

# Mount Trusmadi

12 August 2015

*By Product Division*



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# BACKGROUND INFORMATION

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- Standing at 2,642 meters tall, Mount Trusmadi is the **second highest mountain** in Borneo after Mount Kinabalu.
- Despite being 1,453 meters lower than Mount Kinabalu (4,095 meters), previous climbers claim that this mountain offers a tougher challenge for eager trekkers and adventure seekers compared to Mount Kinabalu (some of the slopes are steep)
- Mount Trusmadi is located about 70 kilometres southeast of Kota Kinabalu City; its forest reserve covers an area of 184,527 hectares bordering four districts - Ranau up north, Tambunan on the west, Keningau down south and Sook in the east.
- Due to high altitude, the temperature on the mountain is between 10 and 25 degree Celsius.

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# BACKGROUND INFORMATION

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- The flora of Trusmadi is very diverse and fascinating where almost 600 species of 160 families of plants have been recorded here.
- Climbers will pass through five different types of vegetations namely lowland mixed dipterocarp forest (427m-600m), hill mixed dipterocarp forest (600m-1,500m), lower montane forest (1,500m-2,000m), upper montane forest (2,000m-2,500m) and summit scrub (2,500m-2,640m).
- Remember to look for some unique pitcher plant – **nepenthes trusmadiensis** is the natural hybrid between nepenthes lowii and nepenthes macrophylla, which is **endemic to Mount Trusmadi**.
- When you reach the summit of Mount Trusmadi at dawn, if the weather is clear, you will be mesmerised by a **breath-taking view of Mount Kinabalu**, which lies about 40 KM to the north.

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# BACKGROUND INFORMATION

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## 3 Trails (Wayaan) to Trus Madi:

- **Wayaan Kaingaran – Tambunan: 4.9 KM from the starting point to the summit**
  - 20 pax daily
  - Bad Road Access
  - Accessible only by 4 x 4
  - Tambunan Town to Starting Point – 27 km (2 ½ hours drive)
  - Starting Point to Rest House – 2 km (2 hours trekking)
  - Rest House to Summit – 2.9 km (4 hours trekking)

### ***Descending***

- Summit to Rest House – 3 hours trekking
- Rest House to Starting Point – 2 hours trekking



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# BACKGROUND INFORMATION

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- **Wayaan Mastan – Keningau: 4.3 KM from the starting from to the summit.**
  - 60 KM from Keningau Town to starting point
  - 30 pax daily
  - **Bad road access**
  - Accessible only by 4x4
- **Wayaan Mannan – Sinua, Sook: 11.3 KM from the starting point to the summit.**
  - 100 KM from Keningau Town to starting point
  - 30 pax per 4 days
  - **Good road access**
  - Passable using small car, Kancil and Axia

# WAYAAN KAINGARAN

TIMPAK TRUS MADI

WALAI SIPIN

1,500 M

TUUNDORONGON KIBUNGA

2,500 M

TUUNDORONGON SULAIMAN

2,900 M

TUUNDORONGON ALI HASSAN

4,100 M

TIMPUUNON  
KITINGAN

4,980 M



**TRUSMADI**  
TAMBUNAN TRAIL



DISTANCE TO THE PEAK

Tuundorongan  
Timpuunon  
Walai

Tempat Berehat / Rest Area  
Titik Mula / Starting Point  
Pondok / Shelter, Camp

# WAYAAAN MASTAN & MANNAN

TIMPAK TRUS MADI

TIMPAK MUNANG

TIMPAK AMIN

TIMPAK MARTYN

2,400M

SULAP KHIONG

4,200M

SAGAAN ALI HASSAN

6,200M

SULAP RENJER  
(TIMPUUNON)

4,300M

WOKOK SINUA  
(TIMPUUNON)

11,600M



DISTANCE TO THE PEAK



**TRUSMADI**  
MASTAN & MANNAN TRAIL

Sagaan  
Timpak  
Sulap

Taman / Garden  
Puncak / Peak  
Pondok / Shelter, Camp

Wokok  
Timpak

Empangan / Water Dam  
Puncak / Peak

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# BACKGROUND INFORMATION

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## Climb and Recreational Activities via WAYAAN KAINGARAN – TAMBUNAN

- The District Forest Officer (“DFO”) Tambunan:  
Mr. Saleh Intang  
Pejabat Perhutanan Daerah Tambunan  
Peti Surat No 64  
89657, Tambunan  
Tel No: 088 899589                      Fax: 088 899588  
Email: [saleh.intang@sabah.gov.my](mailto:saleh.intang@sabah.gov.my)

## Climb and Recreational Activities via WAYAAN MASTAN & MANNAN – KENINGAU & SOOK

- The District Forest Officer (“DFO”) Keningau:  
Mr. Azman Said  
Pejabat Perhutanan Daerah Keningau  
Peti Surat No 88  
89007, Keningau  
Tel No: 087 331203                      Fax: 087 338721  
Email: [azman.said@sabah.gov.my](mailto:azman.said@sabah.gov.my)

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# **BACKGROUND INFORMATION**

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## **Tour Operator for WAYAAN KAINGARAN – TAMBUNAN**

- Mount Trusmadi Travel & Tour Tambunan  
Lot No. 5, Kedai Tepi Sungai Tondulu, Majlis Daerah Tambunan  
89657 Tambunan, Sabah  
Tel: 087 – 771312                      H/P: 019 8831568  
Email: widuresorttbn@yahoo.com

## **Tour Operator for WAYAAN MANNAN – SINUA, SOOK**

- TYK Adventure Tours Sdn Bhd  
Block E, Lot 38, 2<sup>nd</sup> Floor, Damai Plaza IV  
Luyang, Kota Kinabalu  
Tel: 088 232821   Fax: 088 232 827

## **MAIN ACTIVITIES**

1. Trekking
2. Team Building
3. Climbing – (2,642 meters)
4. Birding
5. Photography

## **EXPERIENCES**

1. Hard Eco Adventure
2. Nature Educational

## **FACILITIES**

1. Accommodation (Rest House : 20 - 30 pax maximum)
2. Camp Site
3. At full capacity of visitation, the Malim Gunungs, currently only 16 people, will not be able to cope with the climbs at a daily rate
4. Sabah Forest Department are planning to increase their numbers by another 38 people or even more. Training for the Malims is carried out by SFD (Local community)

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# EXISTING MARKET SEGMENTS

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## **International**

1. Ecotourism (special interest)
2. Families (self-drive)
3. Students (international school)
4. Niche Market (Birding & Orchid)
5. Researcher

## **Domestic**

1. Youth Associations
2. Students
3. Families
4. Researchers

# PEMBAYARAN PENDAKIAN JABATAN PERHUTANAN SABAH MELALUI PEJABAT PERHUTANAN DAERAH TAMBUNAN

NO	LIST	LOCAL	FOREIGNER
1.	Entrance Fee to Forest Reserve	RM 5.00/per day (Adult) RM 3.00/per day (Children below 18)	RM 15.00/per day (Adult) RM 7.00/per day (Children below 18)
2.	Climbing Permit	RM 30.00 (Adult) RM 10.00 (Children below 18)	RM 80.00 (Adult) RM 40.00 (Children below 18)
3.	Vehicles Permit	RM 100.00 unit/trip	RM 100 unit/trip
4.	Rest House	RM 40.00 per person/night	RM 40 per person/night
5.	Camping Ground (Mirad Irad)	RM 5.00 per person/per day	RM 10.00 per person/per day
6.	Certificate	RM 10.00 per person/ per certificate	RM 10.00 per person/ per certificate
Source: Tambunan Forestry Office			



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# STANDARD ITINERARY – WAYAAN KAINGARAN

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## PACKAGE : 2D1N FORESTRY GATE – SUMMIT

### DAY 01

Time ( hrs)	Detail
0900	Depart from Kota Kinabalu
1100	Reach Tambunan town and register at the operator's office
1200	Depart from Tambunan town to Forestry gate
1300- 1630	<ul style="list-style-type: none"><li>• Attend briefing conducted by Forestry staff</li><li>• Proceed to the starting point (Taman Kitingan)</li><li>• Start trekking for 2km to reach the Rest house</li></ul>
1630	Expected to arrive at the Rest House
1800	Have an early dinner
	Stay overnight at the Rest House

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# STANDARD ITINERARY – WAYAAN KAINGARAN

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## DAY 02

Time (hrs)	Detail
0100	Wake up call
0200	After supper, start trekking up to the summit of Mount Trusmadi
0530	Expected to reach the summit ( after 2.9km)
0800	Return to the Rest House
1200	Lunch
	Return to the starting point ( Taman Kitingan)
1400	Transfer back to Tambunan Town by 4WD
1530	Take the return transfer to Kota Kinabalu
1730	Expected to reach Kota Kinabalu

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# ITEMS INCLUDED IN THE PACKAGE

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- Return land transfer from Kota Kinabalu to Tambunan Town
- Return land transfer from Tambunan Town to Forestry Gate
- Entrance fee
- Climbing permit
- Vehicle Permit
- Mountain guide Certificate
- 01 Night accommodation at the Rest house
- Meals : Packed Lunch, Dinner, Supper, Lunch

# NOTES

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Ensure that you are  
**PHYSICALLY FIT** to climb  
Mt Trusmadi

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# NOTES

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MOUNTAIN CLIMBING (general): It is advisable that ALL climbers MUST have themselves medically checked before attempting the climb.

- General rule: DO NOT CLIMB if you suffer from

1. Hypertension
2. Diabetes
3. Palpitation
4. Arthritis
5. Heart Disease
6. Severe Anaemia
7. Peptic Ulcers
8. Epileptic Fits
9. Obesity (Overweight)
10. Chronic Asthma

11. Muscular Cramps

12. Hepatitis (Jaundice); or any related diseases which may jeopardise the climb.

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# NOTES – WHAT TO BRING

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1. Walking shoes
2. Warm clothing
3. Wind breaker
4. Long sleeve shirts
5. Change of clothes
6. Extra socks, towel
7. Waterproof gloves
8. Hat
9. Mask
10. Raincoat
11. Tissue paper,
12. Pre-moistened towelettes
13. Hand sanitizer
14. Personal toiletries
15. Drinking water
16. High-energy food:  
(chocolates, nuts, raisins, glucose)
17. Headache (or high altitude sickness) tablets
18. Sun block
19. Lip gloss
20. Instant food items:
  - Instant noodle
  - Soups
  - Biscuits
  - Buns
  - Fruits
  - Canned food, etc. (just in case you miss the specified meals times)
21. Deep heat lotion
22. Plasters
23. Insect repellent
24. Personal medical kit
25. Binoculars
26. Camera
27. Mobile phone
28. Whistle water proof bag
29. Sleeping bag
30. Torchlight or headlamp
31. Hiking socks
32. Hiking pole

# **ACCESS ROAD FROM TAMBUNAN TOWN**

**27 KM FROM TAMBUNAN TOWN TO STARTING POINT  
6 KM ROAD STRETCH CAN ONLY BE ACCESSED BY 4X4**



11/12/2013 11:12



A photograph of a muddy, rutted dirt road winding through a dense, green forest. The road is heavily eroded, with deep ruts and a large, shallow puddle of brown mud in the center. The surrounding vegetation is thick and lush, with various types of trees and undergrowth visible. The overall scene suggests a remote, possibly off-road location.

**ACCESS ROAD TO THE MAIN GATE**









**GATE OF FORESTRY CHECK POINT**



# TRUS MADI BASE CAMP





# TRUS MADI BASE CAMP





# **TRUS MADI BASE CAMP**



**MAXIMUM 24 PAX  
EXCLUDING  
CAMPING**





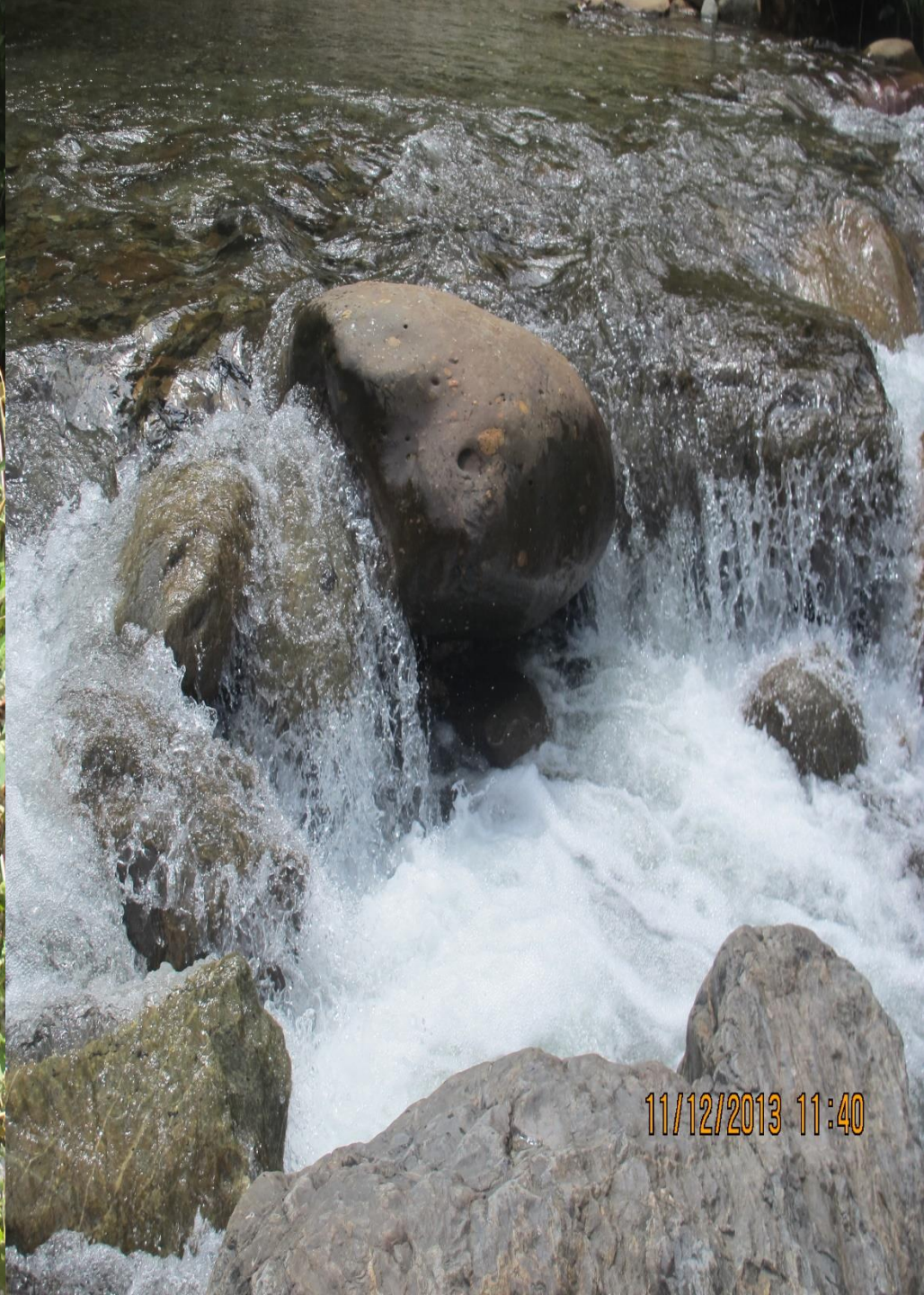
# TRUSMADI BASE CAMP







11/12/2013 11:35



11/12/2013 11:40





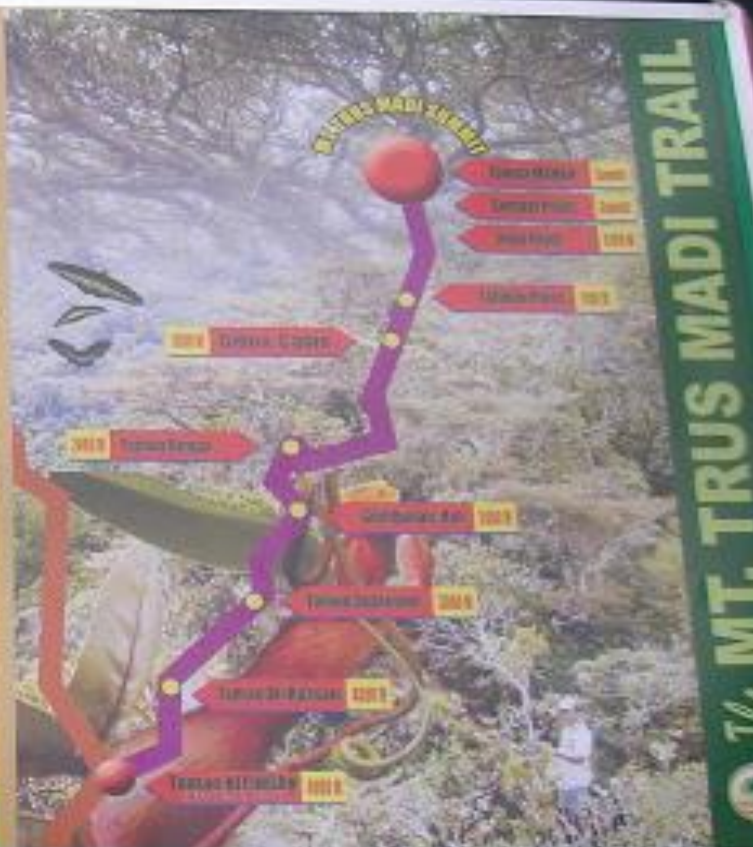
# TAMAN KITINGAN (Starting Point)



Over an 27km wide view of Tambunan town, from here you will have 8.8km of challenging and rugged climb to the top. An experience you will surely cherish to your heart.

Selamat Datang Ke • Welcome To  
**MT. TRUS MADI**  
(FMU-10) TAMBUNAN SABAH

*"Take nothing but photographs, leave nothing but footprints!"*







11/12/2013 13:43



# STARTING POINT OF THE HIKE: TAMAN KITINGAN







11/12/2013 13:21



11/12/2013 13:23









11/12/2013 13:26



11/12/2013 13:27





Follow  
The Trail

11/12/2013 13:16





11/12/2013 13:42



# TRAIL TO GUESTHOUSE













# TAMAN ALI HASSAN (1,795M)







**Nepenthes trusmadiensis is the natural hybrid between nepenthes lowii and nepenthes macrophylla, which is endemic to Mount Trusmadi.**







## Signage at the garden





***Flora and Fauna in Mt Trus Madi***





## Flora and Fauna in Mt Trus Madi



© Murphy Ng





## ***Flora and Fauna in Mt Trus Madi***





***Flora and Fauna in Mt Trus Madi***





## **Flora and Fauna in Mt Trus Madi**







# GUEST HOUSE





# GUEST HOUSE

















# SUMMIT OF MT. TRUS MADI





# **VIEW FROM SUMMIT**





# **VIEW FROM SUMMIT**









# VIEW FROM SUMMIT





# **VIEW FROM SUMMIT**









Thank  
You!