

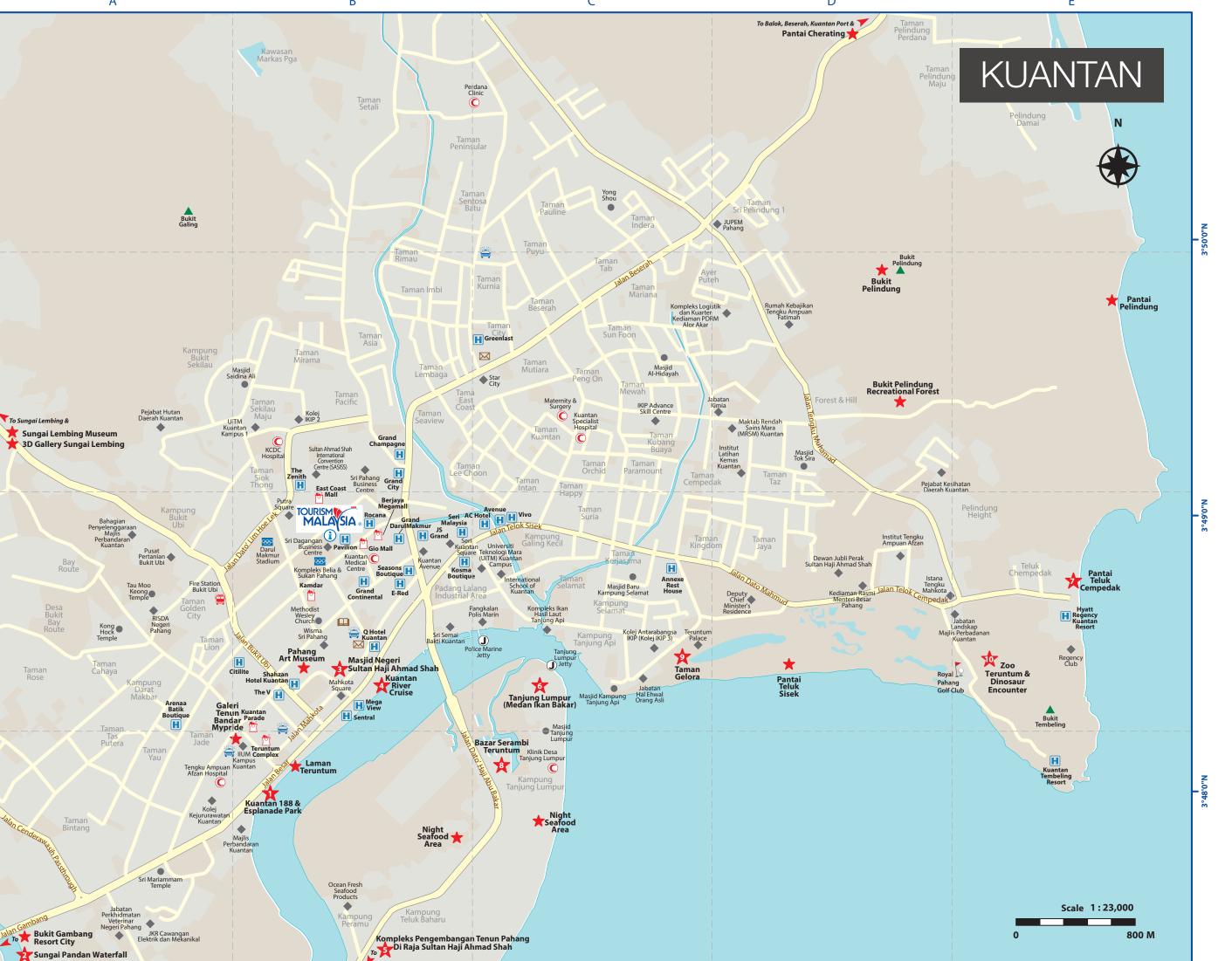
MALAYSIA. Your Free Copy











103°20'0"E 103°21'0"E Built-up Area Tourist Information Centre ✓ Post Office Field / Recreation Library Hotel River / Lake Sports Complex Shopping Expressway Important Landmark, University / College Major Road C Hospital / Clinic Place of Worship Secondary Road Police Station Jetty Railway Route & Station Fire Station Golf Course Place of Interest Bus Station Tourism Malaysia Office Mountain Taxi Station



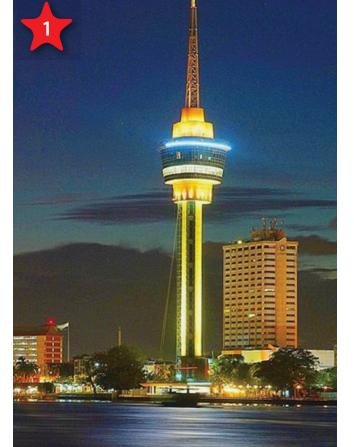
Grand City

Grand Continental

Greenlast Hyatt Regency Kuantan Resort E3 JS Grand Grand Darul Makmur Hotel В3 Mega View Pavilion В3 Rocana В3 Seasons Boutique Sentral Seri Malaysia Shahzan Inn Kuantan Q Hotel Kuantan The V В3 The Zenith B2 AC Hotel Kuantan C3 INFORMATION CENTRE Pahang Tourism Tourism Malaysia Eastern Region



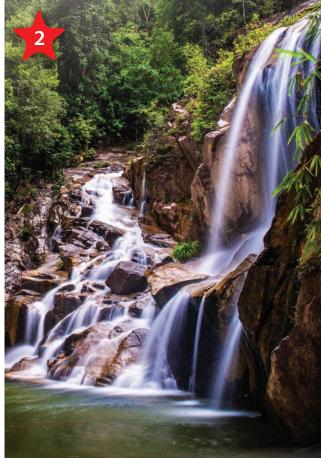
103°22'0"E PLACES OF INTEREST



KUANTAN 188 & ESPLANADE PARK Touted as the tallest tower in the East Coast and the second

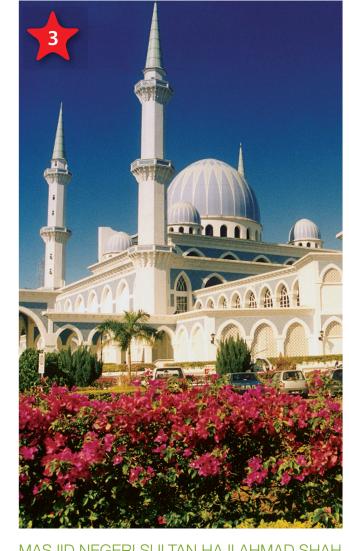
tallest tower in Malaysia after KL Tower, Kuantan 188 is Pahang's newest landmark. Kuantan 188 stands at 104 m above ground level, boasting a range of attractions including glass elevators, a viewing deck, restaurants and souvenir shops. Several gravity-defying activities are in the pipeline for adventure-lovers. The design of the tower is inspired by the traditional Malay spear while the viewing deck resembles the flowers and leaves of the white Teruntum plant. The viewing deck affords a magnificent view of Kuantan town as well as surrounding attractions such as Kuantan Waterfront and Esplanade Park.

+609 512 1666 (Kuantan Municipal Council)



SUNGAI PANDAN WATERFALL

Said to be the largest multi-tiered waterfall in Peninsular Malaysia, Sungai Pandan Waterfall cascades about 250m through three levels of cliffs. The waterfall splashes into a large pool below where most visitors gather around. Other attractions include a suspended bridge, nature trails and a camp site. The waterfall, also known as Panching Waterfall by locals, lies about 13km from Kuantan. Parking facilities and food vendors are available nearby. +609 512 1666 / 1555 (Kuantan Municipal Council) www.sungailembingmines.com.my



MASJID NEGERI SULTAN HAJI AHMAD SHAH Constructed between 1991 and 1993, Masjid Negeri Sultan Ahmad Shah's elegant design is inspired by Ottoman architecture with a grand dome flanked by four smaller domes and four tall minarets at each corner. The mosque, which is also Pahang's State Mosque, is the largest in Pahang and can accommodate at least 8,000 worshippers at a time.



KUANTAN RIVER CRUISE

L +6019 743 1988 / 018 908 2308

The Kuantan River Cruise takes you on a fascinating journey through the picturesque 500-year-old mangrove forest reserve along the Kuantan River. There is plenty to see, as the 340-hectare swamp is home to an interesting array of estuarine plants, birds and fish species.



KOMPLEKS PENGEMBANGAN TENUN

PAHANG DI RAJA SULTAN HAJI AHMAD SHAH Located in Kampung Soi, this is a treasure trove of Pahang's royal woven fabrics. One of the state's most prestigious products, the intricately woven fabric was originally used by the state's royalty and noblemen. It is now a versatile product and comes in various forms such as ladies traditional attire, men's traditional attire (kain sampin, kain pasang) and even fashioned as home decor, accessories or corporate gifts. **(**+609 534 1736



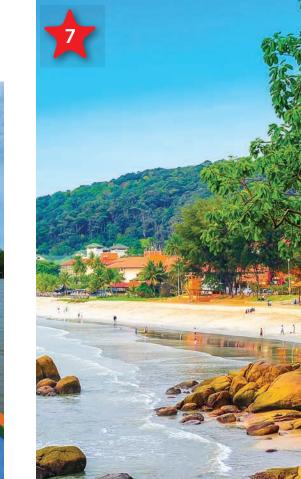
www.pknp.gov.my



TANJUNG LUMPUR (MEDAN IKAN BAKAR) Situated near the mouth of the Kuantan River, Tanjung Lumpur is a traditional fishing village and a renowned destination for the scrumptious ikan bakar (grilled fish). It was one of the earliest Malay villages in Panang, separated from the state's capital city by the Kuantan River. Visitors are spoilt for choice when it comes to

dining in this town as numerous seafood eateries can be found at

almost every corner.



PANTAI TELUK CEMPEDAK Located approximately 5km from Kuantan, Pantai Teluk Cempedak is a popular beach retreat with calm waters and a beautiful casuarina-lined coastline. A variety of watersports activities can be enjoyed here, such as windsurfing, sailing and jet skiing.

+609 512 1666 (Kuantan Municipal Council) +609 568 1623 / 1624 / 7001 (Pahang Tourism)



BAZAR SERAMBI TERUNTUM

Serambi Teruntum, located in Tanjung Lumpur is marketplace for local products that is gaining much popularity among both domestic and international tourists. This one-stop centre gathers and sells traditional products such as food and handicrafts made by Pahang's small and medium-sized enterprises. +609 534 8115 (Office)



TAMAN GELORA

Peaceful and serene, Taman Gelora with its scenic lotus pond and shady casuarina trees is a popular recreational spot among the townsfolk. Often regarded as Kuantan's best-kept secret, the park is mostly frequented by locals. It retains its own allure as the perfect place to relax and unwind. Exercising facilities can be found around the park, along with a reflexology path and a platform for Tai Chi. Then, escape to the nearby beach for a some privacy and solitude with its gentle waves and refreshing ocean breeze.



ZOO TERUNTUM & DINOSAUR ENCOUNTER Situated near Taman Teruntum Recreational Park, this mini zoo is a delight for children and adults alike with ostriches, deer, rabbits and even an albino python. Visitors can try feeding some of the animals while enjoying the sights and sounds. The mini zoo is open daily and entrance is free.

+609 512 1666 / 1555 (Kuantan Municipal Council)



KUANTAN

The Zenith Hotel & Sultan Ahmad Shah Tel: 09 565 9595 International Convention Centre ***** Grand Darul Makmur Hotel **** Tel: 09 511 8888 Mangala Resort & Spa ***** Tel: 09 505 7788 Hyatt Regency Kuantan Resort ***** Swiss-Garden Beach Resort Kuantan **** Swiss-Garden Resort Residences Kuantan ** AC Hotel by Mariott Kuantan **** Classic Hotel *** De Rhu Beach Resort *** E-Red Hotel *** Grand Continental Hotel *** Mega View Hotel *** Shahzan Hotel Kuantan *** Seri Malaysia Kuantan ** Q Hotel Kuantan ** Grand Champagne Hotel * Rocana Hotel Bukit Gambang Resort City Hotel Sentral Swis-Belhotel Kuantan Tel: 09 404 8888

Malaysia's sun-drenched islands and beaches are home to a stunning range of marine life. Its natural wealth is complemented by magnificent modern landmarks and heritage buildings. There is something to charm every visitor, be it a history-lover, natureenthusiast, sun-seeker or an avid shopper. Explore the length and breadth of the country to discover the many attractions of Malaysia!



Pahang is the largest state in Peninsular Malaysia. This eco-paradise is filled with remarkable natural treasures. Lush, pristine rainforest rich with a variety of exotic flora and fauna covers almost two-thirds of the state. Its mountainous terrain is home to cool highland retreats, while its long coastline contains some of the most beautiful beaches in the country. The state is also home to the country's largest national park and natural freshwater lakes. Its capital city is Kuantan, a bustling township with plenty of interesting sights.



GETTING THERE

Kuantan is situated about 260km from Kuala Lumpur, which is approximately 3 ½ hours' drive via the East Coast Highway. Its Sultan Ahmad Shah Airport in Kuantan receives both international and domestic flights from Kuala Lumpur International Airport (KLIA), Sultan Abdul Aziz Shah Airport in Subang and most capital cities all over the country. Air-conditioned express buses to Pahang are also available, departing from Terminal Bersepadu Selatan (TBS) and Hentian Pekeliling in Kuala Lumpur. Keretapi Tanah Melayu or Malayan Railway provides rail services to Mentakab and Kuala Lipis from Kuala Lumpur and Kota Bharu in Kelantan.



GA GETTING AROUND

Buses and taxis are readily available around Kuantan. Taxis can be found at the city's main hubs such as Kompleks Teruntum, Berjaya Megamall and Jalan Mahkota. To reach other towns in Pahang, outstation buses are available at Hentian Bandar (Jalan Stadium). Tioman Island is accessible by boat and ferry from Teluk Gading in Pahang and Mersing in Johor, and by Berjaya Air's daily direct flights from the Sultan Abdul Aziz Shah Airport in Subang and also from Singapore.





Visitors can find handicrafts made from dried and dyed Pandanus (screwpine) leaves, batik cloths, woodcarvings and other crafts and souvenirs at Crafts Complex (Jalan Pintasan), Sungai Karang and Cherating Village. Witness how traditional fabrics are made at Batik RM in Tanah Putih and Pahang Silk Weaving Centre in Pulau Keladi. Major shopping malls can be found in Pahang's capital city, Kuantan, namely Kuantan Parade, Berjaya Megamall, East Coast Mall and Kuantan City Mall.



to have been created for royalty. Pahang's local offerings such as Mi Calong, Laksa Pahang, Opor Pahang, Puding Raja, Jeneral Mahbob, Akok Beserah and Lemang Pulut Kera (Pitcher Plant Rice) are worth trying when visiting this state. The best places to find authentic Pahang specialities are Jerantut, Kuala Lipis, Temerloh and Pekan. Temerloh, famous for its silver catfish-based dishes, is also known as Bandar Ikan Patin (Silver Catfish Town).



Tel: 09 467 5650 Mercu View Resort Tel: 09 466 1868 Jengka Inn BENTONG Hotel Kristal Tel: 09 223 2118 Tel: 09 233 0031

BERJAYA HILLS Tel: 09-221 3888 The Chateau Spa & Berjaya Hills Golf & Country Club ***** Tel: 09 288 8890 Berjaya Hills Colmar Tropicale *** Tel: 09 221 3666 Selesa Resort ** Tel: 03 4042 6033 /

6931

Tel: 05 500 0333

Tel: 05 254 1200

Tel: 09 362 2888

Tel: 09 362 2300

Tel: 09 362 2226

Tel: 09 362 2122

Tel: 09 362 2007

Tel: 03 6101 1118

Tel: 03 6101 1118

Tel: 03 6101 1118

Tel: 03 9213 0777

CAMERON HIGHLANDS

101 Resort & Spa

he Chateau Spa & Organic Wellness Resort ***** Tel: 09 221 3888 Cameron Highlands Resort **** Tel: 05 491 1211 Zenith Cameron **** Tel: 05 491 9595 Casa De La Rosa Hotel **** Tel: 05 491 1333 Tel: 05 496 1777 Copthorne Hotel ** Heritage Hotel *** Tel: 05 491 3888 Strawberry Park Resort **** Tel: 05 491 1166 Tel: 05 491 2288 Rosa Pasadena Hotel ** Century Pines Resort * Tel: 05 491 5715 he Cool Point Hotel *** Tel: 05 491 4914 Country Lodge Resort ** Tel: 05 491 1811 Tel: 05 491 4628 Rainbow Garden Hotel ** Tel: 05 491 5135 Star Regency Hotel Apartments Tel: 05 495 6152 The Lakehouse The Smokehouse Tel: 05 491 1215

CHERATING Royale Chulan Cherating ***** Zenith Cameron

Nova Highland Resort and Residence

Avillion Cameron Highlands

Tel: 09 223 2118 Tel: 05 491 9595 Club Med Cherating Beach *** Tel: 03 2161 4599 Tel: 09 581 9500 Holiday Villa Cherating * Residence Inn Cherating * Tel: 09 581 9333 Erya By Suria Cherating Tel: 09 584 7000 The Kasturi Resort Tel: 09 582 5000

FRASER'S HILL Fraser Silverpark Resort * Shahzan Inn ** Ye Olde Smoke House ** Fraser's Pine Resort Puncak Inn

GENTING HIGHLANDS Crockfords Hotel **** Genting Grand Hotel ***** Highlands Hotel **** Swiss Graden Hotel & Residences **** Grand Ion Delemen Hotel **** Resorts World Awana *** Scapes Hotel ****

Tel: 03 6433 2200 Tel: 03 6101 1118 Tel: 03 6106 0833 Tel: 03 6101 1118 Tel: 03 6101 1118 Genting Skyworlds Hotel ** Tel: 03 6101 1118 Genting View Resort ** Tel: 03 6100 2525 Seri Malavsia Hotel *

JERANTUT / TAMAN NEGARA Xcape Resort *** Tel: 09 266 1111 Tel: 09 266 3500 Mutiara Taman Negara 3 Jerantut Hill Hotel Tel: 09 267 2288 Park View Hotel Tel: 09 260 8500 Felda Residence Tekam Tel: 09 471 8182 Danz Eco Resort Tel: 09 266 3036

Nusa Camp Holiday Village Tel: 011 11226755 **KUALA LIPIS** Lipis Centrepoint, Hotel & Apartment ** Tel: 09 312 2688 Tel: 09 312 5588 Lipis Plaza Hotel * Tel: 09 312 5228 Star-Well Hotel Jelai Inn Boutique Hotel Tel: 09 340 1311 U Design Hotel Tel: 09 296 8933

Tel: 09 312 6626 **KUALA ROMPIN** Villea Rompin Resort & Golf **** Tel: 09 415 8888 Tel: 09 414 3333 Rompin Beach Resort * Seri Malaysia Rompin * Tel: 09 413 2723

MARAN / TEMERLOH Tel: 09 296 3333 Green Park Hotel * MENTAKAB

Tel: 09 278 2828 Tel: 09 277 8833 Bukit Bendera Resort ** Sherwinton Hotel Tel: 09 277 6633 Iwinton Hotel

PULAU TIOMAN Tel: 09 419 7788 Aman Tioman Beach Resort **** Tel: 09 419 7777 Japamala Resort **** Paya Beach Spa & Dive Resort **** Tel: 07 419 7100 Tel: 09 419 7055 Damai Tioman Resort Babura Seaview Resort Tel: 09 419 1139 Juara Beach Resort Tel: 09 419 3188 Tel: 07 799 7372 Minang Cove Mukut Harmony Resort Tel: 07 799 3440 Panuba Inn Resort Tel: 09 419 1424 Salang Indah Resort Tel: 09 419 5015 Salang Pusaka Resort Tel: 09 419 5317 Sun Beach Resort Tel: 09 419 7069 Tunamaya Beach & Spa Resort Tel: 07 238 8881 Nazri's Place Tel: 09 419 1329

PEKAN Ancasa Royale Pekan **** Tel: 09 424 6600

Tel: 09 419 3288

The Barat Tioman Beach Resort



POJ PLACES OF INTEREST



CAMERON HIGHLANDS

Located 1,524m above sea level, this refreshing retreat is Malaysia's largest hill resort. Characterised by undulating valleys. sprawling tea plantations, terraced flower gardens, vegetable farms and strawberry parks, Cameron Highlands is made up of three main townships: Ringlet, Tanah Rata and Brinchang. +605 4911455 (Cameron Highlands District Council)



TAMAN NEGARA (NATIONAL PARK)

Malaysia's premier national park is a haven for a diverse collection of flora and fauna. One of the oldest rainforests in the world, Taman Negara is estimated to be over 130 million years old. Ancient trees with giant buttresses, limestone caves, waterfalls and jungle-clad mountains are just some of the unique attractions in this 484,350 hectare park. +609 266 1122/4152 (Pahang National Park, Kuala Tahan) www.wildlife.gov.my



KUALA LIPIS

This historical town was a thriving trading centre in the past and Pahang's former capital city for a good 57 years. Stately colonial architecture can be found around Kuala Lipis, with the Pahang Club House being the very first British-built building in this town. The country's zero milestone signage can also be found here. +609 312 1253 (Lipis District Council)



THE BENTONG FARM Spread across 27 acres of land, this farm is home to over 100 species of unique animals such as the palm-sized White Eared Marmoset, South American Camelid Mammal or Alpaca, Pygmy Donkey, Shetland Pony and many more. Have a great time feeding and petting the tame and exotic animals. The Bentong Farm is also surrounded by more than 60 species of local fruit trees and

+6010-2833655 (The Bentong Farm)



Lata Jarum is a magnificent two-tiered waterfall resulting from a series of rapids culminating in a rocky pool. A cool and refreshing picnic and recreation spot, it is located within the Lata Jarum Nature Park. Don't miss a chance to spot the Rafflesia in the forest, as well as several unique flora and fauna species populating the area. +609 355 1060 (District Forest Office, Raub)



FRASER'S HILL

Nestled prettily amidst the Pahang rainforest at 1,524m above sea level, Fraser's Hill is characterised by mock-Tudor houses and colonial-style buildings. The hill resort exudes the nostalgic charm of a bygone era. A birdwatcher's paradise, Fraser's Hill is ideal for visitors who are interested in gentler pursuits and a quiet, laid-back retreat. www.pahangtourism.org.my



KELANTAN

Cegar

Medang

Cameron Highlands

Lembah Bertam

SELANGOR

PUTRAJAYA ,

STRAITS OF MALACCA

Pos Betau

Cheroh •

• Tanah Rata

PERAK

Brinchang

BERJAYA HILLS

Capturing the essence of two different cultures in a one destination, Berjaya Hills is a unique highland retreat. Situated some 800m above sea level is the enchanting French-style Colmar Tropicale, while further up at some 1,000m above sea level is the eco-friendly Zen-inspired Japanese Village. Other attractions include The Chateau Spa & Organic Wellness Resort, Rabbit Park and picturesque horse-riding trails.

(+609 221 3666 www.colmartropicale.com.mv



JANDA BAIK

Janda Baik's secluded location in the midst of cool, lush tropical vegetation provides a welcome respite for city folks to escape the hustle and bustle of the city. Plenty of accommodation options are available here, from resorts to camp sites. Janda Baik is also a popular destination for team building and eco-adventure activities. +609 568 1623 / 4 / 7001 (Tourism Pahang)



TERENGGANU

The Great Mine

Tasik Chini

Bukit Ibam

Keratong

Endau Rompin State Park 222

of Sungai Lembing

18 Sungai Lembing Museum

Sungai Pandan Waterfall

Taman Negara

Jengka

Temerloh

Bera

Centre of Peninsular Malaysia

16 Tasik Bera

Bandar Melati

JOHOR

State Capital

Major Town

Domestic Airport

Tourism Malaysia Office

Tourist Information Centre

Place of Interest

Town

Gunung Tapis

Bukit Gambang

Kuala Tahan

★Kenong Rimba Park

Kerambit

Jerantut •

Kuala Krau

National Elephan

Conservation Centre,

Kuala Gandah

NEGERI SEMBILAN

MELAKA

Kuala Lipis

Krau Wildlife Reserve

(Seladang Conservation Centre)

Deerland Park

DEERLAND PARK

The 4.5 hectare Deerland Park is an animal sanctuary where the permanent residents roam freely amidst lush tropical vegetation. Come meet the 'stars' of the park - adorable deer, ostriches and peacocks. The park's Herb Trail gives visitors an opportunity to have a closer look at a wide variety of herbs and medicinal plants. **(** +609 279 7249



GENTING HIGHLANDS

Perched some 1,800m above sea level, Genting Highlands is a tremendously popular leisure and entertainment destination. Dubbed 'City of Entertainment', this highland resort is best known for its theme parks and casino. Genting Highlands is situated about an hour's drive from Kuala Lumpur.

+603 2718 1118 www.rwgenting.com



NATIONAL ELEPHANT CONSERVATION CENTRE, KUALA GANDAH

Established in 1989, the centre is dedicated towards the rescue and rehabilitation of elephants. It also aims to educate the public on the importance of elephant conservation and protection. The only one of its kind in the country, this centre offers the rare opportunity to get up close and personal with these gentle giants. +6013 908 8207

www.wildlife.gov.my / www.nre.gov.my



KOTA GELANGGI CAVES

Reputedly 150 million years old, Kota Gelanggi Caves feature magnificent natural formations and unique cave fauna. According to legend, the caves are actually the ruins of an ancient city. Gua Terang Bulan and Gua Sanding are among the most popular caves here. There's also a Mini Museum with comprehensive information and displays

+609 471 8300



GUNUNG SENYUM

SOUTH CHINA SEA

Pantai Cherating

Gebena

KUANTAN • * Kuantan Town

The Royal

★ Pantai Teluk Chempedak

• Kuala Pahang

Tenun Pahang Diraja

Pulau

Lanjut & Rompin

Bandar Baharu Kuala Rompin

Padang Endau • (

Tioman

Tanjung Gemok

----- International Border

State Borde

Expressway

Railway

Major Road

* Map not drawn to scale

Sultan Ahmad Shah Kampung Soi

Situated at 1,549m above sea level, the Gunung Senyum Recreational Park is a significant archaeological site. Part of the Jengka Forest Reserve, this mountain is estimated to be approximately 3,000 years old. The park has around 19 caves, including Gua Terang Bulan, Gua Hidang, Gua Angin and Gua Gajah. +609 296 2755



THE CENTRE OF PENINSULAR MALAYSIA (T3S)

Popularly known as the home of ikan patin (silver catfish), the town of Temerloh has another rarely known feather on its cap. The town is located at a latitude of 03.29'33" and longitude of 102.13'10", making it the centre point for the whole of Peninsular Malaysia. A monument is erected at Kampung Paya Siput Lanchang to mark the exact spot of this geographical allure. After your tour, spend some time at the restaurant and souvenir shop or visit the park, lake and goat farm. Temerloh is located about 102km from Kuala Lumpur. +6013 922 7249 (Mr. Abdullah)



BUKIT GAMBANG RESORT CITY

An integrated resort city offering a myriad of attractions, Bukit Gambang Resort City is an ideal leisure destination for the whole family. It is home to one of the country's largest water parks and a 20-acre man-made lake with breathtaking views. Its lush Surroundings form the perfect playground for a number of exciting jungle-based outdoor activities.

(+609 548 8000 www.bgrc.com.my



TASIK BERA (LAKE BERA)

Measuring approximately 35km long and 20km wide, Tasik Bera is Peninsular Malaysia's largest natural freshwater lake. It is also the country's first Ramsar site, an international recognition given to wetland areas for its international importance in nature conservation. Approximately 328 flora species, 200 bird species, 50 mammals and more than 95 fish species inhabit the lake area. +609 250 1700



TASIK CHINI (LAKE CHINI)

Malaysia's second largest natural lake is filled with a variety of freshwater fish, while the surrounding wilderness is a habitat for a diverse assemblage of flora and fauna. The lake consists of 13 interconnecting water bodies. From August to September, a dazzling display of white and pink water lilies can be seen on the

lake's surface. +609 296 2755



SUNGAI LEMBING MUSEUM

This museum showcases an extensive collection of artefacts relating to the town's tin mining industry. View interesting exhibits such as mining equipment, worker's attire and many more. The diorama here is reputed to be among the best in the country. Don't miss the chance to visit other attractions such as The Great Mines of Sungai Lembing and 3D Gallery situated nearby. (see overleaf no. 2) **L** +609 541 2377 / 2378



PANTAI CHERATING

Fringed by the waters of the South China Sea, Pantai Cherating enthralls with Its serene beauty and rustic atmosphere. Nearby Is Kampung Cherating, a tranquil Malay Village surrounded by swaying palms and tropical vegetation. Visit the Cherating Turtle Sanctuary located here or indulge in a host of watersports activities. +609 512 1555



THE ROYAL TOWN OF PEKAN

Situated on the banks of the Pahang River, Pahang's Royal Town features several distinguished attractions that reflect the state's glorious past. Among its attractions are the majestic Sultan Abu Bakar Palace and the Sultan Aou Bakar Museum, where visitors can view a collection of exhibits on the state and its esteemed royal family +609 421 1077



LANJUT & ROMPIN

The secluded beach areas in Lanjut and Rompin are perfect for those looking for a guiet time away. Among the activities that can be enjoyed around here are nature walks, watching fireflies and witnessing turtle nesting. These beaches also play host to the annual international event, the Royal Pahang Billfish International Challenge. +609 414 6677



ROMPIN STATE PARK

This ancient rainforest is the second largest national park in Peninsular Malaysia and one of the country's last remaining lowland forests. Its untouched wilderness offers a myriad of eco attractions including a diversity of flora and fauna, majestic rock formations, captivating waterfalls and flowing rivers.



PULAU TIOMAN

www.tioman.gov.my

Situated approximately 56km off the coast of Pahang, Pulau Tioman is hailed as one of Southeast Asia's finest beach getaways. This tropical island beckons with aquamarine waters, spectacular coral formations, diverse marine life and rustic charm. The island's Gunung Nenek Semukut is Malaysia's highest freestanding spire at 690m. +609 413 3172 / 179 (Tioman Development Authority)