



[Exercise Well] Hiking with Freedom

日期: 2023年2月25日 (星期六)

Date: 25 Feb 2023 (Sat)

集合地點: 屯門港鐵站 D 出口

Meet-up venue: Exit D, Tuen Mun MTR Station

路線: 掃管笏至大棠楓香林
(路程約3.5小時, 途經千島湖清景台)

Route: So Kwun Wat to Tai Tong Sweet Gum Woods
(via Reservoir Islands Viewpoint,
last around 3.5 hours)

集合時間: 9:00 am

Meet-up time: 9:00 am



Let's go hiking! 書院致力推動「七好減壓法」, 是次活動由專業教練帶路, 由掃管笏途經千島湖清景台步行至大棠楓香林, 一同「運動好」! 路線適合初學者, 約長**3.5**小時, 沿途與院長及各逸夫人欣賞景色、談天說地、亦可以打打卡。

Let's go hiking! The College is committed to promoting the '7-well approach'. This hiking activity is led by professional coach, from So Kwun Wat via Reservoir Islands Viewpoint to Tai Tong Sweet Gum Woods. The route is suitable for beginners, it lasts around 3.5 hours. You may enjoy the scenery and mingle with the Shaw members along the way.

對象: 逸夫書院學生、教職員、校友

Targets: Students, Staff and Alumni, Shaw College

名額: 20

Quota: 20

按金: HKD \$50 (完成後可獲全數退款)

Deposit: HKD \$50 (Refundable upon completion)

截止日期: 2023年2月17日 (星期五)

Deadline: 17 Feb 2023 (Fri)

備註: 新生參加是次活動可獲4分PE分!

Remarks: 4 additional PE points will be given to freshmen who participated in the activity!

查詢: 逸夫書院陳先生 (kaychan@cuhk.edu.hk / 3943 4281)

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