



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**BARNARDO'S MOUNT KINABALU
TREK
MALAYSIA**

Sat 12 May - Sat 19 May 2018





In aid of Barnardo's

12 May - 19 May 2018



8 DAYS | MALAYSIA | TOUGH

Sabah has a rich history and is steeped in tradition and folklore. Immerse yourself Sabahan culture, stay in the kampong (village) at your local homestay; experience a night in the jungle; challenge yourself in the jungle, and tackle the mountain to watch the sunrise over the Land Below the Wind.

- Summit Mount Kinabalu (4095m)
- Watch the sun rise over the Borneo landscape
- Sleep under the rainforest canopy
- Learn about the Malaysian culture
- Explore the Land Below the Wind

Visit the cosmopolitan city of Kota Kinabalu and take in the sights and sound of the busy waterfront fish and food market, which is a great way to spend your evening whilst enjoying a glorious sunset.

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 12 May

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International Departure

The excitement and anticipation begins to build in earnest today, as you head to the airport to begin this incredible adventure. A Charity Challenge representative will be on hand to answer any last minute questions, and quell any last minute nerves, before you join the rest of the group for this trek of a lifetime.

DAY 2 Sun 13 May

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Arrival in Kota Kinabalu, Borneo

Step off the plane in Kota Kinabalu and feel the tropical heat of Borneo. Head into the city for lunch and then transfer to Kampong Lobong where for the homestay in the valley of Lobong, nestled in the foothills of Kinabalu. The clouds allow you may catch your first glance of Mount Kinabalu.

DAY 3 Mon 14 May

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Trek and Jungle camp

After an early morning breakfast set off on the trek to Tanak Nabalung jungle camp. The jungle terrain is humid and slippery underfoot but the guides are there to assist you. On reaching the jungle camp turn your hand to some fishing using local fishing techniques and other jungle skills. The jungle camp is basic and you'll be sleeping on a raised platform with a mat for comfort and only your mosquito nets between you and nature.

DAY 4 Tue 15 May

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The jungle awakens

As dawn breaks listen to the jungle wake up; find a strong cup of coffee for breakfast, and then head off on a jungle trail in search of the famous Rafflesia flower and jungle herbs. A local style lunch back at the homestay and then on to a thrilling walk among through the jungle canopy at Poring. After the treetop experience, you will transfer to the National Park which surrounds Mount Kinabalu. As the sun sets on the mountain you'll enjoy a simple yet fulfilling local dinner in preparation for your climb the next day.

DAY 5 Wed 16 May

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The big climb to Laban Rata (3270m)

Today is the day of the big climb! After breakfast and registration at the park headquarters you will be assigned your mountain guide and together you will take the shuttle bus to the Timpohon Gate which marks the start of your climb. As you start up the mountain remember to take it easy, slow and steady and hopefully the weather will afford you some glorious views on the way up to Laban Rata at 3270m.

DAY 6 Thu 17 May

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Summit day (4095m)

After a quick sleep, it will be time to tackle the summit portion of the climb. A light breakfast to provide you with some energy; wrap up warmly with headtorch and daypack ready for the finale of your climb to watch the sunrise at the summit (4095m). The terrain is subalpine and looks a bit like a moonscape but you will have some ropes to guide you along the way.

After sunrise and before you get too cold start your descent back down to Laban Rata for a second breakfast and then after this back down to the lodge. After lunch, you will be transferred back to Kota Kinabalu. This evening will be a celebratory evening as tomorrow you will be homeward bound.

DAY 7 *Fri 18 May*

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Depart Kota Kinabalu

As you depart from the Land Below the Wind and return back to the UK take time to reflect on the challenge and your latest achievements.

DAY 8 *Sat 19 May*

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Arrive back to UK

Arrive back to UK early morning.

Self-funder option

The full cost of this challenge is **£2670**

Pay a registration fee of **£465** when you book.

Then a balance of **£2205** (due 9 weeks before departure)

£250 of the fees paid by you is retained by Barnardo's to help them fund the costs and overheads which must be paid by them for this Challenge Event. You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for your nominated charity. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by your Barnardos.

Minimum sponsorship option

Registration fee of **£465** when you book

Raise a minimum amount of sponsorship of **£5000** for Barnardo's. You should send your sponsorship money to the charity as you raise it.

At least 80% of the minimum sponsorship required (£4000) must be sent to the charity 10 weeks before departure, and the remaining 20% within 4 weeks of completing the challenge. If you have raised the necessary funds, your nominated charity will then pay the balance of your expedition costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

You will also be invoiced for **£250** (9 weeks before challenge) which will go to Barnardo's to help them fund the costs and overheads which must be paid by them for this Challenge Event.

What's included?

Before you go

Discount on personal equipment from Outdoorhire and Cotswold Outdoor

Access to your own password protected account including support materials and training schedules

On your challenge

International flights to and from Malaysia (including air taxes)

Activity equipment including tents as per the challenge activity

All ground staff including English speaking guide, drivers and cooks

Entrance fees to national parks or other places of interest visited on the itinerary

Three meals a day (unless otherwise stated in the itinerary)

Accommodation during the challenge (usually in twin share but may include some dormitory style bunk accommodation)

Internal road and air transfers as per the itinerary

A Charity Challenge T-Shirt

What's not included?

Before you go

Travel to and from the UK airport of departure

Vaccinations (please check Trip Notes for requirements)

Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)

On your challenge

Tips

Departure Tax (if applicable)

The details

Registration fee in instalments

The first instalment of £250 is due at the time of booking. The second instalment of £215 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure, and the remaining 20% within 4 weeks of completing the challenge. If you have raised the necessary funds, the charity will then pay the balance of your challenge costs.

The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. If the air taxes increase between the time of costing and your departure, we will absorb up to £50 (depending on the challenge) before

passing on any increased costs. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 11 - 25 participants

Optional extras

Trek training weekends*

Extensions at end of trip*

Single room supplements*

Business class upgrades*

Travel insurance

(*subject to availability)

Travel insurance

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £78.00.

Difficulty

This challenge has been rated as tough. A “tough” trip should be undertaken by someone with previous experience and interest in the activity – whether cycling or trekking. It will usually involve camping, and will certainly be in a remote environment, where facilities are not what you would expect at home. A tough challenge will test you both physically and mentally. Both cycles and treks will be hilly, and training is essential to ensure you are well prepared. On a UK “tough” challenge, you should expect 10+ hours per day of exertion over demanding terrain.

The jungle treks can be difficult in the tropical climes with the humidity, heat and then the occasional downpour of rain. Jungle living may not be for everyone with only your mosquito net between you and nature.

The mountain climb itself is tough with a steep ascent up to the rest house at 3270m and an early start to the summit at 4095m. Whilst this is not the highest of mountains the altitude can cause people some issues, so take it slow and steady.

Typical day

This itinerary is varied and so there is no typical day. However during the jungle trek days you will be trekking through the forest and interacting with your guides and the local communities. When climbing the mountain you will have some early starts especially on the summit day when you will be starting at approx 01:30hrs.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount. In terms of your challenge, there are a couple of important points that you should be aware of:

- The weather conditions are hot and humid.
- The terrain is uneven and undulating through trekking days.
- You will be staying in shared accommodation (up to 4 people) with shared facilities.
- Some nights you will be camping in the with no electricity.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, a shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and

distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Flights

You will be flying from London Heathrow to Kota Kinabalu. The flying time is approx. 9-10 hours if flying non-stop or 14-16 hours if indirect and is via Kuala Lumpur. Your flight tickets will be issued to you upon departure at the airport.

If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main [FAQs page](#).

Visa

British nationals don't need a visa to visit Malaysia. You will normally be given permission to stay for 3 months on arrival. Visas for longer stays or for non-tourist purposes must be obtained from the nearest Malaysian diplomatic mission before you travel.

The Malaysian authorities are running a vigorous campaign against illegal immigration. Don't overstay your visa, or violate the terms of entry. Even if you overstay for just a few days, you can be fined, detained and deported.

If you're travelling between Peninsular Malaysia and East Malaysia (sometimes known as Malaysian Borneo and comprising the states of Sabah and Sarawak) you will need to carry your passport.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return. For more general travel insurance questions, please refer to our main [FAQs page](#).

Vaccinations

Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the National Travel Health Network and Centre on the [TravelHealthPro](#) website and by NHS (Scotland) on the [fitfortravel](#) website. Useful information and advice about healthcare abroad is also available on the [NHS Choices](#) website.

UK health authorities have classified Malaysia as having a risk of Zika virus transmission. For more information and advice visit the [National Travel Health Network and Centre](#) website.

Government and private hospitals charge for all services; private care is expensive. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Mosquito-borne diseases like dengue fever occur all year round. There has been an increase in the number of cases of dengue fever, including in Kuala Lumpur. You should take appropriate precautions to avoid being bitten by mosquitoes

Climate & Terrain

Borneo has a tropical climate and has approx 80% humidity with temperatures averaging between 25-32 degrees Celsius. March to October is the driest time to travel, however, it is not unusual to have a short but heavy downpour to freshen the air up. As with all mountains the higher you go up the cooler it becomes with the temperature at the top average of 2 degrees Celsius.

In the rainforest, terrain can be undulating, with some steep ascents and descents and slippery underfoot as the leaves cover the forest floor with a number of river crossings.

The trail up the mountain starts off leafy and green but you do go above the tree line. The summit section of the climb is on smoothed rock; in some parts, you are required to use a rope to guide yourself up to the mountain.

Please be aware that as with all mountains reaching the summit is weather dependent. If the weather is deemed to be too bad by your guide you may not be allowed to progress to the summit. This decision made on the ground at the time of your climb and is out of the hands of Charity Challenge.

Training

Training and fitness is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. You will be trekking up and down thousands of steps so climb stairs as often and wherever you can! The trek takes place in a mountainous environment, so the best training advice is to get outdoors into some of the mountains of the UK to familiarise yourself with walking on rugged terrain, while carrying weight in your daypack. You need to be able to sustain around 4-7 hours of trekking for 5 continuous days, so if you can then replicating this over a weekend would be fantastic training. You can also look to join one of our training weekends.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising

stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Luggage and Valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general, it will be one piece of checked baggage at 20kg. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

You will need to trek with a bag for the night spent at the jungle camp. This does not need to be a big bag, but you will need to trek with your sleeping bag/liner and clothing for the evening.

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support guides and staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

This challenge will run with a group size of between 11-25 participants including your challenge leader and local guide.

Clothing & equipment

When trekking through the forest it is advisable to wear long trek trousers to avoid scratches as the trails can be overgrown. The humidity is about 80% in Borneo and so it can feel very sweaty but you will soon get used to it. The mountain climb will require a much different set of clothing especially as you get to the top. So pack your swimmers and your woolly hat! Please refer to the kit list separately to see what we recommend you take with you, it is also advised that as the religion is majority Muslim that you dress relatively conservatively.

Accommodation & Toilets

You will be staying in a mixture of local homestays, lodges and hotels. The home stays are basic and run by families in the community in which you will be staying. Typically each home stay will have a few rooms so you will be in several houses in close proximity to each other. The jungle camp set up with a platform on which you sleep a thin mat is provided so you may want to bring an additional sleeping mat. the roof of the platform is corrugated iron. Hotels and Lodges will be comfortable. The rest house Laban Rata is very basic and you may be lucky enough to secure a private

room (depending on availability), otherwise it will be a dorm.

Food & Drink

Food and drink will be a mixture of traditional Malaysian dishes and western dishes. When you are trekking up the mountain you will have a packed lunch prepared by our team. If you have any dietary requirement please ensure you put this in your notes when booking.

Money & tipping

Currency

The currency in Malaysia is Ringgit (MYR). There are ATMs in the airport and also in the city of Kota Kinabalu from which you can withdraw money prior to heading off to the homestay, jungle and mountain. For your trip and we recommend taking approximately £100 worth for your challenge. This amount should allow enough money to get you by with the purchase of additional soft drinks and snacks, however if you wish to purchase additional items or souvenirs or any additional beverages then we would recommend organising more currency accordingly. Pre-organising currency with the Post Office will often give you the better exchange rates compared with exchanging currency at the airport.

Tippling policy Tippling is not the norm here however the appreciation of service well delivered is always welcomed but it is at your discretion. Here is a guide to tippling should you wish if you did want to tip we would recommend:

- Guides per day MYR 80-100
- Driver per day MYR 10-15
- Porters MYR2-10 per bag

Service charge is including in most bills although you can tip an additional 10% if you wish

Phone & Wi-Fi

Phone signal is limited in the village and there is none in the jungle. Wi-Fi will be available in hotels.

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Any more questions?

Contact us:

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