



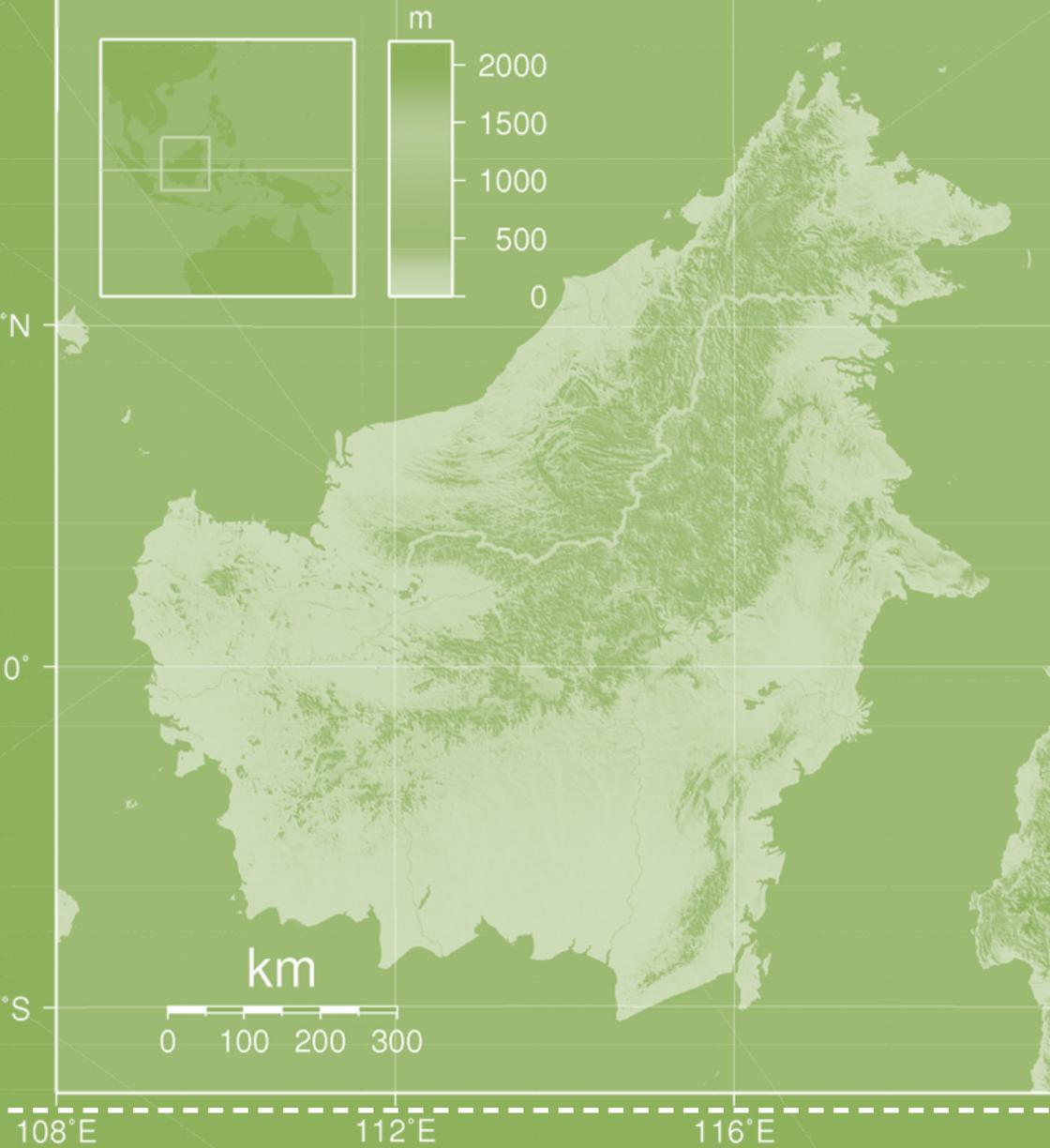
THE SPIRIT OF BORNEO EXPEDITION



The **Spirit of Borneo** expedition is a professionally led 11 day adventure. We've designed this expedition to give you an unforgettable taste of the Spirit of Borneo.

You'll enjoy a sensational trekking experience and you'll experience living with the indigenous Penan tribe in the heart of the oldest rainforest in the world.

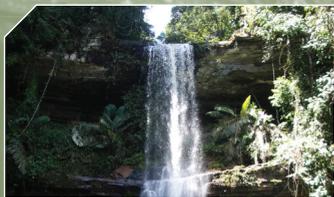




**a sensational
trekking experience**

Introduction to Borneo

Borneo is the world's third largest island. Shrouded in mystery, dense rain forests cover large areas of this remote mountainous land mass. This primary rain-forest is one of the oldest and most diverse on the planet. The island comprises the three countries of Sarawak (East Malaysia), Sabah, Brunei as well as Kalimantan (Indonesia). It is a land where forest people live as they have done for hundreds of years.



Borneo itself has an incredibly rich biodiversity with 15,000 species of flowering plants, 3,000 species of trees, more than 200 species of terrestrial mammals and over 400 species of birds.

Jungle Phase - Nine Days in the Sarawak Jungle

Each day you will explore classic forest waterfalls, going back to basics and getting to know the life of a semi-nomadic tribesman.

You'll explore deep into the interior of Borneo, meeting the island's ancient tribe, the Penan. This mysterious and elusive people are the masters of jungle survival. They have proudly preserved their ancient bush craft skills and jungle traditions. They will share with you their some of their life-secrets – from fishing with nets to hunting with blow-pipes.

The expedition will be delving into one of the most remote corners of Borneo, into South East Sarawak. From there, you'll make your way into the remote northern jungle interior. This area of primary rainforest is home to the incredible and fascinating Penan. Number- ing just a few thousand, the Penan are one of the last nomadic rainforest tribes. They can only be found if you're willing to trek into the most remote corners of the Sarawak jungle.

For the next week you will enjoy the privilege of living the Penan life. Trekking through their traditional forest home will give you the unique experience of learning how the Penan tribe flourish; how they use their unique survival techniques to live comfortably within the rainforest environment. Your diet will be supplemented with copious quantities of fresh meat, fruit and vegetables – all locally sourced.



As each day passes, you will learn more and understand how to conduct yourself safely in the jungle. Each day will become an increasingly familiar pattern of waking, eating, pack- ing and trekking. You'll enjoy refreshing rest stops along the way by stunning rivers and waterfalls. You and your guides will be the only people for hundreds of miles around. Every night, before dusk, you will set up your wild camp in a different part of the forest. Your guides will cook supper on open fires before the sounds of the forest will send you to sleep.

Don't expect creature comforts. You won't be living the life of a tourist. What you can expect is a truly uplifting learning experience – an adventure in the heart of a fast-disappearing tropical culture. Although your experience will, at times be tough, we'll make sure that it's both exciting and memorable. There will be new friendships forged and you'll enjoy a wonderful sense of camaraderie. Our team's number one priority will be safety. We'll also ensure that everyone spends the most unforgettable and enjoyable time.

By sharing the lives of the Penan, you will be helping directly to support their community. You will be contributing to the understanding and the preservation of an ancient civilisation and the magnificent environment that sustains them.

DAY 1 - SUNDAY 3RD SEPTEMBER - LOCATION AND ACTIVITY

Arrive Miri Sarawak.

Miri is the gateway to remote parts of northern Sarawak, Borneo. It is a hive of local activity and has some thriving fish and fresh produce markets and many of the rural population use it as their main hub for selling their produce.

ACCOMMODATION & FOOD: Hotel provided

DAY 2 - MONDAY 4TH SEPTEMBER - LOCATION AND ACTIVITY

Jungle Insertion.

Morning twin otter flight into Sarawak jungle. Transfer to 4 x 4 jeeps, 90 minute journey followed by a 2 hour walk to first Penan village.

Your guide will introduce you to all the key people in the Penan village; he will take you on a short tour of the village and ensure you get to know your local staff team. This is also a chance to acclimatise to the heat and humidity of the jungle, before you start trekking in earnest the following day.

This evening will be your first night in this amazing environment. Your guide will show you how to set your hammock, mosquito net and shelter (known as a basha) up in the forest and how to conduct yourself safely during the day and night.

ACCOMMODATION & FOOD: Overnight in Penan village

DAY 3, 4, 5, 6 AND 7 - 5-9TH SEPTEMBER - LOCATION AND ACTIVITY

Jungle training.

From the village we will travel for one hour up river by long tail boat to our training area.

For the next five days we will make camp in a set location enabling us to learn about life in the jungle and the way of the Penan people. We will be sleeping in hammocks and cooking over a fire for our duration here.

Travelling light, each day we will be trekking through dense and stunning sections of rainforest. You and your guides will follow century old hunting trails as well as carving out your own trails in the dense jungle.

Along the way our local Penan guides will show you all that they know about how to survive in the rainforest. What plants to eat, what plants to avoid, how to build traps and shelters if you were hunting and of course how to find dry wood and light a fire for morale and for cooking on. You will start to learn how to spot animal tracks and bird calls, and as a result there is no doubt that you will start to become at one with the forest as you trek through an incredibly remote area as you understand what life is like as a semi-nomadic tribesman.

ACCOMMODATION & FOOD: Jungle camp, sleeping in hammocks 5 nights

Expedition Itinerary

DAY 8 - SUNDAY 10TH SEPTEMBER - LOCATION AND ACTIVITY

Trek to survival training area.

Today we collapse camp and trek to a new area in preparation for our solitude survival experience.

The trek route is a combination of open ground and dense jungle, criss crossing rivers with a total distance of 13km covered. You will be expected to carry all your own personal kit. Porters will carry team food.

ACCOMMODATION & FOOD: Sleeping in camp one. Sleep in hammocks

DAY 9 - MONDAY 11TH SEPTEMBER - LOCATION AND ACTIVITY

Solitude Survival experience.

For the next 24 hours you will put your new found survival skills into action by spending 24 hours alone in the jungle with the bare minimum of items. Alternatively you can rest and relax in the main jungle camp and observe the way of life.

ACCOMMODATION & FOOD: Overnight in self made jungle shelter or in hammocks in Penan village

DAY 10 - TUESDAY 12TH SEPTEMBER - LOCATION AND ACTIVITY

Today we head back towards the airstrip to fly out for the following day. After 4 - 5 hours trekking we will set up camp along side a river and enjoy the last night in the jungle.

ACCOMMODATION & FOOD: Make camp sleeping in Hammock. - Food cooked over fire

DAY 11 - WEDNESDAY 13TH SEPTEMBER - LOCATION AND ACTIVITY

Today is the last day of the expedition we will be up at dawn to complete the trek to the airstrip with around 3 hours of walking time.

After a week in the jungle you will have a better understanding of the Penan way of life and how the Penan use the jungle to their advantage.

ACCOMMODATION & FOOD: Fly back to Miri and check back into original hotel

DAY 12- THURSDAY 14TH SEPTEMBER - LOCATION AND ACTIVITY

Depending when your flight is you may choose to shop. Alternatively you may choose to stay to discover more sites of Borneo, of which we will gladly point you in the right direction for this.

ACCOMMODATION & FOOD: International flight from Miri to home

Who can do this trip?

The Expedition is open to all abilities. There will be some activities that you will handle easily and others that you will push yourself on, but at the end you will have a feeling like no other: the sense of achievement, personal gain and adrenaline will be second to none.

A completely unique trip

The Borneo Expedition is also incredibly diverse. Some days you will feel the intense pangs of adrenaline run through your veins as you experience an activity you have never done before. Some days the sense of achievement will be overwhelming as you complete an activity as a team: you will simply not be able to stop smiling! This is an incredible opportunity and the great thing is that it is open to ANYONE. As long as you have a reasonable level of fitness (i.e. regularly walk in the hills), enjoy adventurous and sporting activities and are up for a personal challenge.

The Details

Duration : 11 days

Dates : 3rd September to 13th September 2017.

We will provide you with a hotel for the 3rd September and 13th September in Miri. Note 4th September we will fly into the jungle and fly back out on the 13th September. You will need to book your own hotel at your own cost if arriving before the 3rd September and if staying on after the 13th September.

Price : Spirit of Borneo Expedition: £1,395.00 per person.

Deposit : A £300 deposit will be required to secure your place. On payment internal flights, hotels will be arranged by us, This will be none refundable. Full payment will be needed by

the 14th July 2017.

Flights : International flights are not included. Flights to Miri International Sarawak Borneo airport from London start at £500 return. We can advise you with the the best flying routes. All Internal flights, guides, permits, 4x4 jeeps, meals within the jungle and hotels are included. Hotel evening meals and drinks in Miri are not included.

Group size : Only 13 places are available for this trip which will be accompanied by two expedition leaders.

Kit : A full kit list will be sent you on securing your deposit. You will need items such as jungle boots, hammocks , sleeping bag and suitable outdoor

clothing.

Insurance : You will need to provide your own travel insurance for this trip. We will require a copy of your certificate of insurance.

After the Penan tribal experience there are numerous opportunities to view Borneo's iconic wildlife, the orang-utan, hornbill and proboscis monkey to name just three as well as the famous Mulu Caves and Mount Kinabalu.

Our local in-country partner can assist with all advice and bookings should you wish to extend your Borneo adventure.



Safety, Leadership & Back-up



Safety and good leadership with activities run and managed by professionals is paramount, and is the key to every Elite Survival Expedition. Each activity will be run by local specialist operators who are all fully certified in their own activities. In most cases these individuals are experts in their field and have been handpicked by Elite Survival's own technical team. All the guides, drivers will know the area and country well.

There will be a back-up team of Elite Leaders, guides and cooks behind the scenes. They will work tirelessly to meet you at the end of every day to help set up your camp, provide expertise and above all a hearty meal!

The Elite Survival team will not force anyone to do every activity. Although unusual, there may be times when an activity needs to be skipped by an individual on safety grounds.

Who Should Sign Up?

- Anyone who has a love of the outdoors and doesn't like sitting on a beach all holiday.
- Anyone who has never had the chance to experience adventure sports in a controlled yet challenging environment.
- Anyone who wants to come back with the best dinner party stories ever and extraordinary tales of adventure and fun, second to none.
- Anyone who simply wants to have the trip of a lifetime.
- Any person, Company or Group that wants to use the Borneo Expedition as the perfect training ground for team building.

We understand the beauty of expeditions and the importance they have in everyone's busy lives. We also understand the need to offer incredible value for money and excel in providing safe expeditions, which maximise the environment you are going to.

If you are anything like those on the Elite team, you will be the type of person who likes to do something active to relax. Of course there will be times in the evening watching sunsets with a beer in hand and feet up, but you also want to be prepared to crack on, full of energy, for what the next day has in store.

Elite Survival believes in team work and will do all it can to ensure this is one of the most memorable experiences you will ever have. Our aim is for you leave our expeditions wanting more.

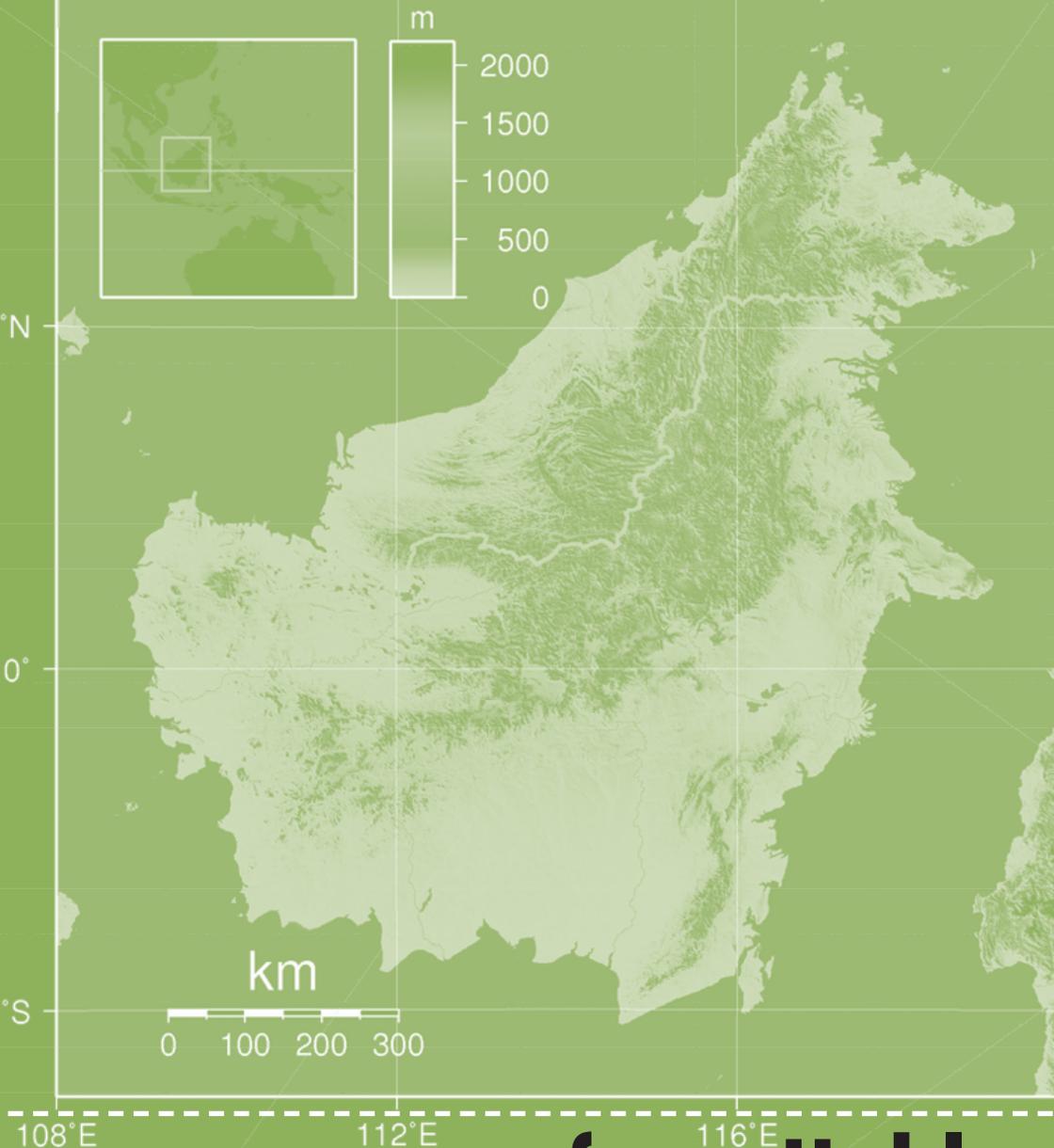


Training Meeting

We all aim to get together in Northampton, one month before departure. This session will typically last a few hours and is a great chance to meet all those going on your trip, obtain important information and advice on kit, insurance and preparation from the Elite team, as well as get excited and inspired for the forthcoming adventure.

We will email the date for this once you have signed up and are confirmed on the expedition.





an unforgettable taste of Borneo

