

## Hong Kong Natural History Society

### March 2009 Outing Report to Pat Sin Leng Country Park

19 members set off on a brisk, sunny day (dutifully arranged by the Trip Organiser at the request of the Hon. Secretary) to Nam Chung where we began our hike. The group split into two; with Dave leading 15 members to go on the “normal” trail and Andrew leading 2 members to go on a more advanced and challenging hike incorporating all of the peaks of Pat Sin Leng range.

First, at the start of the Nam Chung Nature Trail, we saw a beautiful Little Egret perching on a branch along the river. We started our ascent following a stream surrounded by mountains and came to our first break at a crossing of the stream known (by our older Members) as “Maurice’s Gorge”, where our Honourable Member Maurice Atherton used to tell us about the geological history, the formation and geographical features of the area. On the way, we saw many Lantern Flowers, Wheel Plums and some very small Indian Sundew plants which are insectivorous “meat eaters”.



Further up Lo Lung Tin, we took our lunch break with Michel’s show time of his usual healthy salad mixing. We all had a good rest by the side of the trail. Our next ascent to Ping Fung Shan near the area of Ping Teng Au and Nam Shan looked rather bare, black and spooky caused by a hill fire which happened a few weeks ago. The group arrived at the top of the ridge, exhausted but in one piece, and soon began the descent. This is the point where the other advanced group had taken a left turn to follow the ridge to Pat Sin Leng and our group looked suspiciously at Dave to see if there were any more steps to negotiate!



The smaller group was rewarded with fantastic views towards Tolo Harbour and Starling Inlet as they walked along the ridge of Pat Sin Leng towards Tai Mei Tuk, while the bigger group continued their descent down “knee-cracker” a nickname given by one of our previous Outings Organisers, Jenny Walker. After about 60 minutes, we reached the picnic area by Hok Tau Reservoir where we took our tea break. Realising that there were about 5 Km to go, we soon headed on our way towards Sha Lo Tung. After reaching Cheung Uk, most of us sat around in this small open courtyard area of the deserted village, overlooking Pat Sin Leng (trying to catch the glimpse of Andrew and the other members on the range). We then made our way to Fung Yuen. Once there, Dave, Jan and Christine zoomed off in a taxi to get some drinks from Tai Po. Jan and Christine treated everybody to beer, juice and soft drinks for Mike and Ken’s birthday. We all sang “Happy Birthday” in a sitting-out area just opposite the pick-up point where the coach came at around 5:00 in perfect timing after our celebration.

Written by Ming Chan and Andrew Olson

Photos taken by David England