

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 sight 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



SIGHT


Viewing the natural greenery of Hong Kong can calm and de-stress you, a welcome break from the urban jungle, while simultaneously taking your breath away as you cast your eyes over kilometres of epic mountains. There is almost no other major city in the world that is surrounded so starkly by the wonders of nature.

Hiking in Hong Kong gives you the best vantage from which to appreciate this. Walk for just a few kilometres, and you'll find yourself shaded by subtropical forest, looking out across the famous skyline, often staring down at the skyscrapers that seem impossibly high from street level.

Kowloon Reservoir was the fourth reservoir in Hong Kong while the historical structures of it were declared monuments in 2009.

A CITY OF LAYERS

Award-winning landscape photographer Kelvin Yuen Sze-lok won his first photography prize at 19. The Hong Kong-born artist has travelled all over the world, but to him Hong Kong is a photographer's paradise and a city unlike any other.



Kelvin Yuen never imagined winning the first photo competition he ever entered. With his eye on the prize of gear and an airline ticket, Yuen entered while in his first year at Hong Kong Baptist University and won first prize and an honourable mention in the youth division of the Taiwan section of National Geographic's International Photo Contest 2015.

Five years down the line, the 23-year old photographer has been recognised in the International Landscape Photographer of the Year awards, and ranked second in 2019's World's Top 10 Landscape Photographers. He travels around the world for photo assignments and for leisure, but Hong Kong holds a special place in his heart.

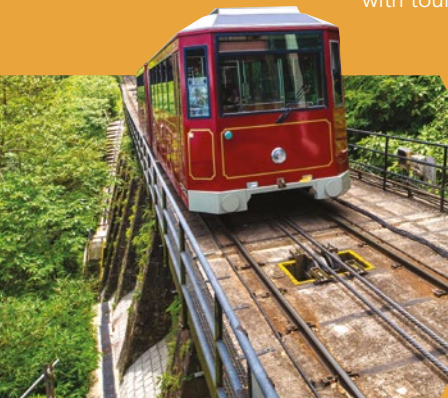
Kelvin Yuen, an award-winning photographer, has visited Lugard Road on The Peak over a hundred times in the past few years.



“What’s so great about Hong Kong is that in a matter of hours you can cover several locations.”

“Its public transport means it’s easy to move around the city and you get a wide range of spectacles, from cityscapes to mountains, waterfalls and dramatic nature scenes,” he says. Though Sai Kung is his favourite place to photograph for its rugged wilderness and view of the Milky Way at night, Yuen also likes the views from the Tsing Yi and Eagle’s Nest Nature Trails, as well as from The Peak — a favourite with tourists.

As its name alludes, The Peak is the highest point on Hong Kong Island and offers some of the best views of Victoria Harbour via its Peak Circle Walk. Lugard Road is part of the circuit and the first place where most visitors arrive at a lookout to see Hong Kong in all its glory. Named after Hong Kong’s 14th governor, Sir Frederick Lugard, the road was built in 1913–1914 and remains a hotspot among seasoned hikers, runners and visitors.



Yuen says, “In the past few years I must have visited Lugard Road on The Peak over a hundred times. I love the perspective it offers me as I photograph the city below. It is layer after layer of district, mountain, district, mountain.” His preferred time to shoot is at dusk, when the lights of the city burst into life and the sky turns into a kaleidoscope of dark shades.



Hikers can admire the stunning views over the Tsing Ma Bridge from the Tsing Yi Nature Trails.

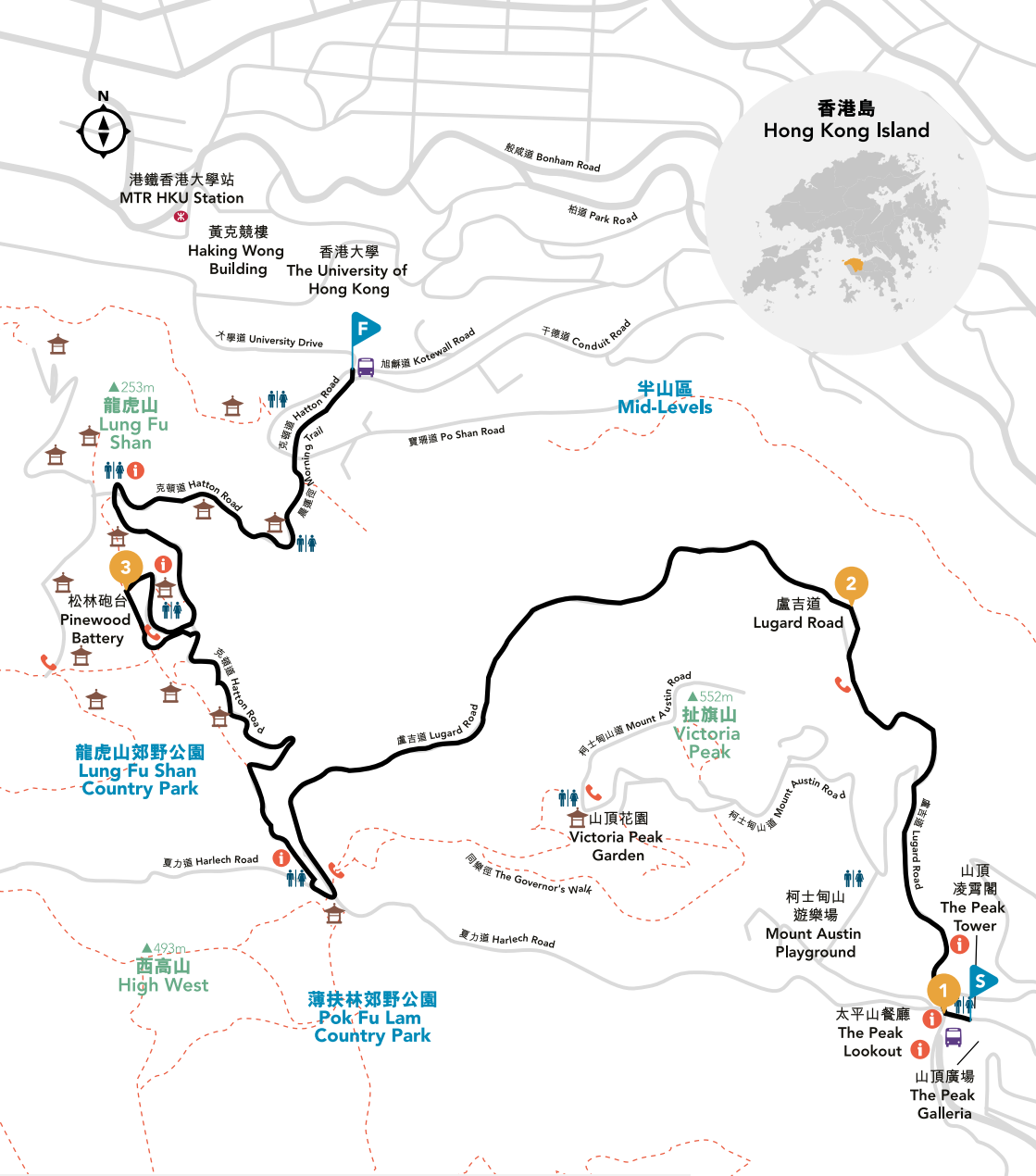


You can overlook Kowloon Reservoir from the MacLehose Trail Section 5. Photo by Kelvin Yuen.

However, it is not easy to capture that perfect shot. “First, I visualise what I want to capture. Then, I will need to scout the location. Take a few draft photos, check the weather, understand the seasons and study the environment, then I go back and try to capture what I have in my mind’s eye. It is a lot of going back and forth before I get what I want.”

Lugard Road in springtime, when wind conditions permit, allows Yuen to capture the rising fog that blankets the city while skyscrapers and mountaintops pierce through. “You try to prepare for it but you don’t always get what you want because the weather can change very quickly.”

He proudly remembers a shot of the top of the ICC (International Commerce Centre), which came out as a gleaming island surrounded by a sea of clouds. “I was shooting on Lugard Road towards the end of day and the fog came up thick and then I saw a single building sticking out.”



- 圖例 Legend**
- 起點 Start
 - 步道 Trails
 - 休憩涼亭 Pavilions
 - 港鐵站 MTR Stations
 - 終點 Finish
 - 道路 Roads
 - 洗手間 Washrooms
 - 告示板 Information Boards
 - 山峰 Peaks
 - 巴士站 Bus Stops
 - 緊急求助電話 Emergency Helplines

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Map not drawn to scale



THE PEAK TO LUNG FU SHAN COUNTRY PARK

Hiking along The Peak Circle Walk is an incredible way to view the famous harbour, especially at night. Lugard Road gives you a unique sight of the city and of Lantau Island, perfect for Instagram shots of the sunset or night skyline. You'll pass strange-looking plants too, like the India Rubber Tree.

- DISTRICT**
Central & Western
- LENGTH**
About 5 km
- GRADE**
▲▲▲▲▲
- TIME**
About 2 hours

5 THE PEAK TOWER

Ride the famous Peak Tram up. The steep slope presses you against your seat as the tram crawls up the hill.

2 LUGARD ROAD

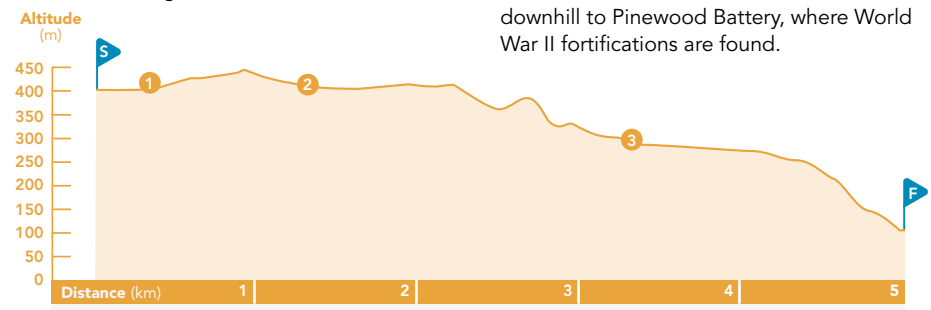
Lugard Road snakes along the contours of Victoria Peak, offering a surreal feeling of being close to and removed from the city. About halfway, there is a perfect spot for Instagram pictures.

1 THE PEAK LOOKOUT

As one of the landmarks on The Peak and with a century-long history, The Peak Lookout is a Grade II historical building-turned-restaurant.

3 PINWOOD BATTERY

Keep heading on, looking out for the India Rubber Tree. Arrive at Lung Fu Shan Country Park and head down Hatton Road. Walk downhill to Pinewood Battery, where World War II fortifications are found.



GETTING THERE

- Take the famous Peak Tram up for a unique journey.
- Take bus 15 from Exchange Square (MTR Central Station Exit A / MTR Hong Kong Station Exit D) to The Peak.

BACK TO CIVILISATION

- Get to the MTR HKU Station by walking down University Drive, then follow the signs inside the Haking Wong Building at the University of Hong Kong.
- Take bus 13 from Kotewall Road back to Central.



There are plenty of shops and restaurants in The Peak Tower and The Peak Galleria.

TSING YI NATURE TRAILS

These trails take you up many steps, but it's worth the climb for the sweeping views of the waters, bridges and lands surrounding Tsing Yi Island. There are many sitting-out areas along the way. Be sure not to overlook the wild flowers, such as Bougainvillea in vibrant fuchsia shades, and Trailing Lantana with small purple flowers.

- DISTRICT** Kwai Tsing
- LENGTH** About 4 km
- GRADE** ▲▲▲▲
- TIME** About 2 hours

5 TSING YI NATURE TRAILS

You can't miss it, the long staircase marks the entrance of the Tsing Yi Nature Trails.

2 CHING WAN PATH

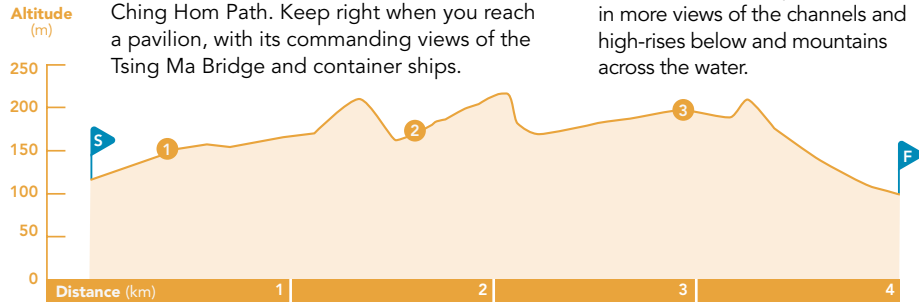
Turn left to follow Ching Hom Path down to the five-way junction point where it meets the Kwai Tsing Celebration of Reunification Health Trail, and the Ching Wan Path. Take the Ching Wan Path fork to the left.

1 CHING HOM PATH

Climb the stairs up, look out over the Ting Kau Bridge and Tuen Mun Highway at Ching Hom Path. Keep right when you reach a pavilion, with its commanding views of the Tsing Ma Bridge and container ships.

3 PAVILION 1

You may want to stop to take in more views of the channels and high-rises below and mountains across the water.



GETTING THERE

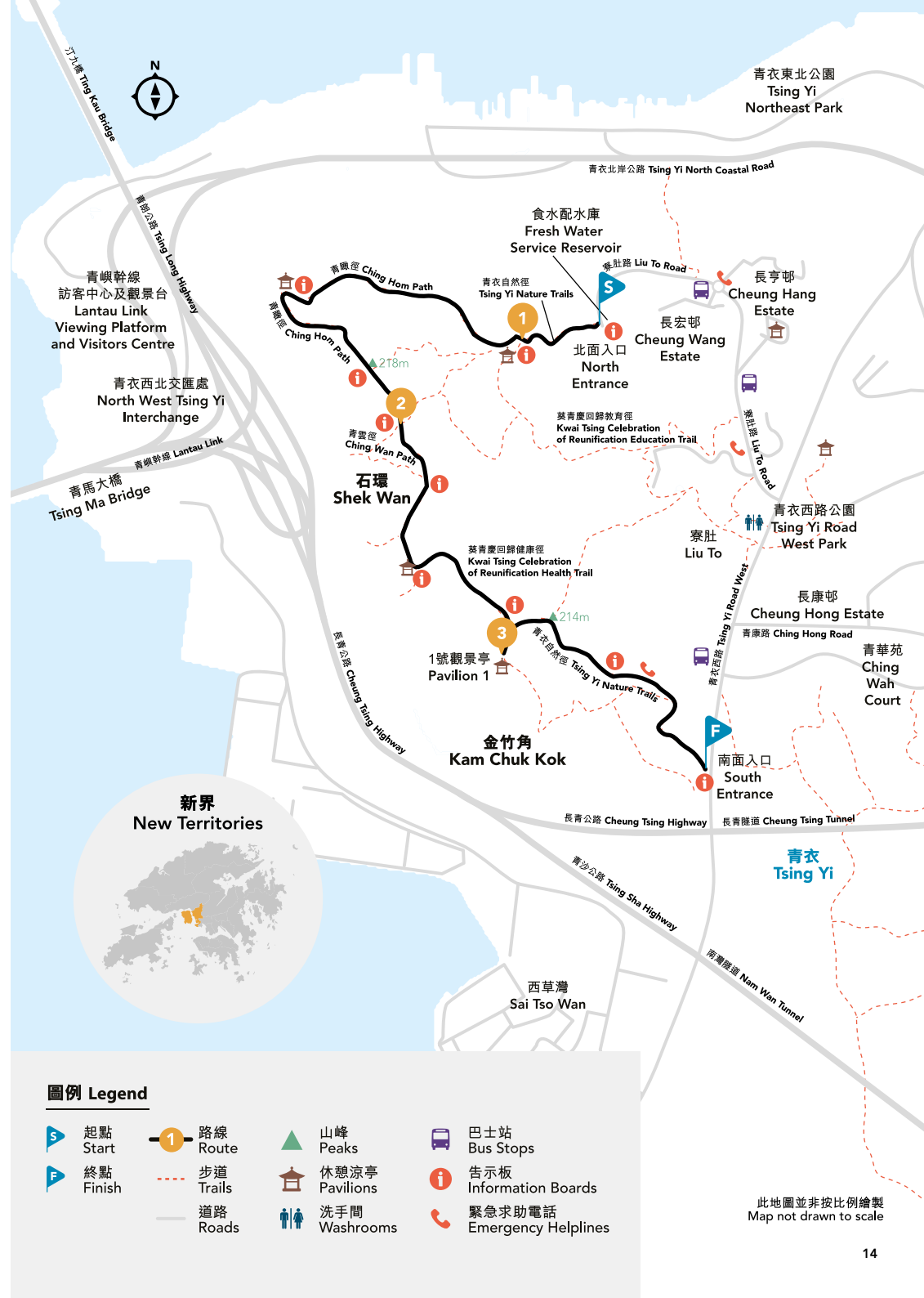
- From MTR Tsing Yi Station Exit A1, take bus 248M to the last stop at Cheung Wang Estate. Alight the bus and walk up Liu To Road, past the Fresh Water Service Reservoir to find the north entrance of the Tsing Yi Nature Trails on the right.

BACK TO CIVILISATION

- You'll arrive at Tsing Yi Road West, passing the archway announcing the south entrance to the Tsing Yi Nature Trails.
- When you exit the trails, turn left onto Tsing Yi Road West. Take bus 279X from Ching Wah Court Bus Stop to MTR Tsing Yi Station.



A convenience store and supermarket can be found in Cheung Wang Estate.







圖例 Legend

- S** 起點 Start
- F** 終點 Finish
- 1** 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
- i** 告示板 Information Boards
- ☎ 緊急求助電話 Emergency Helplines

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Map not drawn to scale

EAGLE'S NEST NATURE TRAIL

This shaded trail inside Lion Rock Country Park takes you just high enough for expansive views over the Kowloon Reservoir, the central New Territories mountain range, and bustling Kowloon Peninsula. Up close, see stunning flora and bird life — it is the roosting place for Black Kites — and some monkey business, too.

- 
DISTRICTS
 Sha Tin and Sham Shui Po
- 
LENGTH
 About 4 km
- 
GRADE
 ▲▲▲▲▲
- 
TIME
 About 2 hours

1 KOWLOON RESERVOIR

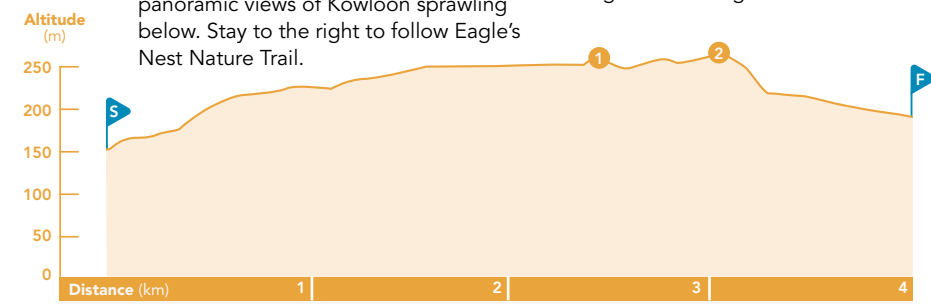
Completed in 1910, it was the first reservoir in the New Territories and has a unique curved design. Climb up Golden Hill Road and Piper's Hill Road until you reach Eagle's Nest Nature Trail. Follow the trail next to the stream, keeping to the left, up an easy stone path continuing along MacLehose Trail Section 5.

2 EAGLE'S NEST NATURE TRAIL

Keep an eye out for the near-threatened Ailanthus tree, with long, pointed, dark green leaves and white to yellow fluffy clusters. You may also see the Shiuying Bamboo that has so far been found nowhere else in the world. Sharp-eyed hikers will spot the Silverback Artocarpus, a dark green leafy tree with clusters of inedible fruit that range in colour from green to orange.

1 MACLEHOSE TRAIL SECTION 5

Follow the signs and climb up the stone staircase to a pavilion. You can capture panoramic views of Kowloon sprawling below. Stay to the right to follow Eagle's Nest Nature Trail.



GETTING THERE

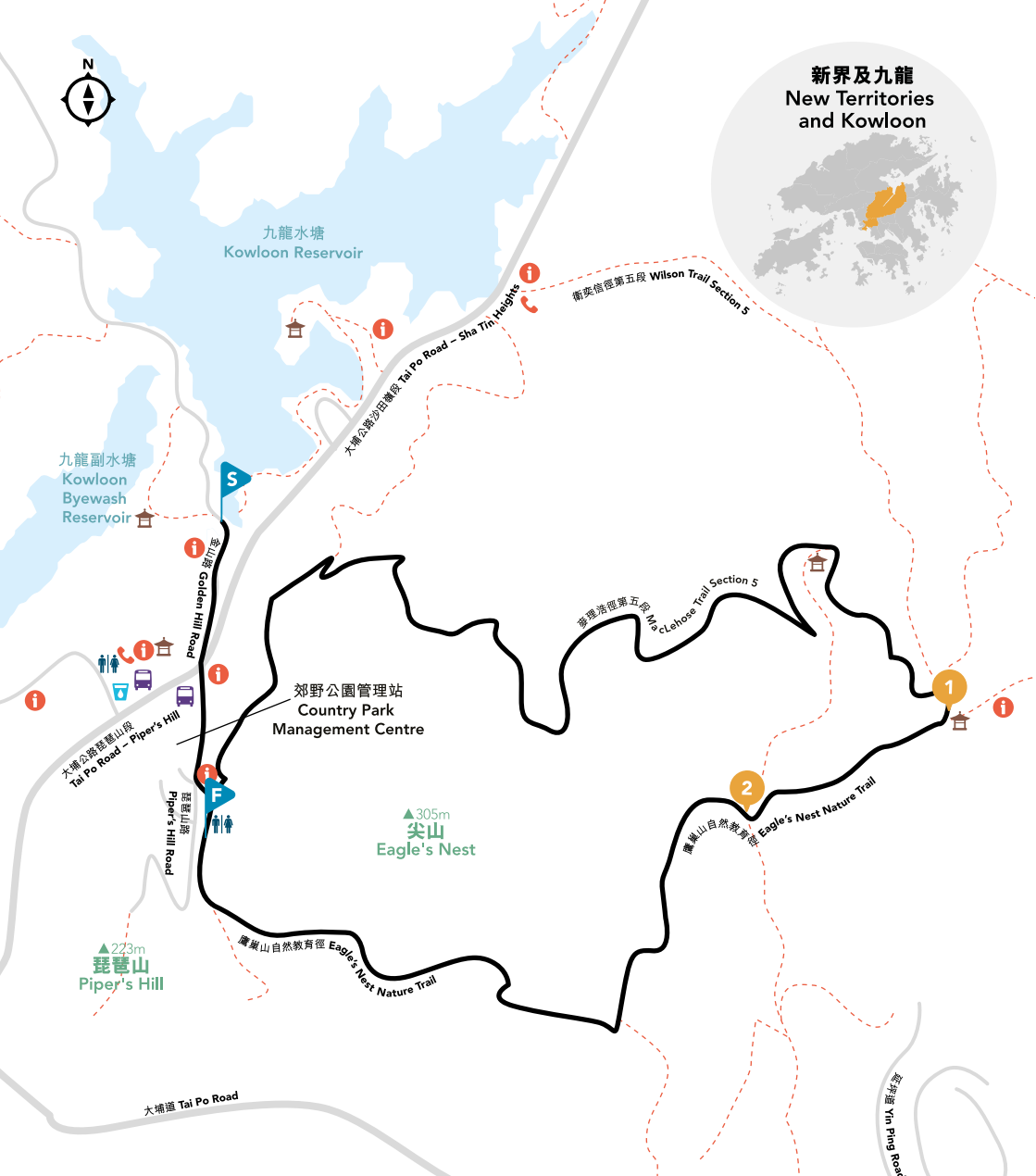
- From MTR Sham Shui Po Station Exit D2, walk up Tai Po Road and take bus 72 towards Tai Wo or 81 towards Wo Che. Alight at Shek Lei Pui Reservoir Bus Stop on Tai Po Road. Walk down Golden Hill Road to Kowloon Reservoir.

BACK TO CIVILISATION

- Walk down Piper's Hill Road back to the bus stop on Tai Po Road, keeping an eye out for monkeys and wild boars. Take bus 72 or 81 to Sham Shui Po or Sha Tin.



Vending machines for drinks can be found when you alight from the bus on Tai Po Road.



新界及九龍
New Territories
and Kowloon

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

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Map not drawn to scale

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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19

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.

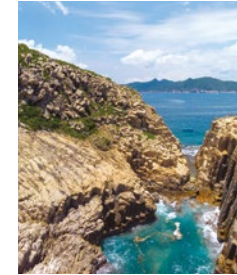


BASALT ISLAND

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