

## Borneo Encompassed - AAKK

19 days: Kuching to Kota Kinabalu

### What's Included

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Entrance and guide to climb Mt Kinabalu Park, permits and guides, Entrance to Sepilok Orangutan Centre entry fees, Selingan (Turtle) Island, Iban Longhouse stay, Headhunter's Trail jungle hike, Entrance and guide to Mulu and Bako National Parks

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2013 - December 31st, 2013

### Itinerary

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**Day 1 Kuching**

Travellers will be arriving at different times during the day so feel free to arrive at the joining point at any time as there are no planned activities. The group meeting is normally set for 6pm on the day of arrival. Please check reception for a note from your leader.

**Day 2-3 Bako National Park (1 B)**

Leaving Sarawak's Capital we transfer to Bako Pier and take a 30 minute boat trip up the coast to Bako National Park.

Renowned for its wildlife and secluded beauty, Bako is Sarawak's oldest National Park and is one of the best places to see the rare Proboscis Monkey. Situated on a promontory between the Bako and Sarawak Rivers, the park has a number of well marked trails ranging from short walks to strenuous day hikes, magical waterfalls and untouched beaches. Tonight we head out on a revealing guided night walk and drift off to sleep surrounded by nature in our National Park lodge.

**Day 4 Kuching/Mulu National Park**

We bid farewell to the cheeky Macaque Monkeys of Bako and return to Kuching where we transfer to the airport and our late morning flight to Mulu National Park.

Sarawak's largest National Park, World Heritage Listed Gunung Mulu National Park is a wonderland of natural and geological marvels. Spanning 529 square kilometers and with peaks rising to 2376 meters, Mulu encompasses a huge variety of tropical ecosystems and is also home to an amazing network of limestone caves. Here we explore some of the world's largest caves and witness the incredible nightly phenomena, where literally millions of bats leave the entrance to Deer Cave (a 10km round-trip walk to/from HQ).

Instead of carrying all of your luggage on the Headhunters Trail it is possible to send any excess luggage onwards to Limbang. If you wish to do this your leader can help you arrange this and the additional cargo service charge for this is approximately \$4 per kilo

(2.2lbs).

### **Days 5 Mulu National Park-Camp 5 (B,D)**

This morning we head off on our trek initially by longboat and then a 3 hour (9km) walk through the jungle until we reach Camp 5, our destination for the day, perched beside the picturesque Melinau river. On the way we get to explore Wind Cave and swim in the entrance to Clearwater Cave, among the longest cave systems in the world. The flora and fauna is spectacular in this area, with many species only found in certain local cave and jungle habitats.

Camp 5 is a basic hut with only sleeping mats, dining area and bathroom facilities. After the days exertions the best place to cool off is amongst the rock pools in the river overlooking the impressive rock faces of the Gunung Benerat. Of an evening listen to the tranquil jungle choruses with the occasional bat swooping through the candle light, you will feel like you are a world away!

### **Day 6 Headhunters Trail - Iban Longhouse (B,L,D)**

Today we pass through thick rainforest and trek 12km (about 3-4 hours) along the 'Headhunters Trail', famous for when Kayan war parties used to raid the peoples of the Limbang region. Boarding our local longboat we continue downriver to our overnight in a simple Iban long-house where we are treated as guests by our Iban hosts.

The nature of the accommodation is very basic but the experience offers a unique insight into the Iban culture and way of life. Sleeping arrangements are communal, with a mattress and sheet on the floor. The Iban are considered quite shy and reserved people, but it's amazing how much is shared by quiet observation and mutual interest.

### **Day 7 Limbang (B)**

Heading off in narrow longboats today we continue to Medamit, then by mini-bus to Limbang where we check into our hotel for some well deserved relaxation. Limbang in northern Sarawak, is located between the two parts of Brunei. It's a small prosperous town which sits on the eastern bank of the Limbang River. A short walk along the river you'll find one of Charles Brook's forts, which is now a small museum exhibiting some interesting historical artifacts and some of the regional crafts and cultures. You might like to visit the Buak Buak Mud Baths or perhaps try some famous Limbang 'Ikan Tahai', a local smoked fish speciality.

### **Day 8 Palau Labuan (B)**

This morning we depart Sarawak on the Royal Limbang # 1 Ferry to the Duty Free Island of Palau Labuan (90 mins). The afternoon is free to wander the town or head out to one of the neighboring uninhabited islands of the Labuan Marine Park; Palau Kuraman, Palau Rusukan Kecil or Palau Rusukan Besar, for some snorkeling or just relaxing on a pristine beach. Labuan also has some of the best Wreck Diving in Asia including ships from the Second World War, testament to the heavy fighting this area experienced.

### **Day 9-10 Kota Kinabalu (1 B)**

Our Ferry to Sabah takes roughly 2 hours and upon arrival we are met by our private vehicle which will transfer us to Kota Kinabalu.

The capital of Sabah is an intriguing city that was born between the wild jungles and the South China Sea. Having survived World War II bombings, KK now has a charm that can only be found in a frontier town.

In your free time you can immerse yourself in history at the Sabah State Museum, visit the Monsopiad Cultural Village, home to a notorious head hunter, or explore the islands off-shore, excellent for swimming or snorkeling. Allow approximately USD15 for an island visit, although costs can vary depending on your negotiating skills, the time you wish to spend on the island and the number of people with whom you share a boat.

### **Day 11 Kinabalu National Park (B)**

In the early morning we travel to the base of Mt Kinabalu by bus, approximately two and a half hours. Mt Kinabalu is the highest mountain between the Himalayas and New Guinea. Hopefully you'll catch a glimpse of the summit, which in the afternoon is often shrouded in cloud. The huge rock monolith looms over us as a daunting reminder of the climb we are about to embark on but don't be discouraged, it's a rewarding experience!

We stay at the foot of the mountain, so there's the opportunity to stretch your legs by exploring the trails around the park, check out the Visitor Center or if you wish, do an optional trip to Ranau and Poring Hot Springs.

There are some beautiful nature walks around the headquarters and at Poring Hot Springs, through lowland tropical forest on well marked trails. Alternatively you can relax for the afternoon and mentally prepare yourself whilst listening to the sounds of the jungle.

In the evening we have a short briefing about tomorrow's climb. If however, you do not wish to climb, you can arrange to stay at the base of the mountain.

### **Days 12-13 Mount Kinabalu (2B, 2L, 1D)**

We set off early to begin the ascent up Mt Kinabalu. It is not an easy walk, but it is incredibly rewarding, willpower being the main requirement as it's uphill all the way! The well-marked trail is predominantly made up of steep steps that vary considerably in size. Altitude can affect anyone, no matter how fit you are, and it can certainly slow you down a fair bit. There's no rush, the key to success with altitude is to drink plenty of water, take your time and enjoy the pristine environment.

We leave our main packs in storage. Carrying just an overnight pack, you pass an extraordinary variety of plant life including fungi, mosses, lichen, varieties of orchids and several types of carnivorous pitcher plant. If you are very lucky you may even see Rafflesia, the world's largest flower. The climb is 8km and usually takes between 5 and 7 hours. There are shelters along the way to stop for brief rests. We spend night 3 at Laban Rata in basic mountain huts. Laban Rata is at an altitude of 3,272m. Food and refreshments are available and you can normally rent towels and a sleeping bag for a nominal fee. It's an early night in order to prepare for the final climb very early tomorrow morning! Getting to the summit (4095.2m) from Laban Rata takes 2-3 hours.

If for any reason, you are separated from your group higher on the mountain, there is a thick white rope all the way to the summit. If visibility is very low it may be necessary to hold onto the rope and follow it. The rope leads all the way from the vegetation belt above Panar Laban to the summit. The weather on the summit can deteriorate very quickly, with thick mist reducing visibility to 3m, rain storms and strong winds can also occur at times. When climbing on the summit and the higher part of the mountain, it's important to have sufficient warm clothes, a head torch, spare batteries, waterproof rain coat, food and water. During the descent we stop at our mountain hut before continuing to the park head quarters and returning to our accommodation for the night. The descent is tough on the knees and takes approximately 5-7 hours. A certificate is available to prove that you completed the climb - this can be arranged for RM10.

You can for an additional charge hire a porter to carry your bag. The porters charge per weight.

#### **Days 14-15 Kinabatangan River (2B, 2L, 2D)**

We journey overland next by bus for around 6 hours to an area known as Sukau where we visit the Kinabatangan River.

This is Sabah's longest river and home to an incredible variety of wildlife. We stay in the jungle and get to observe an vast array of insects, birds and animals in their native environments. Walking along jungle trails and travelling by boat along the river you regularly see kingfishers, hornbills, macaque, and proboscis monkeys. Very occasionally you may get lucky and see elephants, wild boar, otters, orang-utans and other reclusive species.

Our accommodation tonight is in the midst of the jungle is simple but a wonderful experience, offering twin-sharing rooms with with fan and mosquito netting and attached bathroom.

\* Please note that the overnight stays of days 14 and 17 may swap on occasions, dependent on the availability of Selingan (Turtle) Island accommodation.

#### **Days 16 Sepilok (B)**

A 100km journey overland takes us to Sepilok where we visit Sepilok Orangutan Centre (approximately 5 hours).

We pass through primary rainforest & Sabah's arable farming areas, which are predominately palm oil & rubber plantations.

Sepilok is one of the highlights of the trip where you'll get to meet the adorable 'wild men of Borneo'. Orangutans and their human like features are a truly unforgettable experience. The Center is an excellent example of active conservation, re-introducing domesticated, injured and orphaned orangutans back into the wild. You'll visit one of the feeding platforms & there's a Visitor's Center where you can learn more about these amazing animals. There are walking trails where you can see not only orangutans, but several species of macaque & a host of other birds & wildlife roaming freely. (Please note there is an additional camera fee at the Center)

It must be remembered the reserve is primarily set up to help re-introduce orangutans back into the wild after a life of domestication or having been orphaned. As we walk into the reserve to see the semi-wild orangutans it is essential that we follow the parks instructions. We are not permitted to interfere or touch the orangutans as human contact must be kept to a minimum.

#### **Day 17 Selingan (Turtle) Island (B,L,D)**

Today we transfer to the jetty for a boat ride to Selingan (Turtle) Island Park. The journey to the island will take approximately 45 minutes to one hour. Upon arrival, register at Park Head Quarters before checking into your chalet.

After lunch at the cafeteria, you are at your leisure; snorkel, swim, explore the island or simply relax on the beach. Enjoy a sumptuous dinner as the sun sets, then visit the Island Discovery Center to learn more about the life-cycles of these wondrous creatures as well as their history and threats to their existence. After this, wait for the rangers call to observe the Mother Turtle laying her eggs by the shore. Follow the rangers as they transfer the eggs to the hatchery, before heading back to the shore to witness the release of baby turtles to the open sea.

## Day 18 Sandakan to Kota Kinabalu (B)

In the morning, we return to Sandakan, and visit the small but informative Memorial Museum on the site of a former Japanese POW camp which highlights Borneo's involvement during World War II, infamously remembered for the 'death marches'.

We may have time to take in some of the sights of the city, go shopping & experience the hustle & bustle of the waterfront markets before transferring back to Kota Kinabalu by air (45min flight) where we have more time to explore the capital. On a clear day (depending on flight paths) you sometimes get to see Mt Kinabalu from the air!

## Day 19 Kota Kinabalu Departure Day (B)

You are free to depart at any time today.

## What's Included

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## Highlights

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Climbing the highest peak in the region, Snapping a picture of the orangutans, Spotting turtles on a boat trip, Spending the night in a tribal village, Trekking the Headhunters' Trail.

## Dossier Disclaimer

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## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

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\*\*\*For those on the February 28th and July 18th departures, we will be doing the following reverse Itinerary for the second half of the tour:

Day 10 - Kota Kinabalu

Day 11 - Flight to Sandakan Sepilok - Labuk

Day 12 - Selingan Island

Day 13 - Kinabatangan

Day 14 - Full Day Kinabatangan

Day 15- Drive to Kinabalu Park

Day 16 - Climb Mt. Kinabalu

Day 17 - Decent - Check in Celyn Resort

Day 18 - Kota Kinabalu

Day 19 - Departure

1. Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

2. There may be a weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 15 kg (33lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

3. If you do not wish to carry all your bags on the headhunter trails you can send excess baggage on a cargo flight to Mulu. You will need to pay an additional amount to your CEO who can help you arrange this. The cost is approx \$4 per kilo (2.2lbs). Alternatively your leader can arrange a porter for the trek that will be charged at \$43 per day, maximum weight of 12kgs (26lbs).

4. It should be stressed that the nature of the accommodation when compared with other areas of SE Asia, is sometimes of a lower standard than normally provided on G Adventures trips. This is often due to the location and type of activities involved (ie high on a mountain and in remote jungle areas). Accommodation is always clean and usually makes up in character and location, what it might not provide in glamour and additional services.

Please be aware that this itinerary is a brand new trip for us in 2012.

While we have thoroughly planned and researched this new itinerary on the ground, the nature of travel is that even the best laid plans can sometimes come across the unexpected! If you like being a trail blazer and are not afraid for a small hiccup or two along the trail, this trip is exactly right for you. If any of the above concerns you, we suggest you wait a year until we have this trip running to our normal perfection.

## Group Leader Description

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All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO) throughout. The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## Group Size Notes

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Max 15, Avg 10

## Meals Included

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15 Breakfast, 6 Lunches, 6 Dinners.

## Meals

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Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## Meal Budget

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Allow USD270-350 for meals not included.

## Transport

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Minibus, local bus, taxi, speedboat, longtail boat, plane, trekking.

## Local Flights

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All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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## Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

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## Accommodation

Guesthouses/hotels (9 nts), jungle lodge (2 nts), basic tribal village huts (1 nt, multi-share), national park lodges/mountain huts (5 nts, multi-share), permanent camp (1 nt)

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## My Own Room Exceptions

Nights 2,3,5,6 (National Park Lodge/Camp)), Night 7 (Tribal Village), Night 12 (Mt.Kinabalu base camp), Nights 14 & 15 (Jungle Lodge), Night 17 (Turtle Island)

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## About Accommodation

A variety of styles of hotels/guest houses are used in Malaysia. In many instances they might not be like what you are used to back home. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers and service and efficiency can vary.

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## Joining Hotel

Harbour View Hotel  
Lorong Temple,  
93100 Kuching, Sarawak  
Tel: +60-082-274666  
Fax: +60-082-274777

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## Joining Instructions

To reach the G Adventures joining point in Kota Kinabalu take a public taxi from the airport - there is a pre-paid taxi booth directly outside the arrival hall. Taxis are cheap, safe and reliable. Expect to pay around RM15-20. If you have pre-booked an airport transfer your driver will be waiting for you as you leave the customs hall with an G Adventures sign bearing your name.

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## Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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## Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start

point hotel.

## EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 381 5574

From within Thailand: 02 381 5574

After hours emergency number (SE Asia Manager)

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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CEOs in Borneo collect old clothes for the villages that we visit. Please keep this in mind when packing as you may like to donate items at the end of your trip. You will be on the move a good deal, so pack as lightly as possible (under 10 kg/22lb). It is to your advantage as you are expected to carry your own luggage, though distances are never great. We do not allow the use of video cameras when staying in the villages as it can be perceived by the local people as highly obtrusive. Most travellers carry their luggage in a pack, although an overnight bag with a shoulder strap would suffice. Suitcases are not appropriate for this particular trip! You need to bring your main piece of luggage as well as a small to medium backpack for overnight trips (30-35 litres/8-9 gallons), for Mt Kinabalu, the jungle camp and for Mulu. In this you will need to carry a change of clothes, torch/flashlight, toiletries, warm clothes and any other essentials. While climbing Mt Kinabalu, we leave our main piece of luggage at park Headquarters and return following the trek. Please note that it is difficult to buy alcoholic drinks other than beer in Borneo.

## Checklist

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Travel documents: passport, visa, travel insurance, air tickets and vouchers

Health requirements arranged

Cash/credit card

Money pouch

First aid kit including blister treatment

Day pack (30-35 liters/8-9 gallons) for over night stays - waterproof rubber bags with a water-tight roll down neck (kayak/canoe bag style) work well in Borneo! (Good as a day bag and back pack liner)

Alarm clock

Torch/flashlight (a head-torch is the best to leave hands free)

Spare globe and batteries

Mosquito repellent

Ear plugs

Sun cream/hat

Durable walking shoes/boots with ankle support and good grip - they will get wet!

Small towel

A warm hat and water proof gloves (the summit of Mt. Kinabalu is 4095 metres and at time reaches zero degrees)

Thermal underwear/warm clothes all year round (thermal trousers and top are lightweight and warm)

Windproof jacket/raincoat and windproof pants

Sleeping sheet/inner sheet

Heavy duty plastic bags for waterproofing gear and valuables - ziplock plastic food-bags work well in the rain-forest for cameras etc

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas

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It is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements for Malaysia at the time of printing: Malaysia: A visa is not required for the following nationalities: Australian, British, Irish, New Zealand, Canadian, American, Belgian, Swedish, Swiss, German, Danish and Dutch. Refer to your travel agent for other nationalities.

## Detailed Trip Notes

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The Mt Kinabalu climb is tough, but within the capabilities of any healthy person. An average level of physical fitness is required, although stubbornness (endurance) helps. Walk at your OWN pace – slow and steady is the way to go – DO NOT RUSH! The only reward for trying to prove something by being first is nausea, vomiting and a splitting headache! GO SLOWLY – plod on at a steady pace, pause, standing to rest – don't sit too often – it is harder to get going again. Don't care about whether others are ahead! The path is clear, your guides keep track of where you are. There is plenty of time so walk at YOUR pace regardless of how far behind you may think you are. Remember the sun is intense – wear sunscreen and sunglasses It is colder than you think, especially in the wind – if you take off layers whilst walking make sure to put them on again as soon as you stop or are in the shade – don't wait to get cold.

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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During this tour the local currency you will use is the Malaysian Ringgit.

As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: [www.xe.com](http://www.xe.com) for each of the above mentioned currencies.

The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals.

USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix.

Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items.

If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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All departure taxes should be included in your international flight ticket.

## Tipping

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It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your

CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

## Optional Activities

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Optional Activities not included in the trip itinerary.

Tunku Abdul National Marine park (Kota Kinabalu) - USD10

Sabah Museum (Kota Kinabalu) - USD2

Kota Kinabalu Bird Sanctuary (Kota Kinabalu) - USD4

River rafting full day (day trip from Kota Kinabalu) - USD70

Camera Fee (Sepilok) - USD4

Rainforest Discovery Centre (Sepilok) - USD4

Adventure Caving (Mulu) - USD25

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Altitudes are generally defined as follows:

- High altitude 2,400m – 4,200m
- Very high altitude 4,200m – 5,400m
- Extreme altitude above 5,400m

Altitude sickness is caused by the failure of the body to adapt to the reduced level of oxygen in the air at an increased altitude. During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. Everyone reacts to altitude differently and altitude sickness can on set with people irrespective of fitness and age. Even the same person can react differently to altitude at different times.

Danger signs to watch out for: The most common are headaches (although this can also be caused due to dehydration), light-headedness, nausea, loss of appetite, tingling in the extremities (toes, fingers) and a mild swell of ankles and fingers. Communicate any of these symptoms to your guide and follow their advice at all times.

If you have severe and consistent symptoms, don't go higher until you feel better and your symptoms have gone away completely. If they do not stop or at least reduce to a manageable level go to a lower altitude and see if your symptoms improve. Keep going down until your symptoms go away completely.

There are medications available that help the body increase oxygen levels and reduce the effects of altitude sickness. Always check with your medical professional before using any medication.

Don't ignore signs of altitude sickness. People can, and have, died of altitude sickness because of a failure to recognize the danger signs.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

**Protests and Demonstrations-** Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the

world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

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## Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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## Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

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## Local Dress

When packing be aware that dress standards are conservative throughout Asia. Malaysia is a predominantly Muslim country. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length. Singlets and tank tops are not acceptable. One piece bathing suits are recommended and topless sun bathing is unacceptable.

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## Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

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## Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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## Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).