

## **Subject: Dragon's Back Hike - Important Pre-Event Information**

Dear <<First Name>>

We hope you're looking forward to the Hike on the Dragon's Back.

Date: Thursday 7 March 2019

Time of Workshop: 08:30 - 13:00

Led By: Davey Neill (Shanghai American School)

Assistant Guide: Buddy Weeks

### **Getting to the Starting Point**

We have organized a bus for **all participants**. The bus will leave from the official conference hotel - The Harbourview - and will depart at **08:30 sharp**. The address for The Harbourview is:

The Harbourview Hotel

**4 Harbour Road**

Wan Chai

Hong Kong

**Important: Taxi's will sometimes take you to the Marriott Harbour View Hotel which is around 10 minutes walk from the Harbour View Hotel. Make sure the taxi driver knows it is 4 Harbour Road!**

If you are coming by taxi then you can show the driver this address:

**地址: 香港灣仔港灣道4號**

### **Clothing & What to Bring**

**Clothing:** Temperatures in Hong Kong can potentially vary a lot so while it is likely to be around 20C, it could be much warmer or colder. We strongly recommend you adopt a layered clothing approach. Please ensure that you are carrying something warm in case the temperature drops, and something that can protect you from the rain.

**Footwear:** Comfortable footwear with good grip is highly recommended as the trail is rough in parts. Hiking Boots or Sports shoes with good soles are ideal as there are steep rocky ascents and descents. **Sandals are not appropriate.**

**Hydration and Nutrition:** It is also essential that you bring a water bottle and granola bars (if you like) since there are no shops along the trail and you will be walking for approximately 3 hours. There are some steep climbs along the way so expect to work hard!

In line with our sustainability policy, we would ask that you bring a reusable water bottle with you on the hike. We will provide some water on the bus so that you can top up your water prior to the start of the hike.

### **Waiver**

You will be asked to sign a waiver (copy pasted at the bottom of this email) before boarding the bus at the Harbour View hotel. Please read this carefully before the day of the hike.

### **Hike Schedule**

Below, you can view a detailed breakdown of the day's activities (times are subject to change):

<b>Time</b>	<b>Activity</b>
08:30	Bus departs the conference hotel - The Harbourview
09:00	Arrive at Dragon's Back Starting Point. Hike Begins
12:00	Hike Ends - Exact timing will depend on speed of the group. Bus to Shek O from Big Wave Bay (Tai Long Wan). Lunch
13:00	Approx time Lunch Ends. Bus back to Harbour View Hotel  Participants may also choose to spend time exploring Shek O and then return independently by taxi or public bus.

### **Lunch**

For those interested, lunch will be provided at a restaurant. You are also free to make your way back before lunch if you wish. Please keep in mind timing towards the end will be flexible depending on trail conditions and the speed of the group.

## **Optional Exploration**

Shek O (Rocky Bay in Cantonese) is an interesting little traditional Hong Kong coastal village with many narrow back streets, two beaches, and some great views from the headland. You may want to do a little exploration on your own after the official end of the hike. It's easy to get a bus, mini bus or taxi back to Central afterwards (at your own expense).

We hope you enjoy your experience on the Hike to the Dragon's Back!

Regards

## **21st Century Learning Team**

### **Physical Activity Waiver & Image Use - Dragon's Back Hike**

All participants must sign this waiver prior to the hike. It should be read and signed by the hiker and not by any other party.

#### **Image & Video Waiver**

I am aware that the organizer may photograph, film, videotape or audiotape some of all of the event and it is possible that I will be filmed taped, or recorded.

#### **Physical Waiver**

I am participating in the hike on a purely voluntary basis.

I understand it is entirely my own personal decision and I will take full personal responsibility for deciding if this activity is within my capabilities based on my own physical fitness, injury history, illness, or other physical incapacity.

If I do decide to participate in the hike, I assume and accept full responsibility for all personal injuries I may suffer and waive any claims I may have against the conference organisers and hike leaders, and will indemnify the participating parties, their owners, employers, agents and assignees against all damages, costs and expenses in connection therewith.

By clicking the box below I accept the terms and conditions outlined above. I also, by signing below, represent that I am in good physical condition and that I have no impairment or ailment that would prevent or make it medically unwise for me to engage in this hike.

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_