



Going Places

TAKE ME HOME *Going Places* is regularly refreshed, so everyone who flies can have a copy

APRIL - MAY 2023

Take the high road

Gorgeous mountains
and lush rice fields
await in Taiwan's
East Rift Valley

**24 HOURS IN
KUCHING**
Explore Sarawak's
capital like an insider

**PRIME TIME IN
PERAK**
A spotlight on the
state's only
island-sanctuary
for orangutans

+ **10 reasons**
to fall in love
with Malaysia



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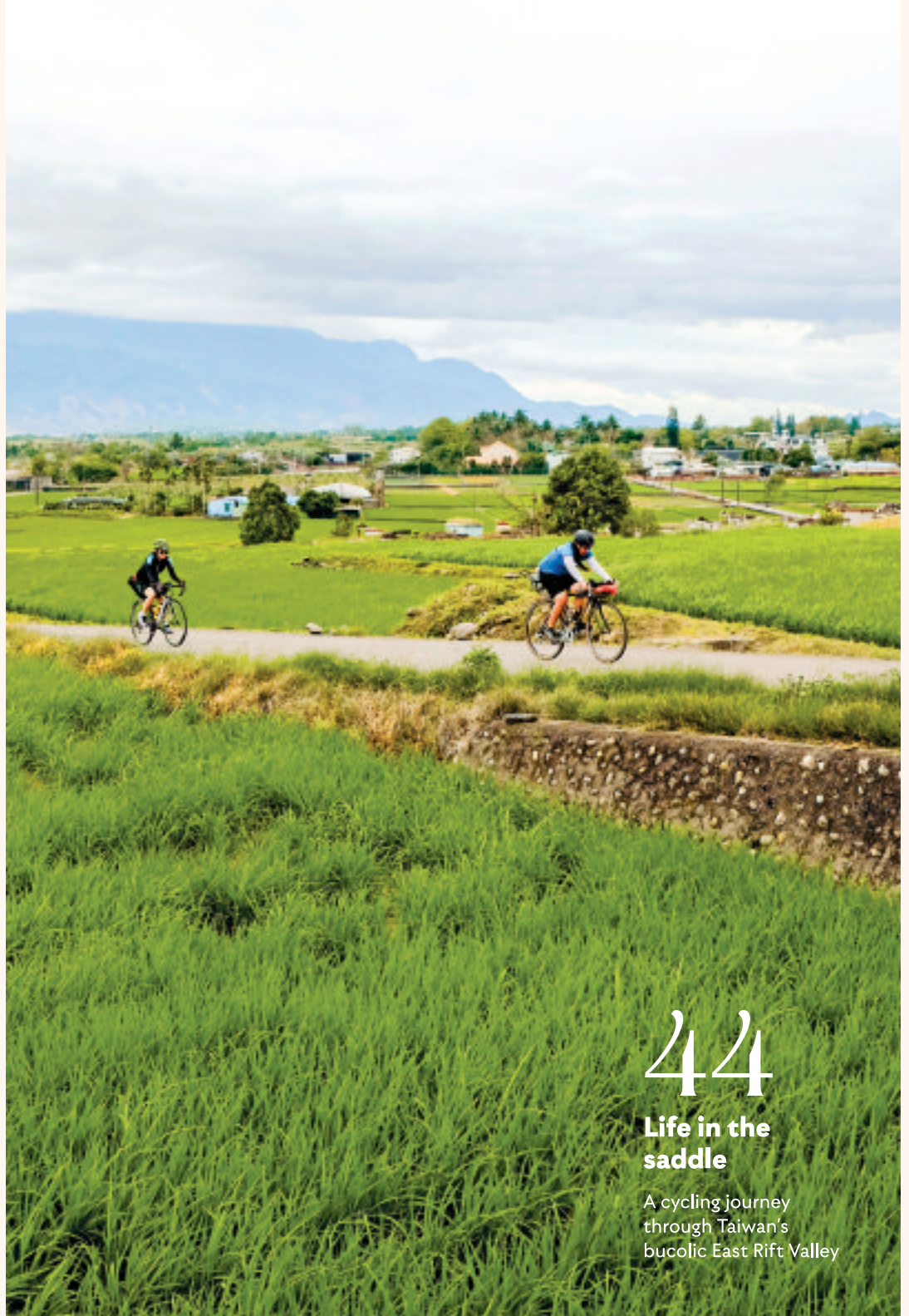
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APRIL-MAY 2023

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About the cover
Aerial view of a cyclist in the East Rift Valley in Taiwan
Photo by Ambrous Young

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Dear guests,

One year ago, in April 2022, Malaysia reopened its borders to the world, marking a significant milestone in our journey to recover from the effects of the pandemic and to reconnect loved ones near and far once again. Since then, we have made positive strides, having fully recovered our domestic capacities to pre-pandemic levels and are looking to reach full recovery of the international front by 2024. We would not have achieved this without your continued trust in us, so thank you for supporting us on this journey.

As we look ahead, we will continue to enhance our position as a premium Asia Pacific carrier offering global connectivity through our oneworld alliance and codeshare partnerships. This is crucial as we seek to provide our guests with more flexibility, choices and market coverage.

As a guest of Malaysia Airlines, you will enjoy the convenience of booking a flight to destinations within our network while also enjoying seamless connectivity to destinations beyond our

coverage. A prime example is our destination to Doha, launched in May of last year, which continues to be a popular option for many travellers, as they can connect onwards to the Middle East, Europe, Africa and the US seamlessly through our codeshare partnerships. We look forward to expanding our network reach further to provide you with the value of convenience and coverage.

We also understand that the journey to your destination should include an exceptional experience when flying with us. For this, we will continue to embark on several product enhancement initiatives to refresh the cabin experience, which will see the modernisation of the in-flight experience in its entirety, from seating to in-flight entertainment, while keeping passenger safety and comfort at its core. Soon, as part of our fleet modernisation plans, we will see the induction of new aircraft and technologies which will provide enhanced operational efficiency while also keeping our commitments to sustainability at the top of our minds.

With these exciting prospects ahead, I hope this will encourage you to plan your travels ahead with Malaysia Airlines. Once again, thank you for your continued support and trust in the brand as it motivates us to continue delivering our best.

I want to take this opportunity to wish my fellow Muslims a blessed Eid al-Fitr, or Hari Raya Aidilfitri as it is commonly known in Malaysia. Some of you may be reading this while on your way to 'balik kampung' or for a get-together vacation; we thank you for choosing Malaysia Airlines and hope you enjoy our Malaysian Hospitality service to your onward destination.

Have a pleasant journey ahead while enjoying our Malaysian Hospitality and we hope to see you onboard again soon. Stay safe and stay healthy.

Izham Ismail
Group Chief Executive Officer



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Wherever you are from, this year's spring season extends beyond outdoor activities and the revival of landscapes in all their glorious form. From a travel perspective, it's a metaphorical fresh start and an opportune moment to make good on those promises to turn your revenge travel intent into reality.

In this issue, we've put together a few ideas for you, beginning with 10 reasons to love exploring Malaysia. Traverse a cool East Malaysian city on foot (p35), discover a tranquil forest villa in Bukit Takun near KL, or take a thematic night walk guided by fantasy folklore characters on Langkawi Island.

For travel inspiration while abroad, we reached out to a Malaysian in London, Syabira Yusoff – winner of the *Great British Bake Off* series 13 – for epicurean recommendations, including mouthwatering Uyghur cuisine and where to find the best artisanal doughnuts in the city (p28). Meanwhile, environmentally-conscious travellers looking for an adventure in the wild will want to know about the sustainable luxury ecolodges we found across India (p19).

On the cover this month is Taiwan, with a spotlight on cycling tourism. The unstoppable popularity of outdoor cycling has even led it to be pegged as “the new golf” by the cycling community. A major manufacturer of parts and bicycles for many beloved bike brands, and a beautiful country with rolling hills, coastal panoramas and over 300km of recently upgraded round-the-island bicycle routes, Taiwan is the ideal cycling destination. In 2021, the Tourism Bureau of Taiwan even declared it the “year of bicycle tourism”. In our cover feature (p44), we take the scenic route in the East Rift Valley, against a backdrop of rustic charm, historical relics and impossibly beautiful landscapes.

You, too, can embark on the ride of your life. Two-wheeled or not, now is the time to travel like never before. Turn the page, and let's get going.

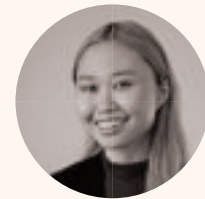
Shermian Lim
Editor

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Ambrous Young
Photographer, "Life in the saddle", p44

Shanghai-based photographer Ambrous draws inspiration from nature, animals and adventure. His focus areas are in fashion, travel and photography.



Grace Wong
Writer, "10 reasons to love Malaysia", p8

Based in Petaling Jaya, Grace writes about culture, business and beauty. Next on her travel list is exploring the biodiverse mangrove forests of Terengganu's Setiu Wetlands State Park.



Nadiah Aziz
Writer, "Life in the saddle", p44

Nadiah is always on the lookout for the next cycling adventure. She writes about the outdoors and long journeys, as well as the culture and places discovered along the way.



THE EVOLUTION

Chef Marco Caverni turns up the heat with a revolutionary new menu featuring imagination, creativity, and flavour as key ingredients to redefine the modern grill experience.



10 REASONS TO

Bold flavours, inspiring people and unforgettable places

1

Selangor

Peace and idyll just outside the city

Nestled within the lush forest reserve of Templer Park, Villa Takun is a dreamy and idyllic forest getaway. Here, boutique rooms and glamping accommodations offer the best of natural scenescapes alongside top-class amenities and all-day activities. And the best news – the journey there takes just 30 minutes from Kuala Lumpur.



LOVE MALAYSIA

The majestic Takun Hills serve as both backdrop and inspiration for the eight individually designed rooms. The largest comes with its own living room and jacuzzi, while the the A-Frames are surrounded by towering trees and frondy ferns. You can also choose to dip your toes into van life with the Airstream Caravan stays.

During the day, sign up for a craft workshop, or lean into serenity with Villa Takun's signature spa treatment. Families can enjoy a range of educational sensory play activities at Sehari, while adventure seekers can take a dip in Kanching Falls.

After all the excitement, refuel at on-site dining options, from the garden-to-table private dining experience The EDible, to café-style camp treats out of a caravan at Kore.

iohome.my/villatakun

IMAGE: SHUTTERSTOCK (KAAMATAN)



2

Kuala Lumpur

Art for contemplation

For Syahizan Zuwairi Morad, the time spent crafting his contemporary takes on Islamic art is part of his spiritual practice. Through prints featuring calligraphy and geometric patterns, the self-taught graphic designer seeks to inspire others in their faith. Dive into his digital storefronts for harmonious compositions of serene colour palettes and minimalist lines. [instagram.com/islamic.wall.decor](https://www.instagram.com/islamic.wall.decor)

3

Sabah

Bountiful blessings

The harvest festival Kaamatan finds its roots in the Kadazan-Dusun legend of Huminodun, a celestial princess who was sacrificed to feed her people in a time of famine.

Penampang's Hongkod Koisaan Kadazan Dusun Cultural Association (KDCA) plays host to this annual



celebration. Starting from 1 May, the month-long festivities include dance performances, singing contests and cultural showcases. Don't miss the nightly food markets, which begin at the halfway point of the month, as well as the ever-popular Unduk Ngadau beauty pageant. kdca.org.my

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4

Kuala Lumpur

A place for inclusive gatherings

Angel Ng Ji, the acclaimed co-founder of the stalwart PSI50 in KL, breaks new ground with Triptyk, featuring inventive zero-to-low ABV cocktails for inclusive social drinking. Try the Burung Hutan, a non-alcoholic Jungle Bird made with pineapple, malted orange cordial, citrus peel powder and Lyre's Italian Orange. Triptyk also shares the roof with a local fusion eatery and an event space hosting rotating supper clubs and pop-ups. [instagram.com/triptyk.my](https://www.instagram.com/triptyk.my)

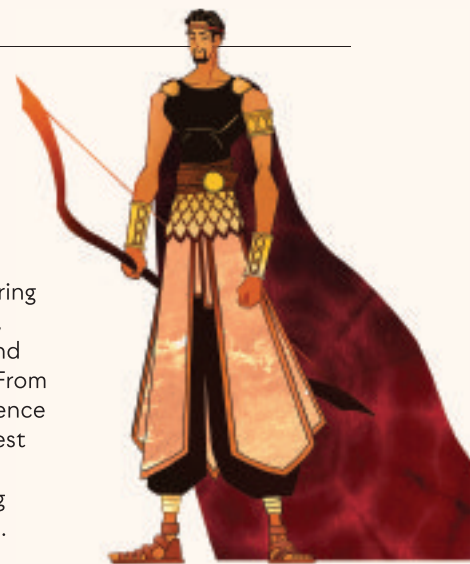


5 **Dream theatre**

Kedah

Imagine you're in a forest. Leaves crunch underfoot as you explore the base of Gunung Raya – Langkawi's highest mountain – at dusk. Then, as if through magic, all around you, local folk legends of Dayang Bunting, Merong Mahawangsa and the

Giants of Langkawi spring to life in soundscapes, projection mapping and dazzling illumination. From 1 May, you can experience just this at Dream Forest Langkawi, a unique interactive storytelling experience for all ages. [dreamforest.com.my](https://www.dreamforest.com.my)





Coming Soon

LIMA'23

**LANGKAWI INTERNATIONAL
MARITIME & AEROSPACE EXHIBITION**

23-27 MAY 2023



For more info, log on to
www.limamalaysia.com.my

6

Penang

Exploring island kinships

From now till 21 May, you can admire the works of artist Trevor Yeung at Blank Canvas, George Town's newest contemporary art space. Titled "A Friendly Distance", this is Yeung's first solo exhibition in Southeast Asia. This collection of photography and sculptural installations are borne from his residency in Penang, and inspired by the similarities and differences between the island, his home of Hong Kong, and Singapore – his first interaction with Southeast Asia. Yeung's ideas contemplate tradition, ritual and their shifting meanings through time and space. [instagram.com/blankcanvas_penang](https://www.instagram.com/blankcanvas_penang)



7

Selangor

A place to meet inspiration

Discover Temu House, a charming private event space tucked away at the end of a street in a Petaling Jaya suburb. From 7 to 16 April, the venue hosts ///I O///, a series of rousing experimental performances and an exhibition by visual artist Lee Mok Yee, percussionist-composer Ng Siu Yee and dancer-choreographer Steve Goh. For soul-stirring photography, don't miss the solo exhibition by acclaimed photographer, director and producer Nadirah Zakariya, taking place from 6 to 28 May. [temu.my](https://www.temu.my)

8

Kuala Lumpur

Perchance to dream

In *Dream of the Day*, an art exhibition ongoing until 14 May at Ilham Gallery, art critic and curator Patrick Flores spotlights artworks that explore dreams, myths and fantasies. Spend a leisurely afternoon at this contemporary art space, a 15-minute walk from Petronas Towers, for a rare chance to see the creations of 39 artists from the region. Here are our top picks.



David Medalla
The late David Medalla was a multi-disciplinary artist whose works include paintings, sculptures, kinetic art, poetry and performance art.
Look for: “MMMMMMM... MANIFESTO (a fragment)”, a prose poetry he wrote in 1965 for a London publication, where he answers a self-posed question: “What do you dream of?” Millennials and Gen Zers obsessed with manifesting, watch and learn.

Sharon Chin
Artist Sharon Chin’s thoughtful pieces explore activism and climate justice through deceptively quiet forms.
Look for: Prints inspired by the flora and fauna that surround her home and studio in Port Dickson; botanical illustrations of weeds painted over discarded political party flags; linoprint shadow puppets lit by the flares of a nearby oil refinery.

Alfonso Ossorio
Alfonso Ossorio was known for many things: his friendship with Jackson Pollock and Jean Debuffet, his abstract paintings that navigated a complex relationship with religion, and found objects that he called “congregations”.
Look for: A showcase of Ossorio’s daily drawing exercises, through which he constantly examined and envisioned himself in relation to society.

Eiffel Chong
Hailing from Kuala Lumpur, Chong is known for his photographic still lifes and silent landscapes.
Look for: Works from his 2015 collection, “For Such Is The Wickedness Of The World That It Shalt Be Destroyed By A Great Flood”. It’s a series of eerily calm, post-apocalyptic landscapes inspired by the varied interpretations of a great flood that ends the world.

Alex Niño
Alex Niño – known for his work with DC and Marvel – was part of the first wave of Filipino artists who transformed the US comic industry in the 1970s.
Look for: His captivating, propulsive comic book interpretation of classic *Moby Dick*, in works that showcase his distinctive elegant but graphic style (honed from specialising in horror and science fiction comics).

IMAGES: IMRAN SULAIMAN

LUXURY OF YOUR OWN

PRIVATE POOL AND STEAM ROOM

WORLD RECORD HOLDER

“ Most swimming pools in a resort “
“ Most overwater villas at a single resort “ *

* As per an independent report conducted by Horwath HTL,
the global leader in hospitality consulting.
Source | Horwath HTL, October 2018



Huste Grandeur Global Hotel
Awards 2019



World Luxury Hotel
Awards 2020



The Brand Laureate SMEs
Best Brands Award 2018 - 2019



Global Best Employer Brand
Awards 2019



The Brand Laureate
Best Brands Award 2017 - 2018



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REASONS TO LOVE

Malaysia

Scarf sophistication

Brands like TudungPeople prove that Malaysia is one of the best places to shop for modest wear. The local headscarf brand designs and creates an astonishing array of hijab and related accessories, encompassing different fabric types and styles, in a wide variety of colours and prints. From activewear to luxury, they have a scarf for every occasion.

It's never been easier to get your hands on TudungPeople's beautiful scarves, whether you prefer to scroll at leisure online, talk to a sales consultant over WhatsApp or browse one of their beautifully appointed stores across the Klang Valley.

Their new store at KL East Mall takes design cues from traditional Islamic architecture, and is a lovely space to shop for your next favourite scarf.

tudungpeople.com



The final touch

Malaysian accessories brands that make the outfit



Nelissa Hilman

This contemporary footwear brand is a favourite of Malaysian women, with its range of chic office footwear and sandal designs updated with new textures. Plus, they've recently expanded their ready-to-wear collection.

nelissahilman.com



The Straits Finery

This Malaysian fine jewellery brand specialises in minimalist classics, the kind you never want to take off. Their delicate chains, studs and rings are all crafted in 14k solid gold, designed to be stacked and layered over.

thestraitsfinery.com



Wasis

Make a bold statement with Wasis' eye-catching range of jewellery. Designer Kina Hassan takes inspiration from her cultural heritage, working primarily with brass and silver to create striking accessories that enliven any outfit.

wasisstudio.com



Embun Embun

Based in Langkawi, this accessories brand celebrates the artisans who work with mengkuang, a native plant that is harvested, dried, dyed and woven to create beautiful accessories like bags, wallets and homeware.

embunembun.com

10

Malaysia

Break fast in style

After a full day of fasting, there is precious little energy in reserve to think of what to whip up for *buka puasa* (breaking of fast) – let alone actually cook it. During the holy month of Ramadan, switch up the routine and enjoy a gratuitous spread. Invite the whole family and perhaps even squeeze in an overnight stay, because why not treat yourself?



IMAGES: IMRAN SULAIMAN (TUDUNGPEOPLE), AFF ABD HALIM (BUKA PUASA)



Mandarin Oriental Kuala Lumpur

Developed by Sous Chef Saiful Asrul Sadin, *Santapan Warisan Melayu* calls upon Malaysia's culinary history to be enjoyed in a backdrop of thematic Malay Sultanate decorations and the soothing sounds of live gamelan performances.

What to eat: Feast on *Udang Galah Lemak Asam Nenas* (slow-cooked river prawns in coconut broth and pineapple) from Perak, *Puyuh Goreng Berempah Bonda* (deep fried quail with local spice and herbs) from Perlis and *Siput Sedut Lemak Kuning* (freshwater snails in turmeric coconut curry) from Negeri Sembilan all in one luxurious setting.

mandarinoriental.com/en/kuala-lumpur

DoubleTree by Hilton Johor Bahru

Enjoy not one but two options for iftar. *Sajian Antara Benua* at Makan Kitchen and *Bazaar Selera Warisan* at The Food Store are part of the *Citarasa Serantau* festivities by Hilton.

What to eat: Makan Kitchen boasts BBQ-style Wagyu Beef Brisket and Kerala crab curry while Food Store provides a food stall experience offering *Daging Rendang Tok*, barbecue-grilled dishes and – atypical for hotels – fresh durian.

eatdrinkhilton.com

The RuMa Hotel Kuala Lumpur

The RuMa's *Hidangan Tradisi* returns for fasting month this year with *Edisi SANTA!*, which features Malay cuisine from the top and bottom ends of the peninsula.

What to eat: Kick off with a platter of dates, *dodol* (a toffee-like confection), and fried *popiah* (spring rolls) followed by a plethora of claypot-cooked curries such as the fiery *Sotong Masak Lemak Cili Api*. Be sure to save space for the grille, featuring satay, lobster, salmon and the centrepiece – a whole oven-roasted leg of lamb.

theruma.com

Your Must-Have Travel Companion

Available in a travel-friendly 50ml jar, Dry Skin Gel is the only moisturiser you need on your family getaway



Summer is nearly here, and you are planning that long getaway. Whether you're headed to the beach, the mountains or the city, you'll need to pay attention to your skincare routine. From dry airplane cabins and air-conditioned hotels to hot showers and poolside hangouts, your skin will experience more dryness than usual.

Luckily, keeping your skin hydrated is an easy one-step process with Dry Skin Gel. Harnessing the power of oils, this moisturiser from Bio-Oil is the only skincare product you need on your trip.

Scan code to learn more about Bio-Oil Dry Skin Gel



biooilexperience.my
IG: [@biooil.experience](https://www.instagram.com/biooil.experience)
FB: [@biooil.experience](https://www.facebook.com/biooil.experience)



Available on Lazada, Shopee and all leading pharmacies

Here's what makes it so special:

Simplifies your skincare routine

If you're like most skincare fans, you probably travel with three different moisturisers: one for your body, one for your face and one for your lips. With Dry Skin Gel, all you need is one product that's potent enough to hydrate your body – including cracked heels and elbows – and gentle enough to hydrate your face, including delicate skin such as the eyes and lips.

Works hard all day long

Most store-bought moisturisers contain a lot of water (sometimes up to 80%) and very little oils. As the water evaporates, your skin feels dry again, and you need to reapply. Dry Skin Gel has 4x more oils and only 3% water, offering long-lasting moisturisation so you can spend less time reapplying and more time enjoying your holiday.

Nurtures every skin type

Worried your skin is too sensitive for a powerful oil-based moisturiser? Fear not. Dry Skin Gel has been clinically proven to be non-comedogenic, meaning it does not clog pores and does not cause breakouts. In short, it's suitable for all skin types – you can even use it on your little ones.

Goes in your hand-carry bag

The best part? Dry Skin Gel comes in a variety of sizes, from a 200ml jar that's best for your bathroom or bedside, all the way to a 50ml alternative that meets cabin bag requirements. That means you can travel light – and stay moisturised wherever you go!

ELEVATE

A global guide to the latest travel and lifestyle trends



SPOTLIGHT

Welcome to the luxurious jungle

India's forests are home to a variety of wildlife. The best way to experience their magic? By staying in one of the many high-end and sustainability-minded wildlife lodges that organise safaris for their guests. These places of accommodation take a more holistic approach by employing locally and showcasing regional culture, helping guests foster a deeper connection with the land and its people. Opting for a sustainable stay also ensures that your tourism money supports indigenous communities and conservation efforts in the region. *(Continued on next page)*



Malaysia Airlines
flies 55x weekly from
Kuala Lumpur to India

IMAGE: DUNCAN WRIGHT COURTESY OF FORM



TEAM-BUILDING



DESIGN



CULTURE



INSIDER TIPS



FASHION



SHOPPING



DINING



**Utsav Camp
Sariska**

200km from Delhi Airport

In the lap of the Aravalli Range in Rajasthan, leopards and hyenas roam wild in the scrub forests of Sariska National Park. The expert naturalists at Utsav Camp – most of them from the local village – show you how to ethically track the animals in their natural habitat by following paw marks and scat, as well as identifying burrows. The lodge’s cosy cottages are designed with local stone and bamboo, while the luxurious tents offer sweeping views of wild grasslands. Here, they take a zero-mile approach to food, which means locally-sourced, seasonal dishes. A rooftop pool overlooks the Aravalli peaks. utsavcampsariska.com



**Jim’s Jungle Retreat
Corbett**

280km from Delhi Airport

India’s first tiger reserve is named after hunter-turned-conservationist Jim Corbett. In this forest in the foothills of the Himalayas, Bengal tigers and wild elephants roam free. On the fringes of this forest, Jim’s Jungle Retreat occupies 15 acres of regenerated land, where rustic-chic cottages are artfully concealed within the trees and wild grasses.

Fitting in with the forest and the community is part of the property’s ethos; cottages are built in the architectural style of the Van Gujjar community, with open verandahs and thatched roofs. The locally employed guides are the best storytellers, sharing their knowledge of the forest on nature walks, and on safari drives. Be sure to also pop by the on-site nursery, where native flora are planted to support afforestation efforts. jimsjungleretreat.com

“

Paying homage to the design culture of the indigenous Kadu Kuruba community, the huts here are built with mud walls, thatched roofs and terracotta floors.

”

**Evolve Back Kuruba
Safari Lodge
Kabini**

*265km from
Bangalore Airport*



The Nagarhole National Park is a stronghold of tigers, leopards, bison and the elusive black panther. River Kabini slices through this wilderness, and on its banks sits this luxe safari lodge. Inspired by the design culture of the indigenous Kadu Kuruba community, the huts here are built with mud walls, thatched roofs and terracotta floors. Here in Karnataka, the seasons bring plenty of sunshine and rain – energy sources that are utilised by the resort’s rainwater harvesting initiative and solar power plant. Uncover the secrets of the forests with expert naturalists, either in a jeep or boat safaris. evolveback.com/kabini



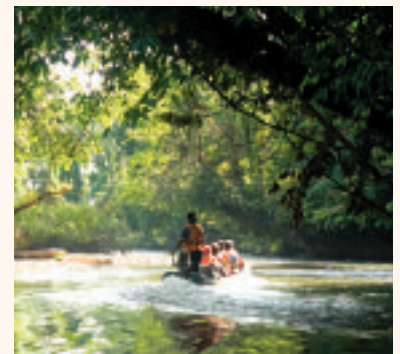
TEAM-BUILDING

Corporate retreats with a twist

A change of setting might just be what's needed to get the team thinking outside the box

With so many people working from home over the past couple of years, companies may feel the need to strengthen their office culture and foster connections among colleagues. A study by Microsoft showed that 43% of leaders believed that building relationships was the greatest challenge of this new way of working, and 59% of hybrid employees and 56% of remote employees had fewer work “friendships” than when they worked in the office full-time.

For something more unique than a team lunch, these off-the-beaten-track team-building activities make for a more memorable and effective experience.



Clockwise from top left: Snorkelling in Bali; Kayaking in Kuching; Learning to make teh tarik in Kuala Lumpur

Explore the rainforest Kuching

Take the team to experience the great outdoors with Semadang Adventure, located in the Borneo rainforest. The adventure company allows groups to customise their tour package, so you can take your co-workers’ preferences into consideration, whether it's kayaking down the tranquil river; exploring the jaw-dropping Rembang Cave; or cycling alongside beautiful limestone karst formations to the old gold-mining town of Bau. semadangkayak.com

Embark on a treasure hunt Kuala Lumpur

Strategy and teamwork take centre stage on this epic treasure hunt with Trailblazers. Put your minds together to solve clues, crack puzzles and perform various physical tasks to emerge victorious. Options include overnight car rides, a treasure hunt on foot through a housing estate, an LRT-based hunt that’ll have you hopping on and off different trains; and a nature-themed treasure hunt that involves trekking through a tropical rainforest. trailblazers.com.my

Dive into a snorkel safari Bali

In Bali, discover a plethora of sea adventures that make for ideal team bonding activities: think surfing, flyboarding, parasailing and more. Our top pick? Snorkelling in the Blue Lagoon – off the coastal town of Padangbai in eastern Bali – takes you into prime territory for marine life. Coral, Blacktip Reef sharks, turtles and Napoleon fish are just some of the magnificent creatures you can observe up close in this snorkel safari with your work mates. baliocan.com

IMAGES: WWW.SHUTTERSTOCK.COM (SEMADANG ADVENTURE AND SNORKELLING IN THE BLUE LAGOON), TRAILBLAZERS (TRAILBLAZERS)



DINING

Vegan all day

From breakfast to lunch and dinner, here's how to become an ethical diner in Bangkok **BY GAVIN NAZARETH**



Cauliflower Dynamite Maki

LUNCH Broccoli Revolution

A pioneer in Bangkok's vegan landscape, Broccoli Revolution is a socially-conscious, eco-friendly plant-based eatery and elixir bar, now in three locations. The menu is eclectic, showcasing flavours from all over the world. Tuck into Cauliflower Dynamite Maki – chickpeas, veggies, Japanese rice and brown rice encased in fried seaweed, and topped with cauliflower and eryngii.
bcrweb.kloud.kitchen



Chickpea Puff with Ratatouille

DINNER Mia

Tucked away on a quiet street off Sukhumvit 26, this bougie restaurant by husband-and-wife chef team Pongcharn “Top” Russell and Michelle Goh offers modern European cuisine with Asian soul and reflects their impressive experience working in Michelin-starred restaurants in Europe and Asia. The new eight-course plant-based vegan tasting menu includes Jerusalem Artichoke with Winter Truffle, Grilled Kohlrabi and Chickpea Puff with Ratatouille Filling.
miarestaurantbkk.com

BREAKFAST

Nature's Charm Café

Located in Thonglor, Nature's Charm Café tops the vegan charts for healthy, delicious and Instagram-worthy breakfast and brunch dishes. For a sweet start to the day, try their fluffy pancakes topped with fresh fruit, whipped coconut cream and a generous drizzle of caramel sauce. Wash it down with a cup of coconut milk coffee or the Banofe Cutie Pie coconut milk shake – so good you'll want another right after it.

naturescharmcafe.com

A generous drizzle of caramel sauce

Whipped coconut cream

Seasonal citrus and tropical fruit

What Pancake Dreams Are Made Of





This is
Malaysian Hospitality.





CULTURE

Mixed background

After a four-year hiatus, the Peranakan Museum in Singapore reopens its doors **BY LESTER V. LEDESMA**



Museums are often places where artefacts are taken away from their natural context and displayed in sterile environments that make them hard to fully appreciate. Fortunately this isn't the case with Singapore's Peranakan Museum, which finally reopened in February after a four-year closure.

Still basking in the glow of its facelift, this heritage building in the Civic District hosts refreshed exhibits showcasing the collective memories of a distinctly

Singaporean community.

Peranakans are the descendants of immigrants who arrived in Singapore from the 14th to 17th centuries and intermarried with native

“
A pair of screens show video interviews of modern Peranakans pondering their cultural identity
”

Malays. These unions resulted in multi-ethnic families that share a unique hybrid culture.

Though Singapore's Peranakan influences range from Indian to Arabic and even European lineages, the museum mostly focuses on the predominant Chinese Peranakan community. The galleries are spread out over three floors and arranged into sections that revolve around the themes of Origins, Home and Style.

Walking through these dimly-lit hallways, one gets the feeling of being inside a personal photo album.

The first floor brims with nostalgia, with walls adorned with old pictures of weddings, holidays, festivals and other family events. At one side, a pair of screens show video interviews of modern Peranakans pondering their cultural identity.

On the second floor, colourful ceramics bear intricate native designs, alongside ornate furniture and tableware typically found in Peranakan homes.

The third floor is devoted to textiles and fashion, with pieces that include elaborate wedding attire, hand-painted batik fabrics and delicate *kasut manek* (beaded footwear).

These add up to a heartfelt look into the lives of this truly local cultural group. A visit to the Peranakan Museum is an ideal way to spend a leisurely afternoon. Tourist admission fees are S\$12 for adults, and S\$8 for students/seniors/persons with disabilities nhb.gov.sg/peranakanmuseum

A Hidden Gem in the City

Royal Selangor Visitor Centre is an unmissable destination in Kuala Lumpur

Experience Malaysia's living heritage and immerse yourself in Royal Selangor's rich history at the height of colonial Malaya's tin rush. Witness the evolution of arts, culture and craftsmanship through stimulating exhibits, live demonstrations and pewter crafting workshops.

There's something for everyone at the visitor centre. Here are all the reasons why it belongs on your must-visit list!

Learn & Explore!



Enjoy a complimentary museum tour, where you will learn about the rise of Royal Selangor and tin mining in Kuala Lumpur through artefacts from as far back as the 1800s.

Kids can learn and play at the Science Discovery Gallery and learn through engaging hands-on exhibits.



Visit the live pewtersmithing demonstration stations, where you will witness time-honoured techniques of creating handcrafted pewterware.

Get Crafty!



The Foundry

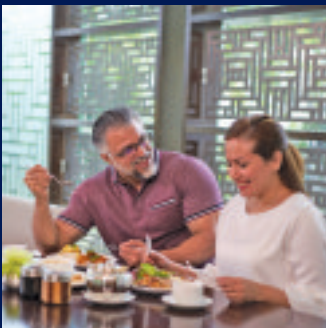
Unleash your creative genius at The Foundry workshop. Craft accessories from molten pewter using pre-set moulds. The more adventurous can opt to give freehand a try. Suitable for older kids and adults.



School of Hard Knocks

Be a pewtersmith for a day and craft a pewter bowl using traditional tools and a wooden hammer, similar to those used by pewtersmiths more than 100 years ago. You will receive a certificate of completion.

Create Memories!



Tease your taste buds with a variety of bistro-style dishes at The Café. For those who enjoy live music, look out for the music weekends that feature live jazz performances.

Other seasonal activities also include school holiday fun for kids (and parents!).



There are plenty of interesting photo ops at the visitor centre, from the World's Largest Pewter Tankard to a replica of the Twin Towers, made with over 7,062 tankards. Capture your happy moments, share them on social media and tag @royalselangor.



Royal Selangor
Visitor Centre

Visit the Royal Selangor Visitor Centre at 4 Jalan Usahawan 6, Setapak Jaya, 53300 Kuala Lumpur.



Scan to enjoy 10% off
when you book
The School of Hard Knocks.

Open daily from 9:00 am - 5:00 pm.
For more information, call +603 4145 6000,
or email visitorcentre@royalselangor.com.





DESIGN

Pretty in pink

A fanciful cinema in Ho Chi Minh City celebrates the city's architectural legacy **BY JOSHUA ZUKAS**

Playful bird-shaped lights that illuminate pastel pink walls, chubby baby blue pouffes with rounded corners and a thousand spongy turquoise loungers. This isn't a gigantic soft play for inexhaustible children but a new hangout spot for film enthusiasts.

Built in 2021 in Go Vap District, Ho Chi Minh City's Beta Cinema may feel like a jovial outburst, but local firm Module K carefully designed each corner to

echo the city's architectural heritage, says Jade Nguyen, the firm's founder.

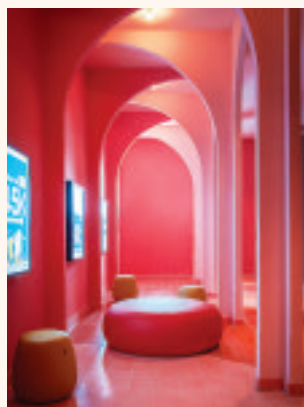
Pink dresses the lobby's walls, ceilings and mezzanine floor to parrot the 19th century rose-hued Tan Dinh Church, one of HCMC's oldest ecclesiastical buildings. The dark turquoise canopy that arcs over the ticket booth mirrors the vaulted ceiling of the Central Post Office, while the tiered blue circular seating area was inspired by the arched entrance of the iconic Opera House. Finally, the airborne light fixtures are a nod to the pigeons that flock to the city's public squares.

Connecting the postmodern design decisions with Ho Chi Minh's heritage requires a little imagination, but what is a cinema if not a place to indulge in whimsical flights of fancy. betacinemas.vn

“

Each corner was designed to echo the city's architectural heritage

”





INSIDER TIPS

A Malaysian in... London

Syabira Yusoff, cardiovascular researcher, home baker and the first Malaysian winner of *The Great British Bake Off* lists her favourite places to eat in London



Since winning the top prize in series 13 of *The Great British Bake Off* in November 2022, I have been featured in magazines and interviews on national television, written my cookbook proposal and grown my Instagram (@syabira_bakes) followers to over 80,000. *The Great British Bake Off* has taught me to never hesitate and always go for what I want in life. I am currently expanding my baking repertoire and culinary knowledge and will share what I've learned through a food blog. In the future, I would like to run my own bakery. Ever since moving to London in 2013, I've had the chance to try some truly amazing food. Here are some of my top picks.

1 Karamay Uyghur Cuisine

14 New London St,
London EC3R 7NA

Specialising in halal Western Chinese or Uyghur cuisine, this is not your typical Chinese takeout food. This restaurant offers a wide variety of dishes, ranging from mild to very spicy. My favourite items are the green bean *leghman*, which is hand-pulled noodles topped with green beans and beef, kungpo chicken with peanuts, and the flavourful hot and sour soup.

2 Gopal's Corner

Market Halls, 191 Victoria St,
London SW1E 5NE

Being abroad, I often visit Malaysian restaurants for a taste of home. Whenever I crave Malaysian Indian food like banana leaf rice, *roti canai* (flatbread) and *mee goreng mamak* (fried noodles), I head to Gopal's Corner, which is nestled within the bustling food court of Market Halls Victoria. Set under a scenic roof terrace, Market Halls is a great spot to try street food from all over the world.



3 Café de Nata

25 Old Compton St (near
Chinatown), London W1D 5JN

I grew up in Melaka, where we have a rich history that's deeply rooted in Portuguese culture. Egg custard tarts, or *nata*, are a delicious reminder of this cultural influence and a must-try when visiting Melaka. Whenever I need a dose of *nata*, I head to



6

Beyond London

A taste of modern Indian



Tamatanga

Although this is not in London, Tamatanga in Leicestershire is worth a visit. A colourful interior and long communal tables give this Indian restaurant a modern vibe. Try the *thali* – it's a huge platter crammed with freshly cooked sides and curries served with naan bread. I especially adore their garlic naan bread, which reminds me of the chilli cheese naan at the famous Pak Putra Restaurant in Melaka.

1 Shires Ln, Leicester LE1 4AN



3

Malaysian street food such as nasi lemak and roti canai, and they all taste as authentic as the versions back home. Whenever I'm here, I have to order a serving of cendol, which is refreshing and oh-so-delicious. They also serve Musang King cendol if you're hankering for the taste of durian.

5 Arome Bakery

9 Mercer St, London WC2H 9QJ

This trendy bakery offers baked goods crafted with French techniques and Asian ingredients. Look forward to tantalising creations such as sesame miso caramel cakes, pear and shiso pastries and croissants with Japanese BBQ sauce. It is always crowded, so be sure to get here early to nab the good stuff.

6 Borough Market

Borough Market, Cathedral Street, London SE1 9DE

The historic Borough Market is one of my favourite places in London as it simultaneously

reminds me of a Malaysian *pasar pagi* (morning market), with its smorgasbord of stalls packed with fresh produce, and a *pasar malam* (night market) with its delicious selection of street food. Whenever I'm in Borough Market, I make it a point to drop by Bread Ahead Bakery, which sells the best artisan doughnuts in the city.

7 Cedric Grolet

Wilton Pl, London SW1X 7RL

You cannot miss this patisserie by culinary rock star Cedric Grolet. Best known as being the executive pastry chef at the two-Michelin starred Le Meurice, Cedric Grolet recently opened his first patisserie in the heart of London. Enjoy an indulgent afternoon of sweet treats at the sleek steel-and-marble space – the tasting menu features five mini-versions of Grolet's most famous creations: hazelnut, lemon, Paris-Brest flower, a vanilla flower and his version of the classic British scone.

this bakery, which offers many varieties of the delicious custard creation, including strawberry, raspberry and passionfruit.

4 Medsalleh Kopitiam

35-39 Inverness Terrace, London W2 3JS

At this lively café, they serve a wide variety of popular



FASHION

Dreamy designs

Be entranced by spellbinding Christian Dior gowns on display at Tokyo's MOT **BY PARISA PICHITMARN**

A must-see for style aficionados visiting Japan is “Christian Dior: Designer of Dreams,” ongoing until 28 May at the Museum of Contemporary Art Tokyo.

First mounted at the Musée des Arts Décoratifs in Paris, the show has travelled to London, Shanghai, Chengdu, Doha and New York.

With a new scenographic narrative by architect Shohei Shigematsu of architectural firm OMA, the Tokyo edition showcases 75 years of Dior's creative passion, as well as its deep friendship with Japan.

Here, viewers can explore that rich relationship through letters, sketches and entrancing souvenirs

that illustrate unrivalled collaborations with Japanese giants such as Daimaru and Kanebo.

Mesmerising photographs by Japanese photographer Yuriko Takagi specially created for this exhibition are also on display.

Curated by Florence Müller, the show chronicles Dior's creations and accessories, including its iconic handbags.

In another themed room, the New Look takes centre stage and envelopes visitors in a dramatic black and white contrast to reflect the revolutionary and irresistible modernity that the designer started before anyone else.

mot-art-museum.jp



ESCAPE

Hotels for sakura season

Experience the magic of the cherry blossoms indoors in Tokyo



Andaz Tokyo Toranomon Hills

For a limited time, Andaz Tokyo Toranomon Hills is bringing cherry blossom charm to you. Sakura Garden at the Rooftop Bar features real cherry trees for two weeks in the second half of April. The bar has been voted among the 15 best rooftop bars in the world and is also home to the hotel's signature "52" sake.

hyatt.com



The Peninsula Tokyo

Find delectable, pink-themed menus at The Peninsula Tokyo, as well as delightful keepsakes such as bath salts, postcards and candles to remember the blossoms, from 14 March to 2 April. Not to be missed are its popular Sakura Bento Box and Hanami Picnic Set, for a luxurious meal outdoors.

peninsula.com



Mandarin Oriental Tokyo

Feed your floral sensibilities until 16 April with the Ultimate Sakura Experience package – stylish suites come with cherry-blossom-themed in-room amenities. For more flowery treats, try the Sakura Donut – for afternoon tea at the Oriental Lounge, or the Sakura Blizzard dessert at Tapas Molecular Bar.

mandarinoriental.com

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www.artgallery.gov.my



SHOPPING

Hello, good buys

Hop on this retail therapy trail of social enterprises and ethical businesses across Phnom Penh

BY TARA FT SERING

1 Shack Collective

#189 Preah Ang Yukanthor St (Street 19)

From finely crafted rattan handbags and homeware by Manava to bottled Kampot pepper by La Plantation, find over 20 local brands at this chic concept store. “Cambodia handicraft today [is all about transforming] a local, raw material into a modern, quality product, with a sophisticated design while using ancestral creation techniques specific to the country,” says Shack Collective co-founder Eva M Marcadé.

[instagram.com/shackcollectivepp](https://www.instagram.com/shackcollectivepp)

2 Dorsu

28A Abdul Carime St (Street 21)

From their Kampot production studio which operates largely on collected rainwater, this clothing brand uses fabric castoffs known as dead stock in making normcore classics that can be best described as Jil Sander in the tropics: chic, comfortable, easy-to-wear.

[dorsu.org](https://www.dorsu.org)



3 Wat Chocolate

#64, St 360

This bean-to-bar company – which has a workshop in Siem Reap, a boutique and café in Phnom Penh, and is stocked in local delis and supermarkets – purchases cacao direct from farmers in Mondulakiri Province to make a line of dark chocolate bars and other cacao items such as nibs (roasted and cracked cacao shells) and powder for drinks. Their products are vegan and gluten-free.

watchocolate.com

4 Dai Khmer Refill Store

#60, St 440

Dai Khmer's vegan soaps, creams and oils are handmade by women in a village called Ta Khmao, most of whom are mothers and single mothers with very little education and therefore few employment opportunities. "I want to show women that independence is within reach and that Cambodian women have the right to make their own life decisions just like any other woman in the world," says Dai Khmer founder Vichka Vantha.

daikhmer.com

5 Three Corner Coffee Roaster

#11, St 41BT, Phum Sansam, Kosal 2

Local coffee is one of the best purchases you can make in Phnom Penh, so check out the Three Corner Coffee Roaster, a social enterprise dedicated to promoting Cambodian coffee. The company uses Robusta beans ethically sourced directly from farmers of the Bunong, an ethnic minority group mostly living in Mondulakiri. "Cambodian coffee and the indigenous Bunong farmers that grow it have a great legacy that extends back to the first coffees grown in Indochina," says managing director Joshua Jones. "Naturally processed, the coffees produced in the Mondulakiri highlands have some of the richest flavour intensity and depth of any Robusta."

[instagram.com/threecornercoffee](https://www.instagram.com/threecornercoffee)

6 Fair Weave

#31 Oknha Chhun St (Street 240)

Upgrading the nest? This brand of beautiful handwoven textiles uses natural fibres – cotton, bamboo, hemp, linen and silk – to create gorgeous pieces of scarves, throws and rugs in home-tour-ready colour palettes. Fair Weave employs 35 village women in the province of Banteay Meanchey through a home-based production scheme that keeps workers happy. "The feedback is that our products are amazing, and that's a reflection of how happy our weavers are," says founder Chomnab Ho.

fairweave.com

7 Cambodia Knits

House 52A St 464

Social enterprise Cambodia Knits makes a well-placed bet on women in marginalised communities in and around the capital to break the cycle of poverty by providing employment as makers of adorable, high-quality knitted toys, from animals to dolls. Cambodia Knits' workshop is directly above its Phnom Penh showroom, where its bestselling items include Apsara dolls and cuddly elephants.

cambodiaknits.com

8 Garden of Desire

52B Oknha Chhun St. (St 240)

The jewellery brand showcases Khmer culture and local craftsmanship through fine silver and semi-precious stones, and among its most covetable designs are geometric pendants inspired by Angkor Wat's floor plans, lotus pod statement rings and anything that evokes creative director and founder Pisith Ly's childhood memories of pre-war Cambodia. This authentic storytelling is what co-founder Agnes Lim appreciates most about Ly's design sensibility. "Each jewellery creation is distinctive and embodies the essence of its creator but also the wearer," she says.

gardenofdesire-asia.com



UPGRADE

From Cambodia to the world



manava-cambodia.com

Manava co-founder Ka-Lai Chan has high hopes for the brand's weavers, saying that in five years she sees them thriving.

shopsatu.com

Pandemic-era e-commerce site Satu made it possible to continue shopping for essential luxuries, such as room scents by Jaya Organics, and skincare by Saarti.

beebeebongobongo.com

Cambodia Knits' global brand offers a wide range of knitted products, and ships worldwide.



7



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Scan to learn more

24 hours in Kuching

BY DAVID BOWDEN

The state of Sarawak is fondly known as the Land of the Hornbills – the brightly coloured bird even appears in its coat of arms – and Kuching, its capital city, is the main gateway for some of Malaysia's most popular ecotourism destinations and diving spots.

Planning a trip this June? Don't miss the Rainforest World Music Festival, taking place from the 23rd to the 25th. The three-day annual festival takes place in the lush rainforest at the base of Mount Santubong, at the Sarawak Cultural Village. You can listen to alternative musicians such as Mongolian throat singers and Tahitian songsters, or watch Iranians perform the dervish dance. Also keep your eyes peeled and ears open for the Sarawak *sape* (a guitar-looking instrument that is actually a lute), which has been played by the native Orang Ulu community for generations.

Kuching is the kind of city best traversed on foot, even if you only have 24 hours to hit the highlights. Here, we recommend what to do during your stay.



Saturday



8am

Laksa for the gods

In 2015, while filming *Parts Unknown*, the late Anthony Bourdain dropped by Choon Hui Café and declared Sarawak laksa “the best breakfast ever”. He added that the noodle and prawn soup was a “breakfast of the gods” because of its complex, spicy and flavourful broth. Its fame ensures a queue so try and arrive soon after 7am when they open, and order other hawker treats like *kolo mee* (dry egg noodles with spicy minced meat and shallots), *popiah* (spring rolls) and *kaya* (coconut jam) toast with rich local coffee while you wait.

Choon Hui Cafe, 34, Jalan Ban Hock

“
Sarawak
laksa is
the best
breakfast
ever

”



9am

City to village cycling

Join a guided, city-to-kampung cycling tour by Paradesa Borneo. Departing from Kuching’s historic centre, the leisurely-paced, half-day Heritage and Kampung Bike Tour takes you to historic sites such as the India Mosque (which appears to float on the river), the City Mosque and Fort Margarita; crosses the Sarawak River on a *sampan* (small boat), and goes through rural *kampungs* (villages). Other attractions include Kubah Ria’s open-air market, Little India, Chinatown and the Darul Hana Bridge. “We are a great supporter of RWMF and offer discounts to those who present their festival ticket when booking a tour,” says JC Chua, director of Paradesa Borneo. *Paradesa Borneo, 1, Leboh Wayang*



12pm

A cup of joe

Head to Carpenter Street and keep your eyes peeled for the ceremonial Chinese gates at its western end. This historic precinct has several venues for relaxing after a morning of cycling. Pop by the buzzy Black Bean Coffee, well known for its Sarawak Liberica brews. Seating is limited but the best spot for people watching is beneath the shaded five-foot walkway at the front.
Black Bean Coffee, 87, Ewe Hai Street



2pm

Artisanal culture

A visit to the Borneo Cultures Museum is the ideal way to retreat from the afternoon's tropical heat. The architecture of Kuching's newest landmark reflects Sarawak's cultural heritage. Interactive displays bring this culture to life, and the Objects of Desire exhibition showcases Sarawak's talented artisans. Cross the road to the old museum grounds to inspect the carved wooden burial posts.
Borneo Cultures Museum, Jalan Tun Abang Haji Openg

“
The architecture of Kuching's newest landmark reflects Sarawak's cultural heritage
”



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Saturday



4pm

Bizarre bazaar

Continue walking along the Main Bazaar and take in its two-storey shop lots, the Square Tower (built in 1879) and the landscaped esplanade beside the Sarawak River. Most shops sell similar souvenirs, but discerning shoppers will unearth handicrafts produced by Bornean artisans such as wood carvings, tribal ikat cloth, hand-woven baskets, jewellery and beadwork. Spices, herbs, pepper, bird's nest products and *kek lapis* (Sarawak layer cake) are available in several shoplots. Drop by Asma Cake House or Kek Lapis Mama Su on Main Bazaar for a few slices of the kaleidoscopic cake.

All establishments can be found along Jalan Main Bazaar

“
Take time
to admire
the Sarawak
Craft Market
”



6pm

Sundowners by the sea

An hour's drive from Kuching, Damai Beach is worth visiting, especially in the early evening. Drink in the views of the dramatic sunset at the appropriately named Sunset Club, located within Damai Beach Resort.

Visitors attending RWMF can walk from here to the Sarawak Cultural Village for an evening of exhilarating music performances, and take time to admire the Sarawak Craft Market that runs concurrently.

During the rest of the year, the cultural village is a living museum for those seeking to find out more about the state's main ethnic groups.
Sunset Club, Damai Beach Resort, Teluk Bandung, Santubong

Sunday



Ilam

Classy chic in heritage surroundings

Cap your Kuching journey at Commons, the perfect venue for brunch after a morning's sightseeing. Located in the Old Court House Building (opened in 1874), it offers comfortable seating, artisanal coffees, moreish pastries and dishes such as

nasi lemak, oxtail stew, laksa lemak, and Sunday buffet brunches. There is also a dedicated play area for young children to run off some energy while parents dine. *Commons, The Old Court House, Jalan Tun Abang Haji Openg*



Malaysia Airlines flies 53x weekly from Kuala Lumpur to Kuching.

For longer stays

The Santubong River and several offshore islands offer intrepid travellers an intriguing natural experience.



Borneo Adventure

Join a four-hour cruise where you can admire Irrawaddy dolphins, saltwater crocodiles, Proboscis monkeys and waterbirds. While the dolphins don't leap out of the water, seeing dorsal fins breaching the surface is exhilarating. borneoadventure.com



Talang Satang National Park

Visible from Damai Beach, this is where Green and Hawksbill Turtles lay their eggs in the sand, mostly from May to October. Small groups of ecotourists can stay the night and help rangers run the hatchery. sarawakforestry.com



Semenggoh Wildlife Centre

This orangutan rehabilitation and research centre is situated in a forest reserve and offers feeding station encounters. semenggoh.my



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Amari Hotel, Penang



Setia Eco Park, Shah Alam



Adventure Park, Setia EcoHill2, Semenyih



Sapphire by the Gardens, Australia



Setia Eco Glades, Cyberjaya



Setia Alamsari, Kajang



Alam Impian, Shah Alam

Stay Together. Stay Setia
livelearnworkplay



Battersea Power Station, United Kingdom



Setia EcoHill, Semenyih

BUILDING FOR YOU

In every S P Setia development, our main objective is always to create a sustainable living environment. Rooted in our commitment to environmental, social and governance (ESG) standards, our vision is to build comfortable, secure, and sustainable developments - planned harmoniously alongside nature.

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Looking ahead, Setia continues to move towards an eco-friendly future by investing in infrastructures to provide green energy for our public amenities, and soon our residences, too. This is just the beginning of how we are making a difference.

Because at S P Setia, we endeavour to build sustainable communities and enrich lifestyles.



Setia Eco Templer, Rawang



Setia SPICE Convention Centre, Penang

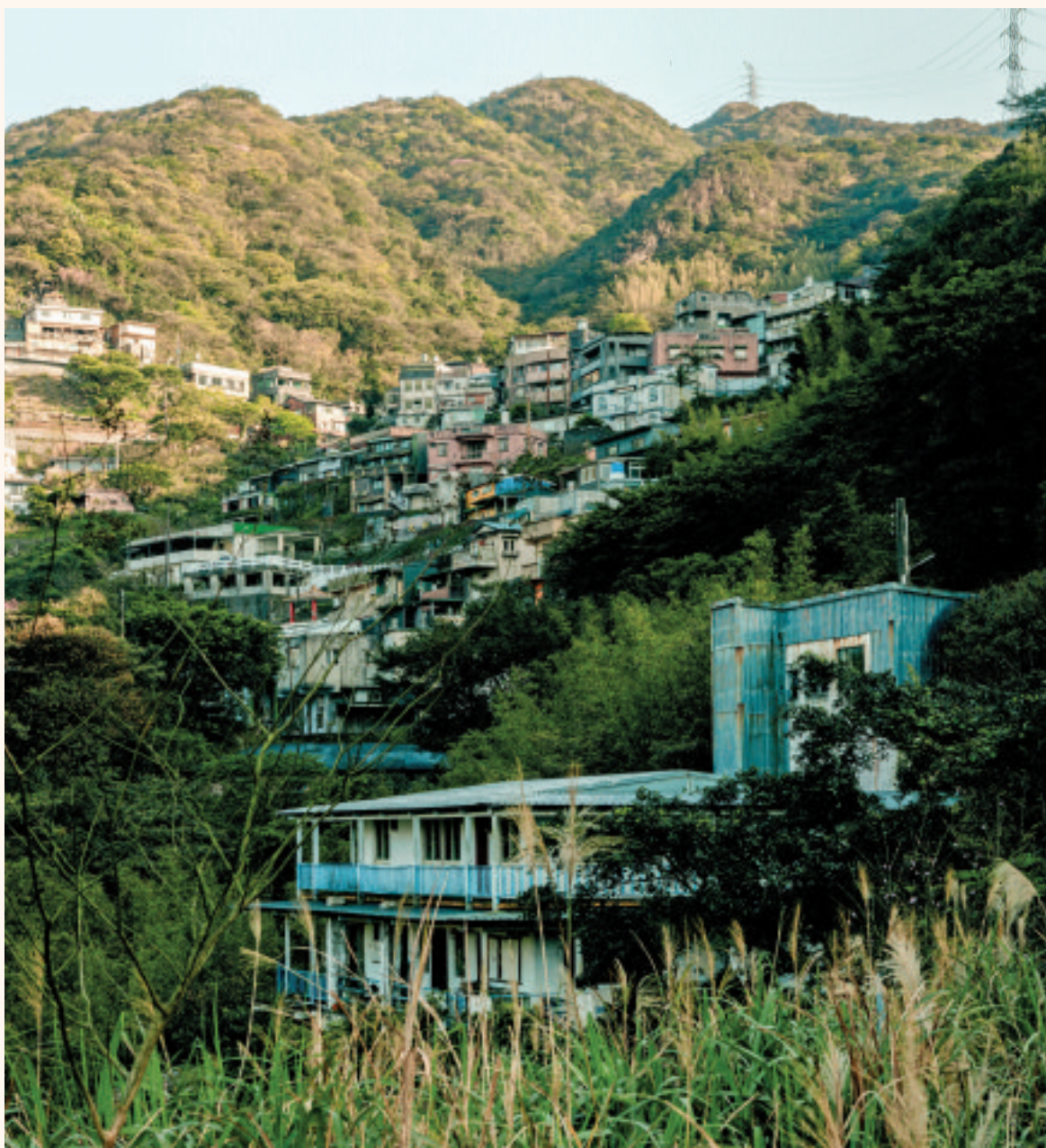




Life in the saddle

From lush rice fields and gorgeous mountainscapes to private hot springs and a cat village, a cycling adventure in Taiwan's East Rift Valley offers a scenic escape from city life

Words **Nadiah Aziz** Photography **Ambrous Young**



Clockwise from opposite page: Danongdafu Forest Park in Guangfu, Hualien; Picturesque towns in the mountainous regions of northeastern Taiwan



The East Rift Valley, a long, narrow corridor of misty green mountains between Taiwan’s Central and Coastal Mountain Ranges, is arguably one of the most picturesque cycling destinations in Asia. Natural beauty aside, there’s also the sheer infrastructure that makes it so attractive. Taiwan produces 70 percent of the world’s mid- to high-tier bicycles annually, and has put in place all the ingredients for a cycling revolution of sorts, with more than 5,000km of cycling lanes across the country. There’s also a range of cyclist-friendly facilities at police stations, supermarkets and convenience stores – even toilets that can accommodate bicycles.

Naturally, as digital editor of a cycling magazine in Malaysia, it’s always been my dream to bike around Asia’s so-called Bicycle Kingdom. During a work trip to Taipei, I convince my colleague, Treas Lo, a novice cyclist, to join me on a tour of East Rift Valley. My husband and my best friend – both seasoned cyclists like myself – also tag along for the four-day south-to-north adventure.

**DAY 1:
TAITUNG TO RUISUI,
110KM, 6.5 HOURS**

Our journey into Taiwan’s eastern region starts with a scenic, four-hour train ride from Taipei, setting the tone for a tour that will go through one of the country’s best-known cycling routes. Our starting point is Taitung, a gateway to Taiwan’s eastern coast and the Huadong Valley (the local name for the East Rift Valley).

The expedition begins with an early morning send-off for our four bike cases. Our bicycles had travelled with us from Malaysia to Taiwan, and now they would follow us on Taiwan Railways’ cargo freight service, which has a branch at Taitung station and other major stops along the train line. This being the cycling capital of Asia, it’s not uncommon for cyclists to use cargo services to transport their bikes, making bike commuting and longer-distance cycling more convenient. Communicating our requests is smoother with help from Treas, who speaks Mandarin, and we are

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Taiwan produces 70 percent of the world’s mid- to high-tier bicycles annually

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Clockwise from opposite page:
A bike-friendly train arrives in Taitung; View from Luye Plateau looking south; Photo-taking spot at Brown Boulevard

assured that our cases will be waiting for us at the railway cargo hold in Taipei at the end of our journey.

To enjoy great views you must climb, and this is especially true in volcanic territory like Taiwan. Our route will cover the smooth roads of the Provincial Highways, County Highways and local roads. Not all have wide shoulders but these are mostly safe for cyclists and flanked on either side by the stunning scenery of mountains, forests and farmland.

A steady uphill grind out of Taitung city preludes a fair bit of rolling terrain, descending towards the Luye River and the Luye Highlands, before a spell of battling headwinds to Guanshan. The urban township is quiet by the time we arrive just after lunchtime. Most local restaurants are taking a break before dinner service, and we make do with a quick Family Mart convenience store lunch. I'm mindful of the newbie in our group, but Treas doesn't complain. She knows we need energy to last us for the long journey.

It being springtime, we are prepared for sudden changes in weather, with rain gear in our saddlebags. Soon enough, the

TAIWAN

blue skies turn overcast and we enjoy a refreshing drizzle. We are used to riding in the rain for hours on end, and thankfully Treas continues to be a good sport, seemingly unfazed by the wet ride.

We pedal further north into Chishang, Taiwan's unofficial rice capital and home to the iconic Brown Boulevard, the setting for the popular Mr. Brown Coffee commercial with Taiwanese-Japanese actor Takeshi Kaneshiro. Though not as internationally famed as boba milk tea, Mr. Brown Coffee is a local Taiwanese institution, with a chain of full-service cafés, numerous canned beverages and instant "cappuccino" powders.

As we ride through the lush paddy fields, I am dazzled by the emerald green expanse that spread out before me. The nutrient-rich volcanic soil and high

Clockwise from this page:

Rice paddies near Brown Boulevard;
A Taiwan Railway train, seen here at Nanping Station in Hualien

elevation of Chishang's plains is said to produce the best rice in all of Taiwan.

As the sun dips below the horizon, we follow our noses to a fantastic dinner of fried chicken and chips. The restaurant is attached to a home along the road, and we find out later it is the best spot for food along our route.

About an hour later, we reach the hot spring town of Ruisui and our accommodation for the night: Sunshine Hotspring B&B, where we have booked rooms with private onsens. One of the many cultural remnants of the Japanese occupation from 1895 to 1945, onsen culture is truly a boon for travelling cyclists in Taiwan. After a big first day, a post-dinner soak in the iron-rich, sulphuric bath is exactly what we need to soothe our fatigued muscles.



IMAGE: EKAPUTRA JABAR (CHISHANG)



**DAY 2:
RUISUI TO HUALIEN,
78 KM, 4.5 HOURS**

An early morning dip in our private onsens is followed by a breakfast of freshly baked bread, eggs, vegetables and fruit awaiting us in the dining hall. We are soon packed up and ready to roll out, facing another fairly long journey. More climbing and rolling hills await en route to our first stopping point of the day: the pretty agricultural township of Guangfu, set against the sweeping vistas of Taiwan's Central Mountain range, the tallest peak of which is the Xiuguluan Mountain, at 3,860m.

Guangfu is home to a significant indigenous Amis population and has a rich natural landscape with many nature parks and remnants of the Japanese occupation. These include the Guangfu Sugar Plant, built in 1921 and famous for producing over 30 types of naturally flavoured ice creams.

We decide to skip the sweets and make a beeline towards the rural Guangfu Township for a lunch of beef noodles, a quintessential Taiwanese dish. We declare a strict “no sharing” rule to ensure everyone has enough energy to make it to today's end point. Guangfu, an agricultural township is sandwiched between the Central Mountain Range

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**Guangfu is home
 to a significant
 indigenous Amis
 population**
 ”



and the Hualien Coastal Range. Today's climbs are steep too, making the journey almost as arduous as day one. Thankfully, everyone's spirits seem pretty high – even Treas seems to have recovered fully from the first day's gruelling route.

Two and a half hours later we stop for tea at the old timber town once called Morisaka, or Little Shanghai, now known as Lintienshan Forestry Culture Park. Formerly the fourth largest forest station in Taiwan, the fully equipped logging community set up by the Japanese once housed 500 households but is now fairly quiet, save for a few dozen households that remain and a handful of tourists who come to see the glory days of the area's timber industry.

After a spectacular descent through the valley's rolling hills and suspension bridges, we eventually reached the pretty coastal city of Hualien, checking into one

Clockwise from this page:
 Beef noodle soup, a quintessential Taiwanese dish; Nanbin Park in Hualien; Fried chicken at Dongshan Old Street; Suao-Hualien Highway

of the small boutique hotels here. Being a popular location for cyclists touring the East Valley route or the Formosa 900 round island route, I'm surprised not to see more cyclists in the area. Hualien is a hotbed of traditional island culture, but perhaps having the Taroko Gorge, paddy fields and the spectacular coast on its doorstep means all the visitors are spread out everywhere, free in the outdoors rather than crowding together in the city.

We skip the night markets with all the indigenous food on offer, instead celebrating two challenging days of riding with a traditional dinner of bubbling hotpot and Taiwanese bubble milk tea. We've completed the two hardest days of the route, with only minor mechanical issues and no rider related problems save for Treas' one tiny muscle pull. This is definitely cause for a grand feast.

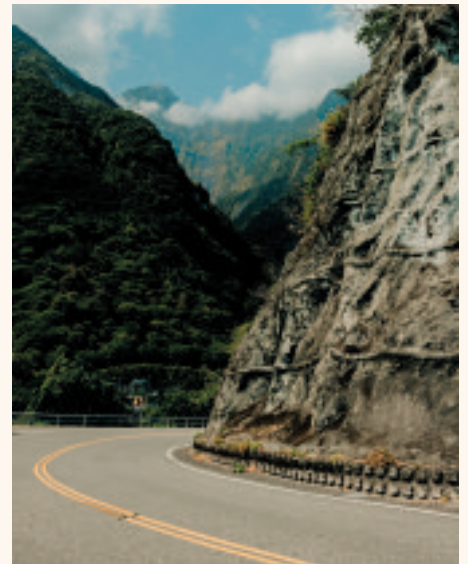


**DAY 3:
HUALIEN TO TOUCHENG,
35KM, 2 HOURS**

After two days of hard cycling, we treat ourselves to a slower and easier morning ride. We take a shorter route and will get to Su'ao by train to avoid a narrow, truck-filled stretch even the most advanced cyclists steer clear of.

In Hualien, we are the first among many cyclists to board an eventually packed carriage. Only the evening train comes with dedicated bicycle carriages, so this morning we're sheepishly sandwiched between our bikes and other passengers – but no one seems surprised. Bicycles on the train are par for the course here.

Upon arrival in Su-ao, famous for its seafood auctions and cold springs, we ride to another classic Taiwanese meal of fried chicken at Dongshan Old Street. After tucking in, we enjoy a change of pace with a tranquil riverside bike lane through Dongshan Forest Park to Yilan County's residential and agricultural areas, dotted with quaint Fujian-style temples, with their distinctive swallowtail roofs and traditional cut porcelain carvings. By sunset, we reach rural Toucheng, and are greeted by a dramatic backdrop of yet more towering peaks.



TAIWAN

DAY 4: TOUCHENG TO TAIPEI, 85KM, 5 HOURS

We set off after a simple breakfast at our homestay in Toucheng, where the breezy seaside bike lane soon gives way to a Provincial Highway route, flanked by views of the jagged northeastern coast and the misty Xueshan Mountain Range in the distance.

Three hours later, past Shicheng Fishing Harbor, we ride through Old Caoling Tunnel, the first railway tunnel in Taiwan, built in the 1920s to connect northern Taiwan with the eastern coast. Repurposed into a crowded cycling attraction, it is now filled with tourists on e-bikes. Most of these are day trippers out on a sightseeing holiday rather than touring cyclists, as the tourist hotspot has many e-bikes for rent.

The fishing port of Fulong lies on the other end of the tunnel. We choose a coastal restaurant for a lunch spread, fueling up for a bit more climbing on our final day. After that, following the Shuang River, the route turns into a series of punchy inclines to Shuangxi, where we have a much-needed convenience store stop.

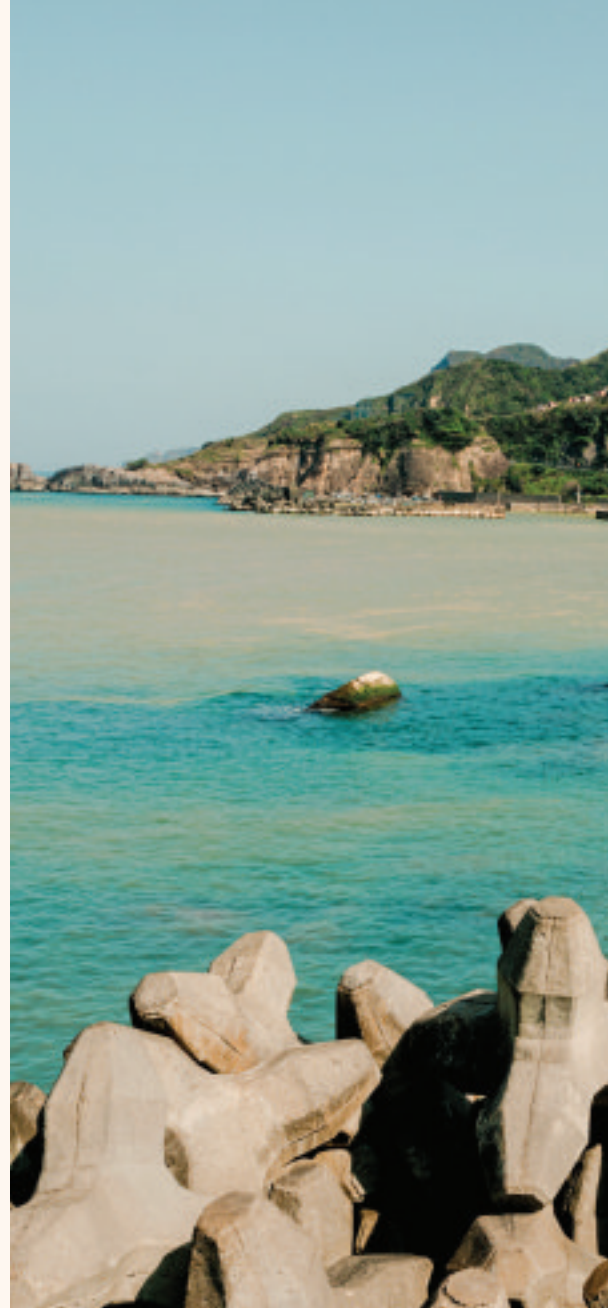
Cyclists in Taiwan rely on the widespread *konbini* (convenience store) culture, another remnant of Japanese influence and a great way to find clean toilets on tour. Like most convenience stores in the country, this 7-Eleven has packed meals and snacks, a sitting area upstairs and pristine toilets similar to those high-tech bidet options in Japan.

We then head to the famous Houtong Cat Village, a former coal mining town turned cat sanctuary. After the closure of the local coal mine in 1990,

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**Houtong’s feline
population
numbers in the
hundreds, and
this can be quite
a sight**
”

Clockwise from this page:

Two felines nap peacefully at Houtong Cat Village; Rugged coastlines along the route; Old Caoling Tunnel; Boats at a fishing harbour





a photographer chanced upon the local stray rescue effort, and as the pictures went viral, the cats quickly replaced the town's mining heritage as a tourist attraction. Houtong's feline population numbers in the hundreds, and being cat lovers, we indulge in a visit and a quick snack at one of the many quaint cafés.

From Houtong, we resist taking the train to Taipei, opting to ride the remaining 40km to Keelung as the greenery eventually gives way to an urban setting.

A final leg along Taipei's famed bike lanes takes us all the way to the Taipei 101 Tower. The riverside routes are brightly lit with neon lights, and being the weekend, there are many families out on a stroll or cycling around the public parks. After dinner at Mos Burger, we check into Le Home hotel for a hot tub soak and a good night's sleep, and in

the morning we will pick up our bike suitcases at Taiwan Railways' luggage holding centre.

In total, our distance covered was 300km, which is more mileage than some regular cyclists clock in a month. During our four-day journey, we took in sumptuous views, indulged in hot spring therapy and sampled plenty of local delicacies along the way. Taiwan's nationwide acceptance of cycling culture is truly unparalleled, with their wide network of cycling routes, cyclist friendly public transport, bicycle service stops to even free water refills at police stations. Treas and I both agree that while this may be our first cycling trip together, it certainly won't be our last.



Malaysia Airlines flies 7x weekly from Kuala Lumpur to Taipei and 3x weekly from Kota Kinabalu to Taipei

Sweet Escapes

7 hotels across Malaysia to book for your next holiday

Holiday season is just around the corner, and Malaysia is teeming with exciting getaway options with equally irresistible hotels to match. Whether you're looking for a romantic remote-island retreat, a rainforest getaway with the family or an exciting urban jaunt on your next business trip, read on to discover the 7 intriguing properties we've got our eye on this month.



Alunan Resort, Terengganu

Tucked away on a secluded beach on the Perhentian Islands of Terengganu, Alunan Resort offers spacious rooms with balconies overlooking the sea. The eco-conscious resort invites guests to join in on their sustainability journey: it has reduced single-use plastic with refillable water bottles and metal straws, and equipped its rooms with reef-safe soap and shampoo. True eco warriors can embark on the Alunan Coral Project to help restore the island's coral reefs and even adopt a few of their own! Start your expedition with code: **MHAPR** for an extra 10% off existing discounted room rates.

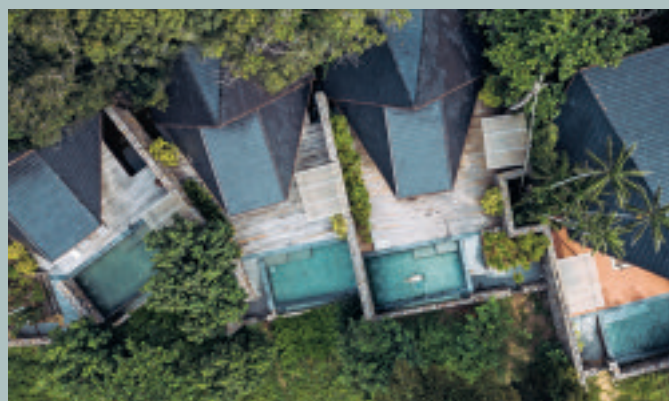
www.alunanresort.com
+60 16 448 8297



Mangala Resort & Spa, Pahang

Nestled in a palm plantation in what was once an abandoned mining site, Mangala Resort & Spa is just a two-and-a-half hour drive away from Kuala Lumpur. Guests are transported to a serene and tranquil setting of green wetlands, a haven for nature lovers seeking a villa retreat. The result of a 15-year rejuvenation journey, the lush paradise offers 65 private villas for guests to escape the bustling city life. Filled with sun-shading palm trees, peaceful lakes and tropical gardens, the resort is filled with stunning views from every corner. After a day of on-foot exploring, be pampered with relaxing treatments such as body massages and detox baths at The Mangala Spa.

www.mangalaresortandspa.com
+60 9 505 7788



The Kasturi, Pahang

A three-hour drive from Kuala Lumpur, on Pahang's Cherating Beach, The Kasturi is a luxurious nature retreat with sustainability at its heart. The stunning beachfront property occupies 15 acres and 800 metres of coastline, offering just 23 rooms – a combination of standalone beachfront and forest villas, each with their own private pools and decks, as well as penthouses and suites in the main building. The Malaysian-inspired architecture is complemented by eco-conscious choices such as rainwater harvesting, recycled timber and an elevated forest walkway that connects villas to the gym, spa and restaurant and bar, all without disturbing the forest floor.

www.the-kasturi.com
+60 9 582 5000



Geo Resort, Pahang

High up in Genting Highlands, just an hour's drive from Kuala Lumpur, Geo Resort & Hotel offers comprehensive amenities for every kind of holiday, from romantic getaways to family reunions. Businesses and organisations looking to host a conference, product launch or team-building weekend will find an array of spaces on-premises as well, from the smaller meeting rooms to the 1,000-person Grand Ballroom. The dedicated events team is on hand to meet all technological, catering and planning needs. After a day of meetings, bond with your associates at Cabana all-day dining restaurant, or on a trip to the nearby Kuala Gandah Elephant Conservation Centre.

www.georesort.my
+60 3 9213 0838



The LUMA Hotel, Sabah

Kota Kinabalu's very first Design Hotels member is now a part of Marriot Bonvoy. The rooms at the year-old LUMA Hotel take their inspiration from Art Deco as well as the lush beauty of the surrounding Bornean jungle. Expect lots of deep green tiling, brass bathroom fixtures and contemporary Barcelona chairs – as well as sustainable choices such as bamboo toothbrushes. Downstairs, the equally swish lobby is home to three F&B outlets: Hinode Japanese Restaurant and Fish Market are excellent additions to the city's dining scene, while Flow Coffee@LUMA offers third-wave brews. On Level 1, you'll find Jojo Restaurant serving up Asian fusion meals.

www.thelumahotel.com
+60 8828 6900



Le Méridien Petaling Jaya

Towering over the urban city of Petaling Jaya, the latest Le Méridien hotel is one of the tallest hotels in town, and strategically located to offer direct access to KL by highway and LRT. The property delivers all the luxury touchpoints synonymous with Le Méridien brand, starting with the dramatic, 6m-high Malaysian *wau* kite in the lobby, the state-of-the-art fitness centre and the rooftop infinity pool with skyline views. After a day of meetings or sightseeing, refuel at one of the three F&B outlets before retreating to your guest room, featuring bamboo flooring and a marble bathroom with Malin+Goetz bath amenities.

www.marriott.com
+60 3 7682 0000



Shangri-La Kuala Lumpur

The best office space in Kuala Lumpur isn't a hip co-working space or even your kitted-out home office. It's the new Business Premier room category at the Shangri-La Kuala Lumpur, right in the heart of the business district. Broadband WiFi and wireless chargers are just the beginning here. The room comes with a host of other eye-popping perks: a rolling standing desk, an ergonomic chair, wireless Logitech keyboard and mouse, a Dell 27-inch monitor and even a Blue Yeti USB microphone so you sound your best on those Zoom calls and webinars. In short, everything you need to be productive and connected.

www.shangri-la.com
+60 3 2032 2388



Just the Essentials

You don't need a clutter of skincare products on your trip – travel light with these powerful picks

When packing a carry-on, a minimalist mindset works best. Bring only the utmost necessities that do more with less. Versatile and multi-functional, these picks are on-the-go saviours that you need on your person while you travel.

The All-in-One Cleanser

Formulated for your hair, face and body, this cleanser does the work of three products. Its active ingredient Fluidipure 8G controls body odour and suppresses dandruff, while the menthol gives a cooling sensation post-shower. Squeeze a few dollops into a smaller bottle for your travel kit and you're good to go!

BAD LAB Cavemen Cleaner, RM16.90 for 400ml

IG: @badlabco



The Ultimate Moisturiser

Harnessing the power of oils and just 3% water, this unique gel moisturiser nurtures dry to very dry skin, including eczema. It is non-comedogenic, so you won't have to worry about it blocking your pores and is even suitable for sensitive skin. Gentle on the face, eyes and lips and powerful on heels and elbows, it's the only moisturiser you need in your kit.

Bio Oil Dry Skin Gel, RM34.95, for 100ml

IG: @biooil.experience



The Skin Regenerating Essence

Want a clear and healthy complexion while jet-setting across the globe? Packed with black tea yeast, kombucha and Nymphaea alba flower extract, this mighty serum acts as a detoxifying anti-ageing companion for your skin by boosting its metabolism. Just a few drops of the essence alleviates the effects of travel-related stress. Its single-dose packaging is designed to free up space, letting you carry what you need.

Detox The EVOLCARE Essence RM190 (1ml x 30pcs)

IG: @evolcaremy



Spice of Life

3 hot tables to book on your next night out

Whether it's the heart of Kuala Lumpur or the rustic streets of George Town, Malaysia's dining scene is growing from strength to strength. From a Michelin-selected degustation in Penang to a Sunday afternoon out in the forest to a hands-on crab-eating experience, this month's picks offer big flavours with lots of atmosphere.



The Lankan Crabs, Bangsar

Enjoy a piece of Sri Lanka's seafood-loving culture right in Klang Valley. The crab menu at this buzzing Bangsar eatery features succulent meat from daily air-flown live mud crabs from Indonesia, cooked in authentic Sri Lankan recipes. The restaurant's signature dish, the Negombo crab curry, features an aromatic curry base and mild spice levels. If you're looking for something hotter, the Jaffna crab curry, made with their in-house curry powder and tamarind juice, will satisfy your chilli cravings.

4, Jalan Kemuja, Bangsar,
Kuala Lumpur
IG: @thelankancrab



Curios-City, George Town

One of the Michelin-selected eateries in this year's inaugural Malaysia guide, Curios-City redefines what the Penang dining scene is all about. It's an atmospheric space located in a heritage building, where diners enjoy Malaysian-European casual dining amid gorgeous candlelight and raw concrete festooned with foliage. The menu is a breathtaking eight-course degustation that features local seasonal ingredients such as blue swimmer crab, fresh river prawns and tropical durian and jackfruit.

164A-B, Lebuhr Victoria,
George Town, Penang
IG: @curioscity.pg



Tamarind Springs, Ampang

With a dreamy location in the forests of Ampang in Kuala Lumpur and a menu of traditional Indochinese cuisine, Tamarind Springs offers a treat for the eyes as well as the tongue. With its traditional wooden buildings and leafy surrounds, it's perfect for a date night or a special occasion. The Sunday brunch also offers a chance to try the best of the restaurant's a la carte menu. The dried red duck curry, Khmer-style crabs and grilled lamb cutlets topped with tamarind sauce are must-tries.

Jalan 1, Taman Tun Abdul Razak,
Ampang, Selangor
IG: @tamarindsprings.kl



Prime time with primates

Having gone through multiple setbacks – from a devastating fire to a global pandemic and a drought – an orangutan sanctuary in West Malaysia continues to stand strong in its fight to save the great apes

Words **Nor Atikah binti Abdul Wahid**
Photography **Imran Sulaiman**





Spread over 14 hectares, the sanctuary is dedicated to the rehabilitation and conservation of the Bornean orangutan, specifically those from Sarawak.

“Our main objective is to promote awareness and conservation of this critically endangered species through education and research programs for the public,” says Nurhafizie binti Mohamad Hapiszudin, head of the Bukit Merah Orang Utan Island Foundation. “Here, we perform ex-situ conservation – which is conservation efforts that are done outside of their natural habitat. We provide natural facilities for orangutans to make them feel at home.”

The orangutan sanctuary cares for injured, orphaned and rescued orangutans. It collaborates with educational institutions and zoos within and outside of Malaysia. It also has a successful breeding program with 17 orangutans born on the island to date. Today, visitors can catch a glimpse of only 15 orangutans – 12 of which were born on the island – as the rest have been returned to the wild.

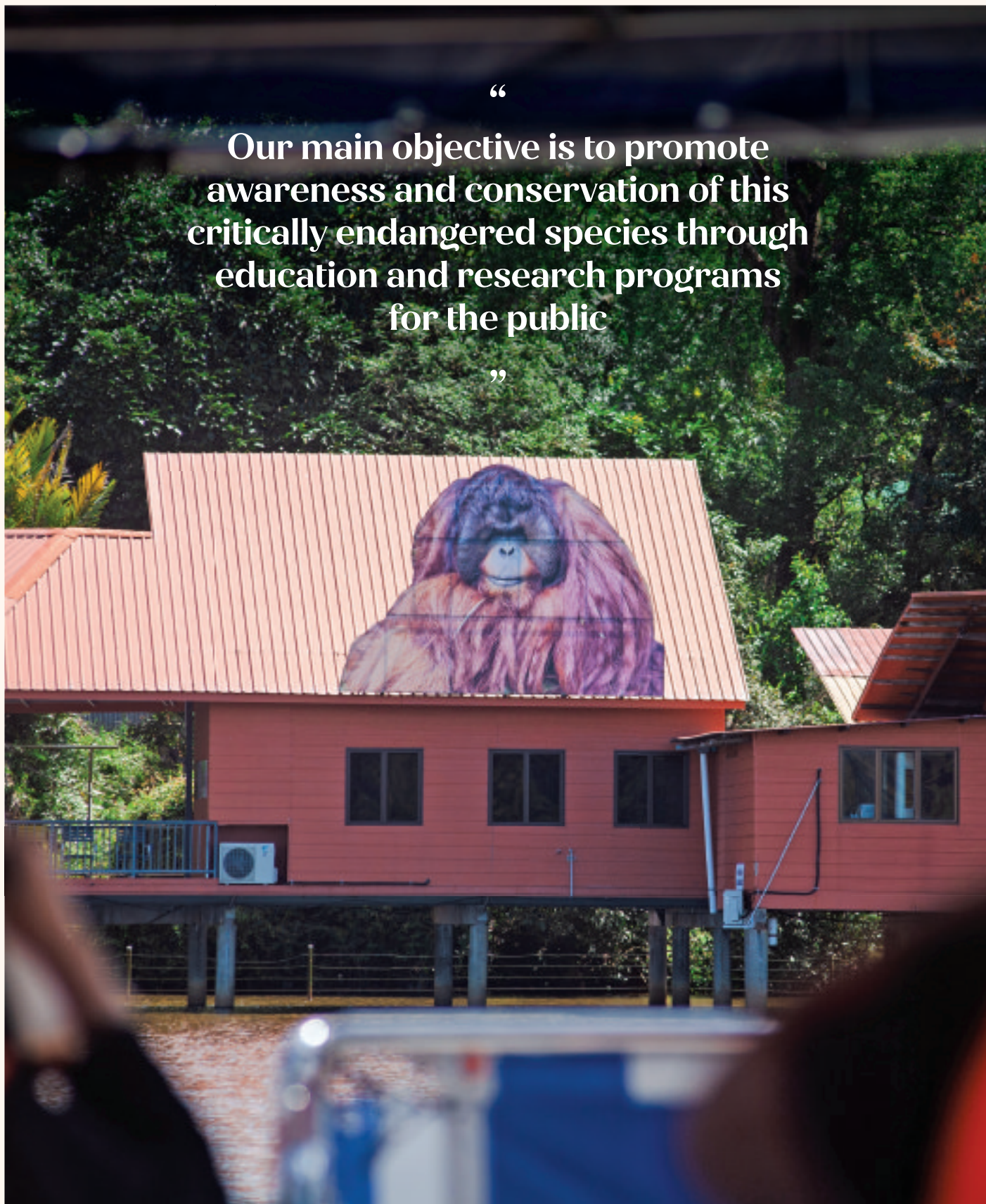
Clockwise from top left: Ferries take visitors to the island; A giant image of an orangutan greets visitors; Baboon, the oldest female orangutan and her baby, Manu

As our boat pierces the placid surface of Tasik Bukit Merah, the first man-made lake in Malaysia that is just an hour’s drive from the bustling city centres of Ipoh and Penang, the sun makes its presence known in the cloudless sky. It is 9:30am on a February weekend and I am on my way to Bukit Merah Orang Utan Island in Semanggol, Perak. From afar, I spot my destination: a cluster of red-brick wooden buildings at the edge of a tiny forested island across the lake. At first glance, the island seems like an idyllic retreat, and for the primate residents of the island, it is indeed a haven on Earth.

Many Malaysians are surprised to learn that they can see orangutans up close in Peninsular Malaysia, as the primates live in the wilderness of Borneo and Sumatra. But Bukit Merah Orang Utan Island – a short ferry ride from Bukit Merah Laketown Resort, which itself is more known for theme parks – has been around since 2000.



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Our main objective is to promote awareness and conservation of this critically endangered species through education and research programs for the public
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It is not just the orangutans that piqued my interest and made me want to visit the sanctuary. The Bukit Merah Orang Utan Island has had an eventful past few years, weathering through a series of setbacks.

Earlier in 2018, a fire broke out in the sanctuary and destroyed half of their jetty, the gift shop and several offices, with damages costing almost RM1 million. A year after they gradually rebuilt the sanctuary, the world was hit by the Covid-19 pandemic. Due to lockdown restrictions, only selected rangers could go to the island to care for the orangutans. And in 2022, just when it had reopened to the public, an extended drought dried up the lake, which forced the sanctuary to close its doors again.

With these tragedies in mind, I wonder how the sanctuary has been faring, especially in the welfare of the orangutans. Entering the sanctuary, however, one would not have an inkling that these issues even existed, thanks to the passionate and knowledgeable staff of the sanctuary.

After alighting the boat, my group is greeted by our tour guide, Noor Haslina binti Abdul Hamid. Led by the chatty



**Top: An orangutan named Puteri Hang Li Po enjoys the easy life amidst Perak's lush greenery
Bottom: Rangers use fruit to coax orangutans to make an appearance during visiting hours**



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Orangutans need a large area to move freely, so this tunnel allows both people and orangutans to wander about safely

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and petite woman, we traverse through the sanctuary, unravelling the wonders of the orangutans.

The guided tour is the highlight of the Bukit Merah Orang Utan Island. There are five tour slots, with the first at 9.45am and the last at 3.30pm. Unlike in zoos, where animals are kept within enclosures, the orangutans are free to roam freely across six hectares of the island while visitors are limited to a stroll through a 200m-long open-air caged tunnel. The tunnel is flanked by plants and shaded by tree canopies that mimic the joyful experience of being out and about in nature.

“We always prioritise the orangutans since that is our main goal. Orangutans need a large area to move freely, so this tunnel allows both people and orangutans to wander about safely,” says Nurhafizie. During the tour, Haslina easily switches from elaborating on the science of orangutan anatomy to dropping quirky anecdotes of individual orangutans. Claiming to be “married to the orangutans”, she spends six days a week on the island, like most of the employees, and has a close bond with the great apes.

My worries about the chances of seeing the orangutans in person immediately disappear within minutes of the tour as



Other sanctuaries working with endangered Malaysian wildlife



Kuala Gandah Elephant Sanctuary, Pahang

At Malaysia’s first elephant sanctuary, you can watch elephants getting fed and bathing in the river. Sanctuary staff will also share stories about these majestic pachyderms and the centre’s conservation efforts. pahangtourism.org.my



Bornean Sun Bear Conservation Centre, Sabah

Led by Dr. Wong Siew Te, the Bornean Sun Bear Conservation Centre in Sabah is dedicated to rehabilitating and releasing sun bears back into the wild. Small eared and large-pawed, they are the smallest bears in the world. Over 40 sun bears have been rehabilitated here. bsbcc.org.my



Sungai Dusun Wildlife Conservation Centre, Selangor

Selangor’s Sungai Dusun Wildlife Conservation Centre protects Malaysia’s most endangered animals, including the Malayan tapir. To visit, you’ll need a permit from the Department of Wildlife and National Parks. wildlife.gov.my

we spot a family of orangutans frolicking in the sunlight, their dark auburn fur contrasting brilliantly against the lush greenery. Having the orangutans bask in the sun a few steps away is simply a sight to behold.

BJ, a 37-year-old dominant male who fathered most of the younger orangutans, sits nonchalantly despite the excited chatter of visitors. His impressive cheek pads, a symbol of his alpha male status, emphasise his intimidating figure. His children, Manu and ChaCha, linger nearby while their mother, an orangutan named Baboon, remains in the shade.

“BJ came out because his favourite ranger is here,” says Haslina with a glint in her eyes, glancing at a colleague who is standing beside her. “Baboon prefers *mat salleh* (Caucasian) tourists. She was very friendly to the German visitors yesterday.” In due time – thanks to three Canadian tourists in our group – we catch Baboon’s attention. “I wanted to see orangutans in the wild but didn’t want to fly all the way to Borneo,” says one of the tourists, Karen Lane, fresh from a weeks-long trip to Penang and





Langkawi. “It’s so interesting to see them play among themselves. There are only two orangutans in the Toronto Zoo so being able to see so many of them up close is a real treat.”

Most of the island’s visitors are non-Malaysian tourists. According to the sanctuary’s staff, locals prefer to visit the nearby theme parks instead. With the recent pandemic affecting popular tourist spots, that lukewarm interest in the sanctuary may dampen the sanctuary’s conservation efforts.

“Ecotourism plays an important role to educate the community about, and make them aware of, wildlife conservation. The more visitors come to ecotourism destinations, the more people will be educated about wildlife conservation,” says Nurhafizie. “We need support from others. If you have some knowledge, let’s share it with

Left to right: Visitors walk through a caged tunnel to view the orangutans; The island’s dedicated jetty; Knowledgeable guides like Haslina play a key role in the visitor experience

others. If you have money, let’s donate to conservation.”

Despite the hurdles it faces, the Bukit Merah Orang Utan Island Foundation remains an optimistic and earnest endeavour to conserve orangutans for future generations. As I prepare to leave, the island unveils one last surprise: we stumble upon a 12-year-old orangutan, aptly named Puteri Hang Li Po (after the Ming Dynasty princess who wed a Malaccan sultan), who is snoozing the morning heat away on the bough of a tree. I carry this image of a happily undisturbed orangutan as I return home, determined to fight the good fight. As the princess sleeps, the work of humans to keep orangutans thriving marches on.



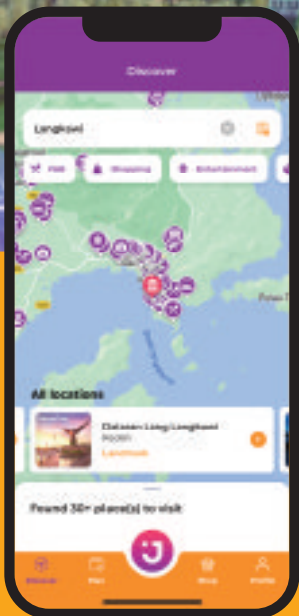
Malaysia Airlines flies from Kuala Lumpur to 16 local and 21 international destinations.

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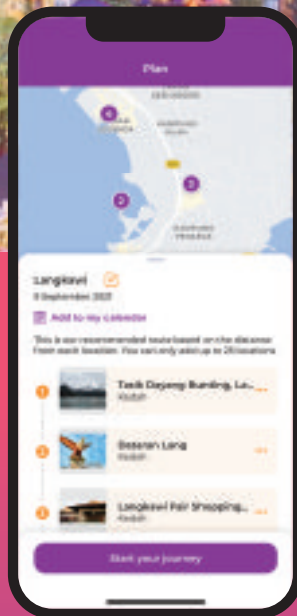


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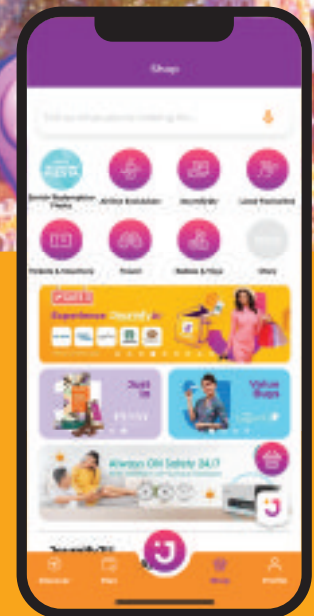
Discover new places

Find the best spots to eat, visit, explore, shop and more in Malaysia.



Plan a trip

Create a travel plan and add places you want to visit to your itinerary easily.



Shop your favourites

Get travel and lifestyle products, or experience convenience at KLIA with Journify2U.



Enjoy an extra RM5 OFF on the Journify app. Scan to download now.

THIS IS MH

(MALAYSIAN HOSPITALITY)



Welcome on board Malaysia Airlines! This month, see what we have on offer to ensure that you have a safe, seamless and fuss-free journey with us.

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**Inside
Malaysia Airlines**

News and updates from the airline

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**Discover our
network**

See where Malaysia Airlines can take you, around the country and around the world

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**Onboard
entertainment**

Keep yourself entertained with our latest releases of Hollywood movies, TV shows and music



Fly Confidently with Malaysia Airlines

Ensuring high standards of safety and hygiene so you can travel with peace of mind

At Malaysia Airlines, we are committed to facilitating safe and seamless travels so guests can continue to *Fly Confidently* with us.

In 2022, we launched the MHFlySafe campaign that puts emphasis on the importance of safety and hygiene across all end-to-end consumer touchpoints.

These include our check-in counters, lounges, onboard our flights and through to the point of arrival.

Keep your eyes peeled for our catchy in-flight safety video which displays the airline's safety procedures through a unique mix of Malaysian arts, culture and music – yet keeping safety at its core.

Here are a few more airline protective measures that you can expect on your flight:

- With our cabin air circulation system, cabin air is refreshed 20-30 times an hour.
- We use a High-Efficiency Particulate Air (HEPA) filter that can filter 99.9% of airborne contaminants, including viruses and bacteria.
- Frequent aircraft cleaning disinfection following guidelines prescribed by the Ministry of Health Malaysia and the World Health Organization.
- Aircraft are operated by fully vaccinated pilots and cabin crew.



Enjoy seamless check-in



Have a flight coming up and lots to prepare for it? No matter your plan, be it a domestic flight to Langkawi or Kota Kinabalu, or an international flight to Australia or London, your entire journey can be managed before even leaving the house through our enhanced online check-in via our website or mobile app for a seamless journey from home to plane.

Check in multiple passengers, select seats and purchase add-ons, and complete your purchases easily with many flexible payment options. Manage your booking, check your flight ticket details, then download and print your boarding pass. All you'll need to do at the airport is drop your bags and prepare to fly! malaysiaairlines.com/hq/en/plan-your-trip/check-in.html

TIP: We would like to remind all of our passengers to arrive early at the airport so that you have sufficient time to get to your flight. Malaysia Airlines passengers are advised to arrive at the airport at least four hours prior to the scheduled time of departure during the peak travel/festive period.

MHinsure Travel Safe with peace of mind

Get travel protection with additional COVID-19 cover when you fly with Malaysia Airlines

BENEFITS AT A GLANCE



Luggage Damage & Personal Effects benefit up to MYR 7,500



Cashless Medical Care benefit



Flight Delay, Cancellation & Curtailment benefit of up to Trip Value

EXCLUSIVE FOR TAKAFUL



Shariah Compliant



Badal Hajj & Korban/Ihsarr only applicable for international

COVID-19 COVER



Emergency Medical Hospital Expenses benefit of up to MYR 30,000 (domestic) & MYR 500,000 (international)

Quarantine Allowance benefit of up to MYR 3,500 (domestic & international)

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Scan the QR icon to learn more or visit malaysiaairlines.com/MH

Cover-More

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malaysia airlines

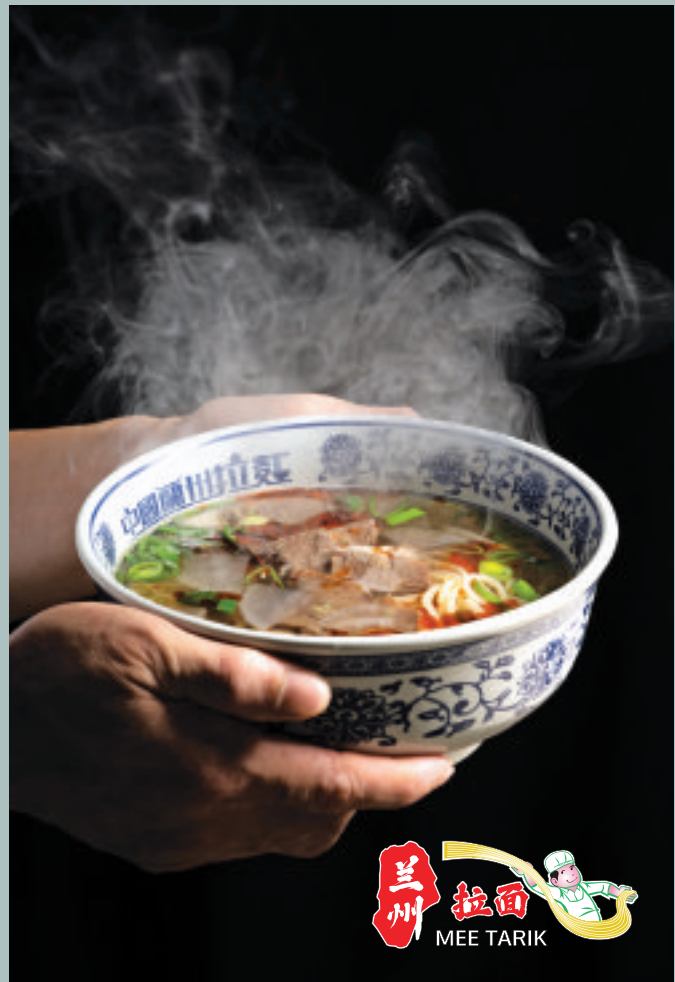
The Perfect Pull

At Lan Zhou Mee Tarik, the beloved signature dish is made the traditional way

Chinese-Muslim cuisine is a beloved tradition across Malaysia – and hand-pulled noodles is one of its most-enjoyed dishes. And though hand-pulled noodles originally come from Lanzhou, the capital of China's Gansu Province, we are lucky to enjoy that same luscious texture much closer to home – thanks to Lan Zhou Mee Tarik.

One of Kuala Lumpur's most famous eateries, Lan Zhou Mee Tarik proudly serves traditional flavours prepared by Chinese-Muslim chefs with over 20 years of experience. The menu covers comfort-food classics such as the braised beef noodles, steamed and fried dumplings, scallion pancakes, BBQ skewers and many more.

But the signature mee tarik, or springy hand-pulled noodles, is truly unmissable. Here's what makes it so special.



Pulled the Traditional Way

A lot of skill and experience goes into making hand-pulled noodles. These are traditionally formed by pulling wheat flour dough by hand into long, elastic strips. The texture is far more silky, springy and chewy than hand-cut or machine-made noodles.



Made Fresh Every Day

What also sets great hand-pulled noodles apart from mass-produced alternatives is the time between pulling and cooking – the sooner they're prepared and served, the better the texture. Naturally, Lan Zhou Mee Tarik prepares a fresh batch daily, so rest assured that the noodles you savour are hand-pulled that very day.



Perfect Preparation

Authentic hand-pulled noodles deserve to be enjoyed in a well-balanced soup that lets the star ingredient shine. At Lan Zhou Mee Tarik, the noodles come in a rich yet deeply flavoured broth and melt-in-your-mouth beef slices, all topped with homemade fresh chilli oil, fresh herbs and spices – the perfect showcase for this traditional artform.

VISIT US AT THESE OUTLETS AROUND KUALA LUMPUR

Ground Floor, Bangunan WSF
42G, Jalan Sultan Ismail
Bukit Bintang
50250 Kuala Lumpur

Plaza KLTS, 53 G
99, Jln Gombak
53000 Kuala Lumpur

Pavilion KL, Level 1
Food Republic, Stall 17
168, Jln Bukit Bintang
55100 Kuala Lumpur





Customise your trip on MHHolidays



Travellers can plan their vacations fuss-free through Malaysia Airlines' tour operating arm, MHHolidays, which provides a single platform for customers to choose and tailor-make their holidays according to their destination, budget and length of stay.

In addition to great savings, holidaymakers will enjoy a seamless travel planning experience with the ability to personalise their vacation itineraries – including flights, accommodation, ground transfer services and more.

MHHolidays packages include exclusive travel perks such as 30kg baggage allowance, complimentary onboard meals, free seat selection and unparalleled Malaysian Hospitality throughout their journey, among others.

<https://holidays.malaysiaairlines.com/>



Track your baggage seamlessly



We know passengers want a hassle-free experience and part of this is through Malaysia Airlines' digitised offerings. Our Baggage Self-Service Reporting feature allows passengers to easily make a report, track and monitor the recovery process of their baggage via their personal devices (mobile, tablet, laptop, etc.) in a safe and contactless environment.



Shop on Journify

Not only is the Journify app a personal travel advisor and trip planner – it is also an online marketplace.

With the Journify2U service, the first-of-its-kind flagship experience, domestic and international passengers departing from or arriving into Kuala Lumpur International Airport can purchase products ahead of time and choose to have the items delivered to them at the boarding or arrival gate, providing greater convenience as part of their journey.

Some of the products available include fashion

accessories, batik, jewellery and shoes. There is also an adorable Pilot Polly bear, an inspiration for girls that they, too, can do anything they set their heart and mind on – like flying a plane! Together, they ensure that safety is a priority on every flight, which is a demonstration of Malaysian Hospitality.

Every RM4 spent on Journify earns shoppers 1 Enrich Point. The more you spend, the more points you will have to redeem rewards and privileges.

<https://shop.myjournify.com/>



Explore the world with MHflypass ASEAN



Customers who plan to celebrate the festivities by exploring neighbouring cities can take advantage of the airline's MHflypass ASEAN, which offers up to three return trips (or six quotas of one-way trips) in the year to any ASEAN destination that we fly to.

MHflypass ASEAN is grouped into three different zones, so you can choose the one that works best for you.

Available for purchase on Journify

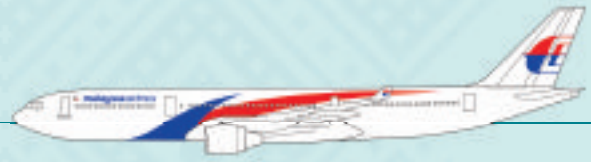
MHflypass Malaysia now with more routes

MHflypass Malaysia now comes with extra Firefly routes* for extra travel flexibility – you can even choose to fly to/from Subang Airport (Sultan Abdul Aziz Shah Airport) or Penang International Airport!



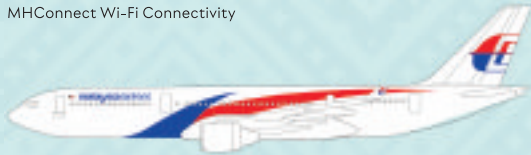
A350-900 MHconnect

No. of Aircraft **6** | Passenger Seating **286**
Length **66.80m** | Wingspan **64.75m** | Height **17.05m**
Max. Cruising Speed **944km/h**
MHConnect Wi-Fi Connectivity



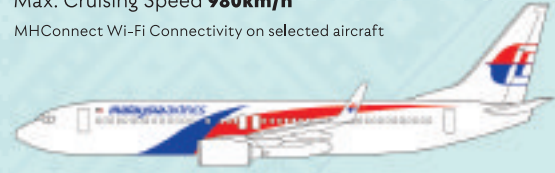
A330-300 MHconnect

No. of Aircraft **15** | Passenger Seating **290**
Length **63.66m** | Wingspan **60.30m** | Height **16.79m**
Max. Cruising Speed **980km/h**
MHConnect Wi-Fi Connectivity on selected aircraft



A330-200 MHconnect

No. of Aircraft **6** | Passenger Seating **287**
Length **58.82m** | Wingspan **60.30m** | Height **17.39m**
Max. Cruising Speed **880km/h**
MHConnect Wi-Fi Connectivity on selected aircraft



B737-800NG

No. of Aircraft **39** | Passenger Seating **160-166**
Length **39.5m** | Wingspan **38.50m** | Height **12.50m**
Max. Cruising Speed **857km/h**



ATR 72-500

No. of Aircraft **9** | Passenger Seating **72**
Length **27.05m** | Wingspan **27.17m** | Height **7.65m**
Max. Cruising Speed **510km/h**



B737-800NG

No. of Aircraft **4** | Passenger Seating **189**
Length **39.5m** | Wingspan **38.50m** | Height **12.50m**
Max. Cruising Speed **857km/h**



A330-200F

No. of Aircraft **3** | Maximum Cargo Capacity **65 (70) tonnes**
Length **58.82m** | Wingspan **60.30m** | Height **16.88m**
Max. Cruising Speed **1,021km/h**



ATR 72-500

No. of Aircraft **10** | Passenger Seating **68**
Length **27.05m** | Wingspan **27.17m** | Height **7.65m**
Max. Cruising Speed **510km/h**



Viking DHC-6 Twin Otter Series 400

No. of Aircraft **6** | Passenger Seating **19**
Length **15.77m** | Wingspan **19.80m** | Height **5.94m**
Max. Cruising Speed **337km/h**



ON-TIME PERFORMANCE

Our check-in counters close 60 minutes before departure. Please allow at least 45 minutes for immigration and security clearance. Boarding gates will close 30 minutes prior to departure.



CABIN LUGGAGE HANDLING

Passenger and crew safety on board our flights are our highest priority. In compliance with the airline's policy and in observing Occupational Safety and Health Regulations requirements, cabin crew are no longer required to stow passengers' hand luggage in the overhead stowage compartments. This is to minimise occupational hazards and ergonomic risks faced by cabin crew in the aircraft. Cabin crew on duty will, however, assist passengers travelling with infants, young passengers travelling alone, the elderly and passengers with reduced mobility. Passengers who are fit and in good health must carry, stow and secure their hand luggage on board. Hand luggage exceeding the 7kg weight limit must be checked in before boarding.



PORTABLE ELECTRONIC DEVICES (PEDs)

For safety reasons, and in line with Civil Aviation Authority of Malaysia guidelines, mobile phones and all PEDs must be switched off for take-off and landing. Whilst cruising, devices placed in flight mode may be used. Devices transmitting strong signals must remain switched off throughout the flight, until disembarkation. The Captain may prohibit the use of devices that can interfere with the aircraft's system.



LITHIUM BATTERIES

Lithium metal or lithium ion cells or batteries for portable electronic devices (PEDs), including medical devices, must not exceed 2g for lithium metal batteries and 100Wh for lithium ion batteries. All spare batteries, including lithium metal or lithium ion cells or batteries, for PEDs must be carried in passengers' carry-on baggage only. These batteries must be individually protected to prevent short circuits. PEDs containing non-spillable batteries, they must be 12V or less or 100Wh or less. Passengers are allowed to carry a maximum of two spare batteries onboard. These batteries must be individually protected to prevent short circuits.



NO-SMOKING POLICY

Smoking, including the use of electronic cigarettes, is prohibited on all flights. Electronic cigarettes must be carried in carry-on baggage only. Recharging of the device in flight is not permitted.



COMFORT & CARE

Personal care, baby paraphernalia and first-aid treatment are available upon request.



BAGGAGE FOR TRANSIT PASSENGERS

Transit passengers in KLIA are encouraged to reconfirm their final baggage destination at the Transfer Desk to ensure that their checked luggage is identified and loaded accordingly. Just present your baggage identification tag at the desk.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse or violence towards our staff will be taken seriously. We are committed to supporting anyone who has been the victim of an assault.



ENTERTAINMENT

Movies, TV and Music On-Demand are available on selected flights either on seatback inflight entertainment systems or streaming via personal electronic

devices. Wi-Fi internet connectivity is also available on selected aircraft (A350-900, A330-200 and A330-300) for a fee.



ONBOARD CONNECTION

Laptop power points are fitted on Business Suite and Business Class seats. USB charging is available on selected aircraft (A350-900, A330-200, A330-300, and B737-800).



FOOD & BEVERAGE

All food served onboard is halal. Special dietary meals can be prepared with 24-hour notice through 'Manage My Booking' on www.malaysiaairlines.com. Business Suite, Business and Economy Class passengers may use the Chef-on-Call service to pre-book their meals 24 hours prior to departure on selected flights. Alcoholic drinks are available on flights above three hours for passengers above the age of 21. Our cabin crew reserves the right to decline serving and selling alcohol to any passenger who appears intoxicated. Consumption of personal alcoholic drinks is prohibited.



FRESH & FROZEN SEAFOOD

Fresh and frozen seafood is strictly not permitted in check-in baggage. It may be accepted in cabin baggage, subject to the destination's quarantine regulations. It must be properly packed and meet

the cabin baggage weight and size requirements. A maximum of 2.5kg of dry ice per passenger is permissible if dry ice is used to carry these items. We reserve the right to refuse carriage if the items are not properly packed.



PEANUT & NUT ALLERGIES

Meals containing nuts may be served throughout the aircraft. We cannot accommodate requests for peanut/nut-free zones in the aircraft and strongly encourage those with allergies to take the necessary medical precautions before flying, including travelling with medications in their hand luggage.



WHEELCHAIR ASSISTANCE

Wheelchair requests must be made through the Global Customer Contact Centre, the Ticket Office and/or Malaysia Airlines appointed travel agents at least 48 hours prior to departure. Contact the call centre at 1-300-88-3000 for more information.



UNACCOMPANIED MINOR (UMNR)

We provide assistance to children aged 5 to 15 years old travelling alone, with 24-hour advance request.



For more information, visit malaysiaairlines.com

*Terms and conditions apply, which are correct at the time of printing. Visit malaysiaairlines.com for more information.

IN ADDITION TO AIRPORT CHECK-IN, HERE ARE OTHER OPTIONS*



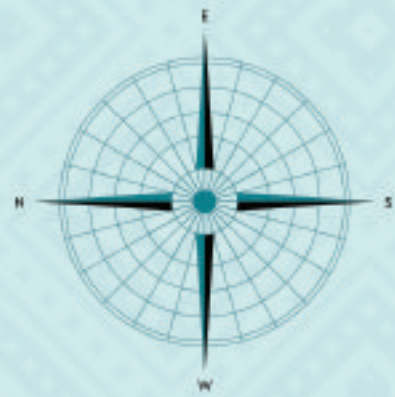
WEB
Check in online at malaysiaairlines.com and self-print your boarding pass.



WEB-TO-MOBILE
Check in online. Your boarding pass will be sent to your mobile phone. Mobile boarding passes can be scanned at airport security and at the boarding gate.



MALAYSIA AIRLINES APP
Visit malaysiaairlines.com to download the Malaysia Airlines App to perform mobile check-in.



OUR NETWORK

ILLUSTRATIONS BY ELEN WINATA

SOUTH ATLANTIC OCEAN

Malaysia Airlines has an average of 285 daily flights to 60 destinations around the world from its hubs in **Kuala Lumpur and **Kota Kinabalu****



- Malaysia Airlines
- ◆ Firefly
- MASwings
- Amal
- ▲ MASkargo

*THE ROUTE MAP IS FOR ILLUSTRATIVE PURPOSES ONLY AND IS NOT DRAWN TO SCALE
IMAGES: SHUTTERSTOCK.COM (KUALA LUMPUR, KOTA KINABALU)



Malaysia Airlines now
flies directly from
Kota Kinabalu to
Taipei (3x weekly) and
Narita (2x weekly)

EXPLORE MALAYSIA



Connect and travel to more than 900 destinations in 170 territories across the globe when you travel with Malaysia Airlines, a **oneworld** member since 2013



- Malaysia Airlines
- ◆ Firefly
- MASwings
- ▲ MASkargo



● one world destinations

MHholidays

KIDS FLY AND STAY FOR FREE!

Enjoy **FREE** seats and accommodation for your kid when you book a **Flight + Hotel** package with MHholidays.



T&Cs apply.



NOW SHOWING

81 NEW THIS MONTH 83 MOVIES 86 TELEVISION 89 AUDIO 93 MAY 2023



The Fabelmans

Young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

New releases



Bandit



Rogue Agent

Lifestyle



The 6 Phase Meditation

Podcast



Vishen & Matthew McConaughey

Powered by [Mindvalley](#)



MHstudio

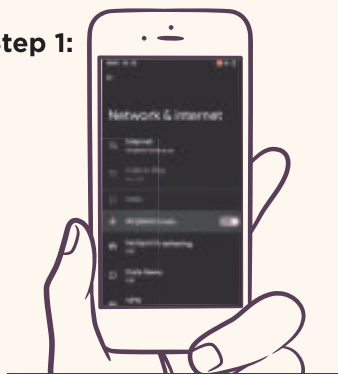
Entertainment on your terms.

In-flight entertainment has transitioned from seatback to your hand.

Meet **MHstudio**, available on the reimagined and refreshed B737-800 NG aircraft. Experience a wealth of entertainment conveniently at your fingertips, all accessible on your personal devices 30,000 feet in the air.

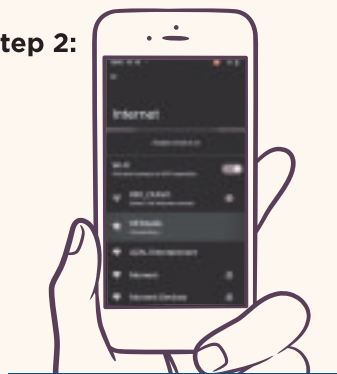
How to access **MHstudio**:

Step 1:



Activate airplane mode.

Step 2:



Activate Wi-Fi and select '**MHstudio**'

Step 3:



Connect to mhstudio.streamonboard.com



That's it! Now you can browse and enjoy entertainment from the comfort and convenience of your own device.

Notes:



Ensure your personal device is Wi-Fi enabled and equipped with Chrome or Safari internet browser. Bring along a headset or earphones for your entertainment pleasure and that of the passengers around you. Should you need to charge your device, power outlets are also available at each individual seat.





Hollywood



Nocebo

96 mins | PG 13 | Thriller | E

A fashion designer (Eva Green) suffers from a mysterious illness that confounds her doctors and frustrates her husband (Mark Strong) – until help arrives in the form of a Filipino nanny (Chai Fonacier) who uses traditional folk healing to reveal a horrifying truth.

International



Look Up

117 mins | PG 13 | Drama | C, E+

Look Up depicts 25 years in the life of Shun (Kevin Chu), showing how he helps an autistic artist find self-confidence, resolves a conflict between father and son, promotes the cultural integration of pop music and traditional Cantonese opera, and encourages a South Asian young man chase his lion dance dream.



Sam & Kate

110 mins | R | Drama | E



Press Play

85 mins | PG 13 | Thriller | E, E+



Carmen

87mins | PG 13 | Drama | E, E+



Savage Salvation

101 mins | R | Thriller | E



Toolsidas Junior

132 mins | PG | Drama, Family, Sports | H, E+



Ghostbook

113 mins | G | Fantasy | J, E+



Life Is Beautiful

122 mins | PG | Drama, Musical, Romance | K, E+

Guide

LANGUAGES

- A Arabic
- C Cantonese
- D Danish
- E English
- ES Spanish
- F French
- G German
- H Hindi
- I Italian
- IN Indonesian
- J Japanese
- K Korean
- M Mandarin
- ML Malay
- T Tamil
- TA Tagalog
- TH Thai
- TL Telugu

Subtitles

- A+ Arabic
- C+ Chinese
- E+ English
- J+ Japanese
- K+ Korean
- M+ Malay

RATINGS

G/U General audience. Suitable for all ages.

PG Parental guidance recommended. Some content may not be suitable for children.

PG13 Parental guidance strongly recommended. Some content may be inappropriate for children under 13 years of age.

15 Suitable for audiences aged 15 years and above.

R Restricted. Not suitable for audiences under 17 years of age.

NR Not rated by Motion Picture Association of America.

! Contains scenes or language that may be disturbing or offensive. Viewer discretion is advised.

M Programmes with Malaysian content.

★ Award-winning movies/programmes.



This is
Malaysian Hospitality.



Latest



Harper
103 mins | PG 13 | Drama, Family | E

Harper (11yr girl) is shattered when her father dies sent to live with an Aunt she's never met. However, just as she settles in, her wealthy mother, appears to claim the child.

+ More

Gigi & Nate
114 mins | PG 13 | Drama, Family | E

Vesper
114 mins | PG 13 | Adventure, Drama, Sci-Fi | E

Catherine Called Birdy
108 mins | PG 13 | Adventure, Comedy | E, J+

The Storied Life of A.J. Fikry
105 mins | PG 13 | Drama, Fantasy, Romance | E, J+

Emily
130 mins | R | Biography, History, Romance | E

Hounded
94 mins | PG 13 | Action, Horror, Thriller | E, J+

Marcus
110 mins | PG 13 | Drama | E

Ticket to Paradise
104 mins | PG 13 | Romance | E, E+

Black Adam
125 mins | PG 13 | Action | E, E+

Ask Me to Dance
94 mins | PG 13 | Romance | E

A Chance Encounter
91 mins | PG | Romance | Fantasy | E

Fall
94 mins | PG 13 | Thriller | E

Fisherman's Friends: One and All
111 mins | PG 13 | Comedy | E

Favourites



I am Sam
133 mins | PG 13 | Drama | E



Please Stand By
93 mins | PG 13 | Drama | E



Crazy, Stupid, Love
110 mins | PG 13 | Romance | E, J+

Blended
117 mins | PG 13 | Comedy | E, E+

Grudge Match
117 mins | PG 13 | Sport | E, E+

Pacific Rim
131 mins | PG 13 | Action | E, E+

Award-winning movies



Dune
156 mins | PG 13 | Action | E, J+



The Father
97 mins | PG 13 | Drama | E, J+



Beasts of the Southern Wild
93 mins | PG 13 | Drama | E

Manchester by the Sea
135 mins | R | Drama | E, J+

Ready Player One
140 mins | PG 13 | Adventure | E, E+

FernGully: The Last Rainforest
76 mins | G | Animation | E

Chinese



The Fallen Bridge
120 mins | G | Drama | M, E+

When a human skeleton is discovered after a bridge collapse, a murder case from years ago is revealed. The daughter of the deceased, Wen Xiaoyu, is assisted by a boy, Meng Chao, in her quest to trace the cause of her father's death.

Malay



Bintang GV di Kejar Zombie
92 mins | PG 13 | Horror, Comedy | ML



Peti Ais Mak
99 mins | PG 13 | Drama, Comedy | ML



Dari Hatiku Ke Hatimu
120 mins | PG 13 | Drama, Romance | ML

Korean



Spiritwalker

108 mins | PG 13 | Fantasy, Action | K, E+

Japanese



Blue

107 mins | G | Drama, Sport | J, E+

Tamil



Manmatha Leelai

111 mins | PG 13 | Comedy, Romance, Thriller | T, E+



Achcham Madam Naanam Payirppu

80 mins | PG 13 | Comedy, Drama | T, E+

Indonesian



Preman Pensiun - Kesempatan Kedua

110 mins | PG | Comedy, Drama | IN, E+

Tagalog



The Husbands of Rosario

105 mins | PG 13 | Romance, Comedy | TA, E+

Telugu



Uniki

120 mins | PG 13 | Crime, Mystery, Thriller | TL, E+

Malayalam



Paippin Chuvattile Pranayam

134 mins | PG | Comedy, Drama, Romance | Malayalam, E+

Hindi



Sardhar Udham

162 mins | PG 13 | Drama, Biopic | H, E+

Kids



Happy Feet

108 mins | PG | Animation | E, E+

Into the world of the Emperor Penguins, who find their soul mates through song, a penguin is born who cannot sing. But he can tap dance something fierce!

+ More

Free Willy

112 mins | PG | Adventure | E, E+

Free Willy 2: The Adventure Home

101 mins | PG | Adventure | E

Kubo and the Two Strings

102 mins | PG | Animation | E

Alabama Moon

99 mins | PG | Drama | E

Boychoir

103 mins | PG | Drama | E, J+

Storm Boy

99 mins | PG | Drama | E

Heart of Hope

94 mins | PG | Drama | E

Spring into Summer

Sunway Resort Hotel has rolled out new lifestyle facilities for everyone in the family making it the perfect spot for your next vacation



Waterventure



Pool Deck



Health Club

The season is warming up, time to treat yourself and the family to a relaxing getaway. No need to look too far: As part of its grand transformation, Sunway Resort Hotel, just outside Kuala Lumpur, has unveiled new and upgraded facilities that will satisfy everyone in the family, be they little adventurers, gym fanatics, pool loungers or high tea enthusiasts.

Pool Deck

Cool off from the summer heat at Sunway Resort Hotel's newest freeform swimming pool. The palm fronds, rock formation façade and cascading waterfall feature transport swimmers and splashers to a beautiful oasis. And for an added modern touch, the LED lights and underwater speakers create a memorable experience.

Health Club

Whether you're a night owl or an early bird, Sunway Resort Hotel's gym will be open when you need to hit the iron. Fitted with clear, floor-to-ceiling windows overlooking the pool deck and brand new Technogym equipment, the gym offers plenty of inspiration

while you concentrate on breaking your record speed on the treadmill. Relax your muscles with a dry sauna afterwards or a few refreshing minutes in the steam room.

Wonderland Explorers

In collaboration with the Jeffrey Sachs Center on Sustainable Development, this educational kids club was built to instill a foundational sustainability mindset among young people. Young guests will be able to play and learn with role-playing activities and technology rooms or opt for independent learning in one of the many quiet corners. Little Einsteins will even be able to learn about food waste, composting and water management on the rooftop urban farm on premises.

Premium Leisure Lounge

An exclusive space for guests with Club access, this sanctuary is strategically located directly above Wonderland Explorers, making it an ideal haven for families. Parents can enjoy complimentary afternoon tea, evening cocktails and canapes while the little ones are spending their days at the kids club. A win-win situation for everyone!

Waterventure

Specially designed for little explorers, this water playground promises loads of fun with its jungle gym and water slides. From a sea-faring pirate adventure to an underwater excursion to a mermaid's secret lair, the possibilities are endless! Playtime is just a few steps away for Waterventure Terrace guests who have direct access from their private terrace.

SUNWAY RESORT HOTEL

Persiaran Lagoon, Bandar Sunway,
47500 Selangor Darul Ehsan
+603 7492 8000
sunwayhotels.com
FB & IG: @SunwayResortKualaLumpur

Lifestyle



The 6 Phase Meditation
60 mins | Lifestyle | E, E+

The 6 Phase Meditation Quest by Mindvalley founder Vishen is designed to dramatically elevate your meditation practice.



Superbrain
120 mins | Lifestyle | E, E+

Brain Coach Jim Kwik's Superbrain Quest is an accelerated learning program designed to activate your brain's limitless potential



The 3 Most Important Questions
60 mins | Lifestyle | E, E+

Mindvalley's founder, Vishen, shows you how to set the right type of goals to build the life of your dreams.



Speak & Inspire
120 mins | Lifestyle | E, E+

Follow Lisa Nichols' Powerful Communicator Process and learn how to speak your truth, inspire & persuade Like A Pro



Money EQ
60 mins | Lifestyle | E, E+

Ken Honda is Japan's most recognizable and influential money teacher. Get ready to have a more joyful and worry-free life with your finances, and possibly, a lot more money flowing into your life

Powered by **Mindvalley**

Comedy



People of Earth
30 mins | Comedy | E



Young Sheldon
30 mins | Comedy | E



Shining Vale
30 mins | Comedy | E

Drama



Gilmore Girls: A Year in the Life
90 mins | Drama | E

+ More

Supernatural
60 mins | Drama | E

Lethal Weapon
60 mins | Drama | E



Love Is ____
60 mins | Drama | E



Law & Order
60 mins | Drama | E

Kids



Bluey
60 mins | Kids | E

+ More

Dragons: Race to the Edge
30 mins | Kids | E

Teen Titans Go!
30 mins | Kids | E

EARTH DAY SPECIAL



Frozen Planet II

30 mins | Nature & Wildlife | E



Raw Travel

30 mins | Travel | E

+ More

Spectacular Earth

60 mins | Science & Technology | E

Down to Earth

30 mins | Science & Technology | E

Bloomberg Green

30 mins | Business | E

Best of Malaysia



Rasa Nostalgia Ramadan Balik Kampung

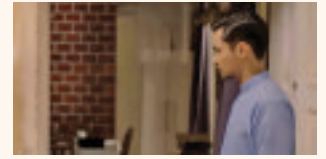
60 mins | Malay | ML

Rasa Nostalgia Ramadan Balik Kampung is a cooking show where an invited celebrity guest will lead the show. The celebrity guest will invite his/her family/friends to join and cook together throughout the show.



Kejar Pahala

30 mins | Malay | ML



Nur

60 mins | Malay | ML

Religious



Tinta Syurga - (Notes from Heaven: Making the Quran) - Documentary

60 mins | Religious | ML

Tinta Syurga, a documentary produced in conjunction with Nuzul Al-Quran, tells the story of the mission to produce mushaf for the printing of Al-Quran in Malaysia.

+ More

Hadis 40

30 mins | Religious | ML

Seruan Haji

30 mins | Religious | ML

Santai

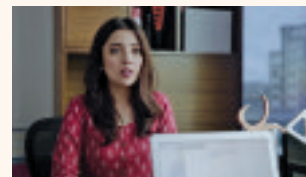
30 mins | Religious | ML

Hindi



Tyohaar Ki Thaali (Eid Ul Fitr Special)

30 mins | Hindi | H, E+



Please Find Attached

30 mins | Hindi | H, E+

Chinese



My Little Princess

60 mins | Chinese | M, E+

The Longest Day in Chang'an

60 mins | Chinese | M, E+

Tamil

Pasikithu Lah

30 mins | Tamil | T, E+

Kaloori Salai

30 mins | Tamil | T, E+

History

Ruthless: Monopoly's Secret History

60 mins | History

Showbiz

Making the Movies: No Time to Die

30 mins | Showbiz

Silent TV

Chaplin - Keystone Collection: Caught In the Rain

30 mins | Silent TV

Sports

Against the Odds

30 mins | Sports

Ready for Life's Important Occasions

Be it for Hari Raya, a wedding or a graduation, Malaysian menswear label Emmer Zecna is as stylish as it is comfortable

Aside from the delicious food, Raya season is also about spending meaningful time with your loved ones – with plenty of group photos and we-fies to ensue! Figuring out the perfect outfit to wear while crossing off visiting duties at *rumah terbuka* need not be a hassle. Under the theme of *Segak Saudara, Teratak Raya*, Emmer Zecna's Raya collection takes care of both comfort and style, allowing you to focus on what matters the most.

The Malaysian brand is known for its wide selection of menswear, from Western suits and shirts to traditional *Baju Melayu* and smart-casual batik shirts befitting all cultural celebrations. All boast not just impeccable tailoring and elegant prints but also breathable fabrics, essential for any occasion in tropical Malaysian weather.

See what we have in store for you and your family this Raya season.



Stay Cool from Day-to-Night

Remixing the classic standing collar style with a contemporary relaxed silhouette, the breathable fabric of the *Baju Melayu Cekak Musang Slim Fit* will make you look and feel your best. It's designed with comfort and breathability in mind. The fabric absorbs moisture, keeping you cool all day, and the wrinkle-resistant, quick-dry features are handy for brisk wash-and-dry rotations while on the go for *balik kampung* season.

Matching Sets for the Family

Good things come in pairs. The *Baju Melayu Cekak Musang Slim Fit* and *Baju Johor Teluk Belanga Slim Fit* matching sets are great options for families, offering a colour-coordinated match. Available in men's sizes from XS to XXL and boys' sizes for ages 3 through 12 years, all in jewel tones and soft pastels, they are the perfect OOTDs for you, your dad, your brother and your mini-me.

Batik for All Seasons

For a Raya look that's less traditional and more casual, opt for the modern batik shirts in striking, vibrant hues and colour gradients that will have you standing out in a crowd. The beautiful rainbow designs elevate your look even when paired with casual jeans. Thoughtfully designed with intricate patterns in a wide variety of colours, you'll easily find a shirt that complements your skin tone.



Shop for your Raya outfit at one of our 80 retail stores across Malaysia. Browse new Raya collections by Emmer Zecna, John Master and Polo Haus at emmerzecna.com.my



Now Showing

AUDIO

The Hits



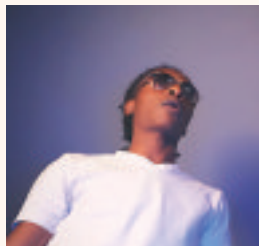
including... Aurora (above), *Tik Tok Pop Hits 2022 | 2023*, Whitney Houston

Memories



including... Depeche Mode (above), Arcade Fire, Celine Dion

R & B



including... Certified Trapper (above), Storey, Melvoni

Club



including... Comanavago (above), *Club Sounds Best Of 2022*, *Club Sounds Vol. 100*

Classical



including... Eric Le Sage (above), Alexandre Da Costa, Corrado Giuffredi & Leonora Armellini



PODCAST

Matthew McConaughey on Attaining the Unbelievable

How to Rise Above Failure and Attain Success – Priyanka Chopra Jonas

How to Boost Your Energy Level and Live Healthier – Dr. Steven Gundry

The Golden Rules of Goal Setting – Payal Kadakia

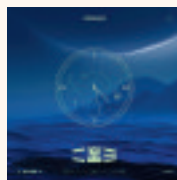
Everything is Figureoutable – Marie Forleo

Malay



including... Mus (above), A To Z Shima, Nurul

Cantonese



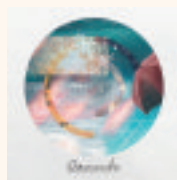
including... Coola

Mandarin



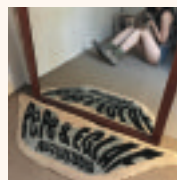
including... *Rising Lady Original Soundtrack*

Japanese



including... Omoinotake (above), Aimer, Wacci

Korean



including... PePe (above), EGLAF, Shinsammy SJ

World



including... Eraserheads (above), Izmir Türküleri

+ Extra

**Indonesian
Hindi
Tamil**

+ More

Country

including... Dolly Parton, Adam Doleac, Koe Wetzal, Kane Brown, Kameron Marlow

Jazz

including... Kitty Kallen, Keiko Lee, Berndt Egerbladh and His Quartet, Miles Davis, Toku

Light & Easy

including... Bossa Nova - Relaxing Covers, Kotaro Oshio, Yo-Yo Ma & Bobby McFerrin

Relax

including... *Lofi Sleep Music*, *Calm TikTok Classical Hits*, Masaki Nakamura

Kids

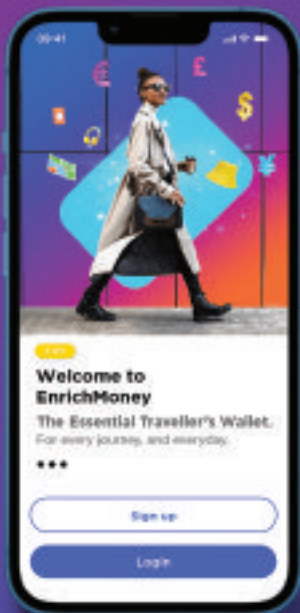
including... Jeroen Schipper, *Lullaby Music*, Titipo Titipo, Tayo the Little Bus



VOYAGE

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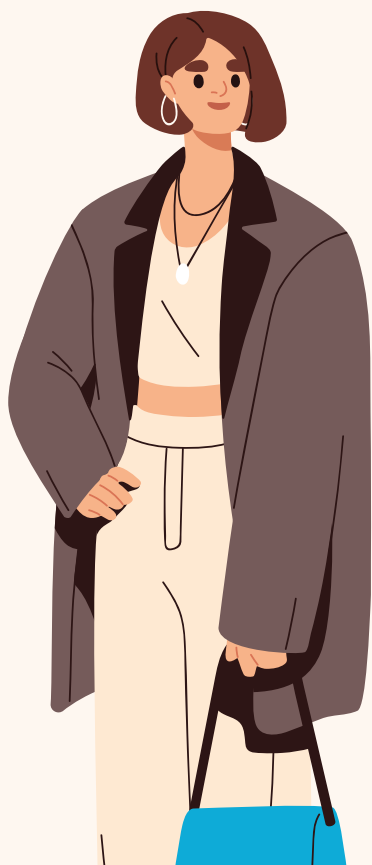
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02 Travel the world for free and indulge in treats.

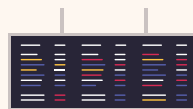
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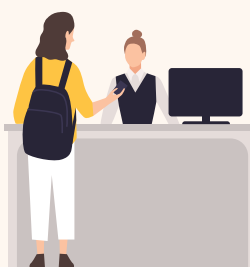


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DISCOVER THE WONDERS OF SCIENCE AT PETROSAINS!

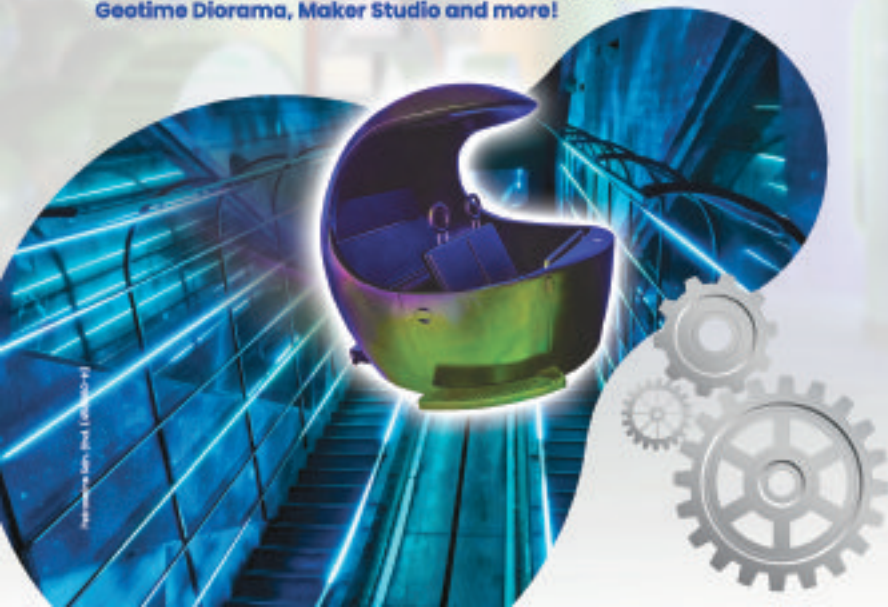
From the crack of dawn till the time you hit the hay, there is a chance that science has played some role in your day. In fact, it is hard to imagine what life would be like without science and technology.

However, it is not just the scientists and engineers who make use of science, our daily lives are also dependent on it. For example, a microwave oven uses waves of electromagnetic radiation to cook food quickly without burning it. Certain chemicals react with other chemicals when combined together at high temperatures, making our food taste better and easier to digest. Even the soap you use is actually made from oil or fats mixed with chemicals. By educating the next generation on simple sciences like these, we can help them develop an interest in science from a young age in finding solutions leading to environmental issues.

In recent years, scientists have developed solutions to solve problems related to climate change. For example, they have discovered ways of using solar energy as an alternative source of power instead of using fossil fuels such as coal or diesel fuel which produce harmful emissions. These emissions are responsible for global warming which causes extreme weather conditions like hurricanes and floods.



This is where we come in, because Petrosains is a place for curious minds. By consistently adapting, upgrading and transforming ourselves over the years to stay at the forefront of STEM Education, we continue to provide quality programmes that are fun, informative and entertaining. From young children to adults, our goal is to make science accessible to everyone. As an informal learning centre that inspires, stimulates and excites people of all ages to learn about science, technology, engineering and mathematics (STEM), we aim to educate others through fun and interactive exhibits. This includes **SPARKZ, Oil Platform, SPEEDI, 3D Theatre, Tech Lab, SPACE, Geotime Diorama, Maker Studio and more!**



Scan to purchase tickets.



Driving innovation is at the forefront of all that we do, and is apparent through our exhibits. The first phase of the Petrosains revamp exercise featured the reopening of our popular ride in the discovery centre in Suria KLCC, the **Energy Capsule**. The ride features light, music and multimedia elements for a fun and immersive experience. Our recently opened gallery related to **Sustainability** features exhibits that provide visitors with information on how to take action towards a sustainable future. It highlights the importance of sustainability in daily life and provides an opportunity for visitors to learn about their role in creating a sustainable future.

The exhibition on **Circular Economy** defines the process as the continuous flow of materials using the concept of the 4Rs; reuse, repair, remanufacture and recycle. Visitors get to challenge themselves using an AR selfie motion sensor to test their knowledge on effective waste recycling. This futuristic exhibition showcases how a circular economy can be applied in daily life. With a mix of interactive activities and engaging exhibits on display, our visitors can experience a hands-on learning journey that is both fun and educational.

With each visit comes new discoveries. Come and experience the world of STEM today at Petrosains, The Discovery Centre®! Book ahead to avoid long queues.

Operation Hours:

Monday – Friday: 9:30am – 6:30pm
Weekends, Public & School Holidays: 9:30am – 6:30pm
Closed on first Monday of the month.
Closed on Hari Raya Aidilfitri and Aidiladha.
Cashless ticket transaction is preferred.

Petrosains, The Discovery Centre®, Level 4, Suria KLCC, PETRONAS Twin Towers, 50088 Kuala Lumpur, Malaysia.
Infoline: +60 (3) 2331 8181 / Email: infopetrosains@petronas.com

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MOVIES

Latest Hollywood



Puss in Boots: The Last Wish
100 mins | PG | Animation, Adventure, Comedy | E, J | E+

+ More



Living
102 mins | PG 13 |
Drama | E | J+



Maybe I Do
95 mins | PG 13 |
Comedy, Romance |
E | E+, J+



Devotion
139 mins | PG 13 | Action,
Drama, History | E



Wildflower
105 mins | R | Drama | E



Ariel
83 mins | R | Drama | E



On The Line
104 mins | R | Thriller | E



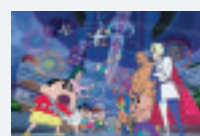
Ambush
102 mins | R | Action,
Adventure, Thriller | E

International



So Long Summer Vacation
97 mins | G | Family, Drama | C | E+

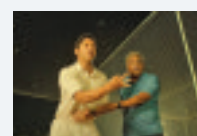
+ More



Crayon Shinchan: Crash! Rakuga-Kingdom and Almost Four Heroes
104 mins | G | Animation,
Action, Adventure | J | E+



Ditto
114 mins | PG 13 |
Romance, Fantasy |
K | E+



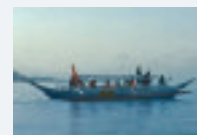
Kaun Pravin Tambe
134 mins | PG |
Biography, Sport,
Drama | H | E+



Maamanithan
122 mins | PG | Drama | T



Akhir Kisah Cinta Si Doel
93 mins | PG 13 | Drama,
Romance | IN | E+



Brave Eye
109 mins | PG 13 |
Drama | TA | E+

MOVIES

MOTHER'S DAY SPECIAL



Life As We Know It

115 mins | PG 13 | Comedy, Romance, Drama | E, J | J+



Tilam Perca

95 mins | Family, Drama | ML



The Lost Daughter

121 mins | PG-13 | Drama | E | E+



Supermum

94 mins | PG 13 | Family, Drama | C | E+



Tully

96 mins | R | Comedy, Drama | E | E+, J+

HARRY POTTER SPECIAL



Harry Potter and the Philosopher's Stone

152 mins | PG | Adventure, Drama, Fantasy | E | J+



Harry Potter And The Chamber Of Secrets

161 mins | PG | Adventure, Drama, Fantasy | E | E+, J+



Harry Potter And The Prisoner Of Azkaban

142 mins | PG | Adventure, Drama, Fantasy | E | E+, J+



Harry Potter And The Goblet Of Fire

157 mins | R | Adventure, Drama, Fantasy | E | E+

+ More

Harry Potter and the Order of the Phoenix
138 mins | Adventure, Drama, Fantasy | E | E+

Harry Potter And The Half-Blood Prince
153 mins | Adventure, Thriller, Action | E | E+, J+

Harry Potter And The Deathly Hallows - Part 1
146 mins | Fantasy, Mystery, Thriller | E | E+, J+

Harry Potter And The Deathly Hallows - Part 2
130 mins | Fantasy, Mystery, Thriller | E | E+, J+

TELEVISION

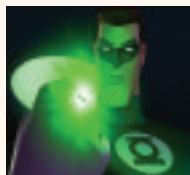
TV Shows



Call me Kat

22 mins | Comedy | E

+ More



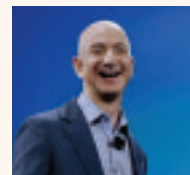
Green Lantern: The Animated Series

22 mins | Kids | E



Sandman

64 mins | Drama | E



Amazon Empire: The Rise and Reign of Jeff Bezos

120 mins | Business | E



World's Greatest Man-Made Wonders

45 mins | History | E



Beach Vibes Only

For a seaside escape that matches your style, check into one of these dreamy Holiday Villa resorts

Summer is nearly here. It's time to start planning the perfect beach getaway with plenty of sun, sand, sea – and, of course, the ideal resort. Not all resorts are the same, though. Some properties are more suited to romance and privacy, while others are all about family fun. For beach vibes that match your style, try one of these Holiday Villa properties.



For Romantic Retreats

Just 15 minutes away from Langkawi airport, **Holiday Villa Beach Resort Langkawi** is a great destination for an atmospheric getaway with your special someone. Not only can you enjoy the privacy of Pantai Tengah, you're still close enough to the jetty for those island-hopping outings.

For those who'd rather enjoy much-needed quality time at the resort, the 15 acres of beachfront property offers plenty of options: Enjoy an afternoon by the pool, nibbling on lunch at the swim-up bar. Follow it up with a couple's treatment at Amoaras Spa, before ending the evening with dinner and a breathtaking sunset at Tropical Beach Bar.

End the night by retreating to one of the 242 spacious rooms, each with its own private terrace or balcony – the perfect place for a cosy coffee in the morning.



For Family Affairs

Located less than a three-hour drive from Kuala Lumpur and only 40 minutes from Kuantan, the **Holiday Villa Beach Resort Cherating** is the perfect location for a family getaway. Kids will love the children's pool and mini water park, while the grown-ups can take a dip in the opulent infinity pool and enjoy cocktails by the swim-up sunken bar. For extended families, book a private pool villa at **LaVilla Cherating**, where each villa has its own private plunge pool. Whichever property you choose, be sure to enjoy Cherating itself. Book a visit to the nearby leatherback turtle sanctuary, and make time for beach activities such as ATV bikes and a bonfire BBQ dinner.



For the Young at Heart

If you're seeking the perfect blend of exhilaration and serenity, look no further than **Wina Holiday Villa**. Situated in the heart of Bali's bustling Kuta Beach area, this 4-star resort is surrounded by a plethora of restaurants, shopping centres and the renowned Kuta Beach Walk, drawing surfers and revellers from across the globe. Embracing a traditional Balinese concept, Wina Holiday Villa has all the fixings of a home away from home with the convenience of modern facilities, including two swimming pools, a gym, a restaurant and bar. After a day of exploring Bali, you will enjoy a peaceful sanctuary and ample space for unwinding and relaxing.





Waves are calling

In recent years, **Cherating** has quietly evolved to become the “surfing capital of Malaysia”. Wave conditions in various point breaks around Cherating cater to surfers of all levels, and during the northeast monsoon season, the town is abuzz with surfing activities, including a surfing festival co-sponsored by Pahang Tourism. “I like the whole vibe of [Cherating], the people and the surfs. Sometimes when I’m in the middle of the sea and feeling defeated, someone would paddle up to either say a word of encouragement, or give me advice,” says Mynn Lee, a beginner surfer from Kuantan. Considering that Cherating draws travellers from everywhere to its shores, it’s heartwarming that the surfing community represents the best of Malaysian hospitality.



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