

MALAYSIA

Travel Manual



Proboscis Monkey - Mascot of Visit Malaysia Year 2014



MALAYSIA, TRULY ASIA

Malaysia has it all for the perfect vacation. Travellers will find a wealth of attractions, from the world's oldest rainforests and sun-kissed islands to historical cities and cultural treasures, right here in the heart of Asia.

This Travel Manual presents holiday regions throughout Malaysia, comprising Peninsular Malaysia as well as East Malaysia across the South China Sea. Each one offers myriad travel opportunities that encompass natural and historical wonders, charming towns and villages and, of course, the widest selection of dining and shopping options.

With numerous international air links to Kuala Lumpur, the country's capital, Malaysia is easily accessible from the rest of the world. Whether arriving by air or sea, visitors will enjoy the ease of moving around Malaysia via excellent domestic air services, superb highways as well as efficient rail services. The choice of accommodation is extensive, as is the range of cuisines to sample.

The following pages provide information on major places of interest within the country, along with useful tips, suggestions and contacts. This manual will help travel professionals in promoting Malaysia as a travel and vacation destination, as well as planning and structuring their packages.

With friendly faces and genuine smiles ready to welcome visitors, there can only be one unique destination - Malaysia.

www.tourismmalaysia.gov.my

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MAP OF MALAYSIA

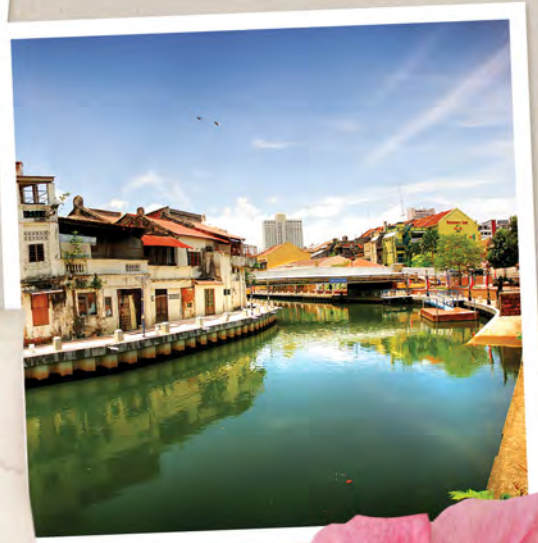




LEGEND

- | | | | |
|-----------------|----------|--------------|----------------------|
| Federal Capital | Airport | Expressway | International Border |
| State Capital | Airstrip | Major Road | State Border |
| Major Town | Jetty | Railway Line | Ferry Terminal |

** Map not drawn to scale*



MALAYSIAN MARVELS

10 WONDERFUL REASONS TO VISIT MALAYSIA

1 PERFECT LOCATION

Located right in the heart of Asia, Malaysia is easily accessible from all corners of the globe. With numerous entry points, it encompasses all of Asia in microcosm. The country enjoys balmy weather all year round, a boon for travellers planning their vacations.

3 HISTORY AND CULTURE

Go back in time and re-live the past in carefully preserved historical enclaves, including the UNESCO World Heritage Sites of Melaka and George Town, Penang. Perak's Lenggong Valley is also a UNESCO World Heritage Site with cave dwellings dating back to the Paleolithic age. With its myriad cultures, Malaysia is a uniquely colourful country.

2 NATURE AND ADVENTURE

Discover nature in all its pristine beauty, from a 130-million-year-old rainforest and colossal caves to enchanting islands and beaches. The country's natural treasures include the UNESCO World Heritage Sites of Kinabalu Park in Sabah and Gunung Mulu National Park in Sarawak. Bike, fish, climb, dive and much more - it can all be done right here.



4 CITIES AND SHOPPING

Malaysian cities present a wealth of diverse delights, from cosmopolitan architecture and street markets to fabulous shopping malls chock-a-block with great deals. The capital city of Kuala Lumpur is a shopping paradise, along with other main cities such as Penang and Johor Bahru. The duty-free island of Langkawi offers even more irresistible bargains.



5 FOOD GALORE

When even the locals wax lyrical about the variety of cuisine, the food has got to be fantastic. Each community has its own style of cooking, from Malay *satay* to Indian curries and Chinese stir-frys. Moving from state to state, the specialities also vary, so there can be many variations of a simple *laksa*. From exotic fruits to street food and world-class cuisine, Malaysia has got it all.

6 TERRIFIC TRANSPORTATION

Serviced by Malaysia Airlines and other airlines including AirAsia, Firefly, Berjaya Air and Malindo Air, getting around Malaysia is quite easy by air. There is also a comprehensive system of highways and railway links, as well as ferry services to some of the islands.



7 FRIENDLY FACES

Warm and friendly faces greet visitors wherever they go, making it very hard to leave when it's time to say goodbye. In fact, Malaysia has been voted the "world's tenth friendliest country". (Forbes Online 2012 poll)

8 EASE OF LANGUAGE

While Malay is the official language, English is widely used, putting visitors instantly at ease and making communication painless.

9 GREAT HOTELS, BIG AND SMALL

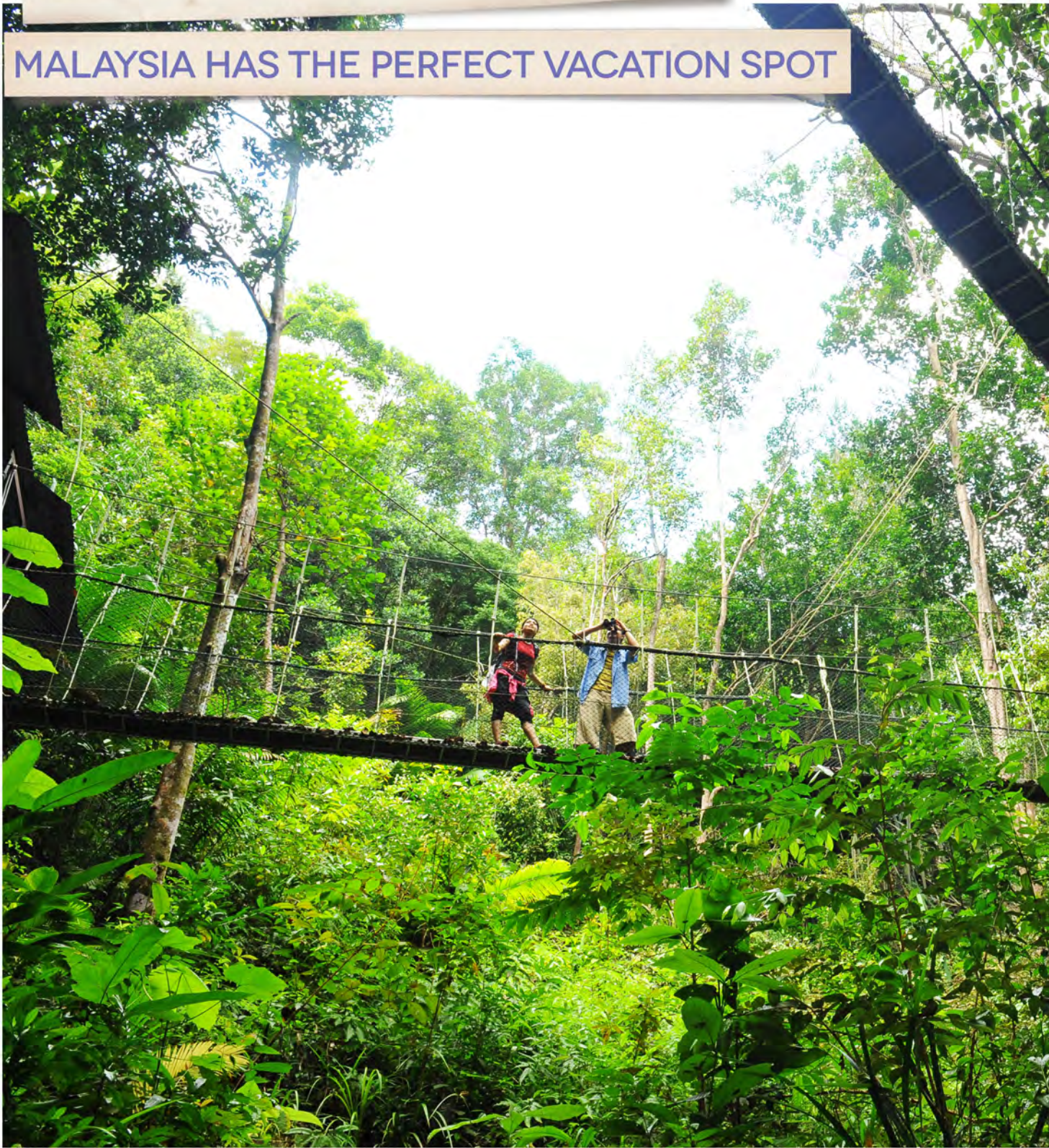
With the widest variety of accommodation, from luxury and boutique hotels to homestays and spa resorts, Malaysia welcomes visitors with different travel preferences.

10 TRULY AFFORDABLE

Compared with many other countries, everything in Malaysia from food to accommodation and transportation is very affordable, helping the travel dollar stretch even further.

SOMETHING FOR
EVERYONE

MALAYSIA HAS THE PERFECT VACATION SPOT



Penang National Park



Underwater treasures

Malaysia has everything for the perfect holiday, from natural wonders to cultural gems, great shopping and dining, as well as some of the friendliest people on earth, which all add up to a memorable vacation for just about everyone.

For families travelling with children, Malaysia is a fun-filled secure destination all year round. Choose from island and beach holidays that are packed with water sports activities and adventure in the wild. There is also a range of theme parks, both indoor and outdoor, that showcases unique features including waterpark rides, animal safaris and cultural elements. City breaks include great shopping at irresistible prices for the entire family as well.

For couples planning a romantic holiday, Malaysia offers a plethora of destinations that pamper and indulge, from remote, idyllic beaches to hilltop retreats and vibrant cities. Twosomes can choose a luxurious spa retreat in the middle of the rainforest or sail away on a sunset cruise in the islands. They can treat themselves to gourmet meals in the city's top dining spots, pack a picnic to go snorkelling on an uninhabited island, or even have a romantic beach wedding. The choices are endless to keep the magical spark ignited.

For the adventurous traveller, whether young or young at heart, Malaysia offers maximum adrenalin-pumping action. From adventure sports in the wild to caving, mountain climbing and more, there are spots all over the country that promise plenty of action.

For business professionals, Malaysia is a preferred destination for meetings, events and conventions. It offers easy accessibility from the rest of the world and a wide range of facilities, including top hotels, conference facilities, varied dining and entertaining options, to make meeting in Malaysia effortless. Coupled with great locations whether in natural tropical settings or culturally rich venues, Malaysia has it all for a successful meeting.

GETTING TO MALAYSIA



Situated in the heart of Southeast Asia, Malaysia is easily accessible from most parts of the world by air, sea or land. Many international airlines fly into the country while the national carrier, Malaysia Airlines, has an international and national network. Budget airlines including AirAsia also make accessibility easy and affordable.

The main gateway to Malaysia is through the Kuala Lumpur International Airport (KLIA), supported by the Low Cost Carrier Terminal (LCCT). Both are located in Sepang, about 50km south of Kuala Lumpur. From KLIA, visitors can opt for the high-speed train service, the KLIA Express, to get to the city. Buses and taxis are also easily available at both KLIA and LCCT. By air, other international

gateways to the country include Penang, Langkawi, Johor Bahru, Kota Kinabalu and Kuching.

Peninsular Malaysia and East Malaysia are accessible via their seaports, while an excellent rail and road system provides accessibility from Singapore and Thailand.

JOURNEY BACK IN TIME

The exclusive Eastern & Oriental Express takes visitors on a luxurious rail journey from Singapore via Kuala Lumpur to Bangkok, with frequent picturesque stops. Find out more about the old-world romance of rail travel along the length of Peninsular Malaysia at www.orient-express.com

GETTING AROUND MALAYSIA



Getting around is relatively easy as Malaysia offers excellent domestic air links as well as road and rail networks. In Kuala Lumpur and the rest of the Klang Valley, taxis, buses and trains are easily accessible and very affordable.

The country is connected by a good system of air links, provided by carriers including Malaysia Airlines, AirAsia, Firefly and Malindo Air. Rural air links such as MASwings provide access into more remote areas in Sabah and Sarawak. Other carriers such as Berjaya Air also service islands including Pangkor and Tioman.

Malaysia has an excellent road network featuring modern highways which connect towns and villages throughout the entire country. Interstate buses ply between most cities and towns, offering a comfortable ride at very reasonable rates. Taxi services and car rentals are readily available. The rail network is also extensive. Find out more about routes and packages at www.ktmb.com.my

Ferry services are available to most islands, including Penang, Langkawi, Pangkor and Tioman. In the riverine areas of Sarawak, the major means of transportation are air-conditioned express boats, while a ferry service is available from Labuan to Menumbok in Sabah.





HOLIDAY REGIONS

CENTRAL REGION

KUALA LUMPUR
SELANGOR
PUTRAJAYA

SOUTHERN REGION

NEGERI SEMBILAN
MELAKA
JOHOR

NORTHERN REGION

PERAK
PENANG
KEDAH
PERLIS

EAST COAST

PAHANG
TERENGGANU
KELANTAN

EAST MALAYSIA

SABAH
SARAWAK
LABUAN





CENTRAL REGION

KUALA LUMPUR • SELANGOR • PUTRAJAYA

Lying right in the middle of the west coast of Peninsular Malaysia, the Central region is probably the most developed in the country. The capital of Malaysia, Kuala Lumpur, is the business and financial hub. Its soaring skyline, busy malls and criss-crossing highways attest to its development. Yet it still manages to retain its down-to-earth charm, especially evident in pockets of neighbourhoods dotted throughout the city.

The state of Selangor is home to many industries as well as residential areas. It is also the main transportation hub as the KL International Airport and the country's busiest port, Port Klang, are also located here. Residents and visitors alike can enjoy its developed status but still take delight in its many natural attractions.

The Government's administrative centre lies in Putrajaya, designed as a modern, progressive city that boasts spectacular buildings and bridges. Its innovative urban landscape is balanced by a strong emphasis on preserving the environment, with lush greenery in parks and cool environs in lakes and wetland.

KUALA LUMPUR

MALAYSIA'S DAZZLING CAPITAL CITY

Malaysia's capital city is a bustling metropolis that's a charming juxtaposition of skyscrapers and historical buildings, modern attractions and heritage sites. Populated by a cross-section of Malaysians from all walks of life, it still has traditional enclaves including *kampungs* or Malay villages, Chinatown and Little India.



Kuala Lumpur was founded in 1857 at the confluence of the Gombak and Klang rivers. Its name literally means “muddy confluence”. A settlement grew when a member of the Selangor royal family, Raja Abdullah, opened up the Klang Valley to tin prospectors. The thriving tin industry naturally attracted merchants. Under British rule, a number of headmen or Chinese *kapitans* oversaw the development of Kuala Lumpur.

Kuala Lumpur gained historical significance in 1957 when the first Malayan flag was raised at Merdeka Square and it became the capital of the new nation. Since independence, the city has grown by leaps and bounds. Numerous celebrations are held in the city centre, including the Independence Day parade and Colours of Malaysia, the country’s premier cultural extravaganza.

Apart from it being a financial and commercial centre, KL, as it’s fondly referred to by denizens, is also a popular holiday destination. In addition to museums, themed attractions, parks and lakes, it is also one of the region’s most popular shopping hubs, offering the widest range of brands, duty-free products and Malaysian souvenirs.

Locals pride themselves on being connoisseurs of food. As a result, Kuala Lumpur boasts the best of cuisines in establishments from fine restaurants to food courts, coffee shops and street stalls. At any time, day or night, visitors will be able to find something to sample and savour.

www.visitkl.gov.my

KL CITY CENTRE

PETRONAS TWIN TOWERS

In the heart of Kuala Lumpur, the iconic 88-storey twin towers soar above other buildings on the city skyline. Designed by renowned architect Cesar Pelli, it stands at a height of 451.9m. Visitors can begin their tour of the towers with interactive displays that describe the construction before going up to the Skybridge, the world’s highest two-storey bridge that connects the towers. They can then ascend 86 storeys up to the observation deck to take in breathtaking views of the city. Timing slots for the tour can be booked in advance at the ticket counters.

www.petronastwintowers.com.my

AQUARIA KLCC

Within walking distance of the Petronas Twin Towers and in the concourse level of the Kuala Lumpur Convention Centre, this aquarium showcases more than 5,000 exhibits. Aquaria KLCC takes visitors on a journey from tropical waters to rainforests to view both aquatic and land creatures. Highlights include a 90m clear tunnel with a travelator which allows everyone to get up close to marine creatures including sharks and stingrays. Visitors can even sign up for a dive package to feed these creatures, visit the touch pool and buy some souvenirs at the gift shop.

www.aquariaklcc.com

MERDEKA SQUARE AND ITS VICINITY

DATARAN MERDEKA (MERDEKA SQUARE)

This square is significant historically as it was here that the British flag was lowered. The Malayan flag was then raised for the first time at the stroke of midnight on 31 August 1957 as independence was declared. Located opposite the Sultan Abdul Samad Building and in front of the Royal Selangor Club, Dataran Merdeka is often the setting for Independence Day parades and other national events. The flagpole which holds the Malaysian flag is also one of the world’s highest at 100m.

SULTAN ABDUL SAMAD BUILDING

Located along Jalan Tuanku Abdul Rahman opposite Dataran Merdeka, this iconic building was completed in 1897 during the British administration. This historical building features unique Moorish designs and a beloved clock tower.

KL CITY GALLERY

Located in a 114-year-old building just beside Dataran Merdeka, this gallery is a repository of all kinds of information on Kuala Lumpur. This landmark building was once used as the city’s first public library. In efforts to preserve the heritage of Kuala Lumpur, exhibits including old prints, photographs and delightful miniatures bring the history of the city to life. For the convenience of visitors, the KL City Gallery has an Information Counter and offers bicycles for rent. The gallery is also the starting point of KL City Hall’s tram service.

www.klcitygallery.com

MASJID JAMEK

One of the oldest mosques in Kuala Lumpur, the Jamek Mosque was officially opened by the Sultan of Selangor in 1909, two years after construction was completed. Designed by A.B. Hubback, the mosque features distinctive elements of Moghul architecture. Very much an icon of the city, it is located at the meeting of the Klang and Gombak rivers which gave rise to Kuala Lumpur’s name, “muddy confluence”.

TUN ABDUL RAZAK HERITAGE PARK

PERDANA BOTANICAL GARDEN (KL LAKE GARDENS)

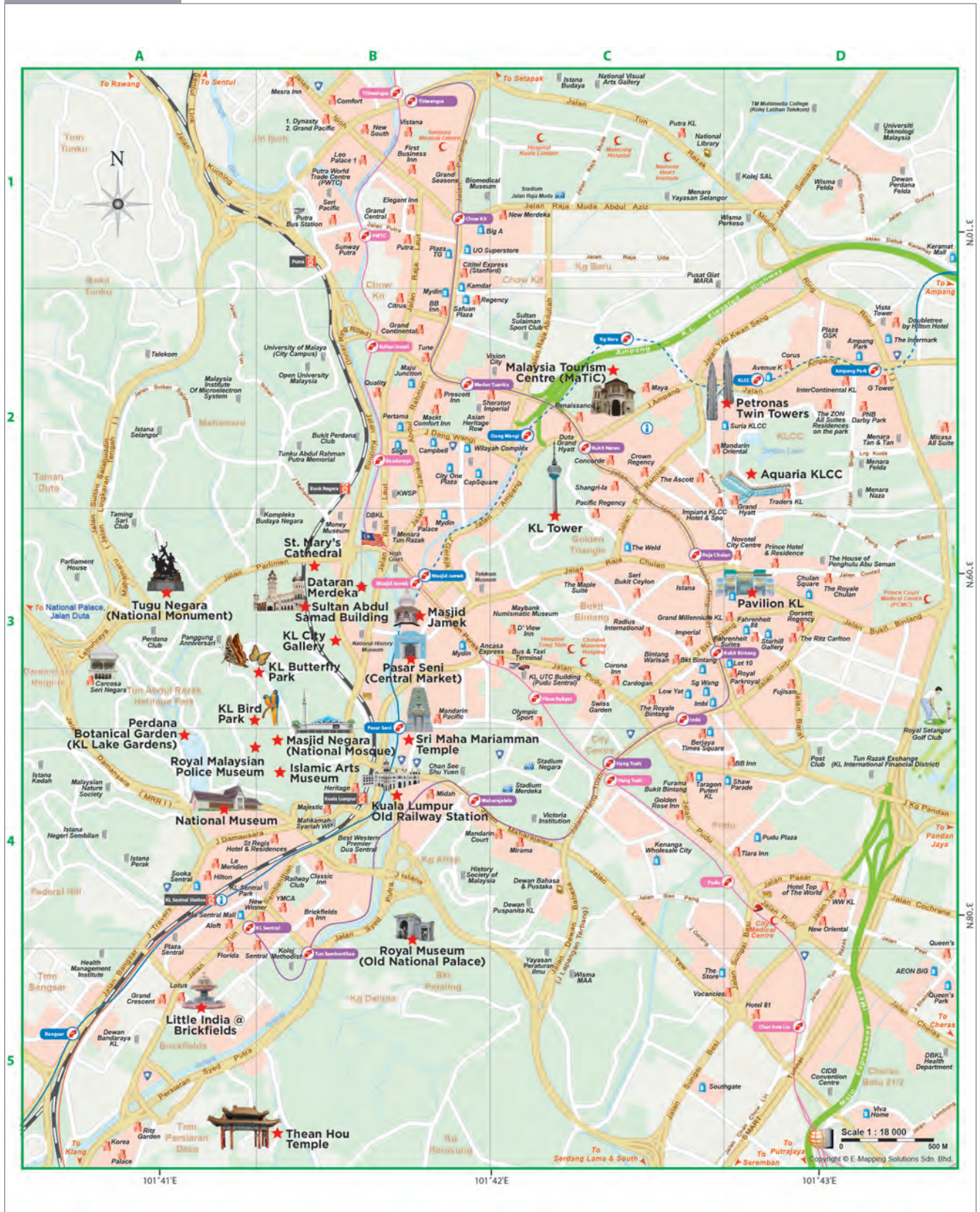
Fondly referred to as Lake Gardens by locals, this is the oldest park in Kuala Lumpur. It features landscaped gardens and walking trails within 92 hectares of undulating parkland, providing cool relief right in the city. Among its attractions are a Deer Park, Bird Park, Butterfly Park and Orchid Garden. Within walking distance of the gardens are the National Monument and Islamic Arts Museum.

www.klbotanicalgarden.gov.my

KL BIRD PARK

Located within the Perdana Botanical Garden, the KL Bird Park is home to more than 3,000 birds of 200 Malaysian and foreign species. Sprawled over 20.9 acres of greenery, the park’s free-flight concept allows birds to fly and breed

KUALA LUMPUR



LEGEND

	Cleared Land / Grass		Tourist Information Centre		Place of Interest		Taxi Station
	Built-up Area		Shopping Centre		Police Station		KTM Komuter Train Route & Station
	Town Area		Hotel		Post Office		Rapid KL - Kelana Jaya Line & Station
	Expressway		Bus Station		Library		Rapid KL - Ampang Line & Station
	Major Road		Important Landmark		Fire Station		Rapid KL - Monorail Route & Station
	Secondary Road		Hospital / Medical Centre		Golf Course		

naturally. Species here include Mandarin ducks, hawk-eagles, hornbills and flamingos. Visitors can catch sight of hatchlings in the Nursery. They can also have their pictures taken with some of the birds. Daily bird shows are held in the amphitheatre. Local Malay cuisine can be enjoyed at the Hornbill Restaurant. Several cafes and kiosks can be found throughout the park.

www.klbirdpark.com

KL BUTTERFLY PARK

The Kuala Lumpur Butterfly Park is nestled within the Perdana Botanical Garden, with more than 5,000 butterflies amidst tropical foliage and flowers. Visitors will enjoy taking a cool break here while catching sight of these beautiful winged creatures, along with other insects, koi fish and fresh water turtles. A museum also houses a large collection of butterflies and insects from around the world.

www.klbutterflypark.com

NATIONAL MUSEUM

Known locally as Muzium Negara, the museum was officially opened on Malaysia Day, 31 August 1963, and features traditional Malay architecture. Showcasing a large number of exhibits and artefacts, the museum is a wonderful resource centre. Four main galleries, namely Early History, Malay Kingdoms, Colonial Era and Malaysia Today, trace the history of Malaysia from prehistoric times to the present. Various national treasures within the museum include the palace of Terengganu which was built entirely of hardwood and the first cable car from Penang Hill.

www.muziumnegara.gov.my

ISLAMIC ARTS MUSEUM

Located in the peaceful surroundings of the Perdana Botanical Garden, this is Southeast Asia's largest museum of Islamic art. Spread over 30,000sq m, it houses thousands of artefacts, as well as an extensive library of Islamic art books. Art objects displayed here include the tiniest pieces of jewellery and one of the world's largest models of Mekah's Masjid al-Haram. A large collection of Asian art, including Chinese and Indian art, is also on display.

www.iamm.org.my

ROYAL MALAYSIAN POLICE MUSEUM

Tucked away between the Perdana Botanical Garden and the National Mosque is a little known museum that's a treasure trove of artefacts related to the Malaysian police force and other memorabilia. More than 7,500 items are on display, including the first aircraft of the Police Force, vehicles, boats, uniforms and weaponry.

MASJID NEGARA (NATIONAL MOSQUE)

Built in 1965, Masjid Negara is right next to Kuala Lumpur's iconic railway station. Its design combines elements of traditional Islamic art, calligraphy and ornamentation. Situated among 13 acres of landscaped gardens, it has a capacity of 15,000 worshippers.

TUGU NEGARA (NATIONAL MONUMENT)

Located within the grounds of the Perdana Botanical Garden, the National Monument was built to honour those who sacrificed their lives during the nation's struggle against the threat of communism. One of the world's largest free-standing bronze sculptures, the monument was sculpted in 1966 by Felix de Weldon, creator of the Iwo Jima Monument in Washington DC. The seven bronze





KL City Gallery

statues symbolise different qualities including courage, strength and unity, with the topmost figure holding aloft the Malaysian flag.

OTHER PLACES OF INTEREST

KL TOWER

Located in the heart of the city atop Bukit Nanas at 421m above sea level, KL Tower or Menara KL is a prominent landmark. It is set amidst the 10.05-hectare Bukit Nanas Forest, the oldest gazetted forest reserve in the country with an array of flora and fauna. A ride up to the observation deck will accord panoramic views of the city both day and night, while within the grounds are other attractions including an animal zone and aquarium.

www.menarakl.com.my

MALAYSIA TOURISM CENTRE (MATIC)

Located on Jalan Ampang near the Petronas Twin Towers, this is a one-stop tourist centre providing all manner of information that visitors require. It also offers other conveniences including money changers, a tourist police counter and souvenir shops. The Saloma Bistro & Theatre Restaurant, housed within the complex, offers genuine Malaysian cuisine along with a variety of performances ranging from drama, musicals and dances to traditional games.

www.matic.gov.my

PAVILION KL

In the heart of Bukit Bintang, one of the city's most popular shopping and dining districts, is Pavilion KL, a 1.37 million sq ft retail haven with more than 500 outlets offering everything from couture fashion and furnishings to culinary and entertainment delights. Its Tokyo Street features everything Japanese, while Seventh Heaven features everything for relaxation and rejuvenation. This premier shopping destination also boasts a unique crystal fountain.

www.pavilion-kl.com

SRI MAHA MARIAMMAN TEMPLE

Kuala Lumpur's oldest Hindu temple is located on Jalan Bandar at the edge of Chinatown. It was first built in 1873 as a private shrine of the Pillai family, who then opened it to the public in the late 1920s. It was an important place of worship for early Indian immigrants. The initial attap structure was demolished in 1887 and replaced with a brick building. Built in the South Indian style, its impressive tower is decorated with depictions of Hindu gods. The temple is the starting point of the procession to Batu Caves during the annual Hindu festival of Thaipusam.

THEAN HOU TEMPLE

Situated on 1.67 acres on top of Robson Hill, the temple was built by the Hainanese community to commemorate the Goddess of Thean Hou or Heavenly Mother. Beautifully



KL Bird Park

decorated with dragon-inspired columns and ornate rooftops, the temple incorporates elements of Buddhism, Taoism and Confucianism in its architecture. It hosts both religious and cultural activities as well as Chinese wedding dinners, and attracts thousands of visitors during Chinese festivals.

ST. MARY'S CATHEDRAL

The original Anglican church was built in 1887, but a decision was made by the group of Anglican worshippers to build a new church beside Dataran Merdeka. It thus became the first brick church to be erected in the country in 1895. Its design is based on early English Gothic architecture. It also boasts a pipe organ that has been repaired, restored and rebuilt several times in the church's long history.

www.stmaryscathedral.org.my

KUALA LUMPUR OLD RAILWAY STATION

Completed in 1911, the Old Railway Station is a magnificent piece of architecture. It was designed by A.B. Hubback, an architect who was responsible for most of the distinctive buildings in Kuala Lumpur during the British administration. It used to be a hub for all trains of the national rail system, before KL Sentral was built. Visitors can still go back in time and re-live history at the Heritage Station Hotel housed within this iconic building.

MUSEUM DIRAJA @ ISTANA NEGARA LAMA (ROYAL MUSEUM), JALAN ISTANA

Located on Jalan Istana, the former royal palace of the King has been transformed into a museum. Originally built as a mansion by a Chinese tycoon, it was used by the Japanese governor during World War II. It became the official residence of Their Majesties the King and Queen in 1957. In the museum today, visitors can take a guided tour and learn more about Malaysian royals, as well as view exhibits including regalia, jewellery and the throne.

ISTANA NEGARA (NATIONAL PALACE), JALAN DUTA

Referred to as Istana Negara by Malaysians, the palace is the official residence of Their Majesties the King and Queen of Malaysia. Officially opened on 15 November 2011, it covers an area of 97.65 hectares. The palace complex is made up of many components including living quarters, banquet halls, stables and sports areas. The main entrance gate also houses the Palace Guard from the First Battalion of the Royal Malay Regiment.

www.istananegara.gov.my

PASAR SENI (CENTRAL MARKET)

Located in the heart of the city near Chinatown, this landmark building was built in 1888 as a wet market. Classified as a heritage site, it houses shops and stalls selling a variety of Malaysian handicrafts, art and souvenirs, including a range of Malaysian-made batik and *songket*. Kiosks and eateries offer a range of Malaysian cuisines, while the Annexe Gallery hosts art exhibitions.

www.centralmarket.com.my

LITTLE INDIA @ BRICKFIELDS

Brickfields began first as the centre of the brick-making industry in the late 19th century. It then developed as the main locomotive depot for the Malayan Railway, and was one of the first Indian settlements in Kuala Lumpur. Being the Little India of Kuala Lumpur, it has numerous shops selling spices, sweets and snacks as well as textiles and flowers. There are also restaurants and hotels. Other attractions include temples, churches and a mosque. A guided walking tour through the area provides useful information and brings the history of Brickfields to life.

www.visitkl.gov.my

GETTING THERE AND AROUND

As the nation's capital city, Kuala Lumpur is accessible via air, train or road. About 58km from KL, the Kuala Lumpur International Airport or KLIA is the main gateway for Malaysia Airlines and other international carriers. The Low Cost Carrier Terminal or LCCT is about 20km from KLIA, servicing budget airlines including AirAsia. The Sultan Abdul Aziz Shah Airport in Subang is about 28km from KL, servicing budget airlines including Firefly and Berjaya Air. Taxis are easily available at all the airports and there are bus services as well. From KLIA, the fastest way into the city is via the KLIA Express, a non-stop train service that leads to KL Sentral. Most highways lead to Kuala Lumpur, and buses and taxis provide transportation from

other towns within the peninsula as well as Singapore. Services on KTMB, the railway system, link Kuala Lumpur with other Malaysian towns, Singapore and Thailand.

KL Sentral is the main transportation hub within the city. From here, visitors can travel around the city on the Light Rail Transit (LRT) or KTM Komuter train. A monorail system also transports commuters within the city, especially to the shopping malls along Jalan Bukit Bintang. Buses and taxis are readily available as well. A good way for visitors to familiarise themselves with Kuala Lumpur and take in its attractions is to take a city tour on the KL Hop-on Hop-off Bus. DBKL or KL City Hall provides tram services to the Perdana Botanical Garden.

www.myhoponhopoff.com

SHOPPING AND DINING

Kuala Lumpur is truly a shopping paradise. On the main shopping street of Jalan Bukit Bintang, there are several large shopping malls including Pavilion KL, Starhill Gallery, Fahrenheit 88, Lot 10 and Sungei Wang Plaza. Suria KLCC is situated right below the Petronas Twin Towers, while The Gardens Mall is ideally positioned between Kuala Lumpur and Petaling Jaya. These malls abound with branded and luxury items, ranging from the latest fashion to exquisite timepieces and so much more. Kuala Lumpur's premier shopping district encompasses the KLCC-Bukit Bintang area, with connections via a 562m air-conditioned walkway.

All the malls feature department stores and shops stocking literally everything from fashion and shoes to homeware and electronics. A few malls that specialise in IT products and cameras are also very popular. At stalls in Chinatown and Jalan Masjid India, as well as smaller shops and night markets, visitors can pick up very good buys with a little bargaining. Another favourite shopping stop is Jalan TAR, renowned for its endless variety of goods and knick-knacks. Craft centres such as Karyaneka and Central Market are excellent places to shop for handicrafts and souvenirs.

Kuala Lumpur is also a gourmand's paradise, with the widest range of food available. Fine dining can be enjoyed at exclusive restaurants and hotels, and many other restaurants specialise in international cuisine. While fast food is available everywhere, visitors should also make it a point to try some local fare at food courts, coffee shops, stalls and night markets.

ACCOMMODATION

The nation's capital has the widest range of accommodation, from exclusive resorts and chain hotels to boutique hotels and budget inns.



LIST OF HOTELS

KUALA LUMPUR

Aloft Kuala Lumpur Sentral ****
t : 603 2723 1188
w : www.starwoodhotels.com

Berjaya Times Square *****
t : 603 2117 8000
w : www.berjayahotel.com/kualalumpur

Seri Pacific Kuala Lumpur ****
t : 603 4042 5555
w : www.seripacifichotel.com

Carcosa Seri Negara *****
t : 603 2295 0888
w : www.shr.my

DoubleTree by Hilton Hotel Kuala Lumpur *****
t : 603 2172 7272
w : doubletree3.hilton.com

Grand Hyatt Kuala Lumpur *****
t : 603 2182 1234
w : kualalumpur.grand.hyatt.com

Grand Millennium Kuala Lumpur *****
t : 603 2117 4888
w : www.millenniumhotels.com

Parkroyal Kuala Lumpur *****
t : 603 2147 0088
w : www.parkroyalhotels.com

Pacific Regency Hotel Suites *****
t : 603 2332 7777
w : www.pacific-regency.com

G Tower Hotel Kuala Lumpur *****
t : 603 2168 1919
w : www.gtowerhotel.com

Hotel Istana Kuala Lumpur *****
t : 603 2141 9988
w : www.hotelistana.com.my

Hotel Maya *****
t : 603 2711 8866
w : www.hotelmaya.com.my

InterContinental Kuala Lumpur *****
t : 603 2161 1111
w : www.intercontinental-kl.com.my

JW Marriott Kuala Lumpur *****
t : 603 2715 9000
w : www.marriott.com

Hilton Kuala Lumpur *****
t : 603 2264 2264
w : www.hilton.com

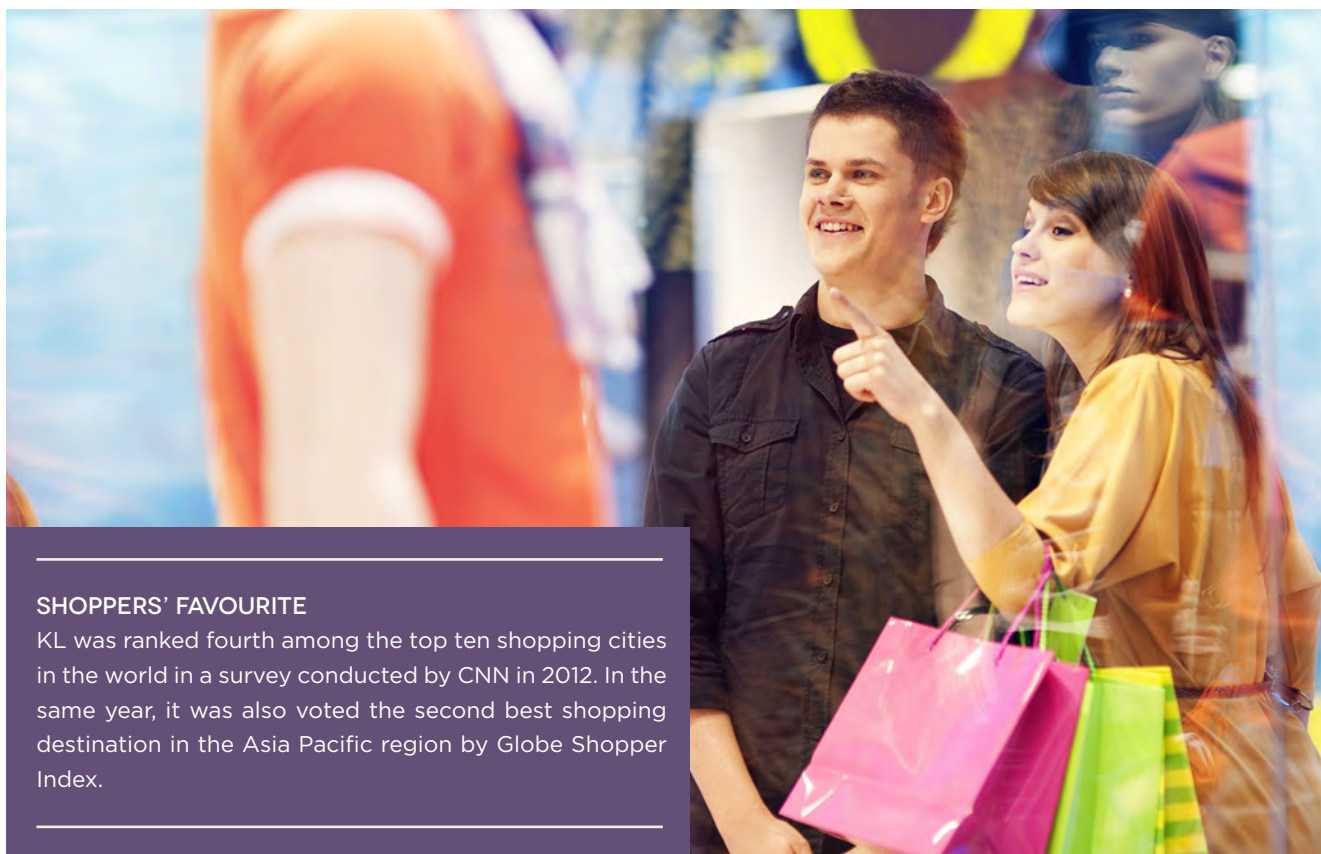
Le Meridien Kuala Lumpur *****
t : 603 2263 7888
w : www.lemeridienkualalumpur.com

Mandarin Oriental Kuala Lumpur *****
t : 603 2380 8888
w : www.mandarinoriental.com/kualalumpur

Piccolo Hotel Kuala Lumpur ****
t : 603 2146 5000
w : www.piccolohotel.com.my

Renaissance Kuala Lumpur *****
t : 603 2162 2233
w : www.marriott.com

Shangri-La Kuala Lumpur *****
t : 603 2032 2388
w : www.shangri-la.com/kualalumpur



SHOPPERS' FAVOURITE

KL was ranked fourth among the top ten shopping cities in the world in a survey conducted by CNN in 2012. In the same year, it was also voted the second best shopping destination in the Asia Pacific region by Globe Shopper Index.

Sheraton Imperial
Kuala Lumpur *****
t : 603 2717 9900
w : www.sheratonimperialkualalumpur.com

Sunway Putra Hotel *****
t : 603 4042 9888
w : putra.sunwayhotels.com

The Ritz-Carlton,
Kuala Lumpur *****
t : 603 2142 8000
w : www.ritzcarlton.com

The Westin Kuala Lumpur *****
t : 603 2731 8333
w : www.thewestinkualalumpur.com

The Gardens Hotel
& Residences *****
t : 603 2268 1188
w : www.gardenshtlres.com

The Majestic Kuala Lumpur *****
t : 603 2785 8000
w : www.majestickl.com

Best Western Premier
Dua Sentral *****
t : 603 2272 8888
w : bestwesternmalaysia.com

The Boulevard - St Giles
Premier Hotel *****
t : 603 2295 8000
w : www.blvhotel.com

Concorde Kuala Lumpur *****
t : 603 2144 2200
w : kualalumpur.concordehotelsresorts.com

Corus Hotel Kuala Lumpur *****
t : 603 2161 8888
w : www.corushotelkl.com

Dorsett Regency Kuala Lumpur *****
t : 603 2716 1000
w : dorsettregencykualalumpur.com

The Royale Chulan Kuala Lumpur *****
t : 603 2688 9688
w : www.theroyalechulan.com

The Royale Bintang
Kuala Lumpur *****
t : 603 2143 9898
w : www.royale-bintang-hotel.com.my

Dynasty Hotel Kuala Lumpur *****
t : 603 4043 7777
w : www.dynasty.com.my

Federal Hotel Kuala Lumpur *****
t : 603 2148 9166
w : www.federal.com.my

Grand Seasons Hotel *****
t : 603 2697 8888
w : www.grandseasonshotel.com

Melia Kuala Lumpur *****
t : 603 2785 2828
w : meliakualalumpur.com.my

Swiss-Garden Hotel & Residences
Kuala Lumpur *****
t : 603 2141 3333
w : www.swissgarden.com

Hotel Royal Kuala Lumpur *****
t : 063 2116 2888 or 2148 6888
w : www.hotelroyalkl.com

Traders Hotel Kuala Lumpur *****
t : 603 2332 9888
w : www.shangri-la.com/kualalumpur/traders/

Vistana Hotel Kuala Lumpur *****
t : 603 4042 8000
w : www.vistanahotels.com/vistanaKL

Cititel Express *****
t : 603 2691 9833
w : www.cititelexpress.com

Cititel Mid Valley *****
t : 603 2296 1188
w : www.citittelmidvalley.com

Citrus Hotel Kuala Lumpur *****
t : 603 9195 9999
w : www.citrushotelkl.com

City Villa Hotel *****
t : 603 2692 6077
w : www.hotelcityvilla.com

Hotel Grand Continental *****
t : 603 2698 3815
w : www.ghihotels.com.my

Olympic Sports Hotel
Kuala Lumpur *****
t : 603 2078 7888
w : www.olympichotel-kualalumpur.com

Hotel Malaya *****
t : 603 2072 7722

Hotel Maluri *****
t : 603 9287 8833
w : www.hotelmaluri.com

Hotel Midah *****
t : 603 2273 9999
w : midahhotelkl.com

Hotel Nova *****
t : 603 2143 1818
w : www.novahtl.com

Kuala Lumpur International Hotel *****
t : 603 2697 8833
w : www.kl-internationalhotel.com

Quality Hotel City Centre *****
t : 603 2693 9233
w : www.quality.com.my

The Plaza Hotel Kuala Lumpur *****
t : 603 2698 2255
w : www.plazahotelkl.com

Agora Hotel Kuala Lumpur *****
t : 603 2142 8133
w : www.agorahotel.com.my

First Business Inn *****
t : 603 4043 3399
w : www.firstbusinessinn.com

Hotel Fortuna *****
t : 603 2141 9111
www.fortunakl.com

Grand Pacific Hotel *****
t : 603 4042 2177
www.grandpacifichotel.com.my

Mirama Hotel *****
t : 603 2148 9122
w : miramahotel.com.my

Wira Hotel Kuala Lumpur *****
t : 603 4042 3333
w : www.wirahotel.com.my

Tune Hotel - Downtown KL *****
t : 603 7962 5888
w : www.tunehotels.com/my

Novotel Kuala Lumpur City Centre *****
t : 603 2147 0888
w : www.novotel.com

Furama Bukit Bintang *****
t : 603 2788 8888
w : www.furama.com

Please note that this list is not exhaustive.

SELANGOR

A NEVER-ENDING DISCOVERY

Selangor is a great place to experience Malaysia's multicultural heritage and festivals. Many events, showcasing a potpourri of traditional music, dance and food, are held here all year round. With its wonderful mix of attractions, Selangor promises an unforgettable holiday for all travellers.



Located on the west coast of Peninsular Malaysia, Selangor covers an area of 125,000sq km. Its state capital is Shah Alam, while Klang holds the honour of being the royal town.

The most developed state in Malaysia, Selangor features infrastructure and telecommunications that are on par with the best in the region. Its urban centres abound with shopping malls, restaurants and other leisure establishments. Among the state's most notable townships are Petaling Jaya, Subang Jaya, Bandar Sunway and Klang.

Selangor is known as the gateway to Malaysia as it is home to the Kuala Lumpur International Airport and the country's largest seaport, Port Klang. It also boasts excellent healthcare facilities and the largest number of higher education institutions in the country.

Beyond the city limits, Selangor's diverse natural landscapes range from lush tropical forests and hills to a mangrove-fringed coastline. Its vast expanse of green space includes parks, formal gardens and nature reserves. Small towns and traditional villages add to the eclectic charm of the state.

www.tourismselangor.my

SHAH ALAM

The state capital, Shah Alam, is a well-planned modern city located about 25km southwest of Kuala Lumpur. The city offers a wide range of attractions and varied leisure options for visitors. With its superb infrastructure and amenities as well as scenic surroundings, Shah Alam has all the elements for the perfect city break. It is easily accessible from anywhere in the Klang Valley via several highways.

MASJID SULTAN SALAHUDDIN ABDUL AZIZ SHAH (BLUE MOSQUE)

The state mosque of Selangor, the Sultan Salahuddin Abdul Aziz Shah Mosque, is also referred to as the Blue Mosque owing to its distinctive blue dome. One of the largest mosques in Malaysia, it can accommodate up to 24,000 worshippers at any one time. The Blue Mosque is a sight to behold, from its towering minarets which are among the world's tallest, to the beautiful Islamic calligraphy that adorns its dome.

I-CITY

Spread over 72 acres, i-City is a fully integrated business and lifestyle hub located just off the Federal Highway, about 30km from Kuala Lumpur. It has been dubbed "The City of Digital Lights" for its mesmerising nightscape, created by a million LED lights illuminating a forest of fabricated trees. Among the many attractions here are several theme parks, retail shops, an interactive wax museum and 6D motion theatre. Of these, the most unique is undoubtedly the 50,000sq ft SnoWalk where visitors can experience a simulated Arctic environment at temperatures below 5° Celsius. A variety of eateries and accommodation options can be found within i-City itself. www.i-city.my

TAMAN BOTANI NEGARA SHAH ALAM (SHAH ALAM NATIONAL BOTANICAL GARDEN)

The 817-hectare Shah Alam National Botanical Garden comprises tracts of rainforests combined with plantations and botanical gardens, about 30km north of Shah Alam. The park is a great getaway for nature lovers and thrill seekers alike. It boasts an animal park, cactus garden, tropical fruit garden and show village. Popular activities here range from paintball and Skytrex canopy adventure challenges to fly fishing and camping. Chalets are available for overnight stays as it will take more than a day to fully explore the park.

www.tbnsa.gov.my

SHAH ALAM LAKE GARDENS

Situated in the heart of the city, the Shah Alam Lake Gardens is a popular recreational spot for all ages, especially in the evenings and during weekends. Centred around three main lakes, the park's beautiful surroundings and relaxed environment provide a wonderful setting for group outings and picnics. Facilities here include playgrounds for children, lakeside jogging and cycling trails, as well as a floating restaurant. Visitors can also rent kayaks and boats to paddle around the lakes.

KOMPLEKS TAMAN SENI ISLAM SELANGOR (SELANGOR ISLAMIC ARTS GARDEN COMPLEX)

Located in the vicinity of the Sultan Salahuddin Abdul Aziz Shah Mosque, the Selangor Islamic Arts Garden Complex introduces visitors to the fascinating world of Islamic art and culture. Built on a 14-hectare site, the complex houses nine galleries, a lecture hall, children's centre and various activity rooms. Besides intricate works of Arabic calligraphy, the museum also showcases different forms of Islamic art including sculptures, carvings, paintings and architecture.

WET WORLD SHAH ALAM

The kid-friendly Wet World promises a splashing good time for adults and children alike. Its star attraction is the exhilarating 225m-long Monsoon Buster, one of the longest uphill water coaster rides in the world. The park also has an array of thrilling rides and slides, a kiddy pool, games area for adults, gift shop and eateries. Wet World faces the Shah Alam Lake Gardens and is conveniently located near hotels and other city centre amenities.

www.owg.com.my/wetworld

HIGH 5 BREAD TOWN

Recognised by the Malaysia Book of Records as the country's "First Bread Museum", High 5 Bread Town traces the history of bread-making through the ages. The museum belongs to bakery goods manufacturer, the Silver Bird Group, and is part of their production plant. Visitors will get a chance to observe the bread-making process from the factory skywalk, suspended 293m above ground. High 5 Bread Town is located about 8km from the Kuala Lumpur city centre.

www.high5breadtown.com

SELANGOR



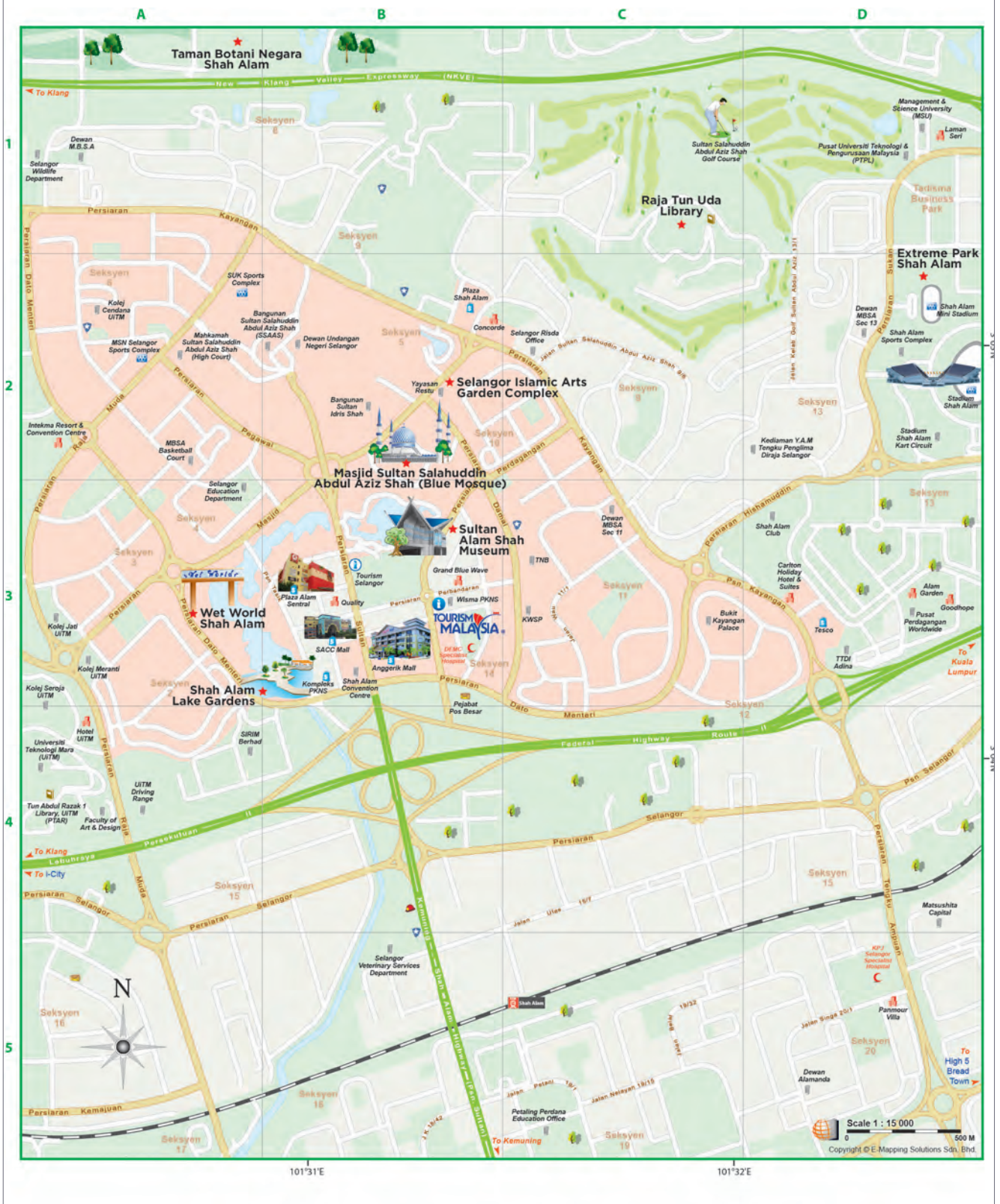
- SHAH ALAM**
- Extreme Park Shah Alam
 - High 5 Bread Town
 - i-City
 - Masjid Sultan Salahuddin Abdul Aziz Shah (Blue Mosque)
 - Raja Tun Uda Library
 - Selangor Islamic Arts Garden Complex
 - Shah Alam Lake Gardens
 - Sultan Alam Shah Museum
 - Taman Botani Negara Shah Alam
 - Wet World Shah Alam

- KLANG**
- GM Klang Wholesale City
 - Heritage Walk
 - Little India
 - Sultan Abdul Aziz Royal Gallery

LEGEND

- State Capital
- ✈ Airport
- Expressway
- Railway Line
- District
- ✈ Airstrip
- Major Road
- State Border
- Town
- ★ Place of Interest
- Secondary Road

SHAH ALAM



LEGEND			
	Cleared Land / Grass		Place of Interest
	Built-up Area		Tourist Information Centre
	Town Area		Shopping Centre
	Major Road		Hotel
	Secondary Road		Sports Complex
			Important Landmark
			Hospital / Medical Centre
			Police Station
			Post Office
			Library
			Fire Station
			Golf Course
			KTM Komuter Train Route & Station



▲ Sungai Congkak Recreational Forest, Hulu Langat

EXTREME PARK SHAH ALAM

One of Malaysia's finest multisport centres, Extreme Park Shah Alam boasts a skate park, inline skate park, bike park, climbing wall as well as paintball and futsal arenas. It offers extreme sports enthusiasts of all skill levels a safe environment to practise their sport of choice. Several fast food outlets are located next to the park which is just 3km from the city centre.

SULTAN ALAM SHAH MUSEUM

Standing proud as Selangor's largest museum, the Sultan Alam Shah Museum showcases some of the most fascinating artefacts in the country. Housed in a Minangkabau-inspired building in the heart of the city, the museum provides a unique insight into the history of Shah Alam and Selangor. It consists of several permanent galleries that are dedicated to the state's history, culture and natural history. Miniature models of old colonial buildings are also on display here.

RAJA TUN UDA LIBRARY

The largest state library in Selangor, Perpustakaan Raja Tun Uda offers a conducive environment for reading and learning. The library is situated within a park and overlooks a serene lake. Covering a total floor area of 203,600sq ft, the six-storey building currently houses about 190,000

books. It is equipped with state-of-the-art facilities and amenities, including a Creative Zone for kids, 6D theatre, gymnasiums, free Wi-Fi and 100 public computers.

BEYOND SHAH ALAM

SUNWAY LAGOON, BANDAR SUNWAY

Malaysia's premier theme park, the award-winning Sunway Lagoon, attracts thousands of fun seekers from far and wide. Spread across 80 acres, the park comprises five different themed zones, offering a choice of 80 rides and attractions. The park's main draws include the world's largest man-made sandy surf beach and longest pedestrian suspension bridge as well as Asia's tallest slingshot ride. Sunway Lagoon is situated about 15km from the Kuala Lumpur city centre. A four-star hotel is located right next to the park.

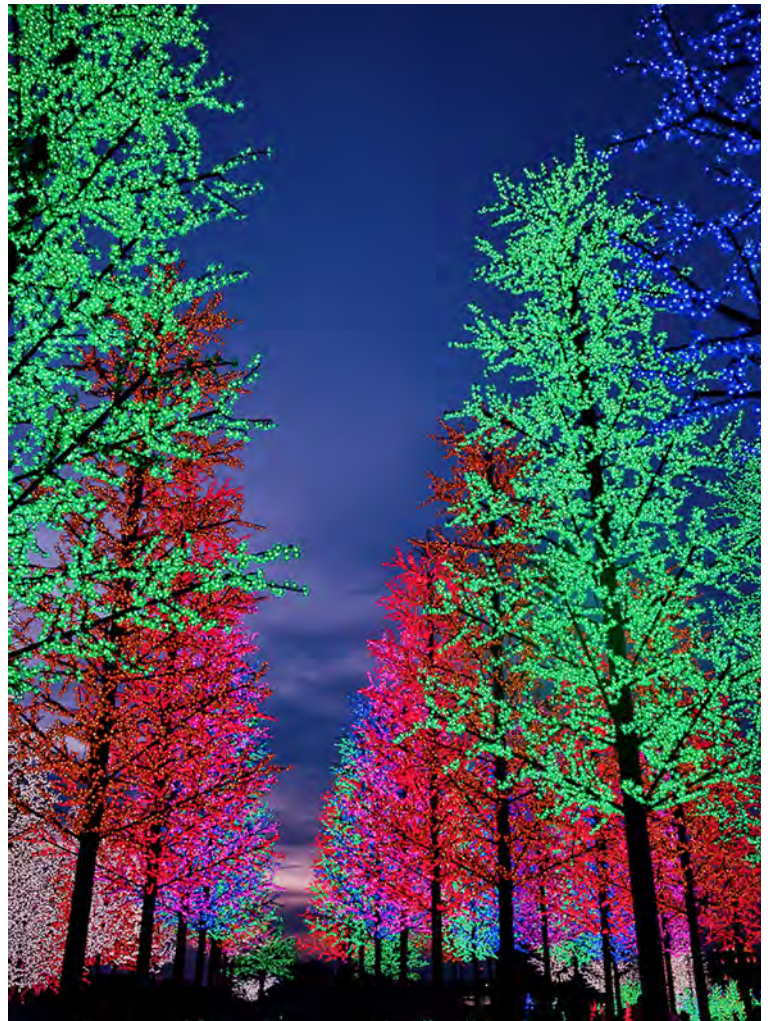
www.sunwaylagoon.com

ZOO NEGARA (NATIONAL ZOO), ULU KLANG

Established in 1963, the National Zoo is located on 110 acres of land in Ulu Klang, 5km from the Kuala Lumpur city centre. It has more than 5,000 animals, representing 476 species of mammals, birds, reptiles, amphibians and fish. The zoo embraces an open concept whereby 90% of its animals are kept in spacious enclosures, separated



▲ Sunway Lagoon, Bandar Sunway



▲ i-City, Shah Alam

from visitors by natural barriers rather than cages. Its key attractions include an aquarium, aviary, reptile house, ape centre and night safari.

www.zoonegaramalaysia.my

SEPANG INTERNATIONAL CIRCUIT, SEPANG

The Sepang International Circuit was purpose-built for Formula One races and has been hosting the Malaysian Grand Prix since its inception in 1999. The state-of-the-art circuit comprises a 5.5km track that features 15 turns and eight straights. While its double-frontage grand stand offers the best seats in the house for 30,000 spectators, a further 100,000 spectators can be accommodated in the open stands. Located 13km from the KL International Airport the circuit is also the venue of the Malaysian MotoGP.

www.sepangcircuit.com

FIREFLY PARKS, KUALA SELANGOR

A trip to Selangor will not be complete without a visit to the firefly colonies at Kampung Kuantan and Kampung Bukit Belimbing, about 6km and 10km from Kuala Selangor town respectively. The fireflies congregate in large numbers around the *berembang* trees that grow along the riverbank. Visitors can catch this natural phenomenon on boat tours organised by several tour operators here. Accommodation is available in Kampung Bukit Belimbing.

www.fireflypark.com

BATU CAVES

One of Malaysia's iconic attractions, Batu Caves draws thousands of visitors every year to its massive limestone outcrop which is believed to be 400 million years old. Located 15km north of Kuala Lumpur, Batu Caves is especially crowded during the annual Hindu festival, Thaipusam. Visitors are greeted by a 42.7m-high golden statue of the Hindu God, Lord Murugan, at the entrance to the caves. A steep 272-step climb takes them to the top where they are rewarded with stunning views of stalagmites and stalactites.

BUKIT MALAWATI (MALAWATI HILL), KUALA SELANGOR

Historical Malawati Hill takes visitors on a journey back in time to the late 18th century when the area was the stronghold of the Selangor Sultanate. An ancient fort used to stand proudly on this hilltop. Today, besides the ruins of the fort, the site features a number of historical attractions. These include a lighthouse, royal mausoleum, viewing tower and museum. Visitors can also take a closer look at the execution block and poisoned well that the Dutch used to execute traitors. Some 70km from Kuala Lumpur, the hill is accessible from its foothill via tram or on foot.

PULAU CAREY (CAREY ISLAND)

Located just off the mainland about 20km south of Klang, Carey Island is famed for its fresh seafood and the indigenous Mah Meri (pronounced Mak Miri) people who are known to produce some of the world's most evocative wooden masks. Fashioned out of a rare mangrove hardwood called Nyireh Batu, every mask has a story behind it that's related to a Mah Meri ancestral legend. Visitors can find out more about this fascinating tribe at the Mah Meri Cultural Village where various cultural performances are held regularly. A choice of hotel and homestay accommodation is available here.

www.mvcv.org.my

FOREST RESEARCH INSTITUTE OF MALAYSIA (FRIM), KEPONG

Located 16km from the Kuala Lumpur city centre, FRIM is a must-visit for nature lovers and outdoor enthusiasts. The institute is the holder of six National Records awarded by the Malaysia Book of Records. FRIM has also been declared a National Heritage in recognition of its conservation efforts. The 486-hectare reserve provides a relaxing back-to-nature experience amidst serene surroundings, a waterfall, river, shady trees, ponds and landscaped gardens. Here, visitors can enjoy spectacular views and discover a wide range of flora and fauna from a 30m-high canopy walkway and various jungle trails. Those who wish to camp overnight in the reserve must obtain permission from FRIM.

www.frim.gov.my

SULTAN ABDUL AZIZ ROYAL GALLERY, KLANG

Selangor has a well-documented and rich royal heritage that dates back to the 18th century. The Sultan Abdul

Aziz Royal Gallery was set up to preserve and showcase the history and legacy of the Selangor Sultanate. The gallery is a tribute to the eighth Sultan of Selangor, Sultan Salahuddin Abdul Aziz Shah. It features several royal collections depicting the Sultan's reign as well as replicas of Selangor's crown jewels.

www.galeridiraja.com

KUALA SELANGOR NATURE PARK

Situated at the mouth of the Selangor River, the Kuala Selangor Nature Park is a haven for a rich diversity of flora and fauna. Featuring up to 800 acres of secondary forests, muddy estuaries and mudflats, the park is home to a cornucopia of wildlife including silver leaf monkeys, mudskippers, king crabs and more than 150 species of birds. The Nordmann's Greenshank, one of the world's rarest birds, has also been spotted here. Various trails and boardwalks as well as observation towers provide great vantage points to observe the wildlife. Chalets are available for rent within the park grounds. Information can be obtained from the Visitors Centre located at the entrance to the park.

HOMESTAYS

Nothing compares to the enriching homestay experience of staying in a traditional Malay village. Living with the host family, guests will enjoy the privilege of partaking in everyday village activities such as playing traditional games and helping to prepare local delicacies. Among the popular homestay villages in Selangor are Kampung Banghuris, Kampung Sungai Sireh and Kampung Sungai Haji Dorani. Visitors can sign up for the homestay programme through numerous local tour operators.

www.go2homestay.com



 Bukit Jugra (Jugra Hill), Banting

FO GUANG SHAN DONG ZEN TEMPLE, BANTING

Built in 1994, the 16-acre Fo Guang Shan Dong Zen Temple complex is the pride and joy of the local Buddhist community. A religious, cultural and educational hub, the temple complex is adorned with statues and paintings of Buddha. Every Chinese New Year, the temple is abuzz with activities to celebrate the auspicious occasion. The attractions here range from landscaped gardens and fish ponds to an art gallery, tea house and children's education centre. The temple is located about 12km north of Banting town.

GM KLANG WHOLESALE CITY, KLANG

Located in Bandar Botanic Klang, 25km from Shah Alam, GM Klang is a wholesale paradise for consumers and businesses alike. Spread over 14.5 acres, GM Klang features hundreds of wholesalers selling a vast array of products from IT devices and electrical appliances to clothing, textiles and footwear. For visitors who need a break from shopping, there is an on-site food court serving both local and western fare.

www.gmklang.com

HERITAGE WALK, KLANG

Topping the must-do list in Klang, the Heritage Walk takes visitors on a unique journey through the historical streets of Selangor's royal town. Mapped out by Selangor Tourism, the state tourism agency, this fascinating heritage tour covers 18 heritage sites in Klang town that are all within walking distance of each other. Attractions range from places of worship and educational institutions to pre-war buildings. A walking guide, titled "The Royal Town of Klang Heritage Walk" can be obtained from the Tourism Selangor Information Centre in Shah Alam.

LITTLE INDIA, KLANG

Located along Jalan Tengku Kelang, this Little India enclave serves as a gathering point for the Indian community in Klang. Thousands swarm the area every day to shop for an array of exotic Indian goods, including saris, jewellery, textiles, stainless steel pots as well as groceries, delicacies and spices. During Deepavali, the street is transformed into a delightful showcase of light and sound as Hindus come together to celebrate the Festival of Lights.

SUNGAI CHILING KELAH SANCTUARY, KUALA KUBU BHARU

This river was gazetted as a nature park and fish sanctuary to preserve the local species of the Mahseer known as Kelah. A great place to observe and appreciate this magnificent fish, the river also provides an ideal setting for hiking, picnicking and camping, complete with rest huts and campsites. The park is located at the foothills of Fraser's Hill, about 100km from Kuala Lumpur.

SUNGAI CONGKAK RECREATIONAL FOREST, HULU LANGAT

About 33km from Kuala Lumpur, the Sungai Congkak Recreational Forest is a good starting point for visitors looking to experience the great Malaysian outdoors. Cradled between fruit orchards and lush greenery, the forest harbours a rich diversity of flora and fauna. Cool natural pools and the refreshing river that runs through the recreational forest make it a popular spot for picnicking, swimming and camping. Chalet accommodation and campsites are available for visitors planning to stay overnight.

BUKIT JUGRA (JUGRA HILL), BANTING

Located 8km from Banting town and 380m above sea level, Bukit Jugra is a great vantage point to enjoy panoramic views of the Langat River and the surrounding lowlands. One of the hill's main attractions is the 19th century lighthouse that stands proudly on the hilltop. A popular spot for hiking and jogging, the hill has become synonymous with the sport of paragliding in recent years. Paragliding trips are offered by numerous adventure tour operators in Malaysia.

GENTING STRAWBERRY LEISURE FARM, GOHTONG JAYA

Traditionally temperate fruits such as strawberries and grapes have been successfully grown at the Strawberry Leisure Farm since 2009. Built on five acres of land, this concept farm combines the elements of farming, leisure and business. Here, visitors can pick and purchase juicy ripe strawberries as well as flowers, mushrooms and organic bean sprouts. Situated within the farm, the Strawberry Farmhouse Cafe serves a variety of delicious treats made from the farm's fresh produce. Straddling the border of Pahang and Selangor, the farm is located in Gohtong Jaya, 5km from the peak of Genting Highlands.

www.gentingstrawberry.com



▲ Masjid Sultan Salahuddin Abdul Aziz Shah (Blue Mosque), Shah Alam



📍 Sultan Abdul Aziz Royal Gallery, Klang

RABBIT FUN LAND, SEMENYIH

The largest rabbit farm in Malaysia, Rabbit Fun Land is a great place for both family and group outings. Established more than 20 years ago, the farm rears approximately 30,000 rabbits as well as other animals including ponies, goats and deer. There are wide open spaces for children to run around in and adults to enjoy a relaxing stroll. After a tour of the farm, visitors can head over to the on-site restaurant to enjoy a delicious meal. Rabbit Fun Land is located in Broga, Semenyih, about 30km from Kuala Lumpur.

www.earcsb.com

GETTING THERE AND AROUND

Home to several airports including the Kuala Lumpur International Airport (KLIA), Low Cost Carrier Terminal (LCCT) and Sultan Abdul Aziz Shah Airport, Selangor is easily accessible by air.

The state capital, Shah Alam, is well connected to other parts of the Klang Valley via a network of major highways, namely the Federal Highway, New Klang Valley Expressway (NKVE), Shah Alam Expressway (KESAS), Guthrie Corridor Expressway (GCE), North-South Expressway Central Link (ELITE) and Kemuning-Shah Alam Highway (LKSA).

With its comprehensive range of transportation options, getting around Selangor is just as easy. Besides buses and

taxis, visitors can opt for the Light Rail Transit (LRT) which services areas from Kelana Jaya in Selangor to Gombak in Kuala Lumpur.

SHOPPING AND DINING

Together with Kuala Lumpur, Selangor offers the best shopping experience in Malaysia. Visitors will be overwhelmed by the staggering range of products available at a variety of shopping venues, from modern malls to traditional shops and night markets.

Good food is also served everywhere in Selangor, from fine dining restaurants to food courts and hawker stalls. Local favourites include delicious Malay, Chinese and Indian dishes. International fare can be savoured at many hotels and shopping malls. Those in the know believe that the best *satay* (barbecued skewered meat served with a peanut dip) is found in Kajang. Both Kuala Selangor and Port Klang have an abundance of good seafood restaurants that serve the freshest seafood in town.

ACCOMMODATION

Selangor's urban centres offer a wide range of accommodation options, ranging from budget inns to luxury hotels. For a more rustic experience, there is a wide choice of homestays in traditional villages.

LIST OF HOTELS

PETALING JAYA

Hotel Armada ****
t : 603 7954 6888
w : www.armada.com.my

Crystal Crown Hotel *****
t : 603 7958 4422
w : www.crystalcrown.com.my

Eastin Hotel ****
t : 603 7665 1111
w : www.eastin.com

Hilton Petaling Jaya *****
t : 603 7955 9122
w : www3.hilton.com

Lisa De Inn ***
t : 603 7955 3636
w : www.lisadeinn.com

Shah's Village Hotel ***
t : 603 7956 9322
w : www.shahsresorts.com

Hotel Singgahsana
Petaling Jaya ***
t : 603 7956 2100
w : www.hspj.com.my

One World Hotel *****
t : 603 7681 1111
w : www.oneworldhotel.com.my

The Royale Bintang The Curve *****
t : 603 7843 1111
w : www.royalebintang.com.my

The Royale Chulan Damansara *****
t : 603 7959 9000
w : www.royalechulandamansara.com.my

SHAH ALAM

Concorde Hotel Shah Alam *****
t : 603 5512 2200
w : concordehotelsresorts.com

De Palma Hotel Shah Alam ***
t : 603 5542 8080
w : www.depalmahotel.com

Grand BlueWave Hotel *****
t : 603 5511 8811
w : www.bluewavehotels.com

Intekma Resort & Convention
Centre ***
t : 603 5522 5000
w : www.intekmaresort.com.my

Holiday Inn Glenmarie ****
t : 603 7802 5200
w : www.ihg.com

Quality Hotel Shah Alam *****
t : 603 5510 3696
w : www.quality.com.my

SEPANG/KLIA

Concorde Inn KLIA ***
t : 603 8783 3118
w : sepang.concordehotelsresorts.com

Empress Hotel Sepang ***
t : 603 8706 7777
w : www.empresshotelsepang.com

Sama-Sama Hotel KLIA *****
t : 603 8787 3333
w : www.samasamahotels.com

PORT KLANG

Crystal Crown Harbour View ***
t : 603 3165 4422
w : www.crystalcrown.com.my

KLANG

Goldcourse Hotel Klang *****
t : 603 3344 6666

Histana Hotel Klang ***
t : 603 3343 8999
w : www.histanahotel.com.my

Prescott Hotel ***
t : 603 3344 8833
w : www.everlyhotel.com

AMPANG

De Palma Hotel Ampang ***
t : 603 4270 7070
w : www.depalmahotel.com

Flamingo Hotel ***
t : 603 4256 3288
w : www.flamingo.com.my

KUALA SELANGOR

De Palma Hotel Kuala Selangor ***
t : 603 3289 7070
w : www.depalmahotel.com

BANGI

Equatorial Hotel *****
t : 603 8210 2222
w : www.equatorial.com

SUBANG

Dorsett Grand Subang *****
t : 603 5031 6060
w : www.dorsetthotels.com

Holiday Villa Subang *****
t : 603 5633 8788
w : www.holidayvillahotelsubang.com

The Saujana Hotel *****
t : 603 7843 1234
w : www.shr.my

Summit Hotel Subang USJ *****
t : 603 8023 3000
w : www.summithotelusj.com

SUNWAY

Sunway Resort Hotel & Spa *****
t : 603 7492 8000
w : www.sunwayhotels.com

Sunway Pyramid Hotel ****
t : 603 7492 8000
w : www.sunwayhotels.com

KAJANG

Prescott Hotel Kajang ***
t : 603 8737 5555
w : www.vhhotels.com

Residence Hotel @ UNITEN ***
t : 603 8922 2088
w : www.residence.com.my

SERI KEMBANGAN

Palace of the Golden Horses *****
t : 603 8946 4888
w : www.palaceofthegoldenhorses.com.my

Mines Wellness Hotel *****
t : 603 8943 6688
w : www.mineswellnesshotel.com.my

OLD KLANG ROAD

Pearl International Hotel ****
t : 603 7983 1111
w : www.pearl.com.my

BAGAN LALANG

Seri Malaysia Bagan Lalang **
t : 603 3141 2918
w : www.serimalaysia.com.my

Golden Palm Tree Iconic Resort
& Spa
t : 603 3182 3600
w : www.goldenpalmtree.com

Please note that this list is not exhaustive.

SHOPPING HOTSPOTS IN SELANGOR

Some of Selangor's popular shopping malls include:

- 1Utama Shopping Centre, Bandar Utama
- Amcorp Mall, Petaling Jaya
- Jaya One and Jaya 33, Petaling Jaya
- Tropicana City Mall, Petaling Jaya
- Subang Parade, Subang Jaya
- Sunway Pyramid, Bandar Sunway
- The Curve, Mutiara Damansara
- IPC and Ikea, Mutiara Damansara
- Paradigm Mall, Kelana Jaya
- Empire Shopping Gallery, Subang Jaya
- IOI Mall, Puchong
- The Mines Shopping Mall, Seri Kembangan
- Metro Kajang Plaza, Klang
- AEON Bukit Tinggi, Klang
- Bukit Raja Shopping Complex, Klang



PUTRAJAYA

INTELLIGENT GARDEN CITY

Putrajaya is a planned city located about 25km south of Kuala Lumpur that serves as the federal administrative capital of Malaysia. It was named after the first Malaysian Prime Minister, Tunku Abdul Rahman Putra Alhaj. The seat of government was shifted here in 1999 from Kuala Lumpur.



Designed as a fully integrated and self-contained “intelligent garden city”, Putrajaya is equipped with excellent infrastructure, facilities and transportation links. About 38% of its total land area is being developed into parks, lakes and wetland.

While mostly occupied by government offices, the city’s architecture is distinctive, and many bridges that link different precincts and the Core Island present spectacular sights.

Besides the architecture, there are many environmentally-friendly venues for visitors to relax and enjoy themselves, such as the botanical gardens and Putrajaya Wetland. Water sports are especially popular on Lake Putrajaya.

www.putrajaya.gov.my

PERDANA PUTRA

With its distinctive green dome, the Prime Minister’s Department Complex has become an icon in Putrajaya. Built in 1997, the complex houses the office of the deputy prime minister, several government departments and agencies. Perched on the main hill in Putrajaya, the complex incorporates various architectural influences, including European, Islamic and traditional Malay.

MASJID PUTRA (PUTRA MOSQUE)

Located next to Perdana Putra, this is the principal mosque in Putrajaya. Built with rose-tinted granite that gives it its distinctive colour, the mosque can accommodate 15,000 worshippers. An interesting feature of the mosque is the *sahn* or courtyard, which is landscaped with decorative water features to provide a soothing feel.

PUTRA SQUARE

Known locally as Dataran Putra, this city square is located opposite Perdana Putra. It is the venue of national level celebrations and festivals including the Malaysian Independence Day parade. The square is actually two concentric plazas, divided into star-shaped segments that represent the states of Malaysia. An interplay of paths, water channels, flower beds and trees makes the square a picturesque stop for visitors.

SERI PERDANA

Located in Precinct 10, Seri Perdana is the official residence of the Prime Minister of Malaysia, and shares a similar design and architecture with Perdana Putra. Located on 42.5 acres of undulating and beautifully landscaped grounds, the building complex consists of three blocks with reception, banquet and residential facilities. Certain sections of Seri Perdana are open to the public and guided tours are available.

www.seriperdana.gov.my

PUTRAJAYA WETLAND

This is the first constructed freshwater wetland in Malaysia, and includes the Wetland Park and Lake Recreational Centre. There are 24 wetland cells comprising swamp forests and open water areas. Several species of local marshland flora and fauna can be found here, including water birds like the egret, little green heron and cinnamon bittern. Among its attractions are an 18m lookout tower, nature trails, a wetland plant nursery, flamingo pond and picnic areas. Aquatic activities are available at the Lake Recreational Centre, including fishing, rowing, kayaking and paddle boating. At the Nature Interpretive Centre, visitors can gain more information about the wetland itself.



PUTRAJAYA



LEGEND

- Jetty
- Major Road
- Secondary Road
- State Border
- Place of Interest
- Expressway

TAMAN BOTANI (BOTANICAL GARDEN)

Spread over an area of 92 hectares, this is the largest botanical garden in Malaysia. It is divided into three sections, namely flowers, ornamental plants and preservation/research. More than 700 species of plants from Malaysia and other parts of the world can be found here. In addition to attractions such as the explorers' trail, vine garden and palm hill, there is also a gift shop selling environmentally-friendly souvenirs.

TAMAN WARISAN PERTANIAN (AGRICULTURE HERITAGE PARK)

Located in Precinct 16, this park showcases Malaysia's commercial crops as well as agricultural practices. More than 170 different types of trees and plants can be viewed, including rubber, oil palm, cocoa, pepper, fruits, herbs and spices. Visitors can learn all about rubber planting and processing, and sample fruits from the orchard. Various agro-based activities are on display for visitors, and many agro-products are also on sale.

TUANKU MIZAN ZAINAL ABIDIN MOSQUE (MASJID BESI)

Located in Precinct 3 opposite the Palace of Justice, this is the second principal mosque in Putrajaya. It was officially opened by the 13th Yang di-Pertuan Agong or King of Malaysia, Tuanku Mizan Zainal Abidin, in 2010. Built to accommodate 24,000 worshippers, the mosque employs "architectural wire mesh" and fine glass to create the illusion of a white mosque from afar.



 Perdana Putra

ISTANA KEHAKIMAN (PALACE OF JUSTICE)

This imposing and majestic five-storey building houses the nation's Federal Court and Court of Appeal. Its design incorporates classical Islamic and Western classical influences, creating an interesting facade. Its expansive courtyard has been the venue of many national events including the Colours of Malaysia cultural extravaganza.

MILLENNIUM MONUMENT

At 68m tall, the monument stands in a 25-hectare park in Precinct 2. Constructed of solid metal, this national monument is uniquely shaped like an obelisk with etchings denoting important milestones and periods in the nation's history. At night, it serves as a beacon with lights projected at 360 degrees, and is visible from various locations in Putrajaya.

PUTRAJAYA INTERNATIONAL CONVENTION CENTRE (PICC)

Located on the top of Taman Puncak Selatan in Precinct 5, the Putrajaya International Convention Centre is Malaysia's largest convention centre. It features a unique design based on the eye of *pending perak* or Malay royal belt buckle. Taking up an area of 135,000sq m, it has more than 57 halls and other rooms, a capacity that can accommodate 10,000 people. It is the venue for various events, exhibitions and conventions hosted by both the government and private corporations.



 Millennium Monument



 Tuanku Mizan Zainal Abidin Mosque (Masjid Besi)

ISTANA MELAWATI (MELAWATI PALACE)

Located in Precinct 1, Istana Melawati is the second national palace of the King and Queen and serves as their royal retreat. Sporting a resort concept, the palace features three tall towers, based on the towers found in medieval Malay palaces. Three tiered roofs with intricate eaves also pay homage to traditional Malay roof designs.

MOROCCAN PAVILION

Located within the botanical gardens, the Moroccan Pavilion is designed to showcase the rich tradition of the arts and architecture of Morocco. The master plan follows the Moroccan tradition of movement from the public to private realms through gardens. The water channel was designed to represent the link between the countries of Morocco and Malaysia.

SERI WAWASAN BRIDGE

This is one of the main bridges in Putrajaya, connecting Precinct 2 on the Core Island to the residential area of Precinct 8. The design of this cable-stayed bridge resembles a futuristic ship. At 2.4km, it can accommodate motorised traffic, bicycles and pedestrians. Highly visible even from afar, it has become one of the beautiful icons of Putrajaya.

SERI SAUJANA BRIDGE

This is another premier bridge in Putrajaya, connecting Precinct 4 on the Core Island to Precinct 7. This cable-stayed arch bridge has been designed to reflect a transparent, elegant and futuristic structure. With an overall single span of 3km, it is an awesome sight to behold, both day and night.

PUTRA BRIDGE

One of the main bridges in Putrajaya, the Putra Bridge is 435m long, connecting Precincts 1 and 2 on the Core Island. The upper level of the bridge forms part of the Boulevard, the main street in the capital. Its design was inspired by the Islamic architecture of the famous Khaju Bridge in Isfahan, Iran. Its attractions include the four minaret-like piers complete with observation decks that overlook Lake Putrajaya.

SERI GEMILANG BRIDGE

This ceremonial bridge connects Heritage Square with the Putrajaya International Convention Centre, and serves as the main entrance to the Core Island. About 233m in length, it has become yet another icon in Putrajaya. The most dominant feature of the bridge is its four distinctive towers which are visible from a distance. Specially designed street lamps that line the bridge light up the whole area at night.

CRUISE TASIK PUTRAJAYA (LAKE CRUISE)

Lying in the heart of Putrajaya is the 650-hectare Lake Putrajaya, a calm body of water linking the different precincts. Visitors can embark on a leisurely cruise on the lake to take in the breathtaking sight of the city's many landmarks. Two different modes of transportation are available, a passenger cruise boat or gondola-like vessels that resemble traditional Malay *perahu*. Daun is a luxury dining cruise boat that comes with the trimmings of a five-star restaurant, so passengers can dine in style while enjoying the views.

www.cruisetasikputrajaya.com



 Seri Wawasan Bridge

PUTRAJAYA WATER SPORTS COMPLEX

Putrajaya's popularity among water sports enthusiasts can be attributed to the modern sporting facilities that are readily available here. One fine example is the Putrajaya Water Sports Complex which offers an array of water activities, from jet-skiing, waterskiing and wakeboarding to kayaking. Fully equipped to host international events, the complex also provides a wide range of equipment and support services.

NATURE INTERPRETIVE CENTRE

Located within the Putrajaya Wetland, this centre provides visitors with comprehensive information on the wetland. It showcases the different facets of the wetland in innovative ways, including an exhibition gallery, information boards and video clips. Educational films are screened in the auditorium, including one on the importance of mangroves to the environment.

PUTRAJAYA EQUESTRIAN PARK

Located in the southeast section of Precinct 5, the park is spread over 70 acres at the edge of the hilltop where the Putrajaya International Convention Centre is perched. Amidst beautiful natural surroundings, the Equestrian Park provides a great environment for riders to hone their horse riding skills. The riding school is open to the public and students of all ages are welcome.

GETTING THERE AND AROUND

Only 25km from Kuala Lumpur, Putrajaya is accessible from major highways such as the Maju Expressway which connects Putrajaya with the capital city. Taxi and

bus services are available. A rail link, KLIA Transit, links Putrajaya to both Kuala Lumpur and the KL International Airport. While there is a bus service in Putrajaya itself, visitors will find it just as easy to take a packaged taxi tour of the city.

SHOPPING AND DINING

The most popular place to shop in Putrajaya is at the Alamanda Putrajaya Shopping Centre. There's a good mix of stores offering the latest in fashion and other products. There's also a food court, cafes and supermarket.

There are a variety of places to dine, from cafes to restaurants serving both local and international cuisine. At the Putrajaya Lake Club and Putrajaya Marina, visitors can dine al fresco beside the lake.

ACCOMMODATION

There are a number of well-appointed hotels to choose from in Putrajaya, with amenities that contribute to a pleasant stay.

LIST OF HOTELS

PUTRAJAYA

Putrajaya Shangri-La*****
t : 603 8887 8888
w : www.shangri-la.com

Pullman Putrajaya Lakeside*****
t : 603 8890 0000
w : www.pullmanputrajaya.com

The Everly Putrajaya***
t : 603 8892 2929
w : www.everlyhotel.com

Putrajaya Marriott Hotel*****
t : 603 8949 8888
w : www.marriott.com

Palm Garden Hotel****
t : 603 8943 2233
w : www.palmgarden.com.my

Cyberview Resort & Spa*****
t : 603 8312 7000
w : www.cyberviewresort.com

Please note that this list is not exhaustive.





SOUTHERN REGION

NEGERI SEMBILAN • MELAKA • JOHOR

Occupying the southwestern and southern part of Peninsular Malaysia, this region is a study in contrasts, with rapid development coexisting with a more agrarian landscape.

Lying just to the south of Selangor, Negeri Sembilan has a calm, graceful air. While it is slowly developing with more and more industries entering the state, it is still relatively unspoilt, with towns and villages retaining their old-world charm.

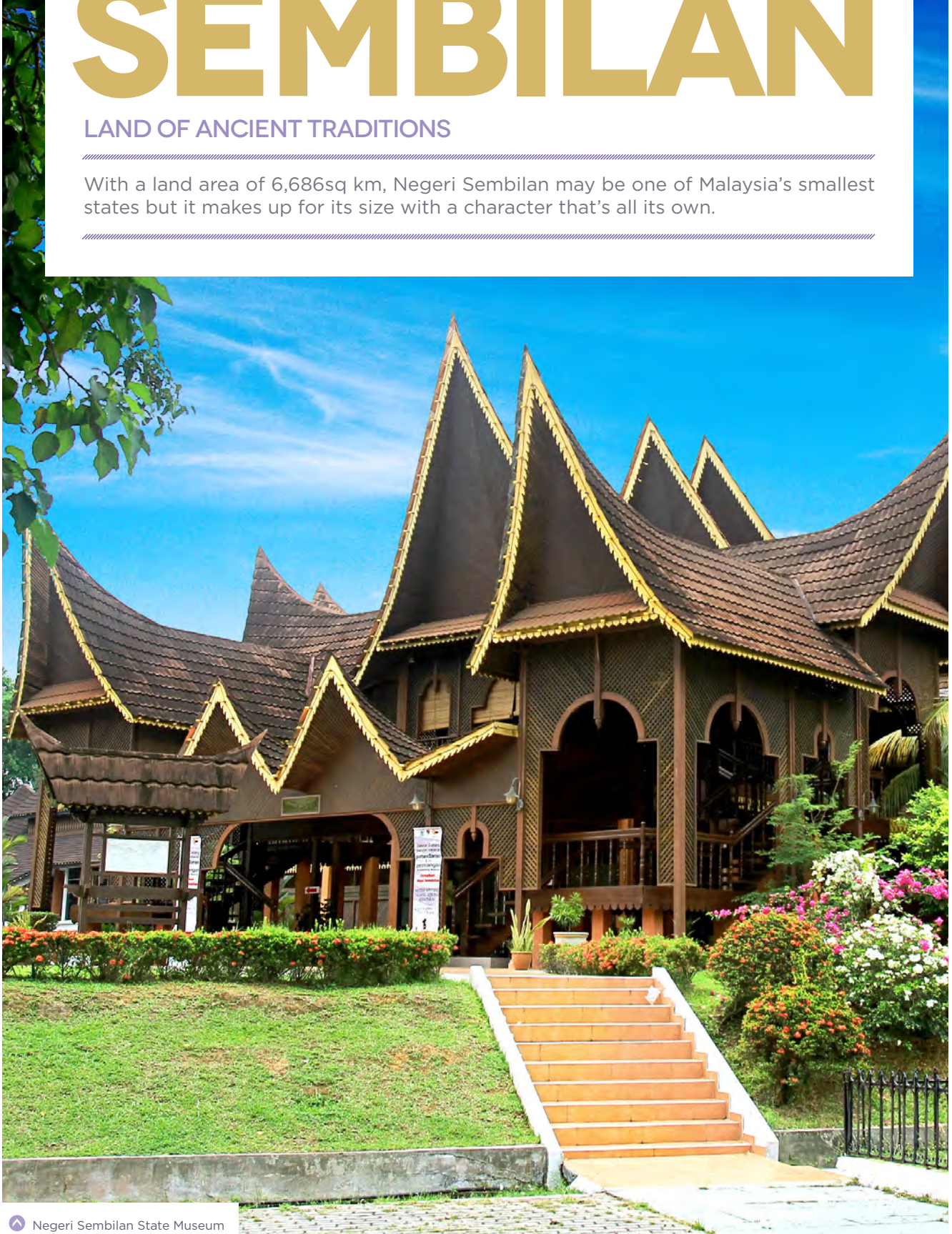
Melaka provides a journey into the past, as it was one of the most prized outposts for foreign powers through the centuries. Much of this history is still in evidence today, along with a rich multicultural heritage that's reflected in its architecture, food, festivals and lifestyles.

Johor is right above Singapore geographically and on its way to become a 21st century industrial, financial and educational hub. Yet it still has vast stretches of wilderness, beaches and islands that provide welcome respite from the big cities.

NEGERI SEMBILAN

LAND OF ANCIENT TRADITIONS

With a land area of 6,686sq km, Negeri Sembilan may be one of Malaysia's smallest states but it makes up for its size with a character that's all its own.



The name Negeri Sembilan literally means “Land of the Nine States”, a reference to the nine districts that used to make up the state. Its capital is Seremban while the royal town is Seri Menanti. Once a predominantly agricultural state, Negeri Sembilan now boasts a more balanced and diversified economy, driven by the manufacturing and services sectors.

Its ubiquitous Minangkabau cultural heritage dates back to the 15th century. It is the only state in Malaysia where the Adat Perpatih, a set of customs based on the ethnic group’s matrilineal social system, is practised to this day. The Minangkabau influence can also be seen in the distinctive buffalo-horn-shaped roofs of many iconic buildings throughout the state.

With its laid-back ambience, varied landscapes and a vibrant mix of beaches, parks and attractions, Negeri Sembilan is a great choice for a relaxing getaway.

www.nstourism.com.my

SEREMBAN

The state capital, Seremban, was established in the late 19th century with the discovery of tin ore in the area. Back then, it was known as Sungai Ujong. Today, Seremban is a bustling urban centre and most notably, the administrative hub of Negeri Sembilan. With its rich history and pleasant surroundings, it is home to an interesting array of historical sites, cultural attractions and recreational activities. Many of the key attractions here can be covered on a day trip from Kuala Lumpur as the nation’s capital is just 68km away.

NEGERI SEMBILAN STATE MUSEUM

Established in 1953, the State Museum provides an overview of the state’s rich history and culture. Housed in an old wooden palace which has been restored to its original grandeur, the museum showcases a varied range of exhibits, including ancient weaponry as well as brass and silverware used by the Royal families. Next to the museum is the Negeri Sembilan House, a fine example of Minangkabau architecture. Information on the exhibits is available at the museum’s Tourist Information Centre. www.jmm.gov.my/ms/museum/negeri-sembilan-state-museum

SEREMBAN LAKE GARDENS

The Seremban Lake Gardens covers 10 acres of landscaped grounds surrounded by tropical trees, plants and flowers. Here, visitors can enjoy a stroll through the garden’s relaxing green spaces or get active on the jogging track. Just 2km from the town centre, this popular recreational area boasts two lakes, one of which has a floating stage where entertainment programmes are held regularly. Facilities include rest areas and a children’s playground.

SEREMBAN ORCHID PARK

Located within the grounds of the Seremban Lake Gardens, the Seremban Orchid Park is built on four acres

of carefully landscaped hilly terrain. An interesting array of orchids, both wild and hybrid, can be found here. With its well-thought-out display areas and serene surroundings, the park is a great place for visitors to enjoy and learn more about orchids.

NEGERI SEMBILAN STATE MOSQUE

Constructed between 1967 and 1970, the Negeri Sembilan State Mosque sits atop a hill overlooking the Seremban Lake Gardens and downtown Seremban. A fusion of modernist and Minangkabau architectural styles, the mosque was designed with nine pillars, which extend beyond its roofline, to represent the original nine districts of the state.

THEN SZE KHOON TEMPLE

Perched majestically on Bukit Jung, 3km from the town centre, the Then Sze Khoon Temple is believed to be more than a hundred years old. This popular Taoist temple is also known as the “Centipede Temple” due to the many centipedes that thrive on its grounds. The temple features many colourful life-sized sculptures of Chinese deities, a pagoda, koi pond and garden.

SRI BALATHANDAYUTHAPANI TEMPLE

Situated right in the heart of town, the Sri Balathandayuthapani Temple has been in existence since 1895, making it one of the oldest Hindu temples in Negeri Sembilan. Spread over 65,000sq ft, this historical temple is adorned with intricate architectural details and religious art, complemented by landscaped gardens and cascading waterfalls.

sribalathandayuthapani.webs.com

JELITA OSTRICH FARM

According to the Malaysia Book of Records, the 4.2-hectare Jelita Ostrich Farm is the first ostrich farm in Malaysia. Located 10km from Seremban, this show farm provides a rare opportunity to observe ostriches up close in a natural environment. Guided tours are available to introduce visitors to these flightless birds, including the various aspects of ostrich breeding and rearing. The farm also offers ostrich rides, monkey shows, various ostrich products as well as grilled ostrich kebabs for visitors to sample.

SENDAYAN VALLEY

Fruit lovers can head towards Sendayan Valley, 15km out of Seremban, for a closer look at tropical grape growing. The only grape farm in Negeri Sembilan, the Anggur Sendayan Fruit Farm cultivates several grape varieties over 10 hectares of land, including Black Opal, White Malaga, Shiraz and Black Pearl. Besides grapes, the farm also offers freshly picked local fruits such as custard apples, guavas, sapodillas and mangos for visitors to purchase.

STARFRESH AGRO PARK

Getting back to nature is easy at the Starfresh Agro Park, just 9km from the Seremban town centre. The park features 40 acres of tropical vegetation, fruit trees and herbal plants, as well as a variety of domestic farm animals.

NEGERI SEMBILAN

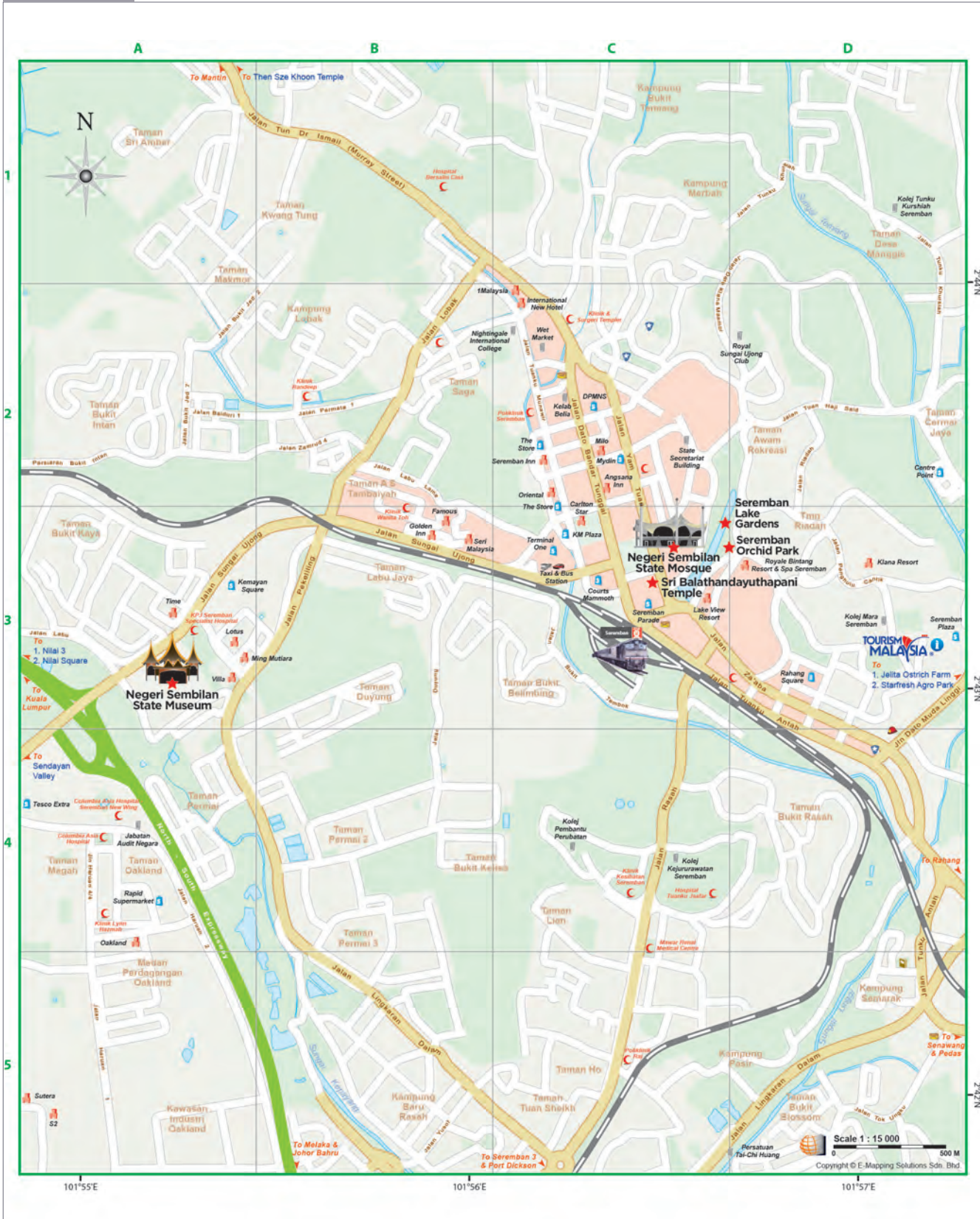


- Negeri Sembilan State Mosque
- Negeri Sembilan State Museum
- Sri Balathandayuthapani Temple
- Then Sze Khoon Temple

LEGEND

- | | | | |
|---|--|--|---|
| ■ State Capital | — Expressway | — Secondary Road | - - - State Border |
| ● Major Town | — Major Road | — Railway Line | ★ Place of Interest |
| ● Town | | | |

SEREMBAN



LEGEND

- | | | | | | | | |
|--|----------------------|--|-----------------|--|---------------------------|--|-----------------------------------|
| | Cleared Land / Grass | | Secondary Road | | Bus Station | | Police Station |
| | Built-up Area | | Shopping Centre | | Important Landmark | | Post Office |
| | Town Area | | Hotel | | Hospital / Medical Centre | | Fire Station |
| | Expressway | | Taxi Station | | Place of Interest | | KTM Komuter Train Route & Station |
| | Major Road | | | | | | |

Visitors have a choice of leisure, experiential learning and team building packages, ranging in duration from one to two days. Popular activities here are farm visits, river rafting and paintball. Dormitory-style accommodation and campsites are available for overnight stays. Both western and local fare can be savoured at restaurants located within the park itself.

www.starfresh.com.my

BEYOND SEREMBAN

NILAI 3 WHOLESALE CENTRE, NILAI

Sprawled across 165 hectares, Nilai 3 has been recognised as Malaysia's Largest Wholesale Centre by the Malaysia Book of Records. Comprising a retail mall and wholesale centre, this one-stop shopping destination offers a great variety of products and services at competitive prices, from textiles and clothing to carpets, homeware, furniture and more. Numerous food stalls and recreational facilities are available here to provide respite for weary shoppers. Nilai 3 is about 45km from Kuala Lumpur and 25km from the Kuala Lumpur International Airport.

www.nilai-3.com • www.nilai3streetmall.com

NILAI SQUARE, NILAI

Nilai Square is a lively and popular meeting place for both visitors and locals, especially during evenings and weekends. Its crowning glory is a distinctive white clock tower which is visible from afar. The square also features a craft centre, children's playground, football field and amphitheatre, making it an ideal place to relax and have a fun time with family and friends. It is located right in the heart of Nilai town, about 29km from Seremban.

www.mpn.gov.my/en/dataran-nilai1

PORT DICKSON NATIONAL BEACH

Affectionately referred to as PD, the seaside town of Port Dickson is a popular weekend destination on Peninsular Malaysia's southwestern coast, about 30km from Seremban. Its sun-kissed beaches, lined by towering coconut trees and shady casuarinas, provide the perfect backdrop for a relaxing beach holiday or picnic. The better-known beaches here are Teluk Kemang and Blue Lagoon where holidaymakers can enjoy myriad water sports and beach activities. A wide range of accommodation is available in Port Dickson. Many hotels are within walking distance of the beach.

ROYAL MUSEUM OF SERI MENANTI

The Sri Menanti museum is a former royal palace and one of the last remaining wooden palaces in Malaysia. It was built out of wood in 1908 without the use of a single nail. This five-storey building houses a collection of royal regalia as well as various costumes, furniture, weapons and historical paraphernalia. It is located in the royal town of Seri Menanti, some 50km from Seremban.

ARMY MUSEUM, PORT DICKSON

This award-winning army museum traces the illustrious history of the Malaysian Armed Forces through several galleries, featuring military artefacts, memorabilia and more. A rich source of historical information, the museum provides a unique insight into Malaysia's proud military heritage. Outdoor exhibits include a memorial fountain and decommissioned military vehicles such as planes, tanks and artillery guns. The museum is located 10km from Port Dickson.



 Royal Museum of Seri Menanti

HOMESTAY

The homestay programme presents guests with a unique opportunity to experience firsthand authentic rural living in Negeri Sembilan. Visitors will get to immerse themselves in the daily life and activities of the host family, from playing traditional games to helping prepare local delicacies. Given the varied locations and economic activities of villages, every homestay offers a different experience.

www.go2homestay.com

REMBAU CRYSTAL, REMBAU

The largest crystal complex in Malaysia, Rembau Crystal Village is dedicated to the production and promotion of the finest crystal creations. A local landmark in Rembau, 26km south of Seremban, the 1.82-hectare complex is fronted by a distinctive Minangkabau-inspired facade and houses a training centre, manufacturing facilities and showroom. Here, visitors can get an insight into the art of crystal-making as well as view a wide selection of crystal products including souvenirs, table lamps, dinnerware and decorative pieces.

ULU BENDUL RECREATIONAL FOREST, KUALA PILAH

Situated 16km from Seremban, the Ulu Bendul Recreational Forest provides an ideal setting for picnicking, camping and other leisure activities. Among the attractions here are a cascading waterfall and man-made rock pool, making it a great spot to cool off on hot days. A starting point for hiking up Gunung Angsi, Ulu Bendul also boasts several shorter trails that are perfect for jungle-trekking. This well-maintained forest park offers chalet accommodation, rest huts, a campsite as well as food stalls.

ADAT MUSEUM, REMBAU

The Adat Museum is a must-visit for those who are curious about Minangkabau culture. Situated 7km from Rembau town, the museum houses a comprehensive collection of Minang artefacts and archival materials. Displayed in five main exhibition areas, the exhibits range from ceremonial costumes, traditional musical instruments and buffalo horn-shaped headdresses to detailed explanations of the matrilineal society's Adat Perpatih customs.

GUNUNG DATUK RECREATIONAL FOREST, REMBAU

A popular hiking spot, the Gunung Datuk Recreational Forest is situated just 35km from Seremban. It is covered in hill dipterocarp forest which provides a habitat for a diverse array of plant and animal life. The trail up Gunung Datuk is a relatively short one and will take about two to three hours to complete. For the convenience of visitors, the forest park also features chalets and rest huts.

REMBAU MUSEUM (REPLICA OF RAJA MELEWAR'S PALACE), REMBAU

Just 12km from Rembau town, the museum is actually a replica of the 300-year-old palace of Raja Melewar, Negeri Sembilan's first ruler. Several galleries in the museum offer a glimpse into Rembau's rich historical past, the Adat Perpatih customs that are unique to the state as well as Raja Melewar himself. Facilities here include a public library.

www.jmm.gov.my/en/museum/muzium-rembau-replika-istana-raja-melewar

LUKUT FORT AND MUSEUM, PORT DICKSON

About 30km from Seremban lies Lukut Fort, a historical monument that was built in 1826 to protect the tin-rich town of Lukut in its heyday. Here, visitors can enjoy a sweeping view of Lukut and explore the fort's ancient ruins. A short distance away, the Lukut Museum pays tribute to the glorious past of Lukut and its fort. Exhibits here include artefacts unearthed at the fort as well as a showcase of Minangkabau traditions and customs.

www.jmm.gov.my/en/museum/lukut-museum

TERATAK ZA'BA (HOUSE OF PENDETA ZA'BA), JEMPOL

This memorial house acts as a repository of documents, memorabilia and other research materials chronicling the life and times of Tan Sri Zainal Abidin bin Ahmad, also known as Za'ba. An icon in the world of Malay literature and philosophy, Za'ba made many notable contributions to Malaysia's economic, political and social development. The house is located in Za'ba's birthplace in Bukit Kerdas, about 50km from Seremban.

ECO-EDU TOURISM RECREATIONAL FOREST, SUNGAI MENYALA

Designated as the first eco-edu tourism park in Malaysia, this 1,300-hectare forest reserve is a wonderful place to learn about the forest and its rich biodiversity. Nature lovers can explore the different habitats here through a network of trails and boardwalks. Located just 12km from Port Dickson, the park offers a comprehensive



 Army Museum, Port Dickson

range of facilities, including accommodation, a showcase of aborigine culture and forestry specimens, as well as lecture halls.

BAITUL HILAL COMPLEX OBSERVATORY, TELUK KEMANG

Visitors can enjoy a night of stargazing at the Baitul Hilal Complex Observatory in Teluk Kemang, just 10km south of Port Dickson. Situated on a 1.2-hectare site, the observatory is equipped with one of the largest and most advanced telescopes in Southeast Asia. Several vintage telescopes and astrology artefacts are also housed here. Accommodation is available in the beach resort that's conveniently located within the complex grounds.

GUNUNG ANGSI, KUALA PILAH

The 825m Gunung Angsi is located within the Ulu Bendul Recreational Forest in Kuala Pilah, about 16km from Seremban. Due to its well-developed trails and adequate signage, Gunung Angsi is a relatively easy mountain to hike up. The summit, which takes three to four hours to reach, offers a great view of Seremban. The mountain is accessible via Ulu Bendul and Bukit Putus, 3km away.

GUNUNG TAMPIN, TAMPIN

Gunung Tampin stands proud at 765m on the southern end of the Titiwangsa range. Situated within the Tampin Forest Reserve about 2km from Tampin town, the mountain is covered in a hill dipterocarp forest that's rich in flora and fauna. Various trails provide hikers with scenic views of gently undulating terrain, lush greenery and rocky outcrops. There are also designated recreational areas with rest huts and a children's playground.

GUNUNG BESAR ANTU, JELEBU

At 1,462 metres, Gunung Besar Antu (which literally means Big Ghost Mountain) is the highest peak in Negeri Sembilan. Located in Jelebu, the mountain marks the border between Negeri Sembilan and Pahang. The mountain is a great place for a day hike or overnight camping trip as there are designated campsites along the trail. The average hiking time to the top for experienced hikers is about four to five hours. The trailhead starts at the Lata Kijang base camp, which is only accessible by four-wheel drive vehicles from Kampung Chennah, 56km north of Seremban.

EAGLE RANCH SPORTS PARADISE, PORT DICKSON

The cowboy-themed Eagle Ranch Resort is set amidst 32 acres of rugged surroundings with horse trails and eagles soaring overhead, hence the name. The resort offers all kinds of fun-filled activities, including horse riding, archery, go-karting, canoeing, paintball, flying fox and sea rafting. Accommodation options here range from log cabins and paddock chalets to Native American-style tepee tents. Guests will also get to savour a wide array of western and local fare. Eagle Ranch is located about 24km from the Port Dickson town centre.

www.eagleranch.com.my

TITI ECO FARM, KUALA KLANG

About 45km from Seremban via Kuala Klang town, Titi Eco Farm comprises an organic farm, resort and in-farm factory. Sprawled across 40 acres, the farm also features fruit and herb gardens, fish ponds, a poultry farm and recreational areas. Surrounded by hills and lush greenery, the farm's resort is a relaxing retreat where guests can immerse themselves in nature and enjoy the organic food grown here. Employing a sustainable farming system, Titi Eco Farm produces a wide range of certified organic produce which can be purchased at its organic mart.

www.titico.com.my

EXTREME PARK, PORT DICKSON

Built with outdoor enthusiasts in mind, the Extreme Park offers jungle trails, different kinds of playing fields, go-kart track and other extreme sports facilities. Visitors can have their pick of adrenaline-pumping action including paintball, archery, go-karts and ATV trail rides. The park is located 30km southwest of Seremban in Port Dickson where a wide range of accommodation is easily available.

www.extremepark.com.my

AS EQUESTRIAN CENTRE, LENGGENG

Horse lovers can indulge their passion at the AS Equestrian Centre, an equestrian facility in Lenggen, 26km from Seremban. The centre provides horse riding lessons for all levels of riders as well as livery and horse training services. Facilities here include stables and paddocks, a standard arena, jungle tracks and grass fields. Trail rides are also available at the centre.

www.asequine.blogspot.com

GETTING THERE AND AROUND

Negeri Sembilan is easily accessible via several major highways, including the North-South Expressway (NSE) and LEKAS. Its state capital, Seremban, is about 68km from Kuala Lumpur and 270km from Johor Bahru, using the NSE. Seremban is also the southern terminal of the electrified commuter rail network, KTM Komuter, which connects the town to Kuala Lumpur and the Klang Valley.

While there is no airport in Negeri Sembilan, the Kuala Lumpur International Airport (KLIA) is just 57km away. Direct bus services are available between the airport and Seremban. There are ferry connections between Port Dickson and Dumai in Indonesia.

Negeri Sembilan is well served by buses and taxis plying both local and inter-town routes. Seremban's main public transport hub is Terminal One, located in the town centre.

SHOPPING AND DINING

From lively night markets to modern malls, Negeri Sembilan offers a plethora of shopping options, especially in Seremban and Nilai. One of the most popular shopping destinations here is the Nilai 3 Wholesale Centre, the largest wholesale centre in Malaysia. Local handicrafts and souvenirs can

be purchased at various craft centres around the state, including the Negeri Sembilan Craft Complex and Rembau Crystal Village.

While an array of Asian and western food can be found everywhere in Seremban and other major towns, Rembau is the place to go for authentic Minang fare. Traditional Negeri Sembilan food is generally known to be on the spicy side because of the liberal use of chillies in addition to coconut milk. A signature cooking style is *masak lemak cili api* which literally means “cooked in coconut milk and bird’s eye chillies”. The state’s specialities include *ikan keli berlada*

(catfish in chilli paste) and *rendang* (dry meat curry) served with *lemang* (glutinous rice and coconut milk cooked in hollow bamboo segments).

ACCOMMODATION

Visitors to Negeri Sembilan enjoy a wide choice of accommodation. While beachside resorts are scattered around Port Dickson, Seremban offers a good mix of hotels and apartments. Numerous homestays are available in traditional Malay villages across the state.

LIST OF HOTELS

PORT DICKSON

Ancasa Resort ****
t : 606 662 7288
w : www.ancasaresort.com

Avillion Admiral Cove
t : 606 647 0888
w : www.avillionadmiralcove.com

Avillion Port Dickson
t : 606 647 6688
w : www.avillionportdickson.com

Bayu Beach Resort **
t : 606 647 3703
w : www.bayu.com.my

Casa Rachado Resort ***
t : 606 662 5176

Corus Paradise Resort ****
t : 606 647 7600
w : www.corusparadisepd.com

Eagle Ranch Resort ***
t : 606 661 0495
w : www.eagleranch.com.my

Glory Beach Resort ***
t : 606 651 6888
w : www.glorybeachresort.com

Golden Straits Villas Beach Resort **
t : 606 647 3818
w : www.goldenstraitsvillas-malaysia.com

Hotel Seri Malaysia Port Dickson **
t : 606 647 6077
w : www.serimalaysia.com.my

Kayns Resort **
t : 606 662 8575

Lexis & Grand Lexis Port Dickson ****
t : 606 653 2000
w : www.grandlexisportdickson.com

Mayangsari Resort
t : 606 646 4733/4828
w : www.mayangsari.com.my

Permaisuri Resort ***
t : 606 662 1558
w : www.permaisuri.com.my

PNB Ilham Resort ***
t : 606 662 6800
w : www.ilhamresort.com

Port Dickson Golf & Country Club ****
t : 606 647 3132/3586

Residence Desa Lagoon Resort ***
t : 606 647 7575
w : www.residenceportdickson.com.my

Selesa Beach Resort ***
t : 606 647 4090
w : www.selesahotelsresorts.com.my

TM Resort ***
t : 606 662 7262

The Regency Tanjung Tuan Beach Resort ***
t : 606 647 3013
w : www.theregency.com.my

Thistle Hotel ****
t : 606 662 7878
w : www.thistle.com

Best Western Prima Inland Sea Resort ***
t : 606 662 6363
w : www.bestwesternprima.com

SEREMBAN

1 Malaysia Hotel
t : 606 767 3886

Angsana Inn Seremban
t : 606 767 8777

Carlton Star Hotel
t : 606 762 5336/5337

Hotel S2
t : 606 601 6880
w : www.s2hotel.com

Hotel Seri Malaysia Seremban **
t : 606 764 4180
w : www.serimalaysia.com.my

Klana Resort ****
t : 606 799 8888
w : www.klanaresort.com.my

Oakland Hotel
t : 606 601 3222

One Heritage Hotel
t : 606 767 2888

Rafayah Hotel
t : 606 767 1021/2

Senawang Star Hotel
t : 606 677 2969

Seremban Inn
t : 606 767 7777

The Royale Bintang Resort & Spa ****
t : 606 766 6666
w : www.royalebintang-seremban.com

Time Hotel
t : 606 767 9949

NILAI

Allson Hotel Putra Nilai ***
t : 606 799 8888
w : arc-putranilai.allsonhotels.com

Nilai Hotel *
t : 606 799 8388
w : www.nilaihotel.com

Nilai Springs Resort Hotel ****
t : 606 850 2288
w : www.nilaisprings.com.my

BAHAU/JEMPOL

ACBE Hotel
t : 606 454 4128

Bahau Hotel
t : 606 454 1059

Era Hotel Bahau **
t : 606 455 3300
w : www.erahotel.com.my

New Jelai Hotel
t : 606 454 7000

KUALA KLAUANG

Hotel Sri Klawang
t : 606 613 8576

Titi Eco Farm
t : 603 7874 8122/7876 9833
w : www.titiéco.com.my

KUALA PILAH

Desa Inn
t : 606 481 8033

Kampungstay Laman Ejo
t : 606 488 7177/6012 399 8793
w : www.lamanejo.blogspot.com

Kg. Stay
t : 603 4295 9996

Melang Inn Hotel
t : 606 481 1511

Seri Menanti Resort
t : 606 497 0049
w : www.serimenantiresort.blogspot.com

REMBAU

Adventure Community Centre Sukabumi
t : 603 5512 8552

Rembau Hotel
Tel: 606 685 1333

TAMPIN

Tropicana Hotel
t : 607 948 2668

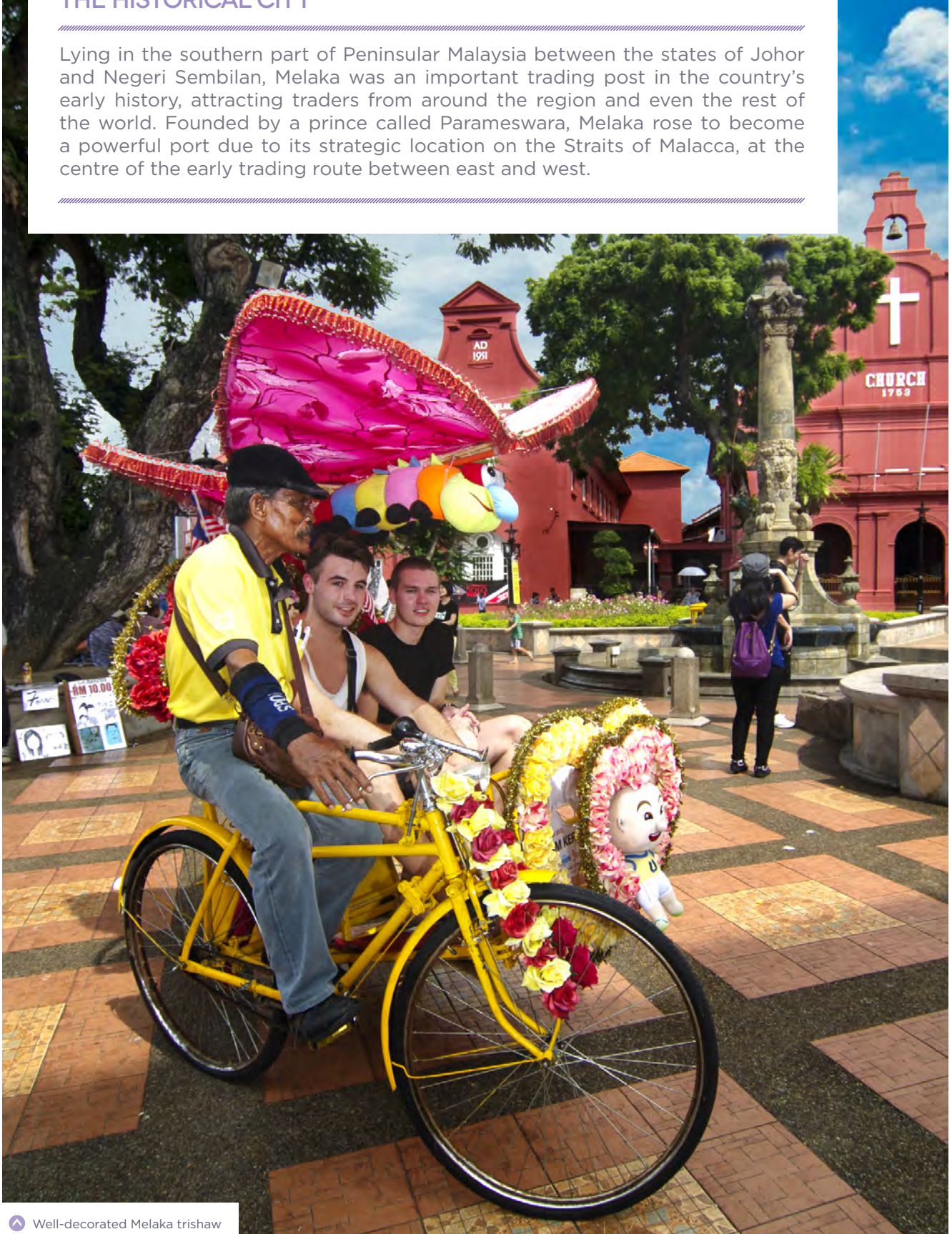
Wangsamas Hotel
t : 606 443 3333

Please note that this list is not exhaustive.

MELAKA

THE HISTORICAL CITY

Lying in the southern part of Peninsular Malaysia between the states of Johor and Negeri Sembilan, Melaka was an important trading post in the country's early history, attracting traders from around the region and even the rest of the world. Founded by a prince called Parameswara, Melaka rose to become a powerful port due to its strategic location on the Straits of Malacca, at the centre of the early trading route between east and west.



Well-decorated Melaka trishaw

A riverine town, Melaka facilitated the trade of spices, gold, silk, tea, opium, tobacco and perfumes, and was visited by traders from China, India and even further abroad. It attracted the attention of foreign powers and was governed from the 16th century onwards by the Portuguese, Dutch and English. As a result, the city boasts an exceptionally rich colonial heritage that is evident in its buildings, people and cultures.

The city of Melaka has expanded to accommodate new malls and hotels built on reclaimed land. However, the older part of the city has managed to retain much of its old-world charm as one of the most significant historical cities, and was declared a UNESCO World Heritage Site in 2008. Full of tiny streets and alleys near the town square and waterfront, the old city can easily be explored on foot. The city's heritage trail leads to numerous historical sites from the Portuguese fort of A'Famosa and Dutch Stadthuys to the Straits-born Chinese houses and places of worship.

www.melakatourism.gov.my

MELAKA TOWN

PORTA DE SANTIAGO (A'FAMOSA)

Right in the heart of Melaka, next to the Stadthuys, the Porta de Santiago or A'Famosa is a major historical landmark leading down from St. Paul's Hill. Built in 1511 under the command of Alfonso de Albuquerque, the fortress was meant to consolidate the position of the Portuguese, housing quarters for the soldiers and ammunition. In 1641, the fort fell into the hands of the Dutch who placed their own coat of arms on the gates. The Dutch then handed the fort to the British in the early 19th century. The British were about to destroy it when Sir Stamford Raffles intervened in 1810. Because of his passion for history, the fort was saved from destruction. Today, remnants, including the entrance facade and a church structure, remain of the ancient fort.

STADTHUYS

The grand Stadthuys (Town Hall) dominates Melaka's renowned Dutch Square, also known as the Red Square because of the crimson-coloured old buildings here. Built shortly after Melaka was captured by the Dutch in 1641, it is probably the oldest remaining Dutch colonial building left in Southeast Asia. It served as the residence of the new governor as well as an administration centre and town hall. A fine example of Dutch woodworking and masonry, it presently houses the History and Ethnography Museum as well as Literature Museum.

BABA AND NYONYA HERITAGE MUSEUM

The museum is located on Jalan Tun Tan Cheng Lok or Heeren Street, parallel to Jonker Street in the heart of Melaka. Rows of town houses here were part of Millionaires' Row, where wealthy Straits Chinese families lived in the 19th century. Also known as Baba and Nyonya, the Straits Chinese are a fascinating mixture of Chinese

and Malay cultures, languages and cuisine that are unique. In this private museum are artefacts including furniture, chinaware and costumes that tell the history and culture of this colourful community. Guided tours are available.

www.babanyonyamuseum.com

REPLICA OF MELAKA SULTANATE PALACE

The palace of Sultan Mansur Shah who ruled from 1456 to 1477 has been faithfully recreated at the foot of St. Paul's Hill, based on information and data obtained from the Malay Annals. The architectural style has been preserved where no nails, only wooden pegs, were used. Various ceremonial and private chambers, as well as more than 1,300 historical items pertaining to the customs and traditions of the royal household, are on display. The museum is a great place to start on a journey into Melaka's past, to learn more about the Malay elements of the city's long history.

JONKER STREET

Jonker Street is the vibrant heart of the city centre, where old town houses and shophouses have been transformed into cafes, pubs and boutiques. There are also antique stores offering collectibles, including furniture, lamps and chinaware which date back hundreds of years. Souvenirs and local food can be found at every street corner, and visitors can explore the nooks and crannies of other side streets. Jonker Street is even busier at night when the night market has vendors setting up stalls. The nightlife becomes even more lively during festive seasons.

MARITIME MUSEUM (FLOR DE LA MAR)

The museum, located just ahead of the Stadthuys, is also called Flor de la Mar. It is fashioned as a replica of the Portuguese ship that sank off the coast of Melaka on its way to Portugal. With paintings and exhibits detailing the maritime history of Melaka, the museum also features displays of porcelain, textiles, spices and even sunken treasures taken off Diana, another shipwreck. Visitors can feast their eyes on a collection of ship models and also climb up to the upper deck to view the diorama of the captain's cabin.

MELAKA RIVER CRUISE

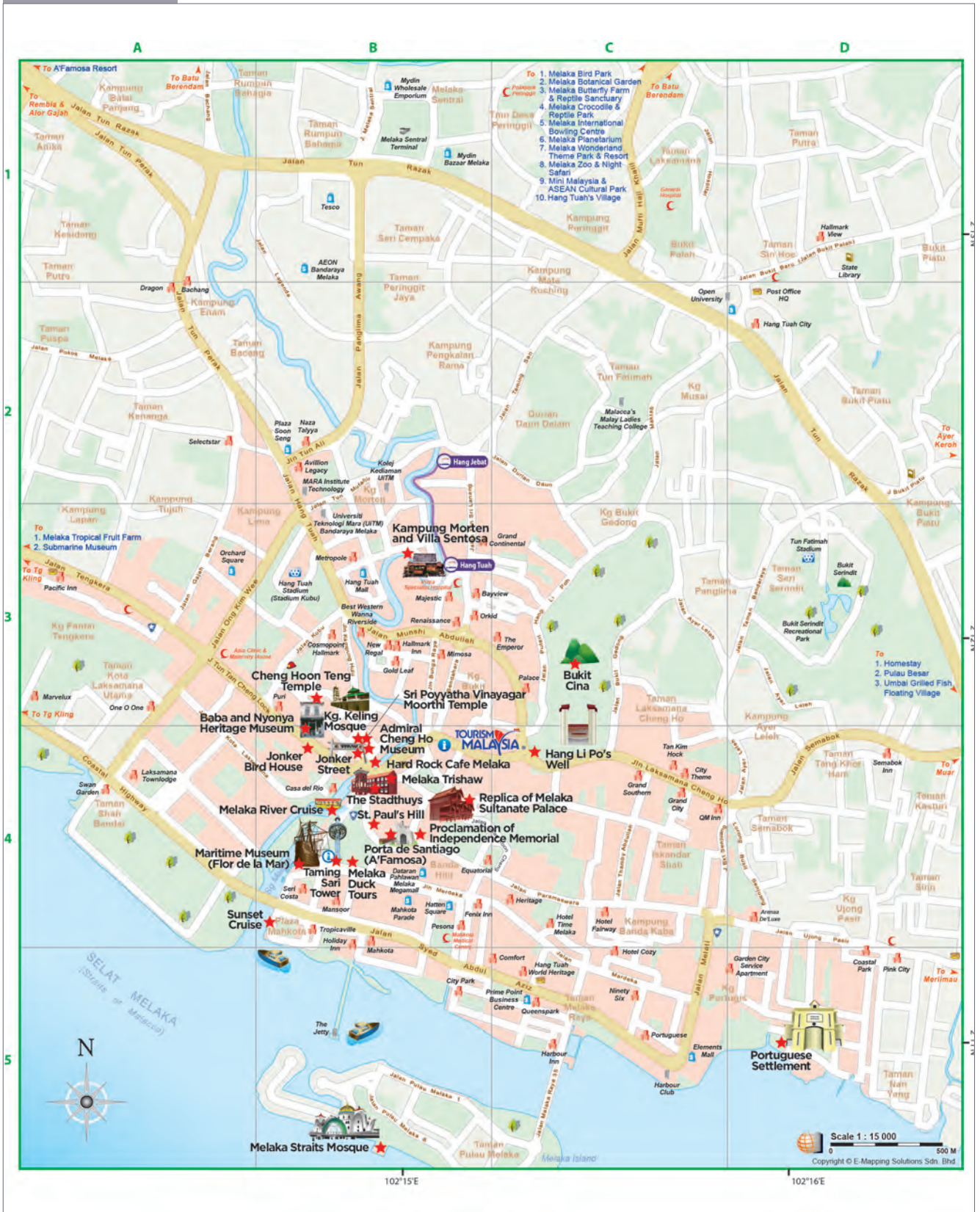
The Melaka River cuts right across the city of Melaka as it makes its way to the Straits of Malacca, separating the civic district clustered at the foot of St. Paul's Hill from the residential and commercial district of Heeren and Jonker Streets. Visitors can take a leisurely cruise along the river past historical buildings, old warehouses, churches, villages and mangrove stands while a lively commentary provides interesting information. From the vantage point on the river, it's easy to imagine what life must have been like centuries ago when the river was the main thoroughfare. Boats depart from the Muara Jetty next to the Quayside Heritage Centre and near the Maritime Museum. From here, they go upstream as far as the Taman Rempah Jetty where they turn around and head back to the starting point.

www.melakarivercruise.com

MELAKA



MELAKA TOWN



LEGEND

- | | | | | | | | |
|--|----------------------|--|----------------------------|--|---------------------------|--|--------------------------|
| | Cleared Land / Grass | | Place of Interest | | Important Landmark | | Fire Station |
| | Built-up Area | | Tourist Information Centre | | Hospital / Medical Centre | | Golf Course |
| | Town Area | | Shopping Centre | | Police Station | | Sports Complex |
| | Major Road | | Hotel | | Post Office | | Monorail Route & Station |
| | Secondary Road | | Bus Station | | Library | | |

TAMING SARI TOWER

Taming Sari Tower is the only gyro tower in Malaysia. From a height of 80m and revolving 360 degrees, it provides a panoramic view of Melaka within seven minutes. Its name is adapted from “Sari Keris”, a mythical weapon that reputedly belonged to the legendary warrior Hang Tuah. Attached to the tower are five commercial outlets including a restaurant, cafe and souvenir shops. Located on Jalan Merdeka Bandar Hilir, the tower is only minutes away from St. Paul’s Hill.

menaratamingsari.com

KAMPUNG MORTEN AND VILLA SENTOSA

While not officially a museum, Villa Sentosa, a Malay village house in Kampung Morten, is well worth a visit. Built in the 1920s, it houses a varied collection of artefacts, including Ming dynasty ceramics and a 100-year-old copy of the Quran. Situated along the Melaka River, Kampung Morten can be entered via a bridge just opposite the Majestic Hotel, a 15-minute walk from the city centre.

MELAKA DUCK TOURS

This is a great and unique way to view what Melaka has to offer on land and sea. On this 38-seater amphibious vehicle, visitors are able to enjoy an adventure around the historical sites including the A’Famosa Fort, Melaka Sultanate Palace, Mahkota Parade and Pulau Melaka. The craft then enters the sea at Pulau Melaka and cruises towards the Melaka River. Visitors can thus enjoy Melaka’s history and charms without taking two separate rides. The ticket kiosk for the Duck Tour is on Jalan Merdeka, a stone’s throw away from Taming Sari Tower.

www.melakaducktours.com.my

PORTUGUESE SETTLEMENT

As a result of the Portuguese colonisation of Melaka in the 16th century and subsequent intermarriages with locals, a Portuguese enclave has kept alive much of the unique culture for the last 400 years. In the heart of the settlement is Portuguese Square or Mini Lisbon, renowned for providing entertainment including Portuguese music and dances such as the Farapeira and Branyo. Portuguese influenced cuisine can be enjoyed at the restaurants and stalls in the square itself, about 4km from the city centre.

HANG LI PO’S WELL

Legend has it that the Chinese Emperor sent his daughter, Princess Hang Li Po, to marry Sultan Mansur Shah. The well was supposedly built by her followers in 1459 as the main source of water supply. In retaliation against the Portuguese, the Sultan ordered the well to be poisoned and many died as a result. When the Dutch conquered Melaka, they surrounded the well with solid brick walls to safeguard it, and these bricks remain till today. The local belief is that the well has never dried up, even during times of drought. It is located at the foot of Bukit Cina next to the Sam Po Kong Temple, just 1km from the city centre.

SUNSET CRUISE

This cruise presents a unique opportunity for visitors to capture the beautiful panorama of Melaka City at sunset from the Straits of Malacca. This relaxed excursion cruises along the city coastline as well as nearby islands when the sun goes down, with drinks and snacks served to round up a special evening. Cruises are operated by Seafarer Restaurant and embark from the restaurant in Klebang, 9km from the city centre.



JONKER BIRD HOUSE

Housed in a 16th century house on Heeren Street, this is a centre devoted to swiftlets, birds which are similar to swallows. In its interior, designed to resemble a cave, hundreds of these birds can be viewed flying around and in their nests. An explanation is provided of how the birds' nests are harvested in a safe and ecologically sound manner. Visitors can also see how the nests are cleaned and packaged for sale. Birds' nests are prized by the Chinese for their supposed health properties.

www.jonkerbirdhouse.com

SUBMARINE MUSEUM

This is reputed to be the first and only submarine museum in Malaysia. Here, visitors can view the decommissioned Agosta 70 class submarine named SMD Quessant from France. Measuring 67.57m in length, it was previously used for training submarine crews in Malaysia. It was widely regarded as a silent weapon, with a top speed of 40 knots and capable of hitting targets as far as 20km. The museum is located at Dataran 1Malaysia in Klebang, 9km from the centre of Melaka.

MELAKA STRAITS MOSQUE

Facing the Straits of Malacca, the mosque is built to sit over the water on a man-made island called Taman Pulau Melaka, in Melaka itself. This new icon of the city looks as if it is a floating structure when the water level is high. Showcasing a glorious combination of Middle Eastern and Malay architecture and craftsmanship, the mosque has become a popular destination for visitors as well as serving as a place of worship.

ADMIRAL CHENG HO MUSEUM

The museum is housed in a restructured 200- to 300-year-old building with Ming architecture, dedicated to Admiral Cheng Ho who visited Melaka many times between 1405 and 1433. The museum showcases evidence of the cultural exchanges between the locals and Chinese during that time, including replicas of treasure ships, navigational instruments and tea houses. The museum is located on Jalan Hang Jebat in the heart of Melaka, and is believed to be on the original site of the warehouse complex built by the admiral himself.

www.chengho.org/museum

PERKAMPUNGAN HANG TUAH (HANG TUAH'S VILLAGE), KAMPUNG DUYUNG

Kampung Duyung is commonly believed to be the village of the legendary Malay warrior, Hang Tuah, during the early days of the Melaka Sultanate. His feats have attained mythical status and he has become synonymous with bravery and heroism. Renamed Hang Tuah's Village, the traditional Malay village features structures named after five renowned warriors as well as a museum. The village is right beside the Hang Tuah Well, about 8km from the city centre.

ST. PAUL'S HILL

A walk up St. Paul's Hill in the city centre is a must. In addition to enjoying a breathtaking view of the city and its coastline, visitors will also get a sense of Melaka's history. When the Portuguese captured Melaka, they built their fortress A'Famosa here. A chapel named "Nosa Senhora" or "Our Lady of the Hill" was erected by a Portuguese captain, Duarte Coelho, in 1521. When the Dutch took control, they renamed it St. Paul's Church. St. Francis Xavier, who regularly visited the chapel, was buried here in 1553 before his remains were transferred to Goa in India.

BUKIT CINA

Bukit Cina (Chinese Hill) was supposedly a marriage gift from Sultan Mansur Shah to Princess Hang Li Po, where a palace was built for her and her entourage. They stayed in this settlement until the Portuguese takeover. Bukit Cina is actually two adjoining hills covering 25 hectares, with a graveyard that contains more than 12,000 graves, the oldest tomb dating back to 1622. The Chinese believe that the hills are an auspicious resting place, bringing good fortune to the descendants of those buried here. Bukit Cina is about 1.2km from the city centre.

KAMPUNG KELING MOSQUE

The mosque is located in the heart of the city, on Jalan Tukang Emas. Kampung Keling was the dwelling of the Keling people, a term used to denote the South Indian community which originated from Kalinga. Built by Indian Muslim traders in 1748 during the Dutch colonial era, the mosque is one of the oldest mosques in Malaysia. It reflects the building tradition that once flourished in Melaka, featuring Corinthian columns with symmetrical arches and a commanding minaret likened to a Chinese pagoda. It is adorned with a mixture of Chinese tiles, as well as English and Portuguese glazed tiles.



▲ Jonker Street



Stadthuys

CHENG HOON TENG TEMPLE

Founded in 1646, this is the oldest temple in Malaysia. Despite the ravages of time, it remains the finest of temples, a fact underscored by a UNESCO award for outstanding architectural restoration. Literally meaning “Temple of the Evergreen Clouds”, the temple was originally constructed using artisans and materials from China. With an ornate roof made of glass and porcelain, massive hardwood doors and a prayer hall dedicated to the doctrines of Buddhism, Confucianism and Taoism, the temple continues to serve the spiritual needs of the Chinese community till today. The temple can be found on Jalan Tokong.

www.chenghoontengtemple.com

SRI POYYATHA VINAYAGAR MOORTHY TEMPLE

Also located on Jalan Tukang Emas is the Hindu temple built in 1781 on land donated by Kapitan Thaivanayagam Chitty. The temple is dedicated to Lord Vinayagar (also known as Ganesha), a deity revered for his wisdom. It remains the focal point for the Hindu community in Melaka, with many of the Hindu religious festivities held here. Of interest is the Dutch influence on the architecture of the temple which can be seen in the details and finishing of the entrance, walls, columns and roof.

MELAKA TRISHAW

It's hard to miss the sight of a trishaw in Melaka, well decorated with flowers and even equipped to play a medley of songs. Before the age of industrialisation, the trishaw or pedaled pedicab was one of the main modes of

transportation in Melaka. Gradually phased out from the daily life of locals, it has fortunately been retained as a great means of transport for tourists to take in the sights. Mounted with the seat cabin side-by-side, they are easily spotted in the city centre.

HARD ROCK CAFE MELAKA

Located right at the entrance to Jonker Street, this is the third Hard Rock Cafe in Malaysia, after Kuala Lumpur and Penang. The 1,372sq m cafe includes seating for 200, a vibrant bar, spacious outdoor dining area and live entertainment space featuring Melaka's unique local music acts and a Rock Shop. In typical Hard Rock Cafe style, it provides cool relief together with a menu of perennial favourites known the world over.

HOMESTAY

Visitors to Melaka can sample the local way of life by opting for a homestay experience in villages in and around the city. Those who prefer a more traditional environment can also choose homestays that are dotted along the Melaka River or further away by the sea. Activities include village tours, traditional games and cultural performances.

www.homestaymelaka.gov.my

PROCLAMATION OF INDEPENDENCE MEMORIAL

This memorial is located in the city centre close to A'Famosa. Built in 1911 as the Malacca Club, it was used for social activities by government officials. In 1985, the building was turned into a memorial housing documents pertaining to the country's independence, as well as other historical artefacts.

BEYOND MELAKA TOWN

A'FAMOSA RESORT, ALOR GAJAH

Named after the famous Portuguese fort, the resort is sprawled over 530 hectares. It comprises a 27-hole golf course, a Water World theme park, Animal World Safari, Cowboy Town, resort hotel and several blocks of condotels and villas. The Animal World Safari is home to more than 100 species of animals and hosts a number of animal shows, while the Cowboy Town features entertainment outlets including restaurants and shops as well as a nightly carnival that has a musical parade and fireworks. A'Famosa Resort is located off the Simpang Empat exit on the North-South Expressway, about 35km from the Melaka city centre. Accommodation is available at the resort hotel.

www.afamosa.com

UMBAL GRILLED FISH FLOATING VILLAGE, UMBAL

Pengkalan Pulau Besar in Umbal is a delightful jetty right at the mouth of the river that has about 12 stalls specialising in an assortment of the freshest seafood. Here, diners get to choose the seafood they want and have it grilled. The jetty is also a take-off point for those who wish to visit the nearby island of Pulau Besar. Umbal is about 15km from Melaka.

MELAKA TROPICAL FRUIT FARM, SUNGAI UDANG

At this farm, visitors get to learn about and savour fresh tropical fruits including the durian, rambutan, mangosteen and many others. Sprawled over 173 acres of land in Sungai Udang, about 30km from Melaka, the farm caters to family visits, with facilities for cycling, kayaking and fishing. There's also a mini zoo with camels, ostriches, deer and other animals. Accommodation is available at chalets and hostels.

www.melakatropical.com

MELAKA BOTANICAL GARDEN, AYER KEROH

Those wishing to take a break from the historical attractions of Melaka can head to Ayer Keroh about 12km away. Spread over 92.5 hectares, the Botanical Garden is encircled by a forest with over 300 species of fauna and flora. Speciality gardens abound with different species of tropical plants, including bamboo, orchids and herbs. With a Forestry Museum, Dinosaur Park and Canopy Walk, the park also caters for a range of recreational activities from jungle-trekking to boating and camping.

MELAKA ZOO & NIGHT SAFARI, AYER KEROH

The second largest zoo after the National Zoo in Kuala Lumpur, the Melaka Zoo covers an area of about 21 hectares. The zoo features more than 200 species of wildlife, including the critically endangered Sumatran rhinoceros, Asian elephant, Malaysian gaur and Green Tree python, just to name a few. The open, green environment makes a visit here a refreshing break. There are animal shows scheduled for both morning and afternoon sessions. The night safari is a great way to view the animals and their nocturnal habits. The zoo, located in Ayer Keroh, has food outlets and a souvenir shop.

MELAKA WONDERLAND THEME PARK & RESORT, AYER KEROH

Located right in Ayer Keroh, this theme park offers the complete water park experience for everyone, from high-speed water slides and a big wave pool to lush greenery that provides quiet spots for relaxation. In addition to the water park and Dinosaur Park, there are also attractions such as paintball, go-kart and fishing. Several food outlets are dotted throughout the park.

www.melakawonderland.com.my

MINI MALAYSIA & ASEAN CULTURAL PARK, AYER KEROH

Located in Ayer Keroh, this unique cultural theme park covers a combined area of 13.5 hectares, showcasing the Malaysian lifestyle as well as that of ASEAN countries in an all-encompassing way. Mini Malaysia features traditional houses representing each state in Malaysia with handicrafts and costumes displayed within. Mini ASEAN highlights the architecture, people, customs and heritage of the ASEAN member countries. The park puts on cultural shows and traditional games that are fascinating photo opportunities.

www.minimalaysiaasean.com

MELAKA PLANETARIUM, AYER KEROH

Strategically located in the Melaka International Trade Centre in Ayer Keroh, the Melaka Planetarium features elements of Islamic architecture. For space enthusiasts, it provides a wondrous glimpse into the cosmos. It also features various exhibits such as models of the solar system and a spacecraft with simulated flight, and details the history of astronomy. Its 3D Space Theatre is deemed one of the most sophisticated in Asia and showcases a range of 3D films throughout the day.

MELAKA BUTTERFLY FARM & REPTILE SANCTUARY, AYER KEROH

Beginning as just a butterfly farm, the 11-acre jungle site has since grown to incorporate reptiles. Visitors can take their time to leisurely wander through the Butterfly Aviary featuring thousands of these winged creatures, before going on the Reptile Walk with creatures including crocodiles, lizards and amphibians. There are also birds and koi to complete the animal experience. It provides guided tours by arrangement and great backdrops for photographs. There is also a souvenir shop. The Melaka Butterfly Farm & Reptile Sanctuary is located in Ayer Keroh.

www.butterflyreptile.com

MELAKA BIRD PARK, AYER KEROH

One of the largest aviaries in Malaysia, the 1.8-hectare Melaka Bird Park has a varied range of bird species from Malaysia as well as other parts of the world. Visitors can stroll through and see these free-flying birds in a giant aviary. Beautifully landscaped, the park also features a canopy walk amidst natural surroundings. At ponds and waterfalls throughout are birds including pelicans and mandarin ducks. Visitors can help feed the birds and take in the bird shows as well. The park is part of the Botanical Garden in Ayer Keroh.



 Melaka River Cruise

MELAKA INTERNATIONAL BOWLING CENTRE (MIBC), AYER KEROH

Located near the Melaka International Trade Centre in Ayer Keroh, this is the largest bowling centre in Malaysia. It is equipped with 52 bowling lanes and state-of-the-art bowling machines. There is also a bowling speciality shop and cafeteria. MIBC has been the venue for various international bowling competitions over the years.

MELAKA CROCODILE PARK, AYER KEROH

Covering an area of 3.5 hectares in Ayer Keroh, the park is landscaped on reserved forest land and features many species of crocodiles and alligators in an environment that is similar to their natural habitat. Other attractions include a Reptile Corner, Mammalia House, walk-through aviary and water playground. There's also a feature named Malaysia in Miniatures that showcases replicas of Malaysian historical monuments. Visitors can also catch the Croc Show held regularly.

www.tamanbuayamelaka.com

PULAU BESAR

Tranquil and unspoilt, Pulau Besar is an island spread over 168 hectares off the coast of Melaka, just a 20-minute ferry ride away. Steeped in legend, it is revered as a place of pilgrimage. Visitors wishing to get away from it all can opt for jungle-trekking, canoeing or any of the beach activities. Accommodation is available in chalets and there is a well-appointed resort as well. Ferries make the short trip to Pulau Besar from the Melaka Pier, as well as Umbai and Anjung Batu jetties.

GETTING THERE AND AROUND

Melaka is 149km from Kuala Lumpur and 216km from Johor Bahru, easily accessible by highway from these cities as well as Singapore. Currently, scheduled flights are available from

several destinations in Indonesia to the Melaka International Airport in Bukit Berendam via Sky Aviation. There are numerous express bus and taxi services servicing Melaka from other parts of the peninsula. High-speed ferries also operate between Melaka and Dumai in Sumatra. Visitors can get around Melaka easily by bus or taxi, or hop into one of the colourful trishaws.

SHOPPING AND DINING

There are a number of large shopping malls in and around Melaka city, while the streets of Melaka itself are filled with stores, boutiques and gift shops. A wide range of souvenirs is available including t-shirts and caps, while visitors with a sweet tooth will love the assortment of pastries and candies, especially those made by the Baba Nyonya community.

With a great mix of cultures, Melaka boasts a range of cuisines found nowhere else in Malaysia. Dotted throughout the city are Nyonya restaurants serving up painstakingly prepared dishes that incorporate fragrant spices such as Nyonya *laksa* and prawn *sambal*. Visitors shouldn't miss the many Nyonya *kueh* or pastries that are made with coconut milk and palm sugar. Portuguese influenced cuisine also features spicy favourites such as Devil Chicken and grilled seafood. *Satay celup* features skewered meat and vegetables dipped into a boiling pot of *satay* sauce, while Melaka's version of chicken rice is served with rice balls. While dining in an air-conditioned restaurant is more comfortable, nothing beats the experience of trying hawker fare on the streets or at the night market along with the locals.

ACCOMMODATION

There are numerous hotels and B&Bs in the city centre itself, while there are resorts further away that promise more greenery or a seaview.

LIST OF HOTELS

MELAKA

Casa del Rio*****
t : 606 289 6888
w : www.casadelrio-melaka.com

Ramada Plaza Melaka*****
t : 606 284 8888
w : www.ramada.com

Mahkota Hotel****
t : 606 281 2828
w : www.mahkotahotel.com.my

Avillion Legacy Hotel****
t : 606 281 6868
w : www.avillion.com

Holiday Inn Melaka****
t : 606 285 9000
w : www.holidayinn.com

Bayview Hotel Melaka****
t : 606 283 9888
w : www.bayviewhotels.com/melaka

The Majestic Malacca****
t : 606 289 8000
w : www.majesticmalacca.com

Puteri Resort Ayer Keroh***
t : 606 232 3333
w : www.puteriresort.com

The Emperor Hotel***
t : 606 284 0777
w : www.theemperorhotel.com

Hotel Orkid***
t : 606 282 5555
w : www.hotelorkidmelaka.com

Hotel Sentral Melaka***
t : 606 284 0088
w : www.hotelsentralmelaka.com.my

Naza Talya Melaka***
t : 606 288 2288
w : www.nazatalya-melaka.com

Hotel Seri Costa***
t : 606 281 6666
w : www.hotelsericosta.com

Aldy Hotel***
t : 606 286 3236
w : www.aldyhotel.com.my

Hotel Puri Melaka***
t : 606 282 5588
w : www.hotelpuri.com

Permaisuri MITC Hotel***
t : 606 231 7808
w : www.mitchainhotel.com

Kings Hotel***
t : 606 231 3899
w : www.kingshotel.com.my

Swan Garden Hotel***
t : 606 288 0888
w : www.swangardenhotel.com/melaka

Ayer Keroh Country Resort***
t : 06 232 5211
w : www.akcr.com.my

Garden City Apartments
t : 06 2833111/2836576
w : www.gardencity.hotels.net.my

Hallmark View Hotel**
t : 606 281 5999
w : www.hotelhallmark.com

Angsana Hotel**
t : 606 282 3898
w : www.angsanahotel.com.my

Hallmark Inn Hotel**
t : 606 283 8333
w : www.hotelhallmark.com

Beruang Hill**
t : 606 233 2231
w : www.beruanghill.com

Mimosa Hotel**
t : 606 292 1113
w : www.mimosahotel.com

Selectstar Hotel**
t : 606 281 1666
w : www.selectstar.com.my

The Baba House**
t : 606 281 1216
w : www.thebabahouse.com.my

Hotel Seri Malaysia Melaka**
t : 606 232 8460
w : www.hotelseri-melaka.com

Hotel Tropicaville Melaka**
t : 606 282 6311

City Park Hotel Melaka**
t : 606 283 9833
w : www.citypark-melaka.com

Malacca Straits Hotel**
t : 606 286 1888
w : www.malaccastraitshotel.com

Queenspark Hotel**
t : 606 281 1188
w : www.queensparkhotel.com.my

Hotel Ninety Six**
t : 606 288 1906
w : www.hotel906.com

Arenaa De'Luxe Hotel**
t : 606 288 3399
w : www.arenaahotels.com.my

Semabok Inn**
t : 606 283 8877
w : www.semabokinn.com

Syaz Meridien Hotel**
t : 606 282 4343
w : www.syazmeridienhotel.com.my

Venus Hotel**
t : 606 286 8111
w : www.venushotel.com.my

Jonker Boutique Hotel*
t : 606 282 5151
w : www.jonkerboutiquehotel.com

Asmavilla Bistari Melaka*
t : 60 232 3502

SHT Palace Hotel*
t : 06 282 5355
e : palace.malacca@gmail.com

Aldy Hotel (Chinatown)*
t : 06 281 3636
w : www.aldyhotel.com.my

Holland Portuguese Village*
t : 606 282 4100
w : www.melaka.net/dvillage

Cozy Hotel*
t : 606 2847871
w : www.cozyhotel.com.my

Hotel Seven*
t : 606 292 1301
w : www.hotel7.com.my

Pergola Hotel*
t : 606 283 2299
w : pergolahotel.com.my

The Explorer Hotel*
t : 606 288 2662
w : www.theexplorer.com.my

World Youth Hotel*
t : 606 233 3880
w : www.worldyouthhotel.com

Hallmark Hotel Leisure*
t : 606 281 2888
w : www.hotelhallmark.com

Hotel Tan Kim Hock*
t : 606 283 5329

AYER KEROH

Philea Resort & Spa*****
t : 606 233 3399
w : www.phileahotel.com.my

Air Keroh d'Village Resort
t : 606 232 8000
w : www.dvillage.com.my

BANDAR HILIR

Equatorial Hotel Melaka*****
t : 606 282 8333
w : www.equatorial.com

Hatten Hotel****
t : 606 286 9696
w : www.hattenhotel.com

ALOR GAJAH

A'Famosa Resort Hotel****
t : 606 552 0888
w : www.afamosa.com

MELAKA TENGAH

Marvelux Hotel***
t : 606 281 8888
w : www.marveluxhotel.com

TANJUNG BIDARA

Tanjung Bidara Beach Resort***
t : 606 384 2990
w : www.tanjungbidarabeachresort.com

Samudera Bidara Resort**
t : 606 385 3245/606 385 3410

TANJUNG KELING

Klebang Beach Resort**
t : 606 315 5888
w : www.klebangresort.com

JASIN

Hotel Sri Impian*
t : 606 529 6666
w : www.hotelsriimpianjasin.blogspot.com

PAYA RUMPUT

Permaisuri Stadium Hang
Jebat Hotel*
t : 606 336 2881
w : www.permaisuri.com.my

Please note that this list is not exhaustive.



Porta de Santiago (A'Famosa)

JOHOR

SOUTHERN GATEWAY

Derived from the Arabic word *Jauhar* which means “precious stones”, Johor truly lives up to its name as it is a treasure trove of exciting holiday opportunities. The southernmost state of Peninsular Malaysia, Johor is widely known as the “Southern Gateway” to Malaysia. With a land area of 19,210sq km, it is also the third largest state in the peninsula after Pahang and Perak.



Johor offers an eclectic mix of sun, sea and adventure. Many places of interest are scattered across the state and its capital city of Johor Bahru, from pristine forests, fruit farms and beautiful beaches to family theme parks and countless shopping venues.

The only state in Malaysia with an unbroken coastline from the South China Sea to the Straits of Malacca, Johor is linked to Singapore via the Johor-Singapore Causeway and the Second Link Expressway. Johor is also home to the southern development corridor of Iskandar Malaysia, which has been established to spur the economic growth of the country.

www.johortourism.com.my

JOHOR BAHRU

The state capital and one of the largest cities in Malaysia, Johor Bahru is about 330km from Kuala Lumpur. Commonly referred to as JB, the city is a thriving hub of commerce, shopping and entertainment. It is also known for its rich collection of historical buildings and heritage architecture. From Johor Bahru, visitors can enjoy a wonderful view of the Straits of Johor and, on clear days, even neighbouring Singapore.

MASJID SULTAN ABU BAKAR (SULTAN ABU BAKAR MOSQUE)

The magnificent Sultan Abu Bakar Mosque is one of the most beautiful old mosques in Malaysia. It stands regally atop a hill overlooking the Straits of Johor, 1.5km away from the Istana Besar or Grand Palace. The mosque took eight years to build and was completed in 1900. It can accommodate up to 2,000 worshippers.

DATARAN BANDARAYA (CITY SQUARE)

Located about 4km west of the causeway, the city's iconic Dataran Bandaraya is easily recognised by its large square minaret, fountain and clock tower. With its numerous hawker and souvenir stalls, it is a great place to just relax, watch sunsets or enjoy strolls along the nearby Tebrau Beach.

SULTAN IBRAHIM BUILDING

Constructed between 1936 and 1939, this imposing building is located on a hill called Bukit Timbalan, just 3.5km from the customs checkpoint at the Sultan Iskandar CIQ Complex. Designed by the acclaimed British architectural firm, Palmer and Turner, the building's distinguished facade combines a mix of both colonial and Malay architectural elements.

JOHOR ART GALLERY

Built in 1910, the Johor Art Gallery contains a rich and varied collection of antique, cultural and traditional items depicting the history and culture of Johor. Located along Jalan Petrie, the gallery also houses a collection of valuable manuscripts and other important documents dating back to the early days of the state. Officially declared as the Arts and Cultural Centre for Johor, the gallery regularly showcases works of art by talented Johor-born artists.

ZOO JOHOR

Established in 1928, Zoo Johor is regarded by many as one of the oldest zoos in Malaysia and Asia. It is home to more than 100 species of animals, including tigers, lions, gorillas, elephants, horses and crocodiles. There is also a beautiful pond where visitors can walk around and observe water birds such as pelicans and flamingos. The zoo is located on Jalan Gertak Merah in the heart of Johor Bahru.

PASAR KARAT JB (JB BAZZ)

Pasar Karat, which literally means Rust Market in Malay, is actually the colloquial term for flea market. Pasar Karat JB, however, is more bazaar than flea market as it offers anything and everything from antiques and vintage collectibles to clothing, toys, books, food stalls and more. Located near the old Johor Bahru checkpoint, the bazaar is open from 6pm to midnight (Mondays to Fridays), and 7.30am to midnight (weekends).

THE ZON JOHOR BAHRU

A destination in its own right, The ZON is an integrated business and retail hub in Stulang Laut, Johor Bahru. It comprises four main components, namely a mega shopping mall, hotel, entertainment hub and ferry terminal. An alternative entry point into Malaysia from Singapore and Indonesia (Batam), The Zon is also a great place to sample local delights. It is probably best known as the largest duty-free complex in Malaysia.

www.dfzcapital.com.my

JARO MALAYSIA HANDICRAFT CENTRE

The Johor Area Rehabilitation Organisation (JARO) is a charitable society committed to helping the physically and mentally challenged lead a normal working life. Its workshops produce beautiful handcrafted creations and customised orders for both Malaysians and overseas buyers. Income generated is reinvested into its daily operations. Here, visitors can peruse and purchase reasonably priced handmade cane furniture, rattan baskets, bags, soft toys and more. The centre is located on Jalan Sungei Chat in the heart of the city.

www.jaro.org.my

MAWAR GALLERY

The Mawar Gallery showcases the "Gracious and Famous Ladies of Johor", an exhibition that recognises the women of Johor, especially those who have contributed significantly to the advancement and success of Johor. Portraits of past Sultanahs of Johor as well as the ladies of the Royal Family are also displayed here.

STULANG LAUT

A bustling hive of activities, Stulang Laut has numerous shops that rent out equipment for windsurfing and other water sports. The area also offers an interesting selection of dining options, while the duty-free zone is just a short walk away.

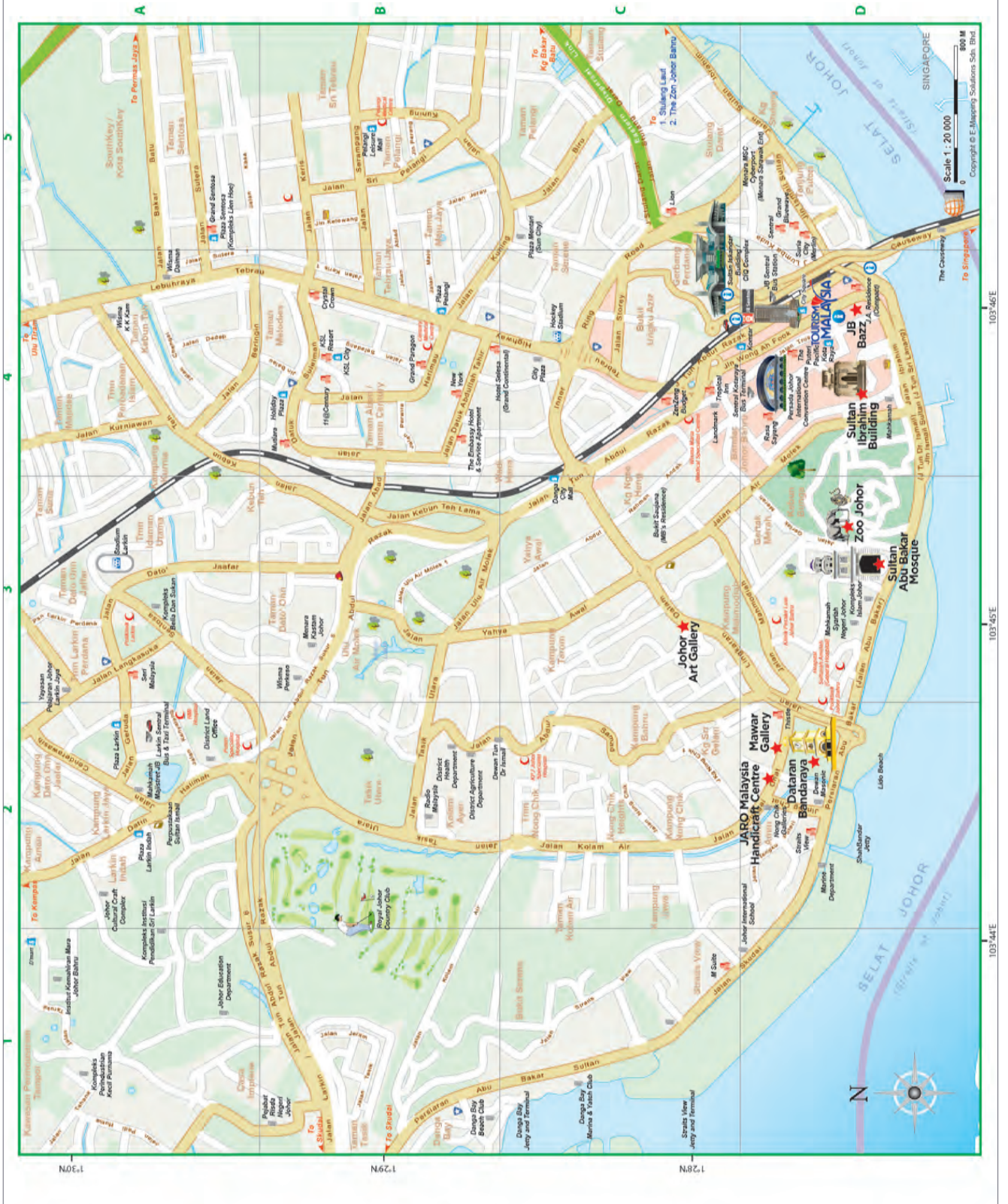
JOHOR





LEGEND

- | | | | |
|---|--|---|---|
| ■ State Capital | ✈ Airstrip | Major Road | State Border |
| ● Major Town | ⚓ Jetty | Secondary Road | ★ Place of Interest |
| ● Town | ⚓ Ferry Terminal | Railway Line | i Tourist Information Centre |
| ✈ Airport | — Expressway | | |

JOHOR BAHRU



LEGEND

-  Cleared Land / Grass
-  Built-up Area
-  Town Area
-  Major Road
-  Secondary Road
-  International Boundary
-  Place of Interest
-  Tourist Information Centre
-  Shopping Centre
-  Sports Complex
-  Hotel
-  Important Landmark
-  Hospital / Medical Centre
-  Police Station
-  Post Office
-  Library
-  Fire Station
-  Bus Station
-  Taxi Station
-  Golf Course
-  KTM Komuter Train Route & Station



▲ Legoland, Nusajaya

BEYOND JOHOR BAHRU

LEGOLAND, NUSAJAYA

Packed with interactive rides, shows and attractions. Legoland is a totally immersive experience for families with children. From Lego experiment centres to rollercoasters, the park is an inspiring voyage of discovery. Its centrepiece, Miniland, features re-creations of Asian landmarks that have been constructed using more than 30 million Lego bricks in a 1:20 scale. Legoland is located in Nusajaya, one of Southeast Asia's foremost integrated property developments, which encompasses a waterfront, health park and entertainment zone. Accommodation is available at the Legoland Hotel, the first Lego-themed hotel in Asia.

www.legoland.com.my

PULAU RAWA (RAWA ISLAND), MERSING

A small, picturesque island located 16km off the coast of Mersing, Pulau Rawa is a haven for snorkelling and diving enthusiasts with its sandy beaches, coves and clear waters. A great spot to enjoy nature and life's simple pleasures, Pulau Rawa is popular with locals and visitors alike. Resorts on the island offer comfortable chalets in an idyllic setting, perfect for those looking to escape the bustle of city life. The only way to get to Pulau Rawa is by sea, usually a one-hour ferry ride or 30-minute speedboat ride from Mersing.

www.rawaislandresort.com

SUNGAI JOHOR AND SUNGAI LEBAM FIREFLIES, KOTA TINGGI

Firefly sighting is a thoroughly enjoyable experience after sunset. An idyllic boat ride at dusk transports visitors into an enchanting world where thousands of fireflies swarm *berembang* trees along the riverbanks and illuminate the night sky. These excursions give nature lovers an opportunity to view the mangrove ecosystem up close and observe native wildlife species in their natural habitat. The boarding point is at the jetty on Jalan Tepi Sungai in Kota Tinggi, about 91km from Johor Bahru. Firefly excursions can be booked directly with the boat operators or through travel agents and hotels.

ENDAU-ROMPIN NATIONAL PARK, KLUANG

The Endau-Rompin National Park straddles the Johor-Pahang border and covers a sprawling 92,000 hectares. Rich in flora and fauna, the park is home to many species of wildlife as well as exotic varieties of herbs, medicinal plants and trees. Activities include jungle-trekking, camping, birdwatching, picnics by the waterfall, four-wheel drive off-road adventure, whitewater rafting, river safari and a visit to an Orang Asli or indigenous people's village.

To protect the pristine environment, a special entry permit from the Johor National Parks Corporation is required. There are two entrances to the park on the Johor side, namely the East entrance (via Kampung Peta) and the West entrance which is close to the town of Bekok, near



▲ Desaru Ostrich Farm, Kota Tinggi

Segamat. For visitors who are driving in on their own, a 4WD is advisable due to the park's rough track conditions. Tour packages can be booked through the Johor National Parks Corporation.

www.johorparcs.johordt.gov.my

PUTERI HARBOUR FAMILY THEME PARK, NUSAJAYA

Located just 21km from the Second Link, the Puteri Harbour Family Theme Park is an indoor theme park featuring kiddie favourites such as Hello Kitty, Thomas & Friends, The Little Big Club, Barney and Bob the Builder. Attractions include the first Sanrio Hello Kitty Town outside of Japan and LAT's Place, an engaging tribute to one of Malaysia's most well-known cartoonists. Numerous on-site food and beverage outlets offer a variety of dining options. Although the park does not offer accommodation, several hotels are located in the vicinity of Puteri Harbour.

www.playtime.com.my

KOTA TINGGI WATERFALLS, KOTA TINGGI

These waterfalls provide a picturesque sight as water cascades from a height of 36m into a pool deep enough to swim in. Located at the foot of Gunung (Mount) Muntahak, the waterfalls are surrounded by lush green tropical forest. Those wishing to stay overnight are assured of comfortable accommodation in Swiss-style chalets equipped with cooking facilities. There are also public changing rooms, camping grounds and a restaurant at the base of the falls. The site is accessible via Kota Tinggi town, just 15km away.

ZENXIN ORGANIC PARK, KLUANG

The first and largest organic farm to open its gates to the public in Malaysia, Zenxin Organic Park introduces organic farming in an educational and recreational way with a park cafe, flower nursery and one-stop organic food shop. Besides discovering how organic vegetables are grown, visitors can participate in outdoor leisure activities including cycling and walking tours. The nearest town is Kluang, 15km away.

www.zenxin.com.my

PUTERI HARBOUR, NUSAJAYA

Spanning an area of 24,000 acres, Puteri Harbour is the jewel of thriving Nusajaya, about 16km from Johor Bahru. Its impressive waterfront precinct comprises an integrated waterfront and marina development that boasts panoramic views of the Straits of Johor. Located adjacent to Kota Iskandar, Johor's new administrative centre, Puteri Harbour provides the perfect backdrop for waterfront living, dining and entertainment.

www.puteriharbour.com.my

PASIR GUDANG KITE MUSEUM, PASIR GUDANG

Located in Pasir Gudang, 25km from Johor Bahru, the museum pays homage to the traditional Malay kite known as the *wau*, with a collection of more than 200 traditional and modern kites. The museum has a workshop where visitors can try their hand at making their very own kite. They can also learn about the origins of the *wau* as well as the various techniques involved in making and flying it.

www.kitefestpasirgudang.com

DESARU, KOTA TINGGI

Located at the southeastern corner of Johor, Desaru is renowned for its idyllic coastline with 26km of pristine beaches fringed by casuarina trees. Whether it's snorkelling, canoeing, skiing, sailing or simply taking a relaxing dip, there is a wide range of activities here. While nature lovers can go jungle-trekking amidst cascading falls, natural lakes and lush jungles, the more adventurous can indulge in a round of golf, horseback riding or a 4WD off-road adventure. A range of accommodation is available in the area, from five-star luxury resorts to budget holiday chalets. Desaru is located 78km from Johor Bahru.

UK FARM, KLUANG

Just 10km from Kluang town, the 100-acre UK Farm provides the perfect setting to experience farm life firsthand. It is possibly the largest goat and sheep farm in Malaysia with a breeding capacity of 4,000. The farm also provides easy access to a wide range of facilities for accommodation, dining and entertainment. Popular activities include guided tours of the farm and visits to the Herb Sanctuary, passion fruit factory, ostrich park, mushroom/vegetable farm and mini zoo.

SIBU GROUP OF ISLANDS

Comprising Sibu Besar, Sibu Tengah, Sibu Kukus and Sibu Hujung, the Sibu group of islands is relatively undiscovered. While the islands cater to beach lovers with a laid-back environment, they are also geared for water



▲ Johor Premium Outlets, Kulaijaya

sports enthusiasts seeking the next adrenaline rush. Activities include visiting a traditional fishing platform known as a *kelong* or dropping by a nearby village. The closest mainland jetty to the islands is a 30-minute ferry ride away at Tanjung Leman, approximately 60km from Mersing town. There are numerous resorts catering to varying budgets and preferences. However, the majority of the area's accommodation can be found on the main island of Pulau Sibul Besar, the most developed of the group.

PULAU KUKUP NATIONAL PARK, PONTIAN

In essence a giant mangrove island, Pulau Kukup's coastal habitat is home to many species of fish, birds and plants. Located 800m off the southwestern coast of Johor, Pulau Kukup has no human settlement and is only accessible by bumboat or motorised sampan. Pulau Kukup National Park makes a great day trip for those looking for an eco-attraction that is somewhat off the beaten track. Here, visitors can stroll along the boardwalk, cross the suspension bridge and climb up the observation tower to enjoy spectacular views of the park and its surroundings. The nearest accommodation is on the mainland in Kukup Village, which is also the jumping-off point for boat trips to the island.

www.johorparks.johordt.gov.my

DESARU FRUIT FARM, KOTA TINGGI

More than 100 varieties of tropical fruits and 10 plant species are cultivated on the 180-acre Desaru Fruit Farm. Visitors touring the fruit orchard can savour delightful seasonal local fruits like durian, rambutan, mangosteen and *pulasan* as well as non-seasonal fruits like *cempedak*, jackfruit, *kedondong*, *ciku*, *jambu air*, pineapple, mango and guava. Other activities include learning about good

agricultural practices and bee-keeping management. The farm is located 39km from Kota Tinggi town.
www.desarufruitfarm.com

WET WORLD BATU PAHAT

As the name suggests, Wet World Batu Pahat is a theme park to make a splash in all day long. Spread across 44 acres of landscaped grounds, the park offers a great selection of water rides and attractions, including water slides, a wave pool and "lazy river" where visitors can float around the river in inflatable tubes. Besides engaging in interactive water activities, families can enjoy a relaxing time in the swirling waters of the jacuzzi pool. The first and only water park in Johor, Wet World Batu Pahat also features a recreational lake with paddleboats, souvenir shop and food outlets. Accommodation is available in Batu Pahat town 7km away.

www.wetworld.com.my

JOHOR PREMIUM OUTLETS, KULAIJAYA

Johor Premium Outlets is a definite must for brand-conscious shoppers. Spanning an area of 175,000sq ft, this factory outlet centre offers exclusive designer apparel, timepieces, bags, shoes and other items at discounted prices. The first of its kind in Southeast Asia, Johor Premium Outlets is part of the US-based Chelsea Premium Outlets chain. The mall is located at the intersection of the North-South Expressway and the Second Link Expressway, about 30km from Johor Bahru.

www.premiumoutlets.com.my

TANJUNG PIAI NATIONAL PARK, PONTIAN

The southernmost tip of mainland Asia is in Tanjung Piai. A concrete monument and commemorative signage mark the site which is located within the Tanjung Piai National



▲ Pulau Rawa (Rawa Island), Mersing

Park, 80km from Johor Bahru. Besides encompassing the southernmost point of the Asian continent, the 926-hectare park has a variety of flora and fauna, including those unique to the mangrove environment. Tanjung Piai is also a birdwatching hotspot during the migratory season. A network of boardwalks allows visitors to observe the mangrove wildlife, including crabs, mudskippers, birds, shellfish and crab-eating macaques, up close in their natural habitat. Viewing platforms and observation towers provide good vantage points from which to take in the surroundings. Accommodation is available at a nearby resort 2km away.

www.johorparks.johordt.gov.my

DESARU OSTRICH FARM, KOTA TINGGI

This popular ostrich farm provides a rare opportunity for visitors to get a closer look at these intriguing creatures. The farm has about 500 ostriches and conducts guided tours of the facility to educate visitors on ostrich farming. Ostrich rides are available, and visitors can also purchase farm-related souvenirs such as decorative lampshades and ostrich eggs. There is a restaurant on-site for those who wish to sample dishes made from fresh ostrich meat supplied by the farm.

NASUHA HERBS & SPICES PARADISE, MUAR

More than 135 types of herbs are cultivated and processed at the 1,500-hectare Nasuha Herbs & Spices Paradise, one of the biggest herb and spice plantations in the world. Herb-centric dishes and teas can be sampled at the Nasuha Herbal Restaurant, while other activities include a rejuvenating therapeutic and herbal spa sauna heated by underground rocks. On-site accommodation is available, including cosy log cabins and dormitory-style lodgings. The plantation is located 30km northeast of Muar.

www.nasuhaherbspardise.com

KOREF ECO FARM RESORT, KLUANG

This farm is the first and only certified organic rice farm in Malaysia. Visitors can opt for either “free and easy” or “packaged” eco farmstays. Activities here include mountain climbing, hands-on seasonal rice farming, jungle-trekking, jungle river trails, water obstacle courses, rafting, fishing, nature walks, water-bound games, barbecues and campfires. The farm is 7km from the nearby Kahang Village, and 43km from Kluang town.

www.organic-kahang.com

GETTING THERE AND AROUND

Johor Bahru is connected to Kuala Lumpur via the North-South Expressway. It is also accessible by air from the capital city and other states in Malaysia via airlines including Malaysia Airlines, AirAsia, Firefly and Malindo Air. Bus services from major cities and towns in the peninsula run several times a day to and from Johor Bahru. The Johor-Singapore Causeway and Second Link Expressway are the most frequently used routes to commute between Johor and Singapore. For visitors from Singapore, a leisurely alternative is the ferry service from Changi Point in Singapore to Tanjung Belungkor in Johor. Although buses are plentiful, taxis are a quick and convenient way to get around town.

SHOPPING AND DINING

One of the best places for shopping in Malaysia, Johor offers a variety of shopping options to suit every taste and budget. A high concentration of shopping malls, hypermarkets, speciality stores, bazaars and night markets can be found in Johor Bahru and other major towns in the state. Johor is also known for its duty-free shopping and premium outlets.

A delicious spread of international fare and local delights awaits visitors to Johor. The dining options here are unlimited, night or day, from trendy restaurants and cafes to air-conditioned food courts and big fast food chains. Traditional favourites to look out for include *laksa* Johor (noodles in a spicy fish gravy), *nasi briyani gam* (spiced rice with saffron and meat), *lontong* (compressed rice cakes served with coconut-based vegetable gravy) and *mee bandung* (egg noodles in spicy prawn gravy). For seafood lovers, Kukup Village, 10 minutes' drive from Tanjung Piai, is the place to go to for a variety of fresh seafood prepared in both Malay and Chinese styles.

ACCOMMODATION

Johor has a wide variety of accommodation to suit any budget or preference, ranging from budget-friendly B&Bs to luxurious beachfront resorts.

LIST OF HOTELS

JOHOR BAHRU

11@Century Hotel Johor Bahru
t : 607 333 3300
w : www.11century.com

AD International Hotel**
t : 607 333 3300

Amansari Residence Resort
t : 607 381 7070
w : www.amansariresidenceresorts.com

Austin Heights Golf & Hotel Resort
t : 607 352 4300
w : www.austingolfresort.com

B Link Hotel
t : 607 663 0696

Cactus Inn Resort
t : 607 216 3926
w : www.cactusinnresort.blogspot.com

Christine Resort
t : 607 387 3000

Citrus Hotel
t : 607 222 2888
w : www.citrushoteljb.com

Crystal Crown Hotel***
t : 607 333 4422
w : www.crystalcrown.com.my

Dragon Court Hotel
t : 607 598 5000

Fully Hotel
t : 607 352 6318

Gateway Hotel
t : 607 223 5029

GoodHope Hotel,
Skudai-Johor Bahru***
t : 607 557 2828
www.goodhopehotel.com.my

Grand BlueWave Hotel
Johor Bahru*****
t : 607 221 6666
w : www.grandbluewave-johorbahru.com

Grand Far East Hotel
t : 607 251 0898

Grand Sentosa Hotel Johor Bahru
t : 607 331 5888
w : www.grandsentosahotel.com

Hawaii Hotel
t : 607 224 0633

Grand Paragon Hotel
t : 607 268 5222
w : www.grandparagonhotel.com.my

Hotel Kelana
t : 607 556 2050

Hotel Selesa Johor Bahru***
t : 607 332 3999
w : www.selesahotelsresorts.com.my

Hotel Selesa Pasir Gudang***
t : 607 251 8899
w : www.selesahotelsresorts.com.my

Hotel Seri Malaysia
Johor Bahru**
t : 607 221 1002
w : www.serimalaysia.com.my

Hotel Sin Ma
t : 607 355 3000

Indah Inn
t : 607 241 1133

JA Residence Hotel**
t : 607 221 3000

JB Central Hotel
t : 607 222 2833
w : www.jbcentralhotel-johorbahru.com

JB Hotel
t : 607 224 6625

Kampung Perigi Acheh Homestay
t : 607 235 5503

Kozi Hotel
t : 607 238 9001

Lavender Inn Nusa Bestari*
t : 607 511 4509/91

Lavender Inn Permas**
t : 607 388 2007/3007
w : www.permas.lavender-inn.com

Link Court Hotel
t : 607 332 2604

Lion Hotel
t : 607 223 2211

M Suites Hotel***
t : 607 221 1000
w : www.m-suites.com

Meldrum Hotel
t : 607 227 8988
w : www.meldrumhotel.com

Midland Hotel
t : 607 232 8007

Mutiara Johor Bahru*****
t : 607 332 3800
w : www.mutiarahotels.com

New York Hotel***
t : 607 331 1588
w : www.newyorkhotel.com.my

Okid Hotel Johor Jaya
t : 607 357 6543
w : www.okid.com.my

Okid Hotel Permas Jaya
t : 607 388 2228
w : www.okid.com.my

Pulai Springs Resort*****
t : 607 521 2121
w : www.pulaisprings.com

Rasa Sayang Hotel**
t : 607 224 8600

Rose Cottage Hotel
t : 607 352 2144
w : www.rosecottagehotel.com

Rumah Tumpangan E-Home
t : 607 354 6548

Silka Hotel
t : 607 360 1000
w : www.silkahotel.com

Sinaran Baru Homestay
t : 607 235 5503

Singrena Hotel Taman Pelangi
t : 607 332 2653

Straits View Hotel**
t : 607 224 1400

Suria City Hotel JB
t : 607 223 1791

Tanjong Puteri Golf Resort*****
t : 607 271 1888
w : www.tpgr.com

The Embassy Hotel
& Serviced Apartment
t : 607 338 8888

Yangtze Hotel
t : 607 387 3144
w : www.greatwallhotel.com.my

The Puteri Pacific*****
t : 607 219 9999
w : www.puteripacific.com

Berjaya Waterfront Hotel****
t : 607 221 9999
w : www.berjayahotel.com/johorbahru

Thistle Johor Bahru
t : 607 222 9234
w : www.thistle.com

Tropical Inn Johor Bahru****
t : 607 224 7888
w : www.tropicalinn.com.my

TS Hotel**
t : 607 386 1588
w : www.tsgroup.com.my

Tune Hotel Danga Bay
w : www.tunehotels.com

Villa De La Rose
t : 607 223 5599

Zen Zeng Budget Hotel
t : 607 221 2333

BATU PAHAT

Crystal Inn
t : 607 431 5222
w : www.crystalinn-hotel.com

Garden Hotel
t : 607 431 5999
w : www.gardenhotel.net.my

The Katerina Hotel***
t : 607 433 7111
w : www.katerinahotel.com

Novo Park Hotel
t : 607 432 8787

Pelican Hotel**
t : 607 432 8111

Rest House Batu Pahat
t : 607 431 6122

The Landmark Hotel
t : 607 432 0001

The Silver Inn Hotel
t : 607 431 5122

KLUANG

Anika Hotel**
t : 607 772 4977

Merdeka Hotel
t : 607 772 4911

Nagaria Inn
t : 607 773 9999

Prime City Hotel***
t : 607 771 1111
w : www.primecity.com

KOTA TINGGI

Desaru Damai Beach Resort
t : 607 822 4600/5600
w : www.desarudamai.com.my

Felda Semenchu Homestay
t : 607 895 4311/72

Kampung Temenin Baru Homestay
t : 607 883 1508

Kota Tinggi Waterfall Resort
t : 607 889 9111/9222

Lotus Desaru Beach Resort
t : 607 884 2800
w : www.lotusdesaru.com

Mayres Hotel***
t : 607 883 9099
w : www.mayreshotel.com

Mutiara Motors Resort
t : 607 331 9010/9096/9099
w : www.mutiaramotors.com/resort-about.html

Pelangi Balau Resort
Tanjung Balau
t : 607 832 2833
w : www.pelangihotels.com

Punggai Bayu Beach Resorts
t : 607 822 8016

Sebana Cove Golf &
Marina Resort***
t : 607 826 6688
w : www.sebanacovegolfmarina-resort.com

Sepang Muhibbah Chalet
t : 6019 763 9594

Seri Kota Hotel
t : 607 883 8111

Pulai Desaru Beach Resort & Spa
t : 607 822 2222
w : www.pulaidesaru.com

MERSING

Air Papan Beach Resort
t : 607 799 5566

Air Papan Chalet
t : 607 799 2993

Aseania Beach Resort
t : 607 797 0057/8
w : www.aseaniapulaubesar.com

Country Hotel
t : 607 799 1799

D'Coconut Island Resort
t : 603 4252 6686
w : www.dcoconut.com

Diver's Lodge
t : 602 6557 0016

Embassy Hotel
t : 607 799 3545

Endau Beach Resort
t : 607 794 2611
w : www.endaubeachresort.com.my

Fishing Bay Resort
t : 607 799 6753
w : www.fishingbayresort.com

Hotel Havanita
t : 607 779 8666
w : www.hotelhavanita.com.my

Hotel Seri Malaysia **
t : 607 799 1876
w : www.serimalaysia.com.my

La Bella Resort
t : 607 799 7126/6012 726 2828

Lanting Beach Resort *
t : 603 4297 9348/6019 254 9324
w : www.lantingresort.com.my

Mersing Inn
t : 607 799 1919

Nirwana Beach Resort
t : 607 799 5979

Pantai Penyabong Resort
t : 607 794 2622

Rawa Island Resort
t : 607 799 1204/5
w : www.rawaislandresort.com

Sari Pacifica Hotel, Resort & Spa,
 Sibul Island
t : 607 798 9105/4
w : sibu.saripacifica.com

Sea Gypsy Village Resort
 & Dive Base
t : 607 222 8642
w : www.siburesort.com

Sibu Coconut Village Resort
t : 6012 724 8811/6019 716 5185

Sibu Island Resort *****
t : 607 799 5555
w : www.sibuislandresort.com.my

Sri Mersing Resort
t : 607 799 2384

Teluk Godek Beach Resort
t : 607 799 4469

Timotel Hotel **
t : 607 799 5888

Twin Beach Resort
t : 603 2300 2270
w : www.twinbeach.com

MUAR

Apartel Maharani
 & Serviced Apartment
t : 606 953 2525

Classic Hotel ***
t : 606 953 3888

Hongleng Village Enterprise
t : 606 952 9487

Hotel D'99
t : 606 953 9899

Hotel Seri Pelangi **
t : 606 951 8088

Kingdom Hotel
t : 606 952 1921

Lok Pin Hotel
t : 606 978 1223

Muar Traders Hotel
t : 606 953 8100/9100
w : www.muartradershotel.com

Parit Bugis Homestay
t : 607 952 2845

PONTIAN

Hotel Pontian **
t : 607 686 1000
w : www.hotelpontian.com

Kukup Golf Resort *
t : 607 696 0950
w : www.kukupgolfresort.com.my

Tanjung Piai Homestay
t : 607 687 1249

Tanjung Piai Resort
t : 607 696 9000

SEGAMAT

Golden Lake Hotel *
t : 607 932 8881

Harmony Hotel
t : 607 931 3678

VIP Hotel
t : 607 931 2101

Pusat Latihan & Rekreasi Felcra
 Tebing Tinggi
t : 607 936 2250

KULAJAYA

Hoover Hotel
t : 607 663 6363/185

IOI Palm Villa Golf & Country
 Resort
t : 607 599 9099
w : www.palmvilla.com.my

Le Grandeur Palm Resort Johor
t : 607 599 6000
w : www.palmaresort.com

Nouvelle Hotel
t : 607 662 3555

Riders Lodge
t : 607 652 5330
w : www.riderslodge.com.my

RJ Hotels
t : 607 663 6033
w : www.rjhotels.com

Seri Hoover Hotel
t : 607 663 8521

The Legends Golf & Country
 Resort
t : 607 652 4388
w : www.legend-resort.com

Villa Hotel
t : 607 932 8188/7188

LEDANG

Gunung Ledang Resort
t : 606 977 2888
w : www.ledang.com

Ophir Hotel
t : 606 979 1661

Please note that this list is not exhaustive.







NORTHERN REGION

PERAK • PENANG • KEDAH • PERLIS

The state of Perak lies just to the north of Selangor. Once the richest tin mining region, its economy is largely industrial and agricultural. Its capital, Ipoh, is also famous amongst Malaysians for its historical attractions and food.

Penang has lived up to its nickname of “Pearl of the Orient” by offering up a wealth of attractions from beaches, fishing villages and hill resorts to historical and cultural gems. Long famous for its unparalleled cuisines, especially street food, the island also combines the best of east and west for an unforgettable stay.

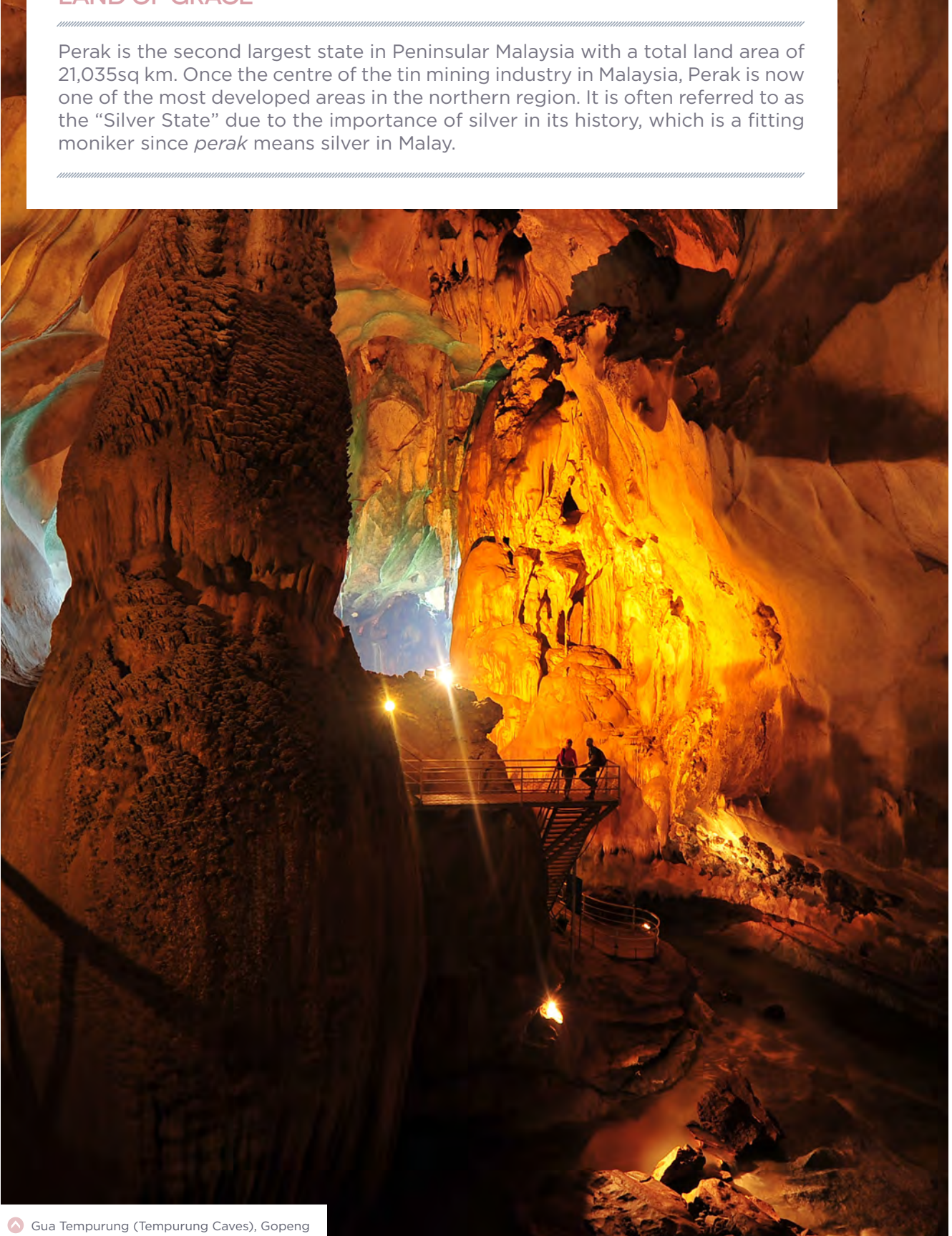
Right in the northwestern part of Peninsular Malaysia, the states of Perlis and Kedah make up the largest paddy-growing region in the country, and are often referred to as the “Ricebowl” of Malaysia. The green vistas of paddy fields are broken only by occasional limestone outcrops.

Some of the most popular islands are located in the northern region, including Perak’s Pangkor Island and Kedah’s Langkawi. Golden beaches and clear waters are some of the reasons why travellers flock there.

PERAK

LAND OF GRACE

Perak is the second largest state in Peninsular Malaysia with a total land area of 21,035sq km. Once the centre of the tin mining industry in Malaysia, Perak is now one of the most developed areas in the northern region. It is often referred to as the “Silver State” due to the importance of silver in its history, which is a fitting moniker since *perak* means silver in Malay.



Despite the tremendous progress it has achieved, Perak remains true to its friendly, laid-back roots. An oasis of quiet modernity and natural settings, the state has undergone a renaissance in recent years and is now well on its way to becoming a major tourism hub.

The state capital is Ipoh while Kuala Kangsar is the royal town. Other major towns include Taiping, Teluk Intan and Lumut. Among the key attractions here are colonial buildings, limestone caves, temples and an array of ecotourism sites.

visitperak.com.my

IPOH

The third largest city in Malaysia and state capital of Perak, Ipoh offers a unique blend of old-world charm and modern amenities. Its reputation as a food haven is well deserved, attracting visitors from far and wide. It is also famous for its juicy pomelo fruit and Old Town white coffee, a delicious beverage served almost everywhere in the city. The city centre comprises two main sections, Ipoh Old Town and Ipoh New Town. Many of the city's pre-war buildings and historical landmarks are found in Ipoh Old Town.

KEK LOOK TONG TEMPLE

The Kek Look Tong temple sits on a 12-acre site and has been used as a place of worship since 1920. It is tucked deep within the residential area of Gunung Rapat, about 15 minutes from the city centre. The cave, which resembles a Japanese carp, features a central altar and various religious statues and figurines. Its award-winning landscaped garden features one of the longest reflexology footpaths in Ipoh.

www.keklooktong.org

GEOLOGICAL MUSEUM

Established in 1957, the Geological Museum features an impressive collection of minerals, rocks, fossils and gems. Among the highlights here are an acclaimed exhibit of the different types of tin ore found in Malaysia and a diorama explaining the various tin mining techniques. The museum is part of the Minerals and Geoscience Department Complex on Jalan Sultan Azlan Shah.

www.jmg.gov.my

LOST WORLD OF TAMBUN

The perfect place to spend a day out with friends and family, the Lost World of Tambun features a water park, hot springs and spa, amusement rides, petting zoo, tiger exhibit and other interesting attractions. Located in the Sunway City Ipoh township, about 11km from the city centre, this premier adventure theme park is built at the foothills of a limestone valley, set against a tranquil forest backdrop. Accommodation is available at a three-star hotel opposite the park.

www.sunwaylostworldoftambun.com

GUNUNG LANG RECREATIONAL PARK

Located off Jalan Kuala Kangsar, 5km from the city centre, Gunung Lang comprises a stretch of limestone hills right in the centre of the Kinta Valley. Covering an area of 30 hectares, the park's attractions include a boating lake, mini zoo, model village houses and a man-made cascading waterfall. Picnic grounds, a campsite and lakeside boardwalk make this park ideal for relaxing family outings.

SAM POH TONG TEMPLE

Located 5km south of the city centre, the famous Sam Poh Tong Temple is said to be the biggest cave temple in the country. It houses various statues of Buddha, interspersed among stalactites and stalagmites. Visitors can enjoy a unique view of Ipoh and its surroundings from an open chamber on the cave's upper levels. Other attractions here include a Japanese pond filled with Japanese carp and tortoises.

DARUL RIDZUAN MUSEUM

Housed in a well-maintained colonial building on Jalan Panglima Bukit Gantang Wahab, the Darul Ridzuan Museum traces the history and development of Ipoh through an interesting collection of exhibits that reflect the state's glorious tin mining past and its key economic activities. Here, visitors can also explore an on-site underground air raid shelter that was built during World War II.

www.jmm.gov.my/en/museum/darul-ridzuan-museum

KINTA RIVER WALK

Flanked by vibrant neon trees that come alive at night, the Kinta River Walk runs along the well-manicured banks of its namesake river. The perfect place for a romantic stroll, the scenic walk takes visitors past cafes, shops and various attractions. It is easily accessible from the riverfront hotel that's located right in the city centre.

www.kintariverfront.com.my

IPOH RAILWAY STATION

One of the city's most distinctive landmarks, the Ipoh Railway Station is a stately showcase of Moorish and Victorian architecture. Affectionately called the Taj Mahal by locals, it also houses the venerable Majestic Hotel which offers spacious rooms and great character. The equally impressive neo-classical building of Ipoh City Hall is just across the road from the railway station.

BIRCH MEMORIAL CLOCK TOWER

Standing tall in front of the State Mosque along Jalan Dato Sagor, this historic clock tower was erected in memory of J.W.W. Birch, the first British Resident of Perak who was assassinated at Pasir Salak. Unveiled in 1909, the square tower is adorned with decorative panels depicting more than 40 famous figures in world history. It is just a short walk from the Ipoh Railway Station.

PERAK



LEGEND

- | | | | |
|---|--|--|--|
| ■ State Capital | ◆ Jetty | Major Road | International Border |
| ● District | ⚓ Ferry Terminal | Secondary Road | State Border |
| ● Town | — Expressway | Railway Line | ★ Place of Interest |
| ✈ Airport | | | |

IPOH



LEGEND

- | | | | | | | | |
|--|----------------------|--|---------------------------|--|-------------------|--|-----------------------------------|
| | Cleared Land / Grass | | Sports Complex | | Bus Station | | Library |
| | Built-up Area | | Shopping Centre | | Place of Interest | | Fire Station |
| | Town Area | | Hotel | | Police Station | | Golf Course |
| | Major Road | | Important Landmark | | Post Office | | KTM Komuter Train Route & Station |
| | Secondary Road | | Hospital / Medical Centre | | | | |



 Royal Belum State Park, Gerik

GERBANG MALAM

Situated along Jalan Datuk Tahwil Azar in the heart of the city, the Gerbang Malam night market is a great place to find quality products at bargain prices. With more than a hundred vendors, this lively night market offers an extensive range of clothes, shoes, household items and other knick-knacks. After a night of shopping and friendly haggling, visitors can head to the coffee shops nearby to sample one of Ipoh’s most famous delicacies, “chicken with bean sprouts”.

BEYOND IPOH

ROYAL BELUM STATE PARK, GERIK

The 117,500-hectare Royal Belum State Park is part of the Belum-Temengor Forest Complex, one of the largest untouched forest reserves in Peninsular Malaysia. The park is most famous for the large mammals that roam freely here, particularly the Asian elephant, Malayan tiger and endangered Sumatran rhino. It is also the only place where all ten species of Malaysian hornbills can be observed. About 3,000 species of flowering plants are found here, including the elusive Rafflesia, the world’s largest flower. The gateway to the park is at Pulau Banding, 40km from the town of Gerik. Various tour operators and resorts in the area offer guided tours, and will arrange for the necessary permits and transportation.
www.royalbelum.my

GUA TEMPURUNG (TEMPURUNG CAVES), GOPENG

Located near Gopeng, 24km south of Ipoh, this 400-million-year-old limestone cave is the largest cave in Peninsular Malaysia. Gua Tempurung, which means “coconut shell cave”, comprises five domes with ceilings that resemble coconut shells. The cave also offers a choice of trails that caters to caving enthusiasts of all levels, from easy and moderate to more challenging ones. A visitor centre is located at the cave entrance for tour registration and enquiries.
www.guatempurung.com

MATANG MANGROVE FOREST RESERVE, MATANG DISTRICT

This 40,000-hectare forest reserve, the largest expanse of mangrove forest in Peninsular Malaysia, is located near the town of Kuala Sepetang, 15km west of Taiping. Gazetted as a reserve in 1906, it is regarded as the best-managed sustainable mangrove ecosystem in the world and harbours a great diversity of birds, mammals, crustaceans and other wildlife. The reserve is an important stopover site for thousands of migratory birds to rest and feed during migration. Nearby attractions in Kuala Sepetang include a charcoal factory and the Kuala Gula Bird Sanctuary. Visitors can also catch sight of Chinese White Dolphins and fireflies along the Sepetang River. Comfortable chalet accommodation and a campsite are available at the nearby Nature Education Centre.
www.kualasepetang.com



▲ Pulau Pangkor (Pangkor Island)

SULTAN AZLAN SHAH GALLERY, KUALA KANGSAR

The Sultan Azlan Shah Gallery was once a royal palace and at one point, a school. Completed in 1903, it was the first concrete palace to be built in Perak. Today, the gallery is dedicated to documenting the life and times of HRH Sultan Azlan Shah, the 34th Ruler of Perak, through a collection of memorabilia and personal effects. It is located on Bukit Chandan in the royal town of Kuala Kangsar, a leisurely 40km drive from Ipoh.

www.jmm.gov.my/en/museum/galeri-sultan-azlan-shah

ZOO TAIPING & NIGHT SAFARI

Zoo Taiping holds the distinction of being the only zoo in the northern region of Peninsular Malaysia. Spread across 34 acres of pristine land within the Taiping Lake Gardens, Zoo Taiping features both native and exotic wildlife in lush surroundings, making it a popular choice for family outings. An interesting highlight here is the Night Safari which allows visitors to observe nocturnal animals carrying on with their nightly activities through the use of special lighting.

www.zootaiping.gov.my

ORANG UTAN ISLAND AND BUKIT MERAH LAKETOWN RESORT

A key attraction of the Bukit Merah Laketown Resort, Orang Utan Island boasts a unique five-acre rehabilitation and conservation facility that serves as a breeding sanctuary as well as research and education centre with the goal of better understanding this endangered species.

The Marina Village Jetty at Bukit Merah Laketown Resort is where visitors take a ferry across the scenic lake to the island. The trip takes 10 minutes, and ferry departures are every 45 minutes. On the island, visitors walk through a 100m steel “cage tunnel” to observe orang utans roaming freely in their natural habitat. Accommodation is available at the resort on the mainland.

PULAU PANGKOR (PANGKOR ISLAND)

Popular Pangkor Island features some of the most picturesque beaches on the west coast of Peninsular Malaysia, most notably Pasir Bogak, Teluk Nipah and Pantai Puteri Dewi. There is much to see and do on the island besides relaxing on the beach. Among its many historical and cultural attractions are a 300-year-old Dutch Fort, an ancient inscribed stone, places of worship and traditional fishing villages. Pangkor offers a variety of accommodation to suit every budget, from luxury resorts to beachfront chalets. It is accessible via ferry from the Lumut Jetty (40-minute trip) and Marina Island Pangkor Jetty (10-minute trip) as well as by air via Berjaya Air.

Its neighbouring island, the privately-owned Pangkor Laut, is the site of the award-winning Pangkor Laut Resort. A name synonymous with luxury and sophistication, Pangkor Laut is a world-class resort famed for its beaches and tranquil surroundings. Access to the island is by private boat from Marina Island Pangkor. Each crossing takes 15 minutes, and boat transfers can be arranged directly with the resort.

www.pangkorlautresort.com • www.marinaisland.com

FELDA RESIDENCE HOT SPRINGS, SUNGAI KLAH, SUNGKAI

Just 12km from Sungkai town, the Felda Residence Hot Springs at Sungai Klah is truly a haven of tranquility. Nestled amidst 6.5 hectares of verdant forest patches, cool mountain streams and rivers, the resort provides a refreshing respite from city life. On-site facilities include a scenic Therapeutic Park and hot springs swimming pool. The resort offers a choice of private villas and deluxe rooms.

www.feldaresidencehotsprings-perak.com

PERAK HERB PARK, GOPENG

The Perak Herb Park is a 22-hectare herb sanctuary located in Gopeng, about 25km from Ipoh. It boasts an extensive variety of herbs and plants with various medical, cosmetic and aromatherapy properties. Knowledgeable guides enhance the visitor experience by providing a wealth of interesting information on the herbs. Visitors will also have the opportunity to sample herb-based delicacies such as herbal drinks, traditional cakes and herbal rice. The park also features a campsite and library.

LENGGONG ARCHAEOLOGICAL MUSEUM AND GALLERY

The Archaeological Gallery of Lenggong Valley is located at Kota Tampan Village in Mukim Temelong Lenggong, about 100km north of Ipoh. It is part of the Lenggong Museum, the first and only museum in Malaysia specialising

in prehistoric archaeology. Exhibits include prehistoric artefacts excavated from Lenggong Valley, which was declared a UNESCO World Heritage Site in 2012, as well as items related to the Orang Asli (indigenous people). lenggong.heritage.gov.my

UBUDIAH MOSQUE, KUALA KANGSAR

Officially opened in 1917, the Ubudiah Mosque is the royal mosque of Perak. Considered to be one the most beautiful mosques in the country, it stands regally atop Bukit Chandan in Kuala Kangsar, 40km to the north of Ipoh. The most distinctive feature of the mosque is the Islamic architecture exemplified by its magnificent golden domes and minarets.

KELLIE'S CASTLE, BATU GAJAH

30km south of Ipoh, off the road leading to Batu Gajah, lies Kellie's Castle, an unfinished mansion commissioned by William Kellie Smith, an English rubber planter. Construction, which began in 1915, came to an abrupt halt with Kellie's sudden death in 1926. Shrouded in mystery, the castle is believed to have hidden rooms and a secret tunnel.

KAMPAR RIVER WHITEWATER RAFTING, GOPENG

The clear waters of the Kampar River provide all kinds of rafting excitement with more than 14 rapids ranging from Grade 1 to Grade 3. Suitable for outdoor enthusiasts of any skill level, the rafting route follows the river past tropical greenery and some old tin mining plants. The take-off point for this excursion is at Gopeng, a short 15-minute drive from Ipoh. Half-day, full-day and multi-day packages are available from local adventure tour operators.

KUALA GULA BIRD SANCTUARY, KERIAN

Kuala Gula is a coastal fishing village located in the Kerian district, about 50km southwest of Taiping. Part of the Matang Mangrove Forest, the Kuala Gula Bird Sanctuary is home to thousands of migratory and resident birds. More than 160 exotic species have been sighted here including some endangered ones. The best season for birdwatching is from September to December. Chalets are available for overnight stays, while boating trips can be arranged from either Kuala Gula or Kuala Kurau.

www.nre.gov.my/English/Ecotourism/Pages/KualaGulaBirdSanctuaryEN.aspx

LATA KINJANG WATERFALL, CHENDERANG

Visible from the North-South Expressway, the multi-tiered Lata Kinjang Waterfall is located 18km from Tapah on the road to Cameron Highlands. The sight of one of Malaysia's tallest waterfalls cascading 850m down a steep stretch of rocky slopes is nothing short of spectacular. Access to this popular picnic site is via Chenderiang, the nearest town. Getting here is an experience in itself as the journey takes visitors past rubber plantations, Malay traditional houses, Orang Asli settlements, farms and orchards.

TELUK INTAN LEANING TOWER, TELUK INTAN

This historical clock tower is undoubtedly the main attraction in Teluk Intan, a small town about 84km from Ipoh. Prominently positioned in the town centre, the 25.5m pagoda-style tower has a distinct tilt and is Malaysia's answer to the Leaning Tower of Pisa. Originally constructed to house a water tank in 1885, the clock tower still ticks on to this day.



 Kellie's Castle, Batu Gajah

PERAK MUSEUM, TAIPING

Built in 1883, the Perak Museum is the oldest museum in Malaysia. It is located along Jalan Muzium in Taiping, 85km from Ipoh. The history of Perak comes alive through various displays of zoology, pre-history, economy and ethnology. The museum houses an impressive collection of archaeological treasures that reflect Perak's rich historical heritage, including ancient weaponry, aboriginal implements and ornaments.

www.jmm.gov.my/en/museum/perak-museum

BUKIT LARUT (MAXWELL HILL), TAIPING

Perched at 1,250m above sea level, Bukit Larut is credited as the wettest place in Malaysia, with an annual rainfall of over 500cm. At the summit, visitors can enjoy a spectacular view of the peninsular coastline, and even Pangkor Island on a clear day. Several bungalows and a rest house at the summit are available for short holiday stays. Located about 10km from Taiping town, Bukit Larut is accessible via the resort authority's Land Rover service at the foot of the hill, which runs at hourly intervals from 7.00am to 6.00pm daily.

TAIPING LAKE GARDENS, TAIPING

Opened in 1880, the Taiping Lake Gardens is the first cultivated gardens in Malaysia and still among the country's best. Located near Bukit Larut and spread over 64 hectares, this beautifully-landscaped park boasts ten scenic lakes and ponds, a Japanese garden, charming bridges and jogging tracks, surrounded by an astounding variety of tropical flora. Facilities include a roller-skating rink, playground and paddleboats.

PASIR SALAK HISTORICAL COMPLEX, KUALA KANGSAR

Situated 70km from Ipoh, Pasir Salak played a significant role in the historical development of Malaysia as an independent nation. This is where the flames of Malay nationalism were first ignited following the assassination of the then British Resident of Perak, J.W.W. Birch. The Pasir Salak Historical Complex pays tribute to warriors such as Dato' Sagor and Dato' Maharaja Lela who led the uprising against British colonial rule. There are many interesting exhibits to view within the complex grounds including various monuments, traditional Perak houses, dioramas and artefacts, as well as a souvenir shop and information centre. A resort with chalet accommodation is located right next to the complex.

LIST OF HOTELS

IPOH

D'Eastern Hotel
t : 605 254 3936

DWJ Hotel
t : 605 242 8777

Fairmont Hotel***
t : 605 255 9999

Fairpark Hotel****
t : 605 548 8666
w : www.fairparkhotel.com

Heritage Hotel****
t : 605 242 8888

Hillcity Hotel and Condo***
t : 605 313 5555

Hotel Excelsior***
t : 605 253 6666
w : www.hotelexcelsior.com.my

Hotel Grand View**
t : 605 243 1488

Hotel Lucky**
t : 605 254 7777

Hotel Seri Malaysia**
t : 605 241 2936

Impiana Hotel****
t : 605 255 5555
w : www.impiana.com

Ipoh City Hotel
t : 605 241 8282

GETTING THERE AND AROUND

The gateway to Perak is Ipoh, 205km from Kuala Lumpur and 165km from Penang. It is connected to other major towns and cities in Peninsular Malaysia via the North-South Expressway and national rail network. Every day, there are numerous express bus services between Ipoh and various destinations across the nation. Ipoh is served by the Sultan Azlan Shah Airport, with Malaysia Airlines and Firefly offering regular flights between Ipoh and Singapore. The high-speed inter-city train service, ETS, provides a fast and comfortable travel option between Ipoh and Kuala Lumpur. Ipoh is a relatively easy city to navigate with ample bus connections and taxis.

SHOPPING AND DINING

Perak offers a good mix of shopping options, from malls and department stores to all kinds of markets and shops. One of the most popular souvenirs that visitors can pick up is the *labu sayong* (a gourd-shaped clay carafe). Menglembu groundnuts, Tambun biscuits and pomelos are also popular buys.

Food is undoubtedly one of the highlights of a trip to Perak, especially Ipoh, in which restaurants and coffee shops can be found on practically every street. High on most visitors' must-try list are local favourites including chicken with bean sprouts and *kway teow* (flat rice noodles) in a broth or wok-fried. A Malay delicacy found here is *rendang tok*, dried beef that's been simmered in coconut milk and spices for hours. Ipoh white coffee is the favourite brew to end a meal.

ACCOMMODATION

From budget inns to five-star hotels, resorts and retreats, a wide range of accommodation is readily available in Perak.

Kinta Riverfront Hotel & Suites
t : 605 245 8888

MH Hotel
t : 605 545 1000
w : www.mhhotels.com.my

Regalodge Hotel***
t : 605 242 5555
w : www.regalodge.com.my

Ritz Garden Hotel
t : 605 242 7777
w : www.ritzgardenhotel.com

Tower Regency Hotel
t : 605 241 8888

Sun Inns Hotel
t : 605 545 1678
w : www.suninnshotel.com.my

Syuen Hotel Ipoh****
t : 605 253 8889
w : www.syuenhotel.com.my

Tambun Inn**
t : 605 547 7211

The Banjaran Hot Springs
Retreat****
t : 605 210 7777
w : www.thebanjaran.com

Please note that this list is not exhaustive.

PENANG

PEARL OF THE ORIENT

Often referred to as the “Pearl of the Orient”, Penang is located on the northwest coast of Peninsular Malaysia. It received its name from the *pinang* or betel nut tree once commonly found on the island. Penang was established as the first British trading post in the Far East in 1786 by Captain Sir Francis Light, who renamed it Prince of Wales Island. He soon established George Town and later acquired a strip of land on the mainland which became known as Province Wellesley. Penang today is a bustling metropolis reflecting a unique blend of East and West, old and new.



The state of Penang consists of the island of Penang and a strip of land on the mainland of Peninsular Malaysia. The two land masses are linked by the Penang Bridge. The capital, George Town, is steeped in history and has preserved a wealth of heritage buildings, leading to it being accorded a listing as a UNESCO World Cultural Heritage site. A compact city which can be easily covered on foot, George Town presents a picturesque facade with quaint side streets, colonial buildings and Chinese shophouses, many of which have been given a new lease of life by boutique hotels, cafes and restaurants. George Town is also a stopover destination for the Eastern & Oriental Express.

The island boasts some of the best food in the region, with a wonderful array of street food found on practically every street corner. The variety of food truly boggles the mind, including the famous *char kway teow* or fried flat rice noodles, *assam laksa* and *nasi kandar*, as well as a range of Nyonya (Straits-born Chinese) pastries and delicacies.

The island has a great mix of natural and cultural places of interest, for both young and old. Surrounded by the sea and topped off by Penang Hill, steeped in history and boasting a variety of cultures, Penang has it all for an exotic vacation in Asia.

www.visitpenang.gov.my

PENANG HILL

At 830m above sea level, the hill, also known as Bukit Bendera or Flagstaff Hill, is popular for its cool, fresh climate as well as panoramic views of George Town, the Straits of Malacca and even the mainland. Access to the hill is provided by the Penang Hill Railway, a funicular railway which climbs to the top from Air Itam. There are also hiking routes leading up the hill. Among the favourite routes is a jeep track which begins at the entrance of the Penang Botanic Gardens. A leisurely hike takes from two to three hours. At the summit, numerous walking trails lead past picture-perfect gardens, bungalows, souvenir stalls and restaurants, surrounded by colourful flora. Accommodation is available at a hotel while several bungalows are also rented out for longer stays.

BATU FERRINGHI

Batu Ferringhi is the most popular beach destination in Penang. With its stretch of golden sand, this beach is the focal point of resorts, water sports, leisure activities and shopping. The scenic backdrop of large granite boulders, fine sand and calm waters makes this an idyllic relaxation spot. Batu Ferringhi means "Foreigners' Rock", a term which refers to the early Portuguese traders who landed here. Its atmosphere with scores of restaurants, watering holes and recreational spots, coupled with a lively night market, is highly infectious and irresistible. The stretch of beach is about 20km from George Town.

GURNEY DRIVE

Just minutes from the city centre, this popular seafront promenade was completed in 1936 and named New Coast Road. In 1952, it was renamed after Sir Henry Gurney, the British High Commissioner who served in Malaya from 1951 to 1952 and was assassinated by communist guerrillas. Once boasting a sandy beach, Gurney Drive also had many preeminent homes and bungalows. Today, these landmarks have been replaced by condominiums, hotels and shopping centres. At night, the Gurney Drive hawker centre is one of the most well-known eateries on the island, the perfect place for visitors to try an array of local fare.

PENANG BRIDGE

Completed in 1985, the Penang Bridge is one of Malaysia's iconic landmarks, linking the island of Penang with the mainland. Its 13.5km carriageway makes it the longest bridge in Malaysia. For its distinctive design and features, it was awarded the American Engineering Excellence Grand Award in 1986 and the FIABCI Special Award by the International Real Estate Federation of Malaysia in 1993. The bridge is also famous as the venue of the Penang Bridge International Marathon which attracts runners from all over the world.

www.penangbridge.com.my

FORT CORNWALLIS AND QUEEN VICTORIA MEMORIAL CLOCK TOWER

The history of Fort Cornwallis goes back two centuries to when Captain Sir Francis Light of the British East India Company first landed on the island in 1786. In order to protect the base from any foreign military forces and pirates, the Captain decided to build a fort on the cape of the island's northeastern coast. He named it after the Governor General in Bengal at that time. In spite of it being built to ward off invaders, apparently no battles ever occurred and the fort was used more as an administrative and storage base. Must-see artefacts include the statue of Sir Francis Light overlooking the fort entrance, a total of 17 cannons including the Sri Rambai cannon that supposedly has the power to grant the wishes of women, army barracks and the first ever Christian chapel. The fort is a preserved historical landmark within the George Town UNESCO World Heritage Site.

Located south of Fort Cornwallis, the Queen Victoria Memorial Clock Tower was commissioned in 1897 to commemorate the Queen's Diamond Jubilee. This gleaming whitewashed tower is topped by a Moorish dome, with four distinct sections featuring a working clock on each side. Although hardly noticeable, the clock tower leans slightly to one side due to the impact of bombs dropped around it during World War II.

PENANG



LEGEND

- State Capital
- District
- Town
- ✈ Airport
- ⚓ Jetty
- ⚓ Ferry Terminal
- Expressway
- Major Road
- i Tourist Information Centre
- Railway Line
- ★ Place of Interest

GEORGE TOWN



LEGEND

	Cleared Land / Grass		Shopping Centre		Place of Interest
	Built-up Area		Hotel		Police Station
	Town Area		Important Landmark		Post Office
	Major Road		Hospital / Medical Centre		Library
	Secondary Road		Sports Complex		Fire Station
	Tourist Information Centre		Bus Station		Taxi Station

George Town UNESCO World Cultural Heritage City

- Core Zone
- Buffer Zone



 Penang Bridge

STREET OF HARMONY

A short walk along Jalan Masjid Kapitan Keling, otherwise known as the Street of Harmony, demonstrates how the island's four main communities can coexist peacefully. At the northern end of the street is St. George's Church. Built in 1816, it was the first Anglican church in Southeast Asia. Once the focal point of the British community, the church features an impressive Georgian Palladian design with a Greek temple-style memorial to Sir Francis Light who founded George Town in 1786.

Just minutes away is the Goddess of Mercy Temple, one of Penang's oldest surviving buildings dating back to 1800. This spiritual centre of the Chinese community is surrounded by the area's bustling shops and stalls selling joss sticks and other temple offerings.

On this street, visitors will also find the Sri Maha Mariamman Kovil, the oldest Hindu temple on the island. It was built in 1833 in traditional South Indian Dravidian style. Its colourful tower features 38 statues and the statue of Lord Subramaniam inside is embellished with gold, diamonds and emeralds. Nearby, along Lebuah Pasar, is Little India which brings to life the sights, sounds and smells of all things Indian.

Further along the street, the minaret and dome of the imposing Kapitan Keling Mosque rise above the rooftops. Built by the Tamil Muslim community, it is named after Cauder Mydin Merican, the Kapitan Keling (Captain of the South Indians). It is a curious mix of styles, combining colonial architecture with Moorish arches, stained glass and calligraphy panels.

PENANG NATIONAL PARK

Located at the northwestern tip of the island in Teluk Bahang, just 21km from George Town, the park covers an area of 1,226 hectares of dipterocarp, highlands, mangroves, beaches and rocky coastline. The habitat also includes a rare meromictic lake where fresh and sea water actually meet but interestingly do not mix. More than 1,000 plant species and a variety of wildlife can be sighted. Trekking through the different terrains, including a walk along a canopy walkway, is a very rewarding experience. The Penang Turtle Sanctuary is also located here where there have been sightings of green sea turtles and Olive Ridley turtles coming to lay their eggs. Boats can be hired at the entrance for a cruise around the peninsula, leading to the turtle sanctuary. It's advisable to do this in the late evening to catch the sunset. Camping is permitted in designated campsites.

www.nre.gov.my/English/Ecotourism/Pages/PenangNationalPark.aspx

KEK LOK SI TEMPLE

Meaning "Temple of Supreme Bliss" in Penang Hokkien, the Buddhist temple is a visible landmark in Air itam, just 6km from George Town. Built in 1890, the seven-storey pagoda of 10,000 Buddhas combines a Chinese octagonal base with a middle tier of Thai design and a Burmese crown, reflecting the temple's embrace of both Mahayana and Theravada Buddhism. Visitors ascend a stairway to the temple through a multitude of souvenir shops and a turtle liberation pond. The temple itself consists of several halls for assembly and prayer. On a hillside above the pagoda is a 30.2m bronze statue of the goddess Kwan Yin. The temple is a focal point of the Chinese community with Chinese New Year celebrations being particularly spectacular when the whole temple is lit up.



 Kek Lok Si Temple

WAT CHAYAMANGKALARAM THAI BUDDHIST TEMPLE AND DHARMIKARAMA BURMESE TEMPLE

The main shrine and pagoda of Wat Chayamangkalaram was built in 1900 and houses a 180-foot gold-plated statue of the reclining Buddha, said to be one of the longest in the world. This traditional Thai complex also houses smaller shrines of Buddhas and popular Thai deities. In addition to local Thais, the temple is popular with devotees of all nationalities who come to the temple on various religious occasions throughout the year.

Founded in 1803, the Dharmikarama Temple is a designated historical site as it is one of the earliest Burmese temples in Malaysia and only one remaining. Known for its green and serene surroundings, the temple features numerous statues including two white stone elephants which guard the entrance and a pagoda. Both temples are located on Burmah Lane, minutes from the city centre.

PENANG BOTANIC GARDENS

Popularly known as the “Waterfall Gardens”, the 30-hectare Penang Botanic Gardens was established in 1884. Besides being an arboretum of living plant specimens, it also facilitates botanical conservation, education and training. Walking around the gardens, visitors can view the Pinang Palm from which the island got its name, a variety of orchids and ginger plants, among many other tropical plant species. Wildlife inhabiting the gardens include long-tailed macaques, other monkeys, squirrels and myriad insects and butterflies. There are guided tours offered to the public by the gardens, which are about 8km from the city centre.

botanicalgardens.penang.gov.my/en

CHEONG FATT TZE MANSION

Located on Leith Street in the city centre, the mansion’s indigo-blue outer wall makes it very distinctive and is the reason it’s also known as the Blue Mansion. Built in the 1880s by wealthy Cheong Fatt Tze, the mansion is a combination of Su Chow Dynasty period architecture, English fittings and Art Nouveau stained glass windows, with careful attention to feng shui, the Chinese art of geomancy. It has won numerous conservation awards and been featured in several films, travel shows and publications. The mansion’s 38 rooms, grouped around five airy courtyards, serve as a boutique hotel, offering visitors a truly unique heritage experience. Guided tours are offered and the mansion is also a popular venue for weddings and other events.

www.cheongfattzemansion.com

TROPICAL FRUIT FARM

Located in Teluk Bahang, 21km from George Town, this 25-acre farm grows more than 250 types of tropical and sub-tropical fruits that are not only delicious but also rich in natural vitamins, minerals and fibre. They include rambutans, mangosteens, pineapples, papayas, and of course, the king of fruit, durian. Farm tours are offered, together with fresh fruit and fruit juices, as well as barbecue lunch or dinner.

TROPICAL SPICE GARDEN

Set out over eight acres of secondary jungle in Teluk Bahang overlooking the Straits of Malacca, the garden has more than 500 species of tropical flora and fauna. Different trails introduce more than 100 varieties of spices and herbs, and exotic flora, including ferns and orchids. Throughout the garden are themed Garden Rooms with

special plant collections accompanied by educational signages. “Snakes & Ladders” is specially designed for kids with 3D adventure and nature all rolled into one. With facilities for dining and venue hire, as well as a museum and gift shop, the garden also offers guided tours and cooking classes.

www.tropicalspicegarden.com

CHOWRASTA BAZAAR

The area around the present-day market had been a settlement for Tamils from southern India since the mid 19th century, and its name is derived from an Urdu word meaning “crossroads”. It was and is referred to as “Kelenga Bansa” or Indian market. The first permanent market building was erected in 1890 and it has since gone through several rounds of rebuilding and renovation. Today, the market is divided into several sections. In the front are stalls selling local products including pickled nutmeg, durian cake, medicinal oils and balms. The wet market is at the back with stalls selling fresh produce. The upper level is a treasure trove of shoe and clothes stalls, coffee shops and even secondhand bookstores. Tucked into little nooks down the warren of tiny side streets that radiate from Chowrasta are even more shops and stalls selling everything from fruits to shoes and accessories.

CLAN JETTIES

Located at Weld Quay close to the ferry terminal in the heart of George Town, the Clan Jetties are one of the last bastions of old Chinese settlements with enclaves of wooden stilt houses perched over the sea. With

the construction of the quay in 1882, the waterfront was developed and settlements grew around these foundations used for the loading and unloading of goods. Gradually each jetty became identified with and dominated by certain clans, and today, with UNESCO World Heritage status bestowed on them, several clans still reside in wooden houses which are connected by wooden walkways. The Chew Jetty is the largest and most well known, with the most number of stilt houses and longest walkway as well as a temple. Visitors are welcome, especially during religious festivals which are celebrated in a big way. Homestays at some of the jetties are also available.

TUANQU FAUZIAH MUSEUM AND GALLERY, USM

Unofficially known also as the USM Museum, the museum and art gallery are located within the grounds of Universiti Sains Malaysia in Gelugor, about 10km from George Town. It was named in honour of Tuanku Fauziah binti Tengku Abdul Rashid, the Raja Permaisuri Agong (Queen) of Malaysia from 2001 to 2006. The upper floor of the museum is devoted to archaeology, mining and space exploration. The ground floor features the art gallery and other galleries displaying traditional musical instruments and copies of the Quran.

PENANG STATE MUSEUM AND ART GALLERY

The museum and art gallery was opened in 1965 with an emphasis on local history, art and crafts. Located on Farquhar Street in the city centre, a regal bronze statue of Sir Francis Light, the founder of the Penang Straits



Tropical Fruit Farm



Penang Hill

Settlement, greets visitors. The museum is divided into galleries dedicated to Penang's historical communities, as well as particular historical events. It also houses a fine collection of old photographs, maps, Chinese furniture, embroidery, costumes and other relics. The art gallery is dedicated to works of local artists, and paintings of old Penang. A range of collectibles is available for sale at the retail centre.

www.penangmuseum.gov.my

WAR MUSEUM

The Penang War Museum, located on Bukit Batu Maung, about 19km from George Town, was erected on the original defence complex built by the British before World War II. During the war, it was a defence fort. Today, this sprawling historical complex exhibits various war paraphernalia as well as historical timelines. A reminder of the past, the museum is dedicated to those who served and died defending the country. Having earned a place on the list of Top 10 Most Haunted Sites in Asia by the National Geographic Channel, the museum also organises Penang Spooky Tours which include a night tour.

TOY MUSEUM

Sprawled over two acres of open landscaped walkways is a museum housing a collection of more than 120,000 toys that will charm both young and old. They include Hollywood licensed toys and iconic life-sized figures. The museum itself is set in a Heritage Garden that presents a wealth of tropical plants including herbs and spices, fruit trees and even carnivorous plants such as the Venus flytrap

and monkey cup. The location of the garden itself in Teluk Bahang, about 21km from George Town, is charmingly cocooned by beaches and traditional *kampung* dwellings.
www.penangtoymuseum.com

MUSEUM OF GLASS

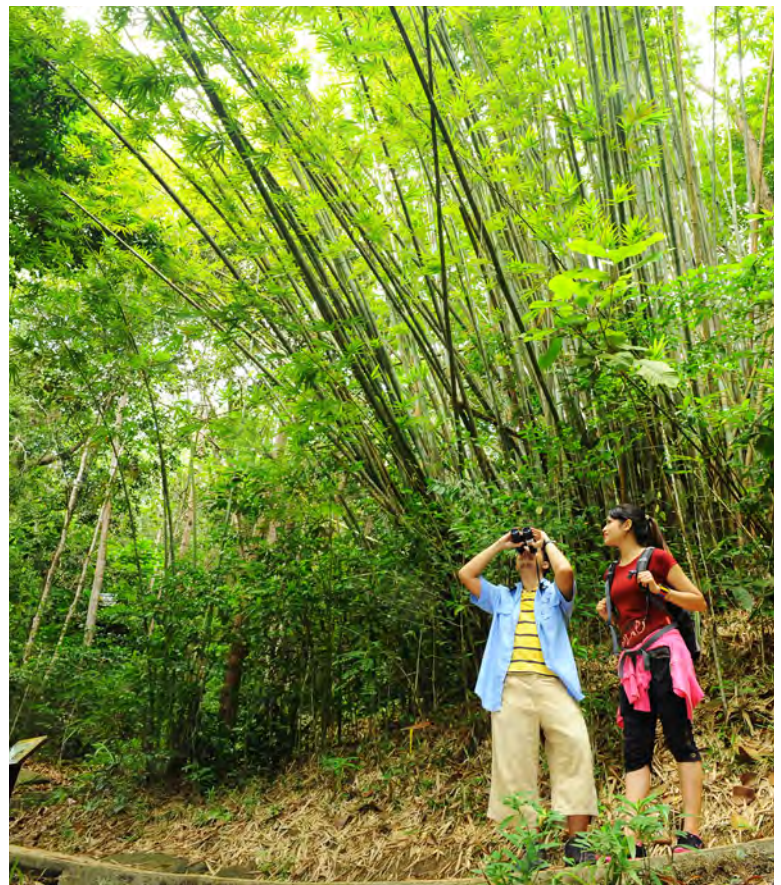
The iBox Museum of Glass is a private speciality museum-cum-store outlet that showcases different techniques in creating glass ornamentation including fused glass, sandblasted glass, stained glass and glass overlaying. These techniques are evident in *objets d'art*, light fixtures and other souvenir items. It has also produced the longest glass artwork in Malaysia, measuring 40 feet in length. The museum is on Mount Erskine Road, about 5km from the city centre.

www.iboxglass.com

PENANG BUTTERFLY FARM

In this butterfly and insect sanctuary, visitors will be mesmerised by the sight of more than 120 species of butterflies numbering in the thousands, along with other insects and small animals such as beetles, lizards, frogs and snails. This living museum serves to educate the public as well as function as a conservation and research centre to develop breeding methods. Attractions that are sure to amuse the kids include the Tree of Life, Cave of Mystery, Aqua Fun, Kingdom of Frogs and more. The farm, which is located in Teluk Bahang, also has an information centre and souvenir shop.

www.butterfly-insect.com





Pinang Peranakan Mansion

P. RAMLEE'S HOUSE

The restored house of Malaysia's movie legend, the late P. Ramlee, is located fittingly on Jalan P. Ramlee in George Town. This Malay *kampung* house where he was born in 1929 belonged to his grandmother. It has been furnished to present the likeness of the original setting. Adjacent to the house is a gallery which is a tribute to his career spanning the 50s and 60s. The self-named gallery highlights some of the movie icon's personal collection including his violin, favourite outfits, movie posters, typewriter on which he wrote his famous songs and even his signature sunglasses.

SNAKE TEMPLE

The temple was originally built circa 1850 in memory of a Buddhist deity, Chor Soo Kong, whose statue was brought to Penang from China by a monk. It was named "Temple of the Azure Cloud" to honour the beauty of Penang's sky. Legend has it that snakes mysteriously appeared of their own accord after the temple was built. Sensing that this was a good omen, the monk gave shelter to the snakes and allowed them to take up residence in the sacred halls. Today, the temple is home to pit vipers that appear rather docile, possibly tranquilised by the heavy incense smoke. Devotees and visitors can have their picture taken with the snakes at the temple, located in Bayan Lepas, about 15km from George Town.
www.angkongkeng.com

PINANG PERANAKAN MANSION

Originally belonging to Kapitan Chung Keng Quee, a Chinese immigrant who made his fortune on the island, the mansion today has been lovingly restored and refurbished to its former glory. At the Pinang Peranakan Mansion, the typical home of a rich Peranakan or Straits-born Chinese is recreated to offer a glimpse of their opulent lifestyle as well as their many customs and traditions. With more than 1,000 pieces of artefacts, antiques and collectibles on display, the mansion itself features eclectic design and architecture, combining Victorian, European and Chinese influences. Guided tours are offered to visitors, who will get a sense of the lives of wealthy Chinese in Penang more than a century ago. The Pinang Peranakan Mansion is on Church Street in the heart of George Town.
www.pinangperanakanmansion.com.my

FOREST RECREATION PARK AND MUSEUM, TELUK BAHANG

Located in Teluk Bahang just 15km from George Town, the 100-hectare park provides a good introduction to the rainforest and its many native species of flora and fauna as well as birds and insects. Many flowing streams and freshwater pools along the trails as well as a children's playground make the experience more enlivening. The museum was set up to encourage a greater understanding and appreciation of the rainforest in Penang. The museum showcases different types of forest from mangrove swamps to dipterocarp and montane forests. It also features different types of wood and wood products.



 Cheong Fatt Tze Mansion

BUKIT GENTING HILL RESTAURANT AND LEISURE PARK

A great way to get away from it all is a drive to the top of Bukit Genting Hill where the serene environment is matched by breathtaking views of the surroundings, especially at sunset. After a stroll to enjoy the landscaped gardens, visitors can stop by the restaurant that serves up Thai food for both lunch and dinner. Bukit Genting Hill is in Balik Pulau, about 24km from George Town.

SUFFOLK HOUSE

While the first Suffolk House served as the residence of Sir Francis Light, a newer Suffolk House was built and subsequently served as the residence of several governors. The building assumed various roles through the years but has been completely restored. Penang's first "Great House" is a stunning example of an Anglo-Indian garden house and one of its most important colonial heritage landmarks. The 200-year-old building and its garden can be visited through personal guided tours, after which visitors can have a meal in a charming restaurant that is decorated with period furnishings. With its stylish interiors and picturesque lawn, Suffolk House is available for social events and weddings, and also features a garden and gift shop. This grand house is on Jalan Air itam, close to the city centre.

www.suffolkhouse.com.my

MAINLAND PENANG

PENANG BIRD PARK, SEBERANG JAYA

Located in Bandar Seberang Jaya, 13km from George Town, this five-acre park is an oasis of serenity featuring beautiful aviaries in a naturally tropical environment. More than 300 species of birds from Malaysia and around the world make their home here, including pelicans, storks, herons and waterfowls. They roam freely around the ponds, waterfalls and gardens which feature a variety of plants including orchids and hibiscus. More than 150 species of Malaysian birds, including hornbills, sunbirds and kingfishers, dart about the huge "walk-in" aviaries, while other birds participate in daily shows. Guided tours and photography sessions are available. The park also has a restaurant. www.penangbirdpark.com.my

ST. ANNE'S CHURCH, BUKIT MERTA JAM

St. Anne's Church is located in Bukit Mertajam on the mainland, about 26km from George Town. Founded in 1846, this Catholic church moved to its current location in 1888. One of the parishes in the Diocese of Penang, its annual celebration of the Feast of St. Anne attracts more than 100,000 pilgrims from Malaysia as well as neighbouring countries. The actual feast is on 26 July, but the celebrations, which include a candlelight procession, last for 10 days.

www.stannebm.org

JURU AUTO-CITY, JURU

Strategically located at the North-South Expressway Juru Interchange, 1km from the Juru Toll and 5.5km from the Penang Bridge, Juru Auto-City is a lively one-stop destination for all things auto, food, entertainment, shopping and celebrations. Car lovers will love the selection of more than 30 auto showrooms, while a variety of F&B and entertainment outlets offer great choices. Fashion boutiques and factory outlets as well as a fashion market are open till late at night for avid shoppers, while everyone will enjoy time out in the beautifully landscaped grounds with gardens and water features.

GETTING THERE AND AROUND

Penang is accessible by air from other cities in Malaysia as well as other parts of the world on a number of airlines, including Malaysia Airlines, AirAsia and Firefly. The Penang Bridge links the island to the mainland of Peninsular Malaysia, and from there on major highways to the rest of the peninsula and up north to Thailand. Rail travel to Penang from either the south or north terminates at Butterworth. There are ferry services from Butterworth to the island for both passengers and vehicles. There are also ferry services between Penang and Langkawi.



Gurney Drive

SHOPPING AND DINING

There are numerous shopping malls in Penang with the latest in fashion, electronics, cameras and more. The street along Batu Ferringhi is great for a stroll as it comes alive after dark with stalls selling all manner of souvenir items. To shop for local pastries, pickled fruits and medicinal oils, visitors should head for Chowrasta Bazaar which is full of local flavour.

While the island has its fair share of international restaurants and fast food outlets, it's local fare that has visitors coming back again and again. With stalls, food courts and coffee shops taking up space on practically every street, the complaint is that there's too much choice. Competition is also intense among the food vendors, the result being that the quality is generally very good as well.

ACCOMMODATION

Penang has a range of luxury resorts and hotels, the most popular being along the stretches of beaches running from Tanjung Bungah to Teluk Bahang. Presenting an interesting option are stylishly appointed boutique hotels and B&Bs which are cropping up in the city centre in renovated shophouses and colonial mansions. Visitors also have the option of a homestay, including the clan jetties.

LIST OF HOTELS

GEORGE TOWN

Georgetown City Hotel****
t : 604 227 7111
w : www.georgetowncityhotel.com

Cititel Penang****
t : 604 370 1188
w : www.cititelpenang.com

Bayview Hotel Georgetown****
t : 604 263 3161
w : www.bayviewhotels.com

Eastern & Oriental Hotel*****
t : 604 222 2000
w : www.e-o-hotel.com

Evergreen Laurel Hotel|*****
t : 604 226 9988

G Hotel|*****
t : 604 238 0000
w : www.ghotel.com.my

Hotel Grand Paradise***
t : 604 226 0084

1926 Heritage Hotel***
t : 604 228 1926
w : www.1926heritagehotel.com

Hotel Continental***
t : 604 263 6388
w : www.hotelcontinental.com.my

Hotel Grand Continental***
t : 604 263 6688

Hotel Malaysia***
t : 604 263 3311
w : www.hotelmalaysia.com.my

Hotel Royal****
t : 604 226 7888

Hutton Lodge
t : 604 263 6003
w : www.huttonlodge.com

Hotel Penaga
t : 604 261 1891
w : www.hotelpenaga.com

Red Rock Hotel***
t : 604 226 6060
w : www.redrockhotel-pg.com

Residence of Ku Din Ku Meh
t : 604 226 8748

Sunway Hotel Georgetown****
t : 604 229 9988
w : www.sunwayhotels.com

The Gurney Resort Hotel & Residences*****
t : 604 370 7000
w : www.gurney-hotel.com.my

The Northam All Suite*****
t : 604 370 1111
w : www.northam-hotel.com.my

Traders Hotel Penang by Shangri-La*****
t : 604 262 2622
w : www.tradershotels.com

Tune Hotel **
 t : 603 7962 5888
 w : www.tunehotels.com

BUKIT JAMBUL

B-Suite ***
 t : 604 646 7777
 w : www.b-suite.com.my

Equatorial Penang *****
 t : 604 643 8111
 w : www.equatorial.com

The Krystal Suites Penang
 t : 604 613 3333
 w : www.thekrystalsuites.com

Vistana Penang ****
 t : 604 646 8000
 w : www.vistanahotels.com

TANJUNG BUNGAH

Copthorne Orchid Penang *****
 t : 604 890 3333
 w : www.copthorne.com.my

Flamingo Hotel By The Beach *****
 t : 604 892 7111
 w : www.flamingo.com.my

Naza Talyya Penang ***
 t : 604 890 9300
 w : www.nazatalyypenang.com

Rainbow Paradise
 Beach Resort *****
 t : 604 899 9999
 w : www.paradisehotel.com

Tanjung Bungah Beach Hotel ***
 t : 604 890 8808

TELUK BAHANG

Homestay Teluk Bahang
 t : 6019 412 4729

BATU FERRINGHI

Bayu Emas Apartments
 t : 604 881 2641

Golden Sands Resort
 by Shangri-La ****
 t : 604 886 1911
 w : www.shangri-la.com

Parkroyal Hotel *****
 t : 604 886 2288
 w : www.parkroyalhotels.com

Hard Rock Hotel *****
 t : 604 881 1711
 w : www.hardrockhotels.net

Holiday Inn Resort *****
 t : 604 881 1601
 w : www.ihg.com/holidayinnresorts

Hydro Hotel *****
 t : 604 890 5999
 w : www.hydrohotelpenang.com
 tol free : 1 800 88 8299

Lone Pine Hotel ***
 t : 04 881 1511

Mar Vista Resort ***
 t : 604 890 3388

Shangri-La's Rasa Sayang
 Resort & Spa *****
 t : 604 888 8888
 w : www.shangri-la.com

Sri Sayang Resort
 Service Apartments
 t : 604 881 1113

Bayview Beach Resort *****
 t : 604 881 2123
 w : www.bayviewhotels.com

BALIK PULAU

Homestay Jalan Baru
 t : 6016 461 8553

Homestay Pulau Betong
 t : 6012 493 9770

BAYAN BARU

Hotel Seri Malaysia **
 t : 604 642 9452
 w : www.serimalaysia.com.my

Eastin Hotel
 t : 604 612 1111
 w : www.eastin.com

JELUTONG

Stallions Apartment
 t : 604 656 0118

SEBERANG JAYA

Sunway Hotel Seberang Jaya *****
 t : 604 370 7788
 w : www.sunwayhotels.com

BUTTERWORTH

De' Garden Hotel
 t : 604 332 2000
 w : www.degardenhotel.com.my

Palm Inn Hotel
 t : 604 331 7532

Pearl View Hotel ***
 t : 604 398 9888
 w : www.carser.com.my

The Ixora Hotel
 t : 604 380 1380

BUKIT MERTAJAM

Homestay Mengkuang Titi
 t : 6019 412 7095

Homestay Sungai Semilang/Juru
 t : 6019 427 9860

Summit Hotel Bukit Mertajam ***
 t : 604 538 6666
 w : www.summithotelbm.com

Nasmir Hotel ***
 t : 604 507 7755

KEPALA BATAS

Hotel Seri Malaysia ***
 t : 604 575 6700

Homestay Kota Aur
 t : 6019 218 3507

SIMPANG AMPAT

Homestay Pulau Aman
 t : 6013 459 0330

NIBONG TEBAL

Homestay Sungai Chenaam
 t : 6012 509 4368

Homestay Sungai Duri
 t : 6012 452 9084

Homestay Sungai Setar
 t : 6013 489 5636

Please note that this list is not
 exhaustive.

A GUIDE TO PENANG STREET FOOD

Penang is lovingly referred to as the "Hawkers' Paradise" because of the variety and quality of its street food, which is available almost around the clock. In fact, Penang has been voted one of Asia's 10 Greatest Street Food Cities by CNN Travel.

Here are some local favourites:

• CHAR KWAY TEOW

These "fried flat rice noodles" are fried over very high heat with soy sauce, chilli sauce, prawns, cockles, bean sprouts and Chinese chives. Sometimes slices of Chinese sausage and fish cake are added.

• KWAY TEOW TH'NG

Fresh flat noodles are served in a clear broth, topped with fish balls, slices of chicken, golden brown garlic bits and chopped scallions. A condiment of fresh chillies in soy sauce usually accompanies the dish.

• ASSAM LAKSA

Popularly known as Penang *laksa*, this is made with thick rice vermicelli in a fish broth to which dried tamarind and chillies are added to give it its spicy, piquant taste. It is garnished with shredded fish, cucumber, pineapple, lettuce and topped with thick shrimp paste.

• LOBAK

Customers can take their pick from a range of deep fried fritters, spring rolls, fried tofu and century eggs, which are then served with a variety of sauces.

• ROJAK

From the Malay word *rojak* or mixture, this is a salad of sliced up fruits and vegetables, including cuttlefish, jicama, mango, pineapple and cucumber, served with a chilli and shrimp paste sauce and topped generously with crushed peanuts.

• NASI KANDAR

This is served up by Indian Muslim traders who once hawked their *nasi* or rice and dishes balanced on a *kandar* or pole on their shoulders. This is a rice dish accompanied by a variety of meats, seafood and vegetable curries, along with condiments and salads.

• AIS KACANG

A dessert of shaved ice drizzled with palm sugar and coconut syrup, *ais kacang* or *air batu campur* is a local favourite. The mixture is topped off with a variety of condiments including sweet beans, sweet corn and peanuts.

KEDAH

THE RICEBOWL OF MALAYSIA

The Kedah-Perlis rice plains are regarded as “The Ricebowl of Malaysia” as they produce more than half of the country’s homegrown rice. Spanning 9,425sq km, Kedah is bordered by Perlis and Thailand to the north, and Perak to the south. Its state capital, Alor Setar, is also its royal capital.



Primarily an agrarian state, Kedah has an idyllic rural landscape of paddy fields, traditional Malay villages and lush tropical greenery. It is also endowed with beautiful islands, refreshing hill stations and scenic waterfalls. Kedah is home to Asia's very first UNESCO Global Geopark which is located in Langkawi, the state's most famous destination.

Kedah's natural beauty is matched by its wealth of archaeological treasures. Evidence uncovered at Bujang Valley, Kedah's most important archaeological site, has shown that the state was once the cradle of an ancient civilisation dating as far back as the 5th century.

The cultural diversity of Kedah is reflected in its food, architecture and traditions. Many aspects of Kedah's culture are influenced by its colourful past, which includes once being occupied by the British, Siamese, Portuguese and Achinese.

www.visitkedah.com.my

ALOR SETAR

The state capital, Alor Setar, is the largest city in Kedah. It features historical and cultural attractions, many of which are within walking distance of each other. Alor Setar is also the birthplace of two former Prime Ministers of Malaysia, Tunku Abdul Rahman and Tun Dr. Mahathir Mohamad.

MASJID ZAHIR (ZAHIR MOSQUE)

Masjid Zahir is Kedah's state mosque and was built in 1912, making it one of the oldest mosques in Malaysia. Occupying a land area of 11,558sq m, the mosque is located right in the heart of the city. Masjid Zahir is noted for its Moorish architecture and five magnificent domes which represent the five pillars of Islam.

MENARA ALOR SETAR (ALOR SETAR TOWER)

Standing proud at 165.5m, the Alor Setar Tower is one of the tallest telecommunications towers in the world and the second tallest in Malaysia. A prominent landmark in Alor Setar, this state-of-the-art tower is a fitting symbol of Kedah's rapid development. It is equipped with an observation deck and a revolving restaurant that offers scenic views of the city.

www.menaraalorstar.com.my

TUN DR. MAHATHIR'S BIRTHPLACE

Built in 1900, this quaint wooden house provides a wonderful insight into the formative years of Malaysia's fourth Prime Minister, Tun Dr. Mahathir Mohamad. It was designated a historical building by the National Archives in 1992.

www.arkib.gov.my/en/rumah_kelahiran_mahathir

PADDY MUSEUM

The Paddy Museum is nestled amidst acres of paddy fields at the foot of Gunung Keriang, 8km from Alor Setar.

Occupying about 12,000sq m, the museum houses a diverse range of exhibits covering all aspects of paddy cultivation. The top floor of the museum features a revolving viewing platform where visitors can sit back and enjoy a 360-degree wall mural and diorama depicting paddy fields and the harvesting process.

www.muziumkedah.gov.my

RUMAH MERDEKA

This historical building was once the residence of Malaysia's first Prime Minister, Tunku Abdul Rahman. Maintained by the National Archives, Rumah Merdeka (Independence House) has witnessed many important events in the nation's history, including the initial negotiations of the Malaysia-Indonesia Confrontation in 1966. The house presents a unique perspective of Tunku's life as premier through an assortment of personal effects and audio-visual aids.

www.arkib.gov.my/en/rumah-merdeka

PEKAN RABU

Pekan Rabu, which means Wednesday Market in Malay, is a not-to-be-missed shopping destination for visitors to Alor Setar. Malaysia's fourth Prime Minister, Tun Dr. Mahathir, was once a trader here in his younger days. Located in the middle of the city, this multi-storey business complex comprises about 350 stalls offering a wide range of products including farm produce, apparel, traditional handicrafts and local delicacies. Pekan Rabu is open daily.

www.pekanrabu.com.my

KEDAH STATE MUSEUM

Built in 1936, the State Museum is a showcase and repository of Kedah's rich cultural heritage. Its three floors of exhibits include antique weaponry, jewellery, costumes and furniture. Among the museum's most unique objects are artefacts from the Bujang Valley archaeological excavations and a *bunga emas* (ornate gold tree) which was a tribute offering to the King of Siam during ancient times.

www.jmm.com.my/en/museum/kedah-state-museum

SULTAN ABDUL HALIM MU'ADZAM SHAH GALLERY

Officially opened in 2007, this gallery pays homage to the 14th King of Malaysia, Sultan Abdul Halim Mu'adzam Shah. It displays a vast collection of photographs, personal effects and memorabilia from the revered ruler and other members of the Kedah royal family. Built in 1922, the building housing the gallery was once the Alor Setar High Court.

MASJID ALBUKHARY (ALBUKHARY MOSQUE)

One of the newest and most beautiful landmarks in Alor Setar, the mosque is part of the Albukhary Complex. Inspired by Islamic architecture from the Middle East and Central Asia, the mosque is adorned with graceful blue domes and calligraphic inscriptions. It also boasts an open courtyard landscaped with palm trees.

KEDAH



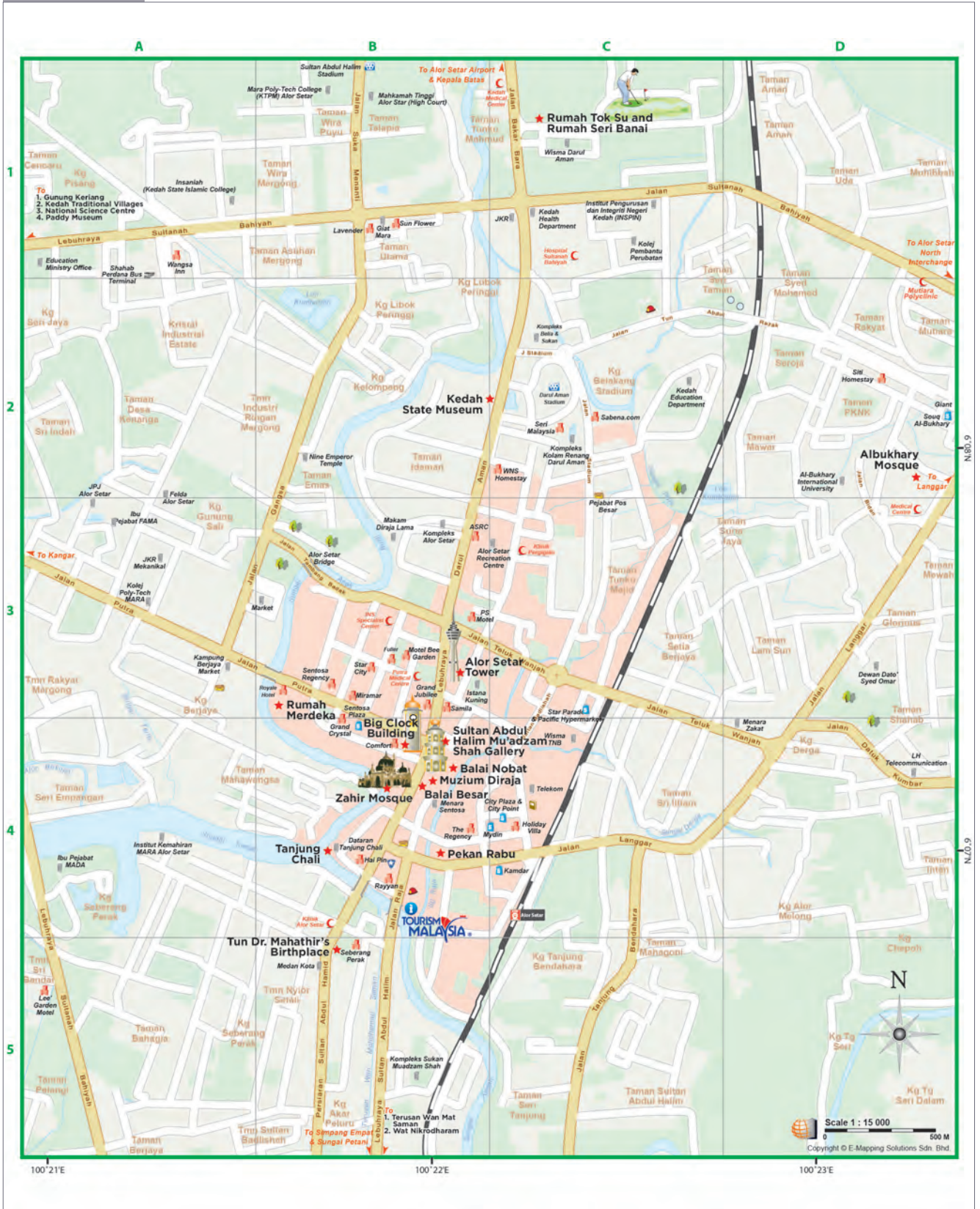
- Buffalo Park
 - Galeria Perdana
 - Gunung Raya
 - Kota Mahsuri
 - MARDI Agro Technology Park
 - Telaga Air Hangat
- Pantai Pasir Tengkorak
- Langkawi Craft Complex
 - Pantai Pasir Hitam
- LANGKAWI
- Dataran Lang (Eagle Square)
 - Duty Free Shopping
 - Langkawi Bird Paradise and Wildlife Park
 - Sungai Kilim
 - Taman Lagenda
- Kuah
- Pulau Dayang Bunting
 - Pulau Singa Besar
 - Beras Terbakar (Field of Burnt Rice)
 - Laman Padi
 - Langkawi Crocodile Farm
 - Underwater World Langkawi
 - Water sports activities
 - Pantai Cenang and Pantai Tanjung
- Pulau Rebak Besar
- ALOR SETAR
- Albukhary Mosque
 - Alor Setar Tower
 - Balai Besar
 - Balai Nobat
 - Big Clock Building
 - Kedah State Museum
 - National Science Centre
 - Paddy Museum
 - Pekan Rabu
 - Royal Museum
 - Rumah Merdeka
 - Rumah Tok Su and Rumah Seri Banai
 - State Art Gallery
 - Sultan Abdul Hamid College
 - Sultan Abdul Halim Mu'adzam Shah Gallery
 - Tanjung Chali
 - Terusan Wan Mat Saman (Wan Mat Saman Canal)
 - Traditional Villages
 - Tun Dr. Mahathir's Birthplace
 - Zahir Mosque

LEGEND

- | | | | |
|-----------------|------------------|------------------------|---------------------|
| ■ State Capital | ◆ Jetty | — Major Road | --- State Border |
| ● Major Town | ⚓ Ferry Terminal | — Secondary Road | ★ Place of Interest |
| ● Town | △ Hill | — Railway Line | |
| ✈ Airport | — Expressway | — International Border | |

* Map not drawn to scale

ALOR SETAR



LEGEND

- | | | | | | | | |
|--|----------------------|--|----------------------------|--|-----------------------------------|--|--------------|
| | Cleared Land / Grass | | Tourist Information Centre | | Sports Complex | | Library |
| | Built-up Area | | Shopping Centre | | KTM Komuter Train Route & Station | | Fire Station |
| | Town Area | | Hotel | | Place of Interest | | Golf Course |
| | Major Road | | Important Landmark | | Police Station | | |
| | Secondary Road | | Hospital / Medical Centre | | Post Office | | |



 Paddy Museum, Alor Setar

RUMAH TOK SU AND RUMAH SERI BANAI (TOK SU HOUSE AND SERI BANAI HOUSE)

Restored and relocated to Jalan Lumba Kuda, these two heritage buildings are excellent examples of traditional Kedah-Malay architecture. The 100-year-old Rumah Tok Su comprises six main sections and is supported by 34 pillars. Built predominantly from timber, both houses are raised on stilts.

BALAI NOBAT

A striking tower with an onion-shaped dome, Balai Nobat (Nobat Hall) is a repository of the instruments of the Royal Orchestra. Comprising traditional drums, gongs, trumpets and flutes, these instruments are only played at ceremonial occasions such as inaugurations, weddings and funerals.

BALAI BESAR

Located near the town square, Balai Besar (Grand Audience Hall) is a wooden pavilion built in 1898. Today, it is still regularly used as a venue for royal ceremonies and state functions. The building is supported by tall pillars and decorated with art nouveau wrought-iron designs. Thai influence is also evident in the intricate woodcarvings that adorn its structure.

MUZIUM DIRAJA (ROYAL MUSEUM)

Right across from Balai Besar is the Muzium DiRaja where visitors can have a glimpse of the royal regalia of the Kedah royal family. Built in 1936 by the founder of Alor Setar, Sultan Muhammad Jiwa, the building embodies both Malay and Thai architectural elements.

TANJUNG CHALI

Situated along the Kedah River, the Tanjung Chali waterfront is an ideal recreational spot for both locals and visitors. A major green lung of Alor Setar, the area's attractions include a park, town square and tower. There is also a food court in the vicinity where visitors can sample local snacks and specialities.

BIG CLOCK BUILDING

Known locally as Bangunan Jam Besar, which literally translates as Big Clock Building, this historical clock tower is located adjacent to the Balai Nobat and Zahir Mosque. Built in 1912, it is used to announce prayer times throughout the day.

BEYOND ALOR SETAR

GUNUNG KERIANG

Located just 12km east of Alor Setar, Gunung Keriang is a 250-million-year-old limestone hill surrounded by scenic paddy fields. Its namesake recreational park is a great



📍 Balai Nobat, Alor Setar

place for jungle-trekking, camping and caving. Gunung Keriang is also popular with crystal enthusiasts as the caves here are known for their crystal formations that come in many incredible shapes and colours.

NATIONAL SCIENCE CENTRE

The northern branch of the National Science Centre is located on a five-acre site next to the Paddy Museum in Gunung Keriang. The centre's highly-engaging exhibits and interactive displays have been designed to inspire an active interest in science and technology. The building itself is an equally interesting showcase of innovation with its energy-efficient and environmentally-friendly architecture. www.psn.gov.my/en

TRADITIONAL VILLAGES

Visitors can experience the laid-back lifestyle of Kedah's rural communities by staying with a host family in a traditional village through the homestay programme. Among the state's established homestays are Kampung Relau Homestay and Kampung Raga Homestay.

TERUSAN WAN MAT SAMAN (WAN MAT SAMAN CANAL)

At 36km in length, Terusan Wan Mat Saman is the longest canal in Malaysia. Built in 1885, the canal was a monumental achievement of its time. Stretching from Alor Setar to Gunung Jerai in the south, the canal provides a vital channel of irrigation for the paddy fields in Kedah.

PULAU LANGKAWI (LANGKAWI ISLAND)

Steeped in legend, Langkawi is a treasure trove of natural and historical attractions. Comprising a cluster of 99 islands, the island is also known as a duty-free shopping haven. Check out the section on Langkawi for more details on the island's most fascinating places of interest.

BUJANG VALLEY ARCHAEOLOGY MUSEUM, MERBOK

This museum is the only one in Malaysia which exhibits archaeological evidence of the existence of a trade and Hindu-Buddhism propagation centre in Southeast Asia from the 3rd century to the 12th century. Spread across a sprawling 224sq km, Bujang Valley is arguably one of the richest archaeological sites in Malaysia. The museum is located in the town of Merbok, about 70km south of Alor Setar.

www.jmm.gov.my/en/museum/lembah-bujang-archaeological-museum

SUNGAI MERBOK MANGROVE FOREST RESERVE

Covering 4,114 hectares, the Sungai Merbok mangrove forest reserve is the largest in Malaysia. The Sungai Merbok mangroves support an incredible diversity of animal life and ecosystems. It is also a hotspot for birdwatching as more than 80 species of birds populate the area. Visitors can charter boats to cruise through the mangrove forest from the Semiling Jetty near Sungai Petani, 60km from Alor Setar.

TREE TOP WALK AND SUNGAI SEDIM, KULIM

One of the world's longest tree top walks, the Sungai Sedim Tree Top Walk takes visitors on an exhilarating adventure through a lush rainforest canopy. Stretching 925m, this sturdy walkway is built with galvanised steel and equipped with railings. The walkway also offers spectacular views of the Sedim River, one of the best locations in the country for whitewater rafting. A range of chalet and dormitory-style accommodation is available in the Sungai Sedim area.

ULU LEGONG HOT SPRINGS

Situated about 22km from Baling, the Ulu Legong Hot Springs recreational centre comprises five pools with temperatures ranging between 30°C and 60°C. Visitors come here to relax and soak in its therapeutic sulphur-rich waters. It is the only hot springs in the country to operate around the clock. Facilities include a 24-hour cafeteria, gazebos, changing rooms and showers.

ULU MUDA ECO PARK

Tucked away in the northeastern corner of Kedah, this remote 120,000-hectare forest is known as a sanctuary for many large mammals such as elephants and tigers. It remains one of the few places in Malaysia where the elusive tapir is regularly sighted. Activities here include camping, birdwatching, fishing and jungle-trekking. The entry point to the park is from the Gubir Jetty, about 75km east of Alor Setar. Accommodation is available at nearby Pedu Lake as well as Gubir.



📍 Masjid Zahir (Zahir Mosque), Alor Setar

TASIK BERIS GRAPE PLANTATION

Touted as one of Malaysia's finest grape plantations, Tasik Beris delights visitors all year round with its quality grapes. Among the grape varieties grown here are the Black Opal, Black Grape, White Malaga and Loose Pelite. Besides picking their own grapes, visitors can also purchase gift sets and grape plants as souvenirs.

www.berislakegrapes.com.my

GUNUNG JERAI

The highest peak in Kedah at 1,200m above sea level, Gunung Jerai is Kedah's oldest hill resort and recreational park. With its well-established trails and campgrounds, the area also makes a great hiking and camping destination. The 12km tarred road leading up to its summit offers mountain bike enthusiasts a refreshing riding route. Resort accommodation is located on the hill itself.

GETTING THERE AND AROUND

The state capital and gateway to Kedah, Alor Setar is easily accessible by land, air or rail. It is connected to other states in Malaysia via the North-South Expressway (NSE). Malaysia Airlines and AirAsia offer daily flights to the city from Kuala Lumpur, while Firefly operates daily flights from Kuala Lumpur via the Skypark Terminal in Subang. The flight duration between Alor Setar and Kuala Lumpur is approximately 55 minutes.

There are numerous public transportation options in Alor Setar and other major towns in Kedah. While buses are an inexpensive way to get around, they can be crowded.

Alor Setar's main bus terminal is at Shahab Perdana. Taxis are a better alternative as the fares are reasonable and visitors can explore the places of interest at their own pace.

SHOPPING AND DINING

Outside of Langkawi and Kuah town, duty-free shopping in Kedah is available in Bukit Kayu Hitam on the Kedah-Thai border. A wide range of quality local goods can be purchased at Pekan Rabu, Souq Albukhary and shopping malls such as Alor Setar Mall, Amanjaya Mall, Village Mall and Star Parade.

Delicious and wholesome, traditional Kedah dishes will appeal to a wide range of palates. Local specialities include *laksa* Kuala Kedah (spicy soup noodles), *gulai rebung* (meat curry with bamboo shoots), *pekasam* (salted sour fish), *ikan bakar* (grilled fish) and *nasi ulam* (mixed herb rice). Kedah is known for its abundance of fresh seafood and the best seafood restaurants can be found at Tanjung Dawai, 30km from Sungai Petani.

ACCOMMODATION

Alor Setar offers the widest range of accommodation options in Kedah, from backpacker inns to luxury hotels. Beyond the city, homestays are available in many traditional Malay villages for those who prefer to stay in a rural setting.

LIST OF HOTELS

ALOR SETAR

ASRC Hotel
 t : 604 732 8313

EDC Hotel
 t : 604 928 8888
 w : www.edc.uum.edu.my

Fuller Hotel
 t : 604 733 3999

Grand Jubilee Hotel **
 t : 604 733 0055

Holiday Villa ****
 t : 604 734 9999
 w : www.holidayvillahotels.com

Hotel Grand Crystal***
 t : 604 731 3333
 w : www.ghihotels.com.my

Hotel Rayyan
 t : 604 732 4235

Hotel Seri Malaysia **
 t : 604 730 8737
 w : www.serimalaysia.com.my

Miramar Hotel
 t : 604 733 8144

New Regent Hotel *
 t : 604 731 5000/731 5001
 w : newregent.my

Sentosa Regency Hotel ***
 t : 604 730 3999
 w : www.sentosaregencyhotel.com.my

Samila Hotel
 t : 604 731 8888

Star City Hotel ***
 t : 604 735 5888/999

The Regency Hotel ***
 t : 604 733 5917
 w : www.theregency.com.my

SUNGAI PETANI

Cinta Sayang Golf & Country Club****
 t : 604 441 4666

Damai Park Resort
 t : 604 457 3340

Emerald Puteri Hotel ***
 t : 604 431 5555
 w : www.emeraldputerihotel.com

Hotel Seri Malaysia **
 t : 604 423 4060
 w : www.serimalaysia.com.my

Harvard Suasana Hotel ***
 t : 604 458 8888
 w : www.harvardhotel.com.my

Northern Lodge
 t : 604 431 2323
 w : www.parkavenue.com.my

Park Avenue Hotel ****
 t : 604 431 7777
 w : www.parkavenue.com.my

Pantai Merdeka Resort *
 t : 604 437 5588

Amanpura Hotel ***
 t : 604 421 3411

Swiss-Inn Hotel ***
 t : 604 422 3333

PENDANG

Pendang Lake Resort
 t : 604 758 3220

BALING

Sri Baling Inn
 t : 604 470 5970

KUALA NERANG

Dusung Minda Resort
 t : 604 786 4377

Mutiara Pedu Lake Golf & Lake Resort ***
 t : 604 786 4888

Muda Resort
 t : 604 752 1779

KUBANG PASU

Bustani Hotel
 t : 604 917 7777

The Regency Darulaman Golf Resort ***
 t : 604 917 2008
 w : www.theregency.com.my

Hotel PJ2
 t : 604 917 6288

Seri Kedah Gardenia Resort
 t : 604 916 1977

University Inn **
 t : 604 928 4190

SIK

Projek Agrotourism Bendang Man
 t : 604 469 4288

KULIM

Hotel Seri Malaysia Kulim ***
 t : 604 490 9898
 w : www.serimalaysia.com.my

Kulim Inn
 t : 604 490 0420

Please note that this list is not exhaustive.

LANGKAWI

Off the coast of Kedah, separated by the Straits of Malacca, is an emerald cluster of 99 islands offering crystal clear waters and white sandy beaches, natural attractions, a range of hotels and resorts, duty-free shopping and much more.

Langkawi has a history steeped in local legend filled with love, jealousy and a curse placed on the island for seven generations. Today, the curse is supposedly lifted but the mysticism of ancient legends still lives on in many parts of the island. Langkawi has a host of attractions and activities to keep visitors enthralled, although there's much to be said for just sitting quietly on a stretch of beach and admiring the sunset.

The largest of the islands is Langkawi itself, spread over an area of 32,000 hectares. A good system of roads makes it relatively easy to get from one point to another, with journeys not taking more than an hour.

www.visitkedah.com.my

LANGKAWI CABLE CAR AND SKY BRIDGE

At 709m above sea level, a cable car ride up Langkawi's second highest peak covers a distance of 2.2km, rewarding visitors with unparalleled views of virgin rainforest and jungle waterfalls, and even parts of Thailand and Indonesia on a clear day. At the peak, the exhilarating experience continues with a walk on the unique sky bridge, with more views of the geological formations of the Machinchang range. The entrance is located in the Oriental Village, near Pantai Kok.

www.panoramalangkawi.com

DATARAN LANG (EAGLE SQUARE)

Located in the town of Kuah, Dataran Lang not only accords beautiful views of Kuah Bay but also features miniature fountains, terraces and bridges. Towering in the square is a 12m-tall sculpture of a reddish-brown eagle, the emblem of the island. According to folklore, the island's name is derived from two Malay words - *helang* (eagle) and *kawi* (reddish brown).

PULAU DAYANG BUNTING (ISLE OF THE PREGNANT MAIDEN)

This jungle-clad island just south of Langkawi is a popular stop on island-hopping tours. It features a large, freshwater inland lake, Tasik Dayang Bunting, that's excellent for a cool dip. Legend has it that this was the favourite bathing pool of a celestial princess, and has mythical fertility properties. Visitors who go island-hopping will be brought to the lake and mangrove forest which also attract a variety of birds and wildlife. Island-hopping tours usually take about half a day and can be booked from hotels.

PULAU PAYAR

About 30km south of Langkawi, just an hour's speedboat ride from the Kuah Jetty, is the Pulau Payar Marine Park that stretches over a number of uninhabited and well-preserved islands. Day trips are available for diving and snorkelling. Visitors will venture down into an underwater world filled with swirls of tropical fishes and corals. Glass-bottomed boats also allow for underwater viewing without getting wet. Numerous operators offer both diving and snorkelling packages. In order to preserve the pristine environment, there is no accommodation on the island itself.



▲ Sungai Kilim (Kilim River)

SUNGAI KILIM (KILIM RIVER)

A boat tour along the meandering river will bring visitors through the Kilim Nature Park that spreads over an area of 100sq km. In addition to the many facets of the mangrove ecosystem, there is also a wealth of flora and fauna that can be viewed, as well as isolated beaches and lagoons. There are also many caves to explore. Some boat operators will stop at a special spot where various varieties of eagles will swoop down to be fed. Boating out to the Andaman Sea, visitors will have the opportunity to stop off at the Hole in the Wall, a narrow, sheltered gap that is home to a fish farm and restaurant. Many boat operators offer customised packages that can take from half to full days, leaving from the jetty at the Kilim River near Galeria Perdana.

DUTY-FREE SHOPPING

Due to its duty-free status, Langkawi has thrived as a shopping destination. In the main town square of Kuah are scores of shops and malls where some of the favourite buys include sportswear and perfumes. The entire stretch of beach along Pantai Cenang is lined with shops including the Duty-Free Shopping Complex at Underwater World Langkawi. Visitors can also make a last stop for chocolates, perfumes, cosmetics, watches and other buys at the airport's duty-free shops.

UNDERWATER WORLD LANGKAWI

One of the largest marine and fresh water aquaria in Southeast Asia, this attraction is a firm favourite with adults

and children alike. Sprawling over 34,701sq ft in Pantai Cenang, the oceanarium is home to exotic marine life. It is divided into three sections, Tropical Rainforest, Temperate and Sub-Antarctic, which features penguins. Unique to Underwater World Langkawi is the gigantic 15m walk-through glass tunnel where visitors can get up close to fish including sharks and giant stingrays without getting wet. www.underwaterworldlangkawi.com.my

PANTAI CENANG (CENANG BEACH)

About 25km from Kuah, this famous beach is located on the southwestern shore of Langkawi. This lively stretch is lined by resorts, hotels, shops, bars and restaurants that offer a variety of cuisine from local favourites to fast food and fine dining. Holidaymakers can head straight for crystalline clear waters and beautiful white sandy beaches, and take their pick of water sports ranging from parasailing to jet-skiing and canoeing.

PANTAI TANJUNG RHU (TANJUNG RHU BEACH)

Located on the northern tip of the island, this stretch of beach is one of the island's best, with clear waters and powder-fine sand. Bordered by intermittent limestone crags and shaded by whispering casuarina trees, the area is blissfully secluded. Other than a few stalls, the beach is peaceful, a wonderful place to get away from it all. It's no wonder several luxury resorts are located here.



 Pulau Payar, Langkawi

LANGKAWI BIRD PARADISE AND WILDLIFE PARK

This delightful five-acre park is set in a tropical garden, with more than 1,500 birds including eagles, toucans, hornbills and flamingos. The walk-in aviary strongly resembles the natural habitats of the different birds, and best of all, has them flying freely. There is also a variety of mammals and reptiles including crocodiles, monkeys and pheasants. Visitors can closely interact with some of the animals during fun feeding times. The park is located in Pantai Kok, about a 10-minute drive from Kuah. www.langkawiwildlifepark.com

MARDI AGRO TECHNOLOGY PARK

Located at the foothills of Gunung Raya, about a 10-minute drive from Kuah, this park is spread over an area of 25 hectares featuring a range of tropical fruit trees and a vegetable farm to showcase the abundance of fruits and vegetables in this region. A technology information centre serves up an introduction to the agro-industry and visitors can take a guided tour around the orchards and farms on a buggy. A Malaysian tropical fruit buffet is also served. tatml.mardi.gov.my

AIR TERJUN TELAGA TUJUH (SEVEN WELLS WATERFALLS)

About 2.5km from Pantai Kok, the waterfalls are named “Seven Wells”, referring to seven intertwined natural pools fed by seven separate waterfalls in Gunung Machinchang, one of Langkawi’s best-known mountains. Locals claim that fairies reside in the area, but visitors are more likely

to find the surrounding flora more enchanting. Adventure enthusiasts can brave the steep climb to the top of the falls, past huge rocks and through the seven pools, sighting wildlife along the way.

SUNSET CRUISE

Visitors can kick back and relax on board a yacht that goes sailing on the Andaman Sea. There are deck chairs to unwind in with a cold drink while cruising around some beautiful islets. Cooling off in the “saltwater Jacuzzi”, comprising a trawling net on the side of the boat, is also great fun. As the sun sets the sky ablaze in spectacular colours, a sumptuous buffet spread is set out on board for dinner. The cruise, which typically takes about three to four hours in the evening, is offered by a number of cruise operators from different jetties.

PANTAI PASIR TENGGORAK (SANDY SKULLS BEACH)

Resembling a pirate’s hideout, this secluded little beach is on the northern side of Langkawi heading towards Datai Bay. It’s bordered by large rocks that look like a pirate’s den. It’s sometimes called The Beach of Mysteries as it is associated with various beliefs and legends linked to battles and shipwrecks. Totally secluded with soft, white sand, this beach makes a perfect picnic spot.

KOTA MAHSURI

12km northwest of Kuah, the Mahsuri Memorial Complex attempts to recreate and celebrate the life and times of the fabled princess who was unjustly accused of adultery and executed. Visitors can view replicas of wooden

houses from that era, as well as enjoy traditional music and dance. In the theatre opposite Mahsuri's Mausoleum, the tragedy of Mahsuri is also regularly staged by the Kota Mahsuri Drama Group.

LANGKAWI CROCODILE FARM

Spread over 20 acres near Datai Bay, 32km north of Kuah, this farm houses one of the largest numbers of crocodile and alligator species in the world, including Bujang Kawi, weighing more than 454kg and measuring over four metres long. The farm welcomes visitors with placards explaining crocodile facts and even how to distinguish between crocodiles and alligators. Visitors can also try their hand at feeding the crocodiles in a controlled environment and watch an animal show.

GALERIA PERDANA

This unique gallery houses a collection of gifts and awards presented to former Malaysian Prime Minister Tun Dr. Mahathir and his wife, Dr. Siti Hasmah. Porcelain, crystal, silver, textile and copper pieces are displayed, along with weapons, plaques, musical instruments, Islamic art and paintings. Spread across 5,333sq m of beautifully landscaped gardens, the museum's architecture is decidedly Asian. The gallery is located in Kilim, about 10km from Kuah.

www.jmm.gov.my/en/museum/galeria-perdana

LANGKAWI CRAFT COMPLEX

Located 21km from Kuah, this complex displays exhibits of traditional Malaysian handicrafts, including batik and *songket* fabrics, ceramics and woodcarvings. Interesting craft-making demonstrations such as weaving, batik painting and woodcarving are also held here. Some sections of exhibits are mini museums in themselves, including the Royal Museum, Islamic Museum and Museum of History and Legends. Beautiful crafts are available for sale and make great souvenirs.

BERAS TERBAKAR (FIELD OF BURNT RICE)

Located at Padang Mat Sirat, about 10km from Kuah, this field was an actual paddy field that was purposely scorched by villagers in an effort to stop it from falling into the hands of Siamese invaders in 1821. Centuries later, visitors can still find burnt rice grains on the ground. They can sample various rice-based delicacies as well as take in the idyllic scenes of village life. Local souvenirs are also on sale at the stalls.

LAMAN PADI

Meaning rice field in Malay, Laman Padi is an open field cum museum complex dedicated to rice. Located in the vicinity of Pantai Cenang and comprising a number of paddy fields, herb gardens and galleries, this is where the evolution and process of rice cultivation and harvest are brought to life. Visitors can also try their hand at planting and harvesting paddy and get to know the different methods, both traditional and modern. On the premises is a restaurant that serves up traditional recipes featuring rice.

TAMAN LAGENDA

Facing the Kuah waterfront, this beautifully landscaped folklore-themed park spreads over a 50-hectare compound, with a total of 17 colourful sculptures depicting Langkawi legends that feature heroic giants, mythical birds, evil ogres and beautiful princesses. Stories are detailed and interesting, including the best-known one of Mahsuri, a maiden who was unjustly accused of adultery and executed. In her dying breath, she cursed the island to be barren for seven generations.

TELAGA AIR HANGAT (HOT SPRINGS VILLAGE)

A popular hot springs about 14km from Kuah, this spot is associated with a legendary battle between giants which resulted in a cauldron of boiling water being spilled, hence the hot springs. Today, the village presents a complete experience with cultural shows and demonstrations of traditional crafts and games. A spa and cultural park complete the village but it is the supposed curative properties of the thermally heated saline hot springs that invite visitors for a rejuvenating soak.

BUFFALO PARK

Surrounded by lush paddy fields and tropical rainforests, this sprawling 20-hectare park is home to more than 100 Murrah and Swamp buffaloes which are reared to produce fresh buffalo milk. More than 1,000 litres of high quality milk a month are processed into delicious buffalo milk products including cheese, yoghurt and ice cream. More adventurous visitors can try milking the buffaloes and even riding them. The park is a 30-minute drive from Kuah.

MORAC INTERNATIONAL KARTING CIRCUIT

This track has hosted numerous international class races, but is also great for those who want to experience driving on an international standard track. With an upgraded computerised timing system, the track promises even more thrills. Track and kart rental and even go-karting classes are available. The track is conveniently located between the Langkawi International Airport and Pantai Cenang.

mofazintranet.com/mofaz/?page_id=67

ISLAND HORSES

Near the Seven Wells Waterfalls in Pantai Kok, the Perdana Stables is an equestrian centre with a difference. It is a stud farm producing a range of purebreds and other excellent horses for sale, as well as training teams for world-class endurance competitions. The well-managed stables also have horses available for riders of different ages and abilities.

www.langkawihorses.com

GUNUNG RAYA

At 890m, this is the highest peak in Langkawi. Also shrouded in myth, it is believed that the mountain is the petrified form of a giant called Mat Raya. Densely forested, it presents a remarkable view of the island, while being home to a variety of birds and wildlife, including hornbills and white-bellied sea eagles circling the mountain. Gunung Raya is accessible by

road, and a journey all the way to the top will take about 40 minutes. Tour operators also offer nature and trekking tours. The base of the mountain is about a 30-minute drive from Kuah.

PANTAI PASIR HITAM (BLACK SAND BEACH)

This unique beach is located in the heart of Langkawi's north coast, about 2km to the west of Tanjung Rhu Beach and 19km from Kuah. The black sand that covers this beach, which gives the spot its unusual name, is actually due to the rich mineral content in the sand. The picturesque old fishing jetty is a popular spot for visitors to enjoy a panoramic view of the surroundings and take a snapshot or two. Entry to the beach is from Jalan Teluk Yu.

GETTING THERE AND AROUND

Langkawi is easily accessible by air with flights available from Kuala Lumpur, Penang and Singapore on several airlines including Malaysia Airlines, AirAsia, Firefly, Tiger Air and Silk Air. Visitors can also take a ferry there from Penang, Kuala Kedah or Kuala Perlis, a journey ranging from 45 minutes to two hours depending on the point of embarkation. Taxis are easily available in Langkawi itself, while car and motorbike rentals make for more flexible modes of transportation.

LIST OF HOTELS

LANGKAWI

Aseania Resort & Spa ***
t : 604 955 2020
w : www.aseanialangkawi.com

Resorts World Langkawi ****
t : 604 955 5111
w : www.rwgenting.com

Berjaya Langkawi Resort *****
t : 604 959 1888
w : www.berjayahotel.com/langkawi

Bella Vista Langkawi ***
t : 604 966 2800

Bayview Hotel Langkawi ****
t : 604 966 1818
w : www.bayviewhotels.com/Langkawi

Casa del Mar ****
t : 604 955 2388
w : www.casadelmar-langkawi.com

Eagle Bay Hotel **
t : 604 966 8585
w : www.eaglebay.com.my

Four Seasons Resort Langkawi *****
t : 604 950 8888
w : www.fourseasons.com/langkawi

Federal Villa ***
t : 604 955 1701
w : www.federalvillalangkawi.com

Geopark Hotel ***
t : 604 959 2300
w : www.geoparkhotel.com

Holiday Villa Beach Resort & Spa Langkawi ****
t : 604 955 1701
w : www.holidayvillahotellangkawi.com

Hotel Grand Continental ***
t : 604 966 0333
w : www.ghihotels.com.my

One Hotel Helang ***
t : 604 955 3030
w : www.helanghotellangkawi.com

Kampung Tok Senik Resort ****
t : 604 955 7288
w : www.toksenikresort.com

Kondo Istana ***
t : 604 966 1118

Langkawi Lagoon Resort *****
t : 604 955 8181
w : www.langkawilagoonresort.com

SHOPPING AND DINING

While many head to Langkawi for the sun and sea, shopping is also a big draw as the entire island is duty-free. Great buys include kitchenware, chocolates and liquor which are easily available in numerous stores in Kuah town and Pantai Cenang, including Underwater World, as well as at the airport.

A variety of restaurants and cafes serve local and international cuisine. Due to Langkawi's location, great seafood prepared in a variety of styles can be savoured. Along the stretch of Pantai Cenang, there's everything from burgers to pizzas, and even Starbucks and McDonald's. Fine dining can be enjoyed in all of the luxury hotels, but nothing quite beats a drink on the beach or a buffet spread on a yacht out in the open sea.

ACCOMMODATION

There is a wide range of accommodation to choose from in Langkawi. They include ultra luxurious spa resorts in more secluded stretches of beaches such as Datai Bay and Tanjung Rhu. Family-style resorts and hotels, as well as simple B&Bs, dot the area around Pantai Cenang and Pantai Tengah, while hotels in the main town of Kuah are ideally located for shopping.

Langkasuka Beach Resort ****
t : 604 955 6888

Langkawi Baron Hotel **
t : 604 966 2000/3000

Langkawi Seaview Hotel ***
t : 604 966 0600
w : www.lseaview.com

Mutiara Burau Bay Beach Resort ***
t : 604 959 1061
w : www.mutiarahotels.com

Nadiah Inn Comfort Langkawi **
t : 604 955 1401

Meritus Pelangi Beach Resort & Spa *****
t : 604 952 8888
w : www.meritushotels.com

Panorama Hotel Langkawi Resort **
t : 604 955 2721

Rebak Island Resort Langkawi ****
t : 604 966 5566
w : www.tajhotels.com

Sheraton Langkawi Beach Resort *****
t : 604 952 8000
w : www.sheraton.com/langkawi

The Westin Langkawi Resort & Spa *****
t : 604 960 8888
w : www.westin.com/langkawi

Tanjung Rhu Resort *****
t : 604 959 1033
w : www.tanjungrhu.com.my

The Andaman Langkawi *****
t : 604 959 1088
w : www.theandaman.com

The Datai Langkawi *****
t : 604 959 2500
w : www.thedatai-langkawi.com

Tanjung Sanctuary Langkawi *****
t : 604 952 0222

The Lanai Beach Resort ***
t : 604 955 2262
w : www.lanaiibeach.com.my

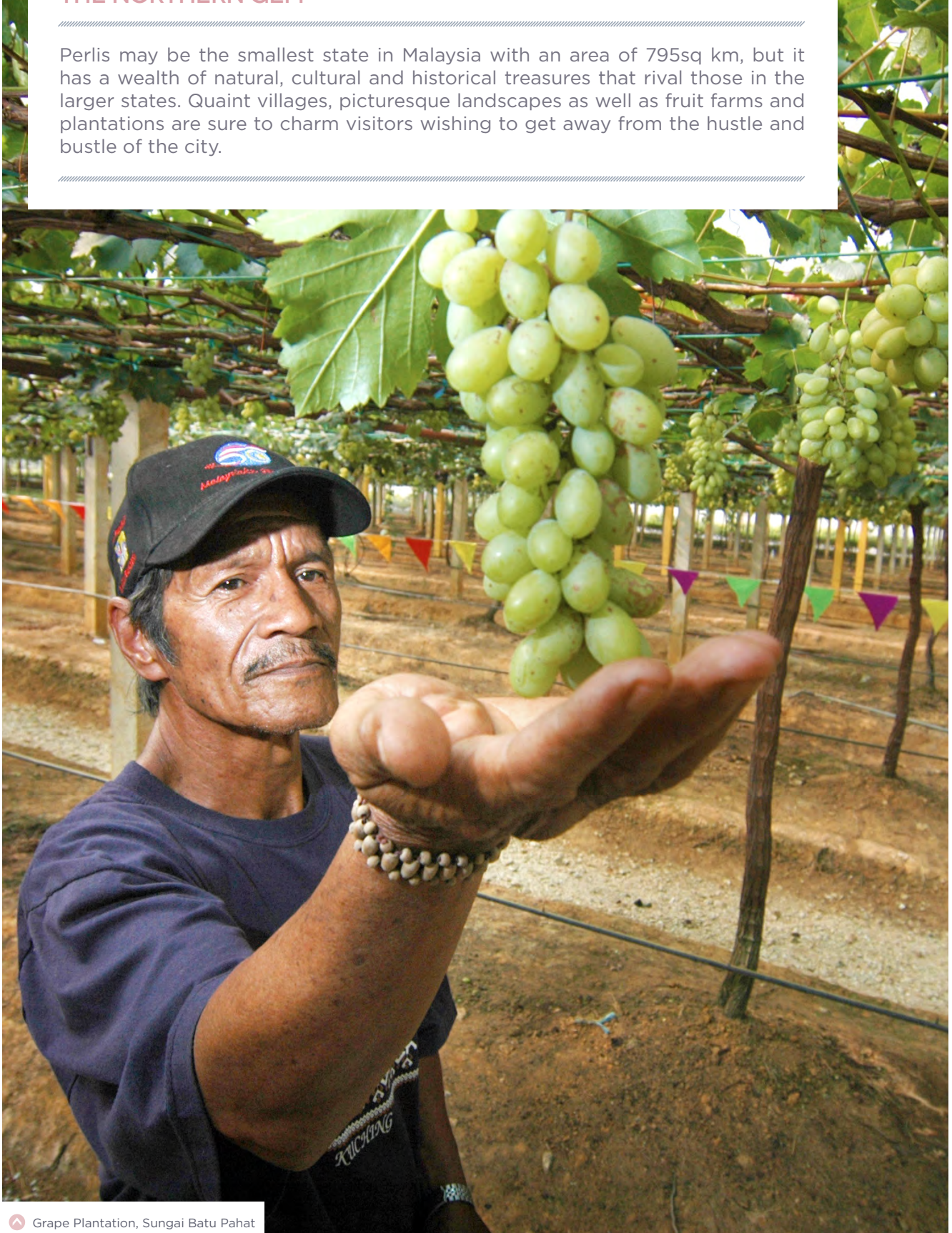
Twin Peaks Island Resort **
t : 604 966 8255

Please note that this list is not exhaustive.

PERLIS

THE NORTHERN GEM

Perlis may be the smallest state in Malaysia with an area of 795sq km, but it has a wealth of natural, cultural and historical treasures that rival those in the larger states. Quaint villages, picturesque landscapes as well as fruit farms and plantations are sure to charm visitors wishing to get away from the hustle and bustle of the city.



▲ Grape Plantation, Sungai Batu Pahat

Lying at the northwestern tip of the Malaysian peninsula and bordered by Thailand in the north, Perlis is naturally green and verdant. Predominantly agricultural, its picturesque paddy fields stretch for miles, broken only by the occasional limestone outcrop. Numerous fruit farms and plantations thrive on the soil, making Perlis one of the best states to sample a variety of tropical fruits and local produce.

Kangar is the state capital while Kuala Perlis is an important ferry terminal for those heading to Langkawi. Padang Besar is one of the major entry points for visitors from Thailand travelling by road or rail into Peninsular Malaysia.

www.tourism.gov.my

KANGAR

Lying 56km northwest of Alor Setar in Kedah, the state capital of Perlis is set amidst a vast expanse of paddy fields. Charmingly quaint and rustic, most of Kangar's attractions are within walking distance of each other. A major landmark is the golden-domed state mosque.

GRAPE PLANTATION, SUNGAI BATU PAHAT

Amazing as it sounds, there is a plantation growing grapes in the tropics, located just 10km from Kangar. Set up by the Department of Agriculture in 2005, the plantation has a climate and terrain suitable for the cultivation of grapes, among them the IAC, Black Queen and White Malaga. In addition to taking a look at viticulture carried out here, grapes as well as seedlings are available for sale.

HARUM MANIS MANGO PLANTATION, SUNGAI BATU PAHAT

The state fruit of Perlis is undoubtedly the Harum Manis mango, the local variety of the aromatic and succulent fruit that is commonly enjoyed on its own or with sticky rice. Visitors can learn all about this fruit at the 1,000-acre Harum Manis mango plantation in Sungai Batu Pahat as well as sample its delights during the harvest season from April to June.

TAMAN RIMBA HERBA (HERB GARDEN), KAKI BUKIT

Located on 12 hectares of land next to the Bukit Air Recreational Park, this herb garden has more than 1,000 species of herbs, spices and medicinal plants of both local and foreign origin. Each plant is accompanied by a well-documented information signboard, and guided tours are also available. The park serves as an ethnobotanical museum and helps spread the awareness of the diversity and wealth of herbs found in Malaysia.

WOODBALL

Woodball has become a popular sport in Perlis. Every year, woodball competitors and enthusiasts from around the world descend upon Perlis for national and regional championships. This unusual sport, a mixture of miniature golf and croquet, is played with wooden balls, a mallet and

a gate. Visitors can also try their hand at this fun game at the Kangar Woodball Course and UITM Arau Woodball Course. www.woodball.org/subcourse.htm

SNAKE & REPTILE FARM, SUNGAI BATU PAHAT

Located in Sungai Batu Pahat, about 10km north of Kangar, the farm was established by the Institute of Medical Research to aid in research and produce anti-venom. It showcases more than 200 snakes of about 34 species from Malaysia and other parts of the world, including the python and King Cobra. Reptiles also include crocodiles and iguanas. Under the supervision of handlers, visitors can have their picture taken with some snakes.

BUKIT AYER RECREATIONAL PARK

This popular park is just a few kilometres north of the Putra Golf Club, about 12km from Kangar. Well-constructed paths allow easy access through the park where visitors can take in the sights and sounds of a tropical rainforest. Pretty streams meander through while waterfalls cascade into rocky pools, providing cool relief. With all the basic amenities, the park is an excellent location for picnics as well as camping.

PUTRA GOLF CLUB

The 18-hole Putra Golf Club is a popular golfing venue, located about 10km from Kangar and close to the border with Thailand. Although it may look like an easy course, water hazards, bunkering and occasional ravines provide quite a challenge. The natural environment is enhanced by jungle-clad hills and limestone rock formations that provide a picturesque backdrop. Visitors are welcome but must book in advance.

HOMESTAY KAMPUNG UJUNG BUKIT

Kampung Ujung Bukit in Bentong is an idyllic village where life is much slower-paced when compared with that in the city. Paddy farming is the main occupation here. Villagers welcome visitors to take part in their daily life, including preparing traditional delicacies, playing traditional games and participating in cultural performances. www.go2homestay.com/homestay-kampung-ujung-bukit-kangar

PERLIS EQUESTRIAN CENTRE, SUNGAI BATU PAHAT

Sprawled over ten acres near the Perlis Golf Club, the equine centre has a stable of horses for riding purposes as well as therapy sessions. Riding sessions are in the evening between 5pm and 7pm when the weather is cooler, while therapy sessions are conducted in the morning. Prior arrangements can be made with the Perlis Veterinary Department for other activities. veterinar.perlis.gov.my

MASJID ALWI (ALWI MOSQUE)

A major landmark in Kangar is the golden-domed mosque on Jalan Besar. Built in 1910, its design is typical of that era, and its yellow-coloured blinds provide very interesting views. Masjid Alwi is within walking distance of other attractions and contributes to the town's old-world charm.

PERLIS



LEGEND

- | | | | |
|---|----------------|----------------------|--|
| ■ State Capital | Ferry Terminal | Railway Line | ★ Place of Interest |
| ● Town | Major Road | State Border | |
| Jetty | Secondary Road | International Border | |

KANGAR



LEGEND

	Cleared Land / Grass		Sports Complex		Important Landmark		Library
	Built-up Area		Tourist Information Centre		Hospital / Medical Centre		Fire Station
	Town Area		Shopping Centre		Place of Interest		Taxi Station
	Major Road		Hotel		Police Station		
	Secondary Road		Bus Station		Post Office		

KOMPLEKS SUKAN BASIKAL LASAK (EXTREME CYCLING COMPLEX), BUKIT AYER

Located within the Bukit Bintang Forest Reserve, about 12km from Kangar, this off-road cycling complex allows visitors to explore Perlis' most beautiful natural surroundings by bike. With scenic trails and open spaces, the complex hosts a multitude of cycling events throughout the year.

BEYOND KANGAR

GUA KELAM RECREATIONAL PARK (DARK CAVES), KAKI BUKIT

Gua Kelam is one of the most distinctive limestone caves, located in the Gua Kelam Recreational Park, 26km from Kangar, near the town of Kaki Bukit. Stretching 370m long, the cave is accessible via an eight-foot-wide wooden suspension bridge. A wooden walkway hangs suspended throughout the length of the underground cavern and visitors can still see the remnants of the tin mine operation that was once there. A subterranean stream flows through, and together with the stalactites and bats that inhabit the cave, contribute to an adventurous and mysterious cave visit.

KOTA KAYANG MUSEUM, BUKIT KAYANG

Located about 10 minutes away from Kangar in Bukit Kayang, the museum has an archaeological gallery displaying findings on Kota Kayang as well as other parts of Perlis. It is also an interesting resource centre on Perlis royalty from the time of Prophet Muhammad, including relics of the state's colonial past and other paraphernalia. www.jmm.gov.my/en/kota-kayang-museum-perlis

PERLIS STATE PARK, WANG KELIAN

Situated on the Nakawan Range, the longest continuous range of limestone hills in the country on the western border of Perlis, the 5,000-hectare park features heavily forested slopes, sheer cliff faces, streams and extensive cave systems. Some of the attractions include caves within the 500-year-old Setul limestone formation and several forest reserves. With accommodation available in hostels, chalets and designated campsites, visitors can take in more than 600 species of flora, 70 species of mammals, 200 species of birds and 35 reptiles. Permission to enter is required from the Perlis State Park management, as well as the services of a qualified guide. The entrance to the park is at Wang Kelian, about 40km from Kangar.

GUNUNG PERLIS, WANG KELIAN

The 733m-high Gunung Perlis stands tall as the northernmost point of Peninsular Malaysia. One of the main attractions of the Perlis State Park, the mountain offers outdoor enthusiasts a tranquil setting to enjoy nature at its best. An average hike to the top takes between three to five hours. Visitors are required to register and engage the services of a qualified guide at the park's visitor centre.

KUALA PERLIS SEAFOOD, KUALA PERLIS

About 14km from Kangar, Kuala Perlis is a small fishing

Harum Manis Mango Plantation, Sungai Batu Pahat



Gua Kelam Recreational Park (Dark Caves), Kaki Bukit

town by the sea with a ferry terminal for island-bound passengers. Located at the mouth of Sungai Perlis, this is also where fishermen unload their catch every day. Here, the seafood is not only fresh but relatively cheaper. At a variety of stalls and restaurants dotted about the town, visitors can select the seafood they want and have it cooked to order.

PADANG BESAR (SHOPPING)

Accessible by road or rail, the border town of Padang Besar, 35km from Kangar, is where Malaysians and Thais travel through, on shopping, business or recreational trips. In addition to being a duty-free haven, Padang Besar also has miscellaneous shops and an open-air flea market that sell an assortment of clothes, fabrics, homeware and other products.

WANG KELIAN SUNDAY MARKET, WANG KELIAN

The market at Wang Kelian is a fun-filled experience that's great not only for wonderful bargains but also the scenery along the way. Tucked into the foothills about 40km from Kangar, the village comes alive early in the morning, with rows of stalls offering a variety of goods including clothing, kitchenware, gifts, and of course, food.



 Gunung Perlis, Wang Kelian

WANG BURMA CAVE

Located within the Perlis State Park, Wang Burma Cave is one of the most popular caves for spelunking. Visitors can explore at their leisure, taking in sights of the limestone formations. The exploration is made more exciting when narrow muddy tunnels have to be squeezed through. As with the state park, permission to enter and the services of a guide are required.

GALERI DIRAJA (PERLIS ROYAL GALLERY), ARAU

Royal artefacts in this gallery date back to the ancient Malay kingdom, while more modern exhibits include royal portraits and other memorabilia. The gallery is located in the royal town of Arau, about 12km from Kangar.
www.perlisroyalty.gov.my/bm/galeri/rasmi.htm

TASIK MELATI (LAKE MELATI)

Just 8km north of Kangar, Tasik Melati is a small but charming lake with more than 150 sandbar islands that are accessible only by small boat. Elevated walkways allow visitors to walk about, taking in the scenery and lotus plants. There is also a 3km jungle trek from the lake to Pelarit Hill to view local flora and fauna. Whether for boating, jogging or a picnic, a getaway to Tasik Melati makes a nice break.

TASIK TIMAH TASOH (LAKE TIMAH TASOH)

Located within the Perlis State Park, 12km from Kangar, this lake was built as a dam in 1992, supplying water as well as preventing the occurrence of flooding in the state. It has become a sanctuary for migratory birds, supplying them with much needed food and shelter. Accommodation is available at a resort on the lake, surrounded by exceptionally beautiful panoramic views of the surroundings.
www.tasohlakeresort.com

HOMESTAY FELDA MATA AYER, PADANG BESAR

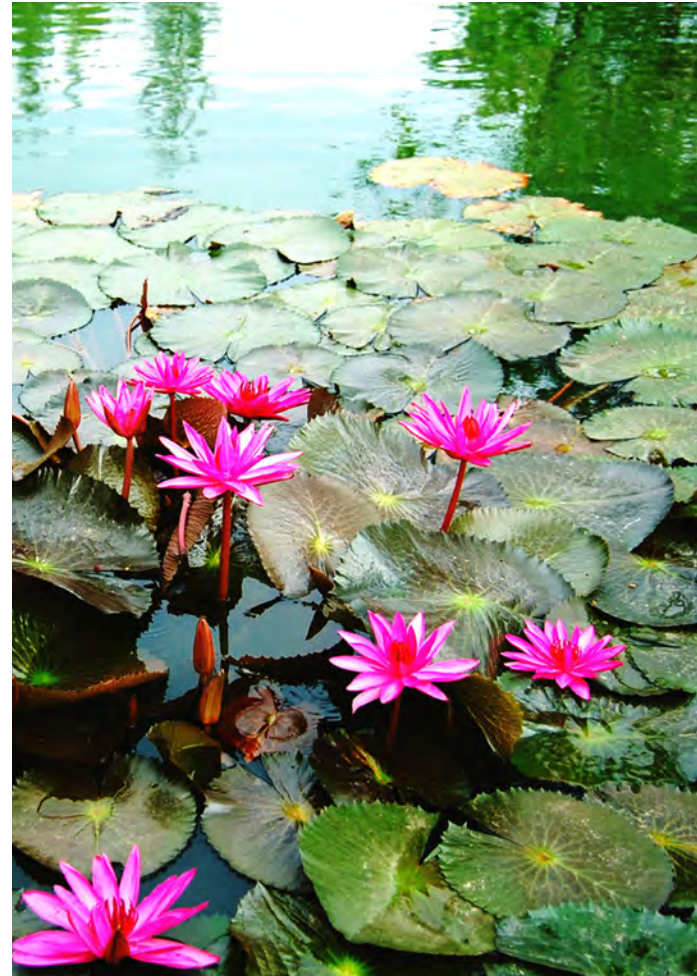
Approximately 38km from Kangar, this charming homestay in Felda Mata Air offers visitors the opportunity to experience a typical Malay village lifestyle. They can take part in daily activities including visits to a rubber plantation, ostrich and deer farms, try making traditional delicacies and handicrafts, as well as enjoy cultural performances.
www.go2homestay.com/homestay-felda-mata-air

HOMESTAY KAMPUNG PAYA GURING, PAUH

Located in Pauh, about 60km from Kangar, the homestay in Paya Guring offers a unique look at a typical Malay village. Village activity centres around the cultivation of paddy and rubber, as well as the numerous fruit orchards.



▲ Bukit Ayer Recreational Park, Kangar



▲ Tasik Melati (Lake Melati)

Visitors can try their hand at rubber tapping or play traditional games. They can make and sample traditional delicacies, watch cultural performances and even take part in a mock Malay wedding ceremony.
www.go2homestay.com/homestay-paya-guring

EMAS KERAJANG DUTY-FREE COMPLEX, PADANG BESAR

Located 32km from Kangar in the quaint border town of Padang Besar on the Malaysian-Thai border, this shopping outlet offers a wide selection of duty-free items including imported chocolates and liquors, as well as an array of household goods, perfumes, luggage and fashion apparel.

MASJID AL-HUSSAIN (AL-HUSSAIN MOSQUE), KUALA PERLIS

Like a vision rising from the sea, the Al-Hussain Mosque in Kuala Perlis is a floating mosque that has become an icon of the seaside town. Adopting a fresh, tropical architectural look, the walls of the mosque are not painted, but rather are decorated with different types of rock, quartz, granite, marble and pebbles. It is also unique in that at prayer times, a beam of light is shone, indicating prayer times to fishermen at sea. Kuala Perlis is 11km from Kangar.

OSTRICH FARM, KAMPUNG BATU

Located in Kampung Batu 20 on the way to Padang Besar from Kangar, the Ostrich Farm makes an interesting stop. A large flightless bird native to Africa, the ostrich is distinctive in its appearance, with a long neck and legs. Visitors can feed the birds or purchase ostrich by-products that are available at the farm.

GETTING THERE AND AROUND

There is no airport in Perlis, however the North-South Expressway provides easy access from the rest of Malaysia and Thailand. Both the Malaysian and Thai rail companies serve the two Perlis stations at Arau and Padang Besar. Kuala Perlis is the main jumping-off point in the state to Langkawi. Taxis and car rentals are available within the state.

SHOPPING AND DINING

While there are shops and malls in Kangar itself serving the needs of customers, most visitors would make their way to one of the duty-free zones in Padang Besar or Bukit Kayu Hitam. For an affordable yet quality shopping experience, they are hard to beat. As it is an agrarian state, Perlis also has much to offer in terms of fresh produce, such as local fruits.



▲ Masjid Al-Hussain (Al-Hussain Mosque), Kuala Perlis

Visitors should not miss out on local favourites when dining out in Perlis. There is a good selection of restaurants and fast food outlets in Kangar. Seafood is very popular, especially in Kuala Perlis where the proximity to the sea means the freshest of fish. *Ikan bakar* or grilled fish is a favourite, especially when enjoyed with a spicy sauce. Visitors should also try Kuala Perlis *laksa* here as well.

ACCOMMODATION

Perlis offers various types of accommodation including hotels and popular homestays for those who want to experience a more traditional way of life.

LIST OF HOTELS

KANGAR

Ayu Villa Hotel
t : 604 976 2434

Ban Cheong Hotel
t : 604 976 1184

Eagle Park Resort
t : 604 978 1000

Hotel Federal
t : 604 976 6288

Hotel Kangar
t : 604 976 7225

Hotel Seri Malaysia Kangar **
t : 604 977 1777

Hotel Sri Garden *
t : 604 9773188/4188

Putra Palace ****
t : 604 976 7755

Sri Mawarni Inn
t : 604 976 8121

Kampung Ujong Bukit Homestay
t : 604 976 1366

Malaysia Hotel
t : 604 976 1366

PADANG BESAR

Teratai Putih Restaurant and Resort
t : 604 949 3549

Felda Mata Ayer Homestay
t : 604 949 0909/6013 933 3740/
6012 442 8279

ARAU

Soo Guan Villa Motel
t : 604 977 2250

Kampung Paya Guring Homestay
t : 019 548 8519

Metro Inn
t : 604 986 6555/1001

KUALA PERLIS

Putra Brasmana Hotel ***
t : 604 985 5900

T Hotel
t : 604 985 2888/985 3888

Seaview Hotel *
t : 604 985 2171

The Sun Hotel
t : 604 985 5255

Q Hotel
t : 604 985 1770

KAKI BUKIT

Tasoh Lake Resort
t : 604 938 7186

WANG KELIAN

Perlis State Park (Chalet)
t : 604 945 7898

Please note that this list is not exhaustive.





EAST COAST

PAHANG • TERENGGANU • KELANTAN

The East Coast is separated from the rest of the peninsula by a stretch of mountains known as the Main Range, and remains relatively untouched. Largely involved in agricultural and marine activities, the states here display a strong sense of history, culture and community.

The largest state in Peninsular Malaysia, Pahang, has a wealth of tropical rainforests, mountains, lakes, idyllic islands and beaches. For the more adventurous travellers, there's a diverse range of activities as well as flora and fauna waiting to be discovered.

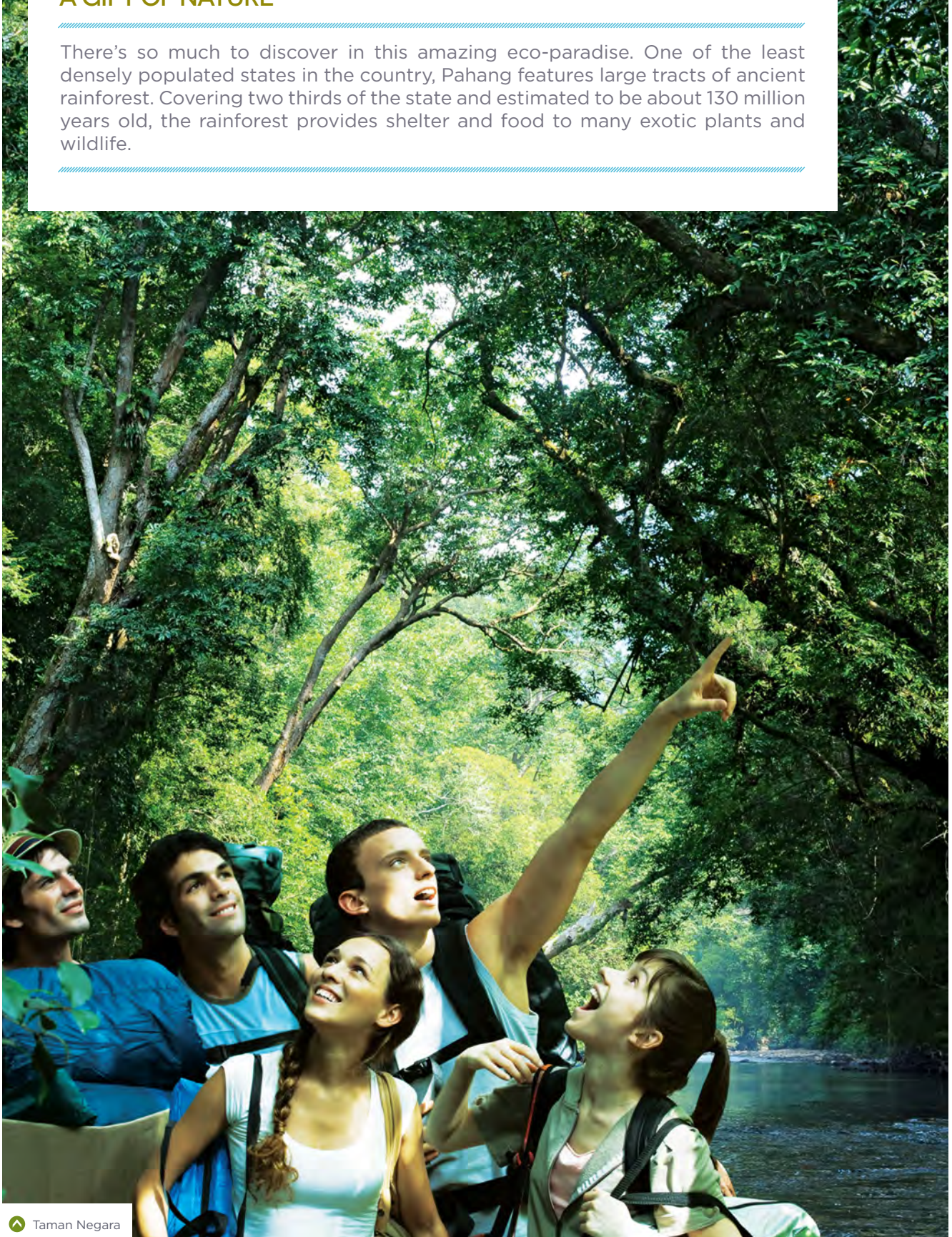
To the northeast of Pahang, Terengganu has some of the most beautiful beaches and coral islands that are favoured by divers. Despite being one of the wealthiest oil states, it has remained down to earth and pleasant, with a wealth of arts and culture on offer.

Often referred to as the "Cradle of Malay Culture", Kelantan lies on the northeastern corner of Peninsular Malaysia with Thailand to the north. Famed for its arts and culture, it also boasts pristine beaches, warm and friendly people, and exquisite Kelantanese cuisine.

PAHANG

A GIFT OF NATURE

There's so much to discover in this amazing eco-paradise. One of the least densely populated states in the country, Pahang features large tracts of ancient rainforest. Covering two thirds of the state and estimated to be about 130 million years old, the rainforest provides shelter and food to many exotic plants and wildlife.



Majestic Pahang is the largest state in Peninsular Malaysia with an area of 35,960sq km and a coastline of 208km. Its capital, Kuantan, is considered to be the social and economic hub of the East Coast region due to its central location. The state also lays claim to Peninsular Malaysia's longest river (Sungai Pahang), highest peak (Gunung Tahan), largest national park (Taman Negara) and biggest natural lake (Lake Bera).

While hill resorts dominate Pahang's highlands, its coastline boasts some of the most popular beaches in the country. Stunning backdrops, from lush green peaks and cascading waterfalls to breathtaking rivers and lakes, are scattered across the state.

Whatever the purpose of their trip, one thing's for sure, visitors to Pahang will get to experience firsthand the genuine warmth and hospitality of the local people.

www.pahangtourism.com.my

KUANTAN

260km from Kuala Lumpur, Kuantan town is a charming mix of old and new with modern buildings juxtaposed against pre-war shophouses and colonial buildings. Located a short distance from the coast, Kuantan is a great base from which to explore some of Pahang's most scenic sights. Shops selling souvenirs, antiques and handicrafts are located along the main thoroughfare of Jalan Besar. Attractions here include the Kuantan riverbank, waterfalls, traditional fishing villages and handicraft centres.

PANTAI TELUK CHEMPEDAK (TELUK CHEMPEDAK BEACH)

Arguably Kuantan's most famous beach, Teluk Chempedak is fronted by a lively promenade featuring a wide array of local shops, souvenir stalls and eateries. Located just 4km east of Kuantan, the beach is the perfect place for a little rest and relaxation. Its enclosed bay also makes it ideal for water sports including swimming, surfing, sailing and jet-skiing. A wide range of accommodation and eateries is available in Teluk Chempedak to suit all budgets and tastes.

SUNGAI LEMBING MUSEUM

Located 40km from the town centre, the museum pays homage to Sungai Lembing and its historical significance as Pahang's richest tin mining area. Housed in a quaint colonial bungalow that was once the lodgings of mine managers, the museum features a collection of mining paraphernalia as well as various dioramas and exhibitions. There is also an on-site gift shop where visitors can browse for souvenirs.

www.jmm.gov.my/en/museum/sungai-lembing-museum

BUKIT GAMBANG RESORT CITY

Tucked away in a secondary forest 40km from Kuantan, this 45.8-acre resort city is the largest integrated leisure destination in Peninsular Malaysia. The main attraction here is its award-winning water park which features numerous wave pools, water slides, fun rides, a 1km

stretch of sandy beach and 20-acre lake. Facilities include poolside cabanas for families and friends to relax and unwind together. The outdoor activities here range from pony rides and jungle-trekking to paintball, flying fox and an adventure course. On-site accommodation is available at two themed resorts.

www.bgrc.com.my

PANTAI CHERATING (CHERATING BEACH)

Just 50km north of Kuantan is Cherating, a rustic beach getaway that's perfect for those seeking to escape from the hustle and bustle of city life. Its long stretches of sandy beaches are popular with visitors and locals alike. From enjoying water sports to learning about local culture, there are endless ways to have fun here. Accommodation in Cherating runs the full gamut, from luxury resorts and beachfront chalets to guest houses and homestays. The fun-filled Club Med Cherating Beach, the first Club Med in Asia, is also located in the vicinity.

CAMERON HIGHLANDS

Malaysia's largest hill resort, Cameron Highlands is characterised by panoramic views of sprawling tea plantations, terraced flower gardens, vegetable farms and strawberry parks. Due to its high elevation at 1,820m above sea level, the climate here is pleasant and cool all year round, perfect for leisurely walks and jungle-trekking. No trip to the highlands is complete without a visit to a tea plantation and experiencing the delightful tradition of afternoon tea with scones.

There are three main districts in Cameron Highlands, namely Ringlet, the main agricultural area comprising fruit and vegetable farms; Tanah Rata, the principal township where the chalets, cottages, bungalows and restaurants are located; and Brinchang, which boasts several hotels, resorts and an 18-hole golf course.

Cameron Highlands is accessible via Simpang Pulai or Tapah using the North-South Expressway. The distance to Tanah Rata in Cameron Highlands from the respective entry/exit points is: Simpang Pulai (81km), Tapah (57km). Although longer, the Simpang Pulai route is less winding and wider than the Tapah route.

GENTING HIGHLANDS

Situated some 1,800m above sea level, Genting Highlands is an integrated resort comprising hotels, indoor and outdoor theme parks, concert and entertainment venues and a wide array of food and beverage establishments. All year round, visitors flock to this hilltop haven to enjoy the cool, refreshing air and scenic surroundings.

Genting truly lives up to its designation as "City of Entertainment" as the entertainment options here are endless. The theme parks' fun rides and attractions include a freefall skydiving simulator and winter wonderland. The outdoor theme park is currently being upgraded and will reopen in 2016.

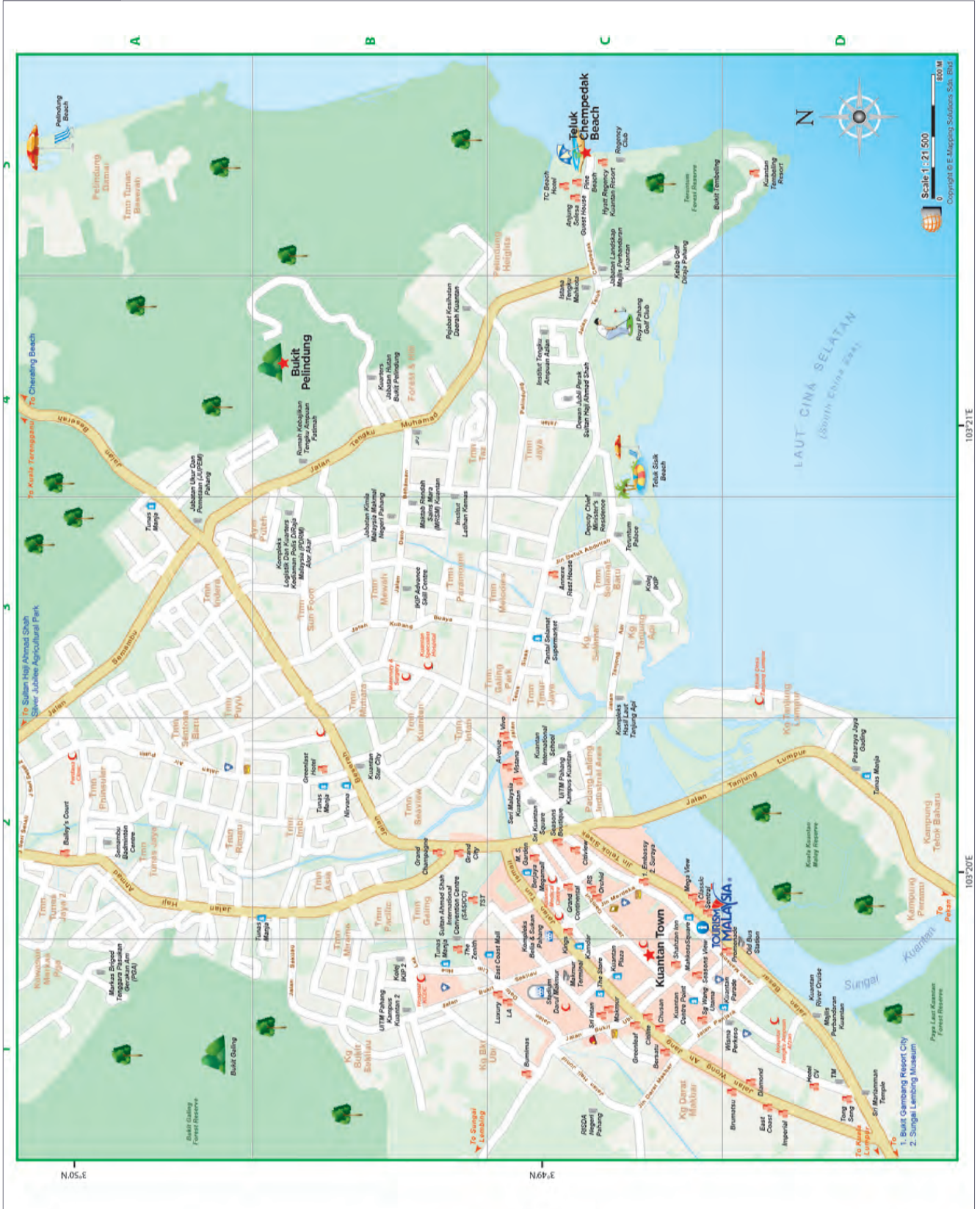
PAHANG



LEGEND

- State Capital
- District
- Town
- ✈ Airport
- ⚓ Jetty
- Expressway
- Major Road
- Secondary Road
- Railway Line
- - - State Border
- ★ Place of Interest

KUANTAN



LEGEND

- Cleared Land / Grass
- Built-up Area
- Town Area
- Major Road
- Secondary Road
- Place of Interest
- Tourist Information Centre
- Shopping Centre
- Sports Complex
- Hotel
- Important Landmark
- Hospital / Medical Centre
- Police Station
- Post Office
- Library
- Fire Station
- Bus Station
- Golf Course



Theme Park, Genting Highlands

Shopping opportunities also abound at First World Plaza, Malaysia's highest mall. Arguably one of Genting's key attractions is the casino complex, the only one in the country.

Besides the hotels situated within the resort complex, there are also several hotels and self-catering apartments located midway up the highlands. Accessible via cable car, helicopter and road, Genting Highlands is about 51km from Kuala Lumpur.

www.rwgenting.com

TAMAN NEGARA

Malaysia's premier national park, Taman Negara covers 434,350 hectares comprising ancient trees, limestone caves, waterfalls and jungle-clad mountains. The rainforest in Taman Negara is estimated to be 130 million years old, making it one of the oldest in the world. With its rich diversity of plant and animal life, the park is a must-see for all nature lovers. Taman Negara's main attractions include the world's longest canopy walk and Gunung Tahan, the highest mountain in Peninsular Malaysia. Popular activities here include river cruises, jungle-trekking and birdwatching. There are also four major caves within the park for adventure seekers to explore by boat or on foot.

The jumping-off point is at Kuala Tembeling, 180km from Kuantan, for visitors entering the park by boat. For those arriving by car, the entrance is at Kuala Tahan near Jerantut town. Within the park itself, there is a three-star resort as well as campsites where campers can set up their tents and spend the night. Permits and licenses can be obtained from the Department of Wildlife office at the respective entry points. These are usually included in the various packages offered by tour operators.

www.wildlife.gov.my

PULAU TIOMAN (TIOMAN ISLAND)

Often hailed as one of the world's finest beach getaways, Tioman Island never fails to impress with its sandy beaches, clear waters and thriving coral reef system. Legend has it that a mythical dragon princess chanced upon Tioman's enchanting waters while flying from China to Singapore and decided never to leave by transforming herself into the island, hence its distinctive dragon-like shape. Warm waters and good visibility make Tioman a great dive destination. Whether it's swimming alongside shoals of exotic fish or just taking in the beauty of the corals, this tropical paradise will captivate divers of all levels. Other popular activities here include island-hopping, trekking, biking and rock climbing.

Located 56km off the coast of Pahang, Tioman is a two-hour ferry ride from Tanjung Gemok, 3km from the Pahang-Johor border. Ferry services are also available from Mersing in Johor. There are daily direct flights to the island from Kuala Lumpur and Singapore. Tioman offers a varied range of accommodation, including chalets, budget hotels and luxury resorts.

NATIONAL ELEPHANT CONSERVATION CENTRE, KUALA GANDAH

The only one of its kind in Malaysia, the three-hectare centre was established to help ensure the survival of elephants through rescue, translocation and awareness efforts. Visitors can observe elephants roaming freely within a secure environment, feed the animals and learn more about the centre's activities. Just 100km from Kuala Lumpur, the centre makes a perfect day-trip destination. Accommodation is available in nearby Mentakab town, 19km away.

www.wildlife.gov.my



 Berjaya Hills, Bukit Tinggi

FRASER'S HILL

This charming hill retreat sits 1,524m above sea level on the Titiwangsa mountain range, about 104km from Kuala Lumpur. Here, visitors can enjoy a cool highland holiday amidst flower gardens and colonial style bungalows. Birdwatching and nature walks are some of the more popular activities. General information on Fraser's Hill and its birds is available at the Bird Interpretive Centre. Accommodation can be found at various hotels, holiday bungalows and chalets. The hill is accessible via the town of Kuala Kubu Bharu.

KUALA LIPIS

Nature and adventure activities abound in and around Kuala Lipis, 60km from Jerantut. Interesting places to visit include the Empang Jaleh recreational lake and Bukit Taching where several species of wild birds habitually congregate. Nearby Gunung Merapoh is popular among hikers for the numerous scenic trails that lead to its peak. Kuala Lipis is also an embarkation point to Gunung Tahan, the highest mountain in Peninsular Malaysia. Several hotels and guest houses are located within the town itself.

LANJUT

Lanjut is a charming beach destination located in Kuala Rompin, 85km from Pekan. The area boasts several resorts, one of which has an 18-hole golf course. It is perhaps most famous for its river and deep-sea fishing activities. Kuala Rompin is a hotspot for Sailfish, a highly prized big game fish, and attracts anglers from all over the world. Lanjut offers easy access to several jetties, making it a great base from which to embark on full-day deep-sea fishing tours.

THE ROYAL TOWN OF PEKAN

Pekan, Pahang's Royal Town, is situated along the banks of Sungai Pahang about 50km from Kuantan. The town boasts a number of attractions that showcase the state's glorious past including the impressive Sultan Abu Bakar Palace and Sultan Abu Bakar Museum which houses numerous exhibits of the state. Several types of accommodation are available, including homestays in nearby Kampung Baru Salong and Kampung Sri Makmur where visitors can get a unique insight into rural life.

BERJAYA HILLS, BUKIT TINGGI

Berjaya Hills is a resort complex in the hills of Bukit Tinggi, 56km from Kuala Lumpur. Surrounded by 16,000 acres of tropical rainforest, this popular vacation spot showcases attractions inspired by various cultures in one destination. The main draws here are the French-themed Colmar Tropicale Resort, a re-creation of the original 18th century Colmar Village in Alsace, France, and the Zen-inspired Japanese Village. At 820m above sea level, Berjaya Hills offers visitors a cool and refreshing environment to enjoy a wide range of activities and attractions.

www.berjahills.com

JANDA BAIK, BENTONG

Janda Baik is a traditional Malay village town, 53km from Kuala Lumpur. As part of the immersive homestay experience, visitors can stay in stilt houses, interact with the locals and learn traditional games. Janda Baik also offers several eco resorts from which visitors can enjoy many nature-based recreational opportunities, including jungle-trekking as well as fishing, rafting and swimming in the rivers that run through this picturesque village.

JERAM BESU, BENTA

Located 130km from Kuala Lumpur, Jeram Besu (Besu Rapids) is a haven for whitewater rafting enthusiasts. Other popular eco-adventure activities in the area include jungle-trekking, camping, abseiling, flying fox, fishing and paintball. Visitors can experience the natural wonder and excitement of Jerum Besu through various outdoor adventure packages offered by tour operators. Resort and chalet accommodation are available in Jeram Besu village.

ENDAU-ROMPIN STATE PARK

About 50km from Rompin town, Endau-Rompin State Park is Peninsular Malaysia's second largest national park after Taman Negara. Comprising one of the oldest rainforests in the world, this unspoiled nature reserve shelters a diverse selection of animal and plant life, including the endangered Sumatran Rhino. Outdoor activities range from hiking and camping to fishing and river rafting. To protect the park's untouched beauty, only certain areas are open to visitors. Access to the park is via Felda Selendang, where visitors can proceed to the campsites at Sungai Kinchin Base Camp.

DEERLAND PARK, LANCHANG

A delightful destination for all ages, this 4.5-hectare park offers visitors the opportunity to observe and feed a variety of deer and wildlife. The on-site herb trail is also a great way to discover many of the herbs and medicinal plants that are found in Malaysia. Deerland Park is 6km from the National Elephant Conservation Centre in Kuala Gandah.

www.deerland.org

TASIK BERA (LAKE BERA)

Located 32km from Jerantut, Lake Bera is the largest natural freshwater lake in Malaysia and also the country's first Ramsar heritage site. This protected wetland sanctuary is home to the Semelai indigenous people and some of the country's most exotic flora and fauna. With a total catchment area of approximately 61,380 hectares, the lake is a popular spot for birdwatching, fishing, boating and kayaking. Facilities here include a campsite as well as a Tourist Complex and Interpretive Centre where visitors can discover a wealth of information on the area. Accommodation is available at a resort overlooking the lake.

www.wildlife.gov.my

GUNUNG SENYUM

Located 68km from the town of Temerloh, Gunung Senyum is an important archeological site as its caves are estimated to be more than 300 million years old. Made up of limestone and rock, Gunung Senyum is a fascinating place to explore and appreciate the marvels of nature. The mountain is located in the 694-hectare Gunung Senyum Recreational Forest which offers facilities such as chalets, dormitory/hostel accommodation and a campsite. Abseiling, hill climbing and jungle-trekking are among the popular activities here.

KOTA GELANGGI CAVES, JERANTUT

Believed to be 150 million years old, the Kota Gelanggi cave complex is noted for its oddly shaped rock formations and magnificent chambers of stalagmites and stalactites. Legend has it that the caves are actually the ruins of an ancient city. Kota Gelanggi is located 24km east of Jerantut and 12km from the Felda Residence Tekam Resort where visitors can enjoy a relaxing stay surrounded by nature.

LATA JARUM, RAUB

With its scenic landscape, cascading waterfalls and refreshing environment, the Lata Jarum Recreational Forest is a great place for a picnic or outing with friends and family. Visitors have access to a changing room, parking, campsite and toilet facilities. Lata Jarum is situated near the sleepy town of Ulu Dong, 30km northeast of Raub.

GETTING THERE AND AROUND

Malaysia Airlines operate daily flights from Kuala Lumpur to the Sultan Haji Ahmad Shah Airport which is approximately 15km from Kuantan. Direct flights are also available from Penang to Kuantan via Firefly. Flights

to Tioman Island are offered from Singapore or Kuala Lumpur via Berjaya Air. Alternatively, charter flights to and from the island can be arranged through numerous air charter operators.

There is an excellent road link to Kuantan from Kuala Lumpur, Singapore and Kota Bharu, Buses and outstation taxis offer regular services from Kuantan to the main towns of neighbouring states. Pahang is also accessible via rail through Mentakab and Kuala Lipis from Kuala Lumpur and Kota Bharu.

Public transportation is a convenient and budget-friendly option to travel around in Kuantan and between towns. However, it is advisable to hire a car or taxi to get to the more remote areas.

SHOPPING AND DINING

Handicraft shopping opportunities abound in Pahang with an array of items that are unique to this East Coast

LIST OF HOTELS**BANDAR JENGKA**

Meru View Resort
t : 609 467 5650

BENTONG

D' Ark Training & Resort
t : 609 233 0193

Hotel Kristal ★
t : 609 223 2118

BERJAYA HILLS

Berjaya Hills Golf & Country Club ★★★★★
t : 609 288 8890
w : www.berjayahills.com

Berjaya Hills Colmar Tropicale ★★★★★
t : 609 288 8888
w : www.berjayahills.com

Selesa Resort ★★★
t : 603 4042 6035/6931/6932
w : www.selesa.com.my

CAMERON HIGHLANDS

Casa dela Rosa Hotel ★★★★★
t : 605 491 1333
w : www.hotelcasadelarosa.com.my

Country Lodge Resort ★★
t : 605 491 1811

Equatorial Resort ★★★★★
t : 605 496 1777
w : www.equatorial.com

Heritage Hotel ★★★★★
t : 605 491 3888
w : www.heritage.com.my

Cameron Highlands Resort ★★★★★
t : 605 491 1211
w : www.cameronhighlandsresort.com

Hotel Rainbow ★★
t : 605 491 4628
w : www.cameronpremierhotels.com.my

Hotel Rosa Passadena ★★★★★
t : 605 491 2288
w : www.cameronpremierhotels.com.my

Century Pines Resort ★★★
t : 605 491 5115
w : www.thongsin.com

Star Regency Hotel & Apartments
t : 605 491 5135
w : www.star-regency.net

Strawberry Park Resort ★★★★★
t : 605 491 1166
w : www.strawberryparkresorts.com

The Cool Point Hotel ★★★
t : 605 491 4914

The Lakehouse
t : 605 495 6152
w : www.lakehouse- Cameron.com

The Smokehouse
t : 605 491 1215
w : www.thesmokehouse.com.my

CHERATING

Club Med Cherating Beach ★★★★★
t : 603 2161 4599
w : www.clubmed.com.my

Holiday Villa Cherating ★★★★★
t : 609 581 9500
w : www.holidayvilla.com.my

Impiana Resort Cherating ★★★★★
t : 609 581 9000
w : www.impiana.com

Residence Inn Cherating ★★★
t : 609 581 9333
w : www.ric.com.my

Suria Cherating Beach Resort ★★★★★
t : 609 581 9898
w : www.surioresorts.com

The Legend Resort, Cherating ★★★★★
t : 609 581 9818
w : www.legendresort.com.my

FRASER'S HILL

Fraser's Silverpark Resort ★★★★★
t : 609 362 2888
w : www.fraserhill.com

The Pines Resort
t : 609 362 2122
w : www.thepines.com.my

region. Woodcarvings, batik and *songket* (traditional fabric hand-woven with threads of silver and gold) make great souvenirs and mementos. Some of the state's must-visit shopping destinations include the Karyaneka handicraft centre (in Teluk Chempedak, Sungai Karang and Cherating), Royal Pahang Silk Weaving Centre in Pekan and batik printing cottages in Beserah.

While smaller towns offer predominantly local fare, eateries in Kuantan serve everything from local specialties to Western cuisine as well as fast food. Among the state's most well-known traditional dishes are *ikan patin masak tempoyak* (silver catfish in fermented durian gravy), *nasi kebuli* (aromatic spiced rice dish), *pajeri nenas* (pineapple curry) and *opor daging* (spicy beef stew).

ACCOMMODATION

There is a wide range of accommodation in Pahang to suit different budgets and travelling preferences, from hilltop and seaside resorts to boutique hotels, serviced apartments, B&Bs, homestays and backpacker hostels.

PAHANG TREASURES

- Taman Negara is estimated to be 130 million years old, making it one of the world's oldest rainforests.
- The Fraser's Hill International Bird Race is held annually at Fraser's Hill and attracts birdwatchers from all over the world.
- Asia's first-ever Club Med is located in Cherating.
- The pinnacle of Tioman's Gunung Nenek Semukut, Malaysia's highest freestanding spire, resembles the profile of an old lady.
- Lake Bera has been designated as a Ramsar site as its freshwater peat environment is important for supporting various flora and fauna.

Shahzan Inn ***
t : 609 362 2300
w : shahzaninn.com

Ye Olde Smoke House ***
t : 609 362 2226
w : www.thesmokehouse.com.my

Puncak Inn
t : 609 362 2007

GENTING HIGHLANDS

Awana Golf & Country Resort *****
t : 603 6101 3015
w : www.awana.com.my

Genting Hotel *****
t : 603 6101 1118
w : www.genting.com.my

Genting View Resort ***
t : 603 6100 2267

Highlands Hotel *****
t : 603 6101 1118
w : www.genting.com.my

Resort Hotel *****
t : 603 6101 1118
w : www.genting.com.my

Hotel Seri Malaysia ***
t : 603 6100 2525
w : www.serimalaysia.com.my

Theme Park Hotel ***
t : 603 6101 1118
w : www.genting.com.my

JERANTUT/TAMAN NEGARA

Jerantut Hill Resort ***
t : 609 267 2288
w : www.jhresort.com.my

Mutiara Taman Negara ***
t : 609 266 3500
www.mutiarahotels.com

Nusa Holiday Village
t : 609 266 2369
w : www.tamannegara-nusaholiday.com.my

Rainforest Resort
t : 609 266 7888/609 266 7241/
609 266 7637

Felda Residence Tekam
t : 609 471 8300
w : www.feldaresidencetekam-pahang.com

Woodland Resort
t : 609 266 1111

Teresek View Motel
t : 609 266 9744

KUALA LIPIS

Lipis Centrepoint Hotel & Apartments ***
t : 609 312 2688
w : www.centrepointhotel.com.my

Lipis Plaza Hotel **
t : 609 312 5588
w : www.lipisplaza.com

Pacific Hotel ***
t : 609 312 2788

KUALA ROMPIN

Serai D'Lanjut Beach Resort ***
t : 609 414 5113

Rompin Beach Resort ***
t : 609 414 1367
w : www.rbr.com.my

Hotel Seri Malaysia Rompin **
t : 609 413 2723
w : www.serimalaysia.com.my

Summerset Colonial Hotel & Villas *****
t : 609 414 1888

KUANTAN

Citiview Hotel ***
t : 609 517 9988

Classic Hotel ***
t : 609 516 4599

De Rhu Beach Resort ***
t : 609 557 9000
w : www.derhu.com.my

Black Stone Resort *
t : 609 544 7822
w : www.blackstoneresort.com.my

Grand Champagne Hotel *
t : 609 513 8822

Hotel Grand Continental ***
t : 609 515 8888
w : www.ghihotels.com.my

Greenlast Hotel
t : 609 556 3338

Hyatt Regency Kuantan *****
t : 609 518 1234
w : kuantan.regency.hyatt.com

Duta Village Beach Resort ***
t : 609 544 7900

M.S. Garden Hotel ****
t : 609 517 7899
w : www.msgarden.com.my

Mega View Hotel ***
t : 609 517 1888
w : www.megaviewhotel.com

Fantasia Beach Resort **
t : 609 583 9009
w : www.fantasiabeachresort.blogspot.com

Hotel Seri Malaysia Kuantan **
t : 609 513 6666
w : www.serimalaysia.com.my

Shahzan Inn Kuantan ***
t : 609 513 6688
w : shahzaninn.com

Suraya Hotel **
t : 609 516 4266

Swiss-Garden Resort & Spa *****
t : 609 544 7333
w : www.swissgarden.com

Vistana Kuantan ****
t : 609 517 8000
w : www.vistanahotels.com

MARAN/TEMERLOH

Hotel Green Park **
t : 609 296 3333
w : www.greenpark.com.my

Hotel Seri Malaysia Temerloh **
t : 609 296 5776
w : www.serimalaysia.com.my

MENTAKAB

Bukit Bendera Resort ***
t : 609 278 2828

PULAU TIOMAN

Babura Seaview Resort
t : 609 419 1139

Berjaya Beach Golf & Spa Resort *****
t : 609 419 1000
w : www.berjayahotels-resorts.com

Genting Bayu Chalet
t : 609 419 7039

Juara Beach Resort
t : 609 419 3188

Minang Cove Resort & Spa
t : 607 799 7372
w : www.minangcove.com.my

Mukut Harmony Resort
t : 607 799 3440

Nazri Beach Cabanas (Nazri 11)
t : 609 419 1375

Panuba Inn Resort
t : 609 419 1424
w : www.panubainn.com

Paya Beach Resort
t : 607 419 7100
w : www.payabeach.com

Salang Indah Resort
t : 609 419 5015

Salang Pusaka Resort
t : 609 419 5317

Tioman Beauty Beach Resort
t : 607 799 4678

Please note that this list is not exhaustive.

TERENGGANU

GEM OF THE EAST COAST

A treasure trove of natural and cultural wonders, Terengganu is often fittingly referred to as the “Gem of the East Coast”. Visitors will be captivated by its unspoiled landscape, dotted with quaint small towns, rustic coastal villages and verdant greenery. To sun and sea lovers, it is the gateway to some of Malaysia’s most beautiful islands where diving and other leisure activities abound.



Terengganu spans an area of 12,955sq km, of which 45% is covered in pristine forests and rivers. Bordered by the South China Sea to the east, it boasts a 244km coastline, the longest in Peninsular Malaysia. The state capital Kuala Terengganu is a thriving yet relaxed waterfront city.

Deeply rooted in traditional Malay culture, Terengganu showcases a variety of crafts, from boat building to batik printing. Its rich architectural heritage has been carefully preserved and is reflected in many historical buildings here. Traditional pastimes such as kite flying and top spinning are still enjoyed today across the state.

In between sightseeing and savouring local delicacies, visitors can also get to know the friendly locals who will gladly share their heritage and culture.

tourism.terengganu.gov.my

KUALA TERENGGANU

Some 430km northeast of Kuala Lumpur, Kuala Terengganu is also Terengganu's royal town and largest city. Sitting on the banks of the Terengganu River, the city is a delight to explore with its laid-back vibe and interesting attractions. A mix of old and new, Kuala Terengganu offers countless photo opportunities. There are many ways to get around here, including taxis and trishaws as well as the Heritage City hop-on hop-off bus from Dataran Shahbandar.

TAMAN TAMADUN ISLAM (ISLAMIC CIVILISATION PARK)

Built on Wan Man Island, 4km from the city centre, the 22-hectare Islamic Civilisation Park takes visitors on an intriguing journey through the Islamic world's rich art and cultural heritage. Among the interactive theme park's key attractions are scaled-down replicas of Islamic monuments from around the world, the iconic Crystal Mosque, 3D cinema and a range of fun rides. Facilities include a convention centre, recreational lake, riverside restaurant and souvenir stores. Guest houses are available for overnight stays. Connected to the mainland by a bridge, the island is also accessible by water taxi from the Shahbandar Jetty.

www.tti.com.my

TERENGGANU STATE MUSEUM COMPLEX

Touted as the largest museum in Southeast Asia, the Terengganu State Museum Complex is spread across 27 hectares of land in Kampung Losong just 3km from the city centre. Featuring a facade inspired by traditional Terengganu architecture, the complex comprises a main museum, maritime museum, fisheries museum, traditional timber houses as well as botanic and herb gardens. Its vast collection of age-old artefacts, works of art and exhibits offers a glimpse into the state's rich heritage. An important historical relic, the original Batu Bersurat (Inscribed Stone), is prominently displayed at the museum's main entrance.

museum.terengganu.gov.my

TRADITIONAL BOAT BUILDING, PULAU DUYONG

Pulau Duyong, which literally means Mermaid Island, is a small island noted for its traditional boat building industry. The master craftsmen here are known to build boats and even yachts from memory and experience without the use of blueprints or nails. Visitors will have the opportunity to observe these skilled boat makers at work in numerous workshops around the island. Situated at the estuary of the Terengganu River, Pulau Duyong today is also a thriving maritime hub, due to its association with the prestigious international regatta, the Monsoon Cup. The island is accessible via the Sultan Mahmud Bridge or by water taxi from the Shahbandar Jetty.

MASJID TENGKU TENGAH ZAHARAH (TENGKU TENGAH ZAHARAH MOSQUE)

Located 4km south of the Kuala Terengganu city centre, Masjid Tengku Tengah Zaharah is often referred to as the "Floating Mosque" as it was built on a platform in the middle of a lake. The iconic white mosque is a blend of modern and traditional Moorish architecture which reflects the ongoing modernisation of the state. Set against the panoramic backdrop of the South China Sea, this awe-inspiring mosque is truly a marvel to behold.

PASAR PAYANG (PAYANG CENTRAL MARKET) AND BAZAAR WARISAN PESISIR AIR (WATERFRONT HERITAGE BAZAAR)

Kuala Terengganu's central market, Pasar Payang, is a popular market frequented by both locals and visitors. Besides fresh local produce, the market offers a variety of traditional snacks, textiles, handicrafts, trinkets and more. The nearby Waterfront Heritage Bazaar is another must-visit for visitors to Terengganu as it boasts an interesting selection of shops selling all kinds of local handicrafts and delicacies. The bazaar's distinctive building, which is embellished with traditional Terengganu architectural details, stands proudly overlooking the Terengganu River.

NOOR ARFA CRAFT COMPLEX

A pioneering and leading producer of hand-painted batik in Malaysia, Noor Arfa is known for its meticulous designs and quality fabrics. Located about 15km south of Kuala Terengganu, the 2.5-acre complex houses a manufacturing facility, demonstration areas, factory outlet and one of the nation's largest batik showrooms. More than 200 different kinds of handicraft products are available for purchase at the complex.

www.noor-arfa.com.my

PANTAI BATU BURUK (BATU BURUK BEACH)

Contrary to its Malay name which literally means "beach of the ugly stone", Pantai Batu Buruk is a beautiful beach located just 1km away from the Kuala Terengganu city centre. A popular venue for kite flying and picnics, the beach is always a hive of activity. Cultural performances as well as demonstrations of traditional pastimes and games are often staged here on weekends. Visitors can savour an array of local food and beverages at the Batu Buruk Food Centre located near the beach.

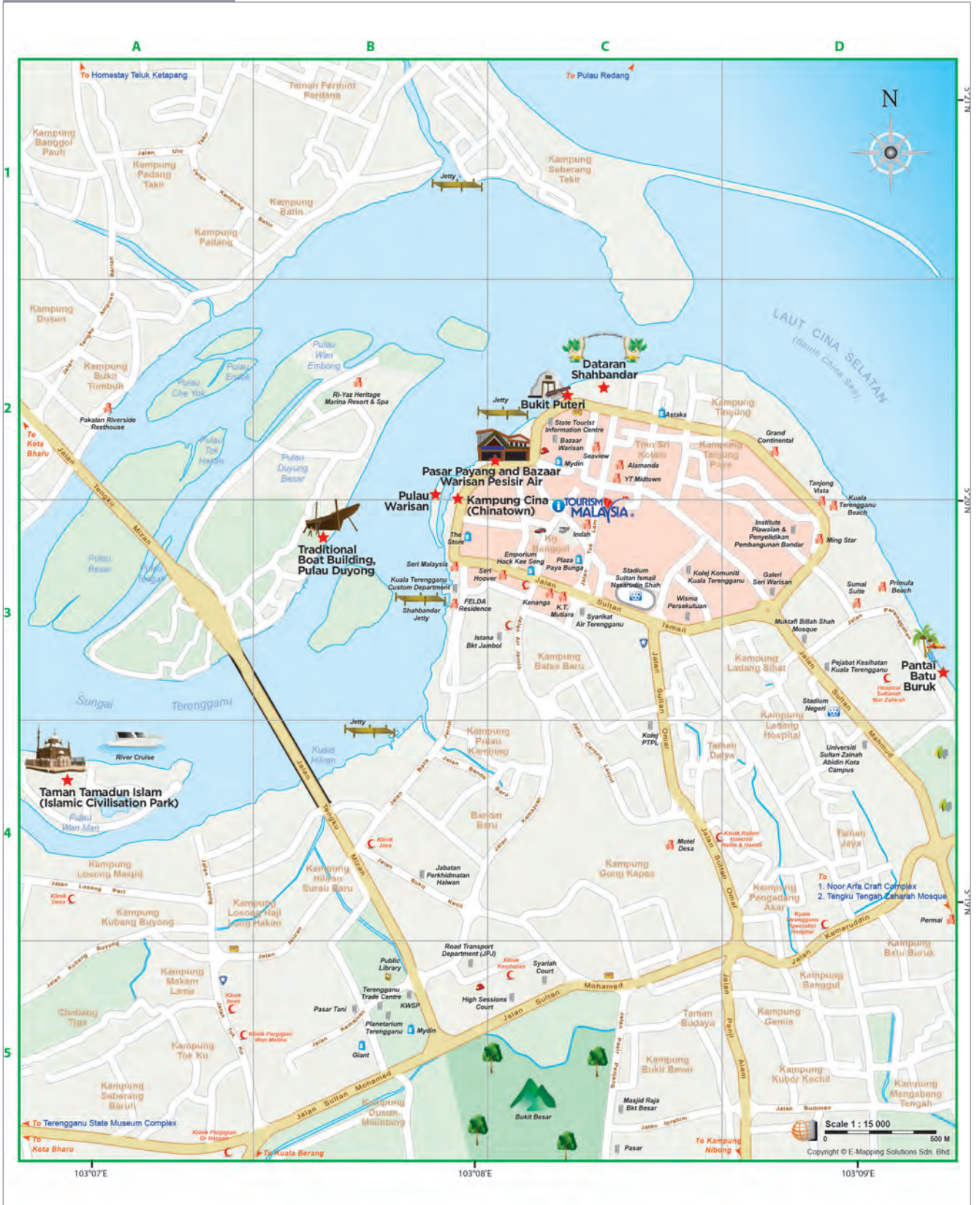
TERENGGANU



LEGEND

- | | | | |
|-----------------|------------|------------------|---------------------|
| ■ State Capital | ✈ Airport | — Major Road | ★ Place of Interest |
| ● District | ✈ Airstrip | — Secondary Road | |
| ● Town | ⚓ Jetty | --- State Border | |

KUALA TERENGGANU



LEGEND

- | | | | | | | | |
|--|----------------------|--|----------------------------|--|---------------------------|--|----------------|
| | Cleared Land / Grass | | Place of Interest | | Important Landmark | | Fire Station |
| | Built-up Area | | Tourist Information Centre | | Hospital / Medical Centre | | Golf Course |
| | Town Area | | Shopping Centre | | Police Station | | Sports Complex |
| | Major Road | | Hotel | | Post Office | | Taxi Station |
| | Secondary Road | | Bus Station | | Library | | |



📍 Pulau Perhentian (Perhentian Island)

BUKIT PUTERI

At 208 metres, Bukit Puteri (Princess Hill) is the highest point in Kuala Terengganu and offers a panoramic view of the Terengganu River. It is also the site of a former 19th century fortress. Relics and other reminders of its colourful past can still be found on the hill to this day, including a large brass bell, cannons, graveyard, flagpole and lighthouse. While there is a flight of steps that leads up to its summit, Bukit Puteri is also accessible via an escalator at the Waterfront Heritage Bazaar.

KAMPUNG CINA (CHINATOWN)

Heritage lovers will find a trip to Kuala Terengganu's Chinatown a fascinating experience due to the area's historical background. Established by the Chinese community in the late 19th century, Kampung Cina was once a major centre of commercial activity in its heyday. Today, its quaint streets are lined with souvenir shops, restaurants as well as a variety of other stores. It has been declared a UNESCO World Heritage Site under the World Monument Watch Programme to ensure the preservation of its pre-colonial heritage and buildings, including the grand temples of Ho Ann Kiong and Tien Hou Kong.

DATARAN SHAHBANDAR (SHAHBANDAR CITY SQUARE)

Located in the heart of the city, Dataran Shahbandar is a great place to relax, unwind and be entertained. Every Friday afternoon, locals and visitors alike throng the weekend market here to shop for all kinds of products including leather goods, shoes, household essentials and toys. Dataran Shahbandar is also the main venue for events held in the city such as carnivals and live performances.

PULAU WARISAN

Pulau Warisan, which literally means Heritage Island, is a man-made island located right across from the Kuala Terengganu waterfront. It is connected to the mainland by several bridges, the most notable of which is the Crescent Moon Bridge. This picturesque esplanade offers a good mix of stalls selling handicrafts and is just a stroll away from the city's Central Market and Chinatown.

HOMESTAY TELUK KETAPANG

Conveniently located just 10km from the city centre, Kampung Teluk Ketapang is a small fishing village where visitors can experience the traditional Terengganu way of life. During their stay, guests will have the opportunity to observe how local dishes are prepared and help out in the kitchen. Other activities include participating in various traditional games, fishing as well as visits to local cottage industries. Cultural performances and mock wedding ceremonies are often staged for the benefit of guests.

www.homestayketapang.com

BEYOND KUALA TERENGGANU

PULAU REDANG (REDANG ISLAND)

Pulau Redang is the largest of the nine protected islands that make up the Pulau Redang Marine Park, located 45km off the coast of Kuala Terengganu. This popular island is famous for its numerous dive sites, clear waters and coral reefs that are rich in marine life. The waters around here also hold two historic WWII shipwrecks, namely the HMS Prince of Wales and HMS Repulse. Not surprisingly, snorkelling and scuba diving top the activity list here, followed closely by swimming, jungle-trekking, boating



 Traditional Boat Building, Pulau Duyong

and canoeing. The island offers a wide selection of resort-based accommodation. It is 45 minutes by speedboat from the Merang Jetty (38km north of Kuala Terengganu), while a ferry-ride from the city's Shahbandar Jetty takes one hour and 45 minutes.

PULAU PERHENTIAN (PERHENTIAN ISLAND)

Located 21km off the coast of Terengganu, Pulau Perhentian is made up of two main islands, namely the larger and more developed Perhentian Besar; and Perhentian Kecil which is popular among budget travellers. The islands are a haven of relaxation with unspoiled jungles, shady palm trees and white sandy beaches. With its coral-rich waters and unique marine life, Perhentian is perhaps best known as an underwater paradise for diving and snorkelling. Other popular activities include windsurfing, sailing, canoeing, deep-sea fishing and exploring the islands' many secluded bays and beaches. A wide range of accommodation is available to visitors, from luxury resorts to chalets and dormitories, as well as campsites. Access to Perhentian is by ferry or boat from Kuala Besut, 110km from Kuala Terengganu and 56km from Kota Bharu in Kelantan. The journey to the islands takes about 45 minutes by speedboat, and one and a half hours by ferry or ordinary boat.

PULAU TENGGOL (TENGGOL ISLAND)

The farthest island from the mainland, Pulau Tenggol is accessible by boat via the Kuala Dungun Jetty, 80km south of Kuala Terengganu. Its well-sheltered bay is home to mature coral gardens with hard and soft corals, and teeming with spectacular marine life, making it a diver's dream destination. The island is located along the

migratory route of whale sharks, an event that is highly anticipated by divers. Various resorts operate on the island itself, offering a convenient choice of accommodation.

PULAU KAPAS (KAPAS ISLAND)

Pulau Kapas is a small island fringed by unspoiled beaches and clear blue waters, just 6km off the coast of Marang, about 20km south of Kuala Terengganu. Isolated from the bustling mainland and yet easily reached, Pulau Kapas is the perfect place for a relaxing vacation. Its diverse mix of marine life includes fish, turtles and corals, drawing diving enthusiasts from around the world. All beaches and accommodation (ranging from dorm rooms to chalets and resorts) are on the west side of the island, facing the mainland. The speedboat transfer service to the island from the Marang Jetty takes about 15 minutes.

PULAU LANG TENGAH (LANG TENGAH ISLAND)

Tucked between the more famous Pulau Perhentian and Pulau Redang islands, Pulau Lang Tengah is 30 minutes by boat from Merang, 35km north of Kuala Terengganu. It really is a tiny island as a round-island trip by speedboat takes only 10 minutes. In addition to it being a wonderful place to enjoy a quiet and peaceful break, Lang Tengah also features some of the best snorkelling and diving spots in Malaysia. Several resorts are scattered around the island, offering a choice of accommodation styles.

PULAU GEMIA (GEMIA ISLAND)

Pulau Gemia, which is also known as Gem Island, shines as a quiet island getaway with its untouched natural beauty and laid-back environment. As there is only one resort on this privately-owned island, guests enjoy the utmost privacy while indulging in a myriad of land and sea activities. Located right next to Pulau Kapas, Pulau Gemia is a 20-minute speedboat ride from the Marang Jetty. www.gemisland.com.my

PANTAI TELUK MAK NIK (TELUK MAK NIK BEACH), GELIGA

Teluk Mak Nik, sometimes referred to as Monica Bay, is an important nesting ground for green turtles. Located by the beach, the turtle sanctuary houses a hatchery where visitors can learn more about conservation efforts and view cute newborn hatchlings. Not surprisingly, the main activities here are turtle watching and helping to release turtle hatchlings back into the wild. The beach is located in Geliga, 40km from Kemaman town.

FIREFLY SANCTUARY, SUNGAI YAK YAH

Sungai Yak Yah, or Yak Yah River, is the site of Malaysia's largest firefly sanctuary. It is located by the village of Kampung Ibok, 13km from the town of Chukai in the district of Kemaman. Visitors can take a river cruise along the 13km-long river to catch sight of the fireflies. Tours, offered by local operators, start after dusk and run until midnight when the fireflies are most active. There is a choice of budget to mid-range accommodation as well as eateries in Chukai.



📍 Masjid Tengku Tengah Zaharah (Tengku Tengah Zaharah Mosque), Kuala Terengganu

TASIK KENYIR (LAKE KENYIR)

Spanning 260,000 hectares, Lake Kenyir is the largest man-made lake in Southeast Asia, and also the site of Malaysia's largest hydroelectric dam. The surrounding tropical rainforest has endowed the lake area with an incredible diversity of flora and fauna, including exotic species of orchids and mammals such as elephants. It is an eco-adventure destination for angling, boating, canoeing, jungle-trekking and 4WD excursions. The main gateway to Lake Kenyir is Pengkalan Gawi, about 65km from Kuala Terengganu. Visitors are required to obtain an entry permit from the Wildlife Department at the Tourist Information Centre here. There is a wide range of accommodation available in the area, from five-star resorts to chalets and even a houseboat.

SETIU WETLANDS, SETIU

Covering some 23,000 hectares, these wetlands feature nine interconnected ecosystems: sea, beach, mudflat, lagoon, estuary, river, island, coastal forest and mangrove forest. The area is also a known nesting ground for endangered species such as the green turtle and painted terrapin. At the wetlands, visitors can cruise down the river, go fishing and visit an aquaculture farm to observe how fish and oysters are bred. Accommodation is available in Penarik, 20km away. The wetlands are 35km from Jerneh.

KEMAMAN RECREATIONAL PARK AND MINI ZOO, KAMPUNG IBOK

Located in the village of Kampung Ibok, about 14km from Chukai town, this family favourite features a water park, aquarium, elephant park, bird park, orchid garden, fruit orchard and herb garden. Visitors can also enjoy amazing views of the surroundings from the suspension bridge and observation deck.

HOMESTAY RHU SEPULUH, SETIU

An authentic rural Malaysian experience awaits homestay guests at Kampung Rhu Sepuluh, a rustic fishing village in the Setiu district. Guests are encouraged to take part in the daily life of the village. Activities include traditional games, fishing trips and visits to cottage industries. The village is a scenic 50km-drive from Kuala Terengganu.

BESUT: THE HUB OF THE WOODCARVING INDUSTRY

The northern district of Besut takes pride of place as the woodcarving capital of Terengganu. Visitors can admire the intricate and exquisite designs of this time-honoured art at the Kampung Raja Woodcarving Centre or pay a visit to the master woodcarvers themselves in Kuala Besut, just 3km from the Terengganu-Kelantan border. Featuring motifs inspired by Islamic art and nature, traditional Terengganu woodcarvings can be found in many public buildings and private abodes, adorning doorways, window shutters and furniture.

LA HOT SPRINGS

Visitors flock to these natural hot springs for a chance to enjoy the therapeutic properties of the sulphur-rich water. Surrounded by a recreational forest and clear streams, this unique spot also offers activities such as fishing, camping and jungle-trekking. Chalets and campgrounds are available for overnight visitors. It is located along the way to Jerteh, about 100km north of Kuala Terengganu.

PANTAI BUKIT KELUANG (BUKIT KELUANG BEACH), BESUT

One of the many hidden gems of Terengganu, Pantai Bukit Keluang offers a variety of outdoor experiences for all to enjoy. Besides a long stretch of pristine white sands, the area also features rocky outcrops, lush rainforests, a river and caves for visitors to explore. Located 10km from Kuala Besut, Pantai Bukit Keluang is a favourite weekend stopover for both locals and visitors. Other popular activities here include swimming, snorkelling and windsurfing. Resort accommodation is available just 500m from the beach.

PANTAI PENARIK (PENARIK BEACH), SETIU

Easily accessible from Kuala Terengganu just 58km away, Pantai Penarik offers a picturesque setting complete with a long sandy coastline, sparkling waters, quaint fishing villages and traditional Malay houses. From here, visitors can enjoy breathtaking vistas of the state's most famous islands, including Redang, Lang Tengah and Perhentian. Located 90km north of Kuala Terengganu, the beach is perfect for holidaymakers looking for a quiet and relaxing getaway. A wide range of accommodation dots the Penarik stretch of coastline, including beachside chalets and resorts.

RANTAU ABANG TURTLE SANCTUARY

About 69km south of Kuala Terengganu, Rantau Abang is famous for being one of only six hatching sites in the world where giant leatherback turtles come ashore to lay their eggs. For those who would like to know more about the turtles, the Turtle Information Centre is a definite must-see. An Aquatic Bio-Diversity Gallery at the Turtle & Marine Ecology Centre within the vicinity of the Turtle Information Centre also offers displays of marine life species, seashells, replicas of marine life and marine information.

GUNUNG TEBU/LATA BELATAN WATERFALL, SETIU

Just 24km away from Jerteh town, Gunung Tebu is said to be one of the easiest mountains to climb in Terengganu. Steeped in legend and blessed by rugged natural beauty, the Gunung Tebu peak is also the place to catch breathtaking views of Pulau Perhentian and the South China Sea. Visitors are advised to hire an experienced guide to lead them up. It takes trained climbers two to three hours to reach the summit. On the way down, visitors can stop by the Lata Belatan Waterfall to rest and cool off.

MEMORIAL BATU BERSURAT (MEMORIAL OF THE INSCRIBED STONE), HULU TERENGGANU

Dating back to the 4th century, the Batu Bersurat Terengganu, or Inscribed Stone of Terengganu, is the earliest recorded evidence of the spread of Islam in the region. It is listed on the United Nations Memory Of The World register, a UNESCO programme aimed at preserving the world's documentary heritage. A replica of the stone tablet has been built as a memorial in Kampung Buluh, Kuala Berang, where it was originally discovered in 1903. The site is 38km southwest of Kuala Terengganu.

PANTAI KELULUT (KELULUT BEACH), MARANG

Located 21km south of Kuala Terengganu, this recreational beach is best known as the venue for the annual district Cultural Fiesta and Kapas-Marang International Swimathon. A popular weekend destination, the beach is well equipped with facilities such as gazebos, washrooms, a performance stage and ample parking. Food stalls and restaurants nearby serve up fresh seafood delicacies and local favourites.

JENANG TRADITIONAL VILLAGE, MARANG

The traditional Malay village of Kampung Jenang offers visitors an opportunity to mingle with friendly villagers and observe thriving cottage industries such as the making of palm sugar, local tobacco and traditional thatched attap roofs. Visitors will also get to watch trained monkeys pluck coconuts. The village is located 30km from Kuala Terengganu and one hour by boat from the Marang Jetty. It is the main stopover for Marang river cruises offered by several tour operators.

PANTAI KEMASIK (KEMASIK BEACH), KEMAMAN

Located 22km north of Chukai town, Kemasik Beach is much more than just a beautiful beach with interesting rock formations. Situated nearby is a traditional fishing village where visitors can observe a simpler yet fascinating way of life. As traditional beach fishing is still practised here, visitors will also have the opportunity to try their hand at pulling in fishing nets on the beach. Facilities here include rest areas and a children's playground. Several food stalls offering light snacks and local delicacies are also available.

CHEMERONG WATERFALL

The multi-tiered Chemerong Waterfall is widely regarded as the highest waterfall in Malaysia. A truly spectacular sight, the water cascades down some 305m of rugged cliffs and rock faces before reaching the bottom. It is located within the Chemerong Forest Reserve, just 30km from Bandar Al Muktafi Billah Shah in Dungun.

trgforestry.terengganu.gov.my

GETTING THERE AND AROUND

Terengganu is accessible via an interconnected network of expressways and roads from all major towns and cities in Peninsular Malaysia. The state is also easily accessible by air with Malaysia Airlines and AirAsia offering daily flights from Kuala Lumpur to the Sultan Mahmud Airport in Kuala Terengganu, just 14km from the city centre. Besides daily flights to Kuala Terengganu from Penang, Firefly also flies to Kerteh in Kemaman from Subang. Berjaya Air operates daily direct flights from Kuala Lumpur to Redang Island.

Getting around Kuala Terengganu is a breeze as Heritage City shuttle buses ply a fixed route past the city's top attractions. Taxis are also easily available in the city and major towns.

SHOPPING AND DINING

The best shopping experiences in Terengganu revolve around its cultural heritage and vibrant cottage industries. An endless array of shops selling all kinds of local products can be found at the Payang Central Market and Bazaar Warisan in Kuala Terengganu's city centre. Souvenir items

include Terengganu handicrafts such as silverware, batik, *songket*, brassware as well as woven pandanus mats and baskets.

Terengganu serves up a tempting variety of local delicacies which can be found almost everywhere in the state. Western cuisine is available at hotels while fast food outlets can be found in most major towns. Terengganu is well known for rice-based dishes such as *nasi dagang* with *gulai ikan tongkol* (spiced rice with spicy tuna curry), *nasi kunyit* (glutinous rice cooked in coconut milk and turmeric) and *nasi kerabu* (rice mixed with various herbs, spices and vegetables). Other must-try local delicacies here are the *keropok lekong* (crackers made from a mixture of fish and sago), *laksam* (flat rice noodles in a rich fish gravy) and *budu* (fermented anchovies).

ACCOMMODATION

There is a wide range of accommodation to suit all tastes and preferences, from luxurious beach resorts and boutique hotels to budget accommodation. The main islands are equipped with well-appointed resorts as well as comfortable budget chalets.

LIST OF HOTELS

BESUT

Bukit Keluang Beach Resort ***
t : 609 695 4100
w : www.bkbr.com.my

Taman Azimos Chalet
t : 609 695 7405

Demong Beach Resort Chalet
t : 609 695 5500

Rumah Rehat Kerajaan
t : 609 695 6326

PULAU PERHENTIAN BESAR

Arwana Perhentian Eco Resort & Beach Chalet
t : 609 691 1888
w : www.arwanaperhentian.com.my

Coral View Island Resort
t : 609 697 4943
w : www.coralviewislandresort.com

New Cocohut Chalet/Cozy Resort
tel: 609 697 4982/691 1811
www.perhentianislandcocohut.com

Fauna Beach Chalet
t : 609 697 7607

Floral Bay Chalet
t : 609 691 1666

Perhentian Island Resort ***
t : 609 697 4900
w : www.perhentianislandresort.net

Tunabay Island Resort
t : 609 690 2902
w : www.tunabay.com.my

PULAU PERHENTIAN KECIL

Bubu Long Beach Resort
t : 603 2142 6688/609 691 1333
w : www.buburesort.com.my

Senja Bay Resort
t : 609 691 1799
w : www.senjabay.com

Shari-La Island Resort
t : 609 691 1500
w : www.shari-la.com

DUNGUN

Dahima's Guest House
t : 609 845 2843

Merantau Inn
t : 609 844 1131

Pasir Raja Resthouse
t : 609 848 1616

The Qamar Resort Paka ****
t : 609 827 3366
w : www.theqamar.com

Six Villa Inn
t : 609 827 4398
w : www.sixvillainn.com

Sri Gate Hotel
t : 609 848 1648

Sura Hotel
t : 609 848 1716

Tanjong Jara Resort *****
t : 603 2719 8000/609 845 1100
w : www.tanjongjaresort.com

Turtles De' Village Inn
t : 609 845 6001

UiTM Hotel **
t : 609 848 1700

Rumbia Resort Villa
t : 609 827 2020
w : www.rumbiaresort.com

PULAU TENGGOL

Tenggol Island Beach Resort
t : 6012 680 1148
w : www.pulautenggol.com

Tenggol Island Resort
t : 609 848 4862

KUALA BERANG

Selasih Hotel
t : 609 681 1655

Lake Kenyir Resort
t : 609 666 8888
w : www.lakekenyir.com

Kenyir Sanctuary Resort
t : 6013 936 6514

Musang Kenyir Resort
t : 609 623 1888

Lake Land Resort
t : 603 6273 2213

Petang Island Resort
t : 609 622 1276

KEMAMAN

Resorts World Kijal *****
t : 609 864 1188
w : www.rwgenting.com

Cheneh Recreation & Resort
t : 609 873 0541

Muni Hotel
t : 609 859 2366

Kemaman Seaview Hotel
t : 609 859 6337

Serasi Inn Kerteh
t : 609 826 6627

Tiara Hotel
t : 609 859 1802

KUALA TERENGGANU

Terengganu Equestrian Resort
t : 609 617 7755
w : www.ter.my

Ming Star Hotel
t : 609 622 8666
w : www.mingstarhotel.com

Batu Burok Beach Resort **
t : 609 622 1410
w : www.bbbr.my

Hotel Grand Continental ***
t : 609 625 1888
w : www.ghihotels.com.my

Alamanda Hotel
t : 609 622 8888

Ri-Yaz Heritage Marina Resort & Spa ****
t : 609 627 7888
w : www.ri-yazheritage.com

Indah Hotel
t : 609 623 3023

K.T. Beach resort
t : 609 631 5555

K.T. Mutiara Hotel
t : 609 622 2655

K.T. Travellers Inn
t : 609 622 3666

Hotel Kenangan
t : 609 622 2688
w : www.hotelkenangan.com.my

Motel Desa
t : 609 622 3033

Permai Hotel Kuala Terengganu ***
t : 609 622 2122
w : www.permaihotelkt.com.my

Primula Beach Hotel ****
t : 609 622 2100
w : www.primulahotels.com

Qurata Riverside
t : 609 617 5500

Seaview Hotel t : 609 622 1911	PULAU REDANG The Taaras Beach & Spa Resort **** t : 609 630 8888 w : www.thetaaras.com	Lang Sari Resort t : 603 2166 1380 w : www.langsari.com	SETIU The Aryani Resort t : 609 653 2111 w : www.thearyani.com
Seri Indah Resort ** t : 609 622 2633	Coral Redang Island Resort t : 609 623 6200 w : www.coralredang.com.my	MARANG Angullia Beach House Resort t : 609 618 1322 w : www.angulliaresort.com	Gem Beach Resort *** t : 609 669 5910 w : www.gembeach.com.my
Hotel Seri Malaysia ** t : 609 623 6454 www.serimalaysia.com.my	Laguna Redang **** t : 609 631 0888 w : www.lagunaredangtt.com.my	Duta Retreat t : 603 888 6748	Kembara Resort t : 609 653 1770 w : kembararesort.tripod.com
Sri Hoover Hotel t : 609 623 3823	Mozana Beach Resort t : 609 630 1900	Island View Resort t : 609 618 2006	Nelayan Inn t : 609 697 7921
Terengganu Hotel t : 609 622 2900	Redang Bay Resort *** t : 609 620 3200 w : www.redangbay.com.my	Kamal Guest House t : 609 618 2181	Peladang Setiu Agro Resort t : 609 690 2245 w : www.peladangsetiuagroresort.com
YT Midtown Hotel ** t : 609 622 3088	Redang Beach Resort t : 609 623 8188 w : www.redang.com.my	Marang Waterfront Resort & Spa t : 609 618 3999	Merang Suria Resort t : 609 653 1600 w : www.suriaresorts.com
Awi's Yellow House t : 609 622 2080	Redang Kalong Resort t : 609 622 1591 w : www.redangkalong.com	Rhu Muda Resort t : 609 618 1934	Sutra Beach Resort *** t : 609 653 1111 w : www.sutrabeachresort.com.my
Penginapan Nur Atikah t : 609 623 1973	Redang Lagoon t : 609 666 5020 w : www.redanglagoon.com	Hotel Seri Malaysia ** t : 609 618 2889 w : www.serimalaysia.com.my	<i>Please note that this list is not exhaustive.</i>
Ping Anchorage Travellers Inn t : 609 626 2020 t : www.pinganchorage.com.my	Redang Reef Resort t : 609 622 6181 w : www.redangreefresort.com.my	PULAU KAPAS Makcik Gemok Resort t : 609 624 5120	
Sri Tanjung Hotel t : 609 626 2636	Redang Pelangi Resort t : 609 624 2158 w : www.redangpelangi.com	Kapas Beach Chalet t : 6012 288 2008	
Triple A Guest House t : 09 622 7372	PULAU LANG TENGAH Redang Lang Island Resort t : 609 623 9911	Kapas Island Resort *** t : 609 624 9493 w : www.kapislandresort.com	
Wisma Hajah Chik t : 09 624 5333	D'Coconut Lagoon t : 603 4252 6686 w : www.dcoconutlagoon.com	Kapas Turtle Valley t : 6013 354 3650 w : www.kapasturtlevalley.com	
Yaseen Guest House t : 019 936 6575		PULAU GEMIA Gem Island Resort & Spa t : 609 688 2505 w : www.gemisland.com.my	
Felda Residence Kuala Terengganu **** t : 09 632 1111 w : www.feldatravel.com.my			
Hotel Tanjong Vista t : 609 631 9988 w : www.hoteltanjongvista.com.my			

TERENGGANU SNAPSHOTS

- Just as it is in Kelantan and Kedah, the workweek begins on Sunday and ends on Thursday in Terengganu, with weekends falling on Friday and Saturday.
- Rich in oil and gas reserves, Terengganu is a leading player in Asia's oil, gas and petrochemical industry.
- The state's petrochemical/gas processing plants and supporting petroleum-based industries are based in Paka and Kerteh.
- As a former vassal state of Siam, Terengganu features an infusion of Thai influences in its culture and cuisines.
- Archeological finds in Hulu Terengganu, dating back at least 10,000 years, have revealed that Terengganu was inhabited well before the first millennium.



KELANTAN

CRADLE OF MALAY CULTURE

The state of Kelantan is located in the northeastern corner of Peninsular Malaysia, bordered by Thailand to the north. With an area of 14,920sq km, it is very much an agrarian state, and has lush paddy fields, rustic fishing villages and beautiful, casuarina-lined beaches. It is also home to some of the most ancient archaeological discoveries in Malaysia, including several prehistoric aboriginal settlements.



▲ Pasar Siti Khadijah (Siti Khadijah Market)

Kelantanese culture is wonderfully unique, from its delicious cuisine to the distinctive Kelantanese Malay dialect spoken throughout the state. Acknowledged as the “Cradle of Malay Culture”, Kelantan is a veritable showcase of traditional Malay customs and art forms. These include the *dikir barat*, a traditional Malay musical form performed by groups; *wau* or giant kite-flying; giant top spinning; *silat* or the Malay art of self-defence; and *wayang kulit* or shadow puppetry. Handicrafts such as batik, *kain songket* (woven brocade) and silverware from Kelantan are especially fine and sought after.

As a border state and former vassal state of Thailand, Kelantan has absorbed influences from Thai culture and traditions. During World War II, Kelantan was the first place to be invaded by Japanese forces in Southeast Asia. A collection of Japanese relics can be viewed at the War Museum.

Kelantan is also known as “Serambi Mekah” or the “Gateway to Mekah” as Islamic scholars come here to prepare for further studies in the Middle East.

Genuinely warm and unassuming, the Kelantanese are always ready to graciously welcome visitors to their state.

www.tourism.gov.my

KOTA BHARU

Despite moving into the 21st century, the state capital has managed to retain its laid-back charm. Kota Bharu is home to many mosques, museums and old royal palaces, the architecture of which is unique to this region. From the main market to cultural enclaves and food stalls, Kota Bharu has much to offer, and visitors are encouraged not to rush through but take their time to savour every moment spent here.

PASAR SITI KHADIJAH (SITI KHADIJAH MARKET)

This market is the economic centre of the community, a great introduction to the people and cuisine of Kelantan. It is named after Prophet Muhammad’s entrepreneurial wife - a fitting name for a market uniquely run by mostly women. It has something for everyone, from fresh produce to traditional crafts and cakes. It is also a slice of life in Kelantan, abuzz with the colours, scents and sounds of the local community.

KAMPUNG KRAFTANGAN (HANDICRAFT VILLAGE AND CRAFT MUSEUM), BALAI GETAM GURI

Located in the heart of Kota Bharu’s cultural zone, the Handicraft Village and Craft Museum provide visitors with the opportunity to see firsthand how the state’s famous handicrafts are made. Demonstrations of traditional embroidery, *songket* weaving, batik printing, silverwork and woodcarving are all carried out by skilled artisans. The Craft Museum houses many fine examples of Kelantanese craftsmanship, and the village also has products for sale.

WAR MUSEUM (BANK KERAPU)

This building was built by Mercantile Bank in 1912. Used by Japanese troops during World War II as a secret police station for war coordination, it continued to function as a bank until 1992, when it was turned into the War Memorial by the Kelantan Museum Corporation. It houses more than 1,000 exhibits relating to the war, including a range of Japanese tools used during the Japanese Occupation. Numerous articles and photographs also help to bring visitors back to the past.

www.jmm.gov.my/ms/museum/bank-kerapu-second-world-war-memorial

MUSEUM OF ROYAL CUSTOMS AND TRADITIONS (ISTANA JAHAR)

This museum was built in 1887 by Sultan Muhamad, with intricate woodcarvings and elaborate roofs that showcase excellent Kelantanese craftsmanship. The palace has been converted into a museum to share even more of Kelantanese heritage and culture with the world. Here, visitors can learn all about royal births, weddings and other ceremonial occasions.

ROYAL MUSEUM (ISTANA BATU)

The Royal Museum was built in 1939 under the reign of Sultan Ismail I. Formerly the palace of the crown prince, it was donated to the state to be used as a museum. Today, the richly furnished rooms are a lovely repository of Kelantan royal family regalia and the museum disseminates information on the state’s royal family, their personal collections and palace decorations.

www.jmm.gov.my/en/museum/istana-batu-royal-museum

STATE MUSEUM

The State Museum sits in the building which originally housed the Land Office under British rule. Converted into a museum today, it houses special exhibits such as traditional arts, crafts and musical instruments. There are even artefacts of ceramics from early trading with China.

www.jmm.gov.my/en/museum/kelantan-state-museum

MASJID MUHAMMADI (MUHAMMADI MOSQUE)

The Muhammadi Mosque is the state mosque of Kelantan, built originally of wood in 1867 and renovated several times since then. Unique in its architecture, it appeals to both pilgrims and visitors who are interested in its history. Used daily and on special occasions, it is also known as a centre for spreading Islamic teachings in Kelantan.

GELANGGANG SENI (CULTURAL CENTRE)

Located just outside Kota Bharu, this cultural centre is the best place in Kelantan to sample a taste of the rich cultural heritage of the state, rarely seen anywhere else in Malaysia. A range of traditional activities are showcased, including bird-singing competitions, *wau* or giant kite-flying, top spinning, playing of *rebana ubi* or giant drums, *silat* or Malay martial arts and *wayang kulit* or shadow puppetry. There are also fascinating dance and musical performances.

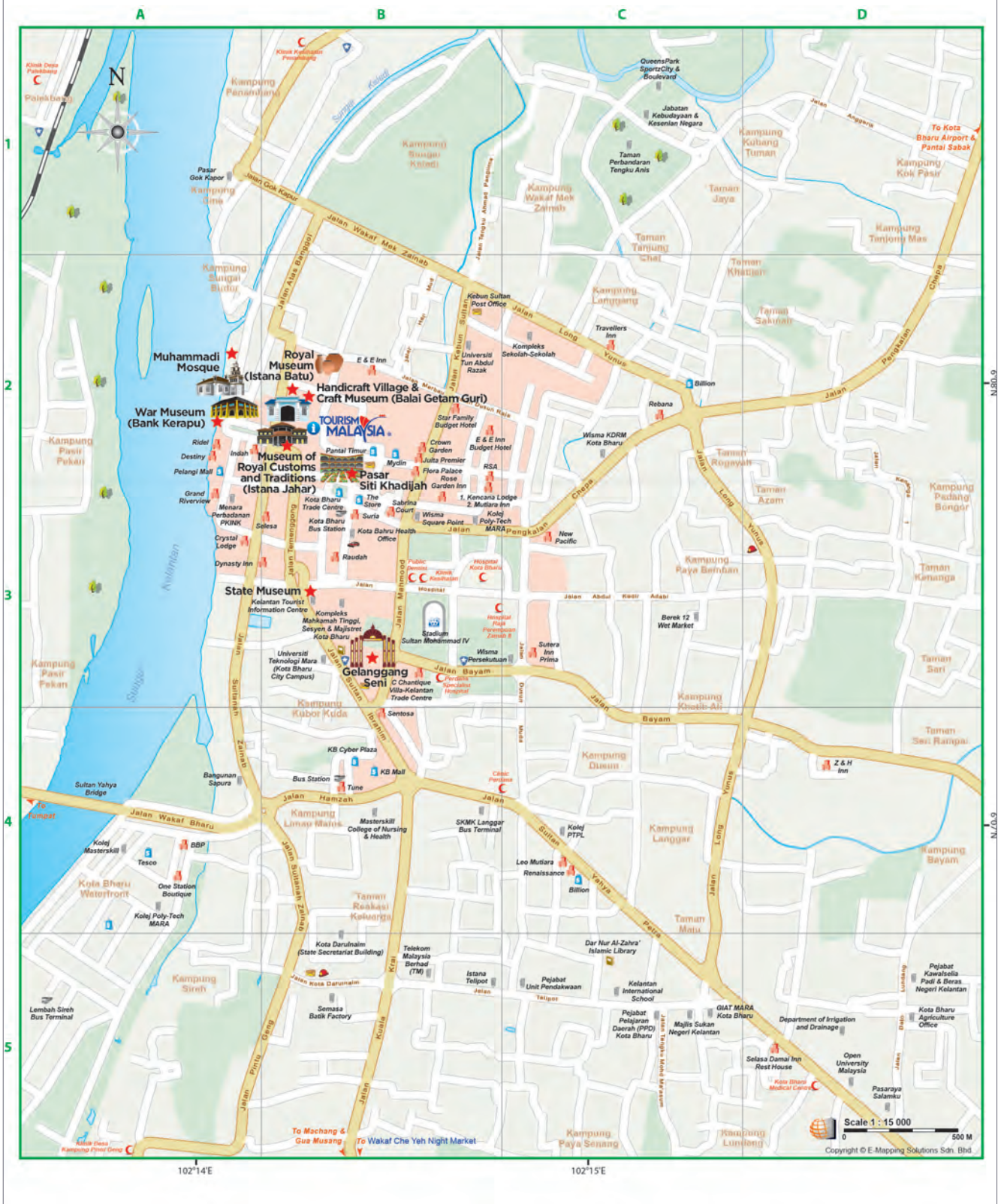
KELANTAN



LEGEND

- | | | | |
|---|----------------|----------------------|--|
| ■ State Capital | Airport | Railway Line | ★ Place of Interest |
| ● District | Major Road | International Border | |
| ● Town | Secondary Road | State Border | |


KOTA BHARU



LEGEND

	Cleared Land / Grass		Place of Interest		Important Landmark		Fire Station
	Built-up Area		Tourist Information Centre		Hospital / Medical Centre		Taxi Station
	Town Area		Shopping Centre		Police Station		Sports Complex
	Major Road		Hotel		Post Office		KTM Route
	Secondary Road		Bus Station		Library		



 Gua Ikan, Kuala Krai

WAKAF CHE YEH NIGHT MARKET

This is the largest market in the state, about 4km from Kota Bharu, and quite close to the Thai border. Functioning as a wet and wholesale market during the day, it comes alive at night, with an assortment of local products ranging from fabrics and clothes to food and local fruits. Whether just wandering around and taking in the local colour or haggling with local traders, a visit here is as entertaining as it is eye-opening.

MENARA TINJAU (OBSERVATION TOWER), PADANG MERDEKA

This observation tower is located on Padang Merdeka or Merdeka Square in the centre of Kota Bharu near the banks of the Kelantan River. Visitors can make their ascent up to the top of the tower. From this vantage point, a 360-degree bird's eye view of the quaint beauty of Kota Bharu can be enjoyed, day or night.

BEYOND KOTA BHARU

PANTAI CAHAYA BULAN (BEACH OF MOONLIGHT)

Just 10km from Kota Bharu, Beach of Moonlight is a particularly beautiful stretch of white sandy beach that is popular for family outings and picnics. It also has a variety of water sports including parasailing and canoeing, as well as horse riding. Food stalls and restaurants are dotted along the beach, offering fresh barbecued seafood.

RANTAU PANJANG DUTY-FREE ZONE

In this major border crossing on the Malaysia-Thai boundary, about 40km from Kota Bharu, is a duty-free zone that's extremely popular with shoppers. All kinds of merchandise are available, including clothes, shoes, homeware and food. Little cafes and stalls are great places to take a break for a cold drink or snack.

PENKALAN KUBOR DUTY-FREE ZONE

Also located on the Malaysia-Thai border, this duty-free zone is the place to go for a wide variety of t-shirts, souvenirs, household items and more. Unlike air-conditioned exclusive duty-free shops at the airport, these are open-air stalls where visitors can immerse themselves in the local style of shopping and haggle for the best prices.

RECLINING BUDDHA TEMPLE (WAT PHOTIVIHAN), TUMPAT

This is a Thai Buddhist temple in the town of Tumpat, approximately 15km from Kota Bharu, that houses the largest reclining statue of Buddha in Malaysia. This 40m statue was constructed in 1973 with donations from various Buddhist associations in Malaysia and Thailand.

SEATED BUDDHA TEMPLE (WAT MACHIMMARAM), TUMPAT

Kelantanese of ethnic Thai origin live mostly in the town of Tumpat, the site of most of the state's Buddhist temples, numbering 200 or more. The Wat Machimmaram houses a large Seated Buddha that is 30m high and 18m wide, reputedly the largest Seated Buddha in Southeast Asia. It is a popular pilgrimage destination for Buddhist devotees, especially during festive and auspicious days.

DRAGON BOAT TEMPLE (WAT MAI SUVANKHIRI), TUMPAT

Also in Tumpat and spread over an area of four hectares, this breathtakingly beautiful complex consists of two temples. The main temple houses a replica of a dragon that is about 45m in length.



 Gunung Stong State Park, Dabong

GUNUNG STONG STATE PARK, DABONG

This forested area, totaling 21,950 hectares, features several prominent mountain peaks and one of the highest waterfalls in Malaysia, the seven-tiered Jelawang Waterfall. The park is a significant conservation area flourishing with flora and fauna including the Asian elephant, Malayan tiger and tapir. Breathtaking 225-million-year-old limestone caves can be explored, and the Bogo Rock Shelter is a cave-like formation that serves as a resting point on the way to the summit of Gunung Stong. Meanwhile, Gunung Ayam, the highest peak at 1,504m, is an ideal spot to catch a beautiful sunrise or sunset. A campsite is available for overnight stays, and the assistance of a qualified and knowledgeable trekking guide will make exploration of the park more meaningful and interesting. Entrance to the park is at the quaint village of Dabong, about 155km from Kota Bharu, where a hotel is also available.

www.kesedar.gov.my/en/gua-stong

GUA IKAN, GUA BATU SUSUN AND GUA KERIS, KUALA KRAI

These three caves can be accessed via long-tailed boats along the Galas River. Gua Ikan or Fish Cave is named after a solitary fish-shaped rock. It is a fascinating experience for naturalists, with a huge chamber of beautifully sculpted stalactites and stalagmites as well as resident bats. The other two caves have smaller passageways and more intricate routes, presenting greater challenges. One-day caving adventures involve a two-hour boat ride from Kuala Krai to Dabong before proceeding to the caves. Kuala Krai is about 70km from Kota Bharu.

KUALA KOH NATIONAL PARK

Taman Negara is Malaysia's premier and largest national park that is spread over the three states of Pahang, Kelantan and Terengganu. Sprawling over 1,013 sq km, the National Park in Kuala Koh makes up 24% of the total park area. It is situated about 185km from Kota Bharu. Numerous trails and treks are a great way to get to know the surroundings, such as the "ficus trail" across the river. Other organised activities include a canopy walk, night safari and a visit to an Orang Asli or indigenous settlement. Accommodation is available in chalets, dormitories and camping grounds, and guided tours are recommended. A park entry permit and camping fee are charged.

www.kesedar.gov.my/en/kuala-koh

MUZIUM WAU KELANTAN (KELANTAN KITE MUSEUM), PANTAI SRI TUJUH

The *wau* or traditional kite museum at Pantai Sri Tujuh, 26km from Kota Bharu, is a complete showcase of kite culture, providing information on the history and development of these giant kites. The museum has displays of the various types of kites, and also teaches visitors about the age-old traditions in Kelantan and other states in Malaysia, as well as traditional kites from around the world. Enthusiasts who are keen to learn are taught how to make decorative kites and fly them properly.

MASJID KAMPUNG LAUT (KAMPUNG LAUT MOSQUE), NILAM PURI

The Kampung Laut Mosque was originally built in Kampung Laut (hence its name) by the Kelantan riverbank. Floods damaged it in 1967 and it was then relocated to Nilam Puri. One of the oldest mosques in Malaysia, its architecture dates it at around 300 years old. Its unique architecture has been adopted into many official buildings in Kelantan. Nilam Puri is about 15km from Kota Bharu.

PANTAI IRAMA (BEACH OF MELODY), BACHOK

The Beach of Melody in Bachok, about 25km from Kota Bharu, got its name from the gently hushing sound of the sea breeze. Commonly known to be the most beautiful beach in Kelantan, it is a popular spot for families. Water sports are readily available, as are restaurants and barbecue facilities.

SWEE NYET KONG TEMPLE, PULAI

In Pulai, about 29km from Kota Bharu, this Chinese temple contains a sacred painting of the Goddess of Mercy or Kuan Yin, estimated to be 500 to 700 years old. Every year, a nine-day festival is held in honour of her birthday, with devotees coming from all around Asia. It is said that the painting was brought from China by one of the early Chinese immigrants. He purportedly received divine instructions to go to Pulai in search of gold which he then found. Pulai is the earliest settlement of Chinese immigrants in Malaysia.



 Kuala Koh National Park

TASIK PERGAU (LAKE PERGAU), JELI

Tasik Pergau is surrounded by lush rainforests of the Pergau Lake Sanctuary Park that provide the backdrop to the lake's own enchanting beauty. The tranquil environment of the lake is a draw for those wishing for a quiet holiday, while the fauna and flora in the area are equally attractive to nature lovers. For angling enthusiasts, Tasik Pergau is teeming with freshwater fish, including the *toman* or snakehead, and carp. Accommodation is available at a resort by the edge of the lake. From Kota Bharu, it's about 94km to Jeli where the jetty is located.

www.kesedar.gov.my/en/tasik-pergau

SUNGAI NENGGIRI AND GUA CHA (NENGGIRI RIVER AND CHA CAVE), GUA MUSANG

The Nenggiri River originates in the southwestern corner of Kelantan, offering opportunities for Grade 1 - 2 whitewater rafting along a series of rapids while taking in the spectacular scenery and occasional wildlife. The river can be rafted all year long. Cha Cave is the largest rock shelter along the river valley, and can be visited before starting out down river. Neolithic remains date the shelter 5,000 to 9,000 years back, and include well-made stone tools, pottery, shell necklaces and stone bracelets. Tour operators offer packages that include rafting, camping, as well as visits to nearby caves and Gunung Stong. Gua Musang, the nearest town to the cave and also the departure point for rafting, is about 186km from Kota Bharu.

www.kesedar.gov.my/en/sungai-nenggiri

GETTING THERE AND AROUND

There are daily flights to Kota Bharu from Kuala Lumpur offered by Malaysia Airlines, AirAsia and Malindo Air, while Firefly also offers flights from Penang and Johor Bahru. Keretapi Tanah Melayu (KTMB) or Malayan Railway

offers a more laid-back journey by rail from Kuala Lumpur and Johor Bahru, while express buses and taxis are also available. Buses and taxis ply the roads between Kota Bharu and the outlying districts. In Kota Bharu itself, trishaws are a more affordable and quaint mode of transportation.

SHOPPING AND DINING

With Kelantan being renowned for its traditional handicrafts, there is a whole range of products to buy that are genuinely made in Kelantan. From handmade batik and *kain songket* to silverware and woodcarvings, this is the state that has it all. A great place to start is Balai Getam Guri Handicraft Village and Craft Museum, while markets like Pasar Siti Khadijah and Wakaf Che Yeh Night Market have something for everyone. Meanwhile, the duty-free zones at Rantau Panjang and Pengkalan Kubor right on the Thai border have great buys at really affordable prices.

Local Kelantan specialities are renowned throughout Malaysia for their unique flavours. One of the most popular is *nasi dagang*, a mix of rice cooked in coconut milk and spices and eaten with a chicken or fish curry. *Nasi kerabu* is rice mixed with lots of raw vegetables and condiments and served with grilled fish and a special sauce made from fermented fish called *budu*. Another rice dish, *nasi tumpang*, is immediately recognisable as it's packed in a cone-shaped banana leaf.

ACCOMMODATION

Accommodation in Kota Bharu is fairly well appointed and range from modest, no-frills establishments to more luxurious hotels.

LIST OF HOTELS

KOTA BHARU

Renaissance Kota Bharu*****
 t : 609 746 2233
 w : www.marriott.com

Grand Riverview Hotel****
 t : 609 743 9988
 w : www.grv.com.my

Emaslink Pacific Hotel****
 t : 609 745 6555
 w : www.newpacifichotel.com.my

Crown Garden Hotel
 t : 609 743 2228

Sutera Inn Prima***
 t : 609 744 1000
 w : www.suterainn.com

Julia Inn Premier Hotel***
 t : 609 744 6888

Crystal Lodge***
 t : 609 747 0888
 w : www.crystalodge.com.my

Hotel Raudah
 t : 609 747 0055

Dynasty Inn**
 t : 609 747 3000

Suria Hotel**
 t : 609 743 2255

Temenggong Hotel**
 t : 609 748 3481/3130

Hotel Anda
 t : 609 747 7600

Sabriena Court
 t : 609 744 7944

Kencana Lodge
 t : 609 747 7222

KB Garden Hotel
 t : 609 747 4603

Paloh Inn
 t : 609 743 3629

Hotel Politan
 t : 609 741 8888

E'n'E inn
 t : 609 743 9968

Hotel Sentosa
 t : 609 744 3200

Dani Hotel
 t : 609 748 6790

Star Family Hotel
 t : 609 748 2970/6115

Sri Cemerlang Baru Lodge
 t : 609 744 9648

Irama Timur Resthouse
 t : 609 747 1741

SDI Budget Hotel
 t : 609 743 9475/9495

Hotel Bharu
 t : 609 745 3232

Flora Place
 t : 609 747 7888
 w : www.thefloraplace.com

Perdana Resort
 t : 609 774 2284

GUA MUSANG

Fully Inn***
 t : 609 912 3311/3366/3399

Kesedar Inn**
 t : 609 912 2131
 w : www.kesedarinn.com.my

Evergreen Hotel
 t : 609 912 2273

Hotel Usaha
 t : 609 912 4003

BACHOK

Sri Melawi Chalet
 t : 609 778 1998/6012 900 8529

TANAH MERAH

Tanah Merah Hotel
 t : 609 955 7682

Please note that this list is not exhaustive.

LOCAL HANDICRAFTS

Often referred to as the cradle of Malay civilisation, Kelantan has a wealth of handicrafts whose art has been handed down from generation to generation.

• BATIK

Kelantanese batik is noted for its fine quality and designs. It is used in all kinds of clothing for both men and women, as well as other items such as scarves and even tablecloths.

• SONGKET

Songket or “cloth of gold” is a legacy of the early Kelantan court, where silk from China and silver and gold threads from India were woven into this rich brocade. Once only used by royalty, it's now shown off by everyone at ceremonial occasions and weddings.

• WOODCARVING

The Kelantanese are famed for their crafting skills, evident in the intricate and complex designs of woodcarvings on all kinds of wood including driftwood. Beautiful woodcarving creations are available as mirror frames, *rehal* or Al-Quran stands, decorative panels and more.

• SILVERWARE

Kelantanese silversmiths are noted for their fine, detailed work and craftsmanship, producing items that range from the functional to the decorative including tea sets and jewellery.







EAST MALAYSIA

SABAH • SARAWAK • LABUAN

Separated from Peninsular Malaysia by the South China Sea, the states of Sabah and Sarawak, as well as the Federal Territory of Labuan, boast a wealth of attractions that are known the world over. Covering great expanses of rainforests, immense caves and tropical islands, the states are incredibly rich in plant, animal and marine life as well.

Sabah is perched on the northeastern corner of Borneo Island. Its national parks are famed for a variety of fauna and flora including the gigantic Rafflesia flower, orang utan and pygmy elephant. Its islands, including the celebrated Sipadan, are well known among the world's diving community.

Sarawak, taking up the northwestern part of Borneo, is Malaysia's largest state. It has a wealth of natural treasures including some of the world's largest cave chambers and an abundance of wildlife. Its population is made up of a diverse mix of peoples including indigenous tribes who warmly invite visitors to experience their way of life in the rainforest.

In between Sabah and Sarawak lies the island of Labuan, an offshore international financial centre that holds much significance historically. Its duty-free status makes it a popular destination for shopping while divers converge here for excellent wreck diving.

SABAH

LAND BELOW THE WIND

Often referred to as the “Land Below the Wind”, Sabah occupies the eastern part of North Borneo. Brimming with natural wonders and attractions, the state is mountainous with tropical rainforests. Its long history of efficient wildlife and forest management is reflected in the many sanctuaries, reserves and parks that are spread all over the state.



Covering an area of 74,500sq km, Sabah is the second largest state in Malaysia after Sarawak. Its state capital is Kota Kinabalu. While major towns and urban centres are generally located near the coast, the interior regions remain relatively sparsely populated.

The best of Borneo can be found in this eco-adventure state, from the most challenging whitewater rapids to some of the finest dive spots in the world. Sabah is also known for the abundant and unusual marine life that surrounds its waters. Rich in culture and traditions, Sabah is home to more than 30 ethnic communities with the three main groups being the Kadazan-Dusun, Murut and Bajau.

www.sabahtourism.com

KOTA KINABALU

Formerly known as Jesselton, Kota Kinabalu today is the state capital of Sabah. Affectionately nicknamed KK by the locals, this beautiful waterfront city boasts numerous cultural and historical attractions. It is also undeniably one of the most thriving commercial centres in the region. Well positioned on the northwest coast of the state, Kota Kinabalu is a popular gateway into Sabah and the islands.

TUNKU ABDUL RAHMAN PARK, KOTA KINABALU

Named after Malaysia's first Prime Minister, this marine park encompasses the islands of Gaya, Manukan, Mamutik, Sapi and Sulug. A favourite destination of experienced divers and underwater photographers, the park is home to an abundance of aquatic life and colourful corals. Its relatively shallow waters are also ideal for novice divers and snorkellers. There are five-star resorts on Gaya, chalets on Manukan and a rest house on Mamutik. The park is accessible via a 20-minute speedboat ride from Kota Kinabalu. The departure/arrival point is at the Jesselton Point Ferry Terminal where daily boat transfers are available.

www.sabahparks.org.my

CITY MOSQUE

The City Mosque is a stunning example of contemporary Islamic architecture. Built on a 2.47-acre site at Likas Bay, just 3km from the city centre, it holds the distinction of being the largest mosque in Kota Kinabalu. The mosque complex, which houses three madrasahs and a prayer hall, can accommodate between 9,000 and 12,000 worshippers at a time. Surrounded by a man-made lagoon, this beautiful floating mosque shares similar features with the Nabawi Mosque in Madinah, Saudi Arabia.

GAYA STREET (SUNDAY MARKET)

One of the city's most interesting markets, the Gaya Street Fair takes place every Sunday from 6.30am to 1.00pm. Located in the central business district, this popular Sunday market comprises hundreds of stalls offering a diverse array of goods, from handicrafts and souvenirs to

t-shirts, footwear, toys and foodstuff. It also offers visitors an opportunity to immerse themselves in the local culture.

NORTH BORNEO RAILWAY

The North Borneo Railway is a heritage excursion train service featuring the oldest steam train in Borneo. Decorated in the traditional colours of the original North Borneo Railway, this vintage locomotive transports visitors back to a bygone era. To enhance the overall heritage experience, a delightful tiffin lunch is served on board during the journey. Railway staff are also attired in period-style uniforms. The route stretches from the Tanjung Aru Station, 15km from Kota Kinabalu, to Papar, an agricultural town in an area known as the Ricebowl of Sabah. A round-trip journey takes approximately four hours, whisking visitors past villages, coastal towns, paddy fields, rainforests as well as rubber and coffee plantations. The train has a seating capacity of 80 passengers and runs twice a week on Wednesdays and Saturdays. Advance booking is required.

www.northborneorailway.com.my

SABAH STATE MUSEUM AND HERITAGE VILLAGE

Situated on Bukit Istana Lama, this 17-hectare complex comprises the main museum, Science and Education Centre, Heritage Village, Sabah Art Gallery and Museum of Islamic Civilisation. The exhibits, which fittingly reflect the state's rich cultural heritage and trading history, include ceramics, traditional weapons, costumes, musical instruments, ritual paraphernalia and more. Cultural activities are held regularly at the Heritage Village where traditional houses of Sabah's indigenous peoples are showcased.

LOK KAWI WILDLIFE PARK, KOTA KINABALU

Designed with families in mind, Lok Kawi Wildlife Park brings together the best of nature and wildlife in one destination. At the Children's Zoo, young explorers can observe some unusual wildlife including the Borneo pygmy elephant, proboscis monkey and Malayan tiger. Visitors also have an opportunity to fully enjoy the park's natural beauty along the 1.4km botanical trail.

www.lokkawiwildlifepark.com

BEYOND KOTA KINABALU

KINABALU PARK, KUNDASANG

The first State Park in Sabah, Kinabalu Park also holds the distinction of being Malaysia's first UNESCO World Heritage Site due to its outstanding biological attributes. Situated at 1,585m above sea level, the park is the main starting point of the trail leading to the summit of Mount Kinabalu, the highest peak in Borneo. Covering an area of 754sq km, the park shelters more than 4,500 species of fauna and flora including the much sought-after Rafflesia. The park headquarters is at Ranau, 100km from Kota Kinabalu. Various accommodation options, ranging from hostels to luxury chalets, are available within the park itself.

www.sabahparks.org/eng/kinabalu_park

SABAH



LEGEND

- State Capital
- District
- Town
- ✈ Airport
- ✈ Airstrip
- ⚓ Jetty
- Railway Line
- Secondary Road
- International Border
- - - State Border
- ★ Place of Interest

* Map not drawn to scale

KOTA KINABALU



LEGEND

- | | | | | | | | |
|--|----------------------|--|----------------------------|--|---------------------------|--|--------------------------------------|
| | Cleared Land / Grass | | Place of Interest | | Important Landmark | | Fire Station |
| | Built-up Area | | Tourist Information Centre | | Hospital / Medical Centre | | Golf Course |
| | Town Area | | Shopping Centre | | Police Station | | Sports Complex |
| | Major Road | | Hotel | | Post Office | | North Borneo Railway Route & Station |
| | Secondary Road | | Bus Station | | Library | | |



North Borneo Railway

PORING HOT SPRINGS, RANAU

No trip to Kinabalu Park is complete without a visit to the Poring Hot Springs. Located 400m above sea level, about 40km from the park's headquarters, it provides visitors with a unique opportunity to soak away the aches of the day in the spring's hot sulphuric minerals which are believed to have therapeutic properties. At Poring, visitors can also enjoy breathtaking treetop views from a 43m-high canopy walkway. The Rafflesia, the world's largest flower, is another main attraction here.

www.sabahparks.org.my/eng/kinabalu_park/poring.asp

PULAU SIPADAN (SIPADAN ISLAND), SEMPORNA

An internationally-renowned island, Sipadan was formed by living corals growing on top of an extinct undersea volcano. It is reputed to be one of the ten best dive locations in the world due to the diversity and abundance of marine life found here. Malaysia's only oceanic island, Sipadan boasts an impressive 600m drop into an underwater abyss. There are 12 diving sites in Sipadan, and every dive is highly anticipated as there's always a chance of divers spotting mantas, eagle rays and whale sharks. One of the highlights of diving in Sipadan is the legendary Turtle Cavern which houses many skeletal remains of turtles. The jumping-off point for Sipadan Island excursions is Mabul Island, a 30-minute speedboat ride from Semporna town, 85km east of Tawau. While there is no accommodation on Sipadan itself, Mabul offers a good mix of hostels and hotels to suit every budget.

MALIAU BASIN (SABAH'S LOST WORLD), TAWAU

Spread over a 588.4sq km area, the Maliau Basin has an unusual assemblage of 12 forest types. Although great for

jungle-trekking and birdwatching, the highlight of any trip here is a trek to the majestic seven-tier Maliau Falls. Visitors must obtain permission in advance from Yayasan Sabah to enter the area. The conservation area is accessible by four-wheel drive via Tawau or Keningau, 190km and 160km respectively from the Maliau Basin Security gate. The journey takes between four to six hours, depending on the route. Chalet, rest house and hostel accommodation facilities are available at the Maliau Basin Studies Centre. Visitors can also stay at various satellite camps around Maliau which are connected by well-maintained trails.

www.borneoforestheritage.org.my/maliau/arial.htm

SEPILOK ORANG UTAN SANCTUARY, SANDAKAN

Founded in 1964, this world-renowned sanctuary is dedicated to the rehabilitation, preservation and understanding of orang utans. Situated at the edge of the 4,300-hectare Kabili-Sepilok Forest Reserve, 23km west of Sandakan, the centre gives visitors an opportunity to observe these primates up close in their natural habitat. The more adventurous can also trek the 5km trail that runs through the mangrove forest at Sepilok Laut. There is chalet accommodation within the forest reserve.

www.wildlife.sabah.gov.my/sepilok.htm

DANUM VALLEY CONSERVATION AREA, LAHAD DATU

Located 70km from Lahad Datu, the Danum Valley Conservation Area is a sanctuary for endangered species including the Sumatran rhinoceros, Asian elephant, clouded leopard and orang utan, as well as some 270 species of birds. Its rich diversity of tropical flora and fauna makes Danum Valley a favourite destination of nature lovers. The area boasts spectacular waterfalls,



▲ Poring Hot Springs, Ranau

rivers and a canopy walkway, an excellent vantage point from which to observe the abundant birdlife here. Popular activities include photographing wildlife, jungle-trekking, embarking on a night safari and birdwatching. An award-winning rainforest lodge offers accommodation right in the heart of Danum Valley.

TABIN WILDLIFE RESERVE, LAHAD DATU

One of the largest reserves in Borneo, the 120,500-hectare Tabin provides a sanctuary for many of the island's endangered species, including the Borneo pygmy elephant and Sumatran rhino. The active mud volcanoes here attract all kinds of animals and birds which come to feed on the mineral-rich ground, making it ideal for wildlife observation and birdwatching activities. Tabin also boasts numerous nature trails, and the more popular ones are usually included in Tabin tour packages offered by local tour operators. Visitors can stay in jungle lodges located within the wildlife reserve, 48km from Lahad Datu. www.tabinwildlife.com.my

CROCKER RANGE NATIONAL PARK, KENINGAU

Spanning an area of 139,919 hectares of hill dipterocarp forests, the Crocker Range National Park is the largest terrestrial park in the state. Perched atop the famous Crocker Range, it acts as an important water catchment area for Sabah's west coast. The various outdoor attractions and facilities available here include Rafflesia sites, trekking courses and designated camping grounds. The park is located 144km from Kota Kinabalu and 13km from Keningau town. www.sabahparks.org.my/eng/crocker_range_park

TURTLE ISLAND PARK, SANDAKAN

The Turtle Island Park, comprising the islands of Selingan, Bakungan Kecil and Gulisan, lies 40km north of Sandakan in the Sulu Sea. Recognised as a safe haven for the endangered green and hawksbill turtles, the park offers visitors a rare opportunity to observe turtle landings. Selingan, the largest of the islands, houses a turtle hatchery, accommodation and other facilities. The park is accessible via an hour-long boat ride from the Sabah Parks Jetty in Sandakan to Selingan Island. www.sabahparks.org.my/eng/turtle_island_park

LOWER KINABATANGAN WILDLIFE SANCTUARY, SANDAKAN

Stretching 560km in length, the Kinabatangan River is home to one of the world's most unique and richest ecosystems. The lower reaches of the river are home to a high concentration of the most varied wildlife in Southeast Asia which can all be appreciated from the various forest trails and river cruises. Gazetted as the Kinabatangan Wildlife Sanctuary, this ecotourism haven is accessible from the village of Sukau, 50km from Sandakan, where a choice of accommodation is available.

RAINFOREST DISCOVERY CENTRE, SANDAKAN

Also located within the Kabili-Sepilok Forest Reserve, the Rainforest Discovery Centre (RDC) is an environmental education centre focused on Borneo's rainforests. Visitors are given the opportunity to reconnect with nature via guided walks, the Plant Discovery Garden, a canopy walkway and more. Home to more than 250 species of birds, the centre is truly a birdwatcher's delight. Just 25km from Sandakan town, the RDC's nature resort acts as a great springboard from which to explore the biodiversity of this large reserve. www.forest.sabah.gov.my/RDC

TIP OF BORNEO: TANJUNG SIMPANG MENGAYAU, KUDAT

This distinctive headland at the Kudat Peninsula, 40km from Kudat town, marks the northernmost tip of Borneo. Simpang Mengayau literally means "lingering junction" in Malay, which references the area where the South China Sea lingers and meets the Sulu Sea from the east. Every evening, the Pulau Kalampanian lighthouse presides over stunning sunset views. A bronze globe marks the location of Tanjung Simpang Mengayau.

PULAU MABUL (MABUL ISLAND), SEMPORNA

Only 15 minutes by speedboat from the famous Sipadan Island, Mabul is recognised in its own right as one of the best muck-diving sites in the world. This small island is fringed by sandy beaches and perched on the corner of a huge, sprawling reef. Mabul is also renowned for its array of macro life which makes it a dream location for underwater photographers. After all the underwater excitement, visitors can head for Mabul's beautiful beaches for a day of relaxation.

PULAU KAPALAI (KAPALAI ISLAND), SEMPORNA

A 45-minute trip from Semporna by speedboat, Kapalai is distinctively different from other diving havens. A beautiful island two hundred years ago, Kapalai has eroded over time into a sandbar. Today, it is known more as a floating paradise comprising 40 chalets built on wooden stilts on the shallow sandbanks of the Ligitan reefs. While staying at Kapalai's only resort, visitors can view marine life in the exceptionally clear waters as they stroll along the boardwalk that connects the various sections of the resort.

www.sipadan-kapalai.com

PULAU MATAKING (MATAKING ISLAND), SEMPORNA

From white sandy beaches and clear blue waters to a charming resort, Matakking Island has everything for a perfect getaway. About 80 minutes by boat from Sipadan, Matakking is a privately owned, one-resort island. While divers gear up to explore the dive sites around the island, non-divers can indulge in activities such as a pampering spa experience, batik painting, kayaking and jungle-trekking. Visitors can also head for the observation tower to enjoy some of the most breathtaking views of Matakking. One of the main attractions here is the "Underwater Post Office" which is housed in an old cargo ship that was sunk to create an artificial reef. Divers can actually post their mail in a waterproof postal bag, and mail is collected from the mailbox twice a week.

MARI MARI CULTURAL VILLAGE, INANAM

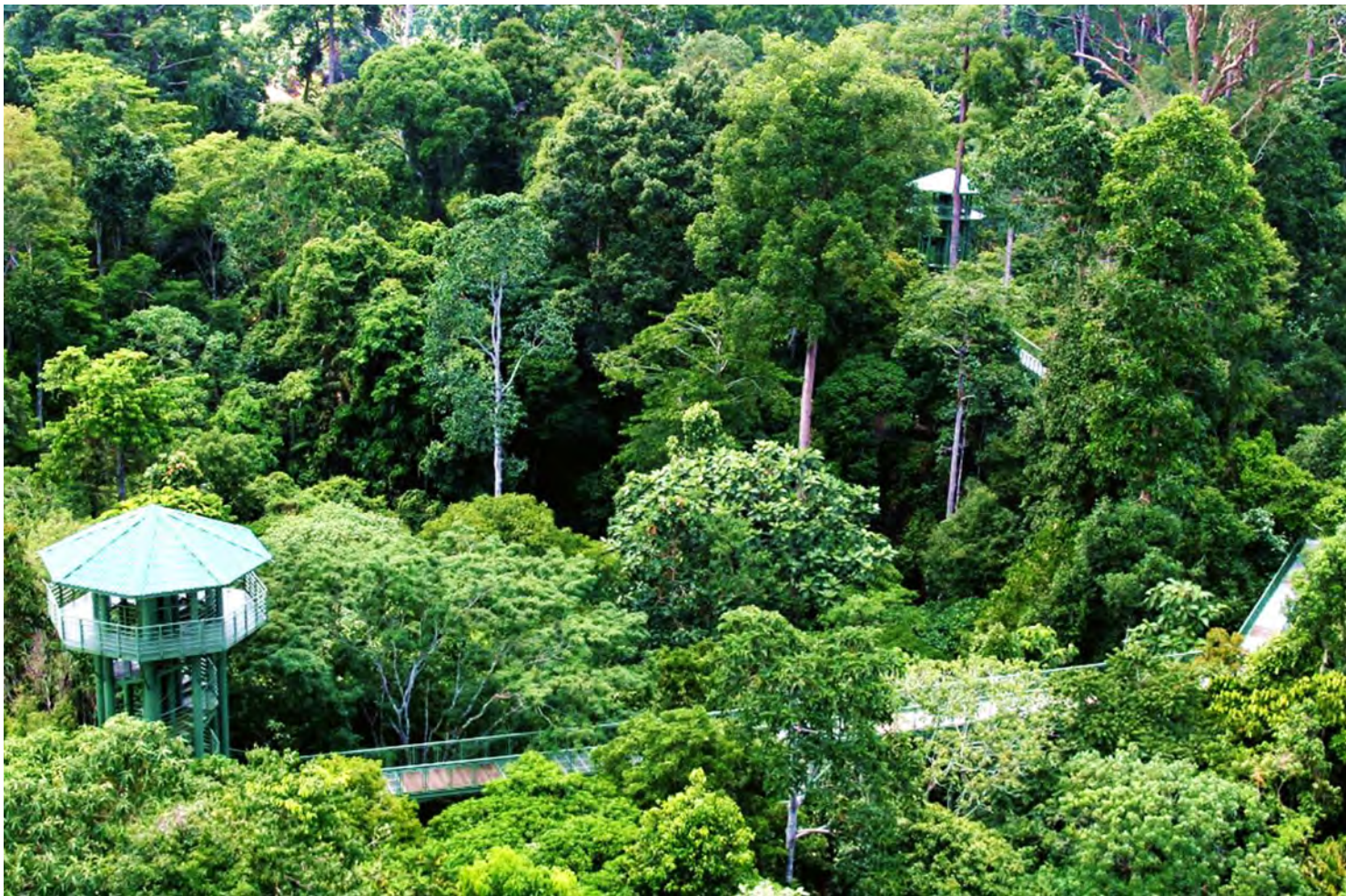
Mari Mari is nestled within a remote forest setting in Inanam, 25 minutes from Kota Kinabalu. A walk through this vibrant cultural village is a journey through Sabah's diverse cultural heritage. Here, visitors are invited to step into the traditional homes of its ethnic communities (the Bajau, Lundayeh, Murut, Rungus and Dusun) and learn more about them. Live demonstrations of traditional skills, such as blowpipe-making and tattooing, offer a glimpse of their daily lives. Unique delicacies from each ethnic group are also available for visitors to sample.

KIULU WHITEWATER RAFTING, TAMPARULI

The Kiulu River whitewater rafting trip is ideal for those looking for a more relaxed rafting experience. Rated as moderately adventurous (Grade 1 - 2), the excursion features a maximum rafting distance of 15km when the water level is high and 7km at normal level. Kiulu River is located at Kampung Pukak Kiulu, 42km from Kota Kinabalu.

MANTANANI ISLAND, KOTA BELUD

An island that's truly off the beaten track, Mantanani takes the phrase "diver's paradise" to a whole new level with an underwater world abundant with vivid coral gardens and marine life. Every one of its dive sites offers something unique, from rare species such as the bumphead parrotfish to the occasional dolphin. Back on shore, an array of



 Rainforest Discovery Centre, Sandakan

activities are available to keep non-divers happy. It is the only place in Sabah where birdwatchers can observe the rare Mantanani Scops Owl. The jumping-off point to the island is the Kampung Kuala Abai Jetty near Kota Belud, 90km from Kota Kinabalu.

MOUNTAIN TORQ VIA FERRATA, KUNDASANG

This mountain trail's unusual name originates from an Italian word "Via Attrezzata" which means routes that are secured by handrails, ladders, cables or lifelines. This is actually an apt description of the trail as it features iron rungs, footholds, cables and rails that are wrapped around the North Face of Mount Kinabalu. Starting from the Mount Kinabalu Panar Laban Rock Face (approximately 3,300m above sea level), the trail reaches its highest point at 3,800m. The trail operator here offers thrill seekers an interesting choice of packages to experience the "via ferrata". Activities include sports climbing, rappelling (abseiling) and rope ascending. Dormitory-style accommodation is available at two mountain huts. Mountain Torq Via Ferrata is 88km from Kota Kinabalu.

PADAS RIVER WHITEWATER RAFTING, TENOM

The mighty Padas River is said to have the best rapids in Southeast Asia. Six-foot waves and thrilling Grade 3 - 4 rapids combine to deliver an exciting adrenaline rush. The excursion covers a distance of 30km, making it the longest rafting route in Borneo. The Padas River is located

in the southwestern interior of Sabah and is accessible by train (North Borneo Railway) or overland via Beaufort, about 90km from Kota Kinabalu. The rapids start at the traditional village of Pangli.

GARAMA-KLIAS WETLANDS, BEAUFORT

Just 25km from Beaufort, this ecotourism gem offers a tranquil setting of mangroves, palms, scrubs and secondary forests, which attracts a variety of wildlife including rare proboscis and silver leaf monkeys, macaques, flying foxes, birds and water buffalos. The main activity here is a leisurely boat cruise down the Garama River which takes about one and a half hours. It is advisable to pre-arrange a trip to the wetlands with tour operators.

GOMANTONG CAVE, SANDAKAN

Located in the heart of the Gomantong Rainforest Reserve, 32km south of Sandakan, the cave has been described by the World Wildlife Federation (WWF) as "the best-managed edible birds' nest cave in the world". It comprises two cave complexes, namely Simud Hitam (Black Cave) and Simud Putih (White Cave) which are inhabited by thousands of swiftlets and bats. A well-maintained boardwalk allows visitors to explore and watch nest harvesters at work. Accommodation is available at the Gomantong Rainforest Chalet.

LABUK BAY PROBOSCIS MONKEY SANCTUARY, SANDAKAN

Known for its distinctively large nose, the endangered proboscis monkey is a tree-dwelling primate indigenous to the island of Borneo. Due to the species' decline in population, the Labuk Bay Proboscis Monkey Sanctuary, nestled within a mangrove forest, is one of the few places in the world where one can observe these animals up close. Located just 25km from Sandakan, the sanctuary can accommodate both day trips and overnight stays. www.proboscis.cc

"TAGAL" SUNGAI MOROLI, KAMPUNG LUANTI (FISH MASSAGE), RANAU

This unique fish massage "spa" can be found in Kampung Luanti, Ranau, about 131km from Kota Kinabalu. Here, Ikan Pelian, a local variety of the Mahseer fish, have been specially reared to nibble away dead skin from the feet to leave them smooth and supple. This massage is also believed to have a positive effect on those suffering from psoriasis. There is also a homestay programme in Kampung Luanti for visitors who wish to experience the different aspects of village life here.

TAWAU HILLS PARK, TAWAU

Tawau Hills Park serves as a vital water catchment area for this part of Sabah. The Tawau River flows through the 27,972-hectare park, forming many natural deepwater pools and waterfalls. Situated about 24km from Tawau town, the park is a wonderful spot to enjoy a day out for families and friends. For those who wish to stay on, a campsite and other accommodation options are available. www.sabahparks.org.my/eng/tawau_hills_park



 Pulau Sipadan (Sipadan Island), Semporna

UPSIDE DOWN HOUSE, TAMPARULI

This unique attraction is guaranteed to turn any visitor's world upside down. It's the first of its kind in Southeast Asia and one of only five upside down structures in the world. This charming Sabahan house is literally flipped upside down, from its contents (furniture and household appliances etc) to the exterior of the house. The house is located 30km north of Kota Kinabalu.

www.upsidedownhouse.com.my

GETTING THERE AND AROUND

Sabah's main airport is the Kota Kinabalu International Airport, the second largest airport in Malaysia. It is well connected domestically and internationally, with Malaysia Airlines, AirAsia and Malindo Air offering daily direct flights to the state capital from Kuala Lumpur and Johor Bahru. There are also international flights to Kota Kinabalu from Singapore, Hong Kong and other regional airports in Asia. Major towns in Sabah are linked by rural air services provided by MASwings as well as an excellent express bus network. Within towns, buses and taxis are among the popular travel options. However, in the interior regions, boats are a major mode of transportation as the river is sometimes the only link between riverine communities and villages.

SHOPPING AND DINING

Shopping options in Kota Kinabalu are varied from modern malls to bustling night markets. From big brands to big bargains, Sabah has something for everyone. To catch a glimpse of locals out and about, a must-visit is the Gaya Street Market where all kinds of produce and products can be found. For visitors, the Handicraft Market, located along the waterfront in Kota Kinabalu, is a great place to shop for souvenirs.

Tastebuds are truly pampered in Sabah as flavours from all over the world can be found here. These include local favourites which range from Chinese and Malay offerings to traditional Kadazandusun specialities. Among the dishes unique to Sabah are Beaufort *mee* (Chinese-style fried noodles with meat or seafood), *mee goreng* Tuaran (noodles cooked with vegetables, meat or seafood, and eggs) and *ngiu chap* (noodles served in a delicious beef broth with beef balls, sliced beef and offal). Seafood is also fresh and abundant in Sabah. Not surprisingly, it is a staple of many restaurants across the state.

ACCOMMODATION

There is a wide range of accommodation available in Sabah from comfortable budget lodgings to luxurious five-star resorts.



▲ Pulau Kapalai (Kapalai Island), Semporna

LIST OF HOTELS

KOTA KINABALU

- Capitol Hotel**
t : 6088 231 999
- King Park Hotel***
t : 6088 270 500
- Grand Borneo Hotel****
t : 6088 526 888
w : www.grandborneohotel.com
- Ming Garden Hotel & Residences****
t : 6088 528 888
w : www.minggardenhotel.com
- Horizon Hotel****
t : 6088 518 000
w : www.horizonhotelsabah.com
- Novotel Hotel****
t : 6088 529 888
w : www.novotellborneo.com
- Courtyard Hotel***
t : 6088 528 228
- Nexus Resort Karambunai*****
t : 6088 411 222
w : www.nexusresort.com
- KK Times Square Hotel**
t : 6088 486 111
- Imperial Boutec Hotel***
t : 6088 525 969
w : www.imperialboutec.com
- Sabah Oriental Hotel****
t : 6088 258 998
w : www.sabahoriental.com.my
- Promenade Hotel****
t : 6088 265 555
w : www.promenade.com.my
- D'Borneo Hotel**
t : 6088 266 999
- High Street Inn
t : 6088 218 111
- Hotel Asia City*
t : 6088 269 400
w : www.asiacityhotel.com
- Hotel Deleton**
t : 6088 252 222
- Hotel Bundusan**
t : 6088 725 031/036
ww : www.hotelbundusan.com
- Hotel Garden
t : 6088 257 400/216 168
w : www.hotelgarden.com.my
- Hotel New Sabah
t : 6088 225 810/224 590
- Hotel Shangri-La***
t : 6088 212 800
w : www.kkshang.com

- Hyatt Regency Kinabalu*****
t : 6088 221 234
w : www.kinabalu.regency.hyatt.com
- Imperial International Hotel***
t : 6088 522 888
- Kinabalu Daya Hotel***
t : 6088 240 000
w : www.kkdayahotel.com
- Le Meridien Kota Kinabalu*****
t : 6088 322 222
w : www.kotakinabalu.lemeridien.com
- Sutera Harbour Resort - Pacific Sutera*****
t : 6088 318 888
w : www.suteraharbour.com
- Shangri-La's Tanjung Aru Resort & Spa*****
t : 6088 327 888
w : www.shangri-la.com
- Tang Dynasty Hotel***
t : 6088 263 389/265 566
w : www.hoteltangdynasty.com
- The Jesselton Hotel***
t : 6088 223 333
w : www.jesseltonhotel.com
- The Palace Hotel***
t : 6088 211 911
- Winner Hotel***
t : 6088 243 222
- Cititel Express Kota Kinabalu***
t : 6088 521 188
w : www.cititelexpress.com/KK
- Celyn City Hotel
t : 6088 527 800/488 290
- Megah D'Aru Hotel**
t : 6088 239 666
- Lembah Impian Country Homes
t : 6088 766 117
- Hotel Sixty3
t : 6088 212 663
w : www.hotelsixty3.com
- TUNKU ABDUL RAHMAN PARK**
- Gayana Eco Resort*****
t : 6088 380 390 (KK Sales Office)
w : www.gayana-eco-resort.com
- Pulau Manukan Island Resort
t : 6088 303 914
- KOTA MARUDU**
- Marudu Inn (Sales Office in KK)
t : 6088 661 200
- KUDAT**
- Kudat Golf & Marina Resort***
t : 6088 611 211
w : www.kudatgolfmarinaresort.com

TAWAU

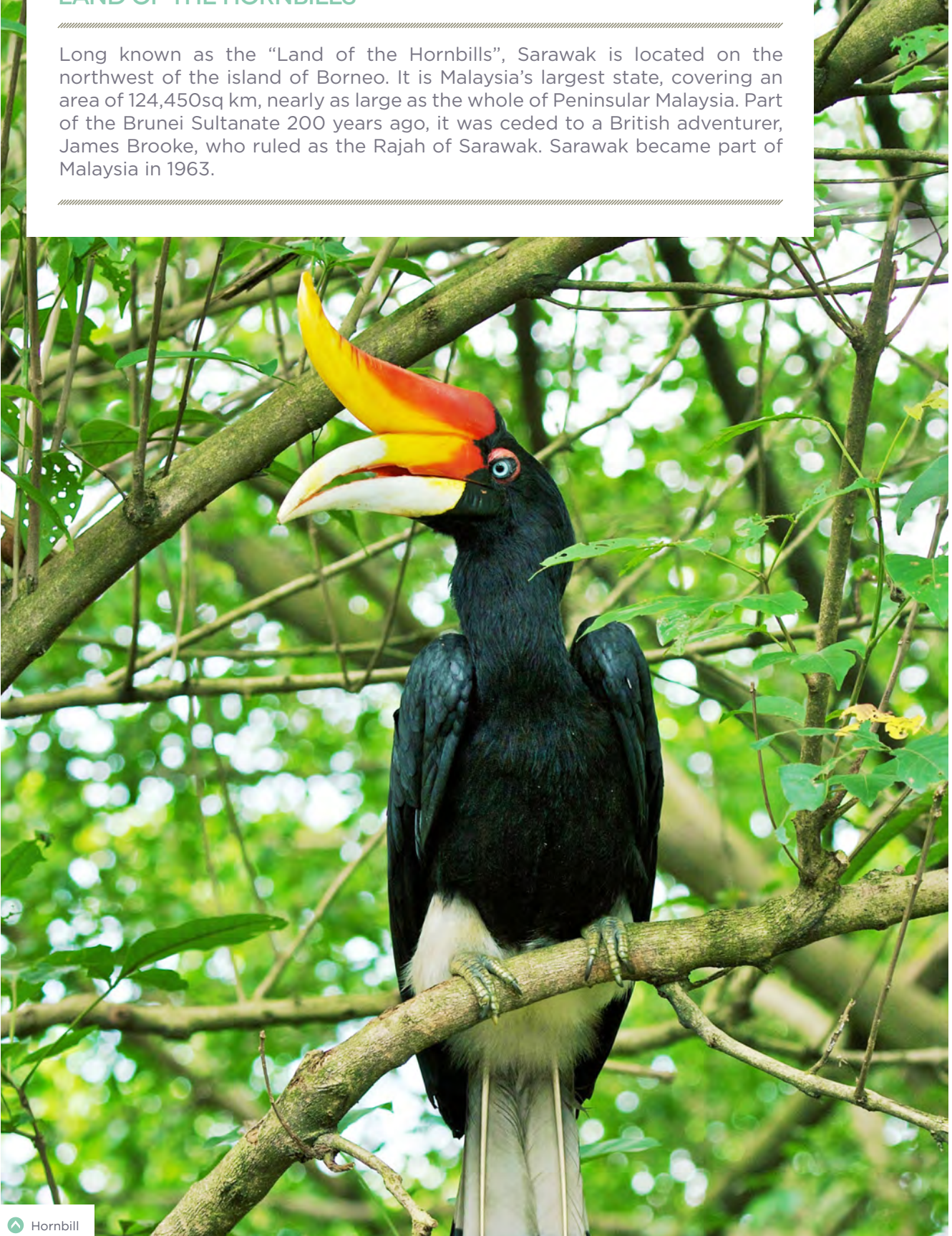
- King Park Hotel***
t : 6089 766 699/767 700
w : www.kingparkhotel.com.my
- Heritage Hotel**
t : 6089 766 222
w : www.heritagehotel.com.my
- Hotel Emas
t : 6089 762 000
w : www.hotelemas.com.my
- KENINGAU**
- Hotel Juta***
t : 6087 337 888
- Perkasa Hotel***
t : 6087 331 045/046
w : www.perkasahotel.com.my
- SANDAKAN**
- Hotel Nak
t : 6089 272 977
- Hotel Ramai**
t : 6089 273 222
- Hotel Sandakan***
t : 6089 221 122
- Sabah Hotel****
t : 6089 213 299
w : www.sabahhotel.com.my
- Sanbay Hotel
t : 6089 275 000
w : www.sanbay.com.my
- Swiss-Inn Waterfront***
t : 6089 240 888
w : www.swissgarden.com
- SEMPORNA**
- Seafest Hotel***
t : 6089 782 333
w : www.seafesthotel.com
- Dragon Inn
t : 6089 781 088
- LAHAD DATU**
- Grace Hotel**
t : 6089 881 000/866 649
- Asia Hotel
t : 6089 881 771
- TUARAN**
- Shangri-La's Rasa Ria Resort*****
t : 6088 792 888
- Tang Dynasty Lodge**
t : 6088 788 555
- Orchid Hotel
t : 6088 793 789
w : www.orchidhotel.netmyne.com
- RANAU**
- Kinabalu Pine Resort**
t : 6088 889 388

- Celyn Resort
t : 6088 423 289
- Zen Garden Resort
t : 6088 889 242
- Mesilau Nature Resort
t : 6088 243 629
- Mount Kinabalu Heritage and Spa Hotel***
t : 6088 889 511
- Kinabalu Rose Cabin (Reservations Office in KK)
t : 6088 889 233
- SUKAU**
- Kinabatangan Riverside Lodge
t : 089 213 502/503/223 502
w : www.sitoursborneo.com
- Borneo Nature Lodge
t : 6089 210 718/719
w : www.borneonaturelodge.com.my
- Barefoot Sukau Lodge
t : 6089 235 525/6088 384 301
- Sukau River Lodge
t : 6089 219 616
- Melapi Lodge
t : 6088 240 584
- Myne Resort
t : 6089 278 288/216 093
w : www.myne.com.my
- Sri Menanggol Lodge
t : 6088 221 244
- BEAUFORT**
- Melbe Hotel
t : 6087 222 266
- Borneo Proboscis River Lodge Klias
t : 6013 898 8306
- Garama Base Camp
t : 6088 262 507
- KUALA PENYU**
- Tempurung Seaside Lodge
t : 6088 773 066
- KINARUT**
- Beringgis Beach Resort***
t : 6088 752 333
- Langkah Syabas Resort
t : 6088 752 000
- PULAU TIGA**
- Borneo Survivor Resort
t : 6088 230 806
- Pulau Tiga Resort
t : 6088 240 584
- Please note that this list is not exhaustive.*

SARAWAK

LAND OF THE HORNBILLS

Long known as the “Land of the Hornbills”, Sarawak is located on the northwest of the island of Borneo. It is Malaysia’s largest state, covering an area of 124,450sq km, nearly as large as the whole of Peninsular Malaysia. Part of the Brunei Sultanate 200 years ago, it was ceded to a British adventurer, James Brooke, who ruled as the Rajah of Sarawak. Sarawak became part of Malaysia in 1963.



Sarawak has it all for a holiday in the tropics and as it is still so unspoiled, visitors are in for an adventure treat. Much of its interior is covered by rainforest, making it a treasure trove of natural wonders. There are numerous national parks, each with its own unique offerings, from mountains and caves to rivers and reefs. They include the UNESCO World Heritage Site of Gunung Mulu National Park.

Due to its extraordinary mix of peoples and cultures, Sarawak is also culturally diverse and colourful. Some of the indigenous people, including the Ibans, Bidayuh, Melanau and Orang Ulu, still live as an entire village in traditional longhouses.

www.sarawaktourism.com

KUCHING

Literally meaning “cat” in Malay, Kuching is Sarawak’s state capital, located on the banks of the Sarawak River. A charming city that has retained its old-world charm, Kuching’s diversity is reflected in its historical sites and quaint streets. The city is home to a mixture of ethnicities, including Malays, Chinese, Ibans, Bidayuh and other groups. A stroll along the waterfront is a good introduction to its attractions.

The city is dotted with interesting historical landmarks such as the former palace of the White Rajahs, old fort, museums and temples. The oldest street is the Main Bazaar, a row of 19th century Chinese shophouses located along the waterfront. Part of the old town, it offers the best concentration of antique and handicraft shops.

SARAWAK MUSEUM

Established by the Second Rajah, Charles Brooke, in 1860, the museum pays tribute to the indigenous peoples and traditions of Sarawak. As keeper of the rich history and culture of the state and a first class repository of Borneo culture, the museum enjoys international recognition. It has an excellent collection of Borneo’s ethnological and archaeological artefacts as well as native arts and crafts.

www.museum.sarawak.gov.my

ISLAMIC HERITAGE MUSEUM

The museum was initially built as a school and its architecture is unique to the state. Housed in seven galleries, the artefacts attest to the splendour and beauty of Islamic civilisation. These include exhibits depicting the history of Islam in Sarawak, Islamic architecture, weaponry and decorative arts. The museum also houses an extensive Holy Quran collection.

www.museum.sarawak.gov.my

CAT MUSEUM

The museum is at the top of the hill called Bukit Siol, 60m above sea level, with beautiful views of the city. Dedicated to the feline from which Kuching takes its name, the museum houses more than 2,000 exhibits, artefacts and statues of cats from all over the world. Fascinating facts about Kuching and Sarawak in general are also presented.

www.dbku.sarawak.gov.my

KUCHING WATERFRONT

Approximately 1km long, this esplanade stretches along the Sarawak River from the main hotel and commercial heartland to downtown Kuching. The landscaped waterfront is dotted with food stalls and restaurants if visitors want to make a stop and take in views of the Astana and Fort Margherita. The waterfront also features an observation tower, open-air theatre and musical fountains.

FORT MARGHERITA

The fort was built in 1879 to guard Kuching from the river approaches of pirates. In the past, a cannon shot was fired from here every evening to mark the end of the government workday. Named after Charles Brooke’s wife, Margaret, the fort is an unmistakable landmark on the Sarawak River. A stroll here is a great vantage point from which to view the surrounding areas.

MEDAN NIAGA SATOK, KUBAH RIA

The weekend market on the square popularly known as Medan Niaga Satok comes alive on Saturday afternoons when traders lay out their wares including handicrafts, clothing, fresh produce and much more. Of particular interest is the jungle produce such as wild ferns and even fat squirming grubs. Visitors can practise their haggling skills but friendly faces and warm smiles make it all a lot of fun.

DBKU ORCHID GARDEN

Situated opposite the waterfront, the Orchid Garden has become an icon for Kuching. Spread over 35.4 acres, the garden houses a collection of 75,000 orchids from 65 epiphytic and terrestrial species and hybrids, grown in the open and shaded areas resembling their natural habitats. Among them are the world-renowned Borneo Orchids, known for their beauty and potential as horticultural plants.

www.dbku.sarawak.gov.my

DUN BUILDING (STATE LEGISLATIVE COMPLEX)

Known locally as the DUN Building, the unique architecture of this complex has added a new dimension to Kuching’s city skyline. Its golden roof gleams brightly, making it visible from a distance. Perched on a promontory on the pristine bank of the Sarawak River and nestled between the Astana and Fort Margherita, the building’s giant pillars and numerous arches reflect the diverse nature of the Sarawakian people.

TUA PEK KONG TEMPLE

Sitting on a foothill and commanding views over the Sarawak River, the ornately decorated temple is one of the few buildings that survived the 1884 Great Fire of Kuching, thus richly deserving its reputation as having the best feng shui in the city. Various traditional festivals are observed here every year by Kuching’s Chinese community, including the famous Wang Kang Festival to honour the dead.

SARAWAK



LEGEND

- | | | | |
|---|------------|----------------------|--|
| ■ State Capital | Airport | Secondary Road | ★ Place of Interest |
| ● District | Jetty | International Border | |
| ● Town | Major Road | State Border | |

KUCHING



LEGEND

- | | | | | | | | |
|--|----------------------|--|-------------------|--|---------------------------|--|--------------|
| | Cleared Land / Grass | | Secondary Road | | Important Landmark | | Post Office |
| | Built-up Area | | Place of Interest | | Hospital / Medical Centre | | Library |
| | Town Area | | Shopping Centre | | Sports Complex | | Fire Station |
| | Major Road | | Hotel | | Police Station | | Golf Course |



📍 Sarawak Cultural Village, Damai

KAMPUNG BOYAN–GERSIK (MALAY VILLAGES)

There are numerous Malay villages or kampung along the north bank of the Sarawak River. Among the more famous are Kampung Boyan and Kampung Gersik, where the way of life is still idyllic. These neighbouring villages feature some of the most beautiful examples of traditional Malay architecture, and also have on offer traditional Malay snacks and cuisine which can be enjoyed together with a view of the sun setting against the Kuching skyline. A visit here is made even more memorable by a ride on a local Penambang or river taxi.

BEYOND KUCHING

GUNUNG MULU NATIONAL PARK, MULU

The 52,000-hectare national park, named after Sarawak's second highest mountain, is a UNESCO World Heritage Site that is most famous for the Mulu Caves, one of the world's most elaborate cave networks. Deer Cave is one of the world's largest cave passages, while Clear Water Cave is the longest cave in Southeast Asia. The massive caves here are home to millions of bats and cave swiftlets that swarm out into the jungle in great clouds at dusk. Intrepid spelunkers will be pleasantly surprised by some of the best examples of tropical limestone weathering in the world, including enormous razor-sharp pinnacles. Apart from the caves, the national park also has an outstanding diversity of flora and fauna including the world's smallest

mammal, the Savi's pygmy shrew, and some of the largest insects known to man. Casual visitors can visit the caves with a guide, while for the more adventurous, multi-day hikes are also available. Park entry tickets are required. Accommodation is available in the park itself as well as at a resort. To get to the park, there are flights available from Kuching and Miri in Sarawak or Kota Kinabalu in Sabah to Mulu. Alternatively, visitors can travel by a combination of road and boat, a longer and quite arduous journey. www.mulupark.com

SARAWAK CULTURAL VILLAGE, DAMAI

Known as the "Living Museum", the Cultural Village showcases Sarawak's cultural heritage. Sprawled across 17 acres in Pantai Damai, just 32km from Kuching, the village features replicas of buildings from every major ethnic group including longhouses of the Iban, Bidayuh and Orang Ulu and a Melanau tall-house. Visitors can view the traditions and daily tasks of Sarawak's many tribes, including woodcarving and basket weaving. Cultural performances are staged and guests are invited to partake in nightly ceremonies. A restaurant and handicraft shop, as well as comfortable guest houses, are also available. www.scv.com.my

NIAH NATIONAL PARK, BATU NIAH

About 400km up the coast from Kuching, this park sprawls over 3,140 hectares of peat swamp and dipterocarp forests, as well as massive limestone outcroppings which present



▲ The Rafflesia at Gunung Gading National Park

an ideal combination of nature, history and living culture. The giant Niah Caves in the park consist of The Great Cave and some smaller ones, and they show evidence of human occupation dating back 40,000 years. Rock paintings and canoe-like coffins have also been found in the Painted Cave. Various treks and trails offer a sweeping panorama of the park as well. The park museum provides comprehensive information on the caves and the park itself. There is a nominal entry fee and accommodation is available at the park as well as in the nearest town of Batu Niah 3km away. Niah is within easy reach of both Miri (109km) and Bintulu (131km), and visitors can opt for buses, taxis or self-drive cars.
www.sarawakforestry.com

BORNEO HIGHLANDS RESORT, PADAWAN

Nestled in the lush jungles 1,000m above sea level on the Penrissen Range in Padawan, this little haven is the perfect getaway. Amidst natural surroundings teeming with unique flora and fauna, this hideaway resort offers myriad attractions and facilities from an enchanting Jungle Spa to the spectacular Hornbill golf course. The cafe serves up healthy cuisine featuring vegetables, fruits and herbs grown in the resort's very own organic farms. With a cooler climate amidst the hills and bracing fresh air, this sanctuary takes wellness to a whole new level. The resort is only an hour's drive from Kuching.
www.borneohighlands.com.my

ANNAH RAIS LONGHOUSE, PADAWAN

Just 100km south of Kuching, the Annah Rais Longhouse is a Bidayuh settlement at the foothills of the Borneo Highlands. More than five generations old, the longhouse offers a delightful homestay where visitors can experience the Bidayuh lifestyle firsthand. Activities include spear fishing, rafting on the river and even trying to build the raft. Jungle treks through gardens, farms and bamboo bridges lead to waterfalls and hot springs for a therapeutic soak.

LONGHOUSE TOURS, BATANG AI, LEMANAK, SKRANG

A holiday in Sarawak is not complete without a visit to the longhouses that are the traditional dwellings of indigenous people including the Iban, Bidayuh and Orang Ulu. A longhouse is a series of separate dwellings under one roof with families maintaining their own separate quarters. Visitors are greeted with a glass of *tuak* or rice wine and welcome dance. After a tour of the longhouse, they are entertained with various cultural performances. Accommodation is available in the longhouse itself or in a guest house nearby. Some of the more popular tours are to the villages of Batang Ai, Lemanak and Skrang. Batang Ai is about 275km from Kuching, about a three-and-a-half-hour drive. Lemanak River is a four-hour drive from Kuching, while getting to Skrang involves a journey taking four hours by road and one hour by motorised boat. River/longhouse safari tour packages are available.

GUNUNG GADING NATIONAL PARK

Only two hours away from Kuching, this beautiful expanse of mountainous rainforest is most famous as the home of the magnificent Rafflesia, the largest flower in the world that can grow up to one metre in diameter. A plank walk makes viewing possible when the plant is in bloom. Jungle trails lead to streams and cascading waterfalls, while intrepid trekkers can hike up the 906m Gunung Gading itself and other mountain peaks. The rugged mountains within the park provide a spectacular backdrop to the nearby town of Lundu, and the beaches at Pandan and Siar. There is a nominal entry fee and visitors can enquire at the park headquarters about trails and guides. The park is a two-hour drive from Kuching. Chalet and hostel accommodation are available in the park, while Lundu, the nearest town, also has a budget hotel and lodging house.
www.sarawakforestry.com

LAMBIR HILLS NATIONAL PARK

The famous park with a total area of just 6,952 hectares is probably the world's most complex and diverse forest ecosystem. Experts have found what appears to be the greatest level of plant biodiversity on the planet, as well as numerous species of birds, mammals, untold insects and invertebrates. Lambir's unusual geology has also created dozens of sparkling waterfalls and bathing pools scattered about the rainforest. Lambir offers an interesting selection of forest walks from gentle strolls to all-day treks. Its compactness and convenient location only 32km from Miri make Lambir one of the most accessible and enjoyable parks in the country. A nominal entry fee is charged and park accommodation consists of chalets and a campsite.
www.sarawakforestry.com



▲ Iban longhouse

BAKO NATIONAL PARK

Just 37km from Kuching, Sarawak's oldest national park is only a modest 27sq km but is filled with extraordinary flora and fauna including the Bornean bearded pig, proboscis monkeys, mousedeer and otters. Known for the beauty of its natural surroundings, it features secluded coves and rugged rocky headland with magnificent steep cliffs that overlook the South China Sea. The wind, sea spray and waves have carved out intriguing sea arches and sea stacks, some rearing above the waves like a mighty serpent's head. Further inland, waterfalls tumble down into freshwater pools in a tranquil jungle setting. Bako is a fascinating place for birdwatching, while rock pools and mangroves are home to a wealth of small creatures as well. A well-maintained network of nature trails allows visitors to get the most out of this unique environment. A night walk through the forest is a great experience to catch the park's nocturnal creatures out and about including the flying lemur, pangolin, slow loris, glow worms and fireflies. Park accommodation consists of chalets, lodges, hostel and camping ground. A journey to the park from Kuching takes approximately 45 minutes by road and then a 30-minute boat ride.

www.sarawakforestry.com

SEMENGGOH WILDLIFE CENTRE, PADAWAN

Approximately 24km from Kuching, this centre is located within the Semenggoh Nature Reserve. It was originally established to rehabilitate injured or orphaned wild animals, conduct research on wildlife and provide conservation education. However, it is the orang utan

rehabilitation that has made the centre famous. Today, it is a centre for the study of orang utan biology and behaviour, as well as a safe haven for these primates. A visit to Semenggoh is an extraordinary experience to meet the orang utan in a secure natural habitat. The best time to view the orang utan at close range is during the feeding sessions in the morning and afternoon. There is a nominal entry fee, and buses and taxis are available from Kuching.

www.sarawakforestry.com

BA KELALAN, MIRI

Ba Kelalan is a group of nine villages in the Bario Highlands, about 910m above sea level. Inhabited by the villagers of the Lun Bawang tribe, it enjoys a cool, mountain climate where temperate crops including apples and vanilla are grown. It accords visitors the opportunity to experience an idyllic village stay either in a homestay or guest house, but it has kept up with the times and even boasts a nine-hole natural golf course. Numerous walking trails provide a good way to get to know the terrain as well as friendly people. The simplest and most popular way of getting to the highlands is by plane from Miri to Bario or Ba Kelalan.

MIRI REEF DIVING

Miri is a popular diving destination due to an abundance of pristine patch reefs. The Miri-Sibuti Coral Reef National Park, lying at depths ranging from 7m to 30m, has an abundance of corals and marine life with reefs mostly within an hour's boat ride from the Marina Bay Jetty, and there are some interesting wreck sites as well. Besides

206 species of hard corals, there are numerous soft corals, sea whips, sea fans and gorgonians. Of special interest is Barracuda Point, a reef within a reef where a school of 300 large barracudas predictably swirl in a never-ending circle. Numerous dive operators offer a range of packages during the dive season from late March to November, and accommodation is easily available in Miri.

BARIO HIGHLANDS, MIRI

Lying at an altitude of 3,500 feet above sea level in the northeastern corner of Sarawak, this is Kelabit territory, one of the minority Orang Ulu tribes. It is affectionately known as “the land of a hundred handshakes” as this is how friendly the locals are. About 13 villages in and around Bario provide longhouse stays, from which visitors can go jungle-trekking, kayaking or checking out the historical tales of the monoliths that dot the area. The Bario Food Festival, held in July, is a great opportunity to mingle with the locals and sample the incredible organic produce. The easiest way to get to Bario is by a 50-minute flight from Miri.

SIMILAJAU NATIONAL PARK, BINTULU

30km from Bintulu, this park provides a great getaway with 8,996 hectares of virgin coastal forest and a stretch of beautiful coastline facing the South China Sea from Likau River in the south to Similajau River in the north. The abundance of flora is matched by various species of mammals including gibbons, mousedeer, porcupines, civet cats, as well as the saltwater crocodile. There are 230 recorded bird species including migratory water birds like the storm stork. There have been sightings of various species of turtles coming on the beach to lay their eggs, as well as different dolphin species. There is one main trekking trail that crosses the river via a suspension bridge and passes numerous bays and beaches as well as rapids and rock pools. Hiring a boat is one of the best ways of seeing Similajau and the wardens at the Park HQ can assist with boat hire. Accommodation is available at chalets and hostels in the park as well as a campsite. Taxis from Bintulu can be booked, and local tour operators also offer tours and transportation.

www.sarawakforestry.com

TANJUNG DATU NATIONAL PARK, KUCHING

Tanjung Datu may be the smallest of Sarawak’s national parks at just under 14sq km, but it is also one of the most beautiful. A narrow ridge of rugged forest-covered hills is fringed by pristine white beaches, clear waters and coral reefs, making the park an important reservoir of biodiversity. The park is less accessible but its remoteness has resulted in untouched corals, undisturbed beaches and untrodden forest trails. The seclusion has helped preserve a wide range of unusual plant species, while Tanjung Datu’s animal life is equally rich and varied, including hornbills, gibbons, bearded pigs and snakes. The park’s turtle hatchery makes this one of the most successful marine turtle nesting sites, and the waters offshore are also home to dolphins. There are four short walking trails offering a variety of rainforest and beach scenery as well as spectacular coastal views. There is no accommodation in the park itself, although a homestay is

available at the nearby village of Telok Melano. A two-and-a-half-hour drive from Kuching takes visitors to Sematan, from which they have to take a boat to Telok Melano, and then Tanjung Datu where the park entrance is. Local tour operators can arrange for a park visit as well as homestay. www.sarawakforestry.com

TALANG SATANG NATIONAL PARK

This marine park is Sarawak’s first, established primarily to conserve the state’s marine turtle population. Covering an area of 19,400 hectares and comprising the coastline and sea surrounding four “turtle islands”, the park is responsible for 95% of all turtle landings in Sarawak. Beautiful shallow reefs surround the islands, providing shelter for corals, resting grounds for the sea turtles and fish breeding. The conservation programme has been carefully planned to involve local communities including fishermen, to ensure sustainable usage of the resources. Because of the extreme sensitivity of the habitats, visits are confined to certain parts of the islands, and diving and snorkelling are allowed within designated zones only. Pulau Satang Besar is a 30-minute boat ride from Damai Beach, the Sarawak Boat Club Jetty or Telaga Air Jetty in Kuching. A number of Kuching-based tour operators run day trips to the island, but overnight stays on the island itself are not permitted.

www.sarawakforestry.com

DAMAI AND SANTUBONG BEACHES

Under the spectacularly steep 810m Gunung Santubong, about 36km from Kuching, the Santubong Peninsula has some of Sarawak’s finest beaches, including Damai Beach on which the Sarawak Cultural Village is located. Visitors can stay at the area’s resorts while adjourning further afield to take in local lore and history as well as the fishing villages. Apart from all the activities at the Cultural Village, it is also the official venue for the world-renowned Rainforest World Music Festival held in the middle of the year.

MERARAP HOTSPRING LODGE, LAWAS

Located on five acres in the Ba Kelalan Highlands, the Merarap Hotspring Lodge is the perfect place to seek rest and restoration. This hidden paradise is surrounded by pristine jungle. Water from the hot springs is piped into dip pools with different water temperatures for a complete spa experience. The fast flowing Trusan River that runs alongside the lodge provides angling opportunities and whitewater kayaking thrills. The lodge is located about 70km from the town of Lawas. Flights are available to Lawas from Miri or Kota Kinabalu in Sabah, and the journey from Lawas to the lodge takes about two hours by four-wheel drive.

www.meraraphotspring.com

KUBAH NATIONAL PARK, KUCHING

The three mountain peaks of the park are clearly visible from the Kuching Waterfront 22km away as this is one of the most accessible of Sarawak’s national parks. Covering an area of 2,230 hectares and comprising heavily forested slopes and ridges of the Serapi range, the park is

exceptionally rich in plant life. The most famous feature is its palms with almost a hundred different species, making it probably the richest palm habitat of its size anywhere in the world. In addition, there is also a rich selection of ferns and orchids. With an interesting range of treks and forest walks, Kubah is home to a variety of wildlife including mousedeer, bearded pigs and numerous species of amphibians and reptiles. The Gunung Serapi Summit Trail takes about three hours and leads up to the summit for spectacular views. The Park HQ has bungalows, rest houses and a hostel, while the nearby Matang Wildlife Centre offers chalets and a hostel. Bus and taxi services are available from Kuching, and numerous travel operators run guided tours.

www.sarawakforestry.com

GETTING THERE AND AROUND

Kuching is easily accessible by air from Kuala Lumpur and several other international destinations such as Singapore and Brunei. Larger towns including Miri and Bintulu are also serviced by AirAsia. Numerous other smaller towns in the state are serviced by MASwings, a subsidiary of Malaysia Airlines. Sarawak is best known for its intricate waterways as the state is criss-crossed by many rivers. Express boat services are available in all the main towns, and often, riverboats are the only way to get to certain villages. Land transport includes bus services within town centres and taxis are also available.

SHOPPING AND DINING

There is a good selection of modern shopping malls in Sarawak's larger towns. Visitors to Kuching can also pick up some interesting buys at the Main Bazaar that's located along the waterfront. Sarawak pottery and beaded crafts are among the most highly sought-after souvenirs here. Other native handicrafts that make great mementos include woven baskets, *ikat* fabric and the *sape*, a traditional lute. Sarawak pepper is an important cash crop for the state, and is renowned for its quality and flavour.

Apart from the range of international cuisine available, Sarawak is famous for its indigenous delights as well as the freshest seafood. Visitors should not miss the opportunity to try the delicious Sarawak *laksa*, rice vermicelli in a thick, creamy broth made from seafood, chicken and a host of spices. A vegetable native to Sarawak is *midin*, a jungle fern that's delicious when stir fried with shrimp paste and chilli.

ACCOMMODATION

A range of hotels and B&Bs are available in Kuching and other main towns, as well as homestays in longhouses.

LIST OF HOTELS

KUCHING

Merdeka Palace Hotel & Suites*****
t : 6082 258 000
w : www.merdekapalace.com

Hilton Kuching*****
t : 6082 248 200
w : www.hilton.com

Pullman Kuching*****
t : 6082 222 888
w : www.pullmankuching.com

Riverside Majestic Hotel*****
t : 6082 247 777
w : www.riversidemajestic.com

Grand Margherita Hotel****
t : 6082 423 111
w : www.grandmargherita.com

Damai Beach Resort****
t : 6082 846 999
w : www.damaibeachresort.com

Damai Puri Resort & Spa****
t : 6082 846 900
w : www.damaipuriresort.com

Four Point by Sheraton****
t : 6082 280 888

Regal Court***
t : 6082 412 211

One Hotel Santubong***
t : 6082 846 888

Kuching Park Hotel***
t : 6082 239 888
w : www.kuchingparkhotel.com.my

Regency Rajah Court Hotel***
t : 6082 484 799
w : www.theregencyhotel.com.my

Telang Usan Hotel***
t : 6082 415 588
w : www.telangusan.com

Kingwood Inn Kuching***
t : 6082 330 888

Penview Inn Kuching***
t : 6082 341 200

Harbour View Hotel***
t : 6082 274 666
w : www.harbourview.com.my

Hotel Grand Continental***
t : 682 230 399
w : www.ghihotels.com.my

Borneo Hotel**
t : 6082 244 122

Liwah Hotel Kuching**
t : 6082 428 222

Hung Hung Inn**
t : 6082 231 100

Grand Supreme Hotel**
t : 6082 255 155
w : www.grandsupreme.my

Hua Kock Inn*
t : 082 429 788

Chonglin Plaza Hotel & Suites*
t : 6082 252 999
w : www.chonglinplaza.com.my

Samudra Court***
t : 6082 256 363/254 363

SARAWAK HIGHLIGHTS

- Sarawak is made up of 23 ethnic groups, many of them with their own language, culture and way of life.
- It is a land of many rivers, and often the best and only way to get to certain villages is by river boat.
- Sarawak has a vast array of traditional handicrafts, including woodcarvings, beadwork, woven fabric, pottery and baskets, intricately designed and finely crafted by hand.
- Its caves have some of the most interesting names, including Drunken Forest Cave, Cobra Cave, Cobweb Cave and Stone Horse-Fern Rock Cave.
- Sarawak is rich in wildlife with more than 550 species of birds and an indeterminate number of reptiles, insects and larger animals.
- The state emblem, the hornbill, is a protected bird.
- Sarawak is Malaysia's largest exporter of pepper, noted for its quality and taste.



Fata Hotel**
t : 6082 232 211

Ariva Gateway Kuching
(Serviced Apartments)
t : 6082 250 958
w : www.stayariva.com

The LimeTree Hotel***
t : 6082 414 600
w : www.limetreehotel.com.my

Tune Hotel Waterfront**
t : 6082 238 221
w : www.tunehotels.com/my/en/
our-hotels/waterfront-kuching

Abell Boutique Hotel***
t : 6082 239 449

Batik Boutique Hotel
t : 6082 422 845
w : www.batikboutiquehotel.com

MIRI

Miri Marriott Resort & Spa*****
t : 6085 421 121
w : www.marriott.com

Grand Palace Hotel****
t : 6085 428 888
w : www.grandpalacehotel.com.
my

Mega Hotel****
t : 6085 432 432
w : www.megahotel.com.my

ParkCity Everly Hotel****
t : 6085 440 288
w : www.miri.theeverlyhotel.com

Dynasty Hotel***
t : 6085 421 111

Royal Mulu Resort*****
t : 6085 792 388
w : www.royalmuluresort.com

Hotel Pacific Orient**
t : 6085 413 333

Kingwood Inn***
t : 6085 415 888

Imperial Hotel****
t : 6085 431 133
w : www.imperialhotel.com.my

Meritz Hotel****
t : 6085 417 888
w : www.meritzhotel.com

Imperial Palace Hotel****
t : 6085 437 799
w : www.imperialpalacehotel.com.
my

Park Hotel Miri**
t : 6085 414 555
w : www.parkhotelmiri.com

BINTULU

ParkCity Everly Hotel****
t : 6086 318 888
w : www.bintulu.theeverlyhotel.
com

The Regency Plaza Hotel***
t : 6086 315 111

Hoover Hotel***
t : 6086 337 166

Regent Hotel Bintulu**
t : 6086 335 511

River Front Inn***
t : 6086 333 111

Jinhold Apartment
t : 6086 318 333
e : enquiry@jinholdapartment.com

Royal Hotel**
t : 6086 315 888
w : www.royalhotel.my

Tune Hotel Bintulu
t : 603 7962 5888
w : www.tunehotels.com/my/en/
our-hotels/bintulu

900 Inn
t : 6086 315 527
e : 900inn@gmail.com

SIBU

Kingwood Hotel*****
t : 6084 335 888

Kawan Hotel**
t : 6084 315 888

Premier Hotel***
t : 6084 323 222
w : www.premierh.com.my

Tanahmas Hotel***
t : 6084 333 188
w : www.tanahmas.com.my

The Orchid Hotel**
t : 6084 331 999

The Paramount Hotel***
t : 6084 331 122
w : www.paramountsibu.com

Li Hua Hotel**
t : 6084 324 000

RH Hotel
t : 6084 365 888
w : www.rhhotels.com.my

SRI AMAN

Hilton Batang Ai Longhouse
Resort*****
t : 6083 584 388
w : www.hilton.com

Hoover Hotel***
t : 6083 321 985

Theatre Inn***
t : 6083 323 122

Tiara Inn**
t : 6083 325 832

Champion Inn**
t : 6083 320 140

KAPIT

The Regency Pelagus Resort***
t : 6084 799 050

Hotel Mahligai Kapit**
t : 6084 796 611

The Greenland Inn*
t : 6084 796 388

New Rejang Inn***
t : 6084 796 709

Orchard Inn***
t : 6084 796 325

*Please note that this list is not
exhaustive.*



LABUAN

THE PEARL OF BORNEO, WHERE BUSINESS AND LEISURE MEET

To the southwest of Sabah and facing the South China Sea is Labuan, an offshore international financial centre and Malaysia's only deep-water anchorage. Known as "The Pearl of Borneo" and comprising one large and six small islands, Labuan has a long and interesting history. Coming under the rule of many different empires, all of them have left little pieces of history behind. The port of Labuan was established in 1848 as it was considered a prime anchorage site. The island saw some coal mining activity but its marshy terrain and the prevalence of malaria deterred many from settling here.



The main island of Labuan itself takes up an area of 72sq km. Today, its status as a financial centre and duty-free port has raised its profile immensely. As a premier Asian financial centre, it plays host to as many as 65 foreign banks. Despite its development, Labuan still manages to retain much of its historical charm, and a visit here is rewarding in more ways than one.

www.labuantourism.com.my

WORLD WAR II MEMORIAL

Located along Jalan Tanjung Batu lies the final resting place of some 3,908 war heroes. This beautifully landscaped memorial garden pays tribute to those who died bravely in World War II. The manicured lawns are dotted with rows of white headstones that mark the graves and are visited regularly by war veteran groups. Every year, Remembrance Day is held on the first Sunday in November to honour and remember those fallen servicemen. The War Memorial was constructed and is maintained by the Commonwealth Graves Commission.

LABUAN MARINE PARK

Comprising the three islands of Rusukan Kecil, Rusukan Besar and Kuraman located 2km south of Labuan, the park has white sandy beaches and a host of water sports popular with day-trippers, picnickers and snorkellers. As it is close to the wreck diving sites, many divers use it as their base as well. An atoll in the middle of the marine park has many local species of snakes sheltering there. To get to the park, there are boat hires from the Labuan Jetty.

www.nre.gov.my/English/Ecotourism/Pages/LabuanMarinePark.aspx

WRECK DIVING SITES

Labuan is famous for its diving activities that include some great wreck sites. The American Wreck was capsized during the Second World War, and a dive there presents a unique opportunity to explore intact artefacts such as cannons and depth chargers. With less than 10m of visibility, the Australian Wreck offers the eerie remains of a ship. Despite its ghostly appearance, it is home to an amazing array of marine life. The Blue Water Wreck is one of the most popular sites with its surrounding crystal blue waters and a rich variety of fish. The Cement Wreck is a spectacular sight with its top half covered by a garden of soft and hard corals, ferns and sponges. Several dive operators offer wreck diving packages.

PULAU PAPAN (PAPAN ISLAND)

Located off Labuan island and reachable by a five-minute boat ride, the 10.5-hectare Papan Island has a gorgeous landscape watched over by an old colonial lighthouse. A mini agricultural park showcases the many species of plant life found in Borneo, while activities include snorkelling and jungle-trekking. Chalets and campsites are available for accommodation. From the Labuan Jetty, there are speedboat services to the island.

THE CHIMNEY

Situated on a rise at Tanjung Kubong, is a stack made of red bricks and reaching almost 106 feet in height. The Chimney is an artefact of Labuan's coal mining era between 1847 and 1912. Nobody is quite sure why the Chimney, also known locally as "Punil", was built and what purpose it served for the coal mining companies, but it is still an intriguing sight to behold, with a Chimney Museum right next to it.

PEACE PARK

Situated near Surrender Point where the Japanese Army surrendered in 1945, the park was built as a memorial and also as a renunciation of the horrors of war. It is one of the most significant monuments on the island. A bronze plaque commemorating the surrender is mounted near the entrance. It is dominated by the memorial mound which is surrounded by landscaped gardens and pavilions. Small ponds with stone bridges are Japanese inspired.

SURRENDER POINT

Lying adjacent to Peace Park, this is a meaningful memorial spot where the Japanese officially surrendered to the Australian troops on 9 September 1945 after having occupied the island for three years. This was also where the trials of the first war crimes were conducted in the whole of Southeast Asia.

UNITED NATIONS '08 BEACH

Batu Manikar Beach is a 9km stretch of beach fringed by casuarinas and swaying palms on the north coast of Labuan, perfect for a relaxing afternoon. It was nicknamed UN'08 Beach as it had received the "Clean Beach Award from the United Nations Environment Programme" through the 2nd COBSEA Marine Litter Workshop and Clean-Up campaign in 2008. Along this stretch of beach is Pancur Hitam Beach with a beautifully landscaped park extending directly onto the sandy beach.

DUTY-FREE SHOPPING

The primary and most favourite activity of visitors to Labuan must be duty-free shopping. Known as a haven for a variety of imported and local items including liquor, fashion, jewellery and cosmetics, Labuan has both shopping malls and markets. A shopping carnival held at the end of the year brings prices even lower.

LABUAN MUSEUM

Set up in a colonial building along the waterfront, the Labuan Museum is a good place to start learning more about the history and culture of Labuan. Its history covers the period from the prehistoric era to the Brunei Sultanate through to British colonial days, the declaration of independence and establishment of Labuan as a federal territory. Exhibits also showcase the main communities residing in Labuan.

www.jmm.gov.my/en/museum/labuan-museum

LABUAN



LEGEND

- District
- Town
- ✈ Airport
- ⚓ Jetty
- ⚓ Ferry Terminal
- ⚓ Major Road
- ⚓ Secondary Road
- ★ Place of Interest

LABUAN MARINE MUSEUM

In this museum built to resemble a ship, visitors can step into a world of marine wonders, with aquariums filled with all manner of marine life, from sinister-looking sharks and moray eels to graceful angel fish. In the interactive section, visitors can touch and feel shallow-water creatures such as starfish and sea cucumbers. Various other marine habitats are on display, giving a great insight to marine creatures, oceanography and marine biology. Several restaurants, food stalls and souvenir shops are also available. The museum is a 10-minute drive from the waterfront.

www.jmm.gov.my/en/museum/labuan-marine-museum

LABUAN BOTANICAL GARDEN

Previously the grounds of the Government House locally known as “Bumbung 12”, the garden is beautifully landscaped with a diversity of tropical plants and many old trees, a hibiscus garden and herb garden, a man-made lake and an arched bridge. Several old gravestones are what is left from the colonial era and believed to be the oldest in Labuan. The botanical garden is about 2km east of Labuan city centre, along Jalan OKK Abdullah.

LABUAN BIRD PARK

The park is located about 16km from the city centre on the northernmost tip of Labuan island. Taking up about 6.9 hectares, the park is home to a variety of Borneo birds, including cockatoos, kingfishers, hornbills and sharmas. The park also facilitates the feeding of the birds and bird shows daily, as well as having photographs taken with them.

WATER VILLAGE HOMESTAY

Offering one of the best and most genuine ways to get to know the local people and culture, Kampung Patau-Patau 2 is one of the last remaining traditional water villages in Malaysia. The inhabitants are descendants of fishermen, sailors and traders from neighbouring Brunei who settled here many generations ago. They continue to live on stilt houses over the sea which are connected by a series of boardwalks. Getting around by water taxis is a highlight of any visit here. In a homestay programme, visitors are encouraged to join in the daily activities and any festivities held. The village is about 3km from the city centre and can be reached by road or water taxis at the market jetty.

www.go2homestay.com/homestay-kampung-patau-patau-2

CHINESE “EIGHT DEITIES” TEMPLE

Known locally as the “Ba San Miao” as well as the “Heaven and Earth” Temple, this Taoist temple was built by the Hokkien community. Featuring both “Heaven” and “Hell” halls to house the deities, the temple is one of many Chinese temples in Labuan. In the ninth month of the Chinese lunar calendar, the temple conducts a colourful celebration of the birth of the Ninth Emperor, a deity in Chinese mythology.

GURDWARA SAHIB SIKH TEMPLE

This Sikh temple was built by a local Sikh philanthropist and its architecture was inspired by the Sikh “golden temple” in Amritsar, India. Visitors are required to cover their heads with a piece of cloth when entering.

GETTING THERE AND AROUND

There are flights to Labuan on airlines including Malaysia Airlines and AirAsia from Kuala Lumpur, Sarawak, Sabah and Brunei. Taking the ferry from various locations in Sarawak, Sabah or Brunei is also an option. The city centre is one of the most pedestrian-friendly in Malaysia and can be explored comfortably on foot. Bus and van services are available, while taxis are mostly found in the city centre. Renting a scooter is another way of getting around.

SHOPPING AND DINING

Visitors will enjoy duty-free shopping in Labuan’s many stores which carry a large selection of local and imported products. There is a wide range of electronics, leather goods, chocolates and liquor, while fabric, clothes, shoes and accessories are especially popular among ladies.

Labuan is well known for its fresh and reasonably priced seafood, and the island is dotted with seafood restaurants where the freshest catch is cooked to order. A range of local and international cuisine is available at the hotels and restaurants in the city centre.

ACCOMMODATION

There is a range of accommodation available in Labuan from budget backpacker inns to luxury hotels, as well as homestay programmes.

LIST OF HOTELS

Dorsett Grand Labuan Hotel *****
t : 6087 422 000
w : www.dorsethotels.com/malaysia/labuan

Billion Pavillion,
Resort in the City *****
t : 6087 418 111

Tiara Labuan Hotel *****
t : 6087 414 300
w : www.tiaralabuan.com

Palm Beach Resort & Spa ***
t : 6087 418 700
w : www.palmbeachresortspa.com

Mariner Hotel**
t : 6087 418 822
w : www.labuanweb.com/marinerhotel.html

Avida Hotel**
t : 6087 416 868/426 868

Pulau Labuan Hotel 2 (Branch)**
t : 6087 422 388

Sara Hotel**
t : 6087 415 555/657

Pulau Labuan Hotel**
t : 6087 416 288

Pulau Labuan Inn*
t : 6087 416 833

Ambassador 2 Hotel*
t : 6087 581 242

Victoria Hotel*
t : 6087 412 411

Ambassador 1 Hotel*
t : 6087 423 233

Global Hotel**
t : 6087 425 201

Skyglobal Hotel
t : 6087 431 219

Millenium Hotel
t : 6087-421278

Oriental Hotel
t : 6087 419 019

Beta Service Apartment
t : 6087 453 333
w : www.fpl.com.my/residential.html

Melati Inn
t : 6087 416 307

Pantai View Hotel
t : 6087 411 339

One Hotel
t : 6087 451 369

HPL Apartment
t : 6087 583 533

Perdana Hotel
t : 6087 420 922

Red Tomato Hotel
t : 6087 412 963
w : www.redtomatohotel.com

Please note that this list is not exhaustive.





SPECIAL INTEREST HOLIDAYS

NATURE

ADVENTURE

SUN AND SEA

HIGHLANDS

HISTORY AND CULTURE

FAMILY HOLIDAYS

SHOPPING

ROMANTIC HOLIDAYS

HEALTH TOURISM

**MICE (MEETINGS,
INCENTIVES, CONVENTIONS
AND EXHIBITIONS)**





SPECIAL INTEREST HOLIDAYS

With such a diversity in landscapes as well as peoples, cultures and food, Malaysia presents myriad options for travellers to indulge in their favourite activities. The country's many national parks offer ample trails to trek and view some of the most exotic flora and fauna. From under the seas to caves, highlands and more, there is so much to explore.

Malaysia's long and colourful history, along with its diverse cultures, provide visitors with all kinds of delightful experiences, whether in quaint seaside villages or cosmopolitan cities. Coupled with some of the best shopping in the region, the variety of cuisines is truly a feast for the senses.

Travellers will find all the amenities and facilities in Malaysia for a memorable stay, whether it's for business, pleasure or health. The ease of language and warm weather all year round make it even more enjoyable.

NATURE



Malaysia has gained a reputation as a top destination for a host of nature activities. With more than half of its 329,758sq km surface covered by tropical rainforests, it's a treasure trove of flora and fauna. Here, visitors can catch a glimpse of wildlife including the Malaysian tiger, proboscis monkey, orang utan, Sumatran rhino and pygmy elephant. In addition to numerous rare plants and orchids, Malaysia is also home to the Rafflesia, the world's largest flower. Amazingly, Taman Negara, the world's oldest rainforest estimated at 130 million years old, is quite accessible from the capital of Kuala Lumpur.

With the country's extensive range of national parks and wildlife reserves, there are endless opportunities for nature discoveries, with easy jungle trails for amateurs and families with children as well as tougher terrain for seasoned jungle explorers.

The most common type of rainforest, the dipterocarp, is one of nature's most complex ecosystems, home to thousands of plant species and wildlife. Many plant species are rare and even endemic to the particular region, and are protected. Further up, hill and mountain slopes as well as montane forest environments are predominant, presenting extensive vistas and a cooler environment. Tidal mangrove forests protect against coastal erosion and provide breeding and nursery zones for fish and other aquatic species.

JUNGLE-TREKKING

The vast diversity of the ecosystem offers trekkers ample opportunity to observe plants and wildlife in their natural habitat. Fortunate visitors can spot small animals from observation hides and canopy walkways. More remote areas are home to mammals including the Sumatran rhinoceros, sun bears, elephants, tigers, wild boars, tapirs, deer and many species of monkeys.

BIRDWATCHING

Malaysia's diverse tropical landscape teems with hundreds of resident bird species. Its location on the Australasian cross-migratory paths also makes it a host to about 120 migratory bird species. With well over 600 species to be spotted in Peninsular Malaysia and about 580 in Sabah and Sarawak, Malaysia is a birdwatching haven. There are diverse avian habitats ranging from coastal mangroves

to lowland rainforests and montane forests. Lowland rainforests, including freshwater swamps, peat and hill dipterocarp forests, remain the most extensive habitat for more than 200 bird species. There are a total of 55 Important Bird Areas throughout Malaysia, accessible throughout the year.

RIVER CRUISING

River cruising is a leisurely way for nature lovers to explore and spot wildlife. There are navigable rivers in all parts of Malaysia, as well as mangrove swamps along much of the coasts. Leisurely river cruises accord nature lovers with the opportunity to observe wildlife including birds, primates, monitor lizards and even crocodiles. The Sukau River is in Sabah's Kinabatangan Wildlife Sanctuary, a conservation area for endangered species including the orang utan and Borneo elephant.

SITES FOR NATURE AND RAINFOREST EXPLORATION

SITE	STATE	CLASSIFICATION
Royal Belum State Park	Perak	Mixed dipterocarp forest
Kuala Selangor Nature Park	Selangor	Mangrove forest
Templer Park	Selangor	Mountain forest
Ulu Bendul Recreational Park	Negeri Sembilan	Mountain forest
Endau-Rompin National Park	Johor	Lowland rainforest
Gunung Ledang	Johor	Highland rainforest
Cameron Highlands	Pahang	Highland and mountain rainforest
Taman Negara	Pahang	Lowland and hill rainforest
Tasik Chini	Pahang	Freshwater swamp forest
Tasik Bera	Pahang	Freshwater swamp forest
Genting Highlands	Pahang	Highland rainforest
Fraser's Hill	Pahang	Highland rainforest
Tasik Kenyir	Terengganu	Freshwater swamp forest
Danum Valley	Sabah	Highland and mountain forest
Kinabalu Park	Sabah	Highland and mountain forest
Kinabatangan Floodplain	Sabah	Freshwater swamp forest
Gunung Emas	Sabah	Highland rainforest
Bako National Park	Sarawak	Mangrove and mixed forest
Lambir National Park	Sarawak	Lowland rainforest
Mulu National Park	Sarawak	Hill rainforest and limestone pinnacles
Niah National Park	Sarawak	Lowland rainforest

MALAYSIAN NATURAL TREASURES

- UNESCO World Heritage Sites: Sabah's Kinabalu Park, Sarawak's Mulu National Park and Perak's Lenggong Valley
- One of 12 mega-biologically diverse countries in the world
- Rare and endemic plants including rare species of palms, ferns and orchids
- Rare and endemic wildlife species including the orang utan, Borneo pygmy elephant, Sumatran rhino, proboscis monkey, sun bear and tapir
- Rafflesia: World's largest flower
- Mount Kinabalu: One of Southeast Asia's highest peaks
- Langkawi: UNESCO Global Geopark
- Mulu Caves: World's most extensive cave system

ADVENTURE



Since ancient times, adventurers have been making their way to these shores. Today, those seeking that adrenalin rush are still coming to Malaysia, attracted by the diverse terrain and challenging activities. They can all test their mettle by going rock climbing, whitewater rafting and diving, among many other adventure sports. There is a whole range of activities for all ages and levels of expertise from amateurs to serious enthusiasts and professionals.

ROCK CLIMBING

With limestone outcrops dotting many areas in Peninsular Malaysia, as well as sandstone mountains in Sarawak and big alpine granite walls in Sabah, rock climbing enthusiasts have many sites to choose from, with potentially hundreds more waiting to be discovered. A favourite among climbers is Gunung Nenek Semukut in the southern part of Tioman Island. At 700 feet high, the sheer cliff face of this freestanding granite spire provides a special thrill. Perennial warm weather also means that climbing is possible all year round.

MOUNTAIN CLIMBING

Mountain climbing is another great way to explore the diversity of Malaysia's natural landscape. Mountains in Peninsular Malaysia offer less arduous climbs, often through rainforests, tricky rivers and mountain ridges. Sabah and Sarawak are home to some of the world's most unique mountain environments. Mount Kinabalu, one of Southeast Asia's highest peaks at 4,095.2m is accessible to all trekkers. Sarawak's Gunung Santubong is a 1,329m vertical scramble that can take a day or two.

MOUNTAIN BIKING

With innumerable jungle and country trails, Malaysia is a mountain biker's dream come true. Peninsular Malaysia offers both road and off-road biking routes that are cycle-friendly, some that are in and around Kuala Lumpur itself. In Sabah and Sarawak, most rural roads are scenic and present more challenges for hard-core enthusiasts. Many routes lead to nature reserves where it's possible to view picturesque rivers and waterfalls.

CAVING

Malaysia is endowed with numerous limestone caves, including a World Heritage Site. These underground chambers are home to amazing wildlife including fruit bats, swifts, blind catfish and trapdoor spiders, as well as giant stalactites and stalagmites. Ipoh's cave temples contain many Buddhist statues and cave murals, while the Hindu temple in Selangor's Batu Caves houses shrines to Hindu deities. Favourites among caving enthusiasts in Peninsular Malaysia include Gua Tempurung in Perak, Gua Kelam in Perlis and Gua Ikan in Kelantan. Gua Madai in Sabah produces a large quantity of high-grade birds' nests. The Painted Cave in Sarawak's Gua Niah has walls displaying prehistoric artwork. Adventure caves including Drunken Forest Cave and Legan's Cave in Sarawak's Gunung Api remain close to their natural state.

SPECTACULAR MULU CAVES

The Mulu Caves in Sarawak have some of the biggest and longest networks of caves in the world. Although 195km of cave passages have been surveyed, these represent only 30% of the estimated total. The Sarawak Chamber, 600m by 415m and 80m high, is the largest known cave chamber in the world. The Deer Cave, measuring 120m by 150m in diameter, is the world's largest cave passage and at 108km, Clearwater Cave is the longest cave in Asia. An estimated four million bats live in this cave system.

WHITewater RAFTING

Indigenous people in the Malaysian interior have been using rafts for thousands of years. Whitewater rafting as an adventure sport in this country has also picked up tremendously in recent years. Peninsular Malaysia has a multitude of rafting sites, some within driving distance of Kuala Lumpur such as Sungai Selangor. Other popular rivers in Peninsular Malaysia include Sungai Telom and Sungai Lipis in Pahang, Sungai Sedim in Kedah and Sungai Gopeng in Perak. In Sabah, visitors can head for the Padas Gorge by antique railway through the scenic gorge itself.

DIVING

Due to its ideal location, the waters around Malaysia are not only clear but also teeming with marine life. Some of its islands have a diverse underwater ecosystem, home to rare and endangered species as well as corals. The jewel in the crown is Sabah's Sipadan, Malaysia's only oceanic island, offering up prolific marine and coral life. Other popular dive sites include Langkawi's Pulau Payar, Terengganu's Redang and Pahang's Tioman, to name a few. The islands off Semporna in Sabah are best for muck diving and macro diving, while there are some great wreck sites around Labuan, Layang-Layang and Lankayan.

ANGLING

Endowed with countless marine and inland angling destinations in rivers and lakes, Malaysia provides a variety of environments in which to pursue this challenging sport. From shallow flat shelves to 2,000m drop-offs, the deepwater area of the Spratlys is Malaysia's premier saltwater game fishing ground, providing a wide variety of fish. Inland rivers and lakes, including the massive Lake Kenyir, provide various challenges with more than 250 species of freshwater fish.

SAILING

With well-equipped marinas and yacht clubs, Malaysia is a leading sailing destination in the region. Being in the tropics and surrounded by the sea means that enthusiasts can sail all year round, enjoying the country's coastal attractions. Langkawi has great sailing facilities and numerous islands to explore, while the ports of Port Klang, Port Dickson, Lumut and Penang also provide safe anchorage. A few sailing cup challenges held throughout the year have enthusiasts eagerly participating, including the Selangor Raja Muda Cup and Terengganu's Monsoon Cup.

GOLFING

Malaysia is home to more than 200 golf facilities, from nine-hole courses to 54-hole complexes. Many of them designed by world-famous golfing personalities, these courses combine the best of Malaysia's natural environment with challenging fairways. These facilities are spread over a variety of landscapes, incorporating backdrops such as the South China Sea and majestic mountains. There are also fairways tucked amidst lush rainforests. Many golf courses are integrated with luxury hotels and resorts, equestrian clubs and theme parks, offering a full range of world-class facilities and amenities. With balmy temperatures all year round, golfers can head for the greens at any time of the day. Many international golf tournaments are being held in Malaysia, attracting top golfers and bringing the game to a whole new level.

SUN AND SEA



With hundreds of idyllic islands dotted along its coastline and stunning sandy beaches lining its shores, it's no wonder Malaysia is a favourite destination for sun, sea and sand. Best of all, it's blessed with a warm, tropical climate all year round, making it accessible at any time.

Malaysia's islands are perfect for travellers who want to get away from it all. From Langkawi on the west coast to Redang and Tioman on the east coast, as well as Sipadan and Layang-Layang in Sabah, there are crystalline waters and pristine beaches on which to soak up the rays. Most resorts on these islands feature spas which offer all manner of relaxing and rejuvenation therapies.

The luxury island resort of Pangkor Laut is considered one of the world's best, famed for its stunning setting and amenities. The beaches along the coasts of Penang and Pahang are as enticing as their historical and cultural sights.

A wide range of land and water sports can be enjoyed, including snorkelling and diving in some of the world's best underwater ecosystems. Tropical rainforests within easy reach of the beaches are inhabited by all kinds of flora and fauna, and birdwatching is especially popular. The islands and beaches in Terengganu and Sabah are also well known as egg-laying spots for several endangered turtle species.

For an adventure-filled holiday or one spent just quietly contemplating spectacular sunsets, nothing comes close to island and beach holidays in Malaysia.

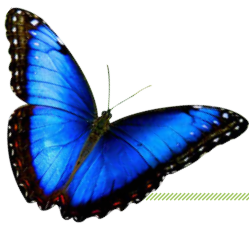


SEA WALKING IN SAPI

A short boat ride away from Kota Kinabalu in Sabah is Sapi Island, part of the Tunku Abdul Rahman Marine Park. Here, after a short instruction session and five-minute boat ride to the pontoon, visitors can experience walking underwater wearing a 30kg astronaut-style helmet and aqua shoes. The wonders of the underwater world will be discovered without having to take up diving.



 Pulau Redang (Redang Island), Terengganu



HIGHLANDS

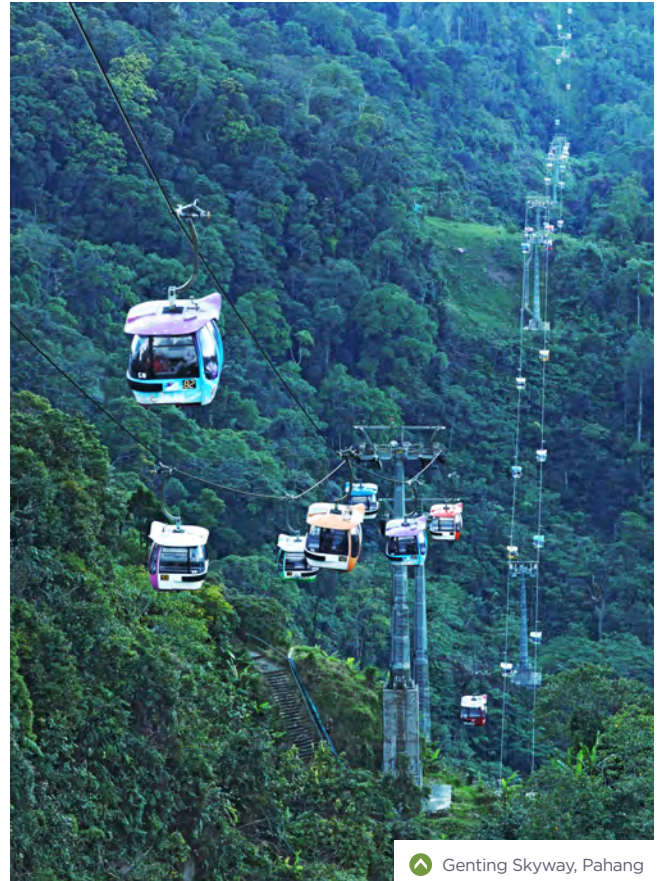


Despite being near the equator, Malaysia has a host of highland destinations offering magnificent mountain vistas, a range of nature trails, theme parks and cultural pursuits, and of course, a fresh, cool environment.

Each highland location has its own unique character. Just an hour's drive from Kuala Lumpur is Genting Highlands, perched some 1,800m above sea level. Dubbed the City of Entertainment, it features theme parks, a casino and numerous dining and entertainment options. Similarly, Berjaya Hills in Bukit Tinggi shows off different cultural themes from French to Japanese.

Penang Hill is Malaysia's oldest hill resort with a delightful funicular train service. The highland towns of Cameron Highlands and Fraser's Hill are nature havens with innumerable flora and fauna species as well as sprawling tea plantations, flower gardens and vegetable farms. Bukit Larut, formerly known as Maxwell Hill in Perak, provides spectacular views of the peninsular coastline and is a favourite among birdwatchers.

For the more adventurous, the UNESCO World Heritage Site of Kinabalu Park is a wonderland of ecological treasures and home to Malaysia's highest mountain, Mount Kinabalu.



▲ Genting Skyway, Pahang



▲ Mount Kinabalu, Sabah



HISTORY AND

CULTURE



▲ The giant *reban ubi* drum

Malaysia has had a long and colourful history where, apart from the native Malays, immigrants from China, India and Indonesia have also contributed to its multiracial composition. The country's cultural diversity is also attributed to its historical interaction with other countries and colonial rule by the Portuguese, Dutch and English. The country attained its independence on 31 August 1957 as the Federation of Malaya. With the entry of Sabah and Sarawak on 16 September 1963, Malaysia was formed.

Today, Malaysia has evolved into a melting pot of peoples, languages, religions, cultures and traditions, as well as dressing and food. Traditional arts, crafts and other aspects of the individual cultures are kept alive and celebrated throughout the year.

A visit to the various museums provides a good introduction to local history, while a stroll through the older parts of each town and city evokes vestiges of the past. Of particular interest are George Town in Penang and Melaka which have been added to UNESCO's World Cultural Heritage City list. In quaint little streets where much of the architecture has been preserved, visitors can step back in time to catch glimpses of a fascinating era.

An interest in Malay arts and crafts will not be complete without a visit to the East Coast of Peninsular Malaysia, in particular the states of Terengganu and Kelantan. Dotted along the picture-perfect coastline are cottage industries including batik printing and *songket* weaving. Traditional games such as *wau* or giant kite flying and giant top spinning are still enthusiastically pursued.

A visit to Melaka is not only a step back in time but also an opportunity to get to know more about Baba Nyonya culture. This Straits-born Chinese community is well known for its lavishly-decorated houses, traditional costumes and jewellery, as well as exquisite cuisine and pastries. The Portuguese village in Melaka is also popular for its cultural performances including songs and dances, and unique cuisine.

For an eye-opening look at a completely different way of life, visitors can head for Sabah and Sarawak. Many of Sabah's 32 ethnic groups still lead a simple way of life in the rainforest that has remained unchanged for centuries. Sarawak is a delightful hodgepodge of cultures with its tribes speaking as many as 45 different languages and dialects.

MALAYSIAN HOMESTAY

Visitors who prefer to immerse themselves totally in the Malaysian way of life can opt for a homestay visit, available throughout Peninsular Malaysia, Sabah and Sarawak. With genuine warmth and hospitality, villagers share their homes, food, games and pastimes, so that visitors gain a true sense of what it's like to live in a typical village.

The different races in Malaysia live in harmony while retaining much of their own culture, religion, customs, food and language. Numerous festivals and cultural activities dot the calendar, all guaranteeing memorable experiences.

TRADITIONAL MUSIC AND DANCE

Visitors are in for a treat when it comes to music and dance as there is such a variety in this cultural melting pot. Traditional Malay music is predominantly percussive with influences from around the region. Traditional Chinese and Indian music are very much alive and have remained true to their origins in instrumentation and melodies.

TRADITIONAL MUSIC

The *kompang* is probably the most popular Malay traditional instrument, providing an infectious beat in a variety of social occasions such as the Independence Day parades, official functions and weddings. The giant *rebana ubi* drums provide resounding rhythmic beats. In the past, they conveyed announcements from village to village, from warnings of danger to wedding announcements.

A typical Chinese orchestra is made up of a blend of both western and traditional Chinese musical instruments including lutes as well as bowed string and wind instruments.

Indian classical music typically incorporates traditional instruments from India including the sitar, tabla and other drums, as well as vocals. Punjabi music such as bhangra is increasingly popular and influences many Malaysian songs.

A medley of Malaysian drums provides a spectacular visual as well as musical feast at cultural festivals with thunderous beats provided by Malay, Chinese and Indian drums.

The *sape* is a traditional lute of Sarawak's indigenous Orang Ulu or upriver community. Featuring beautiful motifs carved out of wood, the *sape* was once played only during healing ceremonies in longhouses, but it is used for entertainment purposes today as well.

TRADITIONAL DANCE

Traditional Malay dances have their origins in some of the neighbouring countries, such as the regal Mak Yong from Thailand. The Kuda Kepang which originated in Java is a fascinating re-enactment of holy wars with dancers moving about on mock horses. The Zapin was introduced from the Middle East, while the lively Joget borrows elements from Portuguese folk dances. The Tarian Lilin or Candle Dance is particularly graceful with dancers balancing lit candles in their hands.

In addition to some folk dances, the Chinese community celebrates Chinese New Year with the Lion Dance and Dragon Dance. The dragon symbolises power, fertility and strength, and the dance is believed to usher in good luck and prosperity. Legend has it that the lion was the only animal that could ward off a mythological creature called Nian that terrorised ancient China, devouring people on New Year's Eve. In both dances, performers move through choreographed moves with dazzling coordination and acrobatic skill.



Wau

Indian classical dances are based on ancient Indian epics, including the Bharatanatyam and Odissi. Mesmerising to watch, these dance forms incorporate over 100 dance steps and gestures. As perfecting the dances requires many years of practice, some children start learning the steps from an early age. Originally performed as a harvest dance by the Sikh community, the Bhangra is now part of celebrations such as New Year festivities and weddings. This lively folk dance is accompanied by singing and the heavy beats of the dhol, a double-barreled drum.

The traditional dances of Peninsular Malaysia's indigenous people or Orang Asli are strongly rooted in their spiritual beliefs, and performed to communicate with the spirit world. Such dances include Genggulang of the Mah Meri tribe, Berjerom of the Jah-Hut tribe and the Sewang of the Semai and Temiar tribes.

The Farapeira is a fast-paced, upbeat dance performed by the Portuguese community in Melaka, where couples dressed in Portuguese costumes perform intricate dance steps. The Branyo is a more sedate dance favoured by the older generation where male dancers are dressed in Western cowboy costumes while female dancers wear traditional *baju kebaya*.

The Ngajat is a warrior dance usually performed during Gawai Kenyalang or the "Hornbill Festival" of the Ibans in Sarawak, with performers wearing dramatic headdresses. The Datun Julud is performed by Sarawak's Kenyah women. The Hornbill Dance features beautiful fans made

out of hornbill feathers and was once performed to greet warriors returning from headhunting raids or during harvest celebrations.

The Sumazau is a traditional dance of Sabah's Kadazan people, performed during religious ceremonies and social events to honour benevolent spirits for bountiful paddy harvests, cure illnesses or ward off evil spirits. In this hypnotic dance, male and female performers move gracefully to imitate birds in flight.

TRADITIONAL GAMES AND PASTIMES

The strong sense of community that is found among Malaysians is reflected in the many pastimes and traditional games that are still being played.

SILAT

This form of Malay martial arts is also an international sport and traditional dance form, featuring fluid movements that are used to dazzle opponents. It is believed that practising *silat* will increase one's spiritual strength in accordance with Islamic tenets. To the accompaniment of drums and gongs, *silat* is performed as entertainment at Malay weddings and cultural festivals.

SEPAK TAKRAW

This traditional game features a rattan ball that is passed from one player to the next by using any part of the body except the lower arms and hands. *Sepak takraw jaring* is the modern version of the game played in a court with a net over which the ball is passed.



▲ Wayang kulit

WAU

A *wau* is a giant kite that is popularly crafted and flown in the state of Kelantan. Traditionally flown after the rice harvest season, these kites can measure up to 3.5m from head to tail. Featuring vibrant colours and motifs, it is called *wau* as its shape is similar to the Arabic letter that is pronounced as “wow”.

GASING

This giant spinning top can weigh up to approximately 5kg. Traditionally played before the rice harvest season, the spinning of the top requires strength, coordination and skill. It is released by unfurling a wound-up rope, then scooped off the ground and transferred onto a low post. If hurled expertly, it can remain spinning for up to two hours.

WAYANG KULIT

This traditional theatre form, popular in the state of Kelantan, incorporates both puppet show and shadow play, in which the two-dimensional puppets are intricately carved and beautifully painted by hand. Conducted by a master storyteller called the Tok Dalang, *wayang kulit* typically dramatises ancient Indian epics.

CHINGAY

Athletic members of the Chinese community usually celebrate the year-end Penang festival with this display of tall bamboo poles topped by enormous triangular flags. In a show of prowess, the giant poles are expertly balanced and tossed about using different parts of the body.

SEPAK MANGGIS

Sepak manggis is a unique game played by Sabah's Bajau and Iranun community. In a circle and facing each other, male players aim to strike the *bunga manggis* or floral carrier hanging from a 10m-high pole. The winner is rewarded with money or gifts which are placed in the carrier.

TRADITIONAL ARCHITECTURE

The diverse nature of Malaysia's multicultural heritage is also evidenced in the many styles of architecture found in and around the country.

Traditional Malay architecture incorporates ingenious designs ideally suited to tropical conditions. Structures are built on stilts to allow breezes to cool them as well as protect them from floods. High-pitched roofs and large windows featuring intricate designs also facilitate cross-ventilation. The National Museum in Kuala Lumpur features such a stylised Malay roof.

While sharing similar characteristics, Malay houses differ from state to state. Homes in Melaka, for instance, have distinctively moulded and colourfully tiled staircases. Traditional Malay houses in the state of Negeri Sembilan are unique in that they are constructed entirely without nails. These structures are built with beams that are held together by wedges. A beautiful example is the Old Palace of Seri Menanti, built around 1905.

Many buildings throughout Malaysia, both old and new, incorporate some Moorish design elements. In Kuala Lumpur, the Sultan Abdul Samad Building and Railway Station are examples of Moorish architecture, while a number of buildings in Putrajaya and mosques display similar influences as well.

Some of the best examples of traditional Chinese architecture can be found in Chinese temples including the Kek Lok Si in Penang built in 1890 and Cheng Hoon Teng Temple in Melaka built in 1646. Many old houses, especially those in Melaka and Penang, belong to the Straits-born Chinese, featuring elaborate interiors, grand indoor courtyards and colourful tiles.

Hindu temples in Malaysia display the South Indian heritage of the Indian community, with beautiful and vibrant architecture. The Sri Maha Mariamman Temple in Kuala Lumpur is one of the most ornate and elaborate Hindu temples, built in the 19th century. The detailed decoration includes intricate carvings, gold embellishments and hand-painted motifs, utilising imported Italian and Spanish tiles.

In the cities of Melaka and Penang, there are also many relics of past colonial powers. These include examples of Portuguese and Dutch architecture in Melaka that date back centuries as well as British-influenced buildings.

An interesting example of architectural harmony can be found in Melaka's Terenggera Mosque. It displays a unique combination of Chinese and Western elements, with a pagoda-like roof and Western balustrades and railings.

The architecture of the indigenous peoples of Sabah and Sarawak are typified by longhouses and water villages. Belonging to interior riverine tribes, longhouses are elongated and stilted structures, capable of housing between 20 and 100 families. Rustic water villages built on stilts can be found along riverbanks and on seafronts. In these villages, wooden houses built over the water are linked by plank walkways, with villagers moving around by sampan or canoe.

MALAYSIAN FOOD

Dining in Malaysia is truly a gastronomic adventure where the multicultural population enjoys a vast spread of local cuisine. The staggering variety of dishes, desserts and fruits in this food haven can be bewildering but is sure to tantalise the tastebuds.

Visitors can dine out in style at upscale restaurants, cafes and pubs that feature Malaysian favourites as well as international cuisine. Often, the best food is to be found at food courts, hawker centres, *kopitiam* or coffee shops, and even street stalls. It is not only affordably priced, but also often available through the day and night. Halal food is widely available throughout Malaysia. Vegetarian food is also easily found in major towns.

MALAY CUISINE

Fresh ingredients feature prominently in Malay dishes, with lots of chillies and spices thrown in for flavour.

NASI LEMAK

This is a simple meal that includes fragrant rice cooked with coconut milk. Accompaniments include a spicy sambal, egg, fried anchovies and cucumber, all wrapped up in a banana leaf.

SATAY

This Malaysian favourite comprises skewers of marinated meat barbecued over a charcoal fire and served with a sweet and spicy peanut sauce, accompanied by cucumber, onions and *ketupat* or rice cakes.

RENDANG

This curried and stewed dish is traditionally made with beef and cooked with coconut milk and an array of spices. Braised for hours, these tender morsels can be stored for days and even weeks.

LAKSA

Varying from state to state, this noodle dish in a spicy broth is a perennial favourite, incorporating meat, vegetables and condiments.



▲ Satay

SOTO AYAM

This fragrant and mildly spicy chicken soup is served with *ketupat* or rice cubes and a variety of vegetables and condiments.

CHINESE CUISINE

From fine dining to street food, Chinese cuisine features a dazzling array of dishes that are steamed, sautéed, braised, fried and grilled to perfection.

HAINANESE CHICKEN RICE

This fragrant rice dish is cooked in chicken broth and served with tender morsels of poached or roasted chicken, together with its own special chilli sauce and other condiments.

CHAR KOAY TEOW

Hailing originally from Penang, this rice noodle dish is wok fried over very high heat together with prawns, eggs, bean sprouts, cockles and occasionally Chinese sausage, with a sprinkling of soya and chilli sauce.

BAK KUT TEH

This dish is traditionally made with pork boiled in a herbal soup and served with rice and *yew char koay* or deep fried flour fritters. A halal version is also available.

ASSAM LAKSA

Made with rice noodles, this fragrant Penang speciality uses a spicy fish broth seasoned with prawn paste and accompanied by numerous vegetable garnishes.



▲ Nasi kandar

HALAL CUISINE

As Malaysia is a predominantly Muslim country, many restaurants, cafes, food stalls and even fast food outlets are certified halal. Muslim visitors just have to look for the halal logo displayed on the door of an establishment to enjoy a wide variety of food.

DIM SUM

An array of steamed and fried morsels are wheeled out in restaurants and coffee shops, usually at breakfast time.

INDIAN CUISINE

Popular amongst all Malaysians is a vast array of Indian cuisine featuring a variety of curries to be eaten with rice or several types of breads.

BANANA LEAF MEAL

A generous helping of rice served on a banana leaf is served with a choice of meat or vegetarian curries, vegetables and pickles, best eaten with the fingers.

NASI KANDAR

Served up by Indian Muslim restaurants, often 24 hours a day, this rice meal is also accompanied by a generous selection of meat dishes in thick curry gravies.

MEE GORENG/REBUS

Indian Muslim restaurants also serve delicious noodles either fried (*goreng*) or boiled (*rebus*) with a spicy piquant sauce, often with squid and eggs.

ROTI CANAI

Made from wheat flour, this crispy Indian pancake can be eaten any time of the day, usually with a curry and dhal. Other pancakes include *thosai* and chapatti.

TEH TARIK

This Malaysian favourite is a hot sweet tea with milk. Literally meaning “stretched” or “pulled” tea, it’s skillfully poured from one mug to another to froth it and increase its flavour.

NYONYA CUISINE

The Straits-born Chinese or Peranakan, also known as Baba Nyonyas, have an incredibly rich culture as well as culinary traditions. Nyonya cuisine involves the blending of many ingredients, with the addition of herbs and spices to enhance flavours.

MEE SIAM

Made with rice vermicelli, this dish incorporates a mixture of sauces, chilli paste, shredded chicken and prawns.

OTAK-OTAK

A mixture of fish is blended into a paste and mixed with herbs and spices, wrapped in a banana leaf and then steamed or grilled.

INCHE KABIN

Fried chicken aficionados will love this dish of chicken pieces marinated in a variety of sauces and spices, then deep fried. It’s best enjoyed with a piquant chilli sauce.

POPIAH

This Malaysian wrap consists of a variety of finely shredded vegetables, prawns and crabmeat all wrapped up in a rice flour pancake, eaten with sweet sauce and chilli sauce.

NYONYA DESSERTS

A Nyonya meal is never complete without a sweet finish of creamy desserts or an array of *kueh* (cakes) that come in a rainbow of colours and flavours.

MALAYSIAN COOKING CLASSES

Foodies can gain a deeper insight into Malaysian food and its preparation by joining hands-on cooking classes, gourmet tours and market visits offered by popular Malaysian chefs.

Bayan Indah Culinary Retreat
www.bayanindah.com

Akademi Memasak Chef Liza Zainol
www.sweetazza.com.m

Chef Abdul Razak
www.chefrz.blogspot.com

LaZat Malaysian Home Cooking Classes
www.malaysia-klcookingclass.com

Culinary Capers
www.culinarycapers.com.my

MALAYSIAN FRUITS

Malaysians are extremely fortunate to enjoy a vast range of tropical fruits, some of which are seasonal and others available all year round.

BANANA

Visitors who are used to only one variety of banana will face a bewildering range from tiny *pisang* (banana) as small as the little finger to other fragrant varieties. Delicious *goreng pisang* (banana fritters) are not to be missed.

MANGO

Many varieties of mango can be found year round in Malaysia, from sweet varieties to sour green ones that are pickled and used in fruit salads. A particular favourite is the local variety, Harum Manis, grown mostly in the state of Perlis.

MANGOSTEEN

The deliciously refreshing mangosteen is known as the Queen of Fruits. About the size of a tennis ball and deep purple in colour, its solid shell reveals pinkish white segments that are creamy and sweet.

RAMBUTAN

This seasonal favourite has a red and hairy exterior that protects a translucent fruit that's sweet and juicy.

STARFRUIT

Also known as the carambola, this star-shaped fruit is tart and sweet at the same time. Available all year round, it's also enjoyed as a juice and believed to lower blood pressure.



▲ Malaysian fruits

JACKFRUIT

Enormous and slightly prickly on the outside, fragrant, succulent yellow pods are revealed when the jackfruit shell is cracked open.

CEMPEDAK

A cousin to the jackfruit, *cepedak* is also delicious when fried in a batter.

CIKU

Resembling the kiwi fruit, a ripe *ciku* is soft and sweet on the inside. It is also known as the sapodilla.

GUAVA

A ripe guava is deliciously fresh on its own or in a *rojak* (fruit salad), and also freshly juiced as it's highly rich in Vitamin C.

POMELO

About the size of a soccer ball, the pomelo is the largest of all citrus fruits and tastes like a sweeter grapefruit.

COCONUT

The young coconut is enjoyed both for its clear refreshing water as well as creamy flesh. The flesh of an old coconut is grated and squeezed for its coconut milk, to be used in cooking.

DUKU AND LANGSAT

Available seasonally, both of these fruits belong to the same species. Covered with a golden brown skin, the juicy flesh inside is slightly translucent, both tart and sweet.



Pomelos



THE KING OF FRUITS

Love it or hate it, no other fruit in Malaysia stirs up so much controversy as the durian. Aficionados rave about its taste and aroma while detractors complain about its stink, causing it to be banned from hotel elevators! This soccer-ball-sized fruit is protected by a hard, thorny shell, revealing light yellow pods that are custardy in texture.

FAMILY HOLIDAYS



Malaysia has long been known as an ideal destination for families travelling with children. With a range of accommodation that includes family apartments, diverse culinary treats, great facilities and healthcare, and of course a warm climate throughout the year, it really is a fun-filled and secure destination.

Travellers can choose from island and beach resorts that cater to families, with water sports, kiddie clubs and endless sun and sea to entertain little ones. In cities including Kuala Lumpur and Penang, there are parks, zoos and botanical gardens that provide endless activities. Those seeking more adventurous holidays can roam further afield to national parks where children can explore the jungle and caves, cruise along rivers and climb mountains.

Malaysia also offers many theme parks, both indoor and outdoor, that are dotted throughout the country. Each particular theme park has its own unique features, such as waterpark rides, animal safaris and even cultural activities. Its proximity to Kuala Lumpur makes the theme park in Genting Highlands a perennial favourite.

Nusajaya in Johor is a big hit among children with attractions including Legoland, the Little Big Club and Sanrio Hello Kitty Town. With so many activities available, spending time with the family in Malaysia is a wonderful experience.



Orang Utan Island, Semanggol, Perak



Wet World Batu Pahat, Johor



Genting Theme Park, Pahang

SHOPPING



One of Asia's premier shopping destinations, Malaysia's shopping malls, bazaars and street stalls offer a staggering variety of fashion, accessories, electronics and cameras, just to name a few. The exemption of duty on numerous items including cameras, electronic devices, cosmetics and perfume, coupled with the favourable exchange rate, make shopping in Malaysia a dream come true for shoppers. With three annual sale seasons, even more irresistible bargains can be found.

Popular duty-free zones include the islands of Langkawi, Tioman and Labuan, as well as international airports and border towns.

High-end malls feature exclusive designer boutiques and department stores that cater to all tastes. For shopping convenience, there are banks, restaurants and food courts all under one roof.

Three main shopping events are held annually - the 1Malaysia Grand Prix Sale, the 1Malaysia Mega Sale Carnival, and the Malaysia Year End Sale. During these events, all stores and shopping malls offer unbeatable bargains along with promotions and fun activities to further tempt avid shoppers.

A fun experience for many shoppers is a stroll along street stalls, bazaars and night markets in towns throughout the country. Night markets are particularly colourful with an array of food, fruits and even fashion items on offer. Bargaining is the norm and transactions are in cash, while major credit cards are accepted in shops and malls.



↑ Royal Selangor, Penang



↑ Little India, Klang, Selangor

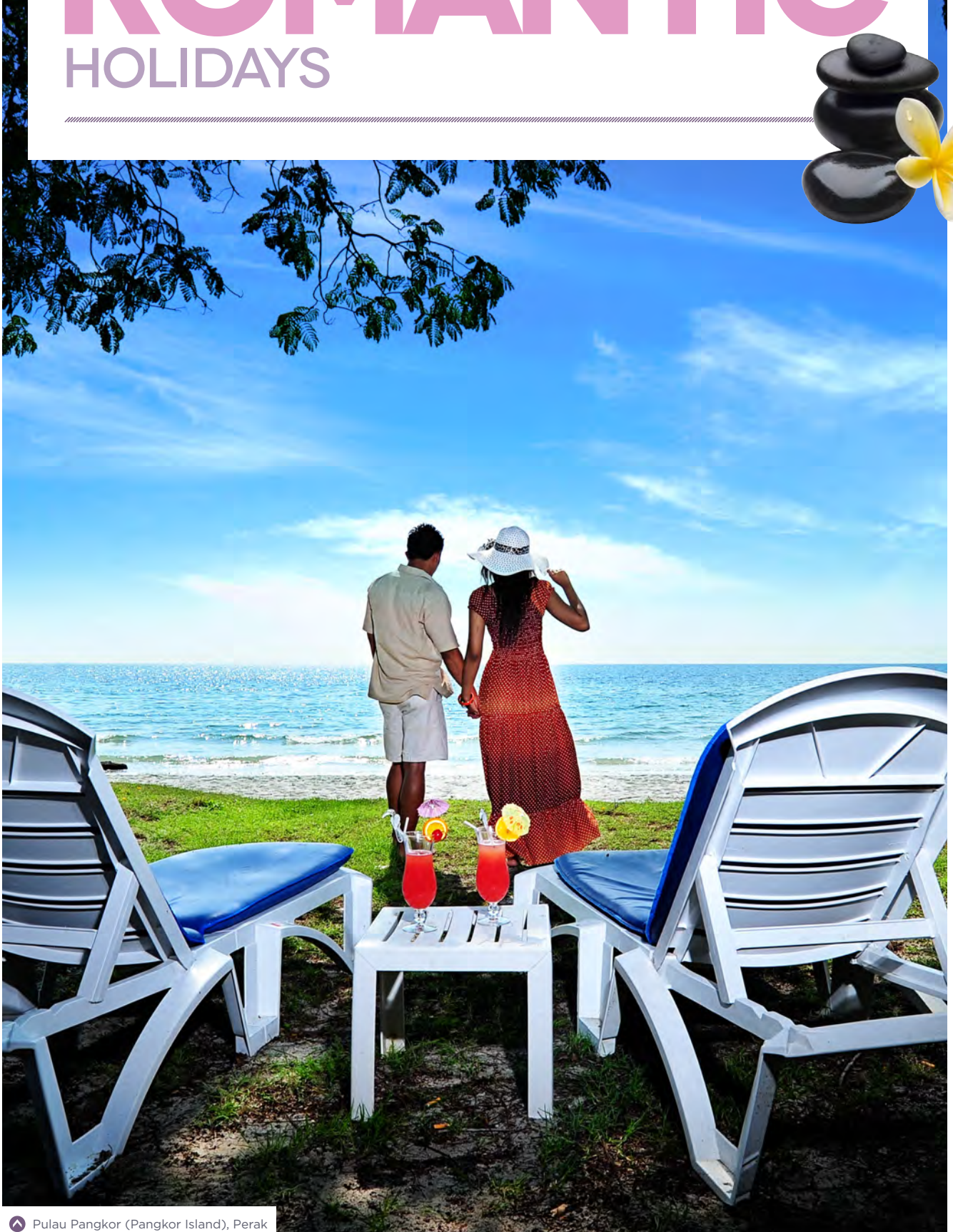
SHOPPING FOR SOUVENIRS

A great spot to pick up Malaysian souvenirs is Central Market in Kuala Lumpur. Formerly a wet market, this shopping bazaar offers a wide variety of local crafts including batik, *songket* (handwoven brocade), woodcarvings and silverware. The Royal Selangor Visitor Centre is the place to go for a comprehensive range of pewterware.



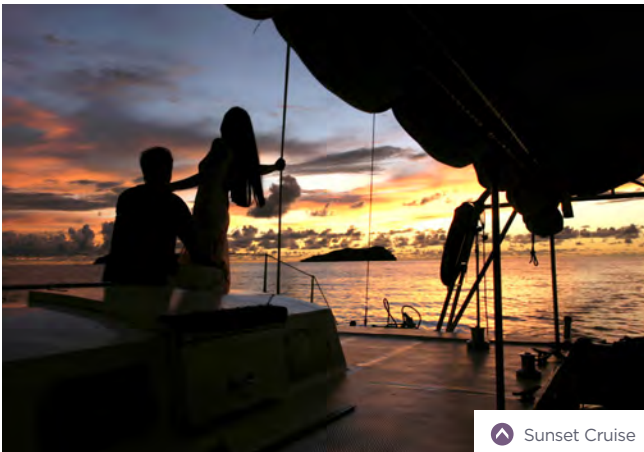
↑ Central Market, Kuala Lumpur

ROMANTIC HOLIDAYS

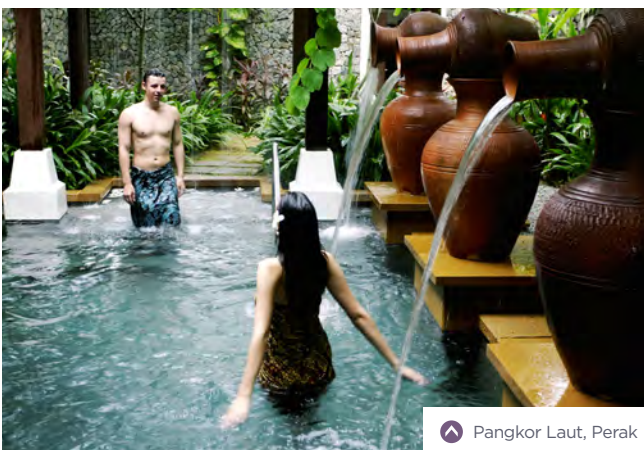




Spa time in Langkawi



Sunset Cruise

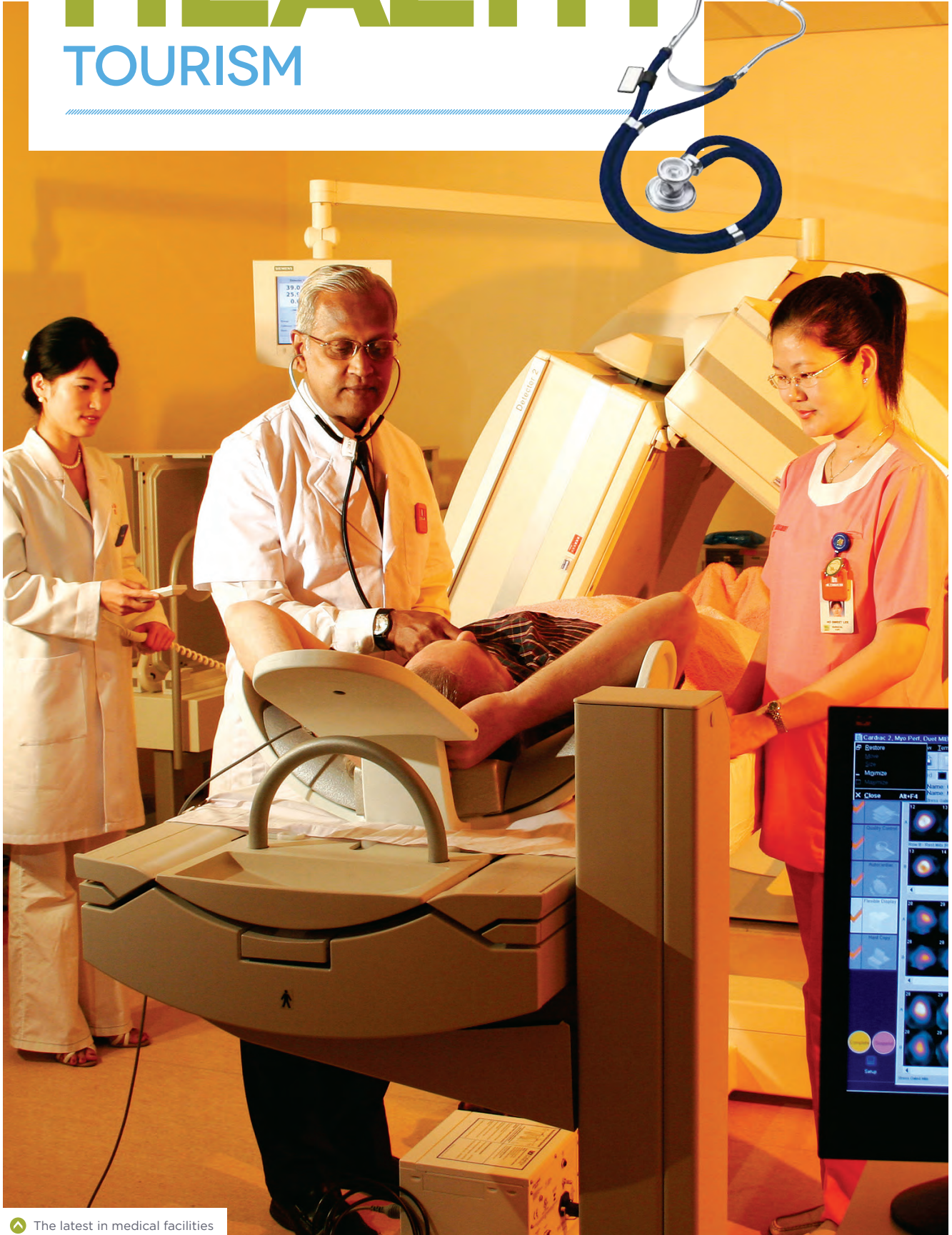


Pangkor Laut, Perak

Malaysia is a fantastic destination for couples planning a romantic getaway, be it for a honeymoon or special anniversary. Offering a wealth of inspiring and indulgent settings and activities, the choice is endless. Lovebirds can bask on exquisite private beach hideaways or combine romance and adventure by exploring exotic tropical jungles. Vibrant cities or quaint historic towns each have their own appeal. And to totally relax, there's always a luxurious spa retreat offering world-class Asian remedies for pampering and rejuvenation. The contrasts, diversity and beauty of Malaysia make it a captivating romantic destination, the perfect place to celebrate life together.

Couples can choose to take in the cosmopolitan charms of Kuala Lumpur, indulging in some shopping and dining before heading for some fun in the sun. Luxurious resorts on islands including Langkawi, Pangkor and Tioman provide a level of pampering that rival the best in the world. Those seeking cooler climes will enjoy the bracing air in highland resorts found in Cameron Highlands, Fraser's Hill and Genting Highlands. The more adventurous can head for national parks in Sabah and Sarawak, while avid divers will appreciate the diverse diving spots off the East Coast of Peninsular Malaysia and Sabah. Malaysia has it all to cater for a truly romantic holiday.

HEALTH TOURISM





State-of-the-art equipment

Increasingly, travellers are flocking to Malaysia, not just for the sun and sea, but also to visit hospitals and clinics to seek medical treatments. Of comparable world-class quality, these treatments are at a lower cost, as much as 25 to 80 per cent less than the UK.

The Malaysia Healthcare Travel Council is dedicated to improving and promoting healthcare within Malaysia for visitors, with online resources including a guide to hospitals offering medical care and a summary of their specialities. Medical tourists who travel to Malaysia seek a variety of treatments from a full medical examination to more specialised care such as dentistry, ophthalmology and plastic surgery.



A range of medical treatments

Healthcare packages include post-operative care and even recuperative holidays in Malaysia. There are also health rejuvenation packages that combine holidays with spa treatments in prime resort areas.

For more information, visit the Malaysia Healthcare Travel Council at www.mhtc.org.my



Recuperative care

MICE



(MEETINGS, INCENTIVES, CONVENTIONS AND EXHIBITIONS)



 Kuala Lumpur Convention Centre



Putrajaya International Convention Centre



World-class facilities

Malaysia is a preferred destination for international conventions and exhibitions. Accessibility from most parts of the world is provided by direct air links. A host of facilities and amenities is available for large world-class conventions and events. There is a wide range of accommodation catering to a variety of groups from large conferences to summit meetings. Hotels are completely equipped with conference and banquet amenities as well as state-of-the-art business and communications facilities.

For those wishing to host a meeting in Malaysia, there is a choice of venues, from cosmopolitan cities such as Kuala Lumpur to more exotic beach or even rainforest settings. With balmy weather all year round and a stable political and economic climate, it's small wonder that Malaysia is a favourite choice of event planners.

Kuala Lumpur is a cosmopolitan city offering top-notch amenities from the latest conference facilities to top class hotels, varied dining and entertainment options. It boasts a proven track record, having hosted numerous major international events from global summits to F1 racing. For pre- and post-conference tours, other parts of the country also offer a variety of settings and sightseeing options from nature-based to historical and cultural venues.





ESSENTIAL INFORMATION

**FESTIVALS AND
CELEBRATIONS**

**MEGA EVENTS AND
FESTIVALS**

ACCOMMODATION

SAMPLE TOURS

MALAYSIA AT A GLANCE

USEFUL CONTACTS

TOURISM MALAYSIA OFFICES

FESTIVALS AND CELEBRATIONS



In Malaysia, there is a multitude of festivals and celebrations throughout the year, thanks to the diverse population. Upholding traditions and customs that are centuries-old, each community celebrates its festivals in its own inimitable style, although all Malaysians join in the joy and festivities as well.

Prior to each major festival, households get ready by spring cleaning and decorating the house, shopping for new clothes and preparing special delicacies. Just before the holidays, there is usually a mass exodus from the big cities to hometowns in order to celebrate with loved ones.

Friends and neighbours are usually invited over for “open house”, where the host family lays out a spread of food and drinks for the enjoyment of everyone who visits. This Malaysian tradition is extended to major festivals where different communities get together in a heartwarming way.

In addition to festivals celebrated by individual communities, there are celebrations that all Malaysians take part in, including the Independence Day celebrations on 31st August, and Malaysia Day celebrations on 16th September.

HARI RAYA AIDILFITRI

Also known as Hari Raya Puasa, it marks the culmination of Ramadhan, the fasting month, and the first day of Syawal, the tenth month on the Muslim calendar. It is a time for family members to ask for forgiveness from their elders and family members. Traditional Malay food including *rendang*, *ketupat* and an assortment of cookies are served at open houses. Children in brand new clothes enjoy receiving *duit raya* or money-filled packets.

HARI RAYA AIDIL ADHA

To commemorate the Islamic festival of Eid al-Adha, the occasion is marked most significantly by the conclusion of the annual Haj or pilgrimage to the holy city of Mekah. It is held on the 10th day of Zulhijjah or the 12th month of the Muslim calendar. After prayers at the mosque, the *korban* or sacrificial slaughtering of cattle or goats takes place, with the meat distributed to the needy.

PROPHET MUHAMMAD'S BIRTHDAY

Celebrated on 12 Rabiulawal in the Muslim calendar, this day is marked by special prayers and sermons in mosques, as well as processions and feasts.

CHINESE NEW YEAR

Celebrated over a period of 15 days beginning from the first day of the Chinese lunar calendar, Chinese New Year is the most important festival for the Chinese community. Preceded by the all-important family reunion dinner the night before, Chinese New Year is celebrated with cakes and sweetmeats, the giving of *ang pows* or red packets filled with cash, traditional lion dances and fireworks. Chap Goh Mei, or the 15th night of the celebrations, marks the end of the festival. On this night, young unmarried

women inscribe messages on oranges and throw them into lakes or ponds in the hopes of attracting a good husband.

DRAGON BOAT FESTIVAL

Known also as the “Chang” festival, it commemorates a Chinese patriot and poet named Qu Yuan, and is celebrated with rice dumplings. Penang is the place to be at this time, when the Penang International Dragon Boat Festival takes place.

HUNGRY GHOST FESTIVAL

Observed by the Chinese community, the festival commemorates the opening of the gates of hell for the spirits from the lower realm to roam freely on earth for a month. Chinese opera and other forms of entertainment are common among the business community.

MID-AUTUMN FESTIVAL

Fondly referred to as the Lantern or Mooncake Festival, this is a Chinese celebration to mark the end of the harvest. Mooncakes or Chinese pastries in assorted flavours are exchanged to honour the moon goddess.

DEEPAVALI

Also referred to as Diwali or the Festival of Lights, the festival is significant to all Hindus as it symbolises the triumph of good over evil. Celebrated during the seventh month of the Hindu calendar, a traditional oil bath for everyone in the family precedes prayers at household altars and temples. Oil lamps are lit in homes to ward off darkness and evil, and open houses for family and friends are held.

THAIPUSAM

Celebrated by the Tamil community, Thaipusam usually falls in late January or early February. The celebration of the birthday of Lord Subramaniam is held in a big way in the states of Penang, Negeri Sembilan, Johor, Perak and Selangor, notably at the Batu Caves. A procession of devotees carrying *kavadis* is a jaw-dropping sight. The *kavadi* is a metal or wooden arch with hooks or spikes attached to various parts of the body.

WESAK DAY

Held in May, this day is celebrated by Buddhists to pay homage to Buddha, and to mark the three significant events in his life namely his birth, enlightenment and achievement of Nirvana. The festival is marked by meditation and prayers, and the releasing of caged birds to symbolise the setting free of captive souls.

TADAU KA'AMATAN, SABAH

Held on 30th and 31st May, this is a joyous occasion celebrated by the Kadazan and Dusun communities as thanksgiving for a bountiful harvest. Festivities include traditional sports such as buffalo races, *tapai* or rice wine competitions, and “Unduk Ngadau” or Ka’amatan Queen contest. Other rituals and cultural dances are kept alive during these festivities.

HARI GAWAI, SARAWAK

Usually celebrated in early June, this Dayak festival marks the end of the paddy harvest and the start of a new planting season. Families attend a reunion on the eve, followed by activities including dancing, singing and merrymaking with *tuak* or rice wine. Livestock is generally sacrificed to ensure a good harvest and other events include war dances, cockfights and blowpipe contests.

CHRISTMAS

Celebrated by Christians on 25th December, the event is marked by services at churches, the decorating of homes with Christmas trees and lights, and merrymaking. It is also a time when charity is extended to the less fortunate in the spirit of giving and sharing.

HARI MERDEKA (INDEPENDENCE DAY)

Fondly referred to as Merdeka Day, 31st August commemorates the country’s independence from British rule in 1957. Grand scale parades, stage shows and firework displays are among the many activities held throughout the country.

MALAYSIA DAY

This day commemorates the establishment of Malaysia on 16th September 1963, with the states of Sabah and Sarawak joining the federation.

NEW YEAR’S EVE

As with many other parts of the world, New Year’s Eve is celebrated with great fanfare in Malaysia, with most of the larger cities hosting concerts, parties and firework displays come the stroke of midnight.



Deepavali



Christmas





Chinese New Year



New Year's Eve

MEGA EVENTS AND FESTIVALS



1MALAYSIA YEAR END SALE 2013/2014

There's no better way to wrap up the year than with the 1Malaysia Year End Sale. Shoppers can look forward to an exciting line-up of fashion events, entertainment as well as numerous nationwide shopping promotions.

MALAYSIAN OPEN HOUSE CELEBRATION

To foster greater unity and harmony, this programme brings together people from all walks of life to celebrate the festivals of Malaysia. Guests are treated to cultural performances and traditional delicacies at open house celebrations held for major festivals such as Hari Raya Aidilfitri, Chinese New Year, Tadau Ka'amatan, Hari Gawai, Deepavali and Christmas

1MALAYSIA GP SALE

The 1Malaysia GP Sale provides a special shopping opportunity for everyone including motor sports fans who are in Malaysia for the annual Formula 1 Petronas Malaysia Grand Prix. The festivities are especially exciting in the Klang Valley where shopping malls and department stores embrace the occasion by offering great bargains.

COLOURS OF 1MALAYSIA

Held in Merdeka Square, this not-to-be-missed event is a vibrant celebration of the arts, culture and traditions of the country's many communities. Visitors can learn more about the diverse cultures through music and dance performances as well as enjoy colourful parades and processions.

1MALAYSIA TOURISM NIGHT FLORAL PARADE "MAGIC OF THE NIGHT"

This grand parade is set to enthrall spectators with an amazing line-up of decorated floats presented by every state in Malaysia. Illuminated by thousands of glittering lights, these floats showcase the country's flora and fauna as well as the attractions found in the respective states.

FESTIVAL RAMADHAN

Organised in conjunction with the Muslim fasting month of Ramadhan, this festival presents a series of religious programmes, including Terawih Perdana at Dataran Merdeka (Terawih prayers), Tilawah & Khatam Al-Quran (Quran Recital) in Kelantan and Forum Perdana Ramadhan. Among the highlights are appearances by international imams, festive shopping opportunities and the Bazaar Ramadhan.

KL ARTS & CULTURAL FESTIVAL

The KL Arts & Cultural Festival showcases the artistic heritage of Malaysia through the works of talented artists including Syed Ahmad Jamal, Latiff Mohidin, Syarifah Fatimah Syed Zubir, Ibrahim Hussein, Cheong Lai Tong, Hoessein Enas and Anurendra Jega Deva. A variety of visual art forms are represented at the festival, from paintings and photography to multimedia.

FABULOUS FOOD 1MALAYSIA

First introduced in 2009, Fabulous Food 1Malaysia celebrates the wonderful diversity of Malaysian cuisine over a period of three months. This unique programme encompasses the Malaysia International Gourmet Festival, Asian Food Heritage Trail, Street Food Festival and Restaurant Food Festival. Besides culinary specialities, it also features cultural offerings from the various states in Malaysia and other countries.

MALAYSIA INTERNATIONAL PERFORMING ARTS FESTIVAL (MIPAF 2014)

This international event shines the spotlight on performing arts from around the world. Activities include stage and gala performances, competitions and workshops. The festival comprises three main programmes, namely the International Art Festival, Contemporary Art Showcase and Children's Art Exhibition & Competition.



Festival Ramadhan

ACCOMMODATION



The range of hotels in Malaysia is as extensive and varied as the country's landscape. Depending on individual needs, preferences and budgets, there's sure to be a right one.

DELUXE HOTELS

Timeless elegance, luxurious comfort and state-of-the-art amenities are the components that make up a memorable stay at one of these hotels that are accorded multiple stars. They range from the ultra luxurious hotels right in the heart of Kuala Lumpur's shopping areas to Pangkor Laut on its own private island. Those who prefer old-world charm can opt for the E&O in Penang, an icon of timeless elegance.

FAMILY APARTMENTS

Families with children who require more space than just a bedroom will be pleased to find serviced apartments that offer all the comforts of home. Whether right in the city or at theme parks, they come with full facilities and amenities.

BOUTIQUE HOTELS

Small doesn't necessarily mean basic. Many individually-styled hotels dotted throughout the country now offer all the comfort of larger establishments but with their own unique charm. Many old shophouses in the historical cities of Melaka and Penang have been transformed into trendy establishments that are quirky and delightful.

BEACH HOTELS AND RESORTS

Being surrounded by the sea on nearly all sides, Malaysia is home to a host of beach and island getaways that offer sun, sand and sea. Exclusive resorts are located in quiet

enclaves of their own, ensuring privacy and exclusivity, while other more family-styled resorts are near all the dining and water sports activities.

SPA AND WELLNESS RETREATS

To help urbanites refresh and rejuvenate, there are resorts offering a variety of wellness treatments including thermal springs and traditional treatments. Situated on beaches, in the jungle and even right in the city, they offer packages that include accommodation, spa treatments and spa menus. Some are associated with hospitals and health centres to provide post-operative pampering.

B&BS AND BACKPACKER INNS

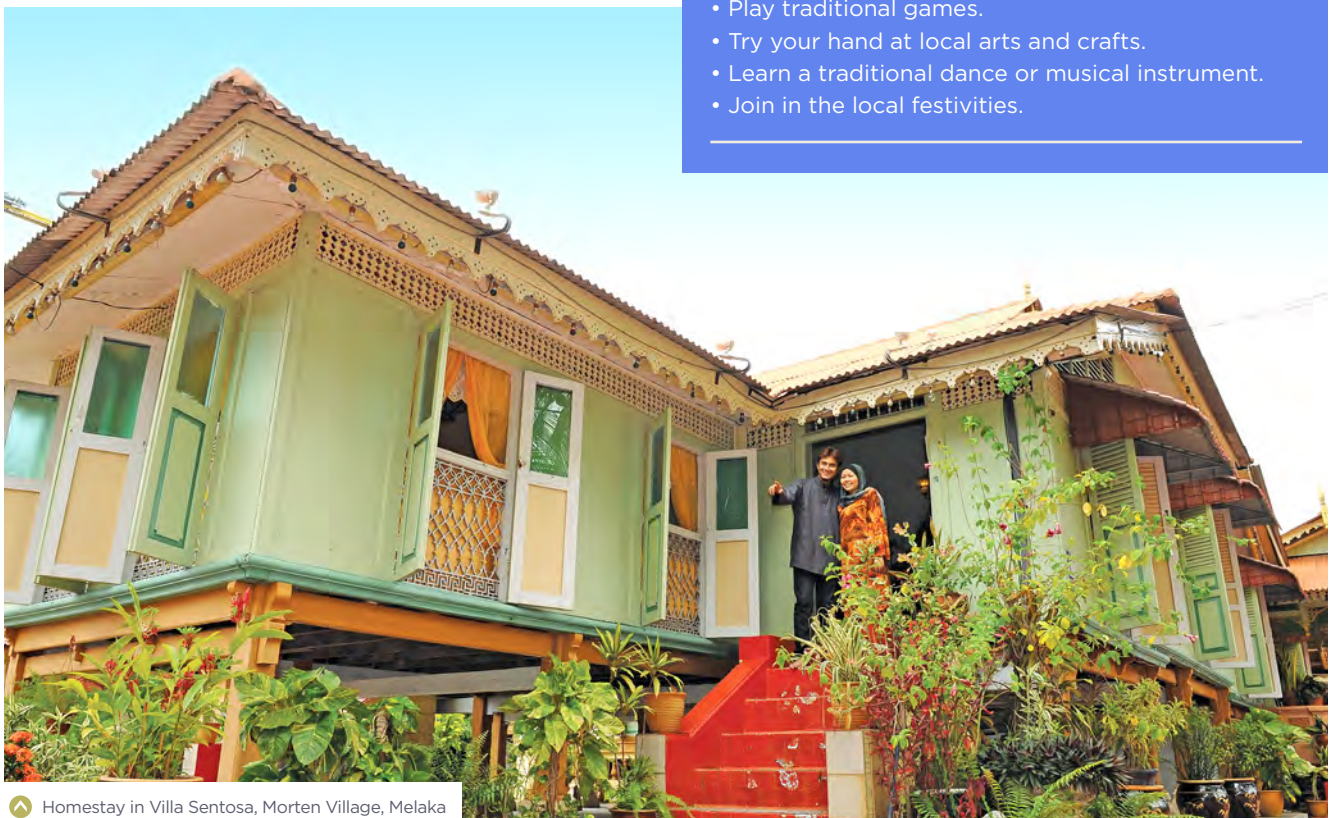
For young travellers and those on a tight budget, there is a range of budget establishments that are certainly not lacking in Malaysian charm and hospitality. Whether located in the cities or smaller towns, they provide popular amenities including Wi-Fi.

HOMESTAY

For a truly Malaysian experience, travellers can stay with a Malaysian family in a variety of settings, from city stays to *kampung*-style holidays. Visitors are encouraged to take part in daily activities to totally immerse themselves in the country. No two are alike but they all provide true Malaysian hospitality.

KAMPUNG HOMESTAY: AN EXTRAORDINARY EXPERIENCE

- Wake up to the sounds of nature.
- Explore the village with a guide or on your own.
- Savour local cuisine and help in its preparation.
- Go fishing or plant a crop.
- Play traditional games.
- Try your hand at local arts and crafts.
- Learn a traditional dance or musical instrument.
- Join in the local festivities.



▲ Homestay in Villa Sentosa, Morten Village, Melaka

SAMPLE TOURS



Travel within Malaysia itself is relatively easy, comfortable and convenient and most travellers can move around on their own if they so wish. For those who prefer a more structured and convenient form of travel, there are many Malaysian tour agencies that can assist in travel plans. With a well-developed tourism industry, there is a whole range of tour packages that cater to different interests and budgets.

MASHolidays are offered by Malaysia Airlines to various destinations in the country, ensuring that travellers receive the five-star treatment in terms of accommodation, food and travel arrangements.

holiday.malaysiaairlines.com

There are also travel agencies that cater to the needs of low and medium budget travellers, providing a varied choice of accommodation, food and transportation.

For travellers with specific destinations and activities in mind, there are travel agencies that arrange specialised packages skewed towards areas of interest such as eco-tourism, nature and adventure travel. Activities include golfing, mountain climbing, diving, white water rafting, rock climbing and more.

The following is a sample of popular tours around Malaysia. Places of interest featured may vary according to individual tour operators and serve only as a guide. It is best to check with the tour operators on the actual itinerary for a selected tour. A list of Malaysian travel agents is available at www.matta.org.my

KUALA LUMPUR AND BEYOND

KL HOP-ON HOP-OFF CITY TOUR BUS

This is a take on the popular “see it all” concept available in other cities such as London and Paris. With 22 designated stops that cover more than 40 places of interest throughout the city, the bus allows for greater flexibility than a packaged tour. The double-decker, air-conditioned bus is equipped with facilities including pre-recorded multilingual commentaries for each of the attractions. Visitors can choose between the 24-hour or 48-hour tickets, and explore KL at their own pace.

www.myhoponhopoff.com

KUALA LUMPUR CITY TOUR

Despite the soaring skyline, Kuala Lumpur still retains much of its old-world charm and character. Visitors will be able to enjoy photo stops at the old King’s Palace, Independence Square and Sultan Abdul Samad Building, as well as Petronas Twin Towers. There is an opportunity to visit the National Museum and drive past Lake Gardens with views of the National Monument, National Mosque and old Railway Station. A stop at the Royal Selangor Visitor Centre will introduce visitors to world famous Malaysian pewter, its history and how it’s crafted.

NATURE IN THE CITY

Visitors can very easily visit all the nature theme parks that are in the heart of Kuala Lumpur. The tour starts with the KL Bird Park, located within the Perdana Botanical Garden. Sprawled over 20.9 acres, it is home to more than 3,000 birds. Then it’s on to the KL Butterfly Park with more than 5,000 butterflies as well as koi fish and fresh water turtles. The last stop is the Orchid and Hibiscus Garden, housing more than 3,000 orchid species and more than 2,000 varieties of hibiscus, many of which are prize-winning hybrids.

BATU CAVES AND TEMPLE TOUR

Visitors will be picked up from hotels and taken on a drive through Kuala Lumpur’s Little India. This provides an opportunity to admire the colourful enclave with Indian restaurants and shops selling clothes and exotic produce. A short 30-minute drive away is Batu Caves, a massive limestone outcrop with a cavernous interior housing a Hindu shrine with different deities. Before ascending the 272 steps into the high cavern, visitors can view the impressive golden statue of Lord Murugan, standing at 42.7m. The largest cave of the complex, Cathedral Cave, features a high ceiling and ornate shrines. The tour concludes with a stop at a local batik centre which demonstrates how this fabric is designed and printed.

CULTURAL NIGHT TOUR

The tour kicks off with a visit to the city’s vibrant Chinatown, known to locals as Petaling Street. This pedestrian-only avenue is chock-a-block full of vendors selling everything from t-shirts and bags to fruits and local delicacies. Visitors can hone their bargaining skills when shopping for gifts and souvenirs. Next up is Sri Maha Mariamman Temple, Kuala Lumpur’s oldest Hindu temple. The tour wraps up with a delicious dinner at a local restaurant, followed by a colourful Malay cultural performance.

A GLIMPSE OF THE RAINFOREST

A visit to the Forest Research Institute of Malaysia (FRIM), a 45-minute drive from the city centre, is a great introduction to the rainforest ecosystem. Visitors can walk through shady nature trails and visit arboretums, among them the Bambusetum with 30 species of local bamboo. A highlight of the visit is surely the Canopy Walk above the treetops for a bird’s eye view of the surrounding rainforest.

KUALA LUMPUR HELICOPTER TOURS

This exciting tour allows visitors to view Kuala Lumpur from a whole new perspective. From the vantage point of a helicopter high in the sky, places of interest provide incredible photograph and video opportunities. Experienced and knowledgeable pilots include insightful commentaries on all the landmarks as well. Based at Subang Airport Terminal 3, Helicopter City Tours are a great way to experience this vibrant city from a great altitude.

PULAU KETAM VILLAGE TOUR

Visitors are taken on a one-hour drive to Port Klang, where there is a ferry service to Pulau Ketam. The morning is spent exploring this quaint fishing village that is built on stilts. As the guide explains the history of the village, everyone can take in various scenes of local life. A sumptuous seafood lunch guarantees fresh, authentic flavours right by the sea. Later, visitors will drive by the Palace of the Sultan of Selangor, followed by a stop at the Sultan Salahuddin Abdul Aziz Shah Mosque. Occupying nearly 15 hectares, this is one of the country's largest mosques. The last stop is the Thean Hou Temple, one of the largest Chinese temples with elaborate murals and decorative embellishments.

KUALA SELANGOR NATURE AND FIREFLY TOUR

The tour begins with a one-hour drive from Kuala Lumpur in the evening to visit the remains of a fort on Malawati Hill in Kuala Selangor. The protected Taman Alam mangrove swamp is an ideal spot for catching sight of birds and other swamp creatures. After a delicious seafood dinner, a Kuala Selangor speciality, visitors are taken on a boat ride down the Kuala Selangor River. All around, fireflies, known locally as *kelip-kelip*, twinkle magically among the mangroves that line the banks of the river.

JANDA BAIK ADVENTURE

Lying 45km from Kuala Lumpur, Janda Baik literally means "good widow". With primary forests, waterfalls, Orang Asli or aboriginal settlements, it's a unique blend of beautiful landscapes, pristine environment and fresh mountain air. Its dense terrain and rainforest make it an irresistible destination for off-road enthusiasts. The adventure begins upon arrival at Janda Baik as 4WD vehicles journey into the rainforest through some very rough trails, undulating hills, wet and muddy treks. The route crosses two rivers, ending with a climb over rocky terrain that leads to the top of a hill, where a picnic lunch is served.

WHITewater RAFTING

Visitors will be taken from their Kuala Lumpur hotel to Gopeng and then the starting point of Ulu Geruntum for a safety briefing and provision of equipment and gear. The water rafting covers a distance of 7km with nine big rapids along the way, a journey that can take up to two hours. A light meal is served at the end point before returning to Kuala Lumpur.

PUTRAJAYA TOUR

Visitors are picked up from hotels in Kuala Lumpur or Selangor for a sightseeing tour of Malaysia's administrative capital. There are panoramic views of this fully integrated and self-contained city that boasts the latest in communication, transportation and infrastructure technologies. Some of the attractions that are covered include Perdana Putra, the Prime Minister's Office; Putra Mosque; Millennium Monument; Lake Putrajaya and the Agriculture Heritage Park. Along the way, visitors can also marvel at the many awe-inspiring bridges and other iconic buildings that make ideal backdrops for memorable photographs.

GENTING HIGHLANDS

Only an hour's drive from Kuala Lumpur, Genting Highlands lies at 1,800m above sea level, providing cool respite from the hot lowlands. The journey includes a 3km cable car ride on the Genting Skyway, the longest in Southeast Asia. The entertainment city at the summit offers a choice of attractions including the casino, restaurants as well as exciting rides in the indoor and outdoor theme parks. After a day of fun, visitors will return by Skyway and road again to Kuala Lumpur.

PERAK

IPOH HERITAGE TRAIL

Lasting two to three hours, this guided tour showcases the colonial buildings and pre-war shophouses of Ipoh. The starting point is at the majestic Ipoh Railway Station, fondly referred to as the "Taj Mahal" of Ipoh. Other historical buildings covered include the Birch Memorial Tower, St. Michael's Institution, High Court, Ipoh Town Hall and Little India.

IPOH EXPLORER (BICYCLE TOUR)

A bicycle tour is a fun and eco-friendly way to experience Ipoh. Explore every nook and cranny of the city at a leisurely pace with experienced guides. Ipoh has several heritage cycle trails that allow visitors to view the city from different perspectives, namely the Tin Heritage Tour, Sungai Kinta Heritage Trail and Old Town Heritage Trail. Bicycles and helmets are included in this tour package.

GUA TEMPURUNG ADVENTURE

Located in Gopeng, Gua Tempurung is one of the longest and most spectacular limestone caves in Peninsular Malaysia. It offers a choice of four guided tours with varying levels of difficulty. Ranging in duration from 40 minutes to three hours, these tours transport visitors to an underground world filled with ancient rock formations, magnificent caverns and a subterranean river that meanders through the cave.

KUALA KANGSAR, TAIPING AND BUKIT MERAH LAKETOWN RESORT

The royal town of Kuala Kangsar has its fair share of attractions, from the Royal Museum and Ubudiah Mosque to Malaysia's oldest rubber tree. About 35km away, Taiping is known for its lake gardens, zoo and the Perak Museum, the oldest museum in the country. Visitors stay the night at the Bukit Merah Laketown Resort before embarking on a full day of fun and excitement at the resort's theme park.

PULAU PANGKOR ESCAPEDE

The picture perfect island of Pangkor is known for its fine beaches, azure waters and pristine jungles. Besides just soaking up the sun, holidaymakers can also indulge in a variety of recreational activities, from diving, kayaking and jet-skiing to jungle-trekking and fishing. The tour package includes the complimentary use of snorkelling gear and non-motorised sports equipment, ferry transfers to/from the Lumut Jetty and two nights' accommodation.

PENANG

PENANG ISLAND DISCOVERY

This tour is a great way to experience Penang in a nutshell in just four hours. The first stop is a traditional batik factory where visitors can view different batik printing techniques. There is also an opportunity to mingle with locals in a traditional Malay village. Along the way are some plantations growing local fruits and spices that Penang is famous for, including durian and nutmeg. At an international jewellery factory, the intricate art of jewellery making is demonstrated. Spectacular views of Penang Bridge can also be enjoyed en route.

PENANG HERITAGE TRISHAW TOUR

Travelling around in a trishaw convoy is a delightfully unique way to enjoy Penang's many attractions. The first stop on the tour is Fort Cornwallis, Malaysia's largest standing fort built two centuries ago. The Esplanade, which is next to the fort, is a popular waterfront promenade. Right next to it is City Hall, a stately colonial building which is a fine example of British Palladian architecture. Next on the tour is the Pinang Peranakan Mansion. Housed in one of Penang's heritage mansions, it showcases more than 1,000 pieces of antiques and collectibles. The tour then goes through the Street of Harmony, where different places of worship are located, including the Kapitan Keling Mosque, St. George's Church, Goddess of Mercy Temple and Sri Maha Mariamman Hindu temple. Lastly, visitors will have a chance to purchase some souvenirs at the Local Products Centre and chocolates at the Cocoa Boutique.

PENANG ROUND ISLAND TOUR

This tour takes visitors on a journey to some of the island's key attractions. A stop at the Tropical Spice Garden provides an interesting walk through a secondary jungle filled with many species of exotic plants, ferns and herbs. The tour continues with a visit to a traditional fishing village before heading to the Butterfly Farm and later, the Snake Temple. Along the tour, there are many stops for visitors to sample local cuisine and street food. The tour wraps up with a look at a pewter factory and batik factory.

PENANG HILL AND TEMPLE TOUR

This tour brings visitors on an exploration of Kek Lok Si Temple in Ayer Itam, a significant landmark that has charmed millions with its pagodas, pavilions, fish ponds, countless statues of Buddha and towering bronze statue of the Goddess of Mercy. After the temple, a visit to Penang Hill includes ascending by funicular railway to the peak. It's a cool and idyllic place to have some tea while taking in the panoramic views of George Town, the Penang Bridge and the mainland of Peninsular Malaysia.

PENANG TEMPLE AND FOOD CRAWL

Beginning in the afternoon, visitors will be brought to the Snake Temple, where some pit vipers can be seen coiling around altars and elsewhere in the temple. The next stop on the tour is Kek Lok Si, the awe-inspiring temple with its many statues. Also on the trail is the

Wat Chayamangkalaram Thai Buddhist Temple and Dharmikarama Burmese Temple on Burmah Lane, popular with Buddhist devotees of all nationalities. After a short stop at a native products centre to shop for souvenirs and delicacies, visitors will be taken by trishaw along Jalan Penang to New Lane Hawker Centre. On offer here is a variety of delectable local street food. The tour ends with a visit to a night market with even more opportunities to wander around and shop.

KEDAH

LANGKAWI DISCOVERY TOUR

This day tour is a good way to explore the island's offerings. It begins with a stop at Dataran Lang or Eagle Square, a sprawling 19-acre landmark with its giant bronze statue of an eagle. Then visitors can take a short walk over to Jetty Point for souvenirs and Kuah's duty-free shops. The next stop is at Galeria Perdana, a museum dedicated to Malaysia's fourth Prime Minister, Tun Dr. Mahathir. A ride up the gondola-style cable cars to Gunung Machinchang accords a bird's eye view of the emerald islands and verdant forests. The last stop on the tour is Underwater World, one of Southeast Asia's largest aquatic and freshwater aquaria.

PULAU PAYAR MARINE PARK EXCURSION

This seven-hour excursion takes visitors to the marine park, the perfect retreat for those seeking something different. The park is a collection of four islands spanning two nautical miles of ocean. This is Langkawi's preferred diving and snorkelling expedition spot with crystal clear waters. Glass-bottomed boats also allow landlubbers to view colourful underwater treasures. In addition, there are some quiet beaches for swimming and sunbathing.

ISLAND-HOPPING TOUR

This tour takes visitors on an exploration of Langkawi's more popular islands. The first stop is Pulau Singa Besar or Big Lion Island. The boat stops just shy of the shore to provide views of eagles as they soar overhead. These majestic birds present a good photograph and video opportunity as they swoop and dive to catch their prey. The boat next heads for Pulau Dayang Bunting which boasts the Lake of the Pregnant Maiden, a breathtaking inland freshwater lake. The day ends with a visit to Beras Basah Island or Wet Rice Island, with its pristine beaches and clear waters. Here, visitors can relax and soak up the sun after a long trek up to the Lake of the Pregnant Maiden.

MANGROVE GEOFOREST PARK BOAT TOUR

A boat tour along the Kilim River is a unique way to experience the beauty of the mangrove forest. This UNESCO World Heritage site spans an area of approximately 100sq km. Its well-protected environment presents an endless green and silent world, rich in wildlife. It's an excellent area for spotting many birds, particularly eagles, in their natural habitats. Apart from the flora and fauna, there are also many caves to explore, including Gua

Kelawah or Cave of Bats. The tour stops off at a fish farm and restaurant in a narrow, sheltered gap known as the Hole in the Wall.

LANGKAWI SUNSET CRUISE

This dinner cruise takes visitors on a pleasant journey across the Andaman Sea, to the accompaniment of breezes blowing and the sound of waves gently rocking the yacht. On a particularly good day, there may even be a chance of coming upon dolphins and flying fish swimming around the boat. As the sun sets spectacularly on the horizon, a barbecue dinner is served with an open bar.

ALOR SETAR CITY TOUR

This guided tour kicks off at the iconic Menara Alor Setar where visitors can enjoy great views of the city. It then proceeds to Jalan Raja where many heritage attractions can be found, including the Zahir Mosque, Balai Nobat, Balai Besar and Kedah Royal Museum. The tour also features stops at Rumah Mahathir; and Pekan Rabu, a popular shopping arcade known for its wide variety of local products.

LEMBAH BUJANG HERITAGE TRAIL

Lembah Bujang (Bujang Valley) is one of the most important archaeological sites in Malaysia. A visit to the Bujang Valley Archaeology Museum in Merbok is an eye-opening experience as it showcases the artefacts that have been uncovered at the site over the years, some of them dating back to the 4th century. The package includes a 7.9km trek to Gunung Jerai (Mount Jerai) to observe the flora and fauna of the area.

ULU MUDA WILDLIFE EXPEDITION

This eco-adventure package offers nature lovers a chance to trek along remote trails to observe large mammals such as elephants and tapirs. The expedition begins with a three-hour boat ride from the Gubir Jetty to the reserve. Other activities include camping, fishing, exploring caves and river cruises.

MELAKA

HISTORICAL CITY TOUR

As many of Melaka's historical attractions are right in the heart of the city, visitors will find it very easy to get from one to the next. The tour starts with a visit to St. Peter's Church which was built in 1710 and is still in use today. A drive past Bukit Cina will stop off at Hang Li Po's well at the foot of the hill, before heading to the Portuguese Settlement. From Porta de Santiago, a trek up St. Paul's Hill will be rewarded with a panoramic view of the city and Straits of Malacca as well as ruins of St. Paul's Church. After visiting the Stadthuys and Christ Church, there will be a break for a delicious local lunch. The tour then resumes with a visit to the Cheng Hoon Teng Temple. After this, a leisurely stroll along Jonker Street is recommended. This delightful street is lined with antique stores, souvenir shops and cafes, near the banks of the Melaka River.

STREETS OF MELAKA

The streets of the city are full of history and easily explored on foot. Visitors start on Jalan Tun Tan Cheng Lock, known to the Dutch as Heeren Street. Many homes here were built by wealthy Peranakan families more than a hundred years ago. Today, they have been converted to shops, galleries, restaurants and hotels. The Baba Nyonya Heritage Museum is a good place to learn about the unique culture of this community. Jonker Street runs parallel to Heeren Street and is the heart of the tourism zone. It's a fascinating street to browse through antique shops, art galleries and souvenir shops. In the evening on weekends, the street is closed to traffic and a street market takes over. Jalan Tukang Emas or Goldsmith Street is nicknamed Harmony Street owing to the existence of places of worship including the Kampung Keling Mosque, Sri Poyyatha Vinayagar Moorthi Hindu Temple and Cheng Hoon Teng Temple. For those who still have time and energy, the Melaka River Cruise is an excellent way to round off the street tour.

MELAKA GOLF TOUR

Melaka boasts a number of international standard golf courses and fairways that attract golf enthusiasts. In this 5-day/4-night tour, golfers can take on the greens of A'Famosa Golf & Country Club, Ayer Keroh Country Club and Orna Golf & Country Club, combining their favourite game with the many delights of this historical city.

JOHOR

JOHOR BAHRU HERITAGE TOUR

This four-hour excursion takes visitors on an exploration of Johor's capital city. It starts with a visit to the Sultan Abu Bakar Mosque, located on a hilltop overlooking the Straits of Johor, and continues with the Sultan Ibrahim Building, a historical landmark known for its Saracenic architecture and mosaic designs. The tour also covers the Royal Museum which houses various exhibits of the Johor royal family.

KUKUP TOUR

Located about 80km from Johor Bahru, Kukup Village is a popular destination for seafood lovers and outdoor enthusiasts. The journey to this quaint fishing village takes visitors past rubber estates and various plantations. After a delightful seafood lunch, there will be an opportunity to observe the fishing community carrying out its daily activities.

LEGOLAND MALAYSIA PACKAGE

With more than 40 rides, shows and attractions, Legoland Malaysia is every child's dream vacation come true. From Lego experiment centres to rollercoasters, the park offers endless fun and excitement for the entire family. The tour package is inclusive of two nights' stay at a Johor Bahru hotel, shuttle transfers and entrance tickets.

KLUANG AND GUNUNG LAMBAK TOUR

An ideal day trip for nature lovers, this eight-hour guided tour begins at the Zenxin Organic Farm in Kluang where

visitors can learn more about organic farming. About 40 types of organic crops are grown on this 100-hectare farm. After lunch at the park's on-site restaurant, visitors are brought to Gunung Lambak, 15 minutes away, for a two-hour trek up to the summit through a series of jungle trails.

NEGERI SEMBILAN

DISCOVER PORT DICKSON

This three-day coach tour introduces visitors to the main attractions in Port Dickson, including the award-winning Army Museum, historical Lukut Museum and Fort. The itinerary also promises lots of fun in the sun at the seaside town's finest beaches, Teluk Kemuang and Tanjung Tuan.

SEREMBAN/SERI MENANTI TOUR

The day begins with an early morning pick-up and leisurely drive to Seri Menanti to view the largest timber palace in Malaysia, Istana Seri Menanti and the Royal Museum. After lunch at Ulu Bendul, the tour heads to Seremban where visitors can marvel at the architecture of the State Museum, Then Sze Khoon Temple and Sri Balathandayuthapani Temple.

KELANTAN

KOTA BHARU CITY TOUR

The tour starts with an overview of the town itself to see the contrast between old and new. A stop at the Kota Bharu Cultural Zone is next, where visitors can view the Bank Kerapu War Museum and Old Palace. A traditional fishing village is also on the itinerary, showcasing different fishing methods. The tour then proceeds to Wat Photivihan, the temple with the longest reclining Buddha in Southeast Asia. Back in Kota Bharu, the Siti Khadijah Market is a great place to shop for local delicacies and souvenirs. The tour ends with a stop at the Balai Getam Guri Handicraft Village and Craft Museum for a look at local pastimes and facets of Kelantanese culture.

KELANTAN RIVER CRUISE

This four-hour cruise is a delightfully laid-back way to experience a little taste of Kelantan. From the jetty, the boat meanders along the Kelantan River, passing the Royal Jetty, the Old Palace, factories producing local delicacies, a typical fishing village and mangrove forest. On Suri Island, farmers demonstrate how monkeys have been trained to pluck coconuts from the trees, extending an invitation to visitors to enjoy a sweet, refreshing coconut drink. A demonstration of the making of *dodol*, a traditional gooey sweet, is also held. All along the river are picturesque scenes of tranquil village life.

GUNUNG STONG NATURE TREK

For those with a yen for adventure, Gunung Stong is a real challenge. Even the journey to get there is exciting in itself, whether by rail or road, as it passes idyllic Malay villages. From the village of Dabong, visitors trek through the Gunung Stong National Park, home to all manner of wildlife and exotic plant species. Trekkers ascend 1,390m

up to the peak of Gunung Stong where they can camp for the night, and view a glorious sunrise the next morning. Other mountains which can be scaled include Gunung Baha at 1,395m and Gunung Ayam at 1,480m. At Gunung Stong itself, visitors can also enjoy the cool waters of the Stong Waterfall cascading down from the peak. Nearby caves can be explored, including Gua Gelap, Gua Kris, Gua Pagar and Gua Ikan.

TERENGGANU

KUALA TERENGGANU TRISHAW TOUR

Trishaws, also known as rickshaws or pedicabs, are a fun way to explore Kuala Terengganu. Besides the novelty of travelling in a delightfully decorated trishaw, visitors also get to enjoy the city's attractions at their own pace. A typical route covers the Pasar Payang, Istana Maziah, Heritage Bazaar, Chinatown and the waterfront.

REDANG ISLAND

From the Merang Jetty, holidaymakers are taken by speedboat to Pasir Panjang (Long Beach) on the east side of Redang Island. With more than 20 dive sites and an abundance of aquatic life, the island is a divers' paradise. The package includes diving trips to the Redang Island Marine Park, resort accommodation and ferry transfers to and from Merang.

KENYIR HOUSEBOAT ADVENTURE

This unique eco-adventure begins with a 45-minute boat ride from the Jenagor Jetty on Kenyir Dam to a houseboat where guests will stay for two nights. The first day's itinerary includes a cruise to the prehistoric Bewah Cave which provides a spectacular view of the lake. The houseboat then heads to the Lasir Waterfalls for a three-hour jungle trek to explore the hidden natural treasures of Kenyir. A houseboat excursion is also a wonderful way for anglers to discover some of the lake's best fishing spots.

KAMPUNG RHU 10 HOMESTAY EXPERIENCE

The Kampung Rhu 10 homestay programme offers visitors a chance to observe the everyday life of a close-knit fishing community. Staying with a friendly host family, guests will be invited to partake in various traditional activities. A 3-day/2-night homestay package includes a welcome reception, firefly watching, cultural performances as well as batik and handicraft demonstrations.

PAHANG

CAMERON HIGHLANDS

One of Malaysia's most extensive hill stations, Cameron Highlands is synonymous with cool temperatures, rolling tea plantations and lush farmland. After check-in at the hotel, visitors are taken on a scenic drive to a tea plantation and factory to learn about the tea-making process. The cafe overlooking the undulating plantation provides a spectacular backdrop for visitors to enjoy scones and tea. Stops at vegetable and strawberry farms are followed by a visit to the market where visitors can pick up a wide variety of farm fresh produce. The tour continues with

visits to a butterfly farm and the Time Tunnel Museum for a peek into the highlands' past. At the end of the day, visitors are treated to a delicious hotpot dinner at a local restaurant.

TAMAN NEGARA JUNGLE EXPERIENCE

This adventure in one of the world's oldest tropical rainforests begins with a three-hour boat ride from Kuala Tembeling to Kuala Tahan, the park headquarters. Along the way, visitors can observe a variety of wildlife congregating on the riverbank, including monkeys and water buffaloes. The first day concludes with a night jungle walk in the 130-million-year-old rainforest. Early the next morning, visitors are taken on an invigorating jungle trek to the summit of Teresek Hill. Next up is the park's famed canopy walk suspended 40m above ground. After lunch, the expedition continues with a boat ride to the Lubuk Tenor Fish Sanctuary and Lata Berkoh Waterfalls. The tour package is inclusive of accommodation in an air-conditioned chalet and meals.

TIOMAN ISLAND DIVING

Explore the beautiful waters of Tioman Island on well-equipped dive boats, accompanied by dive masters. This diving package offers a choice of 15 dive sites around Salang Bay and ABC Bay which are located at the northern tip of Tioman Island. These sites have been selected for their abundance of marine life and excellent visibility. On a typical three-day excursion, divers will get to enjoy up to eight dives. Lunch and beverages are provided during day trips.

KUALA GANDAH ELEPHANT SANCTUARY

The sanctuary is a 1.5-hour drive from Kuala Lumpur, with views of the tropical rainforest along the way. A stop at Deerland Park provides the opportunity to view some deer as well as scenic plantations. At the sanctuary, visitors will learn about what is being done to protect and safeguard orphaned elephants. It is possible to get up close to these magnificent animals and perhaps interact with some cute baby elephants. The tour includes a visit to an aboriginal settlement.

SABAH

KOTA KINABALU CITY TOUR

Explore Sabah's state capital in this well-rounded tour of the city. From the Sabah State Mosque with its majestic gold domes, the coach heads to the State Museum where artefacts from Sabah's eminent past and culture are displayed. At Signal Hill, visitors enjoy a bird's eye view of the city. A 10-minute drive to Likas Bay brings the tour to the Sabah Foundation Building and Kota Kinabalu City Mosque. Before returning to the hotel, a stop at the handicraft market provides an opportunity to shop for souvenirs.

MOUNT KINABALU CLIMB

The tour begins with an early morning pick-up, followed by a two-hour scenic drive to the Kinabalu National Park, a UNESCO World Heritage Site. Home to many species of

flora and fauna, the park offers numerous trails for outdoor enthusiasts to explore. A knowledgeable and experienced guide will be on hand to point out the rare mountain plants and flowers that have been successfully cultivated in the park's Mountain Garden. After an overnight stay in cabin accommodation, the expedition continues with a three-hour trek to the Laban Rata base camp, 3,273m above sea level. From here, it takes another three hours to reach the summit of Mount Kinabalu, Borneo's tallest mountain.

PADAS RIVER WHITEWATER RAFTING

From the hotel, visitors are brought to Beaufort to board the North Borneo Railway train to Pangi Station, the starting point. After a safety briefing by a professional guide, the rafting commences. This two-hour whitewater adventure down the Padas River takes participants through a series of challenging Class 3 - 4 rapids over a 10km route. Participants will be served lunch at the Padas Lodge before taking the train back to Beaufort.

GOMANTONG CAVES (BAT- AND SWIFTLET-WATCHING)

A two-hour drive overland takes visitors to the entrance of the Gomantong Cave. Here, adventure seekers are free to explore the largest limestone and birds' nest cave in Sabah. At 5pm every day, without fail, millions of bats emerge from their cave dwelling in search of food. As the bats leave, millions of swiftlets make their way back to the caves after a day of foraging.

SEPILOK ORANG UTAN/MANGROVE FOREST TRAIL

From Kota Kinabalu, an early morning domestic flight to Sandakan and a two-hour land transfer bring visitors to the starting point of the Sepilok Orang Utan Centre tour. The main highlight of a visit to the centre is the feeding of the orang utans. Visitors are then led on a walk along a jungle trail through a tropical lowland rainforest. After lunch, visitors proceed to the jetty for a boat ride to the mangrove forest. In the afternoon, a variety of wildlife, including macaques, birds and reptiles, can be observed. This one-day excursion wraps up with a transfer to the Sandakan Airport for a night-flight back to Kota Kinabalu.

SIPADAN-MABUL ISLAND DIVING

Often hailed as one of the top diving destinations in the world, the waters surrounding Sipadan brim with coral reefs and marine life such as turtles and barracudas. From the Semporna Jetty, a 40-minute boat ride takes visitors to a four-star resort on Mabul Island. Just 15 minutes away by boat from Sipadan, Mabul is fast gaining popularity as a muck-diving site. Divers will get to enjoy up to three dives a day around the islands, accompanied by a dive master. The package is inclusive of boat transfers, two nights' accommodation and unlimited dives from Mabul's house reef.

RUNGUS LONGHOUSE (BAVANGGAZO VILLAGE)

This escorted tour provides an insight into the culture, heritage and lifestyle of the Rungus people, a sub-tribe of the indigenous Kadazan-Dusun community. From Kota

Kinabalu, it is a three-hour drive to the north of Kudat, passing paddy fields, villages and plantations along the way. En route is a scheduled stop at Sumangkap Village, famed for its gong-making cottage industry and skilled artisans. Upon arrival at Bavanggazo Village, visitors proceed to the longhouse for lunch. In the afternoon, visitors are taken on a tour of the Northern tip of Borneo in Tanjung Simpang Mengayau and Kudat town. Back at the longhouse in the evening, visitors enjoy a traditional native dinner and cultural show by the Rungus dressed in their traditional costumes. After a night's stay in the longhouse, visitors depart after breakfast for a tour of the Gombizau Honey Bee Farm. Lunch is at a local restaurant before embarking on the journey back to Kota Kinabalu.

TAMBUNAN RAFFLESIA CENTRE

Another wonderful sightseeing opportunity for nature lovers, this excursion takes visitors on a scenic journey to the Crocker Range to seek out the elusive Rafflesia. Before taking a trek on the designated forest trail, visitors are advised to drop by the Rafflesia Information Centre to find out more about the largest flower in the world.

SARAWAK

KUCHING CITY TOUR

A drive through Kuching allows visitors to appreciate this beautifully landscaped city that is cut almost in half by the meandering Sarawak River. Its skyline is a mix of minarets and domes, ornate temple roofs, church spires, fortress, towers, colonial and modern buildings. The tour covers the Cat Monument and then a stop in Chinatown and the Tua Pek Kong Temple. It continues with a drive past St. Joseph's Cathedral and a Malay village before stopping at the Waterfront. A visit to the Sarawak Museum, one of the oldest in Southeast Asia, provides a lively introduction to Sarawak, its history, peoples and cultures.

SARAWAK CULTURAL VILLAGE

Visitors are taken to this award-winning "living museum" sprawled over a 17-acre site at the foothills of Mount Santubong and within walking distance of Damai Beach. It offers an excellent introduction to the cultures and lifestyles of the people of Sarawak. After a traditional welcome, visitors can enjoy the arts, crafts, games, music and food of the seven ethnic groups. After a tour of the village, they will be treated to a multicultural dance performance in the theatre.

BAKO NATIONAL PARK

After a 30-minute drive from Kuching to Bako Village, visitors will take a boat ride to the park situated on a peninsula. Bako is one of the best places in Sarawak to view wildlife in a natural setting, including proboscis monkeys, long-tailed macaques, wild boars, monitor lizards and numerous species of birds. Forest types range from mangrove to cliff and beach vegetation. The park's coastline is dotted with small bays, coves and beaches, and visitors can follow several trails depending on their fitness levels and interests.

SEMENGGOH ORANG UTANS

From Kuching, it's a 32km drive to the Semenggoh Wildlife Centre. In this orang utan rehabilitation centre, orphaned or rescued orang utans are trained to survive in the wild. After a brief talk from the rangers, visitors will have a chance to view the orang utans coming down from the trees for a meal during their feeding time.

LEMANAK RIVER SAFARI

From Kuching, visitors take a 225km drive through the lush green countryside. There are stops at the Serian farmers' market and a pepper garden. Arriving at the Lemanak Jetty, visitors will embark on a longboat ride up the Lemanak River, passing through verdant forests with a longhouse tucked behind almost every bend in the river. At the Serubah longhouse, a feast awaits with fresh jungle produce and a glass of *tuak* or rice wine. The evening's entertainment includes dancing and music as the exuberant Ibans invite everyone to participate in the merrymaking. After a night's stay at the guest house, visitors will be brought on a walk through the forest accompanied by Iban trackers. There are demonstrations on traditional uses of rainforest plants and even shooting from a blowpipe. The tour ends with a drive back to Kuching.

MULU CAVES

This tour takes visitors from their Mulu hotel to the Mulu Park headquarters. From here, a walk on the 3km plankwalk is the way to explore Lang's and Deer Caves. If the weather is favourable, the spectacular flight of the bats in the evening can be viewed. The next day, a boat ride brings visitors to the Wind Cave, with a stopover at a Penan longhouse. After lunch at a local restaurant, a visit to Clearwater Cave will include a refreshing swim as well.

LAND DAYAK LONGHOUSE

From Kuching, visitors take a one-hour ride to Annah Rais, located in the heart of the Padawan District. This peaceful Bidayuh village can be explored to learn more about the culture of the Land Dayaks who were once headhunters. Visitors view the *baruk* or longhouse where skulls can still be seen, before returning to Kuching after lunch.

BARIO AND KELABIT HIGHLANDS

From Miri, visitors board a light aircraft for a short flight to Bario airport, and then transfer by 4WD to their homestay/lodge. In the afternoon, a stroll through the valley brings them to a longhouse to meet local Kelabits before proceeding to a Penan settlement. The nomadic Penan are hunter-gatherers, one of the last such groups in Southeast Asia. The next morning's trek is about three to four hours through the rainforest to the isolated village of Pa Lungan. Visitors can explore the village and its surroundings including a group of ancient megalith stones known as the Batu Ritung. On the third day, visitors board a longboat for a journey downstream to Pa Umur for views of natural salt springs. The fourth day is spent at leisure, to simply enjoy the surroundings or a relaxing river kayak ride.

MALAYSIA AT A GLANCE

COUNTRY

The federation of Malaysia comprises Peninsular Malaysia, which is made up of 11 states, three Federal Territories as well as the states of Sabah and Sarawak situated in Borneo.

CAPITAL CITY

Kuala Lumpur

GEOGRAPHICAL LOCATION

Lying 2 to 7 degrees north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by the South China Sea. The Peninsular shares a common border with Thailand in the north, while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

AREA

329,758 sq km

POPULATION

28 million

PEOPLE

Malays make up about 57% of the population, with Chinese, Indians and other ethnic groups making up the rest.

LANGUAGE

Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.

RELIGION

Islam is the official religion but all other religions are practised freely.

GOVERNMENT

Malaysia practises parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister. The country has a bicameral legislative system.

CLIMATE

Malaysia has a tropical climate and the weather is warm all year round. Temperatures range from 21°C to 32°C and the annual rainfall varies from 2,000 mm to 2,500 mm.

ECONOMIC PROFILE

Manufacturing constitutes the largest component of Malaysia's economy while tourism and primary commodities such as petroleum, palm oil, natural rubber and timber are major contributors to its economy.

ENTRY REQUIREMENTS

Visitors must be in possession of a valid passport or travel document with a minimum validity of six months

beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.

CURRENCY

The unit of currency is the Malaysian Ringgit, which is denoted as RM. Foreign currencies can be converted at banks and money changers.

WORKING DAYS

Most states observe Monday to Friday as working days while Saturday and Sunday are rest days. In the states of Johor, Kedah, Kelantan and Terengganu, working days are from Sunday to Thursday. Friday and Saturday are observed as rest days. This applies to government offices and many private establishments.

BANKING HOURS

In most states, banks are open from Monday to Friday from 9.15 am to 4.30 pm. In Kelantan and Terengganu, banks are closed on Friday and Saturday. Check the websites of the relevant banks for details on the operating hours and rest days. Online banking services are available.

POST OFFICES

Post offices are open from 8.30 am to 5.00 pm daily except on Sunday and public holidays. They are open for half-a-day on Saturday (until 1.00 pm). Post offices that are located in shopping malls have extended operating hours. In the states of Johor, Kedah, Kelantan and Terengganu, post offices are closed on Friday and Saturday.

TIME

The standard Malaysian time is eight hours ahead of GMT and 16 hours ahead of the U.S. Pacific Standard Time.

ELECTRICITY

The voltage used throughout Malaysia is 220 - 240 volts AC, at 50 cycles per second. Standard 3-pin square plugs and sockets are used.

MEASUREMENT SYSTEM

Malaysia uses the metric system.

TELECOMMUNICATIONS

Malaysia is linked nationally and internationally by telephone, facsimile and via the Internet. Most hotels provide International Direct Dial (IDD) telephone services and Wi-Fi Internet connection.

GETTING TO MALAYSIA

The main gateway to Malaysia is through the new Kuala Lumpur International Airport (KLIA) at Sepang, which is located approximately 50 km south of Kuala Lumpur. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. Malaysia has two low cost carrier terminals (LCCT), which are situated in Sepang and Kota Kinabalu.

Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. The airline is a full-fledged member of **oneworld**, one of the world's top three airline alliances. The national carrier is complemented by its subsidiary, Firefly, and the budget airline, AirAsia. The main entry point by sea is at Port Klang, about 50 km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines as well as carriers such as AirAsia and Firefly. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains.

ACCOMMODATION

Malaysia has a wide range of accommodation with competitive rates. International star-rated hotels, boutique hotels, beach resorts, chalets, youth hostels and timeshare apartments are among the types of accommodation available.

DO'S AND DON'TS

As with most other countries in Asia, visitors to Malaysia should be aware of some local customs and practices:

- While handshakes are commonplace, some Muslim ladies may acknowledge an introduction to a gentleman with a nod of her head and a smile. A handshake should be reciprocated only if the lady offers her hand first.
- Shoes must be removed before entering a Malaysian home, as well as places of worship such as mosques and temples. Some mosques provide robes and scarves for female visitors.
- The right hand is always used when eating with one's hand or when giving or receiving objects.

USEFUL CONTACTS

Malaysia Airlines	www.malaysiaairlines.com.my
AirAsia	www.airasia.com
Firefly	www.fireflyz.com.my
Malindo Air	www.malindoair.com
Berjaya Air	www.berjaya-air.com
MASwings	www.maswings.com.my
Hornbill Skyways	www.hornbillskyways.com

Malaysia Airports Kuala Lumpur International Airport (KLIA)	www.malaysiaairports.com.my www.klia.com.my
Sultan Abdul Aziz Shah Airport	www.subangskypark.com

Airport Coach	www.airportcoach.com.my
Airport Limo	www.airportlimo.my
KLIA Ekspres	www.kliaekspres.com

Malaysia Public Transport Directory	www.mypublictransport.com.my
KL Sentral	www.klsentral.com.my

Rapid Penang	www.rapidpg.com.my
RapidKL	www.rapidkl.com.my
Transnasional Express	www.transnasional.com.my

Keretapi Tanah Melayu	www.ktmb.com.my
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Klang Valley Integrated Rail System	www.myrapid.com.my
KTM Komuter	www.ktmkomuter.com.my

Car Rental Association of Malaysia (CRAM)	www.cramonline.org
Malaysia Convention & Exhibition Bureau (MyCEB)	www.myceb.com.my
Malaysia Shopping Malls Association	www.ppkm.org.my
Malaysian Association of Hotels (MAH)	www.hotels.org.my
Malaysian Association of Tour & Travel Agents (MATTA)	www.matta.org.my

Ministry of Tourism and Culture Malaysia	www.motac.gov.my/en
Department of Museums Malaysia	www.jmm.gov.my/en
Department of Statistics Malaysia	www.statistics.gov.my
Immigration Department of Malaysia	www.imi.gov.my
Land Public Transport Commission	www.spad.gov.my
Malaysia Meteorological Department	www.met.gov.my
Ministry of Health Malaysia	www.moh.gov.my

TOURISM MALAYSIA OFFICES

HEAD OFFICE

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(Ministry of Tourism and Culture, Malaysia)
9th Floor, No. 2, Tower 1, Jalan P5/6, Precinct 5, 62200 Putrajaya, Malaysia
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Tourism Infoline 1 300 88 5050 (within Malaysia only)

f : 603 8891 8999
e : enquiries@tourism.gov.my
w : www.tourismmalaysia.gov.my

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No. 50C, 1st Floor, Bangunan KPMNJ, Jalan Segget, 80000 Johor Bahru, Johor
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f : 607 223 5502
e : mtpbjhb@tourism.gov.my

KEDAH

Kompleks Pelancongan Negeri Kedah Seksyen 20, Jalan Raja, 05000 Alor Setar, Kedah
t : 604 731 2322/730 1322
f : 604 734 0322
e : mtpbkdh@tourism.gov.my

KELANTAN

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t : 609 747 7554
f : 609 747 8010
e : mtpb.kelantan@tourism.gov.my

MELAKA

Lot 02, Ground Floor, Bangunan Lembaga Tabung Haji, Jalan Banda Kaba, 75000 Melaka
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f : 606 286 9804
e : mtpb.melaka@tourism.gov.my

NEGERI SEMBILAN

1st Floor, Seremban Plaza, Jalan Dato' Muda Linggi, 70100 Seremban, Negeri Sembilan
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f : 606 763 8428
e : mtpb.negerisembilan@tourism.gov.my

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f : 609 517 7114
e : mtpb.pahang@tourism.gov.my

PENANG

No. 11, Lebuhr Pantai, 10300 George Town, Penang
t : 604 261 0058/263 4941
f : 604 262 3688
e : mtpbpen@tourism.gov.my

PERAK

No. 12, Medan Istana 2, Bandar Ipoh Raya, 30000 Ipoh, Perak
t : 605 255 9962/2772/1012
f : 605 253 2194
e : mtpbperak@tourism.gov.my

PERLIS

No. 21, Jalan Satu, Taman Pertiwi Indah, Jalan Kangar-Alor Setar, 01000 Kangar, Perlis
t : 604 978 1213/1235
f : 604 978 1143
e : mtpb.perlis@tourism.gov.my

SABAH

Lot 1-0-7, Ground Floor, Block 1 Lorong Api-Api 1, Api-Api Center 88000 Kota Kinabalu, Sabah
t : 6088 211 732/248 698/242 064
f : 6088 241 764
e : mtpbbki@tourism.gov.my

SARAWAK

Parcel 297-2-1, Level 2, Riverbank Suites, Jalan Tunku Abdul Rahman, 93100 Kuching, Sarawak
t : 6082 246 575/775
f : 6082 246 442
e : mtpbkch@tourism.gov.my

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6th Floor, Wisma PKPS, Persiaran Perbandaran Seksyen 14, 40675 Shah Alam, Selangor
t : 603 5510 9100
f : 603 5510 9101
e : mtpbselangor@tourism.gov.my

TERENGGANU

No. 11, Ground & First Floors, Pusat Niaga Paya Keladi, Jalan Kampung Daik, 20000 Kuala Terengganu, Terengganu
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f : 609 630 9091
e : mtpbkt@tourism.gov.my

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f : 00 61 8 9321 1421
e : mtpb.perth@tourism.gov.my/
tourmal@inet.net.au
w : www.tourismmalaysia.com.au

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Level 2, 171 Clarence Street, Sydney NSW 2000, Australia
t : 00 61 2 9299 4441
f : 00 61 2 9262 2026
e : malaysia@malaysiaiaustralia.com.au
w : www.tourismmalaysia.com.au

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High Commission of Malaysia, Unit No 1.14 - 1.15, First Floor, The Rizqun International Hotel, Gadong BE3519, Brunei Darussalam
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Consulate General of Malaysia (Tourism Section), Unit 1109, Level 11, CITIC Square, 1168 Nanjing Road West, Jing An District, Shanghai 200041, People's Republic of China
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f : 00 91 44 4506 8383
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f : 00 91 11 4601 1676
e : mtpb.newdelhi@tourism.gov.my
w : www.malaysiajao.com

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 Republic of Indonesia
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f : 00 62 21 522 0766
e : mtpb.jakarta@tourism.gov.my

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 43, Jalan Diponegoro, 20152 Medan
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f : 00 62 61 452 3179
e : mtpb.medan@tourism.gov.my

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 20122 Milan, Italy
t : 00 39 02 796 702
f : 00 39 02 796 806
e : mtpb.milan@tourism.gov.my/
 info@turismomalesia.it
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 Osaka 550-0004, Japan
t : 00 81 66 444 1220
f : 00 81 66 444 1380
e : mtpb.osaka@tourism.gov.my
w : www.tourismmalaysia.or.jp

Tokyo

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 Chiyoda-ku, Tokyo 100-0006, Japan
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f : 00 81 33 501 8692
e : mtpb.tokyo@tourism.gov.my
w : www.tourismmalaysia.or.jp

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 115, Seosomun-Ro, Chung-Gu
 Seoul 100-813, Republic of Korea
t : 00 82 2779 4422/4251
f : 00 82 2779 4254
e : mtpb.seoul@tourism.gov.my
 Website: www.mtpb.co.kr

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 c/o Embassy of Malaysia
 Rustenburgweg 2, 2517 KE The Hague,
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Regus, The Hague Equinox
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 4th Avenue, Corner 27th Street
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f : 00 662 636 3384
e : mtpb.bangkok@tourism.gov.my
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 Malaysia Embassy in Tehran, No.6, Changizi St.,
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 Level 3A Shelbourne House, Shelbourne Road
 Ballsbridge, Dublin 4, Republic of Ireland
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KAZAKHSTAN

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Published by
Tourism Malaysia, Ministry of Tourism and Culture, Malaysia

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MTM (English) / WS / KP
January 2014 (0114)

(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)