

Long Pa Sia Jungle Trek – 6 days / 5 nights

Description

Long Pa Sia is a very remote village situated in the heart of Borneo and home to the Lun Dayeh tribe. It is located in the south-western part of Sabah, adjacent to the border of Sarawak and Kalimantan. If you are looking for a mix of culture, trekking, camping and spending time with the real jungle experts then this is the trip for you.

The forest around Long Pa Sia is famous for the rich plant diversity and historical treasures. There are many cultural sites which includes burial grounds with ancient burial jars. The jungle trek will also take you past beautiful waterfalls and a hidden lake in the forest which is the setting for many of the local stories, beliefs and legends.

Itinerary (Timings to be used as guidelines only)

Day 1 (Lunch and Dinner)

You will be picked up from your hotel in Kota Kinabalu and transported deep into the interior of Sabah to Long Pa Sia. The journey takes approximately eight hours with much of it by 4 x 4. You will be welcomed into the village by your host family who you will join for dinner, and stay overnight in their house. This is a great opportunity to experience the traditional way of life of these fascinating people and sample some local delicacies!

Day 2 (Breakfast, Lunch and Dinner)

After an early breakfast with your host family, you will set off into the jungle accompanied by a Lun Dayeh guide. The first camp is approximately a five hour interesting trek from the village where you will experience river crossings and wobbly bridges. Your guide will help you collect any edible plants or jungle fruits along the way which you can cook along with dinner in the evening. The campsite is basic – jungle hammocks and an open fire for cooking.

Day 3 (Breakfast, Lunch and Dinner)

This morning you will continue trekking in this rich jungle environment. The terrain becomes slightly more challenging and will take you deeper into the forest crossing rivers to the next jungle camp.

Day 4 (Breakfast, Lunch and Dinner)

This will be the longest day of trekking – probably taking eight hours! However, by this time you should be feeling fit, acclimatised and comfortable in the jungle. Again, you will camp in the forest, have a wash in the river and cook with the guide on the open fire.

Day 5 (Breakfast, Lunch and Dinner)

Today you will trek back to Long Pa Sia where you will be welcomed back by your host family.

Day 6 (Breakfast and Lunch)

You will travel back to KK, arriving late afternoon at your hotel.

Pre-requisites

- A good level of fitness – you must be happy and comfortable to walk uphill in a hot and humid environment for up to eight hours.
- Prepared to rough it! The camping is very basic and often just a small clearing in the forest. Be prepared to sleep in hammocks and cook on open fires.
- Prepared to carry your own personal belongings and up to three litres of water. Porters are hired to carry food stuff and cooking gear (if you let us know in advance, you can hire a porter to carry your own kit for a small additional fee)
- Safety is always the priority and if the guide feels that it is not safe to continue for any reason, their decision must be respected.

Included:

- Roll mats
- Hammock, basha sheet and mozzie net
- Food and water
- Transportation
- Guides
- Homestay accommodation
- Camping & village JKKK trekking fees

Not Included:

- Porters to carry personal kit. These can be provided at an additional cost if booked in advance.
- Sleeping bags

Packing list

- Waterproof jacket
- Good walking boots
- Long trousers and a t-shirt/shirt for trekking
- A towel, spare socks
- A dry set of clothes for evening and sleeping
- Water purification tablets (or Iodine)
- Rucksack
- Waterproof bag for inside the rucksack
- Snacks
- Small personal medical kit including plasters, personal meds, plenty of insect repellent, etc.
- Bowl, mug and cutlery
- Torch and spare batteries
- Good pair of garden gloves for hand protection (you will need to hold on to stumps, small trees, vines along the way)
- Leech socks (can be provided for RM 25)