



# Steph's Quick Budget Fact Sheet

## Malaysia - Taman Negara

### Quick Facts

- ✓ **Capital:** Kuala Lumpur
- ✓ **Language:** Malay
- ✓ **Population:** ± 8000 (*Kuala Tahan*)
- ✓ **Sq km:** ± 4.343
- ✓ **Currency:** Ringgit (RM)
- ✓ **Country code:** +60
- ✓ **Visa:** Few countries, [check!](#)
- ✓ **Alarm codes:** 999 (*emergency*), 994 (*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
Wet	Monsoon											Monsoon
Dry												
Best												
Budget												

Altitude: ±200m. Climate: Tropical Rainforest Climate (Aw).

### Bucket List For Free

☺ **Day Hikes:** Bukit Teresek, Bumbun Tabing (*leave from Kuala Tahan or Merapoh – can also stay overnight*), Kuala Trenggan, Lata Berkoh, Yong Trail. You can easily attempt the hikes on your own, as trails are clear and maps provided, check the map in the blog. *Park entry almost free: RM1 / camera permit: RM5.*

☺ **Multi-day Hikes:** Gunung Tahan (± 2-4 days), Keniam Trail (2 days), Tenor Trail (3-4 days). Overnight hikes should be well-prepared.

☺ **Sights:** Tahan River, Lubuk Simpon.

☺ **Activities:** Bird watching, swimming (*leeches alert!*).

### Worth The Extra \$€¥

👍 **Activities:** Canopy Walk (*on Bukit Teresek*), Tahan Wildlife Observation Hide (*stay overnight*), Guided Jungle Trekking / Night Walks, 4WD Safaris, Orang Asli Settlements (*boat fare*).

👍 **Sights:** Lata Berkoh & Waterfall Cascades (*boat fare*).

👍 **Cave tours:** Gua Telenga / Kepayang / Daun Menari.

The Earth Becomes My Throne

## Budget Bites

⌘ **Big supermarkets:** Don't exist in Taman Negara. Bring food from Kuala Lumpur or spend more money in the local mini markets.

⌘ **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.

## Mama Said

☠ Taman Negara is generally safe, but don't flash valuables and be aware of the possibility of theft in hotels or vehicles.

☠ Be well-prepared when going on a jungle hike, as conditions are extreme. Bring twice as much drinking water as you expect to need, a map, compass and.... Wear closed shoes, long pants and high socks as the leeches-situation is extreme here. Inform the park headquarters where you're going and when you expect to be back, in case of emergency. *Check the blog story on how to remove leeches in a safe, painless manner.*

☠ Tap water is not drinkable.

☠ Take enough money with you! There are no banks or ATMs in Taman Negara or Kuala Tahan. The nearest cash-out point is Jerantut town.

## Sleep Cheap

❖ Hostels and hotels are very cheap in Malaysia. In the case of Taman Negara, you have more options and save money by booking in advance. Use [this link](#) for €15 discount at Booking.com. Get €25 travel money for free on Air BnB with [this link](#).

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

## Free-Riding?

■ Walking is the main way to get around in Kuala Tahan and Taman Negara. That's why you're here.

■ You can take a bus to Jerentut from Kuala Lumpur (Perkeliling Bus Terminal), Penang or Cameron Highlands. From there you need to take a local bus (*cheap*) or minibus (*expensive*) to Kuala Tahan (*about 90min*)... or to Kuala Tembeling (*in that case you need to take a 3-hour boat to Kuala Tahan from there*). Travel agencies offer direct packages from KL to Kuala Tahan, but are obviously more expensive.

■ You can take a train to Jerantut railway station, which is operated by KTM Intercity and Express trains. From there you can take a bus to Kuala Tahan or Kuala Tembeling.

■ Boats leave from Kuala Tembeling to Kuala Tahan and take 3 hours.

■ Airport: Kuala Lumpur International Airport (KUL).

■ Hitch-hiking is possible, locals are very willing to take a foreigner and have a chat.

## Next?

➔ In Malaysia: Kuala Lumpur, Langkawi.

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