

# EXPLORE!

## TRIP NOTES



### Comfort Itinerary Version (TMBO3)



TRIP DURATION  
**14**  
DAYS



**Tour Type:** Tailormade

**Trip Code:** TMBO3

### Trip Essentials

**Accommodation:** 1 night Hotel  
4 nights Standard Hotel

**Included Meals:** 12 breakfasts, 7 lunches, 5 dinners

**Transport:**

**Countries:** Borneo



## Tailormade Borneo Uncovered

### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

### Your trip itinerary

#### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

#### Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

### DAY 1 Fly to Borneo

Fly to Borneo.



 **Included Meals:** None

## DAY 2 Arrive in Kuching


Arrive in Kuching. The afternoon is free for you to explore at your leisure; why not visit the Tua Pek Kong Chinese Temple, the oldest in Sarawak or the Chinese History Museum which documents the Chinese community in Sarawak; or wander the streets and discover the colourful local markets, spice shops and colonial buildings.

 **Included Meals:** None

## DAY 3 Semenggoh Orang-utan Rehabilitation Centre


Early this morning you depart Kuching to visit the Semenggoh Orang-utan Rehabilitation Centre that is home to these endearing apes, honey bears and other protected species of wildlife, rescued from captivity. The animals are then carefully nurtured and rehabilitated back into their natural surroundings. Depending on the time of your visit, you may be able to witness the feeding of the orang-utans. Your journey continues passed paddy fields, pepper plantations and local villages before stopping for lunch at the tiny town of Lachau. On arrival at the Batang Ai Dam, you will take a short boat ride across the lake to your hotel.

Overnight: **Hotel**

 **Included Meals:** Breakfast, Lunch

## DAY 4 Iban villlage visit

Enjoy a traditional longboat ride on the Lemanak River to a Iban longhouse. The Iban people who live along the river were once known to be the most fearsome pirates and headhunters. Thankfully they live in harmony now as farmers and fishermen. While here you will have the opportunity to learn more of their traditional way of life, eat lunch, drink tuak (a potent rice wine) and even learn to use a blowpipe. Afterwards, return to Kuching.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 5 Bako National Park

Today, you visit Bako National Park, which covers 16 sq km of primary forest. There are 25 types of vegetation ranging from lush cliff and lowland forests to almost desert-like scrubs on the upper plateau. The mangrove forest provides a home for endemic proboscis monkeys, long-tailed macaques, silver-leaf monkeys, monitor lizards, deer and wild boars; take a jungle walk on the lookout for wildlife.

 **Included Meals:** Breakfast, Lunch

## DAY 6 Cookery class

Learn to cook Sarawak style! Learn about local fruits and vegetables at the local market before heading back to the kitchen. You will learn how to cook local dishes for a three-course meal and then enjoy eating it. You will also be able to take home a an easy-to-follow cookbook so you can recreate the dishes back home.

 **Included Meals:** Breakfast, Lunch

## DAY 7 Fly to Mulu

Fly to Mulu National Park; Mulu is famous for its rich biodiversity, having both hill and swamp forest. There are many species of wildlife here, including over 200 species of birds and glorious butterflies.

 **Included Meals:** Breakfast, Dinner

## DAY 8 Mulu National Park

After breakfast, transfer by longboat to Wind and Clearwater Cave and enjoy a picnic lunch beside the beautiful Clearwater spring; swim and relax before returning downriver to Park Headquarters. Then, take a walk to Deer Cave, reputed to be the largest unmapped cave passage. At dusk, see millions of bats returning to their cave homes.

 **Included Meals:** Breakfast

## DAY 9 Fly to Kota Kinabalu

Morning transfer to the airport for your flight to Kota Kinabalu.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

## DAY 10 Klias Village


This morning is free for you to relax. This afternoon you'll head south of the city to Klias Village and take boat cruise in search the long-nosed proboscis monkey, long-tailed macaques, silver langurs and among the mangroves you may also see alligators. Klias is also great for birdwatching but the real attraction happens at sunset when thousands of fireflies light up the trees along the riverbank. Enjoy a Malay dinner prepared by local villagers before returning to the city this evening.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Dinner

## DAY 11 Kinabalu National Park


Kinabalu National Park was one of Malaysia's first national parks and is an UNESCO World Heritage Site. It is home to South East Asia's highest mountain, Mt. Kinabalu, and has a great biological diversity. At 450m, you are in tropical lowland forest, dense with vegetation and thick bamboo. You can cross a tree top walkway 60 m above the forest floor or perhaps you prefer to take a relaxing soak in a hot spring. Continue your explorations of the national park with a stay in Kiau village, in the foothills of Mount Kinabalu. Enjoy a meeting the villagers and watching a traditional tribal dance, before settling down in your homestay.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 12 Village walks

Wake up to magnificent views of Mount Kinabalu. Embark on a walk around the village, Japanese Trail walk, visit a pineapple farm to see how they grow and, depending on the season, you may pluck one for cooking with the host family. Relax and chat away with locals after lunch, before heading back to Kota Kinabalu.


Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Lunch

## DAY 13 Sapi Island

Take a speedboat ride to Sapi Island. Enjoy a BBQ lunch, plus time for swimming and snorkelling in crystal clear waters. Back in Kota Kinabalu you'll have a dinner and watch a cultural show of Borneo's ethnic tribes.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 14 Fly to the UK

Depart Borneo and arrive in the UK.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Food & Drink

Included meals: 12 breakfasts, 7 lunches, 5 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Borneo

**Lunch £:** 3.50

**Dinner £:** 6.00

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Borneo

**Bottle of Beer £:** 3.00

**Water £:** 0.25

## Foreign Exchange

#### Borneo

**ATM Availability:** In all major towns.

**Credit Card Acceptance:** In major restaurants and department stores.

**Travellers Cheques:** Can be exchanged at international banks in Miri and Kota Kinabalu.

**Local Currency:** Malaysian Ringgit.

**Recommended Currency for Exchange:** It's easy to change British pounds and USD into Ringgit once in Borneo

**Where to Exchange:** Most major towns - your Tour Leader will advise you on arrival.

## Joining your Trip

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

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The Adventure Travel Experts

CAMPBELL IRVINE  
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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### Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Vaccinations & Protection

#### Borneo

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, diphtheria, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

## Preparing for your Trip

### Climate

#### Borneo

Temperatures are high all year round, between 23°C at night to 32°C during the day. Borneo is tropical and only lies a few degrees north of the equator. Rainfall can be expected at any time of year though will be greater between November and January. Seasonal weather patterns can be unpredictable. For up-to-date information on the weather worldwide please visit [www.bbc.co.uk/weather](http://www.bbc.co.uk/weather).

Luggage allowance on trip:

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

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## General Information

### Country details

#### Borneo

**Population:** 18.59 million

**Size of Country:** 743,330 km<sup>2</sup>

**Major Language:** Malaysian

**Religion:** Muslim, Christian

**Time Difference to GMT:** +8

### Electric Supply & Plugs

#### Borneo

3 Pin Flat

## Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family-run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO<sub>2</sub> from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

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## Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

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## 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

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## Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 3 itinerary versions are applicable to tours departing in 3. 4/ itinerary versions are applicable to tours departing from 1st January to 31st December 4.

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