

# *a taste of* Malaysia

13 day culture & heritage tour



Malaysia is a destination worthy of intrepid adventurers. From the UNESCO World Heritage-listed city of Georgetown, this unique and exciting travelling experience explores rich heritage, a mix of cultures and fabulous cuisine across three Malaysian states - Kedah, Perak and Penang.

## Day 1 - Sunday

Travel to Penang via Kuala Lumpur International Airport. On arrival you will be met by your Exploranges guide and transferred to the Desa Pelangi Condominiums in the centre of Georgetown.

## Day 2 - Monday: Settling In

After a leisurely breakfast, you will have time to unpack and settle in before we begin our tour with some orientation around the UNESCO World Heritage-listed Georgetown. Orientation will include a visit to the supermarket to buy provisions, the bank to get Malaysian currency and an introduction to Penang's famous Hawker food.

*Meals included\*: L & D*



*Desa Pelangi Condominiums*

## Day 3 - Tuesday: Colonial Heritage of Penang

Today we venture back in time to find out a bit about the history and heritage of Penang. Starting with a visit to Fort Cornwallis, first built by Francis Light, then a walk around the Colonial British buildings including the City Hall and the Museum. In the evening we will have pre-dinner drinks at Farquhar's Bar in the famous Eastern and Oriental Hotel followed by a trishaw ride around city streets at sunset.

*Meals included\*: L & D*



*Fort Cornwallis, Francis Light*

## Day 4 - Wednesday: Rural Kedah (the rice bowl of Malaysia)

A short ferry trip across to the mainland and we will spend the day touring the state of Kedah. We will see traditional villages (kampongs), rice padis and many other features of rural Malay life. We will also search for the ruins of Lembah Bujang, an ancient Hindu Kingdom that ruled the region in the 4<sup>th</sup> Century AD.

*Meals included\*: L & D*

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## Day 5 - Thursday: A Taste of Malaysian Cooking

Rated as one of the most popular things to do in Penang, today you will cook your own delicious Malaysian style lunch. Chef and guide, Nazlina, will take you to local markets to buy all of your fresh ingredients before demonstrating the Malay cooking techniques passed to her by her mother and grandmother. Then comes the best part – sitting down to sample the culinary offerings.

*Meals included\*: L & D*



## Day 6 - Friday: Free Day

Friday is a free day to relax and write postcards. There is still a lot to see so if you are not one to lie about we will find some thing to do.

*Meals included\*: D*



*Fried Fish with Sweet Soy, Lemon Ginger Mantis Prawns and Mojitos*

## Day 7 - Saturday: Chinese and Indian Influences

A morning walking the streets of Georgetown to find the Chinese Clan Jetties, the ornate Koo Kongsi Clan House and the Kapitan Kling Mosque, built by Indian Muslim traders in 1800. In the afternoon we stroll through Little India and have a guided tour of the Pinang Peranakan Mansion.

*Meals included\*: L & D*

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*Koo Kongsi, Kapitan Kling Mosque*

## Day 8 - Sunday: Taiping and Maxwell Hill

A short drive south of Penang, in the state of Perak, is the old tin mining town of Taiping. Here we have the option of venturing into the highlands via 4x4 jeep, visiting the Commonwealth War Cemetery or just stroll around the majestic lake gardens. After lunch our local guide will take us to a local village to witness the Durian Harvest. Take an umbrella because Taiping is known as the wettest town in Peninsular Malaysia with an average annual rainfall of more than 4000mm.

*Meals included\*: L & D*



*Maxwell Hill, Taiping Lake Gardens, Durians*

## Day 9 - Monday: Kek Lok Si & Penang Hill

Kek Lok Si is the biggest Buddhist Temple complex in South East Asia and no trip to Penang would be complete with a visit. Commonly referred to as "The temple of 10,000 Buddha's" construction of Kek Lok Si started in 1890 and it is still growing today thanks to the generous donations from the affluent Chinese community. In the afternoon we will ride the funicular railway to the top of Penang Hill to take in panoramic views across Georgetown and to enjoy a casual garden lunch in the traditional British way.

*Meals included\*: L & D*



*Kek Lok Si*

### Day 10 - Tuesday: Mystery Explorer

Today is another free day for you to explore the sights, sounds and flavours of street life in Georgetown. Take to opportunity to explore at your own pace, find the spice factory, talk to the locals, visit the local galleries or just revisit some of your favourite places.

*Meals included\*: L & D*



### Day 11 - Wednesday: The Cave Temples of Ipoh

Today we will head off early to visit Perak again with a 2 hour trip past Taiping to Ipoh, the Capital of Perak. In Ipoh we will explore the Perak Tong and Kek Look Tong Buddhist Cave Temples. On the way we will call in on the royal town of Kuala Kangsar to see the palace of the Sultan of Perak and his Ubudiah Mosque - Malaysia's most beautiful mosque.

*Meals included\*: L & D*



*Ubudiah Mosque, Ipoh Cave Temples*

### Day 12 - Thursday: Tropical Spice Gardens & Taman Negara Pulau Pinang

The Penang Tropical Spice Gardens showcases 500 varieties of tropical herbs and spices spread over 8 hectares. We start the morning here with a guided tour. With a packed lunch we then set off to explore Penang National Park. From the fishing village known as "World's End" we will take a boat to visit the Green Turtle hatchery at Pantai Kerachut (Turtle Beach). Along the way we will spot White Bellied Sea Eagles and perhaps giant Monitor Lizards. On the way back we have the option of swimming and relaxing at Teluk Duyung - commonly called Monkey Beach.

*Meals included\*: L & D*



*Worlds End, Taman Negara, Baby Green Turtles*

## Day 13 - Friday: Free Day

Unfortunately all good things must come to an end and today you have to go home. The return flight departs in the evening so you have a full day and there is still so much to see and do. Perhaps revisit your favourite restaurant for lunch, a last walk through the streets of Georgetown, a little time shopping to buy a last minute gift or just a relaxing time by the pool.



## About Exploranges...

Exploranges is one of Australia's leading tourism operators whose tours are sought out by the discerning mature-age traveller. With over 30 years experience specialising in its catered bushwalking tours, Exploranges has recently taken tours overseas to south east Asia. So now, in addition to the various parts of Australia we explore, we have added Hong Kong and Malaysia to our exciting and ever-expanding list of tour destinations.

## About your guides...

Dean & Julie Ransom have been regular visitors to Penang for more than 20 years. They love nothing better than returning with new friends and sharing their passion for 'a taste of Malaysia'.

*\* Most lunches and dinners are included in the tour price, except for the 'free' or travelling days (Days 6 & 13). Day 6 dinner is included but lunch is at your own expense as this is a 'free' day; and on Day 13 your return flight is in the evening hence no dinner included that day. Breakfasts are at your own expense on all mornings apart from Day 2 where breakfast is provided at the hotel. A full kitchen is provided with your accommodation at Desa Pelangi Condominiums. See the codes above the photos for what's included in that day's arrangements: B = Breakfast; L = Lunch D = Dinner.*