

Rock Climbing

Rock climbing enthusiasts will enjoy conquering Malaysia's rock faces and cliffs, of which there are many to choose from around the varied landscape. Limestone outcrops dot many areas of Peninsular Malaysia with limestone crags and sandstone mountains in Sarawak and some big alpine granite walls in Sabah. Other mountainous areas have various rock faces waiting to be discovered.

Rock climbing as a publicly accessible sport is relatively new in Malaysia, nevertheless, there is a small local community of aficionados. Thus, there are still many potential climbing venues to be explored. The same goes for rock climbing's sister sport activity, abseiling or rappelling.

Popular Sites

- Batu Caves, Kuala Lumpur
- Camp 5, Kuala Lumpur
- Teluk Cempedak Beach, Kuantan
- Petronas Highway Stop, Bentong
- Beach Cafe, Batu Ferringhi, Pnang
- Jesselton Heights, Penang
- Penang Hill, Penang
- Jerejak Island, Penang
- Lost World Tambun, Ipoh, Perak
- Various other limestone hills and cave sites around Ipoh, Perak
- Mount Kinabalu, Kinabalu National Park, Sabah
- Gunung Mulu (Mulu Caves), Mulu National Park, Sarawak