

The challenge of a lifetime...
...for the charity of your choice

Borneo Ultimate Challenge

Multi



Trek, Cycle, Raft - a truly WILD challenge!



01244 676 454



enquiries@globaladventurechallenges.com



www.globaladventurechallenges.com



**Summit Mount Kinabalu 4,095m,
cycle the Crocker Range 170km,
raft the rapids of the Padas River -
this is the ultimate challenge of a lifetime...**

Your challenge...

This triathlon style challenge takes place in the Sabah region of Borneo within Malaysia, home of the Orangutan. This is an amazing adventure starting with a two day trek to summit the mighty Mount Kinabalu. Standing at 4,095m, it is the highest mountain in South East Asia. From its deep and lush tropical jungle to its granite summit, it is the focal point of the stunning Kinabalu National Park. Next is a challenging 170km cycle ride over two days, through the breathtaking Crocker Mountain Range, known as the 'Spine of Sabah'. We finish the challenge with a raft down the awesome Padas River - a white knuckle ride you'll remember forever...

Your itinerary...

Day 1

Depart UK on flight to Kota Kinabalu arriving the next day.

Day 2

We arrive at Kota Kinabalu and are met by our local guides. We then take a short transfer to our hotel. Dinner and a full briefing will be given at the hotel in preparation for our challenge.

Day 3

This morning we are free to explore Kota Kinabalu – lunch will be at your leisure. In the afternoon, we transfer to Kinabalu National Park for approximately two hours. Dinner is at our accommodation, with time to prepare for our trekking challenge.

Day 4

Laban Rata 3,200m

After breakfast, we head to the Park Office for registration and then continue our journey to the Power Station (approximately 15 mins by coach), where our trek begins! We start trekking on jungle trails and cover many steps as we head closer to our accommodation on the mountain – Laban Rata Guesthouse at 3,200m. After dinner we aim to get an early night as we are up at 2am for the climb to the summit!

Trekking 4/5 hours approx.

Day 5

Summit Mount Kinabalu 4,095m

After a very light, very early breakfast, we push on up the mountain using our head torches to help lead the way. Our trek to the summit at Lows Peak will take approximately 3 hours and we aim to summit in time to see the sunrise over the whole of South East Asia – a sight definitely not to be missed! We then start our tough descent back to Laban Rata, for a more hearty but quick breakfast before continuing down the mountain for a late lunch. We take a short transfer back to our accommodation to celebrate our achievement at dinner!

Trekking 7/8 hours approx.

Day 6

Poring Hot Springs

After breakfast, we transfer to Poring Hot Springs resort. Today is a free day to relax and rest our legs after the strenuous mountain climb and also prepare ourselves for the tough two days cycling ahead.

In the afternoon, we meet to prepare our bikes for tomorrow's ride.





Day 7 Ranau to Tambunan

Following breakfast, a short transfer takes us to Ranau Town, where we start our cycling challenge. The scenic ride will take us through the undulating hills of the Crocker Mountains past many villages and paddy fields. This region is famed for its orchids, Orangutans and unusual plants.

Upon arrival in Tambunan, we head straight for our accommodation, where we will enjoy a BBQ dinner before settling down for the night.

**Cycling distance –
approx. 80km**

Day 8 Tambunan to Tenom

We take a very short transfer to Kampong (meaning ‘village’ in Malay) Rompan, where we don our helmets to cycle to Tenom. This route has been chosen for its awesome views and panoramas of the surrounding area.

Upon arrival in Tenom, we head straight for our hotel where we can celebrate our cycling achievements at dinner.

**Cycling distance –
approx. 90km**

Day 9 Padas River

Today we embark on the third and final challenge of this amazing adventure – rafting the rapids of the mighty Padas River.

After breakfast, we transfer to the railway station and then on to Pangi, which lies right next to the Padas River. The river gushes through the spectacular Padas Gorge and offers rafters the ultimate white-water adventure. Following our rafting trip we will enjoy a sumptuous BBQ lunch.

We transfer to Beaufort and then on to our hotel in Kota Kinabalu where we can relax and revive our aching limbs before a celebration dinner.

Day 10

This morning we are free at leisure until we transfer to the airport for our flight to the UK.

Day 11

Arrive UK.

(Please note, this is a complex itinerary and subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This challenge is suitable for people of all ages (minimum 17 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This event has been designed to be challenging but achievable by anyone as long as you fitness train before hand. Remember, you are trekking for 2 consecutive days, at high altitude and in varied temperatures – the fitter you are the more you will enjoy this challenge. In addition, you are cycling for 2 long days in a mountain range and paddling a raft on very fast flowing water – good cardio-vascular fitness is essential! Trekking and cycling training tips can be found on the Global Adventure Challenges website to put you in the right direction. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and fellow participants!

Where will we stay?

Whilst in Kota Kinabalu, we will stay in twin room hotel accommodation with en-suite washing facilities. Whilst we are on the mountain, we will stay in a lodge which is very basic – participants may want to bring their own sleeping bag liners for personal comfort. All other accommodation will be in lodges/hotels with washing facilities available – some will be more basic than others.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots, cycling shorts and maybe some trekking poles, you do not need any specialist kit. Cycling helmets and bicycles are provided but you may wish to bring your own helmet.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera etc) and your kit bag will be transported from accommodation to accommodation by our vehicles. You will need to carry some overnight items for the trek up Mount Kinabalu – porters are available to hire if you wish.

Food matters...

Most meals will be provided. We cater for most dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form enclosed. Malaysian food is very varied and nutritious with plenty of vegetables, noodles and rice.

What's included?

Return flights from London to Kota Kinabalu, all transfers, all accommodation, meals and celebratory dinner except lunch on day 3, professional English speaking local guides for trek, permits and national park fees, bicycle hire with helmet, one run on Padas River with river guide, Global Adventure Challenges leader from the UK, comprehensive first aid kit.

What's not included?

Personal airport taxes and fuel surcharge – these are approximately £180 and payable 6 weeks prior to departure, personal travel insurance – it is strongly advised to take this out through Global Adventure Challenges – further information will be sent after registration, Visa (if applicable), gratuities, lunch on day 3, alcoholic drinks and your own kit (trekking boots, cycling shorts etc).

Can I stay in Malaysia after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at enquiries@globaladventurechallenges.com as soon as possible. There is a £60 + VAT charge for having your return airline ticket extended.

What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive first aid kits will be taken and we are never too far away from hospitals if needed.

What happens if I get tired?

There will be regular rest stops for drinks and some snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group on both the cycle ride and trek up Mount Kinabalu, ensuring no-one is left alone – remember though, this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – Mount Kinabalu is 4,095m.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude. However, the fitter you are the better you will cope whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek and the number of highly trained experts in the support team.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

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