



MALAYSIA: PENINSULAR MALAYSIA

TOUR-SPECIFIC INFORMATION



*The striking **Sultan Tit** can be found on this Malaysian birding tour.*

GENERAL INFORMATION ABOUT MALAYSIA (INCLUDING BORNEO) CAN BE READ HERE

TOUR OUTLINE

Starting and ending in Kuala Lumpur, this Peninsular Malaysia bird tour visits some of *the* best birding locations in southeast Asia, including world famous Taman Negara National Park. A host of wonderful birds can be found on the tour, including **Rail-babbler, Malayan Whistling Thrush, Mountain Peacock-Pheasant, Malayan Peacock-Pheasant, Malayan Laughingthrush**, and **Malayan Partridge**, along with a range of stunning hornbills, kingfishers, broadbills, pittas, and trogons.

DAILY ACTIVITIES, PHYSICAL REQUIREMENTS, AND TOUR PACE

This Malaysian birdwatching tour requires reasonable physical fitness but is not considered too physically demanding (though humidity in the lowlands can make you feel tired). We will spend time birding on easy to moderate trails and roads at a range of elevations and will experience hot and humid conditions in the lowlands and cooler temperatures in the mountains. We will also do some birding from small boats while in Taman Negara National Park.

We will usually have early morning birding sessions with a break during the middle of the day back at our accommodation to escape the heat of the day (less of an issue at higher elevations), with further birding sessions in the afternoon. We will undertake some night walks and drives to look for nocturnal wildlife.

This is a birding focused tour that does offer some photo opportunities, though these are secondary to the actual birding element of the tour.

TRANSPORTATION

We will use airconditioned vehicles on this tour. Roads are generally good and paved, though some mountain roads are a little windy, such as at Fraser's Hill and Bukit Tinggi.

We will use small, motorized boats for birding along the rivers at Taman Negara National Park as this allows us good access into the forest and better chances of observing certain target birds. We will also use small boats for very short crossings between our resort within the national park and the land outside the national park, where our vehicle will be parked for our time there.

DOMESTIC FLIGHTS

There are no domestic flights required for this tour.

LUGGAGE

Please pack as lightly as possible for this tour. We recommend a medium, soft-sided, and robust duffle bag which is likely to work best for packing in the tour vehicles. A small daypack will be useful for when we go out hiking during the day and for keeping items you'd like to have to hand

while we are in the vehicles.

SAFETY

As always, your safety is our paramount concern on this, and all of our tours. Please also refer to our Malaysia general information for further information on this and many other topics. This tour does not go to very remote areas, most areas are well developed nature tourist areas. However, we will be visiting large national parks and wilderness areas within these parks that are home to a wide range of wildlife, some of which are potentially dangerous, such as snakes, spiders, etc. Please refer to the general information for more details.

Potential issues on this tour are trips and falls when on trails, tracks/roads, and getting into or out of the tour vehicles and boats, so extra care should be taken at all times. Sturdy walking shoes and hiking boots are recommended for this tour. A hiking pole or walking stick is compulsory if you are at all unsure on your feet.

There is a low risk of malaria on this tour, but please consult your doctor or local travel clinic for specific advice. We will be spending time birding in areas where mosquitos and other biting insects occur. Insect repellent with a high DEET concentration can be useful for keeping them away and reducing the chance of bites. DEET or citronella insect spray can also keep chiggers and leeches away. Chiggers can lead to Scrub (Bush) Typhus and can be incredibly irritating. Leeches do not spread diseases, but they are rather unnerving and can cause blood loss and are particularly evident in Borneo. “Leech socks” are a useful piece of kit.

WEATHER/CLIMATE

We will be spending time in the lowlands and highlands (around 4,900 feet/1,500 meters) on this tour so we will experience a range of temperatures. While in the lowlands we can expect average daytime highs of around 89 °F (32 °C) and average nighttime lows of 68 °F (20 °C). There is often cloud cover here, resulting in hot and humid, rather oppressive conditions. During our time in the mountains, we can expect more pleasant conditions, it is cooler than the lowlands and we can expect average daytime temperature highs of around 80 °F (27 °C) and average nighttime lows of 63 °F (17 °C), but the temperature may drop to below 59 °F (15 °C) occasionally, with wind chill it can feel cooler, particularly in the early mornings and at night.

Please note that the sun is strong here and care should be taken to remain hydrated and use sun protection. Rain is possible at any time at any location so rain gear and an umbrella will be essential. A dry bag is also recommended for protecting optics, electrical equipment/cameras, and any documents you might have with you, such as passports etc.

ACCOMMODATION

The accommodation on this tour is of a good to very good standard and we will be staying in hotels and nature lodges which all have private facilities. All will have electricity, and most will have Wi-Fi, though in some locations this may be restricted to hotel common spaces such as lobbies and restaurants and might be a bit hit or miss. Most accommodation will have air conditioning, except for in the mountains, where it is not really necessary.

ELECTRICITY

It would be advisable to bring a power bank for charging small personal items like smart phones etc. if you are likely to be using them a lot, such as when we are driving around. We should not have any issues with electricity supply, unless there is an unexpected power cut.

COMMUNICATIONS

There is phone signal across most of the tour route and most accommodation will have Wi-Fi (which may be a bit unreliable in some places). You may be able to purchase a local travel SIM card (such as those from Digi.com or Celcom) on arrival at the airport in Malaysia, or use your own provider on a roaming package (roaming charges are likely to be incurred).

FOOD AND MEALS

There are various food choices on this tour, most food is of a Chinese style, with local Malaysian and Indian food being typical options, with some places offering western menu options. Vegetarian food can be arranged but please let us know of any dietary requirements ahead of the tour. Most local meals are based around chicken or fish with rice and noodles, and mixed vegetables, tempeh, and tofu. Fresh fruit will be available. We suggest you bring your favorite snacks or protein bars to supplement your diet.

MONEY

We will have access to ATMs at many locations on this tour as we will be passing through plenty of towns and cities along the tour route, though for convenience it is often best if you can withdraw cash while at the airport.

WHAT TO BRING: CLOTHING AND OTHER ITEMS

The following is a list of useful items to bring on this birdwatching tour to Malaysia and should be read in conjunction with the general information document, which suggests lots of other important items to bring on the tour.

1. Hiking pole or walking stick to help on the tracks and trails. **A walking stick is compulsory for anyone who is unsteady walking**, as we feel this is a safety issue; we don't want anyone slipping on the forest trails or anywhere else.
2. Torch (flashlight) and/or headlamp, and spare batteries – we will have some nighttime bird/wildlife watching during the tour, where a torch and/or headlamp would be required. On some occasions we will also likely be setting off into the forest for our morning birding sessions when it is still dark, so this is essential kit.
3. A day pack for carrying personal supply of water/snacks when out on the trails and for other essential gear when out birding, such as umbrella, waterproofs etc. and for keeping personal items you wish to have on you while in the vehicles.
4. High concentration DEET or citronella insect repellent.
5. Salt sachets for leech removal.

6. Leech socks – essential kit on this tour.
7. A small personal first aid kit. See the suggested items from the Centers for Disease Control and Prevention (CDC), [here](#). We will be able to call in at pharmacies at some locations, but not at others, so useful to have some essentials with you.
8. Footwear is a matter of personal preference but sturdy shoes as a minimum are required, and hiking boots are probably best, with something a bit more comfortable maybe for time spent in vehicles and around the accommodation.
9. Quick-drying clothes are the best for this tour and a good selection of clothing layers are also recommended for time at the higher elevations where temperatures will be lower than in the lowlands (see the “Weather/Climate” section for further information on likely temperatures during the tour).
10. Rain jacket (and small umbrella) and a coat/fleece for our time in the mountains.
11. A dry bag to keep valuable documents in such as passports, cell phones, wallets etc., as well as cameras if it rains.
12. Power bank – useful for charging items.



*The gorgeous **Rufous-collared Kingfisher** can be found in Malaysia.*