

RUN DIRECTIONS AND PROGRAMME FOR RUN NO. 2189 - CHAP GOH MEI
ON SATURDAY, FEBRUARY 23, 2019 AT SUNGEI LEMBING, PAHANG

1. **Description and Directions**

There are 3 runs to be held on Friday, Saturday and Sunday the 22, 23 and 24 of February 2019.

Run 1: 3:00pm Friday - Air Terjun Pandan (Panching) Waterfall

- From KL, take the Karak Highway to Kuantan
- Turn Off at Ext 231, Kuantan
- At junction after toll, turn right signposted Sungei (Sg) Lembing (29km)
- Go 8km and turn left signposted Air Terjun Sg Pandan (formerly Panching)
- At 16.7km, turn right signposted Kuari Bukit Berkelah Sdn Bhd/Air Terjun Pandan
- At 17.3km pass quarry
- At 18.3km turn left through gate and go uphill to parking at waterfall
- [For those who come from Sg. Lembing, head back to Kuantan for about 20km, turn right as signposted to Air Terjun Sg Pandan and follow above directions]

There are 2 RUNS

- One is 3km long
- The other is 7 - 8km long

After the event is over, head back where you came from and at the main turnoff, turn left to Sungei Lembing.

Dinner

- a) Free and easy
- b) For those who are interested, Casa Hill Resort can arrange barbeque at RM30 per head. Call ahead to make your booking.
- c) If you are interested in seafood, at the main junction turnoff, turn right to Kuantan. It is about 25 km to Kuantan town where you can enjoy a leisurely and wonderful seafood dinner in the coastal town.
Names and addresses of some of the restaurants will be updated in due course.

Run 2: 3:00pm Saturday, Ladang Kuala Reman

- From KL, take the Karak Highway to Kuantan
- Turnoff at Exit 231, Kuantan
- At junction after toll, turn right signposted Sg. Lembing
- Go about 14.3 km and turn right into signposted Ladang Kuala Reman. Wave at the guard and go up the small hill to the carpark.
- [For those who come from Sg. Lembing head back to Kuantan for about 14.7 km. Turn left into signposted Ladang Kuala Reman and follow directions as above.]

There is only 1 RUN (8 km long)

- Please shower appropriately and decently as we are in the vicinity of resident workers and families.
- On On will be at Sg. Lembing town. Head back to the main road and turn right to Sg. Lembing. Go into town to Sungai Lembing Mining Restaurant, No. 11 South Canton Street (013 983 8533).

Run 3: 9.30am Sunday, Sg. Lembing Town Market (Hangover Recovery Run)

- Meet at the town market
- After run, congregate for lunch at Restoran Hoover, No. 3 North Canton Street (09-5411604).

There are 2 RUNS

- One is a scenic 3 - 4 km run
- The other is a very scenic Panorama Hill 5 km run.

2. **Accommodation**

- There are a lot of small hotels and bungalows in this small walkable town
- Casa Hill Resort will be the PH3 base hotel
- Book online or call any of the hotels on your own
- We have reserved places in the following main hotels :

a) **Casa Hill Resort (Now fully booked!)**

189 Jalan Jeram Akar
Kg. Arang, Sg. Lembing
Email - casahillresort@gmail.com
017 920 8899 / 016 988 3388 (**Ms Evelyn**)

b) **ACF Homestay (near Casa Hill Resort)**

email - acf1796@gmail.com

019 934 9696 (**Ms Au**)

Block A

Room 1 - Two Queen Bed - RM160

Room 2 - Two Queen Bed - RM160

Room 3 - Single Double Decker, One Queen & One Single Bed - RM180

Room 4 - One Queen Bed - RM80

Room 5 - One Queen Bed - RM80

Room 6 - One Queen Bed - RM80

Room 7 - Queen Double Decker & One Single Bed - RM200

Block B

Room 8 - Occupied

Room 9 - One Queen Bed & Two Single Bed - RM160

Room 10 - One Queen Bed & Two Single Bed - RM160

Room 11 - Four Single Bed - RM160

Room 12 - Four Single Bed - RM160

Room 13 - Two Queen Bed

Payment - Hong Leong Bank A/c 27100027735 (ACF Guest House)

(These rates are only applicable for the nights of 22 and 23 February 2019)

c) **Lembing Riverside Resort**

012 981 2692 / 012 983 2692 (**Mr Hoh**)

4 quad rooms (2 queen beds)...RM160/night/room

6 triple rooms (1 queen 1 single)...RM140

9 double rooms (1 queen bed).....RM110

9 twin rooms (2 single beds)...RM110

1 Penthouse (2 queen 1 single beds)...RM220

All rooms are with attached bathrooms and air conditioning

Payment To: Hong Leong Bank A/c 04900803592 (Lembing Riverview Resort)

Trip to rainbow waterfall by 4WD RM60 per pax

BBQ dinner RM35 per pax

Menu: fried rice, fried Lembing noodle, chicken wings, petai sambal fish, sausages, sambal sotong, sweet potatoes, sweet corn, fruits and orange juice

Home cooked Chinese dinner RM30 per pax

(These rates are only applicable for the nights of 22 and 23 February 2019)

3. **Main Pointers**

- a) The speed limit from Gombak Toll to Karak town is 90kmh and therefrom to Kuantan Toll is 110 kmh. The drive from KL to Karak toll will take 2 - 2.5 hours. The drive from Kuantan toll to Sg Lembing is 30 minutes.
- b) Bring two pairs of running shoes.
- c) Bring mozzie guard and swim wear. Please look after your children at the waterfall.
- d) There is no gas station in Sg. Lembing. The nearest is 25km before Sg. Lembing on the way in. Remember to top up before arriving.
- e) Sg. Lembing is a small deadend town with eateries and small hotels and bungalows. You will not be lost.
- f) All payments due at the run site and during the run will be borne by the organizing team.
- g) Casa Hill Resort will be PH3 main base hotel.
- h) Try to check out latest by 2:00pm on Sunday as traffic is quite heavy near Gombak as you return to KL.

Lastly, **DRIVE SAFE !!**