



## ITP – Hiking in Fall 2009

ITP has planned and organized a hiking activity for its members to *enjoy a walk and chat with fellow training professionals* at the famous and beautiful Olympic Trail from Pak Mong to Mui Wo in Lantau Island. Hikers will appraise the historical villages – Pak Mong, Ngau Kwu Long, Tai Ho, Pak Ngan Heung, Mui Wo, etc. Most impressive of all is that at Mong To Au pavilion on the hill crest, hikers could view the panorama of Mui Wo and Silver Mine Bay. After the walk, team members could enjoy a light lunch at a tea house under a serene environment along the seaside of Silver Mine Bay. On the way back, members could consider taking a ferry trip from Mui Wo back to Central which would strike memories in old days wandering in Lantau Island when Chek Lap Kok was an island and Tung Chung was a fishing village.

### Details of the hiking event:

- Date : 7 November 2009 (Saturday)  
Duration : 10:00 – 17:00 hours  
Place of Assembly : Tung Chung (東涌) MTR Station, Exit A, Fountain side.  
Time of Assembly : 10:00 hours (sharp).  
Route
- Tung Chung to Pak Mong (白芒) by Lantau taxi
  - Pak Mong (白芒), Ngau Kwu Long (牛牯壟), Tai Ho (大蠔)
  - Mong To Au (望渡坳), Silver Mine Cave(銀礦洞), Waterfall Park
  - Pak Ngan Heung (白銀鄉), Silver Mine Bay seaside (銀礦灣海傍)
  - Mui Wo Pier (梅窩碼頭)
- Distance : 6-7 Km, 2.5-3 hours walk.  
Difficulty level : 1- 2 star of a 5-star level.  
Lunch : Light lunch at tea house along Silver Mine Bay. *All expenses will be on equal share basis.*

**Enquiry:** Dr Denny Chow, GM ITP, Tel: 6100 0123; Tommy Choy, Event Organizer, Tel: 9038 1976.

Join us by filling the REPLY SLIP and fax to ITP Secretariat on or before 5 Nov 2009.

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### REPLY SLIP (Fax: 2309 2799)

**To: Institute of Training Professionals**

**Re: ITP – Hiking in Fall 2009 – 7 Nov 2009**

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

Please enroll me/us for the captioned event.

Name	Member (Y / N)	Contact Tel.	Email

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

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