



Maliau Basin Trek (5 days / 4 nights)

Description

There is a good reason why the Maliau Basin is also known as the Lost World of Sabah. This very remote conservation area of primary rainforest in the heart of Sabah is currently being nominated for World Heritage Status. It is extremely rich in flora and fauna which makes a wonderful trekking environment. This 588 km² basin is almost the same size as Singapore yet it is untouched virgin primary rainforest.

This trek into the famous Maliau Falls is challenging but well worth the effort. The forest is pristine and you will truly feel like you are in the middle of nowhere.

While this entire region is rugged, the saucer-shaped Maliau Basin is distinguished by its almost circular perimeter, sharply delimited on all sides by cliffs or very steep slopes, making it insurmountable on foot from most directions. The highest point is on the north rim, at over 1,675 m in elevation, but has yet to be accurately surveyed. Resembling a volcanic caldera, the 25 km diameter basin is in fact a sedimentary formation comprised mainly of gently inclined beds of sandstone and mudstone.

The basin was first discovered in 1947, and in 1981 it was designated as a conservation area for the purpose of research, education and training. In 1988, the first major scientific expedition was organised and in 1997 the basin was upgraded to Protected (Grade one) Forest Reserve. It now has a well-equipped Studies Centre and there are permanent camps set up within the basin.

Itinerary (Timings to be used as guidelines only)

Day 1 (Lunch & dinner)

You will be picked up from your hotel at 8.30am and driven 3 hrs to Keningau where there will be a lunch stop. We then continue the drive down to Maliau arriving at Agathis camp by approximately 4.30pm. Dinner is served at 6.30pm. After dinner (if weather permits), we can go for a night drive or trek in search of nocturnal animals. Agathis camp has basic facilities (dorm style).

Day 2 (Breakfast, lunch & dinner)

After a 7.30am breakfast, we depart for Camel Trophy Camp at 8.30am. This morning is a challenging trek uphill and over the rim of the basin. Once inside the basin, the trekking and forest is outstanding. We will stop and have our packed lunch en-route, arriving at Camel Trophy Camp around 2pm. At 3pm we will trek to Giluk waterfall (1 hour) or the spectacular 100 metre high Takob Akob Falls (2 hours) unless you would prefer to simply relax at camp. Dinner is served at 6. Overnight at Camel Trophy Camp (dorm style).

Day 3 (Breakfast, lunch & dinner)

After breakfast we trek through the lowland dipterocarp forests for about 6 hours to the majestic 7-tier Maliau Falls, stopping for lunch along the way. From Maliau Falls we continue our trek to Ginseng Camp, our accommodation for the night, dinner is at 7pm.

Day 4 (Breakfast, lunch & dinner)

We leave Ginseng at 7am and trek for 6 - 7 hours back to Agathis Camp arriving at approximately 3pm. The rest of the afternoon is for relaxing at camp.



Day 5 (*Breakfast, lunch & dinner*)

This morning we check out of camp and drive to the watch tower and Sky bridge at Belian Camp before leaving Maliau and heading back to Kota Kinabalu.

NOTE : There is an option of adding another day to this itinerary at a bargain rate. The above itinerary is a guideline and it can be modified.

Pre-requisites

- Guests must submit a copy of their latest Personal Accident Insurance policy. This must cover helicopter evacuation.
- 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. A fitness certificate from your physician or doctor is very useful.
- Be prepared to rough it – the camps are basic.
- Be prepared to carry your own personal belongings and up to 2-3 litres of water. Porters are hired to carry food stuff only. You can hire a porter to carry your own kit for a small fee of RM100/porter/day/12 kg load.
- Safety is always the priority, and if your trek guide (ranger) and tour leader feel that it is not safe to continue for any reason, then their decision must be respected.

Packing list

- Waterproof jacket or poncho
- Warm fleece, warm hat
- Good walking boots, slippers for camps
- Long trousers and a t-shirt/shirt for trekking
- A towel, leech socks, spare socks
- Dry sets of clothes for evening and sleeping
- Water purification tablets (or Iodine)
- Rucksack for short treks out of camp
- Waterproof bag for inside the rucksack
- High energy snacks
- Small personal medical kit including plasters, personal meds and toiletries, insect repellent, etc. The Tour Guide will also carry a very basic first aid kit
- A bowl, a light lunch box, mug and cutlery
- Good torch, spare batteries
- Good pair of garden gloves for hand protection (you will need to hold on to stumps, small trees, vines along the way)
- A GPS, if you have one
- Dry bags for keeping valuables including your travel documents, camera, etc.
- Note – Mobile phones and camera batteries may be charged at the camps.



Provided from Fieldskills

- Roll mats, whistle
- Food and transportation
- A qualified tour guide and trek guides
- Conservation and camping fees and permits

Not provided

- Sleeping bags
- Personal porters – this can be arranged in advance at a small fee