



TREK BORNEO – JUNGLE TO SUMMIT

 **actionchallenge**
challenge events worldwide

ITINERARY – OUTLINE FOR BESPOKE TRIPS

Borneo has it all - dense tropical rain forests, misty blue mountains, exotic flowers, great diving and fascinating wildlife including Orangutans. You are challenged in magnificent and demanding Borneo, an island of challenge and excitement that has attracted adventurers for hundreds of years. The challenge takes you from the capital, Kota Kinabalu, into the jungle and foothills of the islands highest peak and finally up Mt. Kinabalu. You meet the people of Borneo that are friendly, warm and humorous and take part in some of their local customs that have grown from a fascinating mix of 25 different ethnic groups.

DAY 1 DEPARTURE DAY

Depart London Heathrow for Borneo, via Kuala Lumpur.

DAY 2 ARRIVE BORNEO

Arrive in Kuala Lumpur and catch our connecting flight to Kota Kinabalu. We transfer from the airport to our centrally located hotel and have the rest of the day to explore the city, relax and prepare for the coming days. We re-group in the evening for a welcome meal and briefing on the days ahead.

DAY 3 KOTA KINABULU TO KIAU VILLAGE

APPROX 5 – 6 HOURS

We rise early and after breakfast we transfer to Nabalau at the foot of Mount Kinabalu, where we begin our trek across mountain ranges and through the jungle, via Miki Survival Camp to Kiau Village. We will overnight in a local home and experience the lives of the Dusun Hill tribe.

DAY 4 KIAU VILLAGE TO KINABALU NATIONAL PARK

APPROX 6 – 7 HOURS

We start the day with an early breakfast before heading off to Kinabalu National Park, to start our 11,000ft ascent. After a day of spectacular views, we will retire early to our mountain huts in preparation for our summit day tomorrow.

DAY 5 MOUNT KINABALU SUMMIT

APPROX 8 HRS

Waking in the early hours of the morning, we depart our huts and begin the three hour climb to the summit. We will have the support of ropes and ladders in some places as we climb up the granite rock to the peak. The ascent is steep at times, but we will be blessed with glorious views once we've made it to the top! After enough time to capture some wonderful photos, we descend and leave the National Park and transfer to Sabah, where we will check-in to a Native Longhouse for the night.

DAY 6 NABUTAN TO MURAK

APPROX 7 – 8 HRS

After breakfast, we will transfer to Nabutan to begin the POW Sandakan-Ranau March. We will stop in Nalapak for lunch and continue on after, to the village of Muruk. We will be transferred back to Sabah and will spend a second night in a Native Longhouse.

DAY 7 MURAK TO KOTA KINABALU

APPROX 4 – 5HRS

Leaving Sabah after breakfast, we will transfer back to Murak to trek up Marakau Hill and across the Ranau Plain to the Ranau POW Camp and Memorial. After lunch, we will visit the Kundasang War Memorial for a short historical talk on the Sandakan Ranau Death March of WW2, where 2,500 Australian and British soldiers perished. Transferring to Kota Kinabalu for our last night, we will then end our challenge celebrating our achievements with a farewell dinner.

DAY 8 DEPARTURE DAY

We have free time to explore the city of Kota Kinabalu before transferring to the airport for our flight home.

DAY 9 ARRIVE IN THE UK

Arrive in London Heathrow.

EXTENSION OPTIONS

SEPILOK ORANGUTAN SANCTUARY

Borneo is well known for its population of Orang-utans and the best place to visit is at the Sepilok Sanctuary. With the jungle rapidly diminishing due to loggers the populations habitat is in extreme danger of being almost completely wiped out. 3 day extension.

SIPADAN DIVING

We have a 4 day extension of world class diving at Sipadan on Borneo's east coast.



LOGISTICS

COSTS OF CHALLENGE

From £2075pp

For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge representative

Expedition medic

English-speaking local guides

Luggage transfer

All accommodation

All meals, except in free time

All transfers

All National Park fees

3 litres of water provided daily

NOT INCLUDED

Sleeping bag

Travel insurance

Single supplement

Visas

Local departure tax (if applicable)

Tips for staff

Fuel supplement

TOTAL DISTANCE TREKKED

Approximately 60km

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

RATING & FITNESS

This is a moderate/tough challenge and requires a good level of fitness.

ACCOMMODATION

Hotel in Kota Kinabalu is 3-4 star and whilst on the challenge the accommodation ranges from 2-4 star and will include cultural homestays on a twin/triple shared basis. The Mt Kinabalu refuge will be in dorms.

FOOD

We will try and bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time.

WEATHER

March and April are good months to climb the mountain. Jan – April has temperatures of 23-31 degrees with 80-150 mm of rain per month. Borneo is a tropical island and has year round high humidity.