

5DAYS 4 NIGHTS ECO HOST-BARIO VALLEY DISCOVERY

Community Based Program

Day1: Arrive in Bario [Lunch/Dinner]

Meet and greet at Bario Airport then transfer to Ngimat Ayu home stay.

After lunch, proceed to the villages in Bario. Visit to the community museum, 2nd World War Monument, 2nd World War Airplanewreckage, visit Wind Chapel on the top of the Bario Secondary School.

Day 2: Bario [Breakfast/Lunch/Dinner]

Wakeup at wee hours for a light breakfast before pick up to Arur Dalan village. From here, you will start your trekking up to the Prayer Mountain to experience the panoramic view of sunrise over Bario Valley. The elevation of the Prayer Mountain is approximately 1,430metres above sea level and the height of the hike from the trails head is about 340metres. Easy trek up remained easy until about 300metres before the summit, where the challenge began. The slope was steep and ropes were provided to help hikers. At the summit was a tall cross at least 15 metres tall. The cross erected in 2015 to replace an old and small wooden cross.

After your light refreshment at the home stay, we will continue our visit to the Bario Salt Spring. Witness the Kelabit traditional way of possessing their mountain salt. Visit Pa' Umor longhouse where lunch will be served. After lunch, short trek to the ancient megaliths (Stone Carvings). Locals claim that this is actually a burial ground for a kelabit nobleman named Ritong hundreds years ago. The man made structures or carvings are called Megaliths, which date back thousand of years. The site was excavated in 1962 by British soldier Tom Harrison, one of the most popular megaliths.

Day 3: Pa' Lungan Village [Breakfast/Lunch/Dinner]

After breakfast, you will depart to Pa' Ukat village. From here we will start our easy trekking to Pa' Lungan village and overnight at thevillage.

Day 4: Bario [Breakfast/Picnic Lunch/Dinner]

After breakfast, proceed for an hour trek to Sebpur river. Experience a longboat ride on Sebpur River. Picnic lunch by the river bankbefore we heading back to the home stay in Bario. Free at own leisure.

Day 5: Departure [Breakfast]

Free at own leisure before transfer to Bario airport.

Price is only valid for Domestic Market - Low Season period / Ringgit Malaysia (RM) Per Person – Twin/Triple Share Basic

No. of person	2-3	4-6	7-9	10-12
Home stay / Jungle Shelter	3,348	3,000	2,940	2,868

Inclusive: Accommodation at the home stay, all meals, entrance fees, community fees, activities & local guide insurance, personal expenses & other items not mention at the above.

Exclude: Domestic flight, tipping to guide, personal

NOTE

- This tour package penetrates into a private mass of tropical rainforest area.
- All clients are pre-advised that no off-tracks are allowed anytime throughout the entire duration of the tour
- Suggested dress-code: Hiking wear
- Overland trips within this tour operates on non-paved roads / trails, so be prepared to get wet and dirty
- Travel light
- Due to this elevation of the highlands, participants are advised to bring along their sweater or windbreaker as the night canget chilly for most months of the year.

Recommended to bring:

Sandals, good grip walking shoes, torchlight, sunscreen, insect repellent, raincoat, own drinking bottle, binoculars, camera , personaltoilettries and personal medicine

***Prices are subject to change without any further notice**



ECO-COACH&TOURS SDN BHD
Email: ecotourism@eco-tours.com.my
www.ecotours-malaysia.com.my
0195901478