



Detailed Trip Notes

## **WILD WOMEN ON TOP MT KINABALU CLIMB**

**26<sup>th</sup> September – 2nd October 2009**

**Escorted by Wild Women on Top**

**Trip Duration** - 7 Days

**Grade** - Moderate

**Activity** – 2 day moderate trek

**Accommodation** – 2 night hotel, 3 nights lodges

**Optional pre and post tour extensions available**



### **Welcome to World Expeditions**

Thank you for inquiring about our **Mount Kinabalu Climb with Wild Women on Top**. At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable & tailored for the enjoyment of our small groups or individuals – philosophies that have been part of our culture since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

## The Trip

Wild Women on Top's Kinabalu Climb provides an exhilarating ascent of the highest mountain in Borneo. The trek can be undertaken by anyone of reasonable fitness – while time at the tranquil Poring Hot Springs is an ideal follow on before returning to Kota Kinabalu.

The **pre tour extension** will be the perfect training walk for Mt Kinabalu. This full day hike up the Pinnacle will be a challenging yet rewarding day. Further, the Niah Caves will leave you speechless in their beauty.

We are also offering an optional **post tour extension** focusing on wildlife, with the orangutans at Sepilok, the proboscis monkeys along the Kinabatangan River and the giant turtles at Selingan Island.

## Why travel with World Expeditions?

Our guides and vehicles are the best available and to ensure the smooth operation of all trips, our partners in Borneo continually work with us to improve our itineraries to ensure we are taking the 'paths less travelled'.

## Trip Highlights

- Spend time in **Kota Kinabalu**
- Climb **Mt Kinabalu**, Borneo's highest peak
- **Visit** Poring Hot Springs
- **Extension: Niah Caves**
- **Extension: Climbing the razor sharp Pinnacles**

## WWOT Mount Kinabalu Climb

### Itinerary at a Glance

**DAY 1** Depart Sydney. Overnight Singapore  
**DAY 2** Arrive Kota Kinabalu. Transfer to Kinabalu National Park  
**DAY 3** Commence climb to Laban Rata  
**DAY 4** Summit Mt Kinabalu descend to Poring  
**DAY 5** At Poring. Return to Kota Kinabalu  
**DAY 6** Depart Kota Kinabalu  
**DAY 7** Arrive Sydney

## PRE TOUR Extension

**Day 1** Arrive in Mulu. Deer Caves  
**Day 2** Clearwater Caves  
**Day 3** Gunug Ai/ Pinnacles trek  
**Day 4** To Mulu. Fly to Kota Kinabalu  
**Day 5** Join group

## POST TOUR Extension

**Day 1** Fly to Sandakan/Transfer to Turtle Island  
**Day 2** Sepilok Orangutan Sanctuary & Kinabatangan River  
**Day 3** Return to Kota Kinabalu. Depart

## WWOT Kinabalu Climb

### Your trip cost includes:

- Return economy flights from Sydney to Kota Kinabalu with Singapore Airlines
- 6 hour stopover in Ambassador Transit Hotel, Singapore (twin share)
- 4 breakfasts, 4 lunches, 3 dinners
- English speaking local guide
- Permits and entry fees in National Park
- private vehicle transport
- Pre-departure Information Guide, with all you need to know for your trek.
- Twin share accomodation.

**No local payments policy:** Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## WWOT Mount Kinabalu Climb

### Your trip cost does not include:

- Airport and departure taxes of any kind – allow approximately \$460.00
- Porters on Mt Kinabalu. Porters for the Kinabalu climb can be booked on arrival at Kinabalu Park. Cost is MYR60 per porter per person (until Laban Rata Guesthouse) with maximum 10 kg per porter with every additional kg at MYR6

per kg. This is to be paid directly to the porter.

- Optional Tours
- Meals not mentioned in the itinerary
- Bottled water
- Aerated and alcoholic drinks.
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Travel Insurance (compulsory)

## Fast Facts

- Citizens of Australia, Canada, New Zealand, UK & the USA are exempt from visas for a stay of up to 30 days.
- There are no statutory vaccination requirements for Borneo, however you should consult your physician prior to travel for current information
- This is a private group departure, exclusive to members of *Wild Women on Top*
- This tour is escorted by one of our experienced local leaders
- The tour costs have been based on a minimum of 8 and maximum 16 people in twin share accommodation.
- If you are travelling as a single, then we will do our best to twin share you unless you specify on your booking form that you would like to occupy a single room. In the case of the latter, or if we can not pair you with someone, a single supplement rate will apply.
- Flights quoted are based on Singapore Airlines Q Class fares and are subject to availability at the time of booking. If we cannot secure these fares for you we may have to book your fare in a higher booking class and a supplement may be charged.

### MT KINABALU CLIMB COSTS per person (twin share) in AUD

8 - 9 people                      \$3090.00

10+ people                        \$2990.00

Single supplement:            \$175.00

\*S/supp only applicable to Beverly Hotel & Ceylin Resort

### PRE TOUR EXTENSION

Minimum 8 people – \$1190.00 per person

### POST TOUR EXTENSION

Minimum 8 people – \$990.00 per person

**Please note:** The above price is contingent on fares being available in the booking class that was used for the purpose of costing this exclusive Mt Kinabalu tour

## WWOT Mount Kinabalu Climb Detailed Itinerary

### Day 1 Saturday 26<sup>th</sup> September 2009

#### Depart Sydney

This evening at 1750 we will depart Sydney on SQ234. We arrive in Singapore at 0005 (+1). On arrival into Singapore please make your way to the Ambassador Transit Hotel situated on Level 3 within the Departure Transit Lounge (additional details on the Ambassador Hotel will be provided in your final documents prior to your departure. You will be able to check your luggage all the way through to Kota Kinabalu from Sydney)

### Day 2 Sunday 27<sup>th</sup> September 2009

#### Depart Singapore/Arrive Kota Kinabalu

Depart Singapore on SQ5092 at 0850 and arrive into Kota Kinabalu at around 1115.

Upon arrival we will be met and transferred to Kinabalu National Park. This takes 2 hours. Upon arrival we have a guided walk of the park with one of the park's naturalist guides. The afternoon is then free to do further exploration or relax before tomorrow's climb. We overnight at the cabins within the park. (LD)

### Day 3 Monday 28<sup>th</sup> September 2009

#### Commence climb to Laban Rata

This morning we commence our climb by transferring by vehicle to the trail head. Today's climb will take approximately 4 – 5 hours following a trail that ascends steeply in deep forest, with gnarled tree-roots and orchid covered trees. As we ascend the vegetation changes and on reaching Layang-Layang at 2740m it is possible to see the pitcher-plant (*Nepenthes villosa*). The edge of the tree line is reached at 3350m and you

may notice the reduced oxygen in the air. We should reach the Laban Rata Guesthouse by early afternoon. The remainder of the afternoon is spent exploring the surrounding area and resting in preparation for our early morning climb. (BLD)

**Day 4 Tuesday 29<sup>th</sup> September 2009**  
**Summit Mount Kinabalu**

An early start is in order to reach the summit by sunrise and to beat the cloud which invariably closes over the peak in the morning. It takes around four hours to reach the summit. We commence climbing by torchlight at 3am (a head torch is most useful). As we ascend the terrain becomes less vegetated, and on the steep sections we are assisted with ropes, ladders and handrails. The final stages of the ascent crosses bare granite slabs before a steep section up to Lows Peak and the highest point of Mt Kinabalu at 4,093m. As the sun rises over Sabah the most extraordinary view unfolds. Contrasting with the pink tinged granite is the deep green of the forest below, stretching to the fertile croplands and beyond to the island dotted South China Sea. We have time to appreciate our achievements and the view before we return to the Laban Rata Guesthouse for breakfast and continue our descent. We should reach Park Headquarters in time for a late lunch. We end the day at Poring Hot Springs where we can observe wildlife on the canopy walk or rest tired muscles in one of the soothing hot mineral springs. (BLD)



**Day 5 Wednesday 30<sup>th</sup> September 2009**  
**Return to Kota Kinabalu. Overnight Beverly Hotel**

This morning we depart for Poring Hot Springs. At Poring you will have the opportunity to observe

wildlife on the 100ft canopy walk or take a dip in the soothing hot mineral springs set in beautifully landscaped gardens. After lunch we will return to Kota Kinabalu where you will have the evening at your leisure. (BL)

**Day 6 Thursday 1<sup>st</sup> October 2009**  
**Depart Kota Kinabalu**

This morning we depart on SQ5631 at 1030 and arrive in Singapore at around 1250. You will connect with an evening flight to Sydney departing Singapore on SQ221 at 2035 and arriving into Sydney at 0555 the following morning (B)

**Day 7 Friday 2<sup>nd</sup> October 2009**

Arrive Sydney on SQ221 at 0555

*Note: This itinerary is subject to change due to weather conditions and circumstances beyond our control. It should be used as a guide only.*

**PRE TOUR EXTENSION**

Sarawak is home to amazing limestone caves, headhunters trails and the razor sharp Pinnacles. On this pre-tour extension trip we spend time exploring the caves of Sarawak then undertaking a challenge climb to the impressive razor sharp Pinnacles.

**Day 1 Tuesday 22<sup>nd</sup> September 2009**  
**Depart Sydney**

This evening at 1750 we will depart Sydney on SQ234. We arrive in Singapore at 0005 (+1). On arrival into Singapore please make your way to the Ambassador Transit Hotel situated on Level 3 within the Departure Transit Lounge (additional details on the Ambassador Hotel will be provided in your final documents prior to your departure. You will be able to check your luggage all the way through to Kota Kinabalu from Sydney)

**Day 2 Wednesday 23<sup>rd</sup> September 2009**  
**Depart Singapore/Arrive Kota Kinabalu/Fly to Miri**

Depart Singapore on SQ5092 at 0850 and arrive into Kota Kinabalu at around 1115. Connect with flight to Miri arriving at around 1520.

On arrival into Miri we will transfer to Gunung Mulu National Park. In the late afternoon, we will take a scenic 3km plankwalk through primary rainforest to the entrance of Deer Cave. Deer Cave has the world's largest cave entrance and is the largest single cave passage in the world - about 120 - 150 m in diameter (it can fit St. Paul's Cathedral under its massive archway). The cave has a moon-like landscape. Most evenings at sundown, a spectacular exodus of about 2 million of bats can be observed as they leave the cave in search of food. Next to Deer Cave is Lang's Cave. The stalactites and stalagmites inside this cave are representative of the very best limestone formations in the park. Trek back to the Park HQ by torchlight for overnight. (D)

### Day 3 Thursday 24<sup>th</sup> September 2009

#### **WIND & CLEARWATER CAVES**

After breakfast we proceed by longboat upriver to Wind Cave with its impressive 'King's Chamber'. Here, stalactites and stalagmites with delicate lace-like patterns are found. A short walk along a board walk suspended to the limestone cliff leads to Clearwater Cave. Like most caves in Mulu, Clearwater Cave is the habitat of unique species of plants. One of them, the one-leafed plant can only be found at Mulu; rare species of orchids and pitcher plants can be seen in many locations and photo-sensitive algae grow on certain rocks and have produced needle-like formations that point towards the source of light. Clearwater Cave has a wonderful swimming area shaded by giant rainforest trees.

After lunch we continue by boat upriver to Long Litut from where we start trekking to Camp 5. The three hour walk is through a mixed dipterocarp and riparian forest. Overnight at Camp 5. (BLD)

*NB\* Camp 5 has very basic accommodation, with dormitory style rooms (no private rooms are available) basic toilet facilities and lights powered by solar energy. Sleeping mats and blankets are provided, but please note that the mats are only thin rubber. You may like to bring your own sleeping bag. An early night is in order, for the early start in the morning.*

### Day 4 Friday 25<sup>th</sup> September 2009

#### **GUNUNG API / PINNACLES**

Following breakfast we start to scale Gunung Api for the limestone pinnacles. The climb is very challenging and will take about 4-5 hours. We arrive at the Pinnacle summit in time for a packed lunch. Descend back to Camp 5 and overnight. (B, L, D)



### Day 5 Saturday 26<sup>th</sup> September 2009

#### **CAMP 5 - MULU AIRPORT**

We depart camp 5, and trek to Long Litut. We proceed downstream to Park HQ. After lunch, transfer to Mulu airport for flight to Kota Kinabalu. On arrival into Kota Kinabalu you will be transferred to the Beverly Hotel where you will have one night pre-tour before you meet the rest of the group (B, L)

### Day 6 Sunday 27<sup>th</sup> September

**Extension concludes – meet main group**

After breakfast you will be met and transferred with your guide to the airport to meet the rest of the group. You will then all transfer to Kinabalu Park and commence the main tour. (B)

#### **Pre Tour Extension includes:**

- All transport as described in itinerary
- Meals as indicated.
- Entrance Fees and tours as described above.
- Local guides (English speaking).
- International airport transfers.
- Internal airfares: Kota Kinabalu/Miri.
- One night in twin share accommodation at the Beverly Hotel in Kota Kinabalu

#### **Pre Tour Extension does not include:**

- Departure taxes. MYR6 for domestic flights
- Drinks of any kind, laundry, tips and any other items of a personal nature.
- Excess baggage charges - Porters. There are no porters included for the trek to the Pinnacles. Should you require a porter you should notify our office at time of booking. The cost is MYR60 per day (maximum weight 15kg per porter), which can be paid directly to the porter.
- Duty charges for purchases of valuable items such as jewellery.
- Visa for tourist travel in Malaysia is free and obtained on entry.

### **POST TOUR – EXTENSION**

Sabah is also known for its vast array of wildlife, and on this post tour extension we are offering you the opportunity to visit the orangutans at Sepilok, search for the proboscis monkeys along the Kinabatangan River and see the giant turtles at Selingan Island.

#### **Day 5 Thursday 1 October 2009 Fly to Sandakan, Sepilok Orangutan Sanctuary and Kinabatangan River**

Meet and transfer to airport for departure to Sandakan. Upon arrival, meet and transfer to the Sepilok Orangutan Sanctuary where captive orangutans are reintroduced into the wild. You will be able to observe them at their feeding stations

in the rainforest and see a video presentation on the Orangutan's rehabilitation program. You will then transfer back to the jetty in Sandakan for a boat excursion brings you to the pristine mangrove forests along the Kinabatangan River delta in search of proboscis monkeys, birds and reptiles. Lunch is provided in the Abai Jungle Restaurant. Continue by boat to Sukau and after check-in go on a river cruise up Kinabatangan River to Menanggul River in search of proboscis monkeys, birds and other wildlife. Overnight at the Kinabatangan Riverside Lodge. (BLD)

#### **Day 6 Saturday 3<sup>rd</sup> October 2009 To Turtle Islands**

After breakfast, depart by boat to Sandakan jetty and transfer to the for an hour's trip by speedboat to Selingan Turtle Island. Check in at one of the chalets on the island and have lunch at the restaurant. The afternoon is free for relaxing, birdwatching or for snorkeling. In the evening, a Park Ranger will escort you to watch one of the green turtles that have come ashore to lay their eggs. Overnight at the Park Chalets (BLD)



#### **Day 7 Sunday 4<sup>th</sup> October 2009 To Kota Kinabalu**

This morning you will depart early from Selingan Turtle Island (0600) and transfer back to Sandakan. From Sandakan you will take the short flight to Kota Kinabalu and connect with SQ5631 departing Kota Kinabalu at 1030. You will arrive in Singapore at around 1250. You will connect with an evening flight to Sydney departing Singapore on SQ221 at 2035 and arriving into Sydney at 0555 the following morning (B)

## Day 8 Monday 5<sup>th</sup> October 2009

### Arrive Sydney

Arrive Sydney on SQ221 at 0555

#### Post Tour Extension includes:

- Tours & transfers as stated above
- Accommodation (or equivalent), as stated in twin share
- Meals as indicated (B,L,D)
- Entrance fees to Sepilok Orangutan Sanctuary (one visit)
- Flights Kota Kinabalu/Sandakan/Kota Kinabalu
- NB – *This extension tour is seat-in-bus arrangements*

#### Post Tour Extension does not include:

- Bottle water, juices, carbonated and alcoholic beverages
- Any optional tours
- Miscellaneous fees (camera and video fees)
- Airline taxes

***\*\*Please note internal flights in Sabah & Sarawak are subject to change without notice***

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### What you carry?

In your daypack you will need to carry all your required gear for the two day climb, a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. You can pay for a porter to carry your trek pack if you wish. This can be arranged at the Kinabalu National Park.

### Trip Grading

Our Kinabalu Climb is rated moderate and therefore requires a good level of fitness. In preparation for your trip you should be doing at least one hour of good cardiovascular exercise, 3 - 5 times per week for approximately 3 months prior to your trip. Remember the fitter you are the more enjoyable your experience will be.

## Country Information

### Malaysian Borneo

The island of Borneo is host to three different nations. To the south and forming the bulk of the island is Indonesian Kalimantan, whilst in the north the small country of Brunei is wedged between the two Malaysian states of Sabah and Sarawak.

Sabah's Mount Kinabalu at 4093m is the highest peak between the Himalaya and New Guinea. Malaysian Borneo, in particular Sarawak, is covered in dense jungle with large river systems passing through. Land transport can therefore be uncomfortable off the main arteries. A preferred method of travel in Sarawak is by long boat or dug out canoe.

Sabah and Sarawak between them have over 25 different ethnic groups. Both have populations comprising of Malays (around 20%), Chinese and Dayak. Dayaks are non-Muslim Malays and there are said to be more than 200 Dayak tribes in Borneo. In Sabah, the main ethnic group is the Kadazan (25%) whilst Bajau (formerly Sulu Sea pirates) make up 10% and other smaller groups include Murut (5%), Sulu, Tidong and Orang Sungai (River People). Many of these ethnic groups have converted to Islam or Christianity and moved to the cities and towns.

In Sarawak, the largest group is the Iban, formerly headhunters, now principally residing in Long houses along the Rejang and Baram rivers.

Islam is the state religion of Malaysia, although Hinduism, Buddhism, Taoism and Christianity are also practised. Christianity is most prominent in Malaysian Borneo.

### Climate

The weather is like other tropical regions governed by the monsoons. The wet season lasts from October to March, peaking in December and January, although rain can occur at any time during the year. There is a higher level of rainfall in Sarawak than in Sabah. Temperatures vary little throughout the year and reach a maximum of 31°C (88°F) and drop to low 20's°C (68°F) overnight. Inland temperatures can vary particularly in the more mountainous areas where

it can fall to freezing on the summit of Mount Kinabalu.

## Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [<< Click Here >>](#)

## Subscribe To Our E\_News

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, [<< Click Here >>](#) or contact our office.

## Adventure Travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

## How do you book?

Please note that all reservations are subject to availability at the time of booking. Your booking will be held for seven days pending receipt of a non-refundable deposit per person and the completed booking form. The deposit is payable by cheque (made payable to World Expeditions), credit card or direct deposit.

Please fax or post your completed booking form to:  
World Expeditions

Level 5, 71 York St  
Sydney 2000  
Ph: (02) 8270 8400  
Fax: (02) 8270 8401

**Important:** You must be a financial member of Wild Women on Top to join this tour. Please call Di Westaway, Director of WWoT for details. 02 9907 9843 / 0419 612 704

Please download a copy of the Wild Women on Top booking form please go to [www.wildwomenontop.com.au](http://www.wildwomenontop.com.au)

## Pre Departure Information

On receipt of your booking form and deposit (and once minimum group numbers have been reached), World Expeditions will forward detailed pre departure information. This will include such details as recommended clothing lists, vaccinations, documentation and all details to help you prepare for the trip ahead.

## Insurance

Current comprehensive travel insurance is a condition of the acceptance of your booking by World Expeditions. The cost of travel insurance does not form part of the advised price and must be paid additionally. We recommend Suresave, with whom we have been working for several years and have the utmost respect for their product and the handling of claims. Alternatively you may have your own insurance company that you deal with frequently. Travel documentation will not be released to you until evidence of such insurance being in force is provided.

## Final Payment

Final payment by cheque is due 60 days prior to departure. For further information please refer to the terms and conditions outlined on the back of the booking form.

## Single Travellers

The tour price is based on two people sharing a room. If you are travelling as a single, then we will do our best to twin share you with someone of the same gender unless you specify on your booking form that you would like to occupy a single room/tent. In case of the latter, we are obliged to charge a 'single supplement', or if we are

unsuccessful in matching you up with another traveller. For electing a single room throughout, a single supplement charge will apply.

**Important Note:**

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

**IF YOU REQUIRE ANY FURTHER INFORMATION REGARDING ADVENTURE, PLEASE CONTACT DI WESTAWAY ON 9907 9843 AT WILD WOMEN ON TOP. , OR GO TO [www.wildwomenontop.com](http://www.wildwomenontop.com).**

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