



## General Information

### Footwear

We recommend that you wear either robust walking shoes or trainers/sneakers. Casual sandals or open shoes are not suitable for trails, which can be rocky in places.

### Clothing

Sun and rainfall can be intense and a hat is recommended. During the winter season (November - March) temperatures can drop with a chilling wind, so a sweater/fleece is advisable. During the wet season (April - September) a waterproof jacket is recommended. In warmer months (May - October) it is advisable to carry a spare T-shirt or other garment to change into at the end of the hike.

### Skin Protection

Suntan lotion should be used throughout the year, and applied frequently during the hike.

### Water

Please carry sufficient water for your own needs. In the warmer months, this may equate to one litre for every two hours of walking. Dehydration is a real risk on hot days. Choose mineralised rather than distilled water. Consider an electrolyte replacement drink as well.

### Personal needs

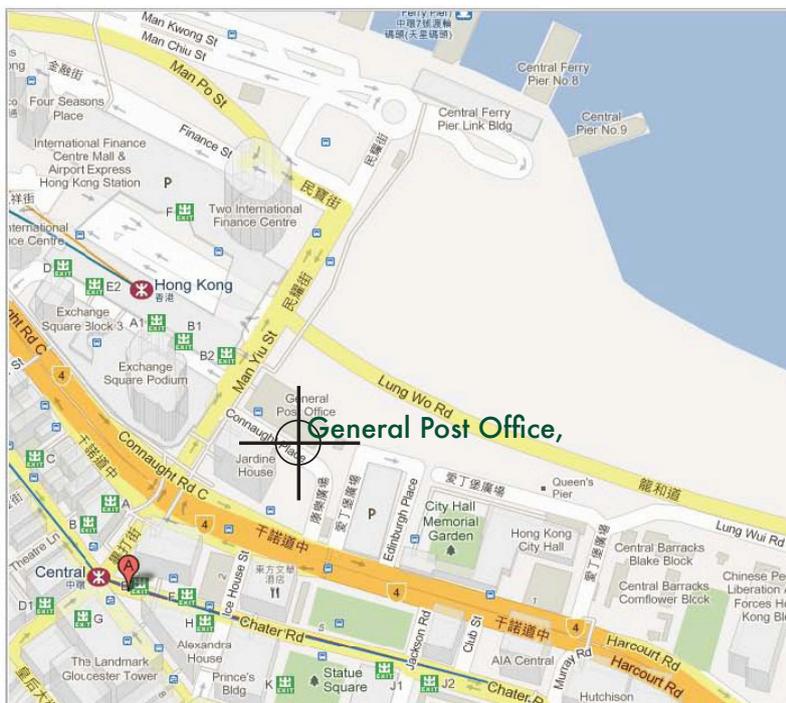
Please notify us of any medical conditions that we should be aware of. We will assume clients have their own medications for asthma or known illnesses. Insect repellent is not obligatory, but advisable if you tend to attract insects.

### Payment

Payment can be made in cash at the start of the tour, or by electronic money transfer pre-tour. Prices quoted in Hong Kong dollars. HK\$7.75 = US\$1.00

### Schedule

Our tours and hikes are driven by client demand. Please consult our website for the current schedule.  
[www.walkhongkong.com](http://www.walkhongkong.com)



## Meeting Point

Outside the General Post Office,  
No 2 Connaught Place, Central.  
At street level beside the green stamp vending machines.

**Directions from the MTR:** Leave Central Station by Exit K. As you come to the top of the long escalator out of the station, turn right and immediately right again. Cross Chater Road at the pedestrian lights, and go straight ahead through the pedestrian underpass. As you emerge at the other end, the GPO is ahead and to the left of you.

**Start time: 8.30 am**

**NB: Kowloon Markets Tour starts outside the Hong Kong Tourism Board office, near the Star Ferry terminus, Tsim Sha Tsui, Kowloon.  
Starting time 2.00pm**

**Please provide us with a contact phone number in Hong Kong, or the name of the hotel where you are staying, plus the name the booking is made in. We need notification of any cancellation before the morning of your tour, as no-shows do inconvenience our other clients. It is also important that you ring us if you are delayed, as it may be possible to direct you to another meeting point en route.**

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