



Activity Information Sheet

Taman Negara Getaway

Taman Negara National park spread out over 4343 sq. km of the formidable Titiwangsa Mountain Range, one of the world's oldest tropical rainforest. A sanctuary to hundreds of species of birds, butterflies, insects, fish and plants. Home to Malaysia's friendly aborigines, the Orang Asli. A shy yet gentle race, they continue to live the nomadic way they've lived for centuries although fully aware of the country's fastest-paced progress.

You can take day or night time jungle walks or stay in a hide and maybe catch a glimpse of some of the 250 or so species of fauna that exists within the parks boundaries, from hornbills, pheasants and kingfishers monkeys, gibbons, wildboar, deer, tapir, and maybe even an elephant or tiger. Six observation points have been set up specifically overlooking salt licks and grassy clearings for the observation of wild, often shy animals. These hides allow the visitor to spend a night away from the resort to observe the nocturnal activities of the animals of the forest. Activities within the Park are primarily nature based, taking full advantage of the many streams, rivers, caves hills and the forest itself. Enjoy a bracing swim in cool waters, a full day's trek, a boat ride and even a spot of angling should you so desire.

A visit to Taman Negara, however, is not complete until you have done the canopy walk. The world's longest such walk, it winds over 400 meters in the forest canopy allowing you to view the rich and diverse flora and fauna at the very summit of the forest, 25 meters above the ground. Orang Asli guides can be engaged for excursions to specific areas in the Park, such as the various caves. A visit to the orang Asli settlement is also worthwhile here. Accommodation in the Park is at the jungle lodge, chalets and a hostel, all with basic facilities.



Organizers:

Name	Designation	Role	HP No.	Email Address
Chu Guang Sing	Assistant Quartermaster	Expedition Leader	82988420	guangsing@nusodac.net
Riddhaj	Vice Project Director(Outdoor Adventure Camp)	Asst. Expedition Leader	97822847	riddhaj@nusodac.net
Germaine Leng	Assistant Publications Secretary	Asst. Expedition Leader	98212637	germaine@nusoadac.net

In the event the expedition leaders are un-contactable, please feel free to approach any of the organizers.

Cost: \$220 (inclusive of)

- Meals provided at resort
- Transportation Cost in Malaysia
- Cost for activities
- Club Administrative Fee (\$5.00), which is **non-refundable**

ODAC members enjoy \$6.00 discount.

Duration of Expedition: 3D3N

Dates of expedition: 12th Dec 2010 to 15th Dec 2010

Meeting Time & Venue

12th Dec 2010, 8 pm at Golden Mile Building

Other Important Dates

- **Pre-trip briefing:** 6th December 2010
NUS Sports and Recreational Centre

Difficulty Level★☆☆☆☆

See Appendix A for further definition on the level of difficulty

Highlights of Expedition:

- Night Walk
- Jungle Trek
- Cave Exploration
- River Rapids

Terrain and Physical Requirements:

- Suitable for anyone even with below average fitness

Important Numbers to Note:

Terengganu State Police Headquarters: 09-635 4722

Pahang State Police Headquarters: 09-590 2222

Hospital Bentong 09-222 3333 / 09-222 3334

No-go Criteria:

1. Social/Political unrest
2. Participants fails to submit all relevant documents (Activity Registration Form, Medical Declaration and Indemnity Form), which have to be duly completed and signed before leaving on departure day
3. Participant is certified medically unfit prior to the expedition
4. Outbreak of contagious diseases

Refund policy:

Full refund will be given should the organizer **cancel** the activity.

In the event that the expedition is **aborted due to unforeseen circumstances** (e.g. floods, outbreak of contagious disease such as bird flu, etc.) the **amount to be refunded will be based on the amount of unexpended expedition funds, excluding the \$5 admin fees.**

Withdrawal upon your request is subjected to the following conditions:

Case 1: From Sign-up until 8 days before start of expedition

All money paid will be refunded **except for an Administrative fee of \$5 and all expenses that have already been incurred.**

Case 2: Within 7 days to start of expedition. **Strictly no refund.**

Case 3: Medically unfit with production of Medical Certificate

All money paid will be refunded **except for an Administrative fee of \$5 and all expenses that have already been incurred.**

Any other cases will be considered on a case-by-case basis and refund will be subjected to the approval of the organizer.

Medical Indemnity:

- All participants are to declare any existing medical conditions to the organizer.
- All participants are strongly encouraged to be immunized against tetanus.
- **NUS ODAC and its leaders shall not be held responsible for any consequences arising from existing medical condition(s) caused by the participant's failure to be immunized as recommended by the club.**

Final reminder: Do constantly check your emails for any updates to the trip.

Presented to you by NUS ODAC 26th Executive Committee

Draft Itinerary

Night 1- 12 Dec —Take night coach to Kuala Lumpur from Singapore (Golden Mile Building)

Day 1- 13 Dec (1L, 1D)

9.00 am	Depart from KL by car/coach.
12.30 pm	Arrive at Kuala Tembeling Jetty. Lunch at Restaurant Ghazali.
2.00 pm	Boat ride (river safari) to Kuala Tahan, the headquarters for Taman Negara.
5.00 pm	Welcome to Taman Negara! Check in to the chalets / hostels.
7.30 pm	Dinner at Resort/floating restaurant.
8.30 pm	Night walk to Tahan Hide to observe wildlife, continue with insect safari in the jungle.
11.00 pm	Sleeping time

Day 2- 14 Dec (1B, 1L & 1D)

7.30 am	Breakfast at resort / floating restaurant.
8.30 am	Jungle trek to Tereseck Hill .
1.30 pm	Lunch at floating restaurant.
2.30 pm	Gua Telinga (Ear cave) exploration.
4.30 pm	Shooting the rapids . Visit to Orang Asli settlement .
7.30 pm	Dinner at resort/floating restaurant. Thereafter, you may carry out your own activities such as shopping for souvenirs and go for a stroll around Taman Negara Resort.

Day 3- 15 Dec (1B)

8.00 am	Check out & Breakfast at resort/ floating restaurant.
9.00 am	Leaving Taman Negara by boat or land transfer by van / taxi / bus.
11.30 am	Arriving at Kuala Tembeling Jetty and proceed your journey home. Proceed to take coach back to Singapore (Golden Mile Building).
6.00 pm	Home Sweet Home!

Note: The itinerary is subject to change based on actual expedition conditions and the discretion of the Expedition Leader. A more detailed elaboration on the itinerary, terrain and such will be made during the briefing.

Personal Equipment List

Equipment	Qty	Remarks	√ list
Daypack	01		
Rain Gear / Poncho	01		
Clothing (inclusive of the set worn on day itself)	03	Minimum of 2 Sets Recommended	
Undergarments	03	Minimum of 2 Sets Recommended	
Swimming trunks/ suit	01		
Sandals	01		
Shoes	01		
Personal Toiletries	01		
Water Bottle / Water Bag	01	Minimum of 2L Capacity	
Torchlight w spare batteries	01	Compulsory	
Personal Medication	01	To inform First Aider if under medication	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Camera	01	Optional	
Spare Cash (Ringgit)		Around RM 50	
Passport & 3 Photocopies			

Note:

- 1) Waterproof all items in backpack using Ziploc bags/trash bags.
- 2) Toiletries are optional
- 3) Use of contact lens in the outdoors is strongly discouraged.
- 4) Participants are to bring their own medication and inhalants. The 3 photocopies are needed if there should be any loss of the passport during the activity. 1 copy to be retained by a friend going on the trip, the other copy to be kept by the group leader and the last copy to be kept by participant himself/herself.
- 5) Male participants are to inform CMPB beforehand.
- 6) Please ensure that your passport has at least 6 months validity i.e. trip is held 6 months and above from your passport expiry date

Appendix A

Easy★

Activity can be completed easily by person of average fitness.

Moderate★★

Some physical exertion may be expected.

Moderate to Strenuous★★★

Participants should be in good fitness condition. Those who have not been exercising regularly may need to undergo some pre-conditioning.

Strenuous★★★★

Extensive physical activity involved. Participants should undergo additional fitness training prior to trip.

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Demanding

Not for the weak hearted. Prior experience needed. Participants are required to undergo a series of training prior to expedition.