

PERAK

The
Guide



SCAN HERE



TO GET OUR
E-BOOK

KEDAH

PENANG

KELANTAN

PAHANG

SELANGOR

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KERIAN



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LARUT,
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IPOH OLD TOWN
TOP DESTINATION IN MALAYSIA



UBUDIAH MOSQUE
KUALA TOWN OF ISLAM & MALAY



TAIPING ZOO
GRANDEST TROPICAL ZOO IN MALAYSIA



ORANG UTAN ISLAND
WORLD CLASS TOURISM DESTINATION



PANGKOR ISLAND
WORLD CLASS SUNSHINE DESTINATION



TEMPULING CAVE
PANGKOR ISLAND MALAYSIAS LARGEST CAVE



SUNGAI KLAH HOT SPRING
WORLD CLASS HOT SPRING



LENGONG ARCHAEOLOGICAL MUSEUM
WORLD'S BEST VISITING HERITAGE SITE



MATANG MANGROVE FOREST RESERVE ROYAL BELUM
WORLD'S BEST MANGROVE MANGROVE SCIENTIFIC ONE OF THE WORLD'S BEST VISITING HERITAGE SITES



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Perak

The start of everything.....

Perak, before independence was thriving with tin mines and later rubber plantations. The state was the first to receive a British Resident. Historians say that Perak is a state that has gone through the Metal Age, the Neolithic Age and the Hoabinhian Age as relevant ancient artefacts seem to prove. And then, it encountered the Buddha/Hindu era, which is believed to have occurred at the same time as the rest of Malaya. The second-largest state in Peninsular Malaysia attracts many travellers regardless internally or internationally for its sandy beaches and extreme sports. With all that being said, Perak's one true crowning glory is its limestone hills which sets it apart from all the other states.

INTRODUCTION

Getting to Perak

- From Johor-Switch KTM to ETS at Gemas
- From KL-Take ETS from Kuala Lumpur Station or KL Sentral Station



TRAIN



BUS

- If you don't feel like driving down to Perak, you can always take a bus from Hentian Duta Bus Terminal (2 hours 30 minutes) or Terminal Bersepadu Selatan (2 hours and 40 minutes) to Amanjaya Bus Terminal, Ipoh

- From Johor Bahru-Perak: PLUS Highway-5 hours 30 minutes depending on traffic
- Kuala Lumpur-Perak: PLUS Highway-3 hours East Coast-Ipoh: 6 hours



E-HAILING



FLIGHT

- Take a flight from Kuala Lumpur International Airport (2 hours 37 minutes) or Subang Skypark (41 minutes) to Sultan Azlan Shah Airport in Ipoh



E-hailing



Car

Bus



Getting Around Perak

Selama

BINTANG MOUNTAIN

Selama is located in the northern part of Perak. It was formerly known as Kampung Selamat and opened on 22 January 1870 AD when it was discovered by Abdul Karim bin Raja Aman. After the decline in the production of ore, the late Abdul Karim handed over the district to the British in 1888. Selama evolved according to colonial tastes under British administration. It has a mosque with nine pillars which represent the unity of the Rawa tribe.

The late Abdul Karim invited many of Rawa descendants of Sumatra and Chinese to establish the tin mining industry when tin ore was found in Kampung Selamat. The town was handed over to the British in 1888 after the decline in the production of ore and evolved according to colonial tastes. Kampung Selamat eventually was renamed to what is now known as Selama.

LATA TEBING TINGGI

Kerian

In 1800, the British Resident Officer on duty at Parit Buntar attended a court trial at that area during that time. On his way home, he and his entourage took a boat (wakang) down the river to Pangkor Island. On the way, he mentioned "KIRIAN" (left) referring to the land on the left under the rule of the Sultan of Perak. The word became famous and at that time became the target of public ridicule. Finally, when the government decided to name the district, the word "KIRIAN" was chosen and changed to "KERIAN".

The uniqueness of this district is that it is bordered by three states where Sungai Kerian is the boundary line of the three states of Penang, Kedah and Perak. Hulu Sungai Kerian is located in Selama, while Kuala Sungai Kerian is located in Kampung Sungai Acheh, Seberang Perai Selatan. There are several leisure and entertainment facilities on the banks of the Kerian River.

Teluk Intan



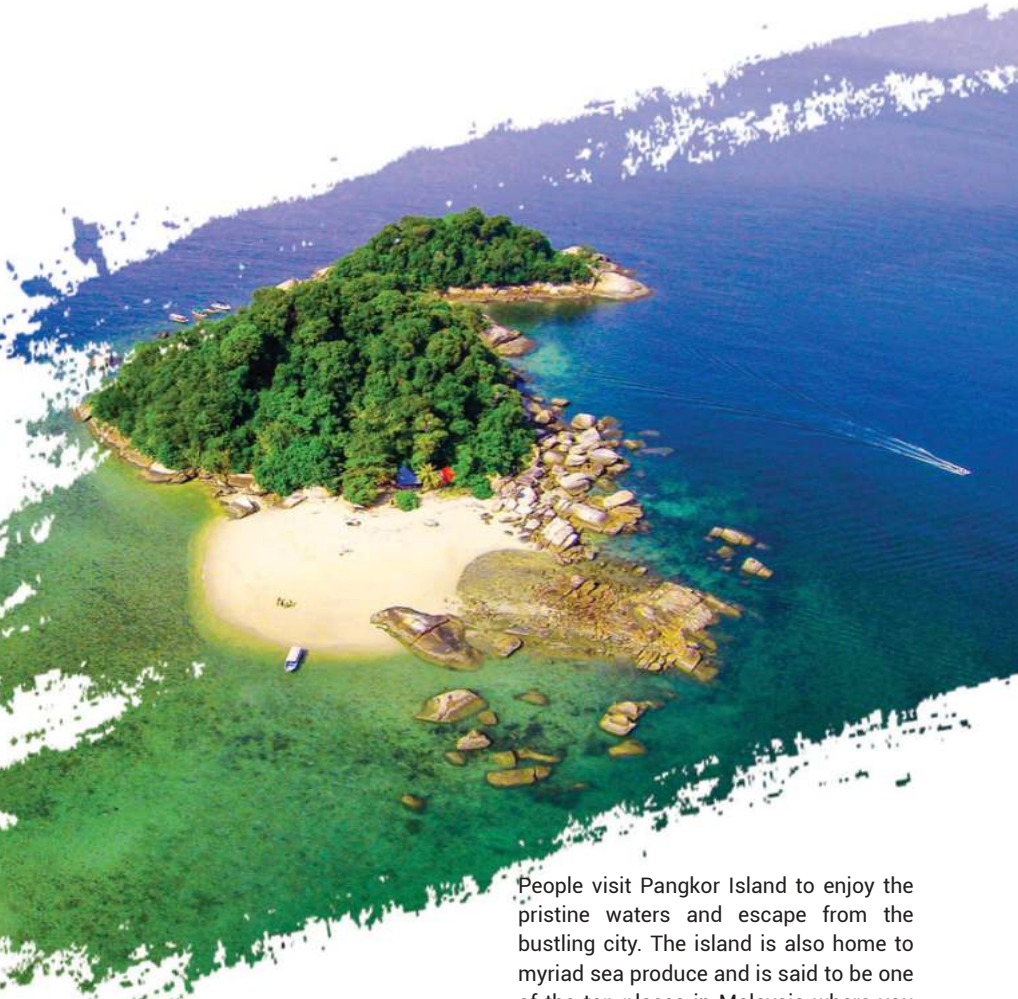
The name Teluk Intan was taken from a widow who is said to have a beautiful look, Mak Intan, a merchant from Mandahiling, Sumatra. She was a settler who had established Teluk Intan at the beginning of the 19th century. The region explored by Mak Intan at that time was known as Pekan Mak Intan. Following this discovery, many people from Javanese, Rawa, Mandahiling, Minangkabau, Kampar and later India-Bombay descent came to live in the newly explored region, most of them farmers and traders of traditional goods such as spices, cloth, inggu, kacip, machetes and so on. When the British captured Perak they named it to Teluk Anson, then it became Teluk Intan as we know now on 1 January 1982.

The leaning tower is synonyms with Teluk Intan's name. It was actually built for the purpose of storing water during the drought season in case there was a fire. The leaning tower was constructed in 1885 and stands at 25.2 metres high. It started to tilt four years after its completion due to the soft land structure it's built on, as well as the weight of water in the water tank. On top of this tower is a clock, which, up till today still rings every 15 minutes. This pagoda like 8-storey building was originally used as a water storage tower to supply water to the town area. Today, the leaning tower no longer stores water and has become a prominent landmark and a major tourist attraction in Teluk Intan.

THE LEANING TOWER OF TELUK INTAN

Pulau Pangkor

Pangkor is well known for its white sandy beaches. But if you must know, the Pangkor treaty was the starting point of British colonialism in Peninsular Malaysia. After this treaty was signed between the Great Britain and the Sultan of Perak in 1874, it eventually paved the path for the Malay rulers to be controlled by the British.



**PANGKOR ISLAND DUTY
FREE ZONE**

People visit Pangkor Island to enjoy the pristine waters and escape from the bustling city. The island is also home to myriad sea produce and is said to be one of the top places in Malaysia where you can get the best dried anchovies. On 1 January 2020, Pangkor Island received the status as a duty-free zone.

A BRIEF TOUR

Kopiro

COME
SAY
HI!

This cute mascot was chosen in September 2018, to represent Tourism Perak. He was born on 27 April 2018 which also coincides with the World Tapir Day. If you haven't noticed he is a Malaysian Tapir and his name "Kopiro" is derived from the word "Kopi O" (black coffee) and "Tapir". Why Kopi O? It's because this guy has at least five cups of Kopi O, a day. He loves travelling and exploring new places.

Fun Tip: The tapir is commonly referred to as cipan, tenuk, or badak tampung in Malay. The black and white tapir, *Tapirus Indicus* (Malayan tapir) can only be found in the Southeast Asian region (Thailand, Peninsular Malaysia, and Sumatera Island, Indonesia). They are also known as walking fossils because they haven't evolved for at least 3 million years. You can find traces of tapirs in Perak and it is even documented during the Neolithic age cave painting in Gua Tambun.

Kinta Valley Geopark

Kinta Valley Geopark is a major project of the Perak State Government, managed by the Department of Minerals and Geosciences Malaysia, together with government agencies, statutory bodies and higher learning institutions.

The Kinta Valley Geopark stretches across the districts of Kinta and Kampar, the Ipoh City Council, the Batu Gajah District Council and the Kampar District Council. It's about 1952 square kilometres in size. The declaration of the geopark is a measure to boost tourism in Perak.

The following is a list of 19 geo-sites:

1. Gua Tambun
2. Gunung Datok
3. Gunung Rapat
4. Lata Ulu Chepor
5. Gunung Kanthan
6. Gunung Lang
7. Hutan Lipur Ulu Kinta
8. Gunung Tasek
9. Mata Air Panas Lubuk Timah
10. Gua Naga Mas
11. Air Terjun Sungai Chelik
12. Jeram Papan
13. Gua Kandu
14. Gua Tempurung
15. Jeram Sungai Kampar
16. Air Terjun Sungai Salu
17. Air Terjun Batu Berangkai
18. Gunung Korbu
19. Gua Matsoorat

12 Icons Of Perak

PANGKOR ISLAND DUTY FREE ZONE

A thriving small island in Perak, Pangkor Island (Pulau Pangkor) is ever ready to welcome you with her crystal clear beaches. This pretty island is studded with many fishing villages. Though small, her town is always bustling and she will not fail to leave an impression on you with her international standard hotels. If you're looking for a laid-back holiday, Pangkor Island has so much to offer. Getting to the island is rather straightforward, all you need to do is drive to the town of Lumut and hop on a ferry and be prepared to be transported to paradise.

ROYAL BELUM RAINFOREST

This may not be known to many people, but the Belum Temengor forest is one of the oldest rainforests in the world. It is estimated to be 130 million years old which makes it older than the Amazon and Congo forests. The forest is preserved and conserved as a State Park. The forest is home to three species of Rafflesia, ten types of hornbills and endangered animals such as Malayan tigers and Tapirs.

Fun Fact: This is the only forest in Malaysia that is home to all 10 Malaysian Hornbill species including large flocks of Plain-pouched Hornbill.

IPOH OLD TOWN


When you drive up north, you will know immediately when you are about to reach Ipoh. How? Apart from the huge signage that screams 'IPOH', beautiful limestone hills will welcome you on both sides of the highway. These hills are one of the WOW-factors of Ipoh as you can find many cave temples. Some famous temples are Kek Look Tong, Sam Poh Tong, and the Perak Tong. Adventure junkies often visit this town to indulge and to take part in extreme sports like rock climbing, boating, and caving.

GUA TEMPURUNG

You may not be able to find another cave that's so intricately designed by nature in Peninsular Malaysia like the Tempurung Cave. This 400 million-year-old cave has an expansive multi-dimension honeycombed cave system which has a magnificent collection of stalactites and stalagmites. Other speleological wonders that can be spotted in this cave is the astounding rock formations which can only be found in this part of the world. Caving here isn't trouble at all as guides are always available.

THE ROYAL TOWN OF KUALA KANGSAR

Heritage enthusiasts will fall in love with the Royal Town of Kuala Kangsar that is nestled strategically at the crook of Perak River. This old town has a serene ambience and the well-preserved old places add to its charm. Attractions that are worth the mention include; The Royal Museum (Istana Kenangan), Galeri Sultan Azlan Shah, Ubudiah Mosque, and Mariwasa Kraftangan (The ASEAN House).



TAIPING ZOO & NIGHT SAFARI

TAIPING ZOO & NIGHT SAFARI

Located in the lushness of the Taiping Lake Gardens and adjacent to Larut Hill (Maxwell Hill), the Taiping Zoo and Night Safari is home to about 180 animal species. It is notable that the Taiping Zoo is the oldest zoo in Malaysia and the Night Safari was the first of its kind.

LENGGONG VALLEY UNESCO WORLD HERITAGE SITE

The discovery of the oldest human, Perak Man in 2001 shows that civilisation began in Peninsular Malaysia more than 11,000 years ago. The discovery has landed Lenggong Valley on the global map, especially among history enthusiasts. On 30th June 2012, Lenggong Valley was recognised as a World Heritage Site by UNESCO.

ORANG UTAN ISLAND, BUKIT MERAH

The Orang Utan Island is a research institution and sanctuary dedicated to the preservation and research of the Orang Utan. Situated within the Bukit Merah Laketown Resort enables visitors to interact closely with other animals. The sanctuary also has an 11-acre water park for those who love amusement parks.

MATANG MANGROVE FOREST RESERVE

If you love nature and don't want to take in the world's most sustainable mangrove ecosystem - you should pay a visit to Matang Mangrove park when you're in Perak. Covering an area of more than 40,000 hectares, it is also used as an eco-education centre. The park also features a unique boardwalk and you will also be able to chance upon the charcoal stove factories along the river of Kuala Sepetang.

SUNGAI KLAH HOT SPRINGS

Located 200 metres above sea level at the foothills of the Titiwangsa Range, Sungai Klah Hot Spring is considered to be one of the best managed hot springs in Malaysia. Upon arrival, you'll be astounded by the lush greenery, hills, streams and rivers that abound in the vicinity. The spring is another alternative to modern-day spa centres. Many believed that natural springs have healing properties that will help to heal and detoxify your body's toxic properties.

7 LATA

The state of Perak is broken down into six district clusters. Each district cluster has its very own attraction points. Lata Buluh (Kampung Sungai Simpul), Lata Damak (Sungai Bayar), Lata Rambong (Teluk Mas), Lata Tebing Tinggi (Rantau Panjang), Lata Titi Dua (Jalan Sumpitan, Ijok), Lata Puteh (Ijok), and Lata Panggung (Ijok).



6 District Clusters

1st District Cluster

Greater Ipoh

IPOH - BATU GAJAH - KAMPAR
- KUALA KANGSAR



PLACES TO VISIT IN IPOH

Greater Ipoh is truly a foodie's paradise! Home of the famous Nasi Vanggey and our own 'Hollywood', Ipoh is known as one of the best food destinations in Perak. This paradise is merely a 30-minute drive from most of the popular natural attractions. You can always head over to Gopeng for white water rafting if you're into extreme sports. For those who love exploring new caves, don't miss the 10,000-year-old limestone cave, Gua Tempurung.

TASIK CERMIN

TASIK CERMIN

Tasik cermin is located in Gunung Rapat, which is a 20-minute drive away from Ipoh, is known as the 'Gullin of Malaysia' due to its surrounding limestone hills. This area used to be an active quarry, but has ceased operations. Visitors are advised to be extra cautious and aware of the surroundings when making their way up to the lake.

Address: Jalan Raja Dr. Nazrin Shah, 31350 Ipoh, Perak

Website: www.mbi.gov.my/

THE LOST WORLD OF TAMBUN

The Lost World of Tambun is the only theme park in Southeast Asia with natural hot springs, attractions and rides. It is surrounded by tropical jungle, hot springs and limestone features. The nearby Lost World Hotel is a perfect snooze chamber after a long day of adventure.

Address: 1, Persiaran Lagun Sunway, Sunway City, 31150 Ipoh, Perak

Website: www.sunwaylostworldoftambun.com/

KEK LOK TONG CAVE TEMPLE

The Cave of Supreme Bliss (or Great Happiness) has been used as a place of worship since the 1920s, but also used for iron ore mining during the 1960s. It was devoted to religious purposes when mining ceased and opened up to tourist in the 1970s. The cave floor has been levelled and paved, and many of the walls are lined with marbles tiles.

Address: Pesiaran Sepakat 3, Taman Endah Jaya, 31350 Ipoh, Perak

Website: www.ipoh-city.com/attraction/Kek_Lok_Tong_Temple/

CONCUBINE LANE

Mining Tycoon Yao Tet Shin founded Wife Lane, Concubine Lane and First Concubine Lane, named for his three wives and is said to be where the mistresses were concealed by rich men in local tale. Today Concubine Lane has become a popular hangout spot and is famous with pop-up stalls selling delicious ice balls, flower-shaped cotton candy and more.

Address: Concubine Lane, 30000 Ipoh, Perak

KAMPUNG KACANG PUTIH

It is said that the best Kacang Putih can only be found in Buntong, Ipoh. Kacang putih is an assortment or snacks popular to bring along on road trips, picnics, or to enjoy while watching movies or sport events. The term "kacang putih" literally means "white beans" in the Malay language, although the snacks may be made from a variety of other ingredients such as peas, chickpeas, lentils, peanuts as well as other crunchy and savory snacks.

Address: Laluan Sungai Pari 4, Buntong, Kampung Kacang Puteh, 30100 Ipoh

QING XIN LING LEISURE & CULTURAL VILLAGE

The phrase *Qing Xin Ling* translates to **serene hill** in english. The Qing Xin Ling Leisure & Cultural Village is located about 5 km away from the Ipoh city center. It is one of Ipoh's latest tourist attractions around Gunung Rapat area. The park offers the beauty of nature, tranquility of the lakeside and great view of magnificent limestone hills synonym to Ipoh. The park is maintained by Qing Xin Ling buddhist association.

Inside the park are cultural villages that consists of buddha statues, old houses, old street stalls, antique collections, wishing tree, and other unique finds that is hard to find elsewhere. There are several outdoor attractions and activities around the park, some activities like feeding the fishes requires additional fees but most of the experience there is already covered in the entrance ticket.

Address: 22A, Persiaran Pinggir Rapat 5A, Taman Saikat, 31350 Ipoh

Contact: +605-312 4140

TANJUNG TUALANG TIN DREDGE

PLACES TO VISIT IN BATU GAJAH

Batu Gajah was renowned for its tin mining, resides by Chinese Immigrant workers before Malaya's Independence. This leads to a large proportion of Chinese citizens in today's Batu Gajah community. Besides that, a large community of Tamils and Punjabis, who founded one of the oldest Sikh temples in Perak, is in the Indian Settlement village at Changkat.

KELLIE'S CASTLE AND CULTURAL VILLAGE

Kellie's Castle is an unfinished, ruined mansion built by William Kellie Smith. It is believed to be either a gift to his wife or home to his son. It is haunted and has hidden rooms and secret underground tunnels. The road leading to the castle follows the contours of the land in a dizzying, maze-like fashion, adding to the mystery and romance of the place.

Address: Kellie's Castle, Batu 5, Jalan Gopeng, 31000 Batu Gajah, Perak

Contact: +605-365 3381

TANJUNG TUALANG TIN DREDGE

Tanjung Tualang Tin Dredge No.5 is a rare remnant of Malaysia's tin mining industry, designed in 1938 by F.W. Payne & Son and built for Southern Malayan Tin Dredging Ltd. It was operating for 44 years until 1982 when the Malaysian Tin industry was rapidly declining due to depleted tin reserves, low tin prices and high operating cost. The 'Save the Dredge' movement was initiated heritage-loving individuals to save the dredge from being sold off for its high metal scrap value.

Address: 9th KM, Jln Tanjung Tualang, 31000 Batu Gajah, Perak

Contact: +6014-9043255

SILVERLAKES VILLAGE OUTLET

Featuring a "Shopping with Nature" lifestyle in an outlet with international brands, this complex will be offering great discounts for discerning shoppers. The Silverlakes Village Outlet will be a "Retail Wonderland" with more than 180 units on 300,000 sqf of retail lots and F&B outlets making it an international standard outlet mall for Malaysia

Address: Silverlakes Village Outlet Kinta Valley, 31000 Batu Gajah


Contact: +603-2288 7288

RUMAH LAT DAN GALERI

Rumah Lat dan Galeri is a house inspired by Lat's childhood, comic and animated series, brought to life! Malaysian cartoonist Lat is something of a local hero at this point, as his art is widely loved. So much so that his childhood home in Batu Gajah has been converted into an art gallery, the art gallery *Rumah Lat* will provide a glimpse into the acclaimed cartoonist's life, complete with various carefully curated items and furnitures from the childhood of Datuk Mohammad Nor Khalid, better known as Lat. The exhibit includes pre-World War II items such as assorted furniture, a framed mirror, a rack for clothes, and a cupboard where Lat used to store his beloved vinyl record in his teenage years.

Address: Lot 365404, 31000 Batu Gajah

Contact: +6013-4040372



**GUA
TEMPURUNG**

PLACES TO VISIT IN KAMPAR

Kampar District was previously well-known for its tin production, as it was one of the largest in the 18th century. The district is claimed to be named after the Kampar River (north of the current township). The river was named after ethnic Malay immigrants from Riau Province in Sumatra, Indonesia, who used it to travel upstream and were the main source of lineage for the local Malay community. Because this occurred before to Kampar's large-scale tin mining, the Cantonese phrase *kam pou* was most likely derived from the word *kampar* rather than the other way around.

KINTA TIN MINING (GRAVEL PUMP) MUSEUM

This museum provides a glimpse of the scale of the tin mining industry in Kampar. It also acts as a memorial to the local tin miners who took up the backbreaking work to earn a decent living. The enthralling figurines well portray the gruesome challenges both men and women of Kampar had to face as they cleared new lands to find precious minerals.

Address: Lot 126026, Jalan Batu Karang, Taman Bandar Baru, 31900 Kampar, Perak
Operating Hours: 9:00 am-5:00 pm
Website: www.kamparmuseum.com.my
Contact: +6012-288 8530

JAPANESE CARBIDE CHIMNEY, MALIM NAWAR

If you didn't know this already, the Malim Nawar Chimney is a World War II brick chimney designed by the Japanese as part of a carbide manufacturing plant for weapons purposes. It is said that the facility has never been completed. The chimney is about 18 metres high, with a diameter of 6 metres at the base and about 3 metres at the apex.

Address: Japanese Carbide Chimney, 31700 Malim Nawar, Perak

GUA TEMPURUNG

This is the largest limestone cave in Peninsular Malaysia. This cave is believed to be 400 million years old and consists of five large domes and each has a different formations of stalagmite and stalactite. The ceiling of the cave is shaped like a coconut shell hence its name. It is also notable that the 3 kilometres cave was used as a hiding place by communist terrorists from 1950 to 1960.

Address: Pusat Pelancongan Gua Tempurung, 31600 Gopeng, Perak
Contact: +6012-529 2426

GAHARU TEA VALLEY

An agarwood plantation just outside of Gopeng, the Gaharu Tea Valley has become a destination for agro-tourism. Agarwood (also known as gaharu in Malay or oud in Arabic) is an aromatic resinous wood that forms within aquilaria trees when infected with a certain sort of mould. It is highly valued for its strong, exotic fragrance as well as its medicinal and health-giving properties. Its prominence in Middle Eastern and Chinese cultures and its high commercial value have led to agarwood becoming rare and endangered in the wild.

Address: Lot 9840, Mukim Sg. Teja, 31600 Gopeng, Perak Malaysia
Contact: +605-351 1999
Website: www.hoga.my



ISTANA KENANGAN

PLACES TO VISIT IN THE ROYAL TOWN OF KUALA KANGSAR

The town of Kuala Kangsar isn't only known as the Royal town of Perak - but it is also home to the Labu Sayong. Perak's royal history and heritage are housed at Istana Kenangan, a former royal residence that was constructed without even a single nail in its structure.

UBUDIAH MOSQUE, KUALA KANGSAR

Adorned with gold and Italian marble domes, the Ubudiah Mosque creates a dramatic tapestry against the Kuala Kangsar landscape. This magnificent structure is one of the most stunning mosques in Malaysia. It was built under the order of Sultan Idris Murshidal Azam Shah after his recovery from illness in 1913, but the Sultan unfortunately never lived to see it completed. Make sure to dress appropriately if you want to enter the mosque!

Address: Jalan Istana, 33000 Kuala Kangsar, Perak
Contact: +6011-1769 6364

REMINISCE AT ISTANA KENANGAN (PERAK ROYAL MUSEUM)

Istana Kenangan (Palace of Memories) was formerly the residence of the royal family of Perak. The well-preserved palace has been housed in the Perak Royal Museum since 1986. The wooden building was constructed with all sorts of iron nails, while the walls are woven with wicker wood and embellished with impeccable carvings.

Address: Istana Kenangan (Istana Kuning), 33000 Kuala Kangsar, Perak

TAKE PHOTOS AT VICTORIA BRIDGE

With the development of Instagram, this place is now quite well known. It is dubbed as one of the most Instagrammable places in Perak. Constructed in 1897, this bridge was named after the then ruling queen, Queen Victoria, to commemorate her Diamond Jubilee year. The bridge is also one of the oldest bridges in Malaysia which crosses the Perak River at Karai, connecting western Malaya to Penang, which was also used to transport tin ore before it was closed in 2002.

Address: Victoria Bridge, Kampung Kapor, 31050 Enggor, Perak

SULTAN AZLAN SHAH GALLERY

The Sultan Azlan Shah Gallery was formerly known as Istana Hulu which combines Asian and European architecture. The gallery focuses on the history and accomplishments of Perak's Sultan, Sultan Azlan Shah. It also includes information on the Sultanate of Perak's history and trails, as well as photographs and vehicles, including gifts given to the Sultan and Sultanah by heads of state from around the world.

Address: Jalan Istana, Bukit Chandan, 33000 Kuala Kangsar, Perak
Contact: +605-777 5362

2nd District Cluster

PASIR SALAK HISTORICAL
COMPLEX

PERAK TENGAH-MANJUNG/LUMUT
-PANGKOR ISLAND

PLACES TO VISIT IN PERAK TENGAH

The district of Perak Tengah is well known for promoting rural tourism. It is also known for its historical monuments as well as eco-tourism spots.

PASIR SALAK HISTORICAL COMPLEX

Pasir Salak Historical Complex is a charming museum of Malay traditional buildings, which is situated 50 kilometres south of Ipoh along the Perak River. In 2004, it was officially opened to the public as the Pasir Salak Historical Complex. Now all seems calm, but this was not always the case because Mr J.W.W. Birch, the first British resident of Perak was assassinated here in 1875.

Address: 36800 Kampung Gajah, Perak

Operating Hours: Saturday to Thursday 9:30 am-5:00 pm,

Friday 9:30 am-12:15 pm & 2:25 pm-5:00 pm

RIVER TERRAPIN CONSERVATION CENTRE

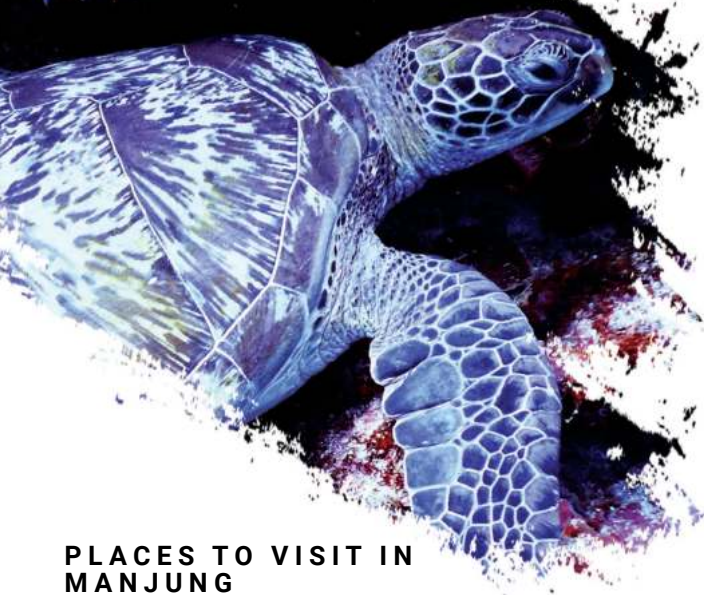
Travellers can also drop by the River Terrapin Conservation Centre to see the conservation efforts on this endangered species.

Address: Bota Kanan, 32600 Bota, Perak

Contact: +605-376 2726

PANGKOR ISLAND

SEGARI TURTLE SANCTUARY, LUMUT

PLACES TO VISIT IN
MANJUNG

TELUK SENANGIN

White sands and blue sea water of Teluk Senangin awaits to welcome you just 30 kilometres away from Sitiawan. Here, travellers have the chance to take in the breathtaking scenery of the Straits of Melaka and Pangkor, particularly in the evening. In addition, this beach is frequently visited by anglers and is popular for organising fishing competition.

PLACES TO VISIT IN LUMUT

Lumut is a seaside town in Manjung District about 84 kilometres from Ipoh and 12 kilometres from the town of Sitiawan, and it was the main gateway to Pangkor Island. It is well-known for its seashell and coral handicrafts. This once-unknown fishing hamlet has now become the Royal Malaysian Navy's home base and the location of Malaysia's largest naval shipbuilder, Boustead Naval Shipyard. In Malay, lumut signifies moss, lichen, or seaweed. The beach was originally named Lumut because it was thought to be abundant in moss.

TELUK BATIK

Teluk Batik Beach is nestled nearby the towns of Lumut and Sitiawan and looks out to Pangkor Island. Presenting clear blue waters and soft sandy shores, you can say this spot poses a perfect spot to be away from crowds as it is not as crowded as Pangkor Island. The beach is situated in a lovely bay with headlands rising at either end, topped by a jungle. It is also lined with coconut palms and other trees offering a fair amount of shade and a tropical environment.

SEGARI TURTLE
SANCTUARY, LUMUT

This is where you'll find Malaysia's green sea turtles. If you happen to be in Perak, don't miss this incredible place. The Malaysian Government has taken measures to provide a natural habitat for green sea turtles. You can spot the Leatherback, Gray, Hawksbill, and Olive Ridley Turtles at this sanctuary. Besides, there are also turtle displays that provide vast information about the turtles.

Address: 34900 Lumut, Perak
Opening Hours: 8:00 am-1:00 pm, Mon to Thursday 2:00 pm-5:00 pm, 8:00 am-12:15 pm, Friday 2:45 pm-5:00 pm



PLACES TO VISIT IN PANGKOR ISLAND

Pangkor Island is located just off Peninsular Malaysia's west coast. It is famous for beaches such as Teluk Nipah, Coral Bay, and Pasir Giam, which at low tide links to the coral-ringed Giam Island. The wrecked Dutch Fort, which dates back to 1670, indicates the island's strategic colonial importance. The Sacred Rock, which sits nearby, is etched with the Dutch East India Company insignia and an image of a tiger stealing a child.

GETTING TO PANGKOR ISLAND

JETTY

With the new construction of the private resort island of Marina Island Pangkor, you will now need to take a 7-minute ferry ride to Pulau Pangkor, saving you hours of waiting compared to the current ferry service from Lumut Jetty. You can get to Marina Island Jetty from the mainland by car via a 400 metres bridge to Marina Island.

PANGKOR TOWN

The main town on the island is situated on the east coast. It's a small town and it's only got one street. There are a variety of souvenir shops, seafood restaurants, coffee shops, and a few hawker stalls along the street. One of the favourite choices for breakfast among locals and travellers is the restaurant opposite the Kheng Hai Chuan Fishery Store, which can be recognised from afar because there are bird nests attached to the name board.

PULAU JARAK

If you love diving then do not miss Pulau Jarak, the waters are crystal clear up to 20 metres for 70 per cent of the year.

BATU BERSURAT

Batu Bersurat is located close to the Dutch Fort, in Pangkor Island, Malaysia. The rock measures about 10.7 metres long and 4.6 metres wide and stands at 4.3 metres tall. The etchings show the picture of a tiger carrying away a child. There are also two round-shaped leaves and the letters "If Carlo 1743" and VOC. The inscription is believed to be a commemoration of the murder of a Dutch dignitary's son in 1743.

Address: Batu Bersurat, 32300 Pulau Pangkor, Perak

DUTCH FORT

Fort Dinding was built by the Dutch in 1670 for storage and protection of tin supplies from the sultanate of Perak. It was destroyed in 1690 by the Malays who were discontent with Dutch methods for obtaining minerals. The fort was reconstructed by Malaysia's museum department in 1973 and gazetted as an ancient monument and historical site in 1978. Anyone found guilty of vandalising the fort is liable to imprisonment or a fine.

Address: Dutch Fort, Pangkor Island 32300, Perak

Operating Hours: Daily 8:00 am-6:00 pm

3rd District Cluster

6 DISTRICT CLUSTERS

TAIPING - KUALA SEPETANG
- SELAMA- KERIAN

PLACES TO VISIT IN TAIPING

Taiping is home to many of Malaysia's firsts prior to independence and is well known for its well-preserved colonial architectures. This quiet town is the home of the first lake garden in Malaysia which was established in 1880. The thing about Taiping is that it holds many hidden treasures that even locals may not know until and unless they go scouting for it. Here are the few treasures of Taiping you can explore.

TAIPING RAILWAY STATION

Taiping Railway Station opened in 1885. The trains from this station served the Taiping-Port Weld railway line. The railway station was built at the spot where King Edward VII Primary School stands now. The station was in service until it was replaced by a new station constructed as part of the Ipoh-Padang Besar Electrification and double-tracking Project. The old station is still intact and has been preserved.

Address: Taiping Railway Station, 34000 Taiping, Perak

HIKE UP MAXWELL HILL

Bukit Larut overlooks Taiping's beautiful Lake Gardens and the old town of Taiping. There are only two ways to get to Maxwell Hill's summit. Take a government-owned Land Rover or take a 10-kilometre hike to the summit. Walking is also a possibility, as we have done it ourselves.

Address: Bukit Larut, 34000 Taiping, Perak

GO BACK IN TIME AT PERAK MUSEUM

The Perak Museum was the first museum to be set up in Malaysia in 1883. The 8,474 exhibits show Malaysia's civilisation, zoology and geology, among many other bits of ancient history that have been overlooked for a long time. Some of the exhibits display the culture and the products of the native tribes of Perak, including the Senoi and Negrito tribes.

Address: Jalan Taming Sari, 34000 Taiping, Perak

Contact: +605-807 2057

Operating Hours: Daily 9:00 am-6:00 pm

KNOW YOUR ANIMALS AT TAIPING ZOO & NIGHT SAFARI

Taiping Zoo is home to more than 180 species of animals, with a totalling up to 1,200. It is located in a lovely natural setting in the Taiping Lake Gardens, at the foot of the Maxwell Hill. The zoo operates day and night.

TAIPING ZOO

Spread over an area of 36 acres, the Taiping Zoo has embarked on an expansion program involving the construction of new open concept animal enclosures.

NIGHT SAFARI

Taiping Zoo is the first zoo in Malaysia to host the Night Safari to its visitors. You can also get on a miniature train that bumps around the area if your feet are tired of walking.

Address: Jalan Taman Tasik Taiping, Taman Tasik Taiping, 34000 Taiping, Perak

Contact: +605-808 6577

Operating Hours: Daily 8:00 am-11:00 pm

GET IN TOUCH WITH NATURE AT TAIPING LAKE GARDENS

The Taiping Lake Gardens was created on a deserted tin mine in 1880, making it the very first lake garden in Malaysia. The lake garden is the idea of Colonel Robert Sandilands Frowd Walker. There are rows of beautiful shady Angsana trees planted along the lake, which when you look from afar it'll seem like the branches of the trees are reaching out to touch the lake water. If you're not a hiker but still want to experience nature in Taiping, add on the lake garden to your "Must Visit List".

Address: Jalan Pekeliling, Taman Tasik Taiping, 34000 Taiping, Perak

Operating Hours: 24 hours

Contact: +6017-546 0464

PLACES TO VISIT IN KUALA SEPETANG

This charming town is worth a visit for its natural beauty, gastronomy, and history! There is also a Chinese fishing town (Kuala Sangga) and mangroves. Fireflies and other creatures call this place home.

MATANG MANGROVE FOREST RESERVE

The Matang Mangrove Forest Reserve is further up the road from the charcoal factory. The main attraction here is a boardwalk that enables you to walk among the mangroves and enjoy the swamp life without getting your shoes in the dirt!

Address: Kampung Kuala Sepetang, 34650 Kuala Sepetang, Perak

Operating Hours: Daily 8:00 am-7:00 pm

Website: www.kualasepetang.com

Contact: +6012-514 5023

KAMPUNG DEW FIREFLIES

It takes a special species of mangrove trees to attract the almost vanishing fireflies. The *Avicennia ssp* does not only provide a home for these fireflies, but it is also a breeding ground for birds. Take a magical river cruise in Kampung Dew and witness how the fireflies light up like tiny fairy lights.

Address: 1, Kampung Dew, 34400 Simpang Empat Semanggol, Perak

Website: www.fireflykgdew.weebly.com

Contact: +6019-578 6456

CHARCOAL FACTORY, KUALA SEPETANG

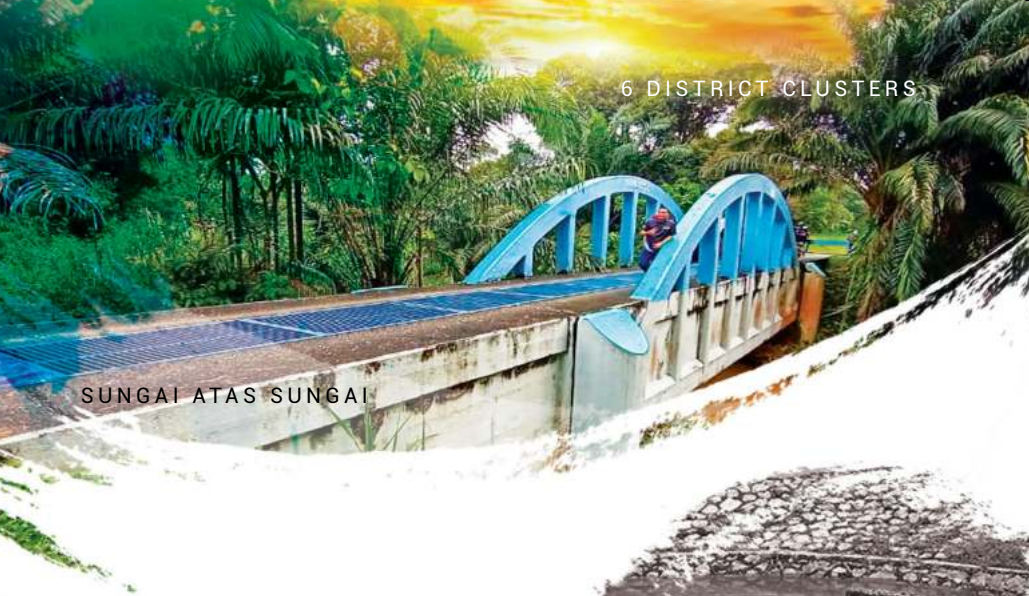
This big, eighty-year-old charcoal factory is open to the public. When you visit the factory, you'll hear about the method of producing charcoal. Guiding tours are available. But you can visit the factory on your own, too. Workers are going to tell you with excitement about the operation. You will hear a lot more from them about the factory. Take your children to this factory and let them be astounded by the whole operation. Don't forget to wear face masks, as they appear to get smoky occasionally.

Address: Jalan Taiping-Kuala Sepetang, Kuala Sepetang, 34650 Kuala Sepetang, Perak

Operating Hours: 9:00 am-5:00 pm

Contact: +6012-428 6098

CHARCOAL FACTORY, KUALA SEPETANG



SUNGAI ATAS SUNGAI

PLACES TO VISIT IN SELAMA

Lata Tebing Tinggi (Lata Mengkuang), is one of the seven waterfalls in Perak that is opened to the public. Tucked away 300 metres from the main road, this waterfall is easily accessible without the need of a 4-wheel drive vehicle. This waterfall is one of the mildest waterfalls in this state, which makes it suitable even for children. The icing on the cake is the fact that the entry to this waterfall is free.

Address: Lata Tebing Tinggi, 34140 Rantau Panjang, Perak

SUNGAI ATAS SUNGAI

The name of this place is pretty self-explanatory, but how is that even possible? It is a water canal that flows from Sungai Ijok for 3.5 kilometres to Sungai Atas Sungai before passing Sungai Redang Panjang, which flows underneath it.

The construction of Sungai Atas Sungai was completed in 1938 by the Department of Drainage and Watering, previously known as the Department of Irrigation and Drainage (DID) for the irrigation of paddy fields, and was connected with the collection of tin ore and the subsequent draining of Sungai Ijok water to Telaga Gergasi.

Address: Sungai Atas Sungai, Selama, 34510 Redang Panjang, Perak



TELAGA GERGASI

TELAGA GERGASI SELAMA

Telaga Gergasi is located in the town of Kampung Bagan Baru, Selama. It is a remnant of British technology used to regulate the movement of water from Sungai Ijok to Tasik Bukit Merah. The height of this giant well structure is approximately 100 feet or 30 metres high with a depth of 20 feet or 6 metres. The British technology was originally built to move tin ore via rivers, but the modern construction features also indirectly prevent soil erosion from occurring in the Bukit Merah Lake.

Address: Telaga Gergasi, 34510, Perak



MATANG FOREST RESERVE

PLACES TO VISIT IN KERIAN

This charming town is worth a visit for its natural beauty, gastronomy, and history! There is also a Chinese fishing town Kuala Sangga and mangroves. Fireflies and other creatures call this place home.

ORANG UTAN ISLAND, BUKIT MERAH

Nestled in the idyllic setting of Bukit Merah Laketown Resort, Orang Utan Island is one of the best rehabilitation and conservation centres in the world. The island is a reference centre for the endangered Bornean orang utan. The Orang Utan Island is one of Malaysia's most popular tourist attractions. After its development in 2000, orang utan Island transitioned from a sanctuary where visitors experienced first-hand orang utan knowledge and education, to a recognised conservation facility and a referral centre for endangered Bornean orang utan.

Address: A197, 34400 Simpang Empat Semanggol, Perak

Operating Hours: Daily 9:00 am-4:00 pm

Website: www.orangutanisland.org.my

Contact: +605-890 8110

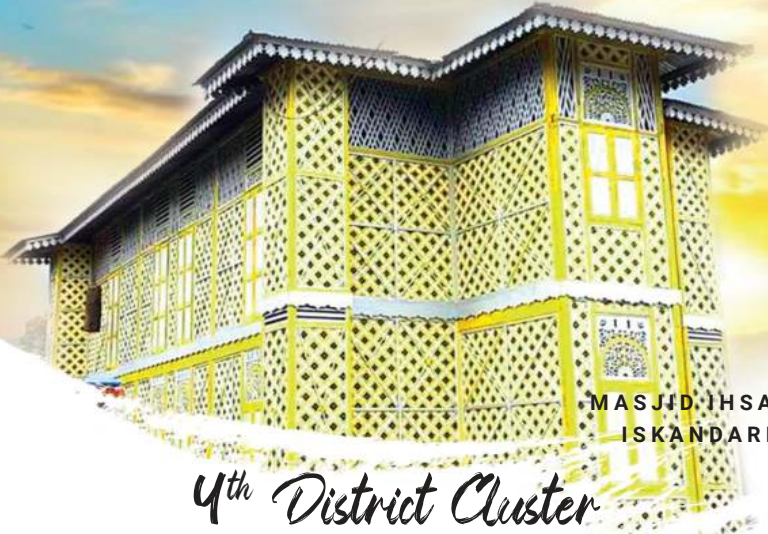
KUALA GULA BIRD SANCTUARY

Bird watchers, get your binoculars ready! Nestled within the Matang Forest Reserve is the Kuala Gula Bird Sanctuary. Kelumpang Island is a valuable breeding area for waterbirds and nesting ground for resident birds. This humble fishing village is only 50 kilometres away from Taiping covers both the intertidal and mangrove habitat.

Address: Perhilitan Kuala Gula Birds Sanctuary, 34350 Kuala Kurau, Perak

Operating Hours: Daily 8:00 am-4:30 pm

Contact: +605-890 2207



MASJID IHSANIAH
ISKANDARIAH

4th District Cluster

KUALA KANGSAR - LENGGONG VALLEY -
GERIK (ROYAL BELUM) - PENGKALAN HULU

LEMBAH KUALA KANGSAR

Lembah Kuala Kangsar is studded with many attractions which have been known to lure travellers into this quaint town.

TRY A HAND AT MAKING LABU SAYONG

Nothing screams Kuala Kangsar the way this humble gourd-shaped black pitcher does. Though people claim that the water stored in a Labu Sayong may have healing properties, the locals store liquids in it to keep it cool. One of the fascinating things you will encounter in Kuala Kangsar is the art of using a wheel throwing machine to make Labu Sayong. In some workshops, you can see how it's made traditionally, or you can get your hands dirty by making your own.

Address: Labu Sayong Craft Centre, 33040 Kuala Kangsar, Perak
Operating Hours: 10:00 am-5:30 pm
Contact: +6017-549 9942

LAKSA SARANG KUALA KANGSAR

Laksa lovers rejoice. If you're someone who loves a good bowl of mouth-watering laksa, head over to Warung Telaga Kota Lama Kiri to satisfy your laksa cravings. What makes this laksa stand out? Well, it's a Northern style Malay Laksa with a twist; an omelette fried to look like a bird's nest put on top!

Address: Kampung Kuala Chempias, 33000 Kuala Kangsar, Perak
Contact: +6012-593 4771

MASJID IHSANIAH ISKANDARIAH

The mosque was built in 1936 and funded by the then Sultan of Perak, Sultan Iskandar Shah. He was fulfilling a promise to build a mosque following the recovery of one of his children. The design incorporated some of the architectural features found in his palace, Istana Kenangan. The mosque was in use until 1976 then abandoned and fell into disrepair until the Department of National Heritage restored it in 2008.

Address: Kampung Kuala Dal, 33700 Padang Rengas, Perak

6 DISTRICT CLUSTERS

LENGGONG ARCHAEOLOGICAL MUSEUM



PLACES TO VISIT IN LENGGONG VALLEY

Lenggong Valley is the site of the oldest known spot of human activity in Peninsular Malaysia. The Perak Man was the most important archaeological find in this area. Lenggong Valley was designated as a UNESCO World Heritage Site on 30th June 2012.

LENGGONG ARCHAEOLOGICAL MUSEUM

Lenggong Archaeological Museum is a pre-historical site dating back to 74,000 years ago. It is recognised as one of the oldest sites of human activity in West Malaysia. It also displays Perak Man, the oldest human skeleton found in Peninsular Malaysia in the caves nearby. The museum is situated near the Lipur Lata Kekabu Rainforest.

Address: Galeri Arkeologi Lenggong, Jabatan Warisan Negara, 33400 Lenggong, Perak

Operating Hours: Daily 9:00 am-5:00 pm

Contact: +605-767 9700

DEER FARM

For those of you who would like to catch a glimpse of deers gazing about green fields, the deer farm in Lenggong shouldn't be missed. You can also buy deer meat from this farm as these deers are also reared for commercial purposes.

Address: Ladang Ternakan Rusa Sungai Soh, Bulit Sapi 33400 Lenggong, Perak

RESTORAN TASEK RABAN

Located exactly next to the East-West Highway near Tasek Raban, this restaurant has been serving up some of the best grilled fish in the area.

Address: Restoran Tasek Raban, 33400 Lenggong, Perak

Contact: +6019-521 5657

TAKE A DIP AT LATA KEKABU

Lata Kekabu rainforest waterfall is a splendid stopover for a few hours of nature refreshment. "The park is one of the several maintained by the Perak Forestry Department. The forest park still retains tall tropical trees, a meandering stream and a 50-metre waterfall. "Many of the trees are labelled, so visitors can identify the trees. There are plenty of picnic spots and shelters along the forest river for a rest stop or a day of enjoying the water and scenery. The trail ends with a walled waterfall pool allowing for swimming just below the falls.

Address: Lata Kekabu, Kampung Kota Tampan Air, 33400 Lenggong, Perak

Contact: +605-791 2384

PLACES TO VISIT IN GERIK

Gerik may not be as well-known as other Malaysian cities, but don't let that deceive you. It is a small but lovely up-and-coming tourist spot that is well worth a visit. Some of the interesting things to do and places to visit in this secret getaway will astound you. Because of its important location close to the East-West Highway, which connects Kedah and Penang to the east coast, the town is also known as Rest Town.

ROYAL BELUM RAINFOREST

Royal Belum Rainforest is one of the oldest rainforests in the world, dating back to over 130 million years. The park houses 14 of the world's most threatened mammals including the iconic and threatened Malayan tiger. Ten species of hornbills, the highest number in the country, in the region and in the World in one single locality. The rainforest also contains 18 species of frogs and toads, 67 species of snakes, and more than 132 species of beetles.

Address: Royal Belum Perak State Park, 33300 Gerik, Perak

Contact: +6013-400 5468

RAFFLESIA PARK, KAMPUNG BONGOR

Rafflesia Park is located in Bersia, Gerik, at Bongor Village. Bongor Village is only a 25-minute drive away. A gravel road takes 30 minutes to go from the settlement to the foothill. It takes another hour and a half to walk from the foothill to the rafflesia region. One of the floral attractions is that three species of Rafflesia can be found in Royal Belum which are Rafflesia cantleyi, Rafflesia kerrii and Rafflesia azlanii.

ORANG ASLI

The indigenous peoples of Malaysia are known as the Orang Asli, and it is believed that the first tribe arrived in the nation 25,000 years ago. There are approximately 180,000 of them, divided into 18 tribes but primarily belonging to the Negrito, Senoi, and proto-Malay groups. Royal Belum is inhabited by the Jahai tribe of indigenous Orang Asli, who are primarily concentrated in this portion of the peninsula and are now mostly located in communities in the Sungai Tiang and Sungai Kejar districts, numbering approximately 750 individuals.

WATERFALLS

There are several waterfalls in Royal Belum, but the most popular ones are those in Sungai Ruok and Sungai Kooi because they are easily accessible. The Kelah fish sanctuary is an added feature in Sungai Ruok. Other waterfalls in Royal Belum include Sungai Kejar, Sungai Semilians, Sungai Mes, and Sungai Gen. Kooi waterfall is one of the most frequented waterfalls in Royal Belum.

IMMERSE IN THE BEAUTY OF TEMENGGOR LAKE

Banding Island is an ideal base for exploring Lake Temenggor and the Royal Belum Rainforest. The lake is 70 kilometres in length, up to 5 kilometres wide in places and as deep as 120 metres. This man-made lake is one of Malaysia's most beautiful places. The area is home to one of the last refuges in Peninsular Malaysia for wild animals such as elephants, tapirs and tigers.

Address: Temenggor Lake, 33300

TEMENGGOR LAKE

PLACES TO VISIT IN PENGKALAN HULU

Pengkalan Hulu began as the administrative centre of Reman State (part of Patani State) after the King of Reman invaded Klian Intan and began mining for tin. After a long period of tin mining, a series of disagreements with the Perak government arose. The Reman Government and the British signed several agreements. In 1902, the Siamese Government dissolved the monarchical system's power in Reman.

TASEK TAKONG

Tasek Takong was named after Raja Reman, who governed Pattani, Thailand, to his colonies in Pengkalan Hulu (previously known as Kroh), Lenggong, and Kedah over 100 years ago and terminated when the district was given over to the Perak government on 16 July 1909. Previously, the lake was a flat land region, but Raja Reman rallied the locals to build a reservoir to offer amenities for hundreds of his elephants to graze and bathe.

Address: Tasek Takong, 33100 Pengkalan Hulu, Perak

GUA GENDANG

Located 6 kilometres from Pengkalan Hulu town, this cave has dubbed the name Gua Gendang due to the splashing of water against the walls of the cave that creates sound like drums being beaten. Historically, this cave also served as a hiding spot for the communist 50 years ago. Gua Gendang is a new discovery and is a unique attraction located in a very attractive natural area and surrounded by greenery and the originality of tropical forests. Gua Gendang Tourism and Recreation Complex, was established by the Pengkalan Hulu District Council, which makes the accommodation located above the cave create the surrounding atmosphere as if it were a peaceful village. But what is more impressive is the presence of a river that flows under the cave which is about 300 feet from your accommodation and from there you will also see the wonders of God's creation that have been bestowed on this place. Try imagining the challenges and fun you will experience for 45 minutes across the river below the cave while exploring to see the beauty of natural sculptures as a result of erosion and you can also cross the cave and river for 4 hours to see the beauty and wonders of 7 other waterfalls.

Address: Kem Rekreasi Gua Gendang, 33100 Pengkalan Hulu, Perak
Contact: +6019-455 9519

RAHMAN HYDRAULIC TIN MINE

Rahman Hydraulic Tin Ore Mine has been in operation in Klian Intan, Hulu Perak, since 1907. This mining firm is responsible for the majority of Malaysia's hard rock tin mining operations. What distinguishes Rahman Hydraulic mining from other tin mining is the employment of a hydraulic pump to draw the tin into the trough. The tin mine is still open for business today. Surprisingly, it has been turned into a tourist attraction as well as a place of education for current and future generations.

Address: 2007, Jalan Baling - Kuala Kangsar, Kampung Bukit Buloh, 33100 Pengkalan Hulu, Perak
Contact: +604-477 0698

5th District Cluster:

TELUK INTAN-BAGAN DATUK-PULAU SEMBILAN

PLACES TO VISIT IN TELUK INTAN

Teluk Intan is a town that's located on the banks of the magnificent Perak River. People who make the effort to come to Teluk Intan usually make the trip to have a look at the leaning tower and depart. But, there are more heritage buildings and places of interest for lovers of history and they are primarily located in a compact area of the town centre which can easily be visited on foot.

TAKE CREATIVE PHOTOS AT THE LEANING TOWER OF TELUK INTAN

The leaning tower is synonymous with Teluk Intan's name. It was actually built for the purpose of storing water during the drought season in case there was a fire. The tower was designed in 1885, late in the 19th century, under the direction of contractor Leong Choon Chong. It was claimed, however, by the British, Neol Danison, and then by the Japanese during their occupation of Malaysia in 1941. During this time, the tower became a watchtower. After independence in 1957, the tower became an official national monument. The construction of the pagoda-style was heavily inspired by Chinese architecture since the majority of the population of the town at that time was Chinese. Each floor is 5 metres high and there are a total of 110 steps from the ground floor to the top of the tower. The reason why the tower leans is the soft ground on which it was constructed, as well as the weight of the water in the water tank, which causes it to lean towards the southwest.

Address: Lot 1&2, Komplex Menara Condong, Jalan Bandar, Pekan Teluk Intan, 36000 Teluk Intan, Perak
Website: www.mpti.gov.my/en/visitors/places-interest/menara-condong
Contact: +605-623 7040

LADANG MOCCIS

This location is ideal for family and friends, with activities throughout the complex perfect for family days, teambuilding, and gatherings of friends for a BBQ session. Among activities that you can take part in would be ATV, fishing, kayaking, barbecue and cycling. Apart from this, there's also a petting zoo within the premises. There are also chalets available for those who wish to spend the night.

Address: Ladang MOCCIS, KM 14, Jln Chkt Jong, Teluk Intan, Perak
Contact: +605-622 1300
Website: www.facebook.com/Ladang-MOCCIS-Sdn-Bhd-138464462844591

GET TO KNOW YOUR CRANES AT PULAU BANGAU

Pulau Bangau is home to 16 species of cranes and also tens of thousands of migratory birds. Cranes and other birds such as hawks and eagles return to the island after a late afternoon meal. The island is also home to swamp storks, Little Egret, Cattle Egret and Egret Maigret.

Address: Jalan Wah Keng Jooi, Pekan Teluk Intan, 36000 Teluk Intan, Perak
Contact: +605-623 7040

LADANG MOCCIS





B A G A N S U N G A I B U R U N G

PLACES TO VISIT IN BAGAN DATUK

Bagan Datuk is located in Perak's southwest area, flanked by the Perak River. This modest fishing neighbourhood is home to a multitude of enthralling experiences, including Malaysia's very own 'Sky Mirror' and the fantasy-like 'Blue Tears' phenomena. It is not always talked about, and certainly missed by tourists both international and local alike.

B A G A N S U N G A I B U R U N G

Bagan Sungai Burung is a small fishing village about 50 kilometres west from Teluk Intan. You can find a myriad seafood restaurants in the area. Some of them are Makanan Laut Kang Kao, Restaurant Tepi Sungai, Bintang Sungai Burung Seafood Restaurant and many more. Do pay this place a visit on your way back from the sunflower garden

**PANTAI CERMIN / BLUE TEARS TOURISM BAGAN DATUK
/ 9 ISLAND AGENCY SDN.BHD.**

A mysterious yet fascinating beach, Pantai Cermin got its name due to its mirror-like reflection of the sky on the flat sandy beach that will only emerge for several days each month. The crowned jewel here is its tranquil and unspoiled undersea beach, only visible during low tides and hides away under water during high tides. The mysterious undersea beach is an area between tidal marks. Only accessible during exceptionally low tides when the water level recedes. This is an ideal spot for those wanting a chance to capture an aesthetic, unique and mind-blowing reflective pictures of nature's true splendours.

Address: 64, Kampung Sungai Burung, 36100 Bagan Datuk

Contact: +6019-502 0502

**SHINE BRIGHT LIKE THE SUN AT SUN FLOWER
GARDEN, BAGAN DATUK**

The perfect place for those who love sunflowers! The sunflower farm in Bagan Datuk is getting more and more traveller coverage. For those who want to take photos of interesting places to visit, this will be the ideal spot for you. Sunflower Garden Bagan Datuk is not only home to sunflowers, it is also home to fish and ducks. With an adult entrance fee of only RM10 paid, it would be fun to spend some time here.

Address: A 128, 36100 Bagan Datuk, Perak

Contact: +6019-207 4608

DIG INTO SCRUMPTIOUS LOBSTERS

Apart from the famous leaning tower, Teluk Intan is also known for its lobsters! Here are a few places you could go to D' Tepian Sungai Restaurant or Restoran Udang Galah Teluk Intan.



BLUE TEARS

PULAU SEMBILAN

The Blue Tears phenomenon which is caused by plankton that allows light when in contact with oxygen has put Pulau Sembilan on the map. This phenomenon can only be witnessed at night, and any wave that falls on the shore lights up with an electric blue glow. Imagine standing under a dark sky and watching the shores light up in blue like someone just plugged in blue fairy lights. You can experience this at any time of the year, but it is said there are more during June and November.

Address: 6B, Bagan Ikan, 36100 Bagan Datuk, Perak

Contact: +605-646 6999



6th District Cluster:
**TANJUNG MALIM
- SUNGKAI - TAPAH**

PLACES TO VISIT IN TANJUNG MALIM

If you're looking for a quick road trip with your family or friends, then drive up to Tanjung Malim. A 90-minute trip from Kuala Lumpur, this small town provides the perfect backdrop for a quick escape from the hustle and bustle of the city.

UJANA MUALLIM

Ujana Muallim is an Urban Forest Park within the Proton City area of 38.16 acres, located about 2 kilometres from UPSI.

STREET ART

The town of Tanjung Malim is embracing street art as part of urban embellishment, especially on old buildings. The street art project was completed in 2017. There are educational paintings of Malaysian sceneries and prominent figures. There is also a rollerblade rink dedicated to rollerblade enthusiasts close to the area.

NATIONAL EDUCATION MUSEUM

Conveniently situated in the historical Sultan Idris University of Education (UPSI), this museum boasts 21 permanent galleries and a theme gallery exhibiting significant history, revolution and prominent figures of education in Malaysia. Constructed in 1919, the building is also known as the Suluh Budiman Building. The architecture is influenced by the Church of Notre Dame in France and the Church of Salisbury in England. Thus, Dutch-Gothic architecture can be seen both internally and externally. In 2009, the building was declared as Cultural Heritage Building in recognition of its significance as a national heritage. The museum is also surrounded by other heritage buildings that tourists can visit for free.

Address: Jalan Utama Upsi, 35900 Tanjong Malim, Perak

Operating Hours: Monday to Friday 9:00 am-4:00 pm

Website: www.muzium.upsi.edu.my

Contact: +605-450 668

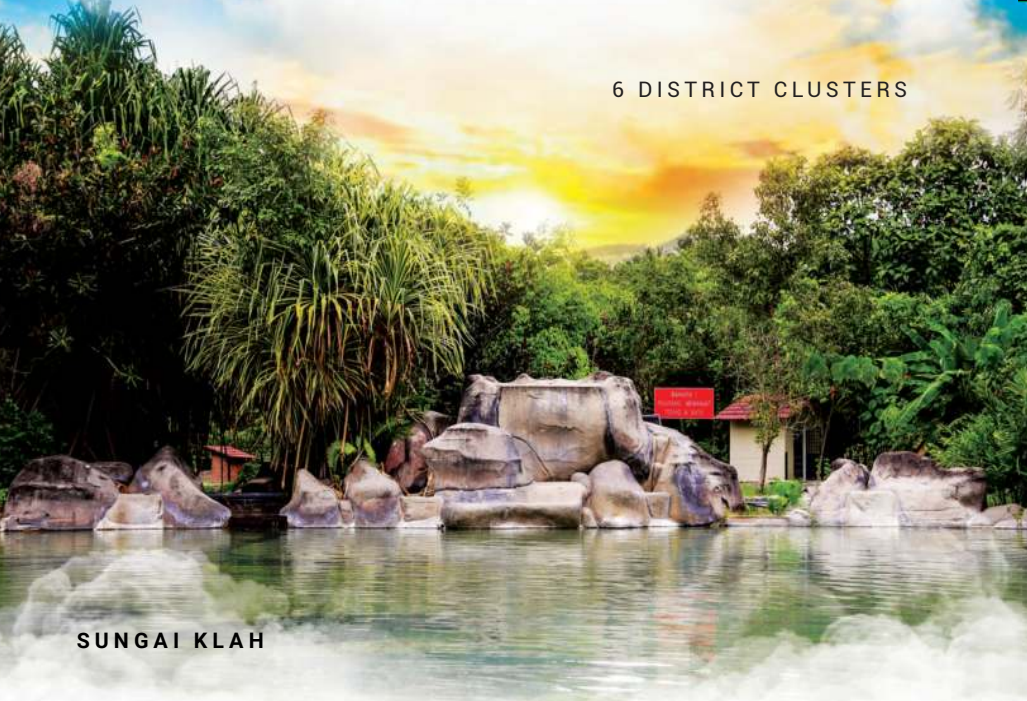
SARANG ART HUB

Sarang Art Hub is located near KFC and Pizza Hut Tg.Malim at Rest House or Rumah Rehat Tg.Malim. This restaurant first opened its doors in 2015. Aside from that, this restaurant is the outcome of Tanjung Malim District Council's (MDTM) efforts to enliven the place.

Address: Jalan Rumah Rehat, Taman Bandar, 35900 Tanjung Malim, Perak

Website: www.facebook.com/sarangarthub

Contact: +6012-525 8798



SUNGAI KLAH

PLACES TO VISIT IN SUNGKAI

Sungkai was once known as Kampung Kelompong. There are several theories as to how the name Sungkai came to be. According to legend, the name Sungkai was derived from the name of a wild tree that grows in the town and near the Sungkai River, the Sesungkai Tree. The heart of this tree is mushy like a sweet potato, and the leaves are similar to those of a noni tree.

SUNGAI KLAH

Sungai Klah is well known among travellers for its hot springs. The spring has been developed to have separated areas, to highlight their special features. Some of which are the water theme park, hot springs swimming pool, therapeutic pools, family baths and egg boiling area. With added facilities, it helps to ease all visiting experiences. For those looking for more privacy, they can opt for the private jacuzzis or take up the reflexology packages.

Address: Sungai Klah Hot Springs Park, 36000 Sungkai, Perak

Operating Hours: Saturday to Thursday 8:00 am-6:00 pm & Friday 8:00 am-10:00 pm

Contact:+6019-279 0022


NASI BAMBOO

Nearby the Sungai Klah Hot Springs is the famous Bamboo Rice Restaurant. True to its name, their speciality is the rice wrapped with the 'Daun Lirik' (Calathea Leaves) and cooked in Bamboo sticks. With a vast variety of authentic local dishes to pair up with the rice, customers are sure to have an enjoyable experience. Some of the favourite choices to eat with the rice is the popular Perak dish, Rendang Tok, and the store's speciality, Ayam Bunian.

Address: Kampung Buloh Telor, 35600 Sungkai, Perak

Operating Hours: Saturday to Thursday 10:00 am-4:30 pm

Contact:+6017-516 7592



LATA KINJANG

PLACES TO VISIT IN TAPAH

The name Tapah is claimed to have come from the name of a freshwater fish called Ikan Tapah. The fish's scientific name is *Wallago Attu*. According to the locals, the name was derived from a Malay-Perak dialect word, meaning no worries. This settlement is traversed by the Batang Padang River. Kampar and Bidar are two major neighbouring towns. The Lata Kinjang waterfall is located approximately 18 kilometres from Tapah on the way to Chenderiang. It's a spectacular succession of falls down a 100-metre plunge. The falls are visible from the North-South Expressway (PLUS).

LATA ISKANDAR

Lata Iskandar is a waterfall located about 25 kilometres before Ringlet on the trunk road from Tapah to Cameron Highlands. The waterfall cascades down many stages of granite slopes, with the last drop at 25 metres high falling into a little pool below before rejoining the stream.

Address: Exit 59, 35000 Tapah, Perak

Contact: +605-401 1402

KUALA WOH HOT SPRING

Kuala Woh hot spring is located in the Kuala Woh Recreational Forest, 62 kilometres from Ipoh and 12 kilometres from Tapah. The warm water flowing through the sand near the brook marks the springs. The park is a popular spot for picnics and camping, and it also has a few short hiking paths. It's a natural spring, and the creek and surrounding forests are a peaceful area to unwind.

Address: Kuala Woh Recreational Forest, 35000 Tapah, Perak

LATA KINJANG

This is one of the most famous waterfall spots in Malaysia, having a few accessible waterfalls for visitors to enjoy. There are pathways to get to four of the waterfalls before you need to hike up the trails and reach the rest of the higher locations. Public facilities such as picnic huts, bathrooms, and nearby shops are available on site. The surrounding environment has been placed with informative descriptions on the plants and animals in the area. A fun activity to do is walking on the suspension bridge hovering above the waters.

Address: 35300 Chenderiang, Perak

Operating Hours: Daily 6:00 am-7:00 pm

Contact: +605-528 8100

ACCOMMODATION

ACCOMMODATION

1. KAMPUNG AIR (WATER CHALET)

Address: Jalan Bukit Merah, Semanggol, 30000 Taiping
Contact: +605-890 8888
Website: www.bukitmerahresort.com.my/kampung-air

2. O&G HOTEL PARIT BUNTAR

Address: 1, Jalan Wawasan 2, Taman Wawasan Jaya, 34200 Parit Buntar, Perak
Contact: +605-710 2626

3. K GARDEN HOTEL (BS)

Address: Kampung Matang Gerdu, 34300 Bagan Serai, Perak
Contact: +605-723 1888

4. HOTEL TAIPING PERDANA

Address: Lorong Koperasi 1, Kampung Jambu, 34000 Taiping, Perak
Contact: +605-808 2011
Website: www.taipingperdana.com.my

5. THE SHOP HOTEL & CAFE

Address: 1, Jalan Seri Delima 2, Taman Seri Delima Ii, 33000 Kuala Kangsar, Perak
Contact: +6017-743 8401
Website: www.theshophotel.com

6. D'ART GALLERY HOTEL

Address: No 51, Persiaran Universiti 1, Taman Tronoh Universiti, Bota, Ipoh-Lumut Hwy, 31750 Teronoh, Perak
Contact: +6012-315 0288

7. PANGKOR LAUT RESORT

Address: Jalan Utama Marina Island, 32200 Pangkor Island, Perak
Contact: +603-2783 1000
Website: www.pangkorlautresort.com

8. HOTEL SFERA

Address: 2479, Jalan Dato Yu Neh Huat, Taman Samudera, 32040 Seri Manjung, Perak
Contact: +605-688 1000
Website: www.hotelsfera.com.my

9. APPLE SUITES HOTEL

Address: 1B, Lorong Tok Perdana, Taman Tok Perdana, 32000 Sitiawan, Perak
Contact: +605-691 0629

10. BREZZA HOTEL

Address: 4118 & 4119, Jalan Sultan Yussuff Izuddin, 32200 Lumut, Perak
Contact: +605-683 3888

11. GRAND KAMPAR HOTEL

Address: 2188, Jalan Timah, Bandar Baru, 31900 Kampar, Perak
Contact: +605-466 2111
Website: www.grandkamparhotel.com.my

12. M BOUTIQUE HOTEL

Address: 1, Jalan Batu Karang, Taman Bandar Baru 31900 Kampar Perak Darul Ridzuan Malaysia
Contact: +605-467 2777
Website: www.kampar.mboutiquehotels.com

13. BELUM RAINFOREST RESORT

Address: Pulau Banding, 33300 Gerik, Perak
Contact: +605-791 6800
Website: www.belumrainforestresort.com

ACCOMMODATION

14. THE HAVEN RESORT HOTEL

Address: Jalan Haven Persiaran Lembah Perpaduan Tambun, 31150 Ipoh, Perak
Contact: +605-540 0000
Website: www.thehavenresorts.com

15. THE BANJARAN HOTSPRING RETREAT

Address: 1, Persiaran Lagoon, Sunway 3, 31150 Ipoh, Perak
Contact: +605-210 7777
Website: www.sunwayhotels.com/the-banjaran

16. WEIL HOTEL

Address: 292, Jalan Sultan Idris Shah, 30000 Ipoh, Perak
Contact: +605-208 2228
Website: www.weilhotel.com

17. MU HOTEL

Address: 18, Jalan Chung On Siew, Taman Jubilee, 30250 Ipoh, Perak
Contact: +605-240 6888
Website: www.muhotel.com

18. M BOUTIQUE HOTEL

Address: 2 Hala Datuk 5, Off Jalan Leong Boon Swee, 31650 Ipoh, Perak Malaysia
Contact: +605-255 5566
Website: www.poh.mboutiquehotels.com

19. HOTEL EXCELSIOR

Address: 43, Jalan Sultan Abdul Jalil, Kampung Jawa, 30300 Ipoh, Perak
Contact: +605-253 6666
Website: www.hotelexcelsior.com.my

20. SEKEPING KONG HENG BY DREAMSCAPE

Address: 74, Jalan Bandar Timah, 30000 Ipoh, Perak
Contact: +6012-227 2745
Website: www.sekeping.com/kongheng

21. BELAKANG KONG HENG

Address: 89 & 91, Jalan Sultan Yusof, 30000 Ipoh, Perak
Contact: +6016-425 2275
Website: www.belakangkongheng.com

22. LANAI CASUARINA

Address: 43, Jalan Haji Wahab, 32800 Parit, Perak
Contact: +605-377 1195

23. D HOTEL

Address: 526, Lebuhr SIBC, 32610 Seri Iskandar, Perak
Contact: +605-374 8888
Website: www.dhotel.my



24. SAHOM VALLEY AGRO & ECO RESORT

Address: Lot 228800 Kg Sahom, 31900 Kampar, Perak
Contact: +6012-488 2480

25. MD BOUTIQUE HOTEL

Address: 18 & 20, Jalan Idris, Kampung Batu Berangkai, 31900 Kampar, Perak
Contact: +6016-366 6646

26. FELDA RESIDENCE HOT SPRINGS

Address: Jalan Sungai Klah, 35600 Sungkai, Perak
Contact: +605-438 8802

27. SEEFOO HOTEL BIDOR

Address: 11-12, Jalan Persatuan, 35500 Bidor, Perak
Contact: +605-434 1328
Website: www.seefoohotel-bidor.business.site

28. VVIP HOTEL HUTAN MELINTANG

Address: No.6&7, Lestari Parkview, Jalan Hutan Melintang, Lestari Parkview, A123, Kampung Hutan Melintang, 36400 Hutan Melintang, Perak
Contact: +605-641 6933

29. OYO 772 LUX HOTEL

Address: Jalan Changkat Jong, 36000 Teluk Intan, Perak
Contact: +605-622 2345

30. LF HOTEL

Address: Jalan Bukit Baldwin, 35000 Tapah, Perak
Contact: +605-401 3628

31. KTC HOTEL

Address: 26, Lot 183, Jalan Bruseh, Bangunan Kwan Teow Cheang Brothers Sdn Bhd, 35500 Bidor, Perak
Contact: +605-434 9300

32. RIVERTEL

Address: Jalan Changkat Jong, 28H, Lorong Aman, 36000 Teluk Intan, Perak
Contact: +605-620 5728
Website: www.rivertel.my

33. VVIP HOTEL HUTAN MELINTANG

Address: No.6&7, Lestari Parkview, Jalan Hutan Melintang, Lestari Parkview, A123, Kampung Hutan Melintang, 36400 Hutan Melintang, Perak
Contact: +605-641 6933

34. OYO 772 LUX HOTEL

Address: Jalan Changkat Jong, 36000 Teluk Intan, Perak
Contact: +605-622 2345

35. SCHOLAR'S SUITES

Address: Universiti Pendidikan Sultan Idris, Kampus Sultan Azlan Shah, Proton City, 35900 Tanjong Malim, Perak
Contact: +605-448 1922

36. OYO 826 HILLTOP HOTEL

Address: 16,17,18, Jalan Bernam Baru 2/1, Taman Bernam Baru, 35900 Tanjong Malim, Perak
Contact: +6012-565 5128

37. OYO 775 HOTEL SAHARA INN

Address: 1, Jalan Bahtera 1, Taman Bahtera, 35900 Kerling, Perak
Contact: +6010-401 1393

38. OYO 1038 MELINTANG

Address: 13, Lorong 16, Taman Sri Melintang, 36400 Hutan Melintang, Perak
Contact: +6010-401 1393

39. OYO 1150 TOP GARDEN HOTEL

Address: Lot 5357 (New Wing), Jalan, 36400 Hutan Melintang, Perak
Contact: +6010-401 1393

7 Food to Try in Perak

Other than being blessed with scenic places and history, Perak is also known for its food. Here are the top 7 food you should try sampling when you visit this state.

1. CHICKEN RICE AND BEAN SPROUTS

If you haven't heard of it yet, Perak produces one of the best bean sprouts in Malaysia. The bean sprouts are often thick and have a crunch to them. While the star is usually the chicken rice; in Perak, the bean sprouts steal the show.



2. DIM SUM

Dim sum is a traditional Chinese meal consisting of small plates of dumplings and other snack dishes that are usually served with tea. The dim sum is usually filled with minced pork, chicken or prawns, and are steamed on bamboo baskets. You'll be also served oyster and chilli sauce on the side to dip your dim sum in.

3. KAYA PUFF

Kaya puffs are a type of traditional Chinese pastry made with lard or shortening. They are made with two different doughs: an oil dough and a water dough. The flakiness of the puffs is achieved by laminating both doughs together.



4. CHEE CHEONG FUN

Believe it or not, This dish is famous in Perak. Ipoh's chee cheong fun is more akin to Hong Kong style, with sauces and condiments drenched on top. Sweet sauce, onion oil, fried shallots, chilli paste, and sesame seeds are a few of the ingredients. The silky smooth and thin chee cheong fun has to be the highlight.

5. NASI KANDAR AYAM MERAH

This nasi kandar stall is tucked away in Yong Suan coffee shop and frequently visited by locals and travellers. One of the highlights is the wide variety of dishes available at relatively low prices. Ask for “kuah campur banjir” for an extra kick; their gravy is what sets them apart from the competition. It’s truly addictive, and it’s unquestionably one of the best things to eat in Ipoh.



6. TAU FU FA

This sweet dessert is made from soya beans and is typically served with a clear sweet syrup or sugar syrup infused with pandan. It can also be served with palm syrup (gula Melaka) as an alternative. It is usually Malaysian’s go-to-dessert on a hot day to cool off.

7. POMELO

This large citrus fruit with smooth, pale yellow skin belongs to the grapefruit family. The fruit can grow up to 30 cm in length. Pomelo has a slightly bitter flavour, but it is sweeter than grapefruit. Pomelo is also referred to as Chinese grapefruit. When the skin of the pomelo turns yellow, it is ripe and ready to eat. The flesh is firm and juicy, with a tart, slightly bitter taste that is sweeter than that of a grapefruit.



Malay Food

1. RESTORAN TASIK RABAN, LENGGONG

Address: 33400 Lenggong, Perak
Operating Hours: Daily 9:00 am-5:00 pm
Contact: +6019-521 5657

2. WARUNG NASI TALAM, LENGGONG

Address: Kampung Batu Berdinding, 33400 Lenggong, Perak
Operating Hours: Saturday to Thursday 11:30 am-3:30 pm
Contact: +6013-330 3450

3. CASTELLA CAFE, GERIK

Address: Kampung Padang Stang, 33310 Gerik, Perak
Operating Hours: Wednesday to Sunday 10:00 am-5:00 pm
Contact: +6011-2050 3454

4. MEE DAUD MAT JASAK

Address: No 1 & 2, Jalan Datuk Onn Jaafar, Taman Jubilee, 30300 Ipoh, Perak
Operating Hours: Monday to Wednesday 9:00 am-2:00 pm & 4:00 pm-9:30 pm, Friday to Saturday 9:00 am-2:00 pm & 4:00 pm-9:45 pm, Sunday 9:00 am-2:00 pm
Contact: +6019-441 0096

5. RESTORAN WARUNG TEMPUA, IPOH

Address: 71, Jalan Lim Bo Seng, Kampung Jawa, 30300 Ipoh, Perak
Operating Hours: Daily 8:00 am-12:00 am
Contact: +605-241 2205

6. NASI BAMBOO SUNGAI KLAH

Address: Kampung Buloh Telor, 35600 Sungkai, Perak
Operating Hours: Saturday to Thursday 10:00 am-4:30 pm
Contact: +6017-516 7592

7. RESTORAN IKAN BAKAR LENGGONG

Address: Jalan Hadhari, Kampung Tengku Husin Baharu, 30100 Ipoh, Perak
Operating Hours: Daily 10:00 am-6:00 pm
Contact: +6012-421 4803

8. TERINGAT LENGGONG

Address: Kampung Batu Berdinding, 33400 Lenggong, Perak
Operating Hours: Saturday to Thursday 11:30 am-3:30 pm
Contact: +6013-330 3450

9. RESTORAN APONG D' HILIR

Address: Pekan Teluk Intan, 36000 Teluk Intan, Perak
Operating Hours: Tuesday to Sunday 4:00 pm-12:00 am

10. HAWAII @ TELUK INTAN

Address: Jalan Teluk Intan, Pekan Teluk Intan, 36000 Teluk Intan, Perak
Contact: +6019-577 8028

11. ABDULLAH MASTAN GHANY MEE REBUS & ROJAK

Address: Jalan Ah Cheong, Pekan Teluk Intan, 36000 Teluk Intan, Perak
Operating Hours: Monday to Thursday 9:30 am-6:00 pm, Saturday & Sunday 8:00 am-6:00 pm

12. RESTORAN NASI GANJA @ YONG SUAN, IPOH

Address: 2, Jalan Yang Kalsom, Taman Jubilee, 30300 Ipoh, Perak
Operating Hours: Sunday to Friday 9:30 am-6:00 pm
Contact: +605-254 4314



Indian Food

1. RESTORAN DAUN PISANG KALA VILAS

Address: Hale Street, NO.12, Jalan Tun Sambanthan, 30000 Ipoh, Perak

Operating Hours: Monday to Thursday 7:30 am-3:00 pm

Contact: +6012-510 8208

2. RESTORAN SAMY

Address: 70, Jln Besar, 31200 Chemor, Perak

Operating Hours: Daily 7:00 am-7:00 pm

Contact: +605-201 4066

3. KANNAA'S BAMBOO BRIYANI, MEDAN KIDD

Address: Jalan Perhentian, Medan Kidd, 30000 Ipoh, Perak

Operating Hours: Daily 7:00 am-7:00 pm

Contact: +6016-475 6503

4. RESTAURANT MAHARAJ IPOH

Address: 36, Jalan Raja Dr. Nazrin Shah, 30250 Ipoh, Perak

Operating Hours: Daily 10:30 am-10:00 pm

Contact: +605-243 2515

5. TANDOOR GRILL

Address: 9, Jalan Chin Choon Sam, 30450 Ipoh, Perak

Operating Hours: Daily 11:30 am-3:00 pm, 6:00 am-10:30 pm

& Closed on Tuesday

6. SRI ANANDA BAHWAN RESTAURANT

Address: 7, Persiaran Bandar Timah, 31650 Ipoh, Perak

Operating Hours: Daily 7:00 am-11:30 pm

Contact: +605-253 9798

7. PAKEEZA RESTAURANT

Address: 15-17, Jalan Dato Seri Ahmad Said, 30450 Ipoh, Perak

Operating Hours: 11:00 am-10.00 pm

Contact: +605-241 4243





Chinese Food

1. AYAM GARAM AUN KHENG LIM

Address: 75, Laluan Tasek Perdana, Medan Tasek Perdana, 30010 Ipoh, Perak
Operating Hours: Daily 11:00 am-5:30 pm
Contact: +6012-533 4993

2. TONG SUI KAI

Address: Jalan Carey, Taman Jubilee, 30300 Ipoh, Perak
Operating Hours: Daily 6:00 pm-2:00 am

3. CANNING DIM SUM

Address: 1, Lebuhr Cecil Rae, Taman Canning, 31400 Ipoh, Perak
Operating Hours: Thursdays to Tuesdays 7:00 am-3:30 pm
Contact: +6016-268 0535

4. PUSING PUBLIC RESTAURANT

Address: G 57-65, Jalan Horley, Kampung Jawa, 30300 Ipoh, Perak
Operating Hours: Daily 12:00 pm-2:30 pm & 6:00 pm-9:30 pm
Contact: +605-253 3428

5. NEW HOLLYWOOD RESTAURANT

Address: Taman Canning, 31400 Ipoh, Perak
Operating Hours: Tuesdays to Sundays 7:00 am-10:00 pm

6. VEGAS RESTAURANT

Address: 1, Lorong Cecil Rae, Canning Garden, 31400 Ipoh, Perak
Operating Hours: Daily 7:00 am-10:00 pm
Contact: +6012-528 2848

7. NAM HEONG WHITE COFFEE

Address: 2, Jalan Bandar Timah, 30000 Ipoh, Perak
Operating Hours: Daily 6:30 am-5:00 pm
Contact: +6012-588 8766

8. KONG HENG RESTAURANT

Address: 75, Jalan Bandar Timah, 30000 Ipoh, Perak
Operating Hours: 9:00 am-8:00 pm
Contact: +6016-425 2275

1. LITTLE IPOH

Address: 21, Jalan PP 1, Bandar Universiti Lakeville, 32610 Seri Iskandar, Perak
Operating Hours: Daily 7:00 am -5:00 pm
Contact: +605-373 1478

2. KONDA KONDI

Address: 183, Jalan Sultan Idris Shah, Taman Jubilee, 30000 Ipoh, Perak
Operating Hours: Monday, Wednesday & Thursday
 5:00 pm - 12:00 am, Friday 5:00 pm-12:30 am,
 Saturday to Sunday 1:00 pm-12:30 am
Contact: +6016-492 9660

3. MIKER PIZZA GUNUNG RAPAT

Address: No.12, Laluan Medan Rapat, Kampung Gunung Rapat, 31350 Ipoh, Perak
Operating Hours: Daily 11:00 am-11:00 pm
Contact: 011-1030 0333

4. MIKER PIZZA TUN SAMBATHAN

Address: 1, Jalan Tun Sambanthan, 30000 Ipoh, Perak
Operating Hours: Daily 11:00 am-10:00 pm
Contact: +6011-1030 0333

5. MIKER FOOD

Address: Lot 10 Riverwalk Kinta Riverfront, 30000 Ipoh, Perak
Operating Hours: Daily 11:00 am-10:00 pm
Contact: +6011-1030 0333

6. PLAN B

Address: No. 75, Jalan Panglima, 30000 Ipoh, Perak
Operating Hours: Sunday to Thursday 11:00 am-10:00 pm & Friday to Saturday 11:00 am-10:30 pm
Contact: +605-249 8286

7. ASOW EATERY CANTEEN

Address: 187a, Jalan Sultan Iskandar, Taman Jubilee, 31650 Ipoh, Perak
Operating Hours: Daily 10:00 am-10:00 pm
Contact: +6016-277 3755

8. FUJIWARA TOFA SHOP

Address: 187a, Jalan Sultan Iskandar, Taman Jubilee, 31650 Ipoh, Perak

9. COLD BLUE SPECIALTY COFFEE

Address: Level 2, No23, Jalan Tun Sambanthan, 30000 Ipoh, Perak
Operating Hours: Monday to Friday 8:00 am-7:00 pm
 & Saturday & Sunday 10:00 am-7:00 pm
Contact: +6011-5971 6583

10. PLATF9RM COFFEE & BREW CAFE

Address: 22, Lorong Panglima, Concube Ln, 30000 Ipoh, Perak
Operating Hours: Daily 11:30 am-6:30 pm

11. BUNGKUS JE SIGNATURE IPOH

Address: Jalan Market, 30000 Ipoh, Perak
Operating Hours: Monday to Saturday 8:00 am-10:00 pm
 & Sunday's 8:00 am-12:00 am
Contact: +6010-560 0308

12. NIFAYYI WARUNG & KAFE

Address: No. 77, Jalan Kamaruddin Isa, Taman Fair Park, 31400 Ipoh, Perak
Operating Hours: 12:00 pm-10:00 pm
Contact: +6011-3663 2368

13. PÂTISSERIE BOUTIQUE

Address: 103, Jalan Sultan Yusof, 30000 Ipoh, Perak
Operating Hours: Daily 11:00 am-6:00 pm
Contact: +6014-901 9268



**14. PETIT MARY PATISSERIE
FRENCH CUISINES**

Address: 83, Jalan Langsat, Taman Teh Teng Seng, 31400 Ipoh, Perak
Operating Hours: Daily 9:00 am-8:00 pm
Contact: +605-547 1328

15. DURBAR AT FMS

Address: 2, Jalan Sultan Idris Shah, 30000 Ipoh, Perak
Operating Hours: Daily 11:00 am-10:00 pm
Closed on Wednesday
Contact: +605-210 5115

**16. VINTAGE CAFE &
GUESTHOUSE**

Address: 21, Jalan Market, Old Town, 30000 Ipoh, Negeri Perak, Malaysia
Operating Hours: Tuesday to Sunday 11:00 am -10:00pm
Closed on Monday
Contact: +605-241 4955

17. AUD'S BY JJ CAFÉ

Address: 97, Jalan Sultan Yusof, 30000 Ipoh, Negeri Perak, Malaysia
Opening Hours: Daily 10:00 am-6:00 pm
Closed on Monday
Contact: +605-246 1310

**18. THE MARKETPLACE WAFFLE
BAR & CAFE**

Address: 13 Jalan Market, Ipoh 30000, Perak, Malaysia
Operating Hours: Monday to Thursday 12:00 pm-10:00 pm, Friday to Sunday 11:00 am-10:00 pm
Contact: +6010-228 4350

19. JUST SAY CAFÉ

Address: 20, Jalan Lau Ek Ching, Kampung Jawa, 30300 Ipoh, Negeri Perak
Operating Hours: Monday to Tuesday 1:00 pm-7:00 pm, Thursday to Sunday 1:00 pm-9:00 pm, Closed Wednesday

20. PURPLE MOON LOVER

Address: 53, Jalan Lee Kwee Foh, Taman Canning, 31400 Ipoh, Negeri Perak
Operating Hours: Monday to Thursday 10:00 am-8:00 pm
Friday to Sunday 10:00 am-9:00 pm
Contact: +605-547 6328

21. SIX AND A HALF CAFÉ

Address: No. 5A, Pusat Perdagangan Canning 2, Pusat Perdagangan Canning, Taman Canning, 31400 Ipoh, Negeri Perak
Operating Hours: Daily 9:00 am-6:30 pm
Closed on Thursday
Contact: +605-549 2399



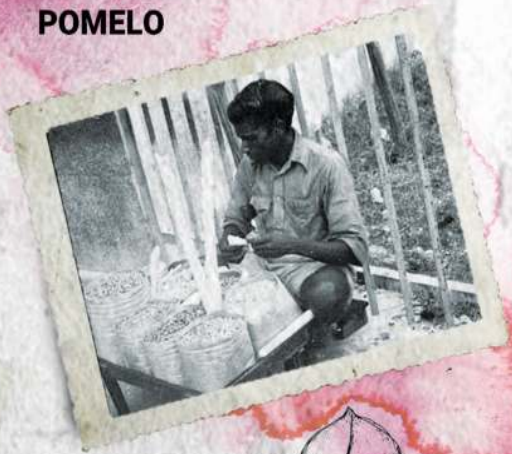
Souvenirs to Buy in Perak



IKAN BILIS



POMELO



KACANG PUTIH



TEKAT BENANG EMAS

LABU SAYONG



KERIAN

Suka Jaya Travel & Tours Sdn Bhd

Contact No: +605-721 2360

Zaini Travel and Tours Sdn Bhd

Contact No: +605-721 5736

Larut, Matang and Selama

Andalusia Umrah Packages

Contact No: +6012-546 7461

Embun Ritz Travel Network Taiping

Contact No: +605-829 0555

Fulham Tours Sdn Bhd

Contact No: +605-807 3069

Holiday Gogogo Tours Sdn Bhd

Contact No: +6010-221 6385

Ivy Holidays Sdn Bhd

Contact No: +6016-555 8921

Kamatravel & Tours Sdn Bhd

Contact No: +605-806 7777

Poly Travels Sdn Bhd

Contact No: +605-808 1515

Remaja Travel & Tours Sdn Bhd

Contact No: +605-805 2927

Waja Kembara Travel & Tours Sdn Bhd

Contact No: +605-891 3552

KUALA KANGSAR

Sakan Travel & Tours Sdn Bhd

Contact No: +605-777 3390

Asmin Travel & Tours Sdn Bhd

Contact No: +605-776 1208

Suvena Travel & Tours Sdn Bhd

Contact No: +605-776 5995

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