



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022

CAT VERTICAL KM 13K
25K / 50K / 100K UTMB WORLD SERIES QUALIFIER M

EVENT GUIDE



A LOSE YOUR MIND DISCOVER YOUR SOUL PROJECT
BY MMTF CONSULTANT & FORESTRY DEPARTMENT OF PERAK

The North Face® Malaysia Mountain Trail Festival is the 1st "LOSE YOUR MIND DISCOVER YOUR SOUL" project.

Lose your mind; discover your soul, signifies projects that we believe will benefit the community and the places of interest which it is held.





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INTRODUCTION

The North Face® Malaysia Mountain Trail Festival is the 1st ultra-trail running festival in Malaysia since 2018.

The North Face® Malaysia Mountain Trail Festival is a member of International Trail Running Association (ITRA) and International Skyrunning Federation (ISF).

The North Face® Malaysia Mountain Trail Festival is certified by ITRA and remains the only ISF "CERTIFIED COURSE LABEL" in Malaysia.

The North Face® Malaysia Mountain Trail Festival is part of UTMB World Series Qualifiers race and an Asia Trail Master (ATM) Championship Series point race since 2019.

The North Face® Malaysia Mountain Trail Festival has a record of zero incident zero claim since 2018.

The North Face® Malaysia Mountain Trail Festival took the lead to be the 1st mass participation event in Malaysia after the pandemic.

THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022



OUR OBJECTIVES

- To cultivate and promote trail running as a sport and a way to attain an active lifestyle.
- To bring together the trail running community from around the world.
- To organize an internationally recognized and certified ultra trail race.
- To introduce and promote Malaysia's trail running and trail to the world.
- To give back to the community surrounding us.
- To contribute to the social economy of Taiping as a town, Perak as a state and Malaysia as a nation.
- To raise awareness of conservation of nature.
- To help accelerate the nations economic recovery via sports tourism.



An International Race

A member of International Trail Running Association (ITRA) and International Skyrunning Federation (ISF)

A race that is certified by ITRA

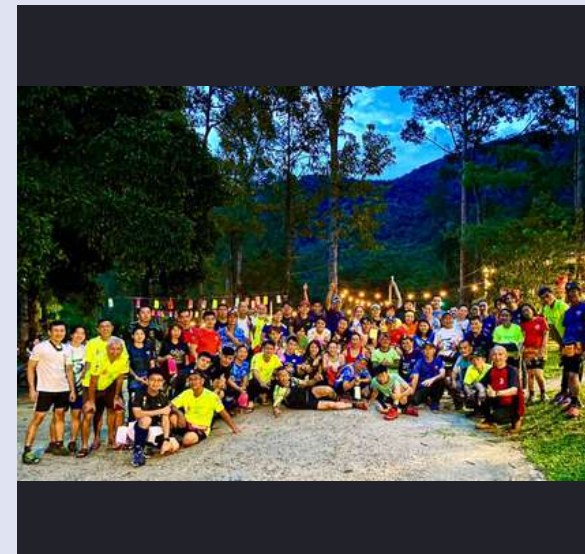
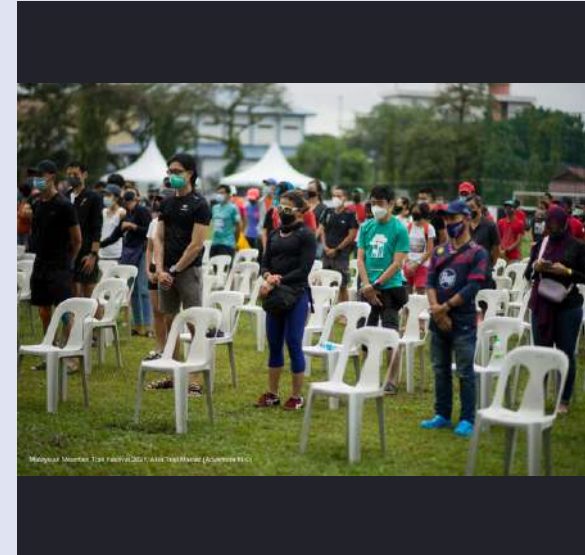
The 1st ISF "Certified Course Label" in Malaysia

UTMB World Series Qualifiers race.

Asia Trail Master (ATM) Championship Series point race since 2019.

Based on Runner's Survey by ITRA, MMTF gathered an astonishing 4.5 points over 5 points (norm 3 points) for organization of the race.

GIVING BACK TO THE SOCIETY THROUGH TRAIL RUNNING



A SUSTAINABLE EVENT ORGANISATION

The North Face® Malaysia Mountain Trail Festival has taken the VISION 2025 pledge with the aim to cut our environment impact by 50% by 2025.

The event team have partake in tree planting initiatives since 2021 in line with our support of the nations 100 million tree planting program.

Our event team supports and are trained Malim Gunung Perhutanan (MGP) as its our aim to help and be actively involved with the Forestry Department of Malaysia (JPSM) conservation of nature program.



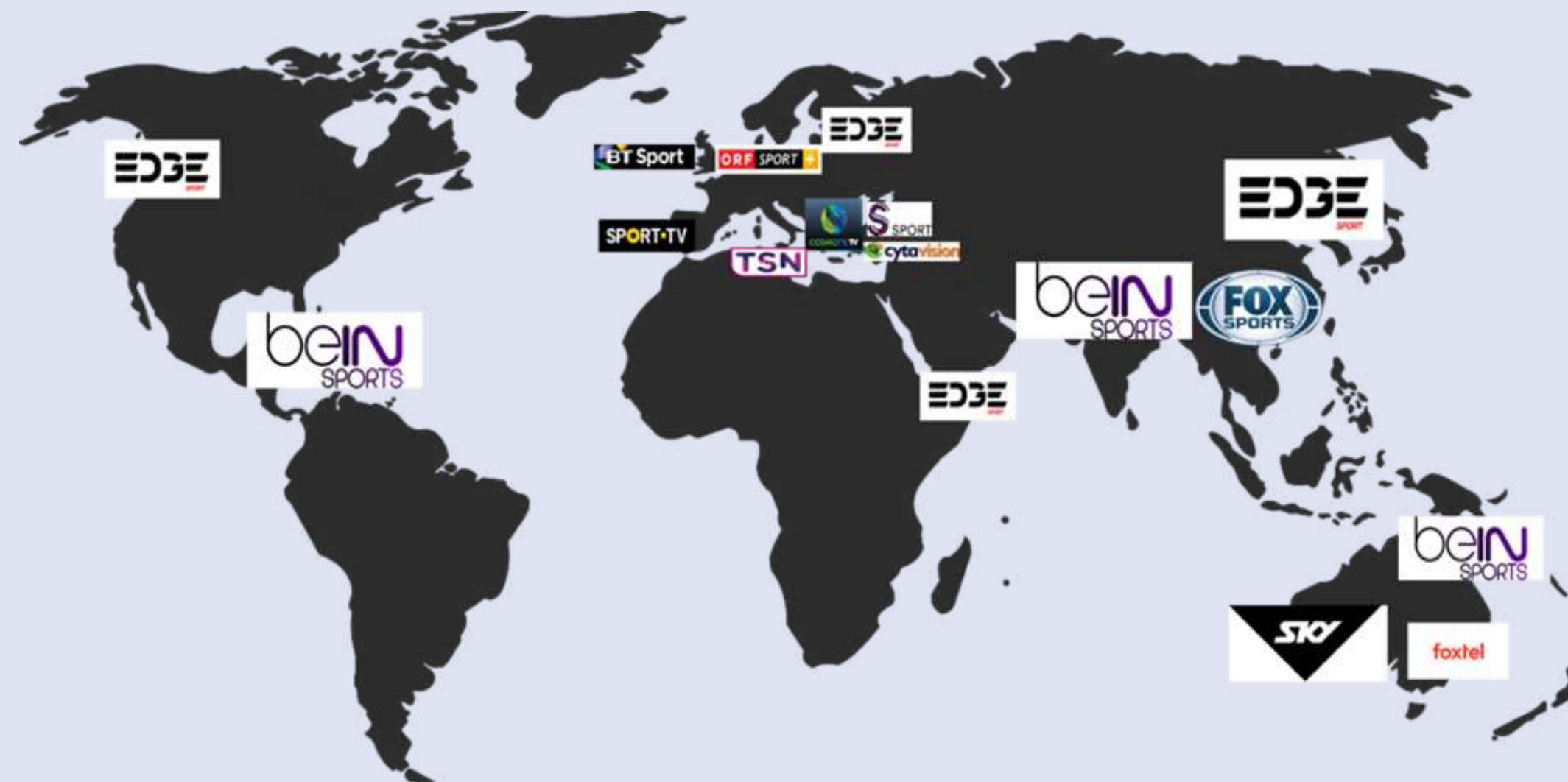
WE BROUGHT THE RACE TO THE WORLD

BROADCASTED GLOBALLY
SINCE 2019

The North Face® Malaysia Mountain Trail Festival has been broadcasted to more than 133 countries/ 2.2 billion household since 2019.

This is inline with our objectives to introduce Malaysia's trails to the world.

Special credit to our media partners - ICarus Sports | Directors Think Tank | Pelari Denai | TWT Marathon



GENERAL INFO

RACE VILLAGE

- The race village is situated at Esplanade, Taiping which is adjacent to the iconic Taiping Lake Garden.
- REPC, MAIN STAGE, RACE EXPO and START/ FINISH will all be located at Esplanade, Taiping.

PARKING

- Runners are advised to park their vehicles at the designated parking area and NOT around the field/ RACE VILLAGE.
- All vehicles that are NOT parked at designated parking area risk being towed away by the authorities and owners subjected to summons by the local council.

CAMP ZONE

- Runners are NOT ALLOWED to camp around the RACE VILLAGE.

RUBBISH

- Please discard your rubbish responsibly at the designated rubbish bins located around the field.
- Please place your rubbish according to the labels (NON RECYCLABLE/ RECYCLABLE) found on the bins.

REPC

- Runners only need to present a soft copy of identification to collect their entitlements
- Runners who can't collect their entitlements in person have to issue a letter of authorization in writing to the person who is collecting on behalf.

RUNNER'S BIB

- No unauthorized transfer of bib allowed and runners must run with their own bib no.
- Tampering with the race bib in any way (e.g. obscuring/removing sponsor's identification) will result in your disqualification. The organizer shall immediately disqualify any participants, if this rule is not strictly observed.

SUPPORT CREW

- Support crew are not needed for the event.
- Support crew are not allowed beyond 50 meters of the CPs.
- Support crew are not allowed to help themselves to food and beverages that are provided to runners at the CPs.
- Runners may not use the service of a pacer who are not registered as a participant to the event.

GENERAL INFO

FLAG OFF/ CUT OFF TIME (COT)

Distance	Flag off Time	Cut Off Time	Duration
Vertical Kilometer (VK)	8am, 25/11/2022 (Friday)	10.30am, 25/11/2022 (Friday)	2.5 Hours
13 KM	7am, 27/11/2022 (Sunday)	11am, 27/11/2022 (Sunday)	4 Hours
25 KM	3pm, 26/11/2022 (Saturday)	12am, 27/11/2022 (Sunday)	9 Hours
50 KM	10am, 26/11/2022 (Saturday)	3am, 27/11/2022 (Sunday)	17 Hours
100 KM	3am, 26/11/2022 (Saturday)	11am, 27/11/2022 (Sunday)	32 Hours

WITHDRAWAL FROM THE RACE

- You may withdraw from the race at anytime during the race by informing the event team at the next/ nearest CP of your decision.

NO PETS ALLOWE ON THE COURSE

- We love animals but no pets of any kind is allowed on the course

EMERGENCY NO

- The dedicated EMERGENCY NO during the race weekend is +6013 9766697.
- Please take note that owing to the vast area and remoteness that the race covers, it will take up to 3 hours for the RESCUE AND SAFETY team to reach you once reported.

EVENT SCHEDULE

20 NOVEMBER 2022 (SUNDAY)

DESCRIPTION	TIME	REMARK
"RUN OUT" With Pau Capell	08:00am – 12:00pm	At Dataran Kedamaian Taman Tasik Taiping (MMTF 2022 Participants Only)

24 NOVEMBER 2022 (THURSDAY)

DESCRIPTION	TIME	REMARK
Race Entitlement Pack Collection (REPC)	02:00pm – 07:00pm	At Esplanade, Taiping, Perak (All Distance Category)

25 NOVEMBER 2022 (FRIDAY)

DESCRIPTION	TIME	REMARK
Race Start	08:00am	Kaki Bukit Larut, Taiping (VK Only)
Race Entitlement Pack Collection (REPC)	06:00am - 07:00am	Kaki Bukit Larut, Taiping (VK Only)
	10:00am – 07:00pm	At Esplanade, Taiping, Perak (All Distance Category)
Cut Off Time (COT)	10:30am	Bukit Larut, Taiping (VK)
Elite Introduction	05:00pm - 05:30pm	At Main Stage, Race Village, Esplanade
Race Briefing	05:30pm – 06:30pm	At Main Stage, Race Village, Esplanade By Ewegene Tan of MMTF
Welcome Dinner	06:30pm - 08:30pm	At Esplanade, Taiping, Perak

26 NOVEMBER 2022 (SATURDAY)

DESCRIPTION	TIME	REMARK
Race Pack Entitlement Collection (REPC)	12:00am - 01:30am	Esplanade, Taiping (100KM Only)
	07:00am – 08:30am	Esplanade, Taiping (50KM Only)
	12:00pm – 01:30 pm	Esplanade, Taiping (25KM Only)
	02:00pm – 05:00pm	Esplanade, Taiping (13KM Only)
Finish Line Drop Bag Counter Opens	01:00am	At Esplanade, Taiping, Perak (For All Categories)
Race Start	03:00am	Esplanade, Taiping (100KM)
	10:00am	Esplanade, Taiping (50KM)
	03:00pm	Esplanade, Taiping (25KM)
Expected Arrival 1st Runner	04:15pm	Esplanade, Taiping, (100KM)
	05:00pm	Esplanade, Taiping (50KM)
	06:30pm	Esplanade, Taiping (25KM)

EVENT SCHEDULE

27 NOVEMBER 2022 (SUNDAY)

DESCRIPTION	TIME	REMARK
Race Pack Entitlement Collection (REPC)	04:00am - 05:30am	Esplanade, Taiping (13KM Only)
Race Start	07:00am	Esplanade, Taiping (13KM)
Expected Arrival 1st Runner	08:10am	Esplanade, Taiping (13KM)
Cut Off Time (COT)	12:00am	Esplanade, Taiping, Perak (25KM)
	03:00am	Esplanade, Taiping, Perak (50KM)
	11:00am	Esplanade, Taiping, Perak (13KM)
	11:00am	Esplanade, Taiping, Perak (100KM)
Prize Giving Ceremony	11:00am – 12:00pm	At Race Village, Esplanade, Taiping, Perak
Finish Line Drop Bag Counter Close	02:00pm	At Race Village, Esplanade, Taiping, Perak (For All Categories)

Note :

1. Schedule is subjected to change when deemed necessary by organizer.
2. Mandatory gears check will be conducted during REPC and at selected Aid Station.
3. Please follow the instructions of signages and event crews at all times.
4. No Vaccine No Race Rule
5. Welcoming dinner is only for runners.
6. No Race Bib No Race Rule
7. All drop bags must be retrieved with RUNNER'S BIB at the respective drop bag counters by 02:00pm (20 November 2022) either by runners themselves or a representative. Any drop bags not collected after 02:00pm may be disposed of. The organizer will not be held responsible for any loss or damage to any item in the drop bag.

MANDATORY ITEMS

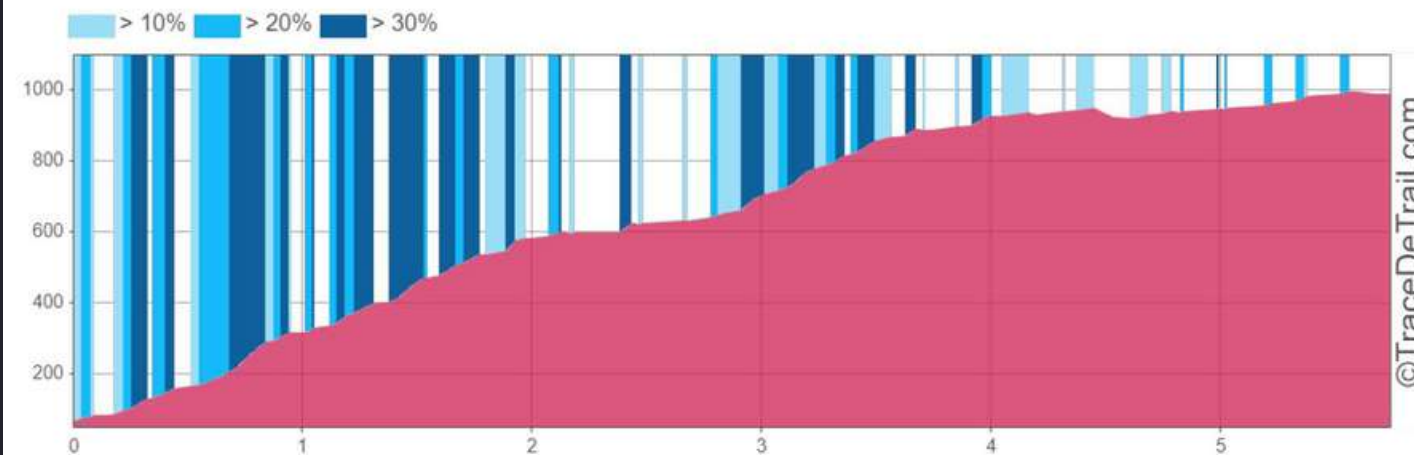
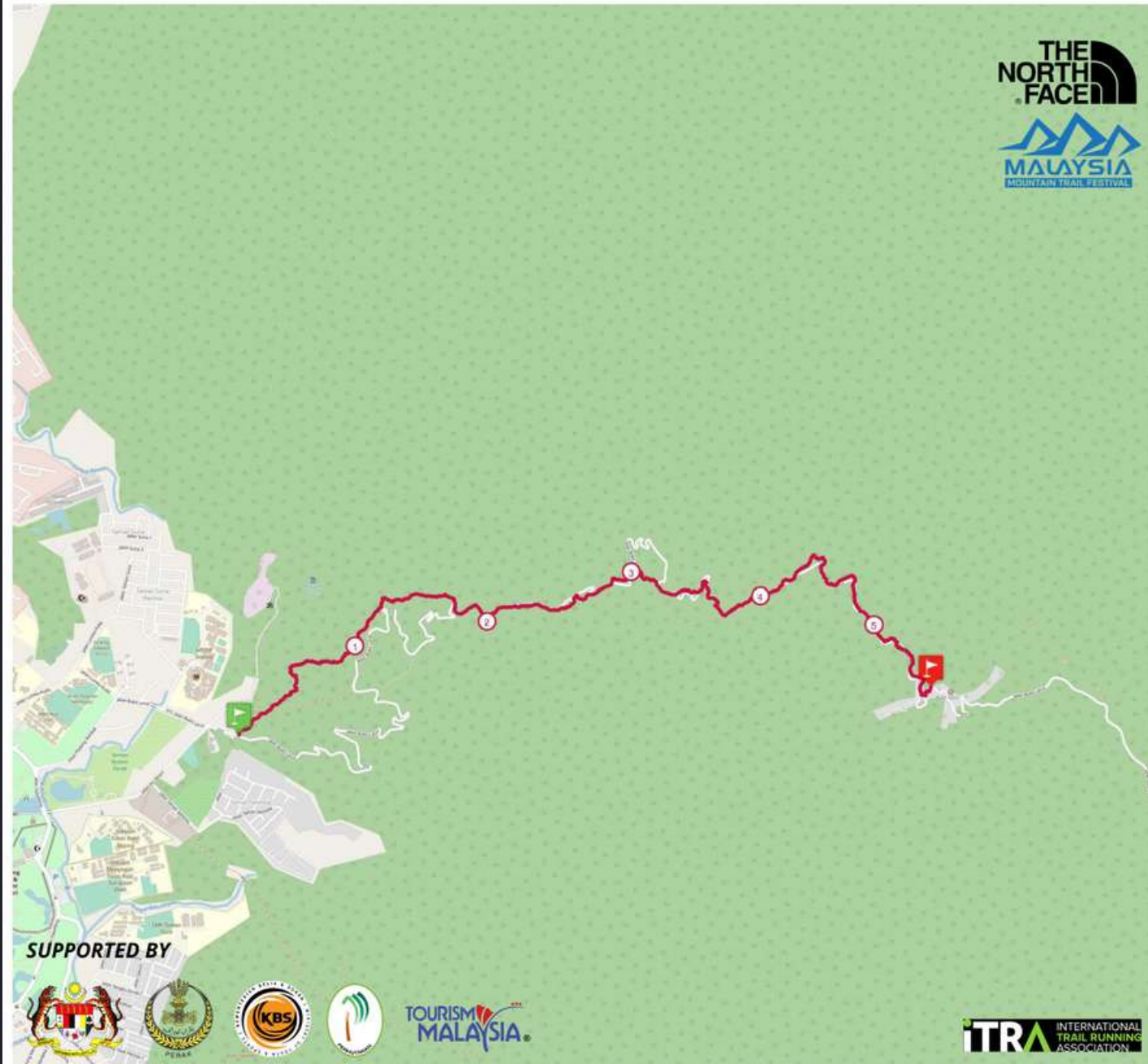
MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022						
MANDATORY ITEMS						
RULES AND PENALTIES						
ITEMS	13KM	25KM	55KM	100KM	PENALTY	REMARKS
Headlamp		Yes	Yes	Yes	DQ	Automatic
Extra Batteries For Headlamp			Yes	Yes	30 Minutes	Option : 2nd Headlamp is allowed
Emergency/ Space Blanket		Yes (x1)	Yes (x1)	Yes (x2)	30 Minutes	100KM (x1) = 15 mins
Waterproof/ Windproof Jacket			Yes	Yes	30 Minutes	
Mobile Phone	Yes	Yes	Yes	Yes	DQ	Automatic
Compass			Yes	Yes	15 minutes	
Whistle			Yes	Yes	15 Minutes	
Basic First Aid Kit		Yes	Yes	Yes	30 Minutes	
Personal Drinking Cup	Yes	Yes	Yes	Yes	15 Minutes	
Water Bottle/ Bladder	500ml	500ml	1.5 Litre	1.5 Litre	DQ	Automatic
Ziplock bag For Personal Trash	Yes	Yes	Yes	Yes	30 Minutes	
Energy Gel/ Bar (Energy Food Source)		Yes	Yes	Yes	15 Minutes	
Buff/ Cap		Yes	Yes	Yes	15 Minutes	
Spoon/ Bowl			Yes	Yes	15 Minutes	Min. Drinking Cup / No Hotmeals
Gloves			Yes	Yes	15 minutes	
Shoes	Yes	Yes	Yes	Yes	DQ	Automatic
Recommended Items						
Anti Chafing Cream/ Vaseline						
Spare Socks						
Reflective Vest						
Sunblock/ Sunscreen						
Spare Running Top						
Sunglasses						
ID and Money						
Facemask						
Hand Sanitizer						
Hiking Poles						

Notes :-

1. Mandatory items will be checked during REPC and randomly during the race.
2. Automatic = dismissal from the race course

LOSE YOUR MIND DISCOVER YOUR SOUL

5.7 km 990 m 50 m



COURSE INFORMATION VERTICAL KILOMETER (VK)

Time/ Date - 8:00am/ 25 November 2022

Start/ Finish - Kaki Bukit Larut - Bukit Larut Taiping

Cut Off Time (COT) - 2.5 hours (10:30am/ 25 November 2022)

Maximum Altitude - 1000m

Longest Ascent - 1000m

Longest Descent - 0m

No of AS/ CP - 1 no

This course is suited for runners who favors vertical gain. The course will take runners up to 1000m asl over 5.5KM.

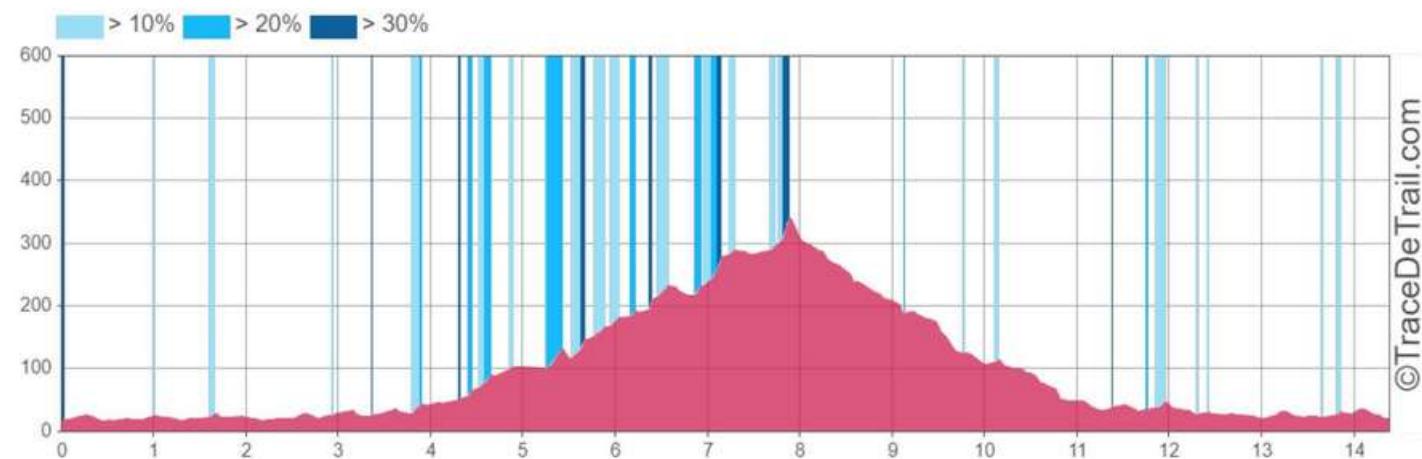
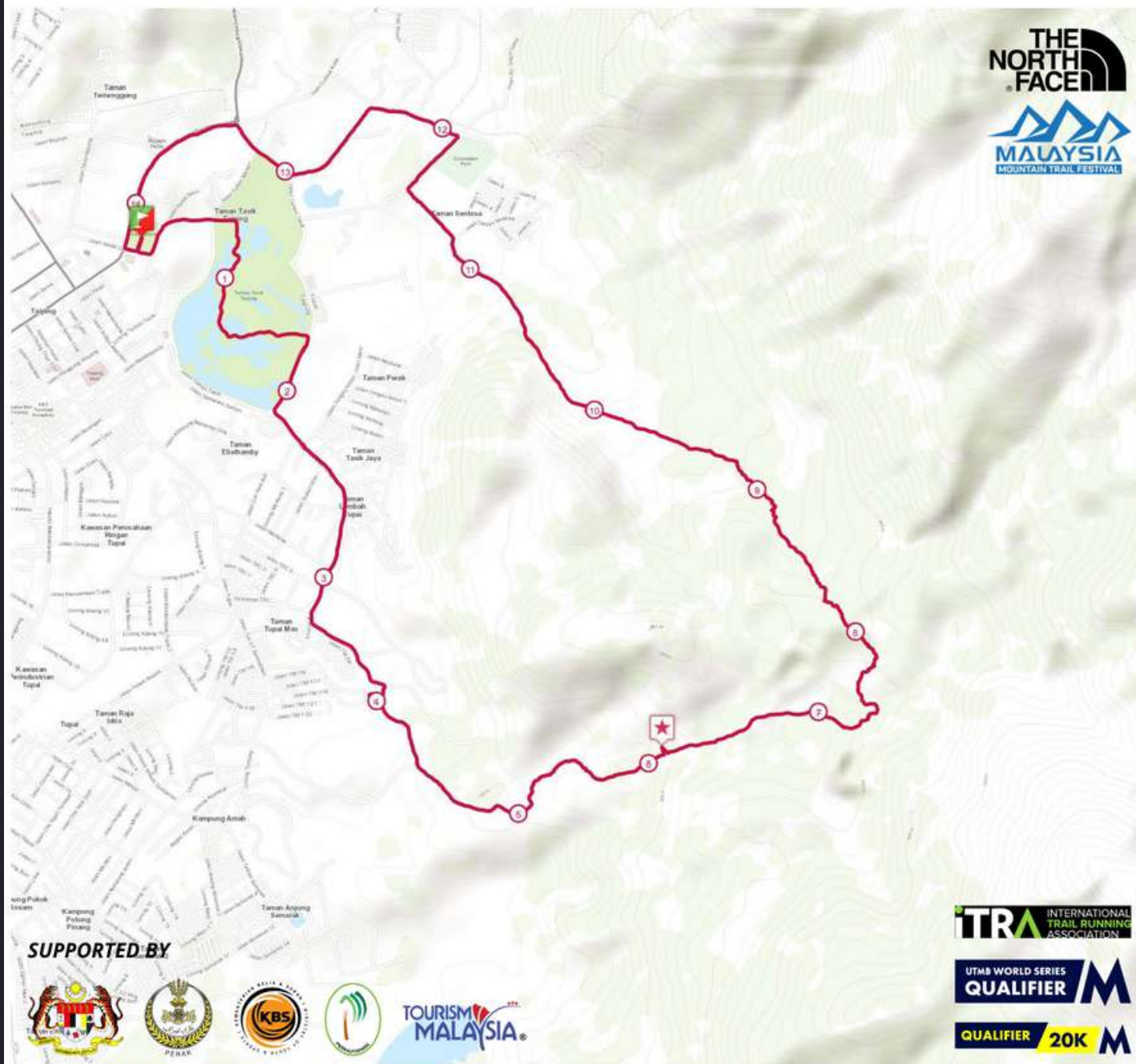
Runners are reminded to exercise extra caution on the trail segments as some parts are extremely steep.

Trail road ratio for this race is 80/20%.

CAUTION - Runners would have to find their way down after the race (the normalcy of VK around the world which would help runners shrug off the lactic acid accumulated from taking the challenge)

The North Face® Malaysia Mountain Trail Festival 2022 - 13KM FRESHMEN

14.3 km  490 m  490 m



COURSE INFORMATION 13KM FRESHMEN CHALLENGE

Time/ Date - 7:00am/ 207November 2022

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 4 hours (11:00am/ 27 November 2022)

Maximum Altitude - 341m

Longest Ascent - 420m

Longest Descent - 390m

No of AS/ CP - 1 no

This course is suited for trail runners of all level.

Runners are reminded to exercise extra caution on the road segments. and at the 2 river crossing at KM8 and KM9.

Trail road ratio for this race is 60/40%.

CP TIMELINE INFORMATION 13KM FRESHMEN CHALLENGE

SUPPORTED BY



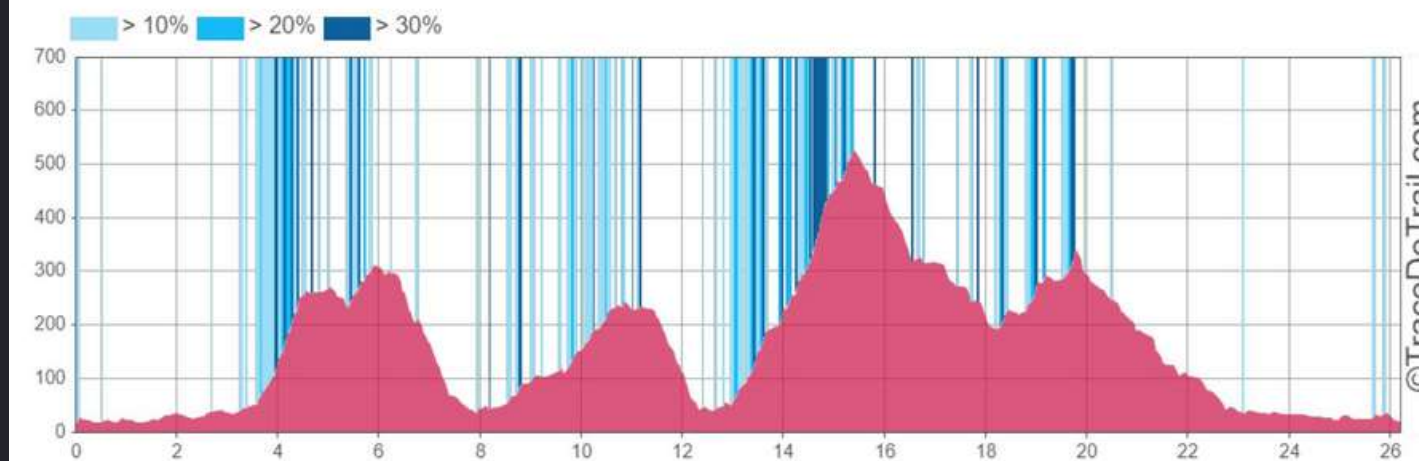
THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 13KM FRESHMEN CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				7.00am 27-Nov	Race Base
ASI SUUNTO (MTB)	2	2	6.2	6.2	194	194	7.30am 27-Nov	9.00am 27-Nov		9.00am 27-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	2	4	14.3	8.1	296	490	8.10am 27-Nov	11.00am 27-Nov		11.00am 27-Nov	Race Base/ Light Refreshments - Meals
ESPLANADE TAIPING											

UTMB INDEX RACE 20K



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 - 25KM BALL BREAKER

26.2 km  1360 m  1360 m



COURSE INFORMATION

25KM BALL-BREAKER CHALLENGE

Time/ Date - 3:00pm/ 26 November 2022

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 9 hours (12:00am/ 26 November 2022)

Maximum Altitude - 529m

Longest Ascent - 480m

Longest Descent - 380m

No of AS/ CP - 2 nos

This course has a mixture of technical and non technical trails. There will be technical climb at KM3.8-5.8 and KM14.5-15.5. Runners will be guided by trail markers/ gpx. Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades. There will be 2 river crossing at approximately KM20 and KM21.

Runners are reminded to exercise extra caution on the road segments. Trail road ratio for this race is 65/35%.

CP TIMELINE INFORMATION 25KM BALL-BREAKER CHALLENGE

SUPPORTED BY



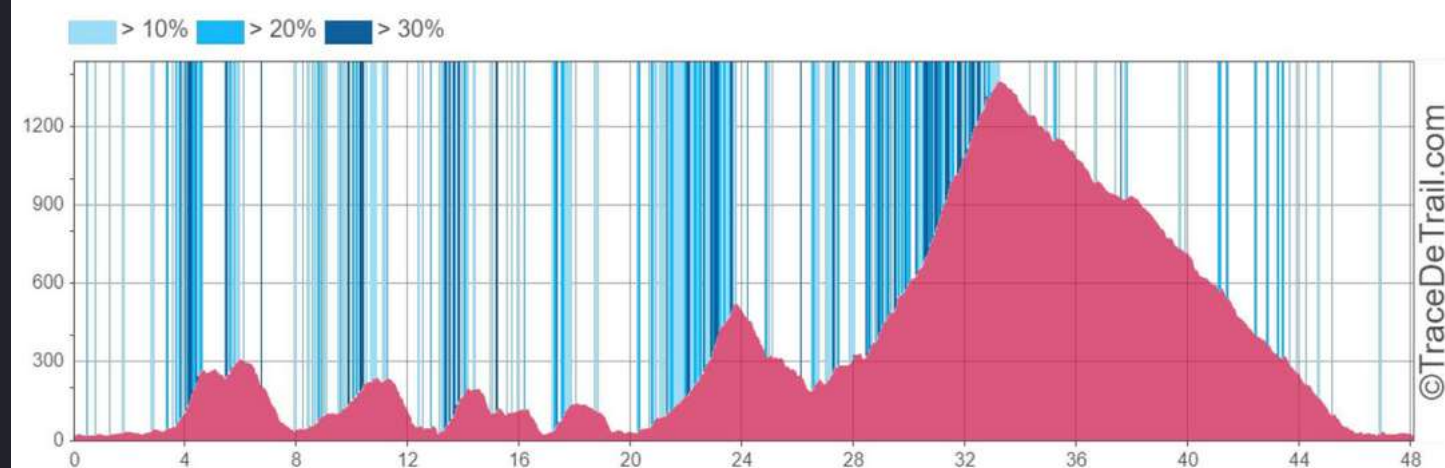
THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 25KM CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				3.00pm 26-Nov	Race Base
AS1 SUUNTO (MTB)	3	3	10	10	572	572	4.15pm 26-Nov	6.00pm 26-Nov		6.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS2 SUUNTO (MTB)	3	6	18	8	570	1142	5.30pm 26-Nov	9.00pm 26-Nov		9.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	3	9	26	8	218	1360	6.30pm 26-Nov	12.00am 27-Nov		12.00am 27-Nov	Race Base/ Refreshments - Meals
ESPLANADE TAIPING											

ITRA 1 POINT
UTMB INDEX RACE 20K



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 - 50KM ULTRA

48.1 km  2960 m  2960 m



COURSE INFORMATION 50KM ULTRA CHALLENGE

Time/ Date - 10:00am/ 26 November 2022

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 17 hours (3:00am/ 27 November 2022)

Maximum Altitude - 1381m

Longest Ascent - 1080m

Longest Descent - 1380m

No of AS/ CP - 5 nos

This course has a mixture of technical and non technical trails. There will be technical climb at KM3.8-5.8, KM23-24 and KM29-33. Runners will be guided by trail markers/ gpx.

Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades.

Runners are reminded to exercise extra caution on the road segments.

Trail road ratio for this race is 70/30%.

WARNING - Runners will be taken into the Virgin Jungle Reserves (VJR)

CP TIMELINE INFORMATION 50KM ULTRA CHALLENGE

SUPPORTED BY



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 50KM ULTRA CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				10.00am 26-Nov	Race Base
AS1 SUUNTO (MTB)	3	3	10	10	584	584	11.15am 26-Nov	1.00pm 26-Nov		1.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS2 U TURN/ KUNING SARI	3	6	20	10	434	1018	12.15am 26-Nov	4.00pm 26-Nov		4.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments Hot Meals
AS3 SUUNTO (MTB)	2	8	26	6	498	1516	1.15pm 26-Nov	6.00pm 26-Nov		6.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS4 ANGKASA	5	13	36	10	1271	2787	3.45pm 26-Nov	11.00pm 26-Nov		11.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS5 THE NORTH FACE® (KAKI BUKIT LARUT)	3	16	46	10	94	2881	4.45pm 26-Nov	2.00am 27-Nov		2.00am 27-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	1	17	49	3	77	2958	5.00pm 26-Nov	3.00am 27-Nov		3.00am 27-Nov	Race Base/ Refreshments - Meals
ESPLANADE TAIPING											

ISF CERTIFIED COURSE LABEL
ASIA TRAIL MASTER CHAMPIONSHIP
ITRA 3 POINTS
UTMB INDEX RACE 50K



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 - 100KM ULTRA TRAIL

98.7 km  5330 m  5330 m

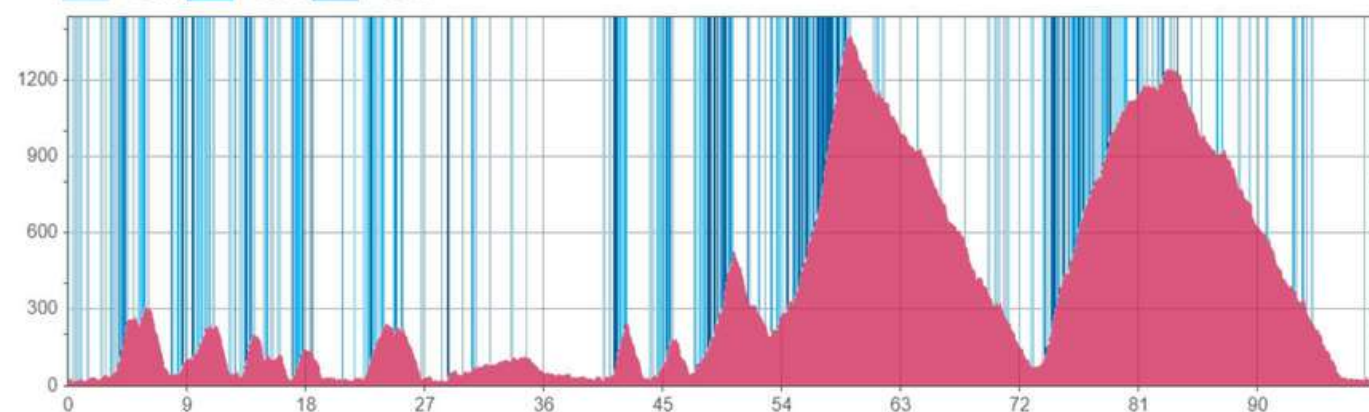
run



SUPPORTED BY



> 10% > 20% > 30%



COURSE INFORMATION 100KM ULTRA-TRAIL® CHALLENGE

Time/ Date - 3:00am/ 26 November 2022

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 32 hours (11:00am/ 27 November 2022)

Maximum Altitude - 1381m

Longest Ascent - 1280m

Longest Descent - 1380m

No of AS/ CP - 10 nos

This is the ultimate challenge of the race weekend. The course has a mixture of technical and non technical trails. There will be technical climb at KM3.8-5.8, KM41-42, 4KM49.5-50.5, KM54-59 and KM73-83. Runners will be guided by trail markers/ gpx. Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades.

Runners are reminded to exercise extra caution on the road segments. Trail road ratio for this race is 70/30%.

WARNING - Runners will be taken into the Virgin Jungle Reserves (VJR)

CP TIMELINE INFORMATION

100KM ULTRA-TRAIL® CHALLENGE

SUPPORTED BY



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022 100KM ULTRA TRAIL CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
START											
ESPLANADE TAIPING	0		0		0	0				3.00am 26-Nov	Race Base
AS1 SUUNTO (MTB)	3	3	10	10	584	584	4.15am 26-Nov	6.00am 26-Nov		6.00am 26-Nov	Timing Control/ Medic/ Light Refreshments
AS2 - AYER KUNING	3	6	21	11	463	1047	5.30am 26-Nov	9.00am 26-Nov		9.00am 26-Nov	Timing Control/ Medic/ Light Refreshments
AS3 T8 (TUNNEL)	2	8	28	7	311	1358	6.15am 26-Nov	11.00am 26-Nov		11.00am 26-Nov	Timing Control/ Medic/ Light Refreshments
AS4 CHANGKAT IBOL JUNCTION	2	10	40	12	199	1557	7.30am 26-Nov	1.00pm 26-Nov		1.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS5 U-TURN AYER KUNING	3	13	47	7	434	1991	8.15am 26-Nov	4.00pm 26-Nov		4.00pm 26-Nov	Timing Control/ Medic/ Hot Meals/ Drop Bags
AS6 SUUNTO (MTB)	2	15	53	6	498	2489	9.00am 26-Nov	6.00pm 26-Nov		6.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS7 ANGKASA	5	20	63	10	1271	3760	11.30am 26-Nov	11.00pm 26-Nov		11.00pm 26-Nov	Timing Control/ Medic/ Light Refreshments
AS8 THE NORTH FACE® (KAKI BUKIT LARUT)	3	23	73	10	94	3854	12.30pm 26-Nov	2.00am 27-Nov		2.00am 27-Nov	Timing Control/ Medic/ Light Refreshments
AS9 ANGKASA	5	28	86	13	1305	5159	3.00pm 26-Nov	7.00am 27-Nov		7.00am 27-Nov	Timing Control/ Medic/ Light Refreshments
AS10 THE NORTH FACE® (KAKI BUKIT LARUT)	3	31	96	10	94	5253	4.00pm 26-Nov	10.00am 27-Nov		10.00am 27-Nov	Timing Control/ Medic/ Light Refreshments
FINISH ESPLANADE TAIPING	1	32	99	3	77	5330	4.15pm 26-Nov	11.00am 27-Nov		11.00am 27-Nov	Race Base/ Light Refreshments - Meals

ASIA TRAIL MASTER CHAMPIONSHIP
ITRA 5 POINTS
UTMB INDEX RACE 100K



THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2022

THINGS TO DO/ PLACES TO VISIT IN TAIPING



1. Taiping Museum
2. Matang Mangrove Forest
3. Taiping Zoo & Night Safari
4. Boat Tour at Kuala Sepetang
5. Savor the wide varieties of seafood at Matang/ Kuala Sepetang
6. Visit the charcoal factory at Kuala Sepetang
7. Maxwell Hill/ Bukit Larut
8. Taiping Lake Garden
9. Taiping War Cemetery
10. Taiping Old Railway Station
11. Sāsanārakkha Buddhist Sanctuary
12. Cool down at Burmese Pool
13. Larut Matang Hawker Center
14. Lake Garden Hawker Center
15. Spritzer EcoPark
16. Visit the old wet market at Pokok Assam or Taiping Town to savor some traditional delicacies
17. Ansaari Famous Cendol
18. Doli Fried Koay Teow
19. Antong Coffee
20. Wonder Farm Mushroom

OFFICIAL PARTNERS
OFFICIAL SPONSORS

TITLE SPONSOR



OFFICIAL PARTNER

SPORT-FITNESS WATCH



TREKKING POLE



TYPOON WEAR



ENERGY DRINK



COCONUT WATER



ENERGY BAR



OFFICIAL SPONSORS



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INSTAGRAM

Contact Info

MAILING ADDRESS

203, Lorong 8, Taman Sri Kota, 34000 Taiping, Perak

EMAIL ADDRESS

info@mmtf.my

PHONE NUMBER

EMERGENCY CONTACT NO : +60139766697