



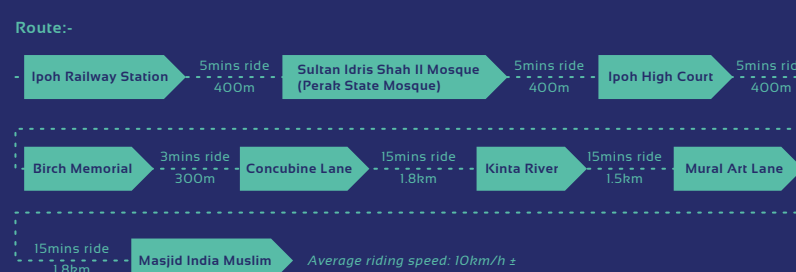
Route 1

## Ipoh Old Town Cycling Trail

We begin our journey in Ipoh, the state capital, which is fast becoming Perak's cultural and heritage hub at the ever iconic and best preserved, Ipoh Railway Station. Don't forget to take a picture at its courtyard, where you will find the Ipoh Tree, the city's namesake! With so much to see, it's on to our next stop right around the corner, the Perak State Mosque also known as the Sultan Idris Shah II Mosque, the Ipoh Courthouse and Birch Memorial as well as a slew of stately buildings that will transport you to a bygone era.

After all this cycling around it's time to enjoy some famed Ipoh delicacies, so off to the streets of Concubine Lane we go. A scandalous street where the stories are juicy and the food even better. Rainbow Cheese Toast, Beef Noodles, Nam Chau White Coffee are just some of the must-try feasts here, don't forget to have the Tau Fu Fah and the giant ice ball, which comes in multiple flavours to cool off before you head to your next destination.

With lovely bike paths on both sides of the river, Kinta River is the partition point between Ipoh's old and new town. Cycle along the river beside giant trees and don't forget to stop for a photo up or just to take a short nap. Next cycle down to Mural Art Lane past the blue domed Masjid Jidat Muslim Mosque for some cultural street art that captures the essence of Ipoh.



**6.6 km**  
distance

**3-4 hrs**  
duration

**☆☆☆**  
difficulty

**3-4 hrs**  
duration

**☆☆☆**  
difficulty



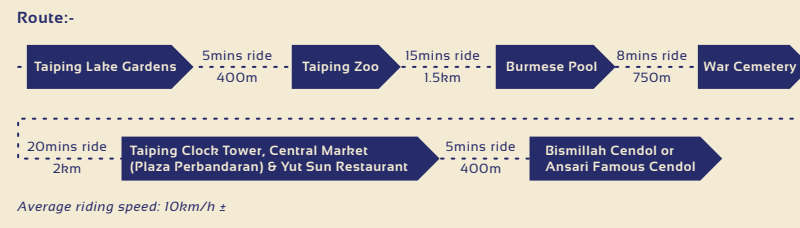
Route 2

## Taipung Leisure Cycling Trail

If you're looking for the perfect combination of a rustic town with lush greenery and well preserved heritage architecture then paddle fast cause Taiping is where you need to be. Taiping Lake Gardens dates back to the late 1800s and is the oldest public park in Malaysia. Take in the glorious morning views of the lake and cycle under gigantic trees that more than a century old. Cycle round the gardens and take a turn round Taiping Zoo, the oldest zoo in Malaysia and don't forget to visit the Burmese Pool and War Cemetery while you're there.

Venture out into the town and visit the town's Clock Tower which is just a short ride away from the Old Market and don't forget to place your bets on when it might rain as Taiping is known for being the wettest place in Peninsular Malaysia.

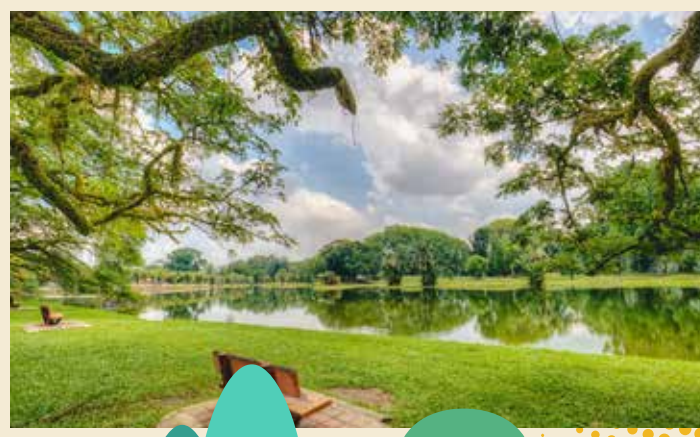
But don't worry, showers are usually light, and you can possibly have a cup of tea or coffee at any of the local Kopitiams, a favourite being Yut Sun famed for its delicious pastries and muslim-friendly cooking. If you're looking for something icy and sweet try the Cendol and Bismillah Cendol or Ansari Famous Cendol, the two best Cendol joints in Taiping.



**5 km**  
distance

**5 hrs**  
duration

**☆☆☆**  
difficulty



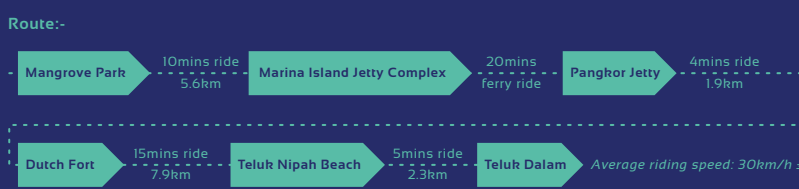
Route 3

## Lumut & Pangkor Coastal Trail

A coastal town in the Manjung District of Perak, Lumut is a fishing town and used to be the gateway to Pangkor Island our next stop on this cycle tour of Perak. Lumut is the perfect place to cycle around due to its light to medium traffic, laidback and friendly locals and hidden gems scattered around the sleepy coastal town. Surrounded by lush rainforests, unique wildlife and even a mangrove park, Lumut is a haven for the avid cyclist.

After you're down discovering Lumut cycle down to the jetty either at Lumut Jetty of Marina Island Jetty, which makes for a much quicker ride, and get on board one of the ferries that will gladly transport you and your bike to Pangkor Island for a roundtrip that's about RM20-RM30. Ferry services are every hour starting at 7:15am and ending at 7:30pm. The 20 minutes ferry ride is a quick and refreshing break after all that cycling.

On Pangkor Island you can cycle all around the island from the jetty, past Dutch Fort and all the way to Teluk Nipah Beach & Teluk Dalam. At the end of the ride as you take a turn round the island passing chinese temples, fishing villages, family homes and fish factories too. The past along the second half of the island can be quite strenuous for bikers so remember to pace yourself. The island also has a travel van service that sometimes takes up most of the road so be mindful while you cycle around the busier streets of the island. Don't forget to get some fishy snacks on your way out and try Pangkor Island's famed Laksa Mee while you're there.



**17.7 km**  
distance

**8 hrs or 1-night stay at Pangkor Island**  
duration

**☆☆☆**  
difficulty



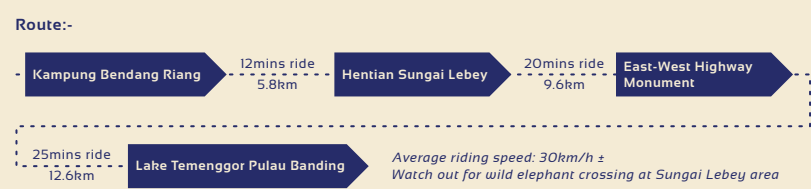
Route 4

## Trail to the Forest Complex

For those who are keen for a more challenging excursion, this route delivers on all levels of difficulty. Be sure to have enough food and water as this trip can take quite a long time depending on your endurance levels. As we always say, pace yourself. As most of your ride will be on the highway be mindful of large trucks and fast cars passing by as it can be quite dangerous. Don't worry there is space for you to take a short rest during your ride uphill. Although rarely seen, Elephants are often seen in this area as well, so be careful not to startle them.

The best thing about this trip as hard and lonely as it may be is the epic views of Malaysia's ancient jungles. That being said, the downhill route is a fun one and one worth the wait. The lovely views of Lake Temenggor will not only put you at eyes but make the difficult hike up worth the pain. There's even a war memorial right before the Lake Temenggor Bridge for a much deserved photo op.

Here there are a number of places to eat serving some local treasures, predominantly Malay cuisine like Nasi Lemak, malay fried rice and more. Don't forget to go down to the Royal Belum Rainforest Jetty for a spectacular view of the floating chalets and surrounding landscapes, you're welcome to spend the night here and if you have the time take a boat trip down the lake to see the wildlife such as elephants, hornbills and more.



**28 km**  
distance

**4 hrs or 1-night stay at Royal Belum**  
duration

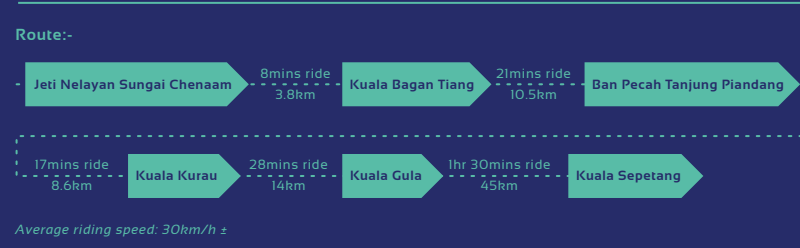
**☆☆☆**  
difficulty

Route 5

## Fishing Villages Trail

The ultimate challenge for the fittest bikers, the trail brings you through 82 km of rural views. Although the road is relatively flat, this trail is lengthy, and not for the fainthearted. Passing sights of scenic coastal road, quaint fishing villages and paddy fields make for a beautiful escape through nature.

Ride past colorful fishing boats lining the river mouth, perhaps stopping by to try a mouth-watering dish of local cuisine, or to greet a passing village local. A recommended meal stopover is Kedai Kopi Lee King in Tanjung Piandang, highly rated for their dim sum.



**82 km**  
distance

**4-5 hrs**  
duration

**☆☆☆**  
difficulty



## Trail Ride Checklist

**Check your bike**  
Make sure that your brakes and chain are working properly. See that your reflectors are clean and that you have an attachable light if you anticipate riding after dark or through a trail tunnel. Check the air in your tyres. Read the PSI markings on the side of the tire to ensure that you are pumping in the right amount of air. Make sure your wheels are aligned, and they roll straight.

**Bring bike supplies**  
Be sure to have an extra tube (make sure it is the right one for your bike) or patch kit, as well as tire levers, a cyclist's multi-tool, and a pump. Make sure that your helmet fits and straps on properly, and is not cracked or damaged.

**Charge your phone**  
Make sure that your phone is fully charged before heading out. Bring a power bank if necessary.

**Plan your journey**  
If you are heading out on a new trail, do not forget to research and download directions to trailheads and parking locations. Note where restrooms, water fountains, bike shops, and other services are located within close proximity to the trail. Also determine if your trail requires a fee or permit.

**Review your wardrobe**  
Depending on the time of year and conditions on the day that you are riding, consider whether a rain poncho, an extra layer, or gloves are necessary. Plan for sudden weather changes.

**Wear sun protection**  
Do not forget sunscreen and sunglasses, even on an overcast day.

**Hydrate**  
Bring more than enough water, especially on a hot day or if riding in a remote area. Be sure to drink plenty of water, even if you don't feel thirsty.

**Bring snacks**  
Nuts, cereal bars, chocolate or compact foods provide an energy punch, and are the perfect items to snack on throughout the day. As with water, pack a little more than you think you will need.

**Have emergency contacts at hand**  
Let someone know where you're going before the ride. Have a list of important contacts and medical services with you or saved into your phone, in case of an emergency.

**Travel pack**  
Other items to include in your pack: mini first aid kit/plasters, small towel, anti-friction chamois cream, lip balm, tissues, cash/credit card, identification, and your health insurance card (which hopefully you won't need). Bring a lock for your bike in case you have to leave it outside a shop or site. If it is a new route, you may also want to consider bringing a map, directions, and a camera.

