



**Coast-to-Coast
Trail**

Your Guide to NParks **Coast-to-Coast Trail** **(Central)**

NParks Coast-to-Coast Trail (Central)

Hi there!
I am Phyll, a leaf from the native Broad-leaved Sterculia (*Sterculia macrophylla*).

Join me as I guide you through a curated walking experience along the Coast-to-Coast Trail (Central), a 36 km route that spans across Singapore stretching from Jurong Lake Gardens in the west to Coney Island Park in the northeast.

Choose to explore the Trail on your own using this guide or download the NParks Explore A Route (NEAR) mobile application, NParks' first augmented reality (AR)-enabled mobile app, for a more immersive experience to discover parks, park connectors, nature areas, places of interest and local flora and fauna across Singapore via the integrated map.

Create your own trails using the new 'Phyll My Trail' function, visit the 10 checkpoints demarcated with checkpoint markers like the one on the right, and watch as my AR-enabled furry and feathered friends spring to life and share with you more about our local flora and fauna!

Keep your eyes peeled for hidden virtual fruit characters scattered randomly across the C2C Trail (Central), and share your experiences in-app and on your social media platforms with your family and friends! Just remember to make sure that your phone has enough juice to last. Don't forget to tag us! #SGNEARapp

To download the app and for more information on the Coast-to-Coast Trail (Central), visit www.nparks.gov.sg/c2c.



NParks Coast-to-Coast Trail (Central)



Legend

CHECKPOINT (CP)

COAST-TO-COAST TRAIL



NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 1 Jurong Lake Gardens



Neram Streams

A series of naturalised waterways, where visitors can spot dragonflies and damselflies amongst the plants.



Rasau Walk

A meandering boardwalk that will take you along the water's edge, providing opportunities to get close to the lake.



Gardenhouse

A community space where visitors can gather for gardening workshops, nature appreciation talk, and community gardening.



Forest Ramble

A nature-themed play area that comprises varied adventure play experiences for children to mimic the actions of animals.



PassionWaVe @ Jurong Lake Gardens

Enjoy a myriad of fun and unique waterfront sports and lifestyle programmes for everyone at the first waterfront facility in the West.



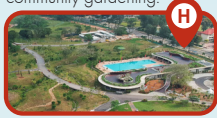
Clusia Cove

A series of interconnected tidal pools for families to splash around - rest stop with F&B options included - that offers panoramic views of the Gardens.



Dog Run

Let your dogs run wild in one of Singapore's largest public dog runs!



ActiveSG Park @ Jurong Lake Gardens

Situated at the south of Jurong Lake Gardens, ActiveSG Park is equipped with a swimming pool, gymnasium and offers a wide range of workout classes.



Alstonia Island & Freshwater Swamp Forest

Discover various plant species chosen as a reflection of the natural freshwater swamp ecosystem of Jurong at Alstonia Island.



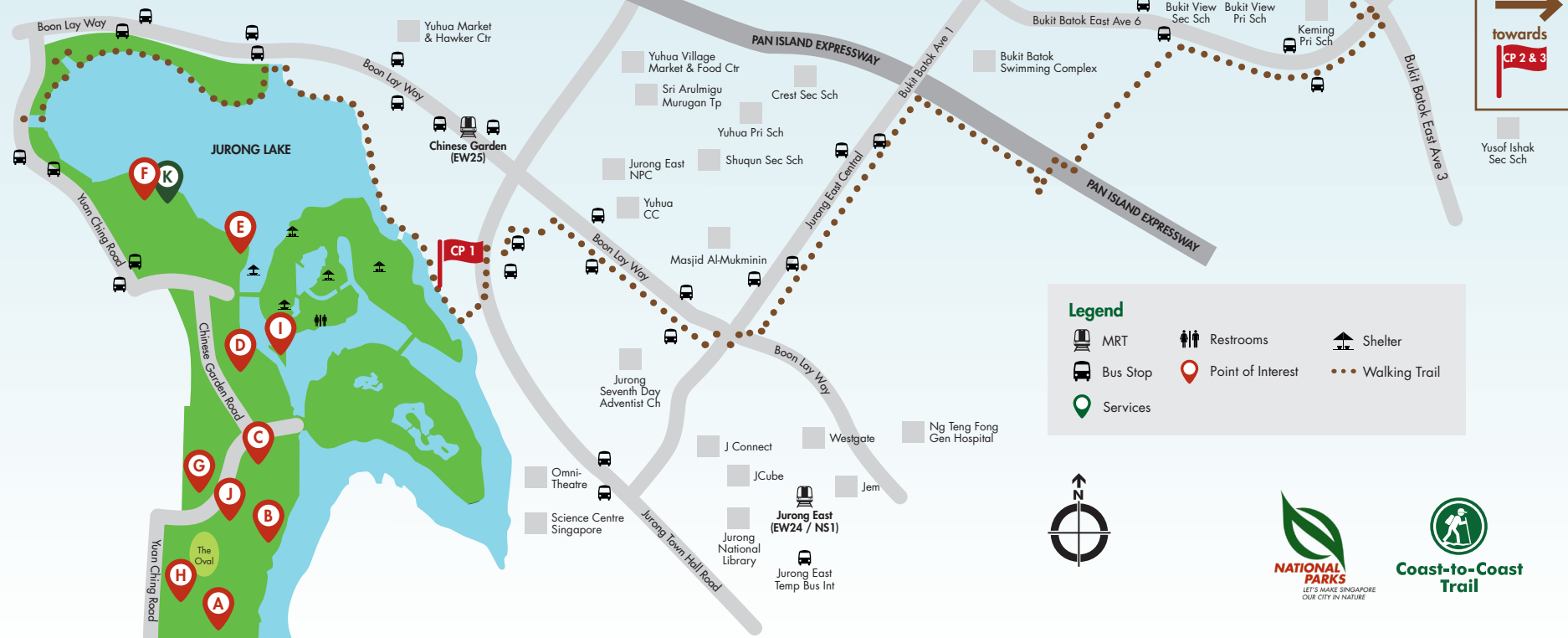
Grasslands

Dominated by tall grasses, the Grasslands are an important habitat for many small bird species that feed on grass seeds and seek shelter in the grass. The Grasslands also houses the Lone Tree, a sculpture made from recycled iron reinforcement bars.



Fusion Spoon

Visitors can enjoy dining amidst the scenic view of Jurong Lake at the only restaurant at Jurong Lake Gardens, serving food options ranging from Western to Asian cuisines.



Legend

- MRT
- Bus Stop
- Services
- Restrooms
- Point of Interest
- Shelter
- Walking Trail



NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 2 Bukit Batok Nature Park



Quarry Pool

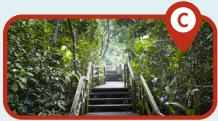
A scenic spot that many have found respite in. An image of tranquility will come to mind immediately when you are there.



World War II Memorial Site

A plaque to commemorate the 50th anniversary of the end of WWII lies at the foot of the site. The Lorong Sesuai area was selected by the Japanese during WWII as a memorial site for the soldiers who died.

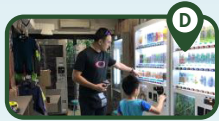
Points of Interest around Checkpoint 3 Hindhede Drive



Bukit Timah Park Connector
Bukit Timah Nature Reserve

(Opening hours: 7am – 7pm daily)

Follow trails embedded within the Reserve, an ASEAN Heritage Park and one of the few primary rainforest areas in the country, or learn about the Reserve's treasure trove of native biodiversity at the Visitor Centre.



Bukit Timah Nature Reserve Campers' Corner

A fully-automated store that equips hikers and nature lovers with the necessities for a journey into the Reserve.



Legend

MRT	Restrooms	Shelter
Bus Stop	Point of Interest	Walking Trail
Services		

NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 4 Adam Road



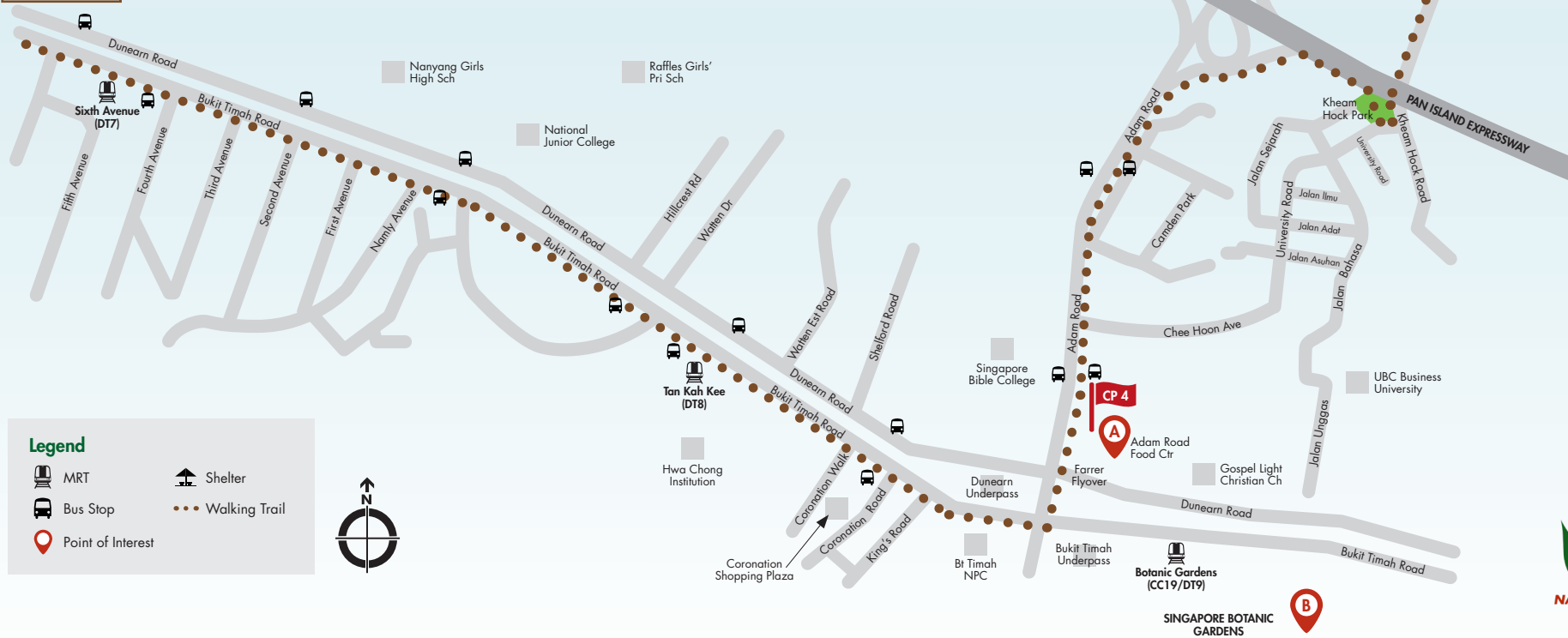
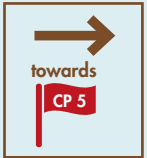
Adam Road Food Centre

It may be small in size, but it's big on food, housing some reputable stalls. Favourites include the famous *nasi lemak*, prawn noodles, Indian *rajak*, mee *rebus*, mee *solo* and mutton soup.



Singapore Botanic Gardens

Established in 1859, the Singapore Botanic Gardens is the oldest garden in Singapore, and the only tropical garden to be honoured as a UNESCO World Heritage Site. Besides being an ornamental and recreational garden, it is also scientifically important.



Legend

- MRT
- Bus Stop
- Point of Interest
- Shelter
- Walking Trail

Points of Interest around Checkpoint 4 Singapore Botanic Gardens



Bukit Timah Gate (Opening hours: 5am – 12am daily)

Access to the Singapore Botanic Gardens is extremely convenient with the extension of the Mass Rapid Transit (MRT) system's Circle Line (CCL) and Downtown Line (DTL) - literally next door to the Bukit Timah Gate. Some favourite elements include:

- A** Jacob Ballas Children's Garden
- B** Food For Tots
- C** Eco-Garden and Eco-Lake
- D** Ethnobotany Garden
- E** Foliage Garden
- F** Bee's Knees & Botanico at The Garage



Tyersall Gate (Opening hours: 5am – 12am daily)

The "Our Rainforest Heritage" mural at the Tyersall Gate Visitor Centre was designed by artist Eng Siak Loy who designed the Singapore Botanic Gardens stamp series as well as the Tanglin Gate. Some favourite elements include:

- M** National Orchid Garden
- N** The Halia
- O** The Learning Forest



Nassim Gate (Opening hours: 5am – 12am daily)

The Nassim Gate Visitor Centre showcases the best of Southeast Asian architecture and provides a welcome retreat for visitors after a long walk. Some favourite elements include:

- H** Evolution Garden
- I** Gardens Shop @ Nassim Gate
- J** Corner House
- K** Privé
- L** Symphony Lake and Palm Valley



Tanglin Gate (Opening hours: 5am – 12am daily)

Entering the Main Gate (also known as Tanglin Gate), visitors will come upon the oldest part of the Gardens, established here at Tanglin in 1859. Some favourite elements include:

- P** Bandstand
- Q** Swan Lake
- R** SBG Heritage Museum
- S** Gardens Shop @ Tanglin Gate
- T** CDL Green Gallery
- U** Fusion Spoon

Legend

- MRT
- F&B/Restaurant
- Shelter
- Bus Stop
- Restrooms
- Walking Trail
- Services
- Point of Interest



Points of Interest around Marymount Road



MacRitchie Reservoir Park

A popular spot for nature lovers and exercise enthusiasts, this park is a gateway to Singapore's nature reserves. It borders Singapore's first reservoir and the Central Catchment Nature Reserve.

Legend

MRT	F&B/Restaurant	Shelter
Bus Stop	Restrooms	Walking Trail
Point of Interest		



NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 5 Bishan-Ang Mo Kio Park



As one of the largest urban parks in central Singapore, Bishan-Ang Mo Kio Park is a great place for families to have a fun day out. Under PUB's Active, Beautiful and Clean Waters (ABC) Programme, the old concrete canal has been greened to become a beautiful and verdant 3 km meandering river with lush banks.

Aside from its unique waterways, the park features lush greenery at Pond Gardens and River Plains, making it a popular choice among nearby residents for recreational activities. Some favourite elements include:

- A** Lotus Garden
- B** Allotment Garden
- C** Cleansing Biotope
- D** Burp Kitchen & Bar
- E** Therapeutic Garden
- CP 5** Checkpoint 5 Water Playground
- F** Gym Pod
- G** Bishan-Bidadari Nature Way
- H** Inclusive Playground
- I** Canopy Garden Dining
- J** Toriyard
- K** Aramsa – The Garden Spa
- L** McDonald's and McCafé
- M** Butterfly Habitat
- N** Recycle Hill
- O** Kallang River @ Bishan-Ang Mo Kio Park
- P** Community/Herb Garden
- Q** Dragonfly Pond



Points of Interest around Ang Mo Kio Town Garden West



Built on a hillock with lush and spreading greenery, Ang Mo Kio Town Garden West is a great place for nature lovers and fitness enthusiasts alike.

Recreational runners looking for a challenge can jog on the many footpaths winding through the forest and flowing over the hilly terrain. Nature lovers can enjoy the secondary forest which has plants such as Dillenia and Vitex growing plentifully.

- Q** Ang Mo Kio Park Connector – Ang Mo Kio Town Centre
- R** McDonald's and McCafé
- S** Adventure Playground
- T** Allotment Garden
- U** Kebun Baru Bird Corner



NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 6 Luxus Hills Park



Luxus Hills Park

Nestled in the northeastern region of Singapore, Luxus Hills Park sits on what was originally part of Seletar Hills rubber estates, developed in the late 19th century. Today, as an ode to its history, the terrain here has been reshaped into undulating knolls with winding eco footpaths that enhance the greenery and tranquility within the Seletar Hills estates.

Points of Interest around Checkpoint 7 Sengkang Floating Wetland



Punggol Park Connector Sengkang Floating Wetland

The floating wetland helps improve the water quality, provides a natural habitat for birds and fish, and acts as a seamless connection between the Anchorvale Community Club, Sengkang Sports Complex and Sengkang Riverside Park.



Sengkang Riverside Park O' My Kampong

O' My Kampong is an alfresco eatery serving a blend of local delights as well as fusion food to cater to both the young and old.



Sengkang Riverside Park Soaring Vision Sculpture

This abstract sculpture depicts the progress and aspirations of our nation. Its components symbolise the spiralling development of people working together for a common cause.

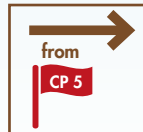


Sengkang Riverside Park Skool4Kidz Campus @ Sengkang Riverside Park

The two-storey Skool4kidz Campus @ Sengkang Riverside Park is Singapore's first large childcare centre in a park which has learning spaces that are integrated with nature.

Legend

- MRT
- Bus Stop
- Services
- F&B/Restaurant
- Restrooms
- Point of Interest
- Shelter
- Walking Trail



NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 8 Punggol Waterway Park



A

Jewel Bridge

Inspired by a jewel atop a ring, the Jewel Bridge oversees the western end of Punggol Waterway, where visitors can enjoy views against the evening sky and admire the setting sun along Punggol Reservoir.



B

Adventure Bridge

Designed to resemble a wooden suspension bridge, this steel bridge provides visitors with great views of the park scenery and waterway.



C

Look-Out Pavilion

Drop by the Look-Out Pavilion for scenic views of Punggol Waterway and the Watersports Promenade.



D

Kelong Bridge

Uniquely designed to resemble a *kelong* - an offshore fishing platform built on wooden stilts for fishermen - this bridge reflects the history of Punggol, once a site for several fishing villages.



E

Biodiversity Wall

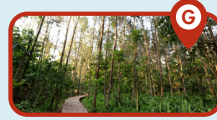
This wall features information about the biodiversity you can find along the waterway, such as a diverse range of birdlife due to the waterway's variety of food sources.



F

Old Punggol Road Bus Stop

Be reminded of the past as you take a nostalgic photo at this bus stop. A bus stop of this design can hardly be seen elsewhere in Singapore.



G

Casuarina Boardwalk

(Opening hours: 7am - 7pm daily)

Take in the scenic view and observe rare coastal plants at the Estuary as you stroll on the Boardwalk, made from timber from uprooted Casuarina trees.

Legend

- MRT
- Bus Stop
- Point of Interest
- F&B/Restaurant
- Restrooms
- Shelter
- Walking Trail



NParks Coast-to-Coast Trail (Central)

Points of Interest around Checkpoint 10

Rower's Bay Park



Round Island Route (RIR) Heritage Tree Point of Interest *Swietenia macrophylla*

At the rest stop near Seletar Aerospace, visitors can learn more about a cluster of three Heritage Trees as they have a rest at the shelter. They can also venture into The Oval at Seletar Aerospace Park to explore the rich colonial history of the area and enjoy the F&B offerings.

The three Broad-leaved Mahogany (*Swietenia macrophylla*) Heritage Trees could have been planted in the 1930s, around the time of the development of the Royal Air Force's Seletar station, and so they are estimated to be around 80 to 90 years old. A native of tropical Central and South America, ranging from Mexico to Brazil, this tree was introduced to Singapore in 1876 from Honduras.



Rower's Bay Park

A short linear stretch of park connector along Seletar Club Road with the Seletar Aerospace park in its vicinity, Rower's Bay Park is a great place to watch small planes fly by.



Legend

- Bus Stop
- Restrooms
- Point of Interest
- Shelter
- Walking Trail



Start your journey today!

Scan to download the NEAR app.



Share your love for nature and animals at
#NParksBuzz #AnimalBuzzSG