

**Basic Itinerary for  
3D/2N Intro to Alpine Sport Climbing  
For guests with no previous experience on outdoor alpine climbing.  
Min age 10yrs/ Min 2 pax**

**Day 1**

- 8:00 am Arrive at Kinabalu Park HQ. Upon arrival meet with Mountain Torq representative and proceed to Sabah Park office for registration and meet your 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 Proceed for familiarization, safety briefing, course theory session in Pendant hut, conducted by Mountain Torq trainers.
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 pm Lights out

**Day 2**

- 5:00 am Wake up and have an early morning breakfast
- 6:00 am Meet with Mountain Torq Trainer and proceed to the starting point for the Intro to sport climbing activity on Panar Laban rock face – depending on weather and participant condition
- 11:30 am After activity return to Pendant Hut for Lunch and for the rest of the afternoon rest and have a well deserved nap, sit in the sun (weather permitting) and have a cup of the famous Sabah tea at the base of Pendant Hut while watching the therapeutic mountain scenery
- 6:00 pm Dinner at Laban Rata's canteen

**Day 3 (Guest may use this as a backup day for an attempt to the summit in the early morning before check out)**

- 7:00 am **Wake up**, pack up and have breakfast
- 8:30am **Check out** of Pendant Hut and descent to Timpohon Gate with your Sabah Parks' mountain guide
- 1:00 pm Arrive at Timpohon Gate. Head to the Park HQ to **collect your successful certificates** and buy some souvenirs

**Inclusions:**

Activities indicated above  
2 nights at Pendant Hut  
1 early morning Continental breakfast/supper @ Pendant Hut  
2 simple American breakfast @ Pendant Hut  
1 set lunch @ Laban Rata canteen  
2 buffet dinners @ Laban Rata canteen  
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