

GREAT OUTDOORS HONG KONG

HIKING & CYCLING

GUIDEBOOK
2020 – 2021



HONG KONG
TOURISM BOARD



South China Morning Post

OUTDOOR & EXTREME

A SENSE OF PLACE

Being outdoors has important effects on our mental and physical wellbeing, especially when we are active, such as when we are hiking. Though Hong Kong is thought of as a concrete jungle, its density means that the wild outdoors is closer to downtown streets than it is in other parts of the world so those healthy escapes are easily attained.

Once there, you can open your senses wide. Gaze back at the city skyline seen from the mountains; listen to waves crashing on remote beaches; savour the taste of local dishes that connect you with Hong Kong's cultural heritage; take a deep breath and absorb the

smells of the forest, or of drying fish and shrimp paste in a traditional village; visit shorelines where you can touch rocks that bear the scars of a volcanic past.

Engaging your senses like this is a powerful way to create shared memories with friends and family. It also shows how Hong Kong's countryside is not a secondary attraction but rather is key to the city's appeal.

Now, let's indulge our sense of hearing as we enjoy some of Hong Kong's recommended hiking trails.



TIPS & GEAR

Check out these hiking tips and our recommended gear checklist to help you have a safe and enjoyable hike. Open your senses and go explore!



PACKING

Place light items at the **bottom**, heavier items in the **middle**, and the heaviest ones on the **top**. Pack less frequently used items in first and frequently used ones on the sides. Be sure weight is **equally balanced** on each side. It should not exceed one third of your body weight. The maximum weight should be **40lb / 18kg**.



TIME

Plan to end your hike **two hours** before sunset.

BASICS



Walk with the entire soles of your **boots touching the ground**, to spread the load evenly across your feet. **Free your hands** or hold a trekking pole(s) to assist balance.

FOOD & DRINK

Never eat or drink while moving. Never drink untreated water from hill streams or eat any **wild plants** or **mushrooms**. **Don't** consume **icy drinks** immediately after a long hike, when your body temperature is still high.



FOOT CARE



Wear suitable hiking shoes. Wear new shoes on level ground a few times before going on a serious hike. This will ensure the surface material is **soft** and the shoes are **comfortably** worn-in to the shape of your feet. Bootlaces should not be too tight.



UPHILL




Avoid climbing at high speed. Don't rest too frequently or for too long. When you feel tired, **reduce your speed** instead of stopping.



DOWNHILL

Never run downhill. This may cause a dangerous fall. When moving down very steep slopes, **move sideways** and work down in a series of **zigzags**.

Courtesy steps for visiting country parks

-  Treasure resources and reduce waste. Take your litter with you.
-  Treasure wildlife. No disturbance and no picking.
-  Treasure village culture. Respect villagers and do not damage private properties, crops and livestock.



Visit the Agriculture, Fisheries and Conservation Department website for more details.

GEAR

- Sunglasses
- Cap / hat
- Torch
- Compass & map
- Watch
- Umbrella
- Whistle
- Mobile phone, charger & charging cable
- Outer garments & windproof jacket / rain jacket
- Shirt and trousers: wear sun protective / moisture-wicking / breathable long-sleeved shirt with collar to avoid sunburn on arms and back of neck, loose-fitting trousers
- Insect repellent
- Food
- Water bottle or hydration pack
- Personal medications & first aid supplies
- Sunscreen
- Trekking pole(s)
- Gloves



HEARING


The sounds most associated with Hong Kong are honking horns and the buzz of busy streets. But those who live here know of another side to the territory. The city has some of the world's most accessible country parks. Just a short trip from city streets, you can hear the gentle lapping of waves on beaches or the crash of swells meeting rocky shores, birds singing in the trees or cooling mountain-top breezes.

Hikes suitable for all take wanderers to these beautiful coasts and mountain ranges that feel isolated and remote but are easily explored on a day trip. Here are two routes to get you started, leading you over the hills to where you can be soothed by waves caressing long white sands or thrilled by secluded coves where the surf thunders in against the rocks.

Long Ke Wan is where Section 1 of the MacLehose Trail ends and Section 2 begins.

HONG KONG'S NATURE CONCERTO

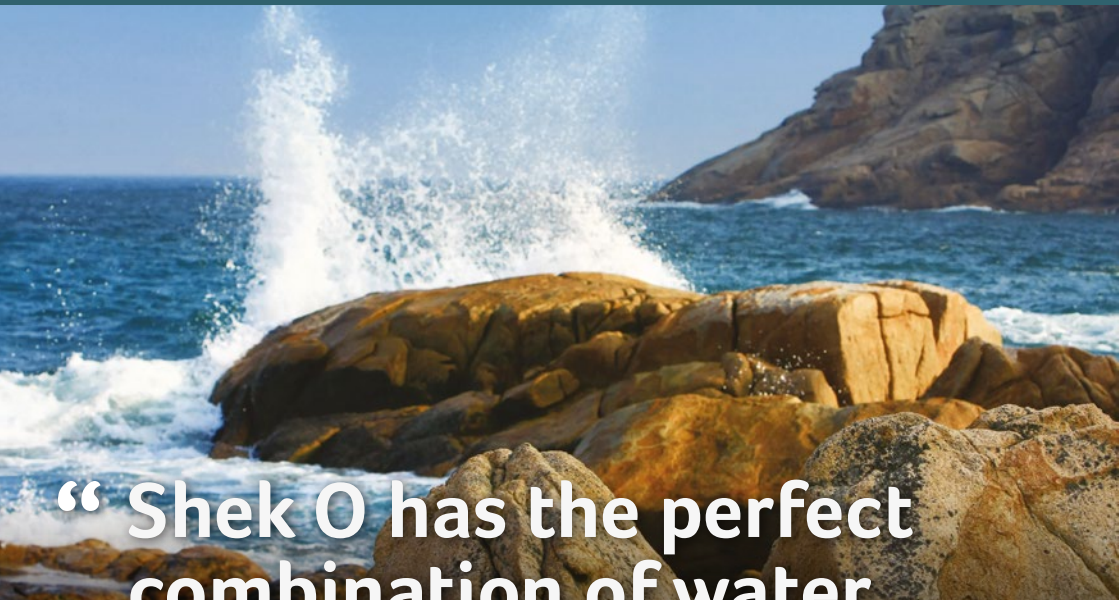
Sound therapies are a rising wellness trend and one of the most effective orchestras is the outdoors itself. Hong Kong artist Tsang Man-tung integrates nature into his singing bowl performances and says that simply stepping into the city's countryside is akin to getting a detox sound bath.

A man in a purple robe stands on a rocky beach, holding a singing bowl and a mallet. The background shows the ocean and a cloudy sky. The man is positioned on the right side of the frame, with the ocean and sky filling the rest of the image.

Himalayan singing bowl artist, Tsang Man-tung has a special relationship with Hong Kong's countryside. Raised by his maternal grandparents on Lamma Island, Tsang grew up with a strong affinity for nature and a life away from the hustle and bustle.

In June, he made a special trip to Shek O, a coastal 'day out' for families and hikers. Tsang, an avid hiker himself back in the day, has walked many of Hong Kong's trails, including the MacLehose Trail, a spectacular 100 km route that cuts across Hong Kong's New Territories district. Named by National Geographic as one of the world's top 20 dream trails, it stretches from the eastern territory of Sai Kung, to the west in Tuen Mun. When asked whether he would experience Hong Kong trails entirely differently now, he says he would now enjoy the calming sounds of water, fauna and the wind rustling through the leaves on a deeper level.

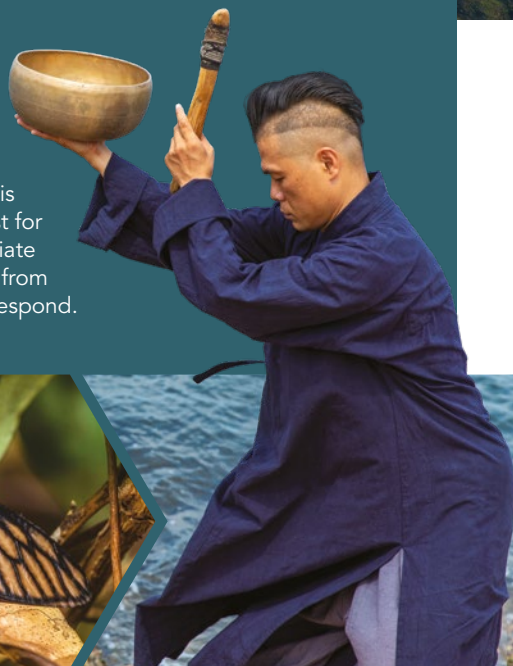
Standing on the rocky beach in Shek O, Tsang Man-tung's Himalayan singing bowl echoes the sound of the waves.



“ Shek O has the perfect combination of water and wind sounds. ”

Tsang stands on the rocky beach next to Shek O Village while the ocean waves break against smooth, red-hued boulders. It reminds him of his childhood years on Lamma Island. “The layers in the sounds are very nice and soothing,” he adds.

He believes in using nature’s own sounds as part of his performances. “When I perform outdoors it is not just for people, I perform for everything that is in the immediate environment,” Tsang says, encompassing everything from trees to frogs, and indicating that they in return will respond. “In that moment, nature is performing with you.”



Water is one of the most important sound elements to Tsang. He frequents a waterfall near his home in the mountainous terrain of Tai Po, New Territories and it inspires him with a “symphony of sounds,” he says. “The rushing sound of the waterfall makes you think they are giving you a [mental] cleansing. When the water hits the rocks, it reminds you of the sound of percussion instruments. Further down, from a high speed to a very slow stream, to me it resembles a heartbeat.”



Overview of Ham Tin Wan, Tai Wan and Tung Wan.



Po Pin Chau lies near the coast of East Dam of High Island Reservoir.

“Though we have more greenery than urban area in Hong Kong, those who live in the city centre often forget how to wind down,” he says. “But you don’t have to do much... just go into nature and let it take care of you.” He likens the experience to taking a detoxing bath to cleanse mind and soul.

Tsang sometimes uses his singing bowls to mimic running water. “The bowl is always vibrating,” he says, like water, it flows and leads you down a path. But the bowl is also very susceptible to temperature changes, which alters sound quality. Made from copper and tin, the singing bowl is assembled from minerals and shaped through high heat; helping it generate many frequencies and variations of ‘overtones’.

There is nothing that Tsang would add if he were to give a performance in Shek O. Instead, he would try to guide the audience to hear what’s already there. “You have to respect the space and environment and keep things ‘pristine’,” he says.





SIU SAI WAN TO SHEK O

Follow the craggy shores of Hong Kong Island, which face out to the wide expanse of the South China Sea. Even on windless days, swells roll in and crash against the shore — the most spectacular cymbals in Mother Nature's orchestra.

- DISTRICTS**
Eastern and Southern
- LENGTH**
About 7 km
- GRADE**
▲▲▲▲
- TIME**
About 3 hours

圖例 Legend

- 起點 Start
- 終點 Finish
- 路線 Route
- 步道 Trails
- 道路 Roads
- 山峰 Peaks
- 休憩涼亭 Pavilions
- 洗手間 Washrooms
- 巴士站 Bus Stops
- 告示板 Information Boards
- 緊急求助電話 Emergency Helplines

此地圖並非按比例繪製
Map not drawn to scale

1 POTTINGER PEAK VIEW COMPASS

Start at Siu Sai Wan Promenade and head uphill via Leaping Dragon Walk, serenaded by birdsong, through lush canopy to the Pottinger Peak View Compass.

2 ROCK CARVING AT BIG WAVE BAY

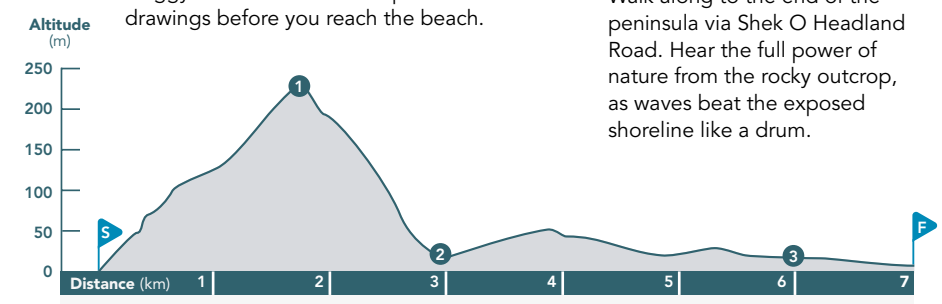
Take in the sea views, then continue to Big Wave Bay. As you descend, listen to the thunderous sounds of swells pummeling craggy shores. Then take in prehistoric cave drawings before you reach the beach.

3 SHEK O BEACH

Continue towards one of Hong Kong Island's most popular beaches, Shek O, famed for its great views. Listen to the sound of the waves lapping the shore to relax and refresh.

F SHEK O HEADLAND ROAD

Walk along to the end of the peninsula via Shek O Headland Road. Hear the full power of nature from the rocky outcrop, as waves beat the exposed shoreline like a drum.



GETTING THERE

- From MTR Chai Wan Station Exit C, take minibus 47M to Siu Sai Wan (Island Resort). Walk towards Siu Sai Wan Promenade, where you can find the starting point of the Leaping Dragon Walk.

BACK TO CIVILISATION

- Take bus 9 to MTR Shau Kei Wan Station.



There are village stores near Shek O Beach and Big Wave Bay.

MACLEHOSE TRAIL (SECTIONS 1 AND 2)

The first two sections of the famous MacLehose Trail set a rhythm of alternating peak and beach. Let the waves refresh you before you turn your feet towards the next rise, where the sounds of the sea drop away again to leave you with your own laboured breathing.

- DISTRICTS** Sai Kung and Tai Po
- LENGTH** About 16 km
- GRADE** ▲▲▲▲▲
- TIME** About 6 hours

1 HIGH ISLAND RESERVOIR EAST DAM

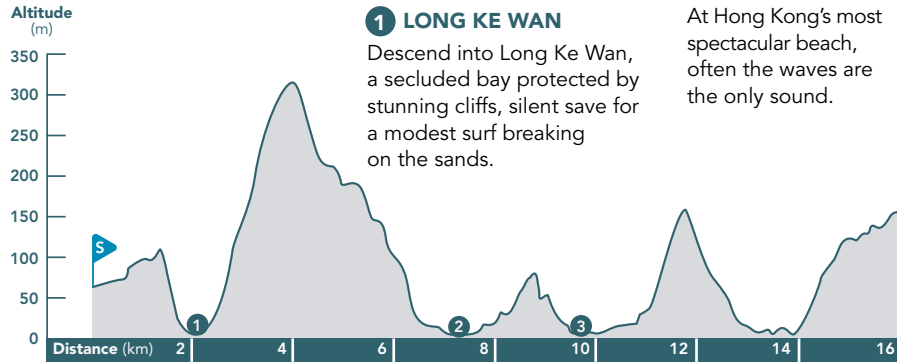
Make sure you walk along the High Island Geo Trail to see the hexagonal rock columns formed over 140 million years ago. You can also take a detour to Biu Tsim Kok, which offers a view over the pristine white-sand beach of Long Ke Wan.

2 SAI WAN

Long Ke Wan is followed by a tough climb, affording sweeping views of the country park.

3 HAM TIN WAN

At Hong Kong's most spectacular beach, often the waves are the only sound.



GETTING THERE

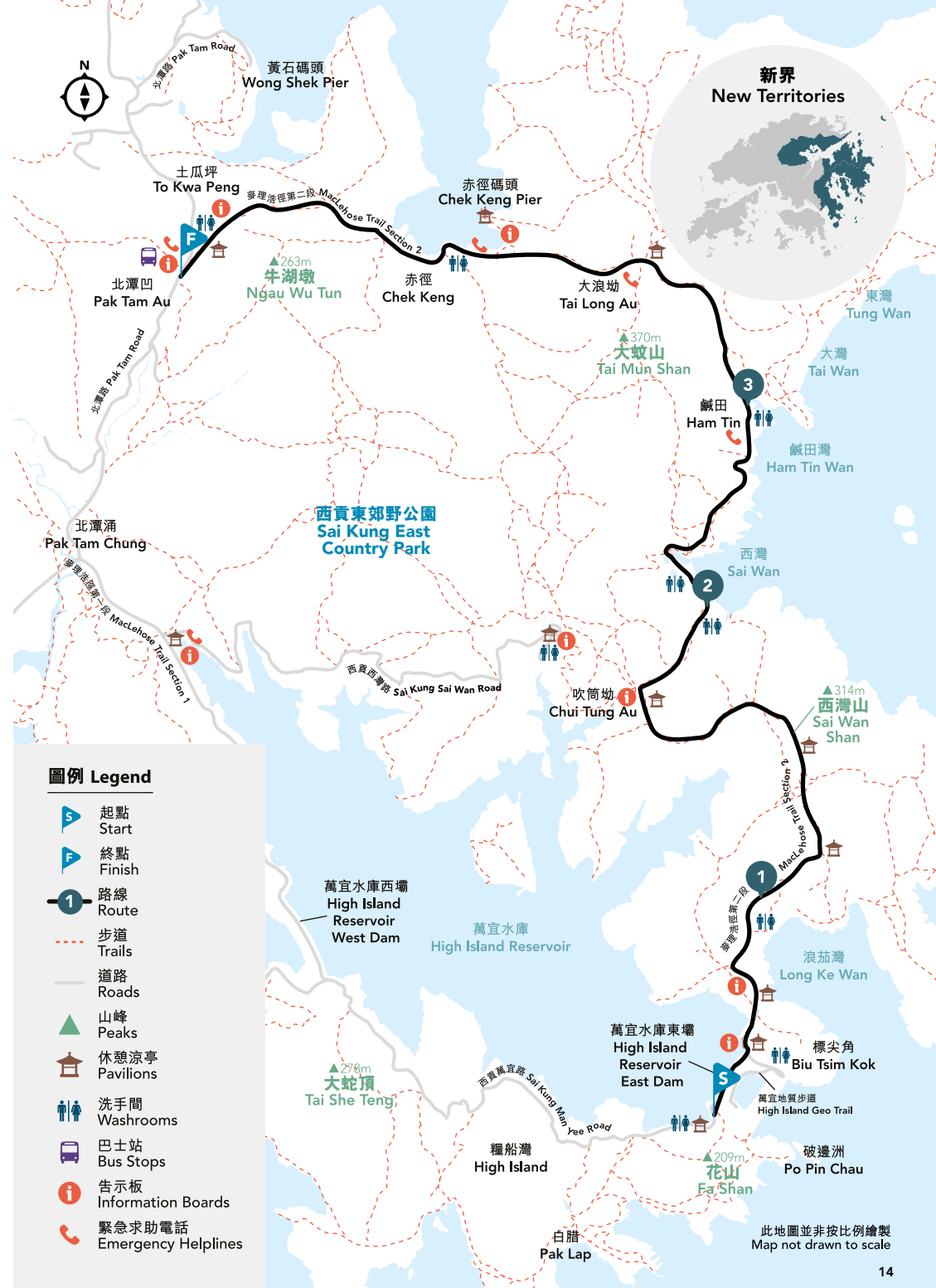
- From MTR Diamond Hill Station Exit C2, take bus 92 to Sai Kung Town, then a taxi to East Dam.
- From Sha Tin New Town Plaza Bus Terminus, take bus 299X to Sai Kung Town, then a taxi to East Dam.
- From MTR Hang Hau Station Exit B1, take minibus 101M to Sai Kung Town, then a taxi to East Dam.

BACK TO CIVILISATION

- From Pak Tam Au, take bus 96R to MTR Diamond Hill Station (Sundays and public holidays only).
- Take bus 94 or minibus 7 back to Sai Kung Town.



There are a few cafes and village stores in Sai Wan and Ham Tin Wan.



TRAIL RUNNING EVENTS

Selected Ultra-Trail du Mont-Blanc (UTMB) qualifying races held between October 2020 and March 2021 in Hong Kong.

2020

OCTOBER

17-18

Raleigh Challenge-Wilson Trail (RCWT)
raleighwilsontrail.hk

24

HK50-Hong Kong Island
(Race 1 of HK50 Series)
actionasiaevents.com/our-events/2020-hk50-hong-kong-island/

NOVEMBER

1

Sowers Action Challenging
12 Hours Charity Marathon
c12hrs.sowers.hk

7

TGR Summits@Mui Wo
tgr.run/summits

27-29

HK168 (2020)
hk168.com.hk

DECEMBER

5

Lantau 50
(Race 2 of HK50 Series)
actionasiaevents.com/our-events/2020-lantau-50/

The information contained herein is accurate as of 27 August 2020. The listed events may be cancelled or rescheduled, please visit the event's website for further details.

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Ferei Dark 45 (2020)
xterace.com/Ferei-Dark-45

24-27

Golden 100 Hong Kong 2020
golden100.hk

2021

JANUARY

1

New Year N.E. Mountain Race
2021
xterace.com/NE-Mountain-Race-2021

3

TGR Trail@Braemar
tgr.run/races

2-4

Ultra-Trail@ Tai Mo Shan
ultratrailmt.com

9

Hong Kong 50 WEST
(Race 3 of HK50 Series)
actionasiaevents.com/our-events/2021-hk50-west/

10

Ngong Ping Charity Walk
npcw.org.hk

15-17

Hong Kong 100 Ultra
Trail Race
hk100-ultra.com

17

Lantau 2 Peaks
actionasiaevents.com/our-events/2020-lantau-2-peaks/

29-31

Oxfam Trailwalker Hong Kong
oxfamtrailwalker.org.hk

FEBRUARY

6-7

The 9 Dragons Ultra
the9dragons.asia

19-21

TransLantau
translantau.com

MARCH

7

Race For Water
raceforwater.adropoflife.org

LOCAL TOURS

Check out the local operators below for guided tours to enrich your travels and gain a greater appreciation of the nature of Hong Kong.

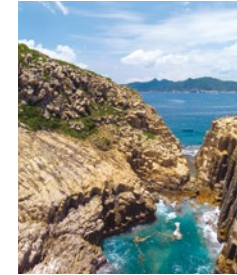


BASALT ISLAND

Part of Hong Kong UNESCO Global Geopark, Basalt Island is a hidden gem east of the city where you can marvel at beautiful bays, spectacularly steep cliffs and distinctive rock formations.

Eco Travel

+852 3105 0767
ecotravel.hk/en



NINEPIN GROUP

Some of the world's rarest landforms can be found in the Ninepin Group (Kwo Chau Islands) – located east of Clear Water Bay – formed 140 million years ago.

Eco Travel

+852 3105 0767
ecotravel.hk/en



TUNG CHUNG & TAI O

Explore Tung Chung North Park which has been opened to the public since 2010 and tour around Tai O to experience the lifestyle of a traditional local fishing village.

Instant Travel

+852 2780 3233
airticket.com.hk/index_eng.asp



WILDLIFE NIGHTWALK – LUNG FU SHAN

Despite its close proximity to urban areas, much of Hong Kong's interesting wildlife can be found here, such as East Asian porcupines, wild boars, Green Cascade Frogs and much more.

Walk Hong Kong

+852 9187 8641
walkhongkong.com

Details of the local tours are subject to the terms and conditions of the local operators. The Hong Kong Tourism Board and the local operators reserve the right to amend, change or cancel any detail concerning the tours at any time without prior notice. Customers can refer to the local operators if they have any enquires.



Visit the Agriculture, Fisheries and Conservation Department website for more details of hiking in Hong Kong.



Visit the Transport Department website for more details on cycling safety.



Visit the Hong Kong Observatory website for more details on weather forecasting, warnings and more.

Useful Phone Numbers

24-hour Emergency Helpline

+999 / 112

Transport Department

+852 1823

Hong Kong Observatory

+852 1878 200

Hong Kong Tourism Board Visitor Information Services



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[DiscoverHongKong.com](https://www.discoverhongkong.com)