



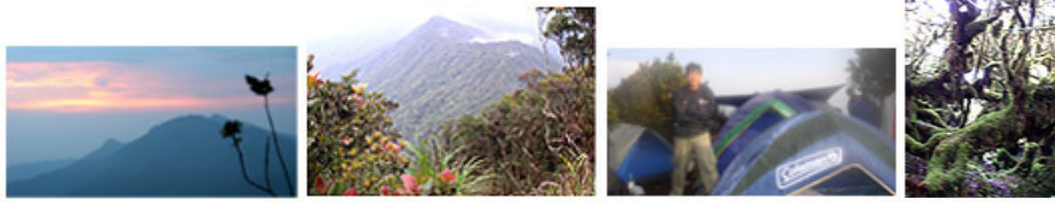
ADVENTURE CONSULTANT

MOUNTAIN GOAL ADVENTURE CONSULTANT (742912-V)

Website: <http://www.mymountaingoal.com>

E-mail: goalus@mymountaingoal.com

Gunung YongBelar Time Schedule



Heights : 2181 m (3rd highest in Peninsular Malaysia).

Summit Temperature : 5 - 15 degree Celsius

Price : Member = RM150 , Non Member = RM160

Location : Cameron Highland, Pahang

Starting Point : 3 km walk from Blue Berry Park settlement.

Water Point : Before 1 hour to summit

Min Of people : 8 persons

Price not include : Personal hiking equipments (sleeping beg, floor mat, mestin...) and porter.

Price Include : Jungle meals , camping equipments (tent, gas, cooking set, fly sheet, first aid , 4 x 4 to starting point and guide.

Date/Time	Description	Remark
Day 1		
6.30am	Tapah Rest House	
8.00am	Gather at Cameron Highland' Kampong Rajah.	
8.00am to 8.45am	Take breakfast.	Participants need to pay the breakfast.
9.00am	Take 4x4 to starting point.	
9.30am	Start trek.	Please walk according to your own pace.
12.00noon	Lunch (light Lunch)	
5.30pm	Reach Summit	
6.30pm	Dinner	
11.00pm	Star Watch and Chit Chatting	
Day 2		
6.30am	Sunrise	Beautiful Sea Cloud
8.00am	Breakfast group photo and descend	
12.00noon	Lunch (light Lunch)	
4.00pm	Bottom of mountain	
5.00pm	Visit Cameron Highlands or go back to KL	Conclude the trip see you again.

- The time schedule subject to change, any change MMG will let participants know early.
- If the trip not enough people MMG have the right to postpone or cancel the trip.
- Participant have help MMG to carry food and tent, roughly estimate for men 4kg and for women 3kg.

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 a bit hard we need to walk through hilly terrain with our back packs and the temperature is 20 Celsius from the starting point whereas 7 to 15 Celsius at the top of Gunung Yong Belar. MMG recommend that you undertake regular aerobic activities in one month 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 your aerobic fitness, which will allow you to enjoy the trek to its fullest.

Personnel Checklist

- ★ 1 - OVER 50 LITTLE BAGPACK
- ★ HIKING SHOES
- ★ SLIPPERS
- ★ RAINCOAT
- ★ MESSTIN or DUPPLEWARE FOR EATING
- ★ FLOOR MAT AND SLEEPING BAG
- ★ KNIFE
- ★ FORK OR SPOON
- ★ TORCHLIGHT
- ★ MATCHES OR LIGHTER
- ★ TWO 1.5 LITTLE BOTTLE
- ★ TWO PAIR OF SOCKS
- ★ TWO PLASTIC BAG
- ★ EMERGENCY FOOD, LIKE ENERGY FOOD (For emergency purposes.)

*** Note:-

1. For men have to prepare sport tights to avoid leeches go into your private zone.
2. For women have to prepare swimming suit recommended use the 2 pieces type.

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