

路程 6

Section 6

53 公里往終點
KM to Finish Point

42 公里往終點
KM to Finish Point

26 公里往終點
KM to Finish Point

12 公里往終點
KM to Finish Point

鉛礦坳檢查站 至
Lead Mine Pass Checkpoint to

全長 **5** 公里
Distance **5** KM

終點大埔 American School Hong Kong
Finishing Point American School Hong Kong in Tai Po

FP 開放時間 Opening Hours **08:00-20:30**

衛奕信徑第七至八段標距柱 **W84->W90** 之後向大埔方向行
Wilson Trail Stage 7-8 Distance Post Afterwards, go along Tai Po direction

離開 (CP5)，繼續餘下之衛奕信徑第七段朝大埔方向邁進。由 (W84) 下行是一段亂石山徑，務請小心。直至接近打鐵坳漸轉為整齊梯級，隨即接回行車路 (W87)，沿此車路繼續下山，途經元墩下 (W88) (衛奕信徑七、八段之分段)、老劉屋、新屋家及碗窰的村屋 (W90)。沿達運道穿過吐露港公路橋底，後左上小段梯級，跟隨大會路標沿達運道，左轉馬高路，右轉馬聰路，抵達大埔終點 American School Hong Kong

Set off from CP5 and continue along Section 7 of Wilson Trail towards Tai Po. From (W84) downward is a flight of irregular stone steps which requires more attention. Steps become more uniform on reaching Ta Tit Yan and soon connect with the driveway (W87), which leads to Yuen Tun Ha (W88) (intersection of Section 7 and 8 of Wilson Trail), village houses of Lo Lau Uk, San Uk Ka and Wun Yiu (W90). Proceed along Tat Wun Road and cross the Tolo Highway under the overpass and go up a short staircase on the left. Follow the sign on Tat Wan Road, turn left to Ma Wo Road, turn right to Ma Chung Road and to Finish Point (FP) in Tai Po : American School Hong Kong

53公里/42公里/26公里/12公里 — 檢查站、支援站位置及所提供之服務

53KM / 42KM / 26 KM / 12 KM — Services Provided by Checkpoints and Support Stations

* 水及小食只會提供給持有號碼布之參加者。無號碼布人士將不獲提供。請自備水樽或水袋，大會不會供應瓶裝飲品 *

* Participants with number cloth will be provided with water and snacks. Those without number cloth will NOT be served. Please bring your own bottle or water bag, NO bottled drinks will be provided *

路程 Section	檢查站、支援站名稱 Name of Checkpoints and Support Stations	檢查站、支援站位置 Locations of Checkpoint and Support Station	登記/計時 Registration/ Timing	食水 Water	能量補充飲品 Pocari Sweat	小食/生果 Snacks/Fruits	救傷站 First Aid	洗手間 Toilet
53/42公里起點 53/42 KM Start Point	53SP 42SP	53/42公里起點 53/42km Starting Point	油塘三家村遊樂場 Sam Ka Tsuen Recreation Ground, Yau Tong	✓	✓		✓	(流動) (temporary)
	CP1	井欄樹檢查站 Tseng Lan Shue Checkpoint	西貢井欄樹村青年公園 Tseng Lan Shue Village, Sai Kung	✓	✓		✓	(流動) (temporary)
	SS1	大藍湖支援站 Tai Lam Wu Support Station	大藍湖村涼亭 Pavilion at Tai Lam Wu Village		✓	✓	✓	(流動) (temporary)
	SS2	東洋山支援站 Tung Yeung Shan Support Station	東洋山近基維爾營 Tung Yeung Shan near Gilwell Camp Site		✓	✓	✓	
26公里起點 26 KM Start Point	26SP	26公里起點 26km Starting Point	慈雲山道伊斯蘭懿伯濤紀念小學 Islamic Dharwood Pau Memorial Primary School at Tsaz Wan Shan Road	✓	✓			(校內) (school)
	CP2	獅子亭檢查站 Lions Pavilion Checkpoint	沙田坳道獅子亭 Lions Pavilion at Shatin Pass Road	✓	✓	✓	✓	(流動) (temporary)
	CP3	九龍水塘檢查站 Kowloon Reservoir Checkpoint	大埔公路二號停車場 Car Park No. 2 at Tai Po Road	✓	✓	✓	✓	(流動) (temporary)
12公里起點 12 KM Start Point	CP4	城門水塘(主壩)檢查站 Shing Mun Reservoir (Main Dam) Checkpoint	城門水塘主壩 Shing Mun Reservoir (Main Dam)	✓	✓	✓	✓	(流動) (temporary)
	CP4A	大帽山郊野公園檢查站 (只適用於53公里) Tai Mo Shan Country Park Checkpoint (applicable to 53km)	大帽山郊野公園遊客中心檢查站 Tai Mo Shan Country Park Visitor Centre	✓	✓	✓	✓	(公眾) (public)
	SS3	畔塘徑登記站 Reservoir Walk Registration	城門林道—水塘段(畔塘徑) Shing Mun Forest Track Reservoir Section (Reservoir Walk)	✓	✓			
	CP5	鉛礦坳檢查站 Lead Mine Pass Checkpoint	鉛礦坳涼亭 Pavilion at Lead Mine Pass	✓	✓	✓	✓	(公眾) (public)
終點 Finish Point	FP	終點 Finish Point	大埔 American School Hong Kong in Tai Po	✓	✓	✓	✓	(校內) (school)