

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