

Oxfam Trailwalker

With You Through the Ups and Downs

華文書



Photo: Jay Lam | Special thanks (from right to left): DaDa Wong, Justin Lo, Erin Lai, Ken Lui | Artwork: chungling



INFORMATION BOOKLET (PART I)

樂施毅行者 
22 NOV-12 DEC 2021 **VIRTUALLY**
100KM TOGETHER

樂施毅行者
OXFAM
TRAILWALKER
VIRTUALLY
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Hong Kong

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Oxfam Hong Kong

Address: 17/F, China United Center, 28 Marble Road, North Point

Office Hours: Monday to Friday 9am to 1pm and 2pm to 6pm

Email: otwinfo@oxfam.org.hk

Enquiry: 2520 2525

Fax: 2527 6213

Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER

website: https://bit.ly/OTWVirtuallyTogether_en

EVENT INFORMATION



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Event period	22 November to 12 December (3 weeks)
Route	The route is approximately 100 km long; it starts at the Pak Tam Chung Snack Stand (near bus stop) in Sai Kung and finishes at Tai Tong Barbecue Area in Yuen Long
Participation format	A team of four
Event format	<p>Teams can choose one of the following options based on their members' ability and availability</p> <p>Please note:</p> <ul style="list-style-type: none"> a. Only the finishing time of the first attempt will count. Subsequent attempts will not be recorded even if better results are achieved b. Teams' finishing times will be based on the last team member's timing record at the finish c. The four members must start within 15 minutes of one another, otherwise they will be disqualified (i.e. the four members cannot be separated for more than 15 minutes at the start) <p>1) 「堅毅行 Adventurous Trailwalkers – 100km」 Teams can choose to complete the 100 km in one go within 48 hours. Route: Start from the Pak Tam Chung Snack Stand in Sai Kung and finish at Tai Tong Barbecue Area in Yuen Long</p> <p>2) 「並肩行 Tenacious Trailwalkers」 Teams can split the 100km trail into two sections and tackle them separately.</p> <p>2a) 「並肩行 Tenacious Trailwalkers – 60km」 : Pak Tam Chung Snack Stand (near bus stop) in Sai Kung to Tai Po Road, i.e. the end of the MacLehose Trail Section 5 (60 km) – must be completed within 31 hours</p> <p>2b) 「並肩行 Tenacious Trailwalkers – 40km」 Tai Po Road (public toilet) to Tai Tong Barbecue Area in Yuen Long (40 km) – must be completed within 17 hours</p>
Registration fee	<p>HK\$1,600 per team</p> <p>Teams that have paid the registration fee for OTW 2021 do not need to pay again.</p>

<p>Fundraising</p>	<p>Minimum donation of HK\$5,200</p> <ul style="list-style-type: none"> - OTW 2021 teams can use their current team numbers and the team pages to raise sponsorship. - Teams that raise over HK\$20,000 will be given a team quota to join an in-person OTW in the future. - Teams that raise HK\$50,000 or above will be presented with a fundraising award and will be acknowledged in our thank you-advertisement. <p>https://event.oxfamtrailwalker.org.hk/en/donation/Search</p>
<p>Online briefing</p>	<p>Cantonese online briefing session Date and time: 18 November (Thursday), 19:30-20:30</p> <p>English online briefing session Date and time: 19 November (Friday), 19:30-20:30</p> <p>Content: Information about the route, Oxfam’s support points, and use of the TRAILME app.</p> <p>Link to review the briefing video: https://bit.ly/OTW_VT2021_Download_Eng</p>
<p>Collection of participants’ pack</p>	<p>Date and time: 19 November (Friday) from 13:00 to 20:00 20 November (Saturday) from 10:00 to 17:00</p> <p>Address: Oxfam Hong Kong Office - 9/F, China United Centre, 28 Marble Road, North Point, Hong Kong (North Point MTR Station A4 Exit)</p> <p>Participants’ pack: Four Quick Dry T-Shirts, four number bibs, four snack vouchers from Oxfam use at Cheung Sheung Hui Lam Store, other souvenirs from the sponsors, event sponsorship form and posters, etc.</p> <p>Teams which did not collect the pack on the above mentioned can email to otwininfo@oxfam.org.hk to schedule a collection date.</p>

RECORDING YOUR RESULTS: TRAILME

To take part in Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER (OTW 2021-VT), participants must install TRAILME, which will track participants' time and distance along the trail.

Participants can also invite family and friends (who will also need to download the app and create an account) to join her/him online while s/he is walking the trail. This will create a sense of solidarity among the participants and their supporters.

To ensure the app runs smoothly, participants are advised to complete registration three days before tackling the trail and obtained the virtual bib number (V0001), you can share the OTW 2021 – VT team number (0888) or virtual bib number (V0001) for your followers in advance.

During the event period, participants can use their own smartwatch as a timing device and route tracker, however, OHK's official records will be based on TRAILME's records. OHK reserves the right to make all final decisions.

TRAILME App can be downloaded from your chosen App Store via the following links. **(please note that your email must be the same as the one you provided OHK and cannot be duplicated):**

IOS App Store: <https://apps.apple.com/app/id1476539277>

Android Google Play Store: <https://play.google.com/store/apps/details?id=com.uhey.trailme>

Step 1: Install the app (refer to the links above)

Step 2: Create an Account **(please note that your email must be the same as the one you provided OHK and cannot be duplicated)**. For details on how to create an account, you can refer to the "[How to sign up - TRAILME](#)".

Step 3: Register for the OTW 2021 – VT event

Please note that as this app is only available in English.

Participants are advised to complete the whole route on the designated section. Please make sure your phone is fully charged and that you use the TRAILME app during the event. Make sure the phone settings listed below work properly:-

1. Turn **ON** Bluetooth
2. Turn **ON** GPS or Location Service
3. Turn **ON** mobile data (3G / 4G /5G)
4. **DISABLE** battery saver
5. **DISABLE** 'Do not disturb' mode

Teams who choose to complete 'Adventurous Trailwalkers – 100km' will need to select 'Adventurous Trailwalkers – 100km' in the TRAILME app.

Teams who choose 'Tenacious Trailwalkers' will need to register 60km and 40km separately. A different virtual bib number (V0001) will be assigned for each section you register.

Please refer to the TRAILME User Guide on how to register the event :
https://bit.ly/OTWVT_Trailme_userguideENG

ROUTE DETAILS

Please note:

1. Only the finishing time of the first attempt will count. Subsequent attempts will not count even if better results are achieved.
2. Teams' finishing times will be based on the last team member's timing record at the finish.
3. The four members must start within 15 minutes of one another, otherwise they will be disqualified (i.e. the four members cannot be separated for more than 15 minutes at the start)

The route starts at the Pak Tam Chung Snack Stand (near bus stop) in Sai Kung, and covers sections 1 to 9 of the MacLehose Trail, which is about 88 km (M001-M174). After passing Kat Hing Bridge, the path leaves the MacLehose Trail and travels 5 km along a country trail to north coast of Tai Lam Chung Reservoir. The trail then turns right along a paved road towards Wong Nai Tun/Tai Tong and heads towards the **Finish Point at Tai Tong Barbecue Area in Yuen Long.**

Please also note the following differences between the MacLehose Trail and the OTW 2021 – VT Trail:

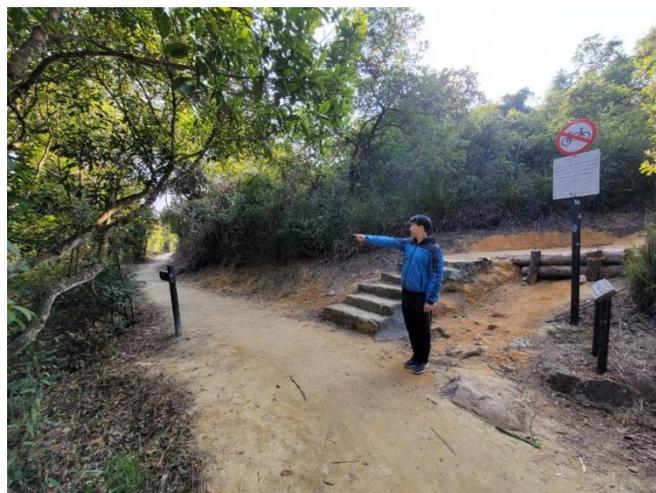
MacLehose Trail	OTW 2021 – VT Route
Section 2 M031-M033	From M031 pass through Sai Wan beach to M033
Section 8 M152-M156	From M152 head towards Tai Mo Shan Road to Route Twisk
Section 10 M175-M200	Turn left towards Kat Hing Bridge. After passing Kat Hing Bridge, the path leaves the MacLehose Trail and travels 5 km along a country trail to north coast of Tai Lam Chung Reservoir

The route from MacLehose Trail Marker Post M174 to Tai Tong Barbecue Area

1. Once you arrive at M174, walk towards Kat Hing Bridge, and follow the trail along the north bank of Tai Lam Chung Reservoir.



2. Continue walking along the north bank of Tai Lam Chung Reservoir.



3. Continue walking along the north bank of Tai Lam Chung Reservoir.



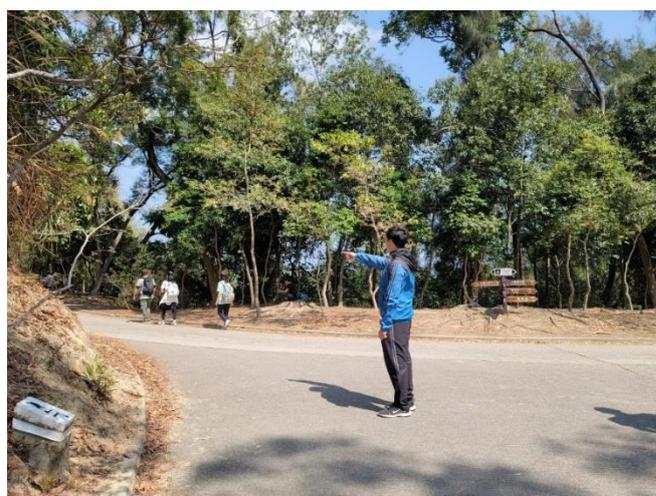
4. Turn right towards the Wong Nai Tun Reservoir and continue walking until you get to the end of the dirt road.



5. Once you reach the junction, turn right and follow the directions to Tai Tong.



6. Continue walking towards Tai Tong. Turn left at the junction and follow the directions to Wong Nai Tun Tsuen Tai Tong Bus Stop.



7. Continue walking along the road until you arrive at our Finish Point – Tai Tong Barbecue Area.



Teams can choose one of the following options based on their members' ability and availability:

1. 'Adventurous Trailwalkers – 100km' (please refer to pages 9 - 10 for details)

Participants can choose to complete the 100 km within 48 hours (in one go).

Route: Start from the Pak Tam Chung Snack Stand in Sai Kung and finish at Tai Tong Barbecue Area in Yuen Long

2. 'Tenacious Trailwalkers' (please refer to pages 11 - 13 for details)

Teams can split the 100km trail into two sections and tackle them separately.

Length	Section	Time limit after whole team tapping 'GO'
2a) 'Tenacious Trailwalkers – 60km'	Pak Tam Chung Snack Stand in Sai Kung to Tai Po Road (the end of the MacLehose Trail Section 5)	must be completed within 31 hours
2b) 'Tenacious Trailwalkers – 40km'	Tai Po Road (public toilet) to Tai Tong Barbecue Area in Yuen Long	must be completed within 17 hours

Remarks:-

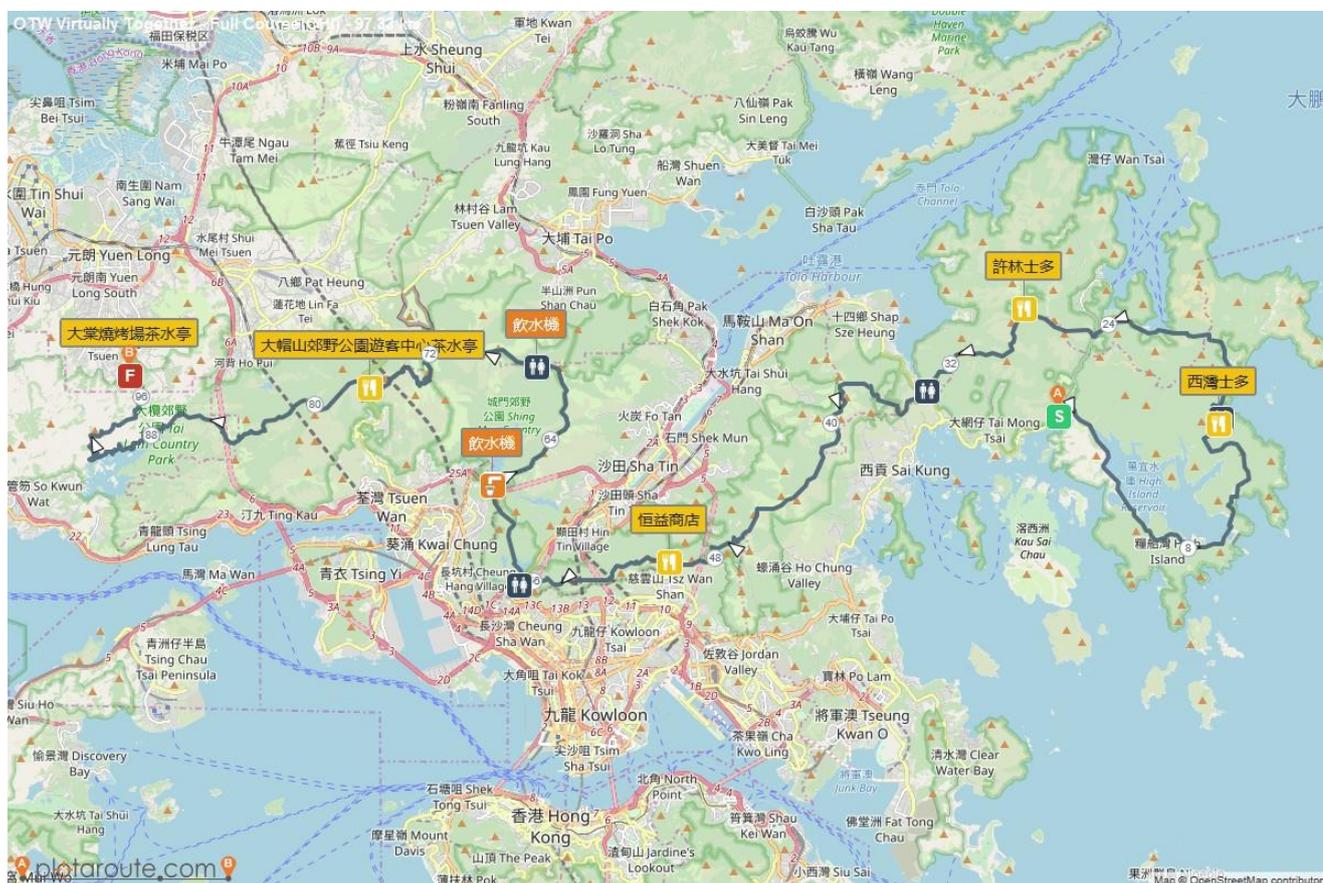
- Participants must decide clearly which format(s) they would like to choose when registering for the event. If you change your mind after starting, tap '**GIVE UP**' in the app and register again, selecting the new format / section you would like to choose. Please note that if you tap '**GIVE UP**', unfinished distances from previously chosen format / section will not be recorded.
- To ensure the app runs smoothly, participants are advised to **complete registration three days before** tackling the trail
- Participants are advised to complete registration three days before tackling the trail and obtained the virtual bib number (**V0001**), you can share the OTW 2021 – VT team number (**0888**) or virtual bib number (**V0001**) for your followers in advance.
- Participants are advised to complete the whole route on the designated section. Shortcuts are strictly prohibited. 120 minutes will be added to the finishing time if any teams suspected to have violated the rule and cannot provide proof (eg. photos or video) showing the team have walked the right route.

‘Adventurous Trailwalkers – 100km’

Participants can choose to complete the 100 km (from Pak Tam Chung, Sai Kung to Tai Tong, Yuen Long) within 48 hours in one go.

Download the ‘Adventurous Trailwalkers – 100km」’ Map at

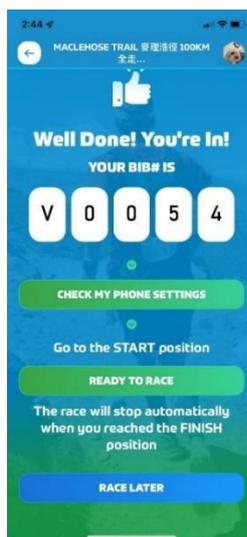
<http://www.plotaroute.com/route/1731503?units=km> or on [Oxfam Trailwalker – VIRTUALLY TOGETHER](#)



1. ‘Adventurous Trailwalkers – 100km’

Starting point: Information board at Pak Tam Chung P.H.A.B Site, Sai Kung (complete within 48 hours after tapping ‘GO’)

Open the TRAILME app, select ‘Adventurous Trailwalkers – 100km’ then tap ‘CHECK PHONE SETTINGS’ first to make sure the phone setting is correct, then tap ‘READY TO RACE’ to search for signal, before you tap ‘GO’ to start your race, please make sure **the four members must start within 15 minutes of one another, otherwise they will be disqualified.** (you can refer to the TRAILME User Guide for more details on registration).



‘Adventurous Trailwalkers – 100km’

Finish point: Tai Tong Barbecue Site, Yuen Long

TRAILME will automatically note that you have completed the trail once you reach the Finish Point. An SMS with your own finishing time will be sent to you after you have completed the Event. Medals will be presented by Oxfam Hong Kong to all finishers at a designated timeslot.



Participants are advised to complete the whole route on the designated section. Please make sure your phone is fully charged and that you use the TRAILME app, and that your GPS / location services and Bluetooth work properly.

2. ‘Tenacious Trailwalkers’

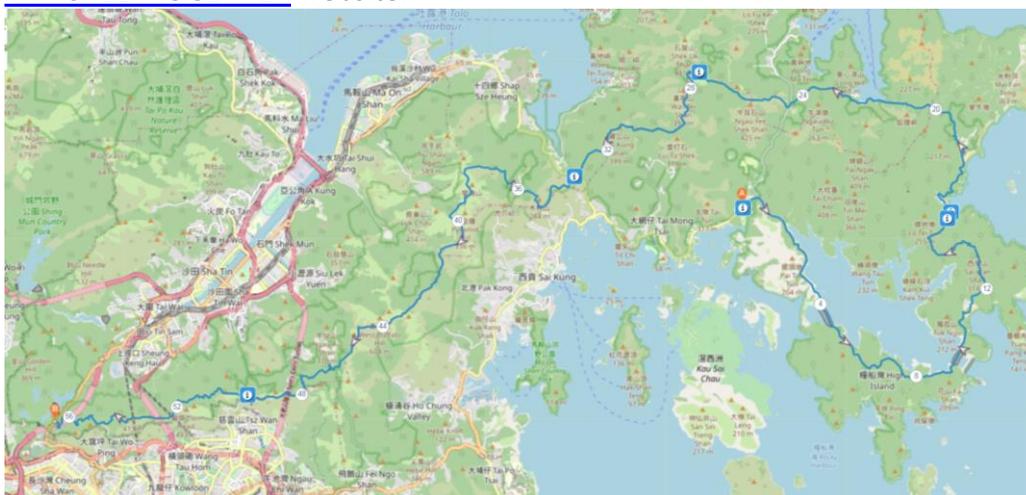
Teams can split the 100km trail into two sections and tackle them separately.

Length	Section	Time limit after whole team tapping ‘GO’
2a) ‘Tenacious Trailwalkers – 60km’	Pak Tam Chung Snack Stand in Sai Kung to Tai Po Road (the end of the MacLehose Trail Section 5)	must be completed within 31 hours
2b) ‘Tenacious Trailwalkers – 40km’	Tai Po Road (public toilet) to Tai Tong Barbecue Area in Yuen Long	must be completed within 17 hours

Participants who choose ‘**Tenacious Trailwalkers**’ will need to register 60km and 40km separately. A different virtual bib number (V0001) will be assigned for each section you register.

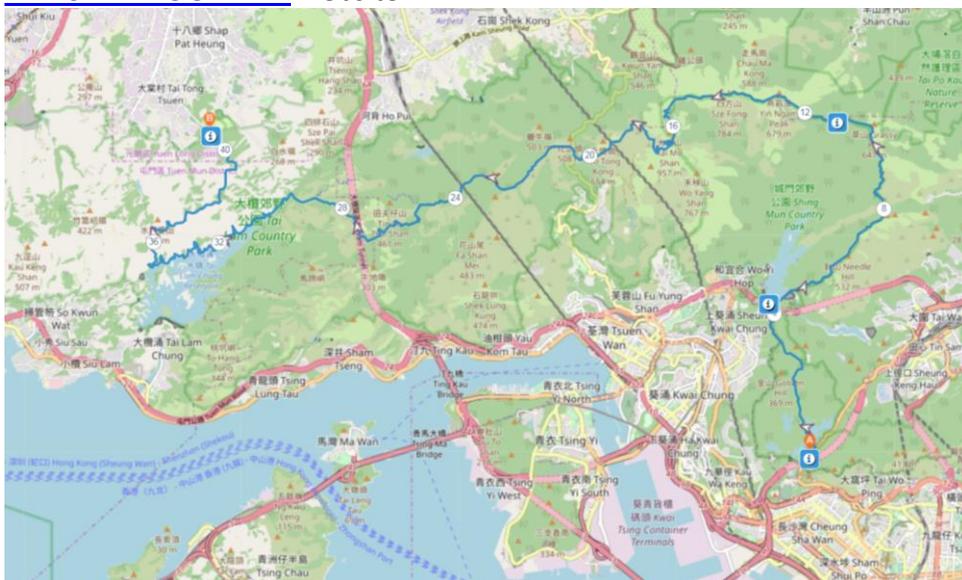
Download map of 2a) Tenacious Trailwalker – 60km:

Please click <https://www.plotaroute.com/route/1731508?units=km> or Download on [Oxfam Trailwalker – VIRTUALLY TOGETHER](#) website.



Download map of 2b) Tenacious Trailwalker – 40km:

Please click <https://www.plotaroute.com/route/1731509?units=km> or download on [Oxfam Trailwalker – VIRTUALLY TOGETHER](#) website.



2a) Tenacious Trailwalker – 60km

Start Point : Pak Tam Chung Snack Stand (near bus stop), Sai Kung (complete within 31 hours after tapping ‘GO’)

Open TRAILME, select 2a) Tenacious Trailwalker – 60km then tap ‘CHECK PHONE SETTINGS’ first to make sure the phone setting is correct, then tap ‘READY TO RACE’ to search for signal, before you tap ‘GO’ to start your race, please make sure **the four members must start within 15 minutes of one another, otherwise they will be disqualified.** (you can refer to the TRAILME User Guide for more details on registration: https://bit.ly/OTWWT_Trailme_userguideENG).



2a) Tenacious Trailwalker – 60km

Finish point: Information board at MacLehose Trail Section 5 at Tai Po Road

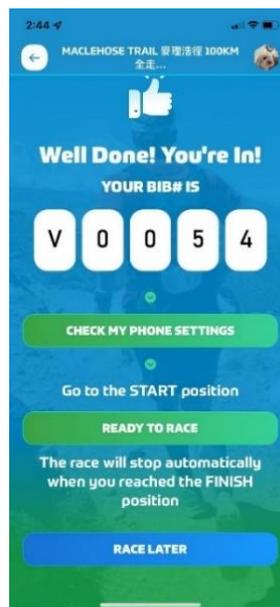
TRAILME will automatically note that you have completed the trail when you reach the finish point. An SMS with your own finishing time will be sent to you after you have completed the Event.



2b) Tenacious Trailwalker – 40km:

Starting point: Tai Po Road public toilet to Tai Tong Barbecue Area (complete within 17 hours after tapping ‘GO’)

Open TRAILME, select 2b) Tenacious Trailwalker – 40km then tap ‘CHECK PHONE SETTINGS’ first to make sure the phone setting is correct, then tap ‘READY TO RACE’ to search for signal, before you tap ‘GO’ to start your race, please make sure **the four members must start within 15 minutes of one another, otherwise they will be disqualified.** (Please refer to the TRAILME User Guide on how to register the event : https://bit.ly/OTWVT_Trailme_userguideENG)



2b) Tenacious Trailwalker – 40km

Finish point: Information board at Tai Tong Barbecue Site, Yuen Long

TRAILME will automatically note that you have completed the trail when you reach the finish point. An SMS with your own finishing time will be sent to you after you have completed the Event.



OXFAM SUPPORT POINTS AND THE SELF- SUPPORT POINTS

The table below is for reference only. The actual business hours, types and quantities of water and supplies at each point during the event are all subject to availability at individual kiosks. The support we provide will only be available at specific times on the weekends during the event. **Please note that since we will only provide light refreshments, teams will still need to arrange sufficient food and drink themselves. Please also be reminded to observe the group gathering ban.**

Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
Pak Tam Chung – Sai Kung https://bit.ly/3pS8jOV	Pak Tam Chung Kiosk	15.8	Food and drink (items subject to store’s stock and availability)	Monday - Friday: 09:00 - 18:00 Saturday - Sunday: 07:00 - 19:00
	AFCD Water Filling Station		Drinking water	24 hours
	Oxfam technical support point		Provide TRAILME App technical support	Saturday: 06:30 - 10:00
Sai Wan https://bit.ly/38aKTxU	Various stores in the village	6.2	Food and drink (items and availability subject to individual stores)	Depends on individual stores
Chek Keng https://bit.ly/3mSD1Zi	良友士多	2.3	Food and drink (items subject to store’s stock and availability)	Sunday - Thursday: 08:00 - 19:00 (drinks only) Friday - Saturday: 07:00 - 23:00 (drinks and food)
Pak Tam Au https://bit.ly/3b64PEb	AFCD Water Filling Station	3.1	Drinking water	24 hours
	Vending Machine		Cold drinks (subject to availability)	N/A

<p>Cheung Sheung https://bit.ly/2KZzUi3</p>	<p>Huilam Store</p>	<p>6.3</p>	<p>The Oxfam food coupon entitles the bearer to redeem any <u>two of the four</u> items below:</p> <ul style="list-style-type: none"> ● 6 fish balls ● 6 siu mais ● 1 bowl of Chinese sweet soup (Saturday and Sunday only) ● 1 bottle/ can of drinks <p>The four coupons per team have been distributed on 19 and 20 November when participants collect their packs</p>	<p>Monday – Thursday: 11:00 - 15:00 Friday: 11:00 - 00:00 Saturday: 10:00 - 00:00 Sunday: 08:00 - 17:00</p>
<p>Kei Ling Ha https://bit.ly/3b9I9mr https://bit.ly/3b7cbr0</p>	<p>AFCD Water Filling Station</p>	<p>12.8</p>	<p>Drinking water</p>	<p>24 hours</p>
<p>Vending Machine</p>	<p>Cold drinks (subject to availability)</p>		<p>N/A</p>	
<p>Bonaqua paid water filling station</p>	<p>Drinking water (subject to availability)</p>		<p>N/A</p>	
<p>Gilwell Camp Site https://bit.ly/3o4VOA9</p>	<p>Oxfam Support Point</p>	<p>3.5</p>	<p>Drinking water and light refreshments (bread, biscuits, fruits, and salt candy)</p>	<p>27 and 28 November: 14:00 -14:00 (runs overnight) 4 and 5 December: 14:00 -14:00 (runs overnight) 11 and 12 December: 14:00 - 14:00 (runs overnight)</p>
<p>Shatin Pass https://bit.ly/3hDzWZ3</p>	<p>恆益商店</p>	<p>7.4</p>	<p>Food and drink (items and availability subject to store)</p>	<p>Monday - Friday: 10:00 - 21:00 Saturday: 10:00 - 22:00 Sunday: 10:00 - 21:00</p>

Tai Po Road (next to public toilet) https://bit.ly/392hSUF	AFCD Water Filling Station	4.3	Drinking water	24 hours
	Vending Machine		Cold drinks (subject to availability)	N/A
	Oxfam technical support point		TRAILME App technical support	27 and 28 November (Saturday and Sunday): 06:30 - 10:00 4 and 5 December: (Saturday and Sunday): 06:30 - 10:00 11 and 12 December: (Saturday and Sunday): 06:30 - 10:00
Shing Mun Reservoir BBQ site https://bit.ly/3hDJu6e	AFCD Water Filling Station	16	Drinking water	24 hours
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A
	Vending Machine		Cold drinks (subject to availability)	N/A
Tai Mo Shan https://bit.ly/3948vDY	Tai Mo Shan Country Park Visitor Center Refreshment Kiosk (Lin Jei)	7.3	Food and drink (items subject to store's stock and availability)	Monday - Thursday: 07:00 - 18:00 Friday - Sunday and Public Holiday: 07:00 - 00:00
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A
Tai Mo Shan https://bit.ly/2LfN9Lq	Tai Mo Shan Country Park Refreshment Kiosk (next to carpark)	7.3	Food and drink (items subject to store's stock and availability)	Monday - Friday: 08:30 - 21:00 Saturday - Sunday 07:30 - 21:00
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A
Tin Fu Tsai https://bit.ly/3kg5k2g	Store	12.9	Food and drink (items subject to store's stock and availability)	Saturday - Sunday 09:30 - 17:00

<p>Tai Tong – Yuen Long (finish point) https://bit.ly/3pS8MRb</p>	<p>Tai Tong Barbecue Area Refreshment Kiosk</p> <p>Oxfam Support Point</p>	<p>--</p>	<p>Food and drink (items subject to store’s stock and availability)</p> <p>Medals will be presented by Oxfam Hong Kong to all finishers</p> <p>Note: Tenacious Trailwalkers will have to finish the 60 km trail first before receiving a medal at the Finish Point (in Yuen Long)</p> <p>Finishers can collect your medal at Oxfam Hong Kong office if you cannot collect it at the Yuen long finish point. Details to be announced.</p>	<p>Monday - Thursday: 10:00 - 16:00 Friday - Sunday 09:30 - 18:00</p> <p>27 and 28 November: 14:00 - 23:59 (runs overnight) 4 and 5 December: 14:00 - Sun 23:59 (runs overnight)</p> <p>11 and 12 Dec Sat: 14:00 - Sun 21:00 (runs overnight)</p>
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TRANSPORTATION HINTS

Below is the information to Pak Tam Chung bus stop, Tai Po Road and Yuen Long Tai Tong Barbecue Area, however, the information is for reference only. Participants are advised check with various transportation companies for the latest bus schedules.

Pak Tam Chung Bus Stop in Sai Kung (next to Pak Tam Chung Snack Stand)



To Sai Kung Town Centre:

Bus no. 92 from Diamond Hill MTR (exit C)

Bus no. 299X from New Town Plaza, Sha Tin

Bus no. 792M from Tiu Keng Leng MTR

Minibus no. 1A or 1S from Choi Hung MTR (exit C2) take

Minibus no. 1 from Telford Garden, Kowloon Bay

Minibus no. 12 from Metro City, Tseung Kwan O

Minibus no. 101M from Hang Hau, Tseung Kwan O

Or red minibus from Dundas St, Mongkok, Yee On St, Kwun Tong, or Lung Kong Road, Kowloon City

Then at Sai Kung, take bus no. 94, mini-bus no. 9 or a taxi to Pak Tam Chung.

Bus no. 96R from Diamond Hill MTR (exit C) runs on Sundays and public holidays.

Tai Po Road (Tai Po Road public toilet is next to Shek Lei Pui Reservoir bus station (to Tai Po Road))



By bus:

No. 72 (Cheung Sha Wan B/T to Tai Wo B/T, get off at Shek Lei Pui Reservoir)

No. 81 (Jordan [To Wah Road] to Wo Che B/T, get off at Shek Lei Pui Reservoir)

Walk along Tai Po Road to the starting point at the information board next to the public toilet.

By car:

Take Tai Po Road and head in the Sha Tin direction, then park at Pipers Hill Public Car Park. Follow the direction of the signage near Tai Po Road and walk to the flyover and cross Tai Po Road. **Walk until you reach the information board next to the public toilet.**

Tai Tong Barbecue Area

(alight at Tai Tong Shan Road, and then walk 35 minutes to the barbecue area)



KMB Bus and MTR Feeder Bus

From HK Island to Yuen Long: 968, N368

From Kowloon to Yuen Long: 68X, 268B, 268C, 268X, N269

From NT / Lantau to Yuen Long: 53, 54, 64K, 68M, 76K, 77K, 269D, 276, 276P, B1, B2, E34B, N30

K66: Long Ping Station <> Tai Tong

(alight at Tai Tong Shan Road, and then walk 35 minutes to the barbecue pit area)

Minibus (Red)

Yuen Long Hung Min Court (opposite KOLOUR • Yuen Long) <> Tai Tong Road

(alight at Tai Tong Shan Road, and then walk 35 minutes to the barbecue area)

Taxi

Yuen Long <> Tai Tong Barbecue Area (fee: around \$60)

Arrive By Car (Please note: The traffic in Yuen Long District is very busy, especially during the weekends. With the red leaf viewing season from November to December, the traffic on Tai Tong Shan Road is heavier. Traffic control may be implemented in the vicinity according to the situation.)

Route 3 > Yuen Long Highway)

Drive towards the Yuen Long / Tin Shui Wai direction after passing the Tai Lam Tunnel toll booth, turn towards Tuen Mun when you reach the roundabout at Pok Oi Hospital, and then take the lane farthest to the left and drive towards Yuen Long Highway.

Yuen Long Highway > Tai Tong Shan Road> Tai Tong Barbecue Area

When you arrive at the Shap Pat Heung Interchange, turn left to enter Tai Kei Leng Road (Yuen Long South) and then turn left again into Tai Tong Road. You will see another roundabout. Make your way into Kiu Hing Road, then turn left to enter Tai Tong Shan Road. Drive about 20 minutes to the Tai Tong Barbecue Area.