

# ADVENTURE LIFESIGNS BORNEO

21 DAYS | FRENHAM HEIGHTS SCHOOL | SUMMER 2024



## BORNEO

Visit the island of Borneo and all its splendour in the Summer holidays with Adventure Lifesigns expeditions

## OUR SERVICES

Adventure Lifesigns specialise in providing bespoke UK-based outdoor programmes and overseas expeditions for both the youth and adult markets. If you are looking for an overseas expedition, medical, safety training course or team building session, you have come to the right place! We pride ourselves on high quality customer service.

A land steeped in mystique, offers a wealth of opportunities for jungle trekking, snorkelling and caving. Your jungle trek will take place in the depths of Sarawak, where your guides will explain the rudimentaries of jungle survival as well as viewing unspoiled primary jungle and trekking to the world famous limestone pinnacles. Having returned from the trek, you will move to Kuching, where you will have the opportunity to come face to face with the true 'wild man of the jungle' – the Orang-utan!

**COST FROM**  
**£4,120**

Trek with our highly qualified and experienced expeditions leaders and medics in some of the most breathtaking landscapes!

**DAY ONE**

The team need to be at the airport 3 hours prior to departure. Fly to Borneo.

**DAY TWO**

When the team arrives in Kuching, they will take airport taxis to their pre-booked hostel. Overnight in Kuching.

**DAY THREE**

Today the group will take the public bus and visit the Orang-utan Sanctuary. Overnight in Kuching.

**DAY FOUR - SIX**

the team will fly to Miri and then on to Limbang and have the opportunity to explore Mulu National Park and it's bat caves.



*"I have been impressed with the professionalism and safety support provided by Adventure Lifesigns."*

Harton Community College, Borneo Expedition

**DAY SEVEN - ELEVEN**

The team will be working in Batu Bungan with the Penan Tribe. Alongside this project work there will be opportunity to help at the local primary school nearby with English language workshops.

**DAY TWELVE**

Today the team will fly to Kota Kinabalu and explore the town.

## EXPEDITIONS WITH A PURPOSE

**DAY THIRTEEN – SIXTEEN**

The team will transfer onto the islands, where they will complete their PADI Open Water course.

**DAY SEVENTEEN - NINETEEN**

The team will travel to the base of Mount Kinabalu headquarters before beginning their ascent of Mount Kinabalu (4,095m). During the trek, the team will be accommodated in huts.

**DAY TWENTY**

R&R day exploring the markets and sights of Kota Kinabalu.

**DAY TWENTY ONE**

Today the team will begin to travel back to the UK, arriving back in UK in the late evening.

*Note: Due to the nature of overseas expeditions, itineraries may change at short notice.*

