

**Basic Itinerary for  
4D/3N Beginner Alpine Sport Climbing Course  
For guests with no previous experience on outdoor alpine climbing. Min age 10yrs**

**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**

- 5:30 am Wake up and have an early morning breakfast
- 6:30 am "Course Theory or Practical Session – depending on weather and participant condition"
- 4:30 p.m. Return to Pendant hut.
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 p.m. Lights out

**Day 3**

- 5:30 am Wake up and have an early morning breakfast
- 6:30 am "Course Practical Session and/or Course Assessment – depending on weather and participant condition"
- 4:30 p.m. Return to Pendant hut. Debrief/discussion on Assessment result with Mountain Torq trainers.
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 p.m. Lights out

**Basic Itinerary for  
4D/3N Beginner Alpine Sport Climbing Course (Continued)  
For guests with no previous experience on outdoor alpine climbing. Min age 10yrs**

**Day 4**

- 7:00 a.m.      Wake up and proceed for breakfast
- 8:30 a.m.      Pack up and prepare to check out from Pendant Hut and proceed for your trek down the mountain to Timpohon gate.
- 2:30 p.m.      Arrive Timpohon gate, and proceed for a brief transfer to Mountain Torq office to collect your certificates, before your transfer back to Kota Kinabalu.
- 5:30 p.m.      Arrive Kota Kinabalu and drop your off at your hotel in Kota Kinabalu

**End of Services**

**Inclusions:**

Activities indicated above  
3 nights at Pendant Hut  
3 simple American breakfast @ Pendant Hut  
2 Packed lunch from Pendant Hut  
3 buffet dinners @ Laban Rata canteen  
Certificate for successful completion of course only

**Exclusions:**

Porter fees  
Meals not stated  
Extra drinks and meals  
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  
Any other items not listed in the inclusion list