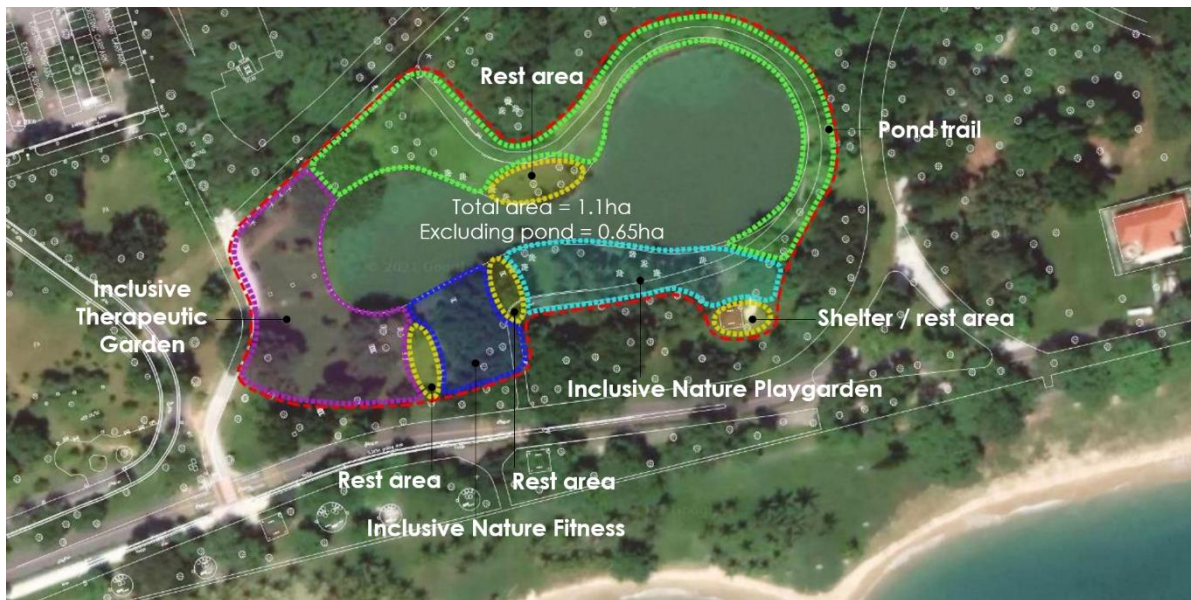


## Factsheet – Key Features of the KPMG Wellness Garden

The KPMG Wellness Garden is an inclusive, multigenerational Wellness Garden at East Coast Park. It incorporates features that range from active play to tranquil nature-based interactions to allow park visitors of all ages and physical abilities to enjoy in one location. These features comprise a therapeutic garden, nature playgarden, pond trail and nature fitness area. The 1.1 ha KPMG Wellness Garden, which will be located at East Coast Park Area D, will add to the diverse recreational opportunities at the park. It is targeted for completion in end 2023.

The garden consists of four zones:



*Layout of the KPMG Wellness Garden (Credit: NParks)*

Zones	Description
<b>Therapeutic Garden</b>	The 1,600 sqm therapeutic garden will feature a rustic coastal theme which will facilitate users’ interactions with nature and improve their mental well-being. The garden will feature lookout decks and a raised deck which will



(Credit: NParks)

provide 360-degree views over the pond and coast.

The garden will also include features such as raised planter boxes for easy accessibility, and an activity pavilion where various therapeutic horticulture programmes can be hosted.

This therapeutic garden is the first in East Coast Park and will be part of NParks' plan to have 30 therapeutic gardens throughout Singapore by 2030.

### Nature Playgarden





(Credit: NParks)



The 1,300 sqm nature playgarden will be an inclusive space that comprise curated play features utilising natural materials for children to engage in self-directed spontaneous play.



It will allow children of various ages and abilities to play and explore in a natural coastal environment where they can connect and learn about nature. The design will incorporate a coastal beach discovery theme with features such as balancing logs, nature discovery trail and a lookout tower.

Play features that cater to children of all abilities include a raised sand play box,

	<p>a lookout platform accessible by ramp, and a raised musical play station.</p>
<p><b>Pond Trail</b></p>  <p>(Credit: NParks)</p>	<p>The garden will feature a 200m pond trail where park goers can relax and enjoy tranquil views of the enhanced, naturalised pond. NParks will be introducing native coastal flora species through the planting palette. The addition of aquatic plants such as the Aquatic Ginger (<i>Alpinia aquatica</i>) will also help to naturally filter the pond water.</p>
<p><b>Nature fitness area</b></p>  <p>(Credit: NParks)</p>	<p>The 900 sqm nature fitness area, recommended for users from young adults to active senior citizens will leverage the lush garden setting and materials such as upcycled logs to allow visitors to enjoy nature while exercising.</p>

The KPMG Wellness Garden will comprise different planting zones featuring a rich variety of flora with colours, fragrances, and textures to relax minds and spark imagination, while developing an appreciation for nature as they explore the garden.

Planting Zone	Description
<p data-bbox="204 701 416 734">Fragrance Zone</p>  <p data-bbox="204 1135 651 1169">Pelir Musang (<i>Fagraea auriculata</i>)</p> 	<p data-bbox="880 701 1391 936">Plants rich with fragrance engage park users' sense of smell. Examples include Pelir Musang (<i>Fagraea auriculata</i>) and Fragrant Thunbergia (<i>Thunbergia fragrans</i>).</p>

<p>Fragrant Thunbergia (<i>Thunbergia fragrans</i>)</p>	
<p>Biodiversity-attracting Zone</p>	<p>Plants that attract native fauna such as butterflies and birds. Examples include the Thorny Tree-Vine (<i>Leea angulata</i>) and Malayan Ixora (<i>Ixora congesta</i>).</p>
 <p>NParks Flora&amp;FaunaWeb</p>	
<p>Thorny Tree-Vine (<i>Leea angulata</i>)</p>	
 <p>Copyright © NParks Flora&amp;FaunaWeb</p>	
<p>Malayan Ixora (<i>Ixora congesta</i>)</p>	

Herbs and edibles zone



Pacific Rosewood (*Thespesia populnea*)



Edible plants, including herbs. Examples include the Pacific Rosewood (*Thespesia populnea*) and the Gelam tree (*Melaleuca cajuputi*), whose leaves are distilled to make 'tea tree oil', which has medicinal and antiseptic uses such as medical ointments.

<p>Gelam tree (<i>Melaleuca cajuputi</i>)</p>	
<p>Aquatic, water-tolerant and phyto-remediating zone</p>	
	<p>Using plants to curate a visual landmark within the pond, as well as to naturally filter the pond water. Examples include Leather Fern (<i>Acrostichum aureum</i>) and Aquatic Ginger (<i>Alpinia aquatica</i>).</p>
<p>Leather Fern (<i>Acrostichum aureum</i>)</p>	
	
<p>Aquatic Ginger (<i>Alpinia aquatica</i>)</p>	