



MOUNT KINABALU

3 DAYS / 2 NIGHTS *(Hard Adventure)*

Day 01 – Kota Kinabalu – Kota Kinabalu Park (90 km)

0800hrs pick up from a city Hotel for a 2.25-hour journey to Kinabalu National Park. The park covers an area of 754 sq km and the summit is 4,101m. Within its boundaries, you will find lowland rainforest at its lower level, montane vegetation at its medium level and conifers and other alpine flora at the summit. After the guided nature trail, you will have lunch.

After a video presentation of the park, take a leisurely guided mountain garden walk. In the late afternoon, you can either relax and enjoy the tropical scenery or explore the many nature trails before enjoying a hearty dinner. Overnight at local lodge or park accommodation. (Meals: Lunch, Dinner)

Day 02 – Summit of Mount Kinabalu

After breakfast, register with the park officer

for your climb up Mount Kinabalu, the highest mountain in Malaysia. We start the climb towards the power station at 1,829 metres and from here begin to trek along summit trail. Along the way, boxed lunch will be served. Look out for wild orchids, ferns, pitcher plants and rhododendrons. Arrive Laban Rata at 3,353 metres at approximately 1500 hrs. The accommodation is basic (bunk bed, dormitory-style) and simple with electricity and hot water. Overnight. (Meals: Breakfast, Boxed Lunch, Dinner)

Day 03 – Summit – Kota Kinabalu

In the early morning, commence your ascent for the final trek to the summit. When you reached the 4,101 metres milestone, give yourself a pat on the back. Congratulations, you are now on top of the roof of Malaysia. Rest and enjoy the beautiful sunrise.

We descend to Laban Rata Guesthouse for

breakfast. After breakfast, continue to descend to the Power Station arriving at approximately 1200hrs. A van will transfer you to the park headquarters. Continue overland to Kota Kinabalu and we expect to arrive approximately 1600-1700 hrs. (Breakfast)

*** Note: Physical fitness is required.*

☒ *Tour ends ☒*

Note:

- *The pick-up time from outskirts hotels, eg Nexus and Rasa Ria will be at 0900 to 0930hrs. For hotels located south of city, e.g. Beringgis Resort, the pick-up time will be at 0730 hrs. Pick up supplement will be imposed accordingly.*

What to Bring :

Raincoat, warm clothing, wind breaker, drinking water, hat, gloves, extra thick socks, good torch, toiletries, towel and other items of personal use. Use good trekking shoes. It is advisable to bring a sleeping bag because the heating system in some rooms in Laban Rata is not very reliable.

For bookings and inquiries, please contact:

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