

Summit to Sea Multi Activity Challenge

Day 1 Arrive Kota Kinabalu

Arrive in Kota Kinabalu, the bustling capital city of Sabah. You will be met by the Fieldskills Expedition leader and transferred from the airport to the city centre. You will stay at a hotel in the heart of the city and eat dinner at a traditional Malaysian seafood restaurant.

Day 2 Acclimatisation Ride at Sabah Tea Plantations

This morning we will be transferred by bus to Sabah Tea, passing Mount Kinabalu along the way. On arrival, we will check in to our traditional longhouse accommodation before embarking on a short acclimatisation ride exploring the plantation.

Day 3 Ride to Poring Hot Springs

After breakfast we will spend the morning cycling from Sabah Tea to Poring Hot Springs on both road and forest trails. By the time we arrive at Poring Hot Springs, we will be in need of an afternoon relaxing in the hot baths. This evening, we will be transferred by bus to Mesilau Nature Resort (2000 meters) at the foot of Mount Kinabalu, our accommodation for the night.

Day 4 Mount Kinabalu via the Mesilau trail

This morning we trek up to Laban Rata (3,272 metres), our final camp before attempting the summit of Mount Kinabalu. Trekking up on the Mesilau route is the harder alternative as it is 2 km longer however, the trail is quieter and more exciting than the more commonly used trail from Timpohon gate. The trek up to Laban Rata can take between 6 and 7 hours. Due to its height, Mount Kinabalu has a number of climatic zones giving rise to an enormous variety of plants and animals. It is a naturalist's paradise! We will trek through rainforest, cloud forest, ending in subalpine meadow at Laban Rata.

Day 5 Summit of Mount Kinabalu

Wake up time is at 2am to give us enough time to have a hot drink and some energy food before starting the trek to the summit. There are a few roped hand rails on the steepest sections to help you along. We should get to the summit of 4,095 metres by 5.30am in time to watch the sunrise. The views on a clear day are absolutely breathtaking. It can be below zero degrees on the summit so as soon as photos are taken we will descend back down to Laban Rata to enjoy a well deserved breakfast before descending to park HQ.

Day 6 Home of the Dusun People

This is a tough day for most as people are tired and sore from the mountain. We begin with a 4 hour cycle, initially on sealed roads and mostly downhill. This takes us on to one of the best off-road forest trails in Sabah as we travel towards Pahu village. There are a few huge hills to climb but, as they say "what goes up must come down" – the downhill ride on this trail is second to none! Tonight, we will get a real taste of the traditional culture of the Dusun people. The locals who live in the village always enjoy having visitors as regular non-natives don't generally find their way to the forest interior. They will welcome us with their traditional dancing and a feast from their farms and surrounding forest. We will camp beside a beautiful river in the village. Facilities such as toilets and showers are very basic.

Day 7 Kiulu Valley

We will continue our expedition cycling down into the Kiulu Valley finishing at the Kiulu River. After lunch, we white water raft (grade II) for 3 hours to our camp for the night at Traverse Adventure Centre where we sleep in stretcher hammocks. This evening we will have a BBQ dinner and a bonfire by the river.

Day 8 South China Sea

After breakfast, we will build our own rafts from Bamboo and paddle down the Kiulu River to the small town of Tamparuli. From here we spend the afternoon cycling to the South China Sea!