



**“One from Hundred Thousand” Social Innovation Symposia Series
Season 4 – Intergenerational Play Space**

**Fitness Trail at Kowloon Park
Information Pack**

**Prepared by Jockey Club Design Institute for Social Innovation
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OBJECTIVES and DEFINITIONS

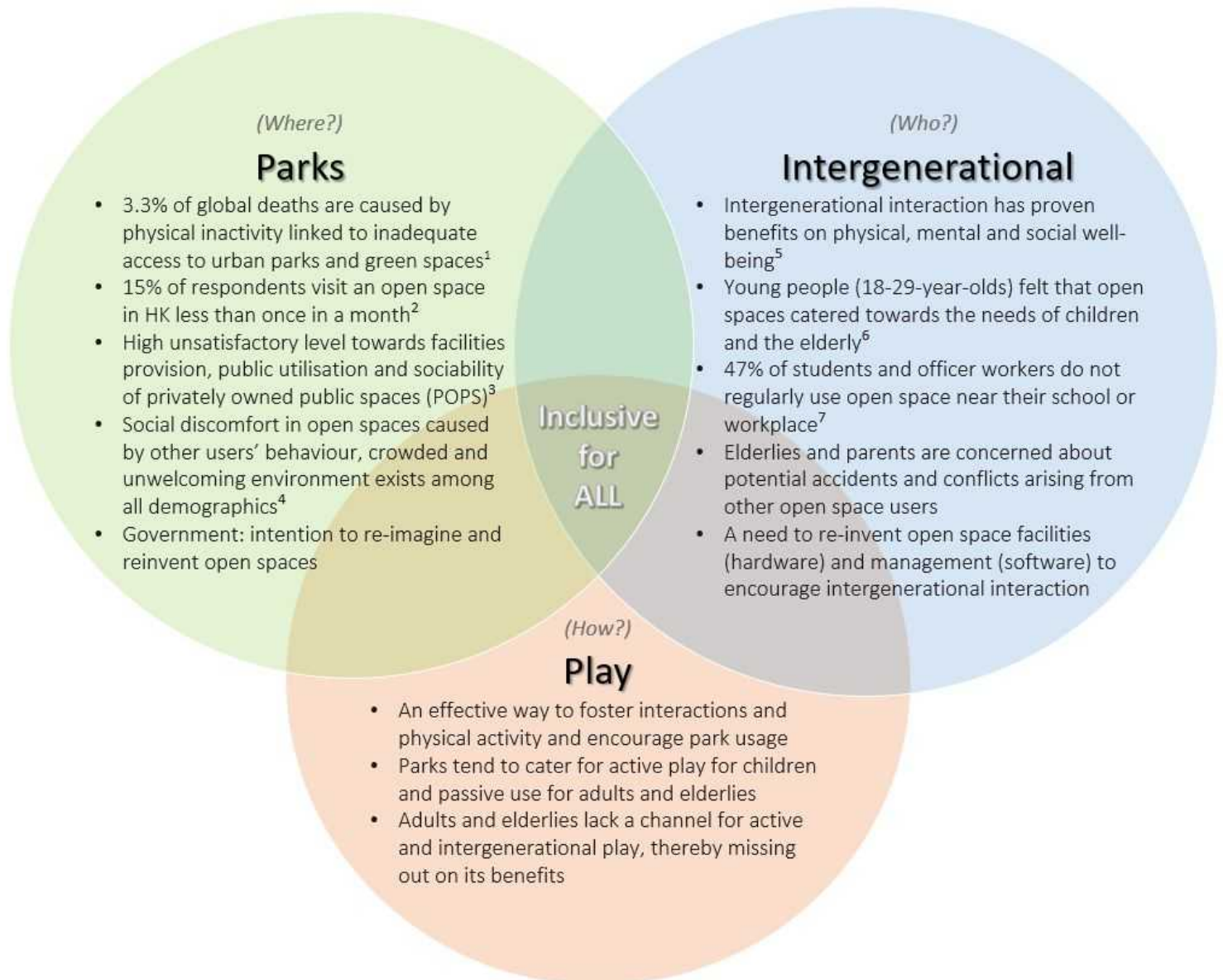
Objective

To co-design an intergenerational play space for the Fitness Trail at Kowloon Park

Definitions

- ❑ Play space refers to an environment where **play can take place**
- ❑ Playgrounds, parks and privately owned public spaces (POPS) can all be play spaces

Why “Intergenerational Play Space”?



Sources: WHO¹, Civic Exchange², HKPSI³, Civic Exchange⁴, Morita and Kobayashi⁵, Civic Exchange⁶, Civic Exchange⁷

¹ [World Health Organisation](#)

² Civic Exchange Open Space Opinion Survey 2018, p. 34

³ HKPSI Privately Owned Public Space Audit Report, p. 3

⁴ Civic Exchange Open Space Opinion Survey 2018, p. 79

⁵ [Kumiko Morita, Minako Kobayashi, BMC Geriatrics. 2013. Interactive programs with preschool children bring smiles and conversation to older adults: time-sampling study](#)

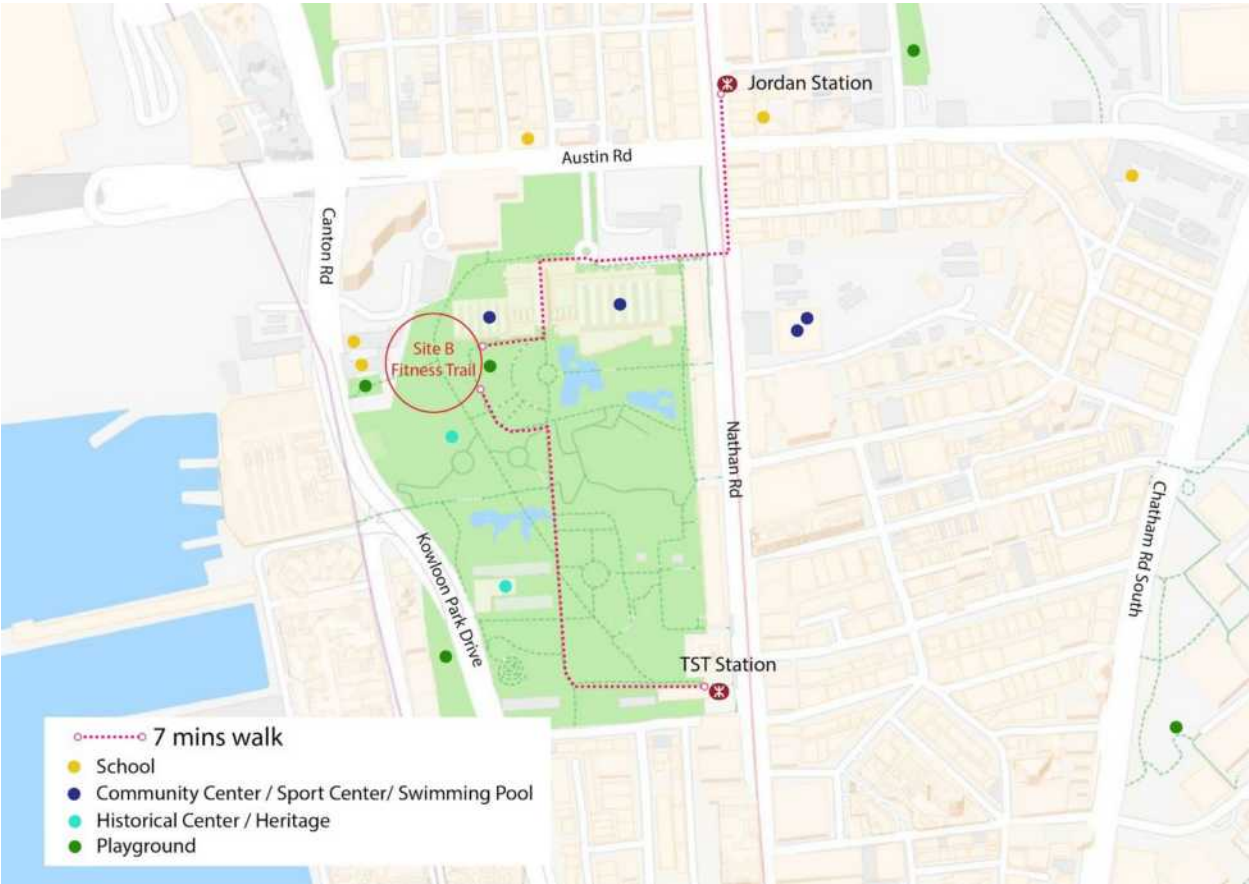
⁶ Civic Exchange Open Space Opinion Survey 2018, p. 82

⁷ Civic Exchange Open Space Opinion Survey 2018, p. 44

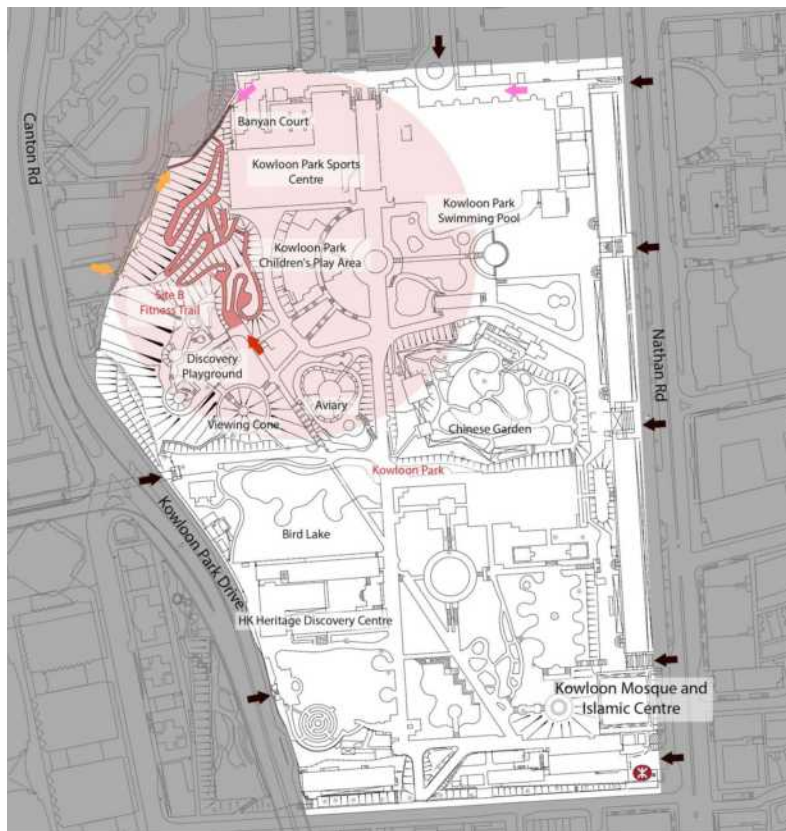
PROJECT SITE INFORMATION

Kowloon Park Overview

- ❑ Kowloon Park is one of biggest and most iconic parks in Hong Kong
- ❑ A major district level park serving local residents and the wider public. The hotel nearby and coaches departing for the Mainland bring in tourists as well.
- ❑ Kowloon Park bear a large catchment area and a diverse user group with its rich history (see Appendix I), location, varied provision of facilities and attractions (see Appendix II).
- ❑ Opening hours: 5:00am - 00:00



Site Overview



- ❑ The Fitness Trail is **500 metres long** and located at the North-western part of Kowloon Park, 22 Austin Road
- ❑ Winding trail with gradient changes, surrounded by green foliage. However, the topography makes it **difficult for people with mobility issues** to access
- ❑ Designed to **promote physical activity**. 8 fitness stations, with **purposefully designed equipment** typically found in local parks were installed along the trail. Facilities are well-used but **open to upgrades**
- ❑ **2 direct access points** to the trail: entrance from Canton Road Playground / Lai Chak Middle School / Banyan Court and access from adjacent Children's Play Area
- ❑ The site is in **close proximity to intergenerational user groups** from the Children's Play Area, Sports Centre and Swimming Pool of Kowloon Park, which are more heavily used and iconic facilities of the park
- ❑ The other ends of the trail lead to Grade 1 historical features: a Totem Pole carved by the indigenous Tlingit people of British Columbia in Canada, Castle of Unity and a Discovery Playground transformed from old fortifications and cannon emplacements

- ❑ Kowloon Park is one of the three sites selected for the Pilot Study on Underground Space Development in Selected Strategic Urban Areas. Given that the walking trail is next to historical establishments this site is **unlikely to be affected** by the Underground Space Development proposal (see below)



User behaviour

- ❑ The fitness trail, in comparison to the nearby Children’s Play Area and sport facilities, is **relatively quiet and lightly used**
- ❑ **Existing users are mainly adults and fit young-olds.** Children’s Play Area brings children and parents to use the equipment near the top of the fitness trail but they tend to not go down the hill to play.
- ❑ According to LCSD’s observations:
 - Peak hours are 7:00am-9:30am, 12:00nn-2:00pm and 5:00pm-7:00pm
 - Popular with ‘morning walkers’ in the morning (from 5:00am onwards). Joggers visit throughout the day, office workers tend to visit during the peak hours.
 - As there are requirements on lux level to minimise nuisance caused to nearby residential buildings, the area tends to be quiet after sunset.
 - Some individuals regularly use the facilities along the trail for stretching and specific exercises.



Opportunities & Constraints

Opportunities	Constraints
<ul style="list-style-type: none"> ❑ Provide alternative activities for users instead of sitting and waiting - proximity to a variety of recreational facilities serving different age groups, the sports centre and the swimming pool in particular will bring in a lot of parents, young olds, old-olds and helpers waiting to pick children up ❑ Natural topography of the trail and the lush landscape support the cross-generational urban fitness trail concept ❑ The trail is linked to several park entrances / exits, giving it a steady stream of passive users on top of the active users ❑ The fitness trail upgrade will enhance usage at different times of the day 	<ul style="list-style-type: none"> ❑ Steep sloping surface and narrow walkway may limit the variety of activities and choice of facilities ❑ 'One in one out' principle - facilities need be introduced incrementally to avoid disruption to park users ❑ New designs or alteration may affect existing users who have developed certain preferences on using the equipment ❑ No falling or removal of trees will be permitted ❑ New installation should avoid underground works as far as possible



INTERGENERATIONAL PLAY SPACE CONSIDERATIONS

By cross-referencing the results of two researches conducted by an NGO and an academic institute, a list of suggested design criteria for age-friendly open space is consolidated below:

Domain	Suggested design criteria	Elements for age-friendly outdoor spaces and buildings by Jockey Club Age-friendly City Research (2017)	Study on social needs of elderlies in public space in urban renewal by The Department of Building and Real Estate, PolyU (2015) ⁸
Physical setting	Clean and pleasant environment	✓	✓
	Access to nature and landscape	✓	✓
	Outdoor seating/urban furniture/spatial setting	✓	✓
	Secure environment and sense of security	✓	✓
	Relationship to culture and history (Heritage, sense of place, importance of local identity)		✓
	Sufficient maintenance and management		✓
	Adequate lighting		✓
Community features	Community life facilities, services and public toilets	✓	✓
	Multi-functionality (Permanent and occasional functions reserved for the area)		✓
Transport, directions and mobility	Walkways and cycle paths	✓	✓
	Pavements and roads; safe pedestrian crossings	✓	✓

⁸ Esther Yung, Sheila Conejos, Edwin Chan. 2015. Social needs of the elderly and active aging in public open spaces in urban renewal

	Accessibility	✓	✓
	Access to public transportation and infrastructure		✓
	Unconstrained legibility (Wayfinding, understanding and legibility of directions)		✓
	Mobility (Ease of activities, convenience, disabled facilities, comfortable movement)		✓
Personal and community life	Psychological health (Personal esteem, autonomy and empowerment)		✓
	Social participation (Involvement in site planning and management)		✓
	Social inclusion		✓
	Social contact and network; need to talk to each other		✓
	Social and physical activities		✓
	Conflict of use (Different uses of space per day and time of day, better management)		✓

PHOTO REFERENCE

User activities at Cherry Street Park



Outdoor fitness facilities at Cherry Street Park

Outdoor fitness facilities (designed and produced by a retired engineer and SARS recoveree) at Bishop Hill in Sham Shui Po

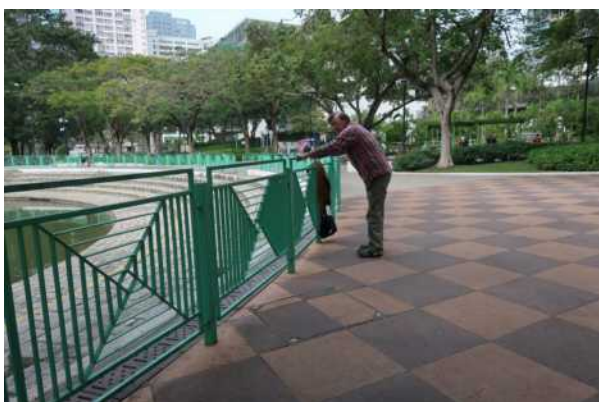


Intergenerational and multi-sensory play facilities and usage observations at Tuen Mun Park





Other open space usage in Tuen Mun Park and Man Ming Lane Resting Area



Singapore's first intergenerational playground and childcare centre in a nursing home - St Joseph's Home



Overseas public space environment (traditional climbing bars and swing for adults)



Multipurpose bench and bike rack (left) Customisable floor lighting (right)



Hong Kong Shek Lei Park



RELATED NEWS AND ARTICLE LINKS

[明周文化：特事特辦 屯門共融遊樂場實驗](#)

[【無處玩樂】小朋友視察本港遊樂場 細數遊樂場七宗罪](#)

[50年前港有超前衛遊樂場 美建築師：香港比美國更開放！](#)

[未來城市：新世代遊樂場 好玩不要「罐頭」](#)

[【屋邨遊樂場，天價維修】瀝源邨健體設施 齎換說明板索價20萬](#)

[Singapore's first inter-generational playground, childcare centre in a nursing home launched](#)

APPENDIX

APPENDIX I: BACKGROUND AND SITE HISTORY

1861: Kowloon Peninsula was ceded to Britain. Whitfield Barracks, an important military base overlooking the Harbour, was built at the present site of Kowloon Park⁹

1948: Government began to plan for the resumption of the site for residential use to stimulate development of Yau Ma Tei area



1962: Land value of the site increased rapidly, private sectors called for commercial development at the site¹⁰

1963-1967: A member of the Urban Council saw the need to increase provision of recreational space in the Tsim Sha Tsui area, he proposed to develop the site as a large public park and gained support from the Council against voices for purely commercial considerations¹¹

1968: Whitfield Barracks was handed over in stages to the government for redevelopment¹²

1970: Official opening of Kowloon Park¹³

1989: Kowloon Park was redeveloped at a cost of \$300 million, funded by the then Royal Hong Kong Jockey Club

The story highlights that the present use of the site as a public park is the result of **long-term negotiation and struggle for recreational spaces**. These efforts should never be taken for granted. Co-designing the park as an intergenerational play space will enable more members of the society to **benefit from this valuable piece of land**, ensuring **utilisation of scarce land resources** in the dense urban built environment.

⁹ [Antiquities and Monuments Office](#)

¹⁰ [戰後香港寫照 1945-1967, 2016](#)

¹¹ [South China Morning Post, 戰後香港寫照 1945-1967, 2016](#)

¹² [Antiquities and Monuments Office](#)

¹³ [Antiquities and Monuments Office](#)

APPENDIX II: LIST OF INDOOR AND OUTDOOR FACILITIES IN KOWLOON PARK

Outdoor Facilities¹⁴

Mini-Soccer Pitch

Fitness Trail

Children's Play Area

Discovery Playground

Maze Garden

Sculpture Walk and Sculpture Garden

Colour Garden

Chinese Garden

Roof Gardens

Piazza

Loggia

Viewing Cone

Conservation Corner

Bird Lake

Aviary

Men's and ladies' toilets

Fee-charging car park with 18 park spaces (including 2 designated accessible parking spaces)

Barrier Free Facilities: Accessible Toilet, Tactile Guide Path, Braille Directory Map/Floor Plan

Indoor Facilities¹⁵

Sports Centre

Dance Room

Fitness Room

Activity Room

Squash Court

¹⁴ <https://www.lcsd.gov.hk/en/parks/kp/outdoor.html>

¹⁵ https://www.lcsd.gov.hk/en/parks/kp/indoor/sports_centre.html

APPENDIX III: TRANSPORTATION

Road Network

- The site is close to the junction of Austin Road and Canton Road

Public Transportation

- The location is within 10 minute walk from Tsim Sha Tsui, Jordan and Austin MTR Station

Table 1 List of major minibus routes serving Kowloon Park¹⁶

Minibus Route	Destination	Frequency	Fare (HKD)
3	Tai Kok Tsui	Every 3-10 minutes	6.1
6	Whampoa	Every 3-8 minutes	7.4
78	Tai Kok Tsui	Every 10-14 minutes	6.9
606S	Yuen Long	Every 6-13 minutes	24

Table 2 List of major bus routes serving Kowloon Park¹⁷

Bus Route	Destination	Frequency	Fare (HKD)
2	Cheung Sha Wan	Every 11-20 minutes	4.9
7	Lok Fu	Every 12-20 minutes	4.9
9	Choi Fook	Every 15-20 minutes	5.8
13X	Kwun Tong (Po Tat)	Every 10-15 minutes	7.5
208	Broadcast Drive	Every 20-30 minutes	8.1
213X	Kwun Tong (On Tai South)	Every 12-30 minutes	8.5
219X	Laguna City	Every 12-20 minutes	7.5
260X	Tuen Mun (Po Tin)	Every 6-20 minutes	15.1
268B	Long Ping Station	Every 20-30 minutes	18.4
269B	Tin Shui Wai	Every 10-30 minutes	18.4
270A	Sheung Shui	Every 10-25 minutes	14.8
271	Tai Po	Every 6-40 minutes	11.1

¹⁶ [Minibus Route Directory](#)

¹⁷ [hkbus.fandom.com](#)

