

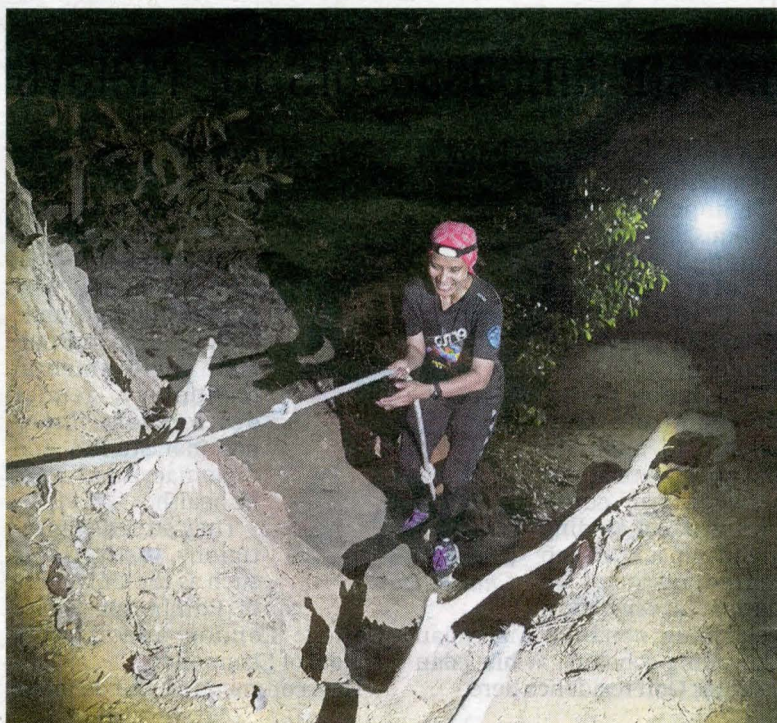
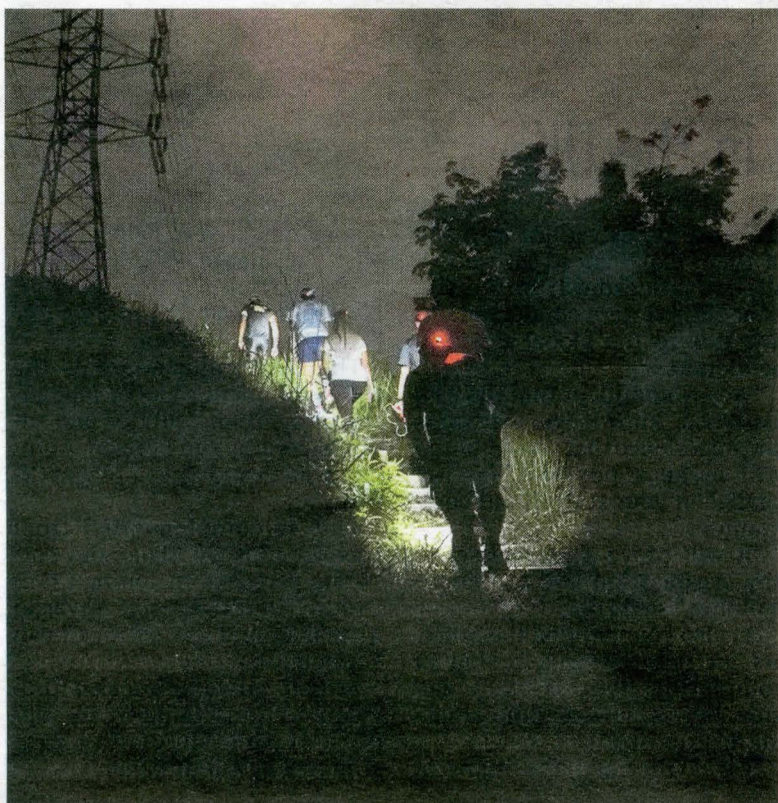


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STAYING HAPPY, HEALTHY AT KL NIGHT TRAIL



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KUALA LUMPUR: Those living in a big city may wonder where they can go for fun outdoor activities that boost their happy hormones while keeping them healthy.

One place to check out in Kuala Lumpur is the Denai Night Trail.

Climbing the Sri Bintang Hill in Segambut was an exciting experience for me. How can it not be when I was there with fellow trail runners?

With an altitude of about 200m, the route starts with a red dirt road. Climbers use ropes to continue their ascent, which can be challenging for first-timers.

When you get closer to the top, there are about 50 more steps to climb.

At the top of the hill, you can see the Jalan Duta toll highway and an amazing view of Kuala Lumpur city.

Trail runners often go there for training when they compete in long-distance running events (ultra).

This situation usually turns into a refreshing exchange of ideas among them.

