

ADVENTURES WITH
NATURE

Malaysia

 Langsir Cave
Langkawi, Kedah

Malaysia
Truly Asia



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MALAYSIA



LEGEND		
■ Capital City		Glossary
■ Federal Territory		
● State Capital		Pulau - Island
State Border		Gunung - Mountain
International Border		

* Map not drawn to scale



Adventure and Nature Lovers' *Paradise*

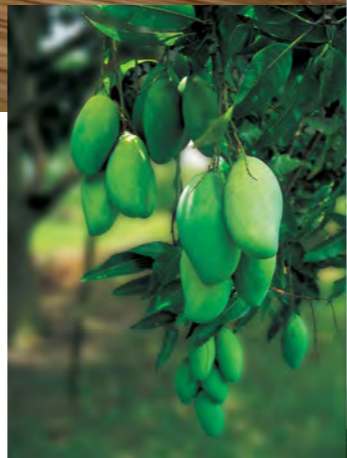


Since ancient times, adventurers and explorers have come to Malaysian shores, attracted by its diverse natural wealth and embraced by its gentle people.

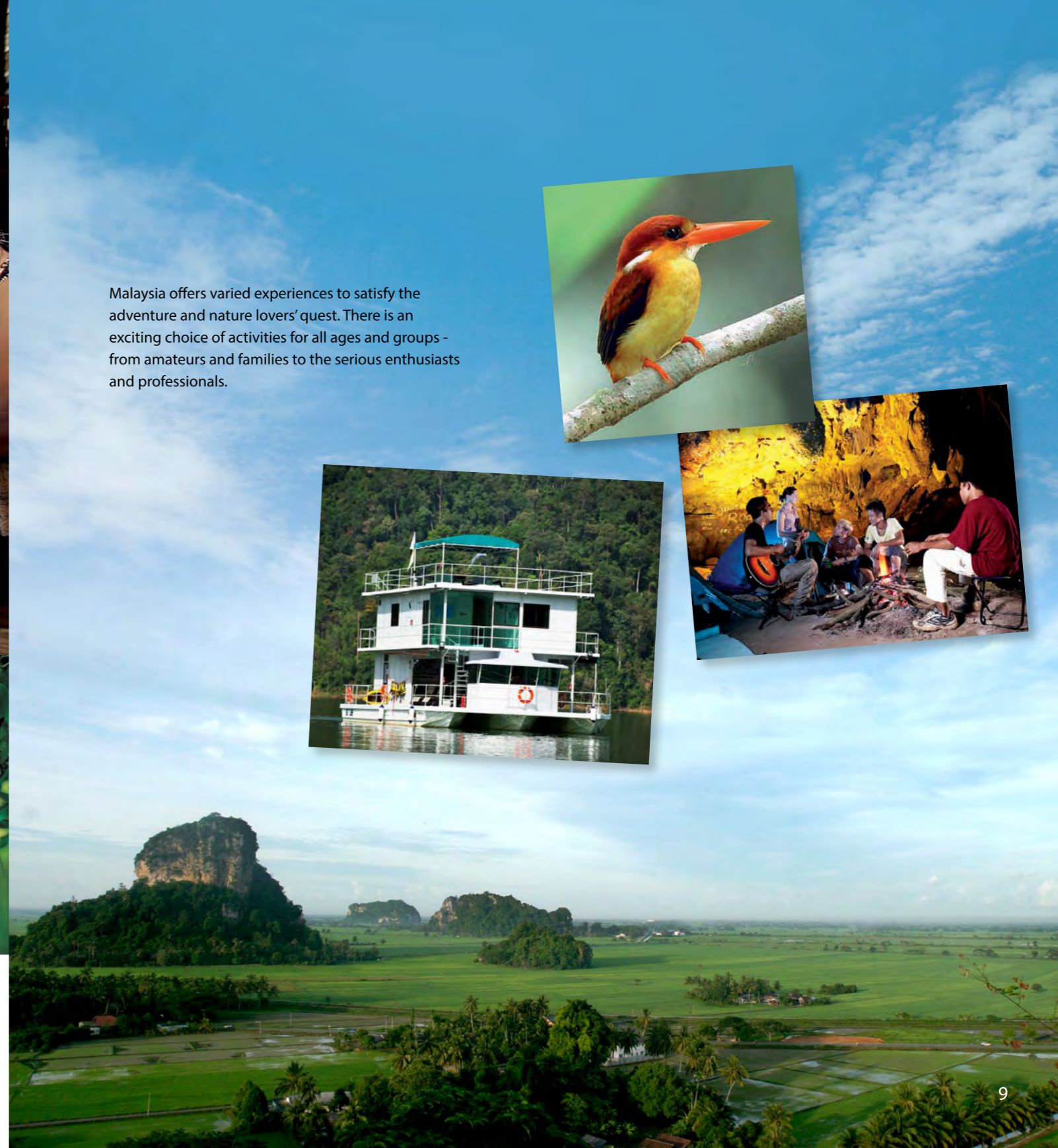
Today, Malaysia is known around the world as a destination for a host of nature-based activities and ecotourism. From challenging rock climbing or cross-jungle trekking at different mountain zones to wild rafting in frothing rivers, or diving in calm seas to parasailing in the multihued skies – it's all here.

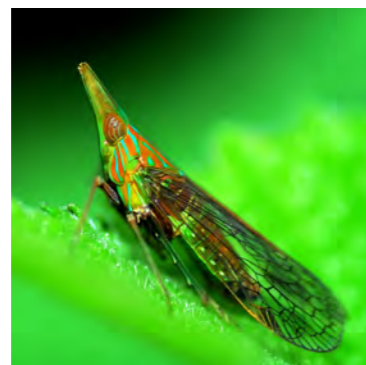


More than half of Malaysia's 329,758 sq km surface is covered by tropical rainforests that host a bewildering array of exotic and protected plants and animals. There are treasures such as rare species of flora and fauna found only at Mount Kinabalu or wondrous geological formations such as Mulu Caves. Even Taman Negara, the world's oldest rainforest, estimated at 130 million years old can be found here.



Malaysia offers varied experiences to satisfy the adventure and nature lovers' quest. There is an exciting choice of activities for all ages and groups - from amateurs and families to the serious enthusiasts and professionals.





The country is becoming increasingly popular as a venue for international nature-based competitions. Even international adventure-themed reality shows or films have found their perfect locations in Malaysia.

Adventure and nature are all here in the tropical kingdom of Malaysia. Come and enjoy it to the fullest.



Jungle Trekking

JUNGLE DISCOVERIES

With its glorious vistas, verdant undulating terrain and varied tropical landscapes, Malaysia's beautiful rainforests offer vast possibilities for trekking and camping. The country's extensive array of national parks and wildlife reserves are ideal for communing with nature and discovering her secrets.

From the primordial rainforest of Taman Negara to the wildlife sanctuaries at Danum Valley and the Kinabatangan floodplains, some of Asia's well-preserved environments offer nature lovers a wealth of experience.

While amateurs may try Malaysia's many easily accessible recreational forests near urban centres, seasoned explorers can go for challenging week-long treks up mountains such as Gunung Tahan, the tallest peak in Peninsular Malaysia.



For the uninitiated, having a trained local guide is necessary to ensure safety and to learn about the amazing and precious diversity of flora and fauna in the ecosystem. Tropical rainforests are dense, and the thick vegetation provides camouflage for the jungle denizens. It takes patience and a trained eye to see them.

DIVERSITY OF ENVIRONMENT

Swampy mangroves, extensive river floodplains, dipterocarp rainforests and montane hillsides are among the varied environments that can exist even within trekking distance of each other. Each possesses its own ecosystem and wildlife.

The tidal mangrove forests act as vital buffers against coastal erosion as well as protective breeding and nursery

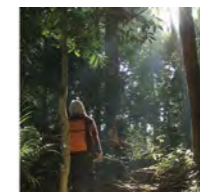
zones for numerous fish and aquatic species. There are mangrove belts along most of Peninsular Malaysia's west coast as well as in Sabah and Sarawak. Some, such as in Kuala Selangor Nature Park, have boardwalks for the safety and convenience of visitors.

The most common type of rainforest is the dipterocarp forest. It is one of nature's most complex ecosystems, a habitat for thousands of plant species ranging from tiny lichens to exotic palms, ferns and vines and huge trees rising well over 50m to the heavens. Each has its own role in the jungle's cycle of life.

Further up the hills and mountain slopes, montane forest environments take over with their cooler ambience and presenting spectacular views that are well worth the trek.

Jungle trekking can take an hour or more and, with camping, as many days as desired. Among the best periods to go trekking in Peninsular Malaysia is in the 'dry season' from March to September when the rainfall is less. In Sabah, the 'wet season' is from October to February and Sarawak is from November to February.

In many areas, jungle trekking can be combined with other interesting activities such as river expeditions.

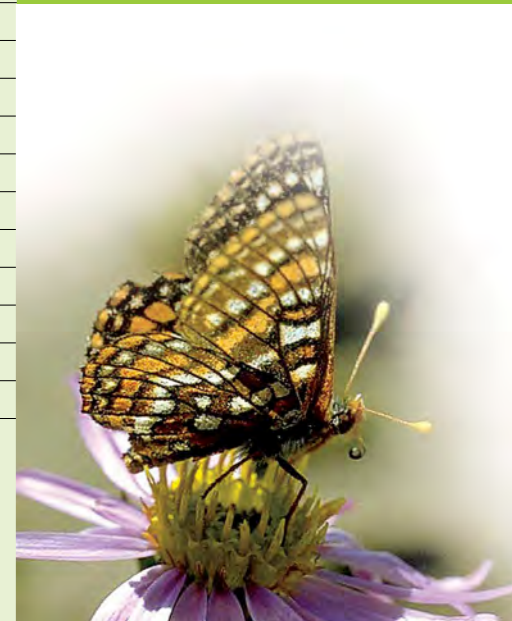


SITES FOR NATURE AND RAINFOREST ADVENTURES

• Perlis State Park	Perlis	Hill rainforest & limestone pinnacles
• Teluk Bahang	Penang	Lowland rainforest
• Cherok Tokun Hill	Penang	Lowland rainforest
• Gunung Jerai	Kedah	Highland Rainforest
• Royal Belum	Perak	Mixed dipterocarp forest
• Kuala Selangor Nature Park	Selangor	Mangrove forest
• Templer Park	Selangor	Mountain forest
• FRIM	Selangor	Lowland forest
• Kota Damansara Forest	Selangor	Lowland forest
• Kanching Recreational Forest	Selangor	Lowland forest and waterfall
• Sungai Tua Recreational Forest	Selangor	Lowland forest and waterfall
• KL Forest Eco Park	K. Lumpur	Forest Reserve
• Ulu Bendul Forest Eco-Park	N. Sembilan	Lowland Dipterocarp Forest
• Sungai Menyala Edu-Ecotourism Center	N. Sembilan	Lowland Dipterocarp Forest
• Kenaboi State Park	N. Sembilan	Highland Dipterocarp Forest & Bamboo Forest
• Skytrex Adventure	Melaka	Lowland forest
• Gunung Ledang	Johor	Highland rainforest
• Taman Negara Endau Rompin (Peta/Selai)	Johor	Waterfall/nature
• Taman Negara Tg. Piai	Johor	Mangrove forest
• Taman Negara Pulau Kukup	Johor	Mangrove forest
• Rompin State Park	Pahang	Lowland rainforest / State park
• Cameron Highlands	Pahang	Highland and mountain rainforest
• Taman Negara Kuala Tahan	Pahang	Lowland and hill rainforest
• Taman Negara Sungai Relau	Pahang	Lowland and hill rainforest
• Tasik Chini	Pahang	Freshwater swamp forest
• Tasik Bera	Pahang	Freshwater swamp forest
• Genting Highlands	Pahang	Highland rainforest
• Fraser's Hill	Pahang	Highland rainforest
• Bukit Buloh Red Forest Padang Piol, Jerantut	Pahang	Lowland and hill rainforest
• Bukit Panau, Jerantut	Pahang	Lowland and hill rainforest
• Ulu Tampik Waterfall, Janda Baik	Pahang	Waterfall/Nature
• Air Terjun Pelangi, Sungai Lembing	Pahang	Waterfall/Nature
• Tasik Kenyir	Terengganu	Freshwater swamp forest
• Gunung Berembun	Terengganu	Highland and mountain forest
• Gunung Tebu	Terengganu	Highland and mountain forest
• Sekayu Waterfall	Terengganu	Waterfall/nature



• Lata Belatan	Terengganu	Waterfall/nature
• Lata Tembakah	Terengganu	Waterfall/nature
• Setiu Wetland	Terengganu	Nature/statepark
• Taman Negara Tanjung Mentong	Terengganu	Freshwater Swamp Forest
• Hutan Lipur Cheremong	Terengganu	Waterfall/ Nature
• Tasik Puteri Recreation Park	Terengganu	Freshwater
• Hutan Lipur Air Menderu	Terengganu	Rainforest
• Kuala Koh National Park	Kelantan	Lowland rainforest
• Gunung Stong	Kelantan	Highland forest and waterfall
• Bako National Park	Sarawak	Mangrove and mixed forest
• Lambir National Park	Sarawak	Lowland rainforest
• Mulu National Park	Sarawak	Highland Rainforest and limeston pinnacles
• Niah National Park	Sarawak	Lowland rainforest
• Danum Valley	Sabah	Lowland rainforest
• Deramakot Forest Reserve	Sabah	Lowland rainforest
• Tawau Hills Park	Sabah	Lowland rainforest
• Kinabalu Park	Sabah	Highland and mountain forest
• Kinabatangan Floodplain	Sabah	Freshwater swamp forest
• Crocker Range Park	Sabah	Highland and mountain forest
• Maliau Basin	Sabah	Lowland rainforest



RAINFOREST ADVENTURE TIPS

1. Find out about the trail and surroundings, be sure that you have enough time to complete the entire route before darkness falls. Do not stray off the path to chase after animals.
2. Use good judgment regarding the fitness level required for the trek, and know your physical limits.
3. Always inform the park officials or let someone know of your plans and destination for the day, especially if going alone.
4. Take plenty of water and pack a few easy to eat snacks to keep energy level up. Unless trekking with a local guide, it is not advisable to eat jungle fruit or drink from any water source.
5. In the highlands try to trek on the ridge tops to save energy traversing the steep slopes and to catch a cool breeze.
6. Be as quiet as possible to avoid scaring any wildlife. Getting an early start during the dawn provides the best chance to sight animals seeking food and the warmth of the early morning sun.
7. Wear thin, loose, preferably cotton clothing to remain comfortable.
8. Cover arms and legs with long trousers and long-sleeved shirts to ward off mosquitoes and to provide protection against thorny plants.
9. Wear leech socks or long socks to prevent leeches from finding an entry way.
10. Choose sturdy footwear with proper ankle support and good traction.
11. Be prepared for sudden rain showers by carrying a poncho that wraps over both body and your carrying pack to keep everything dry.
12. A wide brimmed hat helps to shade a trekker from the heat of the tropical sun.



TREASURES AND SENSES OF THE RAINFOREST

Malaysia's primeval and unexplored rainforests offer intrepid trekkers great opportunities to observe tropical flora and fauna. The wilds of Malaysia overflow with fantastic plant and animal diversity that can be found in the competitive conditions of the ecosystem. Many species are exotic, rare or even endemic to the particular region and are protected.

Endau-Rompin in Johor is a rare milieu of lowland and mountain forests, which is home to the largest population of endangered animals in the country. Tigers and elephants are among the protected species in Endau-Rompin.

Generally, most rainforest animals are shy or camouflage themselves to avoid predators or to hunt. 'Bumbun' or tower hides and canopy walks, such as at Taman Negara, aid those searching to spot the inhabitants.

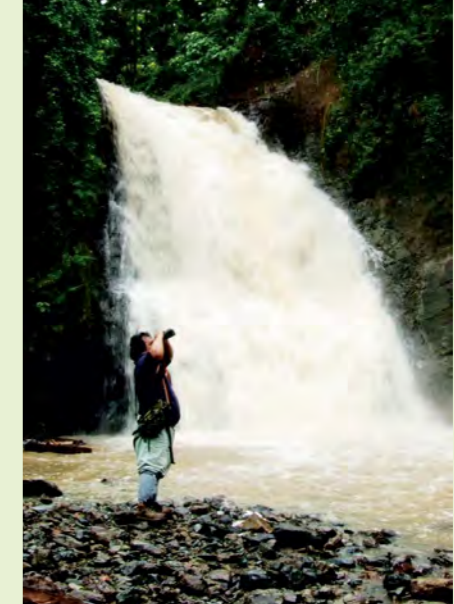
Take the time to spot the many insects and butterflies flitting about in the forests of Peninsula Malaysia. Marvel at the pendulous nose of the proboscis monkeys found at Sukau in Sabah and Bako in Sarawak. Listen to the swooshing wingbeats of colourful hornbills in the vales of Sarawak or the call of gibbons echoing at dawn in Danum Valley in Sabah.

Besides wildlife, the natural terrain features cool rivers to ford across and enchanting waterfalls to splash around amidst the natural surroundings. A visit to the rainforest requires the full use of one's senses to discover all its features and creatures.

Part of the adventure is to discover how they all fit together.

CAMPING

Most national parks in Malaysia provide camping sites. There are also many mountain and beach sites which are suitable for camping. In picking a camping site, always take note of the weather conditions.



OTHER CAMPING SITES IN MALAYSIA

PERLIS

- Gua Kelayam

KEDAH

- Gunung Jerai
- Sedim Rainforest, Kulim

PENANG

- Teluk Bahang National Park

PERAK

- Gunung Korbu Park
- Gunung Bujang Melaka
- Gunung Liang Timur & Barat
- Taman Eko-Rimba Lata Kinjang
- Hutan Lipur Lata Kekabu
- Hutan Lipur Lata Tebing Tinggi
- Hutan Lipur Lata Iskandar

SELANGOR

- Kampung Pertak Waterfall
- Hutan Lipur Sungai Sendat
- Sungai Tua Recreational Forest
- Templer Park Rainforest
- Lata Medang
- FRIM
- National Botanical Garden, Shah Alam

NEGERI SEMBILAN

- Port Dickson beaches
- Gunung Datuk
- Ulu Bendul
- Berhulu Camp
- Batu Maloi Recreational Forest
- Taman Negeri Keraboi

MELAKA

- Melaka Botanical Garden
- Eco Rimba Bukit Batu Lebah

JOHOR

- Taman Negara Endau Rompin (Peta/Selai)
- Hutan Lipur Air Terjun Sungai Bantang, Bekok

PAHANG

- Kenong Rimba Forest Eco Park
- Gunung Tahan
- Gunung Tangga Lima Belas
- Tioman Marine Park
- Cherating beach
- Gunung Tapis
- Taman Negara Kuala Tahan
- Sungai Pauh, Tanah Rata Cameron Highlands
- Lata Lembik Forest Eco Park
- Sungai Pandan Forest Eco Park
- Lata Berembun Forest Eco Park
- Som Forest Eco Park
- Lata Jarum Forest Eco Park

- Lata Meraung Forest Eco Park
- Lost Waterfall Campsite
- Janda Baik

TERENGGANU

- Redang Marine Park
- Chemerong Waterfall
- Gunung Tebu
- Tasik Kenyir
- Langsir Waterfall
- Lata Tembakah
- Lata Belatan
- Chemerong Berembun Langsir Trail
- Lata Kolam Air Deru Ecopark
- Bukit Maras Paragliding & Recreational Park
- La Hot Spring
- Lasir Waterfall
- Kenyir Lake
- Palm Stay Sri Bandi

KELANTAN

- Gunung Stong
- Kuala Koh National Park

SARAWAK

- National Parks, Kuching

SABAH

- Kiulu Valley
- Mt. Kinabalu foothills
- Kadamaian River, Kota Belud

The rainy or monsoon season during December to February renders some camping sites along the river trails of Taman Negara inaccessible. Always check with relevant park authorities first.

The lower altitudes of primary jungles like Taman Negara and Kenong Rimba Park in Pahang; Endau Rompin in Johor; Mulu and Lambir National Parks in Sarawak are humid, so your choice of tents should allow for good ventilation. All-enclosed nylon tents with sewn-in groundsheets are not recommended as they tend to condense air inside. Cotton tents get heavy after absorbing water.

When camping on high altitude locations such as Gunung Jerai in Kedah; Gunung Korbu in Perak; Gunung Tapis and Gunung Tahan in Pahang, choose a site sheltered from the wind and avoid the higher peaks when thunderstorms occur. A self-contained tent with aluminium poles and stakes is best for mountain camping.

Only a basic set up is needed when camping at the marine parks or beaches in the country, such as Pulau Payar in Kedah; Port Dickson in Negeri Sembilan; Pulau Redang in Terengganu; Pulau Tioman and Cherating in Pahang and Tunku Abdul Rahman Park in Sabah. A hammock or sleeping bag may do very well.

Although most of the national parks and private tourist

facilities furnish and rent out camping gear, it may be wiser to bring along basic camping necessities.

Remember to check on restrictions which may apply due to ecological or other reasons. If unsure, contact the park authorities.

CAMPING TIPS

Whether camping in the damp rainforests, on sunny beaches or atop mountain peaks, there are a few easy environmental tips to keep in mind to protect and preserve Malaysia's campsites.

- Never cut down vegetation in order to make way for a campsite
- Always choose a clear campsite free of debris and away from rotting trees
- Nights in the rainforests may get cooler than expected so bring along a waterproof jacket to keep you warm as well as provide protection from the rain
- During rainy periods, do not camp too near a river or at low areas
- Whenever possible, try to avoid overusing popular camping areas and select an alternative location in order to minimise soil disturbance
- Bring along reusable plastic cups and plates
- Rubbish is to be collected and carried away when you leave, not simply buried



Mountain Climbing

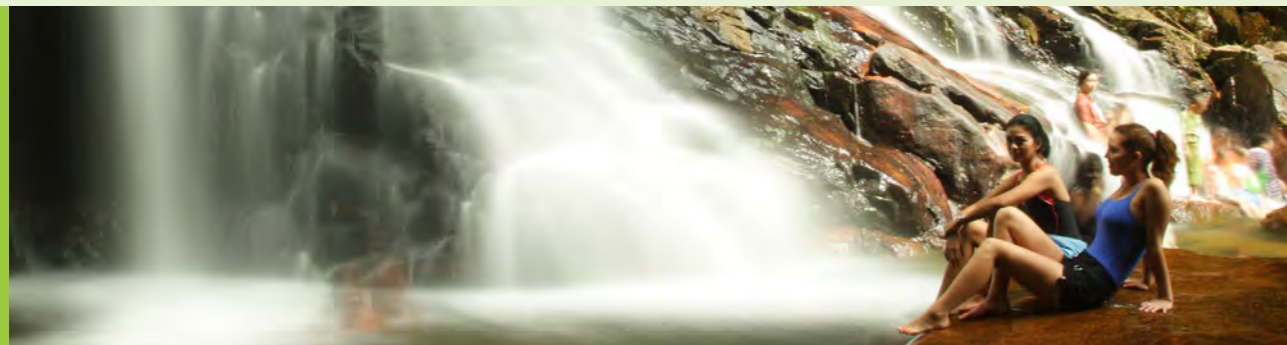
Climbing up mountains is a wonderful way to discover the diversity and uniqueness of Malaysia's natural landscape, starting from the tropical rainforest in the lowlands to the mountain vegetation in the high elevations. River crossings and gushing waterfalls along the way add to the adventure.

From easier walks in the cool comfort of Peninsular Malaysia's Main Range to the more challenging peaks of Malaysian Borneo, there are mountains to tempt every level of climber. Be it high or low, with each ascent you make, you will be rewarded with awe-inspiring sights and discoveries that will expand your mind.

MOUNTAINS IN PENINSULAR MALAYSIA

The peninsula has a range of scenic accessible heights as well as steep shrouded mountains.

For starters, there are less arduous climbs with well-marked trails at popular sites such as the legendary Gunung Ledang in Johor, historic Gunung Jerai in Kedah or Gunung Angsi in Negeri Sembilan where trips take several hours to a day to complete. These are easily accessible and guides are not compulsory.



Gunung Berembun and Gunung Brinchang in the Cameron Highlands offer sweeping views of tea and vegetable plantations and are ideal for those who prefer light trekking. The latter at 2032m is the highest point that can be reached by road in Peninsular Malaysia.

Those who want more than a leisure outing can choose a summit that requires a journey through the wilderness first. Gunung Gagau in Taman Negara is a day's climb, but to reach the base you need to traverse lake, river and jungle and throw in a cave or two along the way before the peak rewards you with a view of three states.

For a bigger challenge, head to Gunung Tahan, the highest point in the peninsula. The 130km return journey takes up to eight days and traverses over rainforests, tricky rivers and mountain ridges in the unspoilt heart of Taman Negara. It is compulsory to hire an experienced guide.

MOUNTAINS IN SABAH AND SARAWAK

Some of the world's most unique mountain environments can be found in Malaysian Borneo.

Gunung Kinabalu, one of the highest peaks in Southeast Asia at 4095.2m is located in the World Heritage Site of Kinabalu Park, Sabah. Accessible to all trekkers, the Summit Trail leading to Low's Peak has clear paths and ropes at steep, rocky sections. Exotic plant life found only in the area such as the Necklace Orchid can be seen on the climb.

Nearby Gunung Trusmadi is a more adventurous week-long trail through mossy forest, steep hills and rain-swollen rivers. The summit will reward you with one of the best views of Gunung Kinabalu and a chance to see the remarkably large and rare pitcher plants found only on the ridges of Trusmadi.

Most other mountains can be reached in two days as long as you are fit enough to tackle any steep terrain.

In Sarawak, Gunung Santubong is one of the most popular mountains with its spectacular view of Kuching. Guides will be needed on the tough trek to Gunung Penrissen, but the 1329m vertical scramble to the top can be completed in a day or two.

The long uphill trek to the sandstone summit of famed Gunung Mulu takes four days and passes through primary jungle, with swampy patches and huge clumps of colourful rhododendrons before the white clouds disperse to reveal the massive limestone outcropping of Gunung Api just across the valley.



MOUNTAIN CLIMBING TIPS

While many mountains, especially those located in the national parks, have overnight camping facilities and provide some equipment for rental, it is always wise to plan ahead and make enquiries for bookings, weather conditions and other current information. Some remote or protected sites may even require special permits from the authorities

It is best to hire a guide for the trip, unless the trail is well marked. Besides guiding you to the best campsites and rest spots, local guides know the natural history and folklore of the area and are invaluable when plans change and alternative routes need to be taken.

The exertion of carrying a heavy pack is compounded by the altitude, so it is always best to choose to climb mountains within your ability. Do not overload yourself with camping equipment. As a rough guide, the weight of your pack should not be more than a quarter of your body weight, the lighter the better for longer journeys.

CLOTHING AND EQUIPMENT ADVISORY

- Comfortable long-sleeved shirts and pants for protection from leech bites, abrasions and the elements
- A hat with a wide brim against intense sunshine and light rain
- A poncho or rain cape

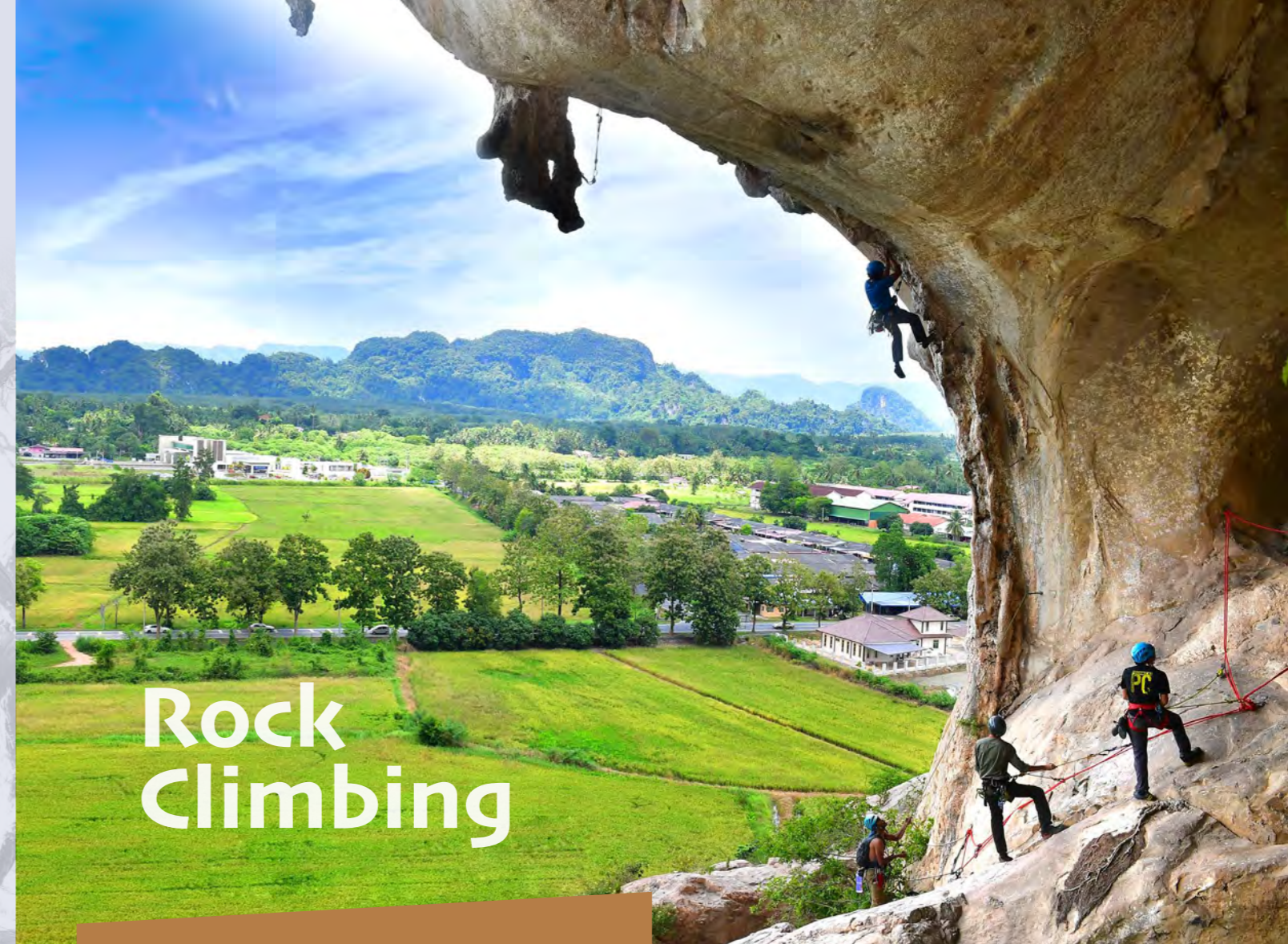
- A pair of gloves and a balaclava will help protect you from cold summit winds
- Wear roomy lightweight jungle boots with good ankle supports and a deep-ridged sole, and wear two pairs of socks to prevent blisters
- A comfortable rucksack with padded shoulder straps, hip belt and internal frame is a must
- A map and compass for navigating jungle trails; under some dense jungle canopies the sun might not be clearly seen
- A whistle is a useful tool for attracting attention and signaling others
- A basic first aid kit for the treatment of abrasions, insect bites and wounds
- Extra batteries for your torchlight; candles and matches



CLIMBING SITES IN MALAYSIA

• Gunung Wang	499.1m	Sg. Batu Pahat, Perlis
• Gunung Perlis	733m	Perlis State Park, Perlis
• Gunung Jerai	1217m	Kedah
• Gunung Baling	1500m	Kedah
• Gunung Raya	713m	Langkawi, Kedah
• Gunung Mat Chincang	704m	Langkawi, Kedah
• Bukit Bendera (Penang Hill)	821m	Penang
• Gunung Korbu	2183m	Perak
• Gunung Bubu	1657m	Perak
• Gunung Gayong	2173m	Perak
• Gunung Batu Putih	2131m	Perak
• Gunung Liang Timur & Barat	1933m	Perak
• Gunung Bujang Melaka	1234m	Perak
• Gunung Kenderong	1223m	Perak
• Gunung Semanggol	390m	Perak
• Gunung Nuang	1493m	Selangor
• Gunung Besar Antu	1462m	Jelebu, Negeri Sembilan
• Gunung Telapak Buruk	1193m	Jelebu, Negeri Sembilan
• Gunung Berembun	1014m	Jelebu, Negeri Sembilan
• Gunung Datuk	884m	Rembau, Negeri Sembilan
• Gunung Angsi	824m	Kuala Pilah, Negeri Sembilan
• Gunung Gagak	807m	Rembau, Negeri Sembilan
• Gunung Tampin	764m	Tampin, Negeri Sembilan
• Gunung Melaka	480m	Nyalas, Melaka
• Gunung Ledang	1276m	Johor
• Gunung Berlumut	1010m	Johor
• Gunung Tahan	2187m	Taman Negara, Pahang
• Gunung Gagau	1376m	Taman Negara, Pahang
• Gunung Brinchang	2032m	Cameron Highlands, Pahang
• Gunung Berembun	2075m	Cameron Highlands, Pahang
• Gunung Jasar	1696m	Cameron Highlands, Pahang
• Gunung Perdah	1529m	Cameron Highlands, Pahang
• Gunung Nenek Semukut	703m	Pulau Tioman, Pahang
• Gunung Irau	2110m	Cameron Highlands, Pahang
• Gunung Yong Besar	2181m	Cameron Highlands, Pahang
• Gunung Rajah	1685m	Bentong, Pahang

• Gunung Tapis	1511m	Sungai Lembing, Pahang
• Gunung Kajang	1038m	Pulau Tioman, Pahang
• Gunung Dulang	877m	Taman Negara, Pahang
• Gunung Benum	2107m	Jerantut, Pahang
• Gunung Bunga Buah	1430m	Genting Highlands, Pahang
• Gunung Semangkuk	1824m	Bukit Fraser, Pahang
• Gunung Berembun	1038m	Hulu Terengganu, Terengganu
• Gunung Gagau	1376m	Terengganu
• Gunung Stong	1422m	Kelantan
• Gunung Chamah	2171m	Kelantan
• Tama Abu	2113m	Ulu Baram, Miri, Sarawak
• Bukit Batu Buli	2082m	Ulu Baram, Miri, Sarawak
• Bukit Batu Lawi	2046m	Ulu Baram, Miri, Sarawak
• Gunung Penrissen	1329m	Padawan, Sarawak
• Gunung Santubong	810m	Sarawak
• Bukit Batu Iran	2018m	Ulu Baram, Miri, Sarawak
• Gunung Mulu	2376m	Mulu National Park, Sarawak
• Gunung Silam	883m	Lahad Datu, Sabah
• Gunung Lotong	1667m	Maliau Basin, Sabah
• Gunung Kinabalu	4095.2m	Kinabalu Park, Sabah
• Gunung Tambuyukon	2579m	Ranau, Sabah
• Gunung Trusmadi	2642m	Keningau, Sabah
• Gunung Lucia	1020m	Taman Bukit Tawau, Sabah



Rock Climbing

Rock climbing enthusiasts will enjoy conquering Malaysia's rock faces and cliffs, of which there are many to choose from around the varied landscape. Limestone outcrops dot many areas of Peninsular Malaysia with limestone crags and sandstone mountains in Sarawak and some big alpine granite walls in Sabah. Other mountainous areas have various rock faces waiting to be discovered.

Rock climbing as a publicly accessible sport is relatively new in Malaysia, nevertheless, there is a small local community

of aficionados. Thus, there are still many potential climbing venues to be explored. The same goes for rock climbing's sister sport activity, abseiling or rappelling.

ROCK CLIMBING SITES IN MALAYSIA

Malaysia has it all: from small limestone hills and crags to mountains with sandstone or granite walls, and with all levels of difficulty. While an increasing number of sites are

being discovered and enjoyed, potentially hundreds more are waiting to be found. Much of Malaysia is still covered in dense rainforests, hiding many good rock climbing sites.

The most popular climbing sites are still near or around Kuala Lumpur and Selangor state, namely the famous Batu Caves and Bukit Takun to the city's north. Huge potential lies further north and east, in the states of Perak (around the scenic limestones of Ipoh and beyond), Perlis, Kelantan and Pahang where hundreds of limestone crags await exploration. With a few well known exceptions such as Gunung Kinabalu in Sabah and Gunung Mulu in Sarawak, Malaysian Borneo offers enormous untapped opportunities for rock climbing.

Most of the known climbing routes in Malaysia are bolted sport climbs on limestone crags, with some exceptions on

granite walls. The French grading system is commonly used here.

Indoor climbing gyms are increasingly popular, either at government youth and sports complex facilities or private operators.

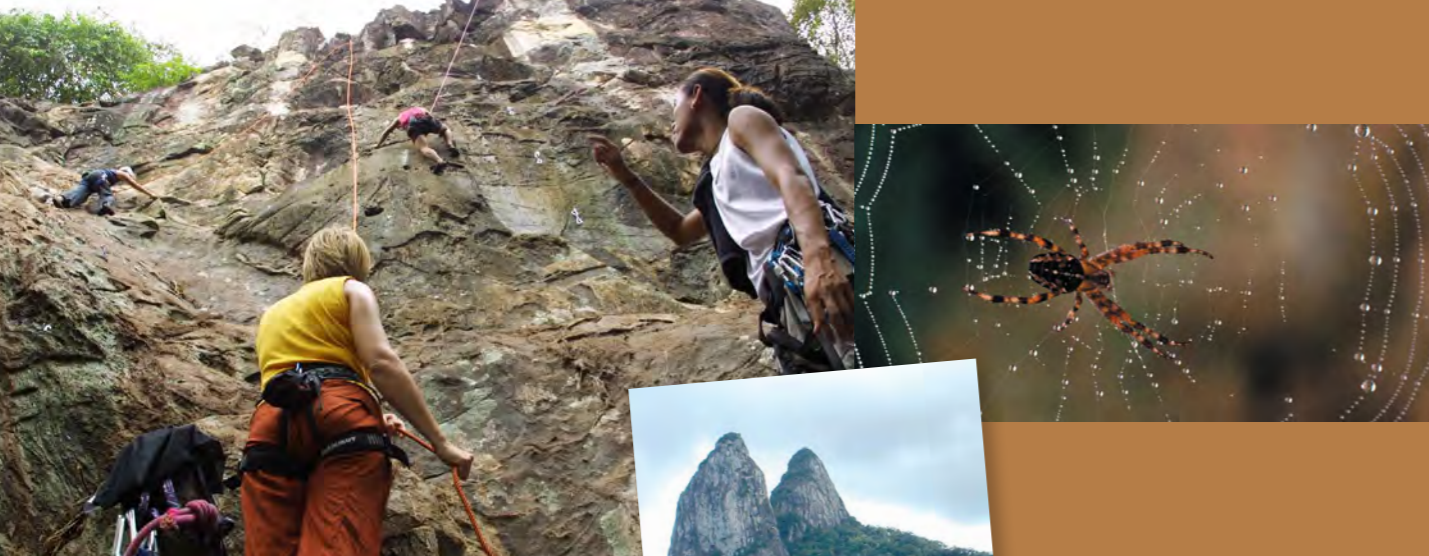
WEATHER AND EQUIPMENT

The tropical weather is hot and humid all year long, making climbing possible anytime of year. While the normal monsoon season especially on the peninsula's East Coast is from December to February, rains elsewhere are less predictable and in any case usually fall later in the day. Rock faces, especially limestone, dry fairly quickly even after torrential storms. Climbers used to moderate climates should be prepared for the high heat and humidity here.

In Malaysia, standard ascents use ropes, harnesses, belay devices (ATC) and karabiners for protection. For abseiling from the top of the face, individuals control their own rate of descent using the figure of eight --and suspended by a controlled safety line. Other necessary items are sun block, insect repellent and plenty of water.

As many sites involve some trekking beforehand, wear light attire and good hiking shoes. Bring a change of clothes in case it rains. Some local tour operators organise rock climbing expeditions throughout the country.





LIST OF POPULAR ROCK SITES AND INDOOR CLIMBING GYMS

PERLIS

- Gua Kelam, Padang Besar
- Bukit Keteri, Chuping

KEDAH

- Gua Kerbau, Kodiang, Kedah
- Gunung Keriang, Alor Setar

PENANG

- Jesselton Heights,
- Project Rock Penang, Batu Feringghi
- Penang Youth & Sport Complex, Gelugor

PERAK

- Lost World of Tambun, Ipoh
- Gunung Cheroh, Ipoh
- Various other limestone hills and cave sites around Ipoh
- Gunung Lang, Ipoh
- Batu Kurau, Taiping

KUALA LUMPUR AND SELANGOR

- Gua Damai, Batu Caves
- Shah Alam Extreme Park
- Rocky Basecamp, AEON Mall Shah Alam

PUTRAJAYA

- Putrajaya Challenge Park, Presint 5, Putrajaya
- District 21, IOI City Mall, Putrajaya



JOHOR

- Bukit Selantai, Air Papan, Mersing

PAHANG

- Teluk Cempedak Beach, Kuantan
- Petronas Highway Stop, Bentong
- Dragon Horns, Kampung Mukut, Pulau Tioman
- Kampung Juara, Pulau Tioman
- Nazri's Place Beach, Pulau Tioman
- Paya Gunung, Jerantut
- Gua Charas, Kuantan

KELANTAN

- Kompleks Gua Ikan, Dabong
- Ethnobotany Camp, Gua Musang

SARAWAK

- Batman Wall, Bau, Kuching
- Gunung Mulu / Mulu Caves, Miri

SABAH

- Gunung Kinabalu
- Sabah Indoor Climbing Centre, Likas
- Batu Punggul, Nabawan



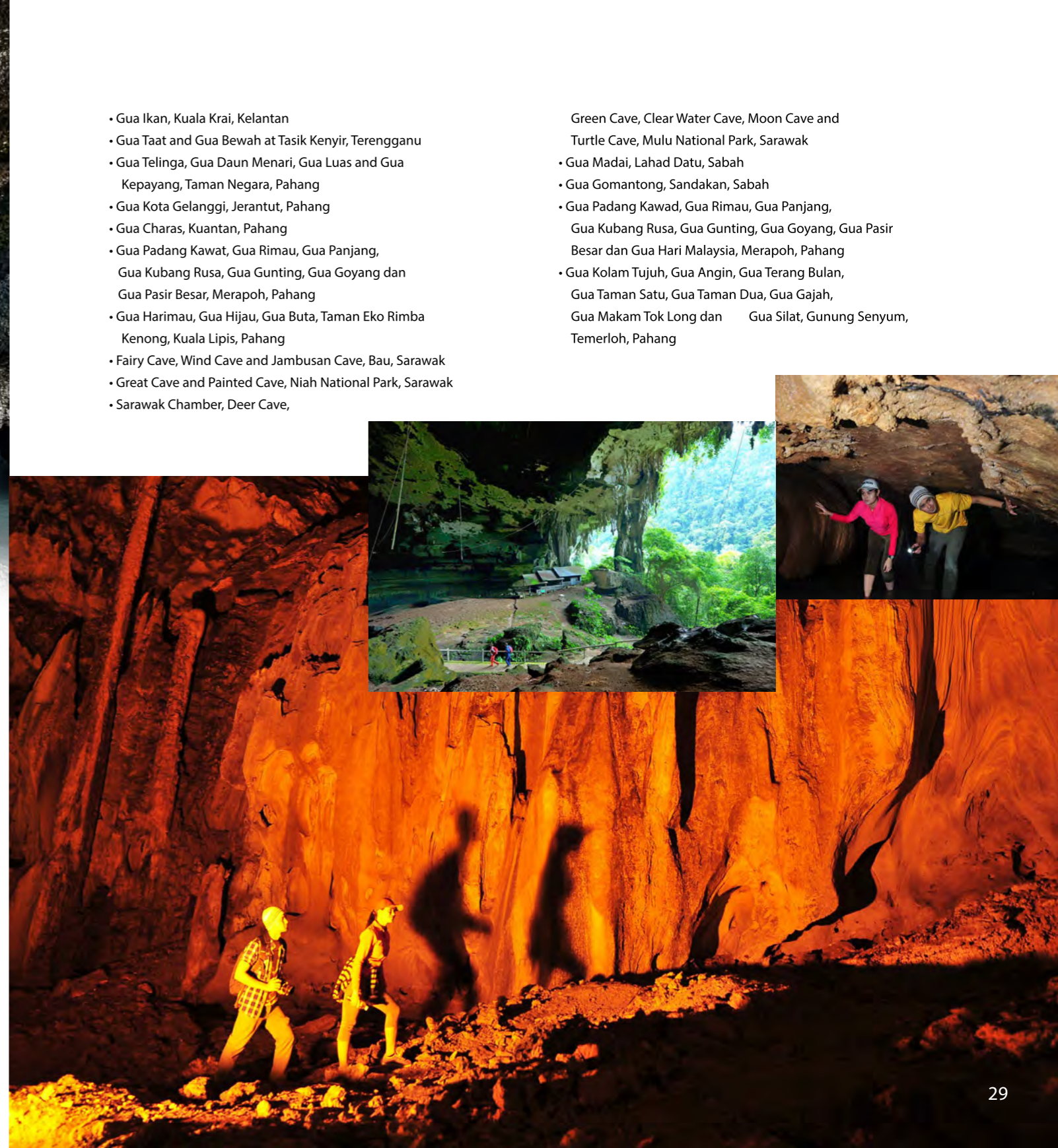
Cave Exploration

Caving or spelunking enjoys a good following in Malaysia. The country is endowed with vast numbers of limestone caves, including a World Heritage Site. They are home to amazing wildlife such as fruit bats, birds with edible nests or attractive stalagmites and stalactites.

Many are surrounded in mystery and legends. Archaeological research has found evidence of early man in many of these cave sites.

Although major expeditions have been carried, many caves are still not fully explored and remain an alluring adventure for the nature explorer. Repeat visitors marvel at how a cave can change within months as the naturally wet Malaysian weather promotes faster stalagmite and stalactite formation.

Caves come in various levels of accessibility. Some caves even have walkways to ease your touring, while others require visitors to rough it out and crawl on all fours.



CAVES OF MALAYSIA

In the Malay language, cave is 'gua', with the majority being limestone and are above ground level. In the peninsula, the list features Gua Kelam in Perlis, Gua Tempurung and Kundu in Perak, scattered historic caves around Lake Kenyir in Terengganu and Gua Ikan in Kuala Krai, Kelantan. Famous caves in Sarawak include Niah and Mulu in Miri, Fairy Cave and Wind Cave in Bau as well as Gua Silabur in Serian. Gua Gomantong, where bird's nests are collected, is the most well known cave in Sabah.

Underwater or river caves can be found in the Kinta Valley, making up less than ten per cent of local caves - and are to be avoided during rainy periods. There are also dolomite and sandstone caves scattered around the country.

Caves can be divided into two categories: adventure and show caves. Adventure caves such as Drunken Forest Cave and Legan's Cave in Gunung Api, Sarawak remain close to their natural state. Show caves such as Deer, Lang and Clear Water Caves in Mulu National Park are those that are equipped for public visit, with lights as well as clearly marked paths and explanatory notes.

CAVE ATTRACTIONS

Malaysian caves are home to many exotic creatures. Notable are the blind catfish of Loagan's Cave and the Trapdoor Spider of Batu Caves.

LIST OF MALAYSIAN CAVES

- Gua Kelam, Perlis
- Gua Wang Burma, Perlis
- Gua Gunung Keriang, Kedah
- Gua Kelawar - Kilim Mangrove, Langkawi, Kedah
- Gua Tempurung, Kampar, Perak
- Gua Kundu, Gopeng, Perak
- Dark Cave, Batu Caves, Selangor

- Gua Ikan, Kuala Krai, Kelantan
- Gua Taat and Gua Bewah at Tasik Kenyir, Terengganu
- Gua Telinga, Gua Daun Menari, Gua Luas and Gua Kepayang, Taman Negara, Pahang
- Gua Kota Gelanggi, Jerantut, Pahang
- Gua Charas, Kuantan, Pahang
- Gua Padang Kawat, Gua Rimau, Gua Panjang, Gua Kubang Rusa, Gua Gunting, Gua Goyang dan Gua Pasir Besar, Merapoh, Pahang
- Gua Harimau, Gua Hijau, Gua Buta, Taman Eko Rimba Kenong, Kuala Lipis, Pahang
- Fairy Cave, Wind Cave and Jambusan Cave, Bau, Sarawak
- Great Cave and Painted Cave, Niah National Park, Sarawak
- Sarawak Chamber, Deer Cave,

- Green Cave, Clear Water Cave, Moon Cave and Turtle Cave, Mulu National Park, Sarawak
- Gua Madai, Lahad Datu, Sabah
- Gua Gomantong, Sandakan, Sabah
- Gua Padang Kawad, Gua Rimau, Gua Panjang, Gua Kubang Rusa, Gua Gunting, Gua Goyang, Gua Pasir Besar dan Gua Hari Malaysia, Merapoh, Pahang
- Gua Kolam Tujuh, Gua Angin, Gua Terang Bulan, Gua Taman Satu, Gua Taman Dua, Gua Gajah, Gua Makam Tok Long dan Gua Silat, Gunung Senyum, Temerloh, Pahang





The Mulu Caves in Sarawak has some of the biggest and longest networks of caves in the world. Although 195 kilometres of cave passages have already been surveyed, these represent just 30% of the estimated total. Here the Sarawak Chamber, 600m by 415m and 80m high, is the largest known cave chamber in the world. The Deer Cave measuring 120 to 150m in diameter is the world's largest cave passage and at 108km, Clearwater Cave is the longest cave in Asia. An estimated four million bats live in this cave system.

GOING CAVING

There are seasoned cavers who will be willing to act as guides. They may be contacted through the Malaysian Nature Society and adventure clubs or operators.

Most caving expeditions are day trips although a visitor can choose to stay overnight. No overnight camping is allowed within most caves but room accommodation is usually available around most cave districts.

Caving is normally done in the relatively dry season from March to October, but be prepared for rain anytime. Permits may be required when exploring some caves. These are available from the respective state forestry departments and cost from RM10 to RM40.

Tropical caves are not as damp as those in Europe and the Americas but they are chilly at times especially during storms and heavy rain. A light jacket is recommended.

As with all nature adventures, conservation of stalagmites, stalactites and all cave wildlife are of utmost importance.

In caves with known inhabitants, avoid flash photography as the light frightens the cave-dwelling life forms. Note the possibility of encountering potentially dangerous creatures around caves such as snakes or scorpions.



Gua Gomantong near Sandakan, Sabah, houses thousands of swifts in the two large caverns, which produce birds' nests, an exotic Chinese delicacy.

The skeleton of a big cat fossilised in the roof of Gua Naga Mas in Kinta Valley makes an intriguing sight. Perak is also famous for its cave temples, the most well known are Perak Tong and Sam Poh Tong, which contain many Buddha statues and religious cave murals. The Hindu cave temple in Batu Caves have shrines to the Hindu deities and is the site for the colourful religious festival of Thaipusam.

The Painted Cave in Gua Niah in Sarawak has walls displaying unique prehistoric paintings including boats that point to early man's local civilisation. Its chambers have hundreds of fascinating formations.





CAVING - PRACTICAL TIPS

1. Always take a reliable guide, who can be hired from the national parks or from caving clubs. Many of Malaysia's caves are unmapped and not even an experienced caver should go exploring alone. Groups of four are optimum.
2. Although some operators offer cave diving, it is a highly specialised sport and should only be undertaken by professional divers and cavers.
3. Always check equipment before venturing into a cave especially when abseiling.
4. Experienced cavers recommend a maximum of eight hours in a cave at a stretch but most caves take less than three hours to explore.
5. Plan how much lighting you will need. One kilogramme of carbide will give enough illumination for approximately six to eight hours.

6. Cavers should always carry back-up torches and extra batteries.
7. Heart patients and those suffering from claustrophobia should limit themselves to show caves where guides take in groups of 20 to 40 people. Cavers should be free from allergies related to limestone and bat guano.



River Cruising

For nature lovers who wish to experience wildlife adventure as an alternative to trekking, river cruising is the perfect choice. In Malaysia, there are many rivers and mangrove areas where wildlife viewing is possible from the water. Riverine and mangrove habitats are home to large amounts of indigenous flora and fauna; and by nature many animals are drawn to water sources for drinking and cooling.

Whether for serious exploring or just a leisurely outing, a river cruise is an escape to another world. Glide beneath large overhanging trees with the rustle of animals, the call of birds and look out for creatures below the surface. Be rewarded with scenic hill views or spectacular limestone formations on the way, and end the cruise at a waterside stop for a meal amidst the splendour of nature.



WILDLIFE CRUISING AROUND MALAYSIA

There are navigable rivers in all parts of Malaysia as well as swampy mangroves along much of the coasts. The most suitable for wildlife exploration are those with calmer waters where the observer can look out patiently with binoculars and cameras ready. Cruises can be early in the day, mid-evening or night depending on the type of fauna targeted for viewing.

'Sungai' is the Malaysian word for river, and one of the more established sites for cruising is Taman Negara in Pahang. The approximately 2-hour upriver cruise from the Tembeling Jetty to Kuala Tahan offers nature lovers the opportunity to observe wildlife such as monkeys, monitor lizards, kingfishers as well as buffaloes along the banks. The park is home to more than 14,000 species of flora.

Sungai Kilim on Langkawi Island is where tree crabs, iguanas and macaques are seen among the trees and mangroves.

A thrilling highlight is watching the eagles swoop down on the feed thrown into the water.

Sungai Selangor, just two hours from Kuala Lumpur, is famous for its firefly colonies that flicker together like festival lights. A similar fireflies cruise is found in the Santubong area in Sarawak and Kampung Ibok in Terengganu.

In Sarawak, there are also riverine or coastal cruises outside Kuching where one can watch crocodiles along the riverbanks or venture a little further out of the estuaries to see dolphins.

Borneo, with its dense jungles and sparse population, is home to an amazing variety of wildlife. River cruising on the Kinabatangan in Sabah, one of the longest rivers in Borneo offers some of the best opportunities to observe Bornean fauna. Of specific interest is the rich primate family; this is one of only two areas in Asia with 10 primate species. These

include those endemic to Borneo such as the proboscis monkey, maroon langur and the Bornean gibbon.

Klias Wetlands is home to the unique Proboscis Monkeys, Long-tailed Macaques, Silver Languor Monkeys as well as a host of birds and riverine creatures. Sign up for a cruise in this mangrove forest reserve and watch out for feeding primates. As night falls, you might catch a glimpse of beautiful lights displays as fireflies converge at riverbank trees near the jetty.

The Sukau river village area is located on the boundary of an important protected area in Sabah, the Kinabatangan Wildlife Sanctuary.



As a protected wetland site in Sabah, Kinabatangan is a conservation area for species such as the orang utan, Borneo elephant and other wetlands animals including Storm's stork and the Flat-headed wild cat.





RIVER CRUISING TIPS

Some river cruise boats have canopies while some don't in order to afford unobstructed views, especially local boats. Bring along sun cream or a wide-brimmed hat for sun protection. Binoculars are most handy and zoom cameras will afford sharp photos. Insect repellent is useful for evening and night tours.

Cruises at estuaries or coasts depend on the tides. For example, crocodiles are easier to spot at low tides when the mud banks are exposed. Check with the operator for exact departure times for your preferred cruise.

Observing wildlife needs patience, a keen eye, common sense, good timing and luck. Monkeys, crocodiles, dolphins, fireflies and so on are wild creatures, therefore sightings are unpredictable. Hiring a knowledgeable guide will increase your chances of seeing what the lesser trained eye might miss, since tropical animals are masters at camouflage.

Lastly, river cruises are rarely done midday, as it gets too hot for both human and other wildlife.

SITES FOR RIVER CRUISE

- Sungai Merbok, Kedah
- Sungai Kilim, Langkawi
- Sungai Kerian, Penang
- Sungai Juru, Penang
- Sungai Korok, Tasek Gelugor, Penang
- Sungai Perak, Perak
- Dickson Dragon Cruise, Teluk Kemang, Port Dickson
- Sungai Linggi, Port Dickson, Negeri Sembilan
- Sungai Melaka, Melaka
- Muar River Cruise, Tanjung Emas, Sungai Muar, Johor
- Taman Negara, Pahang
- Sungai Cherating, Pahang
- Sungai Kuantan, Pahang
- Taman Negara Kuala Tahan, Jerantut, Pahang
- Sungai Semantan, Temerloh, Pahang
- Taman Tamadun Islam, Terengganu
- Marang Safari Cruise, Marang, Terengganu
- Pulau Warisan River cruise, Terengganu
- Zoo Kemaman River Cruise, Terengganu
- Sungai Besut Cruise, Terengganu
- Sungai Dabong, Kelantan
- Santubong, Sarawak
- Sungai Kinabatangan, Sabah
- Sungai Klias, Sabah
- Sungai Garama, Sabah
- Weston Wetland Park, Sabah
- Sungai Nanamun, Sabah



White-water Rafting

Rivers have long been the life blood of the indigenous people of Malaysia. They have served as a means of transport, a source of food and now, a resource for ecotourism.

The native groups of the Malaysian interior have been using rafts for thousands of years, but white water rafting has only been popularised since the 1980s.

WHITE-WATER RAFTING SITES

Sabah has two main rivers for rafting, the Padas and Kiulu rivers, which are certified as Grade 3 and Grade 2 respectively in the international white-water rafting grading system. Under normal weather conditions, the two rivers are relatively constant in depth and speed. However, heavy rains can cause them to swell into Grade 4 rivers. During this time rafting activities may be called off temporarily.

Peninsular Malaysia has its share of good rafting sites. These include the Grade 2 to 4 Sungai Slim, Sungai Kampar

and Sungai Selama in Perak and the Grade 3 Sungai Selangor in Kuala Kubu Baru, which flows from Fraser's Hill. Sungai Endau, Jeram Besu and Sungai Lipis in Pahang as well as Sungai Tembeling in Taman Negara are also popular rafting sites.

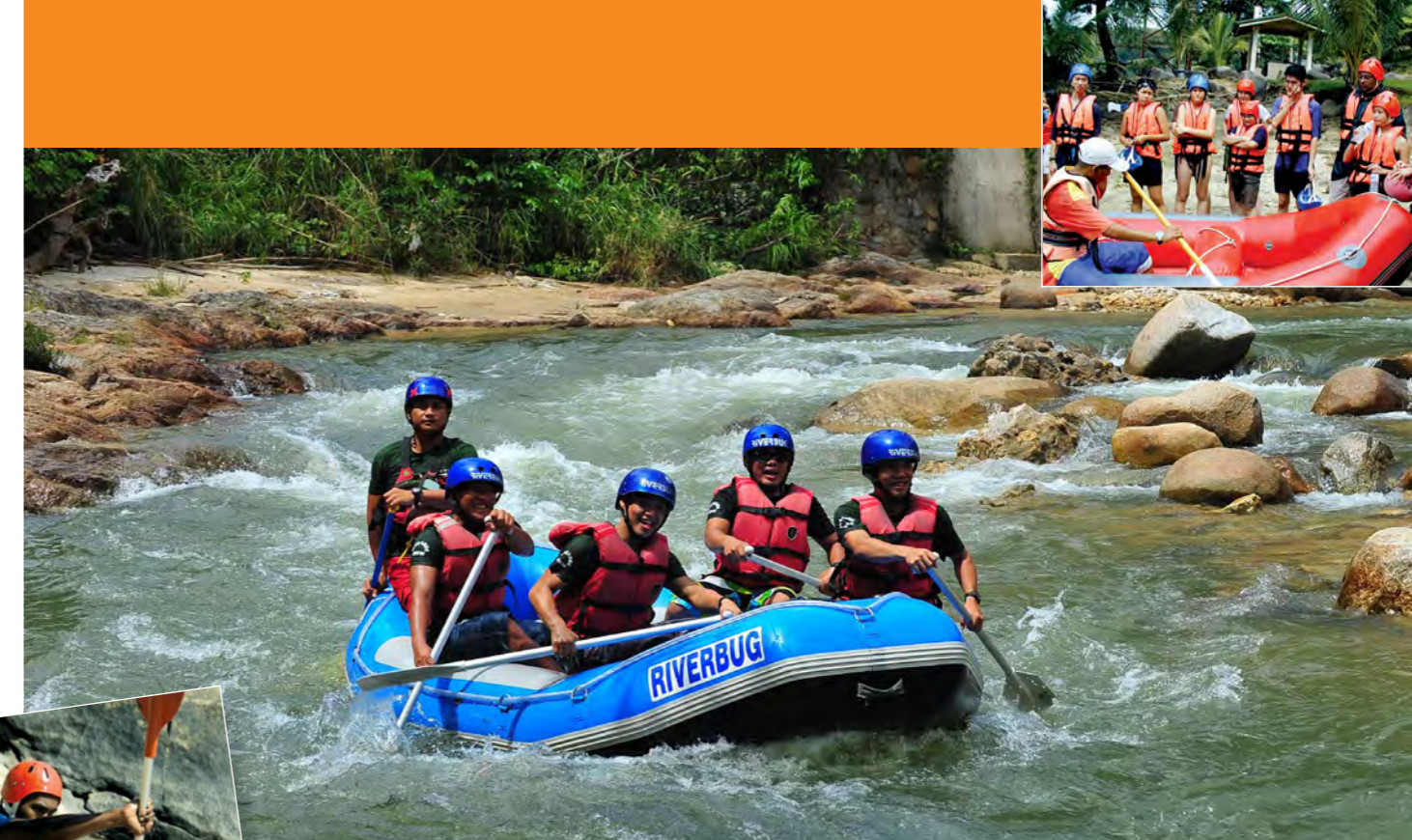
As it is now a popular adventure sport, there are rafting operators for all the popular sites, who provide the necessary equipment.

In Sabah, rafting operators will arrange transport from Kota Kinabalu to Padas Gorge through which the Padas River flows. A novelty is to go by railway from Pangli Railway Station, where an antique train will take you on a scenic journey through the Padas Gorge. Then comes the thrill of riding rapids with names like the Headhunter, Adrenaline Flow and Merry-Go-Round.

Kiulu River is closer to Kota Kinabalu but is less gut-wrenching. Successful rafters at Padas will be presented with a certificate of accomplishment at the end of their adventures.

Peninsular Malaysia's rafting sites are easily accessible by car or bus. The Selangor River is reached via Kuala Kubu Bharu town, about 90km from Kuala Lumpur. A single rafting trip on the Selangor River will take approximately half a day.

The Telom River in Cameron Highlands and the Tembeling River in Taman Negara, Pahang, are approximately four hours from Kuala Lumpur. More time is needed to raft the Grade 5 Telom River in Pahang as it is a much more challenging site.



Changing rooms, toilets, showers or camp sites are available in or near most rafting sites. Some operators also offer kayaking courses and a white-water rescue module.

The rafting expeditions usually take between 45 minutes to two hours depending on the water level.

Operators will ensure that each group is always accompanied by two professional, certified rafters. A minimum of three persons is needed to stabilise a raft.

RAFTING PREPARATIONS

The best time to raft is after a downpour when the water level has risen and there are some good rapids. However, the dry season is a good time for rafting novices to get acquainted with the sport without having to fight the currents. Smaller rafts may be used in the dry season. In Sabah, only the Padas River is recommended during dry months as the water level is too low for rafting on the Kiulu River.





PRACTICAL RAFTING TIPS

All rafters will be given a safety briefing before the ride and will be shown paddle-handling, basic backward and forward paddling techniques and other safety precautions.

Paddles, life jackets, safety helmets, life-lines, first aid kits and rescue bags are provided by the operator. The rafter only needs comfortable clothing, which does not hinder movement.

Always ensure that the helmets and life jackets provided fit you well and are not too tight or too loose. If you have over-turned close to the river bank, don't use your raft paddle, as you may hit someone else. Never attempt to use the paddle as a lever against rocks as you risk getting hit by it.



SITES FOR WHITE-WATER RAFTING

- Sungai Sedim - Kulim, Kedah
- Sungai Kampar, Perak
- Sungai Slim, Perak
- Sungai Selama, Perak
- Kuala Kubu Baru, Selangor
- Sungai Kenaboi, Jelebu, Negeri Sembilan
- Jeram Besu, Pahang
- Sungai Endau Rompin, Pahang
- Sungai Lipis, Pahang
- Sungai Telom, Pahang
- Sungai Semadang, Padawan, Sarawak
- Sungai Baleh, Kapit, Sarawak
- Sungai Kiulu, Sabah
- Sungai Padas, Sabah
- Sungai Liwagu, Ranau, Sabah
- Sungai Kadamaian, Kota Belud, Sabah

- Those wearing glasses should use an elastic sports holder to anchor their spectacles
- Contact lens users are advised to wear spectacles instead, in order to cut down the risk of lenses getting contaminated

ADDITIONAL POINTERS:

- Bring a change of clothes and a jacket
- Wear secure, well-fitting shoes or diving booties
- Jewellery which cannot be secured firmly should not be worn while rafting



Mountain Biking

The exhilaration of speed using solely human power on a machine, and on a raw trail amidst open nature, can only be achieved by mountain biking. With its innumerable jungle and rural trails all over the country, Malaysia is truly a mountain bikers' paradise.

Mountain biking has long been a popular sport in Malaysia, with its own legendary trails and stories. It is said that ever

since bicycles were introduced into the land, the inland villagers who embraced it were the first mountain bikers - having to traverse the challenging trails to and from their remote settlements. Today, the challenge is still there, but it is one of adventure and discovery.



Further afield, there is the popular Sungai Dua site near Karak in Pahang. This is a strenuous 40km trail that reaches into the Lentang Forest Reserve. As in many routes in Malaysia, this trail leads to a nice river or even waterfall – in this case the impressive 30m-high Kerau waterfall located at its end. As with this site, a notable feature of most of these rainforest sites is the numerous stream crossings.

Many recreational forest reserves in Malaysia are suitable for off-road cycling. Check with the local authorities for conditions.



BIKING SITES IN MALAYSIA

Malaysia has both road and off-road biking routes. There are many cycle-friendly road routes around Malaysia. Traffic is normally less heavy along rural roads and the views are stupendous.

Around Kuala Lumpur, these routes are the old Gombak Road, Ulu Yam interior routes and to the south, the Ulu Langat interior via Cheras or Ampang. Beyond Kuala Lumpur there are the rolling hill roads around Seri Menanti and Kuala Pilah in Negeri Sembilan as well as numerous East

Coast routes with Sungai Lembing as an accessible site from Kuantan city.

As for Sabah and Sarawak, most rural road areas are scenic and provide ideal routes for adventure biking.

But for the hard core enthusiasts, it is the challenging off-road sites that count. In Kuala Lumpur, the 'urban legend' route is the Bukit Kiara jungle trail for its accessibility and easy opportunity of meeting friendly fellow aficionados. Around Kuala Lumpur, there are the Batu Dam, Kampung Pusu and the Hulu Gombak Forest Reserve with its water catchment areas.





MOUNTAIN BIKING TIPS

1. Find out about the trail and surroundings, be sure that you have enough time to complete the entire route before darkness falls. Do not stray off the path. A compass would be handy, just in case.
2. Use good judgment regarding the fitness level required for the trail, and know your physical limits.
3. Always let someone know of your plans and destination for the day, especially if going alone.
4. Bring enough water and pack some light snacks to keep your energy level up. Unless biking with a knowledgeable partner, it is not advisable to eat jungle fruit or drink from any water source.
5. Be prepared for sudden rain showers by carrying appropriate rain gear.
6. Always check your bike before starting out. Pay special attention to tyres, which can damage more easily due to the rough terrain.
7. If you wish to camp overnight as part of your biking expedition, read the 'Camping' section under 'Jungle Discoveries' for camping tips.

SITES FOR MOUNTAIN BIKING

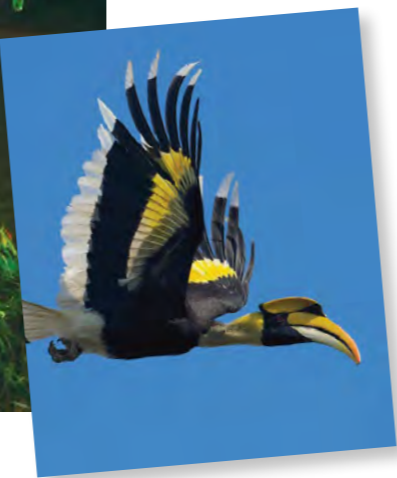
- Sedim Rainforest, Kulim, Kedah
- Gunung Jerai, Kedah
- Taman Eko Rimba Kledang Saiong, Perak
- Bukit Kiara MTB Trails, Kuala Lumpur
- Kampung Kemensah, Ulu Kelang, Selangor
- Putrajaya Challenge Park, Presint 5, Putrajaya
- Sungai Menyala Forest Reserve, Port Dickson, Negeri Sembilan
- Kenaboi Forest Reserve, Jelebu, Negeri Sembilan
- Sungai Lembing, Kuantan, Pahang
- Sungai Dua, Karak, Pahang
- Taman Negara Kuala Tahan, Jerantut, Pahang
- Teluk Chempedak, Kuantan, Pahang
- Tanah Rata, Brinchang, Cameron Highlands, Pahang
- Chemerong, Dungun, Terengganu
- Kampung Lingai, Kuala Nerus, Terengganu
- Bukit Bauk, Dungun, Terengganu
- Kampung Batangan, Marang, Terengganu
- Gunung Reng, Jeli, Kelantan
- Bukit Kwong, Rantau Panjang, Kelantan
- Tok Bok, Machang, Kelantan
- Bau, Kuching, Sarawak
- Kiulu Valley, Sabah
- Kundasang, Sabah
- Menara Kayangan, Lahad Datu, Sabah



Bird watching

From muddy mangroves to misty mountain ranges, Malaysia's diverse tropical landscape teems with hundreds of resident bird species. The country's location on the Australasian cross-migratory paths also makes it a host to over 250 or so migratory birds. All in all, with over 795 species, Malaysia has emerged as a birdwatching haven. There are a total of 55 Important Bird Areas (IBA) throughout the country.

Well over half of Malaysia's land mass is covered in rainforest environments or at least plantations. With the diversity of habitats, there are many places having abundant bird life to choose from. As the various birdwatching and nature sites around the country are easily accessible, it is easy to understand why bird lovers are drawn to Malaysia.



AVIAN HABITATS

Many birds are common to both Peninsular Malaysia as well as Sabah and Sarawak but some species, known as endemics, are unique to a certain location, such as the Malayan Whistling Thrush in the peninsula. In Borneo, there are about 59 endemics including the Bornean Bristlehead and Yellow-rumped Flowerpecker in Sabah.

The Malaysian rainforests can be generally divided into three distinctive habitat types - coastal mangroves, lowland rainforests and montane or mountain forests.

Swampy mangrove forest ecosystems where salt and freshwater environs meet on the coastline fringe are home to birds such as the Collared Kingfisher. Lowland rainforests, including freshwater swamp, peat and hill dipterocarp forests, remain the most extensive habitat for over 200 birds and are crucial to Storm's Stork and Green Imperial Pigeon.

Mountain forests generally occur above an elevation of 900m, where species such as the Mountain Peacock-Pheasant and Mountain Blackeye thrive in the cool damp climates and stunted trees of these high altitude regions.

While each habitat provides an excellent concentrated birding experience, in Malaysia it is not difficult to visit several sites in different ecological zones to enjoy the variation in birdlife.

POPULAR BIRDING SITES

With the increase in nature and environmental awareness, more and more sites have been identified where birds can be observed and there are also bird sanctuaries designated around the country.

For the serious enthusiast, a comprehensive itinerary spanning the peninsula and Borneo could include: Kuala Selangor, Fraser's Hill, Taman Negara, Bako National Park in Sarawak, Kinabalu Park and Danum Valley in Sabah.

For beginners or those who stay around Kuala Lumpur, there are several excellent birdwatching sites within a few hours' drive from the city. A new area that has made a name for itself in birding circles is Putrajaya Wetlands, a human-enhanced wetland environment. Less than an hour south of Kuala Lumpur, it has begun to attract both birds and bird watchers.

For a pleasant day trip, check out the Kuala Selangor Nature Park, a mangrove swamp along the west coast that supports 157 bird species and some seasonal migrants including the rare Spoonbilled Sandpiper. Fraser's Hill and Cameron Highlands both offer lush green hill surroundings with panoramic views and hiking trails where bird life is astounding.

Those with more time may want to travel further inland into Malaysia's premier national park, Taman Negara, where dense ancient lowland forests are home to over 300 bird species. Another popular site is Kuala Gula Bird Sanctuary on the Perak coast, where endangered Milky Storks congregate.

Over in Borneo, the Kota Kinabalu City Bird Sanctuary, a feeding ground for many species of resident birds and several migratory species from Northern Asia is easily accessible from the capital of Sabah. Kinabalu Park, a World Heritage Site with its own endemics such as the Kinabalu Warbler, is just a two hours' drive away from the city. Many good birding sites can be found in Sarawak, such as Gunung Mulu National Park. Sarawak endemics such as Hose's Broadbill can also be found in the Kelabit Highlands.





BIRDWATCHING SEASON AND ADVISORY

Malaysia's tropical climate allows bird watching to be a year-round activity. Take note of the rainy season when planning excursions and bring along rain gear or a poncho. In the West Coast of the peninsula, rain usually falls heaviest from September to December. There is a distinct monsoon in the East Coast from December to February, while the rainy season occurs a bit earlier in the year in Borneo.

Migratory birds use Malaysia's West Coast flyway to travel to Sumatra and beyond with peak movements in April and October.

As with all wildlife, all possible care and respect is to be given to the birds and their habitats. It is illegal not only to shoot or capture any bird in a gazetted bird sanctuary, but even to harass or disturb them. Trafficking in protected species is also prohibited under the Wildlife Conservation Act 2010 in Peninsular Malaysia, with separate acts enforced in Sabah and Sarawak. Entry permits from the Forestry Department of the various states may be needed at some bird sanctuaries. Birdwatchers are advised to check with their guides or tour agent.

PRACTICAL TIPS FOR BIRDWATCHERS

1. Read or find out as much as you can about both the site and the bird species likely to be found in it before hand.
2. A pair of binoculars helps to locate and identify distant and high flying birds.
3. Most birds are active in the morning and late afternoon when the temperature is cooler. Consult your guide book as to the best times to spot a particular species.
4. Many birds have regular feeding habits and patterns. A good place to watch for shorebirds is at mudflats during low tide.
5. When photographing birds, use long-range lenses and avoid flash equipment so as not to disturb the birds.

BIRDWATCHING SITES

PERLIS

- Perlis State Park

KEDAH

- Gunung Raya - Langkawi
- Kilim Mangrove - Langkawi
- Sedim Rainforest - Kulim

PENANG

- Hutan Pelajaran Air Hitam
- Teluk Air Tawar- Kuala Muda Coast, Penang
- Penang National Park, Penang

PERAK

- Bukit Larut (Maxwell Hill) (Highland forest)
- Kuala Gula Bird Sanctuary (Mangrove forest)
- Royal Belum State Park

SELANGOR

- Kuala Selangor Nature Park (Mangrove forest)

FRIM

- Paya Indah Wetland
- Sungai Tekala Recreational Forest
- Kuala Kubu Baharu,

NEGERI SEMBILAN

- Tanjung Tuan, Port Dickson
- Kenaboi State Park
- Sungai Linggi, Port Dickson
- Sungai Menyala Edu-Ecotourism Center, Port Dickson

MELAKA

- Tanjung Tuan Forest, Reserve and Wildlife Sanctuary

JOHOR

- Panti Bird Sanctuary, Gunung Panti Recreational Forest, Kota Tinggi
- Taman Negara Tanjung Piai, Pontian
- Taman Negara Pulau Kukup, Pontian

PAHANG

- Cameron Highlands (Highland forest)
- Genting Highlands (Highland forest)
- Taman Negara Kuala Tahan (Lowland rainforest)
- Taman Rimba Kenong, Kuala Lipis (Lowland rainforest)
- Taman Negeri Endau Rompin (Lowland rainforest)
- Fraser's Hill (Highland forest)
- Tembeling Hornbill Valley, Jerantut
- Bukit Tinggi
- Taman Negara Sungai Relau, Merapoh

- Paya Kansar, Pulau Tawar, Jerantut
- Benus Bird Camp, Kg. Gol, Taman Negara
- Bebar Peat Swamp, Pekan
- Lanchang, Temerloh
- Lembah Kiol, Jerantut

TERENGGANU

- Tasik Kenyir
- Gunung Tebu
- Setiu Wetland

KELANTAN

- Kuala Koh National Park

SARAWAK

- Bako National Park (Mangrove & Mixed Forest)
- Gunung Mulu National Park (Highland Rainforest & Limestone Pinnacles)
- Kubah National Park (Hill & Mixed Dipterocarp Forest)
- Borneo Highland (Highland & Mountain Rainforest)

SABAH

- Kinabalu Park (Highland forest)
- Kota Belud Bird Sanctuary (Lowland rainforest)
- Danum Valley (Lowland rainforest)
- KK Wetland Centre
- Rainforest Discovery Centre
- Tabin Wildlife Reserve

For more information, please view our 'Birdwatching in Malaysia' e-brochure at www.tourism.gov.my.



USEFUL CONTACT

STATE AUTHORITIES

Department of Wildlife and National Parks (PERHILITAN)
Tel: +603 9086 6800
PERHILITAN Hotline: 1-800-88-5151
www.wildlife.gov.my

Marine Parks & Resource Management Division
Department of Fisheries Malaysia
Tel: +603 8870 4005
www.dof.gov.my

Perlis Forestry Department of Peninsular Malaysia
Tel: +604 976 5966
www.forestry.gov.my/en/semnanjung-malaysia/
taman-negeri-perlis

Perak State Parks Corporation
Tel: +605 791 4543
www.royalbelum.my

Negeri Sembilan Forestry Department
Tel: +605 791 4543
www.forestry.ns.gov.my

Johor National Parks Corporation
Tel: +607 266 1301
www.johornationalparks.gov.my

Pahang State Forestry Department
Tel: +607 226 1301
www.forestry.pahang.gov.my

Lembaga Kemajuan Terengganu Tengah (KETENGAH)
Tel: +609 823 1000
www.ketengah.gov.my

Jabatan Pelancongan Negeri Terengganu (Tourism Terengganu)
Tel: +609 623 1553
www.tourism.terengganu.gov.my

Majlis Pengurusan Taman Negeri Terengganu
Tel: +6 09-620 5368
www.tt.tel.terengganu.gov.my

Jabatan Perhutanan Negeri Kelantan
Tel: +609 748 2140
www.jpkn.kelantan.gov.my

Lembaga Kemajuan Kelantan Selantan (KESEDAR)
Tel: +609 913 2200
www.kesedar.gov.my

Sabah Parks
Tel: +6088 523 500
www.sabahparks.org.my

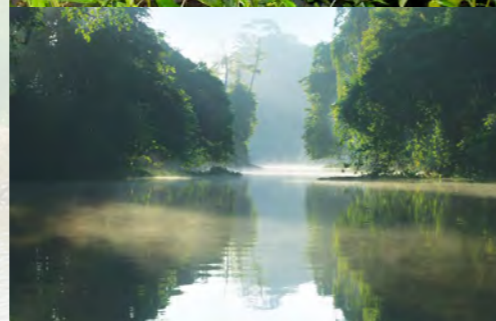
Sabah Forestry Department
Tel: +6089 242 500
www.forest.sabah.gov.my

Sabah Tourism Board
Tel: +6088 212 121
www.sabahtourism.com

Sarawak Tourism Board
Tel: +6082 423 600
www.sarawaktourism.com

Forest Department Sarawak
Tel: +6082 495 111
www.forestry.sarawak.gov.my

Sarawak Forestry Corporation
Tel: +6082 610 088
www.sarawakforestry.com



ASSOCIATIONS

Malaysia Nature Society (MNS)
Tel: +603 2287 9422
www.mns.my

Malaysia Ecotourism Association (MEA)
Tel: +603 4257 4688
www.mea.memberlodge.org

World Wildlife Fund (WWF)
Tel: +603 4257 4688
www.wwf.org.my

Malaysia Nature Guides Association
Tel: +6013 340 5023
www.manga.com.my

Persatuan Pemandu Pelancong Bandar dan Alam Semulajadi Terengganu
Tel: +6019 917 8000 (Azhari Jannah)

Taman Negara Bird Group
Tel: +6019 996 5263 (Abd Jalil Rahman) / +6014 8393 900 (Sabri Abdullah)

Nature Educational Society (NEST)
Tel: +6019 609 9096 (Sulaiman Salikan)
www.nestsociety.com

Ecotourism & Conservation Society Malaysia (ECOMY)
Tel: +6019 374 5246
www.ecomy.org

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Semadang Borneo Adventure Sdn Bhd
Tel: +6013 804 2118
www.semadangkayak.com

Borneo Eco Tours Sdn Bhd
Tel: +6088 438 300
www.borneoecotours.com

Borneo Nature Tours Sdn Bhd
Tel: +6088 267 637
www.borneoadventure.com

Cat City Holidays Sdn Bhd
Tel: +6082 412 500 / +6082 414 200
www.catcityholidays.com

Tropical Adventure Tours & Travel Sdn Bhd
Tel: +60185 419 337
www.borneotropicaladventures.com

Ping Anchorage Travel & Tours Sdn Bhd
Tel: +609 626 2020
www.pinganchorage.com.my

Asian Overland Services Tours & Travel Sdn Bhd
Tel: +603 4252 9100
www.asianoverland.com.my

Tabin Wildlife Holidays Sdn Bhd
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www.tabinwildlife.com.my

Asian Safari Sdn Bhd
Tel: +603 2273 0097
www.asian-safari.com

DCL Travel & Tours Sdn Bhd
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www.kembaradcl.weebly.com

Dev's Adventure Tours Sdn Bhd
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www.langkawi-nature.com

Naam World Travel & Tours Sdn Bhd
Tel: +604 966 5991
www.naam.bz

Unic Astana Holidays Sdn Bhd
Tel: +604 978 1133
www.unicastana.com

Bintong Travel & Tours Sdn Bhd
Tel: +604 978 2146
www.bintongtravel.com

Warnaceria Holidays & Tours Sdn Bhd
Tel: +6012 475 3565
www.warnaceria-holidays.business.site

NKS Hotel & Travel Sdn Bhd
Tel: +609 260 1777 / +609 260 1773
www.taman-negara-nks.com



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 Peninsular 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

TIME

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

POPULATION

33.4 million

PEOPLE

Malaysia has a diverse population. Its multicultural fabric is made up of the Malays, who form the majority of the population, as well as the Chinese, Indians, Portuguese Eurasians and Straits Chinese, along with the indigenous communities of Peninsular Malaysia and the ethnic groups of Sabah and Sarawak.

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 or MYR. Foreign currencies can be converted at banks and money changers. Transactions can be carried out using the Malaysian currency or via credit cards and online banking services. Of late, cashless transactions such as e-wallets and mobile payments have grown in popularity. Cashless transactions can be found in most establishments in the cities.

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.

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.

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.

COMMUNICATIONS TECHNOLOGY

Malaysia is linked internationally via the Internet. There is a stable 4G mobile network coverage in the country. Wi-fi connection is available at most hotels, restaurants and transport terminals. Upon arrival, travellers can easily get a local prepaid SIM card at airports or shopping malls. The package comes with preloaded credit and data. Travellers will be required to present their passport/ID for registration when purchasing the SIM cards.

GETTING TO MALAYSIA

The main gateway to Malaysia is the Kuala Lumpur International Airport (KLIA) which is also known as KLIA Terminal 1. It is located about 40 km south of Kuala Lumpur. Over 40 international airlines fly into the country via KLIA.

Malaysia Airlines, the national carrier, is a member of the oneworld airline alliance and offers connectivity to 1,000 destinations over 170 territories.

KLIA Terminal 2 (formerly known as KLIA 2), is situated about 1.5 km away from the main terminal and serves as the world's largest terminal dedicated to low-cost carriers. Airlines that operate from Terminal 2 include AirAsia and AirAsia X. Other international airports in the country are situated in Langkawi, Penang, Johor Bahru, Kota Kinabalu and Kuching. Skypark Terminal or Sultan Abdul Aziz Shah Airport in Subang is the main base for Firefly, Batik Air and private carriers.

The country's largest seaport is Port Klang, a major shipping and cargo terminal. Other main entry points by sea are located in Langkawi, Penang, Melaka, Johor, Labuan, Kuching and Kota Kinabalu.

GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines as well as carriers such as AirAsia, Firefly and Batik Air. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains. GrabCar and other e-hailing services are available in Malaysia.

Danz Travel & Adventures Sdn Bhd
Tel: +609 266 4269
www.danzecoresort.com

Pro Eco Adventures Sdn Bhd
Tel: +603 7932 4100
www.procoadventure.com.my

Trek Finder Tours Sdn Bhd
Tel: +088 731 480
www.trekfindertours.com

North Borneo Safari Sdn Bhd
Tel: +6089 235 525
www.northborneosafari.com

Traverse Tours Sdn Bhd
Tel: +6088 261 501/ +6088 261 502
www.riverbug.asia

Greenleaf Holidays & Tours Sdn Bhd
Tel: +609 267 2131 / +6019 313 1240 / +6019 928 1219
www.greenleaf-tamannegara.com

Sticky Rice Travel Sdn Bhd
Tel: +6088 203026 / +6010 952 9005
www.stickyricetravel.com

Rustic Borneo Travel Sdn Bhd
Tel: +6088 385 622
www.rustic-travel.com

Fieldskills Adventures Sdn Bhd
Tel: +6088 484 734 / +012 833 0106
www.fieldskills.com.my

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Malaysia Tourism Promotion Board (Ministry of Tourism, Arts and Culture Malaysia)

9th Floor, No. 2, Tower 1, Jalan P5/6, Precinct 5, 62200 Putrajaya, Malaysia

Tel: 603 8891 8000 • Tourism Infoline: 1 300 88 5050 (within Malaysia only) • Fax: 603 8891 8999

E-mail: enquiries@tourism.gov.my • Website: www.malaysia.travel

LOCAL REGIONAL OFFICES

CENTRAL REGION

(Kuala Lumpur, Selangor, Negeri Sembilan)

Kuala Lumpur

Level 2, MaTiC New Building

109, Jalan Ampang, 50450 Kuala Lumpur

Tel: 603 2161 0166 / 0312 / 0328 / 0348

Fax: 603 2161 0049

E-mail: enquiries@tourism.gov.my

SOUTHERN REGION

(Melaka, Johor)

Johor

Suite 13-02, Level 13

Menara JLand, 80000 Johor Bahru, Johor.

Tel: 607-222 3590 / 3591

Fax: 607-223 5502

E-mail: enquiries@tourism.gov.my

NORTHERN REGION

(Perak, Penang, Kedah, Perlis)

Penang

No. 11, Lebuhr Pantai

10300 George Town, Penang

Tel: 604 261 0058

Fax: 604 262 3688

E-mail: enquiries@tourism.gov.my

EAST COAST REGION

(Pahang, Terengganu, Kelantan)

Pahang

Lot 7 & 9, Ground Floor, ICT Hub

Jalan Putra Square 4, Putra Square

25200 Kuantan, Pahang

Tel: 609 567 7112 / 7115 / 7116

Fax: 609 566 7114

E-mail: enquiries@tourism.gov.my

TOURIST INFORMATION CENTRES

Sabah

B-7-2 & B-8-2, Block B

KK Times Square Signature Office

Off Coastal Highway

88100 Kota Kinabalu, Sabah

Tel: 6088 211 732 / 248 698 / 447 075

Fax: 6088 241 764

E-mail: enquiries@tourism.gov.my

Sarawak

Parcel 297-2-1, 2nd Floor, Riverbank Suites

93100 Kuching, Sarawak

Tel: 6082 246 575 / 775

Fax: 6082 246 442

E-mail: enquiries@tourism.gov.my

OVERSEAS OFFICES

AUSTRALIA

Sydney

Suite 7.03, Level 7, 151 Castlereagh Street

Sydney, NSW 2000, Australia

Tel: 00 61 2 9286 3055

Fax: 00 61 2 9283 8311

E-mail: malaysia@malaysiatourism.com.au

Website: www.tourismmalaysia.com.au

BRUNEI

Unit No 1.14 - 1.15, First Floor

The Rizqun International Hotel, Gadong BE3519

Negara Brunei Darussalam

Tel: 00 673 238 1575 / 1576

Fax: 00 673 238 1584

E-mail: mtpb.brunei@tourism.gov.my

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No. 36, Xiaoyun Road, Chaoyang District

Beijing 100027, People's Republic of China

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Fax: 00 86 10 8447 5798

E-mail: mtpb.beijing@tourism.gov.my

Website: mtpb.beijing@tourism.gov.my

Guangzhou

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People's Republic of China

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Fax: 00 86 20 3877 3692

E-mail: mtpb.guangzhou@tourism.gov.my

Website: www.tourismmalaysia.cn

Shanghai

Consulate General of Malaysia (Tourism Section)

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D-60311, Frankfurt Am Main

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Fax: 00 49 69 4609 23499

E-mail: mtpbfrankfurt@tourism.gov.my

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E-mail: mtpb.hongkong@tourism.gov.my

Website: www.tourismmalaysia.com.hk

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No. 4, Kodambakkam High Road

Chennai 600034, Republic of India

Tel: 00 91 44 4506 8080 / 8181

Fax: 00 91 44 4506 8383

E-mail: mtpb.chennai@tourism.gov.my

Website: www.malaysiajao.com

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Bandra (E), Mumbai 400051

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Fax: 00 91 22 6741 1119

E-mail: mtpb.mumbai@tourism.gov.my

Website: www.malaysiajao.com

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Vasant Vihar, New Delhi 110057

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Fax: 00 91 11 4601 1676

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No. 1 - 3, Kuningan

Jakarta Selatan 12950

Republic of Indonesia

Tel: 00 62 21 522 0765 / 4947

Fax: 00 62 21 522 0766

E-mail: mtpbjakarta@tourism.gov.my

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c/o Consulate General of Malaysia

43, Jalan Diponegoro, 20152 Medan

Sumatera Utara, Republic of Indonesia

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Fax: 00 62 61 452 3179

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1-8-2 Otsubo-Honmachi, Nishi-ku

Osaka 550-0004, Japan

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Chiyoda-ku, Tokyo 100-0006, Japan

Tel: 00 81 33 501 8691 / 8694

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E-mail: mtpb.tokyo@tourism.gov.my

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KAZAKHSTAN

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Embassy of Malaysia

Almaty Office

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Medeuskiy District

050000 Almaty, Kazakhstan

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KOREA

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Seoul 100-813, Republic of Korea

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Manila

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Bonifacio Global City (BGC)

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