

MODULE 1 : THREE (3) DAYS, TWO (2) NIGHTS**DAY ONE (1)****CLIMBING PROGRAM**

TIME	ACTIVITY
7:30 AM – 9.00 AM	Registration of climbers
9:00 AM	Depart for Timpohon Gate - Safety briefing and start ascending.
3.00 PM	Climbers arrive at Panalaban (Must arrive at Panalaban).
3.30 PM	Climbers to climb up to First Viewpoint (in case weather permits for the purpose of "acclimatization").
4.15 PM	Climbers rest at Viewpoint.
5.00 PM	Climbers return to Panalaban.
5.30 PM	Climbers arrive at Panalaban dan dinner served.
7.00 PM	REST FOR THE PREPARATION OF ASCENT NEXT MORNING

DAY TWO (2)

ATURCARA PENDAKIAN

TIME	ACTIVITY
7.00 AM	Assemble at the Park's Operations Room, Panalaban - Safety briefing and inspection of equipment / requirements
7.30 AM	Breakfast
8.00 AM	Start ascending to Gurka Hut.
11.30 PM	Rest at Sayat-Sayat Check Point / Lunch.
12.00 PM	Continue ascending to Gurka Hut
2.00 PM	Climbers are expected to arrive at Gurka Hut - Rest - Observation on the scenery around Gurka Hut <i>(Does not involve ascending to the summit).</i> - Preparation for dinner / camp - REST

DAY THREE (3)

CLIMBING PROGRAM

TIME	ACTIVITY
7.00 AM	Breakfast and prepare for descend to Timpohon Gate
8.00 AM	Climbers start moving to Panalaban.
11.30 AM	Climbers are expected to arrive at Panalaban and Lunch served.
12.30 PM	Climbers descend to Timpohon Gate
4.00 PM	Climbers are expected to arrive at Timpohon Gate.
5.00 PM	Climbers return to their respective destinations.

PACKAGE FOR TRAINING ON HIGH-ALTITUDE CLIMBING FOR MULTIPEAK AT MOUNT KINABALU (MT- KINABALU HAT): MODULE 2

MODULE 2 : FOUR (4) DAYS THREE (3) NIGHTS

DAY ONE (1)

CLIMBING PROGRAM

MASA

AKTIVITI

7:30 AM – 9.00 AM

Registration of climbers

9:00 AM

Depart for Timpohon Gate
- Safety briefing and start ascending.

3.00 PM

Climbers arrive at Panalaban (Must arrive at Panalaban).

3.30 PM

Climbers to climb up to First Viewpoint (in case weather permits for the purpose of "acclimatization").

4.15 PM

Climbers rest at Viewpoint.

5.00 PM

Climbers return to Panalaban.

5.45 PM

Climbers arrive at Panalaban dan dinner served.

7.00 PM

REST FOR THE PREPARATION OF ASCENT NEXT MORNING

DAY TWO (2)

CLIMBING PROGRAM

TIME	ACTIVITY
7.00 AM	Assemble at the Park's Operations Room, Panalaban - Safety briefing and inspection of equipment / requirements
7.30 AM	Breakfast
8.00 AM	Start ascending to Gurka Hut.
11.30 PM	Rest at Sayat-Sayat Check Point / Lunch.
12.00 PM	Continue ascending to Gurka Hut
2.00 PM	Climbers are expected to arrive at Gurka Hut - Rest - Ascend to Oyayubi Iwu Peak (3,975.92 m) - Observation on the scenery around Gurka Hut - Preparation for dinner / camp - REST

DAY THREE (3)

CLIMBING PROGRAM

TIME	ACTIVITY
7.00 AM	Breakfast
8.00 AM	Safety briefing for Multi Peaks climbing
8.30 AM	Climbers start ascending to Alexandra Peak (3,997.50 m).
11.00 AM	Climbers return to Gurka Hut.
12.00 PM	Lunch at Gurka Hut.
1.00 PM	Climbers start ascending to Victoria Peak.
4.00 PM	Climbers return to Gurka Hut
6.00 PM	Dinner and Rest

DAY FOUR (4)

CLIMBING PROGRAM

TIME	ACTIVITY
7.00 AM	Breakfast
7.30 AM	Safety briefing and prepare for descend to Timpohon Gate
8.00 AM	Climbers start moving to Panalaban.
11.30 AM	Climbers are expected to arrive at Panalaban and Lunch served
12.30 PM	Climbers descend to Timpohon Gate
4.00 PM	Climbers are expected to arrive at Timpohon Gate
5.00 PM	Climbers return to their respective destinations

