

Altra King of the Hills Series 2023/24

Tai Po Mountain Marathon Race Course

Race Start : 9am, Sunday January 28, 2024

Information Desk & Baggage storage opens at 8am

Start : open ground next to a children playground behind the Tai Po Old Market Temple,
Ting Kok Road access via Tai Wo KCR Station or Ting Kok Road, Taipo

Public buses: 71K, 72A, 73, 75K, E41

Half Marathon Length – 16.5 km, 1050 meters cumulative elevation gain, 4 hours allowed

Full Marathon Length – 36.3 km, 1740 meters cumulative elevation gain, 8 hours allowed

Start: Tai Po Old Market Temple, Ting Kok Road - Kau Lung Hang Shan (Cloudy Hill) - Sha Lo Tung – Ping Shan Chai - Ping Fung Shan - Wong Leng – Left turn toward Luk Keng- Wang Shan Keuk Sheung Tsuen - Bride's Pool Road (End of Half Marathon) - Wu Kau Tang – Ha Miu Tin – Sam A Tsuen – Lai Chi Wo – So Lo Pun – Ah Kung Au – Kuk Po – A Ma Wat – Wu Ka Tang Country Trail – Tin Sum – Chi Sum Road – foot bridge – dirt path – Bride's Pool Nature Trail – Northern Entrance of Bride Pool Nature Trail (Finish of Full Marathon)

Cutoff Times: 3.5 hours at the halfway point (CP3 Bride's Pool) for full marathon runners; 5 hours for half marathon; and 7.5 hours finishing cut off for the full marathon.

There are 3 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 A4 size way marks white arrows, purchase 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 – Water Stop will be at CP1 Sha Lo Tung, CP3 Bride's Pool (halfway point), CP4 Lai Chi Wo and CP5 Kuk Po . 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.

Mosquito Repellent – Although no cases of Dengue Fever have been reported in the race course area, participants would be wise to take precautions against mosquito bites.

Weather – It could be cold or warm in January. Please check the weather forecast prior to the race. Cool and dry is the mostly outcome based upon historical precedent for this time of year. 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 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 takes 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 with Wilson Trail towards Bride's Pool.
- (4) Upon reaching the Wilson Trail, turn right and follow the Wilson Trail past 2 abandoned villages(Wang Shan Keuk Sheung Tsuen and Wang Shan Keuk Ha Tsuen) until meeting with the Pat Sin Leng Nature Trail. Then turn left on the Pat Sin Leng Nature Trail down to Bride's Pool Road.
- (5) Leaving Bride's Pool Road, go down the stone stairs and cross 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 to Lai Chi Wo, follows signs until arriving at the Kuk Po Checkpoint CP4. After Kuk Po look for signs for Wu Kau Tang and after Wu Kau Tang, Look for signs to Bride's Pool (Finish of Full Marathon)
- (7) Racers could catch Bus Route No, 275R for Tai Po Market Station about 100 meters away from the finish line in Bride's Pool.

#####以下為中譯本#####

2023/24 Altra 山野之王系列賽之大埔站

日期：2024 年 1 月 28 日

比賽開始時間：上午 9 時正

起點開放時間：上午 8 時正 (寄存行李/領取比賽號碼布)

起點地點：汀角路大埔舊墟天后廟後方兒童遊樂場旁空地

途經的公共巴士：71K, 72A, 73, 75K, E41 或從東鐵太和站經汀角道前往

完成比賽時限：全馬 8 小時內 半馬 5 小時內

賽道距離及總爬升：

全馬 36.3 公里 +1,740 公尺 - 4 個水站

半馬 15.30 公里 +1,050 公尺 - 1 個水站

路線摘要：大埔舊墟廟宇前 > 汀角路 > 九龍坑山(雲山) > 沙羅洞 > 平山仔 > 屏風山 > 黃嶺 > 往鹿頸方向左轉 > 橫山腳上村 > 新娘潭路(半馬終點) > 烏蛟騰 > 下苗田 > 三極村 > 荔枝窩 > 鎖羅盆 > 榕樹凹 > 亞公坳 > 谷甫 > 分水凹 > 亞媽笏 > 烏蛟騰郊途徑 > 田心 > 祠心路 > 行人橋 > 新娘潭自然教育徑 > 新娘潭路(全馬終點)

比賽關閉時間：

全馬賽員須於比賽開始後限時內通過以下檢查點否則不許繼續比賽：

CP3 新娘潭 3 小時 30

注意事項：

- (1) 地圖：雖則賽道會有路標和絲帶子標示但其它郊遊人仕也有可能不經意地遮擋了路標，請參閱賽區地圖及在比賽前熟習賽道。
- (2) 水站：CP1 沙羅洞，CP3 新娘潭路，CP4 荔枝窩，CP5 谷甫。賽道餘下路段沒有位置可供購買飲料自行補給。賽員應自行計劃好攜行飲料份量。
- (3) 蚊怕水：雖則近來賽區範圍附近暫沒有確診的登革熱病例但賽員仍需注意禦防蚊釘措施。
- (4) 氣候：一月份氣溫仍是可冷可熱，賽員請留意比賽日天氣預報。過去同期天氣是清爽的。

- (5) 路況：部份賽道較崎嶇和陡上，天雨後較濕滑。這比賽並不是全路賽，要有準備在崎嶇山徑和穿過矮叢中比賽。
- (6) 賽員須帶備車資在完成比賽後乘公共交通工具離開終點。主辦方會在比賽開始後馬上把賽員寄存的行李從大埔運到新娘潭賽事終點行李區。
- (7) 比賽當天賽道是會有路標指示路線，但過往仍有些賽員在下列順序地點混淆走錯路：
 - 7.1 到九龍坑山(雲山)山頂後，經一小徑衛弈信徑(衛徑)後馬上右轉往下，下降到下一個小徑交點後左轉。
 - 7.2 離開沙羅洞張屋後賽道在田野間的小徑交點右轉入一小徑往平山仔。
 - 7.3 開黃嶺不遠處轉入有往鹿頸的路牌的小徑而不是直往八仙嶺，下降到下一個與衛徑的交會點後轉右往新浪潭方向走。
 - 7.4 沿到衛徑經過兩個廢棄村落遺址(橫山腳上村和橫山腳下村)後直至與八仙嶺自然教育徑匯合，在小徑交點轉左沿八仙嶺自然教育徑下降往新浪潭路。
 - 7.5 全馬選手橫過新娘潭路後從石樓梯往下走及過橋，沿着新浪潭自然教育徑經過了數個燒烤場後轉左向上山徑往烏蛟騰。
 - 7.6 離開烏蛟騰沿着路標到下苗田/三極村/荔枝窩/鎖羅盆/谷甫/分水凹/亞媽笏/田心/新娘潭路(全馬終點)。