



## **Journeys: Best of Borneo**

12 days, Kuching to Kota Kinabalu

Trip code AABNG

### **What's included**

- Your Journeys Highlight Moment: Visit Mongkos Village, Muara Mongkos
- Your Journeys Highlight Moment: Nature Walk in Kubah National Park, Kuching

- 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

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 February 26th, 2020 and onwards

# Itinerary

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**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.

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### Accommodation

The Waterfront Hotel (or similar)

Hotel

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### Today's Activities

Private Vehicle

Kuching

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

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 National Geographic Expedition Leader 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.

Venture out of Kuching on a full-day excursion to a Bidayuh tribal village. The Bidayuh (also known as the Land Dayak) are the indigenous people of southern Sarawak, and we'll spend time learning about their culture, history, and lifestyle. Alongside our local guide, visit a traditional bamboo longhouse, where several families typically reside, and take a stroll in the village farmlands, passing through rice fields and fruit orchards. Witness a traditional dance performance, and observe how the Bidayuh prepare a daily meal, using fresh, local ingredients.

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



### **Accommodation**

The Waterfront Hotel (or similar)

Hotel



## 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.

Day 3

## Kuching

Head to the verdant Santubong Peninsula this morning, crowned by the jungle-covered Mount Santubong. Embark on a cruise down the Santubong River, taking in the stunning mangrove scenery and keeping an eye out for proboscis monkeys and the endangered Irrawaddy dolphin. Spend the afternoon at leisure before joining an amphibian expert for an evening walk in fern-filled Kubah National Park. Enjoy a delightful jungle orchestra at nightfall and search for a variety of frog species, including the Kubah or Matang narrow-mouthed frog—one of the smallest frogs in the world.



### Meals included

Breakfast



### Accommodation

The Waterfront Hotel (or similar)

Hotel



### Today's Activities

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.

Free Time

Kuching

Enjoy an afternoon at leisure to further explore your surroundings.

ACTIVITY

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.

Day 4

## Kuching/Gunung Mulu National Park

Catch a flight to Mulu and transfer to our hotel near Gunung Mulu National Park, a UNESCO World Heritage site known for its incredible biodiversity, old-growth tropical forest, and impressive karst features. The park is also home to the renowned Mulu Caves, one of the largest and most spectacular cave systems on Earth. Set out on a night walk with our local guide to look for the park's nocturnal wildlife, spotting blinking fireflies and luminescent fungi along the way.

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 | Lunch



### Accommodation

Mulu Marriott Resort & Spa (or similar)

Hotel



### Today's Activities

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.

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!

## Gunung Mulu National Park

Hop on a longboat and glide along the Melinau River to a Penan settlement for a short visit. The Penan are a hunter-gatherer tribe native to Sarawak whose traditional way of life is increasingly threatened by deforestation. Continue to the Wind Cave, observing its surreal calcite formations and the cool breezes that blow through. Climb up a series of steps to reach the breathtaking underground river in Clearwater Cave, the longest cave passage in Asia. After a picnic lunch, walk through delightful foliage to the Lang and Deer Caves. Marvel at Lang Cave's magnificent stalagmites and stalactites, and tread with awe into Deer Cave—one of the largest cave passages in the world and home to more than three million bats. We'll try to time our excursion to coincide with the bat exodus, when these nocturnal creatures fly out en masse to hunt for insects.

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### Meals included

Breakfast | Lunch

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### Accommodation

Mulu Marriott Resort & Spa (or similar)

Hotel



## Today's Activities

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.

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.

Day 6

## Gunung Mulu National Park/Kota Kinabalu

Spend the morning exploring Gunung Mulu National Park at leisure, and opt to discover the majestic landscape from Mulu Skywalk, the world's longest canopy walk. This afternoon, catch a flight to Kota Kinabalu and enjoy the evening on your own.



### Meals included

Breakfast



### Accommodation

Hotel Grandis (or similar)

Hotel



### 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.

Travel on an early morning flight to Sandakan and visit the Sepilok Orangutan Rehabilitation Centre, where injured, orphaned, or rescued orangutans are cared for and then reintroduced into the wild. Orangutans are among the planet's most critically endangered creatures, found only in Borneo and Sumatra. Later, head to the Bornean Sun Bear Conservation Centre to meet rescued Malayan sun bears. We'll enjoy a talk on these elusive creatures—the smallest species of bear in the world—and learn about the efforts underway to protect them. Afterward, transfer to our lodge in the small village of Kampung Bilit and embark on an evening cruise on the Kinabatangan River, seeking out monkeys, birds, elephants, and crocodiles.

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



## Accommodation

Borneo Natural Sukau Bilit Resort (or similar)

Resort



## 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.

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.

Private Vehicle

Sandakan - Kampung Bilit

2h30m

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.

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.

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.

Day 8

## Kampung Bilit

Located along a curve on the thriving Kinabatangan River, the small village of Kampung Bilit offers a wide array of wildlife-viewing opportunities. Set out on foot into the jungle with local guides and naturalists; then cruise the rich waterways of the river, keeping your eyes open for proboscis monkeys and orangutans, as well as the rare pygmy elephant.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Borneo Natural Sukau Bilit Lodge (or similar)

Hotel

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### 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

Drive to Tabin Wildlife Reserve and check in to our rainforest lodge. This stunning reserve is home to nine primate species, three species of cat, and hundreds of bird species. Embark on a hike along an elephant trail to the Lipad mud volcano, which provides a natural mineral lick for local wildlife, and climb to the top of the observation tower for incredible views of the surrounding forest. After dinner, enjoy a presentation on Tabin's natural wonders, followed by a night safari in search of the reserve's nocturnal creatures, such as the Horsfield's tarsier, the clouded leopard, the slow loris, and more.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Tabin Wildlife Resort (or similar)

Resort



### Today's Activities

Private Vehicle

Kampung Bilit - Lahad Datu

2h

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

Private Vehicle

Lahad Datu - Tabin Wildlife Reserve

1h30m-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.

Day 10

## Tabin Wildlife Reserve

Spend the day exploring Tabin Wildlife Reserve with local guides. Enjoy an early morning bird walk, seeking out the park's colourful variety of avian species. After breakfast, trek through lush rainforest to the lovely Lipad Waterfall. Take a refreshing dip and shower here, or relax by the edge of the pool. In the late afternoon, set out on a wildlife drive through the reserve. After dinner, venture out on a night walk around our lodge in search of sleeping birds, frogs, and insects.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Tabin Wildlife Resort (or similar)

Resort



### 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.

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.

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.

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## 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

Spend the morning at leisure, opting to watch a video about Tabin Wildlife Reserve or fashioning a souvenir using mud from the Lipad volcano. Later, board a flight to Kota Kinabalu and enjoy free time to explore the bustling coastal city.

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## Meals included

Breakfast | Lunch

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## Accommodation

Hotel Grandis (or similar)

Hotel

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## 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.

Day 12

## Kota Kinabalu

Depart at any time.

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### Meals included

Breakfast

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### Today's Activities

Departure Day

Not ready to leave? Your National Geographic Expedition Leader can help with travel arrangements to extend your adventure.

## What's included

- Your Journeys Highlight Moment: Visit Mongkos Village, Muara Mongkos
- Your Journeys Highlight Moment: Nature Walk in Kubah National Park, Kuching
- 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

## What are the main highlights of this trip?

Visit Bidayuh tribal village, explore the rainforest and caves of Mulu National Park, cruise the Kinabatangan River in search of Borneo's seven primate species,

## 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 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 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.

### WEIGHT RESTRICTION

There may be a weight restriction for the internal flight on this tour. Each passenger is allowed one checked bag with a maximum weight of 20 kg (44 lbs) and one carry-on bag with a maximum weight of 7 kg (15 lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

### 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/>

## **What is the group leader like?**

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader throughout. The aim of the Expedition Leaders 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, 8 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 Expedition Leader 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.

There may be a weight restriction for the internal flight on this tour. Each passenger is allowed one checked bag with a maximum weight of 20 kg (44 lbs) and one carry-on bag with a maximum weight of 7 kg (15 lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

## 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 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. 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 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 National Geographic Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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, 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 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?**

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)

**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 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](#).

## 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.

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

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

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

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 Expedition Leader 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 Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip, if you felt your National Geographic Expedition Leader 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 Expedition Leader 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 National Geographic Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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 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 National Geographic Expedition Leaders 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?**

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](mailto:customersolutions@gadventures.com) and we will send it on to you.

## **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 National Geographic Signature Specialist 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.