

Lantau Mountain Marathon Race Course
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.

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 Kap – 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.

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 - The course will be marked with yellow and black signs that have “KOTH” written on them together with directional arrows and white ribbons. However, 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.

『山野之王』大嶼山賽事
2018年1月7日（星期日）
大嶼山南山
所有從梅窩開出的巴士都會經過

注意：打算從中環來的，請乘搭早上八點或八點半到梅窩的船。所有從梅窩開出的巴士都經南山。

全馬 Cut offs: CP4 (昂坪) 1430 and CP5 (伯公坳) 1545.

全馬—限時 7.5 小時—3 個水站

出發時間：0930

路程：約 35km

起點：嶼南路南山—鳳凰徑二段—雙東坳（全／半分流）—蓮花山—婆髻山—白芒—東涌—石門甲—地塘仔—彌勒山郊遊徑—昂坪（大佛）—鳳凰山—東涌坳（伯公坳，水站）—南山終點

半馬—限時 5 小時—1 個水站

出發時間：1000

路程：14km

起點：嶼南路南山—鳳凰徑二段—雙東坳（全／半分流）—大東山—東涌坳（伯公坳，水站）—南山終點

賽段提示和建議

地圖—路線會以黃底黑字標示，上有“KOTH”字樣及方向箭頭，亦會用白絲帶。然而，帶備一份大嶼山郊野公園地圖，可以在你有疑問時，為你解惑。當然，你最好在比賽前，熟習路線。

檢查站—由於全馬路段較為偏僻，檢查站時間必需遵守，尤其是昂坪（大佛）及東涌坳。

水站—東涌坳（伯公坳）是全馬和半馬的水站。全馬在東涌及昂坪（大佛）亦有水站。CP2 白芒只是計時站，不提供飲品。

設備—不論全馬或半馬，大部份路段都沒有屏障，建議帶備帽、太陽油、水袋。

路面情況－這是『山野之王』系列中最短和最容易的半馬路線，雖然有少量陟峭，但大部份路段都是主要山徑。全馬路線雖然不如以往的具挑戰性，但仍保留了部份艱難攀登及多了幾公里，由昂坪上鳳凰山尤為艱鉅。

雖然賽道都有標示，但昂坪附近有大量遊客，會比較混亂。如有疑問，可沿茶園方向查找登鳳凰山路徑。