Mount Trusmadi

12 August 2015

By Product Division
BACKGROUND INFORMATION

• 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.
BACKGROUND INFORMATION

• 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-2,5000m) 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.
BACKGROUND INFORMATION

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
  • Tambunun 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
• 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
WAYAAAN MASTAN & MANNAN

TIMPAK TRUS MADI
TIMPAK MUNANG
TIMPAK AMIN
TIMPAK MARTYN
SULAP KHONG
SAGAAN ALI HASSAN
WOKOK SINUA

DISTANCE TO THE PEAK

TRUSMADI
MASTAN & MANNAN TRAIL

Sagaan
Taman / Garden

Timpak
Puncak / Peak

Sulap
Pondok / Shelter, Camp

Wokok
Empangan / Water Dam

Timpak
Puncak / Peak
BACKGROUND INFORMATION

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

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
BACKGROUND INFORMATION

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: widuresortttbn@yahoo.com

Tour Operator for WAYAAN MANNAN – SINUA, SOOK

• TYK Adventure Tours Sdn Bhd
  Block E, Lot 38, 2nd 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)
## EXISTING MARKET SEGMENTS

### 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
<table>
<thead>
<tr>
<th>NO</th>
<th>LIST</th>
<th>LOCAL</th>
<th>FOREIGNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Entrance Fee to Forest Reserve</td>
<td>RM 5.00/per day (Adult) RM 3.00/per day (Children below 18)</td>
<td>RM 15.00/per day (Adult) RM 7.00/per day (Children below 18)</td>
</tr>
<tr>
<td>2.</td>
<td>Climbing Permit</td>
<td>RM 30.00 (Adult) RM 10.00 (Children below 18)</td>
<td>RM 80.00 (Adult) RM 40.00 (Children below 18)</td>
</tr>
<tr>
<td>3.</td>
<td>Vehicles Permit</td>
<td>RM 100.00 unit/trip</td>
<td>RM 100 unit/trip</td>
</tr>
<tr>
<td>4.</td>
<td>Rest House</td>
<td>RM 40.00 per person/night</td>
<td>RM 40 per person/night</td>
</tr>
<tr>
<td>5.</td>
<td>Camping Ground (Mirad Irad)</td>
<td>RM 5.00 per person/per day</td>
<td>RM 10.00 per person/per day</td>
</tr>
<tr>
<td>6.</td>
<td>Certificate</td>
<td>RM 10.00 per person/ per certificate</td>
<td>RM 10.00 per person/ per certificate</td>
</tr>
</tbody>
</table>

*Source: Tambunan Forestry Office*
# STANDARD ITINERARY – WAYAAN KAINGARAN

## PACKAGE : 2D1N FORESTRY GATE – SUMMIT

### DAY 01

<table>
<thead>
<tr>
<th>Time (hrs)</th>
<th>Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>0900</td>
<td>Depart from Kota Kinabalu</td>
</tr>
<tr>
<td>1100</td>
<td>Reach Tambunan town and register at the operator’s office</td>
</tr>
<tr>
<td>1200</td>
<td>Depart from Tambunan town to Forestry gate</td>
</tr>
</tbody>
</table>
| 1300-1630  | • Attend briefing conducted by Forestry staff  
             • Proceed to the starting point (Taman Kitingan)  
             • Start trekking for 2km to reach the Rest house |
| 1630       | Expected to arrive at the Rest House |
| 1800       | Have an early dinner |
|            | Stay overnight at the Rest House |
## Standard Itinerary – Wayaan Kaingaran

### Day 02

<table>
<thead>
<tr>
<th>Time (hrs)</th>
<th>Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>0100</td>
<td>Wake up call</td>
</tr>
<tr>
<td>0200</td>
<td>After supper, start trekking up to the summit of Mount Trusmadi</td>
</tr>
<tr>
<td>0530</td>
<td>Expected to reach the summit (after 2.9km)</td>
</tr>
<tr>
<td>0800</td>
<td>Return to the Rest House</td>
</tr>
<tr>
<td>1200</td>
<td>Lunch</td>
</tr>
<tr>
<td>1400</td>
<td>Return to the starting point (Taman Kitingan)</td>
</tr>
<tr>
<td>1530</td>
<td>Transfer back to Tambunan Town by 4WD</td>
</tr>
<tr>
<td>1530</td>
<td>Take the return transfer to Kota Kinabalu</td>
</tr>
<tr>
<td>1730</td>
<td>Expected to reach Kota Kinabalu</td>
</tr>
</tbody>
</table>
ITEMS INCLUDED IN THE PACKAGE

- 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
Ensure that you are PHYSICALLY FIT to climb Mt Trusmadi
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.
NOTES – WHAT TO BRING

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 TAM BUNAN TOWN
27 KM FROM TAM BUNAN TOWN TO STARTING POINT
6 KM ROAD STRETCH CAN ONLY BE ACCESSED BY 4X4
ACCESS ROAD TO THE MAIN GATE
TRUS MADI BASE CAMP
TRUS MADI BASE CAMP

MAXIMUM 24 PAX EXCLUDING CAMPING
Selamat Datang Ke • Welcome To
MT. TRUS MADI
(RMU-10) TAMBUNAN SABAH

"Take nothing but photographs, leave nothing but footprints!"
STARTING POINT OF THE HIKE: TAMAN KITINGAN
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
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
Thank You!