

Kampung Kiau Jungle Trek and Cultural Experience – 3 days / 2 nights

Description

Kampung Kiau is a small Kadazandusun farming village in the foothills of Mount Kinabalu. The surrounding farms and forest have some of the most amazing trekking trails with breath taking views of Mount Kinabalu and a unique mix of flora and fauna. The trek takes you through forest interspersed by grassy fields, rice paddies, small fruit farms and jungle shelters. If you would like to experience the culture and hospitality of the Kadazandusun, explore the Borneo rainforest and learn jungle skills from the locals, then this is the itinerary for you.

There will be steep climbing both uphill and down, hot open trails and great shady sections making the trek both challenging and very satisfying. You will pass huge dipterocarp trees and strangler figs, dripping with lianas, orchids, pitcher plants and wild jungle fruits. The guides will show you a variety of jungle survival skills and you will learn to identify and collect food for your evening meal. To this local community, the jungle is a supermarket which has almost everything they need! At night the forest comes to life with an amazing array of sounds and the temperature drops to about 12-15 deg C. At sunrise you will be awakened by calls of hornbills and gibbons, echoing through the forest canopies. The early morning commotion is then gradually quietened by the humid heat of the day but the shades of the forest provide perfect protection from the sun.

Itinerary (Timings to be used as guidelines only)

Day 1 (Includes lunch and dinner)

9.30 am	Pick-up from your hotel in KK
12 pm	Lunch (en-route to Kpg Kiau)
2 pm	Arrive Kpg Kiau, check-in to our resthouse, explore the village or just relax and enjoy the view of Mount Kinabalu from the resthouse
3.30 pm	Cultural performance by the villagers
6.30 pm	Dinner

Day 2 (includes breakfast, lunch and dinner)

7.00am	Breakfast
8.00am	Depart for jungle trek
12.00pm	Lunch
1.00pm	Jungle trekking and survival skills
5 pm	Set up camp and wash in the stream
6 pm	Dinner around the fire
7.30 pm	Night walk to spot nocturnal animals (optional)

Day 3 (includes breakfast and lunch)

7.00am	Breakfast
8.00am	Trek to Kampung Kiau
12.30 pm	Arrive Kpg Kiau
1 pm	Lunch
2 pm	Depart for Kota Kinabalu
4 pm	Arrive Kota Kinabalu

Pre-requisites

- A reasonable level of fitness – you must be happy and comfortable to walk in hilly terrain in a hot and humid environment for up to six hours.

- Prepared to rough it! The jungle camp is very basic.
- 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 or tour leader feel that it is not safe to continue for any reason, then their decision must be respected.
- Due to the altitude, the weather can occasionally turn cold and wet especially in the evening.

Included:

- Roll mats
- Hammock set or tent
- Food and water
- Transportation
- A qualified tour guide
- All Park guides, fees and permits
- Stove and fuel

Not Included:

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

Packing list

- Sleeping bags
- Waterproof jacket
- Warm fleece
- Warm Hat
- 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 (Iodine)
- Rucksack
- Waterproof bag for inside the rucksack
- Snacks
- Small personal medical kit including plasters, personal meds, plenty of insect repellent, etc. The TG will also carry a medical kit.
- 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)