

A Guide to the Walking Trail at Admiralty Park



Located in Woodlands, Admiralty Park is the largest nature area (20 hectares) within an urban park and is home to more than 100 species of flora and fauna. Geographically, it is situated on hilly terrain with a river, Sungei Cina, running through it. The nature area, previously a floodplain and freshwater swamp forest, encompasses a diverse mix of secondary forest, mangrove, riverine and open grassland habitats. This variety of habitats offers you a wider choice of nature activities in a compact area, be it spotting dragonflies, examining secondary forest species or observing monkeys in their natural habitat.

As you walk on this 2km trail, enjoy the beautiful views of the different ecosystems. The three bridges, which are strategically placed to connect habitats, are excellent spots for closer observation of the river, mangrove and wildlife.

When you emerge from the secondary forest near North carpark, you will see a grassland. Keep a lookout for butterflies and different species of birds as you walk through the park.

The last bit of the walking trail also showcases interesting flora like the Putat Kampung Tree and climbers like Hedgehog Rattan (an increasingly rare plant in Singapore). Indeed, Admiralty Park, which has both natural and built environments, is proof that nature and urbanisation can co-exist!



Distance of trail:
2 km

Estimated walking time:
1-2 hours



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Highlights

- A walk in a variety of habitats offering a wide choice of nature activities within a compact area
- A close look at rare flora and fauna not found anywhere else

How to get to Admiralty Park

By Foot:

You can walk to the park (approximately 15 minutes' walk) from Woodlands MRT Station/Bus Interchange.

By Bus:

From Woodlands Bus Interchange, take bus no. 169 to South Entrance near Republic Polytechnic. Alternatively, take bus no. 903 and alight along Riverside Road (after Republic Polytechnic).

Park Etiquette

- The forest does not recycle your rubbish. Do take out what you have brought in and leave behind nothing but footprints.
- By walking along the designated trails and boardwalks, you are helping to protect the forest floor and the plant and insect life.
- There is enough food in the forest for the monkeys. Avoid feeding them, as this disrupts their natural behaviour.
- Human activities, such as fishing, poaching and pollution, upset the balance and well-being of natural habitats. Let's do our part to minimise disturbances to the natural environment by avoiding such activities.



1 Long-tailed Shrike



2 Dragonflies and Damselflies



3 Scaly-breasted Munia



4 Nipah Palm



5 Common Kelat



6 Common Yellow Stem Fig



7 Wild Ginger



8 Oil Palm



9 Giant Mudskipper



10 Long-tailed Macaque



11 Hedgehog Rattan



12 Glassland Birds



13 Portia Tree



14 Noni Tree



15 Putat Kampung



16 Australian Mulberry Tree

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What you can see on this trail

→ 1

Long-tailed Shrike (*Lanius schach*)

You can find a resident pair of shrikes among the trees in the park, looking out for prey. The shrike is a ferocious hunter – it goes after lizards and large insects.

→ 2

Dragonflies and damselflies

You will notice dragonflies and damselflies flitting above the stream. The two dragonfly species you can find here are the Common Parasol (*Neurothemis fluctuans*) and Blue Dasher (*Brachydiplax chalybea*). Interestingly, Admiralty Park is (known to date) the only place in mainland Singapore that is home to a rare damselfly, Arthur's Midget (*Mortonagrion arthuri*). This species is currently found only in the mangroves of Pulau Ubin and Pulau Semakau.

Dragonflies and damselflies are sensitive to polluted water and are able to thrive only in clean water. To help the survival of these insects, it is important that we avoid polluting the water with our litter.

→ 3

Scaly-breasted Munia (*Lonchura punctulata*)

The Scaly-breasted Munia sometimes can be found near the pond next to Sakura restaurant. It feeds on the seeds of the long grasses found in the area.

→ 4

Nipah Palm (*Nypa fruticans*)

The palm is known as a "plant of a thousand uses". In the past, the leaves of this palm were used for roof-thatching. Its seeds, known as "Attap Chee", are commonly added to a local dessert, *ice-kachang*.

The Nipah Palm is an increasingly rare sight in Singapore as most of the mangrove areas are reclaimed to make way for urban development.

→ 5

Common Kelat (*Syzygium lineatum*)

A fruit tree of the Syzygium species, the Common Kelat is usually found in secondary forests. This tree is often conical to hemispherical in shape with a dense light green crown. Its faintly fragrant flowers are white or pale green in colour and are pollinated by flies, beetles, butterflies and bees.

The Common Kelat can tolerate soggy, muddy conditions. Notice the tree's conspicuous stilt roots which seem to suggest that they were once submerged in a frequently flooded environment.



Long-tailed Shrike



Blue Dasher



Scaly-breasted Munia



Common Parasol



Nipah Palm



Common Kelat

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→ 6

Common Yellow Stem Fig (*Ficus fistulosa*)

This is a fig species that is native to South and Southeast Asia. A small tree with tiny green leaves, it bears large quantities of round fruits which in turn feed mammals like squirrels and bats.

→ 7

Wild Ginger (*Cheilocostus speciosus*)

A close relative of the ginger, banana and Traveller's Palm, this plant can be found on the forest floor in humid tropical rainforests (like the one you are in right now), and especially in places where sunlight can penetrate through the leaf canopy. It can also be found along riverbanks.

→ 8

Oil Palm (*Elaeis guineensis*)

The Oil Palm, an introduced species, is a medium-to large-sized palm with a single stem covered with old leaf scars and a crown of dense foliage. The moisture, which collects on the old leaf bases of the trunk, encourages the growth of epiphytic plants and ferns on the trunk.

→ 9

Giant Mudskipper (*Periophthalmodon schlosseri*)

The mangrove is home to the Giant Mudskipper, one of the largest mudskippers in the world.

It can be identified by its huge goggly eyes on top of its head (a distinctive feature of all mudskippers) and a black band across its sides.

Keep your eyes on the mudflats and watch mudskippers move in and out of their burrows, which look like large mud pools on the ground. They are also fond of perching next to their burrows. This species is extremely territorial in nature – each burrow is usually occupied by only one mudskipper.

→ 10

Long-tailed Macaque (*Macaca fascicularis*)

At the third bridge, you might catch sight of a troop of Long-tailed Macaques, also known as Crab-eating Macaques. This species was named by Sir Stamford Raffles (founder of modern Singapore).

These Long-tailed Macaques at Admiralty Park are possibly the only ones left in Singapore that live in the way that they were supposed to live – along a riverine environment that ends in a mangrove. Watch them swim and dive for crabs in the mangrove.

→ 11

Hedgehog Rattan (*Calamus erinaceus*)

Commonly found in mangrove swamps in the western Malay Archipelago, the rattan is commonly used for making furniture and the well-known rod for instilling discipline.



Common Yellow Stem Fig



Wild Ginger



Oil Palm



Giant Mudskipper



Long-tailed Macaques



Hedgehog Rattan

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→ 12

Grassland Birds

This open grassland habitat is a good place for bird-watching. You may be able to spot birds like the Baya Weaver (*Ploceus philippinus*), Paddyfield Pipit (*Anthus rufulus*) and Zitting Cisticola (*Cisticola juncidis*).

Notice that dead trees are popular perches for birds – this is why we should conserve the dead trees in a natural habitat as long as they do not pose a hazard to the public, because they serve a useful purpose.

→ 13

Portia Tree (*Thespesia populnea*)

Emerging from the secondary forest and into the open grassland, you will see a row of Portia Trees to your right. The Portia Tree is the host plant for Cotton Stainer Bugs, which feed mainly on seeds of the Portia Tree. The wood of this tree is prized for making bowls in the Hawaiian islands.

→ 14

Noni Tree (*Morinda citrifolia*)

Native to Southeast Asia, this tree was first cultivated by the Polynesians and can be found along rivers and coastal habitats.

The Noni fruit is extremely smelly when ripe and can be eaten or made into juice used to make dyes or fed to livestock. The tree is also useful for its antiseptic qualities and it is used in traditional medicine.

→ 15

Putat Kampung (*Barringtonia racemosa*)

The Putat Kampung is an endangered tree in Singapore as its back mangrove habitat is threatened by urban development. This tree contains a chemical called saponin that can stun fish in the water. Its flowers are arranged in a string-like fashion called “raceme” from which the plant got its scientific name. Keep a lookout for its flowers around May, which are pink and delicate.

→ 16

Australian Mulberry Tree (*Pipturus argenteus*)

Beside the Putat Kampung is a tree fondly known as the “caterpillar” tree because of the large number of caterpillars that periodically strip the tree of its leaves. This particular tree is the host plant of the Malayan Eggfly, which is one of the few butterflies that will protect its eggs.

If you are lucky, you may get to see hundreds of caterpillars hungrily munching their way through the tree foliage. Otherwise, do not be surprised to see nothing but the bare tree!

This station marks the end of the walking trail. You may choose to grab a bite at the nearby shopping centre at Woodlands MRT Station for a variety of food outlets.

We hope you have enjoyed your walk on this trail. To obtain another DIY trail-guide on a walking trail in one of Singapore's parks, visit www.nparks.gov.sg/eguides.



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Baya Weaver
(Photo by Cai Yixiong)

Zitting Cisticola
(Photo by Mendis Tan)

Paddyfield Pipit
(Photo by Wunson Khoo)



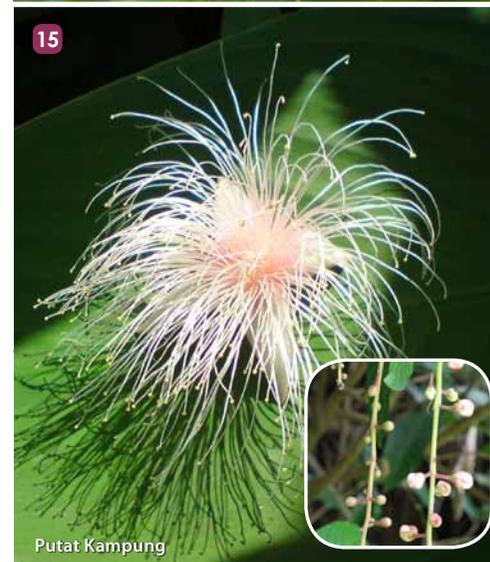
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Portia Tree



14

Noni Tree



15

Putat Kampung



16

Australian Mulberry Tree