





## 5 Days 4 Nights Mount Kinabalu Trekking & Manukan Island

(Valid from 01/04/07 to 31/03/08)

<p>Day 1</p> 	<p>Arrive at Kota Kinabalu International Airport and greeted by our friendly representative. Soon after that, transfer from Airport with an easy 2 hours scenic drive to Kinabalu Park. This place is a popular gateway from the hustle and bustle of the city to enjoy the cool and invigorating air. During visit at Kinabalu park, you will be provided with set lunch at a local restaurant whereas you will have your steamboat or set dinner at the Zen's restaurant. Finally, overnight and accommodation at Zen Garden Mt. Resort (L/D)</p>
<p>Day 2</p> 	<p>Enjoy your breakfast at resort and prepare for journey to Park Headquarter. Register and take a transport to Power Station Road where the climb begins. All climbers have to walk for 4 ½ km up to Timpohon Gate at 1,866.40 meters where the Summit Trail starts. Not far from here, you could refresh yourself at the Carson's Fall. The main journey takes approximately 4 to 5 hours climb. Conquering Mt. Kinabalu does not require mountain-climbing skills, but with just basic fitness. You will be serving with pack lunch during interval for the climb. After completed task, check in to rest house (dormitory type with bunk beds) followed by dinner at Laban Rata Restaurant. Spend a night at the rest house. (B/L/D)</p>
<p>Day 3</p> 	<p>After a night of rest, take off again at 3:00a.m for a 3-hours track. Worry not as there are ladders, hand railings and ropes to help you over the steeper parts. After that, you will arrive at the final destination. That is the Low's peak; the summit of Borneo at the height of 4,095.2 meters high. As you wait in the cold, dawn gradually creeps over the horizon, illuminating the darkness with the light of a new day. Watching sunrise at the top has been described by travelers everywhere as a life-enriching experience. Not only that, you can almost see all of Sabah spread out below. From this vantage point, you will also see a dramatic drop more than 1,000 m drop – Low's Gully. A chasm stretching 16 km in length, it separates the summit plateau into the western and the eastern plateau. For your information, other peaks are Victoria's peal, Donkey Ears Peak, and St.John's Peak at the western plateau whereas on the eastern plateau, you will find the King Edward Peak, Mesilau Peak, and King George Peak. Descending back to the rest house before 10:00a.m as the cloud usually begin to form around this time. The clouds could obstruct visibility. Have your breakfast at Laban Rata Resthouse before descend to Power Station and transfer to Park Headquarters to obtain your certificate. Have your lunch at the park's restaurant before transferring back to Kota Kinabalu town. Check in at a local hotel and enjoy your dinner with spending a night at the hotel. (B/L/D)</p>
<p>Day 4</p> 	<p>Enjoy your American breakfast at hotel for taking off for Full Day Manukan Island Excursion. Proceed for just 15 minutes away by boat from Kota Kinabalu town to explore and enjoy the beach of the day. You could have an undisturbed swim with the beautiful fishes or you could just laze on the quiet beach consists of pure white sand under bright and blue tropical skies. Have your lunch at the Island Restaurant before returning to hotel in the late afternoon. Have your dinner at a local restaurant before stay overnight at the hotel. (B/L/D)</p>
<p>Day 5</p>	<p>Begin your day with American Breakfast at hotel and free &amp; easy until transfer to airport for departure flight. (B)</p>



**GREAT LEAP TOURS SDN BHD (KKKP 3993)**  
 Lot 11599, 2<sup>nd</sup> Floor, RH plaza, Blk 16,  
 K.C.L.D, Jalan Lapangan Terbang,  
 93250, Kuching, Sarawak, Malaysia.  
 Tel: 6082-457181 Fax: 6082-459181  
 Email: [grrtours@streamyx.com](mailto:grrtours@streamyx.com)



<b>Tour Includes</b>	<b>Tour Excludes</b>	<b>Requirements for the trips</b>
<ul style="list-style-type: none"> <li>★ 1 night accommodation at Zen Garden Mt. Resort</li> <li>★ 1 night accommodation at Laban Rata Resthouse</li> <li>★ 2 nights at Hotel to choose (Please refer attachment)</li> <li>★ Meals as quoted in package</li> <li>★ Entrance Fees to Kinabalu park, ferry, terminal, Manukan Island</li> <li>★ Climbing Insurance</li> <li>★ Mt. Guide</li> <li>★ All transfers and tours as quoted in package</li> </ul>	<ul style="list-style-type: none"> <li>-Airfares</li> <li>-Climbing permit</li> <li>-Certificate</li> <li>-Travel Insurance</li> </ul>	Personal items, insect repellent, suntan lotion, shoes with good grip, warm clothing (wind and water-proof clothes). A drinking bottle, high energy food, gloves, hat, good torchlight, a complete set of dry clothes, a second pair of shoes or a pair of sandals, headache tablets, paper tissues, a couple of plastic bags, some plasters for cuts or blisters and first aid kit.