

# Tourism at sabah in east malaysia tourism essay



**ASSIGN  
BUSTER**

Sabah its one of the states located in East Malaysia is known as “ Land below the Wind”, because of its location just south of the typhoon-prone region around the Philippines. Sabah is Malaysia’s northernmost state and together with Sarawak and it is mountainous with lush tropical rain forests and its population of nearly two million is made up of 32 colourful ethnic communities. Known mostly for its two Mountains; Mount Kinabalu, the underwater mountain of Sipadan or Layang Layang Island absolute isolation will adore this place with beautiful views of the surrounding sea with Gomantong Caves are a group of limestone caves as well know for its high valued birds nest. Access to Malaysia eastern gateway is through Sabah’s capital, Kota Kinabalu, which receives flights from Kuala Lumpur, Johor Bahru, Kuching, Singapore, Hong Kong, Manila, Brunei, Jakarta, Seoul, and Taipei. Domestic travel in this vast state is via daily flights between Labuan, Sandakan, Lahad Datu, and Tawau, though large areas are still inaccessible. A rail network stretches from Kota Kinabalu to Tenom, and buses, taxis, and boats are also available.

Sabah is an enchanting mosaic of cultural diversity with at least 30 groups with their rich cultures and interesting traditions and using more than 50 indigenous languages and not less than 80 dialects. The main ethnic groups are: the Dusun and Kadazan – the largest group who make up nearly one third of the population, the Murut, the Paitan and the Bajau. Other indigenous groups include the Bonggi, the Iranun, the Ida’an and the Brunei. In addition, the Chinese make up the main non indigenous group. Therefore, the people of Sabah are varied in their respective cultural backgrounds. The tamu, a weekly open bazaar, offers a vivid glimpse into the colourful blend of

local cultures. The tamu is where natives gather to trade in farm produce, local curios, handicraft, food and even buffaloes. Kota Belud is a favourite spot for tourists to capture this exotic occasion.

Nowadays, Sabah has blossomed into a thriving commercial centre and holiday destination. A short boat-ride away takes one to the islands of Tunku Abdul Rahman park, a haven for camping and sea sports for all generation.

## **Tropical Beaches**

As we know Sabah is a wonderful opportunity to relax and unwind on a secluded tropical beach or dive at Jacques Cousteau's favorites tropical island dive spot and the Caribbean Islands may be the current popular choice for an ultimate Tropical Island Vacation but Sabah offers a truly complete tropical island vacation package as it is a land of tropical wonders from ocean deep to mountain high.

The 1st popular place in Sabah is the topical beach. Where you can simply laze around underneath a coconut tree on your deck chair with your heavily sun-tanned body soaking all the tropical sun you can get, a cocktail in one hand and a good book in the other, white and soft sand beneath your feet, the sound of the ocean waves echoing in the background, and seagulls passing by above you, your mind will be relax and forget all the busy's life in the city. Sabah has an abundance of excellent tropical beaches that can make your dream tropical vacation a reality. Most of the best beaches with developed infrastructures are located in the West Coast of Sabah.

## **Tropical Island**

Beside that the TAR Marine Park is also is one of the perfect tropical islands in the whole of Borneo for the sun and sea lovers, this is because they are all well sheltered from the rough waters of the South China Sea and most islands are well developed in terms of tourist facilities to provide a memorable tropical island vacation of a lifetime.

In the other hand Sabah has numerous getaway locations where you can stay at quaint seaside accommodations or chalets. The best place for a tropical vacation getaways have to be at the 5-star Tropical Vacation Resorts getaways such as Shangri-La's Rasa Ria Resort and Nexus Karambunai Resort, both at Tuaran, about about 40-50 minutes drive from Kota Kinabalu, the capital city of Sabah. Nestled far away from the city life, both international standard resorts are perfect for a great tropical vacation getaway.

An alternative setting for a tropical getaway is at the many idyllic Tropical Island Vacation getaways such as the nearby islands off Kota Kinabalu coast at Tunku Abdul Rahman Marine Park.

However, if you are looking for a simple and quaint location out of the city or if your budget is a bit tight, you can still enjoy a truly magnificent tropical vacation at budget-typed tropical seaside getaways.

## **Tropical resort**

In Sabah got five best tropical resorts.

Shangri-La's Tanjung Aru Resort, Kota Kinabalu.

Shangri-la's Rasa Ria Resort, Tuaran

Nexus Karambunai Resort, Tuaran

Nexus Karambunai Resort, Tuaran

Pacific Sutera Hotel, Kota Kinabalu

Shangri-La's Tanjung Aru Resort, Kota Kinabalu is located near airport and just need around 10 minit from airport. It is the epitome of the Shangri-La best. It boats some 495 charming rooms all equipped with the modern facilities.

Shangri-la's Rasa Ria Resort, Tuaran is situated at Pantai Dalit, Tuaran and need about 40 minutes drive from Kota Kinabalu, the capital city of Sabah. The Shangri-La's Rasa Ria Resort also located at the point where the jungle meets the sea and surrounded by 400 acres of tropical gardens.

Nexus Karambunai Resort, Tuaran is located 30km North East of Kota Kinabalu, the capital of Sabah on a secluded 45 acres of tranquil, natural beauty on the Karambunai Peninsular with wonderful white and sandy beaches.

Nexus Karambunai Resort, Tuaran which Sprawling on 384 acres of prime sea-front land with the majestic Mount Kinabalu as its backdrop in Kota Kinabalu, the Magellan Sutera Hotel, a resort within the Sutera Harbour Resorts and Marina vicinity, is far more than just superb first-class tropical vacation resort. Although it is close to the city center, the Magellan Sutera

Hotel can also easily be a tropical vacation retreat for those who believe in spoiling themselves with the delights of Borneo's famous hospitality.

The Pacific Sutera Hotel can be the best described as a cost-effective tropical vacation resort. Although it is positioned a bit further from the beach area and appears to look more like a business hotel compared to the nearby the Magellan Sutera Hotel, don't be fooled by its appearance.

## **Adventure Vacation**

In Sabah got the adventure vacation from soft to hard as it will brings you a variety of adventure vacation activities that is not only unique to this region but also can unparallel in quality. The adventure got like mountain climbing it will conquer with relative ease the majestic Mounnt Kinabalu, the highest peak in South East Asia. In Mount Kinabalu you do not need any special skills or mountaineering gears.

White Water Rafting is a brave adventure which is the exhilarating ride down the river rapids on a White Water Rafting adventure. Along the more challenging Padas River (Grade 111-1V moderate rapids) or the family Kiulu River (Grade 1-111 simple rapids).

Jungle trekking is an adventure takes a guided hike/trek through million years old rainforest at Danum Valley or Maliau " The Lost World" Basin. Borneo's rainforest is the oldest in the world at around 130 million years compared to the 60 million years old Amazon rainforest.

River Cruise is an adventure take a boat cruise along the Kinabatangan River, the longest river in Sabah, it is for a fun filled nature adventure on an

ox-bow lake and to search for the elusive Proboscis Monkey and other wild life.

## **Scuba Diving Vacation**

Sabah is fast gaining popularity as the latest premier Scuba Diving Vacation destination in the world. The exotic Malaysian state has some of the best dive spots in the region as well as worldwide. Besides the world-famous Sipadan, and its neighbouring islands like Mabul and Kapalai near Semporna in the East Coast of Sabah, the other top spots include Lankayan near Sandakan, and Layang Layang, situated some 300km off the West Coast of Sabah.

Scuba diving Vacation at Sipadan, Mabul, Kapalai is three world-class dive destinations located within sight of each other are situated in the East coast of Sabah. Sipadan is the most well known, it is the legendary island of turtles. Mabul is an enchanting island where every coconut tree has its own number. Kapalai is an island resort built on stilts in the middle of the sea The standard dive package will include 3 boat dive combinations a day with professional a Divemaster as well as unlimited beach dives (minimum 1 hour surface interval). Diving boat and basic diving equipments such as tanks with air, weight and weight belt will be inclusive.

Scuba diving vacation at Lakayan is regarded as the new diving frontier in Sulu Sea off the North-Eastern coast of Sabah. A jewel-like tiny island in the Sulu Sea and hour and a half boat ride's north of Sandakan, Lankayan has been declared part of an immense Marine Protected Area. Its dive sites are all within minutes away from one another and boast unbelievably colorful

macro fauna, fascinating wrecks such as the “ Lankayan Wreck”, which was an ocean going fish poaching vessel appropriately demised in the area of its illegal activities. Lankayan is a virtually uninhabited island but there is one small resort that offers an accommodation service.

Scuba Diving Vacation at Layang-Layang, it known as the “ Jewel of the Borneo banks”, Layang Layang is a small oceanic atoll 14 sq km in diameter jutting some 2000m from the Ocean depths, making it a wall diving mecca. The exact location of Layang Layang is 7. 5 degrees north of the equator and 114 degree east of the meridian, right in the middle of ancient South China Sea, 300km North West off the coast of Sabah. Besides its amazing dive features, Layang Layang is also renowned as a bird sanctuary, situated on the other end of the island. As for accommodation, there is only one resort on the island. The Layang Layang Island Resort is a modest three-star resort with 76 rooms and 10 suites. Its tropical hardwood structures and the likeness of a traditional Longhouse exude an unparalleled sense of hospitality and warmth.

## **National Park Vacation**

Sabah also provides a very unique and nice experience of national park vacation. In Sabah, there is two famous national parks which is Kinabalu National Park and Mesilau Nature Park.

Kinabalu National Park is about 90km or two hours drive away from the capital of Sabah, Kota Kinabalu. It is a wonderful place that let you enjoy the green environment with refreshing and cool mountain air which can let you totally forget about busy life of urban city. Kinabalu National Park is one of



the richest diversity of plant, animal, insect and bird life in the world which is well protected since 1964. Inside this national park, we can also found the world largest pitcher plant, Rajah Brooke and world largest flower, Rafflesia.

Mesilau Nature Park just away from Kota Kinabalu about 108km and within Kinabalu National Park, about 30 minutes by road. This nature park is about 2000 metres above the sea level. In this park, there is a highest golf course in South East Asia, Kundasang Mt. Kinabalu Golf Course which is part of beauty scenic view of Mesilau Nature Park. The spectacular views of the Kundasang valley with terraced hill slopes planted with highlands vegetables also another attraction for nature lover.

## **Nature Tour**

Sabah is a really nice place for a fascinating nature tour. No matter island or national park or tropical vacation, Sabah sure provides you a tour with taste of nature and eco friendly. There is a 160 millions years old rainforest which older than the Amazon, the Danum Valley. Go for a jungle trekking inside it sure gives you an ultimate experience with unspoilt flora and fauna. Enjoyful soft adventure is also available at the top of national park. Another unforgettable nature experience is go for a River Safari journey on a boat. Rich and colorful multi-cultural of Indigenous Peoples must be discovered during trip to Sabah.

## **Family Vacation**

Escape from busy city life, bring your family and spend couples of night at Sabah might improve relationship among your family members. It must be a

great experience to have a soft adventure in controlled adventure vacation site with family.

## **Wild Adventure**

By having a over 100 millions years old rainforest, Sabah sure provide a great experience by wild adventures. Breathtaking sights of rare wildlife such as the Sumatran rhinoceros and the Asian elephants are available at the “Lost World”. Take a river cruise to witness nature’s Christmas Lights, fireflies which all around inside the rainforest or catch a glimpse of the long-nose Proboscis Monkeys must be an unforgettable experience.

## **Conclusion**

Sabah is a wonderful place to visit or stay in especially to those who like the nature very much. Amazing gifts from the god are fully and well protected here. Impressive scene in Sabah will make every tourists who ever been there a unforgettable experience and fall in love with it, Sabah.