



MALAYSIAN ASSOCIATION OF ORTHODONTISTS

18th MAO INTERNATIONAL SCIENTIFIC CONFERENCE & TRADE EXHIBITION

*Sutera Harbour Resort, Kota Kinabalu, Sabah, Malaysia
(14TH – 16TH APRIL 2012)*

Pre-Conference Social Event

A) Sapi, Mamutik and Manukan Island Hopping

Sabah has plenty of beautiful and exotic offshore islands, attracting thousands of visitors each year, particularly diving enthusiasts. Crystal-clear waters, pristine sun-drenched beaches and un-spoilt natural beauty are the main characteristics of Sabah's islands.

The Tunku Abdul Rahman Marine Park is a cluster of islands comprising Pulau Gaya, Pulau Sapi, Pulau Manukan, Pulau Mamutik and Pulau Sulug, all only 10 - 20 minute speedboat ride from the city of Kota Kinabalu.

We have organized an Island Hopping trip to the 3 famous islands above as a welcoming social event for our guests. Below are brief descriptions on the 3 island as well as the itinerary of the island hopping trip.



Sapi Island, one of the five islands that make up the **Tunku Abdul Rahman Marine Park** and is just a 15 minute boat ride from the city of Kota Kinabalu. This is one of the most beautiful islands around here and the crowd here is much less compared to the neighboring islands.



Mamutik Island is the smallest island that covers six hectares. It is a peaceful island with a rich coral and marine life.



The boomerang-shaped **Manukan Island** is the second largest island within the Tunku Abdul Rahman Park; with excellent stretches of beaches and a good trail system around the island.

With crystal-clear waters and a colourful marine life, this island is an excellent venue for all kinds of water sports, snorkelling, scuba diving or just relaxing on the beach.

Itinerary:

0830hrs To Sutera Marina jetty for a boat ride to Sapi Island in the Tunku Abdul Rahman Marine Park. Free at leisure to swim and snorkel, or take optional sea-sports such as banana boat, parasailing, jet ski etc. By **1100hrs** transfer to Manukan for BBQ lunch at the Island. After lunch, Free at Leisure **1400hrs** Transfer to Mamutik island and by **1700hrs** Return to Marina jetty and Free at own leisure. **(BBQ Lunch included)**

Fees per person: RM280

Price includes: Tours as stated, Return boat transfer, Mask & Snorkel / Fins / Life Jacket / Beach Mat pleased choose 3 out of 4 items, meals as stated, entrance fees.

Does not include: Airfare, camera / video fees & other items not listed.

BBQ Lunch Menu:

SALADS

Garden Greens
Fresh Chery Tomatoes
Potato Salad

SOUP

Soup of The Day

BBQ GRILL

Slipper Lobster
Prawns
Fish
Lamb Chop
Beef Steak
Chicken Wings
Chicken & Vegetable Skewer
Fish & Vegetable Skewer
Chicken Satay
Beef Satay

BBQ Condiments:

Mint Sauce, Black Pepper & Mushroom Sauce, Satay Peanut Sauce
Satay condiments: Onions, Cucumber & Rice Cakes

BBQ Accompaniments:

Corn on Cob & Potato Wedges

NOODLES & FRITTERS STATION

Fried Noodles & Fish Fritters

Condiments:

Cut Chilies with soya sauce & Tartar Sauce

HOT ITEMS

Daily Selection of Fried Rice
Mixed Vegetables
Jumbo Sausages

Daily rotation of 2 types of hot items:

Chicken Teppanyaki wth vegetables
Sweet & Sour Fish
Sweet & Sour Chicken
Beef Ginger

B) Golf Game- Sutera Harbour Golf Course



Designed by leading golf course designer Graham Marsh, Sutera Harbour Golf Club has garnered various awards of distinction.

The course is finished with Bermuda grass and strategically challenging bunkers. Playing any combination of 18 holes, golfers will enjoy a par-72 six thousand metre course. The 27-hole championship golf course is beautifully landscaped with undulating terrain and numerous waterways, providing a challenge for both amateurs and top professionals alike.

Fees:

RM280 for non Sutera Harbour Golf Club members

RM140 for Sutera Harbour Golf Club members & Members of Reciprocal Clubs **must have supporting documents i.e. introduction letter from their reciprocal clubs. No special rates for affiliate clubs unfortunately.

Includes: 18 Hole golf, buggy fees, green fees and lunch