

**KIULU VALLEY 5D4N TREK (Brief description)**

**Day 1 – KK-Rangalau Kiulu Camp (1 hrs) – good mobile phone signal**

*Rangalau Camp, next to Kiulu river, is a permanent camp with stretcher hammocks, a fully equipped kitchen, proper showers & toilets, piped water and electricity (most of the time!!).*

Depart KK at 9.30am, at Rangalau Camp by 10.45am. Set up sleeping space, lunch, some survival activities til about 4pm, swim, dinner, final check to prepare for tomorrow's trek.

*Evacuation – a car takes 25 minutes from Rangalau camp to get to Tuaran Hospital (1 hr to a KK hospital). Max altitude – 285 mtrs ASL, Camp altitude 45 mtrs ASL.*



**Rangalau Camp Kiulu**

**Day 2 – Rangalau Camp-Lg Pa Kou Survival camp (Kiulu) – good mobile phone signal**

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

Today's trek is about 15 kms, 5-6 hrs of trek (average group speed), 90% flat, plantations & forest, lots of rivers and hanging bridges, tiny villages, hot & humid! Along the trail we'll learn some jungle survival skills. On arrival at Lg Pa Kou jungle camp, we set up hammocks, prepare for the night, cook dinner, swim if there's time, sit around campfire.

*Evacuation – a 4WD can get in to camp and it takes 35 minutes from camp to Tuaran (1 hr 15 mins to KK). Max altitude – 450 mtrs ASL, Camp altitude – 95 mtrs ASL*



**Long Pa Kou Survival Camp**

**Day 3 – Lg Pa Kou Survival camp-Bungkawas camp (Kiulu) – good phone signal**

*Bungkawas Jungle Camp is on top of a ridge, no electricity, water source from stream nearby, cook on open fire, sleep in string jungle hammock.*

Today's trek is approx 7.2 kms, 5-6 hrs trek (average), it is quite a challenging day as 80% is going uphill, a stream to cross, forest and plantations. We learn more jungle survival techniques on the trail. Arrive Bungkawas camp, set up hammocks, cook & eat dinner, sit around campfire.

*Evacuation – about 90 mins stretcher carry to road head, then 4WD/car for 40 mins to Tuaran Hospital. Max altitude – 730 mtrs, Camp altitude – 730 mtrs*



**Harry making utensils from bamboo**

**Day 4 – Bungkawas camp-Waig-Waig Waterfall camp – intermittent phone signal**

*Waig-Waig Waterfall is a lovely jungle camp, no facilities, we cook on open fire, there's one toilet, we sleep in string hammocks next to the waterfall.*

Today's trek is shorter than the last 2 days, just as well. As usual, we'll try learn as much survival techniques as we could on the trail. It's mostly downhill but there are tricky spots, so we have to be a bit cautious especially if it rains. The waterfall is a welcomed sight!

*Evacuation – about 20 mins 4WD from the waterfall to Kiulu road, and another 35 mins to Tuaran Hospital. Max altitude - 730 mtrs (Bungkawas Camp), Camp altitude - 180 mtrs*

**Day 5 – Waig-Waig - Kpg Sinorut – intermittent phone signal**

This is about 4-5 hrs trek, undulating, with hanging bridges, plantations and forest. We get picked up from Kpg Sinorut, along the main Kiulu Road, and get transferred to tonight's destination (about 1½ hrs to KK).

*Evacuation – between 2 to 3 hrs stretcher carry, and then 40 mins in 4WD to Tuaran Hospital. Max altitude - 285 mtrs (on the Kiulu road)*

**Hospitals**

*Tuaran Hospital – 088-788317*

*KPJ Damai – 088-211333*

*Jesselton Medical Centre, Metro Town KK – 088-366333*

*Gleneagles KK – 088-518888*

**Note :** *Henry Daud is the lead guide for all our Kiulu treks. Henry is a Lun Dayeh from Lg Pa Sia, a village near the Indonesian border, and he still holds the Malaysian record for the longest non-stop unassisted jungle trek of 54-days. He has a pool of about 15 trek/survival guides and they all know these trails very well.*

**Recommended Minimum Packing List**

Sleeping bags (2-season is adequate) – we will need this as mornings can get chilly!

Waterproof jacket (or thin rain ponchos)

A hat (wide brimmed, if possible, to protect from the sun)

Sunglasses

Good walking (hiking) boots

A light pair of sandals (for camps and river crossing)

Fast-dry Long trousers and a t-shirt/shirt for trekking

A thin shower towel & a face towel

Spare socks and undies

Dry sets of clothes for evenings and sleeping

A refillable water bottle (preferably NOT a plastic one!)

A few water purification tablets (or Iodine) – *just in case!*

A rucksack  
A waterproof bag for inside the rucksack  
Energy snacks  
A small personal medical kit which should contain plasters, antiseptics, personal meds, plenty of insect repellent, sun block, a tiny bottle of "Skin-so-soft" baby oil to use against sandflies, rehydration salts  
A plate, bowl, mug and cutlery (all light-weight, preferably NOT plastics)  
Torch & camera and spare batteries  
A ziplock bag to keep all valuables and important papers  
Good pair of garden gloves for hand protection (you will need to hold on to stumps, small trees, vines along the way)  
Maybe a trekking pole for some

**Normally included are**

Trek guides (1:8 ratio)  
Meals (if you do not wish meals to be included, please indicate when booking)  
A basic First Aid kit (with the lead guide)  
Hammock sets – which trekkers must carry themselves on the trek  
Transportation to/from the Kiulu Valley  
Village JKKK and camping fees and permits

**Not included are**

Personal activity insurance  
Alcoholic and fizzie drinks, fresh juices, and others not mentioned above  
Roll mats  
Porters (this needs to be confirmed when booking, additional cost)

**Additional Reminder**

*Please keep all used wrappings (e.g. from biscuits, candies, dry noodles, etc) in your bag and take it out to Kiulu village on the last trek day for proper disposal (leave absolutely nothing behind!)*