



URBAN
ADVENTURES
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Tour Name

Tastes and Traditions in Penang

Tour City

Penang

Tour Snapshot

We hope you're hungry! This Penang walking tour will set your taste buds salivating as you sample the best of the city's street food scene. Your guide is a local foodie who will ensure you're stuffed with sweet and savoury treats as you learn about traditional Malaysian cuisine. Along the way, take in some history as you wander old city streets, passing preserved heritage sites, and stopping at famed food spots like one of Penang's oldest Chinese coffee shops and Indian Muslim restaurants. With Malay, Chinese, and Indian flavours in its street food, there's no better way to literally taste the cultural diversity of Penang!

Highlights

- Savour more than a dozen tastings of traditional Malaysian cuisine and Penang street food
- Talk with local food vendors and learn how authentic Penang dishes such as *assamlaksa*, *char kuey teow*, and *cendol* are prepared
- Taste Southeast Asian fruits such as mangosteen, rambutan, and, if they're in season, those infamous durians

- Explore old city streets and learn about Penang's preserved heritage sites
- Visit a Penang market to purchase treats to take back home with you

Inclusions: Food and non-alcoholic drinks

Exclusions: Alcoholic beverages, travel insurance, shopping expenses, gratuities, tips, and additional food and drinks

Schedule details

- Duration: 3 hours
- Meeting point:
Soho Free House, Penang Road (next to Peking Hotel)
- Starting time: 9.30 AM
- Ending point:
Penang Road, opposite the police headquarters

Full Itinerary

Your Penang food tour starts with a breakfast visit to one of the oldest traditional Malaysian Chinese coffee shops, known locally as a *kopitiam*. This shop dates back to 1940, before the battles of the Malayan Campaign and Malayan Emergency. You will sample the traditional Malay breakfast of *nasilemak* (rice cooked in coconut milk) with chili paste and a boiled egg. You'll also try prawn fritters and *lobak*, a five-spiced deep-fried pork roll that's a delicacy in Nonya cuisine, while visiting one of Penang's most popular *lobak* vendors (who also represented Penang at the Adelaide Food & Wine Festival!).

Next, you'll head to one of the oldest markets in Penang, filled with various kinds of seafood, fruits, vegetables, and dried goods. Try some of the local seasonal produce such as rambutan, mangosteen, and dukong and, if you're daring enough, the king of Malaysian fruit: durian. You'll either love this fruit or hate it! You can also sample a variety of preserved fruits, including the nutmeg fruits for which Penang is famous.

There will be 8 to 10 stops in total, where you will taste delightful snacks, drinks, and desserts. You will explore historical streets with preserved heritage buildings and hidden back lanes. Along the way, your foodie guide will explain Penang's street food

culture and the heritage that brings such pride to Penangnites.

You will be able to savour more than a dozen food items during this three-hour Penang city tour. Penang showcases some of the best street food of Malay, Chinese, and Indian flavours — you'll have the opportunity to taste *assamlaksa* (rice noodles in sour fish soup), *char kuey teow* (fried flat rice noodles), and *murtabak* (an Indian Muslim bread with meat fillings) in Penang's oldest Indian Muslim restaurant, dating back to 1907.

Watch how crullers, called *yutiao*, are made, and feast your eyes on the large array of salted fish being sunned by a local salt fish vendor in one of Penang's earliest low-income housing estates.

When it comes time for dessert, dig into a cool bowl of *cendol*, a serving of ice shavings with green doughy strips and red beans covered with coconut milk.

Make sure you also try the local favourite non-alcoholic drinks: hot *tehtarik*, (pulled tea), lime juice with sour plum, nutmeg juice, and many more.

Your tour ends at the market, where you will have the opportunity to "*tapau*" (pack) some of the foodstuffs you want to bring home with you! (*Check your country's import laws to confirm what food products are permitted for travellers.*)

Additional information

Inclusions: Food and non-alcoholic drinks

Exclusions: Alcoholic beverages, travel insurance, shopping expenses, gratuities, tips, and additional food and drinks

Dress standard: Casual, light clothing and comfortable walking shoes.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children below the age of 6 are not permitted on this tour.

Local contact

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