



Examples of our services 2026-2027

Valid offer until 31 December 2027

About us:

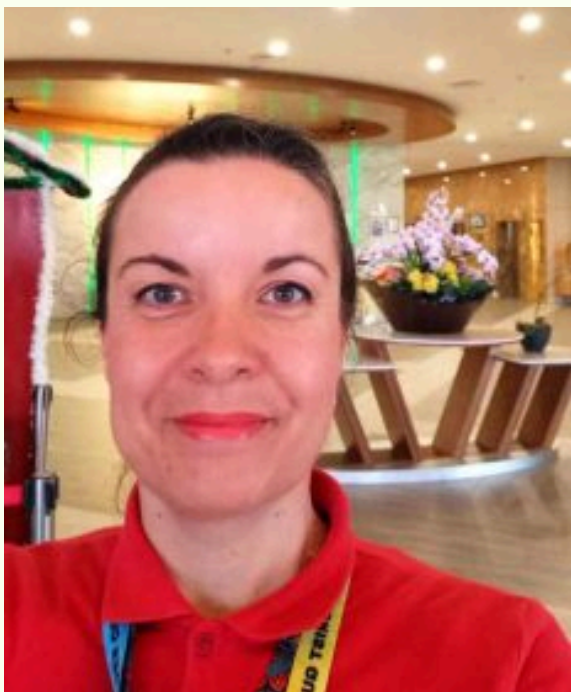
As freelance tourist guides, we established our services in order to create something new in the Cameron Highlands and show a more authentic side of the most famous hill station in Malaysia. We can accommodate the following services as well as tailored excursions upon availability of venues.



Jason Marcus Chin Ted Leong (Jason):
Certified Experienced Nature guide (English).

Specialised in trekking and plants in the Cameron Highlands, Jason loves sharing his passion for Nature with his guests. To follow him is to get a unique understanding of the local forest.:

W/App: [+60103808558](tel:+60103808558) / fernssfff.com@gmail.com



Valerie Thomas-Chin (Val):
Certified French-speaking guide.
Certified Forest Therapy Guide.

Living in beautiful Malaysia for more than 20 years, Val literally fell in love with the people and the country multi-culture. Follow her steps and guidance to experience another side of the Cameron Highlands, through history and mindfulness.

W/App: [+60103808448](tel:+60103808448) / fernssfff.com@gmail.com

Our Services Terms and conditions:

(*) All Guests should have the required level of fitness to do the activities. We reserve the right to cancel or change the itinerary, if it causes a high risk to our guests' safety depending on natural or other reasons.

() Basic equipment to bring along:**

- Good and proper trekking shoes,
- Light long pants + T-shirts (with long sleeves for sensitive skins),
- Mosquito repellent, sun protection and a light raincoat,
- Enough water (~1.5 liter per person) and snacks as needed.
- Backpacks instead of sling-bags.

(*)** Extra fees will be incurred for transportation to and /or from a perimeter outside Brinchang or Tanah Rata or for any extra request.

(**)**

- All Terms and conditions below and in the itinerary descriptions are fully understood and accepted when confirmation payment is done.
- We have only limited availability, please book with us in advance.
- No refund & no last-minute cancellation possible, but a change of dates might be considered depending on availability.
- Prices & itineraries are subject to changes depending on the local legislation and conditions. (If you have already booked, we will inform you as soon as we can and will offer an alternative route as available).
- All guests must carry a valid and original passport or a Malaysian Identity Card.
- NO pungent food, NO alcohol, NO pork and NO Durian allowed in the premises or vehicles.
- Sorry NO Pets allowed. Please keep the occasional stray animal(s) outside.
- Please no feeding or petting animals, as we cannot warranty a safe interaction.
- All vehicles & facilities are strictly non-smoking and non-vaping (Penalty fine: Rm100).
- All illegal activities are prohibited. Please note that we reserve the right to evict anyone concerned without compensation or refund and to contact the Authorities in charge if any such actions are suspected.
- The guide can refuse entry or participation to any guest whose attitude causes harm or disrespect. In this case no compensation/no refund shall be issued.
- We reserve the right to ask guests to leave the premises/tour/transfer and remove their belongings immediately, without compensation or refund, should their attitude be disruptive or pose a threat/harm to other patrons and/or staff.
- We cannot assume responsibility for the loss, theft or damage to personal belongings. Please ask the guests to keep any item safely stored.

- We do not assume responsibility for any harm, accident or injury suffered by the guests or their dependents, consequently to guests' own decision or lack of judgement. Please follow our instructions and advice properly to avoid any risk.
- Guests are solely responsible for their safety and/or of any dependent under their care in the premises or when participating in any of our activities. They should be fully aware of the hazards of services and activities provided, as well as within the visited locations.
- Guests must be fully aware and take full responsibility regarding the known or unknown status of their (or of their dependents') health, allergies and level of fitness and are solely responsible for any linked consequence that might occur while taking part in our services and activities.
- Guests are liable for any damage caused by themselves or their dependents and shall inform us of any malfunction during their time with us.

Media:

- We reserve the right to use any photos, videos & recordings during our tours & transports for our publications online & Marketing.
- Should you wish not to appear in any of them or your shared photos/videos/recordings not to be published in our medias, please let us know in advance.

Thank you very much for your kind cooperation, so that everyone can have the opportunity to enjoy our excursions to the best.

- **P.S.:** Please let us know in advance for any "Special Request", we will try to accommodate as much as possible according to the law & availability, as well as to the best of the guests' experience and safety.

In accordance with the local current legislation, please note that the quoted offers are our own and for your perusal only. Please do not share these informations with a third party without our consent.

Nestled comfortably within the Titiwangsa Mountain Range in Malaysia, the Cameron highlands offer a cool escape from the tropical heat. Their “Mossy Forest” is home to a very unique type of habitat for endemic species. Let’s unveil together the wonders of Mother Nature, take the time to discover the local heritage and walk together down memory lane...



TREKKING EXPERIENCES.

Set high along the Titiwangsa Range, the Cameron Highlands offer a refreshing change of pace and climate from Malaysia's lowlands. Its unique environment is home to ancient, mist-shrouded montane rainforest and unique biodiversity open to the eyes of those who will follow an expert guide.

For security and best experience, please kindly check if the level of fitness/age/special physical conditions of all guests are suitable to take part in the proposed treks.

In doubt, please do not hesitate to contact us for advice. We can provide a diverse range of activities that can be tailored to the participants abilities.

For better chances on weather conditions, please arrange outdoors activities in the mornings.

Necessary equipment to bring along: see terms & conditions above.

For the Rafflesia trails: please advise the participants to bring additional change of shoes/socks and towels as the Rafflesia bloom is unpredictable both in time and location. The duration of the trail and the terrain difficulty will depend on where the flower is available.

Advanced booking is required.

For any inquiry on trekking tours, please contact **Jason:**

W/App: +60103808558 fernsfff.com@gmail.com





(c) Ferns, Fronds, Friends & Family

Cameron Valley Descent trek

Fitness level required: Highly active with great fitness level;

Recommended age range: 10 – 55 years

Difficulty: physical mountain trekking. Slope: about 250m.

English only – Duration: 6 hours. **Departure @8.00am**

DESCRIPTION: Trek up to Mount Jasar viewpoint through the local Mossy Forest and down the Cameron Valley. Be amazed at the lush mountane flora and the relaxing green of the tea bushes as you enter the Bharat tea plantation



Our services

- *includes guiding fees, transportation (by taxi from Tanah Rata only to/from the trail), entrances & trail permit;*
- *do NOT include: tea & collation at the tea plantation*

For further details, please inquire with us in advance:

W/App: +60103808558

fernsfff.com@gmail.com





Gunung Jasar Loop Trek

Fitness level required: active with above average fitness level:

Recommended age range: 7 – 65 years

Difficulty: above average mountain trekking. Slope: about 200m.

English/French– Duration about 4 hours. Departure @8.00am

DESCRIPTION: Unveil the secrets of the local cloud forest on this interpreted average trek up and down Mount Jasar.



Our services

- *include guiding fees, transportation (by Taxi from Tanah Rata only to/from the trail) & trail permit.*

For further details, please inquire with us in advance:

W/App: +60103808558

fernsfff.com@gmail.com





Berumbun Mossy Forest Trek

Fitness level required: active with above average fitness level:

Recommended age range: 7 – 65 years

Difficulty: above average mountain trekking. **Slope:** about 200m.

English– Duration: about 4 hours. **Departure @8.00am**

DESCRIPTION: Get inspired by the fairy-tale-like decor of the magical Berumbun Mossy Forest and down across the MARDI garden where the 1st tea bushes were actually planted.



Our services

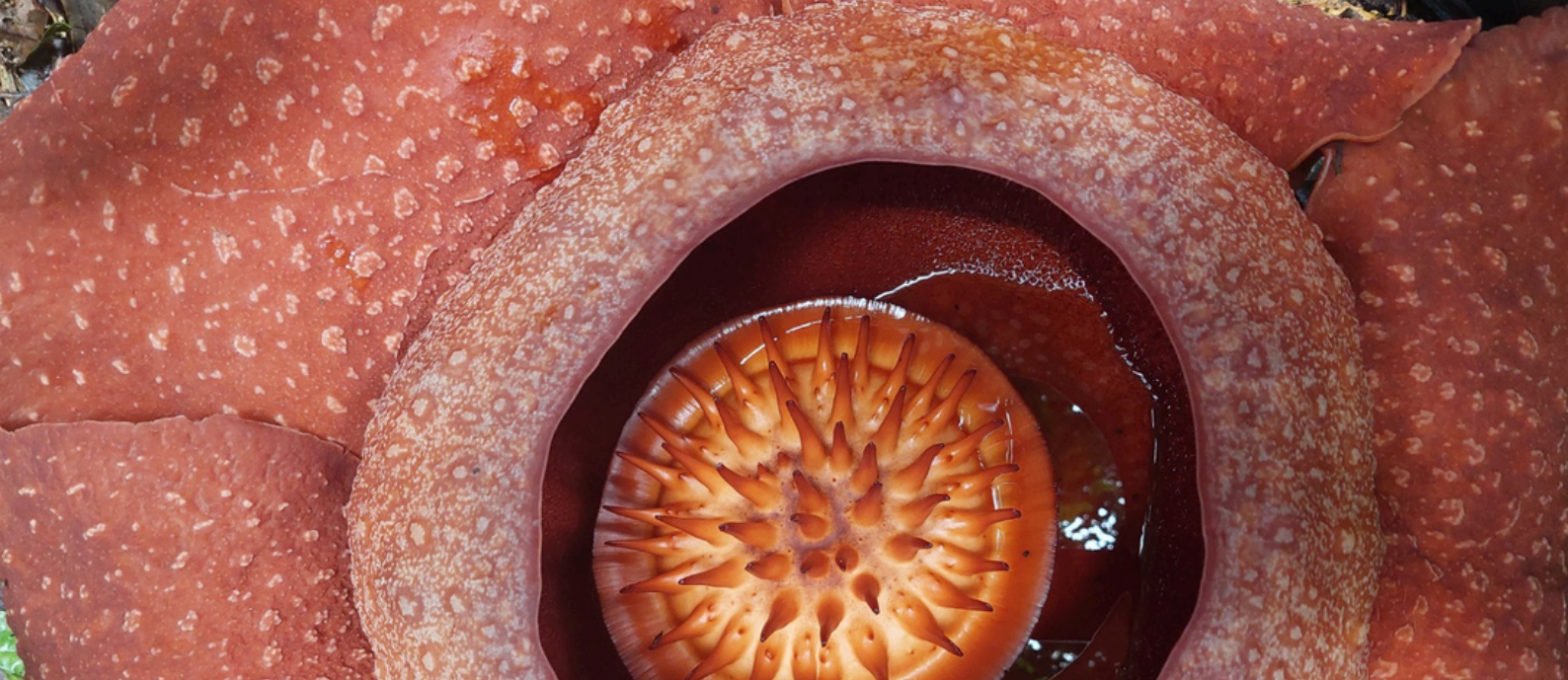
- *include guiding fees, transportation (by Taxi from Tanah Rata only to/from the trail), entrances & trail permit.*

For further details, please inquire with us in advance:

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Trekking to the Majestic Rafflesia

Available during the dry season only._

Fitness level required: Highly active with great fitness level.

As the trail can be tough, please let us know the age and physical abilities of the participants.

English Private only- from 5 hrs- Departure @6.45am

DESCRIPTION:

Experience a 4x4 ride (over 1 h) before stretching your legs on the treks to the rare and majestic Rafflesia, over the mountain slopes and across the fresh streams of the protected site where the gigantic flower resides.

For a full day program, add-on a visit to the tea plantation & Mossy Forest or Strawberry farm.

(*) The guests will have to prepare a change of clothes/shoes and own towels .

(*) Due to the very special condions for the flower to grow, we cannot promise a fresh bloom. However, there will be either developing buds or old withered flowers to see.

For further details, please check
with us in advance:

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fernsfff.com@gmail.com





EXCLUSIVE EXPERIENCES.



A trip to the lush green of the tea plantations and/or a date with history?

Share your wishes with us or choose among our programs to allow the guests to discover Cameron Highlands from a fresh perspective.

Preferring something customised? Please let us know, we will be happy to assist you based on availability.

Your agency has arranged everything, and you would like us to accompany you on your activities?

Please, ask them to contact us directly.

We would be happy to join your group if we are free
(Extra costs might incur)

To be noted:

=> *For safety reasons and guests' well-being on the tour, please let us know of any allergy or special physical conditions.*

=> **Mount Brinchang:** *Only authorised local vehicles are allowed. Access to the peak might close early in the afternoons and during rainy season. If it is not available, we will replace with the beginning of Coral Hill Trek until the Mossy Forest point.*

=> **For better chances on weather conditions,** *please arrange activities in Nature in the mornings.*

=> *Early morning departures are preferred as quoted, aiming to avoid big crowds and heavy traffic as much as possible (especially on weekends & local holidays).*

Advanced booking is required.

For any inquiry on trekking tours, please contact **Valerie:**

W/App: +60103808448 fernsfff.com@gmail.com





Tea tasting + Coral Hill Trek

Fitness level required: active with above average fitness level;
Recommended age range: 5 – 65 years (**TREKKING. Slope: about 200m**)
English /French–Private only– duration: about 5 hrs– Departure @8.00am

DESCRIPTION: Improve your knowledge of tea (tasting & commentary) and unveil the secrets of the local Mossy Forest away from the main crowd (Coral Hill trek: 1.5 to 2 hours).

=> Not available on Mondays;

=> Participating at the tea tasting session is at the discretion of the plantation Management.



Our services

- *include guiding fees + transport + tea tasting;*
- *do NOT included: collations at the plantation.*

For further details, please check
 with us in advance:
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The “Classique Half Day”

With the mossy Forest of Mount Brinchang

Fitness level required: active with above average fitness level;

Recommended age range: 5 – 65 years (WOODEN STAIRS).

English/French –Private only- Duration: about 4 hrs -Departure @8.00am

DESCRIPTION: Commentary on the tea process (**NO** tea tasting), followed by Mount Brinchang Mossy Boardwalk wooden stairs (about 20 to 30 min)

Our services

- *include guiding fees + transport + entrances on the boardwalk.*
- *do NOT included: tea & collations at the plantation.*

Notes:

=> Only accessible by local authorised vehicles.

=> If Mt Brinchang is closed, it will be replaced by the Coral Hill (1 to 2 hours trek).

The closure of Mount Brinchang depends on the decision of the local Forestry Department.

For further details, please inquire with us in advance:

W/App: +60103808448

[fernsfff.com@gmail.com](mailto:fernsfff@gmail.com)





Cameron Highlands North & South

Fitness level required: active with above average fitness level:

Recommended age range: 5 – 65 years (TREKKING . Slope: about 200m)

English/French– Duration: 8 hours. Departure @8.00am

DESCRIPTION: -Departure from Tanah Rata.
-BOH Sungai Palas plantation with commentary on tea
- Coral Hill (1 to 2 hours trekking).
- Lunch break
- Habu BOH plantation (view point & relaxation time)
- Bee and Strawberry farm & commentary on farming in the Cameron Highlands
-return to Tanah Rata

=> **Not available:** on Mondays & Public holidays

=> *Extra fees incur for pick ups and returns outside Tanah Rata area.*



Our services

- include guiding fees, transport lunch & 1 cup of tea in Habu
- do NOT include collations at the plantations.
- No tea tasting on this option.

For further details, please inquire with us in advance:

W/App: +60103808448

fernsfff.com@gmail.com





1. Cameron Highlands Through History

Fitness level required: all & active.

Recommended age range: 5 – 75 years

English/French– Duration: 8 hours. Departure @8.00am

DESCRIPTION: Immerse in the 101-year old historical past of the CH:

- Departure from Tanah Rata or Brinchang
- BOH Sungai Palas tea plantation (no tea tasting session)
- Strawberry Farm
- Brinchang Sam Poh Buddhist Temple & hindou temple
- Lunch at the Smokehouse Hotel (**dress code: casual chic**)
- All Souls church & around the Golfe course
- Convent School

NOT available on Mondays, Weekends, Public & School Holidays



Our Services:

- includes guiding fees, Transport, Lunch,
- do NOT include tea & collation at the plantation.
- **Option:** tea tasting (extra RM50/pers). availability at the discretion of BOH Management.

For further details, please inquire with us in advance:
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2. CH History in Short

Fitness level required: all & active.

Recommended age range: 5 – 75 years

English/French– Duration: 4 hours. Departure @8.00am or 1.00pm

DESCRIPTION: – Departure from Tanah Rata or Brinchang.
 – Brinchang Sam Poh Buddhist Temple & hindou temple
 – The Smokehouse, All Souls church & around the Golfe Course
 – Convent School

NOT available on Weekends, Local Public & School Holidays

Our Services:

- includes guiding fees, Transport, Lunch,
- do NOT include food & beverage at the Smokehouse,
- guests can add-on a collation at the Smokehouse at extra costs
*(booking in advance is recommended. **Dress Code: Casual chic**).*



To be noted.

=> a good alternative on Mondays as the BOH tea plantations are closed.

=> other activities can be combined for a full day. Please ask us.

For further details, please
 inquire with us in advance:
 W/App: +60103808448
fernsfff.com@gmail.com





Cold case in CH: in the steps of a lost spy...

Fitness level required: all & active.

Recommended age range: 5 – 75 years

English/French– Duration: about 4 hours. Departure @8.30am

DESCRIPTION: Play detective around the last places the famous “Thai silk king” supposedly went to before his mysterious vanishing...

**NOT available on
Weekends, local
Public & School
Holidays**

- Starting @8.30am from Tanah Rata & Brinchang.
- All souls church
- introduction to Smokehouse (F&B not included **)
- slow walk around Jalan Kanmunting where Jim Thompson supposedly disappeared.

Our Services:

- includes guiding fees, Transport, Lunch,
- guests can add-on a collation at the Smokehouse at extra costs
(*booking in advance is recommended.* **Dress Code: Casual chic**).



To be noted.

- => a good alternative on Mondays as the BOH tea plantations are closed.
 - => other activities can be combined for a full day.
- Please ask us.

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MINDFULNESS & WELL-BEING.

In today's fast-paced digital era, **mindfulness** has become an essential pillar for our **well-being**. By anchoring attention to the present, it helps reduce the negative effects of constant information overload.

Incorporating key practices in our daily lives with simple movements and through observation,

- => Lowers cortisol levels and prevents chronic stress-related diseases,
- => Enhances mental clarity and cognitive performances,
- => Regulates emotions and fosters resilience & patience,
- => Supports physical health and improves sleep quality.

In short: Mindfulness acts as an internal anchor in a hectic world, helping us move away from chronic autopilot and toward a more intentional, balanced, and fulfilling life.

=> **IMPORTANT:** The guests might expect some emotional release on this practice. Please ask them to inform us personally of any physical or emotional conditions before booking.

=> **Vocabulary:** Shinrin Yoku = Forest Bathing = Sylvo-therapy: slow walking in nature engaging all 5 senses, emphasising on presence, aiming to reduce stress as well as enhancing health & overall well-being.

=> **Equipment & Clothes:**

In the Forest (outdoors): Refer to our usual equipment list.

At the tea plantation (indoors): Comfortable & light sports clothes, comfortable shoes, water & snacks as needed.

=> **A quick mindfulness session (1 to 2 hours) in nature** with somatic movement and breathing can be added in the afternoon to complete a half day. Contact Valerie for further possible arrangements.

Suggestion: TO DEEPEN THE RELAXATION in Cameron Highlands:

=> **Sound Healing with Cryst:** <https://www.healingwithcryst.com/>
Please contact Cryst directly to book a session with her.

Advanced booking is required.

For any inquiry on trekking tours, please contact **Valerie:**

W/App: +60103808448 fernsfff.com@gmail.com

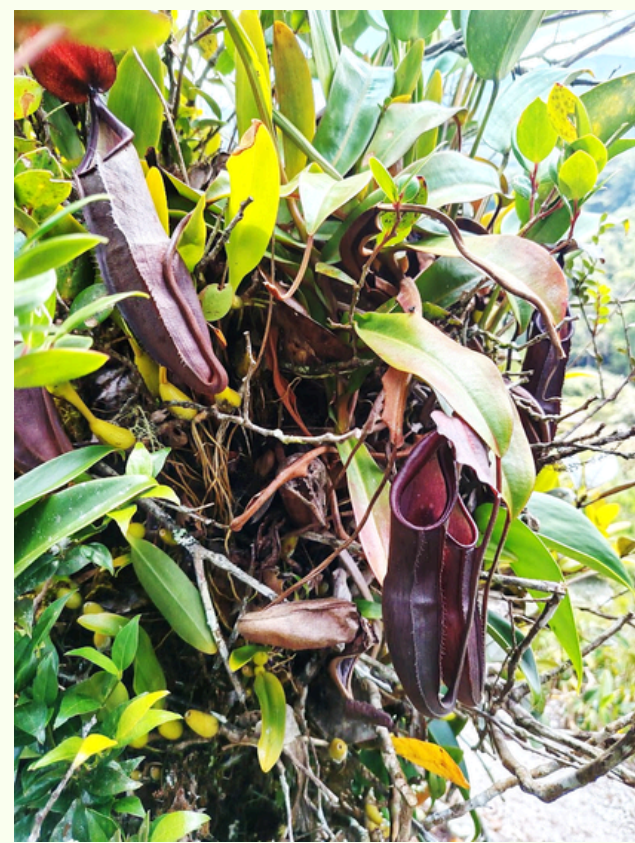




Introduction to Forest Bathing On Coral Hill

Fitness level required: active with above average fitness level;
recommended age range: 18 – 55 years (TREKKING: Slope: about 200m)
English /French- Departure @8.00am (about 4 hours)

DESCRIPTION: Get inspired by the beautiful surroundings of the Mossy Forest of Cameron Highlands, as you trek at a slow pace on the small Coral Hill. Your guide will share with you the benefits of Nature on your health and overall well-being while introducing you to somatic & breathing exercises that will help to lower your stress in everyday life.



Our services

- *include guiding fees, transportation (from Brinchang & Tanah Rata only to/from the trail)*

For further details, please inquire
with us in advance:

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fernsfff.com@gmail.com





Immersive Shinrin Yoku on Mount Jasar

Fitness level required: active with above average fitness level;
recommended age range: 18 – 55 years (TREKKING: Slope: about 200m)
English /French- Departure @8.00am (about 6 hours)

DESCRIPTION: Experience the local forest of Cameron Highlands & learn about the science behind “Forest Bathing”: Follow our guide through a slow trek with the local mossy forest as she explains the importance of Nature connection to our health & introduces tips for relaxation and release from modern life stress,



Our services

- *include guiding fees, transportation (from Brinchang & Tanah Rata only to/from the trail) & trail permit*);

For further details, please inquire
with us in advance:
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Tea With Mindfulness

Fitness level required: all and active :

Recommended age range: 18– 75 years

English– Duration: about 4 hours. Departure @8.00am

DESCRIPTION: Why not ally your favorite cuppa with a well-being session to release stress?

- Departure @ 8am from Tanah Rata or Brinchang
- Visit of tea plantation + tea tasting
- Mindfulness breathing and movements (indoors) with an amazing view on the tea plantation

NOT available on Mondays, Weekends, local Public & School Holidays



Our services

- includes guiding fees, transport, tea tasting & renting of the venue (at the discretion of BOH management)
- do NOT include Food & Beverage at the plantation

For further details, please inquire with us in advance:

W/App: +60103808448
fernsfff.com@gmail.com



Terima Kasih.

Thank you for your support and your trust in our services.

We hope to offer you a more authentic experience and a different glance of the Highlands.

Please do not hesitate to share your feedback & any special request with us. We are always happy to improve our services to create meaningful memories in your travels.

Contacts (buy WhatsApp or email only):

Jason (trekking) +60103808558

Valerie (Others) +60103808448

fernssff.com@gmail.com

