

DAY 1 Friday February 28 Travel to Malaysia

We will meet at Toronto Pearson Airport the night of February 27th to board our early morning February 28 flight to Malaysia, stop en route.

DAY 2 Saturday March 1 Arrive in Kota Kinabalu

Transfer flight in Hong Kong airport, board our group flight bound for Kota Kinabalu, Malaysia.

Our Evolve guide will meet us at Kota Kinabalu airport upon arrival in the evening, excited to be with you for the upcoming trip! We will transfer via private transportation and check into our accommodation in the city for the night. Enjoy a bed for the night before an early start to our next day.

DAY 3 Sunday March 2 Gunung Mulu National Park

Board our early morning flights from Kota Kinabalu to Mulu, stop in Miri en route. Upon arrival in Mulu in mid-morning, we will make the quick transfer to our accommodation in the park and get settled. After lunch and relaxation, we will head out to visit Deer and Lang Caves. We will get up-close looks at the incredible stalactites and stalagmites that have formed over millions of years in the Lang Cave. Then, we will marvel at the sheer size and impressiveness of Deer Cave right next door. We will take in the sunset at the viewing stage across from the cave entrance where we will watch the nightly exodus of millions of bats from within Deer Cave. Return to our hostel at night, enjoy dinner and relaxation in the rainforest.

DAY 4 Monday March 3 Gunung Mulu National Park

After breakfast, we will head out on a guided walking tour of Mulu by a certified park guide. Learn about the flora and fauna as we stroll along the wooden planked path to learn about this incredible ecosystem and protected area. We will have an opportunity to visit the beautiful Clearwater cave this morning as well. After lunch, we will gear up at the head office, and then head out for an afternoon of adventure caving. We will make our way through the cracks and crevices of Lagang Cave, the easiest adventure cave in Mulu, as we walk, climb and crawl deep into the cave system. Upon our return in the evening, have time for showers and resting before dinner and our last night in Mulu.

DAY 5 Tuesday March 4 Begin Travel to our Service Village

After breakfast, pack up our bags and say goodbye to Mulu as we transfer back to the airport. We will take a mid-morning flight as a group from Mulu to Miri. From Miri, we will split up into 2 groups to fly to Lawas on back-to-back flights.

When the whole group reconvenes in Lawas, we will board our 4 wheel drive jeeps to begin our trek to our service village. We will drive about half way to the village today before the sun begins to set, then spend the night at a rural lodge en route. Enjoy dinner and the rural lifestyle for the night.

DAY 6 - 10 Wednesday March 5 – Sunday March 9 Community Service & Cultural Interaction, Ba'kelalan

March 5: After breakfast, we will continue on our journey to the community of Ba'kelalan. The community of Ba'kelalan has roughly 1,000 people, broken up into smaller villages within. The specific village we will be staying in has 5-10 homes, 50-100 residents. After getting settled into our home, we will embark on a tour of the community after lunch—visit the local school, medical clinic, meet local village leaders, and visit the church we will be working on

for the days to come. After our tour perhaps we will have time to organize a soccer match against locals or other interactive activity. Enjoy dinner and a leisurely first evening in Ba'kelalan.

March 6: Today we get to work on the project we have set out to accomplish. The church in the village we are staying is a beautiful large concrete structure, but completely unfinished: they have been working on it for 3 years, but funding is the limiting factor in progress. Today we will begin painting the church. Church attendance is nearly 100% every Sunday, with neighboring villages visiting different churches in the area on different set Sundays. The village leader, as well as the leader of all of Ba'kelalan—both of whom we should hopefully meet—are both excited for our arrival and our help we have offered with the church. The community will be joining us as we work hand-in-hand to complete the painting project of the church.

March 7: Today we will take a break from our two day painting project to explore the natural beauty around us. After breakfast, we will head out on a day hike along the trails of the surrounding jungle. We will be joined by local community leaders who will teach us about the flora and fauna of their hometown, as well as living off the land. Depending on our route and timing, other activities of our hike today may include visiting and aiding on local farms, as well as visiting the local salt mine where salt is extracted and produced.

March 8: Today we get back to work to hopefully finish up the painting of the church project. Our goal is to paint both the inside and outside of the large church, so it is a big project. We will be working with locally purchased supplies from our fundraising efforts. At the end of the day, enjoy a feast and celebration after hard days' work and a meaningful and lasting contribution to the Ba'kelalan community.

March 9: Sunday: Today we will enjoy the fruits of our labour, as well as a unique cultural opportunity, as we attend church service in the community in the church we just finished working on (assuming the job is complete and the church is ready for service). After church and lunch, we will enjoy an afternoon of community interaction, relaxing, playing sports, and anything else that is the norm for a leisurely Sunday in the rural community. This will be a good day to reflect, relax, and enjoy our final day in the community before heading on to the next segment of our trip tomorrow.

DAY 11 Monday March 10 Back to Kota Kinabalu

After breakfast, we will say goodbye to our new friends and make our way back to Kota Kinabalu—first we 4x4 for a number of hours to get back to Lawas. After free time for lunch near the station, we will board the public coach bus (equipped with air conditioning and a TV) to ride to Kota Kinabalu, crossing the border from Sarawak to Sabah en route. We will check into our Kota Kinabalu hostel upon arrival, and enjoy the evening exploring the urban centre.

DAY 12 Tuesday March 11 Kinabalu National Park

Say goodbye to KK as we head overland to Kinabalu National Park, Malaysia's first UNESCO World Heritage site. The park covers 754 square kilometers, and its 4 distinct climate zones—ranging from rich lowlands to alpine meadows—offer an incredible varying array of ecologies and geographies. Upon arriving to the park, check into our hostel, begin acclimating to the altitude, and enjoy a guided walk of the beautiful park. Spend the night in a hostel in the park.

DAY 13 Wednesday March 12 Begin Mount Kinabalu

Today we will meet our guide and porters who will be aiding us in our summit. Begin trekking up the mountain, starting with passing a beautiful waterfall in the first kilometer. As we ascend, the lush rainforest of below transforms to a more

barren alpine landscape—not to worry, it is equally beautiful in its unique nature. We will stop at rest huts along the way to catch our breath, and eventually make it to our destination for the evening-- Laban Rata, our guesthouse at an altitude of 3272 m. Rest and spend the night; prepare for our early wake-up.

DAY 14 Thursday March 13 Summit Mount Kinabalu

Wake-up will be at roughly 2:30 am today—let the summit begin. We will ascend as a group through the darkness, arriving at the peak of 4,095 m in time to watch the sunrise. Take in the beauty of standing 'on top of the world' with our panoramic views, and feel good with yourself for completing the journey up. Now, the descent—we will make our way all the way down following our high at the top of the mountain. Upon a tired arrival back at base camp, we will transfer to a lodge house just outside of the park. Enjoy dinner and an early bedtime, as we will be exhausted from our big days of trekking.

DAY 15 Friday March 14 Kudat, Tip of Borneo

Transfer to Kudat, located at the northernmost tip of the Malaysian island of Borneo. Upon arrival, get settled into our longhouse, enjoy lunch on site, and get to know the inhabitants to the small community. After lunch and orientation, we will take the short walk to the nearby beach, where we will visit the turtle nesting project the community has launched and taken to overseeing. There is a big problem with illegal fishing practices and other human disruptions to the endangered turtle community; we will work with the local Kudat community on their daily tasks of protecting these turtles.

In the afternoon we will help with a beach clean-up effort. As night begins to fall, we will join the locals on their nightly duties along the beach searching for turtles and eggs to place within the safety of their hatchery. At night, we will enjoy a tasty meal as well as a cultural program with the local community, including singing, dancing, and local wardrobe attires.

DAY 16 Saturday March 15 Kudat, Tip of Borneo

For our morning today we will aid in a project to benefit the local community. In addition to their conservation efforts, this community is making active strides towards building up their tourist accommodation attraction. We will spend the morning working with the community on landscaping and improving their accommodation infrastructure and appearance. After lunch, we will drive to the very Tip of Borneo. Learn about the local legends of pirates and village raiding that took place here; visit the Giant Bronze Globe with the Jalur Gemilang (Malaysian National Flag), marking the northernmost tip; have time to explore and do some light shopping; and finally, watch a dramatic sunset over the intersection of the South China Sea and the Sulu Sea. We will return at night for dinner, then enjoy a bonfire on our private beach. Have a group debrief to discuss the highlights and lessons learned over the course of the trip.

DAY 17 Sunday March 16 Travel Home

Depart from Kudat bright and early and transfer to the airport to board our flights, homeward bound. Arrive in Toronto, excited to see our friends and families after a great trip to Malaysia together.