

# Parks & recreation

StarMetro takes a look at green spaces in the Klang Valley with natural attractions and a mix of activities that locals enjoy returning to time and again

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FOR those in the Klang Valley, there are several parks in Kuala Lumpur and Selangor to explore and get away from the hustle and bustle of city life.

As these green spaces are designed to appeal to a wide range of people, it's an ideal place to recharge one's batteries after a long week or take part in physical activities.

Whether it's a stroll in the park or a picnic spot you're after, here are 10 inviting parks to visit on your own or with loved ones for a day out in nature.

1

## Titiwangsa Lake Garden

Next to Jalan Tun Razak, Kuala Lumpur  
Open daily from 6am to 10pm; free entry

A recreational park with a large lake as its main attraction, Titiwangsa Lake Garden offers visitors a chance to unwind and enjoy the great outdoors. It has jogging tracks as well as facilities for canoeing, horse riding and racing radio control cars.

Popular with joggers in the mornings, the park also attracts athletes who come here to train for competitive races.

Of course, there are also visitors who prefer to take things slow and just admire the scenic views while enjoying refreshments purchased from vendors around the lake.

When you're ready to get back indoors, the National Library, National Art Gallery and National Theatre are close by and worth a visit.

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## KLCC Park

Jalan Ampang, Kuala Lumpur  
Open daily from 7am to 10pm;  
free entry

Located in the city centre, KLCC Park draws joggers, cyclists and those looking for a scenic picnic spot. At the esplanade just outside Suria KLCC shopping centre, the Lake Symphony fountain entertains visitors with musical shows every evening. This park is also an ideal place to snap photos of the PETRONAS Twin Towers, with its modern design standing out against its tropical setting. There is also a wading pool on the grounds where little ones can have fun splashing about in the sun. Gazebos and resting spots can be found throughout the park too, giving visitors much-needed shade especially on hot days.



2

## Perdana Botanical Garden

Jalan Kebun Bunga, Tasik Perdana, Kuala Lumpur  
Open daily from 7am to 8pm;  
free entry

Previously known as the Lake Gardens, it is located in Kuala Lumpur's Heritage Park. Initially established as part of a recreational park, it later became a botanical garden to showcase its collection of tropical plants. Spanning 91ha, Perdana Botanical Garden features a bird park, hibiscus garden, butterfly sanctuary and deer park. The main draw here is the central lake surrounded by lush greenery. The garden also features pools, fountains and a 4m-tall waterfall. A charming colonial-style building in the garden has also been transformed into an exhibition hall that features a gallery and a tearoom. If you love flowers and fruits, be sure to visit the Sunken Garden and Herbarium.

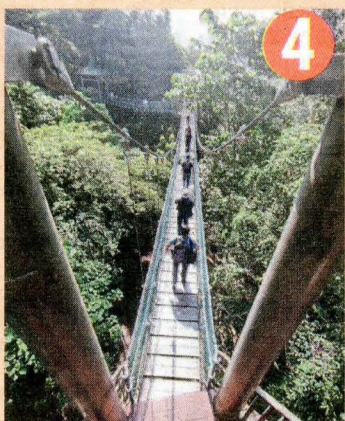


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## Kuala Lumpur Forest Eco Park

Lot 240, Bukit Nanas, Jalan Raja Chulan, Kuala Lumpur  
Open daily from 8am to 5.30pm; entrance fee: MyKad holders/Malaysian visitors – RM10 for adults, RM1 for children aged six to 12 and senior citizens above 60, free for persons with disabilities and children below six years; non-MyKad holders/international visitors – RM40 for adults, RM5 for children aged six to 12, free for persons with disabilities and children below six years.

Formerly known as Bukit Nanas Forest Reserve, it is one of the oldest permanent forest reserves in Malaysia. Surrounded by skyscrapers and located next to one of Malaysia's iconic landmarks, the Kuala Lumpur Tower, this rainforest park offers a unique natural experience in the heart of the city. Nature enthusiasts will enjoy exploring the forest trails and taking in a wide range of flora, including ferns, rare herbs and giant bamboos, while the outdoor obstacle course will appeal to some fitness fans. As certain parts of the forest trails here can be challenging, visitors are advised to come dressed in comfortable, casual sportswear.

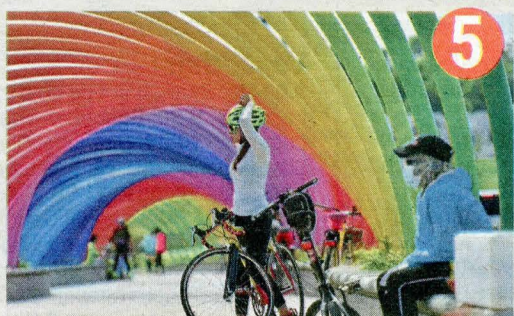


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## Elmina Central Park

Section U16 City of Elmina, Shah Alam, Selangor  
Open daily; free entry

This park has two beautiful photo spots — the colourful rainbow walkway and the Iconic Bridge. During the day, the bridge stands out with its eye-catching red exterior and when the sun goes down, the bridge takes on a different look as its lighting highlight its unique architectural features. There's also a large and spacious recreational park, which offers families a range of sporting facilities as well as jogging and cycling tracks. The 121ha park boasts of replanted native forest trees, including some rare species.



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## Putrajaya Botanical Garden

Lebuhraya Perdana Barat, Precinct 1, Putrajaya  
Open from 9am to noon and 2pm to 7pm on weekdays; 8am to noon and 2pm to 7pm on weekends; free entry but there is a RM3 fee to visit the Moroccan Pavilion

One of the first parks to open in Putrajaya, it is divided into eight botanical themes. They are Malaysian Ulam and Medicinal, Bambusetum, Zingiberales, Edible Fruit Arboretum, Lawn and Gramineae, Forest Fringe and Aboriginal Medicinal Plants, Conservatory, and Ecological Pond. Visitors can take a leisurely walk or choose to cycle around the grounds. Either way, it is worth taking a look at the Explorer's Trail for its canopy bridge and Palm Hill for its many species of palm trees. Flower lovers, meanwhile, will need to head to the Sun Gardens, Floral Gardens and Lakeside to admire a wide array of blooms.



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## Bukit Kiara Park

Jalan Abang Haji Openg, Taman Tun Dr Ismail, Kuala Lumpur  
Open daily from 6.30am to 7pm; free entry

Situated in the upscale Taman Tun Dr Ismail (TTDI) neighbourhood, the park comprises two different zones, arboretum and family recreation. The arboretum zone covers about 65% of the park and is home to a wide collection of tropical plants. It also features an on-road jogging and bicycle path, hiking trails, a mountain-bike track and rest huts. The family recreation zone, also known as TTDI Park, contains a large lake surrounded by jogging and hiking trails, exercise stations, playgrounds and picnic areas. It is also a tranquil and clean environment with a variety of wild flora and fauna.



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## Shah Alam Lake Garden

Pesiaran Tasek, Section 14, Shah Alam, Selangor  
Open daily; free entry

Designed by renowned landscape architect Fumiaki Takano, Shah Alam Lake Garden was the first public park to open in Selangor in 1985. It is a massive parkland with gazebos, a lakeside promenade, raised walkways stretching over the water, reflexology paths, jogging and cycling tracks, event halls and playgrounds for children. The park features three man-made lakes, which are the central, western and eastern lakes, each with distinct features and characteristics. Paddle boats and kayaks are available for rent for visitors to explore the interconnected lakes.



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## Kepong Metropolitan Park

Jalan Lingkaran Tengah 2, Kepong Metropolitan Lake-garden, Kuala Lumpur  
Open daily from 6am to 8pm; free entry

The northern end of Jinjang is home to Kepong Metropolitan Park, which is well-known among locals for its kite-flying activities. Visitors here will see skilled kite flyers showcasing their ability to control enormous, vibrant kites of various shapes and designs, with some reaching up to 9m in size. Visitors keen on joining in the fun will find several kite vendors right outside the park. Other facilities here include a remote control car track, cycling track, football field, boathouse, viewing tower, playground and pavilion.



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## Bukit Jalil Park

Jalan 13/155c, Bukit Jalil, Kuala Lumpur  
Open daily from 6am to 8pm with free parking; free entry

About 20km from the city centre is Bukit Jalil Park, a popular recreational park in the southern suburbs of Kuala Lumpur. Visitors can have a picnic on the grounds or enjoy its facilities such as jogging and walking trails, exercise stations and reflexology path. Nature fans will be pleased to see a heliconia garden and lakes. There's also an area specifically designed for people with disabilities and an international garden which features show gardens representing 10 different countries, including the Netherlands, Japan and Indonesia.



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