

DINING outside is the newest social media fad among young urbanites, known as “Wildeat.” It encourages office workers to take a break from their buildings, eat and relax in the great outdoors. Shanghai is a true park city, with over 800 parks. Known for its natural beauty, Songjiang is home to numerous “natural oxygen bars.” These are some of the nicest parks in Songjiang for a calm and comfortable “Wildeat.”

### Wulong Lake Park

An oasis of calm amidst the busy metropolis is Wulong Lake Park, which is encircled by business districts. Constructed across Wulong Lake, the park provides a peaceful fusion of vegetation and water, featuring grassy spaces ideal for picnics and beachfront platforms.

**Location:** Southeast of the Hyatt Regency Shanghai Songjiang, about 160 meters from Guangfulin Road.

### Songjiang Central Park

With its spacious grass, peaceful lake, wooden walks and seaside platforms, Songjiang Central Park exudes a relaxed environment. There are lots of picnic areas throughout the park. This place is tranquil and refreshing for a stroll after dinner.

**Location:** Intersection of Yuanzhong Road and Nanqing Road.

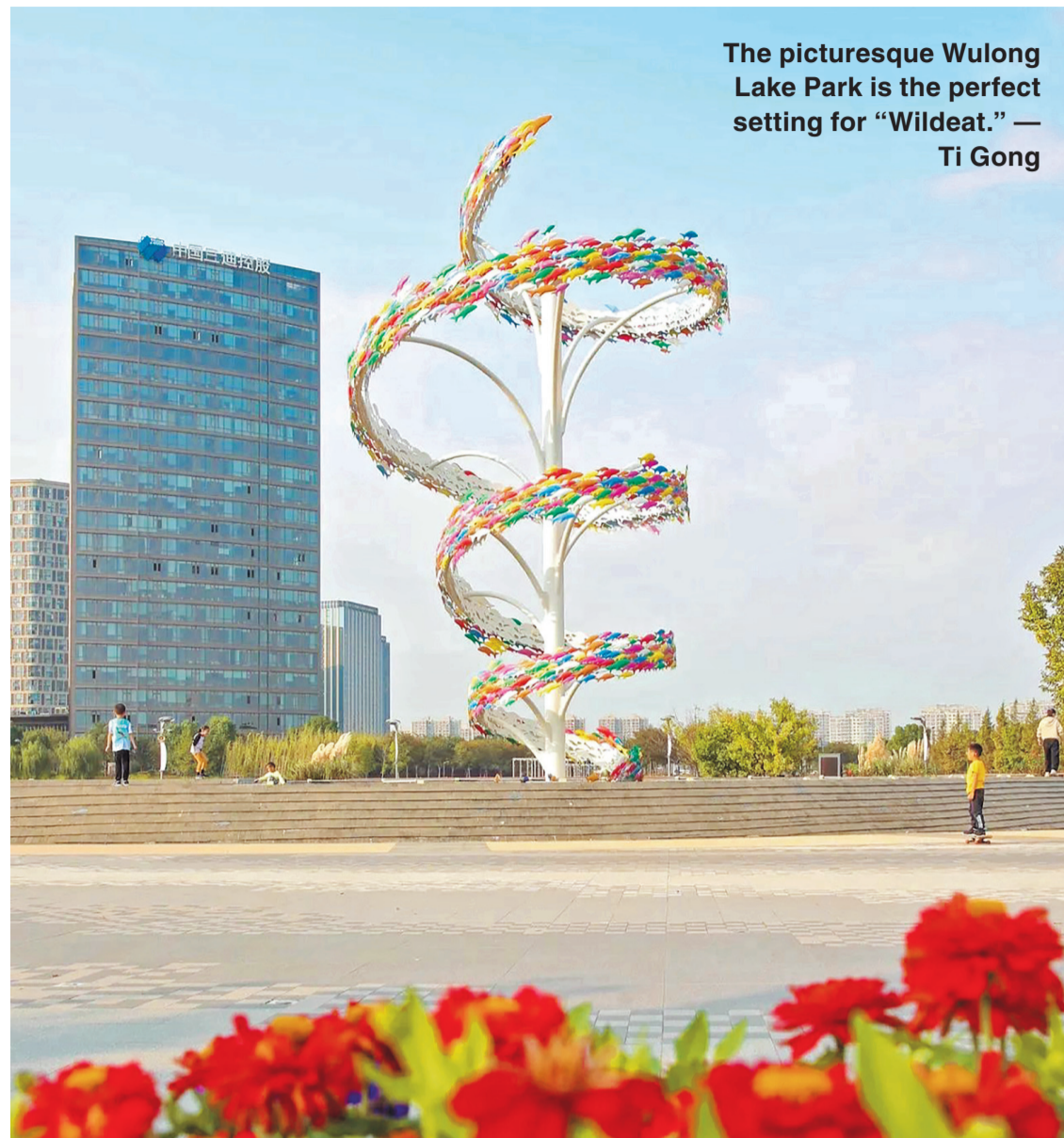
### Songjiang Civic Square

The Songjiang Civic Square is another excellent place for “Wildeat.” This beautifully landscaped park provides a tranquil haven with its winding hallways, wooden bridges and little rivers. Get together with pals, sip coffee, and unwind in the tranquil surroundings. The beautiful surroundings and refreshing breeze make it the perfect place for a peaceful break.

**Location:** 1 Yuanzhong Road, south of the district government.

### Sixian Park

Sixian Park is more than 12,000



The picturesque Wulong Lake Park is the perfect setting for “Wildeat.” — Ti Gong

## Songjiang parks are great for alfresco dining

square meters with water lilies, spires, passageways and cascading water elements. Savor a leisurely meal on the expansive grounds while the sound of running water adds to the tranquil ambiance and sunlight peeking through the trees.

**Location:** Northeast corner of the intersection of Sixian Road and Renmin Road N.

### Jiuke Oasis Park

Jiuke Oasis Park is ideal for yoga, camping and strolls. It is surrounded by flowers, trees and birdsong. Relax with dinner on a bench beneath the trees or take a calm morning yoga

class by the lake. Bring your loved ones along for outdoor meals and camping on the weekends.

**Location:** Intersection of Zhongxin Road and Zhujin Road in Jiuting Town

### Fangsong Sports Park

There is a sports field, a children’s area, a rock garden and a running track at Fangsong Sports Park. The park’s centerpiece is a pond teeming with water lilies and lotuses. It is refreshing to eat near the lotus pond while in the scented air. After dinner, wander the 800-meter round trail and take in the serene surroundings.

**Location:** 290 Xin Songjiang Road

## Discover Chenshan Garden at night

ESCAPE the daytime heat with a night tour of Chenshan Botanical Garden in Songjiang. As the sun sets and a cool breeze sweeps in, families can explore the garden’s wonders after dark.

The night tour features three main greenhouses: the Rare and Exotic Plants Greenhouse, the Succulents Greenhouse and the Tropical Flower and Fruit Greenhouse.

The Rare and Exotic Plants Greenhouse displays the extraordinary survival and evolution stories of plants. Highlights include the world’s most dangerous tree, *Antiaris toxicaria*, as well as the interesting strangler fig.

The Succulents Greenhouse, themed “Smart Water Use,” shows plants from arid regions of Australia, Africa and the Americas. Marvel at the huge cactus and the old *Welwitschia mirabilis*, sometimes known as the “living fossil,” which can live for over a thousand years. You might even see the uncommon night-blooming of broad-leaved epiphyllum, a truly “once-in-a-blue-moon” occurrence.

The Tropical Flower and Fruit Greenhouse spans 5,521 square meters and is divided into themed regions such as the Tropical Garden, Palm Plaza and Economic Plant Zone. It’s a visual feast, with over 600 plant species and more than 100 flower varieties. Explore the bright Bird of Paradise and see Arabic coffee plantations.

The night tour is more than simply a plant-viewing experience; it is also engaging and educational. Children can participate in age-appropriate guided excursions, where they will learn amazing facts about plants that thrive at night.

**Tour Dates:**

- July: 20, 27, 28
- August: 4, 10, 17
- Custom dates available for groups

**Time:** 6:15 PM - 8:15 PM



Children gaze curiously at the plants and small animals at night.

## Dragging through the mud can be fun, after all

RECENTLY, 20 couples from Punan towns in Songjiang District gathered on Xinbang Town’s mud football field for a day of fun and games, including sand racing, wife-carrying in the mud and a mud battle.

Players warmed up with an icebreaker game called “Reporting Numbers.” Some couples demonstrated rapid responses, while others humorously misinterpreted the rules, much to the amusement of the judges.

The first major event was a sand race. Husbands eagerly lined up at

the starting line, ready to take off at the signal. Wives cheered from the sidelines, filming the scene on their phones.

“Running in the sand felt like being a kid again,” remarked Zhang Lei, one of the competitors.

The day’s highlight was the wife-carrying competition. Wives hopped on their husbands’ backs, only to be covered in muck by the end.

“I last carried my wife during our wedding. We got muddy, but it was so much fun,” said Shen Jian, the

winner.

This event served as a warm-up for the 2024 Shanghai Songjiang Lotus Festival.

To enhance the community’s recreational life, Xinbang Town will organize more muddy fun, such as football, parent-child activities and tug-of-war.

The lotus festival runs until October 6, and it includes 176 mu of themed zones as well as a 44-mu lotus viewing zone with over 1,200 varieties of flowers.