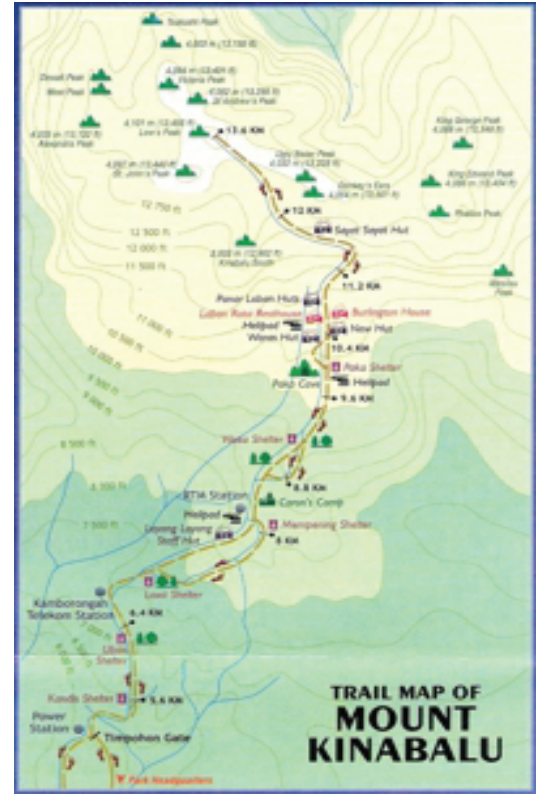




Tour Code : KTT18 (b)  
 Tour Duration : 2 Days 1 Night

## Tour Itinerary



### Day 1

- 6:30 am** - Depart Kota Kinabalu town
- 8:00 am** - Arrive at Kinabalu Park HQ.
  - Register at Mountain Torq's and 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 call 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
- 11:00am** - **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**, buy some souvenirs and Off to your next destination

## Things you should know & bring

### THINGS TO BRING:

Suitable walking shoes / warm clothing / wind breaker / long sleeves shirts / change of clothes / drinking water / high energy food (chocolates, nuts, raisins, glucose) Headache tablets / sun block / lip gloss / deep heat lotion / plasters / insect repellent / mosquito oil / binoculars / camera / water proof bag for camera / torchlight / extra socks / towel / gloves / hat mask / tissue paper / toilet roll

### SPECIAL NOTE:

It is recommended that all climbers should have themselves medically checked before attempting any mountain climb. If you have a history of suffering from the following ailments, it is highly recommend that you should refrain from climbing: Hypertension, Diabetes, Palpitation, Arthritis, Heart disease, severe anemia, Peptic ulcers, Epileptic fits, Obesity (overweight), Chronic asthma, Muscular cramps, Hepatitis (jaundice); or any other disease which may hamper the climber.



**Note: To Participate in the VIA FERRATA "Walk the Torque" activity, climbers must reach Pendant Hut before 16:00hrs. Failure to attend the Safety Briefing for the Walk The Torque, climbers will not be allow to participate in the activity.**

## Echo Adventures

Wholly owned by Kimraya Travel & Tours Sdn. Bhd. ( 682586 V ) KPL/LN 5736

Ground Level, Le Meridien Kota Kinabalu, Sinsuran, Jalan Tun Fuad Stephen, 88000 Kota Kinabalu, Sabah, Malaysia  
 Tel: +6 088 241989 Fax: +6 088 243686 E-mail: info@echoadventures.com.my Website: www.echoadventures.com.my