



TOP 10 TO GET YOU THROUGH THE FINISH 1 day till we see you toeing the Start!

Here are the top 10 things to keep in mind for your big day.

1. OFFICIAL TIMING

Download & Register TRAILME app on your smartphone & register the distance you enrolled as well. Only the TRAILME record will be used as official time.

- iOS : <https://apple.co/3EPW52Q>
- Google Play : bit.ly/TRAILME_android



2. CHECK THE ROUTE

Read the map and Download the GPX files of the distance into your GPS watch or GPS compatible devices.

- Now we've updated the [Map](#) of 33K and 18K



3. GETTING THERE 前往起點

A. Check the bus ticket (the back of BIB with a shuttle bus stamp), if you have paid for the shuttle bus service. Please show the stamp to the helpers before getting on the bus. For any questions, please call us or text us via whatsapp at 65332763. Please arrive 15 minutes earlier

- [Shuttle Bus schedule and pick-up points](#)

Route 路線	Departure (estimated) 預計開車	Pick Up Point 上車地點
A	6:00am	Tuen Mun V City Bus Terminal 屯門 VCity 巴士總站
	6:30am	Long Ming Street Yuen Long Station Exit H 元朗朗明街近元朗鐵路站 H 出口
	7:00am	Tai Wo MTR McDonalds (opposite to the elevator) 太和鐵路站麥當勞餐廳電梯對出
B	6:15am	Admiralty Centre McDonalds 金鐘海富中心麥當勞對出
C	6:15am	Prince Edward MTR Station Exit A 太子地鐵站 A 出口

	6:30am	Sha Tin Plaza, 7 Wang Pok St. 沙田橫壘街7號沙田廣場
D	6:15am	TKO East Point City, Ming Shing St. Minibus Stop 將軍澳東港城名成街小巴士站
	6:30am	Sai Kung Tang Shiu Kin Sports Ground 西貢鄧肇堅運動場
	6:50am	On Luk St, Ma On Shan 馬鞍山鞍祿街
E	6:00am	Diamond Hill Baptist Church, Fung Tak Rd 鑽石山鳳德道鑽石山浸信會
F	7:00am	Tai Wo MTR McDonalds (opposite to the elevator) 太和鐵路站麥當勞餐廳電梯對出

B. Public Transport - Minibus 20R from Tai Po Market Station to Wu Kau Tang and get off at the junction of Bride's Pool Road and Wu Kau Tang Road. The start point is 550m away.

- [20R schedule](#) (recommended: 06:40, 07:40, 08:40)

4. WEATHER FORECAST

Sunny, Hot and moist weather is expected on Sept 24, 2023. According to the Hong Kong Observatory, the temperature will be between 28 and 32°C. Please dress accordingly. Check HKO <[here](#)>

5. BEWARE OF FALLEN TREES AND DEBRIS

With the effort of trail clearance of our team and the AFCD workmates, most of the routes are relatively safe. However, participants should always pay attention to the fallen trees and debris on the ground during the event.

6. KEY SECTION INFO

DISTANCE - START TIMES / TIME LIMITS / CLOSE TIME / FINISH

- 33KM - 09:00 / 9 hours / 18:00 / Kong Ha Au BBQ Site
- 18KM - 08:30 / 6 hours / 14:30 / Bride's Pool Rd
- 5KM - 09:30 / 2 hours / 11:30 / Kong Ha Au BBQ Site

For Detailed Section Info, please check <[here](#)> :

7. PACK YOUR BAG

- Don't forget your BIB !
- Review [mandatory gear](#) for your distance here
- Attach your bag tag to the drop bag.

8. HYDRATION & REPLENISHMENT

- Please ensure you hydrate and refuel sufficiently the day before, the morning of, during and after the race.
- There will be food and drinks at checkpoints and the Finish. Please check the [food list](#)
- We enforce a no-cup policy at our events. All participants must carry their own water bottle or hydration system during the race.
- **We don't provide containers and cutlery for food and drink.**

9. RESULTS

Live results on the race day will be shown on TRAILME app and will be sent by SMS. Final results will be announced 2 days later.

10. RULES

Our rules and adverse weather policy (item #5) will be observed on race day. For the race day rules, please click [here](#)>