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FRIM has six jogging trails within its vicinity.



The Kuala Selangor Nature Park offers diverse tracks over coastal land.



Taman Botani Negara Shah Alam is surrounded by nature. — Photos: Tourism Selangor



Perdana Lake is like an oasis of greenery in the middle of a concrete jungle.

# You can always run after MCO

Hold off all outdoor fitness activities for now as these beautiful trails will still be waiting for you.

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RUNNING and walking can help us to stay healthy, but with the movement control order (MCO) in place, we shouldn't be doing any outdoor activities just yet.

However, once the MCO is lifted and it is safe for us to head out again, try going on a few fitness adventures. Here are some suggestions of running, walking and hiking spots in Selangor.

## Forest Research Institute Malaysia (FRIM)

Bask in nature's wonder in this tin mine-turned-forest reserve, which has six jogging trails ranging from simple ones to gentle, uphill

slopes. A run or walk here is going to be fun and easy. The place is peaceful and surrounded by lush greenery and tiny forest creatures. When you are done, check out the other nature-related activities in the forest such as bird watching or taking a dip in the river.

The entrance fees are RM1 (per person) or RM5 (per car).

## Kuala Selangor Nature Park

There is much to explore at this lesser-known jogging spot, comprising mainly of mangrove swamps. There are many different tracks here, spread across 200ha of coastal land. Whichever route you choose, rest assured that you will be surrounded by wonderful

views. The place is also home to 156 bird species, so bird watching enthusiasts may want to check out one of the few observation towers there to catch a glimpse of them.

## Taman Botani Negara Shah Alam

There is much to do in one of the biggest botanical parks in the world. Spanning 817ha in Shah Alam, this jogging area is a beautiful place to visit. Go early in the morning as it tends to get a little crowded by mid-day, especially on weekends and public holidays. Apart from the jogging trails, there is also the Four Seasons House, a place where visitors can experience Mother Nature's different seasons and weather conditions.

## Jugra Hill

If a flat jogging track is not enough for you to break a sweat, then challenge yourself by running up Jugra Hill. It's a great way to exercise, but don't worry if you can't run, a calm and casual walk is just as good. And when you reach the peak, you will be rewarded with a beautiful panoramic view of the Langat River and its surrounding areas.

## Perdana Lake Jogging Track

Located in Cyberjaya, the Perdana Lake Jogging Track is an oasis of greenery in the middle of a concrete jungle. It is also home to the biggest playground in Selangor,

so it's a nice place to bring the kids. You can see many runners training at the track at night too, when colourful lights illuminate the surrounding buildings and bridge.

## Taman Tasik Shah Alam

In the heart of Shah Alam lies a lake garden designed by landscape architect Fumiaki Takano back in 1985. It's a flat track, and the surrounding area is peaceful, making it a relatively easy place to jog. The mesmerising view of the lake in the centre is sure to keep you going on. Visit the connecting lake to rent paddle boats and kayaks that you can use on the water. Check out the geese, storks, peacocks and forest chickens that are everywhere in the park.