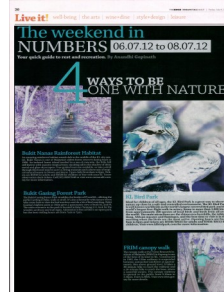


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| MediaTitle | The Edge Financial Daily                    |             |            |
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# The weekend in NUMBERS 06.07.12 to 08.07.12

Your quick guide to rest and recreation. By Anandhi Gopinath

## 4 WAYS TO BE ONE WITH NATURE



### Bukit Nanas Rainforest Habitat

An amazing rainforest habitat smack dab in the middle of the KL city centre, Bukit Nanas is one of Malaysia's oldest forest reserves dating back to 1906. An isolated forest island nestled in a sea of concrete, the little hill still thrives with massive tropical trees standing tall in the shadow of shiny metal and glass skyscrapers. Free guided tours are available, so take a stroll through this forest reserve as it's a living museum and a showcase of tropical natural beauty in bloom and decay. Open daily from 8am to 6pm. Tickets are RM38 for adults and RM28 for children or free with your KL Tower observation deck tickets. Call (03) 2020 5448 or visit [www.menarakl.com.my](http://www.menarakl.com.my) for more information.

### Bukit Gasing Forest Park

The Bukit Gasing Forest Park straddles the border of PJ and KL, offering the perfect setting to hike, walk or stroll. It's also a favourite with nature lovers who come here to view the leaf monkeys and do a bit of bird watching. Bukit Gasing's highest point at 160m gives a panoramic view of both KL and PJ. The main entrance to the park is located in Jalan Tanjung 5/4, look for the wooden archway and trail signs. Admission is free as this is an open park, but the best visiting hours are from 7am to 7pm.



### KL Bird Park

Ideal for children of all ages, the KL Bird Park is a great way to observe nature up close in a safe and controlled environment. The KL Bird Park is well known worldwide as the world's largest covered bird park and the world's largest free-flight walk-in aviary, home to more than 3,000 birds from approximately 200 species of local birds and birds from all over the world. The main attractions are the rhinoceros hornbills, the talking tions, African macaws and flamingos, and the best time to visit is in the morning when the birds are the most active. Opening hours are from 9am to 6pm and tickets are RM48/RM25 for adults and RM38/RM12 for children. Visit [www.klbirdpark.com](http://www.klbirdpark.com) for more information.

### FRIM canopy walk

The canopy walk at the Forest Research Institute of Malaysia (FRIM) in Kepong is one of the best of its kind in KL. Constructed in 1992, the 150m walkway is suspended between untouched rainforest at approximately 30m above ground level. It takes a 30-minute hike to reach the walkway and a 20-minute hike to reach the base, where a waterfall awaits. The canopy walkway is opened to the public from 9.30am to 2.30pm. Entry is RM5. Visit [www.frim.gov.my](http://www.frim.gov.my) for more details.





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## GREAT SHOWS TO CATCH

### London, The Summer Musical

This cheery musical follows the journey of three happy-go-lucky air hostesses as they reignite their love for singing and find love and romance on the way. Expect to hear a host of hits from the 1970s through to today's chart toppers, including numbers by One Direction, Michael Buble and Geri Halliwell as well as some James Bond themes thrown in for good measure. 8pm from today till this Sunday at Sunway Lagoon's Amphitheatre in Bandar Sunway. Tickets are RM153 to RM83, visit [redtix.airasia.com](http://redtix.airasia.com) to book.

### Gungroo

Kathak maestro Birju Maharaj is in KL for a one-night performance with his troupe from North India in a fascinating show entitled *Ghungroo*. Kathak, a classical dance form from Uttar Pradesh, India, traces its origins to the nomadic bards known as Kathakas, or storytellers. From the 16th century onwards it absorbed certain features of Persian and Central Asian dances that were imported by the royal courts of the Mughal era. Catch this unusual dance extravaganza at 7pm tonight at The Temple of Fine Arts, 116 Jalan Berhala, Brockfields, KL. Admission is by donation, call (03) 2274 3709 for more information.

### The City Quartet

Led by pianist John Dip Silas, this quartet consists of some of the most exciting and creative jazz musicians in the region. Known for its own unique and colourful sound, this band features musicians who have gained experience and skill from travelling and performing all over the world. 10pm tonight and tomorrow night at Alexis Ampang, Great Eastern Mall, 303 Jalan Ampang, KL. Admission is free, call (03) 4260 2288 for details.

### Orchestra from Planet X

In this specially themed showcase, the Malaysian Philharmonic Orchestra will present exciting works with presenters from Magic Circle Mime Company under the baton of Alain Trudel. Ideal for children ages four and up, the concert will include pieces like Donald Gillis' *Symphony X: All American City*, Aaron Copland's *Variations on a Shaker Melody* and *Rodeo: Hoe-Down*, John Williams' *The Flying Theme* from the movie *E.T.* 3pm tomorrow and 4.30pm on Sunday at Dewan Filharmonik Petronas, level 2, Tower 2, KLCC. Tickets are RM80 to RM20, call (03) 2051 7007 to book.

### Philippine Madrigal Singers

The Cantic Singers are proud to present a special performance by The Philippine Madrigal Singers, the first two-time grand prize winners of the European Grand Prix for Choral Singing, acknowledged as the Olympics for choirs. The group, which also has been commissioned by Unesco as Artists for Peace in 2009, is staging its performance in aid of the Trinity Methodist Church Building Fund and the Trinity Methodist Home for the Elderly. 8.30pm at the Trinity Methodist Church, 6 Jalan 5/37, PJ. Admission is by donation, call (03) 7956 5986 for details.



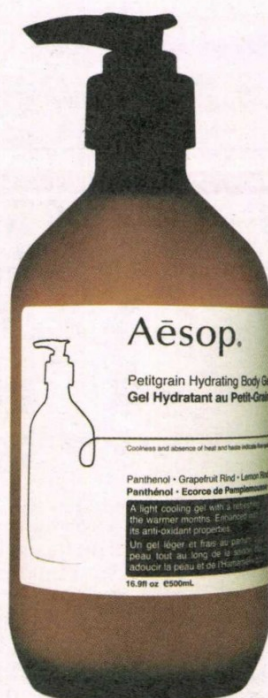
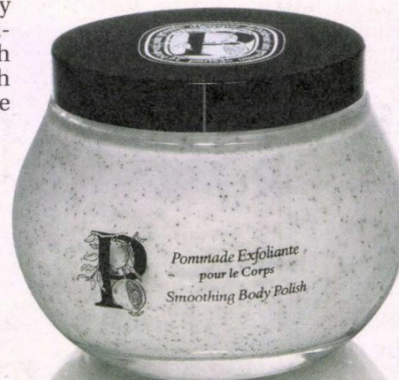
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# 3 REASONS TO PAMPER YOURSELF

This limited edition Almond Shaping Delight from **L'Occitane** helps you resculpt your body by breaking down stubborn fat and fatty deposits while flushing out excess fluid (RM205)



This sumptuous Smoothing Body Polish from **Diptyque** features silica microspheres combined with the nourishing effects of peach butter and the soft scent of jasmine blooms (RM319)



**Aēsop's** Petitgrain Hydrating Body Gel is light and citrusy, and is perfect for soothing skin that needs some TLC after sun exposure, waxing or shaving (RM105 for 120ml or RM305 for 500ml)