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

More family favourites from the writers of Happy Go KL:

We love to hike at Bukit Kiara starting from Ayuara condo and ending in TTDI. After school my kids like to get an ice cream at Jack’s Gelato at Senni 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 brikliyes ever! Thanks

Durianmama

My girls think the best chicken rice in KL can be found at Nasir Ayan Halim in Publika. Or if you are looking for delicious cakes try Jelvin Cakes in Shaples.

Roochiemama

Kaf 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 Ria ft yummy juices and lovely food. Young Explorer in IMK is a firm favourite of the kids!

Zenmama

In 163 Retail Park, we love Fei Fan Huppat 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!

Kacasmama

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

EmaSun

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 @happygozl when out and about or use #dailyoutmontkiara #happygozl.
A day out with kids in MONT KIARA and Hartamas by

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 playground
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. Asoji J Land
Kids love this pastel-coloured playground 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. Pasar Sains Kagara
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. 765Style 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. Flor'oka 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. Forse 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.

for reviews on many of the activities found on this map head over to happygokl.com

walks & parks near Mont Kiara

1. Playground The Cafe
A pretty and spacious café with a secure play area for kids under 5.

2. Ra Fi
A favourite of local families thanks to their great coffee, fresh menu and little kids’ play area.

3. Bottega
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. Loma
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 bicycles.

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

7. Vondermilk
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!

19. Sri Hartamas Park
A little neighborhood park with a mini scooter/bike track, two playgrounds, a basketball court, a football pitch and multiple exercise stations.

20. Bukit Kiara
Hike or mountain bike the trails of Bukit Kiara. The Mont Kiara access is behind SMK Sri Hartamas. You can also find a trailhead near Ayura condo.

21. Skatepark Mont Kiara
A covered skatepark at the Kempeles Sukan Bukit Kiara.

22. Playground at Publika
This playground may be small, but it has swings and enough space to run around in between shampooing and lunching. Oh Wheelie Sundays the internal roads in Publika will be closed for traffic, so bring your scooters!

Let’s go on an adventure together!

MK EXPLORER CHECKLIST

Favourite Food

Secret Location

Place for Fun!

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

For more information, visit: gedischool.edu.my #GDISLearning