The Joy of Bird Watching

Bird-watching is a great family-friendly activity which involves a slower rhythm of life and promises to relax the nerves and calm the senses. Our parks and nature reserves are also maintained to attract a number of bird species and to facilitate the creation of suitable environments for them. This means you can look forward to seeing our feathered friends all around our many green spaces!

Experienced birders may appear daunting with their heavy or field gear, but really, all you need are your eyes, ears and some patience. Of course a handy pair of or a camera with a zoom function will help.

First-time bird watchers should head to our gardens, nature areas and parks from around 7 am to 9 am. While you may spot birds at any time, early mornings are usually recommended as most birds are down during this period.

Suggested parks and nature areas you can head to include Sungei Buloh Wetland Reserve, a haven for birds, Bukit Timah Nature Reserve, a primary with a high degree of biodiversity, and Labrador Park, which attracts a great number of sea birds.

Join us in our regular Garden Bird Watch sessions, where you will have opportunities to team up with fellow like-minded to spot the different bird species. Garden Bird Watch is part of the NParks Community in Nature Biodiversity Watch series, which helps us gather valuable information about our birds. Visit to find out more.

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Planning to go bird watching? Here are some helpful hints!

- Dress in comfortable clothes in light colours (preferably long pants and a long-sleeved shirt to prevent mosquito bites)
- Put on comfortable walking shoes with socks
- Wear a hat in non-bright colours
- Bring your own drinking water, and pack your own snacks if required
- Bring a good pair of binoculars, pen and notebook to jot down your observations
- Please do not frighten the birds and leave nesting birds alone

Fill in the crossword puzzle below with your answers from the previous page!