

Day Trip – Mountain Biking and White Water Rafting

Images



Description

Would you like to see the less travelled path of Sabah? Come mountain biking along roads through the countryside passing by local villages. Afterwards paddle down the Kiulu river rapids. A grade I – II white water rapid. This trip takes you away from the usual tourist path.

Itinerary

We will pick you up at your hotel in the Kota Kinabalu area and transfer you to the start of the ride.

A thrill-packed mountain bike ride through the very best of Borneo landscape. We ride from the flanks of Mount Kinabalu into the Kiulu river valley along village tracks, through rivers and villages, over-hanging bridges and the jungle.

There are a few technical areas for the skilful riders to test themselves, but most of the ride is perfect for average bikers with no real technical skill.

Once you get to the Kiulu river, and rinse off the mud, you will receive a safety briefing from a guide before jumping into a raft and enjoying switching muscle groups to give your arms a work out and your legs a rest.

An exciting activity for your holiday in Kota Kinabalu, Sabah!

What to bring

Sun cream, change of clothes & towel (for after the ride and water rafting), trainers, shorts, t-shirt or long-sleeved shirt, camera with casing (it will get wet!), sense of humour and an open mind.

Included

- Return transfer from hotel within Kota Kinabalu
- Mountain bike (properly fitted to your height)
- Helmet

Borneo Dream Travel & Tours Sdn Bhd (788821-K)

Licensed Malaysian Inbound Tour Operator KPL/LN 5470

F-G-1 Plaza Tanjung Aru, Jalan Mat Salleh,

88100 Kota Kinabalu, Sabah, Malaysia.

Web: <http://www.borneodream.com> Email: info@borneodream.com

Tel: +60 17 811 8149 Fax: +60 88 244 931



- Gloves
- Water
- Snacks / Lunch
- First aider (guide)

Excluded

- Those not mentioned above.

Trip Pre-Requisites

- This trip does require a fairly good level of fitness, couch potatoes will suffer!

Trip Notes

- The trip is weather dependable
- The riding can be strenuous, though we have plenty of time and are in no rush. At times there are technical sections where you can have fun bouncing through or get off and walk for a while.
- Pick up time will be advised depending on your city hotel location.

Borneo Dream Travel & Tours Sdn Bhd (788821-K)

Licensed Malaysian Inbound Tour Operator KPL/LN 5470

F-G-1 Plaza Tanjung Aru, Jalan Mat Salleh,

88100 Kota Kinabalu, Sabah, Malaysia.

Web: <http://www.borneodream.com> Email: info@borneodream.com

Tel: +60 17 811 8149 Fax: +60 88 244 931

