



## ITP Spring Hiking 2013

Come and join ITP Spring Hiking in the company of fellow professionals to enjoy the beauty of nature in our Sai Kung East Country Park.

春日郊遊，放步嶂上，青山綠水，白鳥紅花，楊柳垂綠，桃梅堆錦。仰望白雲如絮，俯視碧草如氈...

### Details of the Hiking:

Route 路線:	Diamond Hill Route 96R Bus Station, (鑽石山 96R 公車站), 96R bus to Ko Tong, (96R 公車往高塘), Monkey Stream Path (塘溪小徑), Tseung Sheung (嶂上), Flower Blossom Hill (花苗山), Yung Pak Pass (榕北坳), Lu Ta Shek Pass (雷打石坳). Shek Hang (石坑), Tai Mong Tsai (大網仔).
Date/time of assembly	24.3.2013 (Sun), 0930 hrs.
Place of assembly	Diamond Hill Route 96R Bus Station, (鑽石山 96R 巴士站).
Duration	0930 – 1600 hours
Distance and difficulty level	9 Km, about 5 hours walk. 3 star of a 5-star level. 全程泥路，上高落低，量力而為。
Lunch	Self-arrangement, afternoon tea at Restaurant in Sai Kung. 中途望有豆腐花補給，自備糧水，西貢墟餐廳或飯店。
Personal gears	Hiking/comfortable clothing, jungle boots/shoes, hiking stick, camera, sun-glasses, wind-breaker, water, good sleep, smiling, etc. 遠足服飾，行山鞋，手杖，相機，風褸，晴雨用具。充足睡眠、笑容...
Enquiry	Dr Denny Chow, GM ITP at Tel: 6100 0123 or
Event Organizers	Mr. Tommy Choy at Tel: 9038 1976, Mr. Sunny Chan at Tel: 9097 7790.

Join us by filling the REPLY SLIP and fax to ITP Secretariat on or before 17.3.2013.

### REPLY SLIP (Fax: 2309 2799)

**To: Institute of Training Professionals,**

**Re: ITP Spring Hike – 24.3.2013 (Sunday).**

**Date:** \_\_\_\_\_

Please enroll me/us for the captioned event. (Note: Non-members must be in the company of a fully subscribed member.)

Name	Member (Y / N)	Contact Tel.	Email

**NOTICE: In taking part in this event, participant shall be responsible for his/her own safety and shall hold ITP harmless against all claims.**

**INSTITUTE OF TRAINING PROFESSIONALS 培訓專業學會**

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