

JOGGING



ROUTE



National Gallery Singapore



Empress Place



Boat Quay

Raffles Place

Telok Ayer



Lau Pa Sat



Thian Hok Keng Temple



Dao by Dorsett AMTD Singapore



Esplanade

Raffles Ave



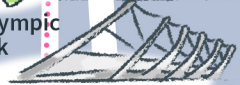
Esplanade Bridge



Youth Olympic Park



Singapore Flyer



Helix Bridge



Merlion



Art Science Museum

Bayfront

The Lawn Marina Bay

Central Blvd

Esplanade Dr

Collyer Quay

Marina Blvd

Bayfront Ave

Bayfront Ave

Sheares Ave

Sheares Ave

Legend



Eastern Coastal Jogging Loop

MRT Station

Traffic Light

Water Body

Convenience Store

Bike Rental

Estimated total distance: 5km  
Estimated jog time: 40mins



CYCLING



ROUTE



Singapore Sports Hub



Tanjong Rhu Promenade



East Coast Parkway



Gardens By The Bay, Bay East



Singapore Flyer

Youth Olympic Park



Lau Pa Sat



Dao by Dorsett  
AMTD Singapore














Marina Barrage





### Legend

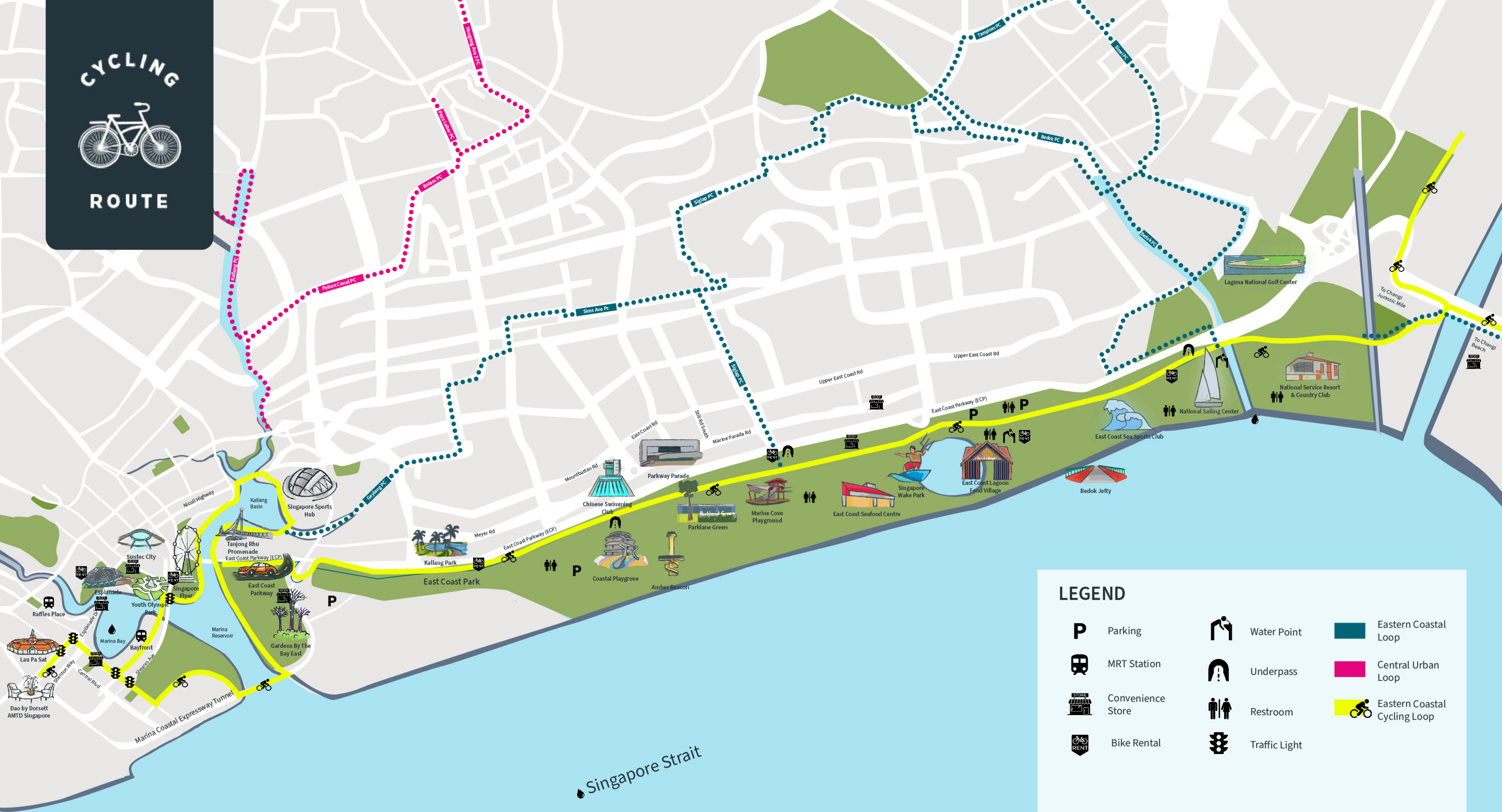
-  MRT Station
-  Parking
-  Restroom
-  Convenience Store
-  Bike Rental
-  Overhead Bridge
-  Southern Ridges Loop
-  Northern Explorer Loop
-  Central Urban Loop
-  Western Adventure Loop
-  Rail Corridor Cycling Loop (Recommended for Mountain Bikes)

Tips: Apply sun shade and bring water! If cycling, use a mountain bike due to different track conditions and terrain

Estimated total distance (one-way): 24km  
 Estimated cycle time (one-way): 2hrs



# CYCLING ROUTE

### LEGEND

 Parking	 Water Point	 Eastern Coastal Loop
 MRT Station	 Underpass	 Central Urban Loop
 Convenience Store	 Restroom	 Eastern Coastal Cycling Loop
 Bike Rental	 Traffic Light	

Although not illustrated, the cycling routes on the right continue to Changi Beach Park and Changi Jurassic Mile where there are multiple attraction points.

Cyclists to continue cycling along the road after 'To Changi Beach' to reach Changi Beach Park and 'To Changi Jurassic Mile' to reach Changi Jurassic Mile.

Estimated total distance (one-way): 23km  
 Estimated cycle time (one-way): 1.5hrs