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extreme sports destinations in malaysia

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Do you love speed? Can you stand high risks? Are you adrenaline junkies? Are you highly adventurous? Do you like to seek extremely thrilling activities? These are because you are emotionally stable, conscientious, extraverted, agreeable, and open to experience, which are vital signs according to the model of Personality Traits, telling that you love extreme sports (Kochanowska, November 22, 2015).

If you live in Malaysia, you can stand a chance to practise extreme sports too as our nation is home to a number of extreme sports. Many tourists come to Malaysia to enjoy getting involved in extreme sports as our country is also a Mecca of extreme sports with picturesque views. But what are those types of sports available in Malaysia? There are plenty. As Malaysia possesses several interesting spots for extreme sports, it offers a wide range of sports, for instance, aerial sports, water sports, and land sports like paragliding, rock-climbing, car-drifting, wind-surfing, white-water-rafting, and waterfall-abseiling, especially for those who are daredevil and bold like you. The following are the best destinations for extreme sports, which should be in your must-have bucket list:

1. Gua Tempurung in Perak, Gua Hari Malaysia in Pahang, and Gua Batu Maloi in Negeri Sembilan:

Malaysia is a country rich of caves with large round chambers full of limestones and wonderful stalactites and stalagmites formed thousands of years ago, echoed by the hissing sounds of flying reptiles and other creepy-crawly cave-dwellers. As these wonderful places provide natural, bumpy tracks, walking on foot and caving to explore and discover the beauty of the scenic views are among the extreme sports you should not miss.

2. **Gua Damai Extreme Park neighbouring Batu Caves and Camp Five in Petaling Jaya, Selangor:**

Individuals who have a high level of endurance, maneuvering skills, and upper- and lower-body strengths are highly recommended to try rock-climbing. As Malaysia has many hills and mountains composed of limestone and granite, not to forget their natural surfaces shrouded by trees and rocks, they make a good arena for rock climbers who are passionate to test their limits.

3. **Redang Island, Terengganu or Gaya Island, Sabah:**

For those who love to get themselves immersed in the beauty of the marine environment, Malaysia is one of the best destinations that they should travel to. This is because the country is popular with its beautiful islands with their tropical trees and white sand spreading along the beaches. Enjoying glass-like water and shallow coral reefs and looking for clown fish and other exotic marine creatures by scuba diving and snorkeling is a wonderful experience you should try.

4. **Sungai Rambai Ace Skydive, Malacca:**

Enjoying the soothing scenery on land is of course common for the majority of Malaysians. If you are a person who loves challenging things and can pump adrenaline while being able to enjoy a majestic view from the sky, consider going to Malacca to jump from the sky. There is an extreme-sports centre that specialises in tandem skydiving, static skydiving, and freefall jumps among other things. There is no need to worry about surviving mid-air if you are a newbie as you will either dive with a world-class instructor or given proper training beforehand. We know that you are going to love this one!

5. **The Gravityz, Georgetown, Penang Island:**

To those out there

who live for adrenaline-pumped moments, The Gravityz is a platform for you to elevate yourself to new heights, literally. The Gravityz facilitates activities that are out of the norm, considered by some to be extreme as it involves great heights. Yet, with great heights come the privileges of great views and experiences. The Gravityz encourages everyone to build their confidence and take a leap out of their comfort zone; beyond confidence. The Gravityz offers an experience that is out of this world as it features activities involving one of the best high-altitude sports platforms in ASEAN.

To recapitulate, not everyone is interested in playing extreme sports as people's sports preferences differ due to the fact that these extreme sports are dangerous, injurious, and can even be suicidal. However, some people, for example, athletes and those who love adrenaline-rush activities, are into extreme sports as if they were born for these extraordinarily challenging types of sports. Since the COVID-19 pandemic situation has yet to be far from done, any activities pertaining to extreme sports are being halted to avoid the spread of the viral infections.

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