



The 2019 World Rowing Coastal Championships' Insider's Guide to Hong Kong

A short selection of things the organisers recommend to do while visiting Hong Kong





TOP THINGS TO DO

Take a trip with the Stars and Ding Dings

While you might get great and unique views of the Hong Kong skyline while taking part in the World Rowing Coastal Championships, for the best photographs take the Star Ferry from Central Ferry Pier #7 to Tsim Sha Tsui, take a walk along the TST Waterfront (keep an eye out for wedding couples having their photos taken), then take the ferry back to Central and hop on the tram for a slow journey through the Hong Kong urban landscape. Both types of transport having been running non-stop throughout the day into the evening (last ferry = 23.30; last tram = c. midnight) for well over a century.

The Star Ferry - <http://www.starferry.com.hk/en/home>

Hong Kong Tramways - <https://www.hktramways.com/>

Go on a sunset cruise on Aqua Luna or the DukLing

As rowers, we all love the water, so how better to view one of Hong Kong's stunning sunsets than to view one while cruising on a Chinese wooden junk with crimson sails sipping a cocktail? The 45-minute journey on the slightly creaking boat, backed with lounge music and the Symphony of Lights, a laser show that lights up the harbour every night at 8pm, will give you another unique experience of Hong Kong. Book in advance.

<https://aqualuna.com.hk> - Public Pier 1, Tsim Sha Tsui. Tickets are HK\$240 per person (discounted tickets available on Klook), with one complimentary drink included. The wine and cocktail list is limited, but eclipsed by the overall experience

www.dukling.com.hk - Public Pier 3, Tsim Sha Tsui. Slightly more basic and rickety, tickets are HK\$230 per person, with one complimentary drink included.

While both boats operate short harbour cruises during the day, night time trips are more spectacular.

Hit the markets

Hong Kong is synonymous with shopping, so sneak away from a training session and go where the locals do it. Starting at the top end of Kowloon at the Bird & Goldfish Markets, work your way southwards via the electronics & Jade markets to Ladies market, ending at the Temple Street night market you can buy any and everything you ever wanted (and a lot you never knew you wanted!). The MTR is handy for all. Some of our favourites are:





- Jade Market - Junction of Kansu Street and Battery Street, Yau Ma Tei, Kowloon
- Ladies Market - Tung Choi Street, Mong Kok, Kowloon
- Sneaker Street – Fa Yuen Street, Mong Kok, Kowloon
- Temple Street Night Market - Temple Street, Yau Ma Tei, Kowloon
- Goldfish Market - Tung Choi Street North, Mong Kok, Kowloon
- Bird Market - Yuen Po Street, Prince Edward, Kowloon
- Electronics Market – Golden Computer Arcade, 146-152 Fuk Wa Street, Sham Shui Po, Kowloon + the nearby Apliu Street, Sham Shui Po, Kowloon

<http://www.discoverhongkong.com/eng/shop/where-to-shop/street-markets-and-shopping-streets/index.jsp>

Circle the Peak on Luard Road

There's a reason why this is one of the most popular places for visitors to go... the views looking down on the sky scrapers of Hong Kong and Kowloon from the Peak are unforgettable. There are lots of ways to get there - take a taxi (15 mins) from Central, the Peak Tram (5-8 minutes from Central but there can be huge queues), or even walk (45 mins from Central up Old Peak Road). Once at the Peak Tower (designed by Sir Terry Farrell on one of his worse days!) head for Luard Road – a circular walk around Victoria Peak with great views of all sides of Hong Kong from the throbbing urban metropolis of Central on the north side to the calm peace and views across the Lamma Channel on the south. If you time the walk right you get a great view of the sunset and then the evening lights gradually coming on in the city.

<http://www.discoverhongkong.com/uk/see-do/great-outdoors/hikes/peak-circle-walk.jsp>

Mid-levels Culture Fix - Tai Kwun to Man Mo Temple to Cat Street to PMQ

Starting at Tai Kwun – the recently renovated colonial era Police Headquarters in Central which is now a massive independent art hub consisting of 16 heritage buildings, art galleries and various quality bars (don't miss Dragonfly) and restaurants (Madam Fu – one of HK's most Instagrammable ones) – walk west along Hollywood Road to the Man Mo Temple taking in the various art galleries and boutiques. Built in 1847 during the Qing Dynasty, Man Mo Temple is a really photogenic smoky, atmospheric, and magical delight of a temple dedicated to the gods of literature & war.

Across the road from the Man Mo temple is a path (Ladder Street) which will take you down to Upper Lascar Row, better known as Cat Street, a street market and collection of shops specialising in Chinese and Hong Kong curios. Ever wanted a porcelain bust of Chairman Mao, an ancient snuff





bottle or a Jacky Chan poster? This is the place for you!

From Cat Street head on past some of the trendy boutiques that are constantly popping up in this area to PMQ – another renovated old police facility (the Police Married Quarters) which has been converted into a trendy arts and restaurant hub.

Tai Kwun - 10 Hollywood Road, Central - <https://www.taikwun.hk/en/>

Man Mo Temple - 124 Hollywood Road, Sheung Wan - <http://www.man-mo-temple.hk/>

Cat Street - Upper Lascar Row, Sheung Wan - <http://www.cat-street.hk/>

PMQ - 35 Aberdeen Street, Central - <http://www.pmq.org.hk/>

Walk the Dragon's Back

Part of the 50km Hong Kong trail, the Dragon's Back is widely hailed as one of the city's best urban hikes. Get a taxi or bus 9 from Shau Kei Wan MTR to Shek O Road and get off at To Tei Wan bus stop for the start. Then up onto the Dragon's back for great panoramic views across south-west Hong Kong's shoreline. End the walk at Big Wave Bay (anyone for surfing?) or Shek O where you can cool off with a beer and some food at one of the many restaurants.

The hike itself takes up to 4 hours depending where you stop.

<http://www.discoverhongkong.com/uk/see-do/great-outdoors/hikes/dragons-back.jsp>

Get a Foot Rub

What better to do after a hard day's rowing on the harbour, snapping up bargains in the Kowloon markets, or hiking the Hong Kong trails than to kick back and get a foot massage? A Hong Kong institution. Nothing fancy, two places we like are:

Happy Foot – 19th floor, Century Square, No.1 D'Aguiar Street, Central & 7th floor, QRE Plaza, 202 Queen's Road East, Wan Chai

<http://www.happyfoot.hk/mavista/cms/en/home>

Gau's – 17th floor, Silver Fortune Plaza, 1 Wellington Street, Central & Shop J Lower Ground, 99 Caine Road, Mid-Levels

<http://gaosfootlankwaifong.com/>





Put the Rock into Rock & Row

OK, so karaoke might have been invented by the Japanese but Hong Kongers have taken it to their hearts. Check out Red Mr which is known for their large collection of English (and Cantonese of course) tunes. Open till 6am (7am at weekends)!!

Red Mr – 2/F, The Tonno, 5 Tonnochy Road, Wanchai

<https://www.redmr.com/en/aboutus.html>

Who needs Bali when you have Tai Long Wan?

While Hong Kong conjures up images of dense urban environments packed with people and skyscrapers, did you know that over 70% of the territory is made up of country parks? As a coastal region with over 200 islands, there are also some amazing beaches and, with the humidity dropping in the autumn, November is one of the best months to head to perhaps some of the best... Tai Long Wan is a secluded area made up of 4 beaches (Sai Wan, Ham Tin Wan, Tai Wan and Tung Wan) on the east coast of the Sai Kung Peninsular.

Tai Long Wan description: <https://droneandslr.com/travel-blog/hong-kong/tai-long-wan-sai-kung/>

The journey may seem a little daunting but WRCC Organising Committee member, Mark Welles, recommends hiking via High Island Reservoir. Still challenging, there are other options using public transport or taxis (c. HK\$300-400 all the way from Central):

First get yourself to Sai Kung Town – take the MTR to Hang Hau and then green minibus 101M to Sai Kung Town (or simple get a cab!). Journey time = c. 1 hour from Central.

Hike: Take Bus No. 94 to Wong Shek Pier and get off at the Pak Tam Chung Terminus. Then head down the road, following the MacLehouse train signs to High Island Reservoir and the start of the hike. This takes you along the edge of the reservoir, up and over a hill to Long Ke beach. Once you are done with that beach keep following the trail signs to Tai Long Wan.

MacLehouse Trail Section #1: <http://www.hongkonghikes.com/2011/11/maclehouse-section-1-2.html>

To get home, follow the path back to Sai Wan Pavilion from where you can get a minibus (or cab if you're lucky) back to Sai Kung Town.

Public transport: Next head to Sai Wan Pavilion by taxi (20 mins), minibus 29R (20 mins) or speedboat from Sai Kung Pier (c. 30 mins – \$120-150 per person). From Sai Wan pavilion it's a well sign-posted easy hike to the beach.





Extra recommendation: if you've got time, take in the incredible rock formations in the UNESCO Geopark by hiking the Tai Long Wan Hiking Trail starting at the Sai Wan Pavilion (12kms – c. 5 hours):

https://www.geopark.gov.hk/en_s2b2f.htm

Rollercoaster ride to Stanley

Hold onto your seat – bag an upstairs front-row seat on a double decker bus from Central to Stanley and enjoy the views of Southern Hong Kong and the South China Sea as it heads over the hills to Stanley, home of yet another market (factory outlet stock, souvenir nick nacks, toys, etc.) and some chilled waterside restaurants...

Bus #s: 6, 6x, 610 from Central Bus terminal (under Exchange Square)

Go Coastal Rowing!

Don't just take part in the World Rowing Coastal Championships – Royal Hong Kong Yacht Club's current rowing captain, Guy Parsonage, recommends that you sign out a coastal rowing boat from the clubhouse at Middle Island (make sure you tell people where you are going) and head to Round Island with a picnic... Hong Kong has some amazing coastal scenery that most visitors don't get anywhere near.

To get to Middle Island, take a bus (#6) or taxi to Deep Water Bay on the south side of Hong Kong and then walk east along the coastal footpath until you come to a gap in the fence opposite a small island. Wave your hands in the air and a sampan (small motorboat) will come and collect you. You'll need to have signed-up for temporary membership at the RHKYC's main clubhouse (which is the land venue for the WRCC) at Kellett Island first.

<https://www.rhkyc.org.hk/MiddleIsland.aspx>

Floating Junk

Junk isn't a pile of rubbish in Hong Kong but the local name for a boat. While most of the traditional, old masted ones have been retired now (harbour trips on two that haven't are recommended elsewhere) a whole new generation have been purposed to take groups of people on trips to Hong Kong's outlying islands. So, how better for teams to celebrate WRCC medals than to hire one and head out for the day to more up in a secluded bay, have a BBQ, go for a swim and kick back with a drink...??

<https://www.hongkongjunks.com.hk/>





Stilt houses, pink dolphins and an oversized Buddha

Hong Kong has a rich and diverse heritage. Long before people started living in hundreds of feet above ground-level in skyscrapers, villagers in Tai O were defying gravity in small houses suspended on stilts. Teeming with a small village charm, Tai O's traditional way of life is still very much intact – small, smoky temples, narrow lanes filled with open shop fronts, baskets out along the sea shore filled with drying fish - this is a great place to visit not just to see the stilt houses or take a trip to try and see one of Hong Kong's iconic pink dolphins. Make a day of the trip and take in the Big Buddha as well - perched high on a ridge of one of the Island's many peaks you won't be disappointed, especially if you make one leg of the trip by the Ngong Ping Cable Car!

Tai O

<http://www.discoverhongkong.com/seasia/see-do/great-outdoors/outlying-islands/lantau-island/tai-o-stilt-houses.jsp>

Getting there: take the MTR to Tung Chung Station and then bus 11 to Tai O bus terminus OR catch a ferry from Central Pier 6 to Mui Wo and then take New Lantau Bus 1 to Tai O (journey time c. 50 minutes from the MTR or Ferry terminal).

Big Buddha

<http://www.discoverhongkong.com/seasia/see-do/culture-heritage/chinese-temples/big-buddha-and-po-lin-monastery.jsp>

Getting there: take the MTR Tung Chung Station Exit B, then take Ngong Ping Cable Car, which takes around 25 minutes. Then walk for around 10 minutes to the monastery; or,

MTR Tung Chung Station Exit B, then take New Lantau Bus 23 from Tung Chung Town Centre, which takes around 45 minutes. Then walk for eight minutes; or,

Ferry from Central Pier 6 to Mui Wo, then take New Lantau Bus 2 to Ngong Ping Village, which takes around 40 minutes.

Pedal Power

If you feel the need for more exercise once you're done rowing, hit the mountain bike trails on Lantau or take a more leisurely spin along the Tolo Harbour Cycling Track with stunning mountain and coastal views in the New Territories:

Lantau Bike Trails

Ferry from Central Pier 6 to Mui Wo and then wander along past McDonalds and the China Bear bar to the Friendly Bike Shop which has a wide collection of off-road and road bikes to hire. They can also point out the best way to get onto the trails:





Friendly Bike Shop: Scenic Crest, 18A Mui Wo Ferry Pier Rd, Mui Wo, Hong Kong

<https://www.facebook.com/FriendlyBicycleShop/>

Tolo Harbour Cycling Track

There are number of bike hire shops near Exit A of the MTR station in Tai Wai, from where you head along the Shing Mun River (where we go fine boat rowing) out to the start of Tolo Harbour.

Read more at <https://www.discoverhongkong.com/au/promotions/experience-hongkong/great-outdoors/cycling-in-hong-kong.html#orXHuMGBarley3Fo.99>

Be challenged by the Old Man – Lo Yan Shan, Lantau Island

Hong Kong's got miles and miles of hiking trails. If you've got a day to spare and are feeling adventurous, try heading to Lantau and prove you've still got what it takes by hiking up Old Man Mountain. Ferry from Central Ferry Pier #5 to Mui Wo then head south along the coast (road for c. 1km and then hiking trail) to Shap Long (c. 50 mins). At Shap Long walk across the field past the grazing buffalo and up the road at the back of the valley to the start of the Old Man Mountain (Lo Yan Shan) hike. This great hike (2.5 hours) takes you up the highest peak on the Chi Ma Wan peninsular (300m - on a clear day the views are stunning), past a scenic hidden reservoir lake, through an abandoned prison, and back to Shap Long village. From there it's a hike back along the coast to Mui Wo. If you time it right however you might be able to catch an inter-island ferry from the ferry pier at the abandoned prison (Chi Ma Wan Correctional Institute Pier) back to Mui Wo – timetable: http://www.nwff.com.hk/route/get_route.php?id=2e2c0154-902a-4c11-9405-f7743f6e6d2e&route_id=0&submenu_num=3

<http://hkadventurer.com/loyanshan/loyanshan.html>

Glide up to SoHo and NoHo

Hong Kongers are a resourceful bunch – who else would build the longest outdoor covered escalator system in the world to avoid working up a sweat on the daily walk to and from work? The Mid-levels Escalator system is over 800-metres long and elevates 135-metres through the streets of a steep hillside linking Des Voeux Road in Central with Conduit Road in Mid-Levels. Since it was built, it's seeded SoHo and NoHo the dynamic bar and restaurant areas South of Hollywood Road and North of Hollywood Road where you will find food and drink from pretty much all corners of the world. You can also use it to get to Tai Kwun (see separate entry) and as a hopping off point for a wander along to the Man Mo Temple.

<https://www.discoverhongkong.com/au/promotions/experience-hongkong/see-and-do/mid-levels-escalator.html#VB3zi5rxPPF12Hd3.97>





Shop with the locals and ask the sea gods for their support in the WRCC

Sprawling along Wanchai Road, Cross Street, and Tai Yuen Street, this is great neighbourhood market to visit if you don't have time to get off Hong Kong Island and you want to see how the locals shop and live – fresh vegetables, cuts of meat hanging on hooks, fish on display that have been cut half open to show an inflated lung so you can see how fresh it is, buckets of live fish, snakes, saucepans, clothes, toys, souvenirs... Wanchai market has it all. There are also small Cha Chaan Tangs – small fuss-free local restaurants where locals get fried dough sticks for breakfast, cha siu fan (bbq-ed pork & rice) for lunch, and maybe a roast chicken for dinner... sit out on one of the small plastic seats and watch the world go by. Close by you can also find a couple of local heritage sites: the Hung Shing Temple dedicated to the god who provides protection at sea, the colonial era Wanchai Post office (both located on Queens Road East, a road that signifies where the original coastline was – an amazing thought when you consider the extent of reclamation that's taken place between there and the current shoreline), the Blue House (one of the few remaining examples of a 4-storey balcony-type tenement block 'tong lau' and now an arts centre), and the Taoist Pak Tai Temple.

Hung Shing Temple: <https://www.discoverhongkong.com/eng/see-do/culture-heritage/chinese-temples/hung-shing-temple-at-wan-chai.jsp>

Pak Tai Temple: <http://www.discoverhongkong.com/eng/see-do/culture-heritage/chinese-temples/pak-tai-temple-at-wan-chai.jsp>

Blue House: <http://www.discoverhongkong.com/eng/see-do/culture-heritage/historical-sites/colonial/the-blue-house.jsp>

Wanchai Computer Centre

A must visit for the geeks out there as well as anyone after a new computer or spare iPhone charger – Wanchai Computer Centre is 2 floors of tech paradise where you can find just about any consumer gadget you can imagine including pads, tablets, accessories, laptops, PC's and PC accessories, smartphones, monitors, cameras, cables, and more. Serious techies can also buy all the parts needed to build their own computers.

<https://thehkshopper.com/95273-wan-chai-computer-centre.html>

130 Hennessy Rd, Wan Chai, Hong Kong





A FEW TOP PLACES TO EAT AND DRINK

Away with the fairies in mid-levels

Iron Fairies

LG/F, Chinachem Hollywood Centre, 1-13 Hollywood Road, Central, Hong Kong Island

<http://www.diningconcepts.com/restaurants/Iron-Fairies>

Head down some stairs and into another world... from the hundreds of butterflies suspended from the roof to the iron fairies scattered on the tables this is a bar like no other. This speakeasy-type bar is a must – get there early to avoid the queues and have a chance to take in the unique, quirky environment. Time it right and there's a live band. Don't pocket a fairy

Bargain Bucket Michelin Star Food

Tim Ho Wan

9-11 Fuk Wing Street, Sham Shui Po (Prince Edward MTR), Kowloon

Tel: +852 2788 1266

<https://guide.michelin.com/hk/en/hong-kong-region/hong-kong/restaurant/tim-ho-wan-sham-shui-po>

One of the best dim sum restaurants in Hong Kong, the BBQ pork bun (char siu bao) is to die for. Like all dim sum restaurants get there early...

Dim Sum with the masses

Maxim's Palace City Hall

2/F, Low Block, City Hall, Central, Hong Kong Island

Tel: +852 2521 1303

Maxim's Palace City Hall is where Hong Kong comes for dim sum – a huge hall that must seat over 400 people at a time through multiple sittings. Turn up, register at the reception desk, wait, get assigned some seats at a table (generally alongside other people), and flag down one of the grannies wandering around with a trolley full of dim sum... The masses can't be wrong! Remember Dim Sum is for lunch.





Chilling on the roof in Eastern Hong Kong

Sugar

32/f, EAST, 29 Taikoo Sing Road, Tai Koo Shing, Hong Kong Island

<https://www.openrice.com/zh/hongkong/r-sugar-bar-deck-lounge-%E5%A4%AA%E5%8F%A4-%E5%A4%9A%E5%9C%8B%E8%8F%9C-%E9%85%92-r42060>

Close to Tai Koo Shing MTR, located at the top of the EAST hotel, Sugar is a very chilled bar and restaurant with great views across the harbour to Kowloon Bay and back towards Quarry Bay on Hong Kong Island. A hidden gem— you could get ‘fined’ \$200

Wining and dining with jaw dropping views in Wanchai

Wooloomooloo

31/F & Rooftop The Hennessy, 256 Hennessy Road, Wan Chai, Hong Kong Island

<https://wooloo-mooloo.com/>

Better book – with views and steaks as good as this you want to make sure you get a table. If you don’t want to eat just check out the roof top bar.

Go local in North Point

Tung Po

2nd Floor, 99 Java Road Municipal Services Building, North Point, Hong Kong Island

Want to know where the Royal Hong Kong Yacht Club’s rowing captain takes his visitors? Look no further than Tong Po in North Point Cooked Food Market. Very local but that’s the point! Plastic stools, beer drunk out of bowls, no English spoken but the most fantastic place. If you’re looking for fancy pants Cantonese this place is not for you.

Go back in time for tea

Peninsula Hotel

Salisbury Road, Tsim Sha Tsui

<https://www.peninsula.com/en/hong-kong/hotel-fine-dining/the-lobby-afternoon-tea>

Taking afternoon tea at the Peninsula Hotel is one of the few traditions left in Hong Kong from its





colonial period and, while the British may have left, the tradition remains undisturbed. Not for those on a budget though, the price for tea is HK\$368 for one person or HK\$658 for two; adding a glass of champagne will add another HK\$200. Served 2pm – 6pm its first-come, first-served so get there early (or better still book!).

Get panoramic views from the Ozone

Ozone Bar

Ritz Carlton Hotel, Level 118, International Commerce Centre (ICC), 1 Austin Rd W, Tsim Sha Tsui

<https://www.ritzcarlton.com/en/hotels/china/hong-kong/dining/ozone>

It doesn't get much higher than this - almost half a kilometre above sea level – Ozone is one of the highest rooftop sky bars in the world, located on the 118th floor of The Ritz-Carlton, Hong Kong. The bar is so high up that, on cloudy days, it is almost lost and on a clear day you can see south across to the sea on the far side of Hong Kong and north to the skyscrapers in China's tech city, Shenzhen. With a relaxed vibe and feel of a club there is an outdoor terrace and plenty of inventive house cocktails.

Quench your thirst in Kowloon

Fatt's Place

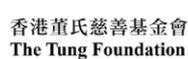
2 Hart Avenue, Tsim Sha Tsui

https://www.facebook.com/Fatts-Place-218736438191711?utm_source=tripadvisor&utm_medium=referral

Recommended by one of the legends of Hong Kong rowing and occasional competitor at past World Rowing Offshore Championships – Martin 'beers' Reynolds. Rough and ready, great for watching the world go past outside and cooling off after a hard afternoon shopping in TST... and, of course, beer!

Go over the Rainbow for Seafood

Got a spare evening? Head over to Sok Kwu Wan on Lamma island for dinner in one of the iconic local seafood restaurants where you can choose your dinner from the fish tanks or, if squeamish, the extensive menus and eat al fresco, sitting under whirring fans on a terrace built over the water. Perhaps the easiest way to get there is on a ferry organised by the Rainbow Restaurant from Central:



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Lamma Rainbow

23-27 First Street, Sok Kwu Wan, Lamma Island

http://www.lammarainbow.com/shuttle_time.php (best to phone to confirm the schedule & book)

Tel: +852 2982 8100

Curry – Kowloon side

What goes better with beer than curry? Hong Kong has had a vibrant Indian community since its early days as a British colony. With Hong Kong's relative proximity to India the taste is pretty authentic (unlike the curry you get in the West). Hidden away upstairs, check out Martin Reynolds's favourite:

Koh-i-Noor India Restaurant

1.F, 16 Mody Road, Tsim Sha Tsui

Or be more adventurous and head into Chungking Mansions where, having negotiated traders from all corners of the world on the ground floor, you can take your pick of restaurants or head to:

The Delhi Club

Chungking Mansions, Block C, 3F, 36-44 Nathan Road, Tsim Sha Tsui

Useful websites for ideas about what to do in Hong Kong

Time Out Hong Kong - <https://www.timeout.com/hong-kong>

Idiscover - <https://i-discoverasia.com/neighbourhoods/hong-kong/>

Zoolima CityMag - <https://zolimacitymag.com/>

Discover Hong Kong - <http://www.discoverhongkong.com/eng/index.jsp>

Hong Kong Hiking Trails - <https://www.hiking.gov.hk/eng/longtrail/hktrail/hktrail.htm>

Open Rice (HK restaurant guide) - <https://www.openrice.com/en/hongkong>

Hong Kong Citymapper app (great app for getting around on public transport)-
<https://citymapper.com/hong-kong>

Klook (app with discounts to various HK attractions + HK airport express) -
<https://www.klook.com>

