

Hikers' World

Thread: Hiking in Hong Kong

Let's Think!

1. How often do you go hiking?
2. What benefits can hiking bring to you?

In paragraph 1, what does the word 'strenuous' mean?

- Replace the word with each option to select the one that can keep the paragraph logical.
- A. demanding (the trail was short, steep and challenging) ➤ ✓
 - B. easy (took up a lot of energy) ➤ ✗
 - C. boring (worth the hike with admirable landscape) ➤ ✗
 - D. crowded (the number of hikers is unmentioned and irrelevant) ➤ ✗

**Amy**

Posted: 27/9/20XX, 11:20

[1] I went hiking in Tung Chung last Sunday. As that was my first hike there and I wasn't sure whether my phone could connect to the mobile network, I brought a map with me for fear of getting lost. The hike was really challenging as the 450-metre walk from Ngong Ping to the hill had already taken up a lot of my energy. The trail along the hill was short (only 209 metres long), but steep and strenuous, so unexpectedly, it took me almost 2 hours to get to the top! But still, it was definitely worth the time and energy as I could admire the landscape and breathe in the fresh air on the way. I think I'll go hiking on Lantau Island again with my family soon.

**Terrence**

Posted: 27/9/20XX, 14:56

[2] I have been there twice. I love it too! What surprised me was the view of the hectic airport right in front of me. I saw planes landing on the runways one after another. I sat down at the top and enjoyed the amazing view for nearly an hour. There I met an old man and we shared our hiking experiences. I also found Hong Kong-Zhuhai-Macau Bridge astonishing as it extends along the horizon! It was really enjoyable to hike, especially when the weather was so nice.

**Rosa**

Posted: 27/9/20XX, 16:22

[3] You two just made me put this lovely route on my checklist! I usually go hiking in Sai Kung as I live in Tseung Kwan O, where different means of transport to the hiking spots are easily accessible. There are both easy and challenging hiking spots and I've already completed most of them. Now, I'm looking forward to seeing the enticing views in more places!

Words like 'lovely', 'looking forward to' and 'enticing' indicate Rosa's positive attitude towards the topic.

More to Take Away



The MacLehose Trail is the longest and earliest hiking trail in Hong Kong. It is 100 km long, linking eight country parks in the New Territories (Sai Kung East, Sai Kung West, Ma On Shan, Shing Mun, Tai Mo Shan, Tai Lam) and Kowloon (Lion Rock, Kam Shan).



Gina

Posted: 27/9/20XX, 20:04

[4] I went hiking in Sai Kung last month. The trail was narrow and rugged. The higher I went up, the steeper the trail became. Sadly, the hiking pole I brought along didn't help much. I was so scared that I had to climb with my hands and clutch at the rocks and vines beside me. At last, I quit as I found it too hard. It was by no means a pleasant experience, but it wouldn't stop me from hiking. It's just that next time I'll surely check the difficulty in advance and choose a path that suits my level.



Charles

Posted: 28/9/20XX, 09:34

[5] After I retired as a school teacher, what I do most is hiking. I always encounter foreigners from different countries while hiking. Many of them come to Hong Kong especially for its renowned hiking trails. The 38 hiking trails in our city are divided into four categories: nature routes, scenery routes, heritage routes and family routes. My favourite type allows me to reminisce about the good old days through exploring buildings and structures of great historical value! Every time before I set off, I double-check the difficulty of the route and the weather conditions. I also inform my family of the venue and make sure I have a map, a cap, an umbrella and enough water with me. My prudent friend even brings along a first-aid kit! With him, I can rest assured I'll have a safe trip.



Ray

Posted: 28/9/20XX, 12:59

[6] As the forum's moderator, I'm thinking about arranging a hiking trip for our members next month, when it's cooler with the deepening autumn. The level will be two stars so that more people can join it. What do you think? We can discuss it in further detail.

~580 words

Looking into Grammar



The conjunctions 'before' and 'after' are used to indicate that one event happened earlier or later than another. They can be used to form a subordinate clause, either at the beginning or in the middle of a sentence, and be followed by gerunds or noun phrases.

- ✓ After finishing dinner (✗ finish dinner), I watched TV for an hour.
- ✓ I watched TV for an hour after I finished dinner (✓ after dinner).

? Circle an example each of 'before' and 'after' in Charles's post.

Part A Multiple Choice Questions


Answer the following questions based on the information provided in the online discussion. Choose the best answer by blackening the appropriate circle.

1. Terrence _____ in Tung Chung.

- A. used to live
- B. saw the bridge joining Hong Kong and mainland China
- C. spent two hours hiking and admiring the view of the airport
- D. hiked on a stormy day

2. Read paragraph 3. The word 'You' refers to _____.

- A. Terrence
- B. Rosa and Terrence
- C. Amy and Terrence
- D. Charles and Ray

 3. Gina was _____ about having chosen a trail that was too challenging.

- A. joyful and confident
- B. joyful but reflective
- C. a bit upset but confident
- D. a bit upset and reflective

3 Pay attention to Gina's tone. Think about how the experience has affected what she is going to do in the future.

 4. Charles prefers _____ routes.

- A. nature
- B. scenery
- C. heritage
- D. family

4 Think about what features each sort of route may have that differentiate one from another.

5. Who is most likely a beginner of hiking?

- A. Rosa
- B. Gina
- C. Charles
- D. Ray

6. Which of the following is NOT true according to the forum posts?

- A. Both beginning and expert hikers can hike in Sai Kung.
- B. Hong Kong's hiking trails attract tourists worldwide.
- C. A hiking pole is a must for those who walk on the hill.
- D. A 2-star level trail is a relatively less challenging option.

Self-evaluation Checklist (✓/✗)

- | | |
|--|--------------------------|
| 1. I understood most of the information provided in the passage. | <input type="checkbox"/> |
| 2. I guessed the meaning of unknown words or phrases correctly. | <input type="checkbox"/> |
| 3. I managed to answer questions by drawing inferences. | <input type="checkbox"/> |
| 4. I identified and understood the writer's / characters' feelings. | <input type="checkbox"/> |
| 5. I could identify and summarise the main idea of the passage. | <input type="checkbox"/> |
| 6. The two reading strategies taught in this module enabled me to read more effectively. | <input type="checkbox"/> |

Part B Pre-HKDSE Questions

Answer the following questions based on the information provided in the online discussion. For question 1, answer in a complete sentence.



1. Which two people had an enjoyable hiking experience on Lantau Island?

1 Sai Kung is not on Lantau Island. Focus only on the relevant hiking experiences.

2. Mark each picture with a tick (✓) in the box if it should be brought along for safety's sake while hiking.

(i)



(ii)



(iii)



(iv)



(v)



3. Look for words in paragraphs 4-5 to match the definitions below.

- (i) _____ (*adj.*) famous for something
(ii) _____ (*n.*) divisions of things
(iii) _____ (*phr. v.*) to take something and hold it firmly
(iv) _____ (*v.*) to meet someone by chance

4. Complete the reminder for hikers by filling in ONE word in each blank.

Before hiking, you should do some preparation in (i) _____. First, think about which type of route is your (ii) _____. Next, consider the level of (iii) _____ of your chosen path. Avoid trails that are too long, too steep or too rugged if you are a beginner. In other words, choose a route that is less (iv) _____ unless you are experienced. Last but not least, see the (v) _____ forecast to ensure that your day in nature will not be spoilt by rain.

5. Which of the following is NOT a proper way to prepare for a hike?

- A. getting a map, a long umbrella, enough water and food
 B. checking the weather report of the day
 C. opting for a challenging trail without knowing much of it
 D. informing family members of the destination

5 Even an experienced hiker should take proper safety measures.

Part C Vocabulary Bank

Label the photos below with the nouns about hiking from the word box.

binoculars

camping tent

checkpoint

summit

pavilion

piedmont

trail

hillside



Part D Cloze Passage

Complete the speech below with the appropriate nouns introduced on the previous page.

Reminder



Pay attention to singular and plural forms.

Morning, everyone. I'm Bill. On behalf of Beacon Travel Agency, I'd like to thank you all for joining the 'Starry Night at Southern Hill' camping tour. Please spare me a minute to brief you about today's arrangements. In a few minutes, we'll be climbing Southern Hill, where the 3-kilometre steep, bumpy (1) _____ is located. For the sake of safety, please mind the steps and follow me closely.

Setting off from the (2) _____, we should reach the (3) _____ in 2 hours. Along the way, there are public toilets and vending machines. We can arrange short breaks on the way, but we'll only take a lunch break when we arrive at the (4) _____ at the top of the hill. There lies the iconic (5) _____, where we can take photos of the mesmerising views, completing our quest for nature and tranquillity. As it's cooler at the summit, we'll return to the (6) _____ to set up our (7) _____ after sunset.

And the climax always comes at the end of the day! We're going to have a breathtaking night of star-gazing. With our high-powered (8) _____, we will be able to view the dazzling constellations across the galaxies.

Any question for the time being?

Word Craft



Hiking (Refer to P.122-123.)

Hiking usually takes up hours. 'Trekking' is another word which describes the activity of walking long distances on foot for pleasure.

Let's Discuss!



1. Among the four types of routes introduced in the online discussion, which one interests you the most? Why?
2. What should you do or not do during a hike?

