



TYH BORNEO TOURS & TRAVEL SDN BHD

(Company No. 444330-V; KKKP: 3479)

Lot No. 113 , 1st Floor, Wisma Sabah , 88200 Kota Kinabalu, Sabah, MALAYSIA

Tel: (6 088 – 233168), Fax (6 088 – 277168) 24hrs: 6 017-8301188 6 016-8461189

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HIKING GUIDELINE

Before starting your climb, you will be required to register with Sabah Parks, the mountain authority, at Park HQ. You will need your physical & photocopy passport in order to register (or Malaysian IC for local climbers), so be sure to have it handy.

There are steps to the registration process at Park HQ – visiting the Sutera Sanctuary Lodges counter to register for accommodation & meals, then the Sabah Parks counter to fill in the identification form. Each climber/group will need to be present through this process as it requires some forms to be signed and information to be confirmed.

Mt Kinabalu climb registration at Park HQ takes place from **(7am-10:30am)**. You **must be registered by 10:30am**. After this time, you will not be allowed to proceed with a climb for the same day. After registering, **you may start the climb any time between 7am-11am**. If you do not start the climb by 11am, you will not be able to proceed with your climb.

During registration you will receive an **ID tag**. Your **ID tag must be worn at all times during your climb**. It is required for checking in and out of your mountain accommodation, passing through checkpoints, and ensures Sabah Parks knows who is on the summit trail at any one time and your approximate location. Please help mountain authorities keep everyone safe by wearing your ID tag and presenting it at checkpoints.



The packed lunches they give you are a little bulky, so keep a bit of space in your backpack for it. Otherwise, you could tie it to the outside of your backpack with a plastic bag or remove the packaging inside to maximize space.

Once you have your lunch and have been assigned a mountain guide, you will proceed together with your guide by shuttle bus to Timpohon Gate, the starting point for the climb. **The distance between Park HQ and Timpohon Gate is 4.5km and takes approximately 10-15 minutes by vehicle.**

You will cover the first 6km on Day 1 with an **average climbing time of 4-5 hours (depending on your fitness level)**. The climb begins in Timpohon Gate. The journey mostly forest environment. Expect stairs and some rocky terrain.



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DAY 1 (Estimated time arrive at each shelter – depending on your fitness level)

0900am: Begin hiking from Timpohon gate

0930am – arrive at the first shelter/pondok is Kandis Shelter at 1,981 m

1000am – arrive at the second is Ubah Shelter at 2,081.4 m

1030am - arrive at the third is Lowii Shelter at 2,267 m.

1130am – arrive at the fourth shelter, Mempening Shelter at 2,516 m.

1230pm - arrive at Layang-Layang Shelter at 2,740 m. Most climbers will stop at this shelter at the 4.0km mark to enjoy their packed lunch. (The time given to have lunch is 20 -30 minutes)

0200pm - arrive at the sixth shelter, Villosa Shelter, at 2,961 m.

0230pm – arrive upon the seventh shelter, Paka Shelter, at 3,080 m.

0330pm – estimate to arrive at Panalaban, where you will spend overnight at the Laban Rata Resthouse.

04:30pm - 07:30pm: Dinner will be served at the Laban Rata restaurant. Free & easy onwards.



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DAY 2 (Estimated time arrive at the point during summit– depending on your fitness level)

0130am: Wake up early and ready for the summit climb

0200am – Have supper first at the restaurant and briefing will be given.

0230am – Begin to hike from Panalaban to the summit. It takes about 3 hours depending on fitness level to reach the peak and there are ladders and ropes to help you over the steeper terrain.

0400am - You'll see the Sayat-Sayat Hut (3,668m), this is the highest shelter on the mountain. Your permit will be checked once again at this Sayat-Sayat Checkpoint for access to the summit and to ensure you will get your coloured climber certificate at the end of the climb. From here, you will walk across bare granite slabs that stretch endlessly ahead, in an eerie moonscape of stone.

0530am - At 4,095.2m above sea level and in the freezing darkness, you reach your final destination – the summit of Mount Kinabalu.

0630am – Descend from the peak. It can be very cold with strong wind at the summit. Hence, climbers are advised to descend as soon as possible. You may be lucky to have good mountain condition and able to stay longer. It is however advisable to descent before the swirling clouds could obstruct visibility.

0930am – Arrive Panalaban, have breakfast at the restaurant, check out from the Laban Rata Resthouse before 1030am. Descend back to Timpohon gate.

0300pm – estimate to arrive at Timpohon gate. Transfer back to Kinabalu Park HQ.

0320pm – Take your certificate and have your lunch at the Liwagu restaurant. Do show your lunch voucher to the staff. Packed lunch will be given to climbers who arrived late and missed the local restaurant's opening hours (07:00–20:00)

Gather everything and depart back to Kota Kinabalu. Tour done~!