

(PHBR) has been officially designated as a Biosphere Reserve under the UNESCO Man and Biosphere Programme.

The Penang Hill Biosphere Reserve (PHBR) has an array of natural wonders, serving everything from lush forests to mangroves, sandy beaches and magical marine.

The reserve is divided into carefully managed zones designed to minimise human impact while fostering sustainable interaction with nature.

Through this journal, you will -

Learn about some biodiversity in PHBR

Dissect your experience at the PHBR

Observe the surroundings at the PHBR

WELCOME TO PENANG HILL (PHBR) BIOSPHERE RESERVE

EXPLORER'S JOURNAL

EMBARK ON A JOURNEY TO EXPLORE PHBR AND UTILIZE ALL YOUR SENSES

Check out the Penang Hill Biosphere Reserve - a place where time stands still and magic reigns supreme! It's a fusion of forest wonders, the historical Penang Botanical Gardens, the famous Penang National Park, and the enchanting coastal ecosystems.

In just 10km, you'll journey through



It not only offers a diverse range of biodiversity ecosystem that are crucial for the welfare and quality of life of Penang residents. These services, such as watershed and water-catchment, carbon sequestration, soil stabilisation, and climate change mitigation, are key aspects of the planned reserve.

As you embark on this journey to explore various parts of PHBR, remember to engage all your senses to make the experience more fulfilling and enjoyable.

DI-PTERO-CARP

Di = Two
Pteron = Wing
Karpas = Fruit

Dusky Langurs are usually found in tropical rainforests with Dipterocarp trees.

Mangrove species survive by filtering out as much as 90 percent of the salt found in seawater as it enters their roots.

DID YOU KNOW?



Also Penang National Park is the **SMALLEST** National Park in Malaysia.

Threatened Categories

EX EW CR EN VU NT LC

More than 550 animal species have been recorded within PHBR.

Around 20 SPECIES are on the IUCN RED LIST, and 4 SPECIES are listed as CRITICALLY ENDANGERED.

Mudskippers are fish that can walk on land! They use pectoral fins like legs to move around on mudflats and even climb mangrove roots.

BLUE-SPOTTED MUDSKIPPER

Pectoral Fins



PHBR ACTIVITY LEAFLET

PENANG HILL BIOSPHERE RESERVE

UNESCO Man and Biosphere Programme | PENANG HILL BIOSPHERE RESERVE | THE HABITAT FOUNDATION | Scan for more info! | Content Curator: Wang Yeong Ru | Illustrator: Prabhu A. | Developed by The Habitat Foundation

ACTIVITY 01

IDENTIFY IT ALL

Identify the entrance with its name.

- Penang Hill
- Teluk Bahang Dam
- The Habitat Penang Hill
- Penang Botanic Gardens
- Penang National Park
- Taman Rimba Teluk Bahang
- Air Itam Dam

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ACTIVITY 02

MATCH IT ALL
Match the flora and fauna with its name

- SMOOTH-COATED OTTER
- ASIAN FAIRY BLUEBIRD
- OLIVE RIDLEY TURTLE
- WAGLER'S PIT VIPER
- LONG TAILED MACAQUE
- ASIAN GIANT FOREST SCORPION
- BLACK GIANT SQUIRREL
- RED GIANT FLYING SQUIRREL
- SUNDA COLUGO
- COMMON PALM CIVET
- PENANG SLIPPER ORCHID
- BETEL PALM
- FUNGI
- DIPTEROCARP SEED
- BIRD NEST FERN
- MANGROVE TREE

ACTIVITY 05

RESPONSE JOURNAL

Respond to the guiding questions below. You may choose to respond by writing or drawing.

- Do you try to get close to nature?
- How important is nature to you?
- What are 2 plants or insects or animals that you saw from this trip?
- Look up. What do you see? Describe it.
- Do you try to get close to nature?
- Look down. What do you see? Touch and feel it. How does it feel?
- What is one thing you learnt from this trip?
- What is one thing that you would do to conserve the environment?

Example Absolutely! Nature feels like a reset button for my mind I love the fresh air, the rustling leaves, and the way sunlight dances through the trees.

Example Yes, I enjoy spending time in nature because it brings me peace and inspiration by watching wildlife help me feel more connected to the environment.

ACTIVITY 06

NATURE'S POSTCARD

Based on what you have seen, write down what you remember from the trip. Think of someone you care about. Send it to that person. Share your thoughts with someone you care about!

What was your favourite part of the trip?
What was most difficult in this trip?
What do you want to do again?

MESSAGE:

Example

Hey There!
I just had the most incredible experience at Penang Hill Biosphere Reserve, and I couldn't stop thinking about how much you'd love it!

My favorite part? Definitely wandering through the mystical rainforest, surrounded by ancient trees, and the soothing sounds of nature. It felt like stepping into another world!

The toughest part?

Climbing those endless steps! My legs were on fire, but reaching the canopy walk and seeing Penang's breathtaking skyline made it all worth it.

I'd do it all over again in a heartbeat especially spotting rare birds and soaking in the cool mountain air.

Next time, you HAVE to come with me! Let's plan a trip soon?

Miss you tons!

TO: Wildheart Wanderer

ADDRESS:

ACTIVITY 03

PHBR SCAVENGER HUNT

Record, write, draw or paste pictures of your wonderful finds.

- Name or describe 3 birds that you spotted.
- Did you see anything that can be eaten? What are they? Write it down!
- Heard an interesting animal sound? Describe it!
- Find something that has a smell. Write it down!
- Find something that needs water!
- Draw something you didn't expect to see.
- Look up. What do you see? Describe it.
- Draw a spider web that you saw
- Find something that can fly & draw it out!
- Find something that is green and draw it out!
- Draw 5 types of plants that you saw. Let's Draw!
- Draw an interesting insect that you spotted!
- Draw some roots that you have seen.
- Find something you think is pretty. Describe it!
- What are 3 non-living items that you have seen? Write it down!
- Find something that is smooth. Write it down!
- What are the 3 types of plants that you can identify? Write it down!
- Find two different types of leaves. Draw it out!
- Look Down. What do you see? Touch and feel it. How does it feel?
- Find a fallen branch shaped like the letter 'Y' & draw it!

Example Hill Myna..

Example Dry Leaves..

Example Spider Web..

WRITE & DRAW HERE!

ACTIVITY 04

DID YOU SPOT ME?

How many of these Flora and Fauna did you spot throughout your exploration?

- LESSER SHORT-NOSED FRUIT BAT (I Navigate at Night)
- PLANTAIN SQUIRREL (I Leap Through Trees)
- WHITE-BELLIED SEA EAGLE (I Soar Above All)
- WHITE-MARGIN PITCHER PLANT (I Lure and Trap)
- TORCH GINGER (I Spice the Dish)
- RAIN TREE (I Am a Nature Umbrella)
- GIANT MILLIPEDE (I Roll Through Life)
- PENANG HILL VAMPIRE CRAB (I Live on the Hill)
- DUSKY LANGUR (I Am a Leaf Specialist)
- PENANG BENT-TOED GECKO (I Grip With Grace)