



ITINERARY

DAY 1 – ARRIVAL IN KOTA KINABALU/ SINUA KENINGAU (DINNER)

Pick up city hotel or Kota Kinabalu International Airport. Arrive at Base Camp 1 in Kampung Sinua (Trusmadi Tainiskon) after a 3–4 hour drive from Keningau. Check in, settle into basic accommodation, and prepare for the trek. The rest of the day is free to relax, have dinner, and get an early night's rest before the climb.

DAY 2 – TREKKING (BREAKFAST/LUNCH/DINNER)

Begin the day with a safety briefing at 7:00 a.m. before starting the trek to Camp 2 (Khiong Point) at 7:30 a.m. The hike covers approximately 7 km through forest terrain with river crossings and gradual ascent. You'll arrive at Camp 2 in the afternoon, where you can rest, have dinner, and sleep early in preparation for the summit push.

DAY 3 – SUMMIT / DESCENT / ARRIVAL KOTA KINABALU (BREAKFAST)

Wake up at midnight for a light meal, then start the 4.2 km summit climb at 1:00 a.m. The trail is steep and technical, with ropes and false summits. Reach the peak by sunrise for spectacular views. Begin descent to Camp 2 by 6:30 a.m., rest, then continue down to Base Camp 1 around 12:30 p.m. After arrival, freshen up, check out, and depart.



INCLUDE

- Climbing Permits
- Certifications
- Insurance
- Land return transfer
- 8 x Meals
- Accomodations
- Mountain / Ranger Guide

WHAT TO BRING

Comfortable hiking backpack, head lamp, mosquito repellent, sunscreen, hat, your favorite trekking snacks, raincoat, sunglasses, binoculars, leech socks, dry-bag, good walking/trekking shoes, personal toiletries including towel, personal medication and basic first aid kit, light clothing for trekking, gloves for hand protection for when holding onto stumps, small trees or vines along the climb. Be prepared to carry your own personal belongings including up to 3 litres of water – you must request for a porter for personal belongings in advance.

REMARKS: PORTER FEE NOT INCLUDED

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