

各段路況指引

港島部份

起點 - CP1

- 靠海往西環方向跑
- 經信德中心、中山公園。至海濱盡頭轉左直出城西道
- 沿城西道一直跑，經西環海旁至堅尼地城，見泓都，進入域多利道
- 沿域多利道一直跑，途經芝加哥大學，抵達 **CP1 (域多利道油站)**

CP1 - CP2 / 接棒區 1

- 離開 CP1 後繼續沿域多利道跑，經過薄扶林消防局後到達域多利道口
- 轉右接石排灣道直往香港仔方向，途經漁市場後一直靠香港仔海濱
- 再經香葉徑、黃竹坑、海洋公園
- 海洋公園往深水灣方向會有分岔路，建議使用右邊小路落苗鍾徑往深水灣，之後接回香島道
- 至深水灣燒烤場後落麗海堤岸路往淺水灣
- 麗海堤岸路後接海灘道，直達 **CP2 / 接棒區 1 (淺水灣停車場)**

CP2 - CP3

- 離開 CP2 後繼續沿海灘道跑
- 至海灘道尾接南灣道跑，往右繼續跑
- 大概 400 米後往左手邊扶手樓梯上，接林蔭小路再上樓梯
- 上樓梯後接淺水灣道轉右繼續
- 見春磡角道轉右直落到底
- 直落到底後見迴旋處，請往左邊樓梯往沿海小徑，直達美利樓
- 經過赤柱廣場及酒吧街後，往巴士總站，沿赤柱灘道繼續
- 赤柱灘道尾接赤柱村道，轉右繼續往赤柱村道口
- 至赤柱村道口 U turn 接赤柱峽道，大概 400 米後往對面馬路上樓梯
- 上樓梯後接老虎山引水道，轉右繼續，直達 **CP3 (大潭水塘南門開口)**

CP3 - CP4 / 接棒區 2

- 離開 CP3 後跑入大潭水塘，接港島徑第 6 段 (此段乃山林路)
- 完成港島徑第 6 段後過對面馬路，接港島徑第 7 段
- 完成港島徑第 7 後，將到達 **CP4 / 接棒區 2 (港島徑第八段起點旁)**

CP4 - CP5

- 離開 CP4 後進入港島徑第 8 段
- 到達馬塘坳後沿引水道 (砵典乍山郊遊徑) 直去
- 沿砵典乍山郊遊徑後接龍躍徑，抵達小西灣海濱花園
- 直出公園接小西灣道轉右繼續，途經藍灣半島小西灣運動場及 8 號廣場
- 見 8 號廣場請轉右直出海傍，接嘉業街，再轉左繼續
- 至嘉業街街口接永泰道，然後轉右繼續
- 沿永泰道一直跑，見 THEi 教育學院請過左手邊馬路
- 過馬路後就是永泰道花園，再往前跑數 10 米達 **CP5 (柴灣永泰道公園)**

CP5 - 中環天星碼頭 / 接棒區 3

- 離開 CP5 後向左跑，落行人隧道，隧道內再轉右，上斜
- 再接行人天街，至天橋末端上樓梯
- 樓梯後再上斜，接樂民道，經東經醫院後接柴灣道，再轉右上
- 數 10 米後即落斜，見亞公岩道轉右
- 至亞公岩道尾過馬路直出筲箕灣海濱公園
- 沿筲箕灣海濱公園靠海傍跑，至東岸坂道，到銅鑼灣消防局
- 直往灣仔碼頭、金紫荊廣場，繼而抵達中環天星碼頭 ~ **接棒區 3**

九龍部份

中環天星碼頭 / 接棒區 3 - CP6

- 乘船往尖沙咀天星碼頭
- 落船後轉右往鐘樓方向，再出梳士巴利道往尖東方向跑
- 經過 K11 後於星光大道末端才轉出海濱
- 之後上橋繼續跑往黃埔方向，落橋後沿海濱繼續跑，至海濱長廊盡頭
- 至海濱長廊盡頭轉左穿過海逸豪園，接大環道東轉右跑
- 數 10 米後再轉右接鶴翔街，一直跑至路口轉右入崇平街
- 沿崇平街跑約 200 米轉左接庇利街
- 見路口轉右接浙江街繼續跑，見公園入口轉右出海心公園繼續沿海跑
- 穿出海心公園後繼續沿海往啟德方向跑
- 見啟德主場館轉右直出啟德海濱花園，繼續沿海跑
- 至啟德海濱經啟德橋，過橋後轉右沿海濱經香港兒童醫院直往觀塘海濱方向
- 抵達 **CP6 (觀塘海濱花園)**

CP6 - CP7 / 接棒區 4

- 沿觀塘海濱一直跑至海濱公園尾，繼續直往茶果嶺方向
- 沿茶果嶺道一直跑往油塘
- 到達油塘後沿高超道方往澳景路
- 從澳景路進入衛徑第三段
- 進入衛徑第三段後見路牌轉右往靈實醫院方向跑
- 逐接寶琳路南繼續跑約 2 - 3 km，至斜路頂見路口轉右接寶琳路繼續跑
- 沿寶琳路一直跑至秀茂坪道轉右繼續跑
- 直達秀茂坪邨邨口，抵達 **CP7 / 接棒區 4 (秀茂坪休憩處)**

CP7 - CP8

- 離開 CP7 / 接棒區 4 後繼續沿秀茂坪道跑
- 至路口轉右接順利邨道繼續跑，接順清街，再接新清水灣道，抵達牛池灣街市
- 繼續沿新清水灣道跑，轉右接龍翔道繼續，至路口轉右接斧山道繼續
- 接斧山道跑約 300 米後見左手邊斑馬線過對面，過馬路後轉左繼續
- 至路口轉右接鳳德道繼續，沿鳳德道一直跑至黃大仙轉車站再次接回龍翔道
- 接回龍翔道後轉右繼續往黃大仙方向跑至南昌街
- 到分岔路接大窩坪道，至大埔道轉左繼續
- 再次接回龍翔道，然後呈祥道
- 至路口轉往蝴蝶谷道，逐抵達 **CP8 (荔枝角蝴蝶谷道寵物公園)**

CP8 - 終點

- 離開 CP8 後過對面馬路轉右接甘泉街，再接深旺道靠左繼續跑
- 海麗邨過馬路去右邊，見海達街市過對面，繼而靠左
- 欽洲街十字路口過馬路。到南昌公園尾過馬路
- 深旺道尾轉左入博文街直跑至大角咀
- 大角咀跑入到海泓道
- 海泓道一路靠右邊跑，會經過御金國峯，八文樓去到佐敦道
- 接廣東道到柯士甸道西街口唔洗落隧道，轉右然後一條直路返終點 ~ **Elements 對出公園**

ROUTE GUIDANCE

Hong Kong Island Section

Start - CP1

- Run along the waterfront toward Western District.
- Pass Shun Tak Centre and Sun Yat Sen Memorial Park. At the end of the promenade, turn left and go straight onto Connaught Road West.
- Continue along Connaught Road West, passing the Western waterfront and Kennedy Town. When you see The Belcher's, enter Victoria Road.
- Continue along Victoria Road, passing the University of Chicago, until you reach CP1 (the petrol station on Victoria Road).

CP1 - CP2 / Relay Zone 1

- After leaving CP1, continue along Victoria Road. After passing Pok Fu Lam Fire Station, you will reach the junction of Victoria Road.
- Turn right onto Shek Pai Wan Road and head toward Aberdeen. Pass the fish market and continue along the Aberdeen waterfront.
- Go past Heung Yip Road, Wong Chuk Hang, and Ocean Park.
- At the split near Ocean Park heading toward Deep Water Bay, it is recommended to take the right-hand path down Miu King Road to Deep Water Bay, then rejoin Island Road.
- After reaching Deep Water Bay Barbecue Area, go down Repulse Bay Road toward Repulse Bay.
- After Repulse Bay Road, connect to Beach Road and continue straight to CP2 / Relay Zone 1 (Repulse Bay Car Park).

CP2 - CP3

- After leaving CP2, continue along Beach Road.
- At the end of Beach Road, join South Bay Road and continue to the right.
- After about 400 meters, take the staircase on the left, then follow the shaded path and go up another staircase.
- After the stairs, continue on Repulse Bay Road and turn right.
- When you reach Chung Hom Kok Road, turn right and go all the way downhill.
- At the bottom, you will see a roundabout. Take the left staircase to the coastal path and continue to Murray House.
- Pass Stanley Plaza and the bar street, then head toward the bus terminus and continue along Stanley Main Street.
- At the end of Stanley Main Street, join Stanley Village Road, then turn right and continue to the junction.
- At the junction, make a U-turn and join Stanley Gap Road. After about 400 meters, cross to the opposite side and take the staircase.
- After the stairs, join the Tiger Balm Tree Water Catchment Path, turn right and continue until CP3 (the South Gate of Tai Tam Reservoir).

CP3 - CP4 / Relay Zone 2

- After leaving CP3, run into Tai Tam Reservoir and join Section 6 of the Hong Kong Trail. This section is on mountain and woodland trails.
- After completing Section 6, cross the road and join Section 7 of the Hong Kong Trail.
- After completing Section 7, you will reach CP4 / Relay Zone 2, next to the start of Section 8 of the Hong Kong Trail.

CP4 - CP5

- After leaving CP4, enter Section 8 of the Hong Kong Trail.
- When you reach Ma Tong Au, continue straight along the catchwater (Pottinger Peak Country Trail).
- Follow Pottinger Peak Country Trail, then join Lung Yuek Trail and reach Siu Sai Wan Promenade.
- Exit the park and join Siu Sai Wan Road, turning right and continuing past Island Resort, Siu Sai Wan Sports Ground, and 8 Plaza.
- When you see 8 Plaza, turn right and go straight out to the seawall, then join Kai Yip Street and turn left.
- At the junction of Kai Yip Street, join Wing Tai Road, then turn right and continue.
- Continue along Wing Tai Road. When you see THEi, cross to the left side of the road.
- After crossing, you will reach Wing Tai Road Garden, and after running a few more dozen meters, you will reach CP5 (Wing Tai Road Park, Chai Wan).

CP5 - Central Star Ferry Pier / Relay Zone 3

- After leaving CP5, turn left and go down the pedestrian tunnel. Turn right inside the tunnel and go uphill.
- Continue to the pedestrian skybridge and take the stairs at the end.
- After the stairs, go uphill again and join Lok Man Road. Pass Tung Wah Eastern Hospital, then join Chai Wan Road and turn right uphill.
- After about 10 meters, go downhill, then turn right at A Kung Ngam Road.
- At the end of A Kung Ngam Road, cross the road and go straight out to Shau Kei Wan Promenade.
- Run along the seaside edge of Shau Kei Wan Promenade to Tung On Street, then continue to Causeway Bay Fire Station.
- Continue straight to Wan Chai Ferry Pier, Golden Bauhinia Square, and finally arrive at Central Star Ferry Pier / Relay Zone 3.

Kowloon section

Central Star Ferry Pier / Relay Zone 3 - CP6

- Take the ferry to Tsim Sha Tsui Star Ferry Pier.
- After disembarking, turn right towards the Clock Tower, then exit onto Salisbury Road and run towards Tsim Sha Tsui East
- Pass K11 and only turn onto the promenade at the end of the Avenue of Stars
- Then go up the bridge and continue running towards Whampoa; after descending, keep running along the waterfront until the end of the promenade
- At the end of the promenade, turn left and pass through Whampoa Garden, then join Tai Wan Road East and turn right.
- After about 10 meters, turn right again onto Hok Cheung Street and continue until the junction, then turn right into Chung Ping Street.
- Run about 200 meters along Chung Ping Street, then turn left onto Bei Li Street.
- At the junction, turn right onto Zhejiang Street and continue. When you see the park entrance, turn right and exit through Hoi Sham Park, then continue running along the coast.
- After exiting Hoi Sham Park, continue along the waterfront toward Kai Tak.
- When you see Kai Tak Stadium, turn right and go straight out to Kai Tak Promenade, continuing along the waterfront.
- At Kai Tak Promenade, pass Kai Tak Bridge. After crossing the bridge, turn right and continue along the waterfront past the Hong Kong Children's Hospital toward Kwun Tong Promenade.
- Arrive at CP6 (Kwun Tong Promenade).

CP6 - CP7 / Relay Zone 4

- Continue along Kwun Tong Promenade to the end of the promenade park, then continue straight toward Cha Kwo Ling.
- Continue along Cha Kwo Ling Road toward Yau Tong.
- After reaching Yau Tong, follow Ko Chiu Road toward O King Road.
- Enter Section 3 of the Wilson Trail from O King Road.
- After entering Section 3, when you see the signboard, turn right and run toward Haven of Hope Hospital.
- Continue onto Po Lam Road South for about 2 to 3 km. At the top of the slope, at the junction, turn right onto Po Lam Road and continue.
- Continue straight along Po Lam Road until you reach Sau Mau Ping Road, then turn right and continue.
- Go straight to the entrance of Sau Mau Ping Estate and arrive at CP7 / Relay Zone 4 (Sau Mau Ping Rest Garden).

CP7 - CP8

- After leaving CP7 / Relay Zone 4, continue along Sau Mau Ping Road.
- At the junction, turn right onto Shun Lee Tsuen Road, then continue onto Shun Ching Street and New Clear Water Bay Road, reaching Ngau Chi Wan Market.
- Continue along New Clear Water Bay Road, turn right onto Lung Cheung Road, then turn right again onto Hammer Hill Road.
- After running about 300 meters on Hammer Hill Road, use the zebra crossing on the left to cross to the other side, then turn left and continue.
- At the junction, turn right onto Fung Tak Road and continue along it until Wong Tai Sin Interchange, where you rejoin Lung Cheung Road.
- After rejoining Lung Cheung Road, turn right and continue toward Wong Tai Sin, then go onto Nam Cheong Street.
- At the fork, take Tai Wo Ping Road. At Tai Po Road, turn left and continue.
- Rejoin Lung Cheung Road, then continue onto Ching Cheung Road.
- At the junction, turn onto Butterfly Valley Road and arrive at CP8 (Butterfly Valley Road Pet Garden, Lai Chi Kok).

CP8 - Finish

- After leaving CP8, cross the road and turn right onto Kam Chuen Street, then continue left along Sham Mong Road.
- After Hoi Lai Estate, cross the road to the right side. When you reach Hoi Tat Wet Market, cross back and keep left.
- Cross at the intersection of Yen Chow Street. At the end of Nam Cheong Park, cross the road.
- At the end of Sham Mong Road, turn left into Bute Street and continue straight to Tai Kok Tsui.
- Run into Hoi Wang Road.
- Stay on the right side of Hoi Wang Road, passing The Coronation, Bute Street, and reaching Jordan Road.
- Take Canton Road to the junction with Austin Road West. You do not need to go down the underpass; turn right and continue straight all the way back to the finish line, the park in front of ELEMENTS.

CP1
cut off time :
solo ~ 9:30am / team ~ 10:30am



Victoria Road Sitting-out Area
域多利道油站旁休憩處

CP2 / Relay 1 接棒區 1
cut off time :
solo ~ 11:00am / team ~ 11:15am



Repulse Bay Beach Road carpark
淺水灣海灘道停車場

CP3
cut off time :
solo / team ~ 12:30pm



Tai Tam Reservoir (South Gate)
大潭水塘南門開口

CP4 / Relay 2 接棒區 2
cut off time :
solo ~ 2:15pm / team ~ 1:45pm



HK Trail section 8 entrance
港島徑第八段起點旁

CP5
cut off time :
solo ~ 3:45pm / team ~ 3:15pm



Wing Tai Road Garden, Chaiwan
柴灣永泰道公園

Relay 3 接棒區 3
cut off time :
solo ~ 5:15pm / team ~ 4:45pm



Central Star Ferry Pier (Pier no.7)
中環天星碼頭 (7 號碼頭)

CP6
cut off time :
solo ~ 7:15pm



Kwun Tong Promenade (Hoi Bun Road)
觀塘海濱花園 (海濱道)

CP7 / Relay 4 接棒區 4
cut off time :
solo ~ 8:45pm / team ~ 7:00pm



Sau Mau Ping Sitting-out Area
秀茂坪休憩處

CP8
cut off time :
solo ~ 10:30pm



Butterfly Valley Road Pet Garden, Lai Chi Kok
荔枝角蝴蝶谷道寵物公園