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LIFESTYLE

TRAVELS

## Cyclepedia

*Cyclepedia* is your ultimate guide to cycling in Singapore! Take a Singapore holiday with our hosts and guests, as they explore the city on two wheels, sharing their scenic routes and hidden gems. Our comedic hosts will also put up hilarious skits to share useful rules and tips about safe cycling.

**Hosts:** Jeremy Chan and Herman Keh

### 骑星高照

近几年本地刮起骑行风，社交媒体随处可见骑行打卡照，政府也积极推广骑行运动，在各区增设脚踏车道。想知道最迷人、好玩的路线在哪里？想体验“骑”乐无穷的绿色生活？那就跟着两位主持人和艺人嘉宾一起乐在“骑”中，用骑行的方式，重新探索新加坡！此外，主持人也会以诙谐逗趣的方式，带出安全骑行的重要资讯。

**主持人:** 田铭耀 & 郭坤耀

Language: Chinese

**Episodes:** 10 x 30 minutes  
**Producer:** Mediacorp Studios  
**Distributor:** Mediacorp

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### Episode 1

The Queen is here! A cycling enthusiast, Zoe has been exploring Singapore on two wheels amid the pandemic. She will be the tour guide of the day, bringing our hosts on an exciting city ride, showing them her hidden gems, photogenic spots, unknown shortcuts, as well as her favourite ice-cream café!

### Episode 2

“Ah Ge” Chen Han Wei shares his favourite route in Sentosa! Follow him off the beaten path, exploring the picturesque and secluded Coastal Trail. Being a fan of the sun, sand and sea, he also brings the hosts on an easy breezy beach-hopping trip, and finally ending the journey with a seafood feast.

### Episode 3

Cavin & Jim are bandmates as well as cycling buddies. In this episode, the duo will cycle the most scenic road cycling route in Singapore, eventually ending at the iconic Lamp Post 1 – a must visit for all cyclists. Our hosts will also show audience the proper way to bring foldies on board the MRT.

### Episode 4

The special guests for this episode are Lee Teng and his wife Gina. This is the couple’s TV debut, as well as their first time cycling together! This time round, the hosts will be the tour guide instead, bringing the guests on a relaxing and romantic seaside trip in the East.

### Episode 5

Iconic duo Kym Ng and Chef Eric Teo team up again to introduce locations offering yummy local dishes accessible through cycling. Don’t be fooled by her petite physique as Kym Ng uses the biggest bicycle among the group!

### Episode 6

Together with the hosts, guests Elvin Ng and Sheila Sim visited locations in Singapore that will remind you of places in Taiwan, Bermuda and even Japan! Joining them is special guest Layla (Sheila’s daughter) !

### Episode 7

Rui En joins our hosts on an exciting “Journey to the West”. Watch to find out where she takes IG-worthy photos! The former “Ice Princess” also opens up and reveals her comedic side in the show. Follow the trio as they embark on a trip filled with activities, gelato and a game of archery!

### Episode 8

Experience the island-hopping life with Carrie Wong and Ze Tong! Together with the hosts, they will explore picturesque beaches that will make you think of Maldives. At the southern islands of Singapore, a series of exciting activities await them.

### Episode 9

Rise and shine! “Ajumma” Hong Hui Fang is here to show us a ulu spot that offers stunning sunrise views. Like many others, the veteran actress has been addicted to cycling during the pandemic, she brings the hosts & Vivian Lai on a scenic tour, and also talks about her filming experiences in Korea..

### Episode 10

How has the local cycling paths developed over the years? What are our future cycling plans? SPS Baey Yam Keng is here to answer your questions! Also a cyclist himself, My Baey shares about his bicycles and cycling routine, while following “tour guide” Ke Le and the hosts on an IG-worthy journey.



## 第一集

阿姐驾到！疫情期间爱上骑行的郑惠玉，化身“导游”带领主持人骑脚踏车趴趴走，游览本地最美的城市风景。三人一路拍照、打卡、挑战用地图“作画”，最后在公园里享受夕阳下的野餐。途中，阿姐也大方分享私房景点，以及平时和老公、好姐妹们骑行的趣事。想跟随阿姐的脚步，探索城市美景？千万别错过第一集的《骑星高照》！

## 第二集

本集嘉宾是“海滩男孩”、视帝陈汉玮！热爱运动的他，也充满艺术细胞，还一笔一画亲手设计出专属自己的折叠式脚踏车。平时喜欢沿海路线的汉玮，这次将带领主持人用骑行的方式探索圣淘沙，展开一趟阳光沙滩的海岛之旅。原以为是悠闲自在的行程，没想到岛上的道路颠簸陡峭，主持人是否能顺利骑到终点？

## 第三集

本地组合“梦FM”的成员苏栢诚和林棋玉，除了是音乐搭档也是骑行伙伴。俩人都是热爱夜骑、经验丰富的公路骑士，享受迎风奔驰的快感。本集节目，主持人改搭地铁，并下战帖挑战这对“极速兄弟”，看谁先抵达“中点”，最后四人还会一“骑”前往大士1号灯柱打卡、黏贴纸。此外，林棋玉也会在节目中秀出价值上万元的自行车。

## 第四集

“CP组合”李腾和老婆Gina首次在电视节目中合体亮相！俩夫妻相恋8年却从未一起骑行。这次俩人在主持人的带领下，骑脚踏车畅玩东海岸，途中也不忘寻觅浪漫、鲜为人知的打卡景点。此外，四人也挑战位于东海岸公园的高级自行车赛道，结果却笑料百出。究竟谁能顺利过关，谁又会连连出糗？记得锁定节目！

## 第五集

综艺阿姐钟琴和名厨张添来再次合体。这次他们将一起骑脚车，连同主持人一路欣赏城市美景，一路品尝本地美食。四人从福康宁公园一路骑行到国家体育场，途中不少欢声笑语。两位嘉宾也将在节目中分享自己的脚车和装备。而体型娇小的钟琴使用的脚车竟是四人当中最大辆的！

## 第六集

搭飞机环游世界并不稀奇，但是如果交通工具换成脚车呢？本集嘉宾将迎来黄俊雄、沈琳宸以及节目年纪最小的骑行嘉宾沈琳宸的女儿Layla！从小就和妈妈一起骑行的Layla，不仅表现得悠然自得，还热情的和陌生人打招呼！在主持人的带领下，他们去到了“台湾”、“百慕大”和“日本”。

## 第七集

“冰山公主”融化了！本集邀请到瑞恩与主持人吃喝“骑”乐，完成一趟充满欢笑与汗水的“西游记”。平时酷酷的瑞恩，难得在节目中展现轻松搞笑的一面，与主持人玩游戏、挑战射箭等等。想知道“收视女王”不为人知的趣事、喜欢拍照打卡的景点？记得锁定节目！

## 第八集

有别于以往的骑行路线，这一集主持人将带领嘉宾黄思恬和张哲通到新加坡南部岛屿以骑行的方式来一趟跳岛之旅，远离尘嚣寻找碧海蓝天，阳光沙滩的世外桃源。在这里除了能够找到马尔代夫同款沙滩，也能体验一系列有趣的活动。想要知道南部岛屿的魅力有多大，那就一定要锁定节目！

## 第九集

早起的鸟儿有虫吃！跟着“安娣”洪慧芳一起晨运、骑行、探索迷人的日出景点。她也会带主持人和好友赖怡伶到本地最后的渔村买海鲜、玩童年游戏，回味甘榜情怀。骑行途中风景宜人，到处都是打卡点，让赖怡伶兴奋直呼“好像在海外”。洪慧芳也分享之前赴韩国拍电影的趣事，更形容与欧巴对戏让她有“初恋的感觉”！

## 第十集

最后一集登场的压轴嘉宾是交通部兼永续发展与环境部高级政务次长马炎庆！次长本身是骑行爱好者，家里一共有6辆脚踏车，他也在节目中分享平时与太太骑行的路线和习惯。而这一集的“导游”是阳光可乐，她将带领主持人和次长游览榜鹅水道的五座网红桥。这趟打卡之旅，也让三位艺人见识了次长自拍的功力！