



**Harvard Club March Hike 1**  
**TAI TO YAN**  
**Saturday, 6<sup>th</sup> March**



The trails along the two volcanic ridges of Lam Tsuen Country Park are among the least hiked in Hong Kong. Yet, rising sharply from the plains and valleys below, both trails offer truly spectacular views on a clear day.

Last year, the Harvard Club of Hong Kong enjoyed a successful outing along Cockscomb Ridge, so this year we will take on Tai To Yan (Big Knife Cliff, 566 m.).

We pick up our trail just outside Fan Ling station. Skirting a Taoist temple the first part of the walk up Stables Hill is popular with morning walkers and passes through a number of gardens and shelters “illegally” dug out by locals, but the ridge itself is usually deserted.

The absence of fellow hikers can only be due to the amazing number of steps we have to climb to get to the top, because the views from the top are nothing less than spectacular: To the north, we look towards the plains and urban sprawl of Shenzhen in China. To the northwest, Cockscomb Ridge only partly blocks the view of the Mai Po wetlands. To the southeast, you look across the Lam Tsuen valley to Tai Po and Cloudy Hill, and rising to the south is Hong Kong’s highest point, Tai Mo Shan.

While the ridge isn’t all level, the ups and downs are fairly gradual and relatively short, so there is little stopping you from enjoying the views and the large number of butter- and dragonflies we see along the trail.

Care and focus, however, are required at the end of the trail as we descent very steep and rather long flight of boulder steps to reach Lam Kam Road near the entrance to the Kadoorie Farm & Botanic Garden. At this point, you have a choice of joining your guides for lunch at a nearby Indian restaurant or simply to return home...

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*The Basics:*

Length: **10 km**  
Difficulty: **8 out of 10**  
Highest Point: **566 metres**  
Meeting Place and Time: **Fan Ling Railway Station at 9:00am**

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## TAI TO YAN

### Saturday, 6<sup>th</sup> March

#### Practical Information

##### *Meeting Place & Time:*

We meet at **Fan Ling Railway Station** (after the turnstiles on the upper concourse by the HSBC ATMs) at **9:00am**.

Please allow a **minimum of 55 minutes** from Admiralty to Fan Ling, changing from the MTR *Tsuen Wan line* to the *Kwun Tong line* at Mong Kok and from the *Kwun Tong line* to the *East Rail line* at Kowloon Tong.

##### *What to bring and wear:*

Please bring **Octopus Card**, money, **hat**, **sun-screen**, a few snacks, and plenty of **water**. Don't forget your camera either...

Wear light and comfortable clothes and consider bringing an extra (dry) shirt for the journey home. Apart from the initial 2 km, the entire hike will be along dirt trails and footwear with a sturdy sole is recommended (though trainers/sneakers with a good grip should suffice). Note that there will be a lot of steps to overcome, so those of us with "weak" knees might want to consider wearing a **knee-support**. Note also that this is not a great hike for anyone suffering from vertigo...

##### *Food & Drink:*

There are **NO** kiosks or stores along this route, so do bring a few of your favourite snacks and plenty of water. **A minimum of 1.5 litres per person is recommended**, half a litre of which should be an electrolyte/ion replacement drink, such as Pocari Sweat, Gatorade, Lucozade or Green Power. Experience has shown that - even in copious amounts - bottled distilled water alone just doesn't do the trick. However, diluted fruit juice or cordial would also work...

As we finish the hike in time for lunch, you are welcome to join your guides for an Indian curry at nearby Kam Tin.

##### *Price & Payment:*

At some point during the day, **Janny Leung** of the *Harvard Club of Hong Kong* shall be asking you for payment for the outing. The cost is **HK\$100 per person** for members and HK\$120 per person for non-members. Payment to be made **in cash**.

##### *Transportation Time & Cost:*

Wherever possible, the Harvard Club take full advantage of Hong Kong's unequalled public transport system, so here is an estimate of the approximate cost of transport and time spent traveling:

###### *Out:*

MTR: Admiralty – Fan Ling (via Mong Kok and Kowloon Tong): 50 minutes – HK\$18.00

###### *Home:*

KMB Bus No. 64K Kadoorie Farm – Tai Wo: 20 minutes – HK\$5.00

MTR: Tai Wo – Admiralty (via Kowloon Tong and Mong Kok): 45 minutes -- HK\$16.50

or  
KMB Bus No. 64K Kadoorie Farm – Kam Tin: 20 minutes – HK\$7.30

MTR: Kam Sheung Road – Hong Kong (via Mei Foo): 27 minutes -- HK\$22.50

The **Octopus Card** is accepted on all modes of transportation above and would save you time + up to **HK\$3.60**.

##### *Finishing Place & Time:*

We expect to reach **Kadoorie Farm** at about **1:30pm**, which should have you on Hong Kong island by about 2:45pm, if you don't stay for lunch.

##### *Finally...*

Should you be unable to attend or encounter any problems on the day, please call **Janny Leung** on **9155-2295**.

You can also e-mail our guide, **Michael Hansen**, [info@hansens-hikes.com](mailto:info@hansens-hikes.com), if you have any questions regarding this outing.

In case of bad weather, we will contact all confirmed participants approximately one hour before the meeting time to decide whether the hike will go ahead or not. **Thus**, if you haven't already done so, **please provide us with a contact number**.