

## Report of the January 2010 Outing to Tai Mo Shan and Shing Mun Country Parks

A group of 19 keen walkers joined the first NHS outing of 2010. Our starting point was Chuen Lung on Route Twisk, a village apparently well known for its restaurants, which unfortunately we did not have an opportunity to sample on this occasion.

Initially our route took us out of the village and through some woodland, until we reached Heung Shek Cemetery, where we faced a steep climb to our first (official) rest stop. Happily, none of the group was left behind in the cemetery, and we stopped in the shade above it, from where there was a rather murky view down to Tsuen Wan and across to Tsing Yi. Some of us conducted a detailed examination of the terrestrial flora and fauna while searching unsuccessfully for the Hon. Secretary's "earth coloured" hair band (later discovered in a safe place).



*"Arise, Sir Ted...."*

The main part of the hike followed a meandering trail around Tai Mo Shan at about the 600 m contour. The trail was slightly overgrown in places but led through some beautiful woodland. We stopped for lunch in an open area overlooking Shing Mun and Jubilee Reservoir, where the warm sun made some of the group feel rather lethargic.



*Negotiating a stream crossing*

In the afternoon, we faced new challenges, as there were several stream crossings to negotiate. Other spots of interest included a beautiful grove of bamboo on both sides of the path, some overgrown terraced fields, and a lonely grave dating from 1930 in the middle of the woods by the path.



*Walking through a bamboo grove*

It was clear that the markers showing the distance to Lead Mine Pass were hopelessly inaccurate and that it was much further than initially indicated. Nevertheless, we made it and from there it was down hill all the way, following the Wilson Trail to the village of San Uk Ka where we spotted a couple of deer of a hitherto unknown species lurking in a car park. Our bus arrived just as the first members of the group entered the village – perfect timing!



*Oh dear deer!*

According to our Chairman's pedometer, we covered a total distance of about 17km during the day.

*Report by Andrew Olson*

*Photos by Chairman Dave*