

2 Days 1 Night Low's Peak Circuit

For those who do not have enough time but are very fit and at least 16 years old

Day 1

- 6:30 am** Depart Kota Kinabalu town
- 8:00 am** Arrive at Kinabalu Park HQ. (it will take about 1hr 45 min from Kota Kinabalu to the Park HQ)
Register at Mountain Torq's and Kinabalu Park's offices (check the spelling of your name to be printed on your successful certificate)
 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
- 6:30 am** Meet your via ferrata trainer at the **7.5 km mark** for your **Low's Peak Circuit via ferrata experience** (intermediate via ferrata, 4 to 5 hrs, French grade AD)
- 11:00 am Return to Pendant Hut for a well earned late breakfast
- 12:00 pm** **Check out** of Pendant Hut and descent to Timpohon Gate with your Sabah Parks' mountain guide
- 6:00 pm Arrive at Timpohon Gate.
 Head to the Park HQ to collect your **successful certificates**, buy some souvenirs
 Off to your next destination