



Jungle trekking



The winning team

A group of 56 people based in the United Kingdom, participated in the gruelling seven-day Kinabalu Challenge 2008 which ended on Friday. This event, a test of physical tolerance and mental strength, challenged participants while providing them with a series of once in a lifetime experiences.

According to a statement from Asia Ability Sdn Bhd an international personal and team development organisation with its headquarters in Kota Kinabalu 14 teams of four persisted through the humidity, heat and rain that are so prevalent in Borneo at this time of the year in a fight to achieve the highest score based on both time and performance, in various competitive activities.

Activities include an exciting heli-

copter ride into the Borneo jungle, survivor skills, building rafts, white-water rafting down the Kiulu River, racing on bike and on foot, and climbing to the peak of Mount Kinabalu.

To survive the challenge, teamwork is crucial.

Initially they went through a basic training on jungle survival skills, safety briefings and insights into the

local culture. The teams then headed off on a 4km run downstream along the picturesque Kiulu river, making several crossings using overhead suspension bridges. Reaching the finish line, teams were transported via three Sabah Air helicopters from Kampung Malanggang to the middle of the jungle. Guided by jungle experts and local guides, teams trekked to a camping site, using their newly acquired jungle skills to set up a base and prepare creative meals from limited ingredients.

Their next challenge was Bamboo Raft Making where each team followed instructions to assemble a bamboo raft capable of supporting all four team members. Using rope, cut bamboo branches and inflatable tyres, teams built the rafts to race down the grade-two Kiulu river, learning, amongst oth-

Bike race



Participants building a raft



ers, the skill of knot-tying.

Unfortunately, due to relentless rain resulting in high water levels, trainers had to make the call to cancel the race, as safety to all participants remained top priority. The two bike run races of varying difficulty levels were held; 9.6km and 8.5km respectively, where teams had to swap between running and cycling the set route – ranging from uneven gravel roads to the fully sealed Tuaran road.

During this segment, teams took turns running and cycling using mountain bikes at a certain section, having to carry their mountain bikes over rough terrain. Next came the White Water Rafting, where they started off in Pukak and guided by expert river guides from Traverse Tours. The teams rafted 14 kilometers down Kiulu

in a race of time.

With what turned out to be a very close call, nine teams made it across the finish line within 30 seconds of each other.

On the kayaking challenge, team members took turns kayaking in a Karambunai lagoon on two-man kayaks in a four-legged race. Battling strong currents and rain, teams circled the lagoon in what initially seemed like a less demanding challenge, but turned out to be highly competitive.

Last but not exactly the least came Mountain Climbing.

Using the more difficult route from Mesilau, teams set off to conquer Mount Kinabalu, racing to be first at the finishing line at Laban Rata. The following morning, the competition over, the whole group trekked together to

Kinabalu Challenge



the summit. A five-week was was the highest point in

After the race, the winning team was The Boys, saying the best way to carry out key factor in completing tasks to others carry the steep tracks. To the test. Team aged between 18-25, business, competition, including jungle

A participant coming inevitably required through

She adds that low a training school readiness for

Judith Amad parents hail from Challenge 2008 an incredible success after surviving

"One thing I it is to pay attention from our fact enough water to properly! These lot of suffering,"

Managing Director David Powell, great importance of everyone involved

"Apart from multiple experts and team of doctors

Shangri-la gets awards



Shangri-la Tanjung Aru Resort

HOTELCLUB, one of the world's largest online accommodation providers, named Shangri-La's Tanjung Aru Resort and Spa one of the "Top Three Family Hotels in Asia".

The announcement was made during the HotelClub Awards Asia 2008 event held in Happy Valley, Hong Kong recently.

The award was based on an online consumer survey hosted by HotelClub.com during April and May 2008. More than 120,000 votes were received from over 70,000 voters. Consumers were asked to nominate hotels using a free text survey and then rank the hotels based on the 10 criteria: ambience, service, business facilities, family friendliness, cleanliness, restaurant facilities, bars and entertainment, rooms, location and value for money.

Hong Kong-based Shangri-La Hotels and Resorts currently owns and/or manages 57 hotels under the Shangri-La and Traders brands with a rooms inventory of over 28,000. Shangri-La hotels are five-star deluxe properties featuring extensive luxury facilities and services. Shangri-La hotels are located in Australia, Mainland China, Fiji, Hong Kong, India, Indonesia, Malaysia, Philippines, Singapore, Sultanate of Oman, Taiwan, Thailand and the United Arab Emirates. The group has over 50 projects under development in Austria, Canada, mainland China, France, India, Japan, Macau, Maldives, Philippines, Qatar,

Seychelles, Taiwan, Thailand, United Arab Emirates, United Kingdom and the United States.

