

Further Information



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions.

Please do take into account your own personal preferences and common sense!

We welcome feedback on how this document can be improved upon your return from your Challenge.

Mount Kinabalu Trek

The granite summit of Mount Kinabalu rises 4,101m (13,455 feet) above the rain forest in the Kinabalu National Park. It is the highest peak in the Malay Archipelago, and you will be accompanied by an experienced mountaineer. It is suggested you wear your hiking boots for this part of the Challenge.

In addition, please bring enough warm clothing for evening, as temperatures on the mountain can fall to freezing point. Layering of natural fibres is recommended. All clothes taken on the climb should be packed in plastic bags in case of rain. Rain and wind wear, gloves, hat are a must. Please remember to take high-energy foods such as chocolate, nuts, raisins and high glucose foods, to replenish your energy.

A water bottle and a good head torch are essential and in case of rain, it is recommended you carry a complete set of dry clothes and a second pair of shoes with you. At the rest house, you may wish to change into a pair of sandals.

Cycling the Crocker Range

All participants must wear an approved cycle helmet - these can be supplied to you if you do not wish to bring your own. Mountain bikes will also be provided. If you wish to use toe clips or clip-less pedals, please bring these with you, together with your own gel saddle if required. Participants might also like to wear knee and arm pads during the cycling. The group will be followed by a support vehicle carrying cycle mechanic, spare parts, spare cycle, first aid kit, sick/injured/weary cyclists.

The cycling is classed as a tough ride, so all participants should definitely complete some cycling training prior to the Challenge.

Rafting the Padas River

The white-water rafting is rated at grade 3-4. The Ground Operator reserves the right to change the venue, should the condition of the water prove to be above the level of grade 4. Contact lenses are not advisable for this part of the Challenge.

Climate and Temperatures

Borneo enjoys a hot and humid climate. As you would expect, temperatures are relatively high and can range from 30°C to 33°C. The tropical climate is experienced throughout the year, and the rainy season extends from October to beginning of February.

Guides

As well as the Global Adventure Challenge representative, there will also be at least one English-speaking guide in attendance throughout the trip.

Valuables

No storage is available for valuables during the trip, except when participants are staying in hotels. Participants are asked, therefore, to be careful concerning valuables taken with them.

Currency

This is the Ringgit. It is relatively easy to exchange Sterling or American Travellers Cheques in the main towns. It is important to note though, that Scottish Notes are not accepted.

Time

GMT + 8 hours



Tipping

Obviously this is up to the individual, and whether or not you are happy with the service provided. However, an amount of RM80 can be used as a guideline.

Passport/Visa

British Passport holders do not require a Visa.

Washing and Bathroom Facilities

These are available throughout the Challenge.

Medical Support

There will be a First Aid Kit kept in the coach, together with a Paramedic and Ambulance.

Health

The immunisations given below are a guide only.

You must discuss your own particular needs and contra-indications to vaccines or tablets with your doctor or practice nurse.

Immunisations – confirm those recommended for use in Britain are up to date, especially those for children and adult boosters of tetanus.

Courses or boosters usually advised – hepatitis A; typhoid.

Vaccines sometimes advised – poliomyelitis; diphtheria; tuberculosis; rabies; hepatitis B; Japanese B encephalitis (risk is minimal in western peninsular Malaysia). Yellow fever certificate required if entering from an infected area.

Fact File

- **Full country name:** Federation of Malaysia
- **Area:** 329,750 sq km
- **Population:** 23 million
- **Capital City:** Kuala Lumpur
- **Currency:** Malaysian Ringgitt
- **People:** 50% Malay, 33% Chinese, 9% Indian, plus indigenous tribes
- **Language:** Malay, English, Tamil
- **Religion:** 52% Muslim, 17% Buddhist, 12% Taoist, 8% Christian, 8% Hindu, 2% tribal
- **Major Industries:** Tin, rubber, palm oil, timber, oil, textiles, electronics
- **Major Trading Partners:** Singapore, Japan, USA
- **Climate/Temperature:** Malaysia is hot and humid all year so you're going to have sunshine pretty much whenever you visit. It is, however, best to avoid the November to January rainy season on Peninsula Malaysia's east coast. The time to see turtles on the east coast is between May and September.