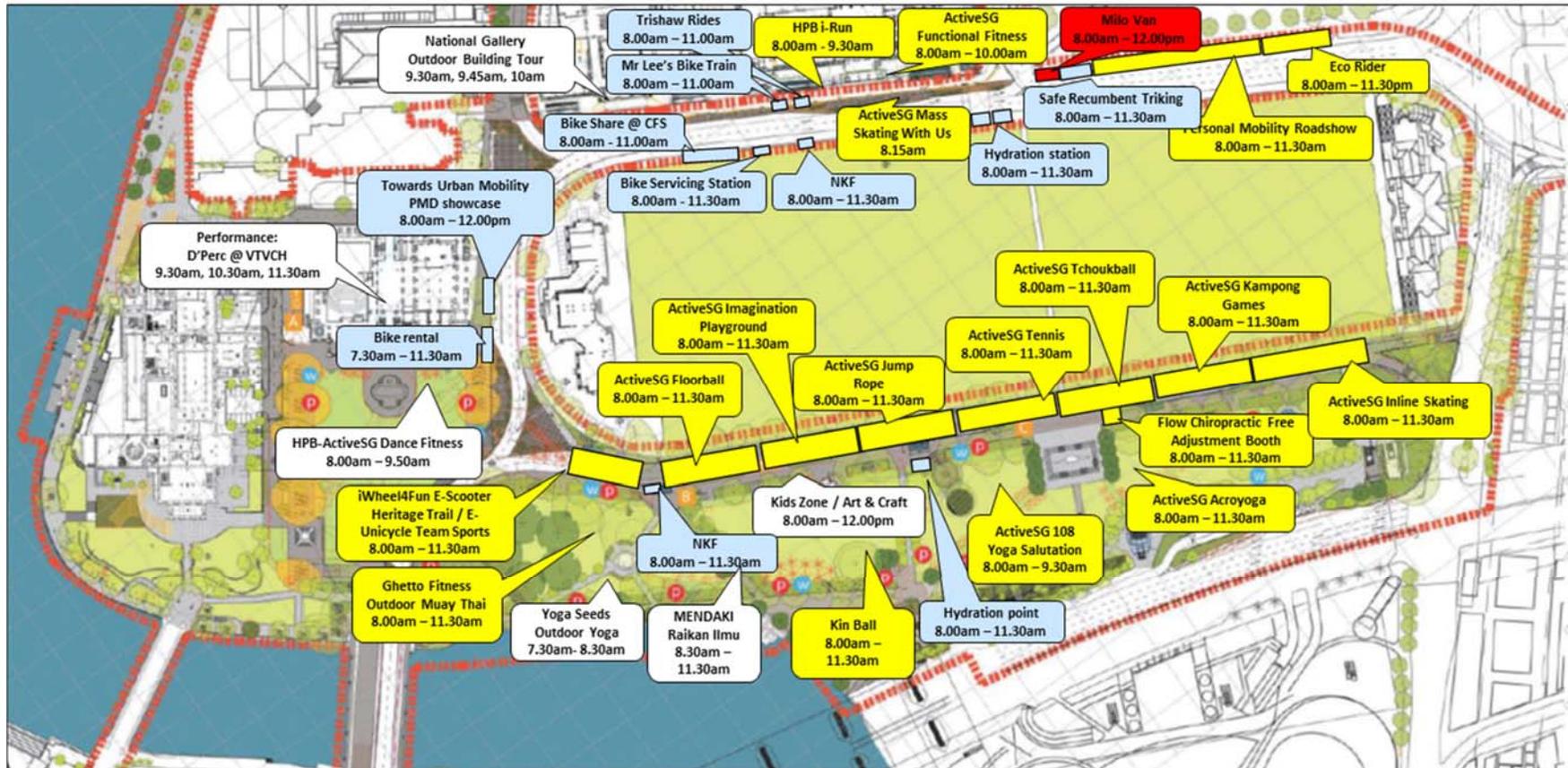
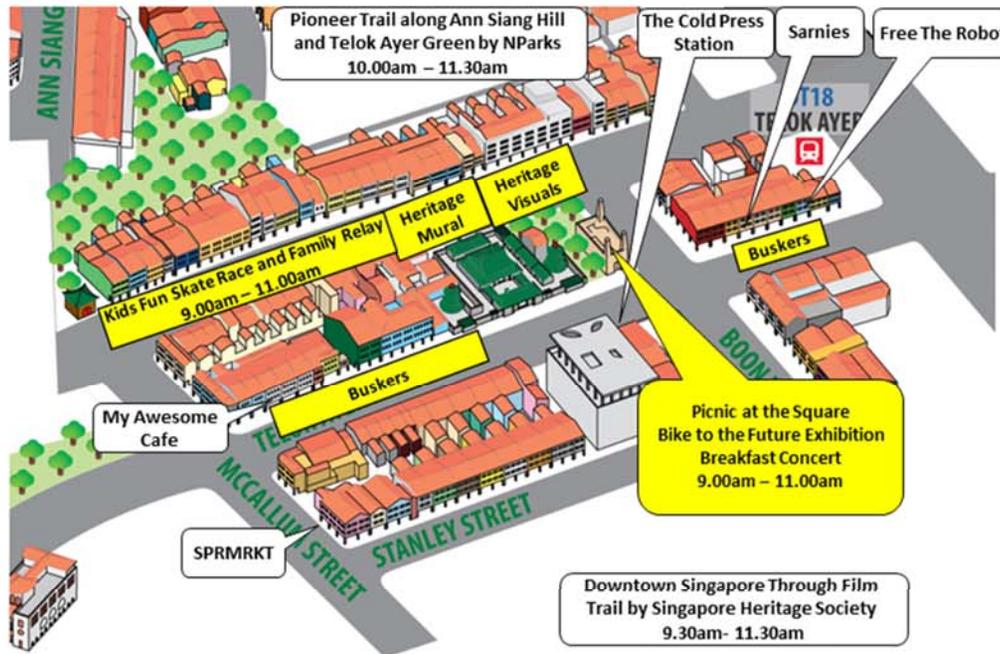


Activities at Car-Free Sunday SG on 26 March 2017 (Civic District)



Activities at Car-Free Sunday SG on 26 March 2017 (Telok Ayer)



FEATURED ACTIVITIES

Picnic at the Square (new)

Location: Telok Ayer Square

Time: 9.00am to 11.00am

Head down to Telok Ayer Square for a picnic and be entertained with a Breakfast Concert and Bike to the Future Exhibition!

Breakfast Concert:

Highlights include live band 'Luke and the Dukes' and a skit 'Ah Ma's Fruit Stall' by PLAYInc to raise awareness on dementia. 'Luke and the Dukes' will be playing three 15-minute jazz sets at 9:00am, 10:00am, and 11:00am while the 'Ah Ma's Fruit Stall' will be shown at 10:15am.

Bike to the Future Exhibition:

At the Square, visitors can hop onto a bicycle and ride into the streets of the future with the Future Cities Laboratory, where streets are designed for cyclists and pedestrians in mind. Through virtual reality, the exhibition will transport visitors to alternative future streets in Tiong Bahru. Visitors are invited to 'cycle' along three streets redesigned for cyclists and pedestrians in the Tiong Bahru neighbourhood through virtual reality goggles. The immersive 360-degree experience will draw visitors into the active streets of the future and provide first-hand insights on the impact of street design on commuting experience.

The public can also purchase coffee from The Bicycle Barista who will be brewing coffee off a bicycle from 8.00am to 11.30am.

ACTIVE MOBILITY ACTIVITIES

Safe Recumbent Triking (new)

Location: St Andrew's Rd

Time: 8.00am to 11.30am

Learn more about the benefits of recumbent trike-riding, and about safe-triking on the roads and on PCNs.

iWheel4Fun E-Unicycle Team Sport

Location: Connaught Drive

Time: 9.30am to 12.00pm

Feeling restless on a Sunday? Join us for a round of team sport on wheels including Netball, Captain's Ball and Frisbee, improvised by a group of electric unicycle enthusiasts from The Wheelies.

Bikeshare @ Car-Free Sunday SG

Location: St Andrew's Rd

Time: 8.00am to 11.00am

Free bicycle rentals by bike share companies such as Mobike, O Bikes and OFO Bicycle on a first-come, first-served basis. Each company will be offering 10 to 15 free bicycle rentals to the public in 30-minute blocks. Come early to get your hands on a free ride!

Personal Mobility Roadshow

Location: St Andrew's Road

Time: 8.00am to 11.30am

Join us at the Personal Mobility Roadshow where several vendors will be showcasing and selling personal mobility devices and bicycles to help you move towards a more car-lite lifestyle.

Towards Urban Mobility PMD showcase

Location: Next to Victoria Theatre and Concert Hall

Time: 8.00am to 12.00pm

This is a showcase of foldable bicycles, cargo bikes, adult kick scooters and accessories that cater to urban mobility. Come and test ride the Swifty Scooter, Tern Link C8, Dahon Route, Tyrell IVE, etc.

FAMILY-FRIENDLY ACTIVITIES

National Kidney Foundation Kidney Care Parade (new)

Location: St Andrew's Road

Time: 8.00am

In support of World Kidney Day, the National Kidney Foundation's (NKF) Kidney Care Parade will take place at Car-Free Sunday SG to encourage the community to adopt a healthier and more active lifestyle through physical activity to reduce obesity and risk for kidney disease.

The NKF Patient Advocates will lead the Kidney Care Parade and walk with other participants, starting at the National Gallery Singapore. Members of the public who are interested to join the parade can register online at this link: <https://friends.nkfs.org/KidneyCareParade2017/>. Walk-in participants on the event day are also welcome.

MENDAKI Raikan Ilmu – Reading @ The Park & #letspledgeabook (new)

Location: Connaught Drive

Time: 8.00am to 12.00pm

As part of the year-long "Raikan Ilmu (Celebrate Knowledge)" campaign, Reading @ the Park was launched in January 2017 as a volunteer-led project that encourages the love for reading and provides a monthly platform for children of MENDAKI beneficiaries to read and experience related hands-on activities. Activities will include a 30-minute story-telling session as well as an art and craft session that will allow children to make keepsakes such as bookmarks and sock puppets.

Members of the public area also encouraged to participate in the #letspledgeabook initiative, a public book donation drive, by exchanging their books for those at the booth.

Trishaw Rides

Location: St Andrew's Road (starting point)

Time: 8.00am to 11.00am

Here's a chance for the less mobile, in particular the elderly, to experience wind in their hair along the car-free route, in trishaws powered by volunteers! This initiative is funded by cycling enthusiast and founder of Jolly Riders Mr Han Jok Kwang.

In addition, non-profit organisation Cycling Without Age is offering free rides on their custom-built trishaws.

Participants can choose to get a ride from volunteers to take in the sights of the city, or choose to operate the trishaw personally to ferry their elderly family members or friends. Priority will be given to those who are less mobile, in particular the elderly, and on a first-come, first-served basis.

Mr Lee's Bike Train

Location: St Andrew's Road (near starting point)

Time: 8.00am to 10.00am

Designed to allow fellow Bishan residents to cycle around the neighbourhood together, Mr Lee will be bringing his unique handmade human-powered bicycle train to Car-Free Sunday to conduct rides for everyone. Children and the elderly will enjoy priority in the queue.

Look out for him at the starting point along St. Andrew's Road, in front of the National Gallery. Each cycling tour will begin at 30-minute intervals.

Kids' Zone by NParks

Location: Esplanade Park (Heroes Lawn)

Time: 8.00am to 12.00pm

Join in various hands-on activities like pebble-painting and turn a simple pebble into an ornamental art piece! There will also be other family-friendly activities such as sketching, colouring and bouncy castles.

Learn more about plants and their uses in different cultures by taking part in the 'Plants & Culture' plant propagation activity. Find out more about the Park Connector Network and pick up some safe cycling tips as well.

ActiveSG Kids Imagination Playground

Location: Connaught Drive

Time: 8.00am to 11.30am

Let your children explore and invent their own playgrounds with giant building blocks! They can build tunnels to crawl under, bridges to balance on, mountains to climb over, castles to be a royal prince or princess for the day while developing cognitively, socially and physically and acquiring a range of motor skills!

SPORTS & FITNESS ACTIVITIES

ActiveSG Mass Skating with Us (new)

Location: Grand Steps at National Gallery

Time: 8.00am onwards

Join us as we flag off from the Singapore National Gallery together in a mass skating contingent.

ActiveSG Kids Fun Skate Race and Family Relay (new)

Location: Amoy Street

Time: 9.00am to 11.00am

Race with other kids along Amoy Street and stand to win prizes! Skating parents can also participant in fun relay with their kids.

ActiveSG Floorball (new)

Location: Connaught Drive

Time: 8.00am to 11.30am

Come by to learn simple Floorball techniques and try-out a new sport! Suitable for all ages.

ActiveSG-Jump Rope Federation Skipping Try-out (new)

Location: Connaught Drive

Time: 8.00am to 11.30am

Join us for a morning session of rope skipping. Exciting Jump Rope demonstration and fun jump rope activities to engage everyone.

ActiveSG Yoga – 108 Salutations (new)

Location: Esplanade Park (Cenotaph Lawn)

Time: 8.00am to 9.30am

Get in Shape with 108! Get your heartbeat up and a great way to get into shape. Join us for a morning workout of a series of salutation.

ActiveSG Acroyoga (new)

Location: Esplanade Park (Cenotaph Lawn)

Time: 10.00am to 11.00am

Take the challenge and be lifted with acroyoga, a physical practice combining yoga and acrobatics.

Ghetto Fitness Outdoor Muay Thai (new)

Location: Esplanade Park (Angsana Lawn)

Time: 8.00am to 11.30am

Join us for an introductory kickboxing class at 8.30am, simply register via email at ghettofitness.sg@gmail.com. Walk-ins are welcome too! There will be other activities like padwork demonstration so come on down and visit us at Esplanade Park!

Share the Road Cycling Carnival

Location: Cecil Street / McCallum Street (gathering point)

Time: 6.00am to 7.30am

The Share the Road Criterium Series is an initiative spearheaded by the Singapore Cycling Federation and Cycosports. Criterium races are held on closed circuits around Robinson Road and Cecil Street.

The event aims to showcase the competitive cycling community and to provide an open environment to learn more about competitive cycling, as well as a greater understanding of cycling and safety on the roads.

HPB-Active SG Dance Fitness

Location: Empress Lawn

Time: 8.00am to 8.50am (Zumba®)

9.00am to 9.50am (KpopX® Fitness)

Get Active with HPB & ActiveSG! Come and sweat it out with family-friendly workouts like Zumba® and KpopX® Fitness. It will be a great way to bond with your family and friends.

Zumba®: "Ditch the Workout – Join the Party!" A Latin-inspired, calorie-burning dance fitness programme that is easy to learn, a blast to do. Perfect for everybody!

KpopX® Fitness: KpopX® surprises with humour, fun and drama on stage. A unique dance fitness workout in K-pop style!

Participants are entitled to free isotonic drinks. [Register here!](#)

HPB i-Run

Location: St Andrew's Road

Time: 8.00am to 9.30am

With cars off the roads, the streets will come alive for joggers and runners!

Grab your friends and family and run with pacers for 3km, 5km or 7km distances.

Participants are entitled to free 100Plus beverages. [Pre-register here!](#)

ActiveSG Membership and Programme Promotion

Location: Connaught Drive

Time: 8.00am to 11.30am

Approach our friendly staff and promoters to find out what ActiveSG has lined up for you! Sign up for the free membership and receive ActiveSG \$100 credit to enjoy a spread of sports and fitness programmes. Terms and conditions apply. Click [HERE](#) to find out more.

ActiveSG Functional Fitness

Location: Grand Steps at National Gallery Singapore

Time: 8.30am to 9.30am

Suitable for anyone of any fitness level, functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.

ActiveSG Tennis Academy Try-out

Location: Connaught Drive

Time: 8.00am to 11.30am

ActiveSG Tennis Academy will be setting up mini courts for you to learn simple strokes and play a friendly game with friends and/or family right here at Car Free Sunday. Keen to join the team? Approach our friendly staff or coaches for more information!

ActiveSG Kampong Games

Location: Connaught Drive
Time: 8.00am to 11.30am

Enjoy your favourite kampong games like Snakes and Ladders and Pick-Up Sticks.

ActiveSG Inline Skating

Location: Connaught Drive
Time: 8.00am to 11.30am

Inline Skating is an exhilarating sport in which you and your child can learn basic techniques such as balance, move, turn, stop and safe fall while having fun skating on wheels in a safe environment. Suitable for all ages!

ActiveSG Kin Ball

Location: Connaught Drive, Esplanade Park (Heroes Lawn)
Time: 8.00am to 11.30am

Kin Ball is a team sport which uses a big size of the ball of about 1.5 meters in diameter. Played among three teams at the same time, this game is about collective effort and teamwork.

ActiveSG Tchoukball

Location: Connaught Drive, Esplanade Park
Time: 8.00am to 11.30am

Tchoukball (pronounced as chukeball) is a unique non-contact yet competitive sport which allows every participant to play and enjoy the game, regardless of gender, physique or ability. The sport helps to improve motor skills, hand-eye coordination, fitness and agility.

Outdoor Yoga with Yoga Seeds

Location: Esplanade Park
Time: 7.30am to 8.30am

Kickstart your day with a morning Hatha Yoga session at Esplanade Park. Register [now!](#)

ARTS AND CULTURAL ACTIVITIES

Thian Hock Keng Mural Painting (new)

Location: Thian Hock Keng rear wall along Amoy St

Time: 8.00am onwards

Commissioned by Singapore Hokkien Huay Kuan, artist Yip Yew Chong is working on a heritage mural for Thian Hock Keng. The mural will be officially launched on 13 April 2017 as part of the Singapore Hokkien Festival 2017. The Festival will be held from 13 to 23 April 2017. The mural depicts the voyage of the early Hokkien immigrants; their early lives when they settled in Telok Ayer and Amoy Street; their struggles; their tenacity and resilience; and their contribution towards Singapore's nation building. In the next two months, Yew Chong will be painting the mural over weekends. Do catch him while you are in the area!

D'Perc at VCH Atrium

Location: Victoria Concert Hall Atrium

Time: 9.30am, 10.30am, 11.30am

D'Perc is a band of young dynamic percussionists who, while trained in classical percussion, have explored other forms of music, ranging from rock to ethnic to contemporary. The result is an electrifying synergy stemming from their love of the stage and of all things percussion. Join them on 26 March at the Victoria Concert Hall – Home of the SSO for Car-Free Sunday as they bring you a wide range of percussion music, sure to excite your senses and brighten your weekend!

Pioneer Trail along Ann Siang Hill and Telok Ayer Green by NParks

Location: Tanjong Pagar MRT station (exit G)

Time: 10.00am to 11.30am

Learn about the trade and ways of life of Singapore's early immigrants in this walking trail around a quiet enclave amidst the hustle and bustle of Chinatown. Visit places of worship and old shophouses built in the 1800s. Spice up your walk with a close look at interesting fruit and spice trees planted along the way and visit the old well at the foot of Ann Siang Hill.

Register [here!](#)

Heritage Visuals

Location: Telok Ayer Green facing Amoy St

Time: 8.00am onwards

While making your way through the quaint street, make pauses to find out more about the evolution of Telok Ayer from the heritage visuals.

Thian Hock Keng Tours

Location: Thian Hock Keng main entrance

Time: 9.30am to 11.30am

Thian Hock Keng is one of Singapore's oldest and most important temple for immigrants from southern China's Fujian province. Completed in 1842 and standing on what used to be the shoreline, it is dedicated to the worship of Ma Zu Po, the Goddess of the Sea. While most of the building materials came from China, the temple incorporates cast-iron railings from Scotland and tiles from England and Holland. In 1973, it was gazetted as a National Monument. The restoration project received the 2001 Architectural Heritage Award and the Honorable Mention in the 2001 UNESCO Asia-Pacific Heritage Award.

Volunteers will be conducting temple tours at regular intervals. To join a guided tour, please meet at the entrance of the temple!

Under Wraps: Traversing Downtown Singapore Through Film by Singapore Heritage Society

Location: Entrance of Victoria Theatre & Concert Hall

Time: 9.30am to 11.30am

As part of its 30th anniversary, Singapore Heritage Society (SHS) is organising a special walking tour with *Sgfilmhunter* aka Toh Jun Ping, a video artist and film researcher. Together with SHS' Honorary Secretary, Alex Tan, who will co-host this walk, a special walking tour of Downtown Singapore has been crafted to showcase sites that form a part of Singapore's filmmaking history. Starting from the entrance of Victoria Theatre and Concert Hall, the tour will end at Telok Ayer.

Ticket prices: SHS Members \$10; Non-members \$15. Limited to 25 places only.

Email shs.secretary@gmail.com to register!

Civic District Tree Trail by NParks

Location: Istana Entrance

Time: 9.30am to 11.00am

The Civic District Tree Trail takes you through Singapore's historic Civic District where you will be awed by many majestic and interesting trees, some of which have stood tall for many generations and witnessed the transformation and progress of Singapore through the years. Join us as we take you through part of the trail starting from the entrance of the Istana to CHIJMES.

Register [here](#)!

To explore the entire 3km tree trail on your own, download the DIY trail [e-guide](#) on NParks' website.

Go Local Tour and Breakfast

Location: The Fullerton Hotel Singapore (meeting point at hotel concierge)

Time: 9.00am to 10.00am (The Fullerton Monument Tour)

10.00am to 11.30am (Heritage Local Breakfast at The Courtyard)

Standing majestically at the mouth of the Singapore River, the Fullerton Building witnessed the transformation of Singapore from a colonial outpost to a first-world metropolis. Discover the rich history of our newly minted National Monument and gain exclusive access to preserved areas within The Fullerton Hotel Singapore. Limited to 20 persons, the one-hour tour is inclusive of a Heritage Local Breakfast in The Courtyard following the tour.

Enjoy the unique experience at S\$23 nett per adult and S\$10 nett per child.

Purchase tickets at <http://ptix.co/2dcpchK>

National Gallery Outdoor Building Highlights Tour

Location: Meet at Jubilee Walk marker at Padang Atrium Entrance

Time: 9.30am and 9.45am (English), 10am (Mandarin)

In collaboration with Car-Free Sunday, join us for a morning docent-led tour and discover the rich history and architecture of the former Supreme court and City Hall buildings.

Resonates With: Anne Weerapass Trio

Location: Padang Atrium, National Gallery Singapore

Time: 2pm, 3pm, 4pm

Enjoy an afternoon of delightful jazz tunes featuring Anne Weerapass on vocals, Casey Subramaniam on guitar and Reggie Perera on percussion.

Drop In Activity: Great Women Artists

Location: Keppel Centre for Art Education, National Gallery Singapore

Time: 11am to 6pm

In celebration of International Women's Day in March, explore artworks created by women artists in DBS Singapore Gallery 2!

FOOD & BEVERAGE

A Taste of Heritage at Telok Ayer: Breakfast Beats

Location: Telok Ayer Street

Time: 8.00am to 11.30am

Soak in the heritage at Telok Ayer Street while enjoying your breakfast at our participating eateries such as My Awesome Café, SPRMRKT, The Cold Pressed Station, Sarnies, and Free The Robot!

Join in the singing with our Open Mic stage and enjoy performances from local busking talents!

HPB – Healthier Food Zone

Location: St Andrew's Rd

Time: 9.00am to 12.00pm

Energise your day with a nutritious cup of MILO from the iconic MILO Van!