

Sungei Buloh Wetland Reserve

By Bill Poorman

The majority of us spend most of our days in the urban areas of Singapore, but if you're looking for a way to connect with the natural side of the island, you couldn't do better than a hike through the Sungei Buloh Wetland Reserve. *Sungei Buloh*, meaning Bamboo River in Malay, opened in 1993. It's a preserved area of mangrove forest on the northwest side of Singapore, along the Johor Strait, looking across at Malaysia. It features a well-developed, architecturally interesting trail network, complete with modern facilities, that mean the park is accessible to most anyone and makes the most of the views of the strait. But the highlight here is the amazing variety of native wildlife. There are, of course, monkeys and monitor lizards, which can be seen in many parts of Singapore. Also, it's perfect for bird-watching, with an area set aside for migrating flocks that has special viewing stations both at ground level and a tower a couple of stories high. But that's only the beginning. I don't mean to discourage the less adventurous, but in my hikes, I've enjoyed seeing crocodiles, spiders as big as my hand is wide, and a small snake coiled in the branches of a tree hanging over the trail. My all-time favorite, though, is seeing mudskippers, dozens of mudskippers. Mudskippers are fish that have partially adapted to life on land. Seeing them skip around (get it?) and interact on the mud flats is simply a lot of fun. Speaking of mud flats, I have one strong recommendation when visiting Sungei Buloh: Make sure to visit at low tide. That's when it's easiest to spot and enjoy the shoreline wildlife. Sungei Buloh Wetland Reserve is open daily from 7am to 7pm.

Bill Poorman has lived in Singapore for three years and greatly enjoys seeing the variety of natural areas the country has to offer.

Photos by Bill Poorman



舞響 鼓
-Bukyo-
ODORU
WADAIKO

2017 NEW SHOW
DRUM TAO
THE ART OF DRUM

31 AUG - 2 SEP 2017 • MES Theatre at Mediacorp
Tickets from \$68 (excludes booking fee)

Online booking: www.sistic.com.sg Hotline: 6348 5555

mediacorp | VIZPRO

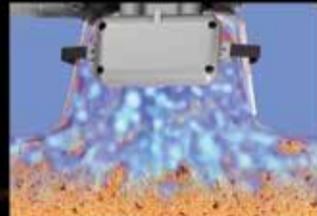
FIRE & ICE

VANQUISH ME™ & COOLSCULPTING™

Exclusive protocol of two US FDA-cleared fat removal and body sculpting technologies delivering exceptional results for all areas of the body **without pain, surgery or downtime.**



Vanquish ME™ "Contactless" Radiofrequency Fat Removal Procedure



CoolSculpting™ "Fat Freezing" Procedure



Cutis Medical Laser Clinics
9 Scotts Road #08-07 Pacific Plaza
6801 4000 | hello@cutislaserclinics.com
www.cutislaserclinics.com

CUTIS
MEDICAL LASER CLINICS
SAFETY • RESULTS • VALUE