

# White Water Rafting

Rivers have long been the life blood of the indigenous people of Malaysia. They have served as a means of transport, a source of food and now, a resource for ecotourism.

The native groups of the Malaysian interior have been using rafts for thousands of years, but white water rafting has only been popularised since the 1980s.

## Popular Sites

- Padas River, Sabah
- Kiulu River, Sabah
- Sungai Sungkai, Perak
- Sungai Selangor, Selangor
- Sungai Endau, Jeram Besu and Sungai Lipis, Pahang
- Sungai Tembeling, Taman Negara, Pahang
- Telom River, Cameron Highlands, Pahang