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Best of Borneo

14 days, Kota Kinabalu to Kuching

Trip code AAHB

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Poring Hot Springs Visit, Poring Hot Springs

- Your Local Living Moment: Iban Village Homestay, Kampong Mentu Pundok
- Traditional dinner in a local home (Kota Kinabalu)
- Beach time in Kudat
- Mt Kinabalu hike, including entrance, climbing permits, and guides
- Wildlife boat tour (Weston)
- Mulu cave visit
- Semenggoh Nature Reserve and orangutan visit (Kuching)
- Internal flights
- All transport between destinations and to/from included activities

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 July 1st, 2015 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Kota Kinabalu

Arrive any time during the day. Welcome meeting and included local home meal in the evening.

There are no planned activities until an evening welcome meeting, followed by an included dinner at a local home.

If you choose to arrive early, Kota Kinabalu has much to offer. Enquire about pre-night accommodation at the time of booking.



Meals included

Dinner



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Kota Kinabalu/Kudat

Drive to Kudat on the northern tip of Borneo to visit a nesting site for turtles (in season). Lounge on secluded white-sand beaches. Opt to participate in a local beach cleanup project.

Kudat is about a 3 hr drive from Kota Kinabalu, but feels worlds away. Enjoy the quiet fishing village and empty beaches on the 'Tip of Borneo'.



Meals included

Breakfast



Today's Activities

Private Vehicle

Kota Kinabalu - Kudat

3h

148km

Settle in and scan the scenery from the convenience of a private vehicle.



Optional Activities - Day 2

Beach Cleanup Project

Kudat

Lend a hand in local conservation by participating in a beach cleanup project. Your efforts help protect wildlife and, in particular, sea turtle nesting grounds.

Jungle Trekking

Kudat

Enjoy a trekking excursion through the pristine coastal jungles of Kudat.

Day 3

Kudat/Mount Kinabalu

Enjoy some extra beach time in the morning before driving to Kota Kinabalu park in the afternoon. In the evening, attend a briefing on the next day's hike.

Mt Kinabalu is the highest mountain between the Himalayas and New Guinea. Hopefully you'll catch a glimpse of the summit, which is often shrouded in a cloud by the afternoon.

We stay at the foot of the mountain, so there's the opportunity to stretch your legs by exploring the trails around the park.

(If you do not wish to climb, we can arrange for you to stay at the base of the mountain).



Meals included

Breakfast



Today's Activities

Private Vehicle

Kudat - Mount Kinabalu

3h

185km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Mount Kinabalu

Use some free time to stretch your legs and explore.

Day 4

Mount Kinabalu

Head off to conquer Mount Kinabalu. During the first day's climb to Laban Rata, enjoy a packed lunch on the way. The hike can take from 6-8 hrs. Indulge in a buffet-style dinner then rest up for an early start to summit the mountain in the morning.

Set off early to begin the ascent up Mt Kinabalu. It is not an easy walk, but it is incredibly rewarding. Willpower is the main requirement!

Spend the night at Laban Rata in basic mountain huts 3,272m (10,735 ft) above sea level.

Turn in early to prepare for the final climb very early in the morning.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Mount Kinabalu Hike- Day 1

Mount Kinabalu

6h-8h

8km

Begin at the Tambang Gate 2000m (6561 ft) above sea level. Head up to a ridgeline through the Mesilau Nature Park before descending to the suspension bridge crossing the West Mesilau River. Spot delicate orchids, strange pitcher plants and wildlife as you pass by waterfalls and majestic scenery. The well-marked trail is predominantly made up of steep steps that vary considerably in size.

Day 5

Mount Kinabalu/Ranau

Summit Mt Kinabalu (3-5hrs) and arrive in time for sunrise. Return to Laban Rata for a rest and to HQ for lunch. After, it's a short drive to Poring to enjoy the hot springs.

Arrive to the summit of Mt Kinabalu (3-5 hours) in time for sunrise. Rejoice! Return to Laban Rata for a rest, then to HQ for lunch. After, it's a short drive to Poring to enjoy the hot springs.

The springs' hot sulphuric minerals are said to have healing properties and will be a welcome reward after your arduous hike.



Meals included

Breakfast | Lunch



Today's Activities

Mount Kinabalu Hike- Day 2

Mount Kinabalu

5h-7h

Get an early start to make it to the summit for sunrise. This portion of the hike takes about three to four hours.

Stop in at the mountain huts before continuing to the park headquarters for lunch. Be prepared—the descent can be tough on the knees and takes approximately five to seven hours.

Private Vehicle

Mount Kinabalu - Ranau

1h

40km

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Poring Hot Springs is near the base of Mt Kinabalu. Known for its healing hot springs, Poring is a perfect spot to relax. Try the canopy walk (5 MYR), trek to some waterfalls, visit a butterfly farm or soak in the hot springs.

Day 6

Ranau

Enjoy a free day in Poring. Options include hiking local trails, visiting Lupa Masa (a primary jungle with loads of wildlife), taking a canopy walk, visiting famous Sabah tea plantations, enjoying the hot springs, and visiting a waterfall.



Meals included

Breakfast



Today's Activities

Free Time

Ranau

Explore the area or soak in the hot springs.



Optional Activities - Day 6

Sabah Tea Plantations Visit

Ranau

Visit the famous Sabah tea plantation to learn more about this important crop and see how its grown. There might be a sample cup for you as well!

Lupa Masa Canopy Walk

Ranau

Enjoy a canopy walk for a new perspective on this beautiful primary jungle. Keep an eye out for the wildlife that lives in the area.

Poring Hot Springs Visit

Poring Hot Springs - Mount Kinabalu

15-20MYR

Poring Hot Springs is near the base of Mt Kinabalu. Known for its healing hot springs, Poring is a perfect spot to relax. Try the canopy walk (5 MYR), trek to some waterfalls, visit a butterfly farm or soak in the hot springs.

Day 7

Ranau/Weston

Drive to the charming town of Weston. Enjoy the quaint atmosphere and take a boat tour down the river to view wild proboscis monkeys and other wildlife. After dinner, return to the boat for a ride to see fireflies.

Wander around this small town set on the Klias River, surrounded by an abundance of monkeys and birdlife. Wander around the shops and restaurants near the hotel to get a feel for the real Sabahan lifestyle.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Ranau - Tenom

2h30m-3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Private Vehicle

Tenom - Weston

1h30m-2h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Wildlife Boat Tour

Weston

Hop on a boat and head out on the river to spot wildlife. In the evening, the fireflies come out in full force and are a beautiful sight.

In the morning, return to Kota Kinabalu. Spend the afternoon either exploring the city or the nearby islands.

Return to Kota Kinabalu. Opt to spend time in the city wandering the markets or sampling the local food at some restaurants and cafés. Another option is to visit one of the offshore islands. Hop a water taxi and explore what else is in the area.



Today's Activities

Private Vehicle

Weston – Kota Kinabalu

1h30m-2h

Settle in and scan the scenery from the convenience of a private vehicle.



Optional Activities - Day 8

Island Exploration

Kota Kinabalu

Head offshore and visit a nearby island. 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. Water taxis are abundant and ready to take you to your island destination of choice.

Day 9

Kota Kinabalu/Gunung Mulu National Park

After a relaxing morning, fly to Mulu. Take a guided walk in the evening to Lang Cave and Deer Cave to watch the flying bats.



Meals included

Breakfast



Today's Activities

Plane

Kota Kinabalu - Mulu Airport

2h

The plane stops in Miri en route to Mulu.

Private Vehicle

Mulu Airport - Gunung Mulu National Park

15m

Settle in and scan the scenery from the convenience of a private vehicle.

Guided Cave Excursion

Gunung Mulu National Park

Head out on a guided tour to visit Lang Cave and Deer Cave. Every evening there's a mass exodus of bats flooding out of the caves. Get ready to be amazed by this spectacle of nature.

Day 10

Gunung Mulu National Park

Enjoy a day in the national park. Take a guided longtail boat ride to visit a traditional village and caves. Opt to go swimming. With free time opt to enjoy a night jungle walk, use the walking trails, or take a treetop canopy walk.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Free Time

Gunung Mulu National Park

Get out and explore.

Clearwater and Wind Cave Exploration

Gunung Mulu National Park

Head out with a guide by longtail boat and visit a traditional village. Opt to try out a blowdart. Continue on to explore some caves— both Clearwater Cave and Wind Cave make for good stops. Go swimming and enjoy a picnic lunch.



Optional Activities - Day 10

Mulu Night Walk

Gunung Mulu National Park

Venture out into the lush Sarawak rainforest with a guide and flashlight to check out the wild jungle inhabitants at night, when they really come alive. Keep your eyes peeled and watch your step!

Day 11

Gunung Mulu National Park/Kuching

Opt for a morning canopy walk at the top of the longest canopy in the world. Later, fly to Kuching. Take a short orientation walk then opt to dine on some of the excellent seafood.



Meals included

Breakfast | Lunch



Today's Activities

Free Time

Gunung Mulu National Park

Spend a few more hours in paradise.

Plane

Gunung Mulu National Park - Kuching

45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.



Optional Activities - Day 11

Canopy Walk

Gunung Mulu National Park

480m the canopy walk is the longest in the world.

Day 12

Kuching/Kampong Mentu Pundok

Enjoy a homestay in a traditional Iban village. Enjoy the local food, culture and interacting with the villagers. Explore the area and look for tropical pitcher plants and see if we can spot any wild orangutans.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Kuching - Kampong Mentu Pundok

4h30m

Settle in and scan the scenery from the convenience of a private vehicle.

4x4

Kampong Mentu Pundok

30m-45m

5km

Travel the last 5km by 4x4 that works better with the terrain.

ACTIVITY

Enjoy the warm hospitality of some Iban villagers. Interact with other villagers coming to say hello and learn about the culture and traditions of these native people. Enjoy home cooked meals and, of course, some traditional dancing and music.

Day 13

Kampong Mentu Pundok/Kuching

Take a morning trek to a waterfall and enjoy a picnic lunch. Later, head to Semenggoh Nature Reserve. Arrive for the afternoon feeding of semi-wild orangutans. Head back to Kuching for a final night out.



Meals included

Breakfast | Lunch



Today's Activities

Semenggoh Nature Reserve Visit

Kuching

Founded in 1975, the rehabilitation centre within the Semenggoh Nature Reserve cares for injured, orphaned, or illegal pet animals. The orangutan program in particular has made the centre famous, and is now primarily used for the study of orangutan biology and behaviour. With some luck, spot one of the orangutans that come here to feed.

Private Vehicle

Kampong Mentu Pundok - Kuching

4h-5h

Duration does not include stop in Semenggoh Nature Reserve.

Day 14

Kuching

Depart at any time.



Meals included

Breakfast

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What are the main highlights of this trip?

Watch the sunrise from the top of Mt Kinabalu, spot wildlife on a jungle walk, explore the Mulu caves, overnight in a traditional village, meet an orangutan face-to-face

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What important notes should I be aware of before the trip?

1. ACCOMMODATION

It should be stressed that the nature of the accommodation when compared with other areas of Southeast 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.

2. RAMADAN

Depending on the lunar cycle, Ramadan will fall between May 27th and June 25th, 2017. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan in Muslim areas, but generally our tours still operate effectively during this period and food is available to non-muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

What is the group leader like?

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.

How large will the group be?

Max 15, avg 12

What meals are included in this trip?

12 breakfasts, 6 lunches, 5 dinners

What are the meals like on this trip?

Eating is a big part of travelling. 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.

What are the modes of transportation on my trip?

Private van, boat, walking, public minibus, plane, 4x4 vehicle.

Are local flights included in the cost of the trip?

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.

Is there an extra cost for travelling solo?

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.

Where will we stay during the trip?

Simple hotels/guesthouses (8 nts), homestay (3 nts), national park lodges/mountain huts (2 nts, multi-share).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guesthouses 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 guesthouses in stunning locations - rooms are small and basic and there may only be shared toilet facilities and showers. Service and efficiency can also vary.

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the 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 paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

What happens if I experience problems when arriving?

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.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (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.

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66 2 381 5574

After hours emergency number (SE Asia Manager) : +66 (0) 870 496074

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Australia: 1 300 796 618

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

Are there any additional packing suggestions I should consider?

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 pieces of luggage at park Headquarters and return following the trek.

What should be on my packing list?

Additional Items:

- Sleeping bag (required)

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Kayaking:

- Drybag (Will help keep cameras and essentials dry)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: During the colder months (Oct-Apr) the mountains can be very cold, so please make sure you pack warm clothes.

When can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Where can I read detailed notes about this trip?

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 worry about whether others are ahead, the path is clear and 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.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

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

As currency exchange rates in Southeast Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: 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 Southeast 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!

How much emergency money should I bring on this trip?

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!

Do I need to pay a departure tax?

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

Should I be tipping on my trip?

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.

What activities are optional on this trip?

Kudat

- Beach Cleanup Project
- Jungle Trekking

Ranau

- Sabah Tea Plantations Visit
- Lupa Masa Canopy Walk

Poring Hot Springs

- Poring Hot Springs Visit
(15-20MYR per person)

Kota Kinabalu

- Island Exploration

Gunung Mulu National Park

- Mulu Night Walk
- Canopy Walk

Are there any health considerations I should know before travelling?

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.

What do I need to know to about safety and security on my trip?

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/

What are the trip specific safety considerations?

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.

What rules should I know before joining this trip?

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.

Is travel insurance required for my trip?

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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

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.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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/

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.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

Itinerary Disclaimer

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.