LANGKAWI GUIDE
YOUR FREE LANGKAWI GUIDE FROM THE ASIA TRAVEL SPECIALISTS

An archipelago of 99 islands, Langkawi is the country's most enthusiastically promoted tourist destination. Away from the main island's developed areas, Langkawi is rural with mountainous interior, villages, rice paddies and jungle-covered hills. A duty-free location, Langkawi is also the perfect place to buy cheap luxuries and it’s recognized for its excellent dive sites and what some say are the most beautiful beaches in Malaysia.

Besides all that, sightseeing attractions that range from the Underwater World and the Cable Car & Skybridge to natural draws such as Langkawi’s offshore islets and the Telaga Tujuh waterfalls make Langkawi Malaysia’s most popular tourist destination.

Featuring an equatorial climate, Langkawi is suited for year-round travel. Shielded from major winds and storms by the mainland on one side and Sumatra on the other, the island has two prevailing seasons - dry season (November to March) and wet season. Temperatures are fairly consistent during the day, ranging from 30°C to 35°C, while at night they drop to 28°C or 29°C; humidity levels remain high at about 80% throughout the year. The most rainfall occurs in September and October, as a result of the monsoon winds.

Malaysia’s three main cell phone service providers are Celcom, Digi and Maxis. You can obtain prepaid SIM cards almost anywhere - especially inside large-scale shopping malls. Digi and Maxis are the most popular services, although Celcom has the most widespread coverage in Sabah and Sarawak. Each state has its own area code; to make a call to a landline in KL, dial 03 followed by the eight-digit number. Calls to mobile phones require a three-digit prefix, (Digi = 016, Maxis = 012 and Celcom = 019) followed by the seven digit subscriber number.

Langkawi has no trains so the best way to get around the island is to rent a car. Roads are easy to navigate and traffic is almost non-existent; you can rent a car when you exit the arrival hall of the Langkawi International Airport or book one in advance at http://www.langkawi-info.com/info/gettingaround.htm. Alternatively, cabs are a good option - fares are a little pricey and taxis aren’t exactly ubiquitous - but they’re convenient. They don’t operate using a meter, rather with a set fare - a journey between Kuah and Pantai Cenang will cost you around RM24. There’s a taxi station at the Langkawi Fair mall and at the jetty.

Malaysian Ringgit (MYR). US$1 = approximately MYR 3.2

Main voltage in Malaysia is 220 volts. Connect to the reliable electricity supply (220V-240V, 50 cycles) with a UK-type three-square-pin or two-parallel-flat-pin (British BS-1363) plugs.

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An archipelago of 99 islands, Langkawi is a west-coast island that’s home to 64,792 inhabitants and its interior has remained largely untouched despite tourism development along the coast. Langkawi’s main road runs a circular route around the island, but there’s another road that connects north and south, effectively ‘cutting’ the island in two; the main island’s (476sqkm Pulau Langkawi) sheer size can make it hard for you to find your way around and that’s where our Area Guide comes in handy...

1. **PANTAI CENANG**
   Dubbed Langkawi’s main vein, Pantai Cenang is not as rowdy as Bangkok’s Khao San Road but it’s still the island’s most popular stretch. 25 km west of Kuah and 500 metres north of Pantai Tengah, the bay forms a white-sand beach strip, and the area is crammed with unobtrusive budget and mid-range beachfront accommodation. Mostly due to the burgeoning package tour clientele, Cenang has plenty of places that offer water sports and boat rentals. Good restaurants with an emphasis on Westernised local dishes, and the best nightlife in Langkawi, results in an odd jumble of backpackers, expats, Asian tourists and families crowding the restaurants and bars come nightfall.

2. **PANTAI TENGAH**
   The first of Langkawi’s western beaches, Pantai Tengah is situated just around the southern bend of the Pantai Cenang road. A family-friendly strip, with some low-key chalets as well as a few all-inclusive resorts, Tengah has the longest stretch of beach on the main island. The bay’s out-of-the-way location means that the water isn’t renewed by the tides and as a result looks quite murky. There’s not much sightseeing here, but there are quite a few spas, and tour operators are abundant. Eating out used to be limited to the various restaurants attached to the motels and resorts along the strip, but lately local enterprise has begun to hit Tengah’s food scene. The nightlife isn’t as prolific as Cenang but it’s popular with the locals.

3. **KUAH**
   With an estimated 11,000 inhabitants, Kuah is easily Langkawi’s largest town. The arrival point for most ferries, it features a strip of modern high-rise hotels and duty-free shops along the main road, which hugs what little beach there is. Sitting on reclaimed land, it’s more of a fishing beach than a recreational one. Kuah’s not an unattractive place – in fact, the whitewashed Al Hana Mosque, which dominates its waterfront, is one of Langkawi’s most popular sightseeing attractions. The town will probably be your first view of Langkawi and it’s the place to settle any business matters as it’s one of the only places on the island for banks, post office, police station, a hospital and fast food eateries.

4. **PADANG MATSIRAT**
   Located towards the northern end of the island (skirting the airport), a right turn off the road that leads to the west coast beaches, and it offers many sightseeing spots (Makam Mahsuri, Snake Sanctuary and more). You’re going to need to rent a car to get to them as most of these spots are located far from each other. That being said, it takes the top spot as one of the best places to stay, especially if you’d like a quieter atmosphere than Pantai Cenang or Tengah. There are a few good restaurants and attractions in the vicinity but if you’re looking for nightlife then stick closer to less provincial areas of Langkawi.

5. **PANTAI KOK**
   Pantai Kok is on the far western stretch of Langkawi. Hands down it’s the best beach in Langkawi – it’s quieter and more secluded than Cenang or Tengah and enjoys a very intimate feel. Major sightseeing attractions include the popular Oriental Village plus its only 2 km from the Telaga Tujuh waterfalls. High-end resorts like the Sheraton and Tanjung Sanctuary dominate lodging options here, but there are also a number of attractive chalets along the beach. The beach itself is beautiful with clean sand and clear waters, a thoroughly modern marina (Telaga Harbour Park) with a string of good shops, bars and restaurants, plus a petrol station, bank and post office.

6. **DATAI BAY**
   Halfway along Pantai Kok’s main road, there’s a right turn that takes you down a narrow stretch of road leading to the north coast. After 10km, a road to the left leads to Datai Bay – home to some of Langkawi’s most exclusive resorts. The site of Datai Bay Golf Course (one of Malaysia’s top-ten golf clubs), the area’s crowning glory is located at the end of the curving road that takes you past the headland, where a couple of secluded coves afford great views of several Thai islands in the distance. Back-tracking from Datai Bay, there are a couple of reasonable stretches of undeveloped beach; you’ll find Pantai Pasir Hitam (Black Sand Beach) here – a strip of beach with sand that looks as if it has been sluiced with tar.

More at http://www.langkawi-info.com/areas.htm
BEST LUXURY HOTELS

1. THE DATAI LANGKAWI, DATAI BAY
★★★★★ Just beside the top-notch Golf Club Datai Bay, the award-winning Datai - a five-star resort that’s located some distance off the main road around the island - is Langkawi’s most exclusive beach resort. Its 112 air-conditioned lodgings feature views of the beaches and jungle surrounding Teluk Datai, plus each unit is outfitted with all-natural furnishings, a separate living area, day beds, a private veranda, bathroom, flat-screen TV, DVD player and free Wi-Fi. Hotel facilities include a health club, water-sports facilities, tennis courts, five restaurants and bars, a spa and two pools.

2. THE ANDAMAN A LUXURY COLLECTION RESORT
★★★★★ Just past the Golf Club Datai Bay, the five-star Andaman is an opulent wooden Malay-style resort. One of our Top 10 Best Langkawi Hotels, it is set within the rainforest and features 186 air-con rooms with fans, espresso coffee machines, flat-screen TVs, DVD players, Wi-Fi, attached bathrooms and private balconies. Offering babysitting services, the resort has excellent amenities including a gym, tennis and volleyball courts, a kids’ club, billiards and games room, a private beach, swimming pool, five restaurants and bars.

3. THE WESTIN LANGKAWI, KUAH
★★★★★ A well-established name in Kuah, The Westin Langkawi Resort & Spa is a five-star property. A typical Southeast Asian luxury resort with Asian-style architecture and modern accents - hotel facilities include a state-of-the-art gym, three pools, an on-site spa, a private beach, two tennis and squash courts and a kids’ club. One of our Top 10 Best Langkawi Hotels, the hotel has 222 air-con rooms with its signature Heavenly Bed, Heavenly Shower, Wi-Fi, 42-inch flat-screen TVs, DVD players and private patios.

BEST VILLAS RESORT

1. TEMPLE TREE RESORT, PANTAI CENANG
★★★★★ A sister venture of the award-winning Bon Ton Resort, Temple Tree is one of Langkawi’s most unique boutique establishments. The property comprises eight villas that feature Chinese, Penang and colonial styles - these lodgings can be rented as a whole or as individual hotel rooms. Each unit offers unique features: the Chinese House has a bar room, movie projection room, private Mahjong room and library; meanwhile the Colonial House has five bedrooms, private gardens with wooden tubs and sun lounges and separate living areas.

2. THE FRANGIPANI LANGKAWI RESORT & SPA
★★★★★ The four-star Frangipani is a charming, eco-tourism venture that really puts its money where its mouth is. Utilising treatment plants to recycle and treat water, energy efficient light bulbs and sustainable building materials, the resort has a competent set up. Spread across 10 acres, Frangipani has 118 air-con rooms with large beds, flat-screen TVs, ceiling fans, attached bathrooms and private balconies; villas have semi-outdoor rainforest showers. Hotel facilities include two pools and Jacuzzis, a spa and beach volleyball court.

3. VILLA MOLEK LANGKAWI, PANTAI TENGAH
★★★★★ Explore Villa Molek Langkawi Resort, Langkawi most exclusive and intimate villas along Pantai Tengah, on the south-west of Langkawi, a mere 10-minute drive away from the Langkawi International Airport. As you step into Villa Molek Langkawi Resort, you are greeted by 12 beautifully-designed private villas, each a complete holiday home.

BEST BEACH HOTELS

1. **MERITUS PELANGI BEACH RESORT & SPA**
   - Topping Langkawi’s list of family-friendly resorts, the five-star Meritus Pelangi Beach Resort & Spa is an expansive property with kampung-style houses set on 30 acres of award-winning landscaped gardens. There are electric buggies to take you from the lobby to your lodgings - its 51 single and double-storey wooden chalets feature private verandas, attached bathrooms and comfy beds. Hotel facilities include two pools, a kids’ club, gym, video games room, a spa, aerobics room, animal farm, steam and sauna rooms, three tennis courts, two squash courts and six restaurants and bars.

2. **THE DANNA LANGKAWI, PANTAI KOK**
   - A luxury collection establishment, the five-star Danna is a British colonial style hotel with 125 timber floored air con rooms featuring handcrafted woodwork, flat-screen TVs, DVD players, Wi-Fi, private balconies and attached bathrooms. Hotel facilities are extensive and include a three-tiered outdoor swimming pool, a state-of-the-art fitness centre, kids’ club, billiard room, library, meeting hall, boardroom, business centre, games room, water sports centre, private beach, an on-site spa and six restaurants and bars.

3. **BERJAYA LANGKAWI RESORT, PANTAI KOK**
   - Berjaya Langkawi Resort is a four-star venture with 370 air-conditioned over-the-water chalets and waterfront suites. Each lodging unit features ceiling fans, attached bathrooms, private balconies and most have flat-screen TVs. Located past the headland at the north-western end of Pantai Tengah, Berjaya’s facilities include an outdoor swimming pool, a tennis court, private beach, games room, gym, eight restaurants and bars and a spa. Guests are ferried between reception and their chalets.

BEST BUDGET HOTELS

1. **CITIN LANGKAWI BY COMPASS HOSPITALITY**
   - One of the newest additions to Langkawi’s list of budget-friendly hotels, the three-star Citin Langkawi by Compass Hospitality offers newly renovated, clean and compact rooms with attached bathrooms, comfy beds and 22-inch flat-screen TVs. Hotel facilities may be limited (there’s no pool) but there’s free Wi-Fi in the lobby and Citin is close to the Kuah Jetty as well as numerous duty-free stores, Chinese hawker centres and bistros.

2. **KUALA MELAKA INN, PADANG MATSIRAT**
   - Spacious, Comfort and Value is what we offer our guests. The newly built 69-room hotel is ideally located just 5 minutes from the Mahsuri International Airport and 25 minutes away from Kuah Town. Kuala Melaka Inn is definitely one of the best value hotels in Langkawi within convenient access to many other major attractions such as Field of Burnt Rice and Atma Alam Batik Art Village.

3. **HOTEL LANGKASUKA LANGKAWI, KUAH**
   - Hotel Langkasuka Langkawi is a two-star hotel connected to Langkawi Parade Mall, just ten minutes drive from the Kuah jetty. The hotel’s 168 air-conditioned rooms and suites, divided into four categories, are fully-furnished with modern conveniences such as a TV with cable channels, free Wi-Fi, IDD phones and a bathroom with hot shower facilities and toiletries.

WHAT TO SEE IN LANGKAWI

Langkawi’s main draw cards are its pristine beaches and green interior. A cluster of 99 islands, most of Langkawi’s offshore islets are jungle-clad atolls but the main island, Pulau Langkawi, is highly developed due to tourism enhanced by its duty-free status. Some of the country’s most luxurious hotels are here, and inland roads on the island are deserted and easy to navigate, making sightseeing a pleasure.

1. DATARAN LANG
   Built on a pier extending into the bay, beside the Kuah jetty, Dataran Lang (Eagle Square) - a 12-metre tall monument of a sea eagle preparing for flight - is Langkawi’s most important landmark. It’s a good photo opportunity with landscaped ponds, terraces and bridges, but the best part about the site are the small souvenir carts and food stalls surrounding it, plus the Jetty Point mall is just next door. You’ll be more comfortable visiting during the early morning or late evening to avoid the heat. Read more... Open: 24 hours  Location: Kuah Jetty  Tel: +604 966 7789

2. LANGKAWI CABLE CAR
   Langkawi’s Cable Car affords some of the best views of Gunung Mat Cincang & the island’s mountainside greenery. Located in the Oriental Village - a charming pseudo-French and old Chinese town - the gondola-style cabs sway precariously with the wind the closer you get to the apex of Gunung Mat Cincang, but the vertigo-inducing ride is well-worth it. At the top of the mountain is the Skybridge - a curved suspension bridge listed as one of the world’s ten most amazing bridges by Travel + Leisure and one of the world’s highest single-support bridges. Read more... Open: 10:00 - 20:00  Location: Jalan Telaga Tujuh Teluk Burau  Tel: +604 959 4225

3. UNDERWATER WORLD LANGKAWI
   Underwater World Langkawi is Malaysia’s largest aquarium, housing more than 500 species of animals and sea creatures including harbour seals, rockopper penguins, sharks, as well as flamingos and mandarin ducks. Located at the southern end of Pantai Cenang, one of its highlights is the 15-metre, six million litre walk-through underwater tunnel tank, home to sharks, giant stingrays and green turtles. Read more... Open: 09:30 - 18:30 Monday - Friday; 09:30 - 22:30 Friday - Sunday  Location: Zon Pantai Cenang  Tel: +604 955 6100

4. LANGKAWI SKY BRIDGE
   The Langkawi Sky Bridge, situated at the ‘end’ of the Langkawi Cable Car ride, is a 410ft-long curved pedestrian bridge above Mount Mat Cincang. Located 2,300ft above sea level, the Sky Bridge offers an exhilarating (sometimes terrifying) view of the surrounding rainforests and tiny islands surrounding Langkawi. Do note that The Langkawi Sky Bridge is currently under renovation and will be reopened in December 2014. Read more... Open: 10:00 - 20:00  Location: Jalan Telaga Tujuh Teluk Burau  Tel: +604 959 4225

5. LANGKAWI BIRD PARADISE & WILDLIFE FARM
   Located along Jalan Ayer Hangat, about 10 minutes from Kuah, the five-acre Langkawi Bird Paradise & Wildlife Farm houses a tropical garden with over 150 species of birds including toucans, eagles, hornbills and flamingos. Known as the Taman Burung Langkawi in Malay, the complex is a great go-to spot on a rainy day due to its covered walkways. Besides birdlife, there’s also a 15-metre mammade waterfall at the 10,000 m² complex. Read more... Open: 08:30 - 18:00  Location: Lot 1485, Jalan Ayer Hangat, Kampung Belanga Pecah  Tel: +604 986 5855

6. LANGKAWI ISLAND HOPPING TOUR
   The Langkawi Island Hopping Tour stops at Langkawi’s most illustrious islets, such as the verdant Pulau Singa Besar where guests can watch eagles soaring overhead, Pulau Dayang Bunting where guests can go for a swim in the island’s freshwater lake and finally, Basah Island - or Wet Rice Island where you can relax and soak up the sun and sea. Read more...

7. TELAGA TUJUH WATERFALLS
   Telaga Tujuh Waterfalls is billed as Langkawi Island’s most wonderful natural attraction with locals claiming it to be the home of faeries. Set on Langkawi’s western headlands, its name means Seven Wells Waterfalls, referring to a series of seven connected natural pools fed by seven separate waterfalls in Mount Mat Cincang. Visitors can enjoy a dip in the cool water or brave the steep climb to the top of the waterfalls. Read more... Location: Gunung Mat Cincang in Kuah

8. TAMAN LAGENDA LANGKAWI
   Beside the Kuah jetty, Lagenda Langkawi Dalam Taman is a folklore-themed park with sculptures portraying famous island legends. Stretching along the waterfront, the park (opened in 1996) features colourful statues, dotted amid the lakes, with signboards in English detailing the mythology associated with specific figures. The 50 ha compound has a total of 17 sculptures including those of heroic giants, mythical birds, evil ogres and beautiful princesses. Read more... Open: 09:00-19:00  Location: Kuah Jetty (next to Eagle Square and Jetty Point Mall)  Tel: +604 966 4223

More at http://www.langkawi-info.com/attractions/
Langkawi’s beaches are great, but there’s a host of experiences off-shore that make it a world-class destination. Langkawi’s not perfect - it doesn’t have Miami Beach’s well-worn-yet-well-maintained feel, nor is it an untouched retreat ala Koh Kood, but it offers world-class diving opportunities, a healthy number of sightseeing attractions that don’t detract from its seaside offerings, and an abundance of tour operators making it supremely easy to visit its offshore islets.

### 1. Pulau Payar Marine Park Excursion
**Tour Duration: 9 Hours**

The 4 km Pulau Payar Marine Park is a cluster of four islands - comprising Pulau Payar (the largest), Pulau Kaca, Pulau Lembu and Pulau Segantang. Drawing in hundreds each year, weather conditions are usually sunny, making it easy to see the tropical underwater action without even having to go snorkelling. The perfect excursion for those who want to escape the more popular white-sand beaches of Pantai Cenang & Pantai Tengah, this nine-hour tour introduces you to the park’s world-class diving and snorkelling.

**Book now,** call +60 (3) 2302 7555

### 2. Langkawi Stardust & Adventure Day Cruise
**Tour Duration: 7 Hours**

There are dozens of tours that will take you around Langkawi’s main and offshore islets, but this particular tour allows you to experience its best offerings - namely booze, lazy waves, good food and hidden lagoons. Perfect for a group of friends, the final destination for this lazy cruise is the Hidden Lagoon or Dead Chimman’s Cave, but an open bar and onboard barbecue lunch makes the journey itself unforgettable.

**Book now,** call +60 (3) 2302 7555

### 3. Langkawi Island Hopping & Eagle Feeding Tour
**Tour Duration: 4 Hours**

The Langkawi Island Hopping & Eagle Feeding Tour takes you to three offshore islets: Pulau Dayang Bunting, Pulau Singa Besar and Pulau Beras Basah. It’s an example of some of the sights and activities on offer away from Langkawi’s famous beaches.

**Book now,** call +60 (3) 2302 7555

### 4. Langkawi Skybridge Tour
**Tour Duration: 4 Hours**

Located in the Oriental Village in Pantai Kok, the gondola-style cabs of Langkawi’s Cable Car will take you on a dizzying ride to the top of Gunung Matchincang and the Langkawi Skybridge - one of the world’s highest single-support bridges. There are observation decks set along the bridge allowing for great photo opportunities. This tour also allows you to explore the Oriental Village and wraps up with a visit to the Telaga Tujuh (Seven Wells waterfall), Taman Buaya Langkawi (Langkawi Crocodile Farm) and Pantai Pasir Hitam (Black Sand Beach).

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### 5. Langkawi Eagle Feeding & Mangrove Tour
**Tour Duration: 4 Hours**

There’s more to Pulau Langkawi than its beaches, the island has a lush interior of paddy fields, mountains and mangrove swamps. This four-hour tour explores the Kilim Nature Park - a swamp with brackish mangroves that protect the coastline from erosion. Starting out at the mouth of the Kilim River, you’ll get to see the 100 sqkm Kilim Nature Park’s vast ecology including protected mangrove forests, isolated beaches and lagoons that house overhanging bogak trees, tree crabs, monitor lizards, macaques and more.

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### 6. Langkawi Discovery Tour
**Tour Duration: 5 Hours**

This easy day trip to visit Pulau Langkawi’s main offerings is perfect for families. Packed with sights and history, you’ll start out with a visit to the 19-acre Eagle Square; next door neighbours include the Jetty Point mall, which means you’re in luck when it comes to duty-free bargains. After lunch, head to the Galleria Perdana - a museum dedicated to Malaysia’s fourth Prime Minister, Tun Dr. Mahathir. Later visit the Oriental Village, home of Langkawi’s Cable Car. The last stop on the tour is Underwater World.

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### 7. Langkawi Sunset Dinner Cruise with Seafood BBQ
**Tour Duration: 3 Hours**

A late afternoon tour onboard a luxury cruiser, this tour operates under a very simple premise - you get to laze happily on deck enjoying the sea breezes, beautiful ocean sights and open bar. The best part is that while the cruise heads in for up-close-and-personal looks at Langkawi’s offshore islets, (including Pulau Dayang Bunting) you’ll be able to enjoy the warm ocean waters via a trawling net attached to the side of the boat. On a really good day, you might even chance upon spinner dolphins and flying fish swimming around the yacht.

**Book now,** call +60 (3) 2302 7555

### 8. Langkawi Underwater World Tour
**Tour Duration: 4 Hours**

Langkawi’s underwater attractions aren’t confined to the deep blue ocean: Underwater World Langkawi, Southeast Asia’s largest aquarium, is home to over 5,000 species of fish and various types of marine life, and you’ll also see an array of animals, birds and inhabitants of the sub-Antarctic, temperate and tropical rainforest regions. The facility also functions as an educational hub where guests can learn about marine creatures through the information kiosks, 3D theatre and wildlife gallery. This tour includes a visit to the aquarium and continues on to the Atma Alam Batik Art Village, Eagle Square and Mahsuri’s Tomb.

**Book now,** call +60 (3) 2302 7555

WHAT TO EAT

"Just as Langkawi’s visitors are diverse in cultures, you’ll find the food on the island carries influences from around the world: from shrimp on the barbie and burgers to bratwurst and seafood platters. Plenty of upmarket resorts offer contemporary international cuisine and excellent local food but for that rustic feel, it can’t get any better than eating out with the locals at their regular hide-outs. Worth particular mention is BNZ Sempoy’y and Tomato Nasi Kandar - here you’ll get to sample Langkawi’s best take on favourite Malaysian dishes."

1. **NASI LEMAK**
   A Malay dish so popular, even the Chinese and Indians serve their own similar version. At its very basic, Nasi Lemak is a plate of white rice cooked in coconut milk. Accompanying it on the plate is ‘sambal’, a chilli paste mixed with salted anchovies or ‘ikan bilis’. Then there is an egg served, either boiled or fried, with cucumber slices and peanuts. Finally, you may add beef or chicken ’rendang’, essentially pieces of meat cooked in rich coconut milk and curry.

2. **BAH KUT TEH**
   A truly Malaysian-Chinese dish, Bah Kut Teh originated from Klang a few decades ago from Klang in Selangor state. It was prepared by a stall owner under a bridge for coolies in the area who smoked opium. As their taste buds were affected by the drug, they lost their sense of taste. What the stall owner did was boil pork ribs and intestines in strong Chinese medical herbs, creating a stew that was ripe with aroma. From there, Bah Kut Teh caught on and became a nation-wide phenomenon.

3. **ROTI CANAI**
   A breakfast favourite, Roti Canai is the ultimate in simplicity and taste. It is a kind of pancake made by combining wheat flour, oil, ghee or butter, rolled up into a ball and then flipped into the air until it takes a flat, oval shape. It is then fried on a hot iron plate and served with dhal, chicken or fish curry. There are many variations on the same theme that include putting in eggs to make ‘Roti Telur’, sardines to make ‘Roti Sardin’, bananas to make ‘Roti Pisang’ and so on.

4. **SATAY**
   Satay is the Malaysian version of a kebab, only sweeter and somewhat smaller. Pieces of softened, marinated meat are skewered on a thin stick made of coconut frond. It is then barbecued over a tray of hot steaming charcoals until brown, moist and tender. A wide range of meat can be used from rabbit to venison, but beef and chicken are the most common. Accompanying it is thick peanut gravy and ‘ketupat’, which is rice cooked in coconut milk, cut into cubes and wrapped into an attractive weave of coconut leaves.

5. **KAI FAN (CHICKEN RICE)**
   Although there are many varieties of meat used - steamed white chicken, barbecued pork, roasted duck, curried boar - roasted chicken remains the most popular. First, the chicken is meticulously marinated (whole) and then roasted in an oven until crispy brown. The rice, on the other hand, is cooked with the leftover stock in a pot, sometimes with a touch of butter. Finally, cucumber slices are placed together with the chicken and rice to make Kai Fan.

6. **NYONYA FOOD**
   The Nyonya food that you can find in Kuala Lumpur is heavily influenced by Malacca’s rich Peranakan culture. The Nyonya style of cooking is the result of a fusion between Chinese and Malay ingredients and recipes, the result of Chinese traders settling in Malacca and adopting the Malay way of living in the 16th century. Some of the most common ingredients in Nyonya cuisine are coconut milk, lemon grass, turmeric, screw pine leaves, chillies and sambal.

7. **CHAR KUAY TEOW**
   A favourite hawker dish in Malaysia, fried kuay teow - flat rice noodles stir-fried with prawns, cockles, eggs, bean sprouts and chives in chilli paste, lard and soy sauce - is one of the most popular regional dishes in the country. The noodles are best eaten piping hot after they’ve just been stir fried in a huge wok. Highly sought after by local ardent foodies, this dish is sometimes garnished with strips of Chinese sausage or crab meat.

8. **ROTI JALA**
   Roti Jala is a popular tea-time entrée in the Malay community. It literally translates to ‘net bread’ referring to its thread-like pattern that resembles a fishing net. Essentially a type of crepe, Roti Jala occasionally replaces rice in the Malay home for meals. The batter is made from a mixture of plain flour and eggs, with a pinch of turmeric powder and butter that gives it a distinctive yellow colour. A special cup or mould with small holes is then used to make the lacy crepe which is cooked over a hot griddle.
BEST RESTAURANTS IN LANGKAWI

“As an island surrounded by azure blue seas that hold an abundance of marine life, Langkawi can be seen as a massive buffet spread of tantalising cuisine from the sea. Some of the most popular eating areas are located in tourist-friendly Kuah, Pantai Cenang, Pantai Tengah and Pantai Kok with several hidden gems all over the island that will surely satisfy your palette. While seafood eateries are aplenty here, Langkawi also has a diverse range of culinary delights from all over the world; most restaurants serve westernised takes on local dishes (meaning they’re not too spicy) and there are a few good pizza-and-pasta places too.”

1. THE BRASSERIE
An airy al fresco dining room featuring an on-the-beach location with raw design focusing on ageing timber, white tents, umbrellas and chairs, The Brasserie certainly makes for a romantic dinner spot, impressing immensely with its casual elegance. We love the fact that the kitchen always seems to be innovative with its Mediterranean-inspired offerings, making them a chart-topper in Langkawi’s culinary game. Read more... Location: Jalan Pantai Cenang

2. THE PAVILLION - THE DATAI LANGKAWI
The Pavilion, an award-winning establishment at The Datai Langkawi, is the best place for authentic Thai cuisine in the tropical gem of Kedah. Perched high above in a rainforest canopy, diners are treated to classical Thai music in the background, warm lighting, white orchids and the flickering light of candles on each table. Its peaceful setting and quality offerings are definitely not to be missed by travellers and food enthusiasts alike. Read more... Location: The Datai Langkawi, Jalan Teluk Datai, 07000 Langkawi

3. LANGKAWI FISH FARM RESTAURANT
Langkawi Fish Farm Restaurant is a tranquil seafood eatery that’s surrounded by a vast garden area. Offering delicious and value-for-money seafood fare, the indoor dining section is spacious and beautifully decorated with pirate ship replicas and fishermen lanterns hanging from the ceiling while the sea deck outside is an open-air dining space with a stunning view of the Andaman Sea. Read more... Location: Jalan Pantai Penarak

4. SEVEN ROOF RESTAURANT
Seven Roof Restaurant is a rustic restaurant fabricated out of mangrove and bamboo trees with plenty of trees and plants decorating its exterior. Serving a diverse range of Malay and Chinese cuisine as well as fresh seafood such as crabs, lobsters, king prawns, mantis prawns, and squids, Seven Roof Restaurant is especially popular for its delectable chili tiger prawns served with garlic sauce. Read more... Location: Pantai Tengah

5. LLAWA THE DINING LOUNGE
Llawa The Dining Lounge, located adjacent to Villa Molek, serves authentic Malay cuisine and selected western fare at reasonable prices. Some of Llawa The Dining Lounge’s crowd-favourite dishes include the flavourful beef rendang, savoury king prawns in coconut milk with pineapple, and black pepper sirloin steak. It is also a great place for booze as diners can enjoy drinks at half price from 17:00 until 19:00. Read more... Location: Jalan Teluk Baru

6. THE CLIFF
For fine dining with unbeatable views of the Andaman Sea, The Cliff is certainly a winner. Offering beautifully-executed, authentic Malay dishes that are rich in flavour, the establishment has an indoor dining room, bar and al fresco garden. A polished outfit with buffed wood floors, white plastic bucket chairs and white cloth-covered tables, The Cliff exudes a casual and comfortable dining ambiance. Read more... Location: Pantai Cenang

7. UNKAIZAN JAPANESE RESTAURANT
Nestled in a forested area on a hill and overlooking the Andaman Sea, Unkaizan is a premier restaurant that serves authentic Japanese fare live seafood in Pantai Tengah. Diners have a variety of seafood to choose from, such as tiger prawns, lobsters, squids, mantis prawns, and squids, which are then expertly prepared by Japanese chefs. Unkaizan’s delectable desserts are definite must-tries; highly recommended are its handmade ice creams and rice cake with mitarashi sauce. Read more... Location: Jalan Teluk Baru

8. THE LIGHTHOUSE RESTAURANT & BAR
The Lighthouse Restaurant & Bar, overlooking the Andaman Sea, is a two-storey establishment which serves Malaysian and Mediterranean fare in Pantai Tengah. Housing a fine dining establishment, a well-stocked bar, and a casual outdoor dining area which extends to the beachside, The Lighthouse Restaurant & Bar is perfect for diners to stay till the wee hours sipping on cocktails or chugging beers. Read more... Location: Simpang Jalan Pantai Tengah
WHERE TO GO AT NIGHT

Langkawi’s best places for after-hours drinks are located around Pantai Cenang, Pantai Tengah and Pantai Kok. Cenang’s stretch is popular for its restaurants that morph into nightclubs with cocktail bars and Pantai Tengah’s strip has pubs with deejays spinning music and live performances from local acts. Meanwhile, Pantai Kok’s after-dark scene is centred on the Telaga Harbour Park - a boardwalk opposite the marina.

1. **The Sunset Deck**
   The Sunset Deck, located in Bon Ton Resort, is a tranquil establishment that offers a satisfying selection of cocktails, wines, liqueurs and other beverages along with its tapas or mezze menu. With a massive open-air seating area on a wooden platform that is surrounded by palm trees and coconut trees, diners are treated to a lovely view of the sunset as they sip on their favourite cocktails.
   
   **Open:** Daily 17:00 - 02:00  
   **Location:** Bon Ton Resort  
   **Tel:** +604 955 168

2. **D'Reef at The Cliff**
   D'Reef at The Cliff is a sleek open-air bar that is suspended over the headland of Pantai Cenang, offering a panoramic sunset view of the Andaman Sea. In addition to a wide array of beers, juices, soft drinks, wines, and cocktails, the bar also offers its very own exotic concoctions such as the espresso-martini and romantic poison rose.
   D'Reef at The Cliff is the perfect place to enjoy the evening breeze and sound of waves in Pantai Cenang.
   
   **Open:** Daily 12:00 - 23:00  
   **Location:** Pantai Cenang  
   **Tel:** +604 953 322

3. **Yellow Cafe**
   Proudly marching to its own beat, the quirky and vibrant Yellow Cafe is a standout beach bar with chairs, walls and even hammocks in varying shades of yellow. During the evenings, diners can lounge on colourful beanbags right on the sandy beach and enjoy the relaxing sounds of cascading waves. Diners can also get two beers for the price of one from 18:00 to 20:00 - a steal considering booze is already dirt cheap in Langkawi Island.
   
   **Open:** Tuesday - Sunday 11:00 - 01:00  
   **Address:** Pantai Cenang, PO Box 121, 07000 Langkawi  
   **Tel:** +6012 459 3190

4. **Sunba Retro Bar**
   Sunba Retro Bar, situated in Pantai Tengah, is one of Langkawi’s few clubs that stays open until the wee hours of morning. Resembling Phuket and Bali’s nightlife scene with party tunes as an aural backdrop, this mega-dance club is a great casual meeting place for after-hour drinks. The signature cocktails are highly recommended, such as the Flaming Lamborghini, Sunba Sunba, and the alcohol-infused Milo Ice.
   
   **Open:** Daily 17:00 - 02:00  
   **Location:** Jalan Teluk Baru  
   **Tel:** +604 966 8700

5. **Debbie’s Place Irish Bar**
   Debbie’s Place Irish Bar is situated opposite the Malibest Resort along the southern end of Pantai Cenang. Exuding a noticeably outdoorsy feel, this humble watering hole is a pleasant place to catch up with friends over a few ice cold beers. Marvel at owner Debbie’s great showmanship of mixing cocktails with just one hand.
   
   **Open:** Daily 19:00 - 02:00  
   **Location:** Pantai Tengah  
   **Tel:** +604 953 1801

6. **Breeze Lounge at The Westin Langkawi Resort & Spa**
   Breeze Lounge at The Westin Langkawi Resort & Spa is one of the swankiest nocturnal establishments in Langkawi, offering a wide range of cocktails, wines, beers and light snacks for a great night out with fellow companions. From Tuesday to Sunday, guests are treated to a wonderful live performance by the lounge’s resident band.
   
   **Open:** Daily 09:00 - 01:00  
   **Location:** Kushi  
   **Tel:** +604 960 8988 or +604 960 8952

7. **L’Osteria**
   L’Osteria serves authentic Italian cuisine and fresh seafood in a neo-traditional setting in Pantai Tengah. Offering a range of wines which are imported from Italy, France, Spain, California, Chile, and Australia, this restaurant is a really good place to enjoy piping hot pizzas prepared in a wood-fired oven, watch the sunset over the horizon and enjoy a few drinks.
   
   **Open:** Daily 12:00 - 00:00  
   **Location:** Jalan Teluk Baru

8. **Charlie’s Place at Royal Langkawi Yacht Club**
   Charlie’s Place serves delectable cocktails and various non-alcoholic beverages to accompany the picturesque sunsets and sensual bellows of the sea. Located within the Royal Langkawi Yacht Club, the breezy Charlie’s Place is an open-air restaurant and bar sited approximately 500 meters uphill from the jetty at the yacht club, accessible via a fairly long stairway.
   
   **Open:** Daily 09:00 - 23:00  
   **Location:** +604 966 4078

WHERE TO SHOP

“Pristine beaches and vast mountains aside, Langkawi’s duty-free shopping is the next best reason to visit the tropical island. With a large concentration of duty-free stores that stock in-demand items ranging from cigarettes, liquor and chocolates to luggage, sports shoes, perfumes, and cooking utensils, Langkawi is undoubtedly a shopper’s paradise.”

1. **TEOW SOON HUAT DUTY - FREE SHOPPING**
   - Teow Soon Huat, a popular shopping venue along the Padang Matsirat area, is a massive duty-free shopping centre with 60 outlets, 12 eateries and a supermarket. Shoppers can find specially priced household commodities, a wide variety of apparel, luggage and bags, groceries, not forgetting imported tobacco, liquor and confectionery products. Best of all, Teow Soon Huat also offers daily discounts of up to 70% off the original retail prices. **Opening Hours:** Daily 10:00 - 22:00  **Location:** Padang Matsirat  **Tel:** +604 966 6372

2. **THE ZON SHOPPING PARADISE**
   - The Zon Shopping Paradise is a duty-free shopping complex situated on the southern end of Pantai Cenang. In addition to some of the cheapest chocolates, liquor, tobacco and perfumes in Langkawi, The Zon Shopping Paradise also house cosmetics, gift and souvenir items, clothing, jewellery, stationery items, watches, as well as branded sunglasses, luggage and bags. **Opening Hours:** Daily 10:00 - 21:00  **Location:** Pantai Cenang  **Tel:** +604 955 5300

3. **JETTY POINT COMPLEX**
   - A two-storey shopping mall conveniently located at the entrance of Kuah Jetty, Jetty Point Complex is a popular last-minute shopping stopover for visitors before they board the ferry back to the mainland. Shoppers can find branded clothing and accessories for men, women and children as well as duty-free cosmetics, perfume, leather goods, sportswear, liquor and cigarettes. **Read more...**  **Opening Hours:** Daily 10:00 - 21:00  **Location:** Kuah  **Tel:** +604 966 7560 or +604 969 9500

4. **CENANG MALL**
   - A two-storey shopping complex in Pantai Cenang, Cenang Mall houses a pharmacy, supermarket, as well as several restaurants and local retail outlets. It is comparably less frequented compared to the countless souvenir stores and duty-free complexes in the vicinity, but Cenang Mall is perfect for those who prefer a more comfortable shopping experience during Langkawi’s rather scorching afternoons. **Opening Hours:** Daily 10:00 - 22:00  **Location:** Pantai Cenang

5. **ATMA ALAM BATIK VILLAGE**
   - The Atma Alam Batik Village is a batik textile factory, and art gallery which showcases exquisite batik prints and a wide array of cultural works. Atma Alam Batik Village also houses a large retail outlet which offers an extensive range of batik apparel, songket and batik fabrics, original oil paintings, bags, purses, handmade crafts for sale. Atma Alam Batik Village is the perfect place to pick up some traditional Malaysian items for souvenirs or personal mementos of your time in Langkawi. **Open:** Daily 09:00 - 20:00  **Location:** Padang Matsirat  **Tel:** +604 955 2615 or +604 955 1227

6. **COCO VALLEY - UNDERWATER WORLD LANGKAWI**
   - Located beside Underwater World Langkawi, Coco Valley stocks a dizzying assortment of cocoa products as well as a satisfying selection of wine, whiskies, and champagnes. Best of all, Langkawi’s duty-free policy means that chocolates sold here are considerably cheaper than most places in the country. Coco Valley stocks major chocolate brands from most parts of the world, making it a one-stop shop (or paradise) for unapologetic chocolate lovers. **Open:** Daily 10:00 - 18:30  **Location:** Pantai Cenang

7. **LANGKAWI FAIR SHOPPING MALL**
   - Langkawi Fair Shopping Mall is a one-stop establishment with several fast food outlets, a food court, money changers and an information counter for tourists in Kuah. Similar to most duty-free shopping complexes on the island, visitors can get a variety of items here including electronic items, apparels, cosmetics, perfume, leather products, sportswear, accessories, confectioneries, liquor, and cigarettes. **Open:** Daily 10:00 - 22:00  **Location:** Kuah  **Tel:** +604 969 8100

8. **PERNIAGAAN HAJI ISMAIL GROUP SDN. BHD.**
   - While Perniagaan Haji Ismail Group Sdn. Bhd. offers a selection of kitchenware, apparels, bags and luggage at duty-free prices, it is more renowned for its vast array of confectionary products. Visitors can find chocolates from well-loved brands such as Hershey’s, Cadbury’s, Ritter Sports, and Toblerone which are sold at very attractive prices. **Open:** Daily 10:00 - 22:00  **Location:** Kuah  **Tel:** +6019 477 2205

TIPS AND GOOD TO KNOW

DO NOT EVER LEAVE HOME WITHOUT...
1. An umbrella or raincoat for those unexpected showers.
2. Earplugs - to block out street noise when you stay at down-market hotels.
3. A bottle of water - Malaysia’s weather is hot and humid, so make sure you keep yourself hydrated.
4. A photocopy of your passport - you never know when you might be asked to produce identification.
5. A universal electric plug.

NEGOTIATE YOUR SOCKS OFF
You can usually bargain to a reduced price for merchandise at street markets - sticker prices generally apply for items in shopping malls. If there's no barcode or price tag, then by all means start negotiating. Keep in mind that you'll catch more flies with honey than vinegar - smile as you haggle and you're more likely to get deeper discounts. The best way to get the best price on an item you're coveting is to walk away - you'll definitely be called back for last ditch offers.

GASTRONOMIC TIPS
The country’s staple dish is rice and noodles. Malaysian hawker fare is relatively safe, but you should always take care not to dine in the grungiest shops as their levels of cleanliness can be debatable. When eating with your hands, wash them first and (for cultural reasons) try to use your right hand; use utensils to take food from a communal plate, never your fingers. Muslims are forbidden from eating pork - and most of them are incredibly strict about this rule - so never offer pork to Muslims. This is also true for alcohol - although there are plenty who do partake in a little liquid indulgence now and again, especially the younger generation.

TV, RADIO & NEWSPAPERS
The country's only has two government TV channels (TV1 and TV2) and four commercial stations (TV3, NTV7, 8TV and TV9). In the Langkawi area, radio stations include HITZ.FM (92.4FM), Mix FM (91.0FM), Fly FM (87.6FM), Red FM (107.6FM) and Light & Easy (104.4FM). The country’s major newspapers include the News Straits Times, the Star and the Malay Mail.

MEASUREMENTS
Malaysia uses the metric system for weights and measurements.

EASY MALAY PHRASES

<table>
<thead>
<tr>
<th>Malay Phrase</th>
<th>English Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selamat Pagi</td>
<td>Good Morning</td>
</tr>
<tr>
<td>Selamat tengah hari</td>
<td>Good afternoon</td>
</tr>
<tr>
<td>Selamat petang</td>
<td>Good evening</td>
</tr>
<tr>
<td>Selamat malam</td>
<td>Good night</td>
</tr>
<tr>
<td>Jumpa lagi</td>
<td>See you again</td>
</tr>
<tr>
<td>Apa khabar?</td>
<td>How are you?</td>
</tr>
<tr>
<td>Khabar baik</td>
<td>I am fine</td>
</tr>
<tr>
<td>Ya</td>
<td>Yes</td>
</tr>
<tr>
<td>Tidak</td>
<td>No</td>
</tr>
<tr>
<td>Tolong/ Silakan</td>
<td>Please</td>
</tr>
<tr>
<td>Terima kasih (Terima kasih banyak banyak)</td>
<td>Thank you (Thank you very much)</td>
</tr>
<tr>
<td>Boleh/ Sama sama</td>
<td>That’s fine/ You’re welcome</td>
</tr>
<tr>
<td>Maaf</td>
<td>Excuse me/ Sorry/ Pardon - Maaf</td>
</tr>
<tr>
<td>Minta maaf</td>
<td>I’m sorry</td>
</tr>
<tr>
<td>Dari mana asal saudara?</td>
<td>Where are you from?</td>
</tr>
<tr>
<td>Saya datang dari..</td>
<td>I come from..</td>
</tr>
<tr>
<td>Apa nama anda?</td>
<td>What is your name?</td>
</tr>
<tr>
<td>Boleh cakap English?</td>
<td>Can you speak English?</td>
</tr>
</tbody>
</table>

Lah = thoroughly colloquial, ‘lah’ is a word that is frequently added to end of a sentence/phrase by locals when speaking either English of Malay. It is merely added for emphasis to just about everything and has no real meaning.
BERJAYA LANGKAWI RESORT
Berjaya Langkawi Resort is a five-star hotel located in Burau Bay Langkawi Island which exudes a friendly and casual vibe despite being one of the regions most luxurious hotels. Superlatives are not enough for this place - spread across 70 hectares, the property is made up of 370 sleekly, contemporary chalets set over-the-water or tucked away within the lush jungle: altogether there are eight lodging categories, with most units offering direct, jaw-dropping views of the Andaman Sea. Rooms are internet-ready and come with standard hotel amenities such as a flat screen TV with cable channels, an electronic safe, iron and ironing board, IDD phones, stocked mini bar and free coffee-and tea-making facilities. Read more...

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CABLE CAR + ORIENTAL VILLAGE
The Langkawi Cable car and Oriental Village Tour takes you on a cable car ride to the top of Gunung Matchincang. As the gondola-style cab makes its way to the top you can get a bird’s eye view of legendary Langkawi as well as numerous outlying islands in the distance; Oriental Village, the home of the cable car, is a great place to visit. The mini town - situated at the base of the geo-park’s mountain range – has more than a few attractions; the tour continues on with breathtaking views of many islands surrounded by the vast clear-blue sea. Here you will be able to see the SkyBridge which hovers at 700 metres above sea level at the peak of Gunung Mat Cincang. Read more...

Only from MYR115!

BBQ SUNSET DINNER CRUISE
One of our most popular cruises in Langkawi. This sunset cruise started back in 1989 and it’s still as popular now as it was started back then. Highly recommended! You will get a magnificent Langkawi sunset which you won’t forget! A salt water Jacuzzi that’s out of this world. You will find a friendly captain and crew with tip top service. A sumptuous 19-course BBQ dinner and salad bar on board. An open bar with great service and free flow of alcoholic and non-alcoholic drinks. You will also discover great photo opportunities to capture beautiful sunsets, flying fish, eagles and even dolphins! Read more...

Only from MYR275!

EAGLE-FEEDING/MANGROVE
Kilim Nature Park, an escape to another world, spread over an area of 100sq km, the park features a beautiful mix of well protected mangrove forests and isolated white beaches. As you cruise down the calm, winding river you will observe the wonders of the park’s marine ecosystem, its flora and fauna and the natural inhabitants such as the overhanging bogak trees, brown eagles, tree crabs, monitor lizards and monkeys. Enjoy the scenic and spectacular views of unique limestone rock formations emerging from the floor of the mangrove swamp and seabed. These fascinating geological wonders will be for your viewing pleasure during the whole tour. Read more...

Only from MYR170!