

# SPICE ROADS

## CYCLING



**UNTAMED BORNEO**

Tour Code  
**MYS-UBO**

**11** DAYS  
**10** NIGHTS

	Destinations	Malaysia
	Tour Meets Tour Ends	Kota Kinabalu Kota Kinabalu
	Fly in to Fly out of	Kota Kinabalu International Airport (BKI) Kota Kinabalu International Airport (BKI)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

### ACTIVITY PROFILE



<b>9</b> Cycling days	<b>248</b> <sup>km</sup> Total cycling distance
<b>30</b> <sup>km</sup> Avg distance / day	<b>482</b> <sup>m</sup> Avg climbing / day

### PRICING



Price	US\$ 3,100
Bike Hire (Mountain Bike)	US\$ 260
Single Supplement	US\$ 560

### WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Domestic flights
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

### WHAT'S EXCLUDED

- ✗ International flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

### DEPARTURES



30 March - 09 April 2025  
15 June - 25 June 2025  
29 June - 09 July 2025  
21 September - 01 October 2025  
29 March - 08 April 2026  
14 June - 24 June 2026  
28 June - 08 July 2026  
20 September - 30 September 2026

## TRIP PROFILE

We ride 248 km over 9 cycling days. Besides arrival and departure days, we have some cycling everyday. The route includes a combination of paved roads, gravel roads, dirt tracks, and off-road sections. Most days also include at least some amount of time in the support van to avoid busy highways or inaccessible roads through palm-oil plantations. Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

The cycling is complemented with a wide variety of opportunities to be immersed in nature, including jungle treks, jeep safaris, and a river cruise. We have designed this route to give you a good chance at wildlife sightings - including, of course, the famous orangutans - but it is important to be aware that encounters cannot be guaranteed. We encourage you to come with an open mind and let the whims of nature surprise us. Besides exploring the wilds of Borneo we also discover rural Sabah, from the ever-present palm plantations to tea fields, fruit farms and the highlands and coast surrounding Mount Kinabalu.

**Suitability:** This is a moderately difficult tour with the main challenges coming from navigating undulating terrain and unpaved roads. Day 9 is the biggest climbing day when we ascend to Kundasang for views over Mount Kinabalu. Furthermore, the heat and humidity of equatorial Sabah ensure things feel hot. Anyone with a reasonable level of fitness and comfortable on a mountain bike with some off-road experience will enjoy this tour to the fullest. A support vehicle is always nearby to offer refuge to any weary cyclists.

**Biking Conditions:** In general, on days where the distances are shorter, the majority of the riding is on unpaved and off-road tracks. On days with longer distances we ride primarily paved roads in the countryside. We have designed this route to feature quiet roads with little traffic, though at times - especially near towns or popular attractions - you should expect to share the road with cars, motorbikes, and buses. At times we employ the support vehicle to bypass unfavorable roads. Rainfall is not uncommon in Borneo and can affect cycling conditions - we generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!



## Day 1 Meet in Kota Kinabalu

Welcome to Kota Kinabalu, or “KK” as the locals call it, the capital city of the Malaysian state of Sabah and gateway to northern Borneo. We will pick you up from the airport and transfer you to our tour hotel in the city. In the evening we convene for a trip meeting and welcome dinner. If you arrive early, make sure to do some exploring! KK is a buzzing coastal city with a rich heritage. We suggest going for a stroll along the Waterfront district and checking out some shopping areas, such as the Filipino Market and the Gaya Street Sunday Market (mornings only). You can also pay a visit to the beautiful City Mosque and the informative Sabah State Museum.



Promenade Hotel Kota Kinabalu



Dinner

## Day 2 Kota Kinabalu – Lahad Datu – Tabin Wildlife Reserve

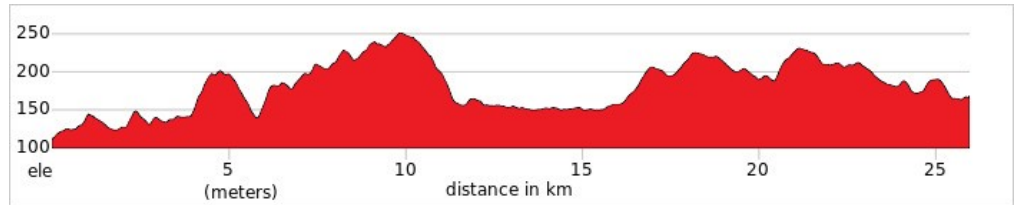
This morning, a one-hour flight transports us from KK to the town of Lahad Datu on the east coast of Sabah. This is our launchpad for the cycling adventure and, over the course of the next 10 days, our westward route will lead us back to KK! Upon arrival in Lahad Datu, we’ll power up on breakfast and dart off into the countryside for the tour’s debut 26 km ride. We start off at a relaxed pace, acclimatizing to Borneo’s humidity as we cycle along undulating gravel roads passing by seemingly endless rows of palm oil plantations. The last 10 km will be at civilization’s edge as we enter Tabin Wildlife Reserve. This expansive protected area, spanning 300,000 acres of pristine rainforest, is home to Sabah’s three largest mammals - the Borneo Pygmy Elephant, the Sumatran Rhinoceros and Tembadau (wild cattle) – as well as nine species of primates (including orangutans), hundreds of species of birds, and more! This afternoon we will go on a jeep safari for our first chance to spot some wildlife. We spend the night in a cozy lodge nestled in the jungle.



Tabin Wildlife Resort



Breakfast, Lunch, Dinner

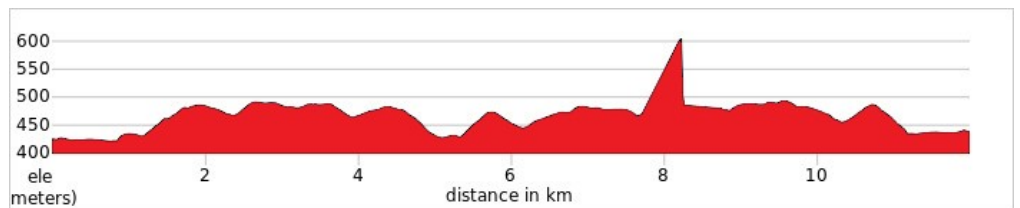


📍 Ride 26km    ⬆️ +477m    ⬇️ -423m

### Day 3 Tabin Wildlife Reserve Exploration

This morning we'll enjoy a short but thrilling cycling loop within Tabin Wildlife Reserve. The riding takes place on vehicle-width, loose gravel paths dissecting the jungle so while the total distance isn't too long, the terrain will keep us busy! Departing directly from the lodge we first cycle 3 km to a trailhead where we'll hike around 20 minutes into the forest. Awaiting us there is the Lipad Mud Volcano, a football field-sized area covered by a mineral rich slush which is a favorite natural lick for wildlife. The mud is said to be good for your skin so feel free to lather up! We backtrack a little and switch to another jungle trail, cycling towards Lipad Waterfall which we reach via a short jungle hike. The waterfall's cascade into a large pool surrounded by lush jungle creates a lovely scene for relaxation before we cycle back to the lodge in time for lunch. In the afternoon, treat yourself to a complimentary herbal foot soak and mud facial and then gear up for a post-dusk game drive to spot nocturnal wildlife. Keep an eye out for owls, civets, slow lorises, and many more animals!

🏠 Tabin Wildlife Resort    🍴 Breakfast, Lunch, Dinner

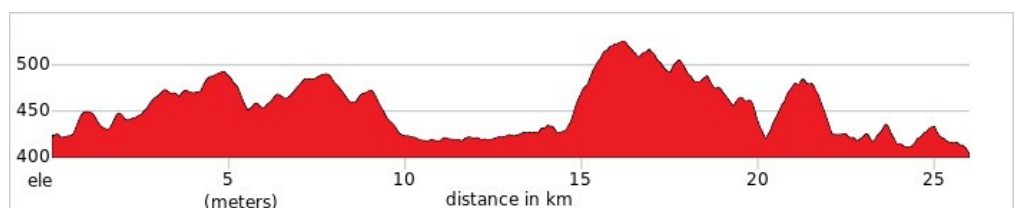


📍 Ride 11km    ⬆️ +279m    ⬇️ -266m

### Day 4 Tabin Wildlife Reserve – Bilit

This morning, we depart from Tabin Wildlife Reserve, retracing the route from Day 2 in reverse. Upon reaching the main road, we'll hop into the van for a 3 hour transfer to the village of Bilit, situated along the winding Kinabatangan River, Sabah's longest river. The rainforest-covered basin of this river is home to one of the densest concentrations of wildlife in all of Borneo. In the afternoon, we'll embark on a motorboat for an enjoyable cruise down the waterway, aiming to catch glimpses of the diverse cast of animals that inhabit the riverbanks. The proboscis monkeys often steal the spotlight with their distinctive, pendulous noses but keep an eye out for other fascinating creatures such as orangutans, pygmy elephants, saltwater crocodiles, monitor lizards, hornbills, and more. Regardless of how many animals you may see (sighting guarantees cannot be made), this is an enchanting experience in one of Borneo's most untamed ecosystems.

🏠 Bilit Adventure Lodge    🍴 Breakfast, Lunch, Dinner

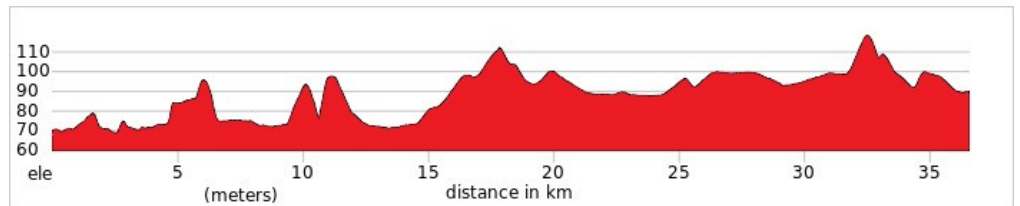


📍 Ride 26km    ⬆️ +446m    ⬇️ -465m

## Day 5 Bilit – Sepilok Orangutan Rehabilitation Centre

Departing from Bilit, we temporarily leave the wilds of Borneo behind as we cycle on paved roads through the manicured northern Bornean countryside filled with palm oil plantations. After around 37 km we'll arrive at a junction with the main provincial thoroughfare - our cue to jump in the support van and transfer 1.5 hours to our next destination at the edge of the Kabili-Sepilok Forest Reserve. This is where we find the world-renowned Sepilok Orangutan Rehabilitation Centre whose primary mission is to rehabilitate and provide a safe haven for orphaned and injured orangutans. Having witnessed orangutan habitat destruction first hand on our rides through rural Borneo – i.e. deforestation to make room for palm oil plantations – the urgency of this mission will be all the more clear to us. This afternoon we'll head to the center in time for the daily feeding. This is one of the best chances to see orangutans up close but please be aware that sightings cannot be guaranteed (the apes may choose to stay in the forest when it rains, during the fruiting season, or when macaques get there first). Either way, it is a heartwarming experience to learn about the efforts to conserve orangutans in the wild.

 Sepilok Jungle Resort  Breakfast, Lunch, Dinner

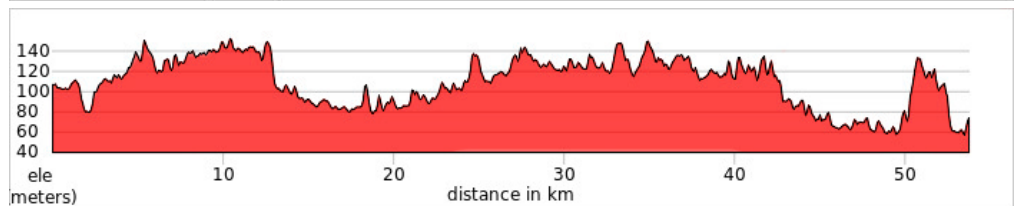
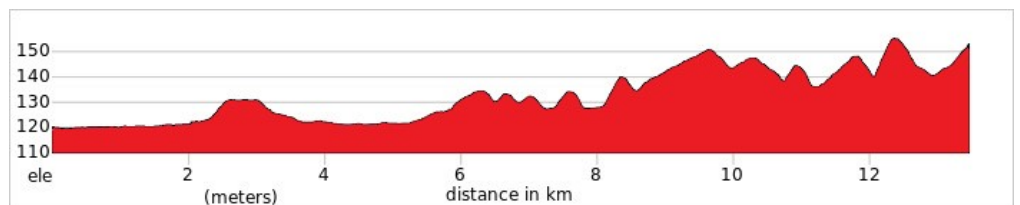


 Ride 37km  +191m  -172m

## Day 6 Sepilok – Labuk Bay Proboscis Monkey Sanctuary – Telupid

Another day and another chance to see more primates! In the morning we'll have a short transfer from our jungle lodge to Labuk Bay Proboscis Monkey Sanctuary. This is a part of a palm oil plantation turned sanctuary, kept wild for the long-nosed monkeys only found on Borneo, to thrive. We'll arrive in time for the morning feeding, when a parade of these cheeky, blobby-nosed monkeys come out of the forest to feed on snacks prepared for them while we are given the chance to watch from a viewing platform. After hopefully seeing these monkeys (again, guarantees for sightings can't be made) we saddle up for a 15 km ride back towards the highway where we'll jump in the van for a two-hour transfer south to the small town of Telupid. After lunch and a siesta to beat the midday heat, we'll go for a scenic, late afternoon ride through the district of Tongod, the rural heart of Sabah, characterized by rolling hills with a mix of forest reserves, plantations, and fruit farms.

 Resthouse IPS Telupid  Breakfast, Lunch, Dinner

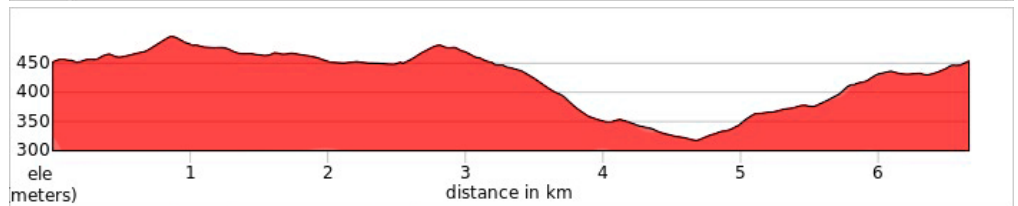
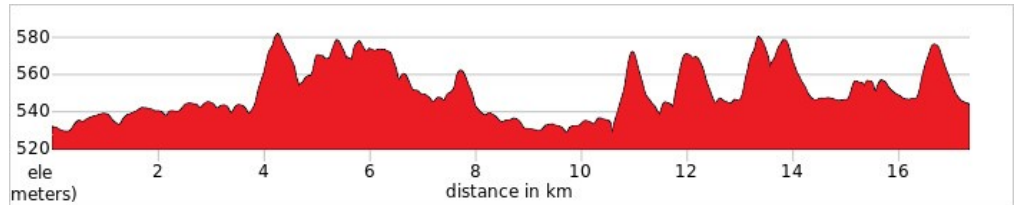


 Ride 67km  +872m  -873m

## Day 7 Telupid – Sabah Tea Garden

Today's morning ride is steeped in history. This part of Sabah was, during the Second World War, the scene of the infamous Sandakan Death March where allied prisoners of war were forced to tread through the jungle under grueling conditions. Today much of the jungle has been replaced by palm plantations, but a mix of roads and trails radiating across the hallowed terrain makes for some thrilling mountain biking. After 17 km, we rendezvous with our support vehicle and transfer 1.5 hours to the scenic highlands of Ranau. The area is renowned for the Sabah Tea Gardens, an extensive estate of terraced tea fields etched into the hills. We'll go for a short but fun off-road loop amidst the undulating rows of tea bushes with Mount Kinabalu, Southeast Asia's highest mountain, towering in the background. We spend the night at the tea estate's resort.


 Sabah Tea Resort  Breakfast, Lunch, Dinner

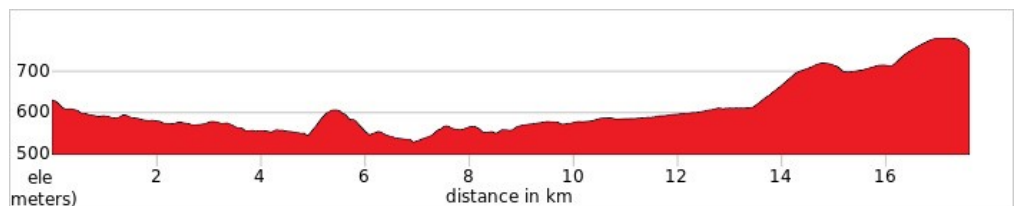


 Ride 24km  +460m  -449m

## Day 8 Sabah Tea Garden – Poring

We begin the day with a tour of the Sabah organic tea factory, learning about the entire production process from leaf to cup. Sure to be energized from the tea's natural caffeine boost, we will have a short transfer to avoid the highway and then cycle west on undulating country roads, passing by farms and villages. If we are extremely lucky we may catch sight of a blooming Rafflesia, the world's largest flower, native to this area of Borneo. After 18 km we complete the ride at Poring, a natural area renowned for its thermal hot springs. Before taking a dip in the soothing waters we'll head to Poring's canopy walkway, providing an elevated stroll through the treetops of the rainforest.

 Sutera Sanctuary Lodges  Breakfast, Lunch, Dinner



 Ride 18km  +403m  -277m

## Day 9 Poring– Kundasang

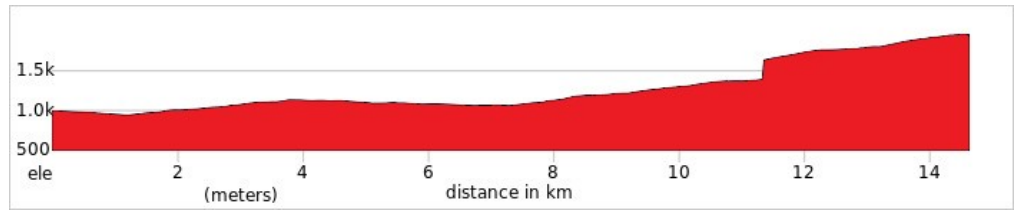
Today is dedicated to Southeast Asia's largest mountain, Mount Kinabalu, standing tall at 4,095 meters (13,435 feet) above sea level. Our destination, the hill station of Kundasang, offers one of the best vantage points to appreciate the majesty of this imposing massif. Departing from Poring in our support vehicle, we embark on a one-hour southward transfer to our cycling starting point. Saddle up as we follow a short but invigorating highland route, navigating paved country roads that wind their way to Kundasang. Along the ascent, we pass by villages, vegetable farms, and forests set against the backdrop of western Sabah's rolling hills. Our journey culminates in a gratifying finale as we arrive at our hotel, where Mount Kinabalu unfolds from an exceptionally photogenic angle. Enjoy the cool and crisp mountain air while gazing upon the towering peak, piercing into the sky and adorned by wisps of clouds.



Perkasa Hotel



Breakfast, Lunch, Dinner



Ride 15km



+1108m



-146m

## Day 10 Kudasang - Pantai Dalit Beach

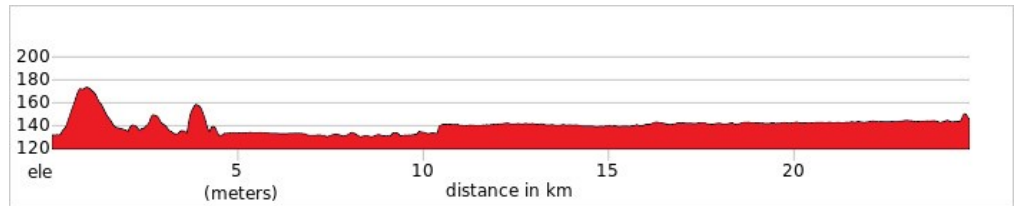
We trade the cool, misty mountains of Kudasang for the balmy, sun-kissed beach of Pantai Dalit. In the morning, we bid farewell to Mount Kinabalu as we transfer 1.5 hours to our cycling start point in the coastal plains of west Sabah. Our 25 km ride takes us through the bustling agricultural districts sprawling along the Tamparuli and Tuaran rivers. Along the way we'll stop by a peaceful Malay-Chinese temple housing a colorful multi-storied pagoda and the ride ends at a beach resort overlooking the azure waters of the South China Sea. The afternoon is free and easy – dip your toes in the powdery sands of Pantai Dalit Beach, indulge in a relaxing massage, or hang out by the pool. In the evening, we reconvene for a farewell dinner and celebrate the completion of our east-to-west traverse of Sabah!



Shangri-La's Rasa Ria



Breakfast, Lunch, Dinner



Ride 24km



+110m



-95m

## Day 11 Pantai Dalit Beach - Kota Kinabalu

The tour comes full circle as we head back to Sabah's capital city, KK. If you are flying out we will bring you to the airport or, if you are staying onwards, to your hotel in town.



Breakfast

**Disclaimer:** The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

## NUTS & BOLTS

### Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension in good mechanical order.

## **Bike Repairs**

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

## **Safety**

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

## **Guides**

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

## **THE NITTY GRITTY**

### **Passports and Visas**

Visa requirements for Malaysia vary based on your nationality. Many countries are visa-exempt for tourism visits up to 90 days. To check if your country is visa-exempt or to find specific visa requirements, durations, and application procedures, visit [this website](#). If you require a visa, please contact your nearest Malaysian embassy/consulate and make sure you give yourself enough time. Please also ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

**UPDATE:** Beginning 1 January 2024, all international travelers, whether arriving by land or by air, must pre-apply for a Digital Arrival Card at least three days prior to their planned date of entry. This can be done by completing an online registration form. Guests should then bring a printed copy of the completed form to present to immigration officers on arrival. Here is a link to the [registration form](#). Please make sure to fill it out at least three days before your planned arrival in Malaysia.

### **Health**

There are no special vaccinations required for Malaysia; however you may want to take Malaria tablets as we will be traveling in Borneo's jungle area. Please check with your doctor prior to departure.

### **Weather**

The whole of Malaysia has a classic tropical climate and remains hot and humid throughout the year and rain showers occur almost daily. Average temperature ranges from 15°C/ 59F to 25°C/ 77F at higher elevations and 21°C/ 70F to 32°C/ 90F around the coasts, such as Malacca and surrounding areas. The highlands have a distinctly different climate to the rest of Malaysia. Temperatures average a very pleasant 22°C/ 72F in the daytime and a relatively cool 15°C/ 60F at night – an excellent climate for growing tea, flowers and fruit, and for visitors it offers a pleasant contrast to the hotter lowland areas. A typical day consists of blue skies in the morning, showery afternoons and chilly nights, with rainfall at it's heaviest between September and early December.

Borneo has an equatorial climate, which is hot and humid year-round. Average daily temperatures are around 30 Celsius and the humidity can be high. Rain is also fairly common though we have scheduled these tours to avoid the monsoon season.

### **Food**

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local Malay food and feature noodles, rice, curries and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.



## Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. We are riding in a Muslim country and though beer is available, it might not be served in some halal restaurants where we will eat. If you choose to purchase some beer please note it is NOT included in the price.

## Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

## Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US\$ 3-4 per person per day is appropriate.

## Money

The official currency is the Malaysian ringgit (RM). Foreign currencies are not generally accepted. The airport is the best places to exchange money. ATMs are widely available in cities and towns, but you'll need cash in villages and in the jungle. Credit cards can be used only in larger hotels.

## GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

### FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

### CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

### TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

### BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

## BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

## DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

## FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

## Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

## International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

## Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

## CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26  
Sukhumvit Soi 71 Klongtan Nua, Wattana  
Bangkok, Thailand 10110  
Tel: +66 (0) 2 026 3295  
Email: [info@spiceroads.com](mailto:info@spiceroads.com)  
Website: [www.spiceroads.com](http://www.spiceroads.com)

## FOLLOW US

 [twitter.com/spiceroads](https://twitter.com/spiceroads)  
 [youtube.com/user/spiceroads](https://youtube.com/user/spiceroads)  
 [instagram.com/spiceroads](https://instagram.com/spiceroads)  
 [facebook.com/SpiceRoad](https://facebook.com/SpiceRoad)