

3D2N MOUNT CLIMBING (LABAN RATA DORMITORY)

Introduction:

Mount Kinabalu is the tallest mountain in Malaysia. The summit, Low's Peak, sits at 4095.2 meters (13,435 feet) above sea level. The mountain is located in the state of Sabah, East Malaysia on the island of Borneo. Among the mountains in Malaysia, it is the most prominent. And it is one of the highest mountains in Southeast Asia, also the 20th tallest mountain in the world by topographic prominence and is one of the highest peaks in the world that is easily trekked by most people.

Day 1

Pick up from your hotel lobby or airport and depart on a 2 hours journey to Kinabalu Park.



Check into Kinabalu Park Lodge. Free at own Leisure. Dinner will be served at local restaurant.



Day 2

8:00am Breakfast at Park Restaurant. Meet up your guide at Kinabalu Park Headquarter. Collect your packed lunch.

9:00am Guide will arrange for all necessary registration and apply for your ID TAG. Remember to wear your ID TAG all times.

You will be transfer to starting point – Timpohon Gate (where your journey and quest to 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 Panalaban Base Camp @ 3272m and check into Laban Rata Rest House (Dorm)

Dinner at Laban Rata Restaurant and overnight.



Day 3

2:00am

Wake up for early supper and depart for continuation of journey towards the summit of Mount Kinabalu.

The journey up to 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.



7:00am

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!

Lunch will be served at the Balsam Restaurant in Kinabalu Park.

Transfer back to Kota Kinabalu City. Journey takes approx. 2 hours



Include: Return land transfer from hotel in town (seat-in-coach), Accommodation, Mountain Guide, Insurance, Permit, Entrance Fee, Transport from starting point to Timpohon Gate & Meals

Exclude: Personal Expenses, Personal Travel Insurance and Any items not mentioned

International Market	Price Per person (MYR)
Adult SOLO Climber	RM2,330
Adult Group of 2-5 pax	RM2,030
Adult Group of 6-10 pax	RM1,880
Adult Group of 11-20 pax	RM1,800

Malaysian Market	Price Per person (MYR)
Adult SOLO Climber	RM2,050
Adult Group of 2-5 pax	RM1,690
Adult Group of 6-10 pax	RM1,600
Adult Group of 11-20 pax	RM1,550

Note:

- 1) Rates above are inclusive 6% Goods & Service Tax
- 2) Rate per person
- 3) Rate is denominated as MYR (Ringgit Malaysia)
- 4) We reserve the right make decision, in your best interests or in the best interest of the group participating in this package. In the event of cancellation of activity beyond our control such as adverse weather conditions and other similar conditions that compromises the safety of your group, TYH Borneo tours Staff, mountain guide trainer, no form of compensation will be made by TYH Borneo Tours.

OUTSKIRT HOTELS PICK-UP & DROP OFF Policy

Additional charges of MYR 30 per pax are chargeable for outskirts hotels pick-ups.

Outskirt charges will be imposed on traveller that request to be picked up at hotels outside of Kota Kinabalu city area & 1Borneo Shopping mall area.

Suggested things to bring

- Raincoat or waterproof jacket

- Warm clothing like fleece jacket, hiking pants

- Change of clothes (you may not want to sleep in what you sweat in!)

- Cap / beanie / head scarf (helps prevent heat loss, especially at night and in the early morning)

- Gloves

- A small / lightweight towel

- Personal toiletries

- Refillable water bottle
- Torchlight (preferably a head torch)
- Camera
- Comfortable covered trail/ hiking shoes
- Energy snacks e.g. chocolate, nuts, biscuits, sweets, energy bars
- Sun protection - Sunglass, sun screen lotion, SPF lip balm (beware of the strong UV rays)
- A small backpack to hold your things
- A raincover for your backpack
- And of course, AN ADVENTUROUS SPIRIT!

Technical safety equipment will be provided for your activities.

BOOKING, CHECK-IN & VERIFICATION GUIDELINES

To ensure a smoother booking, check-in & verification process for Mountain Torq's itineraries, kindly take note of the followings:

1. Physical and Medical Requirement

1.1 All guest(s) booked on Mountain Climbing itineraries to be fit and healthy. Guest(s) will be required to meet the Sabah Parks' minimum health regulation. Sabah Parks indicates that people with the history of heart disease, hypertension, chronic asthma, peptic ulcer, severe anaemia, diabetes, epileptic fits, arthritis, palpitations, hepatitis, muscular cramps, obesity and any other sickness that may be triggered by severe cold, exertion and high altitude is not

encouraged to climb the mountain. Kindly refer to the latest updates in Sabah Parks' website at: <http://www.sabahparks.org.my/services/climbing-mount-kinabalu>

2. Minimum requirement for eligibility to stay in Pendant Hut

2.1 Guest(s) must be:

- * Minimum 10 years old
- * Weigh less than 100kg
- * At least 1.3m in height
- * Meet Sabah Parks' health requirement
- * Do not have any physical disabilities that may restrict the guest(s)' ability to participate in the activity in a safe manner.

IMPORTANT THING TO TAKE NOTE

Verification on passport (for non-Malaysian) or identity card (for Malaysian) will be required during the registration at Kinabalu Park office. Please bring it along with you to avoid any disputes.

