



13 November 2023

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 – 東澳古道)

26 November 2023 (Sunday)

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 activity at “Tung O Ancient Trail”. Through this hiking activity, we expect that it can provide an opportunity to facilitate the communication and co-operation of the members of Youth Affairs Committee 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 expect all participants can respect to the nature and maintain natural beauty of trails and minimize impacts to natural habitats and indigenous culture. Therefore, we will provide the tools for all participants to take the litter away within this event.

Date	26 November 2023 (Sunday)
Time	9:00am – 4:30pm (Hiking)
Route	Tung O Ancient Trail
Meeting Point	Tung Chung MTR Station (Exit D)
Programme	9:00 am Registration and Introduction 09:30 am Hiking from Tung Chung 04:30 pm End of Hiking in Tai O After the hiking, all members can enjoy the dinner in Tai O in accordance with your intentions.

www.cih.org.hk

Chartered Institute of Housing
Asian Pacific Branch

Units 2008-2010, Telford House,
16 Wang Hoi Road, Kowloon Bay, Kowloon, Hong Kong.

T (852) 2356 8680 **F** (852) 2356 7332
E apb@cih.org.hk

Incorporated by Royal Charter Registered Charity no. 244 067/R

Learn with us. Improve with us. Influence with us.



INVESTOR IN PEOPLE

Transportation	1) No. 11 of New Lantao Bus (Tai O → Tung Chung Station Bus Terminus) 2) Fortune Ferry (Tai O → Tuen Mun Ferry Pier)
Language	Cantonese
Fees	Members of Chartered Institute of Housing Asian Pacific Branch --- Free or Enjoy the dinner after the hiking --- \$150 per person
Capacity	30 persons
CPD	For CIH Member, 4 CPD units under “Personal Development” will be achieved.
Precautions	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. b) Follow the decisions and instructions of our hiking leader. Don't leave our group halfway through the trip. c) Don't collect and eat wild fruit, mushroom or drink untreated stream water. d) Do not stand near the cliff edge or climb onto rocks to take photos or view the scenery.
Disclaimer	a) Hiking and clean-up event are the physical activities, all participants should prioritize your health when you decided to participate this activity. 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. 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.
Tips	Before the hiking, we recommend all participants should: a) Join our temporary WhatsApp group for communication in hiking activity. b) Wear appropriate hiking clothes, hiking shoes and bring a hiking stick for use when necessary. c) Bring emergency medicine, personal drugs, sunblock, sunglasses, whistle, mobile phone, portable power bank for mobile phone, flashlight, headlamp, and rain gear. 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.

For enrolment, please sign up by completing and returning the Reply Slip via email apb@cih.org.hk or filling out the E-form via the link <https://forms.gle/vQtWfdFgyTcsKAYW9> **on or before 17 November 2023.**

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

Youth Affairs Committee
Chartered Institute of Housing Asian Pacific Branch

Reply Slip

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 - 東澳古道)

26 November 2023 (Sunday)

(To be returned by 17 November 2023)

To : CIHAPB (Fax: 2356 7332)
Units 2008-2010 Telford House
16 Wang Hoi Road
Kowloon Bay, Kowloon
Hong Kong

Member's Details

Name	(English)	(Chinese)
Membership No.		Membership Type
Mobile	E-mail	
		(for e-mail confirmation purpose)
Join Dinner	Yes / No	Amount HK\$ 0 / HK\$150
	(please delete as appropriate)	(please delete as appropriate)
Signature		Date

Remarks

1. Hiking is free. Dinner (HK\$ 150 per person) is optional. Please pay upon arrival if you would like to join the dinner.
2. Reservation by fax is accepted. Both successful and unsuccessful enrolments will be replied by email after the enrolment deadline. Successful enrolments will be confirmed **upon receipt of FULL PAYMENT**. You are welcome to contact the Secretariat at 2356 8680 for checking your registration.
3. Official receipt is available upon request.
4. All received cheques of unsuccessful enrolment reservation will be shredded after enrolment deadline.
5. Enrolment reservations are subject to the final decision of the organizer.