

Your Guide to Eastern Coastal Loop

Put on your helmet and embark on a journey of fun and play along the spine of eastern Singapore. Part of the Eastern Coastal Loop connects Pasir Ris Park to East Coast Park – havens for cyclists, runners and rollerblading enthusiasts. If you are lucky, you might even catch a sporting event in action.

Take your pick of stopovers from the numerous green pockets and parks along the loop, or rest at the various food centres to indulge in a variety of food and beverage options. Cool your feet in the lapping waves at East Coast Park and see for yourself why this is the most popular destination park on the island.

 Difficulty level: Easy

 Distance: 17.5km

 Walking time: 3-4hr • Cycling time: 2hr

Tips for a safe and enjoyable trip

For all users

- Hydrate before any physical activity.
- Bring along your handphone, in case of emergency.
- Follow all traffic rules and observe traffic signals.
- Look out for other cyclists and pedestrians.
- Keep to the left side of the track if you intend to stop.
- Clean up after your pets and keep them leashed.

For cyclists

- Wear helmets that fit well.
- Switch on your front and rear lights when it is dark or visibility is poor.
- Keep within the speed limit of 15km/h.
- Dismount and push your bicycle where necessary.
- Do not brake or swerve your bicycle suddenly.
- Give way to pedestrians.



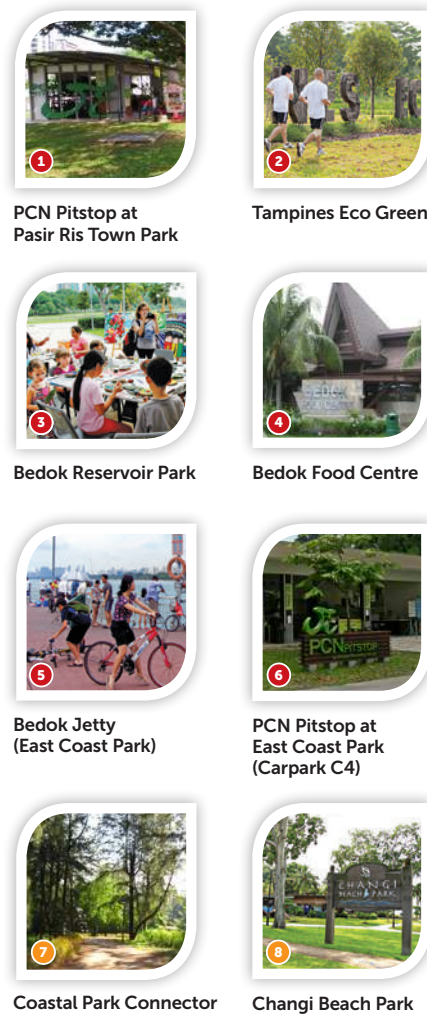


HOW TO GET TO THE START POINT

By car
Park at Carpark B at Pasir Ris Park via Pasir Ris Drive 3.

By MRT
From Pasir Ris MRT Station, take a 10-minute walk to the start point at Pasir Ris Town Park.

By bus
Take bus service numbers 3, 5, 6, 12, 15, 17, 21, 58, 88 or 403 to Pasir Ris Bus Interchange and take a 10-minute walk to Pasir Ris Town Park.



PCN Pitstop at Pasir Ris Town Park

Tampines Eco Green

Bedok Reservoir Park

Bedok Food Centre

Bedok Jetty (East Coast Park)

PCN Pitstop at East Coast Park (Carpark C4)

Coastal Park Connector

Changi Beach Park

Legend

- Shelter
- Fitness Corner
- MRT Station
- Vending Machine
- Carpark
- Water Point
- Food & Beverage
- Toilet
- Bus Stop
- Underpass
- PCN Pitstop
- Building
- Road
- Recommended Route
- Park Connector
- Waterway/Reservoir



1. PCN Pitstop at Pasir Ris Town Park



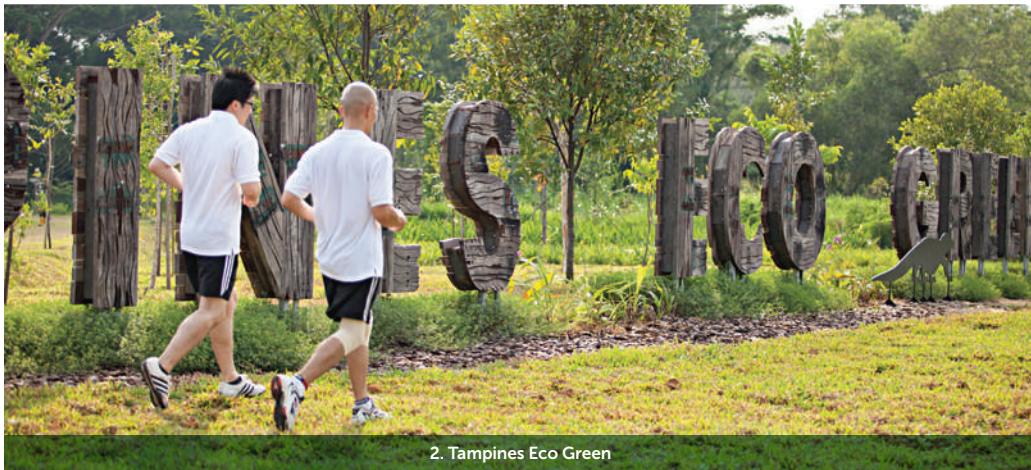
2. Hedges at Tampines Eco Green



Birdwatching



Freshwater Habitat



2. Tampines Eco Green



3. Bedok Reservoir Park



3. Activities at Bedok Reservoir Park



Little Tern



White-bellied Sea Eagle



4. Bedok Food Centre

▶ **3 Bedok Reservoir Park**

Bedok Reservoir Park is popular among joggers and water sports enthusiasts. You can sometimes see dragonboaters and canoeists in the reservoir while fishing hobbyists try their luck on the fishing deck.

▶ **4 Bedok Food Centre**

Cross over to Bedok Food Centre from Bedok Park Connector and you will find a huge variety of local food. It is not difficult to spot the famous *cheng teng* stall there – it is the one with the longest queue!

START POINT

▶ **1 PCN Pitstop at Pasir Ris Town Park**

Rent bicycles here at this pitstop located in Pasir Ris Town Park, where a large marine pond – a popular haunt for anglers waiting for their next big catch – is the main focal point. Shelters and mature shady trees around the pond make the park a great place for relaxing.

▶ **2 Tampines Eco Green**

Tampines Eco Green is an eco-friendly park, a sanctuary for flora and fauna, as well as a place for nature recreation. The park has various natural habitats, namely open grasslands, freshwater wetlands and a secondary rainforest. Enjoy a stroll around the park and be surrounded by nature as you discover the biodiversity within.



5. East Coast Park



6. PCN Pitstop at East Coast Park



8. Changi Beach Park



5. Bedok Jetty



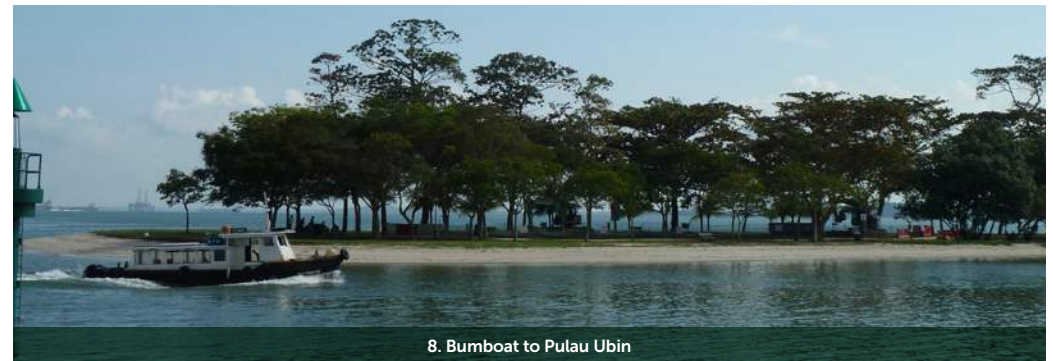
7. Coastal Park Connector



If you have the time, you may wish to visit the following attractions.

► 7 Coastal Park Connector

The Coastal Park Connector runs along Changi Coast Road, which is adjacent and parallel to the Changi Airport runway. Try out the park connector for a surreal experience of jogging or cycling alongside planes taking off and landing. A PCN Pitstop can be found towards the end of the park connector, near Changi Beach Park's Carpark 7.



8. Bumboat to Pulau Ubin



8. Changi Beach Park

► 8 Changi Beach Park

Changi Beach Park is one of the oldest coastal parks in Singapore. Explore heritage and nature sites, or take a bumboat to Pulau Ubin from the jetty. Be it fishing, camping or barbecuing, this park offers it all.

The park is also in the vicinity of Changi Village, a vibrant corner of the island where good food awaits.



Dining at Changi Beach

We hope you have enjoyed the waterfront views of Eastern Coastal Loop. For another adventure along the Park Connector Network, embark on the Western Adventure Loop.

www.nparks.gov.sg/eguides
www.facebook.com/nparksbuzz

► 5 Bedok Jetty (East Coast Park)

Apart from being treated to panoramic seaside views, visitors can learn about the jetty's rich military history. It was once used by the Ministry of Defence as a base for military exercises. It has also served as a field hospital site during operations conducted by the Singapore Armed Forces.

► 6 PCN Pitstop at East Coast Park (Carpark C4)

Enjoy the sea breeze along Singapore's eastern coast. Cyclists can finish the trail by returning their rental bikes to the PCN Pitstop. You can find a variety of food and beverages at Rain Tree Cove at Area C. Restrooms and refreshments are also available here.