

Basic 2 Days 1 Night Low's Peak Circuit itinerary

For those who do not have enough time but are very fit and at least 16 years old

Day 1

- 8:00 am** Arrive at Kinabalu Park HQ. (it takes about 1hr 45 min from Kota Kinabalu to the Park HQ)
Pre-check in at Mountain Torq's office, register and make payments at Kinabalu Park's offices
 Meet your appointed Sabah Parks' mountain guide
- 8:30 am** **Start hiking up Mt Kinabalu from Timpohon Gate @ 1,866m**
- 3:00 pm Arrive at Pendant Hut @ 3,289m and settle in
- 3:30 pm** Attend the **mandatory via ferrata familiarization** in Pendant Hut and meet your Mountain Torq trainer
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 pm Lights out

Day 2

- 1:30 am** **Wake up** and early morning supper
- 2:30 am** Start **hiking up to the summit** with your Sabah Parks' mountain guide
- 5:40 am Catch the **sunrise on Low's Peak**
- 6:00 am** **Descent** from Low's Peak to meet your Mountain Torq trainer
- 6:30 am** Meet your via ferrata trainer at the **7.5 km mark** for your **Low's Peak Circuit via ferrata experience** (intermediate via ferrata, 4 to 5 hrs, French grade AD)
- 11:00 am Return to Pendant Hut for a well earned late breakfast
- 12:00 pm** **Check out of Pendant Hut** and descent to Timpohon Gate with your Sabah Parks' mountain guide
- 6:00 pm Arrive at Timpohon Gate.
 Head to the Park HQ to **collect** your **successful certificates** and buy some souvenirs

Inclusions:

- Activities indicated above
- 1 night at Pendant Hut
- 1 early morning Continental breakfast/supper @ Pendant Hut
- 1 late morning American breakfast @ Pendant Hut
- 1 buffet dinner @ Laban Rata Restaurant
- Via Ferrata certificate for successful climbers only

Exclusions:

- Lunch for ascend up the mountain
- Round trip transportation between KK town and Park HQ
- All Sabah Parks' tariffs, permits, transport and Mt guide services
- Porter fees
- Meals not stated
- Extra drinks and meals
- Any other items not listed in the inclusion list