

WELCOME TO

# Baling




Nature & Legends  
Just a Fang's Throw Away

Baling has many natural and other attractions but it is also famous for its name, as "Baling" means 'to throw' in Malay. It comes from the ancient legend of Kedah's Raja Bersiong or the vampire-like Fanged King, who used to suck human blood and was toppled in a revolt. He twisted off his fangs and threw them away and they landed allegedly in the area of Siong (meaning 'fangs') in Baling district. Real or not, come to Baling to discover legends and nature.

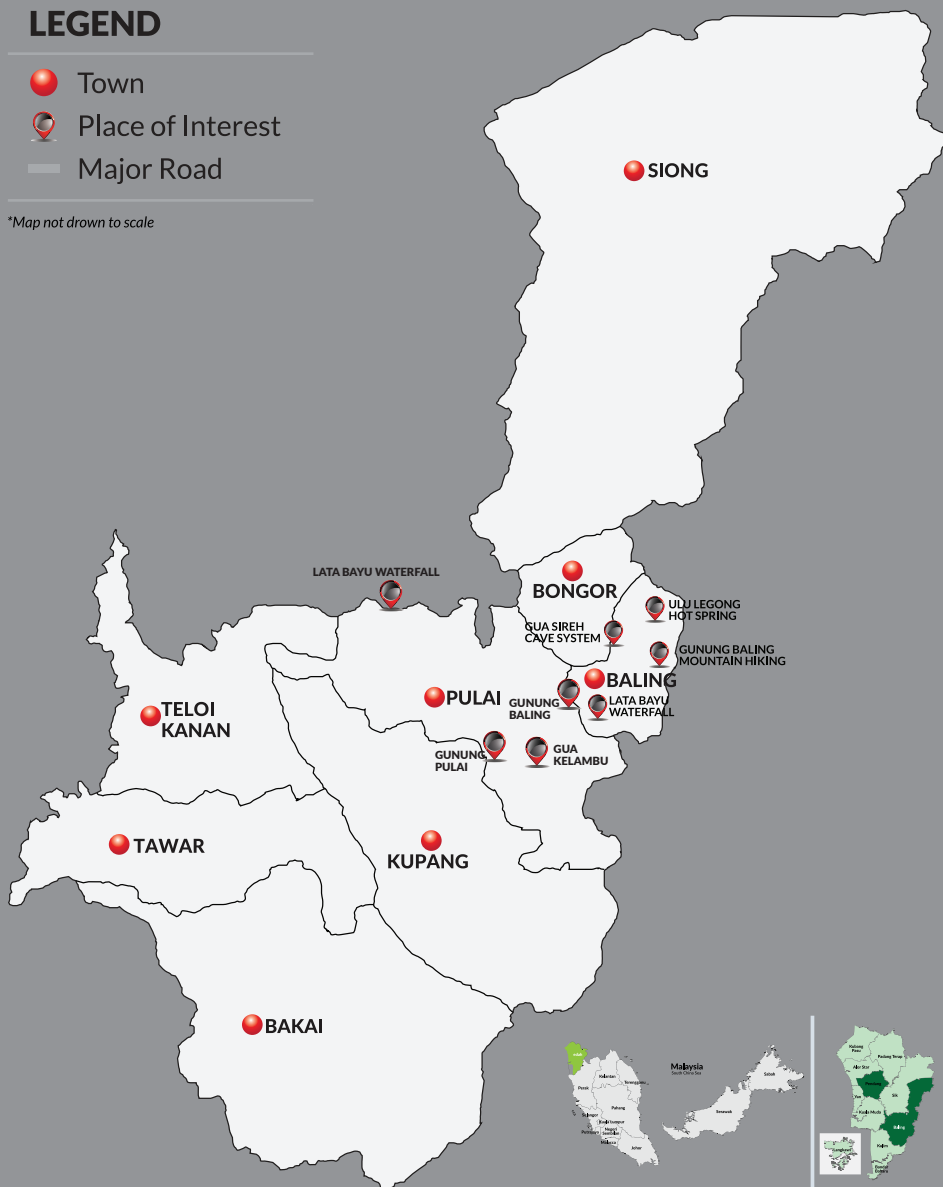
*Photo by Jihao Tan on Unsplash*

# MAP OF BALING

## LEGEND

-  Town
-  Place of Interest
-  Major Road

*\*Map not drawn to scale*



# Baling Attractions

## GUNUNG PULAI - GUA KELAMBU CAVE



Baling district is blessed with at least 16 caves, especially around Pulai mountain. Some of these are world-class unique, and are a magnet for adventure-seekers especially spelunkers. One of them is the once-secret Gua Kelambu (meaning 'mosquito net'), of which legend has it was an ancient mystical palace. Kelambu cave has formations that look like elephants, a turtle and a giant frog which were said to have been cursed into stone by the mythical giant Sang Kelembai. Check out the echo sounds in this cave as well.



# LATA BAYU WATERFALL

One of the biggest waterfalls in Kedah state and the biggest in Baling district, Lata Bayu is a multi-level series of waterfalls or cascades and cool pools, created by a stream flowing down from the forest uphill. It is a well-maintained recreational forest park with walkways, benches, rest shelters and other facilities. Lata Bayu is a very popular local destination, so it can get crowded on especially weekends or holidays, thus try to go on weekdays when it's nice and quiet. The rocks can be slippery so just be cautious but some youngsters also slide down the watery slopes into the pool below.

# GUNUNG BALING MOUNTAIN HIKING

Just enough for a little day adventure, Gunung Baling, a modest mountain of about 500m height is located only 3km from Baling town. The hike up is straightforward with a fairly well-developed trail from car park to peak, having just a few challenging rocky sections that glitter crystal-like in the sunshine. Indeed interesting pinnacle rock

formations greet climbers and reaching the peak rewards you with 360° unobstructed surrounding views. Many hikers climb up Gunung Baling in the wee hours to catch the spectacular sunrise. The view of neighbouring Gunung Pulai from here is equally stupendous.



*Photo by Jihao Tan on Unsplash*

# ULU LEGONG HOT SPRING

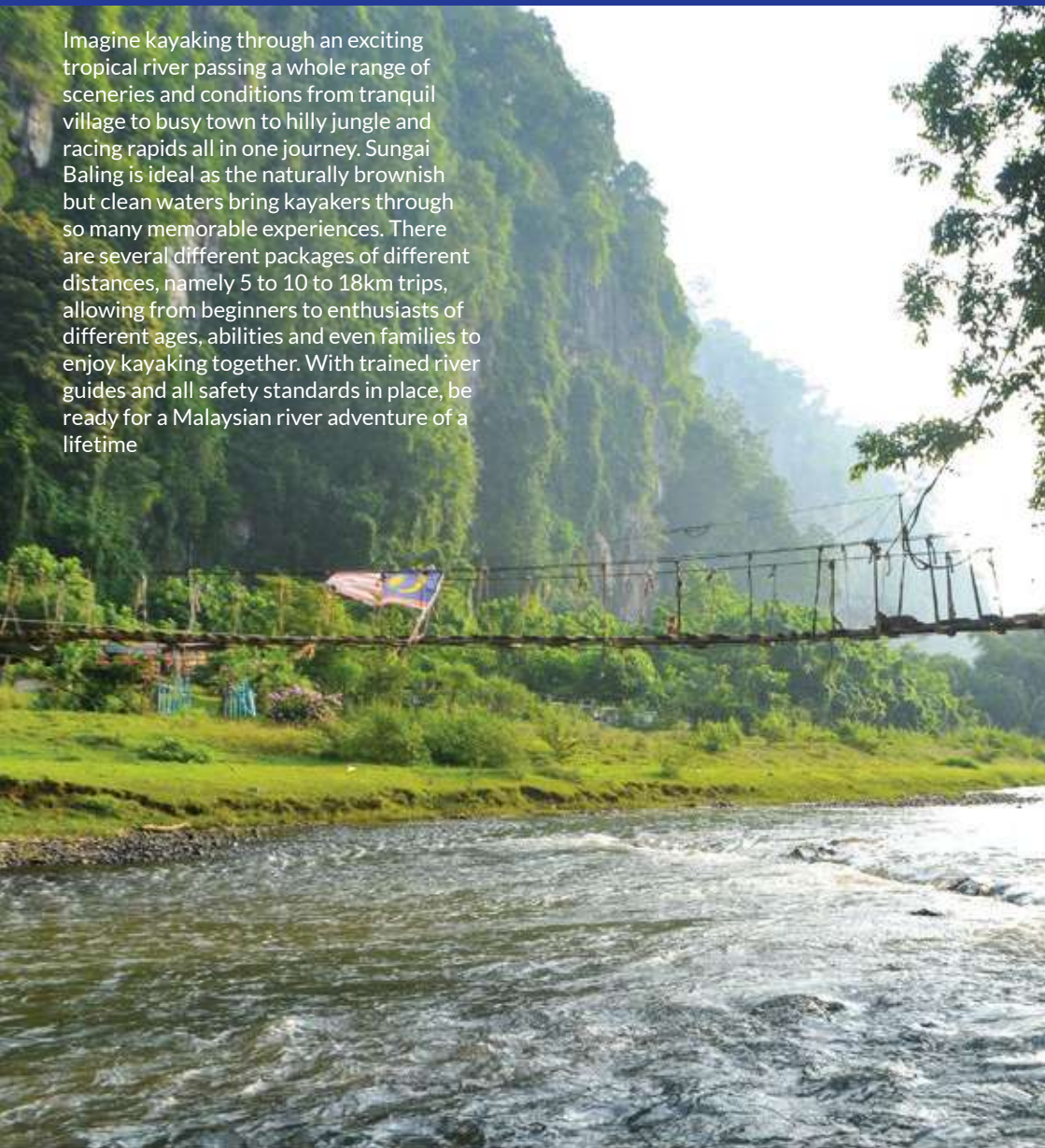
A great place to relax and soak in the therapeutic natural hot spring waters, whether day or night as it is open 24 hours. Indeed this is one of the most popular attractions not just in Baling but in Kedah as well. Various tiled pools amidst a landscaped garden setting offer differing water temperatures from warm to hot to nearly scalding, so be careful and don't just jump in. There are visitors even well past

midnight and in the wee morning hours, which in a way makes sense as daytime is hot anyway but it may be fairly crowded on weekends. Amenities are well-developed with even camping ground, chalets and seminar facilities available, plus eateries. There are more homestay accommodation and village activities nearby in the Ulu Legong area.



# BALING RIVER KAYAKING

Imagine kayaking through an exciting tropical river passing a whole range of sceneries and conditions from tranquil village to busy town to hilly jungle and racing rapids all in one journey. Sungai Baling is ideal as the naturally brownish but clean waters bring kayakers through so many memorable experiences. There are several different packages of different distances, namely 5 to 10 to 18km trips, allowing from beginners to enthusiasts of different ages, abilities and even families to enjoy kayaking together. With trained river guides and all safety standards in place, be ready for a Malaysian river adventure of a lifetime



# GUA SIREH CAVE SYSTEM

Prepare to be awed by Gua Sireh's cavernous space with ceiling rock formations that look like rolling clouds. One of Kedah's best-kept secrets, it is among the biggest and longest caves in Asia, at about 400m long. Although locals have always known the place, it's only recently that this unique set of caves have been officially publicised and opened on the initiative of nearby Kampung Dalam Wang Residents Association. The cave complex has various sections, with one like a cave on top of another cave and the largest cavern being up to 30m high, while some parts boast spectacular natural designs. Enter with a local guide for better explanations and safety.





# FOOD TRAIL

## TIP TOP CORNER

*(Local Cuisine)*

Bukit Puyuh  
09100 Baling, Kedah Darul Aman  
Tel: +6013-471 7670  
Operation Hours: 6am – 12pm  
Closed on Tuesday  
<https://www.facebook.com/pages/Roti-Canai-Tip-Top-Corner/1053495211352459>

## AD NANI IKAN BAKAR

*(Serving Malay Cuisine)*

Jalan Baling, Kroh  
09100 Baling, Kedah Darul Aman  
Tel: +6019-545 4975  
+6019-464 9472  
Operation Hours: 10am – 4pm  
Closed on Friday  
<https://www.facebook.com/pages/Ad-Nani-Ikan-Bakar-Baling/439820912734708>

## WARUNG MAT CENDOL PULUT

*(Local Cuisine)*

Kampung Bukit Terabak  
09200 Kupang, Kedah Darul Aman  
Operation Hours: 11am – 5pm  
Closed on Friday  
<https://www.facebook.com/pages/Warung-Mat-Cendol-Pulut-Baling-Kedah/1286279471518310>

## MAMA AMERICANO WESTERN FOOD

*(Serving Western Cuisine)*

Kampung Bukit Terabak  
09200 Kupang, Kedah Darul Aman  
Tel: +6019-527 7500  
Operation Hours: 5pm – 12am  
Closed on Monday  
<https://www.facebook.com/MAMAAmericanoWesternFoodOfficial/>

## RESTORAN NASI KANDAR KETAPANG

*(Local Cuisine)*

962, Jalan Badlishah, Baling  
09100 Baling, Kedah Darul Aman  
Operation Hours: 6am – 11pm  
<https://www.facebook.com/pages/Nasi-Kandar-Pokok-Ketapang-Baling/924710731017956>

## TAMAN AWAM BALING

*(Local Cuisine)*

Ground Floor, No 19, Jalan Badlishah, 09100 Baling  
Kedah Darul Aman  
Operation Hours: 11am – 11pm

## MEDAN MAKANAN TITIAN ILHAM

*(Serving Malay Cuisine)*

Medan Titian Ilham, Pekan 09100 Baling, Kedah Darul Aman  
<https://www.facebook.com/pages/Medan-Titian-Ilham-Pekan-Baling/137786110224019>

## WARUNG MAT NOI ROTI BAKAR – BALING ROUTE 67

*(Local Cuisine)*

09100 Baling, Kedah Darul Aman  
Tel: +6013-483 3217  
Operation Hours: 7.30am – 12.30pm  
Closed on Thursday  
<https://www.facebook.com/Route67WarungMatNoi/>

## MILAN ROTI CANAI SARANG BURONG BALING

*(Local Cuisine)*

09100 Baling, Kedah Darul Aman  
Tel: +6011-1055 0534  
Operation Hours: 7am – 12pm  
Closed on Sunday  
<https://www.facebook.com/milanroticanaisarangburong/>

## NASI AYAM PAYUNG BESAR

*(Serving Chicken Rice)*

09100 Baling, Kedah Darul Aman  
Tel: +6013-473 1105  
<https://www.facebook.com/pages/Abang-Li-Nasi-Ayam-Payung-Besar-Baling/177253005759878>

## KEDAI MAKAN POKOK BULUH

*(Serving Malay Cuisine)*

K15, Jalan Kampung Sungai Limau, Batu 42  
09100 Baling, Kedah Darul Aman  
Operation Hours: 9am – 2pm  
Closed on Friday  
<https://www.facebook.com/pages/Restoran-Pokok-Buluh-Bt-42-Baling/1679189400730482nr>

## HASHIM IKAN BAKAR

*(Local Cuisine)*

1, Taman Kuala Ketil  
09300 Kuala Ketil  
Kedah Darul Aman  
Tel: +6019-433 3532  
<https://b-m.facebook.com/profile.php?id=210477129098302>

## RIMBA CAFÉ KUALA KEDUA

*(Local Cuisine)*

K702, 09100 Baling, Kedah  
Tel: +6013-505 4994  
<https://www.facebook.com/RimbaCafeKualaKedua/>

## LAKSA TOK WENG

*(Local Cuisine)*

Kampung Tok Weng, Mukim  
09100 Baling, Kedah Darul Aman  
Operation Hours: 12pm – 5.30pm  
Closed on Saturday  
<https://www.facebook.com/pages/Laksa-Tok-WengBaling/293978124062327>

## PAK MAT NASI HUJAN PANAS

*(Local Cuisine)*

962, Jalan Badlishah, Baling  
09100 Baling, Kedah Darul Aman  
Operation Hours: 6.30am – 9am  
Closed on Friday  
<https://www.facebook.com/pages/Pak-Mat-Nasi-Hujan-Panas/538170903275304>

## BORAK-BORAK SANTAI

*(Local Cuisine)*

Kampung Jenalik Mukim Bongor,  
09100 Baling, Kedah Darul Aman  
Operation Hours: 10.00 Pagi – 7.00  
Closed on Friday  
<https://www.facebook.com/pages/Borak-Borak-Santai/1388480331255935>

## ZACK WESTERN FOOD BALING

*(Serving Western Cuisine)*

Kiosk Padang, Dewan Tun Abdul Razak, 09100 Baling  
Kedah Darul Aman  
Tel: +6011-1037 7313  
<https://www.facebook.com/zackwesternfoodbaling>

## OISHII WESTERN FOOD RESTAURANT

*(Serving Western Cuisine)*

10 Bangunan MAIK Jalan Liku Baling, 09100 Baling, Kedah Darul Aman  
Tel: +6013-402 4817  
Operation Hours: 11am – 9.30pm  
Closed on Friday  
<https://m.facebook.com/oishiibalingoishii/>

## THE KITCHEN

*(Serving Western Cuisine)*

24, Rumah kedai, Taman Kota Jaya Pulai, 09100 Baling  
Kedah Darul Aman  
Tel: +6016-479 7421  
Operation Hours: 5pm – 11.30pm  
Closed on Sunday & Monday  
<https://www.facebook.com/thekitchenbaling/>

# PASSES TO THE PASARS

Markets are the commercial hearts of communities, and no less so in the 'pasars' around Baling. There are two basic types, Pasar Malam are night variety markets from evening to around elevenish PM, and Pasar Tani are agricultural or farmers' markets usually early mornings till afternoon, each on different days for different places. So check the listings and make sure you pass through and enjoy our vibrant pasars.



## FARMERS MARKET

### JALAN BADLISHAH

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8am - 1pm - Wednesday

### KUALA KETIL MARKET

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*Susur orkid*

6am - 12pm - Daily

### BALING WET MARKET

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7am - 12pm - daily





# COMPANY LISTINGS

## **PERSATUAN KUMPULAN USAHANITA FATHONAH**

Contact Person:

**Nurul Fatin Suhada Mohd Ridzuan**

Tel: +6019-529 8105

<https://www.facebook.com/Persatuan-Kumpulan-Usahanita-Fathonah-Daerah-Baling-234984533694197/>

## **PERSATUAN KUMPULAN USAHANITA FATHONAH**

Contact Person: **Muhammad Ameer**

**Syazwan Mohd Ridzuan**

Tel: +6011-1459 7473

<https://www.facebook.com/Persatuan-Kumpulan-Usahanita-Fathonah-Daerah-Baling-234984533694197/>

## **PERSATUAN KUMPULAN USAHANITA FATHONAH**

Contact Person:

**Nurul Dini Fadlin Alias**

Tel: +60137049034

<https://www.facebook.com/Persatuan-Kumpulan-Usahanita-Fathonah-Daerah-Baling-234984533694197/>

## **UNISHAM**

Contact Person: **Syed Noor**

**Yusoufuddin Syed Noor Affendi**

Tel: +604-415 5501

<http://unishams.edu.my/portal/>

UNISHAM Contact Person:

**Adie Effendi Zulkefli**

Tel: +604-415 5501

**Anwar Fadhli Johari**

Tel: +604-4155501

**Jannah Mat Zubir**

Tel: +604-4155501

<http://unishams.edu.my/portal/>

## **PERSATUAN PENDUDUK KAMPUNG DALAM WANG**

Contact Person: **Mohd Hassan Aziz**

Tel: +6019-3972045

<https://www.facebook.com/persatuan.dalamwang.9>

## **KEDA DAERAH BALING**

Contact Person: **Mohd Asri Yaakub,**

**Siti Nur Fitrah Abd Malik**

Tel: +6013-6676240

## **KEDA DAERAH BALING**

Contact Person: **Aminah Isa**

Tel: +6019-4628462

## **PENGERUSI KRT**

Contact Person: **Hj. Md Khairi Junus**

Tel: +6019-4300754

## **TIMBALAN PENGERUSI KRT**

Contact Person: **Gulam Rasul Ismail**

Tel: +6019-4453539

## **AJK KRT**

Contact Person:

**Mohd Amirol Solihin Suhaidi**

Tel: +6019-5402794

## **LADANG KELULUT DESA LESTARI**

**ULU LEGONG, DUSUN TOK WAK**

**DESA SENTOSA, ULU LEGONG**

Contact Person: **Md Akhir Ismail**

Tel: +6019-5088258

<https://www.facebook.com/Ladang-Kelulut-Desa-Lestari-Ulu-Legong-Baling-Kedah-Malaysia-1902789583321074/>

## **BALING MOUNTAIN GARDEN VILLAGE**

Contact Person:

**Muhammad Syahir Harun**

Tel: +6019-313670

<https://www.facebook.com/bmgardenvillage>



Ulu Legong Hot Spring

# Accommodation

Some of the world's best resorts and friendliest homestays can be found in Kedah. Saying 'spoilt for choice' here is an understatement. Choose from a diversity of accommodation ranging from luxury pads and international value hotels to serviced apartments and simple, clean guesthouses.

Accommodation in Baling may not be so numerous but what it lacks in numbers it makes up in coziness. From small friendly hotels to family-run chalets and a little more, all nice to relax in after activities galore.

## HOTELS

### SERI BALING INN

Jalan Pahlawan, 08000 Sungai Petani, Kedah Darul Aman  
Tel: +604-470 2336  
+6019-470 7117  
<http://mdbalingtourism.gov.my/srbinn/>

### VILLAGE HOTEL

Kampung Batu, 09100 Baling, Kedah Darul Aman  
Tel: +6019-529 9688  
<https://www.facebook.com/Village-Budget-Hotel-695378487139268/>

### BAYU HOTEL BALING

Wisma Ramli, Lot 18, Jalan Pulau Kampung Pokok Sena, 09100 Baling, Kedah Darul Aman  
Tel: +604-470 9669  
+6017-422 9001  
<https://bayuhotel.business.site/>

### RIVERVIEW HOTEL BALING

30, Jalan Badlishah, 09100 Baling, Kedah Darul Aman  
Tel: +6019-508 6893  
<https://www.facebook.com/pages/Riverview-Hotel/219095708173891?nr>

Baling Mountain Garden Village Jalan Mahmud, 09100 Baling, Kedah Darul Aman  
Tel: +6017-422-9001  
<https://www.bmgardenvillage.com/>

### RUMAH REHAT MAJLIS

#### DAERAH BALING

09100 Baling, Kedah Darul Aman  
Tel: +604-470 6636  
<http://www.mdbaling.gov.my/ms/pelawat/penginapan>

## HOMESTAYS

### AHSANA HOMESTAY

Kampung Temusu, Pulau 09100 Baling, Kedah Darul Aman  
Tel: +6011-5867 5183/  
+604-470 1085  
<https://ahsanahomestay.blogspot.com/>

### HOMESTAY DESA LESTARI ULU LEGONG

Desa Lestari Ulu Legong 09100 Baling, Kedah Darul Aman  
Tel: +6019-508 8258  
<https://www.facebook.com/PaklongMohdAkhirlsmai/>

### QISTINA HOMESTAY

Berhampiran Sekolah Agama Yayasan Khairiah, Kampung Pisang 09200 Kupang, Kedah Darul Aman  
Tel: +6019-458 5673  
[http://www.homestaymalaysia.com.my/homestay\\_1/qistina-homestay\\_i183](http://www.homestaymalaysia.com.my/homestay_1/qistina-homestay_i183)

### D'SERA HOMESTAY

Jalan Sera, Pulau 09100 Baling, Kedah Darul Aman  
Tel: +6013-480 5081  
<https://www.mudah.my/Homestay+D+Sera-24820218.htm>

### DANGAU RIMBA HOMESTAY

Kampung Sera Mukim Pulau 09200 Kupang, Kedah Darul Aman  
Tel: +6016-4115489

### FATIN HOMESTAY BALING

Kampung Pokok Setol 09100 Baling, Kedah Darul Aman  
Tel: +6019-540-5223  
<https://www.facebook.com/Fatin-Homestay-Baling-1582599338696696/>

### MR HOMESTAY

Lot 8665, Kampung Teduh 09100 Baling, Kedah Darul Aman  
Tel: +6013-530 9193  
<https://mrhomestaybalingkedah.blogspot.com/>

### GREEN HOMESTAY

Kampung Surau 09100 Baling, Kedah Darul Aman  
Tel: +6013-421 2929  
<https://www.facebook.com/homestaycgnasir/>

### BALING MOUNTAIN GARDEN VILLAGE

Baling, 09100 Baling Kedah Darul Aman  
Contact Person:  
**Muhammad Syahir Harun**  
Tel: +6019-313670  
+6017-422 9001  
+60 11-5629 9923  
FB: <https://www.facebook.com/bmgardenvillage>  
Website: <https://www.bmgardenvillage.com/>

### ULU LEGONG HOT SPRING

Kampung Keda Ulu Legong 09100 Baling, Kedah Darul Aman  
Tel: +6019-571 1024  
+604-473 1024  
Website: <http://www.mdbalingtourism.gov.my/>  
FB: <https://www.facebook.com/prapulmdb/>

# EMERGENCIES

## POLICE STATIONS

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### **BALING DISTRICT POLICE HEADQUARTERS**

Polis Diraja Malaysia Jalan Mahmud, 09100 Baling Kedah Darul Aman.  
Tel: +604-470 1222

### **BALING POLICE STATION**

Polis Diraja Malaysia 09100 Baling Kedah Darul Aman  
Tel: +604-470 1222

### **TANJUNG PARI POLICE STATION**

Polis Diraja Malaysia Tanjung Pari 09100 Baling, Kedah Darul Aman  
Tel: +604-370 2718

### **KUPANG POLICE STATION**

Polis Diraja Malaysia Kupang, 09200 Baling, Kedah Darul Aman  
Tel: +604-476 6222

### **TAWAR POLICE STATION**

Polis Diraja Malaysia Jalanraya Tawar, 09310 Kuala Ketil Kedah Darul Aman  
Tel: +604-476 6221

## POLICE LODGES

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### **KAMPONG LALANG POLICE LODGE**

Polis Diraja Malaysia Kampong Lalang, 09100 Baling Kedah Darul Aman  
Tel: +604-473 2605

### **PARIT PANJANG POLICE LODGE**

Polis Diraja Malaysia Parit Panjang, 09120 Baling, Kedah Darul Aman  
Tel: +604-479 1572

### **KEJAI POLICE LODGE**

Polis Diraja Malaysia Kejai 09330 Kuala Kertil Kedah Darul Aman  
Tel: +604-470 7031

### **TELOI KANAN POLICE LODGE**

Polis Diraja Malaysia Jalanraya Kuala Kertil, 09300 Kuala Ketil Kedah Darul Aman  
Tel: +604-419 2988



## CLINICS

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### **KLINIK BALING**

3, Jalan Badlishah, Baling 09100 Baling, Kedah Darul Aman  
Tel: +604-470 1443

### **KLINIK KESIHATAN KUPANG**

Kupang, 09200 Baling Kedah Darul Aman  
Tel: +604-476 6355

### **POLIKLINIK DR AZHAR & RAKAN-RAKAN**

G11, Bangunan Pekan Baru Baling 09100 Baling, Kedah Darul Aman  
Tel: +604-470 1966

### **KLINIK FATIMAH**

No. 43, Jalan Raya, Kupang 09100 Baling, Kedah Darul Aman  
Tel: +604-476 6891

### **KLINIK 1MALAYSIA TAMAN KOTA BALING JAYA**

No. 10, Taman Kota Baling Jaya Batu 42, Mukim Pulau Kampung Batu 09100 Baling, Kedah Darul Aman  
Tel: +604-470 8022

## HOSPITAL

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### **BALING HOSPITAL**

Baling, 09100 Baling Kedah Darul Aman  
Tel: +604- 470 1333

