

# DO YOU KNOW

By ANNA VIVIENNE



## Tunku Abdul Rahman Park

**T**he Tunku Abdul Rahman National Park is located just off Kota Kinabalu City, the State Capital of Sabah. The park was established in 1974 and comprise of about 50 square kilometres. It is mainly sea, coral reefs and five islands.

The five islands that form the park are Pulau Gaya, Pulau Manukan, Pulau Mamutik, Pulau Sapi and Pulau Sulug.

The Pulau Gaya has an area of 15 sq kilometres, with several ridges.

It is the largest island of the park and closest to Kota Kinabalu. It is covered with dense tropical forest which is an interesting feature for tourists. There are trails there that can be utilised by bird watchers. The most beautiful site in this island is the Police Bay, where the beach is located. It is an ideal place to picnic and snorkel.

Pulau Manukan comes next as the second largest. It is a beautiful island and well liked by locals and tourists alike because

of its stretches of sandy clean beach. The coral reefs are well worth looking at here.

Manukan has been developed more extensively than the other island. There are now chalets, clubhouses and restaurants as well as a diving centre in this island. Other facilities include water, electricity and telephone services.

Pulau Mamutik is the smallest island at 15 acres. Despite its size, the island has good beaches and coral reefs. There is also a jetty as well as changing rooms, toilets, picnic shelters, tables and barbecue pits. Fresh water and electricity are also available.

As for Pulau Sapi, it is about 25 acres in size and has one of the best beaches in the park. Pulau Sapi meaning Cow Island is popular for snorkling and scuba diving. There are tourists' facilities such as picnic shelters, barbecue pits, tables, changing rooms and toilets. Visitors also have a good chance to ogle monkeys as the forest is inhabited by macaques.

Sulug may be the farthest island of them all but the tranquillity that exudes from it is coveted by tourists who wish to have a quiet moment with nature. The 20 acres island also has good reef patches and can be an ideal place to snorkel leisurely.

The Tunku Abdul Rahman Park is under the purview of Sabah Parks.

## WHERE TO STAY

**Winner Hotel**  
Phone: 60 088 243222  
Fax: 60 088 217345

**Hotel Deleton**  
Phone: 60 088 252222  
Fax: 60 088 267999

**Kinabalu Daya Hotel**  
Phone: 60 088 240000  
Fax: 60 088 263909

**Berjaya Palace Hotel**  
Phone: 60 088 211911  
Fax: 60 088 211600

**Hotel Shangri-La**  
Phone: 60 088 212800  
Fax: 60 088 212078

**Likas Square Business Suites**  
Phone: 60 088 252233  
Fax: 60 088 251122

**Tang Dynasty Hotel**  
Phone: 60 088 263389 / 251155  
Fax: 60 088 263989 / 265566

**Beverly Hotel**  
Phone: 60 088 258998  
Fax: 60 088 258778

**Promenade Hotel**  
Phone: 60 088 265555  
Fax: 60 088 246666 / 253980

**Hyatt Regency Kinabalu**  
Phone: 60 088 221234  
Fax: 60 088 225972

**Le Meridien Kota Kinabalu**  
Phone: 60 088 322222  
Fax: 60 088 322223

**Nexus Resort Karambunai**  
Phone: 6 088 411222 / 411030  
Fax: 6 088 411020 / 412028

**Shangri-La Tanjung Aru Resort**  
Phone: 60 088 225800 / 41800 / 293306 (Reserv)  
Fax: 60 088 244871 / 217155

**Sutera Harbour Resort - Magellan Sutera**  
Phone: 6 088 318 888  
Fax: 6 088 317 777

**Sutera Harbour Resort - Pacific Sutera**  
Phone: 6 088 318888  
Fax: 6 088 317777

**Hotel Capital Sdn Bhd**  
23, Jalan Haji Saman  
P.O Box 11223, 88813  
Kota Kinabalu  
Phone: 6 088 231 999 (10 lines)  
Fax: 6 088 237 222  
E mail: capitalh@streamyx.com

**Beringgis Beach Resort, Papar**  
Phone: 6 088 752 999  
E mail: bbrpapar@tm.net.my

## JANUARY EVENTS

### OPENING OF THE LEGAL YEAR 2007

Date: January 2007  
Organiser: Mahkamah-Mahkamah Sabah (Kota Kinabalu) / Sabah Law Association  
Contact Person: Ummu Kalthom Bte Ahmad Samad (Deputy Registrar)  
Telephone: +60 88 523700  
Fax: +60 88 210055  
Email Contact: sabahlaw@tm.net.my

**"FALLEN HEROES" OF PETAGAS**  
Date: 21 January 2007  
Organiser: Kota Kinabalu City Council  
Contact Person: Elizabeth Borubui

Telephone: +60 88 521800  
Fax: +60 88 316137  
Email Contact: elizabeth@dbkk.sabah.gov.my

**KOTA KINABALU CITY IDOL**  
Date: February 2007  
Organiser: Kota Kinabalu City Hall  
Contact Person: Joannes Solidau  
Telephone: +6088-521800  
Fax: +6088-316137  
Email Contact: joannes@dbkk.sabah.gov.my

**CITY DAY CELEBRATION**  
Date: 02 February 2007  
Organiser: Kota Kinabalu City Hall  
Contact Person: Faradillah Abdul Rani

Telephone: +6088-521800  
Fax: +6088-233815  
Email Contact: faradillah@dbkk.sabah.gov.my

**CITY DAY REGATTA 2007**  
Date: 03 - 04 February 2007  
The city Day Regatta is held over two days, comprising of several races to determine the champions in various classes of boats. The event is held as part of the KK City Day celebrations.  
Organiser: Kinabalu Yacht Club  
Contact Person: Johnny Tan (Vice Commodore)  
Telephone: +6088240070/243070  
Fax: +60 88 243007  
Email: kyctaru1@streamyx.com

## Weekly TAMU (Open Market) in Sabah

■ Tamus are held in almost every town/district in Sabah. Most local traders gather to buy, sell or barter their farm produce, handicrafts, traditional ware, musical instruments, etc.

**SUNDAY 6am - 2pm**  
Kota Belud, Tuaran, Putatan, Papar, Babagon, Tambunan, Tenom, Membakut, Kota Marudu, Sikuati, Gaya Street Fair (Kota Kinabalu)

**MONDAY 6am - 2pm**  
Tandek

**TUESDAY 6am - 2pm**  
Kiulu

**WEDNESDAY 6am - 2pm**  
Pinggan-pinggan, Tamparuli & Kudat

**THURSDAY 6am - 2pm**  
Donggongan, Telipok, Tenghilan, Pekan Nabal, Sipitang, Tambunan, Keningau

**FRIDAY 6am - 2pm**  
Donggongan, Sunsuron, Weston, Mesapol, Kanibangan

**SATURDAY 6am - 2pm**  
Kinarut, Beaufort, Sindumin, Matunggong, Pekan Pitas

## sabahtravelguide.com

### The Ultimate Travel Guide to Sabah, Borneo's Paradise

Sabah Travel Guide.com (STG) is a comprehensive online free travel guide for visitors to Sabah, Malaysia. It is also presently the most accepted and complete information hub for tourism industry of Sabah. Main focus of STG is to create more awareness of visiting Sabah to the global tourism market and to provide an online automated market place for tourist and tour operators.

To subscribe to STG newsletter, please sign up as a member and enjoy special offers