

10 Top Things to Do in Sabah

Your e-guidebook to The Land Below The Wind



Welcome to Sabah!

Kopivosian, warm greetings from the Land Below the Wind. If you're keen on getting enchanted by brimming beauty and natural charm, then Sabah is exactly where you are supposed to be! From idyllic island life to dusting the soles of your feet on majestic mountain terrains to being marveled by vast marine life, Sabah is the pinnacle to every traveler's South East Asia escapade.

Sabah is seated beneath the 'typhoon' belt, deemed as a 'safe place' by early seafarers. With a rich rainforest eco-system and plenty of sunshine all year long, even through the monsoon, its home to pristine forestry deemed to be a sanctuary for the rarest of flora and fauna.

Unique and exquisite, Sabah is a colorful melting pot of different races and cultures that showcase the true meaning of unity in diversity. Enter the eco-wonderland with insatiable curiosity and leave with an elevated sense of wonder and appreciation for the natural world.

From,
The Amazing Borneo Team



The Kulintang - A traditional musical instruments for the Bajaw and Kadagandusun communities of Sabah

10 top things to do in Sabah

- 1) Take in the spectacular sunrise 4095m high from the top of Mount Kinabalu and witness the peaks being bathed in a gold meridian splendor. Be amidst the clouds as you usher in the dawn of a new day.
- 2) Indulge in life's simple luxuries, go back to basics & get a taste of a real authentic Longhouse experience by spending a night in a Rungus Longhouse.
- 3) From rice-wine making to blow pipe shooting to fire-starting, get a glimpse of culture and old Borneo (also sharpen your survival skills) at the Mari-Mari cultural village.
- 4) Sunny skies, blue seas & palm trees, Mantanani Island is a pocket of paradise that's worth a sunburn.
- 5) Get your blood rushing and adrenaline pumping as you paddle your way through the grade 3-4 rapids of the Padas river.
- 6) Take a nostalgic trip down memory-lane on the North-Borneo Railway for a real-feel of the bygone era.
- 7) In the Kota Kinabalu city, take your taste-buds on a gastronomic tour, this means fusion food frenzy, succulent seafood and everything strictly yum in between!
- 8) Get behind those binoculars as you cruise on through the Klias River for some wildlife sightings including some proboscis monkeys!
- 9) From pitcher plants to rare orchids to medicinal plants, The Kinabalu Mountain Botanical Garden will render you speechless by the abundance of beauty it has to offer.
- 10) Go up north to the warm and welcoming..bafflingly beautiful, Tip Of Borneo Kudat where the South China and Sulu Sea converge.

Early years of Sabah

Sabah, formerly known as North Borneo was part of the Brunei Sultanate and the East Coast was ceded to the Sultan of Sulu as compensation in helping to resolve the civil war in Brunei.

The Western influence started in Sabah (North Borneo then) as early as 1865, when Charles Lee Moses who was the United States Consul to Brunei obtained a 10 year lease to the territory of North Borneo from Sultan of Brunei. Charles Lee Moses then sold his rights to an American Trading Company Hong Kong based to Joseph William Torrey, just after the United States Civil War.



Torrey began his settlement first at the Kimanis River Mouth, however as financial funding was ineffective Torrey sold his territory to Baron Von Overbeck an Austro-Hungarian Empire before he left back for Boston.

Von Overbeck renewed his lease for another 10 years from Sultan of Brunei and has similar agreement with Sultan of Sulu, with financial back up from the Dent brothers to finance his plans for North Borneo.

With the withdrawal from Von Overbeck as his country is not interested in his plans, Alfred Dent is left in charge and formed British North Borneo Provisional Association Ltd with the backup from Sir Rutherford Alcock. Later British North Borneo Provisional Association Ltd was changed to North Borneo Chartered Company in May 1882.

North Borneo Chartered Company (NBCC) continued to expand and flourish, that by 1888 it has become a colony of Great Britain however its administration still under the North Borneo Chartered Company hand, with Alfred Dent as its Managing Director and Sir Alcock as the president.

The development in North Borneo is of a great impact under the company's rule, bringing in the Chinese immigrants for the plantations, set up of transportation, health and services, established the economic growth for North Borneo.

Although it was a peaceful ruling, however the locals resented the levying of taxes and several serious confrontations occurred, one led by the locals include Mat Salleh war in 1915.

When the Japanese forces occupied North Borneo from 1942 to 1945, it was the end of the NBCC ruling over North Borneo effectively in 1 January 1942.

On September 16, 1963 marks North Borneo joined together with Malaya, Sarawak, Singapore and formed the Federation of Malaysia and from then became known as Sabah.

British North Borneo

1882

North Borneo Chartered Company

1888

North Borneo

1915

1942-1945

Sabah

1963

Sabah Today



Take those tastebuds for a tour with the variety of cuisines Kota Kinabalu has to offer. From Chinese, Malay, Italian, Japanese, Korean, the list goes on and on, as KK is filled with a plethora of fusion foods.



The capital Kota Kinabalu, also known as KK is internationally accessible from Hong Kong, Taiwan, Japan, and Australia to name a few. An efficient business centre for many, one may say that they can wander all through KK by feet.



For a vigorous dose of local life, journey through the many local markets along the streets. KK city is laced with several craft & wet markets for all your souvenir needs. From cultured pearls to fresh fish and fruits to succulent seafood.



Mount Kinabalu (4095.2M)
Malaysia's 1st UNESCO World Heritage Site



Occupied the Northern part of Borneo Island, Sabah is the second largest state of Malaysia. Sabah is blessed by 'Mother Nature' as it strategically lies below the typhoon belt, about just 4° above the Equator she is surrounded by the tranquil waters of South China Sea on the West Coast, Sulu Sea on the Northeast and Celebes Sea on the East.

Attractions & Activities

Communications

Call your folks back home anytime, mobile signals are not a problem in Sabah with the exception to some remote areas.

Internet Access

Internet terminals or outlets can be found throughout the city, commonly around backpackers' hostels. These are mainly coin operated internet terminals. Wi-Fi connection can be found in most shopping malls, eatery outlet, coffee shop and as well accommodation areas.

Medical

Government hospitals and clinics are available in all towns. However, those with specific medical needs are advised to visit the main medical centers located in the city area for treatment.

Airports

There are two international airports in Kota Kinabalu, one is the Kota Kinabalu International Airport and it is referred as KKIA or T1 that airlines as such Royal Brunei, Silk Air, Malaysia Airlines arriving at through this airport terminal. While the other airport is T2 would have Air Asia, Cebu Pacific airlines clearing through this terminal. The other airports that connected the West Coast of Sabah to the East Coast are in Sandakan, Lahad Datu and Tawau, where daily flights from Air Asia and Mas Wing operates to connect between these towns to the main city Kota Kinabalu.

Shopping

If you're keen on some retail therapy during your holiday, there are several shopping malls to wander into. From fashion, electronics, souvenirs, food, books and much more. Shopping malls such as Centre Point, Warisan Square, Wisma Merdeka, KK plaza and Suria Sabah are a few that are smack in the middle of the city. If shopping is really your passion, 12 kilometers from the city sits Borneo's largest hyper-mall, 1 Borneo Shopping Mall, train those leg muscles here!

Markets

Markets, commonly known as 'Tamu' are a great place to mingle among the locals. Souvenirs, fruits dried seafood, local delicacies, even clothes can be found in the market. Test out those bargaining skills as it is customary to haggle. Among those local markets to look out for would be Central Market and the Handicraft Market which is situated by Kota Kinabalu's Waterfront.

1-Padas Water Rafting



1

White Water Rafting

For a dose of adrenaline, there are two rivers that could cater to that excitement you've been craving for. North Kiulu is ideal for family travelling, as it is gentle & mild which makes it great fun for all ages!

However, South Padas, is a bigger river that demands more physical endurance, perfect for those adrenaline junkies. Raft through slippery slopes that will get your blood running and heart-racing. An early pick-up time of 5am is required as it is a full-day venture with on road travel to Beaufort and a scenic train-ride to Tenom (Pangi Station).

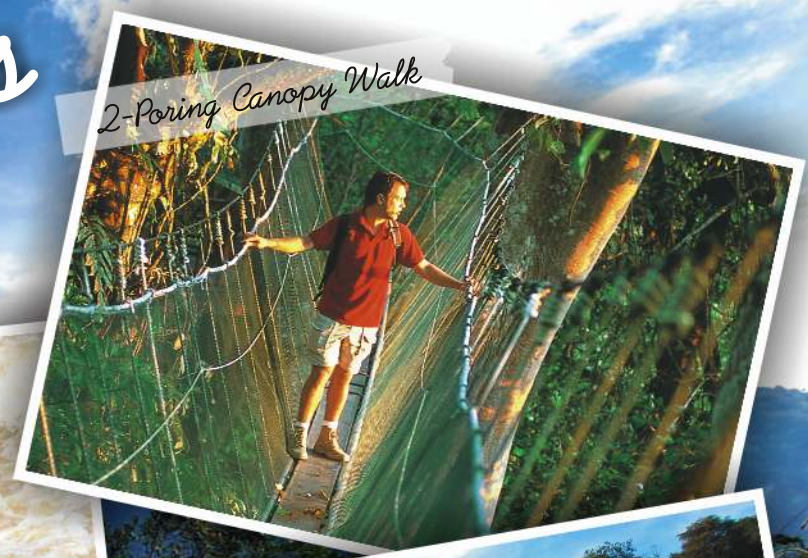
2

Poring Hot Spring

Indulge in one of Sabah's natural wonders at the Poring Hot Springs located approximately 47 kilometers away from Kinabalu Park. Poring got its name derived from the abundance of tall bamboo plants endowed in that area. At this natural hot springs, soak your senses in a sulphurous Japanese-style bath that is said to have curative powers, there's only one way to find out.

For a magnificent view of the rainforest, the canopy walk, suspended 43 meters above the lush tropical jungle of Borneo holds a length of 157 meters that will give you plenty of time to take in all the beauty it has to offer. A 30 minute hike is all it takes to witness the natural wonder.

2-Poring Canopy Walk



3

Kinabalu Park

1 1/2 hours from the city rests majestic Mount. Kinabalu, illustrious in all her meridian splendor. Journey through scenic landscapes laced with local paddy fields winding up along Crocker Range. Along the way stop by Nabalu Market, where the native residents gather to sell local produce such as hand-crafted souvenirs, home-grown vegetables and fruits. Mingle with the locals and don't forget to capture some good shots of Mount Kinabalu from the viewing platform!

Enveloped with a temperature of 20 to 25 degree Celsius, Kinabalu Park is a melting pot of plant life biodiversity that boasts an estimate of 4 500 species of plants which includes 1 500 species of orchids, 77 of which are endemic to Kinabalu. The park is also home to 289 birds and 290 different types of butterflies. From medicinal plants to rare orchids to the notorious pitcher plant, you'll leave with an elevated sense of wonder & appreciation for the natural world.



3-Kinabalu Park Lodges

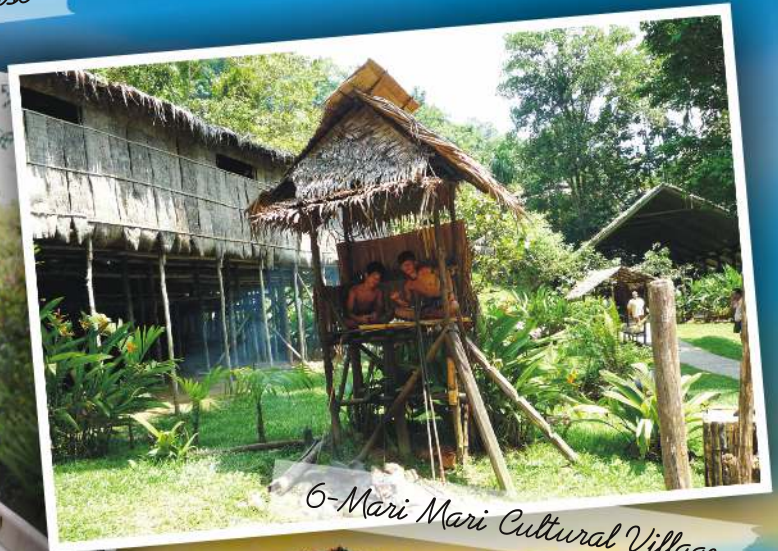
Attractions & Activities



4-Monsopiad Skulls Display



5-Klias Wildlife Sunset River Cruise



6-Mari Mari Cultural Village

4

Monsopiad Cultural Village

Nestled 15 minutes away from Kota Kinabalu City in the district Penampang, home to the largest ethnic group in Sabah known as the Kadazans. Visit the legendary house of Monsopiad's descendents where the 42 skulls of his adversaries are kept. Marvel at massive Monolith which Monsopiad Planted 300 hundred years ago. The enthralling tour will unveil the mysterious folklore of Kadazan Tribe as well as allowing you to have a better grasp of their authentic living conditions when you visit the typical kadazan native house built using mostly Palm Trees and Bamboo.

Get involved and get absolutely schooled as you take part in common traditional activities that will be showcased during the tour. You even get to taste the notorious local wine by name of 'Lihing' made from Rice Wine.

Enjoy entertainment stemming from our cultural heritage. Better understand the richness & diversity of the Kadazan natives through traditional dance & music performed by local villagers in the uniqueness of their traditional costumes. Witness as the past unfolds itself into the present, the Monsopiad Cultural Village is one culture lesson that.

5

Klias Wildlife Sunset River Cruise

Get those binoculars on standby! Cruise through the Klias river on an open boat, for some wildlife fun. From the elusive long-nosed proboscis to fascinating fire-flies, this wildlife wonderland is sure to keep those eyes peeled! Klias rests in the outskirts of Kota Klias Peninsula and the journey is laced with local villages, fruit stalls, small town as well as the district of Beaufort and Kuala Penyu.

However, bear in mind that wildlife spotting rely on weather conditions and luck. When evening falls, If you are lucky, you might be able to spot some nocturnal animals like the flying fox and night bats. Your cruise will then end with a sumptuous dinner by the river lodge, all the excitement will of course build an appetite by the end of your cruise!

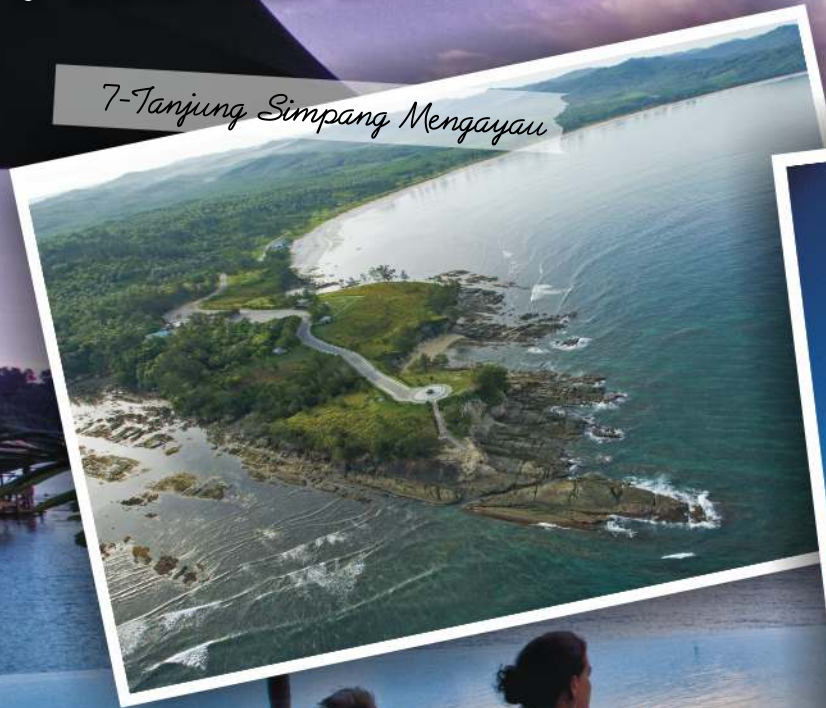
6

Mari Mari Cultural Village

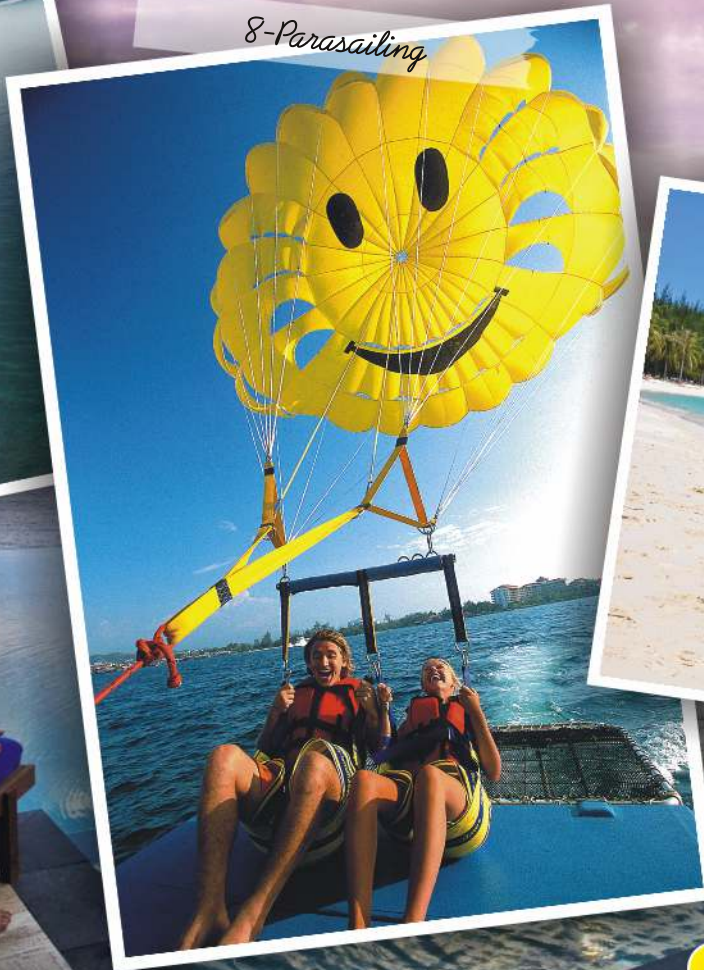
From rice-wine making to blow-pipe shooting to fire-starting, soak up some culture and sharpen those survival skills at the Mari-Mari Cultural Village. Experience Sabah, as it was.. as it is, the cultural village is engaging and educational for those who wish to get a glimpse of Sabah way back when we still lived in long-houses and practiced pagan rituals.

Attractions & Activities

7-Tanjung Simpang Mengayau



8-Parasailing



9-Mantanani Island



7

Kudat

3 hours from the city marks Kudat, where the South China Sea and Sulu Sea converge. This little slice of paradise, bafflingly beautiful with the harmony of sunny skies, blue seas, palm tree was then then first capital of British North Borneo Chartered Company then.

En route to Kudat, the journey is laced with several interesting stops such as the "Gong" making factory known as Sumangkap Village. For beadworks, lifestyles and costumes. Grant yourself a chance to indulge in life's simple luxuries, go back to basics and get a real taste of an authentic Longhouse experience by spending a night in the Rungus Longhouse. Graced popular media by the 2003 book, "KUDAT".

8

Tunku Abdul Rahman Park Islands

Your trip to the tropical paradise that is Sabah won't be complete without a little fun in the sun. Get some sand between those toes, salt in your hair, and soak in the tranquility of the endless stretch of turquoise waters in the Tunku Abdul Rahman Park Island.

Go for a snorkel for catch some marine-life, or go parasailing, banana-boating, fly-fishing, and windsurfing. One can even go for a short forest walk for a more up close and personal experience with the natural wonders it boasts.

9

Mantanani Island

Plunge into the clear blue waters of Mantanani Island and experience what it feels like to be in a truly tropical utopia. Only an hour drive from the Sabah's state capital, Kota Kinabalu, Mantanani is a group of three isolated islands that shimmers northwest of Kota Belud. These pristine islands are a 60 minute boat ride from the mainland.

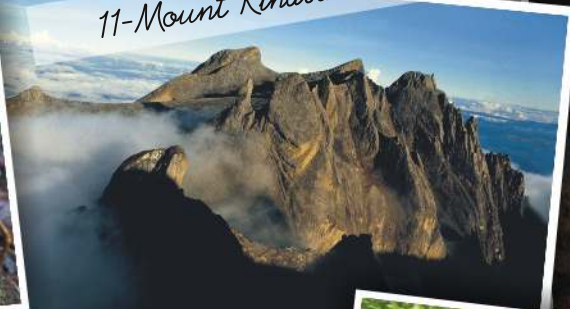
Dreamily picturesque with a coma of white sandy shores that summons shady palm trees and a blue sky halo, Mantanani is an oasis for snorkeling, scuba-diving and island-hopping... or for the simple luxury of little island naps ;)

Attractions & Activities

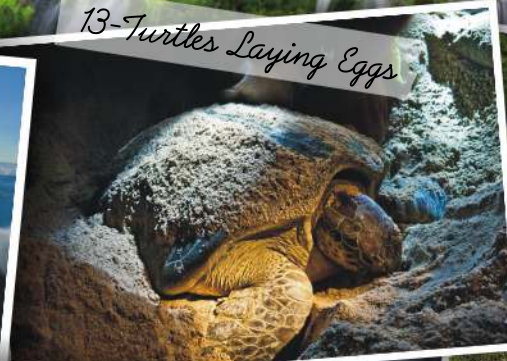
10-Rafflesia



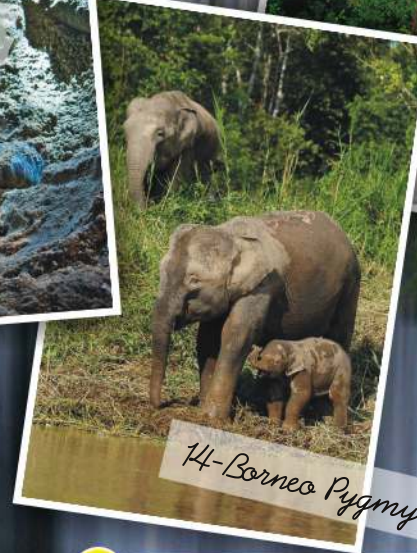
11-Mount Kinabalu



13-Turtles Laying Eggs



15-Danum Valley Tree Platform



14-Borneo Pygmy Elephants



12-Sepilok

12

Sepilok Orangutan Centre

Here's something for you to go ape over. 25 minutes west of Sandakan rests The Kabili Sepilok Forest Reserve, the sanctuary for our fuzzy little Orangutan friends that covers an area of 10,610 acres. It is a rehabilitation project dedicated to orphaned orangutan babies that were brought from plantations, illegal hunting, or kept as pets. These rescued orangutans are then trained to survive again in their wild natural habitat.

Being one of Sabah's main attraction, it opens twice daily from 10 am to 2pm to the public where you can journey through the low-land rainforest for a chance to visit the orangutan on the feeding platform.

13

Turtle Island Sandakan

An approximately 1 hour boat journey brings you to Selingan island, a beach holiday cum turtle excursion on the main nesting area for Green-turtles which lies about 40 km North of Sandakan in the Sulu Sea. As waiting for turtle-landings may take awhile, or sometimes it may happen at night, you can simply bask under the sun or go for a snorkel with the marine life. Basic tourist facilities are available on the island to make sure you are well-rested, and well-energized for a turtle—tastic holiday.

As soon as the sun sets, the beach is off limits to make sure no one intrudes when the green turtles lurk on soft sandy shores to lay eggs. Fret not, you will still be able to witness the moment. A Ranger will notify you during the very second it happens and then escort you to the sighting spot to witness the hatching of eggs.

After the egg hatching moment is over, you will also get to see the eggs being transferred where you can visit the protected turtle hatchery to witness young turtles being sent out into the sea!

14

Tabin Wildlife Reserve

This emerald green cathedral is gracefully seated in the Eastern part of Sabah, the area is home to a large number of animals inhabiting its forest, some of which highly endangered.

The three largest mammals of Sabah, the Pygmy elephants, Sumatran Rhinoceros and Tembadau are all found within the reserve, among them are nine species of primates and an astounding 42 families of species of birds representing 220 recorded species.

The icing on the cake would be the mineral-rich mud volcano that offers an excellent trekking experience. Feast your eyes on the amazing rare wildlife wandering the depths of the forest, the viewing platform is perfect for spotting them, especially when the animals are coming in for their daily mineral intake.

Notorious for being one of Sabah's well-kept wonderland of stunningly rich wildlife bio-diversity, it makes for the ideal place for anyone of all ages to absorb nature, in all its antiquity and majesty. Besides being spell-bounded by the beauty that unfolds Tabin, get yourself familiar with its lush natural wonder as you jungle trek, or go on a night safari for some nocturnal wildlife activities. As you are entering the habitat of these sometimes vulnerable animals, do remember to be respectful of their peace.

15

Danum Valley

Step into the last remaining pocket of untouched tropical flora and fauna and marvel at the awe-inspiring depths of Danum Valley. With a raw primordial beauty that's almost foreign to civilization, it is seized as an eden, a paradise, a dream to naturalists' alike.

Home to 320 species of trees in just one hectare of jungle, it is a highly protected stretch of pristine low-land forest necessitated for your tropical-indulgence. And to ensure your enjoyment, how we've settled arrangements.

10

Tambunan Rafflesia Centre

Spot the notorious Rafflesia in its gargantuan bloom, at the Tambunan Rafflesia Centre. Not only do you get to witness this beautifully exotic gem, the drive through Crocker Range will grant you a chance to view the lush vegetation of the wonderful countryside where the Rafflesia Centre lays.

For all your informational needs, a ranger will be at your side to fill you in on all the interesting facts and details of the terrain and location of the Rafflesia. This includes a jungle-trek along the forest trail to spot the Rafflesia. Some trails may consider a fair amount of walking as the plot section isn't predictable.

With sporadic blooming periods and unpredictable flowering patterns, it's best if you give STB (Sabah Tourism Board) a call for information and to avoid any disappointment.

Along the way to the centre, make sure you stop by Kipandi Butterfly Park. This is the ultimate chance for you to see these rare beauties flutter before your eyes, like the Rajah Brooks and the Golden Birdwings. Also pay a visit to The Insect Museum and The Native Plants Collection Park to see some of the endangered Orchids and Pitcher Plants of Sabah.

It doesn't stop there, a Waterfall by the name of Mahua awaits in Tambunan, which is 55 minutes away from the Rafflesia Centre. The refreshing Waterfall will feel very well-deserving after a 500m trek, plus, you wouldn't want to miss the magnificent view.

11

Mount Kinabalu

The gentle giantess that soars 4095m high above the clouds and into the realms of impeccable beauty, Mount Kinabalu takes the seat as the tallest peak between The Himalayas and The Guinea.

Mount Kinabalu is an experience. The journey amidst the mountain mist, the rainforest filling your lungs with awe, the wild-flowers greeting you through the trails. Avid climbers of Mount Kinabalu have said that no two sunrise are alike on that cloud-ringed peak, what we know for sure is that Mount Kinabalu is the pinnacle for every thrill-seeker's South East Asian escapade.

Hiking to the peak takes at least two days. The first day boils down to a night's stay at the 11,000 feet rest house before continuing on to the summit next day at 2:30am for a chance to be rendered speechless by the crack of dawn.

Diving Haven

Just 40 minutes boat ride from Semporna Town are the magnificent islands that are the prime destination for divers, among which are the well-known Sipadan, Mabul, Kapalai and Matakig.



1-Sipadan Island



2-Mabul Water Bungalow Resort



3-Kapalai Resort



4-Matakig Island



2

Mabul

Just half an hour from the south-eastern coast of Malaysian Borneo, this 20 hectare piece of land, 5-10 metres above sea level gem is an oval shaped island basks under the shade of tall palm trees, fringed with a coma of white sand and surrounded by the turquoise water of the Celebes Sea.

Equipped with both posh and budget accommodations, honeymooners, backpackers, beach-bums, island hoppers can relish in a lodge that is in favor of their comfort. You can easily walk around it in half an hour. The pathway around the island cuts through a local Bajau village and gives one an intimate glimpse into a traditional lifestyle that is entirely dependent on the sea.

Most people that set foot here, however, have only one thing in mind and that is scuba diving. Mabul has not only become famous for its proximity to Sipadan, but also has a reputation as one of the best "muck" diving sites there is.

It's a Utopia of exotic underwater critters, many divers choose Mabul as their base to explore it. With fairly shallow waters and low visibility, Mabul has been crowned with the muck diving label. However, with the abundance of tropical marine life, divers armed with a macro lens camera return time & time again to.

The fairly shallow waters and low visibility has earned it the muck diving label, but it is the abundance of tropical creatures that brings divers, armed with macro lens cameras, down here time and time again.

3

Matakig

Resting on one of the pristine corners of the world, this shimmering gem is the ideal getaway for both the avid and non-avid diver. Laced with an intimate charm and natural elegance of luxury, it is an absolute haven for honeymooners, beach bums, dive & snorkel enthusiasts. Also a feast for photographers as you can find yellow nudibranch, leaf fish, giant moray and crinoid squat lobster within the soft and hard coral. Try spotting the notorious garden eel and banded pipefish at the sandy bottom!

4

Kapalai

Emerald crystalline waters, silver shores, brilliant blue sky.. welcome the salt in the air, sand in your hair, you have arrived in the island of Kapalai, situated on the charming Ligitan Reef. 30 lavish chalets built on stilts are beautifully laid out along the reef as the Sulu Sea hosts an abundance of micro marine life darting through flourishing corals. With schools of giant Humpheads, Napoleon fish, a plethora of black tip & white tip sharks, turtles, bat fish, jacks, and barracudas, divers from across the globe visit Kapalai to wander into the vast blue bed of wonder.

1

Sipadan

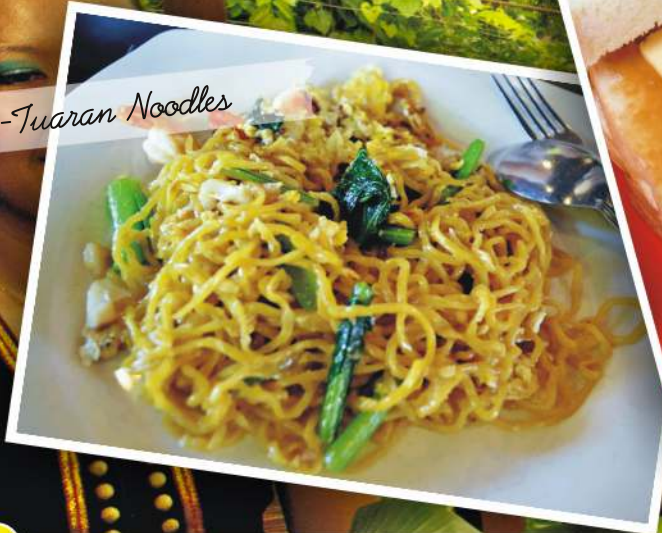
The Idyllic island life is 40 second boat ride from Semporna and it sits like a jewel on the Celebes Sea. With waters bristling with turtles, sharks, moray eels, barracudas, and a parade of colorful fishes, it's a haven for both exotic critters and divers.

The late Jacques Cousteau, a world-renowned oceanographer, once described Sipadan Island as an untouched piece of art while divers around the world have voted it as one of the top five dive sites in the world.

There is no accommodation on the island and those who wish to dive into this azure paradise require a permit. As a result, dive resorts will require guests to stay for three or four days at their resorts where you can test the waters of other surrounding islands before taking on that shimmering gem, Sipadan.

Savour Local Flavour

1-Tuaran Noodles



1 Tuaran Noodles
A visit to Sabah is not complete without trying the 'Tuaran Mee'. The noodles used is homemade with the batter of egg yolk and flour, and it is usually served with BBQ Pork, egg rolls and fried with egg. The egg aroma and springiness of this famous hawker dish is scattered all over the eateries of Kota Kinabalu, as it is an absolute local and universal favorite. Tuaran Mee can be enjoyed with many assorted toppings like seafood, pork, chicken or simply vegetarian. Tamparuli Noodles however boast the same texture and cooking method, also popular dish among locals.

2 Roti Kahwin
The notorious 'Roti Kahwin' plays an important role in the Coffee Shop culture Sabah is known for. Afternoon hi-tea chatter is usually accompanied by this sweet treat. Kaya (coconut jam) is spread on two pieces of soft white-bread and coupled with a few knobs of butter which melts as soon as it enters your mouth. The locals usually have this all-time favorite with The Tarik, which is hot tea made from Black Tea leaves, evaporated milk and condensed milk.

2-Roti Kahwin



3

3 Sinalau Bakas
Sinalau Bakas, also known as "Smoked Wild Boar" reigns from the charming small-town of Tamparuli and is famous among the Kadazan Dusun locals. With unrivaled flavors unlike any other kind of meat, the Sinalau Bakas is a delicacy best had with the local rice wine known as "Lihing" or "Montoku".



3-Sinalau Bakas

4-Ikan Panggang



4

4 Ikan Panggang
This fish dish is sure to sizzle those taste-buds. Wrapped in banana leaf and grilled to perfection while allowing the great smoke flavor to seep into the fish. When it comes to the Ikan Panggang street-food spice bomb, it all boils down to the sambal belacan (spicy shrimp paste). Have it mild or tongue-numbingly spicy like the locals do, it's an explosion of flavor to remember.

5

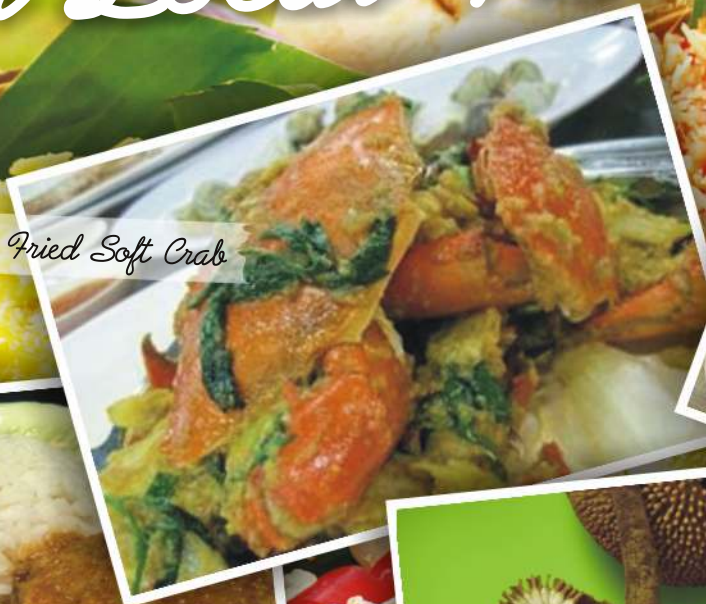
5 Chicken Wings
The Chicken Wings in Sabah is nothing like the one's you've tasted before. Barbecued, grazed with honey and basking in an inferno of smoky goodness, it's commands its succulent presence on your list of things to eat while you're in Sabah.



5-Chicken Wings

Savour Local Flavour

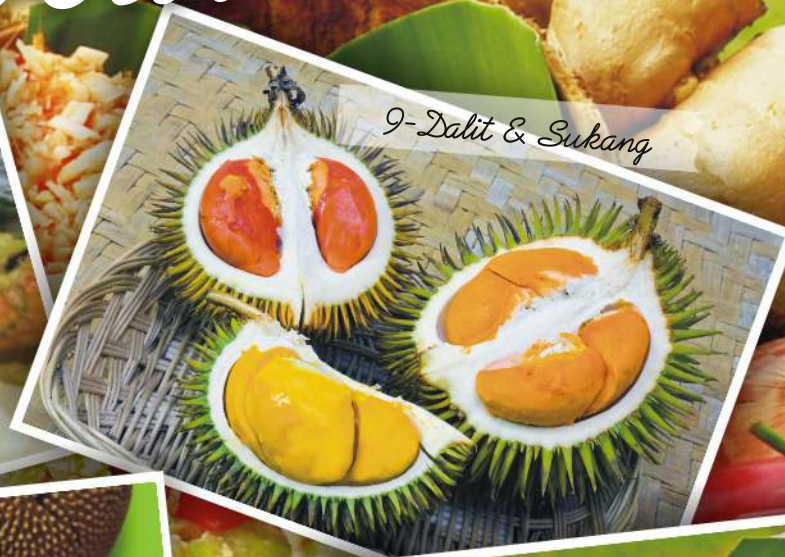
7-Deep Fried Soft Crab



6-Nasi Lemak



9-Dalit & Sukang



8-Tarap



10-Bambangan



6

Nasi Lemak

The legendary Nasi Lemak is a fragrant rice dish cooked in coconut milk and "pandan leaf". This local favorite can be commonly found in Malaysia, Singapore, Brunei and Southern Thailand.

It is served with spicy sambal, anchovies, fried peanuts, sliced cucumber and hard-boiled eggs. However, there are a variety of sides that come along with it, like curry chicken, fried chicken and salted fish. Delicious, simple and authentic, the Nasi Lemak is everyone's choice for a perfect quick breakfast in Kota Kinabalu.

7

Deep Fried Soft-Shell Crab

One of Sabah's specialties, the deep-fried soft-shell crab. Relatively cheap in Kota Kinabalu, it can be enjoyed in almost all of the Seafood joints scattered in Kota Kinabalu.

After a coating of flour and cornstarch batter, the crab is then deep-fried till crispy and then stir-fried with a dash of salt, pepper, and some garlic. How do you resist such a mouth-watering meal?!

8

Tarap

The 'tarap' takes the crown as one of Borneo's unique fruits. Easily recognized by its blunt spikes and distinct smell, rip through the peels with bare hands to savor its fleshy sweetness. Dipped in flour batter and deep-fried, the 'Kuih Tarap' is a local favorite during snack-time.

9

Dalit & Sukang

Also known as the Red and Orange durian, it has a distinct taste with a smell that is less fervent compared to the common Durian. This seasonal exotic fruit is wild-grown in the jungle but due to demand, they are now grown and cultivated in orchards.

10

Bambangan

The Bambangan is a type of Wild Mango with brown skin that's usually made into a pickle or cooked with fish as a dish. This local delicacy is well known amongst the Sabahan locals especially the Kadazan Dusun tribes. It can be easily recognized by its distinctive pungent smell and tangy taste.

Accommodation & Lodging

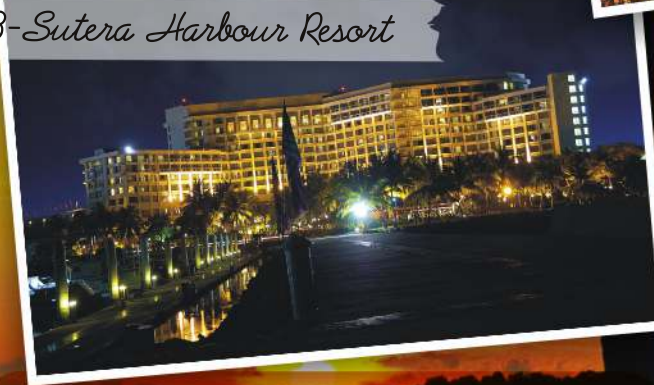
1-Tanjung Aru Resort & Spa



2-Rasa Ria Resort



3-Sutera Harbour Resort



4-Promenade Hotel



5-Ming Garden Hotel & Residences



Kota Kinabalu Hotels (1-7)

1 Shangri-La's Tanjung Aru Resort & Spa ★★★★★

A tranquil palace of natural beauty that offering a sensory voyage like no other. Just ten minutes from Kota Kinabalu International Airport the resort is set in 25 acres of award-winning gardens along the sweeping bay with a private beach overlooking the islands of Tunku Abdul Rahman National Park. The contemporary rooms have been recently renovated to provide modern luxury and are situated in two separate wings overlooking the mountain or stunning South China Sea.

The resort offers a wealth of recreational facilities such as a beach, four tennis courts, a nine-hole pitch and putt golf course, Leisure Centre, fully equipped Health Club and Borneo's largest kids club.

The resort's 2,000 sq. meter pool complete with tapered shoreline, jacuzzi beds and infinity section for adults provides a cool respite from the sun meanwhile the renewed and iconic Sunset Bar offers the perfect spot for catching Borneo's breathtaking sunsets. Families will love the resort's brand new water play area and waterslides for adults and children. With seven restaurants and bars, the resort offers a multitude of dining experiences and culinary creations ranging from Asian to international favorites and is also home to the award winning CHI, The Spa.

2 Shangri-La's Rasa Ria Resort & Spa ★★★★★

Nestled just ten minutes away from Kota Kinabalu International Airport, this peaceful palace boasts a tranquil nature reserve with a modern twist of luxury. The resort rests on a verdant hill that's tucked in the luxuriant embrace of a 400 acre tropical forest. Savor the sweetness of life in the splendor of a beachfront view overlooking islands as you usher in the dawn of a new day in Sabah.

If you're on a pursuit for raw beauty, if you're seeking to be swept away by nature's sweet lore, Shangri-La's Rasa Ria Resort offers many opportunities to experience the unique natural wonders of Borneo.

3 Sutera Harbour Resort ★★★★★

Endowed with spectacular views of the mountains, valleys, sea and lush green surroundings, this fully integrated 384 acre resort is the epitome of elegance and luxury. Resting on the coastline of Kota Kinabalu Sabah, it is a 5 star luxury hotel divided into 2 separate buildings, The Magellan Sutera Resort and The Pacific Sutera Hotel. The grand entrance will usher you into a grand long house style lobby as an architectural tribute to the Rungus tribe of Sabah. Relish in fine timber furnishings and traditional handicraft artifacts and bask in fabulous views of beautifully manicured gardens or of the South China Sea set against a backdrop of islands.

The Pan Pacific boasts 500 rooms that are well appointed to meet the needs of the visitors. 12 floors of spectacular view of waters and green covers surrounding the area nearby. The facilities at the Pacific Sutera Hotel in Kota Kinabalu include conference facilities, business centre, fax, gym, internet access, restaurant, café, spa, swimming pool, etc. The recreation facilities at the Pacific Sutera Harbor include tennis courts, squash court, water sports, sauna, fitness Centre, etc.

4 Promenade Hotel ★★★★★

This international business class hotel has a touch of class of its own. It's strategically nestled in the heart of Kota Kinabalu city, 10 minutes from the international airport. With 451 spacious rooms and suites, friendly-service and ample facilities to its guests, it remains a popular location amongst locals, expatriates, tourists, strategic location as everything is within reach. This unique haven is facing a sunset esplanade featuring a stretch of hawker stalls laid in-front of the seafront offering delicious delicacies and souvenir.

5 Ming Garden Hotel & Residences ★★★★★

Ming Garden Hotel and Residence welcomes you into the arms of warm Sabahan hospitality. Strategically situated near the junction of several thoroughfares and along the coastal highway allows fast access to Kota Kinabalu City. Located in the pulse of Kota Kinabalu, within minutes from the airport and the main bus terminal and jetty, this hotel is convenience and comfort at its finest.

The vibrant ambience it speaks of a modern and contemporary concept laced with art, music and food. Ming Garden Hotel and Residence charms the hearts of guests with their pleasant hospitality, whether traveling for business or pleasure, it is a warm and welcoming with a touch of glitz uptown living.

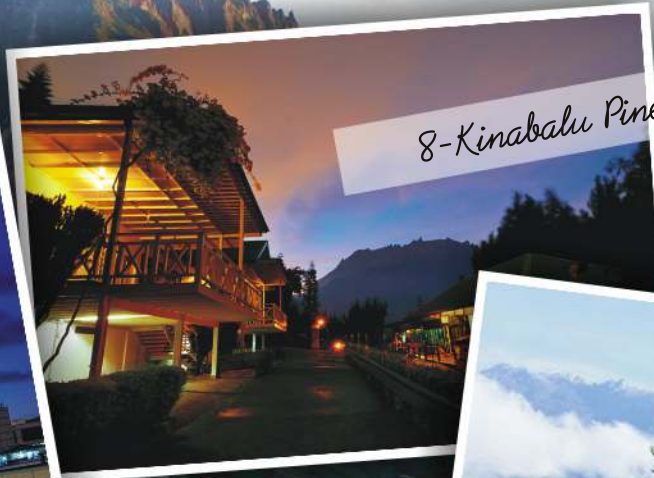
Accommodation & Lodging



6-The Klagan Hotel



7-Citel Express



8-Kinabalu Pine Resort



9-Mt Kinabalu Heritage Resort & Spa

6

The Klagan Hotel ★★★★★

The Klagan Hotel is located in the heartland of Kota Kinabalu city with plenty of entertainment and shopping opportunities right at the hotel doorsteps. The bustling KK waterfront esplanade will keep your nights busy with buzzing vibes of fun and music, live band, bars, eateries.

Graced with a hall on the roof with an eating capacity of 390 people, all down dinner function and new facilities, it has undergone refurbishment programs to keep things fresh and to prioritize convenient and comfort for guests.

For the foodies, the Filipino market is a slice of foodie utopia you don't want to miss. Local delights, fresh seafood, fresh fruits, ethnic delicacies is a mere 100m walk to from the Hotel door.

Citel Express ★★★★★

Citel express is strategically located in the heart of Kota Kinabalu's city centre. Endowed with 257 rooms, complete with all the essential amenities for an enjoyable experience with great value. For your utmost convenience, it is within walking distance to the commercial district, banks, government agencies, local eateries and bars. Absorb the vibrant Kota Kinabalu city vibes, in the convenience of comfort and proximity.

8

Mountain Resorts (8, 9)

Kinabalu Pine Resort ★★★★★

Escape the hussle and bussle of the city by spending a night or two nestled in nature's luxuriant embrace. Relax, unwind and rejuvenate at the Kinabalu Pine Resort. Surrounded by lush vegetations and tranquil sights, the Kinabalu Pine Resort is tucked in Kundasang Ranau that is enveloped by a temperate climate all year long.

The resort boasts 64 chalets built on stilts and every unit is graced with a marvelous view of Mount Kinabalu. Rooms come with a double-bed, attached bathroom with heaters, color TV and coffee/tea making facilities.

Get a taste of local flavor at Pine Restaurant. A plethora of both local and western cuisines are served at the restaurant, including a barbecue pit for outdoor cooking! Other facilities include a childrens playground, public telephones, karaoke lounge, a conference hall sitting 250 delegates theatre-style and 220 classroom-style.

9

Mount Kinabalu Heritage Resort & Spa ★★★★★

After a day of fun on the trails, bask in the comfortable splendor of your own private balcony as you indulge in tranquil views at the Mount Kinabalu Heritage Resort and Spa. Formerly known as Perkasa Hotel Mt. Kinabalu, this resort reigns on a hill, 5 000 feet above sea level with a majestic view of the gentle giantess, Mount Kinabalu and the Kinabalu National Park as well. Indulge in the natural beauty of the surrounding of sprawling foot hills dotted by temperate vegetable farms.

It is also strategically located within close proximity to the Kinabalu National Park for some flora and fauna appreciation-time, the Poring Hot Springs for you soak up and relax, and a golf course for you to hit some balls!

The resort has undergone major renovations and refurbishments to maximize the quality of visitor experience. This includes 7 units of semi-detached chalets built amidst pine trees, a new café named Topion café, internet accessibility via WI-FI, a new lobby and entrance outlook, newly upgraded rooms and hallway, a newly extended restaurant to accommodate more capacity.

Accommodation & Lodging

11-Swiss-Inn Waterfront Sandakan Hotel



10-Sabah Hotel



Sandakan Hotels (10-12)

10 Sabah Hotel ★★★★★

Located in the east of Borneo, Sabah Hotel grants you with an unparalleled 4 star luxury experience amidst lush foliage as a backdrop.

The hotel exudes a natural allure that is in perfect harmony with the charm and richness of flora and fauna found in the 'Land Below The Wind', Sabah.

Accessible by air through connecting routes services via Kota Kinabalu City from Kuala Lumpur, Singapore, Hong Kong, Manila, Taipei, Tokyo. Flight time is approximately 45 minutes from Kota Kinabalu to Sandakan Airport.

11 Swiss-Inn Waterfront Sandakan Hotel ★★★

The Swiss-inn Waterfront is strategically located at the Sandakan Harbor Square, a premier waterfront landmark boasting excellent views, entertainment and leisure. Buzzing with vibrant vibes, the waterfront offers an eclectic mix of sidewalk cafes and quaint shops. Get your souvenirs, local produce, fresh seafood and souvenirs from the Central Market that is only a short distance away from the Swiss-inn.

Only within a short walking distance, marvel at Sandakan's historical sights and architectural heritage while you soak on all the charms and eco wonders it has to offer.

12-Four Points by Sheraton Hotel



12 Four Points by Sheraton Hotel ★★★★★

Situated right on the scenic waterfront pedestrian promenade overlooking the Sulu Sea, it is part of the Sandakan Harbor Square development which offers an indoor marketplace and retail shopping mall within Sandakan Town.

Relish in luxury rooms, beds made for comfort, and retail therapy all at the tip of your fingers! Four-Points by Sheraton is complete with great facilities like an outdoor pool with a pool bar, a lobby lounge, an all-day dining restaurant, a gym and a business center.

Lahad Datu Hotel

13 The Executive Hotel ★★★★★

The executive hotel in Lahad Datu has the comforts and luxuries offering guests a level of service and ambience like no other. Laced with friendly receptionists that will make you feel right at home, It is also complete with Wi-Fi at the lobby, comfortable beds in clean rooms, and a complimentary breakfast in the morning.

15-The Executive Hotel



13-Seafest Hotel



14-Promenade Hotel Tawau



Tawau Hotel

14 Promenade Hotel ★★★★★

By offering a combination of 4-star quality service and facilities best suited for both corporate and leisure travelers to feel at home with expectations quietly met, the Promenade Hotel Tawau houses 180 rooms and suites set to increase Promenade Hotel's growing presence in Sabah.

Guests can enjoy facilities and services at the Promenade Club Floor such as private check-in and check-out counters, Business Centre and a Promenade Club Lounge whereby complimentary coffee and tea is served throughout the operation hours from 6:30am – 10:00pm. Guests can also indulge in complimentary breakfast and a relaxing evening cocktail during their stay. At Promenade Hotel, they are driven by customer satisfaction, so expect nothing short of the best during your stay.

Semporna Hotel

15 Seafest Hotel ★★★

An hour drive from the Tawau International Airport takes you to the first Business Class Hotel operating in Semporna. It is tucked in the city of Tawau which is the main hub to the world-famous island of Sipadan and Mabul.

Feast your eyes on spectacular sunset views from the Café's available at the hotel. Other facilities include a swimming pool, a fitness room, a pub/lounge and restaurants.

Known for great service and comfort, Seafest Hotel is popular among the diving fraternity, government bodies and private companies which often hold conferences and meetings here.

Getting Around

Road Rules

In Sabah we drive on the left hand side of the road. The speed limit in express way is 80 kilometres per hour unless otherwise signposted, while in built up areas it is 50 kilometres per hour.

Road-side speed cameras are used throughout Sabah to monitor the speed limits.

Taxis

Taxis can be found throughout main streets, major shopping complexes, towns and hotels. There are no meters for the taxis in Sabah therefore most prices are agreed before the ride to the destination. City/airport fare guidelines are as follows:

Airport to Kota Kinabalu City area	RM 30
Sandakan Airport to Sandakan Town area	RM 30
Lahad Datu Airport to Lahad Datu Town Area	RM 10
Tawau Airport to Tawau Town area	RM 45
Tawau Airport to Semporna Town area	RM 100

Taxis are available from all these airports to connect to the city, town and most places of attraction.

Kota Kinabalu International Airport (Terminal 1)	(+6088) 325 555
Kota Kinabalu Terminal 2 Airport	(+6088) 447 049
Sandakan Airport	(+6089) 660 405
Lahad Datu Airport	(+6089) 881 033
Tawau Airport	(+6089) 950 777

Buses

City and suburbs are well connected by buses, in Kota Kinabalu the main terminals are:

- 1) Wawasan Mini Bus Station
- 2) City Park Bus Station
- 3) Town Padang Bus Station
- 4) City Bus Terminal (North).

Many buses route do pick up and drop off along the destination (see city map for locations).

Frequently seen a yellow city bus runs around Kota Kinabalu City, this covers major shopping streets in Kota Kinabalu.

City Bus operates two major routes one north of KK City and the other one toward the south of KK City. City Bus buses are all fully air-cond. Bus fare starts from RM 1 to RM 2.

1) Kota Kinabalu > Likas Bay Highway > Tun Mustapha Tower > Kingfisher Park > Federal Administration Building > University Malaysia Sabah (UMS) > 1Borneo Hypermall > Alamesra Shoplots > Kingfisher Park Phase IV > University Apartment > Taman Indah Permai > Institute Technology Malaysia

2) Kota Kinabalu > Komplek Karamunsing > Sacred Heart Cathedral > State Mosque > Tanjung Aru Town > KK Terminal 2 Airport > Tanjung Aru Beach

For longer destination such as Sandakan, Lahad Datu, Semporna and Tawau, Express Bus operates from City Bus Terminal (North). The fare would be between RM 30 to RM 45 for Sandakan, RM 40 to RM 55 for Lahad Datu, RM 50 to RM 75 for Tawau and Semporna.

Train

Sabah State Railway (SSR) is currently the only rail transport system operating on the island of Borneo.

The railway runs on a single 134 km line from Tanjung Aru (near Kota Kinabalu) to the town of Tenom and it is used for both passengers and freight.

The route consists of a single track metre gauge non-electrified line that runs on diesel. At present there are three passenger-carrying trains operating daily in each direction running the full length of the route. One of the trains running the full length route is a mix of freight and passenger service.

Travelers get to try on the train ride, when booked for the Padas Water Rafting trip which half way of the trip is by road to the town of Beaufort and thereafter a train ride from there to Pangi Station the starting point of the river rafting.

Time Zones & Climate

Sabah is eight hours ahead of GMT (+8), the same as Singapore, Kuala Lumpur and Western Australia.

Sabah lies in the tropic with generally hot and sunny all year round with almost 100% humidity, for these reasons we advise visitors to wear comfortable clothing to avoid heatstroke.

Being in the rainforest area we have scattered unpredictable rains that just pours, which is appreciated by many to cool off from the heat and humidity.

Average Temperature

The lowlands area around the West Coast to the East Coast is about 32 degrees Centigrade, and in Kundasang & Tambunan Highlands in the range of 18 to 20 degrees Centigrade.

Our highest point Mount Kinabalu has its own climate, where temperatures can drop to about 3 – 5 degrees Centigrade from above 3500 meters onwards.

Electricity & Water Facilities

Our electricity current is 240 Volts AC 50 Hz with Type G electrical plug, which is similar to British three-pin rectangular blade plug.

Treated tap water is available in most urban and suburban areas, however we still do not advise drinking from the tap.

Currency

The currency is Malaysian Ringgit, which is referred to as RM (Ringgit Malaysia) in any transaction, bills, publish rates etc.

Currency exchange can be done at money changer kiosks available at major shopping complexes and airports. Most major hotels charge a nominal fee for currency conversion.

Credit Cards

Most commonly accepted credit cards are the VISA & MasterCard, however major charge card like The American Express is widely acceptable too.

Office Hours

Common office hours are Monday to Friday from 8 am to 5 pm, while Saturday is from 8 am to 1 pm. Banking Hours are Monday through Friday from 9.30 am to 3 pm.

Useful Numbers

Sabah Tourism Board	(+6088) 212 121
Tourism Malaysia	(+6088) 248 698
Immigration Department	(+6088) 488 700
Immigration Sandakan	(+6089) 668 308
Immigration Tawau	(+6089) 773 343
Immigration Labuan	(+6087) 412 298
Police HQ Hotline	(+6088) 253 555
Tourist Police	(+6088) 450 402 / 450 222
Paramedic Ambulance	(+6088) 326 655
Faulty Electricity & Repair	(+6088) 515 000

Free calls

Fire Department	994 (landlines)
Police/ Ambulance Dept.	999 (landlines)
Fire/Police/Ambulance Dept.	112 (mobile phones)

Hospitals

Air Rescue Team	(+6088) 484 733
Mount Kinabalu Rescue Team	(+6089) 889 095
Ranau Hospital	(+6088) 875 266
Queen Elizabeth Kota Kinabalu	(+6088) 517 555
Kota Kinabalu Paramedic	(+6088) 517 555
Sabah Medical Centre	(+6088) 211 333
Damai Specialist Centre	(+6088) 265 159
Tuaran Hospital	(+6088) 788 317
Kudat Hospital	(+6088) 613 333
Sandakan Hospital	(+6089) 212 111
Tawau Hospital	(+6089) 773 533
Labuan Hospital	(+6087) 413 333

Consulates & Embassy

Australian Consulate (Kuala Lumpur)	(+603) 2146 5555
Australian Consulate (Kota Kinabalu)	(+6088) 267 151
Brunei Consulate (KL)	(+603) 2161 2800
Brunei Consulate (KK)	(+6088) 236 113
Canadian Consulate (KL)	(+603) 2718 3333
Chinese Embassy (KL)	(+603) 2163 6815
Danish Embassy (KL)	(+603) 2032 2001
Finnish Consulate (Penang)	(+604) 229 4300
Finnish Consulate (KK)	(+6088) 431 336
French Embassy (KL)	(+603) 2053 5500
German Embassy (KL)	(+603) 2142 9666
Indian Consulate (KL)	(+603) 2093 3504
Indonesian Consulate (KK)	(+6088) 218 600
Italian Embassy (KL)	(+603) 4256 5122
Japanese Embassy (KL)	(+603) 2142 7044
Japanese Consulate (KK)	(+6088) 254 169
Dutch Embassy (KL)	(+603) 2168 6200
Kiwi Consulate (KL)	(+603) 2078 2533
Norwegian Embassy (KL)	(+603) 2175 0300
Philippines Embassy (KL)	(+603) 2148 4233
Saudi Arabia Embassy (KL)	(+603) 4257 9825
Singapore Consulate (Johore)	(+607) 226 5012
Korean Embassy (KL)	(+603) 4251 2336
Spanish Embassy (KL)	(+603) 2148 4868
Swedish Embassy (KL)	(+603) 2052 2550
Swedish Consulate (KK)	(+6088) 431 336
Swiss Embassy (KL)	(+603) 2163 4110
Thai Embassy (KL)	(+603) 2148 8222
U.S.A. Embassy (KL)	(+603) 2168 5000
Venezuelan Embassy (KL)	(+603) 2163 3444



www.AmazingBorneo.com

Copyrighted & Produced by Amazing Borneo Tours 2015