



Steph's Quick Budget Fact Sheet

Malaysia - Cameron Highlands

Quick Facts

- ✓ **Capital:** Kuala Lumpur
- ✓ **Language:** Malay
- ✓ **Population:** ± 33,200 (*district*)
- ✓ **Sq km:** ± 712
- ✓ **Currency:** Ringgit (RM)
- ✓ **Country code:** +60 (5)
- ✓ **Visa:** Few countries, [check!](#)
- ✓ **Alarm codes:** +605-4911222 (*police*), +605-4911966 (*hospital*), +605-4911003 (*fire*)
- ✓ **Vaccinations:** DTP / Hep-A / Hep-B / Typhoid / Japanese Encephalitis / Malaria prevention



History Recap Over 1 Drink

1400s: Prince Parameswara founds Melaka. 1511: Portuguese capture Melaka: center East-Indian spice trade. 1641: Dutch took over. 1786: British Captain Francis founds Penang. '24: Anglo-Dutch treaty spice trade: Melaka British → Colony of Straits Settlements. Indian/Chinese working immigrants. Protectorates over Malay Sultanates. '95: Federated Malay States. 1942-'45: Japanese occupation. '48: Federation of Malaya (British-ruled Malayan territories). '57: Independent from UK. Rahman Prime Minister (PM). '65: Singapore withdraws from Malaysia. '69: Anti-Chinese riots (frustration over their economic success). '70: Razak PM: National Front coalition. '71: Min. quotas Malays in business. '78-'89: Unrestricted Vietnamese asylum. '81: Mohamad PM. '89-'90: Communist insurgents sign peace accord with government. '93: Sultans lose legal immunity. '97: Asian financial crisis. 2001: Ethnic clashes between Malays & Indians. '02: New laws against illegal immigrants → exodus. '03: Badawi PM. '09: Ban recruitment foreign workers. Razak PM. 2010: First Islamic punishments: flogging women for extra-marital sex, allow underage marriage in Melaka. '14: MH17 flight from Amsterdam to KL crashes in Ukraine: shot down. '15: Razak took \$700m from sovereign wealth fund (1MDB) / corruption scandal. '16: Sultan Muhammad V new king.

Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry						Dry/Hot						
Wet	Cold	Cold								Wettest		Cold
High season					Rama	dan						
Budget												

Altitude: 1135-1829m. Climate: Tropical Highland Climate (Cfb).

Bucket List For Free

- ☺ **Hiking:** Trails are numbered from 1-12 and can be combined – *check blog story for detailed hiking guide.* Trails lead to (*among others*): [Gunung Brinchang](#), Gunung Irau, Gunung Bermenbun, Gunung Jasar, [Parit Falls](#), [Robinson Waterfall](#) & Thompson Falls. Download the Maps.me app for offline trail navigation.
- ☺ **Sights:** Sam Poh Temple, Sri Thendayuthapani Swami Temple, Sungai Palas Hindu Temple.
- ☺ **Tea Estates:** [Boh](#) & [Cameron Bharat](#).

\$€¥

- 👉 **Eco Visits:** Strawberry farms (*many: EQ, Big Red, Raaju's Hill, Kasimanis, Healthy*), Tan's Camellia Garden, Cactus Valley/Point, Orchid and Rose Garden, [Lavender Garden](#), [Agro Technology Park](#), [Rose Valley](#), [Water Crest Valley](#), [Cactus Valley](#). Book a tour to see a Rafflesia flower. Other tours combine these activities.
- 👉 **Museums:** [Time Tunnel Museum](#) & Mah Meri Art.

All paid activities listed here are purely informational. I personally do not think that any of these are authentic to the Cameron Highlands. You should focus on the hiking and trails when here. I don't recommend Mossy Forest, which is a total tourist trap. If you have 1 day only, a tour might be useful in order to see a lot quickly as public transport is infrequent... shop around in the main street for the cheapest current promotion.

Budget Bites

⌘ **Supermarkets:** Minimarkets. Make sure you bring food from Ipoh or KL if you need anything specific.

⌘ **Markets:** Kea Farm Open Air Market, Pasar Malam Brinchang.

⌘ **Local food:** Nasi Lemak, Nasi Goreng (*rice dishes*), Satay (*skewer*), Cendol (*cold dessert soup*), Roti Canai (*Indian*), Laksa (*soup*), Fish Head Curry, Chicken Curry, Roti Jala (*netlike crepes*), Popiah (*spring rolls*), Mee Goreng (*noodles*), Beef Rendang (*curry*), Ikan Bakar (*grilled fish*), Bak Kut Teh (*pork ribs broth*), Sambal Udang (*spicy shrimp*), Rojak (*fruit & veggie salad with fish*), Chee Cheong Fun (*rice noodle rolls*), Lok Lok (*hot pot*), Durian, Otak Otak (*fish cakes*), Bee Hoon (*rice noodles*), Banana Leaf Rice (*Indian*), Murtabak.

⌘ **Go vegan:** Being vegan is very easy and cheap in Malaysia. The Cameron Highlands has limited food choice though, and you'll mainly have to stuck to Indian eateries. Check them on [Happy Cow - Cameron Highlands](#) (*I personally added most of them*).

Mama Said

⚠ The Cameron Highlands are generally safe, but always use common sense. As in most places, don't walk alone at night and don't flash valuables or leave them anywhere visible. Be careful on Trail 9, robberies have been reported.

⚠ The old road (*via Tapah*) can be dangerous due to landslides during wet season.

⚠ When going on a hike, inform someone about your planned itinerary and expected return time. Bring a map, fully charged phone with local simcard, sufficient water, food, a first aid kit, a torch and headlamp, a pocket knife and a lighter.

⚠ Boycott "zoos" like Butterfly Garden and Highlands Apiary Farm / Ee Feng Gu Bee Farm where animals are held in captivity in unethical conditions.

⚠ Tap water is not drinkable. Water cuts are common, so if you can, fill some buckets.

Sleep Cheap

❖ **Hostels and hotels** are very cheap in Malaysia, but the prices are quite high in the popular Cameron Highlands. Going around and asking for short-term rent generally gives you cheaper deals. Use [this link](#) for €15 discount at Booking.com. Get €25 travel money for free on Air BnB with [this link](#). *Stay in Tanah Rata or Brinchang to be close to the hikes.*

❖ **Camping** is the cheapest option, but it does get cold at night here! There are free/cheap campsites at Sungai Pauh, at the peak of Gunung Brinchan and at Kuala Woh Recreational Forest. There are snakes and poisonous animals here, so don't leave shoes outside

❖ Go **Couchsurfing** or **Housesitting**: get 20% off your yearly Trusted Housesitters membership via [this link](#). Also check [WorkAway](#).

Festivals

⚙ **Flower Festival:** Aug/Sep.

⚙ **Hungry Ghost Festival:** Chinese, Aug-Sep.

⚙ **Diwali / Festival of Lights (Hindi):** Nov.

Free-Riding?

■ The best way to get around is **walking**. Bring an umbrella/poncho!

■ **Buses** and (*more expensive*) minivans link to the Cameron Highlands. The bus terminal is located in Tanah Rata. Local yellow buses serve the area (*leaving from terminal*), paid per distance and leaving every 2 hours. Verify price with locals to not overpay. Taxi drivers tend to communicate wrong times to let you take a cab.

■ There is no Grab or Uber here. **Cabs** can be rented per 2 hours (*fixed price*) or per trip (*negotiate up front*).

■ **Airport:** Ipoh Airport (Sultan Azlan Shah – IPH); KL International Airport (KLIA / KUL).

■ **Hitchhiking** is possible, locals are very willing to take a foreigner along and have a chat.

Next?

➔ **In Malaysia:** Ipoh, Penang, Langkawi, Kuala Lumpur.

➔ **International destinations close by:** Thailand, Indonesia, Singapore.

The Earth Becomes
My Throne