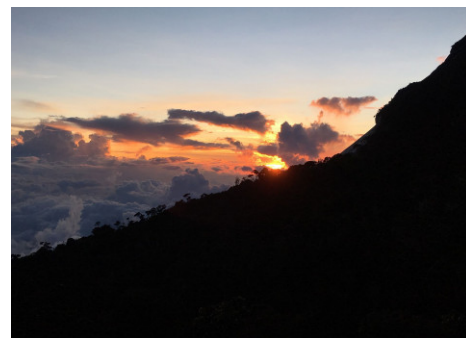


Trek Borneo



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](#).

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We stay in good tourist-style hotels in the cities, and Park cabins which are clean and comfortable; rooms are twin-share. In jungle home-stays we bed down on the floor in shared rooms – more basic but a great cultural experience. On the mountain we stay in a guesthouse in dorm rooms.

Roomshare Arrangements

Some accommodation will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories/hostels, huts, local homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's

limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

CHALLENGE EXTENSIONS



ORANG-UTANS & RIVER SAFARI

This wonderful trip offers a fabulous way to experience Borneo's spectacular rainforest and wildlife, and to unwind after your trek!

Sepilok Orang-Utan Sanctuary is one of the highlights of any visit to Sabah. Surrounded by a 43km² Forest Reserve, the

centre was set up in 1964 and re-introduces rescued or orphaned orang-utans to the wild. The released apes often retain the habits they have learned at the centre and regularly come back to the feeding stations, giving us a wonderful opportunity to observe them.

We continue our wildlife discovery with a river safari on Kinabatangan River. Malaysia's second-longest river, the Kinabatangan flows across Sabah; the lower Kinabatangan was designated a Wildlife Sanctuary in 2005. This protected eco-system is widely considered to be one of the best places to view wildlife in South-East Asia.

We cruise the waterways, exploring rainforest, ox-bow lakes and mangrove swamps, looking out for proboscis monkeys, orang-utans, gibbons, crocodiles and pygmy elephants, and birdlife such as hornbills and kingfishers. We stay for two nights in an eco-friendly river lodge, designed to blend in with its natural surroundings – a wonderful place to enjoy the serenity of the river and rainforest surroundings.

This trip is remote and fairly adventurous with some early starts to maximise wildlife-spotting, but there's plenty of time to relax and watch the river go by!



TROPICAL RETREAT

Just ten minutes from Kota Kinabalu, treat yourself to some 5* luxury at this wonderful beach hotel, set among 25 acres of exotic gardens overlooking a wide sweeping bay on the South China Sea. The hotel's marina offers a variety of boat trips and watersports; a highlight is a trip to the neighbouring tropical islands, part of the Tunku Abdul Rahman Marine Park, where the clear blue water offers fascinating snorkelling amongst the colourful coral. Or simply relax and enjoy the beach cabanas, swimming pool with infinity area, and fabulous sunset bar. For ultimate pampering, there's also a luxury spa. This is the perfect way to relax after the rigours of your trek!

Once in resort, this extension does not have an organised itinerary. You can arrange activities through the hotel and are free to spend your time as you wish.



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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 29 Mar 2024, and the challenge is subject to change.