

MALAYSIA

Islands and
Beaches



MAP OF MALAYSIA



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SELAMAT DATANG

*COME EXPERIENCE THE ENCHANTMENT OF MALAYSIA'S
IDYLIC ISLANDS AND GOLDEN BEACHES*

Malaysia, a land of friendly people and a nation blessed with natural wonders, welcomes you. Bordered by Thailand in the north and Singapore in the south, Malaysia also stretches across the northern tier of Borneo to form the states of Sabah and Sarawak.

With 4,800km of coastline, Malaysia boasts some of the most beautiful islands and beaches in Asia. Surrounded by the Straits of Malacca, the Andaman Sea, the South China Sea, the Sulu Sea and the Celebes Sea, the country has an amazing number of natural treasures that lay nestled in tranquil bays and coves. Beneath the aquamarine waters are a fascinating world of corals and marine life waiting to be discovered.

Come and be mesmerised by these fabulous holiday retreats.



LANGKAWI, KEDAH

WORLD-RENOWNED LANGKAWI BECKONS WITH SUN-KISSED BEACHES, CLEAR BLUE SKIES AND THE MARVELS OF NATURE.



Langkawi is the largest of a multitude of islands that lie off the coast of Kedah state, in the far northwest of Peninsular Malaysia. The island comprises a archipelago of 99 islands. Langkawi is a versatile holiday destination with world-class infrastructure and facilities – a modern international airport, excellent roads, state-of-the-art marinas, a wide range of accommodation options from budget hotels to award-winning luxurious resorts, superb golf courses and a host of recreational activities.

Visitors arriving by sea will disembark at the jetty in the main town of Kuah. Located southeast of the island, the town houses

many hotels and shopping centres. A large prominent statue of an eagle, situated at the popular Eagle Square, is visible from afar when approaching the island. According to local folklore, Langkawi derived its name from the eagle or helang.

Langkawi's idyllic beaches are perfect settings for a fun-filled vacation. Tanjung Rhu Beach, 22 km north of Kuah, is fringed by casuarinas from where the beach gets its name. A perfect place for a picnic, this wide sandy beach offers unmatched pristine tranquility. The sunset here at dusk, in a blaze of orange and red, is a truly spectacular sight.





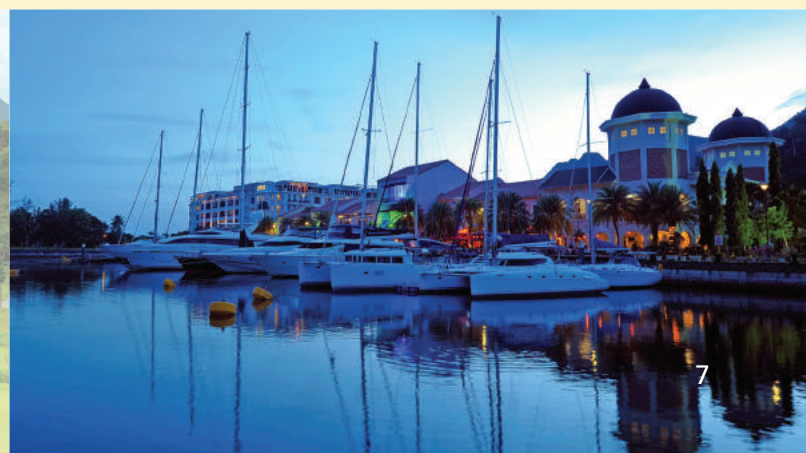
On the western coastline of Langkawi lie the beaches of Datai, Kok, Burau Bay and Tengah. Enjoy a round of golf at the 18-hole course at Datai Bay and tee off against Langkawi's scenic backdrop. Those who wish to spend their day at Burau Bay can enjoy horseback riding while visitors to Tengah Beach can hire a boat and go island hopping. Kok Beach is the location of Telaga Harbour Park, a marina-cum-resort with ample facilities.

Cenang Beach is approximately 7km from Langkawi International Airport and is the most developed of the beach areas housing

several luxury-class hotels and dozens of budget chalets and restaurants. There are plenty of water sports available on this popular beach providing fun and excitement for all.



First-class accommodation in modern hotels or comfortable chalets is available around the island. Restaurants serve a variety of local and international fare with live music and energetic ambience.



Go snorkelling and diving in the Payar Island Marine Park, 19 nautical miles south of Langkawi. Segantang Island, Kaca Island and Lembu Island are other islands that make up the Marine Park. For those shy of the sea, hop into a glass-bottomed boat and watch the underwater world unfurl below. Speedboats or catamarans shuttle visitors from Langkawi to the Marine Park within an hour.

Langkawi offers a back-to-nature experience for all. From waterfalls to mysterious caves, visitors will discover that Langkawi is more than a beach lovers' paradise.

There is a host of themed attractions in Langkawi providing excitement for young and old travellers alike. Come and discover the variety of aquatic life at the Underwater World Langkawi. One of the largest public aquariums in the country, it features stingrays, sharks, moray eels and green turtles together with exotic fishes and sea plants.

There are also interesting handicraft centres and souvenir shops located around the island offering items such as batik outfits and silverware. Cultural performances and batik workshops can be

enjoyed at these centres. Those who wish to be pampered with a relaxing massage amidst the lush backdrop of the rainforest can head to the numerous spas on the island.

With an attractive range of duty-free goods to choose from in Langkawi, shopping here is a real treat. From pewter and perfumes to liquor and leather, the attractive prices make shopping irresistible!

Getting There

By Road

Visitors travelling by road will have to drive to Kuala Kedah or Kuala Perlis, the main jumping-off points by ferry to Langkawi. Regular, air-conditioned buses are also available from Kuala Lumpur to Kuala Kedah and Kuala Perlis. The journey to Kuala Kedah takes about six hours while Kuala Perlis is another hour away.

By Air

Malaysia Airlines provides direct air services from the Kuala Lumpur International Airport (KLIA) to Langkawi. Alternatively, visitors can take the budget carriers AirAsia, Rayani Air, Firefly and Malindo Air.



AirAsia operates from the Kuala Lumpur International Airport 2 (KLIA 2) in Sepang while Firefly operates from the Sultan Abdul Aziz Shah Airport in Subang. Malindo Air operates from both Sepang and Subang, while Silk Air, Tiger Air and AirAsia also flies to Langkawi from Singapore.

By Rail

Keretapi Tanah Melayu (KTM) or Malayan Railway provides economical and comfortable rail services from Kuala Lumpur to Alor Setar in Kedah and Arau in Perlis. From these points, take a taxi or bus to Kuala Kedah and Kuala Perlis for your ferry to Langkawi.

By Sea

Express ferries provide regular services daily to Langkawi from both Kuala Kedah and Kuala Perlis. The journey takes about 1 hour 15 minutes and 45 minutes respectively. From Penang to Langkawi, the ferry takes 2 hours 30 minutes. The island is also a stopover for Star Cruises, one of the largest luxury cruise lines in the world.



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PENANG

LOVELY BEACH RESORTS, OLD-WORLD CHARM AND COLOURFUL CULTURES GIVE PENANG ITS ALLURE. AN ISLAND PARADISE IN FULL BLOOM, IT IS APPLY HAILED AS THE PEARL OF THE ORIENT.



Penang is one of Malaysia's most famous resort destinations. The state consists of Penang Island and a strip on the mainland known as Seberang Perai. George Town, its capital, is a UNESCO World Heritage City with fascinating historical buildings and cultural landmarks. Penang's northern shoreline, characterised by expansive stretches of golden sand and glittering waters, is a popular holiday spot for foreign and local visitors alike.

Batu Feringghi, situated along the coastal road northwest of George Town, is the most popular beach in Penang, lined with a string of international-standard hotels and resorts. Soak in the sun or unwind

on the beach and enjoy a host of aquatic thrills from banana boat rides to canoeing and jet-skiing. For a spine-tingling adventure, try parasailing to enjoy the view of the beach from the sky.

As the sun sets, Batu Feringghi comes alive with a carnival-like atmosphere with an open-air bazaar selling anything from ornate curios to enticing mementos. Watch local artisans demonstrate the intricate art of craft-making and batik-painting. Dubbed the Feringghi Walk, the bazaar offers shoppers a host of souvenir items.





Tanjung Bungah is another popular beach in Penang. The numerous luxury resorts here offer a relaxing seaside getaway. The most charming feature of Tanjung Bungah is its many secluded coves, nestled within the shelter of overhanging cliffs and gigantic rocks.

At the northwestern end of the coastal road lies Teluk Bahang. Its idyllic beach offers a solitary luxury hotel promising a tranquil ambience for those who prefer privacy. Nearby is the Tropical Spice Garden, a living collection of more than 500 varieties of flora from Malaysia and around the world. The eight-acre valley is reputedly the largest showcase of tropical herbs and spices in the region.

Further west from Teluk Bahang are several beaches which lie off the beaten track. Situated in Penang's National Park, these pristine beaches make for excellent excursions to get a glimpse into the vast variety of the island's flora and fauna.

Monkey Beach, a secluded spot in the northwest of the island, is ideal for quiet picnics under shady casuarinas. Adventure-lovers can explore the jungle trail from Monkey Beach to the Muka Head Lighthouse, perched atop a 785-foot-high cliff.



Further away, Kerachut Beach offers an unspoilt environment and picturesque views. In the hinterland, a lake containing distinct layers of freshwater and seawater is an added attraction. Both of these beaches are only accessible by boat or by hiking trails from Teluk Bahang. Enquire with the respective resorts or private boat operators. Avid birdwatchers or outdoor lovers can delight in taking the jungle trail to observe monkeys, squirrels and other small animals along the way.

Jerejak Island, off the island's east coast, makes for an interesting escapade. This tiny island resort offers total privacy amidst lush greenery.

To experience the charms of Penang, take a city tour for a glimpse of its nostalgic past. The Esplanade in George Town is a delightful seafront for an evening stroll. A distinctive landmark here is Fort Cornwallis, erected by Captain Francis Light in the early nineteenth century. Further up is Gurney Drive, a gastronomic paradise featuring an assortment of local delicacies.

Little India and Campbell Street delight with an endless assortment of bric-a-brac, souvenirs and antiques. Not to be missed when visiting this island are the spectacular street art and wrought-iron markers scattered around the heritage city of George Town, particularly along Armenian Street.

Getting There

By Road

The Penang Bridge and the Sultan Abdul Halim Muadzam Shah Bridge connect Penang Island to the mainland. A toll is levied on the mainland's side of the bridge. Buses to Penang are available from most parts of the country.

By Air

Malaysia Airlines operates direct air services to Penang from Singapore, Bangkok, Medan, Xiamen and Taipei. The airline also provides daily shuttle services between Kuala Lumpur and Penang. The budget carrier, AirAsia, flies to Penang from Kuala Lumpur,



Bangkok, Yangon, Jakarta, Surabaya and Medan. Firefly connects the island to the capital city of Malaysia as well as international destinations such as Phuket, Koh Samui, Banda Aceh and Medan. Malindo Air also serves the Penang route from the Sultan Abdul Aziz Shah Airport in Subang,

By Rail

KTM or Malayan Railway provides train services to Butterworth from Kuala Lumpur, Alor Setar and Padang Besar, as well as from Hat Yai and Bangkok in Thailand.

By Sea

From Butterworth, ferry services are available for both passengers and vehicles. Fares are collected at the Butterworth terminal.

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PANGKOR, PERAK

LYING OFF PERAK ON THE WEST COAST OF PENINSULAR MALAYSIA, THIS TRANQUIL ISLAND WITH ITS WHITE SANDY BEACHES AND CHARMING FISHING VILLAGES WILL ENTHRALL YOU.

The name Pangkor may have originated from the Thai word Pang Ko meaning 'beautiful island'. However others believe it may have been a memorial to Pang Kui, a legendary Chinese adventurer said to have lent his skills in seamanship to the bands of pirates this island once sheltered.

Pangkor's main attractions are undoubtedly the wonderful offerings of its pristine beaches on the western coastline. Named after a legendary lovelorn princess, Golden Sands Beach or Pantai Puteri Dewi is one of the most popular beaches on the island. Located on the northwest of Pangkor, this 1.2 km stretch boasts warm turquoise waters fringed with tall swaying coconut trees. The beach here is ideal for sunbathing and recreational activities such as bird watching. Look out for hornbills said to roam this area.

Pasir Bogak Beach, a snorkelling site with an extensive reef and shallow waters, faces the channel between Pangkor and Pangkor Laut. Located near Pangkor town, this popular destination is a favourite haunt for picnickers due to its shady trees. Here, visitors can enjoy a kayak run or the simple pleasure of beachcombing.

Teluk Nipah is where tourists can enjoy both solitude and excitement by the beach. Take in the soothing lush greenery or browse the open-air stalls by the beach. A walk across to Giam Island at low tide will reward you with a treasure trove of marine life.

Head to the Pulau Sembilan group of islands, 27 km south of Pangkor for a superb diving experience. The nine islands (sembilan means 'nine' in Malay) are uninhabited with an abundance of colourful marine life.



Eating out in Pangkor is a delight as there are restaurants serving both local and international cuisine. Alternatively, head to Pangkor town to enjoy fresh seafood.

Pangkor Laut

Pangkor Laut is a world-renowned tropical island destination. A 15-minute boat ride from Pangkor, it boasts one of the finest beaches in the Straits of Malacca. Sunset cruises can be specially arranged upon request. Couples can choose to have dinner by the Emerald Bay which affords scenic views for a truly romantic experience.



USEFUL CONTACTS

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Pangkor Laut houses an exclusive resort named after the island. For those seeking complete rejuvenation, pamper yourself at the luxurious Spa Village.

Lumut is the staging point to Pangkor if arriving by road or rail. Located 83 km from Ipoh, the state capital, it is home to the country's principal naval base and a port which services the hinterland. Teluk Batik in the south of Lumut is popular for camping, boating and windsurfing. Nearby is Marina Island, a man-made island with a luxury resort, the Best Western Marina Island Resort. The Lumut International Yacht Club is a stopover while sailing the Straits of Malacca.

Lumut is a 3-hour drive from Kuala Lumpur via the North-South Highway. It can be reached by taxi or bus from Ipoh, Kuala Lumpur or Butterworth.

Getting There

By Sea

Pangkor is a 30-minute ferry ride from Lumut jetty, with departures every half hour, and a 10-minute ferry ride from Marina Island jetty complex, with departures every hour.

By Air

The private carrier, Berjaya Air, operates direct flights from the Sultan Abdul Aziz Shah Airport in Subang to Pangkor.



PORT DICKSON, NEGERI SEMBILAN

PORT DICKSON IS THE MOST POPULAR BEACH IN PENINSULAR MALAYSIA'S WEST COAST. ITS PROXIMITY TO THE NATION'S CAPITAL, AND AMPLE ACCOMMODATION FACILITIES MAKE IT A PREFERRED DESTINATION FOR A HOST OF EVENTS AND RECREATION.



Port Dickson, or fondly known as PD, is the pride of Negeri Sembilan. This state is well-known for its unique matrilineal system of Adat Perpatih and the Minangkabau culture, which is distinctly reflected in the state's architectural design feature of upswept roofs.

Port Dickson has an almost unbroken coastline stretching up to 18km. Its sunny beaches, lined by tall palm trees and shady casuarinas, are washed by the gentle waves of the Straits of Malacca. Teluk Kemang and the Blue Lagoon beaches are popular tourist spots here.

Teluk Kemang, situated on the 9th mile of the coastal road, is one of the longest stretches in Port Dickson. Enjoy a splash in the warm waters, or delight in activities such as canoeing, parasailing, yachting or speed boat rides. The Blue Lagoon, 11 km south of Port Dickson town, is tucked away from the main road and offers hours of fun in an undisturbed setting. Malaysia Water Festival, Raptor Watch and PD International Triathlon are just some of the exciting annual events held along these beaches.





USEFUL CONTACTS

Tourist Information Counter
PLUS Highway Seremban – Port Dickson
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A string of five-star resorts, hotels and private bungalows occupy the Port Dickson coastline. Alternatively, camp out by the beach for a pleasant night under the stars.

Port Dickson holds the distinction of being the first place where competitive sailing was introduced in the country. The Admiral Marina and Leisure Club offers excellent and comprehensive facilities for yachters including moorage, full club services, brokerage and boat repairs. The Royal Port Dickson Yacht Club has extensive facilities for members and is able to accommodate Optimist and Laser crafts.

This charming coastal town has a variety of attractions, from nature-based temptations to historical monuments. Close to Blue Lagoon is Cape Rachado or Tanjung Tuan Lighthouse. Built in the 16th century, this lighthouse was used to guide vessels sailing to Melaka, then a thriving port-of-call in the region.

Enjoy breathtaking views of the coastline from this vantage point. To the northeast of Port Dickson is the Lukut Fort, erected to protect the tin-rich town of Lukut. The museum here offers glimpses of the town's history.

Dining out at the local restaurants in Port Dickson provides a delightful choice of delicious fresh seafood, exotic local dishes as well as Western fare.

Getting There

By Road

Port Dickson is located along the coastal road an hour's drive from Seremban. The latter is about 90 km south of Kuala Lumpur on the North-South Expressway and 40 km from the Kuala Lumpur International Airport (KLIA) in Sepang. Regular bus and taxi services connect Port Dickson to Kuala Lumpur and Seremban.

By Rail

Rail travellers have to disembark at Seremban, which is serviced by the KTM Komuter from Kuala Lumpur.

ISLANDS OF JOHOR

THE MAGICAL ISLANDS OF JOHOR ARE ENDOWED WITH CRYSTAL CLEAR WATERS, POWDERY WHITE SAND AND COLOURFUL MARINE LIFE.



Johor, the southernmost state of the peninsula, is steeped in history and is a haven for nature lovers. The state has an unbroken coastline flanked by the South China Sea in the east, extending around its southern tip to the western shoreline overlooking the Straits of Malacca. Johor Bahru, the state capital, is the site of several historical buildings and landmarks.

Like a necklace of glittering jewels, the islands of Sibul, Rawa, Pemanggil, Aur, Tinggi, Besar, Tengah, Mensirip and Hujung lay nestled off Johor's eastern coast. They are accessible from Mersing,

a charming coastal town and the jump-off point to the world-renowned Tioman Island.

Lush vegetation and endless stretches of golden beaches characterise the Sibul Group of Islands. They are accessible from the Tanjung Leman jetty, 60km from Mersing. The islands abound with water sports activities such as snorkelling, windsurfing, sailing and kayaking. Opt for a visit to the nearby kelong, where anchovies are caught, or head for the villages on the island of Sibul Besar to see how the natives live. For some adventure, hike through the jungle trails leading to unspoilt mangrove swamps.



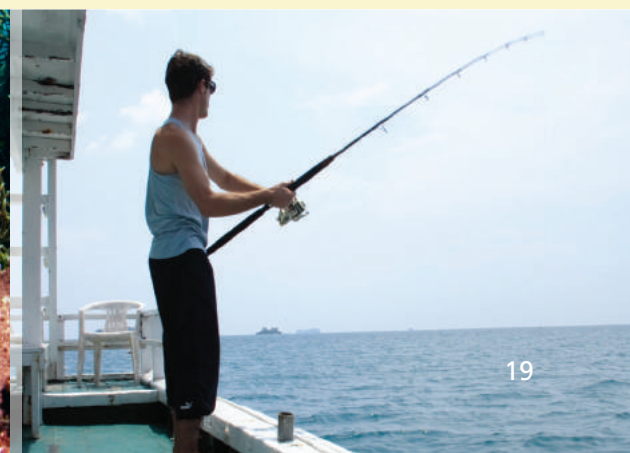


The island of Rawa is perfect for snorkelling, kayaking and windsurfing. Famed for its tall palm trees, white sand and secluded coves, this is the ideal tropical getaway. Get close to the marine life as neon-coloured fish swim close to shore, right below the jetty and around your ankles!

Pemanggil is the largest among the cluster of islands of Johor. Squid fishing is an enjoyable seasonal sport here. Other popular activities are jungle trekking, snorkeling and diving.

The unspoilt island of Aur is the perfect diving destination. Encounters with pelagics including jacks, barracudas and black tip sharks are a big draw. The best time to dive is between April and October when the sea is calmer and visibility is at its best.

The islands of Tinggi, Besar, Tengah, Mensirip and Hujung are idyllic secluded getaways. These islands boast beautiful beaches with shady cool trees and clear waters. Perfect for simply working on nothing but a tan!



This popular seaside destination commands a magnificent view of South China Sea, and boasts 25km of inviting beaches fringed by palm trees and casuarinas. Located at the southeastern corner of Johor, the waters here are conducive for swimming, waterskiing, canoeing and catamaran sailing. In Desaru, you can also enjoy thrilling adventures such as learning how to fly an ultra-light aircraft or take part in a go-kart race. Other forms of recreation include jungle trekking, horseback riding, archery and off-road adventures. The Desaru International Triathlon and Monsoon Mayhem are two of the exciting annual events that can be found here.

Mersing is the main staging point to Johor's islands in the South China Sea. It is 138km north of Johor Bahru or a two-hour drive from there. Life here moves at a casual pace as trawlers prepare to sail out to sea from this fishing town. Tourists can also make travel arrangements with tour operators stationed here. Nearby beaches of Penyabong, Air Papan, Teluk Buih and Tenglu are also worth visiting.



Getting There

By Road

From Kuala Lumpur, drive along the North-South Expressway and exit in Kluang to get to either Mersing or Tanjung Leman. Both serve as departure points to the islands. Mersing and Tanjung Leman can also be accessed from Johor Bahru via Kota Tinggi. The drive to Mersing from Kuala Lumpur takes about four hours. Overnight buses are available from Kuala Lumpur and the journey takes about six hours. From Singapore, Mersing can be reached in two and a half hours by car.

By Rail

KTM or Malayan Railway has rail services from Kuala Lumpur to Kluang. From Kluang, public transportation is available to the jetty.

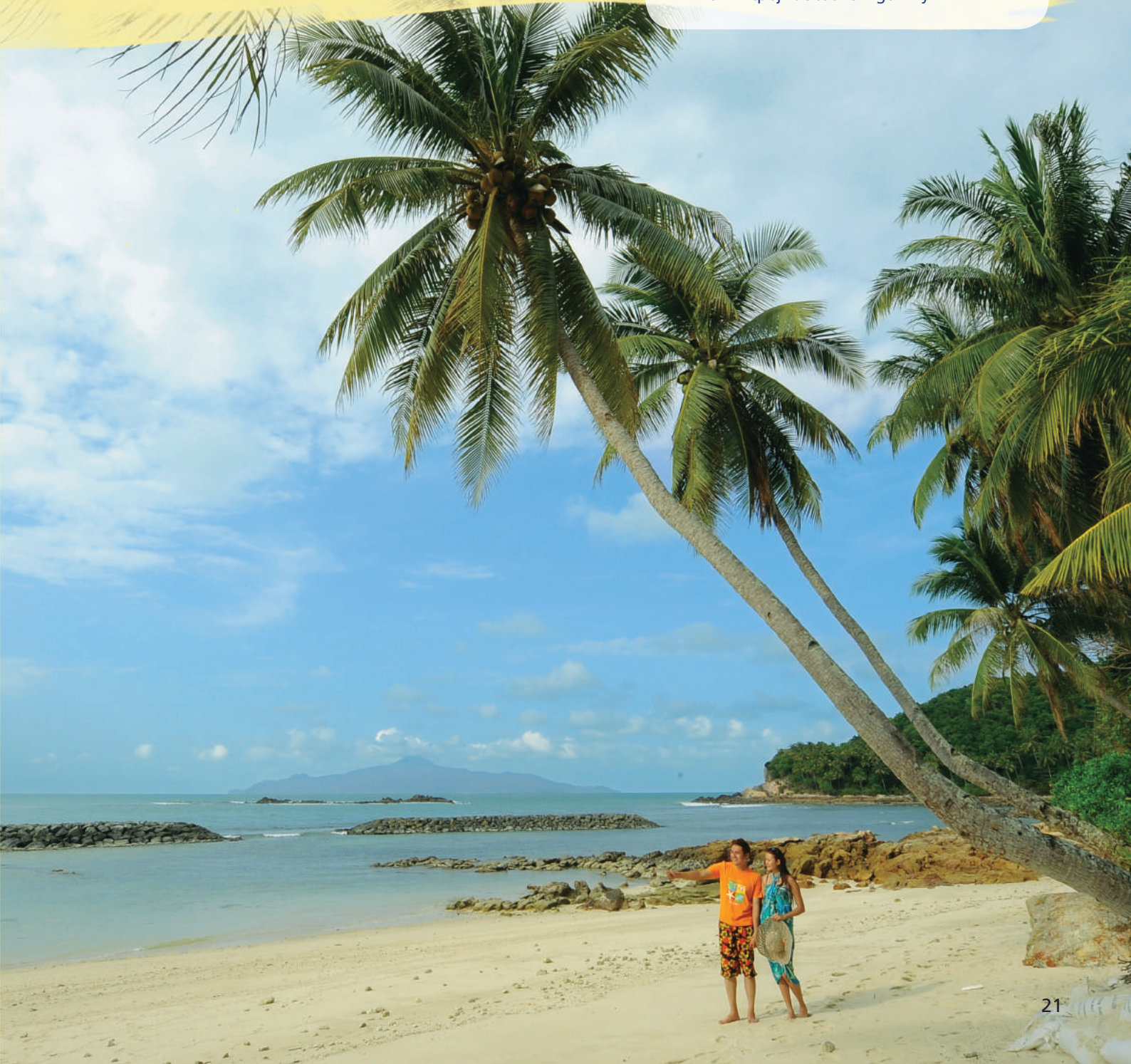
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TIOMAN, PAHANG

HAILED AS ONE OF THE BEST ISLAND GETAWAYS IN THE WORLD, TIOMAN IS FAMED AS THE SETTING FOR "BALI HAI" IN THE HOLLYWOOD MUSICAL, SOUTH PACIFIC.



Pahang, the largest state in Peninsular Malaysia, is home to Tioman, an enchanting island in the South China Sea. The state is blessed with a beautiful coastline, which offers endless tropical bliss for sun-seekers.

Tioman is the largest and most developed of the volcanic islands that form the Tioman Marine Park. According to legend, the island is the final resting place of a beautiful dragon princess. Until today, the island bears a startling resemblance to a sleeping dragon.

A sense of peace, tranquility and simplicity embraces visitors upon arrival. The waters around Tioman are ideal for a host of water sports activities, including swimming, boating, kayaking or windsurfing. Its warm waters and good visibility make it a paradise for underwater explorations. Discover astounding sights such as colourful gorgonian sea fans, staghorn corals, nudibranchs and beautifully sculptured sea sponges. Marine life such as Napoleon fish, golden striped trevally, bumphead parrotfish and shoals of fusiliers swim playfully in the depths.

Those without a strong affinity to water can still enjoy these sights in a glass-bottomed boat. Divers will enjoy trips to outlying islands as it provides opportunities to encounter harmless black-tip sharks, murray eels and other pelagic species.

For a touch of adventure, take a boat ride to Monkey Beach, or the uninhabited islands of Tulai and Renggis for a swim and a picnic.

There are several villages scattered around the island's coastline, the larger ones being Salang, Tekek, Genting, Paya and Juara. Each village offers a different atmosphere and a unique experience to enjoy.

Salang, situated on the northwest of the island, enjoys immense popularity for its crystal-clear waters and colourful corals close to the shoreline. Spend a day exploring the vibrant underwater gardens or enjoy a nap in a hammock while hearing the soothing sound of gentle waves. A stroll by the beach in the evenings will reward visitors with a spectacular view of the sun setting against the horizon.

Tekek, located midway on the island's western coastline, has the longest stretch of beach on the island. This village is the gateway to Tioman by air and sea. It is also the closest village to the Berjaya Tioman Beach, Golf & Spa Resort, the island's only five-star accommodation.

The Genting village, further south of Tekek, is enveloped by a serene and rustic atmosphere. The tranquil beach boasts stretches of golden sand ideal for long strolls along the shore.

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Juara, on the east coast of the island, is a secluded hideaway boasting a wide beach with fine spots for swimming, sunbathing or camping. Marvellous views of sunrise can be seen from Juara.

The island's southernmost village, Mukut, is surrounded by nature in its purest form. Towering against its skyline are the Twin Peaks or Dragon's Horns, an unmistakable landmark of the island.

Getting There

By Road

Tanjung Gemok in Pahang and Mersing in Johor are two take-off points to Tioman. Tanjung Gemok is a 3½ hours' drive via the North-South Expressway. Visitors can exit at the Senawang Interchange, proceed to Muadzam Shah and Rompin before arriving

at Tanjung Gemok. To get to Mersing from Kuala Lumpur, exit at Kluang along the North-South Expressway. Alternatively, overnight buses from Kuala Lumpur to Mersing are also available.

By Air

Berjaya Air operates daily direct flights to Tioman from the Sultan Abdul Aziz Shah Airport in Subang and Seletar Airport in Singapore.

By Sea

The island is accessible by boat from the jetties in Tanjung Gemok and Mersing. The ride takes about 1 hour and 30 minutes, depending on sea conditions.



CHERATING, PAHANG

ASIA'S FIRST CLUB MED AND THE NOCTURNAL RITUAL OF TURTLE NESTING GIVE CHERATING ITS APPEAL. DISCOVER ONE OF THE FINEST BEACH SPOTS ON THE EAST COAST OF THE PENINSULA.



The calm blue waters of the South China Sea make Cherating one of the most alluring beach resorts in Malaysia.

Located 47km north of the capital of Pahang, Kuantan, Cherating is home to the world-famous Club Med. A number of water sports such as catamaran sailing and kayaking can be enjoyed here. The excellent wind conditions in Cherating make it the perfect site for windsurfing and kite flying.

Hire a bicycle and explore the beach surroundings. Look out for small eateries by the roadside selling inexpensive local favourites and interesting stalls selling souvenirs.

Experience the rustic and laid-back atmosphere at the Cherating Village and take home a handcraft or batik souvenir.

Chendor Beach, just a few minutes from Cherating, is a favourite spot for turtle watching. During the nesting period, turtles come to lay eggs at its turtle sanctuary.

Nearer to the town of Kuantan are the beaches of Teluk Chempedak and Balok. Sailing, windsurfing and waterskiing can be enjoyed when wind and sea conditions are favourable. Beserah, less than ten minutes from Kuantan, is a quaint fishing village.



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Getting There

By Road

Cherating is a 4-hour drive from Kuala Lumpur via the scenic route to the east coast. There are buses to Kuantan departing daily from Kuala Lumpur. From Kuantan, there are regular bus and taxi services to Cherating. Alternatively, take a bus from Kuala Lumpur to Dungun or Kemaman in Terengganu, and disembark at Cherating.

By Air

Malaysia Airlines and Firefly provide frequent air services to Kuantan. From the airport, Cherating is just 45 minutes away.





ISLANDS OF TERENGGANU

TERENGGANU IS BLESSED WITH CAPTIVATING ISLAND RETREATS OF SOFT WHITE SAND, BREATHTAKING BLUE WATERS AND DAZZLING UNDERSEA GARDENS... AN UNFORGETTABLE PARADISE IN THE SOUTH CHINA SEA.

Terengganu, on the east coast of Peninsular Malaysia, beckons with an aura that is distinctively Malay. Its traditional way of life, vibrant cottage industries and fascinating cultural pastimes give the state its unique appeal. The islands of Redang, Perhentian, Lang Tengah, Kapas and Tenggol are jewels in Terengganu's crown.

Redang, situated 45km off the coast of Kuala Terengganu, is the largest of all Terengganu's islands. From the very first glance, Redang will enchant visitors with its compelling beauty. Its incredibly azure waters fringed by white sand, against the backdrop of

verdant jungle-clad hills make picture-perfect views.

The island boasts two beautiful beaches, the Long Beach or locally known as Pasir Panjang, situated on the east coast, and Teluk Dalam Kecil, a sheltered cove tucked away on the northeast of the island. Teluk Dalam Kecil is the location of the Berjaya Redang Beach Resort, a five-star accommodation on the island.

Stretching over 800m, Pasir Panjang is a dream come true for sun-seekers. Here, underneath the clear blue sky, one can spend hours by basking in the sun, or strolling by the beach and feel the

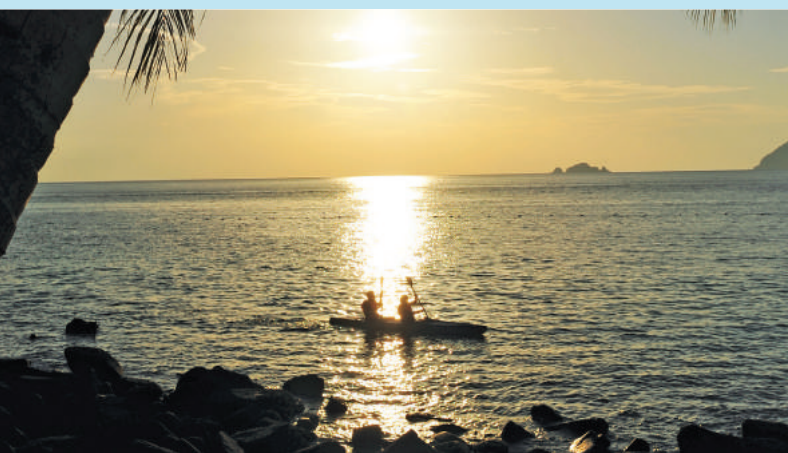




sensation of soft sand sinking under the feet. The beach is lined by a number of resorts overlooking the sea, offering various styles of accommodation.

A myriad of surprises await beneath the bewitchingly blue sea. The waters teem with a wealth of marine life and corals, and the good visibility makes it ideal for snorkelling and diving. At the Marine Park Centre, friendly wrasses, sergeant majors and breams swarm around snorkellers. Divers can look forward to thrilling encounters with black-tip sharks. Rare giant clams and hawksbill turtles have also been sighted here.

Perhentian, another breathtaking island in the state, lies about 21km off Terengganu's coastline. Made up of two islands, Perhentian Besar and Perhentian Kecil, they are abound with exciting activities for sun-seekers. The waters around Perhentian offer some of the best dive sites in the country. Fusiliers, Scorpionfish, Rabbitfish and Christmas Tree Worms are among the sights which will leave snorkellers spellbound.



Lang Tengah, a 30-minute boat ride from Redang, is one of the state's best-kept secrets. Located midway between the islands Redang and Perhentian, its sparkling white sand and aquamarine waters are simply irresistible. The varieties of hard and soft corals and prolific marine life here make it a perfect destination for divers.

The smaller islands of Kapas and Tenggol are delightful gems for divers with their scenic beaches, underwater rock formations and a plethora of marine life. Its mainland has several spots that feature scenic palm-lined beaches and luxurious resorts. The Awana Kijal Beach & Golf Resort, Sutra Beach Resort, Tanjung Jara Beach Resort and The Aryani charm visitors with their rustic architecture and impressive facilities.

Getting There

By Road

Travel along the East Coast Highway from Kuala Lumpur to Kuala Terengganu. Merang, the take-off point to Redang and Lang Tengah, is located about an hour's drive north of Kuala Terengganu. Visitors to Perhentian can drive further north to the Kuala Besut Jetty. Bus services to Merang and Kuala Besut are easily available from Kuala Lumpur.



USEFUL CONTACTS

By Air

Malaysia Airlines and the budget carrier AirAsia provide direct air services from Kuala Lumpur to Kuala Terengganu and Kota Bharu in Kelantan (the nearest airport to Kuala Besut). Additionally, Kota Bharu is served by Firefly. Berjaya Air operates daily direct flights from the Sultan Abdul Aziz Shah Airport in Subang to Redang.

By Sea

Regular boat services are available to the islands. The journey to Redang and Lang Tengah take about 1½ hours while the boat ride to Perhentian takes about an hour.

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SABAH

THIS GATEWAY TO BORNEO SHOWCASES DIVERSE CULTURES, A TIMELESS RAINFOREST AND ANCIENT CAVES. ITS EXTENSIVE COASTLINE IS A PARADISE OF ALLURING BEACHES AND ISLAND RETREATS.



Sabah is caressed by the South China Sea on its west and the Sulu and Celebes seas on its eastern coastline.

Kota Kinabalu, Sabah's capital, offers top-notch properties such as the Shangri-La Tanjung Aru Resort and the Sutera Harbour Resort and Spa. Both resorts offer spectacular views of the South China Sea and the Tunku Abdul Rahman Park islands. The Sutera Harbour Resort offers a full range of recreational facilities, including a golf course, marina and spa.

In the vicinity of the airport, the Tanjung Aru Beach is a popular spot to watch the beautiful sunset and relax at the beachside cafes. Tanjung Aru is also the gateway to explore several of Sabah's delightful attractions. Go on a ride in the North Borneo tourist steam train and take in the scenic countryside.

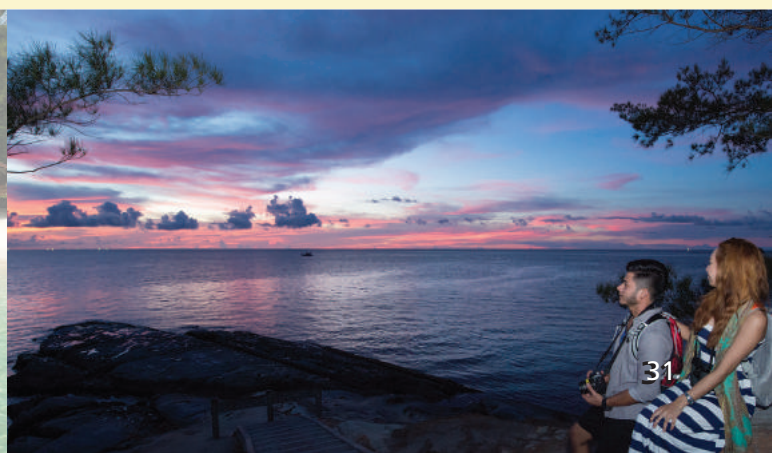
A treasured marine heritage, the five islands of the Tunku Abdul Rahman Park are surrounded by extensive coral reefs. Its proximity to Kota Kinabalu makes it a popular playground for water sports enthusiasts, sun-seekers, swimmers and snorkellers.





Just a 30-minute drive from Kota Kinabalu is the Nexus Karambunai, a fabulous resort offering six kilometres of soft sandy beach. Indulge in idyllic days of swimming and sauntering by the beach or try out exciting pastimes such as horse-riding and archery. For golfers, tee off at the resort's 18-hole par 72 course designed by Ronald Fream. The Lagoon Park, a recreational centre situated 10 minutes away, abounds with thrills such as jet-skiing, kayaking, wake-boarding, mangrove cruises and sunset firefly cruises.

The Shangri-La Rasa Ria, located nearby, is a splendid getaway surrounded by 400 acres of lush tropical vegetation. An idyllic, white sandy beach stretched over three kilometres awaits swimmers, beachcombers and windsurfers. Guests can delight in kayaking, jet-skiing, banana boat rides and catamaran excursions, or enjoy a round of golf in the 18-hole championship golf course designed by Ted Parslow. For a glimpse of Borneo's animal kingdom, visit the resort's nature reserve which houses Orang Utan and deer.



For some privacy and seclusion, try the Paka Beach in Tuaran where a six-kilometre shoreline, hugged by coastal vegetation, glitters invitingly. The glorious beach offers pristine nature with no intrusions of modernity. Delight in a picnic, take leisurely strolls along the shore or enjoy hours of swimming. The beach will also be an excellent retreat for sunbathing as it ensures a quiet environment.

En route, visit the Bajaus, famed as 'Sea Gypsies' and enjoy a boat ride through the mangroves. For a trip to this beach, prior arrangements can be made with tour operators.

Blessed with ancient shipwrecks and an abundant marine life, Mantanani Island lies approximately 45 minutes off Kuala Abai Jetty in Kota Belud. The knife-shaped Mantanani Besar has a beach stretching up to 2,500m. The island also has a diverse marine life with a visibility of up to 40m.

To the north of Sabah is Kudat Beach, where visitors can enjoy crystal-clear waters and picturesque scenery while visiting the Rungus tribe in their longhouses.

For the exhilarating feeling of standing on land's end, visit the Simpang Mengayau Bay, at the tip of Borneo. Located north of Kudat, this stretch of beach is excellent for swimming and to watch the sunrise and sunset.



Sabah has a host of captivating islands among which is Pulau Tiga Park, better known as 'Survivor Island' as it was featured in the TV reality show 'Survivor'.

The islands of Layang Layang, Turtle Island, Mabul, Kapalai and Sipadan are outstanding diving sites in the region.

Labuan, known as the 'International Garden Island of Borneo', is a major destination as well as the site of several World War II memorials.

Getting There

By Air

Malaysia Airlines, the budget carrier AirAsia and several international carriers operate direct and connecting flights from Kuala Lumpur to Kota Kinabalu, Sandakan, Tawau and Labuan. Kota Kinabalu is also served by Rayani Air.

USEFUL CONTACTS

Tourist Information Centre
Labuan

Tel: +6087 423 445

Fax: +6087 423 446

E-mail: mtpblbu@tourism.gov.my

Tourist Information Centre
Terminal 1

Kota Kinabalu International Airport

Tel: +6088 413 359

Fax: +6088 413 360



SARAWAK

SARAWAK, LAND OF THE HORNBILLS, IS THE LARGEST STATE IN MALAYSIA. ITS COLOURFUL HISTORY UNDER THE RULE OF THE WHITE RAJAHS, RICH TAPESTRY OF CULTURES AND TRADITIONS, SPECTACULAR NATURAL ATTRACTIONS AND FASCINATING WILDLIFE MAKE THE STATE A RIVETING LAND OF ADVENTURES.



Sarawak has a coastline that runs 700km along the northwestern side of Borneo. A good place to begin discovering its beauty is Damai Beach in Santubong. This holiday spot is embraced by the South China Sea and has the majestic jungle-clad Mount Santubong as its backdrop.

Some of the state's best beach resorts located here include the Damai Beach Resort, Damai Puri Resort & Spa, One Hotel Santubong and Permai Rainforest Resort. A short drive away from this beach is the Sarawak Cultural Village, a living museum showcasing the state's various ethnic cultures.





Located about 1½ to 2 hours' drive from Kuching are the pristine beaches of Sematan, Pandan and Siar Beach, ideal for swimming and sunbathing.

Just a 30-45minutes' boat ride away from Damai Beach are the Satang Besar and Satang Kecil islands, sanctuaries for green turtles. Day trips can be made to the Satang Besar Island with the permission of the Talang-Satang National Park office.



Sarawak's national parks offer a host of adventures for eco-lovers. Tanjung Datu National Park, at the western tip of Sarawak, has some of the state's most beautiful beaches and vibrant coral life. Similajau National Park, in the northeast, features golden sandy beaches that face the South China Sea. In Bako National Park, discover a sandy coastline that is ideal for swimming and sunset watching. Sightings of the long-nosed proboscis monkey, a species unique to Borneo, will be a memorable experience.

On the northernmost corner of Sarawak, the long stretches of beaches in Miri are a popular weekend getaway. The Luak Bay Esplanade and Hawaii Beach are among the well-known shores in Miri. Miri is dubbed the 'gateway to adventure' as it is the take-off point to exciting destinations such as Gunung Mulu, Niah Caves, Lambir Hills and Bario and the Kelabit Highlands.

Getting There

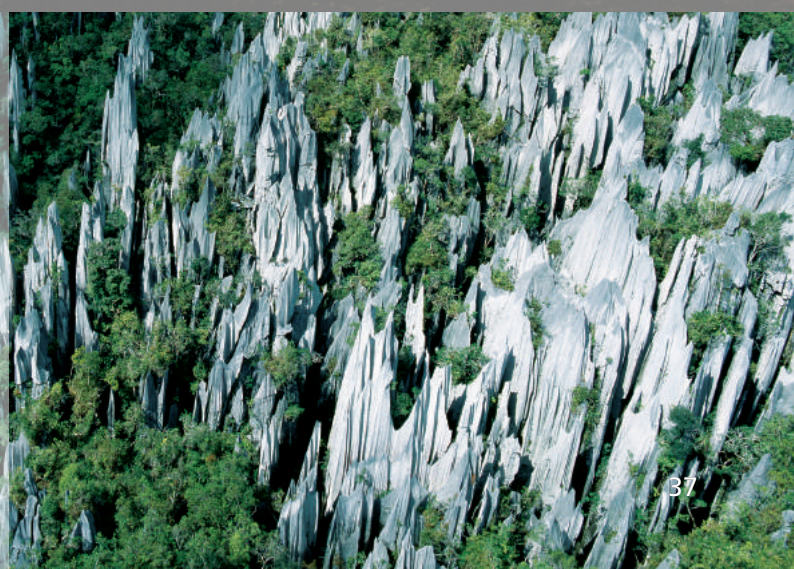
By Air

Malaysia Airlines and the budget carrier AirAsia operate direct and connecting flights to Kuching, Miri, Bintulu and Sibiu. Kuching is also served by Rayani Air.



USEFUL CONTACTS

Tourist Information Centre
Kuching International Airport
Tel: +6082 627 741/ 742



MALAYSIA AT A GLANCE

COUNTRY

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

CAPITAL CITY

Kuala Lumpur

GEOGRAPHICAL LOCATION

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

AREA

329,758 sq km

POPULATION

28 million

PEOPLE

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

LANGUAGE

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

RELIGION

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

GOVERNMENT

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

CLIMATE

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

ECONOMIC PROFILE

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

ENTRY REQUIREMENTS

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

CURRENCY

The unit of currency is the Malaysian Ringgit, which is denoted as RM. Foreign currencies can be converted at banks and money changers.

WORKING DAYS

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

BANKING HOURS

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

POST OFFICES

Post offices are open from 8.30 am to 5.00 pm daily except on Sunday and public holidays. They are open for half-a-day on Saturday (until 1.00 pm). Post offices that are located in shopping malls have extended operating hours. In the states of Johor, Kedah, Kelantan and Terengganu, post offices are closed on Friday and Saturday.

TIME

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

ELECTRICITY

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

MEASUREMENT SYSTEM

Malaysia uses the metric system.

TELECOMMUNICATIONS

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

GETTING TO MALAYSIA

The main gateway to Malaysia is through the Kuala Lumpur International Airport (KLIA) in Sepang. It is located about 50 km south of Kuala Lumpur. Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. The airline is a full-fledged member of oneworld, one of the world's top three airline alliances. The national carrier is complemented by its subsidiary, Firefly and the budget airline, AirAsia. Rayani Air is Malaysia's first Syariah-compliant airline. It is based in Langkawi and serves five destinations; KLIA2, Langkawi, Kota Bharu, Kota Kinabalu and Kuching. The new KLIA 2, situated about 1.5 km away from the main terminal of KLIA, is the world's largest purpose-built terminal dedicated to low-cost carriers. Airlines that operate from KLIA2 include AirAsia, AirAsia X and Malindo Air. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. The main entry point to Malaysia by sea is Port Klang, about 50 km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines as well as carriers such as AirAsia and Firefly. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains.

ACCOMMODATION

Malaysia has a wide range of accommodation with competitive rates. International star-rated hotels, boutique hotels, beach resorts, chalets, youth hostels and timeshare apartments are among the types of accommodation available.



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IAB (English) / IH / CE
January 2016 (0116)

(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)