



Journey of a Lifetime

## INTRODUCTION TO THE EXPEDITION

### Expedition Summary

DAY	DATE	ACTIVITY
1	Saturday 10 <sup>th</sup> July	Depart UK
2	Sunday 11 <sup>th</sup> July	Arrive Kuching
3	Monday 12 <sup>th</sup> July	Kuching to Tanjung Datu
4	Tuesday 13 <sup>th</sup> July	At Tanjung Datu
5	Wednesday 14 <sup>th</sup> July	Tanjung Datu to Santubong
6	Thursday 15 <sup>th</sup> July	Santubong to Kuching
7	Friday 16 <sup>th</sup> July	Kuching to Similajau (via Sarikei)
8	Saturday 17 <sup>th</sup> July	Similajau to Lambir Hills
9	Sunday 18 <sup>th</sup> July	Lambir Hills to Mulu via Miri
10	Monday 19 <sup>th</sup> July	Mulu to Kuala Belait via Miri
11	Tuesday 20 <sup>th</sup> July	At Bandar Seri Begawan (shell visit & tree planting)
12	Wednesday 21 <sup>st</sup> July	At Bandar Seri Begawan (Brunei)
13	Thursday 22 <sup>nd</sup> July	Brunei to Pulau Tiga
14	Friday 23 <sup>rd</sup> July	Pulau Tiga
15	Saturday 24 <sup>th</sup> July	Pulau Tiga to Tenom
16	Sunday 25 <sup>th</sup> July	Tenom to Maliau Basin
17	Monday 26 <sup>th</sup> July	Maliau Basin
18	Tuesday 27 <sup>th</sup> July	Maliau Basin to Balung eco resort
19	Wednesday 28 <sup>th</sup> July	Balung eco resort to Bilit
20	Thursday 29 <sup>th</sup> July	Bilit to Sepilok ( tea at English tea house?)
21	Friday 30 <sup>th</sup> July	Sepilok or Sandakan to Sabah Tea Plantation
22	Saturday 31 <sup>st</sup> July	Sabah Tea Plantation
23	Sunday 1 <sup>st</sup> August	Sabah Tea Plantation to Traverse Adventure Centre
24	Monday 2 <sup>nd</sup> August	Travers Adventure Centre to Tauran
25	Tuesday 3 <sup>rd</sup> August	Tauran to Rungus
26	Wednesday 4 <sup>th</sup> August	Rungus to Kudat
27	Thursday 5 <sup>th</sup> August	Kudat to Tip of Borneo
28	Friday 6 <sup>th</sup> August	Tip of Borneo to Kota Kinabalu
29	Saturday 7 <sup>th</sup> August	Fly home from Kota Kinabalu
30	Sunday 8 <sup>th</sup> August	Arrive UK





## **Borneo**

The island of Borneo is the third largest in the world with the oldest unspoiled rainforests and some of the world's most beautiful coral reefs. Borneo is the name of the island and consists of 3 countries. You will be exploring Sabah, which is a state of Malaysia. The other countries are Kalimantan, a state of Indonesia, and Brunei, a small independent country run by the famous Sultan of Brunei.

The mountainous area of Sabah provides some of the best jungle trekking in Asia. The protected jungles of Sabah are teeming with wildlife such as elephants, monkeys, orang-utan and big cats and the tribal lands are scattered with indigenous people.

The people of Sabah are varied in culture and religion – Muslims, Christians and Buddhists live together peacefully with much of the population being Chinese.

Borneo has a constant temperature of between 30 – 35 degrees at sea level. It is extremely humid which means that it takes time to acclimatise to the environment. The rainy period is usually between November and February although in the mountains and the forest, the weather is often unpredictable. In the evening, the temperature only drops by a few degrees. However, whilst trekking, the evenings can get a bit chilly dropping to about 15 degrees.



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## Expedition Itinerary

DAY	DATE	ACTIVITY
<b>1</b>	<b>Sat 10 July</b>	<p style="text-align: center;"><b>Depart UK</b></p> <p>The group will meet at Heathrow at 9.00am at the Malaysian Airways Check-in desk for the Midday flight to Kuching. Additional assistance to the aircraft has been requested as has been requested. There will be pre-allocation of seats and additional weight allowances. The detail of this will be confirmed when we know the group names and any special requirements.</p> <p>The flight transits Kuala Lumpur but all baggage is checked through to Kuching and you will get your Boarding passes for the onward flight in London.</p>
<b>2</b>	<b>Sun 11 July</b>	<p style="text-align: center;"><b>Arrive Kuching</b></p> <p>We arrive in Kuala Lumpur at 7.30 am. There will be a 2.5 hours stopover where we have requested assistance for participants who require it. We leave at 10.05 and arrive in Kuching at 11.50. Upon arrival Simon and his team will meet us. There will be a bus for the group and a lorry for equipment. We will be staying at the Harbour View Hotel in Kuching.</p> <p>After settling in we will go for lunch and then to a nearby park to play some games to let off steam after the travel. In the evening we will have a riverside walk and cruise with a good meal and cultural display.</p> <p>Tonight we will get an early night, eager to begin our adventures tomorrow!</p>
<b>3</b>	<b>Mon 12 July</b>	<p style="text-align: center;"><b>Kuching to Tanjung Datu</b></p> <p>We start by travelling from Kuching City by bus to coastal village of Sematan. This is where we board our boats to visit the nearby Turtle Islands. On the island we will see the turtle hatchery and learn about the conservation project aiming to save these ancient creatures.</p> <p>We have requested that turtle hatchlings be saved for us to release them. This will be confirmed closer to departure.</p> <p>We will briefly pause at the South West tip of Sarawak before we return and land at the beach at Tanjung Datu National Park. Lunch will be taken on the white sandy beach and then tent pitching, swimming and games.</p> <p>Our campsite is next to the beach with some covered sleeping platforms as well as the grassy campsite.</p> <p>The park is one of the secret treasures of Borneo. BBQ dinner at our beachside campsite before an early night</p>



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DAY	DATE	ACTIVITY
<b>4</b>	<b>Tues 13 July</b>	<p style="text-align: center;"><b>At Tanjung Datu</b></p> <p>Accommodation: Campsite</p> <p>Today will be a day of exploring the beaches, rivers and trails of Tanjung Datu NP. We will have some jungle training including practise with hammocks bashas and mosi nets.</p> <p>There will be a walk in the Rainforest to a viewpoint on the side of mountain, which will give us an induction to the unique flora and fauna of this special environment</p> <p>There may even be an opportunity to fish from the beach as well as some swimming. We travel with lines and hooks so that fishing can be tried when the opportunity arises. In the evening we can BBQ what we have caught.</p>
<b>5</b>	<b>Wed 14 July</b>	<p style="text-align: center;"><b>Tanjung Datu to Santubong</b></p> <p>Journey Time: 2.5hrs bus, 1.5hrs boat</p> <p>Travel Distance: 100 km</p> <p>Accommodation: Hostel longhouse/hall (6 rooms with 6 persons /room)</p> <p>Laundry: Yes</p> <p>Internet: Yes</p> <p>After breakfast it is back into the boats for the return to Sematan and board the bus which will take us to the Santubong Peninsula.</p> <p>Here we check into our accommodation and in the afternoon we will have a beach access challenge of getting the whole group along a rock footpath followed by a swim. In the evening we will have a boat cruise.</p>
<b>6</b>	<b>Thurs 15 July</b>	<p style="text-align: center;"><b>Santubong to Kuching</b></p> <p>Journey Time: 1 he 15 mins</p> <p>Travel Distance:</p> <p>Accommodation: Hotel</p> <p>Laundry: Yes</p> <p>Internet: Yes</p> <p>A very early start this morning as we need to get the bus transfer by 07.15. We head off to the Matang Wildlife Centre where we are getting a behind the scenes look at the work of the Orangutan Rehabilitation centre where orphaned and rescued orangutans are being prepared for release into the wild.</p> <p>A picnic lunch before the bus ride into Kuching and back to the Harbour View Hotel where we will leave our bags and laundry then on to the city's museum for a guided tour, here we will learn something of the history and culture of Borneo.</p> <p>We return to freshen up at the hotel then walk to Benson Seafood along the waterfront for dinner.</p>



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7	<b>Fri 16 July</b>	<p style="text-align: center;"><b>Kuching to Similajau (via Sarikei)</b></p> <p>We will pack up before breakfast, as our baggage and equipment will be transported by lorry to our campsite.</p> <p>We will travel by seagoing ferry across the bay from Kuching to the Rajang River. We will go up the river for about 30 km to the small town of Sarikei where we will have a short break and collect our packed lunches</p> <p>We travel by bus to the gorgeous Similajau National Park, arriving in time to see the sunset over the South China Sea. It was gazetted in 1976 and is 7,067-hectare (17,500-acre). It is a beautiful place and rarely visited by tourists or locals. Opened in 1991, the long narrow park covers a 32km by 1.5km area and is bordered by one of Sarawak's most beautiful stretches of unspoiled beach, with jungle trails running into the forest.</p> <p>Small rivers and rapids on the Sebulong River also make for interesting exploration. Similajau is home to saltwater crocodiles, and other inhabitants include gibbons, banded langurs, civet cats, porcupines, wild boar and long-tailed macaques, as well as 185 species of birds, including hornbills. Green turtles come to lay their eggs on the beaches between July and September. After dinner we will explore the nearby mangroves.</p> <p>Split into 2 groups -</p> <ul style="list-style-type: none"> <li>• Short night boat trip</li> <li>• Short mangrove board walk</li> </ul>
8	<b>Sat 17 July</b>	<p style="text-align: center;"><b>Similajau to Lambir Hills</b></p> <p>We will start the day with Tai-chi on the beach before breakfast followed by a bus journey to Niah Caves. A short ferry ride across the river leads to Trader and Niah caves and a challenge for the team!</p> <p>The group will need to support each other in getting in and around the caves.</p> <p>We return to the bus and continue north to Lambir Hills. and an overnight camp</p> <p>This evening we will repack so as only to take the essentials we need for the next few days.</p>



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DAY	DATE	ACTIVITY
<b>9</b>	<b>Sun 18 July</b>	<p style="text-align: center;"><b>Lambir Hills to Mulu via Miri</b></p> <p>Here we can walk 400m to the waterfall for a swim after breakfast We make a short road transfer to the oil town of Miri where we fly to the World Heritage Mulu National Park. There is a 15 KG weight limit for the flight so we will take only what we need for the next two days.</p> <p>Surveyed as recently as 1977, by the Royal Geographic Society, Mulu is one of the wonders of the natural world. After checking into our hostel we will visit the information centre where we meet our local guides and prepare ourselves for the evening activities.</p> <p>A challenging walk will take us to Langs cave and on to the impressive Deer cave. On our return journey we will congregate at the viewing platform ready to see the mass exodus of bats from the cave at dusk. We walk back to the park HQ for dinner.</p>
	<p>Journey Time: 2hr bus, 30 mins plane</p> <p>Travel Distance: 250km</p> <p>Accommodation: Hostel</p> <p>Laundry: Yes</p> <p>Internet: Yes</p>	
<b>10</b>	<b>Mon 19 July</b>	<p style="text-align: center;"><b>Mulu to Bandar Seri Begawan via Miri</b></p> <p>Up early to go for a morning swim followed by a visit to the Penan longhouse before starting the long boat ride, 6 hrs – 250Km on the river.</p> <p>An amazing view of the interior of Borneo as we head towards the coast.</p> <p>Arrive at River mouth, transfer to a bus for the short trip into Brunei and our hotel.</p> <p>An anomaly on the island of Borneo, this oil rich sultanate has some of the best-protected rainforests in the world.</p>
	<p>Journey Time: 6 hrs boat, 1hr bus,</p> <p>Travel Distance: 200km</p> <p>Accommodation: Hostel</p> <p>Laundry: Yes</p> <p>Internet: Yes</p>	
<b>11</b>	<b>Tues 20 July</b>	<p style="text-align: center;"><b>At Bandar Seri Begawan</b></p> <p>In the morning we will visit Shell to experience their Oil and Gas Discovery Centre before going to plant some trees as part of the International Schools 'Million Trees' project which is about planting trees to replace those lost through deforestation.</p> <p>In the afternoon we will check into the hotel and take a little time to visit the famous and opulent Empire hotel for afternoon tea</p>
	<p>Accommodation: Hostel</p> <p>Laundry: Yes</p> <p>Internet: Yes</p>	



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DAY	DATE	ACTIVITY
<b>12</b>	<b>Weds 21 July</b> Accommodation: Hostel  Laundry: Yes  Internet: Yes	<b>At Bandar Seri Begawan</b>  As guests of the Bruniaen NGO Pusat Ehsan we will meet some local youngsters and spend the day with them. We will have a river cruise to visit Kampung Air (water village), see the extravagant Sultan's mosque and spot some wildlife including proboscis monkeys.  This evening we will attend an official reception at the residence of the British High Commission held especially for JoLT. Smart clothes will be required.
<b>13</b>	<b>Thurs 22 July</b> Accommodation: Camping  Laundry: No  Internet: No	<b>Bandar Seri Begawan to Pulau Tiga</b>  An early start to take a boat to the duty-free island of Labuan and a ferry to Sabah. A short bus journey will take us to the small town of Kuala Penyu where we will board small boats for the 45 minute transfer to Pulau Tiga. This is the island where the first ever series of 'Survivor' was filmed. A pristine tropical island with rainforest, Mangrove and coral reefs as well as the unusual feature of 'mud volcanoes' where we can go and wallow.
<b>14</b>	<b>Fri 23 July</b> Journey Time: none  Travel Distance: none  Accommodation: Camping  Laundry: no  Internet: no	<b>Pulau Tiga</b>  A day of enjoying the tropical island, exploring, swimming and playing games.
<b>15</b>	<b>Sat 24 July</b> Accommodation: Camping	<b>Pulau Tiga to Tenom</b>  Today we will head inland from the coast, after a boat ride back to the mainland we will be taken by bus for a 3 hour journey to the Tenom Botanical gardens.  A collection of plants from Borneo including a large number of orchids are nurtured here.



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<b>16</b>	<b>Sun 25 July</b>	<p style="text-align: center;"><b>Tenom to Maliau Basin</b></p> <p>Driving deep into the very interior of Borneo, gravel roads and miles of lush rainforest all around. Once we get to the Maliau Basin entrance we will transfer to 4 wheel-drive vehicles for the ride into the protected area.</p> <p>Known as Sabah's 'Lost World' this remote and rugged area was only recently discovered and scientists are constantly finding new species here. Hidden from humans for millions of years many species have evolved in isolation.</p> <p>We will walk a little way into the forest and build a camp using hammocks. Washing at the river and sleeping with the sounds of the forest all around.</p>
	<p>Journey Time: 4x4, bus 3-4hrs</p> <p>Travel Distance:</p> <p>Accommodation: Camping</p> <p>Laundry: No</p> <p>Internet: No</p>	
<b>17</b>	<b>Mon 26 July</b>	<p style="text-align: center;"><b>Maliau Basin</b></p> <p>After lunch there will be a group challenge to climb up to the canopy walkway, which is a series of suspension bridges and ladders up in the canopy. Part of the canopy will be accessed with the aid of safety rope and harness. This would be a unique opportunity to explore one of the world's last great-unexplored regions.</p> <p>After dinner there will be the opportunity to take part in a night drive and night walk to conclude a great day.</p> <p>If we are lucky we may see Clouded Leopard, Civets, flying squirrel, Tarsier, Slow Loris, Tembadau, Leopard cat etc...</p> <p style="text-align: center;"><b>At Balung Eco River Resort</b></p> <p>Guided tours of the various crops (palm oil, cocoa, pepper, coffee) and the associated processing plant and systems in the morning. An afternoon's freshwater fishing at the resort's lake will follow lunch. We will BBQ any fish caught for dinner this evening.</p> <p>We can swim in the pool and all the group may sleep together on the floor of the pontoon over the lake</p>
	<p>Accommodation: Camping</p>	



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<b>18</b>	<b>Tues 27 July</b>	<p style="text-align: center;"><b>Maliau Basin to Balung Eco Resort</b></p> <p>Journey Time: Travel Distance: 300kn Accommodation: Camping Laundry: yes (in Tawau as we pass through) Internet: no</p> <p>This morning our crew will help us make some useful items like baskets and plates from rainforest resources. We will strike camp and if time permits a game or two before back by 4x4 to the park entrance where we will have lunch. Our bus will be waiting to take us on through Tawau to Balung River Eco Resort where we will camp by the river. There will be time for a dip in the swimming pool and for clothes to be washed and dried.</p>
<b>19</b>	<b>Weds 28 July</b>	<p style="text-align: center;"><b>Balung Eco Resort to bilit (Kinabatangan River)</b></p> <p>Journey Time: 3-4 hrs bus Travel Distance: Accommodation: Jungle lodge Laundry: no Internet: no</p> <p>Through the coastal town of Lahad Datu we drive to the Kinabatangan river, Sabahs longest river and famed for its amazing wildlife safaris. Home to the rare Proboscis monkey, Orangutans and Borneo Pygmy elephants the Kinabatangan river is a spiritual river for the people who live on its banks. Beware the crocodiles!</p>
<b>20</b>	<b>Thurs 29 July</b>	<p style="text-align: center;"><b>Bilit to Sepilok to Sandakan</b></p> <p>Journey Time: 2.5 hrs bus Travel Distance: Accommodation: Hotel Laundry: No Internet: No</p> <p>We must be ready at the jetty at 6am for amazing dawn river cruise as the sunrises out of the mist and stirs the animals to wake. It is possible to see elephants, crocodiles, and many different species of monkeys and birds. Breakfast will be ready by the time we return.</p> <p>After breakfast we bid goodbye to our hosts, cross back over the river and board our waiting bus to make a road transfer to the world famous Sepilok Orangutan Sanctuary. Here orphaned juveniles are provided all the care and skills training they need to eventually be released back to the wild. On hand will be a Primate expert.</p> <p>A visit to the nearby Rainforest Discovery Centre will be a chance to find out more.</p> <p>Later in the afternoon we will go to Sandakan Town to take afternoon tea and try the game of Croquet at the English Tea House.</p> <p>Dinner at Sepilok B&amp;B</p>



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DAY	DATE	ACTIVITY
<b>21</b>	<b>Fri 30 July</b> Journey Time: 4hrs bus  Travel Distance: 150Km  Accommodation: Longhouse	<b>Sandakan to Sabah Tea Plantation</b>  A long day driving as we leave the East coast and its wildlife and head West inland once again. Our destination for today is Sabah Tea Plantation. We will check-in to our accommodation at Sabah Tea Plantation, our first bamboo traditional longhouse and have lunch before going to enjoy the cool clear river and taking a look at how tea is farmed and prepared.  We will overnight in a traditional bamboo longhouse. Tonight may be slightly cooler due to the altitude
<b>22</b>	<b>Sat 31 July</b> Journey Time: 30 mins  Travel Distance: 30Km  Accommodation: Longhouse  Laundry: No  Internet: No	<b>Poring Hot Springs</b>  A day trip from the Tea plantation to enjoy the attractions of the reserve at Poring, these also include waterfalls, a butterfly garden, canopy walkway, swimming pool and if we are lucky the chance to view the super rare Rafflesia in flower. This is the world's largest flowering plant and is one of the wonders of the natural world. Growing up to 1m in diameter it takes up to ten months for the bud to bloom but within one week has shrivelled and died.  We return to Sabah Tea Plantation for dinner.
<b>23</b>	<b>Sun 1 Aug</b> Journey Time: 2 hrs  Travel Distance: 150km Accommodation: Tent camping  Laundry: No  Internet: No	<b>Sabah Tea Plantation to Kiulu Valley</b>  We leave the tea plantation and make our way by bus to Kiulu valley and the starting point for our rafting journey. We follow the river downstream shooting through a number of rapids to reach our overnight camp.  We should arrive by mid afternoon at our riverside camp at the Crocker rapids camp. We may have chance to shoot some rapids in our individual tyres and play some team games. We will sleep in tents to the sound of the river flowing by.
<b>24</b>	<b>Mon 2 Aug</b> Journey Time:  Travel Distance:  Accommodation: Hotel  Laundry: no  Internet: No	<b>Crocker Rapids to Teluk Usukan</b>  We breakfast at Crocker Rapids before boarding our bus, which will take us to our shoreside accommodation at Teluk Usukan close to the town of Kota Belud. At Teluk Usukan we can play games and fish from the shore or from one of the many small boats moored in the bay – <b>TREASURE HUNT – details to be developed</b> <b>Campfire on beach!</b>



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<b>25</b>	<b>Tues 3 Aug</b> Journey Time: 2 hrs  Travel Distance: 150 km  Accommodation: Longhouse  Laundry: No  Internet: No	<b>Teluk Usukan to Maranjak Longhouse</b> We leave Teluk Usukan and make our way to the famous Rungus village of maranjak. We will check-in to our traditional bamboo and wood longhouse before villagers join us to demonstrate some local skills. We will have the opportunity to have a hands-on try at these skills like weaving, beadwork, building skills, etc.  We may join in traditional singing and dancing as well as a demonstration of gong making and playing?  Our dinner tonight will be eaten seated on the floor of the longhouse in traditional style.
<b>26</b>	<b>Weds 4 Aug</b> Journey time: 1 hr  Accommodation: Hotel  Laundry: Yes  Internet: Yes	<b>Rungus to Kudat</b> We make a short bus journey from Maranjak to our hotel base at Kudat Marina & Golf Resort. Another opportunity to get some laundry done before an early lunch. In the afternoon we drive to a local orphanage where we will be introduced to the staff and children as they return from school. We will help the children with their daily chores as well as their English reading and writing. Does this need to be planned further? Perhaps games of football, community singing etc?
<b>27</b>	<b>Thurs 5 Aug</b> Journey Time: 1hr  Travel Distance: 40 Km  Accommodation: Longhouse	<b>Kudat to Tip of Borneo</b> This morning we travel up towards the most northerly point of the 3rd largest island in the world! We head straight to set up in the open longhouse before heading to the beach to set up a beach party for the children from the orphanage for fun, games and challenges before lunch.  After lunch we will continue with the morning's theme and be joined by the children from the orphanage for more games, a BBQ and a sunset over the South China Sea.
<b>28</b>	<b>Fri 6 Aug</b> Journey Time: 3hrs  Travel Distance: 50Km  Accommodation: Hostel  Laundry: yes  Internet: Yes	<b>Tip of Borneo to Kota Kinabalu</b> Up at 0530 with a bit of luck we will see the sun rise over the Sulu Sea! Once breakfast is over we will head to the lookout point where the South China Sea meets the Sulu Sea and enjoy the views and the completion of our Borneo, Tip-to-Tip journey. Photos all done we shall board the bus for our last major bus journey heading south to our last night's accommodation at Kota Kinabalu's Hyatt Hotel. There will be time to do some shopping at the local markets and walk along the seafront – maybe get a massage to soothe those tired muscles after a Journey of a lifetime. This evening there will be a special celebratory dinner and presentations.
<b>29</b>	<b>Sat 7 Aug</b> Journey Time: 30 mins  Travel Distance: 10Km	<b>Fly home from Kota Kinabalu</b> Our flight home departs at 19.15 so we will have until 15.00 to do that last bit of shopping or site seeing before leaving for the airport.  We arrive in Kuala Lumpa at 21.40 and leave at 23.40



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DAY	DATE	ACTIVITY
30	Sun 8 Aug	<b>Arrive UK</b> We arrive in the UK at 05.50 in the morning.

**IMPORTANT NOTE**

*Every effort will be made to keep to the above itinerary, but as this is adventure travel often in remote regions, we cannot guarantee it. Our local Adventureworks guides will try to ensure that the expedition runs according to plan, but we must be prepared to be flexible if necessary.*