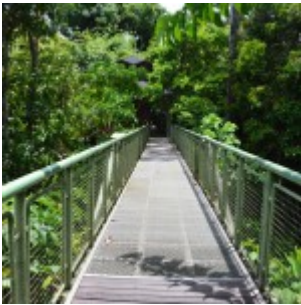


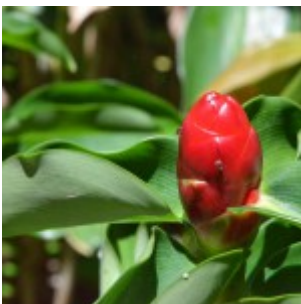
# Rainforest Discovery Centre



Rainforest Discovery Centre



Rainforest Discovery Centre



Rainforest Discovery Centre

Situated just 20 miles from the Sandakan Airport, the Rainforest Discovery Centre offers a chance for visitors to enjoy nature without leaving the comforts of civilisation and modernity. It gives an excellent overview of the state's rainforest with sprawling gardens, walking trails and a 147m-long steel canopy walkway. This centre is situated in the Kabili-Sepilok Forest Reserve. It is only ten minutes away

from the Sepilok Orang Utan Rehabilitation Centre.

Must do:

- Walk along the Rainforest Discovery Trail to see towering dipterocarp trees
- Observe nearly 250 species of birds from the canopy walkway
- visit the exhibition centre
- See more than 250 species of orchids as well as pitcher plants and aquatic plants at the Plant Discovery Garden

Opening hours: 8.00am – .00pm daily

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## Mount Kinabalu Park (Malaysia's first UNESCO World Heritage Site)



Mount Kinabalu



Mount Kinabalu



Mount Kinabalu

Standing majestically at a height of 4,095.2m, Mount Kinabalu is the highest peak in Southeast Asia. It is situated in Kinabalu Park, a wonderland of ecological treasures covering some 754sq km.

The diversity of plant life in Kinabalu Park ranges over four climatic zones. Over 5,000 types of flowering plants including 1,200 species of orchids, 26 species of rhododendrons, over 80 species of fig trees as well as 60 species of oak and chestnut trees are found here. About 100 species of mammals and 326 species of birds are also known to reside in the sprawling park.

Ascending and descending Mount Kinabalu's summit takes two to three days, depending on the weather and one's fitness level. Every year, participants from around the world gather here to take part in the Mount Kinabalu International Climbathon. It is dubbed as the 'World's Toughest Mountain Race'. Despite the challenging route and distance, mountain runners take less than four hours to reach the peak and return to the finish line.

