



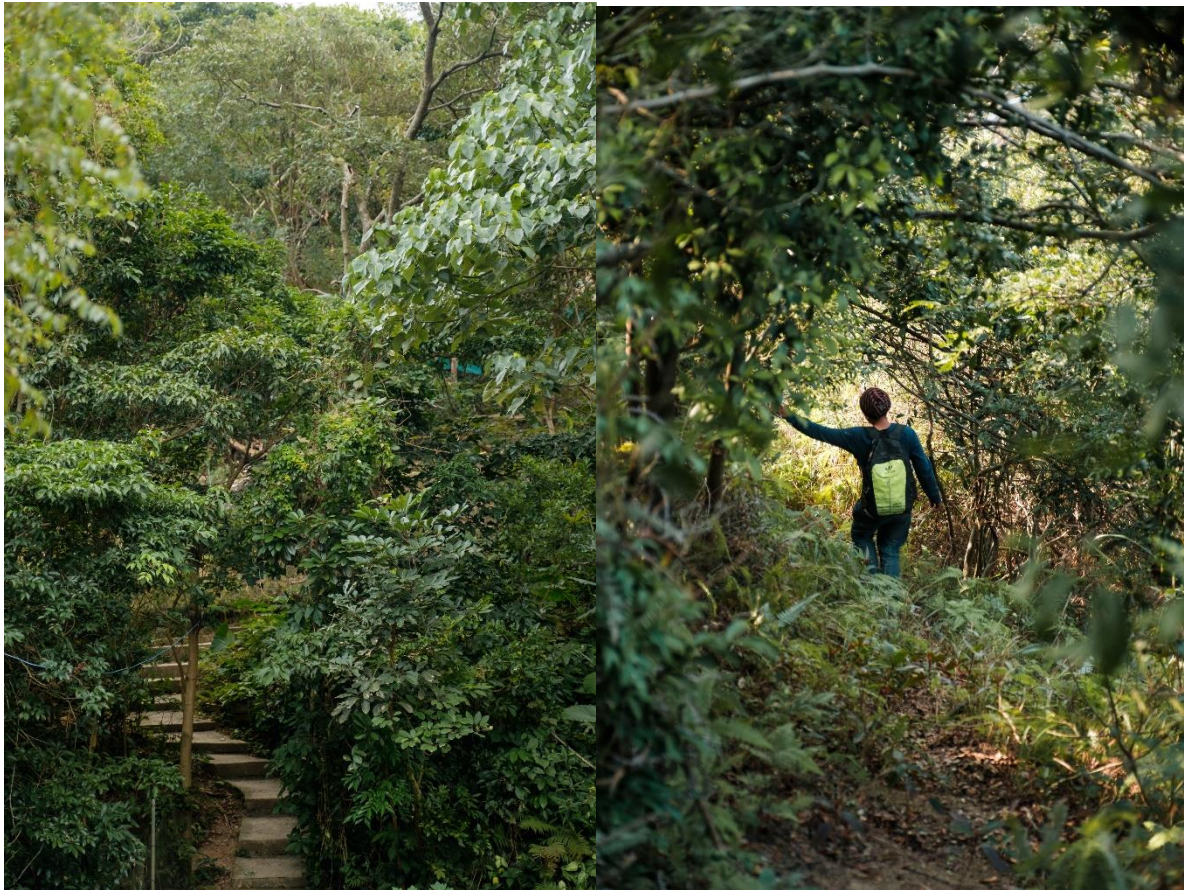
About Ark Eden Foundation

Ark Eden Foundation is a leading eco-education and permaculture community based on Lantau Island, Hong Kong.

It provide sustainable, permaculture, solutions for global environmental and social issues through experiential workshops and courses, nature-based wellness experiences and restorative projects that create a positive change in people's attitudes and actions towards the planet and towards each other.

Ark Eden has been a pioneer in integrating and bringing environmental and permaculture educational programs to Hong Kong. With a diverse set of clients, Ark Eden is a committed member of the Green Warrior Collective. "We are training, leading research programmes and experimenting in the field of permaculture with schools, universities, institutions and corporations in Hong Kong and abroad," says founder, Jenny Quinton.





Site information

The Ark Eden project runs out of three former farmhouses alongside a small stream connected by farmland and wetland that was previously rice paddies and a short walk from each other.

The three sites are referred to as Ark Eden, Eden Rock, and Darshan. Each site has indoor accommodation, toilets and showers, plus their own little personality.

Eden Rock

Indoor accommodation space - old fashioned dormitory-style	3 private rooms with double beds
Workshop space	Living room area with space available. Equipment available: Large monitor



	Wifi Projector White-board Sofa seating Floor cushions
Outdoor camping	Space for 10 tents plus
Toilets	3 compost toilets 1 flush toilet
Kitchen/catering space	Fully equipped kitchen with stove, oven, kitchen sink and fridges. Options for outdoor cooking over a fire also available
Shower	1 hot shower



Camping grounds





Kitchen and living at Eden Rock

Meals & Food

Ark Eden is proud to serve delicious and nutrition packed vegetarian food. For those staying on site, self service breakfast will be offered of cereal and toast in the morning and lunch can be provided at \$200 per meal.

Dinner will be self-service, guests can make use of the fridge to store their own food, or visit the many restaurants in Mui Wo.





Room Hire

Rooms are available from a range of prices starting from \$400 a night for indoor room. Camping options are available onsite for 10 tents at \$250 a night, tents provided. All other camping gear should be provided by the individual.

Getting to Ark Eden

Ark Eden is located in a peaceful valley in Mui Wo on Lantau Island. The site is accessible by foot or bike from the nearest bus stop and ferry pier. The valley is home to a number of beautiful hikes, waterfalls, and local beaches. Although Mui Wo is a small, rural town, Central and other outlying islands are readily accessible by ferry.

Getting here

There are several options when travelling to Ark Eden. All will involve getting to Mui Wo ferry pier, or Mui Wo market. From these two landmarks, we will meet with you to guide you on the walk to Ark Eden. If you have very heavy luggage, there will be an option to put your bags on a trolley to be wheeled up along the trail.

**Contact us for a detailed map with directions of how to walk to Ark Eden from Mui Wo pier.*



From the airport:

Direct bus A35 to Mui Wo goes 5 times a day

- Take Bus S52P or S56 which will stop you at Tung Chung MTR station
- From Tung Chung Station, find your way to the main Bus Terminus on Tat Tung Road
- Take bus #3M (Destination Mui Wo). Please click here for the [Bus timetables](#)
- Alight at Mui Wo Market, or Mui Wo ferry pier.
- From Mui Wo market, it's a 20min walk to Ark Eden. From Mui Wo ferry pier, a 30min walk.

Taxi:

Lantau Island is specially served by the 'Blue Taxi's. If leaving from the airport, or Tung Chung, please ensure that you take a Blue Taxi as the Red and Green taxi's do not have a license to drive to Mui Wo.

Ask your taxi driver to bring you to Mui Wo Market. The cost should be approx. \$150 HKD.

From Hong Kong Island:

- Take the ferry from Central pier #6
- Fast ferries take 30mins, slow (ordinary ferries) take 50mins. Click here for the [ferry timetables](#). *Note ferry timetables are different if you travel on Sundays or public holidays.
- Once at the ferry pier, we can arrange for one of our team to meet with you and guide you on the walk up to Ark Eden





Around Mui Wo

Mui Wo is a relatively small town and can be covered quite easily just by walking. For convenience, interns may wish to rent a bicycle (approximately HK 25 per day). There are public forms of transport that can be used to get to other parts of Hong Kong, see transportation section for more information. Ark Eden owns two bikes that can be used by participants as well.

Around Hong Kong

Hong Kong has one of the best infrastructures for public transportation with lots of options ranging from Taxi, an extensive Bus network, Subway (MTR), The Tram, & Ferry. A rechargeable 'Octopus' card can be used for all forms of public transport except Taxi and can be bought with a deposit of 50HKD at any MTR station.

What to Bring

Participants should bring comfortable clothes that they don't mind getting dirty during outdoor activities. Please consider the climate in Hong Kong and bring appropriate clothing for the time you will be visiting.

Summer months (May – Oct) can see a lot of rain and occasional thunderstorms, where temperatures can reach 34 degrees, with 90% humidity

Winter months (Nov – Mar) can be quite temperate, with occasional drops in temperature down to 5 degrees Celsius in the evening. Please consider bringing an extra sleeping bag if cold weather is expected.



Ark Eden has a half-automatic washing machine, outdoor sinks and clothes lines, making it possible for you to wash your clothes and gear. We encourage participants to bring natural biodegradable soaps as the water will drain back out to the natural environment.

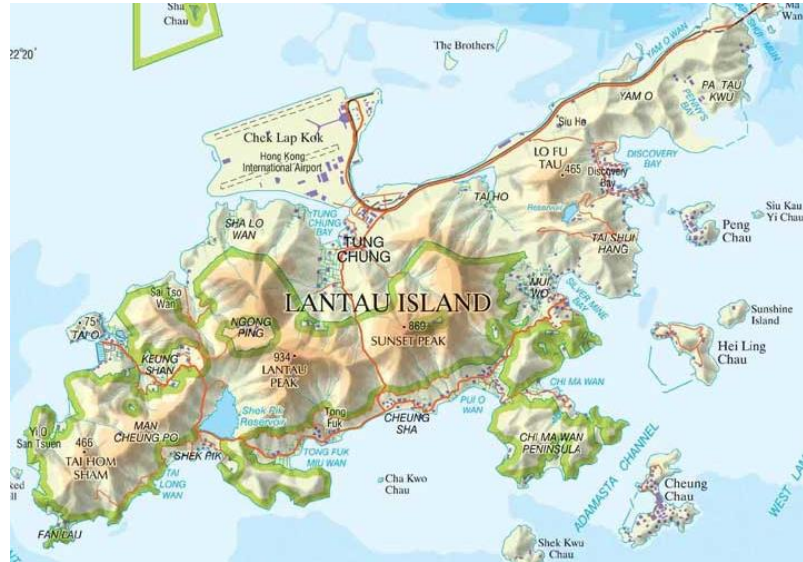
Overseas participants can expect to find three pronged wall plugs, which are the same as those in the UK. Please travel with an adaptor if necessary.

What to Bring

Essentials	Optional	Extra's
<ul style="list-style-type: none"> • Hat: Wide-brim • Sunscreen • Mosquito repellent (lots!) • Work Clothes (natural fibres, long pants - cotton, hemp etc) • Good outdoor shoes / flip flops For those coming in winter months: bring • Warm clothes as it can get quite cold • Rain jacket/coat • Sturdy walking shoes • Headtorch with extra batteries 	<ul style="list-style-type: none"> • Gloves • Pocket Knife (not on the plane!) • Reference Books • Day Pack • Consider packing with a travel backpack, or a suitcase with a strong/robust wheel system as the path up to Ark Eden is uphill and will require good wheels! 	<ul style="list-style-type: none"> • Tent (if planning to camp elsewhere) • Sleeping bag and sleeping liner • Sleeping mat • Binoculars • Compass • GPS
<p>Other Essentials</p> <ul style="list-style-type: none"> • Electronic Charges & Adaptors • Notebook and pens (for taking notes) 	<p>For Play</p> <ul style="list-style-type: none"> • Casual Clothes • Flip Flops • Bathing Suit • Running Shoes • City Attire for nights out on the town in Hong Kong 	<p>For Play</p> <ul style="list-style-type: none"> • Guitar/Instruments • Snorkel/Flippers/Goggles • Frisbee • Speakers
<p>Personal Care</p> <ul style="list-style-type: none"> • Towel • Biodegradable body care products • Biodegradable feminine hygiene products • Other toiletries 		<p>Personal Care</p> <ul style="list-style-type: none"> • Vitamins/Supplements • Favorite Health Foods • Notebooks • Reading books



HONG KONG COUNTRY INFORMATION



Location and Size

At the South-Eastern tip of China, Hong Kong includes Hong Kong Island, Lantau Island, the Kowloon Peninsula and the New Territories, including 262 outlying islands. Between Hong Kong Island and the Kowloon Peninsula lies Victoria Harbour, one of the world's most renowned deep-water harbours.

- Total area: 1,104 square kilometres
- Land developed: less than 25%
- Country parks and nature reserves: 40%

Climate

Hong Kong's climate is sub-tropical, with temperatures dropping below 10 degrees Celsius in winter and exceeding 31 degrees Celsius in summer. Summer season is from May - October inclusive. The most pleasant months in Hong Kong are from the end of Oct - December,



where day temperatures range from between 18-24 degrees Celsius and rainfall is low.



Visa

Hong Kong only requires citizens of some nations to get a tourist visa. However, the amount of time a visitor is allowed to stay in the country varies widely. US and UK citizens can stay up to 90 days without a visa.

Hong Kong requires all visitors to have sufficient funds for their stay without working and have a return flight. All nationalities that need a visa or entry permit for tourism must get one from a Chinese embassy or consulate prior to travelling. Please refer to [The Hong Kong Immigration Authority's website](#) for a full explanation of who needs a visa.

Money

The Hong Kong dollar (sign: \$; code: HKD; also abbreviated HK\$) is the currency of Hong Kong. Hong Kong can be an expensive city, and it is easy to get carried away with the wealth of dining and shopping opportunities available in the central district. However, the island of Lantau offers many inexpensive dining and leisure options.