



*Six Senses*  
Spa & skin therapeutic house

*2nd year anniversary promotion*

**Traditional Body Scrub +  
 Hot Stone Detox Therapy**  
 - 2hrs RM 188 (normal price RM 298 )

Fantastic experience! Very healing and relaxing, especially the hot stone detox. A must for KK visitors.  
 - Maria, Russia -

This was very a exciting experience and something to remember when you are in your old home country in Sweden.  
 - Felley, Sweden -

あー、汗も手も乾いた。石の温かさがアラスカで受けた普通のマッサージより良かった。アイディアがいいですね。マッサージが足のしこりをときほかしてくれ気持ち良かった。足の裏もやって頂きたい気持ちでした。またこの次にお願います。  
 YUKI/HIROYUKI SHIRAKAWA

エステには何回か行ったことがありますが、初めてホットストーンを使ったマッサージを体験しました。とても気持ち良かったです。次回はフェイシャルやワットを別に、ぜひみたいです。  
 CHIKAKO ADAMI

*Business Hour: Mon - Sat 9:30am - 6:30pm*  
 To make appointment, contact Six Senses at  
 Lot 2-1-2, Phase 2, Kelam Centre Hilltop, Luyang,  
 Jalan Lintas, Kota Kinabalu, Tel: 088 213162

Strap on those hiking shoes and get ready to explore the untouched forest of Tawau's Bukit Gemok. Situated 10 km from the city centre, Bukit Gemok (Gemok Hill) has recently become a popular spot for avid trekkers and Hash runners who love the challenge of varied terrain. Bukit Gemok is approximately 428 metres above sea level and is part of the Bukit Gemok Forest Reserve, covering 445 hectares.

The hike begins with an easy trail of concrete stairs which eventually 'disappear' and make way for natural ground. The uphill walk is fairly challenging, particularly for beginners. Watch out for rocks, bulging tree roots and the like. Some parts get steeper and more demanding, but the beautiful natural surroundings make it all worthwhile. Along the way there is so much to marvel at, such as the giant trees that seem to stretch endlessly to the sky and the elusive creatures that scurry about. There are seven huts along the way for walkers to rest and relax. After hiking for about an hour (depending on your

fitness level), you will arrive at the Titian Selara canopy walkway. At 231 metres long, it is deemed one of the longest canopy walkways in Sabah. Your 'struggle' to the top will be worthwhile once you get a glimpse of the breathtaking view of Tawau from this high up. The stunning scenery spans the town centre, the picturesque coastline and its surrounding areas. The trek down Bukit Gemok should take a shorter time, but be warned that the trail becomes muddy and slippery during the rainy season, so exercise extra caution.

The forest reserve was developed in the early 1990s and is now equipped with basic facilities such as washrooms and rest huts along the trail. Any land vehicle can be used to get to Bukit Gemok. Just be sure to dress comfortably, drink plenty of fluids and get ready to soak in the majesty of the lush greenery along the trails of Bukit Gemok.

**For more information, contact the Tawau District Forestry Office at: 089-761833 / 761835 / 761863 or Forestry**

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