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Prices are subject to change without prior notice.

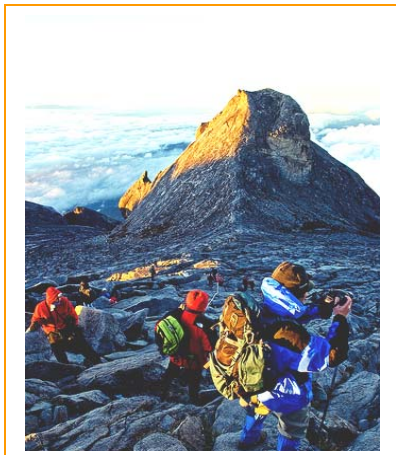
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Website : www.freme.com

Mount. Kinabalu



Mountain Climb Kota Kinabalu		
3Days 2Nights – International – Kinabalu Park		
	Twin/Triple	Single
Adult (Twin Share)	B\$595	B\$727
3Days 2Nights – International – Mesilau Nature Resort		
	Twin/Triple	Single
Adult (Twin Share)	B\$595	B\$727

Tour Code: FIT-MOUNTKK01

Valid till 31st Dec 2012

Minimum 2 to go

Includes:

Tour & Transfer as stated, 1 night accommodation at Chalet in Park's HQ or Mesilau Nature Resort, 1 night accommodation at Mt Huts, Meals as stated, Mountain Guide, Climbing Permit, Certificate and Entrance Fee.

Excludes:

Return Economy class airfare; Airport Tax & Fuel Surcharge @ B\$66 (subject to change), Porter, Visa Fees, Personal Travel Insurance, Tips.

Additional Notes :

- Package rates subject to change without prior notice.
- Peak season surcharges will apply on **20th Jan 2012 to 30th Jan 2012, 15th July 2012 to 31st Aug 2012 & 21st Dec 2012 to 31st Dec 2012.** Please enquire.
- Additional B\$66 approx. for one extra night at Promenade. Kindly enquire.

TERMS CONDITIONS APPLY

Tour Program

Day 1: Brunei → Kota Kinabalu (Dinner)

Welcome to the Land below the wind. Upon arrival, you will be meeting our guide and proceed for City tour cover up 5 places of interests. Then transfer to Kinabalu Park which approximately takes 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. Overnight at Chalet in Kinabalu Park or Mesilau Nature Resort. Dinner at Park Restaurant.

Day 2: Climbing to 11,000 feet (Breakfast / Lunch / Dinner)

Register at the Kinabalu Park HQ after having breakfast and proceed to the Timpohon Gate. From here we start our ascent to Laban Rata 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. Packed lunch will be given. Upon arrival check in to Rest house. Dinner at Laban Rata Restaurant. Overnight at either Gunting Lagadan or Panar Laban or Waras Hut Rest house. (Dormitory type with bunk bed).

Day 3: Descend/Airport (Breakfast / Lunch)

After a night's rest, off again at 0300am for the 3-hour trek to the summit to catch the magnificent sunrise if weather permit. In the dark, you can see the beams of your torch lights as the procession of climbers trudge higher and higher. Ladders, hand railings and robes are there to help you over the steeper parts. About 0600am you reach your final destination; the highest point of Mt Kinabalu, the summit of Borneo at 4,095.2m. As you wait in the cold, dawn gradually creeps over the horizon, illuminating the darkness with the light of a new day. In clear weather, you can almost see all of Sabah spread out below. Watching sunrise at the top has been described by travelers everywhere as a life-enriching experience. Climbers descend back to rest house before the swirling clouds obstruct visibility. Breakfast at Laban Rata Rest house. Then descend to Power Station and transfer to Park Headquarters for certificate. Set lunch at Park Restaurant. Transfer back to Kota Kinabalu town and to airport for flight departure.

Requirement for the trip:

Personal items, insect repellent, sun tan lotion, own drinking bottle, shoes with good grip (Tennis or gym shoes), warm clothing (wind or water – proof clothes), high energy food (chocolates, nuts, raisins or glucose sweets), gloves, hat, god torch light, a complete set of dry clothes, a second pair of shoes or a pair of sandals, paper tissues, a couple of plastic bags and first aid kit (headache tablets, plasters for cuts or blisters).

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.