

WHITE WATER Rafting down the Padas River and through the Padas Gorge is a great adventure, and great fun, too. It is an exciting activity for everyone, young and old, swimmer or non-swimmer. By the time you start rafting you'll look terribly professional, with helmet and real serious life vest. Clutching to your paddle you are ready to meet the falls and cataracts of up to Grade IV of the Padas River.

The trip begins with an early drive of about 1 1/2 hours from your hotel in Kota Kinabalu to the Beaufort Railway Station. Board the oldest and only train available in the whole wide Borneo at around 1000 o'clock. The North Borneo Railway takes you through some of Sabah's most scenic places, along with the villagers who carry in their 'luggage' poultry and vegetables, tobacco and freshwater eels to sell in the nearest town.

If you get hungry during the ride, don't worry: there are lots of vendors going from wagon to wagon, and offer a variety of cold drinks and other titbits from their small, rustic trolleys. After this enjoyable, roughly two-hour train ride you reach the starting point in Pangi where you will be given the essential white water rafting equipment, safety briefing and basic paddling techniques by professional river guide.

Light refreshments will be served before heading towards the riverbank for the excursions of this mighty Class III-IV river. The adrenaline rush journey covers a distance of 9 km that holds seven of the most exciting rapids in South East Asia!

The rafting ends after about one and a half hours at the Rayoh Train Station. After this never tickling adventure you will suddenly feel hungry and thirsty. At Rayoh you can not only have a shower and change into your dry clothes, but also iced drinks and a mouth watering BBQ lunch with a touch of Malaysian cooking, and slices of tropical fruits, all inclusive in the package.

Souvenir lovers will have the opportunity to buy our T-shirts, caps, and badges at reasonable prices. So, don't forget to bring some extra change for memorabilia from Borneo, and to get that commemorative t-shirt for those at home! What's more, someone has taken your photo during the rafting! For a minimal price you get a set of seven to ten photos of your adventure and achievement – so try to smile all the way during rafting, you never know when you are on camera!

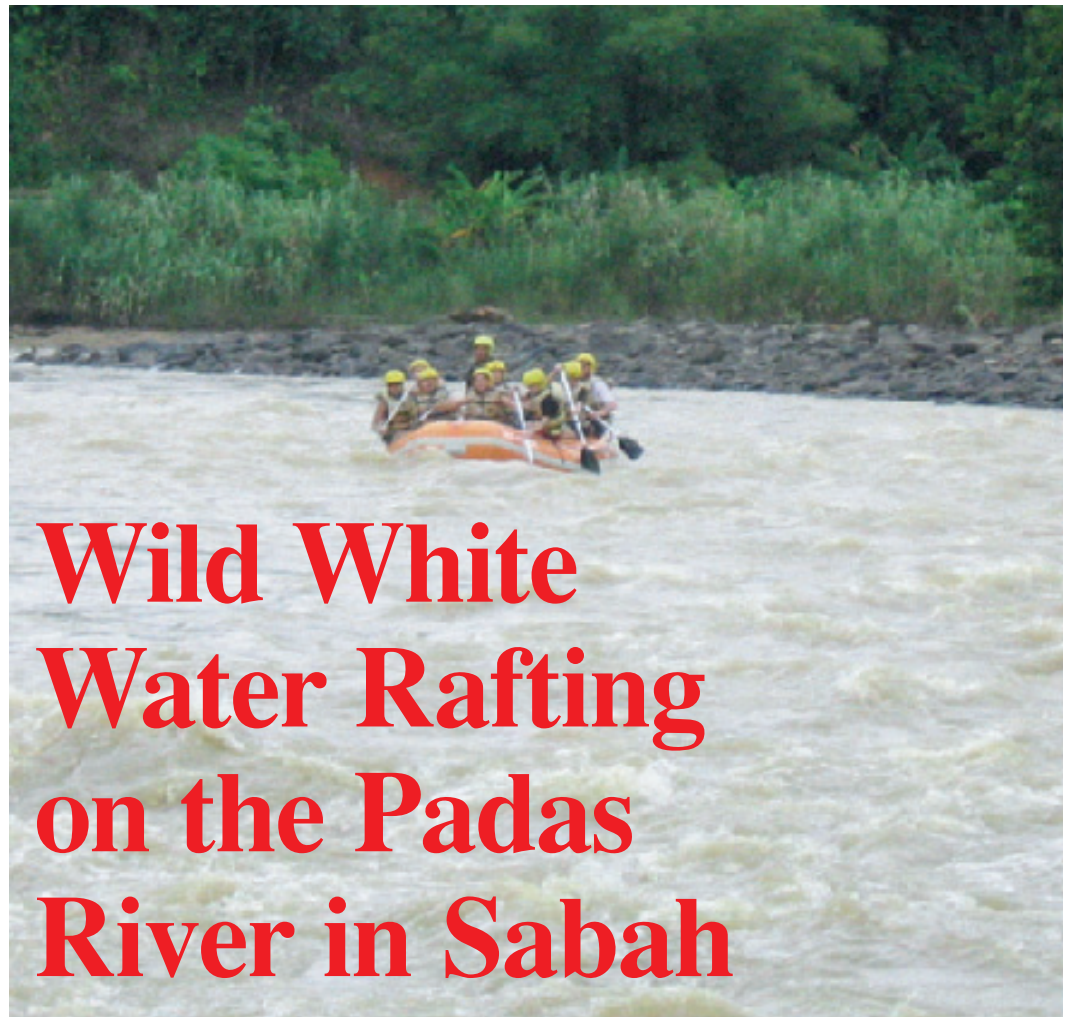
At about 1530 hrs it is time to head back by train to Beaufort, where you board again the coach and enjoy the sunset along the South China Sea on your way back to your hotel.

Tour Schedule:

- 0715 hrs (depending on hotel) transfer from KK to Beaufort Town (distance 90 km)
- 0930 hrs upon arrival in Beaufort board train for Pangi Station – the Starting Point of the white water adventure
- 1205 hrs arrive at Pangi Station. Light refreshments, safety briefing
- 1445 hrs ca - arrive at Rayoh Station – the Ending Point. BBQ Lunch and drinks
- 1500 hrs train back to Beaufort
- 1640 hrs arrive at Beaufort Railway Station. Transfer back to hotel (by coach).
- 1840 hrs ca - arrive at hotel, tour ends

Tour includes:

- all transfers
- train ride
- insurance
- white water rafting equipment
- English Speaking guide
- river guide
- BBQ lunch
- Certificate of achievement



TRAVEL TIPS / WHAT TO TAKE ALONG:

You will get thoroughly wet, there is no escape!
 Wear your bathing suit ready under your clothes, because you have to change in the train. Your dry clothes and other possessions will remain at Rayoh, the ending point of the White Water Rafting. On your rafting day, don't wear any jewellery and other valuables, leave them all at the hotel in the safe deposit. Contact lenses are not recommended, and cameras that are not waterproof are not ideal on the boat. You may want to wear some sandals for the rafting, but make sure they are tightly fastened to your feet. Take along some spare change for a snack on the train, mosquito repellent, sun block lotion, a sun hat and your best mood!

