

When people think of Hong Kong, they think of skyscrapers, busy streets and the world famous Victoria Harbour. What people don't know is that Hong Kong has beautiful mountains, country parks and some of the best hiking trails in Asia. Recently, hiking has become a very popular activity in Hong Kong. We would like to introduce the outdoor activity and show you a few of the popular hiking trails in Hong Kong. Maybe you can try a few of them with your family.

## Lion Rock Hiking Trail



For the best views of Hong Kong, you'll have to work for it. Tie your laces and hit the best hiking trail in Hong Kong. The Lion Rock hike provides the best views of Hong Kong for those who make the effort to climb it. If you're thinking of hiking in Hong Kong, make the Lion Rock hike your priority.

## Lantau Peak Hiking Trail



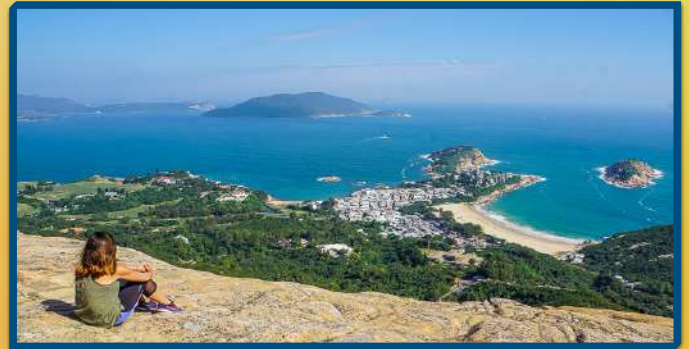
Lantau Peak, or Fung Wong Shan is the highest peak on Lantau Island, and the second-highest among Hong Kong peaks. The hike up to Lantau Peak is challenging, as it is scenic. At 934 metres above sea level, Lantau Peak offers some of the most breathtaking views of Lantau Island and its surroundings!

## Tai Mo Shan Hiking Trail



The Tai Mo Shan hike is a special adventure because it is the highest peak in Hong Kong. The hike takes you on a journey through the jungle and several incredible waterfalls before you reach the peak. The hike is 10.37km. Make sure you bring water.

## Dragon's Back Hiking Trail



The Dragon's Back Hike is one of the most popular trails in Hong Kong due to its impressive coastal views seen from the ridge-line. It is also one of the less intense routes in the region. Dragon's Back Trail gives hikers outstanding and scenic views without too much incline and climbing.

## Hiking Equipment



Hiking Shoes



Backpack



Water Bottle



Fitness Watch



Hiking Poles



# Trail Running and Hiking in Hong Kong

## Wilson Trail

The Wilson Trail is a 78-kilometre long-distance hiking trail in Hong Kong, 63 km of which runs through Hong Kong country parks. It runs from south to north starting at Stanley and finishing at Nam Chung. The scenery is stunning and there are a few challenging sections.



## MacLehose Trail

The MacLehose Trail is a 100-kilometre hiking trail with 10 sections. It starts at Pak Tam Au, Sai Kung and ends in Tuen Mun. It crosses most of the New Territories. It is a popular trail for Hong Kong hikers because of its challenging trails and beautiful scenery.



Our Native English teacher, Mr. Mitch, is an avid hiker and trail runner in Hong Kong. Below Hayley Hon and Valarie Huang from 6A interview him about his hiking experience over the years and talk to him about why he loves it so much.

Why do you like hiking and trail running?



I like hiking and trail running because I like doing difficult exercise which is challenging. I also love the outdoors. Hong Kong has some of the best hiking trails in Asia. The views are amazing and they are worth the hard work it takes to get to the top of the mountain.



Where do you go hiking and who do you go hiking with?



I live in Sai Kung, so I normally hike there. There are some beautiful hiking trails behind my house. When I go hiking, I usually go with my friends and my wife. When I go trail running, I usually go by myself. My friends are way too slow to keep up with me.



Do you have any goals this year and if so, why?



I do have a running goal this year. My goal is to hike and trail run 1200 km this year, that means 100 km a month. I wanted to set a very difficult goal this year to see if I could achieve it. I'm on schedule and will keep working hard to complete this challenge.





# 2021 Summer Olympics - Japan

The Summer Olympics in Japan is back on and we are very excited that this world sporting event is taking place in Asia. The Olympics first started in ancient Greece. It has become the biggest sporting event in the world. The Olympic symbol consists of five interconnected rings of equal size. There are five different colours, which are yellow, black, green, blue and red. The Olympic symbol (the Olympic rings) represents the union of the five continents and the meeting of athletes from throughout the world. The Summer Olympics in Japan will begin on the 23rd of July. Tune in and watch your favourite events this summer. Let's cheer on Hong Kong!



Volleyball

Judo

Cycling

Field Hockey

Badminton

Rugby

Rowing

Wrestling

Let's meet some of Hong Kong's Olympic athletes who are going to Japan!

**Siobhan Haughey**  
Swimming



Siobhan Haughey is an amazing swimmer who is 23 years old. She has been the Asian female swimmer of the year twice and will be competing in several events in Japan this summer.



**Cheung Ka Long, Edger**  
Fencing



Edger Cheung is one of Hong Kong's best fencers and competed in the last Olympics in Rio, Brazil. He will be competing in Japan this summer. Good Luck!



**Lee Wai Sze, Sarah**  
Track Cycling



Sarah Lee is Hong Kong's top female track cyclist. She won a bronze medal at the 2012 Olympics. Japan will be her last Olympics. Good Luck Sarah! Bring home a gold medal!





Our PE teachers at TYCY love the Olympics. Read the clues and try to match them with their favourite Olympic sports.

1

Mr Wong



This is an individual or team racing sport that requires athletes to move through the water. The sport takes place in pools. There are different distance and many events, for example, butterfly, backstroke, breaststroke, freestyle and individual events. Four swimmers can take part in either a freestyle or medley.

2

Miss Lau



It is a sport that requires a lot of balance, strength, flexibility and endurance. You may need uneven bars, rings, pommel horse, parallel bars and horizontal bars to do this sport. You can do this sport with partners or by yourself. Which sport am I describing?

3

Mr Chan



This is a team sport in which two teams with five players each face each other on a rectangular court. To score a point, players need to shoot the ball through the hoop of the other team. They need to bounce the ball while they are walking or running. Can you guess which sport this is?

4

Miss Poon



This is a team sport where two teams of six players are separated by a net. Each team tries to score points by grounding the ball on the other team's side. To play this game, a player needs to hit a ball with a hand or an arm over the net into the other team's court. Can you guess what sport this is?

5

Mr Lo



This is a sport of jumping or falling into water from a platform or a springboard. The judges consider three elements before you get a score, the approach, the flight and the entry. Fu Mingxia and Guo Jingjing are famous Chinese athletes at this sport.

A



Gymnastics

B



Basketball

C



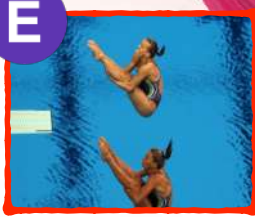
Swimming

D



Volleyball

E



Diving

Match the teachers with their favourite Olympic sport, and write the answers below. Cut it out, write your name and class and place the answer sheet in the Smarties Box outside the Reading Room.

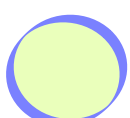
1



2



3



4



5



Name: \_\_\_\_\_ Cl: \_\_\_\_\_