



Standard Itinerary

3D2N Mt. KINABALU CLIMBING PACKAGE

Day 1: ARRIVAL AT KKIA- KOTA KINABALU (Dinner)

Arrival at Kota Kinabalu International Airport. Meet up with your driver and be transferred to the hotel in Kota Kinabalu for your overnight. Free & easy for the rest of the day so that you could make last preparation for the climb on the next day.

Day 2: KINABALU PARK-TIMPOHON GATE-LABAN RATA(Breakfast, Lunch, Dinner)

Meet your driver in the designated hotel and then will transfer to Kinabalu National Park which will take approximately 2 hours journey. This tour brings you across mountainous Crocker Range with panoramic view of the countryside and soaring hills. On arrival, experience the cool fresh air and the natural ambience of the Park & proceed to Park Head Quarters for registration and meet up with the Mountain Guide at Reception Counter. 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. At noon, packed lunch will be given. The trekking will pass by different vegetation zones from Oak and Chestnut to mossy and eventually to alpine type of vegetation. And then you will make the final trek to Laban Rata Resthouse (3,353 meter).

Check in & overnight at Panalaban/Laban Rata (Non Heated-Dormitory Bed Rooms) and meet with the Walk The Torq trainer when attending the mandatory Via Ferrata Familiarization in Pendant Hut. Later on, spend the rest of the afternoon at own leisure to explore the surrounding or simply soak in the scenery spread beneath you. Dinner will be served at Rata Resthouse.



Borneo Holiday & Vehicles Rental Sdn Bhd 759336-U KKKP5400

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Holiday in Sabah

Day 3: SUMMIT-WTT- TIMPOHON GATE- KINABALU PARK HQ- KOTA KINABALU (Breakfast, Lunch,Dinner)

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 and meet up with your trainer to start your Walk The Torq via Ferrata experience down. Arrive rest house for a late breakfast then descend back to Timpohon Gate. Transfer to Park and collect your certificate of achievement. Your lunch will be serve at Balsam Café-Kinabalu Park. After lunch, start your journey to Kota Kinabalu and send back to your hotel in Kota Kinabalu city. *(Estimated time arrival shall be around 5.30pm)*

End of Service

Package includes:

Accommodation in Panalaban area, Land Transfer, meals as mentioned, Via Ferrata Walk The Torq Experience, Entrance fees ,Certificates, Climbing Permit, Mountain Guide, Insurance for climbing.

Excludes:

Airfare, Travel insurance, Personal Expenses, Personal Insurance, Driver & Guide Overtime Charges, Luggage storage, video/ camera fee(If apply), Porter Service, Tipping and items not stated.

Things to bring:

Suitable walking shoes, warm & suitable clothing, windbreaker, long sleeve jacket, changes of clothes, drinking water, energy bars, headache tablet, sunblock, lipbalm, heat lotion, plasters, insect repellent(if apply), camera, waterproof bag, torchlight, extra socks, towel, gloves, hat, tissue/ toilet rolls, own medication.

Special Remarks:

It is recommended that all climbers should have make a medical check up before attempting any mountain climbing activity. If you have any history of suffering from the following ailment, it is highly recommended that you should refrain from climbing : Hypertension, Diabetes, Palpitation, Arthritis, Heart Disease, Severe Anemia, Peptic Ulsers, Epileptic Fits, Obesity, Chronic Asthma, Muscular Cramps, Hepatitis(Jaundice); or any disease which hamper the climber.

Notes:

- ✚ All prices quoted are in net MYR.
- ✚ Any deposit or payment made are not refundable.
- ✚ Rates are based on the itinerary above. Should there are changes apply, Borneo Holiday & Vehicles Rental Sdn Bhd reserve the right to revise the rates accordingly.
- ✚ Other language speaking guide subject to additional charges and availability.
- ✚ Price are not include peak season charges.
- ✚ Tipping is not included.

Thank you and hope to welcome you soon!



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