

# SINGAPORE

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*NATACHA 302*



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*You, cyclists who like to climb, discover in these few pages what makes the list of the national challenge in Singapore so rich.*

GEOGRAPHY

MEDIA

TOURISM

SPORT

# Singapore

## Geography

Singapore is a country in Southeast Asia. The state of Singapore is located south of the southern tip of the Malay Peninsula, from which it is separated to the north by the Straits of Johor. It borders the Straits of Singapore to the south. This state is known and often cited as an example of extraordinary economic success. Singapore is an authoritarian city-state with a democratic appearance.



The city-state covers an area of 724 km<sup>2</sup>. Singapore comprises 63 islands, the largest of which is Pulau Ujong (585 km<sup>2</sup>). This island is very densely urbanised, but its lush vegetation – even in the city centre – has earned Singapore the nickname ‘garden city’. This abundance of greenery is partly due to an equatorial climate, which is uniformly hot and stormy throughout the year. Its population density is the second highest in the world among independent states (after Monaco).

Let's look at the topographic map to assess the country's relief density. Most of Singapore is less than 15 metres above sea level. The highest point is Bukit Timah, at 164 metres (538 feet) above sea level, consisting of magmatic rock and granite.



Singapore's transport network is highly developed and easy to access. In 1975, the city was one of the first to introduce a congestion charge. The motorway network is over 160 km long. Traffic drives on the left. Singapore has a population of over five million. Various measures are in place to regulate road traffic and limit the number of vehicles.

There are many streets and small hills dotted throughout the territory, accompanied by numerous cycle paths.



*Street map*

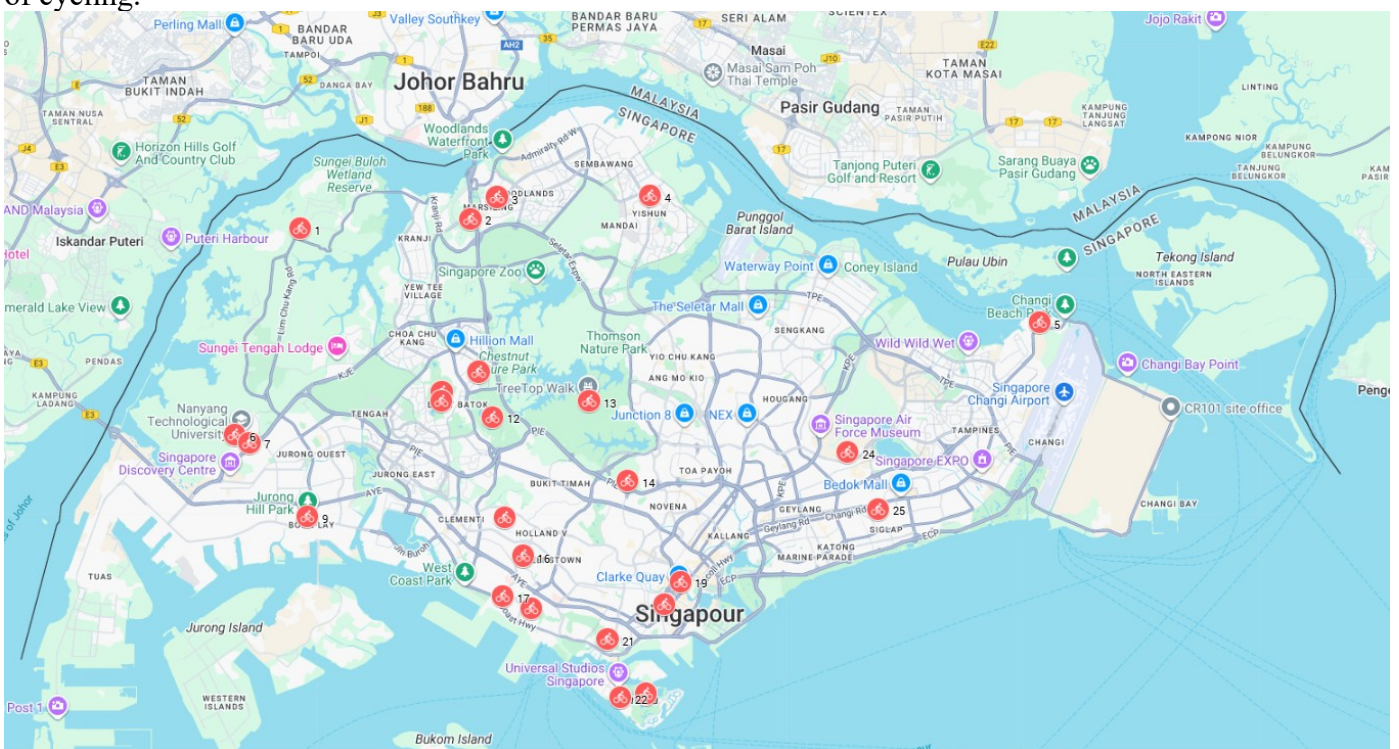


*Presence of cycle paths*

The state divides the country into small administrative regions, including the islands.



Our national challenge will ultimately consist of 25 peaks, given the wealth of columns and the state's love of cycling.



## Singapore tourism

Exciting and surprising are two adjectives that describe Singapore, the Asian Dragon that is at once a city, an island and a nation with over 5 million inhabitants, which has become a global icon.

Singapore attracts people from all over the world, creating a wonderfully multicultural population.

Renowned as one of the top shopping destinations, Singapore is a veritable hotbed of shopping centres and galleries. Chinese, Indian and Malay art, antiques and handicrafts are as plentiful as electronic equipment.

Here are the tourist attractions on our list

SGP-002 Equestrian Walk

SGP-003 Woodlands Hill

SGP-006 Nanyang Crescent

SGP-012 Bukit Timah hill

SGP-013 Tree Top Walk / Peirce Track

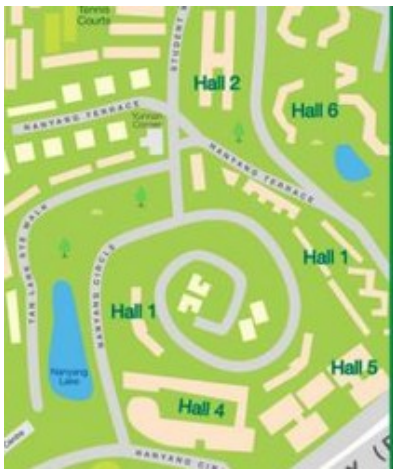
Renowned equestrian centre

Tropical trees

Circular summit like the Puy-de-Dôme

Panorama of the forest

Mature SAGA trees & MRT Station



*Nanyang Crescent and its Puy-de-Dôme feel*



*Arrival at the Equestrian Walk riding centre*



*The Singapore Summit*



*View from below on the Tree Top Walk*

Or

SGP-014	Mount Pleasant (incl. Gymkhana Avenue)	Dover MRT station & TV tower
SGP-015	Mount Sinai	Training Centre
SGP-016	Nepal Hill	Historic site (World War II battles)
SGP-017	Norwegian Seamen's Church	Church dedicated to Norwegian sailors



*Mount Pleasant Road*



*Mount Sinai towers over the buildings*



*Welcome to Nepal Hill*



20180804 Norseman climb (300 Pasir Panjang Rd - Norwegian Seamen's Mission)

*The Norseman climb to the Norwegian Church*

And finally

SGP-018	Kent Ridge Park (incl. Vigilant Drive)	Majestic trees, monuments
SGP-020	Pearl's Hill	Panoramic view of the country
SGP-021	Mount Faber	4 colonial buildings constructed in 1880
SGP-022	Ironside Road (Sentosa)	Last bastion of the pioneers
SGP-023	Serapong Wall (Sentosa)	Singapore and United States military base
SGP-024	Air Force Airport	Military airport



*Visit to Kent Ridge Park*



*Original Pearl's Hill*



*Group climb up Mount Faber*



*Viewpoint on the left in Mount Faber*



*Mount Faber: higher than the country's buildings*



*Summit of Ironside Road*



*Steep arrival at Serapong*

*Visit to the Air Force Museum at the airport*

## The athletic side of Singaporean climbs

Here are the top 10 longest climbs in Singapore in terms of kilometres

13	SE	Tree Top Walk / Peirce Track	2,8
21	SW	Mount Faber	1,8
1	NE	Lim Chu Kang Lane	1,7
21	E	Mount Faber	1,6
14	E	Mount Pleasant (incl. Gymkhana Avenue)	1,5
7	S	Nanyang Circle	1,4
12	S	Bukit Timah hill	1,4
22	S	Ironside Road (Sentosa)	1,4
3	SE	Woodlands Hill	1,3
7	E	Nanyang Circle	1,3



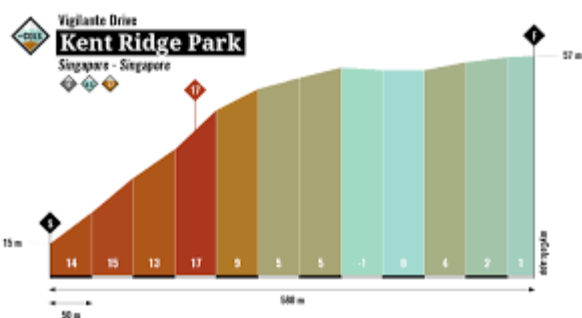
*Walking along Pierce Track*



*Taking a photo of Lim Chu Kang Lane*

The top 10 climbs with the greatest elevation gain in metres

12	S	Bukit Timah hill	149
10	NE	Bukit Panjang Hill / Gombak Drive	105
21	E	Mount Faber	81
21	SW	Mount Faber	74
13	SE	Tree Top Walk / Peirce Track	60
11	SE	Jalan Remaja	51
18	W	Kent Ridge Park (incl. Vigilant Drive)	51
23	SE	Serapong Wall (Sentosa)	51
20	S	Pearl's Hill	43
5	SW	Hendon Road	40



*MyCols presents the profile of Kent Ridge Park*



*The 10% climb up Hendon Road*

Here are the top 10 Estonian cycling climbs by average gradient

12	S	Bukit Timah hill	10,6
23	SE	Serapong Wall (Sentosa)	10,2
17	SW	Norwegian Seamen's Church	9,5
10	NE	Bukit Panjang Hill / Gombak Drive	8,8
11	SE	Jalan Remaja	7,3
20	S	Pearl's Hill	7,2
15	SW	Mount Sinai	7,0
19	S	Fort Canning Park / Cox Terrace	6,5
21	E	Mount Faber	5,1
19	N	Fort Canning Park / Cox Terrace	4,8

TOP 10 maximum gradient

12	S	Bukit Timah hill	19,0
10	NE	Bukit Panjang Hill / Gombak Drive	14,0
23	SE	Serapong Wall (Sentosa)	12,0
11	SE	Jalan Remaja	11,0
18	W	Kent Ridge Park (incl. Vigilant Drive)	11,0
20	S	Pearl's Hill	11,0
5	SW	Hendon Road	10,0
17	SW	Norwegian Seamen's Church	10,0
19	S	Fort Canning Park / Cox Terrace	10,0
21	E	Mount Faber	10,0



*Conquering Pearl's Hill*



*The final section of Jalan Remaja*

In terms of energy expenditure, what are the top 10 Europoints in Singapore?

12	S	Bukit Timah hill	212,9
10	NE	Bukit Panjang Hill / Gombak Drive	113,9
21	E	Mount Faber	55,5
23	SE	Serapong Wall (Sentosa)	55,2
21	SW	Mount Faber	51,6
18	W	Kent Ridge Park (incl. Vigilant Drive)	45,4
11	SE	Jalan Remaja	43,6
20	S	Pearl's Hill	39,5
13	SE	Tree Top Walk / Peirce Track	36,8
19	S	Fort Canning Park / Cox Terrace	32,7

As for explosiveness, here are the top 10 bombs

12	S	Bukit Timah hill	31,8
10	NE	Bukit Panjang Hill / Gombak Drive	23,9
23	SE	Serapong Wall (Sentosa)	22,8
17	SW	Norwegian Seamen's Church	19,7
11	SE	Jalan Remaja	18,7
20	S	Pearl's Hill	18,6
19	S	Fort Canning Park / Cox Terrace	16,8
15	SW	Mount Sinai	16,2
18	W	Kent Ridge Park (incl. Vigilant Drive)	15,7
21	E	Mount Faber	15,6



*Towards Bukit Timah*



*Towards Bukit Panjang*



*On the coast in Singapore, we stick out our tongues...*

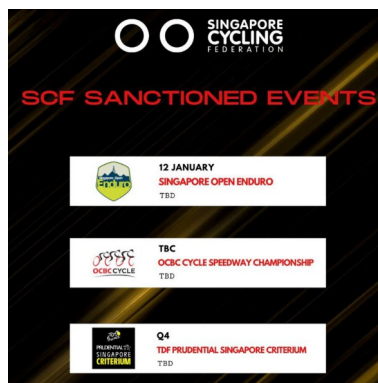


*... or we move forward at an angle*

## Singapore cycling races

The Singapore Amateur Cycling Association (SACA) was established on 21 January 1958 as an association and registered under the Charities Act. In 2011, it changed its name to the **Singapore Cycling Federation** (SCF) to reflect the new image and objectives of the cycling community, which aims to move beyond its amateur status. The SCF is recognised by Sport Singapore as the national body for the promotion and development of cycling. It is affiliated with the Singapore National Olympic Council, the ASEAN Cycling Association, the Asian Cycling Confederation and the International Cycling Union.

Dr **Hing Siong Chen**, for example, is a member of the Olympic Committee for Singapore and the Singapore Cycling Federation.



*The Federation's 2025 calendar*



*Interview with Dr Hing Siong Chen*

The Singapore Criterium (Prudential Criterium or 'Conquer the City') is best known as Mark Cavendish's last race and last victory.



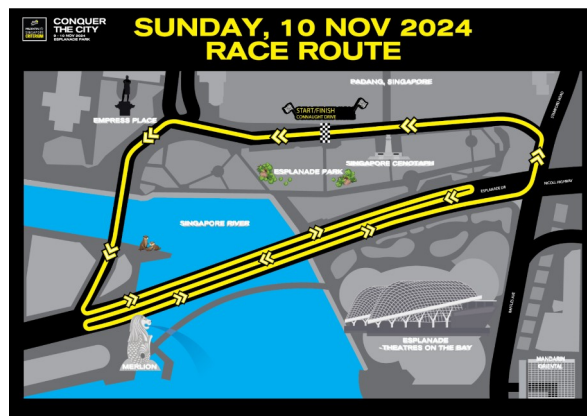
*The cyclists lined up to salute Cavendish*



*Cavendish's last victory*



*The 2024 Criterium poster*



*The 2024 circuit*

Singapore clubs and cyclists

**OCBC Singapore Continental is a Singaporean cycling team that participates in continental cycling circuits, particularly the UCI Asia Tour. Created in 2012, it disappeared at the end of the 2014 season.**

However, OCBC remained a popular race in Singapore.

Some names on our list appear in local cycling races or events.

SGP-009	Jurong Hill	SCF Track Series – Jurong Stadium (Media)
SGP-011	Jalan Remaja	SCF Track Series – Jurong Stadium (Media)
SGP-019	Fort Canning Park / Cox Terrace	Climbing Day
SGP-021	Mount Faber	Conquer The City Race, Prudential Criterium, Climbing Day

Noteworthy is Jurong Central SG60 Cycling 2025, which makes Jurong Hill open to cyclists only.



*In the middle of Jurong Hill*



*The final ramp.*



*The OCBC logo.*



*More than a logo, an event.*



*More than an event, a race*



*More than a race, a popular craze*

There are charity events to raise funds for causes such as the **Race for Reina**

And also **Climbing Days** in Singapore. Notably the **Mount Faber challenge** with a loop requiring cyclists to climb 1000m of elevation gain on this single mountain.

*The Quantum Racing Fundraiser*

*More than a race, an exemplary craze*



*Winner of a climbing day*



*On the menu for climbing days*

Several Singaporean cyclists have made a name for themselves in the professional peloton after coming through this club.

**Low Ji Wen**, Singapore national road champion in 2009

**Ho Jun Rong**, Singapore national time trial champion

Other names: **Kee Meng Ang**, **Choon Huat Goh**, **Shern Mun Benedict Lee**, **Yun Jie Lemuel Lee**, **Ji Wen Low**, **Calvin Sim**, **Raymond Quek**



*Low Wi Jen defends the national colours*



*Ho Jun Rong in full swing*



*Choon Huat Goh, Singapore's number one in a top European club*



*The Kee brothers and Steve Meng Ang*



*Raymond Quek at the OCBC Speedway Singapore*



*When three national teams compete on the OCBC*

Le **Nex Cycling Team** ( Blue Wave), , an amateur cycling club with a strong female membership, was founded in 2011 and is also based in Singapore.



*Singaporean women stretching before the start*



*Putting the NEX club in the spotlight*



*Singaporean trio at the Indonesian championships*



*A beautiful Asian women's sprint*



*The charm of cycling in Singapore*



*Beautiful women's podium at the OCBC*

**Serene Lee** represented her country in the women's road race at the 2010 UCI Road World Championships. Lee also represented Singapore at the 2011 and 2015 Southeast Asian Games. After several failed attempts, she became Singapore's national road race champion for the first time in 2018.

**Luo Yiwei** finished second in the time trial at the SEA Games Road in 2019 and 2021 before becoming national road and time trial champion in 2022.



*Serene Lee*



*Luo Yiwei*

### Other cycling interests in Singapore



*A video showing the hills of Singapore*



*Climbing Mount Faber at night*



*The mass start of the OCBC Cycling Ride*



*What an international Asian peloton in Singapore!*

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