



Borneo

Trek and Project Expedition

20 days

This is a thrilling journey into the depths of the Borneo rainforests. It is a brilliant adventure offering a perfect balance of physical challenges, jungle experience, wildlife spotting, and beach relaxation. On this expedition we hike deep into the rainforest and spend the night in hammocks under the jungle canopy. We spend time exploring the Kinabatangan River and have the chance to meet the famous orangutans at Sepilok. With biking, white-water rafting, zip-lining, and a conservation project, this is an expedition to remember.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2	Depart UK, fly overnight and arrive in Sandakan on day 2 <p>Fly from the UK to Sandakan where we meet our local STC Expedition Leader and transfer to our accommodation in Sepilok. We spend our first night in Borneo here; already immersed in the incredible wildlife and environment the island has to offer. After freshening up and a welcome briefing, we visit the Rainforest Discovery Centre for an evening walk before tucking into our first traditional meal.</p>	D
Day 3	Sepilok Orangutan and Sun Bear Sanctuaries <p>We rise early to travel to Sepilok to visit the Borneo Sun Bear Conservation Centre and the famous Orangutan Sanctuary where a video presentation introduces us to the centre, after which we walk down to the viewing platforms to watch the orangutans enjoy their dinner and gain an understanding of the work Sepilok does and the plight of these amazing creatures.</p>	BLD
Days 4 - 5	Danau Tungog Eco-Camp; Wildlife cruises, treks & tree planting <p>Over the next two days we explore the jungle along the riverside. The Kinabatangan River is the second longest river in Malaysia and the wildlife along its banks is acknowledged by experts to be the most varied and easily accessible wildlife in all of Southeast Asia. The area we visit contains some of Borneo's highest concentrations of wildlife. We take cruises at different times of the day, a night walk, and take part in a tree-planting activity. We also spend time learning about the MESCOT Initiative, which focuses on protecting the forest habitat, wildlife, and biodiversity of the Lower Kinabatangan while preserving the livelihood of the local population. On the cruises we hope to see the famous proboscis monkey, saltwater crocodiles, macaques, maroon langur, Bornean gibbon, and if we are really lucky, wild orangutans.</p>	BLD
Days 6 - 9	Kinabatangan Project <p>We transfer to the Bilit community on the Kinabatangan River. Here we complete a sustainable and ethical community project and go on wildlife cruises along the river. Previous projects have involved constructing prawn and fish traps, helping with planting seedlings to reforest areas of local land, and assisting with maintenance. We may also spend some time at the village school to allow the local students a chance to practise their English and play sports together. During the project we stay with a local family in a traditional homestay. This is an opportunity to gain a true understanding of what day-to-day life is like in rural communities in Borneo. It is basic but warmly welcoming.</p>	BLD
Day 10	Journey to Kota Kinabalu <p>We say goodbye to our new friends and travel to west Sabah, approx. 7–8 hours. This is an interesting journey, passing through towns and smaller villages where we stop for lunch along the way. There is a noticeable difference in landscape as we drive across northern Sabah, from thick jungle to miles of deforestation. On arrival we check in to our accommodation and set off to explore the sights of Kota Kinabalu.</p>	BLD
Day 11	Tropical Island Day <p>We have the chance to enjoy the beautiful sea and coral reefs of Kota Kinabalu. To reach our tropical island paradise we take a boat from Jesselton Point jetty in KK to the nearby islands. This is a day of pure relaxation. After arriving on our island we swim, snorkel, and enjoy the abundance of marine life.</p>	BLD
Day 12	Tuaran Day - Mountain bike ride <p>A 45-minute transfer takes us to the start of the day's mountain biking adventure. Our ride takes us through the heartland of the Dusun people. We cycle through small villages, jungle plantations, and onto the coastal plain where we stop for lunch at Tuaran town, close to the Chinese Pagoda. It is a great way to see more of everyday life in Borneo.</p>	BLD

Day 13	Jungle hike, rainforest living & frog hunting After breakfast, we board the bus to Kiulu for a day focused on learning to survive in the forests of Borneo. On our trek, our guide teaches us survival techniques and points out the amazing array of flora and fauna of Borneo. As night falls we head out for some frog hunting and fall asleep to the sounds of the jungle in our hammocks.	BLD
Days 14	Jungle trek - day two We venture deeper into the rainforest, approx. 4–5 hours of trekking. Our guides continue teaching us survival skills and sharing their knowledge of the local flora and fauna and its uses in food, medicine, construction, utensils, and more.	BLD
Day 15	Jungle trek - day three After another interesting hike, getting to know our guide really well by now, we sleep soundly in hammocks by the campfire.	
Day 16	White water rafting We swap our bikes for rafts today. The Kiulu River runs through the stunning Kiulu Valley and is gentle, safe and fun. This afternoon we relax, swim (if water level permits) and have lunch at Rangalau camp, before returning to Kota Kinabalu for the evening.	BLD
Day 17	MERC visit, overnight Kota Kinabalu We turn our attention to the sea and coral reefs of Kota Kinabalu and visit the Marine Ecology Research Centre (MERC) off the coast. We are met on arrival by MERC staff for a briefing and take a tour of the site. We learn about their research focuses, including successfully producing all seven species of giant clams found in Malaysian waters.	BLD
Day 18	Conservation snorkelling Our focus is the coral reef ecosystem and why coral reefs are important. We learn about threats impacting the existence of coral reefs and what we can do as individuals to help protect them. We return to Kota Kinabalu for dinner and to enjoy our final night in Borneo.	BLD
Days 19 - 20	Depart Kota Kinabalu, arrive UK We have most of day 19 to explore Kota Kinabalu and its colourful markets, the waterfront, and the city mosque. There is also a walk from the clock tower up to a scenic viewpoint which offers stunning panoramic views of the city and coastline. We then catch our flight back to the UK, arriving on day 20.	B



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

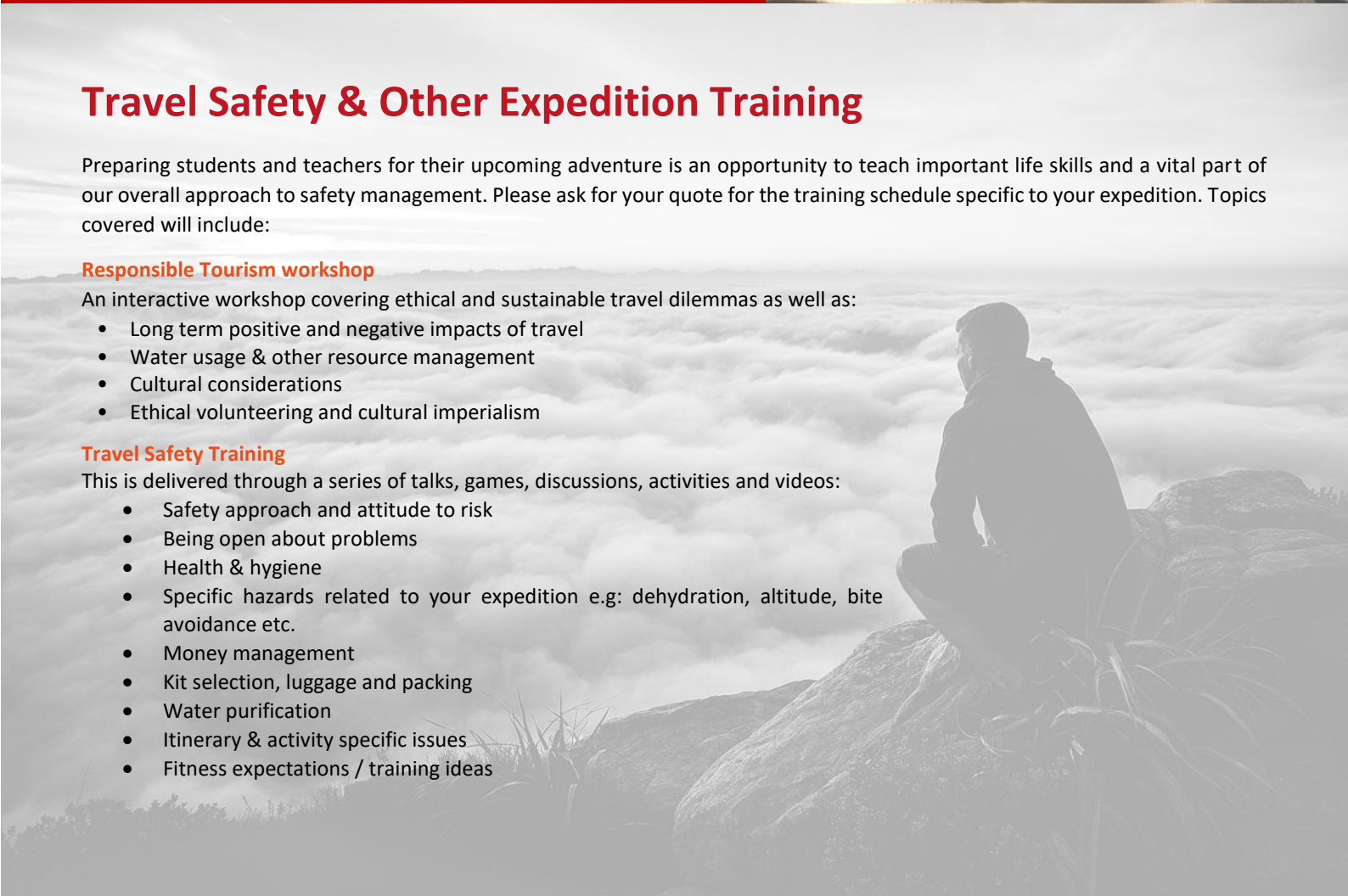
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

STC Expeditions, 65-67 Bank Chambers, High Street, Exeter, EX4 3DT
t: 01392 660056 | e: info@thestc.co.uk | w: www.thestc.co.uk



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