

Run: 2236 (Sau Kong – Outstation Run)
Date: 17-19 January 2020
Location: Sitiawan & Pangkor Island (The hidden gem)
Hare: Teh Eyu Guan
Co-Hare: Choo Nai Kwong

There will be 3 runs: Friday 17 January; Saturday 18 January; and Sunday 19 January

Run 1: 3:00pm Friday, 17 January 2020

Location: Toa Pek Kong Temple,
Lot 595, Pasir Panjang
32000 Sitiawan
(Approximately 3 hours drive from KL)
(Drive approximately 3 hours from KL)

DIRECTIONS:

- From KL, take the North-South Highway to Ipoh
- Turn off at exit 128 to Sungkai
- Set tripmeter at toll gate
- Go 0.1km and at junction, turn right
- At 9.8km turn left signposted Teluk Intan/Lumut
- At 15.2 km turn left to Teluk Intan
- Continue on highway 58 to Teluk Intan
- At 43.2km turn left to Highway 5 to Sitiawan (A 147)
- Go straight
- At 47.9 km turn left signposted Sitiawan/P. Pangkor
- Go straight
- At 54km turn right to Sitiawan (if from Banting/Klang and using West Coast Expressway (WCE), - you will be coming from the left)
- Go straight and slow down at 94.4 km. Turn left at the signboard "Selamat Datang" ke Kampung Pasir Pandak Lekir
- Drive carefully along this small kampong road and at 94.9 km turn right at junction
- Be careful of speedbumps and at 97.4km turn left
- At 97.8 km turn right at junction
- At 98.4km turn left and then right
- At 98.6 km, you have arrived at your destination
- Park at far end of the big carpark facing the sea.

Note: There is only 1 run, approx. 7 km long and no hills. Toilets available for shower next to the temple. If you shower at the car park, please dress decently as this is a temple premise.

After run and circle are over (to leave latest 7pm)

ON-ON:

Restoran Island Culture,
446 Jalan Belakang,
Pangkor.
Tel: 012 215 2096 / 05 685 1232
(Corner shplot: 80m from Pangkor jetty)

DIRECTIONS:

- Head out of run site car park
- At 0.2km turn left and then right
- Go straight and at 0.7km turn left at junction

- Go straight through bumps
- At 1.5km turn right
- At 3.8km turn left (in front of shophouses)
- Go straight through this narrow road with bumps
- At 5.4km junction turn left
- At 5.5km turn right
- At 6.7km junction signposted Lumut / Pangkor, go straight
- At 9.5km junction, turn left signposted Teluk Batik
- At 12.7km turn left
- Go straight through bridge (Marina Island Jetty)
- At roundabout, do 3 o'clock turn and go straight
- At 13.9 km turn right to covered / uncovered car park

Note: RM10 per day for uncovered car park, RM15 for covered car park

Ferry Ticket at Rm14 per head, keep ticket for return journey as it covers both ways

There are 2 ferry terminals to Pangkor island.

The first where we are using is from Marina Island. The ride takes 10 minutes.

The second is from Lumut town which is about 8 km away takes 30 minutes and stops at 2 jetties.

You get out at the second jetty in Pangkor. For those who wish to go Lumut town and use the ferry, parking charges and ferry ride are the same as from Marina Island.

Both ferry schedules are appended below.

Run 2: 4:00 pm Saturday, 18 January 2020

Location: Pangkor Sandy Beach Hotel Lobby
 Lot 30, Pasir Bogak
 32300, Pangkor
 Tel: 05 685 3027 / 05 685 3037
 Fax: 05 685 3028
 Email: info@pangkorsandybeach.com
 Website: www.pangkorsandybeach.com
 Attn : Mr William Joseph Pillai, Resort Manager
 (This will be our base hotel)

Note: There is only 1 run approx. 7km long with no hills. Transport will be provided to and from the run site. Just bring a change of clothing and no valuables.

ON ON:

8:00pm in Restaurant Ye Lin,
 195, Jalan Pasir Bogak,
 Pangkor
 Tel/Fax: 05 685 1881

Note: The restaurant is only 100m from the base hotel.

Run 3 9:30am Sunday, 19 January 2020

Location: Pangkor Sandy Beach Hotel Lobby

Note: There is only 1 run approx. 3-4km with a small hill. You will have the opportunity to stroll through the living cultures of the 3 main races in Malaysia.

ON-ON:

12.00noon in Pangkor Seafood Cuisine,
 8 Jalan Pangkor Mutiara 1,
 Taman Pangkor Mutiara Pangkor
 Tel: 011-1072 3301 / 011-1096 3301

ACCOMMODATION

Pangkor Sandy Beach Hotel will be the PH3 base hotel (details already provided above)

If you try to book online you will probably find that it will show 'no rooms available'. To get a room at the specially negotiated rates, you must call the hotel and explain that you are with the Petaling Hash. You can also call any of the neighbouring hotels where we have also made bookings:

a) **Sea View Hotel & Holiday Resort**

Pasir Bogak,
32300 Pangkaor
Email: reservation@seaviewpangkor.com
Web: www.seaviewpangkor.com/v2
Tel: 05 685 1605
05 695 1705
Fax: 05 685 1970

b) **Pangkor Coral Bay Resort**

Lot 34, Pasir Bogak,
Pangkor
Email: reservation@pangkorcoralbay.com.my
Web: www.pangkorcoralbay.com.my
Tel: 05 685 5111
Fax: 05 685 5666
Attn:Ms Mable Lam, Senior Sales Manager
(PH3 group rate 148/room incl. breakfast – no seaview)

c) **Ye Lin Guest House**

194 Jalan Pasir Bogak,
Pangkor
web: www.yelinguesthouse.com
Tel: 05 685 5881
012 502 1881
012 551 4757
Fax: 05 685 5881

MAIN POINTERS

- a) Bring 2 pairs of running shoes
- b) Bring mosquito repellent, hat, suntan lotion and swim wear. Please look after your children as the base hotel is a beach front hotel.
- c) All costs to be borne by participants except transport to and from Run No.2
- d) Pangkor is a relatively small island. Transport is by rented motorcycle at about RM20 per day excluding petrol, and taxi or van which is about RM10 per head per trip or about RM25 to RM50 per van per trip. Bicycles can also be rented.
- e) You can plug yourself to any or all of the programmes.
- f) Guest fee is one time payment of RM80
- g) Try to check out by 2pm on Sunday as traffic tends to be quite heavy nearing Tanjong Malim. There is one ferry at 2.45pm.

TRANSIT SCHEDULE	
MARINA ISLAND - PANGKOR JETTY	PANGKOR JETTY - MARINA ISLAND
07.15 AM	06.45 AM
08.00 AM	07.30 AM
09.00 AM	08.30 AM
10.00 AM	09.30 AM
11.00 AM	10.30 AM
12.00 PM	11.30 AM
01.00 PM	12.30 PM
02.00 PM	01.45 PM
03.00 PM	02.45 PM
04.00 PM	03.45 PM
05.00 PM	04.30 PM
06.00 PM	05.30 PM
07.00 PM	06.30 PM
08.00 PM	07.30 PM
NIGHT FERRY SERVICE	
09.45 PM	09.15 PM
10.45 PM	10.15 PM

*For **Night Ferry Service** information & ticket price call
Pan Silver Ferry Sdn. Bhd. @ +6017-3642188*

Lumut to Pangkor	SPK to Lumut	Pangkor to Lumut
7:00am	6:40am	6:30am
7:30am	7:10am	7:00am
8:15am	7:55am	7:45am
9:00am	8:40am	8:30am
9:45am	9:25am	9:15am
10:30am	10:10am	10:00am
11:15am	10:55am	10:45am
12:00pm	11:40am	11:30am
12:45pm	12:10pm	12:00pm
1:15pm	12:40pm	12:30pm
1:45pm	1:10pm	1:00pm
2:30pm	1:55pm	1:45pm
3:15pm	2:25pm	2:15pm
3:45pm	2:55pm	2:45pm
4:30pm	3:40pm	3:30pm
5:15pm	4:25pm	4:15pm
5:45pm	5:10pm	5:00pm
6:20pm	5:55pm	5:45pm
7:00pm	6:40pm	6:30pm
7:30pm	7:10pm	7:00pm
8:00pm	7:55pm	7:45pm
8:30pm	8:40pm	8:30pm