

MALAYSIA

NATIONAL AND
MARINE PARKS



Map of Malaysia



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5 Home of the World's Most Diverse Ecosystems

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The National and Marine Parks featured in this publication covers the majority of the parks extant in Malaysia. These parks, whether terrestrial or marine, have been selected for their outstanding natural beauty, biodiversity, accessibility and the quality of facilities available for visitors.

The selection for terrestrial parks also took into account some of those that offer a variety of programmes, well laid out nature trekking trails of varying degrees of difficulty and length, knowledgeable guides, and additional attractions such as caves, rapids and canopy walkways.

With marine parks the selection included accessibility to dive facilities, experience of dive guides, diving training courses, coral and aquatic variety and boat and equipment availability. These parks offer all that is best in Asian tropical forests and seas. The sheer diversity of life within these terrestrial and marine environments is found nowhere else in this world. So whatever your forte, come and see for yourselves the wonders that nature has bestowed on Malaysia.

SYMBOLS



Boat Tour



Bicycle trail



Campground



Canoe Access



Exhibition Centre



Fishing



Food Service



Four Wheel-drive Road



Hide



Hiking Trail



Lodging



Meeting / Seminar /
Workshop Room



Picnic Area



Public Toilet and Shower
Room



Ranger Station



Restroom



Self-guiding Trail



Soccer Field / Court Games



Swimming



Telephone

The tropical rainforests in Malaysia have been around for over 120 million years. Due to their location, they were spared from the ravages of the Earth's ice ages and were able to develop much earlier than the tropical rainforests in Africa and South America. As a result, they nurture a much greater diversity of both plant and animal life and have been a cradle to a higher diversity of mammals and birds.

HOME OF THE WORLD'S MOST DIVERSE ECOSYSTEMS



The rainforests of Southeast Asia, sheltered by the Himalayan Massif, remained moist as the Earth became drier during the Ice Ages. At these times, sea levels fell dramatically, opening land bridges between mainland and island Southeast Asia that facilitated the migration of plant and animal life. This vast genetic storehouse burst forth with the profusion of species that exists today when the climate became warm again.

Malaysia is also home to one of the world's richest marine environment, which includes coral atolls, fringing reefs and barrier reefs. Coral reefs are to the sea what tropical rainforests are to the land. Corals require stringent conditions in order to flourish. As such, they only exist in warm, shallow seas where sunlight penetrates to about 100m and warm currents flow.

These living organisms are virtually self-contained, forming an ecosystem and tightly recycling everything. Although they are found primarily in the tropics, they are not present in all tropical seas.

It is very difficult to say which is the most complex ecosystem on earth — the coral reefs or the tropical rainforests. Both have no equals. Both are fragile yet boast unparalleled diversity.

Malaysia enjoys the best of both worlds with its coral reefs and tropical rainforests, making it truly the ideal destination for nature lovers. Not only is it one of the few countries in the world that is home to these extraordinary ecosystems but it also ranks among the very few that provide wide ranging protection in terms of designated parks as well as sanctuaries for these unique living treasures.





NATIONAL PARKS

Tropical rainforests girdle the earth around the equatorial regions and comprise, in today's estimate, about 5% of the earth's surface. Endowed with a high and even temperature as well as abundant rainfall throughout the year, they provide the ideal environment for one of the world's greatest diversity of flora and fauna, including rare and endemic species.

Malaysia is highly fortunate to be endowed with rainforests that are indisputably one of the oldest in the world and its national parks are treasure troves of its natural heritage. Hailed as one of the most complex and luxuriant ecosystems on the planet, the rainforests here are the perfect haven for wildlife, plants as well as trees.

So come and explore the awesome beauty of this dramatic landscape and experience nature at its wild and pristine best in the many national parks of Malaysia.



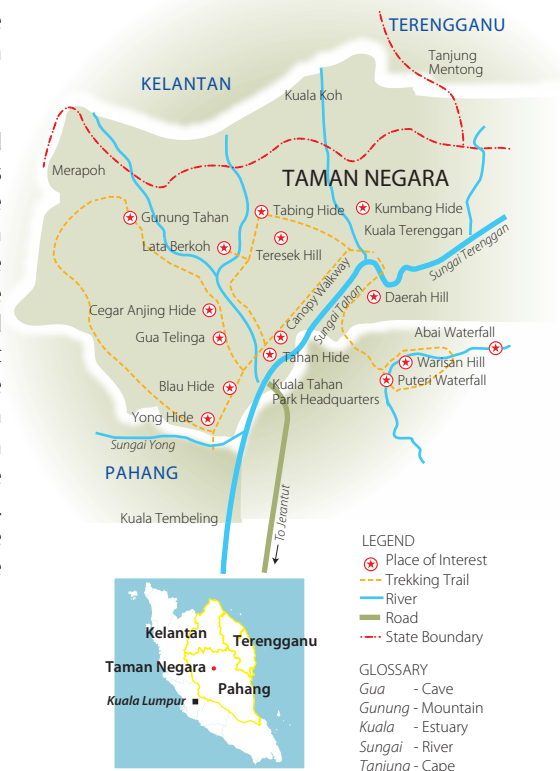
TAMAN NEGARA

Initially called King George V National Park to commemorate the silver jubilee of the British monarch, this park was renamed Taman Negara upon Malaya's independence in 1957. Taman Negara, in the Malay language, literally translates as national park.

The forests of Taman Negara are reputed to be one of the oldest in the world and were already flourishing when Earth's tectonic plates were still shifting to form the continents that we now know.

Apart from coastal forest, Taman Negara contains virtually every type of forest habitat found in Malaysia. It is mainly located in the state of Pahang but also

extends into Kelantan in the north and Terengganu to the east. The peninsula's main mountain chain, the Main Range or Banjaran Titiwangsa, runs through the park on a west to east axis, in some places forming the borders of these three states. The south side of this watershed is home to some of the country's most beautiful streams and rivers, which weave through luxuriant forest landscapes in the undulating foothills, passing through lowland dipterocarp vegetation before joining the mighty Tembeling River. Rivers to the north and south that traverse over limestone territory often produce spectacular waterfalls.



Flora

Plant life in Taman Negara proliferated over the past 20,000 years. It is not a carbon copy of previous epochs but a stage in the evolution of a tropical rainforest. The park itself spans a variety of environmental zones from lowland forest to cloud forest.

The lowland forest is composed of evergreens and one tree family predominates - the family *Dipterocarpaceae*. Malaysia is known to be home to almost 400 of the world's 550 species.

A single hectare plot in this lowland forest may hold over 100 species of tree including the tall, buttressed **tualang** (*Koompassia excelsa*), the third tallest species in the world. These lowland forests are also rich in epiphytes and liana. The height of the forest canopy reduces at higher elevations, and oaks (*Fagaceae spp*), laurels and conifers (*Dacrydium spp* and *Agathis spp*) gradually become more dominant.

The upper montane area is mainly shrub cover and the cloud forest begins at about 1,600m. Here, plants take their moisture directly from the moist air. At this level, the epiphytic orchids and ferns give way to lichens and mosses, which cover live trees, fallen logs and even the ground.



Forest fungi



Fauna

Virtually all of Peninsular Malaysia's large mammal species are found within Taman Negara at elevations of up to 500m above sea level. The list is long but sightings are rare due to the density of vegetation and the shy nature of the forest creatures. The largest are elephants, followed by the rare Malayan gaur or **seladang**, a native wild cattle. Three species of deer - sambar, barking and mouse deer - are also found here.

Getting There

The most popular entry to Taman Negara is via the town of Jerantut, Pahang. From Jerantut, you can drive or take a taxi or bus to the Kuala Tembeling Jetty, which is 16km away. From there, you can take the three-hour boat ride to Kuala Tahan, where the park's only resort is located.

Trains from Singapore and south of Malaysia stop at the Kuala Tembeling station, which is just a short walk from the jetty. Boats depart from the jetty at 9am and 2pm daily. Alternatively, you can drive to Kuala Tahan and wait at the river bank opposite of the resort where a water taxi will ferry you across the river.

There are other entry points in Kelantan (Kuala Koh), Terengganu (Tanjung Mentong) and Pahang (Merapoh). Merapoh is primarily used by those who wish to climb Gunung Tahan, the highest peak in the peninsula. Facilities are limited at these entry points, however.

Accommodation

The Mutiara Taman Negara at Kuala Tahan offers excellent facilities. Bungalows, suites, chalets as well as a hostel and campsite are available. Tents can be hired at the Recreation Counter.

There is a restaurant and many other facilities for dining at the resort. There are also a few floating restaurants near the resort across the river that offer local and continental cuisine.





Stick mantis



Attractions and Activities

- Prime tropical rainforest
- A series of well laid out trekking trails
- One of the world's longest canopy walkway
- Numerous hides for viewing wildlife
- Orang asli settlement (indigenous community)
- Canoeing
- Cave exploration
- Bird watching
- Fishing
- Camping
- Swimming

Treks vary in duration and difficulty but if you are going for those close to the resort you do not need a guide. However, trekking alone is not advisable. Two trails start from the rangers' base camp at Sungai Relau.

The 4.1km Negeram trail requires the trekker to cross the river, while the 1.6km Palas trail traverses fairly flat peat swamp. The Lubuk Simpan trail is only a 10 minute walk from Kuala Tahan and is the most popular as it also has a good place for swimming. The interpretive trail is well marked with signs as well as descriptions of flora and fauna. A detailed trail guide is also available.

Facilities



Further Information

Department of Wildlife and National Parks

Tel : Kuala Lumpur : 03-9075 2872

Kuala Tahan : 09-266 1122

GuaMusang : 09-912 2940/

(For Kuala Koh) 09-928 2952

Terengganu : 03-622 7751

Website : www.wildlife.gov.my

The **tapir**, Malayan sun bear (the only bear species in Southeast Asia) and wild boar also exist within the park. The prime species, however, are the tigers and Sumatran rhinoceros. Other wild cats such as the black panther, clouded leopard and the flat-headed cat are also found within the park along with civets, martens, scaly anteaters, porcupines and the Asiatic red dog.

Primates, of course, abound, including the white-headed gibbon, the only ape species in the peninsula; long-tailed macaques (which tend to inhabit the riverbanks); leaf monkeys and **siamang**, which prefer the upper canopy from where their loud calls can be heard.



Stag beetle



Other well-represented species include amphibians, reptiles and most small mammals.

The park is also home to around 300 species of birds, the most commonly seen being hornbills, eagles and kingfishers. The masked finfoot, drangos, broadbills and blue-throated bee-eaters are also fairly common.

There is also a staggering variety of insect life, among them stag beetles, rhinoceros beetles and many species of butterfly and moth, as well as stick insects. Beautiful and colourful centipedes and millipedes also abound on the forest floor.



Lesser Fish-eagle (*Ichthyophaga humilis*)

ROYAL BELUM PARK

Royal Belum Park, in the northernmost corner of Perak bordering Thailand, covers an area of 175,500ha and is managed by the Perak State Parks Corporation. It was declared a park on July 31, 2003 by His Highness Sultan Azlan Shah, the Sultan of Perak.

Composed mainly of pristine rainforest, the park is traversed by numerous river systems draining into the Perak River and Lake Temenggor. The park area encompasses the northernmost parts of Lake Temenggor and on its southern flank meets the Temenggor Forest Reserve, while the western boundary abuts the Gerik Forest Reserve.

The Belum-Temenggor Rainforest complex total area covers 345,000ha which includes 45,000ha of water bodies. The limestone hills of Belum are believed to be some of the oldest in the peninsula, dating back over 200 million years to the late Jurassic early Triassic period. While some of the limestone islands in the southern part of the lake, once

majestic rocks, date to the Devonian/Silurian period about 400 million years ago. The formation of the lake was the result of the construction of a dam for the generation of hydroelectricity. The dam's four turbines produce an average of 870GWh annually.

Flora

There are three major forest types within the park - lowland dipterocarp forest, hill dipterocarp forest and lower montane forest. There is a distinctive northern element to the species diversity as the area borders Thailand. This forest has essentially remained untouched for the last 130 million years.



Getting There

From Kuala Lumpur, take the North-South PLUS Highway and exit at Kuala Kangsar (approximately 220km) and head towards the town of Gerik on route 76 (95km). From Gerik, follow the East-West Highway (route 4) to Banding Island (about 40 minutes). This is the gateway to Belum. There is a public jetty on the left hand side before crossing the second bridge. There are three resorts within the vicinity.

Accommodation

There are three resorts / hotels in the Banding Island area.

Belum Rainforest Resort offers air-conditioned rooms, restaurant and meeting rooms. It also boasts wooden and bamboo village houses close to Batu Enam Waterfall as well as various activity packages.

Tel : 05-7921791

Website : www.belumresort.com

Belum Eco Resort, located on a small island, offers all kinds of nature and recreational packages. It has 12 A-frame chalets and dormitory accommodation, a restaurant and a multi-purpose hall. It also has two house boats for staying overnight on the lake.

Tel : 05-2810 834 or

Steve Khong at 012-3072 876

Website : www.belumecoresort.com

The Lakeside Inn offers suites and deluxe rooms with a swimming pool and restaurant and is located on the western side of Lake Temenggor.

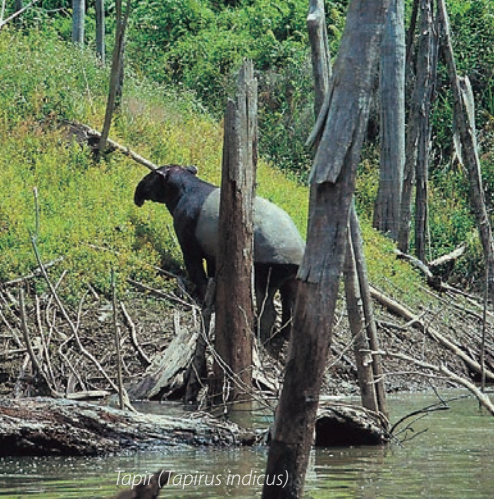
Tel : 05-7912 214

Website : www.bandinglakesideinn.com

There are no accommodation facilities within the Royal Belum Park. However, your tour operator through your hotel can arrange camping trips. All visitors have to apply for a permit to enter Royal Belum seven days before the visit. This is to enter the northern part of Belum-Temenggor, not the Banding Island resorts. Application for the permits can be facilitated by your tour operator or through hotel/ resort at Banding. There is a fee of RM10. Liaise with your tour operator or hotel/ resort.

Attractions and Activities

- Nature walks – jungle trekking
- Bird spotting
- Whitewater rafting



Tapir (*Tapirus indicus*)



Malayan Tiger (*Panthera tigris jacksoni*)

- Boat rides into the heart of the rainforest
- Canoeing
- Angling
- Salt licks
- Rafflesia flowers
- Aboriginal settlements



■ **Further information**
www.royalbelum.my
www.peraktourism.com.my

Department of Wildlife and National Parks, Peninsular Malaysia
 KM10, Jalan Cheras
 56100 Kuala Lumpur
 Tel : 03-9075 2872
 Fax : 03-9075 2873
 E-mail : tnpp@wildlife.gov.my
 Website : www.wildlife.gov.my

Note: There are two groups of orang asli (original people or aborigines) that live within the park boundaries, the Jahai of Negrito origins and the Temiar, a sub-group of the Senoi who are proto-Malay. Visits to their villages can be arranged to witness their culture and even try their blowpipes.

Visit can also be arranged to Norwegian-owned Tilapia fish cultivation project in Temenggor Lake to learn how fish are reared and prepared for export.

Belum houses an estimated 3000 species of flora. The lower and hill dipterocarp forest trees include species such as meranti (*Shorea spp*), cengal (*Balanocarpus heimeii*), keruing (*Dipterocarpus spp*) and merbau (*Intsia palembanica*) while the lower montane forest is mainly oak and laurel. Within the park 46 species of palms, 62 species of mosses, 32 species of edible fruit and over 300 species of ginger have so far been identified. Ancient cycads, bamboos, native orchids and three species of Rafflesia can also be found within Belum.

Fauna

The fauna of Royal Belum is perhaps the most diversified in the whole of the Malay Peninsula. A WWF survey concluded that Belum is critical for a number of large mammals, including the seladang (*Bos gaurus*), Asian Elephant and the Malayan Tiger (*Panthera tigris jacksoni*). But Belum is also home to perhaps the most endangered species in Peninsular Malaysia, the Sumatran rhinoceros (*Dicerorhinus sumatrensis*).

Other rare species endemic to Belum include the tapir, white-handed gibbon, Malayan sun bear, clouded leopard and the black panther. Wild boar, three species of deer, porcupine and serow (*Capricornius sumatrensis*) a wild goat also exist within the park.

So far, almost 300 species of birds have been documented, including all of the 14 species of hornbill that are known in Malaysia.

For entomologists, 328 species of butterfly and 250 species of moth have so far been documented along with 95 species of leaf beetles and 16 species of stag beetles. The list is endless – dragonflies, damselflies, ants, snails, centipedes, millipedes, molluscs and crustaceans among them.

Royal Belum also boasts over 60 salt licks where some of the larger mammals come at night to replenish their mineral diet. At some of these salt licks, hides have been built for visitors who want to spend time viewing the animals.



KENONG RIMBA PARK

The Kenong Rimba Park is about 121km² in area and skirts the southeastern border of Taman Negara. The park is part of a contiguous chain of protected forest reserves that provides a wildlife corridor for large mammals between the centre of the peninsula and Royal Belum Park in northern Perak, adjacent to the Thai border. It is also a remote, biologically rich wilderness comprising mainly rare, undisturbed lowland forest.

Located in the scenic Kenong Valley, the park is traversed by clear mountain streams, cascading waterfalls and refreshing pools as well as string of magnificent limestone caves. Most of the caves are easily accessible on foot. The Kenong River actually flows through the Batu Tinggi Cave, which resembles a boat and is the habitat of a variety of wild orchid plants. Other caves include the Batu Tangga Cave where the rock formation resembles a flight of stairs, Green Cave and the Tiger Cave.

The park is also home to the aborigines of the Batek tribe, who have long inhabited these remote, luxuriant rainforests. The Batek people still hunt with poison-tipped darts fired from blowpipes, catch fish from the rivers and forage for wild fruits and tubers.



Flora and Fauna

Epiphytes such as ferns and orchids are abundant in the park, which is dominated by lowland forest and riverine vegetation. Primarily dipterocarp forest, the lofty

Tualang trees are also very evident, as are strangling figs. The lush vegetation also includes wild fruits, gingers, forest yams, rattans and palms. Some rare aquatic vegetation can be found in the many still waters within the park, and forest fungi are prolific both on the ground as well as in the cracks and crevices of both dead and living trees.



Although sightings are extremely rare, elephants, tapirs, tigers, deer, wild cattle, wild pigs and leopards are all known to dwell in the park or pass through it. However, you are more likely to encounter smaller mammals such as porcupines, mouse deer, and slow loris.

Insect life is also very prolific, as can be seen in the diverse varieties of beetles, ants, stick insects and centipedes and millipedes in a profusion of colours.

Over 200 species of birds exist in the park, including the Great Argus pheasant, Malaysian peacock pheasant, hornbills and several species of warblers, babblers, flycatchers, spider hunters, kingfishers and cuckoos.



Getting There

Kuala Lipis, the nearest major town, is easily accessible by road and rail. There are two ways to access the park. One is via Tanjong Kiara, which necessitates a two- to three-hour boat ride from Kuala Lipis. The other is via Kampung Batu 9 station jetty, which can be reached from Kuala Lipis either by a 30 minutes' train ride and then a short five-minute walk or by driving. It is then followed by a 20-minute boat ride to the park entrance.

Accommodation

Kuala Lipis has a range of hotels to suit all travellers. The park, however, has limited facilities. Although there are basic chalets and campsites, there is no electricity in the park, so leave the laptop and chargers behind.

Various tour companies in major towns and Kuala Lipis organise a variety of trips to the park to cater for specific needs, such as bird watching, caving and trekking.

Attractions and Activities

- Pristine tropical lowland forest
- Limestone caves
- Waterfalls
- Trekking and camping
- Bird watching and rock climbing
- Fishing

Facilities



Further information

All visitors are required to obtain a permit to enter the park from the Kuala Lipis District Forest Office. Guides are compulsory. Keretapi Tanah Melayu Berhad (KTMB/Malaysian Railway) collaborates with local tour operators to offer various packages to Kenong Rimba Park.

Contact:
 KTMB Kuala Lumpur
 Tel : 03-2263 1111

KTMB Kuala Lipis
 Tel : 09-313 277/213 144

Kuala Lipis District Forest Office
 Tel : 09-312 1273

Lipis Centrepoint Hotel and
 Apartments Sdn. Bhd.
 Tel : 09-312 2688
 Fax : 09-312 2699
 Website : www.pahangtourism.com.my

Department of Wildlife and National Parks,
 Peninsular Malaysia
 KM10, Jalan Cheras
 56100 Kuala Lumpur
 Tel : 03-9075 2872
 Fax : 03-9075 2873
 E-mail : tnpp@wildlife.gov.my
 Website : www.wildlife.gov.my





Long-tailed macaque

PENANG NATIONAL PARK



Getting There

Penang Island is quite easy to navigate. To get to the park, take the Batu Ferringhi road all the way to the Teluk Bahang town and then head for the pier. From there, it is just a short walk to the park headquarters.

Accommodation

There is a full range of accommodation on Penang Island. Basic chalets and modern camping facilities are found at Teluk Bahang and there are other campsites within the park. Rest points with tables and chairs are also available along some of the trails.

Attractions and Activities

- Well-marked trails with rest stops
- Rocky coastline interspersed with scenic beaches
- Turtle sanctuary
- Campsites with good facilities
- Mixed tropical rainforest and coastal dipterocarp
- Meromictic lake
- Bird watching
- Animal spotting
- Swimming
- Fishing

Visitors who wish to camp in the park need to get permission from the park management. The office is open from 8am to 6pm daily.

Spread across the northwestern tip of Penang Island, this park comprises 1,181ha of hilly forest and 1,381ha of wetlands, mangroves, mudflats, beaches and corals. Interspersed with rocky outcrops, its coastline is home to some fine beaches and coves. There are basic facilities for camping at certain sites.

Formerly known as Pantai Acheh Forest Reserve, the park – which holds the distinction of being the world’s smallest national park – was gazetted in April 2003. It has a myriad of hilly but well-marked trekking trails of differing lengths and difficulty. Many of these trails lead to the eight main beaches in the park.

Among the more popular trails is the one to Muka Head, which starts at the park entrance in Teluk Bahang, on to Teluk Duyong and then to Muka Head where there is a lighthouse. Views from the top of the lighthouse, which was built in 1883, are superb. This is a nice walking trail with cemented bridges over small ravines and



White-bellied sea eagle



is about an hour's walk from the Park's entrance at the Teluk Bahang fishing village.

Another popular trail leads to Pantai Kerachut where a meromictic lake is the main attraction. A meromictic lake is formed when two bodies of water do not mix. In this case, water from the cool mountain stream remains at the bottom of the warmer seawater at high tide. The lake is only around for about six months a year during periods of heavy rainfall.

There is also a turtle hatchery at the end of the beach. This is where Green turtles (*Chelonia mydas*) come ashore to nest, as they do along western-facing beaches. Two other species of turtle have also been known to nest along these shores, the Olive Ridley (*Lepidochelys olivacea*) and the Hawksbill (*Eretmochelys imbricata*).

Teluk Bahang and Teluk Tukun both have camping grounds and other facilities. At Teluk Aling, which houses Universiti Sains Malaysia's Centre for Marine and Coastal Studies (CEMACS), the beach is suitable for campers and also acts as a rest stop for those heading for Muka Head.

The highest point of the park's rocky terrain is Batu Itam, which is almost 500m above sea level.

Flora and Fauna

The park contains several different types of habitat, from lowland and hill dipterocarp forests, wetlands, mangroves and mudflats to sandy beaches and offshore coral reefs. These account for a wide diversity of species habitation.

Regenerated forest is the main feature on land although about 80ha is still virgin forest. Logging ceased in the area in 1962 and much of the forest has returned to a natural state. Pitcher plants, orchids and ferns are fairly abundant here, as are heavy hardwoods like chengal and lighter hardwoods like meranti and jelutong (*Dyera costulata*). The last, with its straight trunk, silvery bark and broad leaves bunched in an umbrella shape, supplies sap from which chewing gum is made.

So far, 417 species of flora and 143 species of arboreal and nocturnal mammals, reptiles, insects as well as amphibians have been discovered in the park. These include long-tailed macaques, leaf monkeys, mouse deer, the rare flying lemur, tree shrews, fruit bats, wild pig, squirrels, snakes and crustaceans.

Add to this 105 species of birds, which include the White-bellied Sea Eagle and the Brahminy Kite as well as turtles, dolphins and sea otters, and you will find an impressive range of animal life for such a relatively small area.



Facilities



Further Information

Superintendent
Penang National Park
Jalan Hassan Abas
Teluk Bahang
Penang
Tel : 04-881 3530/3500
Fax : 04-881 2016

Department of Wildlife and National
Parks, Peninsular Malaysia
KM10, Jalan Cheras
56100 Kuala Lumpur
Tel : 03-9075 2872
Fax : 03-9075 2873
E-mail : tnpp@wildlife.gov.my
Website : www.wildlife.gov.my

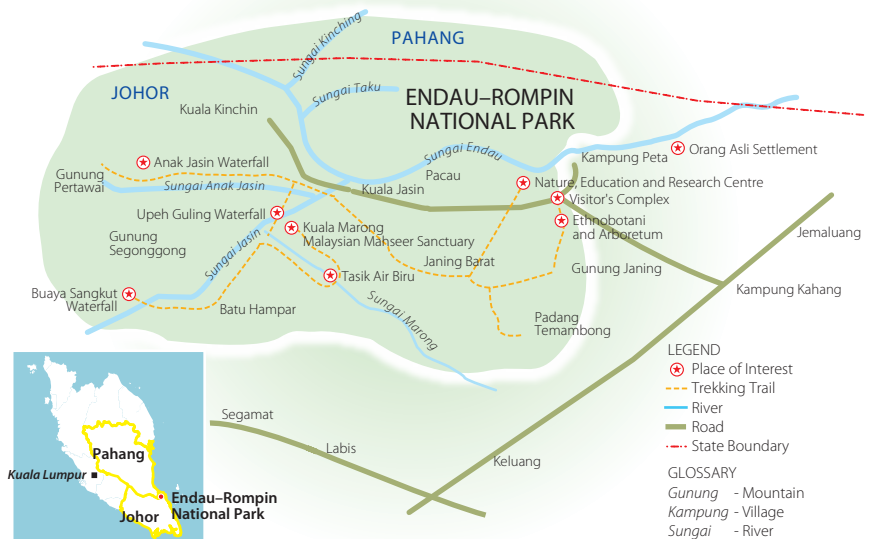
ENDAU-ROMPIN NATIONAL PARK



Flying lemur

The Endau-Rompin National Park straddles the border between southern Pahang and northern Johor and is one of the most undisturbed areas of lowland forest in the country. The park derives its name from the Endau River and its tributaries, which are the central feature of the park, and the Rompin area in the state of Pahang. It is interesting to note that the Rompin River does not originate or flow within the park area.

The second designated national park in Peninsular Malaysia, the Endau-Rompin area has been recognised for its great beauty and diversity since 1933 when the Sultan of Johor approved the designation of over 100,000ha as a wildlife reserve. Further exploration and surveys resulted in the declaration of 49,000ha as a national park in 1993. The state of Pahang designated their part of the present park covering 40,500ha as a national park in 1988.





White water lily



Malaysian Mahseer



Stemless palm

The awesome beauty of the Endau Valley is really something to behold and it is, perhaps, the most beautiful scenery in peninsular Malaysia. Lowland forests give way to steep ridges with sedimentary rocks predominating. There are also granite uplands and sandstone plateaus.

The park can be explored through many well-marked trails along which trekkers can come upon numerous waterfalls, the most famous being the 50m-high Mahkota Falls. Hidden halfway up its cascading water is Gadang Cave.

Guides are compulsory and can be found among the local community of *orang asli* of the Jakun tribe. Their intimate knowledge of the area and its plants and animals is undisputed.

Flora and Fauna

The park's remote wilderness is a refuge for many plant and animal species and there is a high ratio of endemic plant species.

The dipterocarp species predominate while several previously unknown plant species including trees, mosses and vines have also been discovered. Rare and endemic species of plants include ferns, pitcher plants and the beautiful fan palm, *Livistona endauensis*. Other unusual species include the walking stick palm (*Phychorapis singaporensis*) and the climbing bamboo.

Many large mammal species have also found refuge within the park's remote wilderness. It is thought to be home to the Sumatran rhinoceros, as well as elephants, tapirs, tigers, wild boars, deer, monkeys, gibbons, sun bears (also known as the honey bear), civets, binturong (bear cat) plus most other typical lowland animal species.

Bird species are, of course, abundant and include hornbills, Argus pheasants, kingfishers and drangos. Butterflies, moths, beetles and a huge variety of other insects can be easily spotted.

Getting There

From Pahang, it is a 56km journey across dirt roads via Felda Seladang to the Sungai Kinching base camp. A four-wheel drive vehicle is highly recommended.

From Johor there are two gateways. The most popular is from the town of Kahang via Kluang. Again, a four-wheel drive vehicle is required. Your first 15km or so is through plantations while the last 20km is across a bumpy track through virgin rainforests to Kampung Peta, an orang asli village. The second entrance from Johor is from the town of Bekok near Segamat, which also necessitates a four-wheel drive vehicle.

There is another way to get to Kampung Peta and this involves a boat journey from the lower Endau River just south of Kuala Rompin. This may take five to eight hours and an overnight camp at one of the many sand banks can be arranged.

Accommodation

Permits are required to enter the park and visitors are advised to join a package tour, as facilities within the park are limited to campsites and small chalets. The tour operator will provide camping equipment. Packages usually include transport, accommodation and food.

Attractions and Activities

- Pristine tropical lowland forest
- Trekking trails
- Upeh Guling Waterfall
- Buaya Sangkut Waterfall
- Tasik Air Biru
- Malaysian Mahseer Sanctuary
- Orang asli villages
- 4x4 off-road adventure
- Canoeing
- River Safaris
- Bird watching
- White water rafting from Kuala Jasin
- Night safari and night trekking

Facilities



Further Information

Permits can be obtained from:
 Pahang Development Authority
 for Pahang Tenggara (DARA)
 Wisma Sultan Ahmad Shah
 26700 Muadzam Shah
 Pahang
 Tel : 09-452 2300
 Fax : 09-452 2110
www.pahangtourism.com.my
 Johor National Park Corporation
 JKR 475, Jalan Bukit Timbalan
 80000 Johor
 Tel : 07-223 7471/224 2525
 Fax : 07-223 7472
www.johortourism.com.my

Department of Wildlife and National Parks,
 Peninsular Malaysia
 KM10, Jalan Cheras
 56100 Kuala Lumpur
 Tel : 03-9075 2872
 Fax : 03-9075 2873
 E-mail : tnpp@wildlife.gov.my
 Website : www.wildlife.gov.my

Permits can also be obtained at the Park Ranger Centre in Kampung Peta and at the district office in Kuala Rompin.

KINABALU PARK

Declared a national park in 1964, Kinabalu Park, situated in Sabah on the northernmost part of the island of Borneo, was listed as a UNESCO World Heritage Site in December 2000.

Kinabalu Park's chief attraction is Mount Kinabalu, which, at 4095.2m high, is one of the highest mountain between the Himalayas and the snow-capped peaks of Papua. Standing majestically above the surrounding countryside and dwarfing all around it, Mount Kinabalu's granite massif is home to the most remarkable assemblage of flora in the world. It is the meeting place for plants of Himalayan and Chinese genera as well as of Australian, New Zealand and even American affinity. Many plant species here are found only in Borneo and many are endemic to the area.

In many ways, the mountain "creates" its own climate due to its isolation and the constant flux of cloud, wind, rain, cold and warmth from the forests below. Geologically, it is the world's youngest, non-volcanic, major mountain.

A U-shaped mountain, it is split into two by the spectacular Low's Gully, which plunges vertically from 3,900m to 1,500m, forming two arms that make the western and eastern summit plateau.

Six major topographical features occur within the park – peaks; plateaus; gullies, rivers, streams and waterfalls; hot springs; caves and granite slabs. The main peaks are the Low's Peak (Summit), South Peak, St. John's Peak, Ugly Sisters Peak and Donkey's Ears.

The mountain itself has long been regarded as sacred to the local KadazanDusun people, who consider its brooding peaks the resting place of the spirits of their departed ancestors. Till today, ceremonies are still being performed to appease the spirits of the ancestors, hence one of Sabah's names – Land of the Sacred Mountain.

Flora

More than half of all the world's flowering plants are said to exist in Kinabalu Park. A recent study revealed that the mountain is host to as many as 6,000 species of flora comprising over 200 families and 1,000 genera.





Within its 753km² area, the park hosts numerous climatic zones that support an extraordinary range of habitats. The vegetation can change from lush tropical lowland forest to cool alpine meadow and everything else in between in just 3km.

Up to around 1,000m, the tropical rainforest predominates, with the main trees being of the dipterocarp family. These are mainly hardwoods that can grow up to 50m or more.

The park has an amazing variety of wild fruit trees such as rambutan, mango, durian, figs and tarap (*Artocarpus odoratissimus*). Many species of palm, ginger and bamboo are also common at the lower elevations. For palms alone, over 52 species from 10 genera have been recorded. As for ferns, some 608 species have been described so far (more than those in the whole of Africa) in all the park's climatic zones.

Both epiphytic and terrestrial orchids are found at all altitudes, and it is estimated that over 1,000 species in 120 genera exist in the park. The Rothchild's Slipper orchid, a superb specimen, has petals that can reach 12cm and is said to resemble the outstretched arms of the Kadazan Dusun people performing the Sumazau dance.

Rafflesia, the world's largest flower, is also found here. Three species - *Rafflesia keithii*, *Rafflesia pricei* and *Rafflesia tengku-adlini* - of this parasitic plant have so far been discovered here. Rafflesia has no stems, leaves or true roots but it has thread-like filaments that spread inside the roots and stems of forest vines to absorb nutrients. When it is ready to flower, buds that look like drab cabbages develop on the host vine and take about nine months to bloom. The flowers only live for three

to four days, all the while emitting an unpleasant odour that attracts insects for pollination. The *Rafflesia keithii* flower can reach up to 1m in diameter.

The lower montane forest, at altitudes of between 1,200m and 2,200m, consists primarily of temperate deciduous trees. Here, oak, chestnut, myrtle, laurel, eucalyptus and tea trees predominate. There are more than 60 species of oak and chestnut.



The tropical pitcher plant thrives on Mount Kinabalu, with at least 10 out of the 30 or so species in Borneo being found mainly in its lower montane zone. The striking part of this plant is its intriguing "cup", which it uses to trap insects for food. Some of these cups can be very large. Spencer St. John, a government official who climbed Kinabalu in 1858, wrote that he found one so huge its pitcher held four litres of liquid and a dead rat.

Above 2,200m, the trees are stunted and covered with mosses and liverworts. In this upper montane zone up to around 3,200m, rhododendrons predominate, their red, pink, orange and white blooms adding colour to the mist-shrouded forests. At least half of the over 50 species of rhododendrons in Borneo are found within the park, with five or six species not existing anywhere else in the world.

Getting There

The park is about two hours' drive from Kota Kinabalu. Buses to the interior town of Ranau usually leave the main outstation bus depot at every other hour beginning at 7am and pass the entrance to the park headquarters (80km).

To return to Kota Kinabalu, just wait outside the park entrance from 9am for the numerous buses that ply the route.

Taxis are also available from the bus depot. You are advised to negotiate your fare before boarding. One taxi for four persons is approximately RM80. Return fares can be negotiated.

The other alternative is to hire your own vehicle from one of the many car rental companies in Kota Kinabalu.

Known for its hot springs, Poring, located 40km south-east of the main park headquarters, is worth a visit when you are in the area. It is accessible by road through Kundasang and Ranau.

The Mount Kinabalu International Climbathon

Over the past 25 years, Mount Kinabalu has been the staging ground for the toughest mountain race in the world. A 21km-gruelling race to the summit (4095m), the Mount Kinabalu International Climbathon is divided into two main categories - men and women. There are also senior men and women categories as well as junior categories. Originally, it was flagged off at Timpohon Gate and went all the way to Low's Peak, but from 2012, the race will start from Kinabalu Park headquarters, go half way up Mt. Kinabalu to Layang-Layang station (2760.3m above sea level), then down to Mesilau Nature Resort before ending at Kundasang town.

The race is done at a punishing pace so if you can't do a normal marathon in less than three hours, don't bother. The current record, set in 2003 by Marco de Gasperi of Italy, is two hours, 36 minutes and 59 seconds. The Climbathon is now part of the World Skyrunner Series and is one of only seven such races in the world endorsed by the Federation of Sports at Altitude for the running World Championship Circuit. Prizes total around US\$40,000.

For more information, go to: <http://www.climbathon.my/online/>

Climbing Mt. Kinabalu

The climb up Mount Kinabalu can be done in two days. However, a more leisurely three days will allow one to really enjoy the rich biological diversity here.

There are two trails to the top - the Summit trail and the Mesilau trail, which converge at Layang-Layang (Carson's Camp) 3,740m above sea level. The Summit trail entails a four to five hours' climb whereas the Mesilau route takes an extra hour or two to reach Panar Laban/Laban Rata, the overnight stop.

Climbers usually set off for the peak at 3am for the three-hour climb to the summit, arriving in time to see the spectacular sunrise (weather permitting). Descent to the Timpohon Gate (the starting point) is usually accomplished within six hours.

Accommodation

Kinabalu Park can accommodate a large number of visitors and offers lodgings in four different areas.

Kinabalu Park Headquarters: A variety of chalets, lodges, villas, cabins and a hostel for 224 persons are available. There are two restaurants as well as a souvenir and sundry shop.

Laban Rata: At 3,400m up the mountain, the Laban Rata Resthouse can take 54 guests in rooms of various sizes. There are also four self-caterings huts, sleeping up to 84 people. Sleeping bags and blankets can be hired. The Laban Rata Resthouse has a restaurant.

Poring Hot Springs: The park offers a variety of self-catering chalets, cabins and a hostel for 68 persons. As a campsite is also available here, you can use your own tents or hire from the park. There is a restaurant in the park and is complemented by local food stalls just outside the gate.

Mesilau offers chalets, lodges and hostel accommodation for up to 220 people as well as a restaurant.

Attractions and Activities

- Well-marked nature trails and guided walks
- Park Headquarters: Visitors Centre and Kinabalu Natural History Gallery
- Poring: Canopy walkway, butterfly centre, hot pools, orchid conservation centre, tropical garden with an animal rehabilitation farm, picnic areas as well as chalets and hostels
- Mesilau: Nepenthes Rajah Centre and nature trails
- Bird watching

The Poring Canopy Walkway

The hike to the canopy walkway takes about 20 minutes, passing by thorny rattan palms, giant dipterocarps, huge epiphytic nest ferns and giant bamboo groves. The 157m-walkway comprises four sections laid out in a Y-shape. Single planks are placed on aluminium ladders with rope handrails and netting. At its highest point, the walkway is 41m above ground, providing a gateway to the secret life of the forest canopy.

Tips

- Be equipped for cold and wet weather
- Bring water and high nutrient food
- Wear good sturdy boots or shoes

Facilities 

Fees

- Climbing permit
 - RM30 per person (Malaysian)
 - RM100 per person (non-Malaysian)
- Guide – Average RM40 per day
- Porter – Average RM40 per day per 10kg (Fees are subject to change)

Above the 3,200m mark, rhododendrons and conifers give way to alpine meadows supporting vegetation typical of the European alpine meadows such as buttercups, gentians, sedges and grasses. On the rocky summit plateau, only tiny mountain orchids and ferns grow where soils have accumulated in crevices or cracks.



Black-sided flowerpecker

Fauna

Most of Borneo's mammals live in the Kinabalu Park lowlands. The Sumatran rhinoceros and the Borneo wild cattle are thought to be still around in the park although there have been no recent sightings of them. The Asian wild elephant, recently reclassified as the Borneo pygmy elephant, is not known to exist here, however, but many other large Bornean mammals such as the orangutan have been sighted at elevations of

up to 1,400m. Other primates, langurs, monkeys, gibbons, tarsiers and the slow loris have all been seen in the park. Other large animals here include the rare clouded leopard, bearded pig, sun bear and three species of deer - the large sambar deer, the smaller barking deer and the tiny mouse deer. Smaller mammals include tree shrews, squirrels (including tree, ground and flying), pangolins, porcupines, palm civets, rats, mice and bats (including flying fox). A few species of insectivores, of which the moon rat is most well known, also inhabit the park.

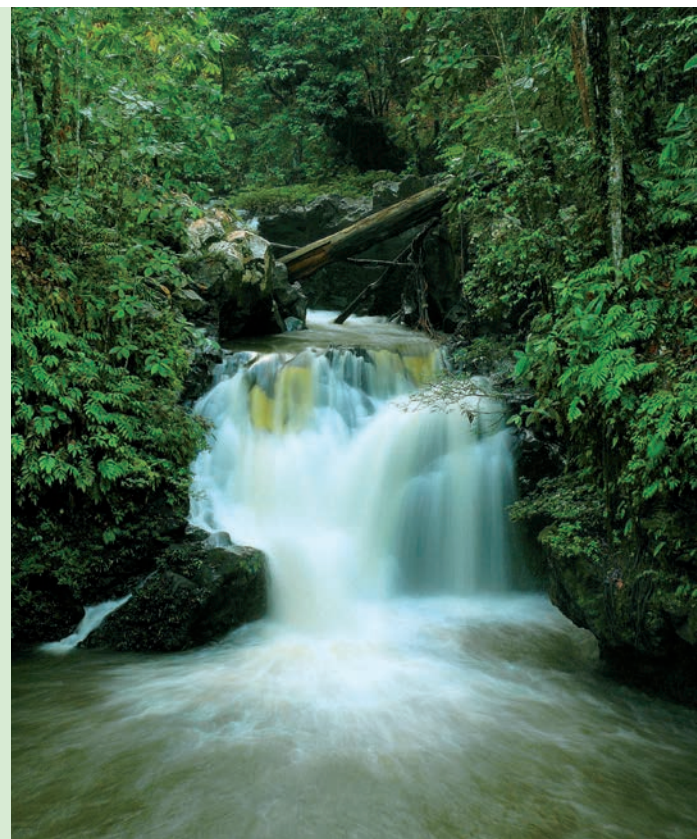
Around 330 species of birds including hornbills, eagles, black and red mountain blackbirds, dark olive black eyes, Sunda bush-warblers and short-tailed bush warblers have been sighted within the park. Partridge, kingfishers, thrushes and the Kinabalu serpent eagle are often spotted along the trails.

There are more than 60 species of frogs and toads, over 200 species of butterflies and more than 120 species of moths here. Forty fish species representing nine families are also known to exist in Kinabalu Park. It has more species of stick insects, beetles, moths and butterflies than just about anywhere else on earth. It is also home to the rare flying squirrel, the even rarer flying lemur, flying snakes, flying lizards as well as uncountable species of insects.

Further Information

Sabah Tourism Board
Tel : 088-212 121
Fax : 088-212 075
E-mail : info@sabahtourism.com
Website : www.sabahtourism.com

Sabah Parks
Lot 45 & 46, Level 1-5
Block H Signature Office
K K Times Square Coastal Highway
88100 Kota Kinabalu
Sabah
Tel : +6088 523500
E-mail : sabahparks@sabah.gov.my
Website : www.sabahparks.org.my





CROCKER RANGE PARK

The Crocker Range is a long range of hills running parallel to the west coast of Sabah and effectively separates the Western Coastal plains from the east coast of Sabah. Mount Kinabalu is part of this backbone of green-clad rugged ridges that stretches between Mt. Lumaku in the south and Tambuyukon in the north, both mountains being over 8000 feet high. Tambuyukon and Kinabalu are both composed of igneous rocks but most of the ridges of the Crocker Range are composed of folded sandstones.

Designated as a forest reserve in 1968, it was gazetted as the Crocker Range Nature Park in 1984 and finally Crocker Range Park in 1996 and is managed by Sabah Parks. It is spread over 1,391.19km² and is an important water catchment area, receiving between 3,000mm and 4,000mm of rainfall a year. The park runs almost parallel to the coastline in a northeast - southwest direction,

stretching from just south of Kundasang in the north to Tenom in the south.

The Padas River, one of the many emanating from the range, bisects the Crocker Range between Beaufort and Tenom at the swift-flowing, boulder-strewn Padas Gorge. This is the best whitewater rafting site in Borneo although it is not navigable by boat. A railway line skirts the river on its journey

Getting There

You can travel by road from Kota Kinabalu via Papar or Tambunan as both roads traverse the park. The visitors' centre is only 13km from Keningau town. Buses run regularly to Keningau from the Kota Kinabalu long distance bus station near Padang Merdeka and taxis will take you from Keningau to the Crocker Range Station. You can also opt for a long distance taxi from Kota Kinabalu. If you take the Tambunan road, you will pass the Rafflesia Information Centre and can stop for an hour or so to see this wonderful and unusual plant. The town of Tenom can be reached either by train from Kota Kinabalu via Beaufort and through the Padas Gorge (an experience to be savoured) or directly by road from Kota Kinabalu.



Tiger leech



LEGEND
 --- Trekking Trail
 — River
 GLOSSARY
 Kampung - Village
 Sungai - River

The Crocker Range Park Headquarters is approximately 144km from Kota Kinabalu and 13km from Keningau town. There is a camping ground and visitors' centre providing basic facilities.

■ Accommodation

Hostel-type accommodation with double deck beds for 36 persons (approx) is available. There are two exclusive rooms with king-sized bed, which can accommodate 4 people (2 person per room) and two large rooms for 32 persons (16 person per room). The hostel is also equipped with lounge, kitchen facilities, and common bathrooms. Camping sites are also available. Hotel accommodation is also available in Keningau and Tambunan

■ Attractions and Activities

- Tambunan Rafflesia Conservation Centre
- Various local tamu or open markets
- Tenom Agricultural Park, Orchid Centre and Botanical Gardens at the southern end of the park close to Tenom
- Jungle trekking – long-range treks lasting five days with homestay accommodation
- White water rafting
- Bird Spotting
- Fernarium and Insecterium

Note: Visitors are advised to make arrangements with reputable travel agents for jungle trekking and white water rafting.

■ Facilities

■ Further Information

Sabah Parks
Lot 45 & 46, Level 1-5
Block H Signature Office
K K Times Square Coastal Highway
88100 Kota Kinabalu
Sabah
Tel : +6088 523500
E-mail : sabahparks@sabah.gov.my
Website : www.sabahparks.org.my



Wild raspberry

from Kota Kinabalu through Beaufort to Tenom. Roads also bisect the park in both north-south and east-west directions.

The Crocker Range was formed several million years ago when movements beneath the earth lifted and folded sedimentary rocks into valleys and ridges. Over the millennia, the ravages of weather reduced the height of these sandstone and shale ridges and the highest point now is Gunung Alab (1,964m), which is just outside the actual park boundary, above the Sinsuran Pass. Virtually all of the park stands at a minimum 300m above sea level.

Flora and Fauna

The dipterocarp forest of the lower elevations is still primarily untouched. At higher elevations, the forest is rich in oaks, chestnuts and conifers such as *Agathis spp*, while drifting mists on the highest ridges provide ideal conditions for thick

mossy forests teeming with orchids, rhododendrons and pitcher plants.

Rafflesia is endemic in the area, and there are two well-known sites in a forest reserve a few minutes walk off the main road from the Rafflesia Information Centre near Sinsuron on the KK-Tambunan road. Currently, five species of primates have so far been recorded in the park. There are orang-utan here but they are rarely sighted.

Commonly seen are long-tailed and pig-tailed macaques, gibbons, and the furry tarsier with its huge eyes and frog-like hands and feet. Squirrels, tree shrews and civet cats are also more likely to be spotted and Whitehead's pygmy squirrel as well as giant red flying squirrels can sometimes be seen at dusk. The clouded leopard, *Neofelis nebulosa*, is known to inhabit the park, sharing its habitat with bears and wild pigs that roam the forest floors.

Bird life is diverse, with the number of species running in the hundreds, and easier to see. Hornbills, pheasants and partridges, as well as Whitehead's spiderhunter with its long sickle bill, and the golden-naped barbet, whose 'took-took-terook' sound echoes through the forest, are perhaps the most well known.





Giant millipede

TAWAU HILLS PARK

Lying just 24km northwest of Tawau, a town in southeastern Sabah, the Tawau Hills Park was accorded park status in 1979. It is a major water catchment area for Tawau town and the Semporna Peninsula.



LEGEND
 Place of Interest
 Trekking Trail
 River

GLOSSARY
 Gunung - Mountain
 Sungai - River

Tawau Hills Park, which is 27,972ha in size, is the watershed of seven major rivers, one of which is the Tawau River. This river flows through the middle of the park, forming many natural deepwater pools and waterfalls. Table Waterfall is the most well known. There are showers, toilets and changing rooms close to the rivers.

Oil palm, cocoa and rubber plantations fringe the park and a network of roads passing these estates leads to the park.

The park is a landscape of rugged volcanic features shaped by aeons of volcanic activity hundreds of thousands of years ago. As a result, the soils of the area are by far the richest in Sabah, being volcanic in nature. However, there are no more volcanoes now except for a few mud bubbles in the park.

Flora and Fauna

Lowland dipterocarp forest dominates the park and thick damp, mossy forest takes over at heights of over 800m.

The terrain is hilly with two prime elevations – Gunung Magdalena (1,310m) and Gunung Lucia (1,201m). Also found within the park is Bombalai Hill (530m), which is the remains of a volcanic crater.

The mengaris tree with its smooth grey trunk, noted for its attraction to honeybees, is common in the area. The bees build their honeycombs very high, out of reach and well away from predators.

Orchids, ferns, other epiphytes and forest herbs grow in abundance. Long-tailed macaques and red leaf monkeys inhabit the area but are not easy to see. Giant tree squirrels, the forest tortoise, creamy white leaf monkeys, civet cats and leopard cats, including the clouded leopard, though rarely seen, are not uncommon. Of course, as with all jungle areas, wild pigs and deer traverse the forest floor. The Borneo pygmy elephant, whose taxonomy was only recently classified, also roams this area.

Birds include hornbills, pheasants, kingfishers and many other species. Jungle insects are profuse, including both the flying and the ground dwellers. Moths – the giant atlas moth in particular – beetles, centipedes and millipedes, along with frogs, rodents and snakes are plentiful.

Getting There

The park headquarters at the southern boundary is only 24km from Tawau town. It is accessible by a maze of plantation roads of various standards. However, visitors have to make their own arrangements to get there.

Taxis and buses are available for hire from Tawau as are four-wheel drive vehicles. It is easier to purchase a tour package from a local tour operator or have them pick you up at Tawau airport, which is accessible from Kuala Lumpur (direct) or Kota Kinabalu. An entrance fee is charged.

Accommodation

Hostels and a jungle lodge are available along with a large campsite that can accommodate up to 500 people. There is a cafeteria that provides simple meals and drinks. Barbecue pits are provided in various areas making it a popular destination among the townfolk of Tawau.

Those who wish to camp must bring their own equipment. Agathis hostel A and B provide a total of 19 rooms, each with four beds, shared bathrooms as well as a common kitchen and eating area. The jungle lodge is a colonial-style bungalow run by the park's staff cooperative.

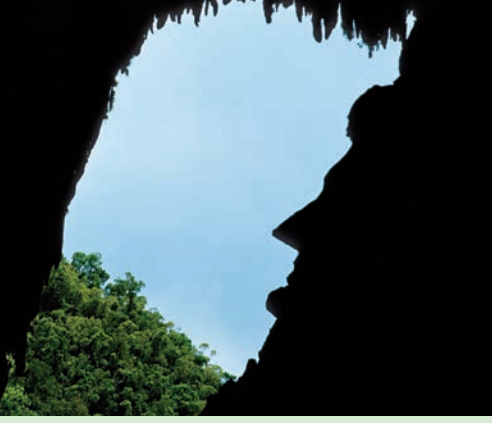
Attractions and Activities

- Well-maintained and well-marked trails with designated rest areas
- Large plants and trees
- Relaxing in therapeutic hot springs
- Dipping in the waterfalls and pools

Facilities

Further Information

Sabah Parks
 Lot 45 & 46, Level 1-5
 Block H Signature Office
 K K Times Square Coastal Highway
 88100 Kota Kinabalu
 Sabah
 Tel : +6088 523500
 E-mail : sabahparks@sabah.gov.my
 Website : www.sabahparks.org.my



GUNUNG MULU NATIONAL PARK

Gunung Mulu National Park is Sarawak's largest at 52,865ha. Sarawak itself boasts 11 national parks that are open to the public. The park was first constituted in 1974, opened to the public in 1985 and designated a UNESCO World Heritage Site in 2000.

Getting There

Mulu is accessible by air from either Miri, Limbang or Marudi. It is also accessible by river. However, visitors wishing to make the journey by river are advised to liaise with a tour operator as there is no regular boat service to Mulu.

Accommodation

Accommodation within the park is located on the edge of the rainforest by the Melinau River. The park headquarters can take in 80 people in a variety of accommodation. Rooms have facilities for making tea and coffee.

The Longhouse Rooms with ensuite are suitable for two to four persons and are air-conditioned. Other rooms have ensuite and ceiling fans while the dormitory has 21 beds and shared bathing facilities.

Attractions and Activities

- Gunung Mulu: UNESCO World Heritage Site and sandstone outcrop
- Gunung Api: Limestone outcrop and Pinnacles Trail
- Deer Cave
- Clearwater Cave
- Jungle trekking and night walks
- Mulu canopy skywalk
- Cave life: Bats and swiftlets

Facilities



Further Information

Gunung Mulu National Park
Tel : 085-792 300
Fax : 085-792 305
E-mail : enquiries@mulupark.com
Website : www.mulupark.com

Royal Mulu Resort
Tel : 085-790 100
Fax : 085-790 101
E-mail : sales@royalmuluresort.com

Note: For longer treks such as the Pinnacles or the Headhunters trail, guides are required and they need to be booked at least one day in advance. During the peak season, however, they may be fully booked weeks in advance.

Important both for its high biodiversity and its karst features, the park boasts 17 vegetation zones with some 3500 species of vascular plants.

It is extremely rich in palm species with over 100 species in 20 genera so far identified. Dominated by Gunung Mulu, a 2,377m high sandstone pinnacle, the park is home to 295km of explored limestone caves, which in turn are home to millions of cave swiftlets and bats. The Sarawak Chamber, 600m long by 415m wide and 80m high, is the largest known cave chamber in the world while the Clearwater cave system is home to the world's longest cave passage, at 51.5km in length.

Geologically, the park is a combination of alluvial clays with sandstone and limestone formations. The concentration of caves in the Melinau formation with its geomorphic and structural characteristics demonstrate an evolutionary history of more than 1.5 million years and provides a rare opportunity to study theories on the origins of cave fauna. It is the most studied tropical karst area in the world.

Its outstanding scenic wonders – deeply incised canyons, rivers, rainforest covered mountains, spectacular limestone pinnacles and caves coupled with the huge range of biodiversity – make Mulu National Park a prime destination.



The rivers are the primary means of transport as Gunung Mulu's steep landscape only allows access by the rivers at lower elevations along the park's boundaries. It has a very high rainfall, even by tropical standards, averaging around six metres a year. However, weather patterns are fairly constant with clear mornings and late afternoon or evening showers.





Green lizard

Flora and Fauna

The topography from only 50m above sea level near the park headquarters to the peaks of Gunung Api (1,628m) and Gunung Mulu coupled with the wide range of soil types provide for the diverse vegetation formations. Some 17 zones have been identified with over 3,500 species of which 2,000 are flowering plants.



Mixed lowland dipterocarp forest occurs up to about 800m with 284 tree species being recorded in a 1.2ha area. Dominant at this level are the *Shorea* and *Dryobalanops*. The lower montane forests range from 800m to 1,200m. Here the dipterocarps give way to oaks and myrtles with ground herbs increasing in number. In the upper montane forests above 1,200m, oaks and chestnuts predominate with montane flowering plant families, pitcher plants, mosses and lichens at the upper levels.

It is thought that the Sumatran rhinoceros, the orang-utan and the native wild cattle, banteng, have ceased to exist within the park but four species of monkeys, tarsiers, slow loris, wild deer (three species), the bearded pig and the Malayan honey bear are still found within the park's boundaries.

Other important species include the pangolin (*Manis javanica*), squirrels and the pygmy shrew, the world's smallest mammal weighing only 2g. Bats, of course, inhabit the caves and 27 species have been named so far.

The variety of fauna is no less impressive. So far 67 mammalian species have been identified along with over 260 species of bird. More than 20,000 species of invertebrates have been documented as well as 25 snake species, 75 amphibian species, 23 lizard species and over 320 fish species. This, however, is still the tip of the iceberg of the total number of estimated species.

A staggering number of insect species is found in the park. So far, 458 species of ant have been identified. A large number of insects with camouflage, such as stick insects and leaf insects, are easily spotted if one looks very carefully. There are also many species of stag and rhinoceros beetles as well as cicada.





Red-winged dragonfly

BAKO NATIONAL PARK

The Bako National Park is located on the tip of the Muara Tebas peninsula, at the mouth of the Bako and Kuching Rivers. It was established in 1957 and is the oldest national park in Sarawak. Covering an area of 2,727ha, it is relatively small compared to some of the other parks in the state, but what it lacks in size is more than made up for by the sheer diversity of its natural attractions.



Proboscis monkey

Firstly, there is its coastline of steep cliffs and rocky headlands, made more picturesque by a myriad of fantastic arches and sea stacks displaying striking patterns formed over the millennia by iron deposition. Bako also contains much of the plant life extant in Borneo, which is

only natural since it has over 25 distinct types of vegetation from seven complete ecosystems - beach vegetation, cliff vegetation, heath forest, mangrove forest, mixed dipterocarp forest, grasslands and peat swamp forest.

These ecosystems are easily explored via a well-maintained network of colour-coded trails ranging from easy strolls, such as the 30-minute Tanjung Sapi trail, to full-day treks, like the Teluk Limau trail. The Tanjung Sapi trail is a steep climb through cliff vegetation and offers excellent views of Telok Assam, the South China Sea and



Pit viper





Santubong. The Teluk Limau trail takes six to seven hours, passing through verdant rainforest, scrubland and swamp forest. The trail traverses a number of hilly sections that afford excellent views of the whole of the Muara Tebas peninsula. Throw in the white sandy beaches and the abundant wildlife, and you have the perfect setting for a truly amazing rendezvous with nature.

Flora and Fauna

Plant life thrives in Bako National Park, so expect to find the unusual – carnivorous plants like Pitcher plants, Sundews and Bladderworts. Other plant life includes cliff and heath forests, mangrove forest, mixed dipterocarp forest, grasslands and peat swamp forest. And the best part is, most of these plant species, as well as the animals, are found close to the park office at Teluk Assam.

Although endemic to Borneo, the endangered Proboscis monkey is found in only a few locations on this vast island, and one of them is the Bako National

Park. Proboscis monkeys move about the forest or mangroves in small groups, and the best times to spot them is early in the morning or before dusk. They are a delight to watch, and a jungle encounter with them is the highlight of any visit to Bako.

Other animals include long-tailed macaques, silver langur, monitor lizards, plantain squirrels, Bornean bearded pigs, and otters. There are also a number of lizard and snake species.

Bird watchers can expect a field day, as 190 species of feathered creatures have been recorded here. Creatures of the night include the flying lemur, pangolin, mouse deer, various species of fruit eating and insect-eating bats, tarsier, slow loris and Palm civet.

Having been a protected area for such a long time, the animals here are less wary of humans. But beware of the overly “friendly” macaques, which tend to raid dustbins and kitchens in the rest houses or steal food or an unguarded bag.



Getting There

Usually visited as a day trip destination, Bako National Park is about 37km by road from Kuching, Sarawak's capital. From Kuching, it is a 45-minute ride by taxi or a Petra Jaya Bus (No. 6) to Kampung Bako. From here, the park is reached by a 30-minute boat ride from Kampong Bako Terminal. The National Parks Booking Office in Kuching issues permits and accepts accommodation reservations.

Accommodation

Park accommodation comprises two-bedroom chalets (three beds per room), two-bedroom lodges (two beds per room), four-bedroom hostels (four beds per room) and a well-fenced camping ground. There is a possibility that you may have to share the room with other people. Bring along your own tents if you wish to camp out.

Attractions and Activities

- Proboscis monkeys and other interesting wildlife
- Jungle streams
- Waterfalls
- Beaches
- Pitcher plants, Sundews and Bladderworts
- Jungle trekking
- Bird watching

- **Facilities** 

Further Information

National Parks Booking Office,
Visitors Information Centre,
Jalan Tun Abang Haji Openg,
93000 Kuching Sarawak,
Tel : 082 248088
Fax : 082 248087
Online booking :
<http://ebooking.com.my>
E-mail : info@sarawakforestry.com
Website : www.sarawakforestry.com



Wild tropical mushrooms

NIAH NATIONAL PARK

First gazetted as a historical site in 1958 due to the archaeological importance of the Niah Caves, it was further declared as a national park on 23 November 1974. Although only 3,138ha in size, it is one of the most important parks in Sarawak. Forty thousand years ago, the caves at the Niah National Park provided refuge for early humans, making it the oldest known site of human existence in Southeast Asia. Today, however, the caves are home only to swiftlets, bats and other specially adapted forms of life, with the exception of a few locals who collect guano and bird nests.

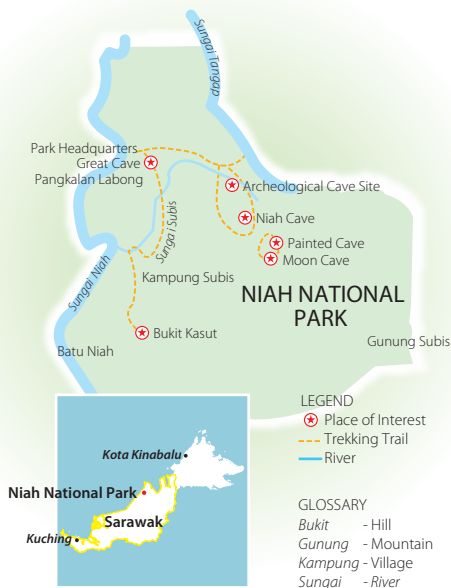
The Great Cave, about 3km away from the park office, is accessible by a plank walkway enclosed on both sides by dense primary rainforest. One will see the enormous buttressed roots of the *Koompassia excelsia* and pandanus plants twice the size of a human. The west mouth of the Great Cave is one of the world's most spectacular cave entrances. It is 60m high and 250m wide and leads to an even larger chamber.

Apart from the caves, there are several kilometres of forest trails in the park, and the 400m tall limestone ridge, Gunung Subis, is also accessible. There are two marked walking trails, Jalan Bukit Kasut and Jalan Madu. Jalan Bukit Kasut is colour coded with green and white markings and leads to the summit of Bukit Kasut, passing through primary rainforest and *kerangas* forest at the foot of the hill. *Kerangas* is an Iban term that refers to

a place where padi (rice) cannot grow. The trail is steep but the summit offers a sweeping panorama of the rainforest canopy.

The Jalan Madu trail has red and white markings. It sticks close to the banks of the Subis River and takes about an hour to complete. The trail passes through both alluvial and peat swamp forest.

After passing through the large chamber and Moon Cave, the plank walk emerges into daylight again and a short path through the forest leads to the Painted Cave. This is famous for its rock paintings of human hands and animals drawn using red haematite. An Iban longhouse is located just near the park and visitors are welcome. A short walk along the Niah River from the park headquarters will take you to Batu Niah town.



Black-nest swiftlet





Early archaeological excavations in 1957 of the west mouth of the Great Cave revealed evidence of a virtually continuous habitation of the cave for many thousands of years. In 1958, the skull of a modern human was found and was carbon dated to 40,000 years before present. This simple find sealed Niah's importance as one of the world's important archaeological sites.

Flora and Fauna

The surrounding forest is mainly peat swamp dipterocarp forest with large numbers of fig trees. The limestone

vegetation shelters balsam and begonia species as well as scrub growth. At night, many luminous fungi can be clearly seen. Wild orchids, strange fungi and giant pandanus plants are also common.

Long-tailed macaques are always conspicuous, and there are also pigs and deer but they are seldom seen. Birds, however, are plentiful, and bulbuls, partridges, trogons and hornbills are easily spotted.

The park is also home to the nocturnal Bornean tarsier, squirrels, flying lizards and, of course, bats and swiftlets.

Getting There

Niah is within easy reach of Bintulu (131km) and Miri (109km). Visitors can charter taxis from Miri City, which will take them to the national park. Rental cars are also available – visitors can enquire at their hotels or refer to the Yellow Pages. They can also take an express bus from Miri or Bintulu to Simpang Ngu and from there, take a taxi straight to the national park. Another option is to join the guided tours offered by local tour operators.

Accommodation

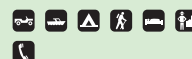
Accommodation consists of chalets and hostel-style rooms with electricity and shower. However, cooking facilities are not available. Please contact the National Parks Booking Office in Miri for the room rates and to make reservations.

If you need to stay in Batu Niah (to catch an early bus, for example), there are a range of lodging houses and small hotels. Batu Niah is a bustling little township where you can find coffee shops and restaurants.

Attractions and Activities

- Archaeological cave site
- Swift nests and bats
- Giant Pandanus
- Iban longhouse
- Jungle trails

Facilities



Further Information

National Parks Booking Office
 Visitors Information Centre
 Lot 452, Jln Melayu, 98000 Miri,
 Sarawak, Malaysia.
 Tel : 085-434184
 Fax : 085-434179
 E-mail : info@sarawakforestry.com
 Website : www.sarawakforestry.com





BATANG AI NATIONAL PARK

Imagine cruising up fast-flowing rivers, their banks lined with branches of trees reaching down to touch the water's edge. During the dry season when the water level is low, you might even have to help push the boat upstream. This is one of the attractions of the Batang Ai National Park, located in Sri Aman Division, southwest of Sarawak near the Indonesian border.

Spanning 24,040ha, it was gazetted in 1991 and now shelters many protected animals, the most famous being the endangered orang utan. It also serves as a water catchment area for a huge artificial lake created by the construction of the Batang Ai hydroelectric dam. The lake extends up to the Engkari and Ai Valleys, where the scenery is one of utter peace and tranquillity.

There are a host of activities to be pursued in Batang Ai National Park, but the highlight of any visit will most definitely be an encounter with the man of the forest, the orang utan. This primate is the largest of its kind and can grow to 1.5m tall and weigh 200kg. It makes a nest in the trees to sleep in at night.



Slender litter frog



Orang-utan

The more energetic and adventurous souls can go for jungle treks, following any of five well-marked trails that traverse mixed dipterocarp forest, old secondary forest, active shifting cultivation areas and ancient burial grounds.

Iban longhouses upriver are another major attraction. Here, visitors can experience the authentic longhouse atmosphere as most of the longhouse dwellers still practise their traditional lifestyle. The Iban produce local handicrafts, like their famous *pua kumbu* or woven blankets, rattan backpacks, rattan mats and even gourds for collecting water.

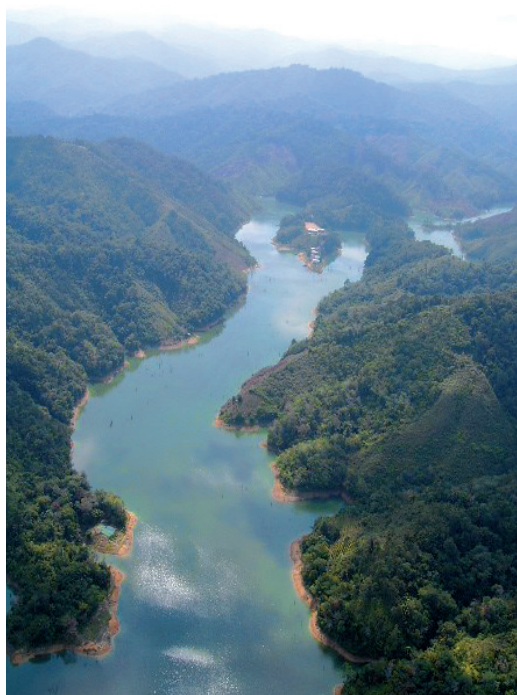
In a unique arrangement, the local communities are involved in the management and conservation of the

park through a Community Cooperative, which provides boating services for trips to and within the park. Visitors are encouraged to use the cooperative services as the income derived from this activity is used for ongoing development purposes.

A few days' stay is recommended for those who want to take in the tranquil surroundings and acquaint themselves with the local culture. Visitors staying in Iban longhouses need to be aware of local customs so as not to cause offence.

Flora and Fauna

The terrain is rich with mixed dipterocarp forest, tropical heath and secondary forests. It is also home to other protected wildlife like hornbills, gibbons and the white-fronted langurs.



Getting There

The park is located about 275km from Kuching. The journey by road from Kuching to Batang Ai Dam takes about five hours, while the boat trip from the dam to the park takes another two hours.

Accommodation

Accommodation is not available within the park but there are several longhouses outside that offer basic lodgings and the chance to experience local lifestyle. Stays in these longhouses are normally arranged by Kuching-based tour operators. Independent travellers may experience problems if they arrive unannounced.

The Hilton Batang Ai Longhouse Resort, much further away, provides luxurious longhouse-style accommodation. Bookings are generally done through the Hilton Hotel in Kuching.

There is no food available for sale inside the park or in the immediate vicinity of the park.

Attractions and Activities

- River cruises
- Jungle walks
- Iban longhouse visit
- Wildlife spotting: Orang utan, hornbills and gibbons

Facilities



Further Information

National Park Booking Office
Sarawak Forestry Corporation
Tel : 082-248 088
Fax : 082-248 087
E-mail : info@sarawakforestry.com
Website : www.sarawakforestry.com

Sarawak Forestry
Tel : 082 610088
Fax : 082 610099
Toll free line : 1 800 88 2526
Website : www.sarawakforestry.com
Email : info@sarawakforestry.com



Rajah Brooke's Birdwing

Getting There

Gunung Gading National Park is located near the small town of Lundu in southwest Sarawak, about two hours' drive from Kuching. From the Brooke Dockyard (Gambier Street) bus station, take the Sarawak Transport Company bus to the 3rd Mile Bus Terminal. From there, take the express bus to Lundu – the journey takes approximately one and a half hours. From Lundu, take a van or taxi and ask to be dropped off at the park office. Additionally, Kuching tour operators offer guided tours to the park.

Accommodation

There are two chalets, each with three bedrooms that can take in up to six people. There is also a hostel with four rooms, each having four bunk beds. Campsites are provided, but visitors need to bring their own camping gear. There is 24-hour electricity supply. Accommodation is also available in Lundu, Pandan and Siar.

There is no canteen in the park so pack some food or go to restaurants in Lundu town.

Attractions and Activities

- Flora and fauna
- Rafflesia site
- Swimming
- Jungle trekking
- Mountain climbing

Facilities



Further Information

Sarawak Forestry
Tel : 082-610 088
Fax : 082-610 099
Toll free line: 1 800 88 2526
Website: www.sarawakforestry.com
Email: info@sarawakforestry.com
Gunung Gading National Park
Tel : 082-735 144



Cup fungus

GUNUNG GADING NATIONAL PARK

A mountainous terrain, this 4,106ha park was gazetted in 1983. It extends to the coast, providing a scenic backdrop to the lovely beaches at Pandan and Siar as well as the town of Lundu. Gushing waterfalls at the upper reaches of Sungai Lundu, which begins life in this mountain range, entice visitors to come and view them. The more energetic ones can hike to the summit of Mount Gading to enjoy the view of the surrounding area.

This park is home to numerous rare plants, but it is mainly famous for the world's largest flower, the *Rafflesia tuan-mudae*, known locally as bunga pakma. At full bloom, this flower is nearly one metre in diameter. It stays in full bloom for about a week only. It is not a frequent bloomer so there is no guarantee that visitors will get to see the flower during their visit. As such, visitors are advised to check with the park headquarters or the National Park Booking Office to find out if any of the vines are in bloom, or are about to bloom.

Protecting the delicate ecosystem of the park, especially the areas where the Rafflesias thrive, is paramount. A network of plank walks and jungle trails have been built to allow visitors to tour the park without doing any damage to the forest floor.

Flora and Fauna

Besides the Rafflesias, other plant life here reflects the natural vegetation that's mainly mixed dipterocarp forest, which gradually gives way to lower montane forests at the higher altitudes.

Birds are endemic, and species recorded include the Great Argus pheasant, grey and buff woodpecker, Diard's Trogon, black and yellow broadbill, Brown Fulvetta, kingfishers, barbets, flycatchers, Asian starlings and spider hunters.



LEGEND
⊕ Place of Interest
--- Trekking Trail
— River
— Road

GLOSSARY
Bukit - Hill
Gunung - Mountain
Kampung - Village
Sungai - River



Diard's Trogon



SIMILAJAU NATIONAL PARK

This park is located on a strip of narrow rocky shoreline on the coast of Bintulu Division (30km from Bintulu town). Dotted with small inlets of crystal clear, freshwater streams, many cascading down from small waterfalls right onto unspoiled, golden sandy beaches, Similajau has been named "the place where the rapids meet the sea".

It was declared a national park in 1976 with an area covering 7,064ha of virgin forest starting from Sungai Likau in the south to Sungai Similajau, 30km to the north. In 2000, the park area was expanded when another 1,932ha was added to it. Batu Mandi, a "rocky island" located 500m offshore of the park headquarters, is a popular spot for fishing.

There is an information centre where exhibits on the park's history as well as its flora and fauna are displayed.

Flora and Fauna

Vegetation in the park progresses from beach to *kerangas* (heath) to mixed dipterocarp following the lay of the land. Various species of plants, trees and wildlife, among them Tongkat Ali (*Eurycoma longifolia*), the natural "Viagra" of Borneo, are found here. Pitcher plants also abound, ranging in size from 1cm (smallest) to 20cm, and tiny but colourful orchids add colour to the forest foliage.

The park is home to gibbons, banded langurs, long-tailed macaques, shrews, mouse deer, wild boars, civets, barking deer,

squirrels, and porcupines. Aquatic wildlife includes the saltwater estuarine crocodile (*Crocodylus porosus*), dolphins, and green turtles (*Chelonia mydas*). The false gharial (*Tomistoma schlegelii*) has also been sighted in the Likau River.

As for the feathered denizens of the park, there are 185 different species, including seven species of hornbills, and migratory water birds like the rare Storm's stork.



Getting There

The park headquarters at Kuala Likau is accessible from Bintulu by boat. The journey takes one hour.

The park is also accessible by road (taxi) from Bintulu. There is a bus service but the stop is 9km from the park and visitors will have to hire private transport or walk to the park headquarters. Hiring a taxi is a better option.

Accommodation

Individual chalet units and hostel accommodation are available at the Park HQ, all with 24-hour electricity and running water. Early booking is advised if you are visiting at weekends, public holidays or school holidays. There is also a campsite, and barbecue pits are provided for visitors wishing to prepare their own meals.

Attractions and Activities

- Cool jungle streams, pools and waterfalls
- Rapids
- Golden sandy beaches
- Jungle trekking
- Bird watching
- Animal spotting
- Swimming

Facilities



Reservations & Enquiries

National Parks Booking Office
Visitors Information Centre
Lot 452, Jln Melayu, 98000 Miri, Sarawak, Malaysia.
Tel : 085-434184
Fax : 085-434179

Further Information

Sarawak Forestry
Tel : 082-610 088
Fax : 082-610099
Toll free line : 1 800 88 2526
Website : www.sarawakforestry.com
Email : info@sarawakforestry.com
Similajau National Park
Tel : 086-489 003
Fax : 086-489 002

Note: Although swimming is popular along the beaches, visitors must be aware that saltwater crocodiles inhabit the estuary of the nearby Likau River.



Getting there

Bus no. 11 of the Matang Transport Company plies the route between Kuching and the park. (Check with the Tourism Information Centre for the latest bus timetable). Taxis can also be chartered for a 40-minute trip to the park.

Accommodation

Visitors have a good choice of where they want to put up during their stay in Kubah. There are five large chalets with two air-conditioned bedrooms (six beds) and full kitchen facilities; three chalets with three bedrooms (10 beds), fans and full kitchen facilities; a hostel with three bedrooms (12 beds), fans and kitchen facilities as well as 19 units of jungle huts.

24-hour electricity supply, telephone service, a barbeque area, a mini conference room, as well as an audio-visual and video room are available.

Attractions and Activities

- Scenic nature trails leading to streams and waterfalls
- Matang Wildlife Centre
- Plant and animal spotting
- Jungle trekking

Facilities



Reservations & Enquiries

National Parks Booking Office,
Visitors Information Centre,
Jalan Tun Abang Haji Openg,
93000 Kuching Sarawak,
Tel : 082-248 088
Fax : 082-248 087
Online booking: <http://ebooking.com.my>

Further Information

Sarawak Forestry
Tel : 082-610 088
Fax : 082-610 099
Toll free line : 1 800 88 2526
Website : www.sarawakforestry.com
Email : info@sarawakforestry.com

Kubah National Park
Tel : 082-845 033

There is a nominal entry fee for all National Parks in Sarawak. A permit is required for professional filming, which should be arranged in advance with the National Parks Booking Office.



KUBAH NATIONAL PARK

Scenic waterfalls, lofty peaks, undisturbed natural forests that host a spectacular variety of rare ferns and orchids: Kubah National Park has these, and more. It is only 20km west of Kuching, the gateway to the rest of Sarawak, and it boasts excellent accommodation and facilities, including a mini conference room as well as an audio and video room.

Declared a park in 1989, it is 2,230ha in size, with the bulk of the terrain being a sandstone plateau that peaks to heights of between 150m and 450m in the form of three mountains – Gunung Serapi, Gunung Selang and Gunung Sendok. All three can be seen from Kuching on a clear day. The plateau is also punctuated by a series of picturesque waterfalls that just beckon shutterbugs to snap away, and streams with cool, clear waters that can revitalise tired minds and bodies.

A network of well-marked trails makes it easy for day-trippers to explore the park, but an overnight stay is highly recommended if you want to get the best of it. There are five trails within the park with walking time ranging from 30 minutes for the Selang trail to about three hours for the Ulu Raya trail, which takes you to the Matang Wildlife Centre. The Matang Wildlife Centre is a sanctuary for the endangered orang utan. Other trails are the Waterfall, Summit and Main trail.

Kubah Park's rainforest environment was the location of two Hollywood movies. In 1987 Gunung Serapi was the principal location for *Farewell to the King* starring Nick Nolte. The nearby forest foothills provided a stunning backdrop for the film *The Sleeping Dictionary* starring Jessica Alba.

Flora and Fauna

The park has five main vegetation types: alluvial forest, lowland mixed dipterocarp forest, *kerangas* (heath) forest, sub-



montane forest and secondary forest. In this diverse landscape is, naturally, an extensive variety of plant and animal life.

The animal species include bearded pigs, black hornbills, mouse deer, squirrels and numerous species of amphibians and reptiles.

The different vegetation types also support a multitude of plant life, but Kubah National Park is best known for having one of the richest palm flora in the world, as evidenced by the cataloguing of 99 palms in and around the park. Species of palms include rattan, Licuala, Pantu and Pinanga. There is also a fantastic variety of striking orchids, among them the species *Appendicula*, *Dipodium* and *Eria*.

LAMBIR HILLS NATIONAL PARK

Consisting of the central portion of the Lambir hills, a rugged sandstone escarpment around 495m high, the park has outstanding regional and global significance for its extraordinary species-rich forest. It is located about 30km from Miri along the Bintulu road, covers an area of 6,949ha and was granted park status in 1975.

Visitors can explore the park through a series of well-marked trails that are interlinked, making it very easy to trek more than one in a day. Treks can range from an easy-going 15-minute walk to a strenuous all-day affair. Be prepared to come upon refreshing waterfalls and pools as you traverse Lambir's hills, valleys and forests during your trek. Guides are only required for the summit trail that leads to the pinnacles.

Of the numerous waterfalls here, Latak Waterfall is the most popular among visitors. About 25m high, it plunges steeply into a large deep pool fringed by a broad sandy beach.

One area is classed as a research plot and is operated as a joint venture by the centre for tropical sciences of the Smithsonian Institute, the Ministry of Education, Science and Culture, Japan and the Forest Research Centre, Sarawak. The centre has established a 52ha plot where all trees over 1cm in diameter (at breast height) are tagged. Over 320,000 trees covering 1,200 species have been tagged.

Flora and Fauna

Most of the park is covered with mixed dipterocarp forest where huge hardwood trees, such as meranti and selangan batu,

grow to great heights. Other forest types include the *kerangas* (heath) forest.

Kerangas vegetation is found on sandy soils where the water quickly seeps through the ground. This vegetation tends to be smaller, having adapted by spreading out lots of roots to trap water. In dry periods, they burn easily.

The park also boasts a rich variety of other species including ferns, gingers, vines, fungi, mosses and lichens, and flowering shrubs. The area is also rich in palms and pitcher plants.

Bird and animal life is also plentiful. So far, 237 species of birds have been recorded. Bearded pigs, barking deer, scaly anteater, monkeys and gibbons as well as a varied insect life are well represented in the park.



Getting there

Connected by a sealed road from Miri, the park is only a 30 minutes' drive from town. Taxis and buses also ply the route and fares are reasonable. Syarikat Bas Suria and Syarikat Bas Baram have frequent bus services to Batu Niah, Bakong and Bekenu, all of which stop directly opposite the park HQ.

Accommodation

The park's proximity to Miri makes it a popular destination. There is a variety of forest lodges to suit groups of different sizes. Some lodges have air-conditioning and others have only fans.

An open campsite can accommodate up to 200 people and a small canteen provides simple meals and drinks.

There is also an information centre, an audio-visual room and toilets.

Attractions and Activities

- Waterfalls and pools
- Research plot
- Giant dipterocarp trees
- Forest trails
- Bird watching

Facilities

Reservations & Enquiries

National Parks Booking Office
Visitors Information Centre
Lot 452, Jln Melayu, 98000 Miri,
Sarawak, Malaysia.
Tel: 085-434184
Fax: 085-434179

Lambir National Park HQ
Tel: 085-471 609/471 630
Fax: 085-408 030

Further Information

Sarawak Forestry
Tel: 082-610 088
Fax: 082-610 099
Toll free line: 1 800 88 2526
Website: www.sarawakforestry.com
Email: info@sarawakforestry.com

There is a nominal entry fee for all National Parks in Sarawak. A permit is required for professional filming, which should be arranged in advance with the National Parks Booking Office.



Sarawak hornbill



TANJUNG DATU NATIONAL PARK

Situated on the extreme western tip of Sarawak on Datu Peninsula, Tanjung Datu National Park shares a border with Kalimantan, Indonesia. It is one of the smallest parks in the state at only 1,379ha but it has such an amazing mix of natural configurations that it has been called the "Heaven of Borneo."

Getting there

To get there, visitors have to go to the coastal town of Sematan, about 2 and 1/2 hours drive from Kuching, and then take a boat from Sematan. The boat ride takes about 40 minutes.

The best time to visit is from April to September when the sea is calm. From October until February, the sea is often too rough for small boats. Designated tour operators offer transport and guided tours to the park. Further details are available from the National Parks Booking Office in Kuching.

Accommodation

There are no accommodation facilities in the park and overnight stay is not permitted. There is a homestay programme at Telok Melano, a village 15 minutes' boat ride away. It entails staying with a local family, sharing their food and joining in their cultural events and activities.

Attractions and Activities

- Beautiful beaches
- Interesting flora and fauna
- Cliff shoreline
- Forest trekking

Facilities



Reservations & Enquiries

National Parks Booking Office,
Visitors Information Centre,
Jalan Tun Abang Haji Openg,
93000 Kuching Sarawak,
Tel : 082-248 088
Fax : 082-248 087
Online booking:
<http://ebooking.com.my>

Here, rugged mountains, dissected in certain parts by swift-flowing, crystal-clear streams, open on the coast to small but truly scenic beaches in some areas (particularly Pasir Antu and Pasir Berunput), or drop to the sea off sheer cliffs composed of sedimentary rocks.

The main cliffs at Teluk Labuan Gadong are about 80m high and offer a bird's eye view of the entire shoreline to the north, Teluk Upas and Teluk Jin Siong to the south as well as Teluk Melano village and the surrounding areas. On a clear day, dolphins can be seen swimming near the bay. In the morning, it is possible to hear the call of the gibbon.

The coastline is worth exploring in a kayak to fully appreciate the awe-inspiring physical features of the park, while the unpolluted sea, which supports a wide range of marine life, is ideal for snorkelling and scuba diving.

Further Information

Sarawak Forestry
Tel : 082-610 088
Fax : 082-610 099
Toll free line : 1 800 88 2526
Website : www.sarawakforestry.com
Email : info@sarawakforestry.com

Note: There is a nominal entry fee for all National Parks in Sarawak. A permit is required for professional filming, which should be arranged in advance with the National Parks Booking Office.

There are four short walking trails - Telok Melano trail, Pasir Antu Laut trail, Viewpoint trail and Belian trail - offering a variety of rainforest and beach scenery as well as some spectacular coastal views.

Flora and Fauna

Up in the mountains, the flora consists of mixed dipterocarp forest that hosts many different animals species including gibbons, long-tailed macaques, bearded pigs, tufted ground squirrels, peacocks, mouse deer, barking deer, sambar deer and hornbills.

As for marine life, there is an abundance of interesting creatures from dolphins to whales and turtles that come to lay their eggs. King crabs can also often be seen coming out the water while the seas have corals and marine life, which includes octopus and anemones. The coral reefs are home to a number of venomous creatures, including sea snakes, coral snakes, stonefish and cone shells.



LOAGAN BUNUT NATIONAL PARK

Located on the upper reaches of the Bunut River the main attraction is Sarawak's largest natural lake (65ha). The 10,736ha park was gazetted in 1991. The local folk, the Berawan ethnic group, call the lake Loagan Bunut. It is connected by the Bunut River to the Tinjar River and the 400km-long Baram, the second largest river in Malaysia.



The Selambau

This connection results in a unique geographical feature - the lake dries up two to four times a year, normally in February and in late May or early June/July when the water level in the Tinjar drops. This causes the Bunut River to flow into the Tinjar, and the water in the lake to drain out, exposing a vast expanse of mudflats on which one can walk. As the lake dries up, many aquatic creatures, fish included, migrate into the Bunut River. Huge flocks of wading birds, primarily egrets, gorge themselves on the fish, frogs and shrimps that are trapped in shallow pools.

The Berawan people have developed a distinctive method of fishing called **selambau** in which they literally scoop up the migrating fish as the water levels change. Not only is this successful, it is also ecologically friendly and a major cultural attraction. This technique has been used for centuries and has enabled the Berawan fishermen to manage their

fishery effectively, making it sustainable for many generations.

Flora and Fauna

The area surrounding the lake is primarily peat swamp and mixed dipterocarp forest. It is, however, extremely rich in large birds and is a paradise for bird watchers. Darters, egrets, eagles, herons, bitterns, hornbills, kites and kingfishers as well as a host of smaller birds such as bulbuls, doves and drongos are plentiful.

The animal life is typical of peat and dipterocarp forest and includes the bearded pig, barking deer, sambar deer, mouse deer, palm civet, long-tailed macaque, langur and the giant-tufted squirrel.



Pitcher plant



LEGEND
 (Red circle with dot) Place of Interest
 (Blue line) River
 (Green line) Road

GLOSSARY
 Kuala - Estuary
 Sungai - River
 Teluk - Bay



Getting there

A number of travel agents in Miri operate tours to the park, which is about 120km or three hours by road from the city. There is a regular bus service, and a more expensive but faster 4WD service from Miri to Long Lapok, about 15 km from the Park Headquarters. If you take the bus, get down at Lapok Bridge and enquire at one of the nearby coffee shops for private transport to the park. If you have a reservation at Mutiara Hostel, someone from the hostel will meet you.

Accommodation

The Park Headquarters runs a Forest Hostel with four rooms, each furnished with seven double-decker bunk beds. A small canteen serves simple cooked meals, snacks and drinks.

The Mutiara Hostel is operated by a local Berawan family and offers nine twin-bed rooms plus a 15-person dormitory with sleeping mats. Visitors may cook their own food in a simple kitchen. Contact Mr Meran Surang at the hostel, Tel: 011-292164, or Mr Rolland Ayu in Miri, Tel: 085-612014.

Attractions and Activities

- Selambau fishing (traditional fishing)
- Forest trails
- Virgin rainforest
- Bird watching
- Boat trips around the lake

Facilities



Reservations & Enquiries

National Parks Booking Office,
 Visitors Information Centre,
 Jalan Tun Abang Haji Openg,
 93000 Kuching Sarawak,
 Tel : 082-248 088
 Fax : 082-248 087
 Online booking: <http://ebooking.com.my>

Loagan Bunut National Park

Tel : 085-775 118
 Fax : 085-775 119

Further Information

Sarawak Forestry
 Tel : 082-610 088
 Fax : 082-610 099
 Toll free line : 1 800 88 2526
 Website : www.sarawakforestry.com
 Email : info@sarawakforestry.com





MARINE PARKS

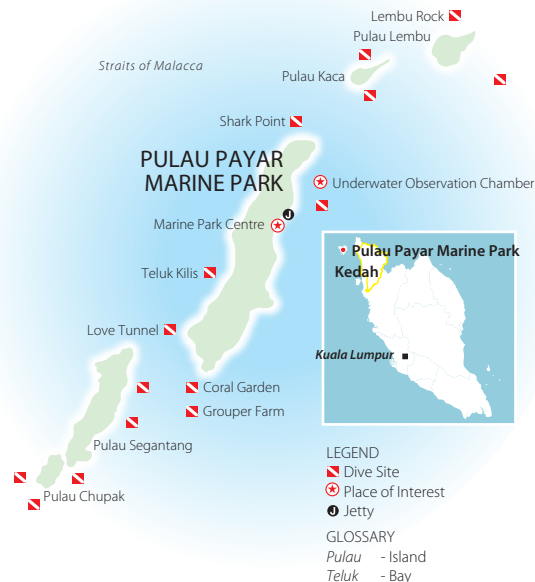
Malaysia lies at the epicentre of the world's coral diversity. Coral reefs that surround the islands off the east coast of Peninsular Malaysia and much of the coastline of Sabah host such a staggering variety of fascinating marine life that they are arguably the richest environments on earth, rivalling even the tropical rainforests in diversity.

Coral reefs are vital breeding and feeding grounds as well as sanctuaries for over 4000 species of fish. Uniquely exquisite, they are well protected and preserved in numerous marine parks located throughout Malaysia and have become a major feature of the country's tourism industry.

Dive into our waters, among them the world famous Sipadan site, and explore hidden depths that abound with awe-inspiring underwater gems. The multi-hued and vibrant colours of the reef as well as its inhabitants – some beautiful, others bizarre – have never failed to fascinate.

PULAU PAYAR MARINE PARK

The Pulau Payar Marine Park is located in the northern part of the Straits of Malacca off Kuala Kedah. It is about 20 nautical miles south of Langkawi and approximately 40 nautical miles north of Penang. Consisting of four islands - Pulau Payar together with the smaller islands of Kaca, Lembu and Segantang – the area was declared a marine park in 1985. It was the first marine park to be established off the west coast of Peninsular Malaysia and studies by WWF have documented that it hosts 36 genera of hard coral, 92 other marine invertebrates and 45 genera of fish species.



Getting There

Day trips from Langkawi, Kuala Kedah and Penang can be arranged through your hotel or local tour operator.

Accommodation

There is no accommodation on the islands.

Attractions and Activities

- Underwater observation chamber
- Diving
- Snorkelling
- Swimming
- Glass bottom boat ride
- Facilities

Facilities



Further Information

Unit Taman Laut Negeri Kedah
 Kementerian Sumber Asli dan Alam Sekitar
 Tingkat 9, Wisma Persekutuan
 Jalan Kampung Baru,
 05000 Alor Setar
 Kedah
 Tel : 04-733 9086
 Fax : 04-735 5323
 E-mail : webmaster@nre.gov.my
 Website : www.dmpm.nre.gov.my

Department of Marine Parks Malaysia
 Ministry of Natural Resources and Environment
 Level 11, Lot 4G3
 Presint 4, Federal Government
 Administration Centre
 62575 Putrajaya
 Tel : 03-8886 1111
 Fax : 03-8888 0489
 Website : www.dmpm.nre.gov.my

A day trip to the park is the only option for most tourists. It can be accessed by boat from jetties in Kuah on Langkawi Island (one hour boat ride), Kuala Kedah on the mainland (40 minutes) and from Penang Island (75 minutes).

The best time to visit the park is from October to March but it can be visited throughout the year.

At Pulau Payar, there are four beaches that slope off with hard corals to depths of 10 to 15 metres. Rocky shores and bays with depths averaging 15 to 20 metres offer lots of soft corals and anemones. The south-western end of the island is home to some beautiful coral gardens with lots of soft multi-hued corals. Sea ferns, sea squirts, feather starfish, anemones, rainbow runners and ghost fish are also very common.

Pulau Payar has a visitors' centre, hiking trails, gazebos, barbecue pits and rest room facilities.

Those who do not dive or snorkel can view the spectacular underwater domain from the park's underwater observation chamber. Your hotel or local tour operator will be able to arrange the day trip for you. Besides the staff of the Fisheries Department, no one else lives on the islands of the park. There is no accommodation for visitors on the islands.



PULAU REDANG MARINE PARK

Located just off the north-eastern coast of the state of Terengganu, Pulau Redang Marine Park extends two nautical miles seaward from the low water mark of nine islands comprising Redang, Perhentian Besar, Perhentian Kecil, Susu Dara, Lima, Ekor Tebu, Pinang, Lang Tengah, and Kapas.

The reefs here teem with the largest assortment of coral species on this side of the South China Sea, making the park a paradise for divers and snorkellers.

The gem in this setting is Pulau Redang, the largest of all the park's islands and one of the most blessed in terms of natural attractions. It boasts beaches like Pasir Panjang, which is covered with the finest white sand imaginable and washed by azure waters. Pulau Redang has numerous dive sites, the more popular ones being "Big Mount" (a large coral pillar), "Picture Wall" (a small coral facade brimming with sea fans and corals) and "Cathedral Arches" (a magnificently varied canyon network patrolled by huge groupers).



On land, a well-trodden path linking Pasir Panjang with another splendid beach, Teluk Dalam, allows visitors to explore the island. Trekking on this 2km-long path, one will come upon a small stream and pools alive with catfish, and perhaps catch sight of the elusive mouse deer (*kancil*), a creature that's popular in Malay folklore. One may also encounter monkeys and monitor lizards along the way before finally ending the trek at Teluk Dalam where the Berjaya Redang Beach Resort is located.



Getting There

To Pulau Redang:

There are direct flights from Kuala Lumpur to Pulau Redang operated by Berjaya Air. However, the popular (and cheaper) way of getting there is by boat from the main jetty in Merang, some 45km northeast of Kuala Terengganu, the state capital. From Merang, the trip to the island takes about 40 minutes on comfortable, large speedboats and prices are more or less standardized.

Merang is also the gateway to Lang Tengah, which can be reached by a 30-minute boat ride.

To Perhentian Islands:

Kuala Besut, a small fishing town north of Kuala Terengganu, is the state's gateway to the Perhentian Islands. Boats ferry passengers from the Fisheries Complex here for the one-and-a-half-hour ride to the Perhentian Island of one's choice.

Accommodation

Pulau Redang has accommodation ranging from budget chalets to international standard hotels. The Berjaya Redang Beach Resort at Teluk Dalam, on the northern side of the island, offers 152 rooms with modern conveniences and includes a pool, gym, dive shop and a tennis court. In Pasir Panjang, the Coral Redang Island Resort and Laguna Redang Resort offer 252 rooms between them.

Budget travellers can opt for the campsite at Teluk Kelong, which has pre-constructed tents with beds, toilet/shower, and electricity; or the Redang Lagoon Chalet.

The Perhentian Islands also offer a choice of accommodation ranging from backpackers' lodges to resort-style facilities. Perhentian Kecil Island is the more popular of the two and has cheap accommodation targeted at backpackers. On Perhentian Besar Island, accommodation ranges from simple dormitory-style rooms to beachside resorts.

There are four resort operators on Lang Tengah Island.

Note: Like the rest of Malaysia's East Coast, the Redang Marine Park is affected by the northeast monsoon, so most resorts are closed and ferry transport schedules are limited between November and February.

PULAU TIOMAN MARINE PARK

Tioman is the largest and most developed of the chain of volcanic islands that make up the Tioman Marine Park. Although the islands were volcanically formed, volcanic activity here ceased thousands of years ago. In total, there are 64 islands within the chain. Nine of these are reasonably large but Tioman is by far the biggest.



Anemone

Famed as the site of the Hollywood movie *South Pacific*, Tioman is excellent for both its land attractions as well as its top class marine environment.

of mammals, fresh water fish and plants, among them catfish, rodents, crabs, stick insects and butterflies.

It is a mountainous island covered with dense rainforest that is home to a wide variety of wildlife. Some 45 species of mammals have so far been discovered here and these include the long-tailed macaque, slow loris, red giant flying squirrel, palm civet and mouse deer.

However, it is primarily the sea that attracts visitors to the Tioman Marine Park. Divers come to enjoy the crystal clear seas and marvel at the many reefs around Tioman and the neighbouring islands where a profusion of marine life can be seen.

There are also 138 species of birds and 25 species of snakes. In addition, the island has several unique species

It is believed that the island separated from the mainland about 10,000 years ago as sea levels rose at the end of the last ice age. The existing reefs have been radio-carbon dated to about 6000 years before present and have many varieties of



- LEGEND
- Marine Park Trail
 - 🚩 Dive Site
 - ⊕ Place of Interest
 - ⦿ Jetty
 - ✈ Airport

- GLOSSARY
- Bukit - Hill
 - Pulau - Island
 - Tanjung - Cape
 - Teluk - Bay



■ Getting There

Flights to Pulau Tioman are available from both Kuala Lumpur and Singapore. There are three main routes if you are travelling by sea. Ferry boats are available from the Singapore World Trade Centre daily. In Malaysia, boats travel from the Mersing Jetty in Johor and the Tanjong Gemok Jetty in Pahang. Accommodation can also be arranged when booking your ferry tickets.

■ Accommodation

Tioman offers five-star to chalet accommodation. It is best to book early for the peak periods of July and August. Bookings can be made through travel agents or at the jetty. The journey takes about an hour. The surrounding islands can be reached by boats from Tioman.

■ Attractions and Activities

- Diving
- Canoeing and kayaking
- Snorkelling
- Jungle trekking
- Swimming
- Beach sports
- Marine Park Centre
- Tioman Island Museum

■ Facilities



■ Further Information

Department of Marine Parks Malaysia
Ministry of Natural Resources and Environment
Level 11, Lot 4G3
Presint 4, Federal Government
Administration Centre
62575 Putrajaya
Tel : 03-8886 1111
Fax : 03-8888 0489
Website : www.dmpm.nre.gov.my

Ministry of Natural Resources and Environment
Level 11, Lot 4G3
Presint 4, Federal Government
Administration Centre
62575 Putrajaya
Tel : 03-8886 1111
Fax : 03-8888 0489
Website : www.dmpm.nre.gov.my

Tioman Development Authority
Tel : 09 5148 801
Email : tioman@mytioman.com.my
Website : www.mytioman.com.my

Pahang Marine Park Unit
Tanjung Gemok Jetty
Kuala Rompin
Pahang
Tel : 09-4131 273
Fax : 09-4131 273



coral and reef fish as well as larger species such as turtles, sharks, manta rays and giant clams.

There is something for everyone at the Tioman dive sites. Some are no more than a minute from the shore while others in the outer islands take at most 30 minutes travel time.

Dive sites also include a dozen or so wrecks, mainly wooden hulled fishing vessels. The shallow, calm water sites such as Pirate Reef and Renggis Island are ideal for dive training and new divers. Sites further afield, like Chebeh and Tiger Reef, offer deeper waters and the chance to see larger species of marine life.

The underwater topography features coral reefs and huge granite boulders, many covered with soft tree corals and sea fans. Blue-spotted Lagoon Rays (*Toeniura lymma*), Blue-ringed Angel Fish (*Pomacanthus annularis*) and the Six-banded Angel Fish (*Pomacanthus sextriatus*) which are rare elsewhere are common here. Most diving centres are

closed from November to February due to the monsoon weather but the major resorts are open.

If you are not into diving, snorkelling offers an excellent alternative to explore the inner reefs no more than a minute from the shore. Or you can just relax on the beautiful, white sandy beach or frolic in the warm clear sea.



Sunflower coral





JOHOR MARINE PARK

Gazetted as a marine park in 1994, there are two distinct entities to the Johor Marine Park - the inner islands and the outer islands. The inner islands of Rawa, Hujung, Tengah, Besar, Tinggi, Mentigi and Sibiu are easily accessible and popular among non-diving visitors.

The outer islands are about 60km from Mersing and include Aur and three smaller islands - Dayang, Lang and Pinang. The island of Pemanggil, 15km to the northwest, has good beach accommodation and offers activities such as angling and diving. Accommodation and dive centres are also available on Pulau Aur and Pulau Dayang. These rocky islands are well forested but have pockets of small coconut plantations. They are also the local centre for Black Marlin fishing.



■ Getting There

Boats to all the islands depart from the quaint town of Mersing in north-eastern Johor. Agents for resorts and dive companies operate near the jetty where accommodation can also be booked. Regular ferry boats ply the routes and tickets must be bought at the jetty. Ferries also depart from Tanjong Leman to Pulau Tinggi and Pulau Sibul.

■ Accommodation

Aur, Dayang and Pemanggil have reasonable beach chalet-style accommodation. Electricity, however, is from generators and usually available only at night. Some chalets have air-conditioning while others just have fans.

Pulau Tinggi, Sibul, Besar and Rawa all have good accommodation in the form of beach chalets, hotel and hostel facilities, most of which can be readily booked in Mersing or through your travel agent.

■ Attractions and Activities

Inner Islands:

- Swimming
- Snorkelling
- Sea sports
- Beach sports

Outer Islands:

- Diving
- Fishing
- Snorkelling

■ Facilities 

■ Further Information

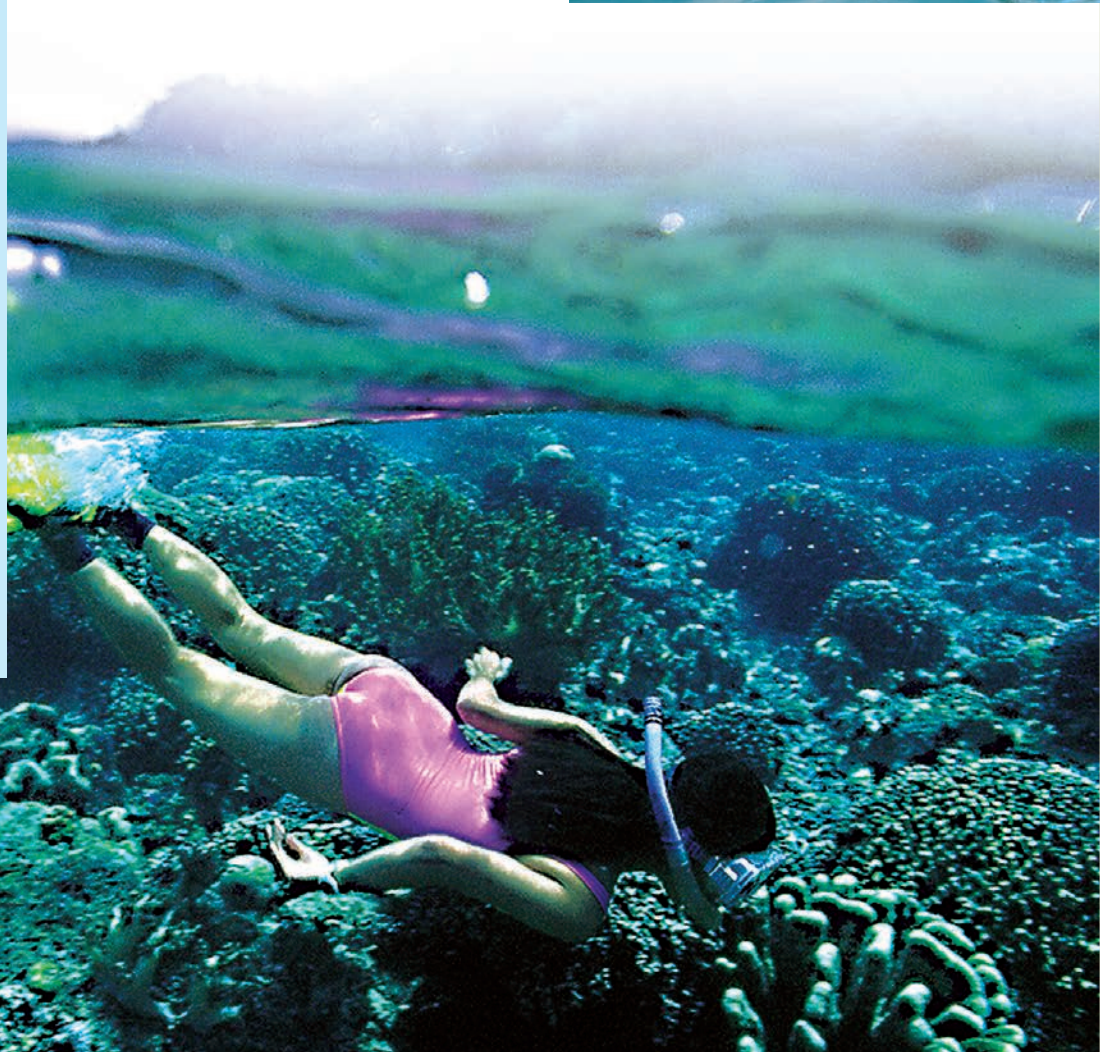
Marine Park Information Centre,
Mersing
Tel : 07-799 1161
Fax : 07-799 2553
E-mail : mparkmg@tm.net.my

Department of Marine Parks Malaysia
Ministry of Natural Resources and
Environment
Level 11, Lot 4G3
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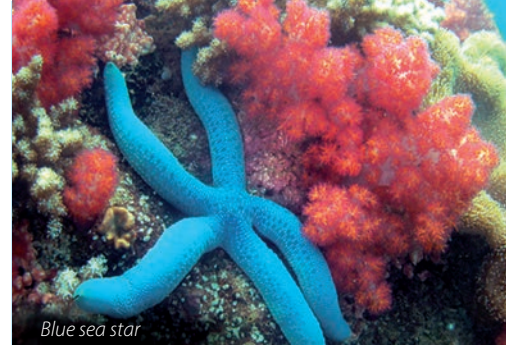
Also check
www.tourismjohor.com
www.johortourism.com



Pulau Aur's marine attractions include numerous undersea pinnacles rising from 30 metres to about 10 metres below the sea surface. The pinnacles are home to hard corals, which include the table coral (*Acropora spp*), and the impressive boulder coral (*Porites spp*). Whale sharks and Manta rays are sighted regularly in the crystal-clear sea here. On land, the beaches are spectacular.



LABUAN MARINE PARK



Blue sea star

The Federal Territory of Labuan faces the South China Sea and is located only 10km off the northwest coast of Borneo at the northern tip of Brunei Bay. An International Business and Financial Centre (IBFC), Labuan is also a busy duty free port. It covers an area of 95 sq km and comprises the main island of Labuan and six smaller islands. The Labuan Marine Park comprises the three most southerly islands of Kuraman, Rusukan Besar and Rusukan Kecil. These pristine islands are only 5km from the southern tip of Labuan Island.

The park encompasses 10 sq km of pristine waters within its three secluded islets. It features long sandy beaches, reef atolls, jungle trails and quiet tidal pools. A prolific bird life adds to its attractions.

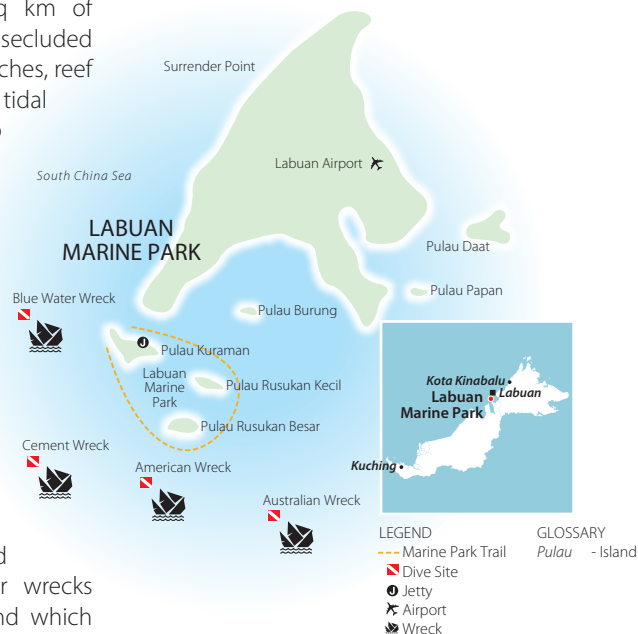
The area is primarily known as a wreck diving centre with four wrecks, two from World War II and two from the 1980s, sited there. The type of diving on these wrecks range from novice to advanced, and penetrations can be made into the hulls.

A great variety of marine life and corals can be found on and around the wrecks. The older wrecks boast soft coral gardens around which barracuda, grouper, lionfish and other reef fish are plentiful. Marine turtles, giant clams as well as whale sharks are also quite common.

The wrecks lay both within and outside the present park boundaries but they are easily accessible through the dive centre operators in Labuan. The Labuan Marine Park is accessible by boats, which usually depart from Manja Rasa Restaurant, the old Labuan Ferry Terminal (Siswazah Corner) or the Labuan Marina (next to the Waterfront Hotel).

The four wreck dive sites are known as the American, Australian, Blue Water and Cement Wrecks.

The American Wreck is the former USS Salute, which was built in 1943 and sunk by a mine in 1945. It sits on a sandy bottom at 33 metres below sea level and is located southwest of Pulau Rusukan Kecil.



The Australian Wreck is located 23km from Labuan and southwest of Pulau Rusukan Besar. A freighter built in 1900 at Rotterdam, it was captured by the Japanese in 1942 and sunk by the Royal Australian Air Force in 1945.

The Cement Wreck, MV Tung Hwang, was a freighter transporting cement that sank in 1980 after hitting a sand bank. It sits upright under 30 metres of water with its mast only 8 metres below the surface.

Formerly the MV Mabini Padre, a trawler from the Philippines that caught fire and sank in November 1981, the Blue Water Wreck is located 34km away from Labuan and northwest of Pulau Kuraman.

Of the four sites, the Cement Wreck is the easier dive whereas the American and Blue Water are for experienced divers only. The Blue Water Wreck normally has the best visibility

Getting There

Labuan is accessible by air from Kuala Lumpur, Kota Kinabalu (Sabah) and Miri (Sarawak). Express ferry services are available from Kota Kinabalu, Limbang (Sarawak) and Lawas (Sarawak) as well as Bandar Seri Begawan (Brunei). The passenger and vehicle ferry as well as speed boat services from Menumbok (Sabah) are alternative ways of getting to Labuan.

Accommodation

Accommodation is limited on the islands and permission should be obtained before setting up camp. Visitors must bring their own food, water as well as cooking and camping equipment. There is a campsite at Pulau Kuraman while a variety of accommodation is available in Labuan.

Attractions and Activities

- Labuan Island: Duty-free shopping, swimming, golfing, yachting, fishing and island tour
- Labuan Marine Park: Diving, picnicking, snorkelling, swimming and jungle trekking.

Facilities

Further Information

Department of Marine Park
FT Labuan
Ministry of Natural Resources & Environment
Aras 15 C, Blok Menara Pejabat Kompleks Ujana Kewangan Labuan
Jalan Merdeka
87000 WP Labuan
Tel : 087-582502/3
Fax : 087-582 500
E-mail : tamanlaut@nre.gov.my
Website : www.dmpm.nre.gov.my





Necklace sea star



Yellow ribbon sweetlips

PULAU TIGA PARK

Located just north of Kuala Penyu on Sabah's southwest coast, opposite the swampy Klias Peninsula which is noted for its proboscis monkeys, the Pulau Tiga Park was gazetted in 1978 and comprises three small islands. It covers an area 158 sq km in size, most of which is sea. Of the three islands, Pulau Tiga is the largest at 607 hectares, followed by Pulau Kalampunian Besar and Kalampunian Damit.

Pulau Tiga is a low oblong island that was formed over eons from the eruptions of mud volcanoes. Evidence of this minor volcanic activity is visible on the island where hot mud still bubbles to the surface. The headquarters of the park is on Pulau Tiga where there are various nature trails criss-crossing the island.

Pulau Kalampunian Besar, formed from sand, clay and coral fragments, changes shape constantly and is now little more than a sandbar, eroded away by wave action. It is famous for its sugar-white sands and clear waters, and is popular for scuba diving and snorkelling. The US and UK productions of the reality TV show *Survivor* were done here.

Pulau Kalampunian Damit stands out among the three. Comprising mixed sandstone, limestone and shale, this island stands out from the sea and is known as a breeding ground for sea snakes (*Laticauda colubrine*). These amphibian sea snakes come ashore to breed, earning this island the nickname of Snake Island.

Pulau Tiga itself is one of Sabah's few undisturbed offshore islands. Having been declared a forest reserve in 1933, the park has particularly interesting flora and fauna. Two medium hardwood species, Runggu and Keruing, dominate in the forest where fruit trees such as mangosteen, rambutan, guava, fig and langsung are abundant. Along the shoreline, Pulat Laut and Ketapang (umbrella tree) are the dominant species. Casuarina trees





have colonised much of the mud flow areas since the last big eruption in 1941 while on the seashore morning glory abounds within the groves of Casuarina trees.

The islands host a great variety of bird life. Large Megapodes (*Megapodius freycinet*) about the size of domestic fowl are commonly encountered. Their name was derived from their big feet, (mega: big, podes: feet). These birds have an unusual method of hatching their young. While most birds use body heat to incubate their eggs, Megapodes build "incubators" in the ground to hatch their eggs. They bury their eggs with leaves and other debris and use the warmth of the decomposing matter, or heat of the sun or from the mud volcanoes to hatch them.

Other birds include hornbills, frigate birds, night jays, magpies, bulbuls and sunbirds. Pigeons, sea eagles, waders and other migratory birds are regular visitors.

A variety of animals like bats, including the flying fox, long-tailed macaques and monitor lizards which feed on the Megapodes' eggs are also common.

A 7km coral reef around the islands is home to some 35 species of general coral and at least 100 species of hard coral. Couple this with the vast array of multi-coloured marine life and you have a top class dive site. There are dive facilities on Pulau Tiga which are operated by companies based in Kota Kinabalu.



■ Getting There

You can take a bus from Kota Kinabalu (near the Segama overhead bridge) to the Kuala Penyu Jetty. Another option is to charter a taxi from Padang Merdeka in Kota Kinabalu to the jetty. Upon arrival, take a 45-minute boat ride to the islands. Arrangements to visit the islands should be done through the Sabah Parks office in Kota Kinabalu or through local travel or dive operators. Pulau Tiga is open to visitors throughout the year but the best time to visit is from February to May when the seas are calm and the weather dry.

■ Accommodation

A variety of accommodation is available on Pulau Tiga. This includes the Pulau Tiga Resort and Borneo Survivor Resort, and a chalet and two cabins operated by Sabah Parks.

■ Attractions and Activities

- Unspoilt islands
- Mud Volcanoes
- The Megapodes
- Nature trails
- Picnics and camping
- Scuba diving and snorkelling
- Swimming
- Sea Snakes

■ Facilities

■ Further Information

Sabah Parks
Head office:
Lot 45 & 46,
Level 1-5
Block H Signature Office
KK Times Square Coastal Highway
88100 Kota Kinabalu, Sabah, Malaysia

Mailing address:
Sabah Parks
P.O. Box 10626
88806 Kota Kinabalu, Sabah, Malaysia
Tel : 088-523500 (30 Lines)
Fax : 088-486 435 - Administration
088-486 434 - Operations
088-486436 - Director's Office
E-mail : sabahparks@sabah.gov.my
sabahparks@gmail.com
Website : www.sabahparks.org.my



Nudibranch

SIPADAN MARINE PARK

Pulau Sipadan is Malaysia's only true oceanic island. Situated at the heart of the Indo Pacific Basin, in the coral triangle, its surrounding seas are at the epicentre of world coral diversity.

Formed by living corals growing atop an extinct undersea volcanic cone, Sipadan rises 600 metres from the depths of the sea floor.

The island is located 5° north of the equator and just 30km south of Semporna, a town in the east coast of Sabah. Widely regarded as one of the worlds finest dive sites, Sipadan is on all divers' wish list. The rich ecosystem in the waters of Sipadan boasts over 3000 species of fish so far identified and coral species numbering in the hundreds.

Both hard corals such as staghorn, table and brain abound. Soft corals such as seafans, gorgonian fans and alcyonarians provide a plethora of colour with micro life resting among the branches and polyps. In the crevices and cavities you can find colonies of sweetlips, gobies, hawkfish, moray eels and coral groupers lurking. One thing that Sipadan is renowned for is the large numbers of Green and Hawksbill turtles which gather in the area to mate



Green Turtle (*Chelonia mydas*)



LEGEND
 --- Marine Park Trail
 ■ Dive Site
 ⊕ Place of Interest
 Jetty
 GLOSSARY
 Pulau - Island



Clownfish lives symbiotically with sea anemones

and nest. It is not unusual to see five or more males, jockeying for position, on top of a female for the chance to mate or even up to 20 individual turtles in a single dive.

There are 13 dive sites at Sipadan, each offering a unique array of spectacular sights ranging from residential schooling Barracuda and Bigeye Trevally and large pelagics such as Manta and Eagle Rays to Hammerhead Sharks and Whale Sharks.

Reef fish species include Parrotfish, Butterflyfish, Angelfish, Napoleon Wrasse, Jacks and Triggerfish. Couple this with other macro life such as the Leaf Scorpion fish, Pipefish, Clownfish and Garden eels, and the plethora of species and colours is astounding.

Terrestrial life, for the 13 hectare island, is also diverse. The compact but luxuriant rainforest is home to hardwood trees rising up to 40 metres from the forest floor, providing an excellent habitat for a variety of endemic and migratory birds. Sipadan was actually originally declared a bird sanctuary in 1933. Kingfishers, sea eagles, sunbirds and a variety of pigeon species either inhabit or visit the island. Fruit bats come to feed on the fig trees while the giant water monitor lizard is indigenous to Sipadan, as are both the yellow and blue coconut/robber crabs (*Birgus latro*).

Sipadan was declared a marine park in 2009 in order to preserve this most unique of environments.

The legendary marine explorer, Jacques-Yves Cousteau, the inventor of the aqualung and therefore the founder of modern diving, on his visit to Sipadan in 1988 commented: "I have seen other places like Sipadan before... 45 years ago. Now we have found again an untouched piece of art." His 1989 film titled, "Ghost of the Sea Turtles" was about Sipadan and its famous underwater cave site that contains the skeletons of many sea turtles. The entrance to the cave is 18 metres below the surface. The cave dive requires advanced arrangements as special equipment is required as well as an experienced qualified local guide. PADI Cavern courses and ANDI cave diving courses can be arranged by booking in advance with some of the qualified local dive companies.

Sipadan is a very special place indeed.

■ Getting There

From Kota Kinabalu, the capital city of Sabah, it is a 50 minute flight to Tawau on the south east coast. From here it is a 1 hour drive to the town of Semporna and a further 45 minute speedboat ride to Sipadan. Be sure to arrange your transportation with your resort/dive operator. The alternative is a 7 hour drive from Kota Kinabalu.

■ Accommodation

In order to preserve the ecosystem of Sipadan, the government decided in 2004 that all resorts on the island relocate. There is no accommodation on Sipadan now. Divers and visitors need to reside on the nearby islands of Mabul or Kapalai and make day trips to Sipadan. There is a shelter/restroom on the island for the benefit of visitors.

■ Attractions and Activities

- Diving
- Snorkelling
- Bird watching
- Drop off
- Island walk-wildlife spotting

■ Facilities

■ Further Information

Sabah Parks
Lot 45 & 46, Level 1-5
Block H Signature Office
K K Times Square Coastal Highway
88100 Kota Kinabalu
Sabah
Tel : +6088 523500
E-mail : sabahparks@sabah.gov.my
Website : www.sabahparks.org.my





TUNKU ABDUL RAHMAN PARK

Comprising five islands just three to five kilometres offshore from Kota Kinablu, the Tunku Abdul Rahman Park was declared a national park in 1974. It covers an area 50sq km in size and includes the islands as well as their surrounding reefs. Geologically, the islands are part of the Crocker Range but became isolated when sea levels rose at the end of the last Ice Age.

Pulau Gaya is the largest of the islands at 15sq km. The others are Manukan where the park headquarters is located, Mamutik, Sapi and Sulug. At its highest point, Pulau Gaya is 300m above sea level, with the

land gently sloping down through prime forest to beaches, bays and sandy coves.

An easy getaway from the mainland, among its attractions are 20km of marked trails including a plank walk across a mangrove forest, fringing reefs and excellent beaches. There is also an exclusive island resort here that pampers holidaymakers.



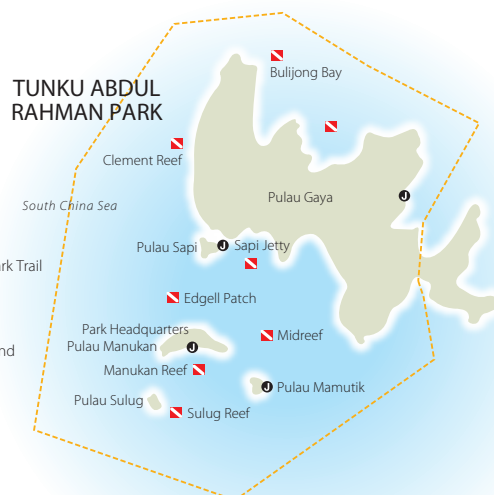
Lionfish

At Pulau Manukan, the second largest island and the most developed, the accommodation and services are excellent. Hiking along well-marked nature trails, diving and snorkelling are the main pastimes.

Mamutik, Sulug and Sapi are smaller islands. Pulau Sapi has 5km of nature trails and Sulug, the most remote island, has a long sand spit that drops sharply near



LEGEND
 --- Marine Park Trail
 ● Dive Site
 ● Jetty
 GLOSSARY
 Pulau - Island



an extensive coral reef which is home to giant clams.

All of the islands have extensive coral reefs on their leeward sides with Pulau Manukan in particular having a fine drop-off about 100 metres from the beach. The windward sides are generally boulder-strewn but still offer diving with the chance to see exciting marine life like crayfish and octopus.

Plant life is a mixture of shoreline and coastal vegetation, and Dipterocarp forest. Only Pulau Gaya has undisturbed coastal Dipterocarp and mangrove forest. Strangling figs, which provide food for birds and monkeys, and other fruit trees are fairly common. It is primarily



Jaw tooth blenny

secondary forest with typical shoreline vegetation on the other islands, with Casuarina and Pandanus trees fringing the beach or jungle foreshore. On the windward side, primitive cycads cling to rocky coastlines while stunted twisted sea teak trees line the outcrops. Palms also flourish in shady areas while the Dipterocarp forests comprise mainly *Seraya*, *Kapur* and *Selangan Batu* trees. The totally undisturbed forest is home to *Hopea phillipineansis* and *Quassia borensis* hardwoods.

Birds are the most visible fauna on the islands and include hornbills, white-bellied sea eagles, herons, sandpipers, flycatchers, sunbirds, pigeons and terns. Large mammals that are also fairly common include Long-tailed Macaques, Bearded Pig, Scaly Anteater and Monitor Lizards.



Scorpion fish



■ Getting There

Boats to the islands are available at Jesselton Point (near the Royal Malaysian Customs Office) and the Marina Jetty (within Sutera Harbour Resort). They run from 7.30am to 5pm daily.

■ Accommodation

Pulau Manukan, where you will find the park's headquarters, has various types of chalets. A restaurant caters for all and recreation facilities include nature trails and an information centre with audio-visual and multimedia equipment.

Pulau Mamutik has a nice rest house that can be hired for groups on a self-catering basis. At Pulau Sulug and Pulau Sapi, there are changing rooms, toilets and picnic shelters with tables for public use.

■ Attractions and Activities

- Pristine Beaches
- Nature trails
- Diving
- Snorkelling
- Swimming

■ Facilities

■ Further Information

Sabah Parks
Head office:
Lot 45 & 46,
Level 1-5
Block H Signature Office
KK Times Square Coastal Highway
88100 Kota Kinabalu, Sabah, Malaysia

Mailing address:
Sabah Parks
P.O. Box 10626
88806 Kota Kinabalu, Sabah, Malaysia

Tel : 088-523500 (30 Lines)
Fax : 088-486 435 - Administration
088-486 434 - Operations
088-486436 - Director's Office
E-mail : sabahparks@sabah.gov.my
sabahparks@gmail.com
Website : www.sabahparks.org.my

TUN SAKARAN MARINE PARK

The Tun Sakaran Marine Park, also known as the Semporna Islands Park, covers an area of 350 sq km, of which 340 sq km is sea and the rest is land. The park comprises eight islands, Boheydulang, Bodgaya, Tetagan, Sebangkat, Selakan, Maiga, Sibuan and Mantabuan. The largest islands, Bodgaya (796ha) and Boheydulang (313ha), are the remnant rim of a long extinct volcano, whose caldera must have measured at least 5km in diameter. The crater now is flooded with sea water forming a large lagoon about 25m deep. The southern side of the lagoon is open but just under the surface is a long stretch of reef which once formed the southern crater rim.

The park is situated at the entrance to Darvel Bay, which is perhaps the most stunningly beautiful area in South East Asia. K.P. Tabrett, a local historian, described it as "The most romantic of the British North Borneo Company's possessions was doubtless that lying between Silam in Darvel Bay and Batu Tinagat in Sibuco Bay. Here, turquoise blue seas are dotted with innumerable fantastic shaped islands, spotted with verdure and fringed with white sandy beaches, and coral reefs bearing Pearls, Pearl Shells, Beche-de-Mer and other valuable sea products are seen lying fathoms deep in its pellucid waters."

The island of Bodgaya was first declared a forest reserve in 1933 under the British North Borneo Chartered Company while in the same year Boheydulang was declared a bird sanctuary. In 1998, a collaborative project, the Semporna Islands Project, among the Marine Conservation Society, Sabah Parks, WWF Malaysia and Nature Link was undertaken and was funded by the European Community. This led to the area being gazetted as a Marine Park in 2004 under the purview of Sabah Parks.

Though less well known than Sipadan, it does boast a greater biodiversity. So far, 255 species of hard coral and over 70 species of soft coral have been identified along with 550 species of coral reef fish, some of which are not recorded elsewhere while some were just discovered.

The islands are inhabited by about 2000 people known as the Bajau Laut (Sea Bajau) or in days past as sea gypsies due to their nomadic sea faring lifestyle. Sabah Parks have chosen to enlist the help of these people in the conservation and protection of both the land and marine environments. Many have now settled and areas have been set aside for seaweed farming and traditional activities. They are now the eyes and ears of Sabah Parks. Their native customary rights and all land grants or titles in all the islands shall be retained and shall not be acquired by the government.

The terrestrial fauna includes many species of birds, reptiles, small mammals and insects. Bird species include the Pied Imperial Pigeon (*Ducula bicolor*), Nicobar Pigeon (*Caloenas nicobarica*),





Tabon Scrubfowl (*Megapodius cumingii*), Kingfishers, Hornbills, Sea Eagles, Raptors, Flycatchers and Sunbirds. The most common large mammals are the Long-tailed Macaque, Bearded Pig, Sambar Deer, Mouse Deer and Otters.

Sea snakes, terrestrial snakes, water monitor lizards, skinks and the large Tokay (*Gekko-gekko*) are also native to the islands. Insects include a variety of butterflies and beetles.

The flora of the islands by virtue of their position at the end of the Sulu Archipelago arc offers some interesting species not found in other parts of Borneo. There are five major vegetation communities recorded on the islands. The coastal mixed forest is the richest plant community represented by at least 95 species of tree in 63 plant families. There are only three species of Dipterocarp which can reach 30 metres to 40 metres tall. The scrub vegetation on top of the major rock outcrops include the Yucca-like Cycad (*Dracaena multiflora*), the palm-like (*Cycas rumphii*), and a cactus-like succulent (*Euphorbia lacei*). There is also a distinct rock face vegetation and, of course, the beach vegetation which includes various types of Pandanus and Casuarina. Finally there is the mangrove vegetation which occurs in places around the islands sheltered from strong currents where some deposition of silt and mud is



Nudibranch

possible.

At present, only a few areas are open for divers. These are near Pulau Mantabuan and Pulau Sibuan. However, 56 spots have been identified within the park and other diving areas are scheduled to be opened in stages to enable close monitoring, with limited numbers of divers. At present there is no accommodation available in the park. Accommodation can be found in Semporna, Mabul Island, Matakang Island and Pom Pom Island.

Washing facilities for divers exist on Bohey Dulang Island, which also has a trekking trail to the island summit.

The three main dive sites are located around Bohey Dulang Island, Sibuan Island and Mantuan Island.

Tun Sakaran Marine Park Protected Species

Disturbance, damage or collection of any of the species or groups listed is strictly prohibited anywhere in the park:

- Reef Corals – All species with a calcareous skeleton
- Dugong
- Sea snakes – all species
- Sea fans, sea whips, black corals
- Dolphins – all species
- Monitor lizard
- Marine turtles – all species, including eggs
- Coconut crab
- Otters – all species
- Horseshoe crabs
- Nautilus species
- All Bat species
- All forest birds



Peacock Mantis shrimp

Getting There

The main takeoff point to the park is the tourist jetty at Kampung Bangau-bangau in Semporna, the same jetty as boats for Sipadan. It is about one-hour ride in a fast boat.

Accommodation

At present there are no accommodation facilities within the park. You will need to stay at nearby island resorts or in Semporna. The best way to arrange this and your diving is to contact a reputable Dive Operator/ Resort Operator in the Semporna area. Search for Dive/ Tour/ Resort Operators.

Attractions and Activities

- Diving
- Snorkelling
- Bird watching
- Island walk – Wildlife spotting

Further Information

Sabah Parks
 Lot 45 & 46, Level 1-5
 Block H Signature Office
 K K Times Square Coastal Highway
 88100 Kota Kinabalu
 Sabah
 Tel : +6088 523500
 E-mail : sabahparks@sabah.gov.my
 Website : www.sabahparks.org.my

TURTLE ISLANDS PARK

About 40km north-east of Sandakan on Sabah's east coast lay three small islands - Selingan, Gulisan and Bakungan Kecil. These form the Turtle Islands Park. Covering a total area of 1,740 hectares including the surrounding reefs, the park is a breeding ground for the Hawksbill and Green Turtle.

Throughout the year, these turtles come ashore to lay their eggs. Hatcheries exist on all three islands, which are famed for their crystal clear waters and wonderful coral reefs - excellent for diving or just snorkelling.

Getting There

From Sandakan Harbour, it takes about one hour by speedboat to reach the park. Make sure you catch the 9.30am speedboat service as there is only one trip to the island daily. Alternatively, you can charter a speedboat. Local tour companies arrange visits. There are direct flights from Kuala Lumpur, as well as from Kota Kinabalu to Sandakan. From Kota Kinabalu, it is about 5 to 6 hours' drive to Sandakan.

Accommodation

Although all three islands are staffed by park rangers, only Selingan, the most developed, offers accommodation and has a visitor interpretative centre. There is also a small restaurant that serves simple fare. The number of visitors staying on the island is limited to only 38 persons per day.

Attractions and Activities

- Turtle nests
- Hatcheries
- Clear seas
- Coral reefs
- Diving
- Snorkelling
- Swimming

Facilities



Further Information

Crystal Quest Sdn. Bhd.
Sabah Park Jetty, Jalan Buli Sim-Sim
P.O. Box 848, 90719 Sandakan
Sabah
Tel : 089-212 711 / 221 657
Fax : 089-212 712
E-mail : cquest@tm.net.my
(Permission to visit can be obtained from Sabah Parks via Crystal Quest Sdn. Bhd.)

Sabah Parks
Lot 45 & 46, Level 1-5
Block H Signature Office
K K Times Square Coastal Highway
88100 Kota Kinabalu, Sabah
Tel : +6088 523500
E-mail : sabahparks@sabah.gov.my
Website : www.sabahparks.org.my

Note: Night-time activity is strictly controlled to avoid disturbing or frightening off the turtles. Rangers will alert you when turtles come ashore and guide you to the site. Night-time walks along the beach are not allowed without a park ranger.

Gazetted as a marine park in 1977 to protect the breeding habitat of these sea turtles, the park also provides accommodation for visitors. In order to fully protect these delicate breeding grounds, park staff reside on all three islands.



Green turtle

Vegetation on the islands is typical of small oceanic islands and includes mangroves, scrub vegetation, the yellow-flowered Sophora, the furry silver-leaved Tournefortia and fig trees. Flying foxes visit the island when the fig trees are fruiting. Turtles, however, are the main attraction here.

Green and Hawksbill turtles come ashore throughout the year to lay their eggs. The Hawksbill seems to prefer to lay its eggs on Pulau Gulisan where the beach vegetation is particularly favourable. The peak nesting season for the Green turtle is from July to October whereas more



Hawksbill turtles come ashore between February and April.

The turtles come ashore at night and head for an area above the high water mark where they use their rear flippers to excavate an egg chamber. After laying between 40 and 200 eggs (although the average is 50 to 80), they covers them with sand to conceal the site. All new turtles that come ashore are tagged by park rangers and measured to gain a clearer picture of growth, distribution and population.

Freshly-laid eggs are dug up and relocated to secure sites where they are hand-placed in pits 75cm deep. Then the eggs are surrounded by plastic mesh and given an information plate detailing a serial number, date of collection and the number of eggs.

The environment determines the sex of the offspring. As cooler nests produce males, warmer ones, females, some are shaded to provide the correct sex ratio. After about 50 to 60 days, the egg will hatch, usually at night, and the offspring are later released into the sea. Only a small number will survive to adulthood.



PARK RULES AND REGULATIONS

NATIONAL PARK



- Do not destroy or remove any plant or animal. It is an offence to do so. Take only pictures, leave only footprints.
- Do not litter. Dispose of rubbish properly or take it with you. Keep the environment as nature intended it to be. Minimise the amount of disposable material you take.
- Do not bring pets. They may introduce diseases or escape and become wild.
- Respect the silence of nature. Do not bring radios or music playing devices that may disturb others or the wild life.
- Be careful with inflammable materials. Make sure all fires are extinguished. Do not smoke if you can avoid it. Cigarettes can cause bush fires.
- Observe all local safety rules.

MARINE PARK



- Never snorkel or dive alone.
- Be familiar with your equipment before entering the sea and ensure that your skills are up to date. Consider a refresher course if it has been sometime since you have been underwater.
- Always seek an environmental orientation before diving. Your diving instructor can brief you.
- Do not alter underwater habitats. Divers and snorkellers should neither stand nor sit on corals. You are also prohibited from breaking off or taking any corals for souvenirs.
- Do not capture marine creatures or organisms. Take only pictures and leave only bubbles.
- Do not feed fish or other marine organisms.
- Do not harass marine creatures, especially turtles.
- Practise non-destructive boat anchoring, most marine parks have mooring buoys.
- Do not throw rubbish into the sea, especially plastic bags. It should be the goal of each diver or snorkeller to leave the environment cleaner each time they leave a site.
- Observe all local safety rules.

The rules and regulations may vary slightly from park to park. However, the main rules of etiquette are the same.

Note: Entrance fees, camera fees and other charges differ from park to park. However, all fees are reasonable.

COMMON AND SCIENTIFIC NAMES OF FLORA AND FAUNA

TREES

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Api-api	Api-api	<i>Avicenna spp</i>	Rafflesia	Bunga Pakma	<i>Rafflesia arnoldii</i> —the largest single flower in the world
Mangrove Tree	Bakau	<i>Rhizophorae spp</i>			<i>Rafflesia keithii</i>
Fig Tree	Beringin	<i>Ficus benjamina</i>			<i>Rafflesia pricei</i>
Cengal	Cengal	<i>Balanocarpus heimii</i>			<i>Rafflesia tengku-adlini</i>
Kauri/Conifer	Damar Minyak	<i>Agathis borneensis</i>			
Terap	Ipoh	<i>Antiaris toxicaria</i>			
Kapur	Kapur	<i>Dryobalanops aromatica</i>			
Keruing	Keruing	<i>Dipterocarpus spp</i>			
Kulim	Kulim	<i>Scorodocarpus borneensis</i>			
Red/White Meranti	Meranti	<i>Shorea spp</i>			
Merbau/Merbatu	Merbau	<i>Intsia palembanica</i>			
Seraya	Seraya	<i>Shorea spp</i>			
Tualang	Tualang	<i>Koompassia excelsa</i>			

FLOWERS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Rothschilds Slipper Orchid	Anggerik	<i>Paphiopedilum rothschildianum</i>	Wild Mangosteen	Beruas	<i>Garcinia hombroniana</i>
		<i>Paphiopedilum stoneii</i>	Custard Apple	Buah Nona	<i>Anona reticulata</i>
		<i>Paphiopedilum hookerae</i>	Sugar Palm	Aren	<i>Arenga saccharifera</i>
		<i>Paphiopedilum linii</i>	Sesame	Bijan	<i>Sesamum indicum</i>
		<i>Paphiopedilum lowii</i>	Breadfruit	Cempedak	<i>Artocarpus polyphema</i>
			Durian	Durian	<i>Durio spp</i>
			Soursop	Durian Belanda	<i>Annona muricata</i>
			Guava	Jambu	<i>Eugenia spp</i>
			Rambutan	Rambutan	<i>Nephelium lapaecum</i>
			Mango	Mangga/Mempelam	<i>Mangifera odorata</i>
			Fenugreek	Kelabat	<i>Trigonella foenum graecum</i>
			Bottle Gourd	Labu	<i>Langenaria leucantha</i>
			Langsat	Langsat	<i>Lansium domesticum</i>
			Jackfruit	Nangka	<i>Artocarpus integra</i>
Rhododendron		<i>Rhododendron stenophyllum</i>			
		<i>Rhododendron jasminiflorum</i>			
		<i>Rhododendron malayanum</i>			
		<i>Rhododendron baxifolium</i> (in Borneo only)			
		<i>Rhododendron lamryalianum</i> (in Borneo only)			
Hibiscus	Bunga Raya	<i>Rosa sinensis</i>	Water Spinach/Convulvulus	Kangkung	<i>Ipomea reptans</i>
			Pitcher Plant	Periuk Kera	<i>Nepenthes rajah</i>
					<i>Nepenthes lowii</i>
					<i>Nepenthes villosa</i>
					<i>Nepenthes mirabilis</i>
					<i>Nepenthes rafflesiana</i> (six species)

MAMMALS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Pig-tailed Macaque	Beruk	<i>Macaca nemestrina</i>	Binturong	Musang Benturong	<i>Arctictis binturong</i>
Long-tailed Macaque	Kera	<i>Macaca fascicularis</i>	Marbled Cat	Kucing Dahan	<i>Felis marmorata</i>
Tarsier	Kera Hantu	<i>Tarsius bancanus borneanus</i>	Leopard Cat	Kucing Batu	<i>Felis bengalensis</i>
Slow Loris	Kongkang/Kera Duku	<i>Nycticebus coucang</i>	Flat-headed Cat	Kucing Kepala Dampak	<i>Felis planiceps</i>
Silver Leaf Monkey	Lotong Cenek	<i>Presbytis cristatus</i>	Clouded Leopard	Rimau Dahan	<i>Neofelis nebulosa</i>
Siamang Gibbon	Siamang	<i>Hylobates syndactylus</i>	Leopard	Harimau Bintang	<i>Panthera pardus</i>
Orang-utan	Orang-utan Mias	<i>Pongo pygmaeus</i>	Tiger	Harimau Belang	<i>Panthera tigris</i>
Proboscis Monkey	Monyet Belanda	<i>Nasalis larvatus</i>	Wild Dog	Serigala/Anjing Hutan	<i>Cuon alpinus</i>
Large Indian Mongoose	Bambun Besar	<i>Herpestes edwardsii</i>	Red Giant Flying Squirrel	Tupai Terbang Merah	<i>Petaurista petaurista</i>
Elephant	Gajah Asia	<i>Elephas maximus</i>	Red-tailed Flying Squirrel	Tupai Terbang Ekor Merah	<i>Lomys horsfieldii</i>
Borneo Pygmy Elephant	Gajah Borneo	<i>Elephas maximus borneensis</i>	White-bellied Flying Squirrel	Tupai Terbang Dada Putih	<i>Petinomys setosus</i>
Tapir	Badak Murai/Tenuk	<i>Tapirus indicus</i>	Common Red-bellied Squirrel	Tupai Merah	<i>Callosciurus notatus</i>
Sumatran/Two-horned Rhinoceros	Badak Berendam	<i>Dicerorhinus sumatrensis</i>	Common Porcupine	Landak Raya	<i>Hystrix brachyurus</i>
Borneo Sumatran Rhinoceros	Badak	<i>Dicerorhinus sumatrensis harrisoni</i>	Marmoset Rat	Tikus Monyet	<i>Hapalomys longicaudatus</i>
Bearded Pig	Babi Janggut	<i>Sus barbatus</i>	Greater Bandicoot	Wirok Hitam	<i>Bandicota indica</i>
Common Wild Pig	Babi Hutan	<i>Sus scrofa</i>	Scaly Anteater	Tenggiling	<i>Manis javanica</i>
Greater Mouse Deer	Napoh	<i>Tragulus napu</i>	Common Flying Fox	Keluang Besar	<i>Pteropus vampyrus</i>
Lesser Mouse Deer	Kancil/Pelandok	<i>Tragulus javanicus</i>	Common Short-nosed Fruit Bat	Cecadu Hidung Pendek	<i>Cynopterus brachyotis</i>
Barking Deer	Kijang	<i>Muntiacus muntjak</i>	Cave Fruit Bat	Cecadu Gua	<i>Eonycteris spelaea</i>
Sambar Deer/Rusa	Rusa Banteng	<i>Cervus unicolor</i>	Horse-shoe Bat	Kelawar Ladam	<i>Rhinolophus spp</i>
Banteng (Wild Cattle)	Banteng/Sapi hutan	<i>Bos javanicus</i>	Flying Lemur	Kubong	<i>Cynocephalus variegatus</i>
Gaur (Wild Cattle)	Seladang	<i>Bos gaurus</i>	Malayan Tiger	Harimau	<i>Pantheratigris jacksoni</i>
Serow (Wild Goat)	Kambing Gurun	<i>Capricornis sumatrensis</i>	Common Musang	Musang Pulut	<i>Paradoxurus hermaphroditus</i>
Malaysian Honey Bear	Beruang	<i>Helarctus malayanus</i>			
Large Civet	Musang Jebat	<i>Viverra zibetha</i>			

BIRDS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
White-bellied Sea Eagle	Lang Laut	<i>Haliaeetus leucogaster</i>	Common Kingfisher	Burung Raja Udang	<i>Alcedo atthis</i>
Wilson's Storm Petrel	-	<i>Oceanites oceanicus</i>	Rhinoceros Hornbill	Burung Enggang	<i>Buceros rhinoceros</i>
Brown Booby	Burung Olak-Olak	<i>Sula leucogaster</i>	Helmeted Hornbill	Burung Tebang	<i>Rhionoplax vigil</i>
Cattle Egret	Burung Bangau	<i>Bubulcus ibis</i>	Mentua	Burung Belatok	<i>Picus puniceus</i>
Great Bittern	Burung Pucong Besar	<i>Botaurus stellams</i>	Crimson-winged Woodpecker	Burung Paha Kelati	<i>Dicrurus aeneus</i>
Milky Stork	Burung Upeh	<i>Mycteria cinerea</i>	Bronzed Drongo	Burung Gembala Sepakat	<i>Eupetes macrocerus</i>
Crested Fireback Pheasant	Ayam Pegar	<i>Lophura ignita</i>	Malaysian Rail Babbler	Burung Merbah Kuning	<i>Pycnonotus goiavier</i>
Great Argus Pheasant	Burung Kuang Raya	<i>Argusianus argus</i>	Yellow-vented Bulbul	Burung Merbah Kuning	<i>Pycnonotus urostictus</i>
Masked Finfoot	Burung Pendentang	<i>Heliopais personata</i>	Wattled Bulbul	Burung Merbah Kuning	<i>Pycnonotus urostictus</i>
Black-headed Gull	Burung Camar	<i>Larus ridibundus</i>	Fantail Warbler	Burung Laki Padi	<i>Cisticola juncidis</i>
Green Imperial Pigeon	Burung Pergam	<i>Ducula aenea</i>	White-fronted Shearwater	-	<i>Puffinus leucomelas</i>
Spotted-necked Dove	Burung Merbok Balam	<i>Streptopelia chinensis</i>	Mallard	Itik liar	<i>Anas platyrhynchos</i>
Red-breasted Parakeet	Bayan Dada Merah	<i>Psittacula alexandri</i>	Orange-footed Scrubfowl	-	<i>Megapodius reinwardt</i>
Oriental Cuckoo	Burung Tekukur	<i>Cuculus saturatus</i>	Whitehead's Trogon	-	<i>Harpactes whiteheadi</i>
Common Scops Owl	Burung Hantu	<i>Otus scops</i>	Kinabalu Jungle Flycatcher	Burung Sambar	<i>Rhinomyias gularis</i>
Large Frogmouth	Burung Segan	<i>Batrachostomus auritus</i>	Whitehead's Spider Hunter	Burung Kelicap	<i>Arachnothera juliae</i>
Edible-nest Swiftlet	Burung Layang-layang Gua	<i>Collocalia fuciphaga</i>			

SNAKES, REPTILES AND AMPHIBIANS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Snakes			Reptiles		
Reticulated Python	Ular Sawa	<i>Python reticulatus</i>	Estuarine Crocodile	Buaya Katak	<i>Crocodylus porosus</i>
Short Python	Ular Sawa Tikus/ Batu	<i>Python curtus</i>	Malayan Gharial	Buaya Jenjolong	<i>Tomistoma schlegeli</i>
Red-tailed Racer	Ular Pokok	<i>Elaphe oxycephala</i>	Malayan Box Turtle	Kura-kura	<i>Cuora ambionensis</i>
Paradise Tree Snake	-	<i>Chrysopelea paradisi</i>	Mangrove Terrapin	Tuntung Sungai	<i>Batagur baska</i>
Malayan Green Whip Snake	Ular Pokok	<i>Dryophis mycterizans</i>	Monitor Lizard	Biawak	<i>Varanus salvator</i>
Malayan Krait	Ular Pokok	<i>Bungarus candidus</i>	Common House Gecko	Cicak Rumah	<i>Hemidactylus frenatus</i>
Banded Krait	Ular Katam	<i>Bungarus fasciatus</i>	Common Flying Lizard	Cicak Terbang	<i>Drako volans</i>
Banded Malaysian Coral Snake	Ular Matahari	<i>Matocora intestinalis</i>	Amphibians		
Cobra	Ular Sendok	<i>Naja naja</i>	Common Asiatic Toad	Katak Puru	<i>Bufo melanostictus</i>
King Cobra/Hamadryad	Ular Tedong	<i>Naja hannah</i>	Bullfrog	Katak Kuak	<i>Kaloula pulchra</i>
Malayan Pit Viper	Ular Beludak	<i>Ancistrodon rhodostoma</i>	Malayan Tree Frog	Katak Cina	<i>Rhacophorus leucomystax</i>
			Wallace Flying Frog	Katak Terbang	<i>Rhacophorus nigropalmatus</i>
			Green Turtle	Penyu Hijau	<i>Chelonia mydas</i>
			Hawksbill Turtle	Penyu Sisek Karah	<i>Eretmochelys imbricata</i>
			Leatherback Turtle	Penyu Agar	<i>Dermochelys coriacea</i>

BUTTERFLIES AND BEETLES

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Butterflies			Beetles		
Oleander Moth	-	<i>Daphnis nerii</i>	Rhinoceros Beetle	Kumbang Badak	<i>Oryctes rhinoceros</i>
Rajah Brooke's Birdwing	-	<i>Trogonoptera brookiana albescens</i>	Stag Beetle	Kumbang Kelapa	<i>Xylotrupes gideon</i>
Common Birdwing	-	<i>Troides helena cerberus</i>	Jewel Beetle	-	<i>Dorcus titanus</i>
Painted Jezebel	-	<i>Delias hyparete metarete</i>	Long-horned Beetle	Kumbang Tanduk Panjang	<i>Prosopocoilus zebra</i>
					<i>Megaloxantha daleni</i>
					<i>Chrysochroa wallacei</i>
					<i>Batocera tigris</i>

LIST OF NATIONAL PARKS AND MARINE PARKS

STATE	PARK		AUTHORITY/MANAGED BY
	National Park	Marine Park	
Perlis	Perlis State Park		Perlis Forestry Dept.
Kedah		Pulau Payar Marine Park	Dept. of Marine Parks, Ministry of Natural Resources and Environment, Malaysia
Penang	Taman Negara Pulau Pinang		Dept. of Wildlife and National Parks, Malaysia
Perak	Royal Belum Park		Perak State Parks Corporation
Selangor	Taman Warisan Negeri Selangor		Selangor Forest Dept.
Johor	Endau Rompin Park		Johor National Parks Corporation
	Tanjong Piai Park		
	Pulau Kukup Park		
		Johor Marine Park	Dept. of Marine Parks, Ministry of Natural Resources and Environment, Malaysia
Kelantan	Gunung Stong State Park		Kelantan Forestry Dept.
	Taman Negara		Dept. of Wildlife and National Parks, Malaysia
Terengganu	Taman Negara		Dept. of Wildlife and National Parks, Malaysia
		Pulau Redang Marine Park	Dept. of Marine Parks, Ministry of Natural Resources and Environment, Malaysia
Pahang	Taman Negara		Dept. of Wildlife and National Parks, Malaysia
	Kenong Rimba Park		Pahang Forestry Dept.
	Endau-Rompin Park		
		Tioman Marine Park	Dept. of Marine Parks, Ministry of Natural Resources and Environment, Malaysia
Sabah	Kinabalu Park		Sabah Parks
	Crocker Range Park		
	Tawau Hills Park		
		Tunku Abdul Rahman Park	
		Turtle Islands Park	
		Pulau Tiga Park	
		Tun Sakaran Marine Park	
		Sipadan Marine Park	
Sarawak	Bako National Park		Sarawak Forestry Dept.
	Gunung Mulu National Park		
	Niah National Park		
	Lambir Hills National Park		
	Similajau National Park		
	Gunung Gading National Park		
	Kubah National Park		
	Batang Ai National Park		
	Loagan Bunut National Park		
	Tanjung Datu National Park		
	Bukit Tiban National Park		
	Maludam National Park		
	Rajang Mangroves National Park		
	Gunung Buda National Park		
	Pulong Tau National Park		
	Kuching Wetlands National Park		
		Talang-Satang National Park	
Labuan		Labuan Marine Park	Dept. of Marine Parks, Ministry of Natural Resources and Environment, Malaysia

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 degrees 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

POPULATION

28 million

PEOPLE

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

LANGUAGE

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

RELIGION

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

GOVERNMENT

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

CLIMATE

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

ECONOMIC PROFILE

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

ENTRY REQUIREMENTS

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

CURRENCY

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

BANKING HOURS

Banks in most states are open from Mondays to Fridays. The operating hours are generally from 9.15am to 4.30pm. Some branches operate on Saturdays or extend their working hours on weekdays. In Kelantan and Terengganu, banks are closed on Fridays and Saturdays. Check the websites of the relevant banks for more details. Online banking services are provided by most banks.

POST OFFICES

Most post offices are open from 8.30am to 5.00pm daily except on Sundays and public holidays. On Saturdays, the opening hours are from 8.30am to 1.00pm. Post offices are closed on the first Saturday of the month. In Kedah, Kelantan and Terengganu, post offices are closed on Fridays and public holidays.

WORKING DAYS

Government offices in all states, with the exception of Kedah, Kelantan and Terengganu, operate on a five-day week from Monday to Friday. Some private establishments are open for half a day on Saturday. Government offices in Kedah, Kelantan and Terengganu are open from Sunday and Thursday. They are closed on Friday and Saturday.

TIME

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

ELECTRICITY

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

MEASUREMENT SYSTEM

Malaysia uses the metric system.

TELECOMMUNICATIONS

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

GETTING TO MALAYSIA

The main gateway to Malaysia is through the new Kuala Lumpur International Airport (KLIA) at Sepang, which is located approximately 50km south of Kuala Lumpur. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. Malaysia has two low cost carrier terminals (LCCT), which are situated in Sepang and Kota Kinabalu.

Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. The airline is a full-fledged member of oneworld, one of the world's top three airline alliances. The national carrier is complemented by its subsidiary, Firefly, and the budget airline, AirAsia. The main entry point by sea is at Port Klang, about 50km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

GETTING AROUND

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

ACCOMMODATION

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

TOURISM MALAYSIA OFFICES

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June 2013 (0513)

(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)