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# Goodies

## Wonderwalks



**C**ONGRATULATIONS for making it to the last *Goodies* of this school year! We hope to see you in autumn! But until then, you can go out and stretch your legs. So let *Goodies* tell you about some fantastic walks you can take with your friends and family!

### Editor's Note

We did it! This is the last edition of *Goodies* for this academic year. Everyone is taking a well-earned break and going on holiday. I will be again be going to England for a short holiday; some of you will also be going there on a study tour. Bad things have happened in the country lately but there is no need to be afraid as life goes on and you would not want to miss the famous historical attractions. You would not to miss out on fish and chips either! For those who are staying in Hong Kong, there are excellent beaches to visit. Turn to G04 to learn some vocabulary to use for having fun in the sun. Have a great holiday and see you all in September!



Simon



IN 2016, *National Geographic* named Hong Kong's MacLehose Trail (麥理浩徑) as one of the best hiking paths in the world. But it takes nearly a week to **traverse**, and is filled with '**gruelling**' drops and rises along rocky ridges. Luckily, the Goodies Family has picked out three other hikes that are simple and fun to explore.

Let's go see Hong Kong's amazing sights!

## Nam Sang Wai (南生圍)

THIS wetland in Yuen Long (元朗) provides lots of beautiful scenery and a chance to **admire** lots of birds that like to stay here for a while during their migrations. Nam Sang Wai is a short distance from Yuen Long MTR Station. Once there, you can walk along the numerous narrow banks that break up the water. The most commonly listed route takes three hours and spans six kilometres.



## Tai Mei Tuk (大尾篤)

THE name Tai Mei Tuk translates to 'the very end', because the area is at the very end of Mount Pak Sin Leng (八仙嶺). In this case, though, Pak Sin Leng has **saved the best for last**. Tai Mei Tuk has an easy one-kilometre walk, with lots of places to take in the sights of Plover Cove (船灣淡水湖). After the walk, you can have a fun meal at the nearby barbeque sites. You can reach Tai Mei Tuk by going to Tai Po Market (大埔墟) MTR Station and then taking the 75k bus to its last stop.

## Ten Thousand Buddhas Monastery (萬佛寺)

IF you want to see something a little more fantastic, leave Sha Tin (沙田) MTR Station through exit B. From here, you can find a long uphill path lined with golden statues of monks; every one different from each other. At the top, you can find the monastery that has its main hall filled with those 10,000 statues. On your way down, if you take another set of stairs, you will find even more **unique** statues to peer at.



## Be careful before you go

HIKERS are always warned to know the route **beforehand** and to tell others where they are going. Stay close to your friends or family while you are exploring these places. Be extra careful of the hot weather. Use sunscreen, wear hats, and carry lots of water to drink. Overheating is extremely dangerous.