

Sport Education Programme – Hiking

Prospectus

Route No. Key Information	AA1	AA2	AA3	AA4
Fee	Free			
Level of Difficulty	Easy			
Countryside Map	Hong Kong Island	North West New Territories	North West New Territories	Lantau Island
Starting Point	Pok Fu Lam Public Riding School	Lok Ma Chau	Wah Fat Playground	Shek Mun Kap
Finishing Point	University Drive, Hong Kong University	Ho Sheung Heung	Miu Fat Buddhist Monastery	Ngong Ping Village
Brief	<p>Start at Pok Fu Lam Reservoir Road and walk along the Peak Trail in a reverse direction. Enter Lugard Road at the Peak to take in the spectacular views of Victoria Harbour on the path skirting around the Peak. If you follow the trail in the opposite direction along Harlech Road, you will come across a splendid waterfall before arriving at a picnic area. Walk down Hatton Road to visit the relics of the century-old Pinewood Battery, where the traces of war are still evident. When walking on the Hong Kong Trail, you will find a wealth of historical attractions such as boundary stones and heritage buildings, and plenty of natural sights for the study of the history and geography of Hong Kong Island.</p>	<p>Start at Lok Ma Chau Path and proceed to Lok Ma Chau Garden. There is a viewing point in the garden, where you can overlook the vast area of fish ponds near Shenzhen River. Then take the concrete path leading to the villages which are no longer included in the closed area since 2013. Enjoy the scenery of the fishponds and farmlands along the way, which offers a stark contrast with the urban views of Shenzhen to the north of the tranquil ponds, and feel the distinctive rural flavor pervading the villages. Continue along the riverside of River Indus (Ng Tung River) and River Beas (Sheung Yue River) to arrive at Ho Sheung Heung. The route is generally smooth and easy to walk.</p>	<p>Start at Wah Fat Playground, climb up the stone steps and continue along Tuen Mun Fitness Trail (Section 10 of the MacLehose Trail). Then make a turn to Tuen Mun Trail. Proceed to Lam Tei Reservoir via Fu Tei. This gentle path of half earth half concrete offers an extensive view. As the middle section on Tuen Mun Trail is a slightly rugged path, so take care of your accompanying children. You can enjoy a big meal at Lam Tei Main Street in front of Miu Fat Buddhist Monastery at the end of the trip.</p>	<p>Start at Shek Mun Kap and walk up to Ngong Ping via Tei Tong Tsai. This section comprises mainly uphill paths and steps. There are a number of old temples along the way. After going through Dongshan Famen, you may visit Wisdom Path, Po Lin Monastery, Tian Tan Buddha Statue and Ngong Ping Village. Take in the gorgeous views of Lantau Peak and Shek Pik Reservoir from afar. The entire route goes uphill.</p>

Route No. Key Information	AA1	AA2	AA3	AA4
Length	about 7 km	about 8 km	about 8 km	about 5 km
Duration	about 4 hours	about 4 hours	about 3.5 hours	about 4 hours
No. of Participants (Including accompanying carers)	24			
Enrolment Form	Sport Education Programme – Hiking Enrolment Form			
How to Enrol	Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk .			
Points to Note	<ol style="list-style-type: none"> 1. Adequate accompanying carers aged 18 or above should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. The actual route may be changed subject to participants' ability. 4. The school should ensure participants' health condition is good for hiking and to seek medical consultation if necessary. 5. The activity will be cancelled if Typhoon Signal No.3 or above or Amber, Red or Black Rainstorm Warning Signal is hoisted by Hong Kong Observatory <u>3 hours before the activity.</u> The person in charge should pay attention to the latest weather condition during the activity. Change or cancel the activity plan if inclement weather is forecasted. 6. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html. 7. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport. 			
Enquiry No./ Website	2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html			

Sport Education Programme – Hiking

Prospectus

Route No. Key Information	BB1	BB2	BB3	BB4
Fee	Free			
Level of Difficulty	Moderate			
Countryside Map	North West New Territories	North East & Central New Territories	Hong Kong Island	Hong Kong Island
Starting Point	Tsuen Kam Au, Tai Mo Shan	Pineapple Dam, Shing Mun Reservoir	Wan Chai Gap	Greenery Mini-garden, Braemar Hill
Finishing Point	Fu Yung Shan Road	Pai Tau Village	Mount Butler Road, Jardine's Lookout	Tai Tam Tuk Reservoir
Brief	<p>Walk along the Hiking Practice Trail in Tai Mo Shan before entering the Rotary Park Nature Trail. Walk down the trail until you reach the watercress fields at Chuen Lung Village. Then take the tranquil path in the south of Tai Mo Shan and visit the 4-faced Buddha at Chuk Lam Sim Yuen, Fu Yung Shan, before proceeding to Tsuen Wan. The route is largely downhill with a rugged section which takes about 25 to 30 minutes to walk.</p>	<p>Shing Mun Country Park, located south east of Tai Mo Shan, is full of intersecting footpaths and lyrical scenery. The Shing Mun Reservoir lying amid lush hills, reservoir walks, Tai Shing Stream, woodlands of paperbark trees and the arboretum are the major attractions. Walk along the woodland paths around the reservoir and head for Sha Tin via To Fung Shan after crossing the pass between Grassy and Needle Hills. Alternatively, you may take a footpath on the left leading to Pai Tau Village and visit the Ten Thousand Buddhas Monastery before proceeding to Sha Tin if you are physically fit for it. The early section of the route comprises uphill restricted access of the reservoir while the later section comprises downhill footpaths.</p>	<p>Start at Wan Chai Gap, walk along Middle Gap Road and then take the footpath at the end of the road to Middle Gap. Head east along Black's Link to Wong Nai Chung Gap. Take Sir Cecil's Ride, walk past Sir Cecil's Garden and proceed to Mount Butler Road.</p>	<p>Start at Braemar Hill and walk toward Quarry Gap via Sir Cecil's Ride. Then visit Tai Tam Reservoirs and enjoy the scenery and explore a century-old British style masonry arch bridges along the way. The route is mostly on the restricted access of the reservoir with a few sections of relatively gentle footpaths.</p>

Route No. Key Information	BB1	BB2	BB3	BB4
Length	about 4.5 km	about 10.5 km	about 6.5 km	about 9 km
Duration	about 4 hours	about 5 hours	about 4.5 hours	about 4.5 hours
No. of Participants (Including accompanying carers)	24			
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Sport Education Programme – Hiking

Prospectus

Route No. Key Information	BB5	BB6
Fee	Free	
Level of Difficulty	Moderate	
Countryside Map	North East & Central New Territories	North West New Territories
Starting Point	Hok Tau	Tai Tong Barbecue Area
Finishing Point	Fung Yuen	Ho Pui Tsuen
Brief	Follow Hok Tau Road and walk past Hok Tau Campsite to reach Hok Tau Reservoir. Proceed to Cheung Uk via the ancient path and visit Sha Lo Tung Valley before walking downhill to Ting Kok Road through a vehicular access or via Fung Yuen. The route covers ancient stone paths, hillside footpaths and vehicular access.	Visit the Sweet Gum Woods in Tai Tong and stroll along the tree-lined path. In winter, the woods become a popular attraction in Hong Kong when the leaves of the sweet gum trees turn red. Visit Kat Hing Bridge, take the forest track and the footpath on the right leading to Ho Pui Reservoir. The route finishes at Ho Pui Tsuen, with a slightly rugged uphill path in the latter section.
Length	about 5.5 km	about 8.5 km
Duration	about 3 hours	about 4.5 hours
No. of Participants (Including accompanying carers)	24	
Enrolment Form	Sport Education Programme – Hiking Enrolment Form	
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Points to Note	<ol style="list-style-type: none"> 1. Adequate accompanying carers aged 18 or above should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. The actual route may be changed subject to participants' ability. 4. The school should ensure participants' health condition is good for hiking and to seek medical consultation if necessary. 5. The activity will be cancelled if Typhoon Signal No.3 or above or Amber, Red or Black Rainstorm Warning Signal is hoisted by Hong Kong Observatory <u>3 hours before the activity.</u> The person in charge should pay attention to the latest weather condition during the activity. Change or cancel the activity plan if inclement weather is forecasted. 6. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html. 7. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport. 	
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