner. You can take this spare time before your dinner to ask any of the village folks (usually the old woman or man) to weave a bracelet made from rattan to your risk as a souvenir. Please seek assistant from your host for this purpose.

You will have an option to opt for the transport to bring you back to the longhouse if you just too tired to walk, please inform your guide so that he can seek assistant from the homestay operator.

Dinner Time - You will get the chance to try our local savoury delicacies. All our foods are organic; our vegetables are collected from our own farm & without pesticide applied. You will also get to try our world

*Macker
Homestay*

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famous “Paku” & “Midin” fern collected from the jungle, which will be stir-fry the local way with our own home-made sources. After that, try our local tea.

Things to do after Dinner - You can either choose to rest for the long day activities or you may chit-chatting with the host & the local here while drinking beers or our local rice wine. If you still have plenty of energy for the trekking, you can opt for self-guided night trekking through the small stream to spot some animals, such as owl, snake, various frogs, insects & etc. Please remember to bring your own torch light, or you can rent it at the longhouse.

Get a Rest - Get on bed early for a sleep so that to fully re-charge your body to prepare for next day activities.

Day Three

Transfer back to Kuching

Breakfast - Breakfast to be served from 8am in the morning. We will prepare our local breakfast to go with our local style coffee or tea. Taste some local fruits with your breakfast! We will prepare the local breakfast more than you can take it, so eat as much as possible before leaving for another exciting trip. We wish you can stay any longer with us, & also hope that you will come back again. We hope to see you again or perhaps you may want to introduce us to your friends.

Transfer Back to Kuching - You will be transferred back to Kuching at 10:00am. You will arrive at Kuching, airport or hotel before 12pm. We hope to see you again soon!

Price:

RM404/pax, minimum 2 adult to go per trip.

Half price for children below 11 years old.

Rm100 surcharge for guest travelling alone or with one child

10% discount for student and to go min 3 persons.

Package Include:

Transport, Visiting Semengoh Wildlife Center Longhouse, Longhouse entrance fees, meals & beverages, guided tours & activities, traditional show, loan of traditional costumes and jungle tools, laundry and tuak tasting.

**Tuak*- local wine