

bed best entertainment destination
Waterfront Esplanade, Kota Kinabalu
Tel: 088 251901 / 251902

The Biggest Party In The City

World Class Live Band
International DJ

*Business & Leisure
in the Heart of the City*

Address: 7 - 9, 2F, Block D, Wisma Sinar,
Jalan Tun Fuad Stephens, 88000 Kota Kinabalu, Sabah
Tel: 088 - 522 808 Fax: 088 - 522 999

IMPERIAL
INTERNATIONAL
HOTEL

GRACE HOTEL
Lahad Datu Centre Point, 4678, Jalan Kastam Lama, Lahad Datu.
Tel: 089-881000, 089-866649 Fax: 089-887000, 089 887800
email: grchotel@streamyx.com

Festive Promotion - Promosi Perayaan

Room Rates from **RM80** nett (inclusive of breakfast)

* Terms and conditions apply - Terma dan Syarat

Excellence in Hotel Services Award Winning Hotel
IDD Telephone, Astro, Wifi, In House Movie, Coffee & Tea Making Facility,
24 hour Reception and Security, Safety Deposit Box, Shopping Arcade,
Business Centre, Restaurant, Conference and Banquet Halls,
Laundry Service, Basement Car park.

Sabah's best live seafood Restaurant

"Awarded membership diploma Les Amis D'Escofier Society"
"Awarded membership of famous chef special committee for china cuisine association"

新海港海鮮大酒樓有限公司
GRAND PORT VIEW SEAFOOD RESTAURANT SDN. BHD.



There are 40 ethnic groups under the Kadazandusun umbrella and there are many others that are not listed under this group. Each of these groups has their own culture and traditions. Although there are similarities, most of it is unique to each group.

The uniqueness of the people's culture reflects in their traditional costumes, social and community customs and inevitably their dances.

The Mognatip for instance is danced by the Murut community. It is believed to be originally a dance for warriors. The dance is actually a show of agility to avoid two bamboo poles that are banged together in a steady rhythm. When the bamboo crash together faster, the dancers have to dance faster to ensure that their ankles do not get caught in between. The Suluk people of Sabah have their own beautiful dance called the 'Daling daling.' This is an interesting dance that features courtship. The dancers move to a song which is usually sung by a man.

The Lotud people who are concentrated in Tamparuli and Tuaran area is well known for their graceful dance called the Sayau.

This dance is performed by six to eight couples. The women usually move their bodies gently and move their feet heel to heel and toe to toe. They sway their bodies to the rhythm of the gongs. In the distance they look like flowers swaying in the wind.

The male dancer usually stands and shakes small hand bells.

The Mongigol is a dance by the Rungus of Kudat and Pitas. Performed during festivities and rituals, this dance features six to eight women dances who are led by a man. The women keep their arms by their side during the dance, dancing gracefully and gently to the beats of the gongs. The man is usually more animated. This dance is performed during weddings and festivities. A visiting dignitary will also usually get to be entertained by such dancers.

Such dances are now being showcased and promoted as tourism product and as such they are performed in tourism related functions and community holidays like the Harvest Festivals.

Dancing in Tourists

- PLACES OF INTEREST IN SABAH**
- 1 Kota Kinabalu City - the international gateway to Sabah
 - 1 Tunku Abdul Rahman Marine Park - Malaysia's premier marine park comprises of five islands - Gaya, Sapi, Manukan, Mamutik and Sulug
 - 1 Beringgis Papar - KK Adventure Park
 - 1 Monsopiad Cultural Village - the house of skulls and legend of head hunter
 - 1 Kinabalu Park - Mt. Kinabalu World Heritage Site
 - 1 Poring Hot Springs - hot springs, rainforest canopy walk
 - 1 Sabah Tea - Visit to Sabah's only tea plantation of organic tea
 - 1 Klias Wetlands - mangrove wetlands, fire flies and proboscis monkeys
 - 1 Tiga Island - island where CBS series "Survivor" was filmed
 - 1 Padas Water Rafting - adventure river rafting
 - 1 Labuan Island - the international garden of Borneo
 - 1 Kota Belud Tamu - traditional Bajau natives sunday market
 - 1 Kudat Rungus Village - visit traditional rungus cultural long houses
 - 1 Tenom - the centre of Murut culture and Sabah Agricultural Park
 - 1 Batu Punggul - jungle trekking and hiking destination
 - 1 Crocker Range Park - Rafflesia research centre and jungle trekking
 - 1 North Borneo Railway - take a journey back in time through steam train
 - 1 Sandakan - the gateway to Borneo's wildlife
 - 1 Sepilok Orang Utan Sanctuary - world famous conservation centre
 - 1 Sukau - lower kinabatangan wetlands, proboscis monkey and wildlife
 - 1 Turtle Islands Marine Park - turtle conservation area which comprises of three islands - Seligaan, Bakkungan Kecil and Gulisan
 - 1 Gomantong Caves - limestone cave, bird nest collection, culture
 - 1 Langkayan Island - a fabulous diving resort of Beluran
 - 1 Danum Valley - Rainforest conservation centre
 - 1 Tabin Wildlife Reserve - Borneo's richest wildlife concentration
 - 1 Tawau Hills Park - a national park of Tawau with hot spring
 - 1 Sipadan Island - world famous diving destination
 - 1 Maliau Basin - Sabah's Lost World
 - 1 Layang-Layang Island - world famous diving destination
 - 1 Simpang Mengayau - tip of Borneo

SABAH TRAVEL & LEISURE GUIDE

Discover The Wonders Of Sabah, Borneo

This map is endorsed and supported by:

sabahtravelguide.com

Sabah Tourism Board
www.sabahtourism.com

Sabah Chapter of:
Malaysia Association of
Tours and Travel Agents
www.mattasabah.com

THE WAY TO GET YOURSELF DISCOVERED
For advertising enquiries,
Call 088-230055 (New Sabah Times)
019-840 2911 (William Sabah Travel)

