

Rivers have long been the lifeblood of the indigenous people of Malaysia. They have served as a means of transport, a source of food, and now a resource for eco-tourism. Thrill-seekers can experience some of the best rivers in the world. The rafting expeditions usually take between 45 minutes to two hours, depending on the water level.

Sabah has two main rivers for rafting, the Padas and Kiulu rivers, which are classified as Grade 3 and Grade 2 respectively in the international water rafting grading system. Under normal weather conditions, the two rivers are relatively constant in depth and speed. However, heavy rains can cause them to swell into Grade 4 rivers.

Peninsular Malaysia has its share of good rafting sites as well. These include Grade 2 Sungai Sungkai in Perak and the Grade 3 Sungai Selangor in Kuala Kubu Baru. Sungai Endau, Jeram Besu, Sungai Lipis in Pahang and Sungai Tembeling in Taman Negara are also popular rafting sites.

The best time to raft is after rain storms when the water level has risen and there are some good rapids. However, the dry season is a good time for rafting novices to get acquainted with the sport without having to fight the currents.

Operators will ensure that each group is always accompanied by two professional, certified rafters. A minimum of three rafters are needed to stabilize a raft.

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