


















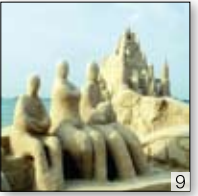


EAST COAST PARK LEGEND

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|---|---|---|---------------------------|---|--------------------------------|---|-----------------|
|  | Marina Cove |  | Foot Reflexology Path |  | East Coast Lagoon Food Village |  | McDonald's |
|  | Carpark |  | Toilet |  | Our Family Corner |  | Fitness Corner |
|  | BBQ Pit |  | Pond 1 |  | Sand Castle Building |  | Cable Ski |
|  | Weekday Campsite |  | Pond 2 |  | Kayak Sports & F&B |  | Suggested Route |
|  | Beach Cabana, bicycle rental,
AXS station & BBQ permit |  | East Coast Seafood Centre |  | Bedok Jetty | | |

EAST COAST PARK



1. Take the underpass

Park your vehicle at Marine Parade Estate if you are driving and take the underpass to East Coast Park. What's a little exercise on a family day out? There are many steps to climb and a long, long ramp to roll before you reach your destination so make sure you take it slow. Don't let your kids attempt any death defying bicycle hop down the stairs or conduct a Tour de Tunnel because you won't want to be slapped with a \$1,000 fine.

Beware of all the trash and funky smell that emerges from the tunnel. Nobody touches the booger!

2. Walk, jog, rent a bicycle or skates

Once you reach the Park, hit on the cycling or pedestrian track!

a) Basic rules of bicycle rental:

- Test bicycle height – if you can't reach the floor, you're an accident waiting to happen
- Make sure tyres are not too flabby
- Test brakes – they probably haven't got hydraulic pumps or ABS systems but no brakes, no go
- Ask for a basket or child seat if need be

b) Basic rules of in-line skates rental:

- Repeat 10 times: Rollerblade is a brand, not a sport
- Wear long socks
- Make sure you can wriggle your toes
- Make sure wheels are smooth and groovy
- Make sure straps are well secured
- Safety equipment must be worn at all times

c) Things to note:

- 15km/h rule applies
- Keep to designated path
- No Tour de France or stunt performances – show-offs belong to the circus

3. Toilet break

Visit the public toilet located near the first bicycle rental shop (if you have to). There's an outdoor shower in the gents and ladies but no kids should run around naked please. There's a clause in the National Parks Board's park visitation do's and don'ts that read: Be decently dressed at all times.

4. Pond #1

Locate a pond two (more) humps away from the toilet – you know they're serious about the speed limit when they build a hump every 300m or so. Enjoy the green pasture and shady trees but strictly no feeding the fish.

5. BYOP

The next time you are at the park, you may build your own party here because you are allowed to Bring Your Own Pit at the stretch in front of the Costa Sands Resort. Booking is available at all AXS machines. There's also a bicycle rental shop (Vision Creations) at block C of the chalets.

6. Pond #2

Need another breather? The ideal spot for picnic is under the young Yellow Flame tree, a stone's throw away from the rocky boulders which are a (huge) stone's throw away from algae green pond which is way bigger than the first algae green pond. See, we told you you need a breather.

7. Bedok Jetty

Pat yourself on the back if you've managed the only uphill route of this journey and passed by the only hawker centre in the Park without stopping over for that big mug of sugarcane juice. This is the longest fishing jetty in Singapore where you can catch anything from tamban (nasi lemak fish), puffer fish, to ikan parang ('sai toh' fish).

8. East Coast Lagoon Food Village

Secure your seats with packets of tissue and off you go scouting for authentic local fares - very reasonable prices. We recommend the sting ray (oohlala!), satay beehoon (yum!), wonton noodles (give it to me!), and satay (mama mia!). Here's where you should fill up on sugarcane drinks and desserts like cheng tng. For some fun, limit your kids to \$5 each and see what feast they can feed the family with - let's hope they are penny-wise!

9. Sandcastle building

For some family fun, learn how to build a professional looking sandcastle when you purchase a basic BeachWorks tool set for \$30 or a deluxe set at \$38. the workshop is conducted by Castle Beach and opens only on weekends from 3.30pm to 7.30pm.

10. Cable Ski

Welcome to Singapore's very first cable-ski park! Adrenalin junkies can flex their muscles and perform stunts to their delights but kiddos under seven-years old are prohibited from the sport. It costs \$30/h on weekdays and \$40/h on weekends to ski. There's even Ladies' Night so mums should come boogie in the water.

11. East Coast Seafood Centre

Welcome to seafood paradise! You can savour all the delicacies of the underwater world like succulent lobsters, chilli crabs, bamboo clams, and fresh soon hock. It can be really packed on weekends so make your reservations early.

12. Marine Cove

a) McDonald's
The world's favourite fastfood restaurant located at Singapore's favourite park is a haven for the

weekend families, and fit old men and chatty old women who'll gather here for leisurely breakfast after their round of morning exercises. Youngsters enjoy tapping the wireless hotspot here because they can occupy a table way longer than their value meals' worth. Even parents enjoy depositing their children at the outdoor playground while they keep watch from the air-conditioned interior. Despite the place being skaters-friendly, family-friendly, and geek-friendly, the toilets are a let down with their small stable of cubicles and lack of a family room. There really isn't much space for a baby pram in the toilets.

b) Amusement park

You can let the children roam free at the rides, arcade games or the remote control car circuit while you shop for beach wear and knick knacks at the pushcart stalls. But tread lightly here because Dino's been wrecking havoc at the modest amusement park. Watch out for uneven bricks along the path.

