

Sabah

MAP & GUIDE



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TUNKU ABDUL RAHMAN PARK
Embracing the islands of Gaya, Manukan, Mamutik, Sapi and Sulug, Tunku Abdul Rahman Park is a favourite among sun-seekers, snorkelers, divers and underwater photographers. The waters are home to an abundance of aquatic life and colourful corals. Accommodation ranges from a five-star resort on Gaya Island and chalets on Manukan Island. This park is accessible via a 20-minute speedboat ride from Kota Kinabalu.
☎ 088 523 500 (Sabah Parks)



TANJUNG ARU BEACH
Just 6km from the city, this beautiful beach beckons locals and holidaymakers alike with its scenic views and relaxing atmosphere. The beach is lined by casualinas for 'au in the local language) and food stalls that sell a variety of local and Western snacks. Every evening, shutterbugs and visitors flock to the beach to watch the glorious sunset. Tanjung Aru beach is the site of some of the state's most reputed hotels and resorts.



SABAH STATE MOSQUE
Boasting a combination of traditional Islamic architecture and contemporary design, this splendid mosque is one of the most outstanding structures in Kota Kinabalu. One of the most attractive features of the mosque is its majestic dome and stunning gold inlay motifs. The mosque can accommodate up to 5,000 worshippers at one time.



SABAH STATE MUSEUM & HERITAGE VILLAGE
Situated on Bukit Istana Lama, the 17-hectare complex comprises the main museum, the Science and Education Centre, a Heritage Village, the Sabah Art Gallery and the Museum of Islamic Civilisation. The exhibits, which reflect the state's rich cultural heritage and trading history, include ceramics, traditional weapons, costumes, musical instruments and more. Cultural activities are held regularly at the heritage village.
☎ 088 253 199



KK HANDICRAFT MARKET
If there is one place that avid collectors should not miss, this is it! Situated along Jalan Tun Fuad Stephens, this market has a bewildering array of crafts and pretty souvenirs. Stretching for miles, the streets are filled with paros, sarongs, the famous Sabah pearls, traditional musical instruments, bags, fabrics and a whole lot more.



GAYA STREET (SUNDAY MARKET)
One of the city's most lively and colourful markets, the Gaya Street Fair is the place to experience a slice of Sabah's lifestyle. The fair is held every Sunday from 6.30am to 1.00pm and the traffic is closed to make way for the hundreds of stalls that sprout along the roadside. Visitors can find everything from batik, sarongs, antiques, arts, handicrafts and souvenirs to footwear, toys and food.



AQUARIUM & MARINE MUSEUM
Situated within the perimeter of Universiti Malaysia Sabah, this state-of-the-art aquarium and museum are touted to be some of the best facilities in Borneo. Attractions include free-standing exhibition tanks, a live open water reef exhibition centre, a live shallow reef exhibition centre, a mangrove walk, a contemporary marine and maritime museum, a multimedia interactive information kiosk and the Sipadan deep dive diorama. Universiti Malaysia Sabah is about 15 minutes' drive from the city centre.
☎ 088 320 121
www.ums.edu.my



CITY MOSQUE
The City Mosque is a stunning example of contemporary Islamic architecture. Built on a 2.47 acre site at Likas Bay, just 3km from the city centre, this mosque holds the distinction of being the largest mosque in Kota Kinabalu. The mosque complex, which houses three *madrasahs* and a prayer hall, can accommodate between 9,000 to 12,000 worshippers at a time. This beautiful floating mosque shares similar features with the Nabawi Mosque in Madinah, Saudi Arabia.



MENARA TUN MUSTAPHA (SABAH FOUNDATION BUILDING)
Situated about 5km from the city centre, this impressive building is a circular tower of steel and glass. It has a central core with steel brackets supporting each floor. Standing at 30 storeys high, Menara Tun Mustapha is an icon of modern Sabah. When it was completed in 1977, it was one of the only three buildings in the world to have such design concept. The building has an auditorium, two mini theatres, an exhibition foyer, a gymnasium, a kindergarten and a research library.



SABAH ART GALLERY
Although the Sabah Art Gallery was founded in 1984, she has not had a permanent home until recently. For more than two decades the gallery has had to share facilities with the State Museum and hold exhibitions at a variety of venues in and around Kota Kinabalu. This year Sabah Art Gallery finally has a home.

- PLACES OF INTEREST**
- Art Gallery C4
 - Atkinson Clock Tower D2
 - Central Market C2
 - Double Six Monument B4
 - Gaya Street (Sunday Market) D2
 - Istana Negeri D3
 - Jesselton Point D1
 - Kota Kinabalu City Waterfront C3
 - Kota Kinabalu Wetland Centre D2
 - KK Chocolate House B5
 - KK City Bird Sanctuary D2
 - KK Esplanade C2
 - KK Handicraft Market C2
 - Museum of Islamic Civilization (Muzium Tamadun Islam) C4
 - North Borneo Railway B5
 - Night Market C2
 - Perdana Park A5
 - Prince Phillip Park A5
 - Sabah Art Gallery D5
 - Sabah State Museum & Heritage Village C4
 - Science and Technology Centre C4
 - SEDCO Complex C3
 - Signal Hill Observatory Tower D2
 - State Mosque C4
 - Taman Rimba (Rainforest Park) D5
 - The Waterfront Kota Kinabalu C2
 - Tunku Abdul Rahman Park B1

- ENTERTAINMENT/SHOPPING/DINING**
- Aeropod B5
 - Asia City C3
 - Central Shopping Plaza C2
 - Centre Point C5
 - City Mall D4
 - Imago C3
 - Jesselton Mall D2
 - Karamunsing Complex C2
 - KK Plaza C3
 - New Gaya Seafood Restaurant C3
 - Plaza Wawasan C3
 - Star City C3
 - Sutera Avenue C3
 - Suria Sabah D2
 - Tanjung Aru Plaza B5
 - Oceanus C2
 - Wisma Merdeka C3
 - Welcome Seafood Restaurant C2

- FACILITIES**
- Court House C2
 - Central Police Station C3
 - DBKK (City Hall) C2
 - Gleaneagles Hospital C3
 - Harbour City C3

- Jesselton Point (Ferry Terminal) C3
- Karamunsing Capital C3
- Kota Kinabalu Bus Terminal B5
- Kota Kinabalu International Airport A5
- Kinabalu Golf Club (KGC) A5
- Kinabalu Yacht Club C4
- Land & Survey Department B3
- North Borneo Yachting C4
- Queen Elizabeth Hospital D4
- Sabah State Cultural Complex D4
- Sabah State Library B5
- Sabah State Library B3
- Sutera Harbour Golf & Country Club B3
- Sutera Harbour Marina & Country Club B3
- Syariah Court C4
- Tanjung Aru Railway Station B5
- Urban Transformation Centre (UTC) C4
- Wisma Kastam Sabah D2
- Wisma Pelabuhan D1
- Wisma Tun Fuad Stephens C3

- HOTEL**
- 1 City C2
 - Asia City D2
 - Best Western Kinabalu Daya C2
 - Bunga Raya Island Resort, Gaya Island A2
 - Capital D2
 - Casuarina A5
 - Celyn City C3
 - Century D3
 - Cititel Express C3
 - C'haya B5
 - D'Borneo C2
 - Deleton C3
 - Disini Hotel D4
 - Dreamtel C2
 - Epal C3
 - Garden D2
 - Gaya Centre D2
 - Gayana Eco Resort B2
 - Goldenhill B5
 - Hilton Kota Kinabalu C3
 - Holiday C2
 - Horizon C2
 - Hyatt Regency C2
 - Imperial Boutec C2
 - King Park D3
 - Kingston C3
 - KK Times Square C3
 - Kota Kinabalu Marriott C3
 - Le Meridien C2
 - Manja C3
 - Manukan Island Resort A3
 - Megah D'Arui B5
 - Ming Garden Hotel & Residences C3
 - New Sabah C2
 - Oceania C3
 - One C3
 - Pacific Sutera Harbour Resort & Spa B4
 - Promenade C3
 - Raia Hotel C4
 - Shangri-la's Tanjung Aru Resort & Spa A5
 - Sabah Oriental C3
 - Sutera Harbour B3
 - Shangri-La D3
 - Sixty3 D2
 - Tang Dynasty C3
 - The Colonnades Condominium C4
 - The Crown Borneo B5
 - The Jesselton D2
 - The Klagan C2
 - The Magellan Sutera B3
 - The Palace D3
 - The Seraya Hotel D2
 - Winner C2
 - Yomi C2
 - Zara Boutique C4

- INFORMATION CENTRE**
- Sabah Tourism Board D2
 - Tourism Malaysia C3
 - Tourist Information Centre (Terminal 1) B5



Legend			
	Built-up Area		Hospital / Clinic
	Field / Recreation		Police Station
	River / Lake		Fire Station
	Expressway		Bus Station
	Major Road		Taxi Station
	Secondary Road		Post Office
	Place of Interest		Library
	Tourism Malaysia		Sports Complex
	Tourist Information Centre		Important Landmark, University / College
	Visitors' Information Centre		Place of Worship
	Shopping		Jetty
	Dining		Golf Course
	Dive Site		Mountain

Malaysia

Situated in the heart of Southeast Asia, Malaysia is a vibrant destination with a diversity of cultures and traditions. This tropical paradise boasts pristine jungles and verdant national parks that are teeming with numerous species of birds and wildlife.

Malaysia's sun-drenched islands and beaches are home to a stunning range of marine life. Its natural wealth is complemented by magnificent modern landmarks and heritage buildings. There is something to charm every visitor, be it a history-lover, nature-enthusiast, sun-seeker or an avid shopper. Explore the length and breadth of the country to discover the many attractions of Malaysia!



Sabah

Breathtaking natural vistas and stunning tropical islands make Sabah an enchanting destination for nature lovers. The state's icon is the internationally known Mount Kinabalu, reputed to be one of the highest peaks in Southeast Asia. Another jewel is Sipadan, a dive site that was made famous by French undersea explorer Jacques-Yves Cousteau. Blessed with pristine nature, the state has invaluable natural treasures which include endangered animals and tropical plants. Sabah is home to 32 ethnic communities, making the state a potpourri of cultures, traditions and cuisine.

GT GETTING THERE

Sabah's main airport is the Kota Kinabalu International Airport, which is the second largest airport in Malaysia. It is situated about 20 minutes from the city. Malaysia Airlines, AirAsia and Batik Air offer direct flights between Kota Kinabalu and Kuala Lumpur. There are also international flights to Kota Kinabalu from Brunei Darussalam, China, Singapore, Hong Kong and other regional airports in Asia.

GA GETTING AROUND

Despite the vast size of the state, getting around Sabah is relatively easy. Major towns in Sabah are linked by rural air services provided by MASwings. There are also airports in smaller towns such as Lahad Datu, Sandakan and Tawau. The more remote towns of Kudat and Semporna are equipped with airstrips. For a more interesting way to travel, visitors can take the local train with connects Tanjung Aru to Beaufort and Tenom. It takes visitors past the scenic Padas Gorge and local settlements. Sabah has an excellent express bus network that connects various parts within the state.



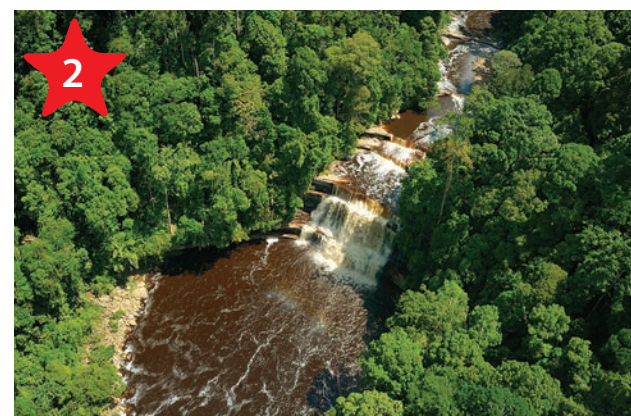
POI PLACE OF INTEREST



PADAS RIVER WHITE WATER RAFTING TENOM

The mighty Padas River is said to have the best rapids in Southeast Asia. Six foot waves and thrilling rapids between Grades 3 to 4 combine to create the adrenaline rush that rafters enjoy so much. The route covers a distance of 30km, making it the longest rafting route in Borneo. Padas River is located in the southwestern interior of Sabah and is accessible by train or overland via Beaufort.

☎ 088-225 188 (BUSAT)
☎ 088-260 501 (Riverbug)



MALIAU BASIN (SABAH'S LOST WORLD) TAWAU

Touted as Sabah's Lost World, Maliau Basin is a remote and isolated area containing a rare assemblage of 12 types of forests. The seven-tiered Maliau Falls is a breathtaking sight here. Naturalists and hardcore adventurers will cherish the long treks and birdwatching opportunities. Tours to Maliau Basin is best done in groups due to the limited communication facilities and amenities. The staging points to Maliau Basin are Keningau and Tawau. Prior permission must be obtained from Yayasan Sabah.

☎ 088-267 637
☎ www.borneonaturetours.com



GUNUNG TRUSMADI TAMBUNAN

Standing at an imposing height of 2,642m, Mount Trusmadi is the second highest mountain in Sabah. Scaling Mount Trusmadi is touted to be even more challenging than climbing Mount Kinabalu. Serious mountaineers who are up to the challenge will have to trek through 4.9 km of dense rainforest. Those who reach the peak at dawn will be rewarded by the awe-inspiring sight of Mount Kinabalu which lies 40km to the north. The climb starts at Tambunan and usually takes 3 days and 2 nights.

☎ 088 250 177 (Sticky Rice Tours)



KIULU RIVER WHITE WATER RAFTING TAMPARULI

The Kiulu River whitewater rafting trip is ideal for those looking for a more relaxed rafting experience. Rated as moderately adventurous (Grade 1 – 2), the excursion features a maximum rafting distance of 15km when the water level is high and 7km at normal level. Professional rafting guides and equipment are available for hire. Kiulu River is located at Kampung Pukak Kiulu, about an hour's drive from Kota Kinabalu.

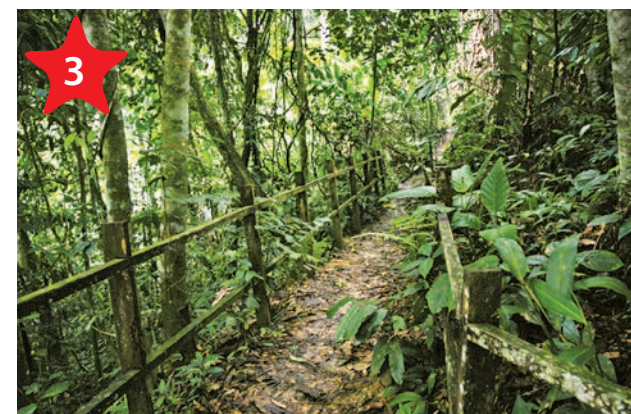
☎ 088-225 188 (BUSAT)
☎ 088-260 501 (Riverbug)



KINABALU PARK KUNDASANG

Kinabalu Park holds the distinction of being the first UNESCO World Heritage Park in Malaysia. Covering an area of 754 sq km, the park shelters more than 4,500 species of flora and fauna including orchids, ferns, Rhododendrons, palms, Nepenthes and even Rafflesia, the world's largest flower. The main attraction here is Mount Kinabalu, (4,095.2 km), one of the highest peaks in Southeast Asia. It is also the site of the annual Mount Kinabalu International Climbathon.

☎ 088 523 500 / 889 095 (Sabah Parks Office)



CROCKER RANGE NATIONAL PARK KENINGAU

Spanning 139,919 hectares of hill dipterocarp forest, the Crocker Range National Park is the largest terrestrial park in the state. Perched atop the famous Crocker Range, the park acts as an important water catchment area for Sabah's west coast. Endangered species of animals such as the orang utan, sun bear and clouded leopard are among the inhabitants of this park. Crocker Range National Park is located 144km from Kota Kinabalu and 13km from Keningau town. A hostel-type accommodation is available here.

☎ 088 523 500 (Sabah Parks Office)



MARI MARI CULTURAL VILLAGE INANAM

Only 25 minutes from Kota Kinabalu, Mari Mari Cultural Village is a vibrant destination that gives an insight into Sabah's diverse cultural heritage. Nestled within a remote jungle setting, the village showcases five different ethnic communities - the Bajau sea gypsies, Kadazandusun rice farmers, Lundehy hunters and fisherfolk, Rungus longhouse residents and the feared Murut headhunters. Enjoy activities such as blowpipe demonstrations, fire-making demonstrations, bamboo cooking, native dancing and try out the local food.

☎ 088 260 501
☎ www.marimari-culturalvillage.com



UPSIDE DOWN HOUSE TAMPARULI

This unique attraction is the first-of-its-kind in Southeast Asia and one of the only five upside down structures in the world. The charming Sabah kampung house is literally flipped upside down, with the floor facing skyward and the ceiling facing below. Visitors can have the bizarre feeling of walking on the ceiling while the furniture stands above your head! This architectural feat has been listed in the Malaysia Book of Records. A café and gift shop are situated nearby.

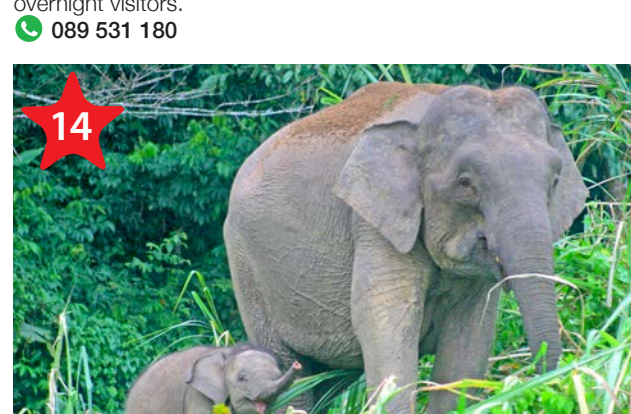
☎ 088-260 263
☎ www.upsidedownhouse.com.my



MOUNTAIN TORQ VIA FERRATA KUNDASANG

Via Ferrata, meaning "iron road" in Italian, is a mountain path with a series of cables, rails and rungs that hug a cliff face. The Via Ferrata at Mount Kinabalu has the distinction of being the highest in the world. There are routes of varying levels of difficulty, such as a beginner's route and intermediate route. The trail begins at Panar Laban Rock Face and reaches its highest point at 3,800m. Dormitory style accommodation is available.

☎ 088-268 126
☎ http://mountaintorq.com



LOWER KINABATANGAN WILDLIFE SANCTUARY

Stretching 560km in length, the Kinabatangan River is home to one of the world's most unique and richest ecosystems. The lower reaches of the river are home to a high concentration of the most varied wildlife in Southeast Asia. Exotic wildlife such as orang utan, proboscis monkeys, Asian elephants and Sumatran rhinos roam free in the jungle. This sanctuary is accessible from the village of Sukau about 50km from Sandakan. Trips must be pre-arranged with tour agencies.

☎ 089 216 093 (Myne Resort)
☎ 089 210 718 (Borneo Nature Lodge)



DANUM VALLEY CONSERVATION AREA LAHAD DATU

Located 70km from Lahad Datu, this conservation area is a sanctuary for endangered animals including the Sumatran rhinoceros, Asian elephant, clouded leopard, proboscis monkey and orang utan as well as some 270 species of birds. The thriving paradise boasts spectacular waterfalls, meandering rivers and a canopy walkway to view the abundant birdlife. Other activities include wildlife photography, jungle-trekking and night safari. Danum Valley is the site of an award-winning rainforest lodge.

☎ 088 267 637 (Borneo Nature Tours Sdn. Bhd.)
☎ 088 222 708 (Inno Travel & Tour)
☎ www.borneonaturetours.com



PULAU KAPALAI SEMPERTONA

Boasting crystal clear waters, Kapalai is situated about 45 minutes by boat from Semporna. Technically, Kapalai is not actually an island, but a large sandbank where a resort has been built on stilts. It is known more as a floating paradise comprising 40 chalets. View the colourful marine life as you stroll along the boardwalk that connects the various sections of the resort.

☎ 089 765 200 (Reservation and enquiries)
☎ www.sipadan-kapalai.com



PULAU SIPADAN SEMPERTONA

The internationally renowned Sipadan is reputed to be one of the top ten dive locations in the world. It is Malaysia's only oceanic island with a thrilling 600 m drop into an underwater abyss. Experienced divers return time and time again to Sipadan as it affords amazing views of manta rays, whale sharks, barracudas and turtles. To preserve the delicate ecosystem, there are only day trips to Sipadan. Accommodation is available in the neighbouring islands of Mabul and Kapalai.



S SHOPPING

Shopping in Sabah is an adventure by itself, given the abundant variety of crafts, souvenirs and collectibles that are available. The capital city of Kota Kinabalu has everything from Sabah's own precious pearls, to bags, baskets, beads, accessories and much, much more. To experience an authentic shopping atmosphere, head to places such as KK Handicraft Market, Tamu Kota Belud or Gaya Street Market, where you can find a mind-boggling collection of items. For everything else, there are a host of modern shopping malls around Kota Kinabalu, such as 1Borneo Hypermall, Suria Sabah Shopping Mall, Centre Point Sabah, Karamunsing Shopping Mall, Warisan Square and Wisma Merdeka Complex.



D DINING

Tastebuds are truly pampered in Sabah as flavours from all around the world can be found here. Visitors can savour a variety of dishes, ranging from international fare, fast food to traditional delicacies. Among the dishes unique to Sabah are Beaufort Mee, which is Chinese-style fried noodles. Another local favourite is Mee Tuaran, where egg noodles are stir-fried with vegetables and garnished with eggs and slices of roast chicken or pork. Traditional ethnic favourites such as Hinava (a raw fish salad) or ambuyat (a thick sago "porridge") and bambangan (a pickle made of wild mangoes) are also available for the adventurous travellers. Sabah Vege is a type of vegetable that is found in Borneo. This fresh, crunchy vegetable is stir-fried and savoured with rice and other dishes.



THE TIP OF BORNEO (TANJUNG SIMPANG MENGAYAU) KUDAT

This distinctive headland at the Kudat Peninsula, 40km from Kudat town, marks the northernmost tip of Borneo. Simpang Mengayau literally means "lingering junction", a name given to the area where the South China Sea meets the Sulu Sea. Stand on land's end and watch the ocean or take a selfie at the flagpole and signboard that mark the location. The Pulau Kalampunian Lighthouse looms at a distance, adding to the beauty of the sunset.



TURTLE ISLANDS PARK SANDAKAN

Lying in the Sulu Sea, Turtle Islands Park is a cluster of three islands, Selingan, Bakungan Kecil and Gulsan. The park is a safe haven for the endangered green and hawksbill turtles. Visitors will get a chance to watch the marine turtles as they swim ashore to lay eggs. Selingan, the largest island, has a turtle hatchery, accommodation and other facilities. The park is accessible via an hour-long boat ride from Sandakan.

☎ 089 212 711 (Crystal Quest Sdn. Bhd.)
☎ www.sabahparks.org.my



SEPILOK ORANG UTAN REHABILITATION CENTRE SANDAKAN

This famous sanctuary is dedicated to the rehabilitation and conservation of orang utans. Situated at the edge of the Kabil-Sepilok Forest Reserve, the centre offers the chance to observe these primates up close in their natural habitat. Visitors can watch the young and orphaned orang utans being fed by rangers (Feeding times are at 10.00am and 3.00pm). The more adventurous can trek the 5km trail that runs through the mangrove forest at Sepilok Laut. Chalets are provided for overnight visitors.

☎ 089 531 180



TABIN WILDLIFE RESERVE LAHAD DATU

Spanning over 120,500 hectares, Tabin Wildlife Reserve is home to three of Sabah's largest mammals: the Borneo pygmy elephant, Sumatran rhino and Tembadau. It is one of the biggest natural reserves in Borneo, with a rich assemblage of tropical plants. The active mud volcanoes here attract all kinds of animals and birds which come to feed on the mineral rich ground, making it ideal for wildlife observation. Accommodation is available in the form of jungle lodges.

☎ 088-267 266
☎ www.tabinwildlife.com.my



PULAU MATAKING SEMPERTONA

Situated about 80 minutes by boat from Sipadan, Mataking is a privately owned, one-resort island. It has everything for a perfect getaway, from beautiful dive sites, to a spa, an observation tower and jungle trails. An unusual attraction here is the Underwater Post Office, which is housed in an old cargo ship that was sunk to create an artificial reef. Divers can actually post their mail here in a waterproof postal bag and the mail is collected twice a week.

☎ 089 770 022 (GTS Travel Services Sdn Bhd)
☎ www.mataking.com



PULAU MABUL SEMPERTONA

Only 15 minutes by speedboat from the famous Sipadan Island, Mabul is recognised as one of the best macro and muck-diving sites in the world. This small island is fringed by sandy beaches and perched on the corner of a huge sprawling reef. Blue-ringed octopus, mandarin fish, lionfish, frogfish, moray eels and spike-fin gobies are definite shoe stealers in the relatively shallow waters. Mabul is slightly larger than Sipadan and has several resorts as well as a local village.

☎ 088 486389 (Sipadan-Mabul Resort)



PULAU KAPALAI SEMPERTONA

Boasting crystal clear waters, Kapalai is situated about 45 minutes by boat from Semporna. Technically, Kapalai is not actually an island, but a large sandbank where a resort has been built on stilts. It is known more as a floating paradise comprising 40 chalets. View the colourful marine life as you stroll along the boardwalk that connects the various sections of the resort.

☎ 089 765 200 (Reservation and enquiries)
☎ www.sipadan-kapalai.com