



Sometimes, All We Need Is...

## A Little More Natural Bonding

Life today is busy. No, hectic.

In the sometimes stressed, appointments-filled, urban lives of people in sophisticated Singapore, it can get lonely and alienating. Yes, even with so many people around.

Very often, all we need is to get back in touch with our natural selves. Get back in touch with nature. Get in touch with other people in a natural setting. It is, simply, fulfilling our basic need to celebrate everything that nature has gifted us with.

National Parks Board (NParks) provides the settings, opportunities and activities that allow people to live well and breathe again.



**National Parks Board** (NParks) is responsible for providing and enhancing greenery of the Garden City. Beyond green infrastructure, NParks is committed to enhance the quality of life through creating memorable recreational experiences and lifestyles.

Reconstituted in 1996 following the merger of the Parks and Recreation Department and the former National Parks Board, NParks' history can be traced as far back as 1967 when the Parks and Trees Unit within the Public Works Department was formed to help achieve the objective of greening the city.

NParks manages some 300 parks, the park connector network and the lush roadside greenery in Singapore. Some of the parks managed include Singapore Botanic Gardens, Fort Canning Park, East Coast Park, Bishan Park, Telok Blangah Hill Park and Pulau Ubin Recreation Area. In addition, NParks manages nature reserves such as Sungei Buloh Wetland Reserve and Bukit Timah Nature Reserve.

As Singapore's scientific authority on nature conservation, NParks also monitors and coordinates measures to ensure the health of designated nature areas.



Location: Singapore Botanic Gardens, Palm Valley