



Get up and Go!

Join our hiking tours

Did you know that 70% of Hong Kong is countryside? Put on your hiking boots and explore Hong Kong's wild side with us.



Dragon's Back

It takes just 30 minutes to travel from Central to the starting point of the hike. From busy streets to open countryside, it is easy to see why *Time* magazine called this walk 'the best urban hike in Asia'.

Cost: HK\$400 per person, includes transport and lunch

Start: 8:30 a.m., outside the General Post Office, Central

Total tour time: 4 hrs **Difficulty:** Medium

Geopark

See the amazing volcanic rock wall and visit a small village museum in beautiful Sai Kung Country Park.

Cost: HK\$500 per person, includes transport and lunch

Start: 8:00 a.m., outside the General Post Office, Central

Total tour time: 8 hrs
Difficulty: Medium

Lantau Peak

Watch the sun rise from the top of Hong Kong's second highest mountain, then visit the Big Buddha and Po Lin Monastery for an unforgettable day out.

Cost: HK\$650 per person, includes transport and lunch

Start: 3:00 a.m., outside the General Post Office, Central

Total tour time: 12 hrs **Difficulty:** Difficult

General points

Footwear: Wear hiking boots or strong trainers. Sandals or high-heeled shoes are not suitable.

Clothing: Showers are common in spring (March–May). A waterproof jacket is recommended.

Water: Please carry enough water for yourself.

Language: All of our guides speak Cantonese, English and French.

For more information and to book a hiking tour, go to www.get-up-and-go.comx.hk or call 2987 2516. Get up and go with us!



Date: _____



B Read the advertisement again. Some people wrote reviews of the tours. Write DB (Dragon's Back), GP (Geopark) or LP (Lantau Peak) in the brackets.

- 1 'It was really hard getting up so early, but definitely worth it.' ()
- 2 'This tour took a whole day, but the walk was not too long or difficult.' ()
- 3 'We chose this tour as it was the cheapest.' ()
- 4 'It was interesting to learn about how people lived in the countryside.' ()



C Finish Brian's review using words from the advertisement.

Review by Brian Cook, London, UK

14/04/20XX

Today I joined a hiking tour. We were very lucky with the weather. It was sunny all day and

I didn't need my ❶ _____ jacket. It was thirsty work – I drank all of the

❷ _____ I took with me. Our guide was very interesting and fortunately

spoke really good ❸ _____ ...



D Blacken ● the circles.

- 1 The hiking tour company ____ .
 - ☐ A. provides water for hikers on their tours
 - ☐ B. tells people the best season to join the tours
 - ☐ C. can be contacted online or by phone
 - ☐ D. is mainly for local Hong Kong people
- 2 Which sentence is NOT true about the Lantau Peak tour?
 - ☐ A. You start walking in the dark.
 - ☐ B. You have to climb up a mountain.
 - ☐ C. It includes some sightseeing.
 - ☐ D. It starts at Po Lin Monastery.
- ★ 3 Read the part about the Dragon's Back tour: ... it is easy to see why *Time* magazine called this walk 'the best urban hike in Asia'. Why does the advertisement writer say this?
 - ☐ A. You can see this advertisement in *Time* magazine.
 - ☐ B. This is an easy urban hike.
 - ☐ C. The advertisement writer agrees with *Time* magazine's opinion.
 - ☐ D. A writer for *Time* magazine started the Dragon's Back hike.