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# SINGAPORE

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Singapore is the world's only city-state, having gained independence from Britain in 1963. With a population of 6 million, the country is a global commerce, finance and transport hub. It is small, about 2/3 the size of New York City, measuring 50 km from east to west and 27 km from north to south, with nearly 200 km of coastline. Despite its density and many high-rises, there's wonderful running in Singapore, due to an active greening policy, which has covered the island with tropical plants, parks, and trails. Singapore is one of our favorite cities to run in Asia.

Some of the best places to run in Singapore are downtown in the **marina** area, with waterfront paths and the iconic **Gardens by the Bay**. Other waterfront runs include the **East** and **West** coast linear parks, the **Singapore River**, and Macritchie Reservoir. Favorite parks & gardens for running include Fort Canning, the Botanic Gardens, **Judong Gardens**, & **Pasir Ris Park**. Trail runners will love **Clementi Forest**, the Southern Ridges Route, **Bukit Timah**, and Pulau Ubin Island. There's also excellent waterfront &



park running near the Airport. It's also worth a quick trip across the Straits of Johor for some excellent running in **Johor Bahru** at the southern tip of the Malay Peninsula.

**Runner Notes:** Singapore's weather is consistently hot & humid, so use caution! Many of Singapore's running spots are well lit at night, which is helpful as there are not late sunsets due to Singapore's location close to the equator. Singapore's public transportation system, the MRT, is excellent: a combination of trains, subways, and light rail.

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### MARINA BAY SIGHTS AND ARCHITECTURE

SINGAPORE

ALONG THE WATER | HISTORIC | ICONIC | RUNSEEING

Spectacular run around Marina Bay's fascinating architecture and major sites. Short run 3.4 miles, long run 7.2 miles

[EXPLORE](#)

### WATERFRONT RUN – DOWNTOWN CORE TO STADIUM

SINGAPORE

ALONG THE WATER | MULTI-USE TRAILS | WATERFRONT PROMENADES

Great run from downtown core to stadium along dedicated waterfront path.

[EXPLORE](#)

## SINGAPORE RIVER

## SINGAPORE

ALONG THE WATER | MULTI-USE TRAILS | CLASSIC RIVER PATHS |  
ROUTES WITH VIDEOS

Great trail right from downtown, along river 3.8 miles to Queenstown Stadium.

[EXPLORE](#)GARDENS BY THE BAY AND FORT  
CANNING PARK

## SINGAPORE

HILLY | HISTORIC | BRIDGES

Gardens by the Bay is one of Singapore's major sites and also great for running. Combine with Fort Canning Park for a hill and a great 5.8 mile tour, and even more with Marina Bay. The Helix Bridge is a highlight, as are numerous other pedestrian bridges.

[EXPLORE](#)

## EAST COAST PARK

## SINGAPORE

ALONG THE WATER | ICONIC | MULTI-USE TRAILS | PARKS | PARKRUN  
| WATERFRONT PROMENADES

One of the most popular runs in Singapore. A paved multi-use path runs along the Singapore Strait from Marine Parade/Katong east toward the airport. Nice foliage, water views, and a festive scene. Up to 11.7 k one-way.

[EXPLORE](#)NEAR AIRPORT: JURASSIC MILE, CHANGI  
BEACH PARK, PASIR RIS PARK

## SINGAPORE

ALONG THE WATER | MULTI-USE TRAILS | PARKS | NEAR AIRPORT |  
NEAR CONVENTION CENTER

Some of the best running options near an airport of any city we know. Run the 'Jurassic Mile' to East Coast Park; a path to Changi Beach; or the many km of paths around Pasir Ris Park & Tampines.

[EXPLORE](#)

## PUNGGOL AREA WATERFRONT, PARKS, & SERANGOON ISLAND

### SINGAPORE

ALONG THE WATER | GREAT VIEWS | PARKS

In the Punggol area in the northeastern part of Singapore, there's some very scenic running on waterfront paths, around Serangoon (Coney) Island, and Waterway Park. A few different distance options.

[EXPLORE](#)

## MACRITCHIE RESERVOIR

### SINGAPORE

MULTI-USE TRAILS | PARKS

Wonderful 6.5 mile loop around reservoir and nature trails. A great getaway only 10k from downtown.

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## BISHAN-ANG MO KIO PARK & KALLANG RIVER PATH

### SINGAPORE

MULTI-USE TRAILS | PARKS | PARKRUN | RUNNING TRACK

This 62-hectare city park the heartland of the Bishan and Ang Mo Kio residential districts is a nice place for a run. Paved trails wind through gardens and lawns for a ~6.4 km loop. Can extend w/trail along Kallang River.

[EXPLORE](#)

## WEST COAST PARK

### SINGAPORE

ALONG THE WATER | PARKS | PARKRUN

A great run in western part of Singapore. 5k loop along the water.

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## BEDOK RESERVOIR LOOP

## SINGAPORE

ALONG THE WATER | MULTI-USE TRAILS | LAKE LOOPS

4.3 km loop around a Reservoir, which was originally a sand quarry. Popular spot in the eastern part of Singapore, near the airport. Add on with up to 3.4 km in adjacent Bedok Park

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## SOUTHERN RIDGES AREA: KENT RIDGE PARK, HORT PARK, TELOK BLANGAH HILL PARK, MOUNT FABER PARK

## SINGAPORE

GREAT VIEWS | HILLY | PARKS | 'UNIQUE' RUNS | BRIDGES

A verdant, scenic and unique run! Paths connect four adjacent parks, passing through and above a lush tree canopy, with great views of the city below. Includes two 'treetop walks' and impressive pedestrian bridges.

EXPLORE



## PANDAN RIVER TRAIL

## SINGAPORE

ALONG THE WATER | MULTI-USE TRAILS | ARBORETUM/BOTANICAL GARDEN

Pleasant 5 km path along the Pandan River, from Buona Vista MRT station to Clementi Ave. Can add with Rail Corridor Trail, which heads north to Clementi Forest & Bukit Timah.

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## BUKIT TIMAH NATURE RESERVE

## SINGAPORE

TRAIL RUNNING

This 163-ha preserve 12 km from the city is a great trail running option. Lush vegetation, facilities, and trails of varying distances & difficulty, including the 163m Bukit Timah Hill.

EXPLORE



## JURONG LAKE GARDENS

## SINGAPORE

ARBORETUM/BOTANICAL GARDEN

This 90-acre green oasis in the emerging Jurong Lake District is a wonderful new addition to the Singapore running scene. Run on lush trails through four themed gardens. Free and open all day. Lit at night!

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## RAIL CORRIDOR TRAIL &amp; CLEMENTI FOREST

## SINGAPORE

MULTI-USE TRAILS | TRAIL RUNNING

A 16 km+ multi-use path in the western part of Singapore that can be run standalone or as add-on/connector to our Bukit Timah, Pandan River Trail, & Clementi Forest routes.

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## WOODLANDS AREA: WATERFRONT &amp; PARKS LOOP

## SINGAPORE

ALONG THE WATER | PARKS | RUNNING TRACK

A scenic run in Woodlands - a planned residential community in the northern part of Singapore. Includes Woodlands Waterfront Park along the Johor Straits, and lush green trails through Marsiling Park and Admiralty Park.

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## DESTINATION RUN: PULAU UBIN ISLAND

## SINGAPORE

GREAT VIEWS | TRAIL RUNNING

For a scenic destination run, take the short ferry ride from Changi Point to Pulau Ubin Island. The island is a large nature sanctuary featuring wetlands, quarries, mangrove swamps, and lush woodlands. Some easier trails, others more rugged.

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