

Tropical Retreat



Duration: 3 days

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.

DETAILED ITINERARY

Day 1: Transfer to hotel

(main group departs Kota Kinabalu)

Morning transfer (approx 10 minutes) from our hotel in Kota Kinabalu to our luxury hotel on Sabah's northwest coast; check in and free to relax or explore.

Provide own lunch and dinner. Hotel accommodation.

Day 2: Hotel

At your leisure.

Breakfast provided. Provide own lunch and dinner. Hotel accommodation.

Day 3: Depart for UK

Transfer to Kota Kinabalu International Airport (approx 10 mins); fly home

Breakfast provided

Important Information

Extension requires a minimum of 2 people to operate

Price includes:

Transfers to hotel & back to Kota Kinabalu airport

2 nights in 5* Shangri-La Tanjung Aru hotel; twin-share B&B basis

It does **not include** personal spending or any excursions, activities or services not mentioned above.

NB: If usual accommodation is unavailable, we will discuss alternative hotel options with you

CHALLENGE INFORMATION

DETAILED INFORMATION

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.

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.

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.



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 26 Apr 2024, and the challenge is subject to change.