



Kiulu Day Ride

A wild day out for the energetic!

After a short briefing and bike fitting, you will head out for one of the most beautiful rides in rural Sabah. We cycle through small riverside villages which are home to the Dusun tribal people as well as jungle, plantations and the Dusun people's farms. The hills are thankfully few, far apart and short on the main route but if you are feeling like stretching your legs a little, our guides can take you off to explore some more adventurous trails with single-track and technical descents. A support vehicle is nearby at all times should a problem occur.

The ride can be many options, from starting as an easy rider all the way with few challenging hills, or start the day with hardcore uphill ride and of course there will be plenty of stops and downhills to ease with the breeze.

Itinerary (Timings to be used as guidelines only)

0730am - Pick up from your hotel and drive through scenery outskirts of Kota Kinabalu.

0830am - Arrive and meet bike guide, and safety briefing. Ride starts after briefing.

1200pm - Lunch

100pm – Continue the ride

0300pm - Depart for Kota Kinabalu

0430pm - Arrive Kota Kinabalu

Timings and details of the ride itinerary may change depending on staff assessment of the clients capabilities and fitness levels.

Pre-requisites

- An Adventurous Spirit – the mountain biking is off the tourist trail so don't expect many facilities on the way
- Be prepared for physical exertion during the bike ride
- Basic biking skills

Included:

- Qualified Guides
- Good quality mountain Bike with disc brakes
- Helmet
- Water bottle
- Lunch
- Transportation
- First aid kit

Packing list:

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

Notes:

- This cycling part of this tour is almost totally away from other tour destinations and it is unlikely that you will not see any other tourists
- We feel that anyone who can ride a bike will enjoy this ride
- Whilst cycling, if at any time you feel unwell, or need a rest there is a vehicle close by
- The bike guides are all trained in first aid and carry comprehensive first aid kits
- Water and isotonic drinks are provided during the cycling.