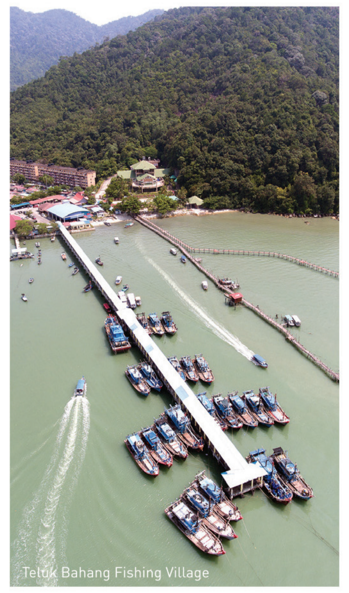
TELUK BAHANG

Beauty. Serenity. Harmony. These words describe Teluk Bahang very well. Its name means 'bay of heat wave' which refers to the hot sea breeze that blows onto the coast. This small, idyllic fishing village is situated at the northwestern tip of Penang Island. Ironically, it is considered as part of the Southwest Penang Island District, which extends to include the majority of the island. Its soothing and welcoming atmosphere complements the beautiful natural landscapes that can be seen throughout the village.

Teluk Bahang was originally founded as an agricultural village where the majority of the population were fishermen. Over the years, it has gradually developed into a tourist destination dotted with a wide variety of attractions such as beaches, parks, gardens, theme parks, museums and farms. Serving as the perfect backdrop for photos, the captivating views add to its rustic charm.


Teluk Bahang Fishing Village

Iconic Pitcher Plant Roundabout

Pitcher Plant Roundabout
Also known as the Teluk Bahang Monkey Cup Roundabout, it is one of Teluk Bahang's landmarks that stands out with vibrant colours and prominent sculptures.

Food lovers, rejoice! There are plenty of gastronomic offerings that will definitely tantalise your palate and satisfy your cravings such as beef rendang, satay, crispy duck and spring rolls. At Teluk Bahang Market, you can find fresh meats, fish, fruits and vegetables, along with must-try local dishes.

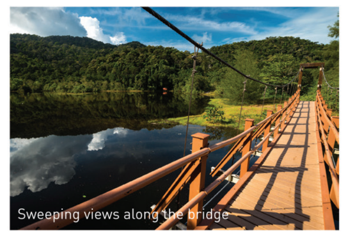
Abound with mesmerising panoramas of landscape and seascape that will delight your senses, there is something for everyone at Teluk Bahang. Many fun hours of exploration and discoveries await in the form of electrifying and action-packed adventures as well as diverse species of flora and fauna throughout parks, gardens and farms. The fine balance of excitement and tranquility of Teluk Bahang makes for an enticing and memorable experience.

NATURE, ADVENTURE AND WONDER

Filled with many flourishing species of flora and fauna, the **Penang National Park** is a treasure trove of natural wonders comprising coastal hill dipterocarps, mangroves, beaches, and rocky shores. There are plenty of avenues to observe and photograph birds and forest animals in their natural habitat. With such a wide range of activities available, there is no reason to get bored in here.

Vast seascape and verdant greenery at Penang National Park

Things to Bring
- Lots of drinking water, and maybe some snacks
- Good shoes with decent grip (some trails may be slippery, especially if it rained recently)
- Mosquito repellent and wet weather gear (to stay dry and protect your valuables in case it rains)


Sweeping views along the bridge

Visitors to the National Park are required to register at the park's main entrance where a fee of RM2 per person is charged. A map of the park can also be obtained here.

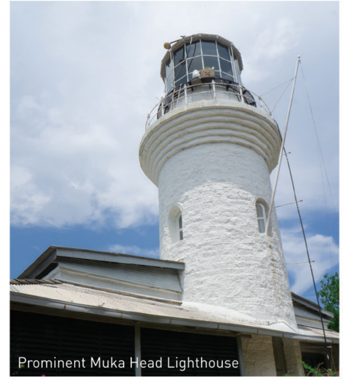
ROUTE 1

Penang National Park Entrance > Monkey Beach > Muka Head Lighthouse

There are a few hiking trails beginning at the park entrance, each leading to different havens and wonders. The first trail is fairly easy and bears west for roughly 1.5 hours of easy walking before reaching the first stop. **Monkey Beach** derived its name from the macaque monkeys living within the vicinity. Accessible by boat or a hike, this scenic beach has shacks selling drinks and snacks as well as vendors offering water sports and quad bike excursions.

Spot the macaque monkeys at Monkey Beach

From there, you can choose to hike on for another 40 minutes to go to the **Muka Head Lighthouse**. Known as one of the three landmark lighthouses in Penang, it was built during the1880s by the British administration as a guide to approaching boats. A stairway is open to the public from 9am to 3pm, spiraling all the way to the top of this prominent white granite tower from which a mesmerizing vista of the blue-green sea at Batu Ferringhi and Teluk Ketapang can be enjoyed.


Prominent Muka Head Lighthouse

Serenity amidst sand and sea at Pantai Kerachut

ROUTE 2

Penang National Park Entrance > Coastal Trail > Pantai Kerachut > Teluk Kampi

If you prefer a quieter environment to explore the wonders of nature, follow the other hiking trail south towards **Pantai Kerachut** (aka Turtle Beach) and take the first left up over the hill and down again the other side. This pathway is quite wide, easy to follow and not too steep.

ROUTE 3

Penang National Park Entrance > Meromictic Lake > Pantai Kerachut > Teluk Kampi

Avid hikers are recommended to take the longer route to **Pantai Kerachut** which has a rare wonder along the way.

A truly fantastic wonder of the world awaits - a seasonal **meromictic lake**. A meromictic lake is one where the salty sea water and fresh water remain separated due to their different densities - a very rare occurrence indeed.

In this case, the position of the river mouth, the natural flow of the monsoon wind, the sea current, and also the placement of boulders at the river mouth make it possible.

Natural Meromictic Lake
Did you know there are fewer than 20 natural meromictic lakes in the whole world? Another natural meromictic lake is the famous Dead Sea. However, the Dead Sea is a permanent lake while ours is seasonal, happening during the change of monsoon (typically April-May and October-November).

The meromictic lake surrounded by lush panorama

Once you have arrived at Pantai Kerachut, you will find an environment of peace and quiet perfect for a day of relaxation after the hike. There is also a turtle conservatory nearby where you can learn more about this endangered species and how to help them.

The **Penang Turtle Sanctuary** helps preserve and protect turtles by hatching turtle eggs and raising the hatchlings in small ponds until they are old enough to stand a good chance of survival in the wild before releasing them, thus increasing the chances of the babies making it to adulthood and coming back to their birthplace to lay their own eggs in the future.

From there, you can continue onwards to **Teluk Kampi**, but be forewarned! This trail is not for the faint-hearted. It is very steep, narrow and not a very well-marked pathway. However, Teluk Kampi is a treat as it is even more secluded and peaceful and boasts the longest stretch of beach in the National Park.

Camp Under the Stars
Nature enthusiasts also have the option of camping within the park free of charge. There are two campsites within the park - one near Pantai Kerachut, one near Teluk Kampi. The campsites are equipped with basic toilet facilities, tables, and benches but no electricity. There is also a kitchen area where you can set up a portable stove or start a campfire.

Turtle hatchling

Annual Homecoming
Green sea turtles can be seen coming up on Pantai Kerachut to lay their eggs from April to August each year while olive ridley turtles come here during the months of September through February.

Walking on the beach amidst the cool air

ROUTE 4 - BOAT TRIP

If you don't wish to hike but still want to spend time at the beach, you can hire a boat from the park entrance to take you to the beach or to tour the whole park. Alternatively, you can experience the best of both worlds by arranging for the boat to meet you at the beach so that you can enjoy hiking to the beach while relaxing on a boat ride back.

FESTIVITIES OF CULTURE

Teluk Bahang Dam, the venue for Penang International Dragon Boat Festival

Known as the largest dam in Penang, the **Teluk Bahang Dam** was built to serve as an alternative water supply. From its crest, one can enjoy a scenic view of the northern coast of the island. The dam has a height and length of 58.5m and 685m respectively, and a crest 12 metres thick, allowing for a roadway to be built along it.

Every year, the **Penang International Dragon Boat Festival** is held at the Teluk Bahang Dam in honour of the spirit of the dragon and the spirit of unity as the participants work together as a team for one common purpose. Spectators will get a thrill out of watching the boats adorned with colourful dragon heads and tails race each other to the finish line - truly an event of power, speed and endurance. The festival is usually held in December. To find out more, visit mypenang.gov.my

Vibrant floating chariot procession

Vibrant Dragon Boats
Did you know that the dragon emblem represents unity? This is because the dragon is said to be a combination of other Chinese zodiac animals. The brightly coloured dragon boats usually have intricate designs in the form of a dragon head and tail.

Participants rowing towards the finish line

The **Floating Chariot Procession (Masi Magam Theppa Thiruvizha)** is a Hindu festival that attracts tens of thousands of devotees to Sri Singamuga Kaliamman Temple between mid-February and mid-March. The ceremony is held to thank the Goddess, Sri Singamuga Kaliamman for her good grace and to ask her for protection and prosperity. During this elaborate procession, the Goddess will be carried on a floating chariot adorned with lights and flowers along the seaside of Teluk Bahang.

FREE COPY

THE OTHER SIDE OF THE ISLAND
TELUK BAHANG

Experience PENANG 2020 MALAYSIA The Diversity of Asia

TROPICAL ENCLAVE

Enjoy the views of greenery at Tropical Spice Garden

Meet the adorable dusky leaf monkeys

An olfactory heaven awaits in the form of **Tropical Spice Garden**. It is Southeast Asia's one and only award-winning tropical garden spanning over 8 acres of secondary jungle, filled with more than 500 tropical species of flora and fauna. Tropical Spice Garden was once an abandoned rubber plantation until its founders turned it into a tropical paradise with a soothing, zen-like environment. However, if you are not one to enjoy simply walking around the gardens, there are plenty of other activities to take part in.

Tranquil pond surrounded by lush foliage

The Garden Tour (either guided or audio) is an exploration of tropical rainforest as well as the lavish foliage and exotic species of flowers growing in abundance in the gardens. The gardens are also filled with all manner of spices and herbs from around the world and a full tour of the gardens usually takes up to 2-3 hours. You can also learn how to cook Malay, Nyonya and Indian dishes through the hands-on cooking classes. Or you can just sit back, relax and enjoy the exotic Thai delights served at the Tree Monkey Restaurant.

Fresh spices and herbs

Beauty Of the Night
If you are feeling especially adventurous, there are even Night Walks available every 2nd and 4th Saturday of the month (advance booking required) where you can learn more about the Garden's nocturnal side. Children will be kept busy learning about nature through various Nature Education Programs.

Another way to experience the wonders of nature is to visit **Entopia** by Penang Butterfly Farm, nature's largest classroom and discovery hub, where butterflies and insects are free to come out and play. This venue is actually two different worlds side by side; **The Natureland** living outdoor gardens and The Cocoon indoor discovery centre. Over 150 species of fauna and more than 200 species of flora call this man-made wonderland home.

The Cocoon is a state-of-the-art facility built along clean and modern lines. It features two floors of exhibitions designed to enhance learning as well as various indoor activities.

Entopia is the world's first tropical and insect sanctuary

A Bevy of Butterflies
Want to watch beautiful butterflies in their natural environment? Visit The Natureland at Entopia. This spacious sanctuary is the largest butterfly and dragonfly garden in Malaysia. Here, you will witness the incredible sight of more than 15,000 free-flying butterflies.

Explore the flora and fauna at The Natureland

Penang Batik Factory

You can even learn to make your very own batik! Contact Mr. Quah @ 019-334 7931 / 4139932
for more information on the **DIY Batik program** and to book classes in advance.

Interested in learning more about batik culture? Head over to **Penang Batik Factory** and join the free guided daily tour around the art gallery, boutique and factory where hand-drawn, manually block-printed and hand-painted batik are produced. Unlike the usual one-sided print, every fabric piece here is unique as it has patterns and colours on both sides.

Batik-making process

ARTISTIC AND FRUITFUL PURSUITS

Enjoy a variety of freshly picked fruits

Tropical Fruit Farm is an organic orchard measuring 25 acres with over 250 types of nutrient-rich tropical and subtropical fruits. There are 30-minute guided farm tours (available in English or Mandarin) conducted periodically from 9am to 5pm daily. After the tour, you will get the chance to relax and enjoy the breathtaking view while sampling a wide variety of freshly cut fruits and fruit juices. There will also be lunch and dinner buffets with a free flow of fruits available with prior booking.

As part of the farm's effort to promote better living, there are classes such as "How to make your very own coconut oil" and "How to make your very own enzyme" available at the farm. There is also a shop where you can sample fruit enzymes, honey and tea. Don't miss out on this fun and educational tour.

Fruits from Around the World
It has an impressive collection of rare and exotic fruit trees from the region, Central and South America, Central Africa, India, the Middle East, the Caribbean, the Pacific Islands and more.

An extensive display of beautiful flora

If you're an art enthusiast, be sure to check out **Art & Garden**. This beautiful venue is filled with a large collection of plants, sculptures and installations. Creative works such as outdoor murals, ceramics, mosaics and a koi fish pond by local and international artists are dotted throughout this sanctuary which offers extensive views of Penang Hill.

ESCAPE TO PARADISE

Challenge your climbing and balancing skills

ESCAPE time to play

Looking for exciting adventures and adrenaline-pumping thrills? Experience it all at **ESCAPE** where lots of exciting attractions await! Don't miss the chance to ride the world's longest water slide, measuring an impressive 1,111m! Winding through enchanting jungle treetops, this Guinness World Record water slide is packed with twists and turns for a mind-blowing four-minute ride.

Get ready for non-stop thrills and squeals on the world's longest water slide

Soar up into the air

Waterpark Wonders
Get ready for lots of splish-splashing fun at ESCAPE Waterplay! Beat the heat as you ride the water slides and twisters! There are also downhill sleds, zip coasters and swimming pools for your enjoyment.

SEAFOOD GALORE

As part of the nation's food capital, Teluk Bahang is hailed by many as a place filled with fresh and mouthwatering seafood (after all, it is a fishing village). Some of the restaurants that have received many positive reviews are **Tai Tong Seafood** and **Fishing Village Seafood Restaurant**. These restaurants often present basins from which guests are invited to handpick their own live seafood to be prepared on the spot. Food doesn't get any fresher than that!

Tree Monkey's cosy dining area overlooking wonderful views

The Tree Monkey is a pork-free restaurant overlooking the straits of Malacca and the beautiful shoreline of Teluk Bahang. The best time to go is between 7.00pm to 7.30pm, when you can relax in the open space restaurant and catch the sunset as it sinks below the horizon. Just as its name suggests, you may get the chance to bump into some monkeys if you take a walk through the gardens adjoining the restaurant. The Tree Monkey features an extensive range of Thai food made with the spices grown just next door in Tropical Spice Garden.

Fusion of flavours

SCENIC BALIK PULAU

Did you know that Teluk Bahang is approximately 20km (35 minutes by car) away from Balik Pulau? Balik Pulau is a tranquil township filled with countryside charm and greenery along with natural attractions, wonderful food and brilliant works of art. Visit Balik Pulau today for a delightfully memorable vacation filled with lots of fun and enjoyment!

GETTING TO BALIK PULAU

Rapid Bus Service:
(501) Batu Ferringhi - Teluk Bahang - Balik Pulau

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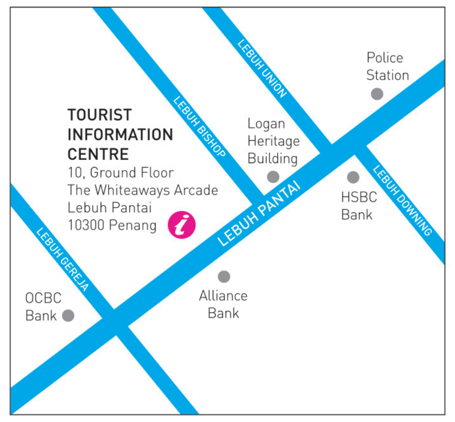
For Tourism enquiries:



TOURIST INFORMATION CENTRE

Monday-Friday
9.00am to 5.00pm

Saturdays
9.00am to 3.00pm

Sundays & Certain Public Holidays
9.00am to 1.00pm

Web : mypenang.gov.my
Facebook : Penang Global Tourism
Instagram : penang.experience
Twitter : PenangXperience
LinkedIn : Penang Global Tourism
Tiktok : experiencepenang
Email : info@penangglobaltourism.com
Tel : +604 263 1166

V01Nov19

All event information is correct at time of print and is subject to changes without prior notice.

PEOPLE'S CHOICES & RECOMMENDATIONS

FUN-FILLED ATTRACTIONS

1. **Muka Head Lighthouse**
   A well-conserved historical landmark offering breathtaking views of the sea and surrounding jungle.
   9am - 3pm daily

2. **Monkey Beach**
   Accessible by boat or a hike, this scenic beach has shacks selling drinks and snacks as well as vendors offering water sports and quad bike excursions.
   Jalan Hassan Abbas, Teluk Bahang, 11050 Penang

3. **Penang National Park**
   Home to various species of flora and fauna. Beach hopping by boat and hiking trail access to Monkey Beach, Muka Head Lighthouse, Pantai Kerachut and Teluk Kampi are available.
   4, Jalan Hassan Abbas, Teluk Bahang,
   11050 Penang
   +604-881 3500
   8am - 5pm daily

4. **Pantai Kerachut**
   Situated in the Penang National Park, this white sandy beach is home to the well-frequented Penang Turtle Sanctuary.

5. **Turtle Conservation and Information Centre**
   Located at Pantai Kerachut, this centre was set up to protect and preserve the turtles in Malaysia due to their declining population.
   10am - 4.30pm daily

6. **Teluk Kampi**
   This serene and remote destination is the longest stretch of beach in the Penang National Park.

7 **Teluk Bahang Jetty**
   A fisherman's jetty on the northwestern coast of the island.
   634, Jalan Teluk Awak, Teluk Bahang,
   11050 Penang

8. **Teluk Bahang Fishing Village**
   A busy fishing village in the northwest corner of Penang. There are a few restaurants as well as a jetty and a shallow inlet where small fishing boats are moored.
   130, Jalan Teluk Awak, Teluk Bahang,
   11050 Penang

9. **Teluk Bahang Beach**
   A paradise surrounded by views of sea and greenery.
   Jalan Teluk Bahang, 11050 Penang

10. **Tropical Spice Garden**
    Visitors can participate in garden tours, nature education programmes and activities as well as cooking classes. Ideal for events, this venue also has restaurants and a gift shop.
    Lot 595 Mukim 2, Jalan Teluk Bahang,
    11050 Penang
    +604 – 881 1797 / +6012-430 7795
    www.tropicalspicegarden.com
    9am - 6pm daily (Last admission at 5.15pm)

11. **Penang Batik Factory**
    Produces unique hand-drawn and hand-painted batik as well as hand-blockprinted batik. Free tours are available.
    651, Mk.2, Teluk Bahang, 11050 Penang
    +604-885 1284 / +604-885 1858
    www.penangbatik.com.my
    9am - 5pm daily

12. **Penang Toy Museum**
    Has more than 110,000 toys, dolls and other collectible items.
    1370, MK2, Teluk Bahang, 11050 Penang
    +6012-460 2096
    www.penangtoymuseum.com
    9am - 6pm daily (Last admission at 5.30pm)

13. **ESCAPE**
    A fun destination with exciting rides and attractions.
    828 Jalan Teluk Bahang, 11050 Penang
    +604-881 1106
    www.escape.my
    10am - 6pm daily (Closed on Mon)

14. **Entopia by Penang Butterfly Farm**
    Imagine nature's largest classroom and discovery hub, where butterflies and insects are free to come out and play.
    830, Jalan Teluk Bahang, 11050 Penang
    +604-888 8111
    www.entopia.com
    9am - 6pm daily (Last admission and ticket sale at 5pm)

15. **Penang Forestry Museum**
    The museum exhibits an array of forestry items and publications that educate the public regarding the contributions of the forestry sector to the nation's socio-economic development. It is located within Teluk Bahang Recreational Park which has comprehensive facilities and attractions such as benches, picnic and camping areas, waterfalls and a playground.
    Museum Perhutanan Hutan Lipur Teluk Bahang
    Taman Rimba, Teluk Bahang, 11050 Tanjung Bungah,
    Penang
    +604-885 2388 / +604-885 1280
    Museum: 9am - 4.30pm daily (Closed on Fri)
    Recreational Park: 7am - 7pm daily

16. **Teluk Bahang Dam**
    Known as the largest reservoir on Penang island and the venue for two famous annual events, Penang International Dragon Boat Festival and Floating Chariot Procession.
    Jalan Teluk Bahang, 11050 Penang
    7am - 7pm daily

17. **Tropical Fruit Farm**
    Here on the 25-acre Tropical Fruit Farm, there are more than 250 types of tropical and sub-tropical fruits.
    Batu 18, Jalan Teluk Bahang, 11050
    +6012-497 1931 / 604-8665168
    www.tropicalfruits.com.my
    9am - 5pm daily

18. **Art & Garden**
    A vast number of plants and works of art by local and international artists are displayed in this garden.
    Jalan Teluk Bahang, 11000 Penang
    012-485 5074
    9am - 6pm daily

TASTY FOOD, GREAT MOOD

1. **Belimbing Cafe Corner**
   Delicious local food. Famous for its roti jala.
   Jalan Teluk Bahang, Teluk Bahang, 11050 Penang
   +6017-495 2045
   6am - 12pm daily (Closed on Thu)

2. **Fishing Village Seafood Restaurant**
   Serves seafood, Chinese, Asian and Malaysian cuisines.
   765, Jalan Teluk Awak, Teluk Bahang,
   11050 Penang
   +604-885 2084
   4pm - 11pm daily

3. **Tai Tong Seafood**
   A restaurant serving a variety of fresh seafood.
   4, Jalan Hassan Abbas, Teluk Bahang, 11050 Penang
   +604-885 1693
   12pm - 10pm daily (Closed on Tue)

4. **Tree Monkey**
   Offers a pork-free menu featuring northeastern Thai cuisine, complemented by a great selection of beverages.
   Tree Monkey (Next to Tropical Spice Garden),
   Lone Crag Villa, Lot 595 Mukim 2, Jalan Teluk Bahang,
   11100 Penang
   +604-881 3493
   11.30am - 9pm daily