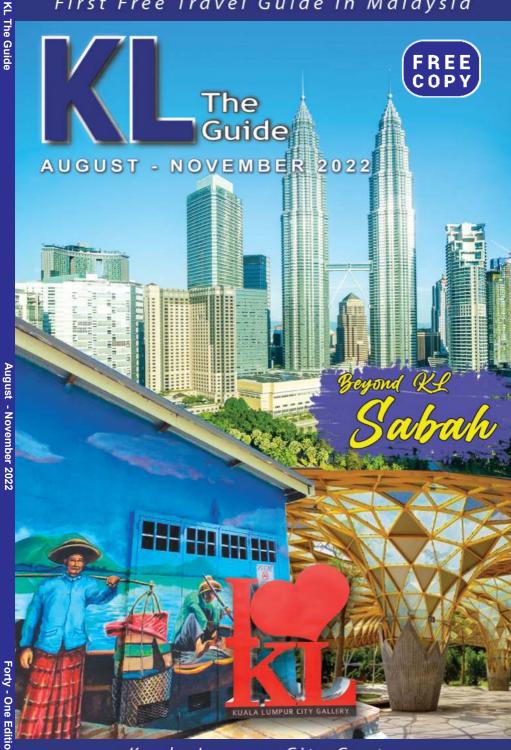
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Kuala Lumpur City Centre

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From KLIA & KLIA 2

KLIA Express and KLIA Transit trains will operate for 35 minutes, with fares ranging from RM 35 to RM55. The current frequency is every three hours. The Airport Coach bus will cost roughly RM10 and will operate from 12.30 am to 11.30 pm. Aerobus operates from 6.45 a.m. to 6.45 p.m., with fares starting at RM14. Taxis are quite pricey. The fare starts at RM74 and goes up to roughly RM200 with the family. A 40 to 45-minute drive in a GrabCar will cost roughly RM65 to RM75

From Penang International Airport

Flights from Penang Airport to KLIA Airport will take approximately one hour and will cost between RM70 to RM650. The bus is the most affordable option, with fares ranging from RM50 to RM60. However, the duration will be at least 7 hours. Driving from Penang to Kuala Lumpur will take roughly 5 hours, depending on traffic, with estimated petrol expenses ranging from RM79 to

From Langkawi International Airport

Depending on the airline, flights from Langkawi International Airport to KLIA Airport will take roughly an hour. The beginning fare ranges from RM160 to RM200. Flights from Langkawi to Subang Airport take around an hour. Then take a bus to Kuala Lumpur. The starting fare ranges from RM119 to RM176.

From Subang Skypark Terminal

Skypark Link train will cost around RM10 from Subang Airport to Kuala Lumpur Sentral.Jet Bus operates from 9.00 a.m. to 7.15 p.m., with traveling time ranging from 20 to 30 minutes, depending on traffic. To Kuala Lumpur, the fare starts at RM10. GrabCar would cost between RM24 to RM27 to KL Sentral for an approximate 20 minute journey.

From Kuching International Airport

Flights from Kuching International Airport to KLIA Airport take about 1 hour 45 minutes, depending on the airline, such as AirAsia, Malindo Air, or Malaysia Airlines. Then, from the airport, take the KLIA Express to Kuala Lumpur Sentral. Depending on the season, the starting fare ranges from RM160 to RM650. Flights from Kuching to Subang Skypark Terminal take about 2 hours and 30 minutes. Then take a bus to Kuala Lumpur. Depending on the season, the starting fare ranges from RM289 to RM581.

From Kota Kinabalu International Airport

Flights from Kota Kinabalu International Airport (KKIA) to KLIA Airport take about 2 hours and 25 minutes, depending on the airline. The starting fare ranges from RM380 to RM1378. Flights from Kota Kinabalu International Airport to Subang Airport take about 2 hours and 30 minutes. Then, take a bus to Kuala Lumpur. Depending on the season, the starting fare ranges from RM289 to RM581.

> Ways To Get to KL City Centre **By Air**

Express Train

One of the fastest modes of transporta tion to travel to and from the airport is the KLIA Ekspres that takes approximately 25 to 35 minutes. However, the ticket price is guite costly, starting from RM 55 per pax for a one way ticket. The express train travels between International Airports (KLIA and KLIA2) to KL Sentral. You may purchase the train ticket online or head to its main station at KL Sentral. The service provides a free porter service at respec tive platforms and also high speed WiFi onboard. Alternatively, you can hitch a ride on the less expensive but non-direct route trains such as the KTM, MRT, LRT and Monorail

Bus

Buses are the cheapest mode of transportation to get from the airport to the city and vice versa. They are relatively safe and fairly comfortable, made up of a fleet of 44-seated air conditioned coaches. The fare is quite affordable; from RM 12 to RM 15 per pax, depending on your pick up station. Therefore, the journey to and from the airport to the respective bus station may vary. However, the standard travel time is approximately 1 hour to 1 hour 15 minutes.



Ways To Get to KL City Centre By Land



Taxi

Taxis are not exactly known to have a good reputation in Malaysia. Most locals avoid using taxis due to their high rates and non-standardized usage of meter and tracking. Hence taxis are not a very popular mode of transportation, but if passengers have no other choice, it is advisable to ask the driver beforehand if they can use the provided meter to get to a specific destination. Generally, the fare is estimated to be around RM3 for the first kilometer with BM0 20 added for every subsequent 150 meters. The journey can last for about 1 to 2 hours but keep in mind that this varies in both location and traffic.

E-hailing service

As one of the most popular modes of transportation in Malaysia, the E-hailing service has caught the attention of both locals and visitors due to its high reliability and access through its user-friendly mobile app, making it one of the fastest ways to get to a specific destination provided that the traffic is minimal. One of the best reasons to use the E-hailing service is the transparent and fixed fares made clear even before you make a booking. Passengers are also covered with accident insurance the moment they enter a car provided through the E-hailing service.

Car Rental

The organisation is known as Persatuan Sewaan Kereta Malaysia (Car Rental Association of Malaysia). CRAM's mission is to promote, project, and protect the members' interests to serve as a link between the relevant regulatory authorities (private and public) and the members in all matters regarding to the vehicle rental sector and its related and associated industries.

NEXX Car Rental (Kereta Sewa Kuala Lumpur)

Address : Kuala Lumpur Sentral, 50470 Kuala Lumpur, Federal Territory of Kuala Lumpur. Operating Hours : 9.00am-5.00pm Contact : 010-562 1195 Website : https://www.nexxcarrental.com/

TheKLDriver.com - MPV Car Rental

Address : Menara Mutiara Bangsar, Jalan Liku, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9:30am-9:30pm Contact : 012-350 5799 website : https:thekldriver.com

GoSo Rent A Car KLCC

Address : Wisma UOA CENTRAL, 19, Jalan Pinang, Kuala Lumpur, 50450 Kuala Lumpur Operating Hours : 24 Hours Contact : 012-655 2677 website : https://www.gosorentacar.com/

KLCR Kuala Lumpur Car Rental Service - Rent-A-Car

Address : 726, Jln Sultan Azlan Shah, Batu 4, 51200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-5.00pm Contact : 010- 562 1195 website : https://m.kualalumpurcarrental.my /home.html

Galaxy Asia Car Rental

Address : 117, Jalan 3/93, Taman Miharja, 55200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-5.00pm Contact : 012 - 368 0117 website : https://www.rentalscarasia.com/

Chauffeur and KL City Tour

Address : No 310, Block A, Jalan PJS 3/55, Taman Sri Manja, 46000 Petaling Jaya, Selangor Operating Hours : 24 Hours Contact : 012-320 2069 website : https://www.mileslimo.com/chauff eur-service-malaysia

Hyper Luxury Car Rental Kuala Lumpur

Address : 89, Jalan Telawi, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-8.00pm Contact : 019-336 4503 website : https://hyperluxurycar.com/

Mayflower Car Rental

Address : Mayflower Building, 18, Jalan Segambut Pusat, Taman Segambut, 51200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 8:30am-6.00pm Contact : 03- 6253 1888 website : https://mayflowercarrental.com/

Kuala Lumpur, is the most stunning capital of Malaysia. The city, defined by its colourful culture and rich modern architcture, is also Malaysia's largest city. Kuala Lumpur is Malaysia's cultural, financial, and economic capital, the home of the Malaysian Parliament and the Istana Negara, the official palace of the Malaysian King (referred to by the title of Yang di-Pertuan Agong).

DEPENDEN DE ANTANAMANAN

vital

This metropolitan concrete jungle is included as one of Malaysia's three Federal Territories, enclaved inside the state of Selangor on Peninsular Malaysia's central west coast. This beautiful city has hosted several international sports, political, and cultural events throughout the 1990s, notably the 2017 Sea Games Malaysia. Kuala Lumpur has grown rapidly in recent decades, and it is currently the world's ninth most visited city.

10 Must know fact about KL



Petronas Towers, also known as Petronas Twin Towers and KLCC Twin Towers is an supertall skyscraper in Kuala Lumpur. The bridge connecting the two towers on the 41st and 42nd floor makes for the world's tallest sky bridge for the past era. Petronas Twin Towers have a total 32,000 windows. Address : Concourse Level, Petronas Twin Tower, Lower Ground, Kuala Lumpur City Centre, 50088 Kuala Lumpurr Contact: 03-2331 8080 Operating Hours: 10am - 6pm Website : https://www.petronastwintowers.c om.my/

National Mosque, architecture influenced by traditional Islamic art from the Grand Mosque in Mecca. Locals and visitors who have not had the chance to set foot in Mecca can have a surrounding of how Mecca looks like by visiting the mosque. The National Mosque is reputed as one of the most beautiful mosques in South East Asia until now. Address : Jalan Perdana, Tasik Perdana, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: 03-21073100 Website :

10 https://www.masjidnegara.gov.my/

Istana Budaya, is defined as 'Palace of Arts'. Istana Budaya is the National Theatre and home to the National Theatre Company and National Symphony Orchestra. It has been ranked on the Top Ten list of most unique and sophisticated theatres in the world.

Address : Jln Tun Razak, Titiwangsa, 50694 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-4026 5555 Website : http://istanabudaya.gov.my/en/

Sea Games host 2017, Back in 2017 Kuala Lumpur was honored as the hosting country of the 2017 Sea Games. Although it became the leading medal tally at that time, it brought glory to the country's name. The biennial diversions, moreover known as Kuala Lumpur 2017, ran between August 19 till 30, 2017. The amusement coincides with the celebration of Malaysia's 60th Independence Day.

It is in fact difficult to accept that 200 a long time prior, the city of Kuala Lumpur did not indeed exist! What is more shocking is that one of Asia's wealthiest cities had such a destroying and bloody start to it, that no one seems to have indeed comprehended its success and ubiquity nowadays. In truth, the town was established when a few Chinese mineworkers found the region since it was normally wealthy in tin.



Must know fact about KL



University Of Malaya

The University of Malaya (or Universiti Malaya in Malay; commonly known as UM) is the oldest university in Malaysia, and is in southwest Kuala Lumpur, situated on a 750 acre (3.0 km²) campus in the capital city. It is widely recognised as one of the top Universities in Malaysia.

Culture

Malaysia is an unimaginably assorted country, containing numerous distinctive ethnicities, dialects and religions. Individuals from each ethnicity have by and large held their ancestors' social traditions. As a result, Malaysian society obliges a wealthy assortment of ways of life, convictions and values.

World War 2

World War 2 The Malayan campaign began when the 25th Army, under the command of Lieutenant General Tomoyuki Yamashita, invaded Malaya on 8 December 1941. Japanese troops launched an amphibious assault on the northern coast of Malaya at Kota Bharu and started advancing down the eastern coast of Malaya.

Religion

There are many religions in Malaysia we are called as "1 Malaysia". The official of Malaysia Religion is Islam. Population and Housing Census, 63.5 percent of the population practices Islam; 18.7 percent Buddhism; 9.1 percent Christianity; 6.1 percent Hinduism; and 2.7 percent other religion or no information.

It tooks 6 years to complete on construction

Petronas Towers, the world's tallest two towers, was built in just six years in Kuala Lumpur city. A Japanese partnership led by the Hazama Corporation built Tower 1, the west tower. On the other hand,Tower 2 was built by a South Korean consortium led by the Samsung C&T Corporation.

History of Kuala Lumpur

Kuala Lumpur became the capital of the province of Selangor in 1887. The city was already known as Kuala Lumpur, which meant 'Muddy Confluence' at the time. This is the result of the confluence of the two rivers Gombak and Klang. These rivers served as the city's main entry points.

19th century - Sumatrans may have settled in the upper reaches of Klang River

1840 - Chinese miners were involved in tin mining up the Selangor River

1857 - Once Kuala Lumpur became established as a town, the miners arrived in Kuala Lumpur and proceeded on foot to Ampang, where the first mine was established.87 tin miners found rich sources of tin.

1862 - As a result of the influx of new miners from all over the world, there are numerous disputes and gang warfare.

1869 - Yap Ah Loy became the leader of the Chinese community of Kuala Lumpur, and in just a few years, he established peace and order in the city. He had the greatest influence in Kuala Lumpur, he founded Kuala Lumpur's first school and a destitute refuge.

1880: British envoy Frank Swettenham creates the first city plan for Kuala Lumpur, transforming it into a modern metropolis.

1881: Kuala Lumpur was a small city with numerous social and political issues. The town's buildings were made of wood, which were prone to fire, and there was a constant threat of flooding due to a lack of proper sanitation.

1886: Swettenham also pushed the construction of a railway line between Klang and Kuala Lumpur, which improved access to Kuala Lumpur and accelerated the town's expansion. resulting in the town's fast expansion.

1890: The population was 4,500, and by 1890, it had risen to 20,000. As growth accelerated, cleanliness, waste disposal, and other health concerns became more pressing. On May 14, 1890, a Sanitary Board was established, which was in charge of cleanliness, road maintenance, street lighting, and other duties

AT GLANCE

Greater Kuala Lumpur encompasses the region west of the Federal Territory of Kuala Lumpur to Port Klang, east to the Titiwangsa Mountains, and north and south to the Titiwangsa Mountains. The Klang Valley Integrated Transit System serves the area, which includes administratively independent towns and cities such as Klang, Shah Alam, Putrajaya, and others. The construction of a new Kuala Lumpur City Centre around Jalan Ampang and the Petronas Towers are two notable projects in Kuala Lumpur.

1896:The Sultans of four states have united to form the Federated Malay States. Kuala Lumpur becomes the Federated Malay States' capital.

1942: During World War II, Kuala Lumpur was captured by the Imperial Japanese Army on 11 January 1942 to 15 August 1945. The "3 years and 8 months" period nearly brought Kuala Lumpur's economy to a halt.

1946: Kuala Lumpur becomes capital in the Federation of Malaya.

1957: After 151 years of British rule, Malaysia declares independence on August 31. Kuala Lumpur became the capital of the Independent Federation of Malaya.

1963: Kuala Lumpur becomes capital of Malaysia

1972: Kuala Lumpur was awarded city status, making it the first town in Malaysia to do so after independence.

1974: Kuala Lumpur later became a federal territory on February 1

1978: The city of Shah Alam was proclaimed the new state capital in, Kuala Lumpur ceased to be the capital of Selangor

1990: Kuala Lumpur commemorated its 100th year of local government on May 14

1999: The federal administrative capital of Malaysia moves to Putrajaya.

2007: Kuala Lumpur celebrates its 50th year as capital of Malaysia and Malaysia its 50th year of independence





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Iconic Landmarks



Petronas Twin Tower

It is known as the tallest Twin Tower in the world and was inspired by former prime minister Tun Mahathir Mohammad which he envisioned to be a global player. It is one of Malaysia's famous icons which looks tremendously beautiful especially at night.

Address: Concourse Level, Petronas Twin Tower, Lower Ground, Kuala Lumpur City Centre, 50088 Kuala Lumpur Contact: +603-2331 8080 Website: https://www.petronastwintow ers.com.my/ Operating Hours: 9.00 am - 9.00 pm (Tuesday - Sunday)

KL Tower

Menara KL Tower is also one of the iconic towers. It is also one of the tallest buildings in Malaysia. Beside that, it also offers a spectacular view of the city from a height of 276 meters. The tower spindle-like apex can be spotted from where in KL and the Islamic and Persian style architecture.

Address: No. 2 Jalan Punchak Off, Jalan P. Ramlee, 50250 Kuala Lumpur Contact: +603-2020 5444 Website: https://www.menarakl.com. my/ Operating Hours: 11.00 am - 7.00 pm (Monday - Sunday)

National Monument

The National Monument is a monu ment that honours those who perished in Malaysia's quest for independence, particularly during World War II and the Malaysian Emergency from 1948 to 1960.It is in Kuala Lumpur, Malaysia's federal capital.

Address: Perdana Botanical Garden, Ja lan Parlimen, Kuala Lumpur City Centre, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +6 012-235 6023 https://kualalumpur.attractionsinmalaysia.com/nation al-monument.php Operating Hours: 7.00 am - 6.00 pm

Merdeka Square

Merdeka Square, known as Dataran Merdeka, is perhaps KL's most well known landmark. It is located in front og the Sultan Abdul Samad Building. The Royal Selangor Club is directly in front while St. Mary's Church, one of Malay sia's oldest anglican churches, located in the north.

Address: Jalan Raja, City Centre, 50050 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 24 hours (Monday -Sunday)



Iconic Landmarks

Bangunan Sultan Abdul Samad

Designed to replicate London's Big Ben, the Gillet and Johnson Manufactures bell clock on top of the building's centre tower was made in 1897 and kept ticking every hour on hour for every century.

Address: Jalan Raja, Kuala Lumpur City Centre, 50050 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60-322678088 Website: https://www.selangor.gov.my/ Operating Hours: 24 hours (Monday -Sunday)

Jalan Alor, Bukit Bintang

Jalan Alor is one of Kuala Lumpur's food lanes. There are many seafood and hawker stalls along the street. Barbecued meats, noodles and sweets are some of the best and most affordable in town.

Address : Jalan Alor Bukit Bintang, Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Facebook : Jalan Alor, Bukit Bintang Operating Hours : 5pm until midnight / 24 hours

China Town

ELAMAT DATANG · WELCOME · 欢迎光临

Chinatown in Kuala Lumpur is located in the centre of Kuala Lumpur, is a location that never sleeps and is always busy with colour and activity. If you ever find yourself in Kuala Lumpur, Chinatown should be on your must see and go especially if you are a genuine bargain hunter.

ALAN PETALING

நல்வரவ

elamat Tahun Baru Cina

Address : Chinatown Kuala Lumpur City Centre, Kuala Lumpur, Federal Territory of Kuala Lumpur. Opperating hours : 24 hours

Central Market

The Central Market Kuala Lumpur is a well known tourist attraction and symbol of the city. The market, also known as Pasar Seni, is a heaven for art shopaholics. Authentic handicraft, great stores and traditional Batik Malaysia.

Address : Lot 3.04-3.06,06 Jalan Hang Kasturi, City Centre, 50050 Kuala Lumpur Website :

https://www.centralmarket.com.my/ Operating Hours : 10.00am - 6.00pm









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Historical Sites

The Old High Court

The public entrance of the High Court is at the Sungai Gombak side and leads to an inner courtyard with a concrete staircase to the upper floor. When the Sultan Abdul Samad Building was renovated in 1984, the Supreme Courts and some of the High Court's hearing rooms were moved there.

Adress : Kuala Lumpur City Centre, 50050 Kuala Lumpur, Federal Territory of Kuala Lumpur Website : https://www.kehakiman.gov.my/en Operating Hours : 9.00am-5.00pm



National Museum of Malaysia

The National Museum of Malaysia is located on Jalan Damansara in Kuala Lumpur, Malaysia. The museum is situated nearby to the Perdana Lake Gardens and it provides an overview of Malaysian history and culture from the beginning of Tanah Melayu.

Address : Jabatan Muzium Malaysia, JIn Damansara, Perdana Botanical Gardens, 50566 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2267 1000 Website : http://www.muziumnegara.gov.my/ Operating Hours : 9.00am – 5.00pm



National Monument

This 15 meter high bronze statue is a tribute to those who died fighting in world war 1. There's a beautiful structure of seven soldiers supporting each other's fallen brave hearts, a noteworthy moment in their history. Each of the seven soldiers despite a quality of strength, suffering, sacrifice, courage, leadership, vigilance and unity.

Address: Perdana Botanical Garden, Jln Parlimen,Kuala Lumpur City Centre, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 012-235 6023 Website : http://www.visitkl.gov.my/visitklv2/index.php?r=co lumn/cthree&id=56&place_id=985 Operating Hours : 7.00am – 6.00pm

National Planetarium

The National Planetarium is an entire complex which comprises an information center, an observation gallery, a space theatre, and also a space-scientific exhibition. The cinema has two big screens which demonstrate various space-scientific videos, including diverse feature films about space until now.

Address: 53, Jalan Perdana, Tasik Perdana, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2273 4303 Website : https://www.planetariumnegara.gov.my/ Operating Hours : 9.00am – 4.30pm





Kuala Lumpur City Gallery

The highlight here is The Spectacular City Model Show, the largest and first of such kind in Malaysia! The massive model measures an incredible 40ft x 50ft (12m x 15m), which showcases the city's past, present and future through a light and sound presentation! Immerse in 9 innovative exhibits – KL Reflection. NEW at KL City Gallery.

Address : Dataran Merdeka, 27, Jln Raja, City Centre, 50050 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2698 3333 Website : https://www.klcitygallery.com.my/ Operating Hours : 9.00am-6.30pm

Illusion 3D Art Museum

Explore past Kuala Lumpur's major attractions and discover illusion 3D Art Museum! Spend a day inside the museum, where gigantic 3D art paintings dominate the walls and the floors. Take photos of your friends and family posing in different kinds of scenarios; encounters with zombies and celebrities, dangerous cliffs and deadly accidents, as well as meetings with exotic animals.

Address: Lot 4.01-4.03, Second Floor Central Market Annexe, Jalan Hang Kasturi, City Centre, 50050 Kuala Lumpur Contact: +603-2022 1613 Website: http://illusion3dart.com/ Operating Hours: 10.00 am - 6.00 pm (Monday – Sunday)

National Museum of Malaysia

National Museum of Malaysia is a historical exhibition gallery that uses a combination of traditional and cuttingedge technologies to showcase Malaysia's distinctive heritage, attractions, and cultures.National Museum of Malaysia is provided to you by a rebel gang of miniature enthusiasts, guided by an even crazier miniature fanatic known as Le Grand Architecte.

Address : Jalan Sultan Ismail Sungei Wang Plaza, Level 1, 50250 Kuala Lumpur, Federal Territory of Kuala Lumpur Operation Hours : 10.00am-10.00pm Contact : 011-1009 9374 Website :



Islamic Art Museum

Over 10 thousand objects and an extraordinary library of Islamic Art publications may be found at the Islamic Arts Museum Malaysia.

Address : Islamic Arts Museum Malaysia, Jalan Lembah, Tasik Perdana, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2092 7070 Website : https://www.iamm.org.my/ Operation Hours : 9.30am-6.00pm



National Textile Museum

The objective of the National Textile Museum is to preserve trends and innovation in Textile in Malaysia throughout its history and into the future. In the gallery, visitors will be able to see a selection of four leading fabrics, accessories, and clothes as displayed.

Address : 26, Jalan Sultan Hishamuddin, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2694 3457 Website : http://www.jmm.gov.my/ms/muziu m/muzium-tekstil-negara Operating Hours : 9.00am-6.00pm



Museum & Memorials

Bank Negara Malaysia Museum and Arts Gallery

The children's Gallery, the Bank Negara Malaysia Gallery, the Economics Gallery, the Islamic finance Gallery among the permanent galleries. From pre-independent to the present, the bank's role in the economic growth of the country has grown.

Address : Sasana Kijang, 2, Jalan Dato Onn, Kuala Lumpur, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-9179 2784 Website : https://museum.bnm.gov.my/ Operating Hours : 10.00am-5.00pm



Pusat Sains Negara

With its brilliant, educational, and just plain entertaining hands-on science and technology exhibits, the National Science Centre attracts a large population. It is organised into numerous parts, with exhibits covering the spectrum of scientific knowledge, and it is shaped like a futuristic, green mosque capped off with a big dome.

Address : Pusat Sains Negara, Pesiaran Bukit Kiara, Bukit Kiara, 50662 Kuala Lumpur Contact : 03-2089 3400 Website : https://www.psn.gov.my Operation Hours : 9.00am-5.00pm

Modern Architectural Buildings

Kuala Lumpur Sentral

The KL Sentral (Stesen Sentral Kuala Lumpur) is the most connected transit point and the modern transit point in the city of Kuala Lumpur (KL), Malaysia. Regardless of where you are from or where you are heading to, you will find the most convenient transit at KL Sentral. Apart from Bus & Taxi Services, KL Sentral is also connected to several major rail systems that serve the city of Kuala Lumpur.

Address: Jalan Ampang, 55000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2148 6255

Menara KL Tower

Menara KI Tower is one of the tallest buildings in Kuala Lumpur and offers spectacular views of the city from top of height 276 meters. The Tower's can be spotted from anywhere in KL and the Islamic and Persian style architecture will make you amazed.

Address: Kuala Lumpur City Centre, 50050 Kuala Lumpur, Federal Territory of Kuala Lumpur



Suria KLCC

Suria KLCC is known as one of the best shopping malls in Malaysia. The tourists can go shopping, dining and have good entertainment. Within it is 1 million square feet of world class complex, there are more than 360 specialty stores.

Address: Taman Duta, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2072 1955 Website: https://www.parlimen.gov.my/ Operating Hours: 24 hours (Monday -Sunday)



The Exchanged TRX

The Exchanged TRX is a skyscraper in the Tun Razak Exchanged region of Kuala Lumpur, Malaysia. Which is now being built as a new financial centre. The 95-story Structure is crowned by a 65-meter- high, 12 storey-high lit crown, making it 445.5 meters tall. The net lettable area of the skyscraper will be 240,000 square metres.

Address: Persiaran KLCC, Kuala Lumpur, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2385 9888 Website : https://www.theexchange.my/ Operating Hours : 7.00am-10.00pm

Modern Architectural Buildings



Vortex Tower

Ken Shuttleworth's skyscraper known as the Vortex tower. With 70 Stories, the structure would have reached a height of 300 meters. The Vortex Tower was designed for the outside eastern margin of the City of London and was never built until now

Address: Lingkaran TRX, Tun Razak Exchange, 55188 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2710 8806 Website : https://vortexklccapartments.com/ Operating Hours: 8.30 am - 8.00 pm (Monday - Saturday)



Pintasan Saloma Bridge

The Saloma Link Bridge, which will be completed in February 2020, is a newly constructed pedestrian and bike bridge. Due to its distinctive design and interesting Architecture, it has gained a lot of popularity in a short period of time. It looks more beautiful at night for great photography and instagrammer.

Address: Jalan Tun Razak, Titiwangsa, 50694 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-4026 5555

Istana Budaya

Istana Budaya is known as The Palace of Culture, it is Malaysia's main venue for local and international performances of theatre, opera, classical concert, and operetta. It is just close to the National Art Gallery in the centre of Kuala Lumpur.

Address: No. 2, Jalan Temerloh, Titiwangsa,53200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-4026 7000 Website : http://istanabudaya.gov.my/ Operating Hours: 10.00 am - 4.00 pm (Tuesday - Sunday)

Telekom Tower

The Telekom Tower also known as the Bamboo tower or Telekom Malaysia Headquarters is located in Kuala Lumpur. The build of this Tower took 3 years from 1998 till 2001 with the impressive height of architecture up to 421 meters developing and rises along an east-west exit, with a spiral motion that reduces the figures.

Address : Level 18, Tm Annexe 1, LG1, Jalan Pantai Baharu, Jalan Pantai, 59100 Kuala Lumpur Contact : 013-930 3866 Website : https://www.tm.com.my/ Operating Hours : 8.00am-5.00pm

Street Arts

Culture Street Arts & Gallery

Address : Unnamed Road, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur Wilayah Persekutuan Kuala Lumpur Facebook : Culture Street Arts & Gallery Operating Hours : 10.00am-5.00pm

Contact : 03-9179 2784

Street art by Julia Volchkova " The GOLDSMITH"

Address : No. 2 Jalan Punchak Off, Jalan P. Ramlee, 50250 Kuala Lumpur Operating Hours : 24 hours



TTDI street art

Address : Dataran Merdeka, 27, Jln Raja, City Centre, 50050 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 Hours

Alor Backspace Street Art

Address : 64, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2110 5670 Operating Hours : 24 Hours



Petaling Street Herritage House

Address : 64, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 Hours

My Art Studio

Address :No. 6A (First Floor), Jalan Tun Mohd Fuad 1, Taman Tun Dr. Ismail, 60000 Kuala Lumpur, Malaysia Contact : 0128892408 Website : http://www.myartstudio.com.my/ Operating Hours : 10.30am-6.30pm

Kiehl's street art on Jalan Tun Tan

Address : 64, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 hours

Kwai Chai Hong

Address : Lorong Panggung, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 hours

Photography Spots

Symphony Lake Water Show

Address : Unnamed Road, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur Operating Hours : 8.00am-10.00pm

Sky Deck KL Tower

Address : Menara Kuala Lumpur, No. 2 Jalan Punchak Off, Jalan P. Ramlee, 50250 Kuala Lumpur Contact : 03-2020 5444 Operating Hours 11.00am-7.00pm Facebook : Official Menara KL

Kuala Lumpur City Gallery

Address : Dataran Merdeka, 27, Jln Raja, City Centre, 50050 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2698 3333 Operating Hours : 9.00am-6.30pm

Jalan Alor KL Street Art 1 Lane

Address : 64, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2110 5670 Operating Hours : 24 Hours



River Of Life

The River Of Life project began in 2012 as a government effort. The initiative turned KL's Masjid Jamek neighbourhood into a laid-back picture destination that comes alive at night, with events such as a Dancing Symphony Fountain with music and visual effects.

Address : Jalan Tun Perak, City Centre, 50050 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2691 2829 Operating Hours : 5.30am-9.30pm 12.00am



Kwai Chai Hong

Address : Lorong Panggung, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-316 6212 Operating Hours : 9.00am-12.00am

Culture Street Art 7 Gallery

Address : 12, Jalan Panggong, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2026 0292 Operating Hours : 9.30am-5.00pm

Parks & Garderns

The planet Earth is a beautiful place. Life has flourished on the planet, thanks to the sun and vast oceans of water. No matter where we go on Earth, there are many stunning plants, flowers, and animals that catch our attention. They are two very important aspects of any ecosystem.

Of all the living organisms on the planet, the most seen by us are the plant life and the animal life. Apart from these two, more forms of life abound in the earth, but are harder to see with the naked eye. This is why the flora and fauna plant and wildlife of the earth are attractive to observe and study.

In this technological era, humans interact more with gadgets that it's impossible to find time to interact with nature. When vacation period knocks, they make up for that by traveling to exotic locations to trek through wild trails, or just drive to see an army of fearless animals. This is enabled by flora and fauna spread across different parts of the world.

Parks & Garderns

Kepong Metropolitan Park

Address: Jalan Lingkaran Tengah 2, Lake Garden, 52100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-6259 4270 Operating Hours: 6.00 am - 7.00 pm (Monday - Sunday)

Kepong Botanic Garden

Address: Jalan E 4/15, Taman Ehsan, 52100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-7963 0046 Website:

https://www.frim.gov.my/attractio ns/kepong-botanic-gardens/ Operating Hours: 6.00 am - 7.30 pm (Monday - Sunday) / Closed on (Friday)

KLCC Park

The 50-arce KLCC Park was created to lend touch of tropical garderns around the Petronas Towers. Once you arrive, you can marvel at the water fountains, which regulary put on interesting water exibhitions. There are also reflecting pools, waterfalls, over 1900 indigenous trees and a leght waling path.

Address: Lot No. 241, Level 2, Suria KLCC, Kuala Lumpur City Centre, 50088 Kuala Lumpur Contact: +603-2382 2828 Website: https://www.suriaklcc.com.my/attr actions/klcc-park/ Operating Hours: 7.00 am - 10.00 pm (Monday - Sunday

Taman Eko Rimba

Taman Eko Rimba, You can camp walk and even conduct study at Taman Eko Rimba which is only 3 kilometres from the city centre and offers a range of sight to explore. With a 200 meter perspective of the forest and neighbouring skycrappers and the canopy walk is the highlight.

Address: Lot 240, Jalan Raja Chulan, Bukit Kewangan, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2020 1606 Website:

https://www.forestry.gov.my/inde x.php/en/wp-kuala-lumpur/taman-eko-rimba-kuala-lu mpu



Parks and gardens are relaxing places to visit for some exercise and fresh air. Exposing oneself to nature might help you relax and social ize. Here are some suggested parks and gardens for you to visit on your trip to Kuala Lumpur.

Parks & Garderns

Taman Tasik Titiwangsa

Taman Tasik Titiwangsa is a recreational park that is known for its big lake. It is a favourite hangout for city people, with tennis courts, a workout area, a children's playground, and other recreational amenities for water sports, jogging, and other activities.

Address: Tasik Titiwangsa, 53200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2617 6273 Operating Hours: 6.00 am - 7.00 pm (Monday - Sunday)

Taman Pudu Ulu

Beautiful park with lots of places to relax and hang out with friends and family. Its central location and proximity to large population areas like Ampang, Cheras, and Maluri make it a popular tourist destination for many.

Address: Jalan Pudu Ulu, Taman Pudu Hulu, 55300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 6.00 am - 8.00 pm (Monday - Sunday)

The Central Park

Address: C-3-1 Plaza Arkadia, 3, Persiaran Residen, Desa Parkcity, 52200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-6280 8181 Website: https://www.desaparkcity.com/ce ntralpark.html Operating Hours: 6.00 am - 11.00 pm (Monday - Sunday)

Perdana Botanical Garderns

Address: Jalan Kebun Bunga, Tasik Perdana, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2276 0432 Website: http://www.klbotanicalgarden.gov .my/ Operating Hours: 7.00 am – 8.00 pm (Monday - Sunday)

Taman Layang-layang

Jln Lingkaran Tengah 2, Kepong Metropolitan Lake-garden, 52100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Forest Skywalk

FOREST RESEARCH INSTITUTE MALAYSIA, Taman Botani Frim, 52109 KEPONG, Federal Territory of Kuala Lumpur



Taman Ampang Hilir

In terms of a recreational park, there are three well-maintained playgrounds. Fish may be seen in the lake, and KLCC provides excellent views of the Kuala Lumpur skyline. There are some additional adult workout spots and a small toddlers section with climbing frames and so on, making it popular for all ages.

Parks &

Garderns

Address: 115, Jalan Ampang Hilir, Desa Pahlawan, 55000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2617 6289 Operating Hours: 6.00 am - 8.00 pm (Monday - Sunda

Conservatory Garden

Address : Pesiaran Sultan Salahhudin, Taman Tasik Perdana, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Operating Hours : 24 Hours Contact : 016-333 7328

Asian Sculpture Garden

Address : Asean Sculpture Garden, Persiaran Sultan Salahuddin, Taman Tasik Perdana, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 016-333 7328 Operating Hours :24 Hours

Bukit Jalil Recreational Park North Entrance

Address : Parking lot, Bukit Jalil, 57000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 017-395 6714 Operating Hours : 6.00am-8.00pm

Bukit Jalil Recreation Park

Address : Jalan 13/155c, Bukit Jalil, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 017-395 6714 Operating Hours : 6.00am-8.00pm

Taman Tugu

Address : Taman Tugu, Jalan Sultan Salahuddin, Kuala Lumpur, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 7.00am-6.30pm





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Rust Camp resort



Malaysia has a diverse population. The Malays, as well as considerable communities of Chinese and Indians, make up the primary ethnic groupings. When traveling around the nation, it is evident that the ethnic groups have kept their beliefs, customs, and way of life. Public holidays are the most important holidays for each group.

Malaysia's culture is influenced by the many cultures of various ethnic groups. Indigenous tribes were the first to settle in the area, and they were followed by the Malays, who arrived in ancient times from mainland Asia. When commerce with those nations began, Chinese and Indian cultural influences became more pronounced, which grew up in tandem with Malaysian immigration. Persia, Arabic, and the British are examples of other civilizations that have influenced Malaysia. Furthermore, Malaysia's diverse ethnic groups each have their own distinct cultural identities.

In public and private, Malays, Chinese, and Indians all endeavor too. We avoid disgrace and keep the peace. Face is a notion that encompasses attributes such as having a good name, having excellent character, and being respected by one's peers. Face is regarded as an asset that may be given, taken away, or gained. This face also includes the family, school, company, and even the whole country.

L AT GLANCE

Culture

Orang Asli

Orang Asli is a Malaysian national minority made up of a diverse indigenous people population. They are Peninsular Malaysia's oldest residents. Along with the Malays, Chinese, Indians, and indigenous East Malaysians of Sabah and Sarawak, the Orang Asli form a unique group of people. Orang Asli villages may be found across the nation, especially among the country's Malay people, typically in the jungle or forest.



Indian

South Asians, including Indians, Pakistanis, and Sri Lankans, make up a tiny but also important component of Malaysia's population. Speakers of Dravidian languages such as Tamil, Malayalam, and others, as well as speakers of Indo-European languages such as Punjabi, Bengali, Pashto and Sinhalese, can be split linguistically. Tamil speakers make up most of the population. Deepavali is Malaysia's most colorful festival. Hindus celebrate the occasion by drawing patterns and figures on the ground beautifully using colored chalk and spreading colored rice.



Malay

The Malays are from various sections of the peninsula and Southeast Asia's archipelago. They manage for over half of the country's total population, are the most influential political group, and are master numerical on the peninsular. The Malays who live near the peninsula's southern tip and those who live along the peninsula's eastern and western coasts have the most noticeable cultural variations. Malays are legally defined in part by their loyalty to a certain faith, Islam, unlike the other ethnic groups in Malaysia. Their main festivals are Hari Raya Aidilfitri and Hari Raya Aidil Adha.

Chinese

The Chinese, who make up nearly a fourth of Malaysia's population, originated in southern China. They are linguistically more different than the Malays, speaking a variety of Chinese languages in Peninsular Malaysia, the most important which is Hokkien and Hainanese, which are Southern Min languages, as well as Cantonese, and Hakka. The Chinese New Year is Malaysia's most important Chinese festival.



Must know fact about KL

Everyone drinks MILO

Babies and adults, monkeys and humans all bond over Milo. This chocolate-and-malt drink is so integral to Malaysian existence that local food courts and coffee shops will serve Milo, but not chocolate or Coco.

Most People speaks English

What do you expect from a country that was colonized by the British for over 100 years, and has continued to be a part of the Commonwealth coun try since 1957? These people probably speak English better than us.

No Shoe's indoor

Malaysian people don't wear shoes in house because it might be dirty. Because we don't know where that we step maybe on trash or something that believe it will make the house dirty. Wearing shoes indoors is rude, offensive, and just plain dirty. Don't do it.

PDA does not encourage

If you want to get intimate with your girlfriend, it's best to keep it to your private room. Public displays of affection, such as kissing and fondling, may be followed up by a visit from the police. Holding hands is fine, as is a quick peck on the cheek, but "amorous embraces" are suspect.

'Rain' is not a problem

All the foreigners call a "storm," Malaysians just call "rain." When the downpour begins, it sounds like a thousand bul lets are hitting your roof (hujan batu), which incidentally may or may not be blown away.

Mandian Caisine

3 OUTLETS

Mantra Indian Cuisine (Sunway Pyramid Mall)

Phone: 03-5611 0292

Email: jaya.catering@yahoo.com/ jayen26@gmail.com

Address: Unit No.LG,122A & LG.2.122B Lower Ground Two, Sunway Pyramid, Selangor

Mantra Indian Cuisine (Bayview Georgetown Hotel, Penang)

Phone: 04-261 5625 Email: jaya.catering@yahoo.com / jayen26@gmail.com

> Address: Bayview Georgetown Hotel (1st Floor) 25-A Farquhar Street, 10200 Penang

Mantra Indian Cuisine (Gelugor, Penang)

Phone: 04-659 5625

Email: jaya.catering@yahoo.com / jayen26@gmail.com

Address: No.346P Sg Gelugor MK13, 11700 Gelugor Penang (Behind Pos Office)

a Fife m

Traditional Dance of Malaysia

Tarian Zapin

Tarian Zapin is a Malay dance popular in the Malaysian states of Johor, Pahang and Selangor. The Middle Eastern Arab traders introduced this dance in the 14th century. This dance form is an enchanting of Islamic teachings with elegant body movements. That is why Zapin was only performed by men earlier.

Kuda Kepang

The Kuda Kepang is a traditional folk dance. It was brought by Javanese people who migrated to Malay land at that time. This dance was to be a dance as heritage dance culture for the Javanese and influenced by Islamic. There are also many stories regarding the origin of the Kuda Kepang.

Ulek Mayang

The legend behind the dance highlights the battle between six sea princesses and a Shaman till the eldest princess put an end to it. Ulek Mayang is considered to be by people that have the powers of the sea ever since. The music accompanies this dance of Malaysia is played by drums, violin and

Silat

Passed down to generations as a martial art form of self-defense, Pencak Silat evolved into a sport and cultural dance later. This is also one of the dances of Malaysia that are performed at weddings and royal ceremonies. It can be both a solo and a group activity. This dance is profusely annealed into other Malay dances like Inai.

Dikir Barat

Dikir Barat is a blend of Malay music, dance and poetry. Dikir Barat is to educate the audiences, discuss crucial issues and pass social commentary in a comic or satirical tone. This dance form is said to have originated from Malay villages in Southern Thailand. In native language, Barat means "West" and Dikir is linked to Zikir, which means "religious singing and chanting".



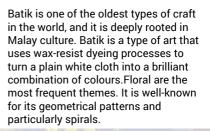
Batik

Traditional Arts & Craft



Songket

Songket is a traditional Malaysian textile woven by Malay weavers. It is a unique material woven in silk or cotton with metallic gold or silver threads in styles. The woven fabric's patterns and concept motifs usually cover the entire sarong.







Keris

The kris of Malaysia (or keris) is a traditional straight or curved-bladed dagger which is an important component of ceremonial dress and of the important weapon for late war in Malay culture. The wavy design of the narrow blade creates a large and severe wound from which victims seldom recover

Rattan Weaving

The word Rattan is a variation of the word Rotan, A Malay word for the creeper plan associated with its characteristics. Furniture made from sections cut from the wood. Rattan also has an inner core that can be removed and weaved into wicker products.

Kites or Wau

Malaysian Wau Bulan is special. In Malavsia, this crescent moon-shaped kite is a national emblem. Way kites come in a variety of shapes, each with its own form. These kites are enormous in size, and their colors set them apart from the others. They are embellished with huge, brightly colored motifs. The themes on the kites are mainly floral patterns, and they are embellished with paper tassels to make them more appealing. <u>ог</u>

(L AT GLANC

Islam

The Prophet Muhammad was the founder of islam. Islam means "surrender", and it is core concept is to submit to God will. "There is no god but God, and Muhammad is his messenger". It is a basic belief.

Majid Al-Bukhari

Masjid Yayasan Al-Bukhari, also known as the Al-Bukhari Foundation Mosque, is a mosque in Kuala Lumpur, Malaysia. It is located next to the Victoria Institution and across the street from the SP9 MR4 Hang Tuah LRT station and the Jalan Hang Tuah fire station. The mosque is located south west of Hang Tuah Station and is easily walkable.

Address: 1, Jalan Hang Tuah, Bukit Bintang, 55200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +60 3-9221 0554 Website: shorturl.at/aftES Operating Hours: 8.00 am - 9.00 pm (Monday - Sunday)

Majid Jamek

Sultan Abdul Samad Mosque, also known as Jamek Mosque. The Jamek Mosque in Kuala Lumpur, Malaysia, is one of the city's oldest mosques. It is accessible by Jalan Tun Perak and is located at the confluence of the Klang and Gombak Rivers. The Malay counterpart of the Arabic term masjed jamek which means a place where people gather to pray, is "Jamek."

Address: Jalan Tun Perak, City Centre, 50050 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +60 3-2691 2829 Website: https://www.facebook.com/Jamekmos que2/ Operating Hours: 5.30 am - 9.30 pm (Monday - Sunday)

Federal Territory Mosque

The Federal Territory Mosque is a mosque in the Malaysian capital of Kuala Lumpur. Off Jalan Duta in Segambut district, it is near the MATRADE complex and the Federal Government Complex. Between 1998 and 2000, the Kuala Lumpur Mosque was built. It is located on a five-hectare property along Jalan Duta, near the Government Office Complex.

Address: Jalan Tuanku Abdul Halim, Kompleks Kerajaan, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +60 3-6201 8791 Operating Hours: 8.00 am - 1.00 pm, 2.00 pm - 5.00 pm (Monday - Thursday) / 8.00 am - 12.00 pm, 2.45 pm - 5.00 pm (Friday)

National Mosque

Malaysia's National Mosque is a mosque in Kuala Lumpur, Malaysia. It can accommodate 15,000 people and is set in 13 acres of grounds. A 73-meterhigh minaret and a 16-pointed star concrete main roof are its most prominent features. The umbrella, which is associated with the tropics, is prominently featured. The main roof is similar to an open umbrella, while the minaret's crown is a folded umbrella.

Address: Jalan Perdana, Tasik Perdana, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +60 3-2107 3100 Website: http://masjidnegara.gov.my/mn/

Christian

Christianity in Malaysia is the third religion practised by 11.2% of the population (2010-2012 census), two-thirds of the 2.951 million Christians live in East Malaysia. There is a small population in Peninsular Malaysia, and there are many who practice Christianity in Sabah and Sarawak.

Church of The Good Shepherp (1964)

71, Jalan Ayer Panas, Taman Ayer Panas, 53200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-4023 4786 Operating Hours :6.30am-7.30pm

St. Anthony's Catholic Church

Address : 5, Jalan Robertson, Bukit Bintang, 50150 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2141 4172 Operating Hours : 6.00am-7.00pm

Catholic Church of The Holy Rosary

Address : Holy Rosary Church, 10, Jalan Tun Sambanthan, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2274 2747 Operating Hours : 11.00am-8.00pm

The Cathedral of St John

Address : 5, Jln Bukit Nanas, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2078 1876 Operating Hours : 6.00am-8.00pm

St Andrew's Presbyterian Church

Since 1902, St. Andrew's has been a congregation. The Sanctuary, which is located in the centre of Kuala Lumpur, was erected in 1918 and has provided services ever since, with the exception of the Japanese invasion during WWII. Today, as the International Church of Kuala Lumpur, St. Andrew's continues to serve the community, welcome Christians of all denominations and nationalities.

Address: Persiaran Raja Chulan Road, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2031 1223 Website: https://www.standrewschurch.org.my/



Hindu

Hinduism is the fourth largest religion in Malaysia. About 1.78 million Malaysian residents (6.3% of the total population) are Hindus, according to 2010 Census of Malaysia. This is up from 1,380,400 (6.2% of the total population) in 2000

Sri Kandaswamy Kovil

Sri Kandaswamy Kovil is a Hindu temple in Kuala Lumpur, Malaysia, located on Jalan Scott in Brickfields. The temple dates back over a century. It is one of Malaysia's most well-known Sri Lankan Tamil or Ceylonese Tamil temples. It is a renowned tourist destination in Kuala Lumpur since it is large and has rich Sri Lankan Tamil architecture.

Address: Brickfields, 50470 Kuala Lumpur Contact: +60 3-2274 298 Website : https://srikandaswamykovil.org/

Sri Maha Sakthi Mohambigai Amman Temple

Sri Maha Sakthi Mohambigai Amman Temple, located in the heart of Mid Valley City, is a 100-year-old Hindu temple. It is a beautiful edifice at night, especially during Indian festivals, dedicated to the goddess Mohambigai, a blend of the Hindu gods Parvathy, Saraswathy, and Laxmi. At the temple's colourful gopuram, or entry gate, two formidable sculptures known as bhootangals serve as guardians.

Address: Mid Valley Megamall, 75, Lingkaran Syed Putra, Mid Valley City, 58000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2282 1317

Shree Laksmi Narayan Mandir

The Shree Lakshmi Narayan Mandir has evolved into a centre for the Vedic way of life and Sanathan Dharma's spiritual ideals, customs, and culture. The temple is connected to a community centre that offers a multi-purpose hall, food facilities, religious education programmes, cultural events, and mother tongue lessons, among other things.

Address: Lot 68, 69, Jalan Kasipillay, Kampung Kasipillay, 51200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-4041 2993 Website: https://www.sdskl.com.my/ Operating Hours: 8.00 am - 12.00 pm, 4.00 pm - 8.00 pm (Monday -

Arulmigu Sri ramaligeswarar Kovil

Address : 16, Jalan Maarof, Bangsar, 59000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2284 4652 Website : Facebook : Arulmigu Sri Ramalingeswarar

Sri Mahamariamman Temple

Address : Jalan Tun H S Lee, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2078 5323 Operating Hours : 6.00am-8.30pm



Ti Ritana Bangsar

Address : 17, Lrg Maarof, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2282 4800 Website : https://www.bangsar.tiratana.org/ Operating Hours : 9.00am-5.00pm

Buddhist Maha Vihra

Address : 123, Jalan Berhala, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2274 1141 Website : https://buddhistmahavihara.org/ Operating Hours : 8.00am-9.00pm

Thean Hou Temple

Address : 65, Persiaran Endah, Taman Persiaran Desa, 50460 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2274 7088 Facebook : Thean Hou Temple Operating Hours : 8.00am-10.00pm

Buddhism

Buddhism could be a religion and reasoning based on the lessons of the Buddha (Sanskrit : "Awakened One"), an instructor who lived in northern India between the mid-sixth and mid-fourth centuries BCE. Buddhism has played a central part within the otherworldly, social, and social life spreading from India to Central and Southeast Asia.

Buddha Jayanti Temple

Address : 317, Jln Tun Razak, Pudu, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Facebook : Buddha Jayanti Temple Operating Hours : 8.00am-9.00pm

Sin Sze Si Ya Temple

Sin Sze Si Ya Temple, also known as Sze Yah Temple, is a Chinese temple in Kuala Lumpur, Malaysia, located at 14A Lebuh Pudu, near the Central Market. Yap Ah Loy constructed it for two deities that assisted him in guiding him during the Selangor Civil War. The temple is the city's oldest Taoist temple.

Address: 113A, Jalan Tun H S Lee, City Centre, 50050 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2078 9052 Facebook : Sin Sze Si Ya Temple Operating Hours: 7.00 am - 5.00 pm (Monday - Sunda



Introduction KL for Kids

We all know how bored kids can get when they are cooped up at home, whether it's on the weekend or during the school holiday season. Look no further if you're seeking for places to take the kids where they can be active or get away from the screens. This list of the finest kid-friendly attractions in Kuala Lumpur is perfect for families visiting the Malaysian capital who want to have a good time. KL is home to a colourful array of diverse theme parks with thrilling rides, large animal farms, and kid entertainment centres, in addition to its extensive sightseeing choices.

3

KL FOR KIDS

Animal Interaction Center



Zoo Negara

Zoo Negara began welcoming visitors on November 14, 1963. The zoo is home to over 476 species of mammals, birds, reptiles, amphibians, and fish. The zoo has involved into an open concept zoo throughout the years, with over 90% of it's species.

Address :Jalan Taman Zooview, Taman Zooview, 68000 Ampang, Selangor Contact : 03-4108 3422 Website : https://www.zoonegaramalaysia.my/ Operating Hours : 9.00am-5.00pm

Aquaria KLCC

Aquaria KLCC, located on the concourse level of the Kuala Lumpur Convention Centre, is a world-class aquarium with over 5000 exhibits of freshwater and marine life, including tiger sharks, sea snakes, blue rays, colourful coral fish, and seahorses. This well-stocked aquarium is organised into eight areas, with activities ranging from handling rare animals to diving with sharks to relaxing on a recreated boat deck for visitors of all ages.

Address: Kuala Lumpur Convention Centre Complex, Kuala Lumpur City Centre Contact: +603 2333 1888 Website: https://aquariaklcc.com/ Operating Hours: 10.30am - 8.00pm

Petrosains , The Discovery Centre

Experience the leading attractions in Kuala Lumpur City Centre, where you'll be able devour your eyes on the finest city see, enjoy in Malaysia's multicultural nourishment scenes, shop to your heart's substance, remain in award-winning lodgings, appreciate the liveliest nightlife, find science in a fun way and be flabbergasted with the craftsmanship and music scenes.

Address: Petronas Twin Tower, Level 4, Kuala Lumpur City Centre, 50088 Kuala Lumpur Contact: 03-2331 8181 Website: https://petrosains.com.my/ Operating Hours : 9.30am-5.30pm

Kuala Lumpur Deer Park

The Kuala Lumpur Deer Park is a two-hectare enclosure in Lake Gardens, Kuala Lumpur. Fallow deer, axis deer, and sambar deer are among the park's other deer species. The park's rich foliage, attractive ponds, and calm environment will appeal to visitors.

Address: Jalan Perdana, Tasik Perdana, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: 03-9200 0039 Website : http://www.klbotanicalgarden.gov.my/garden -guide/features/deer-park Operating Hours : 10.00 am - 6.00 pm



Theme Park & Educational Playlands

KL FOR KIDS

KidZania

KidZania is a learning and entertainment combined perfectly in our 80,000 sq. ft scaled replica of a real city. KidZania Kuala Lumpur is packed with over 70 role-playing activities for children, where they'll learn all about jobs, money and the real world while developing life skills that simply cannot be taught in the school.

Address : Curve Nx, 18, Jalan PJU 7/5, Mutiara Damansara, 47810 Petaling Jaya, Selangor Contact : contact@kidzania.com.my Website : https://www.kidzania.com.my/

Operating Hours : 10.00am-6:00pm

KL Tower Mini Zoo

Meerkats, parrots, llamas, and tortoises are among the creatures featured in this small indoor/outdoor zoo. They boast a diverse collection of exotic creatures, including huge pythons, mischievous squirrel monkeys, and soft bunnies. Take a picture with the bright and gorgeous parrots. It's a great spot for kids and families to hang out.

Address: Ground Floor, Menara Kuala Lumpur, WP, Jalan Puncak, 50250 Kuala Lumpur Contact: +603-2022 3943 Website : https://www.farminthecity.my/kltower-mini-zoo/kl-tower-mini-zoo/ Operating Hours : 10.00am-7.00pm



Kebun - Kebun Bangsar

It's more than a park, it's a 2.5-acre urban communal food garden. It's also located on a hill in a residential neighbourhood, which gives it spectacular views of KL's skyline. For those searching for a family-friendly and gorgeous natural area to unwind in the city, it's also free to visit and home to living animals, blossoming flowers, and growing veggies.

Address: Lorong Bukit Pantai, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: 016-414 1620 Facebook : Kebun - Kebun Bangsar Operating Hours: 8.30 am - 7.00 pm

KL Forest Eco Park

Gazetted in 1906, KL Forest Eco Park is surrounded by a concrete jungle in the form of buildings and skyscrapers. In fact, the rainforest park is located right next to one of Malaysia's most iconic landmarks, the Kuala Lumpur Tower (KL Tower).

Address: Lot 240, Jalan Raja Chulan, Bukit Kewangan, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: 03-2020 1606 Website : https://www.forestry.gov.my/en/wp-kualalumpur/taman-eko-rimba-kuala-lumpur

Operating Hours: 08.00 am - 3.00 pm



Aderaline -Inducing Activities

Blastacars Malaysia

Blastacars Drift Karts are for you if you want adrenaline, speed, and thrill. Forget all you thought you knew about motorsports and entertainment in Malaysia, and get ready for an unforgettable experience on the 5th floor of the Sungei Wang Plaza in the centre of the city.

Address: 5F- 001,5th Floor Sungei Wang Plaza, 50250 Wilayah Persekutuan, Federal Territory of Kuala Lumpur Contact: +6019-934 1349 Website : http://www.blastacars.my/ Operating Hours : 11.00am-8.00pm

Breakout Escape Room

Team building with an escape game is more enjoyable and engaging than any other team building activity. There are both physical and online escape games accessible here. Breakout 12 themed escape rooms include completely distinct tales, varied levels of difficulty, one-of-a-kind and never-before-seen riddles, and, of course, the all-important wow-factor.

Address: Unit 4-1, Level 4 Avenue K Shopping Mall, 156, Jalan Ampang, 50450 Kuala Lumpur Contact: 012-301 1040 Website : https://www.superpark.com.my/ Operating Hours : 10.00am-7:30pm



Beast Park

Beast Park, allow your children to unleash their inner beast at this one-of-a-kind indoor adventure and activity park. Easy boulder walls with LED lights, kid-friendly obstacle courses, and entertaining caverns are all available. The Beast Net and ninja courses are also available for older kids! It is terrific fun for children over 120cm and is located in JUMPA in Sungei Wang.

Address:Level 3, JUMPA @ Sungei Wang Plaza,Jalan Sultan Ismail, 50250 Kuala Lumpur. Contact: 03-2713 7128 Website : https://beastpark.my/ Operating Hours : 10am-10pm

Superpark Malaysia

Area for adventure. Arena is a game. The Freestyle Hall is a venue dedicated to freestyle music. You get to pick your own experience. SuperPark offers a wide range of activities that are meant to inspire and delight. Enjoy a safe and interesting experience at Kuala Lumpur's indoor SuperPark. Enjoy a fun race with the pedal cars, a tube slide for an adrenaline boost, and more!

Address: Unit 4-1, Level 4 Avenue K Shopping Mall, 156, Jalan Ampang, 50450 Kuala Lumpur Contact: 012-301 1040 Website : https://www.superpark.com.my/ Operating Hours : 10.00am-7:30pm



Introduction Shopping

Shopping Tourist has become a more important part of the tourism value chain. Shopping has evolved into a deciding element influencing destination selection, a significant component of the entire travel experience, and, in some circumstances, the primary reason for travel. Tourist shopping is an essential source of revenue for a tourist location. To optimise that income, venues must provide tourists with a high level of retail value.

Destinations have a huge chance to capitalise on this new market trend by creating original and one-of-a-kind retail experiences that add value to their touristic offer while supporting and even defining their tourism brand and positioning.

The shopping scene in Kuala Lumpur is very vast. High-end fashion can be found in the Bukit Bintang and KLCC districts, with luxury malls such as Pavilion KL and Suria KLCC housing international brands such as Jimmy Choo, Diane Von Fürstenberg, and Louis Vuitton.

Recommended - Buy

Keris

The kris of Malaysia (or keris) is a traditional straight or curvy-bladed dagger which is an important component of ceremonial dress and of the important weapon for late war in Malay culture. The wavy design of the narrow blade creates a large and severe wound from which victims seldom recover.

Address : Lot 3603 Jalan Kampung Sungai Pusu, Gombak, 53100,Kuala Lumpur,

Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-6.00pm Contact : 03-6187 4417

Kerongsang

Malay women typically wear a set of Kerongsang, which act as brooches, along with their Baju Kebaya or other apparel. This set is often supplied in three distinct pieces of differing sizes. Malay women typically wear a headscarf or tudung with their Baju Kebaya or other traditional attire.

Address: Zakir Batik, M27, 28, Central Market Annexe, Jalan Hang Kasturi, 50050 Kuala Lumpur Operating Hours: 10.00 am - 10.00 pm

Rattan Wovern Craft

The word Rattan is a variation of the word Rotan, A Malay word for the creeper plan associated with its characteristics. Furniture made from sections cut from the wood. Rattan also has an inner core that can be removed and weaved into wicker products.

Address : No.427, Jln Ampang, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-379 5201

Batik

Batik is one of the oldest types of craft in the world, and it is deeply rooted in Malay culture. Batik is a type of art that uses wax-resist dyeing processes to turn a plain white cloth into brilliant combination of colours.Floral are the most frequent themes. It is well-known for its geometrical patterns and particularly spirals.

Address : 3, Jalan 26/70a, Desa Sri Hartamas, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-6.00pm Contact : 03-2303 6052

Pewterware

Malaysian pewter is a well-known alloy. Pewter artefacts are commonplace in Malaysian households, mostly as religious adornment. Its long-lasting glossy brilliance makes it appealing, and it has a glamorous and opulent appearance. Candle holders, keychains, bookmarks, dinnerware, and even accessories are made of pewter. Spirals are the most common designs.

Address : Bangsar Village, F12, 1st Floor, 59100 Kuala Lumpur Operating Hours : 10.00am-10.00pm

Shopping Mall

Pavillion Kuala Lumpur Mall

Pavilion Kuala Lumpur is a large 1.37 million square foot complex. It was opened in 2007 and occupies excellent real estate along Jalan Bukit Bintang. The shopping mall is one of the city's trendiest and most popular places to spend time.

Address : 168, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2118 8833 Website : https://www.pavilion-kl.com/ Operating Hours : 10.00am-10.00pm

Berjaya Times Square

Berjaya Times Square is a one-stop entertainment centre for people of all ages. It includes an indoor theme park with an imax theatre, cinema and a luxury spa. It is connected to a five star hotel of the same brand owner.

Address : Berjaya Times Square, 5th and 7th Floor, 1, Jalan Imbi, Bukit Bintang, 55100 Kuala Lumpur Contact: 03-2117 3118 Website : https://berjayatimessquarekl.com/ Operating Hours : 12.00pm-8.00pm





Suria KLCC

The mall is well known not only for its convenient location and luxury businesses, but also for tourist attractions for children which include Aquaria KLCC and Petrosains, an oceanarium and a science exploration centre.

Address : 241, Suria KLCC, Kuala Lumpur City Centre, 50088 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2382 2828 Website : https://www.suriaklcc.com.my/ Operating Hours : 10.00am-10.00pm

The Gardens

The Gardens Mall, located in the heart of Mid Valley City, is a luxury 6 – level shopping have with over 200 stores, including major international fashions brands. On eight stories, a sophisticated shopping complex with designer luxury stores and variety cafes.

Address: Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2297 0288 Website : https://www.thegardensmall.com.my Operating Hours: 10.00 am - 10.00 pm

Shopping Mall

Sunway Putra Mall

Address : WILAYAH PERSEKUTUAN, 50350 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-4040 0755 Website : https://www.sunwayputramall.com/ Operating Hours : 10.00am-10.00pm

Avanue K

The six-story Avenue K is one of the city's newest additions to the city's metropolis of enormous malls, located along Jalan Ampang, opposite the Kuala Lumpur City Centre. It's a cutting-edge take on the conventional American mall. Avenue K's popularity is undoubtedly due to its proximity to the well located Suria KLCC as well as the Petronas Twin Towers.

Address: 156, Jalan Ampang, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2168 7800 Website: http://www.avenuek.com.my/ Operating Hours: 10.00 am - 9.00 pm (Monday - Sunday)

My Town Shopping Center

Address : No.6, Jalan Cochrane, Seksyen 90, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: 03-2117 3118 Website : https://mytownkl.com.my/ Operating Hours : 10.00am-10.00pm

Mid Valley

Address: Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2938 3333 Website : https://www.midvalley.com.my/ Operating Hours: 10.00 am - 10.00 pm

Sungei Wang Plaza

Address : Jln Sultan Ismail, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2148 6109 Website : http://www.sungeiwang.com/ Operating Hours : 10.00am-10.00pm

KL Gateway Mall

Address : 2, Jalan Kerinchi, Kampung Kerinchi, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-7452 8118 Website : https://www.klgatewaymall.com/ Operating Hours : 10.00am-10:00pm



Quill City Mall

Address : 1018, Jln Sultan Ismail, Bandar Wawasan, 54200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2603 1018 Website : https://www.quillcitymall.com.my/ Operating Hours : 10.00am-10.00pm

Shopping Mall

The Starhill

The Starhill Gallery, often known as The Starhill, is a premium retail mall located in the Bukit Bintang shopping area of Kuala Lumpur, Malaysia, and across Pavilion Kuala Lumpur. The mall, which was previously known as Starhill Center, reopened on July 30, 2005. A tunnel connects the mall with the JW Marriott Kuala Lumpur. The connecting bridge also links to the Ritz-Carlton Kuala Lumpur.

Address: 181, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2782 3800 Website: https://thestarhill.com.my/ Operating Hours: 10.00 am - 10.00 pm (Monday - Sunday)

KL Eco City Mall

Address : No.3, Jalan Bangsar, 59200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2283 2255 Website : http://klecocitymall.com/ Operating Hours : 10.00am-10.00pm

Low Yat

Address : 7, Jalan Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2148 3651 Website : https://www.plazalowyat.com/ Operating Hours : 10.30am-09.00pm

Sogo Mall

Address : 190, Jalan Tuanku Abdul Rahman, City Centre, 50100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: 03-2202 8312 Website : https://www.sogo.com.my/ Operating Hours : 10.00am-9.30pm

Wangsa Walk

Address: Jalan Wangsa Perdana 1, Wangsa Maju, 53300 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-4142 8888 Website: https://www.wangsawalkmall.com.m y/

Operating Hours: 10.00 am - 10.00 pm (Monday - Sunday)

Great Eastern Mall

Address: 303, Jln Ampang, Desa Pahlawan, 55000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-4259 8090 Website : https://greateasternmall.com.my/ Operating Hours: 10.00 am - 10.00 pm

Hartamas Shopping Centre

Address: 60, Jalan Sri Hartamas 1, Taman Sri Hartamas, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-6201 8353 Website: http://www.kualalumpur.ws/klshopping/hartamasshopping-centre.htm Operating Hours: 10.00 am - 10.00 pm (Monday - Sunday)

VIVA Shopping Centre

Address: LG, 85, Jln Loke Yew, Taman Miharja, 55200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-9281 1998 Website: https://www.vivamall.com.my/ Operating Hours: 10.00 am - 10.00 pm (Monday - Sunday)

Bangsar Shopping Centre

Address: 285, Jalan Maarof, Bangsar, 59000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2094 7700 Website: http://www.bsc.com.my/ Operating Hours: 10.00 am - 10.00 pm (Monday - Sunday

Chow Kit Night Market

It is Kuala Lumpur's largest wet market, with rows upon rows of seafood, meat, fresh vegetables, local fruits, and spices creating a dynamic and culturally stimulating environment. Visitors with soft heart may be alarmed by the sight of live fish swimming frantically in pails and slabs of meat being slaughtered in the open Address : Chow Kit, 50300 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +60 19-332 5077 Operating Hours: 12.00 pm - 8.00 pm (Monday - Sunday)

Petaling Street

Address : Jalan Petaling, City Centre, 50000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2032 5988 Operating Hours: 8.00 am - 8.00 pm (Monday - Sunday)

Bangsar Baru Night Market

Address : Bangsar Baru, 59000, Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 5.30pm - 11.00 pm (Sunday)

Jalan Alor Street Night

Address: Jln Alor, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 4.00pm-5.00am

Masjid India Flea Market

Address: Jalan Masjid India, City Centre, 50100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 9.00 am - 10.00 pm (Monday - Sunday)

Night Market / Flea Market

Taman Connaught Night Market

Every Wednesday evening in the Cheras neighbourhood, the Taman Connaught Night Market, has nearly 700 vendors over a two-kilometer stretch. Exploring the entire marketplace, which is Kuala Lumpur's longest street market, can take up to two hours since there is so much cheap apparel, accessories, books, bags, handicrafts, and household products to look through. Address : 130, 108, Jalan Cerdas, Taman Connaught. 56000 Kuala Lumpur. Federal Territory of Kuala Lumpur Website: https://www.facebook.com/PmTama nConnaught/ Operating Hours: 6.00 pm - 1.00 am (Wednesday

Kasturi Walk

Kasturi Walk is a covered, open-air flea market located alongside Central Market on Jalan Kasturi. Local foods and sellers selling imitation label handbags, watches, T-shirts, flip flops, and other items, as well as fruit booths, may be found here. It's comparable to Petaling Street, although it's not as busy. The merchandise is decently priced, and you may get greater deals here.

Address: 32, Jalan Hang Kasturi, City Centre, 50050 Kuala Lumpur, Federal Territory of Kuala Lumpur Operating Hours: Open 24 hours (Monday - Sunday)

3ASTRONOMIC DELIGHT

Introduction of Eating out

Have you ever pondered how Malaysia came to be one country? One of the factors, without a doubt, is eating! Because Malaysia is a cosmopolitan country, there are many different types of cuisine to choose from, each with its own distinct flavour! Food is an essential aspect of culture since traditional foods are typically passed down from generation to generation, and it is one of the ways we may maintain our culture. Many of them even create their own restaurants and serve traditional recipes so that people from all walks of life may sample their cuisine.

Kuala Lumpur, Malaysia's largest city, is home to people of all ethnicities, faiths, and nationalities. There are several restaurants, cafés, pubs, and kiosks, making it one of the greatest places to sample a variety of cuisines! That is why Kuala Lumpur is a tourist's favourite destination since it offers both superb entertainment and delicious food!

Welcome to Kuala Lumpur if you're seeking for some authentic Malaysian cuisine as well as meals from other countries.



A Guide to the best food in Kuala Lumpur

Malaysian cuisine — be it street food or dishes at fine-dining restaurants — consists of recipes that have been greatly influenced by the city's multiculturalism. While its heavily influenced Chinese cuisine is often infused with Indian flavours, the Muslim population, too, affects the culinary landscape of Kuala Lumpur.

Additionally, the dishes boast a wide spectrum of umami (meaning savoury) broths as well as curries with robust spices. Noodles, vegetables, meats, like pork, chicken and other local produce, and garnishes added to the dishes not only make them vibrant but will also leave you wanting for more.

So, if you are a foodie who is willing to try local dishes and authentic flavours while in Kuala Lumpur, then there are quite a few classic dishes that you wouldn't want to miss.

You can find food from every corner of Asia in this city, and a mix between them all which sums up what the Malaysian cuisine is all about; a mix of Indian, Chinese, Indonesian, Japanese, and Thai food.It is entirely safe to eat in local restaurants in Kuala Lumpur as the food is fresh, the raw ingredients are top-notch, and the meals are prepared to a high hygienic standard. A bonus is that the prices are low, and everyone speaks English so you can ask about the ingredients and get recommendations. So step out among the many delicious street food hawkers and street restaurants and indulge yourself in all the delights!

Must Try - Dishes

Nasi Lemak

Nasi lemak is a Malay meal made of aromatic rice cooked in coconut milk with pandan leaves. It is widely available in Malaysia, where it is regarded as the national dish.

Address : Kompleks Makan Tanglin, Gerai, No. 6, Jalan Cenderasari, Wilayah Persekutuan, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur

Rendang

Rendang is a Minang dish from the Minangkabau province of Indonesia's West Sumatra. It has made its way from Indonesian cuisine to the cuisines of Southeast Asian neighbours including Malaysia, Singapore, Brunei, and the Philippines.

Address : 37, Jalan Abdullah, Bangsar, 59000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-630 8407

Bak Ku Teh

'Bak Kut Teh' which actually implies meat bone tea is an umami-filled pork dish that's cooked with Chinese herbs and flavors

Address : 7-G, 7-G, Jalan 22a/70a, Desa Sri Hartamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-6211 0785 Operating Hours : 11.30am-10.00pm

Nasi Kerabu

Nasi kerabu is a form of nasi ulam, is a Malaysian rice dish in which, blue-coloured rice is served with dried fish or fried chicken, crackers, pickles, and other salads. The rice's blue hue comes from the petals of Clitoris ternate flowers, which are utilised as a natural food colouring when it's cooked.

Address : GM3-03, Pusat Penjaja Bazaria Pantai, Jalan Pantai Permai 2, off, Jalan 2/112, Pantai Dalam, 59200, Federal Territory of Kuala Lumpur Contact : 014-523 3882 Operating Hours : 7.00am-7.30pm

Dim Sum

Dolly Dim Sum is our present day translation of a traditional Chinese tea house. It could be a contemporized dim sum house that provides an all-day touching encounter, specializing in cutting edge true dim sum.

Address : 10, Jalan Solaris 3 Solaris Mont Kiara Solaris Mont Kiara, Mont Kiara, 50480 Kuala Lumpur Contact : 016-759 8999 Operating Hours : 8.00am-11.00pm

Char Kuey Teow

Maritime Southeast Asia's char kway teow is a stir-fried Chinese-inspired rice noodle dish. Char means "stir-fried" in Hokkien, while kway teow refers to flat rice noodles.

Address : Sports toto, Brickfields, 50470 Kuala Lumpur, Federal Territory of Kuala Lumpur Operating Hours : 12.00pm-8.00pm





Apam Balik

Apam balik also known as terang bulan, or mànjingu, is a dessert sold at roadside booths in Brunei, Indonesia, Malaysia, and Singapore in a variety of flavours. Mànjin is a homophone of Manang, which governed China's final imperial dynasty, and gu means pancake in Chinese.

Curry Puff

Curry puffs are a food that originated in Maritime Southeast Asia. It's a tiny pie with curry, chicken, and potatoes baked or deep-fried inside a pastry shell. To keep the curry from spilling out of the snack, it's thick.

Rojak Buah

The fruit salad rojak buah is popular in Indonesia, Malaysia, and Singapore. This salad is popular in Malaysia, for example, in Penang. In colloquial Malay, the word 'rojak' implies mixture,' whereas 'buah' denotes 'fruits.' The standout element in this fruit salad is a unique shrimp paste.

Snacks

Egg Tart

The egg tart is a custard tart that originated in Cantonese cuisine and is a cross between the English custard tart and the Portuguese pastel de nata. The dish is made up of an exterior pastry crust and an egg custard filling.

Pisang Goreng

The Southeast-Asian Street food Pisang Goreng (also known as Goreng Pisang) is popular in Malaysia and Indonesia. Pisang Goreng literally translates as "fried bananas," but don't be fooled by the term. A batter is used to coat sweet, ripe bananas, which are then deep-fried till golden brown.

Murukku

Murukku is a salty, crispy delicacy that originated in the Indian subcontinent. Murukku is derived from the Tamil term "twisted," which alludes to the form of the fruit. Rice flour and urad dal flour are used to make murukku. Chakli is a similar dish that uses bengal gramme (chickpea) flour as a supplementary ingredient.



Kuih Lapis

Kue lapis is a classic Indonesian kue, or steamed colourful tiered soft rice flour pudding. Lapis means "layers" in Indonesian. This steamed tiered sticky rice cake or pudding is popular in Indonesia, Suriname, and the Netherlands, where colonial ties have brought it there.

Tong Sui

Tong sui, also known as tim tong, is a Cantonese delicacy consisting of a sweet, warm soup or custard eaten as a dessert at the conclusion of a meal. Tong sui are a Cantonese delicacy, with several variants that are uncommon in other Chinese regional cuisines.

Dessert

Air Batu Campur

Ais kacang, which literally means "bean ice," and is also known as Air Batu Campur (ABC), is a popular Malaysian Special food. Traditionally, an ice shaving machine, which was formerly hand-cranked but is now more commonly motorised, is used to churn out the shaved ice used in the dessert.

Onde - onde

Onde - onde is a sweet rice cake ball snack covered in shredded coconut and filled with melted palm sugar. The green-coloured glutinous rice balls, which are of Javanese origin, are a popular traditional kueh in Indonesian cuisine.

Laddu

The Indian subcontinent's ladoo or laddoo, also known as spherical sweet. Flour, oil, and sugar are the main ingredients of laddus. Gram flour is commonly used in laddus, however semolina can also be used. Ingredients such as chopped nuts or dried raisins are sometimes included. The ingredients used in each recipe may differ.

Cendol

Cendol is an iced sweet delicacy made of green rice flour jelly droplets, coconut milk, and palm sugar syrup. Southeast Asia is where you'll find it most often. Additional toppings, such as chopped jackfruit, sweetened red azuki beans, or durian, can be placed on top of the green jelly

Malay Cuisine

Homebois Pittstop

Address : Federal Highway, Seksyen 51a, 46100 Petaling Jaya, Selangor Contact : 017-793 1340 Website : https://www.mygameon.my/news/pit stop-kafe-pertama-para-gamers-di-malaysia-dari-homebois Operating Hours : 4.00pm-3.00am

Manja Old Malaya

Address : 6, Lorong Raja Chulan, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-373 7063 Website : https://manjakl.storehub.me/ Operating Hours : 12.00pm-11.00pm

Bijan Bar and Restaurant

Address: No.3, Jalan Ceylon, Bukit Ceylon, 50200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2031 3575 Website: http://www.bijanrestaurant.com/ Operating Hours: 4.00 pm - 11.00 pm (Monday - Sunday)

MZ Darul Naim

Address: No. 64, Lrg Haji Hussein 2, Kampung Baru, 50300 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 19-905 1130 Website: http://friedchillies.com/site/detail/re storan-mz-darulnaim1 Operating Hours: 8.00 am - 8.00 pm (Monday - Sunday)

Warong Che Senah

Address : 53, Jalan Raja Mahadi, Kampung Baru, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 019-271 9913 Website : https://www.facebook.com/WarongC heSenah13/ Operating Hours : 4.00pm-1.30am

Restaurant Rebung Dato Chef Ismail

Address: 5-2 Cascade Parking, Jalan Bukit Aman, 1, Jalan Tanglin, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2276 2525 Website: https://www.facebook.com/Restoran RebungChefIsmail Operating Hours: 10.00 am - 4.00 pm , 4.30 pm - 9.30 pm (Monday - Friday) / 8.00 am -10.00 am, 11.00 am - 4.00 pm, 6.30 pm - 9.30 pm (Saturday -Sunday)

The H Hartamas

Address : 14, Jalan Sri Hartamas, Jalan 28/70a, Desa Sri Hartamas, 50480 Kuala Lumpur Contact : 011-3981 0779 Website : https://www.facebook.com/thehhart amas/ Operating Hours : 11.00am-2.30am

Chinese Cuisine

In Colonial Restaurant

Address : Lot G13, The Intermark, 348, Jln Tun Razak, 50400 Kuala Lumpur Contact : 012-784 9033 Website : http://www.incolonial.com.my/ Operating Hours : 10.00am-10.00pm

Dragon I Restaurant

Address : Cititel Mid Valley, Mid Valley City, 59200 Wilayah Persekutuan, Federal Territory of Kuala Lumpur Contact : 03-2282 0155 Website : https://dragoni.com.my/contactus.asp Operating Hours : 11.00pm-3.00pm , 5.00pm-10pm

Shang Palace

AAddress : 11, Jln Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2074 3904 Website : https://www.shangrila.com/kualalumpur/shangrila/dining/ restaurants/shang-palace/ Operating Hours : 11.30am-2.30pm, 6.00pm-10.00pm

Tao Chinese Cuisine

Address : InterContinental Kuala Lumpur 165 Jalan Ampang, 50450 Kuala Lumpur Contact : 03-2782 6128 Website : https://kualalumpur.intercontinental. com/dining/tao-chinese-cuisine Operating Hours : 12.00am-5.00pm, 6.00pm-10.00pm



Address: 2, Jalan Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2144 8750 Website: https://kualalumpur.concordehotelsr esorts.com/dining Operating Hours: 11.00 am - 2.30 pm (Monday - Friday) / 10.00 am - 2.30 pm (Saturday) / 9.00 am - 2.30 pm (Sunday)

Li Yen at The Ritz-Carlton, Kuala Lumpur

Address : 168, Jalan Imbi, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 018-646 8033 Website : https://www.liyenkl.com/ Operating Hours : 12.00am-5.00pm, 6.00pm-12.00pm

Restoran Chef Low

Address: 2, Lorong Ara Kiri 3, Bangsar, 59100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2095 2766 Website: https://www.facebook.com/ChefLow Restaurant/ Operating Hours: 12.00 pm -2.30 pm, 6.00 pm -8.00 pm (Monday - Sunday)

Indian Cuisine

Karya Authentic Kerala Cuisine

Address : F-8, 1, Jalan Telawi 1, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2714 2932 Website : http://kayra.com.my/wp/ Operating Hours : 11.30am-3.00pm, 6.00pm-10.00pm

Bombay Place

Address : Life Centre, 20, Jln Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2171 7220 Website : https://www.facebook.com/bombaypa lacekl/ Operating Hours : 12.30am-2.30pm, 6.30pm-10.30pm

Betel Leaf

Address : 77A, Leboh Ampang, City Centre, 50100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2032 5932 Website : http://www.betelleaf.com/menu/ Operating Hours : 11.00am-10.00pm



Gajaa at 8 Royal Indian Food Restaurant

Address: No. 8, Lrg Maarof, Bangsar, 59000 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 3-2201 7369 Website: https://gajaas.com/ Operating Hours: 11.30 am-3.00 pm,

Royal Darbar Restaurant

Address : Opp. CIMB Bank, Wisma Motor, 339, Jalan Tuanku Abdul Rahman, 50100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 017-354 4335 Website : https://www.facebook.com/royaldarb arKL/ Operating Hours : 11.030am-10.30pm

Restaurant Saravanaa Bhavan Brickfields

Address : 196, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2260 3755 Facebook : Restaurant Saravanaa Bhavan Brickfields Operating Hours : 8.30am-10.00pm

Introduction of Night in KL

ARM

Kuala Lumpur is one of the most happening cities during the night time. People celebrate their life at night with delicious food, cool bars, music and dance here. Kuala Lumpur also is very well known for clubs and bars. Everything you've heard about KL's nightlife is completely right. It's wild and never stops. However, in recent years, the city's nightlife industry has progressed beyond mindless watering holes to locations tailored to a variety of preferences. There's something for everyone, and it's all at terrific costs, whether you're searching for a late-night dance bar, a live electronic music venue, a more laid-back blues pub, or an intimate setting conducive to mingling. KL's nightlife is unquestionably your best bet restaurants stay up all night, and the rates are so low that you'll be slurring by the end of the night without depleting your daily allowance.If you're someone who loves nightlife and wants to have a lively time, these are some of the places you can visit

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Might life in KL

OUT IN KI

Regular Pubs & Bar

Club Kyo

Address : Mandarin Oriental KL, Basement Level 3, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 012- 921 1730 Website : https://www.facebook.com/clubkyok I/ Operating Hours : 10.00pm-3.00am

The Iron Fairies KL

Address : H-G-06, Hive, TREC, 438, Jln Tun Razak, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012- 221 3612 Website : https://ironfairieskl.com/ Operating Hours : 5.00pm-5.00am

Trec KL

Address : 438, Jln Tun Razak, Kelab Golf di Raja Selangor, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2110 5095 Website : http://www.trec.com.my/ Operating Hours : 8.00am-5.00am

Double Up Bistro & Sport Bar

Address : G07, G08, G09, Mezzanine Floor, The Grand @ Kelana Damansara Suite, Jalan SS 6/2, 47301 Petaling Jaya, Selangor Contact : 016- 232 9987 Website : https://doubleupbistrosportbarpub.business.site/ Operating Hours : 10.00am-12.00am

T - Club KL

Address : 22, Jln Telawi 3, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-887 1822 Website : https://msmy.facebook.com/tclubbar/ Operating Hours : 4.00pm-12.00am

Dragon Fly KL

Address : Level 50, Naza Tower @ Platinum Park, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 012- 628 9876 Website : https://www.facebook.com/Dragonfl yKualaLumpur/ Operating Hours : 9.00pm-3.15am

The Dark Horse Bar & Grill

Address : Lot G-05, Life Centre, 20, Jln Sultan Ismail, 50250 Kuala Lumpur Contact : 019-333 9269 Website : https://www.darkhorse.my/ Operating Hours : 12.00pm-2.00am

Madras Club

Address : 18, Jalan Telawi 2, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-226 7050 Website : https://m.facebook.com/profile.php?i d=755692031491012 Operating Hours : 6.00pm-12.00am

Sid's Pub

Address: 34, Lorong Rahim Kajai 14, Taman Tun Dr Ismail, 60000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-7727 7437 Website: https://www.sidspubs.com/ Operating Hours: 11.00 am - 12.00 am (Monday - Friday) / 10.00 am - 12.00 am (Saturday - Sunday)



Regular Pubs & Bar

Envy Nightlife The Whisky Bar KL

Address : Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 012-208 5195 Website : https://msmy.facebook.com/xxx.vibeskl/ Operating Hours : 10.00pm-5.00am

Taps Beer Bar

Address : 1, Jalan Nagasari, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2110 1560 Website : https://tapsbeerbar.my/ Operating Hours : 3.00pm-11.00pm

Havana Bar & Grill

Address : 2 & 4, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 011-1085 0074 Website : https://havanakl.com/ Operating Hours : 4.00pm-3.00am

Why Not Kitchen & Bar

Address : 35, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-675 1055 Website : https://msmy.facebook.com/WhynotKitchenBar Operating Hours : 3.00am-3.00am

SHI ER + =

Address : J-G-12 No, Jalan Solaris 2, Solaris Mont Kiara, 50480 Kuala Lumpur Contact : 012-935 7016 Website : https://www.facebook.com/SHIERBA R/ Operating Hours : 5.00am-3.00am

M9 Club

Address : Level G1, Wisma Miramas No.1, Jalan 2/109E, Jln Klang Lama, Taman Desa, 58100 Kuala Lumpur Contact : 011-6565 8698 Website : https://m9club.business.site/ Operating Hours : 3.00pm-12.00am

Cholas Dance Club and Bistro

Address : Imperial Hotel, Level 2, Sheraton, Jln Sultan Ismail, 50250 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2732 9713 Website : https://www.facebook.com/cholasth epremiumdanceclub/ Operating Hours : 5.00pm-3.15am

Rooftop Bar

The Hill Restaurant & Bar

Address : Jalan Pudu Impian, Taman Pudu Ulu, 56100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 1.00pm-12.00am Contact : 03-9201 6762

Y Club KL

Address : 60-G, Jalan Metro Pudu, Fraser Business Park, 55200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 014-369 9903 Website : https://business.facebook.com/yclu bkl/ Operating Hours : 5.00pm-12.00am

DEEP BLUE

Address : Level 51, THE FACE Suites (Sky Deck, 1020, Jln Sultan Ismail, Kampung Baru, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2168 1671 Website : https://deepbluebarkl.com/ Operating Hours : 12.00pm-8.00pm

INNBar 壹霸 Solaris

Address : Soho KL, J-1-05, Block J, Jalan Solaris, Mont Kiara, 50480 Kuala Lumpur Contact : 03-2856 3831 Website : https://msmy.facebook.com/innbar.arkadia/ Operating Hours : 4.00pm-2.00am

Backyard Pub & Grill

Address: 28, Jalan Sri Hartamas 8, Taman Sri Hartamas, 50490 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-6201 0318 Website: https://www.facebook.com/backyard pubandgrill/ Operating Hours: 12.00 pm - 10.00 pm (Monday - Sunday)

Sky Lounge Rooftop at Le Quadri Hotel KL

Address : Block G, level 12e No. 1, Jalan Menara Gading, UCSI Heights Taman Connaught , Cheras, 56000 Kuala Lumpur Contact : 011-3577 0215 Website : https://lequadrihotelkl.ucsihotels.com /restaurant/ Operating Hours : 5.00pm-12.00am

Last Call Bar Bangsar

Address : 4, Jalan Telawi 5, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 011-1111 0700 Website : https://msmy.facebook.com/lastcallbangsar/ Operating Hours : 10.00am-11.45pm

WET[®] Deck, W Kuala Lumpur

Address : 121, Jln Ampang, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 0123479088 Website : https://marriottbonvoyasia.com/resta urants-bars/w-kuala-lumpur-wet-deck Operating Hours : 6:00pm - 8:30pm (1st session) / 9:00pm - 11:30pm (2nd

Raintree Sky Bar and Lounge

session)

Address : Plaza Damas, Dorsett Hotel Hartamas @ ROOFTOP 27th Floor, 60, Jalan Sri Hartamas 1, Sri Hartamas, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 016-227 7190 Website : https://msmy.facebook.com/RainTreeDorsettHa rtamas/ Operating Hours : 2.00am-12.00am

Speakeasy Bar



Skullduggery

Address: 2M Plaza Damansara, Jalan Medan Setia 2, Bukit Damansara, 50490 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6017-266 7335 Website: https://www.facebook.com/skulldug gerykl/

The Deceased

Address: 34, Lorong Rahim Kajai 14, Taman Tun Dr Ismail, 60000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-7727 7437 Website: https://www.sidspubs.com/ Operating Hours: 11.00 am - 12.00 am (Monday - Friday) / 10.00 am -12.00 am (Saturday - Sunday)

The Vault KL

Address : 5, Jalan Sri Hartamas 7, Taman Sri Hartamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-465 0551 Website: https://www.facebook.com/healyma cs.hm Operating Hours : 7.00pm-1.00am

PS150 KL

Address : Ground Floor, 150, Jalan Petaling, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-7622 8777 Website : https://www.ps150.my/ Operating Hours : 6.00pm - 12.00pm

Frank's Bar

Address: E-G-05, Electric Boulevard, TREC, Lot 434,, Seksyen 90, Jalan Tun Razak (South), 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2110 5349 Website: https://www.facebook.com/donkey ncrow/ Operating Hours: 4.00 pm - 2.00 am (Sunday - Thursday) / 4.00 pm - 3.00 pm (Friday - Saturday) **Attic Bar**

Address: Third Floor, 15, Jalan Balai Polis, Kuala Lumpur City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Contact: +6012-393 8627 Website: https://www.atticbarkl.com/ Operating Hours: 4.00 pm - 12.00 am (Monday - Sunday)

Botak Liquor Bar

Address : 156, Jalan Petaling, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2022 1100 Website : https://www.facebook.com/BOTAK Liquor/ Operating Hours : 6.00pm-12.00am

Pahit

Address: 3, Jalan Sin Chew Kee, Bukit Bintang, 50150 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact:+6 03-2110 0776 Website: https://www.facebook.com/barpahit/ Operating Hours: 3.00 pm - 12.00 am (Tuesday - Sundays) / Closed on

Three X CO

Address : Bangsar Shopping Centre, Lot T6A, Level 3, 285, Jalan Maarof, Bangsar, 59000 Kuala Lumpur Contact : 019-336 6031 Website : https://www.threexco.com/ Operating Hours : 5.00pm-12.00am

Introduction Rest & Relax

Rest and Relax

It can be difficult to preserve a solid way of life within the world that we live in. If you're in school, back and forward to work or taking care of your family, time can appear to yawn. Taking a great care of your body and intellect can make a contrast in solid you're in common and how well you adapt with body alter. Exercising, relaxing and getting sufficient rest will assist you to appreciate yourself.

Getting the right sum of quality rest is vital to your capacity to memorize and handle. Moreover, rest makes a difference to re-establish your body's vitality, repair muscle tissue and trigger the discharge of hormones that impact development and craving.

Whereas there are no rules for how much unwinding an individual ought to consolidate into their way of life, making time to loosen up and appreciate life is an imperative portion of keeping up great wellbeing. Profound unwinding, like contemplation, when practiced frequently not as it were soothing push and uneasiness, but moreover it appeared to progress disposition. Profound unwinding has numerous other potential benefits as well—it can diminish blood weight, soothe torment, and make strides your resistant and cardiovascular frameworks

Types of Traditional Spa & Treatment

Urutan Malaysia

Urutan Malaysia may be a one of a kind rub treatment that takes after the mending conventions of Malaysia's diverse ethnic bunches. It's a beautiful mix of Qigong treatment, Indian head knead, Malay urut, and inborn leg knead methods, as well as Marma focuses. Urutan Malaysia guarantees to revive, revive, and unwind whereas too ingrains a total wellness encounter in Malaysians.

Shiatsu Therapy

Shiatsu may be a sort of physical knead that centres on the passionate, physiological, and otherworldly viewpoints of wellbeing. For ages, Chinese advisors have combined shiatsu with home grown cures and needle therapy to create their patients soothe torment from their bodies. Shiatsu has advanced as a one of a kind treatment with diverse varieties since at that point.

Thai Massage

Thai rub or Thai yoga rub could be a conventional treatment combining acupressure, Indian Ayurvedic standards, and helped yoga stances. The thought of Sen-lines' assumed name energy-lines was to begin with being utilized as "Thai yoga knead". These are comparable to nadis as per the logic of yoga by Gorakhnath.

Ayuverdic Massage

Abhyanga, or oil knead, is an Ayurvedic treatment that points to calm solid pressure, move forward lymphatic waste, and feed skin from head to toe. It contrasts from ordinary rubs in that it concentrates on the skin instead of the basic muscles. From the oils utilized to the circulation-stimulating movements, it's more like a facial knead for your whole body.

Chinese Traditional Massage

Conventional Chinese Medication ranges decades, societies, and countries to convey basic wellbeing benefits to people on a day by day basis. Not at all like profound tissue and sports rub, which centre on soothing ties and solid pressure by expanding blood stream to particular locales, Chinese rub procedures endeavour to make strides common wellbeing by encouraging the development of vitality or Qi all through the body.

Spa & Wellness Centre

Herba Line

Address : 2nd floor, 67, Jln Taman Ibu Kota, Danau Kota, 53300 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: 03-4143 0042 Website : https://herbaline.com.my/ Operating Hours: 10.00am-10.00pm

Vita Spa

Address : Hotel, 1, Berjaya Times Square, Berjaya Times Square Hotel 1 Jalan Imbi, Level 15, West Wing, Jalan Imbi, 55100 Kuala Lumpur Contact: 03-2113 0088 website : https://vitaspa.com.mv/ Operating Hours: 10.00am-8.00pm

HealthLand Family Wellness **Centre (Taman Desa)**

Address: 18 & 20, Jalan 4/109e. Taman Desa Business Park. 58100 Kuala Lumpur. Wilayah Persekutuan Kuala Lumpur Operating Hours: 11.00am-12.00am Contact: 03-7971 1113

Hammam Spa

Address: 3f7 and 3f8 Bangsar Village 2, 2, Jalan Telawi 1, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 10.00am-10.30pm Contact: 03-2282 2180





Urban Retreat Open Sea

Address : Lot 2F - 02, 163 Retail Park. 07, 8, Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: 017-881 4486 website : https://urbanretreatspa.my/ Operating Hours: 11.00am-5.00pm

Danai Medi Wellness

Address : Unit 1-7, 7th Floor, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur Contact: 03-2704 4136 Website : https://danaimediwellness.com/ Operating Hours: 9.00am-7.00pm

Ozmosis Health and Day Spa

Address : 16-1, Jalan Telawi 2, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 10.00am-7.00pm Contact: 010-655 0545

Swasana Spa

Address : Impiana @ Klcc Hotel, 13, Jalan Pinang, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Operating Hours: 10.00am-10.00pm Contact: 03-2147 1111

Spa & Wellness Centre



Baliayu Spa & Sanctury

Address : Lot P Floor, G-, 35, Jalan Sri Hartamas 1, Sri Hartamas, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2858 7029 Website : https://www.spamalaysia.com.my/ Operating Hours : 10.00am-10.00pm

Sactum Spa (EQ KL)

Address : Level 29, EQ, Equatorial Plaza, Jln Sultan Ismail, 50250 Kuala Lumpur Contact : 03-2789 7872 Website : https://www.eqkualalumpur.equatori al.com/facilities/sanctum-spa/ Operating Hours : 10.00am-10.00pm

The Majestic Spa

Address : AUTOGRAPH COLLECTION 5 Jalan Sultan Hishamuddin, 50000 Kuala Lumpur, Malaysia Contact : 03- 2785 8000 Website : https://www.majestickl.com/majestic spa.html Operating Hours : 11.00am-12.00am

The Asia Spa

Address : No 33, 1st Floor, Jalan Yap Kwan Seng, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 1-300-88-9666 Website : https://msmy.facebook.com/theasiaspakl/ Operating Hours : 10.00am-10.00pm

The Spa

Address : 3, Jalan Stesen Sentral, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2264 2830 Website : https://www.thespa.com.ph/ Operating Hours : 10.00am-10.00pm

Thai Paradise Spa

Address : 9th floor, KH Tower BEHIND SHANGRI LA HOTEL, 8, Lorong P Ramlee, 50250 Kuala Lumpur Contact : 03-2020 1805 Website : https://www.facebook.com/Thaipara disespa/ Operating Hours : 10.30am-5.00pm

Spa Village

Address : The Ritz-Carlton, 168, Jalan Imbi, Bukit Bintang, 55100 Kuala Lumpur, WP Kuala Lumpur Contact : 03-2782 9090 Website : https://www.spavillage.com/kualalu mpur/recommendations.htm Operating Hours : 12.00pm-10.00pm

Health Club & Spa

Address : 11, Jln Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 7.00am-8.00pm Contact : 03-2074 3581

Hair & Nails Salon

La' Hair & Nail Studio

Address: No 96-1 Block E Plaza KL Trades Square, Jalan Gombak, 53000 Kuala Lumpur Contact: +60 12-973 9733 Website: https://www.instagram.com/lahair_n ail_studio/ Operating Hours: 11.00 am - 8.30 pm

Superstar Hair & Nail Studio

Address: Shop G-05, 568, Jln Ipoh, Batu Complex Bussiness Centre, 51200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +60 14-706 7237 Website: http://superstarhaircuts.com/ Operating Hours: 10.00 am - 8.00 pm (Monday - Sunday)

Clarifice

AAddress : Level 3-19, Nu Sentral, 210, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 10.00am-10.00pm Contact : 03-2276 3758

Zenon Barbershop

Address : 51, Jalan Dwitasik Dataran Dwitasik, Bandar Sri Permaisuri, 56000 Kuala Lumpur Contact : 010-235 5000 Website : https://www.facebook.com/zenon.bar bershop/ Operating Hours : 10.00am-10.00pm

Gentlement's Tonic

Address : D5-G3-3, Solaris Dutamas, No. 1, Jalan Dutamas 1, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-6412 8660 Website : https://www.gentlemenstonic.com/tre aments/kuala-lumpur-packages/ Operating Hours : 10.00am-8.00pm

Jokers Barbershop

Address : 17, Jalan Yap Kwan Seng, Kampung Baru, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 019-339 3632 Website : https://jokersbarbershop.business.site/ Operating Hours : 1.00pm-11.00pm

JeffLee The Hair Company

Address : Lot 16, Block J, Solaris Mont Kiara, Jalan Solaris, Off, Jalan Duta Kiara, 50480 Kuala Lumpur Contact : 03-5888 9911 Website : https://jefflee.com.my/ Operating Hours : 11.00am-8.00pm

BMIC Nail Spa Salon

Address : Lot 7 . 02 . 02, 168, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2856 4187 Website : http://bfab.my/salon/979 Operating Hours : 10.00am-10.00pm

Hair & Nails Salon

Cabello Hair Salon & Nail Spa

Address : 24A, Persiaran Ara Kiri, Bangsar, 59100 Wilayah Persekutuan, Wilayah Persekutuan Kuala Lumpur Contact : 03-8999 0690 Website : https://cabello-hair-salonnail-spa.business.site/ Operating Hours : 10.00am-7.30pm

Maniqure Nail Salon

Address : 3-1, Jalan Radin Bagus 6, Bandar Baru Sri Petaling, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-757 0152 Website : https://www.maniqure.my/ Operating Hours : 9.00am-8.00pm

Golden Nail Bar

Address : Jaya One, B-25-G, 72A, Jln Profesor Diraja Ungku Aziz, Seksyen 13, 46200 Petaling Jaya, Selangor Contact : 014-720 2066 Facebook : Golden Nail bar Operating Hours : 10.00am-8.00pm

Sommerset Nails & Waxing

Address : 55, Jalan Telawi, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-681 4608 Website : https://beautyinsider.my/establishme nt/sommerset-nails-waxing/ Operating Hours : 11.00am-8.00pm

De Armour Nail Studio

Address : Ground floor, No. 25, Jalan 5/62a, Bandar Menjalara, 52200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 011-3585 6411 Facebook : De Amour Nail Studio Operating Hours : 11.00am-8.00pm

Jac & Ivy Nail Spa

Address : 3, Plaza Damas, A-0-2, No. 63, Jalan Sri Hartamas 1, 50480 Kuala Lumpur Contact : 03-6206 1508 Website : https://www.jacandivy.com/ Operating Hours : 10.00am-8.00pm

Nail Trend Studio

Address : Lot F31, Level 1 Hartamas Shopping Centre, 60, Jalan Sri Hartamas 1, Mont Kiara, 50480 Kuala Lumpur Wilayah Persekutuan Kuala Lumpur Contact : 03-6206 2373 Facebook : Nail Trend Studio Operating Hours : 10.00am-7.30pm

Yo Jean Hair Salon

Address : 1st Floor, 2-1, Jalan 25/70a, Desa Sri Hartamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2330 1002 Website : http://www.yoojeanhairsalon.com/ Operating Hours : 10.00am-8.00pm





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T&C APPLY

Medical Tourism in Malaysia

Medical tourism can be characterized as the method of traveling outside the nation of home for the reason of receiving medical care. Development within the ubiquity of therapeutic tourism has captured the consideration of policymakers, analysts, and the media. Initially, the term alluded to the travel of patients from less-developed nations to created countries in interest of the medicines not accessible in their homeland.

Malaysia has developed its wellbeing tourism industry to end up a driving worldwide goal for international patients in Asia and past. While the most sources of restorative tourism entries to the nation are the Joined together Kingdom, Indonesia, the Philippines, Japan, Australia, China, India, and the Joined together States, the Therapeutic Healthcare Travel Chamber (MHTC) is effectively looking to set up solid showcase ties with the member nations of the Affiliation of Southeast Asian Countries and nations within the Centre East. The MHTC is advancing its 79 clinics to Cambodia, Vietnam, Myanmar, Brunei, and Middle Eastern countries such as Qatar, Saudi Arabia, and Oman.

Malaysia is as of now in coordinate contention with Thailand and Singapore, the ASEAN monsters within the therapeutic tourism showcase. Despite the higher accessibility of cutting-edge hardware and qualified pros in Singapore, Malaysia is gradually catching up to Singapore as a therapeutic tourism goal. In any case, Thailand remains a major match.



Healthcare Facilities

City Health Care

Address : Menara HLA, 3, Jalan Kia Peng, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2720 8804 Website : https://cityhealthcare.com.my/ Operating Hours : 9.00am-6.00pm

Country Healthcare Sdn Bhd

Address : 23 Jalan Arfah 1 Medan Niaga, Jln Kuching, Taman Sri Kuching, 51200 Kuala Lumpur Operating Hours : 10.00am-8.00pm Contact : 03-6242 9006

Community Health Care Clinic, PT

Address : no.2 level, 1, Jalan Haji Salleh, Sentul, 51100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-4051 3611 Website : https://www.chcclinic.org/ Operating Hours : 2.00pm-7.00pm

Gleneagles

Address : Block A & Block B, 286 & 288, Jln Ampang, Kampung Berembang, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 Hours Contact : 03-4141 3000

Tung Shing Hospital

Address : 102, Jln Pudu, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2037 2288 Website : https://www.tungshin.com.my/ Operating Hours : 24 Hours

Institut Jantung Negara

Address: 145, Jln Tun Razak, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2617 8200 Website: https://www.ijn.com.my/ Operating Hours: 24 hours (Monday -Sunday)

University Malaya Medical Centre

Address : Jln Profesor Diraja Ungku Aziz, 59100 Kuala Lumpur, Selangor Contact : 03-7949 4422 Website : https://www.ummc.edu.my/ Operating Hours : 24 Hours

General Hospital Kuala Lumpur

Address : Titiwangsa, 53200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2615 5555 Website : http://www.hkl.gov.my/ Operating Hours : 7.45am-4.30pm

Global Doctor Speciaist Centre

Address : 18, Jln Kiara 3, Mont Kiara, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 Hours Contact : 03-2303 9911

Khor Ear Nose & Throat Specialist

Address : University Malaya Specialist Centre, Jln Profesor Diraja Ungku Aziz, Pjs 12, 58200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 5.00pm-7.30pm Contact : 016-623 1887

Healthcare Facilities

ALPS Medical Centre

Address : Menara See Hoy Chan, 02-03 and 02-04, 374, JIn Tun Razak, 50400 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2161 6133 Website : https://alpsmedical.com/ Operating Hours : 9.00am-6.00pm

Pantai Hospital Cheras

Address : 1, Jalan 1/96a, Taman Cheras Makmur, 56100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-9145 2888 Website : https://www.pantai.com.my/cheras Operating Hours : 24 Hours

KMI Taman Desa Medical Centre

Address : Old Klang Road, 45, Jalan Desa, Taman Desa, 58100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 Hours Contact : 03-7982 6500

Damai Service Hospital

Address : 1st Mile, 109-119, Jln Sultan Azlan Shah, 51200 Kuala Lumpur Operating Hours : 24 Hours Contact : 03-4043 4900

UM Specialist Centre (UMSC)

Address : UMSC, Lot 28, Lorong Universiti, Lembah Pantai, 50603 Kuala Lumpur Operating Hours : 9.00am-9.00pm Contact : 03-7841 4000

Union Women Specialist Clinic

Address : No. 69-G, Jalan Radin Tengah, Bandar Baru Sri Petaling, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-5.00pm Contact : 03-9054 2854

HSC Medical Centre

Address : 3A-1, Menara HSC, 187 Jalan Ampang, Taman U Thant, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 8.30am-5.30pm Contact : 03-2787 0500

Yan Specialist Medical Clinic

Address : 22-3, Jalan Radin Anum, Bandar Baru Sri Petaling, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-9059 5002 Website : https://my57770-yanspecialist-women-s-clinic.contact.page/contact-us Operating Hours : 7.30am-2.30pm

Park City Medical Centre

Address : Perdana, 2, Jalan Intisari, Desa Parkcity, 52200 Kuala Lumpur, Federal Territory of Kuala Lumpur Operating Hours : 24 Hours Contact : 03-5639 1212

Hospital Pantai Bangsar

Address : 8, Jalan Bukit Pantai, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 24 Hours Contact : 03-2296 0888



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Dental

Beverly Willshire Dental Kuala Lumpur

Address : Level 9, Kenanga Tower No, 237, Jln Tun Razak, 50400 Kuala Lumpur Contact : 018-230 2888 Website : https://www.guestreservations.com/ Operating Hours : 9.00am-5.30pm

We Smile Dental Clinic

Address : No 7-1-4, Danau Business Centre, Jalan 3/109f, Taman Danau Desa, 58100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 012-511 0714 Facebook : We Smile Dental Clinic Operating Hours : 10.00am-9.00pm

Dental Pro

Address : 12, Jalan Sri Semantan 1, Damansara Heights, 50490 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2094 3333 Facebook : Dental Pro Operating Hours : 9.00am-6.00pm

Imperial Dental Specialist Centre

Address : 62 & 64, Jalan Telawi, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-9212 0605 Website : http://imperialdsc.com/ Operating Hours : 9.00am-8.00pm

Dutamas Dental

Address : A3-1-8, Publika, Jln Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-7.00pm Contact : 019-244 0653

Sparkle Care Dental

Address : B-1-3, Plaza Arkadia, No, 3, Jalan Intisari, Desa Parkcity, 52200 Kuala Lumpur, Federal Territory of Kuala Lumpur Operating Hours : 10.00am-8.00pm Contact : 03-2728 2922

Be Spoke Dental Damansara Height

Address : 14, Jalan 30/70a, Desa Sri Hartamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-6.00pm Contact : 019-569 2099

Klinik Perg<mark>igian</mark> Hospital Kuala Lumpur

Hospital Kuala Lumpur is currently Malaysia's largest hospital and one of the largest in Asia, according to the Malaysian Ministry of Health. It is a government tertiary referral hospital with 83 wards and 2300 beds, situated on 150 acres of good property. As you approach from the Maternity Hospital, you can see the 5-story main block of the hospital.

Address: Hospital Kuala Lumpur, Jalan Pahang, 50586 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2615 5723 Website: http://www.hkl.gov.my/index.php

Operating Hours: 8.00 am -5.00 pm (Monday - Friday) / Closed on



Ophthalmology

Vista Eyes Specialist

Address : No.7, Jalan Prima 1, Metro Prima, 52100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 1-800-88-3937 Website : https://www.vista.com.my/ Operating Hours : 9.00am-6.00pm

Optimax Eyes Specialist

Address : 145, Jalan Radin Bagus, Bandar Baru Sri Petaling, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-9057 7300 Website : https://www.optimax2u.com/ Operating Hours : 9.00am-6.00pm

KL Eyes Specialist

Address : 73, 73-1, 75, 1, Jalan Metro Perdana Barat 1, Taman Usahawan Kepong, 52100 Kuala Lumpur Operating Hours : 9.00am-5.00pm Contact : 03-6250 0077

Pusat Pakar Mata Eyecare

Address : G-17, 18 & 19, Residensi PV21. 6, Jalan Usahawan 2, Off, Jalan Genting Kelang, Setapak, 53200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours : 9.00am-5.00pm Contact : 03-4141 9231

Dr Chong Eyes Clinic

Address : 1, Jalan 1/96A Pantai Hospital Cheras Suite 33, 3rd Floor, Taman Cheras Makmur, 56100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-9145 2956 Website : https://dr-chong-eyeclinic.business.site/ Operating Hours : 9.00am-5.00pm

Eye Tech Optometrists

Address : G17-G18 GROUND FLOOR, FAHRENHEIT 88, 179, Bukit Bintang St, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2141 9834 Facebook : Eye Tech Optometrits Operating Hours : 11.00am-8.00pm

International Specialist Eye Centre

Address : Mid Valley Megamall, Level 7 & 8 (via escalator near Starbucks to 1-F then lift to 8-F) Centrepoint South, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur Contact : 03-2284 8989 Website : https://www.isec.my/ Operating Hours : 8.30am-5.30pm

Ikonik Eyes Specialist Centre

Address : Residensi Park, 9, 10, 11, Persiaran Jalil Utama, Bukit Jalil, 57000 Kuala Lumpur Contact : 03-9765 1368 Website : https://ikonikeyecentre.com/ Operating Hours : 8.30am-5.30pm

Aesthetic & Dermatology

Dr Chong Klinik Kepong Skin & Laser Specialist

Address : No.14 & 16, Jalan Wan Kadir, Taman Tun Dr Ismail, 60000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 011-2728 8188 Website : https://www.drchongclinic.com/ Operating Hours : 10.00am-7.00pm

PETER CH'NG CLINIC SKIN & LASER SPECIALIST (DESA PARKCITY)

Address : G-G-1 Plaza Arkadia, 3 Jalan Intisari Perdana, Desa Parkcity, 52200 Kuala Lumpur Contact : 1-800-88-3937 Website : https://gleneagles.com.my/kualalumpur/doctors/dermatology/dr-pete r-ch-'ng-wee-beng Operating Hours : 10.00am-6.00pm

Nazirin Skin Clinic

Address : 59-1, Mid Valley Megamall, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 019-280 6088 Website : https://nazirinskinclinic.com/ Operating Hours : 9.00am-6.00pm

Nexus Clinic

Address : LG 10, Lower Ground Floor, Wisma UOA II, Jalan Pinang, 50450 Kuala Lumpur Contact : 016-702 5699 Website : https://www.nexusclinic.com/ Operating Hours : 8.30am-6.00pm

Premier Clinic

Address : A-0-8, Megan Avenue 1, 189, Jln Tun Razak, 50400 Wilayah Persekutuan, Federal Territory of Kuala Lumpur Contact : 012-662 5552 Website : https://premier-clinic.com/ Operating Hours : 10.00am-7.00pm

Da Vinci Clinic

Address: 104, Jalan Cerdas, Taman Connaught, 56000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-9101 8288 Website:

https://davinciclinic.com.my/ Operating Hours: 10.00 am - 7.00 pm (Monday - Friday) / 10.00 am - 6.00 pm (Saturday) / Closed on Sunday

Dr A Clinic

Address: Jalan Damansara, Taman Tun Dr Ismail, 60000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6018-389 3321 Website: https://www.draclinic.com.my/ Operating Hours: 10.00 am - 7.00 pm

DV Majestic Clinic

Address : Mid Valley Megamall, 13-2, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2702 2618 Website : https://davinciclinic.com.my/

Estique Clinic

Address: 37, Jalan 5/38d, Taman Sri Sinar, 51200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6018-781 7280 Website: https://www.estiqueclinic.net/ Operating Hours: 10.00 am - 7.00 pm

COMMODATION

Introduction Accommodation

Rest and Relax

Malaysian convenience is sensibly estimated, with twofold rooms and most bundles counting breakfast. For a few, housing are fair lodgings that give a decent put to rest whereas voyaging to an unused area. Housing these days gives a parcel more to their clients from within the city, by the lake or indeed in a tranquil place. The convenience remains commendable of getting to be a stand-alone encounter due to the broad extent of comforts offered. During enormous occasions, progress bookings are required to guarantee a budget or mid-range settlement. Rates are exceptionally steady all through the year, rising marginally amid celebration seasons. Numerous lodgings change their rates on a day by day basis based on inhabitants, do check their websites for the foremost up-to-date pricing.



MALAYSIAN ASSOCIATION OF HOTELS (MAH) was established in 1974. Since its inception, MAH has constantly enhanced the hotel and tourism industry by integrating member hotels throughout Malaysia. To date, MAH has over 1,000 members under 13 chapters and partnerships with both the private sectors and Government agencies such as the Ministry of Tourism. Being officially recognised as a National Hotel Association, MAH is committed to the exacting standards of service quality acknowledged by Malaysia and beyond.

Dorsett Hartamas

Address : D-G-08 Plaza Damas 3, No 63 Jalan Sri Hartamas 1, Taman Sri Hartamas, 50480 Kuala Lumpur Contact : 03-6209 8888 Website : https://www.dorsetthotels.com/en/d orsett-hartamas-kuala-lumpur/index.html Operating Hours : 24 hours

InnB Park Hotel

Address : 102-106, Jalan Imbi, Bukit Bintang, 55100 Kuala Lumpur, Contact : 03-2856 7257 Website : https://innbparkhotel.com/ Operating Hours : 24 Hours

AnCasa Hotel Kuala Lumpur

Address : Jalan Tun Tan Cheng Lock, 50050 Kuala Lumpur Contact : 03-2026 6060 Website : https://www.ancasahotels.com.my/ Operating Hours : 24 Hours

Bayan Tree Kuala Lumpur

Address : 2, Jalan Conlay, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2113 1888 Website : https://www.banyantree.com/malaysi a/kuala-lumpur Operating Hours : 24 Hours

Citin Seacare Hotel Kuala Lumpur

Address : 38, Jalan Pudu, 55100 Kuala Lumpur Contact : 03-2031 7777 Website : https://www.citinpudu.com/en/index. php Operating Hours : 24 Hours

Dorsett Kuala Lumpur

Address : 172 Jalan Imbi, 55100 Kuala Lumpur Contact : 03-2716 1000 Website : https://www.dorsetthotels.com/ Operating Hours : 24 Hours

MiCasa All Suite Hotel

Address : 368B, Jalan Tun Razak, 50400 Kuala Lumpur Contact : 03-2179 8000 Website : https://www.micasahotel.com/ Operating Hours : 24 Hours

Ibis Kuala Lumpur City Centre

Address : 32, Jalan Yap Kwan Seng, 50450 Kuala Lumpur Contact : 03-2778 3333 Website : https://ibiscitycentre.comkualalumpur.com/ Operating Hours : 24 Hours

Accommodation

Element Kuala Lumpur

Address : Ilham Tower, 8 Jalan Binjai, 50450 Kuala Lumpur Contact : 03-2771 3388 Website : https://www.marriott.com/ Operating Hours : 24 hours

The Westin Kuala Lumpur

Address : 199, Jalan Bukit Bintang, 55100 Kuala Lumpur Contact : 03-2731 8333 Website : http://the-westin.hotelskualalumpur.com/en/ Operating Hours : 24 Hours

Furama Bukit Bintang

Address : 136, Jalan Changkat Thambi Dollah, 55100 Kuala Lumpur Contact : 03-2788 8888 Website : https://www.furama.com/bukitbint ang/ Operating Hours : 24 Hours

Cititel Kuala Lumpur

Address : Mid Valley City, Lingkaran Syed Putra, 59200 Kuala Lumpur Contact : 03-2296 1188 Website : https://www.cititelmidvalley.com/ Operating Hours : 24 Hours

The Gardens – A St Giles Signature Hotel & Residences

Address : Mid Valley City, Lingkaran Syed Putra, 59200 Kuala Lumpur Contact : 03-2268 1188 Website : https://www.stgileshotels.com/thegardens Operating Hours : 24 Hours

ANSA Hotel Kuala Lumpur

Address : 101, Jalan Bukit Bintang, 55100 Kuala Lumpur Contact : 03-2146 5000 Website : https://www.ansahotels.com/kualalu mpur/ Operating Hours : 24 Hours

Seri Pacific Hotel Kuala Lumpur

Address : Jalan Putra, 50350 Kuala Lumpur Contact : 03-4042 5555 Website : https://www.seripacifichotel.com/ Operating Hours : 24 Hours

Corus Hotel Kuala Lumpur

Address : Persiaran Hampshire, Jalan Ampang 50450 Kuala Lumpur Contact : 03-2161 8888 Website : https://www.corushotelkl.com/ Operating Hours : 24 Hours

Indie Hotel Kuala Lumpur

Address : 9, Jalan Ceylon, Bukit Ceylon 50200, Kuala Lumpur Contact : 03-2070 9000 Website : https://indiehotels.com.my/ Operating Hours : 24 Hours

KIP Hotel Kuala Lumpur

Address : No 77, Jalan Seri Utara 1, Sri Utara Off Jalan Ipoh, 68100 Kuala Lumpur Contact : 03-6256 0888 Website : http://www.kiphotel.com.my/ Operating Hours : 24 Hours

Hotel/Resort : Luxury

Arte Plus By Thomas Chan

Address : Level 66, Arte, Jalan Sultan Haji Ahmad Shah, Mont Kiara, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-6211 4888 Website : https://www.artebythomaschan.com/ Operating Hours : 24 hours

Grand Hyatt Hotel Kuala Lumpur

Address : 12, Jalan Pinang, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2182 1234 Website : https://www.hyatt.com/en-US/hotel/malaysia/grand-hyatt- kuala-lumpur/kuagh Operating Hours : 24 Hours

The RuMa Hotel & Residence

Address: 7, Jalan Kia Peng, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2778 0888 Website: https://theruma.com/en/ Contact : 03-2778 0888





Traders Hotel

Address : Kuala Lumpur City Centre, 50088 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2332 9888 Website : https://ms.hotels.com/ho244411/trad ers-hotel-kuala-lumpur--kuala-lumpur-malaysia/ Operating Hours : 24 hour

Intercontinental Kuala Lumpur

Address : 165, Jln Ampang, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2782 6000 Website : https://kualalumpur.intercontinental. com/ Operating Hours : 24 hours

Shangri-La Hotel

Address : 11, Jln Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2032 2388 Website : https://www.shangrila.com/en/kualalumpur/shangrila/ Operating Hours : 24 Hours

Hotel/Resort : Luxury



Mandarin Hotel

Address : Kuala Lumpur City Centre, 50088 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2380 8888 Website : https://www.mandarinoriental.com/ku ala-lumpur/petronas-towers/luxury-hotel Operating Hours : 24 hours

The Majestic Hotel

Address : 5, Jalan Sultan Hishamuddin, Tasik Perdana, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2785 8000 Website : https://www.majestickl.com/ Operating Hours : 24 hours

Hilton Kuala Lumpur

Address : 3, Jalan Stesen Sentral, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2264 2264 Website : https://www.hilton.com/en/hotels/kul hihi-hilton-kuala-lumpur/ Operating Hours : 24 Hours

Royale Chulan Kuala Lumpur

Address : 5, Jalan Conlay, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2688 9688 Website : https://www.royalechulan.com/Kuala Lumpur/Home.aspx Operating Hours : 24 Hours

The St Regis Kuala Lumpur

Address : No 6, Jalan Stesen Sentral 2, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2727 1111 Website : http://the-st-regis.hotelskualalumpur.com/en/ Operating Hours : 24 hours

Pavillion Hotel

Address : 170, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2117 2888 Website : https://pavilionhotelbybanyantree.co m-kualalumpur.com/ms/ Operating Hours : 24 hours



Hotel/Resort : Budget

Flora by Crossroad Hotel

Address : 66, Jln Ampang, City Centre, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2022 4020 Website : http://flora-bycrossroads.hotels-kualalumpur.com/en/ Operating Hours : 24 hours

Gold3 Boutique Hotel

Address : 179, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2141 7753 Website : https://gold3hotel.com/ Operating Hours : 24 hours

Valenza Hotel & Cafe

Address : Lot 118 Batu, 3, Jln Klang Lama, 58100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-7972 6100 Website : https://valenza.com.my/ Operating Hours : 24 hours





Hotel 99 Kuala Lumpur

Address : 44A &, 44B, Jln Pudu, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2078 6666 Website : http://www.hotel99.com.my/

Summer Suites Residence

Address : Mercu Summer Suites, 8, Jalan Cendana, Kampung Baru, 50250 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-8213 6279 Website : http://residences-summersuites.hotels-kualalumpur.com/en/ Operating Hours : 24 hours

The Bed, KLCC Capsule Hotel

Address : VORTEX KLCC, 12, Jln Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2715 2413 Website : https://www.thebedklcc.com/ Operating Hours : 24 hours

Hotel/Resort : Budget

The Grand Campbell Hotel Kuala Lumpur

Address : ground Campbell Complex, 98, Jalan Dang Wangi, 50100 Kuala Lumpur Contact : 011-1301 1300 Website : https://grandcampbellhotel.com/welc ome-2/ Operating Hours : 24 hours



Joy Inn Hotel

Address : 22, Jalan Thambipillay, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-8213 6279 Operating Hours : 24 hours

Hotel Paloma Inn

Address: 12 & 14 Jalan Sin Chew Kee, Off Jalan Pudu, 55100 Kuala Lumpur Contact: +603-2110 6677 Website: https://www.facebook.com/palomani nnkl/ Operating Hours : 24 Hours

Hotel Signature International

Address : 179, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2141 7753 Website : http://hotelsignaturepudu.topkualalu mpurhotels.com/en/

City Central Hotel

Address : 80 & 82, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 016-230 4100 Website : https://citycentralhotel.com.my/ Operating Hours : 24 hours

Westree Hotel

Address : 142, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2278 9000 Website : https://westreehotels.com/ Operating Hours : 24 hours



Backpackers Lodge

Summer Suites Residence

Address : Mercu Summer Suites, 8, Jalan Cendana, Kampung Baru, 50250 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-8213 6279 Website : https://ms.subhome.my/summersuit es Operating Hours : 24 hours

The Explorer Guest House

Address : 128, 130, Jalan Tun H S Lee, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2022 2200 Website : https://msmy.facebook.com/theexplorersguest housekl/

Raizzy's Guesthouse

Address : 165G, Jalan Tun H S Lee, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2856 3998 Website : https://msmy.facebook.com/Raizzysguesthouse /

Operating Hours : 24 hours





Illimunate Boutique Hostel

Address : 9, Jln Maharajalela, Kampung Attap, 50150 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 016-785 2682 Website : https://msmy.facebook.com/illuminate.kl/ Operating Hours : 24 hours

Nowhere Hostels

Address : 95B, Jalan Bangsar, Bangsar, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-317 9202 Website : https://www.nowherehostel.com/ Operating Hours : 24 hours

Step Inn Too Guesthouse

Address : 64&66, Jalan Pudu Lama, Bukit Bintang, 50150 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2022 4446 Website : https://msmy.facebook.com/StepInnToo/ Operating Hours : 24 hours

Backpackers Lodge

PODs Backpackers Home & Cafe

Address : G-6, 30, Jalan Thambipillay, Brickfields, 50470 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact : 03-2276 0858 Website : https://podsbackpacker.com/ Operating Hours : 24 hours

Oasis Guesthouse

Address : 125, Jalan Petaling, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2022 1522 Website : https://msmy.facebook.com/oasiskl/ Operating Hours : 24 hours

Sunshine Bedz Hotel

Address : 63B, Jln Sultan Ismail, Bukit Bintang, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 012-610 1883 Website : https://sunshinebedz.com.my/ho me/ Operating Hours : 24 hours





Grocers Hotel

Address : 78, Jalan Sultan, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2078 7906 Website : https://www.grocersinn.com.my/ Operating Hours : 24 hours

Leo Backpackers

Address : Jalan Hang Kasturi, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact : 03-2031 1733 Website : https://www.hotels.com/ho70155 3824/leo-backpackers-central-market-kuala-lumpur-malaysia/ Operating Hours : 24 hours

Soho Town Hotel

Address : 119A, 1st Floor, Jalan Sultan, City Centre, 50000 Kuala Lumpur Contact : 03-2026 3133 Website : https://www.sohotownhotel.com/ Operating Hours : 24 hour

Antroduction of Beyond KL

There are many other places out there that are just as wonderful as Kuala Lumpur. The three countries that share the island of Borneo politically are Malaysia, Indonesia, and Brunei Darussalam. Kalimantan is the Indonesian name for the section of Borneo that covers most of the island. The island occupies around 73 percent of the total land area. Meanwhile, Malaysian Borneo and Brunei Darussalam occupy around 26% of the island, while the rest of the island is made up of other countries. Borneo is home to one of the world's oldest rainforests, which is a treasure trove of biodiversity.

In this special feature of Beyond KL, we're focusing on the Malaysian Borneo states of The Land Below the Wind (Sabah) and The Hornbill State (Sarawak). Sabah and Sarawak are separated by Brunei. Kota Kinabalu is the capital of Sabah, while Kuching is the capital of Sarawak. These two cities are great bases for exploring Borneo's wild attractions. Some areas in modern-day East Malaysia, particularly coastal districts, were historically part of the region known as Para.

Things you should know when you arrive in Sabah

ranced absent from Kota Kinabalu, you wish to require the preparation m Beaufort Railroad Station to reach he seething Padas Stream. In this trip alone you'll encounter the different ights of Beautori's beaution adas River's unfeeling current. of Beaufort's beautiful scene and

Jungle Trekking at Danum Valley

This rainforest is domestic to different species of fowls, reptiles, and well volved creatures. On the off chance hat you pay near consideration, you'll discover red-leaf langurs, gibbons, and hornbills stowing away in the midst of the trees. Danum Valley is best investigated with a visit directly - we wouldn't need you to urge misplaced! Thus, you ought to sign up for an eco-tour to form the foremost of your wilderness trekking encounter.

water rafting at Padas **3**Ziplining at Kiulu River

Separated from being the moment spot for whitewater rafting, Kiulu Waterway is additionally popular for ziplining. In case you appreciate hoisting your bravery to modern statues. this one's for you. Close your eyes in fear. and vou'll miss out the wilderness view down helow

Spelunking at Gomantong Caves

Simud Putih cave, on the other hand, is open to experienced pilgrims. Since the complex is bigger than Simud Hitam, you're required to plan a few caving gear, an extraordinary alloy, and a direct. Due to the soak climb and complex climbing entries, the common open ought to skip this one and adhere with Simud Hitam instep.

Things you should know when you arrive in Sabah

5Adopt a Sun Bear

Did you know you'll be able to embrace a sun bear in Sabah? If you happen to swing by the Bornean Sun Bear Conservation Centre (BSBCC), you may symbolically adopt a sun bear to protect and conserve them.

6Bird watching at Tabin Wildlife Reserve

It pays to have the leading concentration within the world. At Tabin Wildlife Save, you'll connect other winged creature watchers to spot the foremost extraordinary species in the midst of the rich trees. Perceived as one of Malaysia's best birding goals, you'll be able to treat a feathered creature observing evening at Tabin Natural life Save.

Daytime Cruise at Kinabatangan River

Investigating the longest waterway in Malaysia gives a diverse nature involvement inside and out. By and large, the vessel ride along Kinabatangan Stream starts with a view of the nearby towns.

Swim in the Kiansom Waterfall

On the off chance that you happen to drop by Mari Mari Social Town, set aside an hour to visit the Kiansom Waterfall, which is a brief drive absent. Profound within the natures of Inanam, Kiansom Waterfall could be a popular end of the week spot among the local people. Indonesia, Malaysia, and Brunei make up the three nations of Borneo. Tribal tribes populated the waterways and shorelines on the island's northeastern landmass, routinely battling and giving rise to the island's scandalous talent scouts. The Sultanate of Brunei, as the administering assembly, began a politically bound together civilisation within the 15th century. Until the late 18th century, when yearning British mariners arrived on Sabah's shorelines and found the colossal prospects advertised by the region's commonwealth, control was appointed to the Sultan of Sulu, based within the southern Philippines.

History of Sabah



Present Sabah is more than essentially a well known traveler goal. It is the result of a blend of instructive, financial, and social advance. In Sabah, there are twenty-eight organizing of higher instruction, four of which give post-graduate programme 1882: The British North Borneo Company was established, and it overseen the promontory all through the twentieth century.

1888: Sabah got to be a protectorate of the Joined together Kingdom.

1942: The woods of Sabah were immersed in World War II. The Majestic Japanese Armed force conducted a arrangement of Passing Walks from Sandakan, within the east, through the good countries to the western slants of Mount Kinabalu, terminating in Renau, within the west.

1946: Sabah Got to be the Crown Colony 1

1963: Sabah joined with Malaysia, Sarawak, and Singapore to make the Alliance of Malaysia.

1965: The League removed Singapore, and the recently joined together nation was renamed Malaysia.

1967: The concession of extraction rights to Petronas, the government governmentowned petroleum firm, was the primary major step toward financial development in Sabah.

1985: The Kadazan innate group's development, the Sabah Joined together Party, picked up footing and joined Malaysia's administering fusion, Barisan National. Sabah was prepared to require the lead within the nation, combining strengths against the government government's dictates.

1994: Previous Prime Serve Mahathir Mohamad embraced the idea of pivoting Chief Priests among Sabah's three primary groupings each couple of a long time. The revolution framework implied that Muslim Bumiputras, non-Muslim Bumiputras, and Chinese all had a chance to serve as the state's Chief Minister.

2000: Kota Kinabalu has been pronounced as Sabah's capital.

2005: The Worldwide Court of Equity

State with the most diversity

Sabah is domestic to 32 distinctive innate ethnic bunches that make up the 3 million populace. It is Malaysia's most differing state. The best bunches are Kadazandusun, Murut, Bajau and Rungus. Each of them have diverse conventions, a few of which are still practiced nowadays.

History of Headhunters

The Murut tribe was the final of Sabah's ethnic bunches to provide headhunting. Collecting the heads of foes were a sign of quality and were a caution sign to neighboring towns. They were frequently shown at the entrance of the town.

Home to the world's largest carnivorous plant

The Nepenthes Rajah is the biggest carnivorous plant within the world. Its title deciphers the Lord of the Nepenthes plant gather. The plant develops a container filled with up to 3.5 liters of water and stomach related liquid.

The world's largest flower

The Rafflesia may be an enormous ruddy bloom with no clears out, roots, or stem. It is the greatest bloom within the world, named after its author, Sir Stamford Wagers who moreover founded Singapore. The rafflesia is looked after by nature devotees due to its irregularity, in spite of its foul stench of decaying meat.

SLand Beneath the Wind

Sabah is known as 'Land Underneath the Wind' since it is found 6 north of the equator, fair underneath the tropical tropical storm belt. It misses the destroying impacts of the tropical storms that as often as possible hit neighboring Philippines.



How To Get Around Sabah

Car Rental

As it were in Kota Kinabalu are car rental administrations open. Depending on your trip requests, the sorts of cars accessible for enlist extend from straightforward compact sedans to 4 wheel off-road vehicles, vans, and buses. In case you expected to enlist a car, you ought to make courses of action with visit administrators ahead of time. For car rental costs, contact Astounding Borneo Visits.

By Rail

Sabah is the state in Borneo with a railroad framework. It goes from Kota Kinabalu's Tanjung Aru railroad station to Beaufort and Tenom. It takes less than 2 hours to go to Beaufort, and generally 5 hours to get to Tenom. Guests will discover the prepared trip along the Padas Waterway canyon to Tenom, especially captivating since it gives a refreshing elective to taking in the environment.

By Plane

The busiest air terminal in Sabah is Kota Kinabalu Universal Airplane terminal, which is similar to Kuala Lumpur Worldwide Airplane terminal. Travelers may fly straightforwardly to Sandakan or Tawau from either Kota Kinabalu Universal Airplane terminal or Kuala Lumpur Universal Air terminal. The taking after flight plans to Sandakan and Tawau are prescribed.

Boat and Ferries

Jesselton Point, north of Kota Kinabalu, is where the ship harbor is found. Ships to Labuan and a short time later to Brunei leave at the terminal. Between Pulau Sapi, Pulau Manukan, Pulau Sulug, and Pulau Mamutik, express vessels travel the brief distance between the ship harbor and the islands of Tunku Abdul Rahman Marine Stop at Pulau Gaya. The ship harbor is open from 6 a.m. to 6 p.m. with the ultimate pontoon clearing out the islands at 4.30 p.m. and the final pontoon arriving at 5.00 p.m.

Public Transport

Within the city in the middle of Kota Kinabalu, neighborhood buses and taxis are accessible. Be that as it may, it is a prescribed and common home for visiting suppliers to handle the lion's share of the overland exchanges.

Get to know the Different **Ethic Groups in Sabah**

Separated from its inborn culture, Sabah's fundamental culture comprises differentiated societies, each of which was brought in by different bunches of migration. Sabah's populace is made up of individuals of over thirty unmistakable nationalities and races, with over eighty distinctive dialects and lingos. The foremost striking highlight is that all of these tribes coexist and make a single community, each with its claimed culture, traditions, conventions, craftsmanship, and celebrations. Murut, Bajau, Kadazan Dusun, Bisaya, Kadayan, Orang Sungai, Brunei, Rungu, and other inborn bunches in Sabah incorporate Murut, Bajau, Kadazan Dusun, Bisaya, Kadayan, Orang Sungai, Brunei, Rungu, and other subgroups.



Baiau

The Bajau were already respected as ocean vagabonds, and they did in fact spend their entire lives on Lipa-lipa vessels. They were genuine migrants, capable at exploring the seas in spite of the need of a compass on their little. lavishly built pontoons. As it were the Bajau came to arrive to assemble, kindling, secure water, and bury their dead. In any case, a few Bajau have lived on the territory in later centuries. strikingly along Sabah's west coast.

Murut

The Murut individuals live within the precipitous insides of southern Sabah, close to the Kalimantan border. The Murut are of Paitanic family line. however there are so numerous sub-groups and dialects that extra inquire about is required to decide whether or on the off chance that any Murut are relatives of Borneo's unique occupants, or at the outright slightest, the exceptionally to begin with pioneers. Murut implies 'people of the hills,' and they live within the good countries all the way up to Keningau in central Sabah, but they have never developed the fields.

Kadazandusun

The Kadazandusun, a word coined to envelop all inborn individuals of Dusunic legacy, are the greatest inborn tribe. The Kadazan are noticeable in this category. They were the primary to be impacted by Christian evangelists. hailing from the Penampang and Papar regions, both close to the state capital of Kota Kinabalu. Headhunting happened on occasion, more for the reason of guard than for boldness, in spite of the fact that the causes for this omnipresent Borneo custom were different.

Bruniean Malays

Bruneian Malays are a Malay ethnic group that possess Brunei and the government locale of Labuan on Sabah's southwestern coast. Bruneian Malays are a subset of the more noteworthy ethnic Malay populace found somewhere else within the Malav World, particularly Peninsular Malaysia and Sarawak's central and southern districts.

Suluk

The Tausug, also known as the Suluk. are an ethnic group from the Philippines and Malaysia, with a minor number in North Kalimantan, Indonesia. The Tausug are a portion of Mindanao's, Sulu's, and Palawan's bigger political personality. The lion's share of the Tausugs have changed over to Islam. and its individuals are presently known as the Moros, the third greatest ethnic gather in Mindanao, Sulu, and Palawan.

Get to know the Different Ethic Groups in Sabah

Rungus

The people groups of Borneo were affected by the Chinese either specifically or by exchange through middle people. Collectible Chinese ceramics are common. Contact with southern Indians is shown in a few etymological cognates with Sanskrit, the foremost vital being divato', the soul recognizable of the Rungus priestesses.

Orang Sungei

The title "Orang Sungei" could be a collective term that was to begin with coined amid the colonial British run the show for communities living along the Kinabatangan River. In a few cases just like the Tambanuo individuals would allude to themselves as Orang Sungei for those who are Muslims; unless in the event that they are not Muslims, at that point they would distinguish themselves by their tribal title

Mangka'a

The Mangka'ak are an innate ethnic group dwelling in Sabah, eastern Malaysia on the island of Borneo. They essentially dwell within the Sandakan, and Kinabatangan areas in northeastern Sabah. The population of Mangka'ak was estimated at 20,583 within the year 2000.

Iranun

Within the 16th century, there was a sea-based kingdom called Uranen. The individuals who came from this kingdom we presently call the Iranun. They were driven by a sultan (Islamic political pioneer), and the kingdom applied power in Mindanao Island within the southern Philippines and what is presently Brunei and Malaysia's state of Sabah.

Lun Bawang

The word Lun Bawang implies individuals of the nation or local individuals, while Lun Dayeh implies upriver individuals or individuals of the insides or Orang Ulu and Lun Lod implies individuals living downriver or close to the ocean. Other names are inferred from geological reference to their rice development, for illustration, Lun Baa' (swamps) who live close to swampy ranges and develop damp rice, and Lun Tana' Luun (on the arrival) who develop dry rice.

Get to know the local Culture

Costume

Sabah culture is so colourful. We have over 30 indigenous and 200 sub-ethnic groups, most of them have distinct traditional costumes, a heritage that tells the world their identity, traditions, and stories. Sabah is beautiful because of this cultural diversity. I've been photographing Sabah traditional costumes for 15 years and would like to share what I think are the 10 most beautiful traditional costumes of Sabah (not in any order).



Music

The melodic legacy of Sabah may be a phenomenal collection of rhythms and sounds, developments and colours. With over 30 distinctive ethnic substances this is often as it were normal, more so since Sabahans basically adore music and melody. There's barely any ceremony that would not require the backup of music, whereby the instrument of choice in Borneo is the gong. Gong outfits are still de rigueur at Kadazan and Dusun weddings, fair as are, these days, the advanced percussion rebellious and synthesizers of a modern band.



Festivals

This celebration is celebrated with much ceremony by the Bajau community of Sabah's east coast locale of Semporna. Individuals of this angling community have been celebrating this occasion in respect of their convention of building "lepa", a conventional single-mast cruising pontoon. The strategy of building these water crafts made from ruddy wood has been given over from era to era. Amid this celebration, which began in 1994. beautified pontoons cruise the oceans to win the crown of the foremost wonderful "lepa". Other challenges like kelleh-kelleh, pull of war, Lepa Excellence Exhibition, social exhibitions and firecrackers show are held in celebration of the celebration.



Get to know the local Culture

Dance

Sumazau is the iconic move of Sabah. It's a conventional move begun from the Kadazan and Dusun (or Kadazandusun) individuals, the biggest inborn bunch of Sabah. The artists mirror the hawk in flight by extending their arms to both sides and swing them up and down like fowl wings. As a rule Sumazau is moved in a bunch of male and female accomplices as sets, who move with the beat of gong and drum. Ordinarily Sumazau is performed in social occasions and celebrations.





Games

Binsulong (other names: Inuog Dazang / Teka Teki Puteri) is a traditional game of Kadazandusun people. Binsulong could be a traditional diversion of Kadazandusun individuals. There's a string "trapped" interior the double-loop rattan winding and you wish to drag it out without cutting the string.

Arts & Craft

Sabah is domestic to a few tribes that have coexisted and mixed concordantly. My slant towards tribal expressions drove me to investigate the conventional expressions and creations of the inborn tribes of North Borneo. Weaving has been the spine of the tribes of Sabah. The wealth of Rattan within the rich timberlands naturally transformed to craftsmanship within the lives of the tribal society.



Historical Sites

OKM Kota Kinabalu

A Zero Kilometer (0Km) plaque was revealed recently in this capital city of Sabah, and is anticipated to be another fascination for residential and worldwide tourists. The plaque is found within the region of the Sabah Tourism Board (STB) building which had housed the pre-war post office amid the British Occupation.

Address : Sabah Tourism, 51, Jalan Gaya, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Operating Hours: 24 Hours

Tugu Peringatan Double SIx Monument

The Double Six Monument is found in Sembulan, checking a critical catastrophe within the history of Sabah. On June 6th, 1976, a plane carrying Sabah's fifth Chief Serve, Tun Mohd. Fuad Stephens and six other State ministers slammed, slaughtering all on board. The Double Six monument was raised on the precise spot of the deadly crash.

Address : Grace Garden, 88100 Kota Kinabalu, Sabah Website : https://sabahmedia.com/2021/06/06/t ugu-peringatan-double-six-khazanah-rakyat-sabah/ Operating Hours : 8.00am-11.00pm



Agnes Keith House

The Agnes Keith Domestic, already the Newlands, may be a historical house gallery in Sandakan, Sabah, Malaysia. Agnes Newton Keith, an American writer, was the motivation for the museum's title. The dome is enhanced with a reproduction of colonial furniture and collectibles, and it gives guests a glimpse into life amid the British run the show in North Borneo.

Address: 296, Jalan Utara, 90000 Sandakan, Sabah Contact: +60 89-221 140 Website : https://museum.sabah.gov.my/exhibition/ 72 Operating Hours: 9.00 am - 5.00 pm (Monday - Sunday)

Street Art & Graffiti Gallery

The Ancient Welfare Building in Kota Kinabalu. A colorful spray painting center of energetic Sabah craftsmanship devotees. A put for nearby specialists to hone and express their inventiveness. Each divider and column are filled with one of a kind spray painting.

Address: 20, Jln Haji Saman, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Operating Hours : 24 Hour

KOISAAN Cultural Village (KCV)

Koisaan Social Town visit Hongkod Koisaan, KM8, Street Penampang. The town works as a historical center that jam Kadazandusun ethnic culture. It is to share the information, history, culture, and convention of Kadazandusun with you so that it isn't forgotten.

Address: Mile 4 1/2 W.D.T, 39, Jalan Penampang, 89509 Penampang, Sabah Contact : 088-713 696 Website : https://www.kdca.org.my/about/KCV Operating Hours : 9.00am-5.00pm



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Instagram @batarasofficial



Youtube Bataras East MY



Website www.bataras.com.my

Historical Sites

Petagas War Memorial

The dedication was built in recognition of those who lost their lives defending Sabah amid the Japanese occupation in World War II. The Commemoration is found on the precise spot where 176 Sabahan guerillas were slaughtered on January 21st, 1944.

Address: No.1, Jalan Bandaran, 88675, Kota Kinabalu, Sabah, 88675, Kota Kinabalu, Sabah, 88000 Contact: 088-521 800 Website : http://www.dbkk.sabah.gov.my/ Operating Hours: 24 Hours

Bukit Tengkorak Archeological Herritage

This archeological location is found at Jalan Tampi-Tampi, around 10km south of Semporna town. It is on a hill around 600 feet over sea level. Bukit Tengkorak may be a volcanic rock-shelter location and a portion of volcano mouth of 2km in distance across. Bukit Tengkorak Archeological Location is the biggest earthenware making plant in Southeast Asia during the Neolithic period.

Address : semporna, Sabah Contact : 089-222 679 Operating Hours : 9.00am-5.00pm



Sabah State Museum

Built in 1985, the Museum complex is sited where the British North Borneo Governor's Istana was once found. The Exhibition hall comprises of the Most Building, Science and Education Middle and Legacy Town.

Address: Jalan Muzium, 88300 Kota Kinabalu, Sabah Contact : 088-225 033 Website : https://museum.sabah.gov.my/ Operating Hours : 9.00am-5.00pm

Kundasang War Memorial

The Commemoration is made up of four wonderful gardens – the Australian Cultivate, the English Plant, the Borneo Cultivate and the Consideration Plant and Pool – to speak to the distinctive nationalities. With its towering pine trees and sprouting roses, a walk within the gardens is reminiscent to that of a walk in a interesting English plant.

Address : Jalan Kundasang Kauluan, Kundasang, 89300 Ranau, Sabah Contact : 019-899 2041

Belfry Bell Tower

The Belfry Bell, is Tawau's oldest existing monument, built by the Japanese to mark the signing of an armistice agreement after World War 1, when Japan was a British ally. The bell tower was built in 1921 by the Japanese community in North Borneo with the help of jail labour and cash donated by Tawau based Japanese business people.

Address: Jalan Pos Lama, Bandar Tawau, 91000 Tawau, Sabah Operating Hours: 8.30am-5.00pm

Place of Worship

Sri Subramaniam Temple

Address: Lot 100, Jalan Lama Penampang, Kinarut, 88200 Kota Kinabalu, Sabah Contact : 016-500 3424 Website : https://www.facebook.com/srisubra maniarkemlokkawi/ Operating Hours: 5.00 am - 7.00 pm

Sri Pasupathinath Alayam

Address : No. 4, Jalan Khidmat, Off Jalan Kolam, Bukit Padang, Sabah, 88300 Kota Kinabalu Contact: 088-239 154 Website : https://www.facebook.com/SriPas upathinathAlayam/ Operating Hours : 05.00am-7.00pm

Thirumurugan Temple Tawau

Address : 2nd Mile, Jalan Utara, 91000, Tawau,Sabah Contact : 60165439641 Website : https://www.facebook.com/Tawau -Thirumurugan-Temple--163911593637153/ Operating Hours : 6.30am-9.00pm

Masjid Al Kautar

Address : Jalan Tanjung Aru, 88858 Kota Kinabalu, Sabah Contact : 088-222 435 Website : https://www.etawau.com/Religion/Is Iam/AlKautharMosque.htm Operating Hours : 6.00am-12.00pm

The New Life Church Of Sabah

Address : 17-2, Jalan Lintas, Linta Jaya Uptownship, Sabah, 88200 Kota Kinabalu Contact : 088718727 Operating Hours : 24 Hours

Sabah National Mosque

Address : Jln Tunku Abdul Rahman, 88100 Kota Kinabalu, Sabah Contact : 088-222 435 Website : https://www.sabahtourism.com/d estination/sabah-state-mosque/?locale=en Operating Hours : 6.00am-12.00pm

UPC Sabah - United Pentecostal Church Sabah

Address : Lot 3.44, 3rd Floor, Phase 2A Asia City Complex, 88000 Kota Kinabalu, Sabah Contact : 0142828345 Website : https://united-pentecostalchurch-sabah.business.site/ Operating Hours : 9.00am-5.00pm



Masjid Bandaraya Kota Kinabalu

Address : Jalan Pasir, Jalan Teluk Likas, Kampung Likas, 88400 Kota Kinabalu, Sabah Contact : 088-205 418 Website : http://www.mbr.sabah.org.my/ Operating Hours : 24 hours

Cultural Villages

Mari Mari Cultural Village

Mari Mari Social Town offers impressions into the lives of Sabah's wealthy culture with its particular houses, outfits and conventional abilities of five major Sabah's ethnic bunches; the agriculturists and dealers Dusun and Rungus, the seekers and anglers Lundayeh, the ranchers and ocean wanderers Bajau, and the broadly dreaded warrior tribe Murut.

Address: Jalan Kionsom, Inanam, 88450 Kota Kinabalu, Sabah Contact: +60 13-881 4921 Website:

https://www.marimariculturalvillage.my/ Operating Hours : 10.00am-4.00pm

Linangkit Cultural Village

Encounter a day within the life of the Lotud individuals through a run of curiously exercises such as a guided visit around the town, conventional ensemble try-on, handicraft-making shows, conventional nourishment planning shows, conventional angle netting, custard culling, social appear, stream voyage and firefly observing.

Address: Sungai, 89150 Tuaran, Sabah Contact : 0 11 272 32016 Website : https://www.facebook.com/LinangkitCult uralVillage06/ Operating Hours: 09.00 am - 6.00 pm

Murut Cultural Village

The Social Middle offers special openings to consider the tribe's wealthy history. A total representation of Murut engineering, expressions and makes, music, outfits, cuisines, etc is accessible.

Address: 89900 Tenom, Sabah Contact: +60 87-302 421 Website:

https://www.sabahtourism.com/destinati on/murut-cultural-centre/?locale=en Operating Hours: 8.00 am - 4.30 pm (Monday - Friday) / 9.00 am - 4.00 pm 100 (Saturday) / 9.00 am - 2.00 pm (Sunday)

Monsopaid Cul

At the Town, visit the angkob as Gra where the padi is housed. Kotos Di Monsopiad or Monsopiad's Fundame House is devoted to the life and time Monsopiad and his relatives. On the ceramic containers, padi processors bamboo things as well as the outfit of Bobohizan Inai Biant, coordinate relaof Monsopiad and exceptionally seni priestess.

Address: Monsopiad Sultural Villag Jalan Putatan Ramayah, 89500 Pe pang, Sabah Contact: +60 11-1419 6484 Website: https://www.monsopiad.c Operating Hours: 9.00 am - 5.00 pm (Monday - Sunday)

lat





Ecotourism is presently characterized as "responsible travel to characteristic ranges that moderates the environment, supports the well-being of the neighborhood individuals, and includes elucidation and education" (TIES, 2015). Instruction is implied to be comprehensive of both staff and visitors. Ecotourism is approximately joining together preservation, communities, and economical travel.

Around the world, ecotourism has been hailed as a nostrum: a way to support preservation and logical inquire about, ensure delicate and flawless environments, advantage rustic communities, advance improvement in destitute nations, improve environmental and social affectability, instill natural mindfulness and social heart within the travel industry, fulfill and teach the segregating visitor, and, a few claim, construct world peace.

Mount KinaBalu

The scene of Mount Kinabalu is its 6 levels of distinctive vegetation. Presently this may not be massively self-evident to numerous, but for those sharp on nature components, would be able to tell the diverse vegetations at the individual heights, something else, the foremost self-evident alter comes after the Layang Layang Cabin whereby the rough snow capped begins and bonsai plants keep you company for the final leg some time recently coming to the Panar Laban range where you'd rest some time recently the summit ascend.

Mount Trus Madi

Located 70 kilometers southeast of Kota Kinabalu city, enthused mountain climbers trying to find an unused challenging climb can rejoice, for Mount Trusmadi will be fair to investigate! As the most elevated characteristic top in Malaysia, Mount Trusmadi takes off 2,642 meters (8,668 ft) up in a timberland area spreading over a whopping 184,527 hectares. The encompassing range borders four areas in Sabah – north of Ranau, west of Tambunan, south of Keningau, and east of Sook.

Mount Tambuyukon

Mount Tambuyukon is found within the Northern Portion of Sabah, inside Monggis Substation, Kinabalu Stop, with its most noteworthy height of 2,580m (8,462ft), Mount Tambuyukon is the third most elevated mountain in Malaysia after Mount Kinabalu and Mount Trusmadi.

Koko Hill

Get to Kokol Mythical being, the celebrated instagrammable put at Kokol Slopes known for its flawless sceneries. Experience Malaysia to begin with "Bali Swing" and get the chance to capture your wonderful minutes on your mega swing ride. Enjoy the astounding see from Kokol Slopes at the beat of Kota Kinabalu city and coast in the midst of the rich rainforest Capture your brilliant encounter in Kokol Mythical person with astonishing photo taking places and post them on your social media

Skull Hill

Bukit Tengkorak is one of the biggest ceramics making locales in Southeast Asia amid the Neolithic period (almost 3,000 a long time prior, between 4340 BC and 50 BC). Not as it were, investigate too appears to be individuals traveling between Borneo and Unused Britain in Melanesia (close to Papua Unused Guinea), which was one of the longest exchange courses (3,500 KM) within the world amid that period. Archeologists accept such long-distance ocean exchange and movement courses cleared out behind what is known as the Lapita culture of ceramics, apparatuses and adornments. The ancient ceramics fabricating innovation is still being utilized by the Bajau community in Semporna today.

Mountain / Hills

Bukit Bongol

Find this 2.7-km out-and-back path close to Kota Belud, Sabah. By and large considered a decently challenging course, it takes a normal of 1 h 42 min to total. This path is extraordinary for climbing, path running, and strolling, and it's impossible you'll experience numerous other individuals while investigating. The path is open year-round and is wonderful to visit anytime.

Batu Tumpul

The beginning point for Batu Punggul climb starts in Tataluan Town where you may encounter a 10 minutes of delight ride on the special longboat, to the foothills of the limestone. The enterprise starts with waterway rapids, be that as it may, amid the dry season of the year, moving a longboat can be very a challenge and require collaboration.

Mount Silam

Mt. Silam is classified as an Ultramafic Coastal Mountain. In layman's terms, the soil in the Ultramafic environment is ruddy brown in color and shaped by ultrabasic shake. The soil has a high concentration of overwhelming metals such as magnesium, press, nickel, chromium and cobalt, but destitute in plant supplements such as nitrogen, phosphorus and potassium.

Mount Nombuyukong

Nombuyukong's height at 1,603.57 M is less intimidating and can be conquered within half-day. Since it's on the same mountain range with higher Mt. Tambuyukon, technically it's a peak, but people call it Mount Nombuyukong anyway. Nombuyukong is located in Serinsim Park substation (in Kota Marudu) at north of Kinabalu Park. The park is highly accessible by paved road and about 130 KM away from Kota Kinabalu City (KK), the capital of Sabah

Mount Nopungguk

Mount Nopungguk (1,430 meters or 4,692 feet) is only about one-third the height of Mount Kinabalu.It's part of Kinabalu Park so climbers need to apply a permit and hire a park guide to enter . The climb is not extremely challenging, and you get a taste of botanical tour at this UNESCO site already. More than 1,000 people have climbed Mount Nopungguk. This makes your trip worth taking.

Danum Valley

Danum Valley Preservation Zone, the home of a 130-million-year-old old rainforest; he idealizes you to drench yourself in a journey of revelation encountering a few of the finest natural life and nature experiences Malaysian Borneo needs to offer. This 438-squarekilometer save isn't as it were domestic to some of the most seasoned rainforests in Borneo, it is additionally domestic to the tallest trees within the tropics with the largest towering 100.8 meters over the woodland floor

Maliau Basin

Maliau Bowl Preservation Zone, 58,840 ha, too known as Sabah's Misplaced World could be a colossal bowl of flawless timberlands depicted as one of the few remaining moderately untouched wild ranges within the world. Bounded by a imposing ledge coming to over 1,675m over ocean level, the nearly circular Bowl, one of Malaysia's finest remaining wild ranges, includes 390 km² of flawless timberland, a essentially self-contained biological system, never forever possessed and with expansive regions still remaining to be investigated and documented

Crocker Range National Park

The Stop lies inside 8 locales with rise extending between 100m to 2050m at the crest of Mt. Alab. Most of the stops are secured with woodland with a tract of maybe the final remaining slopes of dipterocarp timberland within the west coast of Sabah. It is an imperative water catchment zone with the headwater of five major waterways within the west coast of the state.

Weston Wetland

Weston offers a wide cluster of natural life such as proboscis monkey, silvered langur, winged creatures, snakes and numerous more. It also has different oceanic natural life such as mudskippers, otters, crocodiles and stream prawns. It is nearly easy to spot a proboscis monkey whereas on a stream voyage. Conclusion your visit by encountering a night journey with shines of fireflies lighting up the trees of Weston Waterway, a locate not to be missed

Kinabalu Park

Geographically, Kinabalu Stop could be a rock interruption shaped 15 million a long time back and pushed upward one million a long time back by structural developments and formed by strengths that proceed to characterize its scene. In spite of its geographical youth it is uncommonly tall in species with living relics of common vegetation remaining, over 93% of the Stop range.

Forest & Park

Sandakan Rainforest Park

Sandakan Rainforest Stop (SRFP) is found approximately 9 km absent from the middle of the coastal town of Sandakan in Sabah, Malaysia. Truly and deductively, the Stop is known as Kebun Cina (Chinese Cultivate or Plantation) Woodland, which already secured a much bigger zone (up to Mile 1 1/2, North Street) than the show region of 148.6 hectares. A few of the most punctual botanical investigations in Borneo were carried out here.

KLIAS Forest Resort

The Klias Peninsula is found within the area of Beaufort, around 125 km southwest of Kota Kinabalu. It takes almost 90 minutes to travel from Kota Kinabalu to Klias. The Klias Peninsula could be a huge coastal wetland covering 130,000 hectares. It acts as a surge plain for the Padas River and has an arrangement of river channels. A critical region of mangroves and peat overwhelm woodland is secured as a portion of the Klias Forest Save.

Deramakot Forest Resreve

Deramakot Forest Save (DFR), located within the heart of Sabah is one of Sabah's best goals for natural life spotting. It has been recorded that around 75% of warm blooded animals in Sabah can be found inside this forest save such as Orang Utan, Pygmy Elephants, Tembadau (Banteng), and Proboscis Monkey, including five species of the Bornean Cats which are the slippery Sunda Clouded Leopard, Marbled Cat, Bornean Cove Cat, Flat-headed Cat and Leopard Cat.

Sepilok Forest Reserve

Sepilok comprises 43 square kilometers on the edge of Kabili-Sepilok Forest Reserve. Amid a visit you may learn approximately the programme of re-adjustment to the wild and see a day by day feeding session. The middle supplements the eat less of as of late restored orangutans with drain and bananas.

Megalum Island

Appreciate clear perceivability that gives you a way to watch marine life from an unused viewpoint. Mengalum Island environment are copious in groupers, snappers, mackerels, and other coral reef angles. Swim absent the day another to the celebrated clownfish, the enchantment butterflyfish, and the intriguing cleaner angle.

Manukan Island

Manukan Island is located off the coast of Kota Kinabalu, the capital city of Sabah. It is the biggest island of Tunku Abdul Rahman Marine Park and offers broad water activities such as snorkeling, scuba diving, parasailing and other different water sports activities for those water sports devotees. It offers one of the finest spots to catch Borneo's extremely popular nightfall at the tip of the island called Sunset Point.

Kapalai Island

Bragging various stilted villas over crystal clear waters, the likeness of Kapalai to the Maldives is mysterious. Kapalai, be that as it may, isn't very an island. Not so at least within the conventional definition since for the foremost portion, the heap of sand which the island is christened upon scarcely comes to over the sea.

Pom Pom Island

Pom Pom Island is a tiny coral reef island in the Celebes Sea, 30 kilometres north of Semporna, Sabah, Malaysia. Pom Pom Island is highly forested, notably with tiny trees from the pandanus family. Pom Pom Island's marine biodiversity is diverse, with numerous rare and unusual species. The area is part of the coral triangle, which has around 500 different coral species.

Islands

Pulau Tiga

Pulau Tiga, which truly implies 'three islands' in Malay, is encompassed by the perfect South China Ocean. In spite of the fact that Pulau Tiga no longer dallies in appearance trade, its title is no stranger to travelers from all walks of life who enjoy an end of the week getaway within the confined rapture Pulau Tiga must offer. Whereas it may well be notorious as a breeding ground for highly venomous ocean snakes, its volcanic mud shower is additionally the nostrum to all your skin misfortunes.

Gaya Island

Gaya Island is the biggest island within the Tunku Abdul Rahman National Park and is the closest to Kota Kinabalu. The island is secured with thick tropical forest which has been declared as a forest reserve since the year 1923. On the island, there's a 20 kilometer long hiking way and two resorts which are named Gayana Eco Resort and Bunya Raya Island Resort.



Islands

Layang – Layang Island / Swallow Reef

An island lying within the center of fervently challenged waters and wealthy in biodiversity, Layang-Layang is kept an eye on by the Regal Navy, possessed by transient fowls and whose region is gone by by schools of hammerhead sharks. Between April and May each, thousands of these magnificent animals coast around Layang-Layang to mate.

Timba Timba Island

Timba-Timba is favored with a one-Kilometre long stretch of white sandy beach flanked by crystal blue ocean. I continuously think that to create a fascination well known on social media, the cheapest way is to make a few Insta-worthy spots for their visitors to require photographs to share on their Instagram, Weibo, etc., rather than investing thousands on promoting. Guests too can get shocking pictures without the budget of a Maldives trip. Enormous win-win for both, in the event that the photo goes viral.

Sipadan Island

Dividers packed with colourful life and activity, sharks, turtles and vast schools of angle such as barracuda and jacks, and all the whereas the plausibility of seeing something truly energizing such as hammerheads or thresher sharks; typically what scuba divers from over the world run to Pulau Sipadan to see.

Mabul Island

The island may be a little oval-shaped island bordered by sandy beaches and roosted on the northwest corner of a bigger 200-hectare reef. The reef is on the edge of the mainland rack and the seabed surrounding the reef slants out to 25–30m deep. In expansion, Mabul is additionally a nearby island-village. Settlement ranges from hiker styled lodges to water bungalows. The ocean is calm, shallow and perfect, with the sandy ocean floor protecting well

Boheydulang Island

Legend has it that Princess Salamia from Bum Bum Island was covered up by her family in Bohey Dulang, to maintain a strategic distance from an orchestrated marriage to an ill-famed Sultan from the Southern Philippines. She was turned into a pixie and covered up by the spirits after her vanishment. From a geography point of view, the island was shaped from leftovers of volcanic action. Bohey Dulang is the second-largest island among the Tun Sakaran Marine Stop Islands.

Spot The Wildlife

Kinabatangan Wildlife Sanctury

The Kinabatangan River, which flows for nearly 500 kilometres through Sabah's lowlands to the Sulu Sea, is a mosaic of riparian forest, oxbow lakes, nipah swamp, and mangroves that supports a diverse range of animals and birds. These creatures have become remarkably tolerant to human presence. The sanctuary is one of just two places on the planet where 10 different primate species may be found, four of which are native to Borneo.

Address: 90000 Sandakan, Sabah Contact: +60 88-262 420 Website : https://wildlife.sabah.gov.my/index.php/co

nttps://wildlife.saban.gov.my/index.pnp/co ntact-us/address-contact-directory

Labuk Bay Proboscis Monkey Sacntuary

The Labuk Bay Proboscis Monkey Sanctuary provides a safe refuge for local species, which is isolated to the north by the Sulu Sea and to the south by expanding palm oil plantations. Through property purchase and forest restoration, the sanctuary has grown to 500 acres of coastal mangrove woods. Labuk Bay is home to one of the biggest isolated populations of proboscis monkeys, about 300, as well as other fauna including Silvered-Leaf Langurs and Oriental-Pied Hornbills.

Address: Jalan Labuk, 90000 Sandakan, Sabah Contact: +60 89-672 133 Operating Hours: 8.00 am - 6.00 pm (Monday - Sunday)





Sepilok Orang Utan Rehalibitation Centre

The Sepilok Orangutan Rehabilitation Centre is 25 kilometres west of Sandakan in the Malaysian state of Sabah. The centre was established in 1964 as the first official orangutan rehabilitation initiative for orphaned or abandoned infant orangutans rescued from forestry sites, plantations, illegal hunting, and pet keeping.

Address: Sabah Wildlife Department, W.D.T. 200, Sandakan, Jalan Sepilok, Sepilok, 90000 Sandakan, Sabah Contact: +60 89-633 587 Operating Hours: 9.00 am - 11.00 am , 2.00 pm - 3.00 pm (Monday - Sunday)

Bornean Sun Bear Conservation Centre

The Bornean Sun Bear Conservation Centre (BSBCC) is a sun bear rescue and rehabilitation centre in Malaysian Borneo's Sabah. At the moment, the BSBCC is home to 43 ex-captive sun bears and one captive-born sun bear. Large forest enclosures are included in the facility to create a natural habitat that is appropriate for the sun bears' needs and welfare, as well as to enable their return to the wild.

Address: Postal address: PPM 219, Elopura, 90000 Sandakan, Sabah Contact: +60 89-534 491 Website : https://www.bsbcc.org.my/ Operating Hours: 9.00 am - 3.30 pm (Monday - Sunday)



Bornean Sun Bear Conservation Centre -Home to the World's Smallest Bear

Save the endangered Sun Bear From **EXTINCTION**

Amazing and Educational Adventures

- Animal Welfare
- Rehabilitation
- Research
- Education
- Eco tourism

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089-534 491

www.bsbcc.org.my

Kadaiku - Sabah Souvenirs & Handicraft

Kadaiku - Souvenir & Handcraft focuses on 100 percent authentic traditional handicrafts and has a large selection of authentic local handicraft and souvenirs. Its goal is to promote Sabah's handicrafts by creating high-quality products for sale, each of which is a true traditional and ethnic expression of the artisan who created it. Sri Pelancongan Sabah Sdn. Bhd. manages Kadaiku (SPS). Since opening its doors in January 2002, it has been enthusiastically servicing consumers from all around the world. Kadaiku can be found in a variety of places: Sinsuran Complex No. 1 (Main Branch) 2. (Kiosk) Kota Kinabalu International Airport"

Address: Sinsuran Complex, Lot 5, Ground Floor, Block L, 88000 Kota Kinabalu, Sabah Contact: 088-232 121 Website: https://www.kadaiku.com/ Operating hours: 8.00 am - 5.00 pm (Monday - Friday)

Sabah Art Gallery

The Sabah Art Gallery hosts annual exhibitions and events to promote local and international artists' work. The annual Art Selection is held to promote local artists and expand the Gallery's collection. The Sabah Art Gallery Conservation Structure, located in Kota Kinabalu, is Borneo's first 'Green' building, with a distinctive design that is an attraction in and of itself.

Address:14, Jalan Shantung, 88300 Kota Kinabalu, Sabah Contact: 088-268 748 Website: https://sabahartgallery.com/ Operating hours: 8.00 am - 4.00 pm

(Tuesday - Sunday, Close on Monday)

Galleria Artisan

Galleria Artisan is a gallery and retail store in Kota Kinabalu, Sabah. It is located in Menara Tun Mustapha (Yayasan Sabah). Galleria Artisan first opened its doors in early 2016, coinciding with Yayasan Sabah's 50th year of operation. Kristal Handal Sdn Bhd, a subsidiary of Innoprise Corporation Sdn Bhd and the marketing arm of Pusat Kraftangan Sabah, manages the gallery. For Sabah Handicraft Centre and Kristal Handal Sdn. Bhd., the gallery represents considerable progress. This area is a "must see" in Kota Kinabalu because of the concept of traditional and contemporary perspectives in handcraft.

Address:88400 Kota Kinabalu, Sabah Contact: 088-326 300 Website: https://www.facebook.com/galleria.artisan/? _rdc=1&_rdr Operating hours: 8.00 am - 5.00 pm (Monday -Friday)

Gaya Street Sunday Market

Address:Kota Kinabalu, 88000 Kota Kinabalu, Sabah Operating hours: 6.30 am -1 pm

Kakjie mutiara (Pasar Kraftangan)

Address:Pasar kraftangan, Jalan Sinsuran, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 012-820 0604 Operating Hours : 8.30am-5.00pm (Monday - Sunday)

Pusat Kraf Tangan Keningau

Address:89000 Keningau, Sabah Contact: 087-332 186 Facebook : Pusat Kraf Tangan Keningau Operating Hours : 8.30am-5.00pm

Shop Til' You Drop

Karamunsing Complex

Address:Lorong Karamunsing, Karamunsing, 88100 Kota Kinabalu, Sabah Contact: 088-238 011 Facebook : Karamunsing Complex Operating hours: 10 am - 10 pm



1Borneo Hypermall

Address: 139, 606, 88400 Kota Kinabalu, Sabah Contact: 014-956 8946 Website : https://1borneohypermall.com/ Operating hours: 10.00 am - 10.00 pm (Monday - Sunday)



City Mall Shopping Centre

Address: City Mall, Jalan Lintas, Lintas, 88300 Kota Kinabalu, Sabah Contact: 088-484 408 Website : http://www.citymallkk.com/about.ht ml Operating hours: 10.00 am - 10.00 pm (Monday - Sunday)



Suria Sabah Shopping Mall

Address:1, Jalan Tun Fuad Stephens, Pusat Bandar Kota Kinabalu. 88000 Kota Kinabalu. Sabah Contact: 088-487 087 Facebook : Suria Sabah Shopping Mall Operating hours: 10.00 am - 10.00



Centre Point Sabah

Address:1, Lorong Centre Point, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 088-246 900 Website: https://centrepointsabah.com/ Operating hours: 10.00 am - 9.30 pm (Monday - Sunday)



Shop Til' You Drop



Night Food Market

Address:Jalan Tun Fuad Stephens, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 012-899 7870 Operating hours: 5.30 pm - 11 pm (Monday - Sunday)



Gaya Street Kota Kinabalu

Address:78, Jalan Gaya, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 012-899 7870 Operating hours: 6 am - 11 am (Friday & Saturday)



Oceanus Waterfront Mall

Address:Jalan Tun Fuad Stephen, 88000 Kota Kinabalu, Sabah Contact: 088-273 550 Website : https://oceanuswaterfrontm.wixsite. com/ommsb Operating hours: 10.00 am - 8.00 pm



Filipino Market Kota Kinabalu

Address:Jalan Tun Fuad Stephen, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Operating hours: 8 am - 10 pm (Monday - Sunday)



Keningau Night Market

Address:Night Market, 89000 Keningau, Sabah Contact: 014-281 0518 Operating hours: 3 pm - 10 pm (Friday & Saturday)

Intro Balbah Delight

Sabahan cuisine is a Malaysian regional cuisine. Sabah food, like the rest of Malaysian cuisine, is based on staples such as rice with a wide variety of other ingredients and methods of food preparation due to the influence of the state's varied geography and indigenous cultures that were quite distinct from Peninsular Malaysia's regional cuisines. Sabah, like its neighbour Sarawak, is known for its multi-ethnic population.

Sabah is a true melting pot of cultures and races, which is reflected in the abundance of delectable food that can only be found here. For more than a century, the indigenous of Borneo have welcomed people of all races to their beautiful land, giving rise to cuisines unseen (and we believe you have never tasted!) in any other region of the world. Taste the local dishes created by Borneo's five primary ethnic communities: Kadazan Dusuns, Muruts, Lundayeh, Rungus, and Bajau. Their cuisine is abundant in natural products, including lush greens, wild meats, edible flowers, and medicinal plants acquired from the forest and sea.Because of the inherently kind character of the natives, different races have felt accepted, and as a result, Sabah can now brag of its multicultural community and vast assortment of authentic local and fusion food!

Most travel to Sabah for the above reasons but if you spend a little more time there and wander into the nooks and crannies of the local hangout spots, you'll come across a myriad of scrumptious Sabahan food hideouts that the average tourist wouldn't be aware of.

Be it seafood, unusual meat, or local takes on the usual Malaysian breakfast – there's something in this local Sabah food list that will satisfy every foodie's craving.

Must Try Dishes & Snacks



Sago Grub (Butod)

Locally known as Butod, Sago Grub or Sago Worm is both a delicacy and the most repulsive dish in Sabah. Junk food always seems appealing, but it is harmful to your health. Sago Grub, on the other hand, is an unappealing yet nutritious dish. Putting this wriggling creature in your mouth, on the other hand, is a daring act.

Bambangan

Borneo's bambangan stands out from other mangoes for a few reasons. It has a distinct appearance, with rough brown skin and a large size (a single fruit can reach more than five pounds). It has a distinct aroma, with ripe types producing a nasty, durian-like aroma. And it certainly tastes different, with a savoury flavour evocative of French onion soup and eggs floating on a sour foundation.



Sang Nyuk Mee

Pork Noodle, also known as Sang Nyuk Mee, is a traditional Sabah dish. Other Malaysians mistake Sang Nyuk Mee for Mixed Pork Noodle, yet Sang Nyuk Mee is exclusive to Sabah. Fresh, smooth, and tender pork slices Sang Nyuk Mee literally translates to "Raw Pork Noodle." Don't worry, the pork isn't consumed raw. It actually denotes that the meat is made from fresh pork.



Tuhau

Tuhau is a species of wild ginger found in the rainforests of Sabah and Borneo that is used to prepare the meal of the same name. The dish is similar to a relish in that it is both a condiment (usually served with fish) and a cuisine on its own.

Pinaasakan

Pinasakan (Pinaasakan or Pinarasakan) Sada is a popular traditional cuisine of the Kadazandusun tribe in Sabah. Sardines are cooked and blended with bambangan (a typical mango fruit), takob-takob or asam gelugur, turmeric, and salt in this recipe. This meal is long-lasting and can be kept for several days.

Sabah Traditional Food

Sinalau Bakas (Smoked Wild Boar)

When travelling from Kota Kinabalu to Kinabalu Park or Kundasang in Sabah, the only sensible ground path includes driving a long stretch of curving uphill road that is a motorcyclist's paradise. On this road, you'll come across a few roadside kiosks that are really smokey, and this is where you'll find Sinalau Bakas, a must-try indigenous Dusun meal for individuals who consume non-halal food.

Sinalau Bakas translates to "smoked wild boar," and the dish is as simple as it sounds: slabs of marinated wild boar meat cooked on an open BBQ pit, with the operator usually squinting or perched on a small "bangku" fanning the wood fire below.

Kuih Pinjaram, the UFO Cake of Sabah

Because of its flying saucer shape, Kuih pinjaram (or Penyaram, Penjaram, Cucur Jawa) is known as "UFO cake." Though pinjaram is a traditional snack of the Bajau and Bruneian Malay people of Sabah (Malaysia), it has become one of Sabahans' favourite snacks to accompany their tea or coffee break.

Pinjaram is a circular, sweet cake with a soft and chewy texture. It has a crunchy edge yet is fluffy and bouncy in the middle. Because pinjaram is made of rice flour, cornflour, sugar, and coconut milk, eating a couple as your breakfast enhances your energy and mood.

Kuih Cincin, The Ring Cookie

Say yes to a wedding ring for a happy life, and yes to Kuih Cincin (Ring Cookie or Ring Biscuit) for a joyful food. Kuih Cincin is a traditional snack of the Brunei-Malay and Bajau people of Malaysia's Sabah State. Many Sabahans like this sweet and crunchy biscuit as a tasty accompaniment to their coffee or tea break.

Kuih cincin literally translates to "ring cake," although I believe it is better classified as a cookie or biscuit. Kuih cincin is distinguished by its resemblance to the spherical contour of a flower drawing. The cookie smells like sugar with a dash of coconut.

Kota Kinabalu's Best Fresh Fish Noodle

Across Peninsular Malaysia, fish noodles are normally prepared with sweet carnation milk, but they are totally different on the East side, just like the ones in Sabah! Different types of broth, fish meat noodles, fish skin, fish meat texture, and cooking styles are all worth exploring! Let's take a closer look at why these fish noodles are a must-try in Kota Kinabalu right now.



Taste of Asia

Tasty Place

Address:Lot 23A, Towering Koidupan Perdana, Jalan Penampang, 88300 Kota Kinabalu, Sabah Contact: 088-710 997 Website: https://m.facebook.com/ilovetastypl ace/ Operating hours: 7.00 am - 3.00 pm (Monday - Sunday) Welcome Seafood Restaurant

Address:Lot 15, Beverly Hill, Jalan Bundusan, Grand Industrial Centre, 88300 Penampang, Sabah Contact: 088-728 669 Website: https://wsr.com.my/en/ Operating hours: 12.00 pm - 11.00 pm (Monday - Sunday) **Borenos Fried Chicken** (Asia City)

Address:Kompleks, Lot G23, Ground Floor, Jalan Asia City, Asia City, 88000 Kota Kinabalu, Sabah Contact: 018-963 2280 Website: https://www.borenos.com/ Operating hours: 9.00 am - 12.00 am (Monday - Sunday)

Indo Taste - T1 Budusan

Address: Lot A, 1.3A, Jalan Bundusan, 88300 Donggongon, Sabah Contact: 013-880 2403 Operating hours: 10 am - 9.30 pm (Monday - Sunday)

Sri Maju Steamboat

Address: Lot G34, Kompleks Phase 2A Jalan Asia City Pusat Bandar Kota Kinabalu 88000 Kota Kinabalu Sabah MY, Jalan Asia City, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 016-844 9939 Operating hours: 11.30 am - 2 pm, 5.30 pm - 10 pm (Monday - Saturday)

Asiarasa Cafe Citarasa Kampung

Address: D-0-3, Lorong Capital, Sabah, 88400 Kota Kinabalu Contact: 088-447 533 Operating hours: 9.30 am - 8 pm (Monday - Saturday,Close on Sunday)

One To Six Seafood Restaurant

Address: Block E, Ground Floor, shop 22, 3, Lorong Singgah Mata 2, Asia City, 88300 Kota Kinabalu, Sabah Contact: 016-840 3871 Facebook : One To Six Seafood Restaurant Operating hours: 11.00 am - 11.00 pm (Monday - Saturday)

Pete's Corner

Address: Lot 9 Block B, Asia City, Lorong Singgah Mata, Pusat Bandar Kota Kinabalu, 88200 Kota Kinabalu, Sabah Contact: 016-845 4711 Facebook : Pete's Corner Operating hours: 6.00 am - 3.30 pm (Monday - Saturday, Close on Sunday)

Pasar Malam (Food Night Market Asia City)

Address: Lorong Singgah Mata 2, Asia City, 88000 Kota Kinabalu, Sabah Operating hours: 5 pm - 2 am (Monday - Saturday)

Restoran Happy Muslim II

Address: Block C, Lot 23, Ruang Singgah Mata 2, Kompleks Asia City, 88000 Kota Kinabalu, Sabah Contact: 016-844 9448 Facebook : Restoran Happy Muslim II Operating hours: 6 am - 5 pm (Monday - Sunday)

Night Out in Sabah



Shenanigans

Address: Hyatt Regency Kinabalu, Jalan Datuk Salleh Sulong, Pusat Bandar Kota Kinabalu, 88823 Kota Kinabalu, Sabah Contact: 088-295 300 Website: https://www.hyatt.com/en-US/hotel/malaysia/hyatt-regency-kinabalu/bkiki/dining?src=nplk-bkiki-lclbshenanigan-fun-pub

Coboy Bar Cafe

Address: Jalan Singgah Mata, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 016-830 6828 Website: http://cowboybarkk.blogspot.com/ Operating hours: 3.00 pm - 12.00 am (Monday - Sunday)

The Beer Factory

Address: Lot 11 Kota Kinabalu Waterfront, 88000 Kota Kinabalu, Sabah Contact: +60 11-2898 9866 Website: https://www.facebook.com/thebeerf actory Operating Hours: 4.00 pm - 8.00 pm (Monday - Sunday)

D'Atas Explorers Tavern

Address:1st Floor, Tong Hing Supermarket, 55, Jalan Gaya, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah Contact: 012-822 8320 Website: http://www.datas.bar/ Operating hours: 4.00 pm - 12.00 am (Monday - Sunday)

Sunset Bar

Address:Spa, Shangri-la's Tanjung Aru Resort, 20, Jalan Aru, Tanjung Aru, 88100 Kota Kinabalu, Sabah Contact: 088-327 888 Website: https://www.shangrila.com/sunset-bar/ Operating hours: 5.00 pm - 8.00 pm (Monday - Sunday)

Sully's Bar

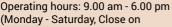
Address: KK Times Square Hotel, 88100 Kota Kinabalu, Sabah Contact: 088-447 107 Facebook : Sully's Bar Operating hours: 5.00 pm - 1.00 am (Monday - Sunday)



Night Out in Sabah

City Longue Sabah

Address: Unit B-2-56, 2nd Floor, Riverson Walk, Lorong Riverson @ Sembulan, Off, 1, 88100 Kota Kinabalu, Sabah Contact: 088-213 901 Website: https://cityloungesabah.business.sit e/ Operating bourg: 0.00 pm - 6.00 pm





Mynt Club

Address: Lot 10, Anjung Samudera, Jalan Tuh Fuad, KK Waterfront, 88000 Kota Kinabalu, Sabah Contact: 010-934 6222 Website: https://www.facebook.com/mynt.clu b.9?fref=ts Operating hours: 4.00 pm - 12.00 am (Monday - Sunday)



Koto' Bar & Bistro

Address: BLOCK H, GROUND FLOOR, LOT NO 58 LINTAS SQUARE, JALAN LINTAS, Lrg Lintas Square, 88300 Kota Kinabalu, Sabah Contact: 017-817 9989 Operating hours: 4 pm - 2 am (Monday - Sunday)



The Other Side Bar

Address: Ground Floor, Lot-5, TNK Commercial Centre, Lrg TNK, Tanjung Aru, 88100 Kota Kinabalu, Sabah Contact: 014-399 9732 Operating hours: 3 pm - 12 am (Tuesday - Sunday, Close on Saturday)



B.A.AM - The Bar Above Ampersand

Address: Lot 23, 1st Floor, Jalan Berjaya 3, Bandaran Berjaya, 88000 Kota Kinabalu, Sabah Contact: 017-817 9989 Website: https://www.instagram.com/barabov eampersand/?igshid=2i7icqar60d6 Operating hours: 7.30 pm - 12.00 am (Friday & Saturday)



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Hotels

Raia Hotel Kota Kinabalu

Address: Jalan Sembulan, Kampung Sembulan, 88832 Kota Kinabalu, Sabah Contact: 088-230 777

Shangri-La's Tanjung Aru Resort & Spa

Address: No. 20, Jalan Aru, Tanjung Aru, 88100 Kota Kinabalu, Sabah Contact: 088-327 888 Website: https://www.shangrila.com/kotakinabalu/tanjungarureso rt/

Sutera Sacntury Lodges Sdn Bhd

Address: B-G-9, Block B, Ground Floor, Sutera Avenue, Lorong Lebuh Sutera 88100, 88100 Kota Kinabalu, Sabah Contact: 0154-876 1800 Website: https://suterasanctuarylodges.com. my/

Hilton Kota Kinabalu

Address: Jln Tunku Abdul Rahman, Asia City, 88000 Kota Kinabalu, Sabah Contact: 088-356 000 Website: https://www.hilton.com/en/hotels/b kikkhi-hilton-kota-kinabalu/?SEO_id=GMB-APAC-HI-BKI KKHI

The LUMA Hotel

Address: Sutera Avenue, Jalan Sembulan, 88100 Kota Kinabalu, Sabah Contact: 088-286 900 Website: https://thelumahotel.com/

Le Meridien Kota Kinabalu

Le Méridien Kota Kinabalu

Address: Jalan Tun Fuad Stephens, Jalan Sinsuran, 88000 Kota Kinabalu, Sabah Contact: +60 88-322 222 Website: https://bit.ly/30TWW1P

The Megalland Sutera Resort

Address: The Magellan Sutera Resort, 1 Sutera Harbour Boulevard, Sutera Harbour, 88100 Kota Kinabalu, Sabah Contact: +60 88-318 888 Website: https://www.suteraharbour.com/ Operating Hours: 24 hours (Monday -Sunday)



Chalets



Spring Garden Kundasang

Address: Jalan Golf Course Mesilou, 89308 Kundasang, Sabah Contact:+60 12-809 1564 Website: https://bit.ly/3kXoOcr

The Palace Hotel Kota Kinabalu

Address: No 1, Jalan Tangki, Karamunsing, 88100 Kota Kinabalu, Sabah Contact: +60 88-217 222 Website: http://www.thepalacehotelkk.com/ Website: https://bit.ly/3kXoOcr

Hounan Ridge Farmstay & Campaign

Address : Kg. Himbaan, Bundu Tuhan, 89308 Ranau, Sabah Contact : 013-850 6463 Facebook : Hounan Ridge Farmstay & Campaign

Bungaraya Island Resort

Address: Polish Bay, Gaya Island, Tunku Abdul Rahman Park, Kota Kinabalu Contact: 088-380 390 Website : https://search.potestainsula.com/c.

The Cosy Holiday Villa

Address: House No, 1, Lorong Margosa, Taman Luyang Phase 8, 88830 Kota Kinabalu, Sabah Contact: 014-314 355

Mabul Water Bungalow

Address: Lot A-1-G, Block A, Signature Office, KK Times Square, Off Coastal Highway, Kota Kinabalu, Sabah, Malaysia, 88100, Malaysia, 88100, Sabah Contact: 088-230 006 Website: http://www.mabulwaterbungalows.c om/en/

Hibiscus Beach Retreat

Address: Hibiscus Villa, Jalan Marang Parang, Tiga Papan, 89058 Kudat, Sabah Contact: 019-895 0704 Website: https://www.hibiscusbeachretreat.co m/

Kiulu Riverside Chalet

Address: Kiulu Valley, Kampung Rangalau, 89250 Tuaran, Sabah Contact: 088-260 501



Beauty & Wellness

Kama'A Rejuvenation & Wellbeing Spa

Address: Lot 3-32, Star City 88000, 88000 Kota Kinabalu, Sabah Contact: 088-448 098 Website: https://kama.com.my/ Operating hours: 12.00 pm - 10.00 pm (Monday - Sunday)

Eden Reflexology Centre

Address:same row with Hong Leong Bank, Lorong Api - Api 2 Block 3 Lot 18 Ground Floor or Level 1, Api-api Centre, 88000 Kota Kinabalu, Sabah Contact: 017-832 1878 Website: https://edenreflexology.com/

Operating hours: 10 am - 10 pm (Monday - Sunday)

Jari Jari Spa

Address: 2nd Floor, Suria Shopping Mall, Lot 2.34 & 2.35, Jalan Tun Fuad Stephen, 88000 Kota Kinabalu, Sabah Contact: 088-487 259 Website : https://www.jarijari.com.my/ Operating hours: 10 am - 10 pm (Monday - Sunday)

Sg Moroli Fish Spa

Address:Ranau Tagal Sg. Moroni Contact: 088-876 988 Operating hours: 8.30 am - 5 pm (Monday - Sunday)

Ulu - Ulu Spa

Address:Unit 3A, Level 6, Block D, Aeropod Commercial Square Jalan Aeropod Off, Jalan Kepayan, 88200 Kota Kinabalu, Sabah Contact: 010-970 1308 Website : https://www.uluuluspa.com/ Operating hours: 1 pm - 9 pm (Tuesday - Sunday, Close on Monday)



Helen Beauty Spa

Address: Wisma Helen Beauty Spa, Jalan Sanzac, Sembulan, 88100 Kota Kinabalu, Sabah Contact : 088-276 666 Facebook : Helen Beauty Spa Operating Hours :11.30am-11.30pm

Sutera Anggerik Beauty & Wellness Centre

Address : Lot C21-2nd Floor, Blok C, Kepayan Perdana Comercial Centre, 88200 Kota Kinabalu, Sabah Contact : 019-880 9354 Facebook : Sutera Anggerik Beauty & Wellness Centre Operating Hours : 9.00am-5.00pm

Medical

Queen Elizabeth Hospital, Kota Kinabalu

Address: 13a, Jalan Penampang, 88200 Kota Kinabalu, Sabah Contact: 088-517 555 Operating hours: Open 24 hours (Monday - Sunday)

Queen Elizabeth Hospital II

Address: Lorong Bersatu, Off, Jalan Damai, Luyang Commercial Centre, 88300 Kota Kinabalu, Sabah Contact: 088-324 600 Operating hours: 12.30 pm - 2.30 pm, 4.30 pm - 7.30 pm (Monday - Sunday)

KPJ Sabah Specialist Hospital

Address: Lot No.2 Off, Jalan Damai, Luyang Commercial Centre, 88300 Kota Kinabalu, Sabah Contact: 088-322 000 Operating hours: Open 24 hours (Monday - Sunday)

Hospital Wanita Dan Kanak - Kanak Sabah

Address: 187, Sabah Karung Berkunci, 88996 Kota Kinabalu, Sabah Contact: 088-522 600 Operating hours: 8 am - 4.30 pm, 5 pm - 8pm (Monday - Sunday

Kota Belud Hospital

Address: jalan hospital, 89158 Kota Belud, Sabah Contact: 088-976 333 Operating hours: Open 24 hours (Monday - Sunday)

Duchess of Kent Hospital, Sandakan

Address: KM 3.2, Jalan Utara, 90000 Sandakan, Sabah Contact: 089-248 600 Operating hours: Open 24 hours (Monday - Sunday)

Tawau Hospital

Address: 67, Peti Surat, 91007 Tawau, Sabah Contact: 089-773 533 Operating hours: Open 24 hours (Monday - Sunday)

Gleneagles Hospital Kota Kinabalu

Address: Riverson@Sembulan, Block A-1, Lorong Riverson@Sembulan, Off Coastal Highway, 88100 Kota Kinabalu, Sabah Contact: 088-518 888 Operating hours: Open 24 hours (Monday - Sunday)

Semporna Hospital

Address: Pekan Semporna, 91308 Semporna, Sabah Contact: 087-781 522 Operating hours: Open 24 hours (Monday - Sunday)



Emergency Numbers & Useful Contacts

Operators



Telekom Malaysia Operators (www.tm.com.my)

Service Providers



Maxis Tel: 1 800 82 1123

Celcom Tel: +6019 601 1111



celcor

Digi Tel: +6016 221 1800



U Mobile Tel: +6018 388 1318



Tune Talk Tel: +03-2771 7000

Credit Card Provider



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Terminal Bersepadu Selatan (TBS) Tel: 03-9021 2000

Emergency Numbers



Police/Ambulance Landlines & Public Phone: 999 (from a mobile phone) 112



Fire and Rescue Department (Bomba) Landlines & Public Phone: 994 (from a mobile phone) 112

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Civil Defence Tel: 999



Tourist Police Hotline Tel: 03-2149 6590



St. John's Ambulance

Red Crescent Society Tel: +603 4257 8726

Tourism Agency



Tourism Infoline Tel: 1 300 88 5050



PWTC Tel: +603 2614 6999



KL Sentral Tel: +603 2786 8080



MaTic, Jalan Ampang Tel: +603 9235 4800 / 4900

Transportation



KLIA Limousine Services Tel: +603 8787 3030



Subang Airport Tel: +603 7846 1833



KLIA Ekspress Tel: +603 2267 8000



Airport Limo / Taxi Tel: +603 8787 3691

Rapid Transit



Mass Rapid Transit (MRT) Tel: +1800-82-6868

KTM KOMUTER

KTM Commuter Tel: +603 2272 2828



KTM Railway Service Tel: +603 2273 8000



KTM (Booking Ticket) Tel: +603 2274 3377



BRT Sunway Line Tel: +03-7885 2585

Flight



Air Asia Tel: +603 7809 6888





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Garuda Indonesia Tel: +603 2162 2811

Japan Airlines (JAL) Tel: 1 300 81 3366

Royal Brunei Tel: +603 2070 7166

Singapore Airline Tel: +603 2618 6333

Thai Airways Tel: +603 8787 3522

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Albanian Embassy Tel: +603-2078 8690

Algerian Embassy Tel: +603-2145 9604

Argentine Embassy Tel: +603-2144 1451

Australian High Commission Tel:+603-2146 5555

Austrian Embassy Tel: +603-2057 0020

Azerbaijani Embassy Tel: +603-4252 6800

Bahraini Embassy Tel: +603-2728 3300

Bangladeshi High Commission French Embassy Tel: +603-26040949

Belgian Embassy Tel: +603-2162 0025 Georgian Embassy

Bosnian Herzegovinian EmbassyGerman Embassy Tel: +603-2144 0353

Brazilian Embassy Tel: +603-2171 1420

Bruneian High Commission Tel: +603-8888 7777

Cambodian Embassy Tel: +603-4257 1150

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Chinese Embassy Tel: +603-2163 6815 Colombian Embassy Tel: +603-2164 5488

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Cuban Embassy Tel: +603-2141 1710

Czech Embassv Tel: +603-2166 2900

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Hungarian Embassy Tel: +603-2020 1076

Indian High Commission Tel: +603-6205 2350

Indonesian Embassy Tel: +603-2116-4016

Iranian Embassy Tel: +603-4251 4824

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Irish Embassy Tel: +603-2167 8200

Italian Embassy Tel: +603-4256 7182

Japanese Embassy Tel: +603-2177 2600

Jordanian Embassy Tel: +603-4252 1268

Kazakh Embassy Tel: +603-4252 2999

Kenyan High Commission Tel: +603-2603 3900

South Korean Embassy Tel: +603-4251 2336

Kuwaiti Embassv Tel: +603-2141 0033

Kyrgyz Embassy Tel: +603-2163 2012

Laotian Embassy Tel: +603-2148 7059

Lebanese Embassy Tel: +603-4251 6690

Lesotho High Commission Tel: +603-4253 2162

Libyan Embassy Tel: +603-2141 1293

Maldivian High Commission Tel: +603-2163 7244

Mauritian High Commission Tel: +603-2163 6301

Moroccan Embassy Tel: +603-2161 0701

Myanmar Embassy Tel: +603-4251 6355

Namibian High Commission Tel: +6012-481-9100

Nepalese Embassy Tel: +603-2020 1898

Netherlands Embassy Tel: +603-2168 6200

New Zealand High Commission Tel: +6051 600 3379

Nigerian High Commission Tel: +603-4251 7843

Norwegian Embassy Tel: +603-2175 0300

Omani Embassy Tel: +603-4257 7378

Pakistani High Commission Tel: +603-2161 8877

Palestinian Embassy Tel: +607172 287 557

Papua New Guinean High Commission Tel: +603-4257 5405

Peruvian Embassy Tel: +60482 3300

Philippine Embassy Tel: +603-2148 4233

Polish Embassy Tel: +603-4257 6733

Qatari Embassy Tel: +603-4256 5552

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Saudi Arabian Embassy Tel: +603-4257 9433

Senegalese Embassy Tel: +603-4256 7343

Singaporean High Commission Tel: +603-42161-6277

Somali Embassy Tel: +603-2181 0736

South African High Commission Tel: +603-4024 4456

Spanish Embassy Tel: +6021 48 48 68

Sri Lankan High Commission Tel: +603-2034 1705

Sudanese Embassy Tel: +603-4256 9104

Swedish Embassy Tel: +603-2203 0200

Swiss Embassy Tel: +603-2148 0935

Syrian Embassy Tel: +603-2163 4110

Tajik Embassy Tel: +603-4251 6001

Tanzanian High Commission Tel: +603-4251 7603

Thai Embassy Tel: +603-2145 8004

Timor-Leste Embassy Tel: +603-4256 2046

Turkish Embassy Tel: +603-2300 2100 Turkmen Embassy Tel: +603-2161 0421

Ugandan High Commission Tel: +6011-2374 6257

Ukrainian Embassy Tel: +603-2166 9552

United Arab Emirates Embassy Tel: +603-4253 5221

United Kingdom Commissio Tel: +603-2170 2200

United States of America Embassy Tel: +603-9212 6000

Uruguayan Embassy Tel: +603-2031 3669

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