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## Altra King of the Hills Series 2025/26

### Tai Po Mountain Marathon Race Course

#### 2025-12 variation

**IMPORTANT: Trails sections interlink Wu Kau Tang and Sam A Tsuen are temporarily closed by the authority due to landslides. There are varied course sections involved in the 2nd half of full marathon accordingly while the HALF marathon and the first half of the FULL marathon remain unchanged. Briefs of the race course sections and cutoffs, relocated Check Point/Water Stop concerned are highlighted below:**

Race Start : 9am, Sunday April 12, 2026

Information Desk & Baggage storage opens at 8am

Start : Goggle Pin: <https://maps.app.goo.gl/XPaHxQ1xSxcA5ZBL9>

open ground next to a children's 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

Full Marathon Length – **35km**, **1,707** 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 - Pat Sin Leng Nature Trail - Bride Pool's Road - Wu Kau Tang - **Fan Shue Au - Kuk Po – Luk Keung(CP4) – Sheung Tsat Muk Kiu – Junction of Bride's Pool Road and Wu Kau Tang Road (CP5) – Bride's Pool Road – Wu Kau Tang Country Trail** - Wu Kau Tang - Bride's Pool Road (Finish of Full Marathon)

Locations	Distance		Elevation Gain		Elevation Loss	
	split	accum	split	accum	split	accum
Start / CP1	6Km	6Km	+559m	+559m	-374m	-374m
CP1 / CP2	9.7Km	15.7Km	+384m	+943m	-394m	-768m
CP2 / CP3	1.2Km	16.9m	+60m	+1,003m	-156m	-924m
CP3 / CP4	<b>8.2Km</b>	<b>25.1Km</b>	<b>+219m</b>	<b>+1,222m</b>	<b>-360m</b>	<b>-1,284m</b>
CP4 / CP5	<b>5.6Km</b>	<b>30.7Km</b>	<b>+260m</b>	<b>+1,482m</b>	<b>-157m</b>	<b>-1,441m</b>
CP5 / FINISH	<b>4.3Km</b>	<b>35.0Km</b>	<b>+225m</b>	<b>+1,707m</b>	<b>-239m</b>	<b>-1,680m</b>

Half Marathon Length – 16.7 km, 1,003 meters cumulative elevation gain, 5 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)

Locations	Distance		Elevation Gain		Elevation Loss	
	split	accum	split	accum	split	accum
Start / CP1	6Km	6Km	+559m	+559m	-374m	-374m
CP1 / CP2	9.7Km	15.7Km	+384m	+943m	-394m	-768m
CP2 / FINISH	1.2Km	16.9m	+60m	+1,003m	-156m	-924m

CUTOFF TIMES: 4 hours at the halfway point for full marathon runners; 5.0 hours finishing for half marathon. **5.5 hours for CP4; 6.5 hours for CP5**; and 8 hours finishing 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 about 6 km from the start to the first water stop, but another 11 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, **CP4 Luk Keng** and **CP5 Wu Kau Tang**. There are no obvious places to purchase water along the course except Luk Keng, 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 December. Please check the weather forecast prior to the race. Cool and dry is the most 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 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!

One drop bag for each full and half marathon runner will be transported from the race start to Bride's Pool. Racers could catch Bus Route No, 275R for Tai Po Market Station about 80 meters from the finish line after crossing Bride's Pool Road

REMARKS:

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 right 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, Racers 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, 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. Please be aware of traffic and follow race marshals instructions while crossing Bride's Pool Road.
- (6) After the arrival to Wu Kau Tang from CP3, follow signs to Wu Kau Tang Country Trail . **DON'T** stay on Double Heaven Country Trail heading to Sam A Chuen
- (7) **After passing Sheung Tsat Muk Kiu on Wilson Trail, full marathon racers will turn to a hiking trail and descend to Bride's Pool Road from a footpath junction after Distance Post W133. Then crossing Bride's Pool Road to a AFCD picnic (Check Point 5) . Strictly follow race marshals' instruction whenever crossing the roads.**
- (8) **Stay on sidewalk of Bride's Pool Road (Luk Keng bound) until joining the trail head of Wu Kau Tang Country at Bride's Pool Road side. Run through the whole Country Trail back to Wu Kau Tang** , then reverse the same trail from CP3 back to the Finish Line at Bride's Pool

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## 2025/26 Altra 山野之王系列賽之大埔站

## 重要消息及賽道調整通知

由於今年夏季發生山泥傾瀉，政府部門已暫時封閉連接烏蛟騰和三桠村的部分山徑步道。基於此情況，本屆全馬賽事的後半段路線將作出調整。半馬賽及全馬賽的前半段則維持不變。針對更改的路段，檢查站及水站的位置已重新設置，並且關站時限亦作相應調整。請參賽者留意以下最新安排，

日期：2026年4月12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  
 Google 圖釘：<https://maps.app.goo.gl/XPaHxQ1xSxcA5ZBL9>  
 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 35 公里 +1,707 公尺** - 4 個水站  
 半馬 16.9 公里 +1,003 公尺 - 1 個水站

路線摘要：

全馬：大埔舊墟廟宇前 > 汀角路 > 九龍坑山(雲山) > 沙羅洞(CP1) > 平山仔 > 屏風山 > 黃嶺 > 往鹿頸方向左轉 > 橫山腳上村 > 八仙嶺自然教育徑(CP2) > 新娘潭路(CP3) > 烏蛟騰 > **烏蛟騰郊遊徑 > 分水凹 > 谷甫 > 鹿頸(CP4) > 上七木橋 > 新娘潭路與烏蛟騰路交界(CP5) > 烏蛟騰郊遊徑 > 烏蛟騰 > 新娘潭路(全馬終點)**

位置	距離		攀升高度		下降高度	
	分段	累計	分段	累計	分段	累計
起點 / CP1	6Km	6Km	+559m	+559m	-374m	-374m
CP1 / CP2	9.7Km	15.7Km	+384m	+943m	-394m	-768m
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CP5/ 終點	4.3Km	35.0Km	+225m	+1,707m	-239m	-1,680m

**半馬：** 大埔舊墟廟宇前 > 汀角路 > 九龍坑山(雲山) > 沙羅洞 > 平山仔(CP1) > 屏風山 > 黃嶺 > 往鹿頸方向左轉 > 橫山腳上村 > 八仙嶺自然教育徑 (CP2) > 新娘潭路(半馬終點)

位置	距離		攀升高度		下降高度	
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CP1 / CP2	9.7Km	15.7Km	+384m	+943m	-394m	-768m
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比賽關閘時間：

全馬賽員須於比賽開始後 4 小時內通過 CP3 (新娘潭路)否則不許繼續比賽。此外全馬參加者須於比賽開始後 **5½小時內通過 CP4 (鹿頸) ) 6½小時內通過 CP5 (烏蛟騰路)**

終點關閘時間：半馬賽開始後 5 小時。全馬賽比賽開始後 8 小時，

注意事項：

- (1) 地圖：雖則賽道會有路標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 **鹿頸**，CP5 **烏蛟騰路**。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：十二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 選手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(半馬終點)。
- 7.5 全馬選手到新娘潭路後須橫過新娘潭路從新娘潭自然教育徑入口再下石台階沿新娘潭自然教育走到照鏡潭入口前過行人橋，在一燒烤場前轉左上坡左轉入古道往烏蛟騰。橫過新娘潭路須注意交通及必須跟從大會工作人員指示。
- 7.6 從 CP3 到烏蛟騰後沿着路標往 **烏蛟騰郊遊徑/分水凹，切勿沿印洲塘郊遊徑往 三桠村**。
- 7.7 **全馬選手在衛徑過了上七木橋後，沿衛徑走到標距柱W133後在下一個小徑交點往左轉離開衛徑，切勿沿衛徑再走往橫山腳上村。轉入明顯山徑後開始下坡，直至抵達新娘潭路後再橫新娘潭與烏蛟騰路前往漁護署郊遊地點 (CP5)**。特別提醒，選手在過馬路時，必須嚴格遵守賽事工作人員的指示，以確保比賽安全順利進行。
- 7.8 **離開 CP5 後沿新娘潭路(鹿頸方向)旁行人路走450米到烏蛟騰郊遊徑入口，右轉上郊遊徑後再沿郊遊徑走到烏蛟騰後，**逆走從CP3往烏蛟騰路段返全馬終點

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