

3D2N Mount Kinabalu Trip via Ferrata – Walk the Torq, or, Low’s Peak Circuit

Images



Description

Mount Kinabalu is a UNESCO World Heritage site. Enjoy climbing South East Asia’s highest mountain with the added adventure of completing a ‘via Ferrata’ section near the summit of Mount Kinabalu (Walk the Torq or Low’s Peak Circuit).

Itinerary

DAY 1

Meet & greet upon arrival at airport (if flight arrival before 0100pm) or collected from a Kota Kinabalu City Hotel and transfer to Kinabalu Park. The journey will take approximately 2hrs passing by villages, paddy fields along the Crocker Range. A brief stop at Nabalun Market for an opportunity to buy local handicrafts and local fruits. Overnight at Kinabalu Park’s Rock or Grace Hostel.

DAY 2 (BF/PL/D)

At ~0800am pre-check in at Via Ferrata office (in front of the Souvenir Shop) and at Kinabalu Park’s office, and then the real adventure begins as you will proceed to the Power Station / Timpohon Gate by coach for the start of our 2-day climb of mighty Mount Kinabalu. The trekking will take about 5-8 hours, depending on individual fitness level.

Upon arrival at the Pendant Hut (~0300pm), which is situated at an altitude of 3,289m, you will meet your Mt Torq Trainer for a mandatory Via Ferrata familiarization (~0330pm). Dinner at Laban Rata Restaurant. Overnight stay at Pendant Hut.

DAY 3 (BF)

Wake up very early at 1:30am and have supper before commencing your ascent by torchlight towards Low’s

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

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Peak summit. The climb takes about three hours but is well rewarded with a breathtaking sunrise (weather permitting). Descent from the Summit. Meet Mt Torq's Trainer at Sayat Sayat Hut (0715am) for the Walk the Torq activity or at 7.5km mark (0630am) for Low's Peak Circuit activity.

The Walk the Torq activity will take 2 to 3 hours while the Low's Peak Circuit will take 4 to 5 hours to complete. Return to Pendant Hut for a well earned breakfast, check out and continue descent to Timpohon Gate, which will takes about 4 to 5 hours. On arrival, transfer to Park Headquarters to collect your Certificate of Achievement and transfer back to your hotel in central Kota Kinabalu.

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 Pendant Hut dormitory (non-heated)
- 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)
- Via Ferrata activity (Walk the Torq or Low's Peak Circuit) and Via Ferrata Certificate (for successful participants only)
- Via Ferrata trainer and technical equipment

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)

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- 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 Suppliers).
- 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.
- The 'via Ferrata' trips involve going across some 'rope bridges' near the summit - so it's not for those scared of heights.

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.

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 our Mountain Torq's Kinabalu park office at the start of your trip.
- You are required to be present at Pendant Hut for the mandatory Via Ferrata briefing session between 3-4 pm. You will not be allowed on the Via Ferrata activity if you miss the briefing session (no refund provided).
- 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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