

## **G Adventures: Western Borneo & Mt Kinabalu Experience**

### **Day 1: Kota Kinabalu**

Arrive at any time.

### **Day 2: Kota Kinabalu/Mount Kinabalu**

Travel to Mt Kinabalu. Opt to hike the nature trails, or enjoy an excursion to Poring hot springs and a canopy walk with some free time.

Travel to the base of Mt Kinabalu, the highest mountain between the Himalayas and Papua New Guinea. In the afternoon, stretch your legs by exploring the trails around the park or check out the visitor centre.

### **Day 3: Mount Kinabalu**

Head off to conquer Mt Kinabalu. During the first day's climb to Laban Rata, enjoy a packed lunch on the way. The hike can take from 5-7 hrs. Indulge in a buffet-style dinner then rest up for an early start to summit the mountain in the morning.

Set off early to begin the ascent up Mt Kinabalu. It is not an easy walk, but it is incredibly rewarding. Willpower is the main requirement as it's uphill all the way! Spend the night at Laban Rata in basic mountain huts 3,272m (10,735 ft) above sea level. Turn in early to prepare for the final climb very early in the morning.

### **Day 4: Mount Kinabalu/Kota Kinabalu**

Summit Mt Kinabalu (3-5hrs) and arrive in time for sunrise. Return to Laban Rata for a rest and to the park headquarters for lunch. Transfer back to Kota Kinabalu.

### **Day 5: Kota Kinabalu/Beaufort**

After breakfast enjoy the seaside drive to Beaufort, a small colonial town of palm-oil plantations, white-water rapids, and interesting looking monkeys. Spot an array of wildlife from a river cruise on the Klias River.

### **Day 6: Beaufort**

Catch the local train to Tenom and explore the scenic town. Visit the Murut Cultural Centre before returning to Beaufort by road. If you prefer, jump off the train early and opt out of the visit to Tenom to instead get your adrenaline pumping on a rafting tour.

### **Day 7: Beaufort to Mulu National Park**

Depart to Menumbok port and take a private speedboat to Labuan. Fly to Miri and make your way to Mulu National Park. Opt for a night walk on the boardwalks surrounding park headquarters.

### **Day 8: Mulu National Park**

Depart on an easy walk along the river to Wind Cave and Clearwater Cave. After a lunch stop, swim in the crystal clear waters emerging from the mountain. Opt to stop at Iban village's morning market to browse handicrafts by the Pena tribe, descendants from headhunters. Walk on the boardwalk to Lang Cave and Deer Cave before relaxing with a drink at the viewing area for the nightly emergence of 3 million bats.

**Day 9: Mulu National Park to Pulau Sepangar**

Before breakfast, opt to go on a two hour morning mist guided tour in Mulu NP on the worlds longest tree based canopy walk. Enjoy some free time before boarding a flight to Kota Kinabalu. On arrival, take a boat to the secluded Sepanggar Island covered in a lush tropical rainforest with white sand beaches and turquoise water. Stay the night in a lodge nestled on a hill hidden in the trees. Enjoy the spectacular view of the sea, the stars, and the Kota Kinabalu city lights from your balcony.

**Day 10: Pulau Sepangar/Kota Kinabalu**

Enjoy a relaxing morning on Sepanggar paradise island. Snorkel through the crystal clear water and follow the tropical fish to the colourful reefs. Opt to get a massage or try stand-up paddle boarding. If you are looking to pump some adrenaline try parasailing or jet skiing. Head back to the mainland in the afternoon and spend the evening in Kota Kinabalu as you please.

**Day 11: Kota Kinabalu**

Depart at any time.