

# Enjoy

by Rekha Bhabra

# Kota Kinabalu

## Mt. Kinabalu and Kinabalu Park

Kinabalu Park with its immense richness of flora and fauna is just two hours drive from the city. It is here you can enjoy the peace and tranquillity of the forest, get some light exercise and have a wonderful day in these great outdoors. Highly recommended is a guided nature walk in Mesilau, located in the eastern part of the park, see the amazing pitcher plants like the Nepenthes Rajah, discover first hand ancient plants never to be seen in any other part of the world, and let your imagination take you back in time to the Jurassic age. This is a truly fascinating place and well worth the effort getting there. For those of you who can't resist a challenge, there's 4100m of Mt. Kinabalu waiting to test you. You will need to be relatively fit so get into some kind of exercise routine before you take it on. I've scaled it twice, and plan to do it once again. If I can do it, so can you. Call 088-212121 to do it.



## Islands

For a quick getaway escape to Manukan, one in a cluster of five islands just a 10 minute speed boat ride from the city. Its warm shallow waters, spectacular marine life, stunning display of vivid corals and white sandy beaches, is one of the best natural attractions that makes Kota Kinabalu so special. The more adventurous of those keen to see the best of the best should head for Semporna, east coast of Sabah. Sipadan, Mabul and Kapalai are a cluster of 3 islands known world wide for its crystal blue waters, white sandy beaches and beautiful under water coral.

## Shop Till You Drop

Grab the opportunity to enjoy amazing discounts and special offers during this coming year end sales. Best places to shop: Warisan Square, Centre Point, Wisma Merdeka, Complex Karamunsing and Handicraft Market.



## Poring Hot Springs

Poring Hot Springs is a good 3 hours drive from Kota Kinabalu, it might be worth while to spend a night here. Sabah, or North Borneo as it was previously called, was invaded and occupied by the Japanese during the Second World War. Prisoners of War were commissioned to harness the previously natural setting at this location and it was turned into Japanese style hot tubs. After a soak in the therapeutic thermal baths, take the canopy walk for a greater appreciation of centuries old rainforest, Call Sabah Tourism on 088-212121 for more information.



## Orchid De Villa

Located in the heart of Kampung Kawakaan, Inanam, just a 20n minute drive from the city is the largest orchid farm I have ever seen. It's got a selection of over 300 types of orchids of every size, shape and colour imaginable. It is awesome, spectacular and educational., take the tour guide; it's worth it. The route I took to get there was via Kiansom Road and follow the signs, it is rough road so take it slow, a perfect drive for all those who possess a four wheel drive (although I did see Kancils parked outside the farm). Call 088-380611 for more information.

## 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

Radius International Waterfront  
Kota Kinabalu  
Phone: 6 088 525969 / 447200  
Fax: 6 088 525967  
Email: www.radius-waterfrontkk.com

Imperial International Hotel  
Kota Kinabalu  
Phone: 6 088 522888 / 447200  
Fax: 6 088 522999 / 442300  
Email: www.imperialkk.com