

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 smell as we enjoy the recommended hiking trail.



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



Tai O village is famed for its generations of fisherfolk who build their houses on stilts above the tidal flats of the western end of Lantau Island.



SMELL

Nothing evokes fond memories as readily as smell. Catch a whiff of a familiar scent and you are cast back to the exact time and moment it first crossed your nostrils.

Hong Kong is full of evocative smells that imprint themselves on your mind as testament to your time here. None are more memorable than the signature scents of Hong Kong's ancient fishing villages, an olfactory homage to Hong Kong's humble beginnings.

Hikes across Hong Kong take you to these villages, offering varied food and glimpses into Hong Kong's cultural heritage. Meander the markets and food stalls, and allow the smells to drift over you.

THE NOSE KNOWS

Veteran Tai O shrimp paste maker Cheng Kai-keung claims that he can smell when his famed condiment is ready for bottling.

Lantau Island is the green and rural counterpoint to the urban expanse of Hong Kong. With its stretches of sandy beach and kilometre-high peaks, it remains largely unspoiled.

On a clear day, you can see Macao from Tai O, a traditional village with stilt houses in western Lantau. Yet Tai O's farming and fishing way of life has remained much the same since its first settlers made it home more than three centuries ago.

Founded in 1920, Cheng Cheung Hing Shrimp Paste Factory's proprietor Cheng Kai-keung hails from ancestors who have lived in Tai O for more than 160 years. Cheng is his family's fourth generation of shrimp paste makers. He apprenticed in the authentic food processing trade under his father after working as a fisherman in Asia and the Middle East. "I came home to help with the family business after unrest began in the Middle East," he explains.

Cheng Cheung Hing Shrimp Paste Factory's proprietor Cheng Kai-keung exposes the shrimp blocks to the sun.

Shrimp paste is Tai O's most famous culinary export, though it is a remarkably simple product. "We only use shrimp and salt," Cheng reveals. "For shrimp paste, in the past we used a ratio of 100 parts shrimp to 17 parts salt, but more recently we have reduced the salt to 13 parts as people are more health conscious nowadays. For shrimp blocks, we use 100 to seven. The months between May and October are the best time for shrimp paste, and we employ

several contract workers for a total of six people to take care of our 200 baskets."

The most important aspect of making shrimp paste is exposure to sunlight and air, to transform its texture while eliminating its fishy smell. The process involves agitation of the paste every 45 minutes and spreading it thinly on wicker trays exposed to direct sunlight from early morning to early afternoon.

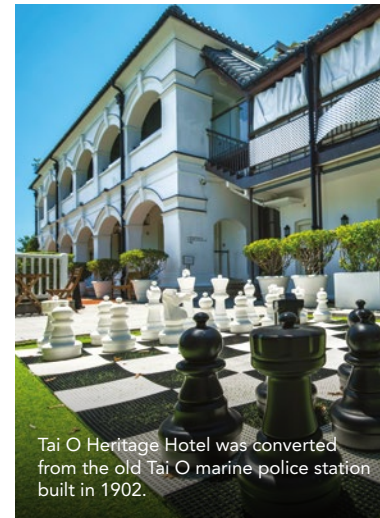
“ I can tell when the paste is ready from its smell; usually it takes three months of working it daily in the sun before it is ready to be bottled. ”

The stirring of the shrimp paste gives Tai O its familiar whiff of intensely briny aroma that some find delicious while others find nauseating.

"One time, a mother with her young son came by and wanted to watch me work," Cheng recalls. "Once I began stirring, the boy immediately proclaimed that shrimp paste stinks. Though his mother reprimanded him for being naughty, I said that it was



no problem for the boy to have an opinion. Shrimp paste is not for everyone. Yet shrimp paste is part of our dining culture. It is critical to many dishes in Southern China and Southeast Asia. It is part of our heritage."



Tai O Heritage Hotel was converted from the old Tai O marine police station built in 1902.



Home-made shrimp blocks, shrimp paste, salted fish and dried seafood can be found in the shops in Tai O Market.

In his spare time, he enjoys walks with old friends and family north to Tung Chung or south along the many trails in Lantau South Country Park. In fair weather, he heads out in his open-air motorboat to fish. In foul weather, he joins villagers in a game of mahjong and other rural pastimes. In recent years, he has witnessed a resurgence of life in Tai O, with local tourists keen to soak in the village atmosphere on weekends and holidays. "Tai O Heritage Hotel has been a big draw, mostly for its colonial architectural design and tranquil way to spend a night viewing our beautiful sunsets," he states.

Cheng is grateful for the livelihood that Tai O's shrimp paste industry has provided his family over the generations and proud of what his brand has accomplished. "Our shrimp paste will prevail in the memories of anyone who appreciates traditional Cantonese cuisine."



TUNG CHUNG TO TAI O

Tai O is one of Hong Kong's oldest fishing villages. This hike transports you to ground zero of Hong Kong's cultural heritage, heavy with pungent smells. Hong Kong owes its origins to villages like Tai O, and the aromas recall almost-gone eras of its history.

- DISTRICT** Islands (Lantau Island)
- LENGTH** About 14.5 km
- GRADE** ▲▲▲▲▲
- TIME** About 4.5 hours

1 TUNG CHUNG FORT

Tung O Ancient Trail starts at Tung Chung Fort, built in 1832. The site became a naval headquarters in 1898, then turned into a police station and later a school.

2 TAI O STILT HOUSES

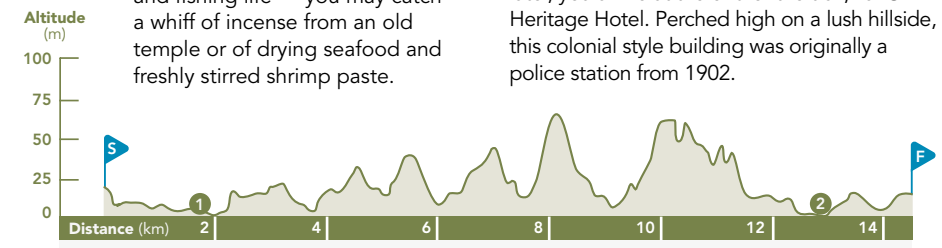
The concrete path eventually turns into a mountain trail as the distinct stilt houses of Tai O appear in the distance, sitting above the water as they have for generations.

1 TUNG O ANCIENT TRAIL

The mostly concrete, gently undulating trail takes you past centuries-old villages, vestiges of Lantau's traditional agricultural and fishing life — you may catch a whiff of incense from an old temple or of drying seafood and freshly stirred shrimp paste.

F TAI O HERITAGE HOTEL

The deeper you venture into Tai O, the stronger the cacophony of smells from its famous foods, such as salted fish, duck egg yolks and shrimp paste, becomes. A couple of hundred metres later, you arrive at the end of the trail, Tai O Heritage Hotel. Perched high on a lush hillside, this colonial style building was originally a police station from 1902.



GETTING THERE

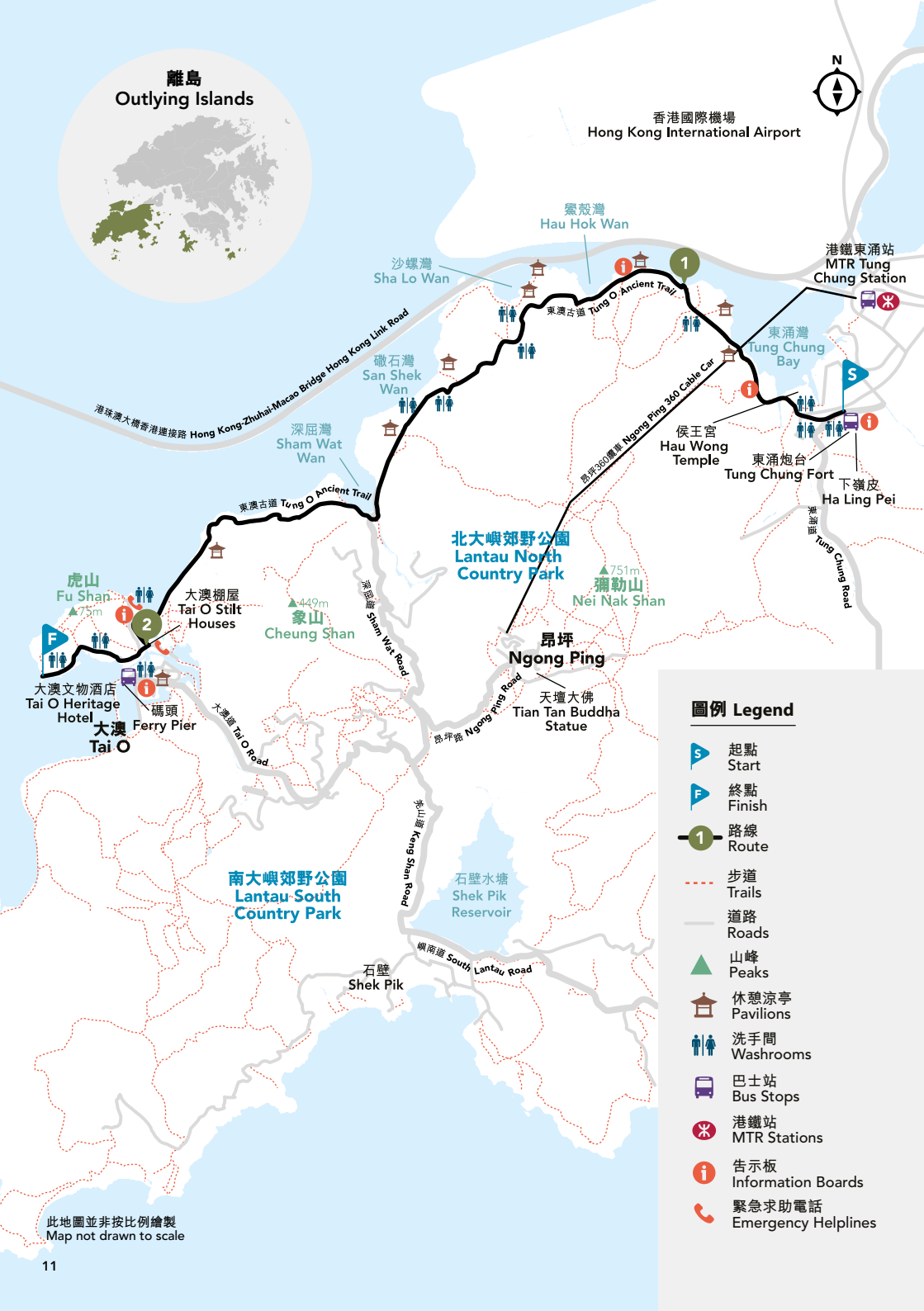
- From MTR Tung Chung Station Exit B, take bus 3M, 11 or 11A at Tung Chung Town Centre Bus Terminus and get off at Ha Ling Pei. Follow the signs to Tung Chung Fort.

BACK TO CIVILISATION

- Take bus 11 back 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.



There are stores at Sham Wat Wan. Plenty of shops can also be found near MTR Tung Chung Station and Tai O Market.



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
- 🚉 港鐵站 MTR Stations
- 📍 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

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.

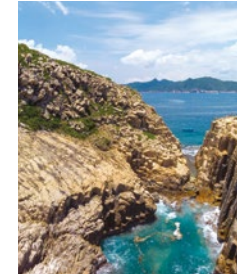


BASALT ISLAND

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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See details on

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