

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!

FYMAN RESOURCES OUTDOOR ADVENTURES ACTIVITIES

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

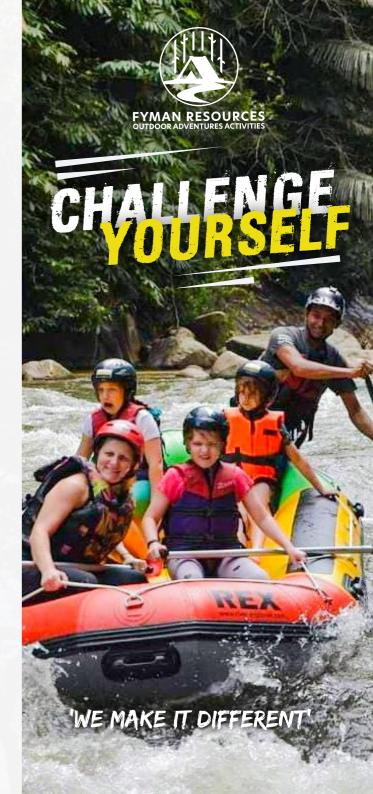
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Team Building and Outdoor Activities

- · 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.

