

HIKING DOS AND DON'TS

Hiking in nature reserves can be fun if done safely. Here are some tips from the National Parks Board.

✓ Hike with a buddy, or let family members know where you are if you decide to go alone

✗ Don't go off the trail

✗ Don't feed the animals, including boars, monkeys and birds

✓ Keep a safe distance from animals. Don't show your teeth to monkeys as it may be misread as aggression

✗ Don't take plastic bags as monkeys and boars often associate these bags with food

✓ Stay away from water bodies

✗ Don't touch or eat fruits found in the nature reserve as they could be poisonous

✗ Don't blast music

✓ Take sufficient water and a fully charged mobile phone

✗ Don't swing on vines. It is dangerous and some vines may have thorns that are hard to see at first glance

✗ Don't hike in the rain or during thunderstorms as the ground may be slippery and branches may fall

