TOURISM PAHANG
No. 33 and 33A, ICT Hub, Indian Town, Jalan Putra Square 4
25200 Kuantan, Pahang
T: +60 9 568-1623 • E: pahangtourism2015@gmail.com
W: www.pahangtourism.org.my

TOURISM MALAYSIA EASTERN REGION OFFICE
Malaysia Tourism Promotion Board
No. 7 and 9, Ground Floor, ICT Hub, Jalan Putra Square 4,
25200 Kuantan, Pahang
T: +60 9 567-7112/15 • W: www.malaysia.travel

The information in this brochure is accurate at the time of printing. Copyright©Tourism Pahang. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photography, recording or any other information storage and retrieval system, without prior permission in writing from the publishers.

Design/Print: Sasyaz Holdings Sdn Bhd (219275-X)

Kuantan

Kuantan, the Pahang state capital, is located along the Kuantan River, where Kuantan 188 rises above historic streets lined with shops and restaurants ranging from those serving traditional delights to more contemporary offerings.

Pekan

Pekan has several natural areas of interest, with its vibrant display of lotus flowers that can be viewed on a boat cruise.

Temerloh

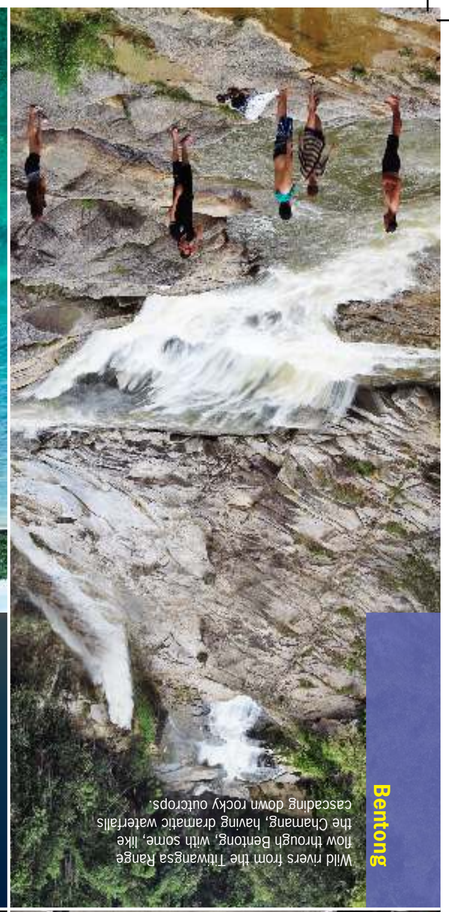
The Temerloh Titik Tengah Semenanjung Monument is the geographic centre of Peninsular Malaysia.

Cameron Highlands

The Cameron Highlands are famous for tea plantations that extend over rolling hills in cool montane air.

Lipis

The former state capital and railway town of Kuala Lipis provides the gateway to vast forested reserves such as Taman Negara Sungai Relau and Kenong Rimba Park, with their wild rivers, ancient rainforests, and accessible limestone caves.



Bentong

Wild rivers from the Titiwangsa Range flow through Bentong, with some, like the Chamang, having dramatic waterfalls cascading down rocky outcrops

Taman Negara

Malaysia's largest national park protects vast tracts of rainforest that attract adventurous travellers seeking an unforgettable encounter with unique flora and fauna.

Jerantut

Jerantut is the gateway to Taman Negara and other natural areas where adventurous activities range from abseiling to mountain climbing and rappelling.

Bera

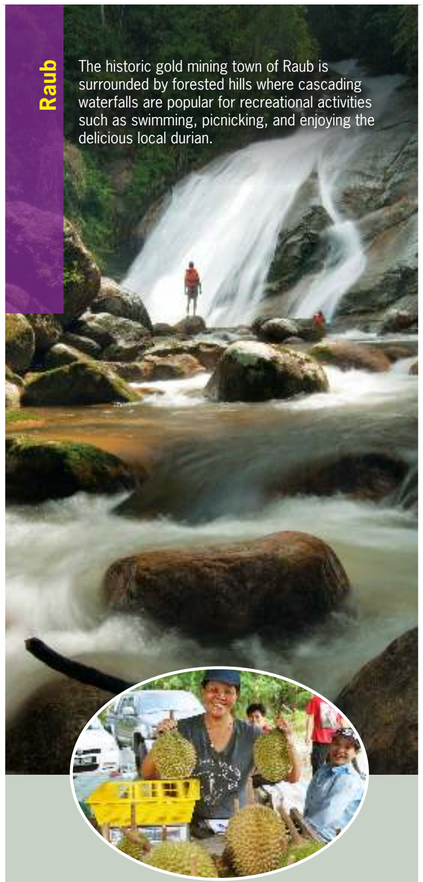
Tasik, or Lake Bera, is Malaysia's first Ramsar site that recognises the freshwater lake and surrounding forests as a globally significant wetland and bird habitat.

Fraser's Hill

Fraser's Hill is one of Malaysia's oldest hill stations and has long been popular for its cool mountain air, quaint colonial buildings, recreational pursuits, and a slower pace of life.

Raub

The historic gold mining town of Raub is surrounded by forested hills where cascading waterfalls are popular for recreational activities such as swimming, picnicking, and enjoying the delicious local durian.



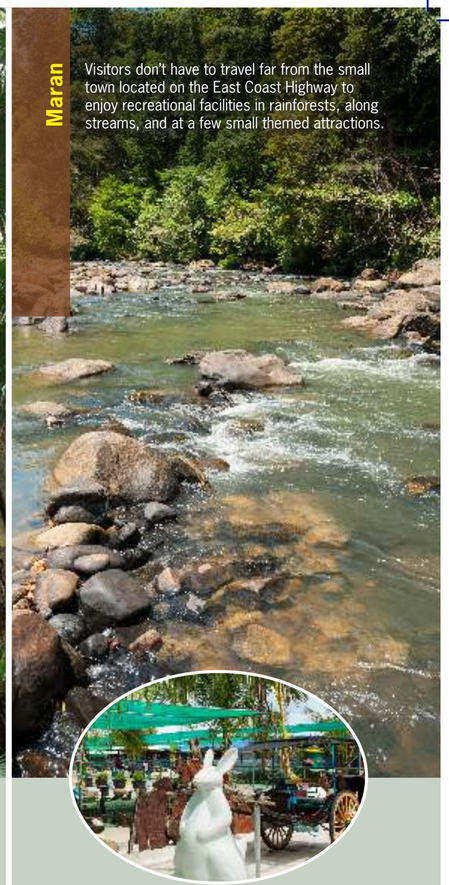
1) • Tea Plantation • Strawberry Farm • Honey Bee Farm • Butterfly Garden • Rose Garden • Cactus Valley • Mossy Forest • Lavender Garden • Time Tunnel • Golf Course • Agro-Techonolgy Park
2) • National Park Sungai Relau
3) • Kelah Sanctuary, Juram River
4) • Kampung Kuala Sat
5) • Homestay Kuala Medang
6) • Kenong Rimba Park
7) • Lata Lembik
8) • Jeram Besu
9) • Lata Jarum • Pulau Chekas
10) • Sungai Rengat
11) • Kampung Ulu Cheka
12) • Lata Meraung
13) • Via Ferrata Paya Gunung
14) • Bukit Buloh The Red Forest
15) • Kota Gelanggi Cave Complex
16) • Tekam Plantation Resort
17) • Rainbow Waterfall
18) • Sungai Lembing Museum
19) • Charas Cave
20) • Sungai Pandan Waterfall
21) • Jerangkang Waterfall
22) • Berkelah Waterfall
23) • Gambang Water Park
24) • Mahkota Golf and Country Club
25) • Cerating Turtle Sanctuary
26) • Royal Pahang Golf Club • Mini Zoo Taman Teruntum
27) • Heritage Bungalows • Strawberry Garden • Golf Course • Waterfall • Outdoor Activities: Birdwatching, Jungle Trekking, Horse Riding, Biking, Paddle Boating, Archery
28) • Jengka Wonderland
29) • Lubuk Yu Eco Park
30) • Sri Marathandavar Aalayam Temple
31) • Jeram Pelangi
32) • Che Minah Sayang
33) • Teladas Waterfall • Teladas Eco Rimba Park
34) • Galeri Tokoh • 3D Gallery • Maran Lake Garden • Anjung Akuatik • Anjung Seri • Maran Museum
35) • Laman Qalbu
36) • Maran Hills Golf Resort
37) • Chamang Waterfall
38) • Bentong Golf Club • Lemang To'ki
39) • Kwong Fook Temple • Taman Rekreasi Sungai Marong
40) • Coniferous Forest
41) • Riverside Janda Baik
42) • Taman Eko Rimba Lentang
43) • Lata Bunta Waterfall
44) • Gunung Senyum
46) • Kuala Gandah National Elephant Conservation Centre • Deerland Park
47) • Kampungstay Desa Murni
48) • Temerloh Central Point of Peninsular Malaysia
49) • Esplanade Temerloh • Pekan Sehari Temerloh • Kubang Gajah Waterpark
50) • Bukit Senorang
51) • Bukit Bertangga Waterfall
52) • Kampung Belimbing
53) • Kuala Chini Supercamp
54) • Tasik Chini Research Centre, Universiti Kebangsaan Malaysia • Lake Chini Resort
55) • Royal Pahang Silk Weaving Centre
56) • Abu Bakar Palace • Royal Pahang Polo Club Pekan
57) • Sultan Abdullah Mosque Museum • Sultan Abu Bakar Museum • Pekan Riverfront
58) • Royal Pekan Golf Club
59) • Blackwater Bebar River, Runchang
60) • Tasik Biru (Blue Lake)
61) • Farm Fresh Milk
62) • Menchali Recreational Forest • Kampung Lebai Condong
63) • Kampung Simpang Sepayang
64) • Seri Mahkota Waterfall
65) • Sungai Mok Waterfall

Rompin

Taman Negeri Rompin, or Rompin State Park, is a vast lowland tropical forest with excellent facilities for exploring wild rivers and many unique animals and plants.

Maran

Visitors don't have to travel far from the small town located on the East Coast Highway to enjoy recreational facilities in rainforests, along streams, and at a few small themed attractions.



The National Elephant Conservation Centre within Krau Wildlife Reserve operates as a base for the Elephant Relocation Team, where visitors can admire and learn about rescued elephants.

WELCOME to PAHANG

Pahang, with a land area of 35,960 km^2, is Peninsular Malaysia's largest state. It has various of amazing tourist attractions, from Kuantan, its vibrant capital, to remote tropical islands, vast expanses of pristine rainforests and some cool highland resorts.

Kuantan, located near where the Kuantan River flows into the South China Sea, is a delightful city and home to 500,000 residents. River and sea views are best from Kuantan 188, which towers over the city's heritage precinct. Here, the back lanes have been beautified with vibrant street art and old coffeeshops serving traditional local favourites sit side by side with those serving contemporary fare.

Nearby, Teluk Cempedak is a popular swimming beach where accommodation and food stalls provide a pleasant beachside retreat. Beaches extend both sides of Kuantan, with Cerating being a favourite among the locals for its budget accommodation and long beaches. Just north, Club Med attracts those who are seeking seaside fun and a range of thrilling activities that cater to guests of all ages. Beserah and Balok are fishing villages but are also venues for kite surfing, especially when the monsoon winds are blowing.

Parts of the Pahang interior flourish with ancient forests dating back 130 million years. Visit Taman Negara, Rompin State Park and Kenong Rimba Park to admire some of Malaysia's largest expanses of untouched forests. Higher-altitude forests are home to different plants and in remote forests, Rafflesia, the world's largest flower, can be seen.

Pahang's climate is tropical with warm and humid conditions and temperatures ranging from 21°C to 33°C although the highlands are lower at 16°C to 23°C. Monsoonal winds from November to February result in an annual rainfall that generally exceeds 200 cm. However, in hill resorts like the Cameron Highlands, Fraser's Hill, Genting Highlands and Bukit Tinggi, lower temperatures attract tourists who enjoy a range of activities such as walking, cycling and golfing in the cool mountain air.

People and Culture

Pahang's 1.5 million residents are unofficial tourism ambassadors, greeting visitors to the state they love. Harmony in diversity is a feature of the Malay, Chinese, Indian and the Orang Asli people who live in Pahang. Cultural diversity is evident in most facets of daily life, with tolerance, understanding and mutual respect features of the racial harmony here.

Food, Glorious Food

While many people eat to live, most Malaysians live to eat, with Pahang being the centre of culinary creativity. All the state's ethnic groups make valuable contributions, with its regional specialities adding to the extensive range of dining possibilities. Fish from rivers and the sea is prepared in most kitchens, from the islands of Tioman to the remotest village. Various fruits are available, but nothing tempts the locals more than durian, which thrives in Pahang.

Adventures in Nature

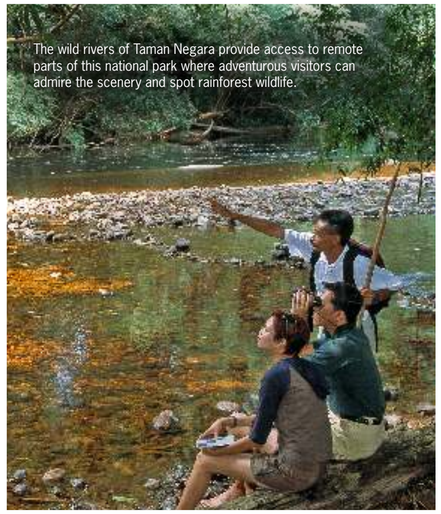
Adventurous travellers can enjoy a wide range of activities across the state. Taman Negara is a vast expanse of lowland rainforest with forest trails, river journeys, caving and mountain climbing to offer. Forest trails in the cool air attract trekkers to the Cameron Highlands and Fraser's Hill. Birdwatching lures global spotters, with events such as the Fraser's Hill Bird Race, one of the popular one. Waterbirds can be sighted at Tasik Chini, a UNESCO Biosphere Reserve, and Tasik Bera, a globally significant Ramsar site.

Waterfalls and rivers such as Chamang, Berembun, Lata Jarum, Lubuk Yu and Seri Mahkota attract swimmers and picnickers. Some of these are very accessible, while others require 4 x 4 access. Asah Waterfall on Tioman Island provides a pleasant distraction for most visitors who travel here to dive around coral reefs teeming with tropical fish.

Rock and mountain climbers travel to Pahang to ascend peaks and outcrops at Paya Gunung near Jerantut, Bukit Seladang and Gunung Tahan. Large cave formations are found at Gua Kota Gelanggi, Merapoh and Gunung Senyum.

Access

Sultan Haji Ahmad Shah Airport, 15 km to the west of Kuantan, provides an air gateway to Pahang, while the East Coast Highway, guarantees fast road access to the capital from Kuala Lumpur, located just 195 km to the west. The East Coast Line extends through the state, providing access to destinations like Temerloh, Kuala Lipis and Jerantut.



The wild rivers of Taman Negara provide access to remote parts of this national park where adventurous visitors can admire the scenery and spot rainforest wildlife.

The Cameron Highlands is renowned for its tea estates, where sumptuous morning and afternoon teas are an essential activity for many visitors.

Discovering delicious local dishes prepared by passionate chefs adds to the excitement of travelling through Pahang.

Patin tempoyak fish prepared with fermented durian is one of the dining treats to seek out in places like Temerloh and Kuala Lipis.

The Cameron Highlands offers various culinary delights, from steamboat meals to spicy curries, but strawberry *nasi lemak* is the most unique.

River and sea fish are served throughout the state, with barbecued fish or *ikan bakar*, being a favourite style for many.

Lemang is a mostly festive dish made from glutinous rice, salt, and coconut milk cooked in a hollowed bamboo stick lined with banana leaves.