

2D1N MOUNT KINABALU CLIMB & VIA FERRATA: WALK THE TORQ [BASIC-SERVICE]

DAY 1

0800hrs: Arrive at Kinabalu Park HQ (it takes about approximately 1hr 45min drive journey from Kota Kinabalu town to the Park HQ). Once arrived, pre-check at Mountain Torq's office and Sabah Parks' operation office before meeting your appointed Sabah Parks' mountain guide for a short briefing. Start your trek, the journey takes approximately 4 - 6hrs to reach Panalaban area. Along the trek, observed the pitchers plants, rhododendrons abound and 1, 200 species of orchids and oaks trees that had been discovered. **1500hrs:** Check into Pendant Hut (3,289m) and settle in. **1530hrs:** Attend the mandatory Via Ferrata Familiarization in Pendant Hut and meet your Mountain Torq trainer. **1800hrs:** Dinner provided and rest for the night.

IMPORTANT CUT OF TIME TO REMEMBER:

- 1) Customers must register at Mountain Torq's office no later than 9:30 am. After 9:30 am, the registration counter will be closed.
- 2) Customers who arrived after 4pm at Pendant Hut and missed the mandatory Via Ferrata safety briefing sessions will not be allowed to do the Via Ferrata activity on the next day. Any request for reimbursements will not be entertained.

DAY 2

0130hrs: Wake up and early morning breakfast/supper provided. Start hiking up to explore Low's Peak (4,095.2m) and expected to reach the summit in time of sunrise. **0600hrs:** Descend from the summit, Low's peak to meet your Mountain Torq trainer. **0715hrs:** Meet the Mountain Torq trainer at Sayat - Sayat Slab (3,800m) for Via Ferrata - Walk the Torq experience (introductory Via Ferrata, French Grade PD). **0930hrs-1030hrs:** Return back to Pendant Hut for late breakfast. **1100hrs:** Check out of Pendant Hut and descend to Timpohon Gate. **1600hrs-1700hrs:** Estimated time of arrival at Timpohon Gate. Self-arrange your own transport back to Kinabalu Park HQ. Head to Mountain Torq's office (the office closed at 5 pm) to collect your successful Via Ferrata certificate.

IMPORTANT CUT OF TIME TO REMEMBER:

- 1) Summit route - must pass Sayat-Sayat Check Point before 5 am
- 2) Walk The Torq route - by 7:15 am @ Sayat-Sayat slab
- 3) Low's Peak Circuit route - by 6:30 am @ 7.5 km mark
- 4) Timpohon Gate (descending from the mountain) - must reach Timpohon Gate before 4 pm. There will be additional overtime fee after 4 pm.



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PACKAGE INCLUSIONS:

- Via Ferrata activity indicated in the itinerary: Walk The Torq
- 1 x night @ Pendant Hut (day 1)
- 1 x dinner @ Laban Rata Restaurant (day 1)
- 1 x early morning (1 AM) simple Continental breakfast/ supper @ Pendant Hut (day 2)
- 1 x late morning (after Via Ferrata activity) simple American breakfast @ Pendant Hut (day 2)
- Mountain Torq trainer
- Via Ferrata full safety equipment
- Via Ferrata certificate for successful attempt only

PACKAGE EXCLUSIONS:

- Packed lunch for ascending the mountain (day 1)
- Lunch (after descending from the mountain) at Kinabalu Park (day 2)
- Round trip transportation between KK town and Park HQ
- Round trip transportation between Park HQ and Timpohon Gate
- Sabah Parks' fees & tariffs; conservation fee, permit, Insurance, mountain guide services and summit achievement certificate
- Porter fees
- Extra drinks and meals
- Any other items and services not listed in the inclusion list

THINGS TO BRING/CHECK LIST:

- comfortable trekking shoe with good grip
- personal toiletries
- waterproof backpack
- fleece jacket/wind breaker
- warm clothing/long sleeves shirt/hiking pants
- lightweight towel
- hand gloves
- winter hat
- disposable raincoats
- head torch
- refillable water bottle (0.5-1 Liter)
- high energy food; chocolates, nuts, biscuits, sweets and energy bars
- medication; headache tablets, altitude sickness tablets
- lip gloss/balm
- camera with waterproof bag
- sandal/slippers
- plastic bags
- cap/beanie/hat scarf
- sun protection; sunglass, sun screen lotion
- extra pocket money
- AN ADVENTUROUS SPIRIT!**

