

## Renaissance College, Hong Kong

*Itinerary, BORNEO, 12-19 Nov 2011*

### **Day 1, Sat 12 Nov**

We will be met by our local leader on arrival at Sandakan airport at about 10.40pm, and we then get on the transfer to our hostel in the heart of Sandakan.

### **Day 2, Sun 13 Nov**

Breakfast at 7am, and then at 8am transfer to \*Sepilok Orangutan Sanctuary. We watch the video on Orangutans and then witness the 10am feeding. We lunch at Sepilok, and then transfer to Bilit Village (takes about 2.5 hrs), and check-in to our homestay. The afternoon wildlife river cruise can be done today or tomorrow. On the cruise we get an opportunity to see the amazing array of wildlife along the mighty Kinabatangan river – this would include proboscis monkeys, macaques, lizards, and, if lucky, wild elephants and orangutans, many bird species, including the majestic hornbills. We have dinner with our host families. We will sleep in simple homes of the *Orang Sungai* (river people) where sleeping facilities are quite basic – no air-cons.

### **Day 3, Mon 14 Nov**

There is a dawn cruise this morning, a chance to witness how the rainforest comes alive in these early hours. After breakfast, we will start on our water tank project. Our job is to build a water tank platform, raise the water tank and connect it with pipes to the house. This water tank collects rain water to be used by the family for cooking and washing dishes. All our meals, which is mostly local food, will be provided by our host families. Tonight we can either go on a night jungle trek to see some nocturnal animals and birds or witness the culture of the *orang sungai* through a colourful cultural show.

### **Day 4, Tue 15 Nov**

After breakfast, it's time to bid farewell to our host families and head for the world heritage site, the Kinabalu National Park. It's a 5 to 6 hrs drive, with a lunch stop en-route. We check-in to our hostel at the park HQ. At 1,500 mtrs above sea level, the temperature here can drop to about 15 deg C at night. After an early dinner, we will call it an early night to conserve energy for our Mt Kinabalu trek.

**Day 5, Wed 16 Nov**

After a hearty breakfast, we will start our trek from Timpohon gate, the more popular starting point. It will be a long difficult trek up from about 1,800 mtrs altitude all the way to Laban Rata at 3,272 mtrs, so we will take regular breaks and drink plenty. Energy snacks (such as power bars) will be useful. Along the way, our guide can show us some of the amazing flora and fauna. Our journey takes us through rainforest with pitcher plants and tangled vines, to montane forest where the trees are smaller and orchids are abundant. Finally we reach the 'bonsai garden', where only small shrubs and trees grow in amongst the granite. The trail is well marked with resting stations every 500m. Climbing steeply at times, steps and an easy trail lead us to our hut. Our accommodation is in a mountain hut with dormitories. It is important that everyone goes to bed early, as there is a very early start. On a windy night, the temperature at Laban Rata can dip to 0 to 2 deg C.

***Please take as much water as you can carry (2 to 3 ltrs should be good) from the park HQ to last you for today's 6 hours trek up to Laban Rata.***

**Day 6, Thurs 17 Nov**

After a 2am supper, we leave the hut at around 2.30am to start our trek towards the summit of South East Asia's highest mountain. Trekking by head-torch light, the path starts with a series of steps and gently sloping foot ladders before reaching granite slabs. Here rope hand-rails mark the path towards the summit. Steep at times, the path is easy underfoot as we follow the trail of lights to the summit. We should arrive at the top as the sun rises over some spectacular views. It is possible to see all the way to the coast on a good day, with views of the surrounding countryside, forest and towns. The temperature up here can dip below zero, so we won't linger long. *IF, for some safety reasons (which is rare), the rangers stop us from attempting the summit, we will respect their decision.* The descent can be difficult and slow as the legs start to feel our weight. A big lunch awaits us at the park HQ.

We then hop on our bus to KK, check in to our b&b. The rest of what's left of the afternoon is free for us to do a little shopping or relax the tired legs.

**Day 7, Fri 18 Nov**

Today we visit one of the tropical island off-KK for some sun, sea and sand. We get an opportunity to snorkel and admire the amazing marine life. There will be a little time in the evening for more last-minute shopping and we then go a final dinner to celebrate our achievement.

**Day 8, Sat 19 Nov**

We check out of our b&b at about 9am and head for the airport for our flight home.

\*Entrance fee into Sepilok Orangutan Sanctuary is not included in the price. This is RM30/person for adults, RM15 for below 18s.

*Itinerary as at 14 Sept 2011  
Amended 03 Nov 2011*