

George town (UNESCO World Heritage City)



Georgetown



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Penang Chew Jetty



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George Town was declared a UNESCO World Heritage Site in 2008. This bustling capital has over 200 years of history and culture, which can be best observe in its historic core. Buildings of historical and architectural interest as well as cultural practices that have been handed down from the previous generations give George Town a uniqueness that is rarely found elsewhere in Southeast Asia.

Must do:

- Go for the many heritage trails within the city on foot or by trishaw and observe age-old cultural practices
- Visit places of worship, museums and colonial style

buildings

Mulu National Park (A UNESCO World Heritage Site)





One of the most outstanding attractions in Sarawak, Gunung Mulu National Park is a treasure trove of vertical cliffs, jagged limestone pinnacles and intricate cave networks. The area is a paradise for researchers with some 20,000 animals and 3,500 plant species.

Tours and caving expeditions are available from the park office. Visitors can choose from introductory, intermediate or advanced tours depending on their experience and fitness levels. Tours are accompanied by World Heritage Guides. To truly appreciate the beauty of Mulu, visitors are advised to allocate at least several days for their trip here. Accommodation ranges from camp sites, forest huts to the exclusive Mulu Marriott Resort nestled amidst the rainforest. Mulu is accessible by air from Miri.

Must do:

- Visit the four show caves – Deer, Lang, Clearwater and Wind Caves
 - Watch millions of bats from the Bat Observatory
 - Make your way to The Pinnacles
 - Trek along the Headhunters Trail to Limbang
 - Go up the 480m Mulu Canopy Skywalk
 - Explore the Medicine Plants Trail
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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.
