

Tai Po Mountain Marathon Race Course
9:00 AM, Sunday 4 February 2018
Access via Tai Wo KCR Station or Ting Kok Road, TaiPo
Public buses: 71K, 72A, 73, 75K, E41

2018 route negotiated with AFCD (same as the 2017 route)

Start: Tai Po Old Market Temple, Ting Kok Road - Kau Lung Hang Shan (Cloudy Hill) - Sha Lo Tung - near Hok Tau Reservoir - Ping Fung Shan - Wong Leng – Left turn toward Luk Keng- Wang Shan Keuk Sheung Tsuen - Bride's Pool (End of Half Marathon) - Wu Kau Tang - Ha Miu Tin – Sam A Tsuen – Lai Chi Wo – Shan O – So Lo Pun – Ah Kung Au – Kuk Po – Kuk Po Lo Wai – A Ma Wat – Wu Kau Tang – Bride's Pool Finish.

Half Marathon Length – 15.3 km 1050 meters cumulative elevation gain
Full Marathon Length – 36.30 km 1740 meters cumulative elevation gain

Cutoff Times: 3.5 hours at the halfway point for full marathon runners; 4.0 hours for half marathon. 7.5 hours finishing cut off for the full marathon.

There are 4 water stops on the full marathon course and 1 water stop on the half marathon course. It is 5 km from the start to the first water stop, but another 10 km to the next water stop.

Race Course Hints and Suggestions

Maps - Although the course will be marked with white arrows, these arrows tend to fade overtime. Purchasing a North-East New Territories 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.

Water - One water stop will be provided at Sha Lo Tung, one at Bride's Pool halfway point and one at Kuk Po. There may be additional cups of water available at Sheung Yeung Fung and Lai Chi Wo Ferry Pier. There are no obvious places to purchase water along the course so runners are advised to prepare accordingly and carry their own water along the course.

Weather - It can still be hot this time of the year and large portions of the trail are exposed to direct sunlight. Hats and sunscreen are recommended.

Trail Conditions - Portions of the trail are on steep and rough ground. The new section off of Wong Leng has badly designed wooden slat stairs in a few places and runs very

quickly. If it has rained recently, it will also be slippery. Be prepared for rough, outback conditions, this is not a road race!

You will want to bring along money to catch the bus from Bride's Pool. One drop bag for each full and half marathon runner will be transported from the race start to Bride's Pool.

Although the trail will be marked with arrows, previous history suggests that there are a few common places where runners lose the trail:

- 1) Near the top of Cloudy Hill (Kau Lung Hang Shan), the trail breaks off from the Wilson Trail to the right, followed by a left at the next intersection.
- 2) Approaching Cheung Uk from Sha Lo Tung, the trail turns right into the field just before the village. A few hundred meters further along, the course route goes left and then over a stream rather than continuing straight on the path.
- 3) Just after Wong Leng take the sign posted left hand turn toward Luk Keng. A few hundred meters down, bear left again toward Luk Keng rather than right toward Pat Sin Leng. Turn right at the next intersection toward Bride's Pool.
- 4) Upon reaching the Wilson Trail, turn right and follow the Wilson Trail past 2 abandoned villages to meet the Pat Sin Country Trail. Turn left on the Pat Sin Country Trail down to Bride's Pool Road.
- 5) Leaving Bride's Pool, go down the stone stairs and across a bridge. Turn left and up hill, immediately opposite the picnic/barbecue area, in the direction of Wu Kau Tang.
- 6) From Wu Kau Tang follow signs to Sam A Tsuen. From Sam A Tsuen, follow signs for Lai Chi Wo. From Lai Chi Wo, follow signs for Luk Keng until arriving at the Kuk Po checkpoint. After Kuk Po, look for signs for Wu Kau Tang and after Wu Kau Tang, look for signs to Bride's Pool.