

Sea to Summit Multi Activity Challenge

Day 1 Arrive Borneo

On arrival at Kota Kinabalu International Airport we will be met by our Fieldskills Adventures Expedition Leader and taken by bus transfer to the Kiulu Valley, 45 mins from Kota Kinabalu. Here we swim in a beautiful jungle river and sleep in hammocks. After checking in, there is an opportunity to complete a short acclimatisation trek in the nearby forest. There are showers to freshen up after the long flight and a BBQ prepared by the local villagers.

Day 2 Kampung Sinansag

We wake up to a distant view of our final trekking destination, the towering Mount Kinabalu. From our river camp we make a short bus journey to the start of the white water rafting. This grade 2 river brings us back to our camp where we can change into our trekking gear for the trek to Kampung Sinansag. We trek up the river for approximately 1-2 hours until we reach our lunchtime stop. After lunch it is a steep climb to the village itself, spectacularly located on top of a ridge. Dinner tonight is prepared by the village and there is a chance to learn about some of the traditional culture of our hosts, the people of the Dusun tribe.

Day 3 Kampung Rungus Mahaba

Today our trek takes us through remote villages, forest and steep rice fields as we edge towards Mt Kinabalu. We begin with a short uphill section leading out of Sinansag before we begin a 2 hour descent to the river valley and village of Moingob. Here we have lunch before a long and steep ascent takes us out of the valley. After a tough day's trekking we arrive at the small village of Kampung Rungus Mahaba, where we camp for the night.

Day 4 Mesilau

An early start is necessary to avoid the worst heat of the day on what is mostly an open track and dirt road. We are headed for the village of Pekan Nabal, but we must first overcome a series of steep ascents and descents as we slowly make an altitude gain of 480m during the day. An excellent warm up for the mountain itself and the views are spectacular if the weather is good. When we reach Pekan Nabal a bus transfer takes us to the Mesilau lodge within the Mount Kinabalu National Park.

Day 5 Mount Kinabalu

We trek the Mesilau route which is a longer but much quieter and less visited than the trail from Timpohon. The climb is steep but we take our time, at a slow pace, to appreciate the unique forest and grow accustomed to the altitude. We pass by a number of waterfalls where the air is cooler, refreshing, and a nice change from the humid jungle. We stay at the rest house, where there are showers and bunk beds. If the weather is clear, this is a stunning place to spend the evening.

Day 6 Summit

We start trekking at 3.00am to make it to the summit of Mount Kinabalu by sunrise. Because of the altitude, it is a slow trek along the granite slabs to the summit but the sight of the sun rising over the Sabah jungle is definitely worth it. The temperature atop Mount Kinabalu is often below freezing so we don't spend too long up there. As soon as the sun is up, we turn around and head back to the rest house for breakfast before we pack our bags and begin the descent down to the park headquarters. We join our coach and transfer to Poring Hot Springs where we can rest our legs in the hot baths.

Day 7 Kota Kinabalu

This morning we will transfer back to Kota Kinabalu where we will check in to a beach resort. After a day of relaxing by the pool, we will complete the expedition with a beach BBQ watching the sunset over the South China Sea.