

KRAIG ADAMS

Lantau Trail Hiking Guide

Mui Wo over Lantau Peak to Tai O in 4 days

2027 season edition · updated October 2026

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Welcome

I love visiting Hong Kong. Five years before this trip, my friend Ryan and I hiked the MacLehose Trail across the New Territories, and on the way out we noticed there was one other long-distance trail in Hong Kong, near the airport. We vowed to come back and hike it. In January 2025 we did, with my friend Renee: the Lantau Trail on Lantau Island, the big mountainous island the airport sits next to.

We took the ferry from Central to Mui Wo, climbed toward Sunset Peak and camped above the airport. The next day we went down to Pak Kung Au in the rain, waited it out in Tung Chung, and went back up over Lantau Peak in the fog to the Big Buddha at Ngong Ping. On the third day we walked west to the fishing village of Tai O and down the quiet west coast to a campsite by the sea, and on the fourth we walked out along the south coast to the road at Shek Pik. About 30.4 miles by my GPS over four days and three nights, on Sections 1 to 8 of the trail's 12. It's the trip from my film Hiking in Hong Kong.

Good to know first (October 2026). Part of Section 7, the stretch of the west coast I walked late on Day 3 and early on Day 4, has been closed since October 2023 after typhoon landslides, along with Tsin Yue Wan Campsite, where I slept on Night 3. Both were already closed when we walked there in January 2025. And our first night, near the stone huts below Sunset Peak, wasn't at a campsite: in Hong Kong's country parks you can only camp at designated campsites. This guide tells my four days as I walked them and gives you a plan for 2027 that uses only open trail and legal campsites. See Is it open? and The 2027 plan.

What's inside

- Where things stand in October 2026, and straight answers to the questions people ask about the trail
- When to go, the camping rules, and how to get to the start and back from the end
- All four days: my notes, the trail, where to get off, maps with elevation profiles, and links to that day in my film

- A plan for 2027 around the closure, other ways to do it, where we slept, food and water, what it costs, what I carried
- Weather and safety, one page of things to check before you go, and a printable trip sheet

How to use it offline

Save this PDF to your phone's Files or Books app before you leave home. Load the GPX files and download offline maps before you take the ferry. Each day starts on a new page. The film links need a connection; everything else works in airplane mode.

When I say "I," it's my own trip; "we" is Ryan, Renee and me. Rules and prices change, so they're dated, and the checks are collected on one page: Before you go, check these. Times are Hong Kong time. Prices are in Hong Kong dollars (HK$); a US dollar is about HK$7.8.



Mui Wo and its ferry pier, with Lantau's mountains behind: where the trail starts.

At a glance

QUICK FACTS

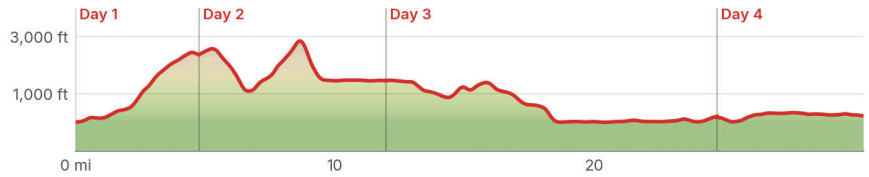
Distance	30.4 miles (48.9 km) by my GPS, with about 4.5 miles of wandering in Ngong Ping and Tai O. Sections 1 to 8 are 43.5 km (27 miles) by the government's figures; the whole loop is 70 km
Climbing	About 6,530 ft (1,990 m) up and 6,300 ft (1,920 m) down, going west like I did
Days	4, with 3 nights: 4.8 miles on Day 1 (an afternoon), 7.2 on Day 2, 12.8 on Day 3, 5.7 on Day 4
Start	Mui Wo ferry pier, at sea level, about 35 to 40 minutes by ferry from Central
Finish	South Lantau Road at Shek Pik, about 230 ft (70 m), with buses and taxis
High point	Lantau Peak, 3,064 ft (934 m), on Day 2
Sleep	Free campsites, first come, first served. Night 1: not a campsite (see the rules). Night 2: Ngong Ping Campsite. Night 3: Tsin Yue Wan Campsite, closed since October 2023
Difficulty	Sections 2 and 3 (Sunset Peak and Lantau Peak) are rated 4 of 5, Difficult, by the government: long stone staircases. The rest is 1 to 3 of 5
Permits (2026)	None to hike or to camp at the campsites

DAY	ROUTE	MILES (KM)	UP / DOWN (FT)	SLEEP
1	Mui Wo to Sunset Peak	4.8 (7.6)	2,513 / 173	Below Sunset Peak, about 2,360 ft (not a campsite)
2	Sunset Peak to Ngong Ping over Lantau Peak	7.2 (11.6)	2,242 / 3,138	Ngong Ping Campsite, about 1,460 ft
3	Ngong Ping to Tsin Yue Wan by Tai O	12.8 (20.6)	1,203 / 2,451	Tsin Yue Wan Campsite, about 220 ft (closed now)
4	Tsin Yue Wan to Shek Pik	5.7 (9.1)	572 / 533	



The gate on the trail above Ngong Ping, Day 2.





My route from Mui Wo to Shek Pik, with the airport, Tung Chung and the cable car. The dark dashes mark the stretch of Section 7 closed since October 2023. Map data © OpenStreetMap contributors.

Is it open? (October 2026)

Checked on the Agriculture, Fisheries and Conservation Department's (AFCD) own pages on October 3, 2026: its hiking site (hiking.gov.hk), its notice board of trail closures, and its campsite pages. AFCD runs Hong Kong's country parks.

Sections 1 to 6 and 8: open. No closure notice touches them, or the Nam Shan, Ngong Ping, Man Cheung Po, Kau Ling Chung or Shek Pik campsites.

Section 7: partly closed. AFCD's notice, first posted on October 15, 2023 and reissued on October 10, 2025, says that "due to landslides caused by typhoon and heavy rain", these are "temporarily closed from now on until further notice": part of Lantau Trail Section 7, the Fan Lau Country Trail, the path from Kau Ling Chung to Fan Shui Au, the Obelisk South access road, and Tsin Yue Wan Campsite. On AFCD's map, the closed part of Section 7 runs down the west coast from just south of Kan Tau Au, past Tsin Yue Wan, to Fan Lau, and east along the shore above Fan Lau Tung Wan to where the Fan Lau Country Trail comes down. That's the last 1.1 miles of my Day 3 and the first 1.7 of my Day 4. It's marked on the maps. AFCD's notice map also marks an alternative route around the closure, from the Ngong Ping side past Man Cheung Po and south over Fan Shui Au toward Kau Ling Chung.

Yi O. Since 2013, the landowners in Yi O San Tsuen and Yi O Kau Tsuen haven't allowed access while they bring back the farmland, and AFCD lists the bit of Section 7 through the villages as closed: use another path around them.

Kau Ling Chung is open. The campsite at the start of Section 8 isn't on the closed list, and AFCD gives a way in that avoids the closure: the Kau Ling Chung catchwater path from Shek Pik, about an hour. That's the second half of my Day 4, and it's how the 2027 plan gets there.

What to do. Check AFCD's notice board at hiking.gov.hk/news before you go. If the Section 7 closure has been lifted, you can follow my route all the way.

Straight answers

How many days do I need? We took four days and three nights for Sections 1 to 8, with a short first afternoon, a half day lost to rain, and long stops in Ngong Ping and Tai O. In the film I say three days; my GPS and my notes say four. AFCD's walking times for Mui Wo to Tai O add up to about 12 hours, so it can be done in two long days.

How hard is it? The first two days are the hard ones. The stairs at the start foreshadow the defining thing about this trail: stone steps, up and down, over Sunset Peak and Lantau Peak, which AFCD rates 4 of 5. The trail up Lantau Peak wasn't technical, but in wind and rain it got nasty. After Ngong Ping it's up and down some large hills, nothing too crazy, then easy walking along the coast.

Is it a loop? The whole Lantau Trail is a 70 km loop from Mui Wo and back, in 12 sections. We walked Sections 1 to 8, Mui Wo to Shek Pik, and took a taxi from there. Sections 9 to 12 go back to Mui Wo along the south coast.

Can I camp anywhere? No. In Hong Kong's country parks you can only camp at designated campsites; it's the law. They're free and you don't book them. Our first night, near the stone huts below Sunset Peak, was not at a campsite. Don't copy us: for an afternoon start, sleep at Nam Shan Campsite, at the end of Section 1.

Is there water? Not on the mountains. There's none between Nam Shan and Ngong Ping: we expected to refill at Pak Kung Au, where the map showed toilets, and found no water. Fill up in Mui Wo or at Nam Shan (AFCD has a water filling station there), then in Ngong Ping, Tai O and at the toilets by Shek Pik. Campsite streams can run dry.

Can I have a campfire? Only in the barbecue pits at the campsites that have them, like Kau Ling Chung. We had a fire in the pit at Tsin Yue Wan. Fires anywhere else are illegal, and hill fires are a real risk in the dry winter.

Is it crowded? Ngong Ping is a big tourist site: the Big Buddha, the monastery and the cable car. The campsite there was very full on a Sunday night in January. Once we left Tai O we had the coast and our campsite to ourselves.

Is there a phone signal? In an emergency, the government's telecoms office says a 112 call from a mobile connects through any network with coverage, whichever one you're on.



The trail along the hillside above the sea on the way to Sunset Peak, Day 1.

When to go

Late January. We hiked January 25 to 28, 2025, just before Lunar New Year. The first evening was cloudy and windy, with the temperature dropping at camp. Day 2 was fog, wind and rain on the peaks. The night at Ngong Ping was super cold. Day 3 brought clear skies but blow-your-hat-off wind, and Day 4 was clear. After the hike, the city and Macau were packed for the holiday.

October to March: the cool, dry season. This is when to hike in Hong Kong. The Observatory says November and December are many people's favorite months, with breezes, plenty of sun and comfortable temperatures. January and February are cooler and cloudier, with frost at times on high ground; AFCD warns of sudden temperature drops and hypothermia. March and April bring fog. The dry winter is also hill fire season.

May to September: hot, wet and typhoon season. Most of the year's rain falls then, with thunderstorms, flash floods and landslides, and heat stroke is a real risk on exposed stairs. Typhoons can hit from May to November, most often July to September.

Holidays. Lunar New Year 2027 is February 6 to 9. Weekends and holidays are busiest at Ngong Ping, on Lantau Peak and at the campsites near roads.

Weather. Normals for the Hong Kong Observatory in Kowloon, at sea level (1991 to 2020). Sunset Peak and Lantau Peak, at 869 and 934 m, are colder and much windier:

MONTH	HIGH / LOW °F (°C)	RAIN, IN (MM)	DAYS WITH RAIN
November	76 / 69 (24.5 / 20.3)	1.5 (39)	6
December	69 / 61 (20.4 / 16.2)	1.1 (29)	5
January	66 / 58 (18.7 / 14.6)	1.3 (33)	6
February	67 / 60 (19.4 / 15.3)	1.5 (39)	8
March	71 / 64 (21.9 / 17.6)	3.0 (75)	11

The rules and camping

Checked on AFCD's pages on October 3, 2026.

No permit, no fee. You don't need a permit to hike the Lantau Trail or to camp at its campsites, and the campsites on Lantau don't take bookings (in all of Hong Kong only Twisk, in the New Territories, does). Arrive with time to find a spot.

Camp only at designated campsites. Hong Kong law (the Country Parks and Special Areas Regulations) says no one may camp or put up a tent in a country park except at a designated campsite. Our first night, below Sunset Peak, broke that rule; the guide gives the legal choices. Don't leave gear to hold a spot, and don't stay more than seven nights.

The campsites on and near my route (AFCD):

CAMPSITE	WHERE	TOILET	WATER
Nam Shan	End of Section 1, on the road	Flush toilets	Taps
Ngong Ping	By Ngong Ping village	Flush toilets, about 100 m	From the toilets
Man Cheung Po	End of Section 5	Pit toilet	Seasonal stream
Tsin Yue Wan	Section 7 (closed since Oct 2023)	Pit toilet	Seasonal stream
Kau Ling Chung	Start of Section 8, on a beach	Pit toilet	Seasonal stream
Shek Pik	End of Section 8	Flush toilets, about 100 m	From the toilets

Nam Shan, Man Cheung Po, Kau Ling Chung and Shek Pik have barbecue pits; Ngong Ping doesn't. AFCD also warns that a dry year can leave campsites short of water, so carry some.

Fires. Only in designated pits at campsites, never left unattended, and put out before you leave. Watch for the Observatory's fire danger warnings in the dry season.

Wildlife. Feeding wild animals anywhere in Hong Kong is banned, with a HK$5,000 fixed penalty. Cattle and water buffalo roam parts of Lantau, as reported: give them room.

Other rules. Take your trash out (or use the campsite bins), keep the noise down, keep water clean, and respect the villages and their property.



Our tents near the stone huts below Sunset Peak at dusk, Night 1. Not a campsite: don't copy us.

Getting there

Our way in, 2025. We flew into Hong Kong and stayed in a hotel in Central, which kept our extra luggage while we hiked. Before the hike we went to the best outdoor store we could find on Google to get stove fuel (you can't fly with it), and, as Ryan and I did on our first trip, ate soup dumplings at Din Tai Fung. On the hike's first afternoon we took the ferry from Central to Mui Wo, watched the skyline disappear behind the boat, bought last snacks and big bottles of water at the 7-Eleven by the pier, and started walking at 3:24 p.m.

The start: Mui Wo. Ferries leave Central Pier 6 for Mui Wo about every 30 to 50 minutes from early morning until after 11 p.m. All sailings are fast ferries, about 35 to 40 minutes. An adult fare is HK$33.50 Monday to Saturday and HK$48.50 on Sundays and holidays (Sun Ferry and the Transport Department, October 2026). From Tung Chung, New Lantao Bus 3M goes to Mui Wo (HK$12.50 on weekdays).

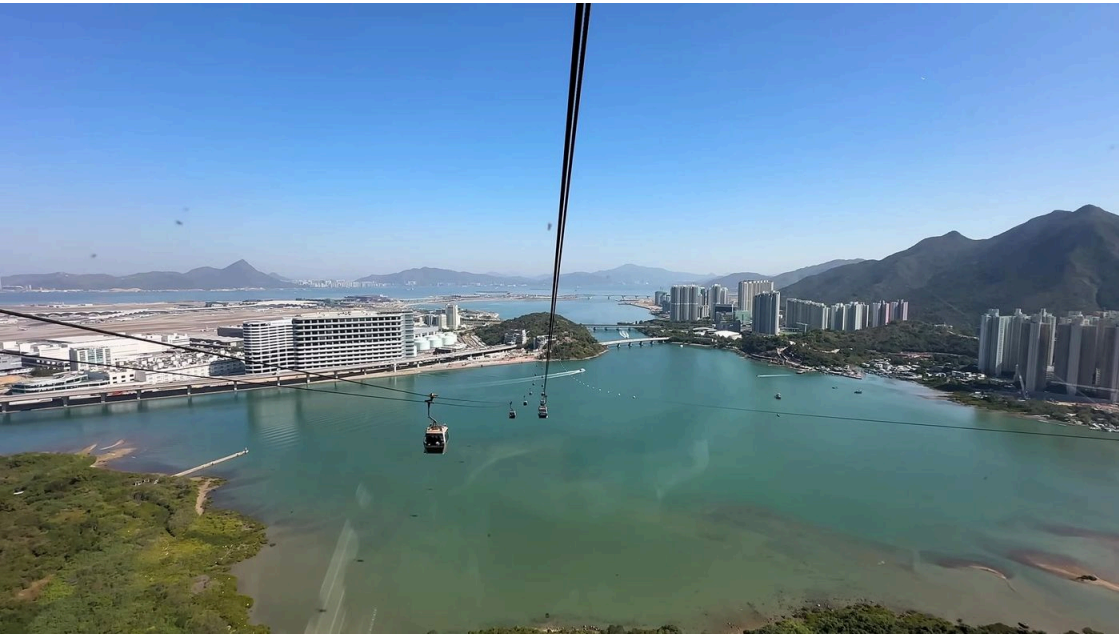
The finish: Shek Pik. Section 8 ends on South Lantau Road at Shek Pik. New Lantao Buses stop there: route 11 to Tung Chung (HK$10.10 on weekdays, HK$17.60 on Sundays and holidays), route 23 to Tung Chung, and routes 1 and 2 to Mui Wo. We flagged down an empty taxi within a few minutes, rode up to Ngong Ping and took the cable car down to Tung Chung.

Back to the city. From Tung Chung, the MTR to Central or Hong Kong station is HK$24.30 with an Octopus card. The airport is next to Tung Chung, and the Airport Express to Hong Kong station is HK$120 with an Octopus.

The Ngong Ping 360 cable car. It runs between Tung Chung and Ngong Ping in 25 minutes, over Tung Chung Bay and past the airport, 10:00 a.m. to 6:00 p.m. on weekdays and 9:00 a.m. to 6:30 p.m. on weekends and holidays. A round trip in a standard cabin is HK$295; the glass-bottomed crystal cabin costs more, and one-way tickets are sold too. It can be suspended in bad weather; check the day's notice on its website. Renee used it to meet us at Ngong Ping on Day 2, and it was a perfect way to end our hike.

Taxis. Lantau has its own blue taxis. The meter starts at HK$24 for the first 2 km, then HK$1.90 for each 200 m, plus HK$6 for each bag in the trunk. We found them easily at Pak Kung Au and Shek Pik.

Money and phones. An Octopus card pays for the ferry, buses and the MTR; a tourist version is sold with no deposit.



The Ngong Ping 360 cable car over Tung Chung Bay, with the airport behind, after the hike.



The ridge below Sunset Peak at dusk, Day 1.

DAY 1

Mui Wo to Sunset Peak

DISTANCE	CLIMBING	DESCENT	TIME I TOOK
4.8 mi (7.6 km)	**2,513 ft** (766 m)	**173 ft** (53 m)	**3.1 hours** (3:24 p.m. to 6:31 p.m.), about 2.3 of them moving

HIGH POINT

about 2,510 ft (764 m) on my GPS, below Sunset Peak

ON THE WAY

Nam Shan, end of Section 1 (mile 1.6)

SLEEP

our tents near the stone huts below Sunset Peak, about 2,360 ft (720 m): not a campsite

WATER

taps at Mui Wo and Nam Shan; none after Nam Shan

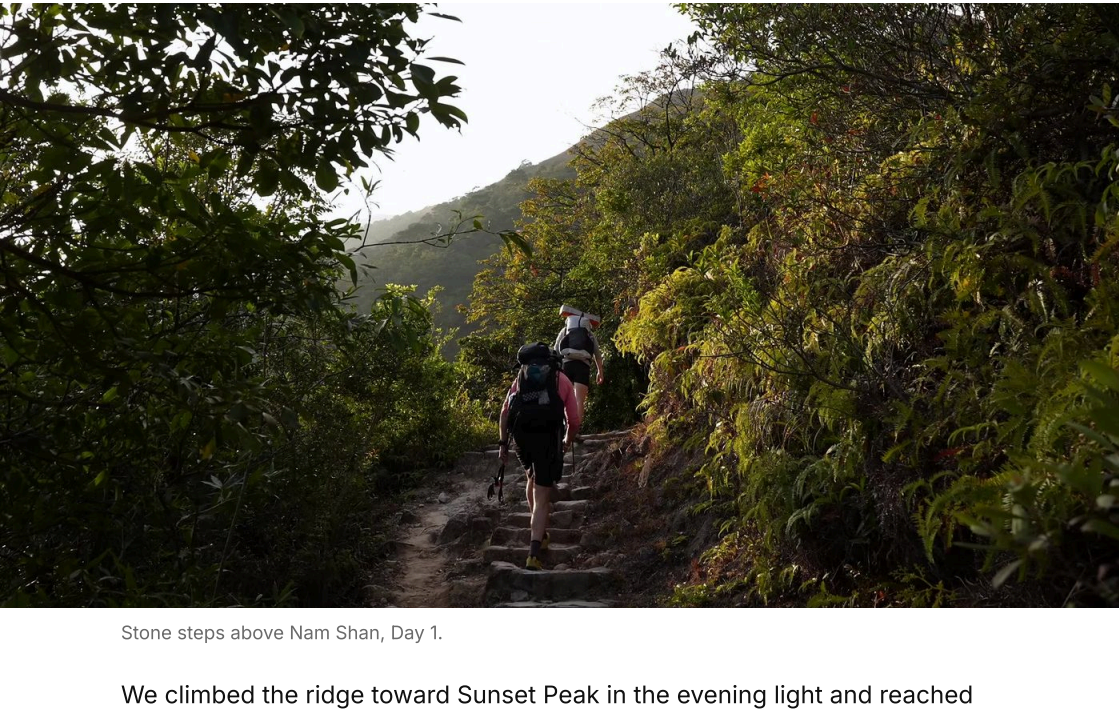
My day

We came off the ferry with mostly blue skies and bits of cloud hanging over Sunset Peak, and less than three hours to get to the night's camp before sunset. The Lantau Trail starts right in Mui Wo, through a big wooden gate.



The Lantau Trail gate, Day 1.

The first section follows the road up past the villages to Nam Shan, which we reached at 4:07 p.m. Then the stairs begin, and these first sets of stone steps foreshadow the defining thing about this trail. Ryan and I happened to be shooting the exact same type of video, so we had to talk about who was getting which shot.



Stone steps above Nam Shan, Day 1.

We climbed the ridge toward Sunset Peak in the evening light and reached the area near the peak around 6 p.m., where we found a nice flat spot near the old stone huts as the clouds rolled in and the temperature dropped. It's pretty unique to camp above such a big international airport. We fell asleep to the distant sound of planes taking off.

The trail

Mui Wo to Nam Shan (Section 1). From the ferry pier, AFCD's easiest section follows the road up past the five villages of Mui Wo, in the shade, to the barbecue area at Nam Shan Au: 2.5 km, about an hour by AFCD's count, 1.6 miles by my GPS. Nam Shan Campsite, with taps and flush toilets, is right below, by the Nam Shan Campsite bus stop on South Lantau Road. Fill your water here.

Up to Sunset Peak (Section 2). From Nam Shan the stone steps climb steeply and steadily up the ridge, over Yi Tung Shan (749 m) toward Sunset Peak (869 m), through silvergrass with views over the south coast. The trail's high point by my GPS is about 2,620 ft (800 m), on the shoulder of

Sunset Peak, which we crossed the next morning; the summit is a short way off the trail. Near the top are the stone chalets of the Lantau Mountain Camp, built for British missionaries in the 20th century and now holiday rentals, AFCD says. There's no shade and no water on the ridge.

Where we camped. Near the stone huts, at mile 4.8 and about 2,360 ft (720 m). It's not a designated campsite, so camping there isn't legal. If you start in the afternoon like we did, sleep at Nam Shan Campsite and climb Sunset Peak in the morning.

Where to get off

Nam Shan, at mile 1.6, is on South Lantau Road, with buses to Mui Wo and Tung Chung. Past it there's no road until Pak Kung Au on Day 2. In fog, strong wind or rain, the exposed ridge to Sunset Peak is unpleasant; go back down to Nam Shan.

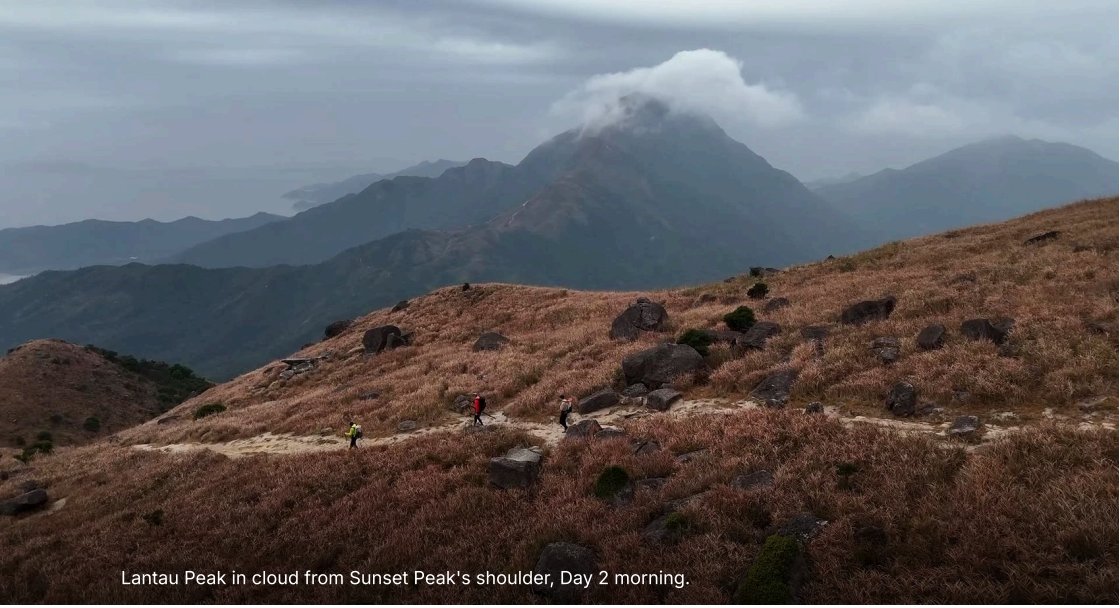
Watch this day

Getting to the trail · Mui Wo · Sunset Peak





Day 1 map and elevation profile. Map data © OpenStreetMap contributors.



Lantau Peak in cloud from Sunset Peak's shoulder, Day 2 morning.

DAY 2

Sunset Peak to Ngong Ping

DISTANCE	CLIMBING	DESCENT	TIME I TOOK
7.2 mi (11.6 km)	**2,242 ft** (683 m)	**3,138 ft** (957 m)	**5.3 hours** in two parts (7:37 to 8:54 a.m. and 1:20 to 5:20 p.m.), about 3.8 of them moving

HIGH POINT

Lantau Peak, 3,064 ft (934 m); my GPS read 2,927 ft (892 m)

ON THE WAY

Sunset Peak's shoulder (mile 0.5), Pak Kung Au (1.9), Lantau Peak (3.9), Ngong Ping (4.8)

SLEEP

Ngong Ping Campsite, about 1,460 ft (445 m)

WATER

none until Ngong Ping; there was no water at Pak Kung Au

NOTE

my 7.2 miles include about 2.4 miles around Ngong Ping village, the monastery and the Big Buddha

My day

It was wet in the morning and pretty socked in. I slept well; on this hike I'd switched to an accordion foam sleeping pad, and it was perfectly fine, maybe a good option for warmer hikes compared with blowing up an air pad. Because it was so overcast we skipped the actual top of Sunset Peak; it just didn't seem worth it. Some subscribers from Korea were hiking the same trail and said hello.



A stone hut in the fog below Sunset Peak, Day 2 morning.

We took our time on the two miles down to the saddle between the two peaks, Pak Kung Au, and got there at 8:54 a.m. We'd expected to refill our water there, because the map showed toilets, but it was dry; there wasn't any. Then it started to rain, so we flagged down a passing taxi and rode ten minutes down to Tung Chung, the airport town.

We could easily have hiked the next peak without water, but we were trying to shoot a good video, we had lots of time, and we weren't in a rush, so we took half a day off and waited for better weather. In Tung Chung we had brunch, walked around the mall, rode the escalators and went into grocery stores with our packs on. Renee even dried her tent's rain fly next to the Starbucks. Lantau Peak stayed completely covered in cloud.



Tung Chung's towers below Lantau's mountains, Day 2.

We waited as long as we could. Then Ryan and I took a taxi back up to Pak Kung Au and started up Lantau Peak in the clouds at 1:20 p.m., while Renee took the cable car up to Ngong Ping. It was windy, with almost no view. The trail up the peak wasn't technical, but it was getting nasty, so we put on our shells to battle the wind and rain, and made it to the top at about 2:30 p.m. It was a nice "why are we doing this" bonding moment with Ryan.



Lantau Peak Viewing Point No. 1 in the fog: the sign shows the view we didn't get.

We made quick work of the three miles down to Ngong Ping, with the Big Buddha sticking out of the forest in the distance. We passed through another wooden gate and burning incense by the monastery and met Renee outside a vegetarian restaurant. The Po Lin Monastery was beautiful; the area was definitely touristy, with people everywhere, but I'm glad we had time to look around. It was getting surprisingly cold, so we walked over to the campsite just outside the village.



Coming down from Lantau Peak, with the Big Buddha in the distance, Day 2.

Hiking is really popular in Hong Kong: the campsite was very full, with barely any spots left. We squeezed in, cooked dinner and went to bed with the village's lights shining on the low clouds. It was a super cold night.

The trail

Sunset Peak to Pak Kung Au (end of Section 2). From the huts the trail crosses the shoulder of Sunset Peak, about 2,620 ft (800 m) on my GPS, then goes down long flights of stone steps to Pak Kung Au, the pass where Tung Chung Road crosses the island: 1.9 miles from our camp and about 1,500 ft down. AFCD gives Section 2, from Nam Shan, 6.5 km and 3.25 hours, rated 4 of 5. Pak Kung Au has bus stops for 3M, 11 and 23 and toilets on the map, but we found no water.

Lantau Peak (Section 3). From Pak Kung Au, at about 1,080 ft (330 m), the trail climbs almost all on stone steps to Lantau Peak, 3,064 ft (934 m): about 1,850 ft up in 2 miles by my GPS, which read 2,927 ft at the top. There's a small stone shelter near the top. AFCD says the peak is often cloaked in mist; it was for us. On the far side a steep rock staircase AFCD calls the "Staircase to the Sky" drops toward Ngong Ping. Section 3 is 4.5 km and 3 hours by AFCD, rated 4 of 5.

Ngong Ping. Section 3 ends at the arch and tea garden by Ngong Ping village, at mile 4.8 by my GPS: the Po Lin Monastery, the Big Buddha, the cable car, restaurants and shops, toilets, and buses 2 and 23. Ngong Ping Campsite is a short walk east of the village on the path toward the tea garden. It has camping platforms, tables and cooking places but no barbecue pits, and its water comes from the toilets about 100 m away.



The Big Buddha's steps at Ngong Ping, Day 2.

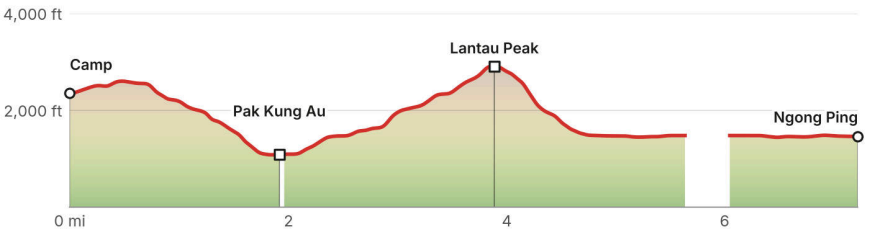
Where to get off

Pak Kung Au (mile 1.9) is the one road between Sunset Peak and Lantau Peak: buses and taxis down to Tung Chung, ten minutes, as we did. On Lantau Peak, the only ways off are back to Pak Kung Au or on to Ngong Ping. Don't start up it in a rainstorm warning, strong wind or heavy fog; we waited half a day and still got wind and rain.

Watch this day

Morning below Sunset Peak · Tung Chung · Lantau Peak · Ngong Ping





Day 2 map and elevation profile. Map data © OpenStreetMap contributors.



Lantau Peak and Shek Pik Reservoir from the ridge, Day 3.

DAY 3

Contents

Ngong Ping to Tsin Yue Wan

DISTANCE	CLIMBING	DESCENT	TIME I TOOK
12.8 mi (20.6 km)	**1,203 ft** (367 m)	**2,451 ft** (747 m)	**9 hours** (8:06 a.m. to 5:03 p.m.), about 5.6 of them moving, 3.5 hours of it in Tai O

HIGH POINT

about 1,490 ft (455 m), leaving Ngong Ping

ON THE WAY

Sham Wat Road (mile 2.4), Kwun Yam Shan (2.8), Man Cheung Po (5.3), Tai O (6.6), Yi O (10.7), the closed stretch (from 11.7)

SLEEP

Tsin Yue Wan Campsite, about 220 ft (66 m): closed since October 2023

WATER AND FOOD

Tai O only. My 12.8 miles include about 2.1 around the village

My day

The next morning brought clear skies and lots of wind. We cooked breakfast, packed up and left at 8:06 a.m., before anyone else in the campground, with Lantau Peak at our backs.



Lantau Peak from Ngong Ping at sunrise, Day 3.

We walked out of the village on roads for a bit, following the sign to Sham Wat Road, before we found a nice viewpoint. It was really nice to finally have a full day of hiking and better weather, but we also had blow-your-hat-off wind; you could see it rippling the reservoir below. Lantau Peak looked far less formidable without the rain and clouds. We had over 12 miles to go, and this first part was up and down some large hills, but nothing too crazy.



The pavilion viewpoint on the ridge above Sham Wat Road, Day 3.



The ridge toward Tai O, Day 3.

We were just trying to get down to the sea, and to soup. Ryan highly recommended the fishing village of Tai O, and I'm glad we went. It's like a little Venice: the village is split by a big Y-shaped waterway cutting through packed houses, mostly built on stilts. We got there at 11:42 a.m. and crossed bridges past lots of little shops. I stopped to buy my wife a little cat figurine, but Renee talked me into a pufferfish in a hat instead.



Tai O from the air, Day 3.

We ate at a memorable little place called Crossing Boat Restaurant. The garlic-soaked vegetables were particularly good, and there were cats inside and out. The donut and the mango mochi at Tai O Bakery were exceptional. We finished with coffee at a cafe called Solo, watching boats go by. It was a nice, relaxing moment.



Tai O's stilt houses, Day 3.

We left Tai O at 3:08 p.m. The rest of the day was an easy stroll along the sea, with beaches now and then. This is the quiet side of the island, and it was nice to be alone with some peace and quiet.



On a beach south of Tai O, Day 3 afternoon.

We had plenty of time to reach our campsite at 5 p.m., Tsin Yue Wan, one of my favorite campsites of all time, partly because we could have a fire and partly because we had it all to ourselves, with ships and planes slipping past the setting sun. I ended the day with spicy ramen by the fire and bedtime tea under a red light.



Sunset from Tsin Yue Wan Campsite, Night 3. The campsite is closed since October 2023.

The trail

Ngong Ping to Sham Wat Road (Section 4). From the village the trail passes the Wisdom Path, joins the Nei Lak Shan Country Trail and Ngong Ping Road, and runs north of Shek Pik Reservoir, partly in woods and partly beside roads: 4 km and 1.25 hours by AFCD, rated 2 of 5. Sham Wat Road, at mile 2.4 by my GPS, has a bus stop.

Sham Wat Road to Man Cheung Po (Section 5). From the pavilion at the junction of Sham Wat Road and Keung Shan Road, the trail climbs over Kwun Yam Shan, with its temple, and along Keung Shan (459 m), with big views over Shek Pik Reservoir, then down to Man Cheung Po: 7.5 km and 3 hours by AFCD, rated 3 of 5. The windiest part of our day. Man Cheung Po Campsite, a designated campsite with a seasonal stream and a pit toilet, is a few minutes off the trail.



The sign to Sham Wat Road as we left Ngong Ping, Day 3.

Man Cheung Po to Tai O (Section 6). An old stone path down past a pavilion to Nam Chung village and Tai O: 2.5 km and 45 minutes by AFCD. Tai O has restaurants, shops, toilets and the bus terminus (routes 1, 11 and 21).

Tai O to Tsin Yue Wan (Section 7, partly closed). Section 7 leaves Tai O by Yim Tin Pok and follows the west coast, mostly flat, over a shingle beach and past mangroves, with the Pearl River estuary out to sea. The trail through the Yi O villages is closed by the landowners; go around them. South of Kan Tau Au, from about mile 11.7 of my day, the trail down the coast to Tsin Yue Wan and Fan Lau has been closed since October 2023, and so has Tsin Yue Wan Campsite, up on the hill above Fan Lau Sai Wan. See the 2027 plan.



The coast path through the grass, Day 3.

Where to get off

Sham Wat Road (mile 2.4) and Tai O (mile 6.6) have buses. Past Tai O there's no road until Shek Pik, the next day; with the closure, end this day in Tai O unless AFCD has reopened Section 7.

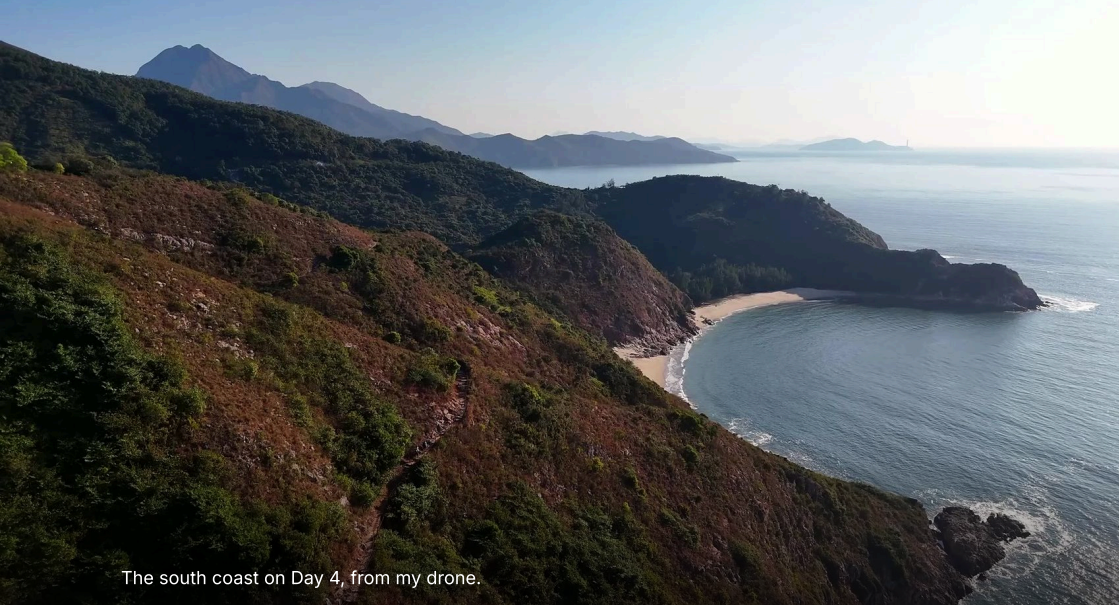
Watch this day

Leaving Ngong Ping · Tai O · The coast and our campsite





Day 3 map and elevation profile. The dark dashes mark the stretch closed since October 2023. Map data © OpenStreetMap contributors.



The south coast on Day 4, from my drone.

DAY 4

Tsin Yue Wan to Shek Pik

DISTANCE	CLIMBING	DESCENT	TIME I TOOK
5.7 mi (9.1 km)	**572 ft** (174 m)	**533 ft** (162 m)	**3 hours** (7:27 to 10:26 a.m.), about 2.1 of them moving

HIGH POINT

about 380 ft (116 m), past Kau Ling Chung

FINISH

South Lantau Road at Shek Pik, about 230 ft (70 m)

ON THE WAY

Fan Lau (mile 0.6), the end of the closed stretch (1.7), Kau Ling Chung (2.7)

WATER

a drinks stall at Fan Lau in January 2025; toilets by Shek Pik Campsite at the end

My day

Our last day of hiking was an easy one. We had a slow wake-up at camp and left at 7:27 a.m. Down in Fan Lau we found an awesome bathroom, bananas growing, and an arrow pointing to drinks, and stopped for a simple breakfast at an outdoor table from 7:57 to 8:19.



Dawn over the hills, Day 4, from my drone at Tsin Yue Wan.



The drinks stall in Fan Lau, Day 4.

This final stretch was more of an escape, or exit, from the Lantau Trail, on roads and long walkways along water channels, which isn't much fun to hike. We reached the main road at Shek Pik at 10:26 a.m. and ended our hike there. It only took a few minutes to flag down an empty taxi, which drove us up to Ngong Ping, and the cable car down to Tung Chung, with its height, its views and its glass floor, was a perfect way to end our time on the island.



The catchwater path to Shek Pik, Day 4.

The trail

Tsin Yue Wan to Kau Ling Chung (Section 7, partly closed). From the campsite the trail drops to Fan Lau village, on the island's southwest tip, and follows the shore east above Fan Lau Tung Wan, then climbs to meet Section 8 above Kau Ling Chung. The part from the campsite to where the Fan Lau Country Trail comes down, about the first 1.7 miles of my day, is closed since October 2023, as are the Fan Lau Country Trail and the short side road to the South Lantau Obelisk. The rest, to Kau Ling Chung, is open.

Kau Ling Chung to Shek Pik (Section 8). Kau Ling Chung Campsite sits on a beach about 400 m from the trail, down a side path, with a stream and a few bridges, barbecue pits and a pit toilet; AFCD calls it one of the best spots in Lantau's country parks. We didn't go down. From above it, the trail follows the Kau Ling Chung catchwater, a concrete water channel with a path beside it, and the coast above Tai Long Wan, past Tai Long Wan Campsite, to South Lantau Road at Shek Pik: 3 miles and an hour by my GPS. AFCD gives Section 8 as 5.5 km and 2 hours, rated 2 of 5, and calls it ideal for picnickers. Shek Pik Campsite, with flush toilets about 100 m away, is by the end.



A paved stretch on the way to Shek Pik, Day 4.

Shek Pik. The trail ends on South Lantau Road by the Shek Pik dam. Buses: 11 and 23 to Tung Chung, 1 and 2 to Mui Wo. Taxis pass. Section 9 continues east along the south coast toward Mui Wo if you want more.

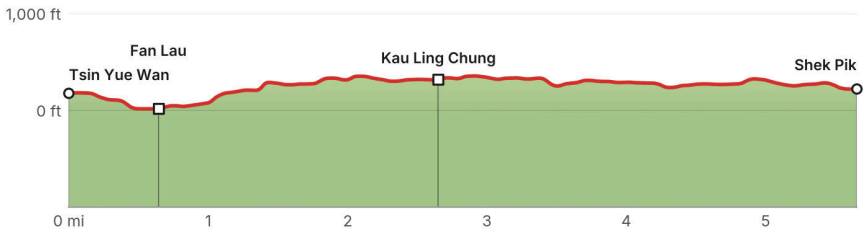
Where to get off

There's no road between Tai O and Shek Pik. Once you're past Kau Ling Chung, Shek Pik is the way out, about an hour on.

Watch this day

Exiting the trail





Day 4 map and elevation profile. The dark dashes mark the stretch closed since October 2023. Map data © OpenStreetMap contributors.

Other ways to do it

The 2027 plan

While the Section 7 closure lasts, this is how I'd do it: the same trail I walked, minus the closed part, with every night at a legal campsite.

DAY	ROUTE	ABOUT	SLEEP
1	Ferry to Mui Wo, Section 1 to Nam Shan	1.6 mi by my GPS (2.5 km, 1 hour by AFCD)	Nam Shan Campsite (taps, flush toilets)
2	Sections 2 and 3: Sunset Peak, Pak Kung Au, Lantau Peak, Ngong Ping	About 7 mi (11 km, 6.25 hours by AFCD)	Ngong Ping Campsite
3	Sections 4 to 6 to Tai O; bus to Shek Pik (routes 1 or 11); Section 8 backward to Kau Ling Chung	6.6 mi to Tai O by my GPS, then 3 mi, about an hour	Kau Ling Chung Campsite (beach, barbecue pits)
4	Section 8 back to Shek Pik	3 mi, about an hour	

Days 1 to 3 to Tai O are exactly my route. The hour from Shek Pik to Kau Ling Chung is the second half of my Day 4, walked the other way, and it's the way in AFCD itself gives while Section 7 is closed. AFCD's directions: get off at the Sha Tsui stop and walk along the catchwater for an hour to Kau Ling Chung. Kau Ling Chung is first come, first served and small: if it's full, Shek Pik Campsite is by the road at the end.

If you start in the morning, do Mui Wo to Ngong Ping in one day (Sections 1 to 3, 13.5 km or 8.4 miles by AFCD, over both peaks, with 7.25 hours of walking by its count), and the whole plan takes three days.

Distances. AFCD gives Sections 4 to 6 as 14 km (8.7 miles); my GPS reads 6.6 miles from Ngong Ping Campsite to Tai O, because I took the road out of Ngong Ping and a shorter line near Man Cheung Po in places where AFCD's line goes another way. Follow the signs and expect AFCD's distance.

Mui Wo to Tai O only

Three days, ending with a bus from Tai O. You get both peaks, Ngong Ping and Tai O, and skip the coast. Or end at Tai O and visit Kau Ling Chung as a there-and-back from Shek Pik.

The whole loop

The Lantau Trail is a 70 km loop. Sections 9 to 12 go from Shek Pik back to Mui Wo along the south coast, past Shui Hau, Cheung Sha (Hong Kong's longest beach), Pui O and Pak Fu Tin, with the Lo Kei Wan, Shek Lam Chau, Shap Long and Pak Fu Tin campsites. I didn't walk them.

Day hikes

Sections 2 and 3 make a big day hike over Sunset Peak and Lantau Peak, Nam Shan to Ngong Ping, with buses at both ends. Lantau Peak alone is a climb from Pak Kung Au. Section 6, Man Cheung Po down to Tai O, is short and easy.

Where we slept, food and water

Where we slept

NIGHT	WHERE	HEIGHT
Before	A hotel in Central	
1	Near the stone huts below Sunset Peak (Day 1 mile 4.8). Not a campsite	about 2,360 ft (720 m)
2	Ngong Ping Campsite (Day 2 mile 7.2)	about 1,460 ft (445 m)
3	Tsin Yue Wan Campsite (Day 3 mile 12.7), closed since October 2023	about 220 ft (66 m)
After	Back in the city	

Night 1. A flat, grassy spot near the old stone huts below Sunset Peak, with the airport's lights and planes below. Cloudy, windy and cold. It isn't a designated campsite: sleep at Nam Shan instead.

Night 2. Ngong Ping Campsite, just outside the village: tables, camping platforms, and toilets nearby. Very full on a Sunday night, and super cold.

Night 3. Tsin Yue Wan Campsite, up on a hill above the sea at Hong Kong's southwest tip, with a barbecue pit we used for a fire and the sunset over the water. We had it to ourselves. It's closed for now; Kau Ling Chung, on a beach a little over a mile east as the crow flies, is the open campsite in that corner.



Our camp below Sunset Peak at night, with the airport's lights below, Night 1.

Food and water

What we ate. We cooked on a canister stove, with fuel we found in the city. On the way we bought snacks in Mui Wo, ate brunch in Tung Chung, and had lunch, pastries and coffee in Tai O. On Night 3 I had spicy ramen by the fire, and breakfast on Day 4 was at a table in Fan Lau.

Stove fuel. You can't fly with gas canisters. Buy them in the city before you go; we found an outdoor store on Google, and I upload photos to Google whenever I find camping fuel, to help the next hikers.

Water. Carry everything you need from Mui Wo or Nam Shan (taps and an AFCD water filling station) to Ngong Ping: there's none on Sunset Peak or Lantau Peak, and we found none at Pak Kung Au. Big bottles from the 7-Eleven in Mui Wo are the easy way. Then Ngong Ping village and campsite, Tai O, and the toilets at Shek Pik. Campsite streams like Kau Ling Chung's are seasonal; treat stream water, as AFCD advises.

What it costs

I didn't keep a list of what this trip cost me.

For your budget (Hong Kong dollars, as checked in October 2026; US$1 is about HK$7.8):

ITEM	COST
Campsites	Free
Ferry, Central to Mui Wo	HK$33.50 Monday to Saturday, HK$48.50 Sundays and holidays
Bus, Shek Pik to Tung Chung (route 11)	HK$10.10, or HK$17.60 Sundays and holidays
MTR, Tung Chung to Central	HK$24.30 with an Octopus
Cable car, round trip, standard cabin	HK$295
A Lantau taxi	HK$24 for the first 2 km, then HK$1.90 per 200 m
Airport Express to Hong Kong station	HK$120 with an Octopus

The hike itself costs very little: the ferry, the bus from Shek Pik and the MTR back to Central come to under HK$100 (about US$13), plus your food. The city before and after is where the money goes.

What I carried

From my film and the gear list in its description (I have no full list for this trip):

- **Pack:** a lightweight backpack with everything for three nights
- **Sleeping:** a tent, a quilt and a pillow, and, new for this hike, an orange accordion foam pad. I slept perfectly fine on it
- **Clothes:** a shirt, a hooded fleece pullover that's very light but warm, a down puffy, a rain shell, shorts and socks
- **Cooking:** a canister stove, with fuel bought in the city
- **Water:** a filter
- **Light:** a headlamp with a red light
- **Camera:** my camera, a tripod and a drone. My full gear kit is on kraigadams.com

What this hike needs:

- 2 to 3 liters of water each for the mountain days, since there's no water from Nam Shan to Ngong Ping
- Warm layers, a hat and a rain shell in winter: the peaks are cold, windy and often in cloud
- A tent that stands up to wind
- Sun protection: there's little shade on Sections 2, 3 and 5
- An Octopus card and some cash for buses and village shops
- The offline map and GPX files on your phone

Weather and safety

Emergencies. Call 999 (or 112 from a mobile). Tell them the number on the nearest distance post: the Lantau Trail has numbered posts, L001 to L139, about every 500 m, and AFCD and the police use them to find you. The police's HKSOS app can send your location to the 999 centre.

Fog, wind and rain. The peaks are often in cloud, and we had wind and rain on Lantau Peak. Don't start up Sunset Peak or Lantau Peak under an Amber, Red or Black rainstorm warning or a typhoon signal; under a Black warning AFCD tells people to leave country parks or take shelter.

Cold. From November to February, AFCD warns that a sudden drop in temperature can cause hypothermia. Our night at Ngong Ping was super cold; bring a warm sleeping bag or quilt and a puffy.

Heat. From May to October the stairs are hot and exposed. Start early, carry more water than you think, and watch for the Observatory's Very Hot Weather Warning.

Stairs and knees. The steps down from Sunset Peak to Pak Kung Au and from Lantau Peak to Ngong Ping are long and steep. Poles help, and wet stone is slippery.

Hill fires. The dry winter is fire season. Fires only in campsite pits, and never when the fire danger warning is red.

Wildlife. If you meet cattle or buffalo, give them room. Hong Kong has venomous snakes, more active from spring to autumn; watch where you step.

Landslides. Heavy rain and typhoons close trails, as happened on Section 7 in 2025. Check AFCD's notices after any big storm.

Using the GPX files

My own GPS recordings, with all timestamps removed.

FILE	WHAT IT IS
lantau-trail-day-1.gpx	Day 1: Mui Wo to our camp below Sunset Peak, 4.8 mi
lantau-trail-day-2.gpx	Day 2: over Sunset Peak's shoulder to Pak Kung Au, then Pak Kung Au over Lantau Peak to Ngong Ping, 7.2 mi
lantau-trail-day-3.gpx	Day 3: Ngong Ping by Tai O to Tsin Yue Wan, 12.8 mi
lantau-trail-day-4.gpx	Day 4: Tsin Yue Wan by Fan Lau and Kau Ling Chung to Shek Pik, 5.7 mi
lantau-trail-full-route.gpx	All four days in one file, with waypoints for the places in this guide

The tracks show where I actually went: a record of my trip, not the official trail line. They include our wandering in Ngong Ping and Tai O, and Day 2 is two recordings with a taxi ride between them. Part of my Day 3 and Day 4 tracks follows the stretch of Section 7 that's closed now: don't follow it while the closure lasts. AFCD's hiking site, hiking.gov.hk, has an official GPX for each section.

AllTrails: on alltrails.com, create a new map and use Import (offline maps need a paid plan). **Gaia GPS:** open the file on your phone and choose Gaia GPS, or Import on gaiagps.com. **Garmin:** Garmin Connect on the web, Training, Courses, Import, then send it to your watch. **Organic Maps** (free): download the offline map for Hong Kong, then open the GPX file with it.

Before you go, check these

These change every year. Everything else in this guide stays the same.

Is it open?

- AFCD's notice board (hiking.gov.hk/news): whether Section 7 and Tsin Yue Wan Campsite have reopened, and any new closures after storms
- AFCD's campsite pages, for Nam Shan, Ngong Ping and Kau Ling Chung
- The Hong Kong Observatory's warnings and forecast (the MyObservatory app): rainstorm, typhoon, cold and fire danger
- Holidays: Lunar New Year 2027 is February 6 to 9

Getting there

- The ferry timetable from Central Pier 6 to Mui Wo (Sun Ferry)
- Bus times from Shek Pik or Tai O (New Lantao Bus), and the cable car's hours and any closure for wind or maintenance

Your stuff

- Stove fuel, bought in the city
- Water for the mountain days, warm layers and a rain shell
- An Octopus card, offline maps and the GPX files on your phone

One-page trip sheet

DAY	MI (KM)	FROM, TO	SLEEP	NOTES
1	4.8 (7.6)	Mui Wo to below Sunset Peak	Not a campsite: use Nam Shan (mile 1.6)	Water at Mui Wo and Nam Shan, none after
2	7.2 (11.6)	Sunset Peak to Ngong Ping	Ngong Ping Campsite	Pak Kung Au 1.9 (no water), Lantau Peak 3.9, Ngong Ping 4.8
3	12.8 (20.6)	Ngong Ping to Tsin Yue Wan by Tai O	Tsin Yue Wan (closed); use Kau Ling Chung	Sham Wat Road 2.4, Man Cheung Po 5.3, Tai O 6.6. Closed from 11.7
4	5.7 (9.1)	Tsin Yue Wan to Shek Pik		Closed to 1.7, Kau Ling Chung 2.7, Shek Pik 5.7
Total	**30.4 (48.9)**			**About 6,530 ft up, 6,300 ft down**

Miles, climbing and heights are from my GPS; Sunset Peak (869 m) and Lantau Peak (934 m) are AFCD's heights. Officially, Sections 1 to 8 are 43.5 km.

Places: Mui Wo (ferry) · Nam Shan (campsite, bus) · Sunset Peak, 2,851 ft · Pak Kung Au (road, bus) · Lantau Peak, 3,064 ft · Ngong Ping (campsite, cable car, bus) · Sham Wat Road (bus) · Man Cheung Po (campsite) · Tai O (food, bus) · Yi O (closed by the landowners) · Tsin Yue Wan (closed) · Fan Lau · Kau Ling Chung (campsite) · Shek Pik (campsite, bus)

Status (October 2026): Sections 1 to 6 and 8 open. Part of Section 7 (Kan Tau Au to Fan Lau) and Tsin Yue Wan Campsite closed since October 2023 (AFCD's notice reissued October 10, 2025).

Camping: only at designated campsites. Free, first come, first served. Fires only in campsite pits.

Transport: ferry Central Pier 6 to Mui Wo; buses 3M (Mui Wo), 11 and 23 (Tung Chung), 1 and 2 (Mui Wo), 21 (Tai O to Ngong Ping); cable car Ngong Ping to Tung Chung; blue Lantau taxis.

Emergency: 999 or 112. Give the distance post number (L001 to L139).

About this guide

Lantau Trail Hiking Guide: Mui Wo over Lantau Peak to Tai O in 4 days, by Kraig Adams. 2027 season edition, updated October 2026.

I hiked it with my friends Ryan and Renee from January 25 to 28, 2025, and made a film about it: Hiking in Hong Kong. Everything in first person comes from that trip: the film and its description, my GPS recordings, my notes on Strava and frames from my footage. Rules, access and safety facts were checked on October 3, 2026, on the Hong Kong government's own pages, and anything that changes yearly is dated.

Updates and contact. If something has changed, or you spot a mistake, email me at kraig@kraigadams.com.

No affiliate links. There are none in this guide, and nobody paid for a mention in it. The film had a sponsor; this guide doesn't.

Safety. The Lantau Trail has real risks: long steep stairs, fog, wind, heat and cold, typhoons and landslides, and closures. This guide describes my trip, not current conditions. Check with AFCD and the Hong Kong Observatory, and turn back when conditions aren't right. You're responsible for your own safety.

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Credits. Photos are frames from my film, some from my drone; the cover is my film's YouTube thumbnail. GPX files are my own recordings. Maps © OpenStreetMap contributors, openstreetmap.org/copyright (ODbL). Relief: Mapzen Terrain Tiles. Facts from the Agriculture, Fisheries and Conservation Department, the Transport Department, New Lantao Bus, the MTR, Ngong Ping 360, the Hong Kong Observatory and GovHK.