

Mt Trusmadi, 4D3N

The remote peak of Mount (*Gunung*) Trusmadi is the second highest mountain in Sabah at 2642 metres. Located within a forest reserve, this mountain is extremely rich in flora and fauna which makes a wonderful trekking environment. Unlike Mount Kinabalu, few tourists venture up Gunung Trusmadi, and very often you have the mountain all to yourself. This is partly due to the remoteness of the reserve as well as the steep and challenging terrain of the mountain.

Itinerary guideline

Day 1 (Includes Lunch & Dinner)

You get picked up from your hotel very early (7-ish) and get driven to the small town of Keningau, about 2½ hrs south of KK, and a quick stop for supplies shopping and coffee. We continue driving to Sook and then on to Kg Sinua and straight to Sinua dam, tonight's camp. We sleep in hammocks.

Day 2 (Breakfast, Lunch & Dinner)

We start the trek to camp 2 (Khiong Point) early, again sleeping in hammocks. Trusmadi trek is very rich in flora and fauna and you will have plenty to observe and be amazed by.

Day 3 (Breakfast, Lunch & Dinner)

We get up 1.00-2.00am, trek for 4.2 kms to the summit, enjoy the sunrise and, weather permitting, enjoy the view of Mt Kinabalu. We need to trek back down as soon as the sun is up and head straight to camp 1 (the dam). *If you have a flight to catch tomorrow, we could drive straight to KK tonight, hence a possible 3D2N trip. Otherwise, it is advisable to sleep at Camp 2 again tonight, and then trek down to camp 1 and drive to KK on Day 4.*

Day 4 (Breakfast)

We drive back to KK after a hearty breakfast.

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 camps are very basic. Unfortunately many previous visitors do not respect their environment and often there is rubbish left from their visits.
- 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 park guide and 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 on the mountain can be very wet and very cold and can change in an instant.

Included

- Food and water
- Transportation
- A tour guide
- All park guides, fees and permits
- Roll mats (if you require), stove and fuel

Not Included

- We have limited number of sleeping bags for hire.
- Porters to carry personal kit – when you make your booking, please let us know if you need one.

Recommended packing list

- 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 Tour Guide will also carry a very basic medical kit.
- Light-weight bowl, mug and cutlery
- Torch (preferably a head torch) and spare batteries, and your camera
- Good pair of garden gloves for hand protection (you will need to hold on to stumps, small trees, vines along the way and it can get cold)

Notes

- All climbers need to book at least 3 weeks before your scheduled climb dates. This is to allow time for approval from Sabah Forestry office
- To make it more interesting and enjoyable, this tour can also be done as a 5D4N.
- Minimum number for a trip is 2 person

