



**END POLIO**  
**TRANS-SABAH WALK AND CLIMB**  
 SANDAKAN - MT. KINABALU - KOTA KINABALU  
 7th - 18th November 2011

**FINAL ITINERARY (as at 14th Nov 2011)**

**NOV 07, 2011 MONDAY**

		<b>Sandakan to Checkpoint Lodge</b>	
<b>0.0</b>	<b>0.0</b>	<b>Depart King Park Hotel</b>	<b>2.00</b>
	0.2	Jln Utara - circus (Clock tower) 11-oclock to KK	
	0.5	Circus ( Crocodile ) 9-oclock to KK	
	2.0	Junction 12-oclock	3.00
		Circus (Orangutan) 12-oclock to KK	
	6.5	Esso / Shell	
		Circus (I luv Sandakan) 12-oclock	
	10.2	Esso / kopitiam ( Sg. Cheng Ho )	4.00
	12.9	Sepiluk Circus 12-oclock	
	15.9	Foodcourt	5.30
	18.0	Kopitiam	6.00
	21.3	Foodcourt	
	13.0	Hilly - oil palms ( no - nothing )	7.00
	31.8	Kopitiam	8.00
	35.3	Catholic Retreat Centre	9.00
<b>41.1</b>	<b>41.1</b>	<b>JS Resort at Checkpoint</b>	<b>10.00</b>

**NOV 08, 2011 TUESDAY**

<b>41.1</b>	<b>0.0</b>	<b>Depart Checkpoint</b>	<b>2.00</b>
		Roadworks ( walk Left )	
		oil-palms n hilly	
	5.5	Jtn to Beluran ( keep straight to KK )	3.15
		Forest - hilly - no nothing !	
	17.2	Kopi - stall	6.00
		oil-palms n hilly - no nothing !	
<b>79.1</b>	<b>38.0</b>	<b>Oil-palm entry road ( 39km m-stone)</b>	<b>10.00</b>
		<b>Transfer forward to Telupid - City Hotel</b>	

**NOV 09, 2011 WEDNESDAY**

<b>79.1</b>	<b>0.0</b>	<b>Transfer back to Oil-palm entry road</b>	<b>2.00</b>
	<b>0.0</b>	<b>Start walk back to Telupid City Hotel</b>	<b>2.30</b>
	10.2	Mart / shops	4.00
		hilly - no nothing	
	15.4	Kopi-stall	5.00
	30.0	Kopi-stall	8.00
	31.0	Kopi-stall	
	35.4	Gembaren village	9.00
	36.4	Kopi-stall	
<b>116.1</b>	<b>37.0</b>	<b>Telupid - Telupid City Hotel</b>	<b>10.00</b>



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**NOV 10, 2011 THURSDAY**

<b>116.1</b>	<b>0.0</b>	<b>Depart Telupid City Hotel</b>	<b>2.00</b>
		serious HILLY ! No-nothing	
	3.8	Restaurant	3.00
	14.5	Kopi-stall / restaurant	6.00
		serious nothing !! UP n down !	
<b>160.6</b>	<b>44.5</b>	<b>Bridge at Tampias</b>	<b>11.00</b>
		<b>(Transfer forward to Sabah Tea Gardens )</b>	

**NOV 11, 2011 FRIDAY**

<b>160.6</b>		<b>Transfer back from Tea Gardens to Bridge</b>	<b>2.00</b>
	<b>0.0</b>	<b>Depart from Bridge@Tampias</b>	<b>3.00</b>
	10.0	Big School	5.00
		No nothing - very serious hillclimb !!	
	32.6	Kopitiam - phew !!	10.00
<b>193.6</b>	<b>33.0</b>	<b>Sabah Tea Gardens</b>	<b>10.30</b>

**NOV 12, 2011 SATURDAY**

<b>193.6</b>	<b>0.0</b>	<b>Depart Sabah Tea Gardens</b>	<b>2.00</b>
	12.5	Poring Hot Springs turn-off	4.00
	13.7	Convenience store	
	14.6	Kopi stall	5.00
	15.6	G-mart / Stores	
	18.0	Ranau roundabout / Shell / Esso	
	19.0	Petronas	6.00
		wah-lau !! Hill-climb !!	
	22.5	Kopitiam - downhill	7.00
	27.7	Vanilla shop	8.00
	31.5	Pine Resort / kopi-stall	9.00
	32.0	Kundasang roadside stalls	
		serious Hill-climb ahead !!	
<b>230.1</b>	<b>36.5</b>	<b>Fairy Garden Resort</b>	<b>11.00</b>
		<b>Register at Park HQ for Climb</b>	

**NOV 13, 2011 SUNDAY**

<b>230.1</b>	<b>0.0</b>	<b>Depart Fairy Garden Resort</b>	<b>2.00</b>
	1.7	Mt K entrance road	
	8.1	Bamboo Café	3.30
	10.6	Kopi-stall	4.00
	10.8	Stalls	
	14.4	Nabalu - kopi-stalls	5.30
	16.9	Stalls	
	26.3	Belud junction	
<b>265.3</b>	<b>35.2</b>	<b>Shops</b>	<b>9.30</b>
		<b>Transfer back to Fairy Garden</b>	



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**NOV 14, 2011 MONDAY**

		<b>Report at Park HQ for climb</b>	<b>7.00</b>
<b>265.3</b>	0.0	Transport to Tampohon Gate	8.00
<b>271.3</b>	<b>6.0</b>	<b>Climb to Labah Rata</b>	<b>15.00</b>

**NOV 15, 2011 TUESDAY**

<b>271.3</b>	<b>0.0</b>	<b>Start ascend to Summit</b>	<b>1.30</b>
	<b>2.7</b>	<b>At Summit</b>	6.00
	5.4	Descend to Laban Rata for short rest	7.30
		Leave Laban Rata	12.00
<b>282.7</b>	<b>11.4</b>	<b>Arrive Tampohon Gate</b>	<b>18.00</b>
		Transport to Fairy Garden - phew !!	

**NOV 16, 2011 WEDNESDAY - REST DAY !!**

**NOV 17, 2011 THURSDAY**

		<b>Depart Fairy Garden Resort</b>	<b>2.00</b>
		<b>(Transfer back to Shops@ 9km past Belud jtn)</b>	
<b>282.7</b>	<b>0.0</b>	Shops	<b>2.30</b>
	5.1	Kopitiam	4.00
	17.1	Tampuli roundabout	4.30
	<b>17.9</b>	<b>Town / Suspension Bridge</b>	<b>6.00</b>
		pix - taking	
	19.8	Junction - head to Tuaran - divided road walk LEFT-side	7.30
	23.6	Petronas	
	24.1	Roundabout - to Tauran - 2-way road	8.30
	24.3	Shell	
<b>307.9</b>	<b>25.2</b>	<b>Tang Dynasty Lodge</b>	<b>9.30</b>



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**NOV 18, 2011 FRIDAY**

<b>307.9</b>	<b>0.0</b>	<b>Depart Tang Dynasty Lodge</b>	<b>2.00</b>
	0.7	Junction to Tauran	
	6.4	Shell	3.00
	7.2	Shell	
	10.5	Circus - 12 o'clock to KK	4.30
	11.9	Petronas	
	12.9	Junction to Industrial Park - head straight to KK	
	<b>21.3</b>	<b>Junction - turn RIGHT to Penampang</b>	<b>6.00</b>
	<b>22.4</b>	Junction - turn RIGHT to Bander	
	22.5	Circus - straight	
	23.0	Circus - Likas Mosque - LEFT to KK	
	<b>24.0</b>	<b>* Likas Sports Complex</b>	<b>7.30</b>
	24.5	Circus - straight to KK	
	26.8	Circus - RIGHT to Jesselton Point	
	<b>27.2</b>	<b>* Jesselton Point - Media event</b>	<b>8.30</b>
<b>339.1</b>	<b>31.2</b>	<b>Conference Hotel - Sutera Harbour</b>	<b>10.00</b>
		<b>DONE !!</b>	

**Note \* Gathering points for mass participation  
 Media event at Jesselton Point**