

The Joy of Walking

Green Tips- Nov 2021

My Green Pledges: Walk More 

Walking is one of the easiest ways to get active and offers many health benefits to people of different ages and fitness levels. Let's check out these easy walking trails in Hong Kong!

SOK KWU WAN 索罟灣 TO YUNG SHUE WAN 榕樹灣

Walk along this scenic trail on Lamma Island. You will pass some of the island's best beaches, restaurants, and attractions. It offers you a glimpse of the villages and the chance to explore the local fishing culture.

Time: 2.5 hours
Distance: about 7 km

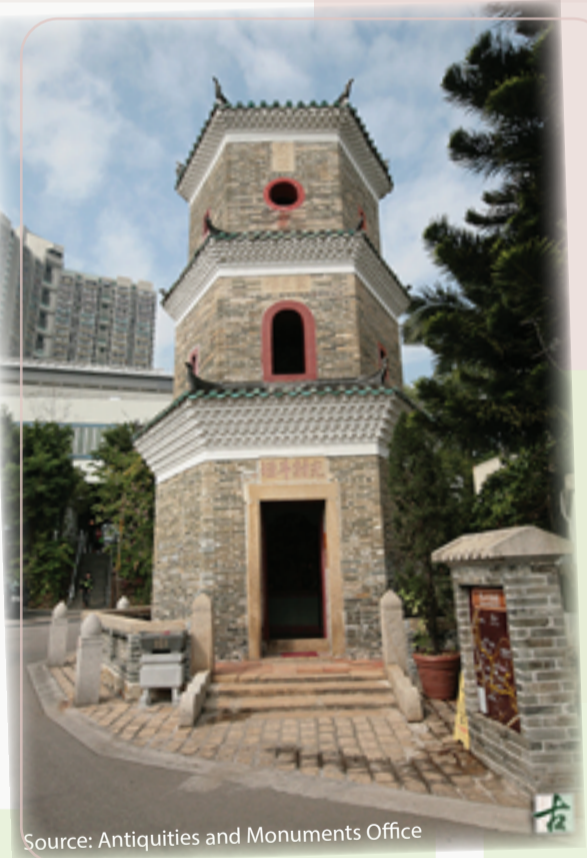


Source: Hong Kong Tourism Board

PING SHAN HERITAGE TRAIL 屏山文物徑

If culture is more your thing, this trail will be a good choice. Passing several historical buildings belonging to the Tang clan dating from the 13th century, you can learn more about the traditional life in the New Territories.

Time: 1 hour
Distance: about 2 km



Source: Antiquities and Monuments Office



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TAI TAM RESERVOIRS 大潭篤水塘

Tai Tam Waterworks Heritage Trail is a heritage trail that covers 21 historic waterworks structures which have been declared monuments. It is easy to walk and go around the group of reservoirs.

Time: 2 hours
Distance: about 5 km

READ MORE

- Self-Guided Walking Tours to Explore Hong Kong - GPSmyCity
- Walking: Benefits of an underrated form of exercise - CNN



References:

- Antiquities and Monuments Office. *Heritage Trails*. N/A. Available: https://www.amo.gov.hk/en/trails_pingshan.php
- Antiquities and Monuments Office. *Declared Monuments in Hong Kong*. N/A. Available: https://www.amo.gov.hk/en/monuments_88.php
- Hong Kong Tourism Board. *Experience fishing villages, temples, beaches, cafes and bars on a Lamma Island hike*. N/A. Available: <https://www.discoverhongkong.com/eng/index.html>

