

# HONG KONG

## Coastal Rowing Tour

### Yan Chau Tong Marine Park

#### 1 Introduction

- 1.1 The Hong Kong, China Rowing Association(HKCRA), Coastal Rowing Committee is pleased to invite crews to join the one day coastal tour at the Tolo Channel to explore and appreciate the beauty of the North East side of the Hong Kong coastline.

#### 2 Route

- 2.1 The tour will start and finish at the HKCRA Shek Mun Boathouse. Crews will row through the Tolo Channel, approximately 18 km long, then make a slight turn into the Yan Chau Tong Marine Park, and row across the Double Island, Crooked Island and Crescent Island, approximately 20 km long. Lunch will be at the Crooked Island after we will row back to the boathouse. The total distance is approximately 56km.



#### 3 Format

- 3.1 Coastal double sculls and coastal coxed quadruple sculls will be used for the tour. Crews will be assigned to different boats depending on the experience of the rowers.
- 3.2 The tour will be a relay format, crew changes will be done every 10km. The people not rowing will be on the junk or in the safety boat.
- 3.3 The tour will start at 9 am, arriving at Crooked Island around 1 pm. There are a number of restaurants on the Island, lunch is for your own costs. Around 5:30 pm we will be back at Shek Mun Boathouse.

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#### 4 Highlights of the tour

Devil's Fist 鬼手岩, Wong Chuk Kok Tsui 黃竹角嘴, Hung Shek Mun 紅石門, Yan Chau Tong Marine Park 印洲塘海岸公園, Kat O 吉澳(Lunch), 靈龜石

Devil's Fist (鬼手岩)



Wong Chuk Kok Tsui (黃竹角嘴)



Hung Shek Mun (紅石門)



Kat O (吉澳)



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#### 5 Registration

- 5.1 The committee retains the right to limit the number of crews where there is higher demand than expected. Where entry slots are limited (due to number of boats and junk), places will be awarded in order of entries received (i.e. preference will be given to those entries received, and paid for)
- 5.2 Club Captains must ensure that they only enter competent crews and that their crews are properly prepared for the tour. All participants should have good knowledge and ability of rowing techniques. They should be in good health and have the physical condition necessary for rowing the distances proposed. All rowers should be able to handle risk situations on their own, in general, they should not depend on the help of others. They should be able to swim at least 300 min. the type of clothing that is worn during the outing.
- 5.3 Entries done by: 28 June 2019 (FRI) 14:00 by Google form:  
<https://forms.gle/Lmo9Jy5i7MfzcXhe9>
- 5.4 Each person has to pay for this exciting trip:  
HKCRA Member: \$300  
Non-member: \$350
- 5.5 Payment method:  
1/ Made by crossed cheque made payable to “Hong Kong, China Rowing Association”  
2/ Direct transfer of the payment to HSBC bank account “002-6-187443” (Please send the original transfer receipt or reference number to the HKCRA Office together with the application form.)  
3/ Pay Cash in person at Sha Tin Rowing Centre.
- 5.6 Hope to see a lot of enthusiastic rowers!

#### 6 Boat and Equipment

- 6.1 Coastal rowing boats, oars & lifejackets will be provided by the HKCRA.

#### 7 Safety

- 7.1 There will be safety boat on the course at all times. If you require assistance, please shout and wave to attract the attention of a safety boat. Participants should be able to swim at least 300m in light clothing. A number of inflating PFD (lifejackets) are available on the boat to any rower or coxswain who feels that they may need one.

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#### 8 Contact

##### 8.1 Hong Kong, China Rowing Association

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