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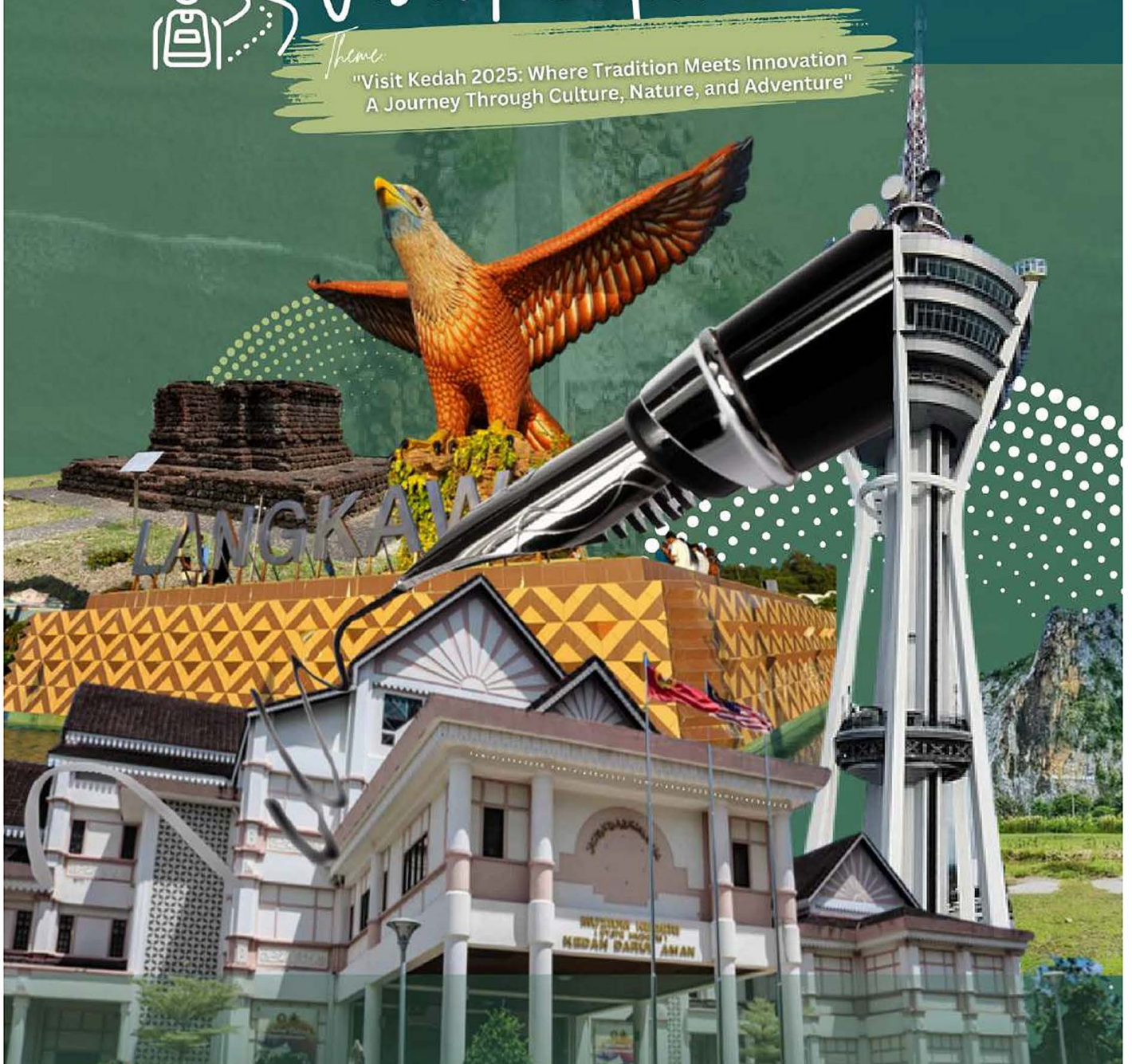


APB Kedah (e-magazine)

SPECIAL ISSUE EPITOME

Visit Kedah 2025

Theme:
"Visit Kedah 2025: Where Tradition Meets Innovation –
A Journey Through Culture, Nature, and Adventure"





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eISSN 3009 – 0075

Published by:
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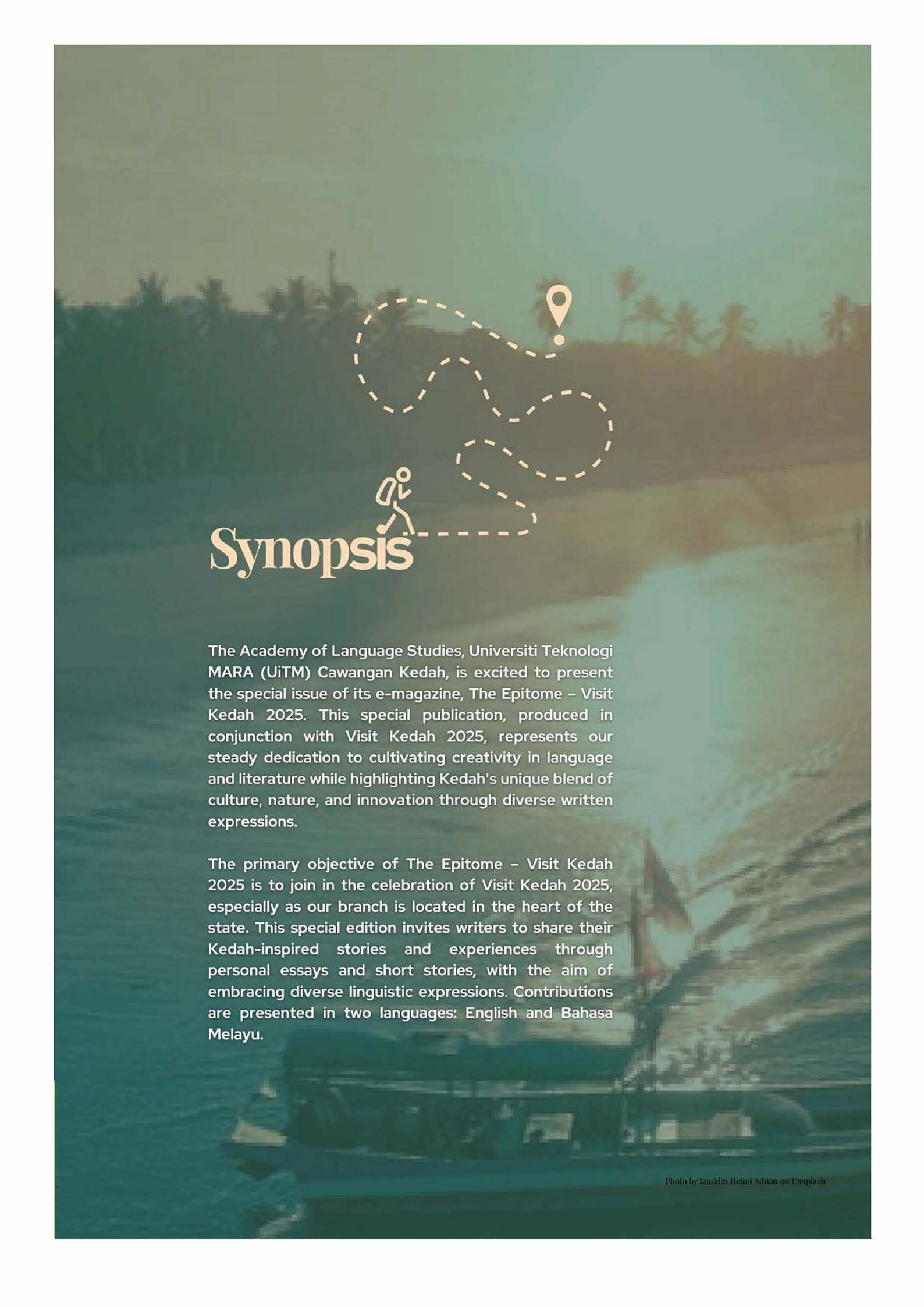


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Synopsis

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah, is excited to present the special issue of its e-magazine, The Epitome – Visit Kedah 2025. This special publication, produced in conjunction with Visit Kedah 2025, represents our steady dedication to cultivating creativity in language and literature while highlighting Kedah's unique blend of culture, nature, and innovation through diverse written expressions.

The primary objective of The Epitome – Visit Kedah 2025 is to join in the celebration of Visit Kedah 2025, especially as our branch is located in the heart of the state. This special edition invites writers to share their Kedah-inspired stories and experiences through personal essays and short stories, with the aim of embracing diverse linguistic expressions. Contributions are presented in two languages: English and Bahasa Melayu.

face of Kedah

Mr. Azlan Abdul Rahman

Head of Faculty
Akademi Pengajian Bahasa (APB)
UiTM Kedah Branch

Welcome to this special edition of Epitome, where we embark on an exciting journey through the rich heritage, stunning landscapes, and vibrant culture of Kedah – one of Malaysia's most beloved and fascinating states.

As we look ahead to Visit Kedah 2025, this issue invites you to explore the treasures that await in this beautiful destination. From the serene beauty of Langkawi's beaches to the historical charm of Alor Setar, Kedah offers something for every traveller. Whether you are an adventure seeker, a history enthusiast, or someone simply in search of tranquillity, Kedah has it all.

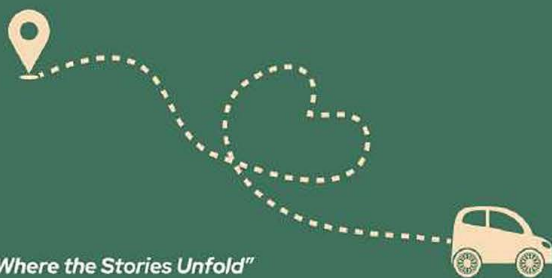
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony – where lush green paddy fields stretch as far as the eye can see, and the rich flavours of local cuisine tantalize the senses.

Visit Kedah 2025 isn't just a campaign; it's an invitation to connect with the heart of Malaysia. It's an invitation to discover the unforgettable experiences that make Kedah a must-visit destination for travellers from around the world. In this edition, we hope to inspire you to plan your own journey to Kedah, whether it's to explore its breath-taking landscapes, immerse in its cultural heritage, or simply take in the warm hospitality of its people.

As you turn these pages, may you feel the spirit of Kedah calling to you – the call to discover, explore, and experience all that this incredible state has to offer.

Thank you for joining us on this exciting adventure. We hope to see you in Kedah in 2025!





Kedah, Where the Stories Unfold"

As the Chief Editor of Epitome, it gives me great pleasure to present this special edition in celebration of Visit Kedah Year 2025—an ode to a land where history, heritage, and heart live in every corner.

Nestled in the warm embrace of the northern Peninsula, Kedah is more than just Malaysia's rice bowl. It is a living canvas where time whispers through the ancient stones of Bujang Valley, dances across the rippling paddy fields, and echoes through the melodic drawl of the Kedahan dialect. Each tale we share in this issue draws its breath from Kedah's unique rhythm—where old meets new, tradition hugs the modern, and culture is not just remembered but lived.

From the misty peaks of Gunung Jerai, which once guided ancient mariners, to the shimmering flow of Sungai Merbok, where history quietly flows, Kedah's ecological richness is a story waiting to be told. Its mountains are guardians of myths; its rivers, keepers of memory. The lush rainforests, secret waterfalls, and wild orchids—all are pieces of a vibrant narrative woven by nature itself.

Yet, it is Kedah's people who breathe soul into this land. The warmth of pasar malam banter, the flavours of authentic laksa Kedah, the grace of traditional dance, and the way elders tell stories in that soft, endearing dialect—it all becomes poetry in motion. And in this special issue, we invite you to read, feel, and immerse yourself in the charm, wit, and wonder of Old Kedah and New Kedah alike.

Through creative fiction, heartfelt essays, and evocative poetry, Epitome brings together voices that sing of Kedah's mountains, rivers, food, language, and legacy. We hope this edition will not only inspire a visit but stir something deeper—a connection to the essence of a land that has long cradled Malaysia's earliest civilizations and continues to nurture its cultural heart.

Let the pages transport you to Kedah Darul Aman—a realm of peace, a sanctuary of stories.

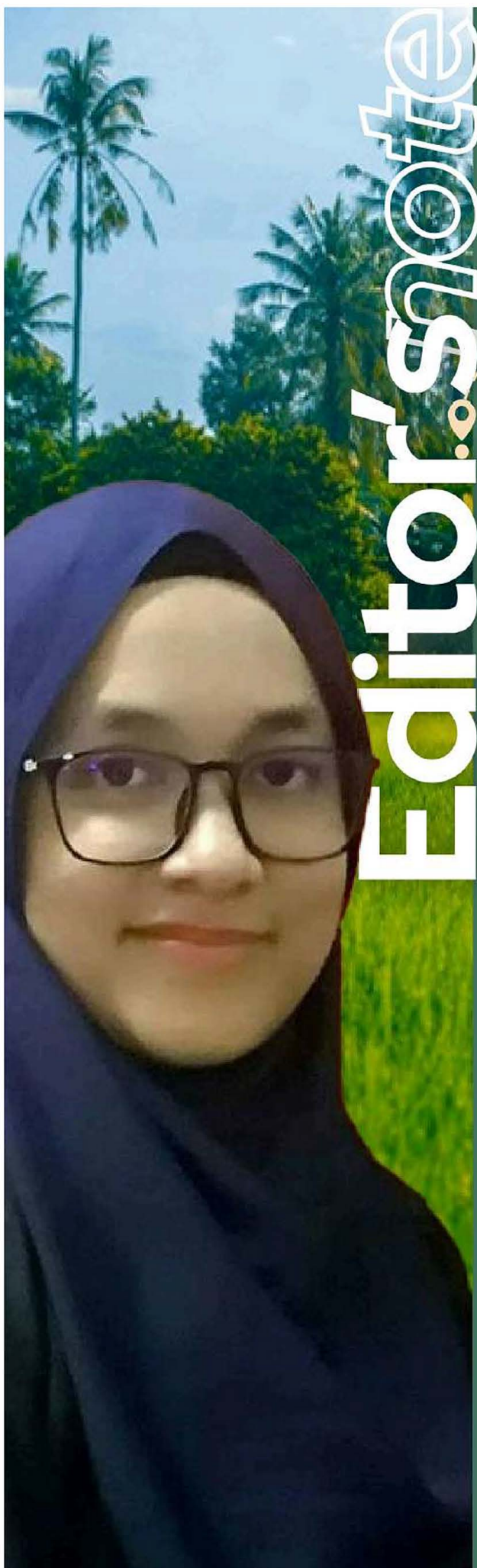
Warmly,

Razanawati Nordin

Chief Editor

THE EPITOME 2025





Editor's Note



It is with great pleasure that I present to you this special issue of The Epitome in conjunction with Visit Kedah 2025. I would like to extend my heartfelt thanks to the Head of Department for initiating this wonderful idea. As a proud Kedahan working in Kedah, I instantly agreed to be part of this project, knowing how close it is to my heart.

Reading the personal essays and short stories submitted by our contributors has been a truly enjoyable experience. I found myself smiling, reminiscing, and even imagining familiar places through their words. What makes this issue even more exciting is that some contributors are not originally from Kedah, yet they have beautifully shared their own reflections and experiences related to this charming state. Their fresh perspectives reminded me of the beauty I sometimes take for granted, having been born and bred in Kedah.

To all our contributors: thank you for your creativity, your voice, and for allowing us to travel through your narratives. Your stories have added soul and colour to this edition, and I hope our readers enjoy the journey through Kedah just as much as I did.

With appreciation,

Dr. Nur Syazwanie Mansor

Chief Editor, The Epitome
A Proud Kedahan

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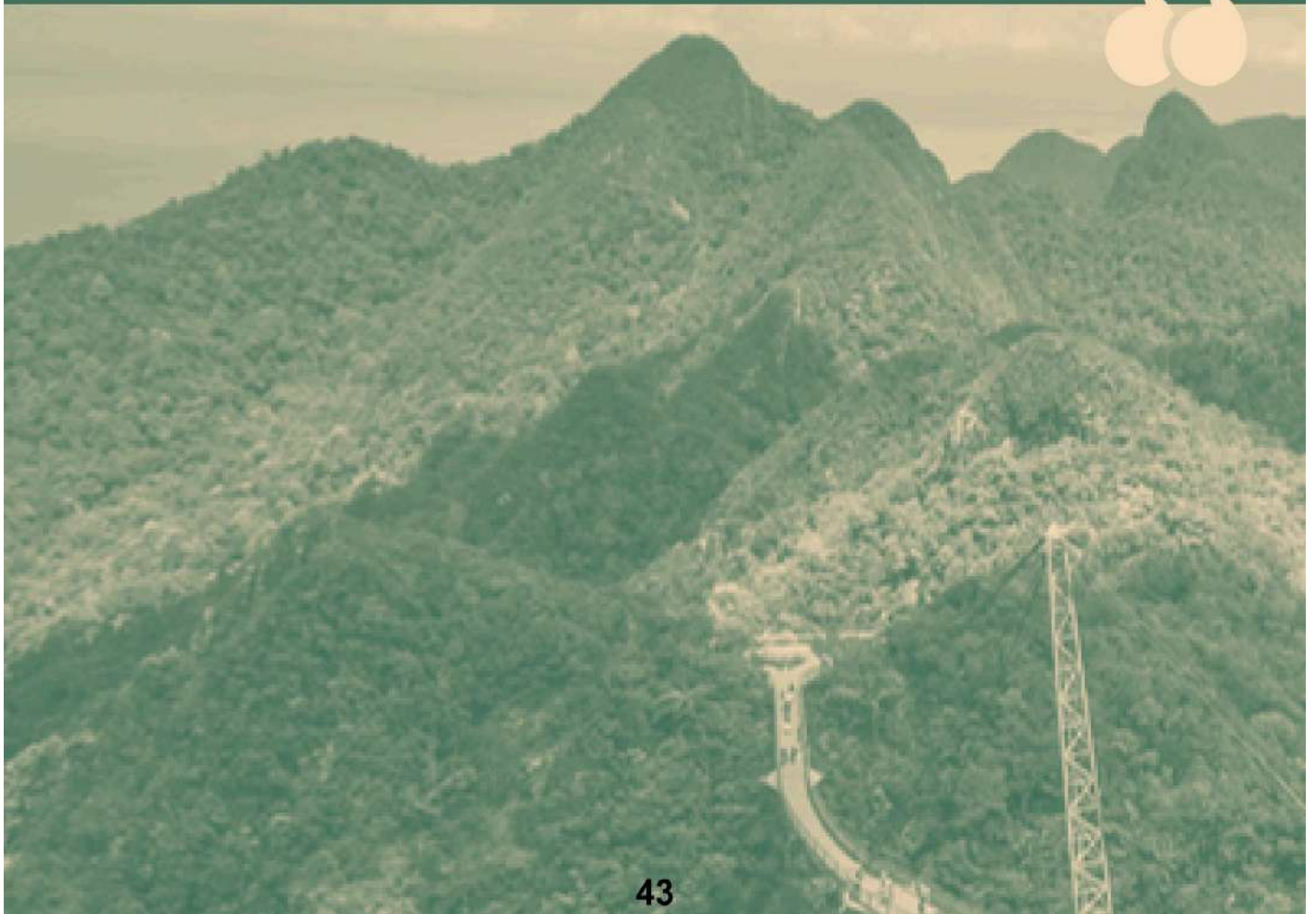
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NATURE, ADVENTURE & WELLNESS







Gunung Keriang:

Misi Penaklukan Gunung Jelapang Padi

Nurul Isfariena Idris & Mohd Kairul Hakimi Zulkarni

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Pendakian ke Gunung Keriang telah menjelma menjadi satu perjalanan yang menguji ketahanan jiwa dan raga, penuh dengan makna yang terpendam di sebalik setiap langkah. Dalam keheningan pagi yang menyelubungi gunung, kami menjejakan kaki dengan penuh semangat. Perjalanan santai yang hanya memakan masa sekitar 40 minit menuju puncaknya, yang setinggi 217.92 meter dari paras laut, ternyata mampu membangkitkan rasa kagum yang tidak terungkap. Walaupun ketinggiannya tidak setinggi gunung-gunung lain, ia tetap menuntut kesabaran dan kekuatan fizikal, dengan laluan yang penuh cabaran, berbatu dan berliku, bagaikan menyemai kekuatan dalam setiap pendaki yang melaluinya.

Udara pagi yang segar, bagaikan air embun yang menyentuh kulit, memberi dorongan kepada kami untuk terus maju. Angin yang bertiup lembut menyapa wajah, membawa seribu janji akan keindahan yang menanti di puncak. Sebelum memasuki kawasan pendakian, kami disambut oleh pintu gerbang yang besar dan indah, terukir dengan tulisan "Gunung Keriang" yang seolah-olah memberi petunjuk kepada kami bahawa perjalanan ini bukan sekadar satu pendakian biasa, tetapi sebuah pengembaraan yang penuh hikmah. Batu kapur yang tajam dan basah dek kerana hujan yang lebat disertai angin badai pada malam sebelumnya, memaksa kami untuk mendaki dengan berhati-hati, setiap langkah kami disertai dengan kewaspadaan yang tinggi.

Akhirnya, selepas perjalanan yang penuh dengan cabaran dan dugaan, kami dengan jayanya tiba di puncak. Segala rasa lelah dan penat yang membelenggu tubuh seakan terhapus, bagaikan ditiup angin malam, digantikan dengan perasaan bangga yang melambung tinggi, ibarat kami telah menakluki dunia. Subhanallah, pemandangan di setiap penjuru gunung yang dihiasi dengan hamparan padi yang luas dan menghijau berbumbungkan langit yang biru begitu memukau pandangan mata, seolah-olah alam semesta sendiri sedang memujuk kami untuk menikmati keindahan ciptaan-Nya. Di puncak yang penuh kedamaian ini, sebuah pondok dan teratak kayu dibina, menawarkan tempat untuk kami bersantai, menikmati keindahan alam sambil menjamu selera, seakan-akan waktu pun berhenti sejenak memberi ruang untuk kami menghayati momen ini. Di sudut puncak, sebuah surau yang sederhana namun penuh ketenangan tersedia, memberi kami peluang untuk beribadah, mensyukuri nikmat perjalanan yang luar biasa ini.



Gambar Rajah 1:
Pintu Gerbang, Gunung Keriang



Gambar Rajah 3:
Pemandangan sawah padi dari atas puncak.



Gambar Rajah 2:
Penulis santai bersama rakan di atas retak kayu.

Keistimewaan Gunung Keriang tidak terhenti di situ. Ia tidak memerlukan permit atau panduan, kerana laluan trek yang begitu jelas dan mudah diikuti, seakan-akan alam itu sendiri menjadi penunjuk arah bagi setiap pendaki. Pendakian yang tidak membebankan kos, tetapi memberikan pulangan yang tidak ternilai; pemandangan yang menakjubkan dan pengalaman yang tak akan pernah dilupakan.



Nurul Isfariena Binti Idris, Pen Pegawai Farmasi
Fakulti Farmasi, Universiti Teknologi MARA Cawangan Pulau Pinang,
Kampus Bertam

”



Mohd Kairul Hakimi Bin Zulkarni, Pegawai Sains
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