

THE GUIDELINES ON CLIMBING MOUNT TRUS MADI

1.0 Introduction

The main objective of this document is to provide guidance for climbing activities to Mount Trus Madi, Malaysia's second highest mountain at 2,642 metres (8,668 ft) that lies within the Trus Madi Forest Reserve-Class I (FMU 10).

2.0 The Climb

Climbing Mt. Trus Madi can be done in 2 days but a more comfortable climb in 4 days is recommended to allow one to acclimatize to the higher altitude and to fully enjoy the rich biological diversity - the exotic rare plants, orchids, birds and many more, within the Trus Madi Forest Reserve.

There are three (3) trails that lead to the peak of Mt. Trus Madi via; 1) Tambunan; 2) Keningau; or 3) Kg. Sinua, Sook. The details pertaining to the duration, distance, access, facilities etc are as follows:-

Information	Kaingaran Trail, Tambunan	Mastan Trail (Apin-Apin), Keningau	Mannan Trail, Kg. Sinua, Sook
1) Trip	2D1N	2D1N	4D3N
2) Trekking distance (km) to the peak	4.9 km trail	4.3 km trail	11.6 km trail
3) Access by road using 4WD drive	<ul style="list-style-type: none"> 27 km from Tambunan – starting point 2 hours drive 	<ul style="list-style-type: none"> 76 km from Keningau – starting point 3-4 hours drive 	<ul style="list-style-type: none"> 103 km from Keningau – starting point 3 hours drive
4) Facilities	<p>Existing:</p> <ul style="list-style-type: none"> Gibon Cabin (20 capacity) with toilet & water supply <p>Under construction:</p> <ul style="list-style-type: none"> 3km boardwalk from starting point Rest house 	<ul style="list-style-type: none"> Toilet and water gravity at the starting point. Camping site 	<ul style="list-style-type: none"> Resting platform (15 capacity) & camping site (35 capacity) at the starting point Camping site at Khiong Point (4200m)
5) Carrying capacity	20 pax	50 pax	50 pax
6) Source of guide	<ul style="list-style-type: none"> Kg. Kaingaran SFD staff 	<ul style="list-style-type: none"> Kg. Pangas, Apin-Apin SFD staff 	<ul style="list-style-type: none"> Kg. Sinua Mr. Tianis Ikon, Kg. Sinua – 012-813 7390 SFD staff

7) Source of porter	Kg. Kaingaran	Kg. Pangas, Apin-Apin	Kg. Sinua
8) Booking & arrangement	DFO Tambunan Office	DFO Keningau Office	DFO Keningau Office
	All climbers will be coordinated with/by the Manager of FMU10 @Keningau District Forestry Office.		

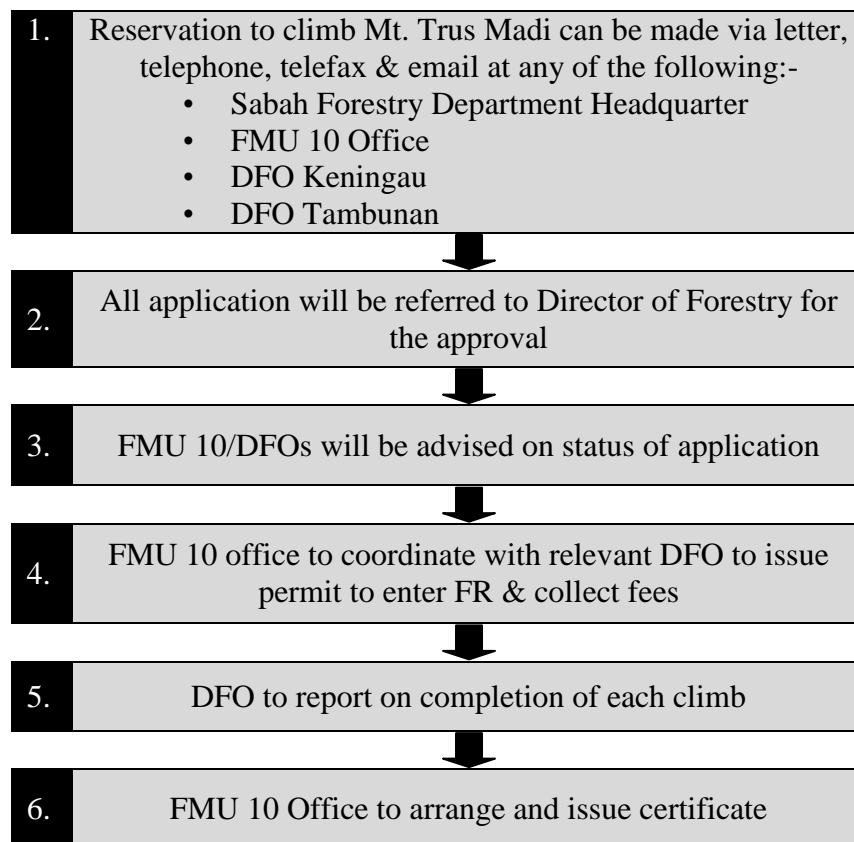
The map showing the routes from three (3) locations is as per Appendix 1.

3.0 Operation & Management

TP(MGT) as the Manager of FMU 10 will be responsible on the operation and management of the ecotourism activities at Mt. Trus Madi.

4.0 Application of Reservation/Booking Procedures

- All reservations must be referred to the Director of Forestry Department for the approval.
- Manager of FMU 10 to coordinate matters with the relevant District Forestry Offices.



- Correspondence address :-

FMU 10 (Office)
 Keningau District Forestry Office
 Tel : 087-331 652/651
 Fax : 087-331 653
 Email :

- A dedicated email address will be created for the purpose of coordination of all bookings/reservations. (see **Climbing Application Form A1 & A2**)
- Reservations can be made for any length of stay subject to availability.
- Payment must be made 1 week before the climbing date. Cancellation after payment will result in the forfeiture of the amount paid.

5.0 Fees Charged by the Sabah Forestry Department

Full settlement of fees upon registration as follows:-

Fee	Malaysians	Non-Malaysians
1) Entrance fees to Forest Recreation/Permit to enter Forest Reserve *	RM 2.00 (Adult) RM 1.00 (Children below 18 years)	RM 5.00 (Adult) RM 2.00 (Children below 18 years)
2) Filming, Photography and Video Fees		
d) Personal video camera	-	RM 10.00
e) Personal camera	-	RM 5.00
3) Other services		
h) Forestry guide	RM 50.00 /1 guide/5 persons /per day	RM 100.00 /1 guide/ 5 persons /per day
i) Camping ground	RM 3.00 / per person	RM 5.00 / per person
m) Permit to climb Mt. Trus Madi *	RM 20.00 (Adult) RM 10.00 (Children below 18 years)	RM 40.00 (Adult) RM 20.00 (Children below 18 years)
4) Fee exemptions/reduction		
Fee exemptions and reduction on entrance to forest recreation and forest reserves including fees and photography, filming, lodging and other relevant fees to schools, governmental department and other agencies must be obtained with prior written approval from the Director of Forestry.		

- And any other services required as per **Appendix 2.**
- Payment can be made at any designated District Forestry Office.

6.0 Safety and Health Matters

The Sabah Forestry Department will not be held liable for any injury or mishaps during the climb. The trip to the Forest Reserve will be at the climber's own risk.

6.1 Forest Guides/Porters

- All climbers must be fully guided either by forestry personnel or any approved and trained local guides.
- Sabah Forestry Department only allows guides/porters who have been trained by SFD to bring tourists for any climb to Mt. Trus Madi.
- Definition:-
 - 1) **Forest guide**
 - A person (SFD approved) who guides the way up and down to Mt. Trus Madi by leading, directing or advising climbers.
 - 2) **Porter**
 - A person (SFD approved) employed to carry luggage and supplies of climbers to climb up and down Mt. Trus Madi.

6.2 Health Conditions

It is recommended that all climbers should have themselves medically checked before attempting the climb. If individuals have a history of suffering from the following ailments, it is highly recommended that they should refrain from climbing: Hypertension, Diabetes, Palpitation, Arthritis, Heart Disease, severe Anemia, Peptic Ulcers, Epileptic Fits, Obesity (overweight), Chronic Asthma, Muscular Cramps, Hepatitis (Jaundice); or any other disease which may hamper the climber.

6.3 Insurance

All climbers are required to have a valid insurance coverage for the duration of the climb.

6.4 First Aid Kits

Climbers are responsible to bring own first aid kits are as follows:-

- Headache relief tablets
- Altitude sickness tablets
- plasters, crepe bandage, triangular bandage, safety pins, cotton buds, antiseptic or cream
- insect repellent, mosquito oil, antiseptic cream,
- Sun block, lip gloss, deep heat lotion
- Muscle relaxants

7.0 Vehicle Requirements

- Basic requirements on vehicles to bring up passengers and camping equipments/ luggages to the Starting Point are as follows:-
 - Type of vehicles; Only 4W Drive/small and mid-sized SUVs/ mini vans are allowed
 - All vehicles must register with the relevant DFO prior to any climb.

8.0 Checklist on things to bring to climb Mt. Trus Madi

8.1 Clothing to Hike

- Suitable walking shoes, warm clothing, wind breaker, long sleeves shirts, change of clothes
- Wooden gloves
- Extra socks, towel, gloves/hat mask

8.2 Gears & Equipments

- Headlamp a MUST & extra batteries for headlamp
- Small lightweight hiking backpack to carry 2-4 bottles of water, energy bars, a set of dry clothes, etc
- Shrinkable hiking pole
- Black garbage bags
- Whistle (in case of emergency in bad weather and visibility)

8.3 Food and Drinks along the climb

- Snacks i.e. high energy food (energy bars, chocolates, nuts, jelly beans, raisins, glucose)
- Enough drinking water
- Enough food and drinks for the whole trip (breakfast, lunch and dinner)

8.4 Others

- Binoculars, camera, water proof bag for camera,
- Torchlight, tissue paper & toilet roll.

9.0 Do's & Don'ts

Do's	Donts
<ul style="list-style-type: none">• Climbing/Hiking• Camping• Bird watching• Photography• Environmental Education activities• Scenic viewing	<ul style="list-style-type: none">• Collection of plants and animals as souvenirs• Cutting trees• Smoking• Hunting• Lighting of excessive fire• Activities polluting the natural habitat• Vandalism activities

10.0 Record of Visitors

FMU 10 Office to submit monthly report on visitor arrivals and tourist receipts on ecotourism activities at Mt. Trus Madi to the Director.

CLIMBING APPLICATION FORM A1

Reservation Date :	Booking Number :												
Booking : <input type="checkbox"/> Self Arranged Climb	<input type="checkbox"/> Tour Agent Arrangement												
Name of Tour Agent/Individual :													
Address :	<table style="width: 100%; border: none;"> <tr style="background-color: #cccccc;"> <td style="padding: 5px;">Start date :</td> </tr> <tr> <td style="padding: 5px;">End date :</td> </tr> </table>	Start date :	End date :										
Start date :													
End date :													
Tel :	Package : 2D/1N / 3D/2N / 4D/3N Number of pax : <i>(please fill in the climbers details in form A2)</i>												
Fax :													
Email :													
Selection of Route													
Starting point:	Ending point:												
<table style="width: 100%; border: none;"> <tr> <td style="width: 30px; border: 1px solid black; text-align: center;"><input type="checkbox"/></td> <td>Kaingaran Trail, Tambunan (4.9 km) <i>(closed until March 2013)</i></td> </tr> <tr> <td style="border: 1px solid black; text-align: center;"><input type="checkbox"/></td> <td>Mastan Trail (Apin-Apin), Keningau (4.3 km)</td> </tr> <tr> <td style="border: 1px solid black; text-align: center;"><input type="checkbox"/></td> <td>Mannan Trail, Kg. Sinua, Sook (11.6 km)</td> </tr> </table>	<input type="checkbox"/>	Kaingaran Trail, Tambunan (4.9 km) <i>(closed until March 2013)</i>	<input type="checkbox"/>	Mastan Trail (Apin-Apin), Keningau (4.3 km)	<input type="checkbox"/>	Mannan Trail, Kg. Sinua, Sook (11.6 km)	<table style="width: 100%; border: none;"> <tr> <td style="width: 30px; border: 1px solid black; text-align: center;"><input type="checkbox"/></td> <td>Kaingaran Trail, Tambunan (4.9 km) <i>(closed until March 2013)</i></td> </tr> <tr> <td style="border: 1px solid black; text-align: center;"><input type="checkbox"/></td> <td>Mastan Trail (Apin-Apin), Keningau (4.3km)</td> </tr> <tr> <td style="border: 1px solid black; text-align: center;"><input type="checkbox"/></td> <td>Mannan Trail, Kg. Sinua, Sook (11.6 km)</td> </tr> </table>	<input type="checkbox"/>	Kaingaran Trail, Tambunan (4.9 km) <i>(closed until March 2013)</i>	<input type="checkbox"/>	Mastan Trail (Apin-Apin), Keningau (4.3km)	<input type="checkbox"/>	Mannan Trail, Kg. Sinua, Sook (11.6 km)
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<input type="checkbox"/>	Mastan Trail (Apin-Apin), Keningau (4.3km)												
<input type="checkbox"/>	Mannan Trail, Kg. Sinua, Sook (11.6 km)												
Vehicle Requirement: Yes / No	Vehicle Plate No:												
Porter Requirement: Yes/ No	Number of porter :												
Tour Guide Name:	Number of guide :												
Terms and Conditions:-													
<ol style="list-style-type: none"> 1. Reservations can be made for any length of stay subject to availability. 2. Payment must be made 1 week before the climbing date. 3. Cancellation after payment will result in the forfeiture of the amount paid. 4. Chargeable fees by the Sabah Forestry Department is as per Appendix 2. 5. The Sabah Forestry Department has the authority to cancel any pre-booked trip due to unforeseen and uncontrollable circumstances (inclement weather, bad road conditions etc.). 6. The trip to the Forest Reserve will be at your own risk. The Forestry Department will not be held liable for any injury or mishaps during the visit. 7. All visitors must be fully guided by forestry personnel or any local guides recommended by the Forestry Department. 8. It is recommended that all climbers should have themselves medically checked before attempting the climb. If individuals have a history of suffering from the following ailments, it is highly recommended that they should refrain from climbing: Hypertension, Diabetes, Palpitation, Arthritis, Heart Disease, severe Anemia, Peptic Ulcers, Epileptic Fits, Obesity (overweight), Chronic Asthma, Muscular Cramps, Hepatitis (Jaundice); or any other disease which may hamper the climber. 													

CLIMBING APPLICATION FORM A2

Reservation Date :

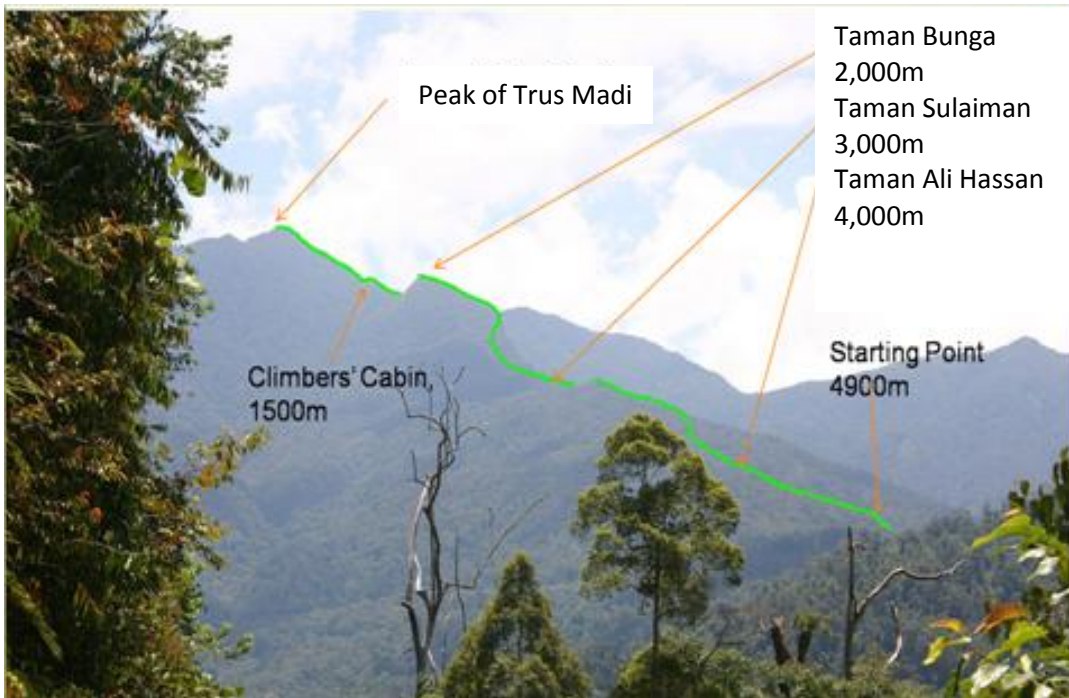
Booking Number :

Booking : Self Arranged Climb

Tour Agent Arrangement

No.	Name	Passport/ My Kad	Gender	Age	Country of Origin	Insurance	Address
1.							
2.							
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19.							
20.							

Kaingaran Trail (4.9 km)



Mastan Trail (4.3 km) & Mannan Trail (11.6 km)



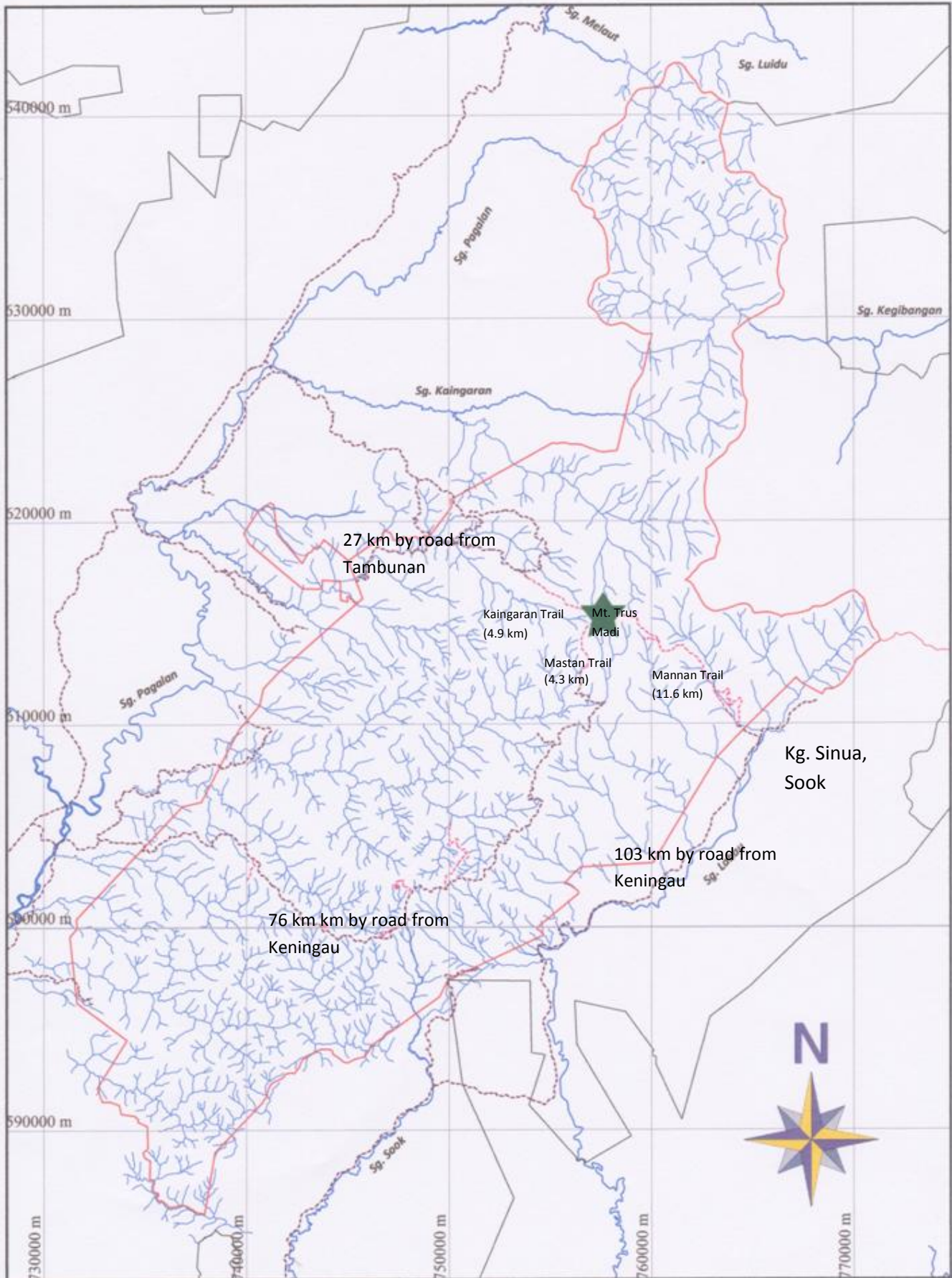
Entrance Fees/Charges on Photography and Filming and Other Services Charges

Appendix 2

	Malaysians	Non-Malaysians
1) Entrance fees to Forest Recreation/Permit to enter Forest Reserve *	RM 2.00 (Adult) RM 1.00 (Children below 18 years)	RM 5.00 (Adult) RM 2.00 (Children below 18 years)
2) Filming, Photography and Video Fees		
a) Camera for professional and commercial use	RM 100.00	RM 500.00
b) Video camera for professional and commercial use	RM 500.00	RM 1,000.00
c) Filming Equipment	RM 10,000.00	RM 25,000.00
d) Personal video camera	-	RM 10.00
e) Personal camera	-	RM 5.00
3) Other services		
a) Boat rental for each trip	RM 90.00 /per hour (200hp and below) RM 150.00 /per hour (200hp-400hp)	
b) Private & non-commercial boat	RM 25.00 /boat/trip	
c) Private and non-commercial vehicle	RM 100.00 /unit/trip	
d) 4 wheel drive 4x4	RM 800.00 /day /include driver and gasoline	
e) Chalet	RM 250.00 /per night	
f) Rest house with air-conditioner	RM 40.00 /per night/per person	
g) Rest house	RM 20.00 /per night/per person	
h) Forestry guide	RM 50.00 /1 guide/5 persons /per day	RM 100.00 /1 guide/5 persons /per day
i) Camping ground	RM 3.00 / per person	RM 5.00 / per person
j) Canopy Walkway	RM 1.00 / per person	RM 2.00 / per person
k) Rental Meeting Room	RM 20.00 / per hour	
l) Rental auditorium with air-conditioner	RM 500.00 /per day	
m) Permit to climb Mt. Trus Madi *	RM 20.00 (Adult) RM 10.00 (Children below 18 years)	RM 40.00 (Adult) RM 20.00 (Children below 18 years)
4) Fee exemptions/reduction		
Fee exemptions and reduction on entrance to forest recreation and forest reserves including fees and photography, filming, lodging and other relevant fees to schools, governmental department and other agencies must be obtained with prior written approval from the Director of Forestry.		

* The Sabah Forestry Department shall not assume responsibility for anyone's risk of injury or accidents.

Hutan Simpan Trusmadi (Kelas I)



Scale. 1:230 000