



**BORNEO OUTDOOR EXPEDITIONS**

**Borneo Outdoor Expeditions (89743-T)**

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**Detailed Description:**

The Crocker Range National Park was renamed to Taman Banjaran Crocker (Crocker Range Park) in 1996 and is managed by Sabah Parks. Ulu Sawatan is 10 acres of private rainforest which is connected to the Crocker Range National Park owned and managed by Borneo Outdoor Expeditions. Whilst trekking there may be the opportunity of sighting many weird and wonderful species of birds, insects, mammals, amphibians, and reptiles. Mammal Species such as; Orang-Utan, Long Tailed Macaque & Clouded Leopard have been spotted here. Each participant who completes this trek will have the chance to visit where not many people venture & experience the beauties of the primary rainforest whilst in a small group.

**3 Days / 2 Nights Ulu Sawatan, Crocker Range  
Jungle Expedition**

**Location:** Ulu Sawatan, Crocker Range (71km from Kota Kinabalu)

**Trekking Distance:** Approximately 2 to 6 Km total distance

**Difficulty:** Moderate (6/10)

**Includes:** English speaking guide(s), first aid support, permits, activity equipment, entrance fees & meals.

**Excludes:** Personal Insurance & Transportation

**Group Size:** Minimum 2 Persons

**Program Itinerary:**

**Day 1**

- 8:00am Transfer to Ulu Sawatan (Approximately 1 hour 20 minutes from Kota Kinabalu)
- 9:30am – Arrivals
- Welcome briefing & equipment allocation
- Expedition briefing & Introduction to the rainforest
- Commence trekking; including nature guiding.
- Lunch during trek
- Arrive at jungle campsite
- Introduction to equipment
- Camp set up
- Free at own leisure to freshen up/relax
- Evening Meal– Group preparation
- Night walk & rainforest observation
- Overnight stay, accommodation: Stretcher Hammocks with basic toilet & shower facilities.

**Please note that once issued, each participant is required to pack & carry their own expedition equipment provided.**

**Day 2**

- Breakfast
- Morning trek & explore the surrounding rainforest
- Lunch at camp
- Free at own leisure
- Evening meal – Group preparation
- Night walk & rainforest observation
- Overnight stay in the jungle, accommodation: Stretcher Hammocks with basic toilet & shower facilities.

**Activities included during the expedition:**

- Navigation with map & compass
- Jungle survival skills
- Natural medicines, identification & usage.
- Nature guiding - tree, plant & animal species, observation & identification
- Wild food collection (where possible)
- Camp skills
- Traditional crafts (where possible)
- Night walk & rainforest observation

**We supply the following equipment:**

- Plate, mug, cutlery & whistle
- Stretcher hammock & mosquito net
- We may also provide a blanket if required.

**What to bring:**

- Good sturdy footwear suitable for trekking (local rubber shoes recommended)
- Waterproof jacket/poncho
- Personal medication
- Head torch/handheld torch + spare batteries
- Personal clothing
- Wash kit & dry/waterproof bags
- Sleeping bag/ blanket
- Rucksack (at least 40 to 60 litre capacity)
- Water bottle (1 litre capacity recommended)
- Sun cream & mosquito/insect repellent

**Optional Extra's:**

- Cotton Leech Socks: RM 35.00 per pair (one size)
- Rubber shoes for jungle trekking: RM 15.00 per pair (up to euro size 43).
- Certificate of completion: RM 7.00.
- Insect Repellent RM 25.00 per bottle (45ml spray can)

### Day 3

- Breakfast
- Camp take down & equipment packing
- Prepare for trekking
- Lunch – en route
- Reach finish point & administration
- 1:30pm - Program closure & departures  
(Approximately 1 hour 20 minutes to Kota Kinabalu)

#### Notes:

Arrival and departure times are approximate & may be adjusted to suit client requirements

### Making a booking:

To make a booking please contact us directly by telephone to check availability: (+6) 014 8555 171.

If the selected program and dates are available we will provide you with our booking form. Please complete the form & return to us as soon as possible.

You may return the form to us electronically or via fax ; (+6) 088 726526. Our booking form may also be obtained directly from the downloads section of our website; [www.borneo-outdoor-expeditions.com/downloads](http://www.borneo-outdoor-expeditions.com/downloads).

Once we have received the completed booking form, we will then issue an invoice & upon receiving payment and the booking will be confirmed.

**Insurance:** Participants are advised to purchase our insurance coverage for this program as normal insurance may not cover the activities. We can make all the necessary arrangements for insurance please find below our insurance package:

Period	Coverage	Cost per person
Up to 5 Days	Accidental death & disablement:	RM 50,000.00
	Medical reimbursement:	RM 20,000.00
	Alternative medicine reimbursement:	RM 250.00
	Emergency evacuation:	Unlimited
	Travel cancellation:	RM 1000.00
	Damage or loss of personal effects:	RM 1000.00
	Personal liability:	RM 1,000,000.00
Credit card indemnity:	RM 2,500.00	
		RM 56.90

#### Notes:

To book insurance please download our 'Insurance details form' from; [www.borneo-outdoor-expeditions.com/downloads](http://www.borneo-outdoor-expeditions.com/downloads). Alternatively please [contact us](#) and we will be more than happy to email you a copy directly.

Please note each participant is required to complete an indemnity form prior to participating in an activity. To obtain a copy of this form prior to program date please [contact us](#) or download a copy direct from the download section of our website; [www.borneo-outdoor-expeditions.com/downloads](http://www.borneo-outdoor-expeditions.com/downloads).

