



Steph's Quick Budget Fact Sheet

Malaysia - Cameron Highlands

Quick Facts

- ✓ **Capital:** Kuala Lumpur
- ✓ **Language:** Malay
- ✓ **Population:** ± 34000 (*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 1-10 and can be combined into a loop or day trip... find more specific trail info [here](#). *Robberies have been reported on Trail 9!* Other: [Mossy Forest](#), [Gunung Brinchang](#), Gunung Irau, Mount Bermenbun, [Parit Falls](#) (in Taman Sedia), [Robinson Waterfall](#) & Thompson Falls. Get trail maps at the Tourist Information Centres or download the Maps.me app.
- ☺ **Sights:** Sam Poh Temple.
- ☺ **Free Tea Estate:** [Boh](#).

Worth The Extra \$€¥

- 👉 **Paid Tea Estate:** [Cameron Bharat](#).
- 👉 **Eco Visits:** Strawberry farms (*many: EQ, Kok Lim, YZ, Big Red, Raju Hill, Healthy*), Tan's Camellia Garden, Cactus Valley, Orchid and Rose Garden, [Lavender Garden](#), [Agro Technology Park](#), [Rose Valley](#), [Water Crest Valley](#), [Cactus Valley](#). Book a tour to see a Rafflesia flower in Blue Valley.
- 👉 **Museums:** [Time Tunnel Museum](#) & Mah Meri Art.

All activities not listed are considerate too expensive for the experience or unauthentic to the place, therefore considered the lowest priority.

Budget Bites

- ⌘ **Supermarkets:** Watsons and smaller supermarkets.
- ⌘ **Markets:** Kea Farm Open Air Market, Pasar Malam Brinchang (*Fri & Sat*).
- ⌘ **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. Every bigger supermarket has vegan products and there are many vegetarian and vegan restaurants... check them on [Happy Cow - Cameron Highlands](#).

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.
- ☠ Only use licensed cabs or take an Uber / Grab.
- ☠ There are a few ATMs, but they might not work. Bring enough cash, just in case.

Sleep Cheap

- ❖ **Hostels and hotels** are very cheap in Malaysia. reviews. Usually the cheapest deals can be found in hostels or via **Air BnB** (*long-term rates are negotiable*). Use [this link](#) for **€15 discount at Booking.com**. Get **€25 travel money for free** on Air BnB with [this link](#).
- ❖ **Camping** is very cheap, but it does get cold at night here! There are campsites at Sungai Pauh, at the peak of Gunung Brinchang and at Kuala Woh Recreational Forest.
- ❖ 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 serve the Cameron Highlands from surrounding towns. The bus terminal is located in Tanah Rata. Local tourist buses serve the area (*leaving from terminal*), paid per distance.
- Download the [Grab app](#) (*local Uber*) to book cheap private rides less than half the price of a taxi. You need a simcard for internet or public wifi to use this.
- **Airport:** Ipoh Airport (Sultan Azlan Shah – IPH).
- **Hitchhiking** is possible, locals are very willing to take a foreigner and have a chat.

Next?

- ➔ **In Malaysia:** Ipoh, Penang, Langkawi, Kuala Lumpur.
- ➔ **International destinations close by:** Thailand, Indonesia, Singapore.

The Earth Becomes My Throne