

Parks for Everyone What's Happening Jan 2021 – Jun 2021



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Parks for Everyone

Our parks, gardens and nature areas are for all to enjoy. In this booklet, learn about the wide variety of activities that you can participate in for a fulfilling day at our green spaces from now till June 2021! Do look out for a list of eateries and recreational facilities you can visit in our parks, gardens and nature areas.

If you have ideas for new activities, do share them with us at NParks_Programmes_Events@nparks.gov.sg



Scan the QR code to visit our webpage and get the latest updates on events and programmes.

To receive updates on the latest version of the e-Programme Booklet, SMS PB to 77275. Standard message and data rates may apply.

Artwork: Kiat

ARTS & CULTURE



GET UPDATES!

SMS the respective programme codes to **77275**, or subscribe to our Telegram channel **@NParksBuzz** to receive event updates! Standard message and data rates may apply.



SIGN UP FOR OUR FREE E-NEWSLETTERS!

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Text **NPBUZZ** to **77275** to receive the e-newsletter on your mobile.

Visual Arts at Jurong Lake Gardens: 'Gang of Four'

(Programme Code: **AC113**)

6 JAN – 6 APR

Jurong Lake Gardens,
Entrance Pavilion

12pm – 12pm

Free



View the stunning visual arts installation, 'Gang of Four', by artist Kiat, where a polyptych of four feathered creatures will be swooping down on visitors, thrilling them with a burst of vibrant colour. Each portrait reflects the visual artist's illumination of each bird's scientific characteristics through artistic interpretation and rendering.

Set in the park, 'Gang' of Four' is revelatory of the fluidity between art and nature. With each of the four images depicting birds that can be found within JLG, the artwork inspires the re-discovery and appreciation of nature through the possibilities of creative interpretation.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

Seniors and Contemporary Art Project 2021

(Programme Code: **AC213**)

22 JAN – 28 FEB

Singapore Botanic Gardens,
Green Pavilion & Nassim Gate
Visitor Centre

10am – 10pm

Free

**SENIORS
AND CONTEMPORARY
ART
PROJECT 2021**

22 Jan to 28 Feb 2021
Green Pavilion & Nassim Gate Visitor Centre
Singapore Botanic Gardens

The exhibition is a showcase of works created as part of the Seniors and Contemporary Art Project, a pilot programme to engage seniors in nursing homes. Guided by Singaporean artists, participating seniors were introduced to aesthetic methods, with the environment and nature as the source of inspiration. Seniors rediscovered the joys of handicraft and self-expression brought through the making of these works. This effort is an extension of the Singapore Art Museum's Touch Collection which seeks to present art to audience of varied backgrounds and abilities.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

It Takes Time

(Programme Code: **AC313**)

22 JAN – 30 JUN

Jurong Lake Gardens,
Butterfly Field

Free



It Takes Time celebrates the beauty and simplicity of small changes and document them in a way that engages and uplift viewers. Each time, one may notice the illumination of a new light box, signifying a continuous process of growth and change, which is the hopeful message of this artwork. Nature has gone on before, is going on and will go on. We can find some comfort in that.

The work is commissioned by the National Art Council's Public Art Trust as part of "Rewritten: The World Ahead of Us".

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

Heritage Tour

(Programme Code: **AC413**)

**Every 4th Saturday
of the month**

23 JAN • 27 FEB • 27 MAR
24 APR

Singapore Botanic Gardens,
Visitor Services Counter
(Tanglin Gate)

9am – 10.30am

Free



The Singapore Botanic Gardens dates back to 1859. Learn about the grand old trees and characters that have shaped the Gardens through the years during this guided walk.

TO REGISTER (15 MINS BEFORE THE TOUR COMMENCES):

In person: Visitor Centre (Nassim Gate),

Singapore Botanic Gardens

Email: nparks_sbg_visitor_services@nparks.gov.sg

When a Tree Becomes a Forest

(Programme Code: **AC513**)

10 FEB – 30 JUN

Jurong Lake Gardens,
Butterfly Field

Free



When a Tree Becomes a Forest is a site-specific installation comprising 195 timber structures, each stylised as the Chinese character "木" which translates into wood or tree. An ideogram, the character illustrates the crown (top), trunk (middle), and the spread of tree roots (bottom).

The work is commissioned by the National Art Council's Public Art Trust as part of "Rewritten: The World Ahead of Us".

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

Under A Tree Workshop Arts@ SBG Community Arts Residency

(Programme Code: **AC613**)

Tuesdays & Sundays

23 FEB • 28 FEB • 2 MAR
7 MAR • 9 MAR • 14 MAR
16 MAR

Singapore Botanic Gardens,
Botany Centre

10am – 12pm /
4pm – 6pm

Free



This community arts residency aims to allow participants to engage with an artist in a collaborative art-making process. The artist-in-residence, Susanna Tan, is collecting community memories and stories created at the Singapore Botanic Gardens, to form a community photo collage that reflects humans and life in nature.

Sign up for one of the "Under A Tree" workshop sessions to learn creative ways of capturing memories using an instant camera, and create art with Susanna! Instant cameras will be provided and the workshop will consist of an artistic concept sharing followed by outdoor exploration in the gardens for the photo taking.

For more information and journey of the residency, please follow and check out @fahfahsaigai (花花世界).

This is a rain or shine activity and is suitable for all aged 10 and above. Do note that each workshop capacity is limited and registration is based on a first-come, first-served basis.

TO REGISTER:

Website: go.gov.sg/sbgcommunityartsresidency

ramble on: poems by madeleine lee

(Programme Code: **AC713**)

26 FEB – 14 MAR

Jurong Lake Gardens,
Lakeside Field

Free



ramble on is a selection of Madeleine Lee's nature inspired poems installed within the natural surroundings of Jurong Lake Gardens. To enhance this sensory experience, a specially curated audio track drawn from *ramble on: poems by madeleine lee*, will be read by veteran actress Karen Tan and composed by award-winning sound designer Philip Tan, and made available online for your listening pleasure.

Experience *ramble on* in varied ways. Visit Jurong Lake Gardens and take in the poetry installation on display from 26 February 2021 to 14 March 2021. Pick up a complimentary activity kit to accompany the poems during the weekends of 27 & 28 February, 6 & 7 March (9am to 6pm) whilst stock last! This specially designed kit will lead you on your own self-guided journey to discover the plants and creatures of Jurong Lake Gardens as featured in the poetry.

Start your year with words and art with nature at the very heart.

TO REGISTER:

Website: www.nparks.gov.sg/events

Monument Trail

(Programme Code: **AC813**)

27 FEB (SAT)

24 APR (SAT)

26 JUN (SAT)

Meeting Point:
Cavenagh Bridge,
at the entrance of
Asian Civilisations Museum

10am – 11.30am

Free



Take a stroll along the mouth of the Singapore River, once the heart of Singapore's commercial activity and entrepôt trade. Learn about its heritage and the interesting trees around the vicinity, and relive the memories of Singapore's history, growth and development along this trail that takes you past several historical landmarks and national monuments.

TO REGISTER:

Website: www.nparks.gov.sg/events

Pioneers Trail along Ann Siang Hill and Telok Ayer Green

(Programme Code: **AC913**)

28 FEB (SUN)

25 APR (SUN)

27 JUN (SUN)

Meeting Point:
Tanjong Pagar MRT Station,
Entrance of Exit G

10am – 11.30am

Free



Learn about the trades and lives of Singapore's early immigrants in this walking trail around a quiet enclave amidst bustling Chinatown. Visit places of worship and old shophouses built in the 1800s, and take a close look at interesting fruit and spice trees planted along the way. Don't miss the old well at the foot of Ann Siang Hill, from which residents used to collect fresh water.

TO REGISTER:

Website: www.nparks.gov.sg/events

New! Painting Foliage in Watercolours (A Botanical Art Workshop)

(Programme Code: **AC1013**)

6 MAR (SAT)

Singapore Botanic Gardens,
Botany Centre,
Classroom (Level 2)

9am – 12pm

\$

\$50 / pax (Includes all materials)



Try your hand at creating botanical art! This workshop introduces participants to the basics of botanical art as well as watercolour painting techniques for beginners. Join our trainer from the Botanical Art Society Singapore who will guide you through the steps to paint a beautiful *Calathea* leaf, from outline to art piece. At the end of the session, each participant will take home their own artwork.

TO REGISTER:

Website: www.nparks.gov.sg/sbg (under "Education")

FOR ENQUIRIES:

Email: nparks_sbg_edu@nparks.gov.sg

Hello Future: Connecting People and Nature – A Think Contemporary Preschool Exhibition by Singapore Art Museum

(Programme Code: **AC1113**)

6 MAR – 4 APR

Singapore Botanic Gardens,
Nassim Gate Visitor Centre and
Green Pavilion

10am – 10pm

Free



Say "hello" to the future where people continue to draw inspiration from nature, and the beauty of Singapore's garden city continue to mesmerise and inspire human imagination, young and old.

In this exhibition, preschool children in Singapore have been invited to create art that reveals how nature and contemporary ecological issues are viewed through their eyes of wonder and innocence as part of the Singapore Art Museum (SAM) Think! Contemporary Preschool Programme.

The exhibition features 18 artworks created by children from 6 different preschools, and is presented by the Singapore Art Museum, in collaboration with MOE Kindergarten @ Oasis, Arts Kidz International and Nobleland Arts N Learning Place (Preschool), with the support of the Singapore Botanic Gardens.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

"Grow with Nature" Drama Series: Where the Wild Things Are (A Drama Workshop)

(Programme Code: **AC1213**)

16 MAR (TUE)

Singapore Botanic Gardens,
Centre for Education & Outreach
(House 1F)

10am – 11.30am



\$30 / pax (Includes all materials)



Nature holds many life lessons anyone can learn. By dramatising stories based on plants and animals, participants can pick up acting skills and understand the importance of character-building qualities such as tenderness and generosity. Through these drama workshops, participants also will be taught how to care for nature and develop an appreciation for biodiversity.

They will also have the opportunity to create and bring home their very own dish garden.

This workshop is suitable for children at the K1 – P4 levels.

TO REGISTER:

Website: www.nparks.gov.sg/sbg (under "Education")

FOR ENQUIRIES:

Email: nparks_sbg_edu@nparks.gov.sg

Spice Garden Tour and Workshop: Pressed Leaf Bookmarks

(Programme Code: **AC1313**)

3 APR (SAT)

4 APR (SUN)

Fort Canning Park,
Fort Canning Green

10am – 11am

Free



Join us for this tour and workshop at the Spice Garden at Fort Canning Park, which was formerly the site of a historic British spice plantation in 1819.

Our guides will take you on a tour of the Spice Garden to learn about the wide variety of spices found there today, where they're from, and what they're used for. There will also be a hands-on activity making pressed leaf bookmarks out of fragrant leaves and spices – an art and crafts activity perfect for the whole family.

All materials will be provided.

TO REGISTER:

Website: www.nparks.gov.sg/events

Civic District Tree Trail

(Programme Code: **AC1413**)

30 MAY (SUN)

Various locations

9am – 10.30am

Free



The Civic District Tree Trail takes you through Singapore's historic Civic District where you will marvel at many majestic and interesting trees, some of which have stood tall for many generations and witnessed the transformation and progress of Singapore through the years.

TO REGISTER:

Website: www.nparks.gov.sg/events



Scan the QR code to donate to support our biophilic City in a Garden through the Garden City Fund.



CONCERTS & PERFORMANCES



GET UPDATES!

SMS the respective programme codes to **77275**, or subscribe to our Telegram channel **@NParksBuzz** to receive event updates! Standard message and data rates may apply.



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Arts@ SBG: NAC- ExxonMobil Concert in the Gardens – Music Oasis

(Programme Code: **CP113**)

21 FEB (SUN)

Singapore Botanic Gardens,
Bandstand

6pm – 7pm

Free



Photo: Singapore Chinese Orchestra

Bask in the festive atmosphere of the Chinese New Year! Enjoy a wonderful evening in the Singapore Botanic Gardens as five Singapore Chinese Orchestra musicians, Han Ying (Zhongruan), Ma Huan (Yangqin), Qin Zijing (Erhu), Xu Xuena (Cello) and Zhang Yin (Pipa) present beautiful and uplifting tunes to welcome the Year of the Ox.

The concert will be livestreamed on the Facebook pages of the Singapore Chinese Orchestra, NParks and the National Arts Council to allow all to enjoy the music from the comfort of their homes as well.

This concert is part of the Arts@SBG NAC-ExxonMobil Concert in the Gardens series, organised by the Singapore Botanic Gardens, sponsored by ExxonMobil Asia Pacific and supported by the National Arts Council.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

Sunset Melodies

(Programme Code: **CP213**)

12 MAR (FRI)

Jurong Lake Gardens,
Wave Plaza

8pm – 9pm

Free



Enjoy the night breeze and be charmed by the melodic voices of The Apex Project! (with safe management measures in place)

The concert will be recorded and made available on the NParksSG YouTube channel after the concert is over to allow more people to enjoy the music from the comfort of their homes.

Due to limited seating, pre-registration is required.

TO REGISTER:

Website: www.nparks.gov.sg/events



GARDENING

Plants That Heal

(Programme Code: **GD113**)

1 JAN – 28 FEB

Singapore Botanic Gardens,
Centre for Ethnobotany

9am – 6pm

Free



The purpose of this exhibition is to increase the awareness of plants in general by highlighting their medicinal uses. There is an estimated 350,000 to 400,000 species of land plants in the world and much of this diversity resides in the tropical rain forest. This exhibition features some medicinal plants from Singapore's rain forest. In addition, contributions made by the gardens to early ethnomedical research in the region and current work on the ethnobotany of the jackfruit tree family are featured. Information is also presented on the science behind drug discovery.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

Connecting People and Plants Exhibition

(Programme Code: **GD213**)

1 JAN – 14 MAR

Singapore Botanic Gardens, CDL
Green Gallery @ SBG Heritage
Museum

9am – 6pm

Free



Go on a journey through Singapore's gardening history. For over a century, the Singapore Botanic Gardens, among others, has contributed to nurturing a gardening nation. Key among the Gardens' initiatives is its association with the early gardening and horticulture movement in Singapore that continues today.

In this exhibition, discover how people and plants of past and present come together through a love for gardening, and find out how you, too, can be a part of this movement.

Be greeted by a garden display featuring a myriad of edibles at the entrance of the gallery!

TO REGISTER:

Website: www.nparks.gov.sg/events



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NParks OneMillionTrees Webinar – Nurturing the next generation of environmental stewards

(Programme Code: **GD313**)

9 JAN (SAT)

Zoom

4pm – 5pm

Free



Photo: Nanyang Girls' High School

Join Ms Goh Pei Shuan from NParks' National Biodiversity Centre and Mr Jacob Tan from Commonwealth Secondary School, as they share some of the joys, challenges, and takeaways in their respective journeys of inspiring teachers, children, and youth to become active stewards of the environment.

Find out how nature education programmes are being taken to the next level, and how schools are doing their part to help transform Singapore into a City in Nature.

This webinar is hosted on Zoom, with limited slots available. It is also streamed live on our YouTube channel for everyone to enjoy it.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/treessg/one-million-trees-movement

NParks OneMillionTrees Movement – Public Planting

(Programme Code: **GD413**)

Various locations

Various times

Free



Join us in our planting efforts at parks, nature areas and green spaces, where you can contribute towards introducing native species into the park, as part of restoring nature back into our city, enhancing our urban environment and make it more liveable for all!

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/treessg/one-million-trees-movement

Gardeners' Day Out (GDO)

(Programme Code: **GDO**)

Every 3rd Saturday
of the month

16 JAN • 20 FEB • 20 MAR
17 APR • 15 MAY • 19 JUN

HortPark, NParksSG YouTube
Channel, Zoom

From 9am

Free



Missing our signature event, Gardeners' Day Out?

You can now participate in the comfort of your own home, with online activities such as talks and demonstrations by experts, video tutorials of kids' activities involving handicrafts and promotions offered.

On site, there are workshops and free guided tours in HortPark (with safe management measures).

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/GDO

Bazaar in the Garden

(Programme Code: **BIG**)

Every 4th Saturday
of the month

23 JAN • 27 FEB • 27 MAR
24 APR • 22 MAY • 26 JUN

Jurong Lake Gardens, Zoom

9am – 7pm

Free



Jurong Lake Gardens' signature monthly event, Bazaar in the Garden (BIG) is back!

Be sure to check out the various online workshops and activities that you can enjoy from the comfort of your home! There will also be guided tours at the Gardens (with safe management measures in place).

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

NParks OneMillionTrees Webinar – Forest restoration in action: From theory to practice

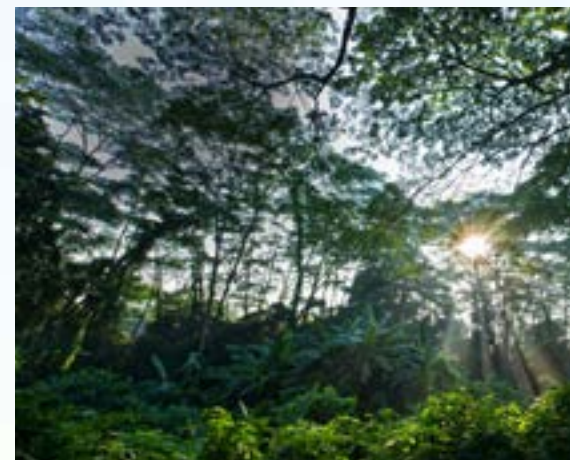
(Programme Code: **GD713**)

20 MAR (SAT)

Zoom

4pm – 5pm

Free



Join Dr Chua Siew Chin from NUS' Ridge View Residential College and Ms Rachel Tan from NParks' Conservation Division as they dive into the science and implementation of forest restoration in Singapore.

Find out why forest restoration is integral to our plan to transform Singapore into a City in Nature, and discover how our understanding of forest ecology continually shapes the way we conduct forest restoration.

This webinar is hosted on Zoom, with limited slots available. It is also streamed live on our YouTube channel for everyone to enjoy it.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/treessg/one-million-trees-movement



Scan the QR code to donate to support our biophilic City in a Garden through the Garden City Fund.



Photo: Jeanne Tan



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Community in Nature Initiative

The Community in Nature (CIN) initiative is a national movement. It brings together all of NParks' nature-related events, activities and programmes with the aim of connecting, engaging and inspiring diverse communities to help conserve our natural heritage.

For more details, please refer to our website at www.nparks.gov.sg/CIN or write to us at CIN@nparks.gov.sg

Rain Forest Tour

(Programme Code: **NR113**)

Every 1st Saturday of the month

2 JAN • 6 FEB • 6 MAR
3 APR • 1 MAY • 5 JUN

Singapore Botanic Gardens,
Visitor Centre (Nassim Gate)

10am – 11am (Japanese)

Every 2nd Saturday of the month

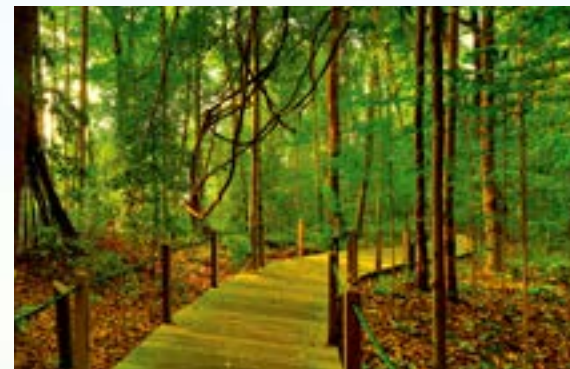
9 JAN • 13 FEB • 13 MAR
10 APR • 8 MAY • 12 JUN

Singapore Botanic Gardens,
Visitor Centre (Nassim Gate)

9am – 10am, 10am – 11am,
11am – 12pm & 4pm – 5pm
(English)

10am – 11am & 4pm – 5pm
(Mandarin)

Free



Since our very first tour launched in 2001, this remains the most popular of its kind to date. Find out more about the ecosystem of the Gardens' Rain Forest and its importance.

TO REGISTER (15 MINS BEFORE THE TOUR COMMENCES):

In Person: Visitor Centre (Nassim Gate), Singapore Botanic Gardens Tel: 1800 471 7300

Email: nparks_sbg_visitor_services@nparks.gov.sg



Healing Garden Tour

(Programme Code: **NR213**)

Every 1st Saturday
of the month

2 JAN • 6 FEB • 6 MAR
3 APR • 1 MAY • 5 JUN

Singapore Botanic Gardens,
Visitor Centre (Nassim Gate)

9am – 10am & 10am – 11am
(English)

10am – 11am (Mandarin)

Free



Join us for this tour of the Healing Garden, which showcases over 400 varieties of plants used medicinally. It is laid out thematically relating to parts of the body such as the head, as well as respiratory and reproductive systems.

TO REGISTER (15 MINUTES BEFORE THE TOUR COMMENCES):

In Person: Visitor Centre (Nassim Gate), Singapore Botanic Gardens Tel: 1800 471 7300
Email: nparks_sbg_visitor_services@nparks.gov.sg

Lakeside Garden Guided Walk

(Programme Code: **NR313**)

Every 2nd Saturday
of the month

9 JAN • 13 FEB • 13 MAR
10 APR • 8 MAY • 12 JUN

Jurong Lake Gardens

8.30am – 9.30am

Free



Join us for a free guided walk around Jurong Lake Gardens!

Treat your senses to a beautiful morning amidst greenery, where you'll come to appreciate the sights and sounds of the Garden.

Dress comfortably and wear suitable footwear. Bring along a water bottle, hat and a camera to take lots of photos!

TO REGISTER:

Website: www.nparks.gov.sg/events

Learning Forest Tour

(Programme Code: **NR413**)

Every 2nd & 4th
Saturday of the month

9 & 23 JAN • 13 & 27 FEB
13 & 27 MAR • 10 & 24 APR
8 & 22 MAY • 12 & 26 JUN

Singapore Botanic Gardens,
Learning Forest

9am – 10am

Free



The Learning Forest features a network of boardwalks and elevated walkways that allows visitors to explore habitats ranging from a freshwater forest wetland to a lowland rainforest. Join us for this tour, and learn about freshwater forest wetland ecosystems at the Keppel Discovery Wetlands and walk amongst a collection of some of the tallest tree species in Southeast Asia at the SPH Walk of Giants.

Please note that no pets are allowed on this tour as the route requires access to the elevated boardwalk.

TO REGISTER (15 MINS BEFORE THE TOUR COMMENCES):

In Person: Visitor Services Counter (Learning Forest), Singapore Botanic Gardens Tel: 1800 471 7300

Chek Jawa Wetlands Tour

(Programme Code: **NR513**)

12 JAN (TUE)

13 JAN (WED)

27 FEB (SAT)

4pm – 6pm

2 APR (FRI) & 3 APR (SAT)

**1 MAY (SAT), 2 MAY (SUN)
& 30 MAY (SUN)**

29 JUN (TUE) &

30 JUN (WED)

8am – 10am

Chek Jawa Wetlands Information
Kiosk



\$60 / group
(Max. 8 persons per group)



Experience Chek Jawa's amazing natural heritage through this tour, led by our nature guides. It is best to visit the intertidal flats at Chek Jawa Wetlands during low tides of 0.5 metres and below, which allows you to see most of the marine life.

As demand for the guided tours is high, please book early to avoid disappointment. Online registration opens on the first day of December, March, June and September.

TO REGISTER:

Website: www.nparks.gov.sg/pulau-ubin

Kampong Tour

(Programme Code: **NR613**)

**Every 3rd Saturday of
the month**

16 JAN • 20 FEB • 20 MAR

17 APR • 15 MAY • 19 JUN

Pulau Ubin, Ubin Volunteer Hub

9.30am – 11.30am



\$60 / group
(Max. 8 persons per group)



Experience Pulau Ubin's wonderful natural and cultural heritage as this two-hour walk takes you from the Ubin Volunteer Hub, through the spice trees around the Jelutong campsite, Butterfly Hill, Pekan Quarry, Sensory Trail Ponds, Kampong House, the old Bin Kiang School site, Tua Pek Kong Temple, and finally, to the Wayang Stage.

TO REGISTER:

Website: www.nparks.gov.sg/pulau-ubin

Orchid Garden Tour

(Programme Code: **NR713**)

Every 3rd Saturday of the month

16 JAN • 20 FEB • 20 MAR
17 APR • 15 MAY • 19 JUN

National Orchid Garden

9am – 10am, 10am – 11am,
11am – 12pm & 4pm – 5pm
(English)

4pm – 5pm (Mandarin)



Admission fees apply



Treat yourself to a visual spectacle by visiting the National Orchid Garden, which has one of the world's largest collections of orchids, spanning over 1,000 species and 2,000 hybrids!

TO REGISTER (15 MINS BEFORE THE TOUR COMMENCES):

In Person: Visitor Centre (Nassim Gate), Singapore Botanic Gardens

Tel: 1800 471 7300

Email: nparks_sbg_visitor_services@nparks.gov.sg

Rustic Reflections Tour

(Programme Code: **NR813**)

Every 3rd Saturday of the month

16 JAN • 20 FEB • 20 MAR
17 APR • 15 MAY • 19 JUN

Pulau Ubin, Ubin Volunteer Hub

9.30am – 11.30am



\$60/group
(Max. 8 persons per group)



Discover Pulau Ubin's unique and colourful kampong history with our volunteer guides. This two-hour walk will take you on a trip to discover the island's cultural, economic and natural heritage with visits to important historical landmarks, wildlife habitats and restored buildings. Learn about what life was like on this rustic island in the past and the hidden gems that make this place irreplaceable.

TO REGISTER:

Website: www.nparks.gov.sg/events

Biodiversity Guided Walk

(Programme Code: **NR913**)

Every 4th Saturday of the month

23 JAN • 27 FEB • 27 MAR
24 APR • 22 MAY • 26 JUN

Jurong Lake Gardens

8.30am – 9.30am

Free



Join us for a free guided walk around Jurong Lake Gardens!

Treat your senses to a beautiful morning amidst greenery, where you'll come to appreciate the sights and sounds of the Garden.

Dress comfortably and wear suitable footwear. Bring along a water bottle, hat and a camera to take lots of photos!

TO REGISTER:

Website: www.nparks.gov.sg/events

Race Against Time – Science behind a Botanic Garden Tour

(Programme Code: **NR1013**)

Every 4th Saturday of the month

23 JAN • 27 FEB • 27 MAR
24 APR • 22 MAY • 26 JUN

Singapore Botanic Gardens,
Visitor Services Counter
(Tanglin Gate)

10am – 10.45am

Free



If you have a keen interest in orchids, Singapore Botanic Gardens' hybridisation programme, or how the Gardens' specimens of dried plants assist us in recording plant species of our region, this is the tour for you!

TO REGISTER (15 MINS BEFORE THE TOUR COMMENCES):

In Person: Visitor Services Counter (Tanglin Gate), Singapore Botanic Gardens

Croc and Friends – Guided Walk Edition

(Programme Code: **NR1113**)

7 FEB (SUN)

Sungei Buloh Wetland Reserve,
Main Bridge (Neo Tiew Entrance)

10am – 12pm

Free



Drop by and learn all about the Estuarine Crocodile that basks in the Sungei Buloh Wetland Reserve (SBWR) from Bernard, a SBWR volunteer with a keen interest in our reptilian friend!

Find out fascinating information about the crocodile, such as its characteristics and behaviour, and observe them as they go about their daily business.

Registration is not required.

FOR MORE INFORMATION:

Website: www.nparks.gov.sg/events

Email: nparks_sbwr@nparks.gov.sg

Fun Walk along the Southern Ridges

(Programme Code: **NR1213**)

20 FEB (SAT)

15 MAY (SAT)

Mount Faber Park, entrance of
Henderson Waves

9am – 11am

Free



Take your family on a leisure stroll through southern ridges, a soothing sanctuary of greenery that is not only steeped in history but also home to some of Singapore's most exciting flora and fauna. Highlights of the tour included the Henderson Waves, Sembcorp Forest of the Giants, Forest Walk and the Singing Forest.

TO REGISTER:

Website: www.nparks.gov.sg/eventsv

Bird-watching along the Southern Ridges

(Programme Code: **NR1313**)

13 MAR (SAT)

12 JUN (SAT)

Mount Faber Park, entrance of

Henderson Waves

7.30am – 9.30am

Free



Go bird-watching with us at the Southern Ridges, where up to 43 species of birds have been spotted so far. This tour will take you through the Forest Walk and the Singing Forest in search of these beautiful birds. Do bring along a pair of binoculars or a camera with a zoom function for a better experience.

TO REGISTER:

Website: www.nparks.gov.sg/events

Ecolife Family Tour

(Programme Code: **NR1413**)

13 & 20 MAR (SAT)

29 MAY (SAT)

5, 12, 19 & 26 JUN (SAT)

Bishan-Ang Mo Kio Park,
River Plains

9am – 11am

20 MAR (SAT)

5, 12 & 19 JUN (SAT)

Coney Island Park

9am – 11am

Free



This family tour introduces Bishan-Ang Mo Kio Park, Coney Island Park and their biodiversity – have fun working together answering worksheets, conducting surveys and going for photo hunts, among other activities.

Online registration opens a month prior to the event.

TO REGISTER:

Website: www.nparks.gov.sg/events



Scan the QR code to donate to support our biophilic City in a Garden through the Garden City Fund.



SPORTS & WELLNESS



GET UPDATES!

SMS the respective programme codes to **77275**, or subscribe to our Telegram channel **@NParksBuzz** to receive event updates! Standard message and data rates may apply.



SIGN UP FOR OUR FREE E-NEWSLETTERS!

To receive event updates, or learn how you can shape our City in a Garden, sign up at www.nparks.gov.sg/nparksnewslettersubscription.

Text **NPBUZZ** to **77275** to receive the e-newsletter on your mobile.

Sundays @ the Park

(Programme Code: **SW113**)

Every Sunday of the month

3, 10, 17, 24, 31 JAN
7, 14, 21, 28 FEB
7, 14, 21, 28 MAR
4, 11, 18, 25 APR
2, 9, 16, 23, 30 MAY
6, 13, 20, 27 JUN

Various locations

8.30am – 9.30am

9am – 10am

5pm – 6pm

Free



Get moving with your family and friends at a park near you!

Organised in collaboration with the Health Promotion Board (HPB), bond over the free activities that include instructor-led group workouts and fitness boot camps. Learn effective workouts to keep yourself trim and fit, with energetic routines like All That Jazz, KpopX Fitness, Fight Club and more!

The programme schedule is subject to change.

FOR MORE INFORMATION & TO REGISTER:

Website:

www.healthhub.sg/programmes/142/moveit/moveit-classes



Therapeutic Horticulture Programme

(Programme Code: **SW213**)



\$38 / participant with full 100% waiver for participants from MCCY registered charities, IPC, Co-op and VVOs

The Therapeutic Horticulture Programme uses plants and nature related activities to maximise the benefits of a therapeutic garden.

With growing interest in the benefits of therapeutic gardens and therapeutic horticulture, we have developed a series of workshops which are suitable for elderly groups, persons with dementia and other special needs. These programmes are led by trained guides and have been specially designed to:

- Promote low intensity exercise and improve motor skills
- Stimulate memory
- Encourage positive social interactions and connection with nature
- Promote mindfulness

The programmes include propagation of edible plants, scent bag making, leaf collages, gardening, growing of edible sprouts and flower & leaf pressing on cards.

FOR MORE INFORMATION & TO REGISTER (2 WEEKS PRIOR TO EVENT):

Website: www.nparks.gov.sg/gardens-parks-and-nature/therapeutic-gardens

Telok Blangah Park

MONDAYS

11 & 25 JAN • 8 & 22 FEB
8 & 22 MAR • 12 & 26 APR
10 & 24 MAY • 14 & 28 JUN



HortPark

TUESDAYS

5 & 19 JAN • 9 & 23 FEB
9 & 23 MAR • 6 & 20 APR
4 & 18 MAY • 8 & 22 JUN



Bishan-Ang Mo Kio Park

TUESDAYS

12 & 26 JAN • 9 & 23 FEB
9 & 23 MAR • 13 & 27 APR
11 & 25 MAY • 8 & 22 JUN



Tiong Bahru Park

THURSDAYS

7 & 21 JAN • 4 & 18 FEB
4 & 18 MAR • 8 & 22 APR
6 & 20 MAY • 3 & 17 JUN



Punggol Waterway Park

THURSDAYS

7 & 21 JAN • 4 & 18 FEB
4 & 18 MAR • 8 & 22 APR
6 & 20 MAY • 3 & 17 JUN



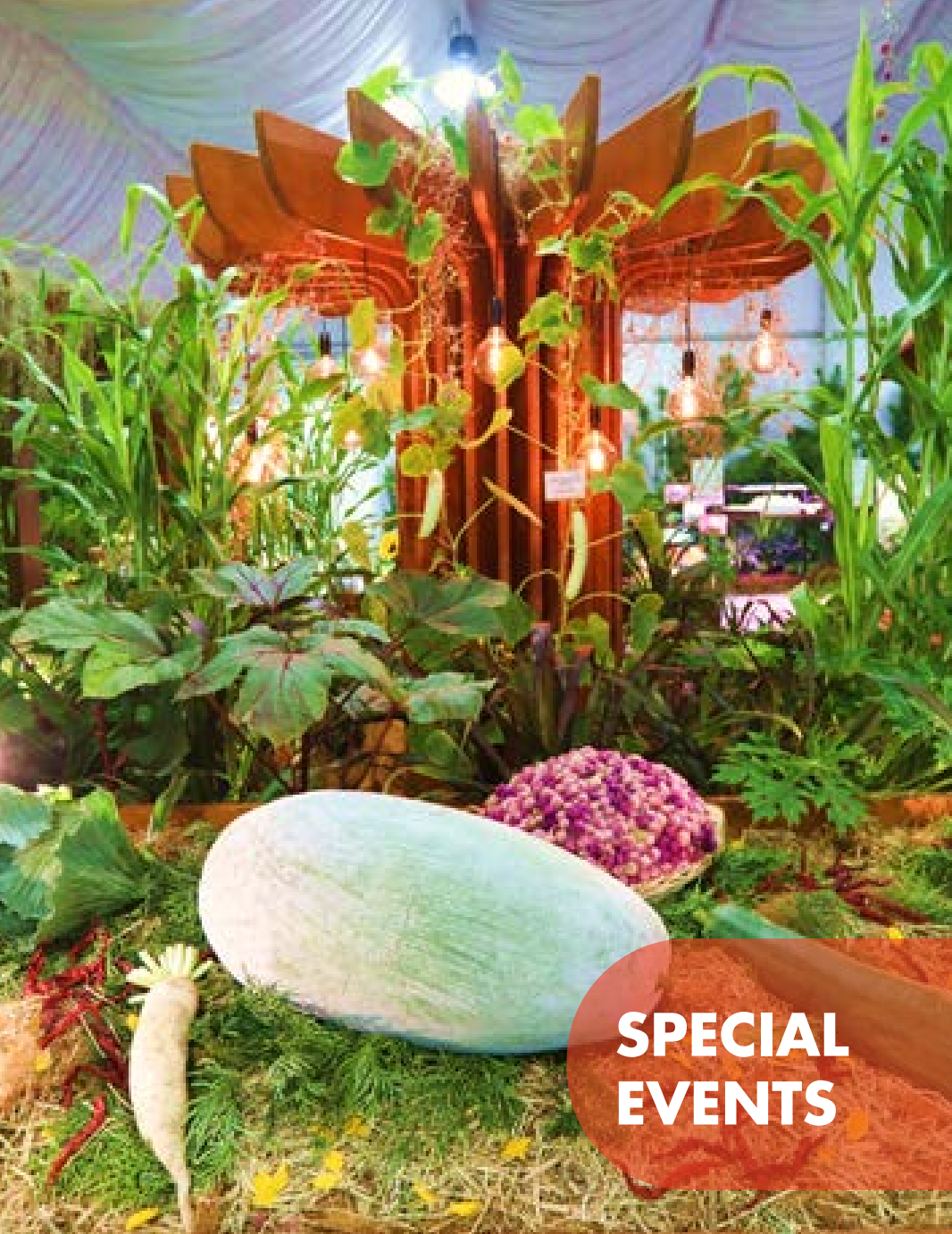
Choa Chu Kang Park

THURSDAYS

28 JAN • 18 FEB
11 & 25 MAR • 15 & 29 APR
27 MAY • 10 & 24 JUN



Scan the QR code to donate to support our biophilic City in a Garden through the Garden City Fund.



SPECIAL EVENTS

Community Gardening Edibles Competition

(Programme Code: **SE13**)

12 – 14 MAR

HortPark

9am - 6pm

Free



Are you an enthusiastic gardener who enjoys growing edibles? Here's your chance to show off your knack for gardening and your beautiful harvest at the Community Garden Edibles Competition!

Pit your gardening skills against other passionate gardeners in Singapore and stand to win attractive prizes.

You may take part in all or any of three categories with separate entries for each:

- Longest fruit/vegetable
- Heaviest fruit/vegetable
- Open (unusual or uncommon fruit/vegetable) **NEW!**

FOR MORE INFORMATION:

Website:

www.nparks.gov.sg/gardening/community-garden-edibles-competition



Scan the QR code to donate to support our biophilic City in a Garden through the Garden City Fund.



GET UPDATES!

SMS the respective programme codes to **77275**, or subscribe to our Telegram channel **@NParksBuzz** to receive event updates! Standard message and data rates may apply.



SIGN UP FOR OUR FREE E-NEWSLETTERS!

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Text **NPBUZZ** to **77275** to receive the e-newsletter on your mobile.

NParks Coast-to-Coast Trail

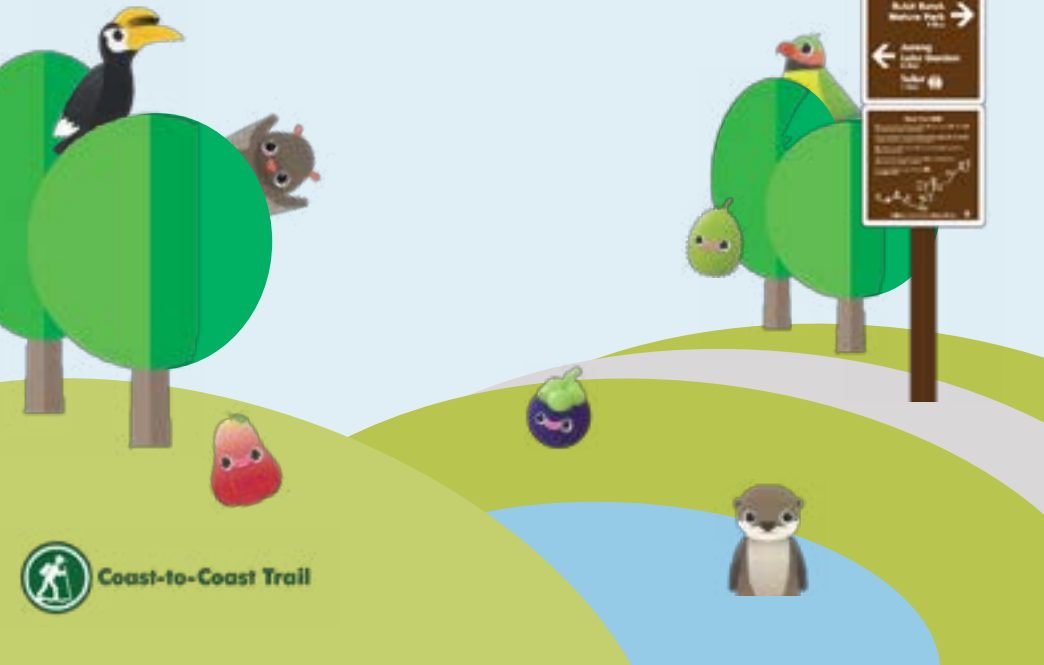


Do you enjoy taking nice long walks in lush greenery, or exploring the outdoors spaces around you? Then visit the new Coast-to-Coast (C2C) Trail for a curated walking experience across the island!

The Coast-to-Coast Trail is a 36 km trail that spans across Singapore. Stretching from Jurong Lake Gardens in the west to Coney Island Park in the northeast, join Phil, a leaf from the native Broad-leaved Sterculia (*Sterculia macrophylla*), and the C2C mascot, as it guides you through a curated walking experience along the Trail!

You can choose to explore the Trail on your own using the **C2C online Trail Guide**, or download the **C2C mobile app**, NParks' first augmented reality (AR)-enabled mobile application for an immersive and interactive walking experience across the 36 km stretch of parks, parks connectors and nature areas.

Visit the checkpoints, scan the animal characters on the checkpoint markets using the AR setting in the C2C app and watch the characters come to life on your phone!



NParks Coast-to-Coast Trail (C2C) Mobile App

Developed to complement the Coast-to-Coast Trail for an interactive walking experience, the C2C mobile app has a wealth of opportunities to earn points that can be converted into exciting rewards – from logging in to the app, checking in at any of the checkpoints, completing quests, sharing your experiences in-app, to finding “hidden fruits”, and more!



- Navigate your way to the C2C Trail from wherever you are in Singapore
- Watch animal characters spring to life!
- Hunt treasure!
- Share your C2C experience
- Get notified about events and promotions
- Use your points to redeem rewards

Start
your C2C
journey
today!



Scan to
download
the app



Overview Calendar

38 Jan

39 Feb

41 Mar

43 Apr

45 May

47 Jun



JANUARY 2021

1 Jan
(Fri)

Plants That Heal
Singapore Botanic Gardens
1 Jan – 28 Feb
9am – 6pm

Connecting People and Plants
Exhibition
Singapore Botanic Gardens
1 Jan – 14 Mar
9am – 6pm

2 Jan
(Sat)

Healing Garden Tour
Singapore Botanic Gardens
9am – 10am, 10am – 11am (English)
10am – 11am (Mandarin)

Rain Forest Tour
Singapore Botanic Gardens
10am – 11am (Japanese)

3 Jan
(Sun)

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

5 Jan
(Tue)

Therapeutic Horticulture Programme
HortPark

6 Jan
(Wed)

Visual Arts at Jurong Lake Gardens:
'Gang of Four'
Jurong Lake Gardens
6 Jan – 6 Apr
12pm – 12pm

7 Jan
(Thur)

Therapeutic Horticulture Programme
Punggol Waterway Park
Therapeutic Horticulture Programme
Tiong Bahru Park

9 Jan
(Sat)

Lakeside Garden Guided Walk
Jurong Lake Gardens
8.30am – 9.30am
Learning Forest Tour
Singapore Botanic Gardens
9am – 10am
Rain Forest Tour
Singapore Botanic Gardens
9am – 10am, 10am – 11am, 11am –
12pm & 4pm – 5pm (English)
10am – 11am & 4pm – 5pm
(Mandarin)

NParks OneMillionTrees Webinar
– Nurturing the next generation of
environmental stewards
Zoom
4pm – 5pm

10 Jan
(Sun)

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

11 Jan
(Mon)

Therapeutic Horticulture Programme
Telok Blangah Park

12 Jan
(Tue)

Chek Jawa Wetlands Tour
Pulau Ubin
4pm – 6pm
Therapeutic Horticulture Programme
Bishan-Ang Mo Kio Park

13 Jan
(Wed)

Chek Jawa Wetlands Tour
Pulau Ubin
4pm – 6pm

16 Jan
(Sat)

Gardeners' Day Out
HortPark, NParksSG YouTube
Channel, Zoom
From 9am
Orchid Garden Tour
National Orchid Garden
9am – 10am, 10am – 11am, 11am –
12pm, 4pm – 5pm (English)
4pm – 5pm (Mandarin)

Kampung Tour
Pulau Ubin
9.30am – 11.30am

Rustic Reflections Tour
Pulau Ubin
9.30am – 11.30am

17 Jan
(Sun)

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

19 Jan
(Tue)

Therapeutic Horticulture Programme
HortPark

21 Jan
(Thur)

Therapeutic Horticulture Programme
Punggol Waterway Park
Therapeutic Horticulture Programme
Tiong Bahru Park

22 Jan (Fri)	Seniors and Contemporary Art Project 2021 Singapore Botanic Gardens 22 Jan – 28 Feb 10am – 10pm It Takes Time Jurong Lake Gardens 22 Jan – 30 Jun
23 Jan (Sat)	Biodiversity Guided Walk Jurong Lake Gardens 8.30am – 9.30am Learning Forest Tour Singapore Botanic Gardens 9am – 10am Heritage Tour Singapore Botanic Gardens 9am – 10.30am Bazaar in the Garden Jurong Lake Gardens, Zoom 9am – 7pm Race Against Time – Science behind a Botanic Garden Tour Singapore Botanic Gardens 10am – 10.45am
24 Jan (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm
25 Jan (Mon)	Therapeutic Horticulture Programme Telok Blangah Park
26 Jan (Tue)	Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park
28 Jan (Thur)	Therapeutic Horticulture Programme Choa Chu Kang Park
31 Jan (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm

FEBRUARY 2021

4 Feb (Thur)	Therapeutic Horticulture Programme Punggol Waterway Park Therapeutic Horticulture Programme Tiong Bahru Park
6 Feb (Sat)	Healing Garden Tour Singapore Botanic Gardens 9am – 10am, 10am – 11am (English) 10am – 11am (Mandarin) Rain Forest Tour Singapore Botanic Gardens 10am – 11am (Japanese)
7 Feb (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm Croc and Friends – Guided Walk Edition Sungei Buloh Wetland Reserve 10am – 12pm
8 Feb (Mon)	Therapeutic Horticulture Programme Telok Blangah Park
9 Feb (Tue)	Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park Therapeutic Horticulture Programme HortPark
10 Feb (Wed)	When a Tree Becomes a Forest Jurong Lake Gardens 10 Feb – 30 Jun
13 Feb (Sat)	Lakeside Garden Guided Walk Jurong Lake Gardens 8.30am – 9.30am Learning Forest Tour Singapore Botanic Gardens 9am – 10am Rain Forest Tour Singapore Botanic Gardens 9am – 10am, 10am – 11am, 11am – 12pm & 4pm – 5pm (English) 10am – 11am & 4pm – 5pm (Mandarin)

14 Feb (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm
18 Feb (Thur)	Therapeutic Horticulture Programme Choa Chu Kang Park Therapeutic Horticulture Programme Punggol Waterway Park Therapeutic Horticulture Programme Tiong Bahru Park
20 Feb (Sat)	Gardeners' Day Out HortPark, NParksSG YouTube Channel, Zoom From 9am Fun Walk along the Southern Ridges The Southern Ridges 9am – 11am Orchid Garden Tour National Orchid Garden 9am – 10am, 10am – 11am, 11am – 12pm, 4pm – 5pm (English) 4pm – 5pm (Mandarin) Kampung Tour Pulau Ubin 9.30am – 11.30am Rustic Reflections Tour Pulau Ubin 9.30am – 11.30am
21 Feb (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm Arts@SBG: NAC-ExxonMobil Concert in the Gardens – Music Oasis Singapore Botanic Gardens 6pm – 7pm
22 Feb (Mon)	Therapeutic Horticulture Programme Telok Blangah Park
23 Feb (Tue)	Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park Therapeutic Horticulture Programme HortPark

26 Feb (Fri)	ramble on: poems by madeleine lee Jurong Lake Gardens 26 Feb – 14 Mar
27 Feb (Sat)	Biodiversity Guided Walk Jurong Lake Gardens 8.30am – 9.30am Learning Forest Tour Singapore Botanic Gardens 9am – 10am Heritage Tour Singapore Botanic Gardens 9am – 10.30am Bazaar in the Garden Jurong Lake Gardens, Zoom 9am – 7pm Race Against Time – Science behind a Botanic Garden Tour Singapore Botanic Gardens 10am – 10.45am Monument Trail Civic District 10am – 11.30am Chek Jawa Wetlands Tour Pulau Ubin 4pm – 6pm
28 Feb (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm Pioneers Trail Along Ann Siang Hill & Telok Ayer Green 10am – 11.30am Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm

MARCH 2021

2 Mar (Tue) Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm

4 Mar (Thur) Therapeutic Horticulture Programme Punggol Waterway Park
Therapeutic Horticulture Programme Tiong Bahru Park

6 Mar (Sat) Healing Garden Tour Singapore Botanic Gardens 9am – 10am, 10am – 11am (English)
10am – 11am (Mandarin)

NEW! Painting Foliage in Watercolours (A Botanical Art Workshop) Singapore Botanic Gardens 9am – 12pm

Rain Forest Tour Singapore Botanic Gardens 10am – 11am (Japanese)

Hello Future: Connecting People and Nature – A Think Contemporary Preschool Exhibition by Singapore Art Museum Singapore Botanic Gardens 6 Mar – 4 Apr 10am – 10pm

7 Mar (Sun) Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm

Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm

8 Mar (Mon) Therapeutic Horticulture Programme Telok Blangah Park

9 Mar (Tue) Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm

Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park

Therapeutic Horticulture Programme HortPark

11 Mar (Thur) Therapeutic Horticulture Programme Choa Chu Kang Park

12 Mar (Fri) Sunset Melodies Jurong Lake Gardens 8pm – 9pm

Community Gardening Edibles Competition HortPark 12 – 14 Mar 9am – 6pm

13 Mar (Sat) Bird-watching along the Southern Ridges The Southern Ridges 7.30am – 9.30am

Lakeside Garden Guided Walk Jurong Lake Gardens 8.30am – 9.30am

Learning Forest Tour Singapore Botanic Gardens 9am – 10am

Ecolife Family Tour Bishan-Ang Mo Kio Park 9am – 11am

Rain Forest Tour Singapore Botanic Gardens 9am – 10am, 10am – 11am, 11am – 12pm & 4pm – 5pm (English)

10am – 11am & 4pm – 5pm (Mandarin)

Community Gardening Edibles Competition HortPark 12 – 14 Mar 9am – 6pm

14 Mar (Sun) Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm

Community Gardening Edibles Competition HortPark 12 – 14 Mar 9am – 6pm

Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm

16 Mar (Tue) "Grow with Nature" Drama Series: Where the Wild Things Are (A Drama Workshop) Singapore Botanic Gardens 10am – 11.30am

Under A Tree Workshop Arts@SBG Community Arts Residency Singapore Botanic Gardens 10am – 12pm / 4pm – 6pm

18 Mar (Thur) Therapeutic Horticulture Programme Punggol Waterway Park
Therapeutic Horticulture Programme Tiong Bahru Park

20 Mar (Sat) Gardeners' Day Out HortPark, NParksSG YouTube Channel, Zoom From 9am

Ecolife Family Tour Bishan-Ang Mo Kio Park 9am – 11am

Ecolife Family Tour Coney Island Park 9am – 11am

Orchid Garden Tour National Orchid Garden 9am – 10am, 10am – 11am, 11am – 12pm, 4pm – 5pm (English)

4pm – 5pm (Mandarin)

Kampong Tour Pulau Ubin 9.30am – 11.30am

Rustic Reflections Tour Pulau Ubin 9.30am – 11.30am

NParks OneMillionTrees Webinar – Forest restoration in action: From theory to practice Zoom 4pm – 5pm

21 Mar (Sun) Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm

22 Mar (Mon) Therapeutic Horticulture Programme Telok Blangah Park

23 Mar (Tue) Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park
Therapeutic Horticulture Programme HortPark

25 Mar (Thur) Therapeutic Horticulture Programme Choa Chu Kang Park

27 Mar (Sat) Biodiversity Guided Walk Jurong Lake Gardens 8.30am – 9.30am

Learning Forest Tour Singapore Botanic Gardens 9am – 10am

Heritage Tour Singapore Botanic Gardens 9am – 10.30am

Bazaar in the Garden Jurong Lake Gardens, Zoom 9am – 7pm

Race Against Time – Science behind a Botanic Garden Tour Singapore Botanic Gardens 10am – 10.45am

28 Mar (Sun) Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm

APRIL 2021

**2 Apr
(Fri)**

Chek Jawa Wetlands Tour
Pulau Ubin
8am – 10am

**3 Apr
(Sat)**

Chek Jawa Wetlands Tour
Pulau Ubin
8am – 10am

Healing Garden Tour
Singapore Botanic Gardens
9am – 10am, 10am – 11am (English)

10am – 11am (Mandarin)

Rain Forest Tour
Singapore Botanic Gardens
10am – 11am (Japanese)

**4 Apr
(Sun)**

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

**6 Apr
(Tue)**

Therapeutic Horticulture Programme
HortPark

**8 Apr
(Thur)**

Therapeutic Horticulture Programme
Punggol Waterway Park

Therapeutic Horticulture Programme
Tiong Bahru Park

**10 Apr
(Sat)**

Lakeside Garden Guided Walk
Jurong Lake Gardens
8.30am – 9.30am

Learning Forest Tour
Singapore Botanic Gardens
9am – 10am

Rain Forest Tour
Singapore Botanic Gardens
9am – 10am, 10am – 11am, 11am –
12pm & 4pm – 5pm (English)

10am – 11am & 4pm – 5pm
(Mandarin)

**11 Apr
(Sun)**

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

**12 Apr
(Mon)**

Therapeutic Horticulture Programme
Telok Blangah Park

**13 Apr
(Tue)**

Therapeutic Horticulture Programme
Bishan-Ang Mo Kio Park

**15 Apr
(Thur)**

Therapeutic Horticulture Programme
Choa Chu Kang Park

**17 Apr
(Sat)**

Gardeners' Day Out
HortPark, NParksSG YouTube
Channel, Zoom
From 9am

Orchid Garden Tour
National Orchid Garden
9am – 10am, 10am – 11am, 11am –
12pm, 4pm – 5pm (English)

4pm – 5pm (Mandarin)

Kampung Tour
Pulau Ubin
9.30am – 11.30am

Rustic Reflections Tour
Pulau Ubin
9.30am – 11.30am

**18 Apr
(Sun)**

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

**20 Apr
(Tue)**

Therapeutic Horticulture Programme
HortPark

**22 Apr
(Thur)**

Therapeutic Horticulture Programme
Punggol Waterway Park

Therapeutic Horticulture Programme
Tiong Bahru Park

**24 Apr
(Sat)**

Biodiversity Guided Walk
Jurong Lake Gardens
8.30am – 9.30am

Learning Forest Tour
Singapore Botanic Gardens
9am – 10am

Heritage Tour
Singapore Botanic Gardens
9am – 10.30am

Bazaar in the Garden
Jurong Lake Gardens, Zoom
9am – 7pm

**Race Against Time – Science behind
a Botanic Garden Tour**
Singapore Botanic Gardens
10am – 10.45am

Monument Trail
Civic District
10am – 11.30am

**25 Apr
(Sun)**

Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

Pioneers Trail
Along Ann Siang Hill & Telok Ayer
Green
10am – 11.30am

**26 Apr
(Mon)**

Therapeutic Horticulture Programme
Telok Blangah Park

**27 Apr
(Tue)**

Therapeutic Horticulture Programme
Bishan-Ang Mo Kio Park

**29 Apr
(Thur)**

Therapeutic Horticulture Programme
Choa Chu Kang Park

MAY 2021

1 May (Sat)	<p>Chek Jawa Wetlands Tour Pulau Ubin 8am – 10am</p> <p>Healing Garden Tour Singapore Botanic Gardens 9am – 10am, 10am – 11am (English)</p> <p>10am – 11am (Mandarin)</p> <p>Rain Forest Tour Singapore Botanic Gardens 10am – 11am (Japanese)</p>
2 May (Sun)	<p>Chek Jawa Wetlands Tour Pulau Ubin 8am – 10am</p> <p>Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm</p>
4 May (Tue)	Therapeutic Horticulture Programme HortPark
6 May (Thur)	<p>Therapeutic Horticulture Programme Punggol Waterway Park</p> <p>Therapeutic Horticulture Programme Tiong Bahru Park</p>
8 May (Sat)	<p>Lakeside Garden Guided Walk Jurong Lake Gardens 8.30am – 9.30am</p> <p>Learning Forest Tour Singapore Botanic Gardens 9am – 10am</p> <p>Rain Forest Tour Singapore Botanic Gardens 9am – 10am, 10am – 11am, 11am – 12pm & 4pm – 5pm (English)</p> <p>10am – 11am & 4pm – 5pm (Mandarin)</p>
9 May (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm
10 May (Mon)	Therapeutic Horticulture Programme Telok Blangah Park

11 May (Tue)	Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park
15 May (Sat)	<p>Gardeners' Day Out HortPark, NParksSG YouTube Channel, Zoom From 9am</p> <p>Fun Walk along the Southern Ridges The Southern Ridges 9am – 11am</p> <p>Orchid Garden Tour National Orchid Garden 9am – 10am, 10am – 11am, 11am – 12pm, 4pm – 5pm (English)</p> <p>4pm – 5pm (Mandarin)</p> <p>Kampong Tour Pulau Ubin 9.30am – 11.30am</p> <p>Rustic Reflections Tour Pulau Ubin 9.30am – 11.30am</p>
16 May (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm
18 May (Tue)	Therapeutic Horticulture Programme HortPark
20 May (Thur)	<p>Therapeutic Horticulture Programme Punggol Waterway Park</p> <p>Therapeutic Horticulture Programme Tiong Bahru Park</p>
22 May (Sat)	<p>Biodiversity Guided Walk Jurong Lake Gardens 8.30am – 9.30am</p> <p>Learning Forest Tour Singapore Botanic Gardens 9am – 10am</p> <p>Bazaar in the Garden Jurong Lake Gardens, Zoom 9am – 7pm</p> <p>Race Against Time – Science behind a Botanic Garden Tour Singapore Botanic Gardens 10am – 10.45am</p>

23 May (Sun)	Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm
24 May (Mon)	Therapeutic Horticulture Programme Telok Blangah Park
25 May (Tue)	Therapeutic Horticulture Programme Bishan-Ang Mo Kio Park
27 May (Thur)	Therapeutic Horticulture Programme Choa Chu Kang Park
29 May (Sat)	Ecolife Family Tour Bishan-Ang Mo Kio Park 9am – 11am
30 May (Sun)	<p>Chek Jawa Wetlands Tour Pulau Ubin 8am – 10am</p> <p>Sundays @ the Park Various locations 8.30am – 9.30am, 9am – 10am, 5pm – 6pm</p> <p>Civic District Tree Trail Various locations 9am – 10.30am</p>

JUNE 2021

**3 Jun
(Thur)** Therapeutic Horticulture Programme
Punggol Waterway Park

**5 Jun
(Sat)** Ecolife Family Tour
Bishan-Ang Mo Kio Park
9am – 11am

Ecolife Family Tour
Coney Island Park
9am – 11am

Healing Garden Tour
Singapore Botanic Gardens
9am – 10am, 10am – 11am (English)

10am – 11am (Mandarin)

Rain Forest Tour
Singapore Botanic Gardens
10am – 11am (Japanese)

**6 Jun
(Sun)** Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

**8 Jun
(Tue)** Therapeutic Horticulture Programme
Bishan-Ang Mo Kio Park

Therapeutic Horticulture Programme
HortPark

**10 Jun
(Thur)** Therapeutic Horticulture Programme
Choa Chu Kang Park

**12 Jun
(Sat)** Bird-watching along the Southern
Ridges
The Southern Ridges
7.30am – 9.30am

Lakeside Garden Guided Walk
Jurong Lake Gardens
8.30am – 9.30am

Learning Forest Tour
Singapore Botanic Gardens
9am – 10am

Ecolife Family Tour
Bishan-Ang Mo Kio Park
9am – 11am

Ecolife Family Tour
Coney Island Park
9am – 11am

Rain Forest Tour
Singapore Botanic Gardens
9am – 10am, 10am – 11am, 11am –
12pm & 4pm – 5pm (English)

10am – 11am & 4pm – 5pm
(Mandarin)

**13 Jun
(Sun)** Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

**14 Jun
(Mon)** Therapeutic Horticulture Programme
Telok Blangah Park

**17 Jun
(Thur)** Therapeutic Horticulture Programme
Punggol Waterway Park

Therapeutic Horticulture Programme
Tiong Bahru Park

**19 Jun
(Sat)** Gardeners' Day Out
HortPark, NParksSG YouTube
Channel, Zoom
From 9am

Ecolife Family Tour
Bishan-Ang Mo Kio Park
9am – 11am

Ecolife Family Tour
Coney Island Park
9am – 11am

Orchid Garden Tour
National Orchid Garden
9am – 10am, 10am – 11am, 11am –
12pm, 4pm – 5pm (English)

4pm – 5pm (Mandarin)

Kampong Tour
Pulau Ubin
9.30am – 11.30am

Rustic Reflections Tour
Pulau Ubin
9.30am – 11.30am

**20 Jun
(Sun)** Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

**22 Jun
(Tue)** Therapeutic Horticulture Programme
Bishan-Ang Mo Kio Park

Therapeutic Horticulture Programme
HortPark

**24 Jun
(Thur)** Therapeutic Horticulture Programme
Choa Chu Kang Park

**26 Jun
(Sat)** Biodiversity Guided Walk
Jurong Lake Gardens
8.30am – 9.30am

Learning Forest Tour
Singapore Botanic Gardens
9am – 10am

Ecolife Family Tour
Bishan-Ang Mo Kio Park
9am – 11am

Bazaar in the Garden
Jurong Lake Gardens, Zoom
9am – 7pm

Race Against Time – Science behind
a Botanic Garden Tour
Singapore Botanic Gardens
10am – 10.45am

Monument Trail
Civic District
10am – 11.30am

**27 Jun
(Sun)** Sundays @ the Park
Various locations
8.30am – 9.30am, 9am – 10am,
5pm – 6pm

Pioneers Trail
Along Ann Siang Hill & Telok Ayer
Green
10am – 11.30am

**28 Jun
(Mon)** Therapeutic Horticulture Programme
Telok Blangah Park

**29 Jun
(Tue)** Chek Jawa Wetlands Tour
Pulau Ubin
8am – 10am

**30 Jun
(Wed)** Chek Jawa Wetlands Tour
Pulau Ubin
8am – 10am

NParks Volunteer Programme

Volunteer Opportunities

TO SIGN UP AS A VOLUNTEER,
PLEASE VISIT

www.volunteernetwork.mnd.gov.sg



For enquiries, you can contact us at:

Volunteer Opportunities
volunteer@nparks.gov.sg

Volunteer With Us!



Love spending time surrounded by nature? Passionate about greenery? Then come join us on this journey towards making Singapore our City in a Garden.

Whether you are a student, professional, retiree or on a study/ career break, we welcome you. Volunteers are important to us, and we value the time and contributions of every one on our volunteer programme.

This partnership with our nature enthusiasts has allowed us to accomplish much more than we could. Join us and make a difference in our nature areas and green spaces!

To sign up as a volunteer, please visit www.volunteernetwork.mnd.gov.sg.

For enquiries, you can contact us at: volunteer@nparks.gov.sg.

Choose from a wide range of volunteer opportunities:



Citizen Science

Citizen science refers to the community participating in organised research efforts to survey the biodiversity around us. As a citizen scientist, you aid in the collection of large amounts of data, and learn more about our biodiversity at the same time. The data you collect can inform decision makers and help in the formulation of conservation strategies.

There is a variety of citizen science initiatives available to the public and school groups. The programmes target specific groups of animals like birds, butterflies and dragonflies. Find out more about the programmes from the National Biodiversity Centre.

- **BioBlitz**
- **Butterfly Watch**
- **Dragonfly Watch**
- **Garden Bird Watch**
- **Heron Watch**
- **Intertidal Watch**



Community in Bloom

Community in Bloom is a nationwide gardening movement that aims to foster a community spirit and bring together residents, both young and old, to make Singapore our garden. Put your green fingers to good use as you maintain a community garden, which includes sowing of seeds, pruning, weeding, fertilising the soil, composting, and identifying and labelling the plants.



Habitat Enhancement

Play an active role in supporting and promoting Singapore's natural heritage by maintaining and enhancing habitats for our flora and fauna.

Butterfly Habitat Enhancement

- **Bishan-Ang Mo Kio Park**
- **Pasir Ris Park**
- **Tampines Eco Green**

Coastal Cleanup

- **Coney Island Park**
- **Pulau Ubin**
- **Sungei Buloh Wetland Reserve**

Invasive Species Management

- **Bukit Timah Nature Reserve**
- **Central Catchment Nature Reserve**
- **Pulau Ubin**
- **Sungei Buloh Wetland Reserve**

Plants need the ideal location to grow well and prosper. Weeds can suffocate these plants and make the landscape look unsightly. Join us for a weeding session and get to know the weeds that are invasive in our landscape..

Mangrove Cleanup

- **Pasir Ris Park**

Plant Records

- **Singapore Botanic Gardens**

To work on plant records, you should be familiar with data entry. You will help build up the Gardens' plant information database during office hours on weekdays, and have the opportunity to conduct field surveys and gain knowledge of plant records management in a botanical institution.



Horticulture

Work closely with our horticulturists and support them in managing the landscapes in parks and gardens. Also, learn about different plants and their characteristics.

Herbarium Cataloguing

- **Singapore Botanic Gardens**

You can contribute at the Herbarium by helping our research team preserve and record specimens from not just the Singapore Botanic Gardens but all over the world. This will involve repairing and mounting dried specimens currently stored in our Herbarium.

Horticulture Management

- **Bishan-Ang Mo Kio Park**
- **Bukit Timah Nature Reserve**
- **Coney Island Park**
- **Fort Canning Park**
- **HortPark**
- **Jurong Lake Gardens**
- **Park Connector Network**
- **Pasir Ris Park**
- **Singapore Botanic Gardens**



Outreach & Events

Be involved in preparing for and running exciting events for the community, which could include manning information counters, ushering, and facilitating activities.

Art in Nature

- **Bukit Timah Nature Reserve**
- **Windsor Nature Park**

Proficient in painting? Gather with fellow volunteers once every month to help participants hone their painting skills on nature subjects, while raising awareness on conservation and native biodiversity.

Community Garden Edibles Competition

You can assist the Horticulture and Community Gardening division in shortlisting the competition entries (i.e., fruit and vegetables), ushering participants, and packing and storing the entries.

Community Garden Festival

You can help to set up displays, or run talks and tours for this biennial event organised by the Horticulture and Community Gardening division.

Gardeners' Day Out

- **HortPark**

Operation No Release

- **Bukit Timah Nature Reserve**
- **Central Catchment Nature Reserve**

'Operation No Release' is a Whole-of-Government initiative that aims to spread public awareness on the harmful impact of releasing animals into parks (including ponds), nature areas, reservoirs and waterways. You will help to look out for any sign of animal release and educate members of the public about the impact of releasing animals into the wild.

Singapore Garden Festival Horticulture Show

- **Jurong Lake Gardens**

Track Safety Ambassador Programme

- **Park Connector Network**

You can help spread public awareness on track safety by advising members of the public on safe and responsible riding.

Volunteering at Park Events

- **Civic District**
- **Fort Canning Park**
- **HortPark**





Nature & Heritage Education

Be a guide in our parks and gardens, and share your knowledge on history, heritage, as well as flora and fauna with visitors.

Biodiversity Guided Walk

- Jurong Lake Gardens

Biodiversity Roadshows

- Central Catchment Nature Reserve
- Pulau Ubin
- Sungei Buloh Wetland Reserve

Children's Programmes

- Bukit Timah Nature Reserve
- Central Catchment Nature Reserve

Ecolife Tour

- Bishan-Ang Mo Kio Park
- Coney Island Park

Guide at Teck Seng's Place

- Pulau Ubin

Play a part in preserving our heritage as a volunteer docent. You will get to engage visitors with tales of what kampong life was like in Pulau Ubin in the 1970s and help to care for our vintage items displayed at Teck Seng's Place.

Healing Garden, Heritage, Orchid Garden and Rainforest Guided Walks

- Singapore Botanic Gardens

Istana Open House Nature Guided Walk

- Istana

Mangrove Guided Walk

- Pasir Ris Park

Nature Appreciation Walks

- Bukit Timah Nature Reserve
- Sungei Buloh Wetland Reserve
- Windsor Nature Park

Nature & Heritage Walks

- Ann Siang Hill Park and Telok Ayer Green
- Empress Place & Esplanade Park
- Fort Canning Park
- The Southern Ridges

Operation Deadline

- Pulau Ubin

Operation Deadline is an activity that targets the removal of stray fishing tackles and lines left by anglers in our mangroves, beaches and ponds. The stray tackles include hooks, swivels, floaters and spools. This activity is important because the stray tackles and lines may ensnare wildlife, strangle plants and pose a safety hazard to visitors.

Therapeutic Horticulture Programme

- Bishan-Ang Mo Kio Park
- Choa Chu Kang Park
- HortPark
- Punggol Waterway Park
- Telok Blangah Hill Park
- Tiong Bahru Park

Other Guiding Opportunities

- Chek Jawa Tour
- Festival of Biodiversity
- Kampong Tour
- Rustic Reflections Tour
- Sisters' Islands Marine Park Guided Walk



Visitor Services

Enjoy interacting with people? Help provide general information to visitors, respond to queries, gather feedback and manage notice boards and brochure stands.

- Visitor Information
- Singapore Botanic Gardens

Visitor information volunteer sessions are available on weekdays and weekends either from 9 am to 12 pm, or 2 pm to 5 pm.

LET'S MAKE SINGAPORE OUR CITY IN NATURE

We're bringing nature
to you with NParksSG  YouTube

There's something for everyone, from gardening and DIY crafts, to biodiversity, green spaces and even pets.

Subscribe and stay tuned for upcoming gardening demonstrations biodiversity webinars and even live concerts in the coming months.

Together, let's make Singapore our City in Nature.

To check out our YouTube channel,
scan the QR code now!



youtube.com/NParksSG

Here are some of our latest videos!



Terms & Conditions

Updates & Registration

Subscription to updates on a programme does not constitute registration for the actual programme. By subscribing to updates on programmes, you agree to receive updates on the requested programme.

To register for the programmes, please refer to the information on registration for the respective programmes.

Registration for programmes is on a first-come, first-served basis upon receipt of registration. Separate terms and conditions for registration for programmes apply.

The registration period and method of registration may differ for each programme. For more information, visit www.nparks.gov.sg.

Fees stated are subject to change without prior notice.

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General

All information is correct at the time of printing, but may be subject to change. Please visit www.nparks.gov.sg for the latest updates.

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Tenants Listing

Lifestyle Amenities in Parks

Our parks offer everything you need for a holistic and truly memorable park experience – from dining options, arts and cultural activities, sports equipment and bicycle rentals to shopping and lots more!

Simply visit <https://www.nparks.gov.sg/activities/activities-and-promotions> to check out the wide range of lifestyle offerings in our parks and gardens!

Please check with the respective outlets for more information and for their operating hours.

Parks and Gardens	Outlet Name	Contact Details
Admiralty Park	Shiok Garden	9338 8240
Ang Mo Kio Town Garden West	McDonald's	6451 3365
Bedok Reservoir Park	Forest Adventure	8100 7420
	WAWAWA - Bistro by The Reservoir	6285 8038
Bishan-Ang Mo Kio Park	Aramsa - The Garden Spa	6456 6556
	Canopy Garden Dining	6556 1533
	GRUB	6459 5743
	Gym Pod	support@thegympod.com
	McDonald's	6456 9839
	Toriyard	6251 1465/ 9296 5988
Bukit Gombak Park	Whisk and Paddle	–
Bukit Timah Nature Reserve	Campers' Corner	6337 4743
Changi Beach Park	GoCycling (Carpark 1)	9238 3451
	GoCycling (Carpark 7)	9238 3450
	The Seagrill (Carpark 1)	6935 0076
Chestnut Nature Park	AIRE MTB	9680 5403
Choa Chu Kang Park	Mr Teh Tarik Cartel	8338 0708
Clementi Woods Park	Chatsworth Preschool	6270 6166
	Benches Cafe	–
Dhoby Ghaut Green	Visual Arts Centre	6255 0711/6733 2155

Parks and Gardens	Outlet Name	Contact Details
East Coast Park	Aloha Sea Sports Centre (Area E1)	6241 9212
	Castle Beach (Carpark E2)	6346 2252
	Central Thai Casual + Seafood Dining (Carpark F2)	6443 5510
	Coastline Leisure (Area B1 and Carpark E2)	6443 3489
	Georges (Carpark C3)	6449 0019
	GoCycling (Carpark C4)	9183 6964
	GoCycling (Area G1)	9238 3450
	Singapore Wake Park (Carpark E1)	Singapore Wake Park: 6636 4266 Coastal Rhythm Café & Bar: 6636 3705
	East Coast Park – Cyclist Park	
	7-Eleven	–
	Khcycle	6509 4567
	KNS Restaurant	8590 1020 / 6816 1383
	PS. Café by the Sea	6708 9288
	East Coast Park – Marine Cove (Carpark C2)	
	Tash Tish Tosh	–
	McDonald's	6443 1467
	My Briyani House	6742 5522
	The Coffee Bean & Tea Leaf	6444 4325
	East Coast Commune	8950 4142
	East Coast Park – Parkland Green (Carpark C1)	
	Atmosphere Bistro	6440 9705
	Bakery & Bar ST. MARC	6342 1786
	Basil & Thyme	6286 7266
	Ernsports	6342 0208
	Kebab Station	9697 8227
	Patro's Sports Bar & Restaurant	6440 9372
	SandBank	6247 7988
	Starbucks Coffee	6910 1211
	Yoga Inc.	8877 7851
	East Coast Park – Seafood Centre (Carpark E1)	
	Blue Pier Seafood Restaurant	6604 6777
	Enak Enak HongKong Tea House	6876 5911
	Jumbo Seafood Restaurant	6442 3435
	Long Beach Seafood Restaurant	6448 3636
	Ubin First Stop Restaurant	6546 5905

Parks and Gardens	Outlet Name	Contact Details
Fort Canning Park	Battlebox	6338 6133
	Hotel Fort Canning and The Legends	6559 6770
	Tiong Bahru Bakery	–
Holland Village Park	Vatos Cantina	8784 1365
HortPark	Vineyard	6479 7977
	Canopy HortPark	8938 1533
	Rake Spade	8778 3055
Istana Park	My Art Space	6222 1662
Jurong Central Park	McDonald's	6861 0684
Jurong Lake Gardens	Fusion Spoon	6677 8976
Labrador Park	Tamarind Hill	6278 6364
	Villa Samadhi Singapore	6274 5674
Lower Seletar Reservoir Park	Lower Seletar Water Sports Centre	6702 6338
Marsiling Park	Mr Teh Tarik Cartel	6742 5522
Mount Faber Park	Mama Shop Vending Machine Café	–
Pasir Ris Park	Gallop Stable	6583 9665
	Georges at the Cove	6585 0535
	Ohana Beach House	9737 7944
	Rasa Istimewa Restaurant@Pasir Ris	6386 9339
Pasir Ris Town Park	D'Best Fishing	6581 2123
	GoCycling	9238 3450
Pulau Ubin	Asian Detours	6733 2282 / 9772 2071
Punggol Park	Five & 2	6282 8801
	GoCycling	9859 0053
	Gym Pod	support@thegympod.com
Punggol Point Park	GoCycling	9859 0054
Raffles Place Park	The Providore Singapore	6533 1352
Sembawang Hot Spring Park	Sembawang Eating House Seafood Café	9238 6477
Sembawang Park	Beaulieu House	6257 9234
Sengkang Riverside Park	O' My Kampong	9710 4280

Parks and Gardens	Outlet Name	Contact Details
Singapore Botanic Gardens	Bee's Knees & Botanico at The Garage	6264 7978 / 9831 1106
	Casa Verde	6467 7326
	Cluny Food Hall	6763 6578
	Corner House	6469 1000
	Food For Tots	6338 4848
	Forest Pavilion	9653 7775
	Fusion Spoon	6255 5110
	Gardens Shop @ Nassim Gate	6467 0380
	Gardens Shop @ Tanglin Gate	6475 1155
	JUJU	9389 2042
	The Halia The Villa Provisions Store	8444 1148/6476 6711
Springleaf Nature Park	Verdure Café	8692 6288
Toa Payoh Town Park	Oasis Bay	6346 4418
West Coast Park	Dog Wash	9236 7094
	GoCycling	9199 8411
	McDonald's	6779 1413
Woodlands Waterfront Park	Rasa Istimewa Waterfront Restaurant	6366 9339



www.nparks.gov.sg



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#NParksBuzz #AnimalBuzzSG