

3 Mt Kinabalu The physically demanding (but ultimately rewarding) ascent of Mt Kinabalu takes a minimum of two days.

↑ 1 hr then ♣ to Semporna

5 Kuching The friendly atmosphere, wealth of sights and great local cuisine can easily soak up a few days.

Don't miss Bako National Park and Semenggoh Nature

Reserve.

4 Semporna Archipelago
Do an introductory dive
on Mabul or Kapalai
before qualifying for one
of the limited daily slots
for sublime Sipadan.

★ 3½-4½ hrs to Kuching

2 Pulau Tioman Explore the island's jungle and stunning beaches, and take a diving or snorkelling trip. ★ 2½ hrs to Kota Kinabalu, then 12 2 hrs to Kinabalu National Park