

# Jungle Trekking

With its glorious vistas, verdant undulating terrain and varied tropical landscapes, Malaysia's beautiful rainforests offer vast possibilities for trekking and camping. The country's extensive array of national parks and wildlife reserves are ideal for communing with nature and discovering her secrets.

From the primordial rainforest of Taman Negara to the wildlife sanctuaries at Danum Valley and the Kinabatangan floodplains, some of Asia's well-preserved environments offer nature lovers a wealth of experience.

While amateurs may try Malaysia's many easily accessible recreational forests near urban centres, seasoned explorers can go for challenging week-long treks up mountains such as Gunung Tahan, the tallest peak in Peninsular Malaysia.

For the uninitiated, having a trained local guide is necessary to ensure safety and to learn about the amazing and precious diversity of flora and fauna in the ecosystem. Tropical rainforests are dense, and the thick vegetation provides camouflage for the jungle denizens. It takes patience and a trained eye to see them.

Popular Sites:

- Royal Belum, Banding Island, Perak
- Kuala Selangor Nature Park, Selangor
- Endau-Rompin National Park, Johor
- [Cameron Highlands, Pahang](#)
- [Taman Negara, Pahang](#)
- [Genting Highlands, Pahang](#)
- Fraser's Hill, Pahang
- Lake Kenyir, Terengganu
- Danum Valley, Sabah

- [Kinabalu Park, Sabah](#)
- Kinabalu Floodplain, Sabah
- Bako National Park, Sarawak
- Mulu National Park, Sarawak
- Niah National Park, Sarawak