



Perak

05 / POP 2,258,428 / AREA: 21,035 SQ KM

Includes »

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Best Places to Eat

- » Xin Quan Fang (p123)
- » Seri Ilhan (p139)
- » Kedai Kopi Prima (p145)
- » Nasi Lemak Ayam Kampung (p122)
- » Restoran Onn Kee (p123)

Best Places to Stay

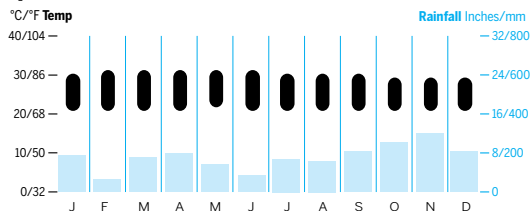
- » Sekeping Kong Heng (p120)
- » Tiger Rock Resort (p138)
- » Sentosa Villa (p143)
- » French Hotel (p120)
- » Belum Eco Resort (p147)

Why Go?

The old saying ‘What do you prefer, the mountains or the ocean?’ is pretty well received in Perak, Peninsular Malaysia’s second-largest state. ‘Perak’ means ‘silver’ in Malay, but historians debate whether the word references the state’s tin mines or the fish off its sandy coast. For travellers, this ambiguity simply reinforces the variety of the region. If you’re not in the Cameron Highlands (in Pahang state, but accessible from here), Malaysia’s premier hill retreat, or looking for elephants in the upland jungles of Royal Belum State Park, you’re probably lazing along the Straits of Melaka on Pulau Pangkor. And even if you’re the type who tends to shy from the extremes, Perak’s lowland cities – the royal seat of Kuala Kangsar; the garden metropolis of Taiping; and sprawling Ipoh, with its enviable eating scene and colonial architecture – are eminently worthwhile destinations.

When to Go

Ipoh



Nov–Jan Head to Perak’s high country to forget you’re in sweaty Southeast Asia.

Aug Even at summer’s peak, temperatures in the Cameron Highlands rarely exceed 21°C.

Oct–Nov Tourist numbers are low during Perak’s wettest months.



Perak Highlights

- 1** Visiting a tea plantation, hiking the hills or eating strawberries and scones in the **Cameron Highlands** (p126)
- 2** Snacking on cheap eats in **Ipoh** (p122) – arguably one of Malaysia’s most underrated food destinations
- 3** Lazing on one of the fine beaches on little-visited **Pulau Pangkor** (p134)
- 4** Caving, hiking, bird-watching or just getting generally outdoorsy at **Gopeng** (p125)
- 5** Soaking up the colonial charm of **Taiping** (p142)
- 6** Getting your feet muddy in the jungles of **Royal Belum State Park** (p147)
- 7** Taking a guided tour of historical tin-mining country in the **Kinta Valley** (p126)