

ITP Spring Hiking 2023

ITP's 2023 Spring Hiking covers a scenic walk from Ko Tong (高塘) to Pak Tam Au (北潭凹). The route starts from Ko Tong (高塘) via Cheung Sheung Country Trail (嶂上郊遊徑) to Cheung Sheung (嶂上), rest and taste beancurd (豆腐花) at Cheung Sheung food stall (嶂上許林士多) walk to Ngau Yee Shek Shan (牛耳石山) down to Pak Tam Au (北潭凹) then to Sai Kung town (西貢市) by bus. Members and their families are most welcome.

Details of the Hiking:

Date/time of Assembly: 15.4.2023 (Saturday), 0900 hrs.

Duration : 0900 – 1400 hours.

Place of Assembly : MTR Diamond Hill Station Bus Station, #96R.

Distance : around 5 Km, 4-5 hours' walk.

Difficulty level : 2.5 star, of a 5-star scale.

Personal gears : Water, hiking boots/shoes, hiking ski pole, camera, Sun

protection(sun-glasses), Rain Protection(Rain Jacket), wind-breaker.

Lunch : Lunch/Yum-Cha at Sai Kung.

Enquiry: Please contact Event Organizers: Nigel Yip - Mobile/Whatapp Tel: 9268 7420.

Members joining this event are requested to inform Nigel Yip through WhatsApp on or before 12.4.2023 (Wed).

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

Reference links

瞳上十多 https://service.elchk.org.hk/belief/42m/site/feature 2.html

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KMB https://search.kmb.hk/KMBWebSite/?action=routesearch&route=96R

The Hong Kong Observatory https://www.hko.gov.hk/en/index.html

INSTITUTE OF TRAINING PROFESSIONALS 培 訓 專 業 學 會

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