

Your Guide to **Pasir Ris Park**

Pasir Ris Park is a charming and tranquil park that offers modern amenities for cycling and inline skating, as well as barbecue pits for rental. Not many know that tucked away in the park is a mangrove forest, kitchen garden and butterfly garden – all within close proximity of each other. These three attractions create an excellent educational walking trail for nature lovers and families out for some fun in the sun. Bird enthusiasts can also observe birds from the three-storey high bird watching tower located within the mangrove forest.

If you are hankering for more after completing the educational trail, the rest of the park also has much to offer. A large playground – with a giant space-net and interesting play stations – will keep the kids occupied for hours. You can also go jogging or cycling on the tracks while enjoying the sea breeze. End your day at Pasir Ris Park with a meal by the beachfront at any of the restaurants there.

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.
- A barbecue pit permit is required if you would like to barbecue in the park. Apply for the permit on www.axs.com.sg or at any AXS machine.
- A camping permit is required if you would like to camp in the designated campsites in the park. Apply for the permit through the same channels above.



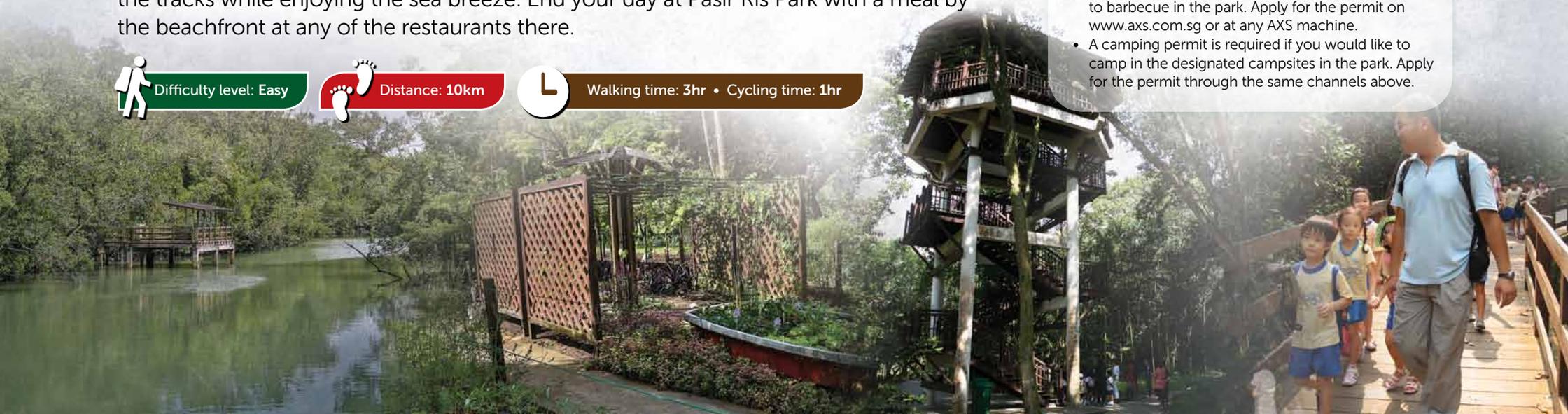
Difficulty level: Easy



Distance: 10km



Walking time: 3hr • Cycling time: 1hr





1 Sports in the Park



2 Adventure Playground



3 Kitchen Garden



4 Butterfly Garden



5 Mangrove Forest



6 Look-out Tower



7 Maze Garden



8 Camping under the Stars



9 Dining in the Park

Legend

- Shelter
- Fitness Corner
- Toilet
- Food & Beverage
- Barbecue Pit
- Campsite
- Playground
- Horse Riding
- Event Space
- Kitchen Garden
- Maze Garden
- Bicycle Kiosk
- Mangrove
- Bird Watching Tower
- Bird Watching Hut
- Building
- Bus Stop
- MRT Station
- Carpark
- Road
- Recommended Route
- Road
- Boardwalk
- Water Body
- Park Connector



1. Sports in the Park



4. Butterfly Garden



2. Adventure Playground



3. Kitchen Garden



Pony-riding



START POINT

▶ 1 Sports in the Park

Pasir Ris Park offers plenty of sporting opportunities to help visitors break a sweat! Rent a bicycle or skates at one of our two kiosks and explore the park at your own pace on designated cycling and skating paths. Alternatively, try water activities like sailing, canoeing and jet-skiing. Fitness enthusiasts can make use of the fitness stations at the fitness corner for an all-round workout.

If you are looking for something a little different for the family, why not try pony-riding? Trained instructors from Singapore's first public riding school will be present to guide first-time riders.

▶ 2 Adventure Playground

One of the largest outdoor playgrounds in Singapore, this unique wonderland offers visitors hours of fun. Giant space nets, huge sand pits, cableways and thematic innovative play stations ensure that kids enjoy maximum entertainment.

▶ 3 Kitchen Garden

Do not miss the botanical display of edible plants at Kitchen Garden. There, you can view, smell and touch a wide array of vegetable plants, culinary herbs and spices commonly used in local cuisines. For more on the garden, see Pages 4 to 6.

▶ 4 Butterfly Garden

At the Butterfly Garden, photographers can capture an array of butterflies feasting on nectar plants. Look out for the Plain Tiger butterfly (*Acerbas chrysippus chrysippus*), a common species that is easy to spot with its beautiful orange forewings. If you keep your eyes peeled, you may also catch a glimpse of the lovely Blue Glassy Tiger butterfly (*Ideopsis vulgaris macrina*), a native species with bluish-grey wings.



5. Mangrove Forest



6. Look-out Tower



7. Maze Garden



8. Camping under the Stars



9. Dining in the Park

▶ 5 Mangrove Forest

Walk along the mangrove boardwalk to get up close and personal with the local inhabitants. Come in the evening and you may even see fireflies! For more on the mangrove, see Pages 7 and 8.

▶ 6 Look-out Tower

Birdwatchers are in for a treat at this look-out deck. Bring your binoculars and try to spot Grey Herons (*Ardea cinerea*) taking flight, the Oriental Pied Hornbills (*Anthracoceros albirostris*) roosting and Smooth Otters (*Lutrogale perspicillata*) frolicking in the water!

▶ 7 Maze Garden

Nearby, a Maze Garden provides a mini adventure for both the young and old. Enjoy the thrill of navigating your way through the maze.

▶ 8 Camping under the Stars

Pasir Ris Park is one of five parks in Singapore where you can take a mini-vacation and camp under the stars. Pitch your tent in designated campsites at Area 1 or 3 and let the gentle sea breeze lull you to sleep.

▶ 9 Dining in the Park

Barbecue pits dot the shoreline. If you love cooking, put on your chef's hat and organise a cook-out with family and friends at any of the 65 pits along the beach.

If you prefer to have your food cooked for you, enjoy culinary delights that come with a beautiful view at the various food and beverage outlets near Carparks C, D and E. Imagine dining in the cool breeze as the sun sets. An evening with great food and music would be the perfect way to end the day.

Your Guide to Kitchen Garden at Pasir Ris Park

At the Kitchen Garden, get up close and personal with the herbs and plants we consume in our daily lives. You will be able to find many plants with culinary and medicinal uses in the garden. It will be a feast for your senses as you touch and smell plants like mint and lemon grass. You will also find a few other interesting plants in the garden like the Fishwort Plant and the Sugar Leaf plant. Want to grow your own vegetables or attract butterflies to your plants? Come to the Kitchen Garden, pick up tips and be inspired.



Difficulty level: Easy



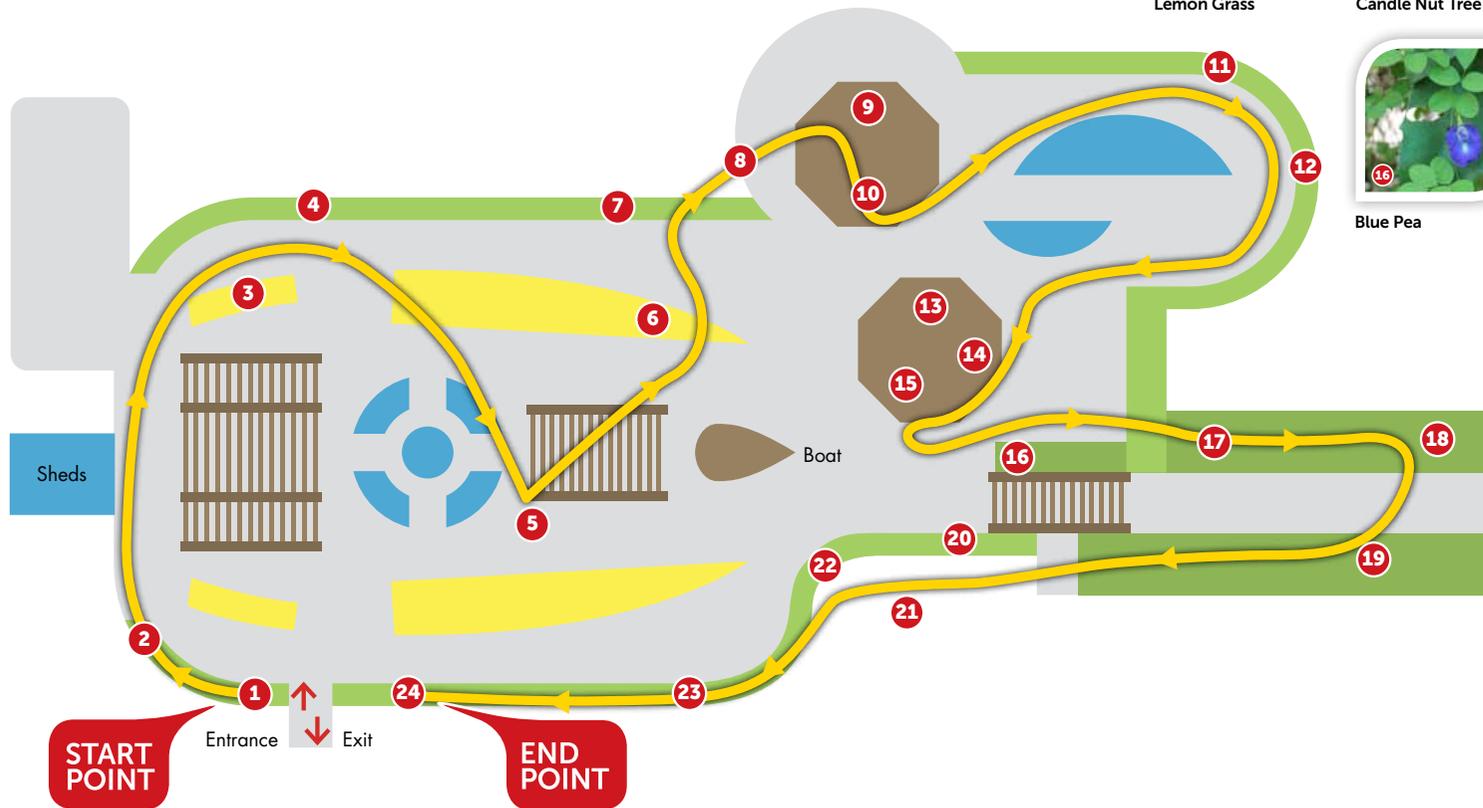
Distance: 400m



Walking time: 45min

*The garden is run and looked after by dedicated volunteers who sustain the garden. Please do not pluck or remove any plants from the garden so that others can enjoy and learn about the plants too.

*To protect the plants in the garden, cycling is not allowed.



Pineapple



Fishwort Plant



Sponge Gourd



Common Ginger



Balsam



Lady's Finger



Common Mugwort



Tapioca



Cocoa



Sugar Leaf Plant



Lemon Grass



Candle Nut Tree



Sawtooth Coriander



Spearmint



Chocolate Mint



Blue Pea



Japanese Honeysuckle



Feather Cockscomb



Four-o'clock



Tropical Leaf-flower



Guava



Cat's Whiskers



Sabah Snake Grass



Chinese Motherwort



1. Pineapple



2. Fishwort Plant



3. Sponge Gourd



7. Common Mugwort



8. Tapioca



9. Cocoa



4. Common Ginger



5. Balsam



6. Lady's Finger



10. Sugar Leaf Plant



11. Lemon Grass



12. Candle Nut Tree

START POINT

▶ 1 Pineapple (*Ananas comosus*)

This cylindrical fruit, which is rich in antioxidants, can be eaten fresh, canned, cooked or juiced. Bromelain (extract from the stem) from pineapple is also known to help with digestion.

▶ 2 Fishwort Plant (*Houttuynia cordata*)

Rub your fingers on the heart-shaped leaves of the Fishwort Plant and you would be able to smell a fishy odour due to the presence of sulphurous compounds.

▶ 3 Sponge Gourd (*Luffa cylindrica*)

This fruit, which resembles a cucumber, is the source of the loofah sponge, which is used as insulating material, bath sponges and door and bath mats.

▶ 4 Common Ginger (*Zingiber officinale*)

This ginger is a common ingredient added into the popular local beverage, ginger tea, or *teh halia*.

▶ 5 Balsam (*Impatiens balsamina*)

Also known by the name "Spotted Snapweed", different parts of the plant are traditionally used to treat skin diseases.

▶ 6 Lady's Finger (*Abelmoschus esculentus*)

A vegetable commonly used in cooking, the fruit is also a popular health food, known for being high in antioxidants. Its yellow flowers resemble the hibiscus.

▶ 7 Common Mugwort (*Artemisia vulgaris*)

Its leaves are aromatic and have a bitter taste. Often used to flavour food, the shrub is also known to be an insect repellent.

▶ 8 Tapioca (*Manihot esculenta*)

Look out for the palm-like leaves of this shrub. Its starchy roots are one of the most important food crops in the tropics, and are a rich source of carbohydrates.

▶ 9 Cocoa (*Theobroma cacao*)

This small tree produces many large bean fruits filled with sweet aromatic pulp. Its seeds are used to make cocoa powder and chocolate.

▶ 10 Sugar Leaf Plant (*Stevia rebaudiana*)

The serrate leaves are a form of natural sweetener used as a substitute for sugar.

▶ 11 Lemon Grass (*Cymbopogon citratus*)

The fragrant leaves, which have tiny spines growing on the margins, are often used in curries, seafood and poultry dishes, and tea.

▶ 12 Candle Nut Tree (*Aleurites moluccana*)

This plant's seed has a hard seed coat and contains up to 70% of flammable oil, which enables it to be used as a candle, hence its name.



13. Sawtooth Coriander



14. Spearmint



15. Chocolate Mint



19. Four-o'clock



20. Tropical Leaf-flower



21. Guava



16. Blue Pea



17. Japanese Honeysuckle



18. Feather Cockscomb



22. Cat's Whiskers



23. Sabah Snake Grass



24. Chinese Motherwort

▶ **13 Sawtooth Coriander** (*Eryngium foetidum*)

In Southeast Asia, the serrate leaves of this herb are used especially in Vietnamese, Cambodian and Thai cuisines.

▶ **14 Spearmint** (*Mentha spicata*)

Rubbing the leaves of this plant releases a minty fragrance, but touching the leaves may irritate the skin of some. This plant is used in making chewing gum.

▶ **15 Chocolate Mint**

(*Mentha x piperita* f. *citrata* 'Chocolate') Its leaves have a minty-chocolatey scent and flavour, and are often used in desserts as garnish.

▶ **16 Blue Pea** (*Clitoria ternatea*)

A slender climbing legume, this species has flowers used as blue dye for colouring traditional Malay pastries and glutinous rice cakes.

▶ **17 Japanese Honeysuckle** (*Lonicera japonica*)

Its flowers have a strong fragrance and contain honey-like nectar. The entire plant is used medicinally by the Chinese to increase the flow of urine, to reduce fever and to prevent diarrhoea.

▶ **18 Feather Cockscomb** (*Celosia argentea*)

The feathery, reddish-purple inflorescence composes of many tiny flowers, and is popular in Japanese flower arrangements.

▶ **19 Four-o'clock** (*Mirabilis jalapa*)

This plant was so named because of its habit of opening its fragrant pink-red flowers in the late afternoon. The flowers are used for making dye.

▶ **20 Tropical Leaf-flower** (*Phyllanthus pulcher*)

A woody shrub growing up to 1.5m, this plant is sometimes found as a weed near rivers and in fruit gardens. The paste of the leaves is used traditionally to soothe toothaches.

▶ **21 Guava** (*Psidium guajava*)

This tree has white, lightly fragrant flowers with light yellow fruits rich in Vitamins A and C, folic acid and minerals.

▶ **22 Cat's Whiskers** (*Orthosiphon aristatus*)

This shrub has purplish stems with white flowers containing feathery stamens. In Indonesian and Malaysian folk medicine, a decoction of the leaves is used to treat kidney and bladder ailments.

▶ **23 Sabah Snake Grass** (*Clinacanthus nutans*)

A shrub with upright branches that droop slightly, this plant has dull red to orange-red flowers and capsule-like fruits. In traditional medicine, the leaves are used to reduce 'heatiness' and enhance blood circulation.

▶ **24 Chinese Motherwort** (*Leonurus japonicus*)

The purple flowers of this plant are hermaphrodite (have both male and female organs) and are pollinated by bees. One of the herbs commonly used in traditional Chinese medicine, it is also known as *yimucao* in Chinese, meaning, "beneficial herb for mothers" because it is used to treat women's health problems.

Your Guide to Pasir Ris Mangrove Forest

Pasir Ris Mangrove Forest, home to a thriving habitat of unique plants and animals, is a piece of nature worth exploring. Venture into the dense 6-hectare mangrove forest on the boardwalk, and get up close and personal with mud crabs, mudskippers and water monitors. The bird watching tower and look-out deck over Sungei Tampines also give birdwatchers a splendid view of a variety of birds.

The mangrove is important because it acts as a buffer between land and sea. Apart from helping to halt erosion of the coast by breaking the strong forces of waves, it is also a haven for young animals and fish, which can hide in the dense roots.



Difficulty level: Easy



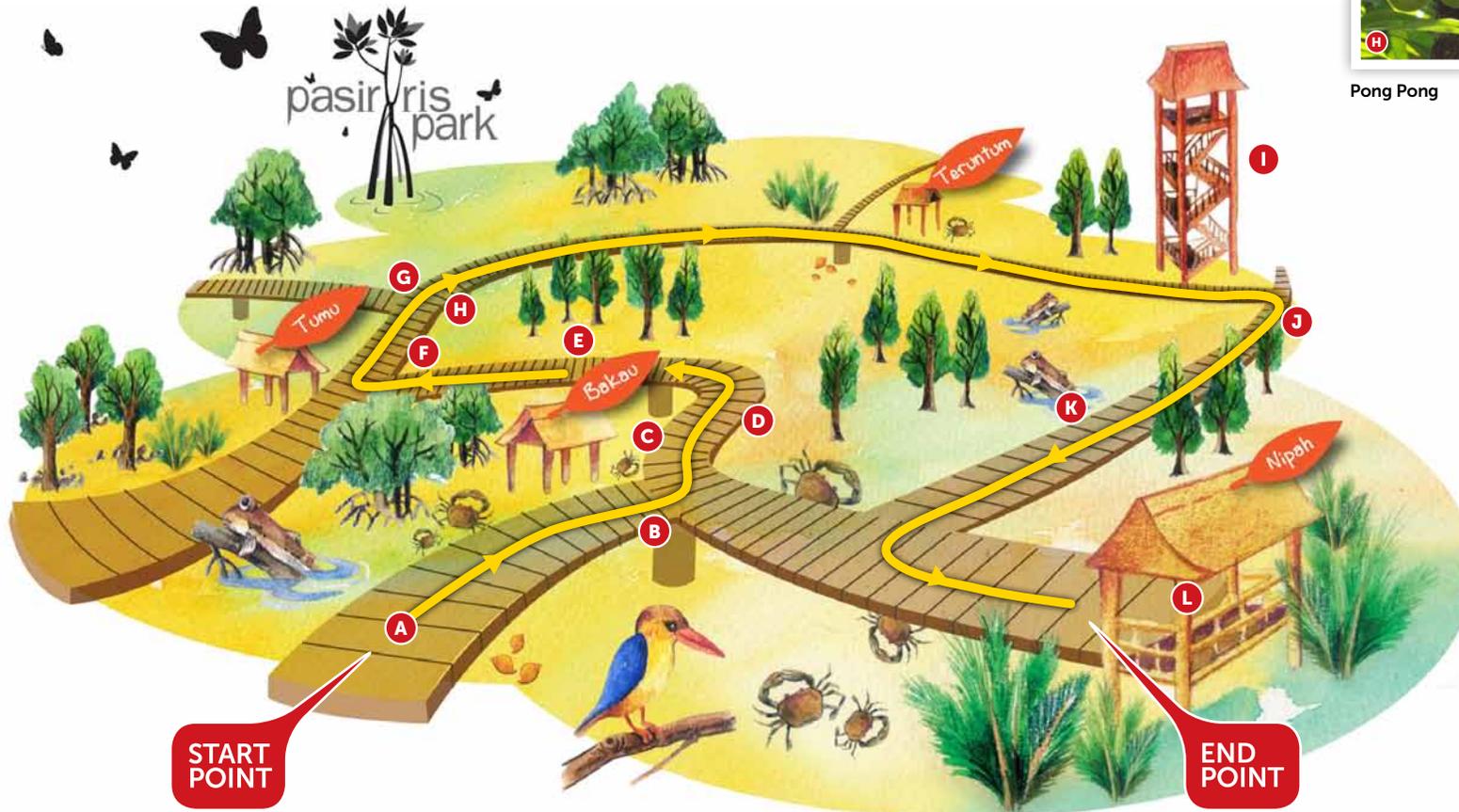
Distance: 1.5km



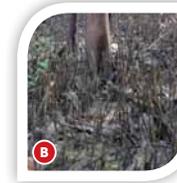
Walking time: 1-2hr

*Cycling is not allowed on the boardwalk.

*Please do not litter. Bring your rubbish with you when you leave the mangrove and dispose of it in a bin.



Mangrove



Breathing Roots



Mud Crabs



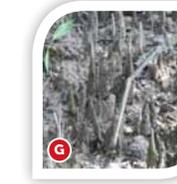
Nipah Palm



Giant Mudskipper



Mud Lobster



Breathing Roots



Pong Pong



Bird Watching Tower



Wild Cinnamon



Telescope Snail



Jetty

Photo credits:
Black-naped Oriole – Marcus Ng
King Crow and Common Palmfly – Khew Sin Khoo



START POINT

As you enter the mangrove (at **A**), keep your eyes peeled for butterflies like the **Common Palmfly** (*Elymnias hypermnestra*) and **King Crow** (*Euploea phaenareta castelnaui*) fluttering close to the ground or perched among lush greenery. Several species of dragonflies are also part of the large community of flora and fauna thriving in and around the mangrove.

Look down at the muddy ground (at **B** and **G**) and see special "**breathing roots**" sticking out of the mud. At high tide, the roots of mangrove plants are fully immersed in seawater, while at low tide, they are exposed to the sun. The soil is fine-grained and rich in organic matter, but lacks oxygen below the surface. These roots help the mangrove plants breathe in the oxygen-poor soil.

Flora

An interesting plant that grows at the mangrove is the **Nipah Palm** (*Nypa fruticans*) (at **D**), which bears the *attap chee* fruit commonly used in *ice kacang*, a local dessert. The sap of this palm can be processed to become palm sugar or *gula melaka* in Malay.

Look out also for the **Pong Pong tree** (*Cerbera odollam*) (at **H**) in this mangrove. The fruit is large, round and covered with fibrous shell that facilitates the dispersal of the seed by seawater.

Another plant species to look out for is the **Wild Cinnamon tree** (*Cinnamomum iners*) (at **J**), which is related to commercial Cinnamon (*Cinnamomum verum*). The leaves are recognisable by their three longitudinal veins.

One distinctive mangrove flora to spot is the **Api-API Putih** (*Avicennia alba*), one of the more common species found in local mangroves. This plant with pencil-like roots has the ability to excrete excess salt from its leaves through special salt glands found on the leaf surface.

Keep your eyes peeled for the **Bakau Minyak** (*Rhizophora apiculata*), which has roots that branch out from trunks like stilts. This helps to prop up the tree in the soft mud so that it will not topple with the ebbing and rising tide.

Perepat (*Sonneratia alba*), with its conical-shaped roots meant for respiration, is also common in mangroves. Its leaves can be eaten raw or cooked.

Fauna

Spot fauna such as the **Giant Mudskipper** (*Periophthalmodon schlosseri*) (at **E**), which is actually a fish. Watch the mudskipper crawl on land and even climb trees with its leg-like fins. Another mangrove creature to look out for is the **Mud Lobster** (*Thalassina anomala*) (at **F**). It forms volcano-like mounds when digging up mud

to feed on organic matter. The **Telescope Snail** (*Telescopium telescopium*) (at **K**) is yet another interesting creature, with its highly extendable snout and third eye.

Observe **mud crabs** (*Scylla* spp.) make their way in and out of their homes in the ground (at **C**). A large number of crabs in the mangrove is a healthy sign that the habitat is thriving.

If you are an avid birdwatcher, you can observe birds from the three-storey high bird watching tower (at **I**). Train your binoculars towards the trees and see if you can spot the **White-collared Kingfisher** (*Todiramphus chloris*), which has a king-sized menu of prey that includes fish, crabs and mudskippers. Its call is a sound that goes "kree chah kree chah".

If you hear another call which consists of a variety of notes in a rapid ascending and descending manner, it must be the **Black-naped Oriole** (*Oriolus chinensis*). The bird has a bright yellow plumage and looks like it is wearing a black band around its eyes.

You might also spot the **Blue-throated Bee-eater** (*Merops viridis*), usually sighted from April to

September. It feeds on bees and usually squeezes out the bee sting using a branch before swallowing the insect. The bird has a prominent brown head and blue throat.

Relax at the jetty (at **L**) overlooking Sungei Tampines and take in the scenery. If you are lucky, you might see birds like the **Little Egret** (*Egretta garzetta*) feeding at the stream. It is equipped with a slender black bill and black legs with yellow-green feet, which helps it to feed along the muddy foreshore of the mangrove.

Look into the stream for marine life like fish and water snakes. At high tide, you may even spot eels, horseshoe crabs and the occasional **Malayan Water Monitor** (*Varanus salvator*) swimming across the river.

We hope you have enjoyed exploring Pasir Ris Park. For another nature experience near the coast, embark on a journey of discovery at West Coast Park.

For more information about the plants and animals found here, visit NParks Flora & Fauna Web (<http://florafaunaweb.nparks.gov.sg>).

www.nparks.gov.sg/guides
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Pasir Ris Mangrove Forest

