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:-

<table>
<thead>
<tr>
<th>Information</th>
<th>Kaingaran Trail, Tambunan</th>
<th>Mastan Trail (Apin-Apin), Keningau</th>
<th>Mannan Trail, Kg. Sinua, Sook</th>
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</thead>
<tbody>
<tr>
<td>1) Trip</td>
<td>2D1N</td>
<td>2D1N</td>
<td>4D3N</td>
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<tr>
<td>2) Trekking distance (km) to the peak</td>
<td>4.9 km trail</td>
<td>4.3 km trail</td>
<td>11.6 km trail</td>
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<tr>
<td>3) Access by road using 4WD drive</td>
<td>• 27 km from Tambunan – starting point&lt;br&gt;• 2 hours drive</td>
<td>• 76 km from Keningau – starting point&lt;br&gt;• 3-4 hours drive</td>
<td>• 103 km from Keningau – starting point&lt;br&gt;• 3 hours drive</td>
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<tr>
<td>4) Facilities</td>
<td>Existing:&lt;br&gt;• Gibon Cabin (20 capacity) with toilet &amp; water supply&lt;br&gt;Under construction:&lt;br&gt;• 3km boardwalk from starting point&lt;br&gt;• Rest house</td>
<td>• Toilet and water gravity at the starting point.&lt;br&gt;• Camping site</td>
<td>• Resting platform (15 capacity) &amp; camping site (35 capacity) at the starting point&lt;br&gt;• Camping site at Khiong Point (4200m)</td>
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<td>5) Carrying capacity</td>
<td>20 pax</td>
<td>50 pax</td>
<td>50 pax</td>
</tr>
<tr>
<td>6) Source of guide</td>
<td>• Kg. Kaingaran&lt;br&gt;• SFD staff</td>
<td>• Kg. Pangas, Apin-Apin&lt;br&gt;• SFD staff</td>
<td>• Kg. Sinua&lt;br&gt;• Mr. Tianis Ikon, Kg. Sinua – 012-813 7390&lt;br&gt;• SFD staff</td>
</tr>
</tbody>
</table>
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.

1. Reservation to climb Mt. Trus Madi can be made via letter, telephone, telefax & email at any of the following:-
   - Sabah Forestry Department Headquarter
   - FMU 10 Office
   - DFO Keningau
   - DFO Tambunan

2. All application will be referred to Director of Forestry for the approval

3. FMU 10/DFOs will be advised on status of application

4. FMU 10 office to coordinate with relevant DFO to issue permit to enter FR & collect fees

5. DFO to report on completion of each climb

6. FMU 10 Office to arrange and issue certificate
• 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:-

<table>
<thead>
<tr>
<th>Fee</th>
<th>Malaysians</th>
<th>Non-Malaysians</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Entrance fees to Forest Recreation/Permit to enter Forest Reserve *</td>
<td>RM 2.00 (Adult)</td>
<td>RM 5.00 (Adult)</td>
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<td></td>
<td>RM 1.00 (Children below 18 years)</td>
<td>RM 2.00 (Children below 18 years)</td>
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<tr>
<td>2) Filming, Photography and Video Fees</td>
<td></td>
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<tr>
<td>d) Personal video camera</td>
<td>-</td>
<td>RM 10.00</td>
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<td>e) Personal camera</td>
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<td>RM 5.00</td>
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<td>3) Other services</td>
<td></td>
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<tr>
<td>h) Forestry guide</td>
<td>RM 50.00 /1 guide/5 persons /per day</td>
<td>RM 100.00 /1 guide/5 persons /per day</td>
</tr>
<tr>
<td>i) Camping ground</td>
<td>RM 3.00 / per person</td>
<td>RM 5.00 / per person</td>
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<tr>
<td>m) Permit to climb Mt. Trus Madi *</td>
<td>RM 20.00 (Adult)</td>
<td>RM 40.00 (Adult)</td>
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<td></td>
<td>RM 10.00 (Children below 18 years)</td>
<td>RM 20.00 (Children below 18 years)</td>
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</tbody>
</table>

| 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

<table>
<thead>
<tr>
<th>Do’s</th>
<th>Don’ts</th>
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<tbody>
<tr>
<td>• Climbing/Hiking</td>
<td>• Collection of plants and animals as souvenirs</td>
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<tr>
<td>• Camping</td>
<td>• Cutting trees</td>
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<td>• Bird watching</td>
<td>• Smoking</td>
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<td>• Photography</td>
<td>• Hunting</td>
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<td>• Environmental Education activities</td>
<td>• Lighting of excessive fire</td>
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<td>• Scenic viewing</td>
<td>• Activities polluting the natural habitat</td>
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<td>• Vandalism activities</td>
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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: [ ] Self Arranged Climb [ ] Tour Agent Arrangement

Name of Tour Agent/Individual:
Address:
Tel: [ ] Start date: [ ]
Fax: [ ] End date: [ ]
Email: [ ]

Package: 2D/1N / 3D/2N / 4D/3N
Number of pax: [ ]
(please fill in the climbers details in form A2)

Selection of Route
Starting point: [ ] Ending point: [ ]

[ ] Kaingaran Trail, Tambunan (4.9 km) [ ] Kaingaran Trail, Tambunan (4.9 km)
(closed until March 2013)
[ ] Mastan Trail (Apin-Apin), Keningau (4.3 km)
[ ] Mastan Trail (Apin-Apin), Keningau (4.3 km)
[ ] Mannan Trail, Kg. Sinua, Sook (11.6 km)
[ ] 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:-

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. Cancelation 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

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<tr>
<th>No.</th>
<th>Name</th>
<th>Passport/My Kad</th>
<th>Gender</th>
<th>Age</th>
<th>Country of Origin</th>
<th>Insurance</th>
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</table>
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

<table>
<thead>
<tr>
<th>1) Entrance fees to Forest Recreation/Permit to enter Forest Reserve *</th>
<th>Malaysians</th>
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<thead>
<tr>
<th>2) Filming, Photography and Video Fees</th>
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<tbody>
<tr>
<td>a) Camera for professional and commercial use</td>
</tr>
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<td>b) Video camera for professional and commercial use</td>
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<tr>
<td>c) Filming Equipment</td>
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<td>d) Personal video camera</td>
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<td>e) Personal camera</td>
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</tbody>
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<tr>
<th>3) Other services</th>
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</thead>
<tbody>
<tr>
<td>a) Boat rental for each trip</td>
</tr>
<tr>
<td>b) Private &amp; non-commercial boat</td>
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<tr>
<td>c) Private and non-commercial vehicle</td>
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<td>d) 4 wheel drive 4x4</td>
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<td>e) Chalet</td>
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<td>f) Rest house with air-conditioner</td>
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<tr>
<td>g) Rest house</td>
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<tr>
<td>h) Forestry guide</td>
</tr>
<tr>
<td>i) Camping ground</td>
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<tr>
<td>j) Canopy Walkway</td>
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<tr>
<td>k) Rental Meeting Room</td>
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<td>l) Rental auditorium with air-conditioner</td>
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<tr>
<td>m) Permit to climb Mt. Trus Madi *</td>
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* The Sabah Forestry Department shall not assume responsibility for anyone’s risk of injury or accidents.