



Pristine Places

The mossy forest on Gunung Branchang is an enchanting world of mist, moss, lichen, and pitcher plants.



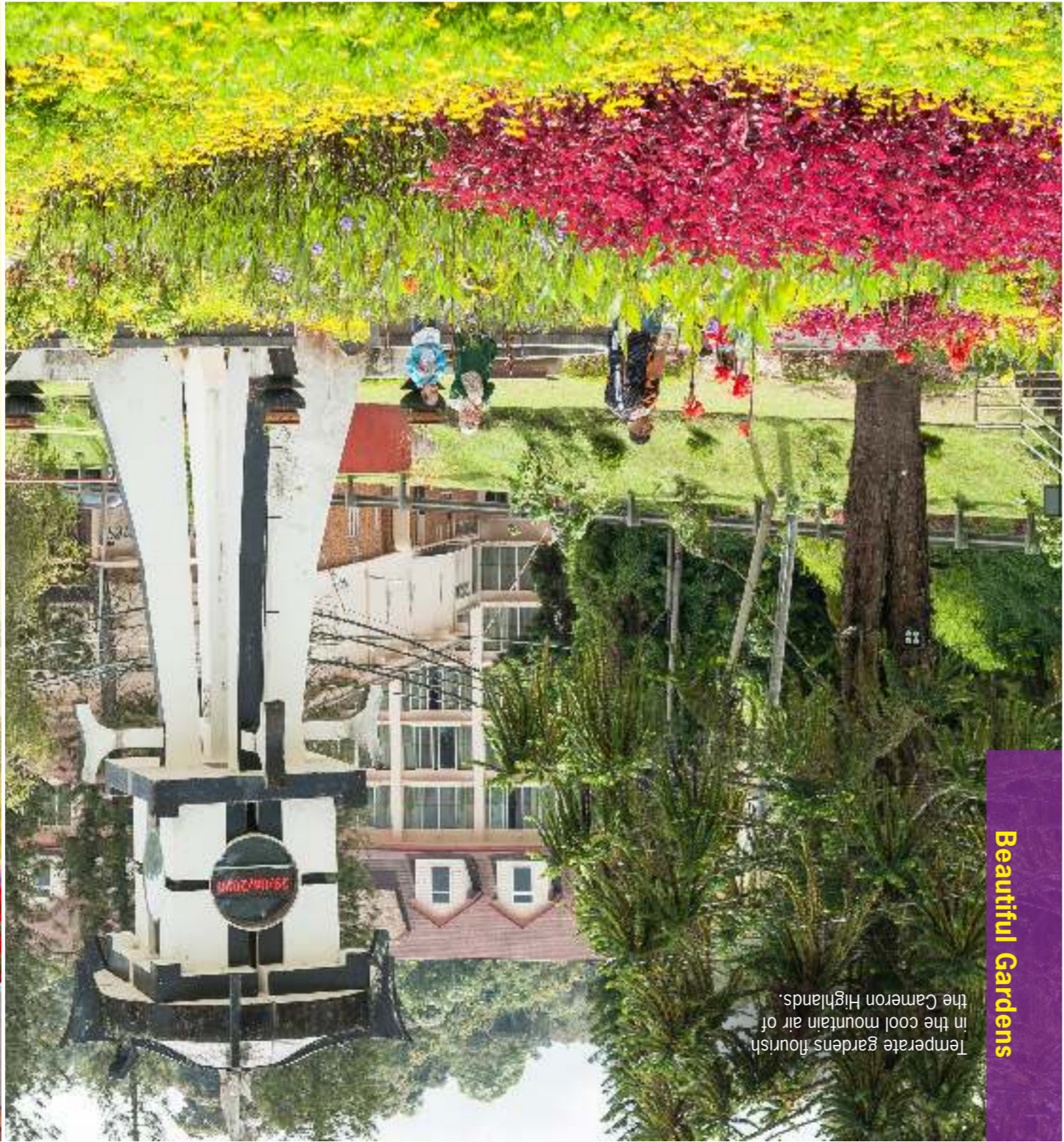
Restful Retreats

Several small, mock Tudor-style hotels, surrounded by temperate gardens, have appealed to guests for decades.



Tea Estates

The Cameron Highlands are globally recognised for their prized teas, and rising early to admire the sunrise over one of several tea estates is especially popular with photographers.



Beautiful Gardens

Temperate gardens flourish in the cool mountain air of the Cameron Highlands.



Spring Hill Near Round
CAMERON HIGHLANDS
 The Essential Guide
 Pahang, MALAYSIA



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Design/Print: Sayax Holdings Sdn Bhd 020911



Lavender Garden.

BOH Sungai Palas Estate is an essential stop for lavish morning or afternoon cream teas.

Communal steamboat meals are a highland specialty.

Highland-grown vegetables are available from numerous stalls, farms, and markets.

Strawberries flourish in the highlands.

Visit highland farms to see vegetables thriving in the rich soil.

Visit MARDI to admire its colourful gardens.

Tanah Rata.



Hydroponically grown strawberries.

Flower farms provide a kaleidoscope of colour.

CAMERON HIGHLANDS - Spring All Year Round

In 1885, surveyor William Cameron, described the 1,500 m-high Cameron Highlands as, 'a fine plateau with gentle slopes, shut in by lofty mountains.' For decades, the idea of heading for the hills has appealed to many, with hill stations being developed throughout Asia as an escape from the tropical heat and humidity of the lowlands. Fraser's Hill and the Cameron Highlands are two hill stations located in Pahang. They developed as holiday destinations in the 1920s and flourished as there were few other options. The Cameron Highlands provided a venue for expatriates especially to enjoy a climate similar to Europe. Tudor Revivalist architecture was popular back then, and mock Tudor-style bungalows were built and gardens were established.

The Cameron Highlands extend up to Gunung Brinchang at 2,032 m altitude, and the mossy forest that flourishes here is one of the highlands' most enchanting sights. Farming activity and the unique patterns of tea plantations provide inspiration to many visitors. Visitors can also hike forest trails with an experienced guide.

There are several mountain attractions, including strawberry farms, flower gardens, cacti nurseries, markets, a butterfly farm and honey farms. Most of Malaysia's cut flowers, temperate vegetables and fruits are grown in the highlands, and visitors can purchase these products at farms and markets. Enjoying a cream tea of scones, cream and locally produced strawberry jam is one of many indulgences that the visitors can have a taste here.

The Cameron Highlands are very much a tourist destination, so there are numerous restaurants, cafés and coffeeshops where specialty local dishes can be enjoyed. Steamboat is a favourite while some outlets specialise in traditional English fare like roast beef and Yorkshire pudding while others serve uniquely Malaysian dishes such as strawberry nasi lemak.

One of the main tourist activities is to visit a tea plantation, with BOH Tea and Bharat Tea having the best-developed tourist facilities. Both serve tea and snacks, including indulgent cakes, making them perfect for morning or afternoon tea. BOH Sungai Palas Estate has a tea house with views over the meticulously manicured tea plants in the valley below. The views from the approach road that winds its way to the estate are as spectacular as the tea is tasty. Photographers usually flock here to capture the beauty of the sunrise.

While there are several large hotels, visitors seeking a quintessential highland experience should check into an old world boutique property. Hotels like the Cameron Highlands Resort and The Lakehouse provide restful retreats with a heritage ambience. There are alternatives, including staying at local family homestays in Kampung Taman Sedia.

Golf on the 18-hole Sultan Ahmad Shah Golf Club, located between Tanah Rata and Brinchang, offers a unique Malaysian golfing experience.

There are three main highland towns. Roads from Raub/ Kuala Lipis and Tapah meet at the township of Ringlet, a service centre for the surrounding farms. Tanah Rata is the highland's main commercial and tourist town, located just 6 km from Ringlet. There are numerous restaurants, shops, budget accommodation and service facilities in the town. Brinchang is situated at the highest altitude of the three highland towns. Like Tanah Rata, it has similar facilities in the bustling town centre.

The only way to reach the Cameron Highlands is to drive or be driven. Public buses operate from Tapah (connecting to the railway at Tapah Road) to Tanah Rata.

Forests and farms surround the three highland towns.

A round of golf in the cool mountain air of the Cameron Highlands is unique in Malaysia.

Good tourism facilities are found in the three Cameron Highlands towns.

With some 177 bird species identified, the Cameron Highlands are a must-visit for birdwatchers.

Visitors can shop at various tea estates.

Homestay Taman Sedia is lined with colourful gardens.

There are several accessible waterfalls in the highlands.