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Visit Malaysia Year 2026: Is Perak Ready?

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Taiping and Manjung Remain Perak's Tourism Drivers

Taiping offers more than 35 tourism products, spanning heritage, eco-tourism, recreation, and culture, including Taiping Lake Gardens, Taiping Zoo & Night Safari, Bukit Larut, Perak Botanical Gardens, Kuala Sepetang River Cruise, and Matang Mangrove Forest.

Manjung recorded over 2.5 million visitors in 2024, with new

attractions such as Doodle Art Square, Kampung Koh Heritage Square, Sungai Nipah Waterfall, and 31 major events scheduled for 2026.

With strong tourism records and the North KTM Commuter's involvement, Perak is on track to welcome visitors successfully.



Taiping, Manjung, Continue as Tourism Hotspots, Expected to Receive Over 3 Million Visitors

Taiping and Manjung, Perak's key tourism districts, are set to remain popular with domestic and international visitors for Visit Malaysia Year 2026.

Taiping's 1.3 million visitors during Visit Perak Year 2024 are expected to return, with numbers likely to rise thanks to promotional initiatives, infrastructure improvements, and new tourism products.

The Taiping Municipal Council (MPT) says the district offers more than 35 tourism attractions, spanning heritage, eco-tourism, recreation, and culture. Key attractions include Taiping Lake Gardens, Taiping Zoo & Night Safari, Bukit Larut, Perak Botanical Gardens, Kuala Sepetang River Cruise, Matang Mangrove Forest, Kelip-Kelip Kampung Dew, and historic museums. The five main draws highlight historical heritage, eco-tourism, recreation, local culinary diversity, and traditional culture.

Manjung is projected to see a visitor increase of over 10%, with more than 2.5 million tourists in 2024. New destinations include Doodle Art Square, Kampung Koh Heritage Square, Gangga Negara Square in Beruas, and Sungai Nipah Waterfall, Pangkor.



The Manjung Municipal Council (MPM) has prepared the 2026 Tourism Calendar featuring 31 major events, including the Splitting Seas Celebration in Pangkor, Maasi Festival, WCE Ride, Pantai Remis Half Marathon, Perak Triathlon at Marina Island, Manjung Run 3.0, and Teluk Batik Festival.

Role of North KTM Commuter

The North KTM Commuter serves as the main transport link connecting Perak's tourism destinations, with over 24,000 passengers daily, particularly on weekends and holidays.

KTMB Technical Officer, Ir. Ahmad Nizam Mohamed Amin, stressed that the commuter train is not only the preferred choice for workers, students, and families but also supports tourism by linking historic towns and key northern destinations.

As a creative initiative, KTMB launched the special edition KOMLINK card featuring Bichi Mao and the 'Kom-Mao-Ter Challenge', introducing themed trains with unique wraps, attracting younger visitors.



Participants collecting eight stamps at selected stations have the chance to receive limited-edition plushies, making the journey a more enjoyable experience.



Community Voices on Visit Malaysia Year 2026

Suaman Harun, Private Sector Worker: Perak must intensify promotions without waiting for official campaigns. Tourist arrivals bring economic spillovers to locals.

Nurul Allieya Syazwanie Samsudin, University Student: Malaysia-themed buildings should be highlighted as tourists seek unique cultural and national identity experiences.

V. Sunjeevan, Private Sector Worker: Malaysia is ready for tourists, but damaged roads must be repaired for visitor safety and comfort.

Siti Raudhotur Rahmah Ahmad Daud, Teacher: Traditional food, heritage, history, and local dialects should be promoted as key attractions.

Takaful & Life Planner, Karmun Hor, said that Perak is well-prepared for Visit Malaysia Year, with digital platforms in place to promote local small businesses and support infrastructure upgrades.

"However, the Perak government should upgrade tourist spots, maintain them well, improve transport for visitors, and make accommodations in Ipoh more comfortable," she said.



Ipoh and Visit Malaysia Year 2026

With a strong tourism record, development of new destinations, and North KTM Commuter support, Perak is on track to welcome Visit Malaysia Year 2026.

Yet, the question remains: are promotional efforts, infrastructure, and facilities sufficient to handle the surge in visitors? Furthermore, Ipoh, as the state capital with rich cultural diversity, colonial heritage buildings, and unique limestone caves, raises another question: is the city truly ready to accommodate the expected tourist influx, or will it remain just a symbolic attraction?

Time, actions by authorities, and the tourism industry will determine the answer.

Business



WEIL Hotel Sets a Historic Record as Malaysia's First ESG-Certified Hotel

● By: Rosli Mansor Ahmad Razali

WEIL Hotel has set a historic record as the first hotel in Malaysia to obtain ESG (Environmental, Social, Governance) certification under the ESG Certification Programme for Hotels & Resorts by the Malaysian Association of Hotels (MAH).

The certification was achieved through a collaboration involving SGS Malaysia and Saimatrix Integrated, with support from the Ministry of Tourism, Arts and Culture (MOTAC).

WEIL Hotel Managing Director, Liew Yu-Wei, said the achievement reflects the hotel's deep commitment to sustainability, innovation, and responsible tourism, in line with the National Tourism Policy 2020–2030.

"The certification process involved intensive training, preliminary assessments, and the implementation of a comprehensive sustainability action plan, positioning WEIL Hotel as a new benchmark in Malaysia's hospitality landscape."

"We pursued ESG certification not merely for recognition, but because we truly care about how we conduct our business."

"This achievement underscores that with careful planning and strong commitment, sustainable hospitality is absolutely attainable."

"We hope our success will inspire other hotels across Malaysia to embrace ESG principles and contribute to a more sustainable future, in line with the UN 2030 Agenda for Sustainable Development," he said.

He also expressed his appreciation to all parties who played a key role in making the milestone possible.

"Congratulations to the entire WEIL team for this outstanding accomplishment, which sets a new benchmark for the nation's hospitality industry," he added.

Meanwhile, MOTAC, MAH, SGS, and Saimatrix also commended WEIL Hotel's leadership and collaborative spirit, positioning the hotel as a reference point and inspiration for other establishments nationwide.

Liew Yu-Wei added that this achievement reflects WEIL Hotel's commitment to welcoming guests with innovation, authenticity, and sustainable hospitality—further strengthening its role as a catalyst for a more responsible and sustainable hospitality ecosystem ahead of Visit Malaysia Year 2026.

"This accomplishment is not just an individual success, but a catalyst for the wider transformation of the hospitality industry towards more responsible, humane and sustainable operations," he stressed.



Shell Jalan Hospital and Tapah Southbound R&R Win Cleanest Toilet Awards

● By: Zaki Salleh

IPOH: Shell Station (Bakhri Petromart) on Jalan Hospital, Ipoh, has won the 2025 Best Toilet Award (TOTYA) in the petrol station category.

The station also won the 2024 Ipoh City Council Cleanest Public Toilet Competition.

Another Perak winner is the Tapah Southbound R&R on the PLUS Highway, awarded in the Rest and Relaxation Area category.

The 2025 TOTYA had eight categories, including Hotels, Malls, R&R Areas, Petrol Stations, Restaurants, Schools, Local Authorities, and a new category for Places of Worship.

Winners received RM20,000, a



trophy, and a certificate. The awards were presented by Minister Nga Kor Ming at the Westin Hotel, Kuala Lumpur.

Since 2023, TOTYA has recognised efforts by agencies, the private sector, and communities to maintain clean public toilets. This year, a record 744 entries were received, up from 625 in 2024.

MAPS Site Finally Sold for RM43 Million



● By: Zaki Salleh

IPOH: The land of the former MAPS (Movie Animation Park Studios) theme park, which previously became controversial after its closure, has been purchased by a property company, IGB Bhd.

IGB Bhd reportedly bought two freehold land parcels totaling 9.83 hectares, the former theme park site located in Bandar Meru Raya, for RM43.65 million.

According to a report by The Edge, the purchase was made through IGB's wholly owned indirect subsidiary, Bintang Sentral Sdn Bhd (BSSB).

The acquisition is still subject to approval from the Ministry of Economy and the state authorities for the land transfer process.

IGB expects these approvals to be obtained within six months after the sale and purchase agreement is signed.

If everything goes according to plan, the transaction is expected to be completed in the second half of 2026.

The company believes the land has strong potential for mixed commercial development, aligning with their expertise in urban and commercial development projects.

The MAPS project, announced in early 2014 with a cost of RM520 million, was officially opened on June 26, 2017.

However, it was closed in less than three years due to financial issues.

When it first opened, MAPS was said to be a new tourist attraction for Perak, especially Ipoh, but unfortunately that did not materialize.

A sale notice for MAPS was published in a local newspaper in 2022.

Perak Menteri Besar, Datuk Seri Saarani Mohamad, stated in 2024 that the Perak government no longer has any involvement with the MAPS project, which is in the process of being demolished.

He said the theme park, closed since January 28, 2020, is now under the ownership of a liquidator.

EYE HEALTH - CATARACT

IIpoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr. S. S. GILL talking to us about CATARACT.

THE SIGNS OF CATARACTS AND WHAT TO DO

Have you noticed your world gradually becoming foggy? You might be among the many developing cataracts, a common eye condition where the eye's natural lens becomes cloudy. Recognising the symptoms is the first step to clearer vision.

The most common sign is blurry or filmy vision at all distances. You may find it increasingly difficult to drive at night, as oncoming vehicle headlights cause disabling glare. Colours may seem washed-out. One of my patients was surprised after her cataract surgery to find that her brother's car was actually white in colour and not the brown she had seen for years through her cataract.



THE PARADOX: SECOND SIGHT OF AGEING

Paradoxically, some experience "second sight of ageing," where their reading vision temporarily improves. This is not a miracle but a symptom of a cataract temporarily changing the lens's shape, and it is usually short-lived. Another subtle sign is the need for a change of prescription glasses every few months.

Many people don't notice the slow change, especially if only one eye is affected, as the other compensates. Cataracts develop slowly and painlessly. Waiting until they are overly "mature" (hypermature) can lead to serious complications like glaucoma.

YOUR EYE CHECK-UP: WHAT TO EXPECT



A thorough cataract check is a detailed process. After a standard eye chart test, your eye doctor will use a bright light to examine your eye's front structures. The picture on the left (arrow) shows a mature cataract (cloudy).

The key part involves dilating your pupils with special eyedrops. This can take 30 to 90 minutes, so patience is essential, especially for diabetic patients. Once your pupils are dilated, the doctor can properly examine the lens for cataracts and the retina's health. This helps predict your visual outcome after a cataract surgery. Bring your sunglasses, as you will be temporarily sensitive to light after your eye check, and you may need someone to drive you home.

PLAN FOR SURGERY:

If diagnosed, remember, surgery is rarely an emergency. It's a decision to be made after discussing your lifestyle with your doctor and ensuring conditions like diabetes are well-controlled. The next step is selecting the right intraocular lens to meet your visual needs. Don't let cataracts cloud your life—a simple check can set you on the path to seeing your world in high definition once again!

Dr. Gill will discuss more about cataracts in the next issue of the Ipoh Echo. For more information, call 05-5455582 at Hospital Fatimah or email gilleye@dr.com

Wellness

Providing Cutting-Edge Technology & Medical Expertise for Your Healthcare Needs



Set amidst the iconic limestone hills of Tambun, Sunway Medical Centre Ipoh (SMCI) stands as a new pillar of healthcare excellence in Perak. Officially opened in April 2025, the hospital is positioned to enhance medical tourism and healthcare accessibility in the region, offering comprehensive services across a wide range of specialties and subspecialties including, neurology, nephrology, cardiology, women's and children's health, ENT, neurosurgery, orthopaedics and colorectal surgery.

As the first private hospital in Perak to have a dedicated Cancer and Nuclear Medicine Facilities, SMCI provides state-of-the-art cancer diagnostics and treatments — including Perak's first PET-CT scan — placing the hospital at the forefront of oncology care in the northern region.

Expanding Access to Specialist Care

SMCI currently features:

- More than 250 beds.
- 63 specialist clinics.
- 24 ICU and HDU wards.
- 8 operating theatres.
- A dedicated Cancer & Nuclear Medicine Centre.
- 24-hour Accident & Emergency (A&E) department.

"Supported by a growing team of 29 resident consultants and 12 visiting consultants, SMCI delivers trusted, multi-disciplinary care all under one roof."

Centres of Excellence

SMCI is home to several centres of excellence, offering focused expertise in areas such as:

- Cardiology
- Orthopaedic
- Neuroscience
- Clinical Oncology
- Women & Children (Paediatric – NICU & Neonatology)
- Digestive Health

Each centre is supported by experienced specialists, multidisciplinary care teams, and advanced medical facilities, ensuring every patient receives personalised, evidence-based treatment.

LIST OF CONSULTANTS

RESIDENT CONSULTANT

1. DR. YONG CHEE KHEONG (EMERGENCY MEDICINE)
2. DR. NILAWATI BINTI ISHA (OBSTETRICS & GYNAECOLOGY)
3. DR. TOO JUN KIN (GENERAL PAEDIATRICS)
4. DR. LAU KAR FOO (NEUROLOGY)
5. DR. LEONG WENG SAN (CARDIOLOGY)
6. DR. L SIVANESWARAN A/L LECHMIANNANDAN (UROLOGY)
7. DR. SOON CHUAN YEAN (OBSTETRICS & GYNAECOLOGY)
8. DR. KHOR KEE GUAN (OTORHINOLARYNGOLOGY)
9. DR. LIM WAN CHIEH (GERIATRIC MEDICINE)
10. DR. KUMARESH RAJ A/L LACHMANAN (RESPIRATORY MEDICINE)
11. DR. WONG CHEE SING (NEONATOLOGY)
12. DR. KWAN YEW FUNG (CARDIOLOGY)
13. DR. LAU JIA HIM (RADIOLOGY)
14. DR. KUMARESAN A/L SUPRAMANIAM (GENERAL SURGERY)
15. DR. LING JIAN LOONG (ORTHOPAEDIC SURGERY)
16. DR. CHRISTOPHER SIM SZE BING (NEPHROLOGY)
17. DR. KHAIRUL NAJMI BIN MUHAMMAD NAWAWI (GASTROENTEROLOGY & HEPATOLOGY)
18. DR. FANN RUI JEAT (CLINICAL HAEMATOLOGY)
19. DR. MOHD SYAHIRAN BIN MOHD SIDEK (NEUROSURGERY)
20. DR. ANGEL KWAN KHOR NEE (CLINICAL ONCOLOGY)
21. DR. LEOW YEEN CHIN (GENERAL SURGERY)
22. DR. CHAN SEE YUN (ANAESTHESIOLOGY)
23. DR. CHEAH PIKE KUAN (ANAESTHESIOLOGY & CRITICAL CARE)
24. DR. KHOR HENG TEE (CLINICAL RADIOLOGY)
25. DR. WONG SEE YIN (CLINICAL RADIOLOGY)
26. DR. LEONG WEI CHENG (DERMATOLOGY)
27. DR. GAITHRI DEVI A/P V. SINGAM (INTENSIVE CARE)
28. DR. NURNADIAH BINTI AHMAD DENIL (NUCLEAR MEDICINE)
29. DR. ABIRAMI SHAVANI A/P SANMUGAM (OPHTHALMOLOGY)

Cutting-Edge Medical Technology

Designed as a modern specialist hospital, SMCI is equipped with a comprehensive suite of medical technologies to support accurate diagnosis, targeted treatment, and optimal patient outcomes. This includes:

- **PET-CT Scanner** – Perak's first, enabling precise cancer detection and staging through advanced 4D imaging, reduced radiation, and improved scan speed.
- **LINAC TrueBeam 3.0** – For high-precision radiotherapy that targets tumours with minimal damage to surrounding tissues, significantly reducing treatment duration.
- **3 Tesla MRI (3T MRI)** – Offers clearer and faster scans, particularly for neurological and musculoskeletal conditions.
- **Dual Source CT Scanner** – Enables rapid imaging, ideal for cardiac assessments and emergency evaluations.
- **Bi-Plane Angiography System** – Facilitates complex interventional procedures involving the brain and cardiovascular system.



Health Screening Unit

The Health Screening Unit at Sunway Medical Centre Ipoh provides comprehensive health assessments aimed at fostering early detection and the prevention of diseases. Our packages are meticulously designed to meet the needs of individuals, executives, and corporate clients, integrating advanced diagnostic technologies with expert medical consultation. We offer a comfortable and private environment, supported by efficient processes, to ensure a seamless screening experience, empowering you to take proactive measures towards achieving optimal health and well-being.

Contact Us

Sunway Medical Centre Ipoh
Address: No. 2, Persiaran Sunway, Sunway City Ipoh, 31150 Ipoh, Perak.
General Line: **05-871 1919**

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Clinic Opening Hours

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Saturday: **8.30am – 1.00pm**
Closed on Sundays and Public Holiday

KKLIU: 3689/EXP 31.12.2027

VISITING CONSULTANT

1. DR. AVREENA KAUR BHULLAR A/P AUTHAR SINGH (RHEUMATOLOGY)
2. DR. THEENESH THEYVAN A/L BALAKRISHNAN (ORTHOPAEDIC SURGERY)
3. DR. CHUA WEI SIONG (ORTHOPAEDIC SURGERY)
4. DR. JAMES NG JUN JIET (OBSTETRICS & GYNAECOLOGY)
5. DR. STEVEN LIM CHEE LOON (INTERNAL MEDICINE)
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7. DR. LEE SAW JOO (OBSTETRICS & GYNAECOLOGY)
8. DR. ZAIRUL ANUAR BIN KAMARUL Bahrin (ORTHOPAEDIC SURGERY)
9. DR. NG RUI LUN (ROLAND) (CARDIOLOGY)
10. DR. HARVINDER SINGH S/O DALIP SINGH (OTORHINOLARYNGOLOGY)
11. DR. PRAVIN A/L SUGUNAN @ VASANTHAN (PAEDIATRIC)

My “Hotel-in-Hospital” Experience at Sunway Medical Centre Ipoh

● By: SeeFoon Chan- Koppen

From the moment I stepped in, I felt whisked away not to a typical hospital — but to a welcoming, classy retreat. The lobby smelled heavenly (yes, I mean that diffuser scent, not the usual antiseptic odour), soft lighting, and polished décor made me think I had arrived at a boutique hotel, not a hospital.

The Room & the Setting

I was admitted to a single-room upgraded to a VIP suite on the 6th floor — and what a delight. I was only charged the Single room rate of RM260 per night. I was pleasantly surprised by how affordable Sunway's charges were, and as a senior above 60, the Cherish Membership discount made my stay even more reassuring.

The bed, bedding and overall ambience were more like a nice hotel suite than a ward. I had a TV with Netflix and YouTube — a godsend for someone lying mostly still.

A fridge, tea n coffee making facilities, Free WiFi and clean washroom facilities, added to the comfort.

The Care: Impeccable, Personal, Attentive

Check-in: smooth, fast, and friendly. I was then wheeled upstairs — all handled with care and kindness.



Nurses and staff were warm, professional. One in particular — “Sister Malini” — introduced herself and made sure I felt at ease.

I'm notorious for having uncooperative veins (IV attempts in other hospitals often lead me to become a pin-cushion). Not this time. The hospital used ultrasound-guided access to find the right vein, got my IV in on the first try, and the infusion tube stayed in place without any drama for the entire three-day stay. Changed drip bags? No problem. Nurses were prompt and efficient.

Housekeeping was top-notch. After my shower they came in to clean and dry the stall again — felt like hotel room service.

Medical Services & Logistics – Smooth as Clockwork

I was scheduled for a CT scan during my stay. The ward staff wheeled me down, the radiology team were efficient, and there was no long waiting time for anything. I had all test and scan appointments honoured quickly.

No stress, no dragging — just smoothly coordinated care.

Food & A Touch of Personalisation

At dinner on the first evening, the chef / F&B manager Chef Khairil Anwar popped by to ask about my food preferences. Knowing how they tend to keep the food bland, I told him

straight: “I can take my spice — don’t hold back.” That evening I was served a fabulous fish curry with dhal — generous portion, full of flavour, comforting home-cooked food, and absolutely more than enough for me. For someone in hospital, that was a lovely surprise.

Efficient Discharge — With A Smile

After my doctor Dr. Sivaneshwaran said I was good to leave after 3 nights, the morning checkout was a breeze. I signed off, swiped my credit card — and by ~10:00 a.m. I was being wheeled out. No fuss, no waiting around, just seamless exit.

About Sunway Medical Centre Ipoh

Sunway Medical Centre Ipoh officially opened in 2025, with a capacity of 165 licensed beds.

The hospital offers a full suite of services: general inpatient & outpatient care, radiology (scans), advanced diagnostics, a dedicated Cancer Centre, a Nuclear Medicine Centre, ICU/HDU, operating theatres, and a broad range of specialties including cardiology, neurology, gastroenterology, women’s & children’s health, orthopaedics and more.

Patients have access to amenities such as free WIFI, clean washrooms on every floor, a cafeteria, a nursing-room/diaper-changing facility, and a prayer (surau) room — which helps make hospital stays that little bit more comfortable and human.

In Summary — A Hospital Stay I Almost Forgot Was “Hospital”

If I were to sum it up: my stay at Sunway Medical Centre Ipoh felt less like a medical admission, more like a well-staffed, serene wellness stay. From the diffuser-scented lobby to the efficient scans, from the carefully managed IV drip to the unexpectedly tasty curry dinner — it was flawless. My attending doctor Dr. Sivaneshwaran, nurses, support staff, housekeeping and even the food crew treated me like a guest rather than a patient.

If you want medical care in Ipoh but dread the cold, sterile, impersonal atmosphere of a hospital — go to Sunway. I came in wary (IV antibiotics + scan = not fun) and left feeling genuinely cared for, comfortable — and even a bit pampered.

GREEN & GEOPARK EXCELLENCE AWARDS (GAGA) 2025

Best Geopark Hotel + Residence Award TUI BLUE THE HAVEN IPOH

The Pride of Ipoh crowned as Jewel of Malaysian Ecotourism

The Haven Resorts and Residences has again done Ipoh proud again. Unknown to most, even to Ipohians, The Haven development has captured another meaningful award of “Best Geopark Hotel + Residence Award”. It has cemented its status as a global leader in sustainable luxury and geotourism.

On the prestigious night of November 22, 2025, The Haven was the sole recipient from Ipoh to be honoured at the GREEN & GEOPARK EXCELLENCE AWARDS (GAGA) 2025, triumphantly securing the highly coveted “Best Geopark Hotel + Residence Award”.

This recognition, presented by the Minister of Housing and Local Government, YB Tuan Nga Kor Ming, is a resounding affirmation of The Haven as the Pride of Ipoh and Envy of the Nation. It is a masterpiece built on a foundation of over 200 million years of geological history, making its accolade as a Geopark Resort an elevation on the global stage. Lenggong Geopark was the only other recipient from Perak.

A Masterpiece in a Prehistoric Landscape

The remarkable success of The Haven is inextricably linked to the innovative spirit and industrious effort of its CEO, Peter Chan. Perhaps as a foreigner with his international exposures, he could see the attractiveness of Ipoh beyond the local perspective. He had been able to accurately spotlight the unique, irresistible attributes of Ipoh to highlight and market. For more than a decade, this industrious leader has tirelessly championed Ipoh to the world.

Location, in terms of seclusion and nature on the one hand and close proximity and convenience to the city on the other hand, is one great attribute of the project. The resort is nestled against towering, ancient limestone karsts, offering a sense of untouched natural grandeur while maintaining close proximity to modern amenities.

The hybrid of hotel/ residence is another. With the hybrid, another unique attribute/ concept of use of lease return or residential use or vacation use has also been introduced. The hybrid model of hotel and residence, introducing a unique spectrum of use — from lease return and residential ownership to luxurious vacation stays. This innovation creates a truly flexible and attractive investment and lifestyle proposition. This has now evolved as a most



attractive proposition in Singapore in recent years.

An ideal family resort with universal areas and gourmet food is yet another. Beyond this, The Haven is now celebrated as an ideal family resort, incorporated with children's facilities, universal amenity areas and world-class gourmet dining.

Now, the exposure The Haven is on grounds of a geopark of over 200 million years is yet another outstanding feature highlighted. It is no wonder that The Haven has strategically placed a T-Rex dinosaur besides the flowing lake in the compound. The green and geopark award adds a captivating flair to the ancient landscape of the Resort history. This combination of numerous, unique set of attributes makes The Haven truly unique.

Global Recognition and Excellence as a Catalyst for Ipoh's Revival

The Haven's impact is undeniable, having successfully attracted over 160,000 foreign visitors from more than 120 countries to date. But its influence extends far beyond, serving as a powerful catalyst for regional economic growth.

According to the Perak State Executive Councillor for Tourism, YB Loh Sze Yee, Perak's tourism sector is surging, with tourist arrivals reaching 8.4 million in 2025, significantly surpassing the 7 million visitors recorded just in 2023. This

remarkable growth underscores the state's momentum and the increased profile of Ipoh as a must-visit destination.

Furthermore, the increased confidence generated by a world-class development like The Haven has spurred boom in developments in Ipoh. Reports indicate that following The Haven's pioneering success, more than 45 new high-rise developments have evolved in this hitherto quiet town, a powerful testament to The Haven's contribution to the State of Perak.

This international appeal was powerfully validated last year when The Haven Resort secured a major collaboration with TUI Blue, a leading German tourist conglomerate. This partnership marked TUI Blue's inaugural entry into Ipoh, serving as a launchpad for its subsequent expansion plans across Singapore and Malaysia. The brand, now known as TUI BLUE THE HAVEN IPOH, confirms the resort's world-class standards.

With this recognition and the accolade of being a Geopark Resort, the desirability of the Resort is expected to increase exponentially.

A Sensurround Symphony for the Soul

The Haven is not merely a resort; it is a cultural and artistic venue that leverages its breathtaking geography. In 2022, the development embarked on a legendary event: The Musical Extravaganza. This immersive experience featured musicians strategically placed around the edge of the forest, on a stage floating in the lake, and even within random residential units. The resulting “Sensurround” music was so uniquely captivating that the audience immediately called for an encore.

This spectacular event is planned to return in May 2026, perfectly timed to coincide with the nation's Visit Malaysia year. This is not just a concert; it is poised to be a serious contender in popularity to the iconic Sarawak Music Festival, holding immense international appeal.

It is hoped that MOTAC and the state EXCO recognize the unparalleled uniqueness of The Haven Development and its extraordinary efforts. Support for this visionary concept and its worldwide marketing will undoubtedly benefit Malaysia's tourism profile enormously.

The Haven is more than an award-winner - it is a national treasure bridging history, desirability, luxury, and sustainability for the world to experience.

Wellness

When Your Job Makes You Sick

By Dr Monesh Pillai
GP and Occupational Health Doctor

When we talk about workplace safety, most people think of helmets, gloves or avoiding accidents. The real danger for many Malaysians is quieter. It comes in the form of long-term illnesses caused by the work they do every day.

As a GP and occupational health doctor, I see this across nearly every sector. Chefs work in intense heat that strains the body and increases the risk

of kidney stones. Welders breathe fumes that irritate the eyes and lungs. Office workers develop neck and shoulder pain from years of poor posture. Factory and construction workers face repetitive lifting, bending, dust exposure and chemical contact.

One patient I treated had stubborn rashes on both arms. He visited several clinics with no improvement. Only when we discussed his job did the cause become clear. He mixed cement daily without proper protection. He had irritant contact dermatitis. His symptoms improved only after his employer reassigned him. For many workers, one simple workplace question can change everything.

Malaysia has strong laws such as OSHA 1994, along with guidelines enforced by the Department of Occupational Safety and Health. Yet awareness remains uneven. Some employers invest in proper safety. Others lack training or do not understand the risks. High-risk sectors such as construction, manufacturing and agriculture would benefit greatly from compulsory OSH education.

In 2023, Malaysia recorded over 38,000 occupational



injuries and 324 fatalities. DOSH also received 8,155 reports of occupational disease and poisoning, with more than 6,000 cases linked to hearing loss. Yet in clinics, the most common issues are back pain, neck strain and repetitive strain injuries that workers often ignore or “tahan” until the symptoms worsen.

Occupational health also includes mental well-being. Stress, burnout and long working hours affect sleep, mood and overall health, yet these issues are still not fully recognised as occupational conditions.

In the private sector, general practitioners often become the first line of early detection through hearing tests, lung function checks and workplace assessments. Employers must take safety seriously. Workers must speak up. Healthcare providers must ask how a patient’s job affects their body.

“Every worker deserves a safe and healthy workplace because behind every job is a family and a future depending on it.”

About the Writer:

Dr Monesh Pillai is a General Practitioner and Occupational Health Doctor registered with DOSH, with experience across high-risk industries in Malaysia. He holds postgraduate qualifications in Dermatology and Diabetes, and provides workplace health talks, safety briefings and company health screenings. Dr Monesh also serves as the Chairman of the Malaysian Medical Association Perak. For enquiries, he can be contacted at Klinikmanalan@gmail.com / 05-5462880.



QIU Brings Advanced Communication Studies to Perak

By: Anne Das



Ipoh now has its own pathway for postgraduate communication studies, thanks to Quest International University’s Master of Communication programme. For working adults and young professionals in Perak, this is a long-awaited opportunity to upskill without relocating or giving up full-time careers. It also supports the state’s goal of developing and retaining communication talent.

“Communication is the heartbeat of every organisation and every community,” said Prof Dr Adeline Kok, Deputy Dean of the Faculty of Social Sciences at QIU. “Across the region, professionals, entrepreneurs and public service leaders are facing the same challenge. They want to communicate effectively in a world shaped by technology. This programme is designed to meet that need.”

The Master of Communication programme is built on applied learning rather than exam-heavy coursework. Students engage with real case studies, industry-linked projects and a Capstone Project guided by communication practitioners. The focus is on developing thinkers, strategists and storytellers who can navigate digital ecosystems in an increasingly complex environment.

This new offering comes at a pivotal time as the state

moves toward a creative and technology-driven economy. Communication roles in public relations, branding, digital media, corporate communication and consultancy are expanding across Perak. QIU’s programme supports this evolution by producing graduates who can think critically, engage diverse audiences and deliver meaningful strategies for organisations.

Industry advisor and media personality Ibrahim Sani views postgraduate communication programmes as essential in the age of AI and rapid digital disruption. “Lifelong learning gives you an edge. If you combine real-world experience with a Master’s Degree, you place yourself ahead in a very competitive industry,” he shared.

The programme offers flexible study options, making



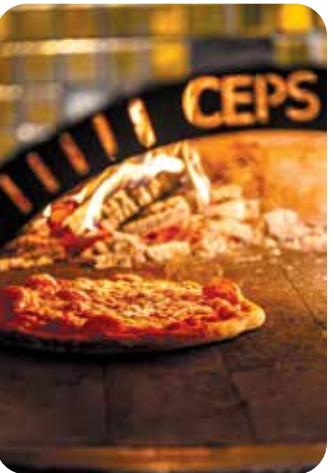
it suitable for both working adults and new graduates. People without a communication background can still join the programme through introductory modules.

By offering this qualification in Ipoh, QIU provides students with a chance to grow without leaving the state while strengthening the region’s creative and digital sectors. It also supports local employers who want skilled communicators trained to meet real industry needs.

Upcoming intakes are in February, May, August & November 2026.

(Fee waivers are offered to eligible applicants)
For more information, visit www.qiu.edu.my or contact the Admissions Office at **+605 249 0500**.





Your Best Day Awaits at The Banjaran Hotsprings Retreat

By: Anne Das

There is something undeniably magnetic about The Banjaran Hotsprings Retreat. For years, it has stood among the region's most remarkable destinations, a sanctuary where lush limestone cliffs, geothermal hot springs and ancient caves come together to create an atmosphere that feels almost otherworldly.

While overnight stays offer the full Banjaran immersion, the Wellness Day Pass invites guests to savour a day of world-class wellness without an overnight stay.

This magical Day Pass is available to non-in-house guests at RM350 nett per person. It allows visitors to enjoy the retreat's signature facilities from 10.00 am to 7.00 pm, offering access to the unique features within the breathtaking Banjaran Hotsprings Retreat.

Begin with the Geothermal Hot Springs Dipping Pools, where mineral-rich waters ease tension and support blood circulation. Continue with the Thermal Steam Cave for a natural detox or take an invigorating plunge in the Ice Bath.

The Meditation Cave and Crystal Cave provide quiet, grounding spaces while the Garra Rufa Doctor Fish Pool offers a gentle and natural skin exfoliation.

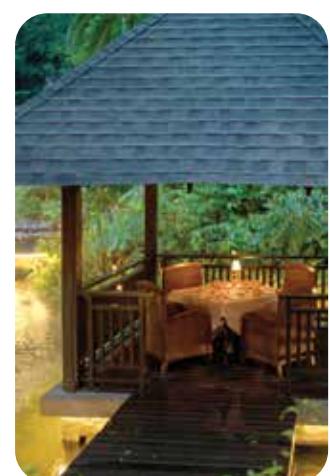
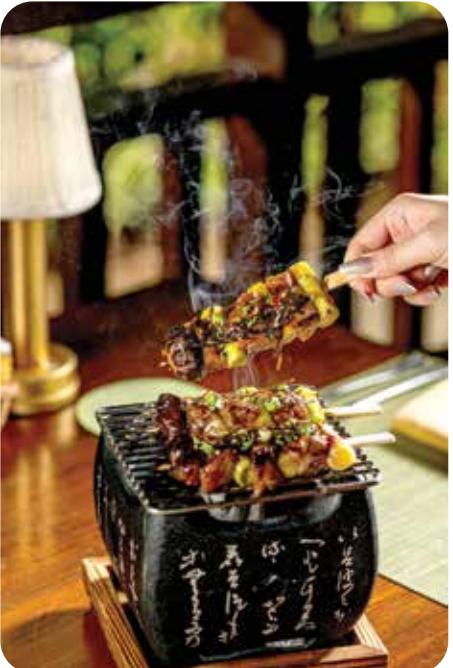
What makes the Day Pass even more appealing is the RM150 nett voucher that comes with it, giving guests the freedom to personalise their experience. Many choose to spend it at Pomelo, the retreat's all-day dining restaurant that dishes up locally inspired creations with a twist. From garden-fresh salads to wood-fired pizzas and seasonal specials, every plate is crafted to delight.

Others wander over to The Banjaran's award-winning spa to use the voucher for its holistic therapies drawn from ancient Malay and Chinese healing traditions.

The Day Pass works beautifully as a birthday gift, an anniversary milestone or even a luxe little escape with the girls. Spending the day at The Banjaran Hotsprings and Spa is an experience you will not forget.

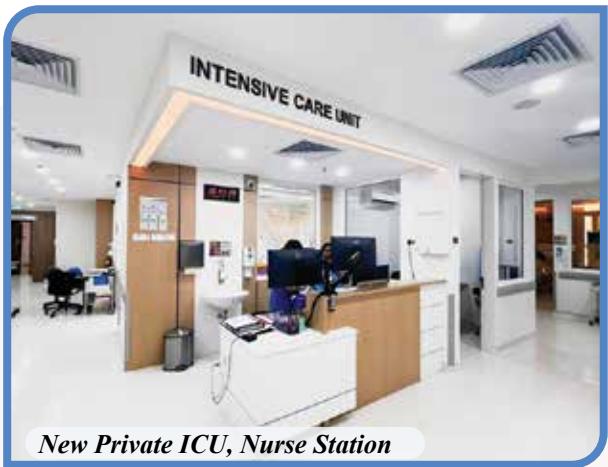
Bookings/ Reservations are required.

To book your Day Pass or for more information, call **+605 210 7777** or visit www.thebanjaran.com



PCSH Unveils Executive @ 5: Healthcare with Affordable Luxury

● By: Rosli Mansor Ahmad Razali



New Private ICU, Nurse Station



New Executive @ 5, The 5th Lounge



New Private ICU, Individual Room

Perak Community Specialist Hospital (PCSH) officially inaugurated its new Executive Floor, Executive @ 5, on Level 5 on 22 November 2025, marking a bold step in redefining the hospital experience.

The new floor combines medical excellence with hospitality, providing patients with a sanctuary that surpasses traditional hospital care.

This expansion reflects PCSH's commitment to transforming the hospital stay into a holistic and dignified experience through a hotel-style hospitality concept.

Elevating Comfort, Privacy and Personalisation

Executive @ 5 sets a new standard for patient well-being. Each room features hotel-inspired interiors, premium bedding and digital assistance to enhance comfort.

Dedicated patient lounge areas and concierge-style services ensure that both patients and their families feel accommodated, respected and well cared for.

According to Nicholas Chan, CEO of PCSH, the new floor reinforces the hospital's broader philosophy.

"This development supports PCSH's vision of transforming traditional hospital care into a holistic experience, where compassion, innovation and service excellence come together," he said.

With a long-standing legacy in Ipoh, PCSH has continually channelled all profits into facility upgrades, digital innovation and clinical excellence, ensuring sustained improvement in community care.

The new Executive @ 5 offers both single and double-bedded rooms, providing flexibility to patients and their families.

Even with these upscale amenities, PCSH maintains its commitment to affordability. As a not-for-profit community hospital, any surplus is reinvested into patient care, infrastructure and clinical development.

The launch of Executive @ 5 represents more than a facility upgrade; it reflects the hospital's ambition to redefine community health care. Rather than a mere clinical setting, PCSH positions itself as a 'Hospitable Hospital' embracing Affordable Luxury, where comfort and high-quality care are central.

Executive @ 5 is now open for admissions, offering patients privacy, personalised service and a restful environment, all without straining their budget.

About the New Private Intensive Critical Unit (ICU)

Designed with healing and rejuvenation in mind, the new single-room private ICU provides a modern and calm

environment for patients. The individual room concept ensures privacy and personal space, while supporting timely, efficient care for those requiring close monitoring.

At the same time, the hospital remains true to its core mission of providing affordable, high-quality healthcare to the community, aligning with its reputation as a not-for-profit community institution.



New Executive @ 5, Premier Room



Visit Asia's First Stables Market at the Perak Turf Club

● By: Anne Das

IIpoh has a brand-new weekend buzz and it is happening on the historic grounds of the Perak Turf Club. Their horse stables, built in the early 1990s, has been brought back to life as the Ipoh Stables Market.

Opening to enthusiastic crowds, it is already emerging as one of the city's freshest weekend destinations.

The setting alone is worth the trip!

A vintage starting gate from the 1960s, flown in from the United Kingdom and brought to Ipoh by rail, now forms the bold entrance to the Stables Market and leads visitors into a completely new vibe.

With 70% of the original stable architecture preserved, from open air aisles to timber doorways, the Stables Market blends old town grit with a bright, welcoming atmosphere.

Restored brick lanes and sturdy stable doors now guide visitors through a growing mix of food, craft and lifestyle offerings.

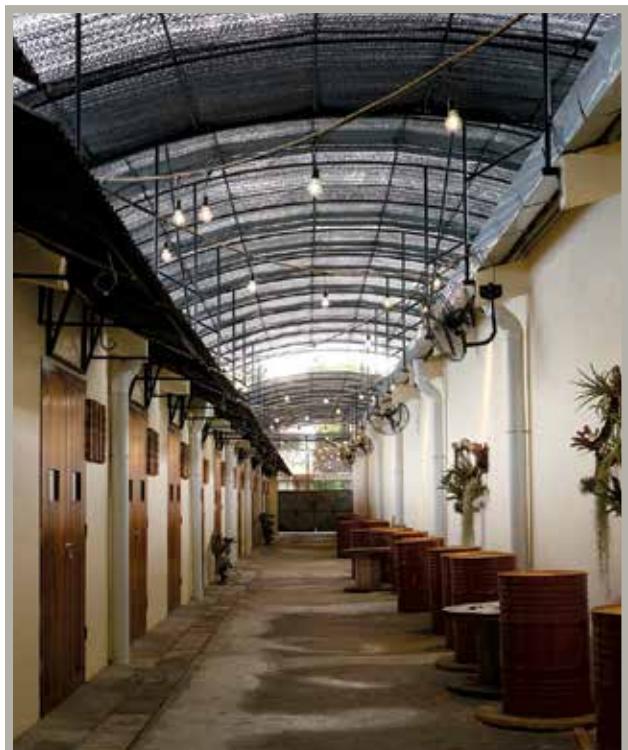


Visitors will find plenty to explore, from snacks and sweet treats to plants, pottery, art, candles, apparel, and unique weekend finds.

The market also supports community upliftment through a stall by The Perak Discharged Prisoners Aid Society, offering Labu pottery, batik and handmade crafts by inmates from across Perak.

A must visit is the Aquarium Club with its paludarium rooms, including a dedicated betta gallery featuring 360 individual tanks, sparking curiosity among both kids and adults.

The plan is to 137 stalls fill the revived space, inviting visitors to slow down, explore and experience the Turf Club from a fresh perspective. It marks a new chapter for a familiar landmark and a vibrant addition to Ipoh's weekend rhythm.



For more info:

Instagram and Facebook: Ipoh Stables Market or PISM
Email: cs@ipohstablesmarket.com
Website: <https://pismmanagement.com>
Open daily 10 AM to 10 PM.



Personality

Inspiring Lives Together

Unmistakably Francis Martin A Self-Made Brand

● By: Anne Das

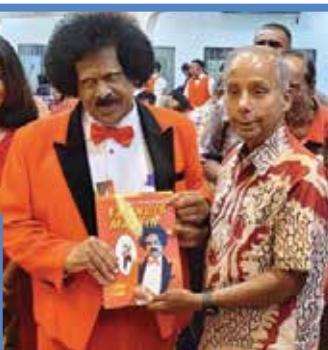
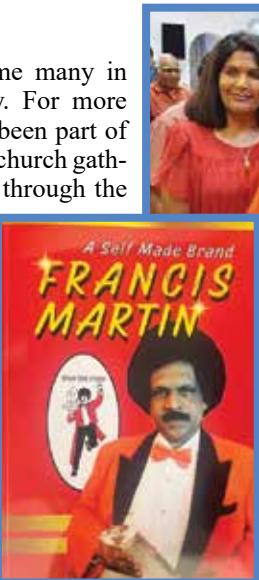
Francis Martin is a name many in Ipoh recognise instantly. For more than forty years, he has been part of the city's weddings, feast days, church gatherings and family celebrations through the steady work of Martin Caterers. His dishes have appeared on countless tables, and it is difficult to find a household in Ipoh, that has not enjoyed his food at least once.

Those who know him speak often of his reliability and his generosity. Francis remembers people easily, even from events he catered decades ago, and he greets them with the same warmth he carried in his early years.

His approach to work has always been simple. Show up, work hard and serve with sincerity. These values were shaped long before he stepped into professional catering.

Francis grew up in a modest household where discipline and responsibility were essential. When he ventured into catering in the early 1980s, the industry was still developing in Ipoh. He started with borrowed equipment and long hours, guided by determination and faith. Event by event, he earned trust through consistency. His curries and comfort dishes became familiar favourites that marked celebrations across generations.

His role in the community extends well beyond food. Francis has supported church programmes, contributed to charitable efforts and served actively in Rotary. In



each space, he carries the same steady presence. He is known for being dependable, helpful and ready to step in whenever his community needs him.

Francis recently launched the second edition of his autobiography titled *A Self-Made Brand*. The book brings together memories, photographs and the many moments that shaped his career and his life. It documents decades of service spent in kitchens, halls and community spaces across Ipoh. Readers will find stories from his early catering days, images from significant events and heartfelt messages from people whose lives have crossed paths with him.

At 67, Francis Martin is still greeted with familiarity wherever he goes, instantly recognisable in his signature red and his unmistakable Afro. His presence carries the same warmth that built his reputation, a reminder of decades spent serving the people of Ipoh.

Only a few can claim to feed a community for a lifetime. Francis Martin can.

'Close to Community, Solving Issues at the Root' – Chai Yi

● By: Balqis Jazimah Zahari

Focusing on resolving community issues down to the grassroots and staying close to the community, is Wong Chai Yi's working philosophy.

Chai Yi, who has served as the special officer to the Member of Parliament for Gopeng since 2010, has long been involved in community welfare work and public programmes.

"When I was entrusted with the role of State Assembly Member (ADUN) for Simpang Pulai, I continued that commitment more systematically, going to the ground almost every day and listening directly to the people's problems."

"From small issues such as street lights, clogged drains, and flash floods, to major issues like urban planning, air pollution, utilities, safety, food security, and education development."

"I've learned that every issue requires patience, inter-agency coordination, and swift action. This journey has shaped how I work today," she said.

Sharing about her early journey, she revealed that she was already active during her university days in student movements, advocating for positive change in Malaysia, particularly in the areas of politics and public policy.

"When one problem is solved, even if small, the impact is immediately felt by the people."

"My goal is clear and it is to build a safe, organised, progressive, and inclusive constituency, where every resident feels heard, valued, and protected," she added.



She said that since she began serving, hundreds of issues involving infrastructure, drainage, public health, safety, and welfare have been resolved.

According to her, among the most impactful achievements were efforts to address flash flood issues in the area. These included the upgrading of the Jalan Gopeng drainage system by JKR in front of Taman Song Choon, Lotus Hartamas, and KKIA Simpang Pulai; the widening and desilting of Sungai Pinji by JPS; the installation of water pumps at Sungai Pinji in Ampang Baru; as well as drainage upgrades in Hillview, Gunung Rapat, and Bandar Cyber.

In addition, several community and recreational facilities were enhanced, including the construction of Taman Rekreasi Madani Rapat Setia, the upgrading of the jogging track at Padang Pulai Height, improvements at Padang Medan Lapangan Lagenda, and the upgrading of Padang Gunung Rapat, further improving the quality of life for residents in the area.

She added that within the next five years, her key target is to establish a Health Clinic near the densely populated housing areas around Bandar Seri Botani.

Sustainability

CST Auto Group Accelerates Perak's Journey Into Sustainable Mobility



● By: Zaki Salleh

As 2026 begins, Perak is entering a new phase of cleaner and more energy-efficient transport solutions, with sustainable mobility becoming a growing priority for communities and consumers alike.

CST Auto Group has strengthened its position as the largest multi-franchise automotive hub in Perak, while positioning itself as a key leader in Malaysia's transition toward New Energy Vehicles. This move reflects the group's commitment to shaping the increasingly competitive future mobility market.

Founded in the late 1980s by Dato' PR Chandran, CST Auto Group has grown into a well-established automotive ecosystem with a strong reputation for after-sales service. The group's operations are driven by two divisions, Ipoh Auto City Sdn Bhd and Car Lines Sports and Classics Sdn Bhd. Both serve as the backbone of the business, reinforcing CST Auto as a major player in the local automotive sector.

The group's headquarters at Greentown Business Centre houses a full-service hub that offers 3S services, vehicle detailing and insurance support. This facility provides a smooth and comprehensive vehicle ownership experience for customers across Perak.

CST Auto Group is also appointed as a government fleet service provider. Government fleet vehicles are sent to CST-owned service centres for scheduled maintenance and support. This long-standing role shows the government's confidence in CST's ability to maintain and support key fleet vehicles in Perak.

CST Auto Group distributes nine automotive brands in the market, including



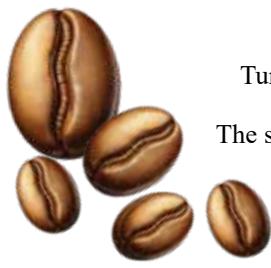
LEAPMOTOR, OMODA and JAECOO, GAC Motor, JAC Motors, Weststar MAXUS, Subaru and Suzuki. The expansion of NEV-focused showrooms in Ipoh reflects a growing interest among consumers in reducing carbon emissions and adopting cleaner transport options.

Recently, the group expanded its showroom presence in the Fairpark area with key NEV brands such as LEAPMOTOR, Weststar MAXUS and JAC Motors Commercial. This development marks a significant step in strengthening Perak's green mobility ecosystem.

A dedicated OMODA and JAECOO showroom has also opened near Persiaran Kampar, supported by a 3S Service Centre in Canning to provide technical assistance. With a comprehensive strategy that includes BEV, PHEV and ICE across passenger, executive and commercial segments, CST Auto Group is well positioned to support the diverse needs of today's consumers.

As the demand for sustainable mobility continues to rise, CST Auto Group aims to ensure that Perak remains at the forefront of Malaysia's transition to greener, cleaner and more responsible automotive choices.





The Rise of Ipoh's New Coffee Culture

Turns out the hottest nights in Ipoh are happening in cafés, and yes, everyone is wide awake for it. Coffee has become the new party starter, powering everything from mellow hangouts to music-filled evenings where the only shots being poured are espresso. The shift mirrors what is happening around the world as young people choose caffeine over cocktails and stretch their social hours in new ways. New cafés in Ipoh keep appearing with their own style and energy. Some are calm and minimal, some playful and social, and others are buzzing with late-night momentum. If you are ready for your next jitter-juice adventure, here's Ipoh Echo's shortlist.

● By: Yashila Issabelle & Anne Das



1 Blank Coffee Roaster

Calm, Minimal & All About the Coffee



Blank keeps things simple in the best possible way. It is a small, mellow space with warm lighting and a clean interior that lets the coffee speak for itself. Owner Lim Jian Wei roasts his own beans and supplies them to cafés across Ipoh, so every cup here tastes a little more personal.

Choose between 2 roasted beans: Bond, with chocolate pudding and brown sugar notes, or Whisper, for a fruity blend with hibiscus and pomelo notes. Filter fans can pick from five hand-brewed options. Matcha lovers go straight for the Strawberry Matcha made with Niko Neko matcha and homemade strawberry syrup. Light bites feature cakes and pastries from local bakeries.

It is a great stop for solo sips, quick catch-ups or a quiet reset.

Open: Daily 9 am to 5 pm
Address: 1-1A, Jalan Medan Ipoh 1B/1
Price: RM1 to RM20
Contact: **011 2668 1307**
Instagram: [@blankcoffeeroaster](https://www.instagram.com/@blankcoffeeroaster)

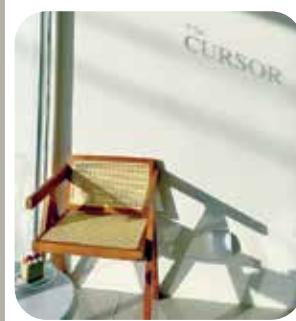
2 The Cursor

Playful, Social and Designed for Connection

The Cursor feels like a bright, grown-up game room, with hopscotch, yoyos and life-size board games adding charm to its white interior. Owners Christine Wong and Terry Leong created a café built around connection, conversation and a little nostalgia.

Their Chocolate Terrine is a crowd favourite, rich and layered without being overly sweet. The interactive "This is Life" drink lets you choose your own mix of sweet, sour, spicy and bitter. Fridays come alive with open mic sessions, karaoke and music that spills outdoors.

It is a café that encourages people to slow down, chat and leave a little lighter.



Open: Times vary (check online)
Closed Wed - Thurs
Address: 117, Jalan Raja Ekram, Kampung Jawa
Price: RM20 to RM40
Contact: **011 3621 7497**
Instagram: [@thecursor_](https://www.instagram.com/@thecursor_)

5 Curb Coffee

Coffee, DJs and Sunset Vibes



Curb brings a charged energy to Ipoh's coffee scene. Set in the historic Cabaret building at one of the busiest intersections in town, it feels lively from the moment you arrive. Daytime offers solid coffee, matcha and relaxed seating. As the sun sets, the outdoor area shifts into something more vibrant.

DJs rotate throughout the week, music fills the street, and the café takes on a social, nighttime buzz. Owners Ezad, Shakir and Yusof curate different music styles, so the mood changes depending on the day. Their Curb Platter comes with homemade jaggery that pairs beautifully with Hotaru Matcha or a hot coffee.

Open: Daily 8 am to 2 am
Address: GF-Cabaret, Lot 3435N, Jalan Raja Ekram, Taman Jubilee.
Price: RM1 to RM20
Contact: **012 500 7703**
Instagram: [@curb.coffee](https://www.instagram.com/@curb.coffee)



3 Cream Coffee Co.

Street-Style Delicacies and Drinks All Night



Cream is where late-night cravings meet clever Malaysian flavours. What began as dessert breads and tiramisu has grown into a full menu featuring the Cream Special, Matcha Tebu and a tiramisu-inspired drink that is rich yet balanced. Open daily from 6 pm to 2 am.

Cream thrives on its street-style, takeaway vibe. It feels a little like a mamak, a little like a dessert bar and fully like a place that keeps the night going. Parking is easy, space is generous, and groups often gather with mats and drinks for late-night conversations.

Open: Daily 6 pm to 2 am
Address: Persiaran Dua, Arena Kepayang Putra, Fair Park.
Price: RM20 to RM40
Contact: **016 521 7960**
Instagram: [@creamcoffee.co](https://www.instagram.com/@creamcoffee.co)

4 TBX Coffee And Roastery

Café Hub for Creatives



TBX is both a café and a meeting point for people who enjoy good coffee, good food and slow afternoons. Owned by barista and supplier Kenny Tan, TBX serves slightly darker, fruitier roasts made for everyday sipping.

The menu goes beyond typical café fare with salmon white sauce pasta, spaghetti pesto chicken and hearty brunch options. Drinks include Mango Lemonade Soda with rosemary, Dirty Coconut Coffee and their floral Signature Latte.

The space is easy for lunch, casual meetings or relaxed weekends. Card games on the tables add a light social touch.

Open: Daily 9 am to 6 pm
Address: 52, Jalan Lee Kwee Foh, Taman Canning.
Price: RM1 to RM20
Contact: **012-522 5366**
Instagram: [@tbxcoffeeroastery.my](https://www.instagram.com/@tbxcoffeeroastery.my)

Tourism

Tingkat Valley: A Hidden Paradise and Haven for Nature Lovers

Relax & Stay

● By: Rosli Mansor Ahmad Razali

For those seeking an escape from the city's hustle and bustle, Tingkat Valley offers the perfect retreat.

Nestled deep within Taman Meru, just 20 minutes from Ipoh, this glamping resort promises a unique back-to-nature experience surrounded by lush greenery, the soothing sound of a flowing river, and refreshing air that calms the soul.

According to Tingkat Valley Manager Muhammad Aqil Fitri Azman, guests don't just stay here; they reconnect with nature in its purest form.

"There are no TVs in our rooms or tents. We want guests to immerse themselves in the sound of the river, walk freely through the forest, listen to the rhythm of nature, and, if the season is right, enjoy local fruits fresh from the trees," he said.

Despite being surrounded by nature, visitors remain connected to the outside world through high-speed Starlink Wi-Fi, allowing them to share their experiences online or work remotely without sacrificing the serenity of the countryside.

Accommodation options at Tingkat Valley cater to various preferences and budgets, including the Senduduk Tent for couples, Kemboja and Teratai Tents for families or friends, and the Keladi Suite for larger groups.

For couples seeking a peaceful retreat, the Orkid Room is the ideal choice — a cosy space for two to relax.

All units are equipped with basic amenities such as air conditioning and private or shared bathrooms, offering tranquil views of the river or forest. All accommodation options include breakfast according to the number of guests.

For Muslim guests, a traditional Malay-style surau adds a nostalgic touch, evoking the warmth of a hometown atmosphere.

Coffee enthusiasts will also find comfort at Kedai Kopi Pak Harun, located within Tingkat Valley's grounds. Open from 4 pm to 10 pm, it has become a favourite spot not only for resort guests but also for visitors seeking to relax and



savour a variety of coffee blends amid a peaceful, natural setting.

Since its opening in 2018, Tingkat Valley has also become a popular venue for weddings, team-building events, and family gatherings, accommodating between 20 to 300 guests.

More than just a place to stay, Tingkat Valley offers a truly enriching and unforgettable experience of harmony with nature.

For more information:

Tingkat Valley
Lot 320064, Persiaran Taman Meru 30,
Taman Meru, Ipoh, Perak.
Tel: **012-536 0277**
FB/Instagram/TikTok/Twitter: **Tingkat Valley**
Website: www.tingkatvalley.com
Email: tingkatvalley@gmail.com



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@buffnshine_mobiledetailing

Golden Harvest Care Centre Is Now Open!

Assisted Living Facility for The Elderly in Ipoh

● By: Anne Das

Golden Harvest Care Centre (GHCC) in Kampung Baru Lahat is now open for new registrations, offering assisted living services for seniors who need daily care in a safe and comfortable modern environment.

GHCC provides three room types:

- Private rooms at **RM4,000**
- Twin-sharing at **RM2,500**
- Four-bed rooms at **RM2,000** to **RM2,200**

All options come with air-conditioning and attached or shared bathrooms. Short-term stays and daycare services are available. The centre accommodates up to 54 residents, supported by trained caregivers on duty 24 hours a day.

Services include three main meals with two tea breaks, medication management, assisted bathing, vital sign monitoring and clinic transport.

Facilities feature a modern elevator, TV lounge, rehabilitation area and a 100-seater activity hall. Residents enjoy daily programmes such as gardening, exercises, karaoke, cooking classes and monthly outings.



For more details and enquiries:

Golden Harvest Care Centre @ 59, Kampung Baru Lahat, 31500 Ipoh.
Google Maps: <https://g.co/kgs/BPJboSF>
Visiting Hours: 8.00am to 7.00pm
Stephen Yaw **019-5762563** /
John Lee **012-4884708**
Facebook: **Golden Harvest Care Centre**
Website: www.goldenharvestcarecentre.com

Community

● By: Rosli Mansor Ahmad Razali



Photo: Balqis Jazimah Zahari

for Utusan Malaysia and Kosmo, said the family's biggest struggle is the overwhelming cost of treatment and the large amount of dressing materials required every day.

"Aina needs about four to five boxes of dressing each time we change her bandages. One box costs between RM100 and RM145, and each contains only five pieces."

"If we need to bathe them and change the dressing in a day, it can reach RM600 to RM700 for just one session," he said.

Despite receiving assistance from the Social Welfare Department (JKM) and the Perak Islamic Religious and Malay Customs Council (MAIPk), he said it is still not enough.

Their wounds rarely dry completely, sometimes covering up to 60-70 per cent of their backs.

"Removing the dressing alone takes one to two hours. For both children, it can take four to five hours. Our entire time is focused on them," he said.

The most difficult moments, he added, are bath times, as water can easily cause their skin to tear.

"For five to six months, doctors advised us to bathe them using diluted bleach to stop the bleeding. It worked, but it was still painful, and they cried every time," he said.

His wife, who cares for both children around the clock, has been living this routine non-stop for nine years.

"Sometimes we feel defeated. But when we see our children being strong, we become strong too," he said during an interview at their home in Kampung Ulu Kuang, accompanied by his wife, Norshuadah Abu Bakar, 32.

Aina now attends a special education class after being pushed by another child, which caused her skin to tear badly. Yet, he said she remains bright and continues to excel academically.

"She does well in her studies. She reads the Quran too. Her movement is limited and her handwriting is slow, but she tries," he said.

Two Siblings With EB Cry Each Time Their Skin Tears, Family Appeals for Help

CHEMOR — "Let us go first, not our children..." These were the heart-breaking words of a father, Muhamad Nazreen Syah Musthafa, 36, who, together with his wife, battles daily to care for their two children suffering from a rare skin disorder, Recessive Dystrophic Epidermolysis Bullosa (EB).

Both children, Aina Afieyah, 9, and Muhammad Mikhail, 3, have lived with the condition since birth.

EB causes their skin to be extremely fragile, tearing and blistering easily, turning simple daily routines into agonising episodes filled with cries of pain, especially during baths or wound dressing changes.

Nazreen, a part-time photographer for Utusan Malaysia and Kosmo, said the family's biggest struggle is the overwhelming cost of treatment and the large amount of dressing materials required every day.

Hot weather is another trigger for severe flare-ups. Prolonged exposure without air-conditioning causes their skin to turn red, itchy, and blister quickly.

"The air conditioner has to run the whole day when it's hot, otherwise blisters form very fast," he said.

As the family's sole breadwinner, Nazreen admits he has had to take on multiple side jobs, including driving for e-hailing services after completing photography assignments, just to sustain the treatment costs.

"We are not asking for sympathy. But when one box of dressing already costs over RM100, we struggle to keep up.

"We've even had to use tissue or cloth when the dressing runs out. Their wounds cannot be left exposed; the risk of infection is very dangerous," he said.

Nazreen hopes NGOs, individuals, corporations, or government agencies can step in to help, especially by providing dress subsidies or donations for his children's treatment.

"We just want them to be in less pain... that's all," he said, holding back tears. Those who wish to assist the family may channel contributions to:

Maybank 162085541395 (Muhamad Nazreen Syah bin Musthafa)

Donations can also be delivered directly to their home at Jalan Haji Raof, Kampung Ulu Kuang, 31200 Chemor, Perak, or by contacting him at **011-3651 2046**.



30 Year Flash Flood Issues Ends with Taman Hillview Mitigation Project

● By: Aida Aziz

IPOH: Every time heavy rain falls, residents of Lebuh Hillview and Persiaran Hillview in Taman Hillview are gripped with anxiety, knowing their homes will almost certainly be flooded.

The problem has haunted the community for nearly 30 years, as the area is low lying and the existing drains can no longer cope with the high volume of rainfall.

However, an upgrading project for the drainage system to mitigate flash floods has finally brought relief to more than 20 houses in the area.

According to Simpang Pulai State Assemblywoman, Wong Chai Yi, the project was approved with an allocation of RM240,000.

"This upgrading work involves enlarging and repairing the structure of the main drain, as well as constructing additional channels."

"It is aimed at ensuring smoother flow of rainwater so that it does not spill over into the nearby residential area," she said.



She added that the project was carried out through the joint efforts of the Ipoh City Council (MBC) to address the recurring flash flood issue.

Expected to be completed by mid-January, the project is set to reduce flood risks while enhancing safety for the local community.

According to an MBC representative, the area already has a drainage system, but over the years, the population and volume of water have increased, resulting in flash floods.

Therefore, the existing drains will remain, but a pipe culvert or underground drain needs to be added along a 240 metre stretch.

This will allow water to flow through an alternative underground route besides the surface drain, thereby reducing the risk of flooding.

Resident J. Chandran, 62, said he has lived there since 1998 and has grown accustomed to the recurring flash floods.

"It has always flooded here. When it rains heavily, it doesn't take long. Within less than half an hour, water enters the house and damages our belongings."

"Thank you to the Simpang Pulai Assemblywoman and the Council members for acting quickly. In these 30 years, they are among the few who have truly resolved this issue," he said.

Laily Kassim, 78, also expressed relief over the flood-mitigation project as she now lives alone.

"My children all work in Kuala Lumpur. Every time there is heavy rain, the house here gets flooded, and it worries me."

"When it floods, I can't clean the house myself because of my health. Usually, I hire someone to do it," she said.



Gotong-Royong Sets an Example for Business Hubs

● By: Aida Aziz

IPOH: The initiative by the Greentown Square Management Corporation (PPGS) in organising the Gotong-Royong Perdana 2025 not only strengthened the sense of community in the area, but also served as an example for other business districts to join forces in similar activities.

According to PPGS Manager, Narjeet Singh, more than 100 participants took part in this first-of-its-kind programme at the location.

"In the past 20 years, this is the first time we've organised a programme involving the Greentown Square community."

"Among those involved were UniKL, Yayasan Bina Upaya, Amanah Raya Berhad, the TNB Workers' Cooperative and Cash Converters."

"What's interesting is that they collectively sponsored



the event to clean up Greentown Square, including providing souvenirs for participants," he said.

Also present were PPGS Chairman, Charmalee Sivapragasam, and PPGS Chief Security Officer, Mohd

Shafie Ikhsan.

The clean-up activity ran from 8.30am to 12 noon and ended with light refreshments.

Narjeet added that there are around 200 business units in the area, including commercial lots, eateries and banks.

"Many UniKL and YBU students as well as business operators took part, and we plan to hold this programme annually with even greater participation."

"Perhaps communities in other business districts in the city can follow this example, so we can work together to keep our surroundings clean and strengthen community ties," he added.

Meanwhile, UniKL student Nurin Hannah Hazril Nizam, 18, said the programme helped foster a stronger sense of community at Greentown Square.

"We cleaned the area by collecting rubbish and washing the corridor floors and stairways, ensuring the surroundings remain clean and well-maintained," she said.

Community

Sinar Fund Brings New Hope to Eye Patients

● By: Zaki Salleh

A total of 158 individuals aged 50 and above from the B40 group in Perak have received free cataract surgeries since 2022, thanks to an initiative aimed at expanding healthcare access for lower-income communities.

"We have assisted 158 beneficiaries who required cataract surgery, all fully funded under the Sinar Medical Fund. The Perak state government established this fund in close collaboration with Hospital Ar-Ridzuan," said Hospital Ar-Ridzuan General Manager, Umaisalmah Nawawi.

The fund, introduced as part of the state's healthcare and medical initiative, is channelled through selected private hospitals to support those in need of critical treatments.

According to Umaisalmah, the initiative has not only benefited the targeted group but also helped improve the overall health and quality of life of senior citizens.

She noted that RM50,000 has been allocated this year alone to assist deserving recipients.

"This initiative by the state government aims to support more low-income Perakians who require immediate treatment."

"Ophthalmologists will diagnose patients and subsequently submit applications to the fund to enable them to undergo surgery," she explained.

Umaisalmah emphasised that the strong synergy between private healthcare providers and the state administration demonstrates how inclusive health initiatives can be effectively implemented for the well-being of the people.

She expressed hope that the fund will continue and expand its scope, allowing a larger segment of low-income residents in Perak to access quality medical treatment without being hindered by financial limitations.

The initiative further reinforces the Perak state government's steadfast commitment to ensuring that no one is left behind in receiving essential healthcare services.



Community first, says Ipoh Sentral developers

● By: Anne Das

The upcoming transit-oriented development, Ipoh Sentral, will prioritise the local community's needs in its first phase of development before starting on the commercial and logistics aspect of the project.

Following the instructions given by Transport Minister Anthony Loke in August 2025, developers Malaysian Resources Corporation Bhd (MRCB) and Ipoh Sentral Sdn Bhd (IPSB) will ensure that the 6.31-acre recreational park will be developed first.

"In our first phase of development, we will link the community park and its network of mosques and temples, giving locals and visitors a recreational facility while experiencing Perak's rich cultural and religious diversity in one destination," said MRCB Corporation Communications Department in a statement.

As a mixed development focusing on transport, Ipoh Sentral will also ensure that daily commuters will save travel time with improved train and bus integration.

Students and workers in nearby towns can also enjoy better access to schools and jobs, while families will benefit from safer pedestrian, cycling and bus access – thus reducing the dependence on private cars.

Its seamless connectivity with KTM, commuting to Kuala Lumpur or Penang for work, also becomes a real possibility – opening new career options without the need to relocate.

"Upon completion, we envision that a local worker can ride the ETS daily from Kampar and connect easily to buses at Ipoh Sentral. A family from Penang can check into the hotel within Ipoh Sentral before heading to Lost World of Tambun," said the statement.

At the same time, the developers have promised that Ipoh Sentral will enhance the lifestyle of the community while preserving the city's heritage and historical beauty, over its 20-year phased implementation.

MRCB and IPSB will also conduct continuous active stakeholder engagement by working closely with government agencies, local councils, and community groups to address concerns early and effectively.



Hospital Ar-Ridzuan Pioneers AI Technology for Chronic Disease Care



Hospital Ar-Ridzuan proudly announces the introduction of technological advancements aimed at enhancing patient care, improving diagnostic accuracy, and streamlining hospital operations through the EyRIS SELENA+ AI Eye Screening system.

SELENA+ is an automated system through analysis of colour retinal images that identifies signs of more than mild diabetic retinopathy using the ICDRSS or diabetic macular edema (DME) in adult patients.

Hospital Ar-Ridzuan collaborates with Nova MSC Berhad, a provider of ready-to-deploy and industry-leading solutions, to become the first hospital to use the EyRIS Mediworks Camera in a hospital setting and implement the EyRIS SELENA+ AI Eye Screening system.

This system is an advanced deep learning technology designed to support early detection of major eye diseases.

SELENA+ leverages artificial intelligence to simultaneously screen for diabetic retinopathy, glaucoma suspect, and age-related macular degeneration, delivering an accuracy rate of more than 90%.

This cutting-edge system enables faster, more precise identification of eye conditions, allowing patients to receive timely treatment and significantly reducing the risk of preventable vision loss.

The introduction of SELENA+ strengthens our commitment to offering world-class diagnostic services close to home. Apart from that, this technology can further detect related conditions such as cardiovascular risk, biological age indicators, and chronic kidney disease.

With state-of-the-art medical technologies and a team of highly qualified specialists, HAR serves as a key healthcare facility in the region, providing services to both local residents and those from neighbouring areas.



Contact us to schedule an appointment or for any further inquiries.

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Suria 301450 Ipoh, Perak Darul Ridzuan.

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Email: info@arridzuan.com.my

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Instagram, Tiktok: [@hospitalarridzuan](#)

THUMBS- UP!

Ipoh Echo, on behalf of the community, extends its appreciation to the local authorities for their prompt attention in resolving the recent issue we highlighted.



BEFORE



BEFORE



AFTER



AFTER

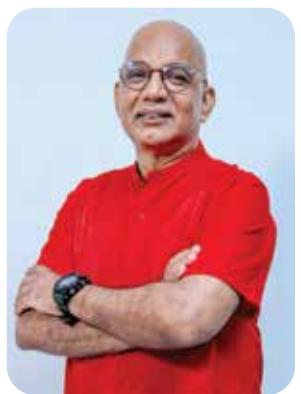
The location of the homeless individuals who were reportedly defecating in public and accumulating rubbish in Taman Cempaka has been cleaned by Ipoh City Council sanitation workers.

A local resident, who was also the complainant, expressed appreciation and gratitude for the swift response from the authorities regarding the issue reported by Ipoh Echo.

The road markings on Jalan Chung Thye Phin, which were previously reported to be faded, have been repainted by the authorities.

According to the complainant, they greatly appreciate the prompt response regarding the report that was previously submitted to Ipoh Echo.

Every child learns and grows in their own way. Neurodivergent children—such as autistic children, those with ADHD, dyslexia, or other differences—may sometimes need extra support to manage daily life. Supporting tools are simple aids that make things clearer, reduce stress, and help children express themselves. They are not about “fixing” the child, but about giving them the right support so they can succeed and feel confident.



Supporting Tools for Neurodivergent Children: Helping Them Shine

By Dr. Shan Narayanan

Consultant Paediatrician, Life & Executive Coach

1. Communication Tools

Some children may find talking difficult. Tools like picture cards, communication books, or even "Yes/No" cards give them a way to share their needs and feelings. These tools help reduce frustration and allow their voice to be heard.

2. Visual Routines

2. Visual Routines
Many children feel calmer when they know what will happen next. Visual schedules, now–next–later boards, or transition cards show the steps of the day in pictures. This makes daily routines smoother and helps children feel more secure.

3. Motivation and Encouragement

Reward charts, token boards, or star systems can motivate children and celebrate their progress. These tools focus on strengths and small successes, helping children build confidence and joy in learning.

4. Inpendence in Daily Life

Step-by-step picture guides for brushing teeth, dressing, or eating make daily tasks easier. Simple aids like Velcro clothing encourage independence and reduce stress for both parents and children.

5. Sensory and Emotional Supports

Some children are sensitive to sounds, lights, or touch. Tools like headphones, fidget toys, or



weighted blankets help them stay comfortable. Emotion cards or calm spaces give them safe ways to manage big feelings.

Conclusion

Conclusion
Supporting tools make the world more accessible for neurodivergent children. They build confidence, independence, and happiness while reducing daily challenges. With the right tools, every child can shine in their own way.

Contact & Enquiries: First Bridge Early Intervention Centre 13 Jalan Perpaduan Indah 5, Taman Perpaduan Indah, 31400 Ipoh, Perak.
Phone Number: **016-609 3525**
Email: firstbridge007@yahoo.com

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Sport**Motocross & ATV Track
Ulu Kuang Catalyst
for International Extreme Sports****● By: Balqis Jazimah Zahari**

CHEMOR: The Motocross and All-Terrain Vehicle (ATV) track in Ulu Kuang here has become a catalyst for organising international-level extreme sports competitions.

The arena, developed by the Ulu Kuang Village Community Management Council (JPKK) in collaboration with the Jiwa Kental project, is currently being developed in phases.

Advisor of the Jiwa Kental Project and Ulu Kuang Village Chief, Hamdan Ishak, said they are actively developing the track, which will also become a major recreational site in the area.

"For now, we are starting with Motocross and ATV, and later we will introduce mountain bike.

"This location will also be developed as Dataran Ulu Kuang, and because it is near a river, various new activities will be created in the future," he told Ipoh Echo when met at the track.

Hamdan said the new more strategic track location has increased public awareness of the Motocross and ATV sports.

"The previous motocross track was located far behind the village, so we have just built a new track near the main road.

"When the track is opened beside the road, people can see it and it becomes easier for the public to take part in this sport.

"Last year we already organised a motocross competition, and if the budget allows, the competition will be held again at this new track," he said.

He added that they are also highlighting ATV activities because the track and environment are suitable.

"Motocross has long been here, so this time we want to introduce ATV activities as well.

"In addition, we once held a world-level '4x4 challenge', so with all these products, we want to promote Ulu Kuang at a higher level, preferably internationally, especially in extreme sports," he said.

Meanwhile, Coordinator of the Jiwa Kental project, Rosdi Roslan, said the track is among the two best motocross locations in the country.

"What you see beside the road is not the entire track, it is a single loop of 5.5 km involving swamp areas, hills, slopes, rivers, ravines, and more.

"The track here is among the two best in Malaysia because it features natural obstacles and does not use artificial ones," he said.

He added that, due to high demand, a competition will be held soon with the participation of around 350 participants in five categories.

Belgium Crowned Champions in Dramatic 2025 Sultan Azlan Shah Cup Finish**● By: Kavaldip Singh**

The 2025 Sultan Azlan Shah Cup delivered a dramatic finale in Ipoh, showcasing six nations battling through intensity, emotion, and world-class hockey.

Belgium completed a historic unbeaten run, edging India 1-0 in a tactical final decided by Thibault Stockbroekx's 34th-minute field goal.

India pressed hard, earning multiple penalty corners, but Belgium's resolute defense secured their first Azlan Shah title and the honour of becoming the first European champions in the tournament's history.

In the bronze match, New Zealand overpowered hosts Malaysia 6-1, with captain Sam Lane scoring a blistering hat-trick and James Hickson adding another before halftime.

Malaysia's lone answer came via a penalty stroke from Faizal Saari, but defensive lapses proved costly as the



"Speedy Tigers" settled for fourth place on home soil.

Canada and South Korea fought fiercely in the 5th/6th classification match, with Canada clinching a narrow 4-3 win to secure fifth place.

Korea's spirited performance fell just short, leaving them in sixth.

From Belgium's historic triumph to India's brilliance, New Zealand's efficiency, Malaysia's fight, Canada's resilience, and Korea's determination, the 2025 edition delivered unforgettable moments that will stay with players and fans long after the final whistle.

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SEEFOON IPOH FOOD DIVA Selects

Scotch, Reborn — An Ipoh Icon Returns

By: SeeFoon Chan-Koppen

Scotch has always occupied a special corner of Ipoh's collective memory. Perched proudly on the corner of Ipoh Garden South, it was the watering hole for the office crowd, and anyone seeking hearty grub washed down with the coldest beer in town. Step inside on any given evening, and you'd find half of Ipoh squeezed around that impossibly long bar, conversations tumbling over each other, laughter spilling into the air.

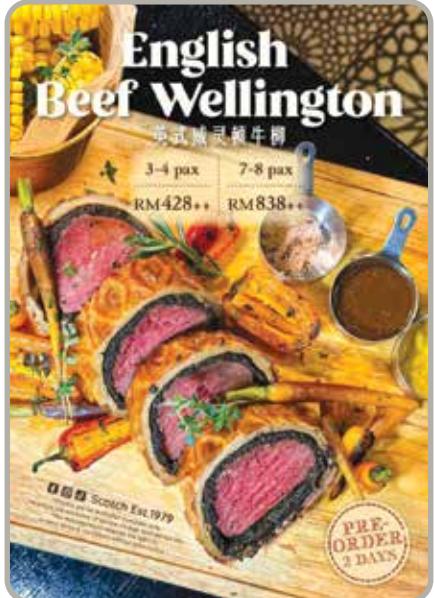
Today, that beloved pub has been reborn. The new Scotch—sleek, refurbished, and buzzing with anticipation—has opened to considerable fanfare. What strikes you first is the space. The old, slightly cramped charm has given way to a more open, expansive layout. There's room to breathe now, to sit, to linger.

Inside, the transformation is tasteful and warm. All new furniture, a refreshed layout, but the soul is unchanged. The iconic long bar remains, polished and proud. And yes—the mock fireplace, lovingly preserved from its 1979 debut, still holds court.

Although I was never a regular diner at the old Scotch, this grand reopening, with the name streamlined to simply Scotch and the talented Chef Simon Lee helming the kitchen, finally drew me in with a sense of purpose. If Simon was running the show, I knew exactly what I had to order.

Fish & Chips — A Triumph

Fish and Chips is my benchmark for English comfort fare, and Simon was not about to let me down. The halibut arrived encased in a batter so feather-light and crisp it practically shattered on the fork. Inside, the fish was sublime—white, moist, and meltingly tender. A plate of Fish and Chips this good makes you sit back and sigh with gratitude.



Beef Wellington — A Masterpiece by Simon

Then came the pièce de résistance: the *Beef Wellington*. I had given Simon fair warning ahead of time. What arrived was nothing short of artistry.

The beef was cooked to absolute perfection: beautifully pink in the center, leaning toward medium but with just enough juiciness to satisfy even the medium-rare purists. The duxelles—a fine blend of mushrooms, herbs, and shallots—were elegantly seasoned and wrapped the meat in a rich, earthy embrace. The pastry crust was everything a Wellington lover dreams of: golden, crisp, aromatic. And then...the sauce. Deep, velvety, and nuanced, tying the entire dish together in one elegant flourish. But let me backtrack

We first had the *roasted pumpkin soup*, a velvety, silken touch on the tongue infused with the earthy aroma of smoked duck. *Ambrosia* on a spoon. RM22. *Prawn and Mango Salad* — RM38. Tiger Prawns, mesclun, fresh mango, pickled kyuri, all kissed by a mellow mango dressing. Refreshing, bright, beautifully balanced.

Pizzas

We couldn't resist ordering two:

Truffle & Mushroom Pizza — RM40. *Smoked Duck with Onion Jam Pizza* — RM42. Thin crusts, lightly charred rims, crisp yet tender base. Favourable nods circled the table with every bite.

Mains

Beyond my swooning over the Fish and Chips and Beef Wellington, we added two more mains to keep everyone happy. *Herb-Grilled Lamb Rack* — RM148. For the guest who couldn't take beef, Simon delivered lamb chops that were beautifully tender, pink inside, and perfumed with pepper sauce. Seasonal vegetables provided the perfect counterpoint. *Classic Simon*: confident, flavour-forward, impeccable. *Scallop & Prawn Aglio-Olio* — RM68. Pappardelle tossed with garlic chips, grilled Hokkaido scallops, Tiger Prawns, and a breath of chilli. The fragrance of charred seafood meeting gleaming al dente pasta sent my senses soaring—and one bite transported me straight to culinary heaven.

A Sweet Farewell

We ended on a high note with the *Crêpe Suzette*—silky, delicate French crepes bathed in orange butter sauce, crowned with a cool scoop of vanilla ice cream. A final mouthful of bliss.

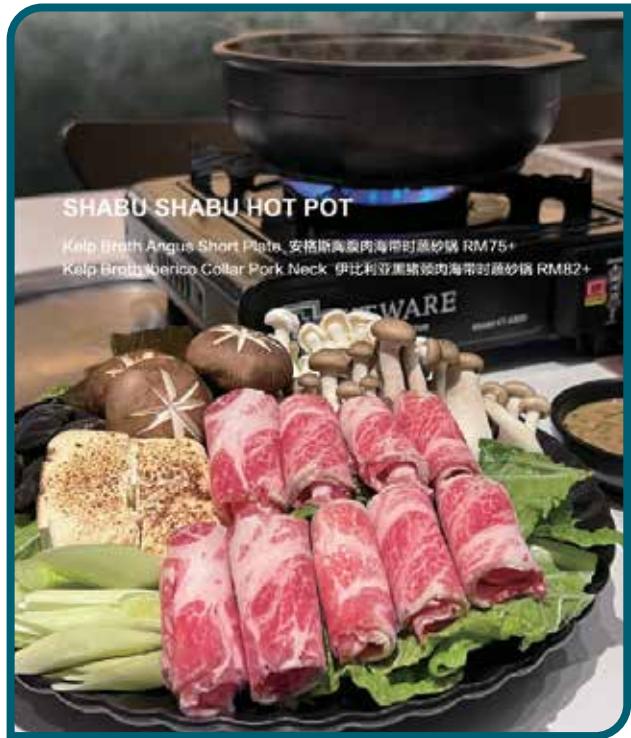
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22 Grill — A Hidden Gem I Keep Returning To



glamour cuts, and many assume the whole place is expensive. Not true. There are plenty of simple, affordable gems—and now, excellent set lunches—which make 22 Grill one of my favourite regular haunts.

Here are the standouts.

Must-Try Dishes

1. Braised Belly Pork with "Thick Squid" — RM88 (4-5 pax)

Not your usual braised pork.

He uses Wong Gai Lon—those thick-fleshed premium arrow squid prized for their springy bite—adding an incredible deep-sea umami to the pork. A must-order.

2. Stuffed Morel — RM18

My personal weakness. A large morel, now widely cultivated in China, stuffed with a pork-and-prawn farce and gently braised. Earthy, elegant, addictive.

3. Salted Duck (Steamed-Chicken Style) — RM28

I'm not usually a duck fan, but this one is tender, mildly salted, and wonderfully clean in flavour—like a kampung roasted duck reinvented as a steamed chicken.

New Value Set Lunches

These are genuinely worth exploring:

Set Lunch A — RM98 (4 dishes)

Celery with smoked duck, Mapo tofu, Stewed mutton and Sai Pang Xie

Set Lunch B — RM78 (4 dishes)

Stir-fried long beans, Lu Rou (braised pork), Wasabi fried prawns, Mala baby octopus, both include side dishes + rice.

Barbecue Smart Lunch Set — RM38

Excellent value. Two options:

Set 1

Pork belly rolls with enoki and Smoked duck

Set 2

Fried pork belly, Salmon, Tiger prawns and Tofu For RM38, these lunch sets are a steal.

Other Personal Favourites

Mala Roujiamo — RM16

A Chinese pita pocket with a crisp exterior and juicy mala pork filling—aromatic, mildly spicy, very moreish.

Wagyu Fried Rice — RM28

Fragrant, full of wok hei, and dotted generously with wagyu.

Beijing-Style Pan-Fried Dumplings — RM25 (10 pcs)

Handmade, authentic, and served with a proper dipping sauce.

Dan Dan Noodles — RM18

True Sichuan flavour—aromatic, slightly numbing, deeply comforting.

Why You Should Revisit 22 Grill

If you were put off by the flashy Wagyu items on your first visit, come again. It's now a relaxed, affordable spot for: a quick weekday lunch, a light, refined dinner, or a treat-yourself barbecue (the Angus alone is superb).

22 Grill has grown into a place with heart, finesse, and real value—and I'm delighted to shine the spotlight on it again.

Address: 22, Persiaran Greentown 6, Pusat Perdagangan Greentown, 30450 Ipoh

Hours: 12 pm – 10 pm

Phone: 05-2411370



I first wandered into 22 Grill on a friend's casual nudge—"Eh SeeFoon, come try this new place lah." Expecting a typical smoky barbecue joint, I walked into something entirely different.

Minimalist. Calm. Zen.

And astonishingly—no smoke. Their clever exhaust system pulls aromas downward, so you grill in utter comfort. I reviewed their barbecue setup when they first opened, but today's story is about something more:

Why I keep going back.

An Ipoh Boy With Global Taste

Owner Tai Hung, an Ipoh boy with 30 years of restaurant experience in China, cooks with an ease and refinement you don't often see in the city. His dishes feel familiar yet elevated—contemporary Chinese cooking with soul.

Yes, the menu boasts Miyazaki A5 Wagyu and other