

THE BORNEO JUNGLE TREK CHALLENGE

Organised by

DIFFERENT TRAVEL

About Borneo

Borneo is the third largest and third highest island in the world, covering an area of 743,330 square km and is located at the centre of the Malay Archipelago and Indonesia. Administratively, Borneo is divided between Indonesia, Malaysia and Brunei, and is unique in that it is the only island in the world containing parts of three separate countries. The name Borneo was given to the island by the Dutch colonialists although most Indonesians refer to it as Kalimantan whilst the Malays prefer to call it East Malaysia.

Borneo is surrounded by the South China Sea to the north and northwest, the Sulu Sea to the northeast, the Celebes Sea and the Makassar Strait to the east, and the Java Sea and Karimata Strait to the south. Borneo's highest point is Mount Kinabalu in Sabah, Malaysia, with an elevation of 4,095 m above sea level.

Prior to the arrival of the Dutch and British, a large portion of Borneo came under the rule of the Brunei Sultanate. Colonial rule effectively came to an end during World War II when the Japanese invaded in 1941. With the exception of Indonesian and Malaysian confrontations over the island in the mid 1960's Borneo has been relatively peaceful and is an interesting and varied place to visit

Kota Belud is a quaint rural town, full of life, and renowned for its people, the Bajau "cowboys" who are Sabah's only horsemen and are famed for their rearing and handling of horses. Kota Belud is also home to one of Sabah's most famous and colourful weekly 'tamu'. The word 'tamu' actually means 'meeting place', and even today it is as much a market as a local gathering where traders from the surrounding areas come together to discuss the latest events. Visitors will find many of Sabah's handicrafts here, muddled up with betel nut stalls, exotic fruits, vegetables, dried and fresh fish, sarongs, pots and pans and even electrical items from Taiwan

The Orangutan – The Old Man of the Forest

The Orangutan is a species of the great apes known for its intelligence and distinctive appearance, with its long arms and reddish-brown hair. Native to Indonesia and Malaysia, they are currently found only in rainforests on the islands of Borneo and Sumatra.



The word Orangutan is derived from the Malay and Indonesian phrase orang hutan, meaning "person of the forest". Orangutans are the most arboreal of the great apes, spending nearly all of their time in the trees. Every night they fashion nests to sleep in from branches and foliage. They are more solitary than the other apes, with males and females generally coming together only to mate. Mothers stay with their babies until the offspring reach an age of six or seven years.

The Borneo species is highly endangered according to the IUCN Red List of Mammals with a population of about 50,000 in the wild. Orangutan habitat destruction due to logging, mining and forest fires has been increasing rapid in the last decade. A major factor in that period of time has been the conversion of vast areas of tropical forest to oil palm plantations, for the production of palm oil.



About The Challenge

Join us on this challenging trek through the hot and steamy jungle of Borneo. This 4-day trek is highly rewarding, giving you insights into jungle survival and even the possibility of seeing wild orangutans on your journey. After your trek, treat yourself with some relaxation at the Rasa Ria resort and visit the Dalit wildlife sanctuary to learn more about the animals of Borneo.



Itinerary

Day 1 - UK / Kota Kinabalu

Fly from London to Kota Kinabalu (via Kuala Lumpur or Singapore).

Day 2 Kota Kinabalu

Arrive in Kota Kinabalu and transfer by bus to the hotel for an overnight stay.

Day 3 Kota Kinabalu – Kota Belud & Jungle Trek

Transfer by bus to Kota Belud, from where we commence our challenging five day trek, passing through villages, farms and primary jungle. Today's trek takes about 5 hours before setting up camp at Kaung. (B,L,D)

Day 4 Jungle Trek

Spend the day trekking through primary jungle to reach the second camp. We walk for approximately 6-7 hours, learning about jungle survival and how to identify edible fruits and foods en route. (B,L,D)

Day 5 Jungle Trek

Continue trekking through primary jungle to reach 'Main Camp'. After approximately 5 hours of trekking we will arrive and spend the rest of the day learning more jungle survival skills. (B,L,D)

Day 6 Jungle Trek

Today we enter the National Park and follow part of the track dating from the days of Sir Hugh Low's exploration of Mt Kinabalu. Trek for around 6 hours before arriving at Kundasang, where the trek ends. Spend the night in the village – a chance for a farewell party with your guides and porters who by now will be firm friends! (B,L,D)



Day 7 Kundasang / Rasa Ria

Head up the coast to the resort of Rasa Ria for your final night. Gala dinner at the hotel this evening!

Day 8 Rasa Ria / Kota Kinabalu This morning we visit the Dalit wildlife sanctuary, which is located just behind the Rasa Ria Resort, before returning to Kota Kinabalu to check in for the homeward flight.

Day 9 London

We arrive back in the UK in the morning.

BEFORE YOU GO: AN A - Z OF INFORMATION ON BORNEO

A is for Arrival. Visa free entry for holiday purposes (14 days to 3 months) is given to most nationalities including the United Kingdom. Passports must have 6 months validity.

C is for Communications. The international dialing code is +60. Mobile telephone coverage is good in the towns and cities, and email facilities are also available in hotels and cafes.

C is also for Clothing: It is advisable to wear light cotton clothes throughout the year, as the climate is hot and humid. Temperatures can reach the high 30s celcius. Borneo is more conservative than mainland Malaysia so women should avoid wearing shorts, mini-skirts and bare backed dresses. Loose trousers are acceptable.

D is for Dehydration. Borneo lies near the equator and as such is hot all-year round and dehydration is a real possibility. Clients are advised to drink plenty of bottled water each day and have a supply of re-hydration tablets just in case. Avoid ice and drink only bottled water.

E is for Electricity. Borneo uses 220V / 50 cycles. In areas not connected to the grid, generators are often used. The three pin plug is used in Borneo.

F is for Food. Malaysian cuisine, like the population itself, is a fusion of cultures. Both rice and noodles are staple foods in the Borneo. Chinese and Indian cuisines are significant sources of Malaysia's culinary heritage, as is Thailand. Fresh tropical fruits and succulent Malaysian seafood are featured ingredients, and the chillies and curries of India and Thailand form the basis of spicy preparations. Coconut milk is ubiquitous in Malaysia, imparting a delicious smoothness to curries and other dishes. Popular dishes include Satay - bite-sized pieces of beef, mutton or chicken are marinated in spices, then skewered through thin bamboo strips, and barbecued over charcoal fire and Curry Laksa: a noodle dish served in curry, blending boiled chicken, cockles, tofu and bean sprouts for a surprisingly good treat.

H is for Haggling. Whilst you are working with the local community this should not be an issue. However if you are considering someone's financial request you should have a chat with DTC ground staff before committing. Unless you are shopping at a fixed price store, it is normal to bargain. Generally the buyer and the vendor will settle on a price somewhere between where they first started.

H is also for Health. You should contact your GP to find out which vaccinations you need for your visit to Borneo. Protect yourself against mosquito bites by wearing long clothing and using insect repellent containing 50% DEET. Malaria risk in this region exists in some urban and many rural areas, depending on elevation. Please remember to take all medication in clearly labelled packages. IT IS ESSENTIAL THAT YOU CONSULT YOUR DOCTOR AT LEAST 8 WEEKS BEFORE TRAVEL.

I is for Insurance. Different Travel will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognized by participants. Thus, we highly recommend you take out a specialist travel insurance policy for this expedition (from a company such as Campbell Irvine), which is guaranteed to cover you for all activities included on our trips.

L is for Language. Bahasa Melayu (Malay) is the official language. English is widely spoken, especially in business and tourism circles. Other languages include Chinese dialects, Iban and several indigenous and dialects. Some useful phrases are as follows:

Selemat Pagi/Petang	Good morning/afternoon
Apa Khabar?	How are you?
Khabar Baik	I'm fine
Terima Kasih	Thank you
Berapa?	How many/How much?
Makan	Food
Minum	Drink
Dari Mana?	Where are you from?
Satu	1
Dua	2
Tiga	3
Empat	4

Lima	5
Enam	6
Tujuh	7
Lapan	8
Sembilan	9
Sepuluh	10

M is for Money. Borneo uses the Malaysian Ringgit (MYR or RM) as its currency and is divided into 100 sen (cents). The bank notes have long followed a colour code originating from colonial times and come in the following denominations: 1, 2, 5, 10, 50 and 100 Ringgit. At the time of writing the Ringgit was trading at approximately 7 Ringgit to £1.

P is for Photography. When taking photographs of the local people, it would be wisest to ask their permission. Taking a photograph of someone with out their permission – especially in rural areas can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

R is for Religion. The variety of religions found in Malaysia and Borneo is a direct reflection of the diversity of races living there. Although Islam is the state religion of Malaysia, freedom of religion is guaranteed. The Malays are almost all Sunni Muslims. The Chinese embrace an eclectic brew of Taoism, Buddhism and ancestor worship, though some are Christians. Although Christianity has made no great inroads into Peninsular Malaysia it has had a much greater impact upon Borneo (29% of the population) where many indigenous people have converted to Christianity, although others still follow their animist traditions.

S is for Safety. Borneo is probably one of the safest places on earth with a very low crime rate with instances of harm to western visitors almost unheard of.

S is also for Souvenirs. The best and most popular souvenirs tend to be handicrafts including ethnic wood carvings, textile weavings, bamboo and rattan baskets, pottery, carvings and ethnic jewellery.

T is for Tipping. Tipping is generally expected at hotels and restaurants. Ten percent of the bill and for other services is in order. For exemplary service please tip at your discretion. Tipping for taxi drivers is not customary.

W is for Weather. Borneo has a typical Equatorial climate with daily temperatures ranging from between 23C to 38C throughout the year in. Rainfall is spread throughout the year with the wettest months (known as the Landas season) being from November to February. Depending on the area, rainfall averages can be between 2,600mm and 4,000 mm / year.

