

# Borneo Trek

Summit Borneo's Mount Kinabalu



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# Borneo Trek

## Conquer the jungle and summit South-East Asia's highest mountain

On this stunning trekking challenge we discover some of the marvels that Borneo has to offer! We will experience two extremes in just 5-days; from jungle survival to climbing Mount Kinabalu at 4,095 metres.

Once a British Outpost, the states of Sarawak and Sabah on the Island of Borneo now form what is known as eastern Malaysia. This lush tropical paradise is South-East Asia at its most exotic and untouched, with vast areas of virgin forest and unspoilt coastline awaiting discovery.

We spend our first two days trekking through rainforest, plantations, to farm huts, wobbly hanging bridges, crossing streams and trekking through tiny villages scattered along the way. We spend the night in hammocks in the jungle and learn some native survival techniques, such as frog-hunting.

Then, as part of this amazing once in a lifetime experience we then head to Mount Kinabalu Park and summit Mount Kinabalu at 4,095m. An adventurous challenge from start to finish.



# Detailed itinerary

## Day 1: Depart London to Kuala Lumpur

Depart London Heathrow on Malaysian Airlines to Kuala Lumpur to connect with the onward flight to Sabah, Borneo.

## Day 2: Arrive Sabah, Borneo

Arrive in Kuala Lumpur early in the morning and connect with an onward flight to Kota Kinabalu. Once we arrive we meet our guides and transfer to the hotel in Kota Kinabalu. Free time to explore this wonderful place. Dinner not included this evening.



## Day 3: Kg Kiau to Camp 1

### 5-7hrs trekking

After breakfast we transfer 2½ hours to Kg Kiau to start the trek through secondary forest. We get to experience a little bit of culture of the Dusun people and learn some survival techniques on the trail including searching for food, such as tapioca leaves, ferns, bamboo shoots, ginger, a wide array of wild fruits and even reptiles. If we collect enough we may cook this for dinner. In camp we learn survival skills, including frog-hunting (an important survival skill). Tonight we sleep in hammocks with a campfire.

NB: People have to carry their own packs for the jungle part of the challenge. Approx. 10kg per person.

## Day 4: Kg Kiau to Kinabalu Park

### 4-5hrs trekking

We will wake early to the noise of the jungle! After helping make the campfire and preparing breakfast, before the trek back to Kg Kiau. Here we have lunch before transferring 1hr to Kinabalu Park. Tonight we stay in a mountain hostel near the park entrance. Our vehicles will meet us to transfer approx. 1½hrs to Kota Kinabalu National Park and our overnight mountain hostel.

Jungle Survival part complete, we spend the evening preparing for our ascent of Mount Kinabalu at 4,095m.



# Detailed itinerary

## Day 5: Mount Kinabalu Climb

### 5-6hrs trekking

After an early breakfast we have short transfer to Kinabalu National Park HQ (1,892m) where we will register for the mountain climb and start our ascent of the highest mountain in South East Asia. The trail leads through thick jungle, which changes into cloud forest and then to alpine vegetation. It will be a slow climb up the steep steps and rocky sections, but worth it! We spend the night in dormitories in the Laban Rata rest house (3,272m).



## Day 6: Mount Kinabalu Climb

### 13-14hrs trekking

We depart the rest house early morning (approx. 2am) in time to reach the summit (4,095m) for sunrise. The ascent is steep in places but with breath-taking panoramic views. There are ropes and ladders in places to assist us as we scramble up to the top of the granite rock. The views from the top are incredible and well worth the hard climb! Having reached the summit we return to the rest house for breakfast and then continue back down the mountain taking a scenic descent to the park gate. We transfer back to Kota Kinabalu to a well-deserved hotel for two nights, for a shower and proper bed!



## Day 7: Free day in Kota Kinabalu

We have the day to explore the city and take in some local culture. There is also an optional island and beach day. In the evening we will celebrate our incredible adventure and achievements with a special farewell dinner. Overnight in hotel. Lunch not included.

## Day 8:

Most of today is free to explore before the transfer to the airport for our overnight flight home. Lunch not included.

## Day 9:

Arrive London early morning.

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*This itinerary is complex and subject to change*

## Challenge grade

Tough

## Best time of year

May to October