



# WATERFALL

ARTICLES PUBLISHED IN BORNEOTALK



SARAWAK TOURISM BOARD



**BorneoTalk**



---

## Easy-access waterfalls of Kampung Bobak

Waterfalls are among the wonders of nature that attract us. There's nothing quite like the sound of water rushing down into the basin below, and the invigorating sensation you get when you douse yourself under the cooling cascade of a natural waterfall. For those of you who are looking to spend a relaxing day at a waterfall but don't want to trek or hike too far to get to them, there are some easy ones you can choose.

---



The six-tiered **SATOW WATERFALLS** at Kampung Bobak in Singai are just breath-taking. Seems unlikely for a series of waterfall that's easy to access.

To get to Satow Waterfalls, drive from Kuching city centre to Jalan Kolong 9 in Bau via Jalan Matang Baru, Jalan Matang and then Jalan Singai–Matang. Drive for another 3.4 km (7 mins) on Jalan Kolong 9 until you get to Kampung Bobak. If you're not sure, the locals will be able to point you in the right direction.

After just a short trek from the village, you will be able to enjoy the sights and sounds of these exquisite cascades and falls. Tier 1 is a beautiful waterfall that's also powerful. However, the water flow will not be as strong during drier seasons. Tier



2 is a gorgeous 30ft cascade that drops into a deep pool down below, while Tier 3 appears to be water running down an old water reservoir. It's a rather large waterfall with powerful water cascading onto the rocks and pools below. Tier 4 is surrounded by more vegetation compared to the others while tiers 5 and 6 are the more spectacular ones. To the right of the 5<sup>th</sup> tier, there is another tributary where you can find one of the most interesting of the Satow waterfalls. It features a natural stone arch, through which you can see the water seemingly falling from the top and behind the arch, then through it and down to the shallow pool below.

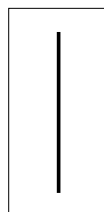
One of the best ways to experience Satow Waterfalls is to stand under the falls and enjoy a powerful natural water massage. During dry seasons, the water is not that strong though. And leeches are present, so a repellent is recommended.

With guaranteed easy access, there's no reason why you shouldn't visit these wonderful waterfalls in Sarawak. They are perfect for weekend getaways with friends and family. But remember that waterfalls can be dangerous, so always remember to practice caution.

# TRAILING SARAWAK'S WATERFALLS







In Sarawak, you'll be surprised at how close you are to nature. If you want to go to a waterfall

for a weekend escape, you can get there just within the hour.

The mesmerising views, the water rushing through the pool, and the total seclusion... Waterfalls are incredibly calming to look at.

There are many waterfalls in Sarawak, all in different shapes, sizes, widths and depths.

Regardless of their unique individual forms, we can all agree that some time at the waterfall make a great weekend spent recharging and engaging in fun activities with friends and family. Let us take you on a trail around the State, from southern to central to north, on a quest for Sarawak's best natural water shows.

## Bronang Waterfall, Bau



Located upstream at Sungai Adis, Bronang Waterfalls are a great challenge for the adventurer at heart. The beautiful medium-sized Bronang waterfalls provide an idyllic setting for nature lovers to relax within Bau's rugged interiors.

There are two ways to reach Bronang Waterfalls. One is from Kampung Daun, and the other is via Kampung Segong. Both have their own challenges unique to their respective trails, but the one in Kampung Daun gives you the added opportunity to reach the Bronang summit of Mount Sirabu.

The 1.5-hour journey to the peak can be challenging, as you'll have to occasionally climb up a 90-degree ladder and slippery slopes. But it's definitely a challenge worth taking as the rewards of reaching the summit include a stunning view of Mount Singai.

Upon your descent from the summit, you will reach Bronang Waterfalls, namely Upper Bronang Waterfall and Bronang Jungle Pool, located 30-min's hike apart from each other. The fun usually takes place at the Pool, where the famous #Instaworthy photo spot is located!

The trek back out to Adis Buan Resort in Kampung Segong will take you past bamboo forest trails and crossing the Ulu Segong Stream. In total, you can expect about seven to eight hours time spent on hiking and playing in the falls if you take this route. Also, leeches are plenty here so be sure to arm yourself with insect repellent before venturing here.

The shorter route to Bronang Waterfalls is through Adis Buan, which leads you straight to the falls, minus a hike up the summit. This trail can take up to four hours in total, going to and coming back.

**Local guide is needed.**

**Homestay:** Adis Buan Resort ( Tel: +60 14 914 3359 )

## Sebarau (aka Bidak) Waterfall, Siburan

Cool off in nature's awe inspiring cascades at Sebarau Waterfall, located in Kampung Bidak, just off Borneo Highlands Resort. Also known as Bidak Waterfall, this modest waterfall tumbles down into a tantalisingly bluish-green natural pond that is open for swimmers to get a closer look at the refreshing fall.

The trailhead begins from the village in between the local houses. The trail to the waterfall is a clear one, passing by bamboo forests, banana trees, durian trees, pepper farms and occasionally crossing small cascades. The whole journey is about half an hour's hike from Kampung Bidak, or known locally as Bra'ang Bidak.

If you're lucky, during durian season, you may even see local villagers collecting the thorny fruit in a basket. And as expected from a Bidayuh village, a once-in-a-lifetime crossing of a bamboo bridge is a must.





## Enseluai Waterfall, Batang Ai

Seventy kilometres from Sri Aman is the magical Nanga Sumpa, a remote settlement of pristine beauty and tropical wilderness in Batang Ai. Off-grid, a cooling dip at the Enseluai waterfall situated in a cove upriver awaits you. There, you can relax and take in the views of Batang Ai's impressive dense rainforest before heading back up to the Iban longhouse at Nanga Sumpa, which offers insight into the community's tradition-led lifestyle.

The best part of this waterfall is the journey. It requires you to enter Batang Ai National Park, which is reachable via an hour plus boat ride journey upriver in Batang Ai. Batang Ai National Park is a part of Lanjak-Entimau Wildlife Sanctuary, which is a totally protected area for the Orang Utan. Hence, while not guaranteed, a trip here gives you a chance of spotting Borneo's most famous forest inhabitant: the Orang Utan.

---

**Homestay:** Nanga Sumpa Lodge @borneoadventure

## Wong Klangsau, Saratok

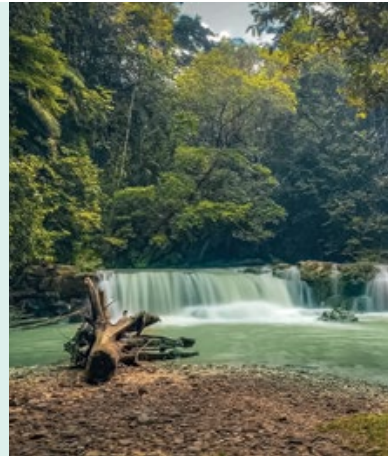
Forget your worldly worries at Wong Klangsau Waterfall, Saratok's hidden jewel situated just two hours car-ride away from Sibu city.

Don't be fooled by the waterfall's short vertical drop! The current here is strong and swift so unless you are a swimming professional, do not attempt to go near the cascades as you can be swept away in a matter of seconds. Otherwise, the sides surrounding the cascades make Wong Klangsau a bucket-list worthy waterfall.

Wong Klangsau is just 10 minutes walk away from the signboard at the roadside, hence no guide is needed to go here.

---

**Homestay:** Rumah Juliana Kamidan Jaya



### Wong Pala Munsoh, Sarikei

You must be wondering what's with the 'Wong' in the waterfalls' names. Are these two waterfalls long-lost cousins? As much as we'd like to think so considering how they are just a town apart, Wong in Iban language actually means waterfall!

Wong Pala Munsoh, which means 'Enemy Head Waterfall' in direct translation, is a special waterfall in Sarikei. It is named after the old practice of headhunting by the Iban. Wong Pala Munsoh has three levels of waterfall. The first-tier is reachable within an hour hike from Rumah Nyuka Homestay, an Iban longhouse made of Belian wood in 1955 that is still intact to this day. Along the trek towards the waterfall, sights of rubber and pepper plantations are to be expected. The best view of the fall is found at the third tier with distinct bluish-green water hidden deep in the forest!

**Note:** A trek aided by ropes takes you to the third tier. It is recommended that you hire a local guide from Rumah Nyuka to accompany you. Besides a waterfall excursion, you can also try rubber tapping in the morning near the homestay's orchards or go 'dabai' collecting, when it's in season.

---

**FB:** @homestayluboklemba; Homestay Rumah Nyuka Lubok Lemba Ulu Sarikei



## Pancur Mabong, Kapit

Usually, the journey to a multi-tiered cascade in the interiors of Sarawak would take hours. But that's not the case with Pancur Mabong (Mabong Falls)!

Mabong falls are truly impressive and shouldn't be missed if you happen to be in the Tunoh area. It is named after Bukit Mabong that straddles the 7,000 ft Hose Mountain Range.

The journey to the 80-foot Mabong falls is relatively short, and can be completed within an hour with wooden hut rest stops in between. Some interesting flora and fauna that you will see along the way include parasitic mushrooms, wild ferns and the carnivorous pitcher plants of Borneo. Leeches are present so have your insect repellent on standby.

A nearby settlement here is Skim Tunoh. Bukit Mabong is reachable via Tunoh Homestay.

**Homestay:** Tunoh Homestay, Tuai Rumah Killau anak Ugap  
( Tel: +60 19 829 1651 )

## Wong Pejik, Lusong Laku, Belaga

Wong Pejik is no ordinary waterfall. It is a jaw-dropping wonder in Lusong Laku, Belaga. Dubbed national treasure by Minister of Tourism, Arts and Culture Malaysia Dato Sri Hajah Nancy Shukri, the panorama here is epic, similar to the Niagara Falls of Canada-USA. The 60-metre wide waterfall descends approximately 8m into a large volume of water flowing over, making Wong Pejik a magnificent spectacle in itself. You can even walk to the edge of the gorge to see it up close, where you'll find outrageous views overlooking the falls, with mist rising from the falls.

Next to the waterfall is the Lusong Laku Penan settlement, where you can meet the last of the nomadic tribe in Borneo, most of whom have now become sedentary. Lusong Laku is not easily accessible. A car trip there from Bintulu takes about seven to eight hours, with most portions of the road untarred.

While in Belaga, stop overs at Bakun Dam and Sungai Asap are a must. They are among the area's chief attractions.

**Homestays:** In Bakun Dam: Mebong Cove Villa, Belanum Bay Floating House • In Sungai Asap: Uma Belor Leo Dian (longest longhouse in Malaysia, with over 100 doors)







## Keluan Waterfalls, Long San, Ulu Baram

Keluan Waterfalls is a “once seen, never forgotten” experience. The side-by-side triple direct drop waterfalls are also known as the Three Sisters. The drops plunge into a beautiful massive basin, surrounded by a visually stunning, secluded cavernous environment in Long San. The trail here begins from an old logging road. You would need to hop on a 4WD before you continue by jungle trekking upon arrival. The trek here is rather challenging, as you’ll have to move past steep slopes, loose rocks, huge boulders and occasionally fallen trees. It can be pretty slippery as well. However, the clear cool breeze from the waterfalls and the stunning views make it a worthwhile hike.

One can estimate the trek to Keluan Waterfall to take about one hour. Therefore, make sure you are prepared with hiking shoes, walking sticks, and local guide so that you can navigate around safely.

---

**Homestay:** Segah Sela’an One-Stop Shop & Homestay • Jevinda Village Stay (you can ask for local guides from the homestay)

## Pa’ Ramapuh Waterfalls, Bario Highlands

If you challenges, then chasing Pa’ Ramapuh Waterfalls in the thick forest of Pulong Tau National Park, Bario Highlands will be right up your alley.

Reaching the first waterfall is rather easy. The challenge, however, begins after the first waterfall. You’ll encounter steep muddy trails, and huge slippery boulders. You will cross several small streams on your hike upstream. You have to be really cautious as you may get your shoes stuck in the mud. Regardless, the hike will surely be worthwhile once you reach the captivating Pa’ Ramapuh waterfalls.

Once you’re back from the hike, spend some time with the Kelabit people in Bario town. You can choose to visit the Bario salt factory, pineapple farm, Kelabit longhouse, or just bask in the serenity in the “Land of a Thousand Handshakes”. If you’re in luck, you can meet the Penan people in town, the last nomadic tribe of Borneo. They’re usually in Bario for barter trading in exchange for essential items. Only suitable for seasoned hikers, but must be with a local guide.

Bario is reachable via a 45-min twin otter flight, or 10 to 14 hours 4WD journey on rugged terrains along Miri and Highlands road.

---

**Homestay:** Bario Asal Long House Homestay ( Tel: +60 11 2508 1114 )

*\*Each projected hiking duration are subject to one's strength and fitness level.*







Scan me to watch the video!



# **JOURNEY TO SARAWAK'S JURASSIC WORLD**



The Bengoh Range in Padawan holds within it treasures that have remained hidden out of almost all knowledge until recently. Today these hidden gems have generated almost as much, if not more interest for them among nature lovers and adventure seekers, than some of Sarawak's other topmost tourist attractions. Among these attractions are the jaw dropping Susung Waterfall, once hidden high up on a mountaintop surrounded by a lush, primitive landscape.



View of the Bengoh Range seen from the Bengoh Lake.

## ADVENTURE'S AFOOT!

Before the formation of Bengoh Lake following the completion of Bengoh Dam about half a decade ago, one would have to go on long hikes just to reach these pristine sites up in the Bengoh Range. Back then, a trek to Susung Waterfall alone took about four to five hours, depending on your fitness level. Today, these sites are much more easily accessible, via a short boat ride followed by a moderate hike up into the deep jungle. We found that out on our adventure to Susung Waterfall in the Bengoh Range a while back.



Making our way to Pangkalan Dayak.

Needless to say, the 40 minutes or so journey from Kuching city to the jetty past the guard post at Bengoh Dam in Padawan is fairly easy and straightforward. If you've never been to Padawan, don't worry. Just type "Bengoh Dam" in Waze or your favourite GPS app and you're all set!

Once at the jetty, you'll have to take a boat across the Bengoh Lake to Pangkalan Dayak, where you will start your jungle trekking and hiking to the waterfalls. The noise from the boat's engine is quickly doused by the breath-taking beauty of the lake and the surrounding mountains and hills reflected on its glassy surface. Our guide Uncle Wes of Bengoh Range Adventures (<https://www.facebook.com/BengohRangeAdventures>) told us that when the dam was finally operational in 2016, most of the lower villages within the area went underwater, and the villagers were relocated to the Bengoh Resettlement Scheme (BRS) nearby. In other words, we were gliding right over some of those villages during our trip.



## GOOD WORKOUT

When you're so captivated by the beauty around you, 30 minutes pass by so quickly without you even noticing it. Before we knew it, we arrived at Pangkalan Dayak, the starting point of the jungle trail leading to Bengoh's Insta-famous waterfalls. With us on the trip were our trusty guides Unde Wes and MJ.

Armed with a bamboo walking stick that they kindly prepared for us, we made our way up the first set of stairs carved into the mountainside. And so began the hard part of our adventure.

Now, earlier when I said the trail was "moderate", I took into account the fact that I was heavy built. For a man in his late 30s, weighing a little over 100kg dragging himself up a mountain, "easy" is not exactly easy. But for the fit, the climb up should be a piece of cake!

## HANGING BRIDGES AND BAMBOO ARCHES

In a place as remote as the wilds of Bengoh, you can expect to come across sights you don't see under normal circumstances.

The journey will take you across many bridges, all made from either bamboo or wood. Longest of them is Pateng Bridge that hangs 10 metres or so above river. The bridge consists of several slender wooden poles bound together in twos or threes and connected to form a river crossing. Originally, Pateng Bridge was constructed out of bamboo, but the material proved unreliable for the purpose, having been replaced two times already in a short time span before the locals decided to use a sturdier local hardwood species instead. The bridge is held up via suspension cables that are thin but strong.

Pateng Bridge, to me, was one of the many thrilling aspects of our journey to the waterfalls of Bengoh. It's not for the faint-hearted or anyone with a severe fear of heights. But if you're adamant about getting across, try singing a song in your head while you slowly make your way to the other side. A word of caution: The bridge is extremely shaky in the middle. Also only one person is allowed to cross at a time.

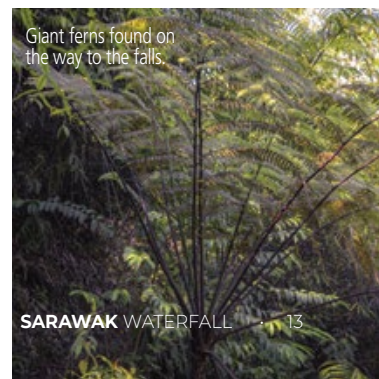
Besides the steep climbs and the wobbly bridges along the way, the journey also includes a leisurely walk through beautiful natural bamboo arches that appear almost fairy-tale-like, especially in the right lighting condition. These arches provide shade from the sun and make for a relaxing walk through the woods.



One would have to cross the shaking Pateng Bridge slowly and steadily.



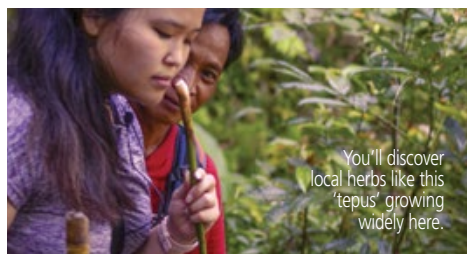
Magnificent bamboos arch on the way to the falls.



Giant ferns found on the way to the falls.

## NATURE'S SURPRISES

The Bengoh range is simply filled with wonderful surprises, including interesting varieties of flora and fauna. During our journey through the jungle between Pangkalan Dayak and the first four major waterfalls along the trail, we came across some *tepus* plants, red leaf *midin*, wild mountain *salak* fruit, and the oversized elephant fern. We did not spot any wild animals though we could definitely hear them. I did come across some fascinating creatures like tiny algae eaters, a giant forest ant and some butterflies feeding on the riverbank. It's certainly wonderful to see wildlife in their most pristine natural habitat.



The real treats for anyone visiting Bengoh though, are the waterfalls. There are many here, but only a handful are easily accessible including Pe'an 1 & 2, Curtain, Koring and of course Susung Waterfall. By the time we reached the first four waterfalls, which took us almost an hour to reach (shorter for those who can climb faster), I was admittedly worn out. But the view was indeed worth the hike, and the urge to jump into the pool of water under each of the waterfall was hard to ignore. But just like the rest of the team, I desired to see Susung Waterfall most. So after 10 minutes of respite, we continued hiking for about 30 minutes more.

## JURASSIC WORLD OF SARAWAK

After almost an hour's hike, the views gradually changed. The boulders and trees around us appeared more ancient the deeper and higher up we hiked. Finally we heard it – the loud roaring of cascading water from Susung Waterfall. What they said was true. It was really like a land lost in time... very Jurassic World-ish. In fact as I looked around, I could imagine us having encounters with velociraptors, or maybe a small herd of stegosaurus drinking from the stream near the waterfall.

Susung Waterfall itself is truly splendid, with strong flowing water falling off the top and plunging into the large, deep pool below. Its natural surrounding looks like a scene straight out of Jurassic World, with ancient trees, moss-covered boulders and an Insta-worthy giant swinging vine. Mother Nature's work of fine art, if you will, Susung Waterfall is the stuff of dreams for any Instagrammer.

Be sure to have extra clothing ready and put your phone or camera in a waterproof casing, because you WILL GET WET. As we stood between the boulders in front of the waterfall, the breeze and heavy mist from the waterfall hit us with such force that we could barely keep our eyes open. We were soaked and so were our equipment. But it was such a welcoming experience, especially for us tired lot, as the cold mist from the fall refreshed and reenergised us. Our exhaustion? Gone! All stress and worries? Completely washed away!

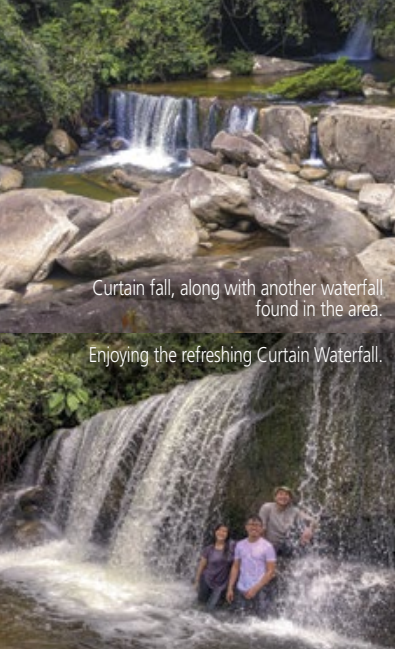
Being there, you will feel the urge to scream your lungs out from sheer joy. Unfortunately, according to local taboo, shouting and screaming are forbidden at Susung Waterfall. Littering, urinating, starting a fire, barbecuing and speaking inappropriately are also forbidden.

## A "QUICK STOP"

After spending a good 30 minutes at Susung Waterfall, we made our way back to the boat, but not before we stopped for some photos at the four lower waterfalls. Still soaking wet from Susung, we decided to just jump into the upper Pe'an Waterfall. "Might as well," we told ourselves. The pool is sizable, and the water is quite cold and extremely refreshing. The more famous Curtain Waterfall one tier below is ideal for those looking to experience a waterfall massage under its cascade. Koring Waterfall is another beautiful cascade surrounded by lush greenery and wildflowers. However, swimming there is not advisable because of the depth of its pool and its rather strong current.

Alas, time was not on our side and it was getting late. So we gathered our things and climbed back down to Pangkalan Dayak, where our boatmen were waiting for us, ready to take us to the final stop on our journey at the Bengoh Range. Moving downhill was easier than we had anticipated, although one of us did slip and fall when we were making our way down the huge boulders earlier on.





Curtain fall, along with another waterfall found in the area.

Enjoying the refreshing Curtain Waterfall.



This ancient looking swinging vine known as 'akar berayun' is an Instagrammer's dream! Just behind it is the Susung Waterfall.

Walking across Pateng Bridge was relatively easier on the way back as well.

## TRIP TO REMEMBER

When visiting the Bengoh Range, you have a few options if you wish to stay a night or two at this gorgeous place. Kampung Sting is a popular choice, with its location high up in the mountains, where you will wake up above the clouds and enjoy breath-taking views from up top. (<https://www.facebook.com/bayanatuh/>)



End your trip with a sumptuous and authentic Bidayuh meal.

We decided to check out Tandong Homestay at Kampung Tandong, owned and operated by Uncle Wes. His property is a five-minute climb up from where his boathouse is. The accommodation is simple and clean, but the view is simply splendid! From Tandong Homestay, you get to gaze at the breath-taking view of the Bengoh Lake, surrounded by mountains on all sides.

At the homestay, we got to experience Bidayuh hospitality. Soft-spoken and always with a smile on their faces, our hosts made us feel welcome. Adding to that, they served us with an amazing meal of authentic Bidayuh cuisine served in bamboo. Even the drinking cups were made from bamboo. Tired and hungry, we quickly reached for some very fragrant "tubi' korong" (rice wrapped in leaf) and enjoyed it with "siap tenok yang bruuk" (chicken cooked in bamboo), durian flower with "peyang", salted fish with pineapple and freshly caught fish from the lake just below. Recommended? Very highly!


Our trip to discover the waterfalls of Bengoh was definitely one filled with wonderful memories and unforgettable experiences. From the boat ride across the scenic lake and the sights, sounds and smells in the beautiful jungle of Bengoh, to the jaw-dropping views at Susung Waterfall and the delightful meal at the end of the trip, a Bengoh Range adventure is highly recommended for those who seek solace, adventure or more cool shots for the 'Gram.




## **SARAWAK TOURISM BOARD**

Visit us at  
[sarawaktourism.com](http://sarawaktourism.com)

 @visitsarawak

 @sarawaktravel

 @sarawak tourism board



Scan me with your  
mobile phone / tablet!