



Malaysia

Planning a trip to Malaysia or Malaysia Borneo? Then you should talk to us... We offer independent expert advice and the ability to deliver top quality itineraries with the best tour operators that are exceptional value for money. Arranging your travel through The Specialist Travel Consultancy also reduces the time you have to spend researching and planning your trip. And our service is completely free! Contact us to discuss your travel requirements on **0845 838 7667** or for more information on the service we offer please visit our website: www.thestc.co.uk

We arrange tailor made trips:

- School expeditions
- Walking & trekking
- Adventure Travel
- Geography Tours
- Conservation Expeditions
- SCUBA & Reef survey work

Facts & Highlights

Full Name: The Federation of Malaysia

Area: 329,758 sq km (127,317 sq miles)

Population: 26 million (2005)

Capital City: Kuala Lumpur

People: Malays (66%), Chinese (25.5%), Indians (7.5%), Others (1%)

Languages: Bahasa Malaysia (Malay) is the national language. Others include Chinese, Tamil and Iban. English is widely used.

Religions: 55% Muslim, 18% Buddhist, 12% Taoist, 7% Christian, 7% Hindu, 1% Other

Currency: Ringgit Malaysia (RM)

Government: Constitutional Monarchy, the King is chosen on a 5-year rotating basis from the Sultans of the Malay Peninsula.

Electricity: 240v, 50Hz, plugs as per UK

Time: GMT + 8 hours



Wildlife: Hang around with an orang-utan on Borneo, Asia's wildlife jewel in the crown.

Tribal Encounters: Learn how to use a blow pipe with Iban headhunters.

Jungles & Rainforest: Experience verdant rainforest and the multitude of flora and fauna that it encompasses.

Beaches: Relax on picture postcard beaches after emerging from the jungle, and dive some of the best coral reefs in the world.

Mt. Kinabalu: Climb to the top of south east Asia's highest peak and marvel at the sunrise.

Food: Taste the sublime, with Malay, Chinese and Indian influences, the food is a culinary delight.

Malaysia is perhaps one of Asia's most diverse countries, both in terms of geography and culture. With beaches, tropical islands, mountains, national parks, wildlife, rainforest, snorkelling, diving, city life, markets and some extraordinary festivals, Malaysia can deliver on many aspects of an educational trip abroad.

The country has one of the best infrastructures in Asia, and the standard of living in many areas is surprisingly very high, even on Malaysian Borneo. However, even with a high standard of living, it is not a particularly expensive destination to visit, peninsular Malaysia especially.

Culturally, Malaysia is the melting pot of Asia, with Malays, Chinese, Indians, Buddhist, Hindus, Christians and numerous indigenous tribes present throughout the country.

The Malaysian Borneo states of Sabah and Sarawak have between them over 25 different ethnic groups including Malays, Chinese and Dayak (non-muslim Malays). It is estimated that there are more than 200 Dayak tribes in the whole of Borneo. In Sabah, the main ethnic group is the Kadazan whilst in Sarawak, the largest group is the Iban. Famously formerly headhunters, the Iban now principally reside in Long houses along the Rejang and Baram rivers, and offer the opportunity to learn about the indigenous culture of an extraordinary world.

Sarawak and Sabah are a naturalist's dreamland, ideal for both geography and biology tours. National parks throughout

the states are littered with thousands of species of flora and fauna including the famous orang-utan, a sighting of which in the wild is sure to be a highlight of any trip.

For those seeking adventure, there is opportunity to explore some of the world's largest cave systems, ascend razor sharp limestone pinnacles, venture deep into the jungles by dugout canoe or ascend high above the jungle canopy to the summit of Mount Kinabalu (4101m). There is also the opportunity to wander forest trails and visit the Orang-utan Rehabilitation Center at Sepilok. Picture postcard beaches with world-class snorkelling and diving abound and there is also the turtle hatchery on Turtle Island.

Peninsular Malaysia also has its share of natural wonders and extraordinary sites including glorious beaches on both the east and west coasts, lush rainforest in the Taman Negara National Park, and the pleasant climates of the Cameron Highlands.

Through our network of specialist tour operators, we are able to design an itinerary to your exact requirements, whatever they may be. Please get in touch to discuss all the options available to you.



Suggested Itineraries

Day 1 Depart UK

- 2 Arrive Kuching; afternoon free to explore.
- 3 Visit Semenggok Orang-Utan Centre; visit local Bidayu tribal longhouse.
- 4 Full day exploring Bako N.P., home to the proboscis monkey.
- 5 Full day to look for wildlife; or swim and relax in this fascinating coastal park.
- 6 Return to Kuching; fly to Miri.
- 7 Mulu National Park, Deer & Lang caves for spectacular 'million bat' exodus.
- 8 Clearwater caves, commence trek
- 9/10 Trek headhunters trail, finishing at Iban village.
- 11/14 Community Project in Iban village
- 15 Transfer to Sandakan in Sabah.
- 16 Excursion to spectacular Turtle Island.
- 17 Visit Sepilok Orang-Utan Sanctuary and Proboscis Monkey sanctuary.
- 18 Travel along the mighty Kinabatangan River to village of Batu Puti. Visit WWF

Geography & Climate

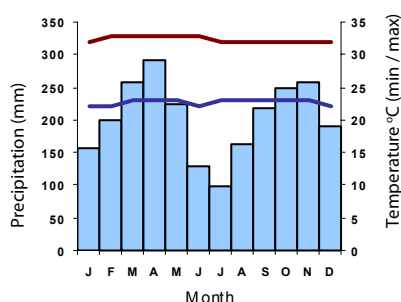
Malaysia is split into two geographical areas, Peninsular Malaysia, which borders Thailand to the north and Singapore and Indonesia to the south, and Malaysian Borneo (made up of the states of Sabah and Sarawak) which borders Indonesia and Brunei.

Malaysia has an incredibly wide variety of habitats and ecosystems, ranging from dense jungle and tropical beaches to spectacular mountains and fertile plains.

Lying in the tropics, Malaysia's climate is hot and humid all year round, although relief can be found in Peninsular Malaysia amongst the hill-stations of the Cameron Highlands. Rain is common, often manifesting itself as spectacular downpours, but they are usually short lived. Sunshine is generally plentiful.

Unusually for South East Asia, Malaysian Borneo is best visited in our summer months, corresponding to the regions' dry season. For Peninsular Malaysia, Kuala Lumpur and the west coast are all-year-round destinations, but the east coast and its monsoon are best avoided between October and April.

Kuala Lumpur



MESCOT project working to protect and preserve the local environment.

19 Excursions into forest where we hope to see elephants, monkeys, orang-utans and endemic bird life.

20 Leave Batu Puti, visit Danum Valley, a vast area of protected lowland forest.

21 A full day to explore this wonderful reserve with expert local guides. This region is at the forefront of tropical rainforest research, and is home to gibbons, orang-utans, elephants and hundreds of different bird species.

22 Morning to explore; afternoon flight to Kota Kinabalu (KK).

23 From Mt Kinabalu Park HQ climb to mountain hut at 3400m.

24 Summit Mt Kinabalu for magnificent sunrise; descend and return to KK.

25/26 Transfer to the tropical paradise of Pulau Tiga. Free to relax and explore - optional excursions available.

27 Return to KK.

28 Fly KK to Kuala Lumpur and on to UK.

National Holidays

Muslim dates (vary with the Muslim year)

Muslim New Year

Birth of the prophet Mohammed

Eid ul-Fitr (known as Hari Raya Puasa)

Eid ul-Adha (known as Hari Raya Haji)

Jan 1: New Year's Day.

Chinese New Year: (Late Jan to early Feb)

May 1: Labour day.

May: Wesak Day (Buddhist) (dates vary)

June: (1st Saturday) - The King's Birthday

August 31: National Day

Oct/Nov: Devali (dates vary)

Dec 25: Christmas Day

Festivals

The spectacular **Thaipusam Festival** is celebrated across South East Asia in January or February (dates vary) but the largest event takes place at Batu Caves, 15km north of Kuala Lumpur. It is the culmination of 40 days of strict diets and meditation, and characterised by many pilgrims piercing their cheeks or tongues with metal skewers of up to a metre in length. Others may attach hooks to their torsos, from which they suspend colourful fruit or flowers. The procession to the caves is completed with blessings from priests and the removal of the piercings.

Project Work

There are many possibilities for project work both on peninsular Malaysia and Malaysian Borneo, with both community and conservation opportunities. Different tour operators have access to different project possibilities, so call us with your requirements and we can assess all the options for you.

Price Guide

Prices vary enormously depending on the length and style of trip required, as well as the number of participants involved and date of departure. Two week itineraries start from around £2200 including flights. Extended expeditions can be in excess of £3,300 per person, dependent on itinerary and whether project work is also required.

Regulations & Red Tape

A full passport, valid for 6 months after your return date, is required for travel to Malaysia. British passport holders do not currently need a visa for stays of up to 90 days in length.

Useful Addresses

Malaysian High Commission

45 Belgrave Square, London SW1X 8QT

Tel: 0207 235 8033

E-mail: mwlondon@btinternet.com

Opening hours: Mon-Fri 0900-1300 and 1400-1700

Tourism Malaysia

Malaysia House, 57 Trafalgar Square,

London, WC2N 5DU

Tel: 0207 930 7932

Web: www.malaysiatrulyasia.co.uk

Opening hours: Mon-Fri 0900-1700

More Information

To discuss the tour and expedition possibilities that Malaysia offers in greater detail, and to get free impartial advice on suitable tour operators, please contact:

The Specialist Travel Consultancy

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Sunrise on Mt. Kinabalu