

## 5D4N Dive, Climb & Bike Package

### Images



### Description

Fancy some adventure during your holiday to Kota Kinabalu, Sabah? Then join our 5D4N Dive, Climb & Bike Package. See some of the wonderful above, and below, water scenery that Sabah has to offer during your three days of adventure activities.

During this package you will first join a tropical underwater adventure via a PADI Discover Scuba Diving Experience (a try dive for non-divers), or a leisure diving trip (for certified divers). Go scuba diving and see some amazing marine life during your two dives around islands in Tunku Abdul Rahman Marine Park. You'll also experience being weightless underwater – like an astronaut in space. A cool way to start your holiday.

Next it's rock climbing! Rock climbing is an ideal activity in Sabah for those who enjoy an active lifestyle and love the outdoors. First you'll practice on an indoor climbing wall, then you'll go rock climbing for real in the afternoon.

Finally, join a biking tour through the countryside of Sabah. For anyone who has enjoyed mountain biking previously this is a great way to have a go in the tropics and, while other tourists are looking through bus windows, you will be a part of the scenery.

Promotional package prices are based up on minimum 2 persons booking together (valid up to 31<sup>st</sup> March 2012):-

- 5D4N Dive, Climb & Bike Package (Step In Lodge – Twin private room) = RM945 per person.
- 5D4N Dive, Climb & Bike Package (Gaya Centre Hotel - Superior Double Room) = RM1145 per person.
- 5D4N Dive, Climb & Bike Package (Jesselton Hotel - Superior Double Room) = RM1245 per person (Off Peak)
- 5D4N Dive, Climb & Bike Package (Jesselton Hotel - Superior Double Room) = RM1315 per person

#### Borneo Dream Travel & Tours Sdn Bhd (788821-K)

Licensed Malaysian Inbound Tour Operator KPL/LN 5470

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Web: <http://www.borneodream.com> Email: [info@borneodream.com](mailto:info@borneodream.com)

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(Peak period from June - August, December – February)

## Itinerary

### Day 1

Arrive in Kota Kinabalu in the morning. Check in check-in into your city Hotel / Lodge. Rest of day is free for you to explore Kota Kinabalu.

### Day 2 - Dive

Breakfast at your hotel.

Make your own way to Jesselton Point Jetty in central Kota Kinabalu (a short stroll, or a very short taxi ride).

9.00am – Meet our team at the Jesselton Point Jetty to start your underwater adventure. The team will be at the entrance of the jetty to escort you to our boat.

9.10am – Depart Jesselton Point Jetty for the Tunku Abdul Rahman Marine Park, a 20-30 minutes boat transfer. Our dive crew will show you around our spacious catamaran during the boat briefing.

9.30am – Your Instructor will go through the course outline for the day and the fun begins! First of all you will have a short education session. Once completed, you will be provided with an overview of your dive gear, and the checks you should perform before you enter the water. Once you are ready, the wet stuff begins with your confined skill session where you learn some simple diving skills whilst in shallow water. You then enjoy your first leisure dive of the day (to maximum 12m).

12.00pm – Head back to the boat and break for lunch at a local café on a nearby island. Your lunch will be hot cooked food based on an a la-carte menu.

1.30pm – Return to the catamaran. Your PADI Instructor will provide a briefing for your second ocean dive. Get your dive gear ready and go diving along a shallow coral reef. The diving adventure continues!

3.00pm – End of Day 1 for your PADI Scuba Diver Course. Your instructor will show you how to rinse your scuba diving gear and how to properly take care of it. Rinse yourself with fresh water shower, get changed and have a coffee (or two) while we head back to the city.

3.30pm – 4:00pm – Estimated return time to Jesselton Point Jetty.

Overnight at your hotel.

### Day 3 - Climb

Breakfast at your hotel.

You will be picked up from your hotel and taken to a closed wall climbing facility located on the outskirts of Kota Kinabalu - the Sabah Indoor Climbing Association.

The introduction to rock climbing first begins in a closed wall climbing facility. The introduction session will get you familiar and comfortable with your climbing gear - harness, rope and your body. As you progress into harder climbs you build your confidence and develop new skills.

After the introduction session you will head out for lunch en-route to outdoor rock climbing cliffs, some 20 minutes ride.

Set near a waterfall, the sandstone cliff provides several exciting and excellent climbing opportunities. As an

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added extra, try your abseiling skills (controlling the ropes on your own as you decent) on one of the walls!

Pack up and transfer back to your hotel in Kota Kinabalu in time to beat the rush hour traffic.

Overnight at your hotel.

#### **Day 4 - Bike**

Breakfast at your hotel.

You will be picked up from your hotel within Kota Kinabalu area and transferred to the countryside of Kiulu, where the mountain biking journey begins.

Enjoy full day of riding in the heart of the Borneo countryside along part of an on an old farm route from Mount Kinabalu to the Kiulu river valley that ends by the coastal plain north of Kota Kinabalu.

This ride takes in the best part of that route and we guarantee that you won't be seeing any other tourists once you start the ride but lush greens and the friendly locals.

Giant Boulder mountain bikes with disc brakes and 21 gears give you the opportunity to ride this hilly route. Our guide will help you improve your skills as well as get the best out of the day.

Sandwiches, fruit and chocolate at lunchtime will fuel you for the afternoon following the 'Crazy River' down to its confluence with the Kiulu River. At the end of the route you will have the chance to swim and relax first, maybe stretch out tired muscles.

You will then be transferred back to your hotel in central Kota Kinabalu.

Overnight at your hotel.

#### **Day 5**

Check out of your hotel. End of 4D3N package.

#### **What to bring**

To get the most from your activities trips please bring with you the following:- sun cream, sunglasses, sun hat, change of clothes, camera.

For the diving please also bring with you:- swimwear.

For the rock climbing please also bring with you:- loose fitting shorts or trousers, good sports shoes (not flip-flops), water, insect repellent.

For the biking trip please also bring with you:- towel (for after the ride), trainers, shorts, t-shirt or long-sleeved shirt, insect repellent.

#### **Included**

Borneo Dream sets the standard in Kota Kinabalu in the delivery of highly personalised, high quality, safe and enjoyable scuba diving experiences. The following are included as part of your PADI Discover Scuba Diving Experience:-

- One confined water skills session, two open water dives (as per PADI standards).
- Instruction from highly experienced, friendly and fully qualified Staff - PADI Dive Professionals in 'active' status.
- Boat transfers on our spacious and fully equipped catamaran Borneo Dream 3 (the largest, most well equipped diving day boat in Kota Kinabalu)
- Free use of our high quality, well maintained rental dive gear (includes BCD, regulator and gauges,

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3mm tropical wet suit - shorty or full length, mask, fins, snorkel).

- We have small ratios of students per PADI Dive Professional (so you will get personalised attention). Maximum three students per PADI Instructor (lower than PADI standards).
- A la carte lunch at a cafe on a Island - with a wide choice of western, Malaysian and Asian dishes.
- Refreshments on our boat including free flow of fresh water, tea, coffee and hot chocolate.
- Towel for drying yourself off after dives.
- Jesselton Point Jetty fee and Sabah Parks diving permit and island conservation fees.

For the Rock Climbing activity:- Technical and personal protection equipment, transfers by minibus / 4WD, lunch, climbing activities as per itinerary.

For the Biking Activity:- Return transfer from hotel within Kota Kinabalu, mountain bike (properly fitted to your height), helmet, gloves, water, snacks / lunch and First aider (guide)

Accommodation is also included for four nights in a twin-sharing / double room with aircon (with breakfast for 2 persons).

### Excluded

For the diving:- Private instruction is available on request (at a surcharge). Hotel pick ups are excluded (you meet at a jetty in central Kota Kinabalu close to most hotels).  
Airport transfers from BKI airport to your hotel.

### Trip Pre-Requisites

- Minimum 3 persons per 5D4N package.
- The biking activity does require a fairly good level of fitness, couch potatoes will suffer!

There are some pre requisites for the PADI Discover Scuba Diving Experience:

- You need to be 10 years or older.
- To become a scuba diver, you need to be comfortable in the water and have basic swimming skills.
- You should also be in good overall general health to dive, particularly your respiratory and circulatory system. You will be asked to self-certify before starting a course or entering the water.
- You need to have completed some pre-study before you start the PADI Scuba Diver course.
- And you need to complete the required PADI forms - these can be downloaded from

### Trip Notes

- Please note that you also need to have minimum 18 hours free after diving before flying on a plane ([www.borneodream.com/scuba-diving/general-information/padi-current-flying-after-diving-guidelines.html](http://www.borneodream.com/scuba-diving/general-information/padi-current-flying-after-diving-guidelines.html)).
- The afternoon rock climbing activity is weather dependable.
- The bike riding is strenuous, though you have plenty of time and are in no rush. At times there are technical sections where you can have fun bouncing through or get off and walk for a while.

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