

路程 5

Section 5

53 公里路線
KM Route

城門水塘檢查站 (CP4) 至 Shing Mun Main Dam

全長 12.5 公里
Distance 12.5 KM

大帽山郊野公園遊客中心檢查站 (CP4A) 至 Tai Mo Shan Country Park Visitor Centre Checkpoint (CP4A) to

CP4A

17:00

龍門郊遊徑
Lung Mun Country Trail

C3410->C3400

全長 9 公里
Distance 9 KM

鉛礦坳檢查站 (CP5)

Lead Mine Pass Checkpoint (CP5)

CP5 開放時間 Opening Hours

09:45 - 19:00

麥理浩徑第八段標距柱

Maclehose Trail Stage 8 Distance Post

M155->M137

53公里賽跑手必須於 16:45 或以前到達此站登記，否則將被停止比賽。離開 (CP4) 沿城門道走，到達菠蘿壩小巴士站沿菠蘿壩自然教育徑上山，約 700 公尺後左轉龍門郊遊徑直抵川龍。經彩龍茶樓後右轉荃錦公路上山，約 400 公尺後右轉入扶輪公園自然教育徑，到達扶輪公園停車場。穿越停車場後於大帽山道右轉上山，約 150 公尺處便是大帽山郊野公園遊客中心，檢查站 (CP4A) 設於遊客中心後方。離開 (CP4A) 後山路靠右跟隨麥理浩徑路標前進 (M155)，約 1.5 公里後接回大帽山道，繼續取道雷達站閘口攀登至全程至高點 920 米，之後逆走麥理浩徑八段下山到達第五檢查站——鉛礦坳檢查站 (CP5) (M137)。

Runners registering at this checkpoint after 16:45 will be stopped. Depart from (CP4) and go along Shing Mun Road. Enter Pineapple Dam Nature Trail at the minibus terminus. After 700M turn left to Lung Mun Country Trail, then go all the way to Chuen Lung. Pass Choi Lung Tea House, turn right to Route Twisk uphill for around 400M and enter Rotary Park Nature trail on the right and reach Rotary Park carpark. Leave the carpark and turn right at Tai Mo Shan Road. Uphill approximate 150M ahead is Tai Mo Shan Country Park Visitor Centre. Checkpoint 4A (CP4A) locates behind the visitor centre. Leave (CP4A), follow the sign of Maclehose Trail on the right towards (M155) and connect with Tai Mo Shan Road after approx. 1.5KM. Keep climbing up through the radar station gate to 920M, the highest point of this race. Then, go downhill by trailing reversely along Section 8 of Maclehose Trail and arrive at the 5th Checkpoint — Lead Mine Pass Checkpoint (CP5) (M137).

路程5

Section 5

26 公里路線
KM Route

12 公里起點
KM Start Point

 **城門水塘檢查站 至**
Shing Mun Reservoir Checkpoint to

全長 **7** 公里 (12km, 26 km 賽事)
Distance **7** KM (For 12km, 26 km race)

鉛礦坳檢查站 (CP4至CP5)
Lead Mine Pass Checkpoint (CP4 to CP5)

CP5 開放時間 Opening Hours **09:45-19:00**

 衛奕信徑第七段標距柱
Wilson Trail Stage 7 Distance Post

W70->W84

通過城門主壩，在盡頭左轉沿衛奕信徑第七段 (W70至W77)。約走3公里到達城門林道/畔塘徑支援站 (SS3)，左轉繼續前行經半間亭後越過小橋，於下一交匯路口選大埔方向前進直至到達第五檢查站——鉛礦坳檢查站 (CP5) (W84)。

Pass Shing Mun Reservoir Main Dam, turn left at its far end towards Section 7 of Wilson Trail (W70 to W77). After about 3KM is Shing Mun Forest Reservoir Section / Reservoir Walk Support Station (SS3). Carry on by the left and cross a small bridge after passing a pavilion. At the next intersection choose the direction towards Tai Po and keep going until reaching the 5th Checkpoint — Lead Mine Pass Checkpoint (CP5) (W84).