IMechE Hong Kong Branch
Sports and Wellness Sub-committee

HIKERS & RUNNERS CLUB

HIKING MEETUP 01

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

Institution of MECHANICAL ENGINEERS
Hong Kong Branch

Improving the world through engineering

Devil's Peak, Black Hill, Chiu Keng Wan Shan, Mau Wu Shan

This trail passes through an area of historical interest including a group of bunkers and fort remains. It was a military installation to guard the eastern entrance of Victoria Harbour. It also offers a great views of Hong Kong's skyline and habour.

Path: Yau Tong MTR -> Lei Yue Mun Estate -> Devil's Peak -> Chiu Keng Wan Shan -> Black Hill, - > Mau Wu Shan -> Mau Wu Shan Observation Post -> Tseung Kwan O MTR

Length: ~7.5km

Date: 16 July 2022
Time: 08:30am – 11:30am
Assemble Location: Yau Tong MTR Station (Exit A)

Should you have any enquiries please contact:
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t: 6476 9098

HIKING TIPS
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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:
- o At least 750ml of water (Take a drink every 15-30 minutes to keep hydration)
  o Cash & Octopus card
  o 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 internets websites for more hiking tips