

f FACEBOOK : MALAYSIA QUEST

RACE BULLETIN LENGGONG MAN CHALLENGE

in conjunction with **LD'26**



30-31 **OCTOBER**
2026



LENGGONG
GLOBAL GEOPARK



malaysiaar.com



LENGGONG
DIALOG 2026

LD'26
LENGGONG
DIALOG 2026

ORGANIZED BY



RECOGNIZED BY



SANCTIONED BY



ADVENTURE
RACING

RACE TECHNICAL BY



LENGGONG
MAN CHALLENGE
SPRINT ADVENTURE RACING
2026



PLEASE
SCAN
THE QR CODE
FOR REGISTRATION



PUSH
YOUR LIMITS



EXPLORE
THE UNKNOWN



ONE TEAM.
ONE GOAL.



ADAPT.
OVERCOME.



THE FINISH
IS JUST THE
BEGINNING.

DISCOVER LENGGONG GLOBAL GEOPARK

WHERE ADVENTURE MEETS PREHISTORIC HERITAGE

 **TOTAL AREA**
2,068 km²

Encompassing lakes, rivers, limestone hills, mountains, caves, rainforest and traditional communities.

 **POPULATION**
37,428
PEOPLE

Parlimen Lenggon (MyCensus 2020)

 **LANDSCAPE HIGHLIGHTS**

- Tasik Raban
- Sungai Perak
- Limestone Hills & Caves
- Tropical Rainforest
- Gunung Bintang Hijau
- Scenic Mountain Trails

 **HUMAN HISTORY**
11,000
YEARS OLD

Evidence of human settlement in the Lenggon Valley.

 **UNESCO WORLD HERITAGE SITE**
22 km²

The Archaeological Heritage of the Lenggon Valley inscribed in 2012.

 **HOME OF PERAK MAN**

Malaysia's oldest and most complete human skeleton discovered, dating back approximately **11,000 years**.



 **SPECTACULAR NATURAL LANDSCAPES**



   
Lakes Rivers Hills Rainforest

 **ADVENTURE SPORTS PARADISE**



       

- Trail Running
- Mountain Biking
- Orienteering & Rogaining
- Stand Up Paddle (SUP)
- Kayaking
- Adventure Racing
- Caving
- River Trekking

 **WORLD-CLASS ARCHAEOLOGICAL SITES**



- Gua Gunung Runtuh
- Bukit Jawa
- Kota Tampan
- Gua Harimau
- Gua Kajang

 **ECO & COMMUNITY TOURISM**



- Camping & Glamping
- Homestay Experience
- Bird Watching
- Local Cuisine & Pekasam
- Fishing
- Nature Exploration
- Cultural Experiences

 **RICH CULTURE & LOCAL HERITAGE**



- Friendly Local Communities
- Traditional Kampung Life
- Local Handicrafts
- Festivals & Traditions

HERITAGE ASSETS

 **27** GEOSITES
 **8** BIOSITES
 **8** GEOARCHAEOLOGICAL SITES
 **19** CULTURAL HERITAGE SITES

**WHY
LENGGONG?**

 **UNESCO GLOBAL GEOPARK**

 **11,000 YEARS OF HUMAN HISTORY**

 **ADVENTURE RACING DESTINATION**

 **UNIQUE NATURAL & CULTURAL HERITAGE**

 **ONE OF MALAYSIA'S HIDDEN GEMS**

LENGGONG GLOBAL GEOPARK, PERAK, MALAYSIA

A JOURNEY THROUGH HISTORY, NATURE & ADVENTURE



**LENGGONG
GEOPARK**

**RECOGNISED UNESCO
GLOBAL GEOPARK**

Internationally recognised for its outstanding geological, archaeological, biological and cultural heritage.

DISCOVER LENGGONG GLOBAL GEOPARK

WHERE ADVENTURE MEETS PREHISTORIC HERITAGE


UNESCO
GLOBAL GEOPARK
Recognised for its
outstanding geological,
archaeological and
cultural heritage.



HOME OF PERAK MAN

Malaysia's oldest and most complete human skeleton discovered, dating back approximately **11,000 years**.



SPECTACULAR NATURAL LANDSCAPES

- Tasik Raban
- Limestone Hills
- Sungai Perak
- Tropical Rainforest
- Scenic Mountain Trails



ADVENTURE SPORTS PARADISE

Ideal destination for:

-  Trail Running
-  Mountain Biking
-  Orienteering & Rogaining
-  Stand Up Paddle (SUP)
-  Kayaking
-  Adventure Racing



WORLD-CLASS ARCHAEOLOGICAL SITES

- Kota Tampan
- Bukit Jawa
- Gua Gunung Runtuh
- Gua Harimau
- Gua Kajang



ECO & COMMUNITY TOURISM

- Camping & Glamping
- Homestay Experience
- Bird Watching
- Local Cuisine & Pekasam
- Nature Exploration



RICH CULTURE & LOCAL HERITAGE

- Friendly Local Communities
- Traditional Kampung Life
- Local Handicrafts
- Cultural Experiences

WHY LENGGONG?



**UNESCO
GLOBAL GEOPARK**
Internationally
recognised
heritage.



**11,000 YEARS
OF HUMAN HISTORY**
One of Southeast Asia's
most significant prehistoric
settlements.



**ADVENTURE
RACING DESTINATION**
Perfect terrain for world-class
adventure racing and outdoor
challenges.



**UNIQUE NATURAL
& CULTURAL HERITAGE**
Rare combination of geology,
biodiversity, archaeology
and living culture.



**ONE OF MALAYSIA'S
HIDDEN GEMS**
Authentic, untouched
and full of amazing
experiences.

LENGGONG GLOBAL GEOPARK, PERAK, MALAYSIA

**A JOURNEY THROUGH
HISTORY, NATURE & ADVENTURE**



EVENT CENTER (HQ)

TASIK SANDAHARLU,
KAMPUNG LUAT, LENGGONG



EVENT CENTER (HQ)
TASIK SANDAHARLU,
KAMPUNG LUAT, LENGGONG



FACEBOOK - MALAYSIA QUEST



WEBSITE - WWW.MALAYSIAAR.COM



TREKKING



MTB



KAYAKING



NAVIGATION



ADVENTURE

LENGGONG
MAN CHALLENGE
SPRINT ADVENTURE RACING

REGISTRATION FEE



4H

OPEN MEN

RM 350

OPEN MIXED

RM 350



8H

OPEN MEN

RM 500

OPEN MIXED

RM 500



ONE TEAM.
ONE GOAL.



TEST YOUR LIMITS.
EMBRACE THE WILD.



NAVIGATE.
ADAPT. OVERCOME.



TOGETHER WE GO FURTHER.
NO ONE LEFT BEHIND.



THIS ISN'T JUST A RACE.
THIS IS A CHALLENGE.

RACE CATEGORIES

SPRINT ADVENTURE RACING WEEKEND WARRIOR



CONSIST OF
TEAM OF TWO



OPEN TO
MEN & WOMEN
TEAMS

4H JENUH

➤ OPEN MEN
(2 MEN)

➤ OPEN MIXED
(1 MEN / 1 WOMAN
OR 2 WOMEN)

8H TUMPOR

➤ OPEN MEN
(2 MEN)

➤ OPEN MIXED
(1 MEN / 1 WOMAN
OR 2 WOMEN)



TEST YOUR
LIMITS



NAVIGATE
THE UNKNOWN



PADDLE
WITH PURPOSE



RIDE ANY
TERRAIN



SOLVE.
ADAPT.
OVERCOME.



ONE TEAM.
ONE GOAL.
NO ONE LEFT
BEHIND.

DISCIPLINE 4H & 8H LENGGONG MAN CHALLENGE

TRAIL RUN

ENDURANCE ON
RUGGED TRAILS

NAVIGATION

READ THE MAP.
TRUST YOUR TEAM.
FIND THE RIGHT PATH.

STAND UP PADDLE

PADDLE STRONG.
STAY BALANCED.
KEEP MOVING FORWARD.

THE 6 DISCIPLINES



TRAIL RUN

ENDURANCE ON
RUGGED TRAILS



MOUNTAIN BIKE

POWER THROUGH
MUDDY TERRAIN



STAND UP PADDLE

BALANCE AND
STRENGTH ON
THE WATER



NAVIGATION

FIND YOUR WAY
WITH MAP
AND COMPASS



MYSTERY TEST

SOLVE THE
UNKNOWN



TEAMWORK & STRATEGY

ONE TEAM.
ONE GOAL.
NO ONE LEFT
BEHIND.

MYSTERY TEST

SOLVE THE UNKNOWN.
THINK. STRATEGIZE.
TEST YOUR LIMITS.

6 DISCIPLINES. 1 CHALLENGE. ENDLESS ADVENTURE.

ARE YOU READY?

MOUNTAIN BIKE

RIDE HARD.
THROUGH MUD,
UPHILL & DOWN.
NEVER STOP.

LENGGONG MAN CHALLENGE

LD'26



REQUIRED EQUIPMENT

BE PREPARED. BE SAFE. BE A CHAMPION.



BIKE HELMET
2 PER TEAM



BIKE REPAIR TOOL
1 PER TEAM



MTB WITH
GOOD CONDITION
2 UNIT PER TEAM



TIRE PUMP &
SPARE TUBE



MAP CASE
1 PER TEAM



PFDs
2 PER TEAM



ORIENTEERING
COMPASS
1 PER TEAM



PERMANENT
MARKER
1 PER TEAM



HYDRATION BAG
WITH BLADDER
2 PER TEAM



POCKET KNIFE
WITH SHEATH
1 PER TEAM



WHISTLE
1 PER TEAM



TEAM NUTRITION
FOOD OR
SUPPLEMENT



1.5L DRY BAG
1 PER TEAM



BASIC FIRST AID KIT
1 PER TEAM
(1 x dressing pad, 1 x triangular bandage,
1 x wrap bandage, 4 x plasters,
4 x alcohol swab, 2 x oral rehydration
salts, 1 x muscle spray or lotion)



NOTE: ALL ITEMS ARE MANDATORY.

RACE OFFICIALS MAY CONDUCT EQUIPMENT CHECKS BEFORE THE RACE.



RACE THROUGH
LENGGONG
GLOBAL GEOPARK



11,000 YEARS
OF HUMAN
HISTORY



CHALLENGE
YOUR LIMITS



ONE TEAM
ONE GOAL
NO ONE LEFT BEHIND

PREPARE WELL. GEAR UP RIGHT. RACE SMART.

#LMC26

LENGGONG MAN CHALLENGE CLASSIFICATION ORDER IN RESULTS



01



RANKED FINISHERS

Teams that complete all race requirements and are officially ranked.

FIN

02



UNRANKED FINISHERS

Teams that finish the race but do not meet all requirements for official classification.

UNR

03



OUT OF RACE (OOR)

Teams that are unable to continue, withdraw, miss cut-off times, or are removed from the course.

OOR

04



DISQUALIFIED (DQ)

Teams removed from results due to serious breaches of race rules, safety regulations, or misconduct.

DQ

05



PENALTY

Time additions or other sanctions imposed for rule infringements that do not warrant disqualification.

PEN



RANKED
FINISHERS
(FIN)



UNRANKED
FINISHERS
(UNR)



OUT OF RACE
(OOR)
(OOR)



DISQUALIFIED
(DQ)
(DQ)



PENALTY
(PEN)
(PEN)



RACE RULES

FAIR PLAY. **RESPECT.** ADVENTURE.



CAN BE DOWNLOADED
AS A **PDF FILE**



AND CAN BE FOUND
ON OUR WEBSITE
www.malaysiaar.com



IMPORTANT REMINDER

All participants are required to read and understand the race rules. Compliance with the rules ensures a safe, fair and enjoyable experience for everyone.



KNOW THE RULES
Be prepared and race responsibly.



RESPECT OTHERS
Fellow racers, officials and the environment.



RACE FAIR
Integrity and sportsmanship make a true champion.



PROTECT NATURE
Leave no trace, preserve the trails.



DOWNLOAD. READ. UNDERSTAND. RACE.

BE PART OF AN EPIC CHALLENGE!

WEATHER FORECAST

LENGGONG GLOBAL GEOPARK

30 – 31 OCTOBER 2026



Weather conditions can change rapidly in Lenggong Global Geopark. Be prepared for a mix of sun, heat, clouds and rain.



30 OCTOBER 2026

FRIDAY



24°C
LOW

33°C
HIGH

PARTLY SUNNY WITH SCATTERED SHOWERS
AND THUNDERSTORMS



PRECIPITATION 60%



THUNDERSTORM HIGH



WIND 5 – 15 km/h
SW



HUMIDITY 75 – 95%



SUNRISE 07:14 AM



SUNSET 07:20 PM

31 OCTOBER 2026

SATURDAY



24°C
LOW

32°C
HIGH

PARTLY SUNNY WITH SCATTERED SHOWERS
AND THUNDERSTORMS



PRECIPITATION 50%



THUNDERSTORM MEDIUM



WIND 5 – 15 km/h
SW



HUMIDITY 70 – 95%



SUNRISE 07:15 AM



SUNSET 07:19 PM

WHAT TO EXPECT



Scattered showers and thunderstorms especially in the afternoon and evening.



Warm and humid conditions throughout the day.



Trails may be slippery and muddy in some areas.



Plan ahead, dress appropriate and stay hydrated.



IMPORTANT REMINDER

Weather in mountainous areas can change suddenly. Always monitor the latest updates and be ready to adjust your plans for safety.



BRING RAIN
GEAR



STAY
HYDRATED



CARRY EXTRA
NUTRITION



EXPECT
THE UNEXPECTED



CHECK IN & STAY
IN TOUCH

OFFICIAL SHIRT



LD'26
LENGGONG
DIALOG 2026



BREATHABLE
Stay cool and comfortable



MOISTURE WICKING
Quick dry performance



LIGHTWEIGHT
Engineered for maximum comfort



DURABLE
Built to last every challenge



4-WAY STRETCH
Move freely in any direction

LENGGONG MAN CHALLENGE

LD'26 LENGGONG
DIALOG 2026

FINISHER MEDAL



REAL ADVENTURE
REAL ACHIEVEMENT



BUILT FOR
WARRIORS



FIND YOUR LIMIT
FINISH THE QUEST



LD'26

LENGGONG MAN CHALLENGE

LENGGONG GLOBAL GEOPARK

**CASH PRIZES
MEN & MIXED**

CATEGORY 8H

1ST PLACE

RM 2000

2ND PLACE

RM 1200

3RD PLACE

RM 800

4TH PLACE

RM 500

5TH PLACE

RM 300



LD'26

LENGGONG MAN CHALLENGE

LENGGONG GLOBAL GEOPARK

**CASH PRIZES
MEN & MIXED**

CATEGORY 4H

1ST PLACE RM 1000

2ND PLACE RM 700

3RD PLACE RM 500

4TH PLACE RM 300

5TH PLACE RM 200



LD'26

LENGKONG
DIALOG 2026



PREMIS PENGINAPAN YANG BERDAFTAR DENGAN MAJLIS DAERAH LENGKONG DI BAWAH ENAKMEN HOTEL PERAK 2023

BIL.	NAMA HOTEL	NO. TELEFON
1	69 HOMESTAY	019-2327099
2	AGUILAR RESORT	019-3818894
3	AMAZING CAMP LEGACY	019-6000710
4	BRANDA SUNGAI	019-7307678
5	D'BENDANG CHALET SAWAH TELUK BATU	019-8542764
6	D'INAPSARA HOMESTAY	012-5273076
7	D'LABIT VILLAGE	017-2298300
8	HOMESTAY NORA (GUA BADAK)	019-2188353
9	HOMESTAY NORA (LENGGONG)	019-4920408
10	HOMESTAY YAZID	019-5129573

BIL.	NAMA HOTEL	NO. TELEFON
11	INAP SUNGAI SALLEH	019-7566164
12	JENDELA SUNGAI LENGKONG RESORT	019-5775037
13	KUAK HILL RESORT	012-3791239
14	LAKEVIEW CABINS EMPIRE	011-28400096
15	LENGGONG LONGHOUSE CAMPSITE	012-8048100
16	MERCU D IMPIANA EMPIRE	011-14629089
17	MONTERAS ENTERPRISE	017-7067427
18	MRI CHALET	019-4454016
19	MYRIVER VILLAGE	019-9874692
20	RESORT TASIK RABAN	0104040959

BIL.	NAMA HOTEL	NO. TELEFON
21	RIVERINE NATURE CAMP	019-3338670
22	RUMAH SUNGAI RESORT	013-9868820
23	RUMAH TIANG 16	019-3368807
24	SOON LEE HOTEL	017-5311196
25	SRI LENGKONG INN	010-4040959
26	TANAH AINA MANAGEMENT	017-2881023
27	TERATAK AISYAH	012-4186514
28	TERATAK BAYU	017-4086267
29	TERATAK KAPTEN ROSLI	012-8048100
30	V'LA D SAWAH	013-4243551

BIL.	NAMA HOTEL	NO. TELEFON
31	STUDIO HOMESTAY	019-5249955
32	SUKA SUKA LAKE	013-5251177
33	SUMPITAN GLAMPING	012-2880171
34	LENGGONG VALLEY CAMPSITE	011-62836770
35	TERATAK SUNGAI KUAK	019-4805183
36	WARISAN SIRA VENTURES	019-5717000
37	D' IMPIANA (KG KELANTAN)	012-3288204



LD'26
LENGGONG
DIALOG 2026



LENGGONG MAN CHALLENGE

ADVENTURE • TEAMWORK • ENDURANCE • DISCOVERY

LD'26
LENGGONG
DIALOG 2026

**LENGGONG
GEOPARK**



26:26:26
ADVENTURE RACE



**FOR EVENT INFORMATION
AND REGISTRATION
PLEASE CONTACT OR WHATSAPP
THE NUMBERS BELOW**



**+6018-257-3981
+6019-422-8626
+6012-407-2495
+6012-447-6371**



TREKKING



MTB



KAYAKING



NAVIGATION

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