

11.6.2009

Betreff: THE plan

Oh my good...just made this decision and I am almost freaking out:

Next tuesday/wednesday I will climb Mt Kinabalu...but not the normal way...of course Carmen has to do it different: I will climb the world's highest and Asia's first via ferrata...

www.mountaintorq.com

This is the shedule:

tuesday

06:30 pick up at the lodge in KK

08:00 meet mountain guide at park headquarter at **1500m**

08:30 set off and up Mt Kinabalu

15:00 arrive, check into Pendant hut at **3250m** and meet Mt torq trainer

15:30 via ferrata familiarization

18:00 dinner

wednesday

01:30 wake up for breakfast and pack up

02:00 hike up to Low's peak at **4095m**

05:30 summit low's peak and catch the sunrise

05:45 decent low's peak

06:30 low's peak circuit - world's highest ferrata (7.5km)

10:00 arrive and check out at pendan hut

11:00 decent to kinabalu park headquarter for transport pick up

16:00 transport pick up to KK

The next few days (and probably the days after) I will do NOTHING but sleeping, massages, sleeping and praying!!!!

Wish me luck!

Carmen