

Sabah

The Land Below The Wind

Often called the “Land Below The Wind”, Sabah occupies the eastern part of North Borneo and is East Malaysia’s second largest state with an area of 74,500 sq km.

Sabah is mountainous with lush tropical rainforests and its population of nearly two million is made up of 32 colourful ethnic communities.

Kota Kinabalu is the capital and you will find long white sandy beaches and many luxurious resorts here that offer everything you may wish for! For the more adventurous person, jungle lodges and diving resorts make getting closer to nature remarkably easy.

It is also home to Borneo’s unique Proboscis monkey and the Orang Utan. In Sabah’s limestone caves, precious edible birds’ nests are gathered, while nesting sea turtles come ashore on many of its islands.

Towering over all this is Mt Kinabalu, at 4,095 metres, the highest mountain between the Himalayas and New Guinea. The focal point is Kinabalu Park, Malaysia’s first World Heritage Site.

Sabah is the perfect place for the adventurous, offering world-class scuba diving sites, including Pulau Sipadan and Layang Layang. You can also enjoy hiking, white-water rafting, a range of sea sports, horse riding and golfing.



Land’s End Beach, Sabah

Sarawak

Land of the Hornbills

Situated on the north-western coast of Borneo, the land of the fabled white Rajahs, the hornbill, and the Orang Utan, Sarawak is the largest State in Malaysia and by far the most exotic. Its rainforest covers an area of 125,000 kms and houses the world’s richest and most diverse ecosystem.

It is also home to the world’s largest flower, the Rafflesia, the size of a coffee table, squirrels and snakes that fly, deer the size of cats, plants that eat insects (and small mammals) and species of flora and insects still waiting to be discovered.

Two-thirds of its land is under rainforest and its population of 1.7 million is made up of 27 ethnic groups. Sarawak is best known for its natural and cultural wonders. The hornbill, a protected bird is the state emblem.

Arrive in Sarawak and you step into adventure. How much adventure is up to you. You can take a stroll in the morning in a national park near your hotel, or you can trek for days through pristine jungle, sleeping each night in a different longhouse. Or why not spend days exploring the world’s most extensive cave system, 310 kilometers of passages with more waiting to be found.

But, if that is more excitement than you need, relax on the beaches by the South China Sea, scuba dive off reefs where you will be alone with the sea, or just enjoy a round of golf on one of the excellent courses.



Hornbill



Headhunter

Facts at a glance

VISA: No visa required for Australian passport holders, the duration of stay allowed is 3 months. All passports must be valid for more than 6 months from the date of entry into Malaysia.

PEOPLE: Sabah's people come from so many different ethnic groups and lifestyles vary considerably. You will find communities of Bajau, Irranum, Suluk, Kadazandusun (the biggest indigenous group), Rungus, Iban and Muruts just to name a few.

Sarawak is made up of Ibans, Chinese, Malay, Bidayuh, Melanau, Orang Ulu and others including Indians.

LANGUAGE: Bahasa Malaysia is the official and national language, however English is widely spoken.

CLIMATE: **Sabah** – tropical climate, varying between 22-32°C in lowland areas. Temperatures at Mount Kinabalu range from 15-22°C at Park Headquarters, while on the summit plateau, the temperature can drop to freezing point. Nov-Feb: Monsoon (heavy rain); Mar-May: dry/summer (hot and humid); Jun-Oct: wet and dry (occasional rain). Relative humidity between 85-95%.

Sarawak – Like much of Malaysia, Sarawak enjoys a tropical climate with average daytime temperatures hovering between 24-32°C. Humidity is high at an average of 80% throughout the year. At night, on a rainy day, the mercury might dip to a minimum of 22°C. The average rainfall is between 330cm and 460cm. Kuching, the capital of Sarawak can be visited any time of the year.

WHAT TO WEAR: Light summer clothes especially cotton is best suited for the warm climate. Take comfortable walking shoes and open sandals and if you plan to explore the rainforests, long cotton trousers and shirts are recommended to protect you from the sun and the mosquitoes. Don't forget to pack your sunscreen, insect repellent and swimwear.

LOCAL TRANSPORT: Taxis are available outside all major hotels. Car hire is also available from approximately A\$47 per day.

CURRENCY: The unit currency is the Malaysian Ringgit (RM). Traveller's cheques and foreign currencies can be changed for Malaysian Ringgit at banks, money changers and hotels. Money changers can be found in all major shopping centres and most hotels charge a nominal fee for currency conversion.

TIPPING: Hotels and restaurants add a 5% government tax and 10% service charge to their bills. Tipping is not a regular practice.

EXCHANGE RATE: AU\$1.00 = RM2.97 approximately.

BANKING HOURS: Monday-Friday: 10.00am-3.00pm. Saturday: 9.30am-11.30am

CUSTOMS INFORMATION: Items such as cameras, watches, pens, lighters, cosmetics, perfumes and portable radio cassette players are duty-free in Malaysia. Visitors bringing in dutiable goods such as video equipment may have to pay a refundable deposit for temporary importation.

The importation of illegal drugs into Malaysia carries the death penalty.

ELECTRICITY: Standard 240 volts, 50-cycle system. Hotels will normally provide the 3 square pin contact socket.

TELECOMMUNICATIONS: Malaysia's network is of world standard. Some hotels provide mobile phone rentals. A convenient way of calling overseas is to use pre-paid IDD cards which can be easily purchased at newspaper kiosks, grocery stores and phone retailers.

HEALTH: Standards of health and hygiene are generally good, and it is safe to eat and drink virtually anywhere. Mineral and bottled water is widely available.

SHOPPING: Malaysia is a shoppers' paradise from Oriental Art and Antiques to designer wear and electrical equipment. The major shopping centres in Sabah are Wisma Merdeka, Centrepoin and Borneo Trading Post (for handicrafts and souvenirs). For Sarawak, visit Riverside Shopping Centre, Sarawak Plaza Shopping Centre, Tun Jug a and the Main Bazaar (for souvenirs and antiques).

The capital city, Kuala Lumpur has many large clean shopping centres, including the famous Lot 10, KLCC (Twin Towers), Sungei Wang and Mega Mall (largest shopping centre in the southern hemisphere). It is also the best place to pick up souvenirs, suitcases, t-shirts, DVD's and CDs. Check out www.tourism.gov.my for the scheduled dates of the Shopping Carnivals where you can save up to 70% off retail prices!

For information on festivals and events visit www.sabahtourism.com or www.sarawaktourism.com

GUIDE TO HOTEL CATEGORIES These categories apply to the hotels in general, in some hotels there may be rooms of a higher category.

2 STAR Moderate and comfortable standard of air-conditioned accommodation. Limited range of facilities such as restaurant/bar.

3 STAR Good quality accommodation and offering a range of eating facilities. Resort areas may include some leisure activities.

4 STAR High standard of accommodation with a range of facilities, including coffee shop, restaurants, bars, shops and probably a gymnasium/health club.

4 1/2 STAR Excellent accommodation with a complete range of facilities and services to match.

5 STAR Luxurious accommodation with every facility to suit the most discerning traveller.

BEDDING This is a guide only to the bedding types supplied in hotel rooms. Hotels will generally allocate rooms according to requests, but at time of check-in, certain bedding may not always be available. Every effort is made by the hotel to ensure your requests are met.

Children sharing a room with up to two adults are generally free of charge sharing existing bedding (twin or double bedded room). Many hotels will offer a rollaway bed free of charge or there may be a surcharge, please check at time of booking.



Our 'Total Care' Ground Service has evolved after extensive research and consultation with our local representatives into the requirements of Australian travellers.



MEET & GREET ON

ARRIVAL: On arrival after clearing customs your local guide will welcome you and assist you with your luggage to the transfer vehicle.



AIR - CONDITIONED

TRANSFERS: After a long flight it is refreshing to know that you will be transferred to your hotel in an air-conditioned vehicle. Your guide will highlight some interesting information and facts along the way.



HOTEL CHECK-IN: Upon arrival at your hotel, your guide will assist with your luggage and check-in formalities.



SIGHTSEEING AND

SHOPPING ADVICE: Asia is renowned for its shopping and your guide knows the best shopping areas and is happy to assist with what there is to see and do in this exciting destination.

FLIGHT RECONFIRMATION: Your onward or return flights will be reconfirmed upon request.

GENERAL ASSISTANCE & EMERGENCIES: Should you have any additional needs or require emergency assistance, you will be given local phone numbers to contact.

DEPARTURE SERVICE: On departure day your guide will collect you from your hotel for transfer to the airport.

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Massage



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