

BORNEO 2019

SANDAKAN
MEMORIAL

IN REMEMBRANCE OF ALL THOSE
WHO SUFFERED AND DIED HERE,
ON THE DEATH MARCHES
AND AT RANAU

Featuring:
Sandakan Death March
Labuan War Cemetery

 PNG Trekking Adventures
www.pngtrekkingadventures.com



Sandakan Death March

Sandakan Death March

This tour begins at Sandakan and follows the true Death March route to Ranau. Ending at Labuan Island where the POW's are buried in the Commonwealth War Graves Cemetery. Unfortunately here we have yet another horrific, untold story. The Sandakan Death March has been a "Conspiracy of Silence" until recent years. The story needs to be told.

This trek is the next step that all Australians who have walked with us along the Kokoda Trail should consider taking. The trek should be considered strenuous. A high level of fitness is required. Whilst the terrain of the death march is not unduly mountainous, the conditions can often be extreme – you will be walking in high temperatures, often in full sun and with a high level of humidity.

The trek is vehicle supported and provides an exit option each day for trekkers not wishing to undertake walking the whole track. Trekking the Sandakan Death March is unlike trekking in Papua New Guinea. Due to large tracks of land now growing Oil Palm and Saba becoming heavily populated a lot of the Sandakan Death March is through private oil palm plantations, along main roads or not far from roads. There is no camping as this is prohibited. All accommodation is similar to back packer accommodation. Our meals are all local cuisine.

2019 Trek Dates:

28th May – 8th June

16th - 27th August

Optional arrival in Sandakan for Memorial Service on 14th August

3rd - 14th November

Remembrance Day Trek

Mount Kinabalu

Mt Kinabalu is a particularly strenuous climb. You will commence at 1800 metres and climb to an altitude of 3,272m on the first day. This climb is continuous and unrelenting. The second day commences in the early hours of the morning, and you may need to deal with the effects of altitude in your reaching the summit at 4,095m. The views from Mt Kinabalu of the surrounding regions is stunning and worth every bit of exertion!

Prices:

Sandakan Death March (ex Borneo)

AUD\$3250 per person (4 trekkers or more)

Mount Kinabalu (ex Borneo)

AUD\$600 per person

See page 4 for inclusions & exclusions.



Itinerary

Day 1, Arrive Sandakan & POW Camp

Upon arrival at Sandakan International airport you will be met and transferred to The Four Points Sheraton Hotel, on the water front or will go directly to the Sandakan Memorial Park (depending on your arrival time). At the Sandakan Memorial Park, the site of the infamous Sandakan POW Camp there is ample time for a specialized conducted tour. A stroll around this camp and a visit to the small museum reveals the horrors our POWs faced. Despite appalling conditions, the prisoners never gave up. Their heroism, their determination and their indomitable spirit are testimony to the strength of the human spirit and an inspiration to all. Please make sure you take water, insect repellent, sunhat and sunscreen. The weather is very hot and humid. **Accommodation:** Four Points Sheraton Hotel. **Meals:** D

Day 2, Sepilok Orangutan Rehabilitation Centre & Trekking

An optional early morning walk to the nearby markets to see the day's catch arrive, return to the hotel for buffet breakfast. Transfer to Sepilok to visit the world famous Orang Utan Rehabilitation Centre before undertaking a 2-3 hour through a beautiful jungle reserve, followed by lunch at a lodge and a short boat ride through pristine mangroves. You may see proboscis monkeys in the wild here. We then transfer by vehicle to the heritage listed St Michaels Church with its magnificent stained glass "Windows of Remembrance". It was here that many of the POWs spend the night before they walked the eight miles to the Sandakan Camp. **Accommodation:** Four Points Sheraton Hotel. **Meals:** BLD

Day 3, Trekking

Please be down in the lobby of the Hotel by 7am. We will drive 2 hours to the beginning of our first days trekking to Bauto. From here walking through beautiful jungle near the Labuk River. A packed lunch is provided at completion of the morning sector. At completion of the afternoon walk, which is a relatively challenging climb of about 1000ft through jungle, we transfer



by vehicle to the comfortably appointed Forestry Rest House. This is going to be your accommodation for the next 3 nights. Dinner will be provided at the Rest House, where our cook provides nourishing meals, using fresh local produce, or at one of the local restaurants. Trekking in Sabah is hot and humid and the track, in some places, is not well defined or well maintained. **Accommodation:** Telupid Forestry Guest House. **Meals:** BLD

Day 4, Trekking

Trekkers please be ready for departure at 7am. Transfer to where trek finished yesterday to continue walking through jungle, before a steep descent, followed by an equally steep ascent, again through jungle. After lunch, there is a challenging climb along a fairly open track with a series of ascents and descents followed by a long flat stretch finishing off with a steep descent. It will be hot and will test your endurance. If it is extremely hot it may be necessary to curtail part of the afternoon program. Today we walk approximately 8-9 hours. **Accommodation:** Telupid Forestry Guest House. **Meals:** BLD

Day 5, Trekking

Trekkers please be ready for departure 7am and transfer to the start point. A number of river crossings today. We suggest trekkers have Solomon trail runners to wear for the day. A lot of the day spent walking through private Oil Palm plantations, estates and farmland. Some undulating terrain, but reasonably flat. There is limited shade in the afternoon, along farm road. Today we walk approximately 8 hours. **Accommodation:** Telupid Forestry Guest House. **Meals:** BLD

Day 6, Trekking

Trekkers please be ready for departure at 7am. Drive to where trek finished yesterday to commence walking for the day. The first half of the morning is spent walking in oil palm plantations and forest, crossing several creeks along the way. The group will then have 1 hour walking up a small stream to access Taviau Hill which is about 1 hour of steep and hard trekking through typical Bamboo forest before climbing out onto the road. There are a lot of leaches be sure to check your bodies thoroughly. After lunch at a local restaurant this afternoon's walk is relatively flat and pleasant, through mainly cultivated land. After visiting Paginatan Village, a key POW staging post, we transfer to Sabah Tea Plantation. Our accommodation is an uniquely Sabah experience. We

stay here for two nights in a purpose built Rungus-style longhouse. Dinner is in the Plantation dining room which has fine views of Mt Kinabalu. Today we walk approximately 8 hours. **Accommodation:** Saba Tea Gardens. **Meals:** BLD

Day 7, Trekking

Today is a leisurely walk through forested land, farms and roads, exploring the areas where the POWs marched. Sample some of the bush food along the way, meeting villagers and chatting to them. Visit the small memorial and commemorating the tragic murder of POW Private Allan Quailey, from the 2/30th Battalion. We have lunch at Sabah Tea Gardens before heading out again in the afternoon, crossing a swing bridge and passing through farmland and light jungle to the exit point at Muruk, the site of a major Japanese Camp, for transfer by road back to Sabah Tea Plantation. Trekking approximately 6-7 hours. **Accommodations:** Saba Tea Gardens. **Meals:** BLD

Day 8, Trekking

Today's walk takes us up Marakau Hill. The rice carrying parties, moving from Ranau to Paginatan, climbed up and down this hill. Survivor Keith Botterill completed this journey five times, in order to get away from dysentery at the Ranau Camp. We then cross the Ranau Plain, to visit the main Ranau Camp. After lunch, we transfer by road to Jungle Camp 2, known now as the Last Camp, 8 kms to the south of the town. Transfer to our accommodation, with spectacular views of Mt Kinabalu. Approximately 5-6 hours trekking. **Accommodation:** Mt Kinabalu Heritage Resort and Spa. **Meals:** BLD

Day 9, Kundasang Memorial

This morning the group transfers to Kundasang to visit the beautiful Kundasang Memorial Garden which symbolizes one of the most tragic and heroic events of World War Two. This is now a peaceful setting in memory of the 2428 Australian & British Soldiers incarcerated at Sandakan POW Camp, who died there, or on the actual Death Marches and at the Ranau camps, which claimed 800 Australian lives. We then depart for Tenom, a rural town 3 hours' drive south of Ranau. The route passes through scenic mountain terrain and picturesque farmland, to our afternoon's destination: a highly progressive, integrated mixed farm in the Padas River Basin. Here you will be treated to a late lunch, cooked by your hosts from organic produce on the property. After a tour of the farm, return to Tenom town before checkin into the Perkasa Hotel. **Meals:** B



Day 10, Labuan Island

This morning after an early breakfast the journey continues on a narrow gauge train to Beaufort, passing through the picturesque and otherwise inaccessible Padas Gorge. On arrival at Beaufort, where Australian soldier Tom Starcevic won a Victoria Cross, there is a one-hour drive through rural countryside to the coast, to board a fast motor-boat for Labuan, a duty free island. On arrival, check into the Dorsett Grand Hotel for an overnight stay. Remainder of the afternoon is free until 4pm, when we meet again for a short tour of the island, which includes Surrender Point, where Australia's General Wootton took the surrender from General Baba in September 1945. Please assemble in the lobby at 7:15pm for transfer to a restaurant for dinner.

Accommodation: Dorset Hotel. **Meals:** B

Day 11, Labuan War Cemetery, WWII Tour of Island & Kota Kinabalu

This morning the group will proceed to visit the Labuan War Cemetery. Labuan War Cemetery is about 2 miles (3.2km) from Victoria, on high ground overlooking the harbor. It is the only war cemetery in East Malaysia and contains the remains of all Allied personnel who died in battle on the island of Borneo, as well as prisoners of war who died on the death marches, and in camps at Sandakan, Ranau, Labuan, Brunei, Miri and Kuching. The total number of burials is 3,908. The preponderance of unidentified graves, all POWs, is due to the fact that their identity discs were not durable, and disintegrated during captivity. In this cemetery, forming a forecourt during captivity. In this cemetery, forming a forecourt immediately inside the main entrance gate stands the Labuan Memorial commemorating 2,225 officers and men of the Australian Army, the Royal Australian Air Force and the local forces of North Borneo, Sarawak and Brunei, for whom there are no named graves. Beyond the forecourt, in an open grass space in the centre of the cemetery, stands the Cross of Sacrifice. The graves are in level mown turf, each marked by a bronze plaque on a sloping concrete stool. Throughout the cemetery grow flowering trees and shrubs, adding colour and beauty to the peaceful scene.

To the extreme right of the main entrance by the Club Road entrance and the rest room, is the Indian Section, in front of which is a memorial to the men of the Indian Army, mostly men of the 2/15th Punjab Regiment, who died while prisoners of war in Kuching. They have since been accorded the last rites required by their religion committal to fire.



After a short service, you are free to wander about the graves. After returning to the hotel, and breakfast, the remainder of the morning is free until 10:50am, when we transfer to the ferry terminal and board a motorboat for the mainland. A road trip of 2.5 hours takes us along the coast to Kota Kinabalu. **Accommodation:** Hyatt Regency Hotel **Meals:** BL

Day 12, Depart (or Mount Kinabalu Climb option)

After breakfast check out of hotel for journey home.

OR

Mount Kinabalu Climb option

After breakfast we will transfer to Kinabalu Park for registration and collection of our packed lunch. Vehicles then transfer us to Timpohon gate, which is the starting point of our climb. As we commence the climb to Laban Rata (3,353m), the views are spectacular. This climb is quite strenuous so take it slowly and use this walk as an acclimatization walk. Following our check-in at Laban Rata Rest house the rest of the day is free to relax. Hydrate and rest up for the summit challenge.

Accommodation: Laban Rata Rest House. **Meals:** BLD

Day 13, Mt Kinabalu Summit-Timpohon Gate-Kota Kinabalu

A very early wakeup call and light snack before starting for the summit. The climb will take about 3-4 hours. As we reach the peak of this magnificent mountain, the rising sun gradually allows us to experience the unbelievable moonscape of Mt Kinabalu and the surrounding 360 degree view of Sabah. We will then descend to Laban Rata Rest house, have breakfast then descend to Timpohon Gate, Power Station, then to Park Headquarters. Collect climbing certificate and proceed for a late lunch at Balsam Restaurant. After lunch we will transfer to Kota Kinabalu. **Accommodation:** Hyatt Hotel Kota Kinabalu **Meals:** BL

Day 14, Depart

After breakfast check out of hotel for journey home.

Tour Inclusions

- Sandakan Death March WW11 Historian Tour Guide Lynette Silver
- Airport Transfers (Day 1)
- Visit Sandakan POW Camp
- Visit Sepilok Orangutan Rehabilitation Centre
- Warm-up walk in primary jungle, to see Proboscis monkeys in the wild, followed by Boat ride.
- Boat ride through jungle to see Proboscis monkeys in the wild
- Visit St Michaels Church
- Train ride from Tenom to Beaufort

- Local English-speaking guides
- Local guides
- Guest house and long house accommodation on track
- All entry fees and forestry permits
- Detailed Risk Management Plan.
- Proven group management with responsible ecological practices
- All road transfers
- All food, accommodation & repatriation transport for guides
- Transfers, touring and accommodation at Labuan Island
- Private Service of Remembrance at Kundasang War Memorial.
- A short Service of Honour is held at Labuan War Cemetery.
- Sandakan Death March polo shirts
- Public Liability Insurance
- Boat Transport to Labuan Island return
- WW11 History Tour
- Visit Commonwealth Graves War Cemetery

Optional Mount Kinabalu Climb

- Twin share accommodation (single supplements available)
- Transfers
- Climbing Permit
- Climbing Insurance
- 1 night's accommodation on mountain
- Meals
- Mountain Guide

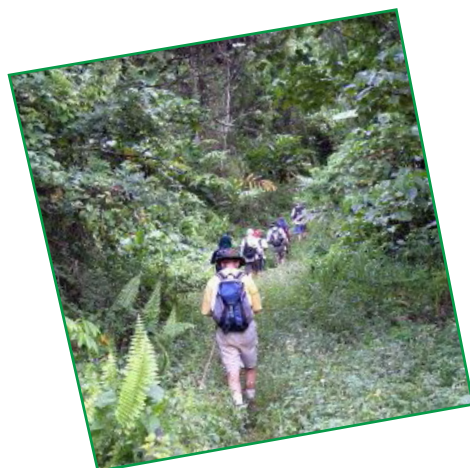
Tour Exclusions

- International and Australian domestic airfares
- Passport & Visa costs
- Travel insurance
- Vaccinations and anti-malarial medicines
- Meals other than stated
- Alcohol
- Personal carrier for Mt Kinabalu (\$50AUD)

Baggage

- One main soft bag per trekker Maximum Weight of 20kgs
- Travelling to Labuan trekkers need a light weight overnight bag in which to take enough clothes for two days and two nights. Main bags will be transferred to the Hyatt Hotel in Kota Kinabalu

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