

# PERAK AMANJAYA INTERNATIONAL ECO ADVENTURE 2009

2 – 6 DEC 2009

## DISCIPLINE DETAILS (subject to changes)

DAY	2 DEC	3 DEC	4 DEC	5 DEC	6 DEC
VENUE	BANDING TO ROYAL BELUM	TAIPING TO KUALA SEPETANG	TELUK INTAN	GUA TEMPURUNG	PASIR SALAK TO PANGKOR ISLAND
	<b>Start at Banding Island Forest Resort</b>		<b>REST DAY</b>		
07:30	Run 2.5km to ¼ way of the bridge			<b>Start at the side carpark of cave entrance</b>	<b>Start at Pasir Salak Kompleks Sejarah Museum Gallery</b>
08:00	Abseil down from the bridge 26m to the lake			Bike 12km to Ulu Geruntum to the raft put-in	Bike on road 17km and off-road through the paddy field, plantation and a local village 18km. Come out at Jalan Sepuluh and bike on-road 25km to Teluk Batek
08:30	Swim 100m to the side of the lake to kayak pick up				
09:00	Kayak 1km towards the turning buoy and make U-turn and kayak 6km to the trail run starting point				
09:30				Raft down the river 7km to Kampung Jahang	
10:00		<b>Start in front of Taiping Zoo</b>			
10:30	Run 1.2km through the rain forest and return to kayak	In-line skate 4km round the Taiping Lake Garden			
11:00	Proceed to kayak again and paddle 4.5km to the kayak drop-off	Run 500m to the stream and run 600m in the stream and terrain run up and down hill 5.5km heading to Taiping Hill waterfall		Trail run 9km from Kampung Jahang to the back of the cave	Open Sea Kayak 3.9km to Teluk Segadas
11:30					
12:00	Run 300m up hill to the bike transition				Abseil at the rock 60m
12:30	Bike on road 6km and turn to the off-road section downhill 2km and turn back to the road and cycle 7km to the bridge	Abseil down the waterfall 30m and descend 10m down with rope to the stream and come out from the Indian temple and run to the bike transition		Caving through the cave from back to front entrance to finish	Coastal Kayak 4km to Pasir Bogak
13:00		Bike 21km through Taiping town and turn into Kampung Jebong Kiri to pick up kayak			
13:30	In-line skate crossing the bridge 700m				Run 6km on road to Pangkor Island Resort
14:00	Run 1.8km back to Banding Island Forest Resort to finish				Swim 500m to finish
14:30		Kayak 5km to Kuala Sepetang passing by fisherman village and charcoal factory			
16:00		Run 100m on the boardwalk and finish at Kuala Sepetang jetty			