

TUARAN DAY RIDE (Mountain Bike)

Tuaran is a town as well as a district located in West Coast Division in the northwest of Sabah, East Malaysia on the island of Borneo. Tuaran district has an area of 1,166 square kilometres and an estimated population of 94,100 in 2006. About half the population consists of ethnic Dusun, a third ethnic Bajau, and some Chinese. It has a distinctive nine-story Chinese Pagoda as a prominent landmark. Every Sunday morning, Tuaran holds a big natives' open market known as *Tamu* by the Sabahans. Harvests of produce from nearby villages and valleys are brought to the market, such as fruits, vegetables, handicrafts, fish, homemade traditional cakes, traditional homegrown tobacco, and so on. The *tamu* supplies many great photo opportunities for tourists. The variety of goods to be seen is very impressive for the visitor. The Tuaran *tamu* is second only to the one in Kota Belud in terms of size and exotica.

The ride will provide a sense of exploration into the heartland of the Dusun Lotud people.

ITINERARY

Tour Code: KTTMTB02

Time	Description
08:30hrs - 09:00hrs	Pick up at hotel and transfer to Starting Point
09:40hrs	Bike Fitting & Ride Briefing
10:00hrs	Start Ride - The Tuaran Mountain Bike Day Ride will be a ride that traverse through small villages, remote farmsteads, jungle trails, over hanging bridge.
13:30hrs	Arrive at Linangkit Cultural Village. Lunch at the Cultural Village of the Dusun Lotud Tribe. An opportunity to visit the Linangkit Lotud Longhouse (Entrance Fee on pax own account).
14:30hrs	Depart for hotel at Kota Kinabalu City
15:30hrs	Arrive at hotel. End of Mt. Bike Excursion

Distances & Difficulty:

1. This Mt. Bike Excursion is suitable for people with little or no mountain biking experience, however it is also a lot of fun for experienced riders.
2. The ride has a low difficulty rating, 60% on dirt tracks with few climbs and descents.
3. Total distance covered is 23 km – 3 hrs riding (+ -)
4. There is no age limit but minimum height is 4' 7" or 142cm

Rate inclusive of:- Return transfer from hotel to starting point, good quality Mt. Bike with disc brakes, helmet, Mt. Bike Guide (First Aid Trained) & lunch at a local restaurant.

Items to bring / wear :- A spare change of clothing, sunblock lotion, insect repellent, wear light clothing suitable for bicycling, sunglasses (optional), footwear: Sneakers, trainers.



Echo Adventures

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