



### WHAT TO BRING

- Comfortable, lightweight, outdoor clothes
- A change of clothes
- Face mask
- Towel
- Sunscreen
- Insect Repellent
- Hat or cap
- Hiking shoes or sandals
- Reusable water bottle
- Swimwear
- Waterproof or water-resistant bag
- Raincoat
- Head lamp

*Feel free to bring your own snacks or trail mix, just remember to take with you any plastic bags that your snacks came in when we leave the rainforest.*



# BOOK NOW!

FYMAN RESOURCES OUTDOOR ADVENTURES ACTIVITIES

E-10-27 HydeTower @ I City,  
I SOHO I City  
Persiaran Multimedia Seksyen 7  
40000 Shah Alam

Director of Fyman Resources  
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FYMAN RESOURCES  
OUTDOOR ADVENTURES ACTIVITIES

# CHALLENGE YOURSELF



'WE MAKE IT DIFFERENT'



### Team Building and Outdoor Activities

- Fostering team-building spirit
- Encouraging problem Solving
- Building self-confidence
- Appreciation for Nature
- Cultivating a sense of community

### INCLUDES:

- Meet-up at TOL Gopeng (7am)
- Certified white water rafting equipment
- English speaking guides
- Safety kayaker, safety boats
- Bottled water
- Shower/Changing facilities
- Transportation within activity areas

### PACKAGE 1

#### 1 Day Trip

- White Water Rafting @ Sungai Perak
- Cave Exploration @ Gua Kandu
- River Crossing experience
- Hiking @ Bukit Batu Putih

### PACKAGE 2

#### 2 Days 1 Night Trip

- White Water Rafting @ Sungai Perak
- Cave Exploration @ Gua Kandu
- Hiking & River Crossing @ Bukit Batu Putih
- Icebreakers, team games and activities
- Tent Accommodation (max 2 pax per tent)
- Dinner



### WHITE WATER RAFTING @ SUNGAI PERAK

#### 2 session per day

1st Session	9:00 am
2nd Session	2:00 pm

Rafting Duration 3 hours  
 8km obstacle with 12 rapids  
 Finish point will be at the campsite

Assembly at the campsite and then transportation to the rafting start point. A safety briefing will be given by our trained guides before being outfitted with rafting equipment and kayaks.

This white water rafting experience will take about 3 hours, expect to cover 8km of distance with 12 rapids along the way.

Minimum pax	10 pax
Maximum pax	Unlimited

### CAVE EXPLORATION @ GUA KANDU

Duration 2 hours

Inclusive of transportation, a trained guide, and insurance.

### HIKING @ BUKIT BATU PUTIH

Duration 2 hours 30 minutes

While hiking, we will be crossing a few rivers, so make sure to wear suitable clothes for the trip. Expect to see amazing views of Ipoh, Sungai Kampar, Pekan Gopeng and Gua Tempurung at the summit.

