

# TREKS : CAMERON HIGHLANDS

*-Intergenerational Bonding Series-* **27 TO 31 MAY**



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Supported by:



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## YMCA of Singapore presents subsidized programmes to promote friendships between adventure lovers of all ages!

YMCA's Y Treks: Cameron Highlands will satisfy even the most hard core adventure trekker. Experience a different side of the Highlands other than strawberry farms and tea plantations. The highlight of this programme is a physically and mentally gruelling eight hour climb to the summit of Gunung Irau (2,110m) from Gunung Brinchang. This trek requires a good level of fitness & agility to navigate through the mystical mossy forest. Much of the journey requires scrambling on hands & feet, over tree logs, under over-hanging branches and across mud patches. The cool temperate climate and crisp mountain air will refresh & invigorate your senses! The next day, another trek guided by an Orang Asli local to see the rare Rafflesia flower followed by a picnic lunch and opportunity to swim in a refreshing waterfall.

Accommodation will be at Moonriver Lodge – a friendly, rustic farmstay amidst the Highland forests in a little known, exclusive and newly developed area in Sigar Highlands, away from the Cameron Highlands crowds. Moonriver Lodge offers wholesome home-cooked meals with vegetables & herbs freshly hand-picked from the garden.

**Please note: This is a vigorous adventure programme. A minimum standard of fitness is a pre-requisite and a selection process will apply. To ensure optimum enjoyment and a safe experience, participation in our four week pre-trip physical conditioning training programme is compulsory.**

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**PROGRAM ITINERARY**

Date	Itinerary
<b>Day 1</b> 27 May	Depart Singapore on overnight coach for Ipoh
<b>Day 2</b> 28 May	<i>(Lunch and dinner provided)</i> Arrive Ipoh for breakfast, transfer to Moonriver Lodge. Check in. Icebreakers Free & Easy Lunch Moonriver Orientation Trail BBQ Dinner Early night
<b>Day 3</b> 29 May	<i>(Breakfast, lunch and dinner provided)</i> Rise and shine. Breakfast at 6am Departure for Gunung Irau trek (Estimated trek duration: 8hrs) Organic charcoal steamboat dinner at Brinchang Town Free and easy (Pasir Tani night market, foot reflex, shopping)
<b>Day 4</b> 30 May	<i>(Breakfast, lunch and dinner provided)</i> Rise and shine. Breakfast to start at 7.30am. Departure for Rafflesia trek (Estimated trek duration: 3hrs) Lunch at waterfall Resume trek Return to lodge for free & easy time or farmwork Buffet Dinner Evening programme: games & prizes
<b>Day 5</b> 31 May	<i>(Breakfast provided)</i> Rise and shine. Breakfast to start at 7.30am. Departure for Ipoh Arrive at Ipoh for a short free and easy visit Depart for Singapore at 12noon. Arrival Singapore YMCA 9pm

<b>Date/ Duration</b>	27 to 31 May 2010 (4D/4N)
<b>Group size</b>	28 maximum
<b>Fee</b>	Seniors (40 years old and above): \$250
	Non-seniors: \$290
	Senior & non-senior pair: \$500
<b>Accommodation</b>	Twin/triple sharing at Moonriver Lodge

**Price Includes:**

- 1) Return Singapore-Cameron coach
- 2) Specified meals
- 3) All accommodation
- 4) All necessary land transfers in Cameron
- 5) Supervised pre-trip training programme by YMCA representative.
- 6) Pre-trip briefing.

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7) Classic Travel Insurance by NTUC INCOME

8) Dedicated YMCA of Singapore staff leader

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**Price Excludes:** Visa Applications or fees incurred for travel extension.

### Registration and Deposit:

Registration and collection of deposit opens Saturday 3 April 2010. Spaces are allocated strictly on a first come first served basis.

A non-refundable **\$100** deposit towards the programme is required to confirm a place on the trip. Reservations cannot be held without deposit. The balance payment for the land package is due 30 days prior to departure date. If payments are not made on time, we reserve the right to resell the booked places.

Payment is to be made via cash or cheque at the Member Services Centre, YMCA of Singapore Level 1, 1 Orchard Road, Singapore 238824. Cheque payments are to be made out to "YMCA of Singapore". Please indicate on reverse "Y Treks: Cameron Highlands"

### Note:

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1. Price stated is current as of 01 April 2010. Prices are subject to change due to increases in airfare, airport taxes and other surcharge changes during peak holiday period, or itinerary changes based on participants' needs.
2. Please note that the published itinerary is a statement of intent and to be used as a guide only. Each day may vary due to the walking times of the group, weather and trail conditions. While all effort will be made to minimize changes, YMCA or the trip leader reserves the right to make amendments to the itinerary with or without consulting the participants. However, YMCA will do everything within our control to minimize the effects of the enforced changes.
3. Participants must be physically fit and aware of the physical demands and the harsh elements that can be encountered during the trek and prepare or train adequately for them.

### Contact Information:

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