

Paragliding

SURFING THE SABAH SKIES




Want to enjoy a spectacular view of rolling hills and valleys with the wind in your hair, caressing your face? Strap on a pair of 'wings' and go paragliding right here in Sabah! Under the joint efforts of the Malaysian Paragliding and Hang Gliding Association and Outdoor Numerous Experience (ONE) Project, paragliding is fast becoming a popular sport among thrillseekers here.

Located at the foothills of Mount Kinabalu, Kampung Kiau in Kota Belud has been identified as one of the most ideal spots for paragliding. The hilly area and constant winds from the west coast ensure that the sport can be conducted all year round. Safety is paramount, which is why the organizers adhere to international safety standards at all times. A professional trainer will guide you through the basics, introducing you to various safety measures and the use of all the equipment. Beginners can opt to fly with their instructor and eventually—with practice and newly-gained confidence—spread their own 'wings'! The adrenaline rush you feel as your feet leave the ground is quickly replaced by a feeling of awe as you soak in the fantastic view before you: rolling green hills and valleys, perhaps even a glimpse of Mt. Kinabalu.


But the experience isn't merely 2000 feet above ground. Be sure to take some time to participate in unique 'kampung' activities during your time here, giving you a better insight into the daily grind of village life at Kg. Kiau, Kiau Nulu, Kg. Gahui, Lobong-Lobong or Kaung. Try rubber tapping or working in the paddy fields. If you wish to explore the surrounding sights, go mountain biking and at the end of a long day, nothing beats a refreshing dip in the nearby Kadamaian River.

Are you ready to fly?

For more information, please contact Captain (B) Ikhwan Azillah at tel. 019 373 4858 or Orkid Jamilah at 014 852 4165.



Bella Italia
Pizzeria Ristorante Cafe



Authentic Italian food made by Authentic Italian Chef

- 3 Course Set Lunch @ RM19.90 -
- Stone oven baked pizza -
- Homemade pasta -
- Fish, beef, lamb -

Bella Italia
(Jesselton Hotel)
69 Jalan Gaya, 88000 Kota Kinabalu.
Tel. 386-313300

Open Daily: 7am - 10:30pm