



20 Days

Borneo

Multi-Activity Kinabatangan Adventure

We hope you will join us on this exceptional multi-activity expedition taking us from steamy jungles to the lofty heights of Mt Kinabalu. Along the way, we travel through friendly farming communities amid the river plains, paddy fields and picturesque hills surrounded by rubber farms and orchards. Our destination is the spectacular Mt Kinabalu, the highest mountain in South East Asia. After a well deserved rest day we continue to the mighty Kinabatangan river with spectacular wildlife viewing and a two day community water project. The expedition draws to a close with an exhilarating day of white water rafting followed by two days to chill on a tropical island.



Recommended expedition itinerary

Day
1-3

Kota Kinabalu

We fly out from London Heathrow on an early evening flight and arrive in Borneo the following morning. Over the next two days, we have time to acclimatise to the heat and humidity of Borneo. There is time to explore the bustling capital city of the state of Sabah, Kota Kinabalu (or KK as it is fondly called).

Day
4-6

Cycling, trek and R&R

After breakfast, we hit the road and cycle 35km north to the small picturesque town of Tuaran where we break for lunch. We continue in the afternoon to our permanent campsite on the banks of the lovely Kiulu River, a perfect spot for swimming and unwinding. The following day we jump on our bikes once again and cycle as far as Pukak. We have the option of trekking all the way to Kampung Sinansag (arriving around nightfall) or taking a road transfer part of the way. Tonight we sleep under the stars in hammocks as guests of the Dusun tribe, very warm and welcoming people. Most of the villagers are farmers, deriving their income from rubber tapping, rice farming and fruit trees. We have the opportunity to see a demonstration of rubber tapping, and depending on the season, we may try planting, harvesting or pounding rice or making coconut oil against the backdrop of spectacular Mt Kinabalu, the highest mountain in South East Asia.

Day
7-8

Jungle Trek

Over the next two days our jungle trek will take us through remote villages, forest and steep rice terraces as we edge ever closer towards Mt Kinabalu. We begin with a short uphill section leading out of Sinansag before we begin a 2 hour descent, taking us to the river valley and village of Moingob. Here we have lunch before a long and steep ascent takes us out of the valley. After a tough day's trekking we arrive at the small village of Kampung Rungus Mahaba, where we camp for the night. On a clear day, the views of Mt Kinabalu from here are amazing.

We start early on day 8 to avoid the heat of the day. Our destination is the village of Pekan Nabal, but we must first overcome a series of steep ascents and descents as we slowly make an altitude gain of about 500m during the day. Today is an excellent warm up for the mountain itself and the views are spectacular if the weather is good. When we reach Pekan Nabal a bus will take us to our hostel near Mt Kinabalu National Park. The air is cooler here and it does get chilly at night - a welcome relief from the heat of the last week.

Day
9

Mt Kinabalu Trek

An early start as we take a short transfer to Kinabalu Park HQ (1,500m) where we complete park formalities. The trek starts at Timpohon gate at 1,800m and ends today at 3,270m – that's 1,470m climb in one day! We should get to Laban Rata by mid-afternoon with enough time to enjoy the sunset and some amazing views of the surrounding jungle and villages. On a clear day we can see the South China Sea. The temperature here can dip to 0°C at night, but normally it will be anything between 3°C and 8°C. We get an early night as we have a pre-dawn start tomorrow.





Day
10

Mt Kinabalu Summit & descent

Up at 2am, a quick sup of hot coffee or chocolate, and we start trekking at 3am to make it to the summit of Mt Kinabalu by sunrise. Because of the altitude, it is a slow trek along the granite slabs to the summit, but the sight of the sun rising over the Sabah jungle is definitely worth it. The temperature atop Mt Kinabalu is often below freezing so we don't spend too long at the top. As soon as the sun is up, we turn around and head back to the rest house for breakfast before packing our bags and beginning the descent to park headquarters.

Day
11-12

Kinabatangan River with R&R

A well deserved rest day today to let our aching legs recover! There is a choice of optional activities including a day visit to the tranquil Poring Hot Springs (about 45 minutes drive) or the Kundasang War Memorial nearby. It's 4-6 hour journey to our Bilit village along the mighty Kinabatangan river, lunching en-route. We stay at homestays for the next 3 days while doing our project. We'll get the chance to go on river cruises to see the prolific wildlife that Borneo is famed for. Possible sightings include the Pygmy elephants, the endemic proboscis monkeys, macaques, gibbons, orangutans, langurs, crocodiles, the majestic hornbill and other birds, snakes, and more. A night trek or cruise is also an option. Basing ourselves in homestays also allows us to spend time with our friendly hosts, learning about life in this remote outpost, with the chance to get involved in village life.

Day
13-14

Village project

After our dawn river cruise we begin our two day project, the construction of water tanks in the village with the help of skilled local tradespeople. Working alongside the local community is not only a great way to get the project completed but also an fantastic opportunity to learn more about their culture.

Day
15-16

Kota Kinabalu & white water rafting

We bid farewell to our hosts as we travel back to Kota Kinabalu. After two weeks away from any major towns the bright lights and busy traffic will come as a shock to our system! It's a 90 minute drive to Pukak Kiulu for the start of an exhilarating day of white water rafting. A 9km raft down the Kiulu river is next, with lush tropical rainforest steeped either side of the banks of the river. After a late barbeque lunch, we head back to Kota Kinabalu, and are free the rest of the day.

Day
17-18

Tropical Island R&R

With the hard work behind us, it's now time for a bit of sun, sea, sand and snorkeling on one of the tropical islands off KK as we spend the last two days of our expedition relaxing on some of the finest beaches in the area. We will also get stuck in with an 'Environment Clean Up' and help to clear waste from the shoreline. There is also the opportunity for some last minute souvenir shopping before we head home.



Day
19-20

Departure

Transfer to the airport for our overnight flight back to the UK, arriving on the morning of day 20.

Further information

Look what's included!

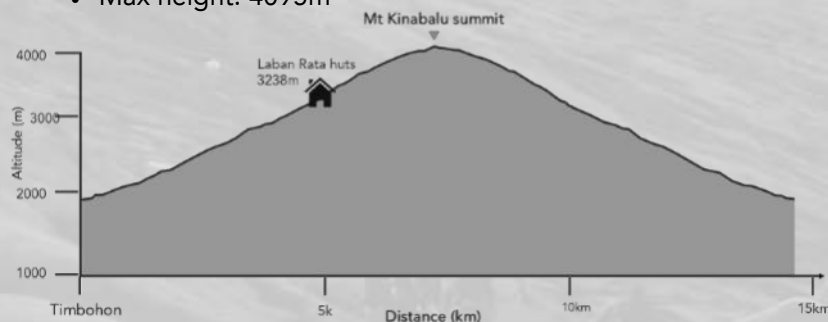
- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

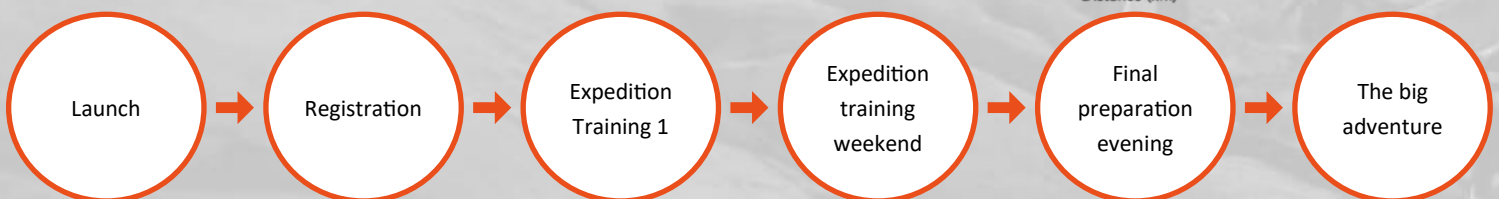
- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects

Mountain profile - Mt Kinabalu

- Total distance: 14.77km
- Height gain: 2241m
- Max height: 4095m



Your expedition timeline



Physical expedition rating:

● ● ● ● ○ 4/5

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four month fitness improvement programme would ensure you get the most out of the trip.

Culture shock rating:

● ● ● ● ○ 4/5

Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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