

Frequently Asked Questions

Is this trip for me?

ABSOLUTELY!! This challenge is suitable for people of all ages (minimum 17 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This adventure has been designed to be challenging, but achievable by anyone as long as you fitness train before hand. Remember, you are trekking for 2 consecutive days, in high altitude and in varied temperatures – the fitter you are the more you will enjoy this Challenge. In addition, you are cycling for two long days in a mountain range – a good cardio-vascular fitness is essential. Trekking and cycling training tips can be found on the Global Adventure Challenge website to point you in the right direction.

Where will we stay?

Whilst in Kota Kinabalu, we will stay in a Hotel, twin rooms with en-suite washing facilities. Whilst we are on the mountain, we will stay in a lodge which is very basic – participants may want to bring their own sleeping bag liners for personal hygiene. All other accommodation will be in pleasant lodges/hotels with en-suite washing facilities available.

Do I need specialist Kit?

We will supply you with a kit list of what to take once you register for this Challenge. Apart from some broken in trekking boots, cycling shorts, and maybe some trekking poles, you do not need any specialist kit. Cycling helmets can be provided but you may wish to bring your own. All rafting equipment is also provided.

Do I have to carry my own luggage?

No. All participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera etc) and your luggage will be transported from accommodation to accommodation by our vehicles. You will need to carry some overnight items for the trek up Mt Kinabalu.

Food matters.....

All meals will be provided. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your Registration Form enclosed. Malaysian food is very varied and nutritious with plenty of vegetables, noodles and rice.

What's included?

Return flights from London Airport to Kota Kinabalu, all transfers, all accommodation, all meals and Celebratory Dinner, professional English speaking local guides for trek, permits and National Park Fees, bicycle hire with helmet, one run on Padas River with river guide, Global Adventure Challenge Expedition Leader from the UK, Comprehensive Medical Kit.

What's not included?

Personal Airport Taxes – these are approx. £110 and payable 6 weeks prior to departure, personal travel insurance – this must be taken through GAC, Fuel Surcharge (if applicable), Visa (if applicable), Gratuities, Alcoholic Drinks and your own kit (trekking boots, cycling shorts etc).

Can I stay in Malaysia after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come first served basis. Those wanting to request an extension should contact Global Adventure Challenges on 0870 460 8991 as soon as possible. There is a £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support Team with professional Global Adventure Challenge Leaders from the UK, as well as local guides. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed.

What happens if I get tired?

There will be regular rest stops where we can drink and eat some snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group on both the cycle ride and trek up Mt Kinabalu, ensuring no-one is left alone – remember though, this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – Mt Kinabalu is approx 4,095m

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude. However, the fitter you are the better you will cope whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek and the number of highly trained experts in the support Team.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from the Charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested.....what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You will need to fill in the enclosed Registration Form and Medical Questionnaire and post it back to Global Adventure Challenges along with the Registration Fee – all payment options and costs are explained on the enclosed information sheet. Once your Registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! The Charity will also be in contact with you to discuss your fundraising.



BORNEO

The Ultimate Challenge

Join us on the island of Borneo for the ultimate multi-activity challenge – Trek Mount Kinabalu, Cycle the Crocker Range then raft the Padas River – a truly wild Charity Challenge!

Your Challenge...



Join us on this tropical Challenge of a lifetime as we explore one of the most stunning islands on the Globe – Borneo.

Taking place in the Sabah region of Borneo within Malaysia, this ultimate multi-activity Challenge is an amazing adventure taking you through lush rainforests, high mountain summits, fast flowing rivers and tropical jungles – home of the Orang-utan.

Our Challenge starts with a two day trek to summit Mt Kinabalu (4,095m) – the highest mountain in South East Asia. From tropical jungle to its granite summit, it is the focal point of the stunning Kinabalu National Park.



Following the success of our summit climb, we then proceed with a 2 day, 170km on and off-road cycle challenge through the breathtaking Crocker Mountain Range, known as the 'spine of Sabah'. This challenging scenic bike ride will take us through the undulating hills of the Crocker's past many ethnic villages and paddy fields, famed for its orchids, Orang-utans and unusual plants.

We then finish the Ultimate Charity Challenge rafting down the awesome Padas River- a white knuckle ride you'll remember forever.....

Read on as Borneo delivers a feast.

Itinerary at a glance

Day 1 – Depart UK

Day 2 – Arrive at Kuala Lumpur Airport and catch flight to Kota Kinabalu. Upon arrival, we transfer to our Hotel for Challenge briefing and evening meal.

Day 3 – After breakfast at our Hotel, we transfer to Kinabalu National Park. We will then check in to our accommodation and the rest of the day is free at leisure in order to acclimatise to this new environment.

Day 4 – Conquer Mount Kinabalu (4,095m / 13,435ft)

After the short transfer to the Park Office for registration, we start trekking on the summit trails, covering the many steps through lush rainforest as we head closer to our destination – our accommodation on the mountain – Laban Rata – 3,200m.

Day 5 - Conquer Mount Kinabalu (4,095m / 13,435ft)

Breakfast is at approx. 2am! Armed wearing our head torches, our trek to Lows Peak (summit) will take approx. 3 hours and we aim to see the sunrise over the whole of South East Asia – a sight definitely not to be missed!

We then descend from the mountain to our accommodation glowing with the success of our accomplishment.

Day 6 – After our breakfast we take a transfer to Poring Hot Spring. Today is a well deserved rest day after the previous days mountain climb – ideal preparation for the tough 2 days cycling ahead.



Day 7 – Cycling the Crocker Range

Following our breakfast, a short transfer takes us to Ranau Town, where we will customise our bikes. We start our cycling Challenge from Ranau Town – destination is Tambunan, approx 80km.

Day 8 – Cycling the Crocker Range

This will be another testing day! From Tambunan, we take a very short transfer to Kampong (meaning 'village' in Malay) Rompan where we don our helmets again and take to the Mountain Road cycling all the way to Tenom (approx. 90km on and off road)

Day 9 – Rafting the Padas River

Today we embark on our third and final discipline to end this amazing adventure – to raft the rapids of the Mighty Padas River. The Padas gushes through the spectacular Padas Gorge and offers rafters the ultimate white-water adventure in Borneo.

We then take the train back to Beaufort and upon arrival we will transfer to Kota Kinabalu. This evening we have a Presentation Dinner to celebrate our achievements.

Day 10 – The morning is free at leisure until we transfer to the Airport for our flight home in the afternoon.

Day 11 – Arrive UK.

(Itinerary correct at time of printing, but subject to change)