

e-Newsletter

SENSES

of MALAYSIA**INSIDE SENSES e-News****FOCUS****– Captivating Capitals****HIGHLIGHTS****– Hail the King & more****CALENDAR OF EVENTS****FABULOUS 4****– Rivers***Photo by Nora Carol Sahinun***ABOUT THIS MAGAZINE**

Senses of Malaysia is a new breed of tourism and travel magazine which highlights Malaysia's best beaches, finest foods and most luxurious hotels and the many unique holiday destinations and adventures which makes this country fascinating. The magazine covers a host of topics from relaxation and recreation to education, world music to flora and fauna, horse riding to golf. Adventures and stories covering the length and breadth of Malaysia.

Senses of Malaysia is published once every two months, and is available by subscription or in bookstores and magazine stands around Malaysia. You can subscribe [here](#).

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Winner of the Best Tourism Publication award at the Malaysia Tourism Awards 2010



Focus

In 2011's May - June issue of Senses of Malaysia, we take you on a tour of the nation's state capitals.

From the tiniest capital of Kangar in rural Perlis – which occupies only 0.25 percent of the country's total land mass – to the timeless majesty of UNESCO heritage cities of Melaka and Georgetown to the natural wonders of Kota Kinabalu in Sabah to the bustling modernity of Kuala Lumpur, we capture the essence of all of Malaysia's captivating capitals.



Highlights

Highlights in this Issue



Death of a Mermaid

Ashleigh Seow tells the sad but true story of the Dugong – A magnificent sea creature which faces extinction due to human action and inaction.



Hail the King

What does it take to be the King of Malaysia? Joleen Lunjew takes a look at one of the most unique ruling systems in the world.



On the Trail of the Iban

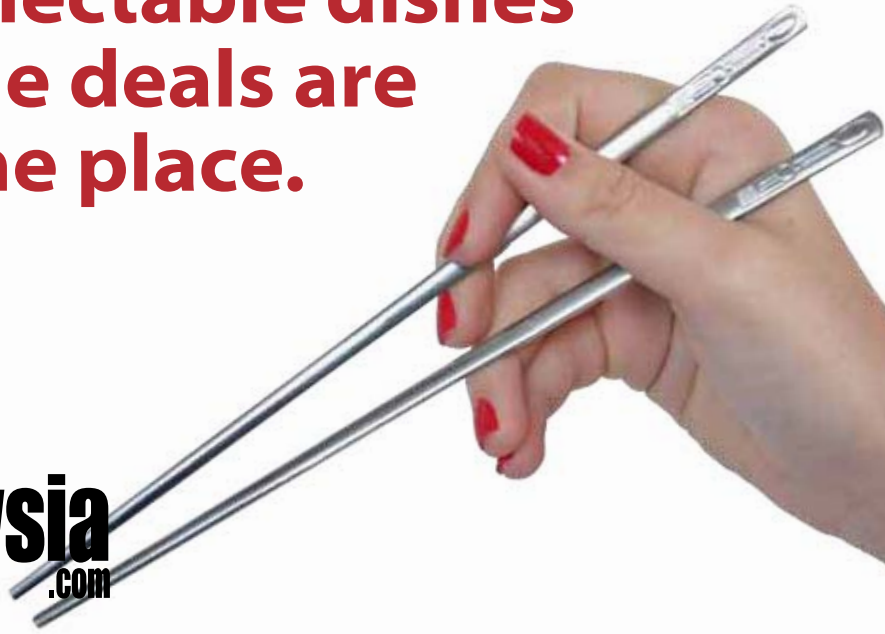
Development has either coaxed or forcibly expelled most of Malaysia's native people from the home they have always known. Halim Bebar writes about the Iban, a tribe of the devastated Borneo rainforest.



Spa's Soothing Mind, Body and Soul

David Bowden says relax ... His guide to the best of Malaysia's spas will help you to do just that, whether you'd prefer to be massaged with hot stones, wrapped in steaming seaweed, or even covered in strawberries and cream.

The most delectable dishes and desirable deals are now all in one place.



Find us at: [facebook.com/dinemalaysia](https://www.facebook.com/dinemalaysia) twitter.com/dinemalaysia

Featured Restaurants:



Spasso Milano

Spasso Milano offers cuisine which represents the gambit of all things Italian. Enjoy fare from the country kitchens of Italy that range from the staple pizzas and pastas of northern Italy, to modern classics such as dumplings and wagyu beef.

Address: 347 Jalan Ampang, 50450, Kuala Lumpur.
Tel: 03.4252 7088



Weissbrau

Weissbrau features a wide selection of German cuisine including pork specialties, imported draught and bottled beer. The restaurant, with open kitchen and bar concept, simple modern design, and wooden booths, has an ambiance that is very cozy and friendly.

Address: 3rd Floor Pavillion Kuala Lumpur, 168 Jalan Bukit Bintang, 55100 Kuala Lumpur.
Tel: 03.2142 0288



Le Midi

Located among the swanky 3/f eateries in BSC, Le Midi offers diners a magnificent view of the KL sky line. Serves authentic Mediterranean cuisine from Italy, Spain and France.

Address: Bangsar Shopping Centre, Lot T3, 3rd Floor, East Wing, 285 Jalan Maarof, 59900 Bangsar, Kuala Lumpur.
Tel: 03.2094 1318

Go to DineMalaysia.com today for offers, news and events from these and more bars & restaurants.

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BACK THROUGH THE YEARS, THE ONLY WAY TO TRAVEL TO MANY PARTS OF MALAYSIA WAS ALONG WILD RIVERS. IN PARTS OF BORNEO, RIVERS ARE STILL THE MOST DIRECT AND ECONOMICALLY WAY OF TRAVELLING FOR MANY VILLAGERS LIVING IN THE INTERIOR AND IN PARTS BETTER KNOWN AS 'UPRIVER'. RIVER TRAVEL STILL PRESENTS AN ELEMENT OF ROMANCE IN A SIMILAR FASHION TO RAIL TRAVEL. BOTH ARE SLOWER THAN AIR AND CAR TRAVEL AND THERE IS A SUGGESTION WITH BOTH THAT IT IS THE JOURNEY RATHER THAN THE DESTINATION THAT MAKES IT ALL WORTHWHILE. HERE ARE FOUR AMONG MANY MEMORABLE MALAYSIAN RIVERS.



Menunggul, Sabah



At 560km the Kinabatangan is the longest river in Sabah and the lower reaches have been mostly converted to oil palm estates. The small village of Sukau is located near the Kinabatangan Wildlife Reserve and the small tributary called the Menunggul River is one of the best locations in Malaysia to get close to wildlife. Each morning and afternoon small boats of eco adventurers head up the river to look for Proboscis Monkeys, Orang-utans and with some luck the Borneo Pygmy Elephant. In addition there are lots of monkeys, birds and reptiles in this heavy concentration of wildlife. The nice thing is that the river is not overrun with tourists and quite comfortable lodges along the banks of the Kinabatangan make this the perfect place for nature lovers to visit and to relax for a few days. Professional operators like Asian Overland Services make this one of Borneo's great journeys. Visit www.asianoverland.com.my for more information.

Kuching River, Sarawak

The Sarawak River flows through the state capital of Kuching on its way to Santubong and the South China Sea. Strolling along the Waterfront here is refreshing, educational and relaxing while a cruise along the river is also recommended. The M.V. Equatorial does a few daily cruises along the river but the evening sunset cruise is the one that will appeal to most first time visitors. In addition to seeing all the main sights such as the new legislative building, Fort Margherita and the Istana, the sunset is normally quite impressive. Kuching also pulsates to a slower beat so it's only fitting to sit back on the open deck of the vessel and take it all in. Visit www.sarawaktourism.com.



Melaka River



Not so long ago the Melaka River was less than a memorable river but tourism has led to a vast clean up and the introduction of cruise boats. A journey along the river is now one of the essential tourism activities for the millions of tourists who descend upon the UNESCO World Heritage city annually. Small fibreglass boats that hold about twenty passengers now travel the river from about 9.30am until around midnight. There are advantages at different times of day with sunset being a good time as the sky turns that magical purple colour and the lights are turned on along the riverbanks. Boats leave from the historic centre of the city and travel about 10km upstream to Taman Rempah and then turn around for the return journey. The trip lasts about 45 minutes and costs about RM10 for adults, RM5 for kids. Contact www.tourism-melaka.com.

Tahan River, Pahang

Taman Negara is the largest national park in Malaysia - for most tourists the Tahan River is the main means of access to Kuala Tahan and park headquarters. While the river starts outside the park, it delineates the southernmost border for much of this 4,343km² park. Adventurous tourists drive from Kuala Lumpur and then get on a small sampan at Kuala Tembeling near Jerantut in Pahang for the 69km journey to Kuala Tahan. Travelling times depends upon the river level and could take from 2-3 hours. The relative discomfort of the boat is offset by the attractions along the way - the national park is on the left-hand side of the boat while the land on the right has been converted for agriculture. If it's not the wildlife, the village activities will entertain most visitors on the way.



june events



Gawai Dayak is a harvest festival celebrated all over Sarawak on 1 & 2 June by the state's indigenous people, particularly the Ibans and Bidayus. Ceremonial offerings of various local traditional delicacies and 'tuak' (home-made rice wine) are made to the gods of rice and prosperity. This unique festivity is a 'must-see' occasion for local and foreign tourists alike.



The Melaka River Fiesta is a month long celebration around the Melaka River. Join in the fun activities such as kayak and remote-control boat races, boat floats, cultural performances and many more. Call +606 281 4322 for more details.



Witness the excitement of the 32nd Penang International Dragon Boat Festival 2011 as teams from all over the world battle it out on 11 & 12 June at the Teluk Bahang Dam, Penang. Visit www.penangdragonboat.gov.my for details.

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The most-awaited sale is back! Get everything from designer labels, home decor items, computer peripherals to electrical appliances at the Malaysia Mega Sales Carnival, happening throughout Malaysia from 15 June to 31 August.



Japan's biggest racing series, the Super GT International Series, is back at the Sepang F1 Circuit from 17 - 19 June. A great opportunity to drool at the magnificent GT machines and lovely GT Queens. Visit www.malaysiangp.com for more details.



A musical extravaganza not to be missed, the 5th installation of the KK Jazz Festival promises to be yet another ground breaking experience with a great line up of local and international artistes. Call +6019 853 9922 / +6016 810 6438 for details.

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Fraser's Hill International Bird Race, held on 25 & 26 June, is an excellent opportunity to view a variety of migratory and montane birds, as Fraser's Hill is home to about 247 species of birds. Birders can view species from as far as Northern Siberia and the islands north of Japan. Call +609 517 1623 for details.

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