

# MALAYSIA

## EAST MALAYSIA

**Sabah**

UNESCO World Heritage Site

**Sarawak**

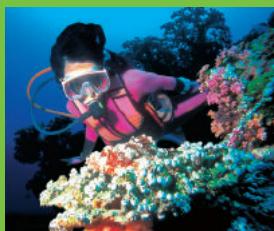
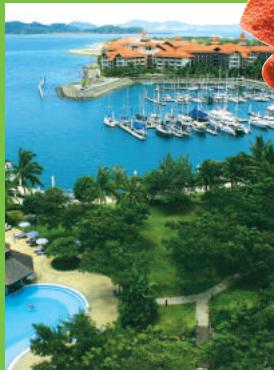
UNESCO World Heritage Site

**Labuan**



NATURE. ADVENTURE. CULTURE. GEAR UP FOR NON-STOP ACTION!

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# WELCOME TO EAST MALAYSIA



In the vast rainforests of Borneo, lies a region unlike any other. Here, nature and adventure come alive to sweep visitors away to a mesmerising, intriguing world. A world made up of animal kingdoms, mystical prehistoric caves, lofty mountains and amazing underwater gardens.

East Malaysia comprises two states; Sabah and Sarawak, as well as Labuan, a federal territory.

This region is characterised by vast expanses of rainforest, mist-capped mountains and majestic UNESCO World Heritage Sites such as Kinabalu Park and Gunung Mulu National Park. In the untouched wilderness, innumerable varieties of plants flourish together with a wide range of birds and animals. The internationally famed dive site of Sipadan is another one of the region's world-famous attractions. East Malaysia is home to countless ethnic groups, practising age-old customs and fascinating rituals.

Delight in exploring the wonders of East Malaysia and enjoy the adventures that unfold.



# SABAH

*Stunning tropical islands and luxuriant nature makes Sabah the ideal destination for eco-adventures. The state's most famous icon is the majestic Mount Kinabalu, reputed to be one of the highest in Southeast Asia. Another jewel is Sipadan, an internationally-famed dive destination.*

*Its population of nearly 3.1 million is made up of 32 ethnic communities. The capital of Sabah is Kota Kinabalu. It is the gateway to eco-adventures such as diving, river cruising, mountain climbing, white-water rafting and caving.*

*Kota Kinabalu was formerly known as Jesselton. Most parts of the city have been reconstructed after World War II and there are only three surviving buildings from the war.*

*Visit this 'Land Below the Wind' and enjoy unforgettable adventures!*



# MAP OF SABAH



## LEGEND

- |                                     |                      |
|-------------------------------------|----------------------|
| ■ State Capital                     | Major Road           |
| ● Major Town                        | Secondary Road       |
| ● Town                              | International Border |
| ■ International Airport             | State Border         |
| ■ Domestic Airport                  | Place of Interest    |
| ■ Short Take off and Landing (STOL) | Jetty                |

\* Map not drawn to scale

# PLACES OF INTEREST

## MOUNT KINABALU

Kinabalu Park

(Malaysia's first UNESCO World Heritage Site)

Standing majestically at a height of 4,095.2m, Mount Kinabalu is the highest peak in Southeast Asia. It is situated in Kinabalu Park, a wonderland of ecological treasures covering some 754sq km.

The diversity of plant life in Kinabalu Park ranges over four climatic zones. Over 5,000 types of flowering plants including 1,200 species of orchids, 26 species of rhododendrons, over 80 species of fig trees as well as 60 species of oak and chestnut trees are found here. About 100 species of mammals and 326 species of birds are also known to reside in the sprawling park.

Ascending and descending Mount Kinabalu's summit takes two to three days, depending on the weather and one's fitness level. Every year, participants from around the world gather here to take part in the Mount Kinabalu International Climbathon. It is dubbed as the 'World's Toughest Mountain Race'. Despite the challenging route and distance, mountain runners take less than four hours to reach the peak and return to the finish line.

*Kinabalu Park has the world's largest variety of nepenthes, the carnivorous pitcher plant.*

Opening hours: 7.00am - 7.00pm (Park Office)

Admission fee:

Malaysian

RM3 Adult, RM1 (below 18 years)

Non-Malaysian

RM15 Adult, RM10 (below 18 years)

Guide and porter services are available.

Tel : 088 523 500 (Sabah Parks Main Office)

088 889 095 (Sabah Parks Office, Kinabalu Park)

088 889 077

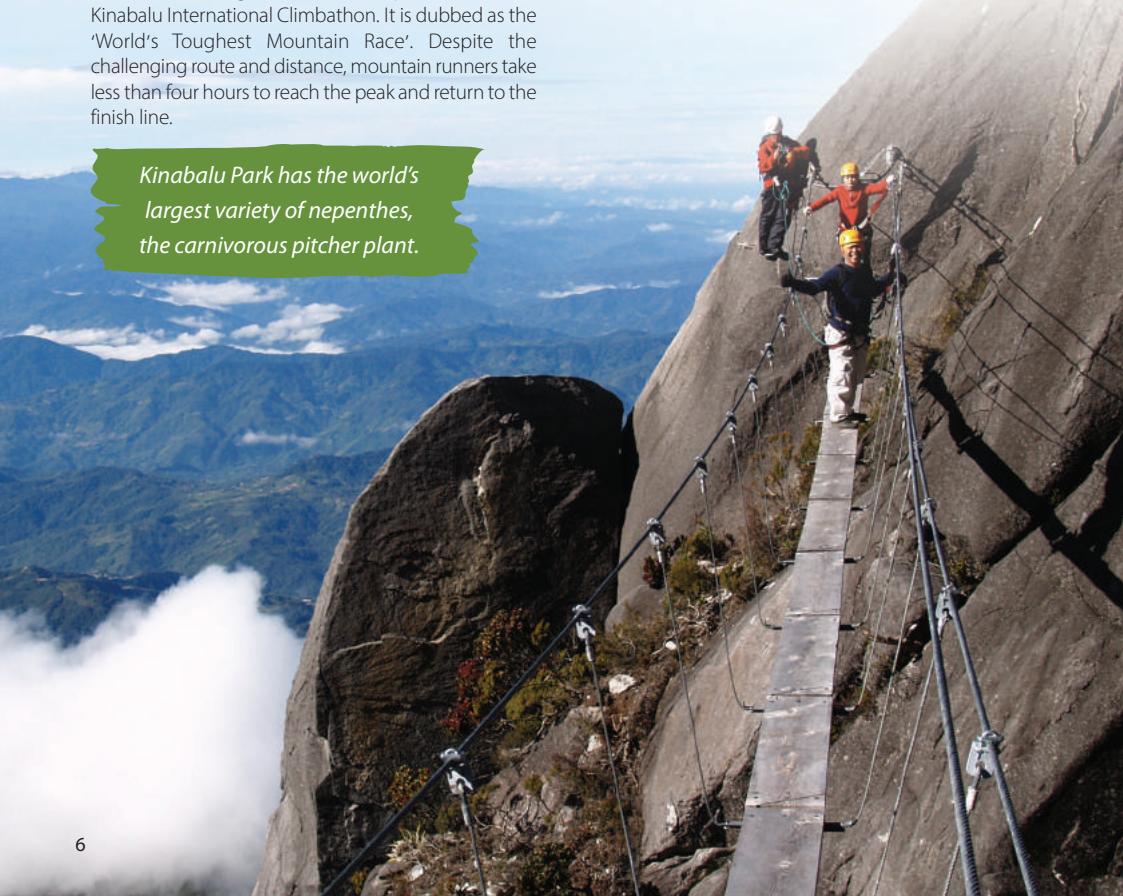
\*To climb Mount Kinabalu, reservations must be made through:

Sutera Sanctuary Lodges

G15, Ground Floor, Wisma Sabah

Tel: 088 243 629 Fax: 088 259 552

Website: [www.sabahparks.org.my](http://www.sabahparks.org.my)



## PORING HOT SPRINGS Kinabalu Park

After a visit to Kinabalu Park, make a trip to the Poring Hot Springs to soothe away your aches. Poring Hot Springs is situated about 40km from the Kinabalu Park Headquarters. The main attractions here are the natural hot springs and a 157.8 metre-long canopy walkway. Standing at 41 metres from the forest floor, this walkway is a 'must' for visitors to Poring Hot Springs as it affords a commanding view of the Borneo rainforest. Don't miss the butterfly farm, orchid conservation centre, tropical garden and Rafflesia site.

**Opening hours:** 7.00am – 6.00pm daily

**Conservation fee:**

Malaysian

RM3.00 Adult, RM2.00 18 – 12 years,

RM1.00 below 12 years

Non-Malaysian

RM15 Adult, RM10 Child

**Canopy Walkway:**

**Opening hours:** 9.00am – 4.00pm daily

Malaysian: RM3.00, Non-Malaysian RM5.00

**Butterfly Farm**

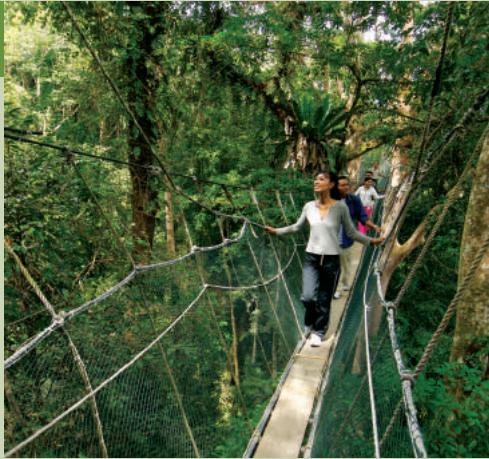
**Opening Hours:** 9am - 4pm (daily)

Malaysian: RM3 (Adult), RM1.50 (child)

Non-Malaysian: RM4 (Adult), RM2 (child)

Individual rates apply for facilities/attractions.

Tel: 088 878 801



## CROCKER RANGE PARK Keningau

A massive range of forest-clad ridges, Crocker Range stretches from Mount Kinabalu to the border of Sarawak. This protected area has no modern facilities and is a thriving destination for jungle-trekking and four-wheel drive excursions. Nature lovers can trek to the Rafflesia sites and spend a night camping amidst the greenery. Crocker Range Park is about 13km or a 30-minute drive from Keningau town.

**Opening hours:** 8.00am - 5.00pm

**Admission fee:**

Malaysian

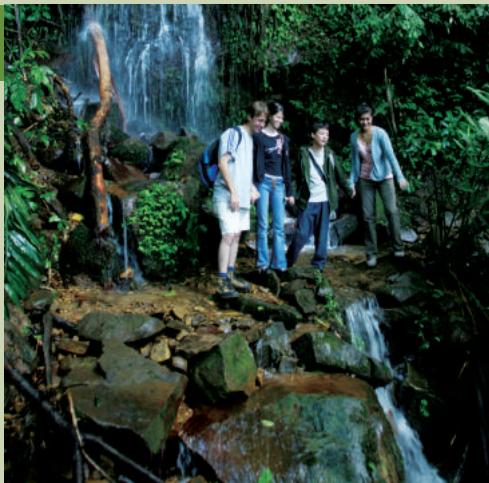
RM3 (Adult), RM1 (below 18 years)

Non-Malaysian

RM10 (Adult), RM6 (below 18 years)

Tel: 019 862 0404

For camping enquiries,  
please contact Manis Manis Resort  
Tel: 019 809 8683



## TUNKU ABDUL RAHMAN PARK Kota Kinabalu

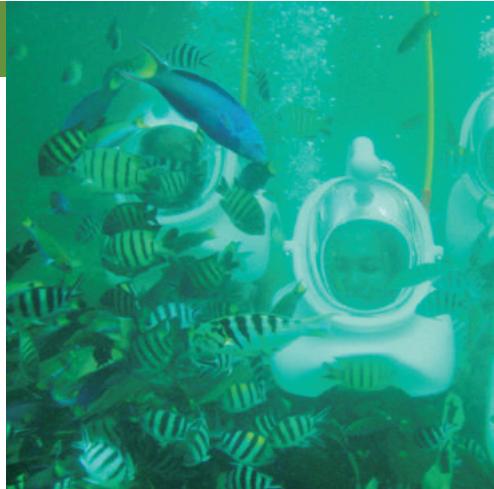
Just a 20-minute boat ride away from the mainland, this marine park is a vibrant playground for sun-seekers. Tunku Abdul Rahman Park consists of five islands; Gaya, Sapi, Sulug, Manukan and Mamutik. This cluster of tropical islands is ideal for day trips. Accommodation is available at Gaya (the largest island) as well as Manukan. The staging point to the islands is from the Jesselton Point Ferry Terminal.

### Must do:

- Go swimming, snorkelling or diving
- Camp out at the islands of Sapi and Mamutik
- Enjoy the thrill of parasailing above the emerald waters
- Go island-hopping or ride on a banana boat
- Get a gorgeous sun tan!



*Try sea-walking  
at Sapi Island,  
a novel way for  
non-divers to  
explore the  
underwater  
world.*



## SEPILOK ORANG UTAN REHABILITATION CENTRE Sandakan

Enjoy the rare and thrilling opportunity to see an orangutan up close. Situated in the Kabili-Sepilok Forest Reserve which sprawls over 4,300ha, this sanctuary serves to rehabilitate orphaned orang utans as well as educate the public on the importance of wildlife conservation. The viewing gallery gives an opportunity to see the orangutans being fed by rangers.

Opening hours: 9.00am - 4.00pm daily  
(Ticket counter is open from 9.00am - 11.00am  
and 2.00pm - 3.30pm)

Feeding times: 10.00am and 3.00pm

Admission fee:

Malaysian

RM5 Adult, RM2 (below 18 years)

Non-Malaysian

RM30 Adult, RM15 (below 18 years)

A fee of RM10 will be charged for cameras.

Tel: 089 531 180



## TURTLE ISLANDS PARK Sandakan

Lying in the Sulu Sea, Turtle Islands Park is a cluster of three islands, Selingan, Bakungan and Gulisan Kecil. Here, visitors have the opportunity to catch sight of rare and endangered turtles from the Green and Hawksbill species when they swim ashore to lay eggs. Only the largest island, Selingan, is open to visitors. Besides housing the Park Headquarters, it also offers accommodation and some basic facilities. A visit to the Turtle Islands Park requires an overnight stay. Day trips are not available. Accommodation is provided by Crystal Quest Sdn. Bhd.

### Turtle Island Conservation Fee:

Malaysian

RM30 Adult, RM20 (below 12 years)

Non-Malaysian

RM60 Adult, RM30 (below 12 years)

Night photography of turtle landing  
(unaided by flash) RM10

Tel: 089 212 711 / cquest199@gmail.com

(Crystal Quest Sdn. Bhd.)

Website: [www.sabahparks.org.my](http://www.sabahparks.org.my)



## LOWER KINABATANGAN WILDLIFE SANCTUARY Sukau, Sandakan

The Kinabatangan river sustains one of the world's most diverse ecosystems. Its lower basin has the largest forest-covered floodplain in Malaysia. Exotic wildlife such as orang utans, proboscis monkeys, Asian elephants and Sumatran rhinos roam free in the jungle. There are many tour agencies in Sukau that can arrange accommodation, transfers and tours. Sukau is 135km from Sandakan.

### Must do:

- Go on a river safari to spot the wildlife and birds
- Join a night tour to view crocodiles and nocturnal birds
- All eight species of hornbills found in Borneo reside here – try and spot them!
- Join a homestay programme in the nearby villages

*Kinabatangan River has the largest concentration of wildlife in Southeast Asia.*



*The surrounding forest is one of the only two known places in the world to have ten species of primates.*

## TABIN WILDLIFE RESERVE Lahad Datu

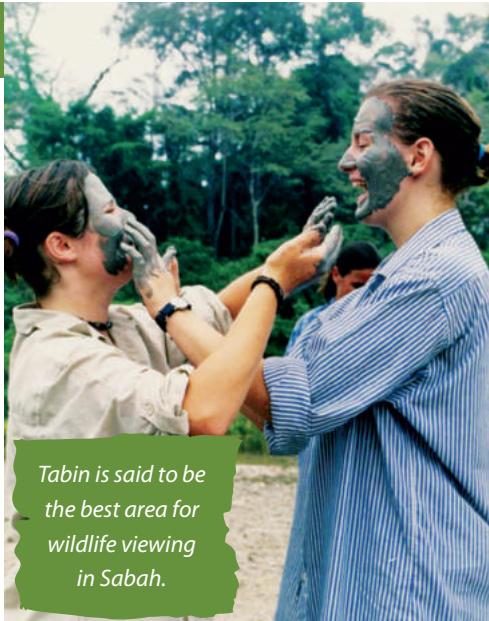
Tabin Wildlife Reserve is the ideal getaway for nature enthusiasts and birdwatchers. Situated in a dipterocarp forest that sprawls over 120,500ha, Tabin is home to three of Sabah's largest mammals; the Borneo pygmy elephant, Sumatran rhino and Tembadau. Accommodation is available in the form of river lodges or hill lodges nestled amidst the wilderness, equipped with modern amenities such as en suite bathroom and hot shower. Tabin is about 1 hour 15 minutes away from Lahad Datu. There are daily flights from Kota Kinabalu to Lahad Datu.

### Must do:

- Go jungle trekking or go on a night safari to spot the small animals
- Trace the footprints of animals at the mineral springs
- Try a natural facial – put on the mineral-rich mud from the mud volcano!

Tel: 088 267 266

Website: [www.tabinwildlife.com.my](http://www.tabinwildlife.com.my)



*Tabin is said to be the best area for wildlife viewing in Sabah.*

## DANUM VALLEY CONSERVATION AREA Lahad Datu

Located deep in an untouched tropical forest, the Danum Valley Conservation Area is a thriving paradise of diverse tropical vegetation and wildlife. The forest is a sanctuary to animals such as the Asian elephant, clouded leopard, orang utan, proboscis monkey and Sumatran rhino. All tours must be pre-arranged with tour agents. Danum Valley is situated about 70km west of Lahad Datu.

### Must do:

- Enjoy a nature walk in the virgin rainforest
- Watch birds from the 170m-long canopy walkway
- Trek to the seven tiered Sungai Purut waterfalls
- Visit an ancient Kadazandusun burial site
- Go on a night drive in an open jeep to catch sight of nocturnal animals

Tel: 088 267 637 (Borneo Nature Tours Sdn. Bhd.)

Website: [www.borneonaturetours.com](http://www.borneonaturetours.com)



*Danum Valley is one of the richest conservation areas in the world. It has over 200 species of trees per hectare.*



## RAINFOREST DISCOVERY CENTRE Sepilok

The Rainforest Discovery Centre gives an excellent overview of the state's rainforest with sprawling gardens, walking trails and a 147m-long steel canopy walkway. This centre is situated in the Kabili-Sepilok Forest Reserve. It is only ten minutes away from the Sepilok Orang Utan Rehabilitation Centre and 20 miles from Sandakan Airport.

### Must do:

- Walk along the Rainforest Discovery Trail to see towering dipterocarp trees
- Observe nearly 250 species of birds from the canopy walkway
- Visit the exhibition centre
- See more than 250 species of orchids as well as pitcher plants and aquatic plants at the Plant Discovery Garden

**Opening hours:** 8.00am - 5.00pm daily

### Admission fee:

Malaysian

RM7 Adult, RM3 Child

Non-Malaysian

RM15 Adult, RM7 Child

Tel: 089 533 780 / 781

Website: [www.forest.sabah.gov.my](http://www.forest.sabah.gov.my)

## MARI MARI CULTURAL VILLAGE Kota Kinabalu

Situated in Inanam, about 20 minutes from Kota Kinabalu, Mari Mari Cultural Village offers an insight into the traditional lifestyles of Sabah's ethnic communities. Join in the various activities and immerse yourself in the local customs and cultures.

### Package rates only.

Without transfer: RM80 Adult, RM70 Child

With transfer: Malaysian: RM140 Adult, RM110 Child

Non-Malaysian: RM160 Adult, RM140 Child

Package includes return coach transfer, guide and meals. Tours are held daily at 10.00am, 2.00pm and 6.00pm.

Tel: 088 260 501 / 502

## MALIAU BASIN

Touted as 'Sabah's lost world', Maliau Basin is a remote and isolated area containing a rare assemblage of 12 types of forests. Further in the thick jungle, the seven tiered Maliau Falls stands as one of the most astounding sights here.

Tours to Maliau Basin are best done in groups. The destination is only suited for serious naturalists due to the limited communication facilities and amenities. Prior permission must be obtained from Yayasan Sabah and visitors must be accompanied by guides or rangers. The nearest towns to Maliau Basin are Tawau or Keningau. From these towns, Maliau Basin is accessible via four-wheel drives and the journey to its security gate takes about five hours. Alternatively, helicopter rides are available.

For further information, please contact Tourism Malaysia Sabah or Sabah Tourism Board.

## SABAH TEA GARDEN Ranau

Set against the beautiful backdrop of Mount Kinabalu, Sabah Tea Garden is an enclave of sprawling tea plantation. Enjoy a tour of the tea factory and plantation, or learn new skills such as surviving in a jungle and crossing a river safely. Visitors can also savour freshly brewed tea at the Tea House. Recreational activities such as jungle trekking, night walks and obstacle training are also available. Accommodation ranges from bungalows, longhouses to campsites.

*Sabah Tea Garden is one of the few plantations in the world that has been certified to produce organic tea.*

**Opening hours:** 8.30am - 5.30pm  
(the best time for a visit is before 12.00 noon).

### Admission fee:

Entrance is free but guided tours are chargeable.

RM12 (tea factory guided tour)

RM35 (guided tour and lunch)

Tel: 088 440 882

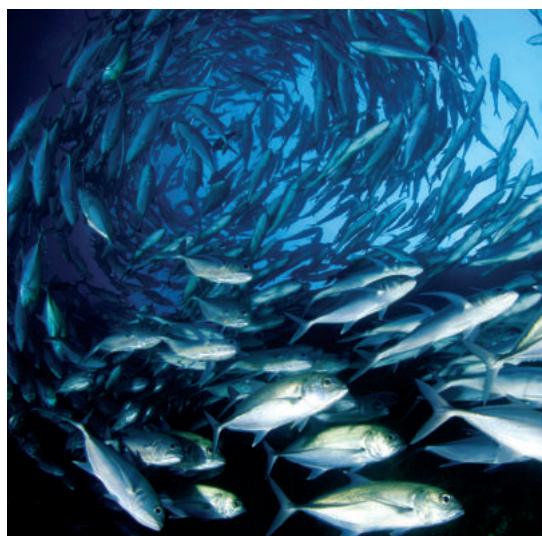
Website: [www.sabahtea.net](http://www.sabahtea.net)



## SIPADAN

Sipadan is an internationally famous dive site surrounded by the Sulawesi Sea. The geographic position of Sipadan at the Indo-Pacific Basin (the centre of the richest marine habitat in the world) makes it a paradise for divers. The seascape is decorated with huge gorgonian sea fans, barrel sponges and gigantic soft tree corals. Steep walls form a stunning backdrop while pelagic species such as sharks and turtles swim gracefully.

Further away, the Turtle Cavern contains skeletons of turtles that were lost in the tunnels. At Barracuda Point, divers can have exciting encounters with schools of barracuda. To preserve the delicate ecosystem, accommodation is only provided at the neighbouring islands of Mabul and Kapalai. Tours must be pre-arranged. The nearest airport to Sipadan is Tawau. From Tawau, take an hour's drive to Semporna before proceeding with a 40-minute speedboat ride to the island.



*Sipadan was made famous by  
Jacque Yves Cousteau,  
a famous French oceanographer  
in his documentary 'The Ghosts  
of the Sea Turtle.'*

*Sipadan's most thrilling  
feature is its Drop Off,  
where knee-high water suddenly  
gives way to a 600m drop!*



## TAWAU HILLS PARK Tawau

Stretching over 27,972 ha, this park is a haven for an amazing plethora of plants and flowers including the rare Elephant's Ear Orchid and the world's tallest tree, Siput Kuning (*shorea faquetiana*). Attractions include a waterfall, suspension bridge, jungle trails and crystal clear rivers. The park is situated about 24km from Tawau.

**Opening hours:** 8.00am – 5.00pm

**Admission fee:** Malaysian

RM3 Adult, RM1 Child

Non-Malaysian

RM10 Adult, RM6 Child

Tel: 089 925 719 (Tawau Hills Park)

## RUMAH TERBALIK (UPSIDE DOWN HOUSE) Tuaran

This attraction is the first-of-its-kind in Southeast Asia and one of the five upside down structures in the world. As the name implies, this traditional Sabah *kampung* house is flipped upside down, with the floor facing skyward and the ceiling placed below. It is listed in the Malaysia Book of Records as the first in the country.

**Opening hours:** 7.00am - 7.00pm daily

**Admission fee:**

Malaysian

RM10 Adult, RM5 Child

Non-Malaysian

RM18 Adult, RM5 Child

Student / Child below 12 years: RM5

Free for children below 3 years.

Tel: 088 260 263

Website: [www.upsidedownhouse.com.my](http://www.upsidedownhouse.com.my)



## TECK GUAN COCOA VILLAGE Tawau

Teck Guan Cocoa Village is situated at Quoin Hill, on the east side of Tawau. It is just 30 minutes drive from Tawau International Airport. The plantation is lined by miles and miles of cocoa trees stretching as far as the eyes can see, filling the air with the delicious scent of fresh cocoa fruits. Visitors can enjoy a two-hour tour of the village and watch how cocoa is cultivated, harvested, fermented and dried. Enjoy a variety of food, beverages and desserts made of cocoa at the refreshment kiosk. Its location at a scenic viewpoint offers a good view of Tawau.

**Visits are by appointment only.**

Tel: 089 772 277

*Sabah is one of the world's top cocoa producers, earning it the title, 'Gourmet Chocolate Capital of the World'.*

## TECK GUAN COCOA MUSEUM Tawau

Said to be the only one of its kind in Malaysia, Teck Guan Cocoa Museum gives an insight into the history and development of the cocoa industry. This museum, located within the cocoa factory, has a range of exhibits such as fermented cocoa bean, shell, nibs and many more. The video screening gives more information on cocoa processing. Teck Guan Cocoa Museum is situated at Tanjung Batu Laut, on the west side of Tawau. Guided tours of the actual production process can be arranged.

**Visits are by appointment only.**

Tel: 089 775 566

## MABUL AND KAPALAI

Situated just 25 minutes from Sipadan, Mabul is another gem in the Sulawesi Sea. However, the seascape in Mabul is starkly different, yet equally stunning. A diversity of tiny marine life makes Mabul a great site for macro and muck-diving. Blue-ringed octopus, mandarin fish, lionfish, frogfish, moray eels and spike-fin gobies are definite show-stealers in the relatively-shallow waters. Mabul is slightly larger than Sipadan and has several resorts as well as a local village.

Kapalai is another great location for muck-lovers. In fact, this little island is rated by many diving journalists as one of the best macro-diving destinations in the world. Mandarin Valley, Gurnard Ground and Stingray City are enchanting sites with a prolific marine life.

Just like Sipadan, the jumping-off point to Mabul and Kapalai is Semporna. The boat ride takes about 45 minutes. Semporna is about an hour's drive from Tawau airport. There are regular air services connecting Tawau and Kota Kinabalu. Transfers can be arranged with tour operators.



*Kapalai is not actually an island, but a large sandbank where a resort has been built on stilts.*

## LOK KAWI WILDLIFE PARK Kota Kinabalu

Made up of two components, zoological and botanical, this park is a delight for children and adults alike. Must-see attractions include tigers, proboscis monkeys, deer, orang utans and Borneo pygmy elephants. A wide range of plants can be observed from the walking trails.

**Opening hours:** 9.30am - 5.30pm

**Ticketing counter:** 9:30am - 4:30pm

**Admission fee:**

Malaysian

RM10 Adult, RM5 (below 17 years)

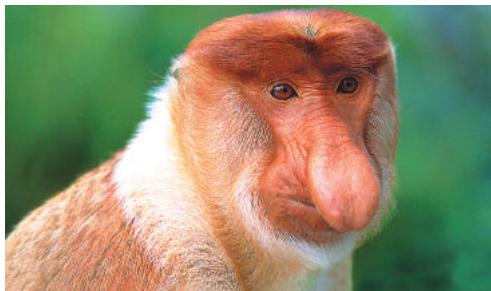
Free for senior citizens and the physically-challenged.

Non-Malaysian

RM20 Adult, RM10 (below 17 years)

Free for the physically-challenged.

**Tel:** 088 765 793 / 710



## MONSOPIAD HERITAGE VILLAGE Kota Kinabalu

Situated about 16km from Kota Kinabalu, this cultural village pays tribute to the powerful and feared Kadazan warrior, Monsopiad, who lived about 200 years ago. Visitors can gain an insight into the ancient culture. Don't miss the cultural performance which re-enacts this legend. A very interesting point to note is that the village is managed by Monsopiad's direct descendants, on the very land where he once lived.

**Opening hours:** 9.00am – 5.00pm daily

**Cultural show:** Daily

(10.00am/12.00pm/2.00pm/4.00pm)

**Admission fee:**

**Malaysian**

RM45 (Adult), RM25 (Child 7 - 12 years)

**Non-Malaysian**

RM55 (Adult), RM25 (Child 7 - 12 years)

Tel: 0111 4196484 / 6488

FB: Monsopiad Heritage Village MHV

*The House of Skulls displays  
43 skulls or 'trophies' collected  
by this legendary warrior.*



## NORTH BORNEO RAILWAY Tanjung Aru to Papar

Operating every Wednesday and Saturday, this three-hour ride takes visitors on a nostalgic journey along some of the most scenic spots in Sabah. The North Borneo Railway steam train service is a joint-venture between Sutera Harbour and the Sabah State Railway Department. It gives visitors a chance to experience the bygone British era through a journey on the steam engine train. Starting from Tanjung Aru, the train traverses the towns of Kinarut, Kawang and Papar. Highlights include the journey across the Papar River over a steel bridge and a stopover at the 'rice bowl' township of Papar. Visitors can also look forward to the tiffin-style meal that is typical of a railway meal at the turn of the century. The North Borneo Railway is compliant with international safety standards.

**Tel:** 088 308 500

**Package rate:**

**RM318 (Adult)**

**RM159 (Child 3 - 12 years)**

**Website:** [www.suteraharbour.com](http://www.suteraharbour.com)



## THERE'S MUCH MORE IN SABAH

The adventure does not end here! Sabah has numerous other attractions waiting to be explored. Visitors will find a number of sightseeing spots in Kota Kinabalu and its surroundings. Kudat, situated to the north of Kota Kinabalu, beckons with charming attractions such as the Rungus tribal village as well as Tanjung Simpang Mengayau, the tip of Borneo. In Sandakan, the second-largest town in Sabah, war-related sites and natural enclaves form the main tourist attraction. Be sure to visit these places before you leave, or come back again to experience the beauty of Sabah.



*There are only three surviving buildings from World War II in Kota Kinabalu.*

### Kota Kinabalu

- Sabah State Museum
- Museum of Islamic Civilisation
- Tanjung Aru Beach
- State Mosque
- City Mosque
- Sabah Tourism Building
- Tun Mustapha Gallery
- Menara Tun Mustapha
- Signal Hill Observatory Platform
- Atkinson Clock Tower
- Kota Kinabalu Wetland Centre
- Petagas War Memorial
- Double Six Monument
- Green Connection

### Penampang

- Water World Theme Park
- St. Michael's Church
- Hongkod Koisan, KDCA

### Inanam

- Orchid de Villa
- Kionsom Waterfall

### Sandakan

- Gomantong Cave (bird's nest)
- Agop Batu Tulug (historical cave)
- Labuk Bay Proboscis Monkey Sanctuary
- Rafflesia Information Centre
- Lankayan Island
- Libaran Island
- Agnes Keith House
- Sandakan Crocodile Farm
- Sandakan Heritage Trail

- Sandakan Memorial Park
- English Tea House

### Ranau

- Kampung Luanti (Fish massage)

### Kudat

- Simpang Mengayau Bay
- Rungus Longhouse
- Kampung Gombizau (Honey Bee Farm)
- Kampung Sumangkap (Gong Factory)
- Kampung Tinagol  
(Rungus beads and handicraft-making)

### Kiulu

- White Water Rafting
- Zip Borneo

### Kundasang

- Mesillau Nature Park
- Kundasang War Memorial

### Tenom

- Sabah Agriculture Park

### Lahad Datu

- Madai-Baturong Forest Reserve Nature Centre

### Kota Belud

- Mantanani Island
- Kampung Siasai (matchete-making centre)

### Semporna

- Mataking Island

### Kuala Penyu

- Pulau Tiga (Survivor Island)

# SHOPPING & DINING

## Shopping

Have an exciting time hunting for unique souvenirs and handicrafts! The state is known for its bewildering array of ethnic-style crafts, beads, pearls, accessories and other unique collectibles. For a novel shopping experience, head to the open-air markets called tamu or visit the bazaars.

The popular shopping spots in Kota Kinabalu are:

- Kadaiku
- KK Handicraft Centre
- Wawasan Handicraft Centre
- Gaya Street
- Tamu Kota Belud

Modern shopping malls are mainly centered in Kota Kinabalu. Among the malls are 1Borneo, KK Times Square, Warisan Square, Centre Point, Wisma Merdeka, KK Plaza and Wawasan Plaza.



## Dining

There is a wide range of indigenous specialties awaiting adventurous visitors. The rare ferns, greens, fruits and vegetables here are whipped up into a myriad of lip-smacking dishes. Aside from the local delights, Continental cuisine is widely available at major hotels while fast food can be found in big towns. The cool mountain air and hilly terrain make Sabah a great place to grow tea and coffee. Don't miss a cup of the locally-grown Sabah tea or Tenom coffee.

### Authentic local favourites include:

**Tuaran Mee** – A famous hawker dish made from a batter of egg yolk and flour. It is stir-fried with local vegetables and garnished with slices of roast chicken (or pork) and more eggs.



**Ambuyat** – Sometimes known as *Nantung*, this is a thick gluey porridge made of sago, tapioca or rice. Don't let the appearance stop you from trying it out – the sticky treat is rolled or twisted around a chopstick and savoured with a sauce.

**Hinava** – A salad made of raw fish or prawns, *hinava* is especially popular among the Kadazandusun community. The most essential ingredient in *hinava* is *bambangan*, or grated seeds of a wild mango that is indigenous to Sabah.

**Tuhau** – Another dish for the health conscious, *tuhau* is a fresh salad made from a ginger-like plant. It is pounded and mixed with lime juice, onions and chillies. *Tuhau* can be eaten by itself, or savoured together with rice.

**Kelupis** – Aromatic, filling and delicious, *kelupis* is made of glutinous rice wrapped in a fragrant leaf called *daun nyirik*. It is cooked in coconut milk.



## Restaurants in Sabah

**Kampung Nelayan Restaurant**  
Luyang  
Tel: 088 269 991 / 231 003 / 231 005

**Welcome Seafood Restaurants**  
Asia City, Jalan Coastal  
Kota Kinabalu  
Tel: 088 447 866

**Seri Malindo Restaurant**  
Api-Api Centre, Kota Kinabalu  
Tel: 088 318 624

**Portview Restaurant**  
Anjung Samudera, Kota Kinabalu  
Tel: 088 221 753

**Kohinoor Restaurant**  
Anjung Samudera, Kota Kinabalu  
Tel: 088 235 160

**Nasi Padang Ibu**  
Jesselton Point, Kota Kinabalu  
Tel: 088 222 599

**Sri Melaka Restaurant**  
Kampung Air, Kota Kinabalu  
Tel: 088 213 028 / 224 777

The above listing is not exhaustive

## EVENTS & RECREATION

Sabah is the host of many prestigious events. The state is a bustling venue for a variety of events, be it festivals, ethnic performances or sporting activities. These are some of the highlights that visitors should not miss:

Event	Month	Venue
Odou Bakanjar	February	Kuala Penyu
Sabah Adventure Challenge	March	Kota Kinabalu
Sleep Over & Night Safari at the Museum	April	Kota Kinabalu
23rd Sabah International Fishing Tournament	April	Kota Kinabalu
Regatta Lepa	April	Semporna
Sabah Fest	April – May	Kota Kinabalu
Borneo International Marathon (BMI)	May	Kota Kinabalu
Sabah FCAS International Dragon Boat Race	May	Kota Kinabalu
Tadau Kaamatan Celebration – Grand Finale	May	Kota Kinabalu
Ranau International Paragliding Accuracy Championship	June	Ranau
Sunset Music Fest	June	Kudat
Pesta Rumbia	July	Kuala Penyu
KK Jazz Festival	July	Kota Kinabalu
11th Sabah Folklore Festival 2016	July	Kota Kinabalu
Sandakan Memorial Day	August	Sandakan
Borneo International Orchid Show (BIOS)	September	Kota Kinabalu
29th Mt. Kinabalu International Climbathon Adventure	October	Ranau / Kundasang
Tamu Besar Kota Belud	October	Kota Kinabalu
Borneo Bird Festival	October	Kundasang / Sandakan
26th Borneo Safari International Off Road Challenge	November	Kota Kinabalu / Tawau

### Recreation

Sutera Harbour Marina  
Tel: 088 252 266 / 308 500

Kinabalu Yacht Club  
Tel: 088 240 070

Sandakan Yacht Club  
Tel: 089 212 518

Tawau Yacht Club  
Tel: 089 756 877 / 771 104

# ESSENTIAL INFORMATION

## ACCOMMODATION

There is a wide range of accommodation in Sabah, catering for every budget and lifestyle. Exclusive five-star resorts are equipped with MICE facilities are available at Kota Kinabalu, Tanjung Aru and Karambunai. Aside from the star-rated hotels, there are ample budget hotels and backpackers' inn around the country. In the islands, accommodation ranges from chalets to beach resorts. There is no accommodation in Sipadan, and visitors can make day trips from the islands of Mabul or Kapalai.

### Kota Kinabalu

Capital Hotel \*\*  
Tel: 088 231 999

King Park Hotel \*\*\*  
Tel: 088 270 500  
[kk.kingpark.com.my](http://kk.kingpark.com.my)

Grand Borneo Hotel \*\*\*\*  
Tel: 088 526 888  
[www.grandborneohotel.com](http://www.grandborneohotel.com)

Ming Garden Hotel & Residences \*\*\*\*  
Tel: 088 528 888  
[Website- www.minggardenhotel.com](http://Website- www.minggardenhotel.com)

Horizon Hotel \*\*\*  
Tel: 088 518 000  
[Website: www.horizonhotelsabah.com](http://Website: www.horizonhotelsabah.com)

Novotel Hotel \*\*\*  
Tel: 088 529 888  
[www.novotel.com/gb/hotel](http://www.novotel.com/gb/hotel)

Courtyard Hotel \*\*\*  
Tel: 088 528 228  
[www.courtyardhotel1borneo.com](http://www.courtyardhotel1borneo.com)

Nexus Resort Karambunai \*\*\*\*\*  
Tel: 088 480 888  
[www.nexusresort.com](http://www.nexusresort.com)

KK Times Square Hotel \*\*  
Tel: 088 486 111  
[www.kktimesquarehotel.com](http://www.kktimessquarehotel.com)

Imperial Bouteuc Hotel \*\*\*  
Tel: 088 525 969  
[www.imperialbouteuc.com](http://www.imperialbouteuc.com)

Sabah Oriental Hotel \*\*\*  
Tel: 088 258 998  
[www.sabahoriental.com.my](http://www.sabahoriental.com.my)

Promenade Hotel \*\*\*  
Tel: 088 265 555  
[www.promenade.com.my](http://www.promenade.com.my)

D'Borneo Hotel \*\*  
Tel: 088 266 999

High Street Inn  
Tel: 088 218 111

Hotel Asia City \*  
Tel: 088 269 400  
[www.asiacityhotel.com](http://www.asiacityhotel.com)

Hotel Deleeton \*\*  
Tel: 088 252 222

Hotel Bundusan \*\*  
Tel: 088 725 031 / 036  
[www.hotelbundusan.com](http://www.hotelbundusan.com)

Hotel Garden  
Tel: 088 257 400 / 216 168  
[www.hotelgarden.com.my](http://www.hotelgarden.com.my)

Hotel New Sabah  
Tel: 088 225 810 / 224 590

Hotel Shangri La \*\*\*  
Tel: 088 212 800  
[www.kkshang.co](http://www.kkshang.co)

Hyatt Regency Kinabalu \*\*\*\*\*  
Tel: 088 221 234  
[www.kinabalu.regency.hyatt.com](http://www.kinabalu.regency.hyatt.com)

The Klagan Hotel\*\*\*  
Tel: 088 488 908  
[www.theklagan.com](http://www.theklagan.com)

Best Western Kinabalu Daya Hotel \*\*\*  
Tel: 088 240 000  
[www.kkdayahotel.com](http://www.kkdayahotel.com)

Le Meridien Kota Kinabalu \*\*\*\*\*  
Tel: 088 322 222  
[www.kotakinabalu.lemeridien.com](http://www.kotakinabalu.lemeridien.com)

Sutera Harbour Resort –  
Pacific Sutera \*\*\*\*\*  
Tel: 088 318 888  
[www.suteraharbour.com](http://www.suteraharbour.com)

Shangri-La's Tanjung Aru  
Resort & Spa \*\*\*\*\*  
Tel: 088 327 888  
[www.shangri-la.com](http://www.shangri-la.com)

Tang Dynasty Hotel \*\*\*  
Tel: 088 263 389 / 265 566  
[www.hoteltangdynasty.com](http://www.hoteltangdynasty.com)

The Jesselton Hotel \*\*\*  
Tel: 088 223 333  
[www.jesseltonhotel.com](http://www.jesseltonhotel.com)

The Palace Hotel \*\*\*  
Tel: 088 211 911 / 217 222  
[www.thepalacehotel-sabah.com](http://www.thepalacehotel-sabah.com)

Winner Hotel \*\*\*  
Tel: 088 243 222  
[www.winnerhotel.com](http://www.winnerhotel.com)

Cititel Express Kota Kinabalu \*\*\*  
Tel: 088 521 188  
[www.cititelexpress.com/KK](http://www.cititelexpress.com/KK)

Celyn City Hotel\*\*\*  
Tel: 088 270 140  
[www.celyncity.com](http://www.celyncity.com)

Megah D'Aru Hotel \*\*  
Tel: 088 239 666  
[www.megahdaru.com](http://www.megahdaru.com)

Hotel Sixty3  
Tel: 088 212 663  
Website: [www.hotelsixty3.com](http://www.hotelsixty3.com)

C'haya Hotel \*\*\*  
Tel: 088 211 858  
[www.chayahotel.com](http://www.chayahotel.com)

Goldenhill Hotel Sabah \*  
Tel: 088 232 823  
[www.goldenhillhotelsabah.com](http://www.goldenhillhotelsabah.com)

Dreamtel Hotel \*\*\*  
Tel: 088 240 333  
[www.dreamtel.my](http://www.dreamtel.my)

TH Hotel KK \*\*\*  
Tel: 088 230 777  
[www.thhotels.com.my/kotakinabalu](http://www.thhotels.com.my/kotakinabalu)

Oceania Hotel \*\*\*  
Tel: 088 255 818  
[www.oceaniahotel.com.my](http://www.oceaniahotel.com.my)

Yomi Hotel \*\*\*  
Tel: 088 288 188 / 288 189  
[info@yomihotel.com](mailto:info@yomihotel.com)

Yaho Hotel \*\*\*  
Tel: 088 221 669  
[hotelyaho@gmail.com](mailto:hotelyaho@gmail.com)

Gaya Centre Hotel  
Tel: 088 245 567  
[www.gayacentre.com](http://www.gayacentre.com)

Zara's Boutique Hotel  
Tel: 088 488 976 / 487 386  
[www.zarasboutiquehotel.com](http://www.zarasboutiquehotel.com)

<b>Tunku Abdul Rahman Park</b> Gayana Eco Resort **** Tel: 088 380 390 (KK Sales Office) <a href="http://www.gayana-eco-resort.com">www.gayana-eco-resort.com</a>	Sabah Hotel *** Tel: 089 213 299 <a href="http://www.sabahhotel.com.my">www.sabahhotel.com.my</a>	Dream World Tel: 088 888 333 <a href="http://www.dreamworldkundasang.com">www.dreamworldkundasang.com</a>
Pulau Manukan Island Resort Tel: 088 303 914 <a href="http://www.suterasanctuarylodges.com.my">www.suterasanctuarylodges.com.my</a>	Sanbay Hotel Tel: 089 275 000 <a href="http://www.sanbay.com.my">www.sanbay.com.my</a>	<b>Sukau</b> Kinabatangan Riverside Lodge Tel: 089 213 502 / 503 / 223 502 <a href="http://www.sitoursborneo.com">www.sitoursborneo.com</a>
Gaya Island Resort**** Tel : 088 210 342 <a href="http://www.gayaislandresort.com">www.gayaislandresort.com</a>	Swiss Inn Waterfront *** Tel: 089 240 888 <a href="http://www.swissgarden.com">www.swissgarden.com</a>	Borneo Nature Lodge Tel: 089 210 718 / 719 <a href="http://www.borneonaturelodge.com.my">www.borneonaturelodge.com.my</a>
<b>Kota Marudu</b> Marudu Inn (Sales Office in KK) Tel: 088 661 200	<b>Semporna</b> Seafest Hotel *** Tel: 089 782 333 <a href="http://www.seafesthotel.com">www.seafesthotel.com</a>	Barefoot Sukau Lodge Tel: 089 666 196 <a href="http://www.barefootsukau.com">www.barefootsukau.com</a>
<b>Kudat</b> Kudat Golf & Marina Resort *** Tel: 088 611 211 <a href="http://www.kudatgolfmarinaresort.com">www.kudatgolfmarinaresort.com</a>	Dragon Inn Tel: 089 781 088 <a href="http://www.dragoninnfloating.com.my">www.dragoninnfloating.com.my</a>	Sukau River Lodge Tel: 089 219 616
<b>Tawau</b> King Park Hotel *** Tel: 089 766 699 / 767 700 <a href="http://www.tawau.kingparkhotel.com.my">www.tawau.kingparkhotel.com.my</a>	Han Palace Hotel* Tel: 089 781616 / 919	Melapi Lodge Tel: 088 240 584 <a href="http://www.sdclodges.com.my">www.sdclodges.com.my</a>
Heritage Hotel ** Tel: 089 766 222 <a href="http://www.heritagehotel.com.my">www.heritagehotel.com.my</a>	<b>Lahad Datu</b> Kingston Grace ** Tel: 089 881 000 / 866 649 <a href="mailto:kinstonld88@gmail.com">kinstonld88@gmail.com</a>	Myne Resort Tel: 089 278 288 / 216 093 <a href="http://www.myne.com.my">www.myne.com.my</a>
Hotel Emas Tel: 089 762 000 <a href="http://www.hotelemas.com.my">www.hotelemas.com.my</a>	Asia Hotel Tel: 089 881 771 <a href="http://www.asiahotel.com.my">www.asiahotel.com.my</a>	Sri Menanggol Lodge Tel: 088 221 244
Promenade Hotel Tawau**** Tel: 089 982 888 <a href="http://www.promenade.com.my/tawau">www.promenade.com.my/tawau</a>	<b>Tuaran</b> Shangri-La Rasa Ria Resort ***** Tel: 088 797 888 <a href="http://shangri-la.com/kotakinabalu/rasarairesort">shangri-la.com/kotakinabalu/rasarairesort</a>	<b>Beaufort</b> Melde Hotel Tel: 087 221 266
LA Hotel*** Tel: 089 762 299 <a href="http://www.lahotel.com.my">www.lahotel.com.my</a>	Tang Dynasty Lodge ** Tel: 088 788 555	Borneo Proboscis River Lodge Klias Tel: 013 898 8306
<b>Keningau</b> Hotel Juta ** Tel: 087 337 888 <a href="http://www.sabah.com.my/juta">www.sabah.com.my/juta</a>	Orchid Hotel Tel: 088 793 789	Garama Base Camp Tel: 088 262 507
Perkasa Hotel *** Tel: 087 331 045 / 046 <a href="http://www.perkasahotel.com.my">www.perkasahotel.com.my</a>	<b>Ranau</b> Kinabalu Pine Resort ** Tel: 088 889 388 <a href="http://www.kinabalupineresort.com">www.kinabalupineresort.com</a>	River Park Hotel Tel: 087 223 333
<b>Sandakan</b> Four Points by Sheraton Sandakan**** Tel : 089 244 888 <a href="http://www.fourpointsandakan.com">www.fourpointsandakan.com</a>	Celyn Resort Tel: 088 527 800 / 423 289 <a href="http://www.celyns.com/resort">www.celyns.com/resort</a>	<b>Kuala Penyu</b> Tempurung Seaside Lodge Tel: 088 773 066 <a href="http://www.borneotempurung.com">www.borneotempurung.com</a>
Hotel Nak Tel: 089 272 977 <a href="http://www.nakhotel.com">www.nakhotel.com</a>	Mesilau Nature Resort Tel: 088 243 629	<b>Kinarut</b> Beringgis Beach Resort *** Tel: 088 752 333 <a href="http://www.beringgisbeachresort.com.my">www.beringgisbeachresort.com.my</a>
Hotel Ramai ** Tel: 089 273 222	Mount Kinabalu Heritage and Spa Hotel *** Tel: 088 889 511 <a href="http://www.mountkinabaluheritageresort.com">www.mountkinabaluheritageresort.com</a>	Langkah Syabas Resort Tel: 088 752 000 <a href="http://www.langkahsyabas.com.my">www.langkahsyabas.com.my</a>
Hotel Sandakan *** Tel: 089 221 122 <a href="http://www.hotelsandakan.com.my">www.hotelsandakan.com.my</a>	Kinabalu Rose Cabin (Reservations Office In Kk) Tel: 088 889 233 <a href="http://www.kinabalurosecabin.8m.com">www.kinabalurosecabin.8m.com</a>	<b>Pulau Tiga</b> Borneo Survivor Resort Tel: 088 230 806
		Pulau Tiga Resort Tel: 088 240 584 <a href="http://www.sdclodges.com.my">www.sdclodges.com.my</a>

*The above listing is not exhaustive  
\* Star rating*

## GETTING THERE

### By Air

Sabah is well-connected domestically and internationally. The main gateway to Sabah is the Kota Kinabalu International Airport (KKIA) situated about 20 minutes away from the city. Malaysia Airlines, AirAsia, Malindo Air and Rayani Air provides daily direct flights to Sabah from Kuala Lumpur, Malaysia's capital city.

Internationally, Sabah is accessible from Brunei Darussalam, China, Hong Kong, Taipei, Japan, Thailand, Philippines, Singapore and South Korea. The flights that operate here include Silk Air, Royal Brunei Airlines, Korean Air, Dragonair and Asiana. Visitors from Australia can also arrive in Sabah via Kuala Lumpur.

Sabah has a second airport called the Low Cost Carrier Terminal or Terminal Two. This terminal is situated about 7km from Kota Kinabalu International Airport. The budget carrier AirAsia operates from this terminal.

### By Sea

Visitors from Labuan, Indonesia and Philippines can arrive in Sabah by sea. Ferry terminals and immigration checkpoints are situated at Kota Kinabalu, Sandakan and Tawau.

The Sutera Harbour Marina in Kota Kinabalu welcomes foreign guests who wish to berth their yachts in comfort and convenience. Vessels are required to do port clearance before their crew is allowed ashore.

### By Land

Overland travel between Kota Kinabalu, Kuching and Brunei Darussalam is possible via the Trans Borneo Highway. However, visitors are advised to be prepared for long journeys. Those who are intending to self-drive should plan their routes and rest stops.

### Getting Around

Local buses and taxis are easily available in Kota Kinabalu although tour operators normally arrange most of the overland transfers. The local train service that connects Tanjung Aru to Beaufort and Tenom is a refreshing alternative to enjoy the scenery.

A good network of rural air service connects Kota Kinabalu to the gateway towns of Sandakan, Tawau and Lahad Datu. The smaller towns of Kudat and Semporna are equipped with airstrips.

## USEFUL CONTACT NUMBERS

### Tourism Enquiries

Tourist Information Centre (Terminal 1)	Tel: 088 413 359
Sabah Tourism Board Information Counter	Tel: 088 212 121
Sandakan Tourist Information Centre	Tel: 089 229 751

### Transportation

Malaysia Airlines	Tel: 1300 88 3000 / 088 239 310	<a href="http://www.malaysiaairlines.com">www.malaysiaairlines.com</a>
AirAsia	Tel: 03 2171 9333 / 9222 / 088 538 746	<a href="http://www.airasia.com">www.airasia.com</a>
MASwings	Tel: 1 300 88 3000	<a href="http://www.maswings.com.my">www.maswings.com.my</a>
Silk Air	Tel: 088 265 700 / 265 771	<a href="http://www.silkair.com">www.silkair.com</a>
Royal Brunei Airlines	Tel: 088 242 193 / 196	<a href="http://www.royalbrunei.com">www.royalbrunei.com</a>
Malindo Air	Tel: 03 7841 5388	<a href="http://www.malindoair.com">www.malindoair.com</a>
Rayani Air	Tel: 03 2721 4925	<a href="http://rayaniair.com">rayaniair.com</a>

Kota Kinabalu International Airport Terminal 2 (Low Cost Carrier Terminal, KKIA)	Tel: 088 325 555 Tel: 088 447 049 Tel: 088 254 611
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### General Enquiries

Tourist Police	Tel: 088 450 402 / 222
Emergencies	Tel: 999
Department of Immigration	Tel: 03 8880 1000 <a href="http://www.imi.gov.my">www.imi.gov.my</a>

# SARAWAK

*There is something utterly fascinating and mystical about Sarawak. This is the largest state in Malaysia, occupying the southernwestern ridge of Borneo.*

*Its verdant jungles are strewn with massive natural formations, the world's largest cave chambers as well as endemic flora and fauna. Sarawak's greatest assets include its UNESCO World Heritage Site and numerous protected national parks. The vast number of hornbills found here has made Sarawak to be fondly known as 'the Land of the Hornbills'.*

*Its vibrant ethnic groups, coupled with the legacy of the Brooke dynasty, weave a history filled with intrigue and fascination. Kuching, the capital city, is a good place to get a glimpse into the past.*

***Explore the extraordinary natural marvels of Sarawak!***





# PLACES OF INTEREST

## GUNUNG MULU NATIONAL PARK Miri (A UNESCO World Heritage Site)

One of the most outstanding attractions in Sarawak, Gunung Mulu National Park is a treasure trove of vertical cliffs, jagged limestone pinnacles and intricate cave networks. The area is a paradise for researchers with some 20,000 animals and 3,500 plant species.

Tours and caving expeditions are available from the park office. Visitors can choose from introductory, intermediate or advanced tours depending on their experience and fitness levels. Tours are accompanied by World Heritage Guides. To truly appreciate the beauty of Mulu, visitors are advised to allocate at least several days for their trip here. Accommodation ranges from camp sites, forest huts to the exclusive Royal Mulu Resort nestled amidst the rainforest. Mulu is accessible by air from Miri.

### Must do:

- Visit the four show caves – Deer, Lang, Clearwater and Wind Caves
- Watch millions of bats from the Bat Observatory
- Make your way to The Pinnacles
- Trek along the Headhunters Trail to Limbang
- Go up the 480m Mulu Canopy Skywalk
- Explore the Medicine Plants Trail

Tel:085 428 121 (Destination Mulu @ Miri Airport)

085 792 302 (Borsarmulu Park Management)

Website: [www.mulupark.com](http://www.mulupark.com) and  
[www.mulucaves.com](http://www.mulucaves.com)



*Mulu is the site of some astounding natural attractions:*

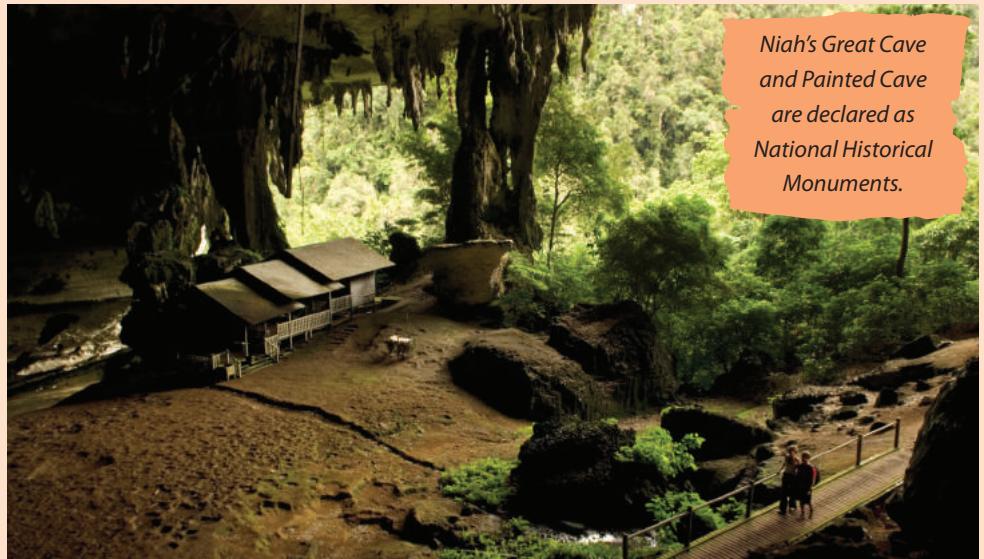
- *Deer Cave has the largest cave passage in the world*
- *Clearwater Cave is Asia's longest cave*
- *The Sarawak Chamber is the world's largest cave chamber. It can accommodate 40 Boeing 747 aircrafts.*



*A unique feature at the Deer Cave is the formation which resembles the profile of Abraham Lincoln.*

*Gunung Mulu's signature attraction is the razor-sharp limestone spikes called The Pinnacles.*





**Niah's Great Cave and Painted Cave are declared as National Historical Monuments.**

## NIAH NATIONAL PARK Miri

Millions of bats and swiftlets, numerous historical sites, ancient tombs and a primary rainforest come together to enchant visitors at this national park. Sprawling over 3,238ha, Niah National Park enjoys great popularity among history lovers and researchers for its archaeological significance. The Great Cave here was inhabited by prehistoric men nearly 40,000 years ago. Among the relics unearthed include Neolithic paintings and Paleolithic artefacts. Another attraction is the Painted Caves, where depictions of human-like figures were found near an ancient burial site. Niah National Park is accessible from Miri and Bintulu. It is situated about 109km from Miri or 131km from Bintulu. Accommodation ranges from chalets, hostels to a rest house.

### Must do:

- Explore the forest trails
- Visit the Iban longhouse nearby
- Enjoy a boat ride
- Explore the Great Cave to see the excavation sites
- Visit Niah's famous Painted Cave

Tel: 085 737 454 / 737 450 / 736 648  
(Niah National Park & Wildlife Office)  
Website: [www.sarawakforestry.com](http://www.sarawakforestry.com)  
Email: [info@sarawakforestry.com](mailto:info@sarawakforestry.com)

*Dubbed as the cradle of human civilisation in the region, Niah is one of the most important archaeological sites in the world.*



## BAKO NATIONAL PARK Kuching

Bako National Park is ideal for day trips because of its proximity to the city. It is also said to be the best place to start your discovery of the state's rainforest. Among the occupants of this national park are the rare proboscis monkeys, long-tailed macaques, leaf monkeys, monitor lizards, plantain squirrels and about 150 species of birds. Accommodation is available in the form of forest hostels and lodges. Many tour companies organise tours to Bako.

Tel: 082 370 434 (Bako Terminal)  
017 807 0150 / 012 878 0784  
(Bako National Park)

Admission fee: RM20 Adult, RM7 Child



## KUCHING WATERFRONT Kuching

Kuching Waterfront is a 900m long esplanade. It is a popular hangout for locals and foreigners alike. A number of heritage buildings surround the waterfront. Interesting sights include the Chinese History Museum, Sarawak Steamship Building and Square Tower, each with its own history and saga. The area is best explored via the walking trails that have been laid out. Avid shoppers can visit the Main Bazaar nearby, where a stretch of shops offer an assortment of handicrafts.



## SARAWAK MUSEUM Kuching

Housed in a stately building bearing Victorian-style architecture, this museum is a repository of information on the state's ethnography, natural history, crafts and the petroleum industry. Please take note that visitors are not allowed to bring in their cameras.

Opening hours:

9.00am – 4.45pm (Monday – Friday)

10.00am – 4.00pm (Saturday/Sunday)

Closed on 1st day of major public holidays.

Admission is free.

Tel: 082 244 232 (Sarawak Museum Department)



## ISLAMIC MUSEUM Kuching

Just walking distance from the Sarawak Museum's, this museum has a wealth of information on the Muslim community in Sarawak. Its seven themed galleries display a variety of information on Islamic history and heritage.

### Opening hours:

9.00am – 4.45pm (Monday – Friday)  
10.00am – 4.00pm (Saturday/Sunday)

Closed on public holidays.

Admission is free.

Tel: 082 244 232 (Sarawak Museum Department)



## CAT MUSEUM Kuching

Enjoy an interesting display of all things feline! Exhibits range from feline art, souvenirs, a pictorial collection of cats, to statues and legends that are associated with these adorable furry friends.

### Opening Hours:

9.00am - 4.45pm (Monday – Friday)  
9.00am – 5.00pm (Saturday & Sunday)

Admission is free.

Charges apply for:

RM3 (Handphone with camera)

RM4 (i-Pad)

RM5 (Video camera)



*Kuching's Cat Museum is the first of its kind in the world. Kuching means 'cat' in Bahasa Malaysia, the national language.*

*Visitors will find several statues of cats dotting the city, as a tribute to its namesake.*

## SEMENGGOH NATURE RESERVE

The 1613-acre Semenggoh Nature Reserve contains many attractions. The most well-known is the Wildlife Centre that rehabilitates orang utans that were injured, orphaned or kept illegally. In the sprawling nature reserve, visitors can see orang utans of various ages, from adorable and mischievous young primates, to caring and protective mothers, to mature adults. Enjoy observing their antics during the feeding times (9.00am and 3.00pm) or watch them frolic in the rainforest. Other attractions include an arboretum, orchard and botanical garden.

### Opening hours: 8.00am - 5.15pm

Admission fee: RM10 Adult, RM5.00 Child

Tel: 082 618 325 (Semenggoh Main Office)

Website: [www.sarawakforestry.com](http://www.sarawakforestry.com)



## SARAWAK CULTURAL VILLAGE Damai

An award-winning attraction, Sarawak Cultural Village is a cultural microcosm of the entire state. Dubbed as a 'living museum', the village showcases the lifestyles and traditional dwellings of the major ethnic groups in Sarawak. Among the items on display are cooking utensils, traditional tools, musical instruments and many more. The highlight of a visit here is the cultural performance held at 11.30am and 4.00pm daily. Sarawak Cultural Village is situated at the foothills of Mount Santubong, about 35km from Kuching.

Opening hours: 9.00am - 5.00pm daily  
Admission fee: RM60 Adult,  
RM30 Child (6 - 12 years)  
Tel: 082 846 411  
Website: [www.scv.com.my](http://www.scv.com.my)



*According to local legend, Mount Santubong derives its name from two mythical princesses, Santubong and Sejinjang. They were cursed to turn into mountains after a fearsome quarrel over a prince.*

## RIVER CRUISES

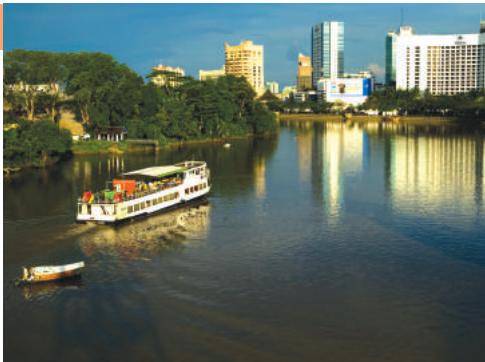
Rivers play an important role in Sarawak's transportation. Since time immemorial, the locals have been using river transportation to get access to various parts of the state. Now visitors too can experience this important aspect of local lifestyle.

One of the most popular cruises is the Sarawak River Cruise, which departs from the Kuching Waterfront twice a day. It retraces the historical journey of Sir James Brooke in the yesteryear while giving a glimpse of the city's old-world charm.

Visitors in search of more excitement can board the *perahu tambang*, a local boat. It is the easiest and quickest method to get across the Kuching River. This service is widely used by the locals because of its reasonable fare.

### Irrawaddy Dolphin Watching

The Santubong peninsula beckons with a delightful attraction – dolphin watching. The shallow coastal areas and estuaries make good habitats for the rare Irrawaddy dolphins. Although sightings are not guaranteed, the serene views along the river will keep visitors fascinated. Most cruises can be arranged through travel agents.



## BORNEO HIGHLANDS RESORT Padawan

Poised atop undulating mountain ridges at 1,000m above sea level, this resort offers a tranquil getaway amidst the lush greens of the rainforest. Be pampered in the jungle spa, or enjoy a round of golf at the award-winning greens. Resort activities range from guided highland tours, birdwatching to longhouse visits and cooking demonstrations. This resort is situated about 60km southwest of Kuching.

Tel: 082 577 930 / 578 930 (Kuching Sales Office)  
019 828 0790 / 019 829 0790  
(Borneo Highlands Resort)  
Website: [www.borneohighlands.com.my](http://www.borneohighlands.com.my)

## TRADITIONAL LONGHOUSE VISITS

Longhouses are the traditional dwellings of the natives. These are communal dwellings and many families live in the same longhouse and share their tasks together. A stay at the longhouse offers a chance to experience this interesting way of life. Visitors can stay with the Bidayuh and Iban ethnic groups at the following places:



### ANNAH RAIS LONGHOUSE Padawan

Live in a Bidayuh longhouse with the locals, savour the local delights and experience their traditional lifestyle. A trip to the Annah Rais Longhouse offers great nature-based activities and cultural shows. Annah Rais Longhouse is situated about 60km or 1½ hours' drive from Kuching. Trips must be pre-arranged.

#### Must do:

- Trek to a hot spring or waterfall
- Try a 'waterfall massage'
- Go bamboo rafting
- Learn how to cook bamboo rice and bamboo chicken
- Enjoy a cultural performance
- Try your skills with a blowpipe
- See how rice is harvested (March to May)
- Try your hand at playing the traditional instruments
- Savour local fruits and don't miss the local home-made wine
- Try your skill crossing the traditional bamboo bridge

### IBAN LONGHOUSE TOURS Batang Ai, Lemanak and Skrang

The Iban longhouse tour at Batang Ai is a unique experience to be cherished. Lemanak River is about four hours' drive from Kuching. Visitors will get an opportunity to journey upstream along the river on a wooden longboat, before arriving at the longhouse where many interesting activities await. Be awed by a blowpipe demonstration, see how rice is cooked in bamboo tubes and watch a traditional native dance.

Batang Ai is the site of the 24,040ha Batang Ai National Park. It is home to the endangered gibbons, orang utans and hornbills. Just outside the park is Aiman Batang Ai Resort & Retreat, offering longhouse-style accommodation with all the trappings of modernity.



## DIVING IN MIRI

Miri's underwater attractions are fascinating to both beginners and experienced divers. These attractions were only recently discovered, placing Miri at par with some of the most pristine dive sites in the region. With an average visibility of 10 to 30 metres, divers can marvel at hard and soft corals that cover the entire reef. The awesome sights include Gorgonian sea fans, sea whips, anemones, sponges and crinoids. Marine species include angel fish, butterfly fish, fusiliers, groupers, stingrays, trigger fish, parrot fish, wrasses and many more. Miri's underwater gardens also feature 40 species of nudibranchs.

**Miri Visitors Information Centre**  
Tel: 085-434 181

## BA'KELALAN Limbang

Situated atop the cool highlands, Ba'kelalan is a group of nine villages. It is one of the most important settlements of the Lun Bawang ethnic group. At about 3,000 feet above sea level, Ba'kelalan has the ideal climate for the growth of apples, organic vegetables and a special type of highland rice. The community is known for its 'bamboo band', where local musicians play the flute and bass made of bamboo. Remote and off the beaten track, this highland area is also a great trekking site. Ba'kelalan is connected by air to the towns of Miri and Lawas. Visitors who wish to drive to Lawas can do so via an old logging road.

### Must do:

- Join a homestay programme to experience the local lifestyle
- Go trekking up the Bario Loop trails
- Pluck and savour fresh apples
- Enjoy the highland rice and tasty dishes made with fresh ferns
- View Kelabit megaliths and rock carvings

**Miri Visitors Information Centre**  
Tel: 085-434 181

## SIBU MARKET

Sibu

Recently refurbished, the Sibu Market offers interesting and lively sights of traders selling a variety of items in a clean and hygienic setting. This is the largest market in Sarawak, offering everything from exotic fruits and vegetables of the rainforest to handicrafts and poultry. The Sibu Market is situated along Jalan Channel opposite the Express Boat Passenger Terminal.

**Sibu Visitors Information Centre**

Tel: 084-340 980



## MEDAN NIAGA SATOK

Kubah Ria

Medan Niaga Satok is the biggest market in Kuching. It has an assortment of products ranging from vegetables, fruits, traditional snacks to crafts. This brand new structure replaces the old Satok Weekend Market. Medan Niaga Satok has five main complexes housing a farmer's market, a wet and dry market, a plaza, cafeteria as well as a food court. It is situated in Kubah Ria, about 3km from Kuching.

**Sarawak FAMA Office**

Tel: 082-422 578 / 414 744

## TALANG-SATANG NATIONAL PARK

Talang-Satang is Sarawak's first marine national park, established to conserve and protect Sarawak's marine turtle population. The park is made up of four islands - Pulau Talang Besar and Pulau Talang Kecil which are situated off Sematan, as well as Pulau Satang Besar and Pulau Satang Kecil which are situated off Santubong, near Kuching. Known as 'Turtle Islands', these islands have 95% of all the turtle landings in the state. The park also comprises the Pulau Tukong Ara-Banun Wildlife Sanctuary which is an important nesting site for Bridled Terns and Black-Naped Terns.

**Sarawak Forestry Office**

Tel: 082 610 088 Fax: 082 610 099

## GUNUNG GADING NATIONAL PARK Lundu

Rafflesia, the world's largest flower, stands as the main attraction in this national park. The species here is called *Rafflesia tuan muda*, which can grow up to one metre in width. Forest lodges are available for overnight stays. This park is about two hours drive from Kuching. Visitors are advised to call first to find out if the Rafflesia is in bloom.

### Must do:

- Picnic at the nearby Pandan and Siar beaches
- Hike to the peak of Mount Gading at 900m
- Walk along the jungle trails to view the Rafflesia

Admission fee: RM20 Adult, RM7 Child

Tel: 082 735 144 (Gunung Gading National Park)  
082 248 088 (Booking Office)



*The gigantic Rafflesia flower can reach up to one metre in full bloom. It takes about nine months to mature but the bloom only lasts for a week.*

## LAMBIR HILLS NATIONAL PARK Miri

A botanical paradise, this park is said to have about 1,100 tree species in just 50ha. Tall dipterocarp trees such as *kapur* and *meranti* cover much of the forest canopy. With some patience and luck, visitors may be able to catch sight of pangolins, barking deer or monkeys. Walk along the trails or trek to the scenic waterfalls for a picnic. This national park is situated along the Miri-Bintulu road. It is about 30km from Miri town.

Admission fee: RM20 Adult, RM7 Child

Tel: 085 471 630 / 471 609

(Lambir Hills National Park HQ)

Sarawak has the highest number of national parks in the country. Each national park is different in character and offers distinct attractions. The national parks are managed by Sarawak Forestry Corporation. Several parks are complemented with jungle resorts that provide modern amenities. The information above is only an overview of the majestic attractions that lay at the national parks. Further information can be obtained from Sarawak Tourism Board's website at [www.sarawaktourism.com](http://www.sarawaktourism.com) or Sarawak Forestry Corporation's website at [www.sarawakforestry.com](http://www.sarawakforestry.com).



## HOMESTAYS

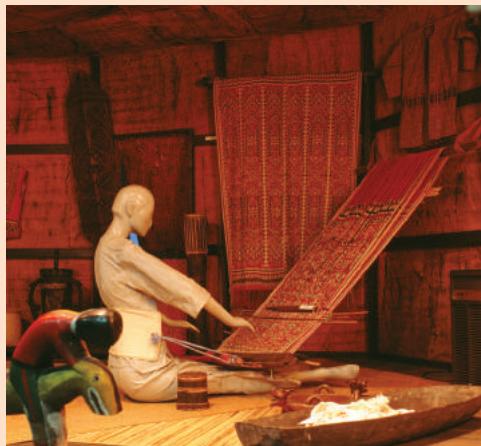
Experience the unique cultures of Sarawak by living with the different ethnic groups. In a homestay programme, visitors can stay at an Iban, Bidayuh or Orang Ulu longhouse, a Malay *kampung* (village) house, or even a Melanau house. There are 30 homestay villages in the state. Among the well-known villages are:

- Santubong Homestay, Santubong
- Kampung Darul Islam Belimbing Homestay, Padawan, Kuching
- Abas Homestay, Kampung Panglima Seman, Kuching

For further information on other homestays, please visit [www.go2homestay.com](http://www.go2homestay.com)

## THERE'S MUCH MORE IN SARAWAK

Long-staying visitors can head to many other places of interest that are waiting to be explored. There are many museums and heritage buildings around Kuching. Miri, the second largest city in Sarawak, is an oil-rich destination with sculptures of seahorses which stand as the icons of the town. The recent discovery of the Miri Reef has made the city popular among reef diving enthusiasts. A number of star-rated hotels are available here. More attractions await at the towns of Sibu, Bintulu and Kapit. Many of these towns serve as the gateways to the interiors and national parks.



### Kuching

- Sarawak River Cruise
- Sarawak Tourism Complex
- Main Bazaar
- Tua Pek Kong Temple
- Kuching Mosque
- State Mosque
- Chinese History Museum
- Textile Museum
- Tun Jugah Pua Kumbu Museum
- Tanoti House
- Kuching Wetlands National Park
- Kampung Panchor Dayak Hotspring
- Santubong National Park
- Tanjung Datu National Park

### Damai and Santubong

- Beaches
- Golf resorts
- Santubong Wildlife Cruise

### Pulau Talang and Pulau Satang National Parks

#### Matang

- Kubah National Park
- Matang Wildlife Centre

### Miri

- Grand Old Lady (Miri's first oil well)
- Seahorse Island
- Luconia Shoals
- Miri Public Park
- Miri City Fan
- Luak Bay Esplanade
- Lian Hua San Temple
- Loagan Bunut National Park
- Bario Highlands

### Sibu

- Rejang Esplanade
- Mist Garden
- Eng Ann Tua Pek Kong Temple
- Sungai Merah township
- Bukit Aup Jubilee Park

### Sri Aman

- Batang Ai National Park
- Iban Longhouse Tours

### Bintulu

- Similajau National Park
- Taman Tumbina

### Limbang

- Merarap Hot Springs
- Ba'kelalan Highlands

# SHOPPING & DINING

## Shopping

Shopping in Sarawak is an adventurous experience. The state's many ethnic groups are known for their intricate crafts and souvenirs. One of the state's most popular crafts is the Sarawakian beads. Colourful beads of all sizes are fashioned into necklaces, rings, bracelets and earrings. Another must-have item is the *pua kumbu* textile. This hand-woven fabric can be used as wall hangings, table covers and shawls. Sarawak pottery has gained a name for itself for its distinct designs and carvings. In some places, visitors can watch pottery-making. Bamboo mats are another popular item. These mats come in various sizes and are a great idea to enhance your home decor. Some shops even offer packing and delivery arrangements for a fee.

Main shopping spots around Kuching are:

- Main Bazaar
- Kuching Waterfront Bazaar
- Sarakraf Pavilion (Jalan Tabuan)
- Sarawak Handicraft Centre (Round Tower)
- Jalan Padungan
- Medan Niaga Satok
- India Street
- Jalan Penrissen



Sarawak's authentic dishes include:

**Sarawak Laksa** – this signature dish consists of noodles served with an aromatic, tangy soup.

**Mee Kolok** – Handmade yellow egg noodles are used to prepare this tasty dry dish. The noodles are tossed with lard, garlic oil and black vinegar to give it the special flavour and taste. Muslim stalls offer a *halal* or pork-free version of this dish.

**Bubur Pedas** – Literally meaning 'spicy porridge', this dish is made with condiments such as yam, bamboo shoots and wild ferns. It is popular during the Muslim fasting month.

**Manok Pansoh** – A specialty of the Dayak ethnic group, this dish is made of chicken and ginger. It is cooked in a bamboo log over an open fire to seal in the aroma and flavour.

**Sarawak Layer Cake** – Pretty and colourful, the Sarawak layer cake has a mosaic-like look. They are usually homemade and taste simply delicious with a cup of coffee.

**Ikan Terubok Masin** – The salted *terubok* fish is popular in Sarawak. It tastes best when grilled.

**Bird's Nest Soup** – This highly prized Chinese delicacy is said to have medicinal properties. Try it at upmarket restaurants.

**Sarawak Pepper** – Bottled Sarawak pepper can be purchased at most departmental stores, supermarkets and mini markets. It is locally produced and fresh.

**Sarikei Pineapple** – Sarikei is known as 'the pineapple capital of Sarawak'. The variety grown here is juicy, and low in acid and sugar.

Other specialties of Sarawak include *Umai*, a raw fish salad and *Tabaloi*, a traditional sago cookie.

## Dining

Diverse, tasty and exotic! Sarawak's traditional delights are simply superb for those who are adventurous enough to give it a go. Coastal areas such as Damai and Santubong offer a variety of seafood dishes.

The state is also a leading producer of pepper and pineapples. In the cool climate of Kelabit Highlands, the natives cultivate a special rice called Bario Rice. It is harvested by hand using age-old methods. The equally cold highlands of Ba'kelalan is gaining popularity for its crunchy apples. For decades, Sarawak has been exporting high quality swiftlet's nests.

Aside from the local food, visitors can enjoy Chinese, Japanese, Korean and Western food in Kuching. Major hotels around the state serve a variety of continental cuisine.





## Restaurants in Sarawak

**Aroma Café**  
Kuching  
Tel: 082 417 163

**Jambu Restaurant**  
Kuching  
Tel: 082 235 292

**The Banquet**  
Kuching  
Tel: 082 451 414

**Mango Tree**  
Kuching  
Tel: 082 235 353

*The above listing is not exhaustive*

## EVENTS & RECREATION

Enjoy these great events while you are in Sarawak. From action-packed races, to fascinating cultural extravaganzas, Sarawak is a paradise for events.

Event	Month	Venue
World Harvest Festival	April	Sarawak Cultural Village, Kuching
Borneo Jazz Festival	May	Miri
Pesta Babulang Dan Lumba Kerbau Bisaya	June	Limbang
Borneo Cultural Festival	July	Sibu Town Square Phase 1 & 2
Rainforest World Music Festival	August	Sarawak Cultural Village, Kuching
Padawan Raft Safari	August	Kampung Annah Rais – Kampung Timurang – Kampung Danu – Kampung Git, Padawan Kuching
Borneo International Kite Festival (BIKF)	September	Bintulu Old Airport
Sibu International Dance Festival	September	Sibu Civic Centre
Borneo Bird Race	September	National & Wildlife Park
Sarawak Regatta	November	Kuching Waterfront
Sarawak International Dragon Boat Regatta	November	Kuching Waterfront

### Recreation

Most five-star hotels are equipped with golf courses and amenities for recreation such as swimming pools and squash courts. Water sports enthusiasts can head to the Damai Beach where activities such as jet-skiing, windsurfing and water-skiing can be enjoyed. Golfers can take their pick from the many golf courses around the state.

Major golf courses in Sarawak are:

**Kelab Golf Sarawak (KGS), Kuching**  
Tel: 082 443 398 / 440 966 / 443 412

**Damai Golf & Country Club (Kuching)**  
Tel: 082 846 088

**Hornbill Golf & Jungle Club, Kuching**  
Tel: 082 573 980

**UNIMAS Golf Club**  
(The Sarawak Club), Kota Samarahan

Tel: 010 982 0277 / 013 816 1876

**Prisons Golf Club, Kuching**  
Tel: 082 629 876

**Bintulu Golf Club, Bintulu**  
Tel: 086 253 213 / 252 001

**Sibu Golf Club, Sibu**  
Tel: 084 228 119

**Eastwood Valley Golf & Country Club, Miri**  
Tel: 085 421 010

**Kelab Golf Miri (Members only)**  
Tel: 085 416 786 / 416 787

# ESSENTIAL INFORMATION

## ACCOMMODATION

There is a wide range of accommodation in Sarawak catering to every taste and budget. The capital city of Kuching as well as the surrounding areas of Damai and Santubong have a number of five-star resorts. At the national parks, visitors will find jungle lodges, hostels and modest chalets. Gunung Mulu National Park and Batang Ai National Park are situated near to exclusive jungle resorts. More jungle resorts can be found in Kapit and Padawan. Major towns such as Miri are also equipped with good accommodation facilities.

### Kuching

Merdeka Palace Hotel & Suite  
Tel: 082 258 000  
[www.merdekapalace.com](http://www.merdekapalace.com)

Hilton Kuching \*\*\*\*  
Tel: 082 248 200  
[www.hilton.com](http://www.hilton.com)

Pullman Kuching\*\*\*\*  
Tel: 082 222 888  
[www.pullmankuching.com](http://www.pullmankuching.com)

Riverside Majestic Hotel \*\*\*  
Tel: 082 247 777  
[www.riversidemajestic.com](http://www.riversidemajestic.com)

Grand Margherita Hotel \*\*\*  
Tel: 082 423 111  
[www.grandmargherita.com](http://www.grandmargherita.com)

Damai Beach Resort \*\*\*  
Tel: 082 846 999  
[www.damaibeachresort.com](http://www.damaibeachresort.com)

Damai Puri Resort & Spa  
Tel: 082 846 900  
[www.damaipuriresort.com](http://www.damaipuriresort.com)

Four Point by Sheraton \*\*\*  
Tel: 082 280 888

Regal Court  
Tel: 082 412 211

One Hotel Santubong \*\*\*  
Tel: 082 846 888  
[www.onehotelmalaysia.com](http://www.onehotelmalaysia.com)

Kuching Park Hotel \*\*\*  
Tel: 082 239 888  
[www.kuchingparkhotel.com.my](http://www.kuchingparkhotel.com.my)

Regency Rajah Court Hotel \*\*\*  
Tel: 082 484 799  
[www.theregencyhotel.com.my](http://www.theregencyhotel.com.my)

Telang Usan Hotel \*\*\*  
Tel: 082 415 588  
[www.telangusan.com](http://www.telangusan.com)

Kingwood Inn Kuching \*\*\*  
Tel: 082 330 888

Penview Inn Kuching \*\*\*  
Tel: 082 341 200

Harbour View Hotel \*\*\*  
Tel: 082 274 666  
[www.harbourview.com.my](http://www.harbourview.com.my)

Hotel Grand Continental \*\*\*  
Tel: 082 230 399  
[www.ghihotels.com.my](http://www.ghihotels.com.my)

Borneo Hotel \*\*  
Tel: 082 244 122

Liwah Hotel Kuching \*  
Tel: 082 428 222  
[www.liwahhotel.com.my](http://www.liwahhotel.com.my)

Hung Hung Inn \*  
Tel: 082 231 100  
[www.hunghunginn.109.com.my](http://www.hunghunginn.109.com.my)

Grand Supreme Hotel \*\*  
Tel: 082 255 155  
[www.supremehotel.my](http://www.supremehotel.my)

Singgahsana Lodge  
Tel: 082 429 277

Chonglin Plaza Hotel & Suite  
Tel: 082 252 999  
[www.chonglinplaza.com.my](http://www.chonglinplaza.com.my)

Lot 10 Boutique Hotel \*\*\*  
Tel: 082 232 228  
[lot10hotel.com](http://lot10hotel.com)

Fata Hotel  
Tel: 082 232 211

Ariva Gateway Kuching \*\*\*  
(Serviced Apartment)  
Tel : 082 250 958  
Website : [www.stayariva.com](http://www.stayariva.com)

LimeTree Hotel \*\*  
Tel: 082 414 600  
[www.limetreehotel.com.my](http://www.limetreehotel.com.my)

Tune Hotel Waterfront \*  
Tel: 082 238 221  
[www.tunehotels.com/my/en/our-hotels/waterfront-kuching](http://www.tunehotels.com/my/en/our-hotels/waterfront-kuching)

Abell Boutique Hotel \*\*\*  
Tel: 082 239 449  
[www.abellhotel.com](http://www.abellhotel.com)

Batik Boutique Hotel  
Tel: 082 422 845  
[www.batikboutiquehotel.com](http://www.batikboutiquehotel.com)

Citadines Uplands Kuching  
(Service Apartment) \*\*\*  
Tel: 082 281 888  
[www.citadines.com](http://www.citadines.com)

Imperial Hotel \*\*\*  
Tel: 082 588 999  
[www.imperialhotekuching.com.my](http://www.imperialhotekuching.com.my)

Miri  
Miri Marriott Resort & Spa \*\*\*\*  
Tel: 085 421 121  
[www.marriott.com](http://www.marriott.com)

Grand Palace Hotel \*\*\*  
Tel: 085 428 888  
[www.grandpalacehotel.com.my](http://www.grandpalacehotel.com.my)

Mega Hotel \*\*\*  
Tel: 085 432 432  
[www.megahotel.com.my](http://www.megahotel.com.my)

Park City Everly Hotel \*\*\*  
Tel: 085 418 888  
[www.vhhotels.com/everly.php](http://www.vhhotels.com/everly.php)

Dynasty Hotel \*\*\*  
Tel: 085 421 111

Mulu Marriott Resort & Spa  
Tel: 085 792 388  
[www.marriott.com](http://www.marriott.com)

Hotel Pacific Orient \*\*  
Tel: 085 413 333

**Kingwood Inn**

Tel: 085 415 888

**Imperial Hotel \*\*\*\***

Tel: 085 431 133

[www.imperialhotel.com.my](http://www.imperialhotel.com.my)

**Meritz Hotel \*\*\*\***

Tel: 085 417 888

[www.meritzhotel.com](http://www.meritzhotel.com)

**Imperial Palace Hotel \*\*\*\***

085 437 799

[www.imperialpalacehotel.com.my](http://www.imperialpalacehotel.com.my)

**Park Hotel Miri \*\***

085 414 555

[www.parkhotelmiri.com](http://www.parkhotelmiri.com)

**Bintulu****Park City Everly Hotel \*\*\*\***

Tel: 086 318 888

[www.vhhotels.com/everly.php](http://www.vhhotels.com/everly.php)

**Kemena Plaza Hotel \*\*\***

Tel: 086 315 111

**Hoover Hotel**

Tel: 086 337 166

**Regent Hotel Bintulu \*\***

Tel: 086 335 511

**River Front Inn \***

Tel: 086 333 111

**Jinhold Apartment \*\*\***

Tel: 086 318 333

[enquiry@jinholdapartment.com](mailto:enquiry@jinholdapartment.com)

**Royal Hotel**

Tel: 086 315 888

[www.royalhotel.my](http://www.royalhotel.my)

**101 Hotel Bintulu \***

Tel: 086 314 172

[www.101hotelbtu.com](http://www.101hotelbtu.com)

**New World Suites**

086 331 122

**Sibu****Kingwood Hotel \*\*\***

Tel: 084 335 888

**Kawan Hotel \*\***

Tel: 084 315 888

**Premier Hotel \*\*\***

Tel: 084 323 222

[www.premierh.com.my](http://www.premierh.com.my)

**Tanahmas Hotel**

Tel: 084 333 188

[www.tanahmas.com.my](http://www.tanahmas.com.my)

**The Orchid Hotel**

Tel: 084 331 999

**The Paramount Hotel \*\*\***

Tel: 084 331 122

[www.paramountsibu.com](http://www.paramountsibu.com)

**Li Hua Hotel \*\***

Tel: 084 324 000

**RH Hotel**

Tel: 084 365 888

[www.rhhotels.com.my](http://www.rhhotels.com.my)

**Sri Aman**

Aiman Batang Ai Resort & Retreat

Tel: 083 584 388

**Hoover Hotel**

Tel: 083 321 985

**Theatre Inn**

Tel: 083 323 122

**Tiara Inn**

Tel: 083 325 832

**Mega Inn Sri Aman**

Tel: 083 326 998

**Kapit****Hotel Meligai Kapit \*\***

Tel: 084 796 611

**The Greenland Inn \***

Tel: 084 796 388

**New Rejang Inn**

Tel: 084 796 709

**Orchard Inn**

Tel: 084 796 325

*The above listing is not exhaustive*

*\* Star rating*



## TRANSPORTATION

### Getting There

#### By Air

Sarawak is well-connected to Kuala Lumpur (Malaysia's capital city) as well as several other international destinations. The main airport is the Kuching International Airport. There are a number of other airports and airstrips in Sarawak, situated in Miri, Bintulu and Sibu. Malaysia Airlines, the national carrier, provides daily direct flights from Kuala Lumpur to Kuching with connecting flights to other towns. The flight from Kuala Lumpur to Kuching takes about 1 hour and 45 minutes. Direct flights are also available from Kuala Lumpur to Sibu, Miri and Bintulu.

In addition, the budget carrier AirAsia operates flights to Miri, Bintulu, Kuching and Sibu from KLIA2. The Syariah-compliant Rayani Air also flies to Kuching from KLIA2. Malindo Air flies daily from KLIA.

Sarawak is also accessible by air from the neighbouring state of Sabah, and Labuan as well as Singapore, Indonesia and Hong Kong. The airlines that provide air links to Sarawak include Silk Air, Hong Kong Airlines (HKG - KCH route) and Xpress Air for the Jogjakarta – Kuching via Pontianak route.

#### By Sea

There are regular ferry services to Sarawak from Labuan and Brunei Darussalam. The staging points are situated in Limbang and Lawas.

#### By Road

It is possible to take a bus from Brunei Darussalam to Miri. The journey takes about five hours. The route Pontianak (Kalimantan Barat) to Kuching is also available via Tebedu immigration post.

#### Getting Around

Getting around Kuching is simple with the easy availability of buses and taxis. Taxis are mostly available in front of major hotels and shopping malls.

Despite the vast size of the state, getting around Sarawak is fairly convenient with a good network of rural air services. Airports are situated in Miri, Bintulu, Sibu and Mulu. MASWings, a subsidiary of Malaysia Airlines, connects the interiors such as Bario, Lawas, Limbang, Long Banga, Long Seridan, Long Lellang, Marudi, Mukah and Tanjung Manis which are equipped with air strips.

Overland transfers are possible via the Trans Borneo Highway which connects Sarawak to Sabah and Brunei Darussalam. Visitors are encouraged to get adequate information from the Tourist Information Centres on the duration of journey and routes.

## USEFUL CONTACT NUMBERS

### Tourism Enquiries

Tourist Information Centre (Kuching International Airport)	Tel: 082 627 742
Sarawak Tourism Board	Tel: 082 423 600
Miri Visitors' Information Centre	Tel: 085 434 181
Sibu Visitors' Information Centre	Tel: 084 340 980
Sarawak Tourism Federation	Tel: 082 240 620
National Park and Wildlife Booking Office (Kuching)	Tel: 082 248 088
National Park and Wildlife Booking Office (Miri)	Tel: 085 434 184

### Transportation

Kuching International Airport	Tel: 082 454 242	
Malaysia Airlines	Tel: 1 300 88 3000	<a href="http://www.malaysiaairlines.com">www.malaysiaairlines.com</a>
MASWings	Tel: 1 300 88 3000	<a href="http://www.maswings.com.my">www.maswings.com.my</a>
AirAsia	Tel: 03 2171 9222 / 9333	<a href="http://www.airasia.com">www.airasia.com</a>
Xpress Air	Tel: 021 500 890	<a href="http://xpressair.co.id">xpressair.co.id</a>
Silk Air	Tel: 082 256 772 / 256 773	<a href="http://www.silkair.com">www.silkair.com</a>
Malindo Air	Tel: 03 7841 5388	<a href="http://www.malindoair.com">www.malindoair.com</a>
Rayani Air	Tel: 03 2721 4925	<a href="http://rayaniair.com">rayaniair.com</a>
Hong Kong Airlines		<a href="http://www.hongkongairlines.com">www.hongkongairlines.com</a>

### 24 Hours Call Taxi

Kuching	Tel: 082 341 543
Miri	Tel: 085 432 277
Sibu	Tel: 084 320 773

### General Enquiries

Tourist Police (Kuching Waterfront)	Tel: 082 250 522	
Central Police Station	Tel: 082 241 222	
Department of Immigration	Tel: 03 8880 1000	<a href="http://www.imi.gov.my">www.imi.gov.my</a>
Emergencies	Tel: 999	



# LABUAN

Situated at the north of Brunei Bay and facing the South China Sea is the island of Labuan, an international business and financial centre. It is also Malaysia's only deep water anchorage.

Labuan is one of Malaysia's three federal territories. Covering an area of 92 sq km, Labuan comprises the main island as well as six islets around it.

Dubbed as 'The Pearl of Borneo, Where Business and Leisure Meet', this destination provides ample facilities for incentive travel. Holiday-makers will find an array of interesting sights in Labuan, be it historical, natural or cultural.

Dive sites that lay close to the shore, World War II relics, tax-free shopping and an international sea sports complex give Labuan a vibrant and world-class touristic appeal.

Visit Labuan for a holiday like no other!



# MAP OF LABUAN



\* Map not drawn to scale

# PLACES OF INTEREST

## WORLD WAR II MEMORIAL Jalan Tanjung Batu

The largest memorial in Malaysia, Labuan World War II Memorial is the final resting place of 3,908 war heroes from Australia, Britain, India, New Zealand as well as Malaya. It is visited regularly by war veterans and families. Every year, an elaborate ceremony called Remembrance Day is conducted in full military tradition to honour the warriors.

*Remembrance Day is held on 11 November or the Sunday closest to it, to honour the soldiers who lost their lives during World War II and those who perished during the Death March from Sandakan to Ranau.*



## LABUAN MARINE PARK

Located 2km off the southern tip of Labuan, the park comprises the islets of Kuraman, Rusukan Kecil and Rusukan Besar. It is famous for the four wreck diving sites; namely the American, Australian, Blue Water and Cement wrecks.

Lovely reefs, white sandy beaches and quiet bays make it a great spot for sun-seekers.

### Must do:

- Swim at the clear waters
- Go wreck diving at the four dive sites
- Snorkel to see the colourful reef
- Try kayaking or island-hopping
- Camp out to commune with nature

Visitors are required to adhere to the marine park regulations at all times. Activities that are permitted include scuba diving, snorkelling, sailing, canoeing and jungle-trekking. Visitors are strictly prohibited from anchoring, fishing, polluting and carrying out other activities that can break or damage the corals and reefs.

Tel: 087 582 502 / 503  
(Marine Parks Department, Labuan)



## WATER VILLAGES

A trip to Labuan would be incomplete without visiting the water villages. The main villages are Kampung Patau-patau I and Patau-patau II. These homes are built on stilts above the water and can be quite big. Most homes have airy, cooling verandahs that are decorated with potted plants and flowers. The villages are established by Malay fishermen and traders from Brunei.

*Labuan's water villages are among the last remaining traditional water villages in the country.*



## THE CHIMNEY Tanjung Kubong

Commonly associated with Labuan, the Chimney is somewhat of a mystery. The 106-feet high structure was made from 23,000 pieces of red bricks imported from England. It was originally thought to be a ventilation stack. Recently, it was discovered that there are no traces of smoke within, thus making its purpose and existence a puzzle. The Chimney is situated at the Chimney Historical Complex. The Information Centre here details the coal mining industry in Tanjung Kubong since 1847.

Opening hours: 8.30am – 5.00pm

Tel: 087 463 603



*Labuan is a winner of the Green Apple Awards 2013 (Archeological Heritage Category), which entitles Labuan as the Green World Ambassador 2014.*



## PEACE PARK Kampung Layang-layangan

Set in a beautifully landscaped area, this park serves as a memorial and a renunciation of war. It features a large raised mound with two prominent arched walls, gazebos as well as Japanese inspired bridges and ponds. Labuan was under the Japanese occupation for four years before surrendering to the Allied Forces. The Peace Park is a symbol of peace and harmony.



## SURRENDER POINT Kampung Layang-layangan

Situated just beside the Peace Park, this spot has a great historical significance. At this very place on 10 September 1945, the 37th Japanese Southern Army surrendered to the 9th Division Australian Imperial Forces, which marked the end of World War II in Borneo. The Surrender Point overlooks the South China Sea.

*During the Japanese occupation, Labuan was known as Maidashima or Maida Island. It was named after General Maida, the Chief Commander of the Japanese forces in Borneo.*



## LABUAN BOTANICAL GARDENS Jalan OKK Abdullah

This scenic recreational park features a hibiscus garden and an herb garden. It has a man-made lake with an arched bridge for visitors to stroll and take in the lovely view. Sir Hugh Low, the British Chief Secretary of Labuan at the time, is credited for the creation of the garden. Many interesting tales are associated with this garden and the Government House that once stood here.

*The 100-year old Pulai Pasong tree (*Alstonia pneumatophora*) here is worth RM1.5 million. It soars 120 feet high.*



## BEACHES

Sun-kissed beaches and picture-postcard views are a beautiful facet of Labuan's attractions. The beaches of Layang-layangan, Pancur Hitam and Pohon Batu are famed for their warm waters and scenic views.

- Enjoy cycling by the beach
- Have a picnic
- Savour the variety of local food at the stalls
- Join team-building activities
- Sit back and watch the sunset

*A number of beaches in Labuan have received the COBSEA Clean Beach Award, a recognition given by the United Nations Environment Programme.*



## KINA BENUWA WETLAND & MANGROVE FOREST

Stretching over 97,604 hectares, the Kina Benuwa Wetland is a pristine mangrove forest located on the lower Kina Benuwa river. It occupies the southern end of Labuan. This is a conservation area dedicated to the protection of the fragile eco-system and its rich biodiversity.



## LABUAN MUSEUM Jalan Dewan

Housed in a pre-war colonial styled building, this museum chronicles the history of Labuan, beginning from World War II, to the British colonial days, to its declaration as a federal territory. Other interesting displays include Labuan's socio-cultural landscape and information about the local communities.

**Opening hours:** 8.30am - 5.00pm daily

Admission is free.

Tel: 087 414 135



## LABUAN MARINE MUSEUM Jalan Tanjung Purun

This museum has 16 galleries that showcase the marine heritage around the waters of Labuan. Highlights include artefacts from shipwrecks, live and preserved zooplanktons, molluscs, snails, fish, reptiles, corals and aquatic plants. At the Touch Pool, visitors will get a chance to touch and feel marine inhabitants such as starfish and sea cucumbers. This museum is part of the Labuan International Sea Sports Complex.

**Opening hours:** 8.30am - 5.00pm daily

Admission is free.

Tel: 087 425 927



## LAYANG-LAYANG ISLAND

Layang-layang Island or 'Swallow's Reef' lies about 300km north of Labuan. The seabed surrounding the rim of this oceanic atoll drops 2,000mm, making it a great location to spot large marine life such as hammerhead sharks, white tip reef sharks, manta rays, turtles, big eye trevally and barracudas. The atoll is also a resting colony for migratory birds. Due to its distance from Labuan, Layang-layang Island is more accessible from Sabah, the neighbouring state. Flights by MASWings leave Kota Kinabalu daily at 6.30am and the journey takes about 1 hour and 20 minutes. The 3-Star Layang Layang Island Resort is the only accommodation on the island. For further information, please visit [www.avillionlayanglayang.com](http://www.avillionlayanglayang.com)

*Layang-layang Island is  
hailed as the 'Big Fish' and  
'Wall Diving Mecca of Southeast Asia'.  
It is one of the top ten diving  
destinations in the world.*

## THERE'S MUCH MORE IN LABUAN

Despite the small size, Labuan has a number of places that would be of interest to tourists. Among them are:

- Labuan Square
- Museum Square
- Tanjung Kubong Tunnel
- Papan Island
- Jamek An'Nur Mosque
- Ban San Miao Temple
- Labuan Gurdwara Sahib (Sikh Temple)
- Labuan Central Market
- Labuan Art Gallery  
(situated at Kampung Layang-layangan)
- Labuan International Sea Sports Complex

## HOMESTAYS

Stay in a scenic Malay village, or live in a water village. To experience the lifestyle of the locals, visitors can participate in a homestay programme available at the following villages:

- Patau-patau II Water Village
- Bukit Kuda Village
- Sungai Labu Village

Tel: 087 422 622

(Ministry of Tourism and Culture, Labuan Office)

*Patau-patau II is the oldest  
water village in Malaysia and one  
of the few water village homestays  
in the country.*

## LABUAN BIRD PARK Tanjung Kubong

Situated near the Chimney, this park houses numerous species of Borneo's birds. There are presently about 684 bird species, commonly found in rainforests, mangrove swamps, coastal areas as well as the highlands. They are housed in three large dome shaped cages.

Opening hours:

Tuesday - Sunday & Public Holiday:

9.00am - 4.30pm

Monday: 9.00am - 4.30pm only on school holidays  
Admission fee:

Malaysian

RM3 Adult, RM1 Child 6 - 12 years.

Free for children below 6 years.

RM2 Senior Citizen/Student/Disabled person/

Retirees

Non-Malaysians

RM5

Tel: 087 463 846 / 463 544

# SHOPPING & DINING

## Shopping

Labuan enjoys a tax-free status that makes it the perfect place to find imported products at bargain prices. Visit this free-trade zone to choose from an assortment of perfumes, chocolates, cosmetics, liquor, cigarettes, textiles, leather goods, electrical appliances, electronic gadgets, pens and watches.

Among the popular shopping areas are:

- Jalan OKK Awang Besar
- Ferry Terminal area
- One Stop Duty Free at Victoria Point
- Financial Park Complex
- Labuan Weekend Tamu  
(A bazaar held on Saturdays and Sundays at Labuan Walk)



## Dining

Seafood is a major attraction in Labuan. Fresh fish, prawns, crabs, lobsters, squids and shellfish are found in abundance. Enjoy a delightful assortment of cooking styles, such as Western, Malay and Chinese. Visitors can also try some of the specialties of this island:

**Coconut pudding** – Unique to Labuan and rarely found anywhere else, this pudding is made from steamed coconut water and jelly.

**Lamban** – Akin to the Chinese rice dumplings or the Malay *ketupat*, *lamban* is sweetened steamed rice that is wrapped in coconut leaves. It is eaten with a peanut sauce.

**Punjung** - A bite-size delight, *punjung* is made of rice flour. It contains a jelly filling. The cone-shape dessert is wrapped in banana leaves.

**Jelurut** – Ideal for the sweet-toothed, this dessert is made of rice flour, sugar and coconut milk. The jelly-like dessert is usually green in colour. It is sometimes flavoured with durian or yam.



## Restaurants in Labuan

### Anjung Ketam (4 stalls)

Stall No. 1 - 087 424 366  
Stall No. 2 - 016 838 2421  
Stall No. 3 - 016 818 2134  
Stall No. 4 - 019 807 0690

### Anjung Ikan Bakar (4 stalls)

Stall No. 1 - 019 585 1799  
Stall No. 2 - 013 555 8236  
Stall No. 3 - 012 834 0176  
Stall No. 4 - 019 585 3810

### Fisherman's Wharf Restaurant

087 408 225 / 408 226

**Tanjung Aru Seafood Restaurant**  
087 422 596

**Fratinis Restaurant**  
(Authentic Italian Cuisine)  
087 417 555 / 424 545

**Manja Rasa (Floating Restaurant)**  
087 424 935 / 019 809 4412

**Seri Malindo Restaurant**  
087 416 676

**Kampung Nagalang Seafood Restaurant**  
017 898 3837

**Mehfil (Authentic Northern Indian Restaurant)**  
087 431 889

**Victoria's Brasserie (Dorsett Grand Labuan Hotel)**  
087 402 375

**The Grill Restaurant (Tiara Labuan Hotel)**  
087 414 300

**Spinnaker Restaurant (Billion Waterfront Labuan Hotel)**  
087 418 111

# EVENTS & RECREATION

## Watersports

The Labuan International Sea Sports Complex is an exciting venue for watersports enthusiasts. Annual competitions during the Malaysia Water Festival (Fishing Carnival): Labuan International Sea Challenge (LISC) include the Cross Channel Swimming Challenge, Kayak Sprint, Round Island Kayak Challenge and Tug of War. Visitors can expect lots of fun during the carnival which is held in conjunction with the event.

### Dinghy Sailing

Labuan Public Marina, located adjacent to Waterfront Labuan Hotel, is specifically built to cater to the international yachting community. It was also the official venue of the Borneo International Yachting Challenge (BIYC) which was held in 2013 and 2014. The friendly staff will assist with the berthing if alerted by VHF prior to arrival.

E-mail: labuanmarina@gmail.com

Tel: 087 581 820

### Golfing

The Labuan International Golf Club (LIGC) is Labuan's newest 18-hole championship golf club. Designed by renowned Australian architect, Ted Parslow, the golf course is set amidst 200 acres of breathtaking landscape and lush surroundings. Golf fans will appreciate both the challenges and sceneries presented by this spectacular Par 72 golf course. LIGC boasts first-class facilities which include 16-bay driving range, practice greens and bunker.

Tel: 087 412 712 / 810



Event	Month	Venue
Malaysia Water Festival - Labuan International Sea Challenge	April	Labuan International Sea Sport Complex
Labuan Festival	April	Throughout Labuan
Labuan Extreme Games Festival	August	Throughout Labuan
Labuan Duathlon Challenge	August	Throughout Labuan
Borneo Arts Festival	September	Labuan Square
Labuan Museum Festival	October	Labuan International Sea Sports Complex
Mooncake Festival	September	Kampung Sungai Keling area
Remembrance Day	November	World War II Memorial

# ESSENTIAL INFORMATION

## ACCOMMODATION

Labuan has wide range of accommodation from 5-star hotel to affordable budget hotels and a serviced apartment.

**Dorsett Grand Labuan Hotel \*\*\*\***

Tel: 087 422 000

[www.dorsetthotels.com/malaysia/labuan](http://www.dorsetthotels.com/malaysia/labuan)

**Billion Waterfront Hotel \*\*\***

Tel: 087 418 111

**Tiara Labuan Hotel \*\*\*\***

Tel: 087 414 300

[www.tiaralabuan.com](http://www.tiaralabuan.com)

**Palm Beach Resort & Spa \*\*\***

Tel: 087 418 700

[www.palmbeachresorts.com](http://www.palmbeachresorts.com)

**Mariner Hotel \*\***

Tel: 087 418 822

[www.labuanweb.com/marinerhotel](http://www.labuanweb.com/marinerhotel)

**Avida Hotel \*\***

Tel: 087 416 868 / 426 868

**Pulau Labuan Hotel 2 (Branch) \*\***

Tel: 087 422 388

**Sara Hotel \*\***

Tel: 087 415 555 / 657

**Pulau Labuan Hotel \*\***

Tel: 087 416 288

**Pulau Labuan Inn \***

Tel: 087 416 833

**Ambassador 2 Hotel \***

Tel: 087 581 242

**Victoria Hotel \***

Tel: 087 412 411

**Ambassador 1 Hotel \***

Tel: 087 423 233

**Global Hotel \*\***

Tel: 087 425 201

**Skyglobal Hotel**

Tel: 087 431 219

**Millenium Hotel**

Tel: 087-421278

**Oriental Hotel**

Tel: 087 419 019

**Beta Service Apartment**

Tel: 087 453 333

[www.fpl.com.my](http://www.fpl.com.my)

**Hotel Grand Nadia**

Tel: 087 422 605

**Pantai View Hotel**

Tel: 087 411 339

**One Hotel**

Tel: 087 451 369

**HPL Apartment**

Tel: 087 583 533

**Perdana Hotel**

Tel: 087 420 922

**Red Tomato Hotel**

Tel: 087 412 963

[www.redtomatohotel.com](http://www.redtomatohotel.com)

**Lazenda Hotel**

Tel: 087 580 800

**Ambassador 3 Hotel**

Tel: 087 414 599

**Transit Hotel**

Tel: 087 431 133

*The above listing is not exhaustive*

\* Star rating

## TRANSPORTATION

### Getting There

#### By Air

Labuan is well-linked by air. It is easily accessible from Kuala Lumpur International Airport (KLIA), situated in Peninsular Malaysia. It is also accessible from Kota Kinabalu in Sabah and Miri in Sarawak. Labuan is served by Malaysia Airlines, MASWings as well as AirAsia.

#### By Sea

The Labuan International Ferry Terminal receives ferries from Sabah, Sarawak and Brunei Darussalam. The journey from Kota Kinabalu takes about 3 hours. From Brunei Darussalam, Labuan is accessible in only one hour.

Alternatively, visitors can take the speed boat or the passenger ferry (capable of accommodating vehicles) from Menumbok in Sabah.



### Getting Around

Getting around Labuan is relatively easy. The island's excellent road network links Labuan's main town with other parts of the island. It takes about 1 hours to go around the island by road.

Taxis are the popular mode of transport. Alternatively, 24-hour Call Taxi Services are available. Car rentals for self-drives can be arranged.



## USEFUL CONTACT NUMBERS

### Tourism Enquiries

Tourist Information Centre

Tel: 087 423 445

Department of Tourism, Culture and Art, Labuan Corporation

Tel: 087 408 741

Ministry of Tourism and Culture, Labuan Office

Tel: 087 422 622

### Transportation

Malaysia Airlines Office in Labuan

Tel: 087 413 722 / 412 042

AirAsia Office in Labuan

Tel: 087 408 781

Labuan Airport

Tel: 087 415 015

24 Hours Call Taxi

Tel: 087 411 878 / 422 878

Padas Jaya Rent A Car Sdn. Bhd.

Tel: 087 425 220 / 221

Sime Darby Rent A Car Sdn. Bhd.

Tel: 087 410 740

Labuan Ferry Corporation Sdn. Bhd. (Vehicle Ferry)

Tel: 087 417 333 / 418 333

Labuan International Ferry Terminal (LIFT)

Tel: 087 581 006

Jiwa Rent A Car Sdn. Bhd.

Tel: 016 810 1159

MV Shuttle Hope

Tel: 019 882 0570

(Muara, Brunei – Labuan Vehicle Ferry)

### General Enquiries

Police

Tel: 087 412 222

Immigration Department

Tel: 087 412 298

Royal Malaysian Customs Department

Tel: 087 467 208

Fire & Rescue Department

Tel: 087 481 444

Labuan Nukleus Hospital

Tel : 087 423 919

Marine Department of Malaysia

Tel : 087 413 511

Malaysia Airport Berhad

Tel: 087 415 015

# TIPS FOR TOURISTS

## Saying it in Malay

Welcome	<i>Selamat Datang</i>	Vegetables	<i>Sayur</i>	Bus	<i>Bas</i>
Good morning	<i>Selamat pagi</i>	Meat	<i>Daging</i>	Taxi	<i>Teksi</i>
Good night	<i>Selamat malam</i>	Fish	<i>Ikan</i>	Train	<i>Keretapi / Tren</i>
Thank you	<i>Terima kasih</i>	Beach	<i>Pantai</i>	Flight	<i>Kapal terbang</i>
You are welcome	<i>Sama sama</i>	Sea	<i>Laut</i>	Please	<i>Sila / Tolong</i>
Goodbye	<i>Selamat jalan</i>	Mountain	<i>Gunung</i>	Help	<i>Tolong</i>
How are you?	<i>Apa khabar?</i>	Hill	<i>Bukit</i>	Caution	<i>Awas</i>
I'm fine	<i>Khabar baik</i>	Cave	<i>Gua</i>	Entrance	<i>Masuk</i>
I'm sorry	<i>Minta maaf</i>	Lake	<i>Tasik</i>	Exit	<i>Keluar</i>
Rice	<i>Nasi</i>	Road	<i>Jalan</i>	Restroom	<i>Tandas</i>

### Local Information

- Visitors will have to produce their passports upon arrival in Sabah, Sarawak and Labuan.
- The East Malaysia region is made up of an assemblage of ethnic groups. The ethnic groups in Sabah and Sarawak differ greatly in terms of language, religion, traditions and costumes. There are about 30 ethnic groups in Sabah and five major ethnic groups in Sarawak.
- Although the people practice age-old traditions and rituals, their way of life is similar to people in other countries. Adults go to work and children go off to schools. Visitors can rest assured that legendary headhunters and fearsome tribes are a thing of the past.
- For safety reasons, visitors who are climbing Mount Kinabalu must always ensure that they are with their groups and guides. Do not wander away from the group as the misty weather conditions can mislead your sense of direction.
- There are many protected national parks in Sabah and Sarawak. Visitors are advised to take note of the strict laws that govern these areas. Take nothing but photographs and leave nothing but footprints. A national park conservation fee will be imposed upon entry.
- Fishing is not allowed at certain areas. Always check beforehand. The usage of explosives to fish is strictly prohibited.
- When taking a taxi, it is always best to determine the rate beforehand.
- The weather is generally warm with occasional torrential showers. Cotton clothes, rubber shoes and sun hats are the best. The temperature can drop considerably at hilly places such as Mount Kinabalu in Sabah or Bario Highlands in Sarawak. Discuss the appropriate clothing with your guide.

### Some social tips

- Be respectful when you are at public ceremonies.
- Shoes must always be removed when visiting homes or places of worship such as mosques and temples.
- During a longhouse visit in Sarawak or a village tour in Sabah, visitors are advised to dress modestly and follow local customs.
- The headman of the longhouse or village is an important figure in society. Visitors should treat him with respect.
- Rice wine may be served during longhouse/village visits. It would be polite to accept.
- When sitting on the floor, men sit cross-legged while women normally sit with their legs tucked to the side.
- When pointing, it is preferable to use the thumb, with the four fingers folded under, rather than the forefinger.
- To give or receive something, try to use the right hand.
- Always ask for permission before taking photographs when you are in someone's home.
- Some places such as Mount Kinabalu are considered sacred by the locals, especially the older generation. Do not shout or use foul language when trekking up the mountain.

# MALAYSIA AT A GLANCE

## COUNTRY

The federation of Malaysia comprises Peninsular Malaysia, which is made up of 11 states, three Federal Territories as well as the states of Sabah and Sarawak situated in Borneo.

## CAPITAL CITY

Kuala Lumpur

## GEOGRAPHICAL LOCATION

Lying 2° to 7° north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by the South China Sea. The Peninsula shares a common border with Thailand in the north, while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

## AREA

329,758 sq km

## POPULATION

28 million

## PEOPLE

Malays make up about 57% of the population, with Chinese, Indians and other ethnic groups making up the rest.

## LANGUAGE

Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.

## RELIGION

Islam is the official religion but all other religions are practised freely.

## GOVERNMENT

Malaysia practices parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister. The country has a bicameral legislative system.

## CLIMATE

Malaysia has a tropical climate and the weather is warm all year round. Temperatures range from 21°C to 32°C and the annual rainfall varies from 2,000 mm to 2,500 mm.

## ECONOMIC PROFILE

Manufacturing constitutes the largest component of Malaysia's economy while tourism and primary commodities such as petroleum, palm oil, natural rubber and timber are major contributors to its economy.

## ENTRY REQUIREMENTS

Visitors must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.

## CURRENCY

The unit of currency is the Malaysian Ringgit, which is denoted as RM. Foreign currencies can be converted at banks and money changers.

## WORKING DAYS

Most states observe Monday to Friday as working days while Saturday and Sunday are rest days. In the states of Johor, Kedah, Kelantan and Terengganu, working days are from Sunday to Thursday. Friday and Saturday are observed as rest days. This applies to government offices and many private establishments.

## BANKING HOURS

In most states, banks are open from Monday to Friday from 9.15 am to 4.30 pm. In Kelantan and Terengganu, banks are closed on Friday and Saturday. Check the websites of the relevant banks for details on operating hours and rest days. Online banking services are available.

## POST OFFICES

Post offices are open from 8.30 am to 5.00 pm daily except on Sunday and public holidays. They are open for half-a-day on Saturday (until 1.00 pm). Post offices that are located in shopping malls have extended operating hours. In the states of Johor, Kedah, Kelantan and Terengganu, post offices are closed on Friday and Saturday.

## TIME

The standard Malaysian time is eight hours ahead of GMT and 16 hours ahead of the U.S. Pacific Standard Time.

## ELECTRICITY

The voltage used throughout Malaysia is 220 - 240 volts AC, at 50 cycles per second. Standard 3-pin square plugs and sockets are used.

## MEASUREMENT SYSTEM

Malaysia uses the metric system.

## TELECOMMUNICATIONS

Malaysia is linked nationally and internationally by telephone, facsimile and via the Internet. Most hotels provide International Direct Dial (IDD) telephone services and Wi-fi Internet connection.

## GETTING TO MALAYSIA

The main gateway to Malaysia is through the Kuala Lumpur International Airport (KLIA) in Sepang. It is located about 50 km south of Kuala Lumpur. Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. The airline is a full-fledged member of oneworld, one of the world's top three airline alliances. The national carrier is complemented by its subsidiary, Firefly and the budget airline, AirAsia. Rayani Air is Malaysia's first Syariah-compliant airline. It is based in Langkawi and serves five destinations; KLIA2,

Langkawi, Kota Bharu, Kota Kinabalu and Kuching. The new KLIA 2, situated about 1.5 km away from the main terminal of KLIA, is the world's largest purpose-built terminal dedicated to low-cost carriers. Airlines that operate from KLIA2 include AirAsia, AirAsia X and Malindo Air. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. The main entry point to Malaysia by sea is Port Klang, about 50 km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

## GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines as well as carriers such as AirAsia and Firefly. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains.

## ACCOMMODATION

Malaysia has a wide range of accommodation with competitive rates. International star-rated hotels, boutique hotels, beach resorts, chalets, youth hostels and timeshare apartments are among the types of accommodation available.



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## MAP OF MALAYSIA



There are six international airports in Malaysia.

All the states are linked with a good network of domestic airlines.

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(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)