



## JOURNEY TO THE WORLD'S CAPITAL OF





### Welcome to TANJUNG PUTING

Tanjung Puting National Park, the world famous natural treasure is located in the district of Kotawaringin Barat, Kalimantan Tengah, Indonesia. This national park has been chosen as World's Biosphere Reserve by UNESCO since 1977. Today Tanjung Puting National Park is recognized as home to the endangered species, orangutans. Due to the destructive activities of humans, the wild population has decreased more than 50% in the past decade. Estimates of the current population are less than 60.000 with approximately 7.300 in Sumatra and in Kalimantan for the rest.

The number of national and overseas visitors to Tanjung Puting National Park has increased every year. The growth encourages people of Kalimantan Tengah to continue developing other exciting spots for tourism destinations.

Find delights in the amazing Central Kalimantan through superlative natural beauty, diversity of species and habitats, history, art and cultural attractions as well as indigenous local food.

Welcome to heavenly Tanjung Puting, the land of real adventure.

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#### Publisher

FTKP Tanjung Puting with support from Swisscontact and SECO (State Secretariat for Economic Affairs) of the Swiss Confederation. No part of this publication may be copied or reproduced in any form by any means.

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FTKP (Forum Tata Kelola Pariwisata) Tanjung Puting supported by Swisscontact WISATA www.visittanjungputing.com
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KALIMANTAN

4 Journey to the world's capital of Orangutans





#### **INDONESIA** Emerald of The Equator

Indonesia is the largest archipelago in the world that comprises of more than 13.466 islands stretching along from west to east for 5.120km. At fourth biggest rank of population of the world, Indonesia consists of 300 ethnic groups with 540 different languages. Its five main islands are Sumatra, Java, Kalimantan, Sulawesi and Papua. Kalimantan Tengah is one of five provinces in Kalimantan with Palangkaraya as its provincial capital. In the diversity of ethnic groups and languages, Indonesian society lives in harmony with the national motto Bhinneka Tunggal Ika which means unity in diversity.

#### **KALIMANTAN TENGAH** *The Borneo Heritage*

Kalimantan Tengah is populated by the Dayaks, the indigenous inhabitants of Borneo. Orangutans are still endemic animals in Kalimantan Tengah, especially in Tanjung Puting National Park, which is dominated by all kind of natural tropical vegetation.

kit Raya servation asongan Tangkiling PALANGKARAYA Pulang Pisau KUALA KAPUAS TENGAH

# Marvelous Journey

Istana Kuning the historical palace of Kutaringin Sultanate

#### PANGKALAN BUN

The story of Tanjung Puting begins in Pangkalan Bun, a pleasant town by the Arut River. Pangkalan Bun is the entrance gate to reach Tanjung Puting National Park in the southern part and the Dayak villages in the north of Kalimantan Tengah. Daily direct flights to Pangkalan Bun are available from Jakarta, Semarang, Surabaya, and Pontianak by Garuda, Kalstar, Trigana, and Wings.

#### ISTANA KUNING PALACE

Istana Kuning Palace is situated at Jalan Pangeran Antasari (5,2km from Iskandar Airport). Kuning or yellow is the sacred color to the people of "Kotawaringin." The historic site is a relic of the Sultanate of Kutaringin, the original name of what we know now as "Kotawaringin." The palace was built by the 9th Prince Imanudin who served in 1811-1841 AD. Nearby is Taman Keraton Indah Sari which was once the palace square.

#### ARUT RIVER

Arut River is the artery of Pangkalan Bun. It forms local water traffic corridors in the city for its inhabitants. Alongside the river, visitors can see the traditional wooden houses from the first settlements of Malay, Javanese and Chinese descendants.

Still on Antasari, particularly in the morning, the public markets are always attractive spots where you meet locals and many interesting products, such as various river fishes, fruits in season (durian, mangosteen etc), vegetables such as rattan shoots and many more. In the evening it turns into a long night market for eating out.

#### PASIR PANJANG

Pasir Panjang is located between Pangkalan Bun and the Port of Kumai. It takes approximately 15 minutedrive from the Iskandar Airport. The name of Pasir Panjang was derived from its fairly broad sand area where most of the villagers were farmers.

There is a Long House that epitomizes the Dayak tradition as a venue for cultural activities. Another notable place is Tepian Bak, a sacred pond for the local Dayak Community.

#### **BUNDARAN PANCASILA**

Bundaran Pancasila is where cafes and restaurants are located for local hangouts and fancy-free. Come early as it can be crowded on weekends.

> The public markets are always attractive spots where you meet locals and many interesting products...?

> > Kelotok, and speedl pat pass by as common scene on the Arut River

Journey to the world's capital of Orangutans

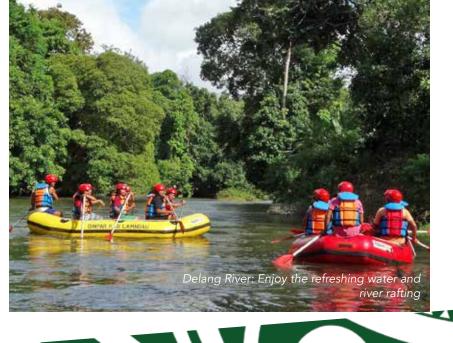
Silikan Garung in Lopus Village, Delang

#### Magnificent with Stunning Views

#### DELANG, LAMANDAU

The roadtrip takes approximately four to five hours to reach Delang from Pangkalan Bun. From Pangkalan Bun to Nanga Bulik is two hours of comfortable trip and another two-hour drive from Nanga Bulik to Delang. Once you arrived in Delang, you will see the magnificent land with stunning views. The tranquil and beautiful Delang as conservation area of primary rainforest, allows you to see the beautiful forest during the journey. While you are in Delang Sub-District, staying in Lopus Village will surely give you a genuine experience of daily life.

From simply strolling around the village and swimming in the Delang River, rafting or river tubing, trekking to the primary rainforests, Pokdarwis (Tourism Awareness Group) "Kokoran Botuah" as the local organization who manages tourism activities in Lopus will assist you to organize your trip there.



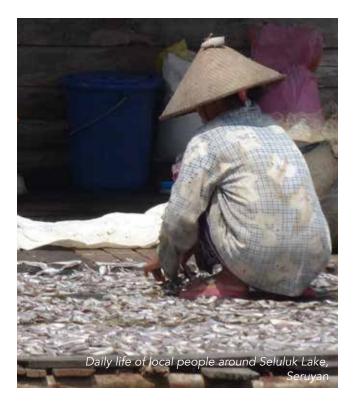
Journey to the world's capital of Orangutans

# Emerging Nature & Cuiture Treasure for SERUYAN

Sahai Gantung Waterfall Rantau Pulut, Seruyan

Seruyan is part of the territory as what we recognized as Tanjung Puting National Park. Due to the location whose access is limited compared to Kotawaringin Barat, Seruyan certainly offers many hidden nature gems to explore. Secluded and unspoiled waterfalls with various trekking challenges to conquer, dense tropical forest to unveil, and tranquil black water river cheered with wildlife to uncover. The experiences will be awesomely unforgettable.

Living local culture is another tourism potential in Seruyan such as in Bangkal Village. Despite being surrounded by palm oil plantations, the Dayak Tomuan people still preserve their culture treasures. Like in many other Dayak villages, **Sapundu** and **Sandung**, in colorful patterns and shapes can be seen when we enter the village. Traditional ceremonies such as "tiwah" are still preserved.



Various sapundu in front of a house in Rantau Pulut Village, Seruyan

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our

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# A Sanctuary of Tranquility & Peace

Tanjung Keluang, the place where green turtles and hawksbill turtles are protected



#### TANJUNG KELUANG

Tanjung Keluang, a sea turtle conservation, is located in the village of Kubu in Kumai, Kotawaringin Barat, Kalimantan Tengah. The shortest access to Tanjung Keluang is via kelotok or boat from Kubu Beach. It takes approximately 35 minutes to reach and it is relatively inexpensive to enter.



Local people enjoy camping, trekking or simply a picnic on the beach. Sunset at Tanjung Keluang is a beauty to behold with occasional glowing algae to spot later in the evening. Tanjung Keluang Natural Park with its white sands and calm sea offers natural scenic beauty like no other.

Far from tourist-crowded places, Tanjung Keluang is a sanctuary of tranquility and peace, where the land, sea and people unite. Not only a beach, Tanjung Keluang is home of a small conservation project by Indonesian Nature Conservancy Agency to preserve and release Green & Hawkbill Turtles. Notable vegetations in Tanjung Keluang are Sea Pine and Mangrove. The island also hosts water weasels. Fishing, swimming, banana boat, and observing the turtle conservation are interesting options worth considering. Visitors can also do camping here. So bring your own tent and any supporting tools for your comfort.

Check for information on banana boat and turtle conservation with your tour guide who will be pleased to assist you. For a unique experience, trekking is also recommended.With flora and fauna to complement the ecosystem, Tanjung Keluang is a perfect location to relax and enjoy the nature.







Here at come2indonesia, our fundamental principle is tourism without harming the environment. That is why our Orangutan tours are different. They are specially designed to sustain the environment through responsible tourism. We provide stainless steel water bottles and biodegradable products to each guest for their daily needs, to ensure minimum contamination to the rivers, forest and wildlife. Travel with us now - be part of the effort to conserve the forest and wildlife of Borneo!



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So..... you love the orangutan? We do too! That's why we do our very best not to destroy their habitat.



#### KYAI GEDE MOSQUE & TOMB

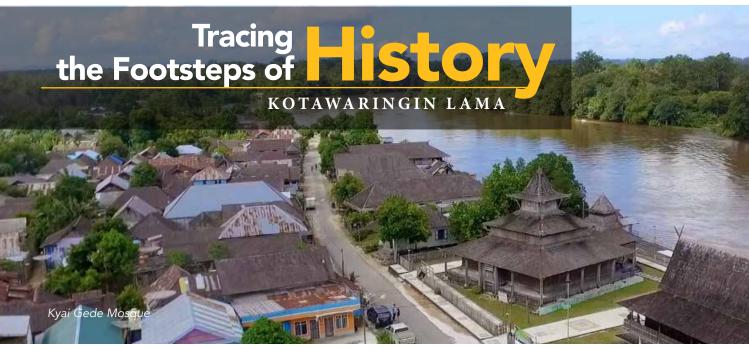
Built in 1679, Kyai Gede Mosque is a treasure to behold. It was built of Ulin wood with complex calligraphic carvings on its pillars. Arguably the oldest mosque in Kalimantan Tengah, the mosque has witnessed the spread of Islam in Kalimantan Tengah.

Kyai Gede was a renown cleric who first came from Demak, Java via Gresik. He was a trusted figure who rose to the Prime Minister rank in Kotawaringin and upon his death, a tomb was built in his honour. Today, both Kyai Gede Mosque and the Tomb are places not to be missed in Kotawaringin Lama.

#### ASTANA AL-NURSARI

Astana Al-Nursari was built in 1867 as a private residence of Prince Paku Sukma of Kutaringin Kingdom. Astana Al-Nursari is believed to be the only royal palace left from the era. Currently it hosts sacred objects, musical instruments and cannons from the colonial wars that make Astana Al-Nursari an archeological visit o understand the old kingdom of Kotawaringin.

fit was built of Ulin wood
 complete with complex
 calligraphic carvings on
 its pillars. >>





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TANJUNG PUTING NATIONAL PARK AND CAMP LEAKEY

# A Journey to The World's Capital of Orangutans

Enjoy the river cruise by seeing Orangutans in the wild nature to discover truly rare moments you can't find elsewhere. Check out our itinerary highlights for the best adventure in Tanjung Puting.

The amazing Bornean Orangutan (Pongo pygmaeus) of Tanjung Puting

Tanjung Puting National Park and Camp Leakey are synonymous with Orangutan rehabilitation, conservation, and research center. Camp Leakey, located in Tanjung Puting National Park is linked to a leading Orangutan expert, Dr. Birute Galdikas, who established Camp Leakey way back in 1971.

Back then Dr. Galdikas and Rod Brindamour built the place as the foundation of Orangutan research starting with just two huts. Now the place is well established with wooden structures, feeding stations, and modern utilities. Leakey

Camp Leakey is the one place on the planet where great apes and people are totally equal! It is an inspirational place...

#### — Dr. Galdikas

Camp Leakey was named after Louis Leakey, mentor of Dr. Galdikas as well as Jane Goodall, who studied Chimpanzees and Dian Fossey, who studied Mountain Gorillas. Louis Leakey was a Paleoanthropologist and Archeologist from Kenya. his important role in fostering field research of primates in their natural habitats, to understand the human evolution, is a key initiative of the great apes study.

Louis Leakey and National Geographic Society helped established Dr. Galdikas research-fund in Tanjung Puting. Those who are not familiar with them, Tanjung Puting is a name they learn from the popular documentary "Born to be wild 3D" narrated by Morgan Freeman in 2011. Since then, the number of visitors to Tanjung Puting is steadily increasing year after year.



For nature lovers, Tanjung Puting represents purity, untouched beauty from modernization currently transforming the cities in Indonesia. There is an implicit bond between the visitors and Tanjung Puting as a destination, making the place a best kept secret especially for visitors from Europe, Australia and Asia.

Visitors are genuinely in awe of the whole experience and the fondness of their close encounters with Orangutans are memorable enough to leave impressions on their travel forums. These impressions are indispensible for future travelers, even more in the era of social media and mobile content. There are more unknown tourist attractions, with a variety of coastal areas, mountains/hills, plains and marshes, all of natural tropical vegetations dominating the area. Orangutans are still endemic animals in Kalimantan Tengah especially in Tanjung Puting National Park which has 300,000 ha area in Kotawaringin Barat and Seruyan.

There are Proboscis Monkey, Agile Gibbon (Hylobates agilis), Bornean-Bearded Pig (Sus barbatus), Sun Bear (Helarctos malayanus), Sunda-Clouded Leopard (Neofelis diardi), Malayan False Gharial Crocodile (Tomistoma schlegelii), Saltwater Crocodile (Crocodilus porosus), Bornean Tarsier (Tarsius bancanus ssp. Borneanus), Malayan Pangolin (Manis javanica), Hornbills, White-Rumped Shama (Copsychus malabaricus), Storm's Stork (Ciconia stormi), and other animals.

Visitors are genuinely in awe of the whole experience and the fondness of their close encounters with Orangutans... >>



Since its existence, Tanjung Puting traversed a series of peaks and tough moments of deforestation, illegal logging, gold mining, palm oil plantation and the recent forest fires that threaten the existence of Orangutans and animals in the forest. But 2011's "Born to be wild 3D" film and Bill Clinton's visit on behalf of Clinton Foundation Asia Tour to Tanjung Puting in 2014 helped sparked international interests toward Orangutans and increased a steady tourism influx.

Come and participate on campaign to educate and preserve Tanjung Puting. For more information, please visit orangutan.org

> ...attention to these issues will, hopefully, trickle down to concrete improvements on the ground. >>

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#### EXPLORE AND ADVENTURE WILDLIFE, NATURE AND CULTURE OF

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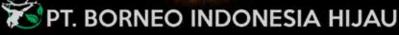












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Close Encounter with Orangutans in Tanjung Puting National Park

#### DAY 1: PANGKALAN BUN - KUMAI -TANJUNG HARAPAN

Upon arrival at Pangkalan Bun Airport the tour guide will take you to Kumai where you will embark on a Kelotok (boat). A captain and a cook will come along the journey as part of the onboard services. Your Kelotok will stop at the first rehabilitation center for Orangutan at Tanjung Harapan. The feeding time is at 3pm.

As the Kelotok cruise along, you can witness the monkeys' presence along the riverside. The lodge near the river is worth considering as a place to stay overnight in the forest.

#### DAY 2: PONDOK TANGGUI -CAMP LEAKEY

After having breakfast, you will take another hour of river cruise to the second camp of the national park, Camp Pondok Tanggui. You may have the chances to see the primates and wild birds from the boat.

A 1km light trek through Pondok Tanggui Camp is required to reach the



feeding platform of the Orangutans. The feeding activity starts at 9am daily.

On the way to the famous Camp Leakey, your lunch will be served on the boat. Feel the excitement of a typical jungle sight and sound where sometimes you will get a welcoming surprise by the appearances of the semi-wild Orangutan residents on your arrival. There is a large population of Orangutans in Camp Leakey as permanent residents where you can witness firsthand the biodiversity of the Borneo tropical rain forest. Supplementary feeding for the Orangutans starts at 2pm.

#### DAY 3: PESALAT - KUMAI -PANGKALAN BUN TOUR

Enjoy your fresh breakfast before heading to Camp Pesalat to see the reforestation project and join the mangrove tree adoption program. In two hours you will be arriving to Kumai harbor and have a one day tour in Pangkalan Bun by visiting Istana Kuning (a historical Sultan Palace), Arut River and having culinary delights at the local restaurants.

#### DAY 4: TRADITIONAL MARKET - AIRPORT

Visiting traditional Borneo market, enjoying the local foods and easy interaction with the villagers are best ways to end the journey with full of memories. The tour offers you flexibility on the journey and your tour guide may encourage you to explore interesting aspects about the ecosystem in the camp. In the evening you will spend an adventurous night in the forest by staying at the lodge or on the boat.





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- Dr. Birute Mary Galdikas, Reflections of Eden: My Years with the Orangutans of Borneo

As I sit, my back leaning against a damp, mosscovered tree trunk, my eyes sweeping the canopy above, my ears straining to catch the crack of distant branch that betrays an orangutan moving to the treetops, I think about how we humans search for God. The tropical rainforest is the most complex thing an ordinary human can experience on this planet. A walk in the rain forest is a walk

into the mind of God. ))

Babukung Festival 2016: Tradition and the ancestor culture have strongly influenced the community way of life

IIIII

# **People**



#### INDIGENOUS PEOPLE

There are seven tribes known as the natives of Borneo. They are Dayak, Melayu, Banjar, Kutai, Paser, Berau, and Tidung. Dayak tribes usually live in the hinterland, while Banjar and the other tribes live in the coastal areas or river banks. At the time being, the population include Javanese, Madurese, and also Bataknese.

#### DAYAK TRIBES AMONG OTHERS

Dayak tribes spread along the island of Borneo and become the biggest ethnic group in Kalimantan Tengah. There are 405 sub ethnics of Dayak. In Kalimantan Tengah, several sub ethnics live such as Dayak Ngaju, Maanyan, Bakumpai, Ot Danum, Siang Murung, Taboyan, Lawangan, and Dusun.

One of sub-ethnics, Dayak Tomun inhabiting along Lamandau River, particularly in Delang Sub-district, believe that their ancestors came from Minangkabau, Sumatera. Their ancient *Kaharingan* belief, such as *Bebantan Laman*, *Tiwah*, *Babukung*, *Menuba*, *Maliyan* are still practiced as part of their culture.

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# Local Heritage

Find the blissful experience to be part of local traditions and celebrate the authenticity of Bornean culture during your stay in Kalimantan Tengah.

#### **BEBANTAN LAMAN**

It is a ceremony to purify a village, which usually takes place on July 7 (according to Dayak Tomun belief, seven is a sacred number) held as a tradition to mark the incoming harvest season.

#### TIWAH CEREMONY

The funeral ceremony held by Dayak Tomun people is the procession of ancestral spirits delivering relatives who have passed into the afterlife by purifying and removing the remains from the grave to a place called sandung.

#### BABUKUNG

Bukung is someone who is wearing a mask, called luha in Dayak Tomun language, worn during Tiwah Ceremony. The ritual is a symbol of joy and togetherness where bukung dancers will dance to distinctive beats and sounds made using bamboo

Journey to the world's capital of Orangutans





sticks as a means of comforting the grieving family. Promoting this cultural richness, Babukung Festival is now held annually in October in Nanga Bulik, the capital city of Lamandau District. Hundreds of bukungs wearing various shapes and colorful luha will be in parade during this cultural festival.

#### IKAT TONGANG

Usually held as blessing for a new visitor. This ritual symbolizes the acceptance of the guest into the community and the wish for safety during their stay in the neighborhood.

#### BAGONDANG

Another unique culture of Dayak people in Kalimantan Tengah is Bagondang which means playing gendang (drum) and traditional music instruments (kulinang, gong, kecapi) as part of joy celebration. This is also how the locals welcome guests who visit their village. Usually held in Rumah Betang after dinner, guests will be invited to dance together accompanied by music instruments all-night. Arak is served as part of entertaining guests.

#### RUMAH BETANG / LONG HOUSE

A traditional Dayak house that can hold a few families (sometime up to 150 people), since Dayak tribes live in large groups and in close quarter. It is quite big in size, from 30-150 meters (in length) x 10-30 meters (in width) built using woods from Ulin Trees with its excellent strength to withstand termites and heavy weather to exist for hundreds of years. This house has been around for 1000 years and considered a local heritage to be preserved and protected by law.

# ARTS & CRAFTS



#### TUDUNG SAJI

Tudung saji means food cover. Despite of its original function, these unique handicrafts, made of pandanus leaves covered with velvet and decorated with vibrant color beads, have become distinctive wall ornaments in many special occasions for local people and now unique souvenirs from Pangkalan Bun.

#### PLAITED & KAPUAK HANDICRAFTS

Kalimantan Tengah is blessed with various forest products, such as rattan, pandanus, bamban (*Donax canniformis*), purun (*Lepironia articulata*), and bamboo. The local people use them to make many forms of handicrafts, from household wares to souvenirs such as baskets, sitting mats, food covers, bags, hats, etc. Another timber product is *kapuak*. Obtained from *Artocarpus elasticus* tree, this tree bark has been used in many functions for the Dayaks due to its durability. As a souvenir, this leather-look material is transformed to many fashion items, such as bags, wallets, and even clothing.





#### KECUBUNG GEMSTONE

Gemstones have been the natural richness of Kalimantan Tengah with Kecubung stone or Amethyst being the most famous of all. For collectors, Pangkalan Bun has been inseparable and named after the purple stone: Kecubung City.

Amethyst has been believed to bring charisma & prosperity to its owners. Due to high demands for this crystalline quartz stone recently, the price has rised drastically. Most of souvenir shops in Pangkalan Bun sell the stones and use "Kecubung" as their name. PT. BORNEO HIJAU PERSADA JI.Kawitan 1 RT 17 Sidorejo Gg. Keong no.10, Pangkalan Bun 74111 Kabupaten Kotawaringin Barat, Kalimantan Tengah, Indonesia

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#### **Tanjung Puting National Park is A Home of Wildlife**





#### et's join Us to explore the tropical rainfores and see the wild Orangutan in their habitat

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# The Story of Authentic Weapons

#### SIPET

Sipet or sumpit is a local word for blowgun and used as long distance hunting instrument and also for battles. Equipped with a spear, for close range target, a very good sipet is usually made of bedaru wood. There are also damak and tambilahan. Both are arrowhead and arrowhead container. Dayak people often use poison on damaks to paralyze and even kill targets. They usually are skillful to use this two-meter length instrument and put some damaks altogether and blow one by one. Currently sipet is a past time for recreation and part of sport competition as in annual cultural event as Marunting Batu Aji (Pangkalan Bun) and Hulu Arai (Nanga Bulik).



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#### MANDAU

Mandau is authentic machete of Dayak people. This very sharp blade, sometimes elaborated with ethnic patterns, has unique shape and different from other machetes of other tribes in Indonesia. The hilt of mandau is usually made from animal horns, such as deer's horns. Mandau is used in battles or ceremonial occasions. The one similar to Mandau is Ambang which is mostly used for daily work. Ambang has no detail patterns and the metal quality is less than Mandau.

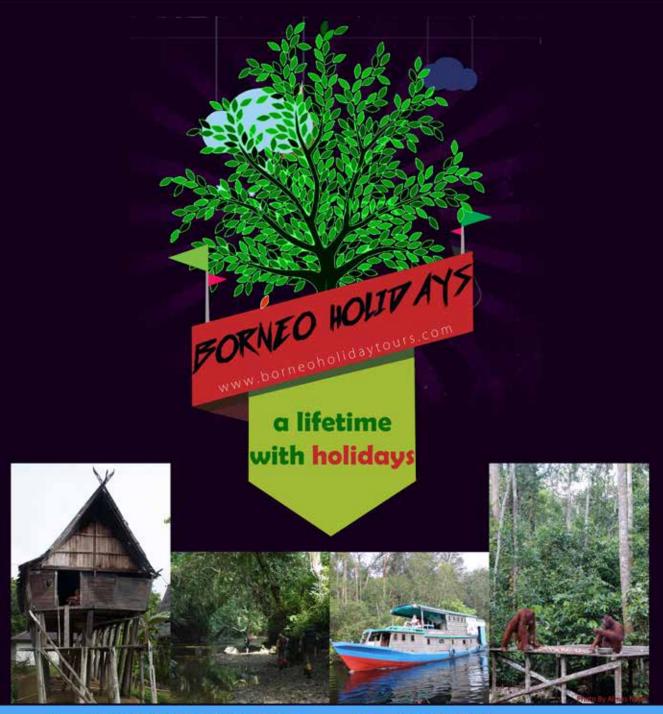


#### TALABANG

Talawang, telawang or talabang is shield in Dayak language. With its distinct shape and carving patterns, talabang has become a cultural identity of Dayak people and is used with Mandau in battles. Talabang is usually made of *Ulin* wood due to its durability. The carving patterns and color of the outer side vary from one tribe to another and are believed to hold magical power to protect and give power to the owner. As souvenir, talabang is made simply as interior decoration with colorful patterns or plain color.

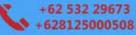








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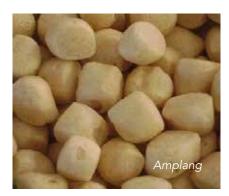


# CULINARY DELIGHTS

### AMPLANG

Amplang is Kalimantan Tengah's favorite fish cracker snack made of starch, ikan Pipih (*Notopterus chitala*) or ikan Tenggiri (*Scomberomorus*/ Wahoo fish). It comes in different shapes: tiger claws, ping-pong balls and dice. Amplang is very popular and spin many home industries that mix traditional with more contemporary flavors like *rasa balado* or chili flavor.

The fact that amplang is also produced in other places in Kalimantan, Sumatera or Java, and even in Malaysia is very interesting. No one really knows its origin. Yet Amplang is also very popular as gift for those visiting Kalimantan Tengah and easily found in traditional shops and major retailers.





Soto manggala is a must-try traditional soup of Kotawaringin Barat. Manggala is local word for cassava. Usually served only for breakfast, this clear soup is light in taste, but heavy in main ingredients which include: 1 kg of cassava, 1/2kg of Haruan fish (snakehead murrel - *Channa striata*) - The locals substitute the fish with chicken, leeks, onion, 1 cinnamon stick, 2 liters of water, garlic, pepper, salt and chili.

How to cook: first pure the garlic, pepper, and salt. Dice the cassava and boil until half cooked. Remove the water. Boil the minced Haruan fish. Pure the other ingredients and boil until it becomes a broth. Cook the onion. Mix the cassava stew with the herb broth. Soto manggala is ready to serve with celery, fried onions, and sliced omelet as topping. Yummy!

## TRADITIONAL SNACKS OF KALIMANTAN TENGAH

Kalimantan Tengah has dozens of dishes recognized as traditional snack called "wadai" in local language. Wadai *ilat sapi, wadai bingka* and *wadai jorong* are among others the culinary richness that have undoubtedly had influences from various tribes living in Kalimantan, particularly Banjarnese.



Wadai jorong is easy to make with rice and sago flour as the main ingredients. It has smooth taste, sweet and use fragrant pandan leaves as a mold. In local language, this mold is called "takir."

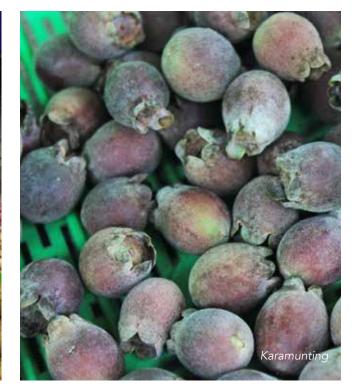


Wadai bingka is favorite traditional snacks with potato as a main ingredient. Other than the original flavor Bingka comes in different taste such as jackfruit, young coconut and durian. Whichever you choose, it is guaranteed to pamper your taste buds.



Ilat sapi means cow tongue. No, no, it's not meant literally as the main ingredients of this snack are wheat flour and brown (coconut) sugar. Wadai ilat sapi is usually sold in small shops around Kampung Mendawai, Pangkalan Bun. Wadai ilat sapi is a perfect match to your afternoon tea or coffee.





#### KARAMUNTING (Rhodomyrtus tomentosa)

Growing wild as shrub plants in open fields, karamunting has a lovely pink flower color and soft sweet taste of fruit. The fruit, leaf and root of karamunting have been used as herbal medicine. Rich in antioxidant and boosting hemoglobin, the velvet leaf of karamunting can be used to cure wound, diabetic, and neutralize poison. While the root extract has benefit to boost thrombocytes and as organic dye for black color.





### KEMBAYAU (Dacryodes rostrata)

Kembayau is commonly sold at traditional markets. The season is usually the same as langsat (*Lansium parasiticum*). Before consuming, this hard dark purple fruit has to be boiled first or is simply soaked into lukewarm water. When it softens, you will get the seed. Crack the seed to open and get the delicious, creamy nut inside. Local people usually eat the nut plain or with sugar. Kembayau is rich in protein, potassium, calcium, and also antioxidant.

### MENTAWA (Artocarpus anisophyllus)

This green and soft skin fruit has a unique way to open. Peel off skin half way from stem down, then pull the stem carefully to get a bunch of orange color fruits. With soft and sweet fruit flesh with creamy taste, mentawa is the closest related to tarap fruit (*Artocarpus odoratissimus*) and another Artocarpus family, such as *cempedak*, jackfruit and breadfruit. To compare with tarap, mentawa has less strong smell and less sweet. Like other Artocarpus family, mentawa seeds are edible. Usually boiled with little salt, they have really savory taste.



## BELIMBING HUTAN (Baccaurea angulata)

Another unique fruit of Borneo, belimbing hutan is related to *rambai (B. motleyana), menteng or kepundung (B. racemosa),* another Baccaurea family. It has sweet and juicy soft flesh. Belimbing Hutan is in season during the month of March.

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### ITUT KADUT COMPANY

Coffee specialist Jl. Iskandar No. 91 Bundaran Pancasila Pangkalan Bun (62) 85292292007 Itutkadut.cloth@yahoo.co.id

#### MERANTI

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#### PLANET FOOD

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#### **RUHAMA**

Local Culinary & Grilled Jl. H.M. Rafi'i, Pangkalan Bun (62) 85226392222

#### SOTO MANGGALA "MAMA DEWI"

Soto Manggala & Local Snack Jl. DAH Hamzah Pangkalan Bun

#### SOTO MANGGALA "MAMA FANY"

Soto Manggala & Local Snack Jl. PRA Kusumayudha, Pangkalan Bun. (62) 85249274911

#### **SEMANGAT 47**

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#### WARUNG AYAYAN

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**KEDAI UMA'KU** 

Indonesian Culinary

Jl. Ahmad Yani Km 2,

Pangkalan Bun. T. (62-532) 27 959

Local Culinary & Grilled Jl. Iskandar (seberang kompi)

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