## A 17D16N Multi-Activity Trip

Day 1 - Arrive KK, sleep at KK hotel

Day 2 - Transfer 2.5 hrs to Kiau Village, cultural show, sleep in Kiau homestay

**Day 3** - Trek to Camp 1, learn some survival techniques on the trek, set up camp, sleep in hammock near amazing river. Evening - we go frog hunting (a survival technqiue)

Day 4 - Trek back to Kiau, sleep in mountain lodge near Mt Kinabalu

**Day 5** - Climb 6.5km to Laban Rata, sleep in mountain resthouse at 3,280 mtrs ASL, enjoy the surrounding views from the top

Day 6 - Up at 2.30am, climb to summit with head torch, descend, sleep in mountain lodge

*Day 7* - R&R day. AM - Visit Kundasang War Memorial. PM - Visit Poring Hot Springs, dip in the hot springs. Sleep at Sabah Tea longhouse

*Day 8* - Transfer 30 mins to bike start. Mountain biking to Pahu Nulu, football match against village team, sleep in tents on village football field or the community hall

**Day 9** - Cycle to Kiulu valley. PM - Raft to Q'Lu Camp Rangalau. Riverside BBQ dinner, blowpipe competition, sleep in stretcher hammock next to Kiulu river

Day 10 - Cycle to the beach, swim in the sea, transfer to beach resort

Day 11 - Fly 45 minutes to Sandakan, visit Orangutans and Sun Bear Centre

*Day 12* - 2 hrs transfer to Kinabatangan river, afternoon wildlife cruise, sleep in river lodge. Night walk.

Day 13 - Visit Gomantong Cave, then back to Sandakan. PM - Fly back to KK.

Day 14 - To Mantanani Island, tropical island escape - sun, sea, sand and snorkel/dive

Day 15 - A full day on Mantanani Island - sun, sea, sand and snorkel/dive

Day 16 - Back to KK, R&R, free afternoon. Gala BBQ dinner at the beach resort

Day 17 - Depart KK

The above trip combines many activities and adventures in one go - trekking and camping, culture, homestay, iconic Mt Kinabalu, war memorial, hot springs, traditional longhouse, survival, rafting, biking, wildlife, tropical island, sun, sea, sand and snorkel and dive, all in just 17 days!

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