

Basic 3 Days 2 Nights Via Ferrata itinerary

For those who want to experience Mt Kinabalu and have a busy acclimatization day

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 agreed **meeting point** for your chosen **via ferrata experience**
- 11:30 am Return to Pendant Hut to wash up
- 12:00 pm Head to Laban Rata for a well earned lunch
- Afternoon **Recuperate from the 11+ hrs day**, 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 (Back up day for another summit attempt if Day 2 was not successful)

- 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
- 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