



For details, please contact us;

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# Gunung Kinabalu



The mountain and its surroundings are among the most important biological sites in the world, with over 600 species of ferns, 326 species of birds, and 100 mammalian species identified. Mount Kinabalu has been accorded **UNESCO World Heritage** status.



## Tour Program

**Day 1: Brunei → Kota Kinabalu ETD B1821 0820-0900 (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. Overnight at Twin Bed Cabin or similar

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

Register at the Kinabalu Park HQ 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. 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.

Tour Code: MY0013D-090710

Departure dates:  
09-11 July 2010

Minimum Group Sizes of  
20 Persons

Package Cost:  
Adult (Twin Shared): B\$888

\*\* B\$100 off for Malaysian  
\*\* Child rate upon request

**Includes:**  
Return Economy class  
airfare, Tour & Transfer as  
stated, Mountain Guide,  
Climbing Permit, Entrance  
fee and Meals stated above

**Exclude:**  
Airport tax & fuel  
surcharge@ B\$36 (subject  
to change), Visa fee,  
Personal travel insurance,  
Tips \$12 per person

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