



# Perak

📍 05 / POP 2,352,743 / AREA 21,035 SQ KM

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## Best Places to Eat

- ➔ Restaurant Lou Wong (p129)
- ➔ Barracks Cafe (p141)
- ➔ Luen Fong Restaurant (p133)
- ➔ Lim Ko Pi (p129)
- ➔ Restoran Pasir Bogak (p146)

## Best Places to Stay

- ➔ Sekeping Kong Heng (p127)
- ➔ Tiger Rock Resort (p145)
- ➔ Lakehouse (p139)
- ➔ Adeline's Villa (p134)
- ➔ Belum Eco Resort (p155)

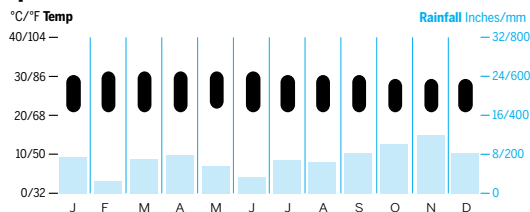
## Why Go?

Cliff-top temples, dam-flooded wilderness, a mining town now famous for chicken with bean sprouts – Perak's highlights are as intriguing as they are varied, but somehow this rugged Malaysian region has never seized its share of the limelight.

Time spent unpeeling Perak's layers will reward you richly. Amble through Ipoh's old town for time-worn mansions, craft shops and excellent food. Beyond the city lie cave temples so precariously situated they'll make you sweat with awe and exertion. Cool off with rafting in Gopeng, tour Taiping's colonial architecture or head north to untouched Royal Belum State Park. The beaches on Pulau Pangkor don't rival Peninsular Malaysia's east coast, but the island has sun, sea and hornbill-spotting in abundance. Perak is also the best starting point to explore the Cameron Highlands (technically situated in Pahang state). Once beloved of colonial Brits seeking a breather, these breezy hill stations now lure travellers eager to escape the muggy lowlands – and sip tea straight from the source.

## When to Go

### Ipoh



**Dec–Feb Sizzle**  
on Pangkor's  
beaches or cool  
down in Perak's  
high country.

**Jun–Aug Seize**  
binoculars for  
birdwatching in  
Belum or chill  
in the Cameron  
Highlands.

**Sep–Nov During**  
Perak's wetter  
months, skip to a  
city break in Ipoh  
or Taiping.



## Perak Highlights

- 1 Sipping tea, picking strawberries and scrambling through mossy forests in the fresh and verdant **Cameron Highlands** (p134).
- 2 Gorging on food in revamped **Ipoh** (p131), from chicken and bean sprouts to excellent Indian cuisine.
- 3 Admiring hornbills from a beach hammock on island hideaway **Pulau Pangkor** (p141).
- 4 Being dazzled by the royal sights and rich architecture of **Kuala Kangsar** (p147).
- 5 Marvelling at the remarkable **cave temples** (p129) near Ipoh.
- 6 Perusing colonial buildings and luscious street food in **Taiping** (p149).
- 7 Muddying your hiking boots in the watery wonderland of **Royal Belum State Park** (p154).
- 8 Going rafting, caving and rambling around the wild terrain of **Gopeng** (p133).