

Hiking in Hong Kong

Hong Kong, Lantau, MacLehose and Wilson Trails and 21 day walks

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Although many think of Hong Kong as intrinsically urban, just a short distance from the big cities are lush mountains and attractive and varied countryside. Hong Kong is, in fact, a very hiking-friendly territory: the archipelago is criss-crossed by an extensive network of trails, and its compact nature and excellent public transport infrastructure make it easy to access these walks. Hong Kong also boasts several long-distance routes, including the award-winning Hong Kong and MacLehose Trails.

This guide describes Hong Kong's four long-distance trails - Hong Kong Trail (presented in 3 day stages), Lantau Trail (5 days), MacLehose Trail (5 days) and Wilson Trail (5 days) - plus 21 day walks spread between Hong Kong Island, Lantau Island, Kowloon Peninsula, the New Territories and the smaller islands. The walks, of 5 to 22.5km, are graded by difficulty and range from easy hikes suitable for families to challenging ascents of Hong Kong's highest peaks. Route description is accompanied by clear mapping and there are comprehensive notes - including Chinese place names - to help visitors navigate the public transport system. Alongside practicalities such as getting there, equipment and weather, information on local points of interest offers an insight into Hong Kong's rich geology, history and culture.

Key marketing points

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About the author

Andrew Mok and Simon Whitmarsh are both keen walkers, covering over 2000km a year. They have walked extensively in Britain and Europe and more recently they have enjoyed treks in the US (including many parts of the Appalachian trail), Australia, New Zealand, Andrew's native Hong Kong and Nepal (Everest Base Camp). They are both doctors, a General Practitioner and a Consultant Paediatrician. When not travelling, they enjoy finding new routes near their village in Snowdonia.

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