

GREAT OUTDOORS HONG KONG

HIKING & CYCLING GUIDEBOOK

2019-2020



INTRODUCTION



A world of wonder

awaits beyond Hong Kong's city streets

Tai Mo Shan
Photo by Tugo Cheng

Hong Kong is a place that never fails to surprise and delight. Its legendary cityscape is recognised across the globe, but beyond the soaring skyscrapers and densely packed streets lies a totally different world — one of beautiful country parks, amazing hiking and cycling trails, rich and varied flora and fauna, and views that will take your breath away.

There are few other major metropolises in the world that offer such easy access to spectacular countryside. Take a bus, a taxi, or hop on a ferry, and it won't be long before you find yourself enjoying stunning views from a mountain top or strolling past a white-sand beach.

This booklet introduces some of the naturally unexpected treasures of Hong Kong, taking you on hiking paths and cycling routes that will give you a fresh perspective on one of the world's great cities.

Get ready to experience a different side of Hong Kong!

CONTENTS

NATURALLY UNEXPECTED

Did You Know? p.3

FABULOUS FORMATIONS

Hong Kong UNESCO Global
Geopark p.6

BREATHTAKING VISTAS

MacLehose Trail Sections 1 & 2... p.12
Pok Fu Lam to The Peak p.16
Tai Tam Country Park p.20

BACK TO NATURE

Lau Shui Heung to Fung Yuen p.26
Plover Cove Country Park p.30

MAGICAL SUNSETS

Hong Kong Wetland Park &
Ha Pak Nai p.36
Tai Mo Shan p.40

TRIP BACK IN TIME

Tung Chung to Tai O p.46
Lamma Island p.50

FEEL THE BREEZE

Cycling: Sha Tin to Tai Mei Tuk p.56

Trail-Running Events p.60

Hiking & Cycling Tips p.61

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Discover Hong Kong

NATURALLY UNEXPECTED



Tai Mo Shan
Photo by Leung Wai Por

Did You Know?

BACK TO NATURE



Among the 3,300 plant species in Hong Kong are two that take the city's name – the Hong Kong Camellia and Hong Kong Balsam. About 240 species of butterflies include the not-so-common Common Birdwing.

FABULOUS FORMATIONS



The Hong Kong UNESCO Global Geopark features towering volcanic rock columns and formations dating back to the Devonian Period.

MAGICAL SUNSETS



From mountain peaks to the tidal mudflats of the New Territories, the city's stunning sunsets will leave a memory that lingers.



TRIP BACK IN TIME



Fishing was once the mainstay of Hong Kong, and its influence can be seen in picturesque villages such as Tai O, with its stilted fisherman's houses, and Sok Kwu Wan, where fishing rafts still float in the bay.

FEEL THE BREEZE



Hong Kong now has more than 225 km of cycle tracks. One of the most enjoyable cycling routes takes you along Tolo Harbour, which in the distant past was a centre for pearl hunting.

BREATH-taking VISTAS



Hong Kong has 24 country parks and hundreds of hiking trails, covering more than 440 square kilometres of mountains, woodland and coastlines.



FABULOUS FORMATIONS

Along the eastern coast of Hong Kong's New Territories, you can find unexpected natural rock formations that transport you back to prehistoric times. Head to the coast to check out the volcanic rock columns of the **Hong Kong UNESCO Global Geopark** and experience a timeless world of eerily beautiful landforms that will leave a lasting impression.

HONG KONG UNESCO GLOBAL GEOPARK

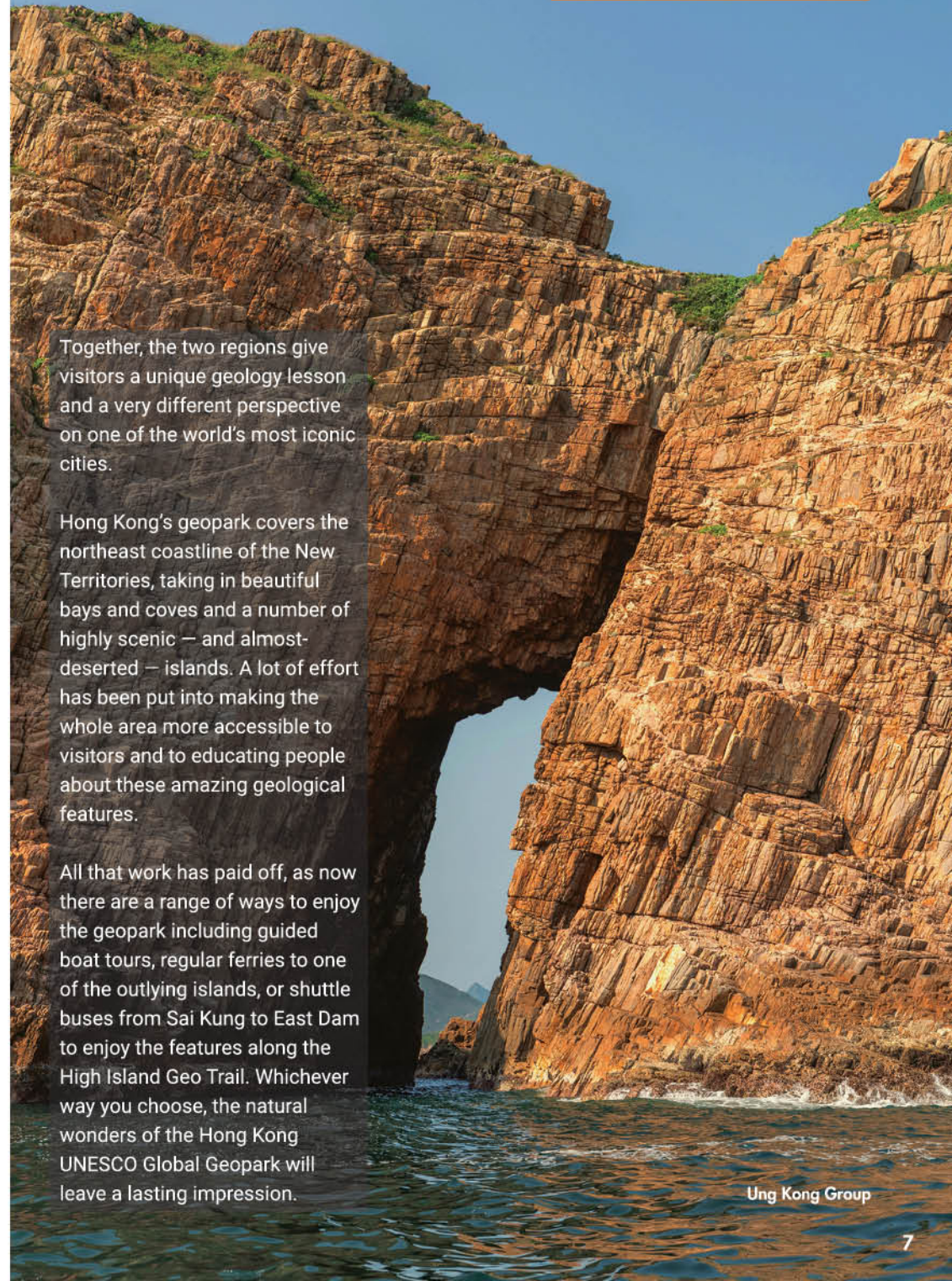


High Island
Photo by Tugo Cheng

A JOURNEY BACK TO HONG KONG'S PREHISTORIC PAST

Among the many natural delights in Hong Kong, the volcanic rock columns, layered rocks and sea caves that make up the Hong Kong UNESCO Global Geopark are some of the most unexpected – and awe-inspiring – sights you will encounter during your time in the city.

These geological features are a journey back to ancient times, with the formations in the Northeast New Territories Sedimentary Rock Region dating back to the Devonian Period, some 400 million years ago. Youthful by comparison, the striking honey-coloured hexagonal columns of the Sai Kung Volcanic Rock Region date back to a huge eruption just 140 million years or so ago.



Together, the two regions give visitors a unique geology lesson and a very different perspective on one of the world's most iconic cities.

Hong Kong's geopark covers the northeast coastline of the New Territories, taking in beautiful bays and coves and a number of highly scenic – and almost-deserted – islands. A lot of effort has been put into making the whole area more accessible to visitors and to educating people about these amazing geological features.

All that work has paid off, as now there are a range of ways to enjoy the geopark including guided boat tours, regular ferries to one of the outlying islands, or shuttle buses from Sai Kung to East Dam to enjoy the features along the High Island Geo Trail. Whichever way you choose, the natural wonders of the Hong Kong UNESCO Global Geopark will leave a lasting impression.

Your Hong Kong UNESCO Global Geopark Journey...



VOLCANO DISCOVERY CENTRE

Learn about volcanology, details of the local geology, and check out volcanic specimens collected locally and from around the world at the Volcano Discovery Centre. Take a guided tour to get an up-close look at some of the geopark highlights. Visit the centre for more information.

- 📍 Sai Kung Waterfront Park
- ☎ +852 2394 1538
- 🌐 volcanodiscoverycentre.hk
- 🚌 From MTR Diamond Hill Station Exit C2, take bus 92. Or from MTR Hang Hau Station Exit B1, take minibus 101M to Sai Kung Town centre.

1 HIGH ISLAND

High Island Reservoir East Dam is the best place to head for enchanting views of the geopark's staggering 100-metre tall hexagonal rock columns.

2 PORT ISLAND – BLUFF HEAD

Port Island is the place to find "red earth". The rich iron oxide gives the island's sandstone and siltstone a bright red hue, giving it the name "Red Island" in Chinese. The rocks at Bluff Head were formed about 400 million years ago. The peculiar rock named "Devil's Fist" is the result of geological movements, weathering and coastal erosion over the ages.

3 TUNG PING CHAU

This easternmost island of Hong Kong is famous for its composition of laminated sedimentary rocks and is also home to spectacular cliffs and wave-cut platforms. It is easily reached by ferry for an enjoyable day trip.

4 MA SHI CHAU

Ma Shi Chau is the perfect outdoor geology classroom where you can learn about the rare tombolo spit before taking a picturesque walk along the rocky coastline on the signposted 3 km nature trail.

5 UNG KONG GROUP & 6 NINEPIN GROUP

These island groups are where you can see the stunning hexagonal columns that can only be observed on boat tours.

Northeast New Territories Sedimentary Rock Region

- Tung Ping Chau
- Tolo Channel
- Double Haven
- Port Island – Bluff Head

Sai Kung Volcanic Rock Region

- High Island
- Sharp Island
- Ung Kong Group
- Ninepin Group





BREATHTAKING VISTAS

High Island Reservoir

Paths that take you over rolling hills, through remote valleys, past stunning beaches and across the rural landscapes of the outlying islands — it's only when you hit Hong Kong's trails that you discover the city's true beauty. Come and experience a different side of Hong Kong, one that will take your breath away.

MACLEHOSE TRAIL SECTIONS 1 & 2

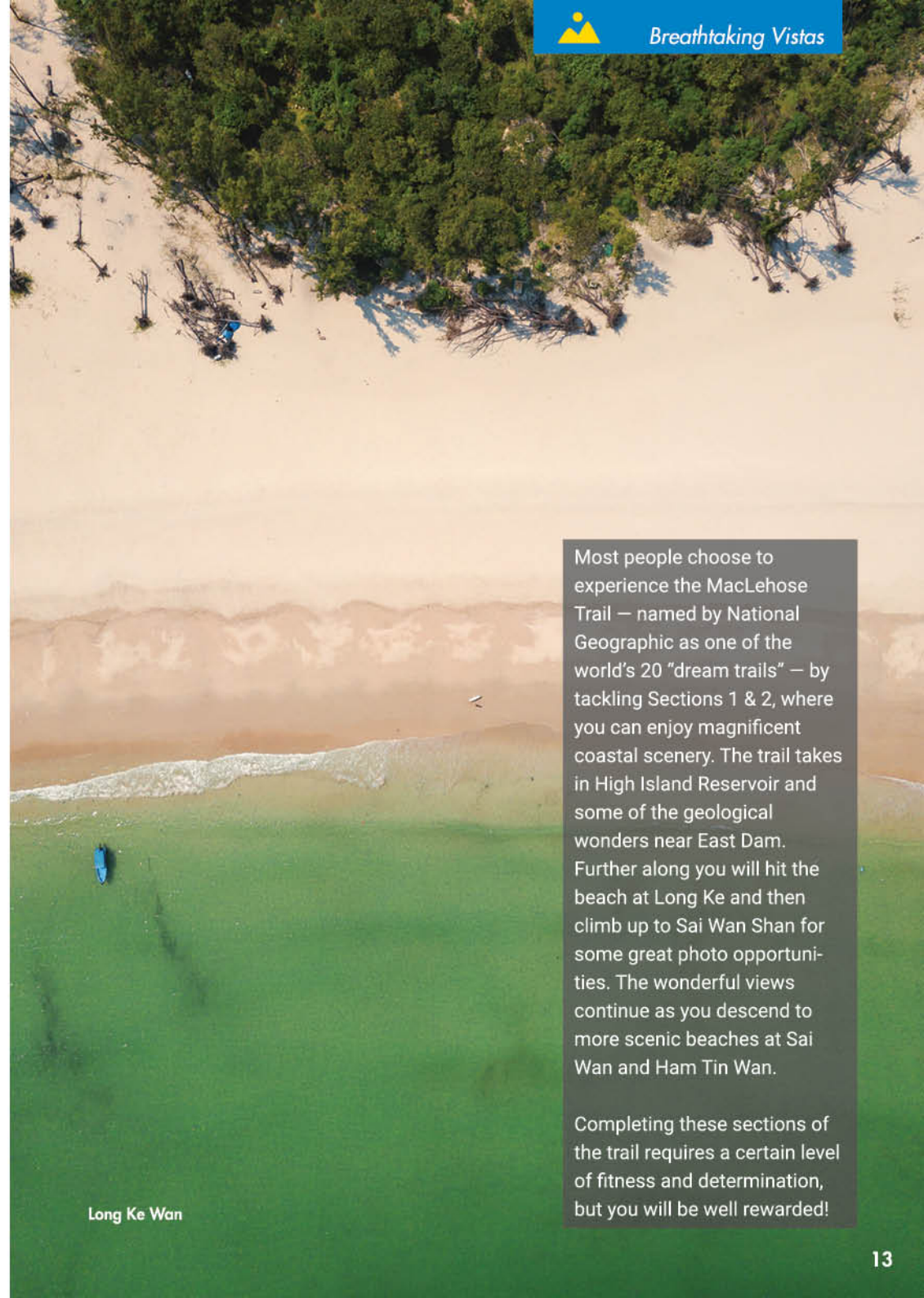


High Island Reservoir
Photo by Tugo Cheng

A HIKE THAT REVEALS HONG KONG'S HIDDEN BEAUTY

The crown jewel of Hong Kong's amazing network of hiking trails, the 100-kilometre-long MacLehose Trail — named after Hong Kong's longest-serving colonial governor — is a true test of stamina and one of the best ways to enjoy the stunning scenery of the New Territories.

The route begins along the east coast, hugging the coastline of the Sai Kung peninsula, before heading up over some of Hong Kong's highest peaks. The 10-section trail takes in no fewer than eight of the city's country parks before winding to an end near the reservoir of Tuen Mun in the west.

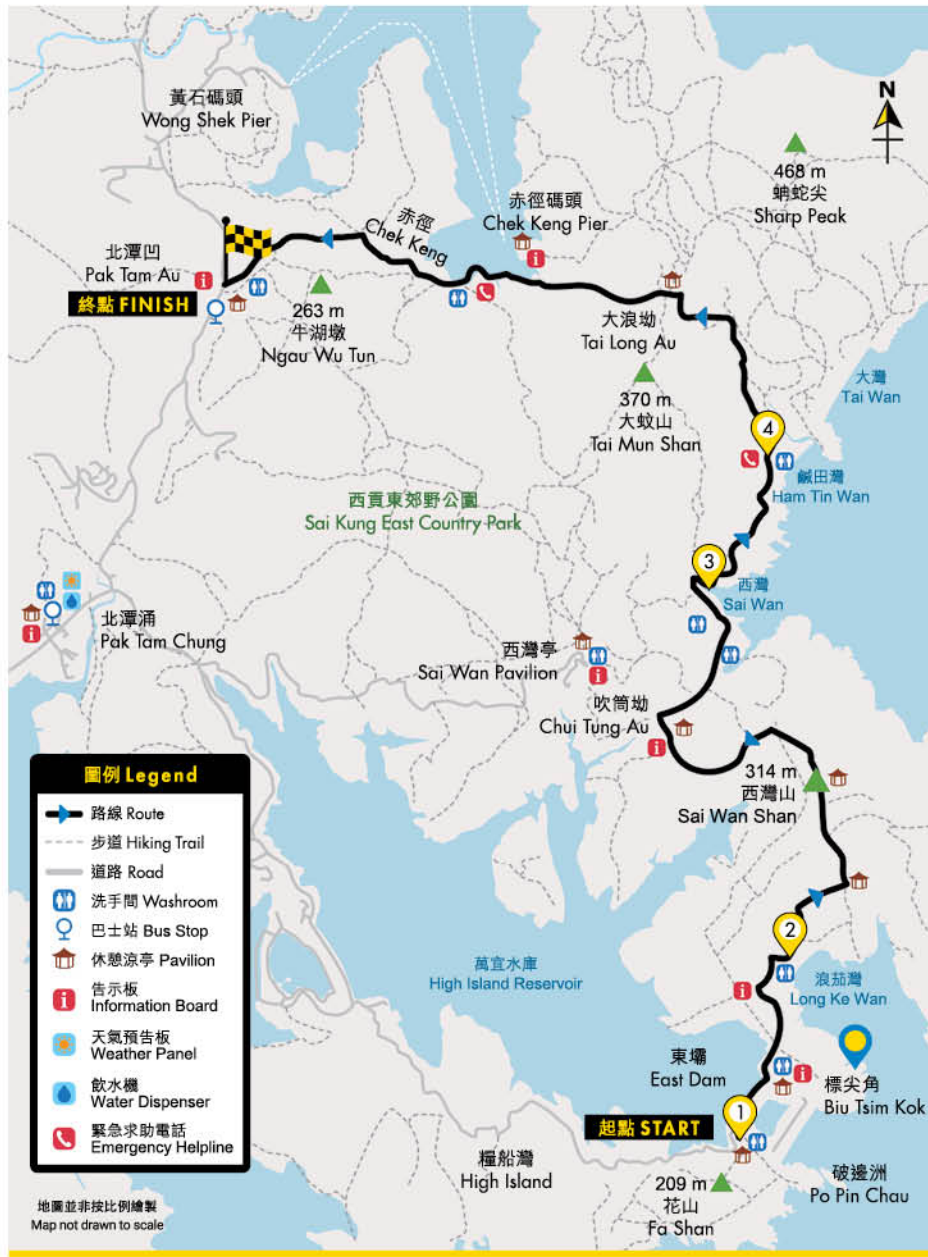


Long Ke Wan

Most people choose to experience the MacLehose Trail — named by National Geographic as one of the world's 20 "dream trails" — by tackling Sections 1 & 2, where you can enjoy magnificent coastal scenery. The trail takes in High Island Reservoir and some of the geological wonders near East Dam. Further along you will hit the beach at Long Ke and then climb up to Sai Wan Shan for some great photo opportunities. The wonderful views continue as you descend to more scenic beaches at Sai Wan and Ham Tin Wan.

Completing these sections of the trail requires a certain level of fitness and determination, but you will be well rewarded!

Your Journey to ... MacLehose Trail Sections 1 & 2



1 HIGH ISLAND RESERVOIR EAST DAM
High Island Reservoir is the largest reservoir in Hong Kong by volume. Constructed in the 1970s, it is surrounded by some of the city's most stunning beaches, while East Dam is the best site to view the amazing hexagonal volcanic rock columns formed over 140 million years ago.

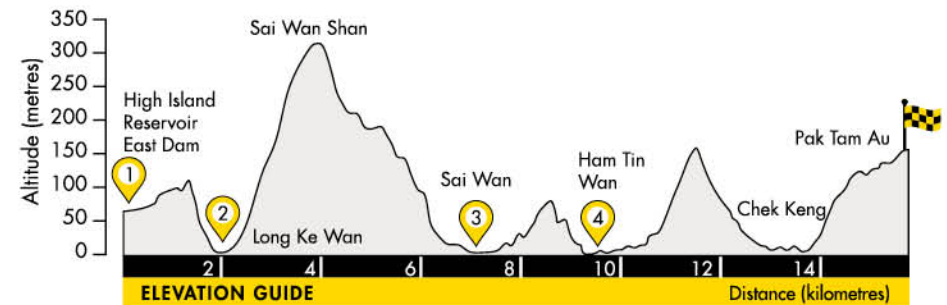
2 LONG KE WAN
One of the most beautiful beaches in the New Territories, Long Ke Wan is a popular place to enjoy the scenery as well as for couples to take pre-wedding photos.

3 SAI WAN & 4 HAM TIN WAN
Sai Wan and Ham Tin Wan are two of the four beaches that make up Tai Long Wan (Big Wave Bay) on the east coast of Sai Kung. The white sand and blue sea are a big draw for hikers and beach lovers, while many surfers come to catch the waves.

SEE MORE... BIU TSIM KOK
The new trail and lookout at Biu Tsim Kok offers a spectacular view over the pristine white-sand beach at Long Ke Wan and over the South China Sea.

TRAIL-RUNNING EVENTS
OXFAM TRAILWALKER 2019
15-17 Nov 2019
oxfamtrailwalker.org.hk

HONG KONG 100 ULTRA TRAIL RACE
17-19 Jan 2020
hk100-ultra.com



DISTRICTS
Sai Kung and Tai Po

LENGTH
About 16 km

TIME
About 5 hours

GRADE
★★★★★

TO START
From MTR Diamond Hill Station Exit C2, take bus 92 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.

FROM FINISH POINT
From Pak Tam Au, take bus 94 to Sai Kung Town.

REFUEL
There are village stores in Sai Wan and Ham Tin Wan.

POK FU LAM TO THE PEAK



Victoria Harbour viewed from Lugard Road

TAKE IT TO THE TOP

In no other major world city will a short walk take you from densely packed urban areas to stunning mountain-top trails. This relatively gentle hike from Pok Fu Lam highlights one of the unique advantages of Hong Kong, where the countryside is literally on the doorstep of one of the world's great metropolises.

The walk takes you from the busy road that connects the west to the south of Hong Kong Island, up to one of the world's most desirable — and expensive — residential areas. Along the way you pass Pok Fu Lam Reservoir, the first-ever reservoir constructed in Hong Kong, and head along pathways where you are more likely to encounter butterflies than people.

Spend some time on The Peak, where history mingles with modern-day tourist attractions, and revel in the amazing views over the city from Lugard Road.

Finish your day by following the Lugard Road loop then taking the steps up to High West to enjoy more spectacular vistas and, if you get the timing right, an awe-inspiring sunset.

In just three short hours you will experience many different facets of life on Hong Kong Island.



Sunset viewed from High West

Your Journey from ... Pok Fu Lam to The Peak



1 POK FU LAM RESERVOIR

Pok Fu Lam Reservoir was the city's first reservoir, built in 1863 with a capacity of 233,000 cubic metres. Start your hike from the Pok Fu Lam Country Park entrance, and walk along Pok Fu Lam Reservoir Road.

2 LUGARD ROAD

Walk along Lugard Road for about 20 minutes and you will reach the viewpoint that provides the most iconic images of Hong Kong's skyscrapers.

3 PEAK TOWER

The Peak Tower is an architectural icon of Hong Kong that offers a wide array of shopping, dining and entertainment alongside amazing city views.

SEE MORE... HIGH WEST

At 493 m above sea level, High West towers between Victoria Harbour and Mount Davis with a magnificent view of Hong Kong from Pok Fu Lam Reservoir right over to Victoria Harbour. It is one of the most famous sunset spots on The Peak.

SEE MORE... PINWOOD BATTERY

Pinewood Battery is the city's highest coastal defence battery, built in the early 1900s. The site was severely damaged during World War II. Today it is a landmark of Lung Fu Shan Country Park where you can find other remnants of Hong Kong's wartime history.

DISTRICTS
Central & Western and Southern

LENGTH
About 6 km

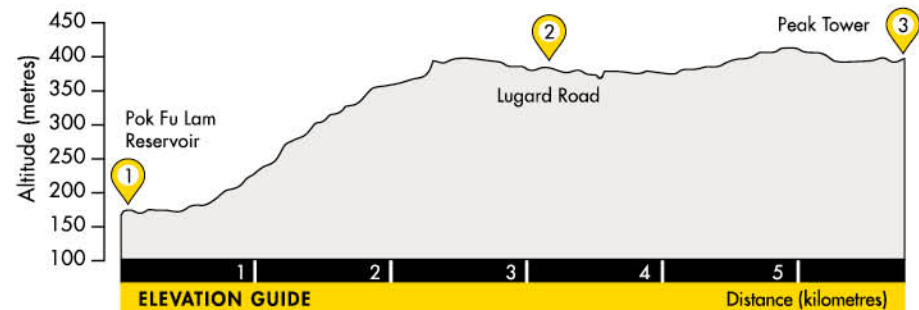
TIME
About 2.5 hours

GRADE
☆☆☆☆☆

TO START
From Central, take bus 4X, 7, 30X or 91 from Exchange Square and alight at Pok Fu Lam Reservoir Road.

FROM FINISH POINT
Take the Peak Tram, bus 15 or minibus 1 to Central.

REFUEL
There are several cafes & restaurants at the Peak Tower.





TAI TAM COUNTRY PARK

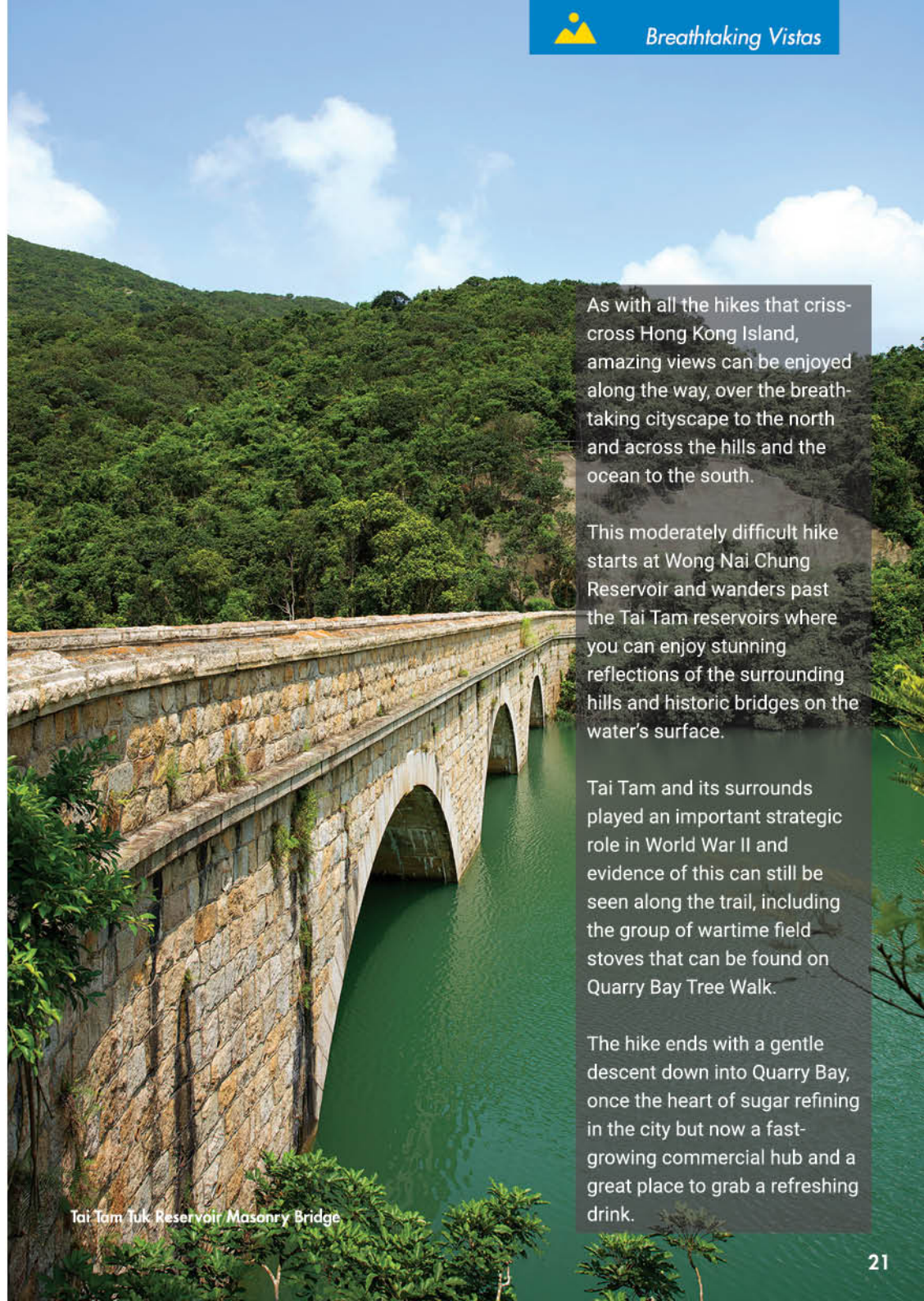


Tai Tam Reservoir

MEMORABLE MOMENTS AT HONG KONG'S HEART

At the heart of Hong Kong Island lies a piece of history that is also part of a great hiking experience — and the perfect place to grab some Instagrammable shots.

The trail through Tai Tam Country Park to Quarry Bay takes you around the Tai Tam group of reservoirs that were constructed in the late 19th century and played a vital role in enabling Hong Kong's urbanisation. The reservoirs have since become a popular place for recreation and relaxation on Hong Kong Island. Many of Tai Tam's key features — including dams, pumping stations, staff quarters, an aqueduct and masonry bridges — were declared monuments in 2009.



Tai Tam Tuk Reservoir Masonry Bridge

As with all the hikes that criss-cross Hong Kong Island, amazing views can be enjoyed along the way, over the breathtaking cityscape to the north and across the hills and the ocean to the south.

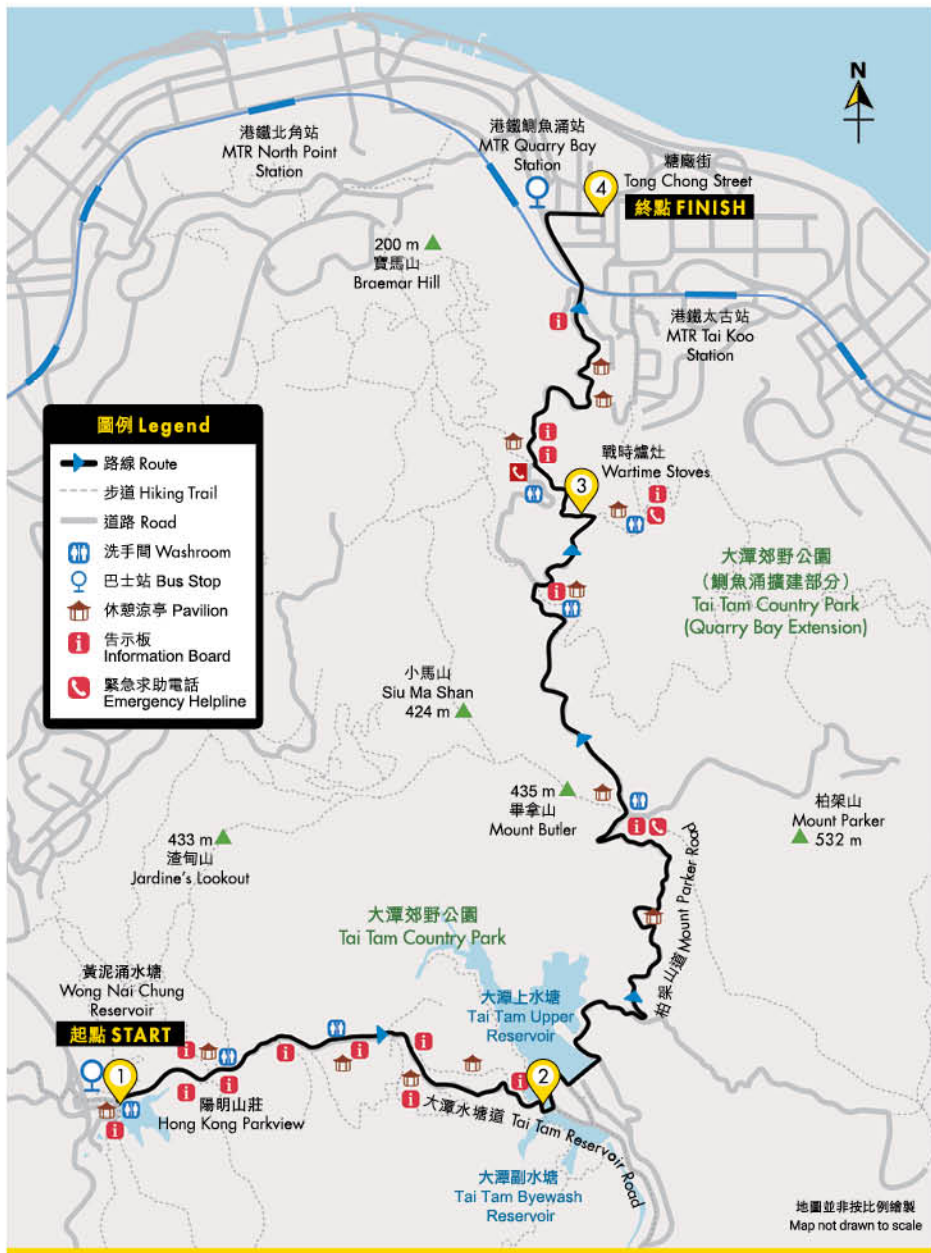
This moderately difficult hike starts at Wong Nai Chung Reservoir and wanders past the Tai Tam reservoirs where you can enjoy stunning reflections of the surrounding hills and historic bridges on the water's surface.

Tai Tam and its surrounds played an important strategic role in World War II and evidence of this can still be seen along the trail, including the group of wartime field stoves that can be found on Quarry Bay Tree Walk.

The hike ends with a gentle descent down into Quarry Bay, once the heart of sugar refining in the city but now a fast-growing commercial hub and a great place to grab a refreshing drink.

Your Journey to ...

Tai Tam Country Park Wong Nai Chung Reservoir to Quarry Bay



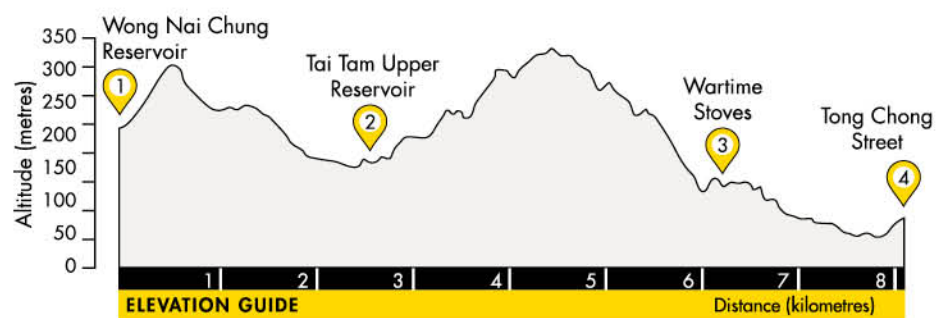
1 WONG NAI CHUNG RESERVOIR
Wong Nai Chung Reservoir was the third reservoir to be built in Hong Kong, with construction completed in 1899. It ceased to operate due to its small storage capacity and was converted into a park in 1986.

2 TAI TAM UPPER RESERVOIR
Constructed in 1888, Tai Tam Upper Reservoir was the second reservoir to be built in Hong Kong. Excess water still flows from the spillway under the masonry bridge to the natural stream. The reservoir was later extended to include a total of four reservoirs; the last one – Tai Tam Tuk – was completed in 1917.

3 WARTIME STOVES
Follow the shaded Mount Parker Road and continue onto Quarry Bay Tree Walk where you will find dozens of field stoves dating back to World War II.

4 TONG CHONG STREET
What was known as "Sugar Refinery Street" is now a modern strip of pubs and cafes, offering a relaxing place to chill out after a long hike. There is a seasonal open-air market offering local produce in the cooler months. Please see details at: taikooplace.com/en/whatson/tcsm.

- DISTRICTS**
Southern and Eastern
- LENGTH**
About 8 km
- TIME**
About 3 hours
- GRADE**
☆☆☆☆☆
- TO START**
From MTR Hong Kong Station Exit A, take bus 6 or 66 from the Exchange Square bus terminus to Wong Nai Chung Reservoir Park.
- FROM FINISH POINT**
Take buses, trams or the MTR from Quarry Bay Station.
- REFUEL**
There is a supermarket at Hong Kong Parkview near the entrance of Tai Tam Country Park, and plenty of restaurants on Tong Chong Street.





BACK TO NATURE

It may be the skyscrapers and bustling streets that stick in people's minds, but three-quarters of Hong Kong is actually designated as countryside, with no fewer than 24 country parks that are home to a rich variety of flora and fauna, including many rare species. A magical world awaits when you hit the trails and soak up the city's astonishing biodiversity.



LAU SHUI HEUNG TO FUNG YUEN



Hok Tau Reservoir

TAKE A WALK ON THE WILD SIDE

Part of the beauty of Hong Kong is that even a relatively short and easy hike can get you fully connected with the city's surprisingly rich biodiversity. The interplay between climate, geography and geology has resulted in Hong Kong becoming home to a wealth of native flora and fauna, which you can experience in all its glory on the hike to Fung Yuen.

You start on the Lau Shui Heung Country Trail, meandering past the heavily wooded surrounds of the reservoir and enjoying the picture-perfect reflections on the water. The path takes you onwards to the narrow Hok Tau Reservoir which is home to countless species of dragonflies and butterflies.

If dragonflies are your thing, keep an eye out for the elegant Black-banded Gossamerwing, which has a large black rectangle on its wings, as you approach Sha Lo Tung.

This area is also renowned for its traditional "fung shui" woods, which originate in the traditional Chinese value of creating harmony between man and nature, with vicinity to the woodlands becoming a primary factor in choosing a site to build a village.

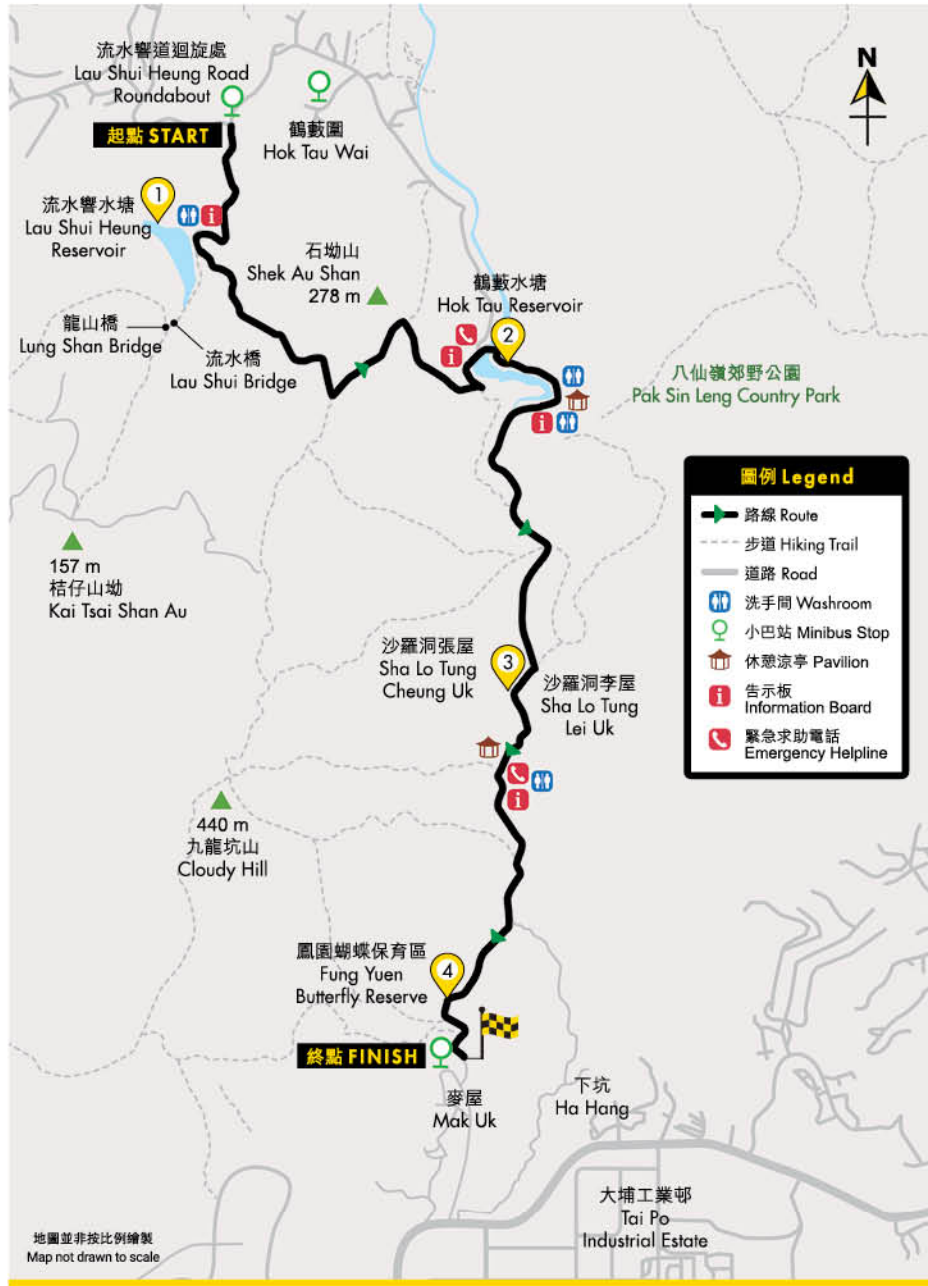
The hike finishes at Fung Yuen, where the Fung Yuen Butterfly Reserve provides a safe haven for more than 200 of the 235 species of butterflies identified in Hong Kong. Fung Yuen Valley is a forested ravine behind Fung Yuen village that has been designated as a Site of Special Scientific Interest. The site has a garden for nectar plants, planted to attract butterflies, and is recognised as an important breeding site for threatened butterflies such as the Common Birdwing and White Dragontail.

The butterfly reserve is the perfect way to end a perfect day discovering the wild side of Hong Kong.



Common Birdwing

Your Journey from ... Lau Shui Heung to Fung Yuen



1 LAU SHUI HEUNG RESERVOIR
Lau Shui Heung Reservoir is a pristine natural environment with a charming paperbark forest that visitors and photographers enjoy all year round, especially when the colours change in autumn. The reflections on the reservoir's glassy water make Lau Shui Heung a popular spot for Instagram-friendly "mirror of the sky" photos.

2 HOK TAU RESERVOIR
The Lau Shui Heung Country Trail will lead you towards Hok Tau Reservoir, a delightful S-shaped reservoir that was built to irrigate farmland. There are barbecue pits in the area.

3 SHA LO TUNG
Sha Lo Tung is the site of some of Hong Kong's most extensive freshwater wetlands and is also known for its dragonfly diversity. Fringed by a "fung shui" woodland, the area features two abandoned Hakka villages, Cheung Uk and Lei Uk, that have been classified as Grade II and III monuments respectively.

4 FUNG YUEN BUTTERFLY RESERVE
The 42 hectares of land in Fung Yuen Valley have been designated as a Site of Special Scientific Interest since 1980. It is a butterfly paradise where more than 200 species of butterflies have been identified. Remember to pay for a visitor's permit (HK\$20) before you enter.

- DISTRICTS**
Tai Po and North
- LENGTH**
About 7 km
- TIME**
About 3 hours
- GRADE**
☆☆☆☆☆
- TO START**
From MTR Fanling Station Exit C, take minibus 52B and get off at the roundabout on Lau Shui Heung Road. Follow the path to the entrance gate of Lau Shui Heung Reservoir.
- FROM FINISH POINT**
Take minibus 20P to MTR Tai Po Market Station.
- REFUEL**
There are no kiosks along the way. Please bring your own refreshment.





PLOVER COVE COUNTRY PARK



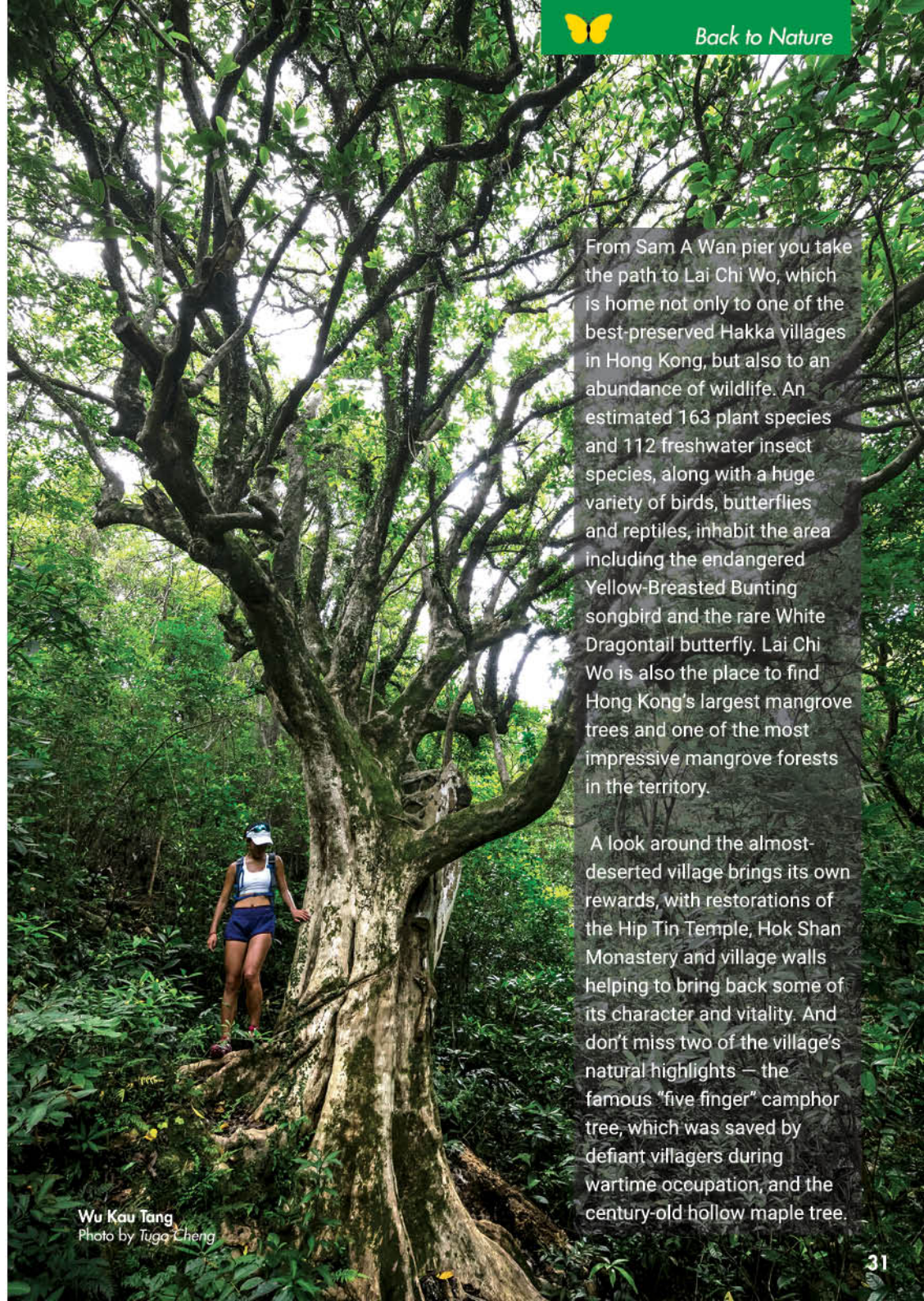
Sai Lau Kong

DISCOVERING HERITAGE AND HARMONY WITH NATURE

For a day escaping the hustle and bustle of the city, Plover Cove Country Park has it all – from traditional walled villages to amazing coastal scenery, “fung shui” woods and the stunning geological features of the Hong Kong UNESCO Global Geopark.

Your day starts in the village of Wu Kau Tang, dating back some 400 years, where you can see traditional Hakka houses with their tiled roofs and groves of bamboo – a material that was put to good use by the local community in the past and is still used extensively today in scaffolding.

Heading eastwards you pass through verdant valleys and join the cobbled Miu Sam Ancient Path that takes you towards the coast. At Sam A Wan there’s a chance to refuel and take in the serene views over Double Haven harbour – and perhaps catch a glimpse of crabs scurrying through the mangroves.



Wu Kau Tang
Photo by Tuga Cheng

From Sam A Wan pier you take the path to Lai Chi Wo, which is home not only to one of the best-preserved Hakka villages in Hong Kong, but also to an abundance of wildlife. An estimated 163 plant species and 112 freshwater insect species, along with a huge variety of birds, butterflies and reptiles, inhabit the area including the endangered Yellow-Breasted Bunting songbird and the rare White Dragontail butterfly. Lai Chi Wo is also the place to find Hong Kong’s largest mangrove trees and one of the most impressive mangrove forests in the territory.

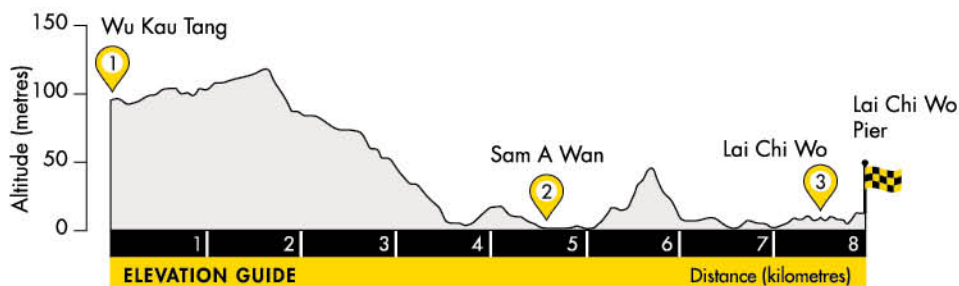
A look around the almost-deserted village brings its own rewards, with restorations of the Hip Tin Temple, Hok Shan Monastery and village walls helping to bring back some of its character and vitality. And don’t miss two of the village’s natural highlights – the famous “five finger” camphor tree, which was saved by defiant villagers during wartime occupation, and the century-old hollow maple tree.



Your Journey to ... Plover Cove Country Park Wu Kau Tang to Lai Chi Wo

圖例 Legend

- 路線 Route
- 其他路線 Alternative Route
- 步道 Hiking Trail
- 道路 Road
- 停車場 Car Park
- 洗手間 Washroom
- 小巴士 Minibus Stop
- 休憩涼亭 Pavilion
- 廟宇 Temple
- 告示板 Information Board
- 緊急求助電話 Emergency Helpline



1 WU KAU TANG

Start on the trail from Wu Kau Tang Village, a traditional home to Hong Kong's Hakka people, to begin a tranquil country walk through rustic hamlets and delightful scenery.

2 SAM A WAN

Follow the Miu Sam Ancient Trail to connect to the coastal Sam A Tsuen on the shores of the appropriately named Double Haven natural harbour.

3 LAI CHI WO

Located within the Hong Kong UNESCO Global Geopark, Lai Chi Wo is a 300-year-old Hakka village that features some of the best-preserved traditional housing along with one of the oldest "fung shui" woods in Hong Kong.

SEE MORE... SAI LAU KONG

Take a detour to Sai Lau Kong, which is a good spot for getting panoramic shots over Double Haven, a designated marine park renowned for its serenely beautiful landscape. Part of Hong Kong UNESCO Global Geopark, Double Haven was formed by volcanic explosions some 180 million years ago.

TRAIL-RUNNING EVENTS

HK168
29 Nov–1 Dec 2019
hk168.com.hk

2019 THE NORTH FACE 100® ULTRA TRAIL CHALLENGE
14–15 Dec 2019
thenorthface100.com



DISTRICTS
Tai Po and North

LENGTH
About 8 km

TIME
About 3.5 hours
(About 7 hours round trip)

GRADE
☆☆☆☆☆

TO START
From MTR Tai Po Market Station Exit A3, take minibus 20R to Wu Kau Tang.

FROM FINISH POINT
Return the same way or take an alternative route (about 2 hours along the green dotted line) to Wu Kau Tang. Then take minibus 20R to MTR Tai Po Market Station.

There is a ferry from Lai Chi Wo to Ma Liu Shui (a 15-minute walk from MTR University Station) at 3:30pm on Sundays and public holidays. The ferry takes about 100 minutes.

REFUEL
There are stores in Sam A Tsuen and Lai Chi Wo but these may only open on Sundays and public holidays.



MAGICAL SUNSETS

Get lost in the moment as you reach the end of the day and the sun slowly begins to sink over Hong Kong and beyond. It's an experience you can enjoy when you're descending from the rugged hills of the New Territories or peering across the dramatic mudflats north of Yuen Long. A Hong Kong sunset is something that will linger in the mind.

HONG KONG WETLAND PARK & HA PAK NAI



Ha Pak Nai
Photo by Leung Wai Por

A MOMENT THAT WILL STAY IN THE MEMORY

There are many great places to enjoy watching sunsets in Hong Kong, but few will resonate more than watching the sun go down from Ha Pak Nai. The golden hour here is truly magical.

Situated in the western New Territories, Ha Pak Nai is a long stretch of coastline that's comprised of wetlands, mudflats and mangroves. The area used to be a centre for oyster farming in Hong Kong and you will still see some oyster rafts today, and the mudflats sometimes shimmer with the reflection from broken oyster shells.

Nowadays, you will see more camera tripods than oyster rafts with Ha Pak Nai becoming a popular destination for photographers, tourists and lovers looking for that perfect sunset moment.



The mangroves and mudflats make it easy to frame your sunset photos as the sun slowly disappears and casts a golden glow over the calm tidal waters. The cranes of the Port of Shenzhen, Mainland China in the distance cast eerie silhouettes that add another dimension to your shots.

Ha Pak Nai





Your Journey to ... Hong Kong Wetland Park & Ha Pak Nai



Wetland Park



Ha Pak Nai



Lau Fau Shan

1 HONG KONG WETLAND PARK

Wetlands and mudflats cover a broad coastal area to the north of Yuen Long, and a good place to begin your day is the 61-hectare Hong Kong Wetland Park – a world-class facility showcasing the diversity of Hong Kong’s wetland ecosystem. It has been carefully designed with diverse wetland habitats including freshwater marshes, ponds, reed beds, mudflats, mangroves, grasslands and woodlands. You can enjoy a wide variety of flora and fauna, including an up-close look at mudfish and fiddler crabs, while bird hides allow you to observe migratory birds and different species of waterbird.

📍 Wetland Park Road, Tin Shui Wai, New Territories

🕒 10am to 5pm on Mondays, and Wednesday to Sunday.

🔒 Closed on Tuesdays (except public holidays).

💰 HK\$30 for Adults, HK\$15 for Children, and Seniors 65 or above.

🌐 wetlandpark.gov.hk

2 HA PAK NAI

Approximately 10 km west of the Hong Kong Wetland Park, Ha Pak Nai is a natural wetland along the northwest coast of Yuen Long District, facing Deep Bay (Shenzhen Wan). This has long been regarded as one of the best places to view sunsets in Hong Kong, casting a shimmering golden glow over the mudflats and mangrove trees.

SEE MORE... LAU FAU SHAN

After finishing your sunset photo session in Ha Pak Nai, take minibus 33 to return to Yuen Long. On the way, you can stop off at Lau Fau Shan to enjoy a seafood dinner, taking in the views of the Shenzhen Bay Bridge and the Shenzhen skyline across the water, in Mainland China.

➔ **TO HONG KONG WETLAND PARK**
From MTR Tin Shui Wai Station: take Light Rail no. 706 to Wetland Park Station and walk over the footbridge to the entrance.

➔ **FROM HONG KONG WETLAND PARK TO HA PAK NAI**
Take Light Rail no. 706 to MTR Tin Shui Wai Station, then take the MTR to Yuen Long Station. Walk about 10 minutes to take minibus 33 at Tai Fung Street. Alight at Ap Tsai Hang, then walk about five minutes towards the waterside.

➔ **TO RETURN FROM HA PAK NAI**
Take minibus 33 to MTR Tin Shui Wai Station or Yuen Long.

🍷 **REFUEL**
There is a cafe at Hong Kong Wetland Park, stores at Ap Tsai Hang, seafood restaurants in Lau Fau Shan and plenty of dining options in Yuen Long Town centre.



📍 **DISTRICT**
Yuen Long

📏 **DISTANCE**
The two locations are about 10 km apart.

👟 **GRADE**
★☆☆☆☆



地圖並非按比例繪製
Map not drawn to scale



TAI MO SHAN

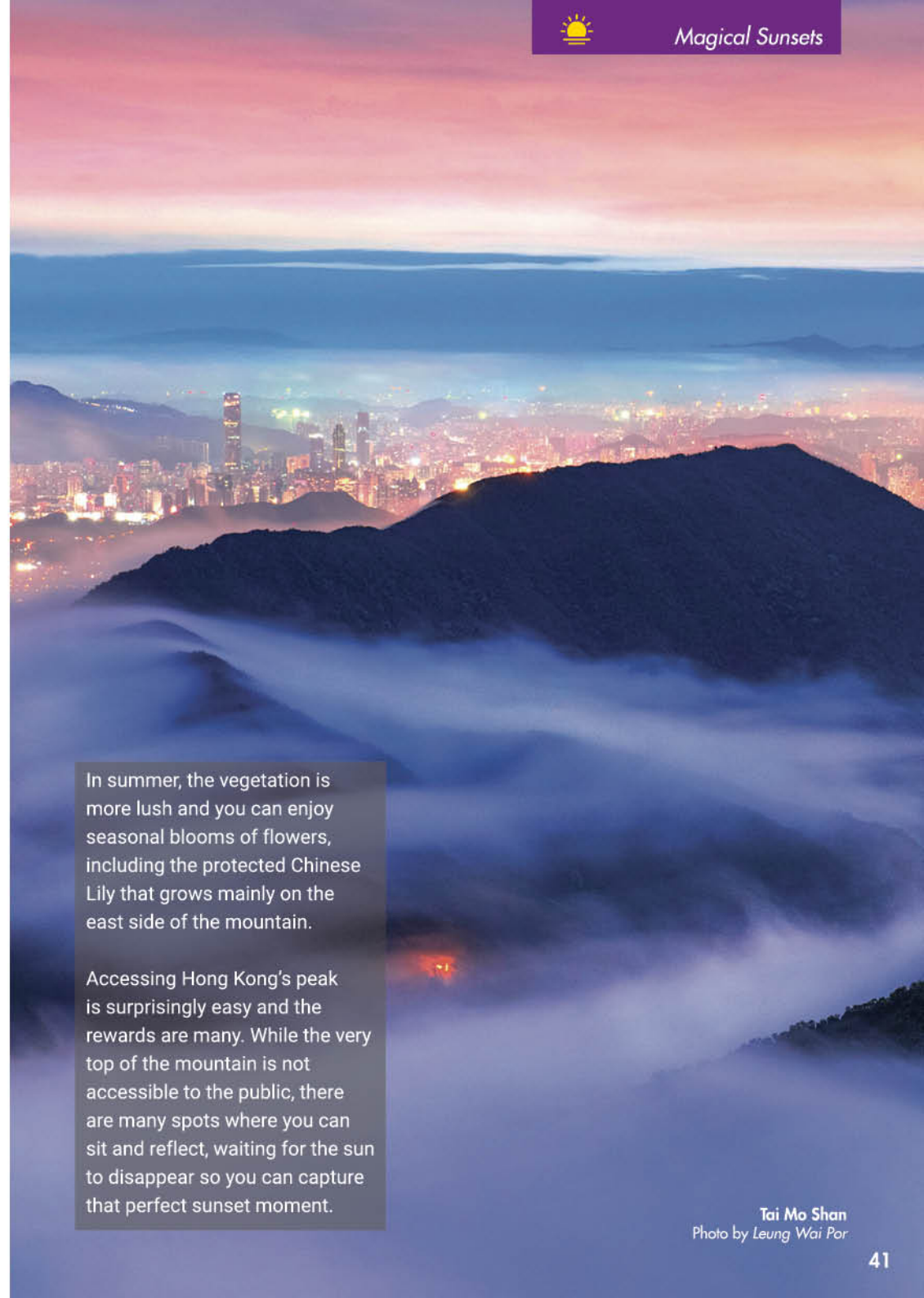


Tai Mo Shan
Photo by Tugo Cheng

THE PEAK OF PERFECTION

Hong Kong has many peaks rising above 500 metres, and the tallest of them all is Tai Mo Shan in the heart of the New Territories – an extinct volcano that peaks at 957 metres above sea level. The mountain is a favourite destination for hikers, with numerous trails meandering around the summit, and it’s also a popular spot for viewing sunrises and sunsets.

Visit at the right time and you will be rewarded with spectacular views of fluffy beds of clouds below the level of the peak. During the winter months, Hongkongers will visit Tai Mo Shan in the hope of experiencing frost – a rarely seen phenomenon in this sub-tropical city.



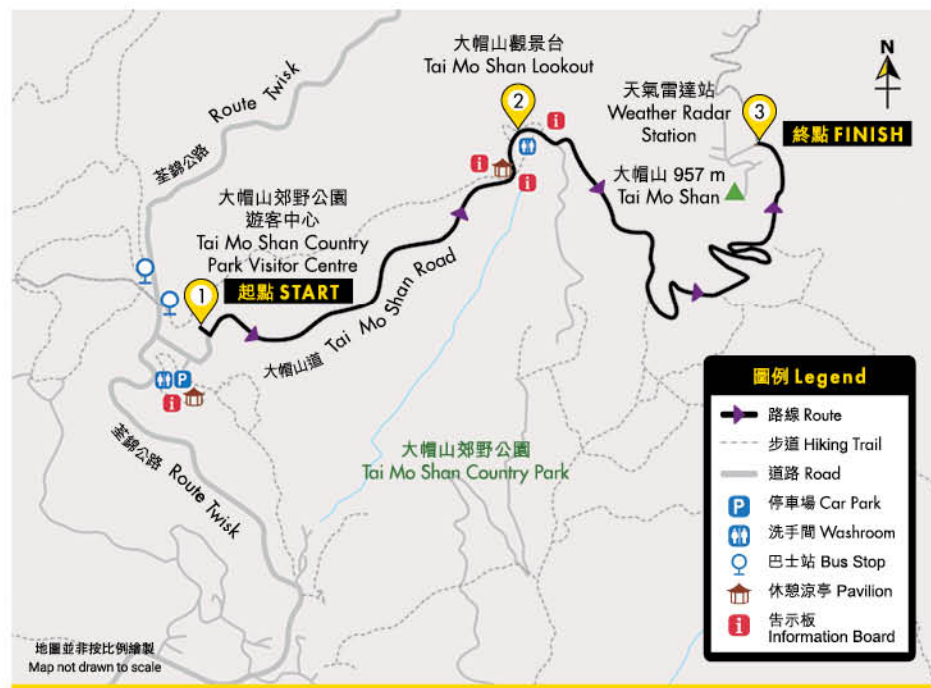
In summer, the vegetation is more lush and you can enjoy seasonal blooms of flowers, including the protected Chinese Lily that grows mainly on the east side of the mountain.

Accessing Hong Kong’s peak is surprisingly easy and the rewards are many. While the very top of the mountain is not accessible to the public, there are many spots where you can sit and reflect, waiting for the sun to disappear so you can capture that perfect sunset moment.

Tai Mo Shan
Photo by Leung Wai Por



Your Journey to ... Tai Mo Shan



1 TAI MO SHAN COUNTRY PARK VISITOR CENTRE

The Tai Mo Shan Country Park Visitor Centre is a free-to-visit self-learning platform that provides an overview of the country park, including its extensive network of trails, and the impact climate change is having on local forests and the broader ecosystem.

Open 9:30am to 4:30pm on Mondays, and Wednesday to Sunday.
Closed on Tuesdays (except public holidays) and the first two days of the Chinese New Year.

2 TAI MO SHAN LOOKOUT

One of Hong Kong's finest vantage points, you can enjoy breathtaking views of the northern and western New Territories, including Yuen Long and even Shenzhen, Mainland China on clear days.

3 WEATHER RADAR STATION

Standing at 950 metres above sea level, Tai Mo Shan Weather Radar Station is the highest landmark in Hong Kong and also one of the most popular places from which to see unobstructed sunrises and sunsets.

TRAIL-RUNNING EVENTS
ULTRA-TRAIL® TAI MO SHAN
4-6 Jan 2020
ultratrailmt.com

SALOMON HONG KONG DYNAMIC 100 KM CHALLENGE
29 Feb-1 March 2020
hongkong-dc.com



DISTRICT
Tsuen Wan

LENGTH
About 4 km

TIME
About 2 hours
(About 4 hours round trip)

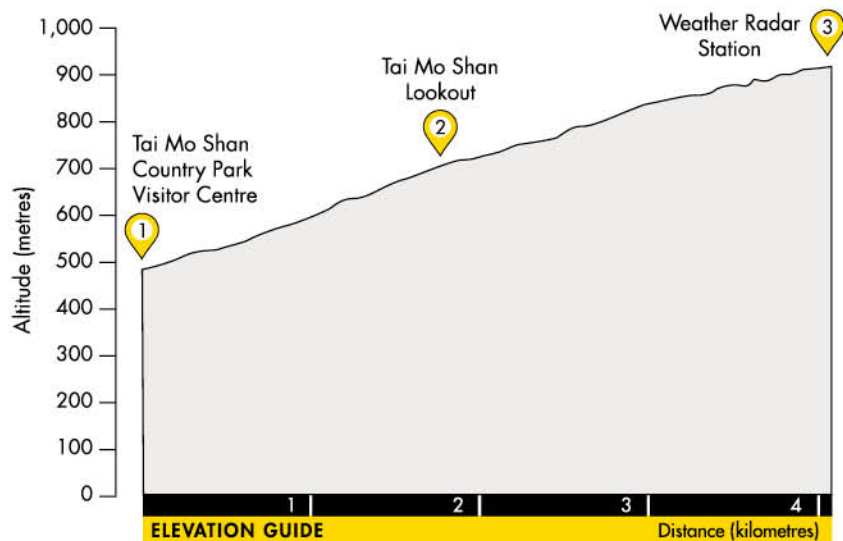
GRADE
☆☆☆☆☆

TO START
From MTR Tsuen Wan Station Exit A, take Bus 51 to Tai Mo Shan Country Park.

FROM FINISH POINT
You must return the same way you entered and take bus 51 to MTR Tsuen Wan Station where multiple modes of transport connect you to the rest of the city.

REFUEL
There is a kiosk near the carpark of Tai Mo Shan Country Park but there are no kiosks along the hiking trail.

TIPS
The temperature at the summit can be 5-6 degrees Celsius cooler than the city. Please bring extra clothes, especially if you are hiking during the winter months.





TRIP BACK IN TIME

Long before it became an urban marvel, Hong Kong was a place where fishing was the mainstay for many people. Away from the city sprawl, pockets of the old way of life still exist, with traditional fishing villages transporting you back to simpler times.

TUNG CHUNG TO TAI O



FROM THE MODERN TO THE ANCIENT IN NORTH LANTAU

The hike from Tung Chung to Tai O takes you from a satellite city of towering skyscrapers to a traditional fishing village, with some spectacular scenery along the way.

Start your day by getting in touch with North Lantau's history, visiting Tung Chung Fort which was once an important part of the defences along this stretch of coastline under the Qing dynasty (1644–1911). Cross over the main road to join the Tung O Ancient Trail, which begins in the mangrove-lined mudflats of the Tung Chung River estuary and takes in Hau Wong Temple – built in 1765 and still a place of worship today.

The route takes you under the Ngong Ping cable car, and it runs parallel to Hong Kong International Airport and the engineering marvel that is the 55-kilometre-long Hong Kong-Zhuhai-Macao Bridge. But you soon leave the modern world behind as you move further in the direction of Tai O and begin to immerse yourself in the old ways of Hong Kong island life.

TAI O TRADITIONS

The walk itself is undemanding. It meanders along the North Lantau coastline past a succession of bays and villages that have remained unchanged for decades.

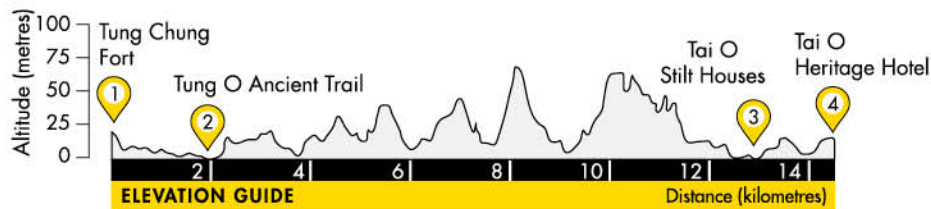
After a section of unpaved track – and the best views on the hike – you descend into Tai O, which became a home to fishermen during the Ming dynasty (1368–1644), taking in the heady aromas of dried fish and shrimp paste as you wander past the stilted houses of the local fisherfolk to reach the main village.

Once in Tai O you can stock up on salted egg yolks and sun-dried salted fish, or enjoy snacks such as tofu pudding and Chinese sweet dumplings either steamed or cooked over charcoal. Enjoy a coffee at the heritage hotel that was converted from a listed colonial police station, or head up a small hill called Fu Shan where you can enjoy stunning views over the airport and bridge. Or simply sit back with a cold beer and soak in the atmosphere of this charming throwback to old Hong Kong.



Tai O

Your Journey from ... Tung Chung to Tai O



1 TUNG CHUNG FORT
Situated at the foot of the Pearl River estuary, Tung Chung has long been a strategic location. The fort dates back to the Qing dynasty, with an inscription saying it was built in 1832. It became a naval headquarters in 1898, then turned into a police station and later a school.

2 TUNG O ANCIENT TRAIL
The Tung O Ancient Trail has been the main connection between Tung Chung and Tai O for generations. You can enjoy views of the spectacular Hong Kong-Zhuhai-Macao Bridge as you follow the coastline to Tai O.

3 TAI O STILT HOUSES
Dubbed "the Venice of the Orient", Tai O is a quaint fishing village featuring stilt houses. You will also find traditional sun-dried seafood and delicacies such as shrimp paste and salted egg yolks.

4 TAI O HERITAGE HOTEL
Converted from a former police station and dating back to 1902, the Tai O Heritage Hotel offers colonial-style guest rooms and a glass-roof restaurant for visitors who want to get a taste of the more refined side of Tai O.

SEE MORE... FU SHAN
Not part of the official route, it's worth taking a small detour to walk up this small hill – just 75 m high – at the back of Tai O village where you can enjoy spectacular views over the South China Sea.

TRAIL-RUNNING EVENT
TRANSLANTAU
28 Feb–1 March 2020
translantau.com



DISTRICT
Islands
(Lantau Island)

LENGTH
About 14.5 km

TIME
About 4.5 hours

GRADE
☆☆☆☆☆

TO START
From MTR Tung Chung Station Exit B, take bus 3M, 11, 11A, 23 or 34 from the Tung Chung Bus Terminus and alight at Ha Ling Pei. Follow the signs to Tung Chung Fort.

FROM FINISH POINT
Take bus 11 to MTR Tung Chung Station. A ferry service is available from Tai O to Tung Chung and Tuen Mun.

REFUEL
There are village stores along the trail where you can get noodles, sandwiches and drinks, but taking your own refreshment is advised.

TIPS
An alternative way to leave Tai O is to take bus 1 to Mui Wo, then take the ferry back to Central.



LAMMA ISLAND



Lamma Island
Photo by Leung Wai Por

TAKE IN THE LAID-BACK CHARMS OF LAMMA

While it doesn't offer the big-ticket attractions of Lantau, or the hustle and bustle of Cheung Chau, Lamma Island has its own gentle charms that make it well worth a trip.

Lamma has long been known as a laid-back place with a hipsterish vibe, though it still clings on to the traditional way of life associated with fishing villages on the outlying islands. You can feel the air of relaxation as soon as you alight from the ferry in Yung Shue Wan and begin the stroll down the narrow main street, passing a clutch of seafood restaurants, craft shops, bookstores and cafes.

It's worth taking a slight detour to the Tin Hau Temple while you're in the village.

This particular temple has an interesting feature that makes it stand out from the rest – a pair of Western-style lions guarding the entrance. This interesting East-meets-West anomaly came about when the temple's original lions were damaged in 1960 and the mason hired to replace them happened to specialise in Western-style sculptures.

TAKE THE TRAIL

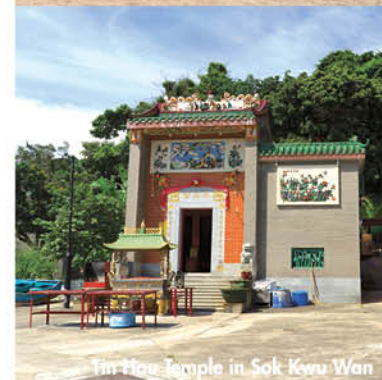
Follow the path that takes you to the attractive Hung Shing Yeh Beach – only slightly marred by the huge power station to your right – before you begin the gentle ascent up the Lamma Island Family Trail that affords splendid views over the other outlying islands from the top.

The path takes you down to Sok Kwu Wan where you can see ample evidence of the village's fishing traditions, including the fish farm rafts spread out across the bay. At the Lamma Fisherfolk's Village you can explore the local fishing culture and find out more about the history of the fishing industry in Hong Kong.

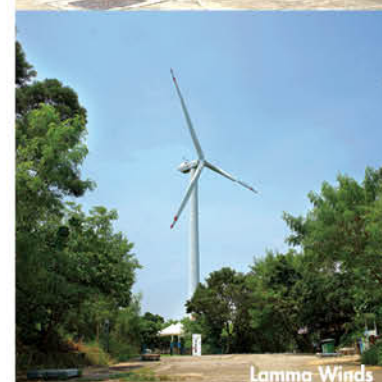
There's only one way to finish your day in Lamma and that's to find an outdoor table at one of the many seafood restaurants and chow down on the freshest fish, prawns, squid and clams you will ever taste. It's truly a treat for the senses.



Hung Shing Yeh Beach



Tin Hau Temple in Sok Kwu Wan



Lamma Winds



Yung Shue Wan

Your Journey to ... Lamma Island



1 YUNG SHUE WAN

Yung Shue Wan is the biggest residential area on Lamma Island, with a main street lined with shops, bars, cafes and restaurants. Lamma has been home to an expat community for many years, making this traditional fishing village more diverse and vibrant than you might expect.

2 HUNG SHING YEH BEACH

Around a 20-minute walk from Yung Shue Wan pier, this white sandy beach is the most popular beach on Lamma Island where you can enjoy the sun, sand and water with the convenience of changing facilities and restaurants.

3 TIN HAU TEMPLE

There are scores of Tin Hau temples scattered across Hong Kong, dedicated to the Chinese goddess of the sea who is regarded as a powerful and benevolent force by seafaring folk. Given that Lamma was founded on fishing, it is no surprise to find no fewer than three Tin Hau temples on the island. The one near Sok Kwu Wan was originally built in 1826, while the Yung Shue Wan Temple was built around 1876.

4 SOK KWU WAN

This tiny village is still very much focused on fishing – and the produce that comes out of the nets. The string of seafood restaurants along the bay are revered by day-tripping Hongkongers for the freshness and taste of the food, served in classic Cantonese style.

SEE MORE... LAMMA WINDS

Off the hiking trail, Lamma Winds is Hong Kong's first wind turbine built to support the city's development of renewable energy. It opens daily from 7am to 6pm and you can observe the wind speed and energy output from a real-time display.

DISTRICT
Islands
(Lamma Island)

LENGTH
About 5 km

TIME
About 1.5 hours

GRADE
☆☆☆☆

TO START
Take a ferry from Central Pier No. 4 to Yung Shue Wan. It takes about 30 minutes.

FROM FINISH POINT
Take a ferry from Sok Kwu Wan to Central or Aberdeen.

REFUEL
There are plenty of restaurants, cafes and shops in Yung Shue Wan and along the route to Hung Shing Yeh Beach. You will see some local stalls selling drinks as you descend to Sok Kwu Wan.

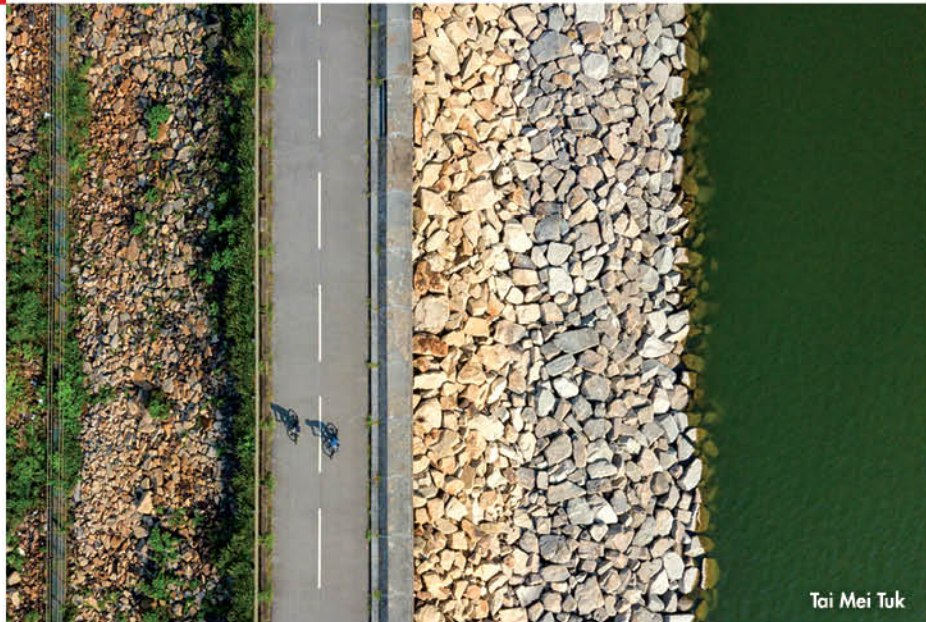
TIPS
You can start the hike from either Yung Shue Wan or Sok Kwu Wan, depending on your preference. Check the ferry schedules before you go.



FEEL THE BREEZE

There's no finer experience than tackling Hong Kong's trails on two wheels, feeling the wind in your hair as you cycle along easy riverside paths or push yourself to the limit over stunning mountain tracks. Feel the freedom — hire a bike for the day and get a different perspective on Hong Kong.

CYCLING: SHA TIN TO TAI MEI TUK



Tai Mei Tuk

A TWO-WHEELED TAKE ON HONG KONG'S DELIGHTS

Cycling continues to grow in popularity in Hong Kong with numerous places where you can rent and ride bikes without having to encounter busy traffic.

There are plenty of tougher mountain-top tracks if that's what you prefer, but most people opt for an easy day out on family-friendly routes — and the north-eastern New Territories is one of the best places to head to.

Starting in Tai Wai or Sha Tin, you can opt for two different routes — a shorter one to the market town of Tai Po or a longer route that takes you on to Tai Mei Tuk where you can enjoy beautiful views and a wide range of activities, including water sports and barbecue areas.

Both routes take the path along the Shing Mun River to the Science Park. You will then follow the Tolo Harbour cycle track — perhaps Hong Kong's most picturesque one — as you head northwards at a gentle pace to Tai Po. It's a relaxed vibe all the way, with plenty of places to stop for a drink or photo opportunity.

TAI PO TREAT

Once in Tai Po, you can end your day with a visit to the Hong Kong Railway Museum or the nearby Tai Wong Yeh Temple. Located close to the historic Island House, the temple dates back to the late Qing dynasty (1644–1911) when a group of fishermen raised funds to build a place to worship. It now hosts the Tai Wong Yeh Festival four times a year — sometimes featuring Cantonese opera performances.

If you have the energy, continue cycling along the coastal path to Tai Mei Tuk and soak up the glorious scenery across Plover Cove Reservoir. Located at the end of the Pak Sin Leng line of hills, Tai Mei Tuk literally means “the very end” in Chinese, later becoming known as “the beautiful end” — and it's certainly a rewarding place to end your day.

A day on two wheels will certainly give you a fresh perspective on Hong Kong!



Hong Kong Railway Museum



Science Park



Tai Mei Tuk



Your Cycling Journey from... Sha Tin to Tai Mei Tuk



Feel the Breeze



1 SHING MUN RIVER

Begin your bike ride along the Shing Mun River where exciting dragon boat races are held every year. The river is popular for water sports and you may see people rowing or canoeing as you cycle along the path.

2 SCIENCE PARK

The Science Park is home to the city's fast-growing technology sector. With its high-tech buildings, it provides a great spot for Instagrammable photos and enjoying a coffee break or light lunch.

3 PAK SHEK KOK PROMENADE

The 2-kilometre-long Pak Shek Kok Promenade that fronts the Science Park along Tolo Harbour is a popular location for leisure activities such as cycling and running, overlooking the water and featuring beautiful views of the Ma On Shan and Pat Sin Leng peaks.

4 TAI MEI TUK

With a calm bay surrounded by lush mountains, and its proximity to Bride's Pool and the main dam of Plover Cove Reservoir, this is the perfect spot to enjoy water sports, cycling or a barbecue.

SEE MORE... HONG KONG RAILWAY MUSEUM

Take a small detour to Tai Po to visit the open-air Hong Kong Railway Museum, situated at the old Tai Po Market railway station that was built in 1913 and is a declared monument. You can see the old tracks and engines, and sit inside some of the old-style coaches. Admission is free.

13 Shung Tak St, Tai Po Market, Tai Po, NT
10am to 6pm on Mondays, and Wednesday to Sunday. Closed on Tuesdays.

DISTRICTS
Sha Tin and Tai Po

LENGTH
About 22 km

TIME
About 2.5 hours
(About 5 hours round trip)

GRADE
☆☆☆☆☆

TO START
From MTR Sha Tin Station Exit A, walk to the Shing Mun River via New Town Plaza and Sha Tin Park where the bike shops are.

From MTR Tai Wai Station Exit A, rent a bike from one of several small shops right by the station and ride along the cycling tracks towards the Shing Mun River. You'll pay around HK\$100 for a day's rental and some shops allow you to return your bike when you reach Tai Po or Tai Mei Tuk.

FROM FINISH POINT
Go back the same way to return your bike.

If you return your bike in Tai Mei Tuk, take bus 75K, or minibus 20C to the MTR Tai Po Market Station.

REFUEL
There are plenty of restaurants at the Science Park, Tai Po Market, Pak Shek Kok Promenade and Tai Mei Tuk.

TRAIL-RUNNING EVENTS



Selected Ultra Trail du Mont Blanc (UTMB) qualifying races held between November 2019 and March 2020 in Hong Kong

Photo by HK100

2019

NOVEMBER

- 9 TransNT
transntrun.com
- 10 PPD Hong Kong Dynamic 42 Km Challenge 2019
hongkong-dc.com
- 15-17 Oxfam Trailwalker 2019
oxfamtrailwalker.org.hk
- 23 Mountain Range Trail Series – Tai Po 50
mountainrangehk.com
- 29-1 DEC HK168
hk168.com.hk

DECEMBER

- 1 Lantau 50 – HK50 Series Asian Skyrunning Championship
actionasiaevents.com
- 14-15 2019 The North Face 100® Ultra Trail Challenge
thenorthface100.com

2020

JANUARY

- 1 New Year N.E. Mountain Race 2020
xterace.com
- 4-6 Ultra-Trail® Tai Mo Shan
ultra-trailmt.com
- 11 Hong Kong 50 WEST – Race 3 of HK50 Series
actionasiaevents.com
- 17-19 Hong Kong 100 Ultra Trail Race
hk100-ultra.com
- 31-2 FEB The 9 Dragons Ultra
the9dragons.asia

FEBRUARY

- 15 Sai Kung 50 – HK50 Series
actionasiaevents.com
- 28-1 MARCH TransLantau
translantau.com
- 29-1 MARCH Salomon Hong Kong Dynamic 100 Km Challenge
hongkong-dc.com

MARCH

- 7 Fast 50 Ultra
thetrailhub.com/fast50

Disclaimer

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Printed for the Hong Kong Tourism Board. English. October 2019 (1546)

HIKING TIPS

- Carefully make a plan and let your loved ones know where you are going before your hike.
- Gauge whether your fitness level is appropriate for the routes.
- Take appropriate gear such as hats, raincoats, wind-breakers, hiking sticks, electric torches, umbrellas, first-aid kits, mobile phones etc.
- Do not swim in reservoirs or at unmanned beaches.
- Mobile phone coverage varies throughout Hong Kong's trails. Poor coverage is especially likely to occur in eastern Sai Kung and northern Plover Cove.
- Cooking or making fires is prohibited except in designated areas.
- In the event of an emergency, note the number of the nearest distance post (eg M001) and call 112 or 999, or use the nearest emergency helpline.



Take your litter with you



Check the weather forecast and bring sun/rain protection



Bring an extra battery or power-bank for your mobile phone



Bring maps and a compass, and pay attention to signs



Bring enough water and food for the hike



Visit the Agriculture, Fisheries and Conservation Department website for more details on the latest hiking information.



Visit the Transport Department website for details on cycling safety.

CYCLING TIPS

- Check the condition of your bike before paying for a rental. Be sure you understand the terms and conditions, including rental costs, duration, bike return location etc.
- Ensure your bike is equipped with a bell.
- Wear a safety helmet and safety pads.
- Useful items to bring include a map, water, food, a raincoat and a first-aid kit. Ensure your belongings are firmly attached to the bike.
- On cycle tracks, you must ride in single file and keep left.
- Do not ride in a "Tunnel area" or an "Expressway".
- Obey traffic light signals, traffic signs and road markings.
- When cycling in the dark or at times of poor visibility, turn on a white light at the front and a red light at the rear of your bicycle.



HONG KONG TOURISM BOARD
Visitor Information Services



+852 2508 1234 (9am to 6pm daily)



info@discoverhongkong.com



DiscoverHongKong.com



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Hong Kong Observatory
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Tai Mo Shan
Photo by Tugo Cheng

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

