



BEST TRAILS IN NEGERI SEMBILAN, MALAYSIA

MOUNT BATU SAWA HIDUP
ELEVATION : 333 M



MOUNT TAISHO
ELEVATION : 295M



MOUNT ANGSI
ELEVATION : 824 M



MOUNT REMBAU
ELEVATION : 894 M



MOUNT DATUK
ELEVATION : 894 M



MOUNT BEREMBUN
ELEVATION : 1014 M



MOUNT MELATI
ELEVATION : 350 M



MOUNT BATU PUTIH
ELEVATION : 118 M



MOUNT TAMPIN
ELEVATION : 764 M



LEGEND :-

- MOUNT (GUNUNG/BUKIT)
- PLACE HIKING (TEMPAT MENDAKI)
- HIGHWAY (LEBUHRAYA)
- ROAD OF DISTRICT (JALAN DAERAH)
- PLAZA TOLL
- ARROW PLACE HIKING (ANAK PANAH TEMPAT HIKING)
- STATE OF BOUNDARY (SEMPADAN NEGERI)
- RAILWAY LINE (JALAN KERETAPI)



SCALE
1 : 226 532

Note :-
Geographical Coordinate System - WGS 1984
Projected Coordinate System - Web Mercator Projection

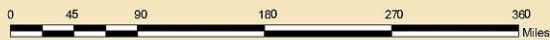
BENEFIT OF HIKING:

- 1) Lower your risk of heart disease.
- 2) Improve your blood pressure and blood sugar levels.
- 3) Boost bone density, since walking is a weight-bearing exercise.
- 4) Build strength in your glutes, quadriceps, hamstrings, and the muscles in your hips and lower legs.
- 5) Strengthen your core.
- 6) Improve balance.

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