APPENDIX A

MT KINABALU CLIMB

25TH TO 28TH AUGUST 2016 (3 NIGHTS & 4 DAYS)

Day 1 (25/8/2017 FRIDAY)

NOON:

pick up from Kota Kinabalu International Airport and proceed to

Kundasang.

1-2 pm:

Lunch(on your own) in 1 Borneo on the way

2 pm:

proceed to Kundasang

4.30 pm:

Arrive at National Parks, Kundasang and check into Dormitory.

6 -8 pm:

Dinner at KP Balsam Café.

8.00-8.30 pm: Video show and briefing on the climbing.

9.00 pm:

Good night and sleep well before the climb next day.

DAY 2 (26/8/2017 SATURDAY)

6-7 am:

Breakfast at KP Balsam Café and collect your packed lunch.

7.30-8.00 am: Assemble at National Parks Headquarters and proceed to Timpohon

Gate by mountain vans and start climbing.

3-5 pm:

Arrive at Labab Rata Rest house and check into Dormitory.

6-7 pm:

Dinner at Laban Rata restaurant.

8.00 pm:

Good Night.

DAY 3 (27TH August 2017 Sunday)

1.00 am

wake up and get ready for the climb to summit Low's Peak.

2.00 am

supper at Laban Rata Restaurant

6..0 am

standing on top of Low' Peak one after another in turn.

9.00 am

breakfast at Laban Rata

11.00 am

descend to National Park Headquarters.

3-4 pm

lunch at KP Balsam Café

4-6 pm proceed to Perkasa Hotel by Charter- Vans and check into Perkasa Hotel.
7.30 pm dinner at Perkasa Hotel & presentation of certificates.
9.00 pm good night and sweet dreams.

DAYS 4 (MONDAY)

7-8 am breakfast at Perkasa Hotel.

9.00 am leave Perkasa Hotel by charter-bus and proceed to Kota Kinabalu Airport.

-----FARE WELL & COME AGAIN------