

Hiking

It is known to everybody that health is of vital importance to all of us. There are multifarious ways in which we can strengthen our body. Have you fed up with plaguing basketball? Is swimming tedious to you? I'm going to introduce you an interesting sports – hiking. Why is it a good alternative?

For a start, there will be an array of benefits if you go hiking regularly. It can get your heart pumping and muscles moving. It helps reduce your risk of heart diseases and heart attacks, stroke, high blood pressure, etc. Hiking also burns calories and can help you lose weight. The most magnetic thing is that hiking allows you to explore nature, set aside everybody stresses and enjoy the spectacular scenery of the wild. It is under these circumstances that hiking is exceedingly beneficial to us all.

As to hiking trails, you can have innumerable choices here in Hong Kong. Taking Tai Tam Reservoir Road as an example, it is home to countless rare plants. There are also some historical elements scattered along the trail. You can see several old forts and army camps along the route. Country parks in Hong Kong provide you with a golden opportunity to come into contact with the city's biological richness and unique history.

Here are some tips for you if you are a beginner, opt for an easier route to start with. Hike in a group. Drink often to stay hydrated. Keep a small amount of surplus food ready in case of accidents. Most importantly, tell your family or friends your hiking route.

All in all, you are highly recommended to go hiking at the weekends as it can definitely bring you numerous advantages.