

3 Days Mt. Kinabalu Climbing Tour

Day 01 KINABALU PARK

Pick up from city hotel and proceed for an easy 1 1/2 hours overland journey to Kinabalu Park – Malaysia's 1st World Heritage site. Kinabalu Park gazetted in 1964 with an area of 754sq km is dub as botanical paradise. Home to half of the world flowering plants species it is also fame for the Majestic Mt. Kinabalu (4,095m) – Highest Mountain in South East Asia. En route, 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 Park.

- Overnight at Kinabalu Park
- (Meal: Dinner)

Day 02 TIMPOHON GATE

Early breakfast, 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. Packed lunch around noon and then you will make the final trek to Laban Rata rest house (3,353m). Check-in to your dormitory room 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 Mt. rest house (dormitory type with bunk bed) – NON HEATED
- (Meal: Breakfast, Packed Lunch, Dinner)

Day 03 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, Lunch)

Note on Meals Arrangement:

- 1) Lunch will be converted to packed lunch on Day 02 (Mt Kinabalu Descent) for climbers who arrived late and missed the lunch timing.
- 2) Balsam Restaurant Lunch Time: 12:00 - 16:00hr

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

(Price quoted in Ringgit Malaysia and based on nett & non-commissionable per person)

DURATION

3D2N | **Grade:** Hard | **Terrain:** Muddy * Root * Rocks * Steep Degree * Wood Stairs | **Distance:** 17.44KM

TEMPERATURES

Kinabalu Park 1,564 ASL = 16°C | Laban Rata 3,272 ASL = 8°C | Summit 4,095.2 ASL * -3°C to 3°C | Timpohon 1,866 ASL = 18°C

DISTANCES

Timpohon – Laban Rata 6.0 KM | Laban Rata – Summit 2.72 KM

ELEVATION GAINED

Timpothon – Laban Rata 1,406 M | Distance: 6.0 KM | Degree: 23.43 % ↑ | Standard Hike Time: 5 – 7 Hours per way

Laban Rata – Summit 823.2 M | Distance: 3.0 KM | Degree: 27.41 % ↑ | Standard Hike Time: 3 – 4 Hours per way

Normal Trail ~ TIMPOTHON TRAIL > SUMMIT > TIMPOTHON TRAIL

Nationality / No. Of Person	02-03 Pax	04 -06 Pax	07 -15 Pax	16 -30 Pax	31 Pax
Malaysian	RM 1,700	RM 1,650	RM 1,600	RM 1,500	Please email us
International	RM2,220	RM2,170	RM 2,120	RM 2,020	Please email us

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

- ✓ 1st Night – Private 2 Persons Room at Kinabalu Park (1,564M)
- ✓ 2nd Night – Unisex Dormitory at Laban Rata Hut (3,273M)
- ✓ 7 meals – Dinner * Breakfast * Packed Lunch * Dinner * Supper * Breakfast * Lunch
- ✓ 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 Timpothon – Laban Rata – Timpothon)
- 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.

ITINERARY GUIDELINE

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 and shopping (Own Expenses)
- 14:00 Depart 2 hours overland drives to Kinabalu Park.
- 16:00 Check in to Kinabalu Park – Dormitory or Private Room as per above table.
- 19:00 Dinner served at Balsam Restaurant, rest and enjoy highland atmosphere,

REMARKS

Climber who are staying at Poring Hot Spring with be drop off at Kinabalu Park, park provides 40mins shuttle bus transfer to Poring Hot Spring.

Things You Should Know About Kinabalu Park & Poring Hot Spring

- * Room Facilities – Attached Bathroom/Toilet * Pantry * Towel * Toiletries * Hot Shower
- * Restaurant closed at 21:30 PM | Dinner served until 21:00 PM | Breakfast start at 07:00 AM
- * Kinabalu Park and Poring Hot Spring **not hilly**, heavy luggage is fine and easy to move around.
- * The park have **average/fine reception** for DIGI * MAXIS * CELCOM.

DAY 2

- 06:30 Wake up and prepare yourself, warm up and stretching.
- 07:00 Breakfast and collect individual packed lunch from the restaurant.
- 07:30 Organize your luggage in two sectors. Un-needed 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.**

Things You Should Know About Summit Climb

- * The new Summit Trail is longer by approximately 700M from the original route.
- * The tour payment you paid is for accommodation * park fees * transportation * meals * other services.
- * The payment **DO NOT Guarantee** you to reach Summit of Kinabalu. Reaching Summit is totally depending on your fitness and environmental conditions.
- * In bad weather, ranger will stop climbers from proceeding to Summit. Don't risk your life in bad weather, love yourself!
- * The cut off time to pass 3,685M PANABALAN ranger check point is before 05:00 AM.
- * Bring only warm gears * headlamp * water * snacks * camera * personal medicine to Summit; leave other items in the hut.
- * Summit temperature is cool and can be -3°C with regular wind chill. Plan and wear 2 - 3 layers if need.
- * You can bring hiking stick for Summit climb. But you need to shorten the stick and put in your bag at **rope climb area**.
- * You must return from Summit and check out by 10:30AM. Delay check out charged at RM 100 per room per hours.

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(TYH - 19/02/2020)