

CUHKAAO Hiking Group

In view of the enthusiastic response to the hiking trips in the falls of 2006 and 2007, the executive committee of the CUHK Alumni Association (Ontario) has decided to form the CUHKAAO hiking group.

The following alumni have agreed to act as hiking leaders for the 2008 hiking season.

Peter Li (李斌 peterli@rogers.com),

John Kwong (鄺根 john.kwong@sycnetixinc.com),

Steve Cheng (鄭家慶, skhcheng@gmail.com) and

Cheung Yiu Fai (張耀輝, kiuhome@hotmail.com temporarily out of country)

The Whitevale section of the Seaton Hiking Trail has been chosen as the venue for the first hiking trip of 2008. This trail is located along the West Duffins Creek in Pickering, Ontario. The trail is quite rugged, with cliffs, eroded embankments, steep inclines and some rough and unstable surfaces. It makes for a very interesting hike. The scenery along the trail is quite beautiful. If you wish to participate please e-mail Peter Li (peterli@rogers.com) as soon as possible.

The hike will start promptly at 9:15 a.m. Please arrive at the starting point (Whitevale Seaton Trail Parking Lot) on time.

All participants of the hike must sign a waiver form. A copy of the form is included for your reference. Please read it carefully. A master waiver form will be available for all participants to sign before the hike.

The hiking group is looking for people with first aid experience. If you would like to volunteer your service in this regard, please notify one of the group leaders.

Seaton Trail Hiking Trip

Date:	31 st May, 2008 (Saturday)
Starting time:	9:15 a.m.
Duration of hike:	approximately 3 hours
Starting point:	Seaton Hiking Trail Parking Lot, Whitevale, Pickering
Sign up for hike:	Please e-mail Peter Li (李斌 peterli@rogers.com)
What to wear:	running shoes or hiking boots, hat, comfortable clothes
What to bring:	sun screen, water, energy bar and snacks, walking stick (highly recommended for this hike), insect repellent

Updates or Trip cancellation

The hike will take place rain or shine. If high winds or thunderstorms are in the forecast, the hiking trip will be cancelled. Please check the CUHKAAO website for any announcement regarding potential hiking trip cancellation on or before May 30th, 2008.

<http://www.oaacu.com/index.php>

Future Hiking Trip

Our next hiking destination is **Mount Nemo**. More information concerning this hike will come in June. Meanwhile, please check out the following website on Mount Nemo:

<http://www.hrca.on.ca/ShowCategory.cfm?subCatID=1087>

Direction to Seaton Hiking Trail Parking Lot

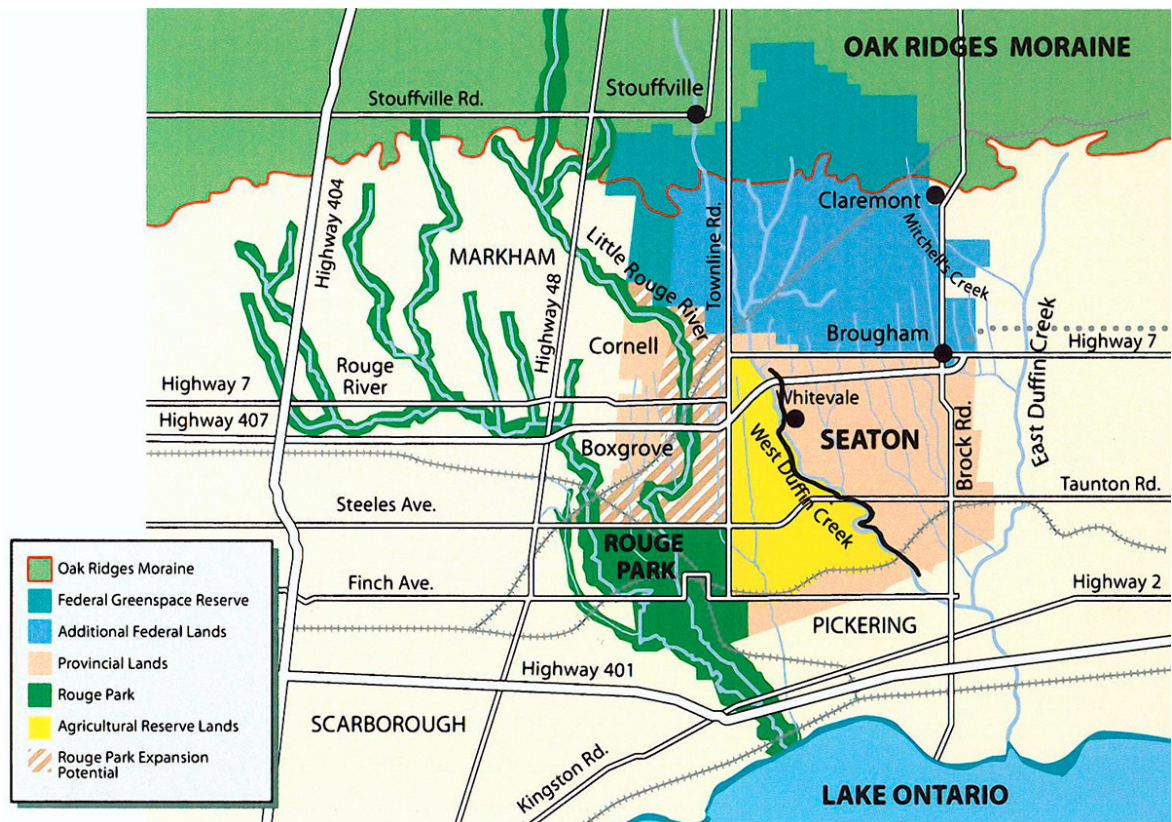
From Hwy 7, drive south (approx. 2 km) on York-Durham Line (York Road 30). After passing Hwy 407, and Concession Road 11, the next road is Whitevale Road (or Concession Road 5). Make a left turn and drive east on Whitevale Road for approximately 1.5 km. At that point the speed limit is reduced to 40 km/h and the Whitevale road starts to go down hill. After passing Byron Street, **look for a house with blue sidings** (located on your right almost at the foot of the hill). Between this house and the **house numbered 405** is the driveway into the Seaton Hiking Trail Parking lot. Make a right turn into the parking lot. (The driveway to the parking lot is actually called Mutual Street. At the entrance of the street, you can see a small white sign “Seaton Hiking Trail, North South ← →” nailed onto a tree. Close to the street, you see the sign “405”). If you cross the bridge, and drive over the yellow speed bumps, you have driven too far. Turn around.

From 401, take **Whites Road** exit at Pickering and drive north to Taunton Road. **Turn left at Taunton Road** and drive west to Altona road. Turn right and **go north on Altona Road**. When you come to a 3-way stop, make a **right turn into Whitevale road** and look for the Seaton Hiking Trail Parking lot as described above.

Map to Seaton Hiking Trail Parking at Whitevale Park (Please Zoom out to see connecting roads)

<http://maps.google.ca/maps?ie=UTF8&hl=en&ll=43.886527,-79.164391&spn=0.006062,0.013046&z=16>

Detail trail map can be obtained from the following link: <http://www.seatonhikingtrail.org>



**The Chinese University of Hong Kong Alumni Association (Ontario)
Release of liability and assumption of risks waiver form**

I am aware of the risks, dangers and hazards associated with hiking activities and I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property damage and loss resulting therefrom and I further agree to release and discharge The Chinese University of Hong Kong Alumni Association (Ontario), its executives and hiking trip organizers from and against any and all liability arising from my participation in the hiking activities.

I understand and agree that this release shall be binding upon me personally, all members of my family, any minor participating with my permission, my heirs, successors, assigns, and legal representatives.

I have carefully read and fully understand the legal ramifications of this document and sign it of my own free will.

ADULT PARTICIPANT

Name _____

Signature _____

Date _____

MINOR PARTICIPANT(s)

Name of Minor _____

Signature of Parent or Guardian _____

Date _____