

Gunung Tahan Transverse 2010 – 7D/6N

| Date | Day | Time | Schedule | Remarks | Distance | Altitude | Time Taken |
|-----------------|----------|-----------------|---|-----------------------------|----------------|----------|------------|
| Day 1 | | | | | | | |
| 27 March | Saturday | 12 Mid | To be advised. | | | | |
| | | 5.30 am | Board train – Lambaian Timur at Johor Bahru KTM Station | | | | 10 hours |
| | | 3 pm | Expected to reach Merapoh, Kelantan | Lunch | | | |
| | | 6 pm | Transport to bring to Sungei Relau HQ, Taman Negara | Overnight at HQ | | | |
| Day 2 | | | | | | | |
| | | 9 hours | | | 19.5 km | | |
| 28 March | Sunday | 7 am | HQ to Kuala Juram - | 4WD | 13 km | 309m | 1 hour |
| | | 8.30 am | Kuala Juram to Kuala Luis | | 5 km | 306m | 1 hour |
| | | 10.30 am | Kuala Luis to Lata Luis | | 6 km | 558m | 2 hours |
| | | 11.30 am | Lata Luis to Kem Kor | | 2.5 km | 750m | 1 hour |
| | | 12.30 pm | KEM KOR | LUNCH | | | 1 hour |
| | | 13.30 pm | Kem Kor to Permatang | | 2.5 km | 874m | 1 hour |
| | | 14.30 pm | Permatang to Kubang | | 3.5 km | 1406m | 3.5 hours |
| | | 18.00 pm | GUNUNG KUBANG | Setup tent / dinner | | 1406m | |
| Day 3 | | | | | | | |
| | | 10 hours | | | 10 km | | |
| 29 March | Monday | 7 am | Kubang to Belumut | Breakfast | 1.5 km | 1493m | 2 hours |
| | | 9 am | Belumut to Bonsai | | 5.5 km | 1705m | 4 hours |
| | | 1 pm | BONSAI | LUNCH | | | 1 hour |
| | | 2 pm | Bonsai to Bukit Botak | | 3 km | 1943m | 3 hours |
| | | 5 pm | BUKIT BOTAK | Setup tent / dinner | | 1943m | |
| Day 4 | | | | | | | |
| | | 10 hours | | | 9.4 km | | |
| 30 March | Tuesday | 7 am | Bukit Botak to Gunung Tahan Summit | | 2.4 km | 2187m | 1.5 hours |
| | | 8.30 am | GUNUNG TAHAN SUMMIT! | Pictures taking / breakfast | | 2187m | |
| | | 9.30 am | Summit to Gunung Gedong | | 7 km | 2066m | 3 hours |
| | | 12.30 pm | | LUNCH | | | 1 hour |
| | | 13.30 pm | Resume trekking to Gunung Gedong | | | 2066m | 3.5 hours |
| | | 5 pm | GUNUNG GEDONG | Setup tent / dinner | | 2066m | |

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| Day 5 | | 12.5 hours | | | | 14 km | |
| 31 March | Wed | 7 am | Gedong to Gunung Resket | Breakfast | 3 km | 1666m | 3 hours |
| | | 10.30 am | Gunung Resket to Gunung Tangga 15 | | 2.5 km | 1574m | 2 hours |
| | | 12.30 pm | GUNUNG TANGGA 15 | LUNCH | | | ½ hour |
| | | 1 pm | Gunung Tangga 15 to Gunung Pankin | | 1.5 km | 1462m | 1.5 hours |
| | | 2.30 pm | Gunung Pangkin to Wray's Camp | | 2 km | 898m | 1 hour |
| | | 3.30 pm | Wray's Camp to Kuala Teku | | 5 km | 168m | 4 hours |
| | | 7.30 pm | KUALA TEKU | Setup tent / dinner | | 168m | |
| Day 6 | | 12 hours | | | | 20 km | |
| 1 April | Thurs | 7 am | Kuala Teku to Kuala Puteh | | 7 km | 156m | 3 hours |
| | | 10 am | Kuala Puteh to Gunung Rajah | | 4 km | 576m | 2 hours |
| | | 12 noon | GUNUNG RAJAH | LUNCH | | | ¾ hour |
| | | 12.45 pm | Gunung Rajah to Sungei Melantai | | 9 km | 100m | 6.5 hours |
| | | 7 pm | SUNGEI MELANTAI | Setup tent / dinner | | 100m | |
| Day 7 | | 6 hours | | | | 12 km | |
| 2 April | Friday | 9 am | Sungei Melantai to Kuala Tahan | | 12 km | | 6 hours |
| | | 3 pm | Kuala Tahan | LUNCH | | | |
| We will be staying 1 night at Kuala Tahan | | | | Free & Easy | | | |
| Day 8 | | | | | | | |
| 3 April | Sat | 8 am | Kuala Tahan to Jerantut | Van or Taxi | | | 2 hours |
| | | 11 am | Jerantut | LUNCH | | | |
| | | 12 noon | Jerantut to Singapore | KTM Train – Lambaian Timur | | | 10 hours |
| | | 9 am | Singapore | | | | |
| We are expected to reach Singapore at 9 pm. | | | | | | | |

- All participants to wake up 1 ½ or 1 hour before daily departure time to prepare break fast, pack up tent and personal belongings. All must be ready 5 minutes before the actual time.
- Please ensure that nothing is left behind except Footprints, nothing is taken out of Taman Negara except Pictures.