



Borneo

Lost World of Sabah

25 Days

While Borneo is a well-known destination there are wild and remote parts to visit. The primeval wilderness that is Sabah's lost world is something to behold. This incredibly diverse and tough expedition will challenge students as they trek under the canopy of soaring dipterocarp trees in an area first discovered after an aircraft crash. This is an exceptional multi-activity expedition taking us from steamy jungles to the lofty heights of Mt Kinabalu. We travel through friendly farming communities amid the river plains, paddy fields and picturesque hills surrounded by rubber farms and orchards. Our destination is the spectacular Mt Kinabalu, the highest mountain in South East Asia. We visit the mighty Kinabatangan River with spectacular wildlife viewing and experience a 2-day community water project. The expedition draws to a close with an exhilarating white-water experience and chilling on a tropical island.



Your Recommended Expedition Itinerary

Days 1 - 2

Arrive in Borneo & Biking

LD

Upon arrival in Borneo, you will be met at the airport and transferred to your hostel. A 45-minute transfer takes us to the start of the day's mountain biking adventure, which will involve two to three hours of biking on a very quiet village road. We will pass through beautiful villages on hanging bridges, single track trails, rubber and pineapple plantations, and more. During this fabulous day on the bike, we will be greeted by friendly locals and will see everyday life in Borneo in action. After biking, it's a short 20 minute transfer to Rangalau Camp for a swim in the beautiful Kiulu River and our bed for the night will be in stretcher hammocks!

Days 3 - 4

Trekking & Kt Moingob

BLD

After a short 30-minute transfer to the start of the trek, we set off for a four-hour hike towards Kpg Sinansag, a village of the Dusun people. We may get to witness (and join in with) a cultural performance by the villagers. We'll bed for the night either in the community hall (in mosquito nets) or hammocks. We will begin trekking early to avoid the heat. Starting first with an uphill climb, then descending for a couple of hours through rice fields and scattered tiny villages before arriving at Kg Moingob, another Dusun village. From here, it's a lot of uphill towards Kg Rungus Mahaba. On a clear day the view of Mt Kinabalu from the village is quite breath-taking! Again, we sleep in hammocks.

Days 5 - 6

Pineapples & Pekan Nabalu

BLD

Today will take us to see more remote villages, steep rice fields, pineapples and other fruit farms, smiling villagers and steep hills to climb and descend. About 65% of today's trek is open, so we will need to take it slow and stop for rest regularly to rehydrate. On arrival in the bustling market town of Pekan Nabalu – we are rewarded (on a clear day) with fantastic views of Mt Kinabalu. A short 20-minute transfer later and we arrive at our B&B at the foot of the iconic World Heritage Site, Mt Kinabalu. Here, we will take some well-deserved R&R today, where the air is cool and fresh! We will have the opportunity to visit the Kinabalu Park, Poring Hot Springs, the Kundasang war Memorial and the Desa Cattle dairy farm.

Days 7 - 8

Sepilok, Orangutans & river people

BLD

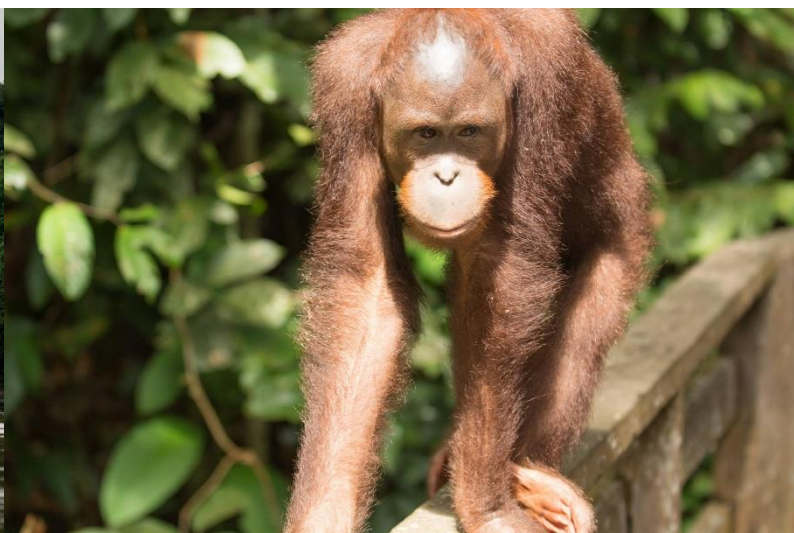
Today we'll take the bus on the 6-hour journey to the world famous Sepilok Orangutan Rehab Centre. Our accommodation for the night will be a B&B in Sepilok and tonight, we'll go on a night trek at the Rainforest Discovery Centre. At 10am the next morning, we will witness the feeding of the orangutans, and after a quick lunch ourselves, we make the two-hour bus journey to our Community Project site at Bilit village, on the mighty Kinabatangan River. Bilit is home to the Orang Sungai (literally 'River People') of Sabah. Tonight, we are welcomed by our host families at their Homestay where we stay for the night.

Days 9 - 11

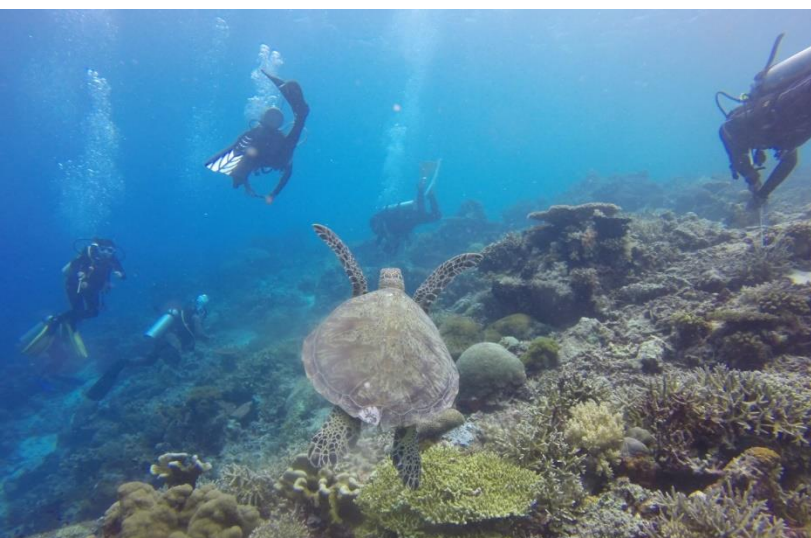
Water Project & wildlife cruise

BLD

It's Project Day! We work on water tanks and pipes to provide fresh water for the villagers. There is an opportunity for an evening wildlife cruise to spot wild animals and we may get the chance to see the pygmy elephants (if lucky), wild orangutans, the endemic proboscis monkeys, crocodiles, the majestic hornbill and the many other animals that make the lower Kinabatangan their home. Tonight, we will join the villagers in a cultural show. The next day, we will bid farewell to our host families and make the 7-8 hour bus journey back to Kota Kinabaru.



Days 12 - 14	Sabah's Lost World & hammocks Another day of a well-deserved R&R, and an opportunity to get to know KK a little bit better. We are up very early and make the 6-7 hrs bus journey to "Sabah's Lost World" – Maliau Basin. It is a 130-million-year-old forest, pristine and untouched! Tonight, we'll sleep in stretcher hammocks at Agathis Camp. We are at the heart of Sabah! For those of us with the energy, there will be an opportunity to go on a magical night walk. After breakfast we set off for a very challenging 6-7-hour trek, heading uphill and over the rim of the basin before arriving at Nepenthes Camp.	BLD
Days 15 - 16	Waterfalls Today we'll trek to a number of beautiful waterfalls. The slope going down towards Takob-Akob Waterfall can be quite treacherous, especially when wet, but it's well worth the effort. Tonight, we are back at Nepenthes Camp for another night's sleep. It's a 5 hr trek to the awesome 7 seven tiered Maliau Waterfall, the most famous of them all. We then trek to Ginseng Camp, our accommodation for the night.	BLD
Days 17 - 18	Kota Kinabalu return with R&R We will trek back 5-6 hrs to Agathis, and then the arduous bus back to KK. We'll be based in KK from now until we depart. After these long hiking days, R&R will be very welcome!	BLD
Days 19 - 22	PADI course After spending 5 days at the altitude of Maliau Basin, it's time for some water! The 3.5-day PADI Open Water dive course will be how the next few days are spent, with the best PADI Instructors Sabah have to offer. We will also get stuck in with an 'Environment Clean Up' and help to clear waste from the beaches.	BLD
Day 23	White water rafting More water! This time rafting down the exhilarating Kiulu river.	BLD
Days 24 - 25	Shopping & return Time for souvenirs, leisure and return flight.	BL



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance

- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests

- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



Trees for Life

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Physical Rating for this trip: Grade 5



A high level of fitness is required to participate on a trip of this level. We recommend previous multi-day trekking experience at this level, either in the UK or internationally. You need complete confidence in your ability to trek for multiple days over difficult terrain and cope with significant variations in temperatures throughout the tour. Altitude could be higher than 4,500m but good acclimatisation will be built into the programme. Longer periods of trekking could be of a sustained nature, but rest days will be planned. A pre-travel fitness programme of four to six months is essential to ensure you are in optimal fitness to make the most of this trip.

Cultural Rating for this trip: Grade 5



Students should expect extended periods in remote locations where little or no English is spoken (your Trip Leader will always be fluent in the local languages and English). Accommodation is likely to be basic with limited access to hot water or other services. Expect the food to be quite different to home. You should observe local customs so not to cause offence and large parts of the itinerary will be in poor or challenging areas. Tourism in places grade 5 is likely to be less common, so strong traditional cultures are still very much in evidence



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

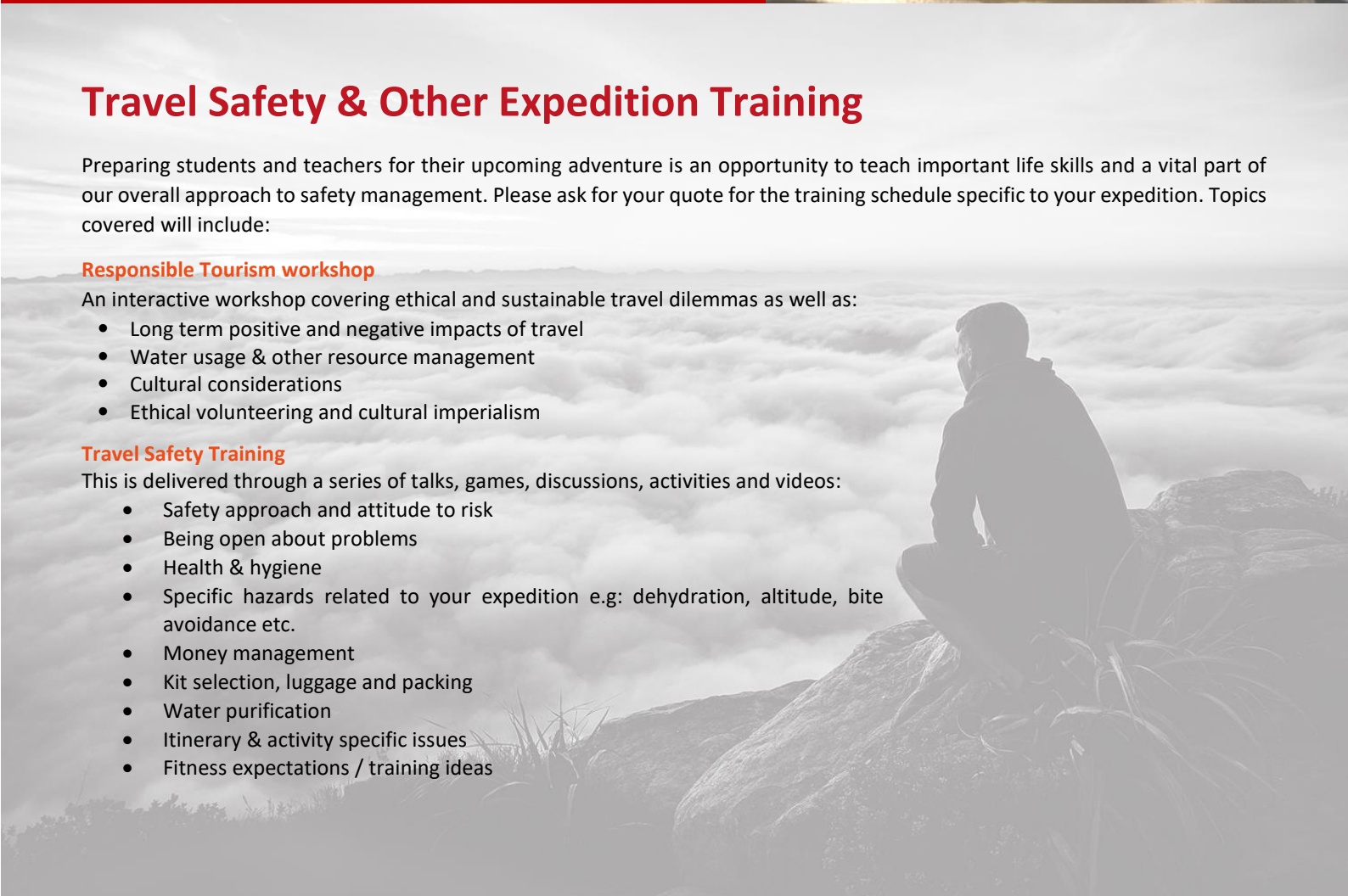
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

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