

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 touch as we enjoy some of Hong Kong's outdoor playgrounds.



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



TOUCH

Leave the city behind and Hong Kong feels surprisingly wild, full of varied topography and diverse plant and animal species. The bland features of a concrete pavement or wide tarmac road belie the true Hong Kong. Let the trails underfoot tell their own story: from stone-paved ancestral paths in use for centuries to eroded dirt routes leading up every hill of note and forest trails carpeted with leaf litter.

Hong Kong has more than 200 islands and many of the smaller ones have a wonderfully remote feel. Ride out on a scheduled ferry, or book your own if needed, and you quickly sense a rising excitement — in a place renowned for its cityscape, nature's own skyline still holds the power to thrill.

Sunset Peak is famous for its stunning sunset views and seas of Silvergrass, especially in autumn.



GROUNDING IN NATURE

Yoga guru Ngai Chau-kei explores Tung Ping Chau, deepening her connection with Mother Earth.

Yoga guru Ngai Chau-kei demonstrates a variety of yoga poses at Kang Lau Shek on Tung Ping Chau.

Ngai Chau-kei is no stranger to feeling grounded. It should come as no surprise that the 2013 International Yoga Sports Federation Champion understands the importance of feeling connected to nature and to the elements.

"Yoga is about connection. It focuses on internal awareness and it connects you to your breath and to your surroundings," Ngai explains. She had just finished demonstrating a variety of yoga poses, also known as asanas, at Kang Lau Shek on Tung Ping Chau to a crowd of hikers, fishermen and day trippers who had boarded the 1.5-hour ferry from Ma Liu Shui Pier to come to this hidden gem for the day.

Under the blazing summer sun and against the crashing of the waves, the ease and elegance with which Ngai moved barefoot atop the rocks was mesmerising. The yogi chose to go shoeless so she could truly feel the earth, one toe at a time.



“When you go barefoot, you can feel the texture of the rocks, the texture of the grass.”

“It teaches you to appreciate the grass and the earth more,” she says.

While asanas — especially those such as tree pose and mountain pose — are grounding in their name and in their posture, the art of having them flow into one another requires freedom, creativity and an openness. Ngai is the perfect embodiment of them all.

Not only is she a social media influencer boasting a beautifully curated Instagram feed with over 75,000 followers, she also dabbles in photography and other creative outlets. From the moment we stepped off the ferry and immersed ourselves in the island, Ngai was admiring the view and quickly found her camera to capture the memories. Without a doubt, she said, she will bring friends back so they too can experience it.



Our day trip was the first time Ngai had ventured to Tung Ping Chau. Serendipitously, Ngai discovered the island a month ago, while watching television. It quickly made its way onto her bucket list of places to visit in Hong Kong. “I like to go off the beaten track,” says Ngai. She was referring to her favourite routes around Hong Kong and also what she loved most about the walk around Tung Ping Chau,



Double Haven, or Yan Chau Tong, is known for its scenery and seclusion.

an island which is made up of sedimentary rocks naturally eroded by wind and waves. Another off-the-beaten-track route which came to mind was Sunset Peak on Lantau Island.

“There is a sense of freedom,” says Ngai in the “rawness” of these natural wonders. The ‘raw’, as Ngai describes, beauty of the island is evident in photos, but it is even more apparent when you are there to experience it in person. While the reflection of the sun in the clear blue sea and the striking shades of burnt orange, beiges and browns from the island’s shale rocks can be shown in pictures and video, the feeling of dipping your toes into the icy water and caressing the smooth

wave-carved rocks is something which simply cannot be translated through pictures or words alone.

Indeed, there are many natural wonders around the island. A rough three-hour 5 km hike will take you to many of the marvels of Tung Ping Chau. Besides Kang Lau Shek and the rock pools, other rock formations include A Ma Wan, Lung Lok Shui and Cham Keng Chau; each a natural wonder of its own and each formed naturally from the action of ceaseless erosion.

As our day trip came to a close, Ngai’s smile is contagious. “My feet are happy,” she says brightly. “I am happy.”

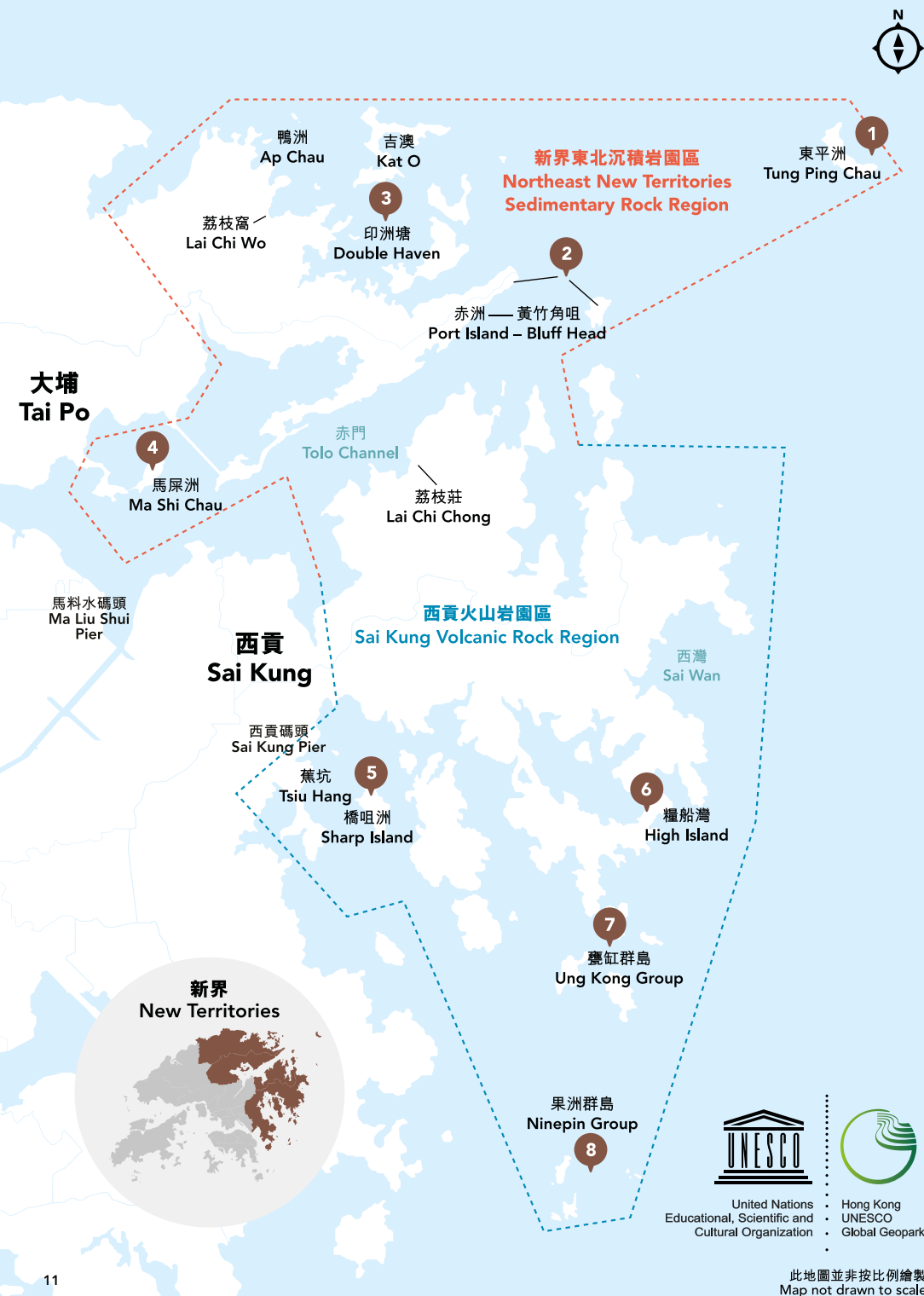


Sunset Peak is the third highest mountain in Hong Kong.

HONG KONG UNESCO GLOBAL GEOPARK

Hong Kong is home to a mind-blowing UNESCO World Heritage area, with rugged islands dotted around the coast. You can take ferries or hire boats to visit most of the beaches and observe up close and touch the striking rock formations. Some are so wild, it is only possible to view them from the safety of the craft.

Please scan the QR code for more information:



1 TUNG PING CHAU

This island is as remote as you can get in Hong Kong, on the far side of Mirs Bay. Get a ferry from Ma Liu Shui, and leave your footprints across the empty beaches and rocky shores of this outpost.

2 PORT ISLAND — BLUFF HEAD

Take a ferry to Bluff Head from Ma Liu Shui. Here you can see an unusual rock, Devil's Fist (left). In the distance, you can see uninhabited Port Island, with its distinctive red rock.

3 DOUBLE HAVEN

This pristine group of islands, surrounded by clear waters, feel more like the South Pacific than Hong Kong. Get a ferry from Ma Liu Shui to Kat O to start exploring.

4 MA SHI CHAU

Accessible by foot, this island (right) will give you a true understanding of how vast Plover Cove is, with the mountains towering over you. The sandstone on the island exhibits ripple marks in the flaser bedding.

5 SHARP ISLAND

You can rent a kayak from Sha Ha Beach and paddle over to one of its many beaches for a relaxing day lazing on the silky sand and soaking your feet in the clear blue water.

6 HIGH ISLAND

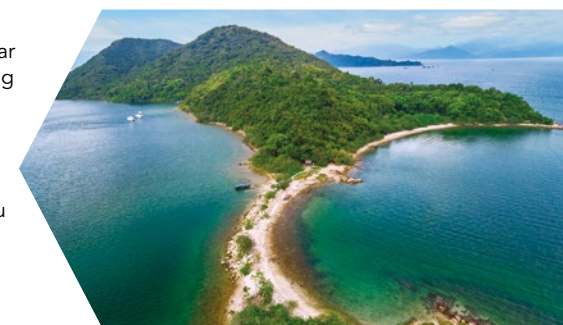
No longer an island, this is now connected to the bulk of the peninsula by two dams. This makes it very accessible by taxi from Sai Kung, with a simple hike around to clamber among the amazing ranks of hexagonal rock columns.

7 UNG KONG GROUP

These islands offer varied landscapes, from ethereal rock arches and high cliffs, to sandy beaches. You can hire a boat from Sai Kung, or battle the swells yourself on a guided kayak tour.

8 NINEPIN GROUP

This small group of islands feels the full force of typhoon, and so the sea-facing shore is a fascinating tale of rock broken by wind and sea. Hire a boat to take you along the coast.



SUNSET PEAK

Sunset Peak is Hong Kong's third highest mountain, and very accessible to hikers. The views and flora are stunning while you can also feel the sea of grass brushing against your legs.



DISTRICT
Islands (Lantau Island)



LENGTH
About 9 km



GRADE
★★★★★



TIME
About 4.5 hours

1 SUNSET PEAK

Sweeping views of bays and beaches open up to your right. Run your hand through the trailside Miscanthus or Silvergrass, a signature feature of Lantau's high peaks.

2 LANTAU MOUNTAIN CAMP

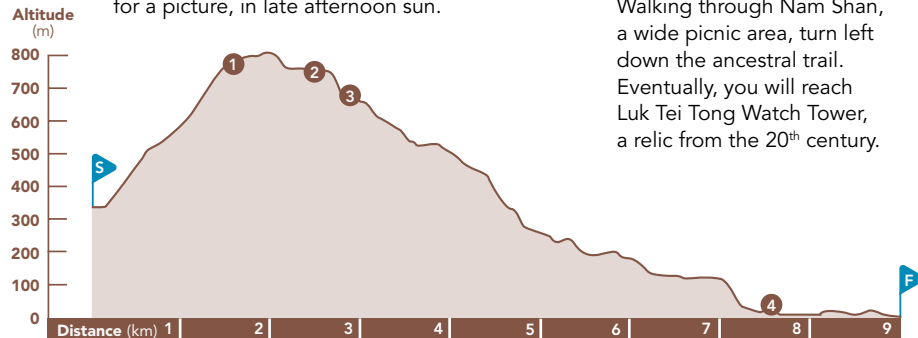
Cresting the shoulder of the peak, savour the welcome breeze and stop for a moment to enjoy the old mountain huts dotted across the plateau below. They make the perfect backdrop for a picture, in late afternoon sun.

3 YI TUNG SHAN

Continue down, passing the old mountain huts, and you skirt round the north side of Hong Kong's ninth highest peak, Yi Tung Shan.

4 LUK TEI TONG WATCH TOWER

Walking through Nam Shan, a wide picnic area, turn left down the ancestral trail. Eventually, you will reach Luk Tei Tong Watch Tower, a relic from the 20th century.



GETTING THERE

- From MTR Tung Chung Station Exit B, take bus 3M, 11, 11A or 23 at Tung Chung Town Centre Bus Terminus and get off at Pak Kung Au.

BACK TO CIVILISATION

- At Mui Wo Bus Terminus, take bus 3M to MTR Tung Chung Station.
- Take the ferry from Mui Wo to Central.



A cluster of shops can be found near the Mui Wo Ferry Pier.



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.

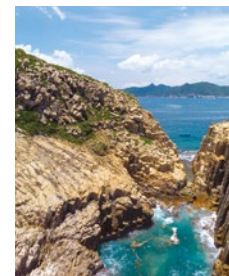


BASALT ISLAND

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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DiscoverHongKong.com



See details on

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