

Let's celebrate our nation's birthday through sport! Join our array of sports challenges and explore Singapore like you have never known before!

With trekking, cycling, running, nature discovery or kayaking, there is bound to have an activity for you! Partake in our myriad of activities and be rewarded!

Best of all, registration to these events are FREE!

So let's play on, play together!



#PlayOnPlayTogether
 #GetActiveSG

EVENTS AT A GLANCE

Urban Challenge - The Colosseum
 Location: Our Tampines Hub
 Date: 25 Jul 2021
 Time: 0800 to 1700

Urban Challenge - ActiveSG Expedition
 Location: Different starting points around Singapore
 Date: 1 Aug 2021
 Time: 0800 to 1700

Urban Challenge - Stadium Run
 Location: Singapore Sports Hub
 Date: 7 Aug 2021
 Time: 0800 to 1800

Nature Discovery
 Date: 26 Jul - 8 Aug 2021
 Time: Any time between the dates

Round Island Bike Adventure (RIBA)
 Date: 8 Aug 2021
 Time: 0600 to 1800

URBAN CHALLENGE



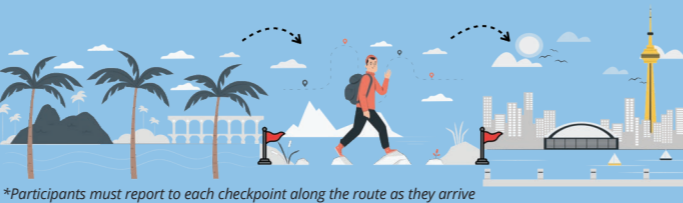
1 THE COLOSSEUM
 Bring out the fighting spirit in you with our unique fitness challenge! Put your grit and perseverance to the test at The Colosseum with our 10 Fitness Challenge stations.

Date	25 Jul 2021	SIGN UP NOW TO GET A REGISTRATION GIFT**!
Time	0800 to 1700	
Location	Our Tampines Hub	



2 ACTIVESG EXPEDITION
 Put your best foot forward and join us as we explore the various ActiveSG Sports Centres by foot! Taking you through the various park connectors and footpaths before arriving at the state-of-the-art monument, the Singapore Sports Hub.

Date	1 Aug 2021	Location	Various locations across Singapore* (see routes on map next page)
Time	0800 to 1700		



3 STADIUM RUN
 A fun and inclusive run for all ages! Get active together by joining our iconic stadium run at the Sports Hub, 100PLUS Promenade. **Complete the required distance and stand to own a Finisher T-shirt!***

Date	7 Aug 2021	Category	No. of Rounds	Estimated Distance
Time	0800 to 1800	Active Dash (5-9 years old)	1	0.8km
		Active Mile (10-12 years old)	2	1.6km
		Active IPPT (13-16 years old)	3	2.4km
		Active Open (≥17 years old)	4	4.4km
		Active Masters (≥35 years old)	3	3.5km
Location	100 Plus Promenade, Singapore Sports Hub Gate 2	Active Para (≥9 years old)	1	0.8km



*Image for illustration purposes only, prizes are subjected to change without prior notice and are available whilst stock last
 **For Gold, Silver or Bronze Timings only (except Para category)

NATURE DISCOVERY

Rediscover the scenic side of Singapore from its land to the water and learn about its cultural heritage, through our Nature Discovery Challenge! Partake in the different trails and stand to win ActiveSG Premiums!

Challenge Period	26 Jul to 8 Aug 2021	Location	Various locations as shown on map
-------------------------	----------------------	-----------------	-----------------------------------

Forest Trail Have a date with nature & take some beautiful pictures of the landmarks at the MacRitchie Park.	NParks PCN Trail Visit the different trails & scan the QR Codes through GameOn Nila (ActiveSG app)	Kayak Discovery Trail 1. Virtual Paddle Challenge 2. Rental of Kayaks @ The Paddle Lodge** 3. Project Bluewave *Boats and equipment charges to be borne by participants
--	--	--

Tier 1 • 1 NParks PCN Trail + 1 NHB Heritage Trail
 • East Coast Trail OR Forest Trail OR Kayak Discovery Trail

Tier 2 • 1 NParks PCN Trail
 • Any other 2 Trails

Tier 3 • Complete any 3 Trails

*Image is for illustration purposes only
 *Prizes are subject to change without prior notice

ROUND ISLAND BIKE ADVENTURE

Love exploring on wheels? Grab your bike and go cruising with us in our signature event, as we venture from the various ActiveSG Sports Centres! **Stand to win a limited edition cycling jersey and medals as you complete the route!**

Date	8 Aug 2021	Attractive goodies to be redeemed!* Water Bottle, bicycle lights, drawstring bag
Time	0600 to 1800	
Location	OCBC Arena Park Pasir Ris Sport Centre Yishun Sport Centre Jurong West Sport Centre	



Simply complete the following (exclude start points) to win*:

GOLD • Complete 4 Main + Midpoint Stations
 • A limited-edition cycling jersey**

SILVER • Complete 3 Main Stations + 3 Midpoint Stations

BRONZE • Complete 2 Main Stations + 2 Midpoint Stations

GetActive! medal**

*Refer to website for latest information, mechanics may be subjected to change without prior notice
 **Image for illustration purposes only, prizes are subjected to change without prior notice and are available whilst stock last

Play On, Play Together
Singapore Challenge



#PlayOnPlayTogether
 #GetActiveSG

TERMS & CONDITIONS

The Challenge is open to everyone registered with ActiveSG. For participants aged below 16 years, it is mandatory to obtain the consent of your parent/guardian before participating in this Challenge.

Participants must adhere to the safe distancing measures and follow ActiveSG Sports Centres' guidelines when attempting the challenges or the activities.

Prizes are available on a first-come-first-serve basis.

All prizes are non-refundable and non-exchangeable for cash or credit. SportSG reserves the right at any time and at its sole and absolute discretion, to substitute, withdraw or cancel any prize or make changes to the value and/or number of prizes at any time without prior notice.

The challenge period may be extended or shortened at SportSG's sole and absolute discretion. SportSG may collect your personal details (and that of your parent/guardian if you are below 16) in order to conduct the Challenge and may pass that information to its related bodies, corporations and agencies assisting with the Challenge.

The challenges, activities or schedule may be subjected to change at any time without prior notice.

You (including parents and/or guardians (if you are under 16 years of age)) hereby agree to indemnify fully and hold SportSG and its directors, officers, employees, and assignees or any other associated sponsors thereof harmless from and against any and all claims, losses, liability or damages that may be suffered or incurred by any of the indemnified Parties.

By participating, you have read and understood, and thereby agree to all terms and conditions of participation in the Challenge as set out herein, including all amendments, additions, replacements and modifications hereto as may from time to time be made by SportSG.

3 easy ways to sign up

ActiveSG app | Guest Services Office at all ActiveSG Sports Centres | myActiveSG.com

Scan for more information

Play On, Play Together

#PlayOnPlayTogether
 #GetActiveSG

GET ACTIVE! SINGAPORE

MAP* LEGEND

- URBAN CHALLENGE**
 - The Colosseum
 - ActiveSG Expedition
 - Stadium Run
- ROUND ISLAND BIKE ADVENTURE**
 - Main Stations
- NATURE DISCOVERY**
 - Forest Trail
 - NHB Heritage Trail
 - East Coast Trail
 - NParks PCN Trail
 - Kayak Discovery Trail

*Map is not drawn to scale

NATURE DISCOVERY

NHB HERITAGE TRAIL

- BALIK SG RIVER TRAIL (11)
- BALIK SG FORT TRAIL (12)
- TAMPINES HERITAGE TRAIL (13)
- PASIR RIS HERITAGE TRAIL (14)
- ORCHARD HERITAGE TRAIL (15)
- BALESTIER HERITAGE TRAIL (16)
- BUKIT TIMAH HERITAGE TRAIL (17)
- JUBILEE WALK HERITAGE TRAIL (18)
- LITTLE INDIA HERITAGE TRAIL (19)
- BEDOK HERITAGE TRAIL (20)

KAYAK DISCOVERY

- PADDLE LODGE @ PANDAN RESERVOIR (3)
- SPORTS HUB WATER SPORTS CENTRE (4)
- PADDLE LODGE @ MACRITCHIE RESERVOIR (5)
- PASSION WAVE @ BEDOK (6)
- PASSION WAVE @ SEMBAWANG (7)
- PASSION WAVE @ PASIR RIS (8)
- PASSION WAVE @ EAST COAST (9)
- PASSION WAVE @ JURONG LAKE GARDENS (10)
- PASSION WAVE @ MARINA BAY (11)

NParks PCN Trail

- COAST TO COAST TRAIL (1)
- CENTRAL URBAN LOOP (2)
- EASTERN COASTAL LOOP (3)
- NORTHERN EXPLORER LOOP (4)
- NORTH EASTERN RIVERINE LOOP (5)
- WESTERN ADVENTURE LOOP (6)



CALENDAR OF EVENTS

MON	TUE	WED	THU	FRI	SAT	SUN
						25 Jul THE COLOSSEUM
26 Jul	27 Jul	28 Jul	29 Jul	30 Jul	31 Jul	1 Aug ACTIVE SG EXPEDITION
NATURE DISCOVERY						
2 Aug	3 Aug	4 Aug	5 Aug	6 Aug	7 Aug	8 Aug STADIUM RUN RIBA
NATURE DISCOVERY						
9 Aug NATIONAL DAY						

URBAN CHALLENGE ACTIVESG EXPEDITION ROUTES

Participants are only required to complete 1 of 3 routes.

#1 West (14.5km)

#2 North (12.5km)

#3 East (13.5km)

ROUND ISLAND BIKE ADVENTURE

Route	Estimated Distance
1 Round-Island Loop	118km
Yishun Sport Centre → Jurong West Sport Centre	31km
Jurong West Sport Centre → OCBC Arena Park	28km
OCBC Arena Park → Pasir Ris Sport Centre	38km
Pasir Ris Sport Centre → Yishun Sport Centre	21km

Play On, Play Together