

CAFEO 42



MOUNT KINABALU CLIMBING ITINERARY

LEMAING / PANALABAN HOSTEL PACKAGE 3D2N

PARTICULARS	TIME
DAY 1 - 17 OCTOBER 2024	
Participants travelling & arriving to Kundasang	10:00am
Lunch at Kundasang	12:00pm
Free & Easy, Rest and Overnight at Kundasang	
Dinner & Overnight at Kundasang	
DAY 2 - 18 OCTOBER 2024	
Breakfast	6:30am
Pay entrance fee, Check Body Temperature	
Register at Operation Centre / Counter, Kinabalu Park	
Show your payment receipt (Booking Fee), List of Climbers & photocopy of Mykad/Passport to the staff	
Show Negative Swab Test Result (if necessary). Apply to certain base only, subject to the instruction from our in-charge staff at Kinabalu Park	
Fill in the Indemnity Form	
Our staff will scan climber's QR Code & process your Name Tag	
SSL Counter - collect food voucher	
Guide Counter - arrange & assign Guides	
Koktas Counter - Transportation from registration counter to starting point - Timpohon Gate	
Porter Counter - arrange & pay Porter Fee <i>*optional</i>	
Name Tag will be distributed	
To be transferred to Timpohon Gate together with your Mountain Guide	
Timpohon Gate: Briefing the Rules & Regulations by Mountain Guide	
Start to climb from Timpohon Gate to Panalaban (previously known as Laban Rata)	
Packed Lunch during Climb	
Reach Panalaban (Laban Rata)	
Check-in to Lemaing / Panalaban Hostel	
Dinner at Laban Rata Reshouse (SSL)	04:30am - 07:00pm

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PARTICULARS	TIME
DAY 3 - 19 OCTOBER 2024	
Supper at Laban Rata Resthouse (SSL)	2:00am - 3:30am
Start to climb to the summit of Mt Kinabalu	
Reach Sayat-Sayat Checkpoint	before 5:30am
*Show your permit / Name Tag to the staff	
Aim to reach the summit in time for sunrise	
Reach - LOW'S PEAK	
After 10-15 minutes - descend to Panalaban	
Breakfast & Lunch at Laban Rata Resthouse (SSL)	07:30 am - 10:30am
Continue to descend to Timpohon Gate	before 4:00pm
*Extra charge of RM15.00/hour if you reach Timpohon Gate	after 4:00pm
Transfer back to Operation Centre (Counter, Kinabalu Park) to collect / pay your 'Climbing Certificate' *optional	
Summit (Low's Peak) RM10 (printed in colour)	
Below Summit RM1 (printed in black & white)	

Note:

The registration fees of RM2200 (international) & RM1600 (Malaysian) is inclusive of the following:

- Transportation from Kota Kinabalu to Kundasang and return.
- 1 night stay at Kundasang- 17 October 2024.
- 1 night stay at Lemaing/Panalaban Hostel - 18 October 2024.
- 8 meals 17-19 October 2024.
- Climbing Fees, Conservation Fees, Guide fees, Climbing Permit, Insurance, Certificate.

Excluded:- Not inclusive - porters fees (optional).

Payment can be made at below details:

Account Name	: The Institution of Engineers, Malaysia (Sabah Branch)	Bank Address	: Jalan Pantai, Kota Kinabalu, Sabah, Malaysia
Bank Account No	: 28601-03-0330	Swift Code	: HLBBMYKL
Bank Name	: Hong Leong Bank		