

JoLt 2010 Borneo Provisional Itinerary

Day 1 Saturday 10 July 2010

Depart UK

The group will meet at Heathrow at 9.00am at the Malaysian Airways Check-in desk for the Midday flight to Kuching.

Day 2 Sunday 11 July 2010

Arrive Kuching

Journey: 30 mins
Travel Distance: 12km
Accommodation: Hotel

We arrive in Kuala Lumpur at 7.30 am. There will be a 2.5 hours stopover. We leave at 10.05 and arrive in Kuching at 11.50. We will be staying at the Harbour View Hotel in Kuching.

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.

Tonight we will get an early night, eager to begin our adventures tomorrow!

Day 3 Monday 12 July 2010

Kuching to Tanjung Datu

Journey Time: 2.5hrs bus, 1.5hrs boat
Travel Distance: 100km
Accommodation: Campsite – with flushing toilets and showers

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 and search for the rare Irrawady dolphin. On the island we will see the turtle hatchery and learn about the conservation project aiming to save these ancient creatures.

Our camp site is next to the beach with some covered sleeping platforms as well as the grassy camp site.

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.

Throughout the expedition where there is swimming it will either be on Lifeguarded beaches or this role will be taken by the leaders. During the first

swimming session we will have a safety briefing and will become familiar with some of the safety equipment.

The park is one of the secret treasures of Borneo. BBQ dinner at our beachside campsite before an early night

Day 4 Tuesday 13 July 2010

At Tanjung Datu

Accommodation: Campsite

Today will be a day of exploring the beaches, rivers and trails of Tanjung Datu National Park. We will have some jungle training including practise with hammocks bashas and mosi nets.

There will be a walk in the Rainforest to a viewing point on the side of mountain which will give us an induction to the unique flora and fauna of this special environment

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 of what we catch.

Day 5 Wednesday 14 July 2010

Tanjung Datu to Santubong

Journey Time: 1 hour 30 mins

Travel Distance: 30 km

Accommodation: Hostel longhouse/hall (6 rooms with 6 persons /room)

After breakfast it is back into the boats as we travel around the stunning coast to the Santubong Peninsula.

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.

Day 6 Thursday 15 July 2010

Santubong to Kuching

Journey Time:

Travel Distance:

Accommodation: Hotel

Bus transfer to Harbour View Hotel in Kuching where we will leave our bags and laundry then on to the city's museum for a guided tour where we will learn something of the history and culture of Borneo before returning for lunch. Our bus will wait for us to take us on to Semangoh Orangutan Centre, arriving at 2pm.

Our team challenge will be to get the whole team to the viewing platform to see the afternoon Orangutan feeding at 3pm (200m walk). We return to Kuching and walk to Benson Seafood along the water front for dinner.

Day 7 Friday 16 July 2010

Kuching to Similajau (via Sarikei)

Journey Time: 3 hr boat

Travel Distance: 140km

Accommodation: Hotel

We will travel by sea going 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

Journey Time: 4hrs bus

Travel Distance: 250 km

Accommodation: Beach Camping - A good place for both tents and hammocks. Toilets and shower blocks

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.

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.

Day 8 Saturday 17 July 2010

Similajau to Lambir Hills

Journey Time:

Travel Distance:

Accommodation: Camping in tents - toilets

We will start the day with Tai-che 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!

The group will need to support each other in getting in and around the caves.

We return to the bus and continue north to Lambir Hills. Here we can walk 400m to the waterfall for a swim before dinner and an overnight camp

This evening we will repack so as only to take the essentials we need for the next few days.

Day 9 Sunday 18 July 2010

Lambir Hills to Mulu via Miri

Journey Time: 2 hrs bus, 30 mins plane

Travel Distance: 250km

Accommodation: Hostel

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.

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 and an early lunch, we will visit the information centre where we meet our local guides and prepare ourselves for the afternoon/evening activities.

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.

Day 10 Monday 19 July 2010

Mulu to Bandar Seri Begawan via Miri

Journey Time: 30 mins plane, 2 hrs bus

Travel Distance: 200km

Accommodation: Hotel

We check out of our accommodation after breakfast and walk the short distance to the river jetty. Here we board small motorised dugout canoes for a short river trip to Kampung Penan. We will meet some of the Penan people, visit their longhouse home and visit the small local market to see and buy some of their traditions and handcrafts .

Later we continue up river to a natural swimming area for a dip in this crystal clear rainforest creek, followed by lunch. The nearby ablution block will allow us to dress for our flight.

We depart on the afternoon flight from Mulu back to Miri where after collecting equipment a bus awaits to transfer us to the Royal Kingdom of Brunei.

An anomaly on the island of Borneo, this oil rich sultanate has some of the best protected rainforests in the world. After passing through passport control, we continue to Brunei's largest town Bandar Seri Begawan where we will be staying for the night.

Day 11/12 Tuesday 20/Wednesday 21 July 2010

At Bandar Seri Begawan

Accommodation: Hotel

Over the next two days we will be spend time in and around Bandar Seri Begawan. 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. A visit to the seven star Empire Hotel for morning or high tea will be a highlight. Jerudong Park is a local theme park, which is enjoyed by locals and tourists alike. On one of the evenings we will meet the British High Commissioner and enjoy some modern local music.

Day 13 Thursday 22 July 2010

Bandar Seri Begawan to Tenom

Journey Time: Bus, ferry, bus, ferry, bus - 8 hrs

Travel Distance: 300 km

Accommodation: Stretcher hammock camping

We leave Brunei early in the morning on the ferry to Labuan Island, we are now back into Malaysia. From Labuan we transfer to another ferry returning us to mainland at the town of Sipitang near the border.

From here it is a 4 hour road trip by bus to Tenom Agricultural Park, deep in the interior of Sabah.

At the park there is the opportunity to learn more about the many exotic fruits we have been enjoying on our journey.

Games on our camping island will burn off any excess energy. Dinner will be prepared by our crew and yourselves.

Day 14 Friday 23 July 2010

Tenom to Maliau Basin

Journey Time: 6 hrs

Travel Distance: 300 km

Accommodation: Camping – Hammocks and rough camping

One of the jewels of Borneo awaits us today after a hot and dusty bus journey. We are headed to the Maliau Basin, a 25km basin of protected and untouched ancient rainforest, which has rightly earned its nickname of Sabah's Lost World. When we arrive at the park entrance we will transfer to smaller more rugged vehicles for the final 30km into the interior rainforest campsite.

We should arrive in the early afternoon and after lunch we will trek for a few hundred meters into the rainforest and set up camp with hammocks and bashes before washing in the river, and then settling down to a unique experience - a night under the canopy of the rainforest

Day 15 Saturday 24 July 2010

At Maliau Basin

Accommodation: Camping

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.

After dinner there will be the opportunity to take part in a night drive and night walk to conclude a great day.

If we are lucky we may see Clouded Leopard, Civets, flying squirrel, Tarsier, Slow Loris, Tembadau, Leopard cat etc

Day 16 Sunday 25 July 2010

Maliau Basin to Balung River Eco Resort

Journey Time: 4x4 and bus 3-4 hours

Travel Distance:

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.

Day 17 Monday 26 July 2010

At Balung Eco River Resort

Accommodation: Camping

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.

Day 18 Tuesday 27 July 2010

Balund River Eco Resort to Matakang Island via Semporna

Journey Time: 6 hours - We drive to Semporna first and then its approx 50mins by boat

Travel Distance: 300 km
Accommodation: Beach Chalet

Today we will truly appreciate the natural wonders of Borneo as we move to the stunning tropical island of Matakang on the East coast of Sabah in the Celebes Sea. Set within the Tun Sakaran Marine Park, also known as Semporna Islands Marine Reserve, this paradise will be our home for the next two days. With the East Coasts distinctly Filipino influence, our journey today from the interior to the coast promises to be one of fascinating contrasts.

After arriving at the ferry terminal in Semporna it is a short launch transfer to our beachside accommodation. We will head into the clear waters to try some snorkeling and behold the wonders of what lies beneath the surface of the sea. The colours of the 100's of species of fish and corals will truly amaze.

After lunch at the 4 star resort's restaurant we have a desert island team challenge where we will walk along a sandy causeway to the smaller of the two Matakang islands. Around dinner time we may be able to help some newly hatched turtles make their way to the open seas. Tonight we will take turns to keep a watch for turtles landing to lay their eggs on the beach. This may be a long and late night.

Day 19 Wednesday 28 July 2010

Matakang Island to Semporna

Journey Time:
Travel Distance:
Accommodation: Stilted Hostel

Probably needing a bit of a lie in after last night's activities we will have a late breakfast followed by another swim and snorkel session. After lunch we may be lucky enough to have a talk by a local marine biologist about this fragile habitat.

At about 4pm our launch will return to take us back to the mainland where we will check-in at the Dragon Inn – stilted accommodation above the sea. We will dine here tonight.

Day 20 Thursday 29 July 2010

Semporna to Bilit via Batu Puti

Journey Time:
Travel Distance:
Accommodation: Riverside Chalets

We leave Semporna by bus and after passing through the Muslim village of Batu Puti, we arrive at the village of Bilit. Here we must complete the challenge to get everyone onto the jetty and cross the Kinabatangan River to get to our overnight accommodation at Nature Lodge. We will take an early evening river cruise hoping to see plenty of wildlife before returning for dinner.

Day 21 Friday 30 July 2010

Bilit to Sepilok

Journey Time: 2 hrs
Travel Distance: 150 km
Accommodation: Hostel

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.

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 and with her help and guidance we hope to have a behind the scenes look at the process of care.

A visit to the nearby Rainforest Discovery Centre will be a chance to find out more. Dinner at Sepilok B&B

Day 22 Saturday 31 July 2010

Sepilok to Sabah Tea Plantation

Journey Time: 7 hrs
Travel Distance: 250 km
Accommodation: Hostel

A long day driving as we leave the East coast and its wildlife and head West inland once again. Our destinations for today are the Hot Springs at the small village of Poring and Sabah Tea Plantation. We will check-in to our accommodation at Sabah Tea Plantation, our first bamboo traditional longhouse and have lunch before leaving to visit the geothermal hot springs at Poring. This will be a chance to soak away the tiredness of the days travel.

Attractions of the reserve at Poring 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 and songs around the campfire. Tonight may be slightly cooler due to the altitude.

Day 23 Sunday 1 August 2010

Sabah Tea Plantation to Crocker Rapids

Journey Time:

Travel Distance:

Accommodation: Stretcher hammock camping – showers and toilets

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 at Crocker Rapids.

We should arrive by mid afternoon at our riverside camp at the Traverse Adventure Centre. We may have chance to shoot some rapids in our individual tyres and play some team games. We will sleep in stretcher hammocks tonight to the sound of the river flowing by.

Day 24 Monday 2 August 2010

Crocker Rapids to Tuaran

Journey Time:

Travel Distance:

Accommodation: Hostel

We breakfast at Crocker Rapids before continuing on the last part of our rafting journey to finish at Tamperuli where we will eat lunch. There may be the chance to explore the local markets, before boarding our bus which will take us to our shoreside accommodation at Tuaran. At Tuaran we can play games and fish from the shore or from one of the many small boats moored in the bay.

Day 25 Tuesday 3 August 2010

Tauran to Rungus

Journey Time:

Travel Distance:

Accommodation: Traditional Longhouse

We leave Tauran and make our way to the famous Rungus village. 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. Our dinner tonight will be eaten seated on the floor of the longhouse in traditional style.

Day 26 Wednesday 4 August 2010

Rungus to Kudat

Journey Time:

Travel Distance:

Accommodation: Hotel

We make a short bus journey from Rungus 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.

Day 27 Thursday 5 August 2010

Kudat to Tip of Borneo

Journey Time: 1 hour

Travel Distance: 40km

Accommodation: Longhouse

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.

Day 28 Friday 6 August 2010

Tip of Borneo to Kota Kinabalu

Journey Time: 3 hours

Travel Distance: 150km

Accommodation: Hotel

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.

Day 29 Saturday 7 August 2010

Fly home from Kota Kinabalu

Journey Time: 30 mins

Travel Distance: 10km

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

Day 30 Sunday 8th August 2010

Arrive UK

We arrive in the UK at 05.50 in the morning.