



BORNEO OUTDOOR EXPEDITIONS

Borneo Outdoor Expeditions (89743-T)

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Detailed Description:

The Crocker Range was renamed to Taman Banjaran Crocker (Crocker Range Park) in 1996 and is managed by Sabah Parks. The Salt Trail is a 34km long trail used by the people of Tambunan in the olden days for trade. The countrymen used to exchange their produce for salt. Hence, it is called 'The Salt Trail'. This trail starts from Inobong, Penampang & finishes at Kg Tikolod, Tambunan. The highest point is at 1,320m and the lowest is at 220m. The rugged track involves trekking through primary jungle and across many rivers. Whilst trekking there may be the opportunity of sighting many weird and wonderful species of birds, insects, mammals, amphibians, and reptiles. Species such as ; Orang-Utan, Long Tailed Macaque, Clouded Leopard have been spotted here. There are villages scattered all over this area, mainly people from the Dusun tribe and this expedition includes overnight stays in village accommodation & the chance to sample the wonderful local food. Each participant who completes this 5 day expedition will have the chance to take many amazing photos & experience the beauties of the rainforest.

4 Days / 3 Nights Salt Trail Expedition

Location: Crocker Range National Park
(88.0 Km from Kota Kinabalu)

Trekking Distance: Approximately 34 to 36 Km total distance

Difficulty: Difficult terrain – not recommended for novices

Includes: English speaking guide(s), first aid support, permits, activity equipment, entrance fees, insurance, ID Tags, meals & certificate of completion.

Excludes: Transportation

Group Size: Minimum 2 Persons

Program Itinerary:

Day 1 –Kota Kinabalu to Inobong Sub Station, Penampang - trek to Kg. Terian

- 7:00am Depart Kota Kinabalu for Inobong Sub Station
- (Approximately 1 hour transfer time)
- Arrive at Inobong Sub Station, welcome briefing & Introduction
- Equipment issue & introduction.
- Safety briefing & expedition preparation
- Trek to Kg. Terian (6 to 8 hours trekking time)
- Lunch (en-route)
- Arrive at Kg. Terian
- Free at own leisure
- Evening meal
- Night walk (optional & weather dependant)
- Overnight stay at Kg. Terian Community Hall

Day 2 – Kg. Terian to Kg. Buayan

- Breakfast
- Prepare for trekking
- Trek to Kg. Buayan (3 - 4 hours trekking time - moderate)
- Lunch (en-route)
- Arrive at Kg. Buayan
- Free at own leisure – possibility to relax in the river
- Evening meal
- Night walk (optional & weather dependant)
- Overnight stay at Kg. Buayan Community Hall

Activities included during the expedition:

- Navigation with map & compass
- Jungle survival skills
- Natural medicines, identification & usage.
- Nature Guiding - tree, plant & animal species, observation & identification
- Wild food collection (where possible)
- Camp skills
- Knots & their usage
- Night walk & rainforest observation

We supply the following equipment:

- Camping/Sleeping mat
- Mosquito net & cord/rope
- Mess tin, mug & cutlery
- We may also provide a blanket if required.

What to bring:

- Good sturdy footwear suitable for trekking
- Waterproof jacket/poncho
- Personal medication
- Head torch/handheld torch + spare batteries
- Personal clothing & swim wear
- Wash kit & dry bags
- Sleeping bag/ blanket
- Sleeping mat/ thermarest if you have your own
- Rucksack (around 40 to 60 litre capacity).
- Water bottle (minimum 1 litre capacity)

Please note that once issued, each participant is required to pack & carry their own expedition equipment provided.

Day 3 – Kg. Buayan to Kg. Kionop

- Breakfast
- Prepare for trekking
- Trek to Kg. Kionop (6 to 8 hours trekking time)
- Lunch (en-route)
- Arrive at Kg. Kionop
- Free at own leisure – possibility to relax in the river
- Evening meal
- Night walk (optional & weather dependant)
- Overnight stay at Kg. Kionop Church

Day 4 – Kg. Kionop to Molung Sub Station Kg. Tikalod

- Breakfast
- Prepare for trekking
- Trek to Molung Sub Station (6 to 8 hours trekking time)
- Lunch (en-route)
- Arrive at Malungung Sub Station, Kg Tikalod.
- Free at own leisure
- Equipment de-issue
- Expedition review & certificate presentation
- Prepare to depart
- 4:00pm Transfer to Kota Kinabalu
(Approximately 2 hours transfer time)

Optional Extra's:

- Cotton Leech Socks: RM 35.00 per pair
- Rubber shoes for jungle trekking: RM 15.00 per pair (up to euro size 43).
- Insect Repellent RM 25.00 per bottle (45ml spray can)



Insurance: Although participants may already have their own personal insurance, Insurance is provided as part of this expedition through Sabah Parks & is included at no extra charge.

Notes:

Please note each participant is required to complete an indemnity form prior to participating in an activity. To obtain a copy of this form prior to program date please [contact us](#) or download a copy direct from the download section of our website; www.borneo-outdoor-expeditions.com/downloads .

Making a booking:

To make a booking please contact us directly by telephone to check availability: (+6) 014 8555 171. If the selected program and dates are available we will provide you with our booking form. Please complete the form & return to us as soon as possible.

You may return the form to us electronically or via fax ; (+6) 088 726526. Our booking form may also be obtained directly from the downloads section of our website; www.borneo-outdoor-expeditions.com/downloads. Once we have received the completed booking form, we will then issue an invoice & upon receiving payment and the booking will be confirmed.