YOUR GUIDE TO
HIKING & CYCLING
IN HONG KONG

GREAT OUTDOORS
HONG KONG
2017-2018

See details on
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INTRODUCTION

Exploring the great outdoors might not be the first thing that comes to mind when planning a trip to Hong Kong. After all, where would one hike or cycle here? Actually, most of Hong Kong’s land area is rural. Not only that, it’s gorgeously rural. So much so, the Lonely Planet highlighted its natural heritage when it named Hong Kong a ‘Best in Asia’ destination in 2016.

This guide features well-recognised trails and routes that are no more than a couple hours from the teeming downtown. And with spectacular cityscapes, remote beaches, rustic villages, serene islands, and historical and cultural landmarks, the variety of hiking and cycling routes in this guide will lead you away from Hong Kong’s centre, while taking you deeper into its heart.

The hikes range from easy to difficult and the cycling routes are some of Hong Kong’s most popular. You’ll find practical information including transport and elevation guides and other useful tips. Everything you need to get moving.

So, there’s really no excuse to be so distracted by shopping, nightlife and dining that you miss out on the real wild side of Hong Kong.

Don’t forget to upload your shots to Facebook or Instagram with #DiscoverHongKong. Your photo might get featured on Discover Hong Kong’s social media channels!

Find us on Facebook Discover Hong Kong and see more about Hong Kong’s great outdoors on DiscoverHongKong.com.
Hiking in Heritage
Get to know Hong Kong in greater depth while you hike. As you enjoy the greenery, you’ll also get a sense of the events and forces that shaped this city as you pass landmarks that reflect its heritage and culture.

LOVERS’ WALK
WAN CHAI GAP ROAD

A serene stroll for couples — Start on a street where couples used to shop for wedding invitations. From there, quickly ascend into Hong Kong Island’s green belt. You will encounter views of the skyline, a rock that is believed to bless lovers, and colonial architecture.

Lee Tung Avenue

Now an airy tree-lined pedestrian boulevard with sidewalk cafes and chic boutiques, Lee Tung Avenue used to be Lee Tung Street, known citywide as the place where most of Hong Kong’s wedding invitations were designed and printed.

Wan Chai Gap Road

Just two blocks down, you will find the entrance to Wan Chai Gap Road. Climbing up the valley, you will experience a transition of landscapes as you move from the edge of urban development into the heart of Hong Kong Island’s green belt. Take a few breaks on the steep incline to enjoy views of the skyline.

Bowen Road

Commissioned by Sir George Bowen, the ninth governor of Hong Kong, this four-kilometre path runs along the hillside of northern Hong Kong Island from the Mid-Levels to Happy Valley. Bowen Road was the third major east-west thoroughfare on Hong Kong Island. Unbeknownst to many, Bowen Road was actually built on the aqueduct which transferred water from Tai Tam Group of Reservoir to Central District. (See p.6)

Lovers’ Rock

Take a slight detour to visit this granite monolith where many locals pray for a happy marriage and fertility. Climb up the flight of stairs and go past the myriad of bright red shrines to see the nine-metre-tall phallic-shaped rock. Even if your love life is not in need of help, it’s worth a visit for the sweeping view of Happy Valley and beyond.

Police Museum

Continue on Wan Chai Gap Road via Bowen Road. You now walk under a lush canopy with trickling streams along the way. Relax and keep ascending at a comfortable pace.

Before you go, pop into the Police Museum, housed in the former Wan Chai Gap Police Station. It might not be the most romantic place to conclude your walk, but it offers an interesting look at the history of the Hong Kong Police Force, with exhibits including old uniforms and guns.
LOVERS’ WALK
WAN CHAI GAP ROAD

**Starting Point**
Lee Tung Avenue

**End Point**
Lovers’ Rock

**Area covered**
Wan Chai District

**Starting point**
Lee Tung Avenue

**End point**
Police Museum

**Average hiking time**
About 1.5 hours

**Distance**
Approximately 3 km

**Replenishing stations**
Fuel up at a café, restaurant or cha chaan teng (Hong Kong-style diner) on Tai Yuen Street or Queen’s Road East. There are also supermarkets and convenience stores on both streets.

**Elevation Guide**
- 0 m: Lee Tung Avenue
- 50 m: Wan Chai Gap Road
- 100 m: Bowen Road
- 150 m: Lovers’ Rock
- 200 m: Police Museum

**To the starting point**
- MTR Wan Chai Station Exit A3, cross Johnston Road to Lee Tung Avenue, or take the tram and get off at O’Brien Road Station; or any bus that stops at Johnston Road or Queen’s Road East.

**From the end point**
- Taxi bus 15 or 158 (uphill) to The Peak; or bus 15 (downhill) to Wan Chai, Admiralty or Central; or bus 158 (downhill) to Causeway Bay or the Hong Kong Convention and Exhibition Centre.
WATERWORKS AND WARFARE
TAI TAM COUNTRY PARK TO QUARRY BAY

Follow the trail of reservoirs and battle remnants — Built between 1883 and 1917, the Tai Tam Reservoirs were vital to the city’s urban development. The area was steady freshwater supply enabled industrial development to flourish. Today you can still see remnants of the war, such as pillboxes, bunkers and wartime communal stoves hiding in tranquil woodland.

1. **Hong Nai Chung Reservoir**
   Literally ‘yellowish muddy creek’, Hong Nai Chung was dammed in 1899 to form Hong Nai Chung Reservoir. Have fun spotting koi, catfishes and tortoises. The nearby Hong Nai Chung Gap was a strategic defensive position during World War II. On 18 December 1941, Japanese troopers began advancing up the hills from the north shore to capture the gap after some of the fiercest fighting of the invasion.

   **#Heritage**
   The dam, weir and valve house of this water reservoir are Declared Monuments.

2. **Tai Tam Group of Reservoirs**
   Enjoy the shade as you pass by Hong Kong Parkview onto the paved path towards the reservoirs of Tai Tam. On a clear day, you’ll see perfect reflections of the hills and bridges on the glassy water surface.

   To cater to the ever-increasing demand for water, towards the end of the 19th century, parts of the rugged valley of Tai Tam were dammed. The improved water supply made way for urbanisation to be extended from ‘Victoria City’ (see p.11) to the eastern side of Hong Kong Island.

   **#Heritage**
   There are altogether 22 historic structures at the Tai Tam Group of Reservoirs.

3. **Quarry Gap**
   Take a break at this crossroad of Mount Parker Road and the Hong Kong Trail. The Cantonese name of this hill pass, ‘Tai Fung Au’, means ‘windy gap’, and perfectly captures the breeziness of this hikers’ rest stop.

4. **Wartime Stoves**
   Follow the pleasantly shaded Mount Parker Road to the Hong Pak Country Trail, then turn onto the Quarry Bay Trail. You will find dozens of field stoves, which were built as part of the city’s defence preparations during World War II.

5. **Woodside Biodiversity Education Centre**
   From the end of the walk, continue on Mount Parker Road Green Trail for 15 minutes, until an exquisite red brick house comes into sight. Formerly the residence of Tai Koo Sugar Refinery, which at one time was the world’s largest single unit refinery, this quaint mansion built in the 1920s was used briefly for refugees during World War II. Now it showcases the biodiversity and conservation efforts in Hong Kong through interactive galleries.

6. **Tong Chong Street**
   As you finish the hike and head to MTR Quarry Bay Station, you’ll come across Tong Chong Street — literally ‘Sugar Refinery Street’ in Chinese. Glass-windowed skyscrapers have now replaced factory buildings, and cafes and pubs line both sides of the street instead of piles of sugar cane.

   **#MarketPlaceFun**
   Check out tongchongstreetmarket.com for a weekend open-air market offering local produce and cuisines in the cooler months.
**WATERWORKS AND WARFARE**
**TAI TAM COUNTRY PARK TO QUARRY BAY**

**Moderate** Level and mostly shaded paths with some uphill sections

Starting Point
1. Wong Nai Chung Reservoir
2. Tai Tam Group of Reservoirs
3. Quarry Gap

End Point
4. Tong Chong Street
5. Woodside Biodiversity Education Centre
6. Wartime Stoves

**Area covered**
Southern and Eastern Districts

**Starting point**
Wong Nai Chung Reservoir

**End point**
Tong Chong Street

**Average hiking time**
About 3 hours

**Distance**
Approximately 8 km

**Replenishing stations**
There is a supermarket at Hong Kong Parkview. Fuel up at cafes and restaurants on Tong Chong Street or King’s Road after the hike.

**Elevation Guide**

**To the starting point**
From MTR Hong Kong Station Exit A, take bus 6 or 66 or from the Exchange Square bus terminus to Wong Nai Chung Gap Road.

**From the end point**
Head to your next destination from MTR Quarry Bay Station.
COLONIAL CHARM
THE PEAK TO LUNG FU SHAN COUNTRY PARK

Tracing the city’s history along leafy woodland paths —
This hike offers a glimpse of Hong Kong’s colonial history accompanied by beautiful nature above a spectacular urban landscape. Parts of The Peak were originally reserved for non-Chinese residents of the colonial elite, who favoured the area for its cooler climate. Today, its leafy paths are open to anyone who wants to enjoy the stunning city views, well-preserved woodlands and heritage sites.

Peak Tram
Opened in 1888, the Peak Tram is Asia’s first cable funicular railway and tramway. It was a marvel of architecture and engineering of its time, initially reserved for the use of residents of Victoria Peak. Enjoy a scenic ride from the harbour-front downtown to The Peak at 356 metres above sea level.

#HistoricRide
A tram from 1955, now anchored at The Peak Piazza, serves as a visitor centre of the Hong Kong Tourism Board.

The Peak Lookout
A Grade II Historic Building, this stony hut has been here for over a century and was once a resting place for the carriers of sedan chairs, which residents of The Peak took to their homes after reaching here by the Peak Tram.

#Foodie
Fill up before the hike with hearty Asian and international dishes in this restaurant, which has a lovely sun deck.

Lung Fu Shan and Pinewood Battery
At the intersection of Lugard and Harlech roads, turn right by the public toilet onto Hatton Road. Half way down the hill, you will see the signposted trail to the historic Pinewood Battery. At an elevation of 307 metres, it is the highest of all coastal defence batteries in Hong Kong and commands excellent sea views. Built in 1903, the battery was air-raided and heavily shelled by Japanese artillery fire during World War II, and was eventually evacuated and remained abandoned.

Lugard Road
Lugard Road is named after Hong Kong’s 14th governor, Sir Frederick Lugard. Some sections consist of century-old ‘plank roads’ — narrow cliff-side paths that transverse the mountainside of Victoria Peak. Lugard Road also forms part of the Peak Trail with interpretative panels along the trail. There are a number of vantage points that offer spectacular views of Victoria Harbour.

#Photo
Lugard Road overlooks one of the most iconic sights of Hong Kong — Victoria Harbour and its shorelines.

The University of Hong Kong
Return to Hatton Road and descend along the well-shaded path. Before reaching Kowtowall Road, you will see the Boundary Stone of City of Victoria, erected in 1903. ‘Victoria City’ was the de facto capital of Hong Kong during early British colonial rule. It stretched from Causeway Bay to Kennedy Town.

Turn to University Drive from Kowtowall Road to reach the campus of The University of Hong Kong, which has interesting colonial architecture and a total of four Declared Monuments. Early alumni of the university include Dr Sun Yat-sen, who is often regarded as the founder of modern China.

#VisitorTips
Find out more at the university’s Visitor Centre.
**Colonial Charm**

**The Peak to Lung Fu Shan Country Park**

**Easy**
Level and well-paved paths: multiple rest points

- **Starting Point**
  - Peak Tram
  - The Peak Lookout
  - Lugard Road

- **End Point**
  - The University of Hong Kong
  - Lung Fu Shan & Pinewood Battery

**Area Covered**
Central and Western District

**Starting Point**
The Peak Tram Upper Terminus

**End Point**
The University of Hong Kong

**Average Hiking Time**
About 2 hours

**Distance**
Approximately 4.5 km

**Replenishing Stations**
Fuel up at the 'The Peak Lookout' restaurant, The Peak Tower or The Peak Galleria. There are also cafés and canteens at the University of Hong Kong.

**Elevation Guide**

- **550 m**
- **500 m**
- **450 m**
- **400 m**
- **350 m**
- **300 m**
- **250 m**
- **200 m**
- **150 m**
- **100 m**
- **50 m**
- **0 m**

- The University of Hong Kong
- Lung Fu Shan & Pinewood Battery
- Lugard Road
- The Peak Lookout
- Peak Tram

**To the Starting Point**
- From MTR Central Station Exit J2, walk to the Lower Terminus of the Peak Tram on Garden Road for a scenic ride up to The Peak;
- From MTR Hong Kong Station Exit A, take bus 15 from the Exchange Square bus terminus to the Peak Galleria.

**From the End Point**
Head to your next destination from MTR HKU Station.
**LAND OF LEGEND**

**PLOVER COVE COUNTRY PARK**
(Bride’s Pool to Lai Chi Wo)

**Flora, fauna and folklore** — With centuries-old Hakka villages with exotic names, colourful folk legends, waterfalls, bamboo groves and more, this part of the Plover Cove Country Park seems almost to be lost in time. Within easy reach of the city, this lush slice of nature and heritage will make you feel like you are a million miles away.

**Bride’s Pool**

Begin your journey at Bride’s Pool Nature Trail. Follow the paved path that meanders over the stream until you come to the waterfall. Folk legend has it that a bride was passing by here in a sedan chair on her way to meet her groom when one of her carriers slipped. The bride tumbled into the swarming river, where she was washed down the waterfall and drowned in her heavy, extravagant wedding clothing. The pool was hence named in memory of her tragic fate.

**Wu Kau Tang Village**

Continue on the serene path surrounded by bamboo groves, patterned cobwebs and a gently flowing creek. ‘Wu Kau Tang’ means ‘soaring black dragon’ in Chinese, a euphemism for the tortoises abundant in the area when Hakka villagers settled here during the Qing Dynasty (1644–1911).

**Lai Sam Ancient Trail**

Follow the footsteps of commuters between the villages of Wu Kau Tang and Sam A via Lai Tau Shek centuries ago. Enjoy the gorgeous views over Sam A Wan, an inlet of Double Haven, as you reach Lai Tau Shek.

**Sam A Village**

‘Sam A’ means trident in Cantonese, referring to the trident-shaped headland in the inlet. This sleepy village sits against the backdrop of dark green hills that overlooks a picturesque glassy lake in front.

**Food**
The tea house in the village is owned by an old couple who serve Hakka dishes on weekends and public holidays. Noodles, snacks and drinks are available regularly.

**Lai Chi Wo**

Follow the signs and hike for around 45 minutes to Lai Chi Wo, literally ‘lychee cove’ in Chinese. Climb the stairs at the village entrance to enjoy the scenery.

Lai Chi Wo is home to an exquisite Hakka village established 400 years ago, and a designated Site of Special Scientific Interest (SSSI). The long shul woodland at the rear of the village is an ecological treasure box. Along Lai Chi Wo Nature Trail, you will encounter interesting coastal plants and small animals.

**Tours**
The Geopheritage Centre organises guided tours of Lai Chi Wo Village on Sundays and public holidays, except the first three days of Chinese New Year. Enquiries: tocculture@outlook.com

**Safety**
There are guard and stray dogs in Wu Kau Tang and Lai Chi Wo. Keep an eye out for signs and avoid venturing into the village house areas.
**LAND OF LEGEND**

**PLOVER COVE COUNTRY PARK**

**Moderate**
Mildly rugged natural trails in the first half and level path in the latter; no retreat point accessible by vehicle.

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**Starting Point**
Bride’s Pool

1. **Bride’s Pool** → **Wu Kau Tang Village**
2. **Wu Kau Tang Village** → **Lai Sam Ancient Trail**
3. **Lai Sam Ancient Trail** → **Lai Chi Wo**
4. **Lai Chi Wo** → **Sam A Village**
5. **Sam A Village** → **End Point**

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**Area covered**
Tai Po District

**Starting point**
Bride’s Pool

**End point**
Lai Chi Wo

**Average hiking time**
About 3 hours

**Distance**
Approximately 7.5 km

**To the starting point**
Walk from MTR Tai Po Market Station Exit B to Tai Po Market Station Public Minibus Terminus. Take minibus 20R for about 40 minutes to Bride’s Pool Nature Trail on Bride’s Pool Road. Or, from Tai Po Market Station Bus Terminus, take 275R to Bride’s Pool Bus Terminus on Sunday and public holidays.

**Elevation Guide**

- **Bride’s Pool**
- **Wu Kau Tang Village**
- **Lai Sam Ancient Trail**
- **Sam A Village**
- **Lai Chi Wo**

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**From the end point**
A ferry service runs between Ma Liu Shui and Lai Chi Wo on Sunday and public holidays. From Lai Chi Wo: 3:30pm. Enquiries: +852 2555 9269 (Best Sonic Industrial Limited)

The ferry takes about 90 minutes. Upon disembarking from Ma Liu Shui Pier, walk for about 15 minutes to MTR University Station, where you can connect to other parts of the city.

**Alternative Return Route**
You can return from Lai Chi Wo via the same route or another way (about 2 hours; approx. 4.5 km — shown as dotted line on the map) to Wu Kau Tang Village, from which you can take minibus 20R to Tai Po Market, where other means of transport are available.
Picture-perfect Vistas
If you follow the advice to take only photos then you’ll want to make sure they are insta-worthy shots! The following routes have some of the most photogenic outdoors scenery in Hong Kong, along with inside tips from local experts on how to capture it.

MAGNIFICENT LANDSCAPES
SUNSET PEAK

Sunsets and seascapes — Gorgeous sunsets seen from the 869-metre Sunset Peak give the third highest peak in Hong Kong its name and fame. With seas of silvergrass, rustic stone huts and expansive seascapes, the magic hour here is revered by hikers and photographers alike.

1. Pak Kung Au
Your hiking journey begins at this pass between Lantau Peak and Sunset Peak. From here you have a good view of Tung Chung to the north and the sandy shoreline of Cheung Sha to the south. Look for the signpost for Lantau Trail Stage 2 at the lush picnic site.

2. Lantau Trail
This is the only uphill climb of the hike — a mounting of over 450 metres, and it’s well worth the effort. Much of the ascent is shaded. As you reach higher altitudes, the trees are gradually replaced by shrubs and tall grass, offering open views in all directions.

3. Sunset Peak & Yi Tung Shan
As you saunter on the ridge between Sunset Peak and its sister peak Yi Tung Shan, the interplay of sunlight, clouds and rustling silvergrass will mesmerise. In the winter months, the seas of silvergrass turn golden, lighting up the surrounding slopes. Check out the stone huts at Lantau Mountain Camp built almost a century ago by early British missionaries.

4. #SunsetPhotography
If you plan to watch the sunset here, check the Hong Kong Observatory website for the exact sunset time, and bring along torches or headlamps.

5. Luk Tei Tong Watch Tower
Turn into the village path between Nam Shan and Mui Wo. Walk for 20 minutes, and a sturdy granite watch tower comes into sight. It was built by the villagers to defend the village against bandits and pirates.

6. Nam Shan
Continue on Lantau Trail Stage 2 to descend to Nam Shan. Walk carefully on the flight of stone steps.

7. Mui Wo
If you’ve still got energy, continue on the seaside path for a swim at the beautiful beach.

#ExitPoint
If you choose to end the hike here, you can take bus 1, 2, 3M or 4 to Mui Wo, or 3M to MTR Chung Hom Kok Station, at the bus stop on South Lantau Road.

Will Cho
Landscape photographer nicknamed ‘Prince of the Galaxy’, winner of the Viewers’ Choice Award of Hong Kong National Geographic’s 2013 Photo Contest.
MAGNIFICENT LANDSCAPES
SUNSET PEAK

Substantial ascent in the first half of the trail and exposed environment on the ridge.

Starting Point
Pak Kung Au

End Point
Silver Mine Bay

Area covered
Islands District

Starting point
Pak Kung Au

End point
Silver Mine Bay

Average hiking time
About 4 hours

Distance
Approximately 9 km

Replenishing stations
There are no kiosks along the way, so it's best to stock up at Tung Chung before the hike. There are lots of cafes, restaurants and local eateries in Mui Wo after the hike.

To the starting point
From MTR Tung Chung Station Exit B, take bus 3M, 11 or 23 at Tung Chung Bus Terminus and get off at Pak Kung Au.

From the end point
• At Mui Wo Bus Terminus, take bus 3M to MTR Tung Chung Station; or
• at Mui Wo Ferry Pier, take the ferry to Central.

Scan the following QR code for the ferry schedule:

Elevation Guide
COSMOPOLITAN PANORAMA  
TAI MO SHAN

A stroll to the summit of Hong Kong — Standing at 957 metres, Tai Mo Shan is the highest peak in Hong Kong, visible from many parts of the city, often shrouded in stratus clouds. Despite its height, Tai Mo Shan is easily accessible on foot and offers sweeping views of green landscapes to photograph and explore.

Tai Mo Shan Country Park Visitor Centre
Soon after you set off from the crossing of Tai Mo Shan Road and Route Twisk, you will reach the Visitor Centre on your left. Learn about Tai Mo Shan Country Park and climate change from local and global perspectives through the interactive panels.

Tai Mo Shan Lookout
Continue uphill on Tai Mo Shan Road, and you will be treated to sweeping views of the hillside and the city. Savour the breathtaking scenery of the plains of Kam Tin and Yuen Long from the lookout before the traffic control post.

Traffic
Beware of vehicles on the nearby roads.

Tai Mo Shan Road
This winding section of Tai Mo Shan Road, which is also part of MacLehose Trail Stage 8, brings you towards the top of the mountain. At this height you’ll have an impressive view of the landscape both far and near, and may come across feral cows along the way.

Weather Radar Station
Unobstructed in all directions by local terrain, this Hong Kong Observatory weather station on the peak of Tai Mo Shan collects data to form combined radar images and calculates winds at different heights above Hong Kong.

Restricted Area
Do not trespass on the station area. Return to Route Twisk by the way you came.

Photo tips by Elvis Mo
It’s easy to capture the city lights from Tai Mo Shan — with a tripod! Frame your photo with the silhouettes of the hills and try different light settings with the changing colours of the sky. This photo is captured using ISO100/F6.3 12sec 120mm focal length, to balance the brightness of lights from different directions.

Elvis Mo
Former member of the Hong Kong Athletics Team, now a seasoned outdoor sports photographer.
**Moderate**
Level and paved uphill road: exposed in most parts of the trail

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**Starting Point**
Tai Mo Shan Country Park Visitor Centre

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**End Point**
Weather Radar Station

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**Tai Mo Shan Road**

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**Weather Radar Station**

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**Tai Mo Shan Country Park Visitor Centre**

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**Tai Mo Shan Lookout**

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**Area covered**
Tsuen Wan District

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**Starting point**
Tai Mo Shan Country Park Visitor Centre

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**End point**
Weather Radar Station

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**Average hiking time**
About 2 hours (one way)

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**Distance**
Approximately 5 km (one way)

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**Replenishing stations**
There is a kiosk at Tai Mo Shan Country Park Car Park.

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**Elevation Guide**

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**To the starting point**
From MTR Tsuen Wan Station Exit A, look for the staircase to the bus stop on Tai Ho Road North right above the station. Take bus 61 to the Country Park stop on Route Twisk, then walk along Tai Mo Shan Road.

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**From the end point**
Return by the way you came to the Country Park bus station on Route Twisk to take bus 61 to MTR Tsuen Wan Station, where multiple modes of transport offer access to the rest of the city.
TRAVEL THROUGH TIME
TUNG CHUNG TO TAI O

Modern megastructures to ancient villages — On Lantau Island, the Tung O Ancient Trail was once an important passage for villagers to commute. The coastal trail offers manifold photography opportunities, from the futuristic mega infrastructures of Hong Kong International Airport and the Hong Kong-Zhuhai-Macau Bridge (under construction) to an ancient fort, temples and a centuries-old fishing village set against mangroves and green hills.

1. Tung Chung Fort
Built in 1832, Tung Chung Fort was once the naval headquarters of the Right Battalion of Dapeng (today’s southeast Shenzhen). The fort is now a Declared Monument and visitors are free to explore the parapet wall, barracks and antique cannons.

2. Tung Chung Bay
Follow the village path and you will be led to the mangrove-lined estuarine intertidal mudflat. This ecological hideout has a place in China’s history, when the last emperor of the Song Dynasty took refuge in Lantau Island temporarily to flee the Mongol army in 1278. Hau Wong Temple, built in 1765, commemorates the faithful prince marquis Yeung Leung-jit who protected the emperor.

3. Hau Hoi Wan
Stay on the level path along the coastline. Literally ‘Horseshoe Crab Bay’, the name of this cove suggests that this living fossil species once thrived here. Take a break at the pavilion after climbing up the slope and watch planes take off behind Hong Kong Link Road.

4. Northwest Lantau Coast
This section of Tung O Ancient Trail offers views of the sweeping seascape of Pearl River Delta and South China Sea. Enjoy the sea breeze as you hike along the rugged coastline. While descending to Tai O at the end of the trail, you’ll see the historic North Lantau Obelisk erected in 1902.

5. Po Chue Tam
This tranquil inlet behind Tai O gives perfect reflections of the green hills around. Follow the paved path to Yeung Hau Temple built in 1699, also to commemorate the prince marquis Yeung Leung-jit.

#Heritage
Yeung Hau Temple of Tai O is a Grade 1 Historic Building.

6. Still Houses
Dubbed ‘the Venice of Hong Kong’, Tai O is home to fisherfolk who’ve built their houses on stilts above the tidal flats for generations. These elevated houses are interconnected, forming a tightly knit community above the water. Today you will still see dwellers tidying their fishing nets, sun-drying salted fish or making shrimp paste on their balconies.

#Heritage
Tai O Heritage Hotel
Built in 1902, Tai O Police Station was revitalised into a boutique hotel a few years ago. Many of its original features are well preserved, such as the colonial-style architecture, cannons, corner turrets and cells. From here, proceed to Tai O Bus Terminus for bus connections to other districts.

7. Tai O Heritage Hotel
Treat yourself to Tai O’s signature dishes including grilled squid, dried mantis shrimps and Hakka dumplings, and a refreshing mountain begonia drink after the hike.
**TRAVEL THROUGH TIME**

**TUNG CHUNG TO TAI O**

- **Starting Point:** Tung Chung Fort
- **End Point:** Tung O Heritage Hotel

**Area Covered:**
Islands District

**Starting Point:**
Tung Chung Fort

**End Point:**
Tai O Heritage Hotel
(Proceed to Tai O Bus Terminus for departure)

**Average Hiking Time:**
Around 5 hours

**Distance:**
Approximately 15 km

**Replenishing Stations:**
There are no kiosks along the way, so it’s best to stock up at Tung Chung before the hike. Fuel up at restaurants around MTR Tung Chung Station, or sample the amazing array of street food after you finish your hike in Tai O.

**Elevation Guide:**

- **Tung Chung Fort**
- **Hau Hek Wan**
- **Northwest Lantau Coast**
- **Po Chue Tam**
- **Tai O Heritage Hotel**

**To the Starting Point:**
From MTR Tung Chung Station Exit B, take bus 3M, 11, 23 or 34 of Tung Chung Bus Terminus and get off at Ha Ung Pei. Follow the signs to Tung Chung Fort.

**From the End Point:**
- Take New Lantau Bus 11 to MTR Tung Chung Station.
- A ferry is available from Tai O to Tung Chung and Tuen Mun. From these points, public transport is available to other destinations.

Scan the following QR code for the ferry schedule:
Geological Wonders
From volcanic to sedimentary rocks, Hong Kong is home to diverse geological formations that manifest as striking landscapes and scenery. Get closer to the natural wonders shaped by the elements over millions of years.

HONG KONG UNESCO GLOBAL GEOPARK

You don’t have to be a rock buff to enjoy the Hong Kong UNESCO Global Geopark. Located in the East and Northeast New Territories, the park includes the Sai Kung Volcanic Rock Region and the Northeast New Territories Sedimentary Rock Region, and showcases Hong Kong’s timeless and secretly beautiful landscapes. The stunning scenery was highlighted in Lonely Planet’s ‘Best in Asia’ picks of 2016.

Volcano Discovery Centre
Conveniently located at Sai Kung Waterfront Park, the centre offers comprehensive information for visitors exploring the geopark. Visitors can see rock specimens collected locally and from around the world, as well as a 1:1 scale exhibit of hexagonal rock columns produced by a series of violent volcanic eruptions in Sai Kung 148 million years ago.

Address
Sai Kung Waterfront Park, Wa Man Road, Sai Kung, New Territories (next to Sai Kung Bus Terminus)

Tel
+852 2394 1538

Website
www.volcanodiscoverycentre.hk

A. SAI KUNG VOLCANIC ROCK REGION
1. Sharp Island
2. Ung Kong Group
3. Ninepin Group

B. NORTHEAST NEW TERRITORIES SEDIMENTARY ROCK REGION
4. Double Haven
5. Port Island - Bluff Head

www.geopark.gov.hk

Map of HKGAPR
A. SAI KUNG VOLCANIC ROCK REGION

1. Sharp Island

Sharp Island is an important relic of an ancient supervolcano that erupted more than 140 million years ago. The island is covered by rocks formed from volcanic materials. In the west of the island, you can see an interesting natural bridge—a tombolo—which forms an almost 250-metre-long sand bar connecting Sharp Island and the nearby Kiu Tau Island. At low tide, it emerges above the water, creating a temporary bridge between the two islands.

How to get there
Take the kaito from Sai Kung Pier to Sharp Island or visit the Volcano Discovery Centre for more information.

2. Ung Kong Group

3. Ninepin Group

The Ung Kong Group and Ninepin Group of abrasion landforms are remarkable, with characteristic formations including hexagonal rock columns overspread with joints formed by geological movements. The forces of sea and wind have developed numerous steep cliffs and sea arches on the islands, including the Tiu Chung Arch at Jin Island.

B. NORTHEAST NEW TERRITORIES SEDIMENTARY ROCK REGION

4. Double Haven

Rising sea levels after the last glacial period submerged the river valleys in Double Haven, leading to the formation of indented shorelines with headlands and bays. But the mountains in the area were mostly formed some 160 million years ago, when lava mixed with volcanic ash to form rock strata. Later, rivers flowed down from high mountains and washed sand and stones to coastal lowlands, forming reddish sedimentary rock about 500 metres thick. Popular landforms can be found at Lai Chi Wo, Kat O and Hung Shek Mun.

How to get there
MTR University Station Exit B, and walk for about 15 minutes to Ma Liu Shui Landing Steps No.3 to take the ferry to Lai Chi Wo. The boat ride takes about 1 hour 30 minutes. (Service on Sundays and public holidays only)
Enquiries: +852 2555 9289

5. Port Island - Bluff Head

China Danxia — the name for a type of red landforms specific to China — was included on the UNESCO World Heritage List in 2010, and Port Island has a similar kind of rare geological landforms in a seascape setting. Rich iron oxide gives the island's sandstone and siltstone a bright red hue. The rocks at Bluff Head were formed by deposits at estuarine deltas about 400 million years ago, and became vertical under the influence of geological movements. Furthermore, weathering and coastal erosion resulted in some peculiar rocks, most notably the 'Devil's Fists'.

How to get there
MTR University Station Exit B, and walk for about 15 minutes to Ma Liu Shui Landing Steps No.3 to take the ferry to Lai Chi Wo. The boat ride takes about 1 hour 30 minutes. (Service on Sundays and public holidays only)
Enquiries: +852 2555 9289
Tung Ping Chau Public Pier
After a 1.5-hour ferry ride along Tolo Channel, you’ll arrive at the island. At the end of the pier you’ll find a sizeable public washroom, with the only flush toilets on the island. If you take a look around the pier, you’ll see corals and fish among the rocks under the limpid water of A Ma Wan.

Network
Mobile network coverage on the island is weak, and your phone may be connected to Mainland China networks instead. Switch off mobile data during the ferry ride to avoid unexpected roaming costs.

Kong Lau Shek & rock pools
At the easternmost tip of Tung Ping Chau, a pair of two-storey-high sea stacks majestically stand on a wave-cut platform, like the island’s watchtowers. During low tide, the platform becomes an intertidal paradise for small fishes, urchins and various shellfishes.

Ecology
The little creatures in the rock pools are fragile. Please do not handle or disturb them.

A Ma Wan
Walk left along the beach of A Ma Wan. As you enjoy the sea breeze and the sound of waves lapping the shore, keep an eye out for the amazing rock features here: wave-carved shale, iron-rich rocks weathered to resemble checkerboards, and stromatolite structures made of foeta of cyanobacteria, just to name a few.

Lung Lok Shui
Return to the trail and walk for 30 minutes until you see a 100-metre-long band of rocks stretching off the coast from the hillside. With its triangular edges, it looks as though a dragon is making its way down into the ocean. This unique landform is carved from differential wave erosion of two rock layers.

Cham Keng Chau
Continue on the trail in the woods until the view broadens. Descend the slope carefully, and you will be greeted by the boundless ocean and distinctively stratified shale bed, with Cham Keng Chau on your right. The spur, originally attached to the island, broke off from continuous erosion, and a natural corridor took shape. Walk along the passage between the sharp cliffs and enjoy the refreshing cool breeze.

Tai Tong Village
Most of the villagers on Tung Ping Chau have moved out, but some of them return to the island during weekends and public holidays to run stalls for day-trippers. On your way back to the pier, you can stop by and see if any are open for a hot meal, fresh seafood dishes, snacks or cool drinks.
TUNG PING CHAU

**Geological Treasure Hunt**

**Starting Point**
Tung Ping Chau Public Pier

**End Point**
Tai Tong Village

**Area covered**
Tai Po District

**Starting point**
Tung Ping Chau Public Pier

**End point**
Tung Ping Chau Public Pier

**Average hiking time**
About 3 hours

**Distance**
Approximately 5 km

**Replenishing stations**
There is nowhere to buy food or drinks along most parts of the route, so stock up before setting out. Meals are available on weekends and public holidays at Tai Tong Village near the pier.

**Elevation Guide**

**To the starting point**
From MTR University Station Exit B, take a taxi to Ma Liu Shui Ferry Pier and board a ferry. The journey takes around 1.5 hours. This ferry service operates only on Saturdays, Sundays and public holidays.

**From the end point**
Board a ferry at Tung Ping Chau Public Pier. There is only one ferry back to Ma Liu Shui each day, so don’t miss it. This ferry service operates only on Saturdays, Sundays and public holidays.

For the ferry service schedule, please refer to the Transport Department website or scan the following QR code.
**High Island Reservoir East Dam**

This day-long hike starts at a majestic dam overlooking a sweeping seascape. Constructed in the 1970s, High Island Reservoir is an architectural wonder that blends in with the geological grandeur. This is also the gateway to the many treasures of Hong Kong UNESCO Global Geopark.

**Transport**

There is no public transport to East Dam. You can opt for a 40-minute bus ride from Sai Kung Town to East Dam.

**Sea Cave**

A wooden boardwalk that is part of the High Island Geo Trail leads you to the opening of a large sea cave. Interpretation panels provide information on how it was formed.

**Po Pin Chau**

A sea stack that has broken away from the mother rock can be easily seen at East Dam.

**Sai Wan Shan**

The lookout on Sai Wan Shan at 314 metres offers breath-taking views of the four beaches of Tai Long Wan and beyond as you conquer this strenuous climb.

**Chui Tung Au**

If you don’t feel like continuing the hike, exit here towards Sai Wan Pavilion, where you can take minibus N129 to Sai Kung town centre (4-5 departures on Monday to Saturday, departs every 30 minutes on Sunday and public holidays).

**Sai Wan and Ham Tin**

Sai Kung is known as the ‘back garden of Hong Kong’, and the turquoise waters and pearly white sands of Sai Wan and Ham Tin are definitely its highlights. Ham Tin was once home to a vibrant farming village but most of the villagers have now moved out. Great herds of local cows as you leave the beach and continue on the hill path.

**Chek Keng**

A 200-year-old village in a serene inner gulf, this natural hideout embraces photogenic meadows and calm waters. Look for fiddler crabs and mudskippers amongst the lively mangroves along the shore.

**Fak Tom Au**

Congratulations on finishing MacLehose Trail Stage 2. This pass commands a fine view of Ko Tong Hau and Wong Shek Pier below.
**COASTAL WONDERS**

**Maclehose Trail Stages 1 & 2**

**Very Difficult**

Long route without much shelter, with much uphill and downhill trekking over various terrains.

**Starting Point**
- High Island Reservoir East Dam

**Highland rock columns**

**Sea cave and Po Pin Chau**

**Long Ke**

**Ending Point**
- Pak Tam Au
- Chek Kong
- Sai Wan & Ham Tin
- Chui Tung Au
- Sai Wan Shan

**Area covered**
- Sai Kung District

**Starting point**
- High Island Reservoir East Dam

**End point**
- Pak Tam Au

**Average hiking time**
- East Dam to Chek Kong: 3.5 hours
- Chui Tung Au to Pak Tam Au: 3.5 hours

**Distance**
- East Dam to Chui Tung Au: 7.5 km
- Chui Tung Au to Pak Tam Au: 10 km

**Replenishing stations**
- There are village stores in Sai Wan and Ham Tin but the opening hours are irregular, so best to stock up before setting off.

**To the starting point**
- From MTR Diamond Hill Station Exit C2, take bus 92 to Sai Kung Town, then taxi to East Dam; or,
- From Sha Tin New Town Plaza Bus Terminal, take bus 299X to Sai Kung Town, then taxi to East Dam; or,
- From MTR Hong Hau Station Exit B1, take minibus 101M to Sai Kung Town, then taxi to East Dam.

**From the end point**
- From Pak Tam Au on Sunday and public holidays, take bus 9A to MTR Diamond Hill Station.
- From Pak Tam Au on Monday to Saturday, call for a taxi to your preferred destination.

**Elevation Guide**

- High Island Reservoir East Dam
- Hexagonal rock columns
- Sea cave and Po Pin Chau
- Long Ke
- Chek Kong
- Sai Wan & Ham Tin
- Chui Tung Au
- Sai Wan Shan
- Pak Tam Au

**Map Legend**
- Starting Point
- Road
- Hexagonal rock columns
- Sea cave and Po Pin Chau
- Long Ke
- Chek Kong
- Sai Wan & Ham Tin
- Chui Tung Au
- Sai Wan Shan
- Pak Tam Au
- Bus Stop
- Information Board
- Parking
- Emergency facilities

*Map not drawn to scale*
A colourful gallery of peculiar rock shapes — Known as the 'South Pole of Hong Kong,' Po Toi Island is comprised almost entirely of well-weathered granite. Its peculiar looking rocks and seaweed are equally renowned. Be sure to try some seaweed soup and take home some dried seafood products.

**Po Toi Pier**
Approaching the pier, you can catch a glimpse of the Conch Rock to your left. Go left from the pier and follow the trail to the right of the store.

**Ngau Wu Teng Pavilion**
Walk across Cheung Shek Pai, a series of granitic rocks forming a natural track, and find yourself at the peak of the trail. Take a break at the pavilion to enjoy a boundless view of the South China Sea.

**Monk Rock and Tortoise Rock**
Descend until you are greeted by what seems to be a huge tortoise slowing making its way uphill, and a slender monk on the other side bowing at passersby.

**Nam Kok Tsui Lighthouse and Gold Panning Cliff**
Enjoy the magnificent sea view under Lighthouse 128. Continue down to Gold Panning Cliff, under which waves pound and seaweeds abound.

**Palm Cliff**
On your way back to the pier from Nam Kok Tsui, get a good look at the gigantic 'palm of Buddha' — a hand-shaped feature carved into the face of a cliff by the elements, which is one of the most recognisable landmarks of Po Toi.

**Rock Carvings**
Follow the path down a flight of stairs to the shore to see 3,000-year-old rock carvings on a cliff in Nam Tum. A Declared Monument, these prehistoric totemic carvings have faded considerably and are currently protected by a sheet of fibre glass.

**Nearby Sights**
Mo's Old House, Coffin Rock and Tin Hau Temple
On your way uphill, you will see an abandoned house that is reportedly haunted. For some extra creepiness, check out Coffin Rock as you are there. Drop by Tin Hau Temple before returning to the pier.
**South China Sea Escape**
**Po Toi Island**

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**Starting Point**
Po Toi Pier

**End Point**
Po Toi Pier

**Area Covered**
Islands District

**Starting Point**
Po Toi Pier

**End Point**
Po Toi Pier

**Average Hiking Time**
About 2.5 hours

**Distance**
Approximately 4 km

**Replenishing Stations**
There are eateries and a seafood restaurant near the pier, though no replenishments are available along the hiking trail.

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**Elevation Guide**

- **Po Toi Pier**
- **Ngau Wu Teng Pavilion**
- **Monk Rock & Tortoise Rock**
- **Nam Kok Tsui Lighthouse and Gold Panning Cliff**

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**To the Starting Point**
Board a kaito (small ferry) at Aberdeen Pier. The journey takes around an hour. This kaito service operates only on Tuesdays, Thursdays, Saturdays, Sundays and public holidays. Alternatively, board a kaito at Stanley Blake Pier. The journey takes around 30 minutes. This kaito service operates only on Saturdays, Sundays and public holidays.

**From the End Point**
Board a kaito at Po Toi Pier for Aberdeen or Stanley Pier.

For the kaito service schedule, please refer to the Transport Department website or scan the following QR code:

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**Map Legend**
- **Start Point**
- **Route**
- **Waterfall**
- **Wall**
- **Shelter**
- **Information Board**

*Map not drawn to scale*
Cycling — Harbour Ride
SHA TIN TO TAI MEI TUK

A scenic ride along Tolo Harbour — This is one of the best-known cycling routes in Hong Kong. From Sha Tin Park, speed up on this comfortable track along Shing Mun River, and continue along the coastline of Tolo Harbour until you reach the majestic dam at Tai Mei Tuk. Take your time and soak up the beautiful scenery along the way.

1. Shing Mun River
   Originally a cove, Shing Mun River was converted into a straight river channel for the development of Sha Tin as a suburb in the 1970s. Running mainly through residential areas, the river’s outlet is now at Tolo Harbour. Both banks of the river are recreational zones with jogging trails and cycling tracks. Exciting dragon boat races happen here during the Dragon Boat Festival. The section is straightforward — just ride on and enjoy the breeze!

2. Hong Kong Science Park
   This cluster of state-of-the-art architecture is the research and business base for Hong Kong’s science and technology industries. In addition to offices and conference and exhibition venues, there are a number of food and beverage outlets, beautifully landscaped plazas, and a manmade lake within the park.

3. Pak Shek Kok Promenade
   This waterfront promenade features a comfortable cycling trail connecting Sha Tin and Ma Liu Shui, a number of public seating areas, and viewing platforms for the panoramas of Tolo Harbour. From this popular cycling trail, you can also take in the mountain vista of Ma On Shan (a hill named after its saddle-shaped peak) on the opposite coast.

4. Tolo Harbour Cycling Track
   One of the most popular cycling tracks in Hong Kong with lovely scenery. Glide along and enjoy open vistas of the impressive Pat Sin Leng (literally ‘Ridge of the Eight Immortals’) on the other side of the harbour.

5. Tai Po Waterfront Park
   Upon leaving the coastal track you’ll enter the town of Tai Po. You can return your bike here, or make a detour along Lam Tsuen River to explore the local wet markets in Tai Po and the Railway Museum.

6. Tai Mei Tuk
   Alternatively, ride on for another eight kilometres to reach the foot of Pat Sin Leng, where you can relax at the cafes in the idyllic seaside village by the bay or on the huge dam of Plover Cove Reservoir.

#Food
   Eat local — for a refreshing summer treat, try a bowl of lotus pudding or herbal jelly at the store next to the Tai Mei Tuk jetty.
Cycling — Harbour Ride
Sha Tin to Tai Mei Tuk

Easy
All flat terrain but a relatively long route

Starting Point
Shing Mun River

End Point
Tai Mei Tuk

1 Shing Mun River  2 Hong Kong Science Park  3 Pak Shek Kok Promenade

Area covered
Sha Tin and Tai Po districts

Starting point
Shing Mun River

End point
Tai Mei Tuk

Average cycling time
2.5 hours

Distance
Approximately 22 km

Replenishing stations
Food and beverages can be purchased at the Hong Kong Science Park, Pak Shek Kok Promenade and Tai Mei Tuk.

Where to rent a bike
There are bike rental shops in Tai Wai, Sha Tin Park, Tai Po Waterfront Park and Tai Mei Tuk. Choose your starting point and ask the rental shop staff if the bike can be returned at your desired destination — most rental shops will let you do so.

To the starting point
- From Tai Wai: There are bike rental shops right outside Exit A of MTR Tai Wai Station. Pick up a bike and ride along the cycling tracks towards Shing Mun River.
- From Sha Tin: From MTR Sha Tin Station Exit A, walk to Shing Mun River via New Town Plaza and Sha Tin Park. Rent a bike at the bike pavilions in the park.

From the end point
- You may end your journey at Tai Mei Tuk or ride back to Sha Tin or Tai Wai.
- If you leave from Tai Mei Tuk, take bus number 275K or 275R (only available on Sundays and public holidays), or minibus number 20C to MTR Tai Po Market Station.
Cycling — Idyllic Outing
Nam Sang Wai

A ride in the rustic hinterland — Nam Sang Wai is the perfect choice for a fun, hassle-free half-day trip out of the city. Check out the thriving wetland wildlife, scenic woodland paths as well as the village-style cuisine. You’ll get much more out of this trip than just a great cycle!

1. The Nam Sang Wai ferry
This ride starts on a ferry. Follow the road signs that read ‘Nam Sang Wai’ until you reach Nam Sang Wai Ferry Pier past a cluster of rustic village houses. Here, you’ll find the only river-crossing ferry in Hong Kong. It carries passengers across Shing Pui River, which runs through Nam Sang Wai from Yuen Long town centre.

2. River Red Gums
Cycle along the corridor of River Red Gum trees, which are native to Australia and noted for their refreshing lemon scent. They were introduced here for forestation decades ago. Enjoy the shade, the soft breeze and the sound of nature as you ride. Stop by the small wooden platform along the cycling trail to enjoy the lovely view of lush hills, reeds and a mirror-like pond.

3. The glade
Ride for around 15 minutes along the River Red Gum path, which opens up to a boulevard of Chinese Banyan. Butterflies and dragonflies of all sizes and colours thrive in the woodland. At the end of the road is an opening in the woodland with a soft large bed of grass. This is a nicely secluded spot for picnics and kite flying.

4. Nam Sang Wai Road
Nam Sang Wai Road is accessible from the glade. The scenery of Shing Pui River and Yuen Long town comes into view behind the trees, the juxtaposition of urban and rural landscapes being a unique feature of Hong Kong. You’ll find little egrets, grey herons and many other local or migrating birds feeding on the mudflats against the backdrop of the city. Some parts of this channel are formerly tidal ponds for aquacultural use and are of high ecological value, as they form a wetland habitat for wildlife. There is a bird-viewing area at the northern tip of Nam Sang Wai where you can also see a vast patch of mangrove that shelters the coastal area from wave erosion. And be sure to check out the display boards along the Nam Sang Wai River Education Trail to learn more about the relationship between urban development and the local biodiversity.

5. Fishpond Education Kiosk
Ride along Kam Tin River for approximately another seven minutes. The Fishpond Education Kiosk has an exhibition of fish-farming tools, facilities and old photos showcasing the former prosperity of the local fishery industry. You may also enjoy local village-style meals and organic vegetables grown by villagers in the several cafés along the river.

6. #Tours
Hong Kong Bird Watching Society (HKBWS) organises guided day tours to the fish ponds and bird-viewing areas at different times of the year. For enquiries, please contact HKBWS at fishpond@hkbws.org.hk.

Yuen Long town centre
Continue on Nam Sang Wai Road, then on cycling tracks to get back to Yuen Long town. Here you may further explore this vibrant neighbourhood and its food, shopping and culture.
Well-paved and flat cycling trails often under shelter; a short ride with places to replenish food and drink supplies

**Easy**

**Start Point**

1. The Nam Sang Wai ferry
2. River Red Gums
3. The glade
4. Yuen Long town centre
5. Fishpond Education Kiosk
6. Nam Sang Wai Road

**Area covered**

Yuen Long District

**Starting point**

The Nam Sang Wai ferry

**End point**

Yuen Long town centre

**Average cycling time**

About 1.5 hours

**Distance**

Approximately 7 km

**Replenishing stations**

There are numerous cafés and stores selling snacks, noodles and drinks along the cycling trail.

**Where to rent a bike**

There are several bike rental shops to choose from in the area close to Fung Cheung Road Garden, south of MTR Yuen Long Station Exit E, through Sun Yuen Long Centre and across the footbridge.

**To the starting point**

From MTR Yuen Long Station, head to Nam Sang Wai Ferry Pier located at the end of Shan Pui Road. Most of the path is a cycling trail. Take the rowing ferry to get you and your bike across the river for HK$7. You can ride along Nam Sang Wai Road which surrounds Nam Sang Wai. For enquiries, please call +852 9316 5995.

**From the end point**

At the end of Nam Sang Wai Road, turn into Ho Chau Road and then Long Wo Road. Continue to Yuen Long town centre to return your bike. Head to MTR Yuen Long Station for other destinations.
COUNTRY PARKS 40TH ANNIVERSARY

“JOY” US HIKING

In spite of its reputation as an international metropolis, 40 per cent of Hong Kong’s land is designated as 24 country parks and 22 special areas for the purposes of conservation, recreation, education and tourism. Not only does this designation offer protection to diverse flora and fauna, it also provides vast areas where people can enjoy a great variety of outdoor experiences.

The first batch of country parks was designated 40 years ago in 1977. To commemorate the 40th anniversary of this occasion, the Agriculture, Fisheries and Conservation Department (AFCD) has organised events that are open for all to join.

“Joy” Us Hiking Events
19 November 2017 (Sunday) at Lantau South Country Park
3 December 2017 (Sunday) at Shing Mun Country Park
17 December 2017 (Sunday) at Sai Kung East Country Park

Shing Mun Country Park
Shing Mun Country Park is home to a variety of trees and flowering plants, including Silverback Arctocarpus, Hong Kong Gordonia, Paper-bark Tree, Lingnan Garcinia and many more. This circular, winding lakeside route offers a view of the beautiful scenery of Shing Mun Reservoir, and the woodland and hills surrounding it. There are also ample picnic sites along the trail.

Route
Shing Mun Reservoir → Jogging Trail → Reservoir Walk → Pineapple Dam Nature Trail

Distance: Approximately 8.7 km
Time Required: About 5 hours
Difficulty: ★★★ (Moderate)

Getting there:
Take minibus 82 from Shiu Wo Street in Tuen Wan to Pineapple Dam of Shing Mun Reservoir.

From the end point:
Take minibus 82 from Pineapple Dam of Shing Mun Reservoir to the starting point at Shiu Wo Street in Tuen Wan.

Lantau South Country Park
Give yourself a real challenge by climbing Sunset Peak and Yi Tung Shan in one go! The views are more than worth the effort, including seas of rustling silvergrass that turn golden in the winter months, as well as abandoned stone houses on the ridge.

Route
Pak Kung Au → Lantau Trail Section 2 → Nam Shan Barbecue Area Site No. 1

Distance: Approximately 6.5 km
Time Required: About 4 hours
Difficulty: ★★★★ (Very Difficult)

Sai Kung East Country Park
Set off from the northern half of Sai Kung East Country Park on Stage 2 of MacLehose Trail. It offers spectacular views of peaks, uplands, peninsulas and bays around Tai Long Wan. From the beautiful beaches of Sai Wan and Ham Tin, you will head inland and walk on meadows and hills before reaching Pak Tam Au.

Route
Sai Wan Pavilion → Sai Wan → Pak Tam Au

Distance: Approximately 12 km
Time Required: About 6.5 hours
Difficulty: ★★★★ (Very Difficult)

For details, please visit cp40.afcd.gov.hk
AFCD RECOMMENDATIONS

In addition to the afore-mentioned events, the AFCD also highlights the following major country parks all around the city, which offer fabulous views and architectural marvels.

Tai Tam Country Park

Stunning views of Tai Tam Valley and declared monuments showcasing historical waterworks within the Tai Tam Group of Reservoirs make for an interesting walk. Get up close to wartime relics and historical architecture along the way for a better look at the city’s history.

* See the ‘Tai Tam Country Park to Quarry Bay’ route on p.6 for reference.

Plover Cove Country Park

The park never fails to impress with its magnificent mountains, winding coastlines, clear streams, ancient trails and old villages. The quaint old Hakka villages at Wu Kau Tang and Lai Chi Wo provide a glimpse of what village life was like. When the tide is low, you’ll spot fiddler crabs and mudskippers in the mangroves and mudflats.


Tai Lam Country Park

With a beautiful reservoir, undulating mountains and stunning scenery, Tai Lam Country Park is a treasure trove for nature lovers and photographers alike. The first reservoir built after World War II, Tai Lam Chung Reservoir is acclaimed as the “Thousand-islet Lake” due to its numerous islets of different sizes. Enjoy the vistas of the northwestern New Territories, Shenzhen and Lamma Island from the viewing compass. Stop by the Ecological Garden for a look at the overwintering Danaid butterflies.

- Route
  - Tai Lam Chung Reservoir Main Dam → Tai Lam Nature Trail → Sham Tseng

- Distance: Approximately 9 km

- Time Required: About 4 hours

- Difficulty: ★☆☆☆ (Moderate)

Getting there:
Take bus 52X, 55, 61M or 962B to Tai Lam Chung, or K61 to Siu Lam Tsuen, then walk uphill for 30 minutes to Tai Lam Chung Reservoir Main Dam.

From the end point:
Take bus 52X from Sham Tseng Village to MTR Mai Foo Station, Mong Kok Station or Olympic Station.

AFCD is the organiser for the above events and provider of the above information.
**Hiking Tips**

**Before the journey:**
- Carefully make a plan and familiarise yourself with the route.
- Gauge whether your fitness level is appropriate for the route.
- Inexperienced hikers should not go hiking alone.
- Pay attention to weather conditions.
- Wear appropriate gear and bring along extra clothing and supplies, such as hats, raincoats, windbreakers, maps, compasses, hiking sticks, water, food, electric torches, umbrellas, radios, first-aid kits, mobile phones, etc.

**During the journey:**
- Pay attention to the signs and terrain along the route to ensure that you are on the right path. Always heed warning signs.
- Remain alert to changes in the surrounding environment. In the event of bad weather, shorten or retreat from the hike.
- Do not attempt to take any shortcuts alone.
- Do not pick or eat wild fruit or drink spring water.
- Cooking or making fires is only permitted in designated areas. It is against the law to do so elsewhere, and could result in mountain fires.
- Do not stand on cliffs or edges or climb onto rocks.
- Do not swim in reservoirs or at unmarked beaches.
- Mobile phone coverage varies throughout Hong Kong’s trails. Poor coverage is especially likely to occur in eastern Sai Kung and northern Lantau.
- In the event of an emergency, note the number of the nearest distance post (e.g., M001), and call 112 or 999 or use the nearest emergency telephone.

For more details on hiking safety, please visit the Agriculture, Fisheries and Conservation Department website or scan the QR code.

**Cycling Tips**

**Before the journey:**
- Carefully make a plan and familiarise yourself with your route. Plan as much of your route along available cycle tracks as possible.
- Gauge whether your fitness level is appropriate for the difficulty level of the route.
- Pay attention to weather conditions.
- Check the condition of your bike before paying for a rental. Be sure you understand the terms and conditions, including rental costs, durations, bike return locations, etc.
- Ensure your bike is equipped with a bell.
- Wear safety helmets and pads.
- Useful items to bring include a map, water, food, a raincoat and a first-aid kit. Ensure your belongings are firmly attached to the bike.

**During the journey:**
- If you need to cycle on the highway, take extra care regarding road conditions and note the actions of other road users.
- Obey traffic light signals, traffic signs and road markings.
- Do not ride on expressways or within tunnel areas.
- On cycling tracks, you must ride in single file, except when overtaking. Ride along the left side of the track and keep clear of the kerb. Do not drift from side to side or zig-zag through traffic.
- In the event of bad weather, be careful of slippery road surfaces and consider shortening or cancelling your cycling plans.
- Keep a safe distance from bicycles in front of you and be prepared for sudden stops.
- When cycling in the dark or at times of poor visibility, turn on a white light in front and a red light at the rear of your bicycle.
- Do not carry passengers. Do not carry any goods or animals that might obstruct your vision or upset your balance.
- In the event of an emergency, call 112 or 999 or use the nearest emergency telephone.

For more details on cycling safety, please visit the Transport Department website or scan the QR code.
Hong Kong Tourism Board
Visitor Information Services

Hong Kong International Airport Visitor Centre
Buffer Halls A and B, Arrivals Level, Terminal 1
8am to 9pm daily

Hong Kong Island Visitor Centre
The Peak Piazza (between The Peak Tower and The Peak Galleria)
11am to 8pm daily

Kowloon Visitor Centre
Star Ferry Concourse, Tsim Sha Tsui
8am to 8pm daily

Lo Wu Information Centre
Arrival Hall, 2/F, Lo Wu Terminal Building

Visitor Hotline: +852 2508 1234
9am to 6pm daily

Email: info@discoverhongkong.com
Website: DiscoverHongKong.com

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