



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 3

“Woah, what’s that?” asked Temon.

“That’s a fence to separate the human houses from this forest. This is because our forest is in the middle of the city,” said Lan.



“This forest used to be much bigger. I hope that it won’t shrink anymore,” said Lan.

“Maybe now, there are humans who care enough about this forest to save it.”



"I hope so too. Otherwise, I will no longer have a home, and this pretty flower wouldn't too," said Temon.

"Let's go to the lake next."

Find out what happens next at Checkpoint 4...





# Senduduk

*Melastoma malabathricum*



1. The word *Melastoma* means "black mouth" in Greek. This is because the fruits, which can be eaten, stain the tongue black. In fact, the seeds were used to produce black dye.
2. The bark, root and leaves of the senduduk plant have many medicinal uses including treating diarrhea, dysentery, indigestion, open wounds and toothaches.
3. Senduduk leaves also remove the taste of bitterness when cooked with vegetables such as bitter gourd or papaya leaves.

TAP HERE

[Find Out More About Senduduk](#)





# Urban Forests



1. As more houses and cities are built, more natural forests are being destroyed. As residents and nature lovers, we can try to save these natural ecosystems by turning them into community forests.
2. Urban community forests provide many benefits for wildlife and people including cleaner air, cooler temperatures, flood mitigation, recreational space, nature education avenue, wildlife sanctuary, eco-tourism and many more.

[Saving the Shah Alam Community Forest](#)

TAP HERE



Back to Map