

ISLAND ADVENTURES

AT GAYA ISLAND RESORT





ISLAND ADVENTURES

Please contact Concierge for advance reservations

MANGROVE EXCURSION EXPERIENCE

Explore a rare 100-year-old mangrove jungle right at our doorstep, where Gaya Island Resort offers guests the unique opportunity to discover this remarkable natural wonder. Our team of naturalists lead expeditions into tranquil waterways, sharing insights into the complex web of life that thrives within. Kayaking gently beneath the shaded canopy of mature mangroves, you'll glide through dappled sunlight in near silence, the stillness broken only by the rhythmic dip of your paddle. Each excursion offers the possibility of encountering beautiful creatures in their natural realm, from scuttling mangrove crabs to soaring oriental pied hornbills.

The experience also offers a chance to give back. Your naturalist will guide you in selecting mangrove saplings and replanting them in the resort's dedicated nursery. Once mature, these young trees are carefully transplanted back into the heart of the mangrove jungle, allowing you to play a part in preserving this ancient forest for generations to come.

VENUE Meet at Watersports Centre | Maximum 12 people | DURATION 1 hour | Advanced reservation required | Subject to weather conditions

DISCOVERY TRAIL WALKS

Discover a rare, undisturbed mixed dipterocarp forest within the Tunku Abdul Rahman Marine Park, where towering hardwoods, looping rattans, and dense tropical greenery shelter a rich diversity of wildlife.

Limited daily groups are available to ensure a personalised and immersive experience.

Guided Nature Walk

Step beyond a simple stroll to explore the rainforest where our naturalists reveal stories of medicinal plants, camouflaged wildlife and echoing calls of hornbills.

VENUE Meet at Wildlife Centre | TIME 9am | FREQUENCY Daily | DURATION 1 hour 30 minutes | Advanced reservation required | Subject to weather conditions

For the latest activity times and availability, kindly contact Concierge.



ISLAND ADVENTURES

Please contact Concierge for advance reservations

Borneo Rainforest Discovery Exploration

Immerse yourself in the wonders of Gaya Island's pristine rainforest, shaped by centuries of natural growth. Journey beneath the towering canopy of ancient dipterocarp trees and explore a fascinating glimpse into the island's rich biodiversity. This guided trail offers an opportunity to learn about the history, ecology, and significance of the forest's remarkable plant life and towering old-growth trees.

VENUE Meet at Wildlife Centre | TIME 2.30pm | FREQUENCY Wednesday & Saturday | Maximum 12 persons | DURATION 2 hours 30 minutes | Advanced reservation required | Subject to weather conditions

Wildlife Discovery Expedition

Immerse yourself in the wonders of Gaya Island's pristine rainforest, shaped by centuries of natural growth. Venture beneath the towering canopy of ancient dipterocarp trees on a guided rainforest walk to a wildlife observation platform overlooking a forest river. Surrounded by one of Gaya Island's rich natural habitats, this experience offers the opportunity to discover the rainforest's unique biodiversity and spot native wildlife, including the iconic proboscis monkey.

VENUE Meet at Reception | TIME 2.30pm | FREQUENCY Tuesday & Friday | Maximum 12 persons | DURATION 2 hours 30 minutes | Advanced reservation required | Subject to weather conditions

Tavajun Discovery Trail

Venture deep into the island's wild heart on a guided trek to the secluded shores of Tavajun Bay. Encounter rugged terrain, dense jungle and dramatic viewpoints, and discover the unique flora and wildlife that make this untouched ecosystem extraordinary.

VENUE Meet at Wildlife Centre | TIME 9am | FREQUENCY Monday, Thursday & Sunday | Maximum 12 persons | DURATION 1 hour to 1 hour 30 minutes | Advanced reservation required | Subject to weather conditions

For the latest activity times and availability, kindly contact Concierge.



ISLAND ADVENTURES

Please contact Concierge for advance reservations

The Nocturnal Wonders

Experience the rainforest after dark on an enchanting evening walk through Gaya Island's wilderness. As the forest awakens under the stars, guests will have the opportunity to search for elusive nocturnal creatures and discover the hidden rhythms of the island's nighttime ecosystem.

VENUE Meet at Wildlife Centre | TIME 2.30pm | FREQUENCY Tuesday, Thursday & Saturday | Maximum 8 persons | DURATION 1 hour 30 minutes to 2 hours | Advanced reservation required | Subject to weather conditions

YOGA

Find your balance amidst the tranquillity of nature at Gaya Island Resort. Nestled within the lush greenery of our Spa Village, our yoga programme offers a serene sanctuary for guests seeking to restore harmony between body, mind and spirit. Each month, we welcome a rotating selection of guest yoga instructors, each bringing their unique expertise and teaching style to the resort. This ever-evolving programme ensures a rich and varied experience, whether you are a seasoned practitioner or stepping onto the mat for the first time. From gentle, meditative flows to more dynamic and invigorating sessions, complimentary group classes are offered daily, inviting you to move and breathe surrounded by the gentle sights and sounds of the rainforest.

Whether you wish to deepen your practice, explore specific postures, or simply prefer one-to-one guidance, our guest instructors will tailor the session entirely to your individual needs and aspirations. For those seeking a more personalised journey, private sessions are available for a fee.

VENUE Spa Village Gaya Island | TIME 8am | FREQUENCY Daily except Sunday | Maximum 8 persons | DURATION 50 minutes | Advanced reservation required

For the latest activity times and availability, kindly contact Concierge.



ISLAND ADVENTURES

Please contact Concierge for advance reservations

BORNEO CRAFTWORKS

Sabah is home to over 32 distinct ethnic groups, each with its own rich cultural identity and artistic heritage. Handicrafts offer a window into this diversity—a tangible expression of history, belief, and way of life passed down through generations. The Rungus people, for instance, are renowned for their intricate and brightly hued beadwork, each pattern carrying symbolic meaning. The Kadazandusun, meanwhile, are master weavers, transforming plant fibres into exquisite textiles and functional art using techniques honed over centuries.

At Gaya Island Resort, we invite you to delve into this living heritage. Under the gentle guidance of our artisans, try your hand at creating your own handicraft memento—a small piece of Sabah's soul to carry home. You will gain not just a keepsake, but a deeper appreciation for the hands and hearts that keep these ancient crafts alive.

VENUE The Recreation Centre | TIME 3pm | FREQUENCY Monday, Wednesday, Saturday & Sunday | Maximum 12 persons | DURATION 1 hour | Advanced reservation required

For the latest activity times and availability, kindly contact Concierge.