

A CLIMB OF HOPE

MOUNT KINABALU



SHELTER CLIMB FOR CHARITY IS BACK!

Shelter is once again inviting all enthusiasts to get their climbing gear ready for the annual Mount Kinabalu Charity Climb from 13 to 16 July 2011.

All it takes is your passion and determination to conquer Mount Kinabalu and raise RM2,000 in the process.

Children need protection, education and health-care. According to the UNICEF website (www.unicef.org/malaysia), there were a total of 2,236 cases of child abuse, molestation and rape reported to the Royal Malaysian Police in 2005. These statistics increased tremendously to 9,575 cases in 2010. This jump of approximately 328% in just a short span of 5 years is a cry for help that needs attention immediately.

The increase in child abuse cases is not something which can be swept under the carpet. Child abuse directly violates UNICEF's Convention on the Rights of the Child that promotes and protects children's rights to develop their full potential free from hunger, neglect and abuse.

The question is who is responsible for protecting the rights of children?

Be counted in and express support to end child abuse and neglect

Yes! You can make a difference in the lives of these children. We invite you to take up this 'mountain of a challenge' and touch a life today. **Each breath-taking step you take** up the mountain will mean **a breath of hope and a breath of life** for an abused child.

Our target for this year is RM100,000. All funds raised from this charity climb will be channeled towards providing children with protection, education and health-care.

Those interested in joining this cause are required to submit their registration details with the payment before 29 May 2011.

Participating climbers must bear the minimum cost of the trip which only covers the return flight ticket, airport taxes, airport transfers, accommodation, meals, entrance fees to Mt. Kinabalu, side trips to Poring Hotsprings, Canopy Walk and insurance. However, since the goal of this event is to raise RM100,000 for the home, participants are strongly encouraged to support our efforts by reaching out to their network of family, friends and well-wishers to raise RM2,000 each. Except for the registration fee, all other donations raised are tax-exempted.



ABOUT SHELTER

Shelter was set-up in June 1981 as a registered welfare organisation for children. Today Shelter has 3 homes for children and teenagers from 4 to 18 years of age.

- **Shelter Home 1: Home for Children (4 to 12 years old)**
- **Shelter Home 2: Home for Teenage Girls (13 to 18 years old)**
- **Shelter Home 3: Home for Teenage Boys (13 to 18 years old)**

Shelter also provides other key services such as Family Services (family counseling and training), Community Services (food and financial aid for families in difficulties), School for Refugee Children (joint venture with United Nations High Commissioner for Refugees, UNHCR), Drop Zone (a safe "hang-out" environment for youths) and Resource Services such as free legal aid, public awareness and talks on Child Abuse and protection/welfare issues.



Shelter Home for Children

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MOUNT KINABALU CLIMBING AND PORING ADVENTURE 4 Days 3 Nights

Date: 13 - 16 July 2011 • Open to 30 Adults Only

Itinerary:

DAY 01 • AIRPORT / NATIONAL PARK

Meet and greet upon arrival at Kota Kinabalu International Airport. Transfer to National Park. Transfer to Kinabalu Park traversing the Crocker Range with panoramic view of the surrounding hills; the focal point of which is Mt Kinabalu. Check in and overnight at the park. Meals included: Lunch & Dinner

DAY 02 • KOTA KINABALU / MT CLIMB / LABAN RATA

0830hrs: Meet your guide at Park HQ after breakfast. Thereafter you will be transferred to Timpohon Gate (1,829m) where you will begin your climb. Packed lunch is provided. Dinner at Laban Rata Restaurant. Overnight at the Mountain Lodge. Meals included: Breakfast, Packed Lunch, Dinner

DAY 03 • LABAN RATA - LOW'S PEAK - KOTA KINABALU

0230hrs: Continue your conquest to the summit of Mt Kinabalu (4,095.2m). Your summit destination is Low's Peak (4095.2m), where you will be treated to a spectacular view of the distant horizon as far as the eye can see (weather permitting).

Breakfast at Laban Rata Resthouse and descend to Timpohon Gate.

1300hrs: Pick-up from Timpohon Gate and transfer to Park Registration Office, where you can get a certificate for RM10 if you have successfully conquered Mt Kinabalu.

Lunch at Park Restaurant.

1600hrs: Overland transfer to Poring Hot Spring for check-in.

Overnight in **PORING** Hot Spring.

Meals included: Breakfast, Lunch, Dinner

DAY 04 • DEPARTURE

Free at leisure or you may climb up to the canopy walkway before your airport transfer pick-up.

1300hrs: Pick-up from the Park, proceed to town for lunch and shopping before drop-off at airport for flight back to KL.

Meals included: Breakfast only

Registration fee: Malaysian Climbers – Hostel MYR 2,060 per Adult per Package

Registration fee: Non-Malaysian Climbers – Hostel MYR 2,130 per Adult per Package

Registration fee: Malaysian Climbers – Lodge MYR 2,410 per Adult per Package

Registration fee: Non-Malaysian Climbers – Lodge MYR 2,480 per Adult per Package

NOTE: APART FROM THE REGISTRATION FEE, ALL CLIMBERS ARE TO RAISE RM2,000 EACH.

REGISTRATION FEE INCLUDES:

- Air Ticket and Airport Taxes
- 1 night stay at Kinabalu Park based on Dormitory Style
- 1 night stay at mid-mountain based on Dormitory Style
- 1 night stay at Poring Hot Spring based on Dormitory Style
- Return Airport Transfer / Land Transfer
- English Speaking Guide & Mountain Guide
- Meals as stated above
- Entrance Fee at Kinabalu Park, Poring Hot Spring, Canopy Walkway and Climbing Insurance
- Climbing Permit (Malaysian & Non-Malaysian)

Interested? Give us a call at 03-7955 0663 to book a place NOW!

Note:

Sabah Park requires a photocopy of your passport / identity card for registration. Please be on time. Otherwise, you will need to make your own arrangements for transportation back to Kota Kinabalu.

Recommended items to bring:

Rain gear, wind breakers, warm clothing, hat, gloves, extra thick socks, torchlight, whistle and drinking water.



PLEASE READ THROUGH

Do not climb if you have history of suffering from the following ailments:-

Heart Disease, Hypertension, Chronic Asthma, Peptic Ulcer, Severe Anaemia, Diabetes, Epileptic Fits, Arthritis, Palpitation, Hepatitis (Jaundice), Muscular Cramps, Obesity (Overweight) or ANY other sickness that may be triggered by severe cold, exertion and high altitude.