

Hiking Tips

With magnificent and precious natural scenery, Hong Kong has a hilly terrain with few flat lands. No matter where you are, there are always some beautiful trails nearby for you to enjoy the natural scenery and nature walk. There are many scenic hiking trails in various districts in Hong Kong, such as the Wilson Trail, MacLehose Trail and nature trails in country parks. Different routes have different levels of difficulty and are suitable for hikers of different abilities. Hiking is a physical activity with both physical and mental benefits. Not only can it improve physical wellness, but it can also relax the body and mind. To ensure a pleasant hiking experience and avoid accidents, you can take reference to the following tips so as to make a comprehensive planning and preparation.

- Never go hiking alone. It is preferable to go hiking in a group of four to six people for mutual help and support.
- Choose a hiking trail that suits your abilities and your fellow hikers.
- Inform family members or friends of the hiking route in advance, including the date and time of departure and return.
- Wear suitable hiking clothing and hiking shoes. Bring hiking poles for use when necessary.
- Gather information about the destination and route in advance, including the terrain and weather forecast for the day.
- Pay attention to the weather report for the day before setting out to avoid hiking in bad weather.
- Choose mountain trails with clear directory signs. Do not venture unmaintained paths or explore new routes to avoid getting lost or accidents.
- Bring a map, compass, emergency drugs, whistle, mobile phone, torch/ headlamp, sunscreen, rain gear, food and plenty of water. To prepare for emergency situations, it is best to bring some spare food.
- Arrange appropriate breaks during the journey to avoid overtired and exhaustion.
- Call for help in case of an accident by dialing 999 or the international emergency call number 112 with the fixed network emergency helpline telephones set up along the route or your mobile phone.

Hiking is a pleasurable activity. To prevent ruining the natural environment, all belongings (including litter) should be taken away when hiking. At the same time, do not vandalise the animals, plants and natural features in the countryside.