

July 1-10, 2010

BORNEO



Mt Kinabalu Summit

FATHER AND SON ADVENTURE TOUR

Ten days of incredible sites and amazing activities. Includes jungle mountain biking, climbing Mt Kinabalu (4095m), white water rafting, and coral reef snorkling.

Borneo is truly a world class adventure destination with the towering granite -topped Mount Kinabalu overlooking incredible forests and amazing tropical islands ringed with coral reefs.

Adventure for Life's Ultimate Borneo Adventure is designed specifically for fathers and sons and is perfect for those who have a spirit of adventure.

Adventure for Life offers a full service tour including pre-tour physical assessments and training programs and the delivery of tour photo journals after the event.

The ultimate adventure is designed to get fathers out of middle aged slumps, open up their kid's horizons, but most of all, having a great time doing it.

Day 01 Arrival Transfer

Dinner

Upon arrival at Kota Kinabalu International Airport you are met by our friendly tour guide and transferred by coach to Palace Hotel for group check in and free at leisure afternoon. Tour Briefing followed by dinner in the Hotel. Overnight at The Palace hotel.

Day 02 Poring Hot Spring / Sabah Tea Longhouse

Breakfast, Lunch, Dinner
Breakfast at Hotel.

0900 hours. Meet at the lobby and transfer to Poring Hot Spring by coach (3hours). In Poring, you can explore the many jungle trails and observe wildlife on the canopy walkway 100 feet above the forest floor. Take a dip in one of the soothing, steaming natural hot springs set in beautifully landscaped gardens. If you are lucky, you might have the chance to see the largest flower in the world 'Rafflesia' nearby in the area. The rest of the day is free at leisure. Lunch at Poring Restaurant.

At 3pm, transfer to Sabah Tea Plantation (30 minutes) arrive and check into the Sabah Tea's Rungus Longhouse Accommodation. Bike preparation and short evening ride. Dinner at Sabah Tea Restaurant.

Overnight at Sabah Tea Rungus Longhouse.



Local village elder

TOUR SITES



Top: Sabah mountains

Middle: Headhunters

Bottom: Malaysia's famed coral reef. Optional Day 10 trip to Kota Kinabalu islands.

Day 03 cycling through the Hinterland of Borneo Breakfast, Lunch, Dinner

Breakfast at Sabah Tea Garden Restaurant.

After breakfast, transfer by coach to Ranau Town and proceeds on mountain bike for approx. 8 hours to Tambunan. (Approx. 80 kilometers). The trip will be challenging with some tough hills and gravel road cycling. The view of the journey with the surrounding mountains and villages can be described as panoramic and scenic. A bus vehicle will trail the group to provide assistance along the way. Arrival at Tambunan Village Resort and stay at the Bamboo Long House and Bamboo Chalets. Dinner in TVRC.
Overnight at Tambunan Village Resort.

Day 04 Cycling Through the Hinterland of Borneo Overnight at the Guesthouse. Breakfast, Lunch, Dinner

Breakfast at Tambunan Café.

This will be a less challenging day, but still quite tough, From Tambunan, the participants will be transferred by coach to Kampong Rompan and cycle all the way to Tenom, (70 kilometers)

approximately distance on off road / gravel and asphalt roads.) The trip is hilly with exceptionally scenic views of padi fields, villages and mountains along the way. Lunch on the way. A bus vehicle will trail the group. Dinner in the Hotel.

Overnight at Perkasa Hotel Tenom.

Day 05 White Water Rafting at Padas River

Breakfast, Lunch, Dinner
Breakfast in the Hotel

After breakfast, transfer by bus to railway station. Approximately 8 am - journey by rail to Pangi station stop along the Padas River. The Padas River gushes through the spectacular Padas Gorge and offers serious rafters the ultimate white water adventure in Borneo. After rafting down the mighty Padas

River, Enjoy a sumptuous Barbecue lunch. At Rayoh station stop, take the train to Beaufort. Transfer by bus to Kota Kinabalu.
Dinner and overnight at The Palace Hotel.

Overnight at the Palace hotel.

(Rafting is not totally confirmed as it is subject to the weather conditions)



**Day 06 Transfer to Kinabalu Park
Breakfast, Dinner**

Buffet Breakfast at Hotel.

1500hrs. Transfer to Kinabalu Park by coach (2 hours). Arrive Kinabalu Park - check in at Rose Cabin and the rest of the evening free at leisure, briefing and dinner in the Hotel.

Overnight at Rose Cabin or similar.

**Day 07 Conquer Mt. Kinabalu
Breakfast, Packed Lunch, Dinner**

Breakfast at Rose Cabin.

Meet at the Lobby and transfer to Park Headquarters. Proceed journey to Power Station (35 mins) by coach. Commence climb to Laban Rata with packed lunch. The climb will take approximately 4 hours. Check-in Laban Rata Guesthouse and the rest of the afternoon is free at leisure.

**Day 08 Conquer Mt. Kinabalu
Breakfast, Lunch, Dinner**

Wake up as early as 2AM for light breakfast. Depending on fitness, Depart Laban Rata between 2.30 and 3.20am to commence to the summit with torchlight. The climb will take about 3 hours. Witness the beautiful sunrise at the summit at 0600 hours. Descend to Laban Rata Guesthouse for full breakfast. It takes about 5 to 6 hours down hill walking from the peak to Power Station / Timpohon Gate. Transfer to Park HQ to collect certificate and Lunch at Balsam restaurant. Transfer back to Kota Kinabalu and overnight at 5 Star Pacific Sutera Resort.

**Day 9. Free at Leisure
Breakfast, Dinner**

Breakfast in the Hotel

Free at leisure for the day. Snorkeling tours available.

Farewell dinner at hotel.

Overnight at Pacific Sutera Harbour.

**Day 10 Departure Transfer
Breakfast**

Breakfast in the Hotel

Morning free at leisure.

Meet at lobby and transfer to airport for your departure flight.

Package:

Inclusive Of:

Accommodation (Twin share unless otherwise stated)

- The Palace Hotel Kota Kinabalu (2 Nights)
- Dormitory Accommodation at Sabah Tea Longhouse or equivalent (1 Night)
- Tambunan Village Resort Centre base (1 Night)
- Perkasa Hotel Tenom (1 Night)
- Rose Cabin (1 Night)
- Dormitory Accommodation at Laban Rata / Gunting Lagadan. (1 Night)
- Pacific Sutera Hotel (2 Nights)
- One English speaking guide, staff and mountain guides.
- Australian tour leader with paramedic or wilderness first aid training.
- 3 days / 2 nights Kinabalu summit trekking programme,
- 2 days Mountain Biking - From Ranau to Tambunan to Tenom. Inclusive of Mountain Bikes, Helmet and support vehicles.
- Full day rafting at Padas River (One run)
- Meals as stated.
- Ground transportation inclusive of train charter.
- All entrance fee to the Parks.
- Paramedic support from Sabah Tea Long house to Tenom.
- Mineral water for the cycling and rafting portion

Adventure for Life's group

programs are designed to bring fathers and their children together, by promoting physical and emotional well-being.*



Adolescence is often a very difficult time for boys and girls (and parents too), and risk taking is a very important part of growing up. Many teenagers will push boundaries in unhealthy, illegal, and dangerous ways.

Our group tours involve taking adventurous journeys and minimising the risks along the way through sensible planning and decision making. Highly trained guides will promote safety and ensure all parties have a sense of achievement by the end of the tour.

Our programs are designed for various aged boys and girls. We also have a "breaking away" adventures for 18-20 year old young men and women, who want to do something spectacular as they enter adulthood.

Our adventures will challenge fathers, daughters and sons, encourage self-confidence, and provide an environment where family ties are strengthened.

*We encourage you to break away from the everyday, get away from computers, X Boxes, and the TVs, and have an **Adventure for Life.***

Yours in Adventure

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