

Lantau Mountain Marathon Race Course
2017 Course modified to meet new AFCD rules with possible alteration for
Ngong Ping 360 trail work

Sunday, January 7, 2018

Nam Shan Pavillion, Lantau

Public buses: All public buses departing Mui Wo pass this spot.

Note: Those coming from Central should plan on taking the 8:00 AM or 8:30 AM ferry to Mui Wo. All buses from Mui Wo stop at Nam Shan Pavillion.

Full Marathon Cut offs: CP4 (Ngong Ping) 1430 and CP5 (Pak Kong Au) 1545.

Full Marathon - Maximum Allowed Time 7.5 hours – 3 Water stops

Start Time: 09:30 AM

Distance: ~ 35 km. **Please refer to the attached map. If the Ngong Ping 360 trail is closed for trail maintenance, the course would be about 4 km shorter. At the moment the trail is open, but Ngong Ping 360 have notified us that they might shut the trail at any time so it will not be possible to know which route we use until a few days before the race.**

Start: Nam Shan Pavillion, South Lantau Road - Lantau Trail Section 2 - Sheung Tung Au (Full/half split) - Lin Fa Shan - **Por Kai Shan – Pak Mong** - Tung Chung – **Shek Mun – Tei Tong Tsai – Nei Lak Shan Country Trail** - Ngong Ping (Big Buddha)- Lantau Peak - Tung Chung Au (Pak Kung Au, water stop) - Nam Shan Pavillion finish.

Note that if the Ngong Ping 360 trail is closed, the route would skip the Nei Lak Shan Country Trail and stay on the Lantau Trail directly to the Ngong Ping water stop.

Half Marathon - Maximum Allowed Time 5.0 hours – 1 Water stop

Start Time: 10:00AM

Distance: 14.0 km

Start: Nam Shan Pavillion, South Lantau Road - Lantau Trail Section 2 - Sheung Tung Au (Full/half split) - Sunset Peak (Tai Tung Shan) - Tung Chung Au (Pak Kung Au, water stop) - Nam Shan Pavillion finish.

Race Course Hints and Suggestions

Maps - Although the course will be marked with white arrows and white and green ribbons, the arrows tend to fade overtime. Purchasing a Lantau Country Park Map to

take along on the run may be helpful if questions arise. Racers are also advised to familiarize themselves with the course ahead of time.

Checkpoints - Due to the isolated nature of sections of the full marathon course, strict checkpoint closure times will be adhered to, particularly at Ngong Ping (Big Buddha) and Tung Chung Au.

Water - One water stop will be provided at Tung Chung Au (Pak Kung Au) for both full and half marathon runners. On the full marathon course additional water stops will be provided at Tung Chung and Ngong Ping (Big Buddha), **CP 2 at Pak Mong is a timing checkpoint only**.

Equipment - The vast majority of both the full and half marathon course are run in the open with little or no shade. Hats, sunscreen, and hydration systems are recommended.

Trail Conditions - The half marathon course is the shortest and easiest of all the half marathon courses in the series. While portions take place on steep ground, the entire race course covers major trails only. **Due to AFCD policy, the full marathon course will not be as rough as previously, but it will be several km longer and will still include all of the hard climbs.** The climb up Lantau Peak from Ngong Ping is particularly arduous.

Although the trail will be marked with white arrows, the area around Ngong Ping can be confusing due to all the tourists. If in doubt, follow signs toward the Tea Garden Restaurant to access the trail up Lantau Peak.