



Highlights of Sabah & Mt Kinabalu

11 days, Kota Kinabalu to Kota Kinabalu

Trip code AAEK

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cooking Class, Kota Belud

- Morning and evening Kinabatangan River safaris
- Guided oxbow lake visit and wildlife spotting (Kinabatangan)
- Sepilok Orangutan Rehabilitation Centre visit
- Turtle Island stay with turtle hatchery visit
- Bornean Sun Bear Conservation Centre Visit
- Mt Kinabalu hike (2 days)
- Internal flight
- All transport between destinations and to/from included activities

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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 June 6th, 2016 - December 22nd, 2019

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 at any time.



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/Kundasang

Travel to Tambatuon village and meet the local community. Visit a local farm and gather fresh ingredients for an included cooking class. After lunch, trek to a nearby river, exploring the landscape surrounding the village along the way. This evening enjoy a traditional dinner with your hosts.

Learn more about the typical lifestyle in the village by taking part in seasonal activities such as rubber tapping, fruit harvesting, and rice planting.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Kota Kinabalu – Kundasang

2h30m

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

ACTIVITY

Visit local farms to collect fresh produce before beginning the cooking class. Enjoy the results for lunch and take in views of Mt Kinabalu.

Day 3

Kundasang/Sungai Kinabatangan

Travel towards Sandakan and continue to the jungle lodge on the Kinabatangan River, Sabah's longest. After settling in head out for a river safari. After dinner, opt for a guided night walk through the jungle.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Kundasang - Sandakan

5h30m-7h30m

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

Kinabatangan River Evening Cruise

Kampung Bilit

Cruise through the crocodile-infested waters with an expert boatman. While wildlife-spotting can't be guaranteed there's a good chance you will spot some monkeys, birds and the occasional saltwater crocodiles.



Optional Activities - Day 3

Jungle Night Walk

Kampung Bilit

70MYR

Take a night walk on the trails near the Jungle Lodge and look for the unique creatures that are active at night.

Day 4

Sungai Kinabatangan

Begin the day with a river safari in search of wildlife. After breakfast, visit the nearby oxbow lake with a professional guide and seek out proboscis monkeys, pygmy elephants, macaques, and gibbons. Enjoy another boat cruise along the river to spot more wildlife before returning to the lodge for dinner.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Kinabatangan River Wildlife Cruise

Kampung Bilit

Jump into a boat and explore the muddy river; keep your eyes peeled for monkeys, birds, and crocodiles.

Guided Oxbow Lake Walk and Wildlife Spotting

Kampung Bilit

Enjoy a guided trek along the lake and seek out proboscis monkeys, macaques, and gibbons.

Day 5

Sungai Kinabatangan/Sepilok

Depart in the morning and travel to Sepilok. Enjoy a visit to the orangutan rehabilitation centre and the adjacent sun bear conservation centre.



Meals included

Breakfast



Today's Activities

Private Vehicle

Sungai Kinabatangan - Sepilok

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

Sepilok Orangutan Rehabilitation Centre Visit

Sepilok

The orangutans at the centre were either rescued as orphans or from illegal domestication. Once rehabilitated, they are set free to live in the wild. Watch these creatures being fed or roaming the grounds along with other animals such as macaque monkeys.

Bornean Sun Bear Conservation Centre Visit

Sepilok

Visit the conservation centre and see the world's smallest bear. Learn more about the sun bears and the conservation efforts being made to protect them.

Day 6

Sepilok/Pulau Libaran

Transfer to Sandakan and continue to Libaran Island by boat. Take a guided tour of the island's turtle hatchery and learn about the turtle conservation program. Opt to go snorkelling or kayaking with some free time.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Sepilok - Sandakan

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

Speedboat

Sandakan - Pulau Libaran

45m-1h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Free Time

Pulau Libaran

Snorkel, swim, explore the island, or simply relax on the beach.

Turtle Experience

Pulau Libaran

Accompany Island rangers to learn more about these amazing creatures and the threats to their existence. Depending on the time of year, observe turtles laying their eggs on the beach, follow the park rangers as they transfer the eggs to the hatchery, or stand on the shore and witness the release of baby turtles to the open sea.

Day 7

Pulau Libaran/Kota Kinabalu

After breakfast, depart Libaran Island and travel back to the Sandakan jetty. From the jetty, transfer to Sandakan airport for a flight to Kota Kinabalu.



Meals included

Breakfast



Today's Activities

Speedboat

Pulau Libaran - Sandakan

45m-1h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Plane

Sandakan - Kota Kinabalu

45m

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

Day 8

Kota Kinabalu/Mount Kinabalu

Travel to Mt Kinabalu. Opt to hike the nature trails, or enjoy an excursion to Poring hot springs and a canopy walk with some free time.

Travel to the base of Mt Kinabalu, the highest mountain between the Himalayas and Papua New Guinea.

In the afternoon, stretch your legs by exploring the trails around the park or check out the visitor centre.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Kota Kinabalu – Mount Kinabalu

2h30m

96km

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

Free Time

Mount Kinabalu

Opt to enjoy some beautiful nature walks through lowland tropical forest on well marked trails or relax and prepare for the climb ahead.



Optional Activities - Day 8

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 9

Mount Kinabalu

Head off to conquer Mt Kinabalu. During the first day's climb to Laban Rata, enjoy a packed lunch on the way. The hike can take from 5-7 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 as it's uphill all the way!

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

5h-7h

8km

Begin at the Timpohon Gate and head downhill into the rainforest to start, before heading upwards. The well-marked trail is predominantly made up of steep steps that vary considerably in size.

The first section of the hike is fairly moderate, but take it easy and save your energy for the more difficult push higher up on the mountain. During the second half of the day's trek experience a change in scenery and terrain.

Accommodation for the night is near Laban Rata at 3,272m elevation. Accommodation is basic with only cold water, and blankets are provided. Tomorrow's hike commences very early, so get some rest.

Day 10

Mount Kinabalu/Kota Kinabalu

Summit Mt Kinabalu (3-5hrs) and arrive in time for sunrise. Return to Laban Rata for a rest and to the park headquarters for lunch. Transfer back to Kota Kinabalu.



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 - Kota Kinabalu

2h30m

96km

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

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

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- Your Foodie Moment: Cooking Class, Kota Belud
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What are the main highlights of this trip?

Gather local ingredients and take a cooking demonstration, Enjoy a river safari, Visit an orangutan rehabilitation centre, Watch the sunrise from the summit of Mt Kinabalu, Spot wildlife in an oxbow lake

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

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Is there an 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.

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

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.

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 28th - Mar 29th 2025, and Feb 17th - Mar 19th 2026. 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, 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.

COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

TRAVEL WARNINGS TO EASTERN SABAH

Various nationalities have a travel warning for Eastern Sabah. Please visit your government website and check with your insurance that any warnings will not affect your insurance coverage, as travel insurance that covers the entire itinerary is mandatory on our tours. The safety of our travellers is our number one priority at G Adventures. We will continuously monitor the region and will continue to run itineraries to areas that we believe to be safe. Below are some shortcuts:

Canadian Department of Foreign Affairs and International Trade - <https://travel.gc.ca/travelling/advisories>

US Department of State - <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

UK Foreign & Commonwealth Office - <https://www.gov.uk/foreign-travel-advice>

Australian Department of Foreign Affairs and Trade - <https://smartraveller.gov.au/>

New Zealand Ministry of Foreign Affairs and Trade - <https://www.safetravel.govt.nz/>

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

What meals are included in this trip?

10 breakfasts, 6 lunches, 6 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 vehicle, plane, ferry, walking.

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 solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (3 nts), homestay (1 nt, multi-share), jungle lodge (3 nts, twin-share), permanent tented camp (1 nt, twin-share), hostel (1 nt, twin-share), hostel (1 nt, multi-share)

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 2 (D'Danau Homestay) and Nights 9 (Laban Rata Dormitory)

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 are the joining instructions?

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. For the pick-up point at Kota Kinabalu International Airport, there are three different arrival gates known as International, Domestic (within Malaysia), Domestic (within Sabah only). Please wait at your arrival gate. Our airport representative will be at the arrival hall based on your flight. If for any reason you are not met at the airport, please call our local support line at +6012 833 0304, +60128335739. 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 on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

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 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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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

From outside Thailand: +66 92 338 9222

From within Thailand: 092 338 9222

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 Germany: 0800 365 1000

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 instructions should I follow at the finishing point?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should I take on my 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). 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?

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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

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 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](#)

Malaysia:

Since January 1, 2024, all foreign nationals entering Malaysia entry by air, land, or sea should complete and submit Malaysia Digital Arrival Card (MDAC) within 3 days before arrival in Malaysia, based on Malaysia time (GMT+8). The MDAC has been strictly enforced with no on-arrival grace period. Missing it can lead to delays, manual processing, or entry refusal. Mandatory for most visitors, it integrates health and security declarations, enables fast autogate clearance, and should only be completed via the official portal to avoid extra fees or data risks.

For the most reliable and up-to-date details, visit the official Malaysian Immigration Department portal [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.

How much spending money do I need for my trip?

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.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (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?

Kampung Bilit

- Jungle Night Walk (70MYR per person)

Poring Hot Springs

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

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 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.

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?

After your travels, we want to hear from you! Your feedback information is so important to us that 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. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

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.

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.