

# 路程 2

## Section 2

**53** 公里路線  
KM Route

**42** 公里路線  
KM Route

 **井欄樹檢查站 至**  
Tseng Lan Shue Checkpoint to

全長 **8** 公里  
Distance **8** KM

**獅子亭檢查站 (CP1至CP2)**  
Lions Pavilion Checkpoint (CP1 to CP2)

CP2 開放時間 Opening Hours **09:00-15:00**

衛奕信徑第四段標距柱  
Wilson Trail Stage 4 Distance Post

**W31/32->W47**

離開 CP1，跟隨衛奕信徑指示牌上山，與「西貢古道」相接。繼而沿石階下山抵大藍湖路，第一個支援站——大藍湖支援站 (SS1) 設於小涼亭內。SS1 前行 600 公尺 (W36) 依衛奕信徑指示牌左轉登上 544 米高的東洋山。到達山坳左轉沿短石梯下大老坳，到達第二個支援站——東洋山支援站 (SS2)。轉走飛鵝山道車路經衛奕信徑標距柱 (W40)，接入沙田坳道下斜到達 2 號檢查站——獅子亭檢查站 (CP2) (M101)。

Depart from CP1, follow the signs of Wilson Trail to climb uphill and reach the "Sai Kung Ancient Trail". Then descend via the stone steps down to Tai Lam Wu Road, the 1st Support Station — Tai Lam Wu Support Station (SS1) is set up in a small pagoda. 600M ahead from SS1 by the left (W36), follow the signs of Wilson Trail to climb 544M up to Tung Yeung Shan. On the crest, turn left and step down the rugged stones to Tai Lo Au, the 2nd Support Station — Tung Yeung Shan Support Station (SS2). Move on Fei Ngo Shan Road Passing (W40) and continue on Shatin Pass Road. Further down the slope is Lions Pavilion (M101), where the 2nd Checkpoint — Lions Pavilion Checkpoint (CP2) is located.





實德金融 X 苗圃  
**挑戰12小時**  
 慈善越野馬拉松 2019

## 12公里起點

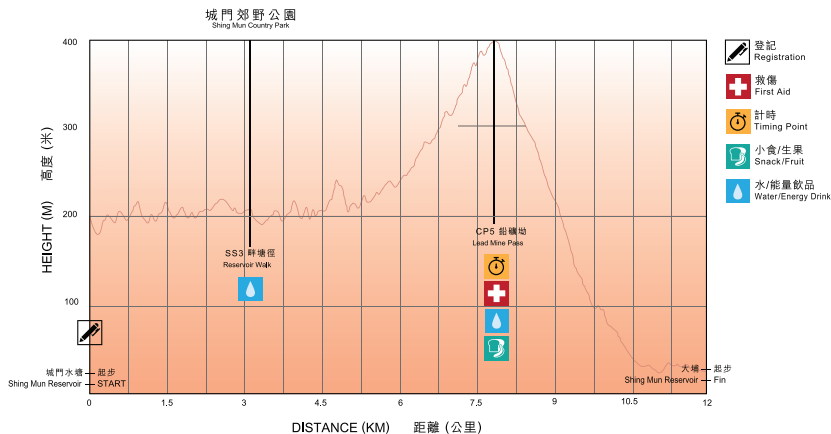
城門水塘主場：於荃灣地鐵B出口，往兆和街乘82號綠色專線小巴往城門水塘，由城門水塘小巴站步行至起步點需時約15分鐘。

## 12KM Start Point

Shing Mun Reservoir Main Dam: From Tsuen Wan MTR Station Exit B, participants can go to Shiu Wo Street and take no. 82 minibus. From Shing Mun Reservoir stop, walk for 15 minutes to the Start Point.

## 苗圃挑戰12小時 —— 高度剖面圖 (12公里)


## Sowers Action Challenging 12 Hours —— Elevation Profile (12KM)





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The man who lived 31 days under water  
Fabien Cousteau, Ocean Explorer

"We have explored less than 5% of our ocean world," Fabien tells us.  
"As we push further, longer and deeper, we can learn a lot more."  
For the adventurous, discovery has no boundaries.

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