

COOL HIGHLAND
RESORTS

Malaysia



Boh Tea Plantation, Pahang

Malaysia
Truly Asia

CONTENTS

- 04 Come up to the Highlands
- 06 Exhilarating Genting Highlands
- 10 Charming Cameron Highlands
- 14 Nostalgic Fraser's Hill
- 18 Tranquil Bukit Larut
- 22 Scenic Kinabalu Park
- 26 Picturesque Kundasang
- 30 Invigorating Berjaya Hills
- 34 Enchanting Penang Hill
- 38 Rustic Janda Baik
- 41 Malaysia at a Glance
- 42 Tourism Malaysia Offices



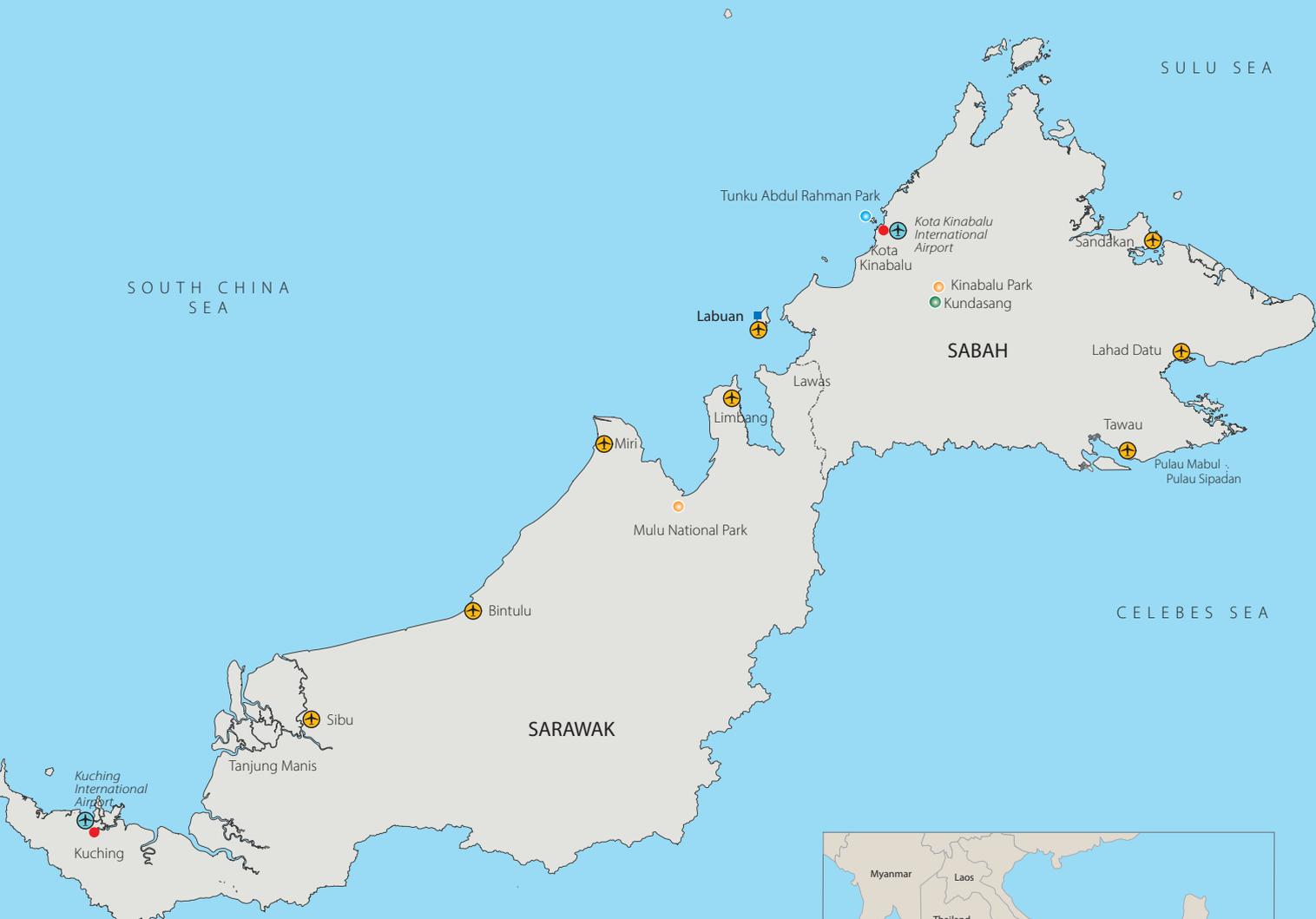
Legend		Glossary
■ Capital City	International Airport	Pulau - Island
■ Federal Territory	Domestic Airport	Gunung - Mountain
● State Capital	○ Marine Park	
----- State Border	● Highland Resort	
	○ National Park	

* Map not drawn to scale



SULU SEA

SOUTH CHINA SEA



CELEBES SEA



COME UP TO THE HIGHLANDS

Welcome to Malaysia's cool highland resorts. Located on the main mountain ranges of Peninsular Malaysia and the states of Sabah and Sarawak in East Malaysia, these charming highland resorts are a refreshing change for those seeking a respite from the warmer tropical weather. With temperatures averaging 16° to 21°C, Malaysia's highlands offer generous open green expanses, fresh mountain air and breathtaking flora and fauna.



Be it the exciting city in the clouds, Genting Highlands, or the idyllic hamlet of Fraser's Hill, each highland destination is a unique getaway with its own distinctive character. Come discover enchanting Penang Hill and tranquil Bukit Larut up north. More attractions await at the charming Cameron Highlands and the invigorating Berjaya Hills. Across the South China Sea in the scenic island of Borneo, are Kinabalu Park, a UNESCO World Heritage Site and Kundasang. Whether you stroll through tea or strawberry plantations, trek through misty jungles to catch glimpses of rare fauna and flora, or tee off above the clouds, Malaysia's highland resorts will provide you with an uplifting experience.





EXHILARATING Genting Highlands

If you are looking for round-the-clock excitement in the cool highlands, the glitzy 'City of Entertainment', Genting Highlands, is the place for you. Situated some 1,800m above sea level and just under an hour's drive from Malaysia's capital city of Kuala Lumpur, this resort is popular among locals and overseas visitors for its fine mix of tranquil and thrilling attractions.



The pace of life quickens as you journey upwards from the foothill towards Resorts World Genting at the summit. As you go along, you will find yourself leaving the idyllic and peaceful sights at the foothills and entering an astonishing land of fun and entertainment.

The main draw of the 'city in the clouds' is the abundance of exciting attractions, from exhilarating rides and games to internationally acclaimed live shows and more. Have a great time at the Skytropolis Indoor Theme Park and be dazzled by the amazing range of rides and games. Rain or shine, the indoor theme park will keep the whole family entertained. For a winter getaway in a European themed village, enter the SnowWorld. Looking for something out of the ordinary? Try SkyVR to experience the latest multi-sensory attractions and arcade games.

But that's not all. Ripley's Adventureland showcases the wackiest exhibits from the collection of Robert Ripley. There are also two Video Games Parks which offer a variety of new and classic arcade games.

For a unique glow-in-the-dark bowling experience, head to the 20-lane Genting Bowl. Don't miss the SkySymphony Theatre which promises a spellbinding experience of audio, visual and motion graphics. It is a free performance featuring the largest permanent winch installation in Asia. It is also the first multimedia winch attraction in Asia.

Accommodation atop Genting Highlands is aplenty with numerous apartments and hotels to choose from, including Crockfords, Maxims and Genting Grand. The combination of all these attractions, together with an astonishing array of international and local cuisine and irresistible shopping outlets including the Genting Highlands Premium Outlets, certainly makes this City of Entertainment live up to its name. You will never have a dull moment in Resorts World Genting. Visit the SkyCasinos, enjoy the internationally renowned performances or opt for a leisurely round of golf and rejuvenate at the spa. Whatever you fancy, this fast-paced hill resort has endless round-the-clock fun.



GETTING TO GENTING HIGHLANDS

Genting Highlands is accessible via a good range of transport options, such as self-drive, limousine and express buses.

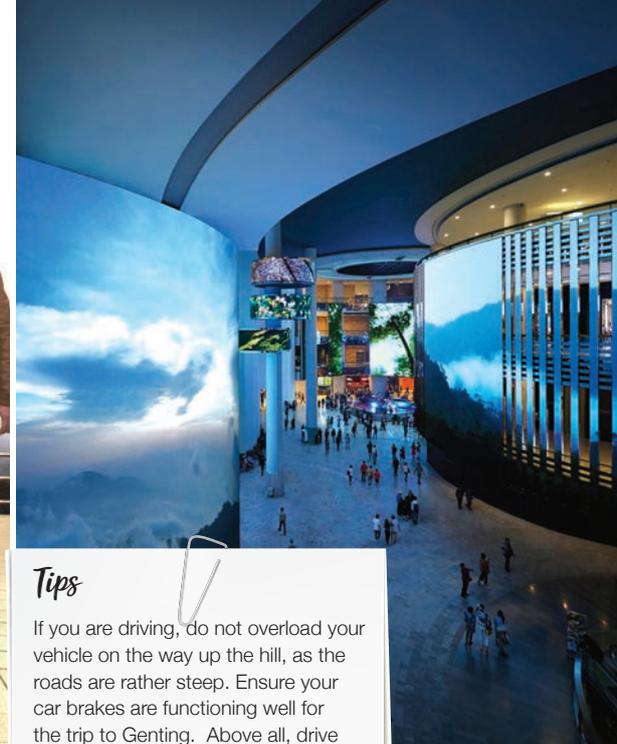
For those who enjoy driving, Genting Highlands is situated 51km northeast of Kuala Lumpur. It is accessible via the new scenic 6-lane Karak Highway or the Batang Kali road up north. At the foothills of Genting Highlands lies the small township of Gohtong Jaya where visitors can indulge in a quick meal or shop for supplies and groceries before heading up the hill.

The more popular option to get to Resorts World Genting is the express coach from KL Sentral Station, the city's main transportation hub. Resorts World Tours (RWT) Express Buses are also available from other locations in

Kuala Lumpur, i.e. One Utama Shopping Mall, Gombak and Pudu Sentral. The new bus terminal at the Awana SkyWay building is modelled after a modern day airport and provides ample facilities for dining and shopping.

Visitors arriving from the Kuala Lumpur International Airport or KLIA can choose from the Limousine service or taxi service. From Ipoh, visitors can board the fast train or ETS that plies the Ipoh - Kuala Lumpur - Batang Kali route and then take the Aerobus shuttle bus service to Genting Highlands.

There are also daily bus services from Singapore, provided by WTS Travel Pte Ltd. (coach.wtstravel.com.sg)



AWANA SKYWAY GONDOLA RIDE

One of the highlights in Genting Highlands is the safe, comfortable and exciting gondola ride called Awana SkyWay. The 2.8km ride takes only 10 minutes, ascending from Awana Station to the final stop, SkyAvenue Station. In between, visitors can get down at Chin Swee Station to explore the Chin Swee Cave Temple. The French-made cable cars stand at 2.1m high, and are able to carry 3,000 passengers one-way every hour. The gondolas fly over the main attractions at the resort, giving visitors a bird's eye view of the entire landscape. There are standard gondolas and glass-floor gondolas that provide an unbelievable experience. Awana SkyWay operates seven days a week from 7:00am until midnight.

Contact:

Resorts World Genting
General Line
603 6101 1118 (Operator)
Website: www.rwgenting.com

Tips

If you are driving, do not overload your vehicle on the way up the hill, as the roads are rather steep. Ensure your car brakes are functioning well for the trip to Genting. Above all, drive carefully as there are many precarious bends and heavy traffic during public holidays. During poor visibility or misty conditions, it is advisable to avoid driving up to the resort.

Resorts World Genting (Room Reservations)
Lower Ground Floor, Wisma Genting
Jalan Sultan Ismail, 50250 Kuala Lumpur
Tel: 603 2718 1118
Fax: 603 2718 1888
E-mail: customer-care@genting.com

Genting Transport Reservations Centre
Tel: 603 6251 8398
Fax: 603 6251 8399

Singapore
WTS Travel Pte Ltd (TA 637)
Tel: 6466 8558
coach.wtstravel.com.sg

CHARMING Cameron Highlands

There is much to see and do in Cameron Highlands, the largest of Malaysia's highland resorts. Be it walks through lovely little villages and charming butterfly, strawberry and honey bee farms, or visits to delightful Tudor-style country inns and sprawling tea plantations, this resort will captivate you with its rustic charm. Situated 1,500m above sea level, about two hours' drive from Kuala Lumpur, Cameron Highlands comprises a series of little townships that include Ringlet, Tanah Rata, Brinchang, Tringkap, Kuala Terla and Kampung Raja.





THE ADVENTURE BEGINS

The journey from the foot of the hill to the summit is an adventure in itself. You can get there via the town of Tapah or through the new highway at Simpang Pulai. The route via Tapah takes you past natural waterfalls, hot springs, Orang Asli (indigenous people) villages, religious shrines, souvenir shops, roadside markets and much more. A quick stop at Kuala Woh unveils a recreational park with natural hot springs, while further on at Chenderiang and Lata Iskandar, beautiful cascading waterfalls beckon.

RINGLET

Ringlet, the first of the Cameron Highlands townships lies 1,135m above sea level. If you are driving, you will probably want to stop here for petrol and to take in the surrounding attractions that include a market, a temple, a magnificent Tudor-style hotel called The Lakehouse and several delightful flower nurseries. A right turn just after Habu will lead you past a multitude of vegetable farms and straight to the sprawling Boh Tea Estate where you can tour the Boh factory and indulge in a cup of freshly-brewed tea. If you are feeling a little adventurous, you may want to get off the beaten track and try the Dayang Endah trail that will lead you to the Robinson Waterfall. These hills also offer a host of other trails that involve either a gentle stroll or a half-day trek for the very fit.

Back on the main road to Tanah Rata, you will come across the Cameron Bharat Tea Plantation and the Tea Shop with its unique souvenirs, scrumptious scones and more tea. In the valley below, the enchanting dark green terraces of the tea plantation are the perfect backdrop for a photo.



TANAH RATA

At 1,300m above sea level, the main township of Tanah Rata offers attractions like the MARDI Agro-Technology Park, the Parit Waterfall and Homestay Taman Sedia. There is no lack of accommodation here as you can choose from a range of first class hotels, motels and apartments. If you want to experience a bit of nostalgia, drop by Bala's Holiday Chalet or the Smokehouse Hotel, both reminiscent of country inns. The Smokehouse Hotel has managed to retain much of its country house charm complete with latticed windows, wooden beams and a rose garden with white wrought iron garden furniture. Its interiors, filled with antiques from a bygone era, portraits of the British Royal family, rich dark carpets, heavy sofas and four-poster beds, complete the pretty picture.

BRINCHANG BECKONS

Five kilometres up the road is Brinchang, the highest-lying township in Cameron Highlands. Its attractions include a Sikh temple, the ornate Sam Poh Temple, numerous amenities and a handicraft centre. Golf enthusiasts will enjoy teeing off at the 18-hole Sultan Ahmad Shah Golf Club, the only course on the hill.

The nearby Cactus Valley, which features thousands of cacti on display, also boasts a comprehensive variety of plants and foliage as well as apple trees, passion fruit and other temperate climate fruits. Several strawberry farms dot the area. Some grow strawberries organically in coconut husks placed on stilt-like platforms off the ground. Here you can pay a small fee to pick fresh succulent strawberries or simply purchase the assortment of homemade jam or dried strawberries.

A short distance away, the Multicrops Central Market and Kea Farm offer you fresh highland produce at a fraction of city prices. From vegetables, to multi-coloured flowers and dainty little souvenirs, you will want to spend some time here exploring the many delightful finds.

On your descent, stop by the Butterfly Farm and Butterfly Garden to view the many beautiful species, including the renowned Rajah Brooke birdwing butterfly. Nearby, strategically placed giant replicas of honey bees will lead you to the Ee Feng Gu Honey Bee Farm. Here, you can view bees gathering pollen amidst the plush sweet scented gardens and orchards, as well as savour and purchase bottles of pure honey. Do also drop by the adjacent Rose Valley where about 450 varieties of roses flourish.

On the left of the Butterfly Farm is the picturesque Sungai Palas Boh Tea Estate. Stop by at the factory to learn about tea processing or watch an audio visual presentation and sample some Cameronian tea. The same road leads you to Gunung Brinchang, reputedly the highest road in Peninsular Malaysia at 2,000m above sea level. Enjoy the panoramic views from the mountaintop.

THE DESCENT

If you came up the hill via Tapah, you may want to try the newer Simpang Pulai route on your descent to Highway Exit 137 leading to the North-South Expressway. This new 59km road is a pleasant scenic drive as the turns are not so tight.

On the way down, you will pass the Blue Valley Tea Estate and the townships of Tringkap, Kuala Terla and Kampung Raja as well as farming communities living on the hillside.

The enchanting views of the Peninsular's main mountain range and the luxuriant mist-filled forests, will take your breath away.

GETTING TO THE HIGHLANDS

Cameron Highlands is accessible either via Tapah or the new highway at Simpang Pulai. If you are driving up from Kuala Lumpur, the Simpang Pulai exit is another 45 minutes north of Tapah along the North-South Expressway. The ascent along this route is much smoother and less precarious than the route from Tapah.

Bus and taxi services are available from the TBS bus terminal in Kuala Lumpur and will take you all the way up to Tanah Rata. Alternatively, take a train to Tapah and then continue your journey.

Contact:

Tourism Pahang
No. 33 & 33A
ICT Hub, Indian Town
Jalan Putra Square 4
25200 Kuantan, Pahang
Tel: 09-568 1623
E-mail: Pahangtourism2015@gmail.com
Website: www.pahangtourism.org.my



Tips

Cameron Highlands offers many delightful jungle trails for nature lovers. However, during poor weather conditions, please consult your hotel or guesthouse on the suitability of the trails before embarking on your trek. It is advisable that you begin earlier in the day and not late in the afternoon, as some of these walks may take up to a few hours, and you may not finish before nightfall. Do inform your hosts or local authorities of the route you are taking, and when you plan to get back.

NOSTALGIC Fraser's Hill

Sitting pretty amidst the Pahang rainforests is the little hamlet of Fraser's Hill. At 1,524m above sea level, this highland resort is a naturalists' paradise boasting innumerable plant, bird and animal species. This resort is popular with those who are interested in gentler, nature-based pursuits such as trekking, bird watching, horse riding, fishing and camping.





ORIGINS

Fraser's Hill owes its name to a Scottish trader, Louis James Fraser, who established a tin ore trading station in the forested mountains between the Selangor-Pahang border at the end of the 19th century. Fraser was known to have used a mule train to ascend the hill and trade in tin ore until the fateful day that he mysteriously disappeared in the dense forested hills. A search was mounted for Fraser but he was never found. However, the potential of the hills as a cool getaway was uncovered. The hills were surveyed and eventually developed into a hill retreat named after the missing Scotsman in 1919.

Access to Fraser's Hill is only possible by road via the 'Gap' at the base of the resort. Once you get through the Gap and into Fraser's Hill, you will feel as though you have gone back in time to a bygone era. Fraser's Hill is akin to a little Scottish village with granite-coloured, mock-Tudor buildings dotting the landscape. The town is relatively small, with much of the activity centred on a market square dominated by a little clock tower. Most of the town's amenities are housed in colonial-style buildings.



The Scottish charm has been carefully replicated elsewhere throughout the resort so as to harmonise with the environment.

From Ye Olde Smokehouse's country home ambience to the many Tudor-style public rest houses and privately owned bungalows, right up to the Paddock housing the resort's horses and the myriad flower gardens, the colonial influence is evident everywhere.

To support the many conservation efforts being carried out in this naturalists' paradise, the Fraser's Hill Nature Education Centre (FHNEC) was set up in 1997. Sitting smack in the centre of town, it should be the first stop for those looking to learn more about the resort and its abundant flora and fauna. To maintain the relatively unspoiled beauty, FHNEC and various other parties are undertaking conservation efforts to preserve the eight scenic nature trails in the vicinity. Considered one of Malaysia's premier locations for bird watching, this hill resort hosts the annual Fraser's Hill International

Bird Race. This bird watching competition requires bird watchers to spot as many bird species as possible within the resort's routes. Information on hundreds of bird species ever recorded in Fraser's Hill, both local and migratory, can be found at the Bird Interpretive Centre (BIC) at Puncak Inn.

Visitors to Fraser's Hill have an abundance of relaxing activities to indulge in. From a game of golf at the 9-hole Royal Fraser's Hill Golf Club to fishing and boating at Allan's Water, from strolls among the many beautiful flower gardens to splashing about in the icy cold Jeriau Waterfalls, there are enough leisurely pursuits to keep you occupied. Accommodation at Fraser's Hill includes serviced apartments, medium to large bungalows and hotels.



UP AND DOWN FRASER'S HILL

Fraser's Hill is an hour and a half away from Kuala Lumpur by car. En route, you will pass the town of Kuala Kubu Bharu and the journey thereafter will take approximately 45 minutes along a winding stretch of road. The old road is now used solely for going up the hill while the new road (Quarry Road) takes you down the hill. Another alternative route is via Bentong, which takes you straight to Tranum before reaching the hilltop via the Gap.

BUS, TAXI AND TRAIN SERVICES

Direct bus services are available from Kuala Lumpur (KL) to Kuala Kubu Bharu (KKB). From the KKB Bus Terminal, you can take a taxi to Fraser's Hill.

Another option is to take the KTM Komuter train from KL Sentral to KKB. From there, you can take a taxi to the hill resort.

Contact

Tourism Pahang
No. 33 & 33A
ICT Hub, Indian Town
Jalan Putra Square 4
25200 Kuantan, Pahang
Tel: 09-568 1623
E-mail: Pahangtourism2015@gmail.com
Website: www.pahangtourism.org.my

Puncak Inn Fraser's Hill
Jalan Genting
49000 Bukit Fraser
Pahang
Tel: 609 362 2007
Fax: 609 362 2201
E-mail: puncakinn2@yahoo.com

Tips

While the drive up the hill is a pleasant one, the winding roads can give passengers motion sickness. You may want to roll down the windows for some fresh air and drive a bit slower. If you are descending the hill in the evening, do stop to take in the spectacular sunset amidst the nearby Kuala Selangor Dam. Aim to drive up the hill in the daytime, as the winding roads can be quite precarious.

TRANQUIL Bukit Larut

Bukit Larut, the smallest hill resort in Malaysia, towers over Taiping. The unique thing about this hillside resort is that nature has been left alone to flourish so bountifully.



Bukit Larut is the smallest hill resort in Malaysia. The best feature about this hillside resort is that nature has been left alone to flourish so bountifully. Gazetted as a permanent forest reserve in 1910, Bukit Larut's untouched montane forests are filled with bird life while squirrels and gibbons roam around freely. This resort is especially popular with nature lovers, bird watchers, day trippers and others looking for a tranquil getaway.

Perched 1,250m above sea level, Bukit Larut was formerly called Maxwell Hill. It derived its name from George Maxwell, a British Resident of Perak who set up the hill station about a hundred years ago to serve as a cool retreat for colonial officials wanting to escape from the humidity of the lowlands. With Taiping's lush greenery, giant trees and placid lakes, it is easy to see why Maxwell chose this hill. Before you ascend the hill, it is worthwhile to visit Taiping's many attractions such as the Taiping Zoo and Night Safari, the war cemetery, museum and the beautiful lake gardens.



THE CLEAN, GREEN SURROUNDINGS

Among the many trails here, the Gunung Hijau trail is the best for bird watchers. It spirals up towards Gunung Hijau at 1,449m above sea level. On a clear day, you can see all of Taiping town and even the Perak coastline from this vantage point. For nature lovers, the Mountain Giant Fishtail Palm, wild orchids and many other exotic species can be found here. There are various bungalows and rest houses offering comfortable accommodation, most of them built about a century ago.

Transportation to the summit of Bukit Larut is by a jeep, for which a small fee is charged. In the olden days, pony back rides and sedan chairs were the only mode of transport up the hill. Today, 13km of tared road takes you to the summit. The roads are still narrow and steep with 72 very sharp bends.



ASCENDING BUKIT LARUT

Bukit Larut is situated about 290km from Kuala Lumpur and 9km from Taiping. This hill resort is only accessible through a jeep service that is operated by the local authority. Situated at the foothill, the local authority office serves as a one-stop centre for all arrangements pertaining to your visit such as transport and accommodation bookings. Please contact in advance to make your arrangements.

Contact

Bukit Larut Local Authority
(under Taiping Municipal Council)
Tel: 605 807 7241
E-mail: ppbl@mptaiping.gov.my

Tips

Transport to the hilltop will be arranged on a first-come-first-served basis according to jeep availability. Visitors are advised to arrive early.



SCENIC Kinabalu Park

On the rainforest-clad island of Borneo, you will find Kinabalu Park, Malaysia's first World Heritage Site. Within it stands Mount Kinabalu, the highest mountain in Southeast Asia between the Himalayas and Wilhelmena in Irian Jaya (New Guinea). Revel in the wealth of rare flora and fauna and spectacular waterfalls. From the giant Rafflesia flower and many nocturnal creatures, to the spectacular trek through primordial jungle up misty peaks, and finally above the clouds to catch an awe-inspiring sunrise – this is the one adventure you will never forget.



Kinabalu Park, a scenic two-hour drive from Kota Kinabalu – the capital of Sabah, is a dream come true for nature lovers. The park covers a staggering area of 754 sq km, has four climatic zones and also one of the richest collections of flora in the world. The majestic Mount Kinabalu is its main attraction.

A SACRED SITE

The Kadazandusun, Sabah's largest ethnic group, believe that the mountain is the sacred resting ground of the spirits of their ancestors. The Kadazandusun practise shifting cultivation on the hill slopes and serve as reliable guides and porters to visitors trekking up Mount Kinabalu.

The gateway to the mountain is the Kinabalu Park Headquarters, situated 1,563m on its southern boundary. Accommodation, restaurants and an exhibition centre are available here. This is also where you pay the entrance fee to the park and register if you are an overnight visitor or a climber. Popular attractions include the Mount Kinabalu Botanical Garden. After viewing the slide shows on the park's rich history and biodiversity, you can explore the gardens on your own, or join the park's naturalist on a guided walk.

You do not need any real experience in mountain climbing to conquer the highest peak of Southeast Asia, but it pays to be fit. While the summit of Mount Kinabalu can be reached in two days, a three-day climb is less strenuous and allows you more time to indulge in the natural beauty of the surroundings.

TRAILS TO THE TOP

Following a massive earthquake in 2015, visitors only have access to Mount Kinabalu via the new Summit Trail (along Timpohon Gate).

The new trail will take climbers from Laban Rata situated at an altitude of 3,272m, to Sayat Sayat at 3,668m before they continue on the summit trail to Low's Peak at 4,095.2m. The new trail is slightly longer but offers beautiful views of the picturesque Ranau Valley. The terrain is also more challenging but ladders and steps are in place to help climbers. The alternative trail, is called the Kota Belud route. It takes a westerly course from Panalaban, but eventually leads to Sayat Sayat.

Climbers will pass Layang-Layang Hut (the Place of Swallows) at 2,703m above sea level and pass the Villosa Shelter and a helipad where one can catch sweeping views of the Summit Plateau. Further on you will come upon the Paka Cave Shelter, where the first explorers slept. To break their journey, climbers will spend a night at Laban Rata, which is equipped with a hostel and a restaurant.

After a short night's rest, you need to be ready by 2.30am in order to catch the sunrise at the peak. It takes about three hours to reach the peak and there are ladders and ropes to help you over the steeper terrain. En route, marvel at the rugged landscape of cliffs, gorges, gulleys, plateaus and precipices.

At 4,095.2m above sea level and in the freezing hours of early dawn, you reach the summit of Mount Kinabalu. In an almost sacred moment, the dawn of a new day unfolds gloriously before you.

Following the vigorous descent, unwind at Poring Hot Springs, the perfect antidote for tired and aching muscles. Located at Ranau, a short drive from Kinabalu Park, the open air baths contain hot sulphuric minerals said to have curative properties. The nearby Poring Canopy Walkway provides a close-up view of the giant Menggaris treetops.

Mount Kinabalu is the location of the world's highest via ferrata (3,800m), Mountain Torq. It is also the first via ferrata in Asia. It is certified as the first-of-its-kind by the Guinness World Records. Via ferrata comes from an Italian word, meaning 'road of iron'. It is a protected climbing route consisting of a series of rungs, rails and cables to help climbers move safely against the mountain face. There are more than 300 via ferrata routes around the world. Via ferrata offers a whole new experience as participants can enjoy views that were previously limited to expert and seasoned climbers.

UP TO THE PEAK

Kinabalu Park is situated about 92km from the international gateway of Kota Kinabalu. It is accessible by car, van, coach, four-wheel drive, taxi and even chartered helicopter. There are also regular buses and minibuses plying between Kota Kinabalu and the park. About seven kilometres from the park's main entrance, you will find the town of Kundasang, home to the local Dusun farmers. Here you will find stalls selling everything from vegetables to souvenirs and handicraft items.



Contact

Sabah Parks

Lot 45 & 46, Level 1-5,
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KK Times Square

Coastal Highway
88100 Kota Kinabalu, Sabah

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E-mail: sabahparks@sabah.gov.my /
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Sutera Sanctuary Lodges

Block B, Lot 9, Ground Floor
Signature Office, KK Times Square
Off Coastal Highway

88806 Kota Kinabalu, Sabah

Tel: 6088 487 466

Fax: 6088 487 566

E-mail: info@suterasanctuarylodges.com.my

Website: www.suterasanctuarylodges.com.my

Tips

All climbers up Mount Kinabalu must engage the services of a registered guide on their climb. You can hire a guide and porter by registering at the park headquarters managed by Sabah Parks. Walk-in bookings at the park are subject to availability, so pre-booking is encouraged.

PICTURESQUE Kundasang

Nestled in the foothills of the majestic Mount Kinabalu, Kundasang offers an atmosphere that is largely different from any other hill resort in Malaysia. Boasting serene views of mist-shrouded hilltops, tall pine trees, clean mountain air, scenic dairy farms and tea gardens, Kundasang can make you forget that you are still in Malaysia. Remote and tranquil, this hideaway is the perfect choice for a holiday that is off the beaten track.



The picturesque town of Kundasang is situated in the district of Ranau in Sabah. It is located about 6km away from Kinabalu Park, which is the site of Mount Kinabalu, the highest peak in Southeast Asia. Situated at an elevation of 6,200 feet, Kundasang has the distinction of being the highest inhabited town in Malaysia. This little town is dotted with several shophouses, vegetable markets and houses. Despite its size, Kundasang is never lacking in attractions.

FORGET TIME

If there is one thing that you can definitely leave behind before you head to Kundasang, it is your stress. Right from the moment you arrive, Kundasang will work its magic with its surreal views and laidback atmosphere.



THE NEW ZEALAND OF SABAH

With its cool air, rolling hills, green pastures, blue skies and free-roaming Friesian cows, Kundasang has earned a nickname as the New Zealand of Sabah. One of the main draws here is the Desa Cattle Dairy Farm, which exudes an ambience that is similar to a New Zealand dairy farm. A tour of the farm offers the chance to watch how the cows are fed and fresh milk is produced. After your tour, don't miss a chance to try out the milk, yoghurt and ice cream.

If the smell of tea leaves and freshly brewed tea make your day, Kundasang has some of the region's finest teas. The sprawling Sabah Tea Gardens produces the signature golden Sabah Tea, which is regarded as a healthier and tastier version by tea connoisseurs. Factory visits are available for a fee.

The cool mountain air and fertile soil makes Kundasang one of the best places for farming and agriculture. The town is known for its vegetable markets that are open seven days a week, stacking a medley of colourful vegetables, fruits and

flowers, fresh from the farm. Set against the backdrop of wooden houses and hilly terrain, these markets are a beautiful sight to explore.

FLY LIKE A BIRD

For those who cannot resist the lure of adventure, this highland destination has got you covered. Take to the skies in a tandem paragliding adventure for a panoramic view of the entire landscape. Operated by licenced paragliding operators, this thrilling ride takes gliders across paddy fields, villages and a diverse range of flora from lowland to sub-alpine.

To rest, recharge and rejuvenate, Poring Hot Springs located on the majestic Mount Kinabalu's foothills will be an ideal option. Set into various small pools, Poring Hot Springs is ideal for a relaxing and soothing time. The sulphur-rich waters are touted to offer relief to sore muscles while possessing a host of other benefits. Poring Hot Springs is situated about 45 minutes from Kundasang. Avid climbers will seize the opportunity to climb Mount

Kinabalu, which stands at a staggering height of 4095.2m. For those who prefer milder pursuits, a tour of Kinabalu Park is just as rewarding. As Malaysia's first UNESCO World Heritage Site, Kinabalu Park is an ecological haven with carnivorous pitcher plants, Rafflesia, the largest flower in the world and many endemic flora and fauna. A trek along the famous 105m long Canopy Walkway will offer a chance to take in the sights and sounds of this natural gem.

GOING BACK IN TIME

Kundasang has a poignant past that goes back to the days of World War II. Between 1942 to 1945, around 1,000 British and Australian Prisoners of War died tragically as they were taken on gruelling journeys from their POW Camp in Sandakan all the way to Ranau, situated about 250km away. The journey across the harsh jungle terrain became known as the infamous 'Death March' and is etched in the pages of history. Built in 1962, Kundasang War Memorial commemorates both the victims and the people of Borneo who risked their lives to help the POWs. Today the beautiful landscape stands as a grim reminder of the atrocities of war. The memorial is made up of four gardens, the Australian Garden, English Garden, Borneo Garden and the Contemplation Garden and Pool. Surrounded by tall pine trees and roses, the environment is akin to an English countryside.

Moving on to something lighter, the Upside Down House in Tamparuli offers an interesting and amusing experience. Featured in the Malaysia Book of Records, this house offers a unique perspective and the illusion of a gravity-defying experience. The house comes complete with furniture, and even has a porch with an upside down car parked in! Upside Down House is located about an hour's drive from Kundasang.

Despite being a simple and quaint town, Kundasang and the neighbouring areas offer a number of small resorts and homestays. Spend a night or two to fully enjoy the quintessence of Kundasang.

GETTING TO KUNDASANG

Kundasang is situated in the district of Ranau in Sabah, lying along the banks of Kundasang Valley. It is located about 6km away from Kinabalu Park and 12km from Ranau town. For visitors who are flying from Kuala Lumpur, the jumping-off points are Kota Kinabalu or Sandakan. From there, you can self-drive a rented car, or book a taxi to Kundasang. The drive from Kota Kinabalu to Kundasang takes about 1 1/2 hours. The journey from Sandakan to Kundasang by road takes about 5 hours.

Contact

Ranau Tourism Association

Tel: 6016 845 8455

E-mail: ranautourism@gmail.com



Tips

Bring comfortable and warm clothing as the temperature can get chilly. For self-drives, it is best to avoid late hours as the roads will be misty and may affect the vision.

INVIGORATING Berjaya Hills

Just an hour's drive from Kuala Lumpur, Berjaya Hills nestles amidst 16,000 acres of rugged hills surrounded by lush tropical rainforests. Here you will find a unique resort that captures the essence of different cultures of the world in a single destination.



Be it the picturesque, French-style Colmar Tropicale, a replica of the original 18th century Colmar Village in Alsace, France, or the Zen inspired Japanese Village, you will relish Berjaya Hills' interesting surroundings. Standing some 800m above sea level, Colmar Tropicale has retained the feel of its European counterpart in its architecture. Its tastefully decorated rooms are all clustered around Colmar Square, a cobblestone courtyard, where outdoor dining and street performances take place. Charming touches like a wishing well, a cuckoo clock tower and a viewing tower add to the French ambience.

FRENCH FLAIR

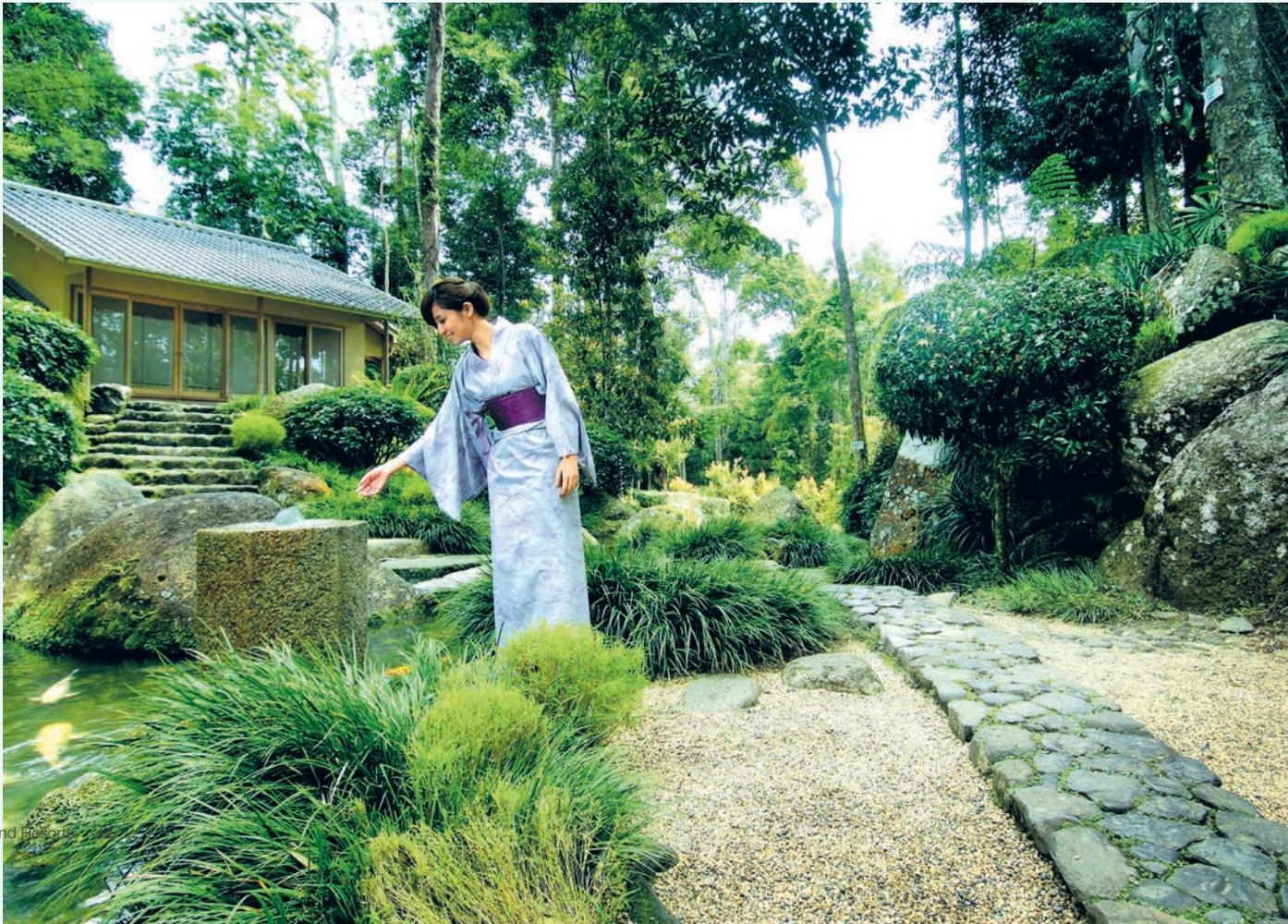
A casual stroll along the same courtyard will render more French-style attractions. The La Cigogne restaurant is the place to enjoy classic French cuisine, while La Blason beckons with its Malaysian and international buffet. The La Flamme sidewalk deli serves pizza and pasta and the Le Poulet Roti is famed for its roasted chicken delights. On top of this, there are the La Boulangerie French bakery and the Le Vin bar serving French pub-style food and snacks to whet your appetite in the cool mountain air. For some leisurely activities, visit the La Cadeaux to create your own crafts and purchase souvenirs of your holiday.

THE BLISS OF ZEN MODE

Some 1,000m above sea level is a painstakingly conceived, environmentally friendly Japanese Village. The village setting comprises the Japanese Tea House, the Ryo Zan Tei Japanese Restaurant, the Botanical Garden, Tatami Spa, Ume Tatami Suite and a Japanese souvenir shop. Here you can experience a traditional Japanese tea ceremony, feed the 'Koi' or Japanese carp thriving in the natural freshwater streams and pools, indulge in a luxuriating hot bath at the Tatami Spa, revel in the serenity of the exclusive Tatami suites, or stroll through the peaceful Botanical Garden. The tranquillity and sheer beauty of these settings will thoroughly invigorate and inspire you.

Bukit Tinggi is also home to a spectacular golf resort and a wellness resort. Covering an area of 16,000 acres and located

2,500 feet above sea level, Berjaya Hills Golf & Country Club (BHGCC) is a scenic and picturesque golf resort. This multiple-award-winning golf resort plays host to several prestigious golfing events. The Chateau Spa & Organic Wellness Resort is inspired by an 18th century castle in France. Offering guests a complete organic experience as well as impeccable service and unsurpassed hospitality standards, the multiple award-winning spa resort sets a new benchmark for destination spa which blends the best of European spa expertise with renowned Asian hospitality. Other attractions available at Bukit Tinggi include the Adventure Park for action-packed, pulse-racing fun and non-stop adventure, and the Animal Park which features over 200 rabbits from various species and a deer sanctuary.





GALLOP AWAY

One of the highlights of this resort is its Horse Trails rides equestrian centre, where a team of certified instructors and professional trainers will help in choosing the right horse and guide you on your trails. Choose from the resort's majestic Quarter horses, Australian stock, Arab-Draft Cross, Appaloosa, tough Standard Bred or Palominos as you catch the stunning sunset amidst the serene surroundings of Bukit Tinggi. The Sports Complex offers sporting facilities such as tennis, squash, a gym and a bowling alley.

THE JOURNEY UP

Located 10km off the East-West Karak Highway, Bukit Tinggi is a mere 60 minutes' drive from Kuala Lumpur. The turn-off for Berjaya Hills is few kilometres down the highway after the exit points to Janda Baik and the Selesa Hillhomes. Although there are some precarious bends, the drive up to the resort is a pleasant one with well-paved roads. Lush flora and fauna surround the route. Berjaya Hills operates a shuttle service to ferry passengers between Berjaya Times Square in Kuala Lumpur, right up to Colmar Tropicale and back.

Contact

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Tips

Berjaya Hills offers a variety of activities and pursuits for everyone, making it ideal for families and kids of all ages.

ENCHANTING Penang Hill

Malaysia's oldest hill resort, situated on the island of Penang, beckons with a nostalgic charm. Set amidst a backdrop of history, heritage and cultural legacy, this hill resort offers a memorable experience with a funicular train ride, astounding natural fauna and buildings reminiscent of an era gone by.





Situated facing the Straits of Malacca, Penang Hill is an enchanting getaway with lofty trees and sweeping views of the land and sea. Penang Hill is also known as Bukit Bendera in the local language, referring to the most developed peak in the group of hills. It stands at 735m above sea level.

NOSTALGIC VIBES

At the foot of the hill is the Penang Hill Railway, one of the world's oldest funicular systems. It is also the only one-of-its-kind in the country. The original funicular system was officiated in 1924 by Sir LN Guillemard, the then Governor of the Straits Settlement. The current fourth generation system (commissioned in 2011) is the fastest, steepest and longest funicular in the region, spanning 2km. Complete with air-conditioning, the new coaches take visitors to the top in just about 4.5 minutes. Enjoy the lovely views of lush vegetation and small animals along the way. Upon reaching the summit, you will be rewarded with spectacular vistas of Penang Island. On a clear sunny day, the entire eastern half of the island and the mainland as well as the Straits of Malacca can be seen. Spend some time enjoying the view, have a cuppa at the food court and don't miss the chance to take a look at the original first generation funicular train which is on exhibit here.

A PLACE OF PRIDE

Lovers of architecture will have an interesting time observing the bungalows on Penang Hill. Featuring a fusion of styles from British colonial to Asian and modern design, these buildings are a sight to behold. Most of the original Victorian-style buildings too have stood the test of time because of the hardy materials used in their construction.

Among these, is the Convalescent Bungalow (dated to 1803), touted to be the oldest building on Penang Hill.

Built in 1789, Bel Retiro is another noteworthy building. Originally built for the Governor of Penang, this is the most prestigious property on Penang Hill and served as a retreat for high-ranking government officials and visiting dignitaries. Although it is not accessible to the public, visitors can hike up to the main gate for selfies and Insta-worthy photographs.

The Bellevue Hotel, the only remaining hotel on the hill, offers magnificent views of the island. About 100m away, the Dinosaur and Aviary Garden is a fun place that stirs the imagination with its prehistoric setting. The Hillside Retreat is a century-old bungalow that offers accommodation facilities.

FLOURISHING NATURE

Penang Hill is an environmentally rich site with numerous plant and animal species. The most common forest type found on Penang Hill is the hill dipterocarp forest. At the higher altitudes, submontane oak-laurels as well as coniferous trees and tree ferns can be found.

A unique feature here is that Penang Hill has a number of endemic species, including rare and endangered varieties of herbs and plants. These include the parasitic plant *Exorhopalia rufaceps*, the Penang Slipper Orchid (*Paphiopedilum barbatum*) and the endangered witch hazel *Maingaya malayana*.

The lush greenery is also home to small and medium-sized animals such as squirrels, monkeys, wild boars and nocturnal species including civets, flying lemurs, flying civets and bats. There are no large mammals on the hill. Lucky visitors can expect to catch sight of the Dusky Leaf Monkey, Black Giant Squirrel and Greater Racked-Tailed Drongo in the tropical rainforest. Penang Hill also has a rich variety of birdlife. Over 100 species or about 80% of the birds found on Penang Island have been recorded here. To view a great collection of pitcher plants, visit the Monkey Cup Garden which has a collection of species from Malaysia, Indonesia, Madagascar and Brazil.



HI-TEA AT THE HIGHLANDS

Staying true to Penang's reputation as a food paradise, Penang Hill serves an interesting platter of all the state's favourites. If you fancy a cup of tea amid the hilly surroundings, try the David Brown's at Strawberry Hill, a quintessential British colonial Restaurant and Tea Terrace which has the distinction of being the highest restaurant in Penang. Here, you can savour delectable English cuisine in an old-world ambience. The charming restaurant is located about 30m from the upper station.

To soak up the jungle setting, stop by at the much-loved Kopi Hutan café. Tucked away at the Monkey Cup Garden, this hidden gem dishes out delicious cakes and drinks to keep you refreshed. Astaka Bukit Bendera or Cliff Café is the place to try out various local items. But that is not all, there is a wide variety of food and snacks to try out before you leave!



THE HABITAT PENANG HILL

The Habitat Penang Hill is a must-visit new eco-tourism site on Penang Hill. The first-of-its-kind in Malaysia, The Habitat Penang Hill boasts magical views and superb attractions and has the ideal setting for a comprehensive understanding of the Malaysian rainforest. Enjoy a thrilling time at the 13m Curtin Crest Tree Top Walk - the highest public viewing point on the island. For an unobstructed view of the virgin jungle canopy, stroll along the Langur Way Canopy Walk which spans three headlands and two valleys. There are also nature trails that take you across themed gardens for an insight into various plant species. Take a deep breath and get ready for some rainforest adventure at the Flight of the Colugo zip, which comprises five ziplines, an abseil and a rope bridge.

THE JOURNEY UPHILL

Penang is about four hours' drive from Kuala Lumpur via the North South Expressway. Penang Hill is located in Ayer Itam, about 6km from George Town city centre. The easiest way to get to the hilltop is by hopping on the iconic Funicular Train. Visitors can drive up, or take the Hop On Hop Off bus, or a taxi/e-hailing ride to the Penang Hill Lower Station.

Contact

Perbadanan Bukit Bendera Pulau Pinang
Jalan Stesen Bukit Bendera
11500 Air Itam, Penang
Tel: 604 828 8880
Website: penanghill.gov.my

The Habitat Penang Hill
Bukit Bendera
11300 Penang
Tel: 6019 645 7741

Tips

For safety reasons, you are advised to inform the Forestry Department if you plan to go jungle trekking. You may also want to carry a light jacket or an umbrella as there may be sudden showers at the top of the hill.





RUSTIC Janda Baik

Crystal-clear freshwater streams, scenic waterfalls, lush fruit orchards and a tranquil atmosphere - these are some of the charms of Janda Baik in Pahang. Famed for its pastoral views, this green enclave has a host of private villas, cosy chalets and resorts that offer a back-to-nature experience.



STAYCATION REDEFINED

The rustic township of Janda Baik is tucked away at the foothills of Titiwangsa Range, Malaysia's longest mountain range. At an elevation of 600m above sea level, Janda Baik is the ideal location for nature getaways and back-to-nature-holidays. A day in Janda Baik offers an immense sense of relaxation and rejuvenation – with the fresh scent of cool mountain air, the sight of dew drops sitting prettily on leaves, the sun peeking gently through the forest canopy and mist-covered hills standing at a distance.

Given its proximity to the capital city, Janda Baik has become a firm favourite among weekend holiday-makers. Many city-dwellers have also made Janda Baik their second home, where they can revel in the vast open spaces and lush greenery to escape the stress of city living.

Aside from the scenic natural setting, one of the main draws of this holiday destination is its impressive range of accommodation options. From secluded eco-resorts, unique traditional-style villas, cosy chalets, glamping sites with safari vibes, exotic tree houses and exclusive residences with private pools, Janda Baik caters to small and large groups while ensuring the privacy and solitude of the holiday-makers. Most resorts are also equipped with facilities and amenities for various types of holidays, be it a family staycation, a destination wedding, luxury glamping in the lap of nature, or even a corporate team-building trip. Spend a day going for nature walks and take in the sight of unique flowers such as Birds of Paradise and Heliconia. For a little more adventure, go hiking, cycling, ATV trekking or horse riding. If water activities give you the adrenalin rush, there is also river rafting, river trekking and waterfall abseiling in Janda Baik. Benus River, Ulu Tampik Waterfalls and Pulau Santap are among the well-known spots where visitors can relax and unwind.



FRUITS GALORE

Fruit lovers can feast in the wide array of exotic fruits such as rambutan, longan, mangosteen and many more, if you book your stay during the fruiting season. A unique feature here is the fig farms – a fruit normally found in the Middle East. Hailed as a superfruit, figs are known for their incredible nutrients and health benefits. Find out more about this fruit and try out fresh figs too. There are also garden farms and animal farms to explore.

At night, gaze at the starry sky while you camp out. Janda Baik is the perfect destination where friends can catch up, families can bond and beautiful memories can be made. To make the holiday even more memorable, there are several Instagram-worthy hipster cafes and jungle cafes that offer a 'farm to table' concept. Enjoy the aroma of freshly blended coffee and tuck into the delicious meal freshly sourced from the surroundings.



Tips

Book in advance as the accommodations may be fully booked during peak seasons. Some seasonal fruits cannot be found year-round. It is best to find out if your favourite fruits are in season.

HOW IT ALL STARTED

The term Janda Baik actually means 'good widow or divorcee'. As the story goes, the village here derives its name from a tale that goes back to the days of the Selangor civil war. Many men perished in the war, leaving a number of widowed ladies in the village. Despite their grief, the ladies were known for their kind and helpful nature. The village was so named in their honour. The village's queer name is also associated with the story of a very compassionate and caring widow who tended to a soldier's injuries during the civil war. Another tale weaves around a headman of the indigenous community, Tok Batin, and his wife Siah. The couple had an argument that led to their separation. Not long after, Siah returned and Tok Batin was overjoyed to have her home again. The town was henceforth known as Janda Baik, referring to Siah, who reconciled with her husband. Tales aside, Janda Baik is still known for its warm and friendly locals who would go the extra mile to ensure that their visitors are well taken care of.

Janda Baik is only about 45 minutes' drive from Kuala Lumpur. It is easily accessible via Karak Highway.

Contact:

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Resort Owner's Association of Janda Baik Highland (RAJBH)

Radiant Retreat Janda Baik

Kampung Janda Baik

28750 Bentong

Pahang.

Tel: 6012-209 5901 (Mr. Jais Samsudin – Chairman)

MALAYSIA AT A GLANCE

COUNTRY

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

CAPITAL CITY

Kuala Lumpur

GEOGRAPHICAL LOCATION

Lying 2° to 7° north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by the South China Sea. The 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

TIME

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

POPULATION

33.4 million

PEOPLE

Malaysia has a diverse population. Its multicultural fabric is made up of the Malays, who form the majority of the population, as well as the Chinese, Indians, Portuguese Eurasians and Straits Chinese, along with the indigenous communities of Peninsular Malaysia and the ethnic groups of Sabah and Sarawak.

LANGUAGE

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

RELIGION

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

GOVERNMENT

Malaysia practices parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister. The country has a bicameral legislative system.

CLIMATE

Malaysia has a tropical climate and the weather is warm all year round. Temperatures range from 21°C to 32°C and the annual rainfall varies from 2,000 mm to 2,500 mm.

ECONOMIC PROFILE

Manufacturing constitutes the largest component of Malaysia's economy while tourism and primary commodities such as petroleum, palm oil, natural rubber and timber are major contributors to its economy.

ENTRY REQUIREMENTS

Visitors must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.

CURRENCY

The unit of currency is the Malaysian Ringgit, which is denoted as RM or MYR. Foreign currencies can be converted at banks and money changers. Transactions can be carried out using the Malaysian currency or via credit cards and online banking services. Of late, cashless transactions such as e-wallets and mobile payments have grown in popularity. Cashless transactions can be found in most establishments in the cities.

BANKING HOURS

In most states, banks are open from Monday to Friday from 9.15 am to 4.30 pm. In Kelantan and Terengganu, banks are closed on Friday and Saturday. Check the websites of the relevant banks for details on operating hours and rest days. Online banking services are available.

WORKING DAYS

Most states observe Monday to Friday as working days while Saturday and Sunday are rest days. In the states of Johor, Kedah, Kelantan and Terengganu, working days are from Sunday to Thursday. Friday and Saturday are observed as rest days. This applies to government offices and many private establishments.

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.

COMMUNICATIONS TECHNOLOGY

Malaysia is linked internationally via the Internet. There is a stable 4G mobile network coverage in the country. Wi-fi connection is available at most hotels, restaurants and transport terminals. Upon arrival, travellers can easily get a local prepaid SIM card at airports or shopping malls. The package comes with preloaded credit and data. Travellers will be required to present their passport/ID for registration when purchasing the SIM cards.

GETTING TO MALAYSIA

The main gateway to Malaysia is the Kuala Lumpur International Airport (KLIA) which is also known as KLIA Terminal 1. It is located about 40 km south of Kuala Lumpur. Over 40 international airlines fly into the country via KLIA.

Malaysia Airlines, the national carrier, is a member of the oneworld airline alliance and offers connectivity to 1,000 destinations over 170 territories.

KLIA Terminal 2 (formerly known as KLIA 2), is situated about 1.5 km away from the main terminal and serves as the world's largest terminal dedicated to low-cost carriers. Airlines that operate from Terminal 2 include AirAsia and AirAsia X. Other international airports in the country are situated in Langkawi, Penang, Johor Bahru, Kota Kinabalu and Kuching. Skypark Terminal or Sultan Abdul Aziz Shah Airport in Subang is the main base for Firefly, Batik Air and private carriers.

The country's largest seaport is Port Klang, a major shipping and cargo terminal. Other main entry points by sea are located in Langkawi, Penang, Melaka, Johor, Labuan, Kuching and Kota Kinabalu.

GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines as well as carriers such as AirAsia, Firefly and Batik Air. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains. GrabCar and other e-hailing services are available in Malaysia.

HEAD OFFICE

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CENTRAL REGION

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Sarawak

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Republic of Indonesia
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Fax: 00 62 21 522 0766
E-mail: mtpbjakarta@tourism.gov.my

Medan

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