

The Rainforest Discovery Centre



For those wanting to know more about the rainforest, make your way to the Rainforest Discovery Centre (RDC) in Sandakan. Located in the famous Kabili-Sepilok Forest Reserve where the Sepilok Orang Utan Rehabilitation Centre is located, the RDC is a centre for environmental education.

The RDC is probably one of the most accessible rainforests in Sabah with a primary function to create public awareness and appreciation of the importance of conservation and sustainable use of forest resources. The Centre is dense with plants from the rainforest and not only with plants from Borneo but also plants from all over the world. The collection within the facility includes tropical American plants, giant orchids, Rheophytic (carnivorous) plants as well as an array of arid plants (plants that live in extremely dry conditions).

The RDC also has a 147-metre steel canopy walkway – not only does it offer a spectacular view of the lush jungle surrounding it, but the walkway and its towers are a bird-watcher's venue to spy on the birds that fly its skies. 250 species of birds roam the RDC, including hornbills, pitas, kingfishers, broadbills and the elusive and much sought-after Bornean bristlehead.

The 800m Rainforest Discovery Trail will be a walk amongst gigantic dipterocarp and mengaris trees –which is quite a magical experience. The trail will also give you the chance to see tarsiers, mouse deer, geckos, insects, civets and flying squirrels between the trees so keep an eye out for these little creatures on the night walk!

The visitor's building contains an educational and informative exhibition hall which focuses on the plants and animals of Sabah – numerous posters spell out the flora and fauna that abundantly live within the jungles of Borneo. Learning more about the rainforest will make your walk through the RDC a little more fascinating and will certainly open your eyes to the significance of the rainforest in its role in the world's existence.

So if it's to Sandakan you are going, spare a couple of hours here at the Rainforest Discovery Centre – it will be a stop well worth!

For more information, contact the Rainforest Discovery Centre at 089 533780, 089 533781, email them at rdcsepilok@yahoo.com or visit their website at www.forest.sabah.gov.my/rdc. Entrance fees apply.

SUZI-VARI
Back & Neck Massage

A unique Borneo Relaxation Experience like no other

DUSUN LOTUD INAN BODY THERAPY
Duration: 1 hour 45 mins

This relaxing body therapy treatment uses techniques applying pressure with hands to the various pressure points in the body, magically unblocking the flow of energy, relieving tension and relaxing the muscles especially on the back, neck & shoulder.

TRADITIONAL DUSUN LOTUD INAN BODY THERAPY
Winner of Best Traditional Treatment Award 2011 & Wellness Award 2012

Monday to Saturday
Sunday & Public Holiday

Tel: 860-881-272-606 Email: sales@sujiVari.com.my
Pusat Perdagangan, Jalan Pintas, Block B, Lot 21
www.sujiVari.com, Tanjung Aru, Kota Kinabalu, Sabah

MEGAH D'ARAS
HOTEL • KOTA KINABALU

Your Affordable, Friendly Neighborhood Hotel

Located in the heart of Tanjung Aru Township, Megah D'Aras Hotel is less than 5 minutes drive from the Kota Kinabalu City centre and the Kota Kinabalu International and Low Cost Terminal Airport. Rated as a 2-Star budget hotel, its 72 tastefully furnished rooms are equipped with modern conveniences to meet the needs of discerning business and leisure travelers. Its 'value-for-money' room rates and easy access to places of interest within the greater Kota Kinabalu metro area complemented by the warm Sabahan hospitality from its friendly and ever helpful staff makes Megah D'Aras Hotel your preferred place to stay.

Tanjung Aru Township

www.megahdaras.com

For more info, please contact: No. 7, 115, Kinabalu, Tanjung Aru, Trusmi, 89100 Kota Kinabalu, Sabah, Malaysia.
Tel: 860-230888 / Fax: 860-239777 / Website: www.megahdaras.com, Email: info@megahdaras.com