

## 2D1N Mount Kinabalu Trip via Timpohan Gate

### Images



### Description

Mount Kinabalu is a UNESCO World Heritage site. Enjoy climbing South East Asia's highest mountain via the traditional route, via Timpohan Gate. At the summit, Low's Peak, you will have views across the Crocker Mountain Range.

### Itinerary

#### DAY 1

6.30am – Pick up from your city hotel and depart Kota Kinabalu. The journey will take approximately 2 hours passing by villages and paddy fields along the Crocker Range. A brief stop at Nabalu Market for an opportunity to buy local handicrafts and local fruits.

8.00am – Upon arrival, you will register at Kinabalu Park's office and meet with your mountain guide. The real adventure begins as you proceed to the Power Station / Timpohon Gate by coach for the start of your 2-day climb of Mount Kinabalu.

Depending on individual fitness level, the trekking takes about 5-8 hours. At 11,000 ft, check into the assigned accommodation in Laban Rata hut. Relax and enjoy the spectacular mountain landscape in the evening. Your dinner will be at Laban Rata Restaurant. Overnight at assigned Mountain Hut for the early morning ascent.

#### DAY 2

2.00am – Wake up for supper before continuing your ascent towards Low's Peak summit.

Take your headlight / torch as it will be dark during your ascent. The climb takes about three hours but you will be well rewarded with a breath-taking view of the sunrise along the horizon (weather permitting).

#### Borneo Dream Travel & Tours Sdn Bhd (788821-K)

Licensed Malaysian Inbound Tour Operator KPL/LN 5470

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Descend back to Laban Rata Restaurant for breakfast before check-out. After check out you will trek down to the Timpohon Gate. You will return to the Park Headquarters to collect your certificate. Enjoy a nice lunch at a restaurant within Kinabalu Park National Park. Depart for Kota Kinabalu city / hotel after lunch.

### What to bring

First on the list: An adventurous spirit!

Clothes:

- Raincoat or waterproof jacket
- Warm clothing like fleece jacket, hiking pants
- Change of clothes for sleeping

Protective Gear:

- Cap / beanie / head scarf (to keep warm at night and in the early morning)
- Gloves
- Sunglasses, sun block and SPF lip balm
- A rain cover for your backpack
- Comfortable covered trail / hiking shoes

Useful & Practical Extras:

- A small / lightweight towel
- Personal toiletries
- Refillable water bottle
- Torchlight (preferably a head torch)
- Camera
- Energy snacks such as chocolate, nuts, biscuits, sweets or energy bars
- A small backpack to contain your things

### Included

- 01 night Basic accommodation at Laban Rata's mountain huts or similar dormitory (sleep in a shared, unheated dormitory).
- All land transport as per the itinerary (cut off time for transfer from Kinabalu Park to Kota Kinabalu @ 0500pm. After 0500pm, there will be additional charge of RM150 per way)
- Meals as stated above (B: breakfast, L: lunch, PL: packed lunch D: dinner)
- Conservation Fee, Climbing Permit, Insurance and Certificate
- Mountain Guide (Mountain Guide, who is registered under the jurisdiction of Sabah Parks Authority is compulsory for all mountain trekkers / climber. Please note that the majority of the Sabah Parks Mountain Guides can only converse in Basic English. A Licensed English Speaking Guide is available on request at a surcharge)

### Excluded

- Porters (on request at surcharge) – for carrying your rucksack
- Personal expenditure
- Beverages
- Travel Insurance
- Meals not specified
- Any other items not listed in the inclusion list
- Private rooms are available on request at a surcharge (subject to availability)
- Heated shared dorm accommodation at Pendant Hut is available on request at a surcharge (subject to availability)

### Trip Pre-Requisites

- You need to be between 10 years - 70 years old and > 1.3m to participate in these trips (this is set by the Trip Supplier).

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- All of the Mount Kinabalu trips are physically demanding - it is recommended you see your Doctor before you come on holiday to check you are healthy to complete the Mount Kinabalu Climb.

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 Anaemia, Peptic Ulcers, Epileptic Fits, Obesity (Overweight), Chronic Asthma, Muscular Cramps, Hepatitis (Jaundice); or any other disease which may hamper the climber.

All tours are subject to weather conditions and may be amended without notice to suit the prevailing conditions at time of tour.

#### **Trip Notes**

- You will be required to present your passport or ID card for verification at the start of your trip (in Kinabalu Park Headquarters).
- For all trips you stay in a Lodge overnight to break up the ascent - here you will sleep in an unheated, insulated Dorm with shared bathroom facilities. Heated dorms are available for a small surcharge - let us know if you want a heated dorm when you make a reservation.

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