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## Short excursions in Kuala Lumpur

### One-hour escapes

**Forest Research Institute Malaysia (FRIM), Kepong, Selangor**

A mere 15 minutes' drive from the city centre takes you to the lush rain-forest trees at FRIM. Just 85 years ago, the grounds were barren tin mine pits, vegetable gardens and shrub forests.

Today, FRIM boasts self-guided walking trails, a good nature education centre, a rainforest canopy walkway and great picnic spots by the waterfall.

It's a good place for a beginner's hike and Nature Education 101. Suspended 30m from the ground, the canopy walkway here is a must-try if you fancy an aerial view of the rainforest canopy and sweeping views of the city. High nets and solid wooden platforms make the 150m walkway safe for children aged seven and above.

☐ **Visitor's Information Center,**  
tel: (03) 6279 7524/7575

**Taman Rimba (Forest Park)**  
**Ampang, Selangor**

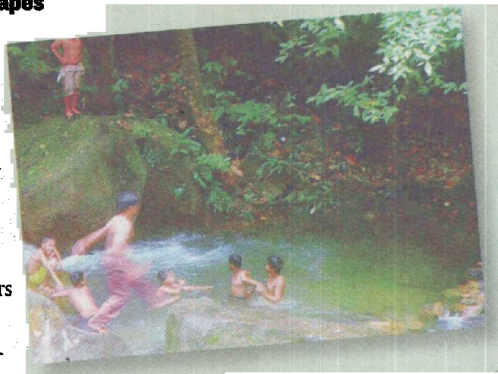
Your quintessential neighbourhood forest, Taman Rimba sits at the end of Jalan Ampang and is a stone's throw from the chaotic KLCC.

Described as "no more than a sliver of green jungle lingering along a 1km stretch of pavement", the tiny forest is dwarfed by towering trees hugged by strangler figs and has a nice wading pool for kids to splash about.

If your kid has never hiked in his life, he will discover the joy of a short hike in the forest. Surprisingly, avid bird lovers have sighted hard-to-find lowland forest bird species like the Blue-banded Kingfisher and Rufous-chested Flycatcher.

Little surprise then that the forest park is thronged by city folks on weekends.

☐ **Selangor Tourism,**  
tel: (03) 5613 2000



### Two-hour escapes

**Kuala Selangor Nature Park,**  
**Selangor**

Learn how the mangrove ecosystems protect the coastlines, serve as fish-breeding grounds, and act as a haven for birds and other animals at this unassuming yet important ecological oasis located less than two hours' drive from the city.

Bird lovers and hikers alike will enjoy spotting some of the 150 bird species, silver langur, otter, fiddler crabs and green snakes found here. Short nature trails range from a 30-minute to a two-hour walk. Visitors can stay overnight in dorms or chalets.

☐ **KSNP office,**  
tel: (03) 3289 2294

**Chamang Tropical Waterfall,**  
**Bentong, Pahang**

Just off the Karak Highway, the cascading falls are framed by lush, tropical rainforest and features shallow swimming holes. Also known as the Chamang River Recreation Park, this popular picnic area swarms with families on picnic outings on weekends.

The park has shower and wash-room facilities but limited food and drink stalls. Children must be supervised at some of these falls which have seen some accidents over the years.

To get there, take the road from Bentong to Raub. Just outside Bentong, there's a road sign pointing left to Air Terjun Chamang, 10km off the main road.

■ **Source: [www.nature-escapes-kuala-lumpur.com/](http://www.nature-escapes-kuala-lumpur.com/)**