



SGP

The GEF
Small Grants
Programme



Empowered lives.
Resilient nations.

Welcome hikers!

Join us on this illustrated self-guided tour to experience the best of the Shah Alam Community Forest (SACF).

Scroll down to follow Temon the Tapir as she finds her way through the forest and to learn about some SACF fun facts.





SACF Tour Map

Use this SACF map to help you navigate your hike.





Checkpoint 1

- Temon the Tapir loves walking through the forest with her mother.

It makes her feel fresh and relaxed. There is always something new to see too!



One night, Temon got separated from her mother during one of their walks.





Lan the Langur noticed poor, lost Temon crying.



"Perhaps I should help her find her mother," he thought.



Find out what happens next at Checkpoint 2...



Fun Facts

Malayan Tapir

Tapirus indicus



1. Malayan tapirs are the largest of four tapir species in the world. They are classified as endangered as there are less than 2,500 Malayan tapirs left.
2. Just like elephants, they are called farmers of the forests as they eat plants and disperse seeds through their stools, helping to maintain a healthy forest ecosystem.
3. Due to rampant deforestation, tapirs are losing their habitat. Forced out of their own homes, they are frequently hit by vehicles when crossing roads. Over 14 tapirs have been killed crossing the roads in Shah Alam alone.

[More Cool Tapir Facts](#)

[Why We Need to Save Them](#)

TAP HERE





Dusky Langur

Trachypithecus obscurus



1. “Langur” originates from a Hindu term, meaning “long-tailed”. Their tail length ranges from 50-85 cm, which is longer than their body! They are also called dusky leaf monkeys and spectacled langurs because of the white rings around their eyes.
2. These shy primates are folivores, meaning they have special digestive tracts for eating leaves. They also forage for fruits throughout the forests.
3. When there is a threat, dusky langurs will defend their home by either shaking or breaking branches to chase predators away. They are endangered due to habitat loss and poaching for illegal pet trading.

[More Cool Langur Facts](#)

TAP HERE





Fun Facts

Forest Bathing

Shinrin-Yoku



1. Not only animals enjoy the forest, but we humans also benefit from walking or exercising inside a forest. This is because trees release phytoncides, which are believed to strengthen our immune systems and reduce blood pressure.
2. Forest therapy also helps to improve our mood and mental wellness. In Japan, doctors sometimes prescribe "forest bathing" or *shinrin-yoku* as a form of therapy.

[The Science Behind Phytoncides](#)

[Can Forest Bathing Boost Our Immunity?](#)

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