





Beleco Clinic, where artistry and science combine to enhance your natural allure and boost your self-assurance. Where aesthetics and wellness are combined, guided by skilled medical experts and cutting-edge technology.

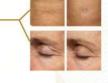
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 A Single Treatment can deliver outstanding results for most patients.

 Patient Comfort where integrated cooling for patient comfort.



- · Little to No Downtime
- · Proven Lasting Results
- Multiple Treatment Areas

#### ADDRESS THE VISIBLE SIGNS OF AGING IN MINUTES



Dr. Goh Ming Chun is a medical professional with over 10 years of experience in various medical fields. He honed his skills at the Penang General Hospital, where he served in the Plastic and Reconstructive Surgery Department. learning under tutelage of a renowned Malaysian plastic surgeon. This pivotal experience ignited his passion for the realm of aesthetic medicine. He is currently the Medical Director of Beleco Clinic, a leading medical clinic located in the heart of the city of Petaling Jaya.

Dr. MC Goh

Founder Beleco Clinic









**PUBLISHER** 

Lyndon Yap lyndon@bluedale.com.my

#### **GROUP CHIEF OPERATING OFFICER**

Annie Goh annie@bluedale.com.my

#### **SENIOR FINANCE & ADMINISTRATION MANAGER**

Chang Lee Ming chang@bluedale.com.my

#### ASSISTANT BUSINESS MANAGER

Nurul Asyiqin Jaafar media3@bluedale.com.my

#### **CONTENT WRITER**

Angela Annie Petrus writer2@bluedale.com.my

#### **GRAPHIC & MULTIMEDIA DESIGNER**

Ranjini Gengatharan mmgd@bluedale.com.my

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47301 Petaling Jaya, Selangor D. E.

□ (6)03-7886 9219
□ (6)03-7887 8212
□ enquiry@bluedale.com.my
□ www.klthequide.com.my

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#### **Download Now In**













### MALAY LINGO

#### **Everyday Expressions**

How are you? I'm fine, thank you. My name is...

Nice to meet you.

Can you speak English?

Goodbye

#### Directions

How do I get to ...? Please draw me a map.

Please write down the address.

Right

l eft

Straight ahead

Here There Front Back

#### Simple Questions

Where is the toilet? Where can I buy ...? Where is the train station?

Where are you going?

#### Common Words

Yes No None Many Man Woman

Ladies restroom Gents restroom Thank you

You are welcome

Excuse me

#### Days Of The Week

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Awak apa khabar? Sava baik, terima kasih. Nama saya ialah... Gembira dapat berjumpa dengan awak.

Adakah awak boleh bertutur dalam Bahasa Inggeris?

Selamat tinggal

Bagaimana saya nak ke...? Tolong lukiskan saya peta. Tolong saya tuliskan alamatnya

Kanan

Kiri Terus Di sini Di sana Depan Belakang

Di manakah tandas? Di mana boleh sava beli...? Di manakah stesen keretapi? Awak nak pergi mana?

Ya Tidak Tiada Ramai Lelaki Wanita

Tandas wanita Tandas lelaki Terima kasih Sama-sama Maafkan sava

Isnin Selasa Rabu Khamis Jumaat

Sabtu Δhad

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## **TRANSPORTATION**

#### FROM KLIA & KLIA 2

The KLIA Express train provides a rapid airport transfer service, running daily from 5 AM to 12 PM. It takes approximately 35-40 minutes to reach KLIA and KLIA 2 from the city center, and a one-way ticket costs RM55. Opting for the Group Saving Package allows a 25% discount.

For a more economical option, the Airport Coach bus operates from 12:30 AM to 11:30 PM, with a fare of approximately RM10. Aero bus offers frequent services every five to 20 minutes, providing a convenient journey from KL Sentral to KLIA/KLIA 2 at RM14, with a 10% discount.

Taxis are available but can be pricey, ranging from RM80 to RM200 for city-to-airport rides. Alternatively, Grab offers a fixed-rate option of around RM65, providing a more convenient and comfortable transportation choice.

#### FROM SUBANG SKYPARK TERMINAL

For travelers heading to Subang Airport from KL Sentral, the SKYPARK Link trains provide an express service within Kuala Lumpur. Currently, SKYPARK Link runs 32 daily services at intervals ranging from 30 to 60 minutes. The cost for a single journey from Subang Airport to Kuala Lumpur City is approximately RM3.50.

## FROM PENANG INTERNATIONAL AIRPORT

The flight from Penang Airport to KLIA typically lasts around an hour, and ticket prices vary from RM70 to RM650. Opting for the most budget-friendly option, taking a bus from Penang to KL starts at RM50 to RM60, but the journey duration extends to approximately seven to eight hours. Another travel choice is driving, which usually takes around six hours,

## FROM LANGKAWI INTERNATIONAL AIRPORT

Travelers can board a flight from Langkawi International Airport to KLIA, and the journey typically takes around an hour and ten minutes. Ticket prices for these flights range from RM160 to RM200. For an even quicker option, flights from Langkawi to Subang Airport take approximately 58 minutes. Alternatively, if you opt for the bus, the cost per person ranges from RM118 to RM176, covering the ferry to the island as well.



## FROM KUCHING INTERNATIONAL AIRPORT

The flight duration from Kuching International Airport to KLIA is generally about 2 hours and 45 minutes. Positioned 11 kilometers to the south of the city center, Kuching International Airport is well-connected to KL through airlines such as Malaysia Airlines, Air Asia, and Malindo Air. Alternatively, flying from Kuching to Subang Airport takes approximately 2 hours and 23 minutes, with ticket prices varying from RM289 to RM581.

## FROM KOTA KINABALU INTERNATIONAL AIRPORT

The only mode of transportation available from Sabah to KL is air travel. The flight from Kota Kinabalu International Airport (KKIA) to KLIA has a duration of about 2 hours and 25 minutes, and ticket prices fall within the range of RM380 to RM1380.



#### Train

For a swift journey from the airport to the city center, the KLIA Express train is a top choice, taking just around 28 minutes. Priced at an affordable RM55 per ticket, this train seamlessly connects both KLIA and KLIA 2 International Airports to KL Sentral. Tickets can be purchased online or at KL Sentral, the central station, and the service offers high-speed onboard WiFi and a complimentary porter service on relevant platforms.

Additionally, various rail services, including MRT, LRT, KL Monorail, and KTM, are available for convenient transportation to Kuala Lumpur's city center. LRT, KL Monorail, and KTM.



#### Bus

Without a doubt, buses are the most Undoubtedly, buses stand out as the most cost-effective means of transportation between airports and the city, boasting a fleet of 44 air-conditioned coaches recognized for their safety and comfort. The fare can be as economical as RM15 per passenger. While travel times may vary, the average duration to reach the city is around 1 hour and 15 minutes.

In addition, RapidKL buses extend feeder services to MRT, LRT, Monorail stations, and within Klang Valley transport to KL City. Diverse companies like Go KL, Smart Selangor, and PJ City offer distinctive services, including free bus options.

## ALTERNATE WAY TO KL CITY CENTER

#### Taxi

Taxis, although still a viable option, have lost popularity due to their higher fares compared to e-hailing services. Locals tend to avoid taxis because of their unpredictable pricing and elevated costs. When opting for a taxi, passengers are recommended to negotiate and establish meter usage upfront to avoid excessive charges. Generally, the initial fare is approximately RM3 for the first kilometer, with an extra charge of RM0.20 for every 150 meters traveled

#### **E-HAILING SERVICE**

E-hailing services have gained widespread popularity in Malaysia, embraced by both locals and tourists for their reliability and convenience facilitated by user-friendly mobile apps. These services provide a swift means of reaching destinations, particularly in situations with low traffic. The main reason why people prefer e-hailing lies in the upfront pricing and the inclusion of accident insurance. Numerous apps, including GrabCar, AirAsia Ride, InDrive, Kumpool, and more, offer these convenient transportation services.



## **CAR RENTALS**

#### **CAR RENTALS**

The Car Rental Association Malaysia (CRAM), also known as Persatuan Sewaan Kereta Malaysia, strives to promote, represent, and protect the interests of its members by serving as an intermediary between various regulatory bodies, both private and public. Its focus encompasses all facets related to the car rental industry and associated businesses. Essentially, CRAM is a reputable organisation within Malaysia's car rental sector. In light of this, we have compiled a list of car rental companies for your convenience.

#### **NEXX Car Rental**

Address: Kuala Lumpur Sentral, 50470 Kuala Lumpur, Federal Territory of Kuala

Lumpur

Contact: +6010-562 1195

Website: https://www.nexxcarrental.com/ Operating Hours: 9.00 am - 5.00 pm (Monday-Friday) / Closed on Saturday &

Sunday

#### **Lafiy Car Rental**

Address: Jalan Lingkaran Tengah 2 65-1, Jalan Melati utama 4 Taman Melati Utama,

Melati Utama, 53100 Kuala Lumpur

Contact: +6018-267 4661

Website: https://www.lafiydriver.com/ Operating Hours: 9.00 am - 11.30 pm

(Monday-Sunday)

#### AKB Kereta Sewa KL

Address: Mayflower Building, 18, Address: A4-G, Block-A4, 26, Jalan Mewah 4, Taman Pandan Mewah, 68000 Ampang, Selangor,

Malaysia

Contact: +6010-549 6590

Website: https://www.akbrentacar.com.

my/ms/index.html

Operating Hours: 9.00 am - 10.00 pm (Mon-

day-Sunday)

#### MOTORCYCLE RENTALS

Opting to rent a motorcycle in Kuala Lumpur comes with numerous benefits. It's a budget-friendly alternative compared to car rentals or ride-sharing services. Motorcycle rentals provide the flexibility to reach inaccessible areas, navigate through traffic effortlessly, and freely explore the city and its environs at your own pace. Additionally, riding a motorcycle adds an adventurous and memorable dimension to your journey, enhancing the overall excitement of your trip.

#### **RevBike**

Address: 74-76, Hotel Sungei Wang, Jln Bukit Bintang, Bukit Bintang, 55100

Kuala Lumpur

Contact: +6014-688 8177

Website: https://www.sewamotor.my/

(Monday-Sunday)

#### Sewamotor4u

Address: Block A, Jalan Pantai Permai 2, Perumahan Pantai Permai, 59200 Kuala

Lumpur

Contact: +6011-3736 5910

Website: https://www.facebook.com/

sewamotor4u/

Operating Hours: 9.00 am - 9.00 pm

(Monday-Sunday)

#### **Motor Ride Rental Malaysia**

Address: MRRM Garage, LG, Menara TM, Jalan Pantai Baharu, Bangsar, 50672

Kuala Lumpur

Contact: +6013-341 1337

Website: https://www.facebook.com/

MotorRideRentalMalaysia/





## WHERE NATURE MEETS FUN

This 18-acre waterpark features first-of-its-kind waterslides in Malaysia and a total of 39 exhilarating attractions - all within a tropical landscape that will elevate experiences to new heights.



- Waterpark of the Year
- Best New Water Attraction
- SE AWARDS: \* Best Theme Park **Environment and Sustainability Initiative**

#### **Must-Try Water Slides**















# INTRODUČTION TO KUALA LUMPUR

Kuala Lumpur, Malaysia's capital, is renowned for its modern architecture, notably skyscrapers, and reflects the country's cultural diversity through a rich array of attractions.

Encompassing approximately 243 square kilometers, Kuala Lumpur is undergoing substantial population growth and economic development, ranking as the ninth most visited city globally. In 2021, around 25% of Malaysia's population, roughly 2.0 million people, called Kuala Lumpur their home. From 2010 to 2020, the city's population experienced a gradual increase of 2.2%.

Situated at the convergence of the Gombak and Klang Rivers, Kuala Lumpur is positioned 300 kilometers northwest of Singapore and approximately 40 kilometers east of the Strait of Malacca. The city's name, "Kuala Lumpur" in Malay, translates to "muddy estuary," reflecting its location where the Klang and Gombak rivers meet.

Kuala Lumpur is one of Malaysia's three Federal Territories, alongside Putrajaya and Labuan, and has hosted notable events like the 1998 Commonwealth Games and the 2017 Sea Games.

Looking ahead, Malaysia's economy is anticipated to experience moderate growth in 2023, with a projected Gross Domestic Product (GDP) increase of 4.1% following an impressive 8.7% rise in 2022. Economic growth is expected to decelerate in the upcoming quarters, transitioning from a 7.0% year-over-year GDP growth rate in Q4 2022 to 14.2% in Q3. In 2022, Malaysia achieved a GDP growth of 8.7%, marking the highest rate in more than two decades.

#### 1.Meaning of Kuala Lumpur

The name "Kuala Lumpur" is derived from the Malay term "lumpur," meaning "mud."
This name is associated with the junction of the Gombak and Klang rivers. Kuala Lumpur came into existence in 1857 when a group of 87 Chinese tin miners swiftly established a settlement at the muddy confluence of these rivers. Following this, the town was officially named Kuala Lumpur.



## 2.Parliamentary Democracy System

Malaysia adheres to a political system characterized by a constitutional monarchy and parliamentary democracy. The King functions as the sovereign, and the parliament holds a crucial role as the primary institution responsible for upholding democratic principles.

## 10 Fun Facts

## 3. World's Tallest Twin Towers is in KL

The Petronas Twin Towers formerly held the distinction of being the world's tallest twin towers and stood as one of Malaysia's tallest structures until it was surpassed by the recently completed Merdeka 118.



#### 5.The Malaysian King lives in KL@Istana Negara

Situated on Jalan Tuanku Abdul Halim (formerly Jalan Duta) in Kuala Lumpur is the official residence of the Yang di-Pertuan Agong, commonly referred to as the National Palace or Istana Negara.

#### 4.Malaysian Government is in Putrajaya

Unlike the conventional setup of having the government centered in the capital city, Malaysia's government is based in Putrajaya. Putrajaya functions as the dual administrative and judicial capital of the country, accommodating various government offices.

#### 6. Yang di-Pertuan Agong is an Elected Monarch

While Malaysia does not operate under an absolute monarchy, the Yang di-Pertuan Agong is chosen through a unique rotational system for a five-year term by the Conference of Rulers. The selection involves the Malay rulers, and the detailed election process and procedures are outlined in both the Constitution's Third Schedule and the regulations of the Conference of Rulers.



## 7. Home To The Second Tallest Tower in the World

Were you aware that the Merdeka 118
Tower holds the position of the world's
second-tallest structure? Soaring to a
height of 678.9 meters with 118 stories,
it now stands as the tallest building in
Malaysia. The designation "Merdeka
118" corresponds to its 118 levels. The
architectural concept of the building is
inspired by the distinctive outstretched
hand gesture of Tunku Abdul Rahman,
who famously proclaimed "Merdeka!"
on Malaysia's Independence Day. This
gesture serves as a guiding model and a
wellspring of inspiration for the tower's
design.



### 8. KL Was the First Country in Asia to Host the Commonwealth

The 1998 Commonwealth Games marked Kuala Lumpur's first hosting of the event. Following that, the 2010 Games took place in Delhi, returning the games to Asia once more.



#### 9. Hosted the SEA Games in 2017

Kuala Lumpur received recognition for its effective organization of the 2017 Sea Games, a feat that not only elevated the nation's standing but also established new records in medal accomplishments.



## 10. KL is The Retail and Fashion Hub of Malaysia

With around 350 retail malls spread throughout the country, Malaysia has established itself as a lively shopping destination, and Kuala Lumpur stands out as its focal point. The retail centers in Kuala Lumpur house a diverse range of brands, providing a variety of products including clothing, accessories, sports gear, and household items.



## EVERY TRAVELLER SHOULD KNOW BEFORE VISITING KUALA LUMPUR

Here are five essential tips to keep in mind before your visit to Kuala Lumpur:

## 1. Show Cultural Respect:

In the diverse country of Malaysia, modest attire is appreciated, especially at religious sites; remove shoes when entering homes, mosques, or traditional shops.

## 2. Language Etiquette:

4. Weather

In Malaysia, Bahasa Malaysia is the official language, but English is common, especially in cities. Learning local phrases is appreciated for communication.

#### 3. Money Matters:

The official currency is the Malaysian Ringgit (MYR) in Malaysia. It's advisable to carry cash for smaller purchases.

## Wisdom: Kuala Lumpur has a hot, humid tropical climate. It is advised

tropical climate. It is advised to pack light, breathable clothes, and bring an umbrella for frequent rain showers.

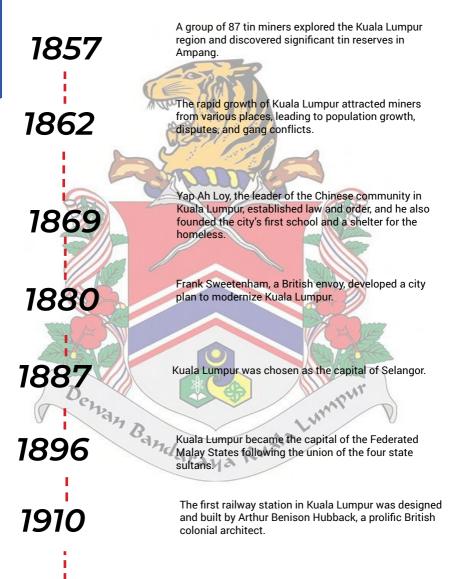
## 5. Embrace Cultural Events :

Stay updated about local events and festivals like Thaipusam, Chinese New Year, and Hari Raya for unique cultural experiences when you are in KL.



### HISTORY OF KUALA LUMPUR

The name "Kuala Lumpur," which translates to "muddy confluence" in Malay, originated when tin miners explored the region around the Klang River in Ampang. They utilised the junction of the Gombak and Klang rivers for mining purposes, giving rise to the name Kuala Lumpur. Here is a chronological overview of Kuala Lumpur's history.



During World War II, the Japanese occupied the city.	1942
Kuala Lumpur became the capital of the Malayan Federation.	1946
Malaysia celebrated its Independence Day on August 31, marking the end of 151 years of British administration as they decided to leave the country.	1957
The population of Kuala Lumpur reached around 500,000, leading to specific adminis- trative challenges.	1960
Kuala Lumpur was designated as the capital of Malaysia.	1963
Ethnic tensions escalated into a full-scale civil conflict between the Chinese and Malay communities.	1969
Kuala Lumpur was granted city stat <mark>us, becom-</mark> ing the first town in Malaysia to a <mark>chieve this</mark> after gaining independence.	1972
Kuala Lumpur became a Federal Territory with its own government.	1974
Dr. Mahathir, who was the Prime Minister at the time, initiated the "Vision 2020" program, which modernized Kuala Lumpur and the entire nation.	1981
Malaysia's federal administrative capital was relocated to Putrajaya.	1999

#### **ICONIC LANDMARKS**

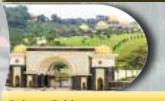
#### Istana Negara

Originally serving as the official residence of Malaysia's monarch, the Yang di-Pertuan Agong, from 1957 to 2011, the Istana Negara has since been transformed into a museum for public viewing. Visitors can explore the former royal living quarters of the Malaysian King and Queen, appreciating its captivating Islamic-style architecture, characterized by impressive golden domes that provide an ideal backdrop for iconic photos.

Address: Jalan Tunku Abdul Halim. bukit Damansara, 50480 Kuala Lumpur Contact: +603-6200 1000 Website: https://www.istananegara.

Operating Hours: 9.00 am - 5.00 pm

(Monday-Sunday)



#### Saloma Bridge

Pintasan Saloma, also referred to as Saloma Bridge, is a 69-meter-long pedestrian bridge that serves as a convenient connection between Kampung Baru and KLCC. This strategic location places it in close proximity to both the Petronas Twin Towers and the LRT Kampung Baru station. In the evening, the bridge transforms into a lively and colorful scene, particularly against the backdrop of the KL skyline. With its beautiful and innovative design, this structure provides an ideal setting for capturing fantastic OOTD photos.

Address: Saloma Link, Lorong Raja Muda Musa 3, Kampung Baru, 50300 Kuala Lumpur



#### **Petronas Twin Towers**

Jalan Alor, one of Kuala Lumpur's busiest fln Kuala Lumpur, there is a towering structure known as the Petronas Towers, also recognized as KLCC Twin Towers. These towers, which held the title of the world's tallest buildings from 1998 to 2004, were surpassed by taller structures in different countries. Rising to a height of 451.9 meters, they still hold the distinction of being the tallest twin towers globally. The Petronas Towers are a renowned landmark in Malaysia, and their lights at night add to their striking visual appeal.

Address: Concourse Level, Petronas Twin Tower, Lower Ground, Kuala Lumpur City

Centre, 50088 Kuala Lumpur Contact: +603-2331 8080

Website: https://www.petronastwintow-

ers.com.my/

Operating Hours: 10.00 am - 6.00 pm

(Monday-Sunday)

#### Merdeka 118

Presently, the second-tallest structure globally is the Merdeka 118, boasting a height of 678.9 meters and encompassing 118 storeys. This recently completed architectural marvel stands as the tallest structure in Malaysia, set to make its debut in 2023. Named Merdeka 118 due to its 118 levels, the building's design draws inspiration from Tunku Abdul Rahman's hand gesture while proclaiming "Merdeka!" during Malaysia's Independence Day celebration.

Address: Jalan Hang Jebat, City Centre, 50150 Kuala Lumpur, Wilavah Persekutuan Kuala Lumpur

Contact: +603-2050 5100

Website: https://www.merdeka118.com/

Operating Hours: 9.00 am - 9.00 pm (Tuesday-Sunday) / Closed on Monday

#### Tugu Negara

The National Monument, also known as Tugu Negara, was erected to honor those who sacrificed their lives in defense of Malaysia during two pivotal events: the Malayan Emergency (1948-1960) and the Japanese occupation in World War II. Located in the Federal Territory of Kuala Lumpur, this memorial stands as a testament to the nation's gratitude for the individuals who lost their lives during these historical periods.

Address: Perdana Botanical Garden, Jalan Parlimen, Kuala Lumpur City Center, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur. Operating Hours: 7.00 am - 6.00 pm (Monday-Sunday)

(Monday-Sunday)

Operating Hours: 7.00 am - 6.00 pm

(Monday-Sunday)



#### Sultan Abdul Samad Building

Built in 1894, the Sultan Abdul Samad Building is prominently situated in front of Merdeka Square. Initially serving as the central administrative hub for the British government, it now accommodates the Malaysian Ministries of Communications and Multimedia, as well as Tourism Culture. Renowned for its captivating late 19th-century architecture, this historic building is an ideal location for capturing visually appealing photos for Instagram.

Address: Jln Raja, Kuala Lumpur City Centre, 50050 Kuala Lumpur Website: https://www.selangor.gov.my/ Operating Hours: Open 24 hours

#### HISTORICAL SITES



#### **Old Railway Station (KTM)**

The Royal Museum of Malaysia officially One of Kuala Lumpur's prominent historical landmarks is the Old Train Station, which functioned as the primary railway hub before the opening of KL Sentral in 2001. Established in 1886 and subsequently renovated in 1910 with a reinforced iron roof designed to withstand snow, this historic site showcases a unique architecture that blends Moorish, Western, and Eastern influences.

Address: Bangunan Stesen Keretapi, Jalan Sultan Hishamuddin, 50000 Kuala

Lumpur

Contact: +6016-553 5332 Operating Hours: Open 24 hours

#### Royal Museum

The Royal Museum of Malaysia opened

its doors to the public on February 1, 2013. Once the residence of the King and Queen of Malaysia, the old National Palace now houses this museum, allowing public access to a location that was previously guarded by horse guards and closed to visitors. The Royal Museum offers guided tours by former palace guards, providing detailed insights into the historical space, including a visit to the former sleeping quarters of the King and Queen.

Address: Jln Istana, Istana Negara, 50460

Kuala Lumpur

Contact: +603-2272 1896

Website: http://www.jmm.gov.my/ms/

muzium/muzium-diraja



#### River of Life

The River of Life stands out as a notable and iconic feature of Kuala Lumpur, representing the meeting point of the Gombak and Klang rivers. A leisurely stroll along the River of Life reveals its enchanting atmosphere, particularly at night, where the lights and mist create a visually stunning effect against the backdrop of the city skyline and the historic Masjid Jamek, the oldest mosque in Malaysia.

Address: Jalan Benteng, City Centre, 50050 Kuala Lumpur

Operating Hours: Open 24 hours Operating Hours: 7.00 am - 6.00 pm

(Monday-Sunday)



#### Masjid Jamek Sultan Abdul Samad

Built in 1894, the Sultan Abdul Samad Masjid Jamek, among the earliest mosques in Kuala Lumpur, displays unique Islamic architecture that blends Mughal and Moorish influences. Located at the meeting point of the Gombak and Klang rivers and easily reached via Jalan Tun Perak, the mosque becomes a prominent sight during a visit to the River of Life. Arthur Benison Hubback constructed the mosque in 1909, employing the Indo-Saracenic architectural style.

Address: Jalan Tun Perak, City Centre,

50050 Kuala Lumpur Contact: +603-2691 2829

Website: https://www.facebook.com/

Jamekmosque2/

Operating Hours: 5.30 am - 9.30 pm

(Monday-Sunday)

#### HISTORICAL SITES



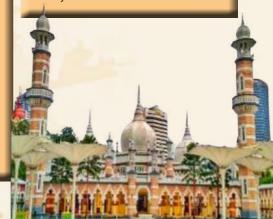
Rumah Penghulu Abu Seman Constructed between 1910 and the early 1930s, Rumah Penghulu Abu Seman is one of the most ancient traditional Malay residences still standing. Guided tours are available for visitors, offering a brief insight into traditional Malay life and culture. The tours also include videos that narrate the house's relocation and restoration. The captivating aspect lies in the notable disparity between the traditional dwelling and the contemporary urban landscape of Kuala Lumpur.

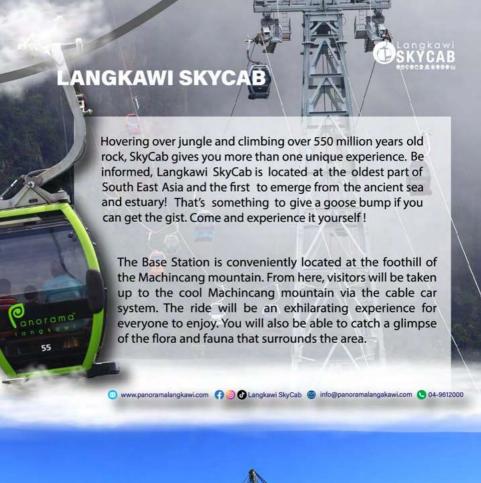
Address: Badan Warisan Malaysia, 2, Jalan Stonor, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2144 9273

Website: https://badanwarisanmalaysia. org/visit-us/rumah-penghulu-abu-seman/ Operating Hours: 10.00 am - 5.00 pm (Tuesday-Friday) / Closed on Saturday-

Monday





## LANGKAWI SKYBRIDGE

Measuring at 125m in length, the structure ranks among the world's longest curve suspension bridge and constructing it was not an easy featas the solutions had to factor the following critical elements, structural balancing from a single point (top of the pylon), optimal weight management and load distribution, pre-fabrication of bridge and on site installation. The entire bridge, in all its elements had to be lifted to the top of the mountain by helicopter and was later assembled to its current position.

#### MUSEUMS & MEMORIALS

#### Muzium Negara

Situated on Jalan Damansara in Kuala Lumpur, Malaysia, the National Museum, also known as Muzium Negara, provides a glimpse into the history and culture of Malaysia. Conveniently located near the Perdana Lake Gardens, the museum features a front facade that harmoniously blends modern design elements with traditional Malay motifs.

Address: Jabatan Muzium Malaysia, Jln Damansara, Perdana Botanical Gardens, 50566 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +603-2267 1000

Website: http://www.muziumnegara.

gov.my/

Operating Hours: 9.00 am - 5.00 pm

(Monday-Sunday)



The Telekom Museum is a venue dedicated to delving into the history of telecommunications in Malaysia. Within its walls, visitors can encounter vintage telephone sets that were used in bygone eras. This museum serves as an educational and motivational space, offering valuable insights into the evolution of telecommunications and providing a window into the methods of communication used in earlier times.

Address: Jalan Raja Chulan, Kuala Lumpur, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2031 9966 Operating Hours: 9.00 am - 5.30 pm (Monday-Friday) / Closed on Saturday & Sunday



#### Bank Negara Malaysia Museum

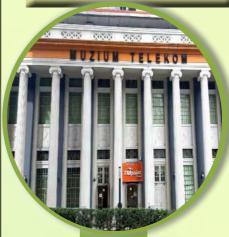
The Bank Negara Museum is dedicated to educating the public about the history, transformation, and economy of Malaysia. Notably, the museum features a unique RM1-million-cash tunnel that visitors can traverse. Adjacent to the museum, there is also an art gallery showcasing works by local artists.

Address: Sasana Kijang, 2, Jalan Dato Onn. Kuala Lumpur. 50480 Kuala Lumpur

Contact: +603-9179 2784

Website: https://museum.bnm.gov.my/ Operating Hours: 10.00 am - 1.00 pm, 2.00 pm - 5.00 pm (Tuesday-Sunday) /

Closed on Monday



Kuala Lumpur offers various captivating locations perfect for creating lasting memories and capturing picturesque photos, whether it's for your Instagram feed or personal memorabilia. Here are some recommended spots in KL for stunning photography.



#### **KLCC Park**

KLCC Park, located in the central hub of Kuala Lumpur City Centre, serves as a lush urban retreat, perfect for casual strolls and jogging. Enveloped by scenic beauty, the park provides picturesque views that make for ideal Instagramworthy scenes. Boasting a well-designed jogging track covering around 1.3 kilometers and an array of interconnected shorter pathways, it stands as a premier location for capturing breathtaking photos, with the iconic Petronas Twin Towers serving as a striking backdrop.

Address: KLCC, Lot No. 241, Level 2. Suria, Kuala Lumpur City Centre, 50088 Kuala Lumpur



#### **INSTAGRAMMABLE SPOTS**

#### Kwai Chai Hong

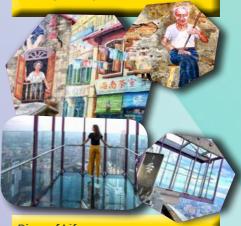
Located in Chinatown, Kuala Lumpur, Kwai Chai Hong is a delightful heritage alley featuring interactive murals. It is a highly recommended destination in KL, providing numerous picturesque spots for capturing Instagram-worthy photographs.

Address: Lorong Panggung, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6012-316 6212

Website: https://www.kwaichaihong.

Operating Hours: 9.00 am - 12.00 am (Monday-Sunday)



#### River of Life

The Sky Box at KL Tower is a well-known Prepare to be enchanted by the stunning wall art murals along the River of Life in Kuala Lumpur! Positioned at the confluence of the Gombak and Klang rivers, a leisurely stroll along the River of Life provides an opportunity to appreciate the incredible artwork skillfully created by local artists. This presents ideal moments for capturing Instagramworthy photos.

Address: Jalan Benteng, City Centre, 50050 Kuala Lumpur

Operating Hours: Open 24 hours

## INSTAGRAMMABLE SPOTS



Saloma Bridge

Saloma Link, also recognized as Pintasan Saloma, is a 69-meter-long pedestrian bridge connecting Kampung Baru with KLCC. Conveniently located near the Petronas Twin Towers and the LRT Kampung Baru station, the bridge comes to life at night, displaying vibrant colors against the Kuala Lumpur skyline. Its aesthetically pleasing design makes it an ideal spot for capturing stunning photos.

Address: Saloma Link, Lorong Raja Muda Musa 3, Kampung Baru, 50300 Kuala Lumpur

#### **KL Tower Skybox**

One of Malaysia's main tourist
The Sky Box at KL Tower is a popular
observation platform allowing you
to capture panoramic photos from
a glass box suspended 300 meters
above the city. Enjoy the breathtaking
cityscape from this elevated vantage
point and seize the opportunity to
capture stunning images while admiring the magnificent Kuala Lumpur city!

Address: Menara Kuala Lumpur No. 2 Jalan Punchak Off, Jalan P. Ramlee,

50250 Kuala Lumpur Contact: +603-2020 5444

Website: https://menarakl.com.my/ Operating Hours: 9.00 am - 10.00 pm

(Monday-Sunday)

#### **Batu Caves**

Located 13 kilometers north of Kuala Lumpur, Batu Caves is a prominent tourist destination in Malaysia. The temple is guarded by the towering statue of Lord Murugan, a Hindu deity. The site encompasses limestone caves and cave temples, with the vibrant stairway providing an excellent backdrop for Instagram-worthy photos, showcasing Malaysia's diverse cultural richness.

Address: Gombak, 68100 Batu Caves,

Selandor

Contact: +603-6189 6284



#### KLCC Park

KLCC Park, a verdant urban oasis nestled in the heart of Kuala Lumpur City Centre, stands out as an ideal locale for leisurely walks and jogging. Amidst its picturesque surroundings, this park offers

captivating vistas that are perfect for Instagram-worthy moments. With a well-constructed jogging track spanning approximately 1.3 kilometers and a network of interconnected shorter pathways, it's a prime spot for capturing stunning photos with the iconic Petronas Twin Towers in the background. Address: KLCC, Lot No. 241, Level 2, Suria, Kuala Lumpur City Centre, 50088 Kuala Lumpur

Contact: +603-2382 2828

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

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#### **PARKS & GARDENS**

#### **KL East Park**

KL East Park, located in Kuala Lumpur, is a hiking destination encompassing a 53-acre naturally regenerating secondary rainforest. It is connected to the Bukit Tabur and Klang Gates Quartz Ridge network, offering lush landscapes for exploration. The trails, designed around the terrain, feature unexpected quartz crystals and Instagram-worthy installations, leading hikers to stunning city views.

Address: Lot 201064, Jalan Melati Kuarza 2, Sunway Montana (U/C), 53100 Kuala Lumpur

Contact: +6019-300 3634

Website: https://klepark.simedarby-

property.com/

Operating Hours: 7.00 am - 6.30 pm

(Monday-Sunday)

#### Taman Tasik Titiwangsa

Enjoy quality weekends with friends or family at Taman Tasik Titiwangsa, engaging in activities like jogging, cycling, or leisurely strolls with the backdrop of KL's skyline. Explore additional fun options such as a sky canopy walk, a mini water park, a spacious playground for kids, and various other activities available in the park.

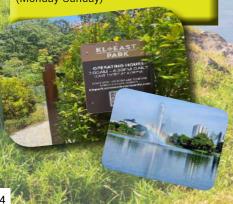
Address: Tasik, Titiwangsa, 53200

Kuala Lumpur

Contact: +6017-301 0549

Operating Hours: 6.00 am - 8.00 pm

(Monday-Sunday)





When exploring the National Monument, be sure to visit the ASEAN Sculpture Garden. Established in 1987 to mark ASEAN's 20th anniversary, the park features sculptures created by acclaimed artists from the six founding ASEAN countries: Singapore, Malaysia, the Philippines, Thailand, Indonesia. and Brunei.

Address: Asean Sculpture Garden, Pesiaran Sultan Salahhudin, Taman Tasik Perdana, 50480 Kuala Lumpur Contact: +6016-333 7328 Operating Hours: Open 24 hours

#### **Kepong Metropolitan Park**

The Kepong Metropolitan Park encompasses a 57-hectare artificial lake, providing locals with jogging and cycling paths. The park features amenities like a playground for children, a boathouse, an observation tower, reflexology services, and an open area for picnics and kite flying.

Address: Jalan Lingkaran Tengah 2, Lake Garden, 52100 Kuala Lumpur Contact: +603-6259 4270

Operating Hours: 6.00 am - 7.00 pm

(Monday-Sunday)

#### Kebun-Kebun Bangsar

Kebun-Kebun Bangsar stands out as more than just a typical park; it's a 2.5-acre urban communal food garden. Positioned on a hill in a residential neighborhood, it offers a great viewpoint for observing the Kuala Lumpur skyline. This location is ideal for families seeking a peaceful retreat within the city, and admission is free. Moreover, it showcases a variety of animals, blossoming flowers, and flourishing vegetable gardens.

Address: Lorong Bukit Pantai, Bangsar, 59100 Kuala Lumpur

Contact: +6016-414 1620

Website: https://www.facebook.com/

kebunkebunbangsar/

Operating Hours: 8.30 am - 7.00 pm (Tuesday-Sunday) / Closed on Monday

#### KL Forest Eco Park

KL Forest Eco Park provides various attractions such as camping, trekking, and educational activities. The park's standout feature is its Instagram-worthy canopy walk, stretching 200 meters and offering an excellent view of the nearby towers.

Address: Lot 240, Jalan Raja Chulan, Bukit Kewangan, 50250 Kuala Lumpur Contact: +603-2020 1606 Operating Hours: 8.00 am - 5.30 pm (Saturday-Thursday) / Closed on Friday (Monday-Sunday)



#### **ECO & AGRO TOURISM**



#### Taman Eko-R<mark>imba Bukit Sungai</mark> Puteh

When you are in Kuala Lumpur, go on a delightful hike to a waterfall at Taman Eko-Rimba Bukit Sungai Puteh. This park is an ideal location for camping and various outdoor activities, providing a peaceful escape from the busy city life amid lush green surroundings.

Address: 56100 Kuala Lumpur, Federal Territory of Kuala Lumpur



#### Urban Hijau

Urban Hijau is an organic farm that advocates permaculture principles, fostering a self-sufficient and sustainable agricultural ecosystem. The farm offers a variety of fresh organic fruits and vegetables, which are available for purchase at their Sunday market. (Tuesday-Sunday) / Closed on Monday



## Moleysiew Culture

Malaysia is renowned for its rich diversity in ethnicity, language, and religion, with various ethnic groups maintaining their ancestral cultures. Malaysian culture is mainly influenced by the Malay majority, and exhibits regional variations across the country. Kuala Lumpur, a melting pot, houses major ethnic groups such as Malay, Chinese, and Indians, along with diverse indigenous races. The mix of cultures from immigrants who settled and married locally has made Malaysia culturally rich. To truly enjoy a visit to Kuala Lumpur, it's good to learn about Malaysia's history and traditions. Exploring cultural places in the city helps you understand and respect the diversity. Learning about Malaysia's home, people, and religion before visiting helps you connect with locals in a polite way. KL, especially, has many interesting cultural spots to discover.





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03-8892 2929 (Hotel General Line) sales.tep@theeverlygroup.com reservation.tep@theeverlygroup.com

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#### PLACES OF WORSHIP - MUSLIM

#### **National Mosque of Malaysia**

The National Mosque of Malaysia, constructed in 1963, stands as a significant symbol of the country's Islamic identity. Situated within a 13-acre expanse of greenery, the mosque accommodates up to 15,000 people. Its prominent features include 73-meter-high minarets and a main concrete roof shaped like a 16-pointed star. The architectural design holds symbolic meanings, with the main roof drawing inspiration from an open umbrella, and the minarets modeled after a folded umbrella. Todav. the National Mosque is a steadfast representation of Malaysia's Islamic heritage.

Address: Jalan Perdana, 50480 Kuala

Lumpur

Contact: +603-2693 7905

Website: https://masjidnegara.gov.my/

ms/

Opening Hours:6:30 am - 4:00 pm, 5:30 pm - 7:00 pm (Monday-Sunday)



#### Federal Territory Mosque

Built between 1998 and 2000, the Federal Territory Mosque, commonly known as Masjid Wilayah Persekutuan, can accommodate up to 17,000 worshippers at once. Drawing inspiration from the Blue Mosque in Istanbul, Turkey, the mosque's architecture seamlessly blends Malay and Ottoman design elements.

Address: Jln Tuanku Abdul Halim, Kompleks Kerajaan, 50480 Kuala Lumpur Contact: +603-6201 8791

Website: https://www.masjidwilayah.gov.my/

Operating Hours: 10.00 am - 4.00 pm (Saturday-Thursday) / 10.00 am - 4.00 pm (Friday)

#### As Syakirin Mosque

The As Syakirin Mosque, situated near the Suria KLCC shopping center and the Petronas Twin Towers in the Kuala Lumpur City Centre, derives its name from "the people of the grateful." This title was chosen as the official name for the mosque. Often referred to as the "jewel in the park," it holds this designation due to its strategic location facing KLCC Park.

Address: Masjid Al-syakirin, Lot 41, Seksyen, 58, Jalan Pinang, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Wilayah

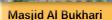
Persekutuan Kuala Lumpur Contact: +603-2380 1293

Website: https://www.facebook.com/

asysyakirinklcc/

Operating Hours: 5.00 am - 10.00 pm

(Monday-Sunday)



Named in tribute to the founder of the Al-Bukhari Foundation, the Al-Bukhari Foundation Mosque, also referred to as Masjid Yayasan Al-Bukhari, originally bore the name Surau Babul Jannah. This prayer hall, aged 147 years, underwent restoration from 2004 to 2006. The architectural design of Masjid Al-Bukhari is inspired by Islamic styles, particularly those found in Middle Eastern nations. With a capacity to accommodate 1600 worshippers simultaneously, the mosque stands as a testament to both heritage and architectural influence.

Address: 1, Jalan Hang Tuah, Bukit Bintang, 55200 Kuala Lumpur Contact: +603-9221 0554

Website: https://www.facebook.com/

mabkl.fb/

Operating Hours: 5.00 am - 10.00 pm

(Monday-Sunday)

Operating Hours: 10.00 am - 4.00 pm (Saturday-Thursday) / 10.00 am - 4.00

pm (Friday)

#### PLACES OF WORSHIP - BUDDHIST

#### **Guan Di Temple Chinatown**

Situated in Chinatown KL, the Guan Di Temple is a remarkable religious site and one of the most renowned temples in Kuala Lumpur. This temple, built in 1888, received support from the city's sizable and prosperous Chinese community.

Address: 168, Jalan Tun H S Lee, City Centre, 50000 Kuala Lumpur Contact: +603-2072 6669 Website: https://kwongsiew.org/ Operating Hours: 7.30 am - 3.30 pm



#### **Thean Hou Temple**

(Monday-Sunday)

Thean Hou Temple is a six-tiered structure that was built in honour of the Chinese sea goddess Mazu. Completed in 1987 and officially opened in 1989, the temple is owned and maintained by the Selangor and Federal Territory Hainan Association. Constructed by the Hainanese, it stands as one of the largest temples in Southeast Asia.

Address: 65, Persiaran Endah, Taman Persiaran Desa, 50460 Kuala Lumpur Contact: +603-2274 7088

Website: https://www.facebook.com/theanhoutemple/

Operating Hours: 8.00 am - 10.00 pm (Monday-Sunday)





Sin Sze Si Ya Temple

Adjacent to the Central Market, the Sin Sze Si Ya Temple was constructed by Yap Ah Loy to honor two deities who played a pivotal role in guiding and aiding him during the Selangor Civil War. As the city's oldest Taoist temple, it stands as a testament to historical significance and spiritual reverence.

Address: 113A, Jalan Tun H S Lee, City Centre, 50050 Kuala Lumpur Contact: +603-2078 9052 Website: https://www.facebook. com/Sin-Sze-Si-Sze-Ya-Temple-1258347527591931/ Operating Hours: 7.00 am - 4.00 pm (Monday-Sunday)

#### **Buddhist Maha Vihara**

Built in 1894 by the Sinhalese community in Kuala Lumpur and its vicinity, the Buddhist Maha Vihara was established as a place of worship for the Sri Lankan Theravada religion. The British Administration facilitated the migration of many Sinhalese merchants, artisans, and skilled workers from Ceylon to establish the colonial Malavan Civil Service.

Address: 123, Jalan Berhala, Brickfields, 50470 Kuala Lumpur Contact: +603-2274 1141

Website: https://buddhistmahavihara.

org/

Operating Hours: 8.00 am - 9.00 pm

(Monday-Sunday)

#### PLACES OF WORSHIP - HINDU

#### Sri Maha Mariamman Temple

The Sri Maha Mariamman Temple, located on the outskirts of Chinatown, stands as the oldest Hindu temple in Kuala Lumpur. Originally constructed in 1873 and later reconstructed in 1968, the temple boasts a striking five-tiered "Raja Gopuram" tower at its entrance. A visit to this temple is highly recommended when in KL, as it is adorned with vibrant and captivating religious carvings and sculptures.

Address: Jalan Tun H S Lee, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2078 5325

Operating Hours: 6.00 am - 8.30 pm (Sunday, Tuesday-Thursday) / 6.00 am - 8.00 pm (Monday) / 6.00 am - 9.30 pm (Friday) / 6.00 am - 9.00 pm (Saturday)



#### Sree Veera Hanuman Temple

Situated in Brickfields, the Sree Veera Hanuman Temple pays homage to Lord Hanuman, the monkey God. The temple features stunning murals on its ceiling, depicting Hanuman's life journey. Despite its modest size, the recently renovated temple is truly impressive, adorned with numerous statues and deities of Hanuman in various forms from different locations.

Address: Jalan Scott, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan

Contact: +603-2276 2723

Operating Hours: 7.00 am - 10.00 pm

(Monday-Sunday)

#### St Anthony's Catholic Church

On February 2, 1913, Bishop Barillon bestowed his blessing upon the foundation stone of the Church of St. Anthony. Subsequently, on September 21, 1913, Fr. Louis Duvelle conducted the blessing and inauguration of the new church, dedicated to commemorate his contributions to the Indian community in Kuala Lumpur. Although the physical construction of the church occurred in 1913, historical records indicate that the parish itself was established in 1911.

Address: 5, Jalan Robertson, Bukit Bintang, 50150 Kuala Lumpur, Wilayah Persekutuan

Kuala Lumpur

Contact: +603-2141 4172

Website: https://www.stanthonykl.com/



#### Cathedral of St John the Evangelist

The Cathedral of St. John the Evangelist serves as the primary church for the Roman Catholic Archdiocese of Kuala Lumpur. Dating back to 1883, it is considered one of the oldest Catholic churches in Kuala Lumpur. This religious establishment is dedicated to St. John the Evangelist.

Address: 5, Jln Bukit Nanas, Kuala Lumpur, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Persekutuan Kuala Lumpur Contact: +603-2078 1876

Website: https://www.facebook.com/

cathedralofstjohnkl/

Operating Hours: 6.00 am - 8.00 pm

(Monday-Sunday)



## FOR KIDS

Kuala Lumpur is a fantastic destination for families with young children, offering a blend of cultural experiences and kid-friendly activities. With attractions tailored for children and informative cultural sites, families can explore while being entertained and educated. The city features air-conditioned spaces, paved walkways, and pedestrian zones, making it easy to navigate with strollers. Parents can enjoy both entertainment and education for their children through interactive settings, ensuring a memorable trip for all. Planning a family-friendly itinerary that includes these recommended locations is advised for a memorable and enjoyable trip to Kuala Lumpur.

## ANIMAL INTERACTION CENTRES

#### Aquaria

Aquaria KLCC is located at the Kuala Lumpur Convention Centre, specifically on the concourse level. Aquaria features a stunning display that presents 5,000 exhibits of animals from both land and sea. Kids will certainly have a great time exploring the marine life in this underwater wonderland called Aquaria at KLCC. As you stroll through the underwater tunnel, you can observe different types of sea creatures

Address: Kuala Lumpur Convention Centre, Jalan Pinang, Kuala Lumpur City Centre, 50088 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2333 1888 Website: https://aquariaklcc.com/

Operating Hours: 10.00 am - 7.00 pm (Monday-Sunday)

#### Zoo Negara

A group called the Malaysian Zoological Society, which is not part of the government, started and built the first local zoo for Malaysians. Zoo Negara opened its doors in 1963 and has become famous worldwide. The zoo has about 5137 animals from 476 kinds of fish, birds, reptiles, amphibians, and mammals. It's a great place to take kids to see animals up close.

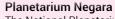
Address: Jalan Taman Zooview, Taman Zooview, 68000 Ampang, Selangor Contact: +603-4108 3422

Website: https://www.zoonegaramalay-

Operating Hours: 9.00 am - 5.00 pm



### THEME PARKS & **FDUCATIONAL** PI AYI ANDS



The National Planetarium in KL. dedicated to science and astronomy, offers an engaging learning experience for children. Located east of Lake Gardens with a distinctive blue dome. it may not be as high-tech as others globally but is worth a visit. The entrance resembles a teleport chamber, leading to interactive exhibits and a Space Theater.

Address: 53. Jalan Perdana. Tasik Perdana. 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2273 4303

Website: https://www.planetariumnegara.gov.

Operating Hours: 9.00 am - 4.30 pm (Tuesday-

Sunday) / Closed on Monday



Explore a diverse collection of miniature scenes showcasing Malaysia's rich culture. The display encompasses traditional houses, wau kites, batik paintings, and various foods. Visitors can stroll through the gallery, immersing themselves in these tiny worlds and delighting in the intricate details of the miniatures.

Address: Jalan Sultan Ismail JUMPA @ Sungei Wang Plaza, Level 1, 50250 Kuala Lumpur, Federal Territory of Kuala

Lumpur

Contact: +6011-1009 9374 Website: https://minnature.com/

Operating Hours: 10.00 am - 10.00 pm (Monday-Sunday)





KidZania KL is an 80,000 square foot replica of a real city, blending education with entertainment. With around 70 role-playing activities, children can explore careers, finances, and real-world scenarios, acquiring life skills beyond the traditional classroom setting.

Address: Curve Nx, 18, Jalan PJU 7/5, Mutiara Da-

mansara, 47810 Petaling Jaya

Website: https://www.kidzania.com.mv/

Operating Hours: 10.00 am - 6.00 pm (Wednesday-

Monday) / Closed on Tuesday





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- Birthday party
- Corporate event
- Community gathering
- Etc.



### ADRENALINE INDUCING **ACTIVITIES**

#### SuperPark

SuperPark in KL offers a range of exciting and fun activities for a memorable experience. Enjoy the indoor park with various time slots, each lasting two hours. Choose your preferred time when purchasing tickets and indulge in adrenaline-pumping activities like pedal car races and tube slides

Address: Unit 4-1, Level 4 Avenue K Shopping Mall, 156, Jalan Ampang, 50450 Kuala Lumpur

Contact: +6012-301 1040

Website: https://www.superpark.com.

my/

Operating Hours: 11.00 am - 8.30 pm (Tuesday - Thursday) / 10.00 am - 7.30 pm (Friday - Sunday) / Closed on

Monday

#### **Blastacars**

For an adrenaline-packed experience with speed and thrill. Blastacars on the fifth floor of Sungei Wang Plaza in the city center is the place to be. It offers a unique perspective on motorsports and entertainment in Malaysia. With kart speeds tailored to different preferences, participants must be at least 8 years old and meet height restrictions.

Address: 5F-001, 5th Floor Sungei Wang Plaza, 50250 Wilayah Persekutuan, Federal Territory of Kuala Lumpur

Contact: +6019-934 1349

Website: http://www.blastacars.my/



#### **Tower Walk 100**

Experience one of the best attractions at KL Tower known as The Tower Walk 100, highlighting that participants will be 100 feet above ground. Safety harness equipment is provided for a secure stroll around the tower, offering a captivating view of the KL skyline. To participate, individuals must weigh between 30kg to 140kg and be at least 120cm tall.

Address: Menara Kuala Lumpur No. 2 Jalan Punchak Off, Jalan P. Ramlee. 50250 Kuala Lumpur

Contact: +603-2020 5444

Website: https://www.menarakl.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### Hauntu

Experience chills and thrills at Hauntu Malaysia, located in the Linc KL, where captivating and eerie stories unfold until midnight. Designed for ages 8 and above, the spooky activities include intricate mazes and interconnected tales about Hauntu. Skilled actors guide participants through the rooms of the Colle Eastern Hotel in Hauntu for an immersive experience.

Address: 360, Jln Tun Razak, Pudu, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6011-1686 9199

Website: https://ihauntu.com/ Operating Hours: 2.00 pm - 10.00 pm

(Monday, Wednesday-Friday) / 11.00 am -10.00 pm (Saturday & Sunday) / Closed on







Unit 4-1, Level 4, Avenue K, Shopping Mall, 156, Jin Ampang, Kampung Baru, 50450 Kuala Lumpur

### SHOPPINGINKL

Shopping plays a big role in tourism, and the Secretariat Shopping Malaysia (SSM) aims to make Malaysia a top-notch shopping destination for both locals and international visitors. Kuala Lumpur has a bunch of shopping malls, with over 190 in the Klang Valley and more than 50 in KL alone. These malls aren't just for buying things – they've turned into places where people hang out, have fun, and do various activities.

In Malaysia, where the weather is hot, locals love going to malls to escape the heat and enjoy the air conditioning. Even if some folks don't plan on buying anything, they still like to go window shopping because it makes them feel good and happy.

KL is known for affordable shopping, so tourists, both local and foreign, often come with empty suitcases. You can even try bargaining for better prices in certain places. Luxury malls like Pavilion and Suria KLCC boast international brands like Jimmy Choo and Louis Vuitton.

If malls aren't your thing, there are plenty of local markets in KL offering good deals on unique items at reasonable prices. Day and night markets, as well as flea markets, are popular spots filled with people. Check out our list of shopping places in KL for your visit.



# Souvenirs in KL

#### **Batik**

Batik holds significant importance in Malay culture, employing the application of vibrant wax-resistant patterns on plain fabric. While traditional batik commonly featured floral motifs like flowers and leaves, contemporary designs now include spirals and geometric shapes. The evolution of this art form has contributed to the creation of a distinct and unique identity in Malaysia.



#### **Dodol**

Dodol, a confection resembling toffee, is made from glutinous rice flour, gula Melaka, brown sugar, and coconut milk. Its taste is characterized by a chewy and sticky texture similar to caramel.



#### Songket

Songket, a traditional fabric originating from Peninsular Malaysia and Sarawak, is skillfully crafted by Malay women. This meticulous process involves handweaving silk or cotton with gold or silver metallic threads. The result is a fabric with a shimmering effect, as the metallic threads contrast with the base material. The weaving technique includes intricately incorporating the metallic threads between the horizontal silk or cotton threads.



Malaysia is known for producing a diverse range of handwoven rattan products, including intricate wooden baskets, fans, placemats, small woven wallets or purses, and various others. Purchasing these finely crafted items not only means acquiring unique pieces but also expressing admiration for the craftsmanship of the skilled artisans behind them.

#### Pewter Goods

Due to its plentiful tin resources, Malaysia is a prominent producer of pewter products. Pewter, a versatile metal alloy, primarily contains tin, combined with antimony, copper, bismuth, and occasionally silver. Malaysians frequently employ pewter, particularly for religious applications. The primary pewter manufacturer, Royal Selangor International Sdn Bhd, presents a diverse array of pewter items such as dinnerware, tankards, tea sets, picture frames, desk accessories, and more. Explore their novelty store located at Pavilion KL.



#### SHOPPING MALLS

#### **Plaza Low Yat**

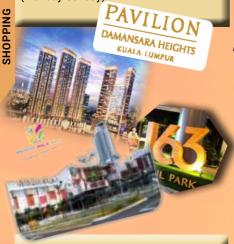
Address: 7, Jalan Bintang, Bukit Bintang,

55100 Kuala Lumpur Contact: +603-2148 3651

Website: https://www.plazalowyat.com/

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)



#### Wangsa Walk Mall

Address: 9, Jalan Wangsa Perdana 1, Wangsa Maju, 53300 Kuala Lumpur

Contact: +603-4142 8888

Website: https://www.wangsawalkmall.

com.my/

Operating Hours:10.00 am - 10.00 pm

(Monday-Sunday)

#### 163 Retail Park

Address: 8, Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur

Contact: +603-6411 9686 Website: https://163retailpark.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### **Pavilion Damansara Heights**

Address: 3, Jalan Damanlela, Pusat Bandar Damansara, 50490 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2118 8888

Website: https://pavilion-dh.com/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### Lalaport

Address: 2, Jln Hang Tuah, Bukit Bintang,

55100 Kuala Lumpur Contact: +603-2731 3555

Website: https://mitsui-shopping-park.

com.mv/

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)



#### Starhill

Address: 181, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal

Territory of Kuala Lumpur Contact: +603-2782 3800

Website: https://thestarhill.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)



#### **Mid Valley Megamall**

Address: Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2938 3333

Website: https://www.midvalley.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)



#### Avenue K

Address: 156, Jln Ampang, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2168 7800

Website: https://www.avenuek.com.mv/ Operating Hours: 10.00 am - 10.00 pm

MATAMAS

Publika Shopping

Address: 1, Jln Dutamas 1, Solaris Dutamas. 50480 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-6211 7877

Website: https://www.publika.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

Setapak Central Mall

Address: 67, Jln Taman Ibu Kota, Taman Danau Kota, 53300 Kuala Lumpur.

Wilayah Persekutuan Contact: +603-4143 5576

Website: http://setapakcentral.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

Lot 10

Address: 50, Bukit Bintang St, Bukit Bintang, 55100 Kuala Lumpur, Federal

Territory of Kuala Lumpur Contact: +603-2141 0500 Website: https://lot10.com.my/ Operating Hours: 10.00 am - 10.00 pm

#### **Hartamas Shopping Centre**

Address: 60, Jalan Sri Hartamas 1, Taman Sri Hartamas, 50480 Kuala Lumpur

Contact: +603-6201 8353

Website: http://www.hartamassc.com.

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### The Gardens Mall

Address: Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2297 0288

Website: https://www.thegardensmall.

com.my/

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)



#### Imbi Plaza

Address: Jln Imbi, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6012-408 4899

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### 1 Mont Kiara

Address: 1, Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-6203 0615

Website: https://www.1mk.com.my/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### Sungei Wang Plaza

Address: Jln Sultan Ismail, Bukit Bintang,

55100 Kuala Lumpur Contact: +603-2148 6109

Website: http://www.sungeiwang.com/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### MyTown Shopping Centre

Address: No.6, Jalan Cochrane, Seksyen 90, 55100 Kuala Lumpur, Wilayah Perse-

kutuan Kuala Lumpur Contact: +603-2710 0057

Website: https://mvtownkl.com.mv/ Operating Hours: 10.00 am - 10.00 pm

#### NIGHT MARKETS

#### **Taman Connaught Night Market**

Address: Jalan Cerdas, Taman Connaught, 56000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Website: https://www.facebook.com/ PmTamanConnaught/

Operating Hours: 5.00 pm - 1.00 am (Wednesday) / Closed on Thursday-Tuesday

#### Pasar Malam Jalan Hujan Emas OUG

Address: Overseas Union Garden, Jalan Hujan Emas 4, Taman OUG, 58200 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +6012-322 3815

Operating Hours: 4.00 pm - 11.30 pm (Thursday) / Closed Friday-Wednesday

#### **Chow Kit Night Market**

Address: Chow Kit, 50300 Kuala Lumpur Contact: +6019-332 5077

Operating Hours: 6.00 pm - 11.00 pm

(Every Monday)



#### **Bangsar Baru Night Market**

Address: Bangsar Baru, 59000 Kuala

Lumpur

Operating Hours: 5.30 pm - 11.00 pm

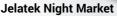
(Every Sunday)

#### **Pudu Glutton Street Night Market**

Address: Jalan Sayur, Pudu, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6011-1168 7607 Operating Hours: 7.00 am - 9.00 pm (Tuesday) / 7.00 am - 10.00 pm (Wednesday) / 7.30 am - 10.00 pm (Thursday) / 4.30 pm - 10.00 pm (Friday & Saturday) / 7.00 am - 10.00 pm (Sunday) / Closed on Monday





Address: Jalan Setiawangsa, Taman Keramat, 53300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 4.00 pm - 1.00 pm

(Every Friday)

#### Pasar Jalan Raja Bot

Address: Jalan Raja Alang, Chow Kit, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

#### Pasar Malam LRT Kampung Baru

Address: 27, Jalan Raja Uda, Kampung Baru, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

#### Pasar Malam Sri Petaling

Address: NO 19, Jalan Radin Anum, Bandar Baru Sri Petaling, 57000 Kuala Lumpur

Operating Hours: 5.00 pm - 10.30 pm

(Every Tuesday)

#### Pasar Malam Sentul

Address: 65, Jalan 1/48a, Bandar Baru Sentul, 51000 Kuala Lumpur Contact: +6011-1639 1006 Operating Hours: 5.00 pm - 9.00 pm (Every Friday)



#### Vintage Night Market@Jalan Raja Bot

Address: Jalan Raja Bot, Chow Kit,

50300 Kuala Lumpur

Website: https://www.facebook.com/pages/vintage-night-market-jalan-raja-

bot/169768133230304

Operating Hours: 9.00 pm - 4.00 am

(Every Friday & Saturday)

#### FLEA MARKET

#### Car Boot Sale@Lembah Keramat KL

Address: Jalan au5c, 54200 Kuala

Lumpur

Contact: +6010-890 3495

Operating Hours: 7.00 am - 12.00 pm

(Every Sunday)



#### Flea Market Chinatown

Address: Federal Territory of Kuala Lumpur, Kuala Lumpur City Centre Operating Hours: 6.00 am - 10.0 am (Monday-Friday) / 6.00 am - 11.00 am (Saturday & Sunday)



#### Flea Market Masjid India

Address: Jalan Masjid India, City Centre, 50100 Kuala Lumpur

Operating Hours: 9.00 am - 10.00 pm (Monday-Sunday)

#### Car Boot Sale Taman Melawati

Address: 14855, Jalan Bandar 4, Taman Melawati, 53100 Kuala Lumpur, Selangor Operating Hours: 7.00 am - 12.00 pm (Every Saturday)



Address: 21, Jalan 2, Taman Industri Pandan Indah, 55100 Kuala Lumpur, Selangor

Operating Hours: 6.00 pm - 12.00 am (Every Friday-Sunday)

#### **CBSKL-Carboot Sales KL**

Address: Jln Tasik Permaisuri 1, Bandar

Tun Razak, 56000 Cheras Contact: +6018-388 8040 Website: https://www.facebook.

com/people/carbootsale-kualalumpur/100063863032158

Operating Hours: 6.00 pm - 1.00 am

(Every Thursday-Sunday)



Malaysia's culinary scene reflects its rich cultural diversity, blending Chinese, Indian, and Malay influences to create a vibrant and flavorful cuisine. From the use of woks to the array of spices and ingredients, Malaysian dishes offer a unique fusion of textures, tastes, and colors. When visiting Malaysia, exploring its cuisine alongside its people and scenery is a must. With authentic Malay eateries and diverse Chinese and Indian restaurants, indulging in local delicacies promises a memorable experience when you are in Kuala Lumpur.

#### MUST EATS IN KL : DISHES

#### Nasi Lemak

Char Kuey Teow is a stir-fried rice noodle dish with its roots Nasi Lemak, a Malay dish, features rice cooked in coconut milk with pandan leaf as its central element. Recognized as Malaysia's national dish, Nasi Lemak is an integral part of traditional Malay breakfast. However, due to its versatility in serving options, it is enjoyed at various times throughout the day. This iconic dish is widely available across Malaysia, whether in street food stalls or eateries within shopping malls.



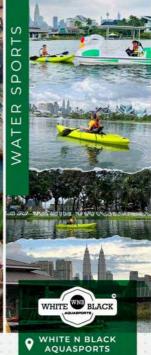
#### **Chicken Rice**

Chicken rice comprises aromatic rice, savory chicken, and soup as the side. This dish features tender, delicately sautéed white chicken, poached and sliced into bite-sized portions. Served with a garlic-chilli dip, garnished with coriander leaf springs, and drizzled with sesame oil, chicken rice is widely available in Kuala Lumpur, spanning from hawker stalls to upscale dining venues. It's a culinary essential that shouldn't be missed during your visit!

# Best Spot in KL







WHITE N BLACK

Chill at our cafe by
Titiwangsa Lake. You
can see the Twin
Towers from the lake.
We serve Western
cuisine, and it's a
perfect place to get
closer to nature and
avoid the hustle and
bustle of the city.

If you come to KL and don't try traditional Malaysian food, you'll regret it. Our restaurant serves Malay cuisine with a traditional Malay house vibe. You'll feel like you've gone back to the 80s.

Experience the thrill of kayaking and paddle boating at White N Black Aquasport, located at Titiwangsa Lake. Capture the perfect picture with a view of the Twin Towers while engaging in these water sports! Your first visit won't be your last!

White\_blacktitiwangsa

wnblakesidetitiwangsa

White & Black Lakeside at Titiwangsa KL

White\_blackheritage

wnbkampongheritage

White & Black Kamponiat Heritage KL

white\_blackaquasports

wnb\_aquasports

White & Black Aquasports

# MUST EATS IN KL

#### Rojak

Rojak is a blend of sliced fruits and vegetables, served with a mildly spicy palm sugar dressing, and occasionally enriched with sambal belacan. The first bite offers a fusion of spicy, sweet, and salty flavors. Typically, the dressing has a dense, toffeelike consistency. Renowned for their exceptional rojak since 1950, Restoran Rojak Klang Gani is a top-notch spot to indulge in this delicious dish in Klang. This snack is widely available across Malaysia and has undergone modifications by Malay Muslim vendors, resulting in various ingredient and cooking method variations.

#### **Pisang Goreng**

One of the best food to snack on in Southeast Asia is called the Pisang Goreng. Pisang Goreng literally means "fried bananas," but it's not just any fried bananas. They take sweet, ripe bananas, coat them in this amazing batter, and then deep-fry them until they're this beautiful golden brown.



# Jessents

#### **Cendol Durian**

Cendol is a delightful chilled dessert featuring palm sugar syrup, coconut milk, and bits of green rice flour jelly. You can customize your cendol with various toppings, not just durian. Options include fermented sweet cassava (tapai), jackfruit, dragon fruit, chocolate syrup, and more. Indulge in the refreshing coolness of cendol, complemented by the rich flavor of Malaysia's King of fruits. It's the perfect treat to beat the heat on a scorching day.

#### Tau Foo Fah

Tau Foo Fah, a beloved local dessert, is highly favored by Malaysians. It's a velvety tofu pudding soaked in a sweet syrup, either sugar or brown sugar. Strolling through any night market, you're bound to come across a hawker stall offering freshly prepared soy milk and this delightful tau foo fah. While it's typically served warm, some may opt to enjoy it chilled.



## NAM HEONG

A Culinary Heritage Delight!

What started as a humble coffee shop serving Hainanese coffee, toast, and egg in 1938 has now flourished to become a popular destination for Hainanese Chicken Rice. Nam Heong

Chicken Rice brings to life local favourites focusing on quality food in a familiar, comforting setting.



Award - Winning Restaurant







#### **VISIT OUR OUTLETS:**

Jalan Sultan 03-2022 3818

Lalaport (Pork Free) 03-9776 7094

Main Place (Pork Free) 012-691 3699

Follow Us:





#### MALAY CUISINE

#### De Wan 1958

De Wan 1958 is a fancy place with a variety of tasty Malaysian dishes. Chef Wan, who has won many awards and is a culinary ambassador for Tourism Malaysia, makes the best modern Malaysian food. Come and savor a range of authentic Malaysian dishes at De Wan 1958 today!

Address: The Linc, 360, Jln Tun Razak, Taman U Thant, 50400 Kuala Lumpur

Contact: +603-2935 9375 Website: https://dewan.space/ Operating Hours: 11.00 am - 9.30 pm (Monday-Sunday)

#### Ketuhar Malaysian Cuisine Restaurant

Ketuhar, meaning 'oven' in Malay, is KL's newest fine dining spot, focusing on Malaysian cuisine. Following ZÉLL-V's health-oriented approach, Ketuhar offers tasty and nutritious dishes using locally-sourced herbs and traditional spices. Created by the team behind Enak KL, it maintains the same high standards and warm hospitality, promising a memorable dining experience.

Address: Level 1 Menara Ruyi 30A Lorong Kapar, Jalan 2/87G,, Off Jalan Syed Putra, Federal Territory, 58000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2276 0851

Website: https://zellvwellness.com/ services-eat/ketuhar-malaysian-cuising

Operating Hours: 12.00 pm - 10.00 pm (Monday-Sunday)

#### **Dusun OpenHouse**

Explore Dusun OpenHouse for a delightful experience of authentic Malay cuisine in a beautiful setting surrounded by vibrant greenery. Indulge in a diverse menu offering a variety of choices. The restaurant gets its name, 'Dusun,' meaning 'Orchard,' from the lush green environment that enhances the ambiance.

Address: G9A Bangsar Shopping Centre, Jalan Maarof, 59000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2011 8988

Website: https://www.facebook.com/

dusun.oh/

Operating Hours: 11.00 am - 11.00 pm (Monday-Sunday)



#### **Restoran Patatimo**

Residents of the Klang Valley no longer have to go far to sample the authenticity of food from Pahang, Terengganu, and Kelantan, as Restoran Patatimo restaurant offers a variety of unique and delectable East Coast delicacies. Restoran Patatimo, located in Wangsa Maju, serves authentic and delectable East Coast cuisine for everyone to savour.

Address: D'Wangsa, 11, Jalan Wangsa Delima 10, Wangsa Maju, 53300 Wilayah Persekutuan, Wilayah Persekutuan Kuala Lumpur

Contact: +6013-622 3661

Website: https://www.facebook.com/

Operating Hours: 8.00 am - 3.00 am (Monday-Sunday)

**Mok Teh Nasi Dagang** 

Mok Teh Nasi Dagang serves various authentic Terengganu cuisines in Kuala Lumpur. Their nasi dagang is one of their signature dishes in the restaurant. There are also other menus that are worth the try such as nasi minyak, nasi lemak, nasi tomato and many more.

Address: Villa Makmur Condominium, 3, Jalan Dutamas Raya, Taman Segambut Sppk, 51200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6012-299 7341

Website: https://www.facebook.com/

Operating Hours: 8.30 am - 3.00 pm (Tuesday-Sunday) / Closed on Monday





#### **Kak Long Restaurant Asam Pedas**

Kak Long Restaurant Asam Pedas is where you can get the best Asam Pedas in KL. They serve various dishes that taste like they are homecooked, especially for their mixed rice. It is highly recommended to try out their stingray asam pedas as it is one of their best.

Address: 1, Jln Wangsa Delima 2A, Pusat Bandar Wangsa Maju, 53300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6013-330 6637

Website: https://www.facebook.com/

KakLongAsamPedas/

Operating Hours: 7.00 am - 5.00 pm (Monday-Saturday) / Closed on Sunday

**Riang Riang Restaurant** 

Riang Riang Restaurant is a spacious restaurant that serves Malay cuisines as well as other dishes. They offer a wide array of dishes including shawarma as well. All of the dishes served are tasty and most importantly, affordable.

Address: Jalan Pantai Murni, Pantai Dalam, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6012-546 6781

#### CHINESE CUISINE

#### **Sek Yuen Restaurant**

Sek Yuen Restaurant, a Cantonese eatery, maintains its vintage charm, firmly resisting modernization according to the owner's belief. They steadfastly continue serving renowned dishes like the famous "Pei Pa" duck, prepared using traditional wood-fired methods. Prepare for a delightful surprise with the wonderfully charred flavor, thin crispy duck skin, and juicy, succulent meat on your first bite.

Address: 313, Jln Pudu, Pudu, 55100

Kuala Lumpur

Contact: +603-9222 9457

Website: https://www.facebook.com/

restaurantsekyuen/

Operating Hours: 11.00 am - 9.30 pm (Tuesday-Sunday) / Closed on Monday

#### **Heun Kee Claypot Chicken Rice**

Heun Kee Claypot Chicken Rice, in operation since 1985, has a unique cooking approach. The rice is slowly cooked from the bottom in the '1st heat,' and the marinated chicken is cooked in the '2nd heat' using a claypot and a burning charcoal-covered iron lid. This method preserves the chicken's juices and imparts a perfect charred appearance, making the dish more aromatic than gas cooking. While it takes longer to prepare, the wait is worthwhile.

Address: 59, Jln Yew, Pudu, 55100 Kuala Lumpur, Wilayah Persekutuan

Kuala Lumpur

Contact: +603-9200 1603 Website: http://www.heunkee.com/

about nhn

Operating Hours: 11.00 am - 9.00 pm (Friday-Wednesday) / Closed on

Thursday

# RESTORAN HEUN KEE Claypot Chicken Rice

#### **ZK Restaurant**

ZK Restaurant offers a diverse range of delicious non-halal dishes, delivering an authentic Chinese 'wok hei' flavor that stands out from the first bite. Well-known among locals in the KL area, the restaurant occupies four shoplots, a testament to its popularity, with consistently full-house crowds during weekends and peak hours.

Address: 28, Jalan San Peng, Pudu, 55200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6010-276 4738

Website: https://zkrestaurant.com.my/ Operating Hours: 12.00 pm - 2.00 pm, 5.00 pm - 10.00 pm (Thursday-Tuesday)

Closed on Wednesday

#### **Restoran Yap Hup Kee**

Restoran Yap Hup Kee, a renowned Hakka eatery located in the heart of Pudu, is celebrated for its Chee Cheong Fun and Yong Tau Foo. With over 40 years of history, the restaurant also offers an extensive range of other delicious dishes.

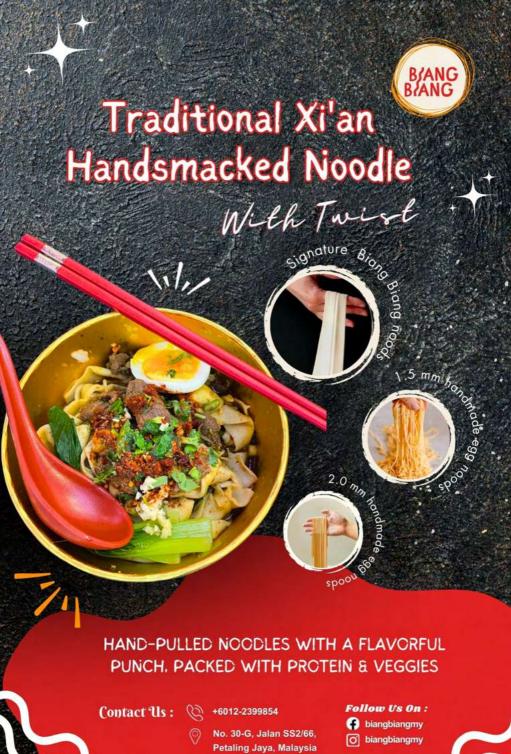
Address: 45, Jalan Brunei Barat, Pudu, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2148 9220

Website: https://www.facebook.com/

yaphupkeepudu/

Operating Hours: 9.00 am - 11.00 pm



#### **TNDTAN CUTSTNE**

#### Banana Curry House@Mont Kiara

Banana Curry House at Mont Kiara serves a wide variety of mouth watering South Indian cuisines. Besides that, the restaurant is often very crowded, hence it is best for you to come early in order to avoid the crowd. Come and enjoy authentic South Indian cuisine at Banana Curry House.

Address: 15, Jalan Kiara, Tijani 2 North, 50480 Kuala Lumpur, Wilavah Persekutuan Kuala Lumpur Contact: +6012-345 6489 Operating Hours: 7.00 am - 10.00 pm

(Monday-Sunday)

#### Bala's Banana Leaf

Bala's Banana Leaf serves authentic and unique Indian dishes with decent portions. This restaurant serves the best banana leaf platter in Bangsar! This is the perfect place for banana leaf dish lovers as you will get to enjoy the amazing flavours of the dishes being served.

Address: 25, Lorong Ara Kiri 1, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6017-862 2759

Website: https://www.instagram.com/

Operating Hours: 8.00 am - 9.00 pm

(Monday-Sunday)



#### **Royal India**

One of the well-known Indian eateries in Pavilion Bukit Bintang is at Royal Indai. This restaurant boasts a stunning interior as well as an excellent and relaxing atmosphere. We highly recommend you to visit this restaurant and savour the greatest and most delectable Indian foods there if you haven't tried it vet.

Address: Lot 6.41.00 & 6.42.00, Pavilion Kuala Lumpur, 168, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +603-2143 3669

Website: https://www.facebook.com/

royalindia.kl

Operating Hours: 11.00 am - 10.00 pm

(Monday-Sunday)

#### **Mahbub Bangsar**

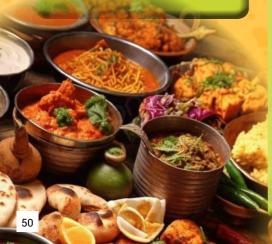
Mahbub Bangsar offers delicious and reasonably priced authentic Indian cuisine. The restaurant has a cozy and familyfriendly ambiance. Their standout dish is the Nasi Briyani Ayam Madu, which has been a popular signature dish since 1974 and continues to be a favorite.

Address: 15-17, Lorong Ara Kiri 1, Bangsar, 59100 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2095 5382

Website: https://www.restoranmahbub.

Operating Hours: 7.00 am - 11.30 pm











Berjaya Times Square No. LG-21 & LG-22, Level LG. 1, Jln Imbi, Imbi, 55100 Kuala Lumpur





#### **INSTAGRAMMABLE CAFES**

#### Kafe Kleptokrat

An old-fashioned entrance to Kafe Kleptokrat in Chinatown welcomes visitors with a swimming pool in its courtyard. The backdrop is perfect for breakfast and Instagram photos because it preserves the rustic character of the old building while being in stark contrast to a clear pool and blossoming greenery.

Address: 18, Jalan Tun H S Lee, City Centre, 50100 Kuala Lumpur Contact: +60 17-642 8052 Website: https://www.facebook.com/

Operating Hours: 10.00 am - 9.00 pm (Monday - Friday) / 8.00 am - 10.00 pm (Saturday & Sunday)

#### **V88 Chinatown**

V88, or Vintage 1988, stands out as an Instagram-worthy cafe featuring a charming vintage interior design. Indulge in the pleasure of freshly brewed coffees and delightful cakes during your visit. Strategically situated near the iconic and renowned Petaling Street, V88 offers a perfect blend of aesthetic appeal and culinary satisfaction.

Address: 34, Jalan Sultan, City Centre,

50000 Kuala Lumpur Contact: +6011-5982 7882

Website: https://www.instagram.com/

Operating Hours: 10.00 am - 10.00 pm (Monday-Sunday)



#### **Opera Cafe & Lounge**

(Monday-Sunday)

Opera Cafe, nestled in Starhill, is an endearing establishment boasting a charming interior adorned with vibrant pink hues. This quaint cafe provides an ideal setting for leisurely gatherings and catching up with friends, offering the perfect backdrop for capturing aesthetically pleasing photos to share on Instagram.

Address: G29(A) & G29(B), Ground Floor, Starhill Gallery, 181, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-9772 2222 Website: https://operacafe.com.my/ Operating Hours: 8.00 am - 2.00 am



Discover the exquisite and sophisticated dining establishment called Malaya Garden. This restaurant offers a delectable selection of Malaysian cuisine for everyone to savor, all within an ambiance that exudes elegance. Capture memorable moments as you indulge in the culinary delights as the interior is definitely Instagrammable for your feed.

Address: 1A, Jalan Balai Polis, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6016-912 1268

Website: https://www.facebook.com/

malayagarden/

Operating Hours: 8.00 am - 8.00 pm



# Sovor The Sizzle of Pepper Lunch!

Pepper Lunch is a Japanese "fast-steak" restaurant with nearly 500 outlets worldwide. Presenting a novel concept of sizzling Steaks, Pastas, Curry Rice, and the signature Pepper Rice, Pepper Lunch promises a dynamic and fresh culinary experience for everyone at an affordable price. The finest and freshest ingredients are assembled on a patented sizzling hot teppan and customers are able to immerse themselves in the wholesome experience of "Sizzling It Your Way".



Follow Us:





# in Kuala Jumpur

Kuala Lumpur comes alive at night, even though Malaysia being a predominantly Muslim nation. There are lots of fun things to do, like going to pubs, bars, and clubs. Rooftop bars are really popular because they have amazing views of the city. You can also find nice restaurants, cocktail lounges, and places to dance. Some areas are great for partying, while others have cozy spots for drinks. KL's nightlife stays lively until the early hours, with music and fun all around.

### REGULAR PUBS & BARS

#### The Iron Faries

Address: H-G-06, Hive, TREC, 438, Jln Tun Razak, 50400 Kuala Lumpur Contact: +6016-221 3612 Website: https://ironfairieskl.com/

Operating Hours: 5.00 pm - 5.00 am (Wednesday-Sunday) / 5.00 pm - 12.00 am (Tuesday) / Closed on Monday





#### CuBar

Address: 4, Jalan Telawi 2, Bangsar, 59100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6012-404 7050

Website: https://www.facebook.com/

cubarkl/

Operating Hours: 12.00 pm - 2.00 am (Monday-Thursday) / 12.00 pm - 3.00 am (Friday) / 8.00 am - 3.00 am (Saturday) / 8.00 am - 2.00 am (Sunday)

#### The China Bar K

Address: H-G-09, The Hive, TREC, Jln Tun Razak, Royal Selangor Golf Club, 54000 Kuala Lumpur, Federal Territory of Kuala Lumpur

Lumpui

Contact: +6011-6135 8393

Website: https://www.thechinabarkl.

com/

Operating Hours: 8.00 pm - 5.00 am (Tuesday-Sunday) / Closed on Monday

#### Sutraa Kitchen + Bar

Address: 34, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6011-2135 9796

Website: https://www.theolivetreegroup.

com/

Operating Hours: 3.00 pm - 3.00 am





Rock Salt's journey began in 2012, sparked by a transformative trip from Malaysia to Mongolia, where a special friendship formed. Our cuisine is a remarkable fusion of European and Asian flavors, with a distinctive Mongolian twist. Each dish and drink at Rock Salt tells a unique story, creating a dining experience full of character. Try out a diverse menu featuring signature dishes

presented on a rock salt block!





P-3C, Plaza Ground Floor, Hartamas Shopping Centre, 60 Jalan Hartamas 1, Kuala Lumpur, Malaysia







#### ROOFTOP & SPEAKEASY BARS

#### ROOFTOP

#### **Bridge Bar**

Address: Kuala Lumpur, 50450 Kuala Lumpur, Federal Territory of Kuala

Lumpur

Contact: +6013-788 3838

Website: https://www.facebook.com/

Operating Hours: 5.00 pm - 12.00 am

(Monday-Sunday)

Heli Lounge Bar

Address: 34 Menara KH, Jln Sultan Ismail, Bukit Bintang, 50450, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2389 8861

Website: https://www.facebook.com/

Heliloungebar/

Operating Hours: 5.00 pm - 11.30 pm

(Monday-Sunday)

#### Blue at EQ

Address: Level 51, EQ, Equatorial Plaza, Jln Sultan Ismail, 50250 Kuala Lumpur

Contact: +603-2789 7800

Website: https://www.egkualalumpur.

equatorial.com/dining/blue/

Operating Hours: 5.00 pm - 12.00 am (Monday-Sunday)

#### Roofdeck at Lake City

Address: 100, Jalan Sibu, Taman Wahyu, 68100 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur

Contact: +6011-1337 1722

Website: https://www.facebook.com/

roofdeckmy/

Operating Hours: 5.00 pm - 12.00 am

(Monday-Sunday)



#### SET SOFT STREETS

#### 61Monarchy

Address: 61M, Jalan SS 21/1a, Damansara Utama, 47400 Petaling Jaya,

Selangor

Contact: +6018-213 9291

Website: https://www.facebook.

com/61monarchy

Operating Hours: 5.00 pm - 12.00 am (Monday-Thursday) / 5.00 pm - 2.00 am (Friday-Saturday) / Closed on Sunday

#### G-String KL

Address: 147, Jalan Petaling, City Centre, 50000 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +6013-938 6322

Website: https://www.facebook.com/

gstring.kl

Operating Hours: 5.00 pm - 2.00 am

(Monday-Sunday)

#### **Botakliquor Bar**

Address: 156, Jalan Petaling, City Centre, 50000 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur

Contact: +603-2022 1100

Website: https://www.facebook.com/

BOTAKLiquor/

Operating Hours: 6.00 pm - 12.00 am

(Monday-Sunday)

#### The Rebel Penguin of Funky Town

Address: Lot 1.24, Cosway Guesthouse, 88, Jalan Raja Chulan, Kuala Lumpur, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6011-2506 3313

Website: https://www.facebook.com/

therebelpenguin/

Operating Hours: 7.00 pm - 12.00 am (Wednesday & Thursday) / 7.00 pm -1.00 am (Friday & Saturday) / Closed on Sunday-Tuesday

#### HYDE at 53M

Address: 53M, Jalan SS 21/1a, Damansara Utama, 47400 Petaling Jaya,

Selangor

Contact: +6018-213 9291

Website: https://www.facebook.com/

HYDE53M/

Operating Hours: 5.00 pm - 12.00 am (Tuesday-Sunday) / Closed on Monday

#### Kuna KL

Address: H-G-07, The Hive, TREC, 435, Jln Tun Razak, Seksyen 90, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala

Lumpur

Contact: +6019-342 4528

Website: https://www.facebook.com/

kunaTREC/

Operating Hours: 5.00 pm - 5.00 am

(Monday-Sunday)

#### Jao Tim

Address: 61, Jalan Sultan, City Centre, 50000 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-2022 3897

Website: https://www.jaotim.com/ Operating Hours: 3.00 pm - 12.00 am (Tuesday-Saturday) / 1.00 pm - 1.00 pm

(Sunday) / Closed on Monday

#### Face 3 KL

Address: E1.10 & E1.11, Ground Floor, Electric Boulevard, TREC, Jln Tun Razak. Kuala Lumpur, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6012-379 1553

Website: https://www.facebook.com/

face3kl

Operating Hours: 9.00 pm - 5.00 am

(Monday-Sunday)

#### Millennium Club

Address: 1f-01&2f-01.1st&2nd Floor.Life Center, 20. Jln Sultan Ismail, Bukit Bintang, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6011-5117 3825 Website: https://www.facebook.com/p/ Millennium-Club-100083397848221/ Operating Hours: 9.00 pm - 4.00 am (Monday-Sunday)

#### Gemu Club KL

Address: 1, Jalan Kia Peng, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6011-2639 5797

Website: https://www.facebook.com/

gemuclubkl/

Operating Hours: 10.00 pm - 3.00 am (Wednesday-Sunday) / Closed on

Monday & Tuesday

#### CLUBS & LIVE **ENTERTAINMENT**

Dragonfly KL

Address: Level 50, Naza Tower @ Platinum Park, 50450 Kuala Lumpur, Federal

Territory of Kuala Lumpur Contact: +6012-628 9876

Website: https://www.facebook.com/

DragonflyKualaLumpur/

Operating Hours: 8.30 pm - 3.00 am (Thursday-Saturday) / Closed on Sunday-

Wednesday

#### KYO KL

Address: Mandarin Oriental KL, Basement Level 3, Kuala Lumpur City Centre, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur

Website: https://www.facebook.com/

clubkyokl/

Operating Hours: 10.00 pm - 3.00 am (Wednesday-Sunday) / Closed on

Monday-Tuesday

#### Merdekarva

Address: 352 First Floor, Jalan 5/57, Bukit Gasing, 46000 Petaling Java, Selangor

Contact: +6018-661 4553

Website: https://www.merdekarya.com/ Operating Hours: 5.00 pm - 1.00 am (Tuesday-Saturday) / Closed on Sunday & Monday

#### Shi Er

Address: J-G-12 No. Jalan Solaris 2. Solaris Mont Kiara, 50480 Kuala Lumpur Contact: +6012-935 7016

Website: https://www.facebook.com/

SHIFRBAR/

Operating Hours: 5.00 pm - 3.00 am



### REST & RELAX

# IN Lumpur

Did you know engaging in activities we enjoy while awake constitutes relaxation, demonstrating its importance in mental and physical well-being? Both rest and relaxation are interconnected, emphasizing the need to prioritize both for optimal health. Following a busy day or travelling, it is recommended to prioritize rest and relaxation, with a spa day being an excellent way to unwind and recharge, particularly in bustling locations like Kuala Lumpur.

Traditional Spa & Treatment

#### **Ayurvedic Massage**

Ayurvedic massage utilizes medicinal herbal oils for health benefits, penetrating the skin to accelerate healing and enhance circulation. It serves as preventive medicine, energizing and strengthening the lymphatic system, and promoting the flow of life energy for cleansing and revitalization.



#### Thai massage

Thai massage incorporates passive stretching, acupressure, and compressions to enhance muscle flexibility, joint mobility, and posture. It is effective in temporarily relieving back pain. Therapists utilize hands, thumbs, elbows, forearms, and feet to massage muscles during a traditional Thai massage.



"Urutan Malaysia" is a distinctive massage technique blending healing traditions from Malaysia's diverse ethnic groups. It incorporates Marma points, Malay urut, Indian head massage, indigenous leg techniques, and Qigong therapy for a holistic wellness experience. The method aims to rejuvenate and revitalize, promoting relaxation.



#### **DISCOVER "URUTAN MALAYSIA"**

The #1st Malaysia Cultural Massage In Malaysia

urban retreat

#### Tourist Pass 10% Off

Unwind and rejuvenate at Kuala Lumpur's premier oasis of relaxation. Urban Retreat Spa, the proud recipient of prestigious awards in 2023, welcomes tourist to experience the epitome of tranquillity.







Soothe travel - weary muscles and recharge your spirit. Present your tourist pass for an exclusive 10% discount.



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www.urbanretreatspa.my

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#### SPA & WELLNESS **CENTRES**

#### Sakura Spa Kuala Lumpur

Address: 5th Floor, Wisma Mirama. Jalan Wisma Putra, Kampung Attap, 50460 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-9212 3333

Website: https://www.sakuraspa.my/ Operating Hours: Open 24 hours

#### Hammam Spa

Address: Block c2, Level G4, Solaris Dutamas, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +603-6201 0881

Website: https://www.hammamspas.

com/

Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### Yu Wellness

Address: 2, Jalan Solaris 4, Solaris Mont Kiara, 50480 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +6011-3790 3888

Website: https://www.instagram.com/

yu.wellness.spa

Operating Hours: 11.00 am - 8.30 pm

(Monday-Sunday)

#### Mandara Spa

Address: 33-4, 4th Floor, Block H, Dataran Prima, Jalan PJU 1/37, Petaling Jaya, 47301, Petaling Jaya, Selangor,

47301

Contact: +603-7880 6588

Website: https://www.mandaraspa.

com/

#### Spa Village

Address: The Ritz-Carlton, 168, Jln Imbi. Pudu, 55100 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +603-2782 9090

Website: https://www.spavillage.com/

kualalumpur/

Operating Hours: 12.00 pm - 8.00 pm

(Monday-Sunday)



#### The Majestic Spa

Address: 5, Jalan Sultan Hishamuddin, Tasik Perdana, 50000 Kuala Lumpur. Wilayah Persekutuan Kuala Lumpur Website: https://www.majestickl.com/ Operating Hours: 12.00 pm - 9.00 pm (Monday-Sunday)

#### W Traditional Thai Therapeutic Wellness - Heritage Row

Address: C0-1A, Aman Walk, Jalan Kiara 2, Mont Kiara, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6016-611 9262

Website: https://wtraditionalthai.com/ Operating Hours: 11.00 am - 11.00 pm

(Monday-Sunday)

#### **UR Spa**

Address: 7, Jalan Kia Peng, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2778 0888

Website: https://theruma.com/en/

ur-spa/

Operating Hours: 10.00 am - 9.00 pm

(Monday-Sunday)

#### **Mandarin Oriental Spa**

Address: Kuala Lumpur City Centre, 50088 Kuala Lumpur, Federal Territory

of Kuala Lumpur

Contact: +603-2179 8772

Website: https://www.mandarinoriental. com/en/kuala-lumpur/petronas-towers/

Operating Hours: 11.00 am - 7.00 pm (Tuesday-Sunday) / Closed on Monday

#### Asia Spa

Address: No 32, 31st Floor, Jalan Yap Kwan Seng, Kampung Baru, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +601-300-88-9666

Website: https://www.asiaspa.com.my/ Operating Hours: 10.00 am - 10.00 pm



### HEALTHCARE FACILITIES GOVERNMENT

#### **Kuala Lumpur Hospital**

Address: Jalan Pahang, 50586 Kuala Lumpur, Wilayah Persekutuan Kuala

Lumpur

Contact: +603-2615 5555 Website: http://hkl.moh.gov.my/ Operating Hours: Open 24 hours

#### **Hospital Tunku Azizah**

Address: lot 25, Jalan Raja Muda Abdul Aziz, Kampung Baru, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2600 3000

Website: https://www.facebook.com/

hospitaltunkuazizah/

Operating Hours: Open 24 hours

#### Institut Perubatan Respiratori

Address: Jalan Pahang, Pekeliling, 53000 Kuala Lumpur, Wilayah Persekutuan

Kuala Lumpur

Contact: +603-4023 2966

Website: https://www.facebook.com/

IPRhkl/

Operating Hours: 8.00 am - 5.00 pm (Monday-Friday) / Closed on Saturday &

Sunday

#### **Kuala Lumpur Health Clinic**

Address: Jalan Temerloh, Titiwangsa, 53200 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur

Contact: +603-2618 3200

Website: https://www.facebook.com/

klinikkesihatanKL/

Operating Hours: 8.00 am - 5.00 pm (Monday-Friday) / Closed on Saturday &

Sunday



#### Cheras Health Clinic

Address: Jalan Yaacob Latif, Cheras, 56000 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-9133 3322

Website: https://jknkl.moh.gov.my/ Operating Hours: 7.30 am - 5.00 pm (Monday-Friday) / Closed on Saturday

& Sunday

#### Klinik Kesihatan Sri Rampai

Address: Wisma Rampai, 2-Ġ-43K, Jalan 34/26, Taman Sri Rampai, 53300 Kuala Lumpur, Wilayah Persekutuan

Kuala Lumpur

Contact: +603-4142 5429

Website: https://www.facebook.com/

KKSTSR/

Operating Hours: 8.00 am - 5.00 pm (Monday-Friday) / Closed on Saturday

& Sunday

#### **Gombak Aborigines Hospital**

Address: KM 24, Jln Gombak, 53100 Kuala Lumpur, Wilayah Persekutuan

Kuala Lumpur

Contact: +603-6189 2122

Website: https://hoag.moh.gov.my/ Operating Hours: 8.00 am - 5.00 pm (Monday-Friday) / Closed on Saturday

& Sunday

#### Petaling Bahagia Health Clinic

Address: 18, Jalan Puchong, Taman Sri Jati, 58200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-7782 9355

Website: https://jknkl.moh.gov.my/index.php/klinik-kesihatan-petaling-

bahagia

Operating Hours: 8.00 am - 1.00 pm, 3.00 pm - 8.00 pm (Monday-Friday) / Closed on Saturday & Sunday

#### **Tanglin Health Clinic**

Address: Jalan Cenderasari, Tasik Perdana, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2698 3311

Website: https://jknkl.moh.gov.my/index.php/klinik-kesihatan-tanglin Operating Hours: 8.00 am - 1.00 pm, 2.00 pm - 5.00 pm (Monday-Thursday) / 8.00 am - 12.15pm, 2.45 pm - 5.00 pm (Friday) / Closed on Saturday & Sunday



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#### THE NEW GENERATION NON-SURGICAL FACELIFT

Minimal Downtime
No Surgical Incision
Lunchtime Procedure
Build Collagen
Lasting Results





55, Jalan Mega Mendung, Batu 5, Off, Jln Klang Lama, Taman Overseas Union, 58200 Kuala Lumpur





#### **HEALTHCARE FACILITIES PRIVATE**

#### Pantai Hospital Kuala Lumpur

Address: 8, Jalan Bukit Pantai, Bangsar, 59100 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur

Contact: +603-2296 0888

Website: https://www.pantai.com.my/

kuala-lumpur

Operating Hours: Open 24 hours

#### **Prince Court Medical Centre**

Address: 39, Jalan Kia Peng, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2160 0000

Website: https://princecourt.com/ Operating Hours: Open 24 hours

#### **Gleneagles Hospital Kuala Lumpur**

Address: 282, 286 & 288 Block A, B and Medical Office Block, Jln Ampang, 50450 Kuala Lumpur

Contact: +603-4141 3000

Website: https://www.gleneagles.com.

Operating Hours: Open 24 hours

#### **Colombia Asia Hospital**

Address: No. 1, Jalan Danau Saujana, Taman Danau Kota, 53300 Kuala Lumpur

Contact: +603-4145 9999

Website: https://www.columbiaasia. com/malaysia/hospitals/setapak/over-

view

Operating Hours: Open 24 hours

#### **KPJ Tawakkal KL Specialist Hospital**

Address: 1, Jalan Pahang Barat, Pekeliling, 53000 Kuala Lumpur, Wilayah Perse-

kutuan Kuala Lumpur Contact: +603-4026 7777

Website: https://kpjhealth.com.my/

tawakkal/

Operating Hours: Open 24 hours



#### **Sunway Medical Centre Velocity**

Address: Pusat Perubatan Sunway Velocity, Lingkaran SV2, Sunway Velocity, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-9772 9191

Website: https://www.sunmedvelocity.

com.my/en/

Operating Hours: Open 24 hours

#### **Damansara Specialist Hospital 2**

Address: Bukit Lanjan, 60000 Kuala

Lumpur

Contact: +603-7717 3000

Website: https://kpjhealth.com.my/

damansara2/

Operating Hours: Open 24 hours

#### **KMI Taman Desa Medical Centre**

Address: Old Klang Road, 45, Jalan Desa, Taman Desa, 58100 Kuala Lumpur

Contact: +603-7982 6500

Website: https://kmihealthcare.com/

en/tdmc

Operating Hours: Open 24 hours

#### **Global Doctors Hospital**

Address: 18. Jln Kiara 3. Mont Kiara. 50480 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-2303 9911

Website: https://globaldoctors.asia/ Operating Hours: Open 24 hours

#### **IHEAL Medical Centre**

Address: Level 7 & 8, Annexe Block, Menara IGB, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur Contact: +603-2287 7398

Website: https://ihealmedical.com/ Operating Hours: 8.00 am - 5.00 pm (Monday-Friday) / 8.00 am - 1.00 pm

(Saturday & Sunday)

#### Al Islam Specialist Hospital

Address: 85, Jalan Raja Abdullah, Kampung Baru, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2693 1007

Website: https://www.al-islamhospital.

com/

Operating Hours: Open 24 hours



## Bariatric Treaments in Cengild G. I. Medical Centre

At Cengild G. I. Medical Centre, we understand that weight loss is not one-size-fits-all. That's why we offer personalized treatment plans tailored to each patient's unique needs and goals. Our multidisciplinary team of specialists, including experienced bariatric surgeons, registered dietitians and physiotherapists, works collaboratively to provide comprehensive care and support.



#### DENTAL



#### **Dental Pro**

Address: 12, Jalan Sri Semantan 1, Damansara Heights, 50490 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2094 3333

Website: https://www.dentalpro.org/ Operating Hours: 9.00 am - 6.00 pm (Monday-Friday) / 9.00 am - 5.00 pm (Saturday) / Closed on Sunday

#### **Lay Dental Clinic**

Address: 18-G. Jalan Solaris 4. Solaris Mont Kiara, 50480 Kuala Lumpur. Wilayah Persekutuan Kuala Lumpur Contact: +6018-375 6368

Website: https://laydental.com.my/ Operating Hours: 10.00 am - 8.00 pm (Wednesday-Monday) / Closed on

Tuesday

#### **Boulevard Dental Clinic**

Address: A-0-9, Ground Floor, Plaza Damas, 3, Jalan Sri Hartamas 1, Taman Sri Hartamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-6413 9602

Website: https://www.instagram.com/

boulevard.dentalclinic

Operating Hours: 9.30 am - 6.30 pm (Monday-Friday) / 9.30 am - 5.30 pm (Saturday) / Closed on Sunday

#### Dr Kayla Dental Clinic

Address: 42 42-1, Jalan 24/70a, Desa Sri Hartamas, 50480 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-6211 8855

Website: https://www.facebook.com/

drkayladentalclinic

Operating Hours: 9.00 am - 7.00 pm

(Monday-Sunday)

#### Smileshop General & Specialist **Dental Clinic**

Address: Plaza Damas, D0-13 & D1-13, Jalan Sri Hartamas 1, 50480 Kuala Lumpur, Wilavah Persekutuan Contact: +603-6201 5003

Website: https://www.instagram.com/ smileshopdental

Operating Hours: 9.00 am - 6.00 pm (Monday-Saturday) / 9.00 am - 5.00 pm

(Sunday)

#### **Q&M Dental Sri Hartamas**

Address: 8-1, Jalan 25/70a, Desa Sri Hartamas, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6016-211 7451 Website: https://gandm.com.mv/ Operating Hours: 9.00 am - 6.00 pm

(Monday-Saturday) / Closed on Sunday

#### **Inspired Dental Clinic**

Address: 4. Jalan Tun Mohd Fuad. Taman Tun Dr Ismail, 60000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-7731 0008

Website: https://www.facebook.com/

Operating Hours: 9.30 am - 6.00 pm (Friday-Monday) / 9.30 am - 8.00 pm

(Tuesday-Thursday)



#### **VISTA Eye Specialist**

Address: G-12, Maxim Alam Damai, 43, Jalan 9, Taman Len Seng, 56000 Cheras

Contact: +603-9108 2937

Website: https://www.vista.com.my/ Operating Hours: 9.00 am - 6.00 pm

(Tuesday-Saturday) / Closed on Satur-

day & Sunday

#### **Optimax Eye Specialist Centre**

Address: Bangunan Ahp, 2, Jalan Tun Mohd Fuad 3, Taman Tun Dr Ismail,

60000 Kuala Lumpur Contact: +603-7890 2626

Website: https://www.optimax2u.com/ Operating Hours: 9.00 am - 6.00 pm

(Monday-Sunday)

#### **KL Eye Specialist Centre**

Address: 73, 73-1, 75, 75, 1, Jalan Metro Perdana Barat 1, Taman Usahawan Kepong, 52100 Kuala Lumpur, Federal Territory of Kuala Lumpur Contact: +6012-800 5508

Website: https://kleyecentre.com.my/ Operating Hours: 9.00 am - 5.00 pm

(Monday-Sunday)

#### IKONIK Eye Specialist & General Health Centre

Address: 9, 10, 11, Residensi Park, Persiaran Jalil Utama, Bukit Jalil, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-9765 1368

Website: https://ikonik-eyecentre.com/ Operating Hours: 8.30 am - 5.30 pm (Monday-Saturday) / Closed on Sunday



#### **OPHTHALMOLOGY**

#### **OasisEye Specialists**

Address: Unit 1-3, Level, 1, Nexus, 7, Jalan Kerinchi, Bangsar South, 59200 Kuala Lumpur, Federal Territory of Kuala

Lumpur

Contact: +603-2730 7676 Website: https://oasiseye.my/

Operating Hours: 8.00 am - 5.00 pm (Monday-Saturday) / Closed on Sunday

#### **MyVision Eye Specialist**

Address: Level 4, Wisma Life Care, 5, Jalan Kerinchi, Bangsar South, 59200 Kuala Lumpur, Wilayah Persekutuan

Kuala Lumpur

Contact: +6017-339 9582

Website: https://myvisioneyespecialist.

com.my/

Operating Hours: 9.00 am - 5.00 pm (Monday-Friday) / 9.00 am - 1.00 pm (Saturday) / Closed on Sunday

#### Asia Eye Specialist Centre Kepong

Address: No. 60, Jalan Ambong 1, Kepong Baru, 52100 Wilayah Persekutuan, Wilayah Persekutuan Kuala Lumpur Contact: +6018-208 8033

Website: https://www.asiaeye.com.my/ Operating Hours: 8.30 am - 5.30 pm (Monday-Friday) / 8.30 am - 3.00 pm (Saturday) / Closed on Sunday

#### **ExcelView Eye Specialist Center**

Address: 2nd Floor, S-068, Lingkaran Syed Putra, Mid Valley City, 58000 Kuala

Lumpur

Contact: +603-2287 3797

Website: https://www.excelview.com/ Operating Hours: 10.00 am - 10.00 pm

(Monday-Sunday)

#### BB Eyes by Dr. Alice Goh

Address: Level 4, Wisma Lifecare, Jalan Kerinchi, Bangsar South, 59200 Kuala

Lumpur

Contact: +6017-231 6007

Website: https://www.facebook.com/

dralicegoh19/

Operating Hours: 9.00 am - 6.00 pm (Tuesday-Saturday) / Closed on Sunday

& Monday

#### **AESTHETICS & DERMATOLOGY**

#### **EE Clinic**

Address: No. 12a, Jln Radin Bagus 8, Bandar Baru Sri Petaling, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala

Lumpur

Contact: +6018-908 1800

Website: https://eeclinic.com/ Operating Hours: 10.00 am - 7.00 pm (Monday, Wednesday-Saturday) / 10.00 am - 4.00 pm (Sunday) / Closed on

Tuesday

#### **Regions Clinic**

Address: Unit 1-3, First Floor, Suria @ North Kiara, Jalan Seri Bintang, Segambut, 52100 Kuala Lumpur

Contact: +6011-1939 9888

Website: https://regionsclinic.com/ Operating Hours: 10.00 am - 6.00 pm (Monday-Saturday) / Closed on Sunday

#### **ME Clinic**

Address: Lot LG-18, Lower Ground Floor, Berjaya Times Square, 1, Jln Imbi, Imbi, 55100 Kuala Lumpur, Federal Territory of

Kuala Lumpur

Contact: +603-2143 3866 Website: https://meclinic.com.my/ Operating Hours: 10.00 am - 7.00 pm (Monday-Sunday)

#### **Estique Clinic**

Address: 37, Jalan 5/38d, Taman Sri Sinar, 51200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6018-781 7280

Website: https://www.estiqueclinic.net/ Operating Hours: 10.00 am - 7.00 pm (Monday-Friday) / 10.00 am - 4.00 pm (Saturday) / Closed on Sunday



#### Kaiteki Skin Aesthetic Clinic

Address: No 5, C-5-G Jalil Link, 2, Jalan Jalil Perkasa 1, Bukit Jalil, 57000 Kuala

Lumpur

Contact: +6011-3301 7188

Website: https://www.kaiteki.my/kuala-

lumpur

Operating Hours: 10.00 am - 7.00 pm (Monday-Friday) / 10.00 am - 6.00 pm

(Saturday & Sunday)

#### **RJ Clinic**

Address: No. 468-G-9, Ground Floor, Block G, Rivercity, Jln Sultan Azlan Shah, 3rd Mile Jalan Ipoh, 51200 Kuala Lumpur

Contact: +603-4040 0778

Website: https://www.rjclinic.my/ Operating Hours: 10.00 am - 2.00 pm (Monday) / 10.00 am - 7.00 pm (Tuesday-Saturday) / Closed on Sunday

#### **LiV Clinic**

Address: Jalan Jalil Utama 2, Bukit Jalil, 57000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6012-737 8412

Website: https://www.livskinspecialist.

my/

Operating Hours: 10.00 am - 7.00 pm (Tuesday-Friday) / 10.00 am - 6.00 pm (Saturday & Sunday) / Closed on Monday

#### **Nazirin Skin Clinic**

Address: 59-1, Mid Valley Megamall, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +6012-444 6088

Website: https://nazirinskinclinic.com/ Operating Hours: 9.00 am - 6.00 pm (Monday-Saturday) / Closed on Sunday

#### **Ting Skin Specialist Clinic**

Address: 136, Jln Imbi, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-2144 4848

Website: https://www.facebook.com/

tingskin.my/

Operating Hours: 8.30 am - 6.00 pm (Thursday-Saturday, Monday & Tuesday) / 8.30 am - 1.00 pm (Wednesday) / Closed on Sunday

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#### **Hotel Maya Kuala Lumpur**

Address: 138, Jalan Ampang, Kampung Baru, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2711 8866

Website: https://www.hotelmaya.com

#### **Hotel Stripes Kuala Lumpur**

Address: 25, Jalan Kamunting, Chow Kit, 50300 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-2038 0000

Website: https://www.marriott.com/ en-us/hotels/kulsp-hotel-stripes-kualalumpur-autograph-collection/overview/

#### **Banyan Tree Kuala Lumpur**

Address: 2, Jalan Conlay, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-2113 1888

Website: https://www.banyantree.com/

malaysia/kuala-lumpur

#### **The Ritz-Carlton**

Address: 168, Jln Imbi, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2142 8000

Website: https://www.ritzcarlton.com/ en/hotels/kulrz-the-ritz-carlton-kualalumpur/overview/

#### **Ansa Hotel Kuala Lumpur**

Address: 101, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2146 5000

Website: https://www.ansahotels.com/

kualalumpur/

#### The Westin Kuala Lumpur

Address: 199, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2731 8333

Website: https://www.marriott.com/ en-us/hotels/kulwi-the-westin-kualalumpur/overview/

#### **Ideas Kuala Lumpur**

Address: 12, Jln Raja Laut, Chow Kit, 50350 Kuala Lumpur, Federal Territory of Kuala Lumpur

of Kuaia Lumpur

Contact: +603-2614 8000

Website: https://www.ideaskl.com.

my/

#### **Indie Hotel Kuala Lumpur**

Address: 9, Jalan Ceylon, Bukit Ceylon, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2070 9000

Website: https://indiehotels.com.my/

#### W Kuala Lumpur

Address: 121, Jalan Ampang, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2786 8888
Website: https://www.marriott.com/

Website: https://www.marriott.com/ en-us/hotels/kulwh-w-kuala-lumpur/ overview/

#### **Pavilion Hotel Kuala Lumpur**

Address: 170, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2117 2888 Website: https://www.banyantree.



#### **About Us**

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### BUDGET HOTELS/ RESORTS

#### **Gold3 Boutique Hotel**

Address: 179, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpu Contact: +603-2141 7753 Website: https://gold3hotel.com/

#### **A&R Boutique Hotel**

Address: Jalan Cheras, 167, Jln Lanchang, Taman Sri Bahtera, 56100 Wilayah Persekutuan, Federal Territory of Kuala Lumpur

Contact: +603-9134 9889

Website: https://www.anrhotel.com/

#### Lazdana Hotel Kuala Lumpur

Address: 61, Jalan Putra, Chow Kit, 50350 Kuala Lumpur, Wilayah Perse-

kutuan Kuala Lumpur Contact: +603-4043 3881

Website: https://www.facebook.com/

lazdana.kualalumpur/

#### Hotel Smile @ Wangsa Maju

Address: 36, Jalan Metro Wangsa, Wangsa Maju, 53300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-4131 1826 Website: https://www.smilehotel.com.

mv/

Hotel Transit Kuala Lumpur

Address: 42, Jln Pudu, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

kutuan Kuala Lumpur Contact: +603-2022 3355

Website: https://hoteltransitkl.com/

#### **Hotel Sentral Kuala Lumpur**

Address: 30, Jalan Thambipillay, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2272 6000

Contact: +603-2272 6000
Website: https://www.hotelsentral.com.

my/

#### Scott Hotel KL Sentral

Address: 10, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2273 1222

Website: https://www.scotthotel.com.

my/

#### **Momo Hotel**

Address: 316, Jalan Tuanku Abdul Rahman, Chow Kit, 50100 Kuala Lumpur,

Wilayah Persekutuan Kuala Lumpur

Contact: +603-2776 6666

Website: https://www.stayatmomos.

com/





#### **BACKPACKERS LODGE**

#### **Sunshine Bedz Hostel**

Address: 63B, Jln Sultan Ismail, Bukit Bintang, 50250 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +6012-610 1883

Website: https://sunshinebedz.com.my/

#### YMCA Hostel

Address: 95, Ja<mark>lan Pada</mark>ng Belia, Brickfields, 50470 Kuala Lumpur, Wilayah

Persekutuan Kuala Lumpur Contact: +603-2274 1439

Website: https://www.ymcakl.com/

page/210/Room-Rates/

#### **Travel Hub Highstreet**

Address: 13-1, Jalan Balai Polis, City Centre, 50000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6012-390 2339

Website: https://www.travelhubkl.com/

#### The Bodhi Lodge

Address: 18, Jalan Kemuja, Bangsar, 59000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6016-641 6996



### Homie KL Hostel

home/

Contact: +603-6731 1155

Address: N0 52, Jalan Metro Pudu, Fraser Business Park, Off Jalan Yew, Kuala Lumpur, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Website: https://www.sovotel.com/

#### Travellers Palm Lodge

Address: No. 10, Jalan Rembia, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2145 4745

#### **Mingle Hostel**

Ad<mark>dress: 53, Jalan Sult</mark>an, City Centre, 50000 Kuala Lumpur, <mark>Wi</mark>layah Perseku-

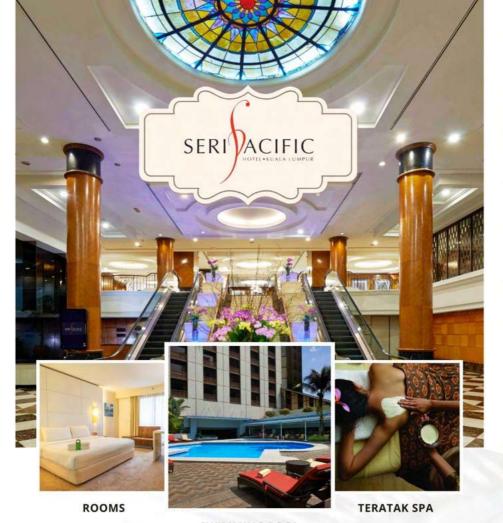
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Contact: +6011-5144 1557

Website: https://www.instagram.com/

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#### **4 AFFORDABLE ACTIVITIES TO EXPERIENCE**

#### 1. Berjaya Times Square Theme Park

Berjaya Times Square Theme Park, KL's largest indoor theme park, is on the fifth floor of Berjaya Times Square Mall. It features the Fantasy Garden for kids and the Galaxy Station, totaling 35,300 square meters. The highlight is the 800-meter-long Supersonic Odyssey roller coaster.

Standard Price: RM60/pax

Address: Berjaya Times Square, 5th and 7th Floor, 1,

Jln Imbi, Bukit Bintang, 55100 Kuala Lumpur

Contact: +603-2117 3118

Website: https://berjayatimessquarethemeparkkl.

com/

Operating Hours: 12.00 pm - 8.00 pm (Monday-Friday)

/ 11.00 am - 8.00 pm (Saturday & Sunday)

#### 2. Hard Knocks Royal Selangor

Prepare for an interactive experience at Hard Knocks Royal Selangor! Participate in a pewtersmithing workshop at the Royal Selangor Visitor Center, where you'll witness the making of Malaysia's renowned pewter products. Engage in shaping pure tin, antimony, and copper into stylish items during this hands-on session.

#### Standard Price: RM75/pax

Address: 4, Jalan Usahawan 6, Setapak Jaya, 53300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-4145 6000

Website: https://visitorcentre.royalselangor.com/ Operating Hours: 9.00 am - 5.00 pm (Monday-

Sunday)





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#### 3. Teja Studio (RM35)

Unleash your creativity with a batik painting workshop at Teja Studio, situated in Malaysia Tourism Centre (Matic). Select your preferred design and learn to paint using Batik Canting, exploring various coloring techniques.

#### Standard Price: RM35/pax

Address: Malaysia Tourism Center, Teja Studio, 109, AKLEH, Kuala Lumpur City Centre, 50450 Kuala Lumpur. Federal Territory of Kuala Lumpur

Contact: +6014-978 4568

Website: https://www.mytejastudio.com/

Operating Hours: 10.00 am - 5.00 pm (Tuesday-Sun-

day) / Closed on Monday



# 4. Chocolate Museum Kuala Lumpur (RM39 Junior Chocolatier, RM20 Create Chocolate)

Explore the Chocolate Museum Kuala Lumpur, an educational venue showcasing cocoa plants, chocolate history, demonstrations, tastings, and chocolate-making. Experience the chocolate-making process and enjoy the retail store offering chocolates for purchase.

## Standard Price: RM39 (Junior Chocolatier), RM20 (Create Chocolate)

Address: 2, Jalan Teknologi 3/5, Kota Damansara,

47810 Petaling Jaya, Selangor Contact: +603-7490 4260

Website: https://chocolatemuseum.my/

Operating Hours: 10.00 am - 4.30 pm (Monday-Sun-

day)







#### WEEKEND HI-TEA BUFFET

Indulge in a bountiful selection of chilled seafood delicacies, accompanied by an exquisite fusion of Japanese, Western, and local cuisines. Elevate your weekend experience with an array of vibrant desserts that will delight your senses and create a truly marvellous weekend affair.

12 noon - 4pm Saturday, Sunday and Public Holidays

RM 98+ RM 65+

- · Kids aged 8 years old & below eat for free
- · All prices quoted are subject to applicable taxes

For reservations, WhatsApp +6012-590 9851 or call +603 3311 8850 or email tcafe@wyndhamacmarcklang.com (T&C apply)



Savor the spirit of Ramadan with our bountiful buffet, where every dish is a celebration of flavor and togetherness.

12 March - 8 April 2024 | 6.30pm - 10.00pm Original Price:

RM158+

Senior Citizen (55 years old & above)

RM78+ Child (8 - 12 years old)

12 February - 5 March 2024 | 6.30pm - 10.00pm Early Bird Price:

#### RM118+ Adult

- · Kids aged 8 years old & below eat for free
- All prices quoted are subject to an applicable 8% service tax

For reservations, WhatsApp +6012-590 9851 or call +603 3311 8850/ 8888/ 8911/ 8916/ 8990 or email tcafe@wyndhamacmarcklang.com (T&C apply)









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# PLACES TO VISIT MEAVBBY

#### INTRODUCTION

KL Sentral, nestled in the heart of Kuala Lumpur, is the central hub for public transportation in the city and the Klang Valley. Serving as a nexus for KTM, LRT Kelana Jaya Line, Monorail, KLIA Express, and buses, it stands as the primary transit hub in the Greater Klang Valley.

This bustling hub sees a diverse crowd, from commuters rushing with work bags to travelers laden with vacation luggage. Amidst your travel hustle, find a moment to relax at the Ruby ETS Lounge while waiting for your next KTM train

Beyond transportation, KL Sentral's vicinity offers a wide range of attractions and activities. Whether you have a layover or just exploring, check out the places nearby. From diverse dining options to cultural experiences, there's much to explore around KL Sentral.

If you're keen to make the most of your time, check out our curated list of places to visit and things to do in the KL Sentral area. Kickstart your Kuala Lumpur adventure right from the heart of the city at KL Sentral!



### ROTOL FOOD-OHAIN

**Providing the Best Dining** Experience in Kuala Lumpur

Discover three outstanding restaurants in Kuala Lumpur that will take you on a culinary journey. With breathtaking views, Skyhill Fusion Restaurant serves Western-Asian fusion cuisine. Chakri Palace brings royal Thai cuisine to life.



Rotol Food-Chain



(iii) @rotolfoodchain



https://rotolfoodchain.com



#### CHAKRI PALACE

Imperial Chakri Palace in Suria KLCC offers a Muslimfriendly Thai dining experience. Established in 1999, this restaurant is renowned for its authentic Thai cuisine. Their best-selling \*Tom Yam King Prawn in Coconut" is a symphony of bold Tom Yam soup flavours, creamy coconut milk, and succulent king prawns. Indulge in the rich tastes of Thailand in the heart of Kuala Lumpur.

(3) Chakri Palace Royal Thai Cuisine









#### SKYHILL FUSION RESTAURANT

Dine in the sky at Skyhill Fusion Restaurant. Petaling Jaya, Indulge in fusion dishes, from hearty pizzas to burgers, amid a lively ambiance and breathtaking rooftop view for a special evening.



Skyhill Fusion Restaurant @skyhillfusionrestaurant

#### **CHAKRI RAINTREE SKYBAR**

Experience exceptional dining at Chakri Raintree Skybar atop Dorsett Hartamas Hotel, offering a dining experience with a stunning 180° paporamic view of Kuala Lumpur, Authentic Thai flavours, warm ambiance, and diverse menu choices await. Perfect for romantic evenings, family gatherings, or business lunches,

Chakri Raintree Skybar







#### STORISHED SERVICES COLUMN TO THE STORISH OF THE STO

#### 1. Visit Muzium Negara

The National Museum is located just a stone's throw away from KL Sentral. The museum offers an insight of Malaysian history and culture where you could gain more knowledge on the history of Malaysia.

Address: Jabatan Muzium Malaysia, Jln Damansara, Perdana Botanical Gardens, 50566 Kuala Lumpur, Federal Territory of Kuala Lumpur

Contact: +603-2267 1000

Website: http://www.muziumnegara.gov.my/

Operating Hours: 9.00 am - 5.00 pm (Monday-Sunday)





#### 2. Shop til You Drop at NU Sentral

When you are having a layover at KL Sentral before your next trip using the public transport, take a detour and stop by NU Sentral to shop for some goods before you leave. NU Sentral is your one-stop retail centre for your shopping needs as there are various retail stores ranging from household items, fast-fashion, mobile gadget stores, and so on.

#### 3. Explore KL's Little India Brickfields

Head over to KL's Little India at Brickfields if you want to find good deals on items that are popular among the Indian community. The stores located along Little India have been recognised as one of Kuala Lumpur's top tourist attractions. This is a well-known location where many kinds of Indian goods are offered, including spices, textiles, and other household goods. You may see all different kinds of things being displayed as you stroll through the shops. Exploring the stores here is a real adventure. While you are walking along you are able to listen to the catchy Indian music fill the air as you shop.



#### 4. Shop for Indian Goods

In KL's Little India Brickfields, explore vibrant textile collections, featuring must-buy sequined sarees and negotiable Punjabi suits. Discover quality jewelry crafted by skilled Indian artisans in local goldsmith shops. Immerse yourself in the rich aroma of authentic Indian spices and indulge in diverse street food, including Briyani and Thosai.



# Experience The Perfect Bite!

At El Iberico, we believe that the quality is in the ingredients, which is why we source some of Spain's finest products. As Kuala Lumpur's top Spanish restaurant, quality authentic food is our number one priority. We specialize not only in Iberico pork ribs, but also in a variety of classic regional dishes such as gambas al ajillo, croquetas, pulpo a la Gallega, seafood paella, and mouthwatering desserts. Bring your family, your partner, or yourself for a delectable taste of Spain in Kuala Lumpur.



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+6012-939 0925



www.eliberico-kl.com

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#### 5. Cafe Hopping

Are you looking for some aesthetically pleasing cafes in Kuala Lumpur to go on a cafe hopping trip? Fret not, KL Sentral area has a number of Instagrammable cafes. We will be sharing with you some of the cafes nearby KL Sentral that are Instagram-worthy.

#### **Gwaku Coffee**

Address: ULG Lobby Menara TH 1 Sentral, Jalan Stesen Sentral 5, Kuala Lumpur Sentral, 50470 Kuala Lumpur

Contact: +6012-384 0683

Website: https://www.instagram.com/

gwaku2016

Operating Hours: 8.00 am - 4.30 pm (Monday-Friday) / Closed on Saturday &

Sunday

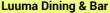
#### It's a Grind Coffee House

Address: Jalan Stesen Sentral 5, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Operating Hours: 7.30 am - 7.30 pm (Monday-Friday) / Closed on Saturday & Sunday

#### 6. Rooftop Dining

#### **Luuma Dining & Bar**

Address: LEVEL 20, MENARA SENTRAL VISTA, 150, Jln Sultan Abdul Samad, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6019-499 6770 Website: https://luumadiningbar.com/Operating Hours: 4.00 pm - 12.00 am (Monday-Friday) / 11.00 am - 12.00 am (Saturday & Sunday)



Address: LEVEL 20, MENARA SENTRAL VISTA, 150, Jln Sultan Abdul Samad, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6019-499 6770

Website: https://luumadiningbar.com/ Operating Hours: 4.00 pm - 12.00 am (Monday-Friday) / 11.00 am - 12.00 am

(Saturday & Sunday)

#### Mai Bar

Address: 5, Jalan Stesen Sentral, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2723 1125

Website: https://www.marriott.com/en-us/hotels/kulal-aloft-kuala-lumpur-

sentral/overview/

Operating Hours: 4.00 pm - 12.00 am

(Monday-Sunday)

### 7. Malaysian Contemporary Art at Wei-Ling Gallery

Wei-Ling Gallery houses a number of works by Malaysian contemporaries. Other than that, there are also distinctive and historical charms as well. The gallery is really admirable, from the gallery's architectural design to the calibre of the artwork on show.

Address: 8, Jalan Scott, Brickfields, 50470 Kuala Lumpur, Wilayah Perseku-

tuan Kuala Lumpur Contact: +603-2260 1106

Website: https://weiling-gallery.com/ Operating Hours: 10.00 am - 6.00 pm (Tuesday-Friday) / Closed on Saturday-

Monday



### 8. OOTD at NU Sentral's Iconic Aesthetic Escalator

The escalators at NU Sentral shopping mall unexpectedly became a popular photography spot. Located outside near the entrance, leading to the Monorail station, their symmetrical and aesthetically pleasing design attracts photographers for captivating shots. This is the perfect spot to take your OOTD photos when you are in the area.

#### 10. Staycation

#### St. Regis

Address: 6, Jalan Stesen Sentral 2, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +603-2727 1111

Website: https://www.marriott.com/ en-us/hotels/kulxr-the-st-regis-kualalumpur/overview/

#### Easy Hotel

Address: NO.110, JALAN TUN SAM-BANTHAN BRICKFIELD, Kuala Lumpur Sentral, 50470 Wilayah Persekutuan, Wilayah Persekutuan Kuala Lumpur Contact: +6016-215 4500

Website: https://easyhotel.com.my/

#### **NU Hotel**

Address: 37, Jalan Thambipillay, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2274 9000

Website: https://nusentralhotel.com/

#### **City Central Hotel**

Address: 80 & 82, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6016-230 4100

Website: https://citycentralhotel.com.

my/

#### 9. Bar Hopping

#### **Supper Club**

Address: 126, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +6012-704 1005

Website: https://www.facebook.com/ supperclubbrickfields/

#### Kingz 15

Address: 17, Ground Floor, 17, Jalan Thambipillay, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6017-336 1910

Operating Hours: 2.00 pm - 2.00 am (Tuesday-Sunday) / Closed on Monday

#### Cricket 77 Bar & Kitchen

Address: 22, Jln Tun Sambanthan 3, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur Contact: +603-2389 8443 Website: https://www.facebook. com/p/cricket-77-bar-&-kitchen-100063298056572 Operating Hours: 4.00 pm - 2.00 am (Monday-Sunday)

#### JP Veenuss Musical Bistro

Address: No. 204, 1st floor, Jalan Tun Sambanthan, Brickfields, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Contact: +6012-265 7174

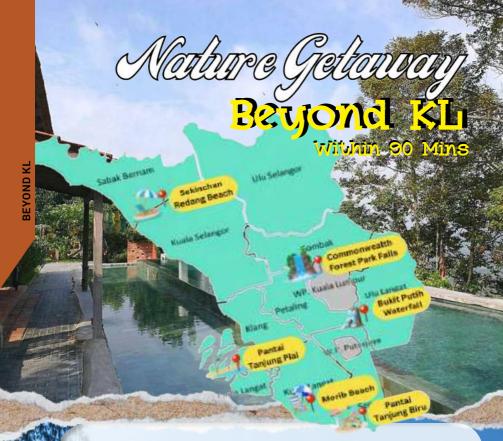
Website: https://www.facebook.com/

theipveenuss/

Operating Hours: 6.00 pm - 2.00 am (Tuesday-Thursday) / 6.00 pm - 3.00 am (Friday-Sunday) / Closed on

Monday





The best way to disconnect from the world and re-establish a connection with nature is through a nature retreat. There are many options to locate the ideal place to rest and relax within 90 minutes beyond the concrete jungle of Kuala Lumpur, whether you're seeking for a quick weekend getaway or a longer holiday surrounded by the tranquillity of nature.

Going on a nature retreat has many benefits including taking in the fresh air, enjoying the natural beauty, peacefulness, and mental clarity. This also gives us the chance to take some time off from the hectic lives in KL City so that we can focus on ourselves and enjoy being surrounded by nature. Taking a break in this way is beneficial for both physical health and mental wellbeing - allowing us to recharge our batteries and return feeling energised!

For those looking for an active nature retreat beyond KL, there are plenty of opportunities to get out and explore the great outdoors that offers stunning views of rolling hillsides and lush greenery. There are various leisure activities that you can do with your friends and families.

On top of that, for those who seek even more tranquillity, there are numerous riverside retreats located close-by where one can enjoy peaceful moments listening to nature's symphony while taking in spectacular landscapes along the way.

Unwind in nature and get away from the hustle and bustle of KL city with a nature retreat at these interesting places!



# Plan your trip with us!



Petting Zoo

See, touch and feel our amazing animals



Fruits & Vegetables Farm

Nurture over 80 different fruit and vegetablespecies



Monkey Spring

Splash around in pools of natural water from the mountains at the monkey spring.



Spend your afternoons the extreme way and experience thrilling off-road rides with the ATV!





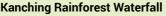
#### WATERFALLS

#### Commonwealth Forest Park Falls (

One of the well-liked camping areas in Klang Valley is the Commonwealth Forest Park Falls. With a total of 21 sites distributed across four camping areas, this park was established in 1993, commemorating the 14th Commonwealth Forest Conference held in KL. To enhance your experience, the park offers guest-friendly amenities, including restrooms and quaint eateries. Moreover, indulge in exciting activities such as canoeing and ATV rides during your visit, adding a touch of adventure to your nature getaway.

Address: Kilometer 23, Jalan Kuala Lumpur-Rawang, 48000

Rawang, Selangor Contact: +603-5544 7507



Make your weekend special with your loved ones at Kanching Rainforest Waterfall, where you can relax surrounded by the beauty of nature. With seven enchanting waterfalls, this spot is ideal for camping and enjoying a dip in natural swimming pools. For those seeking a bit of adventure, there are also challenging hiking trails leading to the top of the waterfall. It's the perfect blend of tranquility and excitement for a memorable weekend getaway.

Address: Kilometer 17, Jalan Rawang, Templer Baiduri, 48000

Rawang, Selangor Contact: +603-6091 6131

Website: https://selangor.travel/listing/kanching-eco-forest-park/

#### Sungai Pisang Waterfall

Take a delightful journey to the charming Sungai Pisang Waterfall in the Selangor State Park, just a quick 30-minute drive from the heart of Kuala Lumpur. Get ready for a brief adventure that involves crossing a small river and passing through two substantial tunnels beneath the Karak Highway to reach these crystal-clear waters flowing with remarkable intensity. It's a short yet enchanting trip to experience the beauty and power of nature not far from the city.

Address: Gombak, 68100 Batu Caves, Selangor

Contact: +603 6091 6131

#### Sungai Tua Waterfalls

Create lasting memories with your family and friends at Sungai Tua Waterfalls! Enjoy a refreshing dip in the cool river and set up camp at their cozy camping site. It's an ideal retreat for those seeking a serene atmosphere to relax and meditate in the midst of nature.

Address: B23 Jalan Hulu Yam Bharu - Batu Caves, 68100 Batu

Caves, Selangor

Contact: +60105187739

Operating Hours: 7.00 am - 6.00 pm (Monday-Sunday)



# 215 menter

#### WATERFALLS

#### Serendah Waterfall

Discover the breathtaking Serendah Waterfall situated in Kampung Orang Asli Serendah. This hidden gem provides a peaceful escape without compromising the beauty of the falls, often overlooked in favor of the nearby and more well-known Kanching Recreational Forest Waterfalls. Despite its simple charm and a smaller pool area, the essential amenities, including a pavilion for picnics, are still available for visitors to enjoy.

Address: Kampung Orang Asli Serendah, 48200 Serendah,

Selangor

Contact: +6017-609 1504



#### **Chilling Waterfalls**

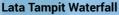
On the way to Fraser's Hill, there is a waterfall named Chilling Waterfalls that has been considered as one of the must-visit waterfalls. Comprising three distinct vertical waterfalls, the cascades flow robustly, particularly following heavy rainfall. To fully appreciate its magnificence, it is recommended to explore this waterfall shortly after periods of rain.

Address: 44000 Kuala Kubu Bharu, Selangor

Contact: +603-6064 1214

Operating Hours: 8.30 am - 5.00 pm (Saturday & Sunday) / Closed

on Monday-Friday



Whether you're a seasoned hiker or just starting out, you're in for a treat at the seven-tiered Lata Tampit waterfall, also affectionately known as Ulu Tampit. The journey to the charming level 4 twin falls or the slightly higher level 5 is a delightful and rewarding 40-minute trek through moderately steep woods. For those seeking a more secluded experience at level 7, it's just an additional 15 minutes on the trail. Lace up those hiking boots and get ready for a nature adventure!

Address: Kampung Janda Baik, 28750 Bentong, Pahang Operating Hours: Open 24 hours (Monday - Sunday)



Dive into the invigorating chill of the waters at the picturesque Lata Medang Waterfall's end. Nestled in Kampung Pertak in Kuala Kubu Baru, this waterfall is a must-see gem in Selangor. The journey to this stunning cascade of crystal-clear waters involves a challenging yet enjoyable climb, promising a refreshing reward at the finish line. Get ready for an adventure that combines a bit of effort with the joy of discovering nature's beauty!

Address: Unnamed Road, 44000 Kuala Kubu Baru, Selangor

Contact: +6017-342 5524 Operating Hours: Open 24 hours





#### Sky Mirror

The well-known Sky Mirror at Kuala Selangor Beach is around 30 minutes away from Sekinchan. This enchanting spot is nestled in the heart of the ocean, accessible only during the new and full moons when the tide is low, creating the mesmerizing Sky Mirror effect on the beach. Don't forget to grab your cameras when the opportunity arises and capture those picture-perfect moments for your Instagram feed!

Address: Jalan Sultan Mahmud, 45000 Kuala Selangor,

Selangor

Contact: +6010-509 1007

Website: https://www.skymirrorworld.com/ Operating Hours: 6.00 am - 10.00 pm (Monday-Sunday)



#### Sekinchan Paddy Field

Sekinchan is renowned for its breathtaking rice paddies, offering a picturesque backdrop that captivates the eye. The paddy fields in Sekinchan provide an opportunity to capture stunning photos with the mesmerizing expanse of endless greenery. For the most enchanting experience, plan your visit around the months of May and October when the paddy fields turn a golden hue. Feel the gentle sway of the rice plants in the breeze, listen to the cheerful chirping of birds, and let the beauty of the scenic paddy fields whisk away your worries, creating a peaceful retreat for the soul.

Address: Pekan Sekinchan, 45400 Sekinchan, Selangor



#### **Kuala Selangor Fireflies Cruise**

Experience the enchanting Kuala Selangor Fireflies, where you'll witness mesmerizing fireflies synchronized in their sparkling dance. Embark on a tranguil evening boat trip through the mangroves, immersing yourself in the breathtaking view of these magical creatures. As a popular tourist attraction in Kuala Selangor, anticipate a queue as visitors eagerly take turns for the boat ride. Your safety is ensured with provided life jackets for the journey. Remember to activate the low light feature on your camera to capture the twinkling lights of the fireflies, creating lasting memories of this unique and captivating experience.

Address: Jalan Club, Kampung Kuantan, 45000 Kuala Selangor, Selangor

Operating Hours: 7.45 pm - 10.30 pm (Monday-Sunday)

#### **Blue Tears Cruise**

Discover the enchanting Blue Tears in Kuala Selangor, where nature puts on a captivating show with luminescent blue waves. This magical phenomenon occurs thanks to tiny algae called 'dinoflagellates,' which emit a beautiful blue glow when the water is disturbed. To witness this spectacle, embark on a nighttime boat ride when the darkness sets in, revealing the mesmerizing blue phosphorescence lighting up the water. Feel the magic as you cruise through the tranguil waves, experiencing the wonder of nature's own light display beneath you.

Address: 10 Jalan Feri Lama, Jalan Bagan Pasir, Bagan Pasir Penampang, 45000 Kuala Selangor

Website: https://www.kuala-selangor.com/kuala-selangor-

attraction/blue-tears-kuala-selangor.html

#### **KKB Paragliding Park**

Experience paragliding at Kuala Kubu Bharu Paragliding Park for seven to nine minutes, with all necessary gear provided for safety. Record your adventure with a GoPro flight camera to cherish the memories forever!

Address: Taman Millenium Sports Complex, Jalan Ampang Pechah, 44000 Kuala Kubu Bharu. Selangor

Contact: +6019-219 1144

Website: https://www.facebook.com/KK-

BParaglidingPark

Operating Hours: 9.00 am - 6.00 pm

(Monday-Sunday)

#### **FLYING FOX KKB**

Zip across Kuala Kubu Bharu bridge, high above the Selangor river. Enjoy the lush forest and flowing river views. Experience the adrenaline rush as you glide above treetops, creating unforgettable memories!

Address: 55, 44000 Kuala Kubu Baru, Selangor

#### **Xventure Mind Whitewater Rafting**

Experience thrilling whitewater rafting on the Hulu Selangor River near Selangor Dam. Cruise through scenic riverbanks and forests. Xtreme Adventure (Xventure) Rafting provides various outdoor activities in the Kuala Kubu Baru area, including whitewater rafting.

Address: Jalan Kampung Gerachi, 44000

Kuala Kubu Baru, Selangor Contact: +6012-465 3307

Website: http://www.malaysia-whitewa-

ter-rafting.com/

Operation Hours: 9.00 am - 4.00 pm

(Monday-Sunday)





In Kuala Kubu Bharu, you'll find Adren X Park, where you can try a range of exciting sports to make your adrenaline rush. The park has different activities like ATV rides, bungee jumping, and flying squirrels. The friendly staff and guides will keep you safe and help you know what to do during your adventure.

Address: Yellow Cabin, Jalan 55, KKB - Fraser, 44000 Kuala

Kubu Baru, Selangor Contact: +6019-800 4674

Website: https://www.facebook.com/rentasadventures/

Operating Hours: 10.00 am - 6.30 pm (Saturday-Monday, Thursday) / 10.00 am - 12.00 pm, 2.30 pm - 6.30 pm

(Friday) / Closed on Tuesday & Wednesday

#### FJ ATV Park Janda Baik

You can definitely de-stress by having fun at Bentong with a fun ATV ride of ATV at FJ ATV Park Janda Baik. ATV riding is a frantic and daring sport that allows you and your companions to travel through harsh terrain and discover new places. Additionally, it can give an adrenaline boost comparable to that of other extreme sports. Enjoy an ATV ride along nature while being cooled off by

the natural air.

Address: Lorong Cheringin 1, Kampung Cheringin, Kampung Janda Baik, 28750 Bentong, Pahang

Contact: +6011-7077 0077

Website:https://www.facebook.com/people/FJ-

ATV/100069640791963

Operating Hours: 9.00 am - 6.00 pm (Wednesday-Monday) / Closed on Tuesday

# FAMILY OUTING

#### ANIMAL INTERACTION

#### The Bentong Farm

Bentong Farm is a great spot, especially for kids! It's packed with animals and even has a botanical garden with lots of fruits and veggies. You'll need a good two hours to explore everything, from seeing animals in their natural habitat to petting and feeding them. Kids can even ride ponies and ATVs there for extra fun as well!

Address: Lot 5239-6241, Kampung Orang Asli Lebak,Batu, 3, Jalan Chamang, 28700, 28700 Bentong,

Pahang

Contact: +6010-283 3655

Website: https://www.facebook.com/

thebentongfarm/

Operating Hours: 10.00 am - 6.00 pm (Monday-Friday) / 9.30 am - 6.00 pm (Saturday & Sunday) / Closed on

Tuesday

#### **Eagle Feeding**

Embark on a fun boat ride to the river mouth and watch eagles and birds diving for food. It's amazing to see these majestic birds up close! Don't miss this unique experience when you're in Klang Valley!

Address: No 1, Jalan Bagan Sungai Yu, Pasir Penambang, 45000 Kuala Selan-

gor, Selangor

Contact: +6019-668 8828

Website: https://skymirror-ks.business.

site/

Operating Hours: 8.00 am - 9.00 pm

(Monday-Sunday)

#### HOTSPRING

#### KOLAM AIR PANAS KUALA KUBU BHARU

For a break from the busy Kuala Lumpur city life, head to Kolam Air Panas Kuala Kubu Baru. Nestled in nature's embrace, it offers a serene retreat to unwind and relax.

Address: 110, Jalan Arif 6, Taman Arif Utama, 44000 Kuala Kubu Baru,

Selangor

Contact: +6016-673 4383 Operating Hours: Open 24 hours

#### **SELAYANG HOT SPRING**

Escape to Selayang Hot Spring, a serene oasis near Kuala Lumpur, perfect for quality time with loved ones. Relax and rejuvenate in its four pools filled with soothing sulphuric mineral water, known for its healing properties.

Address: Baru Selayang, 68100 Batu

Caves, Selangor

Contact: +6017-396 2478
Operating Hours: Open 24 hours



# FARMING SENCES (XPERIENCES)



If you're looking for the freshest coconut water, head to Sekinchan Coconut Farm. Their popular item is the coconut shake, and you can also find stalls offering various tasty foods. Relax in a hammock beneath the coconut trees and enjoy the cool, refreshing coconut water to quench your thirst.

Address: Jalan Tali Air 4, 45400 Sekin-

chan, Selangor

Contact: +6017-745 1263

Website: https://www.facebook.com/Selinchan-Coconut-Farm-104833684659830

Operating Hours: 10.00 am - 5.00 pm

(Saturday & Sunday)

#### Lee's Cocoa Farm

Dive into the world of chocolate-making at Lee's Cocoa Farm with their fantastic farm tour. They use naturally grown cocoa from the last cocoa field in the area to create their artisan chocolate products. You can also explore an educational 3D art gallery here, learning about cocoa plants and the process of making chocolate.

Address: Unnamed Road, Kampung Batu Lapan, Taniong Sepat, Selangor

Contact: +6019-214 1698

Website: https://leescocoa.com/ Operating Hours: 10.30 am - 5.00 pm (Friday-Wednesday) / Closed on

Thursday

#### Mango King

Don't miss out on this must-visit spot in Sekinchan! Indulge in the local delights, especially the mouthwatering mangoes and other delicious treats. Treat yourself to their tantalizing mango shake and savor the delight of palm-sized, fresh mangoes. It's the perfect place to satisfy all your mango cravings and more!

Address: 248, Lorong Empat, 45400

Sekinchan, Selangor Contact: +6019-303 9406

Website: https://www.facebook.com/pages/Mango-King-Sekin-chan/547055168792346

Operating Hours: 9.00 am - 6.00 pm

(Monday-Sunday)

#### **Laman Tebu Aidil**

For a fantastic experience in the Sabak Bernam District, make sure to visit Laman Tebu Aidil. Here, you can enjoy sipping on the delightful sweet and sour sugar cane drink while soaking in the stunning views. Plus, treat yourself to a diverse range of delicious meals at this spot. Don't forget to capture some amazing photos for your social media!

Address: Kampung Parit Empat, 45300

Sungai Besar, Selangor Contact: +6019-253 1566

Website: https://www.facebook.com// Laman-tebu-Aidil-103938058226710/ Operating Hours: 11.30 am - 7.30 pm (Thursday-Monday) / Closed on

Tuesday & Wednesday



Selangor Fruits Valley is perfect for family outings, especially with little ones. Enjoy the fresh air and beautiful orchard views. Interact with animals like rabbits. deer, and goats. Engage in activities like making salted eggs. Take a tram ride through the valley, and on weekends, you might even receive free fruits!

Address: KM7, Jalan Batang Berjuntai, Batu Arang, Rawang, 45600 Berjuntai

Bestari, Selangor

Contact: +6016-688 0792

Website: https://selangorfruitvallev.mv/ Operating Hours: 9am-4pm (Saturday-

Thursday) / Closed on Friday

#### Bee Happy Eco Farm

Visit BeeHappy Eco Farm to witness a step-by-step demonstration of honey harvesting, offering an educational experience for children to understand the honey-making process. Additionally, explore various fruits available for everyone to observe at the farm.

Address: 16, Jalan Belida 2a/1, Hulu Yam Lama, 44300 Batang Kali, Selangor

Contact: +6014-913 2868

Website: https://www.facebook.com/

BeeHappyEcoFarm/

Operating Hours: 11.00 am - 6.00 pm (Friday-Sunday) / Closed on Monday-Thursday

#### Ladang Teh Sekinchan

Ladang Teh Sekinchan is not your typical tea garden, as the tea trees planted at Sekinchan Tea Farm are a variety of lemon myrtle. In actuality, at 5.4 acres, it is the first lemon myrtle orchard established outside of Australia. To strengthen the immune system and serve as a potent antioxidant, lemon myrtle is frequently included in herbal teas.

Address: Ban 2. Lot 16281 Jalan Parit Pakat, Jalan Tali Air 6, Sungai Leman,

45400 Sekinchan, Selangor Contact: +6017-661 9547

Website: https://organiclemonmyrtleplan-

tations.com/

Operating Hours: 9.00 am - 6.00 pm (Monday-Sunday)



#### A Little Farm On The Hill

Among the wooded hills of Janda Baik, there is a stunning tiny organic farm. This tiny organic farm, doubling as a restaurant, offers a delightful experience. After a meal, consider touring the farm, making it an ideal getaway for a scenic dining experience away from the city hustle.

Address: Lot 161 Tanarimba, Persiaran Enderong, Kampung Janda Baik, 28750

Bentong, Pahang Contact: +609-233 0194

Website: https://alittlefarmonthehill.

Operating Hours: 12.30 pm - 4.00 pm (Thursday-Sunday) / Closed on Monday-





#### Sekinchan Agro Farm

Experience the thrill of seeing deer in their natural home at Sekinchan Agro Farm! You can even feed and take pictures with them. It's a fantastic place for kids to meet and pet animals while learning about them.

Address: Lorong Salam, Kampung Baru Parit 5, 45400 Sekinchan, Selangor Contact: +6018-772 4295

Website: https://www.facebook.com/

sekinchanagrofarm/



#### **World of Phalaenopsis**

Visit this beautiful farm filled with a wide variety of orchids at World of Phalaenopsis. Beautiful phalaenopsis continue to grow on this 6-hectare farm in Ulu Yam. When you step into this orchid garden, you will be amazed by the variety of breathtaking orchids. Phalaenopsis, also known as 'moth orchid', thrives with little care of water. You are also able to purchase them to add a splash of colour to your home.

Address: 1017, Jln Batang Kali - Hulu Yam Bharu, Kampung Sungai Kamin, 44300 Batang Kali, Selangor Contact: +603-6075 1133

Website: http://www.waltexbiotec.com/ Operating Hours: 9.00 am - 5.00 pm

(Monday-Sunday)

#### **Sekinchan Coconut Farm**

One of the best places for you to purchase fresh coconut water is the Sekinchan Coconut Farm. Sit in a hammock under the coconut palms and quench your thirst with their refreshing coconut water. In addition to the refreshing drink, there are plenty of food options for you to savor.

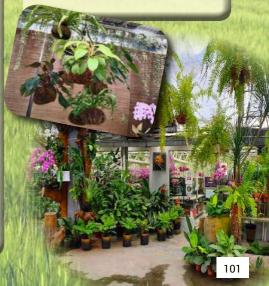
Address: Jalan Tali Air 4, 45400 Sekin-

chan, Selangor

Contact: +6017-745 1263 Website: https://www.facebook.com/Sekinchan-Coconut-Farm-104833684659830

Operating Hours: 10.00 am - 5.00 pm

(Saturday & Sunday)



#### **FOODIE**

# Diving In Nature The LEMUNI

#### Pineyard

Escape the hustle and bustle of the city and dine in at the Pineyard Cafe that has a picturesque surrounding and a tranquil ambience. There are various choices of dishes to choose from which are mostly western cuisines as well as freshly baked pastries. The cafe could be crowded at times, hence it is recommended to beat the crowd by arriving early on a weekday. You definitely should visit the cafe to enjoy a moment of tranquillity while having a delicious meal there!

Address: C1, Jalan Tanarimba Pine, Kampung Janda Baik, 28750 Bentong,

Pahang

Contact: +609-233 0340

Website: https://www.facebook.com/

pineyardcafe

Operating Hours: 9.00 am - 6.00 pm (Sunday-Thursday) / 9.00 am - 8.00 pm (Friday & Saturday) / Closed on Tuesday

#### **Tanah Aina Fareena Cafe**

Nestled on the route from KL to Bentong, Tanah Aina Fareena Cafe is embraced by nature, featuring a serene river with soothing sounds alongside the restaurant. Enjoy generous portions of a fusion of local and western dishes. Known for its Instagram-worthy setting, it's a highly recommended stop for those heading to Bentong.

Address: Lot 6073, 54.3km, Lebuhraya Karak, Kampung Lentang, 28600

Bentong, Pahang Contact: +609-233 9112

Website: https://www.facebook.com/

tanahaina/

Operating Hours: 8.30 am - 10.30 pm (Tuesday-Sunday) / Closed on Monday

Head over to The Lemuni for an authentic taste of high-quality Malay cuisine in a relaxed kampung atmosphere. The restaurant specializes in kampung-style dishes, providing a beautiful landscape that transports you to a village setting. Dine in their iconic traditional Terengganu wooden palaces or opt for outdoor garden tables to enhance your dining experience.

Address: Lot 9756, Kg Chemperoh, Kampung Janda Baik, 28750 Bentong,

Pahang

Contact: +6012-326 5966

Website: https://www.istanalemuni.com/ Operating Hours: 8.00 am - 5.00 pm (Friday-Sunday) / Closed Monday-Thursday

#### Hay Cafe Sekinchan

Hay Cafe Sekinchan is situated in the middle of a paddy field. The cafe is really one of a kind because you will be eating in the middle of a paddy field. You get to enjoy your meal while facing a scenic view of paddy fields. The interior and exterior of the cafe is rather 'instagrammable' as well; don't forget to snap a photo while you're there!

Address: Jalan Tali Air 5, 45400 Sekinchan, Selangor Darul Ehsan

Contact: +6011-1026 6965

Website: https://www.instagram.com/ hav.paddv

Operating Hours: 9.00 am - 5.00 pm (Tuesday) / 9.00 am - 7.00 pm (Wednesday-Sunday) / Closed on Monday





# Villa Escapes

#### Sekeping Serendah Retreats

Sekeping Serendah Retreats in Hulu Selangor offers the epitome of simplicity inside its five acres of gorgeous tropical jungle. Ten tents or sheds that have been kept in a rustic state to improve the sensation of being in nature are situated next to a babbling stream. Before you swim in one of the two pools, go jungle trekking or visit the adjacent flowing waterfalls and Orang Asli settlements.

Address: 48200 Serendah, Hulu Selan-

gor, Selangor

Contact: +6012-324 6552

Website: https://www.sekeping.com/

#### Serendah River Retreat

Escape the bustling city of Kuala Lumpur with your family to a weekend retreat at Serendah River Retreat, embraced by lush green forests. Immerse yourself in the beauty of nature, including the soothing sounds of the river, birdsong, and refreshing air. It's an ideal destination for a perfect getaway.

Address: Jalan Anggerik 2M/1, Taman Desa Anggerik, Serendah

Contact: +6016-367 0067

Website: https://www.facebook.com/

serendahretreat/





The Senja, a secluded retreat within the Kuala Kubu Bharu forest reserve, provides a private escape with a stunning view of nature and lush green surroundings. Ideal for those seeking exclusivity and the finest mountain vistas in Kuala Kubu Bharu.

Address: Kampung Tun Abdul Razak, 44000 Kuala Kubu Bharu, Selangor

Contact: +6016-619 8838



Enjoy a weekend escape amidst the lush greenery at Hillside Batu Retreat, perched on a hill with a stunning view of the nearby valley, ideal for stargazing. The surrounding area offers exciting activities like Sq Chilling, Alor Lempah. water rafting, ziplining, paragliding, and more, ensuring a memorable getaway.

Address: No. 3. Jalan Harmonian 2. Off Jalan Padang Golf, Tinggian, 44000

Kuala Kubu Bharu, Selangor Contact: +6016-619 8838

Website: https://www.facebook.com/

Operating Hours: 10.00 am - 5.00 pm

(Monday-Sunday)

#### The Sticks

Address: Lot 213, Jalan KKB - Fraser's Hill, 44000 Kuala Kubu Baru, Selangor Website: https://thesticks.my/

#### Glamping Pinang Sebatang

Address: 44000 Kuala Kubu Bharu,

Selangor

Contact: +6012-200 2595

Website: https://www.facebook.com/

glampingpinangsebatang/

#### **Tiarasa Escapes Glamping Resort**

Address: Persiaran Enderong, Kampung Janda Baik, 28750 Bentong, Pahang

Contact: +6012-887 7777

Website: https://www.tiarasaescapes.

com/

#### Canopy Villa Glamping Park

Address: Unnamed Road, Kampung Janda Baik, 28750 Bentong, Pahang Contact: +6013-333 8122

Contact: +6013-333 8122

Website: https://canopyvillagroup.

cloudbeds.com/

#### **GLAMZ** at Genting

Address: 1, Jln Meranti, 69000 Genting

Highlands, Pahang

Contact: +6012-664 5269

Website: https://glamz.com.my/



Address: LOT 12184, Genting view resort, Genting Permai, 69000 Genting

Highlands, Pahang

Contact: +6014-776 8180 Website: https://rustcampsresort.com/

Facebook: https://www.facebook.com/

rustcampsresort/

#### **River & Glamp**

Address: NUR LAMAN BESTARI ECO RESORT, Jalan Sungai Tua, Kampung Batang Batu, 68100 Batu Caves, Selangor

Contact: +6017-402 3966

Website: https://www.facebook.com/

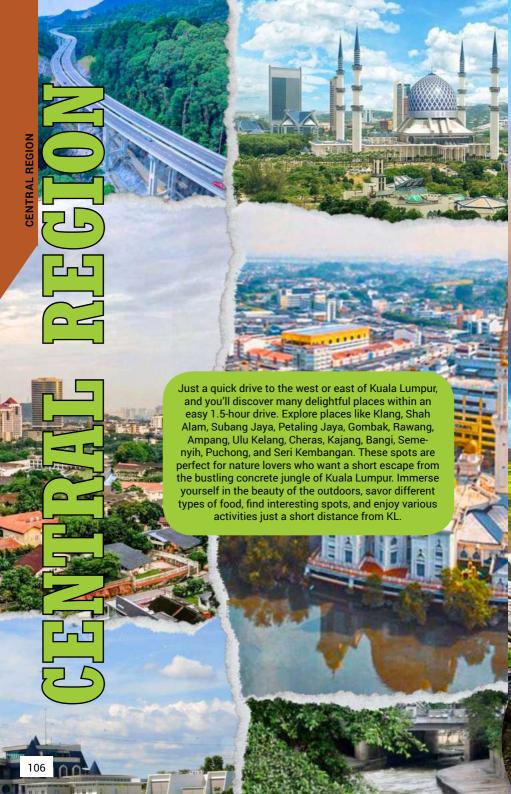
riverandglamp/

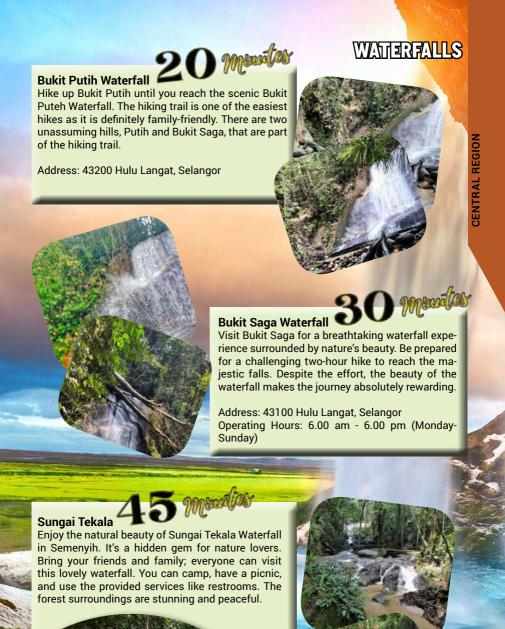
Operating Hours: 9.30 am - 5.00 pm (Monday-Wednesday) / 9.30 am - 4.30 pm (Thursday-Saturday) / 9.00 am -

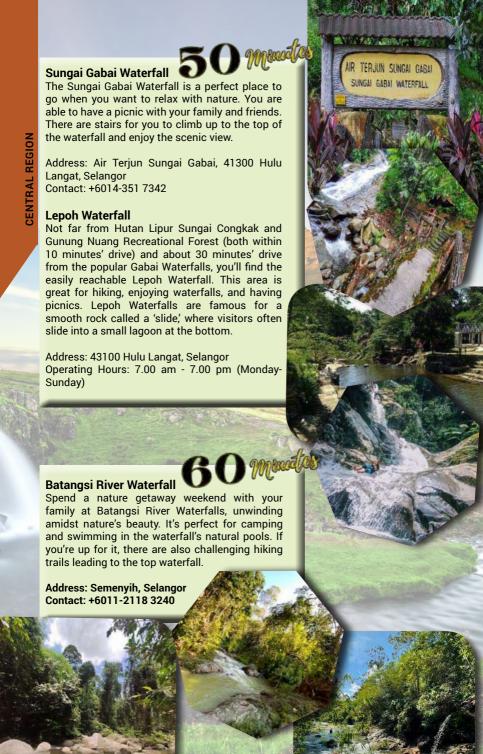
5.00 pm (Sunday)











60 mentes

**Pantai Remis** 

Feel the wind on the beach, the sound of the waves, and the lovely sunset at Pantai Remis (Remis Beach) in Jeram, Kuala Selangor! At this windy beach, we can enjoy flying kites and fishing along the shore. The food court has many seafood stalls; the bulk of the seafood stalls serve Malay style seafood; the most popular seafood in Remis Beach (Pantai Remis) Kuala Selangor is broiled fish.

Address: Pantai Remis, Jalan Pantai Remis, Kampung Dungun, 45800 Jeram, Selangor.

Website: https://www.kuala-selangor.com/kuala-selangor-attraction/pantai-remis-jeram-kuala-selangor.html

Operating hours: Open 24 hours



### Pantai Tanjung Piai

Pantai Tanjung Piai is a relatively small beach that is a moderately quiet stretch with shallow, gentle and slightly murky waters. It is an ideal place for those seeking a quiet and pristine place to relax.

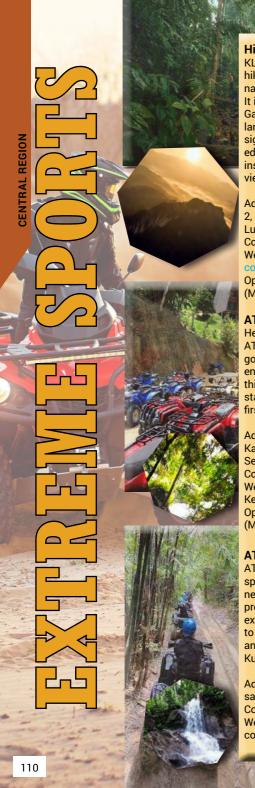
Address: 42000 Pulau Indah, Selangor

### Pantai Acheh

Pantai Acheh is a great place to spend time with the family due to its sandy beaches and breathtaking landscape. Pantai Acheh is a well-known destination for everyone to engage in activities like camping, fishing, parasailing, kit-flying, and barbecuing by the beach. There are also chalets and homestays nearby and you can enjoy the beautiful white sandy beach as well.

Address: Jalan Star Finder, 42000 Pulau Indah, Selangor





### Hiking@KL East Park Bukit Setia Alam

KL East Park, located in Kuala Lumpur, is a hiking destination encompassing a 53-acre naturally regenerating secondary rainforest. It is connected to the Bukit Tabur and Klang Gates Quartz Ridge network, offering lush landscapes for exploration. The trails, designed around the terrain, feature unexpected quartz crystals and Instagram-worthy installations, leading hikers to stunning city views.

Address: Lot 201064, Jalan Melati Kuarza 2, Sunway Montana (U/C), 53100 Kuala

Lumpur

Contact: +6019-300 3634

Website: https://klepark.simedarbyproperty.

com/

Operating Hours: 7.00 am - 6.30 pm

(Monday-Sunday)

### **ATV Rimba Kemensah**

Head over to Kemensah for an ATV ride by ATV Rimba Kemensah. If you are planning to go on an adventurous off-road ride experience along the bumpy roads by the river, this is the best place to experience that! The staff will also give close guidance to the first-time ATV riders.

Address: 19, Jalan Taman Zooview, Kampung Kemensah, 68000 Ampang,

Selangor

Contact: +6017-678 1677

Website: https://www.facebook.com/p/ATV-Kemensah-Ady-100057705750783

Operating Hours: 8.30 am - 6.30 pm

(Monday-Sunday)

### **ATV Adventure Park Kuala Lumpur**

ATV riding is a fast-paced and adventurous sport that helps you and your friends explore new areas on rough terrain. It can also provide an adrenaline rush on par with other extreme sports. Apart from that, you also get to release stress by having some fun with an ATV adventure with ATV Adventure Park Kuala Lumpur.

Address: Atv Adventure, Kampung Kemen-

sah, 68000, Selangor

Contact: +6019-244 8544

Website: https://www.atvadventurepark.

com/

## FAMILY OUTING

### ANIIWAL INTERACTION

### Zoo Negara

A group called the Malaysian Zoological Society, which is not part of the government, started and built the first local zoo for Malaysians. Zoo Negara opened its doors in 1963 and has become famous worldwide. The zoo has about 5137 animals from 476 kinds of fish, birds, reptiles, amphibians, and mammals. It's a great place to take kids to see animals up close.

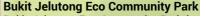
Address: Jalan Taman Zooview, Taman Zooview, 68000

Ampang, Selangor

Contact: +603-4108 3422

Website: https://www.zoonegaramalaysia.my/

Operating Hours: 9.00 am - 5.00 pm (Monday-Sunday)



Bukit Jelutong Eco Community Park is a great place for animal lovers as it offers the opportunity to interact and feed the animals. Animals are very easily approachable as they are friendly. There are plenty of activities that you can enjoy while being surrounded by nature, such as picnics, camping, and hiking that even beginners can enjoy. There is a lake surrounded by greenery in the park, which relaxes the mind.

Address: Jalan Lelangit U8/45, Bukit Jelutong, 40150 Shah Alam, Selangor

Website: https://www.facebook.com/BukitJelutongEco-

Community

Operating Hours: 7.00 am - 7.00 pm (Monday-Sunday)



# FARMING SAPERIENCES CAPERIENCES Ladybird Organic Farm

### Saudagar Nanas Agrofarm

In Kajang's Sungai Merab neighbourhood is the Saudagar Pineapple Agrofarm. Pineapple is the main ingredient in every dish and beverage provided. They provide a variety of refreshments, including pineapple cupcakes, nasi lemak with pineapple sambal, pineapple juice, and curry puffs with pineapple filling. You can stroll through the pineapple farm as well. From the cafe's hilltop vantage point, you get to see the town of Kajang.

Address: Lot 3000 Kg Sg Merab Luar,

43000 Kajang, Selangor Contact: +6010-2882987

Website: https://www.facebook.com/

saudagar.nanas

Operating Hours: 7.30 am - 6.00 pm (Saturday-Thursday) / Closed on Friday

### Kobuniti Agro Park

The Kobuniti Agro Park is an agricultural organization in Shah Alam. The park is considered as an urban agriculture with a niche in modern eco tourism. Visitors are able to walk around the park and freshly pick their choice of fruits or vegetables on their own. This is the best place to get farm-price vegetables and fruits without the use of chemical pesticides.

Address: Jalan Selasih U12/13, Cahaya Alam, 40170 Shah Alam, Selangor

Contact:

Website: https://www.kebuniti.com/ Operating Hours: 9.00 am - 7.00 pm

(Monday-Sunday)

Ladybird Organic Farm is an organic farm that uses natural and sustainable farming techniques to produce products that are beneficial for both humans and the environment. There is a wide variety of fresh and organic plants that can be found in this farm ranging from vegetables to fruits.

Address: 1731, Jln Broga, Batu 25, 43500

Semenyih, Selangor Contact: +6016-221 7748

Website: https://www.facebook.com/

LadyBirdOrganicFarm/

Operating Hours: 8.00 am - 7.00 pm

(Monday-Sunday)

### **Tropicaland Agro**

The Tropicaland Agro is a vegetable farm and plant nursery business where you could find various types of plants such as rare plants, indoor plants, aroid mix as well as fertiliser. You will also be able to enjoy a cheaper price for a plant if you walk into their plant nursery and choose your desired plant.

Address: Lot 2542, Shapadu Highway, Kampung Rantau Panjang, 42100 Klang, Selangor

Contact: +6013-404 3181

Website: https://www.tropicalandagro.

com/

Operating Hours: 9.00 am - 6.00 pm (Monday-Friday) / 9.00 am - 6.30 pm

(Saturday & Sunday)

### **FOODIE**

Diving In Nature

### **BBQ Lamb KL Kemensah**

Experience an unique river dining with a fresh flavour of Asian-inspired BBQ while you listen to the sound of the river beneath you. While eating, enjoy soaking your feet in the chilly river water. Their barbecued meats are marinated to perfection. You might observe several dragonflies when dining in the evening. Additionally, since the dining location is only outside, please check the weather forecast before your visit.

Address: 19, Jalan Taman Zooview, Kampung Kemensah, 68000 Ampang,

Selangor

Contact: +6012-211 4100

Website: https://kemensahbbglamb.

Operating Hours: 1.00 pm - 10.00 pm

(Monday-Sunday)

### **Tamarind Springs KL**

Tamarind Springs serves authentic Indochinese cuisine with lush greenery all around. You are also able to ask for a romantic set-up with rose petals on your table for any special occasion! Enjoy a hearty meal of delicious traditional Indochinese cuisine with your loved ones at Tamarind Springs under the stars while being surrounded by tranquil nature.

Address: Jalan 1. Taman Tun Abdul Razak, 68000 Ampang, Selangor

Contact: +603-2716 2737

Website: https://www.tamarindrestaurants.com/tamarind-springs

Operating Hours: 12.00 pm - 3.00 pm, 6.00 pm - 11.00 pm (Tuesday-Friday) / 11.30 am - 3.30 pm, 6.00 pm - 11.00 pm (Saturday & Sunday) / Closed on Monday

### Veg Fish Farm Thai Restaurant

Head over to Veg Fish Farm Thai Restaurant to try out some authentic Thai cuisine. This restaurant is nestled amidst a lush and cooling forest. They also grow their own vegetables in their garden which will be served fresh in their dishes. We highly recommend you to visit this restaurant to try out their various delicious signature dishes like tom vum soup. Thai BBQ crabs, mango sticky rice and so on.

Address: KM4, Jalan Hulu Langat, 68000

Ampang, Selangor

Contact: +6016-398 6493

Website: https://vegfishfarm.com/ Operating Hours: 11.00 am - 11.30 pm

(Monday-Sunday)

### Subak Restaurant

Dine amidst lush greenery with a romantic setting at Subak Restaurant, Nestled in the forest Bukit Lanjan district in KL, this is the perfect spot for a memorable dinner with your loved ones while being surrounded by lush greenery. They serve various exquisite dishes for you to enjoy

Address: Lot 3213, Jalan Penchala Indah, Bukit Lanjan, 60000 Kuala Lumpur, Wilayah Persekutuan Kuala

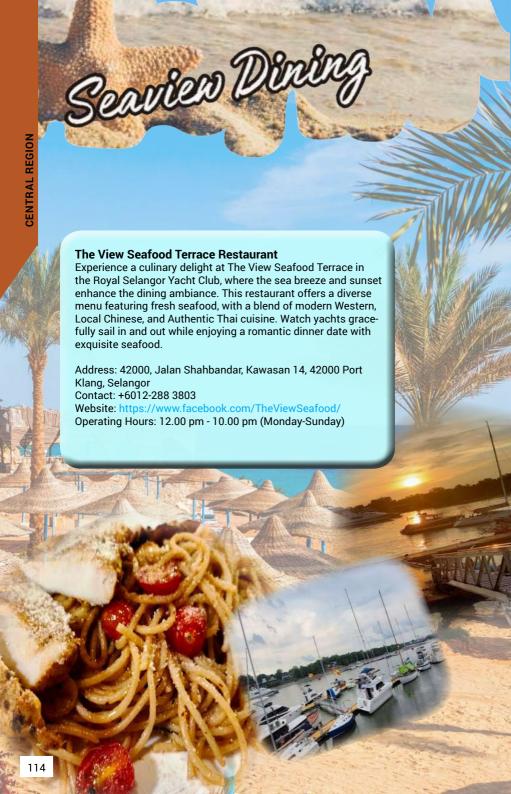
Lumpur

Contact: +603-7729 9030

Website: https://www.subak.com.my/ Operating Hours: 5.45 pm - 11.00 pm







### **Kasturi Cabin**

Nestled amidst the tranquil nature in Hulu Langat, Kasturi Cabin provides a luxurious container home for those who need to unwind and relax. This is a great place to escape the hustle and bustle of the city and be one with nature during your stay. However, it can only accommodate an intimate group of six people.

Address: Jalan Pansoon, Kampung Padang,

43100 Hulu Langat, Selangor Contact: +6012-252 2235

Website: https://www.daunretreats.com/

kasturi-cabin/



### Gerimis Senja Villa

Gerimis Senja Villa is the perfect place for you to bring your family and friends to unwind in the serene environment of the villa. The ambience of the villa is very welcoming and the scenery is surrounded by beautiful lush greenery. You can also have a barbeque and jump in the pool for a swim with your friends and family here as well.

Address: Batu 17 3, 4, Kampung Dusun Tua, 43100 Hulu Langat, Selangor

Contact: +6012-252 2235

Website: https://www.daunretreats.com/

gerimis-senja-villa/



### **OTHERS**

### Glamping

### **Moonkissed By The River**

It is time to rest, relax, and recharge while being one with nature by having a camping trip with Moon Kissed By The River at Hulu Langat. They offer 30 camping grounds at the site and many types of tents such as Bakawali, Rafflesia and Chempaka Tents for everyone to experience camping on another level!

Address: Moonkissed By The River, Batu 14 1/2 Jalan Sungai Semungkis,

43100 Hulu Langat, Selangor Contact: +6019-602 2824

Website: https://www.facebook.com/

moonkissedbytheriver/

Operating Hours: 9.00 am - 5.00 pm

(Monday-Sunday)



### **Hammocks By The River**

Hammocks By the River offers luxurious tents for a riverside stay. With the premium camping packages they provide, enhance your camping game while enjoying a relaxed trip. You can have BBQ sessions and relax with your loved ones while enjoying a pleasant and opulent camping trip in the middle of nature.

Address: Lot 617, Jalan Sungai Makau,

Batu 14 Hulu Langat, 47310 Hulu

Langat, Selangor

Contact: +6011-2810 8190

Website: https://www.facebook.com/

hammocksbytheriver

## Campstille

### Kemensah Valley Recreation & Chalet

Kemensah Valley Recreation & Chalet is a recreational centre that offers various activities that you can enjoy with your family or friends. Some of their activities include fishing, BBQ, camping, river bathing and many more. If you are not considering to camp, visitors are able to stay in their chalet and cottage as well.

Address: Jalan Kampung Orang Asli, Kampung Kemensah, 68000 Ampang,

Selangor Contact:

Website: https://www.facebook.com/

kvkemensahvalley/

### D'Tepian Sungai Campsite Hulu Langat

D'Tepian Sungai Campsite Hulu Langat is a campground in Hulu Langat where you can enjoy the beauty of nature and relax. This is the perfect place to have various recreational activities with your family and friends while being surrounded by lush greenery. They also offer a wide variety of activities such as river bathing, camping, and so on.

Address: Jalan D'Tepian Sungai Campsite, Kampung Padang, 43100 Hulu

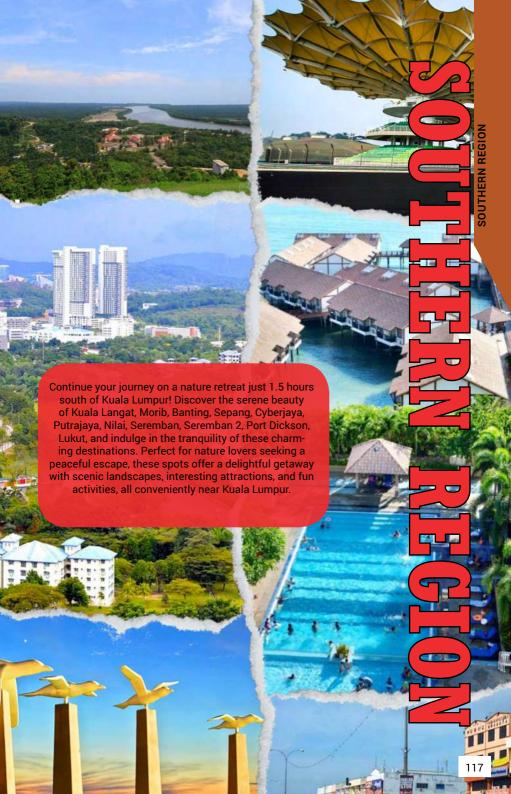
Langat, Selangor

Contact: +6014-397 7751

Website: https://www.facebook.com/p/ DTepian-Sungai-Campsite-Hulu-Lan-

gat-100066803672610/





60 minutes

### BEACHES

### **Morib Beach**

As the most popular beach in Kuala Langat, Morib Beach is divided into two: Old Morib Beach and New Morib Beach. Possessing whiter sands, the former is perfect for swimming. During low tide, you can walk 400 to 500 metres inwards and collect small crabs, cockles and seashells. The new beach includes traditional Malay eateries and a recreational park.

Address: Jalan Banting - Port Dickson, 42700 Banting, Selangor.

Contact: +603-3187 2825 / +603-3180 3694 Operating Hours: 24 Hours (Monday-Sunday)

### **Bagan Lalang**

About an hour's drive from Kuala Lumpur, Pantai Bagan Lalang, or Bagan Lalang Beach, is gradually gaining popularity as a family beach getaway. The beach in Bagan Lalang is crowded on the weekends with people enjoying free activities like fishing, kite flying, BBQs, water sports like kayaking, and even camping. Ikan bakar, or barbecued fish, is a specialty of Pantai Bagan Lalang and is sold at the seaside food courts. To accommodate the increasing number of tourists, restaurants and kiosks providing various fish and seafood meals stay open until late at night.

Address: Bagan Lalang, 43950 Tanjong Sepat, Selangor Operating Hours: Open 24 hours

## 90 minutes

### **Blue Lagoon Beach**

Nestled in a quiet bay near Cape
Rachado, Blue Lagoon Beach is like
a hidden gem with calm and shallow
waters. It's surrounded by green hills
and trees, creating a peaceful atmosphere. If you visit, you might see animals
like squirrels, monkeys, and birds, thanks
to the nearby Tanjung Tuan Forest
Reserve. Plus, there are fun water activities like kayaking, banana boating, and
jet-skiing for everyone to enjoy!

Address: Jalan Pantai, 71050 Port Dickson, Negeri Sembilan Contact: +606-647 1122 Operating Hours: 24 hours (Monday-

Sunday)

### Teluk Kemang Beach

Tucked in between the 7th and 8th mile of the Port Dickson beach road, Teluk Kemang Beach is known as the largest and most famous beach in town. Fans of water sport activities rejoice as a variety is available, including kayaking, water scootering, wind-surfing, water-skiing, banana boat riding and parasailing. Moreover, visitors can hire a speedboat to venture to the nearby beaches or islands. There are also many walkways, gazebos, food stalls, seafood restaurants, shower facilities, car parks and souvenir stalls here.

Address: 23, Jalan 3/10, Taman Intan Perdana, 71050 Port Dickson, Negeri

Sembilan Contact: +603-7844 3696 Operating Hours: Open 24 hours



Saujana Beach is a stunning place with a broad stretch of coastline, soft sandy shores, and clear, sparkling waters. In addition to flying kites and camping, the favorite water activities here are jet-skiing and banana boating. You can enter through the main gate across from the Saturday Night Market, and there's a nice park along the beach. The park has playgrounds, gazebos, and shaded walkways surrounded by lush green plants. It's a perfect place for a day of outdoor fun!

Address: Jalan Pantai, 71050 Port Dickson, Negeri Sembilan Contact: +606-647 1122

Operating Hours: 24 hours (Monday-

Sunday)

### Cahaya Negeri Beach

As one of the largest beaches in the region, the most popular activity in Cahaya Negeri Beach is fishing. Visitors can find food stalls, souvenir shops and public bathrooms here. The main feature here is the artificial cape that has a recreational park lined with gazebos within it. On top of that, the cape leads to Pulau Burung, a small mangrove island off the coast, via a wooden bridge. Alternatively, visitors can stroll there during low tide.

Address: Jalan Pantai, 71050 Port Dickson, Negeri Sembilan Contact: +606-647 1122

Operating Hours: 24 hours (Monday-

Sunday)



### Hiking@Broga Hill

Take a trip up Broga Hill to take in the breathtaking scenery. The hike takes about one and a half hours to complete and is typically regarded as being somewhat difficult. This location comes highly recommended if you appreciate outdoor sports because it is one of Selangor's most well-liked hiking locations.

Address: Jln Broga, 43500 Semenyih, Selangor

Contact: +6016-676 6057

Operating Hours: 4.00 am - 5.00 pm (Monday-Sunday)

### **Rinching ATV Adventure Park**

Enjoy an exciting ride on an ATV at Rinching ATV Adventure Park and ride along the challenging route surrounded by lush greenery and scenic views. If it is your first time, fret not, as the friendly staff are eager to guide you along the way.

Address: Jalan Sungai Lalang, Kampung Sungai Pening,

43500 Semenyih, Selangor Contact: +6012-684 0556

Website: https://www.facebook.com/rinchingatvadven-

turepark/

Operating Hours: 9.00 am - 7.00 pm (Monday-Sunday)

### **Paragliding Bukit Jugra**

Jugra Hill is a well-known location for paragliding among both local and international tourists. When paragliding at Jugra Hill, you may enjoy a beautiful landscape while also getting a bird's-eye perspective of the old village of Jugra. Aside from that, from a great height, you can also observe the Straits of Malacca. Take on the challenge, and soar through the air!

Address: Jalan Bukit Jugra, Jugra Lama, 42700 Banting,

Selangor Website:

Website: https://selangor.travel/listing/paragliding-at-iugra-hill/

Operating Hours: 11.00 am - 5.00 pm (Monday-Friday & Sunday) / 11.30 am - 5.00 pm (Saturday)

# FAMILY UTING

### ANTIMANTINHE SAVETIONI

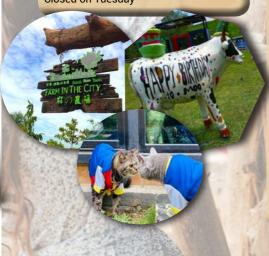
### Farm In The City

Farm In The City is like a mini-farm right in the middle of the busy city. It's a great spot for families, offering both fun and learning, especially for kids. Each animal comes with a tag that shares interesting details like their scientific name, what they eat, what they hunt, and how long they live. It's a fantastic opportunity for everyone to get close to and interact with these adorable farm animals!

Address: Lot 40187-40188, Jalan Prima Tropika Barat 1, Pusat Bandar Putra Permai, 43300 Seri Kembangan, Selangor

Contact: +603-8941 3099

Website: https://www.farminthecity.my/ Operating Hours: 10.00 am- 6.00 pm (Monday, Wednesday, Thursday, Friday) / 9.30 am - 6.00 pm (Saturday & Sunday) / Closed on Tuesday



### Farm Fresh@UPM

The Acre Farm Fresh, located at Universiti Putra Malaysia, is becoming a popular spot in the Klang Valley for tourists. The farm boasts a beautiful and scenic view of the surrounding area. Besides the cattle, you can also see other farm animals like deer, turkeys, and bunnies. There are several kiosks, including a cafe. a vegetable stand, an educational booth. and an ice cream stand. Additionally, you can enjoy activities such as tractor rides, horseback riding, and a mini train experience during your visit to the farm.

Address: Jalan Maklumat. 43400

Serdang, Selangor

Website: https://www.farmfresh.com.

my/experience/

Operating Hours: 10.00 am - 7.00 pm (Monday-Friday) / 10am-10pm (Saturday

& Sunday) / Closed on Monday

### G2G Animal Garden

The Malaysia Agro Exposition Park Serdang (MAEPS) is where you can find the G2G Animal Garden, Animal enthusiasts, families, and anyone interested in receiving animal therapy will adore this kidfriendly petting zoo named G2G Animal Garden. Join your family and friends at this wonderful petting zoo to interact with the adorable animals.

Address: Jalan MAEPS 4/1, Fasa 3 Presint

9, 43400 Serdang, Selangor Contact: 019-925 6852

Website: https://www.g2ganimalgarden.

Operating hours: 10.00 am - 6.00 pm (Monday - Sunday, Close on Wednesday)

# FARMING SYPERIENCES

**HL Dragon Fruit Eco Farm** 

Explore the fascinating process of dragon fruit cultivation at the HL Dragon Fruit Eco Farm in Sepang. The farm boasts the largest dragon fruit-shaped structure in Malaysia. A visit offers a unique experience, allowing you to witness the cultivation process. Additionally, the on-site cafe provides an opportunity to indulge in delicious and sweet dragon fruit-based meals.

Address: Lot 7608, Jalan Besar, Batu Satu, 43900 Sepang, Selangor Contact: +6011-3528 7687

Website: https://hlinternationalgroup.

com.my/

Operating Hours: 10.00 am - 5.30 pm (Thursday-Tuesday) / Closed on Wednesday

### Jelita Ostrich Farm

A little farm called the Jelita Ostrich Farm is situated in Seremban. Bring the kids along for a family outing and introduce them to the farm's animals. The farm is home to numerous animals, such as ostriches, goats, and rabbits. There, you can feed the animals as well as see them eat from your hands, especially the ostriches. Additionally, they provide ostrich rides!

Address: Lot 1504, Batu 6 Mukim Pantai. Jln Jelebu, 71770 Seremban, Negeri Sembilan

Contact: +606-767 0707

Website: https://www.facebook.com/ pages/category/Local-business/Jelitaostrich-farm-267697450061066/ Operating Hours: 9.00 am - 5.00 pm (Monday-Sunday)

Nabila Agrofarm

Spend your weekend at the delightful Nabila Agrofarm located in Negeri Sembilan. This charming destination offers a variety of activities, such as ATV rides, horseback riding, archery, train rides, and a petting zoo. Make sure to include Nabila Agrofarm in your itinerary when exploring the attractions of Negeri Sembilan.

Address: Jalan Wa Othman Batu 7, 3/4, Jalan Seremban, 71770 Seremban,

Negeri Sembilan

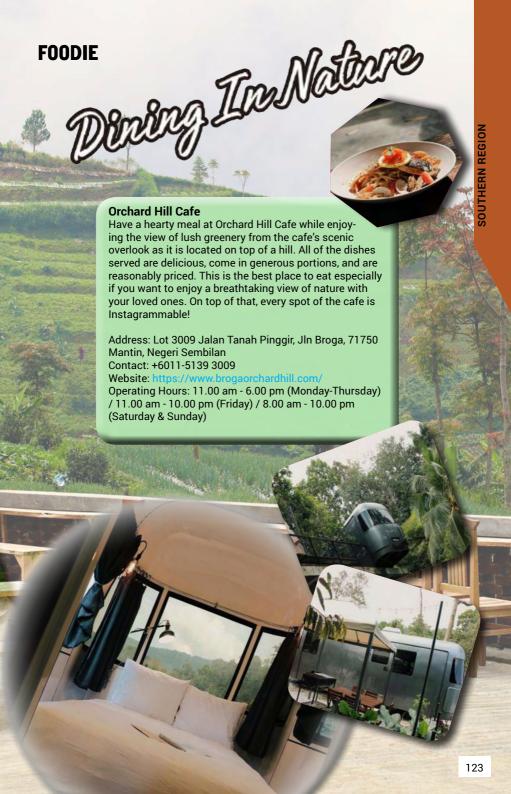
Contact: +6019-665 2239

Website: https://www.facebook.com/

nabilaagrofarm/

Operating Hours: 8.30 am - 6.30 pm (Saturday & Sunday) / Closed on Monday-Friday





## Seaview Dining

### The View Seafood Terrace Restaurant

Indulge in a culinary treat at The View Seafood Terrace, Royal Selangor Yacht Club. Experience a delightful atmosphere with sea breezes and sunset, savoring a diverse menu of fresh seafood and a mix of Western, Chinese, and Thai dishes, perfect for a romantic dinner with yacht views.

Address: 42000, Jalan Shahbandar, Kawasan 14, 42000 Port Klang, Selangor

Contact: +6012-288 3803

Website: https://www.facebook.com/ TheViewSeafood/

Operating Hours: 12.00 pm - 10.00 pm

(Monday-Sunday)

### Viking Seafood Restaurant Kampung Permatang Pasir

Viking Seafood Restaurant Kampung Permatang Pasir is a seafood restaurant that offers a beautiful view of the sea. They serve fresh and delicious seafood dishes with a reasonable price as well. Don't forget to visit this restaurant to enjoy fresh and tasty seafood while being surrounded by a breathtaking view and cooling sea breeze.

Address: Off Kampung, Jalan Bukit Jugra, Permatang Pasir, 42700 Banting,

Selangor

Contact: +603-3120 2393

Operating Hours: 12.00 pm - 10.00 pm

(Monday-Sunday)

### Asam Batu Laut

Located by the seaside in Tanjong Sepat, Asam Batu Laut Restaurant offers delectable seafood dishes. Indulge in a delightful meal of fresh seafood with the added pleasure of a scenic beach view.

Address: Kampung Batu Lapan, Tanjong Sepat. Selangor

Contact: +6019-384 4362 Website: https://www.facebook.com/

people/Asam-Batu-Laut-Seafood-Restaurant/100064034130476/

Operating Hours: 11.00 am - 10.00 pm

(Monday-Sunday)

### Golden Sea Restaurant Morib

Well known for Banting's best seafood spots, Golden Sea Restaurant Morib offers a splendid dining experience. Delight in fresh, flavorful seafood while relishing a breathtaking view of the ocean and beach.

Address: Kampung Endah, 42700 Banting, Selangor

Contact: +6012-331 7353

Operating Hours: 11.30 am - 10.00 pm (Monday-Sunday)



### **Tadom Hill Resorts**

Tadom Hill Resorts is a stunning resort with a bamboo theme that is conveniently located in Sepang. It spans 45 acres of breathtaking tropical splendour in the southern Klang Valley. Also, the Temuan tribe of the Orang Asli population makes up the majority of the hospitality team. There are also a tonne of outdoor activities accessible, including beach volleyball, abseiling, archery, ATV riding, and bamboo rafting.

Address: 2, Jalan Bukit Tadom, (Kampung Orang Asli) Kampung Labohan Dagang, 42700 Banting, Selangor

Contact: +6012-522 5728

Website: https://tadomhillresorts.com/

### Paradise Valley Broga Resort

Have a staycation at Paradise Valley Broga Resort surrounded by lush greenery and tranquillity of nature. The resort is very comfortable and peaceful and you will definitely have a pleasant stay here. You are also able to experience various activities such as flying fox, wall climbing, and so on. It is a great place for a family retreat to spend quality time with them.

Address: Lot 1742 & 1369, Jalan Tarun 27/23, B34, Jln

Broga, Broga, 43500 Semenyih, Selangor

Contact: +6011-1668 6188

Website: https://paradisevalleybroga.com/en\_US/

### **GIBS Ecotourism Resort**

GIBS Ecotourism Resort is a resort that provides various recreational activities that you can do with your friends and family. They offer a comfortable space where you can set up your tent with a river view. Surround yourself with peaceful and serene nature at GIBS Ecotourism Resort.

Address: Lot 36837, Jalan Sungai Tua, 68100 Batu Caves,

Selangor

Contact: +6013-278 8285

Website: http://main.gibs.org.my/

Operating Hours: 9.00 am - 5.00 pm (Monday-Sunday)

### EMERGENCY NUMBERS & USEFUL CONTACTS

### **Emergency Numbers**



Police/Ambulance Landlines & Public Phone : 999 (from mobile phone) 112



Fire and Rescue Department (Bomba) Landlines & Public Phone: 994 (from mobile phone) 112



Civil Defence



Tourist Police Hotline Tel: 03-2149 6590



St. John's Ambulance Tel: +60 9285 1576



Red Crescent Society
Tel: +603 4257 8726

### **Tourism Agency**



Tourism infoline Tel: 1 300 88 5050



PWTC Tel: +603 2614 6999



KL Sentral Tel: +603 2786 8080



MaTic, Jalan Ampang Tel: +603 9235 4800/4900

### **Operators**



Telekom Malaysia Operators (www.t m . com.my)

### **Service Providers**



Maxis Tel: 1 800 82 1123



Celcom Tel: +6019 601 1111



Digi

Tel: +6016 221 1800



U Mobile Tel: +6018 388 1318



Tune Talk Tel: +03 2771 7000

### **Credit Card Provider**



Visa Tel: 1 300 967 1096



Mastercard Tel: +603 2093 7771

### **Transportation Hub**



KLIA

Tel: +603 8776 2000



Hentian Duta Tel: +603 6203 3064



MyRapid Tel: +603 2299 1999/2287/5959



Terminal Bersepadu Selatan (TBS) Tel: +603 9021 2000

### **EMERGENCY NUMBERS & USEFUL CONTACTS**

**Flight** 

### **Transportation**

KLIA Limousine Service Tel: +603 8787 3030

Subang Airport Tel: +603 7846 1833

KLIA Ekspress Tel: +603 2267 8000

Airport Limo/Taxi Tel: +603 8787 3691

### airasia

Air Asia Tel: +603 7809 6888



Air India

Tel: +603 2072 5055



Berjaya Air

Tel: +603 6207 4999



**British Airways** Tel: +603 7712 4747



Cathay Pacific



Tel: +603 6207 4989



China Airlines

Tel: +603 2142 7344



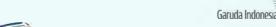
**Emirates** 

Tel: +603 6207 4999



Firefly

Tel: +603 7845 4543





**Rapid Transit** 

Mass Rapid Transit (MRT) Tel: +1800 82 6868



**KTM Commuter** Tel: +603 2272 2828



KTM Railway Service Tel: +603 2273 8000



KTM (Booking Ticket) Tel: +603 2274 3377



**BRT Sunway Line** Tel: +03 7885 2585



Garuda Indonesia Tel: +603 2162 2811



Japan Airlines (JAL) Tel: 1 300 81 3366



Royal Brunei Tel: +603 2070 7166



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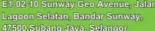


regenesisphysio@gmail.com



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