

## **Long Pa Sia Jungle Trek – 5D4N Cultural, Survival & Adventure Experience**

### **Brief Description**

Long Pa Sia is a very remote village situated in the heart of Borneo and home to the once feared headhunter tribe of *Lun Dayeh*. It is located in the south-western part of Sabah, adjacent to the border of Sarawak and Kalimantan Indonesia. If you are looking for a mix of culture, survival tips, absolutely amazing trekking, camping and spending time with the real jungle experts, then this is the trip for you.

The forest around Long Pa Sia is famous for the rich flora and fauna and its historical treasures. This trek takes us through some cultural sites which includes burial grounds with ancient burial jars and hills built by the locals to celebrate successful head-hunting trips. The jungle trek will also take us past amazingly beautiful rivers in the forest which is the setting for many of the local stories, beliefs and legends.

The trek is at an average altitude of 900-1300 mtrs ASL, and it does get quite chilly at night in the jungle.

### **Day 1 (L & D)**

We will be picked up from our hotel in Kota Kinabalu and transported deep into the interior of Sabah to Long Pa Sia. The journey takes approximately eight hours with much of it in 4WDs. We will be welcomed into the village by our host family who we will join for dinner and stay overnight in their house. This is a great opportunity to experience the traditional way of life of these once feared headhunters and sample their local delicacies!

*Travel time – approx 2½ hrs by bus on good sealed road, 5-6 hrs by 4WDs on semi-sealed and logging road  
Sleep – 4-5 people with each homestay family, on mattresses in mozy nets, sleeping sheets and pillows provided.*

### **Day 2 (B, L, D)**

After an early breakfast with our host family, we will set off into the jungle accompanied by our Lun Dayeh guides. The first camp is approximately a five hour interesting trek from the village where we will experience river crossings and wobbly bridges. We will help our guide collect any edible plants or jungle fruits along the way which we can cook along with dinner in the evening. The terrain is quite undulating and can be challenging especially when it rains. Ruren Camp is right next to a beautiful river where we can swim, and we cook on open fire. If weather permits, our guides may have a surprise activity for us tonight.

*Trek distance – about 9 kms, 4-5 hrs. Evac – 3-4 hrs stretcher carry + 5-6 hrs 4WD to Sipitang Hospital. Sleep – all in hammocks*

### **Day 3 (B, L, D)**

Today's trek is what the locals call The Head-hunter Trail. This is a very rich jungle, a mix of some really old primary jungle and some secondary forest, and the terrain becomes more challenging, taking us deeper and deeper into the forest. There is a lot of history on today's trek. In the old days, after a successful head-hunting trip, they celebrate on Crocodile Mounts – we get to see some of these so-called Crocodile mounts on the way. We will also pass some old graveyards. There is a river crossing, and we are at Bamboo Camp. The camp is right next to another beautiful river, lots and lots of bamboo at the camp site (hence the camp's name!) and there will be plenty of time to swim.

*Trek distance – about 8 kms, 5-6 hrs average. Sleep – all in hammocks. Evac – 3 hrs stretcher carry + 5-6 hrs 4WD to Sipitang Hospital*

### **Day 4 (B, L, D)**

This morning we will learn more survival tips from our Lun Dayeh guides. Late morning we will pack up and head back to Long Pa Sia village. It will be a shorter trek, about 3-4 hrs. We'll cross a couple of hanging bridges, walk through mostly secondary jungle as we get closer to the village. There is a small hill, otherwise it's mostly flat, same altitude as the village of Long Pa Sia. The trail follows the river. We should get back to the village by mid-afternoon, and we will once again stay with our host families. If we get back to the village early, we will have time for a football match or a game of *sepak takraw* or badminton or volleyball against the village teams. Tonight will be quite special as we get involved in some cultural activities with the villagers before we bid them good bye tomorrow morning.

*Trek distance – about 6 kms, 3 hrs stretcher carry (or 1 hr boat) + 5-6 hrs 4WD to Sipitang Hospital. Sleep – homestay*

### **Day 5 (B, L)**

We will travel back to KK, stop for lunch en-route, arriving late afternoon at our KK accommodation.

*Evac – 5-6 hrs to Sipitang Hospital (nearest major hospital).*

### **Pre-requisites**

- A good level of fitness – we must be happy and comfortable to walk uphill in a hot and humid environment for up to eight hours.
- Be prepared to rough it! The camping is very basic and often just a small clearing in the forest. Be prepared to sleep in hammocks and cook on open fires.
- Be prepared to carry our own personal belongings, up to three litres of water and our hammock set. Porters are hired to carry some of the food stuff and cooking gear.
- Safety is always the priority, and if the lead trek guide feels that it is not safe to continue for any reason, their decision must be respected.

### **Included**

Hammock, basha sheet and mozzie net (weighs about 1.2 kgs when dry)  
Meals and drinking water from lunch Day 1 to lunch Day 5  
Transportation from Kota Kinabalu to Long Pa Sia and back  
Trek guides (maximum number of trekkers per guide is 8)  
Lg Pa Sia Homestay accommodation  
Camping & village JKKK trekking and conservation fees

### **Not Included**

Porters to carry personal kit. These can be provided at an additional cost if booked in advance.  
Alcoholic drinks, fizzies and fresh juices, and our energy snacks.

### **We will need at least the following**

Two-season sleeping bag  
Waterproof jacket or rain poncho  
Good trekking boots  
Long trousers and a t-shirt/shirt for trekking  
A shower towel, a face towel, spare socks, a hat  
A dry set of clothes for evening and sleeping  
Water purification tablets (or Iodine)  
Rucksack  
Waterproof bag for inside the rucksack  
Small personal medical kit including plasters, personal meds, plenty of insect repellent, sun cream, etc.  
Plate / mess tin, bowl, mug and cutlery – all light weight, snacks  
A good torch (and spare batteries)  
Our camera (and spare batteries)  
Good pair of garden gloves for hand protection (we will need to hold on to stumps, small trees, vines along the way)  
Leech socks (can be provided for RM25)