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Sun, sea and sand

As we celebrate World Oceans Day tomorrow, Loong Wai Ting lists some of the most beautiful and Instagram-worthy beaches in the country

1. PULAU POM POM, SEMPORNA, SABAH

Located 30km north east of Semporna in Sabah, Pulau Pom Pom is one of six islands off its waters. The small island is surrounded by white sand and the blue waters of Celebes Sea. With its rich biodiversity, it is no surprise that the island is a haven for divers. If you're lucky, you get to see turtles laying eggs on the beaches too!

2. PULAU KAPAS, MARANG, TERENGGANU

Pulau Kapas is the nearest island to the Terengganu shore, only a 30-minute boat ride from Marang. It is renowned for its charming beach chalets, clear waters, sandy white beaches and swaying palms. The clear waters are also home to marine life and corals. Activities here include diving, snorkelling, fishing and kayaking.

3. BUKIT KELUANG BEACH, BESUT, TERENGGANU

Terengganu holds the record as having the longest and cleanest beach in the country, Bukit Keluang Beach, 6km south of Kuala Besut jetty, is one of them. Its pristine beach and a wooden walkway that starts from the waters' edge to a cliff edge make it stand out from other beaches. Hike up Bukit Keluang

and you will be greeted with a spectacular view of the South China Sea.

4. TUSAN BEACH, MIRI, SARAWAK

Little was known about Tusan Beach in Miri, Sarawak, until Bio-luminescence or Blue Tears, a natural phenomena caught the attention of the locals two years ago. On warmer nights, the water edge seems to glow blue lights. The glowing waters are caused by an algae called Dinoflagellates, which produces a glowing light when the waters it lives in is disturbed by motion, like the waves. In the day, you can walk along the beach but keep your eyes out as it is common to spot fossils on this stretch of the coast.

5. PULAU RAWA, MERSING, JOHOR

An idyllic tropical island, Pulau Rawa, also known as the Maldives of Johor is one of the most exclusive islands in the southern part of the peninsula. Located in Mersing district, the island is also known for its beautiful coral reefs. At dusk, drag a lounge chair and watch as the sun disappears in the horizon. There are only two resorts available, but do check out the one with the slide down to the open waters!