

# Urban treks

Discover hiking trails in the Klang Valley that provide a quick, refreshing getaway from your daily routine. >2&3



**Adventure time:** Hikers making their way along a well-trodden path through Kota Damansara Community Forest Reserve in Petaling Jaya, Selangor. — ART CHEN/The Star



Visitors at the entrance to Bukit Gasing in Petaling Jaya, Selangor.

# Nine hiking escapes in Klang Valley

Reconnect with nature, get away from the daily grind at these places

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SOMETIMES the best getaways may not need a long road trip or flight – they can be found right here in the Klang Valley.

For the nature-loving type, there are a number of hiking trails with varying difficulties to explore for free at recreational parks and community forests, especially in fine weather.

With the right choice of trail, all you really need is a good pair of trekking shoes (soles count for a lot), a bottle of water, willingness to reconnect with nature, and a map be it the physical or digital kind.

Regular hikers suggest visiting trails early in the morning when the air is cooler, and bringing along mosquito repellent to keep pests at bay.

**1. Taman Tugu**  
**Opening hours:** 7am to 6.30pm (last entry 5.45pm) daily  
**Highlight:** Six beginner-friendly trails to choose from, with the shortest being 1km long

Nestled in the heart of Kuala Lumpur, this 26.7ha urban forest park in Jalan Sultan Salahuddin feels like an escape within a city. Taman Tugu is easy to get to by car and parking is free. The park is a community-driven conservation project aimed at preserving Malaysia's indigenous trees, some of which may reach 100 years old. Here, you'll find shaded trails that are easy to navigate, with clear signs and resting points. Trails go up to 3km, making it suitable for families with children, first-time hikers and even senior citizens.

**2. Bukit Broga**  
**Opening hours:** 5am to 6.30pm daily  
**Highlight:** Its three peaks offer hikers panoramic views of Kuala Lumpur, ideal for those who want to watch a sunrise or sunset

Located in Jalan Broga, Semenyih in Selangor, about 40 minutes from Kuala Lumpur, the trail here rises to about 400m above sea level. The trails here take about two hours to complete, depending on your pace. Many hikers start as early as 5am, making their way up with headlamps or torchlights, to be rewarded with rolling green hills bathed in golden light at the peaks during sunrise. Some sections may feel a little steep, but with some patience, hikers say it's not an impossible task for

beginners. Broga can get crowded on the weekends, so if you want a quieter experience, go on a weekday or start your hike extra early.

**3. Bukit Sri Bintang**  
**Opening hours:** 24 hours  
**Highlight:** Short, simple trails up to challenging treks

For a chill hiking experience, head to Bukit Sri Bintang in Taman Sri Bintang, Kepong. At just over 200m high, this hill may be small but the trails lead to twin peaks with open views of the Kuala Lumpur skyline. A simple trail here takes about one to two hours to complete. At sunrise or sunset, the hill appears to glow during the golden hour, making it a favourite spot among amateur photographers. For beginners, Sri Bintang can serve as a "training hill" – a place to build stamina before attempting longer trails that can reach 10km or more.

**4. Bukit Gasing**  
**Opening hours:** 6am to 7pm daily  
**Highlight:** Hikers can enjoy a beautiful view of Kuala Lumpur from designated viewpoints along trails

If variety is what excites you, then Bukit Gasing in Petaling Jaya, Selangor, is worth exploring. At 160m high, it may not sound intimidating, but it offers a network of trails and features that keep things interesting. Here, you'll come across forested paths, a suspension bridge, a watchtower and a staircase made from rocks that challenge even experienced hikers. Depending on the route, exploring Bukit Gasing can take between one and two hours. Despite being surrounded by highways and busy city roads, Bukit Gasing offers a respite from the hustle and bustle of city life. While most paths are beginner-friendly, some are more challenging for the elderly.

**5. Bukit Lanjan**  
**Opening hours:** 24 hours  
**Highlight:** Stunning panoramic views of the surrounding landscape

Bukit Lanjan may not appear in glossy travel guides, but it has quietly built a reputation among local hikers. Located between Damansara and Sungai Buloh in Selangor, this hill offers gentle slopes perfect for those who want exercise without overexerting themselves. Regulars often describe the place as welcoming,



Hikers exploring a trail at Bukit Sri Bintang in Taman Sri Bintang, Kepong.  
Photos: MUHAMMAD SHAHRIL ROSLI, ART CHEN and SAMUEL ONG/The Star



Hiking a marked path at Bukit Wawasan.

with leafy paths and just enough elevation to feel satisfying. If you're the type who wants to go on a casual hike, this hill with one of its trailheads in Damansara Perdana is ideal. Just note that there's limited information online, so it's best to go with someone familiar with the area.

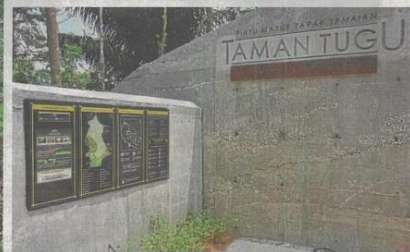
**6. Bukit Wawasan**  
**Opening hours:** 24 hours  
**Highlight:** Sweet challenge for beginners  
In the heart of Puchong, Selangor,



Hikers exploring a trail at Bukit Kiara Federal Park.  
Photos: MUHAMMAD SHAHRIL ROSLI, ART CHEN and SAMUEL ONG/The Star



The entrance to Bukit Wawasan in Puchong.



Information about the flora and fauna found here is placed along the trail at Taman Tugu.



(Above) Photo booth at Kota Damansara Community Forest Reserve.



Taking in the fresh air at Bukit Broga.



(Left) Hiking trail at Bukit Dinding.



Entrance to Bukit Kiara Federal Park.

mornings are the best time to visit.

**7. Bukit Kiara Federal Park**  
**Opening hours:** 6am to 7pm daily  
**Highlight:** Refreshing water features

Another neighbourhood retreat is in Bukit Kiara, accessible via Jalan Haji Openg and Changkat Abang Haji Openg in Taman Tun Dr Ismail, Kuala Lumpur. The 162ha park is divided into two zones – the landscaped Taman Lembah Kiara currently undergoing upgrades; and the Bukit Kiara Hill Walk with paved and unpaved trails that range from 3km up to 11km. There are several waterfalls and streams that provide a cooling ambience.

According to Friends of Bukit Kiara, it is a water catchment area.

**8. Bukit Dinding**  
**Opening hours:** 24 hours  
**Highlight:** A wide paved road that offers a less strenuous path to the summit

Those wanting a beginner-friendly hike with rewarding views may try Bukit Dinding in Setiawangsa, Kuala Lumpur. The hill has both paved and off-road trails, making the area suitable for a wide range of hikers. A typical loop along the tarmac takes about 1.5 hours, while the more adventurous can venture into longer jungle routes. One popular route that takes

you into the forest begins off Jalan 6/27a.

**9. Kota Damansara Community Forest Reserve**  
**Opening hours:** 9am to 4.30pm daily  
**Highlight:** Varying levels of canopy coverage from thick jungle to open spaces before reaching the peaks

Kota Damansara Community Forest spans over 323.7ha and boasts more than 14 km of trails. Some routes, like Unity Peak, reward hikers with panoramic views of the surrounding area. Registration is often encouraged here, as the forest is carefully managed to protect its fragile ecosystem.