



"IN THE FOOTSTEPS OF HEROES"

KOKODA

Spirit

PO Box 7293
Sippy Downs Qld 4556
Australia

Tel/Fax: (07) 5445 2758
Mobile: 0437 473 900

Email: kokodaspirit@bigpond.com
Website: www.kokodaspirit.com
ACN 111 575 378

SABAH BORNEO

THE SANDAKAN-RANAU DEATH MARCH

Kokoda Spirit is proud to introduce their latest treks in Sabah Borneo "In the footsteps of heroes".

Borneo is the land of undiscovered treasures offering enriching cultural experiences and natural wonders.

From the vibrant capital of Kota Kinabalu to the majestic Mount Kinabalu, the highest in South East Asia, Sabah will spoil you with its laid-back lifestyle and tropical splendour.

Set between the coral reefs and rainforests with world-class resorts and hotels, Sabah is South East Asia's premier nature adventure destination.

Visit secluded beaches, jungle trek in the "footsteps of heroes", explore caves, try white water rafting, dive in remote tropical islands, explore for Orang-utan visit longhouses and immerse yourself in culture.

Kokoda Spirit have designed our "In the footsteps of heroes" tours to enable you to satisfy your adventurous needs while allowing you time to shop, relax and take in the mesmerising and delightful culture.

Day 1

Depart home Capital on Royal Brunei Arrive in Brunei and transfer to flight to Kota Kinabalu, Sabah We then overnight at the Shangri-La's 5 Star Tanjung Aru Resort.

Day 2 (BF)

Transfer from your hotel to the jetty for your boat ride to Gaya/Sapi Island where you can relax on the beach, swim in the warm waters, explore the island then enjoy a sumptuous BBQ lunch. This evening we feast on fresh seafood at the night markets.

Day 3 (BF)

Today we spend enjoying the delights of this wonderful country. You may choose to raft down the Papan or Kiulu River, ride the North Borneo steam train to Beaufort, shop or indulge yourself with a massage. (Note: activities at own cost)

Day 4 (L&D) Early morning flight from Kota Kinabalu to Sandakan. From airport, transfer to Sepilok, to visit the famous Orang Utan Rehabilitation Centre, before proceeding to Sandakan Memorial Park, the site of the Sandakan POW Camp. After lunch at a local restaurant, view the magnificent Windows of Remembrance at St Michael's Church before checking in at Hotel Sandakan. Dinner at local restaurant.



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Day 5: (all meals)

Today is a warm-up walk. After an early breakfast, depart by road for Bauto, and early lunch. The trek begins with a steep climb above the Labuk River, and a fairly challenging descent through thick rainforest. Overnight accommodation at Forestry Rest House. Full trek, 3 hours' duration; Highlights, 2 hours. Medium grade.

Day 6: (all meals)

A physically challenging trek through primary jungle, with steep ascents and descents. Highlight walkers exit after a picnic lunch, and transfer to the Forestry Rest House, while Challenge walkers tackle the next mountain. Full trek, 6 hours' duration; Highlights trek, 4 hours. Hard grade.

Day 7: (all meals)

Follow old vehicular road, then foot/estate tracks to Taviu village, passing through forested/cultivated land with numerous creek crossings, and some open sections. Overnight at Forestry Rest House. Full trek, 8 hours' duration; Highlights trek, 4 hours. Medium to hard grade, depending on the heat.

Day 8: (all meals)

After crossing Taviu River, follow various tracks to Taviu Hill, where a mystical experience concludes with a fairly exhausting climb through very steeply forested terrain to the summit. After lunch, Highlights walkers transfer to a nearby village, while Challenge walkers continue along Liwagu Valley, passing through cultivated land with numerous river crossings. After a visit to Paginatan village, transfer to Sabah Tea Plantation for overnight rest house accommodation. Full trek, 7-8 hours' hours duration; Highlights trek, 5 hours. Medium to hard grade, with a steep uphill section.

Day 9: (all meals)

Transfer to Nabutan, enjoying a cultural experience along tracks which pass through forested/cultivated land to Nalapak. After lunch, Challenge proceeds to Muruk, before transfer back to Sabah Tea Estate for overnight stay. Full trek, 7 hours' duration; Highlights trek, 4 hours'. Easy to moderate grade, with uphill sections.

Day 10: (all meals)

Transfer to Muruk village. Challenge walkers begin steep ascent up Marakau Hill, to meet Highlights walkers who have been transferred by vehicle. All participate in a short steep trek



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through jungle, before descending and crossing Ranau Plain for lunch and inspect POW Camp sites. Transfer to at Kundasang (Mt. Kinabalu), for overnight stay at Perkasa Hotel. Full trek, 5 hours' duration, moderate to hard grade, with extensive uphill section. Highlights trek, 2-3 hours with short steep ascent.

Day 11 (BF)

This morning visit the magnificently restored Kundasang War Memorial to participate in a dawn service. We then travel to Kinabalu National Park, before selecting your option for the rest of the day.

Option 1:

After lunch at Kinabalu Rose Cabins, return to the Kota Kinabalu by vehicle for a well-earned rest, or you may wish to spend the afternoon and evening shopping or enjoying another sumptuous seafood feast at the local markets.

Option 2:

Commence climb up Mt Kinabalu with experienced guide. Mt Kinabalu is a challenging but non-technical climb, so suitable for most fit people. We overnight at Laban Rata rest house, which is at 3272m.

Day 12 (BF&D)

Option 1:

Early morning departure by plane for Labuan. A visit to the Commonwealth War Graves Cemetery, where the remains of Sandakan's POWs are buried, is followed by a tour of the island and lunch at a bay-side restaurant, before departing by air-conditioned ferry for late afternoon arrival in Kota Kinabalu. Walk or take taxi back to hotel, before joining the group for a final dinner.

Option 2:

After an early breakfast the following morning complete the remaining section to summit at Mt Kinabalu – 4101m - in time for a magnificent sunrise. Commence descent back to 1800m, before transferring back to Kota Kinabalu for final dinner with the group.

Accommodation Kota Kinabalu Nexus 5 Star Beach Resort

Day 13 (BF)

Relaxation Day at Nexus 5 Star Resort

Day 14 (BF)

We depart Kota Kinabalu for home capital.

BF =full breakfast, L = lunch, D = dinner



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Price \$3995.00 per person

Fully Escorted and Includes International Airfares.

Trek Dates

15 April 2008, 3 May 2008, 30 June 2008, 12 August 2008

What's Included

International Air fares

Airport/Hotel/Airport pick up & drop off by private car/van/bus.

Standard accommodation in 4/5 star hotel in Kota Kinabalu, breakfast included

Standard accommodation in 4/5 star hotel in Sandakan, breakfast included

Lunch and dinner at Sandakan restaurant

All your standard meals (breakfast, lunch and dinner) during the trek.

Tea House/Lodge accommodation during the trek.

Your local Trekking Guide, who is highly experienced and the holder of a current Malaysian Government Licence for the duration of the trek.

An Australian Trekking Guide during the trek.

A support vehicle to transport your luggage during the trek.

Food, accommodation, salary, insurance, equipment, medicine for all Guides, Cook and Porters.

All ground transportation by private car/van/bus.

Mt Kinabalu National Park entry permits

Airfare from Kota Kinabalu to Sandakan.

All our government taxes.

Official expenses

Complimentary copy of Lynette Silver's *'A Conspiracy of Silence'*

Photographic memento of your trek

What's not Included:

Lunch and dinner whilst in Kota Kinabalu – Days 1, 2, 3, & 13.

Lunch and dinner whilst in Mt Kinabalu / Labuan Island (Day11 & 12)

Your travel insurance (compulsory).

International airfare and airport departure tax.

Items of a personal nature such as alcoholic drinks, cold drinks, laundry.

Personal trekking equipment

Contact Kokoda Spirit for further details.

kokodaspirit@bigpond.com or 07 54452758