

HKUAA Hiking Activity

Date: February 4, 2016 (Saturday)

Time: 10:00 – 13:00

Gathering Time: 10:00 am

Gathering Point: Entrance of Lion Rock Park¹

Dismiss Point: Tai Wai MTR Station

Route: Lion Rock Park (獅子山公園) → Reunification Pavilion (紀念亭) → Lion Rock (獅子山) →
Amah Rock (望夫石) → Hung Mui Kuk (沙田紅梅谷)

Distance: 6km

Difficulty: ★★★★★

Hiking Leader:

香港山藝協會

Mountaineering Council of Hong Kong

Website: www.mountaineering.com.hk

Senior Instructor - Mr. Sunny LEUNG 梓浩

- Hong Kong Mountaineering Union - Mountain Craft Coach (Level 2)
- Wilderness Education Association (US) - Outdoor Instructor
- Wilderness Education Association (US) - Leave no Trace Master Educator
- The Association for Challenge Course Technology (US) - Challenge Course Instructor
- Korean Alpine Federation - Winter Instructor

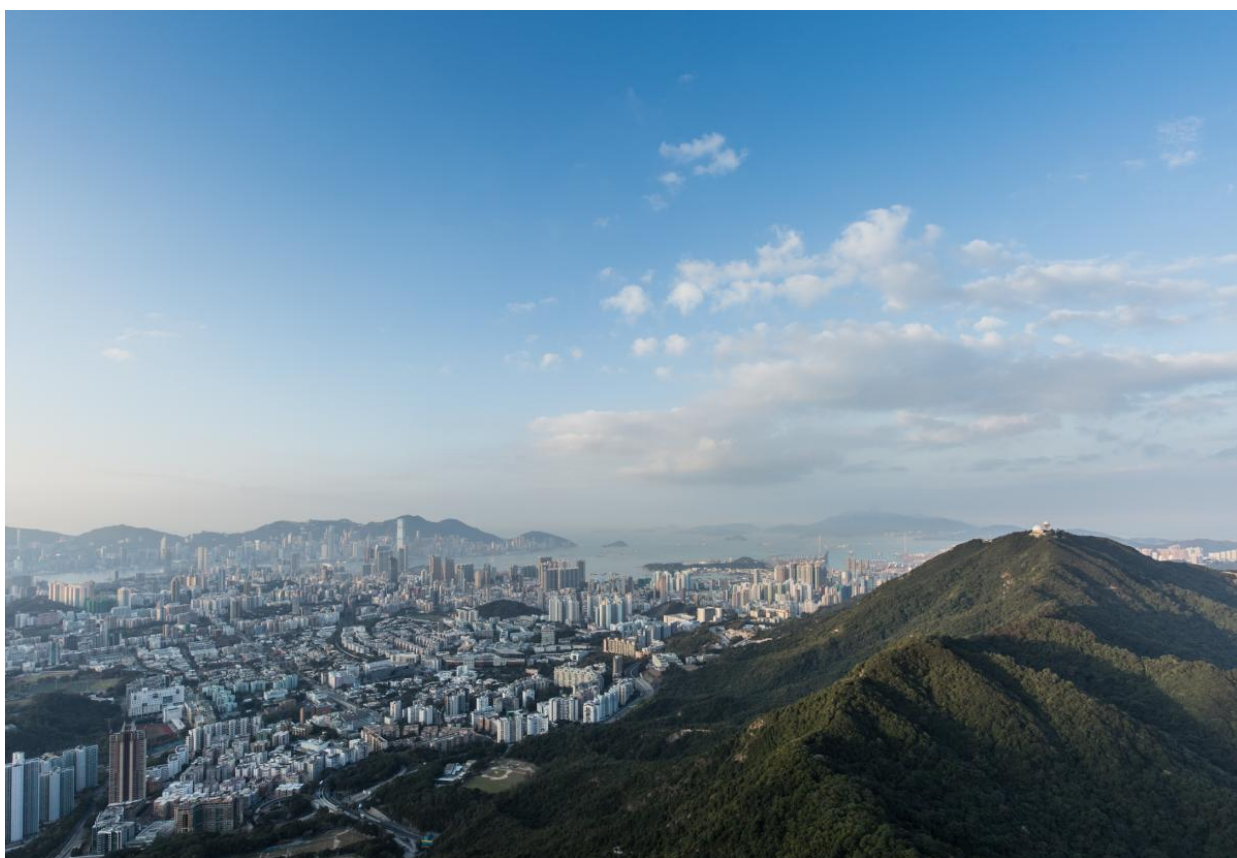
Capacity: 50

Fee: \$50 (to be collected at the Gathering Point)



¹Gathering Point: Entrance of Lion Rock Park (獅子山公園入口)





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Guidelines in times of Bad Weather 惡劣天氣指引

When there is rain or Thunderstorm Warning Signal or Amber Rainstorm Warning Signal is issued, event helpers will decide whether to continue or cancel the activity according to the weather situation after gathering at the starting point. When RED Rainstorm Warning Signal or Typhoon Warning Signal No.3 or above is issued two hours before the gathering time, the activity will be cancelled.

如在活動當天遇上雷暴警告、黃色暴雨訊號或下雨，參加者可自決首先到達集合地點，由活動工作人員了解及根據當時的情況，決定是否停止該次活動。如當天在活動前二小時天文台發出紅色暴雨訊號、三號風球或以上，則該次活動自動取消。

Equipment (For your reference) 基本個人裝備 (供參考之用)

1. 個人急救用品 First Aid Kit
2. 照明用具 Torch
3. 風雨衣 Raincoat, Windbreaker Jacket
4. 防晒用品 Sun Block
5. 地圖 Map
6. 指南針 Compass
7. 不少於 2 公升的水 At least 2 litres of water
8. 紙及筆 Paper and Pen
9. 後備衣物 Spare Cloth
10. 後備糧及水 Snacks and more water

Notes: Fees are collected to pay for the allowance of the Hiking Leaders and the premium of the Personal Accidental Death Insurance of HK\$200,000 for every participant. Cash or crossed cheques paid to "Hong Kong University Alumni Association" or "HKUAA" shall be collected at the gathering point