



The view from The Peak in Kota Damansara Community Forest Reserve.



Entrance of Bukit Kiara Federal Park.

# Klang Valley's secret jungles

From forgiving beginner trails to wilder woodland havens, discover the green lungs waiting just beyond the concrete.

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KUALA LUMPUR is a city of traffic, towers and concrete, but look closely and you'll find pockets of green tucked away throughout.

These green lungs sit quietly behind neighbourhoods, next to highways and even in the shadow of skyscrapers – a simple reminder that nature is never far away, even in a crowded city.

For many in the Klang Valley, spots like Bukit Gasing, Bukit Kiara Federal Park and the Kota Damansara Community Forest Reserve offer an easy escape from the city's bustle.

You won't need a long drive or a heavy backpack; just a pair of shoes, a bottle of water and the willingness to step away from the busy streets for a while.

Bukit Gasing is where many KL and PJ residents get their first taste of hiking. The hill is not high, and its trails are far from intimidating.

A short loop can be finished in 20 minutes, while a longer hike via the suspension bridge and ridge routes takes about two hours.

Bukit Gasing is friendly and accessible, with clear, well-marked paths. Even if you take a wrong turn, you'll simply find yourself on another trail rather than lost deep in the forest.

Here, you can easily spot macaques, bulbuls, tiny streams and vines curling across fallen trunks.

It's a small, forgiving jungle that welcomes beginners, yet still holds charms for those who return week after week.

Next is Bukit Kiara, the city's premier green lung. Tucked behind Taman Tun Dr Ismail, it's the forest many wish were in their own backyard.

A popular tarred trail winds up and

down, shaded by tall dipterocarp trees that filter the sunlight into soft, golden beams.

The park is a favourite among morning walkers, trail runners and photographers on the hunt for colourful flameback woodpeckers and Lineated barbets.

Kiara is truly alive, home to more than 150 species of birds, including hornbills, eagles and nightjars.

Colourful insects and wild mushrooms are also abundant, especially after the rain.

With several well-marked trails, most loops can be completed within one to two hours.

Kiara won't swallow you up; it remains within reach of civilisation, yet the city's noise gently fades as you walk deeper inside.

Then there is the Kota Damansara Community Forest Reserve, a different kind of urban forest managed by local volunteers.

It feels wilder, with older trees, longer trails and a more untamed atmosphere.

It's a place where families, hikers and birdwatchers comfortably share the space. KD is a hotspot for birds like barbets, sunbirds, flowerpeckers and woodpeckers.

As you stroll, you'll find wild ginger, fern spirals, tree bark marked by insects and butterflies dancing in patches of light.

While it feels like true wilderness, the trails are safe and easy to navigate.

These green havens show that you don't need to leave the city to reconnect with nature. They are the perfect places to start hiking and a comforting reminder that the city still has its wild corridors.

So whether you're a beginner, a nature lover, a photographer or someone just looking to breathe more deeply, these little jungles offer gentle, grounding experiences right where you least expect them.



Hikers going up the trail at Bukit Kiara Federal Park, which is suitable even for the elderly (far right).



A hiker posing for pictures by a sign at the Kota Damansara Community Forest Reserve.



Bukit Gasing is a well-marked hiking trail in Petaling Jaya and (below) jogging is one of the popular activities there.



A giant seed of an unknown tree found by hikers in the Kota Damansara Community Forest.



Gasing Hill is an excellent place to get a view of the Petaling Jaya skyline at sunset.



Wild mushrooms in the Kota Damansara Community Forest.