

Malaysia and Borneo Adventure - AAMBD

12 days: Kuala Lumpur to Kuala Lumpur

What's Included

- Arrival transfer - Welcome gift - Take a cyclo-ride and visit historic sites and the Maritime Museum in Melaka - Walking tour of Colonial Singapore and Chinatown - Visit Mt Kinabalu National Park and the Poring hot springs - Visit the Sandakan WW2 POW War Memorial and Sepilok Orangutan Rehabilitation Centre - Explore Gomantong Cave - Kinabatangan River wildlife viewing by boat - Explore the Danum Valley Forest Reserve including visiting a Kadazandusun burial site, lectures on local wildlife and ecology, a nighttime wildlife drive in open jeep, a canopy walk and an evening jungle walk - Tour Kuala Lumpur and visit the Batu caves

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

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

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

Itinerary



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Highlights

Meeting the 'old man of the forest' at the Sepilok Orangutan Rehabilitation Centre, Heading into the rainforest in search of exceptional wildlife, Stepping back into history in Melaka's colourful and historic lanes, Seeking out delicacies in the neighbourhoods and markets of Kuala Lumpur and Singapore.

Dossier Disclaimer

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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.

Important Notes

1. Discovery Adventures is operated in conjunction with G Adventures, the world leader in sustainable adventure travel. An award winning company with over 800 employees and 17 operational offices worldwide, G Adventures has 20 years experience in creating culturally interactive travel experiences. G Adventures advocates a triple bottom line business philosophy where equal attention is given to the environmental, social and economic impact of tourism to achieve long-term environmentally responsible growth whilst protecting destinations & cultural heritage for future generations.

2. Please note there are camera fees at Sepilok (RM10)

3. The order of visiting places on this trip may change according to the availability of accommodation. This does not affect the activities included and travel times are only minimally altered.

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

5. Depending on the lunar cycle, Ramadan will fall between July 10 to August 10, 2013. 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.

Group Leader Description

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

Group Size Notes

Max 16, Avg 12

Meals Included

11 Breakfasts, 5 Lunches, 6 Dinners.

Meals

Travelling with Discovery Adventures you experience the vast array of wonderful foods and flavors that are available in the world. Some meals are included in the trip price in more remote regions or as a highlight where we can share a local specialty or cultural experience. In many places where there is a choice of eating options, we like to give you the maximum flexibility in deciding where, what and with whom to eat. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each others company, but there is no obligation to do this. Your CEO will be able to suggest favorite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD350-400 for meals not included.

Transport

Minibus, cyclo, jeep, local bus, taxi, boat, plane, walking.

Local Flights

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.

Solo Travellers

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

Accommodation

Comfort hotels (8 nts), jungle lodge (3 nts).

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.

About Accommodation

The accommodation level for most Discovery Adventure tours are comfortable, in mid-range hotels, motels, lodges, guest houses, etc. You'll often enjoy air-conditioned rooms, complete with en suite bathrooms and some amenities. Accommodation and amenities can vary by Country and region and please remember that standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel. Some trips may include camping, permanent tented camps or more rustic lodges, depending on the remoteness of where you are visiting. Please see your trip details for more information, specific to your tour. Porterage is not included, but can be arranged directly at most hotels.

****Note:** The standard of accommodation that we have at the Kinabatangan Jungle Camp is rustic and there is no air conditioning available. The location and hospitality however more than compensates for a bit of roughing it.

Joining Hotel

Furama Bukit Bintang
136, Jalan Changkat Thambi Dollah,
Bukit Bintang
Kuala Lumpur
55100
Malaysia
Tel: + 60 3 2788 8888

Joining Instructions

****Please note,** the arrival transfer included occurs on Day 1 of the tour. If you plan to arrive prior to Day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Arrival Complications

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

Emergency Contact

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

AIRPORT TRANSFER

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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand
During Office hours (Weekdays, 9am-5pm Local Time)
From outside Thailand: +66 2 381 5574
From within Thailand: 02 381 5574

After hours emergency number (SE Asia Manager)

From outside Thailand: +66 87 049 6074
From within Thailand: 087 049 6074

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307

What to Take

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 10-15kg/22-30lb. Suitcases are not recommended for Discovery Adventures trips! Most travellers carry 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.

Checklist

Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD Cash (small denominations preferred)
- Credit or debit card (see personal spending money)
- Discovery Adventures/G Adventures vouchers, pre-departure information and trip details
- Any entry visas or vaccination certificates required

Suggested

- Day pack for daily personal items
- Watch or Alarm clock
- Flashlight or Headlamp
- Sun hat, Sun block, Sunglasses
- Insect Repellent
- Water bottle
- Ear plugs
- Small towel and swim wear
- Toiletries (biodegradable)
- Sturdy walking shoes/Sport sandals
- hand sanitizers/ antibacterial wipes
- Money belt
- Shorts/skirts
- Long trousers
- Shirts/T-shirts
- 1 smart outfit for evenings out
- waterproof jacket.
- Cover for backpack or plastic bags to keep clothes dry.
- Pocketknife
- Camera and extra memory card/film
- Extra batteries (recommended)
- Electricity Plug Adapter
- First-aid kit (should contain Lip balm with sunscreen, Aspirin, Ibuprofen, malaria pills, band aids/plasters, tape, anti-histamine, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items: reading/writing material, binoculars, cover for backpacks, Maps.

Laundry

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

Visas

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

Spending Money

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

Money Exchange

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 for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

Emergency Fund

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

Departure Tax

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

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

Optional Activities not included in the trip itinerary.

Tunku Abdul National Marine park (Kota Kinabalu) - USD10

Sabah Museum (Kota Kinabalu) - USD2

Kota Kinabalu Bird Sanctuary (Kota Kinabalu) - USD4

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

Camera Fee (Sepilok) - USD4

Rainforest Discovery Centre (Sepilok) - USD4

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

Health

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 CEOs 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.

Safety and Security

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

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

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

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

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

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

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.

Medical Form

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

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

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

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

Planeterra-The G Adventures Foundation

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

Planeterra Dollar-A-Day Program

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

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

Local Dress

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

Feedback

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

Newsletter

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

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.

Travel Forum - The Watering Hole

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