

## PANALABAN HOSTEL

**POPULAR**

### 3 Days Mt. Kinabalu Climbing Tour

#### Day 01 KINABALU PARK

Pick up from city hotel and transfer to Kinabalu Pine Resort for Overnight. Make a short stop at Nabalu Village to savours local fruits and to bargain prices for the local handicrafts. Free at own leisure. You overnight stay at the Kinabalu Pine Resort.

- Overnight at Kinabalu Pine Resort ~ Standard Room
- (Meal: Dinner)

#### Day 01 TIMPOHON GATE

Pick up from city hotel and overland drive to Kinabalu Park. Arrive Park then proceed to Park Headquarter for registration and meet up with your Mountain Guide at the reception. After briefing and preparation commence your journey to Timpohon Gate and then you will start your trek to Laban Rata approximately 4-5 hours depending on individual's fitness level. Check-in to your dormitory room at Panalaban Hostel and the rest of the afternoon at leisure to explore the surrounding or simply soak in the scenery spread beneath you. Dinner will be served at Laban Rata Rest house.

- Overnight at PANALABAN HOSTEL (dormitory type with bunk bed) – NON HEATED
- (Meal: Breakfast & Dinner)

#### Day 02 SUMMIT > TIMPOHON GATE

Wake up as early as 02:00hrs for another 3-hours track. There are ladders, hand railings and ropes to help you over the steeper parts. You reach the final destination at Low's peak, the *Summit of Borneo* at 4,095.2m to catch the magnificent sunrise. Congratulations! Watching sunrise at the top has been described by travellers everywhere as a life-enriching experience. Then descending back to the rest house for a well deserve breakfa123st then onwards back to Timpohon Gate. Transfer to Park HQ and collect your certificate of achievement. After lunch we return to Kota Kinabalu. Drop off city area hotel or airport.

- > (Meal: Supper & Breakfast)

## PANALABAN HOSTEL

3D/2N Mt. Kinabalu Climbing Tour **VALIDITY FROM 01.01.2020 – 31.12.2020**

(Price quoted in Ringgit Malaysia and based on net & non-commissionable per person)  
**Subject to change without prior notice)**

Normal Trail ~ TIMPOHON TRAIL > SUMMIT > TIMPOHON TRAIL

Nationality / No. Of Person	02-03 Pax	04 -06 Pax	07 -15 Pax	16 -30 Pax	31 Pax
Malaysian	RM 1,250	RM 1,200	RM 1,150	RM 1,050	<i>Please email us</i>
International	RM 1,550	RM 1,500	RM 1,450	RM 1,350	<i>Please email us</i>

## SPECIAL REMARKS

- **Climber below 16 YEARS OLD are considered children climber by Sabah Park.**
- **Children climbers are compulsory to employ extra private guide @ RM 230.00 per guide**
- **Each private guide can look after maximum of 2 children**

## PRICE INCLUDED

- ✓ 1<sup>st</sup> Night – Private 2 Persons Room at Kinabalu Pine Resort
- ✓ 2<sup>nd</sup> Night – Unisex Dormitory at Panalaban Hostel (3,273M)
- ✓ 5 meals – Dinner \* Breakfast \* Dinner \* Supper \* Breakfast \*
- ✓ Sabah Park – Climbing Permit \* Trail Insurance \* Mountain Guide \* Conservation \* Certificate \* Shuttle Bus
- ✓ All Ground Transportation \* Tour Coordinator

## PRICE EXCLUDE

- Air Fares / Personal Travel Insurance.
- Beverages During Dinner at Kinabalu Park & Laban Rata
- Luggage Storage at Kinabalu Park Reception – RM 13.00 per Item.
- Porter Fee – RM 13.00 per Kilo (Round Trip Timpohon – Laban Rata – Timpohon)
- Mountain Guide's Overtime after 16:00PM Daily – RM 20.00 per Hour.
- Laban Rata Late Check Out Surcharge After 10:30AM – RM 100.00.
- Others Not Stated.

## SAMPLE ITINERARY

### DAY 1

- 1200 Ideally to arrive Kota Kinabalu City before 12:00PM. **(Please Provide The Flight Details)**  
Tour begin with airport / hotel pickup, drop by KK City for lunch **(Own Expenses)**
- 14:00 Depart 2 hours overland drives to Kinabalu Pine Resort.
- 16:00 Check in to Kinabalu Pine Resort.
- 19:00 Dinner served at Restaurant, rest and enjoy highland atmosphere,

### DAY 2

- 06:30 Wake up and prepare yourself, warm up and stretching.
- 07:00 Breakfast and transfer to Kinabalu Park.
- 07:30 Organize your luggage in two sectors. Un-need luggage to be **Store at Kinabalu Park**

#### Reception

**RM 13.00 per unit.**

**Porter Luggage** – measure and record the weights; pass to mountain guide for organizing carriage to Laban Rata and down to Timpohon.

- 08:30 Mountain office provides shuttle bus to from Kinabalu Park to Timpohon Gate. (20mins drive)
- 09:30 The adventure starts! **6.0KM Timpohon trial hiking** to 3,273M Laban Rata reception for check in, dinner and rest.

#### REMARKS

Climber who stay at Poring Hot Spring – After Breakfast; Mountain Office provides shuttle bus, 40mins transfers to Kinabalu Park for climbing and continue the above actions.

**Things That You Should Self Carry!**

- \* Wiser \* Raincoat \* Personal Medicines / Supplements \* Foods \* Water \* Valuable Belonging \* Camera \*
- \* Hiking Stick \* **1 set of changing clothes. Why?!** You can change at 3,272M if porter still far behind! Is cool up there!!!

### Things You Should Know About 3,272M Hostel

- \* There is only one hut under this package \* Laban Rata 70 Beds
- \* All hut are NON Heater Room \* NON Hot Shower \* NO Toiletries \* NO Hair Dryer \* Unisex | Dormitory Public Bathroom/Toilet
- \* Laban Rata is the only hut with reception & café | **Dinner 1700hrs – 1900hrs Supper 0200hrs – 0230hrs | Breakfast 0730hrs – 1030hrs.**
- \* Towel are limited on “first come first take” basis. Please bring your own small towel for cleaning (Not shower, too cool for that!), wet tissue / small towel is the best.
- \* You can charge camera \* phone \* boil water in your hut | You can refill drinking water (Boiled Water) at Laban Rata Café.
- \* Day 3 – You must check out and return room key by 10:30 AM | Delay extra charged at RM 100 per room per hour.

- **PACKAGE PRICES DO NOT GUARANTEE CLIMBERS TO REACH SUMMIT OF LOW'S PEAK**
- **JOURNEY TO THE SUMMIT DEPENDING ON WEATHER'S PERMISSIONS**
- **PACKAGE PRICES CHARGED ONLY FOR TRANSPORT / FEES / STAYS / MEALS / SERVICES**

### DAY 3

- 01:30 Wake up and get ready, warmup and stretching. Take supper and continue 2.72 KM hikes to Summit of Low's Peak 4,095.2 ASL. You **Must Reach 3,685M PANABALAN CHECK POINT 05:00 AM CUT OFF**. Ranger will close summit gate after cutoff time. Rest at Summit area, take turn for photo at Summit Plate. Catch bird's view of Crocker Range and sunrise in good weather. Descend to respective hut for packing & check out, breakfast at Laban Rata before leaving.
- 1030 6.0 KM descend journey to ending point Timpohon Gate. Show your climber tag to claim park's shuttle bus service back to Kinabalu Park basecamp. Late lunch at Balsam café, your guide will collect climb certificate for you.
- 1630 Pickup and 2 hours overland back to KK City. Drop off at your hotel; back with sweet & sour memories, sore body & legs!! **Hotel and dinner (own expenses) OR contact us for hotel booking.**

[Click here to Submit Enquiry](#)

(TYH - 19/02/2020)