



## **KING OF HILL DAY RIDE**

Start the biking trip in a town called Tamparuli. At the beginning, you will cycle on paved road and pass through some villages around 2km before you start 11KM seal and gravel road, up hill! The gradient would be around 5% to 10%. There will be a scenic scenery at the top of the hill. Relax. Continue cycling down the hill and pass through some villages on paved road (with moderate uphill) before you hit the gravel. From here, it is all downhill. It is steep and biking skill/handling must be very good. When you reach at the bottom in a village called Kitapol take some time to relax before continue cycling. Now we are in the area of the Dusun people (one of the ethnic group in Sabah) the terrain is all gravel here. Continue journey again and this you will pass through pineapple farm. Cross over a suspension bridge and it is a mixture of gravel and paved road all the way to small village called Kiulu. Transfer to lunch before head back to Kota Kinabalu.

Total distance: **around 30KM depending on fitness level on that day.**

Include: **Cycling guide (first aid qualified), mountain bikes, helmets, support vehicle, lunch, transportation (hotel pickup/dropoff only), cold drinking water and isotonic drinks.**

Difficulty level:

Advance- Terrain includes a variety of surfaces including 4x4 dual tracks, gravel, single track with rocks and tree roots. You will have good level of basic bike handling skill and you take exercise around 3 times a week. Able to ride 3-5 hours per day for up to 4 consecutive days.