

Penang

Park

1. Teluk Bahang Forest Eco Park, Teluk Bahang

- recreational park equipped with park benches, picnic and camping areas, waterfalls and a playground
- a good network of hiking trails and a well-manned forestry museum
- a variety of mini waterfalls
- cool and clear water in which to swim or splash around in
- footpaths are also provided for visitors to stroll around the forest recreational areas
- Penang tropical fruit farm (6.4KM)
- Tropical Spice Garden (3.5KM)
- Penang National Park (2.6KM)
- Batu Ferringhi beach (6.4KM)
- http://www.penang-discovery.com/attraction/Teluk_Bahang_Recreational_Park/

2. Penang bird park, Perai

- 2 Geodesic Domes and 2 giant sized Walk-in-Aviaries, keep hundreds of tamed birds which offers priceless memory and exciting moment for visitors, after hand-feeding them
- Built in a garden concept, the park boasts of its beautiful landscaping with the impressive collections of hibiscus, orchids, bamboo, ornamental plants and palm trees.
- Observe from the Chinese-style wooden bridges that traverse the water or relax in the little Malay huts that dot the park to enjoy the beauty of nature at play.
- https://www.penangbirdpark.com.my/animal_show.php

3. Youth Park (Penang Municipal Park)

- a child-friendly space with fountains, a skate park and a reflexology path
- The walking conditions of the park are ideal for the whole family, including paved tracks and plenty of shade
- skating rink, splash pools, playground, picnic
- Penang Botanic Gardens (1.5KM)
- Bukit Hijau (7.4KM)
- Penang Hill (Bukit Bendera) (7.3KM)
- <https://getoutwithkids.com.au/youth-park-penang-municipal-park/>

Farm

1. Entopia butterfly farm

2. Penang tropical fruit farm, Teluk Bahang

- on the hilly terrains of Teluk Bahang in Penang
- many types of tropical and subtropical fruit trees
- to conserve rare and exotic fruit trees
- Teluk Bahang Forest Eco Park (6.6Km)
- Penang National Park (8.7KM)
- <https://tropicalfruitfarm.com.my/visitor-information/>

Attraction

1. Penang Botanic Gardens, Jalan Air Terjun

- circular hiking route
- divided into 12 sections: the Formal Garden, Lily Pond, Perdana Plant House, Tropical Rainforest Jungle Track, Fern House, Fern Rockery, Aroid Walkaway, Cactus House, Orchidarium, Horticulture Centre, Nursery and Quarry Recreational Park

- some of the flora there includes the cannonball tree, sengkayang tree, pinang palm, black lily, slipper orchids and more
- Curtis Trail will lead you to sample a deeper look inside Penang's tropical jungle ending at the Lily Pond
- Youth Park (Penang Municipal Park) (3KM)
- Air Itam Dam (11KM)
- Bukit Hijau (8KM)
- Penang Hill (7.9KM)
- <http://www.penang.ws/penang-attractions/penang-botanic-gardens.htm>

Plantation

1. Tropical Spice Garden, Teluk Bahang

- The five landscaped acres of the garden is a treasure trove of more than 500 living specimens of lush and exotic flora from around the world.
- The nature conservation complex features three garden trails that take you on 20-45 minute journeys past stream crossings, waterfalls and structures made of recycled organic materials.
- the Spice Trail, Ornamental Trail and Jungle Trail
- Teluk Bahang Forest Eco Park (3.4KM)
- Penang National Park (3.1KM)
- Batu Ferringhi beach (2.9KM)
- <https://tropicalspicegarden.com/tickets>

Hiking

1. Bukit Batu Itam, Kampung Tengah

- Picnic bench
- <https://www.internationalsteam.co.uk/penang/penanghills144.htm>

- <https://rezymizrah.wordpress.com/2014/02/21/teluk-bahang-to-bukit-batu-itam/>

2. Bukit Mertajam Recreational Forest, Bukit Mertajam

- There are a few streams and shallow pools and even a waterfall in the park where you can take a dip.
- hilly terrain
- outdoor activities like hiking and jogging as well as hiking trails that leads straight to its peak
- Bukit Mertajam hill
- Other activities include picnicking, swimming by the waterfall and camping
- <https://www.penang-traveltips.com/bukit-mertajam-recreational-forest.htm>

3. Bukit Panchor State Park, Kamping Besar **

- brimming with **wildlife**, a flowing river and lush greeneries
- explore the mangroves' varied life forms, bat caves and the wetland boardwalk
- a river and a bridge that you can cross to reach a camping area where locals usually go for picnics and relax
- <https://www.penang-traveltips.com/bukit-panchor-state-park.htm>

4. Suling Hill (Bukit Langkap), Bukit Mertajam

- Bukit Mertajam Nutmeg Farm Visit, Bukit Mertajam
- Located at Suling Hill
- durian orchard, cardamom orchard, passion fruit orchard, and silver bee garden
- slopes of Suling Hill was planted with various fruit trees

- <https://www.triphobo.com/places/kubang-semang-malaysia/suling-hill>

5. Air Itam Dam

- air is clear and crisp
- features a lake and is rated as moderate. The trail is primarily used for hiking and walking
- picturesque place for a gentle stroll, a jog or a hike
- Penang Botanic Gardens (10.2KM)
- Bukit Hijau (9.3KM)
- Penang Hill (4.4KM)

6. Bukit Jambul, Bayan lepas

- It hides a hiking route which is paved with large stones, and covers around 1.3km (0.8mi) uphill, making it a short, easy ascent with a rewarding view when you reach the top.
- Bukit Hijau (9.4KM)

7. Bukit Hijau

- <https://www.instagram.com/explore/locations/113115378788285/bukit-hijau/>
- Bukit Hijau's large barren rock faces have meant that visitors are able to see magnificent views of the Paya Terubong Valley as well as the North Eastern Coast of Penang
- Bukit Hijau waterfall
- strike up clockwise, reaching Cow Hill and Bukit Holland first
- Youth Park (Penang Municipal Park) (6.3KM)
- Penang Botanic Gardens (7.3KM)
- Air Itam Dam (8.8KM)
- Bukit Jambul (9.8KM)

- Penang Hill (5.7KM)
- <https://www.penang-insider.com/bukit-hijau-penang/>
- <https://dapnyatv.com/listings/bukit-hijau-cangkat-tembaga-hiking-trail/>

8. Penang Hill (Bukit Bendera), Air Itam

- Start your hiking trail from the Moon Gate at the Botanic Gardens
- highest point at Western Hill
- Bukit Laksamana (Malay for Admiral Hill), Tiger Hill, Flagstaff Hill, Haliburton's Hill and Government Hill
- submontane oak-laurel as well as coniferous trees
- The Tree fern which is normally associated with higher elevations is also found growing here
- Rolling hills, pristine rainforest, lush flora, enormous granite boulders and distant views make The Habitat on Penang Hill a must-see attraction
- self-guided walks along three interesting bypaths on the summit of the Hill
- Youth Park (Penang Municipal Park) (6.2KM)
- Penang Botanic Gardens (7.2KM)
- Air Itam Dam (4.6KM)
- Bukit Hijau (6.3KM)
- <https://penanghill.gov.my/index.php/en/>

9. Frog Hill, Tasik Gelugor

- abandoned quarry located at a rural area in Tasek Gelugor
- Scenic/Panoramic scenery with turquoise blue lakes, away from the hustle and bustle of city
- Red laterite/dusty path leading to the site, scorching hot weather; rocky hill

- <https://mrdefinite.net/hidden-gem-breathtaking-frog-hillguar-petai-at-tasek-gelugor-penang/>

Beach

1. Penang National Park

- <https://capturetheatlas.com/penang-national-park/>
- dreamy sunsets and the liberating murmur of the jungle.
- wooden bridge
- Monkey Beach
- Teluk Ailing (beach)
- Pantai Keranchut
- Teluk Bahang Forest Eco Park (2.6KM)
- Penang tropical fruit farm (8.7KM)
- Tropical Spice Garden (3.1KM)
- Batu Ferringhi beach (6KM)
- <https://www.wildlife.gov.my/index.php/en/11-info/154-penang-national-park>

2. Batu Ferringhi beach

- long stretch of soft, white sandy beach
- range of water sports activities such as jet-skiing, parasailing and windsurfing.
- Teluk Bahang Forest Eco Park (6.2KM)
- Tropical Spice Garden (2.8KM)
- Penang National Park (6KM)
- <http://www.penang.ws/areas/batu-feringgi.htm>

Selangor

Waterfalls

1. Kanching Falls, Rawang

- Located in Kanching Eco Forest Park
- 7 cascading levels (famous Seven wells or 'Perigi Tujuh')
- Picnic gazebos available
- Hopea Subalata trees spotted
- Templer park (450m) , Commonwealth (6.5km)
- <https://selangor.travel/listing/kanching-eco-forest-park/>

2. Templer Park Falls

- Located in Templer Park
- Sanctuary for **wildlife** (park monkey, the hawk-cuckoo, the crested serpent eagle, the emerald dove, the forest wagtail, malkohas, the barbet, the woodpecker, the flycatcher-shrike, the blue-winged leafbird, the earless agamid, the Malaysian crested lizard, various kinds of toads and snakes and serow (goat-antelopes))
- Templer park (450m), Commonwealth (6.2km)
- <https://www.malaysia-traveller.com/templer-park.html>

3. Commonwealth Falls

- Located in Commonwealth Forest Eco Park
- Kanching (4.7km), Templer Park (4.9km)
- **Phone:** 03-5544 7507
- **Other facilities and activities that are available here include:**
- <https://selangor.travel/listing/commonwealth-forest-eco-park/>

4. **Serendah** Recreational Waterfall, Serendah

- Located at Kampung Orang Asli Serendah
- 3km away from **indigenous people village**

- Besides, there is only a simple fall with limited pool space. However, the place is efficient enough as there are basic facilities provided there such as toilets and changing rooms at the park, as well as gazebos.
- Just like any other waterfall site, there are stalls for visitors to buy drinks and food. However, the stalls are only open during weekends. The stalls are located at the entrance. Hike up the hill and enjoy the cool air before play and swim in the river! Although the Serendah Waterfall is not that popular, it is still a place that is worth a visit.
- **Admission Fees and Operation Hours**
- **Operation Hours:** 7am to 7pm daily.
- **Entrance Fees:**
- Entrance is free but you will be charged RM0.50 if you want to use the toilet/changing room.
- **Phone:** 017-609 1504
- <https://www.malaysiavacationguide.com/serendah.html>

5. Sungai Gabai Waterfall, Hulu Langat

- 12 floors with 336 stairs to the top level
- Picnic area is narrow with big boulders
- Sungai Congkak (14.5km)
- Gunung Nuang (17.2km), Lepoh waterfall (17.9km)
- Sungai Tekala (18.1km)
- A flight of concrete steps begins here. They are well made steps with non-slip edging and a hand rail. Altogether there are 333 steps if you want to go all the way up.
- **Opening Hours and Admission**
- Open daily from 8am - 7pm.
- Admission RM 1 per person.
- For enquiries telephone: 012 220 7403
- <https://www.malaysia-traveller.com/sungai-gabai-waterfall.html>

6. Lata Medang Waterfall, Kuala Kubu Bharu

- Empty area for camping
- A lot of trees, plants and bamboos
- Bukit Kutu (0km)
- Sungai Chiling (2.4km)
- 2 hours hike from starting point to the peak of the waterfall point. Pretty easy trail as you can see above and also along the way, you will get to see a lot of plants, trees, bamboo and nice scenic view
- Total hike could take you 4 hours. Plus the time you spend in the waterfall, probably will take half of your day.
- you should have at least 1.5L water, First aid, dry food, 100plus, packed lunch.
- <http://houyan-crazyadventure.blogspot.com/2018/05/lata-medang-waterfall-kuala-kubu-bharu.html>

7. Sungai Pisang Falls, Batu Caves

- Huge tunnel way
- "Fish message"
- Abseiling
- Flying fox
- Sungai Tua Forest (230m)
- FRIM (22.3km)
- Kepong Botanic (22.8km)
- Distance: 5km
- Duration: 2-3 hours
- Grade: Easy
- CONTACT:
- Selangor Police: 0320529999
- Police/Ambulance: 999 or 112
- Fire & Rescue: 994 or 112

- Civil Defence: 991
- Hospital Orang Asli Gombak
- Address: 13, 13 Jalan Gombak, Jalan Gombak, Kampung Batu Dua Belas Gombak, 53100, Selangor, Malaysia
- Phone: +60 3-6189 2122
- <https://pokokkelapa.wordpress.com/2017/01/02/sungai-pisang-hike/comment-page-1/>

8. Sungai Chiling Falls

- Located in a reserve called **Sungai Chiling Fish Sanctuary**
- Six waist-high rivers to be crossed
- **Raja Brooke Birdwing** butterflies (national butterfly)
- River abundance of fish
- Pitcher plants
- Lata Medang (2.5km)
- Bukit Kutu (3.3km)
- Chiling Waterfall Opening Hours & Admission Fee
- **Open Friday, Saturday and Sunday only.** Closed from Monday to Thursday.
- Open from 8am to 6pm.
- Admission RM1 per person.
- Fishing is prohibited.
- <https://www.malaysia-traveller.com/chiling-waterfall.html>

9. Lepoh Waterfalls, Hulu Langat

- Gunung Nuang (2.3km)
- Sungai Congkak (7.9km)

- Sungai Gabai (17.9km)
- Parking fee: Car RM5 / Motorbike RM3
- **Contact**
- +603-55447507
- webjpnselangor[at]forestry.gov.my
- forestry.selangor.gov.my
- **Price/entrance fees**
- There is an entry fee of RM1.00 that is collected when you register before beginning your hike. Separate parking charges apply.
- **Opening hours**
- 8.00am – 7.00pm
- <https://www.visitselangor.com/air-terjun-sungai-lepoh-waterfalls/>

River + Lake

1. Ampang Recreational Forest

- **Rare birds** (Blue-banded Kingfishers, Rufous Chested Flycatchers and Black Magpies)
- Sungai Congkak (24.5km)
- Admission Charges and Opening Hours
- Normally there is an entrance charge of RM1 per adult and RM 0.50 per child.
- There is a free car park at the entrance.
- Open from 6am – 8pm.

2. Cyberjaya Lake Gardens

- Beautiful park
- **Greenery scene**
- Jogging, cycling

- Strolling
- Farm in the City (10.8km)
- Putrajaya botanical garden (11.9km)
- Paya Indah (22.4km)
- **Time and distance** 1.4 kilometres loop or 1.6 kilometres to the carpark and back. Approximately 15 minutes.
- **Rating** Easy and flat.
- **Operational hours** 7am to 7pm.
- **Entry** Free **Parking** Ample and free.
- **Facilities** Toilets are located at the carpark. Lookout tower, gazebos, park benches and picnic areas, a large children's playground, 2 basic exercise stations. Teratak Cafe is located under the Visitor's Information Centre/Jabatan Landskap office.
- **Tip** Don't walk 2 abreast or cycle on the boardwalk during peak times as joggers will need to overtake you.

3. Mirror Lake, Shah Alam

- Filled with fishes
- Bukit Cherakah (7.1km)
- Shah Alam Botanical (13km)
- Kota Damansara Trail (16.9km)
- The total trip took us 3 hours (1 hour 10 mins in, 45 mins at the lake and 1 hour back). We brought our own bottled water but found it to be barely sufficient on the return hike. So bring more water, snacks and some isotonic drink as well.
- Getting to Mirror Lake via the Setia Alam Community Trail was a journey but it was one that made us appreciate the attraction even more. And me more determined to find the other entrance that didn't require us climbing over a freaking steep hill.

4. Putrajaya Wetlands Park

- Facilities and things to do at Putrajaya Wetlands Park include:

- Nature Appreciation Center – interactive exhibits and guided tours that inform and educate visitors on the functions and importance of wetlands.
- Jogging and cycling tracks
- Lake Recreational Centre (Pusat Rekreasi Air) – Adjacent to the main park, this is where visitors may enjoy boating, kayaking and canoeing. Fishing enthusiasts will find scenic spots to catch an array of freshwater fish found here.
- Camping and picnic sites
- Observation towers
- Flamingo Pond – also houses storks, swans and geese
- Buggy and tram rental
- Cafe and BBQ pits
- Venue rental for functions and events
- **Price/entrance fees**
- Entry to Taman Wetland Putrajaya is free. However, separate charges apply depending on activity.
- **Opening hours**
- The park itself is open daily from 7.00am – 7.00pm.
- The Lake Recreational centre opens daily from 10am – 6pm, weekends from 10am – 7pm (closed on Monday except Public Holidays).
- The Nature Appreciation Centre is open from 10am – 6pm (Tuesday – Saturday), 10am – 7pm (Sunday, Public Holidays and School Holidays, closed on Monday except Public Holidays)
- <https://www.visitselangor.com/taman-wetland-putrajaya/>

Beach

1. Kelanang Beach, Hulu Langat
 - Pine trees and mangrove
 - Picnics and camping
 - Bamboo clams

- Things to Do
- Swimming or paddling. (*There is a life guard station here but also a no swimming sign in one area so take care*).
- Camping
- Picnicking.
- Kids playground.
- Photography.
- Kite Flying.
- Chasing Crabs.
- Digging for shell fish.
- **Tourism Selangor** provides this Phone Number: 03 – 3187 2825 / 2732

2. Redang Beach, Sekinchan

- Birding (egrets, waders, and terns)
- Hermit crabs
- Sunset
- Wishing tree temple
- Kuala Selangor Nature park (30.2km)
- Redang Beach is well-known for its “wishing” tree, shorebirds & waterfowl & numerous seafood vendors
- Another must-see attraction is the Sekinchan Wishing Tree, which is located in the Redang Beach area. This tree, which is a huge tree with thousands of red ribbons dangling from its branches, will be hard to ignore. This is also one of the primary attractions, so don’t leave without making a wish by tying a red ribbon with coins around the tree.
- The Redang Beach is also conveniently placed near several local seafood restaurants in the Bagan area, so a delicious seafood lunch while watching the sunset would be the perfect way to end your visit in Sekinchan! Redang Beach Sekinchan also offers entertaining activities such as playing with soap bubbles and kite flying, which are ideal for both children and adults who want to relive their childhood memories.

3. Sasaran Beach, Jeram

- Kuala Selangor Nature park (15.1km)

- Bukit Cherakah (25.6km)
- **HOW TO BOOK FOR A TOUR TO SASARAN BEACH 天空之镜 (SKY MIRROR)**
- Before you go to Sasaran Beach 天空之镜 (Sky Mirror), you will need to **book in advance** for a spot. For booking, you can either Facebook message [天空之镜 Sky Mirror Tour & Travel Sdn. Bhd.](#) or Whatsapp 019-266 6665 (YM Lim). **Price per person:** RM 80
- There were a few boats that head to the same destination. So we have .to wait for the boat that they already assigned for us beforehand.

Mangrove

1. Kuala Selangor Nature Park

- Divided into Tropical forest and Swamp forest
- Mangrove swamp forest
- Finding snails (sedut snails, roman snails and beliung snails)
- Big iguanas
- species of fishes like talapia, belanak, siakap and prawn
- lake is grown with kangkung, yams and lotus
- Local birds (mangrove bird, flamingoes, ketitir, pekaka, raja udang, pucong, serandau, black shoulder eagle)
- Migrating birds are purple herow, great eagle, tiger shrike, brown shrike, arctic shrike, warbler, purple swampphen
- Sasaran Beach (14.4km)
- Redang beach (29.8km)
- Agro Activities at Nature Park
- Watching Variety Species of Birds
- Mangrove Forest
- Finding Snails Activity
- Watching Big Iguanas
- Monkey, Lotong and Ape
- Watching Fishes
- Kemudahan : Penginapan, tempat berkhemah, tempat letak kenderaan, surau, kantin, dewan kuliah dan dewan pendidikan alam

semulajadi, pusat informasi, kaunter, tandas awam dan tempat letak kereta.

- Waktu Operasi : 8.30 pagi – 5.30 petang
- Bayaran : RM4.00/ Dewasa, RM 1.00 / Kanak-kanak, RM 2.00 / MNS Member (Ahli Persatuan Pencinta Alam Malaysia), RM2.00 / Senior Citizen

Wildlife

1. Paya Indah Wetlands, Banting

- Lakes, home to fish, lotus plants and water lilies and some more exotic species, namely crocodiles and hippos
- Lookout tower
- Bird watching (purple swamp hen, white breasted water hen, olive backed sunbird, brown shrike, red wattled lapwing, Swinhoe's snipe, yellow vented bulbul, peacock)
- Fishing (Marble Goby and Giant Snakehead)
- Kayaking
- Laman Fauna (porcupines and giant tortoise)
- Ayer Hitam trail (21.8km)
- Cyberjaya Lake (22.4km)
- Putrajaya Botanical (25.6km)
- Farm in the city (28.4km)
- Masa Lawatan
 - Isnin-Ahad: 7.30 pagi – 7.00 petang
 - Jumaat: 7.30 pagi – 12.00 tengahari
 - 2.45 petang – 7.00 petang
- <https://www.wildlife.gov.my/index.php/2016-04-25-02-58-00/2016-05-10-02-34-43/2016-05-10-02-41-01>

Trekking

1. FRIM, Kepong

- **Trails (Keruing trail, Salleh nature trail, Engkabang trail, Sebasah trail, Razak walk)**
- Commercial timber trees that were planted here are *Dryobalanops aromatica*, *Dyera costulata*, *Intsia palembanica*, *Neobalanocarpus heimii* and *Shorea leprosula*.
- Trees such as *Dryobalanops aromatica*, *Dryobalanops oblongifolia*, *Aquilaria malaccensis*, *Shorea macrophyla* and *Calamus filipendulus*
- *Eusideroxylon oblongifolia*, *Calamus sciponum*
- Perah Campsite
- Picnic at Sungai Kroh
- Bird watching/Wildlife conservation (few hotspots from various habitat type such as wetland, Kepong Botanic Gardens, fruits arboretum, non-dipterocarps arboretum)
- Kepong Botanic Garden
- Ethnobotanical Garden (Fabaceae (legumes family), Euphorbiaceae (rubber family), Lauraceae (cinnamon family), Myrtaceae (guava family) and Rubiaceae (coffee family))
- Canopy walk
- Kepong botanic gardens (2.2km)
- Kota Damansara (17km)
- Bukit Gasing (20.5km)
- Sungai Pisang Waterfall (22.4km)
- Sungai Tua Recreational Forest (22.5km)
- +603-6279 7000
- FRIM Office hours :
- Isnin - Jumaat : 8.00 a.m. - 5.00 p.m.
- Forest Skywalk :
- Saturday - Thursday: 8.30 a.m. - 3.30 p.m
- <https://www.frim.gov.my/attractions/pass-admission-fees/>

2. Bukit Cherakah Forest

- low hills such as **Bukit Sapu Tangan** (Handkerchief Hill)
- small mammals like langurs, macaques, squirrels, and monitor lizards.
- coastal lowland Red Meranti-Keruing forest
- Taman Botani Negara Shah Alam (TBNSA)
- Seraya trees
- Mirror Lake (8.1km)
- Shah Alam Botanical (16km)
- Sasaran beach (25.9km)
- <https://meowtainpeople.com/bukit-cherakah-bukit-botak/>
- <https://www.gypsytracker.com/post/tree-hunting-in-bukit-cerakah-the-rape-of-bukit-botak>

3. Sungai Tua Recreational Forest

- Clean and clear river
- Saraca plant
- **Gunung bunga buah**
- Sungai Pisang falls (230m)
- FRIM, Kepong (22.7km)
- Kepong Botanic (23.1km)
- <https://www.malaysia-traveller.com/sungai-tua.html>

4. Sungai Congkak Recreational Forest, Hulu Langat

- **Bukit Chenuang --- (1hour) Bukit Batu Kumbang**
- Small river pools
- Gunung Nuang (7.2km)
- Lepoh Waterfall (7.9km)
- Sungai Gabai (14.5km)
- Ampang Forest (24.5km)
- <https://www.malaysia-traveller.com/sungai-congak.html>

5. Gunung Nuang Recreational Forest

- Near Sungai Congkak and Sungai Lepoh waterfall and Gabai waterfalls
- Lolo waterfall and camp Lolo
- **Gunung Nuang/Mount Nuang**
- Lepoh Waterfall (2.3km)
- Sungai Congkak (7.2km)
- Sungai Gabai (17.2km)
- Ampang Forest (27.2km)
- <https://www.malaysia-traveller.com/gunung-nuang.html>
- <https://selangor.travel/listing/gunung-nuang-amenity-forest/>

6. Sungai Tekala Recreational Forest

- **Denai Jelutong**
- River stream
- Gazebo for picnic
- Tekala Falls
- Aves World (3.5km)
- Sungai Gabai (18.1 km)
- Broga Hill (20.4km)
- <https://www.malaysia-traveller.com/sungai-tekala.html>

7. Bukit Gasing Forest Park, Petaling Jaya

- **Bukit Gasing**
- Suspension bridge
- Kota Damansara (15km)
- Ayer Hitam Forest (16.4km)
- Kepong Botanic (18.1km)
- FRIM Kepong (19.7km)

- Shah Alam Botanical (20.8km)
- Farm in the City (24.1km)
- <https://www.malaysia-traveller.com/bukit-gasing.html>

8. Ayer Hitam Forest Reserve Trail, Puchong

- **Puchong Hill**
- reaches an altitude of 233m
- the terrain is undulating and the highest point
- light brown terrapin
- Farm in the city (12km)
- Bukit Gasing (17.8km)
- Putrajaya botanical (21.2km)
- Cyberjaya lake (21.8km)
- Kota Damansara (24.3km)
- Shah Alam Botanical (26km)
- <https://www.malaysia-traveller.com/ayer-hitam-forest-reserve.html>

Peak

1. Kota Damansara Community Forest Reserve

- Bukit Denai Tiga Puteri
- Unity Peak
- Kepong Botanical (15km)
- Mirror lake (15.5km)
- FRIM, Kepong (16.6km)
- Bukit Gasing (20km)
- Shah Alam Botanical (22.4km)
- Ayer Hitam (26.4km)
- <http://kotadamansaraforest.org/>

2. Bukit Kutu, Kuala Kubu Bharu

- Altitude 1902m
- Ladders to reach boulders
- Lata Medang (0km)
- Chiling Waterfall (3.3km)
- <https://astroulagam.com.my/lifestyle/your-quick-guide-hiking-bukit-kutu-kuala-kubu-baru-74292>
- <https://www.pttoutdoor.com/bukit-kutu-a-hikers-guide-updated-nov-2019/>

3. Broga Hill, Semenyih

- Covered by lalang grass
- Aves World (16.9km)
- Sungai Tekala (20.4km)
- <https://hikersforlife.com/sharemyhikes/broga-hill/>
- <https://www.malaysia-traveller.com/broga-hill.html>

Attractions

1. Farm in the City <https://www.farminthecity.my/stations/>

- typical Malaysia village or “kampung” setting
- setting of a Malaysian village, farm and fruit orchard
- Free-flight bird aviary
- Reptiles cavern
- Moods Lake
- Pet Village
- Jungle walk
- Malaysian Vegetable Farm

- Orchard
- Longkang fish
- Cyberjaya lake (10.8km)
- Putrajaya botanical (11.4km)
- Ayer Hitam Forest (13.3km)
- Bukit Gasing (24km)
- Paya Indah Wetlands (27.5km)

2. Putrajaya botanical garden, Putrajaya

- Eight major parks
- Malaysian Ulam and Medicinal, Bambusetum, Zingiberales, Edible Fruit Arboretum, Lawn and Gramineae, Forest Fringe and Aboriginal Medicinal Plants, Conservatory and Ecological Pond
- Lake
- Farm in the city (11.1km)
- Cyberjaya lake (12.9km)
- Ayer Hitam Forest (22km)
- Paya Indah wetlands (27.6km)

3. National Botanical garden, Shah Alam

<http://tbnsa.gov.my/en/tropical-fruits-garden>

- Ornamental garden, Animal park, Spice and beverage garden, Cactus garden, Tropical fruits garden, Paddy field, Herbs and Medicinal Garden
- Bicycle
- Mirror lake (11.5km)
- Bukit Cherakah (15.8km)
- Ayer hitam forest (21.3km)
- Bukit Gasing (22.2km)
- Kota Damansara (22.6km)

Address: 40000, Taman Pertanian Malaysia, 40170 Shah Alam, Selangor

Hours: Closed · Opens 7:30AM ▾

Number of visitors: 383,329 (2016)

Phone: 03-5510 7048

4. Aves world eco venture, Semenyih

- Petting zoo

- Sweetcorn farm
- Stingless bee farm
- Sungai Tekala Recreation Forest (3.5km)
- Broga (16.9km)
- Sungai Gabai (21.6km)
- <https://aves-world-broga.business.site/>

5. Kepong Botanic Gardens, Kepong

- KBG Lake
- Skywalk
- FRIM (2.2km)
- Kota Damansara trail (14.9km)
- Bukit Gasing (20.8km)
- Sungai Pisang (22.8km)
- Sungai Tua Forest (23.1km)
- <https://www.frim.gov.my/attractions/kepong-botanic-gardens/>

6. Selangor Fruit Valley, Rawang

- Petting zoo

- Herbal garden
- Harvesting vegetables
- Orchid garden

- Stingless bee farm (honey)
- Nursery (banana seedling, pandan coconut seedling)
- Rubber plantation
- Tropical fruit farm (Kelapa Pandan , Jambu , Nangka , Manggis , Durian , Rambutan , Pulasan , Belimbing , Nangchem , Mangga , Manggis , Cempedak, Pisang , Dukong)
- <https://selangorfruitvalley.my/>

Sarawak

Waterfall

1. Ranchan pool, Serian

<https://360tour.asia/more-than-just-waterfalls-ranchan-recreation-park-at-serian-sarawak/>

- In Ranchan Recreation Park
- Pristine forest
- Stony riverbed
- Tall forest canopies
- Form by many cascade of waterfall

2. Pin bereh waterfall, Kampung Sapit

3. Latak waterfall, Miri

- in Lambir Hills National Park
- Tall trees
- Hanging bridge
- Flora and fauna
- Easy trail
- Lambir Hills National Park (20m)
- Pantu Fall (500M)

4. Giam Klimau Waterfall
 - Surrounded by tall trees
 - Enjoy a great splash
5. Pantu Fall, Miri
 - in Lambir Hills National Park
 - Bukit Pantu pantu
 - More challenging trail
 - Latak waterfall (500M)
 - Lambir Hills National Park (500M)
6. Tekiwit waterfall, Marudi
 - jungle trekking
 - River and streams

Lake

1. Loagan Bunut National Park, Miri
 - dry mud flats
 - Fishing boats
 - Barking deer, bearded pigs, tiny mouse deer, Langur monkey, flying fox
 - Hydrology trail 2km
 - Local Berawan tribe - Selambau fishing method
 - Peat swamp ecosystem
 - Tapang trail - Tapang trees
 - Belian trail - Belian trees
 - Boat trip
 - <https://sarawaktourism.com/attraction/loagan-bunut-national-park/>

Beach

1. Pulau Lakei Island, Kuching

- <https://www.thestar.com.my/travel/malaysia/2012/03/22/pulau-lakei-a-little-treasure-by-the-sea>
 - located near Bako National Park
 - Sandstone formation unique
 - View of tall and steep cliffs
 - Sandy stretch with seashells and coral chips
 - Wooden staircase to highest point of island
2. Sematan Beach, Sematan
- serene beaches
 - Refreshing waterfalls
 - Selakau longhouse
 - Cycle through hills, paid fields
 - Paper farms
 - Sea kayak
 - Gunung gading national park
 - Sebat waterfall
3. Pandas Beach, Lundu
4. Brighton beach, Miri

Cave + rock climbing

1. Mulu National Park, Miri
 - world heritage
 - Sandstone pinnacle, karst features
 - High diversity of species
 - Limestone formation
 - Largest caves
2. Niah National Park, Miri
 - jungle walk

- Iban longhouse
- Cave experiences
- Iron-age cave paintings
- Palaeolithic and Neolithic burial sites
- Plants and **wildlife**

3. Bau Caves, Kuching

- Fairy cave
- Rock surface for rock climbing
- Wind cave
- Ferns
- **Birds (swiftlets) and bats**

4. Silabur cave, Serian

- Jade-colored caves

<https://dayakdaily.com/the-wondrous-splendour-of-silabur-caves/>

<https://www.instagram.com/explore/tags/silaburcave/>

Trekking + peak

1. Lambir Hills National Park, Miri

- network of jungle trails
- Bukit Lambir

- **Bird watching**

- Latak Waterfall (20m)
- Pantu Waterfall (500M)
- <https://sarawakforestry.com/lambir-hills-national-park/>

2. Bako National Park, Kuching

- Wide range of vegetation
- Swamp forest, scrub-like Padang vegetation, mangrove forest, dipterocarp forest, delicate cliff vegetation

- Coastline covered small bays, coves and beaches
- Well-marked trails
- Common wildlife
- Birding
- <https://sarawaktourism.com/attraction/bako-national-park/>

3. Kubah National Park

- three sandstone mountains, Gunung Serapi, Gunung Selang and Gunung Sendok
- Rare ferns and orchids
- Dipterocarp forest, patches of scrub
- Kerangas forest
- Home to wildlife
- Interesting range of treks and forest walks
- <https://sarawakforestry.com/parks-and-reserves/kubah-national-park/>

4. Pulong Tau National Park, Miri

- Mount Murud
- Kelabit Highlands

5. Ranchan pool recreational park

- suspension bridge
- Trekking trails
- Clear mountain water
- <https://360tour.asia/more-than-just-waterfalls-ranchan-recreation-park-at-serian-sarawak/>

6. Bukit Tasau

7. Mount Santubong National Park, Santubong

- Hiking to Santubong summit

- Swimming at waterfall
- Suspension beach
- Streams
- <https://sarawakforestry.com/parks-and-reserves/santubong-national-park/>

8. Similajau National Park, Sri Aman, Bintulu

- <https://sarawakforestry.com/parks-and-reserves/similajau-national-park/>
- Long, deserted sandy beaches
- Geological formations and rainforest treks
- **Birding, hornbills and sea eagles**
- Trekking trails

9. Gunung Gading National Park, Kuching

- Home to Raflessias
- Walks and challenging jungle trek
- <https://sarawaktourism.com/attraction/gunung-gading-national-park/>

10. Bengoh range, Kuching

- narrow ladders
- Steep climbs
- Bamboo bridges
- Towering waterfall (4)
- Pristine lake
- Cloud village (Kampung Sting)
- Bidayuh people
- <https://www.borneoexplorer.com.my/bengoh>

Wildlife

1. Batang Ai national park, Lubok Antu (Lake)
 - Batang Ai Longhouse Resort by Hilton
 - Batang Ai Lake, Iban longhouses and habitat of wild orangutans
 - Bearded pigs - Bako's trail
 - Trails available
 - Gibbons and hornbills
 - Iban community
 - <https://sarawaktourism.com/attraction/batang-ai-national-park/>
 2. Semenggoh Wildlife center/ Semenggoh nature reserve, Kuching
 - Orangutans
 - Interpretation area
 - Botanical research center
 - Crocodile and gibbon enclosure
 - Bau Caves (47mins)
 3. Pulau Tukong Ara Tukong Sanctuary, Kuching
-
1. Kuching Wetlands National Park
 - Saline mangrove system
 - Interconnecting 2 major rivers, Sibulaut and Salak River
 - The park is an important spawning and nursery ground for fish and prawn species and contains a wide diversity of wildlife, including proboscis monkeys, long tailed macaque monkeys, silver-leaf monkeys, monitor lizards, estuarine crocodiles and a range of birdlife, including kingfishers, white-bellied sea eagles and shore birds, including the rare lesser adjutant stork.

- Bau Caves (1 hr 7 mins)
- <https://sarawaktourism.com/attraction/kuching-wetlands-national-park/>