

Dental Trails: A Wellness Hike

By Dental Young Fellows Chapter, CDSHK

Date 25 January 2026 (Sunday)

Time 09:30-13:30

Coach: Ms Li Sohan (certified mountain craft assistant coach)

Content: 09:30 Gather at Braemar Hill Playground (寶馬山公園)

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- Warm-up and breathing exercises
- Hiking with adventurous challenges at Sir Cecil's Ride (金督馳馬徑) & Tortoise Rock (龜石)
- Team building and sharing at Lin Fa Kung Hill (蓮花宮山)
- Dismiss at Braemar Hill Playground

CPD/CME: 1 point(Pending)

Fee: \$300 (original price)
Waived (for CDSHK fellows, members, trainees)
\$150 (Half price for family member)
(coach fee, insurance and administrative fee)

Registration: Please scan the QR code for more details/ registration.

A registration confirmatory email detailing payment procedure will be sent to the successful applicants.

