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Sorry! There are no remaining departures for "Upgraded Borneo Adventure" (AABJ), [but here are some similar trips](#).



Upgraded Borneo Adventure

12 days, Kuching to Kota Kinabalu

Trip code AABJ

What's included

- Your Journeys Highlight Moment: Visit Mongkos Village, Muara Mongkos
- Arrival transfer

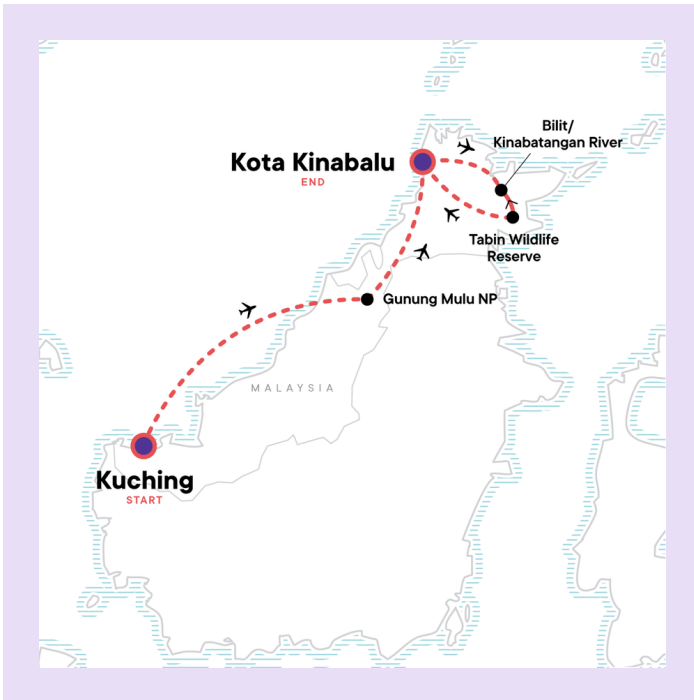
- Excursion to a Bidayuh Tribal Village
- Santubong River wildlife and dolphin cruise
- Night walk in Mulu National Park
- Boat excursion to Wind and Clearwater Caves
- Walking excursion to Deer and Lang Caves
- Sepilok Orangutan Rehabilitation Centre visit
- Visit the Bornean Sun Bear Conservation Centre
- Kinabatangan River and wildlife excursions on foot and boat
- Tabin Wildlife Reserve excursions by jeep and on foot
- Internal flights
- 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 April 7th, 2022 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

Kuching

Arrive at any time. Arrival transfer is included.

Today's Activities

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Private Vehicle

Kuching

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

Day 2

Kuching

Enjoy a full-day visit to a Bidayuh tribal village and learn about the culture of the indigenous people of southern Sarawak. Enter a traditional bamboo longhouse with our local guide, watch a traditional dance performance and see how the Bidayuh cook a daily meal.

This village is located near the Sarawak-Kalimantan border. Along the way stop at the colourful local market in the small town of Serian, which features a variety of jungle produce such as edible ferns, bamboo shoots, tropical fruits and more.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Kuching – Muara Mongkos

1h30m-2h

Settle in and scan the scenery from the convenience of a private vehicle on the drive to the village and back.

ACTIVITY

Enjoy a full day excursion to Mongkos village of the Bidayuh tribe, a thriving rural community which is home to one of the few remaining traditional Bidayuh longhouses in Sarawak. The Bidayuh (or Land Dayak) are the second largest indigenous tribe in Sarawak and we spend the day learning about their culture, history, and contemporary life. Upon arrival the community will welcome us with a traditional dance performance, then visit the 24-doors traditional longhouse, which was made out of wood and bamboo in the 1950s. After enjoy a walk through the farmlands to see the rice fields (seasonal), pepper farm, rubber plantation, and tropical fruit orchards. You will also experience how the Bidayuh prepare a traditional lunch, cooked with simple natural “pots,” leaves and ingredients. Enjoy your local lunch of delicious and fresh dishes.

Travel to Santubong Peninsula today with views of Mount Santubong. Cruise down the Santubong River and keep an eye out for wildlife. Enjoy a free afternoon before going on an evening walk with an amphibian expert in Kubah National Park.



Meals included

Breakfast



Today's Activities

Free Time

Kuching

Enjoy an afternoon at leisure to further explore your surroundings.

Nature Walk in Kubah National Park

Kuching

Visit Kubah national park for an evening nature walk with an amphibian expert. View rare ferns and orchids, as well as a wide variety of palm species. The recent discovery of a new tiny frog species at the park has made this place famous for frogging. Commonly referred to as the Kubah Narrow-mouthed Frog, this newly discovered species is one of the smallest frogs in the world at the size of a pencil's tip. This frog is often found living in insect-eating pitcher plants and while these carnivorous plants kill insects, there is no harm to the frogs and their tadpoles grow in the liquid inside of pitcher plants. With our expert, we will search for this famous little creature as well as other popular amphibians such as the Bornean Horned Toad, several species of Sticky Frogs, White-eared Tree Frog, Wallace's Flying Frog, Harlequin Tree Frogs and many more. While on the look-out for frogs and other amphibians, enjoy the stunning jungle orchestra during night fall, which made Kubah National Park the winner of the 'Most Beautiful Sound in the World' contest. The recording 'Dusk by the Frog Pond' by an Australian professional in photography and bioacoustics beat out hundreds of entries, standing out among the 11 other finalists that also featured nature recordings.

Santubong River Wildlife and Dolphin Cruise

Kuching

Visit Santubong peninsula this morning, and embark on a river cruise. Explore the mouth of the Santubong river and mangrove forest of Kuching Wetlands National Park. Enjoy the stunning scenery of the mangrove swamp and learn how the various animals, like the proboscis monkeys, and the uniquely adapted mangrove trees develop a complex symbiotic eco-system. The rare Irrawaddy Dolphins are often seen here. While most commonly associated with the Mekong river delta and the

Irrawaddy river (Myanmar), this dolphin is also found in coastal areas of the island of Borneo in estuaries close to mangrove forests. This slate gray dolphin species features a bulging forehead and short beak and only a very small dorsal fin. Increasing levels of bycatch and habitat degradation in recent years have led to decreasing numbers of this elusive animal and have driven it almost into extinction in some areas of its habitats in Southeast Asia.

Day 4

Kuching/Gunung Mulu National Park

Hop on a flight to Mulu this morning where you'll be staying in a hotel near Gunung Mulu National Park, also a UNESCO World Heritage site. The park is home to the renowned Mulu Caves, which happen to be one of the largest cave systems on Earth. Tonight, go on a night walk with a local guide through the jungle to observe the park's nocturnal wildlife.

The Mulu Caves hold many world records in terms of size, height and length including the Sarawak Chamber; thought to be the largest known natural underground chamber. As well, considered the largest known cave passage in the world, the Deer Cave is home to a phenomenal 2-3 million bats. Finally, the Clearwater Cave boasts an extensive system of passages, currently known to be the longest in South-East Asia. To date approximately 100 km of the system has been explore, and much still remains a mystery.



Meals included

Breakfast



Today's Activities

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!

Plane

Kuching - Gunung Mulu National Park

1h30m

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

Gunung Mulu National Park

Glide in a longboat along the Melinau River to visit a Penan settlement. This tribe's traditional hunter-gatherer lifestyle is being threatened by deforestation. Afterwards, travel on to the Wind Cafe and climb up some steps to the underground river in Clearwater Cave, the longest cave passage in Asia. Have a picnic lunch and then visit both Lang and Deer Caves. Deer Cave contains more than 3 million bats and so we'll try to plan the excursion to match up with the massive bat exodus in the early evening.



Meals included

Breakfast | Lunch



Today's Activities

Deer and Lang Caves Exploration

Gunung Mulu National Park

Walk along a series of planks through the rainforest to reach Deer and Lang caves. Explore these impressive caverns (Deer cave is never less than 90 metres high or wide!), home to more than two million bats.

Bat Exodus Observation

Gunung Mulu National Park

Head to the cave entrance or the bat observatory to watch as millions of bats exit the Deer Cave to hunt insects.

Wind and Clearwater Caves Exploration

Sungai Melinau

Visit Wind Cave, named for the breezes that blow through it, and the vast Clearwater Cave, home to a subterranean river. After checking out the caves, enjoy a refreshing swim and a picnic amongst the beautiful scenery of the rainforest.



Meals included

Breakfast



Today's Activities

Free Time

Gunung Mulu National Park

Enjoy your morning free, take some time to explore the rainforest.

Plane

Gunung Mulu National Park - Kota Kinabalu

1h30m-2h

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



Optional Activities - Day 6

Canopy Walk

Gunung Mulu National Park

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

Board a morning flight to Sandakan where the group will visit the Sepilok Orangutan Rehabilitation Centre. Afterwards, travel to the Bornean Sun Bear Conservation Centre where you'll meet rescued Malayan sun bears. Sit for a talk about the efforts underway to protect the smallest species of bear in the world and then transfer to the lodge in the small village of Kampung Bilit. In the evening the group will enjoy a cruise on the Kinabatangan River. Search for monkeys, birds, elephants, and crocodiles as you travel through the water.

At the Orangutan Rehabilitation Centre you may come in relatively close proximity to the orangutans, but you cannot touch or directly interact with them. Most primate care centres, especially those attempting rehabilitation and release in accordance with the IUCN guidelines, prohibit tourist and volunteer contact with any and all animals for two main reasons: risk of zoonosis (the risk of us passing diseases to our primate cousins) and habituation & behavioural implications (detrimental impact of having a large, ever-changing human presence around apes which might lead to a reluctance to return to their natural habitat).



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Plane

Kota Kinabalu - Sandakan

1h

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

Private Vehicle

Sandakan - Kampung Bilit

2h30m

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

Jungle Night Walk

Kampung Bilit

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

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.

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.

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.

Day 8

Kampung Bilit

Head out into the jungle on foot today with local guides and naturalists. Cruise along the Kinabatangan River and keep your eyes open for the wildlife that is so abundant in the area.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Guided Oxbow Lake Walk and Wildlife Spotting

Kampung Bilit

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

Kinabatangan River Wildlife Cruise

Kampung Bilit

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

Kampung Bilit/Tabin Wildlife Reserve

Travel to a rainforest reserve in the Tabin Wildlife Reserve. Home to nine different primate species, three species of cat, and hundreds of bird species. Hike along a trail made by elephants to the Lipad mud volcano and climb to the top of the observation tower to see beautiful views of the forest. Later, after dinner, the group will attend a presentation on Tabin's natural wonders and then embark on a night safari to experience the area's nocturnal creatures.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lahad Datu – Tabin Wildlife Reserve

1h30m-2h

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

Private Vehicle

Kampung Bilit – Lahad Datu

2h

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

Hike to Lipad Mud Volcano

Tabin Wildlife Reserve

Hike from the Elephant trail to the active Lipad mud volcano, which provides a mineral salt lick for wildlife. Climb the observation tower and admire the contrasting landscape of the bare mud volcano to the surrounding lush forest, where birds are commonly seen. Try to identify the multitude of animal footprints here. The adventurous can try the effects of the volcanic mud, said to be beneficial for a glowing complexion.

Night Safari

Tabin Wildlife Reserve

A night safari is an excellent way to see wildlife that's nocturnal, such as the Western Tarsier, the Slow Loris, the Clouded Leopard, Leopard Cat, Palm Civet, Mousedeer, flying lemur and Colugo. Care is taken not to disturb them with high-powered lighting.

Continue exploring the Tabin Wildlife Reserve with local guides today. Start the day with a morning bird walk, then, after breakfast, trek through the rainforest to Lipad Waterfall where you can take a quick dip or shower, or simply relax by the edge of the natural pool. Later in the afternoon enjoy a wildlife drive through the reserve. In the evening venture out on a night walk near the lodge and search for wildlife.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Morning Bird Walk

Tabin Wildlife Reserve

Tabin is a bird-watcher's paradise as the forest here attracts an amazingly rich diversity of birds, including rare and endemic species. The relatively low canopy with sufficient natural light makes birding and photography here a delightful experience.

Dusk Wildlife Drive

Tabin Wildlife Reserve

Set off on a dusk drive to look out for nocturnal wildlife and birds that come out to look for food during this time of the day.

Jungle Night Walk

Tabin Wildlife Reserve

Go for a night walk along the trail close to the resort in search of sleeping birds, frogs, and nocturnal wildlife.

Lipad Waterfall Visit

Tabin Wildlife Reserve

Trek through the lush green rainforest known for its rich diversity of plants and animal species to visit Lipad Waterfall. Take a dip in the natural pool and enjoy a refreshing shower under the waterfall. Alternatively, explore the surrounding vegetation or just relax.



Optional Activities - Day 10

Tabin Rainforest Foot Soak

Tabin Wildlife Reserve

Try out the Tabin Rainforest Foot Soak, made with a natural blend of herbs to relax tired muscles after long jungle treks.

Day 11

Tabin Wildlife Reserve/Kota Kinabalu

Enjoy a free morning at the reserve and choose to watch a video about Tabin Wildlife Reserve or maybe fashion some souvenirs using mud from the nearby volcano. Then, fly to Kota Kinabalu and take advantage of free time to get to know this coastal city.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Tabin Wildlife Reserve - Lahad Datu

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

Plane

Lahad Datu - Kota Kinabalu

1h

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

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

- Your Journeys Highlight Moment: Visit Mongkos Village, Muara Mongkos
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What are the main highlights of this trip?

Watch a traditional dance performance in a Bidayuh tribal village, Cruise down the Santubong River in Kubah National Park, Visit the infamous Mulu Caves in Mulu National Park, Learn about wildlife protection at the Tabin Wildlife Reserve.

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

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

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?

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.

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/>

ACCOMMODATION NOTE:

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.

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 16, avg 12

What meals are included in this trip?

11 breakfasts, 7 lunches, 4 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. 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, boat, hiking, 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 (7 nts), Lodge (4 nts)

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?

It should be stressed that in many instances, the nature of the accommodation may not be what you are used to back home. Accommodation can be simple and this is often due to the location (i.e. 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.

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?

Upon arrival at Kuching International Airport, our local representative will stand outside the arrival hall with our travellers names printed out to meet you.

In case you cannot find the transfer upon arrival, you can reach the emergency telephone number of our local representative Doris here: +6019 859662 and +6019 8896860.

If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi. (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). 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.

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1, please make your way to the joining hotel via your included transfer. Details on where to meet your transfer can be found in your voucher notes or on the G Adventures app.

If you have booked pre-tour accommodations through G Adventures, please note that you must contact us to confirm the included arrival transfer. Check-in time at your start hotel will be in the afternoon.

Once you arrive at the hotel, 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.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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. Included arrival transfers are provided from the nearest airport to your starting location. 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 2 508 8630

From within Thailand: 02 508 8630

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 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

Are there any additional packing suggestions I should consider?

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule, we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 15kg/30lb. We recommend a backpack or rolling bag of small to medium size (no XXL ones please!). You will also need a day pack/bag to carry water, cameras and other electronics like iPods and mobile phones.

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

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.)

Light Hiking:

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

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

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](#)

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 backup. 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 an 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 \$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 an 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?

Gunung Mulu National Park

- Canopy Walk

Tabin Wildlife Reserve

- Tabin Rainforest Foot Soak

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.

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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 are 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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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 sunbathing 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.