

3D2N KIULU TREK (Brief Description)

Day 1 – KK-Kg Sinarut-Waig-Waig Waterfall – poor phone signal at Kg Sinarut, good at Waig-Waig

Waig-Waig Waterfall is a jungle camp, we sleep in string jungle hammocks next to a waterfall

Depart KK at 9am, arrive Kg Sinarut about 10.30am, trek and learn some jungle survival techniques on the 3-4 hrs trek to Waig-Waig Waterfall, mixed terrain with a few small hills and streams, hot & humid, set up hammocks (provided) upon arrival at Waig-Waig, make fire, cook, dinner, sit around campfire. A possible night trek to learn how to hunt for food (e.g. frog-hunting), a survival technique, and look at wildlife at night.

Evacuation – About 30 mins 4WD to Kiulu road, and another 40 mins to Tuaran Hospital

Day 2 – Waig-Waig Waterfall-Lg Pa Kou Survival Camp – good mobile phone signal

Lg Pa Kou Survival Camp, next to a tributary of the Kiulu river good for swimming (when low tide), 2 toilets, gravity tap water, electricity, sleep in string jungle hammocks (provided), cook on open fire.

Today's trek is about 5-6 hrs of undulating terrain, passing small farms, hanging bridges, secondary forest, overall very interesting - a good mix.

Evacuation – a 4WD can get in to camp and it takes 35 minutes from camp to Tuaran (1 hr 25 mins to KK)

Day 3 – Lg Pa Kou Survival Camp-Kiulu town – good phone signal

Trek takes about 4-5 hrs, undulating with small hills, hanging bridges, farms, tiny villages dotting the trek. Lunch on the trek. It gets hotter and more humid as we get closer to sea level. We get picked up from Kiulu town (1 hr 15 mins to KK), arriving KK by about 3-4pm.

Evacuation – less than 30 mins to a road head, and then 40 mins 4WD to Tuaran Hospital

Hospitals

Tuaran Hospital – 088-788317 (Closest)

KPJ Damai – 088-211333

Jesselton Medical Centre, Metro Town KK – 088-366333

Gleneagles KK – 088-518888