

## Basic 2 Days 1 Night Walk the Torq itinerary

For those who do not have enough time but are fit, suitable for ages 10 and up

### 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
- 7:15 am** Meet your via ferrata trainer at **Sayat Sayat Hut @ 3,668m** for your **Walk the Torq via ferrata experience** (introductory via ferrata, French grade PD)
- 9:30 am Return to Pendant Hut for a well earned breakfast
- 11:00 am** **Check out of Pendant Hut** and descent to Timpohon Gate with your Sabah Parks' mountain guide
- 5:00 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