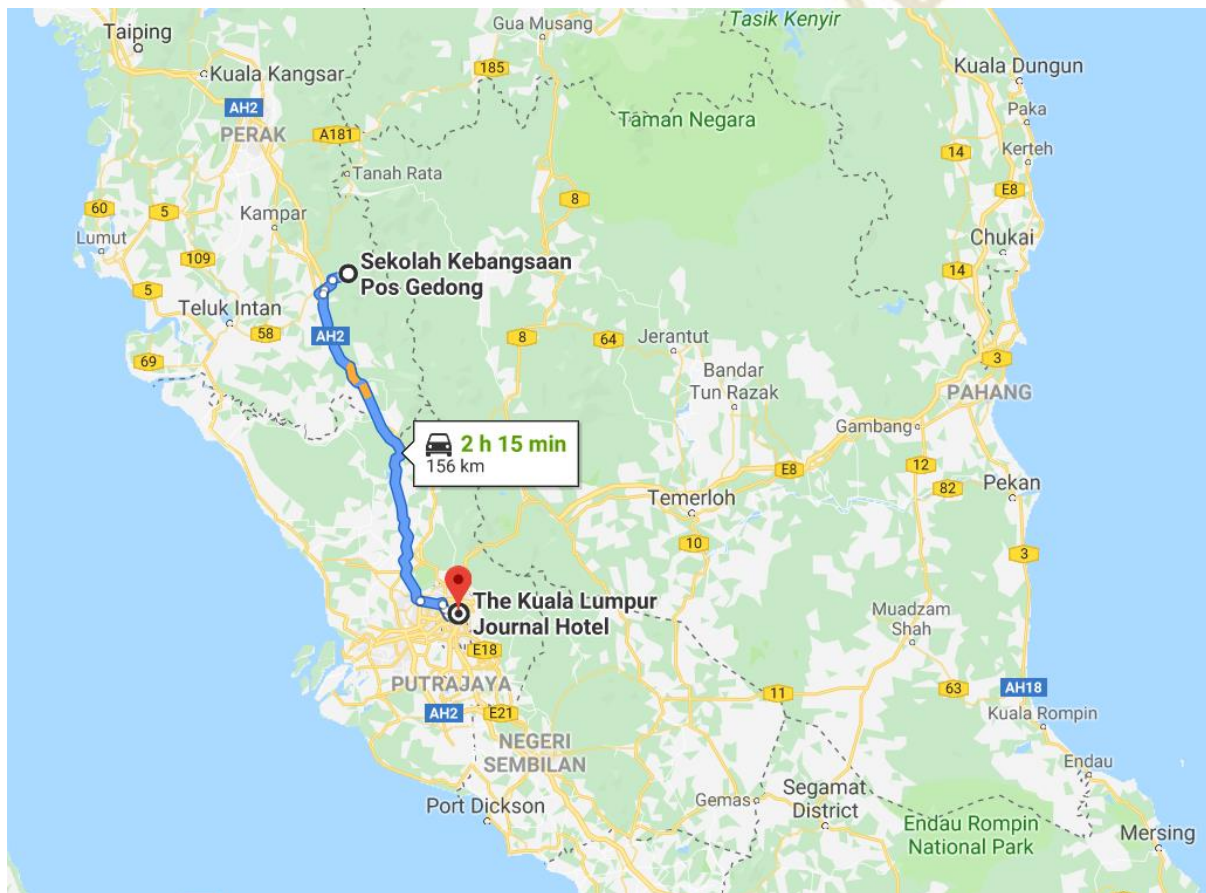


**MOUNT BAR GADING TREK**  
**3 Days / 2 Nights**

Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Kuala Lumpur – Bidor – Pos Gedung – Tigok Jungle Campsite	Transfer & Trek up to 3 hours	Easy	Vehicle 3 hours	(-/L/D)	Tigok Jungle Campsite
2	Tigok Jungle Campsite – Mount Bah Gading Peak	Trek up to 3-4 hrs	Medium	-	(B/L/D)	Tigok Jungle Campsite
3	Tigok Jungle Campsite – Pos Gedung – Bidor – Kuala Lumpur	Trek up to 2 hrs 30 mins & Transfer	Easy	Vehicle 3 hours	(B/L/-)	-



**Day 1: Kuala Lumpur – Bidor – Pos Gedung – Tigok Campsite** (-/L/D)

Depart Kuala Lumpur at 08:00 for a 3-hour drive to the Pos Gedung, the starting point of this trek.

Stop at the small town of Bidor for an early lunch and a stop to buy some snacks, batteries and other supplies for the trek. Pull up a chair at a popular restaurant and savour a plate of noodles or rice alongside the locals.

Continue the journey to the end point at Pos Gedung (Gedung Village) and meet the locals before starting the trek to the Tigor Campsite.

Trek to the campsite with 12 river crossings and to 13 tributaries before the Campsite. The trail to the campsite gradually ascends from 248-metre to 678-metre elevation.

Upon arrival at Tigok Campsite check into the tent or hammock and camp overnight. Explore the area and if weather permits trek to the Tigok Waterfall to enjoy nature.



Spend some time at leisure before dinner is served.

Overnight at Tigok Campsite.

**Please Note:** Sleeping arrangement will be on either tent or hammocks. No toilets, bathroom and shower provided in the campsite. No sleeping bags and mosquito net are provided. No electricity in the jungle campsite. Please bring your own head lamp or torch light.

**Porters:** It is encouraged to carry your own backpack but if porters are needed, they are available from Pos Gedung and can be arranged directly via cash payment MYR120 per day/MYR480 for the duration. The maximum weight is 12kg and it is subject to availability.

Distances and journey time

Transfer from Kuala Lumpur City to Pos Gedung: (156KM) 3 hours

Trekking time to Tigok Campsite: (6KM) 3 hours

Activity Level: Easy

**Day 2: Tigok Campsite – Mount Bar Gading Peak (B/L/D)**

Take breakfast at 07:00 before starting today's 3km trek to the peak of Mount Bar Gading Peak.

Begin with a challenging 3km ascent through rugged terrain. Climb with a slow and steady pace and plenty of rest stops through the mossy forest before the peak. Spent sometime at the peak before descending back to Tigok Campsite.

A packed lunch will be served enroute. On arrival at the campsite, spend some time at leisure or trek to Tigok Waterfall to enjoy nature and a swim in the river before dinner.

Overnight at Tigok Campsite.

Distances and journey time

Trekking time from Campsite to Mount Bah Gading Peak: (3KM) 3-4 hours

Activity Level: Medium

**Day 3: Tigok Campsite – Pos Gedung – Kuala Lumpur (B/L/-)**

Following breakfast, start the day with a 2.5 hr trek back to the starting point in Pos Gedung. Upon arrival, continue the journey back to Kuala Lumpur.

Lunch is taken en-route.

After lunch, journey to Kuala Lumpur city.

Overnight at Kuala Lumpur Hotel.

Distances and journey time

Trekking time from Tigok Campsite to Pos Gedung: (6KM) 2 hours 30 minutes

Transfer from Pos Gedung to Kuala Lumpur City: (156KM) 3 hours

Activity Level: Easy

**\*\*\*END OF SERVICES\*\*\***

*“An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients.”*

**Kindly note that we reserve the right to make decisions in the best interests of the group participating in this trek. In the event of cancellation of activity beyond our control such as adverse weather conditions and other similar conditions that compromises the safety of your group & Maliau Basin staffs, no form of compensation will be made.**

**RATES & CONDITIONS**

**ACCOMMODATION:**

City	Hotel	Hotel Category	Room Category
Bidor, Perak	Jungle Campsite	Very Basic	Tent or Hammock

**Check in time is from 14.00pm/ Check out time is at 12.00pm**

**PRICING: in US Dollars per person for shared twin/double**

Rates are valid until 31 March 2021.

Number of persons	1	2	3-4	5-6	7-10	SGL Supp
Rate per Person	1,409	735	469	409	295	N/A

**Our services include:**

- Return Transfer in air-conditioned Vehicle
- 3 or 4 Men Tent for Mt. Bar Gading trek
- Cooking tools/equipment
- Meals as mentioned (B= Breakfast, L= Lunch, D= Dinner)
- English Speaking Adventure Guide (for other languages supplements apply)
- Local Asst. Guide for up to 10 people
- Daily drinking water
- Forestry Department Permit
- First Aid Kit
- Stainless Steel Water Bottle
- Snacks during trekking

**Our services do not include:**

- Other meals than mentioned
- Other services than mentioned
- International and Domestic Flights
- Laundry, telephone calls and expenditure of a personal nature
- Tips, Travel insurance (must include helicopter evacuation for Borneo)
- Visa for Malaysia
- Video entrance fees

**Suggested Packing List for Maliau Basin:**

- Waterproof Windbreaker
- Trekking Hiking Poles are recommended
- Sturdy Hiking shoes or boots
- Head torch with extra batteries
- Additional snacks if required
- Waterproof bags/dry bags *\*for day bag and valuables*
- 35-50-liter backpack for trekking
- Day pack bag
- Toiletries *\*tooth brush & paste, body shampoo. All pack in small packing*
- Personal First Aid Kit
- Long pants
- Extra clothing *\*quick dry T-shirt, shocks and shorts are recommended*
- Sarong (a long piece of thin cloth that is worn wrapped around the waist) – *for ladies*
- 1-2 liter drinking water bottle or water bag
- Sleeping bag *\*recommended +/- 22°C*
- Leech socks
- Water purification tablets (Optional)
- Toilet roll (Optional) *\*pack in waterproof bag*
- Insect repellent / leech balm
- Sandals or flip flop
- Towels *\*quick dry is recommended*
- Swimwear attire

**Important Notes:**

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation)
- Valid 30 days from date of offer. Past this date price and conditions may be readjusted
- This trip can be done by Road Bike as well, but clients need provide their own bikes.
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so

- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- **Payment/ cancellation:** 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).