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Fitness club members and hotel guests explore FRIM

THIRTY-ONE Clark Hatch Fitness Centre members, including hotel guests from Grand Dorsett Hotel in Subang, had a memorable experience in exploring the Forest Reserve Institute of Malaysia in Kepong last weekend.

Led by Clark Hatch Fitness Centre Subang Club manager Michael Lim, the group went trekking about 5km inside the forest catching a view of rainforest trees, bamboo trees and streams while enjoying the canopy and crossing the canopy walk on a 200m suspended bridge.

The group trail began at the back of the FRIM museum where there were huge rainforest and bamboo trees.

Towards the last 500m uphill climb leading to the canopy walk, the group had to walk up man-made steps and over tree roots. The Canopy walk bridge is suspended 30m above the ground. After the canopy walk, the group began its descend passing through streams and a mini waterfall while having a cool refreshing dip there.

Lim said that after the exciting trail and memorable experience

for members, there were plans for a trip to Kerling, Hulu Selangor next month.



Fun walk: Clark Hatch Fitness Centre Subang Club manager Michael Lim walking on the canopy at FRIM.



Having a break: The group stopping for a breather while trekking inside FRIM's forest in Kepong.