

Meetings & Incentives

Malaysia

Sample Itinerary Programme



4 Days / 3 Nights Kota Kinabalu Programme

Day One (Rafting Experience)

Flowing through unspoiled tropical rainforests, deep gorges and passing by picturesque countryside, small villages and paddy ricefields, our pristine Class 2 and 3 rivers give you a chance to experience true adventure. Shoot the rapids, glide peacefully along the river, then take time out to do

some body rafting, all set against the backdrop of small villages and jungle scenery. This activity is safe and lots of fun for all ages. Enjoy a hearty Malaysian BBQ lunch at the river's edge at the end of your adventure.



Day Two (Visit the proboscis monkeys at Garama River)

Depart after lunch for Garama River located about 2 ½ hrs away south of Kota Kinabalu. Arrive at Garama River Lodge and transfer to the mangrove forests filled with their own distinctive beauty. A welcome drink will be served - your choice of a hot or cold beverage. Enjoy the rural scenery before boarding a boat for a river cruise that will take you through the intricate mangrove system that contributes to the beauty of Garama River. Proboscis monkeys can often be spotted in the trees feeding on young leaves, shoots or fruits and seeds. You will also have the opportunity to observe other wildlife such as the macaque monkeys, the rare silver langur, water buffaloes and a varieties of birds such as pied hornbills and kingfishers. The cruise will last till sunset, after which you may witness a natural show of millions of fireflies. Return to the lodge for a BBQ dinner and thereafter return overland to the hotel.



Day Three (Mt Kinabalu and Poring Hot Springs)

Drive past vistas of rice fields and native villages before arriving at Poring Hot Springs, so named after a species of giant bamboo. At the hot springs, take a dip into the pools of hot water which are known to have therapeutic effects and curative properties. Be on the look out for local fruit trees such as the Langsat, Tarap, Pomelo and Pulasan growing just next to the pools. If you are lucky, you might discover a flowering Rafflesia growing nearby or just outside Poring Hot Springs Park. Visit the Butterfly Farm (closed on Monday), the nearest Kipungit waterfall or trek through a nature trail about 500m above sea level that leads to a unique canopy walk. This is an exhilarating experience of walking among trees 41 metres above the forest floor. After lunch, retrace journey back to Kinabalu Park.

Day Four

At your own leisure.