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Email : holidays@freme.com
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Mount. Kinabalu



LAND TOURS ONLY

Tour Code: FIT-SUMMIT

Valid: Till 31st December 2010

Includes:

Tour & Transfer as stated,
Mountain Guide, Climbing
Permit, Entrance fee

Exclude:

Return Economy class airfare;
Airport tax & fuel surcharge@
B\$36 (subject to change), Porter;
Meals; Visa fee, Personal travel
insurance, Tips

Remarks:

Laban Rata, Panar Laban, Mesilau
Lodge/Hostel are subject to
availability;
Daily Flights from
Brunei-Kotakinabalu-Brunei;

TERMS CONDITIONS APPLY

IMPORTANT NOTICE

Rates and Tour information's are correct at the time of publishing/printing and are subject to changes without prior notice; please confirm all details at the time of booking.

Kindly note that it is the passenger's sole responsibility to Reconfirm & Recheck flight departure times at least three (3) days before departure to ensure flight timings are correct.

070510/A18/GRACE

3Days 2Nights – International – Kinabalu Park	
1 PERSON	2-3 PERSON
\$ 955	\$ 788
3Days 2Nights – Malaysian – Kinabalu Park	
1 PERSON	2-3 PERSON
\$ 828	\$ 678
3Days 2Nights – International - Mesilau	
1 PERSON	2-3 PERSON
\$ 945	\$ 777
3Days 2Nights – Malaysian- Mesilau	
1 PERSON	2-3 PERSON
\$ 819	\$ 669

Tour Program

Day 1: Brunei → Kota Kinabalu ETD B1821 0740-0820

(Dinner)

Welcome to the Land below the wind. Upon arrival, you will be met by our guide and transfer to Kinabalu Park. The journey will take approximately 2 hours, en-route passing by villages and a panoramic vista of the valleys of the Crocker Range. On arrival, experience the cool fresh air and the natural ambience of the Park. Dinner at Balsam Café. Overnight at Twin Bed Cabin or similar

Day 2: Climbing to 11,000 feet

(Breakfast/Pack Lunch/Dinner)

Register at the Kinabalu Park HQ and proceed to the Timpohon Gate. From here we start our ascent to mountain rest house at 11'000ft. The trek will take us pass different vegetation zones from Oak and Chestnut to mossy and eventually to alpine type of vegetations. Overnight at Mountain Hut.

Day 3: Descend/Airport ETD B1830 – ETD 2200/2240 hours (Breakfast/Lunch)

Early dawn ascend to the summit of Mount Kinabalu (4092.5m) above sea level. Be prepared for altitude sickness when you climb above 11,000ft. Upon reaching the summit (Low's Peak) don't miss the opportunity to take photographs of your hard-earned climb to the highest point in South East Asia. In clear weather a spectacular sunrise awaits weary and tired climbers. We take the same route back to Laban Rata resthouse for breakfast and then start our descent down to Timpohon gate where our transport will take you to the Kinabalu Park HQ to collect your achievement certificate. After lunch, transfer to airport for your departure flight home to Brunei.

Things you should know and bring;

Suitable walking shoes / warm clothing / wind breaker / Poncho or raincoat / 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 / mosquito oil / binoculars / camera / water proof bag for camera / torchlight with extra battery/ good grip gloves / extra socks / towel / hat mask / tissue paper / toilet roll/ large garbage bags

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 recommend 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 sickness that may triggered by severe cold, exertion and high altitude which may hamper the climber.