

Penang at Your Pace

A practical planning workbook

Watch a story. Choose an experience.
Make room to enjoy your own trip.

Print this workbook, write in your choices and copy the daily sheets as needed. This edition is designed for handwriting; the PDF fields are not interactive.

What you will build

A trip brief that reflects your priorities; a manageable one-, three- or five-day framework; a food wishlist; a budget you can explain; a record of current information; and a plan you can read without Wi-Fi.

Start with your interests

ExploreTraveler's Penang stories cover food, the coast, Penang Hill, fruit farms and everyday experiences. Use those stories to discover what interests you, then make your own decisions about stops, pace and transport.

A simple way to use these pages

1. Watch one or two stories and write your priorities.
2. Choose one main outing per day.
3. Verify location, current access, prices and return transport.
4. Add a lower-effort alternative.
5. Save your plan locally and test it offline.

The suggested day themes are editorial planning ideas, not a record of a trip completed in this order. This workbook is not a guided tour, reservation, current price list or offline video collection.

Companion resources and clickable source links are on page 12. You can use the free online planner alongside these pages.

A taste of Penang, your way

Let food, culture and time outdoors guide your choices. Use the workbook to build a flexible day that matches your own interests.



Fresh fruit in Penang, from ExploreTraveler's original fruit-farm video.

01 / CHOOSE

Pick one base and two experiences.

02 / VERIFY

Check access, transport and current costs.

03 / SAVE

Keep your route and a backup offline.

Make it your own

Choose one food, one cultural interest and one slower moment. What would keep the day comfortable for your group?

Original ExploreTraveler travel archive. Scenes are from recorded visits.

Continue planning at [ExploreTraveler.com](https://www.exploretraveler.com)

A trip that fits you

Before choosing attractions, agree on what you want to remember. Each traveler gets a voice; every appealing video does not need to become a stop.

Dates / nights / number of travelers

Our base or base areas under consideration

We want to come home remembering...

Three priorities, in order

Preferred pace / rest needs / time we are willing to spend in transit

The shortlist: choose three anchors

Name each experience, its source story and why it belongs. Put unverified details in the log on page 9. Use the video library as inspiration, not as a route sequence.

1. Experience / story / why it fits

2. Experience / story / why it fits

3. Experience / story / why it fits

One day, one anchor

Choose a food-and-culture theme, a coastal theme or a hill outing. Pick the area after checking actual locations and your arrival/departure transport.

Keep the optional stop last. If the main experience takes longer, drop the optional stop and protect your return plan.

Main experience / area / why we chose it

Start point / arrival constraints / finish point

Current opening window / date checked / booking needed?

Morning: anchor outing / transport allowance

Middle of day: meal choice / rest or water break

Later: one optional nearby experience

Return option / latest departure / what we will skip first

If weather, access or energy changes, our alternative is...

Three days, three themes

Move these themes into the order that fits current conditions and fixed reservations. They are flexible suggestions, not a timetable or verified transport route.

Day 1: food and cultural exploring

Choose one cultural area and one food experience. The bus-stop laksa and Bali Hai seafood stories are alternative sources of inspiration; do not assume both belong on one route. Confirm the place you actually intend to visit.

Area / anchor / food choice / return plan

Day 2: a coastal day

Compare the areas in the beaches guide. The beachside satay story adds food inspiration. Decide whether a slower or more active day suits you, and check current weather, access and local conditions before activities.

Area / anchor / conditions checked / alternative

Day 3: a separate inland outing

Consider Penang Hill after reviewing the food-court story. Confirm current access and return transport. If it does not fit, choose another neighborhood or return to a favorite experience.

Outing / access check / return option / rest time

Five days, more breathing room

Build on the three-day framework. Add depth rather than filling every hour: a fruit-farm interest, another food experience or more time on the coast may suit you.

Day 4: follow a deeper interest

Choose an experience that adds something different. The broader collection includes fruit-farm and durian stories. A title or publication date does not establish current availability, location or conditions.

Our deeper experience / why it adds something different

Location / access / transport questions to confirm

Day 5: keep options open

Leave room for weather changes, rest, a favorite place or onward travel. An uncommitted day is part of the plan, not a failure to see enough.

If we are rested and conditions suit us...

If we want a slower day or a repeat visit...

Onward-travel tasks / fixed departure needs

Route review: check each day's start and end on a current map. Remove unnecessary cross-island moves before adding new stops.

Your daily run sheet

Copy this page for each day. Put the fixed commitment first, then meals and rest, then one optional experience.

Date / day theme / start point / finish point

Today's three priorities, in order

Anchor: exact name / confirmed address or map pin

Opening window / booking check / source and date

Travel allowance / arrival target / latest sensible departure

Main meal / dietary question / rest break

Return transport / backup return option

Change trigger: if this happens, we will...

Cancellation deadline or cost at risk / who to contact

Keep booking references and identity details in secure storage. This sheet can point to them without copying sensitive information into a shared plan.

Choose your next taste

Mark interested / researched / chosen / tried / would repeat for each idea. A wishlist records interest; it does not establish dietary suitability.

Story-led choices: laksa, chicken satay, seafood and tropical fruit. Watch the related experiences, then verify the exact stop and current details. Ask vendors directly about ingredients, allergens, sauces and preparation.

More wishlist ideas: char kway teow, cendol and teh tarik appear as planning choices in the free planner. Their inclusion is not a claim of a verified companion visit in this workbook.

Food-stop card A

Dish / chosen vendor / exact place / why it fits

Questions about ingredients / answer from vendor

Price basis / agreed total / alternative

Food-stop card B

Dish / chosen vendor / exact place / why it fits

Questions about ingredients / answer from vendor

Price basis / agreed total / alternative

For seafood sold by weight, clarify the unit, weight, preparation charges and total before ordering. A historical meal story is not a current menu or quote.

A budget you can explain

Use MYR for the entire travel party and whole stay. A blank is an unanswered question; write zero only when you deliberately allow no spending in a category.

Category (MYR)	Planned	Committed	Actual
Accommodation			
Meals and drinks			
Local transport			
Activities			
Other ground costs			
Reserve			
GROUND TOTAL			

Ground total = the six category amounts added together.
Remaining allocation = spending ceiling minus committed costs.
Actual variance = actual spending minus planned spending. A positive result means you spent more than planned.

Airfare / insurance / other separately tracked costs / full-trip total

Home currency / exchange-rate source and date / conversion fees

Unpaid balances / expected refunds / refunds received

Label each estimate as a provider quote, published price or personal allowance. Record terms and date on page 9. Do not mix home-currency figures into MYR totals without recording the conversion.

Fact and quote log

Leave unknown details marked unknown. A screenshot records what was displayed at that moment; it does not guarantee availability or hold a price.

Verification record A

Item / question / exact answer

Direct provider or official source / URL or contact

Checked date / applicable travel date / recheck date

Total for our party / fees / cancellation or booking terms

Unresolved issue / decision: book, wait or choose alternative

Verification record B

Item / question / exact answer

Direct provider or official source / URL or contact

Checked date / applicable travel date / recheck date

Total for our party / fees / cancellation or booking terms

Unresolved issue / decision: book, wait or choose alternative

The offline rehearsal

Complete this while you still have internet. Open the plan with your phone in airplane mode. A bookmark alone is not an offline copy.

- ☐ My plan is saved locally and opens offline.
- ☐ The exact intended places and return instructions are readable.
- ☐ Needed map areas are downloaded in my chosen map application.
- ☐ Booking details are available in secure storage.
- ☐ Accommodation location and important contact information are available.
- ☐ My device is charged and I have checked my charging plan.
- ☐ Another traveler has a suitable copy where useful.

Our offline notes

What still needs downloading, confirming or testing?

Where the secure booking details are stored / backup plan

The free planner exports English plain text. Translating its webpage does not translate the exported file. Linked articles and videos require internet unless separately saved through an authorized service. This workbook does not include offline video files.

Keep the memory

A short review helps tomorrow's choices. Copy this page for each day, or use it once at the end of the trip.

Date / best experience today

Food we would try again / our own tasting notes

Unexpected costs / spending to reconcile

What took longer than we expected?

What will we simplify tomorrow?

Updated remaining budget / tomorrow's first check

One note for a future visit or a story we want to revisit

Your companion resources

These clickable links lead to existing ExploreTraveler resources. Online access is required. Use current direct sources for changing details before you commit to a plan.

Penang video library

Browse the food, fruit-farm, hill, coast, nature and cultural collections. Publication dates identify release dates, not current conditions.

Free Penang trip planner

Choose interests, enter your own budget, save choices in your browser or export English plain-text notes.

Beaches and street-food guide

Use it to compare the areas and experiences discussed.

Bali Hai seafood story

Food inspiration from the existing restaurant visit.

Laksa at a Penang bus stop

A source story for your food wishlist.

Chicken satay by the beach

A source experience connecting food with time on the coast.

Penang Hill food-court story

Inspiration for a separate outing, after checking current access.

About this workbook

Prepared by ExploreTraveler, October 2026, as a companion to John and Karen Gentry's travel material. The worksheets and day frameworks are original planning tools. No new visit, test, interview or provider endorsement is claimed. Historical source stories do not establish current prices, hours, access or availability.

This is a separate workbook. It does not reproduce or include the retail Malaysia ebook. You can browse available book editions at ExploreTraveler.com/travel-books/.

The goal is your own satisfying trip: informed choices, manageable days and space to discover something you did not plan.