



ADVENTURE CONSULTANT

MOUNTAIN GOAL ADVENTURE CONSULTANT (742912-V)

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Gunung Kutu & Chilling Waterfall EXPDC Time Schedule 2D1N



Highlight :- Beautiful waterfall and 2 wishing wells on top of the summit.

Level of difficulty:- Intermediate

Price :- RM130 for member RM140 for Non Member

Price not include :- Transport KL to Starting point, personal hiking equipment, porter and walking food or energy bar.

Price Include :- Jungle meals , camping equipment (camp, fly sheet), Simple first aid and guide

Meeting Point :- Kuala Kubu Bharu Pos Office.

Difficult :- Easy then Gunung Nuang.

Insect :- Leeches, sand fly and Kutu

Minimum Pax :- 8 persons

Date/Time	Description	Remark
Day 1		
7.30am	Gather at Pos Office Kuala Kubu Bharu.	Take Breakfast – Participants have to pay themselves.
8.30am	Reach starting point	Lock the car and Briefing the journey
9.30am	Reach Campsite for Gunung Kutu	Leave the backpack just carry the water, walking food and valuable thing.
1.00noon	Reach summit and	MMG prepare

	Lunch	
2.00pm	Going down to Campsite	
5.00pm	Reach Campsite.	
6.30pm	Dinner	MMG prepare
9.30pm	Desserts	MMG Prepare
10.30pm	Sleep and chit chat	
Day 2		
7.00am	Breakfast	MMG Prepare
8.00am	Unpack the camp	
9.00	Reach car park	Take the car and drive to Chilling waterfall starting point.
9.20am	Reach the car park, take the drinking water and lock the car.	
11.00am	Reach Chilling waterfall	Take photo
12.00am	Lunch	MMG provide simple lunch.
1.00pm	Trekking down to the car park.	
2.30pm	Reach car park	Bye see you again

- The time schedule subject to change, any change we will let your know early.
- This trip going to walk 5 to 6 hours the participant have to prepare their own walking food or energy bar.
- For those who do not want to drive or no transport and want to car pool with people, they need to pay RM40 to driver.
- Please take note participant not only they need to carry their own thing they need to share load with MMG the load they need to share is 4KG per person. For this trip.
- Participant have to bear in mind along the way from the campsite to the summit no water source so participant need to prepare at least 3 little for drinking purpose.

It Is for me?

For the trek on this trip the general rule is the more preparation you have done for it, the more you will enjoy it. The climb is pretty strenuous as we walk through hilly terrain with our back packs and the temperature is often hot and muggy changing to 19 Celsius at the top of Gunung Kutu. MMG recommend that you undertake regular aerobic activities in two week

before you trekking, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike are all good ways to increase.

How to go Kuala Kubu Bharu Pos office

-Just head north on the North South Highway and exit at Rawang.

- From Rawang interchange head north on the old trunk road.

Bypass small towns like:

Sg. Choh

Serendah

Antara Gapi

Batang Kali

Rasa

Turn right when you see a signboard "Kuala Kubu Baru/Fraser's Hill"

We then will meet you in KKB town's Pos Office.

Personnel Checklist

1 OVER 50 LITTLE BAGPACK ONE

2 HIKING SHOES

3 SLIPPERS

4 RAINCOATS

5 MESSTIN

6 FLOOR MAT AND SLEEPING BAG

7 KNIVES

8 FORKS OR SPOON

9 TORCHLIGHT

10 MATCHES OR LIGHTER

11 TWO 1.5 LITTLE BOTTLE

12 TWO PAIR OF SOCKS

13 TWO PLASTIC BAGS

14 EMERGENCY FOOD, ENERGY BAR (IN CASE YOU GET LOST)

15 SPORTS TIGHTS FOR MEN AND FOR WOMEN WEAR SWIMMING SUIT (LEECHES WOULD NOT GET INTO YOUR PRIVATE ZONE.)

Payment:-

1. Bank :- May Bank

2. Account Name :- Mountain Goal Adventure Consultant S/B

3. Account No. :- 5645 5711 8287

4. Deposit :- RM 80 (Total Fee is RM150 for member and RM160 for non member).

5. Swift code :- MBBEMYKL

If you have problem you can bank in to the following account too.

1. Bank : May bank.

2. Account Name: Phang Thong Wah

3. Account Number: 114374005058