Joggers and hikers regularly flock to the Forest Research Institute Malaysia (Frim) to escape the hustle and bustle of the city.

Located at the outskirts of Kuala Lumpur, Frim is well known for its hiking trails and canopy walkways.

The forest reserve, which is also a popular picnic camping and family outing site, gets up to 380,000 visitors each year.

Pic: GAN JIN LIANG