

## Day Trip – Mountain Biking Adventure

### Images



### Description

A walk on the less travelled path of Sabah? For anyone who has enjoyed mountain biking previously this is a great way to have a go in the tropics and, while other tourists are looking through bus windows, you will be a part of the scenery.

### Itinerary

You will be picked up from your hotel within Kota Kinabalu area and transferred to the countryside of Kiulu, where the mountain biking journey begins.

Enjoy full day of riding in the heart of the Borneo countryside along part of an on an old farm route from Mount Kinabalu to the Kiulu river valley that ends by the coastal plain north of Kota Kinabalu.

This ride takes in the best part of that route and we guarantee that you won't be seeing any other tourists once you start the ride but lush greens and the friendly locals.

Giant Boulder mountain bikes with disc brakes and 21 gears give you the opportunity to ride this hilly route. Our guide will help you improve your skills as well as get the best out of the day.

Sandwiches, fruit and chocolate at lunchtime will fuel you for the afternoon following the 'Crazy River' down to its confluence with the Kiulu River. At the end of the route you will have the chance to swim and relax first, maybe stretch out tired muscles.

You will then be transferred back to your hotel in central Kota Kinabalu.

### What to bring

Sun cream, change of clothes & towel (for after the ride), trainers, shorts, t-shirt or long-sleeved shirt, camera, sense of humour and an open mind.

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<b>Included</b>
<ul style="list-style-type: none"> <li>• Return transfer from hotel within Kota Kinabalu</li> <li>• Mountain bike (properly fitted to your height)</li> <li>• Helmet</li> <li>• Gloves</li> <li>• Water</li> <li>• Snacks / lunch</li> <li>• First aider (guide)</li> </ul>

<b>Excluded</b>
<ul style="list-style-type: none"> <li>• Those not mentioned above</li> </ul>

<b>Trip Pre-Requisites</b>
<ul style="list-style-type: none"> <li>• This trip does require a fairly good level of fitness, couch potatoes will suffer!</li> </ul>

<b>Trip Notes</b>
<ul style="list-style-type: none"> <li>• The trip is weather dependable</li> <li>• The riding is 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.</li> </ul>

