

Singapore Bike Hash - Penang Bike Weekend October 19-20 2013

Trip Information and Itinerary

Hares:

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Confirmation:

Please let us know if you want to join at soonest convenience. Payment due by Sept 10th latest.

Flights:

Please book your own flights – book early, as flights tend to fill up.

Depart Singapore Friday, 18 Oct Silk Air MI 254 /SQ 5308 Depart 19:00 / Arrive 20:25

Depart Penang Sunday, 20 Oct Silk Air MI 351 /SQ 5305 Depart 18:05 / Arrive 19:30

If not flying with the group, please make your way to the G hotel by Friday night.

- Flight from SIN-PEN is ~1.5 hrs, served by several airlines: Silk Air, Fire Fly, and Air Asia
- On Sunday, riders return in the afternoon, so please do NOT fly before 6pm Sunday from PEN-SIN

Hotel and Meals:

2 nights at the G Hotel on Gurney Drive in Georgetown: www.ghotel.com.my

- Updated Rates: Standard rooms including breakfast MYR355 single, 380 double
- Any additional hotel charges are your own responsibility and can be paid by credit card
- Meals, drinks, water, snacks, refreshments are not included

Local Transport:

- We will arrange group transport to/from the group flight and Saturday hash. Cost estimate ~100 MYR pp
- Taxi from airport to hotel: 45 min. Fixed price from airport: 40MYR, 60MYR w/bike, 85 MYR pre-book mini-bus
- Taxi fares often negotiated in Penang. Taxis sometimes reluctant to take bike bags.
- We can provide phone numbers of some mini-bus drivers, if you decide not to join the bus

Rides:

Rides will be guided (not the usual hash ride on paper), led by hares with local biking buddies. Maps provided.

Gertak Sanggul (45+min drive by bus)

- Ride ~25-30km, 2.5hrs riding time (3.5hrs with breathers), ~700m ascent, no shortcuts
- Farmer trails high on a ridge at the very southern tip of Penang, jungle tracks, switchback downhill, 2 sections on quiet roads in Balik Pulau (2x 6km), steep ascent on concrete road, and great downhill jungle track.
- Hawker lunch on the way back. Bring towel and a change of clothes.

Gertak Sanggul <http://connect.garmin.com/activity/204650304>

Mount Erskine (15min ride from hotel on road)

- Ride ~15km, 1.5 hrs riding time, ~250m ascent
 - Ride from G Hotel to Mount Erskine (15min on road). Mount Erskine is a fun downhill trail, up/down the same trail
- Mount Erskine <http://connect.garmin.com/activity/204650324>

Penang Hill (15min ride from hotel on road)

- Many years ago Penang used to be the same size/shape as Singapore. Due to tectonic shifts the island has compressed to about ¼ of original size and has developed a hump in the middle, known locally as Bukit Bendera, or Penang Hill. Local mountain bikers refer to it as “pain-ang hell”.....
- Ride ~35-40km, 4 hrs riding time (5+hrs with breaks), ~1100m ascent, very few shortcuts
- Ride from G Hotel to Botanical Gardens (15min on road). Climb the (steep, painful) jeep track (bitumen road, no traffic allowed) for 5-6km and 700+m ascend. Expect to climb (or walk) for 1.5-2 hours. Bring your lowest gear. Bring gels, honey stingers, snakes, whatever keeps you going. Bring tissue, because you will cry. Bring a camera to take a photo of the “30% ahead” sign. In short: we told you!
- After enjoying the view from Penang Hill, an outstanding descent on Tiger Hill on farmer trails and jungle to Iron Cross. Two little hills on the way though...then enjoy Terrapin Trail, Penang’s longest downhill single track to Air Itam
- Hawker lunch at Air Itam, then road ride as a group ~8km to the G hotel
- Warning - expect serious sleep monster attacks at hotel on Sunday afternoon, so pack your bike early & set alarm!

Penang Hill <http://connect.garmin.com/activity/256439591>

Other Information:

- Hotels - more upmarket (E&O) or cheaper (Traders) hotels are available in Georgetown, ~10 min taxi from G Hotel. If you stay at another hotel, please arrange your own hotel booking and transport
- A mall is next door to G Hotel with many shops, restaurants, and Cold Storage in basement to stock up on snacks
- Penang is famous for Hawker food and all along Gurney drive there are great places for food 24/7

Non-riding options:

- Georgetown is a world heritage city and certainly worth a visit – historical sites, lively temples, mosques, and markets, loads of small alleys, many cafes and banana leaf curry houses where you can relax with Tiger or Teh Terik
- If you want a heritage walking tour, please contact: www.pht.com.my. Also check out www.tourismpenang.net.my
- Batu Ferrengi, a popular (crowded) tourist destination, nice sunset beach and THE place to go for overpriced batik...
- Balik Pulau on the west coast is mostly a flat Kampung area, famous for laksa, durian and spice farms along the way
- Local (jungle hiking) hash at Sat 5pm with the Penang Hounds, <http://www.penang-hounds.com>
- Penang Hill is a great (steep) walk from the botanical garden or you can (cheat) ride up the cable car from Air Itam

Remember to bring:

- Your bike, already packed inside a suitable bike bag or box (remember 20kg weight limit)
- Spare parts, packed in bike bag, generally same tools as on a bike hash (multi-tool, spare tubes, small pump, tire levers, repair patches, oil, hanger, etc.) Buddy up to bring floor pumps, spare brake disc, chains, rear derailleur, etc. There are reliable bike shops in Penang for emergency repairs, but don't expect them to have special parts.
- Camelback, gels/snacks, medical kit, sunscreen and mosquito repellent
- Clothes for biking, swimsuit for pool, casual dress for dinners
- Passport
- Extra MYR Ringgit to cover additional costs (drinks, etc.)

ITINERARY (tentative times, subject to change):**Friday 18 October**

- 5:30pm Check-in at Changi Airport Terminal 2
- 7pm Depart Singapore, Silk Air MI 254 /SQ 5308 Depart 19:00 / Arrive 20:25
- 8:30pm Arrive Penang
- Transfer to G Hotel (by bus or taxi)
- 9:45pm Arrival at the G Hotel, check in, assemble bikes (cafés & pubs next door at the mall)

Saturday 19 October

- 7 am Breakfast at G Hotel
- 730 am Depart from G Hotel for morning ride (or bus to gertok sanggul), hash circle
Lunch at Balik Pulau, hawker food
- 2 pm Riders return to G Hotel

- 4 pm Depart from G hotel for afternoon ride, Mount Erskine
- 6 pm Riders return to G Hotel
- 7pm Dinner outdoors at Bali Hai Seafood on Gurney Drive, 10 min walk from hotel

Sunday 20 October

- 7 am Breakfast at G Hotel
- 730 am Depart from G Hotel for morning ride, Penang Hill
Lunch at Air Itam, hawker food, after eating ride back to G hotel
- 1 pm Riders return to G Hotel, clean up, pack bikes
- 3 pm Check out from G Hotel
- 3:30pm Transfer to airport (bus or taxi)
- 6pm Depart Penang, Silk Air MI 351 /SQ 5305 Depart 18:05 / Arrive 19:30
- 7:30pm Arrive Singapore

Rides will depart on (German) time!

WE HOPE THAT YOU HAVE A GREAT TIME - ENJOY PENANG AND THE RIDING!

Sue & Jascha