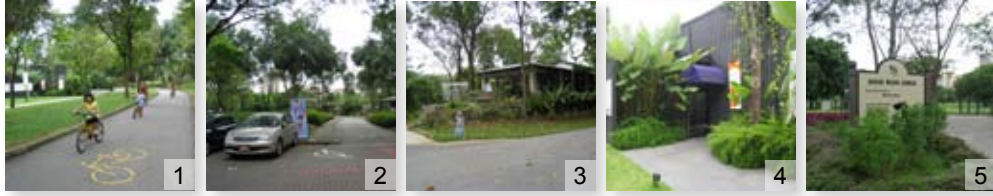


BISHAN PARK



1. Bishan Park at a Glance

If you enjoy cycling with your children and would like an alternative park to visit other than the parks or beaches in the east, consider going to Bishan Park. The park is one of the largest in Singapore so you won't get bored too quickly on your bicycle. The park is also a favourite venue for in-line skaters and joggers as well. There's even an in-line skating school located in the park.

The park is a convenient haunt for active residents of Bishan, Ang Mo Kio, and Sin Ming as it sits in the middle of the three neighbourhoods. The shady trees and pretty landscape makes a walk or jog in the park very pleasant.

Bishan Park also features a variety of palms at the Palm Court and a collection of frangipani trees at the Frangipani Garden. The Palm Court area also offers long reflexology paths. Avoid this area if you have a stroller or be prepared for a very bumpy ride.

While you are here, you can also plan a swim at the Ang Mo Kio swimming complex since it is just across from the road from the park; or cross the road via the overhead bridge near the food centre if you want a lunch break and prefer hawker fare.

2. Getting to the Park

There are two routes you can take when visiting with baby on board. On your first visit, park at the car park that is accessible from Ang Mo Kio Ave 1. This car park is near the park's spa, pilates studio, and alfresco

dining outlets. It is also nearby the in-line skating school and dog run area if you're intending to bring your pet along. Be sure to tear a parking coupon unless it is Sunday.

The second car park is located at the Sin Ming side. Upon parking, you'll walk over a canal and see a cafe. Walk deeper in and turn right to go fishing at the ponds or turn left to head for the playground. This part of Bishan Park is more picturesque. However, the ride on a stroller may be more bumpy here if you choose to walk close to the water or cross the bridges over the ponds.

3. Eateries in the Park

Dining options in the park include The Green Room, Acacia, and the Canopy at Aramsa on the Ang Mo Kio side; and Explorer Zone Cafe on the Sin Ming side.

The Green Room offers vegetarian fare while the Acacia serves western food. The Canopy is an alfresco cafe that serves Australian style cafe food. The wine bar offers park visitors an opportunity to relax and enjoy a glass of wine in the gardens.

The Explorer Zone Cafe also offers patrons an opportunity to have a meal and cold beer in the gardens by the ponds.

4. Pilates and Spa in the Park

The park also has a beautiful and luxurious spa in the garden. Aramsa Spas packages and services are available at www.aramsaspas.com.

Known for offering a pilates workout in a



garden setting, Power Moves is located right next to Aramsa Spas, near the Ang Mo Kio side car park. Visit www.powermoves.com.sg for more details.

5. Let Your Dog Run Free

If you have a pet dog, bring it along when you visit Bishan Park. This is a great place to take your children too if you want them to meet other dogs and their proud owners, or to let your pooch get its dog patting fix. The large gated compound allows pooches to run and give chase to each other leash-free. Owners are friendly and offer advice on whether their pets are friendly too.

6. Herb and Vegetable Gardens

There are some educational options located at Bishan Park. You can visit Bishan Herb Garden on Sundays from 11am to 5pm or visit Green Vibes, a vegetable garden from Monday to Saturday from 7.30am to 3pm. Green Vibes is closed on Sunday and public holidays. A tour is offered every first Saturday of the month from 9am to 10am. Call 6459 7744 for more details.

7. Learn to In-line Skate

Bishan Park is a great place to learn how to in-line skate since it is less crowded and shady in most parts. There is a gated rink for those wanting lessons with Skatelink, the vendor offering lessons and also bicycle rentals for both adults and children.

8. Playgrounds

If you have toddlers, visit the playground that is located on the Ang Mo Kio side since there are bucket swings available. This playground

is also relatively newer since it has recently been upgraded. The playgrounds in Bishan Park are large and sand-based so kids can also have some digging fun. There's also a smaller playground located near the Eco Pond and vegetable garden area.

9. Ponds and Fishing

Head for the Sin Ming side of Bishan Park if you plan to go fishing or want to walk by the water. The ponds are very picturesque and make wonderful spots to sit and relax the day away.

10. Kite Flying/Soccer Playing

With the many open fields at Bishan, you'll find a game of soccer at these fields every weekend. During the week, take your kids here to fly kites or just to run around. Grand Lawn 1 frequently hosts concerts in the park with concrete sitting slabs already provided for and shady spots for picnicking.

Visit www.nparks.gov.sg for more details.





Bishan Park