



PEAKING with

HIKING

Why Hiking?

Embrace the serenity of nature in warm ol' Singapore

- Improves overall health & cardiovascular health
- Boost creativity
- Reduce risk of diseases
- Increase bone density

Essentials for your Adventure

- First aid kit
- Sunblock
- Water bottle
- Flashlight
- Compass
- Hiking accessories



North

Yishun-Sembawang Hot Spring

Difficulty: 🧑🏃‍♂️ 🧑🏃‍♂️

- 7KM
- 29M of Elevation
- Estimated 2-hours hike

North-East

Punggol River Trail

Difficulty: 🧑🏃‍♂️ 🧑🏃‍♂️ 🧑🏃‍♂️

- 11KM
- 40M of Elevation
- Estimated 3-hours hike



East

Changi Coastal

Difficulty: 🧑🏃‍♂️ 🧑🏃‍♂️

- 10KM or less
- 30M of Elevation
- Estimated 3-hours hike

West

Zhenghua Nature Park

Difficulty: 🧑🏃‍♂️

- 4KM or more
- 46M of Elevation
- Estimated 1-hour hike



Central

Bukit Timah Nature Reserve

Difficulty: 🧑🏃‍♂️ 🧑🏃‍♂️ 🧑🏃‍♂️ 🧑🏃‍♂️

- Estimated 3KM
- 130M of Elevation
- Estimated 2-hours hike

"NATURE IS CHEAPER THAN THERAPY"