

## Basic 4 Days 3 Nights Mountain Torq itinerary

For those who want to be able to savor what Mt Kinabalu has to offer

### 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** with the mountain guide
- 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

- 6:00 am** **Wake up** and morning breakfast while watching the sunrise
- 7:00 am** Introduction to rappelling or sports climbing with your Mountain Torq trainer
- 12:00 pm Head to Laban Rata for a well earned lunch
- Afternoon **Acclimatize, recharge and prepare** for a hectic Day 3.  
 Have a well deserved nap, sit in the sun (weather permitting) and have a cup of tea at the base of Pendant Hut while watching the therapeutic mountain scenery
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 pm Lights out

### Day 3

- 1:30 am** **Wake up** and early morning supper
- 2:30 am** Start **hiking up to the summit** with your 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**
- 11:00 am Return to Pendant Hut and wash up
- 12:00 pm Head to Laban Rata for a well earned lunch
- Afternoon **Recuperate from the 11hrs day**, have a well deserved nap, sit in the sun and have a cup of the famous organic Sabah tea at the base of Pendant Hut while watching the therapeutic mountain scenery
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 pm Lights out

## Basic 4 Days 3 Nights Mountain Torq itinerary (continue)

For those who want to be able to savor what Mt Kinabalu has to offer

- Day 4** (Back up day for another summit attempt if Day 3 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 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  
3 nights at Pendant Hut  
1 early morning Continental breakfast/supper @ Pendant Hut  
2 simple American breakfast @ Pendant Hut  
2 set lunch @ Laban Rata canteen  
3 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

