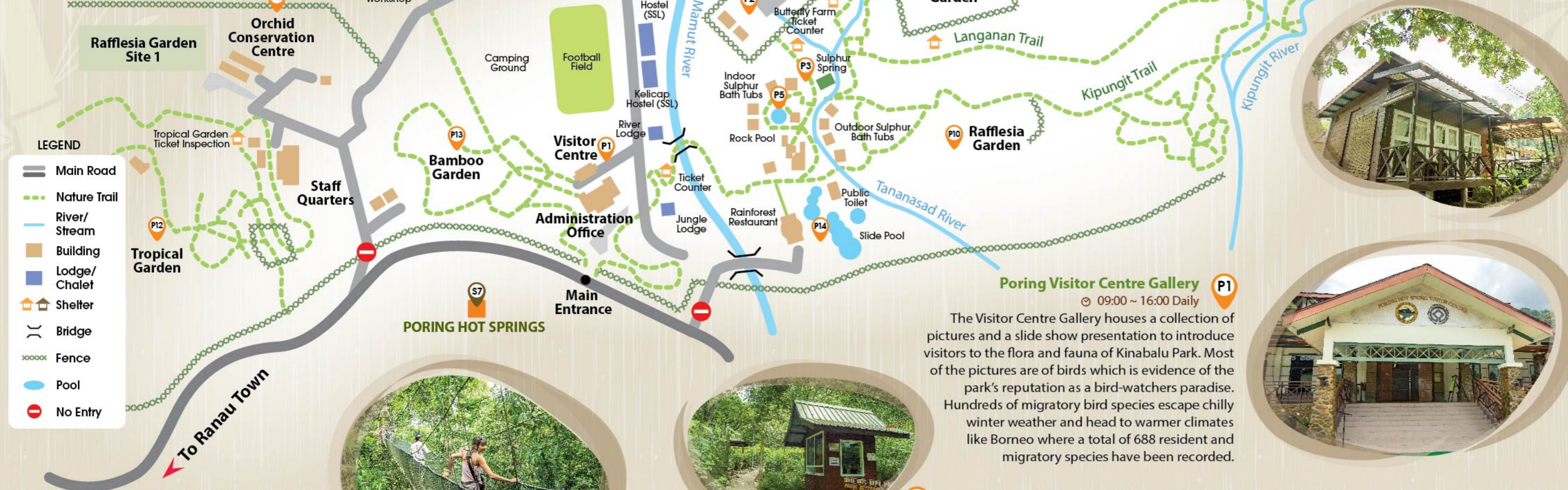


Poring Hot Springs

Poring Hot Springs is located 40km from Kinabalu Park Headquarters but at an elevation of 500m above sea level, its hot and humid weather is a stark contrast to the cool highlands of Kinabalu Park.

Named after a species of giant bamboo that grows abundantly in the dense lowland rainforest of the area, Poring is well-known for its open-air and private indoor baths filled with hot sulphurous water bubbling up from the springs. A favourite weekend retreat for locals and particularly those returning from climbing Mount Kinabalu, the sulphuric minerals in the spring water is believed to have many healing properties to ease aches and pains. A cold-water rock pool and free-form swimming pool with water slides nearby offer an alternatively invigorating dip and a splashing good time for the kids.

The rainforest of Poring is excellent for walks and exploration with trails leading up to an impressive 43m tall canopy walkway, waterfall, and Rafflesia sites where you might be lucky enough to see the world's largest flower in bloom. Several nature gardens are also open to the public for visits to learn more about the fascinating plants and wildlife of the lowland rainforest.



Poring Hot Springs Trail Map

Control of Parks or Nature Reserves

Location	Service	Charges (RM)
Kinabalu Park	Head Quarters, Staff Quarters, (per person)	3.00
	Hot Springs	1.00
Resort & Poring	Above 55 yrs	1.00
	Below 16 yrs	1.00
Kipungit Park Registration Office (open daily from 7AM to 5PM)		10.00

About Kinabalu Park

Covering an area of 754 sq km, Kinabalu Park is an incredible treasure trove of diverse plant and animal life. This was discovered by the Royal Society Kinabalu Scientific Expedition (1962-1964) which led to the designation of Kinabalu Park in 1964, making it also the first national park in the Malaysian Borneo state of Sabah.

The main feature of the park is Mount Kinabalu (4,095.2m), the highest mountain range on the island of Borneo. Its slopes are home to a particularly rich biodiversity of plants with similarities to those in the Himalayas, China, Australia, Philippines, Malaysia as well as other tropical regions throughout the world.

The main entry point for visitors is at Park Headquarters located about 22km from Kota Kinabalu along the east coast highway. At an elevation of 1,520m above sea level, its cool climate and excellent visitor facilities have attracted thousands of visitors a year to the park.

World Heritage Site

Kinabalu Park became Malaysia's first World Heritage Site in 2001. The selection was based on the UNESCO World Heritage Committee in Cairns, Australia on 30th November 2001. The selection was based on the high diversity and endemism of plant and animal species in the Kinabalu Park region which includes rare and threatened species of mammals, birds, amphibians and invertebrates in Borneo. The park's geology and historical, archaeological, historical, and scientific values are of international significance. The park is a natural heritage site which contributes to the park's immense importance as a natural heritage site.

P8 Kipungit Waterfall
A short walk from the hot springs brings you to this 10m tall waterfall where you can take a cooling dip in the natural pool beneath. Shady trees around the pool provide enough shade to roll out a mat and have a picnic while listening to the sounds of the forest.

P7 Langanan Waterfall
A further 3.4km from Kipungit Waterfall is the magnificent 120m Langanan Waterfall, the highest in Poring. It would require a bit of legwork to get here but the trail is well laid-out and should take an average of 2 hours to reach. The thundering sounds and impressive views of the falls would make the effort worthwhile.

P10 Rafflesia Garden
These very choosy flowers only grow on one species of vine, take up to 15 months to bloom and then only last about 7 days before wilting away, making this garden a hot spot for the best chance to view them. Notices are posted whenever a Rafflesia bud or bloom is found to prepare visitors for the big, if slightly foul-smelling, reveal of this stunning flower.

P4 Canopy Walkway
At 41 meters high, the canopy walkway allows you to almost touch the top of towering Menggaris, one of the tallest tree species in the rainforest. The 157.8m long walkway may get wobbly at times, but that's also the thrill of it! So no rush, and remember to pause and take it all in after every few steps.

P6 Orchid Conservation Centre
Did you know that out of the roughly 3,000 species of orchids in Borneo, about 1,200 of them can be found in Kinabalu Park? From the very rare and endangered to delicate wild blooms, the centre has the largest collection of Sabah orchids that should not be missed.

P9 Bat Cave
Between the Kipungit and Langanan waterfalls is a short detour to Bat Cave, a small inconspicuous cave inhabited by Poring's small population of fruit bats. No worries about blood-suckers here so it's safe to pay them a visit!

P2 Butterfly Farm
As Borneo's first butterfly farm, it centres on research, education and the preservation of endangered species. There is a walk through an enclosed area where you are able to witness these fluttering wonders up close and personal, among them the brilliant Rajah Brooke's birdwing, which is Malaysia's endangered national butterfly recognised for its distinctive black and electric-green birdwing.

P11 Ethnobotanical Garden
This garden displays some useful and medicinal plants as well as jungle fruits.

P12 Tropical Garden
This small tropical garden houses a few species of exotic birds in an aviary, and deer such as the mouse deer – the world's smallest deer frolicking in the garden.

P1 Poring Visitor Centre Gallery
The Visitor Centre Gallery houses a collection of pictures and a slide show presentation to introduce visitors to the flora and fauna of Kinabalu Park. Most of the pictures are of birds which is evidence of the park's reputation as a bird-watcher's paradise. Hundreds of migratory bird species escape chilly winter weather and head to warmer climates like Borneo where a total of 688 resident and migratory species have been recorded.

P3 Hot Springs
Sulphuric hot springs water is channelled into open-air baths and private indoor bathtubs, and has a temperature that ranges from 49 to 60 degrees Celsius. There is also a cold water faucet in each bath allowing guests to control the temperature of their baths. The water's sulphuric elements are believed to have skin healing properties.

P5 Rock Pool
If it gets too hot in the bathtubs, jump in the freezing waters of the rock pool. It'll be sure to cool you off.

P13 Bamboo Garden
A garden displaying various species of bamboo, in particular the Gigantochloa levis or poring in the local Dusun dialect, which is commonly used to build houses.

P14 Slide Pool
This is a regular cold water pool with some slides which could be a fun activity for kids.

P15 Slide Pool
This is a regular cold water pool with some slides which could be a fun activity for kids.

P16 Slide Pool
This is a regular cold water pool with some slides which could be a fun activity for kids.

P17 Slide Pool
This is a regular cold water pool with some slides which could be a fun activity for kids.

SABAH PARKS

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KINABALU PARK

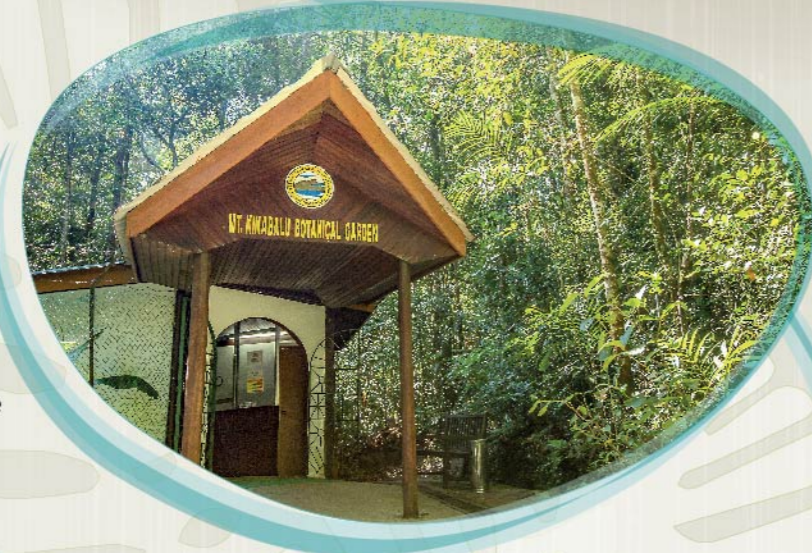
Malaysia's 1st World Heritage Site

Facilities

K2 Mount Kinabalu Botanical Garden

09:00 - 16:00 Daily

Guided walks at this delightful Botanical Garden highlight Kinabalu Park's impressive plant biodiversity. The experience is absolutely breathtaking when flowers are in full bloom, from the tiniest of orchids to the showiest of rhododendron and pitcher plants. Please check with the park for times.



K3 Kinabalu Natural History Gallery

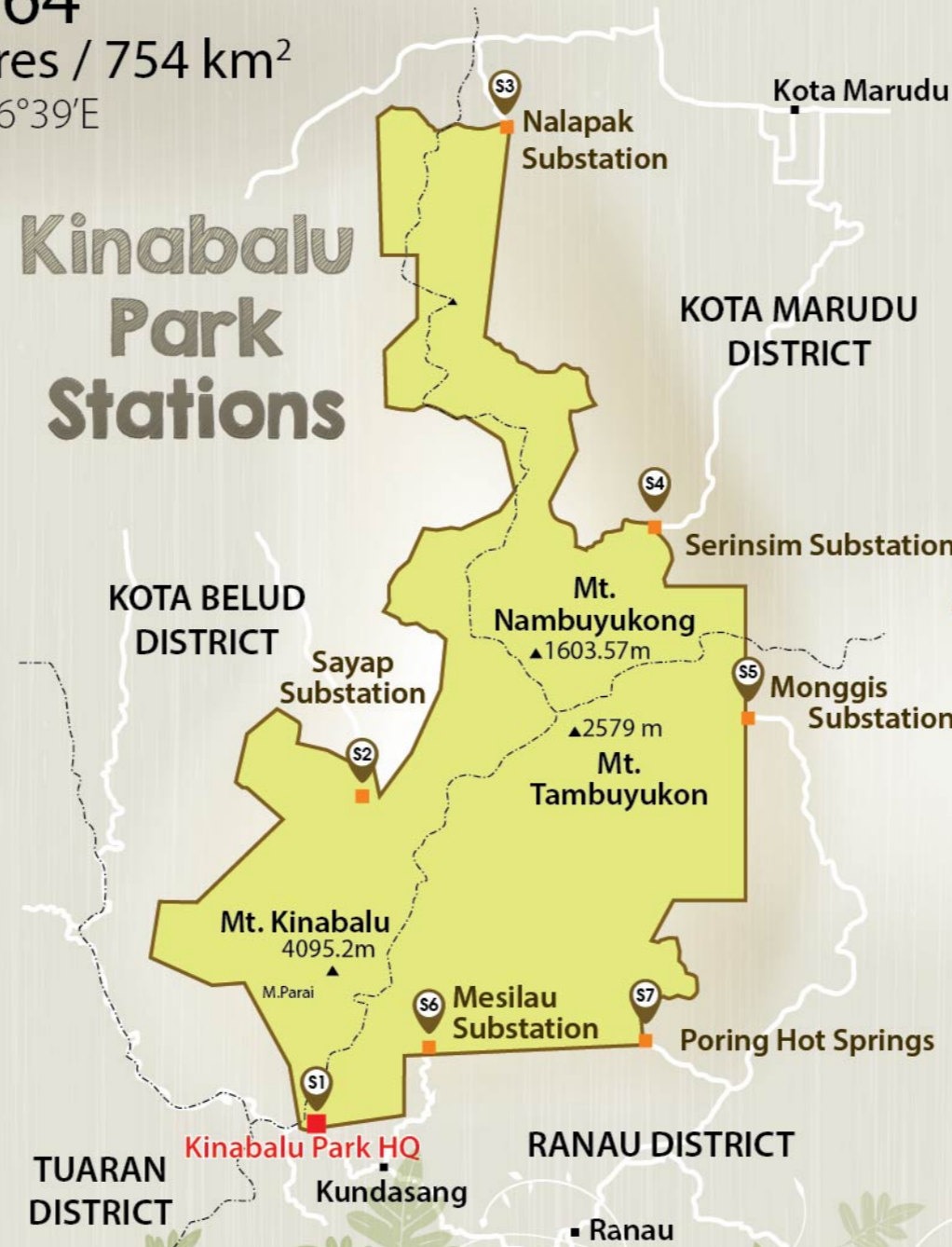
09:00 - 16:00 Daily

Located inside the Conservation Centre Building, the Kinabalu Natural History Gallery offers a very detailed and insightful display on the Flora, Fauna, Geology and Culture of Kinabalu Park.



Year Gazetted 1964
Total Area 75,370 hectares / 754 km²
Coordinate 6°09'N 116°39'E

Kinabalu Park Stations



Kinabalu Park

The Kinabalu Park boundary is over 100km long and crosses the boundaries of 3 districts – Kota Belud, Kota Marudu and Ranau. Substations have been set up at strategic locations around the park's boundaries to monitor this vast stretch of land and conduct floral and faunal research that continues to unearth new and exciting species. Due to its easy access and location, these substations have become equally attractive as visitor centres for those looking to explore the park's ruggedly beautiful landscape.

There are four (4) substation in Kinabalu Park: **Sayap Substation** in Kota Belud District; **Nalapak and Serinsim Substation** in Kota Marudu District; **Monggis Substation** in Ranau District. **The Serinsim and Monggis Substations** are being developed as eco-tourism destinations.



Kinabalu Park HQ S1
Kinabalu Park that offers a range of accommodation, visitor facilities and nature attractions for day-trippers, campers and mountain climbers. Located at 1,520m above sea level and 92km from Kota Kinabalu city, it is a wonderfully relaxing escape from the heat of the city to enjoy the cool temperate climate and stunning forest and mountain views.



Sayap Substation S2
Sayap Substation is located in the northern district of Kota Belud and offers hiking trails to Kemantis Waterfall. This is a popular weekend getaway with camping grounds, toilet and cooking facilities.



Serinsim Substation S4
Located 32km from Kota Marudu, Serinsim Substation which has visitor facilities and activities that include a visit to a 2-acre deer farm, and hiking trails to Mount Nambuyukong, Misumpak Waterfall, a bat cave and a local hero's graveyard.



Nalapak Substation S3
Nalapak Substation in the Kota Marudu district which has limited facilities as it acts mainly as a ranger outpost to monitor activities along the northern most boundary of Kinabalu Park.



Mesilau Substation S6
Located at the Mesilau Nature Resort. It was known to be the starting point of the Mesilau Summit trail.



Poring Hot Springs S7
Poring Hot Spring Substation which is a popular add-on to a day trip to Kinabalu Park for the chance to soak in its hot baths filled with natural sulphurous water from underground springs, walk on a Canopy Walkway and trek to a waterfall.



Monggis Substation S5
Monggis Substation which is the starting point for trekking up Mount Tambuyukon, the third highest mountain in Malaysia at 2,579.22m above sea level.

Mount Tambuyukon Trail Map

Mount Tambuyukon is the third highest mountain in Malaysia, after Mount Kinabalu and Mount Trusmadi. It stands at 2,579 m in the northern part of Sabah and at the centre of Kinabalu Park.

Climbing Mount Tambuyukon is said to be more challenging than Mount Kinabalu as the route is less travelled. This certainly makes for quite an adventurous hike, crossing a range of altitudes and landscapes starting at Monggis Substation at about 200m above sea level, and ending at an elevation of more than 2,500m above sea level. The route is roughly 14km long and takes 2-3 days to complete, with several camp sites en route. The vegetation in most part is similar to that of Mount Kinabalu but more dense and rugged.



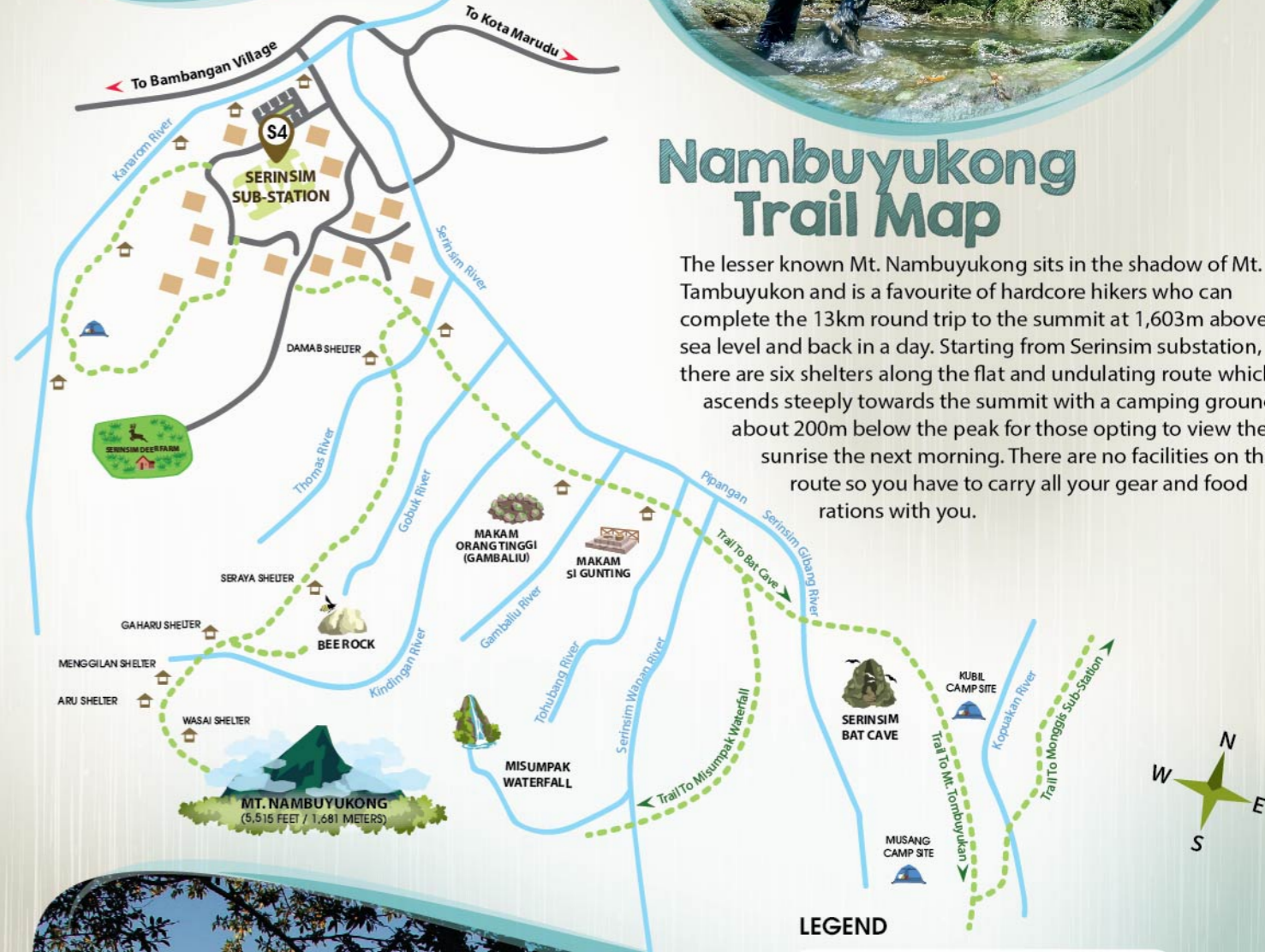
Kinabalu Park HQ Trail Map

- LEGEND**
- Main Road
 - Nature Trail
 - River/Stream
 - Hut
 - Summit/Peak
 - Radio Tower
 - Helipad
 - Building
 - Lodge/Chalet
 - Shelter
 - Bridge
 - Fence
 - Pool
 - No Entry
 - New Trail
 - Old Trail
 - Base Camp
 - Camp



Nambuyukong Trail Map

The lesser known Mt. Nambuyukong sits in the shadow of Mt. Tambuyukon and is a favourite of hardcore hikers who can complete the 13km round trip to the summit at 1,603m above sea level and back in a day. Starting from Serinsim substation, there are six shelters along the flat and undulating route which ascends steeply towards the summit with a camping ground about 200m below the peak for those opting to view the sunrise the next morning. There are no facilities on this route so you have to carry all your gear and food rations with you.



- LEGEND**
- Road
 - Nature Trail
 - River/Stream
 - Shelter
 - Building
 - Camp Site
 - Football Field
 - Parking Space



Note: Map Not to Scale