

17 February 2025

Dear Members,

Hiking with “Leave No Trace” 暢遊郊遊樂逍遙 X 無痕山林

[郊遊暨清潔行山徑活動 - 城門水塘(環湖)]

8 March 2025 (Saturday)

2025 年 3 月 8 日 (星期六)

Hiking is a sport for all-round physical fitness which can relieve stress and tension, satisfying the needs of our body, mind and spirit. Therefore, we have organized a hiking and clean-up activity at “Shing Mun Reservoir (Around The Lake)”. Through this activity, we expect that it can provide an opportunity to facilitate the communication and co-operation of our members and enjoy the tranquillity and beauty in nature.

In addition, we expect this hiking and clean-up event could promote the concept of “Leave No Trace” – 無痕山林 which expects all participants can respect to the nature and maintain natural beauty of trails and minimize impacts to natural habitats and indigenous culture. We will provide the tools for all participants to take the litter away during this event.

行山是一項全面促進身心健康的運動，能夠舒緩壓力和緊張，滿足我們身體、心靈和精神的需求。因此，我們在「城門水塘（環湖）」安排了一次行山及清潔活動。通過這次行山活動，我們期望能提供一個機會促進我們會員之間的溝通和合作，並享受大自然中的寧靜和美景。

此外，我們期望這次行山和清潔活動能促進“無痕山林”的理念，期望所有參與者能尊重大自然，保持步道的自然美景，並將對自然棲息地和原住文化的影響最小化。我們將為所有參與者提供工具，在此活動中清理垃圾。

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INVESTOR IN PEOPLE

Date 日期	8 March 2025 (Saturday) 2025 年 3 月 8 日 (星期六)
Time 時間	09:00am – 01:00pm (Hiking) 早上 09:00 – 下午 01:00 (行山)
Route 路徑	Shing Mun Reservoir (Around The Lake) 城門水塘 (環湖)
Meeting Point 集合地點	Pineapple Dam (Shing Mun Road) 菠蘿壩 (城門路) Maps URLs 地圖網址: https://maps.app.goo.gl/ht9GydbkvoXs27wU6
Programme 活動	09:00 am Registration and Introduction 登記及介紹 09:30 am Hiking from Pineapple Dam 菠蘿壩行山 01:00 pm End of Hiking in Shing Mun Reservoir 行山活動完畢
Transportation 交通	Green minibus route 82 綠色小巴 82 號線 [Tsuen Wan (Shiu Wo Street) → The Shing Mun Reservoir Minibus Terminal] [荃灣(兆和街) → 城門水塘小巴總站]
Language 語言	Cantonese 廣東話
Fees 費用	Members of Chartered Institute of Housing Asian Pacific Branch --- Free 特許房屋經理學會亞太分會會員 --- 免費
Capacity 名額	25 persons 25 位
CPD 持續專業發展計劃	For CIH Member, 4 CPD units under “Personal Development” will be achieved. CIH 會員可獲持續專業發展 4 單元 (類別: 個人發展)。
Precautions 注意事項	a) In case of adverse weather, the activity will be rescheduled which includes Typhoon Signal No. 1 or above, Amber Rainstorm, Thunderstorm Warning and extreme condition, etc. 在惡劣天氣情況下，活動將會重新安排，包括一號颱風信號或以上、黃色暴雨警告、雷暴警告以及極端情況等。 b) Follow the decisions and instructions of our hiking leader. Don't leave our group halfway through the trip. 請遵從我們活動領隊的決定和指示，不要在半途中自行離開我們的隊伍。 c) Don't collect and eat wild fruit, mushroom or drink untreated stream water. 請不要採集和食用野果、蘑菇或飲用未經處理的溪水。 d) Do not stand near the cliff edge or climb onto rocks to take photos or view the scenery. 請不要站在懸崖邊緣附近或爬上岩石拍照或觀賞景色。

Disclaimer 免責聲明	<p>a) Hiking and clean-up event are the physical activities, all participants should prioritize your health when you decided to participate this activity. 行山和清潔活動都是體力活動，所有參與者在決定參加此活動時應優先考慮自己的健康。</p> <p>b) By choosing to participate this activity, you acknowledge that you had assessed your medical conditions and capabilities to ensure you are suitable for these activities involved. 選擇參加此活動，即表示您已評估自己的醫療狀況和能力，以確保您適合參與這些活動。</p> <p>c) Clean-up event is an entirely optional within this hiking activity, if you have any doubts or concerns about your safety and health. There is perfectly acceptable to skip the clean-up portion. 清潔活動是此行山活動中完全可選擇的一部分，如果您對自己的安全健康有任何疑慮或顧慮，完全可以略過清潔部分。</p> <p>d) Please purchase appropriate insurance on your own. 請自行購買合適的保險。</p>
Tips 提示	<p>Before the hiking, we recommend all participants should: 在行山之前，我們建議所有參與者應該：</p> <p>a) Join our temporary WhatsApp group for communication in hiking activity. 加入我們的臨時 WhatsApp 群組以便在行山活動中進行溝通。</p> <p>b) Wear appropriate hiking clothes, hiking shoes and bring a hiking stick for use when necessary. 穿著合適的行山服裝，行山鞋，並在必要時攜帶一根行山杖。</p> <p>c) Bring emergency medicine, personal drugs, sunblock, sunglasses, whistle, mobile phone, portable power bank for mobile phone and rain gear. 攜帶急救藥品、個人藥物、防曬霜、太陽眼鏡、口哨、手機、行動電源和雨具。</p> <p>d) Bring along some reserves of food (Chocolate, Glucose Tablets and other high energy good), drinks, plenty of water, drinks and beverage to prepare for contingencies. 準備一些食物備用品（巧克力、葡萄糖片和其他高能量食品）、飲料、充足的水和飲料，以備不時之需。</p>

For enrolment, please sign up by filling out the E-form via the link <https://forms.gle/JLAh2YM3ty5YZXXF6> **on or before 28 February 2025.**

報名請於 **2025 年 2 月 28 日或之前** 透過連結 <https://forms.gle/JLAh2YM3ty5YZXXF6> 填寫電子表格。

For further enquiries, please contact the CIHAPB Secretariat at 2356 8680.

查詢請致電 2356 8680 與特許房屋經理學會亞太分會秘書處聯絡。

Chartered Institute of Housing Asian Pacific Branch

特許房屋經理學會亞太分會

Remarks

- Both successful and unsuccessful enrolments will be replied by email in-between and after the enrolment deadline.
 在報名截止日期之間和之後，本會將會通過電子郵件回覆報名結果。
- You are welcome to contact the Secretariat at 2356 8680 for checking your registration.
 歡迎致電秘書處 2356 8680 查詢您的註冊情況。
- Enrolment reservations are subject to the final decision of the organizer.
 報名預訂需遵從主辦機構的最終決定。