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**THE CITY**

**Hiking Hong Kong Island**

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**TYPES OF TRAILS**

Signage on trails in Hong Kong varies. Major trails are generally very well-marked, although side paths and alternative routes may not be clearly indicated. The most popular trails have distance markers, as well as direction signs, usually providing the remaining distance and estimated walking time to the next trail point. Trails range from paved lanes to dirt tracks; many hill trails feature stairs made of concrete or stones.

We have noticed that the Hong Kong Government revises its trail signs from time to time. When hiking paths, you may find, as we have, that the signposts we describe have been changed slightly. Don't worry, the trails have not changed.

We've shown the estimated distance and time for each hike, based on government signs or maps. Government times are somewhat generous, but you soon learn how they compare to your pace; and we have noted the few that seem substantially inaccurate. Both time and distance shown are one way, and do not include time to return or get to or from the hike. We've changed the format of the time listings to aid readability — entries like “1/12 hr” just seemed unnecessarily complicated when “5 min” would do.

Almost every trail in Hong Kong has hills — there just aren't many flat areas on the Island! Each hike is ranked on a scale of 1 to 5 for difficulty (5 being most difficult). We've also included an estimate of “rise” for each trail — the height difference between the lowest and the highest points. (Note that hikes are ranked based on the route described — the return trip uphill will be much more difficult.) Difficulty is very subjective. We have tried to be consistent in ranking the hikes on our scale. We suggest you start with a few easier hikes to gauge how your personal scale relates to ours, before tackling some of the harder hikes.

The Hong Kong Government has established two major trails on Hong Kong Island: the Hong Kong Trail (50 km) and the first two sections of Wilson Trail (78 km), which continues over to Kowloon via the MTR. Each Trail is divided into sections that require 2 to 4 hours to hike; there is great variation among the sections. These two trails are extremely well-marked and mapped, and at the beginning of each section signboards display detailed maps.

The Hong Kong Parks Authority has established several trail types. “Family Trails,” are easier routes, often dotted with educational markers identifying plant life. “Nature Walks” and “Tree Walks,” also designed for families, contain informational markers. “Green Trails” contain markers with an environmental theme. “Fitness Trails” are fairly

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flat with exercise stations at various points along the way. “Morning Walkers’ Gardens,” small, peaceful garden paths, are tucked away off a couple of the main trails. Country trails are longer routes laid out along a combination of trails, identified by numerical markers preceded by C, i.e. C4109; other trails are noted with T markers, i.e. T8112.

Since we wrote this guide, the Parks Department has begun posting maps of combined hike routes, such as the Eastern District Nature Trail. Some of these can be found at the Hong Kong government web site: [http://www.afcd.gov.hk/parks/parks\\_e.htm/](http://www.afcd.gov.hk/parks/parks_e.htm/); also see the “Extended Hikes” appendix for combined trails.

The Orienteering Association of Hong Kong has posted three courses, at Pok Fu Lam Country Park, Aberdeen Country Park and Tai Tam Country Park (see Hikes 1J, 2E and 3C.) The Association can be reached as follows:

Telephone: 2504 8111

Fax: 2577 5595

Website: [www.oahk.org.hk](http://www.oahk.org.hk)

E-mail: [info@oahk.org.hk](mailto:info@oahk.org.hk)

### MAPS

This guide includes fairly simple maps of the trails. In addition we use and recommend the Hong Kong Countryside Series Map, and have included cross references to its grid in this guide. The black and white Government Trail Maps are also good. Both types are available at the Government Bookstore, which can be reached through the Government’s “ESDlife” platform as follows:

Telephone hotline: 3151 2222

Website: [Website: http://www.gov.hk/en/residents/government/publication/](http://www.gov.hk/en/residents/government/publication/)

The Countryside Maps are somewhat out of date and some side trails marked on the maps have now disappeared into the overgrowth. We have included all trails that in our experience can be relied upon to be clear.

### WEATHER

In Hong Kong, you can hike all year long, although hiking is best in the fall and winter (September to March). From April through August, be prepared for rain and high humidity. May to November is typhoon season and hiking at that time of year can also be marred by torrential rain. Typhoon signals range from 1 (standby) to 10 (full force gale). Don’t hike if any signal has been hoisted. Rain warnings are Amber, Red and Black; all are too heavy for safe hiking, risking floods and landslides.

Most local TV stations display weather warnings.

Weather forecast: 187 8200

Hong Kong Observatory website: [www.info.gov.hk/hko](http://www.info.gov.hk/hko)

**RECOMMENDED EQUIPMENT FOR A HIKE**

- This guide.
- Water — Take much more than you think you will need. Even in the cooler, drier season, Hong Kong's humidity dehydrates you very quickly.
- Sun block, sun hat, sun glasses — The Hong Kong sun is very, very strong.
- Insect repellent — Mosquitoes are your primary pest and lie in wait in wet areas.
- Mobile phone — Some trails have emergency phones, which we have noted, but they are few and far between. If you are a tourist, you may want to rent a temporary phone through your hotel. Refer to the list of emergency numbers noted on the next page.
- ID and medical alerts.
- Maps — A compass could also be useful.
- Walking stick — Helpful for your knees and also for dog and snake problems.
- Toilet paper or tissues — Generally, Hong Kong toilets do not have toilet paper; you are expected to BYO. In most cases Hong Kong public toilets are clean; however, many of them do not have commodes. Some toilets are flushed with a bucket of water — in these cases you will find a large barrel of water in the toilet block. Used paper is deposited in a receptacle next to the toilet, not in the bowl/drain. Water in toilet blocks is NOT potable.
- Sweatband and small towel — Helpful items to carry for hot and/or rainy weather.
- Rain gear — It's often easier just to change clothes when you get home.
- Flashlight — In case you get home later than you expected or need to use an unlighted toilet facility.

The following warnings need to be given but don't let them put you off. Hong Kong is fun and safe to hike with a companion.

**DO NOT HIKE ALONE**

Here are a few reasons why:

- Slips and falls — In case of injury, you may need help.
- Snakes — Yes, some are poisonous. We've only seen a few, in fact we've only seen their tails as any snake you get near will be doing its best to get away from you. Snakes are more commonly seen in the hotter months.
- Wild dogs — A call to the Society for the Prevention of Cruelty to Animals won't help you here. Usually dogs are easily shooed away but they can be menacing.
- IIs — Illegal immigrants. There have been a few recent incidents of IIs robbing hikers on Hong Kong Island, so be alert.
- Flash floods — After rain, streambeds become flash flood zones. These areas are usually marked, and common sense should help you avoid danger.

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- Mud slides — In the rainy season, slopes can become unstable and slip, which is hazardous whether you are above or below the mud.
- Hornet nests — Be careful stepping off the trail as hornets make nests in the ground and will attack if stepped on.
- Hill Fires — Rarer on Hong Kong Island than on Lantau or in the New Territories. In dry season the fire risk is monitored by the government and posted on signs in the country parks.

### STAY ON THE TRAIL

In many areas, the undergrowth surrounding the trail may disguise a sharp drop off. Stay on ground you know is solid. If you take your dog: There have been several incidents of dog poisoning in the Peak Area (Hub 1). Poisoned meats have been left on the trail. Keep your dog on a short leash, and if it eats anything left on the trail contact your veterinarian immediately.

### EMERGENCY NUMBERS

General Emergency: 999

Hill Fire Hotline: 999 or 2720 0777

### GETTING THERE

Public transportation in Hong Kong is very easy to use, and we have indicated the appropriate bus and MTR stops for each Hub. The Octopus Card is a prepaid electronic card used on the MTR and busses, and at some snack machines and shops. The card is available in MTR stations and 7-Eleven shops. If you drive, you will need a prepaid parking card for the meters. These are available at 7-Elevens. We have noted parking convenient to the hub, if it exists.

A brief word on types of public transport:

- Citybus and First World Bus — Drivers on main routes will know enough English to tell you when you have reached your stop, if you ask them to. On more remote routes the drivers may be less likely to speak much English, so take a map and point.
- Minibus/Maxicab — Yellow vans with green or red tops. You can flag these down anywhere along their route and you can ask to be dropped off any where along the route. The driver may not speak much English, so take a map and point.
- MTR — The subway/MTR is very clean and quiet, though it can be crowded. Announcements are made in English, Mandarin and Cantonese.



- **Taxis** — Usually very reliable, but a map can be helpful. Taxis cannot pull over where double yellow lines are marked on the pavement; find a cab stand or an unmarked area on the street.

Happy trails! We hope this guide inspires you to get out and enjoy Hong Kong hiking as much as we do.

Victoria Gap at the Peak is our number one hub for good reasons. It features numerous and varied walks, hikes, and running trails, many choices for a meal or refreshment, easy access, and fabulous views. There are also a few aggravations. Camera happy tourists, especially in groups, can impede a brisk walk or run; however, they don't often stray far from the Peak Tramway station. Local residents also take full advantage of the area, especially on weekends, taking constitutionals, walking with their families or practicing Tai Chi. Enjoy the popular hikes at less busy times or with a dose of patience, and save the aerobics for the less popular paths.

**Map 1.1, 1.2, 1.3, 1.4**

Countryside Map Grid: 06–07 and 65–66

**To Get There****By Bus:**

Bus No. 15 from the Star Ferry runs every quarter of an hour and takes about one half hour. You can also pick it up in Wan Chai on Queen's Road East.

**By Tramway:**

The Peak Tramway runs every 10 or 15 minutes from Garden Road (across from the U.S. Consulate, in the St. John's Building). The scenic ride on one of the oldest funiculars still in operation (built in 1888) is worth the fare.

**On Foot:**

- Old Peak Road from Tregunter Road or Conduit Road in Mid-levels; see Hike 1F
- Conduit Road to Hatton Road; see the Morning Trail and Cheung Po Tsai Path; Hike 1B
- Chatham Path and Central Green Trail from May Road; see Hike 1G
- Pok Fu Lam Reservoir Road from Pok Fu Lam; see Hike 1J
- Barker Road to Lloyd Path, Hospital Path or Findlay Path; see Hike 1H

*Note: Peak Road has no sidewalks and is not recommended for walking.*

**By Car:**

Underground parking is available at the Galleria Building. There is limited metered street parking on Peak Road.

**1A HONG KONG TRAIL SECTION 1 — THE PEAK TO POK FU LAM** **N R SC**

The first section of the Hong Kong Trail affords spectacular views of both sides of Hong Kong Island; each side has a completely different feel. Starting on Lugard Road along the north side of the Island on paved roads that are easy to negotiate, but often crowded, the trail curves towards the south side, becoming a dirt path that follows the contours of the canyons above Pok Fu Lam Reservoir. Much of this trail can be run.

Distance: 7 km/4.4 mi

Difficulty: 2/5

Time: 2 hr

Rise: 200 m

Map 1.1

Countryside Map Grid: • Start: 06–07 and 65–66 • Finish: 05–06 and 65

**1B THE MORNING TRAIL AND CHEUNG PO TSAI PATH** **F D K N R SC**

A pleasant walk from the Peak to Mid-levels, the Morning Trail has many attractive features. First Harlech Road passes a flower filled waterfall and few, but striking, views of the south side. Later, if you detour to the Pinewood Battery, a turn-of-the-century defensive base, and the Lung Fu Shan Pavilion, there are excellent views to the west. The section nearest the Peak Tramway Station includes fitness stations and is suitable for jogging, if you don't mind dodging walkers and the occasional car. After High West Park, the trail heads steadily downhill, to the Cheung Po Tsai Path, a shady dirt trail named after a pirate. The path runs about a kilometer across the hill to a trail that returns you to the Peak.

Distance: 6 km/3.8 mi

Difficulty: 3/5

Time: 1 hr 30 min

Rise: 300 m

Map 1.1

Countryside Map Grid: • Start and Finish: 06–07 and 65–66

• Conduit Road: 05–06 and 66–67

**1C THE LOOP — HARLECH ROAD AND LUGARD ROAD (POK FU LAM TREE WALK)** **F D K N S R SC**

Combining Lugard Road (Hike 1A) and Harlech Road (Hike 1B), the Loop gives walkers and joggers a smooth paved path circling the Peak and beautiful views. It's a great walk and a good run: you have to decide how to tackle the incline on the north side — either the long more gradual rise, clockwise, or the shorter steeper way, counter clockwise. Or do it both ways! The views along the hill are worth a second look.

Distance: 3.5 km/2.2 mi

Difficulty: 2/5

Time: 1 hr

Rise: 70 m

Map 1.1

Countryside Map Grid: • Start and Finish: 06–07 and 65–66

**1D GOVERNOR'S WALK AND VICTORIA PEAK GARDEN** **K SC**

Climb up to the top of Victoria Peak and enjoy the beautiful garden. This short

walk has just enough steps and incline to make it aerobic and the views are impressive. The garden features a pavilion on the site of the Mountain Lodge, the summer home of Colonial Governors of Hong Kong for many decades. This hike can also be accessed from High West Park (Hike 1C or 1E) by a path up a short but steep series of stairs.

Distance: 1.1 km/0.7 mi

Difficulty: 2/5

Time: 30 min

Rise: 150 m

Map 1

Countryside Map Grid: • Start and Finish: 06–07 and 65–66 • Victoria Peak: 05–06 and 66–67

## 1E HIGH WEST (SAI KO SHAN)

High West is a very aerobic, very scenic, and very short hike that gives you a well-deserved sense of accomplishment. It starts at High West Park, then climbs directly up Sai Ko Shan (494 m). Be prepared for stairs — about 200 of them. You must return down the same route. Allow time to get to the park and back, along Lugard or Harlech Road or the Morning Trail, Hikes 1A, 1C, or 1B (15–45 mins.)

Distance: 0.4 km/0.25 mi

Difficulty: 3/5

Time: 15 min

Rise: 94 m

Map 1.1

Countryside Map Grid: • Start and Finish: 05 and 65–66

## 1F OLD PEAK ROAD

This pretty road, closed to through traffic until it crosses Tregunter Path, winds downhill through dense foliage, and gives new meaning to the word steep. While lush with vegetation, it is not lush with views. It is a direct route to Mid-levels (at Robinson Road and the Botanic Gardens, see Countryside Map Grid 06–07 and 66–67). Old Peak Road can be combined with the Chatham Path and Central Green Trail (Hike 1G) or the Morning Trail and Cheung Po Tsai Path (Hike 1B) to make a nice leafy loop.

Distance: 1.6 km/1 mi

Difficulty: 3/5

Time: 30 min

Rise: 220 m

Maps 1.2

Countryside Map Grid: • Start: 06–07 and 65–66 • Finish: 06–07 and 66–67

## 1G CHATHAM PATH AND CENTRAL GREEN TRAIL

The path is called a “Green Trail” because signs along the trail provide information about the plants and environment you see. Leafy and cool, it’s pleasant, if not a lot to write home about. If you want a good aerobic workout, do the hike in reverse, starting at the Garden Road Peak Tramway Station and climbing up the Peak. A lovely shrine along the way provides a good excuse to stop and catch your breath.

Distance: 2.75 km/1.7 mi

Difficulty: 2/5

Time: 45 min

Rise: 220 m

Map 1.2

Countryside Map Grid: • Start: 06–07 and 65–66 • Finish: 07–08 and 66–67

**1H PEAK LOOPS** **D** **K** **R** **SC**

Several paths lead up, down or over the Peak and can be combined with each other or with the lightly traveled Peak back roads for enjoyable walks or runs. See Map 1.2 and the detailed hike write-up for suggestions (Countryside Map Grid 06–08 and 64–66).

**1J POK FU LAM RESERVOIR FAMILY WALK** **N** **R**

The Pok Fu Lam Reservoir Family Walk is a loop from the Peak to Pok Fu Lam Reservoir Road and back. Rather challenging for a Family Walk (we can imagine the moaning if we took our kids), it's pretty and green but not terribly scenic. Half of the loop is on Pok Fu Lam Reservoir Road, a wide paved path pitching steeply up hill; you might consider doing the loop in reverse. It's good for running if you can handle the steep incline.

Distance: 3.5 km/2.2 mi

Difficulty: 3/5

Time: 1 hr 30 min

Rise: 400 m

Map 1.3

Countryside Map Grid: • Start and Finish: 06–07 and 65–66

• Pok Fu Lam Reservoir Road ends at 04–05 and 65

**1K HONG KONG TRAIL SECTION 2 — POK FU LAM RESERVOIR ROAD TO PEEL RISE** **F** **SC**

Much of this section of the Hong Kong Trail is flat and wooded, but there are also some long uphill pulls and steep steps down at the end. Bird's-eye views of Aberdeen reward you at the end of the hike, about a 20-minute walk from Aberdeen.

Distance: 4.5 km/2.8 mi

Difficulty: 3/5

Time: 1 hr 30 min

Rise: 100 m

Maps 1.3

Countryside Map Grid: • Start: 06–07 and 65–66 • Finish: 06–07 and 64

**1L HONG KONG TRAIL SECTION 3 — PEEL RISE TO WAN CHAI GAP** **R**

The trail is mostly flat and wanders under a canopy of trees, with a few interesting views. It is suitable for running, or a cool walk on a hot day. At the end of the hike, you must climb up steep Aberdeen Reservoir Road or Peel Rise to return to the Peak; see Hike 1M.

Distance: 6.5 km/4 mi

Difficulty: 2/5

Time: 1 hr 45 min

Rise: 150 m

Maps 1.3

Countryside Map Grid: • Start: 06–07 and 64 • Finish: 08 and 64

**1M PEEL RISE — THE PEAK TO ABERDEEN** **R** **SC**

You can get to Aberdeen from the Peak quickly on foot, and it's all downhill. Take Peel Rise from Peak Road and Mount Kellett Road, all the way to the center of Aberdeen.

The road is steep, but has bountiful trees and a gurgling stream at the bottom.

Distance: 3.6 km/2.2 mi

Difficulty: 2/5

Time: 1 hr

Rise: 400 m

Maps 1.3

Countryside Map Grid: • Start: 06–07 and 65–66 • Finish: 06–07 and 63–64

## 1N MOUNT DAVIS TRAIL

A lesser-known hike, Mount Davis (269 m) offers fabulous views and a surprise at the top. The trail is not directly accessible from the Peak, but it is on the west end of the Island (and it didn't fit in to any other Hub!). Start at Mount Davis Road and Pok Fu Lam Road and complete the journey on Victoria Road.

Distance: 3.75 km/2.4 mi

Difficulty: 2/5 (road); 4/5 (stairs)

Time: 2 hr

Rise: 250 m

Map 1.4

Countryside Map Grid: • Start and Finish: 03–04 and 66–67

## 1P PIK SHAN PATH

A flat tree-shaded path good for running but not much else, although it does provide a link to Mount Davis from Mid-levels and Pok Fu Lam. Pik Shan is a puzzle: only one sign labels the trail at all, and it says “To Pik Shan Pavilion” but neither Pik Shan nor its pavilion is labeled on our maps.

Distance: 3 km/1.9 mi

Difficulty: 1/5

Time: 30 min

Rise: negligible

Map 1.4

Countryside Map Grid: • Start: 05–06 and 66–67 • Finish: 04–05 and 65–66

## Hub Amenities

The Peak has several restaurants and cafes, an ice cream shop and two grocery stores — the Wellcome store is down Peak Road, not far from Mount Kellett Road. On Pok Fu Lam Reservoir Road, near Pok Fu Lam, there is a vending machine for drinks at the Lady Macle hose P.H.A.B. Center. There is a tasty dim sum restaurant in Chi Fu Fa Yuen (housing estate), as well as a grocery store, and small sidewalk stands on Pok Fu Lam Road. In Aberdeen there are street side dai pai dong (small shops selling cooked food). Or you can take a boat to the Jumbo Floating Restaurant, which is garish and touristy but has good food and a fun atmosphere.

There are toilets located at the Peak Tramway Building, in the Galleria, at High West Park and on Pok Fu Lam Reservoir Road at the reservoir.

Taxis and buses are plentiful on Pok Fu Lam Road and at Chi Fu, going to Aberdeen, Central and Stanley. Lines stopping at Pok Fu Lam Reservoir Road include Nos. 4, 7, 37A, 40, 40M, 71, 91, 970, and 973.

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The assortment of hikes radiating from Wan Chai Gap, in the middle of Hong Kong Island, ranges from flat Bowen Road to steep Wan Chai Gap Road. Wan Chai Gap gives you access to all of Aberdeen Country Park with its beautiful reservoirs and diverse trails. You can mix and match trails and then work your way back to the gap. Many of the hikes are also reasonable hikes for children and runners.

---

**Map 2.1 and 2.2**

Countryside Map Grid: 08–09 and 65–66

**To Get There****By Bus:**

Bus No. 15 from Central or the Star Ferry, about a 30 min trip

**On Foot:**

- From Wan Chai via Wan Chai Gap Road; see Hike 2A
- From Aberdeen via Aberdeen Reservoir Road (Hike 2E) or Peel Rise (Hike 1M)
- Via Bowen Road to Wan Chai Gap Road; see Hike 2B

**By Car:**

Not easy — there is some street parking on Mount Cameron Road at Wan Chai Gap, and some more behind the playground on Coombe Road, across from Wan Chai Gap Park, but it is limited and tends to fill up quickly. See Hike 2B for parking near Bowen Road. There is plentiful parking in Aberdeen.

**2A WAN CHAI GAP ROAD AND WAN CHAI GAP GREEN TRAIL** **N P**

Jungle to the city in half an hour! This very steep, lush trail drops right down to Queen's Road East bisecting Bowen Road (Hike 2B) on the way. A Green Trail, the way is marked with plaques identifying plants and points of interest. For a good aerobic challenge, do this one in reverse.

Distance: 1.4 km/0.9 mi

Difficulty: 3/5

Time: 30 min

Rise: 100 m

Map 2.1

Countryside Map Grid: • Start and Finish: 08–09 and 65–66

**2B BOWEN ROAD** **F D K S R S C**

Bowen is one of the few flat (almost) roads in Hong Kong, so it is a favorite choice for jogging, kids, older folks and strollers. There is a fitness course along the eastern portion. The views are grand. For an extra bonus there are many small shrines along the way.

Distance: 4 km/2.5 mi

Difficulty: 1/5

Time: 45 min

Rise: negligible

Map 2.1

Countryside Map Grid: • Start: 09–10 and 65 • Finish: 07–08 and 65–66

**2C BLACK'S LINK** **D K R S C**

A steady but gentle climb through Middle Gap, Black's Link provides good views to the north and to the south side of the Island. It is a wide paved path, popular for running. As it gently winds down to Deep Water Bay Road, around the corner from Wong Nai Chung Gap, there are lovely views of Aberdeen and beyond. Aptly named, Black's Link is a handy connection to other hikes.

Distance: 3.2 km/2 mi

Difficulty: 2/5

Time: 1 hr

Rise: 50 m

Map 2.1

Countryside Map Grid: • Start: 08–09 and 65–66 • Finish: 10–11 and 64

**2D MIDDLE GAP ROAD** **R**

Not really a hike in itself, Middle Gap Road is a good link/short cut to other hikes. The scenery on Middle Gap Road is scullionaire mansions. From Middle Gap Road you can reach:

- Black's Link — Hike 2C
- Lady Clementi's Ride — Hike 3H
- Aberdeen Country Park Hikes — Hike 2E
- Hong Kong Trail Section 4 — Wan Chai Gap to Wan Nai Chung Gap — Hike 2F

Distance: 2.3 km/1.4 mi

Difficulty: 2/5

Time: 30 min

Rise: negligible

Map 2.1

Countryside Map Grid: • Start: 08–09 and 65–66 • Finish: 08–09 and 64–65



## 2E ABERDEEN COUNTRY PARK HIKES **F D K N S R SC M**

Great for both children and adults, there is a lot to explore in Aberdeen Country Park. It's a super spot for picnics, too, but claim your spot early on weekends. No trail here is terribly difficult and they all interconnect, so just have a fun time exploring. The Government has laid out four clearly marked trails, which we describe here; you can mix and match.

See specific hike write-ups for distances and times.

Map 2.2

Countryside Map Grid 07–09 and 63–65.

## 2F HONG KONG TRAIL SECTION 4 — WAN CHAI GAP TO WONG NAI CHUNG GAP **N R SC**

This section of the Hong Kong Trail has long, flat, very scenic stretches, which are boxed with steep climbs on each end. There are excellent views to the south of the Island. At the end, you can see the crush of cars heading into the Aberdeen Tunnel, which runs north/south under Middle Gap. Part of the Trail overlaps Lady Clementi's Ride.

Distance: 7.5 km/4.7 mi

Difficulty: 2/5

Time: 2 hr

Rise: 200 m

Map 2.1

Countryside Map Grid: • Start: 08–09 and 65–66 • Finish: 10–11 and 64

### **Hub Amenities**

At Wan Chai Gap there is a park, a snack bar, toilets, a playground and the Police Museum. Or you can finish your hike by walking down Wan Chai Gap Road (Hike 2A) to Wan Chai, with plenty of snack shops and restaurants. Aberdeen also has many options for a stop, including the Jumbo Floating Restaurant.

### **To Access from Aberdeen**

Aberdeen is a major bus and minibus interchange. From Central take bus No. 70; from Stanley take bus No. 73 or 973.

Parking is available off Aberdeen Reservoir Road.

From the bus terminus, walk up Aberdeen Main Road (away from the harbor) then bear right on Aberdeen Reservoir Road up a big hill to the entrance to the Aberdeen Country Park; see Hike 2E. If you prefer you can take bus No. 7 or 76 or minibus No. 4C up the hill.

### **Alternatives**

Lady Clementi's Ride (Hike 3H) can also be accessed from Hub 2.

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**W**ong Nai Chung Gap is full of hiking opportunities in Tai Tam Country Park, especially for hikers looking for challenges and spectacular views. This Hub has it all: peaks, reservoirs, splendid views, and stairs, stairs, stairs. Your sore muscles may not thank you, but your mirror will. There are some gentle hikes too.

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**Map 3.1 and 3.2**

Countryside Map Grid: 10–11 and 64

**To Get There****By Bus:**

Bus No. 6 or 66 from Central and from Stanley. Get off at the gas station at the crest of the hill. If your chosen hike starts at Parkview you will have to walk up Tai Tam Reservoir Road, a workout in itself.

**On Foot:**

- From Hong Kong Trail Section 4 and Black's Link — left on Wong Nai Chung Gap Road and right, if need be, up Tai Tam Reservoir Road; see Hike 2F.
- East along Bowen Road and then up Wong Nai Chung Gap Road and left, if need be, up Tai Tam Reservoir Road; see Hike 2B.
- Tai Tam Reservoir Road from the Tai Tam County Park entrance on Tai Tam Road. See Countryside Map Grid 13–14 and 62.

**By Car:**

Inexpensive parking is available at the foot of Tai Tam Reservoir Road. The lot is on the left just after you turn up the road. There are a few spaces on the left just before the entrance to Parkview and expensive parking in Parkview (cheaper if you go for a big grocery shop after your hike).

### 3A HONG KONG TRAIL SECTION 5 (MOUNT BUTLER) — WONG NAI CHUNG GAP TO MOUNT PARKER ROAD **S P S**

A very challenging hike, and in return very rewarding, this trail undulates over the hills from Parkview to Quarry Gap, cresting Mount Butler (436 m). There are numerous steps, both up and down; many of them are quite steep and awkward in dimension. However, the climb is well worth the effort for the fabulous vistas in all directions.

Distance: 4 km/2.5 mi

Difficulty: 5/5

Time: 1 hr 30 min

Rise: 130 m

Map 3.1

Countryside Map Grid: • Start: 11–12 and 64 • Finish: 12–13 and 65

### 3B WILSON TRAIL SECTION 2 — PARKVIEW TO QUARRY BAY **N S P S**

The views on this trail are some of the best on the Island, and are a fair reward for the sweat to get there. Initially, the trail climbs up along Hong Kong Trail Section 5 (Hike 3A), then turns along the Wilson Trail for another uphill section, before many sections of seriously steep steps downhill. Towards the end, the trail becomes a Tree Walk that includes World War II ruins, and finally ends in Tai Koo Shing. A good challenge!

Distance: 6.6 km/4.1 mi

Difficulty: 5/5

Time: 2 hr 30 min

Rise: 230 m

Map 3.1

Countryside Map Grid: • Start: 11–12 and 64 • Finish: 13 and 67

### 3C SIR CECIL'S RIDE **K N R S**

Sir Cecil's Ride offers broad views of the harbor from a fairly level path, with some colorful rest stops and shrines tucked into the forest along the way. After a brief stint uphill on paved roads, the path takes a flat meandering course towards Braemar Hill (200 m). Finally, the trail connects with the flat Quarry Bay Jogging Trail and ends in Quarry Bay. A classic Hong Kong hike in the countryside, just barely above the city.

Distance: 8.9 km/5.6 mi

Difficulty: 2/5

Time: 3 hr

Rise: negligible

Map 3.1

Countryside Map Grid: • Start: 10–11 and 64 • Finish: 12–13 and 66

### 3D TAI TAM RESERVOIR COUNTRY PARK LOOP **D K N R S**

Circling the Intermediate Reservoir, the loop offers the scenic parts of Tai Tam Reservoir Road and a pretty ramble through the woods. A bit long but not very difficult, kids might enjoy this one, especially the Lower Path section, which requires some rock scrambling. The road itself is a pleasant hike, which many people do with kids or strollers. Except for a little bump at the beginning, it is all down one way and all up the other, so don't underestimate the energy you will need to get back uphill.

Distance: 6 km/3.8 mi

Difficulty: 2/5

Time: 2 hr

Rise: 300 m

Map 3.2

Countryside Map Grid: • Start and Finish: 11–12 and 64

Repulse Bay Gap is just northwest of 12 and 62. Tai Tam Reservoir Road meets Tai Tam Road at 13–14 and 62.

### 3E TAI TAM COUNTRY TRAIL

An excellent walk that mixes flat and hilly sections, each with its own feel. The loop combines some of the best features of the trails in Hub 3. It is not quite as difficult as the hardest trails but nonetheless has some of those not-to-be-missed views.

Distance: 5.2 km/3.3 mi

Difficulty: 4/5

Time: 2 hr 30 min

Rise: 100 m

Map 3.2

Countryside Map Grid: • Start and Finish: 11–12 and 64

The loop extends from 10–11 and 64–65 to 11–12 and 63.

### 3F WILSON TRAIL SECTION 1 — VIOLET HILL AND THE TWINS

This hike heads south from Parkview over Violet Hill (433 m), which affords almost 360-degree views. Then on to one of the most challenging hikes on Hong Kong Island, more than 1,000 steps that give even the hardest pause as the trail mounts the Twins (363 m and 386 m). But the views are grand and there is a well-earned sense of accomplishment when you finish.

Distance: 4.8 km/3 mi

Difficulty: 5/5

Time: 2 hr

Rise: 386 m

Map 3.2 and 3.3

Countryside Map Grid: • Start: 11–12 and 64 • Finish: 12–13 and 60–61

### 3G TSZ LO LAN SHAN PATH AND CATCHWATER TO STANLEY

An alternative and gentler route from Parkview to Repulse Bay Gap. A good part of the trail is a concrete catchwater, which could be run. It is tempting to recommend this hike for kids, as it is flat, but in many areas there is a steep drop off so any children should be firmly attached to an adult.

Distance: 6 km/3.8 mi

Difficulty: 1/5

Time: 1 hr 30 min

Rise: negligible

Map 3.2 and 3.3

Countryside Map Grid: • Start: 11 and 64 • Finish: 12–13 and 60–61

Repulse Bay Gap is just northwest of 12 and 62.

**3H LADY CLEMENTI'S RIDE** **KNR**

A lot of variety, good but not fabulous views, a Tree Walk, and a little bit of World War II history. The Upper Ride follows a paved catchwater; the Lower Ride, parallel to the Upper, is all dirt. The trail is suitable for running in many places, and a loop of Upper and Lower Lady Clementi's Ride makes a good run (about 4.4 km/2.75 mi roundtrip), although parts are a bit rocky and overgrown and may need to be walked.

Distance: 5.4 km/3.5 mi

Difficulty: 2/5

Time: 2 hr 30 min

Rise: 170 m

Map 3.1

Countryside Map Grid: • Start: 10 and 64 • Finish: 08 and 65

**3J REPULSE BAY SEAVIEW PROMENADE** **DKRS**

Not actually out of the Hub, but in the area and worth doing, this delightful flat stroll provides a close-up view of the South China Sea and Deep Water Bay. It can be extended to include Mills and Chung Path, which ends up by the Hong Kong Country Club. Take time to visit the fanciful temple at the south end of Repulse Bay.

Distance: 3.25 km/2 mi

Difficulty: 1/5

Time: 45 min

Rise: negligible

Map 3.3

Countryside Map Grid: • Start: 11-12 and 61-62 • Finish: 10-11 and 62-63

**3K CHUNG HOM KOK** **KRS**

A bit far afield from the Hub, the trail works down the spine of Chung Hom Kok. At the bottom of the peninsula, the route follows a paved road that curves along the coast and at the tip takes you to some picnic sites with marvelous views — once we saw a ray in the water here. Pirate Cheung Po Tsai's cave is supposedly here, see if you can find it. A good outing for kids, and you can run it too.

Distance: 3 km/1.9 mi

Difficulty: 1/5

Time: 45 min

Rise: 100 m

Map 3.3

Countryside Map Grid: • Start: 11-12 and 60-61 • Finish: 11-12 and 58-59

**3L STANLEY FORT** **RS**

A long pull uphill to the old fort (now a PLA base and you are definitely not invited in) with some deep ocean views. A very good running trail, except there is quite a bit of bus traffic. Coming down, enjoy lovely views of Stanley Bay and at the bottom you can pause at the historic cemetery. There are lots of places to snack afterwards — better run it twice!

Distance: 1.5 km/0.9 mi

Difficulty: 2/5

Time: 30 min

Rise: 120 m

Map 3.3

Countryside Map Grid: • Start: 12–13 and 59–60 • Finish: 13 and 57–58

**3M TAI TAM TREE WALK**  

A sweet little path branching off from Tai Tam Reservoir Road just inside the park, this is a winner with kids.

Distance: 0.1 km/0.06 mi

Difficulty: 1/5

Time: 15 min

Rise: negligible

Map 3.2

Countryside Map Grid: 12 and 64

**3N WONG NAI CHUNG TREE WALK**  

See Sir Cecil's Ride, Hike 3C.

Distance: 2 km/1.25 mi

Difficulty: 1/5

Time: 1 hr

Rise: negligible

Map 3.1

Countryside Map Grid: 10–11 and 64 (not marked as a Tree Walk on the map)

 **Hub Amenities**

Parkview has a restaurant and a grocery store. The hotel has toilets and the staff is kind about allowing people with back packs to use them. There are also public toilets at Wong Nai Chung Reservoir, half-way up Tai Tam Reservoir Road from Wong Nai Chung Gap, and on weekends a snack bar opens there. If you end up in Tai Tam, there is a toilet block at the park entrance; for sustenance you will have to take a cab, bus or minibus to Stanley (5 min) or Chai Wan (20 min). There are several restaurants and a grocery store in Repulse Bay.

Hike 3B finishes in Quarry Bay, which has many restaurants and shops on King's Road.

## QUARRY GAP

Although somewhat of a challenge to get to, this hub rewards the hiker with energetic hikes and super views. Mount Parker Road (not accessible to cars) runs north/south or through the gap, intersecting Tai Tam Reservoir Road. Thus, while Quarry Gap (Tai Fung Au in Chinese) is the hub, the access points are Quarry Bay and Tai Tam. Many of the Hub 3 hikes end up in Quarry Gap, such as 3A, 3B, and 3C. You can start in Quarry Bay, include some hikes at Tai Tam Reservoir, and finish in or near Stanley or at Parkview. See Extended Hikes in the Appendices.

**Map 4**

Countryside Map Grid: 12–13 and 65

*Note: Mileages and times listed do not include getting to the trail head.*

**To Get There****By MTR:**

Island Line to Tai Koo, Exit B. Turn left on King's Road, and left again on Greig Road or on Mount Parker Road just before the raised walkway (there is a sign posted on a fake tree but it's hard to see among the clutter of other signs). Mount Parker Road runs uphill about 3 km/1.9 mi and will take about 45 minutes to walk up to the gap; see Hike 4B.

**By Bus:**

Among others, No. 2 or 720 from Exchange Square to Tai Koo MTR

From the south side, minibus No. 6 from Stanley to Chai Wan, then MTR to Tai Koo

**By Car:**

There is parking at Cityplaza on Tai Fung Avenue, and at Grand Plaza next to Tai Koo MTR. There is also a parking lot at Devon House, Taikoo Place, Quarry Bay.

**On Foot:**

From Tai Tam Road, Tai Tam Reservoir Road, or Mount Parker Road; see Hikes 3D and 4A

**4A HONG KONG TRAIL SECTION 6 — QUARRY GAP TO TAI TAM ROAD** 

The most difficult part of this hike is getting to it. From Quarry Gap, Mount Parker Road runs steadily downhill, following along the banks of the reservoirs. It then becomes a path, wandering through shaded and wooded areas, and crossing over a few streams and waterfalls, ending at Tai Tam Road. While not the most spectacular of hikes, it's a good way to connect the many trails in this area, and a good workout if done in reverse, which is mostly uphill.

Distance: 4.5 km/2.8 mi

Difficulty: 1/5

Time: 1 hr 30 min

Rise: 370 m

Map 4

Countryside Map Grid: • Start: 12–13 and 65 • Finish: 13–14 and 63

**4B MOUNT PARKER ROAD TO BOA VISTA HILL**    

Climb out of Quarry Bay on steep but paved Mount Parker Road to a scenic, fairly easy, tree-shaded trail. The road has some lovely views of the city. The trail, running south from Quarry Gap to Boa Vista Hill (260 m), has some excellent views: first to the west, including the reservoirs; then to the east, over Victoria Harbor; and finally to the south, including Tai Tam Harbor. The last mile of the hike is a road that gently slopes downhill before returning to Mount Parker Road, and is suitable for jogging.

Distance: 6.5 km/4 mi

Difficulty: 3/5

Time: 2 hr 30 min

Rise: 300 m

Map 4

Countryside Map Grid: • Start: 12–13 and 67 • Finish: 13–14 and 63–64

**4C HONG PAK COUNTRY TRAIL**    

A jewel of a trail, this trek curves in and out of the canyons above Tai Koo Shing. The views are far too good for such an easy hike and encompass the entire eastern end of Victoria Harbor. The trail is a big loop starting and ending on Mount Parker Road, about 2 km/1.2 mi up from Tai Koo. A good trail for kids, it has boulders to climb over and streams to cross, and is not too demanding.

Distance: 3.6 km/2.2 mi

Difficulty: 2/5

Time: 1 hr 45 min

Rise: 200 m

Map 4

Countryside Map Grid: • Start: 12–13 and 67 • Finish: 12–13 and 66–67



#### 4D QUARRY BAY TREE WALK

This is a unique section of the Wilson Trail: a Tree Walk, ruins from World War II, and a Morning Walkers' Garden are all tucked into the trees not far from Kornhill. A short pleasant outing with some Hong Kong history as a bonus.

Distance: 1.1 km/0.7 mi

Difficulty: 2/5

Time: 30 min

Rise: 100 m

Map 4

Countryside Map Grid: • Start: 12–13 and 66 • Finish: 12–13 and 66–67

#### **Hub Amenities**

Quarry Gap has toilets and a small fitness area. There are also toilets, a restaurant, and a market at Parkview. Stores, bakeries, and restaurants are easily found along King's Road, including a Wellcome at Quarry Bay MTR. Tai Koo MTR Station has several floors of shops and restaurants. From Tai Tam Reservoir Road, you have a choice of Stanley or Chai Wan, both accessible by minibus, for transit hubs and amenities.

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Shek O, a remote peninsula on the south side, has three of the Island's most scenic and popular hikes, including the famous Dragon's Back. There are plenty of sea views, Canto-pop singers' mansions, paragliders, and seaside villages. This hub is a bit spread out so directions to the start are also contained in each hike description.

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**Map 5**

Countryside Map Grid: 14–15 and 64 (Tai Tam Gap).

The village of Shek O is at 16–17 and 60–61.

**To Get There****By Bus/MTR:**

- MTR to Shau Kei Wan; bus No. 9 towards Shek O
- MTR to Chai Wan and minibus No. 16M towards Stanley to Tai Tam Gap (Shek O Roundabout)
- Bus No. 260 or any 6 to Stanley; minibus No. 16 M from Stanley towards Chai Wan

**On Foot:**

- Hong Kong Trail Section 6 from Tai Tam or Quarry Gap, see Hike 4A
- From Chai Wan; see Hike 5C
- Tai Tam Road and Shek O Road are not recommended for walking.

**By Car:**

On weekdays or very early on a weekend, there is parking available at Big Wave Bay and Shek O; however, at Big Wave Bay, it is metered with a two-hour limit. It may soon become the same at Shek O. There are a few parking spots above To Tei Wan on Shek O Road. Otherwise, it is best to park in Stanley or Chai Wan and take a bus over. You can go by taxi also but it will be expensive.

**5A HONG KONG TRAIL SECTION 7 — TAI TAM ROAD TO TO TEI WAN** **SPRS**

This section of the Hong Kong Trail is exceptionally flat, until the end, which is exceptionally steep! After a dull start, the trail has long sweeps of views from Tai Tam Harbor to Stanley. It follows along a catchwater until it reaches the tiny village of To Tei Wan and the “Hobie Cat Beach.” Be prepared for a seemingly endless procession of stairs from there up to Shek O Road.

Distance: 7.5 km/4.7 mi

Difficulty: 1/5 plus 5/5 stairs Time: 2 hr

Rise: 250 m

Maps 4 and 5

Countryside Map Grid: • Start: 13–14 and 63 • Finish: 15–16 and 60–61

**5B HONG KONG TRAIL SECTION 8 (DRAGON'S BACK)— TO TEI WAN TO BIG WAVE BAY** **S** **S**

Dragon's Back is one of the most scenic sections of the Hong Kong Trail. The trail goes up and down along the spine of the peninsula, which from a distance looks like a dragon's back. The views are deservedly famous, stretching in all directions, and include a bird's-eye view of some very fancy mansions. This is a popular trail, and many people bring their kids along, though it is not an easy climb. We offer some easier short cuts.

Distance: 8.5 km/5.3 mi

Difficulty: 4/5

Time: 2 hr 30 min

Rise: 312 m

Map 5

Countryside Map Grid: • Start: 15–16 and 60–61 • Finish: 16–17 and 62–63

The trail travels north to a U-turn at 14–15 and 64.

**5C CHAI WAN LOOP (POTTINGER PEAK COUNTRY TRAIL) OR CHAI WAN TO BIG WAVE BAY** **K** **R** **S**

A pleasant walk with only one really scenic spot — but one that is worth it — taking in views of Shek O and Lei Yue Mun. This hike may be most useful as an alternative access to Dragon's Back, Hike 5B. There are also paths to the shore along the way, or you can break off the trail and go to Big Wave Bay. A shorter version is also pleasant, either starting at the top of Shek O Peninsula or at Big Wave Bay, which entails more climbing.

Distance: 4.8 km/3 mi

Difficulty: 2/5

Time: 1 hr 30 min

Rise: 312 m

Map 5

Countryside Map Grid: • Start: 14–15 and 65–66 • Finish: 16–17 and 62–63

**5D LEI YUE MUN-SAI WAN FORT MORNING WALK** **D K N R S O**

Not far from Tai Tam Gap, Lei Yue Mun Park and Village nestles above Shau Kei Wan, on the site of an old British Army base, the Sai Wan Fort. The Morning Walk meanders up the hill behind the park and surprises the visitor with close-up views of the shipping channel. When you're feeling adventurous and want to explore an out-of-the-way part of Hong Kong, try this hike.

Distance: 1 km/0.6 mi

Difficulty: 2/5

Time: 30 min

Rise: 80 m

Map 5

Countryside Map Grid: 15 and 66

**Hub Amenities**

There are many restaurants and snack shops in Shek O; a favorite is the Chinese Thai Restaurant just beyond the bus stop. They are used to hikers and keep the beer cold. There are toilets at the beach. In Big Wave Bay, there is a snack bar and also toilets. If you finish up at Tai Tam Gap (Shek O Roundabout), you can opt for the many facilities in Chai Wan or Stanley. Chai Wan has snack shops and bakeries at the MTR station, and Stanley has restaurants, bars and grocery stores.

# APPENDICES

## I Extended Hikes

- Hong Kong Trail in its entirety:  
Hikes 1A, 1K, 1L, 2F, 3A, 4A, 5A, 5B
- Wan Chai Loop:  
Wan Chai Gap (Hub 2) to Black's Link to Wong Nai Chung Road, Hike 2D; and Lady Clementi's Ride, Hike 2E (Yellow Walk), and Hike 3H; then Hong Kong Trail Sections 4 and 3, Hikes 2C, 1L, and 2F
- The Peak to Big Wave Bay shortcut:  
Hong Trail Sections 1–4 to Parkview, Hikes 1A, 1K, 1L, and 2F; then Tai Tam Reservoir Road, Hike 3D; to Hong Kong Trail 6–8, Hikes 4A, 5A and 5B
- Stanley to Quarry Bay:  
Wilson Trail Sections 1 and 2 (the Twins to Parkview to Quarry Bay), Hikes 3B and 3F in reverse
- Stanley to Wan Chai or Central:  
Wilson Trail Section 1 — the Twins to Parkview, Hike 3F in reverse; then to Bowen Road, Hike 2B; and from there either to the Central Green Trail, Hike 1G, or Wan Chai Green Trail, Hike 2A
- South Bay to Parkview via Repulse Bay Gap:  
See Hike 3D
- Parkview to Big Wave Bay via Sir Cecil's Ride:  
Sir Cecil's Ride, Hike 3C; to Mount Parker Road and then to Boa Vista, Hike 4B; and down to Big Wave Bay, Hike 5A and/or 5B
- Chai Wan to Big Wave Bay:  
Chai Wan, Hike 5C; to Shek O Roundabout to Dragon's Back, Hike 5B
- Tai Tam to Stanley the long way:  
Tai Tam Reservoir Road, Hike 3D; to Mount Parker Road to Sir Cecil's Ride, Hike 3C; to Parkview to Violet Hill and the Twins to Stanley, Hike 3F
- Central to the Peak and Back:  
Chatham Path, Hike 1G in reverse; to Barker Road to the Peak on Lloyd or Hospital Path, Hike 1H; to Old Peak Road back down, Hike 1F
- Wan Chai to Tai Tam:  
From Wan Chai Gap on Middle Gap Road, Hike 2D; to Hong Kong Trail Section 4, Hike 2F; to Black's Link, Hike 2C; to Tai Tam Reservoir Road, Hike 3D

- The Peak to Wan Chai the long way:  
Hong Kong Trail Sections 1–3, Hikes 1A, 1K and 1L; to Lady Clementi's Ride, Hike 2E (Yellow Walk); to Middle Gap Road, Hike 2D; to Black's Link, Hike 2C; to Bowen Road, Hike 2B; and then Wan Chai on the Green Trail, Hike 2A
- The Peak to Tai Tam Road:  
Hong Kong Trail Sections 1–6, Hikes 1A, 1K, 1L, 2F, 3A and 4A
- The Peak to Mount Davis:  
Morning Trail and Cheung Po Tsai Path, Hike 1B, or Pik Shan Path, Hike 1P; to Mount Davis, Hike 1N
- Killer Hike:  
Hong Kong Trail Section 5, Hike 3A; to Mount Parker Road, from there up Tai Tam Reservoir Road to the Upper Path to Repulse Bay Gap, Hike 3D; then the Twins, Hike 3F

### II Fitness Hikes **F**

- 1B The Morning Trail and Cheung Po Tsai Path — Harlech Road and Lung Fu Shan Fitness Trail.
- 1C The Loop — Harlech Road and Lugard Road (Pok Fu Lam Tree Walk)
- 1K Hong Kong Trail Section 2 — Pok Fu Lam Reservoir Road to Peel Rise — there are a few stations between H015 and H016
- 2B Bowen Road
- 2E Aberdeen Country Park Hikes
- 3F Wong Nai Chung Reservoir Park Fitness Trail — Tai Tam Country Trail — a very short one!
- 4B Mount Parker Road — a few stations at Quarry Gap

### III Disabled-Friendly Hikes **D**

- 1B The Morning Trail
- 1C The Loop — Harlech Road and Lugard Road
- 1H Peak Loops
- 2B Bowen Road
- 2C Black's Link
- 2E Aberdeen Country Park Hikes — with P.H.A.B. BBQ site
- 3D Tai Tam Reservoir Road — not the loop
- 3J Repulse Bay Promenade — access from and return to Beach Road to avoid stairs
- 4B Mount Parker Road
- 5D Lei Yue Mun–Sai Wan Fort Morning Walk

**IV Kid-Friendly Hikes/Short Walks** 

- 1B The Morning Trail and Cheung Po Tsai Path
- 1C The Loop — Harlech Road and Lugard Road
- 1D Governor's Walk
- 1G Chatham Path and Central Green Trail
- 1H Peak Loops
- 1N Mount Davis Trail
- 2B Bowen Road
- 2C Black's Link
- 2E Aberdeen Country Park Hikes
- 3C Sir Cecil's Ride — but this is quite long, so consider doing only part of it
- 3H Lady Clementi's Ride
- 3J Repulse Bay Seaview Promenade
- 3K Chung Hom Kok
- 4C Hong Pak Country Trail
- 4D Quarry Bay Tree Walk
- 5C Chai Wan Loop (Pottinger Peak Country Trail) or Chai Wan to Big Wave Bay
- 5D Lei Yue Mun–Sai Wan Fort Morning Walk

**V Family Trails, Nature Walks, Tree Walks and Green Trails** 

- 1B The Morning Trail and Cheung Po Tsai Path
- 1C The Loop — Harlech Road and Lugard Road (Pok Fu Lam Tree Walk)
- 1G Central Green Trail
- 1J Pok Fu Lam Reservoir Family Walk (end of 1A)
- 2A Wan Chai Gap Road and Wan Chai Gap Green Trail
- 2E Aberdeen Country Park Hikes
- 2F Hong Kong Trail Section 4 — Wan Chai Gap to Wong Nai Chung Gap — at the beginning
- 3C Sir Cecil's Ride
- 3D Tai Tam Reservoir Country Park Loop
- 3E Tai Tam Country Trail
- 3H Lady Clementi's Ride
- 3M Tai Tam Tree Walk
- 3N Wong Nai Chung Tree Walk
- 4D Quarry Bay Tree Walk
- 5D Lei Yue Mun–Sai Wan Fort Morning Walk

### VI Not-to-Be-Missed Hikes **S**

- 1C The Loop — Harlech Road and Lugard Road
- 1E High West
- 2B Bowen Road
- 2E Aberdeen Country Park Hikes — Yellow Walk
- 3A Hong Kong Trail Section 5 (Mount Butler) — Wong Nai Chung Gap to Mount Parker Road
- 3B Wilson Trail Section 2 — Parkview to Quarry Bay
- 3F Wilson Trail Section 1 — Violet Hill and the Twins
- 3J Repulse Bay Seaview Promenade
- 4C Hong Pak Country Trail
- 5B Hong Kong Trail Section 8 (Dragon's Back) — To Tei Wan to Big Wave Bay

### VII Very Physically Demanding Hikes **P**

- 3A Hong Kong Trail Section 5 (Mount Butler) — Wong Nai Chung Gap to Mount Parker Road
- 3B Wilson Trail Section 2 — Parkview to Quarry Bay
- 3F Wilson Trail Section 1 — Violet Hill and the Twins
- 5A Hong Kong Trail Section 7 — Tai Tam Road to To Tei Wan — only the end is a workout!

### VIII Running Trails **R** (some only runnable in part)

- 1A Hong Kong Trail Section 1 — the Peak to Pok Fu Lam
- 1B The Morning Trail and Cheung Po Tsai Path
- 1C The Loop — Harlech Road and Lugard Road
- 1F Old Peak Road
- 1G Central Green Trail
- 1H Peak Loops
- 1J Pok Fu Lam Reservoir Family Walk
- 1L Hong Kong Trail Section 3 — Peel Rise to Wan Chai Gap
- 1M Peel Rise — the Peak to Aberdeen
- IN Mount Davis Trail
- 1P Pik Shan Path
- 2B Bowen Road
- 2C Black's Link
- 2E Aberdeen Country Park Hikes
- 3C Sir Cecil's Ride — Quarry Bay Jogging Trail
- 3D Tai Tam Reservoir Country Park Loop — Upper Reservoir Path and Tai Tam Road
- 3H Lady Clementi's Ride



- 3J Repulse Bay Seaview Promenade
- 3K Chung Hom Kok
- 3L Stanley Fort
- 4A Hong Kong Trail Section 6 — in reverse
- 4B Mount Parker Road to Boa Vista Hill
- 5A Hong Kong Trail Section 7 — Tai Tam Road to To Tei Wan
- 5C Chai Wan Loop (Pottinger Peak Country Trail) or Chai Wan to Big Wave Bay
- 5D Lei Yue Mun–Sai Wan Fort Morning Walk

**IX Scenic/Historical Hikes** 

- 1A Hong Kong Trail Section 1 — the Peak to Pok Fu Lam
- 1B The Morning Trail — Pinewood Battery Detour
- 1C The Loop — Harlech Road and Lugard Road
- 1D Governor's Walk
- 1E High West
- 1G Central Green Trail
- 1H Peak Loops
- 1K Hong Kong Trail Section 2 — Pok Fu Lam To Aberdeen
- 1M Peel Rise — the Peak to Aberdeen
- IN Mount Davis Trail
- 2B Bowen Road
- 2C Black's Link
- 2E Aberdeen Country Park Hikes
- 2F Hong Kong Trail Section 4 — Wan Chai Gap to Wong Nai Chung Gap
- 3A Hong Kong Trail Section 5 (Mount Butler)— Wong Nai Chung Gap to Mount Parker Road
- 3B Wilson Trail Section 2 — Parkview to Quarry Bay
- 3C Sir Cecil's Ride
- 3D Tai Tam Reservoir Country Park Loop
- 3E Tai Tam Country Trail
- 3F Wilson Trail Section 1 — Violet Hill and the Twins
- 3J Repulse Bay Seaview Promenade
- 3K Chung Hom Kok
- 3L Stanley Fort
- 4B Mount Parker Road to Boa Vista Hill
- 4C Hong Pak Country Trail
- 4D Quarry Bay Tree Walk
- 5A Hong Kong Trail Section 7 — Tai Tam Road to To Tei Wan
- 5B Hong Kong Trail Section 8 (Dragon's Back) — To Tei Wan to Big Wave Bay

- 5C Chai Wan Loop or Chai Wan to Big Wave Bay
- 5D Lei Yue Mun–Sai Wan Fort Morning Walk

### **X Morning Walkers' Gardens**

- 2E Aberdeen Country Park Hikes
- 3B Wilson Trail Section 2 — at Quarry Bay
- 4B Mount Parker Road to Boa Vista Hill
- 4C Hong Pak Country Trail