

MEDIA FEATURE

GOLF, SPA & NATURE – A PERFECT COMBINATION

*The combination of highlands, golf, spa, nature and environmental preservation makes a perfect eco-friendly holiday, writes **DARYL YEP**.*



Entrance to Borneo Highlands Resort

A hidden treasure in the heart of Borneo's rainforest. Looking around, I couldn't agree more with this apt description of Borneo Highlands Resort on its brochure, printed on recycled paper.

The call for nature and environmental preservation has become as common as Facebook these days. The number of establishments claiming to be environmentally friendly in recent years is as high as politicians and celebrities jumping on the social networking bandwagon.

It's not important whether they are doing it out of a sense of green responsibility or merely because it's the current fad. What's important is that it has to be done wholeheartedly.

Borneo Highlands Resort is another resort that is committed to play a part in sustainable tourism. Printing on recycled papers is a commendable effort. And serving meatless cuisine at its café, the Annah Rais, is equally laudable. I feel enjoying a healthy meal consists of only fresh organic vegetables, herbs and fruits greatly complement my sense of appreciation of the serene natural ambience of the resort.

Its eco-friendly attractions and facilities such as the award-winning golf course and rainforest themed spa further testify to its dedication and commitment in environmental conservation.



View of the misty mountain



The Flower Gardens



Back to nature themed room



A misty morning at Swan Lake

For those who love nature, this is the place to unwind, renew and rejuvenate

A NATURAL PARADISE

Sitting atop a jungle clad highlands plateau at 1,000 metres above sea level on the Penrissen Range, the Borneo Highlands Resort is nestled between the Sarawak and Kalimantan border of Borneo Island. It is surrounded by amongst the world's oldest and second largest tropical rainforest. For those who love nature, this is the place to unwind, renew and rejuvenate.

Being merely an hour's drive (60km) from Kuching also gives it an added appeal as a weekend golfing and rejuvenating holiday escapade.

Upon reaching the foothill, I had to endure a 30-minute journey to

reach the resort, travelling along a steep and winding road in its shuttle. However, the mundane journey was quickly forgiven when I was captivated by remarkable views of the misty highlands amidst virgin rainforest.

Promoting nature, outdoors and a healthy lifestyle, Borneo Highlands Resort is blessed with an amazing proliferation of diverse flora and fauna.

Over here, it's year-round spring season where the temperature ranges from 18 to 28 degree Celsius.

No wonder the highlands are forever resplendently clad in lush greenery while the scent of blooming flowers constantly lingers in the Flower Gardens.

I was told that it is also blessed with various species of colourful birds especially along the edge of the majestic Mount Penrissen. Good news indeed for bird-watchers.

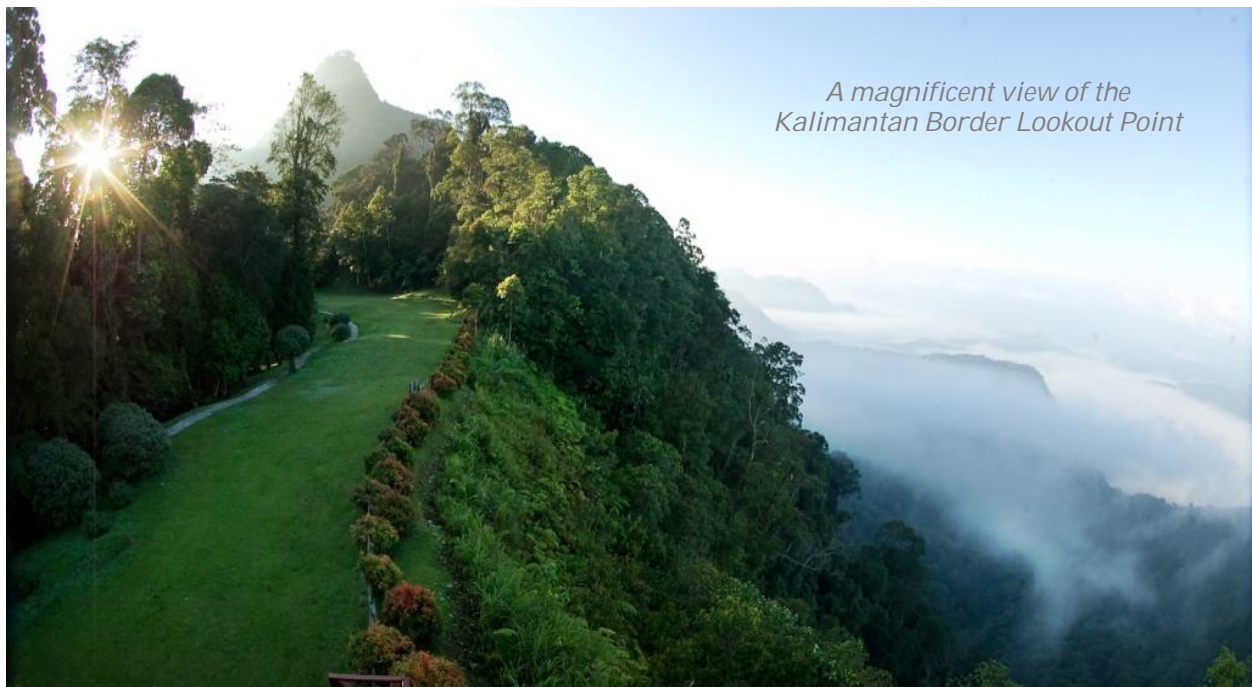
The combination of highlands, golf, spa, nature, and a promise of healthy living can seldom go wrong

Shortly after a downpour, together with other guests, we took the shuttle again to visit one of the main attractions of the resort.

A friend told me that I could never claim to have arrived at Borneo Highlands Resort if I don't return with a shot of myself crying out 'cheese' at the Kalimantan Border Lookout Point.

She is indeed right. The scenic view of the misty mountains certainly took my breath away.

Apart from its award-winning golf course, this is probably the iconic attraction of Borneo Highlands Resort. It certainly represents what the resort is all about – cool mountain breeze, fresh air, pristine rainforest and spectacular highlands sceneries.



GOLF, SPA & NATURE...PERFECT COMBINATION

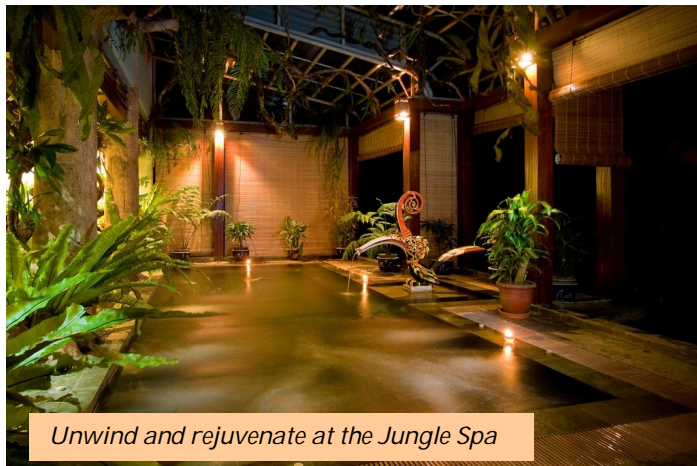
The combination of highlands, golf, spa, nature, and a promise of healthy living can seldom go wrong. I reckon that most of the visitors to Borneo Highlands Resort are avid golfers. Even if they are not, I guess they would likely be tempted to get down to the Hornbill Golf & Jungle Club and learn the game.

Well, I am not a golfer. Nor can I visualise the excitement of playing golf. What I can see though, is that the 18-hole Par 72 golf course is a vision! It is said to offer golfers a unique experience of "golfing in the clouds", amidst natural lakes, huge boulders and endemic plants.

The golf course received the Toro Asian Golf Course Environment Award and has also been accepted as an IGOLF Laureate Course by the International Golf & Life Foundation for its efforts and commitment towards environmental conservation in regards to golf operations.



Tee off in the mountains at this award-winning golf course



Unwind and rejuvenate at the Jungle Spa

After a wonderful day of putting and teeing off, nothing completes it better than a soothing spa treatment to relax your body, mind and soul. Surrounded by spectacular mountain views and the sounds of nature, prepare to indulge and pamper yourself with the extensive range of therapeutic treatments offered at the Jungle Spa & Wellness Centre. Its highly rejuvenating traditional native Bidayuh methods of treatments and therapies are simply irresistible.

The award-winning Peso Perong therapy, a traditional Bidayuh massage, helps to increase blood circulation and promote skin healing using homemade oil brewed from herbs, coconut, aromatic Sarawak pepper and ginger.

A long soak in one of their signature spa pools is also relaxing. Ladies who prefer some privacy can proceed to the Ladies Spa on the second floor which boasts individual massage rooms, Jacuzzi, sauna and steam bath.

Your list of things-to-do should also include a refreshing dip at the Simangas Pool, a jungle waterfall. Depending on the weather conditions and availability, you may also get to visit the neighbouring traditional Bidayuh longhouse, try organic farming and flower nursing, learn to make traditional handicrafts, enjoy a session of cultural dance, experience a firefly night walk, and many other activities.

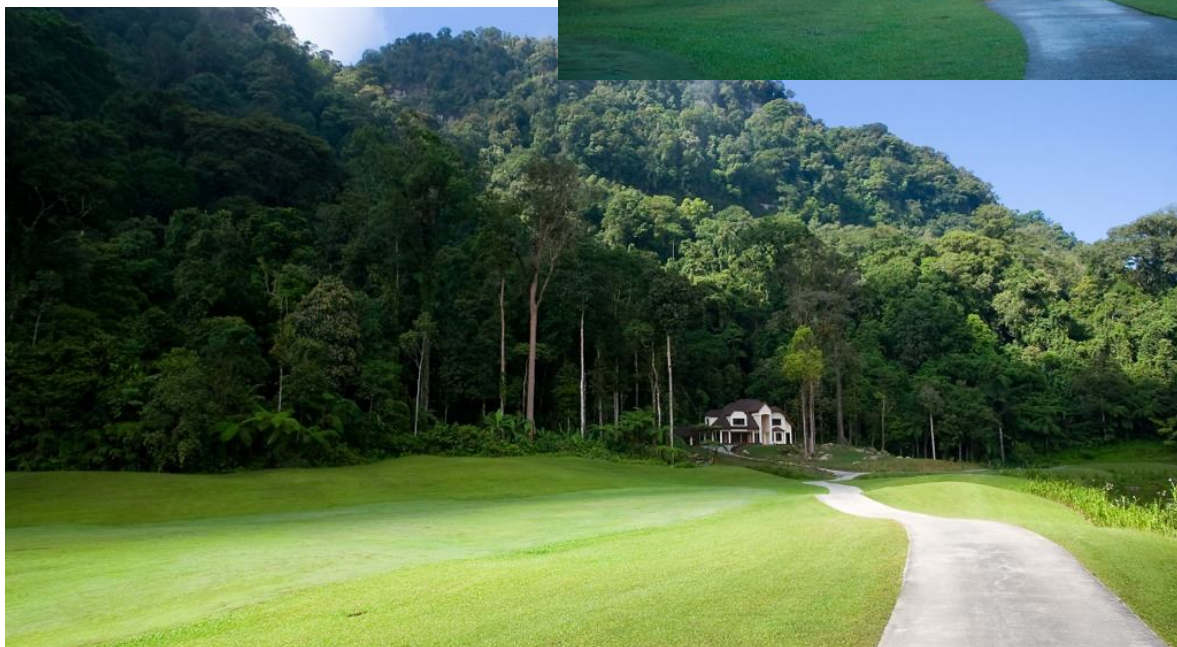
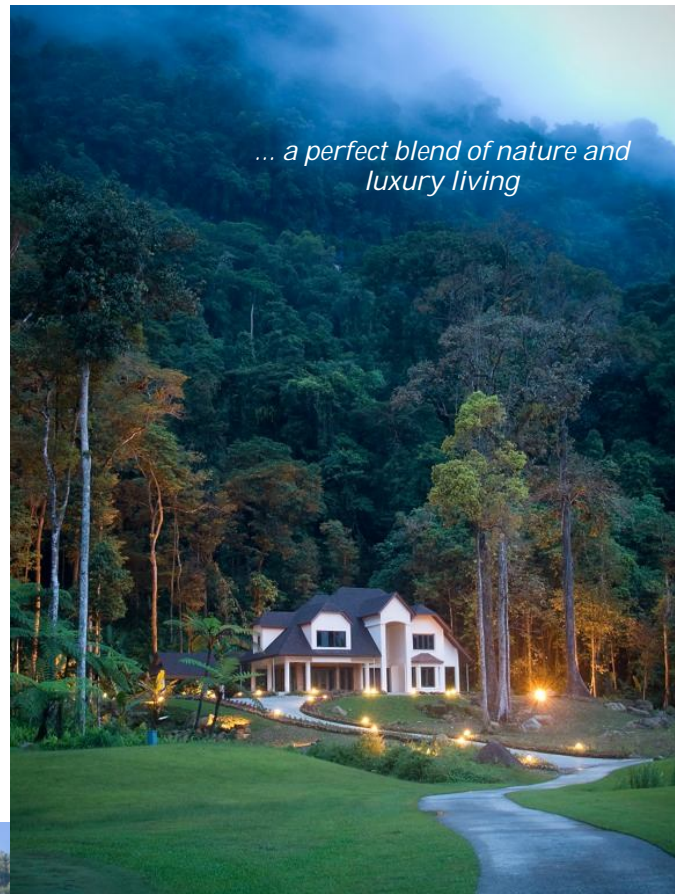
OWN A PROPERTY AT THE RAINFOREST HAVEN

To own a piece of this paradise is possible.

There's a residential development here known as The Rainforest Haven. It is confined to a limited number of large bungalow lots, ranging from 6,000 to 68,600 sq ft. On these spacious lots, owners will be able to build their ideal luxurious abode amidst breathtaking sceneries.

The Rainforest Haven offers a perfect blend of nature and luxury living. It's a true hideaway from the hustle and bustle of city life.

For those who are willing and most importantly financially able to invest in a charming property here, your affluent neighbours will include Malaysia's former premier, Tun Dr. Mahathir Mohamad.



BACKGROUND – SARAWAK:

Situated on the north-western coast of Borneo, Sarawak, also known as the land of the hornbills, shares its borders with Kalimantan in the south and Brunei and Sabah in the north. It is Malaysia's largest state, covering an area of 124,450 sq km. It is divided into eleven Divisions with the city of Kuching as its capital.

Sarawak is best known for its natural and cultural wonders. The hornbill, a protected bird, is the state emblem. Two-thirds of its land is rainforest and its population of about 1.8 million is made up of 27 ethnic groups, which include the Iban, Chinese, Malay, Bidayuh, Melanau and Orang Ulu.

Besides Borneo Highlands Resort, Kuching also boasts many international-class hotels and resorts such as Hilton Kuching, Merdeka Palace Hotel & Suites, Damai Puri Resort & Spa and Riverside Majestic Hotel.

GETTING THERE – KUCHING:

Malaysia Airlines and **AirAsia** operate daily flights between Kuching and Kuala Lumpur, Johor Bahru and Kota Kinabalu. AirAsia also flies daily between Kuching and Penang.

Internationally, AirAsia offers daily flights between Kuching and Singapore, as well as three weekly flights between Kuching and Jakarta.

Batavia Air plies between Kuching and Pontianak, while **Royal Brunei Airlines** flies to Kuching from Bandar Seri Begawan – both services run three times a week.

The Kuching – Singapore route is serviced by **Silk Air** and **Tiger Airways**. Both offer daily flights between the two destinations.

CONTACTS:**BORNEO HIGHLANDS RESORT****(Resort address)**

Jalan Borneo Heights, Padawan,
84200 Kuching, Sarawak.
Resort Tel: (6) 019 – 828 0790 / 019 – 829 0790

BORNEO HIGHLANDS RESORT**(Sales & Management office)**

Ground & 1st Floor, Lot 11607-11608,
Block 16, RH Plaza,
Lorong Lapangan Terbang 1,
93250 Kuching, Sarawak, Malaysia.
Tel: (6) 082 – 573 980 / 578 980
Fax: (6) 082 – 576 690
Email: enquiry@borneohighlands.com.my
Website: www.borneohighlands.com.my

TOURISM MALAYSIA SARAWAK

Parcel 297-2-1, Level 2, Riverbank Suites,
Jalan Tunku Abdul Rahman,
93100 Kuching, Sarawak.
Tel: (6) 082 – 246 575 / 246 775
Fax: (6) 082 – 246 442
Email: mtpbkch@tourism.gov.my
Website: www.tourismmalaysia.gov.my

SARAWAK TOURISM BOARD

6th & 7th Floor, Yayasan Sarawak Building,
Jalan Masjid, 93400 Kuching, Sarawak.
Tel: (6) 082 – 423 600
Fax: (6) 082 – 416 700
Email: stb@sarawaktourism.com
Website: www.sarawaktourism.com

* For details on the type of accommodation, rates and packages, kindly contact Borneo Highlands Resort or visit its website

* All photos courtesy of Borneo Highlands Resort

Issued by:

Communications & Publicity Division, Tourism Malaysia

Date: 06 May 2009

For further details, kindly contact Daryl Yep at 03-2615 8188
or via email at yldaryl@tourism.gov.my