

School Itinerary, 20D19N In-country

1. Depart UK
2. Arrive KK, check in at hostel, briefing / orientation, city tour
3. Transfer 45 mins to Ranggalau Camp, "supermarket trek", swim, sleep next to beautiful Kiulu river at Ranggalau Camp
4. Mountain biking in Kiulu valley, sleep at Ranggalau Camp
5. Cycle and/or trek to Kampung Sinansag, cultural show, sleep in hammocks
6. Trek 4-5 hrs to Rungus Nahaba, sleep in community hall or hammocks
7. R&R at Rungus Nahaba, short trek to river for swim and riverside picnic
8. Trek R Nahaba 5-6 hrs to Pekan Nabalau, a quick look at the market, and transfer 40 mins to Rose Cabin at 1500 mtrs altitude directly facing the iconic Mt Kinabalu (which we climb tomorrow!)
9. Trek from 1800 mtrs ASL to 3280 mtrs Laban Rata, sleep in mountain resthouse on Mt Kinabalu
10. We get up at 2.30am to attempt the summit, witness sunrise and a few photos and we descend, o/n at Rose Cabin
11. R&R, o/n at Rose Cabin. Options include a visit to the Kundasang War Memorial, Kundasang fruit and flower market, Poring Hot Springs
12. Bus 5 hrs to Sepilok, visit Rainforest Discovery Centre, heaps of biology to learn here, there's also a very long canopy walk to see flying squirrels at dusk – quite an amazing place to visit. Sleep at Sepilok
13. 10 am visit to Orangutans, conservation video, lunch, then transfer 2½ hrs to Bilit village on the mighty Kinabatangan, evening wildlife cruise (chance to see wild orangutans and other animals – pygmy elephants, proboscis monkeys, macaques, hornbills, crocs, and more, sleep with homestay host (night trek to see nocturnal animals). Bilit homestay
14. Dawn wildlife cruise, Bilit community project, night cruise, sleep at homestay
15. Bilit Water tank Project, more cruises or night activities, sleep at homestay
16. Bilit Project, cultural show, sleep at homestay
17. 7-8 hrs bus transfer back to KK, time to explore more of the vibrant city tonight
18. Rafting at Kiulu.
19. A day on a tropical island Day for some sea, sun, sand and snorkel and ride the island-to-island zipline the *Coral Flyer*
20. Second Island Day for relaxation/snorkelling/diving
21. We depart KK