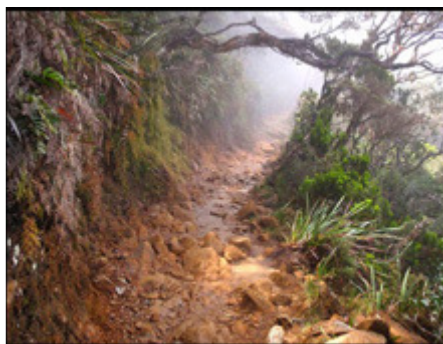


2D1N Mount Kinabalu Trip - via Timpohan Gate, or Mesilau Gate

Images



Description

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

Itinerary

DAY 1 (D)

Depart early in the morning for Kinabalu Park. A journey that will take approximately 2 hours driving by villages and paddy fields along the Crocker Range. A brief stop at Nabalu Market for an opportunity to buy local handicrafts and fruits.

Upon arrival at Kinabalu Park, you will pre-check in at Kinabalu Park's office to register. Transfer to Kinabalu Park Lodge / Mesilau Nature Resort.

Free at leisure. You may visit the Botanical Garden or just relax at the lodge.

Dinner and overnight at the lodge.

DAY 2 (B,PL,D)

Wake up for breakfast and gather at the Park Office to meet up with your mountain guide. The trekking begins from the Power Station / Timpohon Gate or Mesilau Gate. Depending on an individual's fitness level, the trekking take up to 5 – 8 hours. At 11,000ft is the Laban Rata area, your lodge for the night. Check into the assigned accommodation to relax and enjoy the spectacular mountain landscape.

Dinner will be at Laban Rata Restaurant and overnight in the mountain lodge.

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

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DAY 3 (B,L)

Your day begins at 2.00am for supper before continuing your ascent to the Low's Peak summit. An estimated 3 hours climb to the peak.

Bring along your head-torch / torchlight to help you light your way as you climb. Reach Low's Peak just before sunrise and enjoy magnificent views across the Crocker Range. Descend back to Laban Rata Restaurant for breakfast before check-out. After check-out, trek down to Timpohon Gate.

Head back to the Park Quarters to collect your certificate. Enjoy a nice lunch before returning to Kota Kinabalu city / hotel.

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 Accommodation at Kinabalu Park Lodge OR Mesilau Nature Resort (private room with ensuite bathroom)
- 01 night Basic accommodation at Laban Rata's mountain huts or similar 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)
- 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

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- 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).
- 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.
- 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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