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Imagine an idyllic island surrounded by the azure waters of the South China Sea, or a pristine tropical rainforest with rare, exotic plants and towering trees. Imagine invigorating hill resorts or charming coastal villages with fascinating cultural pursuits. Such places are not only found in dreams. In the East Coast Region in Peninsula Malaysia, dreams can become a reality.

The East Coast Region offers a lovely assemblage of nature, culture and a laidback atmosphere. There are three states in this region – Pahang, Kelantan and Terengganu. While Pahang is the most developed of the three states, Kelantan and Terengganu beckon with more rural landscapes and an old-world charm. Visitors who are familiar with the peninsula's west coast will notice a distinct difference in the east coast. Here, time seems to move at an unhurried pace and the busy city life makes way for a laidback lifestyle.

Within this region resides Taman Negara, a 130-million-year-old rainforest. Much to the delight of sun-seekers, the internationally-famed islands of Tioman, Perhentian, Redang and Lang Tengah offer exotic getaways and unforgettable undersea adventures. A number of Asia's premier hill resorts, such as Genting Highlands and Cameron Highlands, are also among the region's remarkable assets.

Filled with unique attractions, the East Coast Region is an oasis of serenity, perfect to unwind and relax in. Be enchanted by the magic of the East Coast Region.

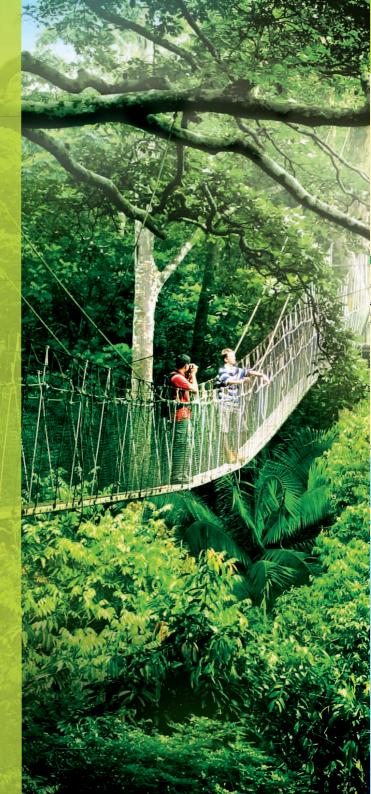
PAHANG

Pahang is the largest state in Peninsular Malaysia. Nearly two-thirds of the state is enveloped in verdant rainforest, making it a magnificent enclave of lush greenery, exotic wildlife and natural treasures.

Its magnificent natural attractions include Taman Negara, a 130-million-year-old rainforest as well as animal sanctuaries, parks, lakes and waterfalls. Other natural gems include Endau-Rompin State Park and Tioman, an idyllic island.

Pahang's capital city is Kuantan, a bustling township with interesting sights.

Come, enjoy this
Gift of Nature today!



MAP OF PAHANG



PLACES OF INTEREST



TAMAN NEGARA

Taman Negara, Malaysia's premier national park, is a haven for a diversity of plants, animals, birds, butterflies, insects and fish. Unique attractions in this 434,350ha park are ancient trees with giant buttresses, limestone caves, waterfalls and jungle-clad mountains. Taman Negara straddles across all three states in the east coast region – Pahang, Kelantan and Terengganu. However, over half of its total area, including the park headquarters, is located in Pahang.

Must do:

- Stroll along the world's longest canopy walkway
- · Go jungle trekking
- Try river cruising or canoeing
- Visit the Orang Asli Village (indigenous people)
- Watch nocturnal animals from the observation hides
- · Explore the ancient caves
- · Climb Gunung Tahan, Peninsular Malaysia's highest mountain
- · Go birdwatching to see 350 species of birds

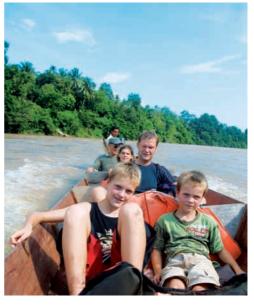
There are four entry points to Taman Negara; via Kuala Tahan or Sungai Relau in Pahang, Kuala Koh in Kelantan and Tanjung Mentong in Terengganu. Each entryway offers different activities and attractions. Permits and licences can be obtained from the Department of Wildlife and National Parks (PERHILITAN). Accommodation is available.

Department of Wildlife and National Parks Tel: 03 9086 6800 (Kuala Lumpur) 09 517 6111 (Pahang) 09 741 6240 (Kelantan)

09 622 1460 (Terengganu)



Estimated to be 130 million years old, Taman Negara is one of the oldest rainforests in the world.



TIOMAN ISLAND

Hailed as one of Southeast Asia's finest beach getaways, Tioman beckons with aquamarine waters, spectacular coral formations, diverse marine life and a rustic charm. Tioman lies about 56km off the coast of Pahang. The main staging points are Tanjung Gemok in Pahang and Mersing in Johor. The journey takes about one hour. Berjaya Air offers direct air links to the island from Kuala Lumpur and Singapore. Accommodation ranges from a five-star resort to beach chalets.

Must do:

- Snorkel alongside parrotfish, clownfish, angelfish and many more
- · Dive at the Marine Park Centre
- · Go island-hopping
- · Take a two-hour trek that cuts across the island
- · Visit the Asah Waterfall
- · Have a picnic at Monkey Bay
- · Rent a bicycle to explore the villages
- · Scale Mount Kajang, the highest peak on the island
- · Try rock climbing at the granite boulders
- · Go golfing
- · Rejuvenate at the spa

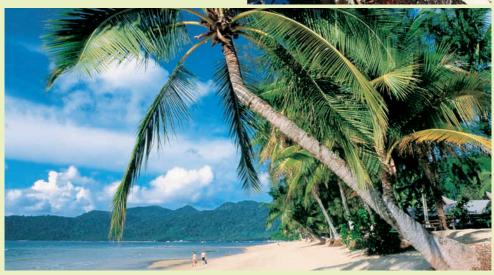
Tel: Tioman Development Authority
09 514 1206 (Pahang) / 09 419 1242 (Tioman)
Marine Park Department - Kuala Rompin
09 414 0532
Marine Park Department - Tioman
09 414 1595

Website: www.dmpm.nre.gov.my



Standing at 690m,
Gunung Nenek
Semukut in Tioman
is Malaysia's
highest freestanding
spire. Its pinnacle
resembles the
profile of
an old lady.





CAMERON HIGHLANDS

Escape to a cool, picturesque getaway! Situated at an elevation of 1,524m above sea level, this refreshing retreat is characterised by undulating valleys, sprawling tea plantations, terraced flower gardens and vegetable farms. This is the largest hill resort in Malaysia. The main towns are Ringlet (situated at the base), Tanah Rata (the administrative centre with the most number of chalets and backpackers'inns) as well as Brinchang (situated further up, with major hotels and restaurants). Cameron Highlands is accessible via Tapah in Perak , Gua Musang in Kelantan or Sungai Koyan / Pos Betau in Pahang (new route via Raub).

Must do:

- · Visit the tea plantations
- · Enjoy a steaming cup of tea with scones
- Buy fresh blooms at the flower gardens
- Sample fresh strawberries and homemade jam
- · Visit a cactus farm or vegetable farm
- · Enjoy golfing against a spectacular backdrop
- · Trek into the fantasy-like Mossy Forest
- · Go mountain hiking
- · Visit the MARDI Research Station





ENDAU-ROMPIN STATE PARK

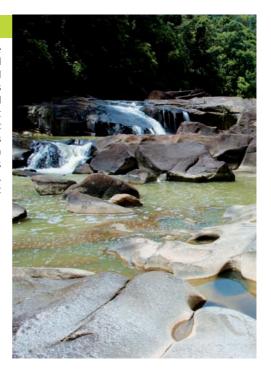
The untouched wilderness at the Endau-Rompin State Park is one of the country's last remaining lowland dipterocarp forests. This is the second-largest national park in the peninsula and it straddles across the states of Pahang and Johor (in the southern region). Spread over 80,000ha, the park is home to a plethora of exotic plants and animals. Within the area, the nearly-extinct Sumatran rhinoceros, tigers, elephants and tapirs roam free. To protect the environment, only certain areas of the huge park are open to tourists. Permits must be obtained before entering this nature reserve. Trekkers are advised to get the services of forest rangers.

Must do:

- Go trekking to discover the rare plants
- · See animal footprints at the salt licks
- · Delight in spotting nearly 200 species of birds
- · Enjoy a dip at the waterfalls
- · Try rapid shooting
- Explore the caves

Tel: 013 707 1997 / 013 983 1997 / 012 922 0044 (Rompin Green World)

Tel: 09 414 5204 (Rompin Forestry Department)



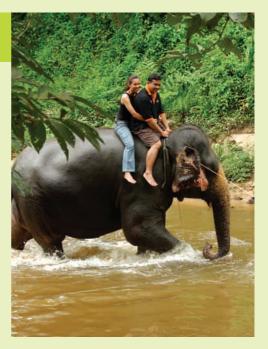
NATIONAL ELEPHANT CONSERVATION CENTRE Kuala Gandah

One of the best attractions in the state, this centre offers a chance for visitors to come up close with Malaysian elephants (*Elephas maximus*). Established in 1989, the centre is dedicated towards rescuing and translocating elephants. The centre is the only one of its kind in the country and it aims to educate the public on the importance of conservation and protection. The best times for a visit are when the elephants are fed or taken to the nearby stream for a bath. Activities are held from 2.00pm to 3.45pm. Kuala Gandah is situated about 40km from Bentong.

Must do:

- · Watch the presentation on elephant rescue
- · Enjoy an elephant ride
- · Help out to bathe the elephants
- Try your hand at feeding the jumbos

Admission is free. Tel: 09 279 0391



GENTING HIGHLANDS

Gear up for round-the-clock entertainment and excitement! Perched some 1,800m above sea level, Genting Highlands is tremendously popular among locals and visitors for its outdoor and indoor theme parks. Accommodation is aplenty but prior reservations must be made during peak seasons. Genting Highlands is easily accessible from Kuala Lumpur via the Karak Highway. It is about 51km northeast of Kuala Lumpur or about an hour's drive. Daily bus services to Genting are also available from the KL Sentral Station in Kuala Lumpur.

Must do:

- · Enjoy a cable car ride
- · Get an adrenalin rush at the theme parks
- · Try out Sky Venture, Asia's first skydiving simulator
- · Visit the Snow World
- · Try your luck at the casino
- Watch live performances
- · Stroll around and enjoy the cool, misty air
- · Go horse riding
- Visit strawberry farm (www.gentingstrawberry.com)

Website: www.rwgenting.com





FRASFR'S HILL

Nestled prettily amidst the Pahang rainforest is the little hamlet of Fraser's Hill. Akin to a little Scottish village, Fraser's Hill is characterised by granite coloured mock-Tudor houses and colonial-style buildings. The hill resort exudes a nostalgic charm, almost as if visitors have been taken back in time, to a bygone era. At 1,524m above sea level, the highland resort is a naturalists' paradise boasting a wide range of plants, birds and animals. Fraser's Hill is ideal for visitors who are interested in gentler pursuits.

Must do:

- · Enjoy observing a variety of birds
- · Go horse-riding
- Stroll along the scenic routes, flower gardens and parks
- · Play a round of golf
- · Trek along the nature trails

Tel: 09 517 1623 / 24 (Fraser's Hill Development Corporation)

One of Malaysia's premier locations for birdwatching, this hill resort is the venue for the annual Fraser's Hill International Bird Race.





Fraser's Hill
derives its name
from Louis James
Fraser, a Scottish
trader who
mysteriously
disappeared here
in 1916.

TRADITIONAL WEAVING Pekan and Kuantan

One of the state's most prestigious products is the *Kain Tenun Pahang*, a fabric that is handwoven using time-honoured methods.

Set within a well-landscaped area dotted with Malay traditional-style buildings, Pulau Keladi Cultural Village in Pekan is an excellent place to watch how this exquisite craft is created. Within the area lies another attraction, the birth place of Tun Abdul Razak (Malaysia's second Prime Minister and father of the present Prime Minister).

Traditional weaving can also be seen at Kuantan. Visitors can watch how the fabric is woven or purchase it as a souvenir.



BERJAYA HILLS

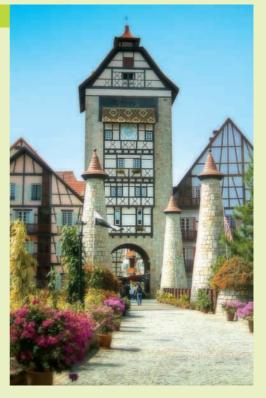
If you have always wanted to see various cultures of the world in a single destination, then Berjaya Hills gives you the chance to do just that. Nestling serenely against 16,000 acres of rugged hills surrounded by the tropical rainforest, Berjaya Hills beckons with three different settings.

The main draw here is the French-style Colmar Tropicale, a replica of the original 18th century Colmar Village in Alsace, France. Tucked away higher up is the Zen-inspired Japanese Village. The third and newest attraction here is the Chateau Spa & Wellness Resort, a French themed boutique hotel and spa modelled after an 18th century medieval castle in France. Berjaya Hills is situated about 10km off the East West Karak Highway. It is a mere 60 minutes drive from Kuala Lumpur.

Must do:

- · Stroll around the cobblestoned courtyard
- · Dine at the French restaurants
- Experience the Japanese tea ceremony
- Indulge in a hot bath at Tatami Spa
- Tee off at the 18-hole golf course
- Cuddle the adorable rabbits at the Rabbit Park
- · Go horse-riding

Website: www.berjayahills.com.my



CHERATING BEACH

Fringed by the waters of the South China Sea, Cherating Beach offers a quiet holiday amidst a rustic atmosphere. The shore is lined by hotels and resorts catering to all budgets, from backpacker's inns to luxury beach resorts. Just nearby is Kampung Cherating, a tranquil Malay village that sits prettily amidst swaying palms and tropical vegetation. Cherating Beach is about 47km north of Kuantan. Other popular beaches in the vicinity are Chendor, Teluk Chempedak and Balok.

Must do:

- · Go catamaran sailing
- Try kayaking
- · Brave the waves and go windsurfing
- Watch fascinating cultural activities at the Cherating Cultural Complex
- · Visit the Turtle Sanctuary
- · Take a river cruise along the mangroves
- · Watch how crafts are made at the Cherating Village



Cherating is the location of Asia's first Club Med.



THE ROYAL TOWN OF PEKAN

Pekan, Pahang's Royal Town, has a number of distinguished attractions that reflect the state's glorious past. The Sultan Abu Bakar Palace or Royal Palace is an impressive sight even from afar. At the Sultan Abu Bakar Museum, visitors can view a collection of exhibits on the state and its esteemed royal family. Other treasured items in the museum include antiques, ceramics and glassware. Pekan is situated on the banks of the Pahang River, about 50km south of Kuantan.



HOMESTAYS

Pahang has one of the highest number of homestay villages in the country. The state's vast wilderness and natural attractions make a homestay experience here lively and adventurous.

Among the homestay villages in the state are:

- · Desa Murni, Temerloh
- · Kampung Taman Sedia, Cameron Highlands
- · Kuala Medang, Kuala Lipis
- · Rumpun Makmur, Temerloh
- Sungai Pasu , Raub
- · Kampung Baru Salong, Pekan
- · Kampung Leban , Rompin
- · Sri Makmur, Kuantan
- · Janda Baik, Bentong
- Pantai Sepat 2, Kuantan
- · Jengka 25, Temerloh
- · Kampung Sungai Lembing , Kuantan

SUNGALLEMBING MUSEUM

Dubbed as the 'El Dorado' of the Malay States, Sungai Lembing used to be the largest producer of tin-ore in Pahang. In its heyday, this serene township was the site of the largest subterranean tin mine in Southeast Asia. The Sungai Lembing Museum takes visitors back to this glorious era, with exhibits such as mining equipment and workers' attire. The collection of furniture and household items give a glimpse into the lifestyle of the English community that once lived here. Don't miss the diorama, reputed to be among the best in the country.

Opening hours: 09.00 am - 5.00 pm

Open daily

Closed on Hari Raya Aidilfitri & Aidiladha

Free admission Tel: 09 541 2378



DEERLAND PARK Lanchang

Adorable deer, ostriches and peacocks are among the 'stars' at this delightful park. The 4.5ha park is a sanctuary for these animals that roam freely amidst the tropical vegetation. Similar to a petting zoo, visitors can feed the animals with sweet potatoes and food given by the staff. Much of Malaysia's herbs and medicinal plants are also found here and a walk along the Herb Trail gives visitors a chance to take a closer look. Accommodation is available at the Bukit Rengit Institute of Conservation Biodiversity.

Opening hours: 10.30 am – 5.30pm (daily) Closed on Friday





FELDA RESIDENCE TEKAM Jerantut

Tucked away amidst acres of plantations and orchards, this resort serves as a refreshing getaway for visitors who wish to learn more about agriculture. Relax while you inhale the clean, fresh air and hear the chirping of birds. The resort is situated about 17km from the Jerantut town

Must do:

- Savour tropical fruits such as durian, rambutan and dragon fruit
- Visit the cocoa, coffee, oil palm and rubber plantations
- · Go caving at the Kota Gelanggi Cave Complex
- · Go canoeing, boating or fishing
- · Enjoy outdoor team-building activities

Tel: 09 471 8300

KOTA GELANGGI CAVES Jerantut

Said to be about 150-million years old, the cave complex here contains magnificent formations as well as unique cave fauna. Popularly explored caves include Gua Terang Bulan and Gua Sanding. According to legend, the caves are actually ruins of an ancient city. For visitors who would like to learn more, the Mini Museum offers comprehensive information on the excavations that were done here with displays of the artefacts. After a tour, visitors can sit back and relax at the café. Kota Gelanggi Caves are about 10 minutes drive from Felda Residence Tekam.

Tel: 09 471 8300 (Felda Residence Tekam)



THERE'S MUCH MORE IN PAHANG

Kuantan, the capital city, has a number of interesting tourist spots. Balok and Cherating are beaches that bustle with many lively attractions. More natural treasures await at Kuala Krau, Raub and Temerloh.







Kuantan

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

Balok

- · Balok Recreation Centre
- · Natural Batik Village
- · Beserah Fishing Village
- Batu Hitam Beach

Cherating

- · Cherating Village
- Chendor Turtle Hatchery and Conservation Centre
- · Chendor Beach

Away from Kuantan

- · Charas Cave
- · Sungai Pandan Waterfall
- · Pahang Crafts Complex
- · Bukit Gambang Resort City
- · Bukit Tinggi

Kuala Krau

· Seladang Conservation Centre

Lake Chini

Lake Bera

Kuala Rompin

- · Lanjut Beach
- Hiburan Beach

Temerloh

· Gunung Senyum Caves

Kuala Lipis

- Bandar Lipis (historical buildings)
- Malaysia's zero milestone signage
- Sungai Relau Kelah Sanctuary
- · Kenong Rimba Park

Raub

- Jeram Besu
- · Lata Berembun Waterfall
- Lata Jarum Waterfall

SHOPPING & DINING

Shopping

Shopping for souvenirs is an exciting experience in Pahang. There are souvenir stalls in almost every town in the state, especially in areas around Kuantan, Cherating and Pekan. Shopping malls in Kuantan include the East Coast Mall, Teruntum Complex, Kuantan Parade, Berjaya Megamall and Kuantan Plaza. Visitors in search of novelty items and unique buys can visit the *pasar malam* or night markets. Get a range of souvenirs from crafts made of pandanus leaves to woodcarvings and batik.

Among the popular shopping spots in Pahang are:

- · Craft Complex, Jalan Pintasan
- · Sungai Karang
- · Cherating Village
- · Pahang Silk Weaving Centre, Pulau Keladi
- · Batik RM , Tanah Putih



A diverse variety of Malay, Chinese and Indian food add colour and variety to Pahang's culinary scene. Continental food is available in major hotels and restaurants and fast food is easily found in various parts of the state. Adventurous visitors can enjoy Pahang's local delights that appeal with a tantalising aroma and taste. A number of dishes are said to have royal origins as they were specially created by the royal chefs of yesteryear. Destinations such as Jerantut, Lipis, Temerloh and Pekan are regarded as the places to sample authentic Pahang food. Seafood lovers should not miss a visit to Temerloh, famed as Bandar Ikan Patin or 'the town of silver catfish'.





Try these local favourites:

Mi Calong – A noodle dish served with spicy seafood gravy, *Mi Calong* is a delicious treat at any time of the day.

Laksa Pahang – Noodles and meat are cooked to perfection and served with a piquant gravy. Although *laksa* is available in other parts of the region, Laksa Pahang gets its unique taste and flavour from the special ingredients and special method of preparation.

Opor Pahang – Made of beef, mutton or lamb, this spicy dry dish is cooked with spices and coconut milk. *Opor Pahang* is best savoured with white rice or fragrant buttered rice.

Puding Raja – Hailed as a royal favourite, this delectable dessert is made with a medley of bananas, prunes, dates, cherries and cashew nuts. The ingredients are then served in a thick creamy sauce made of condensed milk, corn flour and eggs. The taste? Utterly delicious!

Nasi Periuk Kera – A rare treat, nasi periuk kera literally means 'pitcher plant rice'. This is a recipe from the state's indigenous communities. A special variety of pitcher plant is sourced from the rainforest, cleaned and used as a mould to cook rice.

Restaurants in Pahang Malay

Gerai Kak Mek

No. C-1, Lurah Semantan Temerloh Tel: 09 296 5602

Kampong

Genting Hotel Genting Highlands Tel: 03 6101 1118

Paksu Seafood Restaurant

4/1417, Batu 6, Lot 922 Kg. Bahagia Beserah 26100 Kuantan Tel: 09 544 8025

Restoran dan Kafe Santai

Lot 29573 Jalan Tanjung Lumpur 26060 Kuantan Tel: 019 285 7541 / 012 374 1176

Terminal Satay Zul

A 2600, Jalan Alor Akar 25250 Kuantan Tel : 09 538 1253

Restoran Ratu Rasa

No.38, Bangunan UMNO Jalan Dato' Abdullah 27600 Raub Tel: 019 649 4691

Chinese

Soo Ser Yen (Vegetarian)

B94 – 98, Ground Floor Jalan Dato' Lim Hoe Lek 25200 Kuantan

Tel: 09 513 6889 / 016 922 2299

Mexica Garden Restaurant

A1, Lorong Tun Ismail 2 25000 Kuantan Tel: 09 515 9248 / 09 514 8686 www.mexicagarden.com.my

Swan Seafood

Ground Floor Hotel Grand Continental Jalan Gambut 25000 Kuantan Tel: 09 513 6820

Kum Leng Restaurant

E 899, Jalan Bukit Ubi 25200 Kuantan Tel : 09 513 4446

Indian

Nachi's Indian Cuisine

No 12, 1st Floor Jalan Mahkota 25000 Kuantan Tel: 09 514 3404 / 019 977 5528

GC Curry House

No.B – 132 Taman Gembira Jalan Air Putih 25300 Kuantan Tel : 09 568 4454

Aliff Curry House

Jalan Mahkota 25000 Kuantan

The above listing is not exhaustive

EVENTS

Enjoy a host of exciting events all year-round! Pahang has an interesting variety of events, from sporting activities to an internationally acclaimed birdwatching competition.

Event	Month	Venue
Kuantan Mountain Bike Challenge	April	Bukit Pelindung , Kuantan
Fraser's Hill International Bird Race	June	Fraser's Hill
Royal Pahang Billfish International Challenge	August	Rompin
International Pahang River Rafting Expedition	May	Lipis – Pekan

ESSENTIAL INFORMATION

ACCOMMODATION

Pahang has a wide range of accommodation which suits all preferences and budgets. Visitors can choose from fivestar international resorts at major destinations such as Genting Highlands, Berjaya Hills and Cameron Highlands as well as at the beaches. Backpackers and budget travellers can easily find youth hostels, dormitories and beach chalets. Places such as Fraser's Hill are known for their charming cottages and Tudor-style bungalows.

Bandar Jengka

Mercu View Resort Tel: 09 467 5650

Bentong

D' Ark Training & Resort Tel: 09 233 0193 www.darkresort.com

Hotel Kristal * Tel: 09 223 2118

Berjaya Hills

Berjaya Hills Golf & Country Club ***** Tel: 09 288 8890 www.berjayahills.com

Berjaya Hills Colmar Tropicale ***** Tel: 09 288 8888 www.berjayahills.com

Selesa Resort *** Tel: 03 4042 6035 / 6931 / 6932 www.selesa.com.my

Cameron Highlands

Casa De La Rosa Hotel **** Tel: 05 491 1333 www.hotelcasadelarosa.com.my

Country Lodge Resort ** Tel: 05 491 1811

Equatorial Resort **** Tel: 05 496 1777 www.equatorial.com

Heritage Hotel **** Tel: 05 491 3888 www.heritage.com.my

Cameron Highlands Resort ***** Tel: 05 491 1211 www.cameronhighlandsresort.com

Rainbow Garden Hotel ** Tel: 05 491 4628 www.cameronpremierhotels.com.my

Rosa Pasadena Hotel *** Tel: 05 491 2288 www.cameronpremierhotels.com.my Century Pines Resort *** Tel: 05 491 5115 www.thongsin.com

Star Regency Hotel Apartments Tel: 05 491 5135 www.star-regency.net

Strawberry Park Resort ****
Tel: 05 491 1166
www.strawberryparkresorts.com

The Cool Point Hotel ***
Tel: 05 491 4914

The Lakehouse Tel: 05 495 6152 www.lakehouse-cameron.com

The Smokehouse Tel: 05 491 1215 www.thesmokehouse.com.my

Cherating

Club Med Cherating Beach ***** Tel: 03 2161 4599 www.clubmed.com.my

Holiday Villa Cherating **** Tel: 09 581 9500 www.holidayvilla.com.my

Impiana Resort Cherating ****
Tel: 09 581 9000
www.impiana.com

Residence Inn Cherating ***
Tel: 09 581 9333
www.ric.com.my

Suria Cherating Beach Resort ***
Tel: 09 581 9898
www.suriaresort.com

The Legend Resort, Cherating **** Tel: 09 581 9818 www.legendgroup.com

Fraser's Hill

Fraser Silverpark Resort *** Tel: 09 362 2888 www.fraserssilverpark.com Fraser's Pine Resort Tel: 09 362 2122 www.thepines.com.my

Shahzan Inn *** Tel: 09 362 2300 www.shahzaninn.com.my

Ye Olde Smoke House *** Tel: 09 362 2226 www.thesmokehouse.com.my

Puncak Inn Tel: 09 362 2007

Genting Highlands

Awana Golf & Country Resort *****
Tel: 03 6101 3015
www.awana.com.my

Genting Hotel ***** Tel: 03 6101 1118 www.genting.com.my

Genting View Resort ***
Tel: 03 6100 2267

Highlands Hotel ***** Tel: 03 6101 1118 www.genting.com.my

Resort Hotel ***** Tel: 03 6101 1118 www.genting.com.my

Seri Malaysia *** Tel: 03 6100 2525 www.serimalaysia.com.my

Theme Park Hotel *** Tel: 03 6101 1118 www.genting.com.my

Jerantut / Taman Negara

Jerantut Hill Resort *** Tel: 09 267 2288 www.jhresort.com.my

Mutiara Taman Negara *** Tel: 09 266 3500 www.mutiarahotels.com Nusa Camp Holiday Village Tel: 09 266 2369 www.tamannegara-nusaholiday.com.my

Rainforest Resort Tel: 09 266 7888 / 09 266 7241 / 09 266 7637

Felda Residence Tekam Tel: 09 471 8300 www.plantationresorts.com.my

Woodland Resort Tel: 09 266 1111 www.woodland.com.my

Teresek View Motel Tel: 09 266 9744

Kuala Lipis

Lipis Centrepoint Hotel & Apartment ** Tel: 09 312 2688 www.centrepointhotel.com.my

Lipis Plaza Hotel ** Tel: 09 312 5588 www.lipisplaza.com

Pacific Hotel *** Tel: 09 312 2788

Kuala Rompin

Serai D'Lanjut Beach Resort *** Tel: 09 414 5113 www.seraidlanjut.com.my

Rompin Beach Resort *** Tel: 09 414 1367 www.rbr.com.my

Seri Malaysia Rompin ** Tel: 09 413 2723 www.serimalaysia.com.my

Summerset Colonial Hotel & Villas **** Tel: 09 414 1888 www.summerset.com.my

Kuantan

Citiview Hotel *** Tel: 09 517 9988

Classic Hotel *** Tel: 09 516 4599

De Rhu Beach Resort *** Tel: 09 557 9000 www.derhu.com.my Black Stone Resort * Tel: 09 544 7822

www.blackstoneresort.com.my

Grand Champagne Hotel * Tel: 09 513 8822

Grand Continental Hotel ***
Tel: 09 515 8888
www.dhihotels.com.my

Greenlast Hotel Tel: 09 556 3338

Hyatt Regency Hotel *****
Tel: 09 518 1234
Website: kuantan.regency.hyatt.com

Duta Village Beach Resort *** Tel: 09 544 7900 www.dutaresort.com

M.S. Garden Hotel **** Tel: 09 517 7899 www.msgarden.com.my

Mega View Hotel *** Tel: 09 517 1888 www.megaview.com

Fantasia Beach Resort ** Tel: 09 583 9009 www.fantasiabeachresort.blogspot.com

Seri Malaysia Kuantan ** Tel: 09 513 6666 www.serimalaysia.com.my

Shahzan Inn Kuantan *** Tel: 09 513 6688 www.shahzaninn.com.my

Suraya Hotel ** Tel: 09 516 4266

Swiss-Garden Resort & Spa **** Tel: 09 544 7333 www.swissgarden.com

Vistana Hotel **** Tel: 09 517 8000 www.ytlhotels.com

Maran / Temerloh

Green Park Hotel ** Tel: 09 296 3333 www.greenpark.com.my

Seri Malaysia Temerloh ** Tel: 09 296 5776 www.serimalaysia.com.my Mentakab

Bukit Bendera Resort *** Tel: 09 278 2828 www.ijm.com

Pulau Tioman

Babura Seaview Resort Tel: 09 419 1139

Berjaya Beach Golf & Spa Resort ***** Tel: 09 419 1000 www.berjayahotels-resorts.com

Genting Bayu Chalet Tel: 09 419 7039

Juara Beach Resort Tel: 09 419 3188

Minang Cove Tel: 07 799 7372 www.minangcove.com.my

Mukut Harmony Resort Tel: 07 799 3440

Nazri Beach Cabana (Nazri 11) Tel: 09 419 1375

Panuba Inn Resort Tel: 09 419 1424 www.panubainn.com

Paya Beach Resort Tel: 07 419 7100 www.payabeach.com

Salang Indah Resort Tel: 09 419 5015

Salang Pusaka Resort Tel: 09 419 5317 www.salangpusakaresort.com.my

Tioman Beauty Beach Resort Tel: 07 799 4678

The above listing is not exhaustive * Star rating

TRANSPORTATION

Getting There

By Air Malaysia Airlines operates daily flights from the Kuala Lumpur International Airport (KLIA) to the Sultan Ahmad Shah Airport in Kuantan. The journey takes about 40 minutes. In addition, visitors can get to Pahang via Firefly, which operates from the Sultan Abdul Aziz Shah Airport in Subang.

By Road Kuantan is situated about 260km from Kuala Lumpur. There is a good network of roads linking the state to Kuala Lumpur, the capital city, as well as the neighbouring states of Kelantan and Terengganu. Visitors can self-drive from Kuala Lumpur and the journey takes approximately 3 ½ hours via the East Coast Highway.

By Bus Air-conditioned express buses to Pahang can easily be obtained from Kuala Lumpur. Buses depart from the Puduraya Bus Terminal or Hentian Pekeliling. Pahang is also well-connected to the neighbouring states of Kelantan and Terengganu.

By Rail Keretapi Tanah Melayu or Malayan Railway provides rail services to Mentakab and Kuala Lipis from Kuala Lumpur and Kota Bharu (in Kelantan).

Getting Around

Getting around Kuantan is relatively simple with the easy availability of buses and taxis. Taxis are available at main hubs such as Kompleks Teruntum, Berjaya Megamall and Jalan Mahkota. To visit the outlying places in Pahang, visitors can board the outstation buses from Terminal Makmur. Alternatively, arrange with a tour operator.

Getting to Pulau Tioman

Tioman is accessible by boat and ferry from Tanjung Gemok in Pahang and Mersing in Johor. The journey takes about 1 ½ hours. Berjaya Air operates daily direct flights to Tioman from the Sultan Abdul Aziz Shah Airport in Subang as well as from Singapore. The journey takes about one hour from Kuala Lumpur and 40 minutes from Singapore.

USEFUL CONTACT NUMBERS

Tourism Enquiries		
Tourism Malaysia Pahang Office	09 517 7111 /112 /115	
Pahang Tourist Information Centre	09 516 1007	
Fraser's Hill Development Corporation	09 517 1623 /24	www.pkbf.org.my
Tioman Development Authority	09 514 1206	www.tioman.gov.my
Transportation		
Malaysia Airlines	1 300 88 3000	www.malaysiaairlines.com
AirAsia	600 85 9999	www.airasia.com
Firefly	03 7845 4343	www.fireflyz.com
Kuala Lipis Railway Station	09 312 3277	
KTM Railway Services		
(Headquarters in Kuala Lumpur)	1 300 88 5862	www.ktmb.com.my
Boat Services to Pulau Tioman		
Bistari Gemilang	09 413 1363	
Quek's Services Sdn. Bhd.	09 413 1969	
Car Rentals		
Avis Rent A Car	1 800 88 2847	
Hertz Rent A Car	1 800 88 3086	
Clubclass Travel Network	09 514 6603	
General Enquiries		
Telekom Malaysia Directory	103	
Telekom Malaysia Operator Assisted Calls	101	
Malaysian Immigration Department	03 8880 1000	www.imi.gov.my
Emergencies		- ,
Police / Fire and Rescue Department	999	
Kuantan Police Station	09 590 2222	

TERENGGANU

Hailed as the 'Gem of the East Coast', Terengganu is a magical destination steeped in culture and heritage. Its long coastline offers sweeping vistas of aquamarine waters fringed by white powdery sands. Away from the shores lie a cluster of islands that gleam invitingly in the South China Sea. Kuala Terengganu is the charming capital of this state.

Meandering rivers lit by the glow of fireflies, cascading waterfalls and sprawling lakes form some of the state's most impressive natural sceneries.

Home to charming coastal villages and a wealth of traditional crafts, Terengganu beckons with a grace and beauty that is distinctly Malay.

Come and experience the treasures of Terengganu!



MAP OF TERENGGANU



PLACES OF INTEREST



ISLAMIC CIVILISATION PARK Pulau Wan Man

Sprawling over 33ha, the Islamic Civilisation Park is one of the state's most distinguished attractions. Featuring impressive edifices and intricate craftsmanship, the park takes visitors on a spellbinding tour of the finest in Islamic architecture. The park's icon is the glittering Crystal Mosque, a grand structure made of steel and glass. Take a stroll around the Monument Park, where visitors can view the replicas of 22 historical Islamic monuments found around the world. Among them are the Al-Hambra Citadel in Spain, Masjidil Haram in Saudi Arabia, Dome of the Rock in Palestine and Taj Mahal in India

Monument Park opening hours: 10.00am - 7.00pm (Monday to Thursday)

9.00am - 7.00pm

(Friday to Sunday, public/school holidays) Last admission is at 6.15pm. The monument park is closed from 11.30 am - 2.30 pm on Friday

Admission fee:

Malaysian RM15 Adult,

RM8 Child (age 7 - 12) Non-Malaysian

RM25 Adult,

RM15 Child (7 - 12)

Special rates are available for senior citizens and groups.

Tel: 09 627 8888

Website: www.tti.com.my

This is the first theme park in the world to showcase Islamic architecture.

TERENGGANU STATE MUSEUM COMPLEX

Nestled amidst beautifully landscaped gardens, the museum offers a glimpse into the rich history of the state. It is touted as the largest museum complex in Southeast Asia, housing four main blocks, an adjacent Maritime Museum and five traditional houses.

Opening hours: 9.00am - 5.00pm daily Closed from 12noon - 3pm on Friday Admission fee: Malaysian RM5 Adult, RM2 Child (age 7 - 12) RM1 Students in school uniform Non-Malaysian RM15 Adult, RM10 Child (age 7 - 12) Tel: 09 622 1444 Website: museum.terengganu.gov.my



PULAU DUYONG

Traditional boat building activities are the main draw of this island. Fine, seaworthy vessels are created by local craftsmen using traditional boat-making methods. The vessels are sold both locally and internationally. Pulau Duyong is also the venue of the Monsoon Cup Terengganu, a prestigious international sailing event.

Watch how the skilled craftsmen build these boats entirely from memory, without the use of any blueprint.



TENGKU TENGAH ZAHARAH MOSOUE

Built in 1994, the mosque showcases a combination of Moorish and modern architectural elements. It is dubbed as the 'Floating Mosque' for its unique design. This mosque is built on a submerged platform. When the water level rises during high tide, it creates the illusion of a floating mosque. The Tengku Tengah Zaharah Mosque is situated at the estuary of Sungai Ibai, 5km from Kuala Terengganu.



ISLANDS

Bathed in warm sunshine all year round, Terengganu's islands and beaches are a paradise for sun-seekers. The best time to visit the islands is from March to October. Most resorts are usually closed during the monsoon season (November to February) and only some resorts operate as usual. A number of islands are designated as Marine Parks and a conservation fee will be charged upon entrance.

Conservation fee: RM5 Adult, RM2 Child / Senior Citizen / Disabled.

PULAU REDANG

Situated about 45km off the coast of Terengganu, Pulau Redang is the largest of the state's islands. It is famous for its picture-postcard views and fabulous dive sites. The most popular stretch is the 800m Long Beach. It has one large resort and many smaller chalets lining the shore. Further away on the northeastern coast is Teluk Dalam Kecil, a sheltered cove that houses a five-star resort. Berjaya Air, a private carrier, provides direct air links to the island. Alternatively, Redang is accessible by sea. The jumping-off points are the Shahbandar Jetty, situated in Kuala Terengganu town or Merang Jetty, situated about an hour's drive from Kuala Terengganu.

Must do:

- · Go snorkelling at the Marine Park
- · Explore the 31 dive sites on the island
- Take a walk along the breathtaking Long Beach
- Play beach volleyball
- Enjoy a jungle walk to see monkeys, squirrels and birds



Terengganu has the longest coastline in Malaysia, stretching 244km. Go diving, swimming or simply work on your tan!

PULAU PERHENTIAN BESAR AND PERHENTIAN KECIL

A dream come true for sun-seekers, Pulau Perhentian Besar and Kecil offer amazing views of sparkling white sands and clear blue waters. The excellent visibility makes these island a firm favourite among divers and snorkellers. Visitors have a choice of staying at Perhentian Besar (the larger island) or Perhentian Kecil (the smaller one). A 10-minute boat ride is all it takes to get from one island to the other. While Perhentian Kecil has a lively, upbeat atmosphere with plenty of chalets and chic beach cafes, its neighbour has a quieter ambience with comparatively larger resorts and restaurants. Access to the islands is via a 45-minute boat ride from Kuala Besut Jetty on the mainland.

Must do:

- · Try island-hopping
- Go diving at Tokong Laut to see bamboo sharks
- · Go on a banana boat ride or try canoeing
- · Enjoy the sun and sea breeze



PULAU LANG TENGAH

Hailed as one of Terengganu's best-kept secrets, Lang Tengah is a smaller, more secluded getaway located between the islands of Redang and Perhentian. From the time you arrive, the magic of Lang Tengah will enchant you – the waters are crystal clear, the view stunningly beautiful and the atmosphere totally peaceful. There are only three resorts on this island, giving visitors total relaxation and lots of privacy. Access to this island is via the Merang Jetty.



There are about
15 dive sites around
Lang Tengah,
all within
10 minutes
boat ride from
one another.



PULAU TENGGOL

The well-sheltered bay at Pulau Tenggol is home to mature coral gardens, making it a delight for reef lovers. Being the farthest island from the mainland, the nutrient-rich waters of Tenggol are home to a kaleidoscope of colourful corals and marine life. Enjoy a stay at any of the three beach resorts here and make Pulau Tenggol your dream holiday destination. Access to this island is via the Kuala Dungun Jetty.



PULAU KAPAS AND PULAU GEMIA

Pulau Kapas lies a short distance off the coast of Terengganu. A tiny tropical paradise, the island is home to a variety of both hard and soft corals, amongst which reside rich marine life. The island is known for squid fishing at certain times of the year.

Pulau Gemia is a privately-owned island with a solitary boutique resort. It is the place for a quiet holiday with activities such as snorkelling, scuba diving, jungle trekking and beach games. The island is just 15 minutes away from the mainland. The jumping-off point is Marang Jetty (not to be confused with Merang Jetty which is the staging point to Pulau Redang).



LAKE KENYIR

Sprawling 209,199ha, Lake Kenyir is the site of Malaysia's largest hydroelectric dam. Lake Kenyir is also an alternative gateway to Taman Negara, a magnificent national park. This entryway to Taman Negara is commonly referred to as the Tanjung Mentong entryway.

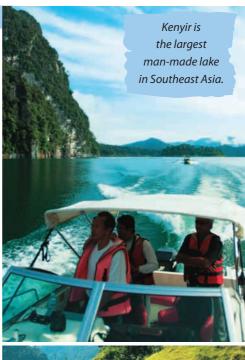
Lake Kenyir's location on the fringes of Taman Negara makes it a thriving playground for small animals, snakes and birds. The rugged terrain, streams, waterfalls, caves and submerged forests make it an exciting destination for eco-adventures and water sports.

At the southern end of the lake lie Gua Bewah and Gua Taat, two intriguing caves. The former was the site of archaeological discoveries with artefacts such as axes, tools and utensils dating back to the Neolithic age. Gua Taat on the opposite is smaller in size but contains interesting stalactite formations.

Visitors are advised to take note that fishing is only allowed at certain areas. Lake Kenyir is located about 55km from Kuala Terengganu and the nearest town is Kuala Berang. Accommodation ranges from houseboats, lakeside resorts and floating chalets. Visitors can reach Tanjung Mentong through the two jetties in Gawi and Jenangor. The motorboat trip cuts across Lake Kenyir in about 45 minutes.

Must do:

- Explore the Taat and Bewah caves
- Conquer the peak of Gunung Gagau (1,376m) for a view of the entire region
- Go kayaking, canoeing or boating
- Take a nocturnal tour to see wild animals and their footprints
- · Go mountain biking or rock climbing
- · Go angling to land a variety of freshwater fish
- · Visit the Herb Farm
- · Make a trip to the Lasir and Saok Waterfalls
- Enjoy a round of golf
- Birdwatching
- See elephants up close at the Sungai Ketiar Elephant Sanctuary
- Learn more about fishes at the Kelah (Malaysian Mahseer) Sanctuary





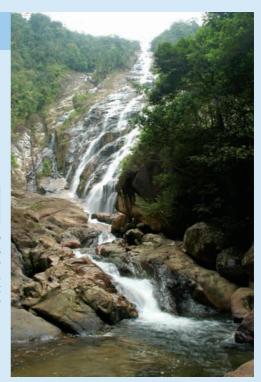
CHEMERONG WATERFALL Hulu Dungun

Hailed to be the highest waterfall in the country, the multi-tiered Chemerong Waterfall is truly a spectacular sight. It cascades some 305m along rugged cliffs and rock faces and plunges into a scenic pond. The vast size of this waterfall makes it visible even from afar. Visitors in search of milder forms of recreation can visit the recreational forest nearby. Chemerong Waterfall is situated in the Chemerong Forest Reserve, about 30km from Bandar Al Muktafi Billah Shah in Dungun.

FIREFLY SANCTUARY Sungai Yak Yah, Kemaman

Take a cruise along Sungai Yak Yah (Yak Yah River) to view one of nature's most amazing phenomena. As night falls, the riverbanks turn into a grand theatre where hundreds of fireflies form a symphony of lights. This astounding natural attraction is situated about 15km from Kijal. To go on a cruise, visitors can make arrangements with local tour operators.

Sungai Yak Yah has one of the largest firefly colonies in the country.



LA HOT SPRINGS Besut

This tropical enclave is the site of hot springs, clear streams and a recreational forest. Visitors often flock to this hot springs because of the purported healing properties of the natural sulphur here. La Hot Springs is also the gateway to the Gunung Tebu Forest Reserve. Caving, fishing, camping and jungle-trekking are among the popular activities.



LATA TEMBAKAH WATERFALL Besut

Hidden in a thickly wooded area, the Lata Tembakah Waterfall is a refreshing getaway for nature lovers. Facilities include campsites, a suspension bridge, resting huts, changing rooms, children's playground and more. The waterfall is only about 30 minutes away from Besut. Chalets operated by the Forestry Department are available for overnight visitors.

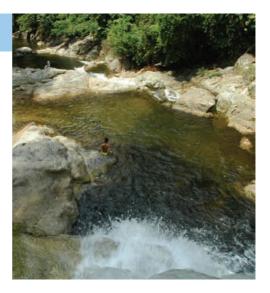


SEKAYU RECREATIONAL FOREST Kuala Berang

Sekayu Recreational Forest offers an invigorating glimpse into the wonders of the rainforest. The main attraction here is the seven-tier Sekayu Waterfalls. Resting huts are placed around the area, making it an ideal location for picnics and family outings. Chalets are available for overnight visitors. Sekayu is about 56km from Kuala Terengganu and 16km from Kuala Berang.

Must do:

- · Swim at the natural pools
- Have a picnic under the forest canopy
- · Visit the Mini Zoo
- Stroll along the orchard to see tropical fruit trees
- Spot different species of birds at the Bird Park
- · Go jungle trekking



BEACHES ON THE MAINLAND

Mainland Terengganu is the site of some beautiful beaches. Accommodation at the beach areas range from international-standard five-star resorts boasting traditional Malay architecture to chalets that cater to smaller budgets. Popular mainland beaches are Tanjung Jara, Batu Burok, Teluk Mok Nik/Monica Bay, Paka, Kijal and Kemasik.

HOMESTAYS

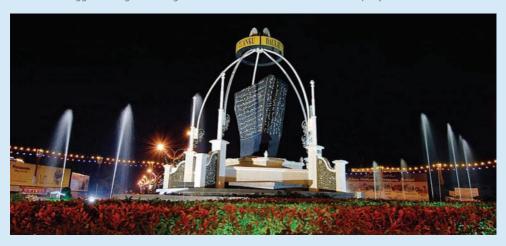
There are many homestay villages in Terengganu that offer a taste of the rural lifestyle. Mingle with the locals and enjoy a round of *congkak* with the children. Homestays can be found in the following villages:

- · Rhu 10 Homestay, Setiu
- Teluk Ketapang Homestay, Kuala Terengganu
- Pasir Raja Homestay, Dungun
- Kampung Pulau Duyong Homestay, Kuala Terengganu
- · Felda Selasih Homestay, Besut
- · Kampung Buluh Homestay, Hulu Terengganu



THERE'S MUCH MORE IN TERENGGANU

Do take the time to explore other places of interest in Terengganu. The capital city has several interesting spots that are situated near to one another. More natural attractions can be enjoyed around the state, particularly at Marang and Paka. Terengganu's long coastline gives rise to a number of beaches that are equally beautiful.



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

Marang

- · Marang River Cruise
- · Kelulut Beach
- Kampung Jenang Traditional Village

Hulu Terengganu

- · Batu Bersurat (Inscribed Stone Memorial)
- · Agriculture Park
- Lasir Waterfall
- Saok Waterfall

Besut

- Balai Seni Ukiran (Traditional Woodcarving)
- · Bukit Keluang Beach
- · Dendong Beach
- · Air Tawar Beach

Kemaman

- · Telaga Simpul
- · Kemasik Beach
- Marina Beach
- Kijal Beach
- · Bakau Tinggi Recreation Park
- · Kampung Tuan Mosque
- Jambi Mosque
- · Kemaman Recreation Park & Mini Zoo
- Jeram Perintis Waterfall

Dungun

- · Teluk Bidara Beach
- Rantau Abang Turtle Sanctuary
- Ma' Daerah Turtle Sanctuary
- Paka Beach
- · Iron-ore Mines
- · Tanjung Jara Beach

Setiu

- · Penarik Beach
- · Setiu Wetland
- · Merang Beach
- Gunung Tebu (Mount Tebu)
- Lata Belatan Waterfall

SHOPPING & DINING

Shopping

Traditional crafts, handmade souvenirs and beautiful fabrics are among the assortment of items that await avid shoppers. Fabrics include *songket* (a silk brocade) as well as batik. Aside from the traditional *sarong*, batik is also fashioned as pareos, beach wear, bags and scarves. The *keris* or Malay dagger is a unique item available in pewter and brass. Watching how these traditional weapons are made is a fascinating experience.

Among the popular shopping spots in Kuala Terengganu are:

- Pasar Payang Central Market, Kuala Terengganu
- Noor Arfa Craft Complex, Chendering, Kuala Terengganu
- Sutera Semai Complex, Chendering, Kuala Terengganu
- · Wanisma Tembaga, Kuala Terengganu



Terengganu offers an array of delectable culinary delights. As in other states, rice is the staple food. Food is reasonably priced and visitors have a wide range of delicacies to try out. As the state is situated close to the sea, seafood plays a prominent role in its culinary scene. Fresh ingredients are said to give Terengganu's food its lip-smacking taste and distinct fragrance.

Try these authentic local favourites:

Laksam – Akin to pasta, *laksam* is made of wheat and rice flours. It is then steamed and served with a gravy made of fish and coconut milk.

Nasi Dagang – A great treat for rice lovers, *nasi dagang* is a satisfying, delicious meal made of rice and glutinous rice, cooked with rich coconut cream. The aromatic rice is eaten with a tuna curry and a vegetable pickle. *Nasi dagang* literally means travellers or traders' rice, as it was often taken along by traders who travelled far.







Satar – This interesting dish consists of succulent boneless fish marinated in spices. *Satar* is wrapped in banana leaves and grilled over a flaming charcoal fire.

Keropok lekor – A fried snack, *keropok lekor* is a thick, chewy cracker made of ground fish meat. *Keropok lekor* is best eaten with its special chilli dip.

Otak-otak – Slices of mackerel or prawns are marinated in a coconut and spice paste. They are then cooked over a charcoal fire. Otak-otak can be eaten as a snack, or together with rice.

Nekbat – Rice flour and eggs are the main ingredients of this dessert. It is eaten with a pandan-flavoured syrup.

Laksa Terengganu – Rice noodles and a fragrant fish gravy make *Laksa Terengganu* a simple but highly satisfying dish.

Ketupat sotong – Seafood lovers can try this unusual dish. Glutinous rice is cooked with thick coconut milk until it is fragrant and tender. It is then used as a filling in boiled squids. Finally, the cooked squids are lightly sweetened with palm sugar. *Ketupat sotong* is a popular teatime snack.

Restaurants in Terengganu

Malay

Di Atas Sungai

Tanjung Jara Resort Batu 8, off Jalan Dungun 23000 Dungun Tel: 09 845 1100

D'Muara Live Seafood

Jalan Lorong Hj. Su Kuala Terengganu Tel : 09 622 9622

Horizon Garden Restaurant

Craft Complex Nor Arfa Chendering Industrial Area 21080 Kuala Terengganu Tel: 09 617 3700

Paradise Deluxe Restaurant

543 Jalan Bukit Besar 21100 Kuala Terengganu Tel: 09 631 1118

Restoran Mat Binjai

1081Q, Jalan Sultan Sulaiman 20000 Kuala Terengganu Tel: 09 624 2639

Sembilan Empat Enam Catering

No. 88-A, Chabang 3 21200 Kuala Terengganu Tel: 09 631 9946 / 012 980 0946 / 019 989 0946

Selera Timur 2

Jalan Hiliran Masjid 21200 Kuala Terengganu Tel: 09 623 1902 / 623 4025

Restoran Penvu

Lot 4528, Ground Floor Jalan Sultan Zainal Abidin 20000 Kuala Terengganu Tel: 09 622 6725

Chinese

Ocean Restaurant

Lot 2679, Jalan Zainal Abidin 20000 Kuala Terengganu Tel: 09 623 9154

Restoran Tian Kee

No. 136/2 Jalan Sultan Zainal Abidin 20000 Kuala Terengganu Tel: 09 622 4375

Indian

Kari Asha Restaurant

No. 1-H, Jalan Air Jernih 20300 Kuala Terengganu Tel: 09 623 2469

The above listing is not exhaustive

EVENTS

Terengganu has a host of exciting events all year round. Some of these events are famed around the world and place Terengganu in international limelight.

Event	Month	Venue
Kenyir International Triathlon (International Event)	April	Lake Kenyir
Tenggol Underwater Challenge	May	Tenggol Island
Sultan's Cup Terengganu Endurance Challenge	October	Setiu
Monsoon Cup Terengganu	November	Duyung Island
Terengganu Go! Surfing	December	Batu Burok



ESSENTIAL INFORMATION

ACCOMMODATION

Boutique hotels, luxury resorts and budget chalets are aplenty in Terengganu. The bigger and more developed islands such as Redang and Perhentian offer both well-appointed hotel accommodation as well as modest beach huts. Smaller islands such as Lang Tengah, Kapas and Tenggol offer basic lodgings. Gem Island is known for its solitary boutique resort. Over at the mainland, visitors will find several boutique hotels and five-star resorts located by the beach.

Besut

Bukit Keluang Beach Resort ***
Tel: 09 695 4100
www.bkbr.com.mv

Taman Azimos Chalet Tel: 09 695 7405

Demong Beach Resort Chalet Tel: 09 695 5500

Rumah Rehat Kerajaan Tel: 09 695 6326

Pulau Perhentian Besar

Arwana Perhentian Eco Resort & Beach Chalet Tel: 09 691 1888 www.arwanaperhentian.com.my

Coral View Island Resort Tel: 09 697 4943 www.coralviewisland.com

New Cocohut Chalet / Cozy Resort Tel: 09 697 4982 / 691 1811 www.perhentianislandcocohut.com

Fauna Beach Chalet Tel: 09 697 7607

Floral Bay Chalet Tel: 09 691 1666

Perhentian Island Resort *** Tel: 09 697 4900 www.perhentianislandresort.net

Tuna Bay Island Resort Tel: 09 690 2902 www.tunabay.com.my

Pulau Perhentian Kecil

Bubu Long Beach Resort Tel: 03 2142 6688 / 09 691 1333 www.buburesort.com.my Senja Bay Resort Tel: 09 691 1799 www.senjabay.com

Shari-La Island Resort Tel: 09 691 1500 www.shari-la.com

Watercolours Impiani Island Resort Tel: 09 691 1857 www.watercoloursworld.com

Dungun

Dahima's Guest House Tel: 09 845 2843

Merantau Inn Tel: 09 844 1131

Pasir Raja Resthouse Tel: 09 848 1616

Residence Resort **** Tel: 09 827 3366 www.residence.com.my

Six Villa Inn Tel: 09 827 4398 www.sixvillainn.com

Sri Gate Hotel Tel: 09 848 1648

Sura Hotel Tel: 09 848 1716

Tanjong Jara Resort *****
Tel: 03 2719 8000 / 09 845 1100
www.tanjongjararesort.com

Turtles De'Village Inn Tel: 09 845 6001

UITM Hotel ** Tel: 09 848 1700 www.tganu_uitm.edu.my Rumbia Resort Villa Tel: 09 827 2020 www.rumbiaresort.com

Pulau Tenggol

Tenggol Island Beach Resort Tel: 012 680 1148 www.pulautenggol.com

Tenggol Island Resort Tel: 09 848 4862

Kuala Berang

Selasih Hotel Tel: 09 681 1655

Lake Kenyir Resort & Spa Tel: 09 666 8888 www.lakekenyir.com

Kenyir Sanctuary Resort Tel: 013 936 6514

Musang Kenyir Resort Tel: 09 623 1888

Lake Land Resort Tel: 03 6273 2213

Petang Island Resort Tel: 09 622 1276

Kemaman

Awana Kijal Beach, Spa & Golf Resort ***** Tel: 09 864 1188 www.awana.com.my

Cheneh Recreation & Resort Tel: 09 873 0541

Muni Hotel Tel: 09 859 2366

Kemaman Seaview Hotel Tel: 09 859 6337





Serasi Inn Kerteh Tel: 09 826 6627

Tiara Hotel Tel: 09 859 1802

Kuala Terengganu

Terengganu Equestrian Resort Tel: 09 617 7755 www.ter.com.my

Ming Star Hotel Tel: 09 622 8666 www.mingstarhotel.com

Batu Burok Beach Resort ** Tel: 09 622 1410 www.batuburokbeachresort.com.my

Grand Continental Hotel ***
Tel: 09 625 1888
www.ghihotel.com.my

Alamanda Hotel Tel: 09 622 8888 Ri-Yaz Heritage Bay Resort & Spa **** Tel: 09 627 7888 www.ri-yazheritage.com

Indah Hotel Tel: 09 623 3023

K.T. Beach Resort Tel: 09 631 5555

K.T. Mutiara Hotel Tel: 09 622 2655

K.T. Travellers Inn Tel: 09 622 3666

Kenangan Hotel Tel: 09 622 2688 www.hotelkenangan.com.my

Motel Desa Tel: 09 622 3033

Permai Inn Kuala Terengganu *** Tel: 09 622 2122 www.permaiinnkt.com.my Primula Beach Hotel **** Tel: 09 622 2100 www.primulahotels.com

Qurata Riverside Tel: 09 617 5500

Seaview Hotel Tel: 09 622 1911

Seri Indah Resort ** Tel: 09 622 2633

Seri Malaysia Hotel ** Tel: 09 623 6454 www.serimalaysia.com.my

Sri Hoover Hotel Tel: 09 623 3823

Terengganu Hotel Tel: 09 622 2900

YT Midtown Hotel ** Tel: 09 622 3088

Awi's Yellow House Tel: 09 622 2080

Penginapan Nur Atikah Tel: 09 623 1973

Ping Anchorage Travellers Tel: 09 626 2020 www.pinganchorage.com.my

Sri Tanjung Hotel Tel: 09 626 2636

Triple A Guest House Tel: 09 622 7372

Wisma Hajah Chik Tel: 09 624 5333

Yaseen Guest House Tel: 019 936 6575

Felda Residence Kuala Terengganu **** Tel: 09 632 1111 www.plantationresorts.com.my

Hotel Tanjong Vista Tel : 09 631 9988 www.hoteltanjongvista.com.my

Pulau Redang

Berjaya Redang Beach Resort **** Tel: 09 630 8888 www.berjayahotels-resorts.com

Coral Redang Island Resort Tel: 09 623 6200 www.coralredang.com.my

Laguna Redang ****
Tel: 09 631 0888
www.lagunaredangtt.com.my

Mozana Beach Resort Tel: 09 630 1900

Redang Bay Resort *** Tel: 09 620 3200 www.redangbay.com.my

Redang Beach Resort Tel: 09 623 8188 www.redang.com.my

Redang Kalong Resort Tel: 09 622 1591 www.redangkalong.com

Redang Lagoon Tel: 09 666 5020 www.redanglagoon.com

Redang Reef Resort Tel: 09 622 6181 www.redangreefresort.com.my

Redang Pelangi Resort Tel: 09 624 2158 www.redangpelangi.com

Pulau Lang Tengah

Redang Lang Island Resort Tel: 09 623 9911 www.redanglangresort.com.my

D'Coconut Island Resort Tel: 03 4252 6686 www.dcoconutlagoon.com

Lang Sari Resort Tel: 03 2166 1380 www.langsari.com

Marang

Angullia Beach House Tel: 09 618 1322 www.angulliaresort.com

Duta Retreat Tel: 03 888 6748

Island View Resort Tel: 09 618 2006

Kamal Guest House Tel: 09 618 2181

Marang Waterfront Resort & Spa Tel: 09 618 3999 www.marangguesthouse.com

Rhu Muda Resort Tel: 09 618 1934

Seri Malaysia Hotel ** Tel: 09 618 2889 www.serimalaysia.com.my

Pulau Kapas

Makcik Gemok Resort Tel: 09 624 5120

Kapas Beach Chalet Tel: 012 288 2008

Kapas Island Resort *** Tel: 09 624 9493 www.kapasislandresort.com

Setiu

The Aryani Resort Tel: 09 653 2111 www.thearyani.com

Gem Beach Resort *** Tel: 09 669 5910 www.gembeach.net

Kembara Resort Tel: 09 653 1770 http://kembararesort.tripod.com

Nelayan Inn Tel: 09 697 7921

Peladang Setiu Agro Resort Tel: 09 690 2245 www.peladangsetiuagroresort.com

Suria Resort Tel: 09 653 1600 www.suriaresort.com

Sutra Beach Resort ***
Tel: 09 653 1111
www.sutrabeachresort.com.my

The above listing is not exhaustive * Star rating



TRANSPORTATION

Getting There

By Air

Malaysia Airlines operates direct flights from the Kuala Lumpur International Airport (KLIA) to the Sultan Mahmud Airport in Kuala Terengganu. The flight takes about 55 minutes. In addition, Firefly airlines flies from the Sultan Abdul Aziz Shah Airport in Subang to Kuala Terengganu and Kerteh. Firefly also operates flights to Kuala Terengganu from Singapore. Alternatively, visitors can take the budget airline AirAsia from the Low Cost Carrier Terminal or LCCT. This terminal is situated in Sepang, about 20km from the KLIA Main Terminal.

Self-Drive

The journey from Kuala Lumpur to Kuala Terengganu covers a distance of 455km via the East Coast Expressway. Visitors can see panoramic views of the countryside. Although driving along the scenic route is very pleasant, visitors are advised to practice caution when driving along rural villages and farms.



By Bus

Express buses to various towns in Terengganu are easily available from Kuala Lumpur and other parts of the country. Visitors can board the buses from Hentian Putra in Kuala Lumpur. The journey takes about five to seven hours. Tickets must be purchased early during festive periods and public holidays.

Getting to the Islands

Merang Jetty and Syahbandar Jetty	Kuala Terengganu	
Merang Jetty	Kuala Terengganu	
Merang Jetty	Kuala Terengganu	
Kuala Besut Jetty	Kota Bharu Although the island is situated in Terengganu, the jumping-off point (Kuala Besut Jetty) is situated near to the neighbouring state of Kelantan. The drive to Kuala Besut Jetty from Kota Bharu only takes about half an hour.	
Marang Jetty	Kuala Terengganu	
Marang Jetty	Kuala Terengganu	
Kuala Dungun Jetty	Kuala Terengganu	
NAME OF THE PARTY		
	Syahbandar Jetty Merang Jetty Merang Jetty Kuala Besut Jetty Marang Jetty Marang Jetty	



Getting Around

There are several interesting modes of transportation in Terengganu. Among them is the beautifully decorated Heritage Bus or town bus which plies the major tourist spots in the capital city of Kuala Terengganu. The bus operates on a hop-on hop-off concept. The starting point is at Taman Syahbandar, where visitors can choose from the two routes available. Among the destinations serviced by this bus is the State Museum, Noor Arfa Craft Complex, Islamic Civilisation Park, Pasar Payang Central Market and the Floating Mosque.

In addition, there are also local buses and taxis that ply the main towns within the state. Visitors are advised to determine the rates before boarding the taxi.

Brightly-decorated trishaws are another attraction in Kuala Terengganu. Visitors can enjoy a leisurely ride while taking in the sights and sounds of the city. Hop on for a ride to Chinatown or the Pasar Payang Central Market. Fares will be determined according to distance, duration and number of passengers. Trishaw peddlers are mostly friendly and accommodating, so feel free to have a chat and determine the rates in advance.

There are two types of boats for visitors who enjoy river cruises – the gondolas and the local boat (bot penambang). While the pretty gondolas are suitable for sightseeing, the local boats enable visitors to travel together with the local folk.



USEFUL CONTACT NUMBERS

5	
09 630 9433 / 9093	
00 622 1553	
09 097 3100	
4 200 00 200	
1 300 88 3000	www.malaysiaairlines.com
600 85 9999	www.airasia.com
02 7045 4242	unau frofuz com
03 /845 4343	www.fireflyz.com
03 7845 8382 / 8378	www.berjaya-air.com
(Kuala Lumpur)	, ,
09 630 2228	
(Pulau Redang)	
, and the second se	
09 623 1744	www.hedacotravel.com
	www.pinganchorage.com.my
	www.heritageonestep.com.my
	www.nemageonestep.com.my
09 669 3990	
1 300 99 9592	www.transnasional.com.my
	www.trarisriasional.com.my
00 600 2601	
09 097 4093	
04.6.44.6.0000	
016 416 0338	
019 981 7398	
09 618 3754	
09 618 1976	
103	
101	
03 8880 1000	www.imi.gov.my
999	
09 635 4722	
	09 630 9433 / 9093 09 622 1553 09 868 7600 09 697 3166 1 300 88 3000 600 85 9999 03 7845 4343 03 7845 8382 / 8378 (Kuala Lumpur) 09 630 2228 (Pulau Redang) 09 623 1744 09 626 2020 09 631 6468 09 622 9133 09 662 3121 013 901 0737 09 669 3990 1 300 88 8582 09 623 0623 09 631 6355 09 624 1020 09 690 2691 09 697 5854 09 697 4095 016 416 0338 019 981 7398 09 618 3754 09 618 1976

KELANTAN

The most rustic of the three states in the region, Kelantan truly lives up to its name as the 'Cradle of Malay Culture'. The state's landscape is a charming blend of quaint villages, small towns and riverine settlements. Amidst the houses built on stilts and covered with thatched roofs, one can revel in the time-honoured Malay heritage and culture.

The capital city of Kelantan is Kota Bharu.

Kelantan's hinterland is a dramatic mix of mountains, caves and pristine jungles.
Scale the imposing Mount
Stong or trek into the
Kuala Koh National Park.

Experience the rustic charm of Kelantan!



MAP OF KELANTAN



PLACES OF INTEREST

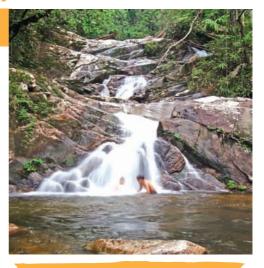
GUNUNG STONG Kuala Krai

Undoubtedly the most popular eco-adventure destination in Kelantan, Gunung Stong is a favourite among trekkers, mountaineers and nature-lovers. The 1,433m mountain is situated in Stong State Park. Climbers can stay overnight at Baha Camp. Alternatively, visitors can spend a night at the Stong Hill Resort situated at the foothills.

Must do:

- · Watch the sunrise from Baha Camp
- See a variety of orchids and palms
- Keep an eye out for Rafflesia, the world's biggest flower
- · Scale to the Jelawang Waterfall
- · Explore the neighbouring Gunung Ayam
- View endemic plants such as the didymocarpus calcareous, licuala stongensis (a fan palm) and holttumochloa pubescens (a rare bamboo).
 These plants are only found on Gunung Stong.

Tel: 09 748 1957 (Kelantan Forestry Department) 019 959 1020 (Baha's Adventure Team) 017 971 0899 (Guide Services)



Plunging some 303m deep, the spectacular seven-tiered Jelawang Waterfall is said to be the highest in Southeast Asia.

KUALA KOH NATIONAL PARK Gua Musang

Kuala Koh is the northern entry point to Taman Negara. Spread over 1,043sq km, the park is an undisturbed jungle with a wide range flora and fauna.

Must do:

- View over 200 species of birds experienced bird watchers have seen up to 150 species within a few days!
- Catch a glimpse of the shy wildlife from the *bumbun* or observation hides
- · Explore the many jungle trails
- Enjoy the view from the breathtaking 300m-high canopy walkway
- · Go kayaking or tubing
- Visit the Batek indigenous settlement to watch fire-making and blowpipe demonstrations
- · Camp out and commune with nature

Tel: 09 912 2940 (Gua Musang Wildlife Department) 013 928 2952 (Kuala Koh National Park Office) 012 965 4788 (Kuala Koh National Park Resort)



This entry point to Taman Negara is touted to have the best potential for wildlife sighting.

HANDICRAFT VILLAGE (KAMPUNG KRAFTANGAN) Kota Bharu

This is a good place to begin your tour of Kota Bharu. Set within a beautiful courtyard, the complex houses a Craft Museum, souvenir shops, tourism offices and a restaurant. Browse through the unique handicrafts and souvenirs or watch the cultural performances held occasionally. Visitors can drop by at the tourism offices here for more information on the state's attractions.

Opening hours: 8.30am - 4.45pm (Closed on Friday) Admission to the Handicraft Village is free, but there are separate charges to enter the museum. Tel: 09 748 2266

CRAFT MUSEUM Kota Bharu

View an impressive collection of the state's crafts, from embroidered fabrics, songket, batik, silver to pandanus mats. Visitors can learn about the history and the processes of making these unique handicrafts.



Opening hours: 8.30am - 4.45pm (Closed on Friday) Admission fee: RM1.00 (Malaysian) RM2.00 (non-Malaysian) Tel: 09 748 2266

COTTAGE INDUSTRIES & CRAFTS Kota Bharu

Kelantan is famed for its arts and crafts. Although many craft items are now produced on a big scale by factories, cottage industries continue to thrive and handmade crafts are very much in demand. One of the best places to see cottage industries is the stretch of road that leads to Pantai Cahaya Bulan. Here, batik fabric in various shades can be seen drying out in the sun, while roadside stalls offer prettily-decorated giant kites, bags and many interesting souvenirs.



HOMESTAYS

Live with the locals and experience the rural lifestyle in these villages:

- · Kampung Batu Papan, Gua Musang
- · Kampung Seterpa, Kota Bharu
- · Kampung Renok Baru, Gua Musang
- · Kampung Pantai Suri, Tumpat
- · Kampung Bukit Jering, Jeli
- Kampung Kubang Telaga, Gunung Bachok
- Kampung Kemunchup, Machang
- · Kampung Jelawang, Dabong

To arrange a homestay visit, kindly contact Tourism Malaysia's office in Kelantan.



CULTURAL CENTRE (GELANGGANG SENI) Kota Bharu

Folk arts and traditional performances are the signature attractions of Kelantan. At the Cultural Centre, visitors will get a chance to enjoy some of the age-old cultural performances that are rarely seen anywhere else.

Must do:

- · Watch wayang kulit or shadow puppetry
- Try your hand at playing the rebana ubi (a huge and colourful drum) or kertok (a coconut husk percussion instrument)
- · Watch silat, the Malay martial arts
- · See how gasing or the spinning top is launched
- · Learn how to fly the wau or giant kite

The Cultural Centre operates from January to December. Performances are held five times a week, on Sunday, Monday, Tuesday, Wednesday and Saturday (3.30pm onwards). Shadow plays are only performed on the first and third weeks of the month.

Admission is free. Tel: 09 748 5534 / 3543



During a wayang kulit performance, the master storytelller or Tok Dalang conducts the show from behind the screen by reciting the tale with appropriate sounds and movements.

AL-MUHAMMADI MOSQUE Kota Bharu

Graceful arches and golden-coloured domes make this mosque an impressive sight even from afar. Also known as the State Mosque, this remarkable place of worship was named after the late Sultan Muhammad IV who contributed greatly to the state. Visitors are advised to dress appropriately.



WAR MUSEUM Kota Bharu

This is an excellent place to learn about World War II and its impact on Kelantan. The museum features a fascinating collection of documents, pictures and military paraphernalia relating to the war and the Japanese occupation in Malaysia from 1941 to 1945. Artefacts include Japanese swords, mortar shells as well as personal accounts of survivors. The museum is housed within a historical building constructed in 1912.

Opening hours: 8.30am - 4.45pm (Closed on Friday) Admission fee: RM1.00 (Malaysian) RM2.00 (non-Malaysian) Tel: 09 748 2266

> In the past, the War Museum served as the headquarters of the Japanese Kempetai, the feared secret police.

STATE MUSEUM Kota Bharu

View a splendid collection of exhibits on Kelantan's arts, crafts and musical traditions. Highlights include artefacts from local archaeological sites.

Opening hours: 8.30am - 4.45pm (Closed on Friday) Admission fee: RM1 (Malaysian) RM2 (non-Malaysian)

Tel: 09 748 2266



ROYAL MUSEUM (ISTANA BATU) Kota Bharu

Step into a lovely repository of the Kelantan royal family regalia. The museum showcases a range of information on the state's royal family, from Their Highness' social activities to gifts, personal collection and palace decorations.

Opening hours: 8.30am - 4.45pm (Closed on Friday) Admission fee: RM1.00 (Malaysian) RM2.00 (non-Malaysian)

Tel: 09 748 2266



MUSEUM OF ROYAL TRADITIONS AND CUSTOMS (ISTANA JAHAR) Kota Bharu

Be enthralled by the grandeur of royal Malay customs and traditions. In this museum, visitors can learn all about royal engagements, weddings, births and other ceremonial occasions. Built in 1887, the building is a fine example of the state's supreme craftsmanship, with intricately carved wooden panels, iron grills, elaborate roofs and a beautifully-designed arched stairway.

Opening hours: 8.30am - 4.45pm (Closed on Friday) Admission fee: RM1.00 (Malaysian)

RM2.00 (non-Malaysian)

Tel: 09 748 2266



ISTANA BALAI BESAR Kota Bharu

Built by Sultan Muhammad in 1840, this resplendent edifice features carved wooden panels and intricate framework. It was the residence of the past Sultans and now serves as the venue for official functions and royal ceremonies. Entrance is restricted to royalty and officials



SITI KHADIJAH MARKET Kota Bharu

This bustling bazaar is a landmark attraction and one of the most photographed buildings in the state. Locals flock here for a profusion of items, from fruits, vegetables, pickles to freshly ground spices. A section of the building is devoted to local desserts and goodies.



BUDDHIST TEMPLES Tumpat

Kelantan is the site of some impressive Buddhist Temples. The most well-known is Wat Photivihan in Kampung Jambu. This temple houses the largest Reclining Buddha in Southeast Asia. It measures 40m in length and 9m in width.

Situated in Kampung Bunuhan, Wat Machimmaram is famed for its Sitting Buddha. It is said to be the second largest of its kind in Southeast Asia. Wat Mai Suwankhiri or the Dragonboat Temple is another famous landmark in the state, featuring replicas of a huge dragonboat guarded by two magnificent dragons.



Wat Photivihan is believed to house the largest Reclining Buddha in Southeast Asia.

CAVING IN GUA IKAN AND GUA GELAP Dabong

There are a number of caves in Kelantan, especially in the district of Gua Musang. Dabong is the gateway to most of these places. This town is about 160km to the west of Kota Bharu. The most well-known cave is Gua Ikan. Literally meaning Fish Cave, this formation was named after a fish-shaped rock.

Another popular spot for spelunking is Gua Gelap, which literally means 'dark cave'. It truly lives up to its name, with small crevices on the cave walls being the only source of natural light.

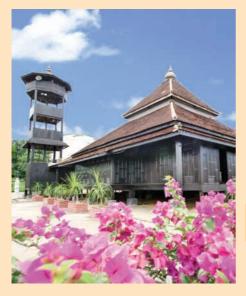
Aside from Dabong, Gua Musang too has a number of caves that are worth exploring. Among the popular caves here are Gua Cha, Gua Pintu and Gua Sidang.



Gua Cha is one of the most actively researched archaelogical sites in Peninsular Malaysia. The artefacts that were found here include human skeletons and cultural objects.

KAMPUNG LAUT MOSQUE Nilam Puri

This mosque is acclaimed as the oldest in the state, and one of the oldest in the Malay archipelago. Originally situated in Kampung Laut, Tumpat, this mosque was moved to its present location in Nilam Puri after the site was flooded in 1968. This mosque was said to have been built by Islamic missionaries who travelled between Champa and Java, with the help of some locals. It is noted to have similarities to the Demak Mosque in Jawa, built in 1401. Visitors are advised to dress appropriately.



SWEET NYET KONG TEMPLE Gua Musang

This temple's modest exterior belies its historic and religious importance. It contains a sacred painting of the Goddess of Mercy, Guan Yin, that is estimated to be between 500 to 700 years old. Every year, a nine-day festival is held in honour of Guan Yin's birthday, which falls on the 19th day of the second lunar month. The celebration attracts devotees from Hong Kong, Taiwan, Japan and Korea.

According to the locals, the sacred painting was brought from China by one of the early Chinese immigrants who received divine instruction to set off for Pulai in a quest for gold. He was said to have struck gold soon after the Chinese settlement here was founded.

PANTAL TOK BALL Pasir Puteh

Idyllic and tranquil, the Tok Bali Beach is a relaxing getaway with warm waters and palm-lined beaches. Accommodation ranges from chalets to affordable beach resorts. Tok Bali is approximately 45 minutes drive from Kota Bharu. The Tok Bali Jetty is one of the staging points to Perhentian Island in Terengganu.



PANTAI KUALA PA'AMAT Sering

It is hard to believe that this quiet and calm beach at Kuala Pa' Amat was once a battlefield. This is a site of great historical significance, where the Japanese troops first landed to invade British Malaya. A fierce battle ensued and many soldiers were killed.

Today, the beach is a nostalgic destination for Japanese tourists and war veterans. There is a small Peace Monument here, with descriptions of the battle. The beach is about 12km from Kota Bharu.

It is said that the assault on Kuala Pa'Amat Beach at 12.25am on 8 December 1941 was one and a half hours before the attack on Pearl Harbour due to the difference in the International Date Line.

THERE'S MUCH MORE IN KELANTAN

Kelantan's attractions are diverse and interesting. Kota Bharu, the capital city, has a number of attractions that can be visited on foot. Some of these places are situated close to one another. Just outside of Kota Bharu, more rustic villages and countrysides begin to unfurl. The state has a number of waterfalls that are situated off the beaten track. For more adventure, make a trip to the jungle-clad hills.







Kota Bharu

- · Padang Merdeka
- · Islamic Museum
- · Tengku Anis Orchid Park
- · Langgar Mosque
- River Cruise from Kota Bharu to Kampung Laut
- Pantai Cahaya Bulan (Beach of Moonlight)
- · Pantai Sabak Fishing Village
- · Gerbang Sultan Ismail Petra (Petra Arch)
- · Bazar Buluh Kubu

Bachok

- · Pantai Melawi (Melawi Beach)
- · Pantai Irama (Irama Beach)

Kuala Krai

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

Pasir Puteh

- · Pantai Bisikan Bayu (Beach of Whispering Winds)
- · Jeram Lenang Waterfalls
- Jeram Pasu Waterfalls

Tumpat

- · Tok Janggut's Tomb
- Pantai Seri Tujuh (Beach of Seven Lagoons)

Gua Musang

- Gunung Rabong (Mount Rabong)
- Gunung Chamah (Mount Chamah)
- Ethnobotany Camp
- · Lojing Highlands
- Kelantan National Park

Jeli

- · Gunung Reng
- Lake Pergau
- · Jeli Hot Springs

SHOPPING & DINING

Shopping

A bewildering range of handicrafts in various colours, shapes and sizes fill the shelves at Kelantan's souvenir shops. Take your pick from the intricate handicrafts, silverware, fashionable batik sarongs, pareos and trendy bags to the richly-embroidered *songket* fabric and many more. In many places, visitors can also watch how the crafts are made. Some items such as giant kites can be custom-made to suit your liking.

Among the popular shopping spots in Kelantan are:

- · Bazaar Buluh Kubu (Bamboo Fort Bazaar)
- · Siti Khadijah Market
- · Wakaf Che Yeh
- · Road to Pantai Cahaya Bulan
- Kampung Putih, Kubor Kuda and Kampung Badan (batik-making)
- Kampung Kijang (Wau or giant kite-making)
- · Kampung Penambang (Songket-making)
- Kampung Sireh, Kampung Morak and Kampung Badang (silversmith)

Duty-free shopping zones:

- · Rantau Panjang
- · Pengkalan Kubor
- · Bukit Bunga

Dining

There is a delightful assortment of local fare and most eateries are open until late at night to cater to the adventurous foodies. Rice, the staple food, is creatively cooked in many ways with the use of different herbs and spices. Local dishes are spicy and pungent and some dishes have Thai influences. The state is also known for its variety of sumptuous desserts.

Alternatively, visitors can opt for Western food served at major restaurants and hotels. Fast food outlets are available at major towns.

Try these authentic local favourites:

· Ayam percik

Crispy, barbecued chicken that has been marinated in spices and coconut gravy.

Nasi kerabu

A rice-based dish served with coconut milk, fish flakes, desiccated coconut, spices and sauces.

Nasi dagang

A combination of rice and glutinous rice, *nasi dagang* is often accompanied by spicy tuna fish curry and pickled vegetables.







Budu

This is a fermented anchovies sauce with a hint of lime juice, chilly and onions. According to locals, *budu* adds that extra zing and taste to an otherwise regular meal.

• Serunding (meat floss)

A local savoury snack where thinly sliced meat is cooked until it is light and fluffy. It can be eaten as a snack or served with rice and bread.

Desserts

Take your pick from the wide array of desserts easily available in Kelantan. The use of palm sugar, eggs and coconut milk give the desserts a fragrant aroma and rich taste. Popular desserts include akok, dodol, jala mas, nekbat, lompat tikam and tahi itek.

Restaurants in Kelantan

Malay

Nasi Ulam Cikgu

Kampung Kraftangan Jalan Hilir Balai 15300 Kota Bharu Tel: 019 946 6665

Hover Restaurant

1963A, Jalan Dato' Pati 15000 Kota Bharu Tel: 09 748 1439

Chinese

Chengmai Restaurant

Lot 327 & 328 Seksyen 27 Jalan Sri Cemerlang 15000 Kota Bharu Tel: 09 741 8328

New Horizon Garden Restaurant

Jalan Pasir Mas Salor 15100 Kota Bharu Tel: 09 744 7177

Food Village Restaurant

Lot 1184, Kampung Baung Jalan Pengkalan Chepa 16100 Kota Bharu Tel: 017 923 9448 / 017 977 4715

Mamak

Mamak & Spicy Restaurant

Lot 27, Seksyen 20 Wakaf Siku Jalan Sultan Yahya Petra 15200 Kota Bharu Tel: 09 741 2770

The above listing is not exhaustive



EVENT

A wide variety of exciting events can be found in Kelantan. Cultural themes feature strongly in this state's yearly calendar of events

Event	Month	Venue	
International Wau Festival	ational Wau Festival June Geting Beach, Tumpat		
Kelantan Food Festival (100 Rice Dishes Festival)	July	Stadium Sultan Muhammad IV, Kota Bharu	
Batik, Songket & Craft Festival	July	Cultural Centre, Kota Bharu	
Arts and Culture Carnival	July	Stadium Sultan Muhammad IV, Kota Bharu	
Water Festival	October	Sireh Square, Kota Bharu	

ESSENTIAL INFORMATION

ACCOMMODATION

Accommodation in Kelantan ranges from affordable hotels, hostels, chalets and a few star-rated hotels. In the outskirts, most of the accommodation facilities are modest.

Kota Bharu

Renaissance Kota Bharu *****

Tel: 09 746 2233

www.renaissance-kotabharu.com

Grand Riverview Hotel****

Tel: 09 743 9988 www.grh.com.my

New Pacific Hotel ****

Tel: 09 745 6555

www.newpacific.com.my

Crown Garden Hotel

Tel: 09 743 2228

Sutera Inn Prima ***

Tel: 09 744 1000

www.suterainn.com.my

Julia Inn Premier Hotel ***

Tel: 09 744 6888

Crystal Lodge *** Tel: 09 747 0888

www.crystallodge.com.my

Hotel Raudah

Dynasty Inn ** Tel: 09 747 3000

Suria Hotel ** Tel: 09 743 2255

Temenggong Hotel ** Tel: 09 748 3481 / 3130

Hotel Anda Tel: 09 747 7600

Sabriena Court Tel: 09 744 7944

Kencana Lodge Tel: 09 747 7222 KB Garden Hotel Tel: 09 747 4603

Paloh Inn

Tel: 09 743 3629

Hotel Politan

Tel: 09 741 8888

E'N'E Inn

Tel: 09 743 9968

Hotel Sentosa Tel: 09 744 3200

Dani Hotel

Tel: 09 748 6790

Star Family Hotel

Tel: 09 748 2970 / 6115

Sri Cemerlang Baru Lounge Tel: 09 744 9648

Irama Timur Resthouse Tel: 09 747 1741

SDI Budget Hotel Tel: 09 743 9475 / 9495

Hotel Bharu Tel: 09 745 3232 Flora Place Tel: 09 747 7888

www.thefloraplace.com

Perdana Resort Tel: 09 774 2284

Gua Musang

Fully Inn ***

Tel: 09 912 3311 / 3366 / 3399

Kesedar Inn ** Tel: 09 912 2131 www.kesedar.gov.my

Evergreen Hotel Tel: 09 912 2273

Hotel Usaha Tel: 09 912 4003

Bachok

Sri Melawi Chalet

Tel: 09 778 1998 / 012 900 8529

Tanah Merah

Tanah Merah Hotel Tel: 09 955 7682

The above listing is not exhaustive * Star rating



TRANSPORTATION

Getting There

By Air

Malaysia Airlines operates daily direct flights to the Sultan Ismail Petra Airport in Pengkalan Chepa, Kelantan. The flights depart from the Kuala Lumpur International Airport (KLIA), which is situated in Sepang. Alternatively, visitors can board the Firefly airlines which operates from the Sultan Abdul Aziz Shah Airport in Subang, Selangor.

The budget carrier, AirAsia, flies daily to Kelantan from the Low Cost Carrier Terminal (LCCT) situated about 20km from the KLIA Main Terminal Building.

Self-Drive

There is a good network of roads linking major towns in the country to Kelantan. Kota Bharu is situated about 474km from Kuala Lumpur, Malaysia's capital city. Visitors can drive along the East West Highway. The journey from Kuala Lumpur to Kelantan takes about five hours.

By Bus

There are scheduled air-conditioned express buses from Kuala Lumpur linking most towns in Kelantan. Main destinations include Kota Bharu, Gua Musang, Rantau Panjang, Pengkalan Kubor and Tumpat. Visitors can board the bus at Hentian Putra, situated along Jalan Tun Ismail (near Putra World Trade Centre or PWTC). The journey takes about five to six hours. Tickets must be purchased in advance during school holidays and festive seasons.

By Rail

Keretapi Tanah Melayu (KTM) or Malayan Railway provides daily rail services to Kelantan. From Kuala Lumpur, visitors can board the Express Wau train from the KL Sentral Station. The train departs at 8.30pm daily and arrives in Kelantan at 10.25am the next day. Visitors from Johor and Singapore can board the Express Timuran which departs at 6.25pm from Singapore. It arrives at 9.05am the next day.

Getting Around

Getting around Kelantan is fairly easy as there are buses, taxis, trishaws and airport taxis. The local bus station is situated near to Kampung Kraftangan or the Handicraft Village. The buses here provide access to various places within Kota Bharu. To go outside of Kota Bharu town, visitors can take the buses that operate from the Jalan Bandar Bus Station. Outstation buses are available at the Jalan Hamzah Bus Terminal as well as the SKMK Langgar Bus Terminal. Buses here connect Kota Bharu to Kuala Lumpur as well as other towns in Malaysia. Taxis can be hailed from any part of the town, but determine the fare first.

The local train is an interesting mode of transport. This train operates within the state, and connects Tumpat (situated in the state's north) to Gua Musang in the south. The service begins at 3.05am from Tumpat.

To explore Kota Bharu in an unconventional way, visitors can try taking the trishaw. Trishaws are usually concentrated at the Pasar Siti Khadijah area and its vicinity. Visitors are advised to agree on the price in advance.

Tourism Enquiries		
Tourism Malaysia Kelantan	09 747 7554	
Tourist Information Centre (operated by Kelantan State Government)	09 748 5534 / 3543	
South Kelantan Development Authority	09 913 2200 / 2201	
(KESEDAR)		
Transportation		
Malaysia Airlines	1 300 88 3000	www.malaysiaairlines.com
AirAsia	600 85 9999	www.airasia.com
Firefly	03 7845 4343	www.fireflyz.com
Sultan Ismail Petra Airport, Kota Bharu	09 773 7400 / 7402 / 7403	
Airport Taxi	09 774 7732	
Trains		
Keretapi Tanah Melayu (Malayan Railway)	1 300 88 5862	www.ktmb.com.my
Gua Musang Railway Station	09 912 1226	
Kuala Krai Railway Station	09 966 6224	
Wakaf Bharu Railway Station	09 719 6986	
Tumpat Railway Station	09 725 7232	
Express Buses		
(Kota Bharu to Kuala Lumpur and vice versa)		
Mahligai Express	09 741 8533 / 8633	
Konsortium Bas Ekspres	09 747 4866	
Cepat Express	09 747 9859	
Utama Express	09 743 4817	
Budaya Express	09 746 2790	
Chendana Express	09 746 1055	
Ekspres Darul Naim	09 743 5355	
Ferry Services to Perhentian Island		
(from Tok Bali Jetty)		
Symphony Travel & Tours	09 778 0189	
General Enquiries		
Telekom Malaysia Directory	103	
Telekom Malaysia Operator Assisted Calls	101	
Malaysian Immigration Department	03 8880 1000	www.imi.gov.my
Kelantan State Immigration Office	09 748 2120 / 2644	, , , , , , , , , , , , , , , , , , ,
	744 0322 / 0503	
Rantau Panjang Immigration Office	09 795 0344	
Pengkalan Kubor Immigration Office	09 721 1300	
Bukit Bunga Immigration Office	09 946 8688	
Emergencies		
Police / Fire and Rescue Department	999	
Kata Dhaw, Dalias Ctation	00.740.5533	

09 748 5522

Kota Bharu Police Station

TIPS FOR TOURISTS

Saying it in Malay

Welcome Good morning Good night Thank you You are welcome Goodbye How are you? I'm fine I'm sorry Rice Selamat Datang Selamat pagi Selamat malam Terima kasih Sama sama Selamat jalan Apa khabar? Khabar baik Minta maaf Vegetables Meat Fish Beach Sea Mountain Hill Cave Lake Road Sayur
Daging
Ikan
Pantai
Laut
Gunung
Bukit
Gua
Tasik
Jalan

Bus Taxi Train Flight Please Help Caution Entrance Exit Restroom

Bas Teksi Keretapi / Tren Kapal terbang Sila / Tolong Tolong Awas Masuk Keluar Tandas

Local Information

- The states of Terengganu and Kelantan observe Sunday to Thursday as working days. Friday and Saturday are public holidays. Banks, government offices and most businesses in Kelantan and Terengganu operate from Sunday to Thursday. However, Pahang follows the standard working days from Monday to Friday. Saturday and Sunday are public holidays.
- In Terengganu and Kelantan, most places of interest, including some museums, may be closed on Friday.
 Visitors are advised to check first.
- 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.
- When entering places of worship such as mosques or temples, shoes should be removed. Most mosques provide robes and headscarves for female visitors.
 Taking photographs at places of worship is usually permitted but ask for permission first.
- Muslims do not consume liquor or alcoholic beverages. Liquor is strictly not served in restaurants or eateries in Kelantan or Terengganu. However, liquor is served at major hotels.
- In the states or Kelantan and Terengganu, there are very few entertainment outlets. Dining is a popular activity for visitors who wish to stay out late.

- The sea can be rough during the monsoon season between October to 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.
- During boat rides, please request for safety jackets from the boat operator.

Some social tips

- · Be respectful when you are at public ceremonies.
- When sitting on the floor, men sit cross-legged while women normally sit with their legs tucked to the side.
- To give or receive something, try to use the right hand.
- When pointing, it is preferable to use the thumb with the four fingers folded under, rather than the forefinger.
- The majority of Muslims in the East Coast region dress modestly. Visitors are advised to do the same.
- Malaysians refrain from displaying their affection in public (i.e embracing or kissing). Visitors are advised to take note of this.

MALAYSTA AT A GLANCE

COUNTRY The federation of Malaysia comprises Peninsular Malaysia, which is made up of 11 states, three Federal Territories as well as the states of Sabah and Sarawak situated in Borneo.

CAPITAL CITY Kuala Lumpur

GEOGRAPHICAL LOCATION Lying 2 to 7 degrees north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by the South China Sea. The Peninsular shares a common border with Thailand in the north, while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

AREA 329,758 sq km

POPULATION 28 million

PEOPLE Malays make up about 57% of the population, with Chinese, Indians and other ethnic groups making up the rest.

LANGUAGE Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.

RELIGION Islam is the official religion but all other religions are practised freely.

GOVERNMENT Malaysia 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 2.000mm to 2.500mm.

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

Banks in most states are open from Mondays to Fridays. The operating hours are generally from 9.15am to 4.30pm. Some branches operate on Saturdays or extend their working hours on weekdays. In Kelantan and Terengganu, banks are closed on Fridays and Saturdays. Check the websites of the

relevant banks for more details. Online banking services are provided by most banks.

POST OFFICES Most post offices are open from 8.30am to 5.00pm daily except on Sundays and public holidays. In Kedah, Kelantan and Terengganu, they are closed on Fridays and public holidays.

WORKING DAYS Government offices in all states, with the exception of Kedah, Kelantan and Terengganu, operate on a five-day week from Monday to Friday. Some private establishments are open for half a day on Saturday. Government offices in Kedah, Kelantan and Terengganu are open from Sunday and Thursday. They are closed on Friday and Saturday.

TIME The standard Malaysian time is eight hours ahead of GMT and 16 hours ahead of the U.S. Pacific Standard Time.

ELECTRICITY The voltage used throughout Malaysia is 220 - 240 volts AC, at 50 cycles per second. Standard 3-pin square plugs and sockets are used.

MEASUREMENT SYSTEM Malaysia uses the metric system.

TELECOMMUNICATIONS Malaysia is linked nationally and internationally by telephone, facsimile and via the Internet. Most hotels provide International Direct Dial (IDD) telephone services and Wi-fi Internet connection.

GETTING TO MALAYSIA The main gateway to Malaysia is through the new Kuala Lumpur International Airport (KLIA) at Sepang, which is located approximately 50km south of Kuala Lumpur. Other major international airports that serves entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. Malaysia has two low cost carrier terminals (LCCT), which are situated in Sepang and Kota Kinabalu.

Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. The airline is a full-fledged member of oneworld, one of the world's top three airline alliances. The national carrier is complemented by its subsidiary, Firefly, and the budget airline, AirAsia. The main entry point by sea is at Port Klang, about 50km 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 starrated hotels, boutique hotels, beach resorts, chalets, youth hostels and timeshare apartments are among the types of accommodation available.

HEAD OFFICE

Malaysia Tourism Promotion Board (Ministry of Tourism, Malaysia) 9th Floor, No. 2, Tower 1, Jalan P5/6, Precinct 5, 62200 Putrajaya, Malaysia Tel: 603 8891 8000 • Tourism Infoline 1 300 88 5050 (within Malaysia only) • Fax: 603 8891 8999 E-mail: enquiries@tourism.gov.my • Website: www.tourismmalaysia.gov.my

STATE OFFICES

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Kompleks Pelancongan Negeri Kedah Seksyen 20, Jalan Raia, 05000 Alor Setar, Kedah Tel: 604 731 2322 / 730 1322 • Fax: 604 734 0322 E-mail: mtpbkdh@tourism.gov.my

KELANTAN

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Lot 02, Ground Floor Bangunan Lembaga Tabung Haji Jalan Banda Kaba, 75000 Melaka Tel: 606 288 3304 / 3785 / 1549 Fax: 606 286 9804

E-mail: mtpb.melaka@tourism.gov.my

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E-mail: mtpb.negerisembilan@tourism.gov.my

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E-mail: mtpb.pahang@tourism.gov.my

No. 11, Lebuh Pantai 10300 George Town, Penang Tel: 604 261 0058 / 263 4941 • Fax: 604 262 3688 E-mail: mtpbpen@tourism.gov.my

PERAK

No. 12, Medan Istana 2 Bandar Ipoh Raya, 30000 Ipoh, Perak Tel: 605 255 9962 / 2772 / 1012 Fax: 605 253 2194 E-mail: mtpbperak@tourism.gov.my

No 19, Ground Floor, Jalan Pengkalan Indah Pengkalan Asam, 01000 Kangar, Perlis Tel: 604 978 1235 / 1213 • Fax: 604 978 1143 E-mail: mtpb.perlis@tourism.gov.my

Lot 1-0-7, Ground Floor, Block 1 Lorong Api-Api 1, Api-Api Center 88000 Kota Kinabalu, Sabah Tel: 6088 211 732 / 248 698 / 242 064 Fax: 6088 241 764 E-mail: mtpbbki@tourism.gov.my

SARAWAK

Parcel 297-2-1, Level 2, Riverbank Suites Jalan Tunku Abdul Rahman 93100 Kuching, Sarawak Tel: 6082 246 575 / 775 • Fax: 6082 246 442 E-mail: mtpbkch@tourism.gov.my

SELANGOR/PUTRAJAYA

6th Floor, Wisma PKPS Persiaran Perbandaran Seksyen 14 40675 Shah Alam, Selangor Tel: 603 5510 9100 • Fax: 603 5510 9101 E-mail: mtpbselangor@tourism.gov.my

TERENGGANU

No. 11 Ground & First Floors Pusat Niaga Paya Keladi, Jalan Kampung Daik 20000 Kuala Terengganu, Terengganu Tel: 609 630 9433 / 9093 • Fax: 609 630 9091 E-mail: mtpbkt@tourism.gov.my

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Website: www.tourismmalavsia.com.au

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Level 2, 171 Clarence Street Sydney NSW 2000, Australia Tel: 00 61 2 9299 4441 • Fax: 00 61 2 9262 2026 E-mail: malaysia@malaysiatourism.com.au Website: www.tourismmalaysia.com.au

High Commission of Malaysia Unit No 1.14 - 1.15 First Floor, The Rizgun International Hotel Gadong BE3519, Brunei Darussalam Tel: 00 673 238 1575 / 1576 Fax: 00 673 238 1584 E-mail: mtpb.brunei@tourism.gov.my

1590-1111, West Georgia Street Vancouver, British Columbia Canada V6E 4M3 Tel: 00 1 60 4689 8899 • Fax: 00 1 60 4689 8804 E-mail: mtpb.vancouver@tourism.gov.my / info@tourismmalavsia.ca

Website: www.tourismmalaysia.ca

Beijing

Tourism Section, Embassy of Malaysia Room 506 - 507, Air China Plaza No. 36, Xiaoyun Road, Chaoyang District Beijing 100027, People's Republic of China Tel: 00 86 10 8447 5056 • Fax: 00 86 10 8447 5798 E-mail: mtpb.beijing@tourism.gov.my Website: www.tourismmalaysia.cn

Guangzhou

Consulate General of Malaysia (Tourism Section) Unit 3216, 32nd Floor, CITIC Plaza Office Tower No. 233, Tianhe Bei Road, Guangzhou 510610 People's Republic of China Tel: 00 86 20 3877 3691 • Fax: 00 86 20 3877 3692 E-mail: mtpb.guangzhou@tourism.gov.my Website: www.tourismmalaysia.cn

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HONG KONG

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INDIA

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123, Jolly Maker Chamber II 12th Floor, Nariman Point Mumbai 400021, Republic of India Tel: 00 91 22 6635 2085 • Fax: 00 91 22 6639 0702 E-mail: mtpb.mumbai@tourism.gov.my Website: www.malavsiaiao.com

New Delhi

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INDONESIA

Jakarta

c/o Consulate General of Malaysia Jalan H.R Rasuna Said, Kav.x/6 No. 1-3, Kuningan, Jakarta Selatan 12950 Republic of Indonesia Tel: 00 62 21 522 0765 / 4947 Fax: 00 62 21 522 0766 E-mail: mtpb.jakarta@tourism.gov.my

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Website: www.turismomalesia.it

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c/o Embassy of Malaysia Rustenburawea 2 2517 KE The Hague

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Tel: 00 31 70 350 6506 • Fax: 00 31 70 350 6536

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There are six international airports in Malaysia.

All the states are linked with a good network of domestic airlines.

www.malaysiaairlines.com | www.airasia.com | www.fireflyz.com

