

## **Ultimate Kiau 5D4N Trek & Culture**

*(Min 2pax, max 30pax)*

### **Day 1 – Kiau village**

We leave KK at 9am, getting to Kiau village around 11.15, check in to our resthouse or homestay, and it's a traditional Dusun lunch. There will be an opportunity to witness and take part in the traditional Dusun cultural dance. The rest of the day is for us to acclimatise, walk in the village to meet friendly villagers and admire the views of Mt Kinabalu or do short familiarisation trek nearby. We go through our trek ration, do a final check on our trek packs and talk about tomorrow's trek.

*Kiau Resthouse – Altitude 950 mtrs*

*Day 1 highest altitude – 1100 mtrs*

*Evac Day 1 – 45 mins drive from Kiau village to Tuaran Hospital (1½ hrs to KK)*

### **Day 2 – Trek distance – 5.5km, average trek time – 5-6 hrs**

Today's trek is about 5.5km long through rubber, pineapple and rice fields. First there is a big downhill, and on a clear day, the view of Mt Kinabalu at the 2kmpoint is breath taking. Up ahead is a hill for us to climb. As we are at the foot of Mt Kinabalu, the terrain here is undulating as you can expect – we need to watch where we step, especially when it is wet. We will cross a small river on a simple village bridge, and more rice fields, with more amazing views of Mt Kinabalu. We then get to Tinokok river, where we can take a quick dip – the water is cold though! We are at Camp 1. There is a shelter that takes 15-20, plenty of trees for hammock, and a squat toilet. We wash/bath in the river and cook on open fire. Tonight, if we are up for it, and weather permitting, we could learn a bit from our local guides on how they survive this jungle by relying on what food the river has to offer or go on a night trek looking for wild animals and birds.

*Day 2 lowest altitude – 760 mtrs, highest altitude – 970 mtrs*

*Camp altitude – 970 mtrs*

*Evac Day 2 – Stretcher carry for at least 5 hrs to Kiau Village, and a 45 mins drive to Tuaran Hospital (1½ hrs to KK)*

### **Day 3 – Trek distance – 5.5km, average trek time – 6-7 hrs**

Today's terrain is more demanding than yesterday's, with bigger hills to climb. We get to see and hear more birds, and we get to see wild orchids, some of which are endemic to the area. After about 3km from Camp 1, we have an opportunity to trek along a river, if it hasn't been raining, otherwise we will trek on another trail to get to Camp 2. Camp 2 is strictly hammock, and there is a cooking (open fire) shelter. We wash/bath in the river and dig a toilet away from camp.

*Day 3 lowest altitude – 965 mtrs, highest altitude – 1425 mtrs*

*Camp altitude – 1390 mtrs*

*Evac Day 3 – Stretcher carry for at least 7-8 hrs to Kiau Village, and a 45 mins drive to Tuaran Hospital (1½ hrs to KK)*

### **Day 4 – Trek distance – 5km, average trek time – 6-7 hrs**

It gets even tougher today as we will generally be going uphill the whole day! It's 1km shorter than yesterday, but about 1 hr longer. Just about 600 meters before getting to Camp 3, we get to a hill top and, on a clear day, the view of Mt Kinabalu from here is absolutely amazing as we are right next to it! At camp we could go coffee picking and learn how to process it, or learn how to make animal traps, Dusun style. Camp 3 has shelters that can take about 25, cook on open fire, a squat toilet and we wash up using gravity tap water.

*Day 4 lowest altitude – 945 mtrs, highest altitude – 1410 mtrs*

*Camp altitude – 945 mtrs*

*Evac Day 4 – Stretcher carry for at least 8-9 hrs, and a 45mins drive to Tuaran Hospital (1½ hrs to KK)*

### **Day 5 – Trek distance – 3km, average trek time – about 3 hrs**

Today we pass through hill padi and pineapple plantations, and it's generally flat, with small humps here and there. It can be very hot and humid. We would have done a complete loop.

*Day 5 lowest altitude – 925 mtrs, highest altitude 1060 mtrs*

Evac Day 5 – Stretcher carry for at least 4-5 hrs, and a 45 mins drive to Tuaran Hospital (1½ hrs to KK)

**NOTE:** There are some sections of this trail that can be lengthened or shortened. The trek guides know the fastest and shortest routes for evacuation as they are all Kiau locals. The terrain is hilly, hence stretcher carrying can be very tricky and challenging, and can take much longer, especially when wet. Evacuation time also depends a lot on location of incident.

### **Kiau 5D4N Trek GPS route**

(Strava) – <http://www.strava.com/activities/426823018>

### **Recommended Minimum Packing List**

A sleeping bag (2-season is adequate) – we will need this as the nights are cold at this altitude!

Waterproof jacket (or thin rain ponchos)

Warm fleece

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 t-shirts/shirts for trekking

A thin shower towel & a face towel

Spare socks and undies

Dry sets of clothes for evening and sleeping

A refillable water bottle

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

A 55-65-litre rucksack to put all your belongings in

A waterproof bag for inside the rucksack

Energy snacks

A small personal medical kit including 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

Torch & camera and spare batteries

Ziplocks to keep valuables and documents, and wrappings/rubbish

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

And, of course, your toiletries

### **Normally included are**

Trek guides (1:8 ratio)

Meals (if you do not wish meals to be included, please confirm this when booking)

A basic First Aid kit (with the lead guide)

Hammock sets (roughly 1.2 kg when dry) – which trekkers must carry themselves on the trek

Transportation to/from Kiau Village

Village JKKK and camping fees and permits

### **Not included are**

Porters (this needs to be confirmed when booking, an additional cost)

Personal activity insurance

Alcoholic and fizzy drinks, fresh juices, and others not mentioned above

Roll mats

### **Additional Reminders**

1) Please keep all used wrappings (e.g. from biscuits, candies, dry noodles, etc) and other trash in a ziplock in your bag and take it out to Kiau village for proper disposal/recycling (leave absolutely nothing behind!)

2) Many groups use this trek as the warm-up for Mt Kinabalu climb