



### **Itinerary**

**0700AM** Estimate pick up from city center hotel 市区酒店接

**0930AM** Arrive at paragliding base (Ranau Stadium) for registration, safety briefing and signing of liability form. You will then be transferred to the take off site by a 4x4. 抵达滑翔伞基地 (登记,安全解说,坐上四驱动车出发-起飞点

1000AM Take off & fly with a guide for an estimated duration of 5 to 8 minutes, above sea level 600–800 开始飞翔! (飞行时间介于5-8分钟) 一般飞行高度在于海拔600-800米左右

**1200PM** Lunch at local restaurant 享用午餐

1330PM Proceed to Desa Daily farm 出发前往牧牛场

1500PM Nabalu Observation deck 那巴鲁观景台

1600PM Enjoy Sabah famous "Sinalau Bakas" (NON halal) 品尝沙巴独有驰名烤山猪肉 + 拉茶

**1630PM** Prepare to return to Kota Kinabalu 准备返回亚庇市区

1800 PM: Estimated arrival time at Kota Kinabalu 抵达酒店

# Package Rate

(Min. 2 Paxs)

Adult: RM 330 per pax

Child: RM 330 (Solo > 20KG) | Child with parent: RM 250 (<20KG)

马币 330 每位成人或小孩体重超过 20 公斤/ 马币 250 每位小孩体重少于 20 公斤需成人陪同

#### Includes:

- Return land transfers (Sharing basis)
- Tour guide
- Local lunch
- Entrance fee where applicable
- 1 flight paragliding

#### **Excludes:**

- Personal travel insurance
- Personal expenses
- Guide and driver tipping
- Surcharge for outskirt transfers
- Surcharge for picture taking
- Paragliding Insurance

Remarks: 现场购买保险

Compulsory to purchase insurances as accordance to MSAF RM40.00 per pax 根据 MSAF 强制购买保险 马币40.00 每位

## What to bring

- Sports shoes (Compulsory)
- Comfortable clothes
- Your own water bottle
- Rain coat
- Sunscreen

### Note

People with heart disease, high blood pressure, fear of heights, pregnant and people weighting over 85 KG are not recommended to join. Child (3-11 years old) and over 20 KG are considered as solo. Those below 20 KG must double with parent.

\*\*若有心脏疾病,高血压患者,恐高者,孕妇或体重超过85公斤,不建议参加。小孩超过20公斤必须单飞,20公斤 以下的孩童需要和成人陪同双飞。



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Lot G.22, Ground Floor, Wisma Sabah, Jalan Tun Fuad Stephen, 88000 Kota Kinabalu , Sabah.

For more information, please contact:

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#### **Terms and Conditions**

- Validity 31st December 2024 Activities are subject to weather conditions/departure time and may be
- re-organized to meet operational situation