

## Long Expedition (secondary schools)

### **Day 1 Arrive Kota Kinabalu (KK)**

On arrival, you will be met by the guide before transferring to the hostel in the centre of KK.

### **Day 2 Kota Kinabalu**

You will have the opportunity to spend the day in KK to explore the city, acclimatise to the heat of Borneo and to prepare for the trek ahead. There is the option to visit one of the islands which is a 15 minute boat ride from KK where we can relax, swim and snorkel.

### **Day 3 To Sandakan/Sepilok**

Today you will fly to Sandakan, home of the Sepilok Orangutan Sanctuary. You will get the opportunity to witness the feeding at the rehab centre and spend time visiting the Rainforest Discovery Centre (RDC). The RDC is a centre for Environmental Education which is situated within the famous Kabili-Sepilok Forest Reserve, just next to the Sepilok Orangutan Rehabilitation Centre. Its primary function is to create public awareness and appreciation of the importance of conserving forests, as well as the sustainable use of forest resources.

### **Day 4 To Bilit Kinabatangan**

Today you will take a bus to the Kinabatangan River and overnight in a jungle lodge. There will be an evening river cruise where you may see proboscis monkeys, wild orangutans and, if lucky, the Asian elephants. There is also the option to participate in a night walk to see nocturnal animals.

### **Day 5 – 9 Orphanage Project**

Next you will continue on to volunteer at one of Sabah's many Children's Homes. Here you will spend the four days with the young people, getting to know what life is like for them and allowing them to learn a little about yours. A lot of interaction with the students is important. If they are around English speaking volunteers, it may help to inspire confidence and improve their spoken English.

Previous groups have been involved in the construction of bathrooms, playground facilities and painting as well as being involved in the daily life at the orphanage. There will be opportunities to teach the children some English or work with the computer, play games, learn new songs, help out in the kitchen and take part in arts and crafts activities.

### **Day 10 Kampung Kiau Trek**

You will then depart on the trekking phase of the expedition. Kg Kiau is located at about 1000 mtrs altitude and is home of the Dusun tribe who are either mountain guides or farmers. You will stay the night at their guesthouse and eat dinner cooked by the village ladies. You may also get a glimpse of their heritage through a cultural show.

### **Day 11-12 Trek Days**

There will be 3 full days of trekking at quite high altitude in some of the richest jungles on Borneo. The trek on the first day is mostly up and down through local farms and forest with breath taking views of Mount Kinabalu. Along the trails you will collect jungle vegetables for dinner and time permitting, the guides can also show you how to make cooking utensils and pots using bamboo.

### **Day 13 Kpg Kiau**

Today you will trek back to Kpg Kiau and then transfer to Mount Kinabalu National Park Headquarters.

### **Day 14 Mount Kinabalu**

The trek up to the mountain hut at Laban Rata is approximately 6 hours. You will be accompanied by mountain guides who will be able to tell you all about the mountain as well as the trail.

The journey takes you through rainforest with pitcher plants and tangled vines, to montane forest where the trees are smaller and orchids are abundant. Finally you reach the 'bonsai garden', where only small shrubs and trees grow in amongst the granite. Our accommodation is in a mountain hut with dormitories.

**Day 15            Kota Kinabalu**

A very early start! You leave the hut at around 2.30am to 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 to the summit. Most climbers arrive at the top as the sun rises over Sabah. On a good day, it is possible to see all the way to the coast with views of the surrounding countryside, forest and towns.

**Day 16            White Water Rafting**

Rafting and swimming at the Kiulu River – a great way to relax sore and tired legs from the mountain.

**Day 17 Depart Kota Kinabalu**