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## topthree

### nature parks to visit



**S**PEND the weekend with your family and head down to the Forest Research Institute of Malaysia (FRIM) in Kepong and check out six tracks, namely Keruing trail, Rover track, Engkabang trail, Salleh trail, Sebasah trail and Razak walk. Just take a walk along these trails, it gives you the opportunity to learn more about the forest. For information, call 03-6279 7000.



**B**UKIT Gasing, is a nature park popular among exercise enthusiasts. The green lung which used to be a rubber estate has a well-marked trail suitable for all endurance levels. The main one is along Jalan Tanjung at Section 5/4.



**D**RIVE to Bukit Nanas as it offers nature lovers an opportunity to learn about the ecology of the forest. It is also perfect for photography. Nature guides are available to explain about its flora and fauna. Admission is free. The daily guided tours are at 11am, 12.30pm, 2.30pm and 4.30pm.