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SLIM AND STRONG

GET YOUR WALKING
WORKOUT AT THESE
6 GREAT TRAILS
AROUND KL

By Edeline Anne Goh



Walking is possibly the least complicated fitness routine around and it's great for everyone. Walking helps to burn calories and keep you fit. Plus, it strengthens your bones and muscles. Taking some time off and walking together as a family or with friends also helps to create strong bonds and better relationships with your loved ones.

When you think of Kuala Lumpur, the first few things that may come to mind are skyscrapers, shopping malls and traffic jams. However, do you know that KL also has a number of great walking trails that are perfect for getting fit and for getting away from the hustle and bustle of the city – even if it's just for an hour or two?

The walking trails around the KL boast gorgeous, luscious greenery and you can use many of them without paying a single sen! Here are 6 beautiful spaces in and around the city that work as great walking trails. They're easily accessible and provide a wonderful way for you to get slimmer and stronger, refresh, rejuvenate and have some fun while you're at it.

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WALKING TRAIL > 1

TTDI PARK

Conveniently located between Bukit Kiara and Taman Tun Dr. Ismail, the TTDI Park is great for those who are looking for place to take an easy stroll or go for a challenging run. This park has a pretty, path that's easy to follow. If you'd like more than just greenery, this park also features a stream that flows into a lake. Plus, it has parking lots, toilets and a guard at the entrance to ensure safety.

Entrance Fee / Free

Address / Jalan Tun Mohd Fuad, Taman Tun Dr. Ismail, Kuala Lumpur

WALKING TRAIL > 4

BUKIT NANAS FOREST RESERVE

This forest reserve is one of the oldest in the country and it has a walking trail, which is great for the young and the young at heart. Located in the heart of the city, the Bukit Nanas Forest Reserve is home to a vast variety of flora and fauna including insects, birds and animals such as monkeys and reptiles. The reserve is easily accessible via public transport. So, instead of spending your weekend at a shopping mall, why not take the whole family out for a nature walk? The walking trail is open every day from 7 am to 7 pm and guided tours are available.

Entrance Fee / Free

Address / Hutan Simpan Bukit Nanas, Jalan Raja Chulan, Kuala Lumpur

BENEFITS OF WALKING

Trims your waistline Strengthens bones Improves balance and coordination Saves you gym fees

Prevents various health conditions such as diabetes and cardiovascular diseases Decreases chances of dementia

WALKING TRAIL > 2

GASING HILL FOREST PARK

If you're looking for good places to train for more challenging peaks, Bukit Gasing might be just the right place for you as there are several tracks which you can choose from. Some even include slopes if you're looking for a more adventurous trail. If you're a beginner, don't feel intimidated as there are tracks on Gasing Hill that suit all levels of fitness. When you're just starting out, choose a simpler track and aim to gradually move on to more challenging ones.

Entrance Fee / Free

Address / Jalan Tanjong 5/4 (off Jalan Gasing), Petaling Jaya

WALKING TRAIL > 5

NATIONAL BOTANICAL GARDEN SHAH ALAM

The National Botanical Garden, also known as Bukit Cahaya by the locals, is a place of many attractions. Aside from various outdoor activities, The Cerakah Trail is popular among jungle trekkers. You can get back in touch with nature as you walk along the jungle trail, onto the canopy walk and past trees that are hundreds of meters high. The trail also has cement logs conveniently located along the way so you can catch your breath or take a break. Do take note that the park is closed on Mondays except during school and public holidays.

Entrance Fee / Adult - RM3, Children and Senior Citizens - RM 1, Children below the age of 6 - Free

Address / Taman Botani Negara Shah Alam

Note: Entrance fees stated are subject to change.

WALKING TRAIL > 3

FOREST RESEARCH INSTITUTE MALAYSIA FRIM

FRIM features a lovely canopy walk, a gorgeous waterfall, picture-perfect picnic spots and even a research gallery where you can learn a thing or two about Malaysian forests. Tickets need to be purchased for some of the attractions so be sure to check with the administrative counter if you'd like to take part in the activities. There's also a FRIM visitor's guide that you can refer to but if you're uncertain about the route or if you'd like to follow a trail after dark, seek assistance from the FRIM nature guides. For further information visit www.frim.gov.my.

Entrance Fee / RM 1 for visitors above the age of 13. Free for children below 12.

Address / Forest Research Institute Malaysia (FRIM), Kepong

WALKING TRAIL > 6

TAMAN JAYA

Located right next to the Federal Highway, Taman Jaya has a great walking trail around a lake and is a popular spot among residents of Petaling Jaya. Tall trees provide lovely, cool shade from the heat and work as natural umbrellas. This park is also situated within the radius of the 'Clean Zone' or 'Zon Bersih' in Bahasa Malaysia. This is a concept created by the Petaling Jaya Municipal Council that focuses on keeping an area in immaculate condition. The 'Clean Zone' remains in pristine condition thanks to the increased number of rubbish bins in the area and through the implementation of specific rules and regulations such as the prohibition of cigarettes and pets.

Entrance Fee / Free

Address / Jalan Timur (Seksyen 10), Petaling Jaya

WALKING CHECKLIST -

Get the right gear such as shoes and attire Warm up your muscles by increasing your heart rate Cool down by walking slowly after your trail Stretch before and after your walk