

TNF ADVENTURE & OUTDOOR

# DISCOVER NATURE, GUIDED BY EXPERT

A project is a series of planned tasks with a clear objective, often involving multiple steps.



[www.tnfadventure.com](http://www.tnfadventure.com)





TNF ADVENTURE & OUTDOOR



# ABOUT US

TNF Adventure is a trusted provider of mountain guiding services and a supplier of high-quality hiking equipment to meet the needs of hikers of all levels.

Company Name: TNF Adventure

Year Established: 2023

Location: Klang Valley, Malaysia  
(Selangor & Kuala Lumpur)

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**TNF ADVENTURE & OUTDOOR**

# WHY CHOOSE US?

## **EXPERIENCED & PASSIONATE GUIDES:**

Over 5 years of hiking experience, ensuring expert navigation and safety.

## **TAILORED ADVENTURE PACKAGES:**

Customizable trips for all skill levels, from beginners to seasoned hikers.

## **COMPLETE ADVENTURE SOLUTIONS:**

Guidance, training, and high-quality equipment provided.

## **SAFETY & SUSTAINABILITY FOCUS:**

Prioritizing safety while promoting eco-friendly hiking practices.

## **COMMUNITY & CONNECTION:**

A supportive community where adventurers return for more.



"At TNF Adventure, we're not just guides — we're passionate hikers who love sharing the beauty of nature. With the experience, we know the trails inside and out, and we're committed to creating safe, memorable adventures for everyone.

Whether you're a first-time hiker or an experienced trekker, we offer tailored packages, expert training, and even high-quality equipment so you can focus on enjoying the journey. And creating a stronger bond with nature — and each other."

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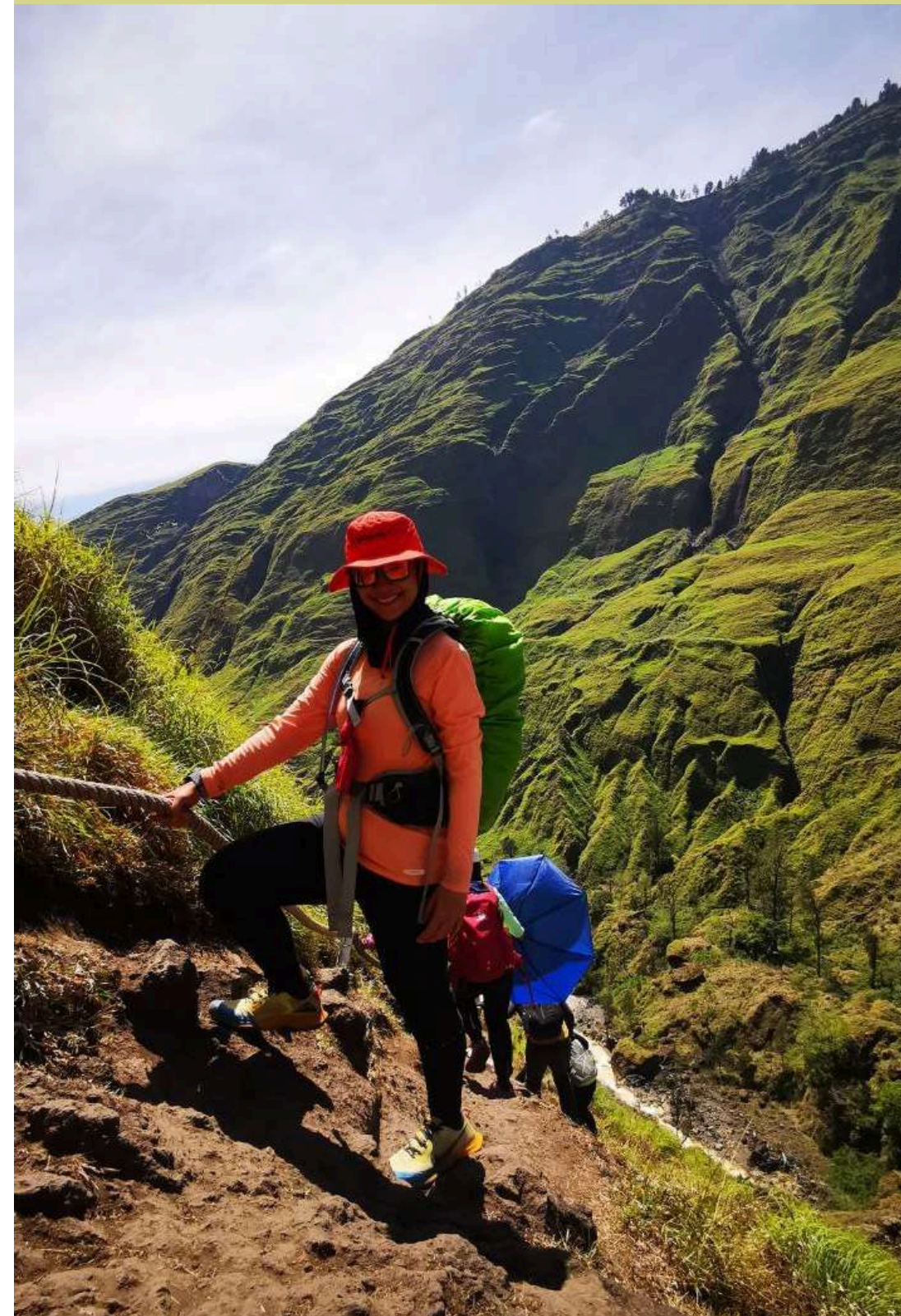




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# WHY CHOOSE HIKING?

Hiking is a holistic activity that offers a wide range of benefits for your body, mind, and soul. It's an opportunity to escape the noise of modern life and immerse yourself in the tranquility of nature.







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# ESSENTIAL GEAR FOR HIKING?

Having the right gear is crucial for a safe and enjoyable hiking experience. The proper equipment not only enhances your comfort but also ensures you're prepared for unexpected challenges. From footwear to navigation tools, every piece of gear plays a vital role in your adventure.



## FOOTWEAR

Invest in high-quality hiking boots or shoes that provide excellent support, traction, and durability.



## BACKPACK

Choose a backpack that fits your body well and has enough capacity to carry all your essentials.



## CLOTHING

Start with a moisture-wicking base layer, add an insulating mid-layer, and finish with a waterproof layer.





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Selangor is home to some of Malaysia's most beloved hiking spots, each with its own charm and adventure to offer. From the historical allure of Bukit Kutu to the challenging peaks of Gunung Nuang, these trails captivate hikers with breathtaking views, lush rainforests, and rich biodiversity. Whether you seek a leisurely climb or a heart-pumping ascent, every trail promises a unique experience and lasting memories — making Selangor a true paradise for outdoor enthusiasts."

# HIKING DESTINATION





A well-planned hike is a successful hike. Proper preparation ensures you're ready for challenges and can fully enjoy the experience. From researching trails to packing the right supplies, every detail matters. Let's break down the steps to plan your next hiking adventure.



# PLANNING YOUR ADVENTURE

## HERE'S THE LIST OF MOUNTAIN & HILLS LOCATED IN SELANGOR

\* ELEVATION ( 1000M - 2000M )

- 1.Gunung Semangkuk 1824m  
( Selangor - Pahang )
- 2.Bukit Tunggul 1663 m
- 3.Gunung Nuang 1493 m  
( Selangor - Pahang )
- 4.Gunung Bunga Buah 1430 m
- 5.Gunung Ulu Semangkuk 1394 m
- 6.Bukit Hulu Telang 1377m
- 7.Gunung Lentang- Lenggong 1370m
- 8.Bukit Genting Chabang 1350 m
- 9.Bukit Hulu Bakau 1345 m
- 10.Bukit Repin 1341 M
- 11.Gunung Rawang Matahari 1224 m
- 12.Gunung Hitam 1210m

- 13.Gunung Gap 1183 m
- 14.Bukit Boyan 1180 m
- 15.Gunung Hulu Lenik 1150 m
- 16.Bukit ResamAmbat 1149 m
- 17.Bukit Choroco 1106 m
- 18.Bukit Irdom 1104m
- 19.Bukit Payong 1080 m
- 20.Bukit Angkau 1053 m
- 21.Bukit Kutu 1050m
- 22.Bukit Bangkong 1041 m
- 23.Bukit Batu Bulan 1006 m

\* ELEVATION ( 1000M - 2000M )

- 1.Bukit ChincangSebarau 949 m
- 2.Bukit Kunang 931 m
- 3.Bukit Genting Jemeloi 916m
- 4.Bukit Gumpang 886 m
- 5.Bukit MoyangKaban 835 m
- 6.Bukit Chenuang 820m
- 7.Bukit Lapan Belas 809 m
- 8.Bukit Unyang 730m
- 9.Bukit Hulu Kalong 695m
- 10.Genting Bidai 689m
- 11.Bukit Hulu Rumpit 634 m
- 12.Bukit Lagong 575 m
- 13.Bukit Menggaru Mati 525m
- 14.Bukit Saga 451m

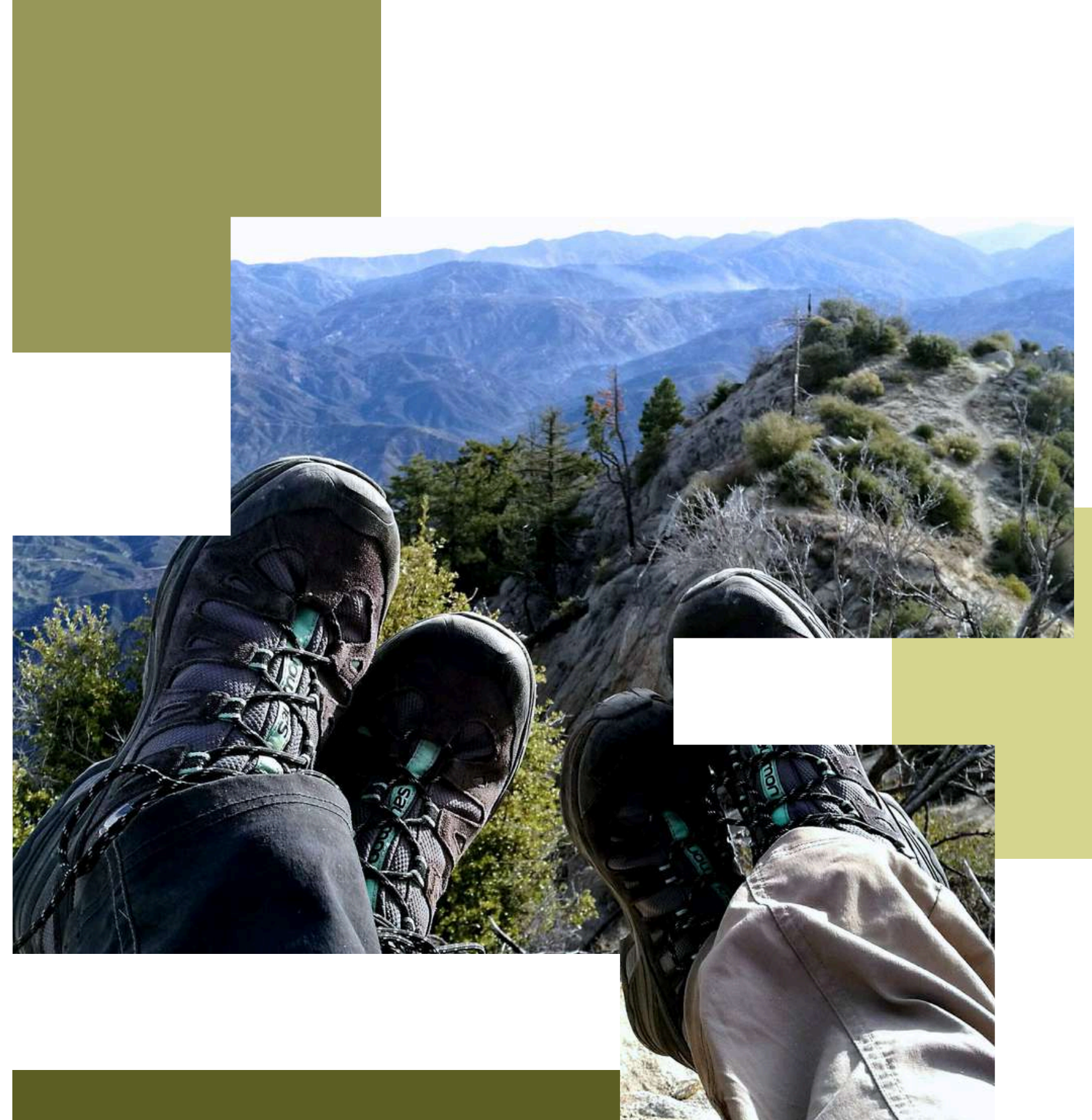
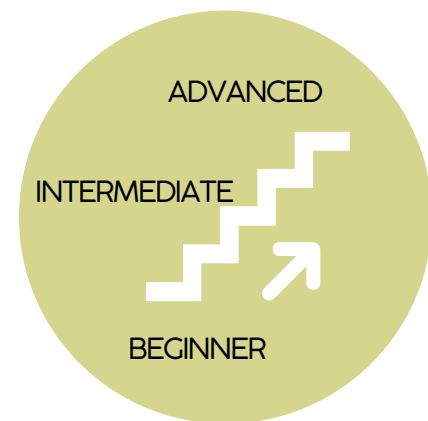




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# CHOOSE YOUR BEST PLAN

"Find your perfect adventure that fits your level — whether you're a beginner exploring nature for the first time, an intermediate hiker ready for a challenge, or an experienced trekker seeking an adrenaline-pumping climb. Select a package: go solo with an individual package, bond with friends in a group package, or create a custom experience tailored to your unique adventure goals. With TNF Adventure, there's a trail for everyone — let's find yours!"



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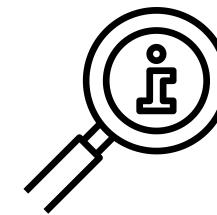




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STARTING POINT :  
TRAILHEAD NEAR FRASER HILL



ELEVATION: 1,394M  
ELEVATION GAIN:  $\pm$  730M  
DISTANCE:  $\pm$  8 KM RETURN  
LEVEL: 4-5/10  
DURATION: 5-7 HRS (DAYHIKE)



FEE : FROM **RM65/ PERSON**  
MINIMUM PARTICIPANT: SEVEN (7)  
GUIDE RATIO (1:7)  
| BASIC 1ST AID | HIKING INSURANCE | RADIO  
COMM | PERMIT HSK | RUNNER PERMIT  
| MANAGEMENT FEE | LIGHT REFRESHMENT

PRIVATE / CUSTOM TRIP:  
**FROM RM 500**

ADD ON PACKAGE : MEAL / HIKING GEAR RENTAL



## GUNUNG GAP & GUNUNG GUS

BEGINNER



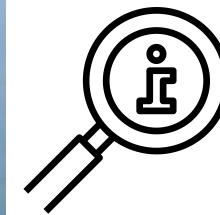




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STARTING POINT :  
TRAILHEAD PERTAK, KUALA KUBU BHARU



ELEVATION: 1053 M  
ELEVATION GAIN:  $\pm$  930M  
DISTANCE:  $\pm$  12 KM RETURN  
LEVEL: 5-6/10  
DURATION: 6-10 HRS (DAYHIKE)



FEE : FROM **RM65/ PERSON**  
MINIMUM PARTICIPANT: SEVEN (7)  
GUIDE RATIO (1:7)  
| BASIC 1ST AID | HIKING INSURANCE | RADIO  
COMM| PERMIT HSK| RUNNER PERMIT  
| MANAGEMENT FEE | LIGHT REFRESHMENT

PRIVATE / CUSTOM TRIP:  
**FROM RM 500**

ADD ON PACKAGE: MEAL / HIKING GEAR RENTAL



## BUKIT KUTU

INTERMEDIATE







# GUNUNG RAJAH

ADVANCED



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STARTING POINT :  
TRAILHEAD PERTAK, KUALA KUBU BHARU



ELEVATION: 1682 MDPL  
ELEVATION GAIN:  $\pm$  2000M  
DISTANCE:  $\pm$  24 KM RETURN  
LEVEL: 8-9/10  
DAYHIKE / 2 DAYS 1 NIGHT



FEE : FROM **RM140 / PERSON**  
MINIMUM PARTICIPANT: SEVEN (7)  
GUIDE RATIO (1:7)  
| BASIC 1ST AID | HIKING INSURANCE | RADIO  
COMM | PERMIT HSK | RUNNER PERMIT  
| MANAGEMENT FEE | LIGHT REFRESHMENT

PRIVATE / CUSTOM TRIP:  
**FROM RM 1,000**

ADD ON PACKAGE: MEAL / HIKING GEAR RENTAL





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# TAILOR YOUR ADVENTURE, YOUR WAY

"Looking for a unique outdoor experience? Let TNF Adventure craft a trip just for you! Whether it's a thrilling wild camping expedition, a refreshing waterfall escape, or a peaceful jungle walk, we'll design the perfect adventure based on your preferences and skill level. Share your vision with us, and we'll handle the rest — creating a safe, unforgettable journey through Selangor's stunning landscapes."



**NATURE & WILD CAMPING**  
Starting From: RM100/ pax



**WATERFALL TRIP**  
Starting From: : RM35/pax



**JUNGLE WALK / NATURE EXPLORATION**  
Starting From: RM20/pax





## FIRST AID KIT

Carry a first aid kit with bandages, antiseptic wipes, pain relievers, and personal medications.



## HYDRATION

Bring plenty of water, consider a filtration system for longer hikes, and drink regularly to stay hydrated.



## WILDLIFE AWARENESS

Store food securely, avoid feeding animals, and know what to do if you encounter predators.



## EMERGENCY PLAN

Start with a moisture-wicking base layer, add an insulating mid-layer, and finish with a waterproof layer.

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# STAY SAFE ON THE TRAIL

Safety should always be your top priority when hiking. While the wilderness is beautiful, it can also be unpredictable. By taking the right precautions, you can minimize risks and handle emergencies effectively.







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# RESPECT THE TRAIL AND OTHERS

Hiking is a shared experience, and practicing good trail etiquette ensures that everyone can enjoy the outdoors. By being considerate of others and the environment, you contribute to a positive and sustainable hiking culture. Let's go over the key principles of trail etiquette.

## \* **LEAVE NO TRACE**

Pack out all trash, including food wrappers and biodegradable items. Avoid picking plants or disturbing wildlife, and stay on designated trails to prevent erosion.

## \* **YIELD TO OTHERS**

Follow right-of-way rules by yielding to uphill hikers, bikers, and equestrians. Step aside and allow others to pass safely, especially on narrow and busy trails.

## \* **STAY ON TRAIL**

Straying from the trail can damage fragile ecosystems and lead to erosion. Stick to marked paths and avoid creating new shortcuts, even if the trail is muddy or crowded.





**TNF ADVENTURE & OUTDOOR**

# MEET OUR TEAM



**NINIE IRIYANIE**



**AHMAD FAIZ**

- Iriyane Mohamad Jais – 43 years old, from Selangor, Malaysia. Has over five (5) years of hiking experience. A certified mountain guide in Selangor, registered under the Forestry Department of Peninsular Malaysia.
- Ahmad Faiz Hamzah – 43 years old, from Negeri Sembilan, Malaysia. Has over five (5) years of hiking experience. A certified mountain guide in Selangor, registered under the Forestry Department of Peninsular Malaysia.
- Mountain Guide Team Members – Comprising guides of various categories aged between 20 to 55 years, with more than five (5) years of hiking experience across Malaysia.





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# JOIN WITH US!

## YOUR ADVENTURE AWAITS.....

The trails are calling, and your next adventure awaits. Whether it's a day hike or a multi-day expedition, we're here to support you.

Contact us for information, resources, and personalized recommendations.



+601 2665 9077



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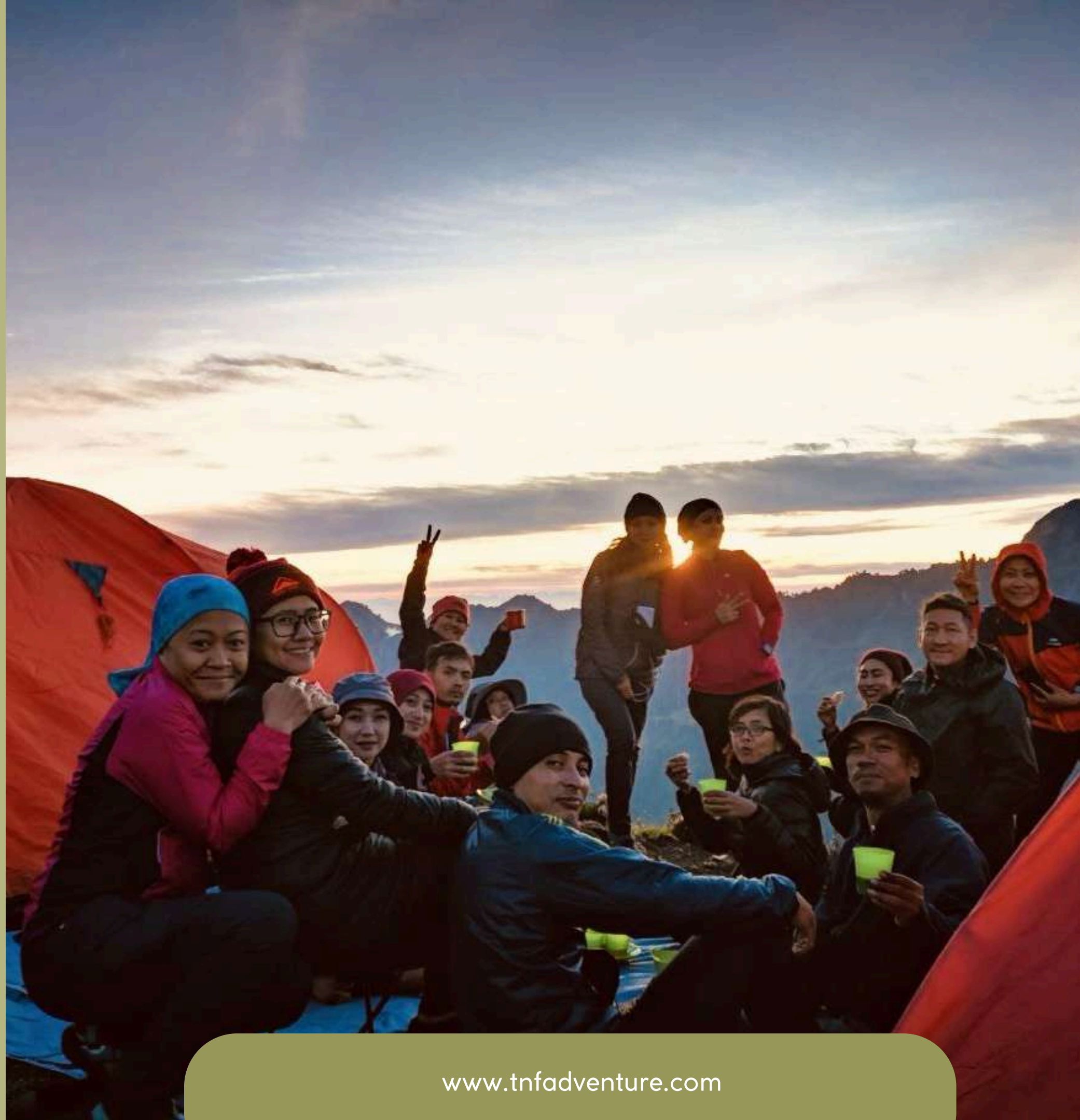


**SOCIAL MEDIA:**

[Facebook: TNF Outdoor Adventure](#)

[Instagram: NinieIriyanie](#)

[TikTok: ninieiriyanie](#)



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