

## Day Trip – Introduction to Rock Climbing

### Images



### Description

Rock climbing is an ideal activity in Sabah for those who enjoy an active lifestyle and love the outdoors. The rock climbing is done under the supervision of trained professionals. An interesting day out during your holiday in Kota Kinabalu.

### Itinerary

You will be picked up from your hotel and taken to a closed wall climbing facility located on the outskirts of Kota Kinabalu - the Sabah Indoor Climbing Association.

The introduction to rock climbing first begins in a closed wall climbing facility. The introduction session will get you familiar and comfortable with your climbing gear - harness, rope and your body. As you progress into harder climbs you build your confidence and develop new skills.

After the introduction session you will head out for lunch en-route to outdoor rock climbing cliffs, some 20 minutes ride.

Set near a waterfall, the sandstone cliff provides several exciting and excellent climbing opportunities. As an added extra, try your abseiling skills (controlling the ropes on your own as you decent) on one of the walls!

Pack up and transfer back to your hotel in Kota Kinabalu in time to beat the rush hour traffic.

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**What to bring**

- Sun cream
- Insect repellent
- Loose fitting shorts or trousers
- Good sports shoes (not flip-flops)
- Hat
- Water

**Included**

- Technical and personal protection equipment.
- Transfers by minibus / 4WD
- Lunch
- Climbing activities as per itinerary

**Excluded**

- Those not mentioned above

**Trip Pre-Requisites**

- Minimum 3 persons per trip.

**Trip Notes**

- The outdoor rock climbing is weather dependable
- Pick up time will be advised depending on your city hotel location.
- Your climb is under supervision by a trained professional at all times.
- For safety reasons, the safety line will be controlled by a trained guide.

