



# 'In' Sites

*Sabah Travel & Leisure Guide*

<http://ebrowse.bluehyppo.com>

**TUNG FONG**  
Therapy & Reflexology  
Center Sdn Bhd  
Lot 1-4, Ground Floor & 1st Floor,  
Wisma Lau, Jalan Bundusan,  
88300, Kota Kinabalu, Sabah.  
Tel: 088-714168 Fax: 088-720178  
\* SHIATSU \* REFLEXOLOGY \* MASSAGE \* THERAPY

# A wilderness of beauty

By ANNA VIVIENNE and SANTE VILLIAMON

**S**epilok Laut Sandakan is a relatively new tourism product in the West Coast of Sabah. The doorway to this breathtaking natural vista is the Sepilok Laut Reception Centre (SLRC), situated amidst the wilds of Kabili-Sepilok Forest Reserve.

SLRC is pristine, unsullied by human development, with unspoiled eco-system. The air is cool, the water sparkling and the shrubberies untouched.

Located near the seaside, the SLRC boasts a wide abundance of flora and fauna, including birds, butterflies, mousedeaders, deer and wild buffaloes. Other wildlife includes monkeys and orang utans.

Various types of herbs are also available there. The SLRC comprise 4294 hectares of land, some of which are mangrove swamps. This natural heritage opened in 1994 and was slowly developed for tourism and research in biodiversity. It has played hosts to many people who came to the site to study nature, while enjoying its stark beauty.

Because of this, the centre has established various

facilities for recreation activities such as trekking, camping and sports. Nature and the terrain there is actually commendable to people who wish to enjoy endurance sports. It can tax them physically and mentally.

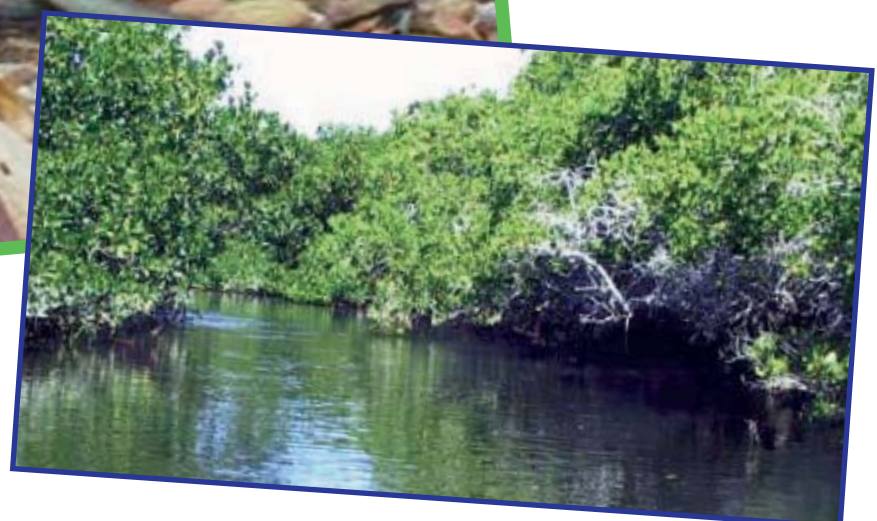
Most of us love the wild and will be averse to sleeping under the stars, but we need to have a proper toilet. SLRC does not disappoint as 500 metres away from the reception centre, there is a good washroom and a nice hall. These facilities are built by the government for the people.

This centre is only 45 minutes away from the Sepilok Urang Utan Rehabilitation Centre and 35 minutes boat ride away from Sandakan town. Boats are plenty in Sandakan, so getting to the centre is not a problem.

However, if you wish to visit the centre and need more information, call the District Forest Department at Jalan Leila, Sandakan.

Assistant Forest Superintendent Sarman Ali says his staffs are always ready to assist guests who wish to visit the area and accord them as much assistance as possible.

He says the acknowledgement of the forest reserve as a "Sabah Heritage" is in line with the development of eco-Tourism in Sabah.



**NEW SABAH TIMES**  
*Sabah's First Established Paper*

12.12.2006

Make sure you grab a copy of **INSITES TRAVEL & LEISURE GUIDE** every Tuesday, Thursday and Saturday

