

## **Tuaran Day Ride**



The area around the market town of Tamparuli and Tuaran are home to the Dusun tribe. They live spread out in the hills and coastal plains making use of the natural environment for sustenance. They spend their days farming rice, rubber, fruits and coconuts, as well as hunting in the forests and fishing from the rivers. They are some of Asia's most friendly and resourceful people.

Our Day Ride takes us through the heartland of the Dusun people. We cycle through small villages, isolated roads, patches of jungle, ride on wobbly bridges, pass jungle plantations and the few odd cows and village chicken, smiling villagers and onto the coastal plain where we will stop for lunch at Tuaran town close to the Chinese Pagoda. We then ride another route to go back where we started and a well-earned pat on the back. Forty percent of this ride is on dirt roads, lots of fun.

A support vehicle is always on standby not far from you.

### **Rough Itinerary**

*(Timings to be used as guidelines only)*

- 7.30am - Pick up from your hotel
- 8.45am - Meet our bike guide, safety briefing and set up bikes
- 9.15am - Start riding
- 12.30pm - Lunch in Tuaran town
- 1.30pm - Ride back to where we started
- 2.30pm - Transfer back to KK
- 3.30pm - Arrive back at your KK hotel

### **Price**

From RM235/person.

This includes good quality mountain bikes with disc brakes, cycling helmet, a water bottle to take home as a souvenir, drinking water and isotonic drinks, lunch, transfers from/to KK, your bike guide, snacks, a first aid kit, a support vehicle.

### **Not included**

Alcoholic drinks, fresh fruit juices

### **Please do take note**

Wear shorts and trainers/sneakers (no sandals please!). Bring suncream, insect repellent, personal medication, towel, change of clothes for return journey, your camera.