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Fig.1  Content removed due to copyright restrictions.
Caving is a popular pastime for many adventure tourists. The caves at Niah (Great Cave and Painted Cave) in northern Sarawak offer both adventure and culture. They are on the Sungai river, approximately 3 km from the small town of Batu Niah, 110 km to the south-west of Miri in northern Sarawak. The area is steadily growing in popularity.

The caves are situated in one of Sarawak’s smaller national parks, but are certainly some of the most important and have plenty of unusual visitor attractions within the caves. This park is famous for being one of the birthplaces of civilisation in the region. The oldest human remains discovered in South East Asia were found at Niah, making the area one of the most important archaeological sites in the world.

Today the caves are home only to bats and birds. However, a few locals still collect guano (bird and bat droppings that are used as fertiliser) and bird’s nests.

The famous Painted Cave is another highlight. With its primitive art, both the Great Cave and Painted Cave have been declared as National Historical Monuments.

The caves are accessible via raised wooden paths through lowland forest and contain birds and butterflies. Visitors to the caves are advised to wear old clothes and a hat, carry a facial towel and take a torch in order to gain protection from the bird and bat droppings.

Facilities for visitors include; toilets, a canteen, an information centre and treated water. Apart from the caves, visitors can:

- explore several kilometres of forest trails to experience the tropical rainforests
- climb a 400m tall limestone ridge
- visit an Iban longhouse (traditional home)
- rent a boat or walk along the river to the town of Batu Niah.