



## Tai Po - Shatin Bike Trail

Having fun and eating too much all day can really harm your body, and it shows. It's at around this time that someone would think that it was time they got some exercise. Problem is, you are not much of a tennis player, and never scored a hoop in basketball, or maybe you just want to relax. Then this is the location for you. A bicycle trail, stretching around 13 km long, this trail is suitable for those who are not competitive in sports, the elderly and children alike. The trail is very easy, and holds a very relaxing atmosphere, with the clear view of the sea, and a large part of it running along the Shing Mun river channel. Afraid that there is no available facilities around? Fear not, for there are toilets along the trail itself, marking various points available for restroom breaks. Along the path, there is also a small restaurant, commonly known as a "Cha Chaan Teng" (literally tea restaurant) that is semi open air, with no doors, windows, and only a roof to cover your head. visitors will also spot a nice relaxing area known as the Lookout tower a small building with a spiral staircase going only around 10 meters tall. A very nice location to visit prior to starting the trail.

*Hugo Lam 11KM*

### Traveler's code of ethics:

- > Do not litter, clean up after yourself
- > Do not bike on the pedestrian lanes

### Getting There:

Refer to map

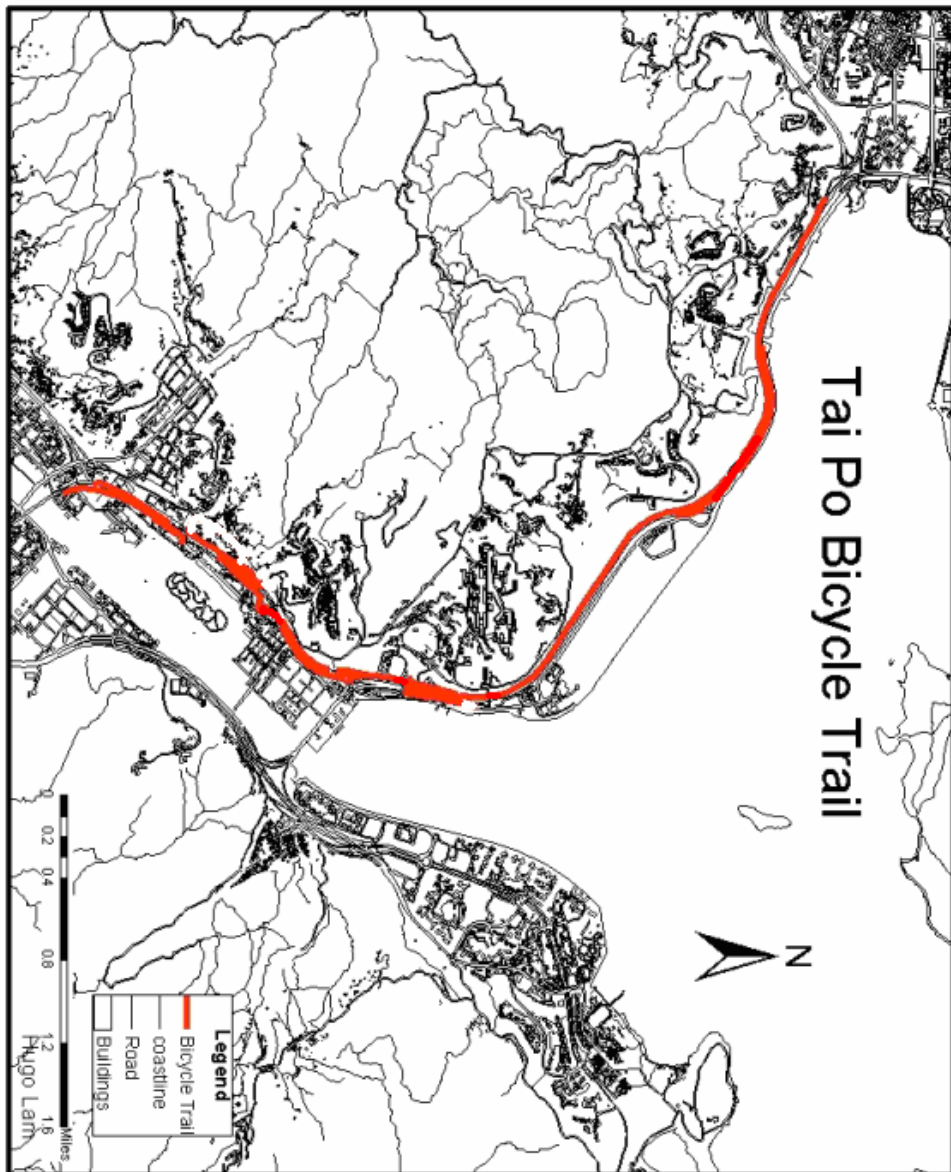
It is possible to get to the trail start with the east rail line on the MTR, and stop off at Tai Po market. From here, it is easiest to take a taxi, north east direction to Waterfront Park. From here, it is possible to look around for a bike rental area. They are usually quite small, but aren't too hard to spot.



Lookout Tower



# Adventure





Hong Kong Mini Guide

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