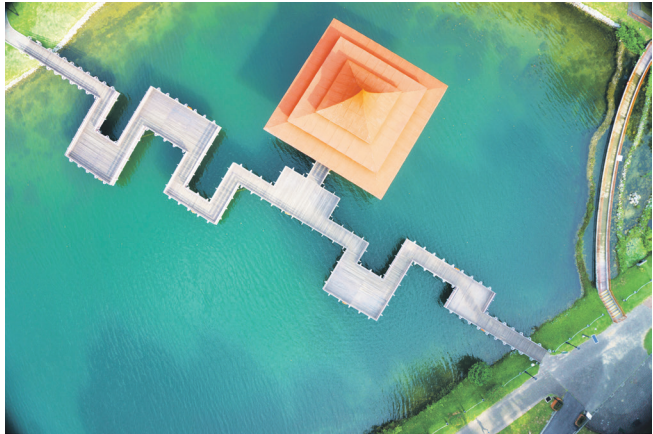


# SCENIC TRAILS TO RUN OR HIKE IN SINGAPORE



## MacRitchie Reservoir Park

Panoramic views of the forest and the thrill of walking at 25 metres above ground are all part of the experience when you traverse the TreeTop Walk, a 250-metre-long freestanding suspension bridge. See first-hand the layers of the rainforest, from the ground all the way to the canopy and the emergent layer of trees, when you take on this scenic seven-kilometre-long roundtrip to the bridge. From the carpark at Venus Drive, it's a three- to four-hour hike—do note that the TreeTop Walk only allows access from one direction.

**Southern Ridges.** Keep your camera on hand when you hike the photogenic ten-kilometre-long network of trails known as the Southern Ridges. The route starts at HarbourFront Mass Rapid Transit (MRT) station and takes you three to five hours to walk through Mount Faber Park, Telok Blangah Hill and HortPark before ending at Kent Ridge Park. Soak in the scenic views of our skyline and the Southern Islands at the peak of Mount Faber Park, which is also where you can take photos with the Merlion sculpture—one of seven that dot the island. For Instagram-worthy pictures, we definitely recommend Henderson Waves, the highest pedestrian bridge in Singapore. The post-modern wood and steel structure's also an ideal venue for a romantic night stroll, as it's majestically illuminated by glowing LED lights from 7pm to 7am.

Relive the footsteps of Malay kings and British governors at **Fort Canning Park**. This area used to be home to Malay royalty, and was also where Sir Stamford Raffles built his first house, which eventually became the place of residence for governors. Connect with history when you explore Fort Canning Service Reservoir to discover landmarks such as the nine-pound cannon that dates back to the 19th century; headstones that mark the site of Singapore's first Christian cemetery; and Fort Gate, a remnant of the fortress that was built on this hill.



The golden hour washing over the city's CBD is a sight to behold. Skyscrapers glimmer and **Marina Bay** glistens—it all makes for a postcard-perfect backdrop for your evening run. The area's proximity to attractions, restaurants and heritage monuments also means there's plenty to do and see after this easy 3.9-kilometre route. Start at the **Merlion Park** next to **One Fullerton** and you'll run past The Fullerton Heritage precinct, across **Marina Bay Sands**. You can cut through the underpass that connects the iconic towers to Gardens by the Bay and whizz past lakes and conservatories before entering the **Supertree Grove**. End your run with a last dash towards your final stop, the **Marina Barrage** where Singapore's skyline lights up to celebrate the completion of your run goal.

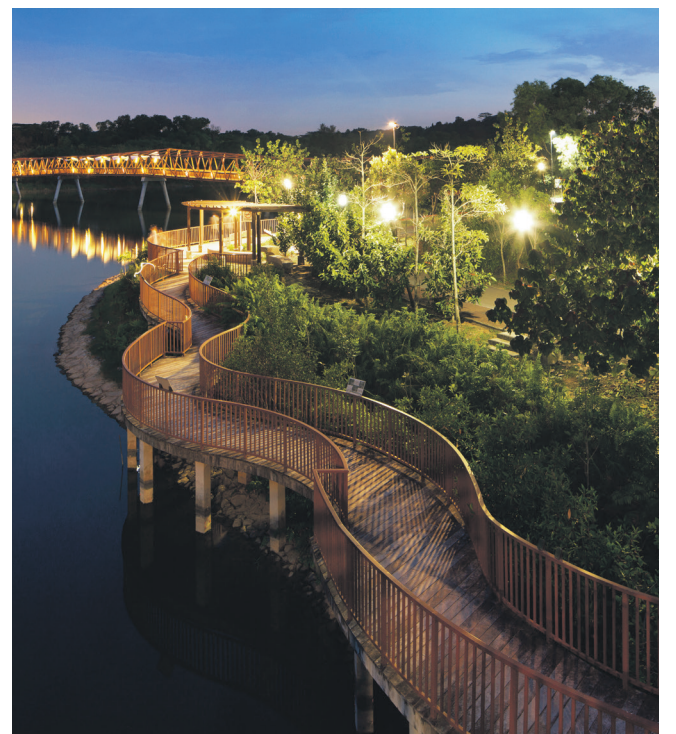
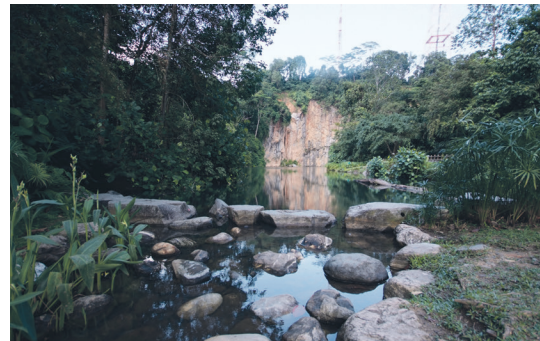


If there's one place in Singapore that's synonymous with outdoor revelry, it's **East Coast Park**, where some seven million locals and tourists flock to for the variety of sporting, entertainment and dining attractions. Along this 15-kilometre stretch of beach, you'll find hordes of cyclists and roller bladers enjoying the sun and sea breeze, while cable skiing and water sports are on offer for those who prefer wetter pursuits.

**Sungai Buloh Wetlands Reserve.** Enjoy an up-close look at mud lobsters, tree-climbing crabs and monitor lizards when you stroll along the 500-metre-long boardwalk of the mangrove swamps in Sungei Buloh Wetland Reserve. The boardwalk runs parallel to the Wetland Centre. Look to the sky when you head to the Migratory Bird Trail just a short walk away. From behind the five hides, two platforms and the 18-metre-tall Aerie Tower featured along the trail, you can

quietly observe migratory birds such as the Common Redshank and Pacific Golden Plover that shack up in this reserve from September to March. Kingfishers, herons and egrets also visit the reserve regularly.

**Bukit Timah** is an expansive twist of roads and buildings, but within the district are tranquil spots for some quiet. Take a hike up Bukit Timah Hill or, for the adventurous, go off-tangent and explore the jungles of Bukit Timah Nature Reserve by mountain bike or foot.



**Punggol** is a little far off from the city centre, but you'll be surprised by the options awaiting you on this end of the island. Explore the Punggol Waterway Park by bicycle—there are scores of rental shops around offering hourly rates—or meander the carved paths of Coney Island.