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## TOP three parks to visit

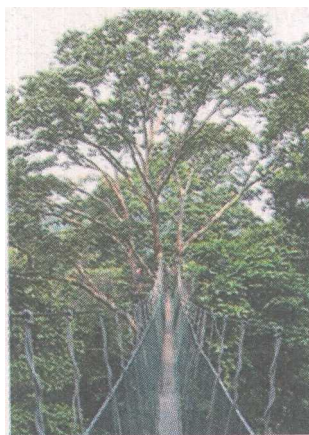


**K**OTA Damansara community forest park is a combination of flat land and a low elevation hill with an artificial lake. Environment education activities are carried out regularly here. It is located along the North-South Expressway, opposite the Jalan Duta exit. For details, e-mail

[conservation@mns.org.my](mailto:conservation@mns.org.my).



**B**UKIT Kiara recreational park in front of SK Taman Tun Dr Ismail (2), is a popular spot for jogging and recreational activities. It is also well-known for its natural trails and fresh air, especially among avid jungle trekkers and mountain bikers.



**V**ISIT Forest Research Institute of Malaysia to gain insight into Malaysia's tropical flora and fauna while walking through the nature trails and the herb gardens.