

Sabah Parks Mount Kinabalu Climbing Fees

(New Rates Effective 1st January 2016)

PARTICULARS	MALAYSIAN	INTERNATIONAL
KINABALU PARK ENTRANCE FEE	RM 3.00 / person (adult)	RM 15.00 / person (adult)
	RM 1.00 / person (below 18 year old)	RM 10.00 / person (below 18 year old)
CLIMBING PERMIT	RM 50.00 / person (adult)	RM 200.00 / person (adult)
	RM 30.00 / person (below 18 year old)	RM 80.00 / person (below 18 year old)
CLIMBING INSURANCE	RM 7.00 / person	RM 7.00 / person

Compulsory

PARTICULARS	TIMPOHON – PEAK – TIMPOHON
MOUNTAIN GUIDE FEE	RM 230.00 / Guide (1 – 5 Climbers – 16 yrs and above)
	RM 230.00 / Guide (1 – 2 Climbers – below 16 yrs)
	New Guide rates effective 1 st December 2015
	1 Mountain Guide is allowed to take a maximum of 5 climbers aged 16 yrs and above
	1 Mountain Guide is allowed to take a maximum of 2 climbers aged below 16 yrs
	IMPORTANT: THE CLIMBING GATE WILL BE <u>CLOSED AT 10.30AM</u>. AFTERWHICH, NO CLIMBING WILL BE ALLOWED

Compulsory

PARTICULARS	TIMPOHON-LABAN RATA	TIMPOHON-SAYAT-SAYAT	TIMPOHON-SUMMIT
PORTER FEE	RM 65.00 / Porter	RM 75.00 / Porter	RM 80 / Porter
	LABAN RATA-TIMPOHON	SAYAT-SAYAT-TIMPOHON	SUMMIT-TIMPOHON
	RM 65.00 / Porter	RM 75.00 / Porter	RM 80 / Porter
	New Porter rates effective 1 st December 2015		
	Maximum weight is 10 Kgs and additional weight will be charged base on daily rate per Kg		
	All rates are inclusive of GST		

Optional

PARTICULARS	VIA TIMPOHON SUMMIT TRAIL
TRANSPORTATION	1 – 4 persons (+ 1 Mt. Guide) @ RM 17.00 / way
	5 persons and above (+ 1 Mt. Guide) @ RM 4.50 / person / way
CLIMBING CERTIFICATE	RM 10.60 / pcs (Summit) RM 1.06 / pcs (Laban Rata)
LOCKER FEE	RM 12.00 Nett per bag (storage available at Kinabalu Park only)

Optional

SPECIAL NOTE:

It is recommended that all climbers should have themselves medical checked before attempting any mountain climb. If you have a history of suffering from the following ailments, it is highly recommended that you should refrain from climbing. Hypertension, Diabetes, Palpitation, Arthritis, Heart Disease, Severe Anaemia, Peptic Ulcers, Epileptic Fits, Obesity (Overweight), Chronic Asthma, Muscular Cramps, Hepatitis (Jaundice); or any other disease which may hamper the climbers.

THINGS TO BRING:

- Suitable walking shoes/ warm clothing/wind breaker/long sleeve shirts/change of clothes/extra socks/towel/gloves/hat mask/tissue paper
- Drinking water/high energy food (chocolates, nuts, raisins, glucose), Headache tablets/sun block/lip gloss/deep heat lotion/plasters/insect repellent
- Binoculars/camera/water/water proof bag for camera/head torch

PAYMENT:

- All Fees are to be paid in CASH to Sabah Parks upon arrival at Kinabalu Park.
- All fees are subject to prevailing 6% GST.

2D1N Mt. Climbing Package Itinerary (Via Timpohon Summit Trail)

Day	Time	Venue	Event	Remarks
1st day	7.00am	FO - Balsam café, KP	Registration	- Check in at FO KP - Register for climbing at Sabah Parks Office - Packed Lunch to collect at Balsam Café.
	8.00am	KP – Timpohon Gate	Transfer	-Transfer from KP to Timpohon Gate. - Transportation charges is not inclusive in the package
	8.30am	Timpohon Gate	Briefing	
	9.00am	Timpohon Gate	Start climbing	- Climb to Laban Rata starts. - Gate will close at 10.00am.
	3.00pm	LR	Check in	- Guide will assist.
	4.30pm	LR Restaurant	Dinner	- Dinner is inclusive in the package.
Overnight				
2nd day	1.00am	LR Restaurant	Supper	- Supper is inclusive in the package.
	2.00am	Mt. Hut – peak	Start climbing	- Climb to the peak starts.
	7.00am	Peak – Mt. Hut	Descends to Mt. Hut	
	9.00am	LR Restaurant	Breakfast – Check out	- Check out from Mt. Hut. - Breakfast is inclusive in the package.
	10.00am	LR - Timpohon	Descends to Timpohon Gate	
	2.30pm	Timpohon Gate – Balsam Café, KP	Transfer	- Arrive at Timpohon Gate. - Transfer from Timpohon Gate to Balsam Café. - Transportation charges is not inclusive in the package.
	3.00pm	Balsam Café, KP	Lunch	- Lunch is inclusive in the package. - Lunch time: 12.00pm to 4.30pm
Finish				

***The actual timing is depending on participants' fitness level.

HISTORY			
SSL	Sutera Sanctuary Lodges	FO	Front Office
KP	Kinabalu Park	MNR	Mesilau Nature Resort
SP	Sabah Parks	LR	Laban Rata
Mt.	Mountain		

3D2N Mt. Climbing Package Itinerary (Via Timpohon Summit Trail)

Day	Time	Venue	Event	Remarks
1st day	2.00pm	SSL FO – SP Counter, KP	Check in – Registration	- Please present all necessary documents during check in & registration. - SP fees to be paid in cash.
	7.00pm	Balsam Cafe, KP	Dinner	- Dinner is inclusive in the package.
Overnight				
2nd day	7.00am	Balsam Cafe, KP	Breakfast – Check out	- Breakfast is inclusive in the package. - To collect packed lunch after breakfast at the counter. - Check out at the FO.
	8.00am	Timpohon Gate, KP	Briefing	
	9.00am	Timpohon Gate, KP	Start climbing	- Climb to Laban Rata starts. - Gate will close at 10.00am.
	3.00pm	LR	Check in	- Guide will assist.
	4.30pm	LR Restaurant	Dinner	- Dinner is inclusive in the package.
Overnight				
3rd day	1.00am	LR Restaurant	Supper	- Supper is inclusive in the package.
	2.00am	Mt. Hut – peak	Start climbing	- Climb to the peak starts.
	7.00am	Peak – Mt. Hut	Descends to Mt. Hut	
	9.00am	LR Restaurant	Breakfast – Check out	- Check out from Mt. Hut. - Breakfast is inclusive in the package.
	10.00am	LR - Timpohon	Descends to Timpohon Gate	
	2.30pm	Timpohon Gate – Balsam Café, KP	Transfer	- Arrive at Timpohon Gate. - Transfer from Timpohon Gate to Balsam Café. - Transportation charges is not inclusive in the package.
	3.00pm	Balsam Café, KP	Lunch	- Lunch is inclusive in the package. - Lunch time: 12.00pm to 4.30pm
Finish				

***The actual timing is depending on participants' fitness level.

HISTORY			
SSL	Sutera Sanctuary Lodges	FO	Front Office
KP	Kinabalu Park	MNR	Mesilau Nature Resort
SP	Sabah Parks	LR	Laban Rata
Mt.	Mountain		

3D2N Mt. Climbing Package Itinerary (Via Timpohon Summit Trail)

Day	Time	Venue	Event	Remarks
1st day Poring Hot Spring	2.00pm	SSL FO – SP Counter, KP	Check in – Registration	- Please present all necessary documents during check in & registration at Kinabalu Park - SP fees to be paid in cash. - Transfer from KP – PHS (free shuttle)
	7.00pm	Rainforest Restaurant, PHS	Dinner	- Dinner is inclusive in the package.
Overnight				
2nd day Laban Rata	7.00am	Rainforest Restaurant, PHS	Breakfast – Check out	- Breakfast is inclusive in the package. - Check out at the FO. - Transfer from PHS – KP (please co-ordinate with FO PHS earlier) - To collect packed lunch at Balsam cafe, KP
	7.45am	Balsam Café - Timpohon, KP	Transfer	Transfer from KP to Timpohon Gate. - Transportation charges is not inclusive in the package. (to be paid to SP during registration).
	8.00am	Timpohon Gate, KP	Briefing	- Briefing by Mountain Guide.
	9.00am	Timpohon Gate, KP	Start climbing	- Climb to Laban Rata starts. - Gate will close at 10.00am.
	3.00pm	LR	Check in	- Please present all necessary documents during check in & registration.
	4.30pm	LR Restaurant	Dinner	- Dinner is inclusive in the package.
Overnight				
3rd day Check out	1.00am	LR Restaurant	Supper	- Supper is inclusive in the package.
	2.00am	Mt. Hut – peak	Start climbing	- Climb to the peak starts.
	7.00am	Peak – Mt. Hut	Descends to Mt. Hut	
	9.00am	LR Restaurant	Breakfast – Check out	- Check out from Mt. Hut. - Breakfast is inclusive in the package.
	10.00am	LR - Timpohon	Descends to Timpohon Gate	
	2.30pm	Timpohon Gate – Balsam Café, KP	Transfer	- Arrive at Timpohon Gate. - Transfer from Timpohon Gate to Balsam Café. - Transportation charges is not inclusive in the package. (to be paid to SP during registration).
	3.00pm	Balsam Café, KP	Lunch	- Lunch is inclusive in the package. - Lunch time: 12.00pm to 4.30pm
Finish				

***The actual timing is depending on participants' fitness level.

HISTORY			
SSL	Sutera Sanctuary Lodges	FO	Front Office
KP	Kinabalu Park	MNR	Mesilau Nature Resort
SP	Sabah Parks	LR	Laban Rata
Mt.	Mountain	LRR	Laban Rata Resthouse