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Sabah Travel & Leisure Guide

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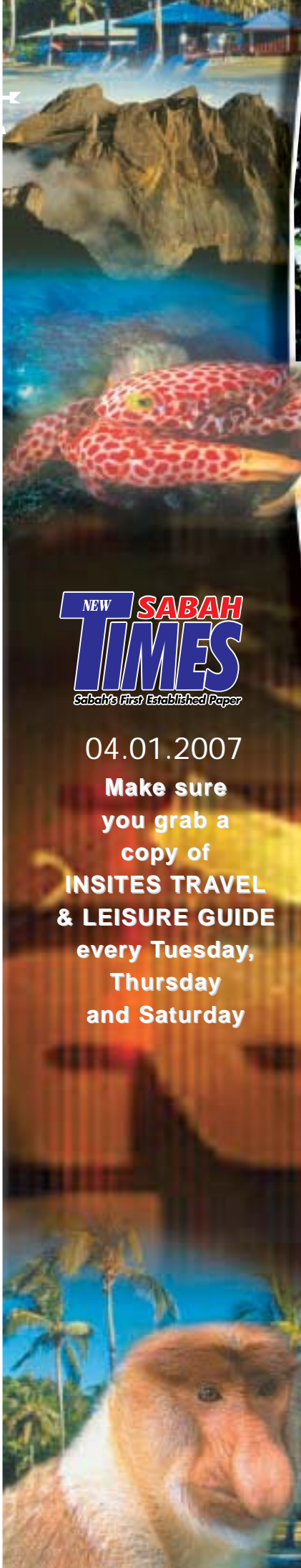
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By Anna Vivienne

at both by both tourists and long tail macaques during feeding time. The Danum Valley Conservation Area is not as 'well trodden' as the others but it is a guaranteed hit with tourists. It is the largest protected lowland dipterocarp forest in Sabah and area of 438 square kilometres. It is managed by Sabah Foundation for conservation, research, education and recreation. It is two hours drive away from the main town there which is Lahad Datu. The Danum Valley Field Centre is a research establishment for scientists and education purposes. Those who wish to stay overnight can do so at the Borneo rainforest lodge. Those who stay overnight can go for a night walk, with a good chance of

VMY 2007...

This year we will celebrate 50 years of independence and in conjunction with this event, Malaysia is inviting the international community to join in the celebration, through the Visit Malaysia Year 2007 (VMY2007) campaign. This celebration will be launched by the Prime Minister Dato Seri Abdullah Badawi at the Taman Tasik Titiwangsa Kuala Lumpur on Jan 6.

The launching hope to trigger a series of tourism related activities all over the country. I am sure tourism key players in Sabah are ready to show off their products and receive the influx of tourists expected to come into the country this year.

The likeliest areas to look at within the VMY are those in the 'well beaten track'. Tour operators and tourists cannot go wrong with them as they are appealing, interesting and attractive.

First there is the Poring Hot Springs. Sited in Ranau, it is about 40km slightly north east of the Kinabalu Park. It is in the lowland with a sulphuric spring. In the olden days they were just pools of hot water bubbling from the earth, but now this area is very developed. There are several baths there and two swimming pools.

Then there is the Mount Kinabalu in the Kinabalu National Park. It is the highest mountain in Malaysia with an altitude of 4,101 metres. The national park contains an astonishing variety of flora and fauna. Here you can see the rhododendrons, coniferous forest, alpine meadow plant and squat bushes of summit zone.

Visitors will also be able to see various types of nepenthes and orchids.

If they still want to look at wildlife, the Sepilok Orang-utan Sanctuary located about 25 kilometers north of Sandakan is a good idea. Visitors will be able to see baby orang utans being trained to forage in the wild, while at the sanctuaries these large primates are fed by wardens. They (the primates and the wardens!) are usually stared



seeing deer, wild cats and elephants.

And of course there is the Crocker Range Park. This park was actually under protection as a forest reserve prior to 1984. The park covers the north-south Crocker Range, of Sabah, It is 1399 square kilometres and is the largest park in Sabah. With the park are a tremendous number of flora and fauna some endemic to Borneo.

There are monkeys living in the park. They are the orang-utan, gibbons and the furry tarsier with its enormous round eyes. There are also the veritable monkeys.

These are only some of the places that tour guides and operators can bring their guests to during the VMY. We must always remember that what we have (traditional costume, dances etc) is unique to us and we should be proud to show it off to our guests.