

FIRST FREE TRAVEL GUIDE IN MALAYSIA

# KENINGAU

The  
Guide

FREE  
COPY

*The Hinterland  
Gem of North Borneo*





# SABAH

Sandakan

Lahad Datu

Tawau

Long Pasio

Labuan

Kota Kinabalu

Keningau

# KENINGAU The Guide

## Published by:

Bluedale Publishing (M) Sdn. Bhd.  
No. 31-2, Block F2, Level 2  
Jalan PJU 1/42A, Dataran Prima  
47301 Petaling Jaya, Selangor D. E.  
☎ (6)03-7886 9219 📠 (6)03-7887 8212  
✉ enquiry@bluedale.com.my

## © Bluedale Publishing (M) Sdn. Bhd.

All rights reserved. No re-production, copy or transmission of this publication may be made without written permission. No contents of this publication may be re-produced, copied or transmitted, in any form or by any means, without the prior written permission of the publisher. Any person involved in unauthorized acts in relation to this publication may be liable to criminal prosecution and civil claims for damages. While every effort has been made to ensure the accuracy of all the information, the publisher can accept no responsibility for any errors or omissions.

As a disclaimer, all information is accurate at the time of publishing. Therefore, it is advisable to call ahead to verify the current operating hours before heading to the preferred destination due to MCO/CMCO restrictions.

For all enquiries related to advertising please contact us at enquiry@bluedale.com.my

[www.keningautheguide.com.my](http://www.keningautheguide.com.my)



facebook.com/keningautheguide



instagram.com/keningautheguide

## Distribution:

KLIA (Kuala Lumpur International Airport)  
KLIA2 (Kuala Lumpur International Airport 2)  
KKIA (Kota Kinabalu International Airport)  
PIA (Penang International Airport)  
Kuching International Airport  
Langkawi International Airport  
Subang Skypark  
MaTIC (Malaysian Tourism Information Centre) & KL Gallery  
Foreign Embassies in Malaysia  
All Malaysian Embassies & High Commission Offices  
Tourism Offices (Regionally & Globally)  
Selected 4 & 5 Star Hotels  
Selected Universities & Colleges in Klang Valley

## Management

### Publisher

Lyndon Yap  
lyndon@bluedale.com.my

### Group Chief Operating Officer

Annie Goh  
annie@bluedale.com.my

### Head of Finance & Administration

Chang Lee Ming  
chang@bluedale.com.my

### Senior Media Executive

Nurul Asyiqin Jaafar  
media3@bluedale.com.my

### Content Writer

Angela Annie Petrus  
writer2@bluedale.com.my

### Multimedia Designer

Durgeswary Mahathavan  
mmgd@bluedale.com.my



## Keningau District Tourism Action Council

Aras 3, Bangunan Urus Setia Keningau,  
P.O. Box 10, 89007 Keningau, Sabah

Tel: 087 301 507  
Fax: 087 331 535

## Printer:

**Superior Press Sdn Bhd (032092-H)**  
**(Wholly owned by Superior Press Sdn Bhd)**  
**Lot 2063A, Jalan Kusta Sg. Buloh,**  
**Kawasan Industri Taman Jaya,**  
**47000 Sg. Buloh, Selangor.**

KDN No. PQ1780/724/A

# Foreword

I am very pleased to convey a few words of welcome on the successful publication of the Keningau tourism guide book, "Keningau The Guide". First of all, I would like to say well done and congratulations on the success of the production of this 2nd edition of the travel guidebook and welcome to Keningau; The Hinterland Gems of North Borneo. Generally, Keningau district is a district in the upper interior of Sabah that is located between Tambunan district and Tenom district. Keningau District is also the fifth largest city in Sabah, as well as one of the oldest cities in Sabah.

The production of the 2nd edition of the Keningau The Guide brings you all to know the Keningau district in more depth. Economic growth factors from year to year have brought many positive changes in terms of the development of the tourism sector in this district. Although in principle, the world has been hit by the Covid-19 pandemic at the same time paralysing various sectors of the world economy starting in 2020 until the middle of 2021, however, this tourism sector is slowly starting to grow and nowadays, the Keningau district already has more than 20 tourism areas developed by private sectors and local communities.

Basically, the Keningau district does not have the coastline and mountain views that are the main attractions like other districts in Sabah. Nevertheless, the uniqueness of tradition and culture as well as tourism products found in this district is what distinguishes Keningau from other districts in Sabah. What is certain, the Keningau district promises a variety and a different experience and will only be felt when you come to this district.

Finally, hopefully this travel guidebook will be able to help you in terms of description, inspiration and also provide accurate information regarding what you can do when visiting the Keningau district. We hope it can help you in planning your holiday trip to Keningau district.

Thank you.

Yours sincerely,

**EN. RAFIE ROBERT**  
THE CHAIRMAN  
KENINGAU TOURISM AND  
CULTURAL ASSOCIATION



# TABLE OF CONTENTS



FOREWORD	02
KENINGAU AT A GLANCE	04
TRANSPORTATION	08
GET TO KNOW THE PEOPLE OF KENINGAU	11
SIGHTS AND ATTRACTIONS	22
SPORTS AND RECREATION	29
PLACES OF WORSHIP	32
GASTRONOMIC DELIGHTS	35
SHOP TILL YOU DROP	43
NIGHTLIFE	44
ACCOMMODATION	45
HEALTHCARE	48



## About Sabah

Sabah, also known as the Land Below The Wind, is a state in East Malaysia that is situated in the northern part of Borneo. Its state capital city is Kota Kinabalu, where the seat of the Sabah state government and economic centre is located. The other major towns in Sabah are Sandakan, Tawau, Keningau and many more.



After the Japanese occupation during World War II, the British crown colony status was granted in 1946 until 1963. During that time, it was known as the Crown Colony of North Borneo. Then, Sabah gained self-governance on 31 August 1963 and that was when Sabah federated into Malaysia on the 16th of September 1963.

The state has an equatorial climate with rich tropical rainforests that are abundant with flora and fauna species. Sabah is also home to the tallest mountain in Malaysia and Borneo Island which is Mount Kinabalu with an elevation of 13,435 feet. There are also long mountain ranges on its west side that form parts of the Crocker Range National Park. It is also said that 10 sq. kilometres of Sabah has more flora and fauna than North America and Europe combined.





All year long, Sabah's tropical region experiences sweltering temperatures of an average 30°C. Rainfall is quite common throughout the year as well, but it can be considerably wetter during the North East Monsoon season which usually falls from October to February. However, it is usually hotter and drier between the months of May and September.

Apart from that, Sabah is known as a heterogeneous and culturally diverse state with over 40 different ethnic races and more than 80 local dialects. Although there are many dialects spoken, Bahasa Malaysia is widely spoken across the ethnicities of the state.

Last but not least, as Sabah is a part of Malaysia, they still retain customary practices like proper attire and manners adhered at all times. It is customary to remove shoes when entering a place of worship like mosques or temples or any homes. Due to religious reasons, some may prefer not to have physical contact with others. However, handshakes are generally acceptable as a way of greeting others in a proper gesture.





## About Keningau

Keningau, situated in the Interior Division of Sabah, is the fifth largest town in Sabah. In the past, there was a village in Keningau that was overgrown with cinnamon. The community in the area called it kayu kendingau. Then, the British in the area made the Keningau barks as one of their exports. Indirectly, the hinterland had become an important Keningau bark producer during that time. Then, the area was called Keningau and the village has developed into a city today and even became the administrative centre in the interior of Sabah.



It was in 1983, when the British North Borneo Chartered Company established a station and then a District Office as part of its official administration of Keningau. Following the Japanese Occupation from 1942 to 1945 during World War II, local infrastructure and development were put on hold. After the war, the township gradually expanded right after.





The majority of the people in Keningau carry out agricultural activities, especially the Kadazandusun community. They work on the land that was inherited from generation to generation by planting paddy and vegetables to be sold at markets. Keningau is expected to be one of the largest rice producer districts in Sabah.



With some help from the government to cultivate the land, many locals have helped in working on the cultivation of commodities such as palm oil and rubber. Farming is actively carried out with goats, cows, chickens and ducks in Keningau.

Keningau is one of the KDM cultural centres because 90% of the people in Keningau are Kadazan-Dusun and Murut. Keningau is rich in heritage and culture and it can be seen through their arts, cultural activities as well as their lifestyle.



Keningau has experienced tremendous growth and expansion while also preserving its identity and history throughout the years.





# Ways To Get To Keningau

## From Kota Kinabalu

The distance between Kota Kinabalu to Keningau is approximately 110 kilometres by road. Visitors from outside of Sabah may fly to Kota Kinabalu first in order to come to Keningau. This is because Keningau has no airports. There are multiple ways to get to Keningau from Kota Kinabalu. Therefore, here are some of the possible ways to get to Keningau from Kota Kinabalu.

### Bus

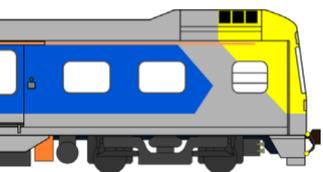
One of the affordable ways to get to Keningau is by bus. There are multiple trips that travel to and fro KK to Keningau; there are also several locations in and around KK that leaves to Keningau. Most buses that depart to Keningau from KK are available from Kota Kinabalu Bas Bandaran and will arrive at Tung Ma Station Keningau. The journey to Keningau from KK by bus takes approximately three hours to get there. There are options for buses as you can choose either a mini bus or a bus express for your journey.

### Car

Another way to get to Keningau from Kota Kinabalu is by car where you could use the Jalan Keningau Kimanis way. The journey by car takes about two hours. As you travel by car, you get to witness the pretty scenic view during the whole road trip. You can rent a car from KK for you to travel easily.

### Train

Sabah State Railway is the only railway transport system that is operating in North Borneo. The train is not a common way of transportation in Sabah. However, if you would like to experience a ride along the jungle railway, this is the perfect journey. You would have to take the train from the Sembulan Station in KK and then ride to Kimanis Station. From Kimanis, you can take a taxi to Keningau.



### Taxi

Travelling to Keningau from Kota Kinabalu by taxi is one of the best ways to travel because it is the fastest way to reach your destination. However, it can be quite expensive for a trip as you get to travel in relative comfort. You can also ask the taxi driver any questions related to Sabah as they are more familiar to the area.



## From Tawau

The distance between Tawau to Keningau is approximately 340 kilometres by road. Visitors from outside of Sabah may fly to Tawau first before you can come to Keningau as there are no airports in Keningau. There are multiple ways to get to Keningau from Tawau. Therefore, here are some of the possible ways to get to Keningau from Tawau.



### Bus

Taking the bus to Keningau is one of the affordable ways. There are multiple trips that travel to and fro Tawau to Keningau. The direct bus from Tawau to Keningau departs from Tawau Terminal Bus Sri Indah and the bus departs twice daily, and operates each day. There are options for buses as you can choose either a mini bus or a bus express for your journey as well. The journey to Keningau from Tawau by bus takes approximately eight hours because they will stop at certain locations to pick up customers on their way.



### Car

You can also drive to Keningau from Tawau by using the Jalan Tawau - Keningau road. The journey by car takes about five hours. You can rent a car from Tawau as well. As you travel by car, you get to enjoy the pretty scenic view during the whole trip as the road winds through forests and mountains. On your way, you might get the chance to look at elephants and other animals as well.

### Taxi

If you prefer to travel in relative comfort, travelling to Keningau from Tawau by taxi is one of the best ways because it is the fastest way to reach your destination. However, the fare for each trip can be quite expensive.





## Getting Around Keningau

You are able to commute from one place to another by using any of these transportation options. It is easy to get around Keningau, especially in downtown Keningau since it is not that big. Some hotels and accommodations are able to arrange transport for their guests either at a fee or as part of their hotel rate. Here are some of the transportation options for you to get around Keningau.

### Walk



The best way to explore Keningau Downtown is definitely by foot. Visit the Keningau Oath Stone and Muzium Warisan Keningau as it is near to each other. You also get to walk around Keningau downtown while experiencing the lifestyle there as well as meeting the people there. Besides, live a healthy lifestyle and burn some calories while you are travelling!

### Cycle



If you want to get from one destination to another quickly and easily, cycling is the best way to do it. Cycle your way throughout these tourist hotspots like the Guang Ji Temple and Keningau Oath Stone. As you cycle, you are able to enjoy the cool breeze blowing gently at your face while you discover unique finds from small back lanes. You will stumble upon handcraft stores, sundry shops, thrift stores and so on while you are cycling. You are able to rent your bicycle at Fun & Adventure Tour Bike Hire Keningau Sabah.

### Bus



Travellers can commute from one place to another by using buses or minibuses. There are quite a number of bus stops that can be found along the road; ticket prices may differ according to the distance. At times the buses will not leave until it is full, hence be prepared to wait and share your ride with other people.

### Car

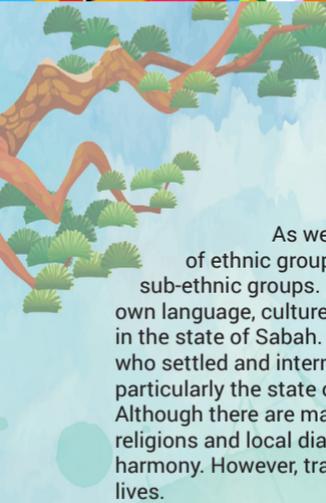


It is advisable to use a car if you plan to explore outside of the prime area of Keningau because your desired destinations might be far from each other. There are multiple places where you can rent a car in Keningau.

### E-Hailing/Taxi



You can also opt for Taxis and E-hailings like Grab for a fastest way to explore Keningau. By using this option, you get to ask your driver some questions about Sabah as they are locals and are the most familiar with the area.



# Heritage & Culture

## Introduction to Heritage and Culture in Keningau

As we all know, Malaysia is a culturally diverse country. The number of ethnic groups in Sabah are 42 ethnic groups estimated, with over 200 sub-ethnic groups. Each of these ethnic groups and sub-ethnic groups have their own language, culture and beliefs. There are actually over 80 local dialects spoken in the state of Sabah. The intriguing mix of cultures from the migration communities who settled and intermarried locally has formed the culturally diverse country today, particularly the state of Sabah.

Although there are many ethnic groups and communities in Sabah with different religions and local dialects, the people of Sabah uphold the spirit of unity and harmony. However, traditions and customs have long been part of Sabahans' daily lives.



Each of the communities in Sabah preserves their own culture, traditions, festivals and customs despite their differences. This is done in order to make the state of Sabah a diverse and exotic experience unlike any other place you may have visited.

A trip to Keningau will not be complete without learning and understanding their rich heritage. Keningau's history, traditions and artwork is portrayed in their art and cultural activities. Some of the primary ethnic groups that can be found in Keningau are Kadazan Dusun, Murut and Chinese. However, there are other ethnic groups that can be found in Keningau such as Bajau, Lundayeh, Melayu Brunei and other indigenous people.



## Ethnic Group

### Kadazan Dusun

The KadazanDusun ethnic is formed by the two main races in Sabah which are Kadazan and Dusun. However, they both share the same language and culture, so a new term is formed to unite both of these races which is then known as 'Kadazan-Dusun'. The KadazanDusun ethnic is the largest indigenous ethnic group in Sabah, with a population of approximately 514,400 in 2004, which makes up 25% of Sabah's population.

The term 'Kadazan' is well known among the Tangara or Tangaa' tribe on Sabah's west coast to refer to all the native Sabahan tribes, whereas the non-Tangara tribes in the interior and eastern part of Sabah prefer the term 'Dusun'. Therefore, KadazanDusun in Keningau is known as Dusun-Keningau.

Most of the Dusun-Keningau are Christians but there is also a significant number of Muslims as well. Initially, they were traditionally animists and now there are still a number of them that still practised animism. Those who are still holding to traditional religion today believe in a spirit world that is especially important in the rice cultivation cycle as well as major events in the cycle of life.

The majority of them are involved in agricultural activities and engaged in planting paddy, vegetables, fruits, poultry and pigs. Some of them even conduct slash-and-burn agriculture.



### Murut

Murut is an indigenous group with a population of 50,000 people in Sabah, which is 2.9% of the population. The second largest ethnic group in Keningau is the Murut community.

The Murut ethnic group is known to be experts in hunting and farming, and they were once popular headhunters. This is because traditionally, they often stay in longhouses in the forest that are near to rivers. Some of them are good at making boats and their expertise is passed down to the new generation even though it is no longer practised by the youngsters of this ethnic group these days. Most of the Murut community are involved in the cultivation of rice, tapioca, fishing and blowpipe hunting for a living.

It was also said that the Murut people have extensive knowledge in botanical healing methods and each community has their own healers that can cure illness. This is because some of them still practise paganism as well as animism.

In the past, they used to believe in the practice of *angkapiu* which is something that they practise in a community. Besides, they also believe in the concept of *amamahun* which means that there are other creatures that live in other lives such as in the area, tree or in other animals. However, most of them have converted to Christianity, with a number of them being Muslims. However, they are still trying to maintain their culture.

## Chinese

The largest non-indigenous group that can be found in Keningau is the Chinese. The Chinese make up about 20% of the population in Sabah.

The Chinese community in Keningau had been in the area ever since before the arrival of the British, which was before the second World War.

Up to this day, the Chinese play a significant role in the state economy because of their expertise in engaging with business related activities. Besides that, the Chinese can be divided into three main groups of Hakka, Cantonese and Hokkien people. The Chinese Sabahans are mostly of the Hakka subgroup, hence the Hakka dialect is the most commonly spoken Chinese dialect in the state apart from Mandarin.

## Rungus

The Rungus ethnic group is a sub-group of the KadazanDusun, with their own language, a few dialects, architecture, customs and clothing. There are only a few groups of the Rungus community in Keningau. Besides that, they are famous for their beadwork and their traditional clothing shows some of their finest works. The beadwork and designs are easily distinguished from the other ethnic groups of Sabah. Similar to most indigenous groups in Sabah, the Rungus community culture also revolves around rice and other agricultural activities.

## Lundayeh

The Lundayeh ethnic group can be found in many districts in Sabah and one of them is Keningau. However, there is only a small community of the Lundayeh ethnic group in Keningau. This ethnic group is not only found in Sabah, but also found in three regions namely in the state of Sarawak, the country Brunei and also Kalimantan of Indonesia. Apart from that, they have a population of 9,250 people that are categorised as Bumiputera in Sabah.





# Religion

## Christianity

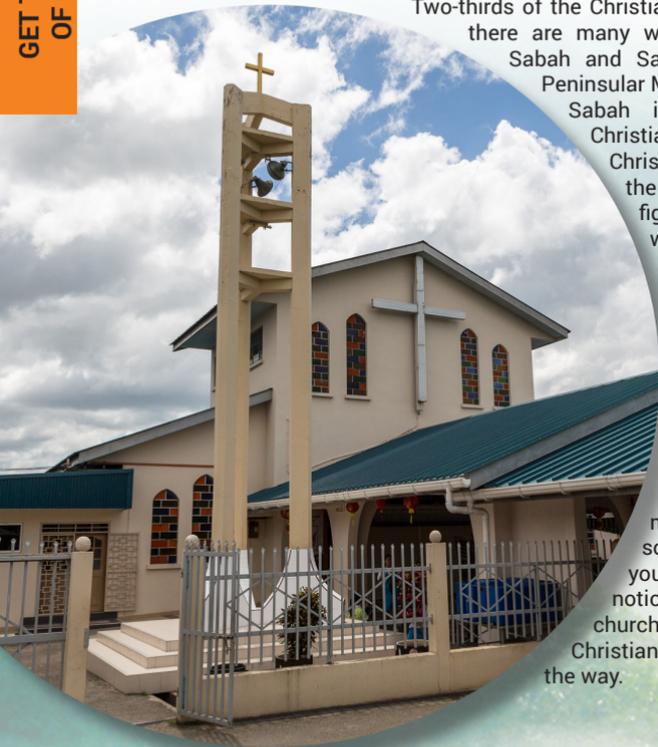
Christianity was first introduced to Malaysia by the Arab, Persian and Turkish Christian traders during the 7th century, whereas various denominations like Catholicism and Protestantism were introduced by the colonizers from the 16th to 20th century. Christianity in Malaysia is the third most practiced religion with 9.1% of the population.

Two-thirds of the Christians live in East Malaysia as there are many who practice Christianity in Sabah and Sarawak when compared to Peninsular Malaysia.

Sabah is indeed an indigenous Christian majority state.

Christianity arrived in Sabah in the 1880s. There is a legendary figure called Maharani Dintas, who opened the door to Christianity among the Dusun people in Sabah around the 1800s. The beginning of the Christian Church in Sabah started from a simple chapel made of reeds.

The majority of the people in Keningau are Christians, mainly Roman Catholics and some are Protestants. As you explore Keningau, you will notice that there are many church sign boards and Christian churches along the way.



## Islam

As of 2020, Islam is the largest religion in Sabah with 69.9% of the population. Islam arrived Sabah during the 10th Century on the west coast of Borneo following the conversion of the first ruler of Brunei into Islam. Since the amendments of 1973 Sabah Constitution by the latter Chief Minister of Mustapha Harun, Islam is declared as the state religion. In Keningau, you can find various mosques along your way when you are exploring the town.



## Buddhism

Buddhism is mainly practised by the local Chinese. As a result of the migration of the Chinese into North Borneo, Buddhism, Taoism and other Chinese folk religions have arrived in Sabah. Buddhism is the second largest religion in Malaysia, however it is the third largest in the state of Sabah, followed by Islam and Christianity. The Buddhists make up 5.1% of the population in Sabah as of 2020. They primarily belong to the ethnic group of Chinese and practise the Mahayana tradition. The traditional 'Chinese temple' architectural style is used by the majority of Mahayana Buddhist temples in Keningau. The majority of the Chinese people who identify themselves as Buddhists really combine Buddhist practices with those of the Chinese culture.

## Animism

Prior to the arrival of Christianity, Islam and Buddhism, the indigenous people of Keningau mainly practiced Animism and Paganism. They believed in spirits and invisible beings including both good and evil spirits, especially in the cycle of rice cultivation and major events in the cycle of life.

Some of the Dusun-Keningau people still practise this belief and they are known for their use of *bobohizan* where they control spirits.

In line with this, they celebrate Pesta Kaamatan every May to honour the rice spirit and express gratitude for the bounties of the year. This is a celebration where we get to see rituals and customs that are conducted by *bobohizan*, who are considered to be high priests or priestesses of the community.





# Festivals

## Kaamatan Festival

Kaamatan is a harvest festival celebrated by the KadazanDusun ethnic group as well as other related ethnic groups in Sabah. It is celebrated in the whole month of May every year. It is one of the grandest festivals celebrated in the state for the whole month of May. The actual day of the festival is on the 30th and 31st of May.

The Harvest Festival, also known as Tadau Kaamatan, is a significant festival to honour the rice spirit called Bambaazon and give thanks to the Kinoingan (God) for the bountiful rice harvest that ensures the survival of the KadazanDusun. It is an annual event to celebrate the relationship between the Creator and the Creation.

Apart from that, the *bobohizan* (the Kadazan priestess) plays a significant role in the festival because they are the one that determined the official harvest festival date and also officiated the Tadau Kaamatan. However, there are many other events that are held in conjunction with the Kaamatan Festival. Some of the events held annually during the Kaamatan Festival are Unduk Ngadau, Mr. Kaamatan and Sugandoi.



Unduk Ngadau Kaamatan is a beauty pageant that is held annually during the Kaamatan cultural event in Sabah. It is held to commemorate the spirit of Huminodun, a mythical young woman who embodied complete heart, mind, and soul beauty. This event is one of the most recognizable cultural events in Sabah and a representative from Keningau is chosen to represent the district at the state-level Unduk Ngadau in the KadazanDusun Cultural Association (KDCA) centre.

Besides that, Sugandoi is a traditional song of the KadazanDusun community which was used in the past by the *bobolians* to chant the mantra of gratitude for the spirit of the rice. Now, Sugandoi has become a Kadazan Dusun Song Singing Competition. Each contestant is required to wear their respective district's traditional clothing as they perform.

Apart from that, Mr. Kaamatan is a culturally based male pageant in Sabah and it is the biggest male cultural pageant competition in Malaysia. Mr. Kaamatan is also known as Buvazoi Tavantang, which means 'dashing young men'.

Therefore, Kaamatan Festival is one of the very lively and notable festivals in Sabah. Everyone in Sabah will look forward to the month of May to celebrate this festival regardless of their ethnic and religion as it is always celebrated with great enthusiasm.



# Musical Instruments

## Sompoton

Sompoton is a mouth organ musical instrument in the form of an aerophone which is played among the KadazanDusun and Murut communities in Sabah. The sompoton is made up of basic ingredients which are dried water gourds called *korobu*. The gourd is pierced with a hole containing as many as eight small bamboo pipes of various lengths called *sumbiling* arranged and tied in two layers using rattan. Then, one of these pipes acts as a clamp that gives balance to the entire construction of the sentence without having to make a sound.

The bamboo pipes are then tightly attached to the base of the instrument using beeswax to prevent the wind from escaping through the bamboo pipes when it is blown. The vibration of the reed produces a wind sound made from the trunk of the *polod* tree.

To activate the *sodi*, it is required to blow and suck the gourd's mouth in order to produce a soft-sweet harmonious and continuous sound, unlike the bagpipe. The players of the sompoton should blow air through the mouthpiece while both hands cover the holes of the end of the bamboo pipes. Therefore, the sompoton can be played as a solo musical instrument for personal entertainment or in groups to accompany dancing.



## Gong

The Gong is a significant and well-known traditional musical instrument among the community in Sabah. The gong is made of galvanised iron and then it is joined in the gong frame. It is then tapped in the middle of the gong, while the surrounding parts are tapped with a hammer to flatten it. The gong is usually played during festivals and social events such as wedding receptions, Kaamatan festival and other celebrations. The gong comes in many different sizes and is usually beaten by a group of players, in different rhythms to produce a harmonious orchestra. In some communities in Sabah, gongs are used as a gift in a wedding as well.



## Togunggak

A Togunggak is an idiophone type of musical instrument which is made up of six to thirty pieces of bamboo idiophones depending on which ethnic group. Tagunggak is known among the Murut, whereas Togunggu is known among the KadazanDusun in Penampang. These struck bamboo idiophones are played in groups to accompany dancing or processions during occasions. Each togunggak is adjusted to play the matching gong component, giving the music a similar sound to the group's set of gongs.





## Musical Instruments

### Bungkau

The Bungkau is a jaw harp that is made up of *polod* wood palm stem, which is carved to obtain a two toned design; it is either shaved or peeled. The length of the bungkau is approximately six to eight inches as it is easy to carry. The lamella in the centre vibrates by striking the end of the bungkau by using the thumb. However, it produces a little sound by itself, hence it is required to hold the bungkau near the mouth to magnify the sound by resonance. There are various ranges of frequencies produced by varying the shape of the mouth and the position of the tongue while breathing.



### Tongkungan

Tongkungan, a chordophone type of musical instrument, is a traditional stringed musical instrument with a length of approximately 70 cm. The tongkungan is made up of part of a bamboo that is left with holes or splits to allow the echo of the sound produced to be large and the pitch to be higher. The tongkungan strings are usually taken from the bamboo skin which is pinched out to produce seven strings where the tone is adjusted using small pieces of bamboo called *pomodu* or *ponodul* and inserted under the strings. The smaller and thinner the strings, the higher the pitch that is produced.



### Kulintangan

The Kulintangan is an idiophone musical instrument that consists of a set of about eight to nine small kettle gongs. The kulintangan is made up of copper metal and it is the most important traditional musical instrument that is commonly used by the Dusun-Keningau community. Each of them produces a different pitch when struck. They are arranged horizontally in a row on a low wooden bed-like frame, which enables the player to easily sit in front of the gong and beat them by using two small wooden mallets. The kulintangan is normally used to be played during festive occasions, where it is often accompanied by other traditional gongs and drums.



### Gendang

Gendang is also one of the traditional music instruments in Sabah that is usually played during occasions. It is a type of drum that is mostly used as an accompaniment to other traditional musical instruments such as kulintangan, gong and others. Apart from that, there are also some communities that still use these drums during ceremonies for treating the sick. The gendang is made up of materials such as cowhide or buffalo hide, jackfruit or merbau tree trunks are used to make the body part, rattan and support wood. Since the upper part is made from animal skin, the bat must be carefully produced so that the skin is not easily torn when hitting the drum.





# Musical Instruments

## Sundatang

The Sundatang is a chordophone type of traditional music instrument in Sabah. It is popular among the indigenous people, especially the Rungus ethnic group. It is made up of wood called *tembailing* or jackfruit wood that is strung and usually only two strings are used to make sundatang musical instruments. The wood that is used to make the sundatang must be hard wood so that the sundatang produced will be more durable. The sundatang is played by plucking the brass strings and the harsh tones of the string is adjusted by turning the ear wood screw on the instrument. It is often used to be played in cultural performances.



## Suling

Suling, also known as Seruling, is one of the most well-known musical instruments among the community in Sabah, especially the KadazanDusun ethnic group that is residing in Ranau and Kundasang district. The suling is normally 50 cm in length. It is played a lot during social events and formal occasions and some people also play it to calm the mind, because the music produced by this musical instrument is very melodious. The suling is usually made of small-sized bamboo but some also use pipes to make the suling. However, the rhythm and the sound produced are more or less the same. Normally, the suling that is made has eight holes in total, seven of which are to produce a musical code or beat while the other one hole will always be closed so that the sound produced is pleasant or melodious to listen to.



## Turali

The Turali is an aerophone type of traditional musical instrument in Sabah and it is categorised under flutes. This instrument is mainly used by the KadazanDusun ethnic group. Although this musical instrument has a shape that looks like a flute, it has its own uniqueness as it is not blown using the mouth like a flute, instead it will be blown using a blow from the nose to produce the sound. Like the other traditional musical instruments, this is also made up of bamboo, which has a hole at one of the ends of the bamboo. Then, the middle of the bamboo will have four holes, with three holes at the top and one at the bottom.





## Dance

### Sumazau

The Sumazau is a traditional folk dance that originated from the KadazanDusun people. The dance differs based on each of their tribes. The dance is often performed during the harvest festival and other celebrations and is considered as a sacred dance that links to rituals and religious occasions. Some of the ceremonial functions of the sumazau dance is to restore the plentiful crop and to restore the health of the rice spirit, to guarantee a plentiful harvest, to treat illness by calling upon the spirits of the afterlife, celebrate a fortunate escape from head-hunting, and to satisfy the home's spirit guardian in order to restore order.

The dancers imitates the eagle in flight by stretching the arms on both sides and swinging them up and down that is similar to bird wings. They move their legs in small steps, heels up and down to the beat of the music. The sumazau is usually danced in groups of male and female pairs as they move with rhythm of beating of the gong and drums, with their traditional dress to showcase their identity.



### Magunatip

The Magunatip, known as the 'Bamboo Dance', is one of the most popular traditional dances in Sabah. The Magunatip is performed by the Murut ethnic group. In the past, the dance was a type of warrior dance to welcome the return of the Murut headhunters. However, today the dance is usually performed during cultural celebrations and occasions for entertainment.

Three pairs of long bamboo poles are placed horizontally on the ground, and two bamboo mallets are supported at each end of each pair to form three rows of clap bamboo sticks. Then, the bamboo poles are lifted slightly apart, and slam downward to the base with thumps, then tap against each other to fill the gaps. During the dance, dancers would put their feet in and out between the clapping bamboo and avoid being trapped; by that they need to follow the beat of the music and need good timing as they perform.



### Mansayau

Mansayau is a traditional dance of the Murut Nabai ethnic group which was a legacy passed down from the ancestors of the Murut community. The dance is traditionally part of a ritual, but today it is often performed during important social gatherings like the Harvest festival, conferences, weddings, carnivals, and so on. The dance is accompanied by traditional music which are nine gongs, a drum and a set of kulintangan. The instruments used in this dance will be hammered according to certain rhythms and one of their common beats is called *magadang*. Through this dance, the dance is not limited to one form only and can be danced by a pair of dancers which are men and women. As for their clothing, the male and female dancers would wear their traditional clothes.





# Traditional Arts & Crafts

## Sirung

Sirung is a type of conical hat made from rattan. Like any other tool or craft, the making of the sirung requires a high degree of expertise to make. The sirung is a hat used to protect the head from the scorching sun when working or cultivating in the field or garden. However, the sirung can also be used as serving lids. Now the sirung is rarely used to go to the farm as now it is usually used as a decoration on the wall of the house.



## Barait

The Barait is a traditional bag for the KadazanDusun and Murut ethnic group. The barait is known for various uses especially for carrying things such as their crops and animals from their hunt. It is said to be a multi-purpose bag for the KadazanDusun and Murut ethnic group during the past. The barait is made up of special cane bark and is sliced into the desired length before weaving. The size is determined according to the length of the cane that is sliced, and the amount of the cane that is sliced.



## Wakid/Viung

Wakid is a traditional carrying tool for the KadazanDusun and Murut ethnic group, quite similar to the Barait. The wakid handicraft was produced by the KadazanDusun and Murut community to be used as a place to put in harvested rice and as a tool to lift them as well. Today, the wakid is suitable for decoration at home, hotel and office.



## Rattan Basket

Baskets are a weaving art that is usually formed from woven bamboo, rattan, bemban or pandanus trees. These baskets in particular are used to be used as containers to carry, store, measure and so on.





## **Introduction To Sights And Attractions In Keningau**



Did you know that Borneo is ranked among the world's top regions for ecotourism? As we already know, Sabah is well-known for its natural treasures. The state is home to a diversity of interesting sights and attractions for you to visit; it is known for its stunning beaches, lush tropical rainforests, coral reefs and abundant wildlife. Experience the vast diversity of landscapes and environments by visiting Sabah, particularly Keningau.

Keningau consists of numerous one-of-a-kind sights and attractions that are never before seen. It varies from historical sites and museums to natural attractions. These hidden gems are worth visiting when you are in Sabah, specifically Keningau. Not only will you be amazed by the scenery and activities here, but you will also receive hospitality that is unique from the Keningau people. As you visit Keningau, you will also get to explore the richness in culture and traditions of the locals while you are there.

Therefore, we have prepared a list of places for you to visit around Keningau so that you could plan your itinerary right away. These interesting places are worth visiting when you are in Keningau!



## Historical Sites

### Keningau Heritage Museum (Muzium Warisan Keningau)

The Keningau Heritage Museum was formerly a Government Rest House built by the Borneo Construction Company Ltd. in the year 1946 until 1947. It was then turned into the Keningau Heritage Museum in 2008. The museum showcases exhibits of Keningau's heritage, including their culture, Islamic civilization, history, zoology, ethnobotany and sports. This is the perfect place for the visitors to learn more about Keningau.



Address: Muzium Warisan Keningau, Peti Surat 2753, Jalan Kali, Taman Mahathir, 89007 Keningau, Sabah  
Contact: +6087-339 126  
Website: <https://museum.sabah.gov.my/exhibition/76>  
Operating Hours: 9.00 am - 5.00 pm (Monday-Sunday)

### Keningau War Memorial (Cho Huan Lai Memorial)

Keningau War Memorial, also known as Cho Huan Lai Memorial, is a monument that is dedicated to the Chinese Consul General Cho Huan Lai and his colleagues who died on the 6th of July 1945. This was after they were executed by the Japanese. The memorial is situated where Cho and his colleagues were executed, which is near to the former airfield of Keningau. The monument is in the form of a towering stone monument about four metres high, with red old Chinese characters on it.



Address: 500, Keningau Sabah

### Keningau Oath Stone

The Keningau Oath Stone is a historical landmark in Keningau which commemorates the conditions under which the former British royal colony of North Borneo joined together with the former colony of Sarawak and other states of the Federation of Malaya to form Malaysia. The engravings on the monument are in Bahasa Melayu written in the old spelling system.



Address: 89000 Keningau, Sabah

### Rumah Besar OKK Sedomon

The Sedomon heritage house was built by Datuk Seri Panglima O.K.K Sedomon in 1937 and completed in 1941. The OKK Sedomon's house is also known in Sabah as Keningau's big house. The building held its own history as it was once a temporary headquarters for the Japanese military during the Japanese occupation in 1942. OKK Sedomon's mansion has been visited by various leaders and dignitaries. Among them are Sir William Goode, former British Governor of North Borneo, Duncan Sandys (British Commonwealth Relations Minister), Tunku Abdul Rahman Putra Al-Haj (Malaysia's First Prime Minister), and many more.



Address: Kg. Bingkor, Keningau, Sabah



## Eco Tourism

### Tourism & Tagal Centre Kg Rantai Community

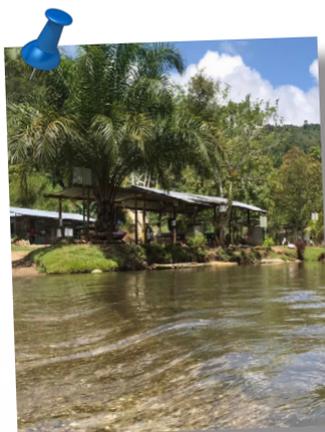
Have a quality time with your friends or family here at the Tourism & Tagal Centre Kg Rantai Community with various activities such as camping, picnic and BBQ while enjoying nature. There are also other fun activities you could do while you are there, which includes fish feeding, river bathing, hiking and so on. This is a tourism centre with an environmentally friendly concept that is equipped with various recreational activities for you to enjoy.

Address: 89650 Keningau, Sabah

Contact: +6014-862 7084

Website: <https://www.facebook.com/tptkrrantai/>

Operating Hours: 8.00 am - 5.00 pm (Monday-Saturday) /  
9.00 am - 5.00 pm (Sunday)



### Bandukan Eco Park

Bandukan Eco Park is suitable for outdoor leisure activities like camping and hiking cross-country trails. The jovial ambiance of the eco park is ideal for picnics and leisurely outings with your friends or family. You also get to walk along a suspension bridge as well as have a swim at the river. We highly recommend visiting this place as it is one of the popular places for a classic getaway while being surrounded by lush greenery.

Address: Jalan Bunsit Bandukan, 89000 Keningau, Sabah

Contact: +6014-282 5502

Website: <https://www.facebook.com/people/Bandukan-Eco-Park/100064031235859/>

Operating Hours: Open 24 hours



### Ferns Conservation Centre

The Ferns Conservation Centre, also known as Pusat Pemuliharaan Paku Pakis, is located in the Crocker Range Park. This is the best place for visitors to enjoy the beauty of nature while gaining more information about the different sizes and shapes of ferns because the park is filled with numerous different fern plants. The conservation centre comprises over 55 species of ferns and can be found throughout the Crocker Range Park.

Address: 89000 Keningau, Sabah



# Eco Tourism

## Eco Tourism & Tagal Kg Donggiluang

The word 'Tagal' means that it is a sustainable traditional natural resource management system especially for river aquatic life resources in Sabah. The Eco Tourism & Tagal Kg Donggiluang is a recreation area set against the backdrop of a dammed river in Donggiluang village. You get to be with nature by enjoying the flora and fauna here with various activities. The activities include camping at their camp site, having a swim at their river, and many more!

Address: Kampung Donggiluang Bundu Keningau Sabah

Contact: +6010-781 5136

Website: [https://www.facebook.com/](https://www.facebook.com/EkoPelanconganDanTagalKgDonggiluang/)

[EkoPelanconganDanTagalKgDonggiluang/](https://www.facebook.com/EkoPelanconganDanTagalKgDonggiluang/)



## Taman Rekreasi Nalampai

This is a recreational park called Taman Rekreasi Nalampai that is located in Kg. Luanti Baru, Keningau. The jovial ambiance of the surrounding is ideal for leisurely outings with your friends or family. They offer various activities that you can do here such as picnic, fishing, bathing in the river, camping, and so on surrounded by picturesque greenery; a great place to bring the children for some fun activities at the park.

Address: Kg Luanti Baru, Keningau

Contact: +6013-801 8242



## Qiagung Campsite

Qiagung Campsite And Recreation Apin-Apin River is a campground in Keningau where you can enjoy the beauty of nature and relax. This is the perfect place to have various recreational activities with your family and friends while being surrounded by lush greenery. They also offer a wide variety of activities such as river bathing, camping, BBQ and so on.

Address: Kg.Donggiluang Apin-Apin, 89008 Keningau,

Sabah. Contact: +6011-2520 0706

Website: [https://www.facebook.com/](https://www.facebook.com/Qiagungcampsiteandrecreation/)

[Qiagungcampsiteandrecreation/](https://www.facebook.com/Qiagungcampsiteandrecreation/) Operating Hours: 9.00 am - 6.00 pm (Monday-Saturday) / 10.00 am - 6.00 pm (Sunday)



## Sondoton D' Kabaid

Sondoton D'Kabaid is a recreational centre that offers various activities that you can enjoy with your family or friends. Some of their activities include fishing, BBQ, camping, river bathing and many more. Visitors are able to rent some of their services as well such as renting their tent, lifebuoys, BBQ sets, giant tubes and so on.

Address: Kg Bundu Apin-Apin, 89000 Keningau

Contact: +6013-850 4758

Website: <https://www.facebook.com/people/sondoton-d'kabaid/100083066633643>

Operating Hours: 8.30 am - 5.00 pm (Monday-Sunday)





## Batu Minitinduk

Batu Minitinduk is located near the Laing Cave. To get to Batu Minitinduk, the journey from the starting point to Batu Minitinduk through the creek takes about two hours. However, the creek route to Batu Minitinduk has a unique and beautiful view and is challenging because it passes through large smooth rocks, mini waterfalls and jungle landscapes.

Address: Kg Baru Bingkor, Keningau, Sabah



## Salag Rock Cave

The Salag Rock Cave is located in Kg. Baru Bingkor in Keningau as well. This Salag Rock Cave has its own uniqueness which is its white stone and its cave door is located at the top. The journey from Keningau City Center takes approximately 40 minutes by using a 4-wheel drive vehicle.

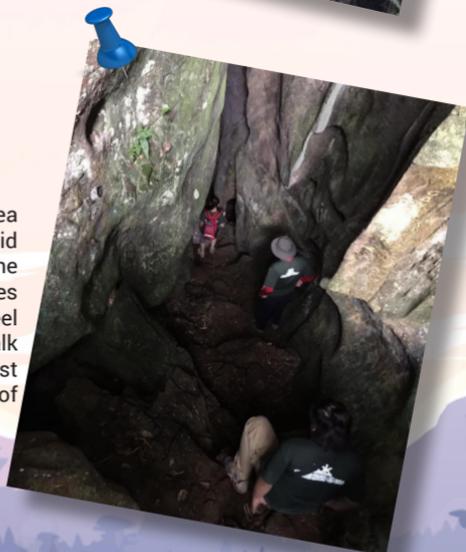
Address: Kg Baru Bingkor, Keningau, Sabah



## Gua Laing

The Laing Cave is located in the forest area of Kg. Baru Bingkor in Keningau. It is said to have existed since 15,000 years ago. The journey from Keningau is about 15-kilometres which is a 30-minute drive by using a 4-wheel drive. To reach the cave, visitors have to walk another 30 to 40 minutes through the forest to reach the cave, with a challenging path of slick rocky surfaces.

Address: Kg Baru Bingkor, Keningau, Sabah





# Hiking Spots

Hike up to the scenic overlook of these hills in Keningau and enjoy the surrounding of nature's beauty as you hike along the hiking trails. There are various hiking trails that can be found in Keningau and most of them are worth the hike. Here are some of the scenic hiking trails around Keningau for you to have some fresh air and a good sweat and at the same time being one with nature.

**Kulanga Hill**

Address: 89000 Keningau, Sabah  
 Contact: +6013-830 8968  
 Website: <https://www.facebook.com/kulangahills/>  
 Operating Hours: Open 24 hours

**Trig Hills Recreation Park**

Address: Jalan Apin-Apin Lama, 89650 Keningau, Sabah  
 Contact: +6011-3802 0559  
 Operating Hours: 7.00 am - 5.00 pm (Monday-Sunday)

**Kosimbut Hill Hiking And Trekking**

Address: Kg Kiulu Baru Tulid Sook, Keningau  
 Contact: +6012-865 7664. Website: <https://www.facebook.com/Kosimbut-HILL-104229515108351/>  
 Operating Hours: 6.00 am - 5.00 pm (Monday-Sunday)

**Donguan Hill**

Address: Apin-Apin, 89650 Keningau, Sabah  
 Operating Hours: 7.00 am - 5.00 pm (Monday-Sunday)

**Nulu Gundi Keningau-Hiking And Recreation Camp**

Address: Kg Penindukan Agudon, Keningau  
 Contact: +6014-982 4267  
 Website: <https://www.facebook.com/nulugundicamp/>  
 Operating Hours: Open 24 hours

**Matanoi Hill**

Address: Jalan Apin-Apin Bundu, Kg. Tiga, 89650 Keningau, Sabah  
 Contact: +6019-809 8007  
 Operating Hours: 6.00 am - 6.00 pm (Monday-Sunday)

**Bukit Selomitha Hiking Trail & Recreation**

Address: 89000 Keningau, Sabah

**Chanang Hill**

Address: Kampung Bandukan Lama, ulu bangan, 89008 Keningau, Sabah  
 Contact: +6011-1418 1822  
 Operating Hours: 4.30 am - 5.00 pm (Monday-Saturday) / 4.30 am - 5.30 pm (Sunday)

**Bukit Durian**

Address: 89000 Keningau, Sabah  
 Contact: +6011-2630 3532





## Agro Tourism

### Keningau Farm

This Keningau Farm offer's avocado, durian, and other saplings for you to purchase. The saplings sold are guaranteed to be healthy and genuine. Once you have purchased, you are able to plant them in your lovely backyard at home or at your orchard. Apart from that, they are also one of the best fresh chicken suppliers in Keningau.

Address: Jalan Tenom - Keningau, 89900 Keningau, Sabah  
 Contact: +6011-2510 5687  
 Website: <https://www.facebook.com/Keningaufarm/iew/>

### Sigapon Durian Farm Keningau

Sigapon Durian Farm Keningau is where you will get to see tall durian trees around the orchard; with various types of durians such as Musang King, Durian Sarawak, D24, D101, D13 and so on. They also sell durians that are still not ripe yet. There is a wide variety of durians to choose from and you will definitely be spoilt for choice. Stop by this durian farm and enjoy some of the best King of Fruits.

Address: 89000 Keningau, Sabah  
 Website: <https://www.facebook.com/Sigapon-Durian-Farm-100974935008334/>

### Pamalan Rabbit



The Pamalan Rabbit farm is where you get to look at the rabbits in their natural habitat. It is a suitable place to bring the children to meet and pet the cute rabbits as well as feeding them. The children will definitely love the visit as they get to have an opportunity to experience feeding the rabbits and take pictures with them.

Address: 89000 Keningau, Sabah  
 Contact: +6014-875 0483  
 Website: <https://www.facebook.com/PamalanRabbit/>  
 Operating Hours: 8.30 am - 5.30 pm (Wednesday-Sunday) / Closed on Monday-Tuesday

### Ladang Datuk Yap Yun Fook

Ladang Datuk Yap Yun Fook is an eco-farm that is located in Keningau. This company owns over 5000 cows and they produce 4 million litres of milk per year. They are also one of the largest fresh milk suppliers in Malaysia. This is a must-visit place when you are in Keningau as it is impressive to see how the system runs the entire time. You will also get to learn how they take care of their cows and to get fresh milk.

Address: 89000 Keningau, Sabah  
 Contact: +6019-820 0622  
 Website: <https://eco-yap.com/>  
 Operating Hours: 8.00 am - 5.00 pm (Monday-Friday) / 8.00 am - 12.00 pm (Saturday) / Closed on Sunday

### Patikang HydroFarm

The Patikang Hydrofarm is the best place for you to get your greens and you get to eat while picking them as well. Instead of buying them from the market, you get to have some fresh vegetables here. The landscape of the farm is mesmerising; you can grab the opportunity to take some Instagrammable pictures here as well.

Address: Kampungmuhibbah Bumiputera, 89008 Keningau, Sabah  
 Contact: +6019-980 9280  
 Website: <https://www.facebook.com/patikanghydrofarm/>  
 Operating Hours: 8.00 am - 8.30 pm (Monday) / 8.00 am - 8.00 pm (Tuesday, Wednesday, Friday) / 7.30 am - 8.00 pm (Thursday) / 8.00 am - 10.30 pm (Saturday) / 8.30 am - 9.30 pm (Sunday)

### De Green Farm

De Green Farm is an organic farm that uses natural and sustainable farming techniques to produce products that are beneficial for both humans and the environment. There is a wide variety of fresh and organic plants that can be found in this farm ranging from vegetables to fruits.

Address: 89000 Keningau, Sabah  
 Contact: +601252221 27  
 Website: <https://www.facebook.com/>





# Sports And Recreational Activities

## Kepayan Recreation Resources

The Kepayan Recreation Resources is a recreational park that provides recreational opportunities for everyone. The park is a suitable place for you to spend your leisure time with your friends and family during the weekend. The surrounding of the park is pleasant and relaxing as there are good spots to take pictures, especially while being surrounded by the scenic view all around.

Address: 89650 Keningau, Sabah  
Contact: +6017-839 8873  
Website: <https://www.facebook.com/KrrApinApin/>

## Patikang Futsal Club

Patikang Futsal Club, located in Kg. Patikang Ulu, is an arena and sports venue specifically for futsal. It is a great place to spend time with your friends and play futsal; you get to enjoy by having fun and at the same time practise a healthy and productive lifestyle.

Address: Kg. Patikang Ulu, 89008 Keningau, Sabah  
Contact: +6019-889 0780  
Website: <https://www.facebook.com/people/Patikang-Futsal-Club/100063661206240/>  
Operating Hours: Open 24 hours

## Futsal Xpertize Keningau

This Futsal Xpertize Keningau is one of the best futsal courts in Keningau. They provide a spacious and amazing court that is in great condition. The facilities and surroundings are well maintained and kept clean. This is the best place for a futsal session with your friends during the weekend.

Address: Keningau Airport Road, Kampung Dangulad, 89000 Keningau, Sabah  
Contact: +6016-833 4904  
Website: <https://www.facebook.com/pages/Futsal-Xpertize-Keningau/224373437581678>



## Keningau Sports Complex

The Keningau Sports Complex is the best place to go for a productive weekend. There are various activities that you can do here such as jogging, swimming, play football, hockey as many more! This is the best place to exercise for a healthy lifestyle.

Address: Peti Surat 824, 89008 Keningau, Sabah  
Contact: +6087-341 702

Website: <https://www.facebook.com/keningausportscomplex>

Operating Hours: 8.00 am - 7.00 pm (Monday-Tuesday) / 8.00 am - 11.00 am, 2.00 pm - 7.00 pm (Wednesday-Sunday)



## Keningau Golf and Country Club

On the outskirts of the town of Keningau sits the well established parkland course known as the Keningau Golf and Country Club. It was established in 1966 and has a beautiful landscape throughout the gold course. The course is situated in a hilly area with creeks, ponds, and a variety of pine and forest trees and other native species of trees.

Address: Kampung Pasir Putih, Jalan Luagan, 89008 Keningau, Sabah  
Contact: +6087-331 113  
Website: <https://kugcc.online/>



## Parks And Gardens

Have a quality time with your loved ones by spending time during the weekends at these parks and gardens while being surrounded by greenery in Keningau. If you are planning on getting a peace of mind, just head over to these parks and gardens. The parks and gardens in Keningau are a suitable place for you to spend your leisure time with your friends and family during your free time as well as practise a healthy and productive lifestyle.

### Kolam Rekreasi Keningau

Have a quality time on the weekends with your friends or family here at Kolam Rekreasi Keningau with various activities apart from swimming. There are also other fun activities you could do while you are there, which includes kayaking, hydrobiking, flying fox and so on. The price varies based on each activity. It is highly recommended to visit this place for some fun activities while surrounded by the beauty of nature.

Address: 89000 Keningau, Sabah

Contact: +6087-391 533

Website: <https://www.facebook.com/kolamresortkeningau/>



### Taman Bandukan Riverside Resort

Taman Bandukan Riverside Resort is a family recreation centre. They provide various services such as accommodations, fishing pool, nursery garden, cafe, playground and event space like conference room. The landscape around the park has a breathtaking scenic view for everyone to enjoy and at the same time being one with nature.

Address: KM 15, Off Jalan Bunsit, Bingkor, 89000 Keningau

Contact: +6011-2233 8800

Website: <https://www.facebook.com/TamanBandukan/>

Operating Hours: 8.00 am - 10.00 pm

(Monday-Sunday)



### Taman Bandukan Green Garden

Taman Bandukan Green Garden is a plant nursery that provides various beautiful plants and flowers. Visit this nursery in Taman Bandukan and bring home some of their lovely flowers to spice up your home and garden. You are able to purchase their plants for a reasonable price as well.

Address: KM15, Off, Jalan Bunsit Bandukan, Bingkor, 89000 Keningau, Sabah

Contact: +6011-2233 8800

Website: <https://www.facebook.com/TamanBandukan>

TamanBandukan

Operating Hours: 9.00 am - 5.00 pm

(Monday-Sunday)





## Parks And Gardens

### Taman Sahabat

Taman Sahabat is the perfect park within the city of Keningau for some leisure activities like strolling around the park. The Sahabat Park has a concept of a recreational park where you can relax and enjoy the beauty of the florals there. Apart from that, there are also replicas of animals such as birds, deer and others that are made of cement to enhance the beauty of the park. There is also a playground for the children to have some fun as well.

Address: 89000 Keningau, Sabah



### Cralls Garden

Cralls Garden is an area that focuses on the cultivation and sales of various types of paper flowers from all over the world. It is a beautiful and serene park that is perfect for you to relax while being surrounded by a greenery landscape and lots of beautiful flowers.

Address: Kg Menggitom Baru, 89008 Keningau, Sabah

Contact: +6017-893 0397

Website: <https://www.facebook.com/Cralls-Garden-Bougainvillea-806318346192822/>

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



### TT Garden Keningau

TT Garden Keningau is the best place to bring your children to have some fun at this playground in Keningau. The playground has slides, a trampoline, a sand box, swings, seesaw, and a tent for the children to have unlimited fun. The facilities there are also well maintained for everyone's convenience. Apart from that, the parents or guardians can also sit at the designated chairs as they get to relax while keeping an eye on the children.

Address: 89000 Keningau, Sabah

Contact: +6019-842 4762

### My Garden Pamalan Hill View

This is where you can spend some quality time with your friends and family with some recreational activities such as having a picnic and camping on top of the hill! Have a memorable time here at My Garden Pamalan Hill View while overlooking the magnificent view.

Address: P.O Box 210, Keningau, Sabah, Malaysia, 89008

Contact: +6019-582 9776

Website: [https://www.facebook.com/people/my\\_garden\\_pamalan\\_hill\\_view/100054285995920/](https://www.facebook.com/people/my_garden_pamalan_hill_view/100054285995920/)





## Church

As we already know, the majority of the people in Keningau are Christians, mainly Roman Catholics and some are Protestants. You will notice that there are many sign boards that announce the names of churches, particularly for each Catholic church or chapels all over Keningau. You will also get to see various saint names that are chosen for some churches in Keningau as well as its story to go with its name. Apart from that, as there are many churches in Keningau, the priests typically serve a lot of parishes rather than just being assigned to just one. Instead, the parochial house will be in charge of many churches located inside its boundaries. For instance, the St Francis Xavier Cathedral, under The Roman Catholic Diocese of Keningau, is in charge of 69 other outstation Catholic churches and chapels all over Keningau.

### St Francis Xavier Cathedral

Address: Peti Surat 256 89008, 89000 Keningau, Sabah  
 Contact: +6087-331 154  
 Website: <https://www.facebook.com/people/Katedral-St-Francis-Xavier-Keningau/100069855801983/>  
 Operating Hours: Open 24 hours



### Holy Family Church Nulu Sosopon

Address: Kampung Bukit Merah, Keningau, Sabah  
 Contact: +6087-339 506  
 Website: <https://www.facebook.com/pages/Holy-Family-Church-Nulu-Sosopon-Keningau-Sabah/703885616455722/>

### Gereja Baptis Keningau

Address: Kampung, Jalan Lingkudau, Keningau  
 Contact: +6017-820 1304

### St Mary Catholic Church

Address: Jalan Bingkor Bypass, Bingkor, 89000 Keningau, Sabah

### Basel Christian Church of Malaysia

Address: 500, 89000 Keningau, Sabah  
 Contact: +6087-331 232  
 Website: [https://www.facebook.com/pages/Basel-Christian-Church-of-Malaysia-\(BCCM\)-Keningau/296219073832367/](https://www.facebook.com/pages/Basel-Christian-Church-of-Malaysia-(BCCM)-Keningau/296219073832367/)  
 Operating Hours: 8.00 am - 12.30 pm (Sunday)

### Gereja SIB Ria Keningau

Address: Peti Surat 909, 89007, 89000, 89000 Keningau, Sabah  
 Website: <https://www.facebook.com/pages/Gereja-Sib-Ria-Pekan-Keningau/582958575070494/>

### Keningau SDA Church

Address: 89000 Keningau, Sabah  
 Contact: +6010-946 8232  
 Operating Hours: 8.30 am - 12.00 pm (Saturday)



## Mosque

### Masjid Al-Taqwa

The Al-Taqwa Mosque, also known as Masjid at-Taqwa, is the largest mosque in Keningau. The architecture of the mosque is unique as it is one of a kind. If you are a Muslim, it is the perfect and beautiful mosque to experience calm and spiritual as you perform your prayers. Feel free to savour the mosque's interior's understated elegance as you let your worldly cares fall away.

Address: Masjid at taqwa, Jalan Sondoton Baru, 89000 Keningau, Sabah

Contact: +6011-1641 0212

Website: <https://www.facebook.com/MasjidDaerahKeningau/>



### Ar-Rahim Mosque Pekan Keningau

The Ar-Rahim Mosque in Keningau is a spacious mosque that is equipped with air conditioners for the comfort of the visitors as they pray. Besides that, the mosque also organises a lot of congregations and weekly activities such as seminars and religious lectures as well.

Address: Peti Surat 3084, 89000, 89000 Keningau, Sabah

Website: <https://www.facebook.com/MasjidArRahimKeningau/>

Operating Hours: Open 24 hours

### Masjid Jame' Kampung Merampong

The Masjid Jame' Kampung Merampong is a mosque that is located in Kampung Merampong, Keningau. It is a worship centre for the local Muslim community in the area.

Address: Unnamed Road, 89650 Keningau, Sabah

### Masjid Ukhuwah Apin-Apin

The Masjid Ukhuwah Apin-Apin, located in Kampung Riting Apin-Apin Keningau, has a serene ambience that is suitable for the people of Kampung Riting Apin-Apin to come and pray. Around 2010, the mosque was formerly a surau, and then it was renovated to become the mosque it is today.

Address: 89650 Keningau, Sabah



## Buddhist And Hindu Temple

### Guang Ji Temple

Guang Ji Temple, located in Kg Menawo, is a must-visit Buddhist temple if you are in Keningau. The temple is a 10-minute drive from the centre of Keningau town. On your way to the temple, you will witness the beautiful view of Keningau along the way. As you visit the temple, the atmosphere of the temple is quite serene and you will also get a scenic view of Keningau town from the temple since it is situated on a hill.

Address: Jalan Menawo Laut Residential, 89000 Keningau, Sabah

### Tai Pak Kung Temple

The Tai Pak Kung Temple is a Buddhist Temple located in the heart of Keningau city. The temple has been in Keningau for about 104 years. Although the temple is quite old, it is still well maintained. It is a very beautiful and peaceful temple with ancient carvings and paintings on its exterior.

Address: 89000, Keningau, Sabah

Contact: +6016-585 8825

Website: <https://www.facebook.com/tpkkeningau>



### WuWang Temple

WuWang Temple is a Buddhist temple located in Keningau. The temple is located at the outskirts of Keningau and it makes the atmosphere feel more serene as it is surrounded by the beauty of nature. It is a small temple that is situated on the peak of a hill. Hence, it offers a scenic view of Mount Trusmadi as you visit. Many Buddhist villagers would visit this temple to pray and meditate; at the same time enjoying the breathtaking view.

Address: Jalan Magatang, 89000 Keningau, Sabah

Contact: +6017-814 331

### Sri Siddhi Buddhi Vinayagar Temple

Sri Siddhi Buddhi Vinayagar Temple is a Hindu Temple located in Keningau. The atmosphere of the temple is quite divine and relaxing in order for the people to meditate or pray peacefully without any interruption.

Address: Sri Vinayagar Road, Kampung Tuarid Taud, 89000 Keningau, Sabah

Contact: +6012-884 2212

Website:

Operating Hours: 7.00 am - 11.30 am, 6.00 pm - 8.30 pm (Monday-Sunday)



## Introduction To Gastronomic Delights In Keningau



Many first-time visitors that came to visit Malaysia could understand why this country is also known for its cuisine. This nation provides a fantastic gourmet experience. There is a wide range of interesting eateries and food merchants that can be found all over the country.

The culturally diverse country of Malaysia has played a significant role in the Malaysian food industry. Therefore, the state of Sabah has its own distinct flavour and exciting palettes with dishes influenced by Sabah's lush coastline and tribal history.

Sabah offers various kinds of delicacies which are from both local and foreign. When you visit Keningau, you're in for a treat! It is highly recommended for you to try out all the mouth-watering local delicacies that can only be found in Sabah, specifically in Keningau! Don't forget to try out their traditional food as well! We have prepared a list of dishes for you to try and also plenty of places for you to eat when you are in Keningau.






## Must Try Snacks & Dishes In Keningau



### Tuhau

Tuhau is a traditional food of the KadazanDusun ethnic group. It is a special food in Sabah and is usually cooked on Hari Gawai and Hari Kaamatan. Tuhau is a type of plant which is a wild ginger that grows in the forests of Borneo in Sabah. The tuhau is scientifically known as *etlingera coccinea*, and it is an endemic species in Borneo.

There are many ways to eat tuhau; it can be eaten plain as a side dish and can also be cooked. The inside of the tuhau stem will be peeled and cut into small pieces before it is mixed with other ingredients such as salt, red chilli and lemon. The special thing is that the tuhau can be stored for a long time and served at any time. It is suitable to be eaten with hot rice and side dishes such as fish and vegetables.



### Bosou/Nonsom

Bosou, also known as Nonsom, is one of the special traditional side dishes that acts as an appetiser for the KadazanDusun ethnic group. It is a traditional food that resembles pickling. Bosou is a food made from raw fish or meat that is pickled for about five to seven days before being preserved to eat.

The main ingredients are fresh fish, fruits or vegetables that are mixed with some other ingredients such as rice and salt. It can also be added jackfruit, pineapple, and tuhau to add more flavour. Kepayang fruit, scientifically known as pangium, is also added as a preservative to prevent this dish from becoming stale and smelly.



### Hinava

Hinava is a traditional food in Sabah, especially for the KadazanDusun ethnic group, where it is one of the most popular foods that is loved by the ethnic group since previous generations. The hinava is often served as a daily menu and is a mandatory dish for special days such as weddings or festive days such as the Harvest Festival. The KadazanDusun community usually serves the hinava on normal days to be used as an additional food to have more appetite when eating.

The hinava is made from fresh fish, lime juice, bird's eye chilli, bitter gourd, ginger, and sliced shallots. This dish is a raw fish salad similar to sushi, hence the fish does not need to be cooked because it will be cooked by the lime juice.



## Butod

Butod is a sago worm or sago grub that is an exotic delicacy for the people of Sabah. The butod is actually a larva of the Sago Palm Weevil, which is a type of snout beetle that feeds on sago palms. The spongy internal of the sago palms' trunk are the best place to collect the sago worms before they grow and turn into beetles after two months.

It can be eaten raw, which means it can be directly eaten when it is still alive, or it can be cooked by either frying, boiling or grilling it. The butod gives out a creamy and sweet taste as the juicy worm melts inside your mouth when you take a first bite of it.



## Linopot

Linopot is rice that has been neatly packed and wrapped in a large leaf. Linopot literally means packing in the Dusun language. Hence, linopot rice means rice that is packed. This dish is usually made of white rice that will be packed together with other ingredients such as yam, pumpkin, cassava, anchovies and so on. In addition, it can also be eaten with stir-fried vegetables and dried fish to add more flavour.

The linopot is traditionally prepared by using hill paddy, and new varieties of rice can be produced by combining the rice with other starchy crops like yam. Once the rice is ready, the next step is to pack it into linopot by using any large and fresh leaves that are clean.



## Ambuyat

Ambuyat is a traditional food of the Malay-Brunei community. Besides the Malay-Brunei community, this dish is also a traditional food for the Bajau, KadazanDusun, Bisaya and Murut community, and most of them call this dish Linut. However, this dish is favourable to the Malay-Brunei community, hence the name of the dish Ambuyat seems to be more popular.

Ambuyat comes from the inner stem of the sago palm. It is a bland starchy substance similar to starchy potatoes. The main ingredients needed to make ambuyat are sago flour and hot water. With a certain measurement of the hot water, the sago flour is stirred until it becomes elastic, with a clear and slightly sticky texture. It is often eaten with gravy that is either spicy or sour.

# Must Try Snacks & Dishes In Keningau

## Pinasakan

Pinasakan is one of the traditional foods in Sabah. It is a traditional favourite food for the KadazanDusun community. Although pinasakan is a traditional food of the KadazanDusun community, it has now become one of the favourite foods of all people in the state of Sabah.

Pinasakan is fish that is mixed with several other ingredients to add more flavour. To make this dish, the fish will be cleaned and mixed with some ground turmeric and ginger, some tamarind seeds or fruit, salt, seasoning powder and a little water. Then, it will be heated until it boils and until the water is almost dry.

## Ngiu Chap

Ngiu Chap is Sabah's own variation of beef noodle soup. Ngiu chap literally means mixed beef in Hakka language. The name comes from the mix of different cuts of beef that come with the soup, mainly sliced beef, beef balls, brisket, tendon, tripe, and beef tongue. It is usually served with different types of noodles with thick beef broth that is not overly greasy yet it is full of flavour.

## Losun

Losun is a traditional cuisine of the KadazanDusun community in Sabah; it is known as the wild spring onions of Borneo. The scientific name of losun is *Allium Chinense*. This plant is a type of onion plant that is often used as a fresh vegetable, pickled or fried with other vegetables. It can be mixed with salted fish or anchovies to this dish and can definitely add to the taste.

The first step in cooking the losun is by heating the oil and frying the garlic, shallots and anchovies until fragrant. Next, add the white chilli and let it cook until wilted. After that, add the losun with a torch ginger flower. Lastly, stir once or twice and season with salt, sugar or seasoning of choice and stir again. Then, you are done. It is advisable to not cook it for a long time because the losun softens quickly.

## Bambangan

Bambangan fruit, scientifically known as *Mangifera Pajang*, is one of the local fruits in the state of Sabah. It is also known as Wild Mango as it is categorised in the Mango family. This fruit looks like a mango but the size is bigger and the skin is slightly thicker than normal mangoes as well. This fruit has a very fragrant smell and it is very tasty when eaten just like that. Some even make it as a pickle. However, many communities use this fruit to make pickles such as Pickled Bambangan or known as Bambangan Tansom for the KadazanDusun community. In addition, some also mix it with other ingredients to make sambal.



# Places to Eat - Chinese

## Asian Delight Cafe

Address: Jalan Kampung Nyamok, 89000 Keningau, Sabah  
Contact: +6014-555 5083  
Website: <https://facebook.com/Asian-Delight-Restaurant-and-Catering-732879006794326/>  
Operating Hours: 7.00 am - 5.00 pm (Monday-Saturday) / 10.00 am - 5.00 pm (Sunday)

## Restaurant Garden 33

Address: Lorong Teratai 2 89000 Keningau, Sabah, Malaysia  
Contact: +6087-336 833  
Website: <https://www.facebook.com/pages/Restoran-Garden-33-Keningau/282673685612090/>

## Double Luck Restaurant Keningau

Address: 11, Lorong Semarak, 89000 Keningau, Sabah  
Contact: +6087-332 886  
Website: <https://www.facebook.com/people/Double-Luck-Restaurant-Keningau/100054417132719/>  
Operating Hours: 10.00 am - 11.30 pm (Monday-Friday) / 10.00 am - 8.00 pm (Saturday-Sunday)



## Ho Peng Cafe

Address: Lot 38 Adika Commercial Complex, Block F, 89000 Keningau, Sabah  
Contact: +6013-966 5896  
Website: <https://www.facebook.com/people/Ho-Peng-Cafe/100057050696328/>  
Operating Hours: 7.00 am - 1.00 am (Monday-Sunday)



## Chee Pin Restaurant

Address: Akong Light Industry Lorong Akong 5 Lot S 15, 89000 Keningau, Sabah  
Contact: +6014-564 2822  
Operating Hours: 8.00 am - 2.00 pm (Tuesday-Sunday) / Closed on Monday

## New Star Cafe

Address: 89000 Keningau, Sabah  
Contact: +6087-342 577  
Website: <https://www.facebook.com/newstarcafekeningau/>  
Operating Hours: 10.00 am - 12.00 am (Monday-Sunday)

## Kedai Kopi & Restoran Loong Fung

Address: Unnamed Road, 89000 89000, 89000 Keningau, Sabah  
Contact: +6017-931 6995  
Website: <https://www.facebook.com/people/Loong-fung/100067022984271/>  
Operating Hours: 12.00 pm - 10.00 pm (Monday-Sunday)



## Places to Eat - Malay

### Restoran Rahmat II Jalan Masak Keningau

Address: Jalan Masak, 89000 Keningau, Sabah  
 Contact: +6017-838 3176  
 Website: <https://www.facebook.com/RahmatCafeCatering/>  
 Operating Hours: 7.00 am - 9.00 pm  
 (Monday-Sunday)

### Warung Padang Jawa

Address: Datun Commercial Complex, Jalan Masak, 89000 Keningau, Sabah  
 Contact: +6017-8280981  
 Website: <https://www.facebook.com/100082574166931/>  
 Operating Hours: 9.30 am - 9.30 pm  
 (Monday-Saturday) / Closed on Sunday

### YNS Kitchen

Address: Jalan Bakiau Bypass, 89000 Keningau, Sabah  
 Contact: +6012-834 8388  
 Website: <https://www.facebook.com/people/YS-Kitchen-Catering/100063615876629/>  
 Operating Hours: 7.30 am - 5.00 pm  
 (Monday-Sunday)

### Warung Wak Joko

Address: Blok D8, Ground Floor, One Plaza, 89008, 89000 Keningau, Sabah  
 Contact: +6013-856 4556  
 Website: <https://www.facebook.com/people/Warung-Wak-Joko/100063572167099/>  
 Operating Hours: 7.00 am - 5.30 pm  
 (Monday-Sunday)

### Green Restaurant

Address: 89000 Keningau, Sabah  
 Operating Hours: 8.30 am - 5.00 pm  
 (Monday-Friday) / 8.30 am - 12.30 pm  
 (Saturday) / Closed on Sunday

### Nooryanie Restaurant

Address: Balai Polis Keningau, Wisma Dato Arif Depan, Jalan Lingkungdau, 89000 Keningau, Sabah  
 Contact: +6019-882 3165  
 Website: <https://www.facebook.com/people/Noryanie-Cafe-keningau-Ngau-Chap/100067881240113/>  
 Operating Hours: 7.30 am - 5.00 pm  
 (Monday-Saturday) / 7.30 am - 3.00 pm  
 (Sunday)



### Bakti Restaurant

Address: Lot 14 Suria Shopping Centre, 89000 Keningau, Sabah  
 Contact: +6087-330 375  
 Website: <https://www.facebook.com/BAKTIRestaurantKgu/>  
 Operating Hours: 7.00 am - 11.00 pm  
 (Monday-Sunday)

### Restoran Selera Kampung RSK

Address: 89000 Keningau, Sabah  
 Contact: +6016-446 2429  
 Website: <https://www.facebook.com/Restoranselerakampungoneplaza/>  
 Operating Hours: 7.00 am - 11.00 pm  
 (Monday-Sunday)



## Places to Eat - Others



### Lai Pao Chicken Wing

Address: Jalan Lingkidau Ring, 89008 Keningau, Sabah  
 Contact: +6011-2984 1996  
 Website: <https://laipaofriedchickenwing.business.site/>  
 Operating Hours: 2.30 pm - 11.00 pm (Monday-Saturday) / Closed on Sunday

### Daily Restaurant

Address: 24, Lorong Taman Khong Lok, 89000 Keningau, Sabah  
 Contact: +6013-887 8886  
 Operating Hours: 7.00 am - 12.00 am (Monday-Sunday)

### Uncle Pepper

Address: Fortune Shoplot, Lot 9, 89007 Keningau, Sabah  
 Contact: +6087-337 005  
 Website: <https://www.facebook.com/unclepepperkeningau/>  
 Operating Hours: 12.00 pm - 10.15 pm (Monday-Sunday)

### Food Junction Bandar Baru Keningau

Address: 955G+75, Kampung Tuarid Taud, 89000 Keningau, Sabah  
 Website: <https://www.facebook.com/groups/1740802909477329/>  
 Operating hour: 8.00 am - 10.00 pm (Monday-Sunday)

### Restoran Kulimbong Mayo

Address: 89000 Keningau, Sabah  
 Contact: +6012-522 1020  
 Website: <https://www.facebook.com/people/Kulimbong-Mayo/100082134022148/>  
 Operating Hours: 6.30 am - 10.30 pm (Saturday-Thursday) / Closed on Friday

### XXL Restaurant

Address: 89000 Keningau, Sabah  
 Contact: +6019-851 7499  
 Website: <https://www.facebook.com/RestaurantXXL/>  
 Operating Hours: 7.00 am - 5.00 pm (Monday-Sunday)

### Keningau View Restaurant

Address: Mile 6, Jalan Kimanis Keningau, Taman Bukit Indah, 89008 Keningau, Sabah  
 Contact: +6012-826 1125  
 Website: <https://keningau-view-restaurant.business.site/>  
 Operating Hours: 8.00 am - 10.00 pm (Monday-Sunday)

### Restoran Bebas

Address: 89000, Jalan Masjid, 89000 Keningau, Sabah  
 Contact: +6087-338 489  
 Website: <https://www.facebook.com/people/Restoran-BEBAS/100077218703081/>  
 Operating Hours: 8.00 am - 9.00 pm (Monday-Sunday)

### Keningau Burger Bakar

Address: Lot 5, Jalan Masak, 89000 Keningau, Sabah  
 Contact: +6019-560 0909  
 Website: <https://www.facebook.com/Keningauburgerbakar/>  
 Operating Hours: 12.30 pm - 10.30 pm (Monday-Sunday)



## Food Junction Bandar Baru Keningau



### Pexoholic Cafe

Pexoholic Cafe serves delicious local and Western dishes. There is a variety of dishes to choose from and most of them are tasty! The ambiance of the cafe is cosy and it is perfect for a gathering with your friends and family.

Address: Lot 17, Ground Floor, Block A3, Bandar Baru, 89000 Keningau, Sabah  
 Contact: +6087-312 861  
 Website: <https://www.facebook.com/pexoholic.cafe/>  
 Operating Hours: 8.30 am - 10.00 pm (Monday-Sunday)



### Mom's Noodle Recipe

This restaurant serves various local comfort and delicious noodle dishes, hence the name. There are various choices of noodles for you to choose from and most of them are tasty; you will be left wanting more! Therefore, we highly recommend you to visit this restaurant and try out their noodles!

Address: Lot 16-B, Ground Floor, Block, A3, Bandar Baru, 89000 Keningau, Sabah  
 Contact: +6011-2528 0847  
 Website: <https://www.facebook.com/people/Moms-Noodle-Recipe/100070800731120/>  
 Operating Hours: 8.00 am - 5.00 pm (Monday-Sunday)



### District 88 Coffee & Co.

District 88 Coffee & Co. has a vintage interior design with a great ambiance. They offer various delicious foods such as pancakes, waffles, cakes, sandwiches and so on. The foods are reasonably priced as well. Don't forget to stop by this cafe to get your freshly brewed coffee on the go!

Address: Lot 16, Ground Floor, Block A-3, Bandar Baru, 89000 Keningau, Sabah  
 Contact: +6087-336 530  
 Website: <https://www.facebook.com/district88coffee>  
 Operating Hours: 8.00 am - 10.00 pm (Monday-Sunday)



### Chop & Grill

Chop & Grill restaurant serves a wide variety of Western dishes and most of the dishes on their menu have big servings. Other than that, their western food has nice food plating and are quite reasonably priced as well. If you are craving for some Western dishes in Keningau, this is the best place to visit!

Address: Ground Floor, Block A3, Bandar Baru, 89000 Keningau, Sabah  
 Contact: +6011-2282 8880 Website: <https://www.instagram.com/chopngrillbypxc/>  
 Operating Hours: 12.00 pm - 10.00 pm (Monday-Sunday)



# Day/Night Markets

SHOP TILL YOU DROP

The markets are a must-visit place when you are in Keningau. There are day markets called Tamu by the locals and night markets as well. Tamu is a part of the heritage of Sabah where local people gather around at an open-air market to sell or buy various goods and products. There is also a wide variety of foods to choose from, ranging from fresh vegetables to dried seafood; you will be spoilt for choice! It is also a great place to buy authentic products and exotic food ingredients as you will find various traditional snacks and dishes at these markets as well. Apart from that, you are also able to mingle around with the locals and explore their culture as you walk among the people of different tribes, farmers, fishers and hunters, craftsmen and artisans, and meet the authentic people and their traditions in these markets. Besides that, you will get to look at their traditional and authentic arts and crafts at the market as well; don't forget to buy some souvenirs!

## Tamu Apin-Apin

Address: Jalan Apin-Apin, 89000 Keningau  
Contact: +6012-827 0213  
Website: <https://www.facebook.com/people/Tamu-Apin-Apin/100063547419747/>  
Operating Hours: 5.30 am - 12.00 pm (Saturday)

## Pasar Tamu Keningau

Address: 85Q5+GG, Kampung Tuarid Taud, 89000 Keningau, Sabah  
Operating Hours: 6.00 am - 1.00 pm (Thursday & Sunday)



## Pasar Keningau

Address: 28, Lorong Chu Shin Kee, 89000 Keningau, Sabah  
Operating Hours: 6.00 am - 6.00 pm (Monday-Sunday)



## Tamu Ground Keningau

Address: 89000 Keningau, Sabah  
Website: <https://www.facebook.com/pages/Tamu-Ground-Keningau/381237125220034>  
Operating Hours: 7.00 am - 12.00 pm (Thursday & Sunday)

## Keningau Night Market

Address: Night Market, 89000 Keningau, Sabah  
Contact: +6014-281 0518  
Website: <https://www.facebook.com/groups/1726533614238019/>  
Operating Hours: 4.00 pm - 9.00 pm (Monday-Sunday)

## KRK Bistro Entertainment



Address: Kg Mottou mile 1 jalan masak locked bag 13 sm 201, 89000 Keningau, Sabah

Contact: +6087-331 888

Website: <https://www.facebook.com/pages/KRK-Bistro-&Fun-Pub/119383778161033/>

Operating Hours: 4.00 pm - 12.00 am (Monday-Sunday)

## SC Bar Lounge

Address: 89000 Keningau, Sabah

Contact: +6016-880 0971

Website: <https://sc-bar-lounge.business.site/> Operating Hours: 7.30 am - 2.00 am (Monday-Sunday)



## Aliba-Bar Village

Address: Lot 8 , Ground Floor Jutaya Commercial, Jalan Lingkidau, 89000 Keningau, Sabah

Contact: +6012-835 5456

Website: <https://aliba-bar-village.business.site/>

Operating Hours: 3.00 pm - 12.00 am (Monday-Sunday)

## Top Hits Karaoke & Lounge

Address: 89000 Keningau, Sabah

Contact:

Website: <https://www.facebook.com/100068289135902>

Operating Hours: 9.00 pm - 2.30 am (Monday-Saturday) / 9.00 pm - 12.00 am (Sunday)



## Bars & Pubs

### Permata Cafe

Address: Jalan OKK Sodomon, 89000 Keningau, Sabah

Contact: +6019-880 7917

Website: <https://permata-cafe.business.site/>

Operating Hours: 9.00 am - 6.00 pm (Monday-Sunday)



### The Lad & Gent's

Address: Ground Floor, Lot 27, Block C, The Apollo Atrium 89009 Keningau, Sabah, Malaysia

Contact: +6014-355 4507

Website: <https://www.facebook.com/theladgents/> Operating Hours: 6.00 pm - 12.00 am (Monday-Sunday)

### D'Hauzz Cafe

Address: Jalan Bingkor Bypass, 89000 Keningau, Sabah

Contact: +6014-378 2712

Website: <https://www.facebook.com/dhauzzcafe/> Operating Hours: 7.30 pm - 2.00 am (Monday-Sunday)

### House Bar Cafe & Dart

Address: Tingkat 1, Lot 41, Block G Datun Commercial Complex, 89008 Keningau, Sabah. Contact: +6011-5404 0104

Website: <https://www.facebook.com/100076404217344>

Operating Hours: 3.00 pm - 11.30 pm (Monday-Sunday)



# Hotels & Resorts

ACCOMMODATION

## Hotel Juta

Address: 89000 Keningau, Sabah  
Contact: +6087-337 888  
Website: <http://www.hoteljuta.com/>



## Perkasa Hotel Keningau

Address: 129, KM 0.2, Jalan Kampung, 89007 Keningau, Sabah  
Contact: +6087-331 045  
Website: <https://perkasahotel.com.my/>



## Sento Hotel

Address: Lot 15, 16, 17 & 18, Adnan Shopping Complex, 89000 Keningau, Sabah  
Contact: +6087-344 333  
Website: <https://www.sentohotel.com/>

## Barefoot Cabin Keningau

Address: 89000 Keningau, Sabah  
Contact: +6011-1606 2727  
Website: <https://www.facebook.com/osbornshaymansagamandfamily/>



## Taman Bandukan Riverside Resort

Address: KM15, Off Jalan Bunsit, Bingkor, 89000 Keningau, Sabah  
Contact: +6011-2233 8800  
Website: <https://www.facebook.com/TamanBandukan/>  
Operating Hours: 8.00 am - 11.00 pm  
(Monday-Sunday)



## Mee Woo Resort & Spa

Address: 89000 Keningau, Sabah  
Contact: +6087-337 108  
Website: <https://www.facebook.com/MeeWooResortandSpa/>

## The Duo

Address: Jalan Keningau - Tambunan, Apin Apin, 89650 Keningau, Sabah  
Contact: +6012-828 2957  
Website: <https://www.facebook.com/people/The-Duo/100064184495139/>



## Budget Lodging

### New Grand Hotel

Address: Lot 62-66, Block D, Adika Commercial Complex, Jalan Semarak, 89000 Keningau, Sabah  
 Contact: +6087-339 009  
 Website: <https://www.booking.com/hotel/my/new-grand.html>

### Spot On 90042 One Plaza Eco Hotel

Address: C-1-2, Blok C, Tingkat 2, One Plaza Jalan Apin-Apin, 89000 Keningau, Sabah  
 Contact: +6087-336 566  
 Website: <https://www.oyorooms.com/my/100684/>

### Grand Hotel 2

Address: Lot 11, 12, 13 & 14 Adika Commercial Complex, 89000 Keningau, Sabah  
 Contact: +6087-331 199  
 Website: <https://www.booking.com/hotel/my/grand-2.html>



### Backpackers YEE

Address: Lot 39, Block F, First floor, Datun Commercial Complex, Jalan Masak, 89007 Keningau, Sabah  
 Contact: +6013-508 1138  
 Website: <https://www.facebook.com/backpackersyeekeningau/>



### Royal Hotel (OYO 89408)

Address: Royal Hotel, Keningau  
 Contact: +6087-332 000  
 Website: <https://www.facebook.com/people/Royal-Hotel-Keningau/100063472930810/>



### U Stay Hotel (OYO 90153)

Address: 3, Jalan Masak, 89000 Keningau, Sabah  
 Contact: +6087-331 335  
 Website: <https://www.facebook.com/100054579304498>

### Kristal Hotel (OYO 89577)

Address: Jalan Pegalan Shopping Complex, 89000 Keningau, Sabah  
 Contact: +6087-338 888  
 Website: <https://www.oyorooms.com/my/86918/>



# Homestay



## Kevno Homestay

Address: Jalan Kg. Keningau Pamalan,  
89000 Keningau, Sabah  
Contact: +6010-337 3730  
Website: <https://dhomestay.com/kevno-homestay/>



## Onsoi Homestay

Address: Jln Tmn Muhibbah, 89000  
Keningau, Sabah  
Contact: +6013-872 8253  
Website: <https://onsoihomestaykeningau.blogspot.com/>

## Homestay Garden Keningau

Address: 3KM, JLN KENINGAU-TENOM,  
89007 Keningau, Sabah  
Contact: +6019-578 4289  
Website: <https://homestay-garden-keningau.business.site/>

## Bayangan Cafe & Homestay

Address: Jalan Keningau - Tambunan,  
89000 Keningau, Sabah  
Contact: +6087-391 664  
Website: <https://bayangan-cafe-and-homestay-10331.baydimalaysia.com/>  
Operating Hours: 7.30 am - 10.00 pm  
(Monday-Sunday)

## Homestay and Challet Bayangan

Address: 89000 Keningau, Sabah  
Contact: +60 87-391 664



## Sinaran Homestay by The Garden

Address: Jalan Juta, 89000 Keningau,  
Sabah  
Contact: +6016-218 9287  
Website: <https://www.facebook.com/sinaransiganduan/>



## Healthcare Facilities



### Keningau Hospital

Address: Peti Surat 11 Jalan Apin-Apin,  
89007 Keningau, Sabah  
Contact: +6087-313 000  
Website: <https://hkgu.moh.gov.my/>  
Operating Hours: Open 24 hours

### Polyclinic & Surgery Premier

Address: Phase 1, Lot No 6, Ground Floor  
Block B Kota Plaza2, Jalan Masjid, 89000  
Keningau, Sabah  
Contact: +6010-908 0690  
Website: <https://polyclinicsurgerypremier.com.my/>  
Operating Hours: 8.00 am - 10.00 pm  
(Monday-Sunday)

### Poliklinik Keningau

Address: Lot 1, Lorong Arusap, Keningau  
Commercial Centre, P.O.Box 394,  
Keningau, Keningau  
Contact: +6087-341 007  
Website: <https://m.facebook.com/1769486456425235>  
Operating Hours: 8.00 am - 12.00 am  
(Monday-Sunday)

### Dr Gan Clinic & Surgeri

Address: Lot 43, Blok G, Pegalan Shopping  
Complex, P.O.Box 259, Lorong Datuk  
Tambakau, 89000 Keningau, Sabah  
Contact: +6087-332 488

### Family Care Clinic Keningau

Address: Lot No 10 Padasa Commercial  
Complex, 89000 Keningau, Sabah  
Contact: +6087-337 377  
Website: <https://family-care-clinic-keningau.business.site/>  
Operating Hours: 8.00 am - 4.30 pm  
(Monday-Sunday)

### Klinik Dr Chia

Address: 5, Lor Andika Phase 5, 89000  
Keningau, Sabah  
Contact: +6010-944 4231  
Website: <https://www.facebook.com/pages/Klinik-Dr.chia/123517758306380/>  
Operating Hours: 8.00 am - 6.00 pm  
(Monday-Saturday) / Closed on Sunday

### Klinik CDC

Address: 89000 Keningau, Sabah  
Contact: +6087-331 270  
Website: <https://www.facebook.com/klinikcdc/>  
Operating Hours: 9.00 am - 5.00 pm  
(Monday-Friday) / 9.00 am - 2.00 pm  
(Saturday) / Closed on Sunday

### Klinik Dan Surgery Dr Aripuddin

Address: Tingkat 1, Lot 3, Arsad Shopping  
Complex, 89000 Keningau, Sabah  
Contact: +6087-338 641  
Operating Hours: Open 24 hours

### Tulid Health Clinic

Address: D/A Pejabat Kesihatan Kawasan  
Keningau, P/S No. 94 Keningau, Keningau,  
Sabah  
Contact: +6087-333 726

### Klinik Dr Agnes

Address: 3, Jalan Masak, 89000 Keningau,  
Sabah  
Contact: +6012-580 6676

# EMERGENCY NUMBERS & USEFUL CONTACTS

## Emergency Numbers

---



**Keningau District Police  
Headquarters**  
Tel no: +6087-332 222



**Keningau Fire & Rescue Station**  
Tel no: +6087-331 396



**Keningau Hospital**  
Tel no: +6087-313 000



**Malaysia Civil Defense**  
Tel no: 999

## ATMS

---



**Maybank**  
Tel no: +6087-338 199



**CIMB Bank**  
Tel no: +6087-331 515



**Bank Islam**  
Tel no: +6087-342 201



**Public Bank**  
Tel no: +6087-335 841



**BSN Keningau**  
Tel no: +6087-331 987



**RHB Bank**  
Tel no: +61 300 88 8742

## Tourism Agency

---



**Sabah Tourism Board**  
Tel no: +6088-212 121



**Keningau District Office**  
Tel no: +6087-301 507

## Road

---



**JPJ Keningau**  
Tel no: +6087-332 382





# Sabahan Slang

## Pronouns

You  
Me  
He/She  
Them  
Us

Kau  
Saya / Aku  
Dia  
Dorang  
Kita/Kami/Siurang

## Places

Toilet  
Bathroom  
Shop  
Market  
Road  
Mountain  
Hill

Jamban  
Kamar mandi  
Kedai  
Pasar / Tamu  
Jalan Raya  
Gunung  
Bukit

## Greetings

Good Morning  
Good Afternoon  
Good Evening  
Good Night  
Thank You  
You're Welcome  
It's okay/No worries

Selamat Pagi  
Selamat Tengah Hari  
Selamat Petang  
Selamat Malam  
Terima Kasih  
Sama-sama  
Tiapa

## Questions

Who  
What  
Where  
Why  
How  
What's your name?  
How are you?  
How do I get to...?

Siapa  
Apa  
Di mana  
Kenapa  
Macam mana  
Siapa nama mu?  
Apa khabar?  
Macam mana  
saya mau pigi...?



## MURUT LANGUAGE

Good morning  
Good afternoon  
Good evening  
Good night  
How are you?  
What is your name?  
I'm fine  
My name is...  
How much is this?  
Where are you from?  
I'm from...  
Where are you going?  
Goodbye

Ka'ansayan ra susuab  
Ka'ansayan ra tanga nu orou  
Ka'ansayan ra kamaion  
Ka'ansayan ra london  
Aun kabar mu  
Aun inggalan mu  
Kabar onsoi  
Inggalan ku  
Kula loho nu hitu?  
Aun intor mu?  
Intor au ra...  
Aun oyon mu?  
Ka'ansayan makou

## DUSUN LANGUAGE

Good morning  
Good afternoon/evening  
Good night  
What is your name?  
My name is...  
How are you?  
How old are you?  
Where are you from?  
Where are you going?  
See you soon!  
Thank you  
You're welcome  
I'm sorry

Osonong do dongkosuabon  
Osonong do sosodopon  
Osonong do donggotuon  
Isai ngaran nu?  
Ngaran ku...  
Okuro-kuro koh noh?  
Piro tumur nu?  
Hinonggo tadon nu?  
Hinnongo tongoyon nu dikoyu?  
Kopiruba kawagu!  
Pounsikou  
Miagal  
Siou