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RECENTLY, Sarawak Day or Gawai Daya in Sarawak, during the first week of June, I was informed that on the eve of June 21, longhouses beginning with the word 'Muai Antu' (glutinous rice is 'ngelulun pulut'). new mats are laid in the common room for the ceremony.

Around 6pm, the evening ceremony will take place, 'gendang' is performed.

Dinner is served

PLACES OF INTEREST IN SABAH

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

SABAH TRAVEL & LEISURE

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