

## **Wild Spirit Adventures : Sandakan ANZAC Trek 2009**

### **Day 1 – 17 April 2009**

Depart home Capital; Arrive in Kota Kinabalu. Overnight at selected hotel

### **Day 2 (BF) 18 April 2009**

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. Dinner at local restaurant.

### **Day 3 (BF) 19 April 2009**

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 4 (L&D) 20<sup>th</sup> April 2009**

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 5 (all meals) 21<sup>st</sup> April 2009**

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 6 (all meals) 22<sup>nd</sup> April 2009**

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 7 (all meals) 23<sup>rd</sup> April 2009**

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 8 (all meals) 24<sup>th</sup> April 2009**

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 through jungle, before descending and crossing Ranau Plain for lunch and inspect POW Camp sites. Transfer to 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 9 (BF,L) 25<sup>th</sup> April 2009**

After breakfast visit the magnificently restored Kundasang War Memorial to participate in a dawn service, then 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: ( subject to availability; limited accommodation)**

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.

#### **Option 3: Day 9/10 (subject to availability)**

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. Early start 2am to climb to the summit 4095 for a spectacular sunrise. **We then descend back to Laban Rata Guest house via Asia's first and the Worlds Highest Via Ferrata** before descending down to bottom and transferring to our accommodation at the Nexus resort.

#### **What is "VIA FERRATA"**

The Via Ferrata at 3800m is the Worlds Highest and Asia's first. A Via Ferrata is a mountain path consisting of a series of rungs and cables embracing the rock face, creating a protected pathway that everyone can walk on. It allows access to scenic sections of the mountain normally accessible only to rock climbers and mountaineers.

### **Day 10 (BF) 26<sup>th</sup> April 2009**

#### **Passengers choosing 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

#### **Passengers choosing 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

Accommodation Kota Kinabalu

### **Day 11 (BF) – 27<sup>th</sup> April 2009**

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 or explore the island. This evening we can feast on fresh seafood at the night markets.

### **Day 12 (BF) 26 April 2009**

A free day to visit the many markets and roam around Kota Kinabalu to complete any last minute shopping. You may wish to just relax around the pool or have a game of golf.

### **Day 13 (BF) 27 April 2009**

Our tour ends after breakfast. Depart for home.

