

Kite and windsurfers head to Balok Beach, especially when the monsoon winds whip up the surf.

**Sporting Adventures**



The Sungai Pandan Waterfall to the west of Kuantan is a favourite recreational venue with the locals.

**Wild about Nature**



The coastal strip from Kuantan north to Cerating is home to several beachfront resorts, including the Royale Chulan Cerating.

**Resort Living**

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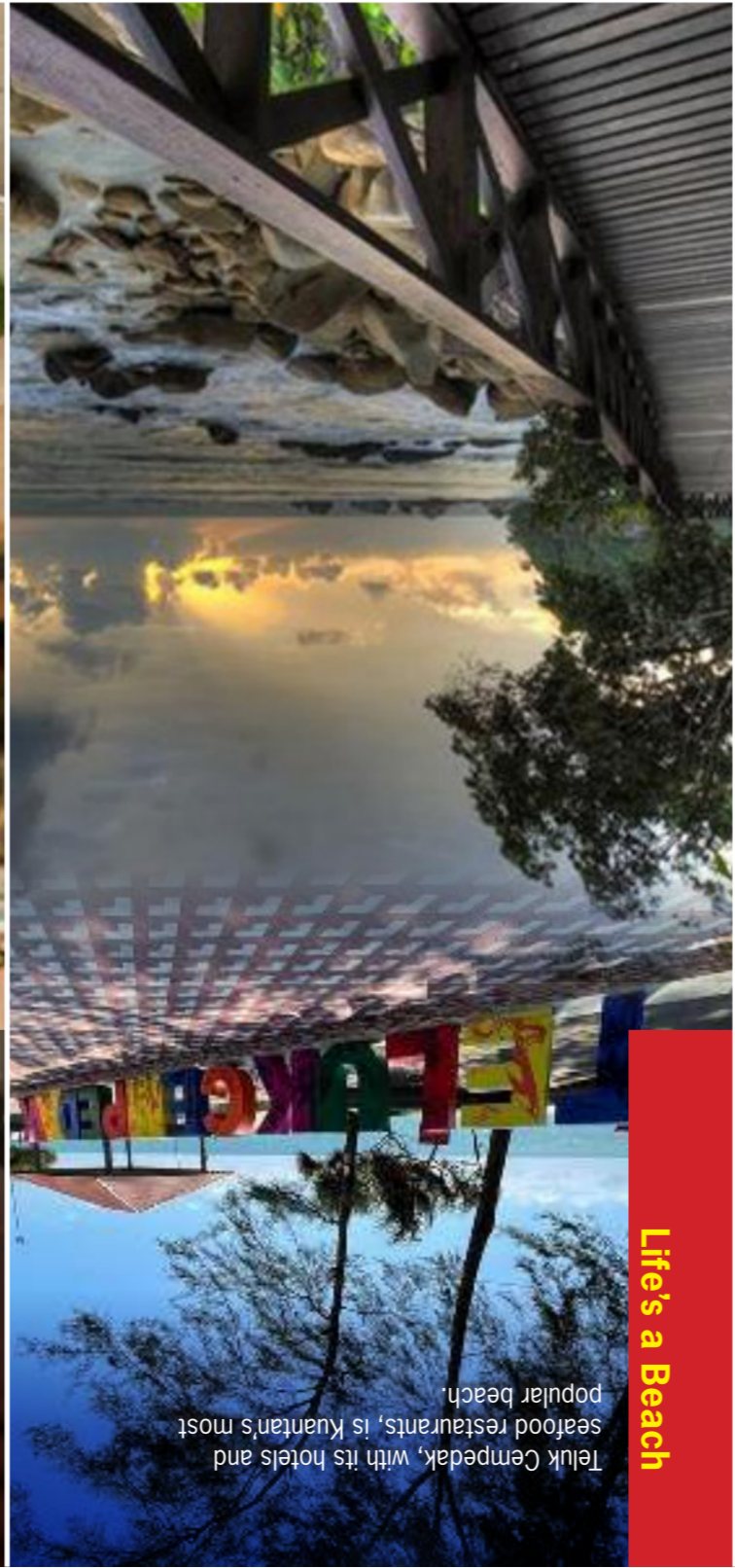
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Kuantan has many delicious local dishes complemented by a variety of international cuisines.

**Food, Glorious Food**



Teluk Cempedak, with its hotels and seafood restaurants, is Kuantan's most popular beach.

**Life's a Beach**



The laneways of historic Kuantan have been brought back to life in recent years with vibrant and interactive street art.

**Taking it to the Streets**



Kuantan 188 rises 188 m above the historic downtown area to offer the finest views of the Kuantan River, and the South China Sea.

**Eye on Kuantan**



Sultan Ahmad Shah State Mosque



Walk along Jalan Besar to admire Kuantan's colourful heritage and street art.



Admire the sunrise at Bukit Panorama, near Sungai Lembing.



Club Med.



Explore the former tin mine at Sungai Lembing.



Visit educational museums.



Enjoy local treats like sata.



- The Zenith, The Sultan Ahmad Shah International Convention Centre
- Rocana
- Grand Darul Makmur Hotel
- AC Hotel by Marriott
- Pavilion Hotel
- Shahzan Hotel
- Kuantan City Mall
- Grand Continental Hotel



Kuantan's Jalan Besar has several trendy coffeshops.



Enjoy a round of golf at the Royal Pahang Golf Club.



Royal Pahang Silk Weaving Centre at Sungai Soi.



Help save turtles at the Cerating Turtle Sanctuary.



Enjoy coastal Kuantan on horseback.



Admire the wetlands from a kayak at Mangala Resort.



Create a batik masterpiece in Cerating.

### KUANTAN – Sunshine of the East Coast

The Pahang capital, with a population of 500,000 residents is located at the mouth of the Kuantan River, whose tributaries start in the mountainous interior. Kuantan has been the state capital since 1955, but its importance as a strategic trading port dates back several centuries, when it was referred to as Kampung Teruntum. Kuantan's coast is lined with tranquil beaches and resorts, making it an ideal beachside destination. Just inland, there are limestone caves, waterfalls, the historic tin town of Sungai Lembing and a water theme park in Bukit Gambang.

The river is important especially for transportation and fishing purposes. Visitors can also admire its beauty by taking a river cruise, or admire it from Kuantan 188, Malaysia's second tallest tower. This 188-m high tower is located along a riverfront esplanade in the capital's commercial heart. It is surrounded by shops, offices, malls and dining outlets. This area is also Kuantan's historic precinct, with Jalan Besar being a fascinating location to admire the city's colourful heritage and street art. Some shoplots have been revitalised as cafés and restaurants, but they often present a window into the past. Bazar Serambi Teruntum in Tanjung Lumpur houses outlets selling handicrafts including batik, wood carvings, pottery and songket as well as food products.

No one goes hungry in Kuantan, with seafood restaurants in Tanjung Lumpur and smart coffeshops, especially along Jalan Besar. Fresh seafood offered at affordable prices is a delight for most visitors. The rustic Jaman Tory Restaurant is well patronised for its retro setting and dishes like *patin bakar tempoyak*. *Ana Ikan Bakar Petai* specialises in grilled fish and seafood served in a relaxed setting. A local favourite is the rice dish *nasi dagang*. While traditional cakes are available, contemporary interpretations are served in trendy outlets like Kula Cakes, Kopi & Teh, Watak Kopi and MiCo² Café.

Shoppers can visit malls including Kuantan Parade, East Coast Mall, Kuantan City Mall and Berjaya MegaMall. Superior accommodation is available in hotels like Rocana, Swiss-Belhotel, AC Hotel by Marriott Kuantan and Zenith.

The closest beach to Kuantan is Teluk Cempedak located just 6 km to the east. Its beachfront is popular for its international hotel and beachfront food stalls. Holidaymakers can relax or enjoy watersports like kayaking and windsurfing. The Beserah to Balok beachfront is lined with fishing villages, with some resorts providing direct beach access. While locals still fish the waters, adventurous kite and windsurfers ride the waves. The long sandy beaches and resorts of Cerating appeal to those seeking a laidback holiday, as the village retains a relaxed 1970s atmosphere that appeals to budget travellers.

Join a cruise along a mangrove-lined river or engage in numerous watersport activities. Resorts like the Royale Chulan, Club Med and Kasturi cater to discerning travellers, while chalets appeal to those on a budget. Marine life is important along coastal Pahang, with the Cerating Turtle Conservation Centre overseeing turtle management. Turtles lay their eggs in coastal sands from January to September.

Head inland to explore Gambang with its water theme park resort and, nearby, the luxurious Mangala Resort and Spa. Bukit Gambang Resort is a theme park with accommodation, restaurants and various fun rides. The Mangala Resort is located around a serene lake within a palm forest. Nature activities and pursuits like biking, archery and kayaking set this deluxe resort apart.

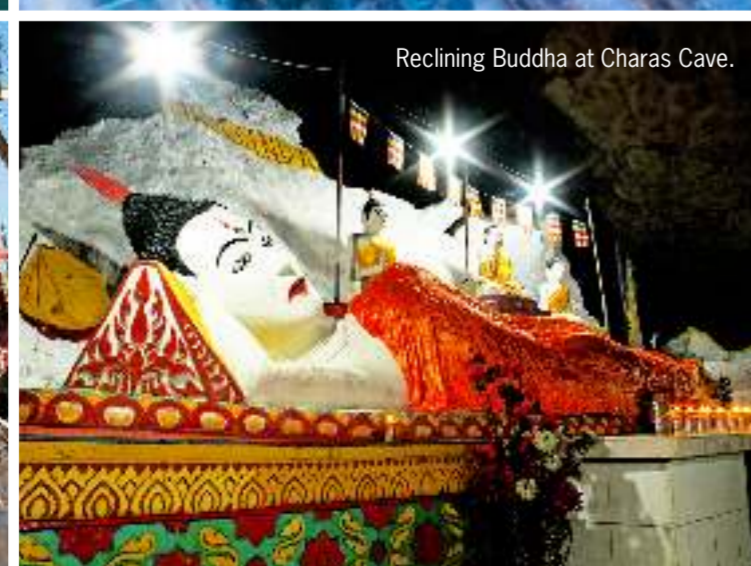
Sungai Lembing, northwest of Kuantan, was from 1921 to 1941, Malaya's largest tin mine and one of its few underground mines. The streets are a living museum, while its museum is a valuable educational resource. Many people visit Sungai Lembing to enjoy dishes like *mee Jawa*, *bak kut teh* and steamboat, stay in small hotels and visit the weekend market. An interactive tin mining display is located at the site of the former mine shaft. Panorama Hill with its rainbow waterfall is popular among photographers; while nearby Charas Cave and Sungai Pandan Waterfall also appeal.



Discover unique Pahang produce and dishes at Serambi Teruntum Bazar.



Fishing fleet in Kuantan.



Reclining Buddha at Charas Cave.



Enjoy cool cakes at Kula Cakes in Kuantan.



Cruise along the Kuantan River.



Jaman Tory Restaurant known for its retro setting.



Admire the beauty of Sungai Lembing's Rainbow Waterfall.