

# Nature Lovers' Paradise

Since ancient times, adventurers and explorers have come to Malaysian shores, attracted by its diverse natural wealth and embraced by its gentle people. Today, Malaysia is known around the world as a destination for a host of nature-based activities and ecotourism.

More than half of Malaysia's 329,758 sq km surface is covered by tropical rainforests that host a bewildering array of exotic and protected plants and animals. There are treasures such as rare species of flora and fauna found only at Mount Kinabalu or wondrous geological formations such as Mulu Caves. Even Taman Negara, the world's oldest rainforest, estimated at 130 million years old can be found here.

Malaysia offers varied experiences to satisfy the nature lovers' quest. There is an exciting choice of activities for all ages and groups – from amateurs and families to the serious enthusiasts and professionals.

Places of interest:

- [Taman Negara](#)
- [Lake Kenyir](#)
- Belum Rainforest
- [Mount Kinabalu](#)
- Mulu Caves