

Kiau 3D2N Guas Nabalu Trail

(Min 2pax, max 30pax)



Day 1 – Trek distance – 5.2km, average trek time – 5-6 hrs

We start trekking from Kiau village at about 10am, going over 2 hills before getting to Camp 1. Kiau terrain is undulating as it is at the foot of the iconic Mt Kinabalu. We could see amazing views of the mountain almost all the way along today's trail. On the trek we will try learn as much as possible about the flora and fauna from our guides. Tonight we get an opportunity to see how the locals catch frogs for food. Tinokok river is where Camp 1 is – the water is cold though! There is a shelter that takes 15-20, plenty of trees for hammocks, and there is a squat toilet. We wash/bath in the river and cook on open fire.

Camp 1 – Altitude 1215 mtrs

Day 1 highest altitude – 1215 mtrs

Evac Day 1 – Stretcher carry for at least 6 hrs to Kiau village, and then 45 mins drive to Tuaran Hospital (1½ hrs to KK)

Day 2 – Trek distance – 5km, average trek time – 6 hrs

Today's trek is going up and down some challenging hills and crossing rivers and streams. There are parts of the terrain that can be quite daunting, especially for those who aren't used to tropical jungle trekking – it can be slippery, especially when wet. Again, we will learn more about the amazing flora and fauna. At Camp 2, we learn how the locals plant their coffee, pick and process the beans. The guides can also show us how they make animal and bird traps. Camp 2 has shelters that can take about 20, we cook on open fire, there is a squat toilet and we wash up using gravity tap water.

Camp 2 – Altitude 1250 mtrs

Day 2 highest altitude – 1380 mtrs

Evac Day 2 – Stretcher carry for at least 5-6 hrs on a short cut to Kiau, and a 45 mins drive to Tuaran Hospital (1½ hrs to KK)

Day 3 – Trek distance – 3.5km, average trek time – 3-4 hrs

We pass through areas where there are wild vegetables – these vegetables are natural source of vegetables for the villagers. We also see some natural water source – the villagers drink direct from these water sources as it is very clean water, unpolluted. We then go through hill rice paddies and more fruit gardens before we get back to the village.

Day 3 highest altitude – 1265 mtrs

Evac Day 3 – Stretcher carry for at least 4-5 hrs to Kiau, and then 45 mins drive to Tuaran (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 quite tricky and challenging, and can take much longer, especially when wet. Evacuation time also depends a lot on the location of incident.*

Trek Files

Day 1 & 2 on the 3D2N - <http://www.strava.com/activities/415997967>

Day 3 on the 3D2N - <http://www.strava.com/activities/416034349>

Recommended Minimum Packing List

Sleeping bags (2-season is adequate) – we will need this as the nights are cold!
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 a t-shirt/shirt for trekking
A thin shower towel & a face towel
Spare socks and undies
A dry set of clothes for evening and sleeping
A refillable water bottle
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 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
A plate, bowl, mug and cutlery (all light-weight)
Torch & camera and spare batteries
Ziplocks to keep all valuables and papers
Good pair of garden gloves for hand protection (you will need to hold on to stumps, small trees, vines along the way)
Maybe, for some, a trekking pole

Normally included are

Trek guides (1:8 ratio)
Meals from lunch Day 1 to lunch Day 3
A basic First Aid kit (with the lead guide)
Hammock sets – which trekkers must carry themselves on the trek
Transportation to/from Kiau Village (unless notified earlier)
Village JKKK and camping fees and permits

Optional

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

Not included

Personal activity insurance
Alcoholic and fizzy drinks, fresh juices, and others not mentioned above
Roll mats

Price of this trip

From RM600/pax

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 school groups use this trek as the warm-up for Mt Kinabalu climb