

THE PEAK

MALAYSIA

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OCTOBER 2016

GROWTH CATALYST

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IJM CORPORATION



**THE
'AWESOME
AUTUMN'
ISSUE**

**COLD PLAY
WINTER IS
COMING**

**COGNAC
COTERIE
LIVING THE
HIGH LIFE**

**ATTENTION!
FALL FOR AUTUMN
ACCESSORIES**

THE PEAK TRAVELLER

Dr Choong Yeow Wei, President & CEO of HELP College of Arts and Technology, beckons us to look east at a hidden gem.



MY PICK

Sabah – a truly multicultural state in Malaysia with many ethnic groups, traditions and customs integral to their daily lives.

MY STAY

Le Méridien Kota Kinabalu. It has comfortable rooms, a nice restaurant and the pool is simply superb.

MY MOMENT

Having a glass of wine by the poolside, with the sunset across the horizon and observing the flurry of activity on the streets below.

MY EATS

Just behind the hotel is a restaurant called City Food Corner. I love how it's a truly Malaysian restaurant, with so many ethnicities, from Chinese, Malay and Kadazan to tourists, enjoying lunch together. This is a place where I can happily call out to my friends and say, "Mari kita makan bersama!"



02

HIGH SPIRITS

Elevate your spirit as Simone Baldwin, certified wellness coach, author, wine expert and Founder of Healthy, Gorgeous & Tipsy, brings her creative relaxation philosophy to the picturesque **Nihiwatu** resort on the island of Sumba, Indonesia. The *Healthy, Gorgeous & Tipsy Retreat* is a five-



day experience of sun and daily servings of a curated selection of organic and biodynamic wines and champagnes, as well as fine-wine training, where guests can take on Baldwin's seven-step system to activate the palate when drinking wine. "This is about discovering a lifestyle that will have you waking up every day feeling full of energy," says Baldwin and, indeed, participants will be feeling animated after a full day of pampering by a personal therapist on the beach at the Nihi Oka Spa Safari. This atypically amazing experience takes place from 2 to 6 November 2016 and is priced at SGD14,092 for two. simonebaldwin.com/nihiwatu-retreat-us

03 THE SIMPLE LIFE

The **Sanctum Inle Resort** opens its 94 rooms and suites this month to travellers seeking a reflective sojourn by Inle Lake in Myanmar's Shan State, exploring the stilted wooden homes and floating vegetable gardens as fishermen navigate their boats with their unique one-legged rowing style. Celebrating the values of a monastic life, the resort is simply yet gracefully designed, with Spanish-style arches and minimalist interiors that boast stunning views of the lake and pagodas. While detaching yourself from the noise of life back home, immerse yourself into the uncomplicated life around you, with excursions to the ancient 'forest of temples' at Kakku, the sunken *stupas* of Sagar and even a bicycle trip to Red Mountain Estate winery. sanctum-inle-resort.com