

Malaysia Welcomes The World



*Map not drawn to scale.



Proboscis Monkey



Undulating Fairways



Diving



Watersports Activities



Sunday Market

Welcome to Sabah

Situated in Malaysian Borneo, Sabah has lush tropical rainforests and stunning tropical islands teeming with an incredible diversity of marine life. The 32 ethnic groups here make it a land of colourful and intriguing cultures. Kota Kinabalu is Sabah's vibrant capital and gateway to eco-adventures such as diving, river cruising, mountain climbing, white-water rafting and caving.

Sabah has a wide range of accommodation to suit any preference and budget. Several well-appointed beach resorts are located close to the capital city. Budget accommodation is widely available. Enjoy the wide variety of cuisine, from local delights to Continental fare.

Places of Interest

Sabah Museum This museum in Kota Kinabalu is built in the longhouse style of the Rungus and Murut communities. It showcases a wealth of ethnic treasures and handicrafts. History lovers will be charmed by the Sabah Tourism Building, one of the only three buildings in Kota Kinabalu to have survived World War II. Other attractions in the city include the State Mosque, Museum of Islamic Civilisation, Atkinson Clock Tower and Signal Hill.

Shopping and Crafts Sabah is famed for its splendid souvenirs including beads, accessories and bamboo products. The KK Handicraft Market, Kadaiku and Wawasan Plaza Handicraft are popular shopping spots in Kota Kinabalu.

Mount Kinabalu The majestic Mount Kinabalu, standing at 4,095.2m, is one of the highest peaks in Southeast Asia. It is the main attraction of Kinabalu Park, Malaysia's first World Heritage Site. This dense jungle contains one of the world's richest assemblage of plants. Don't miss a visit to the Poring Hot Springs, a natural health spa offering open-air Japanese-style baths. The annual Mount Kinabalu International Climbathon draws participants from around the world.

Sipadan Island Sabah has a number of excellent dive spots, with the jewel being the world-famous Sipadan. Its location at the heart of the Indo Pacific Basin makes it one of the richest marine habitats in the world. Here, fascinating sights of turtles, reef sharks and a thrilling 600m drop-off await experienced divers. The island was made famous by renowned oceanographer Jacques Cousteau in his documentary, 'Ghosts of the Sea Turtle'.

Mabul and Kapalai Islands Situated near to Sipadan, these two islands are great destinations for macro-diving.

Other Dive Sites A ring of 13 coral atolls, Layang Layang is another world-class dive site of unique character. It offers the best chance to spot hammerhead sharks along with many kinds of pelagics. A cornucopia of fish life and wreck diving are major attractions in Mantanani. Other dive sites include Pulau Tiga, famed as the 'survivor island' as well as Lankayan and Mataking.

Tunku Abdul Rahman Park Enjoy splashing fun at this marine park, situated just 20 minutes by speedboat from Kota Kinabalu. Made up of five islands, it is the ideal playground for swimming, snorkelling, diving and even parasailing. Don't miss the unique experience of 'seawalking' amidst colourful fishes.

Monsopiad Cultural Village Go back in time, to the era of the legendary Kadazan warrior Monsopiad. Founded by the direct descendant of Monsopiad, this living museum showcases traditional village houses, a sacred House of Skulls and several other attractions. Don't miss the exciting cultural performance.

Sunday Gaya Street Market This open-air market is the place to get handicrafts, local delicacies and fresh jungle produce. The Tamu Kota Belud is another popular Sunday market for all things traditional. Watch the vibrantly dressed Bajau horsemen riding gaily decorated ponies during ceremonial occasions. They are known as 'Cowboys of the East' for their horsemanship.

White-Water Rafting Enjoy the heart-stopping experience of contending the rapids! The Padas and Kiulu Rivers are popular for river rafting activities.

Sepilok Orang Utan Rehabilitation Centre Watch orang utans, known as the 'wild man of Borneo' during the daily feeding sessions. Said to be the world's largest orang utan sanctuary, the centre serves to rescue and retrain primates for jungle living. Off the mainland, Turtle Islands Park is reputed to be one of the most important turtle breeding spots in Southeast Asia.

Sukau Situated on the Lower Kinabatangan River, Sukau has Malaysia's greatest wildlife concentration. Prolific bird species and animals such as orang utans, crocodiles and proboscis monkeys live along the riverine wetlands. Enjoy a boat ride to take a close look. En route, visit Gomantong Caves, home to millions of swiftlets. They are prized for the bird's nest soup.