

TREKKING > Mount Trusmadi (4 days / 3 nights)

The remote peak of Mount (Gunung) Trusmadi is the **second highest mountain in Sabah**. Located within a forest reserve, this mountain is extremely rich in flora and fauna which makes a wonderful trekking environment. Unlike Mount Kinabalu, few tourists venture up Gunung Trusmadi, and very often you have the mountain all to yourself. This is partly due to the remoteness of the reserve as well as the steep and challenging terrain of the mountain.

Itinerary

(Timings to be used as guidelines only)

Day 1 (includes lunch and dinner)

You will be collected from your hotel in Kota Kinabalu at 7am and driven for two and a half hours into the interior of Sabah and the small town of Keningau. There is time to stop here for a morning coffee before you carry on for another three or four hours to Kampung Sinua. Here you will overnight in hammocks at Sinua Dam Camp.

Day 2 (includes breakfast, lunch and dinner)

You will start trekking into the forest reserve early to make good progress before the sun gets too hot. The forest here is very rich in flora and fauna and there is a lot to see along the trek. Camp 2 is at Khiong Point where you will overnight in hammocks.

Day 3 (includes breakfast, lunch and dinner)

Today it is necessary to wake up very early at one or two in the morning. The trail to the summit is 4.2km long and the aim is to arrive there in time for sunrise. If the weather is clear, the view from the summit is stunning as it looks upon Mount Kinabalu. Once the sun is up, you need to trek all the way back down to camp one at Sinua Dam.

Day 4 (includes breakfast and lunch)

You will travel back to Kota Kinabalu stopping at Keningua en-route for lunch arriving in Kota Kinabalu at approximately 3.00pm.

Pre-requisites

- A good level of fitness – you must be happy and comfortable to walk uphill in a hot and humid environment for up to eight hours.

- Prepared to rough it! The camps are very basic. Unfortunately many previous visitors do not respect their environment and often there is rubbish left from their visits.
- Prepared to carry your own personal belongings and up to three litres of water. Porters are hired to carry food stuff and cooking gear (if you let us know in advance, you can hire a porter to carry your own kit for a small additional fee).
- Safety is always the priority and if the park guide and tour leader feel that it is not safe to continue for any reason, then their decision must be respected.
- Due to the altitude, the weather on the mountain can be very wet and very cold and can change in an instant.

Included

- Food and water
- Transportation
- Guide
- All park guides, fees and permits
- Roll mats and sleeping bag (if you require them)
- Stove and fuel

Not Included

- Porters to carry personal kit – when you make your booking, please let us know if you need one.

Recommended packing list

- Waterproof jacket
- Warm fleece
- Warm Hat
- Good walking boots
- Long trousers and a t-shirt/shirt for trekking
- A towel, spare socks
- A dry set of clothes for evening and sleeping
- Water purification tablets (iodine)
- Rucksack
- Waterproof bag for inside the rucksack
- Snacks
- Small personal medical kit including plasters, personal meds, plenty of insect repellent, etc. The Tour Guide will also carry a very basic medical kit.
- Light-weight bowl, mug and cutlery
- Torch (preferably a head torch) and spare batteries, and your camera

Notes

- All climbers need to book at least 3 weeks before your scheduled climb dates. This is to allow time for approval from Sabah Forestry office
- To make it more interesting and enjoyable, this tour can also be done as a 5D4N.
- Minimum number for a trip is 2 person