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BORNEO



The Glasgow Academy

Adventure in Borneo

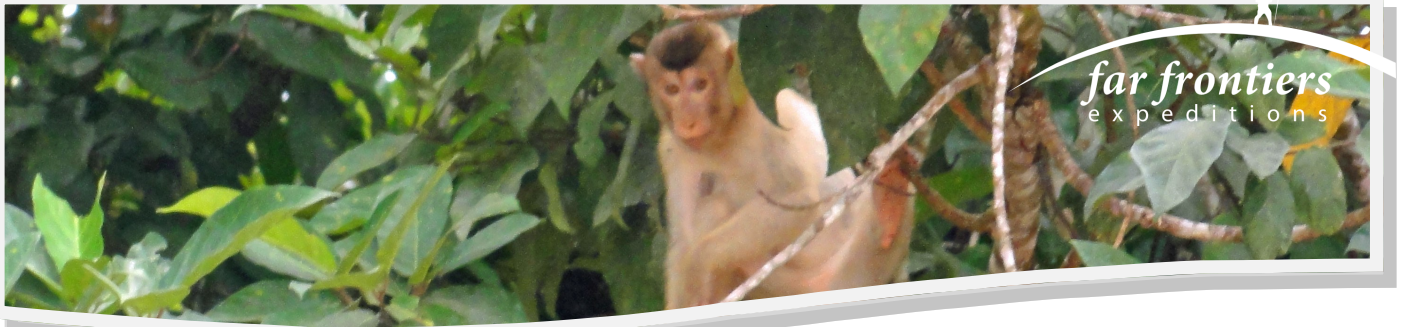
July 2013

This is a fantastic 14 day expedition giving a once in a lifetime opportunity to capture the magical essence of this jungle clad land. Trek through the foothills of Mount Kinabalu. Visit the orang-utans at Sepilok Sanctuary. Travel down the Kinabatangan River looking for proboscis monkeys and elephants. Work within the *Corridor of Life* and help preserve the jungle and its wildlife.



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Days 1 - 2 London to Kota Kinabalu

We fly from the UK to Kota Kinabalu in the State of Sabah in Malaysian Borneo. As the plane comes in to land beside the beach, we know our adventure is beginning as we see the many islands and coral reefs of the marine park right next to the city. If we are lucky we may even see whales or whale sharks basking in the blue waters. The city is perched on the shores of the South China Sea beside the Crocker Mountain Range and in the shadow of the mighty Mount Kinabalu.

Day 3 Sepilok

Early next morning we take the long drive to Sepilok, which is covered by rich jungle foliage, making it perfect habitat for orang-utans. There are regular feeding times, when chances of spotting these fascinating creatures are almost assured. In the early evening we will have the opportunity to experience the Canopy Walkway inside the Rainforest Discovery Centre. We can walk among the tall trees and see jungle life high up in the canopy. If we are lucky we may even see the elusive flying squirrel.

Day 4 Sepilok - Orang-utan Sanctuary / Kinabatangan River

After breakfast we head to the Orang-utan Sanctuary for the morning feeding of these amazing creatures. The orang-utan sanctuary at Sepilok is renowned worldwide for its excellent work. It covers 40 sq km and is a haven for orang-utans that have been orphaned, injured or otherwise threatened by oil palm plantations.

After lunch we travel to the *Corridor of Life* within the Kinabatangan River which is known for its remarkable wildlife. This is an area where communities have chosen to protect and maintain the jungle rather than develop the land for palm oil.

If we are lucky we may see proboscis monkeys, wild orang-utan, red leaf monkeys and elephants. We will be staying in the village of Bilit for the next few days while undertaking our Community Project. Once we are settled into our accommodation, we will take an early evening river cruise for some wildlife spotting.

Days 5-6 Community Project - Kinabatangan River / Bilit

The village of Bilit is part of the *Corridor of Life*. These local communities are allowing wildlife to thrive in their preserved natural habitat by protecting the jungle. However, by choosing this way of life the villagers sacrifice money from the palm oil companies, and therefore they really benefit from any assistance we can give. We can help to support villages through our worthwhile and sustainable community projects and in doing so know that we are also helping to protect the whole valuable eco-system. In the past we have provided water tanks and facilities for the poorer households, however the project we undertake will depend on the needs of the community nearer to our time of travel.

During this time we will experience life with the families of the village. We may try on traditional dress and even have a go at some dancing and singing with our new friends. We may even have the opportunity to play sports with the children and learn how to cook local meals.

Wildlife thrives in this wonderful area. One evening we will go into the jungle to experience a late walk which will be fun. During our stay we will also enjoy an early morning cruise on the Kinabatangan River where we can watch the jungle coming to life. Getting up close to the amazing wildlife in this way is an experience not to be missed!



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Day 7 Kpg Kiau

Early this morning we drive to the village of Kpg Kiau located in the foothills of Mount Kinabalu. The forest here is still largely untouched, with some of the last remaining areas of forest in Sabah. The area is ideal for treks as it is teeming with wildlife and the dense jungle is interspersed with trickling streams and rushing rivers. Our trek takes us off the beaten track and it is unlikely that we will see any other tourists.

The village of Kpg Kiau will welcome us with their traditional ceremony performed by the children. Here we'll go over our route and get a feel for the terrain we'll be covering over the next few days.

Days 8 - 11 Kiau - Trekking

For the next four days we will trek through the stunning jungle surrounded by wildlife. The route takes us into the rainforest and through the tall grassed areas before heading past rice fields. This area is maintained by the people of Kiau and you may see examples of their traps or jungle shelters along the way. The Kiau trekking region holds vast areas of primary rainforest and wonderful riverine terrain. There are many animals to be seen and a great deal of local culture to savour as well.

During the trek we can learn jungle survival skills from our local guides, collect banana shoots, learn which wild plants are edible and have a go at cooking them. We will have the chance to make shelters from bamboo and pandanus grass, or even make our own cups and spoons! Many of the rivers in the area are great for swimming offering a wonderful break from the hot trekking. Pineapple and banana plantations and paddy fields dot the landscape and the locals work the land traditionally using hand tools or buffalos. This area is still virtually unvisited by tourists but offers the best of Asian rainforest.

The steep climbs and deep forest make this trek both challenging and immensely satisfying; huge dipterocarp trees and strangler figs line the trail dripping with lianas and orchids, pitcher plants and wild jungle fruits. At night the forest comes to life with sounds of civet cats foraging, owls hunting and the calls of the barking deer. At sunrise the cacophony of birdcalls prevents late sleepers; hornbills and gibbons offer up their haunting cries as the mists start to lift from the valleys through the forest canopies. The early morning noise is gradually quietened by the steamy heat of the day. The cool shade within the forest protects trekkers from the sun until they step out to cool themselves in the bubbling streams and wide rocky rivers.

Day 12 Kota Kinabalu

This morning we travel to Kota Kinabalu for a well-earned rest. There will be the opportunity to enjoy the hustle and bustle of the city while we do some souvenir shopping. Tonight we can enjoy a celebratory dinner in Kota Kinabalu—possibly at one of the famed seafood restaurants.

Days 13 - 14 Return to UK

We transfer to the airport for our flight back to the UK with memories to last a lifetime!

The Itinerary: While Far Frontiers Expeditions will make every effort to provide the itinerary as presented, this is sometimes not possible and your patience and understanding are requested if the itinerary should change.



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Adventure in Borneo (14 days)

This expedition includes:

- Far Frontiers Expedition Leader (qualified first-aider); School staff as appropriate; International economy class flights between London and Kota Kinabalu; UK international departure tax; Passenger Service Charges; Accommodation in guesthouses, jungle shelters, hotels and hostels in twin share or dormitory-style rooms; Supporting in-country guides; All camping equipment (except sleeping bag); All transfers by minibus or bus as per itinerary; Fully supported trek; All applicable National Park and camping fees; All applicable travel permits and entry fees; All meals from dinner on day of arrival to breakfast on day of departure; Vegetarian or other meal plan can be provided* —please specify at time of booking

This expedition excludes:

- Personal travel insurance premiums; Any locally paid airport departure taxes; Team Contribution towards community project; Immunisation costs; Personal equipment and clothing; Sleeping bag; Visa fees; Items of a personal nature such as laundry, drinks, telephone calls, souvenirs etc; Tipping for local guide and drivers

* We will do our best to ensure that you are given the diet you require, both in flight and while on expedition. However, we cannot be responsible for life threatening illnesses which may occur if certain foods are eaten (e.g. severe nut allergy).

The air holiday package shown is ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 9281.



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