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— T O U R S —

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TOURS

WORLDWIDE JOURNEYS,  
EXPERIENCED TOUR MANAGERS  
AND CHAUFFEUR CAR SERVICE

**Venture into Borneo**



welcome to the world of **Thomas Cook Tours**  
we look forward to **sharing** some  
**wonderful experiences** with you



# venture into borneo

This booklet contains your itinerary and a range of other important information. Please read it through carefully and bring it with you on your holiday.

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## 1. Essential information

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### Passport and visa requirements

Travellers visiting Borneo for less than two months don't need a visa. You must hold a full 10-year passport and the validity must extend six months beyond the date you intend to leave Borneo.

### Health requirements

Precautions/vaccinations are recommended against hepatitis A, typhoid, polio, tetanus and diphtheria. Anti-malaria tablets are also recommended, and a certificate of vaccination against yellow fever is required if arriving from an infected or classified high risk area. Please contact your doctor for the latest information.

### Insurance

There is no reciprocal medical cover for British subjects in Borneo, so we strongly recommend you take out comprehensive travel insurance for the whole of your stay. To be on the safe side, your insurance policy should include at least £1 million medical cover and you should check that it's valid for all activities you'll be involved in.





## Luggage

Your tour includes portorage for only one suitcase, so we recommend you stick to that. You can bring a maximum of two if you prefer, but please note that a charge of around £15 will be added for any additional bags, subject to availability of space. The dimensions for each bag must not exceed 62 inches or 158 centimetres (when you add up width, length & height). There's also a weight limit of 44 pounds or 20 kilograms for your checked luggage and Malaysia Airlines will levy an excess luggage charge if it exceeds this. Please make sure you pack any electrical equipment and sharp objects like scissors, nail clippers, razor blades, knitting needles, nail files and penknives in your main luggage.

In addition, Malaysia Airlines allows two pieces of cabin luggage per person, so please arrange your packing accordingly. Your cabin luggage can include one personal item like a purse, shoulder bag, laptop or briefcase, and one carry-on bag. Your carry-on bag must be able to fit under your seat or in the overhead compartment and can't be more than a total of 45 inches or 115 centimetres (when you add up width, length and height) or more than 11 pounds or 5 kilograms in weight.

If you have any queries about these luggage guidelines, please call Malaysia Airlines on 0871 423 9090.

Please use the enclosed luggage labels. For security reasons we recommend you don't display your home address before your return flight back to the UK.

## Flight details

Full flight details can be found in your voucher booklet.

You don't have to reconfirm your Malaysia Airlines flights, but if there is a change in schedule, we recommend you reconfirm all subsequent flights by telephoning the following number:

Malaysia Airlines in Kuala Lumpur, Kuching and Kota Kinabalu: 1-300-88 3000 (24 hours)

## Optional tours and sightseeing

It's impossible to pack everything into a single tour, so for additional variety and excitement you may have some additional excursions to choose from.

If you want to take any of these optional excursions, please let your tour manager know as soon as possible. Although the excursions aren't organised by Thomas Cook Tours, your tour manager will take care of bookings and payment.

You can pay for these excursions with local currency or sterling cash. Please note that we can't accept credit cards, personal cheques, sterling traveller's cheques or the Thomas Cook Cash Passport. Your tour manager will only carry a limited amount of change, so please tender as close to the exact money as possible.

Sometimes unexpected local conditions mean we have to substitute alternative sightseeing trips for advertised excursions, especially early or late in the season. You should also know that some excursions are dependent on local availability; similarly, some will only take place if enough people choose to take them.

### Important

Please be aware of the following important information, which has been taken from the booking conditions detailed in the Thomas Cook Tours 2011-2013 brochure:

### Excursion Conditions

Excursions include, but are not restricted to, any sightseeing trips, gigs, events or other tours attended in resort for which additional payment is required. Excursions can either be booked and/or paid for in resort ("Resort Booked Excursions") or pre-booked and paid for when you book your Holiday ("Pre-booked Excursions"). All excursions are supplied by third party suppliers and are subject to our supplier conditions. Subject to our Booking Conditions we accept responsibility for Pre-booked Excursions. However, Resort Booked Excursions do not form part of your Package and are not governed by the Package Travel, Package Holiday and Package Tours Regulations 1992. We do not have any responsibility or liability whatsoever for anything which may go wrong on a Resort Booked Excursion. We, our servants, employees or agents are acting, depending on the actual Resort Booked Excursion, either as agents for the relevant Resort Booked Excursion or as agent for you. In any event the contract for any Resort Booked Excursion is between you and the Resort Booked Excursion provider. It is your responsibility to note carefully any conditions of contract contained in any Resort Booked Excursion, literature, ticket or receipt you are given. For Resort Booked Excursions you may also be subject to the laws of the country in which you take your excursions and may be required to bring any disputes or claims before the Courts of that country also.

You'll also find a full copy of the booking conditions at the back of the Thomas Cook Tours brochure.





## 2. Venture into Borneo itinerary

Visit some of the world's last rainforest and encounter the vast range of birds, tropical trees and flowers that inhabit this island's steamy interior along with colourful orang-utans and macaques. Offering a rare chance to explore some of the world's most dramatic, unspoilt wilderness, this is a tour to inspire.

### Day 1 – London / Kuala Lumpur / Kuching

You'll find details of your flight to Kuching, via Kuala Lumpur, in your voucher booklet.

Your tour manager will meet you at the Malaysia Airlines check-in desk at London Heathrow Airport, Terminal 4.

If you've got a connecting flight from a domestic airport, your tour manager will meet you at the Malaysia Airlines check-in desk at Heathrow Airport or on the plane.

Overnight in the air.

### Day 2 – Kuching

After landing at Kuching Airport, you'll be transferred to your hotel for a two-night stay.

This afternoon we begin to explore Kuching and its beautiful waterfront, with buildings dating back to the days of the first White Rajah of Sarawak. We pass ornate Chinese temples, colourful markets and street vendors selling their wares before stopping at the fascinating Sarawak Museum. The excellent collection of Bornean ethnological and archaeological artefacts housed here is reputed to be the best in south-east Asia.

Your tour manager will let you know your wake-up time each day as well as the times of all tours and departures.

Overnight in Kuching.

## Day 3 – Kuching

Breakfast (included)

Today is free for you to discover the delights of Kuching for yourself. Perhaps browse the bustling market stalls, selling everything from handmade arts and crafts to Chinese herbal remedies and colourful spices, or admire the city's beautiful temples and mosques.

Your accommodation in Batang Ai can only be reached by boat, so make sure you pack an overnight bag with everything you'll need for two nights, since there's limited space on board. Your main luggage will be kept at Kuching and transferred to the airport for your flight to Kota Kinabalu on Day 6.

Overnight in Kuching.

## Day 4 – Kuching / Batang Ai

Breakfast and lunch (included)

We leave the city streets behind today as we head inland, through beautiful countryside, to Serian. Sit back and take in the sight of rural Sarawak as we drive past cocoa plantations and pepper gardens, and on arrival in Serian, head for the market-place where you'll gain a real insight into local life. After meeting the locals we continue our journey by coach to Batang Ai. On arrival we climb aboard our boat at the jetty and continue to the Batang Ai Longhouse Resort for a two-night stay.

Overnight in Batang Ai.

## Day 5 – Batang Ai National Park

Breakfast and lunch (included)

We start our adventure by longboat today, sailing along the Ai River to Batang Ai National Park to the Delok Longhouse. Here we experience friendly iban hospitality before returning to our hotel in time for a nature walk.

Please note that all boat trips are subject to local water levels.

Overnight in Batang Ai.





## Day 6 – Batang Ai / Kota Kinabalu

Breakfast (included)

You'll find details of your flight to Kota Kinabalu in your voucher booklet. Formerly British North Borneo, Kota Kinabalu is situated on the north-west tip of Borneo in the state of Sabah. On arrival in this fascinating city, we settle in to our hotel for the first of four nights.

Overnight in Kota Kinabalu.

## Day 7 – Kota Kinabalu

Breakfast (included)

Today's plans are completely up to you. Perhaps explore the city at your own pace, or take a boat to one of five nearby coral islands and relax on a pristine white beach.

Overnight in Kota Kinabalu.

## Day 8 – Kota Kinabalu National Park

Breakfast and lunch (included)

Our first stop today is the village of Nabalu where you can sample locally grown fruits, or maybe barter for craftwork at the numerous roadside stalls.

Then we head for Poring Hot Springs where you can take a stroll along a jungle canopy walkway to observe treetop life, or if you'd rather keep your feet on the ground, follow one of the many jungle trails that offer great rainforest treks. And when you've finished all that walking, the hot mineral springs are perfect for a relaxing dip.

Continuing to Kota Kinabalu National Park, admire the beautiful flora on a botanical walk and enjoy the picturesque mountain garden before returning to Kota Kinabalu and your hotel.

Overnight in Kota Kinabalu.

## Day 9 – Kota Kinabalu / Gaya Island or Kiulu River (optional) / Kota Kinabalu

Breakfast (included)

With a full day at leisure, you're free to do as you please in Kota Kinabalu today.

You could join the optional trip to Gaya Island, which is covered with undisturbed rainforest, pockets of mangrove forest and beach flora along its coast. After a 20-minute boat ride to the island, take a one-hour walk along one of the rainforest trails before moving on to nearby Sapi Island for lunch (included). Then enjoy some free time for swimming or snorkelling before returning to Kota Kinabalu by boat.

Alternatively, for even more adventure, join the optional white-water rafting trip on the Kiulu River. Take a 90-minute drive to the countryside, raft down the river past stunning scenery and enjoy lunch (included) at the riverbank. This optional excursion is suitable for novice rafters.

If you'd like to join either of these optional excursions, please see your tour manager who will give you more details and advise you of the cost.

Overnight in Kota Kinabalu.

## Day 10 – Kota Kinabalu / Danum Valley

Breakfast, lunch and dinner (included)

We leave Kota Kinabalu early this morning for our flight to Lahad Datu. Then, after a three-hour coach transfer, we check in to our lodge for two nights.

After a brief orientation and lunch, we begin to explore the Danum Valley. A guided walk takes us along nature trails and canopy walkways to see the tropical plants and wildlife for which this area is renowned. After dinner, we round off the day with a wildlife night drive (weather permitting).

Overnight in the Danum Valley.





## Day 11 – Danum Valley

Breakfast, lunch and dinner (included)

The Coffin Trail awaits us this morning as we take a guided walk to an ancient burial site. A 40-minute climb rewards us with stunning views from a magnificent lookout point. Then enjoy a swim at the Jacuzzi pool before returning to your lodge for lunch.

Another nature walk this afternoon takes us along the Segama Trail, through lush rainforest, alongside the river. After dinner at the lodge, we take a final night drive/walk through the Danum Valley (weather permitting).

Overnight in the Danum Valley.

## Day 12 – Danum Valley / Sukau

Breakfast, lunch and dinner (included)

We leave the Danum Valley by road today and head towards Sukau. Located in the Kinabatangan river basin, this will be our home for the next two nights.

Overnight in Sukau.

## Day 13 – Kinabatangan River

Breakfast, lunch and dinner (included)

Home to monkeys, macaques and egrets, the Kinabatangan River is a great place for spotting wildlife. Today we explore the giant Gomantong Caves before going in search of the hornbill and the rare proboscis monkey on a leisurely cruise down the river.

This evening is free for you to relax at your lodge.

Make sure you pack an overnight bag for tomorrow because there's not much space on board the boat. We'll keep your main luggage at Sandakan until you arrive on Day 15.

Overnight in Sukau.

## Day 14 – Sukau / Selingan Island

Breakfast, lunch and dinner (included)

We travel by speedboat this morning to the turtle conservation site at Selingan Island. After settling in to our chalets, this afternoon is free for you to relax on the island, perhaps bird-watching or snorkelling offshore. Then, after dinner, we join a ranger and head down to the beach. Gaze in awe as the turtles emerge from the water and carefully lay their eggs in the sand. Then don't miss the opportunity to help the rangers and watch the new hatchlings make their way to the sea.

Overnight in Selingan Island.

## Day 15 – Selingan Island / Sepilok and Sandakan / Kota Kinabalu

Breakfast and lunch (included)

After returning to the mainland by boat, we begin today with a visit to the Sepilok orang-utan sanctuary, arriving just in time for feeding. Watch these amazing animals as they learn to survive in their natural habitat after being orphaned and rescued from the wild.

Then, after a short sightseeing tour of Sandakan, we join our flight to Kota Kinabalu where we settle in to our hotel for our final night.

Overnight in Kota Kinabalu.

## Day 16 – Kota Kinabalu / Kuala Lumpur / London

Please make sure any outstanding bills are paid before you check out of your hotel and check that your passport and air ticket(s) are secure in your hand luggage.

We fly to Kuala Lumpur with Malaysia Airlines and then on to London Heathrow.

You'll find details of your flight to London in your voucher booklet.

Overnight in the air.

## Day 17 – London

A light breakfast will be served before we arrive at London Heathrow.

If you've pre-booked our door-to-door pick-up service, your tour manager will show you where to go for your journey home.





## **Tipping your tour manager**

It's customary to express happiness with any personal service you receive on your holiday with some kind of gratuity, and tour managers are no exception. Naturally this is entirely at your discretion, but as a simple guideline we recommend £1-2 per person per day – depending, of course, on your level of satisfaction.

As tips are a personal matter, we suggest they're given on an individual basis rather than as a group collection.

## **Last-minute changes**

Tours involve services from many different airlines, hotels and ground transportation companies. Due to the demand for these services, it's not always possible to guarantee particular airlines, flights, aircraft type, ferries, trains and/or hotels featured on a specific itinerary or departure date.

Also, in remote destinations and relatively undeveloped countries, abnormal conditions can prevail at any time, making tours susceptible to unexpected changes.

Bearing this in mind, we reserve the right to change any of the listed services and, if necessary, even make last-minute changes to the itinerary itself without prior notice. Of course, if this happens, we will always make every effort to give you as much advance notice as possible.

### 3. Destination highlights

Divided into Sarawak and Sabah, Kalimantan and Brunei, Borneo is the world's third largest island. Much of it is still virgin wilderness, with orchids, palms, orang-utans and turtles all part of the natural environment. And with an assortment of indigenous tribes living along rivers and coasts, you'll find the island's culture as colourful as its nature.

#### Sarawak

Reflecting both the traditions of its many ethnic tribes and the Western influence of the 'White Rajahs', Sarawak's cultural treasures are fascinating. However, this isn't the main attraction of Malaysia's largest state – Sarawak is also home to one of the world's richest and most luxuriant rainforests. Closely interlinked with the indigenous people's daily lives, this ancient virgin rainforest is home to 27 ethnic groups, each with their own distinct language, culture and lifestyle.

#### Kuching

Sarawak's capital, Kuching, is a city where people of many faiths, cultures and races live harmoniously, side by side. Life in this fascinating city focuses on the Sarawak River. Surrounded by the compact city centre, the river is always busy with the city's unique water taxis (tabangs) ferrying people around. Kuching's narrow streets are perfect for exploring – filled with shops selling everything from the mundane to the exotic, old Chinese temples, unique architecture and various museums. Home to some lovely public parks, the area has won national awards for its beauty.

#### Batang Ai National Park

Covering 2404 hectares of land and home to orang-utans, hornbills and gibbons, Batang Ai is one of the most popular national parks in Sarawak. A visit here provides a great opportunity to find out about traditional life with a visit to an authentic Iban longhouse.

#### Sabah

With its stunning natural landscapes, the state of Sabah is well known for its sandy beaches, clear water, spectacular corals and beautiful mountain parks. Its most famous mountain, Mount Kinabalu, is the highest peak between the Himalayas and New Guinea, although it's supposedly relatively easy to climb!





### **Kota Kinabalu**

Now a modern municipality, the capital of Sabah has made a full recovery after suffering almost complete destruction during World War II. It's about 90km from Kinabalu National Park, home to Mount Kinabalu, a large variety of birds, and some of the richest flora in the world. A network of paths leads through rich lowland forest to mountain rivers and waterfalls, and you can't miss the famed Poring Hot Springs, whose sulphuric waters are said to have healing properties.

### **Danum Valley**

The Danum Valley's tropical rainforest boasts an amazing ecosystem, currently being studied by both local and international groups. Sustaining life from the forest floor right to the top of the tree canopy, this beautiful natural habitat is known as the 'lungs of the planet'. Orang-utans, bearded wild pigs, howling gibbons, giant flying squirrels, Asian elephants and Sumatran rhinoceros are just a few of the animals who've made the Danum Valley their home.

### **Sukau and the Kinabatangan River**

Set on the Kinabatangan River, Sukau is a wonderful base for discovering the mangrove forests of the river's flood plains. Shading the banks of the river, the mangroves are home to the endemic proboscis monkey, with its unmistakable bulbous red nose, and a fantastic variety of bird life in the lower Kinabatangan area.

### **Selingan Island**

The largest of three islands in Turtle Island Park, Selingan is a celebrated nesting place for green and hawksbill turtles. The turtles are watched over by park rangers, who transfer the eggs to a hatchery for incubation to give them the best chance of survival – find out more about the project at the island's visitor centre and see the turtles for yourself.

## **Recommended reading**

Malaysia, Singapore and Brunei – Lonely Planet

## 4. Useful information

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### Climate

Borneo has a typically equatorial climate, with temperatures fairly constant throughout the year. The coolest months are between September and March, when the temperature averages 25°C, and the warmest months are from April to August, when the average temperature is 30°C.

Borneo's atmosphere has a high humidity, especially at noon, when the atmosphere averages 70%. Rainfall is spread throughout the year, but the wettest months are between November and February.

### Clothing

We recommend you dress for comfort, and bring plenty of lightweight cotton clothing to keep you cool in the tropical climate. A light sweater or jacket may come in useful when exploring highland areas, and a light waterproof is always advisable when staying in tropical regions.

Due to the amount of walking we do 'off the beaten track', a good pair of walking shoes is indispensable. Some of the paths will be uneven, and we're likely to come across plenty of streams and muddy trails. Please note that in the Danum Valley, the leech is very much at home, so you may wish to buy some leech socks (available in Borneo). Flip-flops are always useful, and lightweight long trousers are essential when exploring jungle trails.

### Culture and customs

The Malaysian people have a very gentle, easy-going nature and natural charm. However, as with any nation, there are local customs that should be respected.

Shouting or losing your temper will not get you very far – patience and humour have been known to wield far better results than the alternative.

In Malaysia, the right hand is always used when eating with your hands and when receiving and giving items. Make sure you do not touch other people with your left hand.

Touching someone's head (even a child's), raising your voice, pointing (with your foot or hand – Malays point with their thumb) and kissing in public are all considered unacceptable.





## Dress code

Women are asked to dress modestly in keeping with the local customs. Please respect religious and social codes when visiting religious places. When visiting a mosque or temple we recommend you wear clothes that cover the knee, and shirts with sleeves. You will also be expected to remove your shoes when entering a temple or private home.

## Electricity

Electricity is supplied throughout Borneo at 220V, 50 HZ. Standard UK-type three-pin plugs are commonly used, however, it is worth taking a travel adaptor with you.

## Food and drink

Bornean cuisine combines the best of Malay, Chinese, Indian and Western dishes, with a touch of Indonesian and Philippine influence. The local people have a long tradition of using various wild plants as basic foods and seasonings, and use them alongside other local ingredients.

Meat dishes include deer and other game, and the people of Borneo are blessed with an abundance of seafood, with the rivers providing freshwater fish, prawns and bamboo clams (the local delicacy). Luscious fresh fruits are also everywhere.

Recent immigrants to the Borneo states of Sabah and Sarawak brought with them new cooking techniques and have integrated these with more established cooking methods. A speciality in Sabah involves a number of 'fresh' pickles, where the lime juice is the curing agent. Most famous of these is the 'hinavi tongii', an absolutely delicious combination of fresh fish, red chillies, shredded ginger and sliced shallots. This dish is soaked in lime juice which 'cooks' the fish. Other favourites include Kuching 'steam boats' (meat and vegetables cooked fondue style) and satay, of course.

To quench your thirst, it is easy to find stalls selling fresh lime juice, sugar cane juice and the famous 'teh tarik', or pulled tea, where just watching it being made is an experience in itself. Another local speciality is 'tuak', a rice wine that is a traditional drink of welcome and fellowship in the area. Locally produced Anchor and Tiger beer are inexpensive to buy.

## Language

The official language is Bahasa Melayu (Malay), although English is widely spoken, especially in tourist areas. Other languages you may hear include Chinese dialects, Iban and several indigenous dialects.

## Personal safety

Thousands of people travel safely in Borneo's regions of Sarawak and Sabah every year, however, as always, you should use common sense.

Tourists can sometimes be the targets of pickpockets in crowded places, and you should remain vigilant at all times. We recommend you carry your money in a money belt and leave everything of value in the hotel safe.

## Photography

Colour films and black and white prints are readily available in the main cities. There are also many places for you to have your films processed.

We advise you to place all undeveloped film in your hand luggage, as there is a small risk of damage from the CTX scanning carried out on hold luggage at UK airports.

## Public Holidays in 2012

New Year's Day	1 January
Chinese New Year	23-24 January
Birth of the Prophet Muhammad	5 February
Labour Day	1 May
Wesak Day (Birth of Buddha)	5 May
King's Birthday	2 June
Hari Raya Puasa (End of Ramadan)	19-20 August
National Day	31 August
Hari Raya Haji (Feast of Sacrifice)	26 October
Deepavali Festival	13 November
Awal Muharram (Islamic New Year)	15 November
Christmas Day	25 December

Please note that during the lunar month of Ramadan that precedes Hari Raya Puasa, Muslims fast during the day and feast at night, therefore normal business patterns may be interrupted. Please ask your tour manager for more details.





## Travel the World without Costing the Earth

We're passionate about the places we visit and want to protect and preserve them for future generations to enjoy. We're sure it's a passion you share so here are some ideas:

### Look after the natural environment:

Leave anywhere you visit even better than when you found it. Dispose of litter carefully (fire is a serious hazard in hot, dry countries so be careful with that cigarette butt!) and recycle where possible.

### Respect local traditions and people:

Observe any dress codes and behave appropriately. It may be your holiday but it's their home. Try using a few words of the local language.

### Always ask before taking someone's photograph:

Some people find this intrusive while others may ask for money for this small service.

### Haggle with humour:

Do haggle – it's part of the fun. But remember that what may be a small sum to you may be significant to the seller, so try to be fair, too.

### Resist giving money or gifts to begging children:

It may make you feel good but you may be adding to other problems behind the scenes. Give to a local charity or school to ensure the money goes where it is most needed.

### Buy locally made products and use local services:

Eat at local bars and cafes. Ask about excursions using local guides and drivers – they have insider knowledge! Putting money into the local economy helps local people and gives your holiday an extra dimension.

### Reduce the use of natural resources and energy:

Take a quick shower instead of a bath; re-use towels; switch off lights and air con when out; try the local bus service, hire a bike or walk – you'll see more that way!

### Please don't take 'natural' souvenirs away:

Wild flowers and plants, pebbles and sea shells, should all be left where you found them for others to enjoy.

### Don't buy products made from endangered plants or animals:

This includes hardwoods, corals, shells, starfish, ivory, fur, feathers, skins, horn, teeth, eggs, reptiles and turtles. For more information on endangered species visit the WWF-UK Souvenir Alert Campaign

### Child Sex Tourism is a Criminal Offence in all Destinations:

If you would like to report an incident, contact Crimestoppers from the UK dial Freephone 0800 555 111. From Overseas dial +44 800 555 111. Or contact ECPAT UK (End Child Prostitution, Pornography and Trafficking) +44 207 233 9887

These are just some of the simple things that can be done – but there are many more. To find out more about how you can make your holiday more sustainable, visit [www.makeholidaysgreener.org.uk](http://www.makeholidaysgreener.org.uk).





## Water

We recommend you drink only bottled water, which is widely available. Please ensure that the seal is intact before buying.

## What to pack

- High factor sun cream
- Sunglasses and sun hat
- Insect repellent containing DEET
- Long, lightweight trousers and raincoat/poncho
- Sandals/flip-flops
- Swimming costume
- Water bottle (make sure it is water tight)
- Torch/flashlight
- Emergency medical pack
- Paper tissues and personal toiletries
- Travel adaptor plug
- Camera and binoculars
- Plastic bags to keep clothes and cameras dry in case of rain
- Overnight bag for two nights

## Your money

The unit of currency in Borneo is the Malaysian Ringgit (RM), which is divided into 100 sen. Please note that the ringgit is often referred to as the Malaysian dollar. Currency notes are issued in denominations of RM2, RM5, RM10, RM20, RM50 and RM100. Please be aware that notes of RM500 and RM1000 are no longer legal tender (effective July 1999).

Local currency up to the value of RM1000 can be imported and exported free of charge. All visitors are required to fill in a Traveller's Declaration Form (TDF) on entering/departing Malaysia. The best currency for exchange is sterling, but you can also change US dollars in many banks. We recommend you bring sterling traveller's cheques to change in banks and hotels, and some cash for small purchases and tipping. MasterCard, Visa, Diners Club and American Express are also widely accepted.

Generally banks are open from 10am-3pm, Monday to Friday, and 9.30-11.30am on Saturdays.

## 5. Hotel details

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**Hilton Kuching**  
 Jalan Tunku Abdul Rahman  
 Kuching 93100

**Telephone:** (60) (82) 248200  
**Fax:** (60) (82) 428984

**Batang Ai Resort**  
 c/o Hilton Kuching

**Telephone:** (60) (83) 584388  
**Fax:** (60) (83) 584399

**Magellan Sutera Hotel & Spa**  
 1 Sutera Harbour Boulevard  
 Kota Kinabalu 88100

**Telephone:** (60) (88) 318888  
**Fax:** (60) (88) 317777

**Rainforest Lodge**  
 Fajar Centre  
 PO Box 61174  
 Danum Valley

**Telephone:** (60) (89) 880206/7  
**Fax:** (60) (89) 885051

**Kinabatangan Riverside**  
 Sandakan Airport Terminal  
 Sukau

**Telephone:** (60) (89) 673502/3/8  
**Fax:** (60) (89) 673788

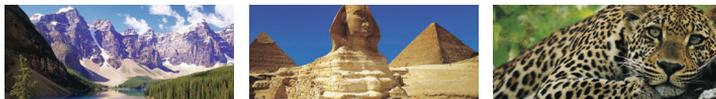
**Turtle Island Chalets**  
 Crystal Quest San Bhd  
 Wisma Khoo Siak Chiew  
 Selingan Island  
 Sandakan 90709

**Telephone:** (60) (89) 212711  
**Fax:** (60) (89) 212712

**Borneo Adventure**  
 Block E-27-3A (Level 3A)  
 Signature Office, KK Times Square  
 Off Coastal Highway  
 88100 Kota Kinabalu  
 Sabah, Malaysia

**Telephone:** (60) (88) 486800  
**Fax:** (60) (88) 486880





## 6. Contacts

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### UK 24-hour Duty Office

In case of problems or emergencies, please contact your tour manager.

#### Important

Please note that all pre and post 'Venture into Borneo' tour extensions are unescorted.

If you are on an extension from your Thomas Cook Tour and you need assistance, please call our UK-based Duty Manager:

**Duty Manager:** Telephone: +44 1274 731119

### Tourist information

For up-to-date information on health, passport, visas, special events and tourist information, please contact:

**Malaysian High Commission**  
45-46 Belgrave Square  
London  
SW1X 8QT

**Telephone:** (020) 7235 8033  
**Fax:** (020) 7235 5161

**Malaysian Tourism Promotion Board**  
Malaysia House  
57 Trafalgar Square  
London  
WC2N 5DU

**Telephone:** (020) 7930 7932  
**Website:** [www.tourism.gov.my](http://www.tourism.gov.my)

**British High Commission**  
185 Jalan Ampang  
50450 Kuala Lumpur  
MALAYSIA

**Telephone:** (60) (3) 2170 2200  
**Fax:** (60) (3) 2170 2370  
**Website:** <http://ukinmalaysia.fco.gov.uk/en/>

## Foreign Office advice

The Travel Advice Unit of the Foreign and Commonwealth Office has issued a document on travel advice for Italy. It advises, amongst other things, that visitors should use common sense and take basic precautions. Be vigilant at all times and take care on public transport and in crowded areas where pickpockets and bag snatchers may be operating.

Furthermore, it is recommended that you take a photocopy of your passport and/or write down the number, keeping it separate from your passport, in case it is lost or stolen.

To check the most up-to-date information you should contact the Foreign Office Travel Advice Unit on **0845 850 2829**.

In addition, the latest information is published on [www.fco.gov.uk/knowbeforeyougo](http://www.fco.gov.uk/knowbeforeyougo), which is filled with essential travel advice.

Have a great holiday.

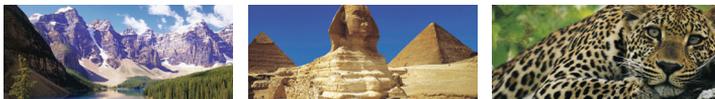




# Your notes

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We have taken every care to ensure that all details included in this booklet were correct at the time of printing.  
However changes can occur without notice.  
If you find any information in this booklet inaccurate, please do tell us.  
Your help is appreciated and will enable us to ensure that our customers receive the most up-to-date information possible.

Thank you  
Issue: January 2012 Issue 1  
TCT/VIB/IT/0112/001

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Registered in England No. 960252

