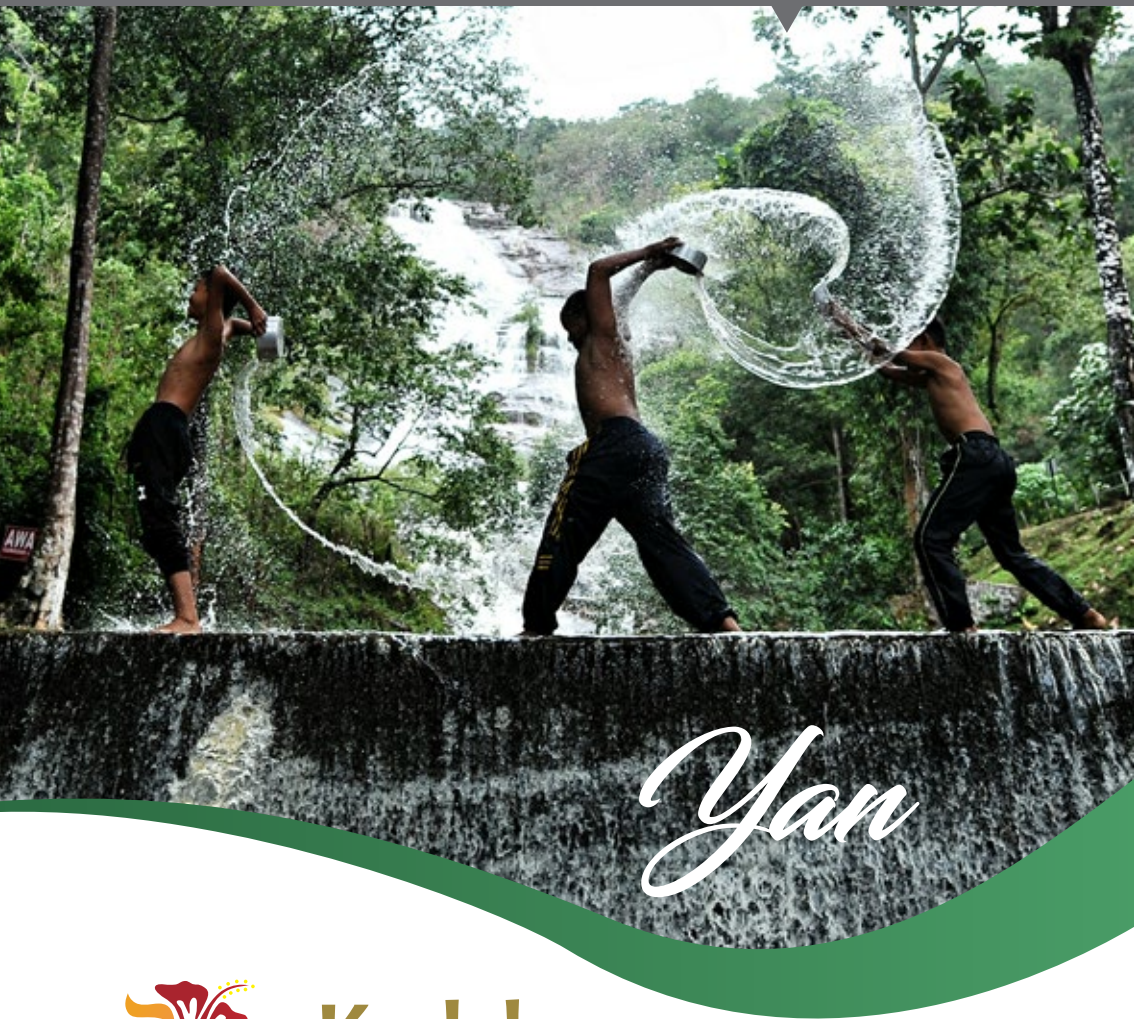


KEDAH

Visitors' Directory 2020



Yan



Kedah
Malaysia
where it all began

*Cultural, Coastal &
Natural Heritage*

KEDAH

Where you'll find
more than meets the mind...

SENTINEL

No place in the world has a combination of these features: a tranquil tropical paradise laced with idyllic islands and beaches framed by mystical hills and mountains, filled with natural and cultural wonders amidst vibrant cities or villages of verdant paddy fields, all cradled in a civilisation based on proven history with archaeological site evidence going back three millennia in an ancient environment of geological formations from over 500 million years!

This is Kedah, the oldest existing kingdom in Southeast Asia.

Now Kedah invites the world to discover all her treasures from unique flora and fauna to delicious dishes, from diverse experiences in local markets and museums to the coolest waterfalls and even crazy outdoor adventures.

Because Kedah has it all!

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Pantai Cenang

Sekapur Sireh Junjung

A Special Message from Kedah Menteri Besar

Welcome to Kedah Darul Aman!

Kedah, in the north of Peninsular Malaysia, is a magnificent state. It is indeed full of wonders, some of which are already known worldwide such as our jewel and pride, the Langkawi archipelago, while so many treasures on the Kedah mainland are only now being discovered by the world at large.

You too must discover Kedah's pristine nature, unique culture, scrumptious cuisine and more in every corner. This Kedah Directory 2020 is just one but good way to start your Kedah adventure. Then if you need more information, just get in touch with us as per listed contacts. I assure you Kedahans are among the friendliest of Malaysians and will always be happy to help you in whatever way in your stay.

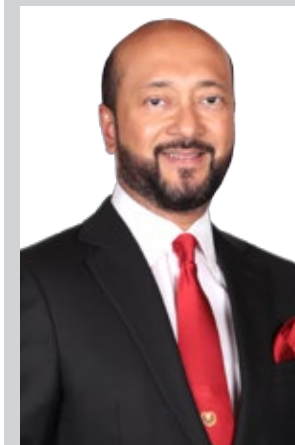
After all we have proven in our history of 2500 years as a geopolitical entity that Kedah has shared so much with the region and even the world and will proudly continue do so. This is in line with the concept and policy of shared prosperity that our Prime Minister of Malaysia, The Right Honourable Tun Dr. Mahathir Muhammad has put in place for the whole nation. You will see this in even local policies of strengthening the state's local folk in their networking in socio-economic activities and so on, which encompasses local tourism and the environment as well for sustainability.

So, be assured that your visit to Kedah will enrich not only your personal life experiences but is also a part of the shared prosperity that we practice.

Have a memorable stay in Kedah.



DATO' SERI UTAMA H.J. MUKHRIZ TUN MAHATHIR.,
DMK., SPMK., SJMK., DHMS., DSNS., SSS., JP.
Chief Minister of Kedah Darul Aman





Pantai Pasir Tengkorak Langkawi

Sekapur Sireh 1

Foreword by the Kedah State Secretary

A warm Selamat Datang to Kedah!

I'm thrilled that you're reading my state's **Visitors' Directory 2020**, which was prepared especially for valued travellers such as yourself.

Kedah is indeed Malaysia's most unique state, and I say that not just because I am the State Secretary but the facts speak for themselves. We have the oldest known civilisational history and archaeological site, Sungai Batu, not just in Malaysia but in all Southeast Asia. And we have a geological landscape and rock formation history of over 500 million years!

But more than our fascinating history as an ancient kingdom, Kedah has so many other special heritage features be they natural, cultural, culinary, recreational and more. Even our northern dialect of Malay is unique in the Malay Archipelago. As visitors, you will be mesmerised by our endless wonders.

But most of all it is our people, the Kedahans, who are always friendly and ever welcoming to all visitors to partake of our treasures, culture and lifestyle. In line with the spirit of shared prosperity, we want everyone to have a stake in and share the well-being of tourism; from villagers to venue or business owners and even to all visitors themselves.

Kedah's pie is big, so to speak and there's more than enough for everyone when enjoyed responsibly and sustainably - and that is what shared prosperity is about.

So again, on behalf of the government and people of this ancient sultanate yet modern state of Kedah - we welcome you. Do come to visit us in 2020 and even beyond.

Sincerely,

DATO' PADUKA AMMAR BIN DATO' SHAIKH MAHMOOD NAIM
DPSS., DSDK., JSD., SSS., AMK., AMN., BCK.
Kedah State Secretary





Langkawi

Sekapur Sireh 2

Foreword by the State Executive Councilor

2020 will be the best year ever to visit our unique state of Kedah, as part of Visit Malaysia Year (VMY2020).

I can assure you, our cherished visitors, that all of us in Kedah are laying out the proverbial red carpet for you to partake not just of a visit, but to experience the shared prosperity that's part of the vision of Malaysia's own Kedah-born Prime Minister, Tun Mahathir Mohamad.

We have many new attractions and packages to complement the popular old. Some things are newly rediscovered such as previously forgotten but fantastic caves or trails, while many others are our once-hidden heritage treasures newly introduced to the world be they natural or cultural and even both.

Be rest assured that Kedah offers exciting things in store for every kind of visit and visitor, be it for an individual explorer, a special travel group, a romantic getaway or a family staycation. Just dig a little, beginning with this booklet, and you will find what you seek in Kedah, the gem of Malaysia.

Selamat datang, na!
Sincerely,

YB ASMIRUL ANUAR BIN ARIS
Youth & Sport, Tourism, Art &
Culture and Entrepreneur Development





Sedim Rainforest Resort

Sekapur Sireh 3

A word of Welcome by Champion

Selamat Datang all friends from all corners of Earth, not just to Malaysia but especially to Kedah.

Kedah is indeed a special place in terms of history, geography, nature, adventure, culture, cuisine and everything in between. And this **Visitors' Directory 2020**, will help you discover why and how this ancient yet modern Sultanate of Kedah has so much to offer.

As the designated Champion of the Tourism Productivity Nexus of Malaysia, I am particularly focused on ensuring that our tourism sector is not only productive, but also inclusive for all stakeholders and most important, sustainably so. For Kedah, this means that visitors like yourself will not only enjoy your stay in this lovely state, but also be assured that your visit brings benefits to the local people and moreover when you come back here anytime later, you and the local people can still reap the same benefits or even more. Plus we also help educate our people on environmental awareness with long-term business productivity. That's sustainability!

This is all in line with the idea and advocacy of Shared Prosperity, which is a core of our record-holding Prime Minister Tun Mahathir Muhamad's vision for Malaysia, where everything from agriculture to industry to tourism mutually feeds and sustains each other. For Kedah, you can see this in even little things such as Kedah tour packages which weave in different places or activities to give you, our visitor, a mix of memorable experiences of Kedah, while sharing honest income for many local folks.

So be assured that we are working for everyone's well-being, from yourself as our valued guest to all stakeholders and that includes our beautiful environment.

Enjoy Kedah!

UZAIDI UDANIS
Champion
Tourism Productivity Nexus, Malaysia





ABOUT TOURISM PRODUCTIVITY NEXUS (TPN)

Tourism Productivity Nexus (TPN) is an industry-led establishment under the purview of Malaysia Productivity Corporation (MPC). Established as part of Malaysia Productivity Blueprint (MPB), TPN serves as the one-stop centre which assists enterprises to boost productivity, increase innovation, and capture growth opportunities. TPN champions various initiatives with the aim to facilitate growth and increase productivity at the national, sectoral, and enterprise level, as follows:

- T1: Strengthen collaboration efforts between industry and academia to match industry needs
- T2: Establish a certification / accreditation programme for tourist sites to boost tourist volume and improve service delivery

T3: Product owners to review pricing system of sites

T4: Review industry standards and regulations with industry's input

T5: Align marketing strategy on targeted tourist segments

Initiatives spearheaded by TPN are in collaboration with major stakeholders, in the government and industry, especially with the Ministry of Tourism, Arts and Culture (MOTAC), Tourism Malaysia and Malaysia Tourism Council (MTC) with the objective to grow businesses especially those of the small and medium enterprises and micro-companies.

For more information please visit our productivity portal at

wayup.my





Welcome to *Yan*

Find natural to cultural heritage treasures with idyllic islands and villages, waterfalls and even a mystic mountain.

Yan is a distinct district that must be visited precisely because it is off the beaten path, yet so close. Less than an hour from either Alor Setar or Sungai Petani cities and you're in a little pristine world that has everything.

From coastal islands to idyllic villages, from fun waterfalls to a mysterious mountain.

Pulau Songsong is a gem among islands, while just a short ride away is Gunung Jerai the historic landmark mount of Kedah. And in between there are so many rural activities that will keep you 'relaxingly busy'.

MAP OF YAN

LEGEND

- Town
- Place of Interest
- Highway
- Bridge

**Map not drawn to scale*



Jerai *Geopark*

YAN ATTRACTIONS

So what's a Geopark?

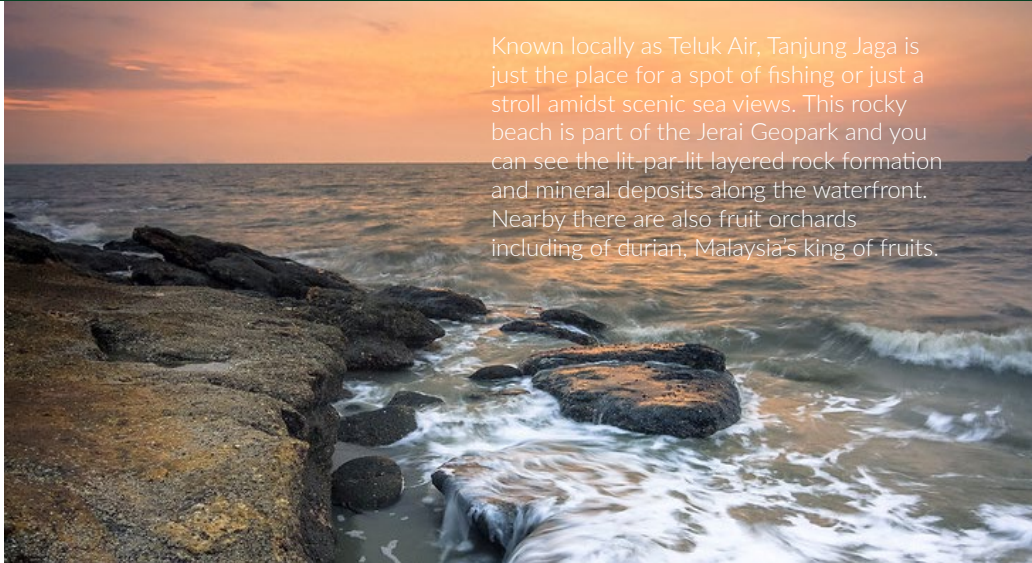
It is something that makes Yan special because Yan is one of two districts (the other is Kuala Muda) in Kedah that are part of a geological area rich in very ancient land and rock formation, namely Mount Jerai and its environs.

Jerai Geopark, covering a total area of 800 sq km, was established to preserve and create awareness of the scientific importance of the high rock geodiversity of the Jerai/Mahang formations. At its oldest, the rock age is about 550 million years old with the highest point at 1,217 metres above sea level, making Gunung Jerai a unique singular mountain and the area of very high geological and mineral heritage value.

The prehistoric Jerai granite outcropping shaped the landscape of Kedah which impressed upon the views of visitors for thousands of years. This helped the rise of the ancient Kedah civilisation, and made the area a hub of the East-West trade route since the golden age of the old Kedah Kingdom. The both geological and archaeological evidence proves the progress of iron-based industry in the area of Jerai which became the focus of trade and indeed a world source of iron from 2500 years ago.

Plus the biological diversity, the richness of flora and fauna at different altitudes from sea to clouds complements Jerai and Yan as a geopark area worth visiting. All the places of attraction found in Yan even to the islands are touched by the Geopark land/rock formation diversity - *just open your senses to find it.*

GEPARK TANJUNG JAGA



Known locally as Teluk Air, Tanjung Jaga is just the place for a spot of fishing or just a stroll amidst scenic sea views. This rocky beach is part of the Jerai Geopark and you can see the lit-par-lit layered rock formation and mineral deposits along the waterfront. Nearby there are also fruit orchards including of durian, Malaysia's king of fruits.

SERI PERIGI WATERFALL



Be awed by the highest waterfall in Kedah.

Seri Perigi is over 100m high with lush tropical surroundings full of flora, fauna and interesting telltale signs of past geological upheaval. Located 5km from Yan town in about 4 hectares within the Jerai Mountain Forest Reserve, there's also a 2km jungle track and the rockface area allows for some climbing-type activities for the adventurous, as well as camping.

TITI HAYUN ECO-FOREST PARK

So where's the 'swaying bridge'?

For that's what "titi hayun" means in Malay, and it got its name from a hanging bridge that was built over the river in 1834. This place also features the Tangga Kenari Seribu Tahun or 1000 Years Kenari Steps, which go all the way up to Mount Jerai. Located within Gunung Jerai Forest Reserve just 3.5km from Yan town or 40-plus km from Alor Setar, this lowland dipterocarp geosite area with much flora and fauna can be explored through an 8km jungle track. Facilities include chalets, stalls, camping, picnic and outdoor activities.



PUTERI MANDI WATERFALL



Would you like to meet a 'bathing princess'?

Well that's the unique name of this lovely waterfall at the foot of Mount Jerai. But you need to do a little trekking of about 3km or 45 minutes, so it's great for those who are ready for a little adventure. You'll be well rewarded when you see the high waterfall cascading over the steep hillside and into the rocky pool below. Take a dip but beware that some parts maybe deep and the waters could be a little cold. Who knows, as your senses are sharpened by the coolness, you might actually see the mystical bathing princess.

GEOTAPAK RIMBA REKREASI SUNGAI TEROI GUNUNG JERAI



Locally known as Taman Eko Rimba Sungai Teroi, this is one of several nature parks in the Jerai Geopark area of Yan District, about 50km from Sungai Petani city. Situated on the hillsides of Mount Jerai Forest Reserve with hill dipterocarp jungle flora and fauna and passing stream rapids, this is just the place for a quiet retreat or picnic and commune with nature.

TANGGA KENARI SERIBU TAHUN

(1000 Years Kenari Steps)

Like a stairway to heaven, these steps form a long staircase path from Titi Hayun Eco-Forest Park for 5km all the way up to Regency Hotel Resort on Mount Jerai. There are actually 1334 steps altogether. The climb takes between 3 to 4 hours passing through various levels of dipterocarp forest and geosite environments with interesting flora and fauna. This grand open air staircase was the brainchild of Tan Sri Dato' Seri Sanusi Junid, the Menteri Besar of Kedah and works began on 28th April 1997. No large old trees were cut for its construction.



The Islands of *Yan*

Yan district is blessed with a string of four pearls off its coast, creating a scenic panorama from the mainland and island adventure opportunities. Pulau Bunting is not open for tourism, but its bridge has a visit area with food stalls. Pulau Songsong is great for day trips, picnics, snorkeling and so on. Pulau Telor is a pass-by turtle egg-laying spot while Pulau Bidan has overnight facilities. Go for island hopping tours, which are popular.

BIDAN ISLAND

Literally 'midwife island', Pulau Bidan is one of a string of pearl-like isles off Yan's coast, part of the area's unique geosites with prehistoric limestone mahang formation that is 480 million years old. Crinoid and possible nautiloid fossils have been unearthed here, making the island high in scientific value. Culturally, an ancient grave known as Keramat Abdul Rashid existed here, which was exhumed and moved to Yan Mosque for safeguarding in 2004. The facilities offered here also make Bidan island the one for overnight stays.



SONGSONG ISLAND

Fancy a little tropical island escapade for a few hours of sun and surf fun?

Pulau Songsong is just the place. A 30 minute, 8km boat ride from Yan's Kuala Sungai Udang jetty takes you to a 62-acre, hill island with unique red rocks, formed from mahang formation since 450 million years ago. Indeed this area is scientifically significant as it is left over from Holocene era marine geological sea level change processes. The rocks, white sands and corals in clear waters make Songsong ideal for beach activities, snorkeling and more. With basic facilities available, group day programmes can also be catered for.



PANTAI MURNI WATERFRONT

Cool sea breezes, island chain views, romantic sunset - what more could you want?

And it's all free just 500m from Yan town. This seafront area also has food stalls, 'wakaf' gazebos, children's playground and 'surau' prayer room. It is most popular in the evenings as you can watch the panorama of the sun going down against the silhouettes of Bidan, Telur, Songsong and Bunting islands..



TELUR ISLAND



How can you get lost on a tiny tropical island of barely acres?

Not unless you want to lose yourself from the outside world, then this little gem is just the place. It may be small but it is an important geosite of prehistoric rock from the mahang formation of 450 million years ago. True to its name meaning 'egg', the island is known as a sea turtle egg-laying location and passing visitors will be advised on practices and measures to protect these important natural treasures.

KAMPUNG ACHEH GEOCULTURAL VILLAGE

Acheh province in the north of Sumatra, Indonesia has a long, close history with Kedah, especially Yan district. This is witnessed in Kampung Aceh, where around 60 families of Acehnese origin reside whose ancestors came to Kedah in the 1880s. They still have their unique culture including dialect and foods such as 'Asam Sunti', vegetable 'Peli'u', 'Rendang Asam' and 'Daging Masak Nangka' dishes plus 'Kuih Jimpan' snack. The village also preserves traditional houses, historic graves and also hosts the Forestry Museum.

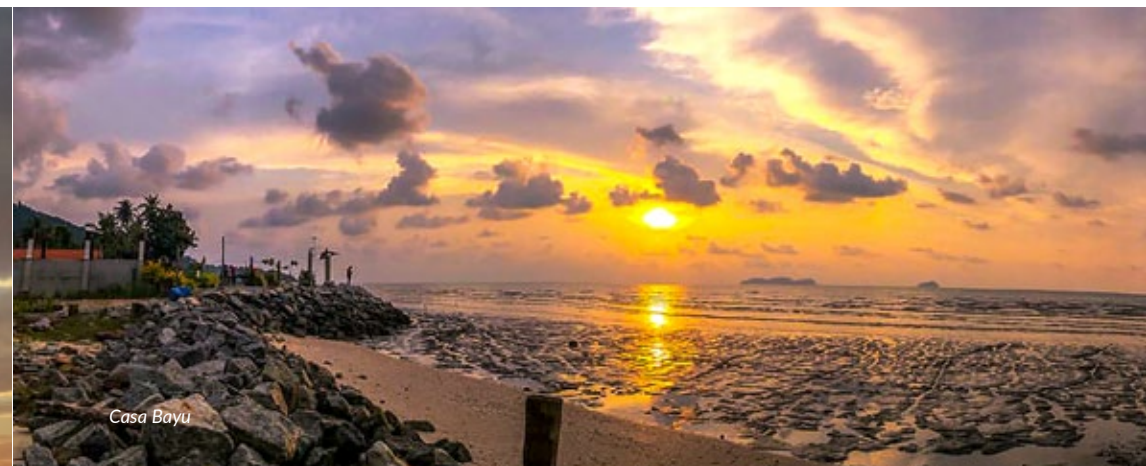


Pawana Jerai

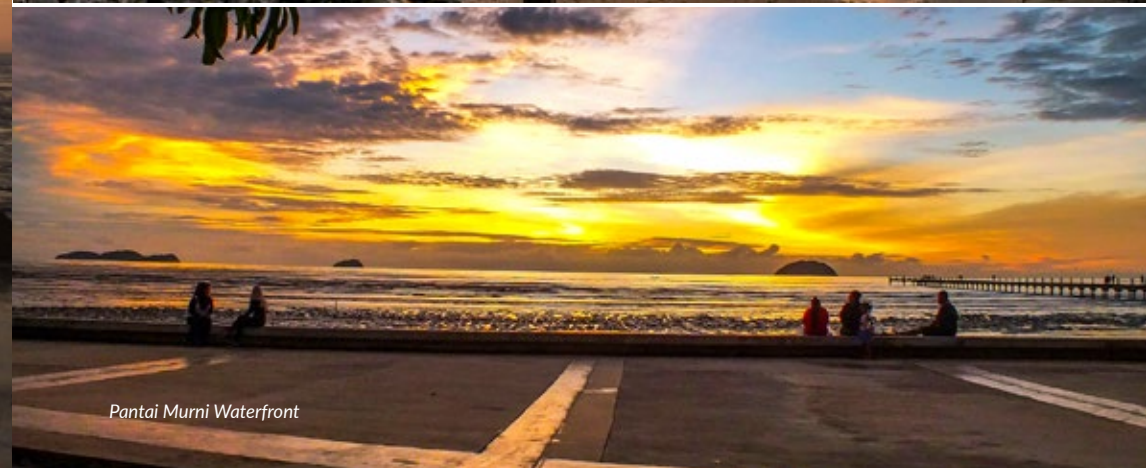
Sea, Sunset & Soul

For those who love the sunset, especially against the sea, then Yan will fit your soul. While the whole Kedah coast faces west, Yan is where sunsets are blessed. This is precisely because of the string of islands off Yan's seafront.

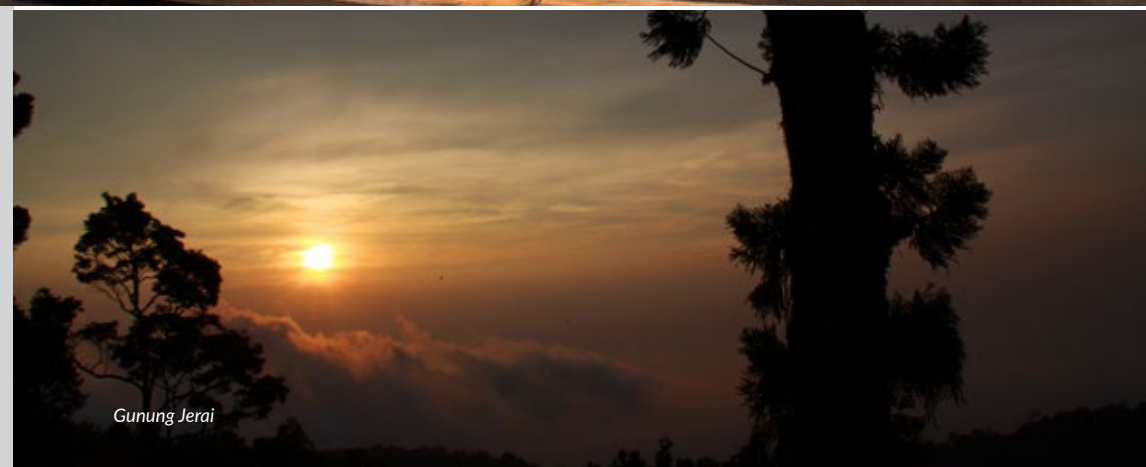
Among the best places to enjoy these soulful sunsets are Pawana Jerai, Casabayu Chalet, Pantai Murni & Gunung Jerai



Casa Bayu



Pantai Murni Waterfront



Gunung Jerai

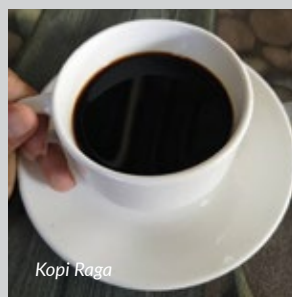
Kedah Cuisine and a Cuppa



While Kedah shares staple food ingredients such as rice and noodles with the region, there are recipes so original to the state until it bears its name. Laksa Kedah is one such must-try, a fish-based soupy rice noodle dish. For a local cuppa, try our local coffees such as 'kopi Kedah' and 'kopi Cap Gantang' and you won't go wrong.



Laksa Kedah



Kopi Raga



Gulai Daging Batang pisang



Kuih Pek Nga



Kuih Karas



Kuih Bunga Puduk



Thimpan



Prawn Noodle



Beef Noodle Soup



Kuih Dangai

FOOD TRAILS

KEDAI BURN

(*Western Cuisine*)

4, Jalan Pantai Murni
Taman Persisiran Sungai Yan
06900 Yan, Kedah Darul Aman
Tel: +6017-499 2005
Operation Hours: 5pm-11pm
Closed: Thursday
<https://www.facebook.com/kedaiburn/>

RESTORAN BERSILA

(*Local Cuisine*)

Titi Serong
06900 Yan Kedah Darul Aman
Tel: +6012-597 8469
Operation Hours: 11.30am -3.00pm
<https://www.facebook.com/Restoran-BersilaGulailikYan/>

RESTORAN MEE UDANG OMBAK LARA

(*Local Cuisine*)

Kg. Kuala Dulang Kechil
06900 Yan Kedah Darul Aman
Tel: +6012-590 6304
+6019-594 6089
Operation Hours: 11am-8pm
Closed: Wednesday

PASEMBOQ SPECIAL YAN

(*Local Cuisine*)

MEDAN SELERA PEKAN SG YAN
Pekan Sungai Yan (Yan Kecil)
06900 Yan Besar
Kedah Darul Aman
Tel: +6019-454 4050
Operation Hours: 4pm-10pm
Closed: Friday
<https://www.facebook.com/pasembur.special/>

D'ANJUNG SANTAI

(*Local Cuisine*)

MEDAN SELERA KOPERASI
GUAR CHEMPEDAK
313, K146, Kampung Guar
Chempedak
06900 Yan, Kedah Darul Aman
Operation Hours: 10am-10pm

CUCUR UDANG ABANG LI

(*Local Breakfast*)

Lorong Panglima,
Guar Chempedak,
06900 Yan, Kedah Darul Aman
Tel: +6013 -5604253
Operation Hours: 8am-11am

RESTORAN CHILLY

(*Local Breakfast*)

Batu 17,Guar Chempedak,
06900 Yan, Kedah Darul Aman
Operation Hours: 8am-11am

RESTORAN DIY GRILL

(*Western Cuisine*)

Lot 2679, Kg Batas Ubi,Teroi
06900 Yan, Kedah Darul Aman
Tel: +6012-431 3635
Operation Hours: 5pm-12midnight
Friday & Saturday Only
<https://www.facebook.com/Batas-Ubi-DEER-Farm-170640296449803/>

LADANG NIPAH ISMAIL CHE KAO

(*Nipa Juice & Local Cuisine*)

JKS 6 Jalan Kuala Sedaka
06900 Yan, Kedah Darul Aman
Tel: +6012-435 5104
Operation Hours: 11am-10.30pm
Closed: Wednesday
<https://www.facebook.com/ladang-nipahismailcheqa08/>

MEE KUAH TULANG

(*Local Cuisine*)

K1, Singkir Darat, 08100 Yan,
Kedah Darul Aman
Tel: +6019-556 1802

RESTAURANT D'NILA

(*Local Cuisine*)

55, Jalan Yan
06900 Yan, Kedah Darul Aman
Tel: +6017-553 8398
Operation Hours:
10am-12 Midnight

ABAH MEE UDANG & KETAM

(*Seafood*)

Sungai Limau Dalam
06910 Yan, Kedah Darul Aman
Tel: +6010-469 4548
Operation Hours: 3:00pm- 11:30pm
<https://www.facebook.com/Basiron-sha/>

KEDAI MAKAN SERI YAN

(*Local Cuisine*)

Kampung Sungai Udang
06900 Yan, Kedah Darul Aman
Tel: +6017-460 6710
Operation Hours: 7am-3.30pm
Closed: Tuesday
<https://www.facebook.com/Keda-iSeriYan/>

PASSES TO THE PASARS

Markets are the commercial hearts of communities, and no less so in the 'pasars' around Yan. There are two basic types, Pasar Malam are night variety markets from evening to around elevenish PM, and Pasar Tani are agricultural or farmers' markets usually early mornings till afternoon, each on different days for different places. So check the listings and make sure you pass through and enjoy our vibrant pasars.



PASAR MALAM

Bukit Besar

4.00pm - 10.00pm - Monday
Jalan Baru Bukit Besar

Sungai Limau Dalam

4.00pm - 10.00pm - Tuesday
Pekan Sungai Limau Dalam

Simpang Tiga Singkir Laut

4.00pm - 10.00pm - Wednesday
Simpang Tiga Singkir

Sungai Yan (Yan Kechil)

4.00pm - 10.00pm - Thursday
Pekan Sungai Yan

Guar Chempedak

4.00pm - 10.00pm - Saturday
Pekan Guar Chempedak

PASAR TANI

Pasar Tani Guar Chempedak

8.00am - 1.00pm - Daily
Pekan Guar Chempedak

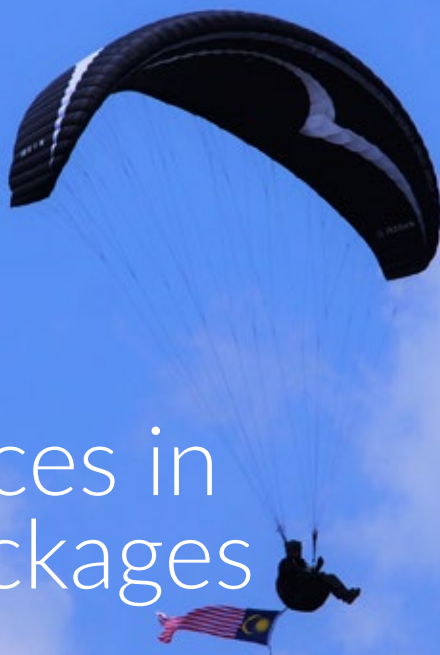


YAN

Experiences in Great Packages

Sure, you can explore Yan on your own with guide books, websites and social media but in many cases there are hidden gems that package tours make much easier to find. Packages can also be wide-ranging starting from short visits for particular places or activities, to half day or full day themed itineraries, to multi-experience overnight package tours with accommodation.

Feel free to contact any of them for enquiries and even customisation.



PERSATUAN REKREASI LUAR DAERAH YAN (REKEY) (Outdoor Recreation Association)

Pejabat Belia dan Sukan Daerah Yan, 3A, Arked MDY
Jalan Yan, 08800 Guar Chempedak, Kedah Darul Aman
Contact Person : **Mohamad Firdaus Mohamad**
Tel: +6019 413 9986
Fb: <https://www.facebook.com/rekeyyan/>

DAYSTREET EVENT MANAGEMENT (Downhill MTB) (Extreme Sports)

178K, Tingkat Bawah, Jalan Telok Wanjah
05100 Alor Setar, Kedah Darul Aman
Contact Person: **Md Nasron Md Noor**
Tel: +6012 584 6288

LADANG NIPAH ISMAIL CHE KAQ (Specialised in Nira Juice & Café)

Jalan Kuala Sedaka, 06900 Yan, Kedah Darul Aman
Contact Person : **Rohana Jaafar**
Tel: +6017 554 2354 | +6012 435 5104
FB: <https://www.facebook.com/ladangnipahismailcheqa08/>

LADANG NIPAH HANAPIAH (Specialised in Nira Juice)

Kampung Sungai Pial, 08400 Merbok, Kedah Darul Aman
Contact Person : **Solihin Napiah**
Tel: +6017 533 0861
FB: <https://www.facebook.com/anakkedah30/>

BATAS UBI DEER FARM (Deer Farm & Restaurant)

Kampung Batas Ubi, 06900 Yan, Kedah Darul Aman
Contact Person : **Mazlan Jaafar**
Tel: +6012 431 3635
FB: <https://www.facebook.com/Batas-Ubi-DEER-Farm-170640296449803/>

HOMESTAY KAMPUNG RAGA (Accommodation)

06900 Yan, Kedah Darul Aman
Contact Person: **Ahmad Faisal Md Thahir**
Tel: +6013 466 8191
FB: <https://www.facebook.com/homestaykampungraga/>

GEOBUDAYA KAMPUNG ACHEH (Accommodation)

06900 Yan, Kedah Darul Aman
Contact Person : **Tuan Haji Abdul Rahman Yasin Jasmi Bin Gani**
Tel: +6019 474 5321
FB: <https://www.facebook.com/kemkamc/>

PAWANA JERAI RESORT

(Accommodation & Specialised in Sport Fishing Activity)
ISLAND HOPPING

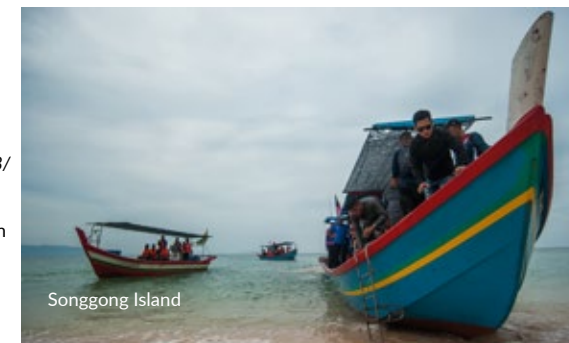
Songsong Island + Telur Island + Bidan Island
No. 842, Persiaran Pantai Ruat, Kampung Ruat, Yan Besar
06900 Yan, Kedah Darul Aman
Contact Person : **Yani Madewnus Dato' Yunus**
Tel: +6013 480 4799 | +6019 603 4799
Fb: <https://www.facebook.com/pawanaresort/>

KELAB LUNCUR UDARA JERAI (Paragliding)

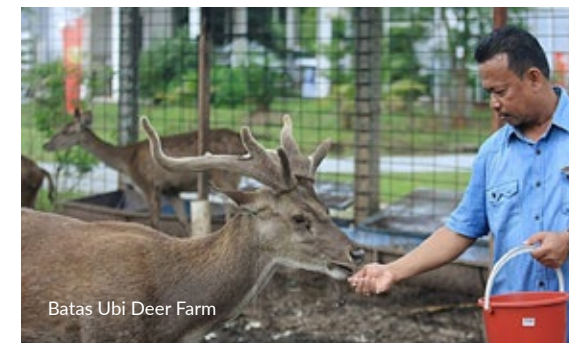
Pusat Internet Desa, Kampung Titi Deras
08300 Guar Chempedak, Kedah Darul Aman
Contact Person : **Mahadi Murad / Annuar**
Tel: +6013 4901650 | +6019 441 9693
Fb: <https://www.facebook.com/kelabluncurudarajerai/>

PENGUSAHA VAN PERSENDIRIAN GUNUNG JERAI (Transport Service)

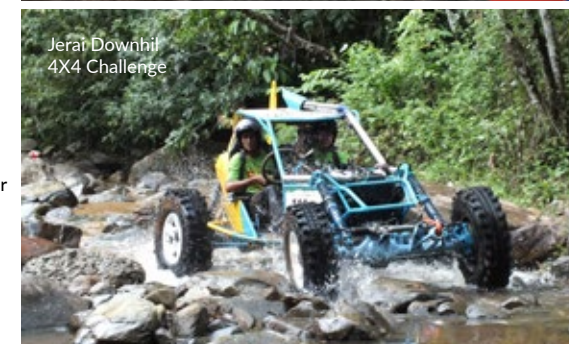
No. F751 Kampung Setol, Kedah Darul Aman
Contact Person : **Azhar Saad / Alias**
Tel: +6019 592 5620 | +6017 886 5808



Songsong Island



Batas Ubi Deer Farm

Jerai Downhill
4X4 Challenge

COMPANY LISTINGS

SEKOLAH AGAMA TAUFIQIAH AL-HALIMIAH (Galeri Tuan Guru Haji Yahaya Junid)

Padang Lumat
06800 Kota Sarang Semut
Kedah Darul Aman
Contact Person:

Mohd Syauqi Khasim
Tel: +6019 446 6672
FB: <https://www.facebook.com/taufikiahpondokpakya/>

PUSAT TEKNOLOGI MEMPELAM SALA KANAN

(Research Centre – Manggo)
06800 Kota Sarang Semut
Kedah Darul Aman
Contact Person:

Manager
Tel: +604-769 1014
Fb: <https://www.facebook.com/pages/Pusat-Teknologi-Mempelam/200970173279845>

JERAI HILL RESORT (Accommodation)

Puncak Gunung Jerai
08300 Gurun, Kedah Darul Aman
Contact Person:

Noor Haryanie Mohd Radzi
Tel: +6017 435 8526
Website: thejerai.com.my
Fb: <https://www.facebook.com/jerai.hill.39>

HOMESTAY KAMPUNG RAGA (Accommodation)

06900 Yan, Kedah Darul Aman
Contact Person:

Ahmad Faisal Md Thahir
Tel: +6013 466 8191
FB: <https://www.facebook.com/homestaykampungraga/>

PERSATUAN KOMUNITI TEROI BUKIT

(Community Service)
No 165A Kampung Teroi Bukit Guar
Chempedak

06900 Yan
Kedah Darul Aman
Contact Person:

Mohd Zamri Said
Tel: +6017 3461492
Fb: https://www.facebook.com/Persatuan-komuniti-TEROI-BUKIT-308372606600501/?ref=page_internal

GEOBUDAYA KAMPUNG ACHEH (Accommodation)

06900 Yan, Kedah Darul Aman
Contact Person:

**Tuan Haji Abdul Rahman Yasin
Jasmi Bin Gani**
Tel: +6019 474 5321
FB: <https://www.facebook.com/kemkamc/>

DAYSTREET EVENT MANAGEMENT (Downhill MTB) (Extreme Sports)

178K, Tingkat Bawah
Jalan Telok Wanjah
05100 Alor Setar
Kedah Darul Aman
Contact Person:

Md Nasron Md Noor
Tel: +6012 584 6288

KELAB LUNCUR UDARA JERAI (Paragliding)

Pusat Internet Desa
Kampung Titi Deras
08300 Guar Chempedak
Kedah Darul Aman
Contact Person:

Mahadi Murad
Tel: +6019 441 9693
Fb: <https://www.facebook.com/kelabluncurudarajerai/>

BATAS UBI DEER FARM (Deer Farm & Restaurant)

Kampung Batas Ubi
06900 Yan, Kedah Darul Aman
Contact Person:

Mazlan Jaafar
Tel: +6012 431 3635
FB: <https://www.facebook.com/Batas-Ubi-DEER-Farm-170640296449803/>

LADANG NIPAH ISMAIL CHE KAO (Specialised in Nira Juice & Café)

Jalan Kuala Sedaka
06900 Yan, Kedah Darul Aman
Contact Person:

Rohana Jaafar
Tel: +6017 554 2354
+6012 435 5104
FB: <https://www.facebook.com/ladangnipahismailcheqaq08/>

PAWANA JERAI RESORT (Accommodation & Specialised in Sport Fishing Activity)

No. 842, Persiaran Pantai Ruat
Kampung Ruat, Yan Besar
06900 Yan, Kedah Darul Aman
Contact Person:

Yani Madewnus Dato' Yunus
Tel: +6013 480 4799
+6019 603 4799
FB: <https://www.facebook.com/pawanaresort/>

LADANG NIPAH HANAPIAH (Specialised in Nira Juice)

Kampung Sungai Pial
08400 Merbok
Kedah Darul Aman
Contact Person:

Solihin Napiah
Tel: +6017 533 0861
FB: <https://www.facebook.com/anakkedah30/>

PERSATUAN REKREASI LUAR DAERAH YAN (REKEY)

(Outdoor Recreation Association)
Pejabat Belia dan Sukan Daerah Yan
3A, Arked MDY, Jalan Yan

08800 Guar Chempedak
Kedah Darul Aman
Contact Person:

Mohamad Firdaus Mohamad
Tel: +6019 413 9986
Fb: <https://www.facebook.com/rekeyyan/>

SEALIFE TRAVEL & TOUR (Specialised in Outdoor Activity)

Lot. 1964, Jalan Yan
Kampung Acheh
06900 Yan, Kedah Darul Aman
Contact Person:

Mohd Shubni Omar
Tel: +6 011 2195 3251
Fb: <https://www.facebook.com/Sealife-travel-tour-sdn-bhd-386554901925004/>

KILANG KOPI CAP RAGA (Local Coffee Operator)

Kabu 10, Sungai Limau
06900 Yan, Kedah Darul Aman
Contact Person:

Che Ahmat Abdul Bahrain Daud
Tel: +604 447 1622
+6012 4088325
Fb: <https://www.facebook.com/kopicapraga/>

HAMRA UNGGUL TRAVEL & TOURS SDN BHD (Travel & Tour Operator)

14 Tingkat 1 Bangunan Arkib Mdy
Sungai Limau Dalam
06910 Sungai Limau
Kedah Darul Aman
Contact Person:

Sharimah Othman
Tel: +6017 582 6663
Fb: <https://www.facebook.com/HamraUnggulTravelToursSdnBhd/>

PURNAMA GEMILANG ENTERPRISE

(Travel & Tour Operator)
Kauanter 5, Hentian Ekspres
Guar Chempedak

08800 Gurun, Kedah Darul Aman
Contact Person:

Manager
Tel: +6019 575 2815
Fb: <https://www.facebook.com/Purnama-Gemilang-Enterprise-992212010808714/>

HOTEL JERAI CT INN (Accommodation)

No.5, Taman Desa Murni 2
Jalan Jenun
08300 Guar Chempedak
Kedah Darul Aman
Contact Person:

Noor Haryanie Mohd Radzi
Tel: +6019 435 8526
+6011 1068 2506
Fb: <https://www.facebook.com/JeraiCtInn/>

PENGUSAHA KRAF TENGGOKOL (Craft, Traditional Head Gear Producer)

Belakang Pekan, Jalan Kuala Sungai
Limau Dalam, 06910 Sungai Limau
Kedah Darul Aman
Contact Person:

Encik Yusoff Ishak (Cikgu Atan)
Tel: +6019 315 8335

PENGUSAHA GONG (Traditional Malay Instrument)

Kampung Tohor
06900 Yan, Kedah Darul Aman
Contact Person:

Ismail Mad Akib
Tel: +6019 557 7405

PENGUSAHA VAN PERSENDIRIAN GUNUNG JERAI (Transport Service)

No. F751 Kampung Setol
Kedah Darul Aman
Contact Person:

Azhar Saad
Tel: +6019 592 5620

#Gah Kedah Participants



The Jerai Hill Resort

Accommodation

Some of the world's best resorts and friendliest homestays can be found in Kedah. Saying 'spoilt for choice' here is an understatement. Choose from a diversity of accommodation ranging from luxury pads and international value hotels to serviced apartments and simple, clean guesthouses.

Accommodation in Yan may not be so numerous but what it lacks in numbers it makes up in coziness. From small friendly hotels to family-run chalets and a little more, all nice to relax in after activities galore.

HOTELS & MOTELS

HOTEL JERAI CT INN

5 Taman Desa Murni 2
Jalan Jenun, Guar Chempedak
08800 Yan, Kedah Darul Aman
Tel: +6011-1068 2506
+604-468 2506
FB: <https://www.facebook.com/JeraiCtInn/>

D'GUAR MOTEL

1 Taman Keranji
Jalan Yan, Guar Chempedak
08800 Yan, Kedah Darul Aman
Tel: +6012-486 9641
+6012- 407 2404
FB: <https://www.facebook.com/dguar.home>

RESORTS & CHALETs

THE JERAI HILL RESORT

Puncak Gunung Jerai
Jalan Kaki Bukit
08300 Gurun, Kedah Darul Aman
Tel: +604-466 7 777
+6017-435 8526
FB: <https://www.facebook.com/The-Jerai-Hill-Resort-Gunung-Jerai-540677786435488/>

SALAK DENAI CHALET

Jalan Peranginan Batu Hampar
06900 Yan, Kedah Darul Aman
Tel: +6012-537 6151
FB: https://www.facebook.com/SALAK-DENAI-CHALET-117871971566661/?ref=page_internal

ANJUNG MENJARO

1111 Persiaran Dato' Haji Hashim
Titi Hayun
Jalan Peranginan Titi Hayun,
Yan 06900, Kedah Darul Aman
Tel: +6012-424 7810
+6 011-3601 311
FB: <https://www.facebook.com/AnjungMenjarobest/>

ZAMANII'S PLACE

Lot 5501, Jalan Pantai Murni
Kampung Pantai Murni
Yan Besar
06900 Yan, Kedah Darul Aman
Tel: +6011-262 76589
+6013-317 5175
FB: <https://www.facebook.com/pages/Zamanis-Place/473887672804448>

KAMPUNG ACHEH MANAGEMENT CENTRE (KAMC)

Kampung Aceh
06900 Yan, Kedah Darul Aman
Tel: +6012-493 4851
FB: <https://www.facebook.com/Kampung-Acheh-Management-Centre-KAMC-430499223813166/>

PUTRI AYU CHALET

Lot 1634, Jalan Batu Hampar
06900 Yan, Kedah Darul Aman
Tel: +6019-444 4441
Tel: +6019-474 3425
FB: <https://www.facebook.com/Putri-Ayu-Chalet-149920495199961/>

D'YAN CHALET

Majlis Daerah Yan
Peranginan Titi Hayun
06900 Yan, Kedah Darul Aman
Tel: +604-447 1310
WEBSITE: <http://www.mdyan.gov.my/>

CASABAYU CHALET

Persiaran Pantai Ruat
06900 Yan, Kedah Darul Aman
Tel: +6019-529 4736
FB: <https://www.facebook.com/casabayuchalet/>

KEM KENARI NATURE PARK

Kampung Aceh
06900 Yan, Kedah Darul Aman
Tel: +6013-408 8949
FB: <https://www.facebook.com/pages/Kem-Kenari-Nature-ParkYanKedah/267051613341627>

NEO ERA CHALET

Jalan Titi Hayun
06900 Yan, Kedah Darul Aman
Tel: +6012-5579 607
+6011-1084 9607
FB: <https://www.facebook.com/neoerachalet/>

ALANG KENARI

Lot 1964, Jalan Titi Hayun
06900 Yan, Kedah Darul Aman
019-4549 250
FB: <https://www.facebook.com/alangkenarichalet/>

PAWANA RESORT

Persiaran Pantai Ruat
06900 Yan, Kedah Darul Aman
Tel: +6013-480 4799
+6019-630 4799
FB: <https://www.facebook.com/pawanaresort/>

SAUJANA HILL RESORT

Kampung Singkir Genting
08300 Yan, Kedah Darul Aman
Tel: +6013-435 0364
+6019-504 9174
Group Booking
FB: <https://www.facebook.com/Saujana-Hill-Resort-126286907412171/>

CHALET & RESORT AYAHANDA

Batu Hampar
06900 Yan, Kedah Darul Aman
Tel: +6012-475 0661
FB: <https://www.facebook.com/chaletayahanda/>

D'ENN CHALET

Kampung Kuala Sungai
Limau Dalam
06900 Yan, Kedah Darul Aman
Tel: +6019-511 0584

D'STOI CHALET

Lot 2076 Kampung Setol
06900 Yan, Kedah Darul Aman
Tel: +6019-442 9500
+6019-400 2596
FB: <https://www.facebook.com/DStoiChalet/>

CHALET RIMBUN HIJAU

Jalan Batu Hampar,
06900 Yan, Kedah Darul Aman
Tel: +6012-510 8191
Group Booking
FB: <https://www.facebook.com/chaletrimbunhijau/>

HOMESTAYS

HOMESTAY KAMPUNG RAGA

Kampung Raga
06900 Yan, Kedah Darul Aman
Tel: +6013-466 8191
FB: <https://www.facebook.com/homestaykampungraga/>

KESUMA HOMESTAY

17 Taman Pantai Murni Yan
06900 Yan, Kedah Darul Aman
Tel: +6012-431 0685
FB: <https://www.facebook.com/pages/Kesuma-HomestayYan-Kedah/254557867962312>

ARIANA HOMESTAY

Kuala Raga, Pantai Murni
06900 Yan, Kedah Darul Aman
Tel: +6014-473 7969
FB: <https://www.facebook.com/Ariana-Homestay-1870540499888718/>

ZAR PERMAI MOTEL & HOMESTAY

Kampung Ruat
06900 Yan, Kedah Darul Aman
Tel: +6018-399 4248
+6014-534 5295
FB: <https://www.facebook.com/www.booking.com/my/>

JERAI MOTEL DAN HOMESTAY

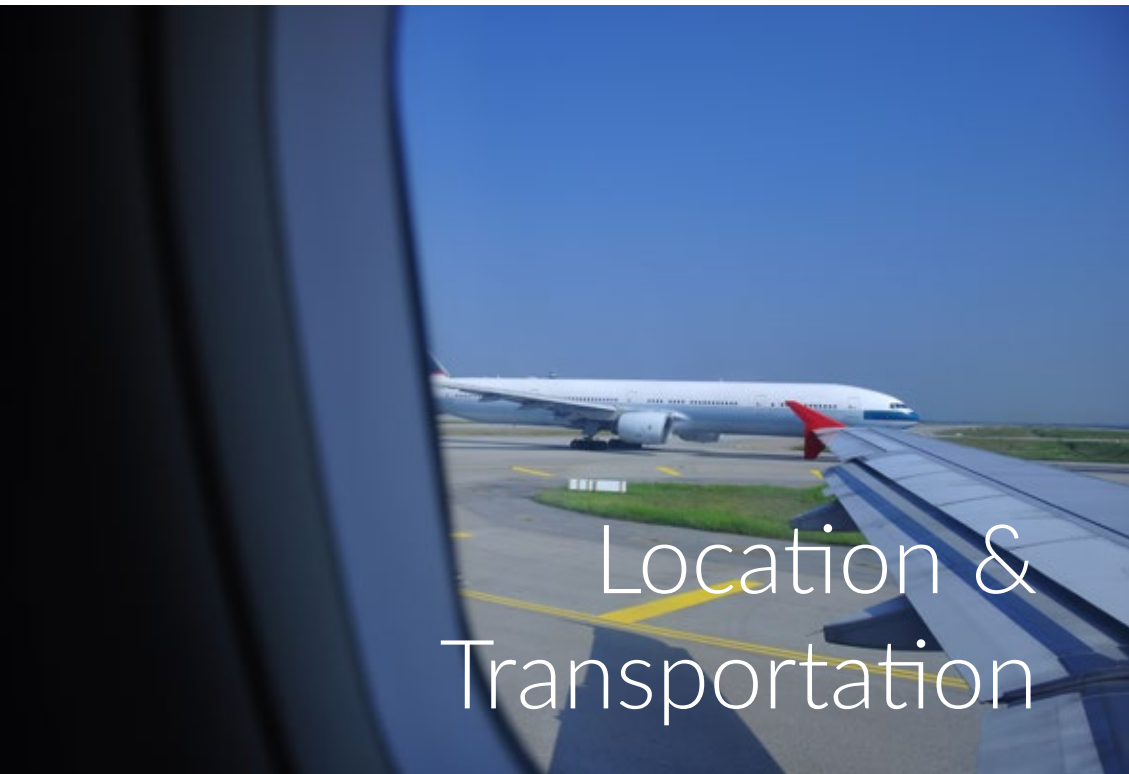
89 Batu 25, Hadapan Hospital
Yan Kechil
06910 Yan, Kedah Darul Aman
Tel: +6019-441 8989
FB: <https://www.facebook.com/JeraiHomestayYanKedah/>

Essential Information

We trust that everything goes well in your visit to Kedah. But just in case, here are essential contacts and other useful information that would help in ensuring that your stay is on track.



Songsong Island



Location & Transportation

If ancient traders could travel to Kedah since nearly 2000 years ago, you can too. Located on the northwest coast of Peninsular Malaysia, it is one of the country's northern gateways bordering Thailand to its north. You can travel to Kedah by air, road, rail or sea even on a cruise ship.



Getting to the Kedah Mainland

BY AIR

Malaysia Airlines, AirAsia, Malindo Air and others operate daily air services direct from Kuala Lumpur to Kedah. You can take flights from Kuala Lumpur International Airport (KLIA) or Sultan Abdul Aziz Shah Airport (Subang Skypark) to Sultan Abdul Halim Airport in Kepala Batas just 20 minutes' drive from Alor Setar, or to Langkawi Airport.

BY ROAD

Just a five-hour drive from Kuala Lumpur brings you to Kedah using the North-South Expressway (PLUS). Air-conditioned express buses to Kedah can be taken at KL's Terminal Bersepadu Selatan or Hentian Duta bus hubs. Bus services go to Alor Setar, Sungai Petani, Gurun, Jitra, Kulim, Baling and Bukit Kayu Hitam at the Thai border. Buses, taxis and even e-hailing car services are also available from neighbouring states to Kedah and vice versa.

BY RAIL

Fast and comfortable KTM Electric Train Services (ETS) express trains run from KL Sentral station in Kuala Lumpur daily and stop at major towns in Kedah including Alor Setar, Sungai Petani, Gurun and Anak Bukit before proceeding to neighbouring Perlis. Visitors heading for Langkawi should disembark at Alor Setar or Arau in Perlis and proceed to the respective jetty terminals to arrange their transfer. The border town of Bukit Kayu Hitam is the entry point for visitors who are arriving from Sadao, Thailand. There is an Immigration and Customs checkpoint at the border crossing that is open for travellers from 6.00am to midnight (Malaysian time).

GETTING AROUND

SELF-DRIVE

Rent a car at the airport or via car rental services and explore Kedah on the comprehensive network of roads around the state.

BUSES AND TAXIS

There are transport terminals in each city and major town in Kedah for local buses, interstate buses and taxis with a major hub in Alor Setar known as Terminal Shahab Perdana at Jalan Langgar. In Sungai Petani, the main bus terminal is situated at Ukir Square, Jalan Kuala Ketil. Get to various towns in Kedah and other major destinations in Peninsular Malaysia especially Kuala Lumpur, Penang, Melaka, Kuantan and Johor Bahru by bus. For festive and holiday seasons tickets must be booked in advance.

GETTING TO LANGKAWI

BY AIR

Malaysia Airlines operates daily air services to Langkawi from Kuala Lumpur, while its subsidiary, Firefly, offers daily flights to Langkawi from the Sultan Abdul Aziz Shah Airport in Subang and Penang. AirAsia provides daily flights to Langkawi from Kuala Lumpur and other cities. There are direct flights to Langkawi even from Singapore.

BY SEA

Express ferries provide regular services to Langkawi from Kuala Kedah in mainland Kedah and Kuala Perlis in the neighbouring state of Perlis. The sea ride from Kuala Kedah takes about 1 hour 15 minutes. Ferry services to Langkawi are also available from Penang as well as Satun, Thailand.

BY RAIL

Travellers heading for Langkawi may refer to the section above and disembark at Alor Setar or also Arau in Perlis and proceed to the respective jetty terminal at Kuala Kedah or Kuala Perlis for ferries to the island.

USEFUL CONTACT NUMBERS

TOURISM ENQUIRIES

ALOR SETAR

Tourist Information Centre

Tel: +604 731 2322

+604-730 1322

BUKIT KAYU HITAM

Tourist Information Centre

Tel: +604 922 2078

+604 922 1249

Email: Mtpbbkh@tourism.gov.my

LANGKAWI

INTERNATIONAL AIRPORT

Tourist Information Centre

Tel: +604 955 1311

KUAH

Tourist Information Centre

(Jetty Point Complex)

Tel: +604 966 0494

KEDAH STATE

TOURISM ACTION COUNCIL

Tel: +604 735 1030

+604732 8296

LANGKAWI DEVELOPMENT AUTHORITY (LADA)

Tel: +604 960 0600

Email: support@lada.gov.my

AIRLINES

MALAYSIA AIRLINES

Tel: 1 300 88 3000

+603 7843 3000

AIKASIA

Tel: +603 2171 9333

FIREFLY AIRLINES

Tel: +603 7845 4543

MALINDO AIR

Tel: +603 7841 5388

SULTAN ABDUL HALIM AIRPORT

Alor Setar

Tel: +604 7146876

LANGKAWI

INTERNATIONAL AIRPORT

Tel: +604 955 1311

RAILWAYS

KERETAPI TANAH MELAYU BERHAD

Railway Call Centre (KTMB)

Tel: +603 2267 1200

ALOR SETAR RAILWAY STATION

Tel: +604 731 4045

SUNGAI PETANI

RAILWAY STATION

Tel: +604 421 0703

+604 421 1301

PADANG BESAR STATION

Tel: +604 9490209

BUSES

TRANSNATIONAL EXPRESS

Tel: +604 734 5946 (*Alor Setar*)

+604 4214346 (*Sungai Petani*)

PLUSLINER EXPRESS

Tel: +603 4045 8878 (*Hotline*)

+604 734 5946 (*Alor Setar*)

+604 421 4346 (*Sungai Petani*)

CEPAT EXPRESS

Tel: +604 730 3110 (*Alor Setar*)

+604 4248182 (*Sungai Petani*)

+604 924 6050 (*Bukit Kayu Hitam*)

UTAMA EXPRESS

Tel: +604 7345946 (*Alor Setar*)

+604 4214346 (*Sungai Petani*)

TAXI

AIRPORT TAXI (*Alor Setar*)

Tel: +604 714 5876

CAR RENTAL

HERTZ CAR RENTAL

Tel: +604 7144959

FERRIES

LANGKAWI FERRY SERVICES

SDN. BHD. Tel:

+604 966 9439

LANGKAWI RO RO FERRY SERVICES

Tel: +604 9669881

FERRYLINE VENTURES SDN.BHD.

Tel: +604 9663988

GENERAL ENQUIRIES

IMMIGRATION OFFICE

Alor Setar

Tel: +604 733 3302

IMMIGRATION OFFICE

Bukit Kayu Hitam

Tel: +604 922 1621

IMMIGRATION OFFICE

Langkawi

Tel: +604 9694400

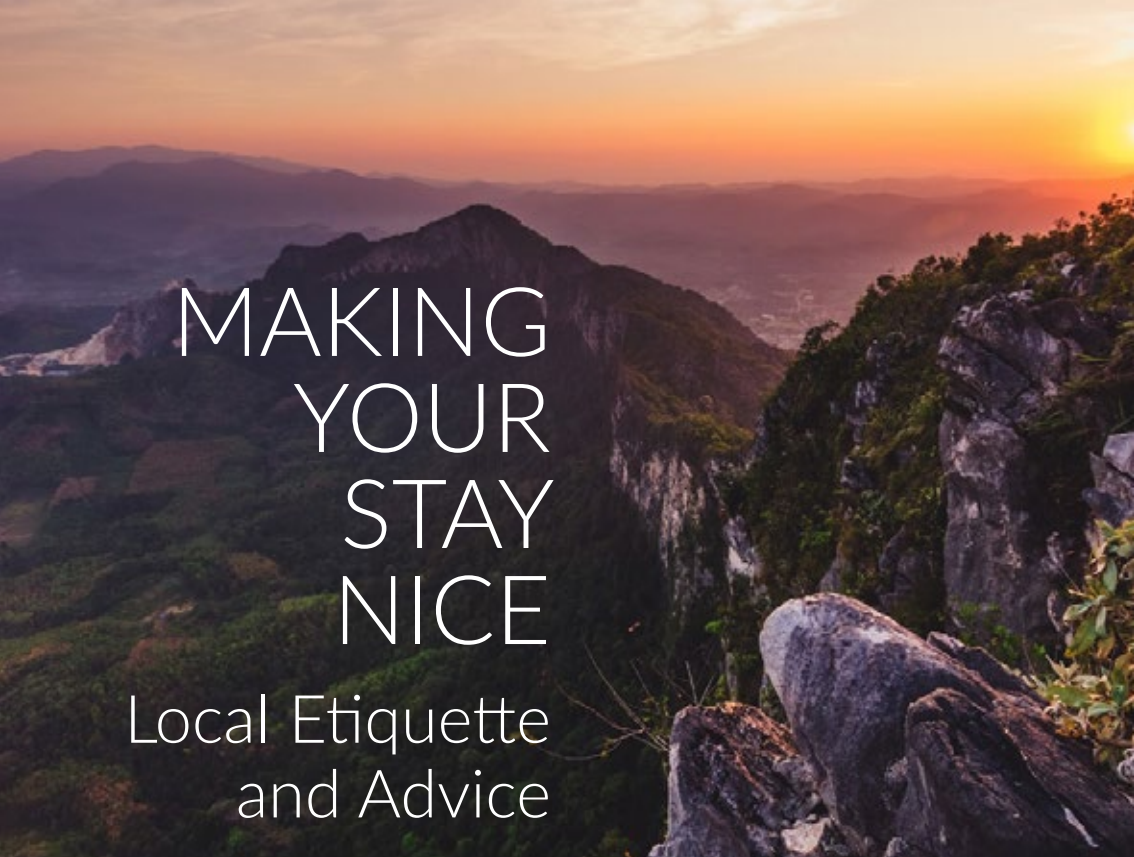


Tips for Visitors



Essential Malay Phrases You'll Need in Malaysia

The Malay Language or Bahasa Melayu is a relatively easy language to learn and speak. Pronunciation generally follows the spelling, with “sy” in Malay pronounced as the “sh” sound in English. The only slight uncertainty being “e” which can be pronounced either like the ‘her’ or ‘hey’ sound but generally you will still be understood even if it is mixed up.



MAKING YOUR STAY NICE

Local Etiquette and Advice

GREETINGS AND ESSENTIALS

Terima kasih / Thank you
Ya/Tidak – Yes/No
Selamat datang / Welcome
Selamat jalan / Goodbye
Sama-sama / You're welcome
Saya fak faham / I don't understand

DIRECTIONS AND TRANSPORTATION

Di mana tandas? / Where is the toilet?
Belok kanan / Turn right
Belok kiri / Turn left
Jalan terus / Go straight
Perlahan sikit / Slow down
Teksi / Taxi
Bas / Bus
Kapalterbang / Flight/Plane
Keretapi / Train
Jalan / Road
Keluar / Exit
Masuk / Entrance

AT THE RESTAURANT / CAFE

Kurang manis / Less sweet
Tanpa gula / No sugar
Kurang ais / Less ice
Tanpa susu / No milk
Tambah pedas / Extra spicy
Kurang pedas / Less spicy
Sedap / Tasty
Air / Water

AT THE MARKET

Berapa? / How much?
Mahal / Expensive

NUMBERS

Satu / One
Dua / Two
Tiga / Three
Empat / Four
Lima / Five
Enam / Six
Tujuh / Seven

Lapan / Eight
Sembilan / Nine
Sepuluh / Ten

MAKING FRIENDS

Apa khabar? / How are you?
Khabar baik / I'm fine
Dah makan? / Have you eaten?
Cantik / Beautiful
Maaf / I'm sorry
Tolong / Please
Jom / Let's go

FOR EVERYTHING ELSE...

Panas / Hot
Sejuk / Cold
Boleh / Can
Kampung / Village
Sungai / River
Pantai / Beach
Laut / Sea
Awas / Caution

- While visiting any venue where you meet local people, do be respectful of local customs and traditions; a friendly smile will never go wrong and just ask someone if unsure.
- Handshakes are generally acceptable for both men and women, but observant Muslim ladies or even men may acknowledge introductions to the opposite gender simply by nodding and smiling. A Malaysian welcome greeting is the right palm placed over the heart with a slight nod and the reply is the same. The more traditional greeting or salam resembles a handshake but uses both hands without the grasp. After the hands touch, they are lightly brought to the chest to mean the greeting is heartfelt.
- Footwear must always be removed when visiting homes or places of worship such as mosques and temples. Most mosques provide robes and scarves for ladies, and sarongs for men wearing shorts. When sitting on the floor, men sit cross-legged while women normally sit with their legs tucked to either side.
- To eat and also to give or receive something, the right hand is always used (unless it is a large item where both hands are needed).
- When pointing, it is preferable to use the right hand's thumb with the other four fingers folded under, rather than the forefinger especially when pointing to a person. Always ask for permission before taking photographs of someone or when inside someone's home.
- The country's Muslim majority (about two-thirds of the population) does not consume pork or any porcine products nor liquor or alcoholic beverages. Thus, toasting is not a common practice.
- The weather is generally quite warm with occasional torrential showers. Cotton or light clothes, rubber shoes and hats are suitable. Note that some establishments such as upmarket restaurants may not allow slippers, shorts or sleeveless.



Malaysia at a Glance

COUNTRY

The federation of Malaysia comprises Peninsular Malaysia (which is made up of 11 states), the large states of Sabah and Sarawak on Borneo Island and three Federal Territories namely Kuala Lumpur the capital, Putrajaya the federal administrative city and Labuan offshore financial centre.

CAPITAL CITY

Kuala Lumpur is the capital where the Parliament and the King's palace are, while Putrajaya is the federal administrative centre.

GEOGRAPHICAL LOCATION

Lying 2 to 7 degrees north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by Laut Bungan or the South China Sea. The Peninsular is bordered with Thailand in the north, while its southern neighbour is Singapore. The states of Sabah and Sarawak on Borneo Island share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

AREA

329,758 sq km

POPULATION

32.5 million

PEOPLE

Malay and related Bumiputra groups make up about 65% of the population, with Chinese, Indians and other ethnic groups making up the rest.

LANGUAGE

Bahasa Melayu (*Malay language*) is the national language but English is widely spoken. Malaysians also speak various ethnic languages and dialects.

RELIGION

Islam is the official religion but all major religions are practiced freely and visitors will see mosques, churches and Buddhist, Taoist, Hindu or Sikh temples all over the country.

GOVERNMENT

Malaysia practices parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong (the King or 'Agong' for short) and the Head of Government is the Prime Minister. The country has a bicameral legislative system, with general and state elections required every five years.

CLIMATE

Malaysia has a tropical climate and the weather is warm and humid all year round. Daily temperature range is from 21°C in early morning to 32°C or more in urban area afternoons. The average annual rainfall varies from 2,000mm to 2,500mm.

ENTRY REQUIREMENTS

Visitors must be in possession of a valid passport or acknowledged travel document with a minimum validity of six months beyond the intended stay period. Citizens of most countries do not require visas for social or business meeting visits. For further information, please call or visit the nearest Malaysian diplomatic mission or Tourism Malaysia office.

CURRENCY

The monetary currency unit is the Malaysian Ringgit, which is domestically denoted as RM and in international banking as MYR. Foreign currencies can be freely changed at banks and money changers.

TIME

Standard Malaysia time is eight hours ahead of GMT and 16 hours ahead of US Pacific Standard Time.

WORKING DAYS

Government and most offices in all states, with the exception of Kedah, Kelantan and Terengganu, operate on a five-day week from Monday to Friday. Government offices in Kedah, Kelantan and Terengganu are open from Sunday to Thursday. They are closed on Friday and Saturday.

BANKING HOURS

In most states, banking hours are from 9.30am to 4.00pm from Monday to Friday. Banks in the states of Kelantan and Terengganu operate from 9.30am to 4.00pm from Saturday to Thursday.

POST OFFICES

Most post offices are open from 8.00am to 5.00pm daily except on state weekends and public holidays.

ELECTRICITY

The voltage used throughout Malaysia is 220–240 volts AC, at 50 cycles per second. Standard 3-pin sockets and square plugs are used.

MEASUREMENT SYSTEM

Malaysia uses the international metric system.

TELECOMMUNICATIONS

Malaysia is openly linked nationally and internationally by telephone, facsimile, telegraph and via the internet. Most hotels provide International Direct Dial (IDD) telephone services as well as Internet Wi-Fi connection.

GETTING TO MALAYSIA

The most popular gateway to Malaysia is through the Kuala Lumpur International Airport (KLIA) at Sepang, located just over 50km south of Kuala Lumpur. Other major international airports that serve as entry points are at Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi as well as a smaller airport at Subang near Kuala Lumpur. Around 50 international airlines fly into the country. The national carrier, Malaysia Airlines, is complemented by budget airlines or other operators such as AirAsia, Malindo Air and Firefly.

The main entry point by sea is at Port Klang about 30km west of Kuala Lumpur, especially for cruise ships with other ports of call in Penang and Langkawi islands.

Peninsular Malaysia is also accessible by rail and road from Singapore and Thailand.

GETTING AROUND

Malaysia has excellent domestic air links services by Malaysia Airlines and low-cost carriers such as AirAsia, Malindo Air and Firefly. The country has a relatively well-developed and efficient public transportation system served by buses and taxis, as well as trains on the Peninsula. E-hailing vehicle services are also available.

ACCOMMODATION

Malaysia has a wide range of accommodation at very competitive rates. International star-rated hotels, beach or forest resorts, chalets, budget hotels, hostels, serviced apartments and registered homestays or kampungstays are just some of the many types of accommodation available. Online booking is popular.

Kedah CALENDAR of EVENTS 2020



JANUARY

KARNIVAL HARAPAN KEDAH

4 - Jan

Stadium Mini Keladi, Kulim

THE 18TH ROYAL LANGKAWI INTERNATIONAL REGATTA

6 - 11 Jan

Langkawi Island, Langkawi

BURUNG HANTU NIGHT RUN 2020

18 - Jan

Menara Alor Setar, Alor Setar

FEBRUARY

LE TOUR DE LANGKAWI

7 - 14 Feb

Langkawi Island, Langkawi

HERO RUN V2.0

15 Feb

Riverfront City, Sungai Petani

MASTER TOUR DE MALAYSIA 2020

22 - 23 Feb

Uum Sintok

THE 3RD LANGKAWI ULTRA

29 Feb - 1 March

Resort World Langkawi

MARCH

KARNIVAL KEUSAHAWANAN DAN KERJAYA NEGERI KEDAH

13 - 14 March

Unishams, Kuala Ketil, Baling

KEDAH 2020 RUN

7 March

Muzium Padi, Alor Setar

ULTRON ALOR SETAR RUN 2020

14 March

Aeon Big, Alor Setar

INTERNATIONAL INVENTION, INNOVATION & DESIGN COMPETITION 2020

19 March

UITM Merbok, Sungai Petani

APRIL

KEDAH FOTOGRAHY COMPETITION

01 April - 25 November

Setiap Daerah

MALAYSIA SERIES CHALLENGE KEDAH

11 April

Menara MPSPK, Sungai Petani

MAY

IFTAR PROGRAM

17 May

Masjid Zahir

JUNE

DURIAN AGRO TOURISM FEST 2020

13 June

Bandar Baharu, Kulim

MAI MAKAN MEMPELAM

27 June

Tobiar

LANGKAWI UNESCO GLOBAL GEOPARK INTERNATIONAL TOUCH RUGBY CHAMPIONSHIP 2020

6-7 June

Langkawi Sport Complex

JULY

INTERNATIONAL EUREKA INNOVATION EXHIBITION 2020

28 - 30 July

Unikl Campus, Kulim

HARI PELADANG PENTERNAK DAN NELAYAN PERINGKAT NEGERI KEDAH 2020

24-28 July

Taman Jubli Emas, Alor Setar

AUGUST

INTERHASH LANGKAWI 2020

21 - 23 August

Langkawi Island, Langkawi

MERDEKA FUN RUN 2020

22 August

Mydin Taman Batik, Sungai Petani

SEPTEMBER

LEMBAH BUJANG TREASURE HUNT

6 September

Lembah Bujang, Merbok

KEDAH INTERNATIONAL 4 X 4 CHALLENGE

16 September

Tasik Darulaman, Jitra

OCTOBER

KEDAH HALAL FEST FESTIVAL

29 October - 1 November

Amanjaya Mall, Sungai Petani

NOVEMBER

KEDAH FISHING TOURNAMENT

7 November

Tasik Unishams, Kuala Ketil

DECEMBER

KEDAH UNDER12 INTERNATIONAL FOOTBALL COMPETITION

11-13 December

Langkawi

All related event information is subject to change by the organiser from time to time and this administration is not responsible for the risks and losses based on the information above.

ACKNOWLEDGEMENT

Life is all about teamwork, and a good Directory like this one for Kedah requires good teamwork from so many parties, not just from within but even from without the state as well. We wish to thank all those listed below and even those who may be inadvertently missed, with a huge heartfelt Kedah inspired *Terima kasih banyak na!*

PEJABAT MENTERI BESAR KEDAH DARULAMAN	LANGKAWI DEVELOPMENT AUTHORITY (LADA)	MALYSIAN ASSOCIATION OF HOTELS
KEDAH GOVERNMENT SECRETARY'S OFFICE	YAN DISTRICT COUNCIL	KEDAH TOURISM SDN. BHD.
STATE GOVERNMENT OF KEDAH DARULAMAN	BANDAR BAHARU DISTRICT COUNCIL	KEDAH TOURIST GUIDE ASSOCIATION
STATE ECONOMIC DEVELOPMENT DIVISION KEDAH OFFICE	PENDANG DISTRICT COUNCIL	KEDA
ALOR SETAR CITY COUNCIL	DISTRICT AND LAND OFFICE OF KUALA MUDA	MALAYSIA INBOUND TOURISM ASSOCIATION (MITA)
KULIM MUNICIPAL COUNCIL	KEDAH DARULAMAN PUBLIC LIBRARY CORPORATION	MALAYSIA PRODUCTIVITY CORPORATION (Northern Region Office)
KUBANG PASU MUNICIPAL COUNCIL	KEDAH STATE MUSEUM	TOURISM PRODUCTIVITY NEXUS
BALING DISTRICT COUNCIL	TOWN AND COUNTRY PLANNING OF THE STATE OF KEDAH DARULAMAN	
SIK DISTRICT COUNCIL		
PADANG TERAP DISTRICT COUNCIL	MINISTRY OF TOURISM, ARTS AND CULTURE MALAYSIA	
LANGKAWI MUNICIPAL COUNCIL TOURISM CITY	KEDAH OFFICE MALAYSIAN HISTORICAL SOCIETY	

As they say, a picture is worth a thousand words. So, we say terima kasih and a thousand credits for each picture from our team of partners, as follows:

TOURISM MALAYSIA	PAWANA JERAI RESORT	TAMUASIA <i>Photo by Denan Lee</i>
KEDAH TOURISM	PEDU LAKE ECO & SERVICES	PANTAI CENANG LANGKAWI <i>Photo by Izuddin Helmi Adnan on Unsplash</i>
ALOR SETAR CITY COUNCIL	MARDI JERAM PASU	
KULIM MUNICIPAL COUNCIL	FAMA	LANGKAWI <i>Photo by Ilyuza Mingazova on Unsplash</i>
KUBANG PASU MUNICIPAL COUNCIL	PARALAYANG TAEH BUKIT GUNUNG BUNGSU KAB. LIMA PULUH KOTA	GUNUNG PULAI, BALING <i>Photo by Heiswayi Nrird on Unsplash</i>
BALING DISTRICT COUNCIL	tripadvisor.com.my/	
SIK DISTRICT COUNCIL	cintasayangresort.com/	EMERGENCY <i>Photo by Greg Nunes on Unsplash</i>
PADANG TERAP DISTRICT COUNCIL	gokelah.com/	
YAN DISTRICT COUNCIL	blackforest.com.my/	GUNUNG PULAI, BALING <i>Photo by Jihao Tan on Unsplash</i>
LANGKAWI MUNICIPAL COUNCIL TOURISM CITY	ammboi.com/	GUNUNG BINTANG <i>Mynewshub</i>
BANDAR BAHARU DISTRICT COUNCIL		WHITE WATER RAFTING <i>Sedim Rainforest Resort</i>
PENDANG DISTRICT COUNCIL		PENANG-TRAVELTIPS.COM <i>Timothy Tye</i>

MEDIA

UTUSAN MALAYSIA BERITA HARIAN SINAR HARIAN RADIO TELEVISYEN MALAYSIA (RTM) RANCANGAN SELAMAT PAGI MALAYSIA	STESEN RADIO KEDAH FM UTUSAN ONLINE SINAR ONLINE KEDAHTV WARTA KEDAH
--	--

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MPC



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MPC/TPN (English) / TamuAsia / Kedah
December 2019

(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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