

WEDNESDAY

# StarMetro

NORTH



26 October 2005

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Take a heart-thumping ride  
in the sky (below, right)  
and then enjoy a cool stroll  
in the clouds along  
this suspended bridge  
as you savour  
the panoramic view  
along the way  
on Gunung Mat Chincang  
in Langkawi

> 2 & 3

## Stunning sights



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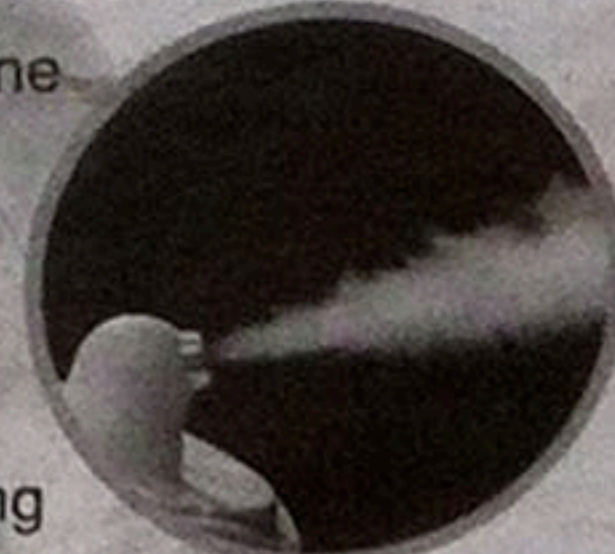
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- 3.) Slimming effects due to resolution of body fat
- 4.) The relaxation of muscle tension





## What's Up

## Annual Kathina

THE Wat Bukit Perak Buddhist temple in Bukit Perak, Kedah, will hold the annual Kathina (offering of robes and other requisites to Theravada Buddhist Monks) at 7.30am on Sunday. On Saturday there will be illumination ceremony at the temple with lotus candles, followed by chanting and blessing by the monks. For details, call 04-4644576.

## Preview

A FREE preview on a course on Science of Logic will be held on Saturday at Penang YMCA, 211 Macalister Road. For details, call 04-2298276.

## Table manners

A TALK on table manners, a cooking demonstration and a buffet lunch will be held from 9am to 2pm on Sunday at Crown Jewel Hotel, Tanjung Bungah, Penang. For details, call 04-2294577.

## Talk on H/Pylori

FREE blood tests on cholesterol and sugar in the urine will be held at 8am on Sunday at Penang Caring Society Complex, Jalan Utama. The offer is on a first-come-first-served basis. A talk on H/Pylori and blood screening are on at 9.30am. For details, call Senior Citizens' Association at 04-2262128.

## Nature outreach

FRIENDS of the Penang Botanic Gardens Society is organising a Nature Outreach Day for children between six years and 12 years at Botanika Outreach (opposite Moongate), Jalan Waterfalls, from 8.30am to 4.30pm on Nov 13. There will be river activities, frog & tadpole studies and T-shirt painting competition. For details, call 04-2270915.

## Language camp

KOLEJ Distd-Stamford in Penang is organising an English Language camp for Form 3 students over four days on Nov 14. Form 2 and 4 students may also join the camp subject to availability of places. For details, call Latha at 04-2296579.

## MIA dinner

MALAYSIAN Institute of Accountants, Penang Branch, is organising a charity dinner themed Dining with a Heart on Nov 18 at E & O Hotel, Penang, in aid of The Handicapped Children's Centre. For details, call 04-2294203.

## Registration

ASIA Community Service is organising a one-stop registration drive for children with special needs from 8.30am to 4.30pm on Nov 28 at Dewan Peperiksaan A, Universiti Sains Malaysia, Penang. Teenagers and adults with special needs are encouraged to register.

For details, call Lee at 04-6585396.

By SIRA HABIBU

IT is simply exhilarating walking on a curved suspended bridge hundreds of metres above sea level with the breathtaking view of a virgin forest below.

Spanning 125m in length, the swinging bridge linking the Langkawi Cable Car top station to the Mat Chincang mountain range hangs at an altitude just below 700m.

This suspended bridge, one of the longest in the world, offers visitors an alternative platform to view the lush greenery and listen to the rhythm of the jungle.

Acting Kedah Menteri Besar Datuk Mahdzir Khalid said the view from the suspended bridge was simply spectacular.

"Those who are into eco-tourism should not give this bridge a miss," he said.

The 1.8m-wide bridge has two 3.6m-wide triangular platforms for visitors to rest

while they enjoy the breeze and view.

Mahdzir said the suspended bridge with double steel railings and wooden parapet supports was recently accorded the Swiss Steelprize 2005 Award.

The professional jury had described the Panorama Bridge in Langkawi as "a courageous, strongly expressive piece of construction, which integrates sensitively with nature."

The bridge can accommodate 2,000 people at any one time.

To access the bridge, visitors must first board the cable car from the Oriental Village located at the foothill of the Mat Chincang mountain. At the top station, one has to trek for about 10 minutes down a relatively steep slope. It is advisable to wear sports shoes. The passage to the suspension bridge is closed when it rains.

Kedah tourism committee chairman Nawawi Ahmad said Langkawi "has the



longest free span cable car system in the world."

"This is among the nine wonders of Kedah that we are keen on promoting to the world," he said. (See Box and Map for the Nine Wonders of Kedah)

The longest free span stretches 950m from Tower 2 to the middle station. The horizontal distance from the base station to the top station is 2,079m.



The cable car system on Gunung Mat Chincang in Langkawi offers a heart-stopping ride in the sky and breathtaking views for visitors.

## StarMetro Info Base

EMERGENCIES	Police and Ambulance	999	TOURIST INFORMATION	Tourist Info Centre	2614461	TRANSPORT SERVICES	Penang Hill Railway (Top station)	8299412	PUBLIC SERVICE	Befrienders	2815161	HOW TO REACH US	Stay in contact with StarMetro. There is always something interesting happening in your community. If you have a story to tell, call us at: PENANG 202 Jln Sultan Azlan Shah, Bayan Lepas Tel: 04-647-3388 Fax: 04-647-3371 PRAI 2 (1st floor) Jln Kikik, Tmn Inderawasih Tel: 04-998-8316
	Fire	994		Tourism M'sia Info Centre, Airport	6430501		Penang Hill Railway (Bottom station)	8283263		Cancerlink Penang's Support and Information Centre	6593692		
	Telephone Directory	103		Penang Botanic Gardens	2270428		Ferry (Georgetown) (Butterworth)	2102363 3102377		Children's Protection Society	8294046		
	Enquiries	102		Kek Lok Si Temple	8283317		Penang Bridge	3987419		Community AIDS Service	2299566		
	International Operator	108		Penang Museum	2613144		Railway Station, Butterworth	2610290		Consumers Association	8299511		
	Telegram	104		Reclining Buddha Temple, Burma Lane	2268503		Taxi Weld Quay	2625721		Penang LPPKN (free counselling service)	2813625		
	Telephone Faults	100		Burmese Temple, Burma Lane	2269575					Information Department	2622123		http://north.thestar.com.my north@thestar.com.my
	Rescue	991											



# the clouds?

The RM45mil cable car system, a brainchild of former Prime Minister Tun Dr Mahathir Mohamad, was opened to the public three years ago.

Visitors get the opportunity to enjoy a bird's eye view of the island from the top of the 708m Mat Chincang mountain. From here visitors can have an aerial view of the mystical Telaga Tujuh (Seven Wells) waterfalls.

The more adventurous ones can opt to follow the Mat Chincang forest trail to return to the foothill.

It is an arduous journey that takes at least five hours. But it is worthwhile as one can have a closer look at the diverse flora and fauna in the virgin jungles.

## CABLE CAR FARE

Adult RM15

Children (aged three to 12) RM5

Student (with confirmation letter from school) RM10

## Operating Hours

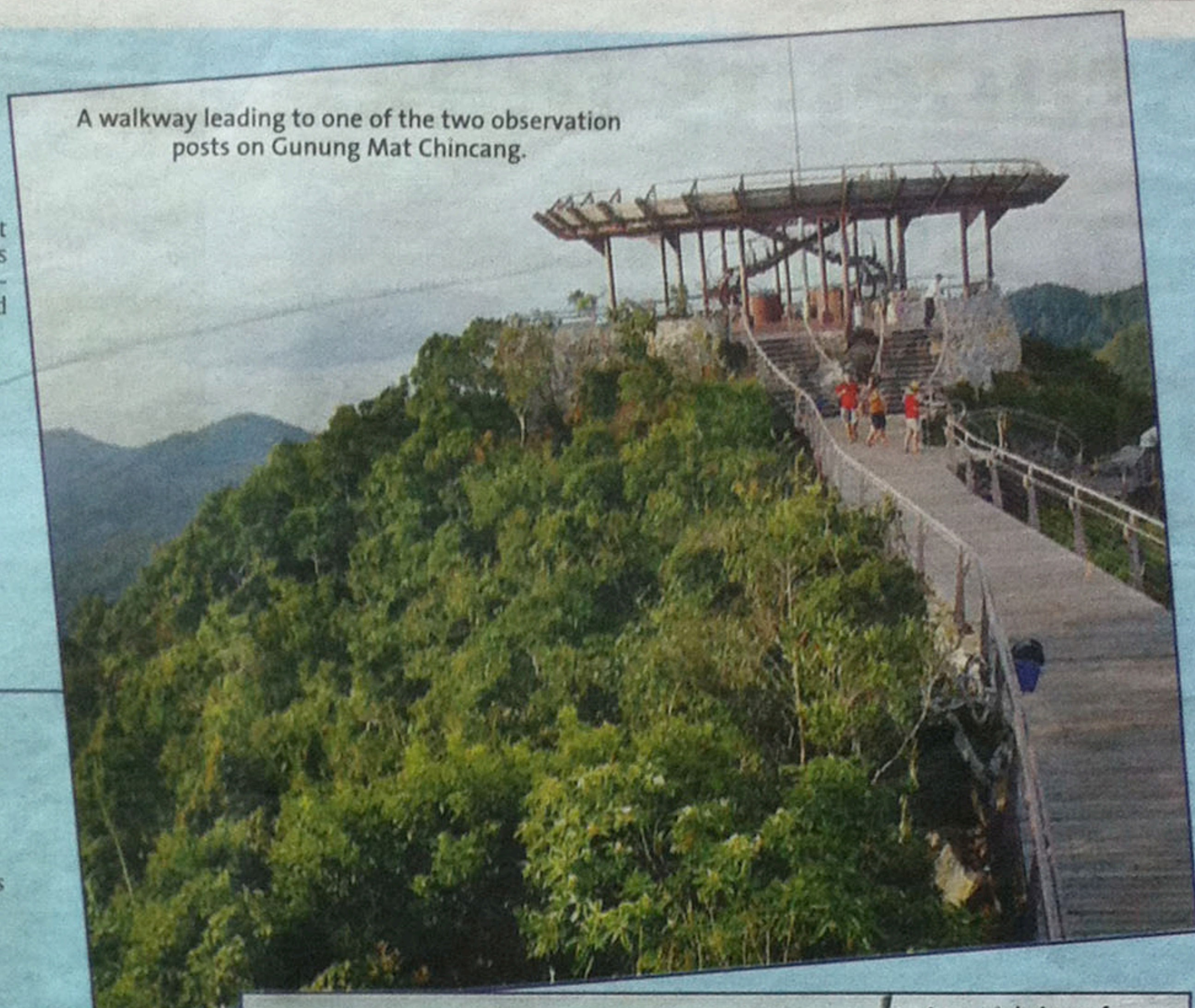
Monday to Thursday 10am- 6pm

Wednesday noon to 6pm

Friday-Sunday & Public

9.30am - 7pm

A walkway leading to one of the two observation posts on Gunung Mat Chincang.



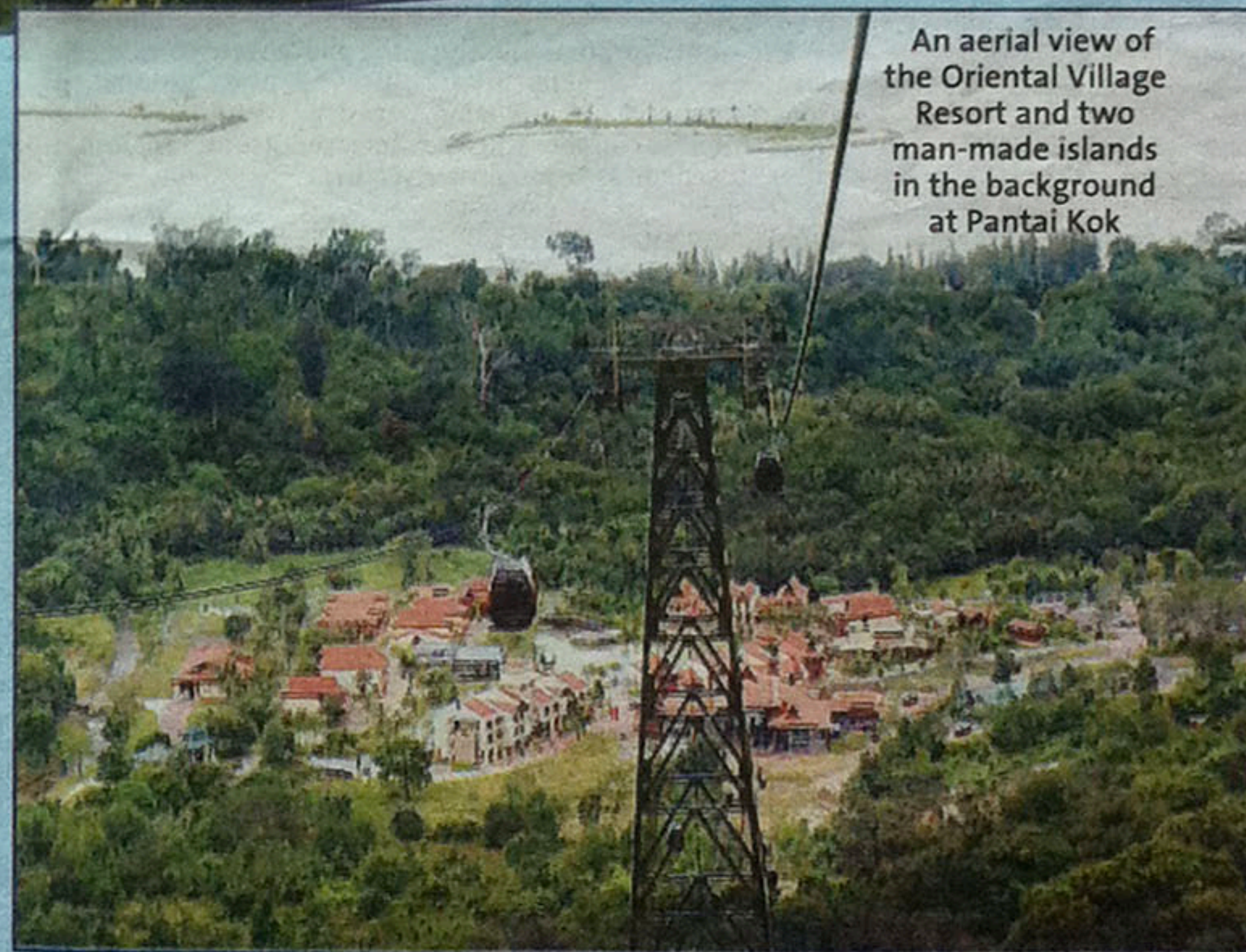
## The Nine Wonders of Kedah

- 1) The world's longest free span cable car system stretching 950m from Tower 2 to Middle Station in Langkawi
- 2) Pulau Payar - one of the world's most beautiful marine parks
- 3) Bujang Valley - the oldest known Malay civilisation in the world
- 4) Kedah Sultanate - the oldest Malay sultanate in the world
- 5) Sungai Merbok mangrove swamp that boasts 30 species of mangroves
- 6) The world's longest treetop walk in Sungai Sedim spanning 924m.
- 7) Menara Alor Star - the 19th tallest tower in the world
- 8) The biggest Padi Museum in the world in Gunung Keriang.
- 9) Sungai Mas boasts the biggest collection of beads

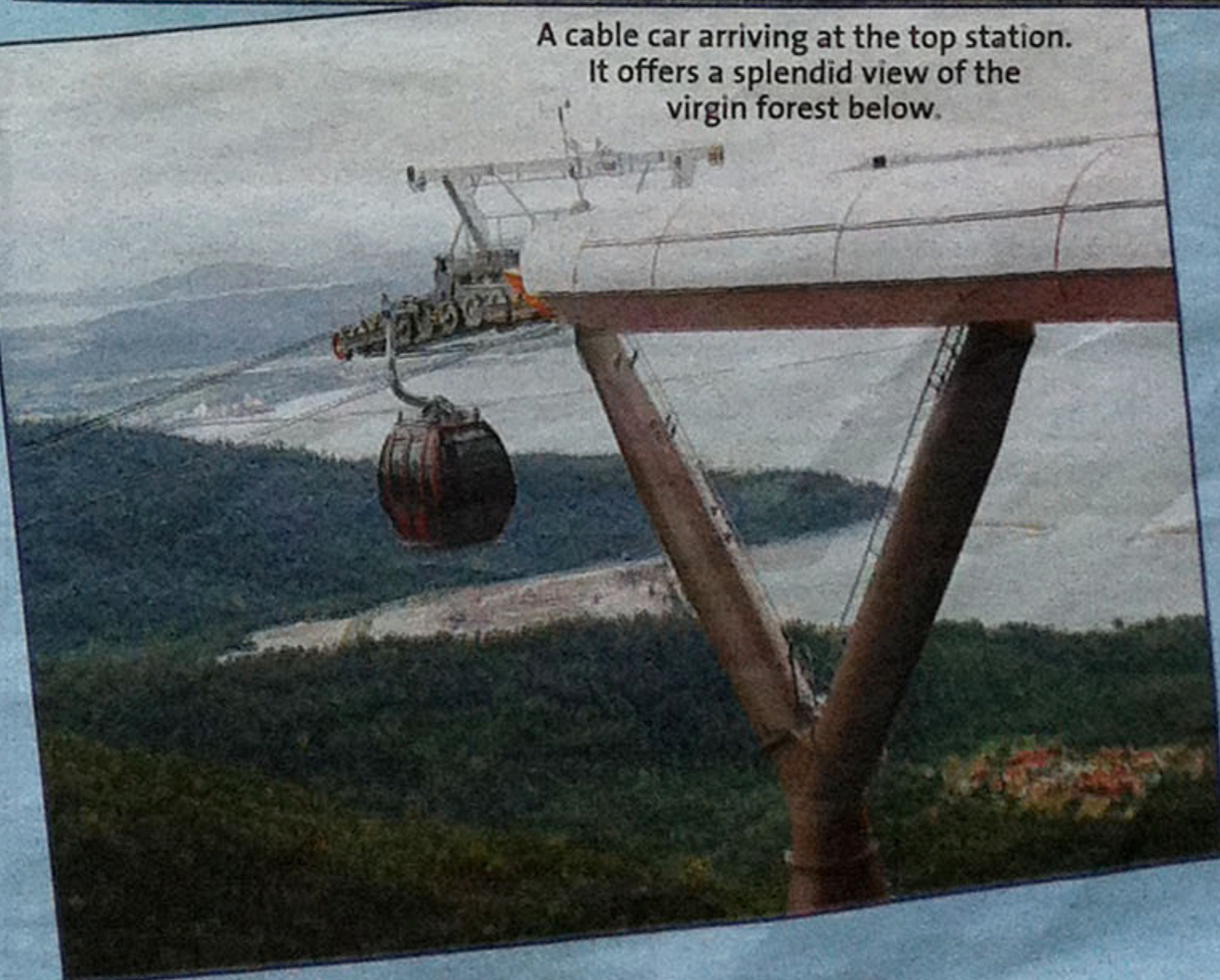
## WHERE THEY ARE



An aerial view of the Oriental Village Resort and two man-made islands in the background at Pantai Kok.



A cable car arriving at the top station. It offers a splendid view of the virgin forest below.



A row of cable cars designed like gondolas waiting for passengers at the base station.