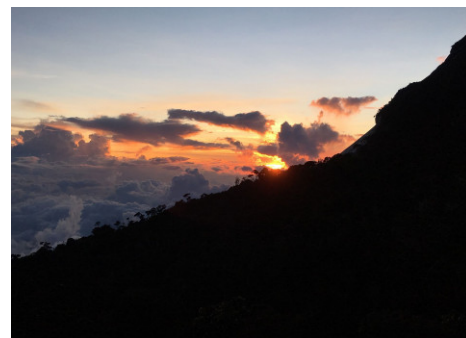


Trek Borneo



Duration: 9 days

Borneo is known for its vast tracts of ancient rainforest and high biodiversity, harbouring many endangered animals including the orang-utan. Malaysian Sabah occupies the north-eastern corner of Borneo, and is a land of mountains, dense jungle, rushing rivers and friendly traditional villages.

Our challenging trek takes us through the lush rainforest of the Crocker Range before tackling the highest mountain in Malaysia and Borneo – the spectacular and demanding Mount Kinabalu (4095m). Combining varied and demanding trekking with rewarding cultural discoveries and spectacular natural beauty, this is truly a trip to remember!

DETAILED ITINERARY

Day 1: Depart London

Day 2: Arrive Kota Kinabalu, Sabah

We arrive in this bustling city, known widely as KK, and transfer to our hotel for dinner and a full trip briefing! Night hotel. *(Lunch not included)*

Day 3: KK – Crocker Range National Park

An early start sees us loading up the vehicles for the hour's drive to the Crocker Range National Park – stunning jungle-covered mountains which separate the coast from the interior. Our trek takes us downhill on jungle paths, passing native villages with some cultivated land, and into primary rainforest with rushing streams and dripping, steamy vegetation tangled with creepers. It's very atmospheric, with insects buzzing and melodic bird-calls high

up in the canopy. We reach our host village and enjoy a wonderful insight into the local people's everyday lives. Night community hall.

Trek approx 5 hours

Day 4: Crocker Range National Park Trek

Our route takes us through more dense jungle, experiencing this incredible and remote habitat close-up! The paths we trek on are old trading paths used by villagers who crossed the mountains to the coastal markets to trade for goods such as salt. Some of the remote villages in this region have no road access and still rely on these paths. We cross rushing streams and jungle ridges as our route takes us up and down through the jungle; the paths get muddy and overgrown and, although the paths are not too steep, it's hard work and a great warm-up for our Kinabalu summit trek. We spend the night in a native village beside the river. Night village house.

Trek approx 6-8 hours

Day 5: Crocker Range National Park – Kota Kinabalu

Our last day of jungle trekking takes us through more dense vegetation into secondary rainforest, past more small villages and photogenic rice-paddies. The scenery is wonderful! We have lunch at the end of the trail, and transfer back to our hotel in Kota Kinabalu for a well-appreciated shower and bed! Night hotel. *(Dinner not included)*

Day 6: Kota Kinabalu – Kinabalu Park – Laban Rata

After an early, energising breakfast, we drive (approx 2 hours) to Kinabalu Park, the gateway to the mountain. We complete Park formalities and start our trek (1866m), initially on easy terrain. We then trek steadily up through lush vegetation, which provides welcome shelter from the hot sun. The landscape around us gradually changes to conifers, shrubs and mosses as we ascend, and becomes steeper and more demanding. Kinabalu is one of the most biologically diverse spots on the planet and has World Heritage Site status. Many of the incredible ferns and orchids are endemic, and provide plenty of distraction from weary legs! Coming out of the vegetation onto a clear rocky plateau at around 2500m, we can see the mountain-top above us, an impressive sight with waterfalls cascading down the bare slopes. It's not far now to Laban Rata, where we will have time to relax before retiring early. Night mountain hut (3270m).

Trek approx 5-6 hours

Day 7: Laban Rata – Summit – Kinabalu Park

We start in the early hours and trek up to the summit in the dark, using our head-torches to light the way. A series of steps cut into the rock takes us through low shrub, and then out onto bare granite rock. It is hard-going, especially if you are feeling the effects of being at altitude, so we trek slowly and steadily. Some parts are very steep but we use the permanent rope bolted into the rock to pull ourselves up when we need the extra help! After optimistically ascending a number of ridges to see only more rock ahead of us, we finally see the distinctive marker of the summit of Low's Peak (4095m.). A magnificent sunrise awaits us, and in clear conditions we can enjoy views which stretch for miles – a well-earned reward for our efforts. We descend the same way, stopping for

breakfast back at Laban Rata and returning to the Park Gate and Kinabalu Park. Night cabins.

Trek approx 6-8 hours (3-4 hours ascent, 3-4 hours descent)

Day 8: Kinabalu Park – Poring Hot Springs – Kota Kinabalu

Leaving the mountain behind, we depart Kinabalu Park and start our journey back to Kota Kinabalu. En route we stop at Poring Hot Springs, one of Sabah's chief attractions and a great way to relax any aching muscles. We can take a dip in one of the soothing, hot mineral springs set in beautifully landscaped gardens, and walk along the canopy walkway 100ft above the forest floor – a fantastic way to observe the flora and fauna. We then return to Kota Kinabalu for a great evening of celebrations to mark our achievements this week.

Drive approx 2 hours

Day 9: Fly Kota Kinabalu – UK

We transfer to the airport for our early morning flight home via Kuala Lumpur.

WHAT'S INCLUDED

- All transport from London to Kota Kinabalu return
- All meals except where specified, accommodation & camping equipment
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides, porters, cooks and drivers
- Local support and back-up equipment
- Permits and entry to any reserves or other sites included as part of the itinerary (e.g. Poring Hot Springs)

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Sleeping bag and sleeping mat
- Tips for local guides and support crew
- Inbound airport departure tax
- Fees for any optional sites, attractions or activities
- Airline taxes: we cap these so that £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | TOUGH (3)



Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips can involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They demand good stamina, fitness and a determined attitude.

See [Trip Grading Explained](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 16 Apr 2024, and the challenge is subject to change.