Located in Woodlands, Admiralty Park (27 hectares) houses the largest nature area (20 hectares) within an urban park and is home to more than 100 species of flora and fauna. 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 visitors 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.

Emerge from the secondary forest near the carpark and admire the butterflies and different species of birds as you walk through the grassland.

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 man-made features, is proof that nature and urbanisation can coexist.

**Tips for a safe and enjoyable trip**

- Dress comfortably and wear suitable footwear.
- Wear a hat, put on sunglasses and apply sunscreen to shield yourself from the sun.
- Spray on insect repellent if you are prone to insect bites.
- Drink ample fluids to stay hydrated.
- Walk along the designated paths to protect the natural environment of the park.
- Dispose of rubbish at the nearest bin.
- Activities such as poaching, releasing and feeding of animals, damaging and removal of plants, and those that cause pollution are strictly prohibited.
- Clean up after your pets and keep them leashed.
- Camping is not allowed.
- Smoking is not allowed as this is a smoke-free park.
START POINT

Pond - 1
When you enter the park from the West entrance, you will see a pond to the left in front of the food and beverage outlet. Among the cattails and water lilies, try to spot flourishing pond life.

2 Dragonflies and Damselflies
You will notice dragonflies and damselflies flitting above the stream. The two most common species here are the Common Parasol (Neurothemis fluctuans) and Blue Dasher (Brachydiplax calybea). Interestingly, Admiralty Park is the only place in mainland Singapore (known to date) that is home to a rare damselfly, Arthur’s Midget (Mortonaegron arthur). 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.

One of the ways to differentiate a dragonfly from a damselfly is by looking at its wings. Damselflies have their wings closed, pressed together and held over their bodies when perching. In contrast, one of the ways to differentiate a dragonfly from a damselfly is by looking at its wings. Damselflies have their wings closed, pressed together and held over their bodies when perching. In contrast, dragonflies have their way with it!

Secondary Forest - 3 to 6
As you walk into the shaded area of the secondary forest, enjoy the cool breeze and observe the ground and type of trees around you. A secondary forest is a forest which has regrown after a major disturbance such as fire, insect infestation or logging. A long period has passed since the disturbance, so that the effects of it are no longer evident. Also, as Admiralty Park was a oil palm plantation previously, look out for the last remaining oil palm in the park here.

3 Australian Mulberry Tree (Pipturus argenteus)
This tree is 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 after the caterpillars have had their way with it!

4 Common Kelat (Syzygium lineatum)
A fruit tree of the Syzygium genus, 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. The tree’s conspicuous stilt roots seem to suggest that they were once submerged in a frequently flooded environment.

5 Wild Ginger (Cheilocostus speciosus)
A close relative of 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.

6 Oil Palm (Elaeis guineensis)
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 are food for mammals like squirrels and bats.

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Oil Palm (Elaeis guineensis)
The Oil Palm, an introduced species, is a medium to large-sized palm with a single stem covered in 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 (those that grow on other plants) on the trunk.

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Spent some time observing the mangrove from the mangrove bridge. It connects visitors with the swamp, making it an excellent spot for a closer look at the habitat and wildlife.

- **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 its seeds. The wood of this tree is prized on the Hawaiian islands for making bowls.

- **Grassland - 9 to 11**
  As you come out of the mangrove area, you will see a wide grassland. Discover more about the interesting trees in the area, and keep your eyes peeled for grassland birds.

- **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 in children. The rattan is now an increasingly rare plant in Singapore.

- **Mangrove Swamp**
  This estuarine mangrove is surrounded by a secondary forest and mangrove and is connected to Sungei Cina, a naturally occurring stream meandering through the nature area in the park. Sungei Cina is located on the northern coast of mainland Singapore, facing the Straits of Johor that separate Singapore from Peninsular Malaysia. The stream now runs through the 20-hectare nature portion of the park.

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- **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, going after lizards and large insects.

- **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, used to make dyes or fed to livestock. The tree is also useful for its antiseptic qualities and is used in traditional medicine.

- **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 being reclaimed to make way for urban development.

- **Fish Poison Tree (Barringtonia racemosa)**
  The Fish Poison Tree is endangered 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.

- **Scaly-breasted Munia (Lonchura punctulata)**
  The Scaly-breasted Munia can sometimes be found in the grasslands. It feeds on the seeds of the long grasses found in the area. The back of the bird is light brown and its white breast feathers are edged with a deep mahogany, giving the bird’s chest a beautiful scalloped appearance.

We hope you have enjoyed exploring Admiralty Park. For another park experience, embark on the trail at Bishan-Ang Mo Kio Park.

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