

Central Urban Loop

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The Charm of the Heartlands

True to our status of being a City in a Garden, beautiful foliage with vibrant hues rejuvenate our landscapes, providing a welcome respite from urban life. Be enraptured by the picturesque view as you take in the distinctive architecture of Bishan and Potong Pasir estates. Spot the wide variety of wildlife along the naturalised Kallang River in Bishan-Ang Mo Kio Park. Showcasing the unique charm of the heartlands, a tour around the Central Urban Loop offers an opportunity to explore little-known pockets of Singapore!

Discover the great outdoors along the Park Connector Network (PCN) – an island-wide network of linear open spaces around major residential areas, linking up parks and nature sites. An important part of Singapore's transformation into a City in a Garden, the PCN brings you through the lush greenery and natural splendour of our island, as well as provides opportunities for people to engage in a wide range of exciting recreational activities.

The 36-kilometre Central Urban Loop encompasses iconic HDB housing estates in the central region of Singapore including Bishan, Ang Mo Kio, Toa Payoh and Whampoa, and provides direct access to Bishan-Ang Mo Kio Park, Kallang Riverside Park and Punggol Park.

The greenery amid the neighbourhoods provides you with lots of recreational options as well as opportunities to observe a myriad of wildlife up close. Plenty of hawker delights will tempt you to indulge in them.

Get away from the busy city centre and enjoy an idyllic day discovering the charms of different neighbourhoods while traversing from one park to another via the PCN. Try and catch glimpses of the different flora and fauna along the way. The Central Urban Loop promises visitors a memorable adventure.

For more information and detailed maps of our park connectors, visit:

www.nparks.gov.sg/PCN



1. Bishan Architecture

Bishan's iconic HDB flats are topped with triangular prismatic roofs. Before the 1960s, the north and east areas of Bishan were used as graveyards, before giving way to housing and commercial developments in the 1980s. Today, Bishan boasts a multitude of facilities ranging from sports infrastructure, lush greenery to dining and shopping options.

2. Potong Pasir Architecture

Built in the 1980s, HDB flats in the central region of Potong Pasir were designed to incorporate distinctive sloping roofs. The area has managed to retain its idyllic feel despite the rapid pace of urbanisation. Meaning "cut sand" in Malay, Potong Pasir was dominated by sand quarries in the early days. As development progressed, the sand quarries were filled up eventually with high rise flats built on them.

3. Kayu Arang (*Cratoxylum cochinchinense*)

The Kayu Arang is a native tree found in the primary rainforests of Singapore. Some species develop specific interactions with our native wildlife. For example, the Kayu Arang serves as a host plant for the larvae of the Archduke and Common Grass Yellow butterflies.

The tree is commonly planted in parks due to its beautiful foliage – green above with a reddish flush on the underside – light-coloured bark, and flowers which range from deep crimson to pink or pinkish-yellow.

4. Tamarind (*Tamarindus indica*)

The Tamarind is an important food plant in India and Southeast Asia, where it is used to season food to create a sweet and sour taste. The fruit pulp is used as a spice commonly known as Asam.

The leaves are compound with 10–18 pairs of leaflets, giving them a fern-like appearance. Flowers are small, about 2 cm wide, produced in small, drooping clusters and resemble orchids.

5. Rukam Masam (*Flacourtia inermis*)

Rukam Masam is easily identified by its large, oval-shaped leaves with serrated edges. The tree is commonly planted in parks and gardens, and stands out among other trees due to its bright reddish-pink young foliage. The tree can grow up to a height of 15 m.

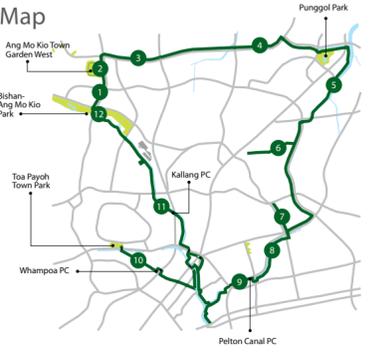
6. Rosy Trumpet Tree (*Tabebuia rosea*)

The Rosy Trumpet Tree is a common sight in Singapore, often planted along roads and in parks. Originating from tropical America, it was introduced to rejuvenate our parks and enliven our streetscape with its numerous large, pale-pink flowers.

7. Yellow Saraca (*Saraca thaipagensis*)

With its flamboyant display of yellow flower clusters and purplish young leaves, the Yellow Saraca has a reputation for being the showiest of the Malayan Saracas. Its bright flowers attract various species of nectar-feeding birds such as the Purple-throated Sunbird, Crimson Sunbird, Olive-backed Sunbird, Brown-throated Sunbird and Asian Brown Flycatcher.

Overview Map



1	Ang Mo Kio Park Connector	1.1 km
2	Ang Mo Kio Town Garden West	0.6 km
3	Ang Mo Kio Ave 5 Park Connector	4.0 km
4	Buangkok Park Connector	1.5 km
5	Serangoon Park Connector	4.2 km
6	Hougang Ave 3 Park Connector	4.4 km
7	Jln Pelikat Park Connector	1.5 km
8	Paya Lebar Park Connector	0.7 km
9	Balam Park Connector	1.2 km
10	Pelton Canal Park Connector	2.5 km
11	Whampoa Park Connector	4.5 km
12	Kallang Park Connector	7.9 km
	Bishan-Ang Mo Kio Park	1.5 km

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Safety Do's and Don'ts

For All Users

- ✔ Do hydrate before any physical activity.
- ✔ Do bring along your handphone in case of an emergency.
- ✔ Do obey all traffic rules, such as stopping at zebra crossings and observing traffic signals.
- ✔ Do look out for other cyclists and pedestrians on the PCN.
- ✔ Do keep to the left side of the track if you intend to stop.
- ✔ Do keep within the speed limit of 15 kilometres per hour.
- ✔ Do clean up after your pets and keep them leashed.
- ✘ Don't use electric or motorised vehicles on the PCN.

For Cyclists

- ✔ Do wear a helmet that fits well.
- ✔ Do switch on your front and rear lights under conditions of low light or poor visibility.
- ✔ Do slow down and give way to pedestrians.
- ✘ Don't brake or swerve your bicycle suddenly or without warning.

For feedback or queries, please call our 24-hour helpline or e-mail us at:

1800-4717300
nparks_mailbox@nparks.gov.sg



Toa Payoh Town Park

Nestled in one of the earliest satellite housing estates in Singapore, Toa Payoh Town Park has retained the style and nostalgia of the seventies.

The park boasts a unique rustic charm. Brightly-coloured pathways, cascading pools at the pond's edge, trellises covered with climbers and a fountain pool surrounding an observation tower all contribute to a serene landscape amidst a bustling metropolis. A hidden gem in the city, families and friends will appreciate the peaceful tranquillity of the park, the perfect setting for a relaxing weekend. The Town Park also connects to the Whampoa Park Connector.

Whampoa Park Connector

The 4.5-kilometre Whampoa Park Connector starts its trail from the Toa Payoh Town Park and runs along Sungei Whampoa, before connecting to the Kallang Park Connector at Bendemeer Road. Passing through Jalan Rajah, Kim Keat, Whampoa, St George's and Bendemeer residential estates, it also offers round-the-clock dining along Balestier Road. The wide variety of delectable hawker fare will satisfy any foodie.

Kallang Park Connector

Connecting Bishan to the city, the Kallang Park Connector is an approximate 8-kilometre route which also links Bishan-Ang Mo Kio Park to Sims Avenue.

Take a walk down memory lane by following the park connector's route as it winds through mature residential estates such as Bishan, Toa Payoh, Potong Pasir, Bendemeer and Upper Boon Keng in central Singapore.

The close proximity of Bishan-Ang Mo Kio Park and Kallang Riverside Park provides visitors with opportunities to spot foraging birds, monitor lizards and squirrels, and appreciate the diverse wildlife in Singapore.

Bishan-Ang Mo Kio Park

One of the largest urban parks in central Singapore, the rejuvenated Bishan-Ang Mo Kio Park incorporates the Kallang River into the backdrop of its signature HDB dwellings seamlessly.

Previously a concrete canal, the scenic river flanked by wildflowers along its banks teems with aquatic life. Open spaces and recreation grounds at the park are excellent places for family gatherings and group activities. With limitless recreational choices like picnicking, kite-flying or a game of Frisbee, it is no wonder the park is a favourite among the young and young at heart.



Ang Mo Kio Town Garden West

Spanning 20 hectares, the Ang Mo Kio Town Garden West is a sanctuary for nature lovers and fitness enthusiasts.

Featuring inclined footpaths that weave through lush wooded areas, the landscape provides recreational runners with a unique experience.

The iconic 120-step staircase leads to a plaza area at the top of a hill, where you can take in a bird's eye view of the garden. With sightings of up to 19 dragonfly species at the elegantly landscaped pond, the garden is the ideal place to spot these winged beauties.

Punggol Waterway Park

Its extraordinary beauty has led to some calling it the "Venice of Punggol".

With an impressive 4.2-kilometre waterway, this new 12.3-hectare park transforms Punggol Town into a waterfront town of the 21st century. Its open spaces, soothing running water and elegant greenery provide an ideal setting for jogging, cycling and even kayaking. Curious about the town's history? Check out the Heartwave Wall and heritage panels for a blast from the past.

The design of the Kelong Bridge – a pedestrian bridge across Punggol Waterway – reflects Punggol's early roots as a fishing village by incorporating visual elements of a kelong, an offshore platform with parts resembling stilts and posts, built by local fishermen.

Punggol Park

Take a leisurely walk around Punggol Park's scenic 5-hectare lake.

A familiar place of recreation for families in Hougang, this beautiful park houses a number of facilities that cater to both the young and old, including play and fitness equipment for those looking to stay active, open green fields for picnics, wooded areas for leisurely walks, and even a plaza for Taiji sessions.

The park has two distinct zones: the Southern Active Zone where facilities for major activities are located, and the Passive Zone to the north of the lake, which is made up of densely forested areas.

Pelton Canal Park Connector

Pelton Canal Park Connector is a 2.5-kilometre route which connects the MacPherson estate to Upper Boon Keng Road. Joggers and cyclists will appreciate the wide and spacious track along the park connector that allows them easy access to Kallang Riverside Park and Bishan-Ang Mo Kio Park.

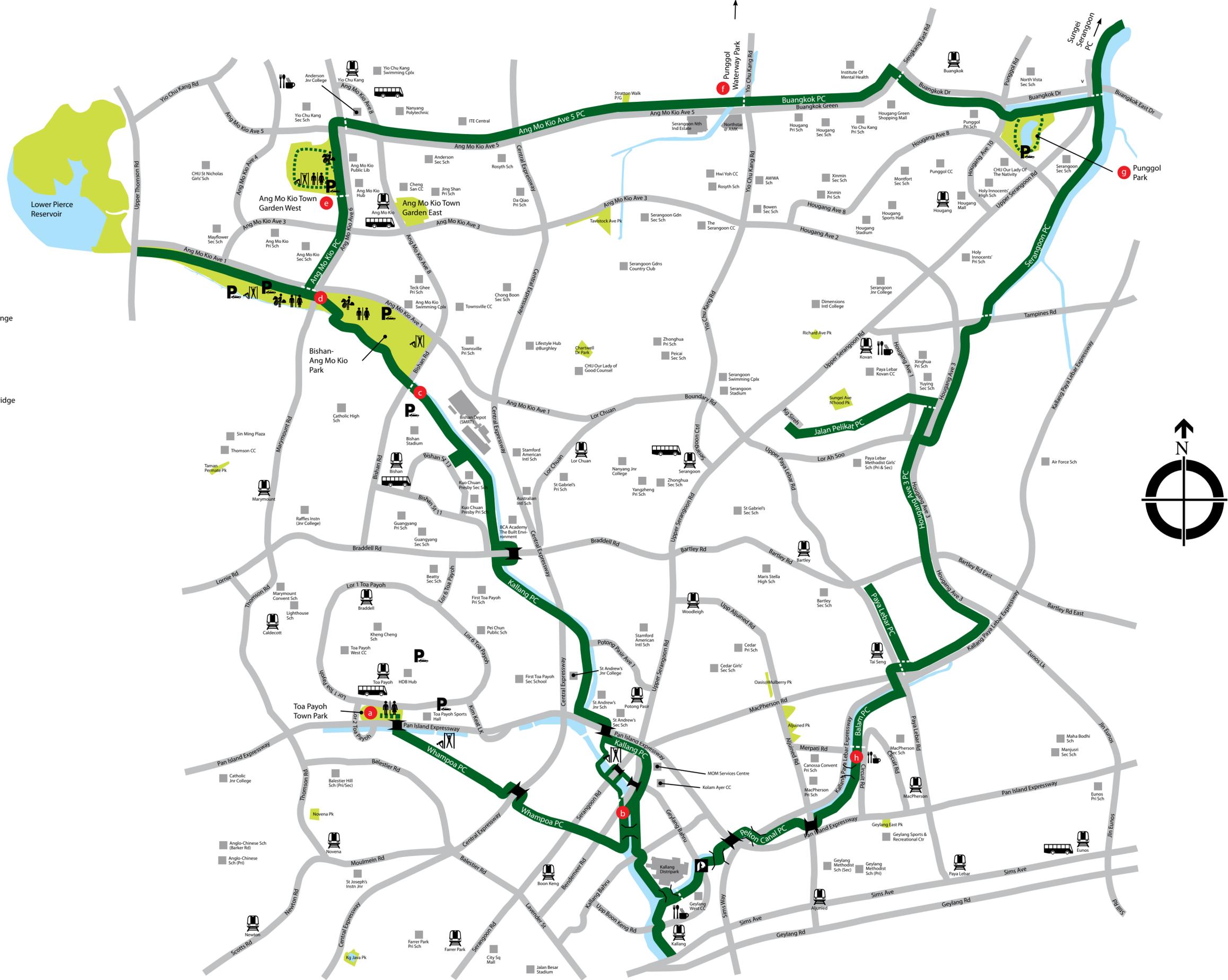
After exercising at the park connector, you can find delectable local cuisine at famous dining establishments such as the Upper Boon Keng Food Centre and Circuit Road Food Centre.

Central Urban Loop

- Carpark
- Bus Interchange
- Toilet
- MRT Station
- Play Area
- Footbridge
- Fitness Corner
- Overhead Bridge
- Shelter
- Underpass
- Food & Beverage

- Park Connector (PC)
- Park
- Landmark
- Water Body

- How to get there**
- Bishan-Ang Mo Kio Park**
 - Bishan Bus Interchange → Bus 53 → Walk to park
 - Ang Mo Kio Town Garden West**
 - Ang Mo Kio Bus Interchange → Bus 86 → Walk to park
 - Punggol Waterway Park**
 - Punggol Mrt → Sam Kee LRT → Walk to park
 - Punggol Park**
 - Buangkok MRT → Walk to park
 - Toa Payoh Town Park**
 - Toa Payoh Mrt → Walk to park
- Where to park**
- Bishan-Ang Mo Kio Park: Carpark A & B, via Ang Mo Kio Ave 1
 - Ang Mo Kio Town Garden West: Carpark along Ang Mo Kio Ave 6
 - Punggol Waterway Park: 312 Sumang Link MSCP
 - Punggol Park: Carpark 1, via Hougang Ave 8
 - Toa Payoh Town Park: Toa Payoh Sports Complex



Highlights along the

