

Sleep in the world's oldest rainforest

Finding a family holiday that is different from the last, isn't always easy. But, just a few hours from Kuala Lumpur, Malaysia, is a truly unique destination - Taman Negara.

With a history of over 130-million-years, it's believed to be the oldest, primary rainforest in the world. Today, the national park offers an abundance of family-friendly activities. Whether it's adventure, relaxation or exploration you're after, there are plenty of ways to create the perfect adventure.

Take your family on a Night Jungle Walk

Spend an evening under the stars, searching for Taman Negara's nocturnal creatures. Led by local guides, visitors are encouraged to use their senses to find the rainforest's inhabitants. With a bit of luck and a good torch, you may cross paths with deer, wild boar, tapir and monkeys. Children will enjoy looking for the thousands of smaller species including, butterflies, moths and giant ants. *Tahan Hide* is also worth a visit. The observation deck is located near saltlicks and a watering hole, both of which attract wildlife.

Orang Asli village visit

Meet members of the Batek tribe - the 'Orang Asli', meaning 'original people' in Malay. Learn about the tribe's methods of hunting-and-gathering, customs and language. Watch a bamboo blowpipe demonstration, and test your own abilities at using this traditional hunting tool.

Rapid shooting

Take a trip down the Sungai Tembeling River on an open boat. Pass through seven rapids and experience Taman Negara from a different perspective. It's a quick but exciting ride for grown-ups and kids. Be prepared to get wet!

Other activities in Taman Negara:

Scope out the jungle 40-meters above ground level on the famous tree-top canopy walk. Explore the limestone caves of Gua Telinga, and trek to Gunung Tahan, the highest peak in Malaysia.

Tours and accommodation:

There are various family tour packages available, from day trips to extended visits. Accommodation options within the National Park include hotels, bungalows and four designated camping sites.

How to get there?

Taman Negara is located in the middle of Peninsular Malaysia. The easiest way to access the National Park is from Kuala Lumpur. Take the bus, train or boat - each approximately 3-4 hours.

Need more? Check out greater Penang.

Experience Penang's unique blend of eastern and western influences, heritage and modernity.

Visit the largest Buddhist temple in Malaysia, Kek Lok Si, wander through the colourful and exotic Tropical Spice Garden, or take in the Street Art at the UNESCO World Heritage site, George Town.

If good food is on your to-do list, Penang is renowned for its delicious cuisine, most notably its famous Assam Laksa - a spicy and sour, fish-based, noodle soup.

With so much on offer, you may find yourself tacking on days and weeks to check off everything on the list.

Fly to Malaysia:

AirAsia offers direct flights to domestic and international destinations in Malaysia.