

MALAYSIA

TRAVEL GUIDE



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Selamat Datang... Welcome To Malaysia



Situated in the midst of the Asia Pacific region, Malaysia enjoys a strategic location and a year-round tropical climate. With 13 states, three Federal Territories and a population that currently stands at more than 28 million, Malaysia combines the best of Asia and is well known for its diverse cultural landscape, which includes three of Asia's oldest civilisations – Malay, Chinese and Indian – and the unique ethnic communities of Sabah and Sarawak.

One of the world's top holiday destinations, Malaysia is filled with a wide variety of unique attractions. Whatever your definition of a fulfilling holiday, Malaysia has all the necessary elements – pristine beaches and breathtaking islands, a rich tapestry of cultures and history, well-preserved heritage treasures, world-class modern facilities, a fascinating collection of flora and fauna, lush and well-maintained nature reserves, a delightful array of mouth-watering cuisine and a long list of shopping hotspots – Malaysia will leave you wanting for more.

But do not just take our word for it. Come and discover the many wonders of Malaysia and peel the many layers of this fascinating country. Be prepared to be amazed, because there is just so much more to Malaysia than meets the eye.

Map of Malaysia





LEGEND

- | | | | |
|--|--|--|--|
| ■ Federal Capital | ● International Airport | — Expressway | — International Border |
| ■ State Capital | ● Domestic Airport | — Major Road | ··· State Border |
| ● Major Town | ● Short Take off and Landing (STOL) | — Railway Line | ■ Tourism Malaysia Office |
| ◆ Jetty | | | |

*Map not drawn to scale



Malaysia ... The Heart of Southeast Asia

Located strategically at the heart of Southeast Asia, Malaysia never fails to fascinate. With a social core consisting of the Malays, Chinese and Indians as well as the many indigenous communities of Sabah and Sarawak, Malaysia is a unique and inspiring blend of cultures.

Malaysia's capital city, Kuala Lumpur, is undoubtedly one of Asia's most exciting and vibrant cities. Among the towering skyscrapers are remnants of Kuala Lumpur's rich past in the form of pre-war structures, providing an interesting contrast of two different eras.

Malaysia's other destinations such as Melaka, Penang, Langkawi, Kuching and Kota Kinabalu each has its own unique charms. Some of them are recipients of UNESCO awards – UNESCO World Heritage City of George Town, UNESCO World Heritage City of Melaka, UNESCO World Heritage Site of Kinabalu Park, UNESCO World Heritage Site of Gunung Mulu National Park and Langkawi's UNESCO Global Geopark.

Malaysia's lush and well-preserved natural landscape is perfect for a wide range of eco-adventures. Malaysia's rainforests such as Taman Negara – one of the world's oldest tropical rainforests – possess an impressive biodiversity and are home to some rare and endemic species.



Malaysia's stunning islands and beaches provide the ideal sun, sea and sand getaways. Some of these islands, particularly along the coasts of Terengganu and Sabah, are world-class dive sites with breathtaking underwater landscapes. The magical island of Sipadan has been rated by diving professionals as one of the world's top diving destinations.

Malaysia has more to offer such as enchanting parks and gardens, thrilling theme parks, picturesque hill resorts, international-standard golf courses, luxurious spa retreats and endless shopping choices. The country is also known for its colourful festivals and exciting events held throughout the year such as Formula One Grand Prix, Langkawi International Maritime and Aerospace Exhibition (LIMA), the 1Malaysia Year End Sale (M-YES), the 1Malaysia GP Sale and the 1Malaysia Mega Sale Carnival.

Whatever the reason for your visit – a romantic escapade, a fun-filled family holiday, an all-out shopping spree or a quiet retreat at the heart of nature – Malaysia has it all. So come, let Malaysia work its charm on you!

Malaysia in the Eyes of the World

Malaysia has received numerous international awards and recognitions over the years, sealing its position as one of the top destinations in the region and in the world. In 2012, the country was named 9th Most Visited Country in the World by the UNWTO and 10th Friendliest Country in the Word by Forbes Online. Kuala Lumpur, Malaysia's capital city, was also named 4th Best Shopping City in the World by CNN and 2nd Best Shopping Destination in Asia Pacific by Globe Shopper Index.



Why Malaysia?

10 reasons why you should make Malaysia your next holiday destination:

1. A myriad of Asian cultures – and more – all in one place.
2. Political stability, racial harmony and genuinely warm people.
3. A wealth of natural beauty.
4. Limitless shopping options and duty-free offerings.
5. Home to some of the world's best dive sites.
6. A mild, tropical weather all the year round.
7. Historical and modern buildings standing side-by-side.
8. An enormous range of gastronomical delights at affordable prices.
9. A wide range of accommodation options, from homestays to five-star hotels.
10. A whole host of activities to indulge in – golfing, fishing, angling, sailing, mountain-climbing, rafting, birdwatching – the sky is the limit.

CENTRAL REGION

- KUALA LUMPUR
- SELANGOR
- PUTRAJAYA

Exciting urban landscapes and iconic landmarks are at the core of Malaysia's Central Region. Comprising the federal territory of Kuala Lumpur, the state of Selangor and the federal territory of Putrajaya, the region's characteristics include state-of-the-art infrastructure, world-class facilities and internationally-acclaimed hubs of commerce and finance.



MAP OF THE CENTRAL REGION
SELANGOR
KUALA LUMPUR
PUTRAJAYA





Kuala Lumpur

Malaysia's capital city, Kuala Lumpur, is a bustling metropolis with unique landmarks that are instantly recognisable worldwide. The city's ability to combine the old with the new creates a delightful contrast which is part of its charming appeal. Iconic skyscrapers grace the city's skyline, co-existing with remnants of history. One of Asia's most dynamic cities, Kuala Lumpur is a melting pot of races and cultures brimming with diverse entertainment options, exciting attractions and a comprehensive transportation system.



Places of Interest

Petronas Twin Towers is currently the world's tallest twin structure and fifth tallest skyscraper. The skybridge that links the two towers symbolises a gateway to the future.



PETRONAS TWIN TOWERS

Kuala Lumpur City Centre (KLCC)

Standing at 451.9m, the world-renowned Petronas Twin Towers is KLCC's centrepiece and one of the country's most famous icons. The Skybridge on the 41st floor doubles up as an excellent viewing platform of the city's skyline. Featuring futuristic glass-and-steel exterior and a traditionally-inspired interior, the 88-storey building reflects Malaysia's aspirations in moving forward while maintaining its national identity and traditional values.



NATIONAL MUSEUM

Jalan Damansara

The Minangkabau-style National Museum is the country's premier museum. Built in 1963, the museum acts as a prime information hub on the nation's history and culture, which are spread out over four differently-themed galleries. Relics from the past can also be found within the grounds of the museum.



KL TOWER

Jalan Puncak, off Jalan P. Ramlee

Perched on top of Bukit Nanas within the Bukit Nanas Forest Reserve, the KL Tower is one of the city's most significant landmarks. Its observation tower offers sweeping views of the city. Savour sumptuous cuisine while enjoying a 360° view of the city's skyline at the Atmosphere 360° Revolving Restaurant @ KL Tower.

At 421m high, the KL Tower is the world's seventh tallest telecommunications tower.



DATARAN MERDEKA (MERDEKA SQUARE)

Jalan Raja

Literally meaning 'Independence Square', Dataran Merdeka marks an important point in history where the Union Jack was lowered to signify Malaysia's independence from the British. The 100m-high flagpole is reported to be one of the world's tallest.

LITTLE INDIA

Brickfields

Malaysia's Little India is situated within one of the country's oldest Indian settlements. Officially launched in 2009, it is quickly becoming one of the city's most popular tourist spots. Stretching from Jalan Travers right up to Jalan Tun Sambanthan, Little India is conveniently located right next to Stesen Sentral, the city's main transportation hub. This lively, colourful ethnic enclave features a brick-paved street, decorative streetlights and arches, a 35-foot fountain and various shops offering everything related to Indian culture, from brightly-coloured saris to traditional Indian cuisine.

SULTAN ABDUL SAMAD BUILDING

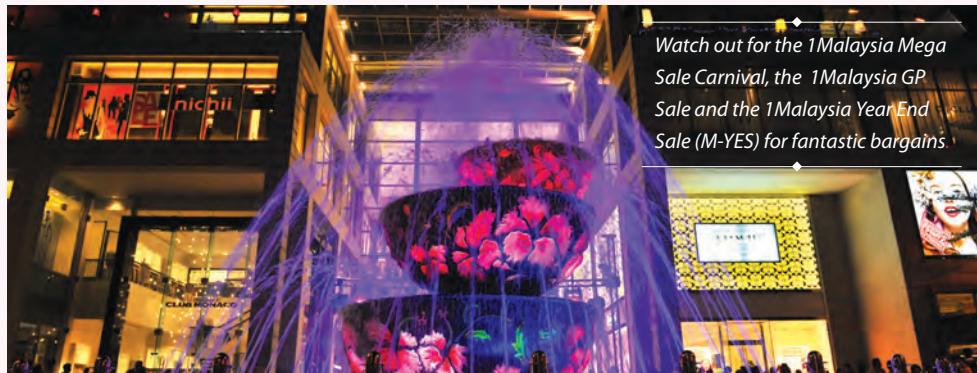
Jalan Raja

The stately Sultan Abdul Samad Building is one of the city's most distinguished landmarks. Built in 1897, this heritage building served as an administrative centre during the British era. Standing right opposite Dataran Merdeka, it is the prime venue for the country's National Day celebrations.

THERE IS MUCH MORE IN KUALA LUMPUR

- National Visual Arts Gallery
- Perdana Botanical Gardens
- Malaysia Tourism Centre (MaTiC)
- KL Railway Station
- Pasar Seni (Central Market)
- Masjid Negara (National Mosque)
- Masjid Jamek
- Sri Maha Mariamman Temple
- Cathedral of Saint Mary the Virgin
- Sze Ya Temple
- Chinatown (Petaling Street)
- The Heritage Centre
- KL Bird Park
- Royal Selangor Visitor Centre
- Kuala Lumpur Craft Complex
- Aquaria KLCC
- Galeria Sri Perdana
- Tunku Abdul Rahman Memorial
- Tun Abdul Razak Memorial
- Thean Hou Temple
- Titiwangsa Lake Gardens
- Istana Budaya (National Theatre)
- P. Ramlee Memorial
- National Academy of Arts, Culture and Heritage
- National Planetarium
- National Science Centre
- Royal Selangor Club
- Medan Pasar (Market Square) heritage buildings
- Masjid Wilayah Persekutuan (Federal Territory Mosque)
- Museum of Asian Arts
- National Telecommunications Museum
- KL City Gallery
- KL CityWalk
- Islamic Arts Museum
- National Monument (Tugu Negara)
- Petrosains

Shopping



A shopping heaven in its own right, Kuala Lumpur caters to every taste, preference and budget. Swanky malls that double up as one-stop lifestyle centres such as Pavilion KL and Suria KLCC can be found around the city. Bukit Bintang, the city's premier shopping district, offers a choice of eight shopping malls offering everything from haute couture to state-of-the-art gadgets, all located within walking distance to one another.

Bustling areas such as Jalan Tuanku Abdul Rahman and Petaling Street offer excellent bargains from crafts to clothing, while suburban enclaves such as Bangsar, Mont Kiara and Hartamas have a fantastic

range of speciality shops and exclusive one-of-a-kind boutiques, as well as exciting flea markets.

Malaysia's renowned Royal Selangor pewterware make exceptional souvenirs, and can be purchased at the Royal Selangor Visitor Centre. Here, you could also watch how the pewter goods are crafted and even create your own pewter souvenir to take home. Batik and other local handicrafts can be obtained at the Pasar Seni (Central Market) and the Kuala Lumpur Craft Complex.

Dining

When it comes to food, Kuala Lumpur has earned a reputation as one of the region's food capitals. International, fusion and authentic local cuisine can be found everywhere and anywhere around the city – in hotels, shopping malls, sidewalk bistro, food courts and hawker stalls. Most eateries serve halal food, so Muslims would feel right at home dining in this cosmopolitan city. First-timers are highly recommended to try out the many local fares available, which generally consist of Malay, Chinese and Indian offerings.



Events & Recreation

Kuala Lumpur plays host to a number of international, sporting, cultural and recreational events throughout the year that are sure to set your pulse racing. Popular annual events include Colours of 1Malaysia Festival, 1Malaysia International Shoe Festival, Fabulous Food 1Malaysia Festival, 1Malaysia Contemporary Art Tourism Festival, Kuala Lumpur Festival and Music, Arts and Style International Festival (MASiF).

Kuala Lumpur is also filled with a huge variety of leisure and entertainment options. Indoor and outdoor theme parks such as Berjaya Times Square

Theme Park and Desa Water Park provide hours of fun for the whole family. The city's hotspots for nightlife are located along Changkat Bukit Bintang, Asian Heritage Row and Jalan P. Ramlee, keeping the party crowd happy well into the wee hours of the morning. Fans of the fine arts can find plenty of stimulation in the city's vibrant and exciting visual and performance arts scene.

Accommodation

No matter what your preference and budget, Kuala Lumpur has the right accommodation for you. From world-class, five-star hotels to backpackers' inns, major city areas such as KLCC, Jalan Tun Ismail, Jalan Raja Chulan, Jalan Ampang and Jalan Bukit Bintang offer plenty of options.

For more information, contact:

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Malaysia Tourism Centre (MaTiC)

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Selangor

One of the country's most prosperous and developed states, Selangor is filled with many hidden treasures. Known as 'The Gateway to Malaysia', it is home to the country's main airport, the Kuala Lumpur International Airport (KLIA), and the country's main port, Port Klang. Comprising a number of well-developed townships such as Petaling Jaya, Subang Jaya, Bandar Sunway and Klang, Selangor offers plenty to see, do and marvel at.



* Map not drawn to scale

Places of Interest



MASJID SULTAN SALAHUDDIN ABDUL AZIZ SHAH (BLUE MOSQUE)

Also known as 'The Blue Mosque', the Masjid Sultan Abdul Aziz Shah's striking façade beckons visitors to explore its exquisite structure. Looming 350 feet above ground and measuring 170 feet wide, its distinctive blue dome is said to be the biggest in Southeast Asia. Traditional Malay design elements dominate the mosque's interior, while intricate Islamic calligraphy decorates its dome and main prayer hall. Visitors are advised to cover themselves accordingly when entering the mosque.



FIREFLY PARKS

Kuala Selangor

Kampung Kuantan and Kampung Bukit Belimbing in Kuala Selangor are some of the few places in the world where one can watch a symphony of lights performed by colonies of firefly at night, lighting up both sides of the river.

The light emitted by fireflies is called 'cold light', which produces zero heat. It is used as a means of communication as well as to attract mates.



FRIM (FOREST RESEARCH INSTITUTE OF MALAYSIA) *Kepong*

FRIM's (Forest Research Institute of Malaysia) lush nature reserve contains more than 15,000 plant species. Reputedly the world's largest man-made forest, this forest reserve was declared a National Heritage Site in 2010. A 30m-high canopy walkway offers sprawling views of the forest and its surroundings.

FRIM is one of the few places in the world where one can witness a rare natural phenomenon called 'Crown Shyness,' where tree crowns shy away from each other.



I-CITY *Shah Alam*

Dubbed the City of Digital Lights, i-City is Malaysia's first lightscape destination. A dazzling show of state-of-the-art LED technology, this digital wonderland features a colourful four-season park, beautiful sculptures, lanterns, performances, a night flea market and the country's biggest snow theme park, the SnoWalk.

Using the latest Korean technology, the snow in SnoWalk is made from purified filtered water that is safe for human consumption, creating an authentic snowfall experience.



SULTAN ABDUL AZIZ ROYAL GALLERY *Klang*

Built in honour of the late Sultan of Selangor, Salahuddin Abdul Aziz Shah, the Sultan Abdul Aziz Royal Gallery provides an insight into the life of Malaysia's eleventh King. Exhibits include a collection of royal artefacts, gifts and replicas of the state's crown jewels.

THERE IS MUCH MORE IN SELANGOR

- Homestays
- Shah Alam Lake Garden
- Islamic Arts Garden Complex
- Sultan Alam Shah Museum
- Wet World Shah Alam
- National Botanical Garden, Shah Alam (Skytrex Adventure)
- Raja Tun Uda Library, Shah Alam
- Uptown Shah Alam, Seksyen 24
- National Zoo
- Orang Asli Museum Gombak
- Batu Caves
- Sunway Lagoon
- GM Klang Wholesale City
- Sepang International Circuit
- Sepang Agrotechnology Park
- Malawati Hill
- Kuala Selangor Nature Park
- Kelah Santuary, Hulu Selangor
- Chilling Waterfalls, Hulu Selangor
- Hulu Tamu Hotspring, Hulu Selangor
- Strawberry Leisure Farm



- Pulau Carey
- Bukit Jugra
- FGS Dong Zen Monastery, Jenjarom
- Kanching Recreational Forest
- Serendah International Orchid Park
- Kelong Paradise Waterfront Resort
- Pantai Bagan Lalang (Bagan Lalang Beach)
- Pantai Morib (Morib Beach)
- Kidzania, Mutiara Damansara
- Asian Water Sports Village, Seri Kembangan
- Paya Indah Wetlands
- Rabbit Fun Land

Shopping



Selangor has one of the highest concentration of shopping malls in the country. Most of its shopping malls adopt the 'lifestyle mall' concept, where you can also find a host of retail, leisure and entertainment options, all under one roof. These malls are as different in offerings as they are in style, such as 1Utama, Sunway Pyramid and Subang Parade. Weekend flea markets such as the ones in The Curve and Amcorp Mall offer a refreshing shopping alternative with a lot of great bargains and one-of-a-kind offerings.

Dining

Selangor has all kinds of culinary offerings, from international cuisine to local fare and from humble hawker stalls to posh five-star restaurants. When it comes to food, the most popular delicacy in this state is perhaps the Satay Kajang. Originating from the town of Kajang, they are succulent pieces of meat skewered along thin bamboo sticks and barbequed on charcoal-fuelled open grill. Kuala Selangor and Port Klang have an abundance of good seafood restaurants where you can pick your own catch of the day, fresh from the sea.



Events & Recreation

Allthrough the year, Selangor hosts many international events and exciting local events. The Thaipusam celebration is one such example. Thousands of people, both devotees and mere onlookers, gather at Batu Caves every year to watch the colourful procession of kavadi bearers and the elaborate prayer rituals.

Fans of the fast and the furious should not miss the chance to witness some of the world's biggest motor-sporting events at the Sepang International Circuit, such as the Formula One Grand Prix and Moto GP. The ancient town of Jugra is also a popular venue

for paragliding; every year, the town's Bukit Jugra plays host to the International Jugra Paragliding Competition.

The state also has a number of theme parks for the kids and the kid in you. Sunway Lagoon, Extreme Park and Wet World Water Park guarantee hours of fun for the whole family. The Royal Selangor Yacht Club offers a wide range of activities and facilities for sailing enthusiasts, while avid golfers can practise their stroke in one of the state's expansive golf courses.

Accommodation

Whether it is five-star or budget, you can find all types of accommodation in Selangor. Most of these accommodation are situated near shopping malls and within town centres, offering both comfort and convenience. Selangor has at least 15 homestay villages, providing visitors with the authentic experience of a kampong lifestyle.

For more information, contact:

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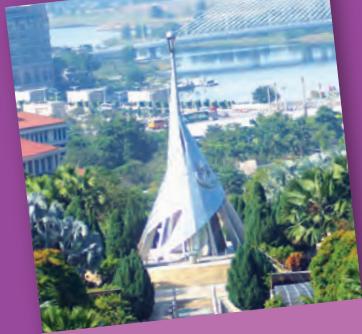
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Putrajaya

Known as Malaysia's administrative capital, Putrajaya is also nicknamed the country's 'Intelligent Garden City'. Possessing a refreshingly different urban landscape, the city is a clever combination of nature and state-of-the-art infrastructure. Driving around Putrajaya is a feast for the eyes as it is filled with eye-catching architecture and bridges, with designs ranging from the futuristic to the classic.



** Map not drawn to scale*

Places of Interest



SERI PERDANA

The official residence of the country's Prime Minister, the majestic Seri Perdana is made up of three blocks: the Main Reception or Protocol Block, the Banquet Block and the Residence Block. The Main Reception/Protocol Block and the Banquet Block are used to receive and entertain official guests. Guided tours are available to take you around the main reception area, which overlooks the scenic Putrajaya Wetland.

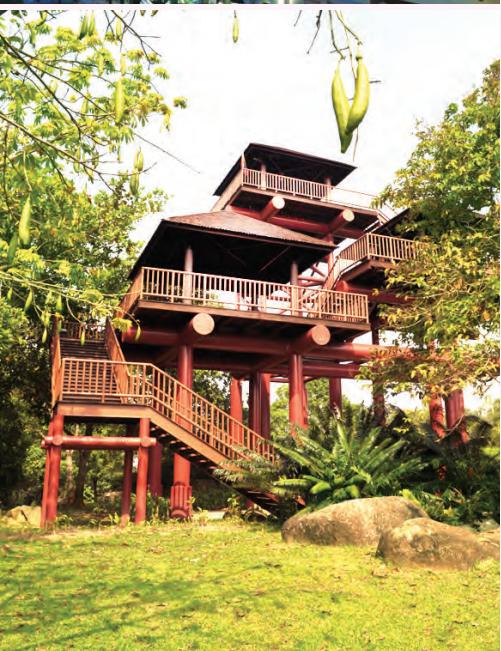
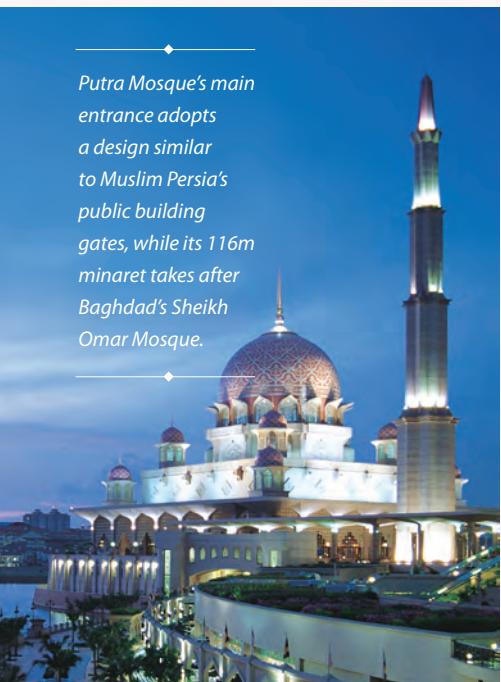


PUTRAJAYA INTERNATIONAL CONVENTION CENTRE (PICC)

Sprawling over 1.3 million square feet, the Putrajaya International Convention Centre is a prime venue for large-scale events at both international and regional levels. Its unique design was inspired by the *wau bulan*, Kelantan's traditional kite, and the *pending perak*, Perak's traditional belt made of silver.

PICC's largest hall, the Plenary Hall, is able to accommodate up to 2,800 people.

Putra Mosque's main entrance adopts a design similar to Muslim Persia's public building gates, while its 116m minaret takes after Baghdad's Sheikh Omar Mosque.



MASJID PUTRA (PUTRA MOSQUE)

A prominent landmark in Putrajaya, the striking Putra Mosque is characterised by its large pink domes and rose-tinted granite structure. The mosque's architecture is inspired by some of the world's greatest mosques.

PUTRAJAYA WETLAND

More than just an oasis of tranquillity in the middle of an administrative capital, Putrajaya Wetland is a wildlife sanctuary filled with a wonderful variety of flora and fauna. A number of bird species can be seen here – local marshland birds, water birds and even some migratory birds – making it a perfect spot for birdwatching activities. A Nature Interpretation Centre provides more information on the wetland, while an 80m viewing tower offers an expansive view of the wetland and its surroundings.

TAMAN BOTANI (BOTANICAL GARDEN)

Housing more than 7,000 species of plants including those from the African and Asia Pacific regions, Taman Botani is Malaysia's largest botanical garden. The garden comprises three sections: ornamental plants, flowering plants, and conservation and research.



THERE IS MUCH MORE IN PUTRAJAYA

- Perdana Putra
- Lake Putrajaya
- Taman Warisan Pertanian (Agriculture Heritage Park)
- Dataran Putra (Putra Square)
- Putrajaya Landmark
- Cruise Tasik Putrajaya (Putrajaya Lake Cruise)
- Istana Kehakiman (Palace of Justice)
- Istana Melawati (Melawati Palace)
- National Millennium Monument
- Signature Bridges
- Persiaran Perdana (Putrajaya Boulevard)
- Putrajaya Equestrian Park
- Putrajaya Lake Club
- Putrajaya Water Sports Complex
- Masjid Tuanku Mizan Zainal Abidin (Iron Mosque)
- Taman Seri Empangan

Shopping



Alamanda Putrajaya, Putrajaya's premier shopping mall, is home to a variety of retail outlets from household goods to clothing. Alamanda's The Hub is the mall's one-stop entertainment zone, containing a cinema, a karaoke centre, a bowling alley and a games arcade. The Souq Bazaar at the Putra Mosque offers a different shopping experience reminiscent of the souks in the Middle East, with more than 50 stalls selling food items, clothing, accessories, gift items and souvenirs.

Dining

Putrajaya provides a host of options when it comes to dining. There are a few open-air food courts in Putrajaya, such as Selera Putra in Precinct 1 and Medan Selera in Precinct 8, offering not just local delights, but a number of international favourites as well. Putrajaya Seafood Restaurant, facing the scenic Putrajaya Lake, serves a variety of a la carte fresh seafood cooked in a variety of styles as well as steamboat and barbecue dining packages.



Events & Recreation

Putrajaya is the venue of many exciting and colourful events. The annual Putrajaya FLORIA is a much-awaited event for both locals and foreign visitors, held every year at Dataran Putra. Sports enthusiasts will greatly enjoy the Waterski & Wakeboard Championship and the Putrajaya Extreme Games Competition towards the end of the year. Also not to be missed is the annual Putrajaya International Hot Air Balloon Fiesta.

Putrajaya has a number of recreational facilities, giving visitors a host of leisure options. Putrajaya Equestrian Park is equipped with complete horse-riding facilities, while Putrajaya Lake Club and Putrajaya Water Sports Complex come with a wide variety of water sports facilities. International-standard golf courses are also available here.



Accommodation

Putrajaya has a number of five-star properties that offer you a host of exciting facilities and a resort-like atmosphere.

For more information, contact:

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SOUTHERN REGION

- NEGERI SEMBILAN
- MELAKA
- JOHOR

Comprising the states of Negeri Sembilan, Melaka and Johor, Malaysia's Southern Region is defined by a fine mixture of rich history, colourful culture and natural beauty. Melaka, home to a UNESCO World Heritage City, has over six centuries of history, while Negeri Sembilan's Minangkabau culture and Johor's natural treasures continue to fascinate through the years.





Negeri Sembilan

Negeri Sembilan is home to the ancient tradition of Minangkabau. Distinguished by the distinctive Minangkabau architecture of sweeping roof design resembling the horns of a buffalo, Negeri Sembilan literally means 'Nine States', referring to the nine *luak* or districts that once made up the federation of Negeri Sembilan. Strongly embraced by rich customs and age-old traditions, Negeri Sembilan is a fine balance of the old and the new.



Places of Interest



POR T DICKSON

Port Dickson comprises approximately 18km of fine sandy beaches. One of the most popular beach retreats in the west coast, Port Dickson's close proximity to Kuala Lumpur – about 1½ hours' drive – makes it a popular getaway for urbanites. The beaches of Port Dickson are also ideal for a wide range of water sports and beach activities. Teluk Kemang, Tanjung Biru (Blue Lagoon) and Cahaya Negeri are among the most popular beaches here.



THE ROYAL MUSEUM OF SERI MENANTI

Seri Menanti

Completed in 1908, the Royal Museum of Seri Menanti is one of the country's last remaining wooden palaces. Housing a host of royal insignia, the former official residence of the state's royal family was made a Royal Museum on the 14th of July, 1992.

Seri Menanti is an architectural masterpiece built without using a single nail or screw.



HOMESTAY

This unique programme offers visitors a rare opportunity to experience first-hand the authentic charms of rural life. Live with a local family and enjoy a fascinating spectrum of local culture and traditions in a traditional setting. Savour local food and participate in a host of delightful activities throughout the day, from harvesting crops to playing traditional games.

Each homestay offers a different experience. Learn how to tap the rubber tree or make traditional delicacies.



RECREATIONAL FORESTS

Negeri Sembilan is home to a number of beautiful nature retreats, the most popular being Ulu Bendul Recreational Forest, Eco-Edu Tourism Centre Sungai Menyala and Taman Alam Liar Lembah Jemaloi. Here, visitors can either indulge in a variety of adventurous pursuits such as hiking and mountain-biking, or simply sit back and enjoy a quiet time amid lush natural beauty. Many of these recreational forests are also equipped with modern facilities such as camping sites, lodges and toilets.



NEGERI SEMBILAN MUSEUM COMPLEX *Seremban*

The Negeri Sembilan State Museum showcases the ancient traditions and history of Negeri Sembilan. Made up of three main buildings – Teratak Perpatih, Ampang Tinggi Palace and Negeri Sembilan House – it features the traditional Minangkabau design. One of its buildings is the State Museum, also known as the Teratak Perpatih.

THERE IS MUCH MORE IN NEGERI SEMBILAN

Seremban

- State Museum Complex
- Negeri Sembilan Crafts Complex
- Jelita Ostrich Farm
- Starfresh Agro Park
- Homestay Pelegong
- Lenggeng Recreational Forest

Nilai

- Nilai 3 Wholesale Centre
- Nilai Square Textile Centre

Port Dickson

- Army Museum
- Eco-Edu Tourism Centre Sungai Menyala
- River Safari Sungai Linggi
- PD Ostrich Farm
- Pengkalan Kempas Historical Complex
- Lukut Museum & Lukut Fort
- Extreme PD Buggy Trek Pit Stop
- Eagle Ranch Resort
- Homestay Pachitan



Pasir Panjang Recreational Forest

- Baitul Hilal Complex

Jelebu

- Kem D'Agroloka
- Titi Eco Farm Resort
- Homestay Kuala Klawang
- Adat Museum
- Taman Alam Liar Lembah Jemaloi
- Jeram Toi Recreational Forest

Jempol

- Teratak Za'ba (House of Pendeta Za'ba)
- Homestay F'best
- Homestay Lonek
- Serting Ulu Recreational Forest
- De Bana Recreational Forest

Kuala Pilah

- Ulu Bendul Recreational Forest
- Terachi Cultural Village
- Homestay Laman Bangkinang
- Homestay Mudin Hasan



- Jeram Tengkek Recreational Forest

Rembau

- Wet World Pedas Hotsprings
- Rembau Crystal
- Sungai Timun Fireflies
- Homestay Batang Nyamor
- Rembau Museum (Replica Of Raja Melewar Palace)
- Gunung Datuk Recreational Forest

Gemas

- Homestay Gemas

Tampin

- Batu Maloi Recreational Forest
- Gunung Tampin Recreational Forest



Shopping

From lively night markets to sprawling shopping malls, Negeri Sembilan has a number of good shopping spots, especially in Nilai and Seremban. The highly-popular, 165-hectare Nilai 3 Wholesale Centre is the biggest wholesale centre in Malaysia – a bargain hub filled to the brim with textiles, soft furnishings, furniture, clothing, luggage, household goods and automobile accessories.

For local handcrafted items that make perfect souvenirs, the Negeri Sembilan Crafts Complex has a good selection, while Rembau Crystal sells a variety of high-quality crystal products. Terminal One Shopping Complex, Seremban Parade, Seremban Centre Point, Oceanic Mall Port Dickson and Jusco Seremban 2 offer one-stop convenience for shoppers, and hypermarkets such as Giant Senawang and Tesco Seremban 2 sell a whole range of household goods under one roof.

Dining

A popular Minang offering that should not be missed is Lemang, a mixture of glutinous rice and coconut milk in medium-sized bamboo tubes cooked over a slow open fire. The aromatic *daging salai* or smoked meat is another popular delicacy in Negeri Sembilan, often served in Masak Lemak Cili Api. Rembau is said to be the place to find authentic Minang cuisine.



A must-try when visiting this state is the Masak Lemak Cili Api- a fiery Minang signature dish made from a combination of thick coconut milk, turmeric and bird's eye chillies.



Events & Recreation

Negeri Sembilan plays host to several exciting sports events every year, such as the Raptor Watch, Port Dickson Water Festival, Port Dickson International Triathlon and Tunku Laxamana Open Regatta.

When it comes to recreation, Negeri Sembilan has a number of exciting destinations. Wet World Pedas

Hot Springs offers a recreational experience with a difference with its two open-air hot spring pools and theme park attractions such as a twin giant slide, wading pools and man-made canals, while Eagle Ranch Resort Port Dickson provides a wide variety of indoor and outdoor activities for the whole family to enjoy.

Accommodation

Negeri Sembilan has a wide range of accommodation options. Beachside resorts are mainly available in Port Dickson, while Seremban has a range of star-rated hotels and serviced apartments. To learn more about the locals and their cultures, homestays are available in Malay villages all over Negeri Sembilan.

For more information, contact:

Tourist Information Centre, R & R Seremban – Port Dickson Highway

+606 672 2726



Strategically located along the Straits of Malacca, Melaka was once the epicentre of an important trading empire. The birthplace of the nation's historical and cultural heritage, remnants of its long and illustrious past are well-preserved and can still be seen today, earning it the prestigious title of UNESCO World Heritage City in 2008. Beyond the historical crowd-pullers are scenic kampong settlements and a rich cultural landscape.

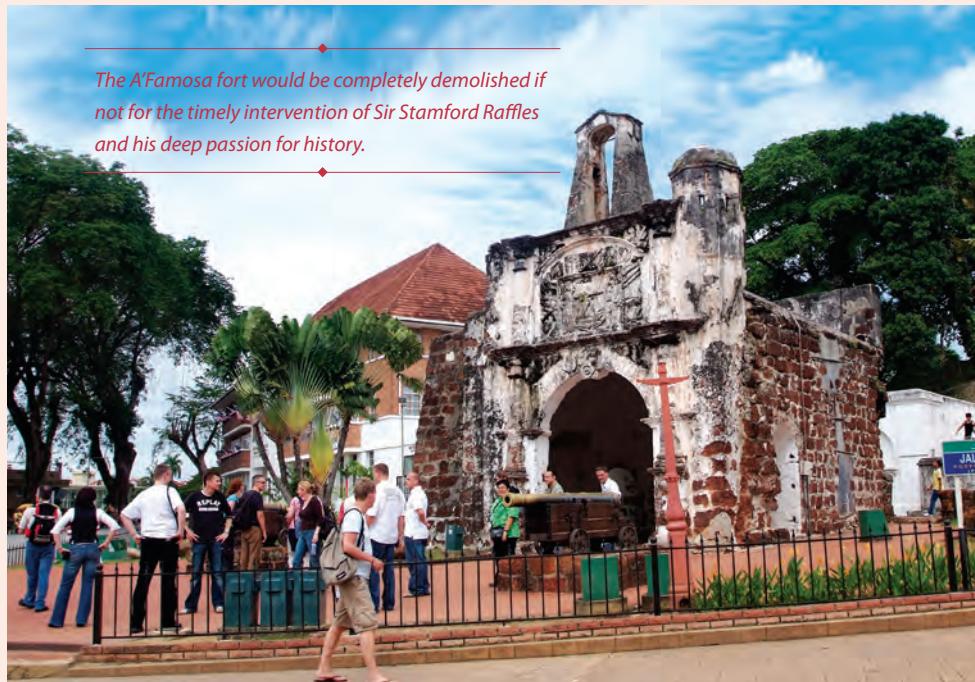
Melaka



*Map not drawn to scale

Places of Interest

The A'Famosa fort would be completely demolished if not for the timely intervention of Sir Stamford Raffles and his deep passion for history.



PORTA DE SANTIAGO

Melaka Tengah

The Porta de Santiago is one of Melaka's most famous landmarks. It is one of the four main entrances to the A'Famosa fortress, which was built in 1511 by Alfonso d'Albuquerque, a Portuguese admiral. Even though the rest of the fortress was badly damaged during the Dutch invasion in 1641, its iconic gateway still stands to this day.



STADTHUYS

Melaka Tengah

Characterised by salmon red walls, the Stadthuys was once the official residence of the Dutch governors and their officers. Built in 1645, it now houses the Museum of History and Ethnography. Next to it is the similarly-coloured Christ Church, a Dutch Reformed Church built in the 18th century.

The Stadthuys is the oldest remaining Dutch building in Southeast Asia.



BABA NYONYA HERITAGE MUSEUM

Melaka Tengah

Once the ancestral home of three generations of a Baba Nyonya family, the Baba Nyonya Heritage Museum offers a glimpse into the life of a wealthy Straits Chinese family. The museum comes complete with original antique rosewood furniture and an indoor courtyard.

The Peranakan people, otherwise known as Straits Chinese, are descendants of the earliest Chinese migrants to Melaka.



REPLICA OF MELAKA'S SULTANATE PALACE (CULTURAL MUSEUM)

Melaka Tengah

The Cultural Museum is a life-sized replica of a 15th century Melaka royal palace. Now a museum exhibiting items related to the state's culture, its displays include a huge diorama depicting a sultan's court.

MELAKA RIVER CRUISE

Melaka Tengah

Take a cruise down Melaka River and enjoy the beautiful view on both sides of the river. Accompanied by an informative commentary, the Melaka River Cruise lets you see parts of historical Melaka, which includes old warehouses, ancient shop houses, original bridges and Kampung Morten, a traditional Malay kampong.



Kampung Morten is the only Malay village in this historic city that maintains its customs and traditions.

THERE IS MUCH MORE IN MELAKA

Melaka Tengah

- Jonker Street
- Maritime Museum
- Taming Sari Tower
- Sunset Cruise
- Bukit Cina
- Cheng Hoon Teng Temple
- Christ Church
- Hang Li Po's Well (The King's Well)
- Masjid Kampung Kling (Kampung Kling Mosque)
- Masjid Kampung Hulu (Kampung Hulu Mosque)
- Wildlife Theatre Melaka
- Coral Wonderland
- Toy Museum
- Proclamation of Independence Memorial

- St. Francis Xavier's Church
- St. John's Fort
- St. Paul's Church
- St. Peter's Church
- Masjid Tengkera (Tengkera Mosque)
- Ti Fang Fu Temple

Alor Gajah

- Al-Khawarizmi Astronomy Complex
- Museum of Traditional Custom
- Datuk Tua Megalith
- Gadek Hot Spring Complex
- Melaka Tropical Fruit Farm
- Tanjung Tuan (Cape Rachado)
- Tanjung Bidara
- Turtle Information Centre

Jasin

- Jasin Hot Springs
- Pulau Besar (Big Island)
- Tun Teja Mausoleum
- Sg. Rambai River Cruise

Hang Tuah Jaya / Ayer Keroh

- Bee Museum
- Melaka Butterfly & Reptile Sanctuary
- Melaka Botanical Garden
- Melaka Crocodile Park
- Melaka International Bowling Centre
- Melaka Wonderland Theme Park & Resort
- Melaka Planetarium Adventure Science Centre
- Zoo Melaka

Shopping



Jonker Street (Jalan Hang Jebat) and Jalan Tun Tan Cheng Lock are known for great antique finds. The charming rows of Peranakan (Straits Chinese) shop houses that line these roads are said to contain some of the best antiques in the country – furniture, ceramics, crockery, jewellery, trinkets, old currencies, costumes and paintings, among others. Visitors can also find a variety of souvenirs such as t-shirts, mugs and keychains – some of which can be personalised to your liking – in Jonker Street.

The Medan Samudera on Jalan Quayside has a good range of pottery and other handcrafted items, while Jalan Laksamana is filled with shops that specialise in traditional Peranakan footwear and clothing. A wide selection of item is available at Pahlawan Walk and Heritage Gallery at Dataran Pahlawan Melaka Megamall, Mahkota Parade, Mydin (MITC), Jaya Jusco Bandaraya and Jaya Jusco Ayer Keroh.

Dining

Melaka's unique cultures are reflected in its cuisine. Stalls selling all types of local specialities – Malay, Nyonya, Chinese, Portuguese and Chitty – line Jonker Street at night with their mouth-watering offerings. Other popular places where one can find a good selection of local specialities include Melaka Raya, Banda Hilir and Jalan Munshi Abdullah. Among the must-try local dishes include Asam Pedas Melaka, Satay Celup, Chicken Rice Balls and Kembuli Rice.



Events & Recreation

Melaka has plenty of exciting events on its calendar. For a taste of local culture, do not miss the San Pedro Festival and the Portuguese Christmas Festival at the Portuguese Settlement. Gendang Nusantara Festival, and Melaka International Tourism Show are also major crowd-pullers.

The Sunset Cruise lets you enjoy the breathtaking panoramic sights of Melaka City at sunset, taking you along the city's coastline and around nearby islands, while the Melaka River Cruise takes you on a fascinating trip down Melaka River as you pass by time-tested structures. A' Famosa Resort, home of Malaysia's largest safari and water theme park, is one of Melaka's premier leisure destinations. Melaka

Planetarium Adventure Science Centre and Melaka International Bowling Centre provide hours of fun for the whole family.



Accommodation

A wide range of accommodation is available at various locations throughout Melaka, from world-class hotels and scenic resorts to budget motels and cosy homestays.

For more information, contact:

Melaka Tourism Promotion Division
Tourism Malaysia Melaka

Tourist Information Centre
Jalan Kota

+606 232 8402
+606 288 3304 / 3785 / 1549

+606 283 6220

Situated at the southernmost part of Peninsular Malaysia, Johor is the country's southern gateway. Its strategic location leads to its encouraging growth throughout the years, making it one of the country's most developed states. The state is blessed with a diversity of natural attractions, which includes verdant rainforests, cascading waterfalls, thriving wetlands and beautiful tropical islands off its coasts.



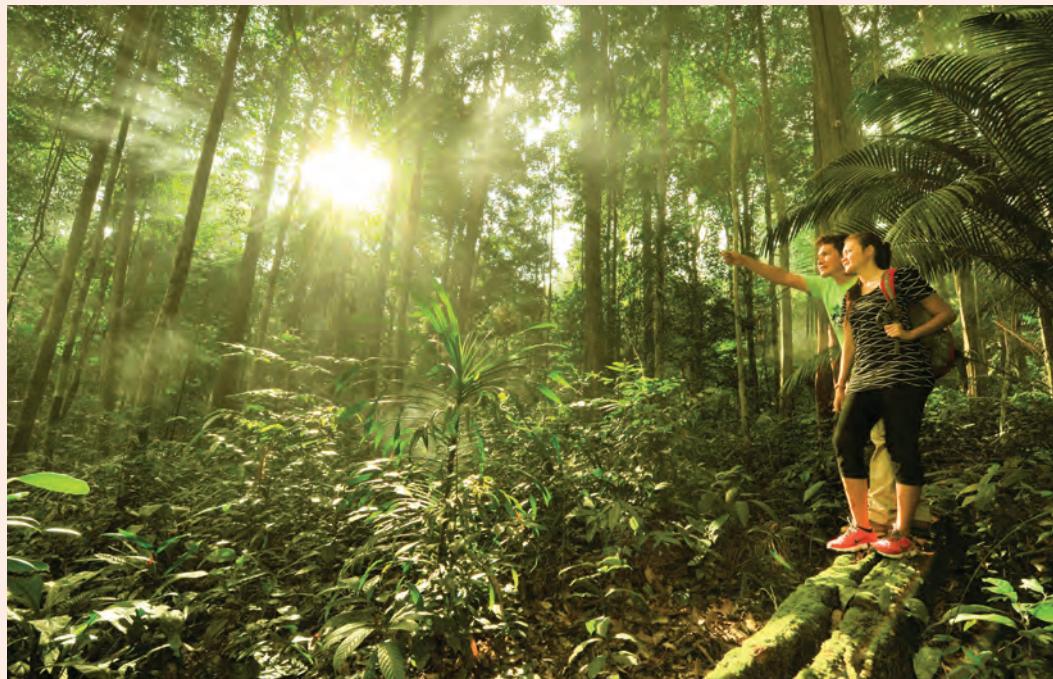
Johor



LEGEND

- State Capital
 - Major Town
 - Town
 - International Airport
 - Short Take off and Landing (STOL)
 - Jetty
 - Ferry Terminal
 - Expressway
 - Major Road
 - Secondary Road
 - Railway Route & Station
 - State Border
 - ★ Place of Interest
 - Tourist Information Centre
- Pasir Gudang Kite Museum
 - Bukit Layang-layang Recreational Park
 - Sarang Buaya Pasir Gudang

Places of Interest



ENDAU-ROMPIN NATIONAL PARK

Mersing

The Endau-Rompin National Park is a sprawling 92,000-hectare nature reserve filled with a diverse wealth of flora and fauna. Spreading across two states, this lush nature reserve is the habitat of numerous wildlife species, including some endangered ones.

Endau-Rompin National Park's volcanic rock formations date back to some 240 million years.



MERSING GROUP OF ISLANDS

Johor has 72 islands in the waters of Mersing, 13 of which have been gazetted National Marine Park. Mersing's six most popular islands – Rawa, Pemanggil, Sibu, Aur, Besar and Tinggi – are regarded as the best spots in the country for fishing and angling activities.



DESARU FRUIT FARM

Kota Tinggi

Housing over 100 varieties of seasonal and non-seasonal tropical fruits and over 10 plant species, the 100-acre Desaru Fruit Farm lets you sample the divine flavours of local fruits such as durian, rambutan and mangosteen.



NUSAJAYA

Johor Bahru

Adopting a 'The World in One City' concept, Nusajaya is Johor's new administrative capital. With landscaped parks, a breathtaking waterfront, an urban retreat and a wealth of leisure and entertainment options including an indoor theme park, Nusajaya is set to be the state's hottest emerging destination.

GUNUNG LEDANG NATIONAL PARK

Ledang

The legendary Gunung Ledang – otherwise known as Mount Ophir – is known as much for its captivating natural beauty as for the myths surrounding it. The trail up the mountain is a spectacular experience as cascading waterfalls, flowing streams and variety of flora and fauna species greet the eye. On a clear day, stunning views of the Straits of Malacca and its surroundings can be seen from the top.

The legend of Puteri Gunung Ledang and her outrageous requests is one of the country's best-known folklore.



THERE IS MUCH MORE IN JOHOR

Johor Bahru

- Royal Abu Bakar Museum
- Hutan Bandar
- Bukit Timbalan
- Sultan Ibrahim Building
- JB Bazaar
- Danga Bay
- Homestay Sinaran Baru
- MAWAR Gallery
- PERSADA International Convention Centre
- Masjid Sultan Abu Bakar (Sultan Abu Bakar Mosque)
- Stulang Laut
- Johor Bahru Visitor Centre (MBJB Gallery)
- Iskandar Malaysia Information Centre (IMIC)
- Homestay Kampung Perigi Acheh

Kota Tinggi

- Sungai Johor and Sungai Lebam Fireflies
- Desaru
- Homestay Kampung Temenin Baru
- Kota Tinggi Waterfalls
- Sebana Golf and Marina Resort
- Homestay Semenchu
- Kota Tinggi Museum
- Homestay Kampung Felcra Sungai Ara
- Homestay Kampung Lukut

Muar

- Nasuha Herbs and Spices Paradise
- Homestay Kampung Parit Bugis
- Muar River Cruise
- Homestay Kampung Sarang Buaya
- Homestay Kampung Batu 28 Lenga
- Grisek Hotspring

Kluang

- Zenxin Organic Park
- Gunung Belumut
- Gunung Lambak Eco-Resort
- Kahang Organic Rice Eco Farm (KOREF)

Nusajaya

- Puteri Harbour
- Puteri Harbour Family Theme Park
- Legoland Malaysia
- The Ledang Urban Retreat

Batu Pahat

- Wet World Batu Pahat
- Homestay Kampung Parit Tengah

Mersing

- Pulau Mersing
- Pantai Air Papan
- Homestay Kampung Air Papan

Pontian

- Tanjung Piai National Park

- Homestay Tanjung Piai
- Kukup Island National Park
- Pineapples Museum
- Homestay Kampung Tanjung Piai
- Homestay kampung Puteri Menangis
- Homestay Kampung Permatang Sepan

Segamat

- Selai Endau-Rompin National Park
- Labis Hot Spring

Kulaijaya

- Johor Premium Outlets
- Riders Lodge
- Legend Golf and Country Resort
- Homestay Kampung Sri Paya
- Homestay Kampung Sri Gunung Pulai

Islands

- Pulau Pemanggil
- Pulau Aur
- Pulau Rawa
- Pulau Tinggi
- Pulau Besar
- Pulau Dayang
- Pulau Sibu Tengah & Sibu Besar

Ledang

- Gunung Ledang National Park
- Tangkak (textile)

Shopping

Johor is touted as one of the best places in the country for shopping. A wide selection of shopping malls, duty-free outlets, handicraft centres, hypermarkets, bazaars and open-air markets offer visitors a great deal of choices.

The ZON Johor Bahru is a one-stop leisure destination equipped with duty-free outlets, a department store, hotel and a ferry terminal, while the Holiday Plaza possesses one of the longest shopping arcades in Asia. Other modern shopping malls around the state include Johor Premium Outlets, a one-stop centre

for a variety of designer brands at discounted prices, as well as Plaza Kotaraya, Lien Hoe Complex, Pelangi Leisure Mall, AEON Tebrau City, AEON Bukit Indah, Plaza Angsana, City Square, Danga City Mall, Sutera Mall, Skudai Parade, Wetex Parade, Kluang Mall, Summit Parade and Plaza Pelangi.

Handicraft centres such as MAWAR House, Kompleks Budaya & Kraf Johor and SARASA Craft Centre offer plenty of handcrafted souvenirs to take home, while the Johor Area Rehabilitation Organisation (JARO) sells handicrafts made by the disabled community.

Dining

Johor has a host of dining options to suit every preference and budget. Just ten minutes' drive from the northernmost tip of Tanjung Piai is Kukup, a fishing village famed for its fresh seafood, which can be enjoyed with a great view of the sea. Hawker centres



offering all manner of local delights can be found in major towns, while restaurants offering various international cuisine are mainly available in the state's capital city of Johor Bahru. Local specialities that are considered a must-try include Laksa Johor, Nasi Briyani Gam, Lontong and Mee Bandung.

Unlike the laksa served in other states, Laksa Johor is a unique culinary creation that uses spaghetti instead of thick rice noodles.

Events & Recreation

Johor plays host to a number of international events throughout the year. The exciting Segamat Durian Festival, Pasir Gudang International Kite Festival and Johor Bahru International Orchid Festival are three such events, drawing huge crowds every year. Sporty spirits will enjoy Desaru Pengerang International Long Distance Triathlon, Johor-Singapore Second Link Bridge Run and ANCOM Malaysian Rally.

Johor has the largest number of golf courses in Malaysia, particularly in the Kota Tinggi district. Riders Lodge in Sedenak is a scenic country resort complete with horse-riding facilities and a golf course. For a fun-filled time, the Wet World Batu Pahat is a fun-for-all waterpark with swirling water slides and man-made waterfalls, while the Permas Jaya Go-Kart Club offers complete go-karting facilities and has one of the longest kart tracks in the country.

Accommodation

When it comes to accommodation choices, Johor has a wealth of options. Star-rated hotels are concentrated in Johor Bahru, while luxury beach resorts are mainly available in Desaru. Other than conventional modes of accommodation, homestays such as the ones at Kampung Sinaran Baru, Kampung Temenin Baru, Semenchu, Kampung Parit Bugis and Tanjung Piai are also available for a one-of-a-kind experience of living among the locals.

For more information, contact:

Tourism Malaysia Johor

+607 222 3590 / 1

Tourist Information Centre, Bangunan Sultan Iskandar

+607 227 0822 / 1822

Tourist Information Centre, JB Sentral

+607 218 8070 / 224 4133

Tourist Information Centre, Johor Premium Outlets

+607 590 9140

Tourist Information Centre, Tanjung Belungkor

+607 827 6500

Tourist Information Centre, Mersing

+607 798 1979

Johor Tourism Department

+607 224 1432 / 224 9960

Ministry of Tourism, Johor Office

+607 223 3171

NORTHERN REGION

- PERAK
- PENANG
- KEDAH
- PERLIS

Comprising the states of Perak, Penang, Kedah and Perlis, the Northern Region is characterised by expansive lush greenery, rich cultural and historical heritage, picturesque coastal areas and charming countryside. Home of a UNESCO World Heritage City and a UNESCO Global Geopark, this region sets to capture the imagination and stimulate the senses with a heady mixture of sights, sounds, tastes and aroma.





Perak

Known as 'The Land of Grace', Perak was once a wealthy tin-mining state. Its name, meaning 'silver', is believed to have been derived from the tin-ore deposits that were once abundant in this state. Today, it greets visitors with a wealth of unique attractions and cultures. Among Perak's delightful cornucopia of wonders are intriguing cave temples, the country's oldest museum, Malaysia's very own Leaning Tower and the country's first night safari.



* Map not drawn to scale

Places of Interest



PULAU PANGKOR

Manjung

Perak's Pulau Pangkor is endowed with scenic fishing villages, beautiful beaches, sparkling turquoise waters and a number of historical attractions such as Dutch Fort and Batu Bersurat (Ancient Inscribed Stone). Just off its coast is the privately-owned Pangkor Laut, a luxurious getaway.



ROYAL BELUM

Gerik

Nestled within the protected Belum Valley, Royal Belum's unspoilt natural beauty is widely recognised. Its virgin rainforest possesses a complex ecosystem and is one of the few places in Malaysia where one can find the rare Rafflesia. It is also an important habitat for a number of endangered species such as the seladang, the Asian Elephant, the Malayan Tiger and the Sumatran Rhinoceros.

Royal Belum is the only forest in Malaysia where all ten species of Malaysian hornbills can be found.



ZOO TAIPING & NIGHT SAFARI

Larut Matang & Selama

Home to some 180 local and exotic wildlife species, Zoo Taiping is the country's first zoo. Join the Night Safari for a ride on the mini train around the zoo and catch some of the zoo's nocturnal inhabitants in action.

The first of its kind in Malaysia, the Night Safari uses a special lighting which is similar to moonlight for a more authentic experience.



FELDA RESIDENCE HOT SPRINGS

Sungkai

The FELDA Residence Hot Springs is filled with natural, free-flowing hot springs that are said to be able to relieve a range of ailments such as arthritis and eczema. Located at the foot of the Titiwangsa Range, it comes with beautiful natural surroundings.



GALERI SULTAN AZLAN SHAH

Kuala Kangsar

Once a royal palace, the grandiose Sultan Azlan Shah Gallery features an architectural style that combines Asian and European elements. It showcases the history as well as achievements of the Sultan, and houses royal memorabilia belonging to the Sultan.



THERE IS MUCH MORE IN PERAK

Kinta

- Birch Memorial Clock Tower
- Darul Ridzuan Museum
- Geological Museum
- Gunung Lang Recreational Park
- Ipoh Railway Station
- Lost World of Tambun
- Mekprasit Temple
- Perak Tong Temple
- Sam Poh Tong Temple
- Kek Look Tong Temple
- Chepor Waterfall
- Kellie's Castle
- Perak Herbal Park

Kuala Kangsar

- Enggor Handicraft Centre
- Kampung Sayong (Labu Sayong)
- Malaysia's Oldest Rubber Tree
- Royal Museum
- Masjid Ubudiah
(Ubudiah Mosque)
- Ulu Kenas Waterfall

Manjung

- Lumut International Yatch Club
- Warship Museum
- Pulau Sembilan

Sea Shell Museum

- Segari Turtle Hatchery
- Teluk Batik
- Teluk Senangin
- Teluk Batik Inland Snorkelling Park

Larut Matang & Selama

- Maxwell Hill (Bukit Larut)
- Kota Ngah Ibrahim
- Matang Mangrove Swamp
- Perak Museum
- Taiping Lake Garden
- Kuala Sepetang Recreational Forest
- Spritzer Factory
- The First Galleria
- Homestay Bukit Gantang
- Homestay Selama

Batang Padang

- Kuala Woh Recreational Forest
- Lata Kinjang Waterfalls
- Lata Iskandar Waterfalls
- Homestay Klah
- Wildlife Conservation Centre

Perak Tengah

- Pasir Salak Historical Complex

Pulau Tiga Handicraft Centre

- River Terrapin Breeding Centre

Hulu Perak

- Pulau Banding
- Tasik Temengor
(Lake Temengor)
- Lata Kekabu Waterfalls
- Lenggong Archaeological Museum
- Homestay Kampung Beng

Kampar

- Sungai Kampar
(White Water Rafting)
- Gua Tempurung
- Gopeng Museum
- Heritage House
- Homestay Gopeng

Hilir Perak

- Leaning Clock Tower
- World War Memorial
- Homestay Bagan Datoh

Kerian

- Kuala Gula Bird Sanctuary
- Orang Utan Island
(Bukit Merah Laketown Resort)

Shopping

Perak has a thriving cottage industry, particularly in Kuala Kangsar, with traditional crafts being the main product. The most popular souvenir item is the *labu sayong*, a unique gourd-shaped receptacle made from clay. Kampung Sayong in Kuala Kangsar is the main producer of *labu sayong*. Other handcrafted items sold are batik, earthenware, *tekat* (golden-thread embroidery), bamboo carvings and souvenirs made from seashells.

The best places to shop for a wide range of traditional handicrafts are Enggor Handicraft Centre and Pulau Tiga Handicraft Centre. There are also a few shopping malls in Ipoh, the biggest being Ipoh Parade and

Kinta City Shopping Complex. Night markets such as Gerbang Malam near the Birch Clock Tower are perfect hunting grounds for great bargains.



Dining

Perak's capital city, Ipoh, is known as the capital of Chinese cuisine. Among the Chinese dishes that this city is famous for are Sar Hor Fun, Hor Hee, Dim Sum and Hainanese Chicken Rice. Rendang Tok, a Malay dish unique to Perak, is also a popular dish.



The best of Perak's offerings can be sampled at Golden Point Food Court, Tasik Raban, MBI Terrace, Stadium Food Court, Leaning Tower Food Court Teluk Intan and Woolley Food city. Other local specialities worth trying out are Menglembu Groundnuts, Kacang Putih Buntong, Tambun Pomelos, Tanjong Malim Pau (Chinese Steamed Buns) and Kampar Chicken. Wash it all down with the local's favourite beverage, the Ipoh White Coffee.

Ipoh White Coffee owes its name to the way the coffee beans are roasted, which results in a lighter roast.

Events & Recreation

Perak is the venue of several exciting sports events such as Ipoh International Run and Malakoff Powerman. Other crowd-pulling events include Pesta Laut Pangkor, Royal Belum Drum Festival and Agrofest.

Due to its hilly terrains and lush landscape, Perak is also a popular spot for eco-adventure and extreme sports such as mountain biking, jungle trekking and river rafting. The waters of Pulau Pangkor, Pangkor Laut and Teluk Batik are great for diving and water

sports, while the waters of Pulau Sembilan are great for fishing.

For avid golfers, the Royal Perak Golf Club, Damai Laut Golf and Country Club and Clearwater Sanctuary Golf Resort will keep them happy. For a fun time with friends or family, The Lost World of Tambun theme park provides hours of amusement.

Accommodation

Ipoh has a wide range of accommodation choices from five-star hotels to budget inns. Luxury resorts and modest chalets can be found along the main beaches as well as Pulau Pangkor and Pangkor Laut. Alternatively, you can opt for a homestay experience at Bukit Gantang, Gopeng, Selama, Kampung Beng, Klah and Bagan Datoh.

For more information, contact:

Tourist Information Centre, Ipoh City

+605 208 3151 / 3155

Tourist information Centre, Lumut

+605 683 4057

Taiping Visitors Information Centre

+605 805 3245



Penang

Penang is a delightful fusion of nature, culture and history. Comprising the island of Penang and Seberang Perai on the mainland with one of the longest bridges in Asia running the length between, the state is widely recognised as one of the world's top holiday destinations. Home to a UNESCO World Heritage City, Penang leaves an indelible mark on each visitor, leaving them wanting more with each visit.



* Map not drawn to scale

Places of Interest



GEORGE TOWN – UNESCO WORLD HERITAGE CITY

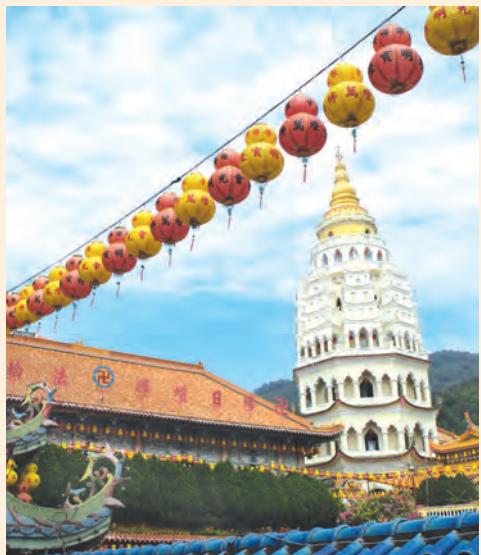
Penang's vibrant capital city, George Town, was awarded UNESCO World Heritage City in 2008. Full of character, this city is filled with heritage buildings, historical landmarks and a colourful medley of different cultures. Many attractions are situated within walking distance of each other – in fact, walking the streets of George Town is a visual feast in itself. Alternatively, take a tour of the city on one of the cheerfully-decorated trishaws available at every corner.



PENANG BRIDGE

Gelugor

Connecting the mainland and the island of Penang, Penang Bridge is the country's longest bridge at 13.5km. Modelled after San Francisco's Golden Gate Bridge, this iconic bridge is the venue of the annual Penang Bridge International Marathon. Magnificent coastal views greet you on both sides as you drive along the bridge.



KEK LOK SI

Ayer Itam

Standing majestically on top of a hill overlooking the little town of Ayer Itam, Kek Lok Si is the finest and largest Buddhist temple complex in Southeast Asia. Founded more than a hundred years ago, its highlights include a striking seven-tiered pagoda called The Pagoda of Ten Thousand Buddhas and a 120-foot bronze statue of Kuan Yin, the Goddess of Mercy.



PENANG NATIONAL PARK

Teluk Bahang

Home to hundreds of flora and fauna species, Penang National Park is a wondrous journey into the heart of nature. Also contained within the park are a 19th-century lighthouse, a natural meromictic lake, nature trails, a turtle conservation centre and a canopy walkway.



PENANG HILL

Air Itam

One of Penang's main icons, Penang Hill is a popular retreat for those who wish to escape the city's blistering heat. Also known as Bukit Bendera or Flagstaff Hill, Penang Hill soars 833m (2,723 feet) above sea level. A brand-new funicular train service takes visitors to the summit in less than half an hour, where a spectacular panoramic view of George Town and its surroundings – all the way up to the mainland – awaits at the Viewing Deck. Penang Hill also has many nature trails for adventurous souls to explore.

Penang Hill is home to many exotic flora and fauna species. Some of the plants that can be found here have been around since the Jurassic period.

THERE IS MUCH MORE IN PENANG

George Town

- Cheong Fatt Tze Mansion
- Fort Cornwallis
- Acheen Street Malay Mosque
- Khoo Kongsi
- Pinang Peranakan Mansion
- Chinatown
- Chowrasta Bazaar
- City Hall
- Dhammikarama Burmese Temple
- Goddess of Mercy Temple
- Islamic Museum
- Kapitan Keling Mosque
- Little India
- P. Ramlee's House
- Penang State Museum
- Sri Mariamman Temple
- St. George's Church
- Masjid Negeri (State Mosque)
- Queen Victoria Clock Tower
- Wat Chaiya Mangkalarom
- The Clan Jetties

Batu Feringghi

- Batu Feringghi Sidewalk Bazaar
- Tropical Spice Garden

Teluk Bahang

- Penang Butterfly Farm
- Teluk Bahang Recreational Park
- Tropical Fruit Farm
- Penang Batik Factory
- ESCAPE Adventureplay Theme Park

Batu Maung

- War Museum
- Penang Aquarium

Gurney

- Gurney Drive

Juru

- Juru Auto-City
- Dragon Fruit Farm

Gelugor

- Tuanku Fauziah Museum and Gallery

Jalan Kebun Bunga

- Penang Botanical Garden

Tanjung Bungah

- Toy Museum
- Masjid Terapung (Floating Mosque)

Bayan Lepas

- Snake Temple
- Pulau Jerejak

Butterworth

- Penang Bird Park

Bukit Mertajam

- St. Anne's Church
- Bukit Mertajam Recreational Forest

Seberang Perai Selatan

- Pulau Aman

Nibong Tebal

- Sungai Krian Fireflies



Shopping

There are a lot of exciting shopping spots around Penang. Chowrasta Market on Jalan Penang is the best place to obtain some local foodstuff such as nutmegs and dried fruits, while Jalan Pintal Tali and Lorong Kulit are teeming with antique shops. Shops selling gold and Indian sarees can be found in George Town's Little India. Also not to be missed is the exciting Little Penang Street Market, a venue showcasing Penang's culture and creativity where you can find all manners of arts and crafts – open on the last Sunday of every month along Upper Penang Road.

The hundreds of stalls lining the sidewalk in Batu Feringghi every night from 7 p.m. is a hugely popular attraction where you can get a wide variety of souvenirs, decorative items and other goods at reasonable prices. Major shopping malls can also be found around Penang such as Gurney Plaza, Queensbay Mall, 1st Avenue, Straits Quay Mall and Sunway Carnival Mall.

Dining

Penang is widely known as Malaysia's food capital. A huge variety of gastronomic delights can be found here, from the humble yet delicious hawkers' fare to lip-smackingly good Nyonya cuisine, ever-ready to tempt the tastebuds.

Gurney Drive is a popular dining spot with a good mix of pubs, restaurants and food courts. Popular hawkers' offerings include Char Koay Teow, Asam Laksa, Mee Udang (prawn noodles) and Rojak Pasembur. They can be found along the streets of George Town, particularly at night, which includes Jalan Tun Syed Barakkah (The Esplanade), Lebuh Chulia, Lebuh Kimberley, Jalan Macalister and Lebuh Pantai as well

as along Gurney Drive. Nasi Kandar is also a local favourite, an Indian-Muslim dish of steamed white rice served with a variety of accompanying dishes and thick, spicy curries.



Events & Recreation

Penang hosts a number of exciting events throughout the year. The Chinese New Year is a grand celebration at the Kek Lok Si Temple, where the whole temple complex is bathed in bright festive lights for a whole month. Other major events include the Penang International Food Festival, Nine Emperor Gods Festival, Penang International Dragon Boat Festival, National Chingay Competition and Penang Bridge International Marathon.

Nightlife in Penang is a lively and happening affair at George Town's Upper Penang Road, Seberang Perai's

Juru Auto-City and along Gurney Drive as well as Jalan Batu Feringghi. Tanjung Bungah and Batu Feringghi are popular destinations for water sports, while those interested in eco-adventure can head to Teluk Bahang Forestry Recreational Park, Penang National Park, Bukit Mertajam Recreational Forest and Pulau Jerejak. A game of golf can be enjoyed at the international-standard golf courses available around the island such as Bukit Jambul Golf & Country Club, Bukit Jawi Golf Resort, Penang Golf Resort Bertam and Mountain View Golf Resort.

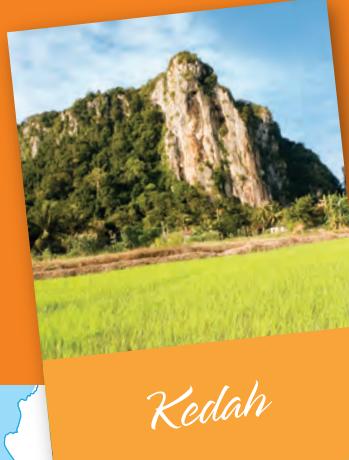
Accommodation

Whether you prefer to stay by the beach or in the city, Penang has a whole range of accommodation to suit every budget, from five-star hotels and serviced apartments to budget motels and backpackers' inn. For a taste of history and luxury, spend the night at the Eastern & Oriental Hotel or the Cheong Fatt Tze Mansion. Homestays are also available around the state.

For more information, contact:

Tourist Information Centre, Penang International Airport
Tourist Information Centre, George Town
Ministry of Tourism, Penang Office
Penang Heritage Centre
Penang Global Tourism

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+604 261 6606
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Dubbed the 'Ricebowl of Malaysia', Kedah is the country's most ancient state and thus endowed with a wealth of archaeological treasures. The state is Malaysia's main producer of rice and home to Asia's first UNESCO Global Geopark, situated in Langkawi. Panoramic paddy fields and charming traditional Malay villages dominate its rural landscape, interspersed with rolling hills, thriving greenery and beautiful coastal areas.

Kedah



* Map not drawn to scale

Places of Interest

Langkawi's most well-known folklore is the tale of Mahsuri, who placed a seven-generation curse on the island when she was wrongfully executed.



LANGKAWI

Known as the Jewel of Kedah, Langkawi is part of an archipelago made up of 99 islands and is one of the country's most popular holiday destinations. Surrounded by sparkling emerald waters and fringed by powder-fine sandy beaches, the charming tropical island boasts some of the region's best natural attractions, earning it a UNESCO Global Geopark status in 2007. The island is also shrouded in myths and mystery, making it one exciting and intriguing destination.



BUJANG VALLEY ARCHAEOLOGICAL MUSEUM Merbok

Bujang Valley is the site of one of Southeast Asia's oldest ancient civilisations, believed to be more than 2000 years old. More than 50 ancient structures known as *candi* as well as close to 1,000 artefacts have been unearthed so far.

Bujang Valley's most recent discovery, the Sungai Batu Monument, is the oldest recorded man-made structure in Southeast Asia, scientifically dated to 110 AD.



ALOR SETAR TOWER

Alor Setar

The state-of-the-art Alor Setar Tower is one of the city's most distinctive landmarks. Standing at 165.5m, it is the 19th tallest telecommunications tower in the world. The tower is equipped with an observation deck and a revolving restaurant.

PADDY MUSEUM

Kota Setar

Situated at the foot of Gunung Keriang, the Paddy Museum houses exhibits and information relating to the country's staple crop. A revolving platform on the third level gives a panoramic 360° view of a lifelike mural depicting paddy fields and its surroundings as well as the processes involved in paddy harvesting.

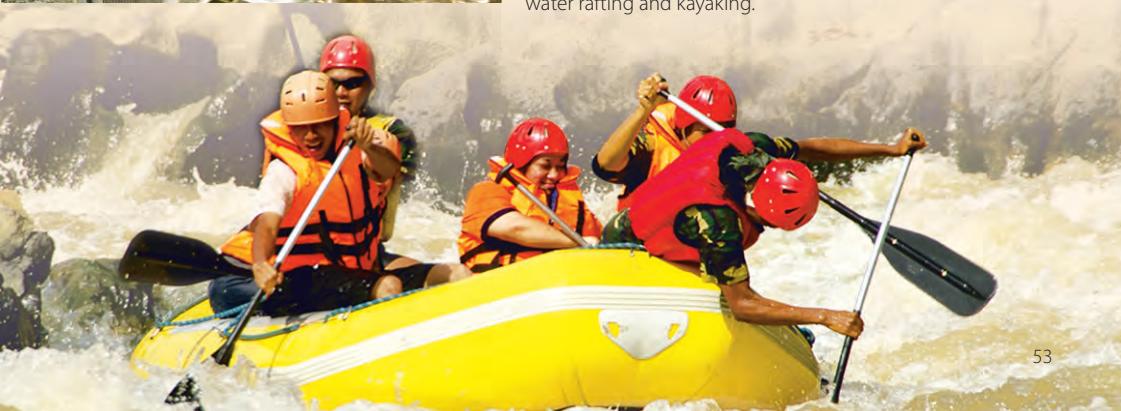
It takes approximately 5000 litres of water to produce a kilo of rice.



TREE TOP WALK

Kulim

Stretching 950m among the tree tops, the Tree Top Walk in Sedim River Recreation Park is the world's longest canopy walkway. A spectacular view of the surrounding forest greets you as you walk along it, with occasional glimpses of birds, gibbons and other wildlife on the way. The Sedim River flows beneath the walkway, where you can enjoy a spot of white-water rafting and kayaking.



THERE IS MUCH MORE IN KEDAH

Alor Setar

- Masjid Zahir (Zahir Mosque)
- Sultan Abdul Halim Gallery
- Tun Dr. Mahathir's Birth Place
- Balai Besar
- Balai Nobat
- Kedah State Museum
- Kompleks Al-Bukhari
- Kota Kuala Kedah
- Pekan Rabu
- Royal Museum
- Rumah Merdeka
- Rumah Seri Banai & Rumah Tok Su
- Jubilee Park
- Tunku Abdul Rahman Memorial
- Istana Kuning (Yellow Palace)
- Kedah Traditional Village
- Big Clock Building
- 250 Years Monument
- Tanjung Chali
- State Art Gallery
- Wat Nikrodharam Buddhist Temple
- Sultan Abdul Hamid College
- Paddy Museum

Kota Setar

- Gunung Keriang Caves
- National Science Centre (North)

Kubang Pasu

- Bukit Wang Recreational Park
- Darul Aman Theme Park

DXN Farm

- Lye Huat Garden

Sungai Petani / Kuala Muda

- Pantai Merdeka
- Sungai Merbok
- Tanjung Dawai
- The Carnivall Theme Park

Baling

- Bukit Hijau Recreational Forest
- Lasor Eco Park
- Ulu Legong Hot Spring

Kulim / Bandar Baharu

- Junjung Waterfall & Recreation Park
- Sedim River Recreation Park
- Ulu Paip Recreational Forest

Yan

- Seri Perigi Waterfall
- Gunung Jerai
- Batu Hampar Recreational Forest
- Pantai Murni
- Titi Hayun Recreational Forest

Sik

- Lata Bayu Recreation Park
- Lata Mengkuang Recreational Forest
- Sik Recreational Forest
- Ulu Muda Eco Park
- Beris Lake Vineyard

Pendang

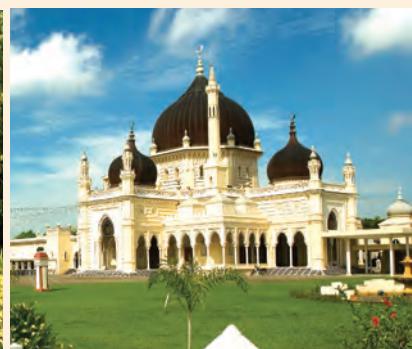
- Sungai Rambai Recreational Forest
- Pendang Lake Resort
- Puncak Janing

Bukit Kayu Hitam

- Bukit Kayu Hitam Duty Free Zone

Langkawi

- Buffalo Park
- Eagle Square
- Galeria Perdana
- Geopark
- Cultural Craft Complex
- Kota Mahsuri
- Kuah Town
- Laman Padi
- Langkawi Cable Car
- Oriental Village
- Pulau Payar Marine Park
- Seven Wells Waterfall
- Sungai Kilim
- Tasik Dayang Bunting
- Underwater World
- Wildlife Park
- Langkawi Duck Tours
- Crocodile Adventureland
- Island Horses
- 6D CineMotion @ Oriental Village



Shopping



The best shopping spot in Kedah is the duty-free heaven that is Langkawi. The town of Kuah has a wide variety of duty-free goods ranging from alcohol and cigarettes to tableware and crockery. Duty-free shopping is also available in Bukit Kayu Hitam. For a wide range of locally-made goods, head to Pekan Rabu, Souq Al-Bukhari, Jeti Point Complex, Oriental Village, Padang Matsirat and Pantai Cenang.

Dining

Kedah's culinary offerings are flavourful and wholesome. The most popular local specialities include Laksa Kuala Kedah, Gulai Rebung, Pekasam and Nasi Ulam. Tanjung Dawai is Kedah's seafood central, where you can find an abundance of fresh seafood including the perennial favourite, Ikan Bakar (grilled fish).



High-quality, locally-produced crystals can be purchased at Crystal Village in Langkawi. Modern shopping malls are primarily located in Alor Setar, Sungai Petani and Langkawi such as Alor Setar Mall, City Plaza, Star Parade, Ukir Mall, Village Mall, Central Square, SP Plaza, Amanjaya Mall and Langkawi Mall.



Events & Recreation

Many of Kedah's most exciting events such as Royal Langkawi International Regatta, Langkawi Ironman Triathlon, Langkawi Water Festival, International Fishing Challenge, Wilderness Langkawi Challenge, Le Tour de Langkawi and Langkawi International Maritime & Aerospace Exhibition (LIMA) take place in Langkawi.

Darul Aman Water Theme Park and The Carnivall Theme Park provide hours of fun for the whole family, while golf courses around the state such as Cinta Sayang Golf & Country Resort, Darul Aman Golf Country Club, Kulim Golf Country Resort and Sungai Petani Golf Club provide golfers with the perfect grounds to tee off. Water sports, particularly yachting, are popular in Langkawi. Yacht centres such as

Royal Langkawi Yacht Club and Rebak Marina Resort providing ample yachting facilities.



Accommodation

Alor Setar, being the capital city of Kedah, has the biggest and best options when it comes to accommodation. Langkawi has a number of luxury beach resorts as well as affordable chalets and inns. Homestays such as the ones in Kampung Relau, Kampung Raga, Kampung Pulau Pisang, D'Belimbang, Lahar Junjung, Wan Tok Rendong, Bukit Tangga and Sungai Itau are also available for those who prefer a more traditional option.

For more information, contact:

Ministry of Tourism Malaysia
Langkawi Development Authority (LADA)

+604 735 1030 / 732 8794
+604 966 7186



Tourist Information Centre:

Alor Setar
Bukit Kayu Hitam
Langkawi International Airport
Langkawi Kuah Jetty
Langkawi Kuah

+604 731 2322
+604 922 2078
+604 955 7155
+604 966 0494
+604 966 7789 / 9416



One of Malaysia's northern gateways, Perlis' landscape consists of sweeping paddy fields, towering hills and quaint kampong houses. Nature forms a huge part of Perlis' attractions, with caves and lush terrains to explore and the country's only semi-deciduous forest. Numerous fruit farms and plantations thrive on Perlis' soil, making it one of the best places in the country to sample a variety of tropical fruits and local produce.

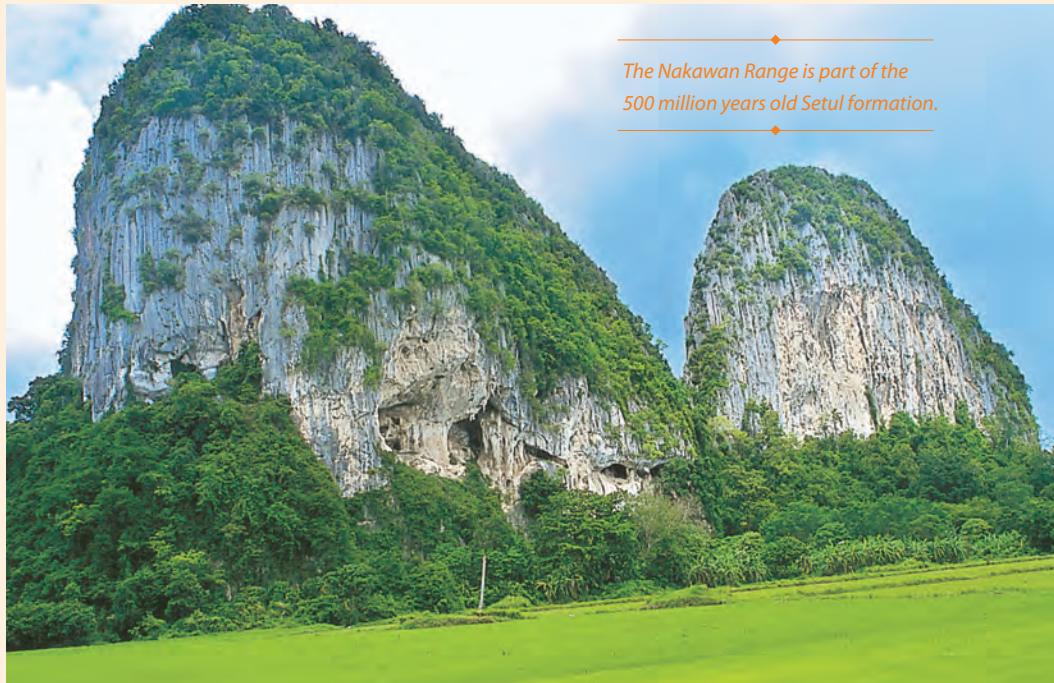
Perlis



* Map not drawn to scale

Places of Interest

The Nakawan Range is part of the 500 million years old Setul formation.



PERLIS STATE PARK

Kaki Bukit

Comprising Mata Ayer and Wang Mu permanent forest reserves, Perlis State Park is home of the country's longest continuous range of limestone hills, called the Nakawan Range. The semi-deciduous White Meranti-Gerutu Seasonal Forest is also located here as well as caves with different levels of difficulty. Some rare and endemic plant and wildlife species can also be found here.



PADANG BESAR

Bintong

A quaint border town, Padang Besar is one of the country's premier shopping destinations where a wide range of products can be purchased, from clothing to duty-free goods. The town has two main shopping hubs, Padang Besar Arcade and the duty-free Emas Kerajang Complex.



RIMBA HERBA

Bukit Air

Comprising 12 hectares of lush vegetation, Rimba Herba is home to over 1,000 plant species with various beneficial properties. Guided tours are available to take you around the herbal garden, enabling you to learn more about the plants available here.

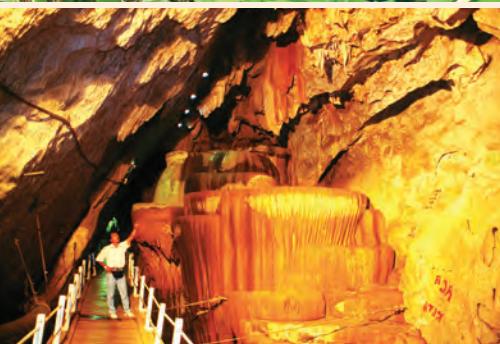
Rimba Herba is one of the few places in Malaysia where you can find the rare Sehelai Setahun, a plant that produces only one leaf just once a year.



KOTA KAYANG MUSEUM

Kuala Perlis

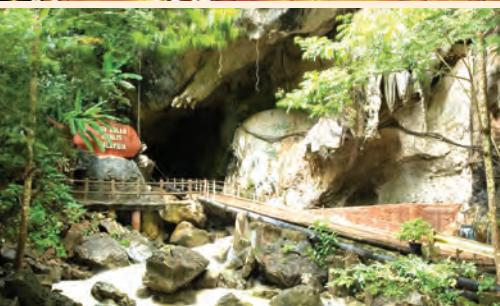
The Kota Kayang Museum was built on historical grounds, where an ancient palace used to stand. The breathtaking limestone hills in the background once served the purpose of an effective barrier against enemy attacks. The museum features an impressive collection of relics and artefacts.



GUA KELAM RECREATIONAL PARK

Kaki Bukit

Situated within the town of Kaki Bukit, Gua Kelam Recreational Park's main attraction is a 370m show cave called Gua Kelam or Dark Cave. Well-lit with a hanging bridge that leads through it, the cave is filled with interesting limestone formations and cave-dwelling bats.



The cave was once a prime spot for tin mining.

Remnants of this activity can still be seen to this day.

THERE IS MUCH MORE IN PERLIS

- Royal Museum, Arau
- Wang Kelian Sunday Market
- Harumanis and Grape Plantations, Kangar
- Wang Burma Cave I & II, Kaki Bukit
- Snake and Reptile Farm
- Kampung Ujung Bukit Homestay
- Putra Golf Club, Sungai Batu Pahat
- Bukit Ayer Recreational Park, Sungai Batu Pahat
- Kuala Perlis
- Lake Melati, Beseri
- Bee Farm, Sungai Batu Pahat
- Pengkalan Asam Recreational Park
- Masjid Al-Hussain (Al-Hussain Mosque)
- Bukit Temiang Agro-Tourism Centre
- Ladang Nipah Kipli
- Handicraft Complex, Kuala Perlis
- Royal Gallery of Arau
- FRIM Canopy Walkway & Teak Gallery
- Padang Besar Business Centre



Shopping

The Perlis-Thailand border area has duty-free shops and interesting shopping spots – the most well-known being the Wang Kelian Sunday Market. The border town of Padang Besar is also a popular shopping destination, with its Padang Besar Arcade offering great bargains on clothing, crafts, foodstuff and household items and its Emas Kerajang Complex offering a wide variety of duty-free goods. You can also

find some good buys in the state's *pasar tani* (farmers' market) and night markets.

Visitors do not need their passports when shopping in Wang Kelian, provided they stay within the market area.



Dining

Perlis' major towns are all located close to the coast, so seafood is easily and widely available here. The coastal town of Kuala Perlis is famed for its fresh seafood such as Grilled Catfish and its signature dish, Laksa Kuala Perlis. Pulut or glutinous rice is also a local favourite here, served with a variety of interesting accompaniments such as chicken, mangoes, salted fish and durian.



Events & Recreation

The annual Harumanis Festival, celebrating the sweet and succulent mango variety, is a hugely-popular event in Perlis. Other popular events include Snake Festival, Perlis Water Sports Carnival and Perlis International Border Run.

Eco-adventure is a popular pursuit in Perlis' lush and hilly terrains. For those who would like a game of golf, the Putra Golf Club has complete golfing facilities. Woodball is also fast gaining popularity in this state.

Accommodation

Kangar and Arau have the widest choices of accommodation. Some of Perlis' nature reserves are equipped with lodging facilities, ranging from park lodges to campsites. Homestays such as Kampung Ujung Bukit are also available around the state.

For more information, contact:

Tourism Malaysia Perlis

+604 978 1235 / 13



EAST COAST REGION

- PAHANG
- TERENGGANU
- KELANTAN

Comprising Kelantan, Terengganu and Pahang, the East Coast Region projects a laid-back atmosphere of idyllic fishing villages and old-world charm, with a friendly population that still hold true to age-old cultures and traditions. A host of natural wonders that include beautiful beaches, spectacular tropical islands, well-preserved rainforests and picturesque highlands make up this region, making it a truly exotic destination.





Pahang

Blessed with a wealth of natural treasures, Pahang is an eco-paradise. Nearly two-thirds of the state is blanketed in lush rainforest, making it an ideal habitat for a variety of exotic plants and wildlife. Its mountainous terrain is home to plenty of cool highland retreats, while its long coastline contains some of the most beautiful beaches in the country. The state is also home to the country's largest national park and natural freshwater lakes.



LEGEND

- The map illustrates the geographical features and administrative boundaries of Johor. It shows the state border in green, the international border with Singapore in red, and major roads in yellow and black. Key locations marked include the Endau-Rompin National Park and the Guhung Arong Recreational Forest. The city of Johor is also labeled. A legend on the left provides a key for symbols representing State Capital, Major Town, Town, Domestic Airport, Short Take off and Landing (STOL), Major Road, Secondary Road, International Border, State Border, Place of Interest, and Jetty.

* Map not drawn to scale

Places of Interest



TAMAN NEGARA

Sprawling over three states, Taman Negara – Pahang's premier national park – is over 130 million years old and home to a vast diversity of flora and fauna, as well as some amazing natural landscapes. Gunung Tahan, the highest mountain in Peninsular Malaysia, as well as the world's longest canopy walkway are situated in Taman Negara.

Taman Negara is Malaysia's largest national park and one of the world's oldest rainforests.



PULAU TIOMAN

Hailed as one of the world's finest beach destinations, Pulau Tioman is steeped in legend and natural beauty. The island's waters are a diver's paradise, filled with a diverse range of aquatic species and vibrant corals.

According to folklore, Pulau Tioman dragon-like shape is attributed to the tale of a dragon princess who was so enamoured by the beauty of the waters that she decided to stay there forever, becoming an island over time.



CAMERON HIGHLANDS

Consisting of three main townships – Ringlet, Tanah Rata and Brinchang – Cameron Highlands is Malaysia's largest hill resort. Characterised by a refreshing temperate climate and mesmerising highland panorama, it is made up of undulating valleys, sprawling tea plantations, terraced flower gardens, vegetable farms and a strawberry park.

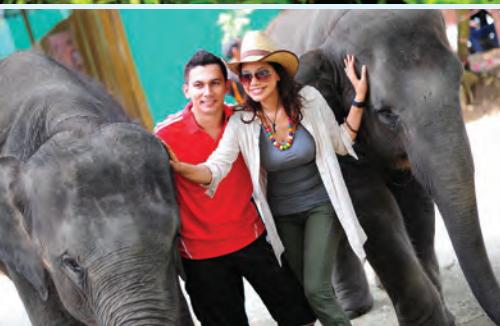
Cameron Highlands is Malaysia's leading producer of fresh flowers and tea.



NATIONAL ELEPHANT CONSERVATION CENTRE Kuala Gandah

The only one of its kind in the country, the National Elephant Conservation Centre is a sanctuary dedicated towards rescuing and rehabilitating these gentle beasts.

The elephant is the largest mammal on land and can live up to 70 years. An adult elephant's trunk can hold up to 2 gallons of water.



ENDAU-ROMPIN STATE PARK

Straddling across two states, Endau-Rompin State Park is Peninsular Malaysia's second largest national park, after Taman Negara. This unspoilt nature reserve is the habitat of some truly exotic flora and fauna, including some endangered species such as the Sumatran rhinoceros and the Bengal tiger.

THERE IS MUCH MORE IN PAHANG

Kuantan

- Kuantan River Cruise
- Teluk Chempedak
- Muzium Seni (Art Museum)
- Masjid Sultan Haji Ahmad Shah (Sultan Haji Ahmad Shah Mosque)
- Sultan Haji Ahmad Shah Silver Jubilee Agricultural Park

Away from Kuantan

- Gua Charas (Charas Cave)
- Sungai Pandan Waterfall
- Pahang Crafts Complex
- Bukit Gambang Resort City
- Genting Highlands
- Fraser's Hill
- Berjaya Hills
- Sungai Lembing Museum
- Bukit Tinggi

Balok

- Balok Recreation Centre
- Natural Batik Village
- Beserah Fishing Village
- Pantai Batu Hitam (Batu Hitam Beach)

Cameron Highlands

- Homestay Taman Sedia
- Mossy Forest
- MARDI Research Station

Cherating

- Pantai Cherating (Cherating Beach)
- Cherating Village
- Chendor Turtle Hatchery and Conservation Centre
- Pantai Chendor (Chendor Beach)

Jerantut

- Felda Residence Tekam
- Kota Gelanggi Caves

Kuala Krau

- Seladang Conservation Centre

Kuala Rompin

- Pantai Lanjut (Lanjut Beach)
- Pantai Hiburan (Hiburan Beach)

Kuala Lipis

- Bandar Lipis (historical buildings)
- Malaysia's zero milestone signage

- Sungai Relau Kelah Sanctuary
- Kenong Rimba Park
- Homestay Kuala Medang

Tasik Bera (Lake Bera)

Tasik Chini (Lake Chini)

Lanchang

- Deer Park

Pekan

- The Royal Town of Pekan
- Homestay Salong

Raub

- Jeram Besu
- Lata Berembun Waterfall
- Lata Jarum Waterfall
- Homestay Sungai Pasu

Temerloh

- Homestay Gunung Senyum
- Gunung Senyum Caves
- Homestay Desa Murni
- Homestay Rumpun Makmur

Shopping

Handicrafts made from dried and dyed Pandanus (screwpine) leaves, batik cloths and woodcarvings are popular souvenir items in Pahang. The main shopping spots for crafts and souvenirs are Crafts Complex (Jalan Pintasan), Sungai Karang and Cherating Village. Visitors can also witness how traditional fabrics are made at Batik RM in Tanah Putih and Pahang Silk Weaving Centre in Pulau Keladi.

Major shopping malls – Kuantan Parade, Kuantan Plaza, Berjaya Megamall, East Coast Mall and Teruntum Complex – can be found in Pahang's capital city, Kuantan. For an excitingly different shopping experience, visit the *pasar malam* or night markets in various districts around the state.



Dining

Pahang's local offerings are definitely not to be missed when visiting this state. Tantalisingly aromatic, some of Pahang's traditional dishes are said to have been created for yesteryear's royalty. Some of the must-try local specialities include Mi Calong, Laksa Pahang, Opor Pahang, Puding Raja, Jeneral Mahbob, Akok Beserah and a unique tribal delicacy, Nasi Periuk Kera (Pitcher Plant Rice). The best places for one to sample authentic Pahang cuisine are the towns of Jerantut, Kuala Lipis, Temerloh and Pekan. Temerloh is also known as Bandar Ikan Patin (Silver Catfish Town), where a variety of dishes featuring the prized freshwater fish can be found in abundance.



Events & Recreation

Pahang's calendar of events is filled with a variety of sports events such as the Kuantan Mountain Bike Challenge in Kuantan, the Sultan Haji Ahmad Shah Tioman International Challenge in Tioman Island, the International Bird Race in Fraser's Hill and the Royal Pahang Billfish International Challenge in Rompin.

Pahang is a prime venue for a variety of outdoor pursuits, such as mount climbing, jungle trekking, biking, hiking and birdwatching. The waters of Pahang's coastline are also popular water sports venues, while the waters of Tioman Island are popular with snorkellers and divers. Kuantan River Cruise takes you around the state's well-populated mangrove areas.

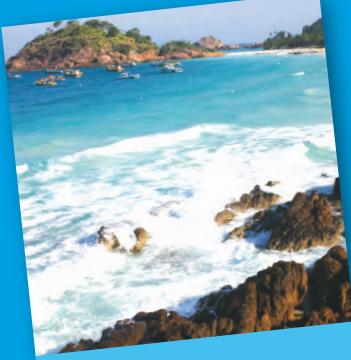
Accommodation

Star-rated hotels as well as budget accommodation are available in major towns, especially in Kuantan. A wide range of accommodation from luxury resorts to beach huts can be found in Tioman Island and along Pahang's main beaches, while hill resorts and five-star hotels can be found in Genting Highlands, Berjaya Hills, Cameron Highlands and Fraser's Hill. Pahang is one of the five states with the highest number of homestay villages in the country, which include Rumpun Makmur, Desa Murni and Gunung Senyum in Temerloh, Taman Sedia in Cameron Highlands, Kuala Medang in Kuala Lipis, Sungai Pasu in Raub and Salong in Pekan.

For more information, contact:

Tourism Malaysia Pahang Office
Pahang Tourist Information Centre
Fraser's Hill Development Corporation
Tioman Development Authority

+609 517 7111 / 115
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+609 517 1623 / 24
+609 514 1206



Terengganu

A place steeped in Malay traditions, Terengganu is the epitome of rustic charm with quaint fishing villages and a rich cultural heritage. Referred to as 'Gem of the East Coast', the state is well-known not just for its quality craftsmanship, but also for its scenic, sandy beaches and picturesque offshore islands, which are considered some of the most beautiful in the world. Charming and graceful, Terengganu captures the heart and the imagination.



KUALA TERENGGANU

- Bukit Puteri
- Dataran Shahbandar
- Homestay Teluk Ketapang
- Taman Tamadun Islam (Islamic Civilisation Park)
- Kampung Cina (Chinatown)
- Masjid Tengku Tengah Zaharah
- Noor Arfa Batik Craft Complex
- Pantai Batu Buruk
- Pasar Besar Kedai Payang
- Pulau Warisan
- Terengganu State Museum Complex
- Traditional Boat Building
- Istana Maziah
- Masjid Abidin (Masjid Negeri)

* Map not drawn to scale

Places of Interest



TERENGGANU STATE MUSEUM COMPLEX

Touted as the largest museum complex in Southeast Asia, the Terengganu State Museum Complex spreads over four main blocks with a Maritime Museum situated next to the main building complex. Learn about the state's rich history and cultural heritage here, and view some vintage vehicles. Within the museum's grounds are life-size replicas of Terengganu's traditional dwellings.



ISLAMIC CIVILISATION PARK *Pulau Wan Man*

Featuring the finest aspects of Islamic architecture, the Islamic Civilisation Park in Pulau Wan Man is one of the state's premier attractions. The gleaming steel-and-glass structure of Masjid Kristal (Crystal Mosque) forms its centrepiece, while its awe-inducing Monument Park features replicas of 22 of the world's most famous Islamic buildings such as Palestine's Dome of The Rock and India's Taj Mahal.

Terengganu's Islamic Civilisation Park is the world's first edutainment theme park.



PULAU REDANG

An enchanting island approximately 45km off the coast of Terengganu, Pulau Redang is the state's largest island. With 31 spectacular dive sites which include two World War II historic shipwrecks and a black coral garden, Pulau Redang is cited as one of the world's most beautiful islands. Its waters contain hundreds of coral species and thousands of colourful marine species, including manta rays, stingrays and reef sharks.



PULAU PERHENTIAN

Sitting just off the edge of Pulau Redang Marine Park, Pulau Perhentian is a world-famous scuba-diving paradise. Comprising two main islands, Pulau Perhentian Besar and Pulau Perhentian Kecil, its natural beauty is legendary with lush virgin rainforest at its centre and pristine sandy beaches along its coastline. Its superb water visibility and spellbinding underwater scenery make it a popular destination for snorkelling and diving.



TASIK KENYIR (LAKE KENYIR)

Tasik Kenyir, an alternative gateway to Taman Negara, is the largest man-made lake in Southeast Asia. It is also where the country's largest hydroelectric dam is located. A thriving habitat for a variety of small animals, its challenging landscape of rugged terrains, rapids, waterfalls, caves and swamp areas make it an ideal venue for a variety of outdoor activities.

Tasik Kenyir has some 340 islands which are actually the tips of hills protruding above the water level.

THERE IS MUCH MORE IN TERENGGANU

Kuala Terengganu

- Pasar Payang (Central Market / Bazaar Warisan)
- Istana Maziah (Maziah Palace)
- Bukit Puteri (Princess Hill)
- Chinatown
- Kuala Terengganu River Cruise
- Traditional Food and Craft Complex
- Batu Burok Recreational Park
- Terengganu Waterfront
- Pantai Batu Burok (Batu Burok Beach)
- Homestay Teluk Ketapang
- Pulau Duyong
- Homestay Kampung Pulau Duyung
- Masjid Tengku Tengah Zaharah (Tengku Tengah Zaharah Mosque)
- Pulau Lang Tengah

Marang

- Marang River Cruise
- Pantai Kelulut (Kelulut Beach)
- Kampung Jenang Traditional Village
- Pulau Kapas & Pulau Gemia

Hulu Terengganu

- Batu Bersurat (Inscribed Stone Memorial)

Agriculture Park

- Lasir Waterfall
- Soak Waterfall
- Homestay Kampung Buluh

Kuala Berang

- Sekayu Recreational Forest

Besut

- Balai Seni Ukiran (Traditional Woodcarving)
- Pantai Bukit Keluang (Bukit Keluang Beach)
- Pantai Dendong (Dendong Beach)
- Pantai Air Tawar (Air Tawar Beach)
- La Hot Spring
- Lata Tembahah Waterfall
- Homestay Felda Selasih

Kemaman

- Telaga Simpul
- Pantai Kemasik (Pantai Kemasik)
- Pantai Marina (Marina Beach)
- Pantai Kijal (Kijal Beach)
- Teluk Moknik
- Bakau Tinggi Recreation Park

Masjid Kampung Tuan (Kampung Tuan Mosque)

- Sungai Yak Yah Fireflies
- Masjid Jambi (Jambi Mosque)
- Kemaman Recreation Park & Mini Zoo
- Jeram Perintis Waterfall
- Jeram Tanduk Waterfall

Dungun

- Pantai Teluk Bidara (Teluk Bidara Beach)
- Rantau Abang Turtle Sanctuary
- Ma'Derah Turtle Sanctuary
- Pantai Paka (Paka Beach)
- Iron-ore Mines
- Chemerong Waterfall
- Homestay Pasir Raja
- Pantai Tanjung Jara (Tanjung Jara Beach)
- Pulau Tenggol

Setiu

- Pantai Penarik (Penarik Beach)
- Setiu Wetland
- Pantai Merang (Merang Beach)
- Gunung Tebu (Mount Tebu)
- Lata Belatan Waterfall
- Homestay Rhu Sepuluh

Shopping

A wide selection of precious handcrafted items made using time-tested methods can be purchased in Terengganu. The state's thriving cottage industry keeps its traditions alive. The beautiful, hand-woven songket and hand-painted batik are much sought after as souvenirs. Other popular traditional handicrafts include household items crafted from dried screwpine leaves, brass ornaments, woodcarvings and the kris. These items can be purchased from the Pasar Payang Central Market, Waterfront Heritage Bazaar, Traditional Food & Craft Complex, Noor Arfa Batik Craft Complex, Sutera Semai Complex, Balai Seni Ukiran and Wanisma Tembaga. For something a little different, check out the weekend markets and the weekly *pasar malam* (night market) in bigger towns.



Dining

Terengganu's signature dishes are laced with a tinge of sweetness. Fish is also heavily featured in its cuisine. Popular fish-based specialities are Nasi Dagang, Satar, Otak-Otak and Keropok Lekor. Other wholesome local favourites one shouldn't miss when visiting Terengganu are Laksam, Nekbat, Laksa Terengganu, Pulut Lepa, Buah Gomok, Lompat Tikam, Kuih Akok, Beronok and Ketupat Sotong. These delicacies can be found at Traditional Food & Craft Complex, Pasar Payang Central Market, Jalan Panji Alam's Kuih Corner, Batu Burok Beach, Jalan Sultan Sulaiman and weekend markets, as well as *pasar malam*.



Events & Recreation

Terengganu is the venue for a number of exciting international events. Sports competitions make up the majority such as Asian Watercross Super Cup Terengganu, Monsoon Cup Terengganu and Terengganu World Jetrace Challenge, while cultural festivals such as Pesta Terengganu (Terengganu Fest) and Festival Gamelan Sedunia (World Gamelan Festival) attract huge crowds every year.

Water sports are popular in Terengganu, especially along its beaches, around its islands and at Lake

Kenyir. The clear, coral-rich waters of Terengganu's islands are popular with divers and snorkellers, while the state's lush nature reserves provide the perfect environment for a variety of eco-adventure such as jungle trekking, birdwatching and hiking. A sizeable amount of golf courses such as Awana Kijal Golf & Beach Resort, Tuanku Mizan Golf & Country Club, Bukit Besi, Golf Club Desa Dungun, Kuala Terengganu Golf Resort and Tasik Kenyir Golf Resort are also available around Terengganu.

Accommodation

Terengganu's capital city, Kuala Terengganu, has a good mixture of star-rated hotels and budget lodgings, while a variety of resorts, boutique hotels and chalets can be found along the state's main beaches and on the islands. The more popular islands of Perhentian and Redang have plenty of well-appointed, world-class resorts, while smaller ones such as Lang Tengah, Kapas and Tenggol are equipped with basic accommodation. For a taste of rural life, head to any one of the homestay villages at Kampung Rhu Sepuluh, Teluk Ketapang, Pasir Raja, Kampung Pulau Duyong, Felda Selasih and Kampung Buluh.

For more information, contact:

Tourism Malaysia Terengganu

+609 630 9433 / 9093

Tourist Information Centre

Kuala Terengganu (Bukit Puteri)

+609 622 1553

Kemaman

+609 868 7600

Kuala Besut

+609 697 3166

Tasik Kenyir

+609 626 7788



Kelantan

Nicknamed, 'The Cradle of Malay Culture', Kelantan's adherence to its cultural heritage results in a rich tapestry of traditional practices and age-old customs. The state's arts and crafts are some of the finest in the country. Some of them such as Wau Bulan and Wayang Kulit have become widely-recognised cultural icons over the years. Together with a picturesque landscape comprising quaint Malay villages and lush natural beauty, Kelantan makes for a truly captivating holiday destination.



* Map not drawn to scale

Places of Interest



KUALA KOH NATIONAL PARK

Gua Musang

Pristine and unspoilt with thriving flora and fauna, Kuala Koh National Park is the northern gateway to Taman Negara. Bumbun or observation hides, where you can watch wild animals unnoticed, are available around the nature park from as well as jungle trails, a canopy walkway and an indigenous settlement.

Some 200 bird species can be observed in Kuala Koh National Park, making it an ideal spot for birdwatching enthusiasts.



GUNUNG STONG (STONG MOUNTAIN)

Kuala Krai

Part of the Stong State Park, Gunung Stong is one of the country's most popular spots for eco-adventure. The magnificent seven-tiered Jelawang Waterfall, reputedly the highest in Southeast Asia, as well as some exotic and endemic plant species can be found here.

Gunung Stong is said to be more than 500 million years old.



ZON PELANCONGAN KOTA BHARU Kota Bharu

Zon Pelancongan Kota Bharu (Kota Bharu Tourism Zone) contains the city's major tourist attractions. They include Masjid Al-Muhammadi (Al-Muhammadi Mosque), Istana Jahar (Museum of Royal Traditions and Customs), Istana Batu (Royal Museum), Kampung Kraftangan (Handicraft Village), Padang Merdeka, Gerbang Sultan Ismail Petra (Petra Arch) and Buluh Kubu Bazaar.



SITI KHADIJAH MARKET Kota Bharu

One of the most photographed and widely-recognised scenes in the country, the Siti Khadijah Market is a visual feast where one can find a plethora of edible goods. An array of local foodstuff from snacks and pickles to fresh vegetables and spices as well as local desserts and other goodies can be found here.

Women make up the majority of traders in the Siti Khadijah market.

GELANGGANG SENI (CULTURAL CENTRE) Kota Bharu

Known as the centre of Kelantan's folk art, Gelanggang Seni is a place where you can try your hand at traditional games or musical instruments, or catch traditional cultural performances unique to the state such as Wayang Kulit (shadow puppetry) and Mak Yong (traditional musical drama).



THERE IS MUCH MORE IN KELANTAN

Kota Bharu

- Handicraft Village
- Padang Merdeka
- Islamic Museum
- Tengku Anis Orchid Park
- Masjid Langgar (Langgar Mosque)
- River Cruise from Kota Bharu to Kampung Laut
- Pantai Cahaya Bulan (Beach of Moonlight)
- Pantai Sabak Fishing Village
- Istana Batu (Royal Museum)
- Istana Jahar (Museum of Royal Traditions and Customs)
- Istana Balai Besar
- Road leading to Pantai Cahaya Bulan (cottage industries & crafts)
- Masjid Muhammadi (Muhammadi Mosque)
- War Museum
- State Museum
- Pantai Kuala Pa' Amat
- Homestay Kampung Seterpa
- Wakaf Che Yeh
- Buluh Kubu Bazaar

Bachok

- Pantai Melawi (Melawi Beach)
- Pantai Irama (Irama Beach)
- Homestay Kampung Kubang

Dabong

- Gua Ikan
- Gua Gelap
- Jelawang Waterfall
- Homestay Jelawang

Kuala Krai

- Kusial Bridge
- Gunung Ayam (Mount Ayam)
- Lata Rek Waterfalls

Nilam Puri

- Masjid Kampung Laut (Kampung Laut Mosque)

Pasir Puteh

- Pantai Bisikan Bayu (Beach of Whispering Wind)
- Jeram Lenang Waterfalls
- Jeram Pasu Waterfalls
- Pantai Tok Bali (Tok Bali Beach)

Tumpat

- Tok Janggut's Tomb

- Pantai Seri Tujuh (Beach of Seven Lagoons)

- Wat Photivihan

- Wat Machimmaram

- Wat Mai Suwankhiri

- Homestay Kampung Pantai Suri

Gua Musang

- Gunung Rabong (Mount Rabong)

- Gunung Chamah (Mount Chamah)

- Ethnobotany Camp

- Lojing Highlands

- Sweet Nyet Kong Temple

- Homestay Kampung Batu Papan

- Homestay Kampung Renok Baru

- Kelantan National Park

Jeli

- Gunung Reng
- Tasik Pergau (Lake Pergau)

- Jeli Hot Spring

- Homestay Kampung Bukit Jering

Machang

- Homestay Kampung Kemunchup

Dining

Kelantan's traditional cuisine generally has a sweetish flavour. Local favourites include Ayam Percik, Nasi Kerabu, Budu, Serunding, Dodol, Akok, Tahi Itek and Jala Mas. The best places to sample these local fares are Jalan Padang Bus Station, Kampung Kraftangan, Pasar Siti Khadijah, Pantai Bachok and along Jalan Pantai Cahaya Bulan. There are a lot of restaurants and food courts selling local specialities in Kota Bharu, with food stalls available in almost every corner. Kota Bharu's Chinatown, situated between Jalan Padang Garong and Jalan Pengkalan Chepa, has a wide array of Chinese cuisine.



Shopping

Kelantan is perhaps best known for its exquisite arts and crafts, produced mainly by its thriving cottage industry. Most popular are batik, *songket*, *wau* (traditional giant kites), silver and wood carvings. The best places to shop for these items are along the road leading to Pantai Cahaya Bulan and along Jalan Temenggong as well as in Handicraft Village, Buluh Kubu Bazaar and Wakaf Che Yeh. If you are looking for a specific item, there are some areas specialising in the trade of certain crafts, such as Kampung Kijang for *wau*, Kampung Penambang for *songket*, Kampung

Sireh, Kampung Morak and Kampung Badang for silver, and Kampung Putih, Kubor Kuda and Kampung Badang for batik.

There are also several duty-free zones near the Thai border – the most popular being the border towns of Pengkalan Kubor and Rantau Panjang. Modern shopping malls can be found in the capital city of Kota Bharu such as KB Mall, Billion Shopping Centre and Pantai Timur Supermarket.

Events & Recreation

Kelantan's Pesta Nasi 100 (100 Rice Dishes Festival) is a hugely popular cultural event, serving an array of local rice dishes. Some cultural performances are also included in the event. Other popular events include Wau Festival, Traditional Games Festival, Annual Bird-Singing Competition and Kelantan Floral Fiesta.

Kelantan's rugged terrain provides the perfect platform for eco-adventure such as hiking, river rafting, rock climbing and birdwatching. The state's beaches are also popular spots for a range of water sports. Avid golfers can enjoy a game or two at the Kelantan Golf and Country Club in Pengkalan Chepa.



Accommodation

From world-class hotels to budget motels, a range of accommodation to suit every budget and preference is available in Kota Bharu. Cosy inns and guesthouses are also available in Gua Musang, Kuala Krai and Machang. Alternatively, stay with the locals in one of the many homestay villages available around the state such as Kampung Batu Papan, Kampung Seterpa, Kampung Jelawang and Kampung Blok Ulu Kusial.

For more information, contact:

Tourism Malaysia Kelantan

+609 747 7554

Tourist information Centre

+609 748 5534 / 6652

(operated by Kelantan State Government)

South Kelantan Development Authority (KESEDAR)

+609 912 1788

EAST MALAYSIA REGION

- SABAH
- SARAWAK
- LABUAN

Situated on the island of Borneo, the East Malaysia Region comprises the state of Sabah and Sarawak, and the federal territory of Labuan. Home of two UNESCO World Heritage Sites, Kinabalu Park and Gunung Mulu National Park, the region is characterised by untouched wilderness, an abundance of exotic flora and fauna, fascinating ethnic cultures and breathtaking natural landscapes.



Sabah

Sabah is home to many natural wonders and attractions. Also known as 'Land Below The Wind', the state is made up of enchanting tropical islands and lush virgin rainforests, making it the perfect destination for eco-adventures. Sabah is perhaps most well known for its icon, Mount Kinabalu, while its island of Sipadan is internationally recognised as one of the world's best diving destinations. Rich in culture and traditions, Sabah's population consists of over 30 different ethnic communities.

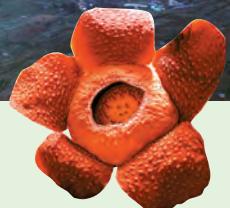


* Map not drawn to scale

Places of Interest



Rafflesia is the world's largest flower and emits a stench similar to rotten meat when in full bloom.



MOUNT KINABALU

Kinabalu Park

(Malaysia's first UNESCO World Heritage Site)

One of the highest peaks in Southeast Asia at 4,095.2m above sea level, Mount Kinabalu is the towering centrepiece of Kinabalu Park. This UNESCO World Heritage Site is a wonderland of ecological treasures with an astounding diversity of plant and animal species, including a large number of endemic species such as the Kinabalu Giant Red Leech and the Paphiopedilum Slipper Orchids. The view from the top of the mountain is unparalleled and well worth the challenging ascend.



TUNKU ABDUL RAHMAN PARK

Kota Kinabalu

Made up of a cluster of five islands – Pulau Gaya, Pulau Manukan, Pulau Mamutik, Pulau Sapi and Pulau Sulug – Tunku Abdul Rahman Park's crystal-clear turquoise waters is filled with an abundance of corals and aquatic species. Popular among eco-tourists, the park's relatively-shallow waters are perfect for snorkellers and novice divers. Each of the five islands features different collections of flora and fauna, with Pulau Gaya being the largest and most colourful of the five.

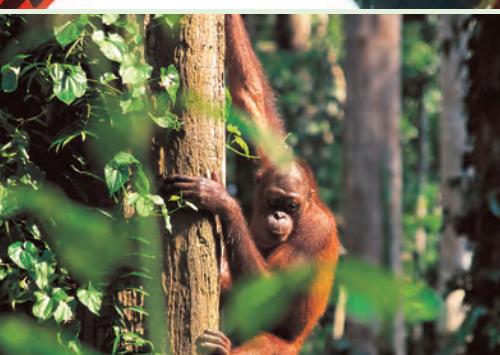


LOWER KINABATANGAN WILDLIFE SANCTUARY

Sukau, Sandakan

The Lower Kinabatangan Wildlife Sanctuary is a thriving habitat for a large number of exotic and endangered species such as Proboscis monkeys, Sumatran rhinos and Asian elephants. The Kinabatangan River possesses one of the world's most diverse ecosystems and has the largest concentration of wildlife in Southeast Asia.

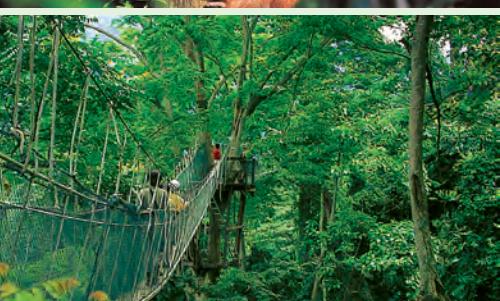
Lower Kinabatangan Wildlife Sanctuary is one of the only two known places in the world where you can find ten primate species.



SEPILOK ORANG UTAN REHABILITATION CENTRE

Sandakan

Situated in the Kabili-Sepilok Forest Reserve, the Sepilok Orang Utan Rehabilitation Centre is a sanctuary set up for the rehabilitation of these lovable mammals. Here, visitors get the rare chance to see this endangered species up close as well as watch their antics at feeding time.



MALIAU BASIN AND LEMBAH DANUM

Regarded as 'Sabah's Lost World', Maliau Basin is a remote wilderness containing 12 types of forests, a spectacular seven-tiered waterfall called Maliau Falls as well as a variety of rare and exotic flora and fauna species. Located not far from Maliau Basin is Danum Valley Conservation Area, a thriving wildlife habitat filled with diverse tropical vegetation and exotic animal species.

With over 200 tree species per hectare, Danum Valley is one of the world's richest conservation areas.

THERE IS MUCH MORE IN SABAH

Kota Kinabalu

- Sabah State Museum
- Museum of Islamic Civilisation
- Pantai Tanjung Aru (Tanjung Aru Beach)
- Masjid Negeri (State Mosque)
- Masjid Bandaraya (City Mosque)
- Sabah Tourism Building
- Tun Mustapha Gallery
- Menara Tun Mustapha
- Signal Hill Observatory Platform
- Atkinson Clock Tower
- Kota Kinabalu Wetland Centre
- Petagas War Memorial
- Double Six Monument
- Lok Kawi Wildlife Park
- UMS Aquarium & Marine Museum
- Puh Toh Tze Temple
- The Green Connection

Penampang

- Water World Theme Park
- St. Michael's Church
- Monsopiad Cultural Village
- KDCA Cultural Village
- Donggongan Tamu Market

Inanam

- Orchid de Villa
- Mari Mari Cultural Village

Sandakan

- Turtle Islands Park
- Gua Gomantong (bird's nest)
- Agop Batu Tulug (historical cave)
- Labuk Bay Proboscis Monkey Sanctuary
- Pulau Lankayan (Lankayan Island)
- Pulau Libaran (Libaran Island)

- Agnes Keith House
- Sandakan Crocodile Farm
- Sandakan Heritage Trail
- Sandakan Memorial Park
- Rainforest Discovery Centre

Kinarut / Papar

- KK Adventure Park
- Outward Bound School
- Pulau Dinawan (Dinawan island)
- Kawang Forest Centre

Ranau

- Sabah Tea Garden
- Poring Hot Spring
- Kampung Luanti (Fish Spa)
- Liwagu White Water Rafting

Kundasang

- Kundasang War Memorial
- Desa Cattle Farm
- Mesilau Nature Park
- Mountain Torq Via Ferrata

Kudat

- Simpang Mengayau Bay
- Rungus Longhouse
- Kampung Gombizau (Honey Bee Farm)
- Kampung Sumangkap (Gong Factory)
- Kampung Tinangol (Rungus beads and handicraft-making)

Tawau

- Tawau Hills Park
- Balung River
- Teck Guan Cocoa Museum
- Teck Guan Cocoa Village
- Bukit Gemok Forest Reserve

Tamparuli (Kiulu)

- White Water Rafting
- Upside Down House Kampung Telibong

Tenom

- Sabah Agriculture Park
- Padas White Water Rafting

Lahad Datu

- Madai-Baturong Forest Reserve
- Tabin Wildlife Reserve

Kota Belud

- Pulau Mantanani (Mantanani Island)
- Kampung Siasai (machete-making centre)
- Usukan Cove

Semporna

- Pulau Mataking (Mataking Island)
- Pulau Mabul (Mabul Island)
- Pulau Kapalai (Kapalai island)
- Pulau Sipadan (Sipadan Island)
- Pulau Si Amil (Si Amil Island)
- Tun Sakaran Marine Park

Keningau

- Mt. Trusmadi Crocker Range Park

Kuala Penyu

- Pulau Tiga (Survivor Island)
- Pulau Mantanani (Mantanani Island)

Beaufort

- Klias River
- Garama River

Tambunan

- Rafflesia Information Centre
- Mahua Waterfall
- Kipandi Butterfly Park

Shopping

Open-air weekend markets called *pasar tamu* offer a unique cultural experience, selling everything from food to handicrafts. The Kota Belud *pasar tamu* is the most popular. A variety of ethnic souvenirs and handcrafted gift items can also be obtained along Gaya Street, as well as at the KK Handicraft Centre, One Stop Handicraft Street Asia City, Kadaiku, and Wawasan Plaza Handicraft.

Modern shopping malls such as 1Borneo Hypermall, Karamunsing Complex, Suria Sabah Shopping Complex, Warisan Square, Centre Point KK, Wisma Merdeka, KK Plaza and Wawasan Plaza can be mainly found in Kota Kinabalu. Wisma Merdeka has some interesting antique shops on the second floor, while Karamunsing Complex is the main hunting spot for computer peripherals and IT products.

Dining

Dining in Sabah is an adventurous affair. There are quite a number of unique dishes and rare ingredients that can be found here. Apart from indigenous specialities and local delights, continental and oriental cuisines are also available in bigger towns, particularly in Kota Kinabalu. Must-try authentic favourites include Tuaran Mee, Ambuyat, Hinava, Tuhau and Kelupis. Sabah is also popular for fresh seafood. After sampling these delicious dishes, wash it all down with a cup or two of the refreshing Sabah tea or the aromatic Tenom coffee.

100% free of pesticides, Sabah Tea Garden is Borneo's sole organic tea farm and one of the world's few.



Events & Recreation

Sabah is the venue for many prestigious annual events. Major sports events such as Mount Kinabalu International Climbathon, Sabah Dragon Boat Race, Borneo Safari and Borneo International Marathon attract thousands of visitors each year. Other popular crowd-pullers include Sabah Fest, Kota Belud Tamu Besar, Kaamatan Festival and Sabah International Folklore Festival.

Golf enthusiasts can enjoy a game or two at one of the many scenic golf courses in Kota Kinabalu, Beaufort, Kudat, Tawau and Kundasang. Sabah is also known as one of the finest sailing destinations in Southeast Asia, with plenty of well-equipped marinas and yacht clubs such as Sutera Harbour Marina, Kinabalu Yacht Club, Sandakan Yacht Club and Tawau Yacht Club.

Accommodation

International standard five-star hotels equipped with MICE facilities are mainly situated in Kota Kinabalu, while luxury resorts are mainly located in Tanjung Aru and Karambunai. For more affordable alternatives, motels, backpackers' inns and homestays are also available around the state. Nature resorts or lodges located in the midst of nature are also available in remote jungle areas. Accommodation on Sabah's islands range from chalets to beach resorts, except on Sipadan where day trips can be arranged from nearby Mabul or Kapalai.

For more information, contact:

Tourist Information Centre, Kota Kinabalu International Airport Terminal 1

+6088 413 359

Tourist Information Centre, Kota Kinabalu International Airport Terminal 2

+6088 447 075

Tourist Information Centre, Sandakan

+6089 229 751

Sabah Tourism Board Information Counter

+6088 212 121

Sarawak



SOUTH CHINA SEA



Also known as 'Land of Hornbills', Sarawak is the largest state in Malaysia. Magical and mystical, Sarawak's vast green landscape is filled with a wealth of natural assets that include intricate cave systems, exotic wildlife and verdant rainforests, which contain some of the most diverse and well-preserved ecosystems in the world. Populated by at least 28 ethnic groups, Sarawak is a potpourri of different cultures and lifestyles.

*Map not drawn to scale



Places of Interest



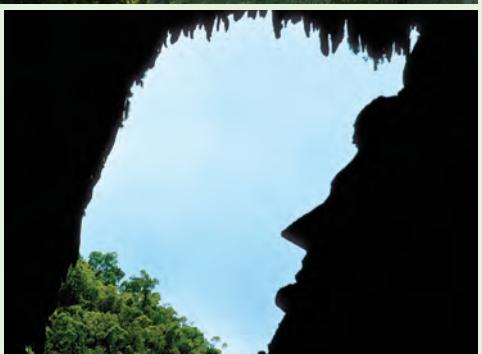
GUNUNG MULU NATIONAL PARK

Miri

(A UNESCO World Heritage Site)

A UNESCO World Heritage Site, Gunung Mulu National Park is a treasure trove of natural wonders, which include complex cave networks and rare geological formations. The park is home to thousands of animal and plant species, such as the sun bear and the wild orchids. Among its attractions include the world's largest cave passage and cave chamber, Asia's longest cave, razor-sharp limestone spikes and a geological formation resembling the side profile of America's former President, Abraham Lincoln.

The Sarawak Chamber is the world's largest cave chamber and can accommodate 40 Boeing 747 aircrafts.





BAKO NATIONAL PARK

Kuching

Not far away from the state's capital city is the Bako National Park with its breathtaking landscapes and beautiful rock formations. The park is also inhabited by some rare animal species such as Proboscis monkeys and Leaf monkeys as well as over a hundred bird species.

Sarawak has more national parks than any other states in the country.



KUCHING WATERFRONT

Kuching

Perfect for strolling along at sunset, the Kuching Waterfront is flanked by a breathtaking view of the sea on one side and stately heritage buildings on the other. Within walking distance of this 900-metre esplanade are some of the city's main attractions such as the Chinese History Museum, Sarawak Steamship Building, the Square Tower and the Main Bazaar.

SARAWAK MUSEUM

Kuching

Housed in a stately Victorian-style building, the Sarawak Museum documents the history and cultures of Sarawak. With exhibits relating to the state's ethnography, natural history, crafts and petroleum industry, the museum takes you on a journey through Sarawak's rich heritage.



SARAWAK CULTURAL VILLAGE

Damai

Described as a 'living museum', Sarawak Cultural Village showcases the traditional dwellings and lifestyles of Sarawak's major ethnic groups. Situated at the foothill of Mount Santubong, this award-winning attraction is also the venue of the popular Rainforest Music Festival. Among the highlights here is the twice-daily cultural performance.

THERE IS MUCH MORE IN SARAWAK

Kuching

- Sarawak River Cruise
- Sarawak Tourism Complex
- Main Bazaar
- Tua Pek Kong Temple
- Masjid Kuching (Kuching Mosque)
- Masjid Negeri (State Mosque)
- Cat Museum
- Islamic Museum
- Chinese History Museum
- Textile Museum
- Tun Jugah Pua Kumbu Museum
- Timber Museum
- Kuching Wetlands National Park
- Jong's Crocodile Farm
- Padawan Pitcher Plant and Orchid Garden
- Kubah National Park
- Tanjung Datu National Park
- Homestay Abas, Kampung Panglima Seman
- Medan Niaga Satok

Damai and Santubong

- Beaches
- Golf resorts
- Santubong Wildlife Cruise
- Homestay Santubong

Gunung Gading National Park

Iban Longhouse Tours (Batang Ai, Lemanak & Skrang)

Matang

- Matang Wildlife Centre

Miri

- Niah National Park
- Grand Old Lady (Miri's first oil well)
- Pulau Kuda Laut (Seahorse Island)
- Luconia Shoals
- Miri Public Park
- Miri City Fan
- Lambir Hills National Park
- Luak Bay Esplanade
- Lian Hua San Temple
- Loagan Bunut National Park

Padawan

- Borneo Highlands Resort
- Annah Rais Longhouse
- Homestay Kampung Darul Islam Belimbang

Pulau Talang and Pulau Satang National Parks

Semenggoh Wildlife Centre

Sibu

- Rejang Esplanade
- Mist Garden
- Eng Ann Tua Pek Kong Temple
- Sungai Merah Township
- Bukit Aup Jubilee Park
- Sibu Market

Sri Aman

- Batang Ai National Park
- Longhouse Safari

Bintulu

- Similajau National Park
- Taman Tumbina

Baram

- Bario Highlands
- Merap Hot Spring
- Ba' Kelalan Highlands

Shopping

Sarawak is famous for a wide range of ethnic handicrafts, particularly those made using the colourful Sarawak beads and the Pua Kumbu textile. Sarawak vases with its distinct ethnic design are also popular souvenirs. The best hunting grounds for cultural items are the Main Bazaar, Kuching Waterfront Bazaar, Sarakraf Pavilion at Jalan Tabuan and Sarawak

Handicraft Centre at the Round Tower as well as along Jalan Padungan, Jalan Penrissen and India Street. Shopping malls housing various international brands are mostly located in Kuching such as The Spring Mall, Riverside Majestic Shopping Complex, Hills Mall and Boulevard Shopping Complex.

Dining

Sarawak's local offerings are exotic and tasty. Must-try signature dishes include Laksa Sarawak, Mee Kolok, Bubur Pedas, Manok Pansoh, Sarawak Layer Cake, Umai, Tabaloi and Ikan Terubok Masin (Salted Longtail Shad). Sarawak is also a major producer of peppers, pineapples and high-grade swiftlet nests. Fresh seafood can be found in abundance along coastal areas such as Damai and Santubong. Kelabit Highlands specialises in the production of Barito rice, while Ba' Kelalan Highlands specialise in the production of apples. Kuching has the widest selection of international cuisine.

Events & Recreation

The events in Sarawak range from high-paced sports action to colourful cultural celebrations. Gawai Festival is a large-scale cultural event celebrated statewide. Music festivals such as Miri International Jazz Festival and Rainforest World Music Festival as well as sporting events such as Balleh Kapit Safari and Sarawak Regatta record huge attendance each year.

There are plenty of international-standard golf courses around Sarawak to satisfy the avid golfer, such

as Kelab Golf Sarawak at Petra Jaya, Bintulu Golf Club, Damai Golf Course at Santubong and The Hornbill Golf & Jungle Club at Borneo Highlands Resort. Damai Beach is a popular spot for water sports such as jet-skiing and windsurfing, while the state's lush nature reserves and scenic national parks are perfect for jungle trekking. The Sarawak River Cruise in Kuching and Irrawaddy Dolphin Watching in Santubong are also popular activities among visitors.

Accommodation

Five-star hotels and resorts can be found mainly around Kuching, Damai and Santubong. Some of Sarawak's national parks also come with accommodation ranging from jungle resorts to modest chalets, with the more exclusive ones situated near Gunung Mulu and Batang Ai national parks. For something refreshingly different, homestays are available at Santubong, Padawan's Kampung Darul Islam Belimbing and Kuching's Kampung Panglima Seman.

For more information, contact:

Tourist information Centre, Kuching International Airport

+6082 627 741 / 742

Sarawak Tourism Board

+6082 423 600

Kuching Visitors' Information Centre

+6082 410 944 / 410 942

Miri Visitors' Information Centre

+6085 434 181

Sibu Visitors' Information Centre

+6084 340 980

Sarawak Tourism Federation

+6082 240 620

National Park and Wildlife Booking Office (Kuching)

+6082 248 088

National Park and Wildlife Booking Office (Miri)

+6085 434 184



Labuan is one of the three federal territories of Malaysia comprising the main island of Labuan and six surrounding islets. A thriving duty-free port, Labuan is dubbed 'The Pearl of Borneo' and enjoys an esteemed status as an international business and financial centre. Labuan is a vibrant holiday spot with stunning wreck-diving sites, duty-free shopping, extensive business facilities and World War II relics.

Labuan



* Map not drawn to scale

Places of Interest



WORLD WAR II MEMORIAL

Jalan Tanjung Batu

The largest memorial in Malaysia, Labuan World War II Memorial is the final resting place of 3,908 soldiers who have perished in World War II. The World War II Memorial is the prime venue for Remembrance Day, an annual ceremony conducted in full military tradition to honour these war heroes.

During the Japanese occupation, Labuan was named Maidashima or Maida Island, after Borneo's Japanese Chief Commander.



SURRENDER POINT MEMORIAL MONUMENT

Kampung Layang-Layangan

The Surrender Point Memorial Monument marks the spot where the 37th Japanese Southern Army surrendered to the 9th Division Australian Imperial Forces on the 10th of September 1945, signifying the end of World War II in Borneo. This monument was relaunched in 2011. It also serves as a memorial for the soldiers who had fought for Borneo's independence, bringing the war to an end.



THE CHIMNEY *Tanjung Kubong*

The red-bricked Chimney of Tanjung Kubong remains a mystery to this very day as to what it was built for in the past. Whether it's part of an incomplete mansion or a lighthouse for passing ships, one thing is for sure, this 106-feet structure remains one of Labuan's biggest attractions.



LABUAN MARINE PARK

Beautiful islands and beaches are part of Labuan's natural landscape. The three islets of Labuan Marine Park – Kuraman, Rusukan Kecil and Rusukan Besar – are surrounded by crystalline waters, stunning coral reefs and four wreck diving sites, creating a perfect environment for snorkelling and scuba diving activities.

The abundance of shipwrecks in the waters of Labuan made the island a premier centre for wreck-diving.

PEACE PARK *Kampung Layang-Layangan*

The serene Peace Park in Kampung Layang-Layangan is a symbol of peace and harmony characterised by Japanese-inspired bridges, ponds and a manicured landscape. The Peace Park is a tribute to those who have sacrificed their lives in Borneo during World War II.



THERE IS MUCH MORE IN LABUAN

- Botanical Garden
- Pulau Bangsa-Bangsa Bersatu (United Nation Beach)
(9km beach stretching from Pantai Batu Manikar to Pantai Sungai Miri)
- Labuan Museum
- Labuan Marine Museum
- Labuan Bird Park
- Labuan Square
- History Square
- Tanjung Kubong Tunnel
- Pulau Papan (Papan Island)
- Masjid Jamek An'Nur (State Mosque)
- Homestays (Patau-Patau II Water Village, Bukit Kuda Village & Sungai Labu Village)
- Chinese 'Eight Deity' Temple
- Labuan Gurdawara Sahib / Sikh Temple
- Weekend Tamu at Labuan Walk
- Labuan Bazaar
- Labuan Art Gallery



Shopping

Being a duty-free port, Labuan's duty-free shopping is a major pull among visitors. Popular shopping spots include Jalan OKK Awang Besar, the ferry terminal and Financial Park Complex. Spirits, tobacco, perfumes, textiles and electrical appliances are just some of the duty-free goods visitors can purchase here.

Dining

An abundance of fresh seafood – fish, shellfish, crabs, prawns, squids, lobsters – can be found in Labuan, prepared in a variety of cooking styles. Not to be missed are Labuan's local delicacies, which include the unique Coconut Pudding made from steamed coconut water and jelly, Lamban, Punjung and Jelurut.



Events & Recreation

The Labuan International Sea Sports Complex is the prime venue for water sports events and activities. Every year in April, the Malaysia Water Festival (Fishing Carnival) – Labuan International Sea Challenge (LISC) is held here, featuring various competitions including Cross Channel Swimming Challenge, Labuan International Fishing Tournament, Kayak Sprint and Round Island Kayak Challenge.

Remembrance Day, held on the nearest Sunday to 11th November, is an important annual event. Hundreds of war veterans from all over the world gather every year at the Labuan World War II Memorial in full military style to pay respect to the soldiers who had perished in the war. The 9-hole Labuan Golf Course provides an ideal recreational space for golf enthusiasts, while the islands around Labuan provide perfect playgrounds for snorkellers and divers.

Accommodation

Star-rated business-class hotels with complete Meetings, Incentives, Conventions and Exhibitions (MICE) facilities as well as budget accommodation are widely available in Labuan. A beach resort is available here, while homestays such as Patau-Patau II Water Village, Bukit Kuda Village and Sungai Labu Village provide a refreshing alternative to commercial accommodation options, enabling visitors to experience the authentic kampong life.

For more information, contact:

Tourist Information Centre, Labuan

+6087 423 445

Ministry of Tourism Malaysia – Labuan Office

+6087 422 622

Department of Tourism, Culture and Arts, Labuan Corporation

+6087 408 741



MALAYSIA:

The Ultimate Destination for Special Interest Holidays

Visitors come to Malaysia for a variety of reasons. Aside from the usual sightseeing, there are also those who visit this country for a specific purpose. A wide spectrum of specialised tours is available through tour operators and travel agents. Whether you are in the mood for shopping, adventure or some serious pampering, Malaysia ensures that all your needs are fulfilled.

Sun, Sea and Sand

Blessed with an all-year tropical climate, Malaysia is one of the region's top destinations for sun, sea and sand getaways. Flanked by the Straits of Malacca in the west, the South China Sea in the east and the Andaman Sea in the northwest, Malaysia boasts some of the most beautiful islands and beaches in the region.

Malaysia is home to hundreds of tropical islands ranging from densely-populated landmasses to unspoilt pristine islets. Characterised by pure sandy beaches and spectacular underwater landscapes, they provide the perfect playground for avid snorkellers and scuba divers. Langkawi, the Jewel of Kedah and home to a UNESCO Global Geopark, possesses a natural charm that is second to none. Terengganu's islands – namely Redang, Perhentian, Lang Tengah, Kapas and Tenggol – are some of the most stunning in the region with miles and miles



of white, sandy beaches and crystal-clear, coral-rich waters. Pahang's sole island, Tioman, is considered one of the region's best island getaways with a wealth of natural beauty and underwater wonders.

Malaysia is also blessed with an abundance of picturesque beaches along its coasts, particularly along the East Coast. Pahang and Terengganu's scenic shores such as Cherating, Teluk Chempedak, Tanjung Jara and Rantau Abang possess a tranquil and laidback atmosphere, with several secluded bays and private coves. Langkawi's idyllic beaches such as Tanjung Rhu and Burau Bay provide the perfect environment for a host of water sports, while Penang's beautiful northern beaches such as Teluk Bahang and Batu Ferringhi are hugely popular with both locals and tourists. Other beaches such as Port Dickson, Desaru, Tanjung Aru and Damai are also popular seaside retreats.





Diving

Being at the epicentre of the world's richest underwater environment, Malaysia is blessed with an abundance of marine parks, each with excellent visibility and a thriving underwater ecosystem. Some of the region's best dive sites are located here, particularly in the waters of Terengganu and Sabah.

Langkawi's Pulau Payar Marine Park has the country's first and only underwater observation chamber, allowing those who cannot swim to enjoy the breathtaking views from the safety of the chamber. Redang Marine Park in Terengganu has the largest variety of coral species and numerous dive sites.

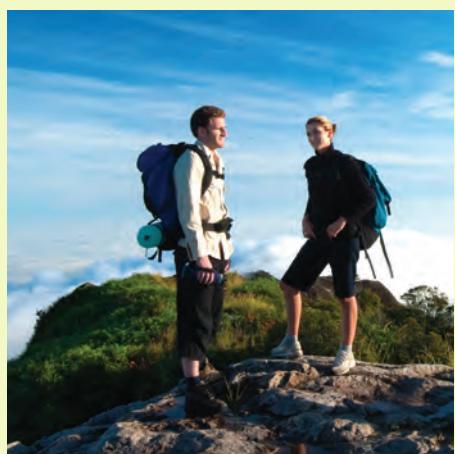
The Labuan Marine Park is famous for its wreck sites, including two from World War II. Sabah's marine parks – Pulau Tiga Park, Tunku Abdul Rahman Park and Turtle Islands Park – are world-renowned dive sites teeming with a colourful variety of marine species. Other marine parks such as Tioman Marine Park, Johor Marine Park and Talang-Satang National Park are equally mesmerising.

Blessed with an enviable marine biodiversity, Sabah's islands – Sipadan, Mabul, Layang-Layang, Kapalai and Tunku Abdul Rahman Marine Park – are widely-known as some of the region's best diving sites. Pulau Sipadan, located right in the heart of the Indo-Pacific basin – the world's richest marine habitat – is rated as one of the world's top dive sites. Kapalai and Mabul are also becoming increasingly popular for 'muck diving' activities – a diving term used to describe the search for rare and exotic small marine species.

Pangkor Laut is a privately-owned island and one of the world's top luxury destinations. Other Malaysian islands such as Pangkor, Sibu, Rawa and Aur are equally enthralling, each possessing its own charm and character.

Eco-Adventure

Blessed with a wealth of natural wonders, Malaysia is a well-known eco-tourism destination. The country's lush rainforests and rugged terrains make it one of the best places for eco-adventure. Malaysia's tropical rainforests are well-preserved national treasures. National parks are aplenty, each endowed with an incredible diversity of flora and fauna as well as impressive natural landscapes, providing the perfect platform for a variety of eco-adventure pursuits.



Taman Negara, Malaysia's premier park, is the country's largest national park and one of the world's oldest rainforests, having been around for over 130 million years. It is home to Gunung Tahan, the highest peak in Peninsular Malaysia, and the world's longest canopy walkway.

Kinabalu Park in Sabah – Malaysia's first UNESCO World Heritage Site – is said to contain more than half of the world's flowering plant species, including the strange yet fascinating Rafflesia. Gunung Kinabalu (Mount Kinabalu) – one of the highest peaks in Southeast Asia – is also located here, forming the park's centrepiece.

is home to Southeast Asia's first UNESCO Global Geopark for its outstanding geological heritage dating more than 500 million years.

Malaysia's nature reserves' hiking trails are perfect for jungle-trekking. The country's rivers cater for both river cruising and white-water rafting activities, with varying grades of difficulty. There are also plenty of rocky crags and walls to satisfy rock-climbers. Those craving for more extreme adventure can scale up the challenging peaks of Gunung Kinabalu, Gunung Tahan and Gunung Mulu.

The country's rough, undulating terrains also



Sarawak has the largest number of national parks in the country, including Gunung Mulu National Park, another UNESCO World Heritage Site, and archeologically-significant Niah National Park. Home to an astounding series of limestone caves and rare geological formations, Gunung Mulu National Park also has the largest known cave chamber in the world, the Sarawak Chamber, and the world's longest cave passage, the Clearwater Caves. Niah National Park contains two National Historical Monuments, Gua Besar (Great Cave) and the Gua Kain Hitam (Painted Cave). Langkawi, a tropical island in the waters of Kedah,

provide the perfect platforms for 4WD expeditions and mountain biking. With the abundance of impressive and intriguing limestone caves, caving or spelunking is becoming an increasingly popular activity in Malaysia. Malaysia's lush tropical rainforests and location on the Australasian cross-migratory paths also provide great opportunities for birdwatching activities.

Culture and Heritage

Malaysia is made up of a rich tapestry of different cultures and well-preserved heritage. The country's

population is an amalgamation of varying ethnic backgrounds, bringing together an enchanting medley of cuisine, crafts, traditions and architecture. Malaysia's diverse cultural heritage is evident in their costumes, social practices, recreational pursuits, handicrafts, food, music and other forms of entertainment. Remnants of the past in the forms of heritage buildings, historical sites as well as ancient relics can still be seen all over Malaysia to this day – a reminder of the country's illustrious and colourful history. The cities of George Town and Melaka serve as a living museum of sorts, with well-preserved heritage buildings and historical sites, gaining them the prestigious UNESCO World Heritage City status in the year 2000.

Known the world over for its abundance of culinary delights, Malaysia is the ultimate gastronomic paradise. Its multicultural social landscape gives rise to an irresistible array of cuisine in a smorgasbord of cooking styles, from time-tested recipes passed down through generations to fusion versions that give an interesting twist to classic dishes. What is more, each state comes with its own set of specialities, making dining truly an adventure here.



Fine craftsmanship is one of Malaysia's greatest cultural legacies. High in quality and rich in detail, these works of art are highly sought after and make great collectibles. Beautiful hand-woven songket and hand-painted batik textiles remain popular souvenir items, while the country's woodworks



and jewellery are regarded as some of the finest in the world. Pottery, ornaments made from organic materials, metal craftworks and traditional attire such as the Nyonya kebaya are also very much sought after.

Experience the unique local culture first-hand by staying with a host family in a Malay kampong or a tribal longhouse through Malaysia's homestay programme. Learn more about their lifestyles and customs, as well as participate in various local activities such as traditional games and cultural performances.

Events and Festivals

Malaysia plays host to a number of world-class events throughout the year. Highly-acclaimed international events such as the Formula One Grand Prix, Moto GP, International Dragon Boat Festival,



Langkawi International Maritime & Aerospace Exhibition (LIMA) and Le Tour de Langkawi place Malaysia on the world map.

Religious events such as Hari Raya Aidilfitri, Chinese New Year, Deepavali and Christmas are hugely celebrated nationwide, with the long-standing tradition of open houses adding to the festive cheer.

Thaipusam is another huge-scale religious event that garners a lot of attention every year. Thousands of devotees and curious onlookers throng Batu Caves every full-moon day in the auspicious 10th Tamil month of Thai, with a colourful procession of devotees bearing kavadi all the way up to Temple Cave in a vibrant display of unwavering faith and devotion.

Other cultural festivals such as GawaiDayak Festival – a major harvest festival celebrated by the indigenous people of Sabah and Sarawak – Mooncake Festival and Tadau Kaamatan are equally lively and much anticipated.

Sports and Activities

A renowned golfing destination, Malaysia has hundreds of golf courses spread all over the country.

Many of these courses are of international standard and various settings – by the beach, up high in the hills, in the heart of the city or in the middle of the rainforest – giving a truly unique golfing experience. Some are designed by the world's top names such as Jack Nicklaus, Arnold Palmer and Greg Norman. For a more unusual golfing experience, try night golfing.



Malaysia is also becoming an increasingly popular destination for equestrian sports. With many equestrian clubs and centres sprouting all over the country, horseback-riding has become not just a



popular recreational pursuit, but also an interesting way to see the country's hinterland. The calm waters along Malaysia's shores and around its islands are perfect for a variety of water sports. With a number of marinas around the country offering complete sailing facilities and safe anchorage assurance, yachting is fast becoming popular among the adventurous.

Other recreational activities such as jet-skiing, kayaking, parasailing and windsurfing are also widely popular. Malaysia's densely populated waters are also a favourite with fishing and angling enthusiasts. The coasts of Sabah and Sarawak are home to some of the country's finest bluewater species, while the island of Labuan is located close to the prime fishing areas. The Labuan International Sea Sports Complex is an exciting venue for water sports lovers with major events held every year such as Cross Channel Swimming Challenge, IGFA International Game Fishing Tournament and Round Island Kayak Challenge.

Shopping

When it comes to shopping, Malaysia is regarded as a paradise by some. Whether your preference is high-end or budget, you're likely to find whatever your heart desires here. On top of that, the 1Malaysia Mega Sale Carnival, the 1Malaysia GP Sale, the 1Malaysia Year End Sale (M-YES) and the 1Malaysia International Shoe Festival greet you each year, offering further bargains and special offers wherever you go.



Sprawling shopping complexes and lifestyle malls with everything under one roof can be found in major cities, especially Kuala Lumpur. Areas such as Bukit Bintang, KLCC and Bangsar are well-known shopping districts offering everything from designer labels to computer peripherals. These malls do not only offer floors of retail therapy, but also a host of dining and entertainment options from bowling arena to cinema.



Duty-free shopping is available on the islands of Tioman, Langkawi and Labuan as well as along the Thailand-Malaysia border and in the airports. Those looking for traditional handicrafts and ethnic souvenirs can find them in craft centres around the country. Local day and night markets – such as Chinatown and Pasar Seni (Central Market) in Kuala Lumpur, and Pasar Payang in Terengganu – are great places to find some fabulous bargains.

Spa and Wellness

Be it on a tropical island or in the city centre, Malaysia is home to some of the world's top spas. With an ideal tropical setting and world-class facilities, Malaysia's position as a top spa destination is increasingly acknowledged worldwide.

There are many types of spa offering a wide range of therapies available in this country. Day spas and hotel or resort spas are the types most commonly found here, while destination spas and medical spas are fast gaining popularity. The therapies are mainly of Asian origin, such as Malay, Chinese,

Indian, Peranakan (Straits Chinese) and Balinese. Performed by trained therapists, the spa menu mainly consists of home-grown herbs and locally-produced ingredients. Many spas, especially the established ones, offer different spa packages and



a whole range of therapies, which include full-body massage, hair treatment, pedicure, manicure, facial, sauna and steam baths, body wraps, mud baths and body scrubs.



Others

Malaysia garners interest as a favourite destination for a host of other reasons. Offering the same, if not better, standard of services and facilities as more-developed nations but at much lower costs, Malaysia remains a popular choice among those who seek retirement in foreign countries, quality healthcare and education, as well as cost-effective Meetings, Incentives, Conventions and Exhibitions (MICE) facilities.

Malaysia My Second Home (MM2H)

The Malaysia My Second Home (MM2H) Programme is open to citizens of countries recognised by Malaysia regardless of race and gender, and provides them with the opportunity to enjoy their time off in Malaysia for as long as they wish. A renewable multiple-entry social visit pass is granted to successful participants, which allows them to bring along their spouses, unmarried children below the age of 21 years and parents above the age of 60 years.

Education

Malaysia has a well-developed education system, with quality educational institutions from international schools to branch campuses of international universities. English is primarily used as the mode of communication in these institutions. A number of higher learning institutions also offer twinning programmes in collaboration with established international institutions. From short-term language courses to post-graduate degrees, the country offers an extensive range of options and internationally-recognised qualifications.

Business

With its warm tropical climate and beautiful natural surroundings coupled with a stable political environment and state-of-the-art facilities, Malaysia is a favourite destination for business travellers. Hotels and convention centres equipped with extensive MICE facilities are amply available all over the country. A variety of locations in different settings is available – near the beach, within the city, or in the highlands – as well as the added options of themed events and corporate games, throwing an element of fun and excitement into the mix.



Useful Contact Numbers

Description	Toll-Free Line	Telephone No.	Website
Tourism Malaysia Malaysia Tourism Centre	1 300 88 5050	+603 8891 8000 +603 9235 4848/ +603 9235 4800 +603 8880 1000	www.tourismmalaysia.gov.my
Immigration Department of Malaysia			www.matic.gov.my www.imi.gov.my
EMERGENCIES			
Kuala Lumpur Tourist Police		+603 2149 6590/ +603 2149 6593	
Ambulance/Police Fire and Rescue Department		999 994	
TRAVEL ENQUIRIES			
KL Sentral Station		+603 2773 8888/ +603 2773 8899	www.stesensentral.com
Kuala Lumpur International Airport (KLIA) Information		+603 8776 2000	www.klia.com.my
KLIA 2 Information Counter		+603 8778 5540/ 5541 / 5542	
AIRLINES			
Malaysia Airlines	1 300 88 3000	+603 7843 3000	www.malaysiaairlines.com
AirAsia		+600 85 9999	www.airasia.com
Firefly		+603 7845 4543	www.fireflyz.com.my
TRANSPORT			
Transnasional Bus Service Hentian Putra Hentian Duta	1 300 88 8582	+603 4043 8984 +603 6201 4970	www.transnacional.com.my
Keretapi Tanah Melayu (Malayan Railway)	1 300 88 5862	+603 2263 1111/ +603 2267 1200	www.ktmb.com.my
KLIA Ekspres/KLIA Transit		+603 2267 8088/ +603 2267 8000	www.kliaekspres.com
MyRapid		+603 7885 2585	www.myrapid.com.my
Hertz Rent-A-Car	1 800 88 3086	+603 7718 1266/ +603 2715 8383	www.hertz.com
Avis Rent-A-Car	1 800 88 2847	+603 7628 2300/ +603 7628 2317/ +603 7628 2318/19	www.avis.com.my
Comfort Taxi Insas Pacific Rent-A-Car		+603 8024 2727 +603 2287 4118/ +603 2287 4119	www.comfortcab.com.my www.iprac.com
KL Taxi Public Cab Radio Cab Sunlight Radio Taxi		+603 9221 4241 +603 6259 2020 +603 9221 7600 +603 9057 5757/ +603 9057 1111	www.publiccab.com
KLIA Airport Limo Booking Centre	1 300 88 8989	+603 9223 8080/ +603 8787 3030	www.airportlimo.my
KLIA Counter		+603 8787 3678	
CREDIT CARDS			
American Express	1 800 88 9559		www.amexmalaysia.com.my
Diners Club		+603 2730 3388	www.dinersclub.com.my
MasterCard International	1 800 80 4594		www.mastercard.com
Visa International	1 800 80 2997		www.visa-asia.com
OTHERS			
Sabah Tourism Board		+6088 212 121	www.sabahtourism.com
Sarawak Tourism Board		+6082 423 600	www.sarawaktourism.com
Sepang International Circuit		+603 8778 2200	www.sepangcircuit.com.my
Star Cruises		+603 2302 1288	www.starcruises.com
Malaysian Association of Hotels (MAH)		+603 4251 8477	www.hotels.org.my
Malaysian Association of Tour and Travel Agents (MATTA)		+603 9222 1155	www.matta.org.my
Malaysian Nature Society		+603 2287 9422	www.mns.my

Tips For Tourists

Saying it in Malay

Welcome	<i>Selamat datang</i>	Vegetables	<i>Sayur</i>	Bus	<i>Bas</i>
Good morning	<i>Selamat pagi</i>	Meat	<i>Daging</i>	Taxi	<i>Teksi</i>
Good night	<i>Selamat malam</i>	Fish	<i>Ikan</i>	Train	<i>Keretapi/Tren</i>
Thank you	<i>Terima kasih</i>	Beach	<i>Pantai</i>	Flight	<i>Kapal terbang</i>
You are welcome	<i>Sama sama</i>	Sea	<i>Laut</i>	Please	<i>Sila / Tolong</i>
Goodbye	<i>Selamat jalan</i>	Mountain	<i>Gunung</i>	Help	<i>Tolong</i>
How are you?	<i>Apa khabar?</i>	Hill	<i>Bukit</i>	Caution	<i>Awas</i>
I'm fine	<i>Khabar baik</i>	Cave	<i>Gua</i>	Entrance	<i>Masuk</i>
I'm sorry	<i>Minta maaf</i>	Lake	<i>Tasik</i>	Exit	<i>Keluar</i>
Rice	<i>Nasi</i>	Road	<i>Jalan</i>	Restroom	<i>Tandas</i>

Local Information

- Shoes must always be removed when entering homes or places of worship such as mosques and temples. Most mosques provide robes and scarves for ladies. Taking photographs at places of worship is usually permitted but it's best to ask for permission first.
- While visiting a homestay village, please be respectful of local customs and traditions.
- When sitting on the floor, men sit cross-legged while women normally sit with their legs tucked to the side.
- When pointing, it is preferable to use the thumb with the four fingers folded under, rather than the forefinger.
- To give or receive something, try to use the right hand.
- Always ask for permission before taking photographs when you are in someone's home.
- The country's large Muslim population does not consume liquor or alcoholic beverages.
- The weather is generally warm with occasional torrential showers. Cotton clothes, rubber shoes and sun hats are the best.
- Be respectful when you are at public ceremonies.
- When taking a taxi, it is always best to determine the rate beforehand.
- National parks are protected areas and visitors are advised to take note of the strict laws that govern these areas. Take nothing but photographs and leave nothing but footprints. A national park conservation fee will be imposed upon entry.
- The sea can be rough during the monsoon season between October and February. Visitors are advised to practice caution while at the beach, especially if there are children. Established beach resorts continue to operate during this season but smaller chalets on the islands may be closed.

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° north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by the South China Sea. The Peninsula 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 practices 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.

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 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.

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.

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 Kuala Lumpur International Airport (KLIA) in Sepang. It is located about 50 km south of Kuala Lumpur. 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 new KLIA 2, situated about 1.5 km away from the main terminal of KLIA, is the world's largest purpose-built terminal dedicated to low-cost carriers. Airlines that operate from KLIA 2 include AirAsia and AirAsia X. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. The main entry point to Malaysia by sea is 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.

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KL (English) / IH / CE
April 2015 (0415)

(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

