

# Your Guide to Central Urban Loop

Meandering through the heartlands, the Central Urban Loop gives visitors a glimpse into the urban green spaces in Singapore. This loop connects many iconic regional towns, provides direct access to several popular parks, and serves as a link to the Eastern Coastal Loop and the North Eastern Riverine Loop.

Enjoy exploring the networks of linear open spaces as you cycle, and engage in the many recreational activities while soaking in the beauty of the island.

If you work up an appetite during your adventure, satisfy your hunger with the delectable hawker delights available along the way!



## Tips for a safe and enjoyable trip

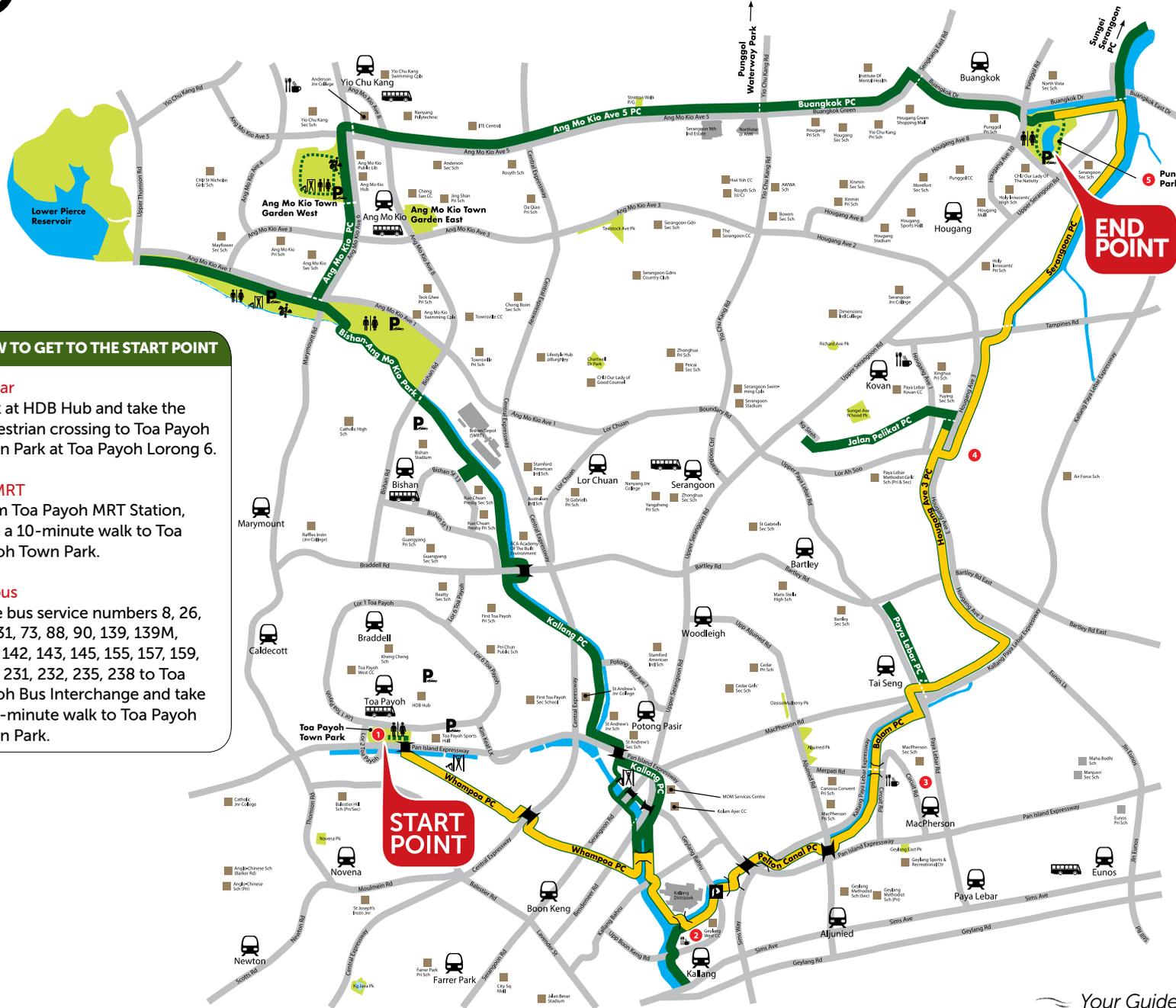
### For all users

- Hydrate before any physical activity.
- Bring along your handphone, in case of emergency.
- Follow all traffic rules and observe the advisory reminders.
- Look out for other cyclists and pedestrians.
- Keep to the left side of the track.
- Clean up after your pets and keep them leashed.

### For cyclists

- Wear helmets that fit well.
- Switch on your front and rear lights when it is dark or visibility is poor.
- Keep within the speed limit of 15km/h and give way to pedestrians.
- Dismount and push your bicycle where necessary.
- Practise safe cycling, do not brake or swerve your bicycle suddenly.



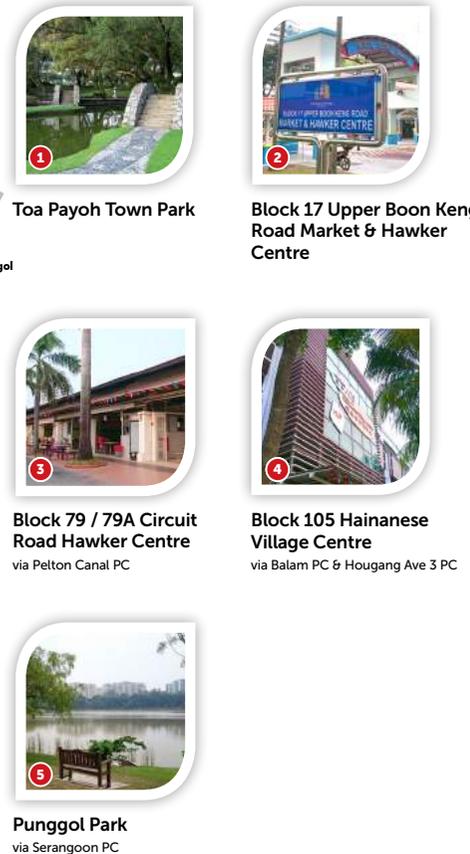


**HOW TO GET TO THE START POINT**

**By car**  
Park at HDB Hub and take the pedestrian crossing to Toa Payoh Town Park at Toa Payoh Lorong 6.

**By MRT**  
From Toa Payoh MRT Station, take a 10-minute walk to Toa Payoh Town Park.

**By bus**  
Take bus service numbers 8, 26, 28, 31, 73, 88, 90, 139, 139M, 141, 142, 143, 145, 155, 157, 159, 163, 231, 232, 235, 238 to Toa Payoh Bus Interchange and take a 10-minute walk to Toa Payoh Town Park.



**Legend**

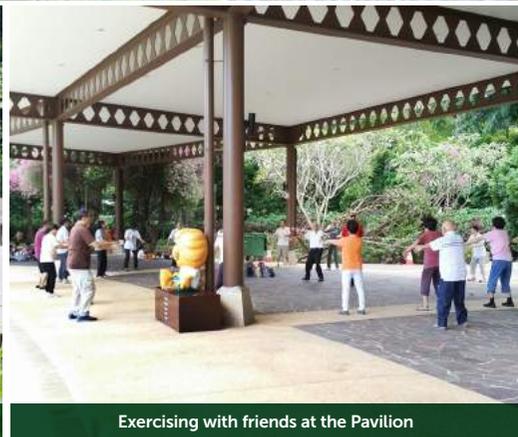
- Fitness Corner
- MRT Station
- Carpark
- Food & Beverage
- Toilet
- Bus Interchange
- Building
- Playground
- Underpass
- Road
- Recommended Route
- Park Connector
- Waterway/Reservoir
- Footbridge
- Overhead bridge



1. Toa Payoh Town Park (Photo credit: Timothy Lee)



Scenic spots for photography opportunities



Exercising with friends at the Pavilion



2. Block 17 Upper Boon Keng Road Market & Hawker Centre



Whampoa Park Connector



Whampoa Park Connector

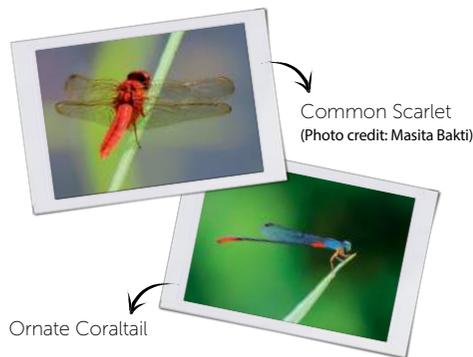
▶ **2 Block 17 Upper Boon Keng Road Market & Hawker Centre**  
via Whampoa Park Connector

Cycle or jog along the Whampoa Park Connector and take in the waterfront views of Sungei Whampoa while on your way to Upper Boon Keng Road market and hawker centre. Situated in the cosy neighbourhood of Upper Boon Keng, the hawker centre offers a wide range of mouth-watering dishes to satisfy any palate.

**START POINT**

▶ **1 Toa Payoh Town Park**

The trail begins at Toa Payoh Town Park, a tranquil spot which provides respite from the bustle of Toa Payoh Hub. Developed in the 1970s, the park is a charming slice of history rich in biodiversity. Enjoy a stroll around the picturesque pond, and try spotting dragonflies and damselflies such as the Common Scarlet (*Crocothemis servilia*) and Ornate Coraltail (*Ceragrion cerinorubellum*). At least 18 species have been recorded there!



Common Scarlet  
(Photo credit: Masita Bakti)

Ornate Coraltail



3. Block 79 / 79A Circuit Road Hawker Centre



Pelton Canal Park Connector



Balam Park Connector



Hougang Ave 3 Park Connector



4. Block 105 Hainanese Village Centre

▶ **3 Block 79 / 79A Circuit Road Hawker Centre**  
via Pelton Canal Park Connector

Continue along the Pelton Canal Park Connector, a spacious track popular with joggers and cyclists, to the MacPherson estate. After your exercise, make your way to the hawker centre at Block 79 and 79A Circuit Road for a quick break. Often bustling with activity, this hawker centre is a favourite hangout area for the local community for its wide range of culinary delights.

▶ **4 Block 105 Hainanese Village Centre**  
Balam & Hougang Avenue 3 Park Connectors

Next, go along Balam and Hougang Avenue 3 Park Connectors and enjoy the lushness of the greenery. If you are feeling peckish and would like to try more local fare, drop by the market and hawker centre at Block 105 Lorong Ah Soo, a favourite with residents.



5. Punggol Park



Serangoon Park Connector



Pond at Punggol Park



Morning exercise at the plaza



Grey Heron

Collared Kingfisher

**END POINT**

▶ **5 Punggol Park**  
via Serangoon Park Connector

Make your way to Punggol Park via Serangoon Park Connector. Nature lovers will delight in the rich biodiversity along the route, such as the Grey Heron (*Ardea cinerea*), Little Egret (*Egretta garzetta*) and Collared Kingfisher (*Todiramphus chloris*).

Upon reaching Punggol Park, you will realise that it offers facilities for the young and old. Children can enjoy the play equipment, while the elderly can engage in tai-chi at the plaza. Large shady trees provide a cool area for a picnic with loved ones. Anglers can look forward to their next catch at the fishing promenades around the 5-hectare pond. Dine amid lush greenery at the food and beverage outlet in the park to end your exploration on a great note!

*We hope you have enjoyed exploring the Central Urban Loop. For another adventure along the Park Connector Network, embark on the Western Adventure Loop.*

[www.nparks.gov.sg/eguides](http://www.nparks.gov.sg/eguides)



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