



## Tuaran Day Ride - (1 day)

The area around the market town of Tuaran is 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 riverside villages, jungle plantations and agricultural activity where we will have our local cuisine for lunch at the town of Tuaran. Fifty percent of this ride is on dirt roads and which can be quite rough. For the rest of the ride, we travel on small village roads with very little traffic. There are three hanging bridges to add to the day's excitement.

A support vehicle is nearby at all times should a problem occur.

### **Itinerary (Timings to be used as guidelines only)**

8.30am – Pick up from your hotel  
9.30am – Meet bike guide and set up bikes  
12.30am – Stop for lunch in Tuaran town  
1.30pm – Ride back to start  
3pm – Arrive back at your hotel

### **Pre requisites**

- An Adventurous Spirit – this is off the tourist trail so don't expect many facilities on the way.

Be prepared for physical exertion, this ride is up to 20km long and it can be hot.

- Basic biking skills

**Included:**

- Good quality mountain Bike with disc brakes
- Water bottle
- Lunch
- Transportation
- A mountain biking guide
- Snacks
- First aid kit

**Packing list**

- Shorts and trainers (no sandals)
- Sunglasses
- Sun cream
- Personal medication
- Change of clothes for the return journey
- Towel
- Camera

**Notes:**

- This tour is almost totally away from other tour destinations and it is unlikely that you will not see any other tourists
- If at any time you feel unwell or need a rest there is a vehicle close by
- Our guides are all trained in first aid and we carry comprehensive first aid kits
- Water and isotonic drinks are provided