

It was gazetted to preserve this valuable natural environment. The mountains have a fascinating geological history, taking 'just' a million years to form. The mighty Mount Kinabalu is actually a granite massif that was later thrust upwards through the crust of the surface.

Subsequent erosion removed thousands of feet of the overlying sand and mud stone, exposing this massif. During the Ice Age, glaciers running across the summit smoothed it out, but the jagged peaks that stood out above the ice surface remained unaffected, retaining the extremely ragged surfaces. This rugged mountain is the focal point of the National Park.

#### KEY TIPS

If you plan to climb the mountain, be sure to bring a head torch for the early morning climb to the summit which starts in utter darkness and cold weather gear. The summit temperatures have been known to dip to below freezing! Climbing Mt Kinabalu is a different experience for each person, but what makes most people succeed above all, is perseverance.

#### HOW TO GET THERE

##### By Taxi

Car rentals can be arranged through major hotels in Kota Kinabalu. Taxis go to Park HQ at Ranau and take a maximum of four passengers. You can negotiate for the taxi to pick you up from Park HQ for your return if you hire the whole taxi.

##### By Bus

All express and minibuses between Kota Kinabalu and Ranau or Sandakan pass the park turn-off, from where it is just 100m to the Park HQ.

#### WHO TO CONTACT

For more information about Kinabalu Park, kindly contact their office at (+6088) - 211 881 or (+6088) - 212 719. You could also visit their website at <http://www.sabahparks.org.my> Tourism Malaysia Sabah also could provide some information about this place by contacting them at (+6088) - 248 698 / 211 732 / 447075

#### ACCOMMODATION OVERVIEW

Accommodation at Kinabalu Park range from hostels to resorts.

# KINABALU PARK

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## WHERE TO STAY

Winner Hotel  
Phone: 60 088 243222  
Fax: 60 088 217345

Hotel Deleton  
Phone: 60 088 252222  
Fax: 60 088 267999

Best Western Kinabalu Daya Hotel  
Phone: 60 088 240000  
Fax: 60 088 263909

The Palace Hotel  
Phone: 60 088 211911  
Fax: 60 088 211600

Hotel Shangri-La  
Phone: 60 088 212800  
Fax: 60 088 212078

Likas Square Business Suites  
Phone: 60 088 252233  
Fax: 60 088 251122

Tang Dynasty Hotel  
Phone: 60 088 263389 /  
251155  
Fax: 60 088 263989 / 265566

Beverly Hotel  
Phone: 60 088 258998  
Fax: 60 088 258778

Promenade Hotel  
Phone: 60 088 265555  
Fax: 60 088 246666 / 253980

Hyatt Regency Kinabalu  
Phone: 60 088 221234  
Fax: 60 088 225972

Le Meridien Kota Kinabalu  
Phone: 60 088 322222  
Fax: 60 088 322223

Nexus Resort Karambunai  
Phone: 6 088 411222 / 411030  
Fax: 6 088 411020 / 412028

Shangri-La Tanjung Aru  
Resort  
Phone: 60 088 225800 / 41800  
/ 293306 (Reserv)  
Fax: 60 088 244871 / 217155

Sutera Harbour Resort -  
Magellan Sutera  
Phone: 6 088 318 888  
Fax: 6 088 317 777

Sutera Harbour Resort  
- Pacific Sutera  
Phone: 6 088 318888  
Fax: 6 088 317777

Imperial International Hotel  
Kota Kinabalu  
Phone: 6 088 522888 / 447200  
Fax: 6 088 522999 / 442300  
Email: [www.imperialkk.com](http://www.imperialkk.com)

Imperial Boutec Hotel  
Kota Kinabalu  
Phone: 6 088 525969  
Fax: 6 088 525968

Gayana Eco Resort  
Phone: 6 088 380390  
Fax: 6 088 381390  
[www.gayana-eco-resort.com](http://www.gayana-eco-resort.com)