









Park

Recreational

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Luagan Lalak Forest Recreation Park



Park is one of the best places to experience Brunei's vibrant tropical sunrise. Walk along the freshwater swamp boasting with lush greenery and a unique ecosystem that hosts various types of fish and birds.

Luagan Lalak Forest Recreation

Located in the Belait district, this 270-hectare park is part of the Labi Hills Forest Reserve. During drier months, the water in the swamp recedes drastically and the valley is covered by a beautiful field of sedges, locally known as Daun Purun. The plant has long narrow blade-like eaves, which are used by the Iban tribe in their basket weaving

Over the weekend, the park can be

visited by families and children who

wish to spend their time at the

playground.

OPENING HOURS

Everyday

🗉 6.00am - 6.00pm

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Sungai Mau Recreational Park



Sungai Mau is located along Jalan Labi and used to be an important venue where people would take a temuai, a traditional long boat, to travel to Kuala Belait, which would normally take four to five hours.

Tropical Biodiversity Centre





The Tropical Biodiversity Centre is located within 2,374 hectares of the Andulau Forest Reserve and offers the public a chance to discover the rich biodiversity that are available in the country. The Centre is equipped with 3 laboratories for scientific research on the flora and fauna of Labi and a wide variety of resources for those who are interested to conduct studies there.

The exhibition features an interactive learning experience for the visitors with over 12 touchscreen kiosks explaining about the centre and biodiversity within the sultanate.

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Wong Kadir Waterfall

The popular recreational park located at Mendaram Kecil is less than a kilometre away from Mendaram Longhouse. It is a popular picnic spot for locals.

Wong Kadir Waterfall offers a scenic view of the natural forest a jungle trekking route. It takes about 45 minutes to 1 hour to complete the trek. There are facilities such as resting huts and public restrooms.

OPENING HOURS Everyday 6.00am - 6.00pm

Waterfalls

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Teraja Waterfall

The trek to Teraja waterfall is relatively easy, straightforward and takes about 45 minutes to 1 hour, depending on vour level of fitness.

The trail to the waterfall has been cleared by the local villagers, who have paved the way with wooden planks in some areas where there are streams you need to cross. Even though the path is regularly maintained by the villagers, it is highly recommended to go with a local guide. Enguiries can be made at the longhouse.

Fruit Farm



PERTANIAN TROPIKAL UTAMA HUA HO AGRICULTURAL FARM LAU HOW TECK +673 239 3555





RATA JAYA SULAIMAN MAHMUD +673 895 7576



Coffee Field



The 19-hectare orchard is also the site The fertile soil in Labi has enabled it of Brunei's first commercial coffee thrive as an agricultural haven. plantation growing two types of coffee, Visitors will be able to see a variety Coffea arabica (Arabicas) and Coffea of local fruits in its most natural state canephora (Robustas). Grown at the on the trees such as bananas, hills of Labi, There are currently 10,000 rambutan, jackfruit and even durian! trees taking up half of their farm.



The paddy fields in Labi are one of the This commercial goat farm in Labi is main drivers of the agricultural industry home to Brunei's very own locally besides the vegetable and fruit born and bred Boer goats. It is open to plantations. The best time to visit is visitors, provided that arrangements during harvesting season, between are made in advance. February to March, to experience the life of farmers in the area.

noto Credit: Kim Sir

LOT SENGKUANG PADI FIELD HJ METUSIN BIN MATZIN +673 864 9323

The name of the

vwaterfall came from the chinese word 'wong', which neans waterfall an the excursion of Kadir, who discovered the attraction with his dog while he was i the forest looking for jelutong.

Origin





Although there are 40 waterfalls in Labi, not all are accessible to the public. The more popular ones are Wong Kadir Waterfall, Teraia Waterfall and Belulok Waterfall.

It may take a whole day to visit all waterfalls, and it is recommended to go with a local guide.

Traveler Tips It is advised to vear light and airy lothing when you plan to venture into Labi. Do not forget to bring insect repellant and a basic first aid kit.

There is also poo mobile phone reception in the dense areas in Labi, so be alert and cautious at all times

Birdwatching





Birdwatchers are in The best time for for a treat when in with the variety of birds that can be found in the area namely Tree Grey Babbler, Headed Fish Eagle, Blue-winged Leaf bird and many more.

A popular spot for this activity is Luagan Lalak Forest Recreation Park or **Bukit Teraja**

birdwatching is early in the morning between 6.00am to 10.00am and late afternoon from 4.00pm to 6.00pm.

Best Time To Go The weather is generally hot and humid all year round with the average temperatures between 20°C to 30°C, but try to avoid the wettest months and heavy rainfall from late October to January as it nay restrict access to Labi

Wildlife Watching

Adventure

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Labi's forest offers over 50 species of wildlife varying from amphibians, and reptiles mammals.

The rich and unique biodiversity of Labi's rainforests make it the perfect place for wildlife spotting.

It is home to a vast number of beautiful and exotic wildlife animals, most of which are endemic species, such as the Painted Tree Frog, Malay Lorikeet and over 40 species of spiders!



This is an opportunity not to be missed! Get your digital detox on and immerse yourself in the cool lush scenery amongst the flora and fauna of labi.

There are currently 2 treks open to visitors. You can choose to start from the Tropical Biodiversity Centre or from the Teraja Forest Reserve where you will come across the waterfall.

Before embarking on any trek, be sure to first get in touch with the Centre or the Teraja Longhouse to guide through the trails.

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Teraja Longhouse



Located at the end of Labi road is the Teraja Longhouse. This vibrant longhouse is home to about 125 people during the weekends, but on weekdays only about 10 people live there.

There is a BND3 visitor's fee to visit the longhouse, which goes towards the

conservation of the place. For the more adventurous, visitors also have the

option to spend a night at the longhouse with prices starting at BND15 per

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First built by the river in the 1940s, the Teraja Longhouse has noved and evolved a few times

before finally settling to where it

Mendaram Longhouse



The 12-door, iconic red roofs of Mendaram Besar Longhouse was first built in the 1970s and is now home to about 100 residents. Similar to Teraja, most of the inhabitants do not live in the longhouse during the weekdays, weekends.



Back then, the house was built with palm leaves. Over the years, there have been various improvements made to the house, such as installation of wooden plank but will come back during the modern staircases and corrugated roofing.



Ayam Pansuh

A staple for the Labi ethnic communities, ayam pansuh is cooked by funneling seasoned chicken cuts into a bamboo pole and cooked over a fire. To serve, contents are tapped out onto a dish.



Sarang Semut

More popularly known as Kueh Jala, this crispy delicacy almost melts in your mouth at the first bite. Made from sugar, rice flour and water, it is then poured through a mould traditionally made out of a coconut shell, and into a wok of hot oil, resulting in a sweet crispy snack!



Umbut Tuhau

Commonly found in the wild in Labi, the tuhau plant looks like stalks of lemongrass. Umbut refers to the innermost parts of the stalks and usually stir-fried with anchovies and chilli. It is served as a condiment and best eaten with rice.

Dos & Don'ts

- Do get an authorised tour guide to take you through the areas in Labi.
- Do pack extra clothes if you are planning on going jungle trekking.
- Do not venture out alone into the forest if you are not familiar with the place.
- •If it looks like it's about to rain, do not embark on any jungle treks as the rain might cause the rivers to overflow. • Do keep any rubbish with you at all times
- until you can dispose of it properly. • Do not take anything from the jungle.