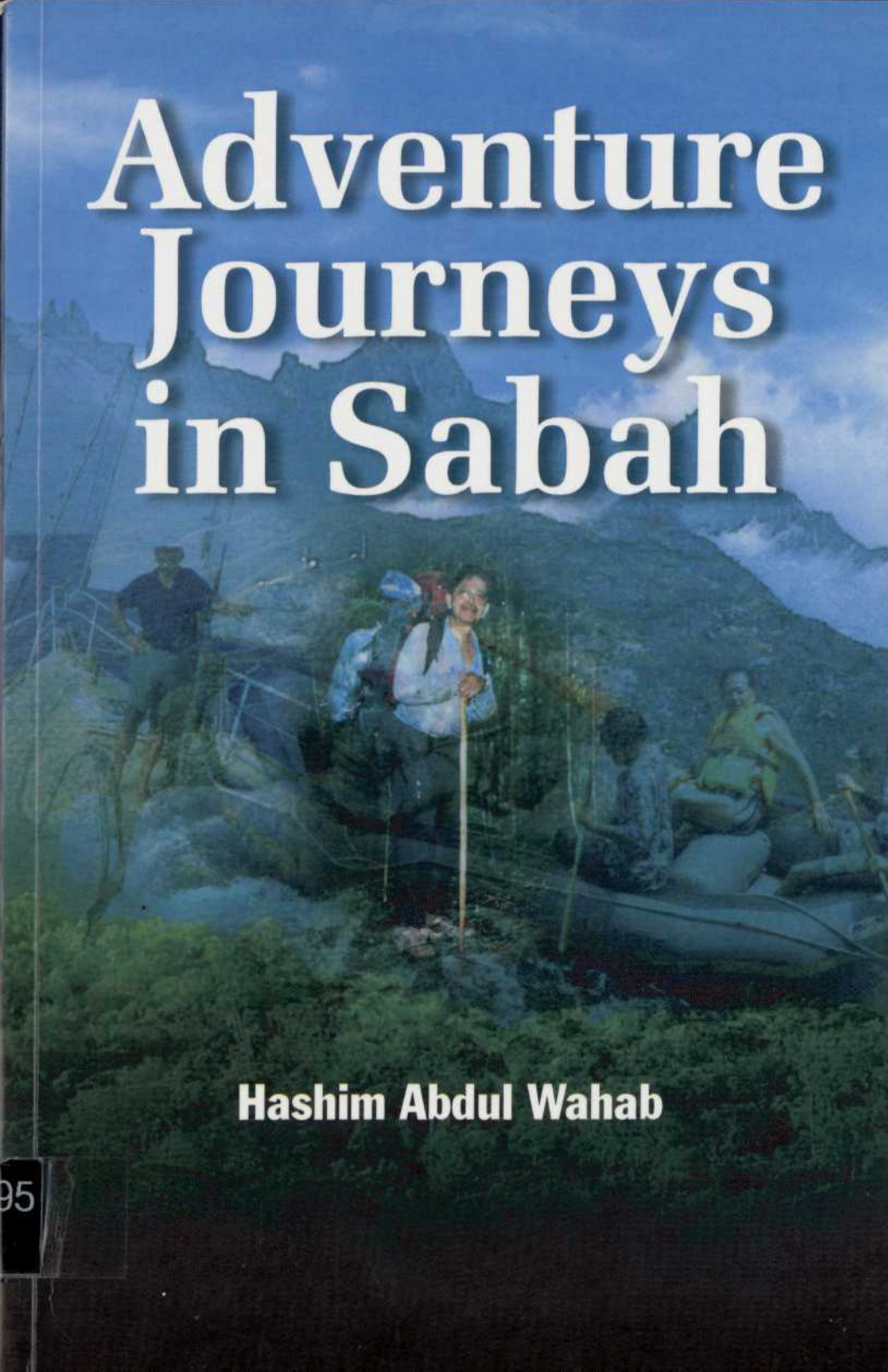


Adventure Journeys in Sabah



Hashim Abdul Wahab

Contents

Introduction	5
Chapter 1	How It All Began 9
Chapter 2	Taking Part In A Triathlon At Sixty 23
Chapter 3	Mountain Biking 33
Chapter 4	Family 4WD Adventure Around Sabah 41
Chapter 5	4WD Journey Around Mt. Kinabalu 55
Chapter 6	An Inter-Island Canoeing Race 67
Chapter 7	Climbing Mt Kinabalu 77
Chapter 8	The Rainforest Beckons 91
Chapter 9	Maliau Basin, Sabah's Lost World 105
Chapter 10	My Plantation Days 125
Chapter 11	Islands in the Sun 137
Chapter 12	Living Among the People of the Interior 151
Chapter 13	White-Water Rafting in the rivers of Sabah 167
Chapter 14	Visiting Sabah's Wildlife Habitats 181
Chapter 15	Adventure Racing 197
About the Author	211
Acknowledgement	212