

25 Days

Borneo

Lost World of Sabah

While Borneo is a well known destination there are wild and remote parts to visit. The primeval wilderness that is Sabah's lost world is something to behold. This incredibly diverse and tough expedition will challenge students as they trek under the canopy of soaring dipterocarp trees in an area first discovered after an aircraft crash. This is an exceptional multi-activity expedition taking us from steamy jungles to the lofty heights of Mt Kinabalu. 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. We visit the mighty Kinabatangan river with spectacular wildlife viewing and experience a 2 day community water project. The expedition draws to a close with an exhilarating white water experience and chilling on a tropical island.



Recommended expedition itinerary

Day
1-2

Arrive Borneo & biking

Upon arrival in Borneo, you will be met at the airport and transferred to your hostel. A 45 minute transfer takes us to the start of the day's mountain biking adventure which will involve two to three hours of biking on a very quiet village road. You will pass through beautiful villages on hanging bridges, single track trails, rubber and pineapple plantations, and more. During this fabulous day on the bike, you will be greeted by friendly locals and will see every day life in Borneo in action. After biking, it's a short 20 minutes transfer to **Rangalau Camp** for a swim in the beautiful **Kiulu** river and our bed for the night will be in stretcher hammocks!

Day
3-4

Trekking & Kt Moingob

After a short 30 minute transfer to the start of the trek, we set off for a four hour hike towards **Kpg Sinansag**, a village of the **Dusun people**. We may get to witness (and join in with) a cultural performance by the villagers. We bed for the night either in the community hall (in mosquito nets) or hammocks. We start trekking early to avoid the heat. Starting first with an uphill climb, then descending for a couple of hours through rice fields and scattered tiny villages before arriving at **Kg Moingob**, another Dusun village. From here, it's a lot of uphill towards **Kg Rungus Mahaba**. On a clear day the view of **Mt Kinabalu** from the village is quite breath-taking! Again we sleep in hammocks.

Day
5-6

Pineapples & Pekan Nabal

Today will take us to see more remote villages, steep rice fields, pineapples and other fruit farms, smiling villagers and steep hills to climb and descend. About 65% of today's trek is open, so we will need to take it slow and stop for rest regularly to rehydrate. On arrival in the bustling market town of **Pekan Nabal** – we are rewarded (on a clear day) with fantastic views of **Mt Kinabalu**. A short 20 minute transfer and we arrive at our B&B at the foot of the iconic World Heritage Site, **Mt Kinabalu**. It's a well deserved R&R today, where the air is cool and fresh! An opportunity to visit the **Kinabalu Park**, **Poring Hot Springs**, the **Kundasang war Memorial** and the **Desa Cattle dairy farm**.

Day
7-8

Sepilok, Orangutans & river people

Today we take the bus on the 6 hour journey to the world famous **Sepilok Orangutan Rehab Centre**. Our accommodation for the night will be a B&B in Sepilok and tonight we go on a night trek at the **Rainforest Discovery Centre**. We witness the 10am feeding of the orangutans, and after a quick lunch ourselves, we make the two hour bus journey to our Community Project site at Bilit village, on the mighty **Kinabatangan river**. Bilit is home to the **Orang Sungai** (literally 'River People') of Sabah. Tonight, we are welcomed by our host families at their Homestay where we stay for the night.





Day
9-11

Water Project & wildlife cruise

It's Project day! We work on water tanks and pipes to provide fresh water for the villagers. There is an opportunity for an evening wildlife cruise to spot wild animals and we may get the chance to see the pygmy elephants (if lucky), wild orangutans, the endemic proboscis monkeys, crocodiles, the majestic hornbill and the many other animals that make the lower Kinabatangan their home.

Tonight we may join the villagers in a cultural show. We bid farewell to our host families and make the 7-8 hour bus journey back to Kota Kinabaru.

Day
12-14

Sabah's Lost World & hammocks

Another day of a well deserved R&R, and an opportunity to get to know KK a little bit better. We are up very early and make the 6-7 hrs bus journey to "Sabah's Lost World" – *Maliau Basin*. It is a 130 million year old forest, pristine and untouched!

Tonight we sleep in stretcher hammocks at *Agathis Camp*. We are at the heart of Sabah! For those of us with the energy, there will be an opportunity to go on a magical night walk.

After breakfast we set off for a very challenging 6-7 hour trek, heading uphill and over the rim of the basin before arriving at *Nepenthes Camp*.

Day
15-16

Waterfalls

Today we do trek to a number of beautiful waterfalls. The slope going down towards *Takob-Akob Waterfall* can be quite treacherous, especially when wet, but it's worth the effort! Tonight we are back at Nepenthes Camp for another night's sleep. It's a 5 hr trek to the awesome 7 seven tiered *Maliau Waterfall*, the most famous of them all. We then trek to *Ginseng Camp*, our accommodation for the night.

Day
17-18

Kota Kinabalu return with R&R

We then trek back 5-6 hrs to Agathis, and then the arduous bus back to KK. We'll be based in KK from now until we depart. After these long hiking days, R&R will be very welcome!

Day
19-22

PADI course

After spending 5 days at the altitude of Maliau Basin, it's time for some water!

The 3.5 days' PADI Open Water dive course will be how the next few days are spent, with the best PADI Instructors Sabah have to offer.

Day
23-25

White water rafting

More water! This time rafting down the exhilarating Kiulu river.

Day
24-25

Shopping & return

Time for souvenirs, leisure and return flight.

Further information

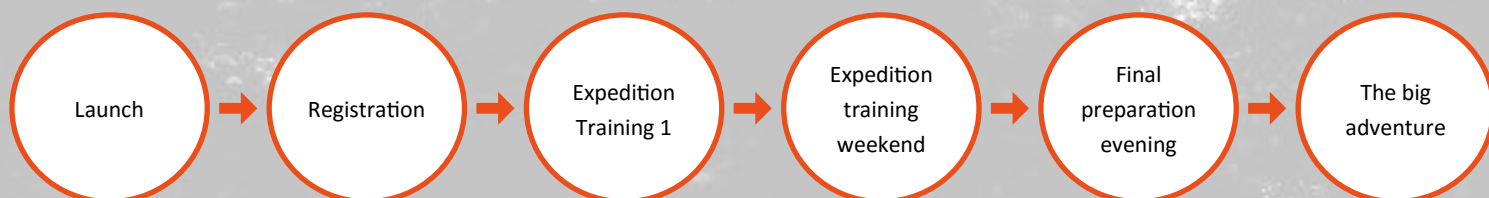
Look what's included!

- 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 insurance

Your expedition timeline



Physical expedition rating:

● ● ● ● ● 5/5

A high level of fitness is required to participate on a trip of this level. We recommend previous multi-day trekking experience at this level, either in the UK or internationally. You need complete confidence in your ability to trek for multiple days over difficult terrain and cope with significant variations in temperatures throughout the tour. Altitude could be higher than 4,500m but good acclimatisation will be built into the programme. Longer periods of trekking could be of a sustained nature, but rest days will be planned. A pre-travel fitness programme of four to six months is essential to ensure you are in optimal fitness to make the most of this trip.

Culture shock rating:

● ● ● ● ● 5/5

Students should expect extended periods in remote locations where little or no English is spoken (your Trip Leader will always be fluent in the local languages and English). Accommodation is likely to be basic with limited access to hot water or other services. Expect the food to be quite different to home. You should observe local customs so not to cause offence and large parts of the itinerary will be in poor or challenging areas. Tourism in places grade 5 is likely to be less common, so strong traditional cultures are still very much in evidence.



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.



t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk