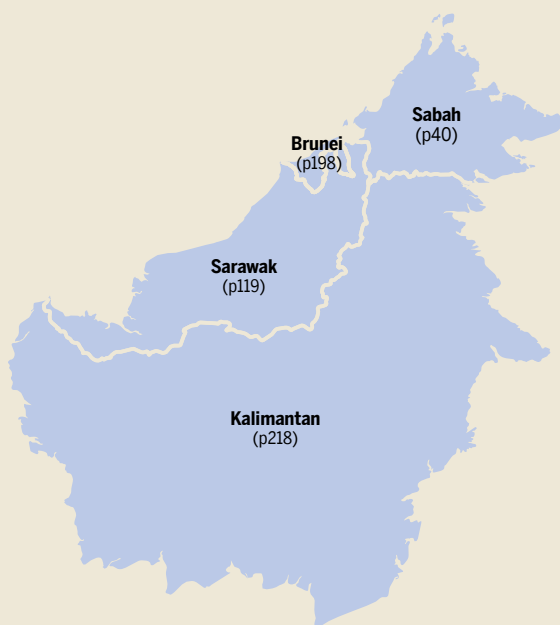




# Borneo



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## PLAN YOUR TRIP

Welcome to Borneo	4
Borneo Map	6
Borneo's Top 15	8
Need to Know	16
If You Like	18
Month by Month	20
Itineraries	22
Outdoor Adventures	26
Diving Pulau Sipadan	33
Regions at a Glance	37

## ON THE ROAD

<b>SABAH</b>	<b>40</b>	Lahad Datu	91
<b>Kota Kinabalu</b>	<b>42</b>	Danum Valley Conservation Area	92
<b>Around Kota Kinabalu</b>	<b>56</b>	Tabin Wildlife Reserve	95
Tunku Abdul Rahman National Park	56	Semporna	95
<b>Northwestern Sabah</b>	<b>58</b>	Semporna Archipelago	98
Mt Kinabalu & Kinabalu National Park	59	Tawau	104
Around Mt Kinabalu	67	Tawau Hills Park	107
Northwest Coast	69	Maliau Basin Conservation Area	108
Offshore Islands	73	<b>Southwestern Sabah</b>	<b>109</b>
<b>Eastern Sabah</b>	<b>75</b>	The Interior	110
Sandakan	75	Beaufort Division	112
Sepilok	81	Pulau Tiga National Park	114
Sandakan Archipelago	85	Pulau Labuan	115
Sungai Kinabatangan	86		



SARAWAK STATE ASSEMBLY  
P128



SEMPORNA ARCHIPELAGO  
P98



FLOATING MARKET P241,  
KALIMANTAN

# Contents

## UNDERSTAND

### SARAWAK ..... 119

#### Kuching ..... 122

#### Western Sarawak ..... 139

Bako National Park ..... 139

Santubong Peninsula ..... 143

Kuching Wetlands  
National Park ..... 145

Semenggoh  
Nature Reserve ..... 145

Kampung Benuk ..... 146

Kampung Annah Rais ..... 146

Kubah National Park ..... 147

Bau & Around ..... 150

Lundu ..... 151

Gunung Gading  
National Park ..... 152

Sematan ..... 153

Tanjung Datu  
National Park ..... 153

Talang-Satang  
National Park ..... 154

Batang Ai Region ..... 155

#### Central Sarawak ..... 156

Sibu ..... 156

Batang Rejang ..... 160

Bintulu ..... 165

Similajau  
National Park ..... 167

Niah National Park ..... 168

Lambir Hills  
National Park ..... 170

Miri ..... 171

#### Northeastern Sarawak ..... 178

Gunung Mulu  
National Park ..... 178

Kelabit Highlands ..... 184

Limbang Division ..... 191

### BRUNEI ..... 198

Bandar Seri  
Begawan ..... 200

#### Tutong & Belait Districts ..... 212

Tutong ..... 212

Jalan Labi ..... 212

Seria ..... 213

Kuala Belait ..... 213

#### Temburong District ... 214

Pulau Selirong ..... 214

Bangar & Around ..... 214

Batang Duri ..... 215

Ulu Temburong  
National Park ..... 216

#### Brunei Survival Guide ..... 217

### KALIMANTAN ..... 218

#### West Kalimantan ..... 222

Pontianak ..... 222

Sungai Kapuas ..... 228

Sukadana ..... 230

#### Central Kalimantan ... 232

Tanjung Puting  
National Park ..... 232

Kumai ..... 235

Pangkalan Bun ..... 235

Palangka Raya ..... 237

#### South Kalimantan ..... 240

Banjarmasin ..... 240

Kandangan ..... 244

Negara ..... 245

Loksado ..... 245

#### East Kalimantan ..... 247

Balikpapan ..... 247

Samarinda ..... 251

Sungai Mahakam ..... 255

The Muller Mountains ... 261

Kutai National Park ..... 262

Berau ..... 262

Merabu ..... 264

Derawan Archipelago ... 265

#### North Kalimantan ..... 267

Borneo Today ..... 270

History ..... 272

Peoples & Cultures ... 277

The Cuisines of  
Borneo ..... 285

Natural World ..... 290

## SURVIVAL GUIDE

Responsible Travel .... 300

Directory A-Z ..... 302

Transport ..... 312

Health ..... 317

Language ..... 321

Index ..... 330

Map Legend ..... 335

## SPECIAL FEATURES

Outdoor Adventures ... 26

Diving Pulau  
Sipadan ..... 33

Diving ..... 194

Culture ..... 196

# Itineraries



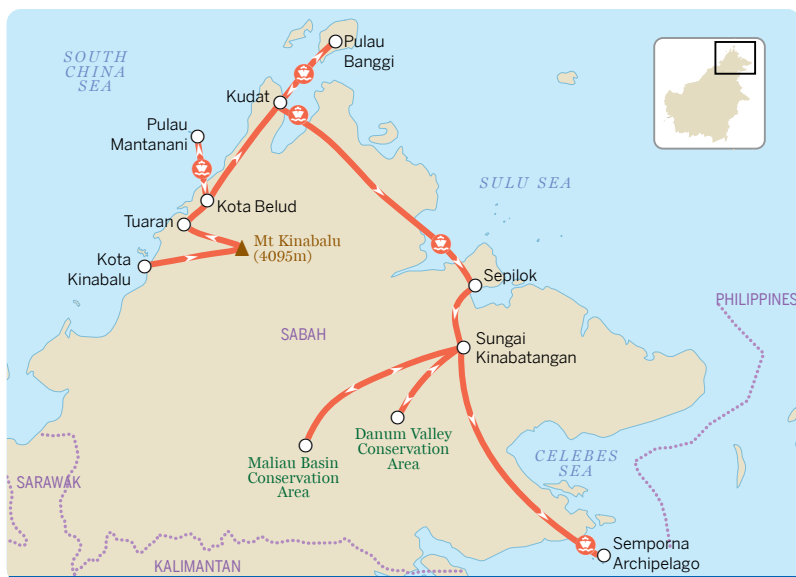
1  
WEEK

## Kuching Excursions

Borneo's most sophisticated city is surrounded by first-rate nature sites that can easily keep you occupied for a week or more.

Spend your first day in **Kuching**, tuning into the vibe of the city's kaleidoscopic mix of cultures and cuisines. Explore the narrow streets of Old Chinatown, ride a tiny passenger ferry to the English Renaissance-style Fort Margherita, and take a sunset stroll along the Waterfront Promenade. If a giant Rafflesia flower happens to be in bloom in **Gunung Gading National Park**, drop everything and rush over before it starts to spoil. On the way back explore the **Wind Cave** and **Fairy Cave**.

Allow half a day to spot orangutans at **Semenggoh Nature Reserve**, then drive further inland to the longhouse of **Annah Rais**, where you can stay overnight before returning to Kuching. From here, take a bus then a boat to **Bako National Park**, keeping an eye out for proboscis monkeys, macaques and pitcher plants as you spend a day or two hiking around the peninsula before heading back to enjoy Kuching's fine eateries and buzzing nightlife. On your final day, relax on the beach in **Santubong**, then spend the sunset hour on a cruise around **Kuching Wetlands National Park**, alert for fireflies and crocs.



## 3 WEEKS Around Sabah

Strolling city streets, climbing into the heavens, relaxing on a beach, hiking through the rainforest and diving deep into the ocean – most of the highlights of this beautiful state can be covered in a three-week trip.

Arrive in **Kota Kinabalu** (KK) and give yourself two days to pre-book accommodation in places such as Sungai Kinabatangan (Kinabatangan River), the Semporna Archipelago (if you plan on diving) and Mt Kinabalu – accommodation at the latter should ideally be booked before you arrive in Borneo. While in KK, make sure to eat at the Night Market and take a trip to the Mari Mari Cultural Village and Sabah Museum, where you can get a taste of the cultures, landscapes and animal life you're about to encounter firsthand. Party on the KK waterfront your first night in town, but try to keep your head clear the morning you leave Sabah's capital.

If you decide to climb **Mt Kinabalu**, it's easiest to leave from KK. You'll need to allow two or three days for the mountain – there's the climb itself, and the day of rest you'll need afterwards! Whether or not you climb Mt Kinabalu, give yourself a few days to explore northwest Sabah. In the vicinity of **Tuaran** you can visit a lovely water village, while Mañana guesthouse near **Kota Belud** is a great place to relax; if you time things right you can also see Kota Belud's famous Sunday *tamu* (market). Further north lie the hidden beaches of **Kudat**, while offshore lie the isolated, off-the-tourist-trail islands of **Pulau Mantanani** (reached from Kota Belud) and **Pulau Banggi**. This area is great for homestays.

Now a little over a week into your trip, head east to **Sepilok** and its famous orangutan sanctuary. After watching our arboreal cousins being fed in a wildlife reserve, try to spot them in the wild during a river cruise down the **Sungai Kinabatangan**. There are great lodges and homestays out this way. Allow three days for Kinabatangan and another three to four days for trekking in the **Danum Valley** or **Maliau Basin**, leaving just enough time for three unforgettable days of diving at Sipadan in the **Semporna Archipelago**.



**3**  
WEEKS

## Kuching to Brunei

With stops at some of the world's best caves and traditional longhouses, this trip across Sarawak and Brunei by road, river and air passes through remote rainforests and modern urban centres.

Fly into **Kuching** and spend a few days exploring this multicultural city, delving into its scrumptious cuisine scene for breakfast (Sarawak laksa), lunch and dinner. Take day trips to nearby national parks in search of orangutans, proboscis monkeys and exotic flora. Then hop on the daily express ferry to the river port of **Sibu**, where you can continue to eat well – don't miss the Foochow specialities on offer in the vast Central Market.

Sibu serves as the gateway to the mighty Batang Rejang (Rejang River). Board an early-morning express boat and head upriver to **Kapit**, a bustling trading centre founded in the days of the White Rajahs. If the river level is high enough, continue on to back-of-beyond **Belaga**, jumping-off point for hikes to a number of **Orang Ulu longhouses**.

A jarring 4WD ride will get you down to the coastal city of **Bintulu**, Borneo's natural-gas capital. Avoid the city centre and head straight to the beaches, rainforest trails and bungalows of **Similajau National Park**, which stretches along the coast for 30km.

Hop on a bus heading northeast to Batu Niah Junction, situated just a few kilometres from the vast caves, chirping bat colonies and prehistoric archaeological sites of **Niah National Park**. Next stop is the shiny petroleum city of **Miri**, home to some excellent dining options. Chilling here amid mod cons is a great way to spend a day or two before flying into Borneo's interior for a few days – travellers speak glowingly of both **Gunung Mulu National Park** and the gorgeously green **Kelabit Highlands**.

After flying back to Miri, take a bus to **Bandar Seri Begawan**, the surprisingly laid-back capital of the tiny, oil-rich sultanate of Brunei. Several museums showcase Bruneian culture, and culinary creations can be enjoyed at BSB's superb hawkers centres. End your Bornean odyssey back in the primeval rainforest by taking a speedboat, a car and finally a longboat to the pristine jungles of **Ulu Temburong National Park**.



4

## Around Kalimantan

Kalimantan is big and cloaked in jungle, with many places accessible only by boat. With a bit of planning, however, it's possible to pack a great deal into a four-week journey.

Start at **Balikpapan** (where you can get your visa on arrival) before flying to **Berau**. From there, explore the nearby **Derawan Archipelago**, home to some world-class diving. You can spend the night swapping stories with travellers on **Pulau Derawan**, or head to the little-touristed outer islands, such as **Pulau Maratua** (backpacker heaven) or tiny **Nabucco Island**, home to a high-end dive resort.

Once back in Berau, head south via karst mountains and the village of **Merabu** to exotic **Samarinda**, gateway to the Sungai Mahakam (Mahakam River) and home to an eye-popping mosque. Head upriver via **Tenggarong**, with its resplendent *keraton* (palace), to **Muara Muntai** at the centre of the lake country, where you can hire a gaily-coloured *ces* (longtail canoe) for an unforgettable backwater journey to **Mancong**. Continue up or down river as far as you like aboard the *kapal biasa* (a river ferry that acts as a floating hostel) before returning to Balikpapan.

Take a bus south to the pleasant market village of **Kandangan** where you can hop on a pick-up truck bound for **Loksado**, a quiet hamlet in the foothills of the Meratus Mountains. There you can equally enjoy hiking, bamboo rafting or simply relaxing. Continue on to **Banjarmasin** and visit the floating market in the early hours before flying to **Pangkalan Bun** and travelling to **Tanjung Puting National Park**, where you can cruise the Sungai Sekonyer (Sekonyer River) in search of wildlife and watch orangutans feed at one of Indonesia's most popular destinations.

With your final week, fly north via **Pontianak** to **Putussibau** to visit Kalimantan's oldest longhouses and least-explored forests in the wild Kapuas Hulu, before capping off your tour of Indonesian Borneo by floating through the stunning seasonal wetlands of **Danau Sentarum National Park**.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/MRT/MTR station
- Monorail
- Parking
- Petrol station
- Skytrain/Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book





## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Dublin, Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Isabel Albiston

**Plan Your Trip, Sarawak, Brunei, Borneo Today, History, Peoples & Cultures, The Cuisines of Borneo** Since her first trip to Malaysia six years ago, Isabel has grown to love clambering up slippery trails on sweaty jungle hikes. After three months exploring Borneo's forests and longhouses, feasting on Sarawak laksa, downing shots of *tuak*, dancing at the Rainforest World Music Festival and dropping in on the sultan at his palace in Brunei, the temptation to stay nearly won out. Isabel is

a journalist who has written for a number of newspapers and magazines including the UK's *Daily Telegraph*.

Read more about Isabel at:

<http://auth.lonelyplanet.com/profiles/isabelalbiston>



### Loren Bell

**Kalimantan, Natural World** Loren fell in love with Kalimantan during his three years managing a remote rainforest research station, and has returned every year since. For this book he stoically slept in hotels (on real beds!) and ate in actual restaurants before darting back to the jungle in search of more remote Dayak villages and the forest *pondok* where he feels most at ease. He also writes about Indonesia's environment for [www.mongabay.com](http://www.mongabay.com), and consults for

NGOs working to protect Kalimantan's forests.



### Richard Waters

**Sabah, Survival Guide** Richard is an award-winning journalist and writes about travel for *The Daily Telegraph*, *The Independent* and *Sunday Times*, *Sunday Times Travel Magazine*, *Elle* and *National Geographic Traveller*. He lives with his family in the Cotswolds, UK, and when he's not travelling, loves surfing and diving. Exploring Sabah was an absolute joy, his favourite moments being watching sharks in Sipadan, and seeing the sun rise over the jungle in the Danum Valley.

He also writes a family wellbeing, adventure blog called Soul Tonic for Sanlam Bank. Check it out on: [www.sanlam.co.uk/Media/Blogs/Soul-Tonic.aspx](http://www.sanlam.co.uk/Media/Blogs/Soul-Tonic.aspx)

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