

Tips for Visiting Hong Kong for Spouses and Kids

A compact companion guide for families joining SCTL Roundtable 2027 in Hong Kong.

Start with the event hotel

Hyatt Regency Hong Kong, Sha Tin

18 Chak Cheung Street, Sha Tin, New Territories

Best for staying close to the participant program. The hotel is about a five-minute walk from University MTR Station. Hyatt also states that babysitting can be arranged with advance notice through Guest Services.

[Open the SCTL group booking page](#)

Four easy family plans

1. Harbour classics

- Take the MTR to Tsim Sha Tsui, walk the promenade and Avenue of Stars.
- Ride the Star Ferry to Central; return after sunset for skyline views.
- Rainy-day add-on: Hong Kong Science Museum or an indoor attraction at K11 MUSEA.

2. Lantau family day

- Choose Hong Kong Disneyland for a full day; use the Disneyland Resort Line from Sunny Bay.
- Alternative: Ngong Ping 360 and the Big Buddha, then Citygate Outlets at Tung Chung.
- Book dated tickets and check opening hours before leaving the hotel.

3. Animals and ocean

- Ocean Park combines pandas, marine life, rides and harbour views.
- Allow most of a day and check height restrictions before promising specific rides.
- For a calmer nature option, consider Hong Kong Wetland Park.

4. Stay near Sha Tin

- Walk or cycle along Tolo Harbour; ask the concierge about family bike options.
- Explore Hong Kong Science Park or CUHK's green campus.
- For shopping and meals, New Town Plaza connects directly to Sha Tin MTR Station.

Getting around without stress

MTR and Octopus

- University Station is on the East Rail Line and is the practical base stop for the event hotel.
- An Octopus card or mobile Octopus is useful for MTR, buses and many small purchases.
- Children aged 3-11 may use a Child Octopus. Each person needs a separate card or device.

Airport and taxis

- With young children or several bags, a taxi from the airport is the simplest option.
- Public transport is possible but normally requires connections before reaching University Station.
- Keep the hotel name and address saved in English and Chinese for taxi journeys.

Shopping by mood

Quick and nearby	Harbour and design	Outlet stop
New Town Plaza at Sha Tin Station: broad retail, dining and entertainment with easy MTR access.	K11 MUSEA and Harbour City in Tsim Sha Tsui: shopping plus art, food and harbour walks.	Citygate Outlets at Tung Chung: useful with a Lantau day or before an airport departure.

Small things that help

For parents

- January is usually comfortable, but bring layers for cool evenings and strong indoor air-conditioning.
- Use a compact stroller: stations have lifts, but older districts can include steps and narrow pavements.
- Carry water, tissues and a small snack; convenience stores are widespread.

Before each outing

- Check the official attraction page for opening hours, maintenance closures and dated-ticket rules.
- Download an offline map and save the hotel's address and phone: +852 3723 1234.
- For emergencies in Hong Kong, call 999. For hotel assistance, contact the concierge.

Official planning links

[Hong Kong Tourism Board - family attractions](#)

[MTR journey planning and fares](#)

[Octopus information for tourists](#)

[Hong Kong Disneyland travel information](#)

[Ocean Park Hong Kong](#)

Information checked 13 October 2026. Opening hours, fares, ticket rules and attraction availability may change; verify with official sources before travel.