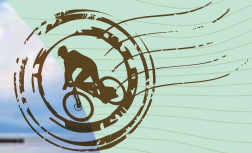


MALAYSIA

# LANGKAWI CYCLOTOURISM GUIDE

*Treasured Trails Through Langkawi Await*



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# Welcome to LANGKAWI

Langkawi covers an area of 47,848 hectares and is divided into 6 districts with an estimated population density of 94,000 people, making it the perfect spot for biking enthusiasts. With amazing views of the sea and geo landscapes and a number of postcard perfect spots that make it perfect for cyclists to catch a breath, soak in the sights and capture moments.

Langkawi has been a pioneer when it comes to the cyclotourism concept as it is already known as the go-to venue for international-standard cycling events such as the Le Tour de Langkawi and Ironman Malaysia. Cyclists can even tailor make their routes to cover as many attractions as possible.

With a variety of accommodations to suit all types of cyclists, from the budget conscious backpacker to the environmentally friendly nature lover to bigger bike groups or families and even couples looking for something more luxe, Langkawi has something for everyone.

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Crimson Sunbird



## Where is Langkawi



## THE FIRST GEOPARK IN SOUTHEAST ASIA

Langkawi UNESCO Global Geopark (LUGGp) is the only global geopark covering the entire archipelago of 99 tropical islands. Spanning 47,848 hectares, Langkawi can be found approximately 25km north-west of Malaysia on the Andaman Sea. A large portion of the island is made up of flat, plains accentuated by limestone ridges, forests, hills and mountains.

### Legends:

#### Conservation Area:

- ① Machinchang Cambrian Geoforest Park
- ② Kilim Karst Geoforest Park
- ③ Dayang Bunting Marble Geoforest Park
- ④ Kubang Badak BioGeo Trail

#### ENTRY POINT

- 5. Telaga Harbour
- 6. Langkawi International Airport
- 7. Rebak Island Marina
- 8. Star Cruise Jetty
- 9. Kuah Jetty
- 10. Royal Langkawi Yacht Club

#### NATURAL TREASURES

##### Waterfalls

- 11. Air Terjun Tama
- 12. Air Terjun Telaga Tujuh
- 13. Air Terjun Temurun
- 14. Air Terjun Lubuk Sembilang
- 15. Air Terjun Durian Perangin

##### Peaks & Caves

- 16. Gunung Machinchang
- 17. Gunung Raya
- 18. Gua Pinang
- 19. Gua Cherita
- 20. Gua Buaya
- 21. Gua Kelawar
- 22. Gua Langsir
- 23. Gua Pasir Dagang
- 24. Gua Wang Buluh

#### SUN, SEA & SAND

- 25. Teluk Datai
- 26. Pantai Pasir Tengkorak
- 27. Pantai Teluk Yu
- 28. Pantai Pasir Hitam
- 29. Pantai Tanjung Rhu
- 30. Pantai Kok
- 31. Paradise IOI
- 32. Pulau Rebak
- 33. Pantai Chenang
- 34. Pantai Tengah
- 35. Pantai Lagenda
- 36. Pulau Beras Basah
- 37. Pulau Payar Marine Park

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- 39. SkyCab
- 40. SkyRex
- 41. Skytrex Adventure Langkawi
- 42. Morac Adventure Park Langkawi
- 43. Langkawi Canopy Adventures
- 44. Splash Out Langkawi

#### HERITAGE & CULTURE

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- 47. Galeria Perdana
- 48. Laman Padi
- 49. Kota Mahsuri
- 50. Balai Seni Langkawi

#### GOLF COURSE

- 51. The Els Club Malaysia
- 52. Gunung Raya Golf Resort
- 53. 99 East Golf Club Langkawi

#### ATTRACTION

- 54. 3D Art in Paradise
- 55. Machinchang Pet Land
- 56. Oriental Village
- 57. Perdana Quay Eco Marine Park
- 58. Crocodile Adventureland
- 59. Underwater World Langkawi
- 60. Darulaman Sanctuary
- 61. MARDI Agro Technology Park
- 62. Geopark Discovery Centre
- 63. Langkawi Wildlife Park
- 64. MAHA Tower Langkawi City
- 65. Dataran Lang
- 66. Taman Legenda





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**Langkawi Ro-Ro Ferry Service Sdn. Bhd.**

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**Wantas Shipping (Langkawi) Sdn. Bhd.**

Tel : +604 - 966 2255

Fax : +604 - 966 2244

[www.ltkwantas.com](http://www.ltkwantas.com)

## STARTER PACK

### *How Cyclist Get To Langkawi*

Cyclists can choose several modes of transportation to get to Langkawi from the mainland. For bicycle enthusiasts who want to explore Langkawi, they can choose the RoRo and Langkawi Auto Services at Kuala Perlis or the many airline services available such as Air Asia, Malaysia Airline, Malindo Air and Firefly.





# CYCLING ROUTE MAP

There are 3 routes in total for cyclist to explore:

- Ironman Route
- Gunung Raya Route
- Round Island Route



## ROUTE

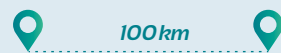
- IRONMAN LANGKAWI / LANGKAWI MTB CHALLENGE
- GUNUNG RAYA
- ROUND ISLAND ROUTE



1

## IRONMAN Route

This two-loop bike route heads out of Pantai Kok towards Jalan Teluk Yu on a clockwise loop from the Northwest point of the island around the rolling hills of Datai towards the southeastern part of the island. Passing through several local villages 'Kampung', athletes will get a true taste of the colourful sights and sounds, local communities and local wildlife of the island.



Map : <https://www.plotaroute.com/route/81942>



2

## Gunung Raya Route

Gunung Raya ride is a great route as it is on a tarred road. Begin your journey at the foothills of Gunung Raya to the top, which is about 13km with an elevation of 881m. A somewhat easy climb, most of the trail is at a <4-degree gradient. The route is quite rural and you'll get to listen to the songs of nature as you cycle by. Keep in mind that the higher you go the colder it gets, so pack an extra t-shirt just in case.



Map : <https://www.plotaroute.com/route/471454>



3

## Round Island Route

The Round Island Route is perfect for road bikes and seeing the island. At roughly 77km for a round island trip with the option of extending your route to cover Tanjung Rhu Beach and The Datai Bay at 115km in total. You can also opt to cover half the island via a 34km route in the east or a 62km route in the west. Soak in the sights and take a tip to cool off at beaches such as Pantai Cenang, Pantai Tengah and Tanjung Rhu Beach.



Map : <https://www.plotaroute.com/route/561114>







**MOUNTAIN  
BIKE  
CYCLING**  
*Route Map  
(2 routes)*

# 99 BIKES MTB TRAIL

99 Bikes MTB Trail is managed by 99 Bikes Langkawi. This trail has 4 routes with a height of 118m and different levels of difficulty as follows:



Mat Seni Line (1.0 km) - Blue Level



Black LADA Line (1.2 km) - Black Level



Art Line (1.0 km) - Blue Level

55km



# CHENGKUAN MTB TRAIL

Chengkuan MTB Trail is managed by Island Mountain Bike Club (IMBC). This trail has 4 routes with a height of 120m and different levels of difficulty as follows:



Che Bob Line (1.8 km) - Green Level



Iron Maiden Line (1.2 km) - Black Level



Downhill Line (1.0 km) - Blue Level



Yass Hanson Line (1.3 km) - Black Level



## LEISURE CYCLING ROUTES

(2 routes)

Bee-eater



## PADDY FIELDS & VILLAGE CYCLING TOUR

This bike tour gives you the chance to explore the road less travelled with routes crossing through Langkawi's countryside, paddy fields, fishing villages and local life, rarely seen by tourists. These tours focus primarily on leisure and make for enjoyable nature rides instead of focusing on distance and speed. Pass by paddy fields with an experienced guide who will share important facts on the rice cultivation process on the island and how it has evolved over time.

🕒 4 hrs

## TUBA BIKE TOUR

Pulau Tuba is a hilly island that spans across 20 sq km of fertile lands and unsullied beaches. Populated by 3,000 fishing village inhabitants, Pulau Tuba is a natural habitat to unique wildlife and is a picturesque destination for bikers who want venture off the beaten track. Just hop on board a boat with your bike from Kuah Jetty and cruise along paths that still retain the nostalgic days of a bygone Malaysia with kampung-styled houses and farms that aid a lifestyle that is both simple yet charming as locals live alongside nature in harmony.

🕒 4 hrs





Black-capped Kingfisher

## SIGHTS to See



### 1 Dayang Bunting Marble Geoforest Park 📍 6.2376, 99.8071

A 20-minute boat ride from Pantai Tengah, the Geoforest features a medley of marble and limestone formations, mysterious cave systems, natural sea stacks and wave-related natural creations. The uniqueness is its beautiful marble limestone, which has undergone transformation induced by heat and pressure around 150 million years ago.

### 2 Kilim Karst Geoforest Park 📍 6.4051, 99.8583

The first geopark in South East Asia, Kilim Geoforest Park spans over almost 100km and a home to lofty limestone rock formations and awe-inspiring mangrove forests millions of years old. You can choose private boats, kayaks or jet-ski to explore this breathtaking Geoforest Park. Pay a visit to Geopark Discovery Centre (GDC) to delve deep into the history of 99 isles of Legends.

### 3 Kubang Badak BioGeo Trail 📍 6.4016, 99.7286

Recognised for its unique tidal river estuary ecosystem full of geological diversity, Kubang Badak is located in the west of Langkawi. The BioGeoTrail is a partnership project between Langkawi Research Centre (PPL), Sungai Kubang Badak Langkawi Limited and Langkawi Development Authority (LADA) so as to create a sustainable new geo-tourism site for both local and foreign tourists to discover.

### 4 SkyCab & SkyBridge 📍 6.3719, 99.6710 & 6.3871, 99.6621

Start of your journey at the foothills of Gunung Machinchang via the breathtaking SkyCab ride, which hovers over ancient seas and an estuary. Soon after you'll arrive at the intermediate cable car station at 650m above sea level. Langkawi SkyBridge, which is located at the hill top, is one of the world's longest curved suspension bridges, while there why not admire the ancient Machinchang Cambrian Geoforest Park with its exquisite geological and biological assets before venturing out to other districts.

### 5 Oriental Village 📍 6.3706, 99.6713

Langkawi's Oriental Village is also known as the gateway to the island's network of cable cars and the SkyBridge. The open-air themed complex, features a gorgeous lake in the middle and an art gallery as well as animal exhibits and a long line of souvenir and handicraft stores. Explore exciting venues such as, VR Universal, SkyRex and the 3D Art Museum during your stay.

### 6 MAHA Tower City Center 📍 6.3201, 99.8458

This 138m-tall monument is set to become Langkawi's latest attraction. You can experience local performances and purchase local products at The Square which surrounds the tower.

### 7 Dataran Lang & Taman Lagenda 📍 6.3387, 99.7836 & 6.3088, 99.8545

The 12 metre-tall eagle statue is Langkawi's most recognisable landmark, this star-shaped plaza offers you a waterfront platform to watch ferries ply across the harbour. A great place to unwind during sunset, and take nice picture with the eagle poised to take flight.

### 8 Pulau Payar Marine Park 📍 6.3187, 99.8513

Of the four inhabited Langkawi islands, Pulau Payar Marine Park is the only marine park on the west coast of Malaysia. An ideal attraction for family & diving enthusiasts, swimming, snorkeling and fish feeding activities in crystal clear waters. The must-see aquatic life is the Black-Headed Sharks and the beautiful Coral Garden.

### 9 Pantai Chenang 📍 6.2956, 99.7228

Langkawi's most popular hot-spot, Pantai Chenang is a name we all know and love. With delicious food, duty-free shopping and luxury resorts, this little patch of beach heaven has something for everyone regardless of your budget.

### 10 MARDI Agro Technology Park 📍 6.3613, 99.7926

A treat for those who love to learn about local agriculture and farming techniques, there is a sweeping stretch of land consisting of fruit farms over Gunung Raya Reserve forests. Sign up for a guided tour on a specialized truck to explore it all.

### 11 Paradise 101 📍 6.3605, 99.6769

An eco-friendly private island and day resort, Paradise 101 is man-made island that is a great instaworthy spot full of fun water sport and team building activities as well as a great spot to have family gatherings and private parties.

### 12 Laman Padi 📍 6.3387, 99.7836

An easy walking distance from Pantai Chenang beach area, a free guide will take you around to learn about the traditional cultivating, processing and production of rice. If you're up for it, you can even try rice planting yourself at the Garden of Variety.



# THINGS to do OUTDOOR ACTIVITIES

Eagle Feeding @ Pulau Singa Besar

Jungle Trekking

White-bellied Sea Eagle

## 1 Water Sports

When you're in a place like Langkawi, taking on thrilling water sports is almost a must! You'll love jet skiing around Dayang Bunting Island, kayaking your way around geoforests and birdwatching, parasailing, safari boat tours, stand up paddle (SUP), and sea rodeos for everyone in your family. Gear up with your friends or family and bouncing across the water of Langkawi on a banana boat!

## 2 Island Hopping

Island hopping in Langkawi is one of the most popular outdoor activities to do. With a basic tour package, you will visit 3 famous islands which is the legendary Tasik Dayang Bunting, Pulau Singa Besar and Pulau Beras Basah.

## 3 Day / Sunset Cruise

Take an exhilarating day or sunset cruise with your loved ones across the breathtaking Andaman Seas. It's definitely the best way to explore the Langkawi archipelago. Indulge in a salt-water Jacuzzi, free flowing drinks and a scrumptious buffet around the isle of legends.

## 4 Mangrove Tour

It is the only place in Malaysia where coastal karsts and mangrove ecosystems co-exists today. Scattered across the geoforest are breathtaking limestone formations like Temple of Borobudur, Elephant Stone, and Hanging Gardens while the magnificent stalagmites and stalactites in the Gua Buaya, Cave of Legends, and Gua Kelawar await. The best way to see it is a leisurely boat ride along the tranquil Kilim River.



Stand Up Paddle (SUP)



Safari Boat Tour



Fishing



Squid Jigging



Jet Ski



Kayaking @Tasik Dayang Bunting



Gua Langsir



Gua Cherita



Sunset Cruise



Day Cruise



Gua Pinang



Air Terjun Durian Perangin



Mangrove Tour



Dayang Bunting Mable Geoforest Park



Air Terjun Lubuk Semilang



Air Terjun Tama



Gua Buaya



Kayaking @ Klim Karst



Air Terjun Temurun



Air Terjun Telaga Tujuh

## 5 Jungle Trekking & Hiking

Langkawi is a blessed island filled with lush tropical rainforests gorgeous natural landscapes, making hiking the perfect activity for you to enjoy during your stay. Whether you're an amateur or a pro, hiking in Langkawi is undoubtedly one of the best excursion for hikers and outdoor enthusiasts to discover. So grab your backpack, pack your essentials and let the journey begin as the green make you forget the bustle and the concrete walls of the city.

## 6 Fishing & Squid Jigging

Discover the enchanting beauty of Langkawi on this fishing trip around its crystal clear waters. Local tour agents & fishing villages offer deep-sea and fun fishing for eager anglers. Enjoy a range of catch such as groupers, snappers, barracudas, wahoos and many more. Squid jigging is yet another activity that is not to be missed and happens to have become a popular activity amongst locals in Langkawi. You can rent a boat during your stay, arrange a fishing trip with your hotel or with a boatman or tour agency.

## 7 Caving Adventure

Langkawi's karstic formations is the cause for its abundance of caves, both landform, some connected to the sea or lake, and some only accessible by boat. Most contain a variety of ecosystems while some even contain archeological artifacts, cave paintings, and mysterious human markings that have yet to be deciphered.

## 8 Waterfall Exploration

The Seven Wells Waterfalls stands at 91-metres while Temurun Waterfalls is a three-tier waterfall with a 200-metre drop making it the highest waterfalls in Langkawi. Other hidden gems include, Durian Perangin Waterfalls surrounded by numerous Durian Trees, Lubuk Semilang Waterfalls with epic views as well as Tama Waterfalls which can only be reached via boat.





**CYCLING  
EVENTS  
HELD**  
*in Langkawi*



• Le Tour de Langkawi



• Langkawi MTB Challenge



• Jom Kayuh Charity Fun Ride



• Ironman



• Langkawi Enduro



• Langkawi Legendary Ride



• RHB Ride Langkawi



• Kayuhan Jelajah Langkawi



• Kisap MTB Challenge





# TRAIL RIDE CHECKLIST

## CHECK YOUR BIKE

Make sure that your brakes and chain are working properly. See that your reflectors are clean and that you have an attachable light if you anticipate riding after dark or through a trail tunnel. Check the air in your tyres. Read the PSI markings on the side of the tire to ensure that you are pumping in the right amount of air and finally make sure your wheels are aligned, and they roll straight.

## WEAR A HELMET & NECESSARY PROTECTION

Make sure that your helmet fits, straps on properly and is not cracked or damaged. Bike helmets are designed to protect you in different ways and is especially important for downhill mountain bikers and amateur sportive cyclists.

## FOLLOW THE SAFETY RULES

On the road there is not much traffic, but cyclist would be restricted to ride on the left lane of the road while keeping within the speed limit.  
-Do not ride two abreast (cycling side-by-side) except when overtaking other bicycles  
-Wear bright outfits / reflective vest for night rides

## BRING BIKE SUPPLIES

Be sure to have an extra tube (make sure it is the right one for your bike) or a patch kit, as well as tire levers, a cyclist's multi-tool, and a pump.

## CHARGE YOUR PHONE

Make sure that your phone is fully charged before heading out. Bring a power bank if necessary.



## PLAN YOUR JOURNEY

If you are heading out on a new trail do not forget to research and download directions to trailheads and parking locations. Note where restrooms, water fountains, bike shops, and other services are located within close proximity to the trail.

## REVIEW YOUR WARDROBE

Depending on the time of year and conditions on the day that you are riding, consider whether a rain poncho, an extra layer, or gloves are necessary. Plan for sudden weather changes.

## WEAR SUN PROTECTION

Do not forget sunscreen and sunglasses, even on an overcast day.

## WATER & SNACKS

Bring more than enough water, especially on a hot day or if riding in a remote area. Nuts, cereal bars, chocolate or compact foods provide an energy punch, and are the perfect items to snack on throughout the day.

## EMERGENCY CONTACTS

Let someone know where you're going before the ride. Have a list of important contacts and medical services with you or saved into your phone, in case of an emergency.

## TRAVEL PACK

Other items to include in your pack: mini first aid kit/plasters, small towel, anti-friction chamois cream, tissues, cash/credit card, identification, and your health insurance card (if available). Bring a lock for your bike in case you have to leave it outside a shop or site. If it is a new route, you may also want to consider bringing a map, directions, and a camera.





# USEFUL INFORMATION

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## **Tourist Information Centre (Kuah Town)**

+604-966 7789

## **Tourist Information Centre (Langkawi International Airport)**

+604-955 7155

## **Langkawi International Airport**

+604-955 1311

## **Immigration Department of Malaysia**

+604-969 4400

## **Customs Department in Kuah**

+604-966 6227

## **Police / Ambulance / Hospital / Fire Department**

999

## **Police Station**

+604-966 6222

## **Post Office**

+604-966 7271

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## **24 Hour Medical Services:**

Sultanah Maliha Hospital +604-966 3333

Clinic Mahsuri +604-961 0961

## **Clinics:**

### Pantai Chenang

Global Doctors Medical Clinic +604-955 6399

Chenang Clinic +604-955 1418

### Kuah

Klinik Langkawi +604-966 7668

Poliklinik Perdana +604-966 3302

Island Clinic +604-961 1132

Aishah Specialist Clinic +604-966 7860

iCARE Clinic +604-966 5000

### Covid-19 Test Lab

Maju Healthcare Safe Track

+604-952 5588 / +6012-991 9909

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## **Transports:**

Taxi Counter (Airport) +604 955 1800

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Langkawi Ferry Services +604 966 6316

Langkawi RoRo Services +604-966 9881

