



IMechE Hong Kong Branch
Health & Wellness Sub-committee

HIKERS & RUNNERS CLUB

HIKING MEETUP IN JUNE

REGULAR SOCIAL HIKING AND RUNNING MEETUPS
TO ENERGIZE YOUR MIND AND BODY!

Mau Ping Ancient Trail, “Vine King”, “Bamboo Tunnel”, Pak Kong Ancient Trail

This trail straddle Ma On Shan and Sai Kung. It passes through the area holds a rich cultural history on its own, as it is home to the ancient villages of Mau Ping and Mui Tsz Lam, one of many abandoned rural communities in Hong Kong. Another impressive hidden spots “Vine King” and the bamboo tunnels will also be visited.

Path: Tai Shui Hang MTR -> Mui Tsz Lam Road -> Mui Tsz Lam -> Mau Ping -> Pak Kong -> Sai Kung

Length: ~6.8km

Difficulty: ★★★☆☆

Date: 17 June 2023 (Sat)

Time: 1:30 pm – 04:30 pm

Location:

Assemble at Tai Shui Hang Station (Exit A)

Dismiss at Sai Kung

Should you have any enquiries please contact:

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HIKING TIPS

HIKING MEETUP IN JUNE

Having a good preparation can make your journey more comfortable and safer. Below are some important tips to follow before and during the hike:

- Please make sure you are healthy and able to take on the outdoor challenges.
- Participants must bring:
 - ✓ At least 750ml of water (Take a drink every 15-30 minutes to keep hydration)
 - ✓ Cash & Octopus card
 - ✓ Fully charged mobile phone (+ portable battery as necessary)
- Be prepared for poor weather and environmental changes during the hike, dress for the condition. (i.e. wind-breaker / umbrella, depending on weather condition as necessary)
 - ✓ Do not over/under dress, bring adequate sun block as needed
 - ✓ Weather may change any time, raincoat is always an option to carry
- The group should stay together during the hike. Keep an eye on other member's physical state and look after each other.
- We recommend comfortable trail hiking shoes or hiking boots that offer good traction and ankle support.
- For beginners, you may want to visit internet's websites for more hiking tips.