

## 2D1N MOUNT KINABALU CLIMB

### **Day 1 Kota Kinabalu/ Kinabalu Park HQ/ Timpohon Gate/ Ascend Mount Kinabalu/ Panalaban Assorted Hut**

- Pick-up from your hotel lobby and depart on a 2 hrs journey to Kinabalu Park Headquarter. Collect your packed lunch.
- 0900hrs: Our guide will arrange for all necessary registrations, assign you a mountain guide and apply for your ID TAG.
- Remember to wear your ID TAG at all times.
- You'll then be transferred to starting point – Timpohon Gate – where your journey and quest to the summit of Borneo's highest mountain begins!
- The climb will take approximately 4-5 hours.
- The trek will pass by different vegetation zones from Oak and Chestnut to mossy and eventually to alpine type of vegetations.
- Arrive and check into Panalaban Assorted Hut @ 3230m a.s.l. in the late afternoon.
- Buffet Dinner at Laban Rata restaurant and overnight at Panalaban Assorted Hut.

### **Packed-lunch / Dinner Panalaban Assorted Hut**

### **Day 2 Low's Peak/ Descend Mount Kinabalu/ Kota Kinabalu**

- 0200hrs: Wake up for early supper and depart for continuation of journey towards the summit of Mount Kinabalu.
  - The journey up to the Low's peak @ 4,095m will test your fitness and determination. Depending on speed of trekking, you might be able to experience the glorious sunrise over the majestic Mt. Kinabalu if weather permits.
  - 0700hrs: Descend back to Panalaban Base Camp for late breakfast and check out.
  - Trek down to Timpohon Gate for transfer back to the Kinabalu Park Headquarter (est. arrival 1300hrs to 1500hrs).
  - Congratulations, you can now collect your Certificate of Achievement!
  - Buffet Lunch will be served at the Balsam Restaurant in Kinabalu Park.
- \* Due to the temporary closure of Balsam Restaurant, lunch will be served at Liwagu Restaurant after completing your climb.
- Transfer back to Kota Kinabalu City. Journey takes approx. 2 hrs.

### **Supper / Breakfast / Lunch**

## TOUR INCLUSION

<b>Meals</b>	01 Breakfast, 01 Packed-Lunch, 01 *Lunch, 01 Dinner & 01 Supper
<b>Inclusion</b>	Meals as Stated, 01 Night Accommodation, Entrance Fee, Return Hotel Transfer (Seat-In-Coach), Return Transfer (Park HQ - Timpohon Gate - Park HQ), Mountain Guide, Climbing Insurance, Climbing Permit, Mount Kinabalu Certificate and Certificate Holder, and English Speaking Support Team
<b>Accommodation</b>	01 Night @ Panalaban Assorted Hut (Non-Heated Dormitory Single/Bunk-bed with sharing bathroom & toilet)
<b>Exclusion</b>	Airfares, <a href="#">Porter Fee</a> , Alcoholic Drinks, Personal Travel Insurance, and Any Items Not Mentioned

### **Note on Meals Arrangement:**

\*Lunch will be converted to a packed meal for all climbers who reach the local restaurant after 16:00hrs on **DAY 02** (Mt Kinabalu descent).

### **THINGS YOU SHOULD PREPARE FOR MOUNTAIN CLIMB**

Waterproof backpack to store your items

Trekking or running shoe with good grip

Warm clothing/Long sleeves shirt/Hiking pants

Jacket/Wind breaker

Extra clothing and socks

Small towel

Hand gloves and winter hat

Disposable raincoats

Head torch (compulsory)

Personal toiletries

Refillable water bottle (0.5 - 1 Litre)

High energy food such as chocolates, nuts, biscuits, sweets, energy bars

Your extra luggage can be stored at Kinabalu Park HQ at a nominal fee of MYR 12 per piece prior climb.

### **THINGS YOU WISH TO BRING**

Medication such as headache tablets or altitude sickness tablets  
Tissue paper / Toilet roll  
Sun block lotion, lip gloss, plasters  
Insect repellent / Mosquito Oil  
Camera with water proof bag  
Sandals / Slippers  
Plastic bags

### **IMPORTANT THINGS TO NOTE**

Climbers who reach Timpohon Gate after 16:30 Hrs will be imposed a fee of MYR 15 per hour per guide and need to pay directly to mountain guide on the spot.

Tipping is like giving a hug. Although it's never expected, it's always very much appreciated.

Do take note that your Passport or MYKAD will be required for verification during registration at the Kinabalu Park office. Please bring it along with you.

Standard check-in and check-out times for most hotels & resorts are 1400 Hrs & 1200 Hrs respectively. However, check-in & check-out times may vary depending on each accommodation. So kindly check with us to get accurate check-in & check-out times of your accommodation.

Effective as of 1st September 2017, the Tourism and Culture Ministry of Malaysia will be implementing a Malaysian Tourism Tax (TTX). Foreign tourists will be required to pay a flat rate of MYR 10 per room per night regardless of accommodation star level. The TTx is to be paid upon check-in. Malaysians or permanent residents residing in Malaysia are exempted from TTx and is required to present a valid identification upon check-in for the exemption.

### **FRIENDLY NOTE FROM SABAH PARKS**

It is recommended that all climbers should have themselves medically checked before attempting any mountain climb. If you have a history of suffering from the following ailments, it is highly recommend that you should refrain from climbing: Hypertension, Diabetes, Palpitation, Arthritis, Heart disease, severe anemia, Peptic ulcers, Epileptic fits, Obesity (overweight), Chronic asthma, Muscular cramps, Hepatitis (jaundice); or any other disease which may hamper the climber.

Children below 15 years old must fill in the indemnity form upon registration at Park Headquarters.