

HKUAA Hiking Activity

Date: Saturday, March 12, 2016

Time: 10:00 – 14:00

Gathering Time: 10:00 am

Gathering Point: Lam Tin MTR Station (Exit A)

Dismiss Point: Haven of Hope Hospital

Route: Lam Tin -> Ng Kwai Shan -> Mau Wu Shan (茅湖山) -> Tseung Kwan O

Distance: 8 km

Difficulty: ★★☆☆☆ (Beginner)

Hiking Leader:

香港山藝協會

Mountaineering Council of Hong Kong

Website: www.mountaineering.com.hk

Mr. Sunny LEUNG

- Mountaineering Council of Hong Kong - Senior Instructor
- 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)

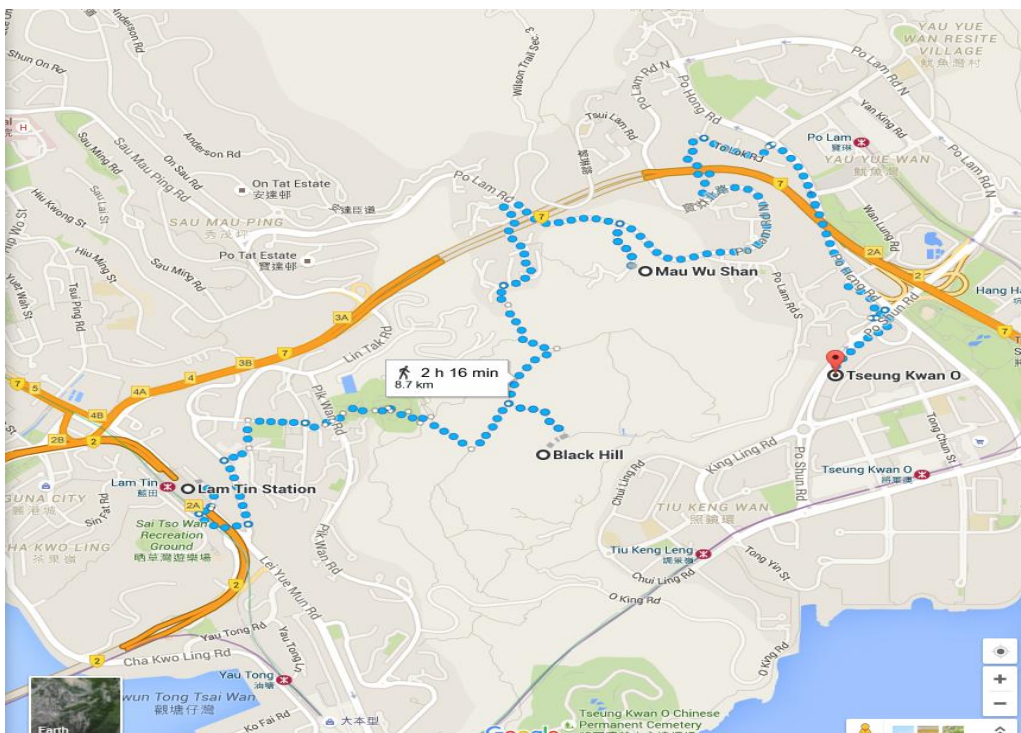




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Alex C H LAI (mobile: 90131251 / email: alex@alexlai.com.hk)

Map:



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