



# Find a country

beginning with each letter of Mont Kiara

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*Did you know we have over 60 nationalities at Garden International School?*

#GISUnited

GISMalaysia

# DIY lunchbox

What's in your lunchbox? Fill your lunchbox with healthy snacks for lunch at school or a picnic in Bukit Kiara Park.

## “Turn your wrap into a silly face!”

Lunchbox tip from Thelma, Y2 Garden International School student

Game break designed and powered by [gardenschool.edu.my](http://gardenschool.edu.my)

## More family favourites from the writers of Happy Go KL:

We love to hike at Bukit Kiara starting from Ayuria condo and ending in TTDI. After school my kids like to get an ice cream at Jack's Gelato at Seni condo. Recently the kids visited the VR Lab in Publika with friends and enjoyed it very much.

**Adventuremama**

Red Bean Bag in Publika has got the best brekkies ever!

**Durianmama**

My girls think the best chicken rice in KL can be found at Nasi Ayam Hailam in Publika. Or if you are looking for delicious cakes try Jaslyn Cakes in Shoplex.

**Hoochiemama**

Kofi 77 and Kopenhagen are our favourites for a pitstop with coffee and cake. For a quick, healthy lunch we often opt for The Kettle Bell.

**Lattemama**

On weekends we love to have brunch at Ra.ft - yummy juices and lovely food. Young Explorer in 1MK is a firm favourite of the kids!

**Zenmama**

In 163 Retail Park, we love Fei Fan Hotpot restaurant (non-halal). They have lots of choice but our favourites are the flat potato noodles, endless veggies, herbal chicken, and of course, soft serve ice cream with sprinkles!

**Kacaumama**

163 Retail Park has a lot of restaurants, some lovely shops plus a Toys'r Us!

**MamaSun**

Tell us about your favourite places to visit in Mont Kiara in our Facebook group, Out and About in KL with Kids.

On Instagram, do tag us @happygokl when out and about or use #dayoutmontkiara #happygokl.

# Mont Kiara

NI  
A DAY OUT  
WITH KIDS

Mont Kiara has a lot to offer families from hikes and playgrounds to great cafés and indoor attractions. In this guide you'll find recommendations for a fun day out from Happy Go KL, the go-to website for families in KL.

For more tips on what to do with kids in KL, head over to our website:

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

or check us out on social media:

[facebook.com/happygokl](https://facebook.com/happygokl)
[happygokl](https://happygokl)

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**SERPENTINE STUDIO**

# A day out with kids in **MONT KIARA** and Hartamas by

HAPPY  
go  
KL



## get active

### 8. Young Explorer

An indoor playpark with a difference. Young Explorer in 1MK offers a wooden play structure, complete with a zipline!

### 9. Kids Nation playland

The newest indoor playground in Mont Kiara keeps the really little ones busy with indoor play, or try the reading corner for something quieter.

### 10. Asobi J Land

Kids love this pastel coloured playland with slides, carousels and giant building blocks - all found in Publika.

### 11. VR Lab

This small and friendly outlet in Publika is good for a VR experience and for older kids to hang out.

### 12. Pusat Sains Negara

The science centre offers a classic day out: affordable fun with lots of buttons to press. Outside you'll find paddling pools, a playground and butterfly house.

### 13. Federal Territory Mosque

This beautiful mosque offers free guided tours. The guides are happy to answer your questions about the building and Islam.

### 14. KLPAC

Keep an eye out for the performances and events at KLPAC, the city's hub for performing arts.

### 15. Space Joe 1MK

This indoor playground is another great option to let off steam in 1MK.

### 16. 76Style hairdresser

You can grab a latte and get your haircut at the same time! They are also great with kids, and there is a play corner for the little ones.

### 17. Me:Reka Makerspace

This space is fully equipped with a wood/metal workshop, electronics lab, textile and design studio, virtual reality facilities, classrooms, co-working spaces and a café too!

### 18. Horse riding & bowling at Bukit Kiara Country Club

Kids can try riding at the club's weekend pony rides or sign up for lessons. The bowling alley here is open to the public.



## eat

### 1. Playground The Cafe

A pretty and spacious café with a secure play area for kids under 5.

### 2. Ra.Ft

A favourite of local families thanks to their great coffee, fresh menu and little kids' play area.

### 3. Noriter

A small play area at 1MK with toys, baby changing facilities and a small healthy menu. Entry fee applies.

### 4. Real Food

Hidden in 1MK, Real Food has a small kids' corner and a healthy, vegan kids' menu.

### 5. Doma

Not your usual Korean joint. Doma in Shoplex has an open area in front of the restaurant where the kids can race around on their bikes/scooters.

### 6. The Midnight Baker

This small café and bakery is a top pick for local families wanting a hearty breakfast.

### 7. Wondermilk

This little café in Publika will sort you out for coffee and cake, but it is also our go-to place for cupcake orders - cupcakes in all shapes and flavours!

## walks & parks

near Mont Kiara



### 19. Sri Hartamas Park

A little neighbourhood park with a mini scooter/bike track, two playgrounds, a basketball court, a football pitch and multiple exercise stations.

### 21. Skatepark Mont Kiara

A covered skatepark at the Kompleks Sukan Bukit Kiara.

### 20. Bukit Kiara

Hike or mountain bike the trails of Bukit Kiara. The Mont Kiara access is behind SMK Seri Hartamas. You can also find a trail head near Ayuria condo.

### 22. Playground at Publika

This playground may be small, but it has swings and enough space to run around in between shopping and lunching. On Wheelie Sundays the internal roads in Publika will be closed for traffic, so bring your scoots!

**Batik Boutique**  
Shop for ethical, modern batik and beautiful gifts or try making your own at one of the workshops!



For reviews on many of the activities found on this map head over to [happygokl.com](http://happygokl.com)

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Let's go on an adventure together!

## MK EXPLORER CHECKLIST

Favourite Food

Secret Location

Place For Fun!

☐ Explore MK with your family  
☐ Learn something new about Mont Kiara  
 What I've learned: \_\_\_\_\_  
☐ Plan your next MK Adventure  
 Date: \_\_\_\_\_

Fill in each box with your top tips about what to see & do in Mont Kiara. Invite friends to join you or pass this map to somebody else so they can start exploring too! If you don't explore... you'll never discover!

#GISLearning

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