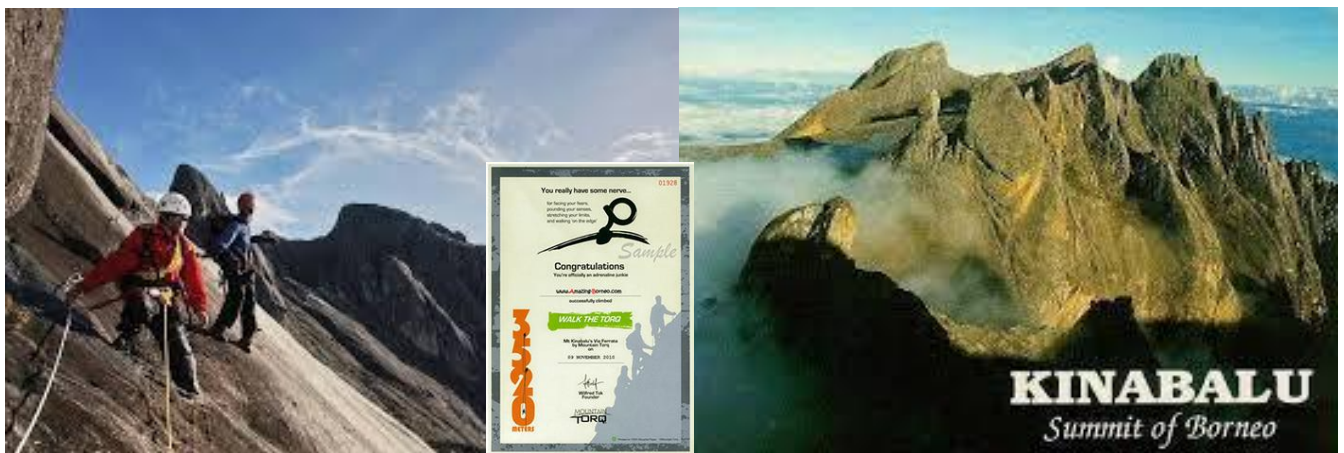




Date:

**GUEST INFORMATION**

Guest Name	
Contact Number	
Email	
Tour Date	
Group Size	
Nationality	
Flight Detail	
Tour code	MKVF43-M



**MOUNT KINABALU** is one on the highest mountain in South-East Asia on the island of Borneo located in State of Sabah East Malaysia. It is protected as Kinabalu Park, a World Heritage Site.

Elevation: 4,095m

First ascent: March 1851

First ascender: Hugh Low

Mountain range: Crocker Range

**WALK THE TORQ** is located on Mt Kinabalu at 3,521m a.s.l, 430m in length is designed for the beginner. It is a leisurely 2 – 3 hour route, and a shorter commitment than that of The Low's Peak Circuit.

Type of Tour	4D3N MOUNT KINABALU CLIMB (VIA FERRATA – WALK THE TORQ) – MALAYSIAN
Hiking Route	Timpohon Trail
Accommodation	1 night @ Fairy Garden Resort or similar outside Kinabalu Park 1 night @ Pendant Hut, Laban Rata 1 night @ Gaya Centre Hotel, Kota Kinabalu

pax in a group	1	2	3	4-6	7-9	10-12	13-15
RM/person	4,080	3,220	3,000	3,020	2,980	2,980	2,940

Package Price Ex-Kota Kinabalu valid until 31 Dec 2023

**Remark:** There is no deduction if participants choose not to partake in the Via Ferrata activity. Upgrade from Walk The Torq to Low's Peak Circuit ADD RM300 per person





**ITINERARY:**

Date	Itinerary
<b>Day 1</b>  (no meal)	<b>AIRPORT – KINABALU PARK</b> Our driver picked up from airport and drive 2 and half hour to Fairy Garden Resort or similar accommodation outside Kinabalu Park. Pre-Register at Sabah Park Office before check in Fairy Garden Resort. Dinner on your own. Fairy Garden has restaurant.
<b>Day 2</b>  (dinner)	<b>KOTA KINABALU – KINABALU PARK – LABAN RATA</b> Own breakfast and purchase packed lunch from restaurant. 7.15am Transfer to Kinabalu Park. Upon arrival at Kinabalu Park, report to Sabah Park office. 8.30am Meet mountain guide, transfer to Timpohon Gate. Safety briefing and commence 5 – 6 hours climb (6km) to Laban Rata. 3.00pm Arrive at Pendant Hut @ 3,289m and settle in. 4.00pm Attend the mandatory via ferrata familiarization in Pendant Hut and meet your Mountain Torq 5.30pm Dinner at Laban Rata Restaurant. 8.00pm Lights out
<b>Day 3</b>  (supper, breakfast)	<b>LABAN RATA – SUMMIT – KINABALU PARK – KOTA KINABALU</b> 1.30am Wake up and early morning supper at Pendant Hut 2.30am Start hiking up to the summit with your Sabah Parks' mountain guide. (The gate to summit is right in front of Pendant Hut) 5:40 am Catch the sunrise on Low's Peak 6:00 am Descend from Low's Peak to meet your Mountain Torq trainer 7:15 am Meet your via ferrata trainer at Sayat Sayat Hut @ 3,668m for your Walk the Torq via ferrata experience (introductory via ferrata, French grade PD) 9:30 am Return to Pendant Hut for a well earned breakfast 11:00 am Check out of Pendant Hut and descent to Timpohon Gate with your Sabah Parks' mountain guide 4:00 pm Arrive at Timpohon Gate. Head to the Park HQ to collect your successful certificates. Transfer to Kota Kinabalu and drop off at your hotel.  <b>***IMPORTANT NOTE***</b> 1. Transfer out from Park is between 4pm to 5pm. Climber(s) arriving Park early is/are required to wait till the transport has arrived as scheduled. 2. Transfer out from Park at/after 7pm, surcharge of RM100/vehical/way will be imposed. 3. Mountain guide overtime surcharge after 4pm at RM15/hour/guide shall be borne by climber
<b>Day 4</b>  (breakfast)	<b>DEPARTURE</b> Breakfast at hotel restaurant. Free at leisure till time transfer to airport. Hotel check out time at 12noon  End of the tour and thank you.





**Price inclusive:**

- Transfer: Kota Kinabalu - Kinabalu Park – Kota Kinabalu city
- Transfer: Park HQ – Timpohon Gate – Park HQ
- Airport transfer
- 1 night at Fairy Garden Resort or similar class
- 1 night at Laban Rata Pendant Hut
- 1 night at Gaya Centre Hotel, Kota Kinabalu
- Climbing Permit & insurance
- National Park Conservation Fee
- Mountain Guide
- Meals as per itinerary
- Climbing certificate
- Walk the Torq Via Ferrata activity with certificate for successful climber
- Torq trainer and climbing equipment
- Service charges
- Complementary guidance in physical training and climbing items' preparation

**Price exclusive:**

- Air Ticket
- Hotel before and after the climb
- Travelling Insurance
- Meals not stated in the itinerary
- Porter fees (RM16/kg/return Timpohon/Laban Rata/Park) – subject to change
- Walking stick
- Luggage storage fee (RM12/luggage at SSL storage room) – subject to change
- All personal bill
- Mountain Guide overtime surcharge
- Tipping for mountain guide, recommended RM50/guide

**LABAN RATA PENDANT HUT**

**FACILITIES:** washroom with heated shower, free flow of coffee and tea





## \*HEALTH NOTES\* FOR CLIMBING MOUNT KINABALU

**DO NOT CLIMB** if you have a history of suffering from the following ailments:

1. Heart Disease
2. Hypertension
3. Chronic Asthma
4. Peptic Ulcer
5. Severe Anemia
6. Diabetes
7. Epileptic Fits
8. Arthritis
9. Heart Palpitation
10. Hepatitis / Jaundice
11. Muscular Cramps
12. Obesity
13. Any other sickness that may be triggered by severe cold, exertion and high altitude

## IMPORTANT NOTES FOR CLIMBERS ON MOUNT KINABALU

1. Identify your Mountain Guide(s) who will display an identification card.
2. Travel together in your group and stay with the Mountain Guide(s) at all times.
3. Follow the instructions of your Mountain Guide(s)
4. Alert your Mountain Guide(s) if you face any difficulty
5. Display your climbing permit and show it to Park Officials at the check points at Timpohon Gate, Laban Rata and Sayat-sayat on your way up and down.
6. If for any reasons, you are separated from your group or the Mountain Guide(s), please follow the white rope that marks the Summit Trail. If visibility is very low or in the dark, please hold on to the rope and follow it. (There is a thick white rope leading all the way from the vegetation belt above Panar Laban to the Summit. Use this rope to help climbing up and prevent falling when walking down. **PLEASE FOLLOW** and **USE THE ROPE FOR YOUR OWN SAFETY**).
7. The weather on the summit area can deteriorate in a matter of minutes. Thick mist may reduce visibility to only 3 metres, and rainstorm and wind of up to 120 km/hr may occur at times. Please hold on to the **ROPE**, which will lead you to safety.
8. If you are separated from your Mountain Guide(s) and lose sight of the **ROPE, STOP IMMEDIATELY**, stay where you are and blow your whistle to attract attention. **PLEASE DO NOT TRY TO FIND YOUR WAY OUT. HELP** is definitely on the way. The Park Officials at Sayat - sayat Check Point will notice that you are missing.
9. While climbing to the summit, please make sure to carry with you the following:
  - Wear enough warm clothing (temperature can be freezing at times)
  - A torch light (to light your way during the pre-dawn climb and to signal for help when needed)
  - A rain coat (to protect you from rain and wind and it will slow down the loss of body heat)
  - A whistle (only to be used when is needed. The shorts blasts to attract attention, long continuous blasts for emergency and serious injuries)
  - Some energy food and water e.g. extra chocolate, glucose tablets, biscuits (for emergency use when you are waiting for help to arrive)







## IMPORTANT NOTES ON VIA FERATTA

### 1. NAME

All names submitted to organizer must be the exact match according to climbers Passport (International) or IC (Malaysian)

### 2. ADMINISTRATION FEE

An administration fee up to RM100/climber will be levied for changes and updates if the climbers detail are not received 14 days before arrival date.

### 3. VERIFICATION

Climbers are required to present personally at Mountain Torq office in Kinabalu Park with original passport or MY Card for verification during registration.

### 4. SAFETY BRIEFING

Climbers are required to attend the mandatory Via Ferrata safety briefing session at Pendant Hut between 3-4pm. Climbers will not be allowed on the Via Ferrata activity if they miss the briefing session. Any request for reimbursements will not be entertained.

### 5. PERMISSIBLE FOOT WEAR

Climbers are required to note that only suitable and permissible footwear is allowed during the Via Ferrata climb, i.e. proper hiking, trekking and running shoes WITH LACES as shown below.



The following footwear is not allowed.



### 6. RIGHT OF REFUSAL

Mountain Torq Sdn Bhd reserves the right to refuse climbers who do not comply with their rules and regulations. Please visit

<http://www.mountaintorq.com/terms-conditions/> for more details.





### IMPORTANT NOTES FOR CLIMBERS ON MOUNT KINABALU

01.	Identify your Mountain Guide(s) who will display an identification card.
02.	Travel together in your group and stay with the Mountain Guide(s) at all times.
03.	Follow the instructions of your Mountain Guide(s)
04.	Alert your Mountain Guide(s) if you face any difficulty.
05.	Display your climbing permit and show it to Park Officials at the check points at Timpohon Gate, Laban Rata and Sayat-sayat on your way up and down.
06.	If for any reasons, you are separated from your group or the Mountain Guide(s), please follow the white rope that marks the Summit Trail. If visibility is very low or in the dark, please hold on to the rope and follow it. (There is a thick white rope leading all the way from the vegetation belt above Panar Laban to the Summit. Use this rope to help climbing up and prevent falling when walking down. <b>PLEASE FOLLOW and USE THE ROPE FOR YOUR OWN SAFETY</b> ).
07.	The weather on the summit area can deteriorate in a matter of minutes. Thick mist may reduce visibility to only 3 metres, and rainstorm and wind of up to 120 km/hr may occur at times. Please hold on to the <b>ROPE</b> , which will lead you to safety.
08.	If you are separated from your Mountain Guide(s) and lose sight of the <b>ROPE, STOP IMMEDIATELY</b> , stay where you are and blow your whistle to attract attention. <b>PLEASE DO NOT TRY TO FIND YOUR WAY OUT. HELP</b> is definitely on the way. The Park Officials at Sayat - sayat Check Point will notice that you are missing.
09.	While climbing to the Summit, please make sure to carry with you the followings:- <b>A)</b> Wear enough warm clothing (temperature can be freezing at times) <b>B)</b> A torch light (to light your way during the pre-dawn climb and to signal for help when needed) <b>C)</b> A rain coat (to protect you from rain and wind, and it will slow down the loss of body heat) <b>D)</b> A whistle (only to be used when is needed. The shorts blasts to attract attention, long continuous blasts for emergency and serious injuries) <b>E)</b> Some energy food and water, e.g. extra chocolate, glucose, tablets, biscuits (for emergency-use when you are waiting for help to arrive)





**GREEN TREKKERS SDN BHD** (1014407-A) (KPK/LN7036)

GST Registration Number: 0013-7673-1136

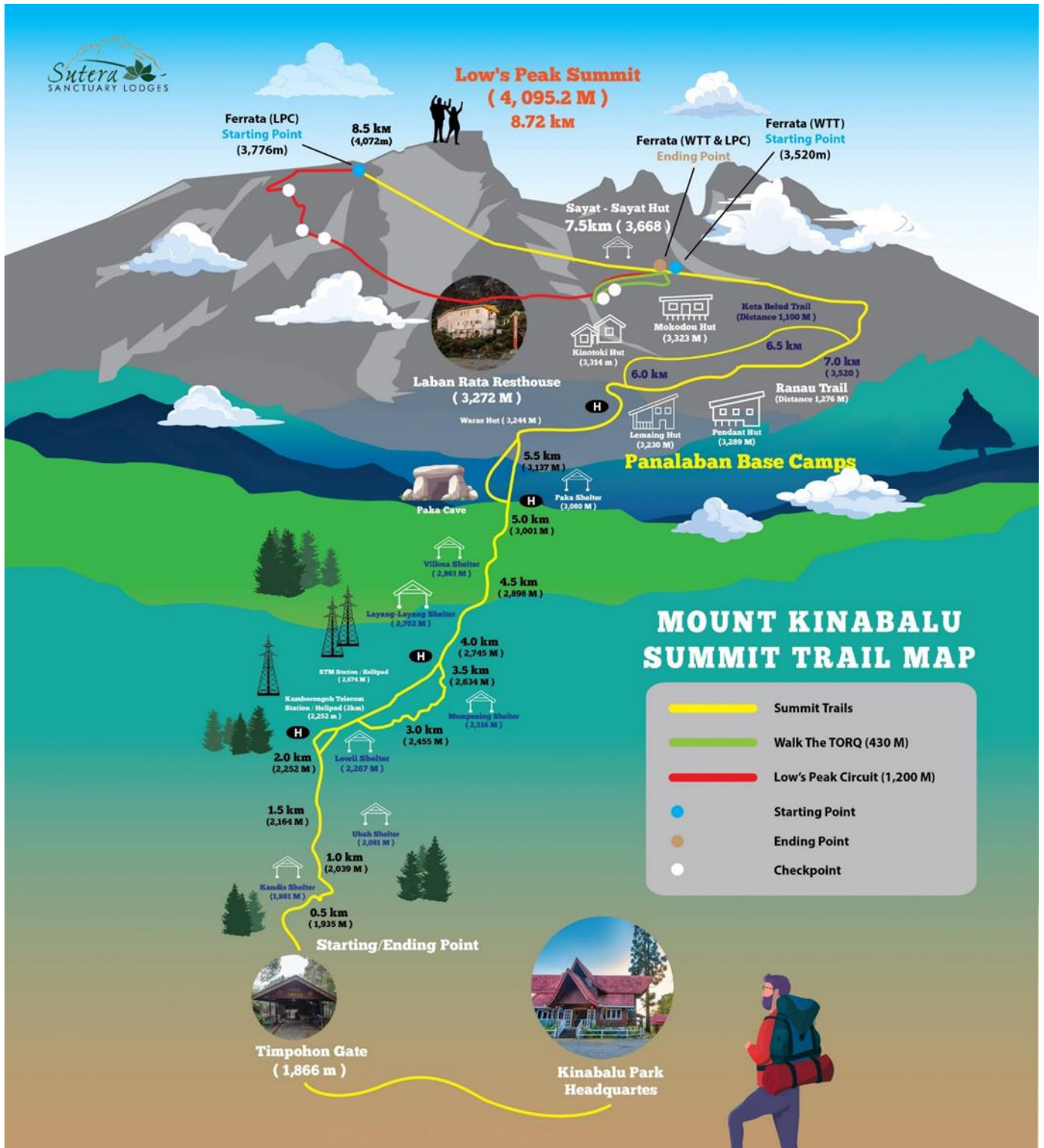
Suite 13A-06, Avenue Crest, No. 2A, Jalan Jubli Perak 22/1,

Seksyen 22, 40300 Shah Alam, Selangor, Malaysia

Tel: +60 3 5569 7371

Mobile: +60 16 2898 260 / +60 13 3365 628

Website: [www.greentrekkers.my](http://www.greentrekkers.my) Email: [info@greentrekkers.my](mailto:info@greentrekkers.my)



[www.facebook.com/greentrekkers](http://www.facebook.com/greentrekkers)



## TERMS AND CONDITIONS

### DOCUMENT FOR BOOKING:

Malaysian Climbers are required to submit the scanned IC (front and back on 1 page) and International climbers required the scanned passport including date of birth, gender and nationality to Green Trekkers Sdn. Bhd. for booking.

### PAYMENT TERMS:

- 1) Deposit **RM2,000** per climber is required within FIVE (5) working days from the date of confirmed booking to secure the booking
- 2) Deposits is non-refundable and non-transferable, in whole or in part
- 3) Deposits paid **CANNOT** be brought forward and/or used for future bookings
- 4) Balance payment **MUST** be received at least thirty (30) working days prior to arrival. Failure to pay by the stipulated time will result in cancellation of tour arrangements without prior notice. Should guest need more time to remit the payment, written notice by email to [info@greentrekkers.my](mailto:info@greentrekkers.my) must be given 30 days prior to arrival.
- 5) For confirmed booking less than sixty (60) days prior to arrival, 100% payment must be received within Five (05) working days to avoid the booking being cancelled by the provider automatically

### PAYMENT METHOD – LOCAL BANK TRANSFER

Payment payable to:

GREEN TREKKERS SDN. BHD.

Maybank (Kota Kemuning, Shah Alam)

A/C no.: 5127-8105-7364

Swift Code: MBBEMYKL

Bank address: No. 9 & 11, Jalan Anggerik Vanilla N31/N,

Kota Kemuning, 40460 Shah Alam, Selangor

Please email the proof of transaction to [info@greentrekkers.my](mailto:info@greentrekkers.my) and the official receipt will be issued.

### REPLACEMENT OF CLIMBERS / REDUCTION OF GROUP SIZE

- Replacement of climber(s) is allowed with cancellation fee of RM157/person imposed.
- Replacement of climber(s) must be finalized at least 30 days before departure date.
- Reduction of climber(s) also means that the tour cost may increase due to cost sharing of vehicle and mountain guide. Please refer to the price table for pricing of different group size.

### CANCELLATION POLICY

Deposit is strictly non refundable and CANNOT be used for replacement of new participant or brought forward for future bookings

Cancellation more than 30 days from the date of departure, the balance payment is waived.

Cancellation less than 30 days or no show for the tour, 100% of the payment will be forfeited.

Participant who cancelled the trip and return again will be subject to RM100 processing fee.

### GUEST DETAILS

Confirmed guest details like full name and copy of passport (for international) or IC (for Malaysian) shall submit to Green Trekkers 21 days before arrival. If the details are not received, an administrative fee of up to RM100 per climber will be levied for changes and updates.







**GREEN TREKKERS SDN BHD** (1014407-A) (KPK/LN7036)

GST Registration Number: 0013-7673-1136

Suite 13A-06, Avenue Crest, No. 2A, Jalan Jubli Perak 22/1,

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### **FORCE MAJEURE**

In the event of any causes beyond the Company's control including, but not limited to, acts of God, change of laws, war, civil unrest, fire, flood, earthquake or explosion, acts of terrorism, deposit paid shall be used to replace an alternative tour within the Company's range of travel products.

### **AMENDMENTS**

Any amendments to travelling date, replacement of climber and other components of the package made after deposit payment or within 60 days prior to arrival date is subject to RM100 amendment fee per amendment.

### **TRANSPORT SUR-CHARGE**

**RM100/vehicle/way** from airport/Kota Kinabalu to Kinabalu Park or depart from Kinabalu Park to Kota Kinabalu/airport after 1900 hr.

**RM50/vehicle/way** for transfer from city to airport or airport to city before 0600hr or after 2200hr

### **SURCHARGE FOR MOUNTAIN GUIDES**

Effective 29<sup>th</sup> May 2015, there will be a surcharge of RM15.00 per hour imposed for guide services extended after 4.00 pm on a normal climb to the summit of Low's Peak and to be paid directly to the mountain guide in case of extended climbing hours.

### **HOTEL ROOM BOOKINGS**

No hotel reservation is made during the time of quotation until a deposit is received. The operator reserves the right to amend the accommodation to a similar class without prior notice.

### **INDEMNITY:**

Participants are not covered by Travelling Insurance. In the event of accident, injury or death arising during the period of tour, Green Trekkers Sdn. Bhd. is indemnified and waived against all claims. However, climbers are covered by climbing insurance under Sabah Park. We recommend you to buy personal travelling insurance.

