

4 Days 3 Nights Mountain Torq

For those who want to be able to savor what Mt Kinabalu has to offer

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 with the mountain guide
- 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

- 6:00 am Wake up call and morning breakfast while watching the sunrise
- 7:00 am **Introduction to rappelling or sports climbing** with your Mountain Torq trainer
- 12:00 pm Head to Laban Rata for a well earned lunch
- Afternoon **Acclimatize, recharge and prepare** for a hectic Day 3.
Have a well deserved nap, sit in the sun (weather permitting) and have a cup of tea at the base of Pendant Hut while watching the therapeutic mountain scenery
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 pm Lights out

Day 3

- 1:30 am Wake up call and early morning supper
- 2:30 am Start hiking up to the summit with your 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 agreed meeting point for your chosen **via ferrata experience**
- 11:00 am Return to Pendant Hut and wash up
- 12:00 pm Head to Laban Rata for a well earned lunch
- Afternoon **Recuperate from the 11hrs day**, have a well deserved nap, sit in the sun and have a cup of the famous organic Sabah tea at the base of Pendant Hut while watching the therapeutic mountain scenery
- 6:00 pm Dinner at Laban Rata's canteen
- 8:00 pm Lights out

Day 4 (Back up day for another summit attempt if Day 3 was not successful)

- 7:00 am Wake up call, pack up and have breakfast
- 8:30am **Check out** of Pendant Hut and descent to Timpohon Gate with your mountain guide
- 1:00 pm Arrive at Timpohon Gate.
Head to the Park HQ to collect your **successful certificates**, buy some souvenirs and off to your next destination