RASA MALAYSIA SEBENAR - MARI BAHHH KE SABAH

05-07 September 2025 Domestic Hall Booth: 1E08 Booking Period: 05-07 September 2025 Traveling Period: until 26 Feb 2026 (For Malaysians only)



DAY 1 Kota Kinabalu / Kinabalu Park HQ / Panalaban Base Camp (Packed Lunch & Dinner)

- We will pick you up at the Sabah Tourism Board Building for a 2-hour journey to Kinabalu Park Headquarters. Enjoy scenic views of villages and the breathtaking Crocker Range along the way.
 At Kinabalu Park Headquarters, our guide will handle your registration and provide you with an ID tag and packed lunch.
 After registration, we will transfer you to the starting point at Timpohon Gate. You will climb the mountain for about 4-5 hours from here.
 Upon reaching Panalaban Base Camp, check in to your accommodation at Laban Rata Resthouse for the night.
 Wrap up your day with a buffet dinner at Laban Rata Restaurant.

Overnight at Panalaban Assorted Huts (Laban Rata Resthouse or similar)

DAY 2 Low's Peak / Descend Mount Kinabalu / Mount Kinabalu (Early supper, Breakfast & Lunch)

- Wake up for an early supper and get ready to continue your journey toward the Mount Kinabalu summit at 2:00AM. The climb towards the summit will test your fitness and determination. If the weather is on your side, you might even catch a breathtaking sunrise over majestic Mount Kinabalu.
- By 7:00AM, start your descent back to Panalaban Base Camp for a late breakfast and check out of your accommodation.
- Trek down to Timpohon Gate, where you will be transferred back to Kinabalu Park Headquarters. Estimated time of arrival is between 1:00PM and 3:00PM.
- Congratulations! You've earned your Certificate of Achievement.
- Before heading back to Kota Kinabalu city, recharge with a buffet lunch at a local restaurant in Kinabalu Park. (12pm 4pm)
- Finally, we will transfer you back to Kota Kinabalu city. The journey will take around 2 hours.

Note on Meals Arrangement.

*Lunch will be converted to a packed meal for all climbers who reach the local restaurant after 16:00hrs on DAY 02 (Mt Kinabalu descent).

PACKAGE INCLUDES:

MEALS AS STATED, 01 NIGHT ACCOMMODATION, ENTRANCE FEE, DESIGNATED PICKUP POINT AT SABAH TOURISM BOARD BUILDING, RETURN KOTA KINABALU CITY TRANSFER (SEAT IN COACH), RETURN TRANSFER (SEAT-IN-COACH: PARK HQ -TIMPOHON GATE - PARK HQ), SHARED MOUNTAIN GUIDE, CLIMBING INSURANCE, CLIMBING PERMIT AND CERTIFICATE, CERTIFICATE HOLDER, ENGLISH SPEAKING SUPPORT TEAM.

PACKAGE EXCLUDES:

AIRFARES, PORTER FEE, ALCOHOLIC DRINKS, PERSONAL TRAVEL INSURANCE, AND ANY ITEMS NOT MENTIONED

THINGS YOU SHOULD PREPARE:

- WATERPROOF BACKPACK TO STORE YOUR ITEMS, TREKKING OR RUNNING SHOES WITH GOOD GRIP
- WARM CLOTHING/ LONG SLEEVES SHIRT/ HIKING PANTS
- JACKET/WIND BREAKER, EXTRA CLOTHING, DISPOSABLE RAINCOATS, SOCKS AND SMALL TOWEL, HAND GLOVES AND WINTER HAT, HEAD TORCH (COMPULSORY),
- PERSONAL TOILETRIES, REFILLABLE WATER BOTTLE (0.5 1 LITRE)
- HIGH ENERGY FOOD SUCH AS CHOCOLATES, NUTS, BISCUITS, SWEETS, ENERGY BARS,
- MEDICATION SUCH AS HEADACHE TABLETS OR ALTITUDE SICKNESS TABLETS
- SUN BLOCK LOTION, LIP GLOSS, PLASTERS/ BAND-AID, INSECT REPELLENT, CAMERA WITH WATER PROOF BAG, SANDALS / SLIPPERS, PLASTIC BAGS TO KEEP YOUR ITEMS DRY

Month	Lucky Date
Oct	15,21,27,30
Nov	02,07,16,26,30
Dec	03, 09,17,21,27
Jan 26	04, 08,16,22,27
Feb 26	05,13,19,25

IT IS RECOMMENDED THAT ALL CLIMBERS SHOULD HAVE THEMSELVES MEDICALLY CHECKED BEFORE ATTEMPTING ANY MOUNTAIN CLIMB. IF YOU HAVE A HISTORY OF SUFFERING FROM THE FOLLOWING AILMENTS, IT IS HIGHLY RECOMMEND THAT YOU SHOULD REFRAIN FROM CLIMBING: HYPERTENSION, DIABETES, PALPITATION, ARTHRITIS, HEART DISEASE, SEVERE ANEMIA, PEPTIC ULCERS, EPILEPTIC FITS, OBESITY (OVERWEIGHT), CHRONIC ASTHMA, MUSCULAR CRAMPS, HEPATITIS (JAUNDICE); OR ANY OTHER DISEASE WHICH MAY HAMPER THE CLIMBER.



MOUNT KINABALU

