

3D2N Mount Kinabalu Climb - Via Timpohon Gate, Kinabalu Park

Package Inclusive of:

- **One (1) night accommodation at Kinabalu Park**
- 1 x Dinner at the Balsam Restaurant, Kinabalu park's Hostel (Day 1)
- 1 x Breakfast at the Balsam Café, Kinabalu Park (Day 2)
- 1 x Packed Lunch from the Balsam Café, Kinabalu Park (Day 2)
- **One (1) night accommodation at the Laban Rata (Heated / Non-heated)-Dormitory Basis**
- 1 x Dinner at the Laban Rata Restaurant, Laban Rata (Day 2)
- 1 x Breakfast at the Laban Rata Restaurant, Laban Rata (Day 3)
- 1 x Lunch at the Liwagu Restaurant, Kinabalu Park (Day 3)
- Mountain Guide
- Mountain Permit
- Mountain Insurance
- Return Transfer BKI/KNP/BKI
- Transfer PHQ/PWST/PHQ
- Transfer in & to Kinabalu Park.
- Certificate
- English Speaking Guide 6 pax and above
- Tour Based on SIC (seat in coach) i.e. not a private tour

Excludes:

- Airfare, Beverage ,Tips

Itinerary:

Day 01	KOTA KINABALU-KINABALU PARK Meet and greet at Kota Kinabalu Hotel / International Airport and transfer to Kinabalu Park. Over night at Kinabalu Park's Hostel. Dinner at Kinabalu Park - Balsam Restaurant.
Day 02	KINABALU PHQ / MT CLIMB-LABAN RATA-(B/PL/D) 0730 hrs - Breakfast and collect box lunch (Balsam Café) 0800 hrs - Proceed to the Park Registration Office to register for your Mt Kinabalu summit climbs and meets your Mt Guide. Thereafter you will be transferred to Timpohon Gate (1,829m) where your climb begin to Laban Rata (3,353m). Dinner at Laban Rata Resthouse and overnight at mountain hut - Hostel type . Meals: Breakfast, box lunch and dinner.
Day 03	LABAN RATA / POWER STATION / KOTA KINABALU 0230 hrs - Continue climb to the summit of Mt Kinabalu (4,095.20m). At Low's peak marvel at the glorious sunrise if weather permits. Breakfast at Laban Rata Resthouse. Descend to Timpohon Gate. Pick-up from Timpohon Gate and transfer to Park Registration Office, where you can get a certificate if you have successfully conquered Mt. Kinabalu. 1400-1600hrs - Transfer back to Kota Kinabalu or to airport. Meals: Breakfast, lunch.

THINGS TO BRING

- Suitable walking shoes/warm clothing/wind breaker/long sleeve shirts/change of clothes
- Drinking water/high energy food (chocolates, nuts, raisins, glucose)
- Headache tablets/sun block/lip gloss/deep heat lotion/plasters/insect repellent
- Binoculars/camera/water proof bag for camera/torchlight
- Extra socks/towel/gloves/hat mask/tissue paper/toilet roll

SPECIAL NOTE

It is recommended that all climbers should have themselves medically checked before attempting any mountain climb. If you have a history of suffering from the following ailments, it is highly recommended that you should refrain from climbing: Hypertension, Diabetes, Palpitation, Arthritis, Heart Disease, Severe Anemia, Peptic Ulcers, Epileptic Fits, Obesity (Overweight), Chronic Asthma, Muscular Cramps, Hepatitis (Jaundice); or any other disease which may hamper the climber.

PORTER FEE (OPTIONAL)

To Laban Rata	Timpohon / Timpohon RM 66.00 / trip (10 kg)	Mesilau / Timpohon RM 76.00 / trip (10 kg)	Mesilau / Mesilau RM 88.00 / trip (10 kg)
To Sayat-sayat	RM 80.00 / trip (10 kg)	RM 88.00 / trip (10 kg)	RM 100.00 / trip (10 kg)
To Summit	RM 88.00 / trip (10 kg)	RM 100.00 / trip (10 kg)	RM 110.00 / trip (10 kg)