

EASY WEEKEND HIKES IN MALAYSIA



A PROJECT BY RISM 2020

MESSAGE FROM THE PRESIDENT OF RISM

Greetings from RISM,

For this session, our CSR project is a nationwide effort involving all RISM branches. We wanted to promote wellness and good health amidst the overwhelming new technologies that surround our daily lives. Interestingly, the grand promises of the IR4.0 are also seen as “disruptions” to the very processes it was supposed to improve. Sometimes, it is important to slow down, refresh and regenerate—all of which hiking offers, alongside excellent cardio workouts and allowing us the chance to appreciate the wonders of nature.

As such, we planned a project for our members to hike up hills across the country. Each hike was documented with the intention that the compiled notes may be a simple guide for others to follow. The final objective was to publish a booklet that included facts and figures of each unique hill, such as its background, the surrounding flora and fauna, location map, and suggested trails; among other recommendations.

This initiative was inspired by previous RISM activities, notably two projects by the Sabah branch: the quest to re-survey the height of Mount Kinabalu (1997)

and the quest to find the centre of Sabah (2009), which led to the proclamation of Bukit RISM in Pinangah Forest Reserve. We were also motivated by the ascent to Mount Kinabalu cum charity event by our past President, Prof. Sr Dr. Hj. Wan Maimun in 2010.

Unfortunately, the last phase of this project was hampered by the Movement Control Order and some scheduled climbs could not be carried out. Nevertheless, the results of our year-long climbs are documented in this booklet we’ve titled: *‘Easy Weekend Hikes in Malaysia.’*

Various articles on RISM’s previous climbing exploits were also reproduced for this booklet. Special thanks to our Sports and Social Chair, Sr Steven Pang as well as his team for the coordination and compilation of this booklet.

Stay safe, stay healthy and happy hiking, everyone.

Sr Kwan Hock Hai
President 2019–
2020 session
19th June 2020



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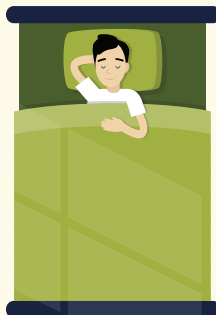
THE BENEFITS OF HIKING

Hiking is an excellent activity to temporarily get away from our hectic, fast-paced lives in the city. There are numerous benefits when it comes to hiking outdoors, with positive effects on both physical and mental health.



STRENGTHENS MUSCLES

Navigating uneven ground utilises different muscles than the ones you would use on flat surfaces. It activates lots of muscle groups and mainly strengthens muscles in the hips, knees and ankles. Additionally, all the stretching and reaching allows for better agility and flexibility.

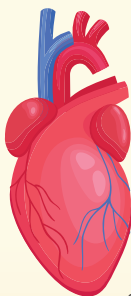


BETTER SLEEP QUALITY

Hiking among nature has positive impacts on our sleep characteristics, due to exercise and emotional improvement. Covering extra ground during the day promotes earlier bedtimes and deeper sleeps, providing a better night's rest.

BOOSTS MENTAL HEALTH & WELL-BEING

Conquering a hill can provide a sense of achievement, boosting one's mood & combating symptoms of anxiety. A Stanford University study even found that people who spent time in natural areas as opposed to urban settings showed less activity in a part of the brain linked with depression.



IMPROVES CARDIOVASCULAR HEALTH

Besides being a great exercise that can lower the risk of heart disease, research suggests that outdoor walking also reduces the risk of high blood pressure.

Walking downhill is also an effective way at managing blood sugar levels and improving glucose tolerance.



HELPS WEIGHT LOSS

Regular outdoor exercise increases the heart rate, and burns more calories than visiting the gym weekly. It also increases the metabolic rate, speeding up digestion and lowering chances of heartburn.

DELAYS AGING

Recent studies claim that physical activities, especially hiking, can delay the aging process by as much as 10 years! This is because regular walking has a long-lasting impact on the plasticity of the aging brain, keeping age-related brain problems such as dementia at bay.

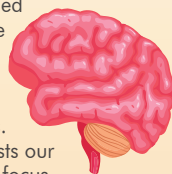
REDUCES STRESS

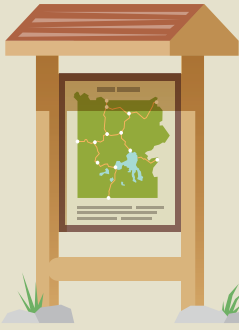
Exposure to the antibacterial chemicals released by trees and plants during a hike has a significant effect on lowering the stress hormone, cortisol. Spending time in woodland clears the mind and increases energy levels, allowing for more effective thinking. People who interact more with nature are also proven to be 50% more creative in problem-solving.



PROMOTES BETTER MEMORY

Hill climbing requires lots of mental concentration, which helps sharpen the brain and keep the mind active. Being surrounded by nature can also restore cognitive functions. This boosts our ability to focus, remember and learn.





PREP & PLAN: TIPS FOR A SAFE HIKE

While hiking has many rewards to offer, it requires a certain amount of preparation in order to hike safely. Here are 5 safety tips to follow for your next hike.

It is important to familiarise yourself with the trail map and to follow the marked paths. Though this booklet serves as a general guide, it is best to also research online for the latest updates, such as current conditions and potential hazards. Most hiking areas have internet forums, blogspots or social media pages dedicated to them.

1. RESEARCH THE TRAIL



2. CHECK THE WEATHER

Trail conditions can change instantly when bad weather strikes. Always check the forecast and watch the sky in order to dress and pack accordingly. If there are warnings of a storm, consider postponing your trip.



It is ideal to hike with a partner or group that can help you navigate the route or assist if you injure yourself. Many outing organisations recommend hiking in groups of four in case someone gets hurt; one person can stay with the victim while the other two can find help.

3. BRING A FRIEND



4. PACK FOR EASY ACCESS

Essential items such as a map, flashlight, first-aid kit and water should be placed in upper compartments or outside pockets of your bag for easy access. Other items like raincoats and spare clothes may be placed deeper in the bag.



Take some simple precautions to reduce wear and tear on your knees and to improve your stability. Be sure to take smaller steps, walk slowly and avoid jumping. Instead of going straight down a slope, try walking in a zigzag course to keep the grade as gentle as possible. Trekking poles and hiking sticks are also useful for stability and to reduce knee and hip strain.

5. PROTECT YOUR KNEES



HIKING ESSENTIALS

For first-timers and experienced hikers alike, it is important to pack the essentials before heading out. These are some things you should bring on every hike.

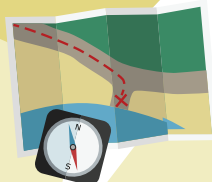
WATER

1.5 litres



TORCHLIGHT

With extra batteries



MAP & COMPASS

Smartphones aren't reliable without mobile network

MOSQUITO REPELLENT



CALORIE-DENSE SNACKS



SUN PROTECTION



RAIN GEAR & SPARE CLOTHES



HIKING SHOES



SALT

To get rid of biting leeches

Gauze



Bandages



Multi-tool



Prescribed medicine

Antiseptic cream



Over-the-counter painkillers

HIKING DIFFICULTY SCALE



EASIEST

- Best for first-time hikers; suitable for anyone who is in good health.
- Minimal elevation gain, gentle terrain with little to no obstacles along the trail.
- Mainly involves walking with low chance of injury.
- Light trekking shoes and sports shoes with good grip can be used on this hike.



EASY

- Suitable for hikers of most ages with basic fitness levels.
- Great for novice hikers seeking a bit of a challenge.
- Trail involves moderate inclines with some steep sections.



MODERATE

- Fit for people who exercise regularly.
- Considered easy for frequent hikers.
- Moderate elevation gain with the occasional use of hands or ropes to climb up.
- Some obstacles along the trail that requires balancing.
- Pathways may include steep sections, loose rocks and large roots.



CHALLENGING

- Requires regular hiking experience to navigate safely.
- Inexperienced hikers are not advised to participate in hikes at this level to avoid risking injury.
- Difficult terrain with the possibility of obstacles throughout. Ropes and other aids may be placed in parts of the route for safety.
- Trail involves long distances, and significant elevation gain with steady and steep inclines.



ADVANCED

- Only suitable for regular and very experienced hikers.
- Requires high fitness levels and professional hiking gear to complete the hike, likely at a fast pace.
- A strenuous hike that involves significant to extreme elevation gain.
- Often very rough terrain with steep inclines and unavoidable obstacles.
- Hikers will need to attempt rock scrambling to ascend rocky faces and ridges.

The scale above only serves as a general guide. The difficulty of the hikes are subjective to each individual's experiences and health and fitness levels.

PANTAI KERACUT

BY THE NORTHERN BRANCH

DIFFICULTY



FACTS & FIGURES :

HIKE TIME 2-3 hours

COORDINATES 5°27'4"N, 100°10'58"E

FEES Free. Visitors are required to register at the park entrance. Pantai Keracut has a visitor limit of 80 pax/day.

VISITING HOURS 8am - 5pm daily

GETTING THERE

BY BUS: Rapid Penang bus 101 and 103 from KOMTAR or Weld Quay Jetty Bus Terminal.

BY CAR: Follow directions towards Batu Ferringhi and continue to Teluk Bahang. The car park opposite the park's entrance charges RM3 per day for parking.

RECOMMENDATIONS

Go in the evening to enjoy the best sunset in the park. You may also camp at certain designated areas for free. The area is well-equipped with showers, toilets and a small kitchen for cooking, using firewood. Do not camp on the beach, as this obstructs turtles from nesting.

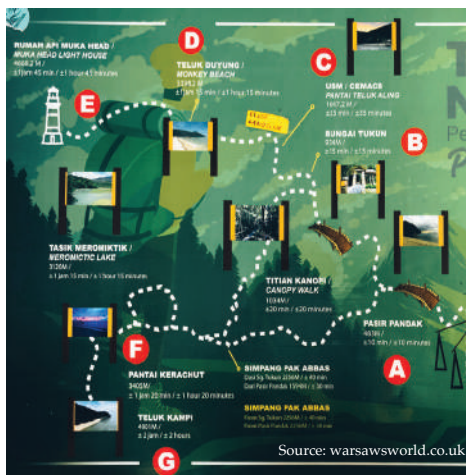
TAKE NOTE!

Swimming at the beach is prohibited as a precaution for jellyfish stings and strong undertows.

Just 30 kilometres from the capital city of George Town, Pantai Keracut is one of the most remote beaches on Penang island's west coast. It is situated in Penang National Park, the smallest national park in Malaysia.

Overlooking the Straits of Malacca, the trek to Pantai Keracut offers a range of scenery from jungle trails to coastal views. It is also home to a rare meromictic lake, with distinct layers of waters that do not mix due to different densities.

The Penang Turtle Sanctuary was set up in Pantai Keracut in 1995 to protect and preserve the local turtle population. Green sea turtles come here to lay eggs from April to August, and the Olive Ridley turtles from September to February.



Source: warsawworld.co.uk



TRAILS

MONKEY BEACH (TELUK DUYUNG) PATH

1.5 hours

This path takes you for a 500m walk from the park entrance and up and down a hill. The incline is not too steep, while the pathway is wide and easy to follow. It follows the coastline to Teluk Duyung. If you wish to hike further, you may continue on a steep climb up to the Muka Head Lighthouse at an elevation of 227m.

CANOPY WALKWAY PATH

RM5 (Adults) RM3 (Children) | 2-3 hours

This path is longer, narrower and steeper. It leads to a 250m-long canopy walkway before reaching the beach. Enjoy walking through the treetops, up to 15m above ground with a river flowing below. Tickets for the Canopy Walkway must be purchased at the registration office at the entrance.



The Northern Branch at the national park.

BUKIT WAWASAN

BY RISM HQ

DIFFICULTY



Nestled in the Ayer Hitam Forest Reserve, Bukit Wawasan spans over 1200 hectares of tropical rainforest terrain in Puchong town, Selangor. Also known as Puchong Hill among the locals, it is frequented by both experienced hikers and first-timers from the housing areas nearby, gathering up to 1000 hikers each day on weekends.

The journey to the peak of this hill involves a loop trail, featuring many large fallen trees with mushrooms growing on them along the way. While its hilly terrain may be challenging for some, the tall trees all around provide excellent shade for a cool and pleasant hike to the top.

As a result of excessive and relentless urban development, the forest reserve has significantly shrunk over the years. To avoid further damage to the landscape and overcrowding, it is now managed by the Selangor Forestry Department (Jabatan Perhutanan Negeri Selangor) and University Putra Malaysia (UPM).



FACTS & FIGURES :

HEIGHT 233m

HIKE TIME 2 hours

COORDINATES 3.0247° N, 101.6297° E

FEES Free entry. Free parking is available along the roadside or in front of the shoplots.

GETTING THERE

BY CAR: Using the LDP highway, turn left before Setiawalk Mall and head straight until a T-junction in front of Wawasan Recreational Park. Turn right and continue on until Sri Cempaka Apartments. The entrance is beside a laksa stall.

TOP TIPS

If you decide to hike in the morning, it is advisable to come as early as 7am to avoid the crowd and to find a good parking spot.

RECOMMENDATIONS

There are food stalls selling laksa and fresh coconuts at the entrance—the perfect meal to end your hike!

TAKE NOTE!

Hikers are not allowed to walk through certain parts of the hill. Please follow the designated public trails. Restricted areas have 'No Admission' signboards placed before them.

TRAILS

LOOP A/B TRAIL

2 hours

This 4km route starts off with a steep ascent. There is flat terrain after, with some rocky inclines in between. Be careful on your way down, as it is a steep descent as well. Trail A and B are linked—if you start off at Trail A you will come out from Trail B, and vice versa.



WATERFALL TRAIL

Permit required | 2 hours

The waterfall and its “blue lagoon” (dubbed by locals) is currently a restricted path. Entry is only allowed with a permit from UPM or a forest ranger.



BUKIT APEK

BY THE BUILDING SURVEYING DIVISION

DIFFICULTY



Bukit Apek is a popular hiking area in the Cheras district, just a stone's throw from Kuala Lumpur. It is also known as the Ah Pek Hill trail, "Ah Pek" referring to the senior hikers who often exercise in the area. It consists of two hills: Bukit Putih and Bukit Saga, which are accessible from 3 entrances located in Cheras Awana, Bukit Hartamas and Wangsa Cheras. This guide uses the Bukit Hartamas entrance.

Situated within a forest reserve, it is home to many animals, so expect to hear the sound of chirping birds and chattering monkeys along the way. The big trees provide plenty of shade across 6 stations, with a small but scenic waterfall at Station 5 to reward you at the end of your journey.

Unfortunately, construction work for the SUKE highway and building of power cables by TNB damaged several parts of

the hill a few years ago. Because of this, it is important for hikers to stick to the paths signposted by yellow markers. This avoids causing further damage to the hill and its lush greenery.

FACTS & FIGURES :

HEIGHT 394m

HIKE TIME 4 -5 hours

COORDINATES 3°05'33.4"N 101°45'56.7"E

FEES Entrance is free. You may park on the roadside at your own risk.

TOP TIPS

There are many loops and one wrong turn could lead to a longer hike, ranging from 7km to 13km. It is best to familiarise yourself with the trail. You can also ask other hikers at the hill for directions.

RECOMMENDATIONS

Stools and chairs are provided at almost every station for hikers to take breaks. Head over to the treehouse at Station 6 to rest and rejuvenate after your hike. Refreshment stalls are also open there during weekends.

TAKE NOTE!

It can get muddy and slippery during the rainy seasons. Please come equipped with proper shoes to avoid injury.





TRAILS

BUKIT APEK PEAK TRAIL

2-3 hours

This hiking trail is interlaced with large tree roots and several species of mushrooms. The first part of this trail is quite steep, but over time levels out to a path that leads you to the peak of the hill at 394m. It takes you through the different stations, all with free water dispensers and some even selling fruit.



BUKIT APEK WATERFALL TRAIL

1-2 hours

The distance from the peak to the waterfall, is only 1.5km. However, the trail can be quite challenging with several steep but short declines. Climbing robes are prepared in certain areas to assist you. This trail is easy to follow, as there are markers to guide you towards the waterfall.



The Ah Pek Hill trail map featuring the Building Surveying Division at all 6 stations.

BUKIT NOLANG

BY THE BUILDING SURVEYING DIVISION

DIFFICULTY



Standing at a height of 500 metres, Bukit Nolang is the topographic pinnacle of Bukit Lagong Forest Reserve in Gombak, Selangor. Part of the mountainous range of Bukit Lagong inside Bukit Lagong Forest Reserve, it is 25 kilometres from Kuala Lumpur and is situated adjacent to FRIM (Forest Research Institute Malaysia), a former tin mining land, but now the largest and oldest man-made tropical forest in the world.

Its routes, accessible via Taman Rekreasi Bukit Lagong or the Bukit Lagong Orang Asli Village, offer scenic views of lakes, waterfalls and lush vegetation as well as mint plantations. Bukit Nolang's fertile slopes rise above the surrounding savannah and support a forest that hosts diverse wildlife, including 200 species of birds, alongside monkeys and foxes.



FACTS & FIGURES :

HEIGHT 500m

HIKE TIME 4 -6 hours

COORDINATES 3.2500° N, 101.6167° E

FEES Having a guide is compulsory and porters are optional. Rates vary according to the route.

TOP TIPS

Hiking in Bukit Nolang can take up to 6 hours. Be sure to bring along plenty of water and some food to fuel your hike!

RECOMMENDATIONS

The hiking trails involve several rocky and slippery tracks. Come prepared in proper hiking shoes, preferably equipped with studs, for better grip.

TAKE NOTE!

Hikers must apply for permission to hike beforehand. This can be done via Dewan Orang Ramai Perkampungan Orang Asli Bukit Lagong.



TRAILS

BUKIT NOLANG EASY TRAIL (Scenic route)

RM200 | 5-7 hours

This 2.8km scenic hike starts at Pusat Rekreasi Bukit Lagong and offers an unobstructed view of the Orang Asli settlement from a height of 774 ft. The ascend starts on a 600m trail, with 283ft to 756ft of elevation for 900m long. During descent, it is 774ft to 450ft for 560m.

BUKIT NOLANG PEAK TRAIL

RM200 | 6-7 hours

A 5.2km trail, this challenging route also starts at Pusat Rekreasi Bukit Lagong. It involves an ascend starting with a 600m trail involving 283ft to 756ft of elevation for 900m long, continued with another ascend to 986ft on a 1.15km track. Compared to the Easy Trail, this route requires physical strength and agility to survive the rocky and slippery tracks.



The Building Surveying Division conquering Bukit Nolang.

BUKIT BROGA

BY THE GEOMATICS AND LAND SURVEYING DIVISION

DIFFICULTY



Bukit Broga is a hiking and recreational spot in southern Klang Valley. It sits on the border of Negeri Sembilan and Selangor, 45 kilometres from Kuala Lumpur. Located on the edge of the Titiwangsa Range, Bukit Broga is also known as Bukit Lalang because it is covered abundantly in lalang grass instead of trees.

While Bukit Broga is different from the tropical rainforests in the surrounding area, the lack of trees provide incredible panoramic views at the hilltop. Already a famous picnic and photography spot, the hill became increasingly popular after it was featured in the local movie *Ola Bola*.

A prominent development in the vicinity is the University of Nottingham Malaysia Campus. The large student population and housing demands have spurred rapid changes in the area, most notably in Semenyih. Sited 10km from Broga, Semenyih is a fast growing town with developments of massive townships such as Setia Ecohills and Eco Majestic.

FACTS & FIGURES :

HEIGHT 400m

HIKE TIME 1 hour

COORDINATES 2°56'14"N 101°54'40"E

FEES RM1/hiker | RM2/parking vehicle

TOP TIPS

Visit during weekdays to avoid the crowd and at dawn to catch the beautiful sunrise.

RECOMMENDATIONS

In the morning, several stalls open up at the parking area, selling various foods, drinks and even hiking sticks. Consider stopping by on your hike down to reward yourself with some refreshments!

TAKE NOTE!

Broga Hill is very close to the University of Nottingham. Muslim hikers who wish to start their hike before dawn may perform their morning prayers at the university's surau. Visitors are required to get the guard's permission before entering the university compound. Toilets are also available at the car park of Broga Hill.



THE TRAIL

Starting from the car park of an oil palm plantation, the trail is well-worn and easy to follow. It climbs through a forested area before reaching at the foot of a steep hill covered in lalang grass. There are three viewing points from here, marked at 880 feet, 1150 feet and 1312 feet. Be careful on your way down as the path can be slippery when it rains.



The Geomatics and Land Surveying Division successfully reaching the peak of Bukit Broga.

BUKIT GASING

BY THE GEOMATICS AND LAND SURVEYING DIVISION

DIFFICULTY



The GLS Division happily hiking Bukit Gasing.

Sitting in between the cities of Petaling Jaya (PJ) and Kuala Lumpur, Bukit Gasing Forest Park is a precious green lung in the urban Klang Valley. It was once a rubber plantation in the 60's, but has since grown back into a lush secondary forest with various flora and fauna for hikers and even their pets to enjoy.

Surrounded by residential areas, Bukit Gasing is easily accessible for those hoping to get some fresh air without leaving the city. While there is no real peak of the hill, hikers can head up to a vantage point that overlooks the heavily populated neighbourhoods of PJ.

Despite its valuable assets, WWF Malaysia has reported that only 36 hectares of the park has been gazetted as a protected natural area. The remainder of the park, particularly on the Kuala Lumpur side, is still open to potential development.

FACTS & FIGURES :

HEIGHT 160m

HIKE TIME 1-2 hours

COORDINATES 3.1004° N, 101.6541° E

FEES Free entry. There is no carpark, but parking is available by the roadside.

TRAILS

SUSPENSION BRIDGE TRAIL

The toughest and most time-consuming trail, but still well maintained. The distance to the suspension bridge is 2km each way. There is a limit for the number of people allowed on the bridge at any one time. Visitors advised not to walk near each other to avoid accidents.

TEMPLE TRAIL

Leading to a Hindu temple, this trail is shorter and less tiring but not as well maintained as the suspension bridge trail. From the junction, turn right and follow the signboards displayed. Hikers need to climb up the stairs behind Telekom to reach the temple.

STEEL BRIDGE TRAIL

This trail is less difficult and suitable for beginners. Following the signboard will lead to the Taman Rimba Bukit Kerinchi Park where the steel bridge is located. The bridge structure is more solid when compared to the suspension bridge.

TOP TIPS

There are no toilets inside the park, so be sure to visit a restroom before you begin your hike. There is internet access in most parts of the hill.

RECOMMENDATIONS

There are huts located along the trails for hikers to seek shelter when it rains. Benches are also all around for you to take breaks and enjoy the forest surroundings.

TAKE NOTE!

Dogs are allowed here so you may bring your furry friend if you wish, but please keep them on a leash.



Source: Pacer



GUNUNG PULAI

BY THE JOHOR BRANCH

DIFFICULTY



Serving as the tallest peak in the district of Pontian, 30 kilometres from Johor Bahru central, Gunung Pulau is a favourite weekend spot for local Johoreans. Its charming name comes from the Pulau tree, which is a species of hardwood that grows in abundance in the area. Many other species of hardwood are also found at Gunung Pulau, most of them likely to be at least 100 years old.

The forest surrounding Gunung Pulau is classic lowland, and said to be one of the few primary rainforests left in the area. As a water catchment area for the cities of Johor Bahru and Singapore, Gunung Pulau features spectacular views and waterfalls along the route to the peak. The Spanner Barb fish (ikan bagoh) is most commonly found in the waters here.



Source: Harian Metro

FACTS & FIGURES :

HEIGHT 654m

HIKE TIME 1-2 hours

COORDINATES 1.6017° N, 103.5461° E

FEES Free entry | RM2/parking vehicle

GETTING THERE

BY BUS: Board the BET1, 777B or 7B bus from JB Sentral towards Kulai Terminal.

BY CAR: The nearest access to Gunung Pulau is via the Kulai Tol. Then head towards Kampung Sri Gunung Pulau via Jalan Sawah. The entrance is near the carpark.

TOP TIPS

There are no rubbish bins in the Gunung Pulau Recreational Forest. Please do not litter and keep the waterfalls clean.

RECOMMENDATIONS

There are plenty of natural water sources along the route to refill your bottle, but beware that the area is susceptible to leptospirosis, a bacterial infection.

TAKE NOTE!

- ! Look out for warnings of leptospirosis before entering Gunung Pulau.
- ! Do not enter the waterfall on a rainy day. The river water levels can rise rapidly and it is extremely dangerous for trekkers.
- ! The summit is out of bounds as there are telecommunication towers there.

TRAILS

ORIGINAL TARMAC ROAD

1.5-2 hours

Located next to the main entrance, this is the easier and more straightforward option to the peak. Further down there are two junctions on the left heading towards the waterfall and picnic area. The total distance is 5km, with markers along the road to indicate the distance travelled.

DIRT TRACK

3 hours

Starting from the right side of the entrance, this path adds an extra hour to reach the peak. Certain parts of the climb can be quite steep, especially near the peak, and may assert a bit of pressure on the knees and feet. Be careful and use a hiking stick when necessary.



Gunung Pulai Waterfall.

SUNGAI PELEPAH KIRI

BY THE JOHOR BRANCH

DIFFICULTY



FACTS & FIGURES :

HIKE TIME 1.5-2 hours

COORDINATES 1.8209° N, 103.8198° E

FEES RM150 per group | Free parking

GETTING THERE

BY CAR: Sungai Pelepah Kiri is 1 hour from Johor Bahru. Drive up to Kota Tinggi town and head towards the Kota Tinggi Waterfalls in Lukut. Just before the entrance to the Kota Tinggi Waterfalls, there is a free carpark on your right. You will see a Sungai Pelepah Kiri signboard next to a bridge.

TOP TIPS

Be well prepared with suitable shoes and clothing. The best shoes to wear are the rubber shoes worn by rubber tappers, as you will be wet all the time.

RECOMMENDATIONS

To enjoy Sungai Pelepah Kiri to the fullest, visitors are advised to allocate half a day to appreciate the natural beauty of this place.

TAKE NOTE!

Prior to 2017, visitors could enter Sungai Pelepah Kiri freely but due to a string of accidents by trekkers in 2016, the Johor Forestry Department has imposed a permit of RM150 per group to enter. Trekkers must apply for the permit in advance and enter the area at their own discretion.

Situated in the Kota Tinggi district and an hour from Johor Bahru, Sungai Pelepah Kiri is a forest reserve which was gazetted prior to the independence of Malaysia. It is regarded by locals as a better alternative to the famous Kota Tinggi Waterfalls just next door, due to its more natural environment with no man-made structures.

Sungai Pelapah Kiri is also the entry point to the Tengkil Waterfall, a 3-4 hours walk from the last cascade. There are twelve cascades and waterfalls altogether, with many pools for trekkers to swim in. Fishing is also a favoured activity here, where the most common fish are Tengas Daun (*Accrossocheilus Deauratus*) and Bagoh (*Puntius Lateristiga*). Occasionally, the Malayan Jungle Perch (*Hampala Macrolepidota*) can be spotted in the waters. The Palas Payung (fan palm) can also be found in this forest.



Source: Discover Sijangkang, FB



Source: Google Maps

THE TRAIL

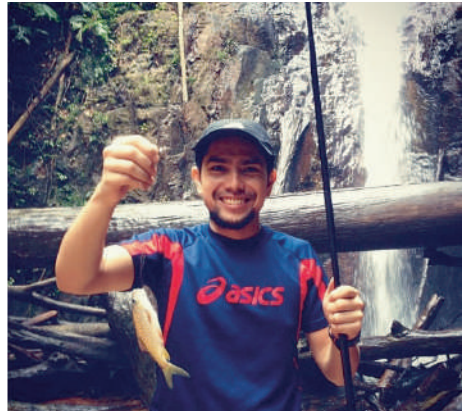
The hike starts from the carpark and the last point of adventure is Bukit Botak, which leads to the Tengkil Waterfall. The route is so simple that trekkers need only follow the river upstream. There is only one river to follow and the chances of getting lost is very unlikely. It is of moderate intensity.

There are climbing ropes along the route for you to climb the waterfalls. Be very careful since the boulders are slippery and wet. This trek is also suitable for children, but adult supervision is required.



Source: Google

The tallest Sungai Pelepah Kiri waterfall.



A sizeable Tengas Daun caught at the waterfall.



Sr Ezam's children enjoying the cascade.



The Bagoh of Sungai Pelepah Kiri.

BUKIT PADANG

BY THE SABAH BRANCH

DIFFICULTY



Bukit Padang Surveyor's Trail is a well-known hiking trail and recreational spot within a gazetted botanical garden, just 10.6km from Kota Kinabalu city centre. It is also known as the Tun Fuad Stephens Park, named after Fuad Stephens, the first Chief Minister of Sabah, and is monitored by the Kota Kinabalu City Hall (DBKK).

A breathtaking panoramic view of Kota Kinabalu city awaits hikers at the peak of Bukit Padang. In good weather conditions, the famous Gunung Kinabalu can be seen from here. The park features heavy foliage with an asphalt jogging path of gentle terrain, along with a man-made lake and more challenging hiking trails. The main hiking trail is often referred to as the Bukit Padang Surveyor's Trail as it is used by land surveyors to reach the trigonometric station of a first order network (Trig. Reservoir) at the peak.



Panoramic view of Kota Kinabalu city.

FACTS & FIGURES :

HEIGHT 477m

HIKE TIME 1 hour

COORDINATES 5° 58' 0" N, 116° 7' 0" E

FEES Free entry. Parking is also available at the park.

GETTING THERE

BY CAR: From Kota Kinabalu International Airport (KKIA), exit via Jalan Lintas/ Jalan Penempatan. It is 20 minutes to Bukit Padang.

TOP TIPS

The park is open 24 hours, so feel free to visit any time. The peak of Bukit Padang offers a great view of the sunset.

RECOMMENDATIONS

There are plenty of other recreational activities here besides hiking; all round the clock. You could have a picnic, go jungle trekking, downhill mountain biking or even give the community Tai Chi a try.

TAKE NOTE!

Some parts of the trail are covered with tree roots and loose ground, with sandy and rocky surfaces. Be careful and watch your step.

TRAILS

TRAIL 1 (RED) MAIN LOOP

Known as the Tun Fuad Stephens Park recreation track, this 1.9km trail loops around the lake. It is relatively even terrain and takes 10-20 minutes to make one full round.

TRAIL 2 (YELLOW)

This 1km trail takes 15 minutes and begins near the entrance of the old Water World Theme Park. At 600m and 700m of this trail, there are intersections towards Trail 3 and Trail 5 respectively. Hikers will cover a vertical distance of 120m.

TRAIL 3 (GREEN)

Trail 3 is a short dirt trail with wooden planks along the path. Some stretches of this trail are rather steep, with a total distance of 350m to reach the top. An average hiker may take 30 minutes, covering a vertical distance of 60m.

TRAIL 4 (CYAN)

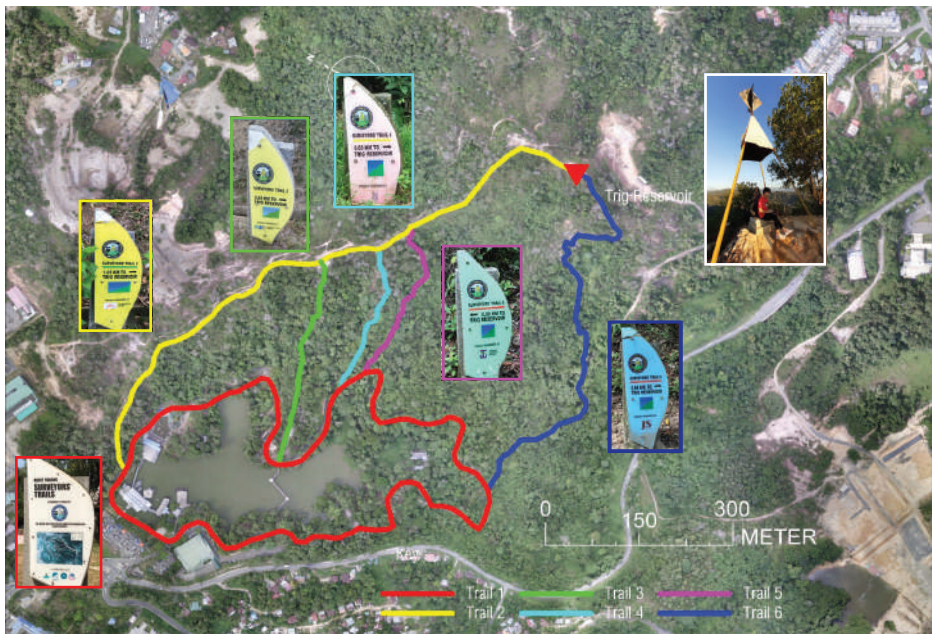
This trail covers a distance of 260m to the Trig. Reservoir and is rated as moderate. It is a steady and consistent ascend with 50m of elevation.

TRAIL 5 (MAGENTA)

Trail 5 features a 280m route to reach the peak, and is a good choice for beginners who wish to experience a more challenging hike as its ascent is only 60m from the starting point to the top.

TRAIL 6 (BLUE)

With a distance 760m, Trail 6 is the toughest due to high inclination. Some paths along the trail are exposed to boulders and are quite slippery, so hikers should be physically fit before attempting this path. It has a vertical distance of 50m.



PIMU'UNG SINGAI TRAIL

BY THE SARAWAK BRANCH

DIFFICULTY



Located in Kampung Segong, Bau, the Pimu'ung Singai trail is an area filled with mountainous second-growth forests and pristine rivers that flow from the mountain top.

Just a 30-minute ride from Bau town, it was once an area for the Bidayuh people from Kampung Segong to farm paddy, pepper and livestock. The Adis river here was also a source of clean water for daily consumption and bathing. Locals would go fishing while waiting for paddy to be harvested, and hunted wild animals in the spots Pokuok, Murod and Janut nearby.

These days, the locals still bathe in the Adis river, but during the dry seasons. Folks from the capital of Kuching (an hour away) often visit the Pimu'ung Singai trail to escape the hustle and bustle of the city in exchange for some fresh air, and to enjoy the lush green sights.

FACTS & FIGURES :

HEIGHT 550m

HIKE TIME 1.5 hours

COORDINATES 1°32'23.44"N, 110° 8'46.32"E

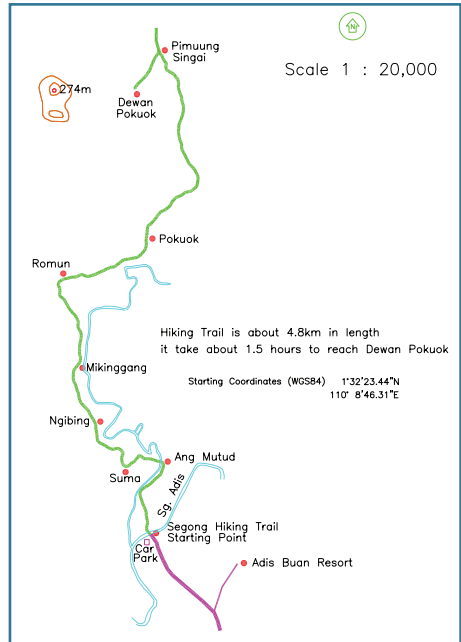
FEES Free entry and parking.



The Sarawak Branch in front of Pokuok Hall.

THE TRAIL

The Pimu'ung Singai Trail starts at the Soli/Adis signage by the Adis river. A fairly straightforward hike, it leads towards a peak offering breathtaking views of the lush forest with Gunung Singai in the background. Gunung Serapi can also be seen from the top.



GETTING THERE

BY CAR: From Kuching, head towards Jalan Batu Kawa-Bau and then along Jalan Tondong-Apar-Segong (opposite Pekan Tondong). Continue driving along the small road on the left opposite Subee Homestay until you reach a sign stating Soli/ Adis, by the river.

RECOMMENDATIONS

Motocross biking and the use of four-wheel drives are other popular recreational activities here. It gets especially crowded during weekends and public holidays, so if you decide to give these a try, consider coming on a weekday instead.

TAKE NOTE!

In case of an emergency, contact:
ENCIK AMY ANAK MUNGA | KETUA KAMPUNG SEGONG
+6017-801 5847
PUAN CATHERINE TAMBİ | KETUA RELA KAMPUNG SEGONG
+6010-956 4955



ISM SPECIAL CHARITY PROJECT CLIMB MT. KINABALU WITH THE PRESIDENT



In commemoration of its 50th anniversary, 10 female members of the Institution of Surveyors Malaysia (ISM) led by its president Assoc Prof Dr Wan Maimun Wan Abdullah conquered Mt Kinabalu in Sabah to raise funds for two NGOs recently.

Thanks to contributions from ISM councillors, donors and strategic partners, a total of RM64,250 was raised.

A total of RM47,500 was contributed by the CIMB Foundation towards a recycling project of Wanita Inovatif Jaya Diri (WIJADI) while RM16,750 was donated to Persatuan Ibu Tunggal Pantai Barat Sabah (PITPBS).

During the ISM 49th annual dinner held recently, Datuk Seri Shahrizat Abdul Jalil, Minister of Women, Family and Community Development, had pledged RM15,000 towards any charity event to commemorate ISM 50th anniversary.

The expedition dubbed Climb Mt Kinabalu with the President, was a challenge as the majority of the group were first-timers and had less than four months of training.

Four male ISM members also joined the group to provide their support.

"We were committed to the climb even though most of us have had no prior mountaineering experience and half of us are past our 50s.

"We had to prove to our members, especially the younger ones, that where there is a will, there is a way.

"The climb was very challenging and tortuous but I am very pleased to say that most of us made it to the summit," said Dr Wan Maimun.

Extracted from *The Star*, "Surveyors climb Mt Kinabalu for charity," dated 20 September 2010.

BUKIT RISM, THE CENTRE OF SABAH

The work to pinpoint the exact Centre of Sabah is a complicated process and requires years of hard work and effort. From 2006 to 2010, RISM Sabah collected readings from 18,600 points along Sabah coastlines to calculate the Centre of Sabah.

The coordinates of the geographical Centre of Sabah were determined at Latitude 117°7'01.8" East and Longitude 5°+20'38.4" North (N 5°20'38.4" E 117°7'01.8"). It is located on top of Bukit RISM, at a height of 584.2 metres in the Pinangah Forest Reserve near Telupid district. An advance party went up to construct a small monument to mark the spot.

For the launching of the Center of Sabah, an expedition team of 54 members was flagged off from Tun Fuad Stephens

Park on 30th September 2011 to visit the landmark. It included RISM members, the Sabah Surveying and Mapping Department, the Sabah Lands and Surveys Department, the Sabah Forestry Department, the Sabah Tourism Board, and media crew.

The journey took two days and one night. They travelled 280 kilometres from Kota Kinabalu and tirelessly walked the last 3.6 kilometres of jungle trail in Pinangah Forest Reserve, crossing three rivers and a waterfall to finally reach the centre. The official launching of the Centre of Sabah and the monument coincided with RISM's 50th anniversary.

Extracted from MySabah.com, "Expedition to the Centre of Sabah," dated 27 October 2011.



Source: MySabah.com

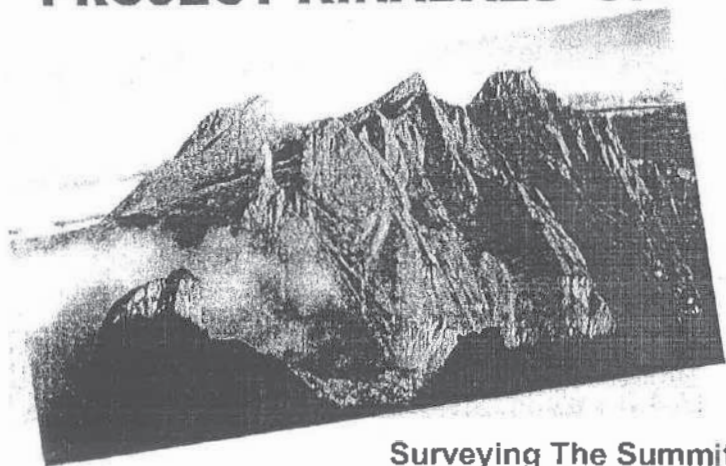
HEIGHTING OF



MT. KINABALU

ISM

PROJECT KINABALU '97



Surveying The Summit of Mount Kinabalu for Charity

A project of ISM Sabah Branch

About forty thousand people climb, or rather attempt to climb, Kinabalu each year. Since the mountain was surveyed by the British Navy at the beginning of this century these climbers have determinedly placed one foot in front of the other, despite their body asking for rest, only because they know that Low's Peak at 4101m is the highest point in South East Asia.

Those of us with more than a passing interest in the mountain know that it has been created by uplift at the point of collision of three tectonic plates and that many geologists believe it to still be rising. A rate of rise of about one centimetre each year has been suggested. That could mean that by now the peak is 4102m high.

For surveyors, there has always been the added knowledge that the height of 4101m was surveyed from the coast off Kola Belud by sextant and that its accuracy by to-day's standards must be questionable. Equipped with this knowledge, frequent

climbers of the mountain have been left wondering about the real height of whichever peak they have climbed and, particularly, the summit itself. These nagging doubts about the height of this magnificent mountain become all the more poignant when, standing on the summit of Low's Peak drinking in the panorama below, both the peaks of Victoria, with its characteristic horn, and St John, almost within a stone's throw, appear to the eye to be higher. Am I really at the highest point of South East Asia? Did the surveyor on that ship sixty miles away get the peaks mixed up? Has the mountain risen? Have people thrown stones off the top and reduced its height? These are all questions that nag climbers and the more they climb the mountain, each painful step of it, the more these questions gnaw away at the subconscious.

This is a matter which should have been put right long ago, especially when *The Times Atlas of the World*, one of the most authoritative atlases available, gives the

height of Kinabalu as only 4094m. It was actually considered back in the early eighties by enthusiastic, if not even slightly lunatic, surveyors in the Sabah Department of Lands and Surveys who thought of doing so with their newly acquired pride and joy, The Magnovax MX1502 Dopple Receiver. A revolutionary piece of equipment that would give an accuracy of one metre to the Z coordinate after five days of observations. Ideas like this, however, quickly get set aside when faced with carrying lorry batteries and equipment weighing maybe 100kg without the usual Departmental porters and assistants for 8.5km up 2500m and then sitting around on a cold, possibly also wet, exposed mountain top.

The justification for resurveying the height of the mountain only really came with the advent of the level of accuracy possible with GPS technology. Technology which also makes such ventures a practical proposition because of the relative lightness and compactness of the

equipment. Anyone fancy carrying a refrigerator like load to the top of a mountain?

When the idea of undertaking a reheighting survey was put to the Director of Lands and Surveys, Enok Osman Jama', with a request that equipment and technicians be made available for the project he was immediately enthusiastic but recognised the difficulty of justifying the use of government resources on a mere matter of fancy, even if Kinabalu is the symbol of the State and the highest point in the nation. His suggestion was that this would be a good project for the Sabah Branch of ISM and that, if approached formally by them, he would be happy to respond. At that time little did we know that the ISM Branch Chairman, Mr Ho Kin Wong, would have his imagination so fired by the idea that it would become the largest single project ever to have been undertaken by the Branch. A project started on 23 September, 1996 and, coincidentally, only finally wound up with the presentation of competition prizes at an appreciation dinner attended by all the project participants on 23 September, 1997. Exactly one year from start to finish.

The Branch Chairman believed that the reheighting survey would be a project of special relevance to the ISM Sabah Branch which would also be of very great interest to the people of Sabah, if not the nation as a whole. As such, this could also be an opportunity for the Branch to raise its public profile and to undertake a worthwhile charity project. Something that the Branch had never done and really ought to do. Money could be raised by linking the project to a "Guess the Height of Mount Kinabalu" competition. So two local charities were chosen that could be linked to the project through participation in the survey expedition - The Sabah Society for the Blind and Sekolah Seri Mengasih.

As so often happens, one thing leads to another. If fund raising is to be successful it needs a high profile. So let's ask the Chief Minister if he is prepared to patron the project. Press sponsorship is needed so as to keep the project in the public eye and achieve maximum fund raising results. Who better to ask than the largest

circulation local newspaper, the Daily Express. The newspapers need news worthy material to report so we had better ask the Chief Minister to launch the project and the Yang Dipertua Negeri to flag off the survey expedition. The Chief Minister expresses a wish to join the survey expedition so we had better arrange television coverage. Television coverage raises the national profile so we had better ask the Prime Minister to make an official proclamation of the highest point in the nation.

With so many things to organise the membership of the ISM Sabah Branch had to be mobilised and numerous committees set up with titles like Fund Raising, Sponsorship, Secretariat, Finance, Publicity, Opening and Closing Ceremonies, Magazine, Competition, Expedition and so on. All this effort was to culminate with the survey of the summit of Kinabalu on Wednesday 25th June 1997.

As the pressure built up towards this key date there was growing concern as to whether money collected would cover the cost of the project, let alone produce a surplus for donation to charity, and whether the weather would hamper the survey plans. Efforts were doubled and the flag off for the expedition came all too quickly.

Some 62 people participated in the expedition split into four teams. The survey team left a day before the rest as it was planned to take the opportunity to survey the heights of over thirty important points on the mountain besides the summit itself. This team comprised three survey parties each led by an experienced mountaineer with a surveyor, a survey assistant and a park ranger. In addition, one press reporter and a television camera crew of four also joined this team.

The other three teams, comprising a VIP team led by the Chief Minister, a charity team including four blind and four mentally challenged climbers and a media team with two television camera crews and several press reporters, all set off the following day. That evening when the whole expedition met up at Laban Rata at 3400m spirits were high. Everyone had had a good day and were ready for the

final climb. Some concern had arisen, however, as a result of preliminary survey work during the day that the horn of Victoria Peak might be slightly higher than Low's Peak.

The 25th June started off fine but very cold. The Chief Minister was worried about making it to the top and insisted on setting out earlier than everyone else. Some almost ran up, including the blind climbers whose guides had a job keeping up, whilst others struggled with headaches, leg aches and general unfitness. The Chief Minister was among this latter group and for him it became a matter of sheer will power. One suspects that if it were not for his appointment for a live telecast from the summit at 9.30am the temptation to make a hasty retreat before reaching the summit might have got the better of him. For the last hour before reaching the summit we were in thick cloud with a chilling breeze. Just as the expedition climbed the last thirty metres to the summit, just minutes before the live telecast, the clouds magically drifted away to reveal the mountain in its full splendour. You have never seen such a happy crowd. Indeed, after the live telecast the Chief Minister was so happy that he was signing any piece of paper presented to him. If only we had known and come prepared, ISM Sabah Branch might now be the proud owner of its own land title!

After the thrills and excitement at the summit the descent was something of an anticlimax but the survey team stayed on the mountain for another day to complete the list of points to be surveyed. Unfortunately, lingering concern remained after the survey expedition as to the highest point on the mountain because it had not proved possible to place a GPS receiver on the top of the horn of Victoria Peak. Accordingly, a brief expedition a few weeks later reclinbed the mountain for this purpose, only to find that Low's Peak is indeed still the true summit just one metre higher than Victoria Peak.

On 17th August the Prime Minister during his visit to Sabah made a formal proclamation that the height of Kinabalu is 4095.2m. This is the height that will now go into all the maps, atlases and text books of the world. At the same time, he

sealed a time capsule containing a signed copy of his declaration together with documents and artifacts relating to the project. This time capsule is to remain undisturbed until 25 June 2050 and will be installed and cared for at the headquarters of Kinabalu Park.

The writer, Mr. Robert M. New was the Chairman of The Expedition Sub-Committee

This project has been an experience that those who were involved in it will never forget. A project with many memorable moments. A time of team work amongst the surveyors of all disciplines in Sabah like never before. And the satisfaction of having achieved something worthwhile, of benefit to the community. The following are some of the special accomplishments of 'ISM Project Kinabalu '97' endorsed by The Malaysia Book of Records:

- First survey of Kinabalu from the summit itself.
- The most accurate survey of the height of Kinabalu to date.
- First climb of Kinabalu by both blind and mentally challenged climbers.
- First live telecast from the top of any mountain in Malaysia.
- First time a Chief Minister has climbed up and down Kinabalu unaided.
- Money and sponsorships collected valued at over RM1.0million.
- RM268,000 given to charity.

NOTE:

It has been said by some that Mount Kinabalu is no longer the highest mountain in South East Asia. The contender for this title is The Carstensz Pyramid in Irian Jaya which has a height of 5030m. Irian Jaya is of course part of the Indonesian nation which is one of the South East Asian countries. However, Irian Jaya is part of the island of New Guinea which is located on the Australian continental shelf and so geographically is located in Australasia and not in South East Asia. On this basis, Kinabalu has always been and always will be the highest mountain in South East Asia.

Editor's Note

7 AFFORDABLE AND
CLEAN ENERGY8 DECENT WORK AND
ECONOMIC GROWTH9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE10 REDUCED
INEQUALITIES11 SUSTAINABLE CITIES
AND COMMUNITIES6 CLEAN WATER
AND SANITATION5 GENDER
EQUALITY4 QUALITY
EDUCATION3 GOOD HEALTH
AND WELL-BEING2 ZERO
HUNGER1 NO
POVERTY

RISM IN SUPPORT OF THE 2030 AGENDA

The 2030 Agenda for Sustainable Development (the 2030 Agenda) is a commitment initiated by UN-Habitat aimed at achieving sustainable urbanisation worldwide. Its main objectives, under the 17 Sustainable Development Goals (SDGs), are to protect the planet, end poverty and to improve all lives. Malaysia adopted the 2030 Agenda at the United Nations General Assembly in New York, September 2015.

In support, Malaysia presented The Voluntary National Review 2017 (VNR): a report detailing our country's efforts of implementing the 17 SDGs under the framework of the Eleventh Malaysia Plan. One of the efforts include mobilising resources through private sector participation and Corporate Social Responsibility programmes. As such, this booklet is RISM's humble contribution towards Malaysia's commitment in achieving the SDGs, in line with UN-Habitat's global initiative.

RISM seeks to contribute towards 2 SDGs on the agenda, the first of which is Goal 3: Ensure healthy lives and promote well-being for all ages. The VNR states that its remaining priority

in this goal is to promote a healthy lifestyle for Malaysians. Similarly, this booklet aims to advocate for healthy living by encouraging readers to try hiking as a way to keep fit.

The second goal, Goal 15, is an effort to protect, restore and promote sustainable use of territorial ecosystems and sustainably manage forests, among others. RISM acknowledges that green spaces and public recreation areas are fundamental to the public's passion and understanding for the environment. Supporting outdoor activities such as hill climbing is key to informing people about their responsibility in conserving and protecting Malaysia's forests.

Hence, in regards to these 2 goals, readers are urged to play their part by hiking responsibly and sustainably. This involves keeping to established trails to preserve the surrounding environment, preventing litter and supporting our national parks. RISM reaffirms its support of the 2030 Agenda and its commitment towards achieving the SDGs for a brighter, more sustainable future worldwide.

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AND PRODUCTION13 CLIMATE
ACTION14 LIFE
BELOW WATER15 LIFE
ON LAND16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS17 PARTNERSHIPS
FOR THE GOALS

Source: Malaysia Sustainable Development Goals Voluntary National Review 2017





EST. 1961

The Royal Institution of Surveyors Malaysia (RISM) is a professional surveying institution dedicated to providing comprehensive services in improving the practicing and ethical standards of the profession. It comprises four distinct but closely related Divisions: Geomatics and Land Surveying Division, Quantity Surveying Division, Property Surveying Division and Building Surveying Division.

At present, the Institution has five branches (Sarawak Branch, Sabah Branch, Johor Branch, Northern Branch and East Coast Branch, including a chapter which is the UK Chapter), with His Royal Highness the Sultan of Selangor, Sultan Sharafuddin Idris Shah Alhaj Ibni Almarhum Sultan Salahuddin Abdul Aziz Shah Alhaj as its royal patron.

Special thanks to the 2019/2020 Sports and Social Chair Sr Steven Pang Ching Chooi and team, the Chairs of all RISM branches, and all RISM hikers for their dedication and participation in this project.

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