

Sabah

Malaysian Borneo

August 2007 Volume 78

RM 1.00



TM 21st Mt Kinabalu International Climbathon



INSIDE: Revealing Ranau, What's New at Kadaiku, Events, Listings and more!

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Your guide to the Land Below The Wind

Sabah Malaysian Borneo (SMB) is a monthly publication focused on promoting tourism in the State to both international and domestic visitors. The bulletin is the official publication of Sabah Tourism Board and was first introduced in March 2001. The publication includes information on places of interest, latest news in the tourism and Travel industry, features on events, places of interest, eating out locations, entertainment and many more. The SMB also includes foreign language sections, mainly Bahasa Malaysia, Chinese, Japanese and Korean.

Copies are currently distributed to hotels and resorts as room copies, travel agencies, tour operators (local), foreign embassies, Sabah Tourism's Tourist Information Centres, Malaysian Tourism Promotion Board's Tourism Information Centres (worldwide), major airlines, Government offices in Sabah, schools, libraries and many more.

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Sememangnya Kelapa...

PESTA KELAPA 2007

7 - 9 September 2007

Head north to the district of Kudat and celebrate the Pesta Kelapa or Coconut Fest. Join the local folks as they celebrate the many uses of the coconut tree, from its refreshing coconut water to the shady palms. A host of activities including traditional games, fun contests and exhibitions await you. It's all happening at Pekan Tomborongus, Kudat this September. See you there!



For more information, please contact:
Kudat District Office / Tourist information Centre
Tel: 088-611306 / 232121
Fax: 088-611303 / 265540
Email: sebastian.lim@sabah.gov.my
zachary@sabahtourism.com



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Malaysian Borneo

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Editorial

Kopivosian! August is a month of celebration and remembrance. This year, Malaysia enters its 50th year of independence on August 31 - A Golden Jubilee celebrated by the whole nation at its grandest level. It is a time when the lines between race, age and gender are blurred and we only identify ourselves as proud Malaysians. To see Malaysia come this far is astounding but even more exciting are the prospects of the future.

But as we celebrate our independence, let us not forget the sacrifices made in making our nation what it is today. During World War II, many Australian and British servicemen fought alongside our local patriots to fight invading forces. One of the biggest scars in our history is none other than the infamous Sandakan Death March, where allied Australian and British servicemen were forced to march from Sandakan to Ranau between January to June 1945. Conditions were horrendous and in the end, only 6 men survived the march. Every year, relatives and friends of the Prisoners of War (POWs) who were in march come to Sabah to commemorate their bravery during the Sandakan Memorial Day on August 15 (p.4). I had the honour of meeting Lynette Silver and Tham Yau Kong recently: Two key figures in keeping the history of the Sandakan Death March alive, lest we forget. For those interested in retracing the steps of the POW's or would like more information on the Sandakan Death March, visit <http://www.sandakan-deathmarch.com>



With Tham Yau Kong and Lynette Silver

Think you're tough enough? Then check out the TM 21st Mt. Kinabalu International Climbathon which takes place on August 25 and 26 (p.4). Dubbed the World's Toughest Mountain Race, watch the top mountain runners make their up and down Mt. Kinabalu in under 3 hours - an amazing feat considering most of us take two days to complete the trek! Also happening this month is the Annual Borneo Orchid Show and Menara Tun Mustapha BASE Jump. Refer to our Calendar of Events for a full listing of what's happening in Sabah this month.

From poignant memorial services to colourful parades, come and experience it all here in Sabah. It will be a holiday like no other!

Melissa Leong
Melissa Leong
Editor

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Calendar of Events

Sipitang GATA Festival 2007 3-5 August

The 3rd GATA Festival—which is short for Gasing (spinning top) and Tamu (open air market)—will take place in Sipitang in August. The event features a myriad of events, highlighting the traditional game of 'gasing' and the tamu. Among the events at the festival are the Gasing Sipitang Championship, traditional local food carnival, a Silat (a Malay art of self-defence) championship and a photography competition. You can also witness the biggest Kulintang musical ensemble in Malaysia perform for their entry in to the Malaysian Book of Records, have a go at traditional games and sample delicious local fare.

Organiser: District Office of Sipitang
For further info: The Secretariat / District Office of Sipitang
Tel: +60 88 253319 or 318845 / +6087-821963 / 851 965
Website: <http://www.gatasipitang.gov.my>

KK Jazz Festival 11 August

Kota Kinabalu's first Jazz Festival will be taking place this month at Jesselton Point. Come and groove to the musical renditions of Malaysian talents such as Farid Ali (Mr. Gambus), June Tan, Jazzelton Quintet, Double Take, featuring Sabah's very own Mia Palencia and Roger Wang and many more. In conjunction with the festival, don't miss the Sunday Matinee Jazz Jamming session by local musicians at the Hyatt Regency Kinabalu Atrium from 3-5 pm from 22 July to 5 August. Music workshops on the gambus, guitar and drums will also be held on 11 August at Music Mart Likas from 11am to 1pm.

Organiser: Kota Kinabalu Rotary Club / Society of Performing Arts Kota Kinabalu Sabah (SPARKS)
For further info: Frankie Fu / Datuk Adeline Leong
Tel: +6088 - 428 639 / +6088-222939

Menara Tun Mustapha BASE Jump — Merdeka Circuit 2007 11-12 August

In conjunction with Merdeka Day, BASE jumpers from around the world will be making their historic leap off the Menara Tun Mustapha as part of the KL Tower International BASE Jump Merdeka Circuit 2007. Sabah is one of the five locations selected for this exciting jump. Come join the action at Menara Tun Mustapha this month!

Organiser: Menara Kuala Lumpur Sdn. Bhd.
For further info: Zachary Mobijohn
Tel: +60 88 232121 Fax: +60 88 265540
Email: zachary@sabahtourism.com

Sabah Tea Adventure Race 2007 12 August 2007

40km race that combines off-road mountain biking, jungle running, obstacle and river-crossing is designed within the Sabah Tea Garden, which became the 1st recipient of Tourism Malaysia's Best Tour Programmed from Educational Tourism Award in 2005.

Organiser: Sabah Tea Sdn Bhd
For further info:
Tel: +60 88 440882 Fax: +60 88 440883, 423448
Email: star2007@sabahtea.net

Sandakan Memorial Day 15 August 2007



During WWII, approximately 2400 allied prisoners were held in Sandakan, North Borneo. Between January to June 1945, groups of prisoners were sent on 3 separate torturous 160-

mile marches from Sandakan to Ranau, known today as the infamous Death March. Only 6 men survived. To commemorate those who died and suffered the terrible atrocities, relatives and friends in Australia have initiated August 15 as the Sandakan Memorial Day. The memorial service will be held at the Sandakan Memorial Park which was once the site of the POW Camp.

Organiser: Sandakan Municipal Council
For further info: Catherin Chua
Tel: +60 88 224026, 229751, 275400 Fax: +60 88 272112, 274659
Email: Catherin.Chua@sabah.gov.my

Launching of Merdeka Month 17 August 2007

The launching of Malaysia's Merdeka (independence) month is held nationwide simultaneously.

Organiser: Kota Kinabalu City Hall
For further info: Elizabeth Borubui
Tel: +60 88 521800 Fax: +60 88 316137
Email: elizabeth@dbkk.sabah.gov.my

Fruits and Flowers Festival 18-19 August 2007



Visit the Sabah Agriculture Park for a chance to taste local, exotic and wild fruits and enjoy the beautiful blooms found within the park. There are also various activities organized and local fruits such as durians, rambutans and mangosteens will be on sale.

Organiser: Sabah Agriculture Park
For further info:
Muhiddin Hj. Ismail / Puan Wan Masamah Wan Abedin
Tel: +60 87 737952, 737558 Fax: +60 87 737571
Tel: +60 88 258529 Fax: +60 88 258529
Email: agripark@sabah.net.my

Piano Recital by Bobby Chen 25 August

Sandakan-born Bobby Chen will be performing in Kota Kinabalu at the Yayasan Sabah Mini Auditorium. The pianist has become a household name in Great Britain and the Far East, having performed in Bridgewater Hall and the Royal Festival Hall to name a few. Come and watch this award-winning pianist in action this month. Concert begins at 7:30pm. Tickets are available at Pang Pianos (+6088-266670) and Music Mart (+6088-232629).

Organiser: Kota Kinabalu Music Society
For further info: Helen Tseu
Tel: +60 88-437322
Email: hemiola@streamyx.com
Website: www.geocities.com/kkmusicociety

Borneo Orchid Show 2007 23-26 August

Orchid lovers will delight in the amazing display of orchids at this year's Borneo Orchid Show. The show at Anjung Perdana, Tanjung Aru Beach will open to the public from 9:00 am to 9:00 pm. The 4-day show will also feature a flower arrangement workshop, orchid photography exhibition, sale of handicrafts

and an opportunity to purchase orchids, cacti, books, orchid-motif batik and many more items

Organiser:
Kota Kinabalu City Hall / Borneo Orchid Society Sabah
For further info:
Albert Yong / Chee Thung Phan / Darna Badawi
Tel: +6012 803 8724 / +6012 838 2335 / +6088-244019 or 012 815 5897
Email: suhinyz@hotmail.com / bekchee@tm.net.my

50th Anniversary of Independence Day and Birthdays of Sabah's Head of State Special Exhibition 24 August – 18 November 2007

An exclusive exhibition showcasing the outstanding achievements of Malaysia since gaining independence fifty years ago. This special exhibition depicts past and present Malaysian leaders and their people's struggle to achieve independence and filling the gaps of development after achieving independence. It also exhibits the life history of the Head of State of Sabah and related cultural and arts activities at the Sabah Museum Complex.

Organiser: Sabah Museum
For further info: Datuk Joseph Pounis Guntavid
Tel: +60 88 253199 Fax: +60 88 240230
Email: Muzium.Sabah@sabah.gov.my

Merdeka Day Regatta 2007 25-26 August 2007

Held in conjunction with National Day Celebrations, this regatta uses different classes of boats and is open to sailors from around the world.

Organiser: Kinabalu Yacht Club
For further info: Johnny Tan (Vice Commodore)
Tel: +60 88 240070, 243070 Fax: +60 88 243007
Email: kycaru1@streamyx.com

Malaysian Craft Exhibition



29 August-3 September

More than 70 craftspeople will participate in the Malaysian Craft Exhibition, to be held at Lintasan Deasoka, Kota Kinabalu. Visitors can also purchase all sorts of handicrafts, sample delicious local fare and have a go at traditional games.

Organiser:
Malaysian Handicraft Development Corporation (Sabah) / Kota Kinabalu City Hall
For further info:
Malaysian Handicraft Development Corporation (Sabah) / Syron A. Tunggolou
Tel: +60 88 433461 or 423471 / +6088 521 787

Merdeka Day 31 August 2007

On 31st August 1957, the Federation of Malaya States gained its independence from the British. Hence, this day is known as "Hari Merdeka" or Independence Day. Every state will have a march-past simultaneously with the National level held in Kuala Lumpur.

Organiser: Kota Kinabalu City Hall
For further info: Elizabeth Borubui
Tel: +60 88 521800 Fax: +60 88 316137
Email: elizabeth@dbkk.sabah.gov.my

Don't Miss...

11 August 2007



For more information, please contact:
Datuk Adeline Leong
Tel: 088-222939
Email: adeline@iec.com.my



For more information, please contact:
Mr. Martin Kong Abdullah
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For more information, please contact:
Kota Kinabalu City Hall
Tel: 088-521800 Fax: 088-316137
Email: elizabeth@dbkk.sabah.gov.my

Sabah's tourism industry is one of the major contributors to the State's economy, which is rapidly developing at a rate that distinguishes it as a force to be reckoned with. At the helm is the newly-appointed Minister of Tourism, Culture and Environment, Datuk Masidi Manjun, who aims to spearhead Sabah's tourism efforts with fierce determination. Datuk Masidi hails from Ranau and has long been in service to the State. Prior to becoming the Minister of Tourism, Culture and Environment, he served as the Minister of Youth and Sports from 2004 to 2007.

At the recent 'Afternoon With The Minister' a session with the tourism players, Datuk Masidi shared his hopes, aspirations and directions for the industry. He expressed that the key to Sabah's tourism industry's continuous success is to uphold the quality of goods and services while striving for improvement. "We must not rest on our laurels. There must be continuous effort to be better in all we do," he said. The Minister cited the example of how the current expansion development works of the Kota Kinabalu International Airport (KKIA) has curtailed charter flights into Sabah, hence affecting arrivals into the State. However, he stressed that tourist target arrivals are mere numbers and believed in the adage that "quality is more important than quantity." He further emphasized on the importance of providing quality service in order to attract quality tourists, hence making Sabah a world-class destination.

In our drive to bring the tourism industry to the forefront, Datuk Masidi reminded that tourism has the capacity to contribute towards the alleviation of poverty for the rural community. "Tourism has created many jobs, both directly and indirectly. It is a vehicle and instrument to elevate the income of rural Sabah," he said, citing examples such as homestay programmes. One of the strategies is to identify scenic routes and districts which make

Minister of Tourism, Culture and Environment Sabah Datuk Masidi Manjun: *His vision and aspirations for Sabah*

ideal locations for such homestay programmes. Such developments not only help the local community but attract tourists to enjoy Sabah's natural surroundings while experiencing our culture and warm hospitality. Another vital effort in the pipeline is the building of infrastructures to facilitate the expansion of the tourism industry to rural Sabah. "These basic amenities include restaurants and eateries as well as toilets, particularly along the main trunk roads from Kota Kinabalu to Sandakan, Kota Kinabalu to Tenom and Kota Kinabalu to Sindumin – the last being an important and major access for our visitors from Brunei," he said. He added that maintenance and cleanliness are top priorities. Datuk Masidi also addressed the need for conserving the environment, an effort that must begin with the cleaning up of our rivers. "It is a sad sight to see our beautiful rivers plagued with rubbish. Not only is it an eyesore, but a threat to our health and environment...We must step up and clean our rivers before it is too late," he said. The Minister concluded that maintaining high quality standards remain the main focus of the industry. With concerted efforts, a clear vision and a leader of great abilities to pave the way, Sabah's tourism industry is set for greater heights.





TM 21st Mt Kinabalu International Climbathon, 25–26 August

It will be an exciting race to the peak and back during the TM 21st Mt Kinabalu International Climbathon. This annual mountain race has grown into a world renowned sporting event that attracts top mountain runners from around the world, including Spain, Andorra, the UK, Venezuela, Mexico, Japan, Germany, Singapore and the Philippines. During the competition, runners complete the 21-km trail in an amazing time of 2–4 hours, scaling the 4,095.2 metre-high Mount Kinabalu. The Climbathon is endorsed by the Federation of Sport at Altitude as one of official races for the 7-series Federation for Sport at Altitudes (FSA) Buff Skyrunning World Championship, and offers a total prize money of US\$33,400.

This year, TM is once again the official title sponsor of the Climbathon, having generously sponsored RM400,000.00 for the success of this event. The Women's Open and Men's Veteran races will take place on 25 August, followed by the Men's Open on the next day. Apart from watching the race, spectators can also take part in the many activities organised by TM for all to enjoy, including the drawing competition for students.

The Climbathon first started in 1987 as a Sabah Parks' project to develop a rapid rescue squad—a team of rangers who can bring down injured climbers fast (especially useful during bad weather when helicopter rescue is not possible). The Sabah Tourism Board took over the organization of this event in 1995.

For more information, contact Balwant Singh Kler (Race Director) or Zachary Mobijohn (Organising Secretary) at tel. no 088-232121 or send an e-mail to balwant@sabahtourism.com or zachary@sabahtourism.com



Sandakan Memorial Day 15 August

A poignant service will be held at the Sandakan Memorial Park to commemorate the Allied servicemen and locals who suffered the atrocities of the Sandakan Death March during World War II. The Sandakan Death March saw groups of prisoners sent on three separate 160-mile marches from Sandakan to Ranau between January and June 1945. Only six men survived. Relatives and friends of the POWs will attend the memorial service, which begins at 7 am, and witness a wreath-laying ceremony. All are welcome.

For more information, please contact Catherin Chua at 089-224026, fax 089-274659, e-mail Catherin.Chua@sabah.gov.my

Fruits & Flowers Festival, 18–19 August

Come and see the sprawling Sabah Agriculture Park and Gardens in Tenom in full bloom during the annual Fruits and Flowers Festival. The two-day event is a great opportunity for visitors to stroll through fruit orchards and sample local delights including mangosteens, rambutans, dragon fruit and the King of Fruits, the durian. Every year, the Park puts up a mini fruit sculpture, made up of many different kinds of fruits and nuts obtained

from the Living Museum of Crop Plants in the Park—a sight not to be missed! Visit the various gardens at the park and marvel at the wide array of blooms, from rare orchids to lush ferns.

For more information, please contact Sabah Agriculture Park at tel. no 087-737952/ 088-258529, fax 087-737571 / 088-258529 or e-mail agripark@sabah.net.my. Alternatively, visit the website at www.sabah.net.my/agripark.



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www.borneoseawalking.com

email: franliew@tm.net.my



Sabah Tea Adventure Race, 12 August

Head to the Sabah Tea Garden in Kg. Nalapak, Ranau for the annual Sabah Tea Adventure Race. Challenge your physical and mental endurance to the limit as you complete some 45 km of mountain biking, jungle running and various obstacle courses within Sabah Tea garden's surrounding areas. Categories include Men's Open, Men's Veteran and Women's Open. Registration fees are at RM50 per person. A special rate of RM80 is available for those who opt to stay overnight prior to the

day of the race (rate includes registration fees, accommodation and meals). Participants will be flagged off at 8:30 am. There's plenty to see and do while visiting the Sabah Tea Garden. In fact, the Sabah Tea Garden tour package was awarded Tourism Malaysia's Best Tour Programme for Education Tourism in 2005. See you there!

For more information, please call 088-440882 or visit the website at www.sabahtea.net.



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News

An Afternoon with the Minister

Some 120 key tourism players spent an afternoon with the Minister of Tourism, Culture and Environment Sabah, Yang Berhormat Datuk Masidi Manjun, at the Pacific Sutera Ballroom recently. The Minister addressed several tourism, culture and environment-related issues in his speech and met with various individuals from the industry.



Lok Kawi Wildlife Park Open Day

The Lok Kawi Wildlife Park held its Open Day on 7 July 2007, launched by Yang Berhormat Datuk Masidi Manjun, Minister of Tourism, Culture and Environment Sabah. The event also saw the signing ceremony of a Memorandum of Understanding (MoU) between Sabah Wildlife Department and Tokyo Zoological Park Society. Entrance was free for those visiting the park on Open Day. The 280-acre park, which is located some 25 km from the city, features a myriad of wildlife and includes an aviary, conservation and recovery centre, children's zoo and an upcoming reptile house.



Mataking Reef Day

The Reef Dive Resort in Mataking held the Mataking Reef Day in June as part of the world wide PADI Project Aware Programme. More than 60 school students, in-house guests, staff and divers participated in various activities to promote the conservation and preservation of our coral reefs and the environment through clean-up sessions and educational talks. Divers assisted with rubbish collection underwater while non-divers cleaned up the beach.





Borneo Orchid Show 2007, 23–26 August

Orchid lovers will delight in the amazing display of orchids at this year's Borneo Orchid Show. The show at Anjung Perdana, Tanjung Aru Beach will open to the public from 9:00 am to 9:00 pm. It will be launched by the Chief Minister of Sabah, YB Datuk Seri Musa Aman at 9:30 am on 23 August. This is the best time to view some of Borneo's exotic and rare orchid species. The 4-day show will also feature a flower arrangement workshop, orchid photography exhibition, sale of handicrafts and an opportunity to purchase orchids, cacti, books, orchid-motif batik and many more items.

Held in conjunction with the celebration of Malaysia's 50 years of independence and Visit Malaysia Year 2007, the event is jointly organized by the Kota Kinabalu City Hall and Borneo Orchid Society Sabah.

For more information, please contact Albert Yong at 012 803 8724, e-mail suhinyz@hotmail.com, Chee Thung Phan at 012 838 2335, e-mail bekchee@tm.net.my or Darna Badawi at 088-244019 / 012 815 5897.



Merdeka Day, 31 August

This year, join the nation as we celebrate 50 years of independence on Merdeka Day. There will be grand festivities as people from all walks of life proudly celebrate the golden jubilee of independence. Come and witness the parade in Kota Kinabalu, which will take place along Jalan Tun Fuad Stephens (in front of Promenade Hotel).

For more information, please contact Elizabeth Borubui of Kota Kinabalu City Hall at telephone no. 088-521 788.

50th Anniversary of Independence Day & Birthday of Sabah's Head of State 24 August–18 November

Don't miss this exclusive exhibition showcasing the outstanding achievements of Malaysia since gaining independence 50 years ago. The exhibition depicts past and present Malaysian leaders and the people's struggle to achieve independence and fill the gaps in development after achieving independence. It also exhibits the life history of the Sabah's Head of State. Various related cultural and arts activities will also be held at the Sabah Museum complex.

For more information, please contact the Sabah Museum at telephone no. 088-253199 or e-mail Muzium.Sabah@sabah.gov.my

Menara Tun Mustapha BASE Jump — Merdeka Circuit 2007, 11–12 August

BASE jumpers from around the world will be making their historic leap off the Menara Tun Mustapha as part of the KL Tower International BASE Jump Merdeka Circuit 2007. Jumpers will be visiting five locations around Malaysia to make the historic jumps—Sarawak, Sabah, Kedah, Penang and Kuala Lumpur. The Circuit will start on 7 August and will conclude on 26 August at the Kuala Lumpur Tower. Sabah will be the second stop on the circuit.

For more information, please contact Zachary Mobijohn of Sri Pelancongan Sabah Sdn. Bhd. at telephone no. 088-232121 or e-mail zachary@sabahtourism.com

Malaysian Craft Exhibition 29 August–3 September

More than 70 craftspeople will participate in the Malaysian Craft Exhibition, to be held at Lintasan Deasoka, Kota Kinabalu. Held in conjunction with Bulan Kemerdekaan (Independence Month) and Visit Malaysia Year 2007, the exhibition is a platform for Malaysian craftspeople to display their artistic talents through craft-making demonstrations. Visitors can also purchase all sorts of handicrafts, sample delicious local fare and have a go at traditional games. It's happening right here at Lintasan Deasoka!

For more information, please contact Syron A. Tunggolou at telephone no. 088-521 787 or the Malaysian Handicraft Development Corporation (Sabah) at 088-433461 / 423471.



Kopitiam, Sandakan

No other place spoils you with gastronomic delights quite like Sandakan. Be it fresh seafood or delicious 'kopitiam' (coffee shop) fare, Sandakan has it all. This month, we invite you drop in at Kopitiam, one of the city's famous teabreak joints. Located in Bandar Kim Fung, Kopitiam has grown to be a Sandakan favourite ever since it opened its doors four years ago. Open daily from 6:00 am to 6:00 pm, Kopitiam is particularly well known for its wide variety of fresh buns and roti (bread). The best time to visit is during tea time. A must-try is the cool butter kaya bun and roti kahwin (two fluffy slices of bread which make up a kaya and butter-filled sandwich). The egg and pineapple tarts are also a hit. Enjoy these tea time snacks with a glass of Teh C (coffee shop lingo for 'tea with milk'. Teh C Ping (ping = served with ice) or kopi O (black coffee). For a classic Sandakan tea time experience, head over to Kopitiam.

Kopitiam is located on the Ground Floor, Lot 10, Block A, Liberty Parade, Bandar Kim Fung, Mile 4, Sandakan. For more information, call 089-211126.



GRAZIE Ristorante Pizzeria Café

Can't get enough of authentic Italian fare? Head over to GRAZIE Ristorante Pizzeria Café, located at Wawasan Plaza (next to the Celcom office, opposite MAA building). The restaurant is hard to miss with its terrace concept where diners can enjoy their meals al fresco. Chef and owner Salvatore Marcello said he wanted to create a stylish yet relaxed ambience for his patrons. Marcello, who hails from Milan, but with roots in southern Italy, has been in the F&B industry for more than 20 years. He has worked with various establishments, including the exclusive Club Med in Cannes, St. Moritz, Switzerland and other establishments in Europe. For GRAZIE, Marcello's menu features an impressive line-up of Italian specialties, from appetizers to desserts. The Costolette D'Agnello is a must-try: a delicious serving of rosemary lamb with a mouthwatering sauce. Also on the menu are Carpaccio di Tonno, Spaghetti Marinara Combo and Tonno al Cartoccio (yellow fin tuna marinated with balsamic vinegar, extra virgin olive oil, rosemary and baked in aluminum foil, served with grilled eggplant and roast potatoes). They also have a wide variety of pasta, from the traditional Bolognese to assorted seafood and king prawns. Of course, no Italian restaurant meal would be complete without an oven-stone pizza! We recommend the

Diavola, a delicious mix of beef pepperoni, chilies, tomato sauce and mozzarella cheese. For dessert, you cannot go wrong with the Fantasia di Mia Moglie (Fantasy of My Wife) – a fantastic combination of hot chocolate pudding with bananas. The result? A dessert made in heaven! A variety of appetizers start from RM4.80+, pizza from RM13.80+, pasta from RM13.80+, main courses from RM29.80+ and desserts at only RM7.80+. Enjoy a cup of freshly made espresso (with Italian coffee beans) or choose from a variety of traditional Italian wines. GRAZIE is currently offering a 3-course set lunch for only RM16.80+, which includes a choice of soup or garlic bread for starters, pizza or pasta as a main course and tiramisu for dessert. The restaurant also caters for private functions such as birthdays, and can seat up to 36 people. The restaurant lives up to its motto: Comfort, Cleanliness, Simplicity & Deliciousness. Find Italy in the heart of Kota Kinabalu, right here at GRAZIE!

GRAZIE is located at Lot 2-1-30G, Ground Floor, Level 1, Lorong Wawasan Plaza, Wawasan Plaza, Kota Kinabalu. Open for lunch and dinner from 11:00 am to 10:00 pm from Monday to Friday. Open for dinner from 9:00pm to 10:00pm on Saturday and Sunday (No lunch on weekends). To make reservations, please call 019 531 5246.



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A Special Treatment by

Six Senses

By Melissa Leong

Every now and then, our weary bodies need a 'wake-up call' to return it to prime condition. Long days and stressful environments take a toll on the body, making us feel lethargic. One of the best places to soothe your tired mind, body and soul is at Six Senses, Kota Kinabalu. Be sure to ask for the Special Treatment – a package that truly lives up to its name!

The treatment begins with a warm shower to calm your senses. The main element of this treatment is a hot stone massage that focuses on the main pressure points of the body; these correspond to the organs in the body. My therapist for the day was Vianna, who started the treatment by rubbing a fragrant energizing oil on my back. The therapist then uses warm volcanic healing stones (which are boiled in water and left to cool until they reach the desired temperature) to gently rub the back. As with most massages, the stones are rubbed from the neck downwards, with emphasis on the back. The combination of the energizing oil and warm stones gliding down the back is very soothing and many are lulled to sleep in no time! Be sure to communicate with your therapist the desired pressure during your massage. Vianna also paid extra attention to my shoulders as this where most of the muscular knots were found. With every 'pop' of a muscle, I could feel my shoulders begin to loosen up. The rubbing of stones on certain parts of the back stimulates blood flow and vital points in the body. This treatment is particularly ideal for those suffering from insomnia, backaches and digestive problems. After half an hour, focus is shifted to the legs, and the stones are pressed against pressure points on the soles of the feet. A wonderful sensation for those who spend most of their time on their feet! Another focal point in this treatment is the stomach. The warm stones are rubbed and placed on the stomach to stimulate the digestive system and reduce bloatedness caused by air. A special herbal cream is then rubbed into the bellybutton. This mixture is a combination of ginseng and tong kuai herbs, which are traditionally believed to improve blood circulation and organ function. It is rubbed into the bellybutton as therapists believe this is one of the most effective areas for the cream to penetrate. The hot stones are then used to massage the arms. This was the most relaxing part for me as I could feel the blood circulate through my limbs and I immediately felt my muscles unwind. During the session, the hot stones are placed at certain points of the body, such as on the palms and the soles of the feet to further relax the muscles. The Special Treatment concludes with a wonderful neck and head massage, releasing all the pent-up tension. I even managed to squeeze in a quick nap! The Special Treatment package lasts for slightly over an hour and, if necessary, the therapist will spend

more time on problem areas. Six Senses is known for its friendly, helpful and professional therapists, who go out of their way to ensure you are comfortable throughout the session. Give your body the pampering it deserves right here at Six Senses.

Six Senses is located at Lot 2-1-2, Phase 2, Kolam Centre Hilltop, Luyang, Jalan Lintas, Kota Kinabalu (along the same stretch as Foo Phing Dim Sum Restaurant). Open Monday to Saturday fro 9:30am to 6:30pm (closed on Sunday). For appointments, call 088-213163.

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Six Senses the most amazing place I've visited. The staff are very Professional and friendly. The hot stone massage was the best massage Ever! - Dlyce Australia

It was a totally different experience and I would never forget of massage with Hot staone that I had!! - Jeiwon, Korea

* Free transport available (town area only) 15 mins. drive from town



Business Hour: Mon - Sat 9:30am - 6:30pm
To make appointment, contact Six Senses at

Lot 2-1-2, Phase 2, Kolam Centre Hilltop, Luyang,
Jalan Lintas, Kota Kinabalu. Tel:088-213163

Kundasang War Memorial



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The Kundasang War Memorial was established as a tribute to the brave 2,428 Australians and British POWs who died in Sandakan, Ranau or on the infamous Sandakan Death Marches.

The beautiful memorial was initiated by Major G.S 'Toby' Carter, a New Zealander who served in the Royal Australian Engineers and organised native resistance in the Kelabit Highlands of Sarawak during the War. He was so moved by the atrocities of the Death March that he passionately lobbied for the construction of the memorial. His efforts paid off in 1962 when the Government approved the National Park Bill and the establishment of the Kundasang War Memorial. However, over the years, the memorial suffered a series of vandalism and maintenance was poor. It underwent a major restoration process in the late 2004.

Designed by resident architect, J.C. Robinson, the Kundasang War Memorial is reminiscent of a fort, built on a sloping hill. As you climb up the cobbled steps, visitors usually start their visit with a quick video presentation at the open air sitting area to give

them a better understanding of the Sandakan Death March.

The highlight of the Memorial is none other than its four beautiful Gardens, specially built to represent the homelands of those who died in the Death Marches and the locals who risked their lives to help the POWs.

The Australian Garden is truly beautiful, with its lush green lawn and in its centre is a map of Australia made of smooth white pebbles. At its far end stands the Memorial plaque. The English Garden truly reminds you of a sunny and bright summer's day! Like a traditional English garden, it is filled with rose bushes, leaving a light rosy scent lingering in the air. The Borneo Garden showcases a treasure of orchids, endemic to Borneo. A special honour is given to the plant that served as staple food during the War – the tapioca. For a quiet moment, step into the Contemplation Garden and Pool. This is where most services and prayers are held in remembrance of the fallen who never returned home. A plaque is placed here with the inscription of the words sung by a Death March survivor:

*I'm dreaming of Australia, The land we left behind.
Dreaming of the loved ones, We could always bear in mind
Although it's only fancy, Our hearts within us year.
But we'll make up for lost moments
When to Australia we return. There's be sailing on the harbour,
The Showboat our first choice.
Or maybe we'd be dancing
Listening to our sweetheart's voice.
Although it's only fancy, Our hearts within us yearn.
Gee we'll make up for lost moments
When to Aussie we return.
- Nelson Short*

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Revealing *Ranau*

By Melissa Leong

Growing up in Kota Kinabalu means a childhood filled with road trips. Until today, my all-time favourite would be weekend getaways to Kundasang, Ranau. I love the milder temperatures, rolling hills and valleys and, of course, front row seats to Mount Kinabalu! Ranau is only 108 km from Kota Kinabalu, which translates to a leisurely 2-hour drive. The mere mention of Ranau conjures up thoughts of Kinabalu National Park and the majestic peak of Mt Kinabalu. However, not many people realize Ranau is teeming with treasures, awaiting to be unravelled.

Daily Kundasang Market (Tamu)

Ranau sits in the shadow of Mt Kinabalu, and with its fertile soil and cool climate, this area is ideal for growing a variety of vegetables, fruits and flowers. When in Kundasang, a must-stop is the famous open-air market where you can find a large selection of fresh vegetables. The market is a kaleidoscope of colours including bright red tomatoes, rows of fresh green cabbages and broccoli and brown mushrooms. Check out other local produce such as honey and rice wine (tapai or lihing) and freshly cut flowers. On the other side of the road are rows of fruit stalls selling rambutans, bananas, buah salak and sometimes even fresh strawberries.

Kinabalu Park

Kinabalu Park is located 1,585 metres above sea level and is Malaysia's first World Heritage Site, joining the ranks of sites such as the Great Barrier Reef in Australia and the Grand Canyon National Park in the USA. It has been designated as a Centre of Plant Diversity for Southeast Asia and is exceptionally rich in species with examples of flora from the Himalayas, China, Australia, Malaysia, as well as pan-tropical flora. The Park is a great place for a getaway whether for day trips or week-long stays to explore the rare and endless eco-treasures found within. There are plenty of accommodation options to suit every budget. This is also where your climb up Mt Kinabalu begins. One of Mt Kinabalu's signature residents is the *Nepenthes rajah*, the largest pitcher plant found in Sabah. Rhododendrons and exotic orchids also grow in abundance. In fact, the *Rhododendron ericoides* is found nowhere else in the world. (Contact Sabah Parks at 088-889098)

Poring Hot Springs

After a challenging trek up and down Mt Kinabalu, soothe your aching muscles at the Poring Hot Springs, located 39 km from Kinabalu Park headquarters. Many swear by the skin-curative properties of a hot sulphur bath. A must-do when in Poring is to go on a scenic trek on its canopy walk. Simply breathtaking! Also within Poring is the beautiful Kipungit Waterfall, just a 20-minute walk from the hot springs. If you are lucky, you might even catch a glimpse of the world's largest flower, the *Rafflesia*, in full bloom! (Contact Sabah Parks at 088-211881)

Kundasang War Memorial

The Kundasang War Memorial, established in 1962, was the first memorial to remember all the Australian and British prisoners of war (POWs) who died in Sandakan and the death marches to Ranau, as well as the people of then North Borneo who risked their lives (some were tortured to death) to help the POWs. The Kundasang War Memorial, which is located at the foot of Mt Kinabalu, has four gardens – the Australian Garden, the English Garden, the Borneo Garden and the Contemplation Garden and Pool – to represent the various nationalities. (Contact Mr. Sevee Charuruks at 019 899 2041)

Mt Kinabalu Golf Course

Tee off to breathtaking views of the mountain at Sabah's highest golf course. Designed by Graham Muir Graves, many golfers agree that this 18-hole course is both physically and mentally challenging with its ever-present winds, steep slopes and surrounding mists. With occasional thick fogs, some even say it feels like you're playing in the clouds! One of its notable holes is the 14th (par 3, 142 metres), which features a gushing river at the bottom of a deep ravine. It is a true test of skill once you get here: you will need an accurate shot from the elevated tee across the Mesilau East River to land on the green perched on the edge of a cliff. (Call 088-889445)

Don't miss the TM 21st Mt Kinabalu International Climbathon on 25 & 26 August 2007 More details of this exciting mountain race on page 3.



All photos © Sabah Tourism

The breathtaking Mount Kinabalu



Canopy walk at Poring Hot Springs



Mt. Kinabalu Golf Club



Sutera Sanctuary Lodges, Kinabalu Park



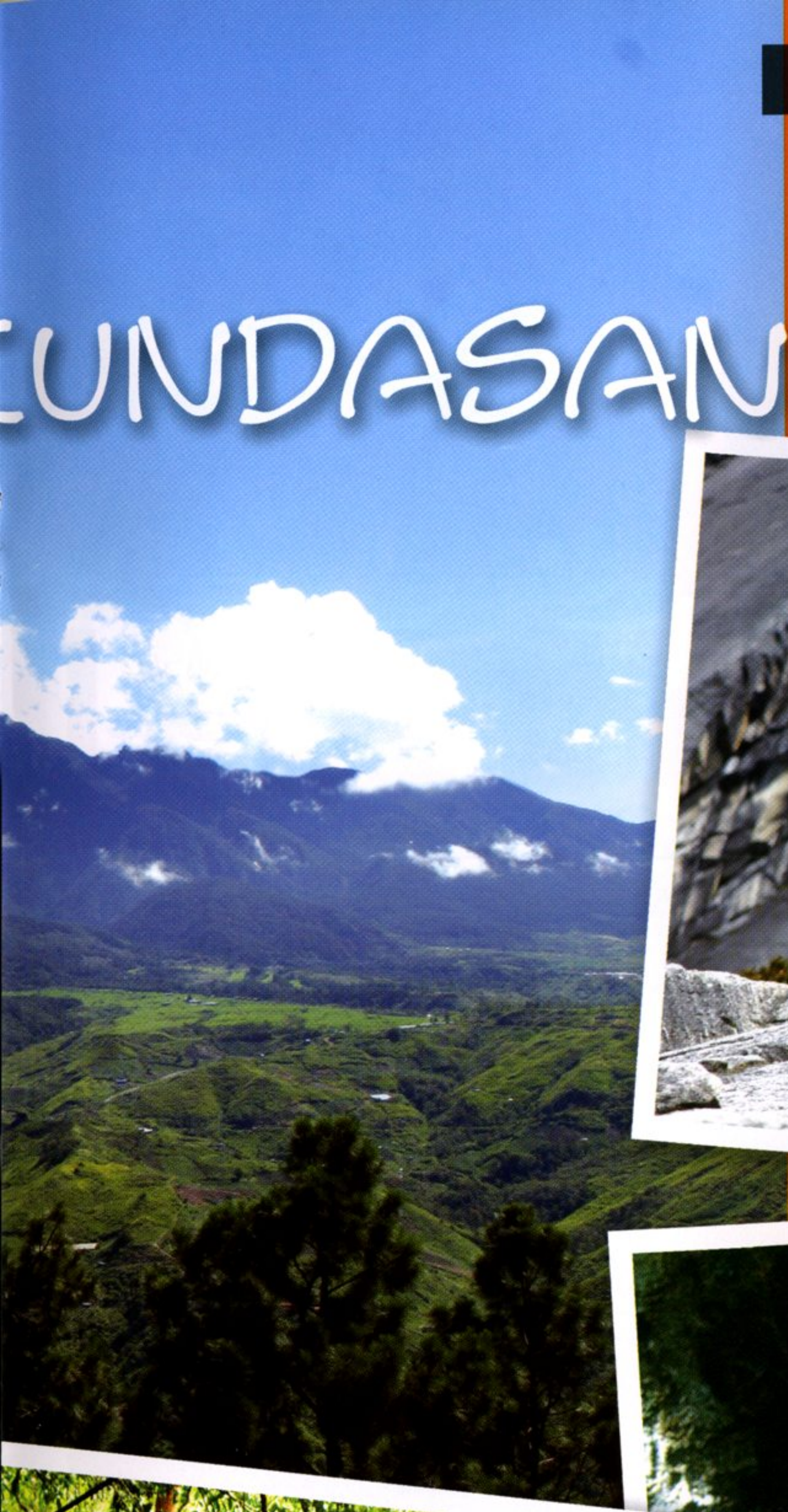
Kinabalu Park

MT. KINABALU & \$



Through the Lens

LUNDASANG



All photos ©Sabah Tourism



The Tagal Murut Wedding Celebration

The Tagal Murut are the most numerous and widespread of Sabah's Murutic people, the third largest community in Sabah. They are found in the interior of southeastern areas of Sabah, in the Sapulut to Pensiangan, Tenom region and close to the borders of Kalimantan and Sarawak. Like other ethnic groups in Sabah, the Tagal Murut community are mostly shifting cultivators and hunters.

They are renowned for their system of bridewealth payment. Upon marriage, a man pays bridewealth (known as tinauh) for up to twenty years or throughout the life of the marriage. During an expensive and elaborate five-day marriage solemnization celebration the bride's parents will name their desired bridewealth in writing; this is then placed in a basket (cavat) filled with uncooked rice. The cavat is sent to the groom's family by the negotiator (angkuanan). Although the groom's family must fulfil the requests, they can do via the angkuanan and negotiate to substitute the items to the discretion of the angkuanan.

During the wedding, the anggalang and magunatip dances are performed. The former is a graceful dance highlighting gentle hand movements, while the magunatip is a pulsating bamboo dance where skilful dancers leap in between the clapped bamboos, following the increasingly rapid rhythm. These dances are normally accompanied by music played on six large gongs, twenty-five tagunggak (bamboo idiophones) and a tambor drum.



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WHAT'S NEW AT

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Sabah Souvenirs & Handicrafts

CLIMBATHON KEY CHAINS

Key chains make nifty and convenient gifts for friends and loved ones. Let these Mt. Kinabalu Climbathon key chains be your conversation piece as you tell friends of the time you got up close and personal with the majestic Kinabalu in the Land Below the Wind.



CLIMBATHON CAPS

Check out Kadaiku's collection of Mt. Kinabalu Climbathon caps, available in a variety of colours. These special edition caps carry fun taglines to remind you of your very own Mt. Kinabalu Climbathon experience right here in Sabah. Great gifts and wonderful souvenirs, this is one fashion accessory that truly makes a statement!



MT. KINABALU COLLECTIBLES

Mt. Kinabalu is the darling of the month and Kadaiku has a great variety of collectibles featuring this majestic beauty. From ceramic mugs, bookmarks and stylish bandanas, let Mt. Kinabalu be the signature landmark to remind you of your time in Sabah.

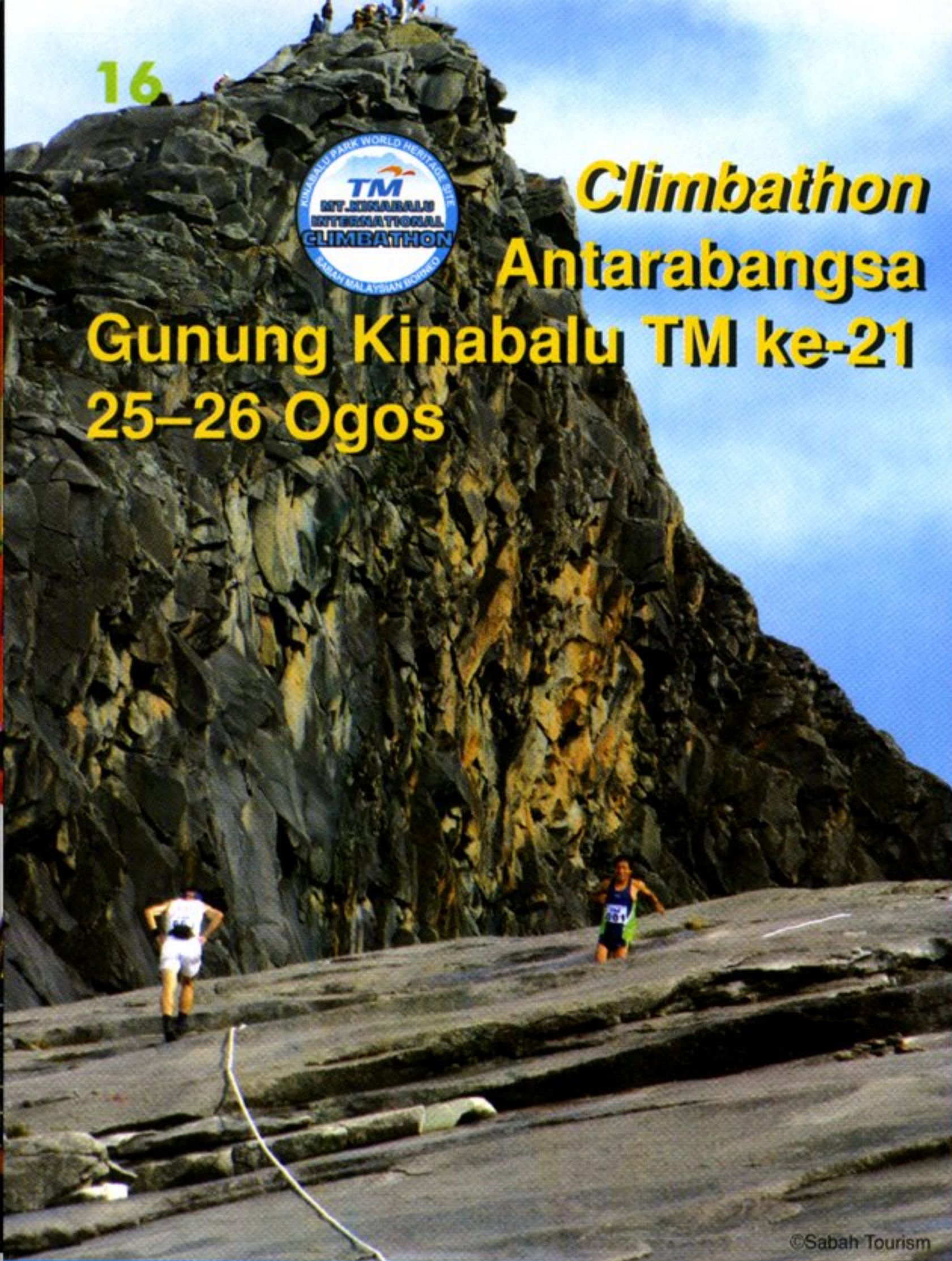


PROTECTING WILDLIFE!





Climbathon Antarabangsa Gunung Kinabalu TM ke-21 25-26 Ogos



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Bahasa Malaysia

Perlumbaan ke puncak dan turun semula ini akan menjadi acara yang menarik semasa *Climbathon* Gunung Kinabalu TM ke-21. Perlumbaan gunung tahunan ini telah berkembang menjadi acara sukan terkenal di dunia yang menarik banyak pelari bukit dari seluruh dunia, termasuk Sepanyol, Andorra, UK, Venezuela, Mexico, Jepun, Jerman, Singapura dan Filipina. Ketika pertandingan itu, pelari melengkapkan larian mengikuti denai sejauh 21-km dengan masa menarik 2-4 jam, meliputi Gunung Kinabalu yang setinggi 4,095.5 meter. *Climbathon* ini diiktiraf oleh *Federation of Sport at Altitude* (FSA) sebagai satu daripada perlumbaan rasmi untuk 7 siri Kejohanan *Buff Skyrunning* Dunia FSA dan menawarkan hadiah wang tunai sejumlah US\$33,400.

Pada tahun ini, TM sekali lagi menjadi penaja gelaran rasmi untuk *Climbathon* ini, selepas menaja RM400,000 untuk menjayakan acara ini. Perlumbaan Terbuka Wanita dan Veteran Lelaki berlangsung pada 25 Ogos, diikuti Terbuka Lelaki pada hari berikutnya. Selain menyaksikan perlumbaan, penonton juga boleh mengambil bahagian dalam banyak aktiviti yang dianjurkan oleh TM untuk dinikmati semua, termasuklah pertandingan melukis untuk pelajar.

Climbathon kali pertama dimulakan pada tahun 1987 sebagai projek Taman Sabah untuk membentuk satu skuad penyelamat - sepasukan ranjer yang boleh membawa turun pendaki-pendaki dengan cepat (terutama sekali berguna ketika cuaca buruk apabila helikopter penyelamat tidak boleh digunakan). Lembaga Pelancongan Sabah mengambil alih pengelolaan acara ini pada tahun 1995.

Untuk maklumat lanjut, hubungi Balwant Singh Kler (Pegarah Perlumbaan) atau Zachary Mobijohn (Setiausaha Penganjur) di talian 088-232121 atau hantarkan e-mel kepada balwant@sabah-tourism.com atau zachary@sabahtourism.com

Taman Hidupan Liar Tabin

Taman Hidupan Liar Tabin memerlukan sedikit pengenalan. Terletak 50km di timur laut Lahad Datu di Semenanjung Dent, pusat pemuliharaan ini menarik pengunjung dari jauh dan dekat setiap tahun. Seperti namanya, Tabin adalah tempat untuk pelbagai hidupan liar dan terkenal untuk melihat kerana menyimpan gajah Asia, badak sumbu Sumatra yang sukar ditangkap dan tembadau (kerbau liar banteng, *Bos javanius*). Tabin merupakan tempat perlindungan tropika untuk hidupan liar dan terletak sesuai di sebelahnya antaranya ialah ladang luas yang menjadi padang tempat memberikan makanan. Kemuncak kunjungan ke Tabin ialah Safari Malam. Bagaimanapun, usah keliru kerana ia tidak sama dengan kunjungan ke zoo! Tiada jaminan anda boleh melihat haiwan-haiwan ini ketika kunjungan safari malam, tetapi jika anda bernasib baik, anda mungkin bertemu dengan kucing hutan, burung hantu, babi hutan, ular sawa dan yang lebih bertuah lagi jika tersua seekor dua gajah. Pada sebelah petang, segarkanlah diri di Sungai Lipad (ada bahagiannya agak dalam jadi perlu berhati-hati) atau untuk ramuan kecantikan semula jadi, kenapa tidak berendam di dalam Lumpur Volcano Lipad? Ramai yang mengakui keberkesannya malah ada yang membawa pulang botol-botol Lumpur tersebut sebagai hadiah kepada rakan-rakan! Jika mengembara menjadi kegemaran anda, Tabin menawarkan laluan-laluan menarik ke dalam hutannya. Satu petua berguna ialah bawa bersama stoking pacat – hutan hujan ini memiliki banyak haiwan 'peramah' ini. Mahu merasai alam semula jadi sebenar? Tiada tempat yang lebih tepat selain Tabin.

Untuk ke sana:

Penerbangan dari Kota Kinabalu ke Lahad Datu mengambil masa 55 minit. Dari Lahad Datu, mengembara menerusi jalan raya selama sejam ke Hutan Simpan Hidupan Liar Tabin. Hubungi Intra Travel Services Sdn. Bhd. di talian 088-261558 atau e-mel enquiry@tabinwildlife.com.my. Kunjungi laman web www.tabinwildlife.com.my



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Hari Merdeka, 31 Ogos

Tahun ini, bersama-sama seluruh negara untuk meraikan hari Kemerdekaan ke-50 tahun. Perayaan besar-besaran akan diadakan dengan penglibatan daripada segenap lapisan masyarakat. Mereka akan meraikan dengan bangganya ulang tahun emas kemerdekaan dengan bangganya. Datanglah dan saksikan perarakan di Kota Kinabalu yang akan diadakan di Jalan Tun Fuad Stephens (di depan Hotel Promenade).

Untuk maklumat lanjut, sila hubungi Elizabeth Borubui di Dewan Bandaraya Kota Kinabalu di talian 088-521788.

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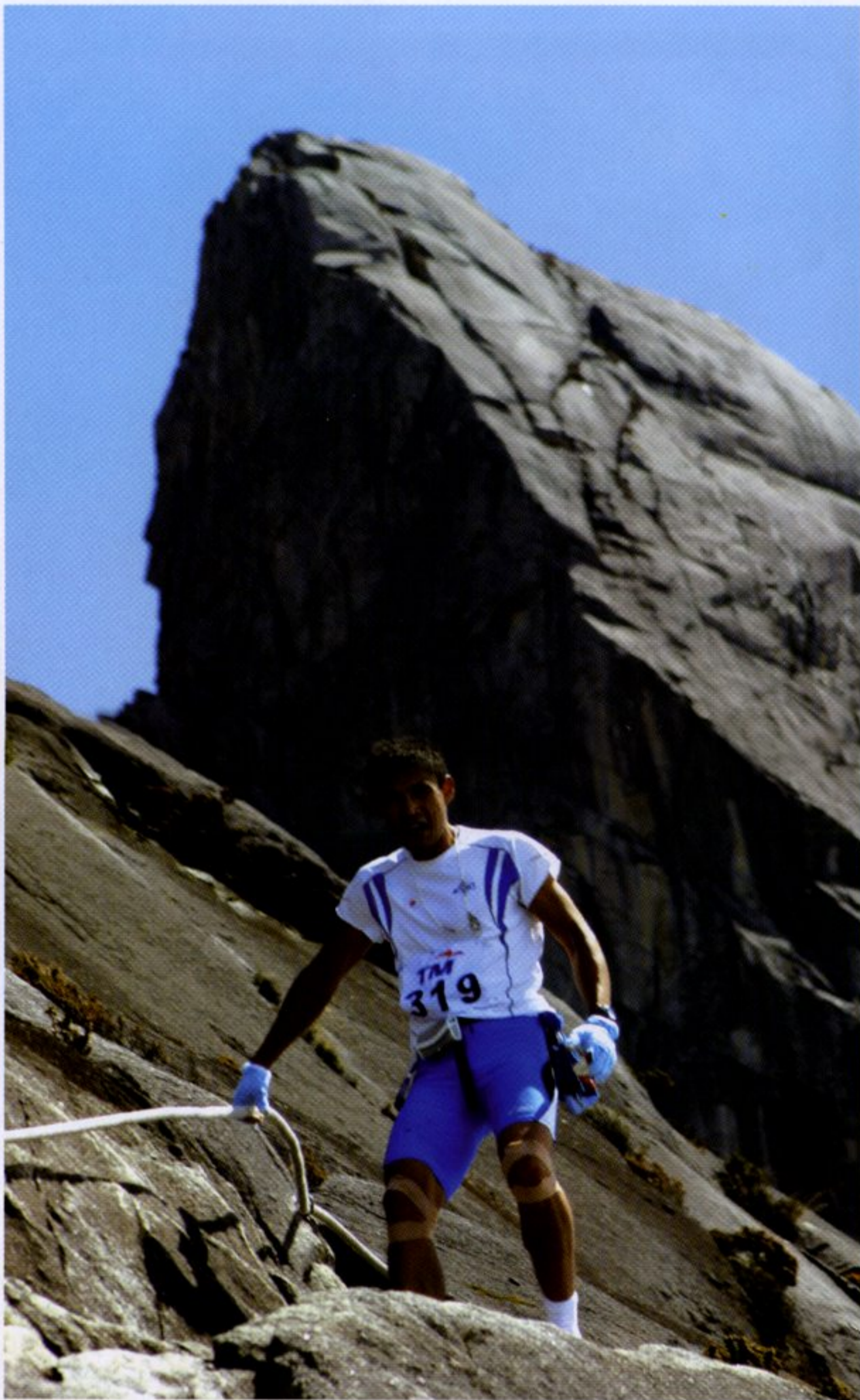
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GRAZIE Ristorante Pizzeria Café

Tidak puas dengan hidangan asli Itali? Datanglah ke GRAZIE Ristorante Pizzeria Café, terletak di Wawasan Plaza (bersebelahan pejabat Celcom, bertentangan bangunan MAA). Restoran ini mudah dikenal pasti dengan konsep teres, iaitu pengunjung boleh menikmati makanan mereka 'ala fresco'. Ketua Tukang Masak dan pemiliknya Salvatore Marcello berkata dia mahu mencipta suasana bergaya tetapi relaks untuk pengunjungnya. Marcello, yang datang dari Milan tetapi berasal dari Selatan Itali, menceburi bidang F&B Industry selama lebih 20 tahun. Dia pernah bekerja dengan pelbagai tempat terkemuka termasuklah Club Med yang eksklusif di Cannes, St. Moritz, Switzerland dan lain-lain tempat-tempat lain terkenal di Eropah. Untuk GRAZIE, menu Marcello mengetengahkan pelbagai hidangan menarik Itali, daripada pembuka selera sehinggalah hidangan utama. Costolette D'Agnello adalah sesuatu yang wajib dicuba, daging kambing rosemary yang dihidangkan dengan kuah yang cukup menyelerakan. Juga dalam menu ialah Carpaccio di Tonno, Spaghetti Marinara Combo dan Tonno al Cartoccio (daging tuna yellow fin yang diperam dengan cuka balsam, minyak zaitun tambahan, rosemary dan dibakar dengan menggunakan kerajang aluminium, dihidangkan dengan terung salai dan kentang panggang). Mereka juga memiliki pelbagai jenis pasta daripada Bolognese tradisi sehinggalah aneka pilihan makanan laut dan udang putih. Sudah pastilah tidak ada restoran Itali yang lengkap tanpa piza! Kami mengesyorkan Diavola, gabungan lazat daging peperoni, cili, sos tomato dan keju mozzarella. Untuk desert, anda tidak tersalah pilih jika memilih Fantasia di Mia Moglie (Fantasi Isteriku) – ini adalah gabungan hebat pudung coklat panas dengan pisang. Hasilnya? Hidangan yang cukup enak! Pelbagai makanan pembuka selera bermula dari RM4.80+, pizza dari RM13.80+, pasta dari RM13.80+, hidangan utama dari RM29.80+ dan desert pada harga hanya RM7.80+. Nikmati secawan kopi espresso yang dibuat segar (dengan bijian kopi Itali) atau pilih pelbagai minuman tradisional wain Itali. GRAZIE ketika ini menawarkan tiga bahagian set makan tengah hari untuk hanya RM16.80+, yang merangkumi pilihan sup atau roti bawang putih sebagai pembuka selera, pizza atau pasta sebagai hidangan utama dan tiramisu sebagai desert. Restoran ini turut menyediakan khidmat catering untuk majlis-majlis peribadi seperti hari jadi dan boleh menampung sehingga 36 orang pada satu masa. Temuilah Itali di tengah-tengah Bandaraya Kota Kinabalu di GRAZIE!

GRAZIE terletak di Lot 2-1-30G, Tingkat Bawah, Tahap 1, Lorong Wawasan Plaza, Wawasan Plaza, Kota Kinabalu. Dibuka untuk makan tengahari bermula 11:00 pagi hingga 10:00 malam (kecuali Sabtu dan Ahad) dan setiap hari untuk makan malam bermula 6:00 petang hingga 10:00 malam. Untuk tempahan, sila hubungi 019-5315246.



廿一屆國際 競登神山賽

吸引全世界頂尖登山好手，包括西班牙、安道爾、英國、委內瑞拉、墨西哥、日本、德國、新加坡和菲律賓好手在內的常年國際競登神山賽，鐵定在八月廿五日及廿六日兩天，於神山國家公園盛大舉行。屆時，參賽的各國登山好手，將競相以二至四個小時，完成攻上海拔四千零九十五點二公尺的神山峰頂，來回全程廿一公里的賽程，為雲集在公園內的觀賽者和打氣者所帶來的緊張期待，確實是難以言喻。是項被高空競走聯盟(FSA)指定為世界高空競走錦標七個系列賽項之一的賽事，提供給參賽者贏取的總獎金數額共有三萬三千四百美元。

今年度的賽會，馬來西亞電訊公司因慷慨報效馬幣四十萬令吉，玉成賽會舉行而再度成為指定贊助商。女子公開組和男子元老組的賽項，將於首日，即廿五日進行，第二天則進行男子公開組賽項。賽項進行期間，馬來西亞電訊公司將舉辦諸多活動，包括學生繪畫比賽等，讓現場的觀賽者及打氣者參予同樂。

是項賽會是起源自一九八七年，原本是沙巴公園成立一支迅速拯救隊伍，由公園看守人組成以便將遇難的登山者帶下山的隊伍（特別是在天氣惡劣而直升機無法進行救援行動時），而演變為今天備受矚目的國際賽事。沙巴旅遊局是於一九九五年開始，接手主辦這項賽事。

詢取詳情，請聯絡賽事總監 Balwant Singh Kler 或組織秘書 Zachary Mobijohn，電話：088-232121，電郵：balwant@sabahtourism.com 或 zachary@sabahtourism.com。

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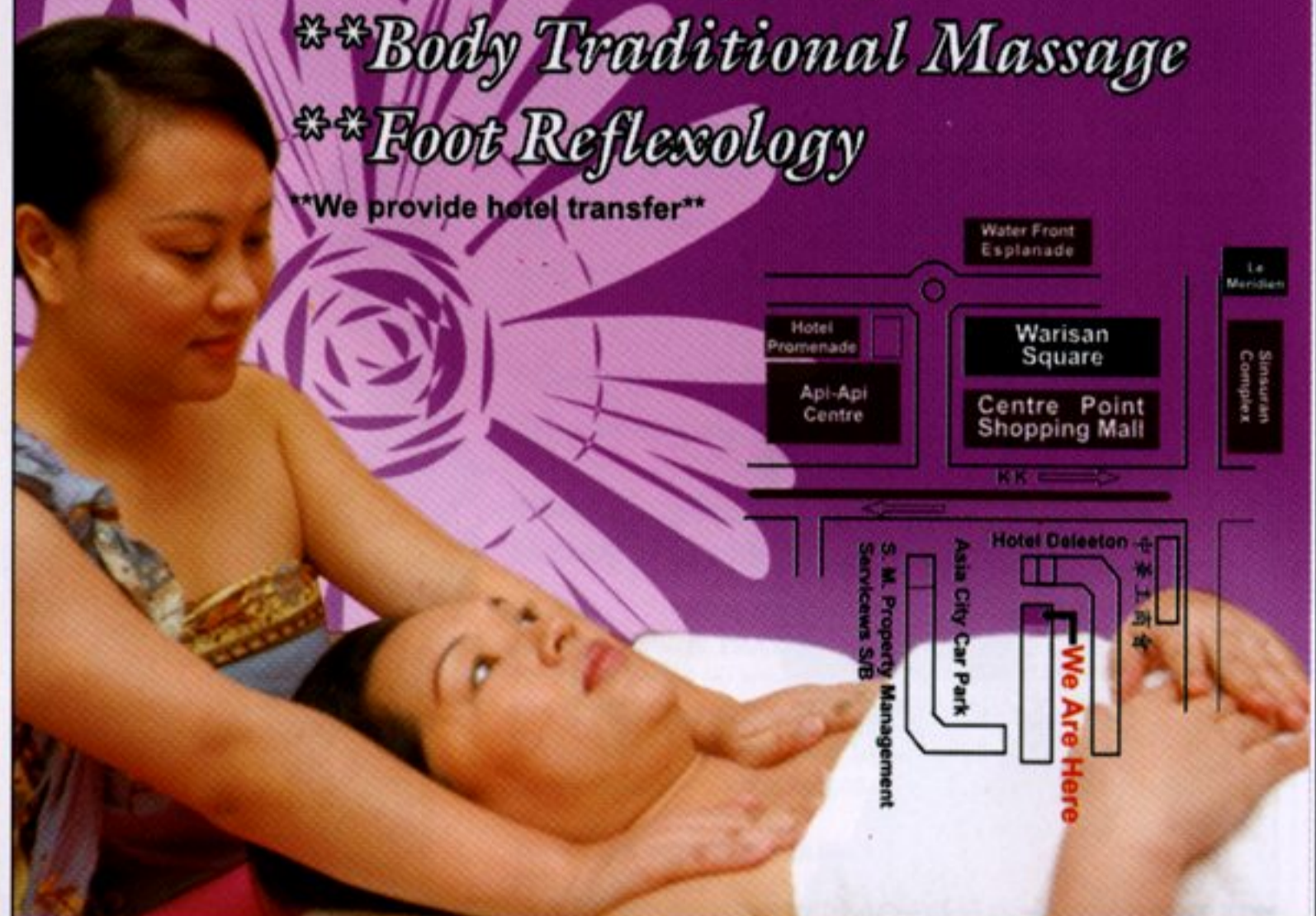
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KK 奇遇探險公園

尋找一點有趣和刺激的活動玩意？沙巴最新的 KK 奇遇探險公園 (KK Adventure Park) 是不錯的選擇。這座公園提供不少各類高度消耗體能及興奮驚險的活動，包括蹦極跳床、攀牆和不得不試的纜索設施。四輪摩多是最讓訪客趨之若鶩，操縱它越過泥沼泥潭，極盡考驗技巧能事的其中一個設施項目。當然，在大呼過癮之餘，別忘了安全第一，各類項目都有受過訓練的員工監督指導。倘若只想悠哉閒哉而不想太喧鬧，划獨木舟或來一場九個洞的迷你高爾夫球，也是挺愜意的，在這裡，沒有停頓的時刻。

如何前往這座公園呢？沿海岸公路經亞庇國際機場直驅洛高宜。抵達洛高宜交通燈向右駛再直驅到達外展學校，奇遇探險公園就在此一石之遙的地方，循巨大看板的指示前往即達。從亞庇市區出發，車程約三十分鐘光景。

詢取詳情電話：088-750959，電郵：info@kkadventurepark.com。

2007 婆羅洲蘭花展



預料將獲得五個國家和國內九個蘭花協會派出參賽者參加的二〇〇七年婆羅洲蘭花展，八月廿三日至廿六日將在亞庇丹容亞路海濱的安絨柏達那休閒中心公開舉行，首席部長拿督斯里慕沙阿曼將於廿三日上午九點三十分前往主持開幕禮，每日開放時間是上午九點至晚上九點。為期四天的展覽會期間，民眾除了可以觀賞最多品種的蘭花之外，也可以參加由蘭花協會舉辦的養蘭課程，以認識種植蘭花的秘訣，會場上也有插花工作坊、蘭花攝影展、手工藝品及花苗、仙人掌、書籍、蘭花圖案蠟染畫等售賣。

這項展覽是由亞庇市政廳和沙巴蘭花協會聯合主辦，以配合馬來西亞建國五十週年國慶、豐富二〇〇七年大馬旅遊年以及慶祝亞庇升格為市七週年。

詢取詳情，請聯絡 Albert Yong，手機：0128038724，電郵：suhinyz@hotmail.com，Chee Thung Phan，手機：0128382335，電郵：bckchee@tm.net.my 或 Darna Badawi，電話：088-244019，手機：0128155897。



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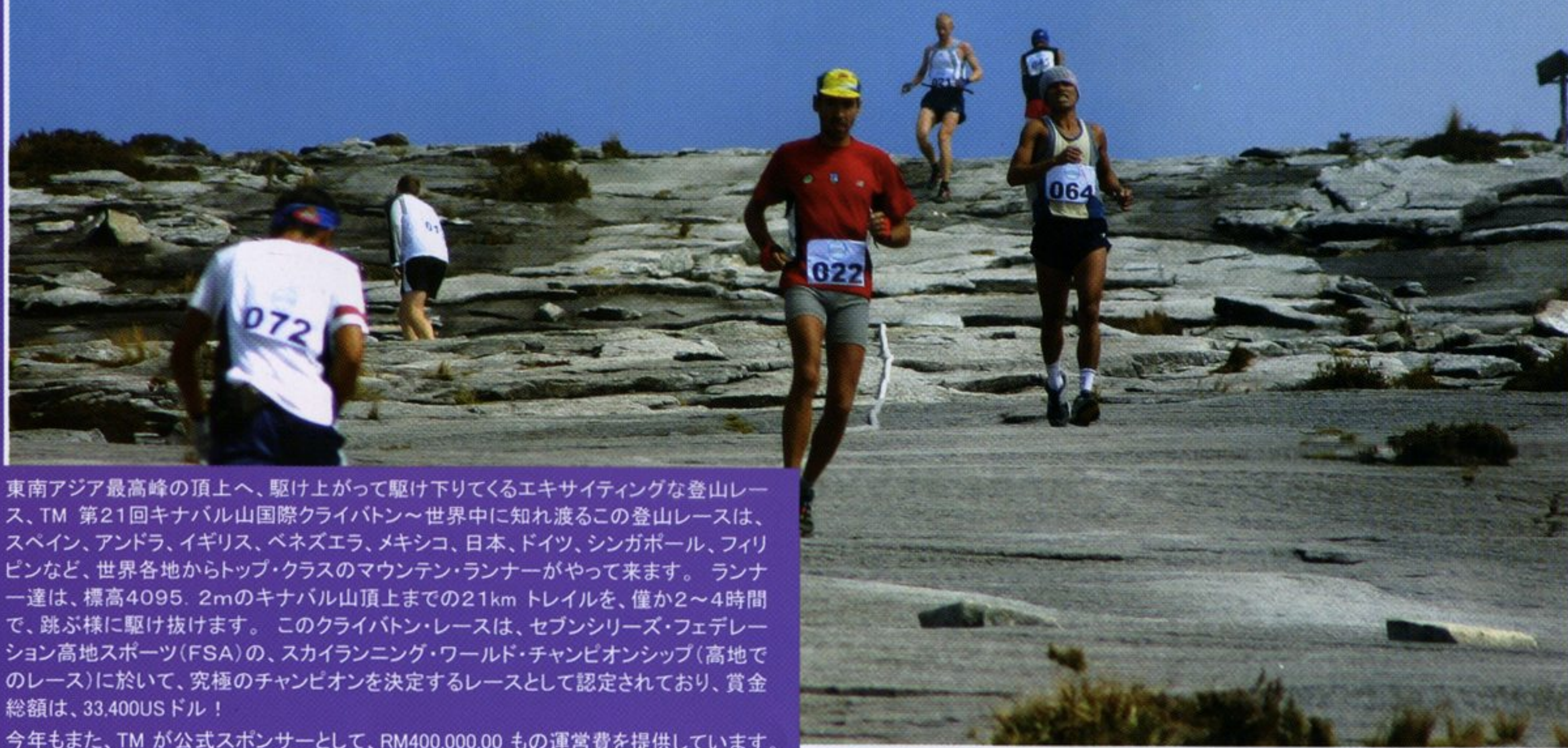
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TM 第21回キナバル山国際クライバトン 8月25日-26日



東南アジア最高峰の頂上へ、駆け上がって駆け下りてくるエキサイティングな登山レース、TM 第21回キナバル山国際クライバトン～世界中に知れ渡るこの登山レースは、スペイン、アンドラ、イギリス、ベネズエラ、メキシコ、日本、ドイツ、シンガポール、フィリピンなど、世界各地からトップ・クラスのマウンテン・ランナーがやって来ます。ランナー達は、標高4095.2mのキナバル山頂上までの21kmトレイルを、僅か2～4時間で、跳ぶ様に駆け抜けます。このクライバトン・レースは、セブンシリーズ・フェデレーション高地スポーツ(FSA)の、スカイランニング・ワールド・チャンピオンシップ(高地でのレース)に於いて、究極のチャンピオンを決定するレースとして認定されており、賞金総額は、33,400USドル！

今年もまた、TM が公式スポンサーとして、RM400,000.00 の運営費を提供しています。8月25日は、女子オープン＆男子ベテランのレースが行われ、翌26日には、男子オープン・レースが行われます。レース観戦の間には、TM 主催による様々な催し(お絵かき大会など)を楽しむ事もできます。

1987年に始まったクライバトンは、サバ公園局のレインジャー・レスキューチームの技術向上の為に始められ、ヘリコプターでの救助が困難な悪天候の際、遭難者を救助する訓練の1つでした。1995年に、サバ州政府観光局が主催者となり、世界中知られる国際登山レースとなり現在に至っています。

・お問い合わせは: Tel: 088-232121

Balwant Singh Kler (レース・ディレクター) email: balwant@sabahtourism.com

Zachary Mobijohn (レース事務局) email: zachary@sabahtourism.com

Kadaiku

サバ州のお土産 & 手工芸品

Murut Motif Wooden Carvings ムルツ族モチーフの木彫り

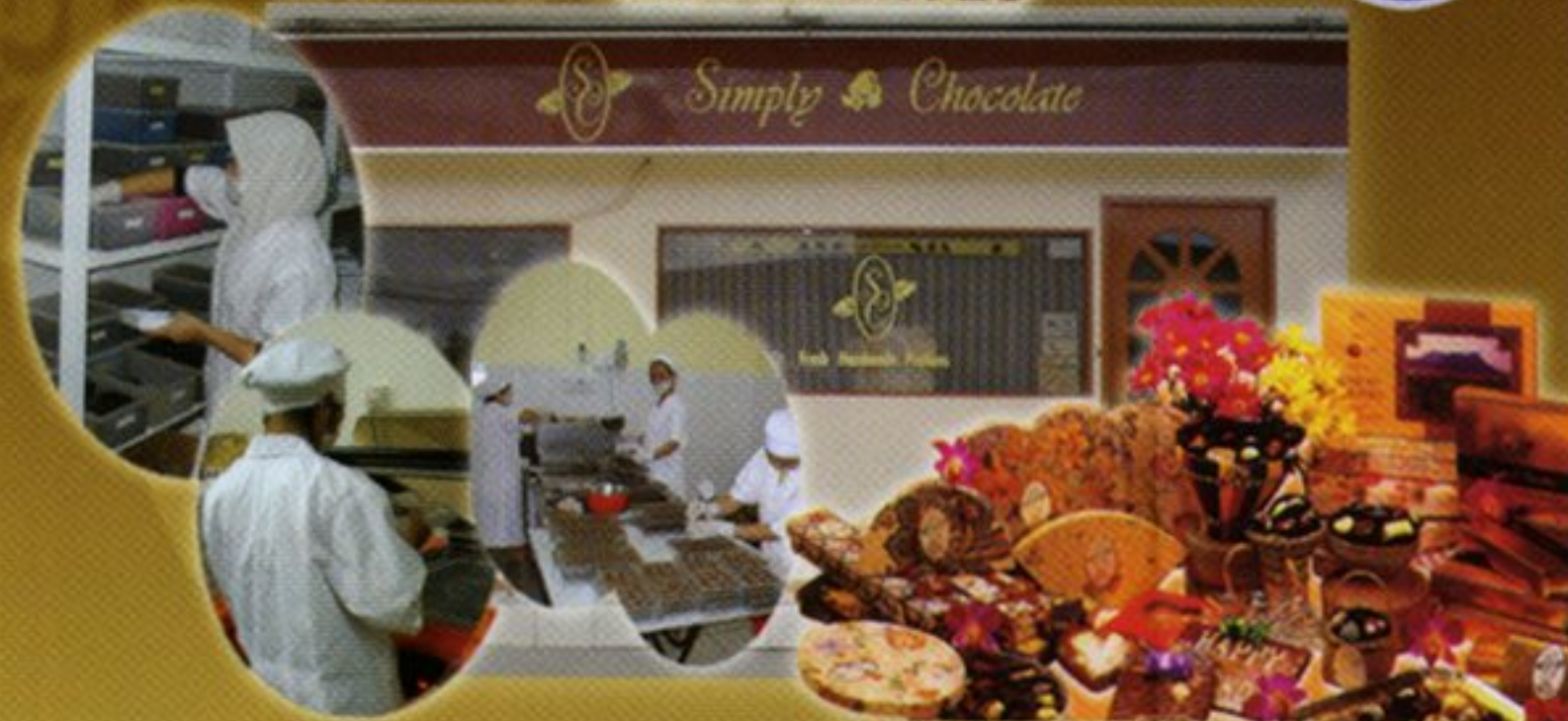
このユニークな木の彫刻の中には、様々なムルツ族のモチーフが彫られています。そのモチーフひとつひとつには、特別な意味合いがあるんですよ。ジェルトンと言う木を、ナイフと彫刻刀で彫り上げるこの木彫りは、1つ仕上げるのに丸1日かかるそうです。この美しいアート木彫りを、サバでの楽しい旅の思い出に是非！

August 20



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KK Adventure Park

アドベンチャー・パーク

ちょっとエキサイティングに楽しみたい？ 今、サバでいちばん新しいアトラクション〜KK アドベンチャー・パーク。スリル満点！体力勝負のアクティビティーが、勢ぞろい！ウォール・クライミングやフライング・フォックス！一番人気は、クアッド・バイク〜泥だらけの地面や水溜りを自在に走り回る、テクニックと作戦の腕比べ！ぞくぞくするようなアクティビティーですが、全て万全の安全措置がなされており、安全管理者のもと訓練された監督者が、利用者の安全を管理&監視しています。また、リラックスして楽しめるカヤック、9ホールのミニゴルフもあります。KK アドベンチャー・パークで1日中ノン・ストップに楽しんじゃおう！

行き方:コタキナバル国際空港から海岸線沿い道路を、Lok Kawi(ロッカウイ)交差点まで向かい、交差点を右に入り真っ直ぐ進むと、Outward Bound School KK(アウトワード・バウンド・スクール KK)に着きます。KK アドベンチャー・パークは、そこからすぐ目と鼻の先〜大きな看板が目印です。コタキナバル市街地から車で約30分。

・お問い合わせは: Tel: 088-750959 email info@kkadventurepark.com



Borneo Orchid Show 2007 ボルネオ・オーキッドショー(蘭展)2007 8月23日-26日

蘭の愛好家でなくとも、目も心も奪われてしまう、ボルネオ・オーキッド・ショー〜このショーは、タンジュン・アル・ビーチ、アンジュン・パダナにおいて、期間中の午前9時から午後9時まで一般に公開されます。23日の午前9時半からは、サバ州知事 YB Datuk Seri Musa Aman の開会宣言による開会式が行われます。エキゾチックで珍しいボルネオの蘭を見ることができる、またと無いチャンス！4日間の会期中、フラワー・アレンジメント講習会、蘭の写真展、そして蘭や蘭の本、蘭をモチーフにしたパティック、そして手工芸品なども販売されます。マレーシア独立50周年、またマレーシア観光年である2007年を記念し、コタキナバル市役所、並びにボルネオ・オーキッド・ソサエティー・サバの共催で行われます。

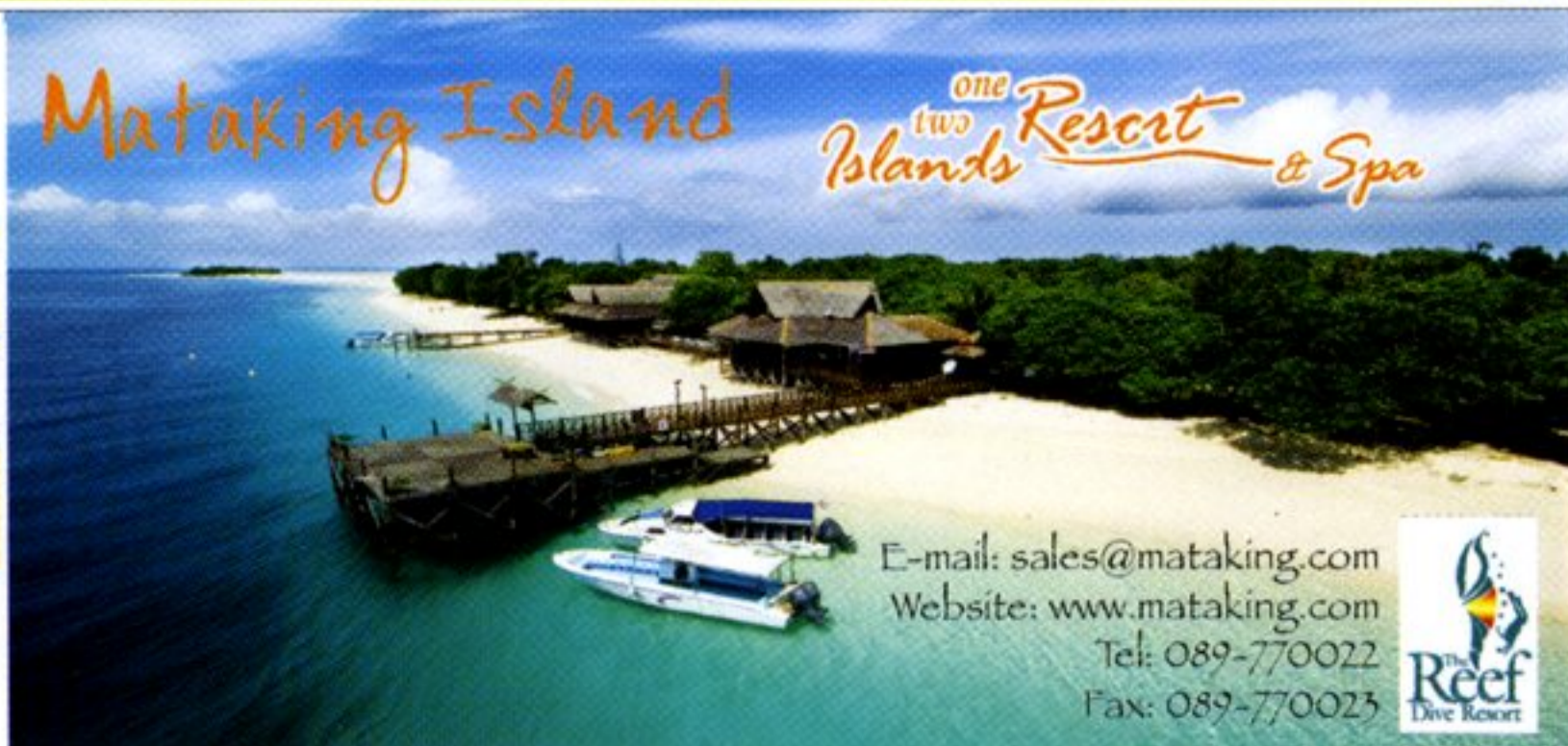
・お問い合わせは: Albert Yong : 携帯 012 803 8724 email suhinyz@hotmail.com
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TM 제 21 회 마운트 키나발루 국제 마라톤 대회 2007 년 8 월 25-26 일



TM 제 21 회 마운트 키나발루 국제 산악 마라톤경기는 역시 올해에도 정상을 향한 흥미진진한 경주가 될 것입니다. 이 연례 동반 경주는 스페인, 안도라, 영국, 베네 주엘라, 멕시코, 일본, 독일, 싱가포르 및 필리핀에까지 걸친 전세계 산 정상을 달리는 러너들에게 굉장히 매력있는 행사입니다. 연례 행사인 이번 행사에는 총상금이 33,400 불이 걸려있으며 이는 세계에서 가장 험난한 산악경주로서 올해로 21 회를 맞이합니다. 일반인들 에게는 보통 이들이 소요된다는 동남아시아 최고봉(해발 4,095.2 미터)의 정복을 산악 마라토너들은 불과 3 시간도 안걸려 정상까지 오릅니다. 이 대회에서는 고지대 스포츠의 7 대 시리즈를 주관하는 산악 스포츠 협회(FSA)주관 고산 지대 경주인 스포츠 스카이 러닝 세계대회 챔피언십의 진정한 승자를 가리게 됩니다. 올해에도 TM 은 이번 산악 동반 마라톤대회의 성공을 위하여 충분한 금액을 공식 후원자로서 지원을 하였습니다. 여성 마라토너의 경주는 25 일날 개최되며 남성 전문 마라토너의 경주는 26 일에 열립니다. 이 산악 동반 마라톤 대회는 사바 파크의 1987 년 프로젝트로 시작되었는데 이는 산악 구조팀의 부상당한 동반가들을 신속하게 하산시키기 위한 기술을 독려하기 위해서 개최된 행사로 진행되다가 1995 년 사바 관광청에서 이 행사의 주최를 넘겨 받았습니다.

연락처 :

Mobijohn (Organising Secretary)

전화 : 088-232121

이메일 : balwant@sabahtourism.com or zachary@sabahtourism.com

보르네오 서양란 쇼 2007

2007 년 8 월 23-26 일



서양란 애호가들은 올해 보르네오 서양란 쇼에서 즐거움을 만끽할 수 있습니다. 탄중아루 비치의 안중 퍼다나에서 전시되며 오전 9 시부터 밤 9 시 까지 민간에 공개됩니다. 23 일 오전 9 시 30 분에 YB 다복 스리 무사 아만이 이 전시회의 개회 인사를 전함으로 서양란쇼가 열립니다. 매년 개최되는 난 전시회에서는 화려한 색채의 개량종을 비롯해 미묘한 색채의 토종란까지, 사바에서식하는 1 천여종의 아름답고 희귀한 난들 및 서양란 그림들이 전시되며 구매의 기회도 주어집니다. 광대한 잡종의 난 및 신비한 색깔의 야생 종들이 전시될 것입니다. 올해에는 광복 50 주년 및 말레이시아 방문의 해 행사와 어우러져 KK 시청 및 보르네오 서양란 동호회에 의해 주관 되었습니다.

상세문의

Albert Yong (012 803 8724), 이메일 : suhinvz@hotmail.com,

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Darna Badawi at 088-244019 / 012 815 5897.

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www.borneoseawalking.com

email: franliew@tm.net.my



KK 어드벤처 공원

즐겁고 신나는 뭔가를 찾고 계세요? 이곳 사바의 최신 관심거리가 **KK 어드벤처 공원**에 있습니다. 이곳에는 험차고 스릴있는 놀이거리 및 번지 트램블린, 절벽오르기 와 반드시 시도해 봐야 하는 플라잉 폭스(날으는 여우)까지 다양한 시설을 자랑합니다. 절대적인 스릴을 제공합니다. 하지만 안전 사고의 중요성을 잊지마세요. 모든 액티비티들은 숙련된 안전 요원에 의해 감독됩니다. 조금 여유로운 놀이를 즐기고 싶다면 카약 또는 9 홀 미니골프를 추천합니다. 논스톱 액션을 즐길 수 있는 곳, **KK 어드벤처 공원**입니다!

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E-mail: c2h_huona@hotmail.com



Business hours: 9.30am - 5.00pm



Location: Lot LG 65, Kompleks Karamunsing, 88300 Kota Kinabalu.
Business hours: 9am to 9pm
(Monday to Sunday)
Tel: 088-253 689



Location: 1st Floor, Plaza Wawasan, Kota Kinabalu
Business Hours: 10am - 10pm
Monday to Sunday



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Location: Lot 10, Block D, Sinsuran Complex, 88000,
Kota Kinabalu.
Tel: 088-280777

Location: Ground & First Floor, Lot No. 29, Karamuning Godown, Jalan Karamuning, 88000 Kota Kinabalu, Sabah.
Tel/Fax: 088-270975 (Office) Reception: 088-270976
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



































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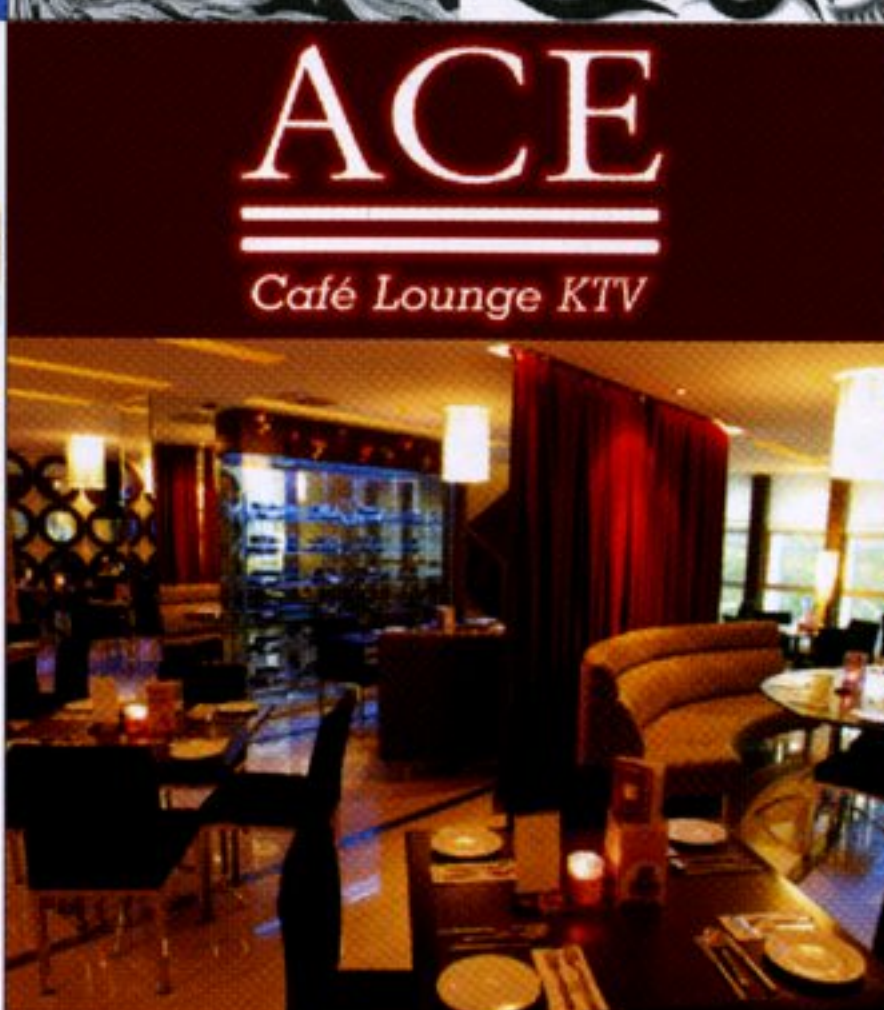
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Kota Kinabalu

Gaya Street Fair - Sunday
Kampung Air - Sunday

Penampang

Inobong
Sunday

Tuaran

Pekan Tuaran - Sunday
Kiulu - Tuesday

Sandakan

Sandakan Town - Sunday
Gua Mantong Jaya - Sunday

Kuala Penyu

Menumbok - Sunday

Ranau

Pekan Kundasang - Friday

Kudat

Pekan Tomburungus
Tuesday & Wednesday

Papar

Lok Kawi Sabindo - Saturday

Semporna

Pekan Semporna - Sunday

Tenom

Pekan Tenom
Wednesday & Sunday

Kota Belud

Pekan Kota Belud - Sunday

MUSEUMS & MEMORIALS

KOTA KINABALU

Sabah State Museum
Mon - Sun: 9.00am - 5.00pm
Jln. Bukit Istana Lama, Kota Kinabalu
Tel: 088-253199/263551

Sabah Islamic Civilisation Museum
Mon - Sun: 9.00am - 5.00pm
Jln. Menteri, off Jalan Tunku Abdul Rahman,
Kota Kinabalu
Tel: 088-538227/538228

Sabah Ethnobotanical Heritage Museum
Mon - Sun: 9.00am - 5.00pm
Bukit Istana Lama, Kota Kinabalu
Tel: 088-253199/263551

Second World War Memorial Petagas
Open daily
Tel: 088-253199

Kinarut Mansion Ruins Museum
Mon - Sun: 9.00am - 5.00pm
Tel: 088-253199/263551

SANDAKAN

Agnes Keith House, Sandakan
Mon - Sun: 9.00am - 5.00pm
Tel: 089-222679

Sandakan Memorial Park
Mon - Sun: 9am-5pm
Sibuga Forest Reserve
Mile 7, Jalan Labuk, Sandakan
Tel: 016 8221616 (Doris)

Sandakan Heritage Museum
Mon - Sun: 9am-5pm
Wisma Warisan, Sandakan
Tel: 089-222679

Batu Tulug Archaeological Site Museum, Kinabatangan
Mon - Sun: 9.00am - 5.00pm
Tel: 088-253199

TAWAU
Teck Guan Cocoa Museum
Mon-Fri: 8am - 11:30am
1:30pm-4:30pm
Sat: 8am-12pm Sun: Closed
Mile 2, Tanjung Batu Laut, Teck Guan
Factory, Tawau
Tel: 089-775566 ext 2601

Bukit Tengkorak Archaeological Site Museum, Semporna
Mon - Sun: 9.00am - 5.00pm
Tel: 088-253199

OTHER DISTRICTS

Murut Museum (Sabah Murut Cultural Centre, Tenom)
Mon - Sun: 9.00 am - 5.00 pm
Lembaga Kebudayaan Negeri Sabah (Tenom Branch) W.D.T 72, 89909 Tenom.
Tel: 087-734506

Mat Salleh Memorial, Tambunan
Open Daily
Kg. Tibabar, Tambunan
Tel :088-253199/ 263551

Kundasang War Memorial,
Open daily including Public Holidays
Tel: 019 899 2041 (Mr. Sevee Charuruks)

TOURIST INFORMATION CENTRES

Sabah Tourism Board

No.51, Jalan Gaya, 88000, Kota Kinabalu
Tel: 088-212121 Fax: 088-212075
Email: info@sabahtourism.com
Website: www.sabahtourism.com
Open: 8:00am to 5:00pm (Mon-Fri)
9:00am to 4:00pm (Weekend & PH)



Sri Pelancongan Sabah Sdn Bhd

Lot 4, Ground Floor, Block L, Sinsuran Complex,
88000, Kota Kinabalu
Tel: 088-232121 Fax: 088-265540
Email: info@sabahtourism.com
Website: www.sabahtourism.com
Open: 8:00am to 5:00pm (Mon-Fri)
8:00am-4:00pm (Weekend & PH)

Tourism Malaysia (Sabah)

Lot 1-0-7, Ground Floor, Block 1, Lorong Api-Api
1, Api Api Centre, 88000, Kota Kinabalu
Tel: 088-248698/ 211732
E-mail: enquiries@tourism.gov.my
Website: www.tourism.gov.my
Open: 8:00am to 5:00pm (Mon-Fri)
Closed on weekends



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KK - 088-221191



Airport - 088-238555



Fire Department - 994



Queen Elizabeth Hospital
088-218166



Damai Specialist Centre
088-222922



Sabah Medical Centre
088-211333



Yayasan Sabah Ambulance
088-326655



Information Services
088-280600/ 280631/ 280641



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Telephone Directory
Assistance -108

SANDAKAN (089)

Hospital 212111
Airport 660405
Immigrations 668308

TAWAU (089)

Hospital 773533
Airport 950013
Immigrations 773343

LABUAN (087)

Hospital 413333
Airport 415015
Immigrations 412298



Gomantong Caves

Gomantong Hill is the largest limestone outcrop in the Lower Kinabatangan area, and contains at least nine caves. For centuries, the Gomantong Caves have been renowned for the valuable edible birds' nests made by two of the four species of swiftlets that roost in the caves. During the harvesting months, visitors may be able to witness the birds' nest collectors in action. This is an age-old tradition and the trade history of birds' nest spans several hundreds of years.

The birds' nests harvesters are individuals who have nerves of steel and skills honed through years of experience. Dangling precariously from the narrow network of ladders is not a task for the faint hearted! It is not surprising that there are only a few experienced individuals who are very much in demand by people and communities that hold the Government's harvesting licenses. Edible birds' nests are protected under the Birds Nest Ordinance and the Forest Enactment. Heavy fines and penalties are imposed on unlicensed collectors.

Generally, two collections are made. The first takes place early in the breeding

season before the swiftlets lay their eggs. The birds then make another nest in which they finally lay their eggs. After the young have fledged, the second collection is made. Care must be taken to assure that the nests are collected only after the young swiftlets have abandoned these nests.

Besides observing the exciting display of skill and courage by the birds' nest harvesters, another activity for keen naturalists would be to watch the spectacular display of over 2 million or so resident bats as they spiral out for their evening feed. This usually occurs between 5:15pm and 6:15pm but rain may delay or 'cancel' this spectacular event. As the bats leave, the swiftlets are usually beginning to make their way back to the caves after a day's foraging. The changing of 'shifts' between the bats and birds makes quite a fascinating scene! Look out for the Bat Hawks that linger not far from the scene, as they prey specifically on the bats as they leave their roost.

For more information, please contact Sabah Tourism Board at 088-212121 or Sri Pelancongan Sabah Sdn. Bhd. at 088-232121.

