

## **4D3N Guas Nabalu Kiau 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 afternoon is for us to acclimatise, walk in the village to meet friendly villagers and admire the views of Mt Kinabalu or do short familiarisation treks nearby. We need to 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 – 5.2km, average trek time – 5-6 hrs**

Today's trek is about 6km long through rubber plantations, pineapple and rice fields. First there is a big downhill, and on a clear day, the view of Mt Kinabalu at the 2km point 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. Our guides will show us some animal traps and how the locals catch animal or fish. Tinokok river is where Camp 1 is – the water is cold though! There is a shelter that takes 15-20, a squat toilet and plenty of trees for hammocks. 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 to try observe and watch wild animals and birds.

*Camp 1 – Altitude 1215 mtrs*

*Day 2 highest altitude – 1215 mtrs*

*Evac Day 2 – Stretcher carry for at least 6 hrs to Kiau village, and a 45 mins drive to Tuaran Hospital (1½ hrs to KK)*

### **Day 3 – Trek distance – 4.9km, average trek time – 6 hrs**

Today's terrain is more demanding than yesterday's, with bigger hills to climb and rivers to cross. We get to see and hear more birds, and we get to see wild orchids, some of which are endemic to the area. There are leeches on this bit of trail and quite a bit of the terrain is soft and wet. We get to Camp 2, our 2<sup>nd</sup> night accommodation. Here we could learn how the locals plant coffee and pick the beans and how they 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 3 highest altitude – 1380 mtrs*

*Evac Day 3 – 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 4 – Trek distance – 3.4km, 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 then go through hill rice paddies and more fruit gardens before we get back to the village.

*Day 4 highest altitude – 1265 mtrs*

*Evac Day 4 – Stretcher carry for at least 4-5 hrs to Kiau, and a 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 very tricky and challenging, and can take much longer, especially when wet. Evacuation time also depends a lot on location of incident.*

#### **4D3N GPS routes :**

Day 2 & 3 on the 4D3N - <http://www.strava.com/activities/415997967>

Day 4 on the 4D3N - <http://www.strava.com/activities/416034349>

#### **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**