



THE LAND OF GRACE

# perak

Adventure & Nature

## Everything Adventured, Nature Gained

What is life but one grand adventure? Couple this with nature and you have a blissful concoction found closer to home than you think. Perak is the epicentre of nature, known for being sanctuary to one of the oldest rainforests in the world, older than both the Amazon and the Congo at a 130 million years old. It is here that your adventure begins, so, what are you waiting for?





## WATER

Leonardo Da Vinci once said, water is the driving force of all nature. Adventure enthusiasts who relish in the water will be spoilt for choice when it comes to aqua activities all across Perak. Due to its unique terrain there is so much to explore, venture through and admire.

### SNORKELING

You'd be surprised to find out that the shores of Pangkor have some very unique and colourful marine fish to snorkel through. Venture to the surrounding islands and you'll uncover beautiful green and pink parrot fish and turquoise moon wrasse swimming round boulder and staghorn corals.

#### I Love Pangkor

18, Jalan Fu Lin Kong, Lorong 5,  
32300 Pangkor, Perak  
+605-683 5077

#### Nomad Adventure Earth Camp

Lot 17525, Kampung Chulek,  
31600 Gopeng, Ipoh, Perak  
+6013-467 0528

### WHITE WATER RAFTING

The perfect chance to test your river rafting skills, White Water Rafting is not for the faint of heart. Your adrenaline is about to go into overdrive as you tackle rapids and splashes of ice cool waters.

#### Raftasia Whitewater Rafting Centre

Kampung Pos Bersih,  
35800 Slim River, Perak  
+6013-467 0528

#### River Explorer Gopeng

Lot 13319, Kebun Ulu Groh,  
Mukim Teja, 31600 Gopeng, Perak  
+6010-769 2145

### KAYAKING

Perak offers you the advantage of kayaking down a river or the open sea. So, it's up to decide which one you're brave enough to encounter. Either route, rest assured, the narrow structure of the kayak, propelled by a double-bladed paddle, will guide you through the curves and bends of nature.

#### I Love Pangkor

18, Jalan Fu Lin Kong, Lorong 5,  
32300 Pangkor, Perak  
+605-683 5077

#### Nomad Adventure Earth Camp

Jalan Teluk Batik,  
32200 Lumut, Perak  
+605-683 5077

## THRILLING OUTDOOR ADVENTURE

Let's wander where the Wi-Fi is weak! Perak is full of amazing adventures just waiting to be discovered! Amazing water sports activities, long treks in off the beaten track under dense jungles and steep hills as well as fun excursions there's something for every adventure buff in.



### WATERSPORTS

An ideal destination for water sports, such as jet skiing, parasailing, banana boat rides, paddle boarding and more, Perak is just spoilt for choice when it comes to sports that include plenty of H2O. These activities are sure to keep you busy in the sun. Don't forget your sublock!

#### SF Watersports

Teluk Nipah,  
32300 Pangkor, Perak  
+6012-504 2760

### RIVER TUBING

One of the less stressful activities, river tubing is like going down a lazy river, the most relaxing activity in our list. Safety first though, everyone will have to make sure they have their life jacket on and some protective gear before tubing down the river in comfy inflatable donuts for 3 kilometres. The entire activity takes roughly two hours.

#### Radak Adventure

1, Bawah Jalan Sungai Itek,  
31600, Gopeng, Perak  
+605-359 2528

### WATERFALL ABSEILING

Waterfall Abseiling at Ulu Jerantum Waterfall may look easy but don't be fooled. Not only do you have to muster the courage to abseil down but you'll have to brave high waterfall currents racing towards you while trying to get back down to land. Be mindful of the slippery rocks while getting down!

#### Riverbug Asia

19-C, 1st Floor, Jalan Kg. Rawa  
31600 Gopeng, Perak  
+6012-313 1006







## JUNGLE

The jungles of Malaysia are a true treasure trove for all nature lovers. With a diverse tropical rainforest and an equatorial climate all year through, Perak is home to not just amazing wildlife but impeccable terrain to discover for eco thrill seekers.

### HIGH ROPES COURSE

Who knew the rush of aerial adrenaline to be equivalent to any other extreme sports? Most aerial adventure high ropes courses have been certified annually by the Professional Ropes Course Association so be sure to only go to official high ropes course venues across Perak. You'll definitely be spoilt for choice!

#### Alamanda Gopeng

24, Jalan Kampung Pintu Padang, Kampung Pintu Padang, 31600 Gopeng, Perak

#### Belum Adventure Camp

Pulau Banding, 33300 Gerik, Perak

### CAVE EXPLORATION

From cave temples to prehistoric wonders, each of the Perak caves have something special to offer cave explorers and spelunkers. Depending on your extreme level there's something for all to enjoy. These natural limestone wonders have been preserved for all to enjoy, if you're craving for something dark but not necessarily dangerous then head on down for a once in a lifetime experience.

### ZIP LINE

Keen on being suspended in midair as you zip down emerald jungle terrain? Then you've come to the right place. Also known as zip line, flying fox and even air trekking, this adrenaline activity only requires you to have the courage to sit still and endure breathtaking views.

#### Bukit Kinding Eco Adventure Park

Lot 26302, Jalan Chemor, Bukit Kinding, 31250 Tanjung Rambutan, Perak  
+605-533 112



### HIKING

Gopeng is definitely Perak's adventure town, but did you know that not only is it famous for its white water rafting but also for its hiking trail? An easy and fairly short trail with breathtaking views, Bukit Batu Putih can be found in the heart of Gopeng's ecoadventure intersection between Jalan Kampung Pintu Padang and Jalan Batu Putih, not far from the Hoga Gahaaru Tea Valley.

Jalan Kampung Pintu Padang, 31600, Gopeng, Perak

### JUNGLE TREKKING

If you like getting nice and dirty then this is the adventure for you! Did you know Gunung Yong Belar is Peninsular Malaysia's third highest peak? Meet up at Guan Di Miao Temple for a jeep ride up to more trekkable terrain via stairs, along water pipes or through a farm. Goodluck!

#### Guan Di Miao Temple

Kampung Raja, 39000 Tanah Rata, Pahang



## ADVENTURE SPORTS

Thought to involve a high degree of risk, adventure sports involve speed, height, high levels of physical exertion and specialised gear or all of the above. With amazing terrain for these fun sports with a hint of the extreme, Perak lets you wander where there's speed, maybe some pain on all sorts of terrain.

### PAINTBALL

A competitive shooting sport with one goal, to eliminate opponents by hitting them with paintballs that are bound to leave your skin slightly bruised. The paintballs are dye-filled gelatin capsules that explode upon impact. All you have to do in this game is target your opponent and bring them down before they bring you down and to avoid getting hurt as best you can!

#### Seri Iskandar Paintball

Taman Seri Iskandar, 32600 Seri Iskandar, Perak  
+6012-590 6805

#### Gopeng Recreational Paintball Range

Hanifa Kem, 31600 Gopeng, Perak  
+6016-449 6560

### ZORBING

Ever wondered what it's like to walk on water? Well now you can! Zorbing is a recreational sport of rolling inside a transparent plastic orb. Whether on rolling down a hill on land or on literally walking on water, taking it easy or going to the extreme, this fun sport is perfect for all levels of fun seekers and age groups.

#### Bukit Kinding Eco Adventure Park

Lot 26302, Jalan Chemor, Bukit Kinding, 31250 Tanjung Rambutan, Perak  
+605-533 112

#### Lost World of Tambun

1, Persiaran Lagun Sunway 1, Sunway City Ipoh, 31150 Ipoh, Perak  
+605-542 8888



### ATV RIDING

Go off the beaten path via ATVs as you ride through villages, rivers, fruit orchards, plantations, hills and waterfalls. Secret nature trails designed for optimum fun, these tracks can be enjoyed by all sorts of thrill seekers and nature lovers. Remember to wear shoes or strappy sandals, quick dry clothing and bring a bottle of water and insect repellent if you're prone to mosquito bites.

#### Slim River ATV Adventure

Kampung Gapis, 35800 Slim River, Perak  
+6012-692 7423

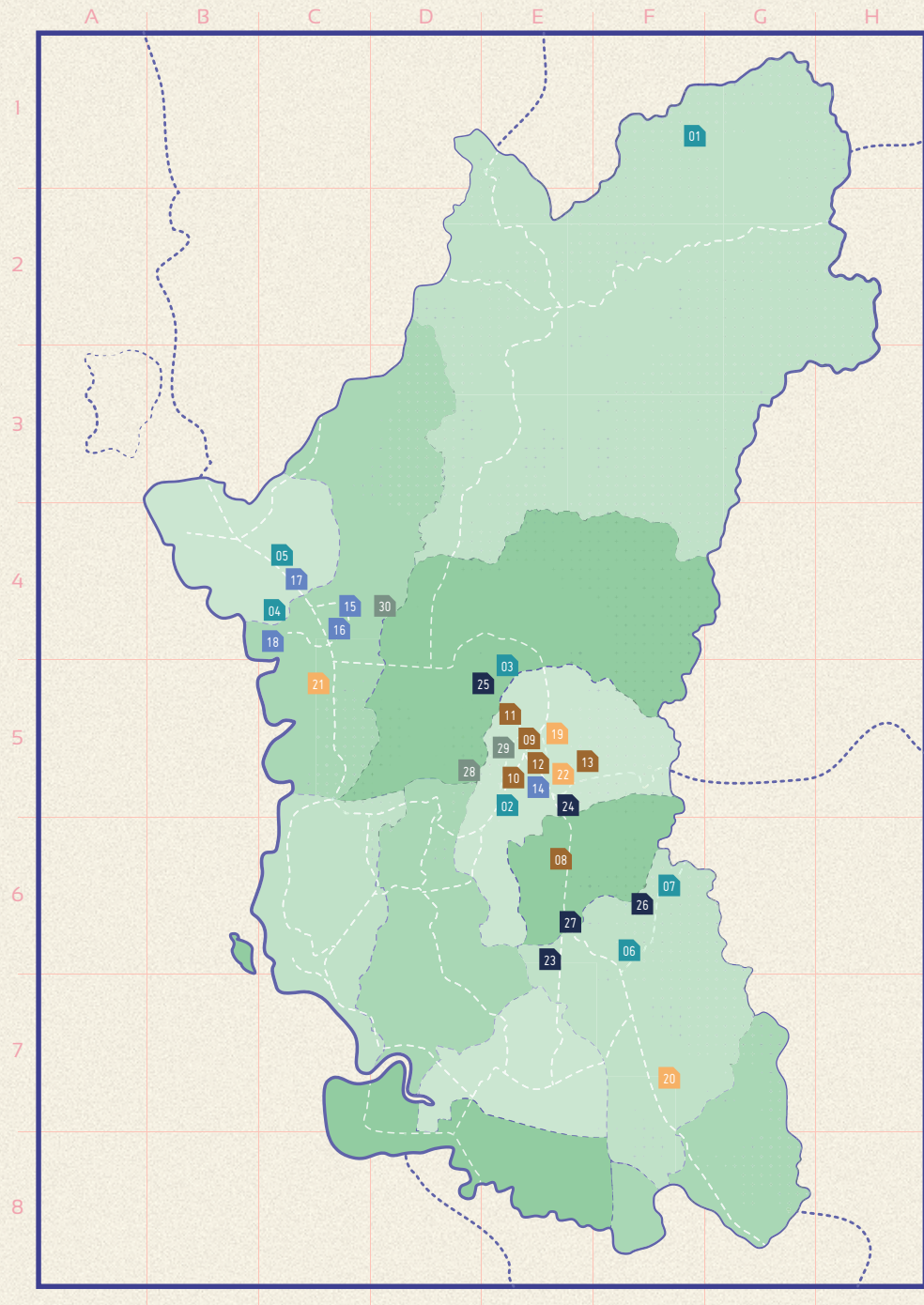
### GO-KARTING

Brace yourself for some drifting when you go-kart but don't be a hero and go too fast as you can severely injure yourself. Just follow the rules given by the instructor and you'll have nothing to fear in this karting vehicle built for speed. Race round a course designed for maximum speed and fun.

#### GO-Kart Tanjung Malim

Jalan Kampung Lambak, 35900 Tanjung Malim, Perak  
+6011-1157 7188





## MUST-VISIT WONDERS OF NATURE

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- 02 Kinta Nature Park
- 03 Kledang Saiong Forest Eco Park
- 04 Matang Mangrove Forest Reserve
- 05 Bukit Merah Orang Utan Island Foundation
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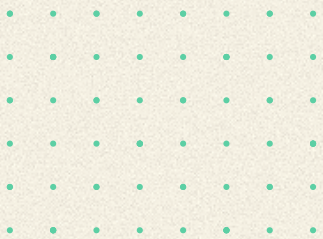


## STATE PARKS & FOREST RESERVES

Perak authority does its very best when it comes to preservation of Malaysia's unique wildlife and ancient rainforests. Biodiversity conservation is key to sustaining future populous of all local Perak species. It is said 100 deer roam free at the Sungkai Wildlife Reserve and at Royal Belum State Park 10 species of Malaysian hornbills can be seen. You might just catch a glimpse of some protected creatures such as tapirs, elephants, panthers, tigers and even the Sumatran rhino.

## MUST-VISIT WONDERS OF NATURE

Head back to nature and get ready to be amazed by mesmerising formations of nature that not only make for the perfect insta-shot but sceneries that are bound to make you think how lucky we are to live on this beautiful planet. Green covers almost every inch of this precious land coupled with limestone cliffs and caves, adorned by mountains and wildlife reserves while nature parks preserve and protect all that Perak has to offer.



### ROYAL BELUM STATE PARK

F1

Dubbed the Hornbill Capital of the World, Royal Belum State Park is a must-visit for all nature lovers and birders. With over 300 unique bird species, three different species of the infamous rafflesia and more encompassing 117,500 ha in the north most region of the State of Perak.

#### Royal Belum State Park

Tasik Banding, Pulau Banding,  
33200 Gerik, Perak  
+6019-999 0198

### KINTA NATURE PARK

E5

Perak's third state-gazetted park after Royal Belum and Pulau Sembilan, Kinta Nature Park, encompassing about 400 hectares. Made up tin-mining ponds now turned into a sanctuary for about 150 different species of birds (1381 aquatic birds), the park is also home to otters, clouded leopards, foxes, butterflies and lizards. Head down to Batu Gajah and don't forget your binoculars for some pretty cool wildlife nestled within the calm and serene lakes that surround.

#### Kinta Nature Park

31000 Batu Gajah, Perak

### KLEDANG SAIONG FOREST ECO PARK

E4

Open daily from 7 am to 6pm, the Eco Park is located 5km from Ipoh city and you'll be glad to know admission is free! The park is well maintained and is houses a Nepenthes Garden, which comprises of more than 70 species of pitcher plants and monkey cups from around the globe and 15 hybrid species. This well curated garden is definitely worth the entrance fee of RM5.00 for adults and RM2.00 for students.

#### Kledang Saiong Forest Eco Park

Persiaran Meru Utama, Perak  
+605-366 1228  
RM 5.00/pax (adults)  
RM 2.00/pax (students)



### MATANG MANGROVE FOREST RESERVE

C4

Imagine for a second, 40,000 ha of mangrove! That's massive indeed. Gazetted as a permanent forest reserve since 1906, Matang Mangrove Forest Reserve is recognised today as one of the most sustainably managed mangrove ecosystems in the world. With rich and diverse wildlife, Matang Mangrove Forest Reserve provides nature buffs with the perfect place to discover Peraks wetlands, wildlife and marine life. Here's a fun fact, this particular reserve has been proven to act as a natural barrier against tsunamis. Isn't that amazing!

#### Matang Mangrove Forest Reserve

Kampung Kuala Sepetang,  
34650 Kuala Sepetang, Perak  
+6012-514 5023

### BUKIT MERAH ORANG UTAN ISLAND FOUNDATION

C4

Located in Bukit Merah, Orang Utan Island is one of the best Orang Utan rehabilitation and Conservation centres in Malaysia. Today the 35-acre island is a popular ecotourism destination and has become a full-fledged conservation facility and centre for endangered and helpless Bornean Orang Utans. You can even volunteer your time and spend a day with these loveable creatures that need our protection.

#### Bukit Merah Orang Utan Island Foundation

A197, Simpang Empat,  
34400 Semanggol, Perak  
+605-890 8110

### KUALA WOH RECREATIONAL FOREST

F6

Not far from Tapah, you'll find Kuala Who Recreational Forest, nestled within a hidden valley, ancient trees, rivers and streams. This recreational forest is said to be one of the more established eco parks in Perak and often plays host to company team building activities. Although rainfall is quite frequent here, on good days, it often crowded with people enjoying the natural hot springs and picnicking in the area.

#### Kuala Who Recreational Forest

35000 Tapah, Perak  
+6019-442 4578

### TAPAH HILLS FOREST RESERVE

F6

Head down to the foothills of Tapah and you'll find the Tapah Hills Forest Reserve. Famed for its diverse insect population and collection by the aboriginals of the area, commonly known as Orang Asli. So if you're a fan of bugs and beautiful sceneries, you've come to the right place!





## CAVES

Caving enthusiasts will be spoilt for choice in Perak, as it is home to some of the most unique and culturally symbolic caves in Malaysia. Be prepared and dressed for the occasion as some caves go so deep that they're completely pitch black inside, you'll definitely need to bring along your flash light or headlamp!

### GUA TEMPURUNG

E6

Head on down to Gopeng, about 24km south of Ipoh, and you'll find Gua Tempurung, one of the largest limestone caves in Malaysia. At more than 4.5km in length, Gua Tempurung or Coconut Shell Cave is also one of the longest caves in Peninsular Malaysia. Within the cave you will find a 1.6km cave and 5 giant domes and above it at 500m high is the karst hill, known to some as Gunung Tempurung.

#### Gua Tempurung

📍 Pusat Pelancongan Gua Tempurung,  
31600 Gopeng, Perak  
☎ +6012-529 2426

### GUA KEK LOK TONG

E5

Sitting on 12 acres of land within the Gunung Rapat area, South of Ipoh is Gua Kek Lok Tong, one of Ipoh's famous temple caves. Since the year 1920, the cave has been used as a Buddhist temple and place of worship for many. In the 60s the cave was converted into a tin mining site during the Tin Mining Boom in Perak. So what makes this cave truly unique? Many never fail to mention its amazing garden view visible from within the cave. If you'd like to see it for yourself, don't forget your camera!

#### Gua Kek Lok Tong

📍 30, Persiaran Wira Jaya Barat 29,  
Taman Desa Indah,  
31350 Ipoh, Perak  
☎ +605-312 8112

### GUA SAM POH TONG

E5

Not far from Gua Kek Lok Tong, is the oldest cave temple in Ipoh, Gua Sam Poh Tong, it is said to be the largest cave temple in Malaysia and features intricate and ornate Buddhist statues seated amongst stalactites and stalagmites. According to legend, the cave was discovered in the year 1890 by a monk from China. He remained there for 20 years until his death. Buddhist monks still live within the walls of the temple and care for it till this day.

#### Gua Sam Poh Tong

📍 Kampung Gunung Rapat,  
31350 Ipoh, Perak  
☎ +605-255 2772

### GUA PERAK TONG

E5

With more than 30 cave temples in and round Ipoh, we've picked only the definite must-see's for you and so it comes as no surprise that Gua Perak Tong is one of them. Famous amongst locals and often crowded, Perak Tong cave is beautifully adorned with murals, carving, calligraphy and grottoes paying tribute to Chinese deities scattered within as a golden Buddha sits at 40 feet in height, encompassing the entire cave.

#### Gua Perak Tong

📍 Jalan Kuala Kangsar, Kawasan  
Perindustrian Tasek  
31400 Ipoh, Perak  
☎ +6011-2358 4126

### GUA TAMBUN

E5

Cave painting spanning thousands of years, dating back all the way to the Neolithic period are a surprising find in Gua Tambun. Neolithic rock art found inside the cave was discovered by a British army officer in 1959 and is estimated between 2,000 and 5,000 years old. The art found showcases local animals, like a dugong, tapir, deer and more. Perfect for archeology buffs and cavers.

#### Gua Tambun

📍 Jalan Tambun (next to Caltex),  
Ulu Kinta, 31400 Ipoh, Perak

### GUA DATOK (LOST WORLD ADVENTURE)

F5

Located within Sunway Lost World of Tambun Theme Park, Gua Datok is a famous cave amongst explorers and adventurous families alike. Bats and crystals are common within this limestone cave and there's a magnificent view right at the top. A guide is recommended to provide interesting facts on the cave and its surroundings. Be sure to wear proper attire to steer clear of leeches and mosquitos.

#### Gua Datok

📍 Lost World of Tambun,  
1, Persiaran Lagun Sunway 1  
Sunway City Ipoh, 31150 Ipoh, Perak  
☎ +605-542 8888

## RIVERS & LAKES

Home to the second longest river in Peninsular Malaysia, although it's not much to look at it slithers through most of Perak engulfing its jungles and sustaining its wildlife. Thanks to the tin mining boom, lakes are now an impeccable product of abandoned tin mines from bygone years, making it the perfect spot for exploration as well as recreation.

### TASIK CERMIN

E5

Tasik Cermin or Mirror Lake is Ipoh's hidden gem, tucked deep within pointy clusters of limestone hills and karsts. The entrance can be particularly tricky, but once you get there we promise it's going to be worth the journey. You can definitely see your reflection in the lake that's going to be an insta-worthy adventure.

#### Tasik Cermin

📍 5A, Persiaran Pinggir Rapat,  
31350 Ipoh, Perak

### BURMESE POOL

Part of a forest park in Taiping, the Burmese Pool is located at the foot of Maxwell Hill. Locally it's known as Kolam Renang Batu Besar and is a popular hangout amongst locals who enjoy cooling off in the pool. Burmese Pool gets its name from the natural rock pool that is fed by the nearby waterfall. Burmese Pool is also the name of the entire forest area as well. Don't forget your picnic blanket, and some decent swimwear when you visit.

#### Burmese Pool

📍 Kolam Renang Batu Besar,  
153, Jalan 2, Taman Sentosa,  
34000 Taiping, Perak



### TAIPING LAKE GARDENS

C4

Located by Bukit Larut, Taiping Lake Gardens is a picturesquely green oasis. Once a tin mining site, it was converted into a garden in 1880, by the British. Today, locals and visitors love to use the gardens as a recreational area, to exercise or to lounge about as it is particularly cool. Surrounded by giant trees that are hundreds of years old the park is a definite sanctuary for all those looking for some peace and quiet and refuge from the mid-day sun.

#### Taiping Lake Gardens

📍 Jalan Pekeliling,  
Taman Tasik Taiping  
34000 Taiping, Perak  
☎ +6017-546 0464

### KAMPUNG DEW

C4

Known for its flora and fauna, Kampung Dew is most notably famous for its fireflies! Unique to the mangrove ecosystem, the fireflies are kept safe as Kampung Dew has been awarded as one of the top three most successful firefly conservation in Malaysia. Be awe inspired by the beauty of nature by dozens of fireflies as they dance in the darkness and shine so brightly.

#### Kampung Dew

📍 1, Kampung Dew, Simpang Empat,  
34400 Semanggol, Perak  
☎ +6019-578 6456

### KUALA SEPETANG

C4

Hop on board for the river cruise at Kuala Sepetang and you might even get the opportunity to feed eagles or if you're not so brave then why not dabble in a little fish farming? While on the cruise you will also get to see the floating chalets at Kuala Sangga and even the magical Irrawady Dolphins, but only if you're lucky!

#### Kuala Sepetang River Cruise

📍 Jalan Sungai Manggis,  
Kampung Kuala Sepetang,  
34650 Kuala Sepetang, Perak  
☎ +6012-514 5023



## HOT SPRINGS

Hot Springs, hydrothermal or geothermal springs are one of nature's grandest wonders. Geothermal heat from groundwater rises from deep within the earth's crust to the surface, producing spring water that's safe enough to bathe in, but be careful, cause some of them can be hotter than you think. Don't forget to dip a toe before you get in!

### THE BANJARAN HOT SPRINGS RETREAT

E5

The fanciest Hot Spring in Malaysia, The Banjaran as its known by locals is a wellness retreat with geothermal hot springs and naturally heated swimming pools. It might be expensive but it's well worth the money as this amazing luxury retreat and spa even has a wine bar set within a limestone cave, making it one of the most unique wine bars in the world. From the moment you set foot at the retreat, everything is a magical experience that is just waiting to be savoured.

#### The Banjaran Hot Springs Retreat

📍 1, Persiaran Lagun Sunway 3,  
Sunway City Ipoh, 31150 Ipoh, Perak  
☎ +605-210 7777

### LUBUK TIMAH HOT SPRING

E5

Just 15km from Ipoh, Lubuk Timah Hot Spring is a great place to relax, soak in the atmosphere and breathe in the crisp fresh air. Three different hot spring pools can be found with varying temperatures, so, remember to test the water before getting in. Once its waters were used for tin mining, today it's used for recreational purposes only.

#### Lubuk Timah Hot Spring

📍 Lubuk Timah Hot Spring,  
31300 Ipoh, Perak  
☎ +6019-244 9056

### SUNGAI KLAH HOT SPRING PARK

F7

Also known as Felda Residence Hot Springs, Sungai Klah Hot Spring Park is surrounded by hills, streams and rivers you'll find Sungai Klah Hot Spring Park. Known for its hot spring swimming pool and therapeutic park at the foothills of Titiwangsa Range this park is a lovely hangout for families during school holidays and the weekend. The not to be missed experience is the chance to boil an egg inside a hot spring, in this scalding water, it'll take just 7 minutes to cook. Bon a petit!

#### Sungai Klah Hot Spring Park

📍 Jalan Sungai Klah,  
35600 Sungkai, Perak  
☎ +605-438 8802

### TRONG HOT SPRING

C5

Said to be one of the best hot springs, Trong Hot Spring due to the extra facilities and its colourful landscape. It is believed that the Trong Hot Spring has healing properties and can cure physical ailments and diseases. It is said to have existed for 100 years and passed down a single family for generations for preservation purposes. Today it has been developed so that visitors can enjoy too.

#### Kolam Air Panas

📍 Batu 9, Jalan Trong,  
34850 Changkat Jering, Perak  
☎ +605-855 3990





## WATERFALLS

There are so many waterfalls in Perak. So, we made it easy for you and chose our top 5 favourite waterfalls to share with you. Now just imagine for a second, fresh icy cold water flowing over a vertical drop cascading through various other drops of shapes and sizes before streaming down gently to cool you off.

### BATU BERANGKAI WATERFALLS

E6

Said to one of the most scenic waterfalls in Perak, Batu Berangkai Waterfalls is located about 2.5km from Kampar. Don't forget your picnic basket and a set of dry clothes cause you're definitely going to be there for a while to soak in all the natural splendour surrounding you. Do be careful of the water because though it may be crystal clear it can thrush quite rapidly.

#### Batu Berangkai Waterfalls

📍 Jalan Baru,  
Kampung Batu Berangkai,  
31900 Kampar, Perak

### GERUNTUM WATERFALLS

E5

In Gopeng, you will find Geruntum Waterfalls and though you'll need to drive quite a while to get there and even cross a river before finally reaching your destination where you'll find some food stalls and a place to park your car. A great place for swimming, photography and even some fishing the falls is a lovely way to spend the day.

#### Geruntum Waterfalls

📍 Geruntum Waterfalls,  
31600 Gopeng, Perak

### LATA KINJANG

E6

One of the tallest waterfalls in Malaysia, Lata Kinjang can be seen even from the highway. It's quite a lovely sight from a distance but wait until you get up close to it. It's bound to take your breath away. The sounds of nature, the calm of the wind, everything works in perfect unison. Climb up the steps to the suspension bridge at the first cascade, go up further though it can be very steep and you'll come to a vertical fall.

#### Lata Kinjang

📍 Lata Kinjang,  
35300 Chenderiang, Perak  
☎ +605-528 8100

### LATA ULU CHEPOR

D5

A nice weekend retreat, Lata Ulu Chepor is a nice place to spend the weekend. An entrance fee might be required but can't say it's not worth it especially since the area is equipped with all the necessary facilities, including a multi-purpose hall, bathrooms, chalets and camping ground should you like to spend the night. There are extra charges for that but rest assured, it won't be too pricey.

#### Lata Ulu Chepor

📍 Kampung Ulu Chepor,  
31200 Chemor, Perak  
☎ +6010-540 4163

### LATA ISKANDAR

F6

A breeze to get to, Lata Iskandar is a must stop while passing Tapah. Gazebos can be found around the falls where families spend their weekends having meals and jumping in and out of the water. Curious about what lies ahead? Then climb up the stairs to the main cascade for a much better view.

#### Lata Iskandar

📍 Exit 59, 35000 Tapah, Perak  
☎ +605-401 1402

## HILLS & MOUNTAINS



What are men compared to rocks and mountains? Well trying standing next to one and you might get an answer. Steep slopes and roll and tumble make any journey worthwhile especially when you get to the summit, with the added bonus of a lovely photo-op at the very top.

### BUKIT KLEDANG

D5

At 800 metres high, Bukit Kledang is found in Ipoh and has multiple trails with various levels of difficulty for you to try. The other plus point is that these multiple trails give you the chance to venture through various parts of the hill. When you do finally make your way up to the top, panoramic views are just waiting to be discovered.

#### Bukit Kledang

📍 Jalan Kledang,  
31450 Ipoh, Perak

### GUNUNG LANG RECREATIONAL PARK

E5

Just 5km from Ipoh, Gunung Lang Recreational Park is a popular destination amongst locals looking to relax and unwind with loved ones over the weekend. Foothpaths, bicycle routes, a watchtower, a jetty for boats, toilets and a manmade waterfall are just some of the facilities that have been constructed by Ipoh City Council.

#### Gunung Lang Recreational Park

📍 Jalan Damai,  
30100 Ipoh, Perak



### MAXWELL HILL

D4

Also known as Bukit Larut, Maxwell hill was founded in 1884 and is located 10km from Taiping. The location was selected due to its cool climate and amazing views that overlook Taiping town. Private cars are not allowed to go up the hill so you can just hop onto one of the Land Rovers that will happily take you up or down the hill. Do take note that the rides are not as frequent and could show up anytime between 8am to 5pm.

#### Maxwell Hill

📍 Admin's Office, Bukit Larut,  
34000 Taiping, Perak  
☎ +605-807 7241





**TOURISM PERAK MANAGEMENT BERHAD**

22, 22A & 22B, Jalan Teh Hawa, 30300 Ipoh, Perak

Tel | +605-249 9966 / +605-241 2372

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[www.tourismperakmalaysia.com](http://www.tourismperakmalaysia.com)



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霹靂州旅游局

Segala maklumat yang dinyatakan dalam risalah ini adalah benar pada masa ianya dicetak.

