

ROYAL RANGERS KINABALU ADVENTURE 2010

(Sept 6, 2010 to Sept 10, 2010)



The Royal Rangers event of the year!! It has been 3 years since our last trip to scale Mount Kinabalu, one of the highest mountains in South East Asia. This year, exclusively for the Royal Rangers and their family, on the books is an adventure of a lifetime – activities include climb Mt Kinabalu (via Mersilau), experience of the “via ferrata” and white water rafting .

Plan to come for this Royal Rangers and family adventure!

MOUNT KINABALU

Kinabalu Park is home to an incredibly diverse range of flora and fauna. Situated in Sabah, the park covers an area of 754 sq. km. Towering 4,095.2 meters (13,432 ft) above the tropical jungles, Mount Kinabalu is the majestic center piece of Kinabalu Park and is also one of the highest mountain in Southeast Asia. The first recorded ascent was made in 1851 by Sir Hugh Low. Today, the allure of this awe inspiring mountain and its great heights act like a powerful magnet and challenge which attract eager climbers from all corners of the world. Mount Kinabalu is one of the easiest mountains in the world to climb. No special skills or equipment are needed and each year, thousands of visitors climb to the summit of Mount Kinabalu's Low's Peak. Ascent to the summit is from two starting points i.e from Timpohan or Mersilau. The Mersilau route although longer, is the more scenic route.

VIA FERRATA



Records as the world's highest Via Ferrata. Mountain Torq Via Ferrata starts at Mount Kinabalu Panar Laban Rock Face (approx. 3,300 meters) and reaches its highest point at 3,800 meters. The Via Ferrata provides you access to scenic parts of the mountains that are typically available only to rock climbers and mountaineers.

PADAS WHITE WATER RAFTING

Padas River is situated in the interior of south western part of Kota Kinabalu that is only accessible by train (used since the late 19th century in Borneo). The adrenaline rush excursion covers a distance of 12km of this rather muddy 200 km river that holds 7 exciting and tough rapids! These rapids carries amusing names such as Merry-Go-Round Rapid, Break Point Rapid, Scooby Doo Rapid, Cobra Rapid, Curve Rapid, Lambada Rapid and Head Hunter Rapid. Each rapid will give you the feel of the motion as what the name means.



Itinerary

Day 1 Monday - KLIA to Kota Kinabalu. Overnight in KK to rise early for White water rafting the next day.

Day 2 Tuesday - Early morning pick-up and drive/train ride to Tenom_Pangie Village starting point for an exciting Padas white water rafting experience.

Day 3 Wednesday - Ascend Mount Kinabalu from starting point at Mersilau (2,000m). The walk up to Laban Rata (3,273m) takes about 8 1/2 hours. Overnight at Laban Rata.

Day 4 Thursday - Ascend to Low's Peak (4,095.2m). The climb up is about 3 hours. Arrive at summit in time for sunrise.

Day 5, Friday - Transfer to Kota Kinabalu for departure to KLIA.

GENERAL INFORMATION

Dates:

Depart Kuala Lumpur on Monday **September 6, 2010** and return on Friday **September 10, 2010**

Registration:

Registration is open to Royal Rangers and their families only (Calvarites).

To qualify for this expedition, Royal Rangers must be an active member of the Adventure/Expedition Rangers and have completed at least one advancement.

All Participants must pass the pre-requisite physical and medical examinations prior to the trip and are required to complete and submit their medical certification form.

Minimum age: 12 years

Early bird registration fee (on/before MAY 2, 2010):

Basic package (climbing Mount Kinabalu): RM1,330.00
Basic & rafting: RM1,580.00
Basic & ferrata: RM1,680.00
Full package – climbing, ferrata and white water rafting: RM1,880.00

Registrations **after MAY 2, 2010:** * [IMPORTANT: **Please note that the below rates (after closing of early bird registration) are subject to change due to airfare price fluctuations and any difference from present rate will have to be borne by participant.**]

Basic package (climbing Mount Kinabalu): RM1,530.00
Basic & rafting: RM1,780.00
Basic & ferrata: RM1,880.00
Full package – climbing, ferrata and white water rafting: RM2,080.00

Fee includes airfare, transportation, accommodation, insurance, permits, climbing and guides fees and 6 meals. You are responsible for other food, porter fees and personal expenses during the trip.

A deposit of RM600 is required upon registration.

Deposit is non-refundable but transferable. Balance fee is to be paid not later than August 1, 2010. Any refunds will be net of all penalty and transfer of registration costs.

BRIEFING DATE: MAY 2, 2010 @ 4.30pm at Education Block

Health Tips:

If you have a history of suffering from the following ailments, it is highly recommended that you should refrain from climbing: Hypertension, 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 climber. Participants should be in good physical condition and are responsible for reviewing their physical level for this climb.

The Royal Rangers will be organising training hikes in the coming months to prepare participants for the climb.

For more information visit: www.calvary.org.my or call 77286000 x 323