# **Hiking Safety in Hong Kong**

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## Introduction

For Hongkongers, hiking is a way of life. According to the findings of the "Territory-wide Physical Fitness Survey for the Community" released previously, hiking was among one of the most popular physical activities for members of the public.



Discover the Hiking Trails in Hong Kong

## Hong Kong has a vivid hiking culture. From short nature trails to steep mountains, its Country Parks have something for everyone. These hikes cover Hong Kong Island, Kowloon, New Territories, Sai Kung, and the Outlying Islands.

accidents and injuries related to hiking has risen, and the hiking season is starting again.



## The Cheung Sheung Country Trail is located in Sai Kung West Country Park, situated in Sai Kung The hiking trail

Selecte a Trail: Cheung Sheung Country Trail

has a difficulty level of 3 stars and spans a total length of 4.2 km. The estimated time for completing the trip is 3.0 hours. The gradient level and surface condition level of the trail are 2 and 3 respectively. Overall, the hiking

experience is rated 2 star(s). Hikers can find detailed information on popular photo spots and the diverse natural scenery the trail offers in the following introduction: Cheung Sheung, surrounded by steep spurs, is one of those rare marshes situated on a plateau. The word 'Cheung' and the uniquely magnificent views stem from the surrounding layers of mountains. Located in Sai Kung West Country Park, the trail presents hikers with scenes of Shek Uk Shan, the highest crest in Sai Kung, and Cheung Sheung Plateau, along Hoi Ha Road to the peak. On the return trip, the trail amazes hikers with a panoramic view of the Three Fathoms Cove on the west. Cheung Sheung Village owns a shabby stone house, an abandoned rainfall measurement station and an old village school that was used by anti-Japanese Guerrillas as a communications base. The derelict village school holds on to history that cannot be forgotten among Hongkongers. To arrive Yung Shue O Village, the destination of the trip, hikers have to go through the challenge of passing through series of steep and long stone steps, known as Jacob's Ladder, situated at Au Mun. If you are ready to take the challenge to the next level physically and mentally, you can get to Cheung Sheung with a reverse route that requires climbing up Jacob's Ladder. Remarks: A 5-star system is adopted for assessing the difficulty levels of hiking routes. 5-star represents the most difficult one. The assessment of individual trail conditions, including the "length", "time required to finish the whole trip", "gradient" and "surface condition" is tabulated.

Surface Length **Duration** Elevation Level **Overall Difficulty Reference** ≤ 1 Hours < 100 Flat and smooth (1 star) Kilometer Meter ★☆☆☆☆ (1 star) Easy

**★★☆☆☆** 



#### (3 star) Demanding **★★★☆☆** (4 star) Difficult

(2 star) Moderate

(5 star) Very Difficult

Easy

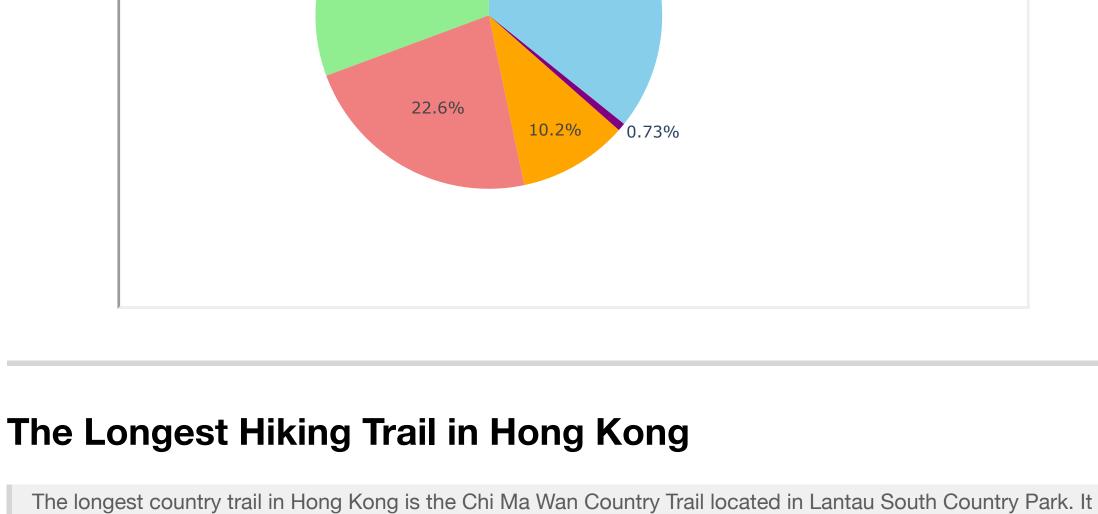
Moderate Demanding

Difficult

Very Difficult

≎ submit

30.7%



35.8%

### 70 60

Trail Length Distribution

spans 18.5 km and takes 8.0 hours to complete, but shorter routes are available.

50



# **General Information on Country Parks**

Trail Count by Park

Tai Tam

Tai Mo Shan

Tai Lam

Plover Cove

20

15

10

Trail Count

route mileage, and the best overall scenery.

At present, there are 24 country parks covering 43467 hectares, accounting for 39% of the overall land area of

Hong Kong. The Lantau South Country Park has the largest area of 5646 hectares and Lung Fu Shan Country

## Park has the smallest area of 47 hectares. **Distribution of Hiking Trails in Each Park** The Lantau South Country Park has the greatest number of hiking trails in the Country Park with a total of 23,

meanwhile, the Sai Kung East Country Park has the second most number of hiking trails with 16.

Shing Mun

Ma On Shan

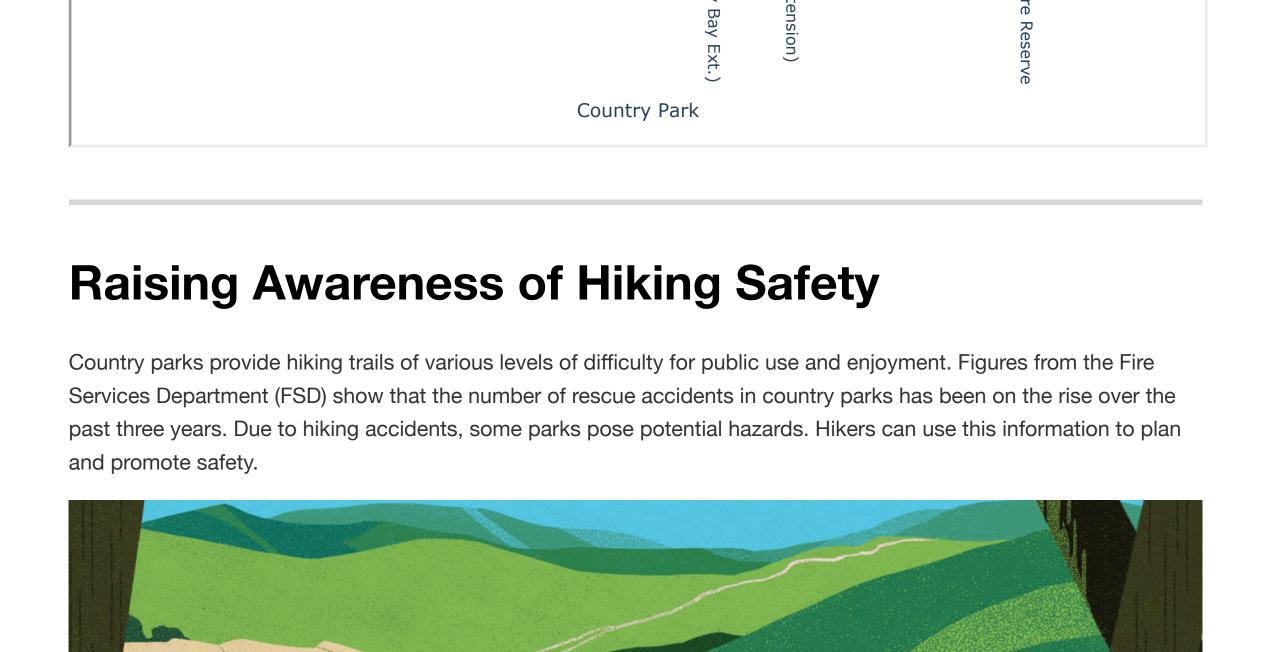
Sai Kung West

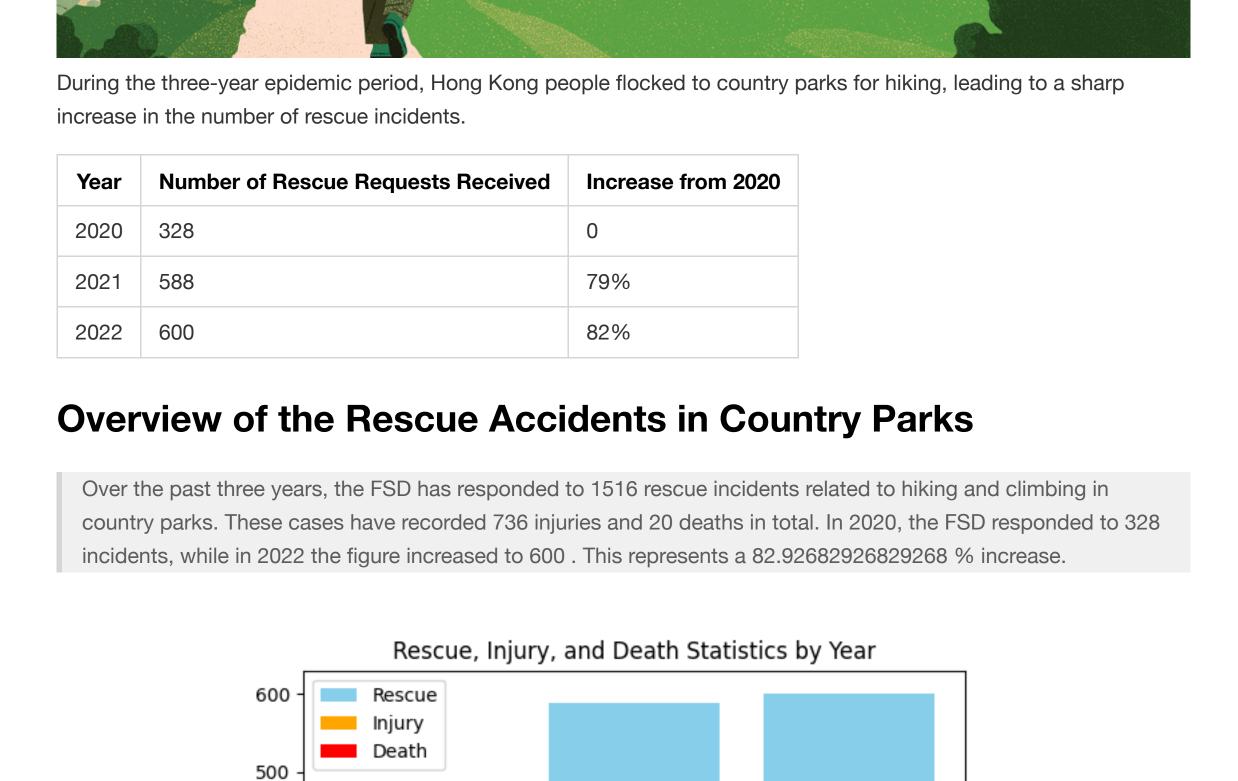
Pok Fu Lam

ung Fu Shan

Lion Rock

Pat Sin Leng





## 100 2020 2021 2022

400

300 300

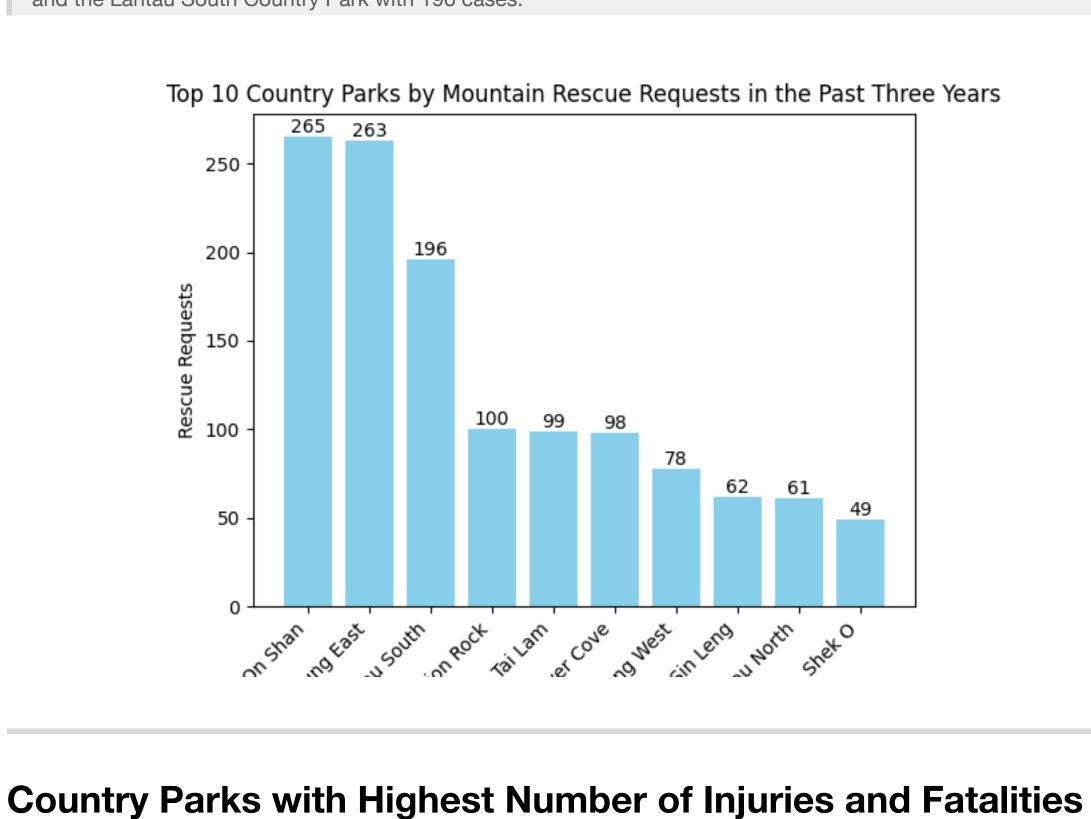
200

people losing their lives in the incident.

80

The Ma On Shan Country Park received the highest number of rescue requests involving mountain climbing, with 265 cases. The number of rescue accidents was also higher in the Sai Kung East Country Park with 263 cases and the Lantau South Country Park with 196 cases.

**Country Parks with the Highest Number of Rescue Requests** 

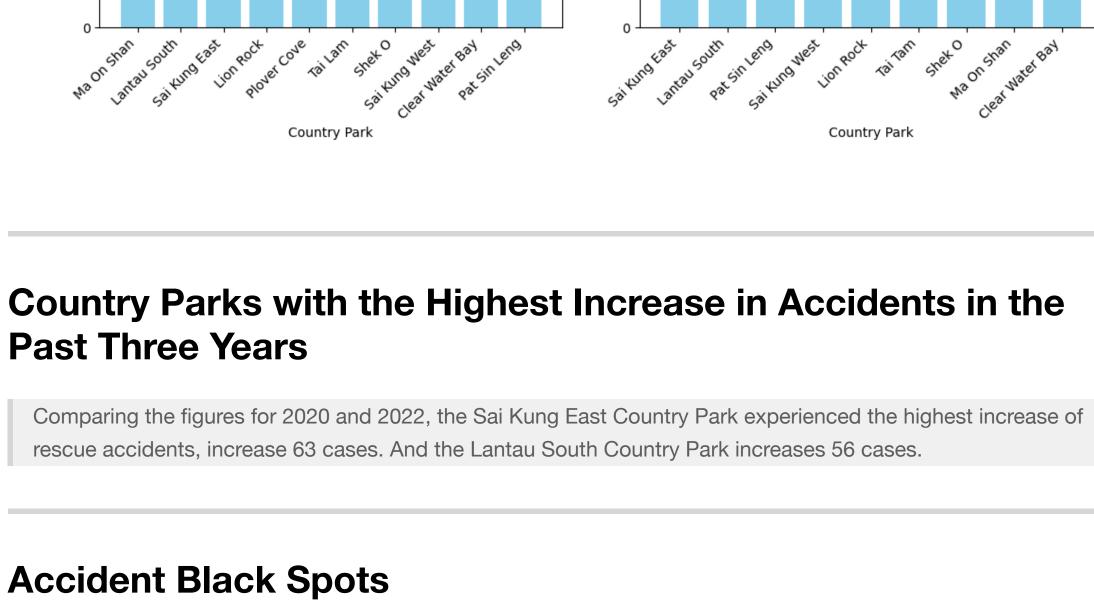


#### Country Parks with the Highest Number of Fatalities Country Parks with the Highest Number of Injuries 107 100

The Ma On Shan Country Park had the highest number of injuries in the last 3 years with 110 people injured. The

Sai Kung East Country Park had the highest number of fatalities in the last 3 years in rescue accidents, with 5

20



In view of the hiking accidents in recent years, AFCD has erected warning signs at appropriate locations to alert hikers

Country Park Name	Name of location
Lantau North	Wong Lung Stream
	Nei San Stream (near Nei Lak Shan Country Trail)
Lantau North (Extension)	Nei San Stream (also known as Mo Tin Ngai)
Lantau South	Kau Nga Ling area
	Shui Lo Cho
	Lo Hon Tower
	Inverted Wrist Cliff
Lion Rock	Lion Rock Peak
Ma On Shan	Tiu Shau Ngam area
	The cliff at Fei Ngo Shan (also known as Suicide Cliff)
Pat Sin Leng	The cliff at Hsien Ku Fung (also known as Monkey Clif
	Ping Nam Stream
Plover Cove	Bride's Pool Waterfall
Sai Kung East	Sharp Peak
	Quadruplex Pool
	Yin Tsz Ngam
	Kim Chu Wan
Sai Kung West	Mount Hallowes (Tam Chai Shan)
Shing Mun	Tai Shing Stream
Tai Mo Shan	Tai Shek Stream

not to enter areas with potential hazards.