

# **SECRETS OF THE RAINFOREST**

## **DAY 1 FLY TO KOTA KINABULU**

Fly from a London airport to Kota Kinabulu.

## **DAY 2 ARRIVE IN KOTA KINABULA**

In the morning after your overnight flight you will be greeted at the airport by our local guide and taken by coach directly to Kinabalu National Park. The rest of the afternoon will be free to prepare yourselves for the start of your climb to Mount Kinabalu in the morning.

## **DAY 3 MOUNT KINABULU**

This morning after breakfast we will begin our climb to Mount Kinabalu. We will have a break for packed lunch. Continue to Laban Rata. Dinner and overnight at Laban Rata (midway to Mount Kinabalu summit).

## **DAY 4 MOUNT KINABULU**

Rise early in the morning and have breakfast. Continue our climb to the Mount Kinabalu peak. Descend and proceed for lunch at a restaurant, afterwards depart for Sabah Tea to check into a longhouse. Tonight we will stay overnight and have dinner at the Longhouse.

## **DAY 5 SABAH TEA**

This morning students will proceed for Sabah Tea factory for a processing tea educational tour.

After lunch, depart for Poring Hot Spring. Students will experience canopy walk with the guide. In the afternoon we will then get the chance to stroll amidst the canopy of the Menggaris tree - the King of the Forest. In the evening we shall stay overnight and have dinner at Sabah Tea longhouse.

## **DAY 6 SABAH TEA**

Breakfast will be served at the longhouse and students continue the Sabah Tea tour. In the afternoon after finishing the tour, we will depart for Sapaon Survival Campsite. At the campsite we will be doing some obstacle crossing and more survival skills will be practiced.

After a long day at the campsite the group will be presented with certificates at a presentation. Finally we will return to the longhouse for dinner and stay overnight.

## **DAY 7 SEPILOK ORANG UTAN SANCTUARY**

Today we will check out from Sabah Tea longhouse and transfer by land to the east coast of Sabah. After the journey over we will have lunch in Sandakan.

In the afternoon we will depart for Sepilok Orang Utan Sanctuary for a fascinating insight into the conservation of these endearing apes. Trek 10 minutes through the rainforest on wooden plank walks to witness the feeding of the Orang Utans. Proceed to either walk along a nature trail to see vegetation & animal life in the rainforest or watch nature video

programme at the Nature Education Centre. In the evening we will return back to the hotel at Sandakan for dinner.

#### **DAY 8 KINABATANGAN RIVER**

After breakfast at the hotel in Sandakan we will transfer to Sandakan jetty for an estimated two-hour boat journey along Kinabatangan River, Sabah's longest river. After the journey we will check in at a stop longhouse at Miso Walai.

In the afternoon we will continue the tour with local naturalist guide who is on hand to interpret more than 7 different local rainforest types and habitats, more than 200 bird species including 9 hornbill species and other rare and spectacular birds.

Finally we return to Miso Walai just by the Kinabatangan River for dinner and an overnight stay.

#### **DAY 9 KINABATANGAN RIVER**

Today we will take a river cruise in search of some of the 10 primate species including Proboscis monkeys as they settle down on treetops along the Kinabatangan River. In the evening we will have dinner and a slide show conducted by naturalist guide.

#### **DAY 10 DANUM VALLEY FIELD CENTRE**

Today we will depart for Danum Valley. On arrival check in to Danum Valley Field Centre.

After settling in we will be given a tour of the area by the local guides. It is an ideal location for nature and adventure tourism, with jungle trekking, wildlife photography and bird watching particularly popular, and its many interesting places as well as the richness of its fauna and flora. After a long and exciting day at the field centre we stop for dinner and stay overnight.

#### **DAY 11 DANUM VALLEY FIELD CENTRE**

Today we continue are tour of the Danum Valley field centre. In the afternoon we continue exploring the largest remaining area of undisturbed lowland dipterocarp forest in Sabah. Stay overnight at the field centre

#### **DAY 12 DANUM VALLEY FIELD CENTRE**

After breakfast we continue are tour of the Danum Valley field centre. After lunch we continue exploring Danum Valley. In the evening we will stay overnight and have dinner.

#### **DAY 13 DANUM VALLEY FIELD CENTRE**

After breakfast we continue are tour of the Danum Valley field centre. After lunch we continue exploring Danum Valley. In the evening we will stay overnight and have dinner.

#### **DAY 14 DANUM VALLEY FIELD CENTRE**

After breakfast we depart from Danum Valley Field Centre. On route we stop off at Lahad Datu town and have lunch at a local restaurant in town before the departure of your flight back to Kota Kinabalu city.

Arrive Kota Kinabalu airport and transfer to Likas Square Service Apartment. Dinner will be at Kampung Nelayan Seafood Restaurant with cultural performance performed by the locals.

**DAY 15      KOTA KINABALU BIRD SANCTUARY**

After breakfast we will depart for Kota Kinabalu Bird Sanctuary. After lunch we depart Kota Kinabalu international airport for are flight back to the UK.

**DAY 16      ARRIVE IN UK**

Today we arrive back in the UK.