

behind the scenes

SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Antonio Almeida, Alexandra Bardswell, Tamara Bedeaux, Neesha Copley, Augusto Garolla, Paul Gurn, Lloyd Jones, Laurel Kinrade, Cyril and Danielle Lousberg, Petra O'Neill, Bettina Ortmann, Christine Overvelde, Glenn Owens, Andrea Sanfilippo, Jeanie and Jim Schaden, Chronis Sofianidis, Fabian Spettel, Brian Strating, Eileen Synnott, Maurice van Dael, Johnno Van Havere, and Laszlo Wagner

Helen van Lindere, Jeremy Clark, Peter Hogge and my guides Bian Ruma, Esther Abu, Jeffry Simun, Susan Pulut and Syria Lejau (Gunung Mulu National Park); Apoi Ngimat, Jaman Riboh, Joanna Joy, Rebbita Lupon, Rian John Pasan Lamulun, Stephen and Tine, and Stu Roach (Bario); Mr Lim (Chong Teah), Mr Chua (Eng Hin) and Ferdinand Gibson (Limbang); the dedicated staff of Sarawak's national parks; Glenn van Zutphen, Leonard Koh, Michelle Elias Solomon and Seng Beng Yeo and their families (Singapore); and, finally, my beloved wife Rachel Safman, our son Yair Lev and my mother-in-law Edie Safman (Los Angeles).

AUTHOR THANKS

Daniel Robinson

Scores of people went out of their way to make this a better book, but I'm especially indebted to Amélie Blanc, Borbala Nyiri, Donald and Marina Tan, Eric and Annie Yap, Jacqueline Fong, Jo-Lynn Liao, Kelvin Egay, Polycarp, Mathew Ngau Jau, Philip Yong, Thomas Ulrich and Vernon Kedit (Kuching); Jessie, Noriza and Peter Tiong (Sibu); Paul Chuo, Sandra Kromdijk, Vincent Tiong and Wouter Mullink (Kapit); Camille de Kerchove, Captain David (Bennet), Elyn Chan and family, and Mrs Lee (Miri); Amy McGoldrick, Antonella Mori,

Adam Karlin

Terima kasih: Katie King, rockstar contact who redefines break dancing; the people who gave me insight, Charlie Ryan, Jessica Yew, Tom, Joel, Silas and Howard, I'm greatly privileged to have met you, and to have had the opportunity to explore your island with you; Angelica, the baddest ass bartender in Oakland, thanks for the laughs; Alex Zawadzki, Daniele Cohen, Serge, Johnny and the rest, your company was always hilarious; Mom and Dad, thanks for your constant support; and Rachel, for your love, and your voice every morning and evening when I'm away.

Paul Stiles

My thanks to the many people who guided me safely from one end of Kalimantan to the other, and back again: Lucas, Rahim, Ahmad, Kaya and family, Alex, Erwin, Gaye, Aini, Shady. To my coauthors, for all their valuable advice and comments along the way. And to Ilaria, for making the Cross-Borneo Trek possible.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Cover photograph: Danum Valley, Frans Lanting/National Geographic Stock

THIS BOOK

This 3rd edition of Lonely Planet's Borneo guidebook was researched and written by a stellar team of intrepid travel experts who have an unparalleled passion for adventure and the wilder parts of the world. LP veteran, passionate eco-traveller and Borneoophile Daniel Robinson led the team. He researched Sarawak, and wrote the Plan, Understand and Survival Guide chapters. Paul Stiles survived his crazy research trip to Kalimantan, and the hilarious and charming Adam Karlin researched Sabah and wrote the Diving Pulau Sipadan chapter. Dr Trish Batchelor wrote the

Health chapter, which was then revised by Daniel Robinson. This guidebook was commissioned in Lonely Planet's Melbourne office, and produced by the following:

Commissioning Editors

Suki Gear, Ilaria Walker

Coordinating Editors

Catherine Naghten, Gabrielle Stefanos

Coordinating Cartographer

James Leversha

Coordinating Layout Designer

Clara Monitto

Managing Editors

Sasha Baskett, Bruce Evans

Managing Cartographers

Anita Bahn, Diana von Holdt

Managing Layout Designer

Jane Hart

Cover Research

Naomi Parker

Internal Image Research

Aude Vauconsant

Language Content

Branislava Vladislavjevic

Thanks to

Elin Berglund, Jasna Bratic, Rebecca Chau, Lauren Egan, Ryan Evans, Larissa Frost, Chris Girdler, Bronwyn Hicks, Genesys India, Jouve India, Eva Murphy, Mardi O'Connor, Trent Paton, Kirsten Rawlings, Raphael Richards, Kate Sullivan, Gerard Walker

index

1Malaysia 267

A

ABC 286
accommodation 300-1, *see also individual locations*
activities 20-5
air pollution 293
air travel 15, 235, 311, 312
alcohol 280
ambuyat 205
animals 295-7, *see also individual animals*
Annah Rais Longhouse 150-1
area codes 15, 307-8
art galleries, *see museums & galleries*
ASRI 249
ATMs 306

B

Ba Kelalan 190
Bahasa Indonesia 321
Bahasa Malaysia 321
Bako National Park 13, 142-6
balan-balan 68
Balikpapan 220-5, **221**
bamboo chicken 281
Bandar Labuan 109, **110**
Bandar Seri Begawan 198-209, **200-1**
accommodation 203-4
activities 198-202
drinking 206
food 204-6
internet access 207
medical services 207
shopping 206
sights 198-202
tourist information 207
tours 202-3
travel to/from 208-9
travel within 208-9
Bangar 211-12
Banjarmasin 259-62, **261**

Bario 186-90
Batang Ai region 158-9
Batang Duri 212
Batang Rejang 163-8
bathrooms 308
bats 84, 108, 172, 182, 295
Batu Daya 248
Bau 153-5
Bawang Assan Longhouse Village 159-60
beaches
Bako National Park 145
Balikpapan 220
Kemala Beach 220
Lundu 155
Muara 202
Pulau Datok Beach 248
Pulau Manukan 54
Santubong Peninsula 146
Similajau National Park 169-71
Tanjung Aru 45

bearded pigs 297
bee stings 319
Belaga 167
Belait District 209-10
Berau 238-9, **239**
bicycle travel 312, 316
Bidayuh people 274
Bilit 85-6
Bintulu 168-9, **170**
biofuel 293
bird watching
Danum Valley Conversation Area 89
Gomantong Caves 84
Kelabit Highlands 187
Kinabalu National Park 61-2
Mt Kinabalu 62
Tawau Hills Park 101
birds 298, *see also individual birds*
bites & stings 319-20
boat tours 10, 25, **11**
Sungai Kahayan 258
Sungai Kinabatangan 83-4
Sungai Mahakam 229-30, 231, 235
Sungai Rungan 258
Tanjung Puting National Park 253
boat travel 311-12, 312-13, 316
Bobo 251
body art 276
Bohebekut 241
Bohesilian 241
Bolkiah, Sultan Hassanah 19, 272
books 21, 273, 274, 295
border crossings **314**
Brunei–Sabah 112, 207
Brunei–Sarawak 181, 208
Sabah–Kalimantan 100
Sabah–Philippines 77
Sarawak–Kalimantan 151, 193

British North Borneo Company 270
Brooke family 269-70
Brooke, James 269, 270, **270**
Brunei 35, 196-214, **197**
accommodation 196
climate 196
food 196
highlights 197
national parks 290
Brunei Museum 199, 202
budgeting 14, 301, 304
Bulungan 242
bus travel 313-14
business hours 301-2
butterflies 65

C

cakes 137, 284
camping 301
canopy walks 20, 65, 89, 102
car travel 315
caves 24-5, 182-4
Batu Tulug 82-3
Clearwater Cave 182
Deer Cave 6, 182
Fairy Cave 154
Gomantong Caves 84
Lang's Cave 182
Niah National Park 171-3
show caves 182
Wind Cave (Bau) 153-4
Wind Cave (Gunung Mulu) 182
cell phones 15, 307-8
cemeteries 71-2, 130, 110
children, travel with 302, 320
Chinese cuisine 285-6
Chinese museums 124
Chinese people 118, 266-7, 268, 270
Chinese New Year 132
Christianity 267, 277-8, 280
climate 14, 18-19, 288
climate change 312
consulates 303
cooking courses 131
coral reefs 116, 288, **116-17**
costs 14, 301, 304
credit cards 14, 305-6
crocodiles 144, 149, 153, 170, 223, 307
Cross-Borneo Trek 9, 219
cultural villages, *see also longhouses*
Mari Mari Cultural Village 41-2
Monsopiad Cultural Village 44
Sarawak Cultural Village 146-7, 278
culture 118, 273-80, **118-19**
currency 14, 15, 305-6
customs regulations 302
cycling, *see bicycle travel*

D

dangers 306-7
 Danum Valley Conservation Area 10, 88-90, **11**
 Data Dawai 235
 Dayak people 13, 118, 266-7, 273-80, **13, 119**
 agriculture 278
 body art 276
 cuisine 134, 280, 281-4
 languages 14
 religion 275-7
 death marches 74
 deforestation 292
 dehydration 319
 demographics 266-7
 dengue fever 318
 Derawan Archipelago 12, 29, 239-42, **12**
 diamonds 263, 269
 diarrhoea 320
 dipterocarp forests 288-9
 disabilities, travellers with 308
 diving 26-9, 116, **28, 116-17**, *see also*
 snorkelling
 Derawan Archipelago 241
 dive sites 27, 28
 Layang Layang 70-1
 Mabul 95-6
 Pulau Lankayan 81-2
 Pulau Mantanani 70
 responsible diving 29
 safety 319
 Semporna Archipelago 93-7
 Sipadan 93-5
 travel seasons 26
 Tunku Abdul Rahman National Park 54
 dolphins 233
 drinking water 320
 durian 283
 Dusun people 274, 277

E

earlobes, elongated 276
 economy 266
 ecotourism 45, 48, 69, 77-8, 85, 90, 178
 electricity 302-3
 elephants 83, 85, 90, 297
 embassies 303
 emergencies 15
 environmental issues 29, 289-94, 295
 Erau Festival 231
 ethnic groups 266-7, 273-80
 etiquette
 dress 15
 leeches 266
 longhouses 266, 280

mosques 225
 pointing 266
 European colonisation 268-70
 events, *see* festivals & events
 exchange rates 15

F

ferns 283, 298
 ferries 311-12
 festivals & events 18-19, 306
 Baleh-Kapit Raft Safari 165
 Chinese New Year 132
 Erau Festival 231
 Gawai Dayak 280
 Kuching Festival Fair 132
 Rainforest World Music Festival 132
 first-aid kits 317-18
 flags 310
 food 281-6, 304, *see also*
 individual dishes
 Chinese cuisines 285-6
 Dayak cuisine 134, 280, 281-4
 hawker stalls 50, 99
 Kota Kinabalu 49
 Malay cuisine 284-5
 foreign exchange 15, 306
 fungal rashes 320

G

galleries, *see* museums & galleries
 gardens, *see* parks & gardens
 Gawai Dayak 280
 gay travellers 304
 geology 287-8
 gibbons 297
 Gomantong Caves 84
 Gunung Bengoh 154-5
 Gunung Gading National Park 155-6
 Gunung Kinabalu 56-64, **57, 63**
 Gunung Mulu National Park 6, 23, 24-5, 180-6, **2-3, 6-7**

H

habitats 288-9
 halal food 285
 hawker stalls 50, 99
 headhunting 267, 270, 277-8
 health 317-20
 Heart of Borneo program 294
 heat stroke 319
 heath forests 288
 hiking, *see* trekking
 history 56, 124, 218, 268-72
 hitching 316
 holidays 306
 homestays 301
 Brunei 211
 Kalimantan 234, 254, 255

Sabah 66, 86, 96, 105, 111
 Sarawak 148, 150, 151, 154, 157, 159, 173, 188, 190, 191
 hornbills 114, 277, 298, **115**
 hot springs
 Muara Tanuhi Hot Springs 264
 Poring 65
 Tawau Hills Park 101
 hydroelectric dams 293-4

I

Iban people 273, 276, **113**
 independence 272
 indigenous peoples 273-80
 Indonesian language 321
 Indo-Pacific basin 29
 insect bites 319-20
 insurance 304, 317
 internet access 304
 internet resources 15, 318
 Islam 44, 129-30, 199, 267, 268, 269
 Islamic separatists 272
 islands
 Juanta Island 248
 Kapalai 27, 97
 Nunukan Island 241-2
 Pulau Banggi 70
 Pulau Derawan 12, 240-1
 Pulau Gaya 54
 Pulau Kakaban 242
 Pulau Kumala 231
 Pulau Labuan 109-12
 Pulau Lankayan 81-2
 Pulau Mantanani 29, 70
 Pulau Manukan 54
 Pulau Maratua 241
 Pulau Natuna 243
 Pulau Sangalaki 242
 Pulau Sapi 54
 Pulau Satang 158
 Pulau Selirong 212
 Pulau Sipadan 26-9, 93-5
 Pulau Sulug 55
 Pulau Talang-Talang 158
 Pulau Tekaneng 250
 itineraries 30-3

J

Jalan Labi 209
 Jantur 233
 Japanese occupation 271
 jellyfish 319-20

K

Kadazan people 274, 277
 Kalimantan 35, 215-64, **216-17**
 accommodation 215
 climate 215

Kalimantan *continued*
 culture 218
 highlights 216-17
 history 218
 national parks 291
 safety 220
 travel seasons 215
 travel to/from 218, 220
 travel within 220
 wildlife 218

Kampung Buli Sim Sim 73-4
 Kampung Benuk 150
 Kandangan 262-3
 Kapalai 27, 97
 Kapit 164-7, **166**
kek lapis (layer cakes) 137, 284
 Kelabit Highlands 13, 186-92
 Kelabit people 276
kerangas (heath forests) 288
 Kinabalu National Park 9, 56-64,

57, 63, 9
 accommodation 62-4
 climbing trails 59-61
 permits & planning 57-9
via ferrata 61
 walking trails 61-2

Kinabatangan Orang-utan
 Conservation Project
 (KOCOP) 83

Kinabatangan River 82-7
klotok 13, **13**

Konfrontasi 272
 Kota Belud 67-8

Kota Kinabalu 40-54, **42**
 accommodation 46-8
 drinking 50-1
 emergencies 51
 food 48-50
 internet access 51
 medical services 51
 shopping 51
 sights 40-5
 tours 45-6
 travel to/from 52-3
 travel within 53-4

Kuala Belait 210-11

Kubah National Park 151-3

Kuching 8, 124-42, **126-7, 8**

accommodation 132
 activities 131
 climate 121
 drinking 136-7
 entertainment 137-8
 festivals 132
 food 134-6, 137
 shopping 138-42
 sights 124-31

tourist information 139
 tours 131-2
 travel to/from 140
 travel within 141-2
 Kuching Wetlands National Park 148-9
 Kudat 69
 Kumai 254-5
 Kutai National Park 236-7

L

Lahad Datu 87-8
 laksa 136, 284
 Lambir Hills National Park 173-4
 land rights 278

language 14, 321-7
 accommodation 322
 Dayak 14
 emergencies 323
 food 322-3
 signs 323
 time 324
 transport 324-5

Lanjak 250

Layang Layang 29, 70-1

leeches 22, 297, 319

etiquette 266

legal matters 304

leptospirosis 318

lesbian travellers 304

Limbang Division 193-5

lizards 54, 55

logging 249, 292

Loksado 8, 263-4

Long Bagun 235

long ears 276

longboat tours, *see* boat tours

longhouses 8, 275, 301, **8**

Annah Rais Longhouse 150

Batang Rejang 163, 165, 167

Bawang Assan Longhouse Village

159-60

etiquette 279, 280

Rungus longhouses 70

Sarawak Cultural Village 146, 278

visiting 278-80

lowland forests 288-9

Lundu 155

M

Mabul 27, 95-6

macaques 144, 203

Mahakam River 228-35

malaria 318-19

Malay

cuisine 284-5

language 321

people 266-7

Malay Islamic Monarchy 267

Malaysian flag 310

Maliu Basin Conservation Area 6,
 101-3, 289

Mancong 233

mangroves 289

maps 304-5

markets

Balikpapan 223

Kota Belud 67

Kota Kinabalu 40, 41

Kuching 131, **120**

Palangka Raya 256

Ranau 65

Sibu 161

Mataking 27, 97

measures 302

medical services 318

Melak 234-5

Meliau 250

Mengkabong Water Village 67

Mesilau Nature Resort 64-5

MIB (Melayu Islam Beraja) 267

Miri 29, 174-80, **176-7**

mobile phones 15, 307-8

money 14, 15, 305-6

monitor lizards 55

monkeys 79-80, 144, 203, 296-7, **13**

montane forests 289

mosques

City Mosque 44-5

etiquette 225, 310

Indian Mosque 125

Jame'Asr Hassanil Bolkiah Mosque

201

Masjid Agung At-Taqwa 220

Masjid Sultan Suriansyah 260

Mesjid Abdurrahman 242

Mesjid Raya Darussalam 225

Mesjid Raya Sabilal Muhtadin 259

Mesjid Siratal Mustaqim 225

Omar Ali Saifuddin Mosque 198-9,

118-19

Samarinda Islamic Centre 225

State Mosque 45

mosquitoes 318-19

mountain climbing 20, 23-4, 56-61,

184

mouse deer 297

Mt Kinabalu 9, 23, 56-64, **9**,

see also Kinabalu National Park

Muara Muntai 232-3

Muara Pahu 234

Muller Mountains 235-6

museums & galleries, *see*

also cultural villages

Agnes Keith House 73

Art Museum 129

Brunei Museum 199, 202

Cat Museum 131

Chinese History Museum 124

Dewan Tun Abdul Razak 129

000 Map pages

000 Photo pages

Ethnology Museum 128
 Forestry Museum 209
 Fort Sylvia 164
 Interpretation Centre 142
 Islamic Museum 129-30
 Istana Kadriyah 242
 Jungbluesdream Art Gallery 187
 Keraton/Mulawarman Museum 231
 Kota Kinabalu Wetland Centre 44
 Labuan Marine Museum 109
 Labuan Museum 109
 Lau King Howe Memorial Museum 159
 Limbang Regional Museum 193
 Malay Technology Museum 200
 Mulu Discovery Centre 181
 Museum Batiakkal 238
 Museum Lambung Mangkurat 263
 Museum of Islamic Civilisation 44
 Museum Provinsi Kalimantan Barat 242-3
 Niah Archaeology Museum 172
 Oil & Gas Discovery Centre 210
 Petroleum Museum 175
 Royal Regalia Museum 199
 Sabah Museum 41
 Sarawak Museum 128
 Sarawak Textile Museum 125
 Sibu Heritage Centre 159
 Tun Jugah Foundation 130
 Twelve Roofs House 200-1

N

Nabucco 12, 241-2
 national parks & reserves 290-1
 Bako National Park 13, 142-6
 Batang Ai National Park 158-9
 Danau Sentarum National Park 250
 Danum Valley Conservation Area 10, 88-90, **11**
 Gunung Gading National Park 155-6
 Gunung Mulu National Park 6, 23, 24-5, 180-6, **2-3, 6-7**
 Gunung Palung National Park 248
 Kinabalu National Park 9, 56-64, **9**
 Kota Kinabalu Wetland Centre 44
 Kubah National Park 151-3
 Kuching Wetlands National Park 148-9
 Kutai National Park 236-7
 Lambir Hills National Park 173-4
 Maliau Basin Conservation Area 6, 101-3, 289
 Niah National Park 171-3
 Peradayan Forest Reserve 212
 Semenggoh Nature Reserve 10, 149-50, **10**
 Similajau National Park 169-71
 Talang-Satang National Park 157-9

Tanjung Datu National Park 157
 Tanjung Puting National Park 13, 251-4, **13**
 Tawau Hills Park 101
 Tunku Abdul Rahman National Park 54-6
 Wehea Forest 237-8
 Wind Cave Nature Reserve 153-4
 Natuna Archipelago 243
 Negara 263
 newspapers 266, 302
 Ngaju Dayak people 274
 Niah National Park 171-3
 Nonya cuisine 285
 North Borneo Chartered Company 271
 Nunukan Island 241-2

O

oil palms 292-3
 opening hours 301-2
 orangutan sanctuaries & reserves
 Sabah 12, 67, 77-8, 79, 83, **3, 12**
 Sarawak 10, 149-50, **10**
 Kalimantan 251
 orangutans 114, 252, 295-6, **114-15**
 orchids 45, 65, 298, **115**

P

pagodas, *see* temples & pagodas
palang 276
 Palangka Raya 256-9, **257**
 palm oil 292-3
 Pampang 227
 Pangkalan Bun 255-6, **255**
 parks & gardens
 Miri City Fan 174
 Museum Garden 129
 Palmetum 152
 Pangkalan Bun Park 255
 Taman Alun Kapuas 242
 Taman Tumbina 168
 tropical garden 65
 Sabah Agricultural Park 105
 passports 308-10
 Patung Khatulistiwa 243
 peat forests 289
 Penan people 189, 274
 land rights 278
 villages 194
penanggalan 68
 permits, *see also* visas
 Kinabalu National Park 57-8
 Upper Rejang 164
 pigs 297
 Pinnacles, the 184, **6-7**
 pitcher plants 142, 288, **114**
 planning 20-5
 Borneo basics 14-15
 Borneo's regions 34-5

budgeting 14
 calendar of events 18-19
 children, travel with 302, 320
 internet resources 15, 318
 itineraries 30-3
 travel seasons 14, 18-19, 26
 plants 298
 politics 266
 Pom Pom 97
 Pontianak 242-8, **244**
 population 266, 273
 Poring Hot Springs 65
 proboscis monkeys 79-80, 296-7
 prostitution 228
 public holidays 306
pulau, *see* islands
 Pulau Derawan 12, 240-1
 Pulau Labuan 109-12
 Pulau Sipadan 26-9, 93-5
 Putussibau 249-50

R

rabies 319
 radio 302
 Rafflesias 155-6, 296
 rafting 264, **8**
 Rahai'i Pangun 258
 Ramadan 199
 Ranau 65
 Regatta Lepa 94
 religion 266
 Islam 44, 129-30, 199, 267, 268, 269
 Christianity 267, 277-8, 280
 Dayak animism 275-7
 rhinoceroses 297
 rice 281, 282
 rice wine (*tuak*) 280, 283-4
 river cruises, *see* boat tours
 rock climbing 83
 Ruko Bandar 220

S

Sabah 34, 38-112, **39**
 accommodation 38
 food 38
 highlights 39
 national parks 290
 travel seasons 38
 weather 38
 safety 306-7, 319-20
 Bako National Park 144
 diving 319
 drinking water 320
 Kalimantan 220
 Muller Mountains 236
 sago 281
 salt licks 190
 Samarinda 225-8, **226**

Samboja Lestari 223
 Sandakan 71-7, **72**
 Sandakan Archipelago 81-2
 Sandakan death marches 74
 Sandakan prison 271
 Santubong Peninsula 146-8
 Sarawak 35, 121-95, **122-3**
 accommodation 121
 climate 121
 food 121
 highlights 122-3
 history 124
 national parks 291
 Sarawak laksa 136, 284
 Sekonyer 252
 Sematan 156-7
 Sembakung 242
 Semenggoh Nature Reserve 10,
 149-50, **10**
 Semporna 91-3, **92**
 Semporna Archipelago 26-9
 Senterbung 241
 Sepilok 77-81, **78**
 Sepilok Orang-Utan Rehabilitation
 Centre (SORC) 77-8, **3, 12**
 Setia 210
 Sibul 159-63
 Similajau National Park 169-71
 Singamata 95
 Singkawang 246
 Sipadan 26-9, 93-5
 smoking 302
 snorkelling 27, 116, **116-17**
 Layang Layang 70-1
 Pulau Mantanani 70
 Pulau Manukan 54
 Semporna Archipelago 93-7
 Sipadan 93-5
 Soeharto 272
 spelunking 24-5
 squirrels 62
 Stewart, Duncan 271
 stings & bites 319-20
 strangler figs 298
 sugarcane wine 284
 Sukadana 248-9
 Sundaland 268
 Sungai Arot 255
 Sungai Bungan 250-1
 Sungai Kapuas 249-51
 Sungai Kinabatangan 10, 82-7, **11**
 Sungai Mahakam 228-35
 sustainable travel 29, 294
 swans 161

000 Map pages
000 Photo pages

T
 Talang-Satang National Park 157-9
 Tanjung Datu National Park 157
 Tanjung Harapan 252
 Tanjung Isuy 233
 Tanjung Lokan 250-1
 Tanjung Puting National Park 13,
 251-4, **13**
 Tanjung Selor 242
 Tarakan 242
 Tarawe, John 188
 tattoos 276
 Tawau 97-101, **97**
 taxis 313, 315, 316
 telephone services 15, 307-8
 Teluk Air 248
 Temburong District 210-14
 temples & pagodas
 Bintulu 168
 Keningau 104
 Kota Kinabalu 44
 Kuching 125
 Kudat 69
 Miri 175
 Pontianak 242
 Sandakan 73
 Sibu 159, **118**
 Tuaran 67
 Tenggarong 230-2
 Tering 235
 ticks 319
 time zones 308
 Tiong Ohang 235
 tipping 306
 toilets 308
 tourist information 51-2, 308
 tours 316
 train travel 53, 316
 transmigrasi 272
 travel to/from Borneo 311-12
 travel within Borneo 15, 312-16, **314**
 TreeTops Lodge 178
 trekking 20-3
 Kalimantan 9, 219, 235-6, 263-4
 Sabah 84, 89, 59-62, 101-2
 Sarawak 144, 147, 154-5, 184,
 190-3, 194
 Tringus 154-5
 tuak (rice wine) 280, 283-4
 Tuaran 67
 Tunku Abdul Rahman National Park
 54-6
 turtles 27, 81, 93, **28**
 Tutong District 209-10
 TV 302

U
 Ulu Temburong National Park 212-14
 Unesco World Heritage sites 6, 180-6,
 288, **6**

V
 vacations 306
 vaccinations 317
 vegetarian travellers 280, 286
 via ferrata 61
 visas 15, 308-10
 volunteering 153, 158, 310

W
 walking 40, *see also* trekking
 Warah Kubu 248
 wasp stings 319
 water pollution 294
 waterfalls
 Brunei 214
 Sabah 42, 60, 91, 102, 105,
 101-2
 Sarawak 156, 174, 181
 weather 14, 18-19, 288
 websites, *see* internet resources
 Wehea Forest 237-8
 weights 302
 Western Sarawak 142-59
 wet season 288
 White Rajahs 269-70
 wildlife 20, 114-15, 218, 295-8,
 114-15
 wildlife sanctuaries & reserves,
 see also zoos
 Borneo Sun Bear Conservation
 Centre 78-9
 KWPLH Sun Bear Sanctuary
 223
 Labuan Bird Park 110
 Labuk Bay Proboscis Monkey
 Sanctuary 79-80
 Matang Wildlife Centre 152-3
 Natural Frog Pond 152
 Semenggoh Nature Reserve 10,
 149-50, **10**
 Sepilok Orang-Utan Rehabilitation
 Centre (SORC) 77-8, **3, 12**
 Shangri La Rasa Ria Resort 67
 Tabin Wildlife Reserve 90-1
 wildlife trade 294
 women travellers 310, 320
 WWII 270-1
 memorials 65, 73, 110
 Sandakan death marches 74

Z
 zoos, *see also* wildlife sanctuaries &
 reserves
 Borneo Orangutan Survival
 Foundation 257
 Lok Kawi Wildlife Park 43-4
 Sabah Agricultural Park 105
 Taman Tumbina 168