



TRAVEL RITE TOURS SDN BHD (Co. No. 1195294-V)

Address: 1st Flr, Kompleks Sukan Tun Adnan, Yayasan Sabah HQ, Likas Bay, 88450 Kota Kinabalu, Sabah.

IMPORTANT INFORMATION FOR CLIMBERS

Road Transfers

Return road transfers between Kota Kinabalu Hotels and Kinabalu Park are provided by TravelRite/TravelRite vendor in our licensed mini-vans on a shared basis with other climbers that day (for our clients only). This is a door-to-door service with multiple pickups & drop-offs throughout the journey. Do expect some short waiting time. We may change the pick up time the day prior to your climb to minimize the waiting time so please ensure you are contactable for such notice. We suggest buying a local SIM card while in Sabah, please advise us your contact telephone number. Our group rates are quoted with one pick up and one drop off point, meaning the group is transferred at the same time.

The **standard pick up time from your hotel in Kota Kinabalu to Kinabalu Park is set at 0630hrs**. Climbers are encouraged to stay a night in Kota Kinabalu City before departure transfer to Kinabalu Park the next morning. Should climbers not be ready during the standard pick up time, a private transfer from Kota Kinabalu Hotels only no later than 1400hrs can be arranged at MYR 300 per vehicle (Pick up at Kota Kinabalu International Airport is subject to surcharge).

For your shared transfer from Kinabalu Park to your hotel in Kota Kinabalu, after your climb you may have to wait for other climbers to descend the mountain before we bring you back. Our **last shared transfer from Kinabalu Park to Kota Kinabalu departs at 1800hrs** we keep waiting times to a maximum of 2 hours. Should you or other climbers not be ready to depart by 1800hrs a private transfer fee of MYR 250.00 must be paid by the late climbers.

Should you prefer to not wait for other climbers that day and have a private transfer for your return from Mt Kinabalu back to Kota Kinabalu City Hotels only this can be arranged at a cost of MYR 250.00 per vehicle. Please state which option you require upon booking. (Drop off at Kota Kinabalu International Airport is subject to surcharge).

Single supplement transfers are not classified as private transfers and are subject to the standard pick up times and private transfer charges stipulated. Should a single traveler with single supplement transfers not be ready to depart the park by 1800hrs, a private transfer fee of MYR 250.00 must be paid.

*** All rates under Road Transfers information are inclusive of 6% Goods and Services Tax.

Mandatory Briefing – for via Ferrata Activity

Should you wish to complete the Via Ferrata activity, there is a mandatory Via Ferrata briefing session that you must attend at Pendant Hut between **1500hrs – 1600hrs on your first ascend day**. Do make sure you arrive at Pendant Hut and attend this briefing at the mentioned time as you will not be allowed to take part in the Via Ferrata activity the next day if you miss it.

Proper shoes for Via Ferrata Activity

Those doing the Via Ferrata activity are required to wear proper shoes for the activity. Recommended shoes are Hiking Boots, Walking Shoes (good grip), Trekking Shoes, & Sneakers/Running Shoes with laces. You will not be allowed to do the activity should you be wearing any of the following – Open Toe Shoes, Slippers, Slip In Sneakers, Boots/Rainboots, Spiked Shoes & Gardening Boots.

Check out Time at Mountain Huts

For stays at Pendant Hut, check out for climbers doing the Walk the Torq (Basic) activity, check out is at 1130 hrs, and check out time for climbers doing the Lows Peak Circuit (Advanced) activity is at 1230hrs. A RM50 per half hour fee will incur for late checkouts.



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Your Mountain Guide

Unless otherwise stated your booking includes a private mountain guide and you will not have to share your guide with other climbers, this way you may climb at your own pace. However, during peak season, there may be a possibility that you would need to share your mountain guides with other climbers (maximum of 5 climbers to 1 Mountain Guide), should this happen we will refund the difference for the shared mountain guide accordingly and we ask that you stay with your Mountain Guide at all times. Children require their own guide on a 2:1 ratio. Therefore a child surcharge may apply and will be included in your overall cost.

The mountain guides are fully licensed through the Mountain Guide Association of Sabah and are compulsory for your climb. They are with you to keep you safe, ensure that you stay on the correct summit path and should visibility reduce due to rain or fog, ensure that you do not become lost or disorientated. Also should you need assistance or evacuation they will summon it for you.

For the Via Ferrata activity, you will be sharing the Via Ferrata Trainer with other climbers who will be taking part in this activity (maximum 5 climbers to one trainer for Walk the Torq – Basic / maximum 6 climbers to one trainer for the Lows Peak Circuit – Advanced).

Climbing Conditions

The government authority of Sabah Parks will assess the weather conditions for your summit ascent in the early hours whilst you are at the rest house. Should they deem the summit to be unsafe due to strong wind, rain or storms they will not permit climbers to attempt the summit ascent. Should this be the situation there will be no refund in part or full for your climb.

Cut Off Time at Checkpoint

On the morning of the summit climb, according to Sabah Park's regulation, climbers must reach Sayat – Sayat Checkpoint latest by 5AM, failing which climbers are not allowed to proceed to the summit.

Cut Off Time at Timpohon Gate

On your final descent, as per the Mountain Guide Associations regulation, climbers must reach Timpohon Gate (the starting/ending point) by 4pm. Failure to meet this cut off time will result in a late climbers fee of MYR 15.00 per hour in cash to be paid directly to your mountain guide.

Food

Full board meals are included for your trip and provided by the mountain operator. The food is basic and probably not what you are used to eating, mostly simple Asian buffet style with a packed lunch for your first day ascent. We suggest taking extra sources of food such as nuts and energy bars.

Water

We suggest that you prepare yourself by ensuring that you have 2-3 litres of water at the beginning of your climb. At Laban Rata Resthouse, bottled mineral water, coffee, tea and other hot drinks are available for purchase at the grocery counter. Coffee and tea is complimentary during breakfast and supper. Drinking water is not available free of charge.

Your Passport

Please remember your passport. It is required to validate your climbing permit applied for by us on your behalf.



Tourism Tax

From 1st September 2017 the Malaysian Government implemented Tourism Tax (MyTTx) applicable to accommodation bookings and chargeable at MYR 10.00 per room/bed per night. This is to be paid upon REGISTRATION for your climb. This tax is not added to your booking with us. Please ensure you have MYR 10.00 per person per night ready in cash to pay the registration office, our driver will assist with the payment.

Physical preparation for my Mt Kinabalu Climb.

Although you do not need to be super fit, you do need to be in good physical condition.

Here are some suggestions from the Alpine Guides Association:

- A good amount of outdoor cardiovascular exercise (power walking, cycling, running, mountain biking etc) and getting out for long days in the hills whenever possible is great preparation for your climb.
- We recommend all climbers take cardiovascular sports at least twice a week, with each session being a minimum of 2 hours in duration at a medium intensity.
- Fitness training should begin 2-3 months leading up to your trip, this way you should be well prepared.

Ensure you are medically fit too

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, Chronic Asthma, Muscular cramps, Hepatitis (jaundice); or any other disease which may hamper the climb.

Packing List

You will not need your bikini ! Here is our suggested packing list.

With good preparation your mountain climb will be more enjoyable and packing plays a key role in preparation, we suggest you keep your backpack around 6kg in weight. This 6kg will feel like 16kg after just 1km! To make your packing easier we have split the requirement into the climbing sections. Panalaban (waiting point in the local Dusun language) is the location of the overnight waiting huts.

Ascent from Timpohon Gate (1800m) to Panalaban Plateau (3,200m)

Time: 1st Ascent 10:00 hrs – 15:00 hrs

Temperatures at Kinabalu Park range from 15°C to 24°C

Timpohon Gate along the Summit trail and up to Pana Laban range from 6°C-14°C and can reach 2°C.

- Wear lightweight clothing and layer up so you can put on and take off the layers as you sweat. T-shirts & lycra sports wear are good options
- Suitable walking / hiking boots with good angle support and a good grip. Training shoes can be worn if you do not have walking boots.
- Waterproof backpack or buy a waterproof cover to keep items inside dry as the chances are it will rain at some point.
- A small lightweight towel.



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- Refillable 1 – 1.5 litre water bottles that can take very hot water. (Most climbers need only about 2-3L to reach Panalaban).
- High energy food such as chocolates, nuts, biscuits, sweets, energy bars.
- Personal toiletries such as soap, toothbrush and toothpaste.
- Change of clothes and extra socks for sleeping.
- Waterproof jacket or disposable raincoat.

Bedding is provided and extra sleeping bags can be rented if required at Laban Rata Rest House. Sleeping bags are provided at Pendant Hut.

Towels are provided for stays at Laban Rata Rest House only. You must bring your own for stays at Pendant Hut.

Ascent from Panalaban Plateau (3,200m) to Lows Peak Summit (4,093m)

Time: 2nd Ascent 02:00 hrs – Sunrise

The Summit itself is around 2°C but the wind chill can make it feel below freezing.

- Waterproof windbreaker
- Fleece jacket, long sleeves shirt or jumper, thick trousers/hiking trousers, thick socks and your hiking shoes
- Head torch so that your hands are free to climb and hold onto the ropes when required.
- Warm hat or balaclava mask.
- Gloves, ideally waterproof.
- Small water bottle.
- Waterproof jacket or disposable raincoat.
- Re-fill your water container with boiled water at the mountain huts OR buy mineral water. 2Ltr is enough for most people.

Your overnight bag can be kept at your room without additional charges since you will return to the accommodation after the summit climb.

Additional general items.

- Headache tablets or required medication.
- Toilet roll
- Sunglass, sunblock lotion, SPF lip balm, plasters.
- Insect repellent.
- Camera with waterproof bag.
- Lightweight rubber sandals/slippers incase you do not want to wear your heavy boots at the accommodation.
- Bags for wet clothes
- Trekking/Hiking Pole

Extra Baggage & Porters

There is a luggage store at the Kinabalu Park HQ reception area where you can safely leave any items not required for the climb, the rate is currently MYR 12.00 per case/bag (regardless of size) and subject to change.

Porters are available and can be organised at the KNP HQ. The minimum weight required is 10kg. Should your bag weigh less than 10kg, the charge will still be calculated based on 10kg. On average you can expect to pay MYR 130.00 per round trip Timpohon – Panalaban – Timpohon for a 10kg bag.