

1ST WORLD CONGRESS ON HEALTHY AGEING

"Evolution: Holistic Ageing in an Age of Change"

19th – 22nd March 2012

Kuala Lumpur, Malaysia



OPTIONAL TOUR



A) HALF DAY BEST OF KUALA LUMPUR CITY TOUR

Kuala Lumpur's interesting and colourful historical beginnings give visitors the opportunity to experience the ambience of present and by-gone eras. You will be fascinated with the city's unique blend of cultures, colourful rural and urban lifestyles, architectural influences.

Tour Highlights:

- KL Tower – Go up Kuala Lumpur's tallest landmark and get a magnificent view of the spectacularly lush Klang Valley in an instant.
- Istana Negara – Built in 1857 and home to a Chinese merchant and his family, this mansion has now become the official residence of the King Of Malaysia
- Chinatown – revisit the Kuala Lumpur of yesteryears and drive through the oldest part of the city.
- Masjid Jamek – the oldest mosque in the city is built at the historical site where Kuala Lumpur derived its name, namely from the estuary ('Kuala') of two muddy ('Lumpur') rivers.
- Dataran Merdeka – the site of the nation's historic Declaration of Independence, the area surrounding the square boasts unique colonial era landmarks such as the Sultan Abdul Samad building, the old Selangor Club with its grassy cricket pitch and St. Mary's Anglican Church (built in 1894).
- Royal Selangor – visit the factory floor of the biggest, oldest and most reputed pewter maker in the world since 1885.
- Embassy Row/Jalan Ampang – known for its embassies and highly desirable residence such as Sharif Ali Palace.
- Kuala Lumpur City Centre – without a doubt the face of modern KL, this magnificent centrepiece is topped off by the stainless steel and glass complex of the Twin Towers, the world's tallest buildings at 405m.

Depart: Morning at 0900 hrs and Afternoon 1400 hrs (from Hotel in the Kuala Lumpur city centre)

Duration: 4 hours

Cost Per Person: RM 145 Adult / RM 70 child

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B) FULL DAY GENTING TOUR

The premier hill resort and holiday destination in Malaysia located at over 2,000 metres (about 6,000 ft) above sea level, is a refreshing get away for the whole family. Experience a potpourri of games, sports, entertainment and recreation or just relax amidst cool surroundings.

Depart: Morning at 0900 hrs (from Hotel in the Kuala Lumpur city centre)

Duration: 8 hours

Cost Per Person: RM 250 Adult / RM 80 child

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C) FULL DAY MELAKA TOUR

A place steeped in ancient history, Melaka was once a trading post for spices with traders arriving from all corners of the world. Melaka has a colourful history with her founder, the Malay Sultans, followed by intervention from the Dutch, Portugese and even the Chinese, thus creating a very unique potpourri of diverse communities.

Our 150km journey to Melaka passes scenic plantations of rubber and oil palms, dotted with occasional villages. Our tour of Melaka begins at the river mouth, once nicknamed as the 'Venice of the East'.

We will take a walk through the narrow Heeren Street and view fine old Dutch houses from the 17th century. We will also visit the Baba Nyonya Heritage Private Museum, the only of its kind in the country. A guided tour of its interior portrays the colourful history and heritage of the Peranakans, a unique culture born of a fusion between Chinese and Malay traditions.

After lunch we walk along Jonkers Street which is noted for its antique shops. We will then drop by Wah Aik Shoemaker, the only shop in the world that still makes shoes for bounded feet.

We continue with a short walk on Harmony Street to see Kampung Kling Mosque, an old mosque with Sumatran architecture. We then move on to Cheng Hoon Teng Temple, founded by Kapitan China Lee Wei King, a fugitive who fled from China during the Ming Dynasty.

Next, we will then drive to see the red-hued Melaka Dutch Square, Christ Church and the unmistakable Studhyus (once used as the home for the Dutch Governor) which serve as reminders of the Dutch influence in Melaka.

We then drive to Padang Merdeka to see the remaining ruins of a Portuguese fort called A Formosa (built in 1511) with Porta Santa as the existing gateway of the fort. We get to climb up St. Paul's Hill to explore St. Paul's Church, a roofless ruin where lays a statue and empty grave of St. Francis Xavier.

Before leaving Melaka we drive around Bukit China ('Chinese Hill') to see the largest ancestral burial ground of the early Chinese of Melaka outside China.

Note:-Please wear comfortable walking shoes as part of our tour involves some walking.

Depart: Morning at 0900 hrs (from Hotel in the Kuala Lumpur city centre)

Duration: 8 hours

Cost Per Person: RM 280 per Adult / RM 100 per Child

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D) HALF DAY CITY PARK & GARDEN TOUR

Kuala Lumpur is also known as a Garden City. Testimony to this is the Lake Garden. Its colourful and beautifully landscaped parks and gardens have enchanted many nature lovers. These parks and gardens are a favorite retreat in the city for visitors and locals.

Tour Highlights:

- Lake Garden – Over 90 hectares of undulating greenery, interspersed with flowering shrubs and shady trees. The magnificent Orchid & Hibiscus Garden, Bird Park, Butterfly Park and Asean Garden are located within the serene and scenic Lake Garden.
- Bird Park – sprawled over 3.2 hectares, this park has over 130 species of the world's most exotic birds. Bird lovers can have a field day watching some 5,000 birds perching and winging about freely. Take a stroll through the park and see the colourful Hornbills, Mynahs, Storks, Cockatoos, Peacocks Crowned Pigeon, etc.
- Orchid and Hibiscus Garden – over 800 species of exotic orchids are grown here. Some common species and hybrids such as Aranda, Vanda, Aranthera and Mokaras are found here. The Hibiscus Garden will fascinate you as varieties of rare and exotic blooms ranging from single petals to multiple petals can be found here.
- Butterfly Park – opened in 1992, this park houses over 5,000 butterflies of over 120 species. An interesting insectarium that will educate you on the different kinds of insects found in the tropics.

Depart: Morning at 0900 hrs (from Hotel in the Kuala Lumpur city centre)

Duration: 4 hours

Cost Per Person: RM 165 Adult / RM 85 Child

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E) FULL DAY LANCHANG ELEPHANT SANCTUARY

Elephant Sanctuary, Lanchang is situated in the Krau Game Reserve in the state of Pahang is just a two-hour drive from the city. Here, we can witness the local rangers and the elephants under their care. This sanctuary is used for rehabilitating this endangered animal before its release into the natural jungle. Lots of activities await you at the sanctuary. See, touch, bath, ride, milk and feed one of the animal kingdom's greatest wonders. Lunch is inclusive.

Depart: Morning at 0900 hrs (from Hotel in the Kuala Lumpur city centre)

Duration: 8 hours

Cost Per Person: RM 280 per Adult / RM 100 per Child

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GOLF PACKAGE (SAUJANA GOLF AND COUNTRY CLUB)

Saujana Golf and Country Club is a major golf course in the Klang Valley, Malaysia. It is located near the Subang Airport in Subang, Selangor.

Since its opening in 1986, Saujana Golf & Country Club (Saujana) has established itself as Malaysia's No. 1 golf club. Carved out of a former palm and rubber plantation and set among rolling hills and large tranquil lakes, Saujana has two internationally famous golf facilities - the Palm Course and the Bunga Raya Course - both designed by Ronald Fream.

Saujana has hosted seven Malaysian Opens; three Kosaido Malaysian Ladies Opens and the 2002 World Amateur Golf Team Championships which comprise the Eisenhower Trophy and the Espirito Santo Trophy. The two courses are endorsed by the R&A to host international tournaments and have been the venues of choice for many international events.

The two world renowned courses, the Palm and the Bunga Raya, have been accorded countless international accolades including "The Best Championship Course in Asia (Palm Course)" by Asian Golf Monthly 2005; and #69 "Top 100 Best Courses outside the USA (Bunga Raya Course)" by Golf Digest 2005.

Saujana Golf & Country Club is a proprietary club, the first of its kind in the country. It is unique in that the members are shareholders and not mere subscription paying users of the facilities. To date, Saujana has 2,600 members. Saujana GCC is owned by Saujana Resort (M) Berhad which also includes the 350-room "The Saujana-Kuala Lumpur" hotel located a short stroll away.

Saujana is situated 58 km from the Kuala Lumpur International Airport (KLIA) to the south and only 15 km from the metropolis of Kuala Lumpur to the east.

Cost Per Person: RM 720 per Adult

The Golf Package includes 2 ways transfer, green fee per 18 holes, buggy, caddy, insurance.

All golfers must produce their handicap card upon registration.