



THE LAND OF GRACE

# perak

Lembah Kinta  
National Geopark

## Begin Your Adventure

From crawling through underground tunnels and wading across rivers, to exploring trails and climbing up great heights, surrounded by limestone wonders... Perak Geopark invites you to an adrenaline experience of a lifetime.

Lembah Kinta, where  
adventure begins.

# LEMBAH KINTA NATIONAL GEOPARK

Malaysia's Largest Geological Park

Perak is home to one of the oldest rainforests and mountain ranges in the country. Nestled among them is the rich valley formed by the Kinta River, known as Lembah Kinta or the Kinta Valley.

Set in between the Kledang Range and Titiwangsa Range, the Kinta Valley national geopark is a great spot for outdoor lovers and nature explorers, covering an area of 1,952 km<sup>2</sup> and encompassing two districts in Perak — Kinta and Kampar. Kinta Valley is the country's second national geopark after Langkawi's UNESCO Global Geopark.

The Kinta Valley sustains precious geoheritage — unique limestone formations and landscapes, endemic flora and fauna, prehistoric art, and the *orang asal* aboriginal community and cultures. For over a millennium, these natural wonders have remained largely untouched and in balance with its ecosystems.

Tourism Perak invites you to explore and experience these beautiful lands.

UNESCO  
GLOBAL  
GEOPARK

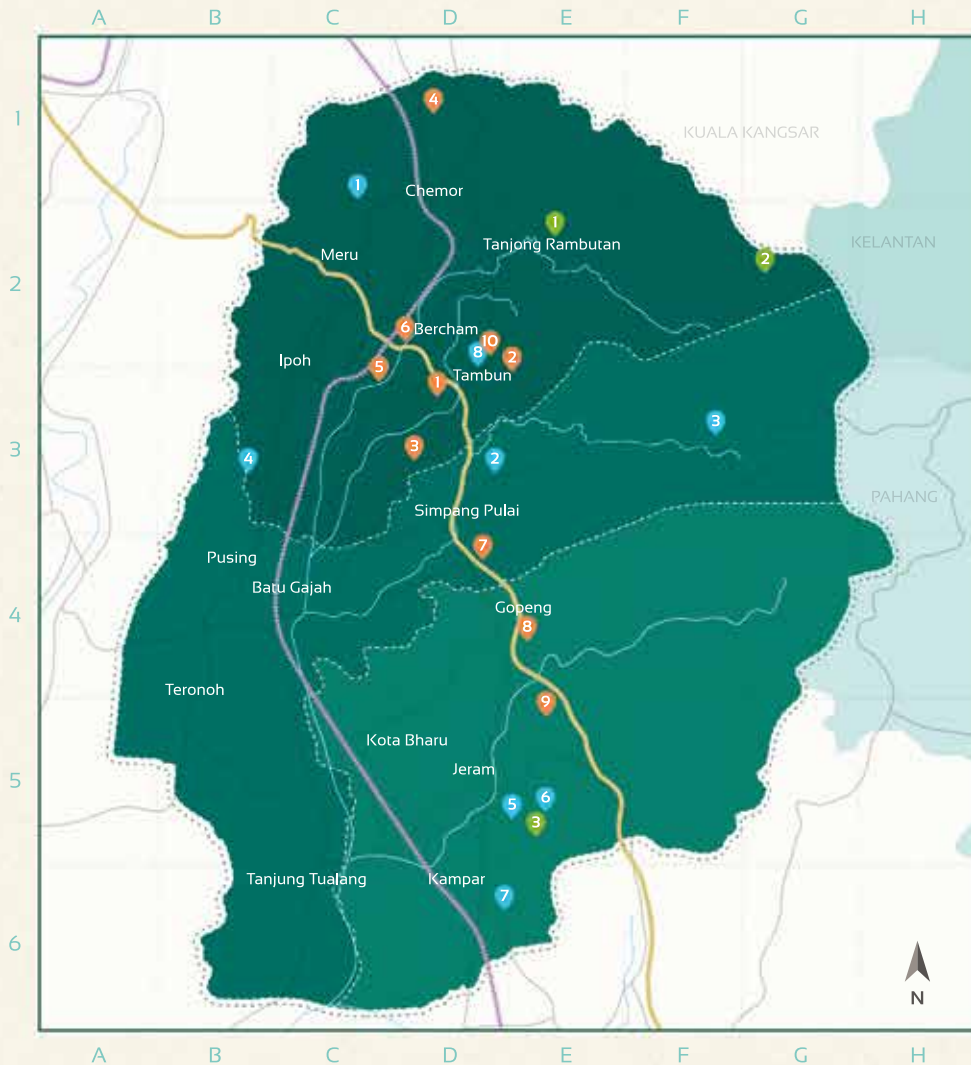


UNESCO Global Geoparks are single, unified geographical areas where sites and landscapes of international geological significance are managed with a holistic concept of protection, education and sustainable development. By raising awareness of the importance of the area's geological heritage in history and society today, UNESCO Global Geoparks give local people a sense of pride in their region and strengthen their identification with the area. The creation of innovative local enterprises, new jobs and high quality training courses is stimulated as new sources of revenue are generated through geotourism, while simultaneously protecting the geological resources of the area.

GEOPARK  
LEMBAH  
KINTA



This logo is designed based on karst hills and limestone caves that form the natural backdrop of the Kinta Valley. The Kinta Valley Geopark Development Proposal also uses the motto "GEOPARK MENJANA JATI DIRI", which translates to "GEOPARK GENERATES IDENTITY", on the basis that this Kinta Valley Geopark development strategy will be the foundation of the Perak state and the entire state through the maintenance of natural landscapes, sustainable development plans and the restoration of past historical glory and enhancing awareness and education amongst the public.



**LEGEND**

- Kinta
  - Batu Gajah
  - Kampar
  - Highway
  - Main Road
  - Railway
  - Geopark Boundary
- LIMESTONE**
  - 1. Gunung Panjang/Gua Tambun
  - 2. Gunung Datok
  - 3. Gunung Rapat
  - 4. Gunung Kanthan
  - 5. Gunung Lang
  - 6. Gunung Tasek
  - 7. Gua Naga Mas
  - 8. Gua Kandu
  - 9. Gua Tempurung
  - 10. Needle Rock of Tambun
- FOREST RESERVE**
  - 1. Hutan Lipur Ulu Kinta
  - 2. Gunung Korbu
  - 3. Gunung Bujang Melaka
- WATERFALLS, STREAMS & HOT SPRINGS**
  - 1. Lata Ulu Chepor
  - 2. Mata Air Panas Lubuk Timah
  - 3. Air Terjun Sungai Chelik
  - 4. Jeram Papan
  - 5. Jeram Sungai Kampar
  - 6. Air Terjun Sungai Salu
  - 7. Air Terjun Batu Berangrai
  - 8. Lost World Hot Springs & Spa

# LIMESTONE

The limestone landscapes of Lembah Kinta are of aesthetic, cultural and scientific importance. Recognised today as a national *geoheritage* to be preserved, the Lembah Kinta karst landscape form spectacular limestone hills and cave chambers carved by time and tide.

Over centuries, temples have been built within the caves and developed into recreational parks. And while tin and limestone have been mined for economic purposes, many of its areas remain largely undisturbed — where its unique geological features and archaeological findings are providing insights into *Lembah Kinta's* past climatic conditions and prehistoric civilisations. Limestone deposited in the sea karts are only developed when the limestone is exposed, this probably occurred not more than 200 million years ago. Karts found here are much younger and is estimated to be less than a few million years old.

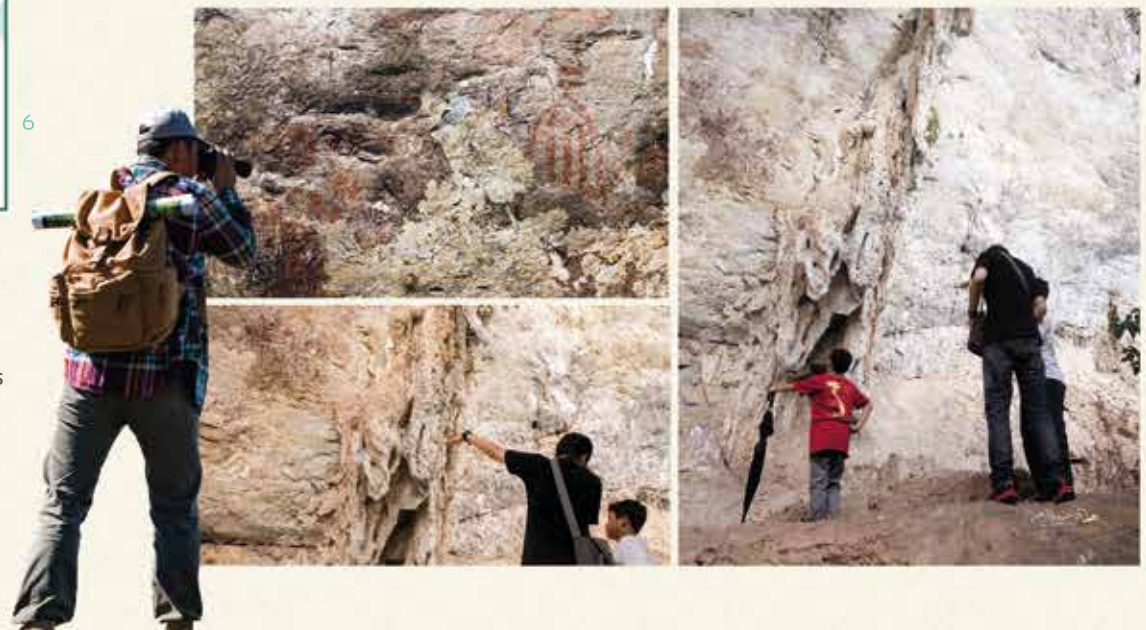
## 1 GUNUNG PANJANG/GUA TAMBUN

D3

*The Only Surviving Prehistoric Rock Art in Peninsular Malaysia*

Just a few minutes' drive from the modern capital of Ipoh is a curious artefact from the Stone Age. Like the urban wall murals of today, the Gunung Panjang rock art depicts the life of the times — human and animal activity amongst other abstract images. In 2009, researchers from University Sains Malaysia examined the wall with high-resolution digital imagery analysis and identified over 600 distinct prehistoric art elements.

- 2, Selasar Taman Tambun, Taman Tambun, 31400 Ipoh, Perak  
4.60669, 101.129193
- +605-208 3333
- 2 hours



## 2 GUA DATOK E3

*An Adventure Beginning at the Lost World*

The Gua Datok exploration trail starting at the Lost World Adventure Park of Tambun, takes you through the jungle, up 630 steps to the 400-million-year-old Gua Datok cave. Used in the past as a hiding place for communists, this cave carries a mysterious yet thrilling history. Also known as the Picasso Cave because of the beautiful limestones that resemble Pablo Picasso's abstract paintings.

📍 1, Persiaran Lagun Sunway, Sunway City, 31150 Ipoh, Perak  
4.625129, 101.154609

☎ +605-542 8888 🕒 20 mins



## 3 GUNUNG RAPAT D3

*Kinta Valley's Magnificent Limestone Cave Temples*

Gunung Rapat's towering vertical walls and spectacular features make it the most famous limestone hill in the Kinta Valley. The tranquil rock chambers carved out by flowing water over hundreds of millions of years have become today's oasis of meditation and prayer. Of the nearly thirty cave temples in Ipoh, four of the most famous are here, from the majestic Sam Poh Tong to the zen gardens of Kek Lok Tong. A walk off the beaten track and through a cave tunnel will also lead you to *Tasik Cermin*, a mirror-like lake hidden within the walls of the hill.

### CAVE TEMPLES HERE:

- Sam Poh Tong
- Lin Seng Tong or 'Rock of the Holy Spirits'
- Da Seng Ngan Temple
- Kwan Yin Tong
- Yu Xian Gong
- Kek Long Tong

📍 Persiaran Pinggir Rapat 5a, 31350 Ipoh, Perak  
4.556216, 101.122468

- ☎ • Sam Poh Tong +605-255 2772
- Kwan Yin Tong +605-311 2451
- Kek Lok Tong +605-312 8112
- Da Seng Ngan Temple +6016-441 1218

🕒 1-2 hours



## 4 GUNUNG KANTHAN D1

*Home to Rare and Endemic Species*

The isolated tower karst of *Gunung Kanthan* is a visual spectacle. And yet it has more to offer than its iconic sheer white cliffs and the 100-foot cathedral chamber of its river cave. It was identified in 1991 as one of the four most important karsts in Perak for conservation. Amongst a variety of rare and endangered species, *Gunung Kanthan* is home to at

least three endemic plant species, meaning they only exist in this one place. Its cave, *Gua Kanthan*, is the last known place on Earth where the Trapdoor Spider *Liphistius kanthan* still exists. It is a critically-endangered species on the International Union for Conservation of Nature Red List and is protected by the Malaysian Wildlife Conservation Bill.



### FAST FACTS:

**Flora** : 223 species of moss and vascular plants of which 32 are of conservation importance; 19 endemic to the region, 3 endemic to *Gunung Kanthan*, 12 endangered, 11 rare

**Fauna** : Trapdoor Spider, Bent-Toed Gecko, cave crickets, cave millipedes amongst others

📍 Chemor, 31200 Perak  
4.833333, 101.122556

📞 Contact Geopark Lembah Kinta office for more information at  
☎ +605-791 4543 or ✉ taman\_negeri@yahoo.com



## 5 GUNUNG LANG C3

*Ipoh's Premier Recreational Park*

Upon entering the Gunung Lang Recreational Park, you're transported to an ancient, natural wonderland. Surrounded by limestone hills, nearly half of the 75-acre park is covered by a turquoise lake rich with a variety of freshwater fish species. On its banks, Wild Heliconia and Bougainvillea of all colours flourish. Once a major site of tin mining, the park has been transformed into a natural haven we can all enjoy.

📍 Jalan Damai, 30100 Ipoh, Perak  
4.615099, 101.085838

☎ +605-208 3333/506 3088 🕒 3-5 hours



## 6 GUNUNG TASEK D2

*Home of the Perak Cave Temple*

At the foothills of *Gunung Tasek* lies a Buddhist temple built into the limestone hill. The Perak Cave Temple is a famous spot for both devotees and tourists. It features long flights of stairs leading to a rewarding panoramic view of the city.

📍 Kawasan Perindustrian Tasek, 31400 Ipoh, Perak  
4.6419, 101.0984

📞 Contact Geopark Lembah Kinta office for more information at  
☎ +605-791 4543 or ✉ taman\_negeri@yahoo.com



## 7 GUA NAGA MAS D4

*Cave of The Tiger Fossil Temple*

In 1992, in a small hill near a Buddhist temple, a fossil of what is believed to be of a prehistoric tiger was found embedded on the ceiling of its limestone cave. Researchers date it between 2.5 million and 11,000 years old. For decades, temple visitors have come to pay tribute to and worship the mysterious ancient entity. Today researchers continue to study the fossil for more scientific answers.



📍 Kampung Kepayang, 31300, Perak  
4.5061, 101.147777  
📞 Contact Geopark Lembah Kinta office for more information at ☎ +605-791 4543 or ✉ taman\_negeri@yahoo.com

## 8 GUA KANDU E4

*Stalactites, Stalagmites & The Diamond Cavern*

Are you prepared to do a bit of climbing and crawling? Slide through several tight tunnels and you'll be rewarded by matured stalactites and stalagmites that 'grow' to meet one another to form cave pillars. Shine your torchlight through them and to see the intricate structures and textures within. Descend 30 feet down into a small cavern they call the 'diamond chamber' where its crystalline walls glitter in the light. Believe it or not, *Gua Kandu* has more than 300 chambers and an enthusiastic group of spelunkers with a good guide can discover up to about ten in three hours. Be mesmerised by these translucent limestones that used to be former Chinese Communist Hideout & WW2 Japanese Army Headquarters.



📍 Gunung Mesah Hulu, Jalan Jahang, 31600 Gopeng, Perak  
4.44893, 101.17356  
☎ +6019-510 1253 🕒 2 hours

## 9 GUA TEMPURUNG E5

*The Longest Natural Limestone Cave in Peninsular Malaysia*

Journey into an underworld of enormous stalactites and stalagmites thousands of years old, and limestone walls as smooth as marble. Explore its five different giant domes, different in characteristics of temperature, water level, limestone and marble content. Trek its mile-long underground river that runs through the hill. Fun fact – "Tempurung" means coconut shell in Malay, as the cave is said to resemble coconut shells from the inside.

📍 Gua Tempurung, 31600 Gopeng, Perak  
4.416025, 101.187682  
☎ +6012-529 2426  
🕒 1-3 hours



## 10 NEEDLE ROCK OF TAMBUN D2

*A Lone Peak in the Valley*

The Needle of Tambun is a 40-metre stand-alone rock formation and is a favourite amongst rock climbing enthusiasts. It is located inside the Sunway Lost World of Tambun Theme Park, in between the theme park's Lost World Tin Valley and Lost World Team Building Park attractions. Once upon a time it used to be known as Pencil Rock, today the Needle of Tambun is one of the Seven Wonders that you can see at Sunway Lost World of Tambun.

📍 1, Persiaran Lagun Sunway, Sunway City, 31150 Ipoh, Perak  
4.626039, 101.155949  
☎ +605-542 8888  
🕒 1-3 hours



# FOREST

Permanent Forest Reserves and Proposed Permanent Forest Reserves total almost a million hectares — that's nearly half of the entire area of Perak. Its mangroves and forest lands are rich biodiversity ecosystems featuring a variety of unique tropical flower species, medicinal plants, herbs and roots as well as bird sanctuaries. Many of these reserves are recreational forests fitted with public amenities.

## 1 HUTAN LIPUR ULU KINTA E2

*An Ancient Forest Before Time*

The Hutan Lipur Ulu Kinta forest reserve is also the way up to *Gunung Korbu* — the second highest peak in Peninsular Malaysia, and the source of the Kinta River. This pristine forest is home to tall ancient trees of the Dipterocarp variety as well as the *Orang Asal* aboriginal community who have, for thousands of years, lived in sustainability with its natural resources.

- 📍 Hulu Kinta, 31150 Perak  
4.683879, 101.299993
- ☎ +6017-992 3135
- 🕒 1-2 hours



## 2 GUNUNG KORBU E5

*Peninsular Malaysia's 2<sup>nd</sup> Highest Peak*

Mount Korbu, the source of the Kinta River, is the highest peak (at 2183m) on *Banjaran Titiwangsa*, the mountain range which originates from the long Tenasserim Hills in the north and extends all the way south near Muar, Johor. For decades, *Korbu* has been one of the two favourites for local and foreign climbers. There has even been a conservation project in 2013 to 'adopt the mountain' in efforts to conserve its climbing trail.

- 📍 Hulu Kinta, 31150 Perak 🕒 1-3 hours  
4.683879, 101.299993
- 📞 Contact Geopark Lembah Kinta office for more information at ☎ +605-791 4543 or ✉ [taman\\_negeri@yahoo.com](mailto:taman_negeri@yahoo.com)



## 3 GUNUNG BUJANG MELAKA E2

*A Historical Peak in the Clouds*

*Gunung Bujang Melaka* is located in Kampar at a height of 1233 metres and is visible along the North South Highway by Lata Kinjang Waterfall. Many people are unaware of some of the unique features found here, including the historical effects found in the 'Cloudy Range'. Yes, it was once known as Mount Mambang Diawan among the locals a long time ago because of the mountainous areas were often covered in a thick fog.

- 📍 Hulu Kinta, 31150 Perak  
4.668198, 101.194532
- ☎ +6017-992 3135 🕒 1-2 hours



# WATERFALL

The *Banjaran Titiwangsa* mountain range on Perak's eastern border provides it with the source for a seemingly uncountable number of waterfalls, cascades and rapids, with many yet to be discovered. These natural water features are favourite recreational spots for Malaysians. Most of them are easily accessible, not far from main roads and expressways or located just outside towns and villages.



## 1 LATA ULU CHEPOR

C1

*A Popular Waterfall Camp Site*

A true picnic paradise! *Lata Ulu Chepor* provides a pleasant natural environment for family, friends and fellow travellers who wish to camp out or have a picnic together. A 500-metre trail takes you past many small falls and cascades with leafy surroundings and plenty of flat ground to set up camp. Amenities include chalets, a surau, a playground for kids, and a food court for the famished.

📍 Kampung Ulu Chepor, 31200 Chemor, Perak  
4.700452, 101.077338

☎ +6019-435 2041 🕒 1/2 hour



## 2 MATA AIR PANAS LUBUK TIMAH

D3

*The Waterfall from The Tin Mining Era*

The name *Lubuk Timah* suggests that the water from the falls was once used for tin mining. The Lubuk Timah Fall features a hot spring pool which is surprisingly close to the river. *Lubuk Timah* also has a small dam and a reservoir which are popular with many locals who make this their weekend destination.

📍 Pusat Rekreasi Lubuk Timah, Jalan Keramat Pulai, Kampung Kepayang, 31300 Ipoh, Perak  
4.559834, 101.161961

☎ +6013-590 1690/013-433 5361 🕒 2-3 hours



## 3 AIR TERJUN SUNGAI CHELIK

F3

*Top 20 Tallest Waterfalls in Asia*

With a sheer vertical drop of 984 feet or 300 metres, the *Sungai Chelik* waterfall near Cameron Highlands is one of the two waterfalls in Perak in the top 20 list of tallest waterfalls in Asia. It's only when you're photographed beside the *Sungai Chelik* that you realise the enormity of this natural wonder. Now who's up for a climb to the top?

📍 A181, Kampung Kepaya, 31300, Perak  
4.583017, 101.276952

📍 Contact Geopark Lembah Kinta office for more information at  
☎ +605-791 4543 or ✉ [taman\\_negeri@yahoo.com](mailto:taman_negeri@yahoo.com)



## 4 JERAM PAPAN

B3

*The Hidden Cascades of Papan*

Three kilometres past the signboard at the entrance of the Papan Tropical Forest and Herbal Park are the cooling cascades of *Jeram Papan*. Papan is a scenic ghost town and home to a heritage bungalow memorial honouring Sybil Kathigasu, a nurse who supported the resistance during the Japanese occupation of Malaya. Only the locals know this cool and leafy hideaway that's perfect for picnics and afternoon swims.

Istana Billah was a palace built using the concept of the Mandailing, the name of a noble family line from Sumatra, Indonesia and is better known as the Mandailing Mansion. Istana Billah was built in 1896 and is the second-largest villa in Papan, Perak. On the ground floor you will find an 8-storey hall and a basement and upstairs, a large living room and hall. Historically, this palace was used by King Billah to celebrate weddings, festivals or any other celebration of the surrounding population.

Most importantly, the castle is a platform for residents around King Billah to discuss issues and

exchange ideas. Usually residents will visit Istana Billah after Friday prayers at Masjid Papan. Masjid Papan was built in 1888 by King Billah who reigned from 1834 to 1911. It is said to be one of the oldest mosques in its original form in the state of Perak where it still stands till this day. It is believed that Masjid Papan is the oldest Mandailing mosque in the state of Perak and, possibly even in Malaysia.

📍 Papan Falls, Lahat, 31550 Papan, Perak  
4.5375, 101.006111

📍 Contact Geopark Lembah Kinta office for more information at ☎ +605-791 4543 or ✉ [taman\\_negeri@yahoo.com](mailto:taman_negeri@yahoo.com)



## 5 JERAM SUNGAI KAMPAR

E5

*Extreme Eco Adventure & More!*

Love extreme sports? Then start your eco adventure on the rapids of *Jeram Sungai Kampar* for a little whitewater rafting. Take on fourteen rapids over a course of 7 to 9 kilometres depending on water depth. Prepare for the one in the middle, the organisers call the *Easy Drop* — it simply means the one that makes most participants drop out of the raft. The falls have been a favourite stopover for tourists as well as teambuilding getaways since the early 2000s. After you're done rafting, various interesting activities await — an underground river trek of *Gua Tempurung*, a guided forest night walk, or even a hunt for the elusive *Rafflesia*, the largest single flower of any flowering plant in the world.


📍 Contact Geopark Lembah Kinta office for more information at ☎ +605-791 4543 or ✉ [taman\\_negeri@yahoo.com](mailto:taman_negeri@yahoo.com)






## 6 AIR TERJUN SUNGAI SALU E5

*The Family-Friendly Waterfall*

This stream waterfall is perfect for families with young ones because they are shallow enough to wade in. The site at *Sungai Salu* is also facilitated by amenities such as changing rooms, lavatories, rest huts and food stalls.

 Hutan Lipur Sungai Salu,  
31850 Jeram, Perak  
4.376806, 101.174306




 Contact Geopark Lembah Kinta office for  
more information at  
 +605-791 4543 or  [taman\\_negeri@yahoo.com](mailto:taman_negeri@yahoo.com)



## 7 AIR TERJUN BATU BERANGKAI D6

*Shallow Cascades with A Large Pond*

Just south of the *Sungai Salu* waterfalls is the *Air Terjun Batu Berangkai* falls. They are equally nice and peaceful with shallow streams, but with a large pool that your children would love. Like *Sungai Salu*, *Air Terjun Batu Berangkai* has a couple of levels and the upstream cascades are silky soft.




 Contact Geopark Lembah Kinta office for more information at  
 +605-791 4543 or  [taman\\_negeri@yahoo.com](mailto:taman_negeri@yahoo.com)



## 8 LOST WORLD HOT SPRINGS & SPA E5

*A Place to Rest, Relax & Marvel at Nature*

Immerse yourself in 100% natural mineral hot springs. Unlike any other man-made hot spring, it is specially designed to function as a true spa. To experience the true spa in Ipoh, Malaysia, the Lost World Steam Cave is great because it acts as a sauna, promoting detoxification leaving the skin clean and refreshed, whilst encouraging blood circulation. The Geyser of Tambun even spouts thermal hot springs water up to 40 feet in the air, erupting every hour.

 1, Persiaran Lagun Sunway,  
Sunway City,  
31150 Ipoh, Perak  
4.631080, 101.156129  
 +605-542 8888  
 1-2 hours





# GEOPARK HERITAGE & CULTURE

As time passes, much of our world evolves to become more modernised, automated, and globalised. However, there are still pockets of culture so embedded within these heritage areas, that it remains unchanging through the decades, like time capsules that transport you back into the ages. Rewind time and feel the nostalgic tinge of these sites, built and preserved in memory of the glory days.

## Kinta Tin Mining Museum

Found in the little town of Kampar, the Kinta Tin Mining Museum is the perfect place to reminisce and discover a time when tin mining took centre stage, making Malaysia the world's forerunner in tin production. For those interested, this museum is worth checking out for a taste of Kinta Valley's tin mining glory days, offering all the nitty gritty on tin extraction unique to the area and more. While you're in the vicinity, be sure to check out the dozens of beautiful surrounding lakes for some epic photo shoot sessions.



📍 Lot, 126026 Jalan Batu Karang, Taman Bandar Baru, 31900 Kampar, Perak

☎ +605 466 2632

🕒 Daily from 9:00am – 5:00pm

🎫 Adult admission : RM 5

## Muzium Gopeng (Pekan Gopeng)

With a history of more than 150 years, Gopeng is older than both Ipoh and Kuala Lumpur. Gopeng was initially a prosperous community founded on tin mining and rubber plantations before its decline in the 1980's. As you step into the museum filled with antiques and history, be transported back into the once upon a time of Gopeng, Perak.



📍 Muzium Gopeng  
28, Jalan Eu Kong, 31600 Gopeng, Perak

☎ +605 359 7828

🕒 Daily from 9:00am – 5:00pm

\*CLOSED on Wednesdays & Thursdays

\*CLOSED for lunch 12:00pm – 1:00pm daily

🎫 Free admission

## Geological Museum

Don't let its exterior appearance fool you – the Geological Museum might not seem like much from the outside but you'll be surprised at the treasure-trove you find inside. Built in 1957, the museum forms an integral part of the Minerals & Geoscience Department and is divided into seven zones. These featured zones range from the history of the museum and department itself to the history of the earth, dinosaurs, minerals, mining activities, mineral exploration, geological finds, hazards and so much more. Curated to perfection, this museum is bound to amaze all who venture here.



📍 Jabatan Mineral dan Geosains Malaysia  
Jalan Sultan Azlan Shah, 30820 Ipoh, Perak

☎ +605 540 6000

🕒 Monday – Thursday, 9:00am – 12:30pm, 2:00pm – 4:30pm

Friday, 9:00am – 12:00pm, 3:00pm – 4:30pm

Saturday, 9:00am – 5:00pm

\*CLOSED on Sundays

🎫 Free admission

## Muzium Darul Ridzuan (Ipoh)

Learn of the early history of Perak at this museum, and the many important characters that shaped the state to what it is today. Built in 1926 by a rich and successful tin miner called Foo Choong Kit, this museum stands today as a rich reminder of the influence of colonisation and British administration.



📍 2020, Jalan Panglima Bukit Gantang,  
Wahab, 30000 Ipoh, Perak

☎ +605 241 0048

🕒 Monday – Thursday, 9:30am – 5:00pm

Friday, 9:30am – 12:15pm, 2:45pm – 5:00pm

Saturday, Sunday & Public holidays, 9:30am – 5:00pm

🎫 Free admission

### Kellie's Castle (Batu Gajah)

A castle shrouded in mystery and old tales, Kellie's Castle was built by Scottish planter William Kellie Smith as a proclamation of love for his wife and son. It holds Malaysia's first elevator, travelling from the roof down to the underground tunnels. Sadly, it was never completed due to his early death, and unfortunate series of events. Refurbished to its original appearance of Kellie's Castle in the early 1900's, the site has since been known as a popular tourist destination, even being used as a setting of the 1999 film, Anna and the King.



- 📍 Chalet Mdkb Kellies Castle, Jalan Gopeng, Batu Gajah, 31000 Batu Gajah, Perak
- ☎ +605 365 1336
- 🕒 Daily from 9:00am – 6:00pm
- 🎫 Adult admission : RM 4 (Malaysian), RM 5 (Foreigner)

### Tanjung Tualang Tin Dredge No. 5 – TT5

Did you know that TT5 is the last tin dredge in Malaysia, weighing 4,500 tons? TT5 was built in England in 1938 by F.W.Payne & Son and was in operation for 44 years until the Malaysian tin industry began to plummet in 1982. Today, guests can uncover secrets of decades past through a guided or self-tour of the dredge, or enjoy weekend activities such as the Panning Experience or Santai Bazaar@TT5. Guided tours run once every hour starting from 9:30am till 4:30pm.



- 📍 9<sup>th</sup> km, Jalan Tanjung Tualang, Kampong Batu Gajah, 31000 Batu Gajah Perak.
- ☎ +605 370 2253 / +6014 904 3255
- 🕒 Daily from 9:00am – 6:00pm  
Friday, 9:00am – 12:30pm, 2:30pm – 6:00pm  
*\*CLOSED on Tuesdays except on public and school holidays*
- 🎫 Adult admission
  - Self-tour RM 5
  - Guided Tour RM 10 (Malaysian) , RM 20 (Foreigner)

### Istana Raja Billah (Papan)

This mansion on top of the hill was owned by King Billah, a Sumatran royal, built in 1896. The palace was used as a meeting place to discuss and resolve social issues of the community after Friday prayers at the Papan Lama Mosque. It was also used as an event place for celebrating festive seasons and weddings, symbolising unification and togetherness for the people of Mandailing. A palace containing many mysteries and haunted tales, the main house is now locked, but available for viewing from the outside.



- 📍 Istana Raja Billah, 31550 Pusing, Perak

### Ling Sen Tong

A splash of colour on a backdrop of lush green hills, this beautifully adorned Taoist cave temple lies at the foot of limestone wonders. Literally translated, Ling Sen Tong means the Rock of Heavenly Spirits. Located just next door to Sam Poh Tong and Nam Thean Tong, it is worth visiting the three temples in one visit.



- 📍 Kampung Gunung Rapat, 31350 Ipoh, Perak
- 🕒 Daily from 9:00am – 6:00pm
- 🎫 Free admission

### Kek Lok Tong

Translated as the cave of ultimate bliss or great happiness, this cave temple carries an atmosphere of wellbeing, and is a tourist and local favourite. Walk through the cave and enter into the Zen Gardens – a hidden escape into nature decorated with a lotus pond and a beautiful garden, and of course, surrounded by majestic limestone hills.



- 📍 Pesiaran Sepakat 3, Taman Endah Jaya, 31350 Ipoh, Negeri Perak
- ☎ +605 312 8112
- 🕒 Daily from 7:00am – 5:30pm
- 🎫 Free admission

### Sam Poh Tong

It is said that this cave was discovered in 1890 by a Chinese monk passing through Ipoh. For 20 years, the cave was his home and sanctuary. Today, a Buddhist temple built into the heart of this limestone cave is a public place of worship and meditation in nature. Set in Gunung Rapat, it is one of the oldest and largest cave temples in Malaysia, containing volumes of culture and heritage. For a panoramic view of Ipoh, climb up 246 steps to the cave opening.



- 📍 Kampung Gunung Rapat, 31350 Ipoh, Perak
- ☎ +605 255 2772
- 🕒 Daily from 9:00am – 6:00pm
- 🎫 Free admission

# FOOD

Part of the experience of travelling to a new city or country is immersing yourself in the local culture by sharing and understanding their food. Shared meals are a sure way to bring people together over a shared time and space, connecting and engaging in conversation. Ask any traveller or local Malaysian what their country's pride is, and most of them would agree: "good and cheap food". Here is only a small sample of the wide variety of local specialties in the Geopark area of Perak.

## Limau Tambun

The most popular fruit in Perak, Limau Tambun (Pomelo) is a large citrus fruit native to Southeast Asia, and the pride of Tambun. This seedless fruit is usually pale green to yellow when ripe, with a sweet/sour white, pinkish flesh. For reference, imagine it as a big grapefruit, with juicier pulp and not as bitter. According to Chinese belief, taking this fruit is believed to be a sign of prosperity and good fortune. Drop by the many stores that sell this fruit or its health products in the vicinity of Tambun.



## Kelamai Kuih

A unique and traditional delicacy by the Rao Malay community, the Kelamai Kuih has a sticky, sweet texture, similar to "dodol", using ingredients like glutinous flour, sugar, and coconut milk, and a long process of marinating for days before carefully placing it into bamboo to cook. The recipe and process has been passed down for generations to preserve the cultural tradition.



## Gaharu Tea Valley

An Agarwood plantation outside Gopeng. The Gaharu (Agarwood) Tea Valley is home to an impressive number of 200,000 Gaharu trees, spanning through hundreds of acres of land. Panoramic views of the Gaharu valley decorated by Ipoh's beautiful backdrop of limestone hills in the horizon – this site is a must visit for tourists in the area.



## Tauge Buntong

Ask a Malaysian what Ipoh is most famous for, and they'd most likely reply with the same answer – Bean Sprout Chicken Rice. So why exactly is this dish so irresistible that foodies would drive for hours to Ipoh for it, and drive away with the taste still lingering in their minds? Perhaps it's because Ipoh's bean sprouts are crisp, sweet, juicy, fresh, and lightly balances out the chicken flavour. With a spoonful of rice dripping with chicken gravy and a drizzle of chili sauce, take a moment of silence to savour the perfect bite.



## Ayam Garam

Literally meaning salted chicken, this is a traditional Hakka method of preparing chicken, by marinating it in aromatic herbs and salt, wrapping it and baking it whole. The end result is a succulent, tender, tasty chicken, dripping with chicken essence goodness. Many visitors don't leave Ipoh without dropping by a store to bring one home for their families.









# 4 TOP ACTIVITIES FOR THE ADVENTUROUS:



## 1. CAVE EXPLORATION

### GUA TEMPURUNG E5

Gua Tempurung has activity options for the casual visitor, the adventure seeker, or the serious caving enthusiast. The management company, APT Consortium, provides 4 different tour options:



TOUR 1	Golden Flowstone (40 minutes)  Difficulty : ★☆☆☆☆
TOUR 2	Top of the World (1 hour 45 minutes)  Difficulty : ★★☆☆☆
TOUR 3	Top of the World & Short River Adventure (2 hours 30 minutes)   Difficulty : ★★★★★
TOUR 4	Grand Tour (3 hours 30 minutes)   Difficulty : ★★★★★

 Dry |  Wet |  Guided tour



### GUA DATOK E3

This trail starting at the Lost World of Tambun theme park will take you through the jungle and up to the Gua Datok cave.

• 630 steps up or hiking trail (including ropes and climbing)

Difficulty : ★★☆☆☆



### GUA KANDU E4

Just about half an hour away from Gua Tempurung, explore Gua Kandu with a start of jungle trekking, followed by some crawling, climbing, rock scaling, and rock sliding.

Difficulty : ★★★★★



## 2. WHITE WATER RAFTING

### JERAM SUNGAI KAMPAR

E5



Go on an adrenaline adventure through the rapids of Kampar River amidst the lush rainforest.

- Class I-III
- River guide, safety briefing

Difficulty : ★★★★★☆



## 3. WATERFALL ABSEILING

### ULU GERUNTUM, SUNGAI KAMPAR

E5



For extreme outdoor lovers, challenge yourself by combining three outdoor adventures in a day. Start by abseiling down Ulu Geruntum, followed by White Water Rafting against the rapids at Sungai Kampar, ending with a caving adventure in Gua Kandu – all in a day trip with everything provided in a guided tour. Test your fear of heights by braving the cascades of a 12-metre waterfall in this exhilarating activity.

- Professional guide, safety briefing

Difficulty : ★★★★★☆



## 4. MOUNTAIN HIKING

### GUNUNG KORBU

G2



The second highest peak in peninsular Malaysia, 2,183 metres high, Gunung Korbu is a mountain worth visiting for outdoor enthusiasts.

#### DAY TRIP

12 – 18 hours day trip (depending on fitness level) / 2 day 1 night camping trip

Difficulty : ★★★★★☆

- Distance: 14km one way
- For an extra 1-2 hours distance, you can also reach Mount Gayong from the peak of Mount Korbu



## PREPARATIONS (Safety, Emergencies)



#### Words to know:

Malay	English
<i>Gua</i>	Cave
<i>Gunung</i>	Mountain
<i>Sungai</i>	River
<i>Air</i>	Water
<i>Lembah</i>	Valley
<i>Awat</i>	Be careful



#### Wear:

- Comfortable, lightweight clothing (T-shirt and long pants/Cotton attire)
- Comfortable sport shoes/hiking boots/sandals with straps (shoes with good grip and ankle support)



#### Small backpack (Waterproof Bag/Dry Bag) to contain:

- Drinking Water
- Insect Repellent
- Sunscreen
- Cap, Sunglasses
- Camera/Phone/Wallet (in dry bag)
- Change of Clothes and Footwear
- Towel
- Torchlight or Headlight (optional extra batteries)
- Plastic bag to keep your rubbish (do not leave them at the sites)
- Identification document (Ex.: Passport, MyKad etc.)
- Whistle (to call for help in case you get lost)

#### Optional:

- Gloves (for a grip on the ropes)
- Kneepads
- Rain jacket
- Face Mask (to protect from limestone dust)
- Safety Helmet (in caves – available at tour site)



#### Please note:

- Know your physical limitations: some hikes or adventures are not suitable for all ages or fitness levels
- Keep a charged mobile device with you in case of emergency
- Travel in groups when visiting quieter routes, and stay in check of everyone in the group



#### Emergency contacts:

Police/Ambulance	999 or 112 from a mobile phone
Fire and Rescue Department	994 or 112 from a mobile phone
Tourism Infoline	1300 88 5050 (within Malaysia only)



## TOURISM PERAK MANAGEMENT BERHAD

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