DO YOU KNOW

By ANNA VIVIENNE

Tunku Abdul Rahman Park

THE TUNKU ABDUL RAHMAN NATIONAL PARK is sited just off Kota Kinabalu City, the State Capital of Sabah. The park was 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.

JULY EVENTS

CLIMB AND BUILD 2007
Date : April - July 2007
Organiser : Habitat for Humanity Kota Kinabalu
Contact Person : Jeannette Tong / Jessica Rosius
Telephone : +60 88 264178, 264179
Email Contact : jeannette_tong@yahoo.com, habitatkk@gmail.com

TABIN WILDLIFE PHOTO HUNT
Date : May - July 2007
Organiser : Tabin Wildlife Sdn Bhd / Intra Travel Service Sdn Bhd
Venue : Tabin Wildlife Reserve
Contact Person : Alixon Hoo
Telephone : +6088-260558 / 262558
Fax : +6088-267558
Email Contact : enquiry@tabinwildlife.com.my

THE FARMERS, BREEDERS AND FISHERMEN'S DAY 2007
Date : July 2007
Organiser : Ministry of Agriculture and Food Industry
Contact Person : Pn Jainah Markum
Telephone : +60 88 283686
Fax : +60 88 261742
Email Contact : Jainah.Markum@sabah.gov.my

PESTA RUMBIA (SAGO FEST) - BULAN CITRARASA MALAYSIA
Date : 06 - 08 July 2007
Organiser : Kuala Penyu District
Contact Person : Hasbi Abdul Ghafar / Leonard S. Poyong
Telephone : +60 87 884364
Fax : +60 87 884229
Email Contact : Hasbi.AbdGhafar@sabah.gov.my, Leonard.Poyong@sabah.gov.my

Nunuk Ragang Annual Visit
Date : 06 - 07 July 2007
Organiser : KDCA Nunuk Ragang Visit Committee
Contact Person : Dr. Othman Minuddin
Telephone : +60 88 713696 / +6019 8828817
Fax : +60 88 713350 / 238751
Email Contact : bovis@asia.com

SUTERA HARBOUR 7K SUNSET CHARITY RUN 2007
Date : 07 July 2007
Organiser : Sutera Harbour Resort
Contact Person : Communications Department
Telephone : +60 88 318888 ext 3341
Fax : +60 88 303338
Email Contact : communications@suteraharbour.com.my
Event Website : http://www.suteraharbour.com.my

COMIC AND CARTOON EXHIBITION
Date : 12 July - 06 August 2007
Organiser : Sabah Art Gallery
Contact Person : Datuk Yaman Mohd. Mus
Telephone : +088-268875
Fax : +088-210040
Email Contact : gallery_9@msn.com

ILLUSTRATION EXHIBITION
Date : 12 July - 06 August 2007
Organiser : Sabah Art Gallery
Contact Person : Datuk Mohd. Yaman Hj Ahmad Mus
Telephone : +60 88 268875
Fax : +60 88 210040
Email Contact : gallery_9@msn.com

1000 VOICES MEGA CONCERT FOR PEACE
Date : 15 July 2007
Organiser : Adventist Development Foundation (ADF)
Contact Person : Dr Saiman Sandah (Organising Chairman)
Telephone : +6017-811-1355
Fax : +6088-388337
Email Contact : charlesandah@sabah.gov.my

SEMPORNA MARINE DAY
Date : 15 July 2007
Organiser : Sipadan Water Village Resort Sdn Bhd
Contact Person : Ken Pan (Director)
Telephone : +60 89 752996
Fax : +60 89 752997
Email Contact : ken.pan@sipadan-village.com.my
Event Website : http://www.sipadan-village.com.my

MABUL MARINE DAY
Date : 16 - 18 July 2007
Organiser : Sipadan Water Village Resort Sdn Bhd
Contact Person : Ken Pan (Director)
Telephone : +60 89 752996
Fax : +60 89 752997
Email Contact : ken.pan@sipadan-village.com.my
Event Website : http://www.sipadan-village.com.my

WHERE TO STAY

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

Hotel Deleeton
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

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
Donggongon, Telipok, Tenghilan, Pekan Nabalu, Sipitang, Tambunan, Keningau

FRIDAY 6am - 2pm
Donggongon, Sunsuron, Weston, Mesapol, Kanibangan

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

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