

GREAT OUTDOORS HONG KONG

# HIKING & CYCLING

GUIDEBOOK  
2020–2021



HONG KONG  
TOURISM BOARD



South China Morning Post

OUTDOOR & EXTREME



# A SENSE OF PLACE

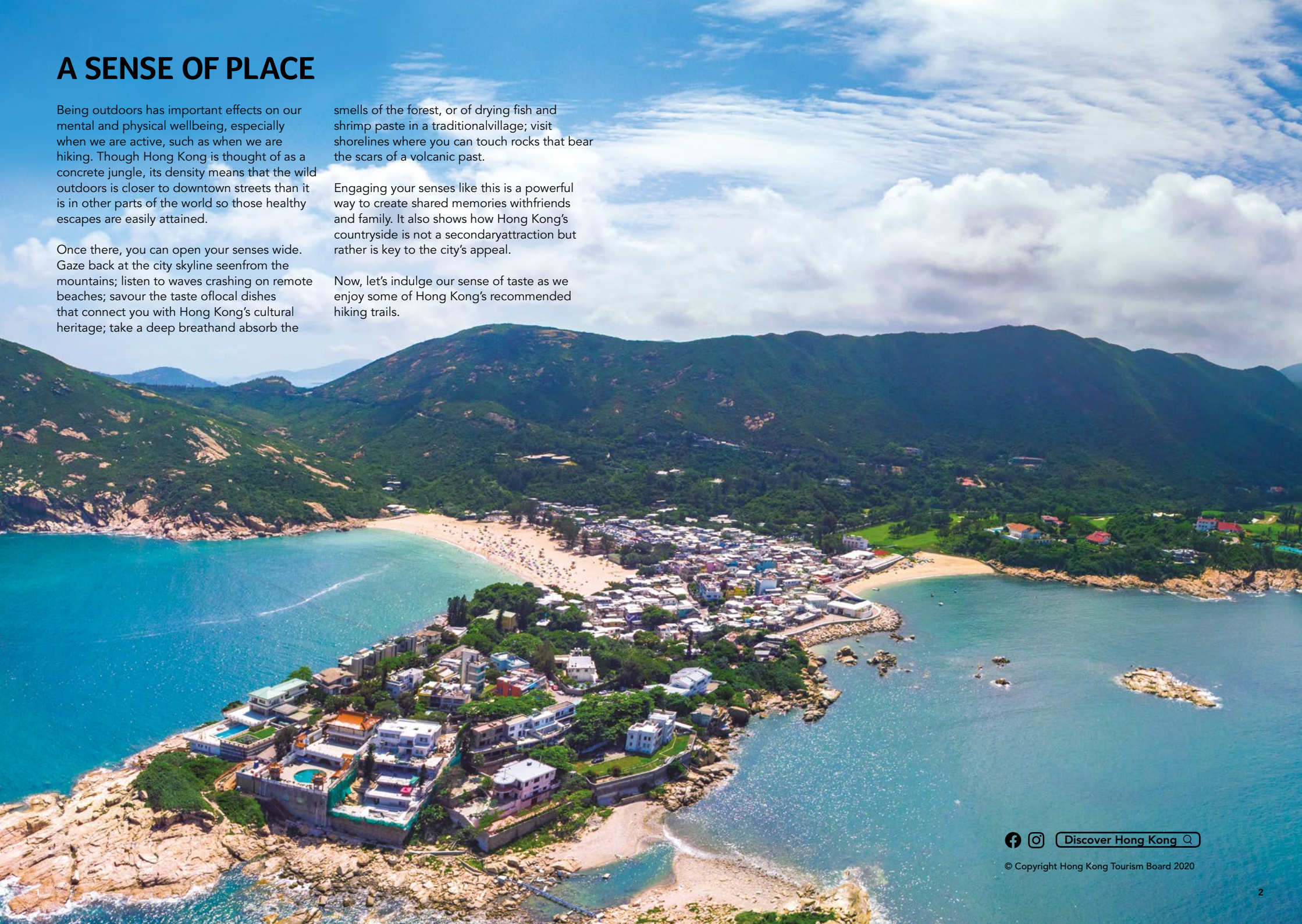
Being outdoors has important effects on our mental and physical wellbeing, especially when we are active, such as when we are hiking. Though Hong Kong is thought of as a concrete jungle, its density means that the wild outdoors is closer to downtown streets than it is in other parts of the world so those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





## TASTE

Hong Kong is famed for its food. The long history of its fishing villages has seen them develop world-famous seafood dishes, full of flavours fresh from the region's waters. Hike to and from these ancient villages and restaurants to share meals and memories with your companions.

The tender steamed fish, fried prawns dipped in dark sweet and sour sauce, and crunchy deep-fried squid will imprint themselves on your taste buds. Never again will you be able to eat seafood without being cast back to your time in Hong Kong and the friends you made there.

The hikes of Hong Kong let people of all abilities ramble through the forests and along the shorelines of the famous region, taking you to restaurants unlike any others in the world.

Yung Shue Wan is the biggest village on Lamma Island.





# TASTE OF HOME

Celebrity chef Christian Yang strolls back in time to relish the flavours of traditional Hakka cuisine in rural Sai Kung.



For day trippers, Sai Kung offers exhilarating ways to enjoy the contrasting facets of Hong Kong. Growing up, celebrity chef Christian Yang has fond memories of the city's country parks. He traces his love for nature and barbecues in the open air to his formative years as a Boy Scout. Typically at the end of a long walk, Yang will indulge in a cold thirst-quencher.

"Our trails are so hilly — it is always straight up and then straight down," Yang recalls. "Tuck shops are lifesavers on a hot day. They usually have an old-school fridge filled with iced drinks where I can grab a soda. I think of it as my reward earned after the hard work of getting there. That was the best part of the walk."

As he makes his way to Sham Chung Manor from Ma Liu Shui Pier, Yang is delighted to see one such fridge. He goes for a cream soda in a chilled glass to immediately quench his thirst before perusing the menu provided by the shop's owner Michael Li. A descendent of Hakkas living in the village of Sham Chung, Li grew up in New York. He returned to his ancestral village and took over Sham Chung Manor five years ago after his uncle retired. His cousin Jimbo Wong mans the stove, after extensive experience working as a chef in Ireland.

Celebrity chef Christian Yang savours the signature dishes, Hakka stewed pork and an oyster omelette, of Sham Chung Manor.





Yang, himself of Hakka descent by way of Mauritius, happily dives into a dish of traditional Hakka stewed pork. A signature dish, it is lovingly made with pork belly initially blanched, then slowly braised with fermented bean curd. Wood ear mushroom and pickled cabbage add crunch while a red chilli or two provide a surprising hum of heat.

As he tastes the flavours of home, Yang admires the pastoral setting of green fields surrounded by subtropical forests and rolling hills. A trail snakes by a few ponds that contain a mixture of fresh and saltwater, home to sea bream and mullet. Such quiet rural settings are not uncommon in Hong Kong's New Territories, especially on outlying islands such as Lamma.



There are lots of seafood restaurants around the Sok Kwu Wan Pier on Lamma Island.



Yung Shue Wan on Lamma Island is a mix of residential properties, shops and restaurants.

Next up is an oyster omelette bursting with green onion and cilantro that lend it freshness. The oysters are given a toss in the wok with the green onions prior to adding a combination of duck and chicken eggs. Li explains that historically, ladies gathered plump oysters from the pier and sold them in the morning. The oyster omelette became a signature dish.

"We cannot take it off the menu," Li smiles with a shrug. "But we now get the oysters from the wet market as there are no longer any old ladies to gather them from the sea nearby."

With its pitched roof and plaque that dates it to 1936, as many as 20 members of Li's family used to live at Sham Chung Manor at one point. Although they are now scattered across the globe, Hong Kong is still where they call home. Since he has taken over the premises, Li has been slowly renovating it to bring

it up to 21<sup>st</sup>-century standards. "It is challenging, as bringing in materials from the city takes some effort," he reveals.

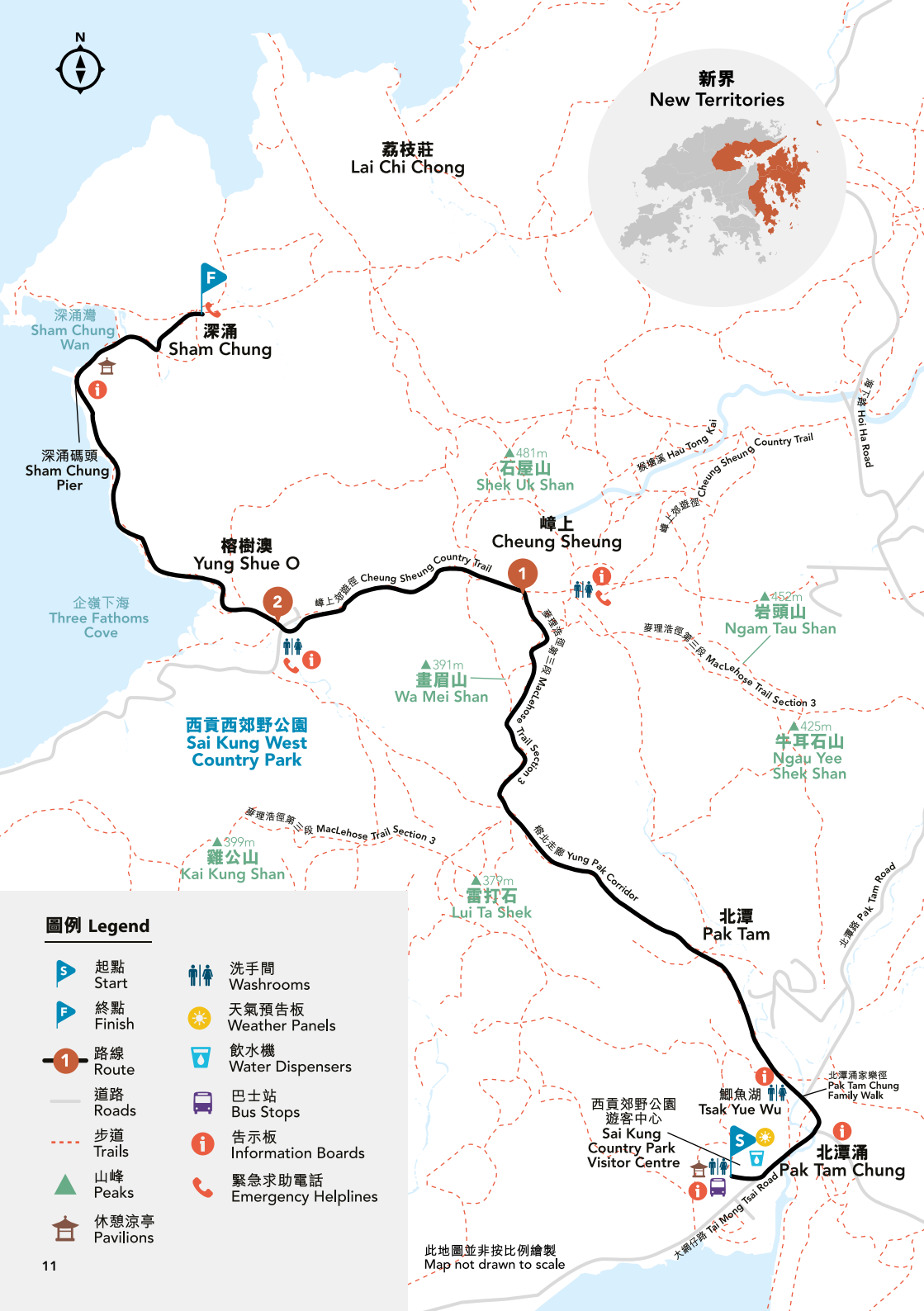
After finishing his meal, Yang sits back with a sigh of contentment as he continues to gaze upon the landscape. "This is a wonderful opportunity to listen to trees swaying and water running — it is a luxury to be able to afford this kind of time," he admits. "We live in such a technology driven, fast-moving place. Yet Hong Kong is unique because it also has so many beaches and mountains."



**"I love the food that you can only get in Hong Kong's countryside. Noodles, tofu custard — these dishes are part of our culture."**

"I want to pass the experience of eating them in nature onto my two children. Whenever I go hiking, my expectation is that the cuisine will always be spot on. The food always reflects the chef or the location, and many restaurants have a story. Part of the appeal of countryside dining is listening to what day-to-day life is like for the people who live here," he says.





#### 圖例 Legend

- 起點 Start
- 終點 Finish
- 路線 Route
- 道路 Roads
- 步道 Trails
- 山峰 Peaks
- 休憩涼亭 Pavilions
- 洗手間 Washrooms
- 天氣預告板 Weather Panels
- 飲水機 Water Dispensers
- 巴士站 Bus Stops
- 告示板 Information Boards
- 緊急求助電話 Emergency Helplines

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Map not drawn to scale

#### 新界 New Territories



# PAK TAM CHUNG TO SHAM CHUNG

Sai Kung Country Park is stunning, lush and green, but few know of its hidden gastronomical treats, like tofu desserts, Hakka snack, *cha kwo*, stewed pork and more.

**DISTRICTS**  
Sai Kung and Tai Po

**LENGTH**  
About 13 km

**GRADE**  
▲▲▲▲▲

**TIME**  
About 5 hours

## S PAK TAM CHUNG

Stock up on snacks and drinks at the entrance to Sai Kung Country Park. Head east from Pak Tam Chung, following Tai Mong Tsai Road. Then turn left to Pak Tam Road. The entrance to the Pak Tam Chung Family Walk is on the left.

## 1 CHEUNG SHEUNG

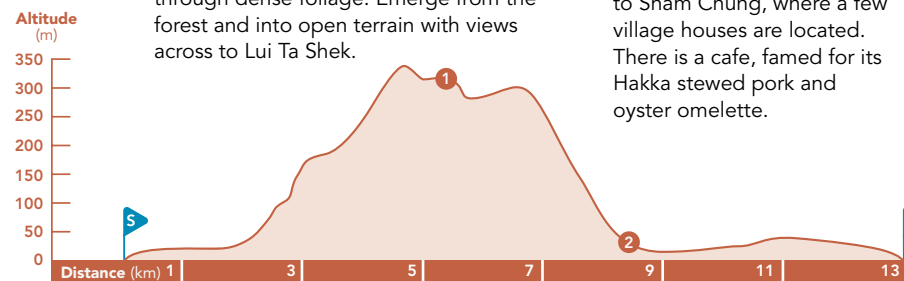
Walk along the Yung Pak Corridor to a crossroads. Turn right here and climb through dense foliage. Emerge from the forest and into open terrain with views across to Lui Ta Shek.

## 2 YUNG SHUE O

Descend and turn left to join the Cheung Sheung Country Trail, then follow the signs to Yung Shue O.

## F SHAM CHUNG

At Yung Shue O, follow the paved coastal footpath to Sham Chung, where a few village houses are located. There is a cafe, famed for its Hakka stewed pork and oyster omelette.



### GETTING THERE

- Catch a taxi, bus 94 or 96R from Sai Kung Town to Pak Tam Chung.

### BACK TO CIVILISATION

- The kaito (small ferry) runs twice daily services from Sham Chung to Ma Liu Shui and Wong Shek on weekdays, with a third service added during weekends and public holidays (no stop at Wong Shek).
- You can walk from Sham Chung to Sai Sha Road (around 7 km, 1.5 hours) for bus connections to Sha Tin and Sai Kung.



Kiosks and cafes can be found at Pak Tam Chung and Sham Chung.

# LAMMA ISLAND

Lamma is Hong Kong's third largest island and is packed with restaurants — from traditional seafood to modern Western cuisines. A short and easy hike will deliver a symphony of flavours.



**DISTRICT**  
Islands (Lamma Island)



**LENGTH**  
About 5 km



**GRADE**  
▲▲▲▲



**TIME**  
About 1.5 hours

## SOK KWU WAN

A sheltered bay of mariculture rafts with just a few hundred residents, and seaview restaurants serving freshly steamed scallops, crunchy deep-fried squid and juicy lobster.

## 1 TIN HAU TEMPLE

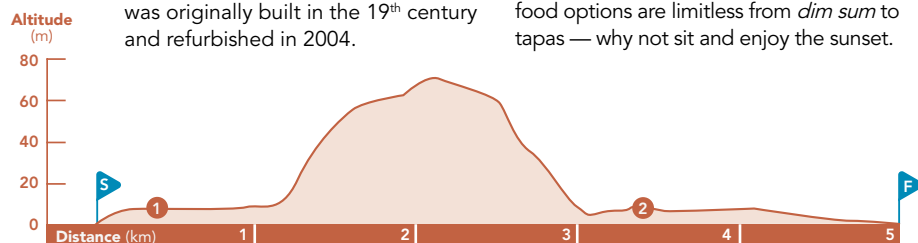
Just after the seafood strip stands one of three Tin Hau (goddess of the sea) temples on Lamma, this one was originally built in the 19<sup>th</sup> century and refurbished in 2004.

## 2 HUNG SHING YEH BEACH

The trail passes beaches and barbecue areas before arriving at Hung Shing Yeh Beach, where you can find smoky barbecue corn, refreshing frozen pineapple and family-run stores.

## F YUNG SHUE WAN

Soon you pass Ah Po Tofu, a little traditional tofu dessert spot, and you are close to the end. At Yung Shue Wan, your food options are limitless from *dim sum* to tapas — why not sit and enjoy the sunset.



### GETTING THERE

- Take a ferry from Central Pier No. 4 to Sok Kwu Wan. It takes about 30 minutes.

### BACK TO CIVILISATION

- Take a ferry from Yung Shue Wan to Central or Aberdeen.



There are some stores at Hung Shing Yeh Beach and plenty of restaurants and shops near the ferry piers of Sok Kwu Wan and Yung Shue Wan.



## 離島 Outlying Islands



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- 廟宇 Temples
- 洗手間 Washrooms
- 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/

#### 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

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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# 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.

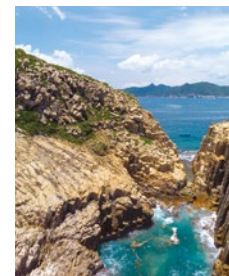


## BASALT ISLAND

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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