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## Singapore's Best Mountain Bike Trails

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**Mountain biker and Co-Founder of The Chain Reaction Project, Zhang Tingjun reveals her favourite trails in our city**

### PULAU UBIN Suits: Beginners and up

#### Advantages

- + There are a good variety of trails. You can go for a ride around the island or hit the more challenging trails like the Ketam trail, which has a few tricky descents and some steep tight uphill climbs and switchbacks.
- + It's fun for tourists to experience a taste of what Spore was like back in the day. The island is still very rustic and comes complete with mangrove swamps, quarries and a touch of village life.
- + There are nice little spots to stop along the way where you can grab a fresh coconut or bite to eat.
- + It's rare that hikers find their way on to the biking trails so you don't have to worry about mini collisions.
- + For bikers keen to do a round island ride, there are many bike rental operators to pick from on Ubin. (If you're doing the Ketam trail, I would advise bringing your own bike.)

#### Disadvantages

- + It takes more planning and time. You have to take a 10-minute boat ride to the island from Changi Village, which isn't a problem unless you're in a rush to get back to the mainland. Ubin generally is a half day trip at minimum.
- + The trails do get a little crowded on weekends, but because they're relatively stretched out, you don't usually face too much bike traffic once you're actually in the forest.

### BUKIT TIMAH HILL

**Suits: Moderately skilled riders and up**

#### Advantages

- + The bike trail has just been revamped. There are lots of fun little twists and turns, as well as a couple of nice drops.
- + Easily accessible by bus (no nearby MRT though).
- + Cross-country riding aside, there's also a spot for the downhillers to practice their drops and jumps.
- + A number of trails shoot off from the main BT trail – these are fun to explore. A couple of trails are very rooty, with log obstacles to tackle. However, others are less technical and one even takes you all the way to Mandai.

#### Disadvantages

- + Gets very muddy and sloppy on a wet day.
- + On the weekend lots of runners and hikers use the bike trail even though it's not allowed.
- + Parking is a huge issue on weekend mornings .

### TAMPINES BIKE PARK

**Suits: beginners and up**

#### Advantages:

- + Good for beginners because the trail is a simple one and has many exit points.
- + Also not too technical with chicken lines an option at the rock gardens.
- + Couple of nice berms to practice cornering on.
- + Mix of rock, loose gravel/sand and jungle terrain.
- + A couple of decent spots to practice drops.
- + There's also a BMX park for the BMX riders.
- + Lots of parking and easily accessible.

#### Disadvantages:

- + Very exposed, so it can get very sunny.
- + A fun little spot, however it can get a little boring if you spend too much time at this trail.

The Chain Reaction Project organises charity fitness holidays in Asia. Find out more about these biking, hiking and running breaks at <http://thechainreactionproject.com>

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