



Trails Less Travelled: The Merapoh & Gua Musang Expedition

Ancient Wonders, untamed nature, unique culture & forgotten history

TRIP OVERVIEW

Located in the hinterland of Peninsula Malaysia surrounded by mountains, limestone hills and far away from the nearest port, Merapoh & Gua Musang's geographical features lend to its relative obscurity.

In this 3-day 2-night expedition, discover the natural wonders and incredible biodiversity of Merapoh & Gua Musang and uncover the region's fascinating past.

If you are a city dweller jaded by life in the concrete jungle, this expedition is for you - a rejuvenating and educational escapade into a very rural part of the country few Malaysians have set foot on.



ITINERARY

Day 1: Meet and explore Gua Musang

14:30 hrs: Meet at Muse Eco Park or Gua Musang Train Station, where your adventure begins. Your guide, along with fellow explorers, will be waiting for you.

14:45 hrs: Check-in to your accommodation, an elegant homestay with hotel-style comfort – each room is a master bedroom, equipped with air-conditioning and ensuite bathroom with water heater. Enjoy a little rest after the long drive.

15:00 hrs: Visit Kampung Pulai and go on a short hike to a limestone outcrop with a Goddess of Mercy temple within. Learn why there is a Hakka Chinese settlement here from 600 years ago.

Explore Gua Musang town and discover its origin story and the folklore behind it.

18:00 hrs: Adjourn to a nearby eatery offering authentic local food for an early dinner.

19:00 hrs: Return back to homestay. Free & easy time.

ITINERARY

Day 2: Nature galore in Taman Negara

07:30hrs: Begin your day with a hearty breakfast at a beloved local eatery. Try the Kelantanese version of nasi kerabu.

08:15 hrs: Head to Taman Negara, entering via one of its lesser known entrance, Sungai Relau in Merapoh.

08:45 hrs: Transfer to a 4WD vehicle and your exploration of the country's largest protected forest begins.

09:15 hrs: A local expert will introduce you to the world of birds. Grab a pair of binoculars and spot some avian species that call Taman Negara home.

10:00 hrs: Explore the Treetop Walk. Soak in the views and learn about the rich ecosystem of different layers of the forest.

11:00 hrs: Follow a local wildlife tracker as he hunts for animal paw prints on a trail used by mammals to traverse the jungle.

ITINERARY

Day 2: Nature galore in Taman Negara

12:30hrs: Savour a riverside picnic lunch at Kuala Joram Fish Sanctuary, a hidden aquatic retreat deep within the forest.

13:15hrs: Indulge in a bit of healing & chilling in the pristine river. Play with the fishes, meditate or just take a nap!

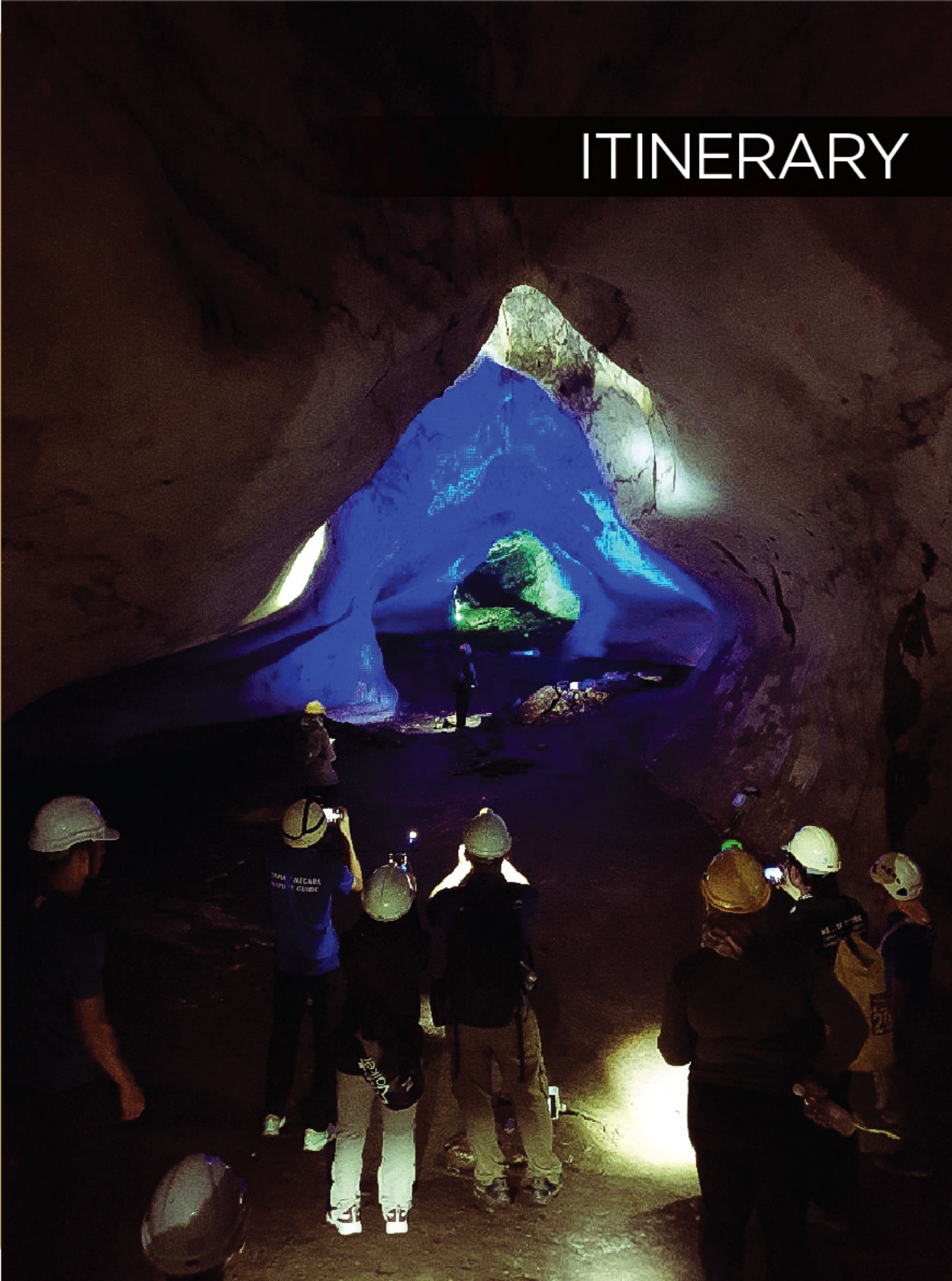
14:00 hrs: Enjoy an easy guided hike to a secluded spot for wild swimming

15:30 hrs: Hop back onto the jeep and visit Menara Seraya for panoramic vistas of the vast rainforest canopy. On a clear day, the highest peak in Peninsular Malaysia, Gunung Tahan is visible.

16:30 hrs: Exit Taman Negara and on the way back, climb up a viewpoint for a panoramic view of Merapoh's landscape.

18:00 hrs: Enjoy dinner at a local restaurant.

ITINERARY



Day 3: Caves and Farewell

07:30 hrs: Breakfast followed by a van transfer to Merapoh.

08:30hrs: Embark on a half-day jeep excursion:

Venture into Merapoh's ancient limestone caves (220 – 350 million years old), where you will be captivated by their geological significance.

Explore 2 uniquely distinct caves and learn the difference between a "dead" and a "live" cave.

11:30 hrs: Enjoy a traditional kampong-style lunch in Merapoh village, savoring the rich flavours of local cuisine.

13:00 hrs: Freshen up and check out of your accommodation in Gua Musang. Depart with fond memories.

PRIVATE TOUR

Make It Private: Your Exclusive Journey

For those seeking an intimate, personalized adventure, our private expeditions ensure a journey tailored just for you. Ideal for families, groups of friends, or multi-generational travel, a private Habitat Expedition offers flexibility and exclusivity.

Minimum Group Size: A private departure requires a minimum of 4 travelers.

Curated Packages are available upon further discussion, let us know your preferred itinerary.

DATES & PRICING

Available Expedition Dates:

AUGUST 2026

21-23 Aug. 2026
28-30 Aug. 2026

SEPTEMBER 2026

4-6 Sept. 2026
11-13 Sept. 2026
18-20 Sept. 2026
25-27 Sept. 2026

OCTOBER 2026

2-4 Oct. 2026
9-11 Oct. 2026
16-18 Oct. 2026
23-25 Oct. 2026
30 Oct.-01 Nov. 2026

Ex-GUA MUSANG

Gua Musang > Merapoh > Gua Musang

RM 2200/pax

Ex-KUALA LUMPUR & PENANG

Please enquire via
Whatsapp +6019-472 7741

Terms & Conditions Apply

TOUR INCLUSIONS

- Accommodation – 2 nights
- Meals and refreshments – dinners, breakfasts, lunches
- Transportation (10-seater van/MPV) – All transfers between Gua Musang – Merapoh using 10 seater van/MPV and all transfers into Taman Negara & caves using 4WD vehicles.
- Guided Tour throughout the journey - The Habitat Guide and Local Experts
- Hiking Stick (Optional)
- Caving Helmet
- Flashlight/Headlamp
- Stretcher bed for riverbed resting
- Binoculars
- Portable bed for river napping.
- First aid kit



What's Not Included

- Travel Protection Insurance
- Medical Evacuation Insurance
- Laundry at hotels
- Portable Wi-Fi
- Alcoholic Beverages
- Photography Services
- Gratuities (at the visitor's discretion)
- Transportation to and from Pahang
- Reusable Water Bottles (water dispenser available at the villa)

Travel Insurance

Participants must secure travel insurance covering medical emergencies, cancellations, and adventure activities.



Physical Requirements

This adventure requires moderate fitness. Be ready to walk on uneven terrain for up to three hours and engage in activities like climbing and balance-intensive explorations.

Important Info

Biodiversity Marvels: Discover rare plant species, vibrant birdlife, and unique mammals.

Getting There & Getting Home

By rail: KTMB operates a train service from Gemas to Gua Musang

Self drive: Enter “Muse Eco park Gua Musang” into your Google Maps or Waze and meet us there at the appointed time.



About The Habitat Expeditions

After successfully starting up & operating The Habitat Penang Hill, an iconic eco-tourism park and world-class rainforest discovery centre nestled within Penang's highest peaks, The Habitat Group established The Habitat Expeditions to spread its sustainable & conservation-based tourism model beyond.

Our aim is to bring people to lesser-known places and tell their stories through our 5 senses. In doing so, we endeavour to benefit the local community by employing local experts and service providers, thus reinforcing the case for maintaining and safeguarding our natural wonders, its history and culture. We infuse our Habitat mission into our Expeditions – which is in a nutshell, to reconnect people with nature, educate them on its importance and inspire them to do their bit for conservation.





Your Adventure Awaits

Ready to uncover the beauty and untold stories of Merapoh and Gua Musang?
Reserve your spot with the Habitat Expeditions today.

For inquiries or bookings,
contact Inquiry@thehabitat.my or call +6019-472 7741