

## REPORT ON NHS JANUARY 2013 HIKE: NGONG PING TO SHUI HAU

Twenty-two members and guests met at Tung Chung MTR station for the start of the hike to Shui Hau. It was a cool and cloudy day as we made our way to the cable car for the trip up to the Po Lin monastery.

I would like to thank everyone for being on time which enabled us to have an early start and stay well in front of the 2000 odd walkers in a charity event that was also being held on that day. The cable car ride was an enjoyable experience for all and a memorable start to our hike.



After a short stay at Ngong Ping we passed through the old tea gardens to the Wisdom Trail. From there we started the descent on the Shek Pik Trail, leaving behind the noisy crowds. From this vantage point we were able to look back taking in the wonderful scenery with views of the Big Buddha and further in the distance the Wisdom Sticks.

After about a 6 km descent we had lunch and a bit of a rest in a picnic area close to South Lantau Road. Following lunch we continued walking towards Shui Hau along a path typical of a lot of the Hong Kong trails which undulated through the countryside. At places along this trail we were able to catch glimpses of the sea and the Soko Islands. The path led us down to the beach at Lo Kai Wan where we took a brief stop to catch our breath.



We finished off with a climb back up to the road and to the bus stop at Shui Hau where we completed our hike. From this point members made their own plans to return home, with some members deciding to travel into Mui Wo for a relaxing dinner.