

Oxfam Trailwalker

With You Through the Ups and Downs

華文正
祥



Photo: Jay Tam / Special thanks from right to left: DaDa Wong, Justin Lo, Erin Lai, Ken Lui / Artwork: chungling

INFORMATION BOOKLET (PART II)

樂施毅行者 
22 NOV-12 DEC 2021 **VIRTUALLY**
100KM TOGETHER

樂施毅行者
OXFAM
TRAILWALKER
VIRTUALLY
TOGETHER



樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty

Principal Sponsor

AIA Vitality

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Oxfam Hong Kong

Address: 17/F, China United Centre, 28 Marble Road, North Point, Hong Kong

Opening Hours: 09:00 – 13:00 & 14:00 – 18:00, Monday – Friday (Closed on Saturdays, Sundays and public holidays)

E-mail: otwinfo@oxfam.org.hk

Tel: 2520 2525

Fax: 2527 6213

Oxfam Trailwalker-VIRTUALLY TOGETHER

Website: https://bit.ly/OTWVirtuallyTogether_en

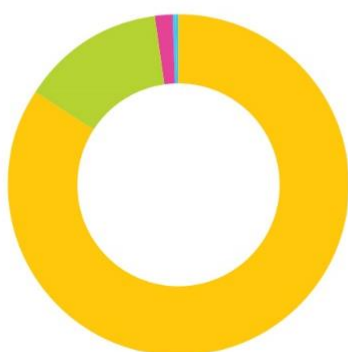
How Your Donations Help

Oxfam Trailwalker is one of the largest fundraising hiking events in Hong Kong. Since 1986, more than 100,000 participants have raised over HK\$600 million to support Oxfam's various poverty alleviation and advocacy work locally and globally.

Please use your Team Page on the official website or the Sponsorship Form to solicit sponsorship.

Remember: the more you raise, the more people you can empower!

FINANCIAL HIGHLIGHTS



INCOME AND EXPENDITURE

INCOME

	HK\$'000
Public fundraising	198,185
Institutional fundraising	21,146
Others*	6,891
TOTAL INCOME	226,222

EXPENDITURE

	HK\$'000
Programmes	171,928
Fundraising and marketing	27,931
Management and administration	8,689
Others	960
TOTAL EXPENDITURE	209,508
SURPLUS FOR THE YEAR	16,714

PROGRAMME EXPENDITURE BY EXTERNAL CHANGE GOALS

EXPENDITURE	HK\$'000
Financing for development and universal essential services	55,283
Saving lives	36,292
Active citizens	31,676
Sustainable food	21,293
Gender justice	17,047
Fair sharing of natural resources	10,337
TOTAL	171,928

*Includes HK\$5.5 million funding support from the Employment Support Scheme under the Anti-epidemic Fund

Close to 90 per cent of Oxfam Hong Kong's income is from the public. We are committed to putting every dollar to good use, and supporting long-term poverty alleviation and emergency relief projects locally and globally.

These financial highlights are based on Oxfam Hong Kong's financial accounts for the year ended 31 March 2021. The full audited financial statements by KPMG are available on our website, www.oxfam.org.hk. All figures are in Hong Kong dollars.

Certificates and Awards

Team Certificate*:

- For each member of a team who has completed the route within 48 hours.

Individual Certificate*:

- For those who have completed the route within 48 hours but not with the entire team.

Fundraising Award:

- For teams or organisations which have raised the most sponsorship (over HK\$100,000) in each category.

Outstanding Fundraiser Award:

- Awarded to teams which have raised HK\$50,000 or above.

Outstanding Online Fundraiser Award:

- Awarded to the team which has raised the highest amount online.

Special Prizes:

- Cathay Pacific Airways Limited, the Logistics Sponsor, has donated 1,000,000 Asia Miles which will be awarded to 10 teams (100,000 Asia Miles per team or 25,000 Asia Miles per team member).
- PROTREK, Official Outdoor Shop, has donated cash coupons valued at HK\$40,000. These coupons will be awarded to 10 teams (coupons valued at \$4,000 per team).
- Theragun-Leader Radio Technologies Ltd, the event's sponsor, has donated a total of 16 Percussive Therapy Devices which will be awarded to 4 teams (4 Devices per team).

Any team which has raised HK\$20,000 or above by 12 January, 2022 is eligible to enter a lucky draw to win the above prizes. The awarded prize will be evenly shared by the four registered members of each winning team. The right to enter the lucky draw will be forfeited if the team cannot submit all proof of donations to Oxfam on or before 12 January, 2022 (according to the postmark). Teams that submit the sponsorship they have raised and / or proof of their donations late (i.e. after 12 January, 2022) will not be considered for the lucky draw.

*Only teams which have completed the 'Adventurous Trailwalkers – 100km' are eligible to have their timing record printed on their certificate.

1. The Organiser's decisions regarding the prizes are final and shall not be contested.
2. All certificates will be issued electronically to participants who have completed the event.
3. The winners of various awards will be invited to the Prize Presentation ceremony, which will be held in March 2022 (date to be confirmed). On the day of the ceremony, a Thank You Advertisement will be placed in Chinese and English newspapers. The teams / organisations names of all fundraising award winners will also be published.

Donation Methods

1. Thank you for supporting **Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER**. All teams must raise a minimum of HK\$5,200 in sponsorship. **The Organiser reserves the right not to accept applications for future Oxfam Trailwalker events from any member of a team who fails to raise the specified minimum sponsorship.**
2. In order to encourage participants to actively raise funds, teams that raise over HK\$20,000 will be given a team quota to join an in-person OTW in the future. Teams or organisations that raise over HK\$50,000 will be presented a fundraising award and acknowledged in the Oxfam Trailwalker 2022 Thank You Advertisement, which will be published in newspapers. Teams that raise over HK\$50,000 will each receive an ‘Oxfam Trailwalker Outstanding Fundraiser Award’.
3. All money raised from Oxfam Trailwalker must be donated in full to Oxfam. **You should not use your participation in Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER to raise funds for other organisations.**
4. ‘OTW 2021– VIRTUALLY TOGETHER’ has been launched and offers participants more flexibility. Donations raised will be used to support Oxfam’s poverty alleviation work locally and globally.

Donations should be collected immediately after the event and submitted to Oxfam by **12 January 2022 (according to the postmark)**.

Fundraising Team Page	Donors print out tax-deductible receipts themselves
Bank Account	Submit original deposit slips and sponsorship form to Oxfam
Remittance	Submit original deposit slips and sponsorship form to Oxfam
Cheque	Made payable to ‘Oxfam Hong Kong’; submit sponsorship form to Oxfam

1. Fundraising Team Page (<https://event.oxfamtrailwalker.org.hk/en/donation/Search>)

Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER teams can use their current Oxfam Trailwalker 2021 team numbers and the team pages to raise sponsorship. Each team can activate a Fundraising Team Page on the Oxfam Trailwalker website. Your family and friends can donate online and leave encouraging messages for your team. This page also makes it easier for your sponsors to make donations and greatly reduces our administrative costs. Your sponsors can choose to print out a tax-deductible receipt*, so you would not need to record donations on sponsorship forms and send them back.

*For Hong Kong taxpayers only. If you or your sponsors require receipts for tax deduction overseas, you may send the sponsorship to our overseas Oxfam offices. For details, please refer to the Oxfam Trailwalker website.

2. Bank account transfer

You can also submit the donations to Oxfam Hong Kong's account as below:

Deposit at a branch	Bank of China	Hang Seng Bank
Direct transfer through ATM or e-Banking	012-874-0-013039-1	284-401080-010

Please write your team number and leader's name on the original copy of the deposit slip or in the remarks section when making the transfer online and submit it to Oxfam Hong Kong. **Please write "Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER" and your team number on the envelope.**

3. Remittance

Please write your team number on the original copy of the deposit slip or the printed copy of the online transfer Acknowledgement Note and submit it with your sponsorship form by post or by hand to Oxfam.

Notes: if you make the remittance from the USA, you need to provide the account number, Hang Seng Bank's SWIFT code (i.e. HASEHKHH) and the CHIPS number (i.e. 010522).

Banker Name	Bank of China (HK) Limited, HK
Banker Address	608 Nathan Road, Mongkok, HK
Bank Swift Code	BKC HHK HH XXX
Account Name	Oxfam Hong Kong
Account No.	012-874-0-0130391
Currency	HKD

Banker Name	Hang Seng Bank Limited
Banker Address	83 Des Voeux Road Central, HK
Bank Swift Code	HASEHKHH
CHIPS No.	010522
Account Name	Oxfam Hong Kong
Account No.	284-401080-010
Currency	HKD

4. Cheque

Cheques should be made payable to 'Oxfam Hong Kong'. Please write 'Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER', your team number and your Team Leader's full name in English on the back of all cheques. Cash will not be accepted.

Please note that the balance of your team's record sponsorship may affect your qualification for subsequent Oxfam Trailwalker events. Please follow the instructions here so all donations you raise can be accurately accounted for.

Donation receipts and submission of sponsorship

1. Please detach the original **blue** and **pink** copies of each sponsorship form and send them to Oxfam together with the original deposit slips, cheques, or the printed copies of the online transfer Acknowledgement Note. Keep the **yellow** copy for your own reference.
2. **Make sure that you fill in the correct team number on the sponsorship forms.** Incorrect numbers printed on the sponsorship form may result in the sponsorship being credited to the wrong team.
3. Please provide the names of your sponsors for tax deduction purposes and **submit the sponsorship by 12 January 2022.** Please hand in donations before the deadline, otherwise your sponsors may not be able to process tax deductions for the current financial year.
4. Please contact Oxfam or download additional sponsorship forms at the down session from the Oxfam Trailwalker 2021 – VIRTUALLY TOGETHER website (bit.ly/OTWVirtuallyTogether_en) if needed.
5. You should notify Oxfam immediately if you decide to share your sponsorship with another team (especially corporate teams). Please clearly indicate the details, team number, and amount involved on the sponsorship form.
6. **You MUST keep the yellow copy of your sponsorship form and photocopies of your deposit slips, online transfer Acknowledgement Note, cheques, or other documents (such as bank statements) as a record of your donations being transferred to Oxfam Hong Kong's account. Do NOT destroy them until you have received all receipts.**
7. To reduce administrative costs, **receipts for tax deductions will only be issued for donations of HK\$100 or above.** Receipts will be sent to the team leader or each team member 10 weeks after donations and forms have been received by Oxfam. Please contact Oxfam if your mailing address is different from the information provided during the registration period. For company / organisation teams with a corporate coordinator as your contact person, receipts will be sent to the corporate coordinator.

Suggested Checklist

Epidemic Prevention Materials

- surgical masks
- 70-80% alcohol-based hand sanitiser
- Mask holder
- Disinfectant Wet Tissue

CHECKLIST SUGGESTED BY EXPERIENCED WALKERS

Essentials

- | | |
|---|--|
| <input type="checkbox"/> ID Card / Passport | <input type="checkbox"/> Reusable Bottle / Cup / Container / Utensils |
| <input type="checkbox"/> Cash (Reasonable Amount) / Octopus | <input type="checkbox"/> Fully Charged Mobile Phone |
| <input type="checkbox"/> Sufficient Water | <input type="checkbox"/> Spare Phone Batteries / External Battery Pack |
| <input type="checkbox"/> High-energy Snacks
(Glucose Tablets, Chocolate) | <input type="checkbox"/> Mosquito Repellent |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Tissues Paper |
| <input type="checkbox"/> Hiking Pole | <input type="checkbox"/> Whistle (In Case of Emergencies) |
| <input type="checkbox"/> Spare Clothes | <input type="checkbox"/> Painkillers, Diarrhoea Medicine |
| <input type="checkbox"/> Spare Socks | <input type="checkbox"/> Plasters / DuoDERM |
| <input type="checkbox"/> Insoles | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Blister Pad | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Windbreaker / Rain Jacket | <input type="checkbox"/> Maps Marked with the Oxfam Trailwalker
Route and Checkpoints |
| <input type="checkbox"/> Blankets, sleeping bags or warm clothes | |

Protection from the Sun / Heat

- Ventilable Sun Hat with Brim / Umbrella
- Sunglasses
- Sunblock
- Lip Moisturiser with SPF
- Fan

Night Time

- Warm Clothing
- Torch / Headlamp
- Spare Bulbs and Batteries
- Radio
- Anti-chafing Cream

Eco-Friendly Trailwalker

We believe you, being lovers of the great outdoors, will support our call to reduce waste.

Tips on minimising waste

- Plan your journey. Good planning can minimize the generation of waste from the source.
- Reduce the use of disposable items. Best use reusable gears.

Let's be eco-friendly together

1. Bring your own cup / container for hot drinks, soup and food
2. Bring your own cutlery
3. Take your empty bottles / cans to the recycle bins in town
4. Take litter on the trail back to town
5. Do not waste food – plan what you will eat in advance and take surplus food home
6. Take public transport instead of driving to reduce your carbon footprint
7. Eat more vegetables than meat during the OTW

- Disposable cups are rarely recyclable and can negatively impact the environment.
- In 2019, 4.84 million PET bottles are sent to our landfills every day (measured by weight). It takes over 100 to 450 years for a bottle to decompose.
- Please bring your own cup during the event.
- Love the environment. Be a Green Trailwalker!

The above information was provided by The Green Earth



Medical Tips

Common problems walkers encounter:

1. Foot blisters

We normally leave small blisters intact if they are not too problematic. However, we usually drain bigger blisters and cover them with a dressing to reduce pain and friction. You might need to change the dressing if it becomes soaked or detached. **Please note: Wear a comfortable and broken-in pair of shoes. Wearing new shoes is not a good idea.**

2. Knee pain

Knee pain can be caused by either overuse or a sprain. RICE (rest, ice, compression, elevation) is the initial treatment. We provide analgesic balm and oral analgesia (if you are not allergic to it) at the medical tent. We may also provide an elastic bandage for you to better support your knee. If symptoms are severe, please consider withdrawing from the event.

3. Exhaustion

Exhaustion can be physical and/or mental. **Preparing yourself for different conditions during your training will help you overcome these difficulties during the event.** Weather variations can have adverse effects on your body. It may be hot and humid during the day but suddenly turn cold and windy at night. Appropriate clothing and dietary support will help reduce these adverse effects in your body.

4. Muscle cramps

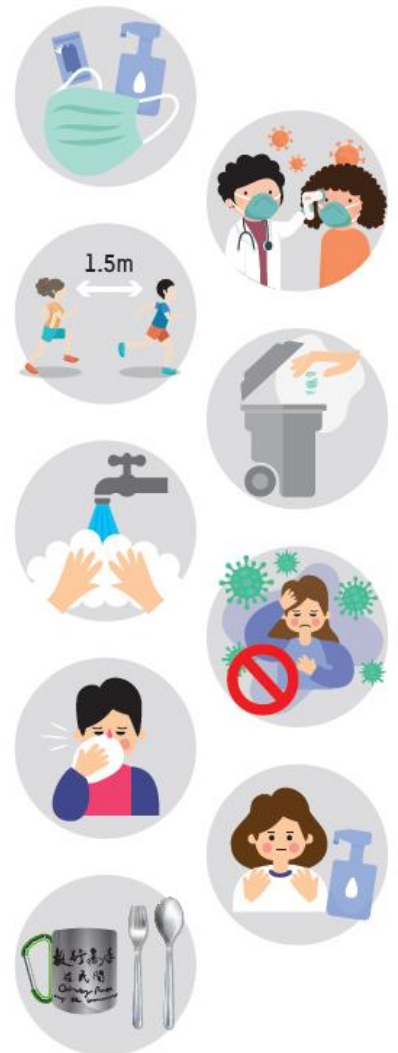
The cause is controversial and still not fully understood, however, there is no evidence to suggest muscle cramps are caused by sodium depletion. As such, **we do not recommend that walkers take salt tablets as a treatment or prevention.** Salt tablets can cause stomach irritation and vomiting. Instead, proper training and rest, adequate fluid replacement and stretching can provide relief.

5. Fainting

There are many causes but dehydration is one of the main reasons. **Make sure you are adequately hydrated throughout the event. We do not recommend consuming alcohol after finishing the event** as there have been instances where walkers have fainted after doing so. This may have been caused by a combination of dehydration and vasodilatation from the alcohol, resulting in a sudden drop in blood pressure.

Personal Health Tips

1. Perform hand hygiene frequently, especially before touching your mouth, nose or eyes, after touching items/surfaces frequently touched by others (e.g. doorknobs), or when hands are contaminated by respiratory secretion after coughing or sneezing.
2. Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry. If hand washing facilities are not available, or when hands are not visibly soiled, use an alcohol-based hand rub with at least 70 to 80 per cent alcohol.
3. Cover your nose and mouth with tissue paper when sneezing or coughing. Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
4. Please wash hands or use hand sanitizer after using the toilet.
5. Bring surgical masks, tissue paper and an alcohol-based hand sanitiser (with at least 70 to 80 per cent alcohol) with you.
6. If you have a fever or respiratory symptoms, do not participate in the event and seek medical advice promptly.
7. Remove and dispose of masks safely and properly. Do not leave them on the trail.
8. Buy an insurance plan that covers COVID-19 if needed, and thoroughly read through the terms and conditions.
9. Avoid touching animals (including wild boars, monkeys, poultry / birds or their droppings).
10. Participants must be 1.5-meter apart from other teams while on the course, especially when trying to take over other participants.



Safety Guidelines

By subscribing, you expressly agree that the activity is undertaken under your own responsibility and at your own risk. Please refer to the full version of the disclaimer by clicking [here](#).

Participants are also strongly advised to purchase insurance at their own expense.

Heat Stroke

- Heat stroke is caused by one's inability to regulate body temperature through transpiration at high ambient temperatures. The patient feels hot, dizzy, uneasy and even becomes unconscious. When the temperature exceeds 40°C, skin will become dry and flush; breath and pulse rate will increase. In some serious cases, the patient will suffer from shock. One should lower the patient's body temperature and seek medical assistance.
- Overheating of the body will lead to heat exhaustion which usually occurs when one is engaging in sports in hot, humid weather, especially when one fails to replenish his body fluid and salt lost through sweating. The symptoms are exhaustion, headache, dizziness, nausea, muscle spasm, paleness, clammy skin, rapid but weak breath and pulse.

Safety Guidelines

- In summer months, plan a route which is shaded by trees. Leave more time for rest and don't plan a prolonged journey.
- Avoid prolonged exposure to direct sunlight.
- Drink ample mineral water.

Emergency Measures

- Move the patient to a cool shaded place. Remove his clothing and lay him down with feet elevated; give him drinks if he is conscious. Avoid crowding the patient.
- If necessary, apply other body-cooling techniques like immersion in water, wetting clothing and fanning until the symptoms disappear.
- Continue to replenish water and ask for help in order to rescue the patient as soon as possible.
- If the patient sweats heavily and convulses, serve him with salt water in the ratio of one tea spoon of salt to one liter of water.

Hypothermia

- Hypothermia is caused by a drop in body temperature due to lack of sufficient clothing in a cold place. Even in summer, a rapid drop in temperature due to sudden cold rain or rainstorm will also cause hypothermia.
- Symptoms: fatigue, exhaustion, clammy skin, stumbling, shivering, muscle spasms, stammering and hallucinating.

Safety Guidelines

- Have a good sleep the night before the hike.
- Don't go hiking if you are not feeling well.
- Have a nutritious meal before setting out. Take high energy food with you like chocolate during the trip.
- Bring warm protective and rain-proof clothing
- Bring a spare set of clothes to change.
- Don't overload yourself with bulky objects.
- Rest at intervals. Don't overstrain.

Emergency Measures

- Seek rain shelter and change wet clothes.
- Cover your head, face, neck and body with clothing or sleeping bag to keep warm.
- Take hot drinks and high energy food to maintain body temperature.

Lightning

- Lightning normally strikes at the highest point of an object and the electric current is conducted to the ground via the least resistant path.
- Hikers struck by lightning usually have muscle spasm, scalds, suffocation and cardiac arrest.

Safety Guidelines

- Take note of the latest weather information. Avoid hiking when the weather is unstable, especially when the thunderstorm warning signal is in force.
- Wear shoes or boots with rubber soles in outdoor areas.
- Don't touch water or wet objects.

Emergency Measures

- Don't stand on hill tops or near any highly conductive objects. Keep away from trees and masts which are likely to be struck by lightning.
- Since lightning current is conducted away through the ground, you should not lie down especially when the ground is wet. Instead you should crouch down to minimize the area of contact between you and the ground.
- Stay away from iron fences or other metal installations, including antennae and water pipes. Remove all metal objects (e.g. gold ornaments, watch) from your body. Consider switching off mobile phones.
- Seek shelter in buildings whenever possible.
- Don't swim or engage in other water sports.
- Don't touch any inflammable materials, such as kerosene or liquefied petroleum gas.
- Beware of intense gusts.

Hill fires

- Hill fires advance rapidly upward and windward on a steep grass slope in dry weather. Never underestimate its devastating power.

Safety Guidelines

- For the sake of safety, handle kindling materials with great care.
- Except at designated barbecue sites or campsites, never light a fire.
- Smokers should refrain from smoking and all cigarette-stubs or matches should be totally extinguished before being discarded into rubbish bins.
- Hill fires are difficult to detect in the daytime. Always pay attention to flying ashes or the smell of something burning. If a hill fire is spotted, leave the fire scene immediately.
- Do not overlook the spreading speed of hill fire. Do not continue your journey in case of a fire nearby or you may get trapped in the fire.

Emergency Measures

- When there is a hill fire, stay calm.
- Never attempt to extinguish a hill fire indiscriminately, except if
 - a. the affected area is very small;
 - b. you are in a safe place; and
 - c. you can quickly evacuate from the fire scene.
- Evaluate the following when evacuating from the fire scene.
 - a. The direction in which the fire spreads - avoid escaping in the same direction of the prevailing wind.
 - b. The gradient of the paths nearby - choose the one which is the easiest for escape.
 - c. The height and density of the vegetation nearby - find a place with less vegetation for escape.
- It is easier and quicker to escape through existing paths.
- If the fire is imminent and there is no way out, you should cover your exposed skin with wet clothing and then make way to the already burnt area. This can minimize the chance of getting injured. To conserve energy, never run uphill if the situation permits.
- Do not run into shrubs or grasslands, as fire usually spreads rapidly and the temperature may soar in these areas.

Flash Flood

- The devastating power and speed of flash floods should never be underestimated. A stream may overflow and become raging torrents in heavy rain and wash away travelers, resulting in casualties within minutes.

Safety Guidelines

- Avoid hiking when the weather is bad or unstable, especially when the rainstorm warning signal is in force.
- Don't wade in the stream after heavy rain in summer.
- Don't hike along any water course.
- Don't stay at the water course to rest, especially at its lower reaches.
- When it rains, leave the water course immediately and head for a high spot ashore.
- Never attempt to cross any inundated bridges. In case of heavy rain, leave the water course immediately.

Emergency Measures

- Rapid flows, turbid water with sand and mud are early signs of flash floods. Leave the water course immediately.
- If you fall into water, grip or hold on to the rocks, branches or vines near the banks; try to get ashore and leave the river course right away.

Landslide

- Landslides may occur when a large amount of rainwater has soaked a natural or artificial slope during a downpour or after days of heavy rain.

Safety Guidelines

- Avoid going near or staying around steep slopes during heavy rain or after a few days of heavy rain.
- The oozing out of a large quantity of muddy water from the base or the weep holes of a slope indicates that the slope is saturated with water. Exposure of inner soil and appearance of new cracks on the slope are early signs of a landslide. Keep away from such slopes.
- Don't proceed by stepping on loose mud. If a landslide blocks your way; retreat or seek another safe route to leave the scene immediately.

Emergency Measures

- Don't try to rescue people buried in a landslide. You should call for a fully equipped rescue team for help.

International Mountain Distress Signals

- Ways:
 - send out six long blasts within one minute;
 - pause for one minute;
 - repeat a. and b. Don't stop until the rescue team comes. Keep on giving out the signals even if the rescue team has discovered you from a far distance so that the rescuers can identify your exact position.
- Tools:
 - Blowing a whistle
 - Flashing with your torch light at night
 - Waving colourful or shiny clothes to attract attention

Morse Code Distress Signals

Sending out blasts in the sequence of three short, three long and three short.

SOS Distress Signal

If possible, use stones or tree branches to form the characters of SOS (Save Our Soul) on a flat and open space (Each character should be 6m x 6m).

6.2 Distance Post and "Your Location" Map Coordinate

- The Agriculture, Fisheries and Conservation Department has erected distance posts at about 500m intervals along all long-distance hiking trails (MacLehose Trail, Lantau Trail, Hong Kong Trail and Wilson Trail) as well as all country trails for users to identify their location. In case of emergency, they can state their position by referring to the number on the nearby distance post or the coordinates marked at the location map, thus facilitating search and rescue operation.
- "50222 SMS/ GPS Hiker Tracking Service": Hikers can punch in the numbers of distance posts they see along the trail and send them to 50222 via SMS or open the GPS Hiker Tracking Services of the "Enjoy Hiking" mobile phone application. In case of accidents, rescue parties can locate the hikers based on the data.

Details please refer to the following websites:

50222 SMS Hiker Tracking Service:

http://www.cahk.hk/50222SMS/50222_SMS_Eng.htm

GPS Hiker Tracking Service:

http://www.cahk.hk/hiker_tracking_service/eng.html



























Emergency call: 999/112

The Organiser advises all participants to read carefully the information about country parks and hiking trails on the Agriculture, Fisheries and Conservation Department webpage carefully:

https://www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html

History of Oxfam Trailwalker (2009 – 2020)

Number of teams participated 

1981	50 	1981	50 	Trailwalker was originally a fundraising event that challenged the strength and endurance of the Gurkha soldiers. They were required to finish the entire course in 24 hours. It raised HK\$80,000 that year; part of the funds was used to subsidise the building of a library in a poor village in Nepal and the rest was donated to the Spastics Association of Hong Kong.
1982		1982		The Falklands War broke out, so no Trailwalker was held.
1983	45 	1983	45 	
1984	50 	1984	50 	
1985	55 	1985	55 	The Gurkhas invited five civilian teams to join Trailwalker. This was the first time non-military teams could participate in the event.
1986	100 	1986	100 	<ul style="list-style-type: none"> - Jointly organising Trailwalker for the first time, Oxfam obtained one-third of the donations. - Having fully opened the event to the general public for the first time, Trailwalker saw 69 Gurkha and 31 civilian teams join it. In the end, a civilian team claimed the championship.
		1987	166 	The Organiser introduced two start times for the first time: one in the daytime and the other in the evening. Governor Wilson officiated the event as the Guest of Honour.
		1988	288 	
		1989	305 	Seventy-five Gurkha and 230 civilian teams participated in the event – this was the first time there were more civilian teams than military teams.
		1990	419 	
		1991	480 	Hong Kong Telecom provided telephone services by installing cables along the trail, which allowed better communication than the Gurkhas' VHF radios in the past.
		1992	584 	Barcode scanning was adopted, which allowed the Organiser to keep track of participants' locations during the event.
		1993	600 	
		1994	609 	
		1995	611 	This was the second time a civilian team became the first team to cross the finish line: Carlingford Lombard Comets completed the course in 14 hours 26 minutes.
		1996	659 	A sweet victory for the Gurkhas during their last Trailwalker. They crossed the finish line in just 13 hours 28 minutes.
		1997	701 	<ul style="list-style-type: none"> - After the Gurkhas left Hong Kong, Oxfam enlisted the help and support of many other community organisations, who generously obliged and demonstrated the great Trailwalking spirit of partnership. - The Gurkhas organised the first Trailwalker event in the United Kingdom. It was the first rudiment of Overseas Trailwalker.
		1998	722 	
		1999	881 	
		2001	898 	
		2000	873 	<ul style="list-style-type: none"> - 'Super Trailwalker', a new category in the Oxfam Trailwalker was introduced. - About 200 walkers were advised not to proceed beyond the Checkpoint 7 due to the adverse weather conditions. - A computer ballot system was introduced for Open Team Category enrolments. A total of 1,250 teams applied.
		2002	888 	

2003 928 

This was the first year with four start times: 09:00, 11:00, 12:30 and 14:00

2004 930 

The name of the event was changed from 'Trailwalker' to 'Oxfam Trailwalker', and a new logo was introduced.

2005 966 

2006 961 

2007 940 

2008 968 

- This was the last year in which Perowne Barracks, Tuen Mun, was the Finish Point.
- Eight speed records were broken; G4S broke one of the records as they trekked from Sai Kung to Tuen Mun in just 11 hours 52 minutes.

2009 1,011 

- Po Leung Kuk Jockey Club Tai Hong Holiday Camp in Yuen Long became the new Finish Point.
- The Hong Kong Garrison of the Chinese People's Liberation Army teams participated in Oxfam Trailwalker for the first time. One team finished first after just 12 hours and 17 minutes.

2010 1,029 

2011 1,109 

2012 1,179 

2013 1,168 

2014 1,250 

The number of start times was increased to five: 08:30, 09:30, 11:00, 12:30 and 14:00

2015 1,279 

S53 '2XU UFO' team finished the course in 11 hours 58 minutes. It was the first local team to come in first after the Sai Kung to Yuen Long route was introduced.

2016 1,295 

2017 1,243 

- Team 8016 '美女與野獸 s - Beauty and the Beasts' made a new record for Mixed Team with a finish time of 12 hours 51 minutes.
- Super Trailwalker Teams and 24-hour Teams were combined to form the Elite Team Category.
- The first starting time was changed to 08:00.

2018 1,219 

- Two new categories: 'Logistics and Transportation Service' and 'Real Estate and Property Management'.
- First year of 'Green' Trailwalker' in promoting Love the Environment among teams.

2019 

- The Oxfam Trailwalker was cancelled two days before the event due to the social incidents and traffic conditions.
- Although the event was not held as planned, supporters from all walks of life raised over HK\$11 million for Oxfam Hong Kong.
- Of the 1,240 teams registered in Oxfam Trailwalker 2019, close to 90 per cent chose to carry their team slots forward to Oxfam Trailwalker 2020.

2020 

- Affected by the global coronavirus, the event originally scheduled to be held in November was announced to be postponed to January 2021, and was eventually cancelled due to repeated waves.
- Facing the new normal, Oxfam Hong Kong reacted and launched new events in February and May 2021: "Oxfam Trailwalker - Virtually Together" and parent-child hiking poverty alleviation event "Oxfam Mini Trailwalker", which have attracted 1,600 and 1,700 participants (gross count).



Oxfam Trailwalker Official Records

Since 2009, we have changed the Oxfam Trailwalker route. As such, speed records prior to 2009 are not published as they are not comparable.

Year	Fastest Time	Team Name	No. of Teams that Participated
2009	12 hrs 17 mins	PLA HK Garrison	1,011
2010	11 hrs 59 mins	PLA HK Garrison	1,029
2011	12 hrs 22 mins	PLA HK Garrison	1,109
2012	11 hrs 12 mins	SALOMON FRANCE	1,179
2013	10 hrs 58 mins	Team Columbia S1	1,168
2014	11 hrs 56 mins	Team Columbia S1 - Nepal	1,250
2015	11 hrs 58 mins	2XU UFO	1,279
2016	11 hrs 1 min	AWOO Team Nepal	1,295
2017	12 hrs 1 min	AWOO Team Nepal	1,243
2018	11 hrs 53 mins	Gone Running-Joint Dynamics	1,219
2019	The Oxfam Trailwalker was cancelled two days before the event due to the social incidents and traffic conditions.		
2020	Affected by the coronavirus, the event was finally cancelled due to repeated waves after the postponement. Facing the new normal, Oxfam Hong Kong launched the new 'Oxfam Trailwalker-Virtually Together' and the parent-child hiking poverty alleviation event 'Oxfam Mini Trailwalker' in February and May 2021 respectively, which have attracted 1,600 and 1,700 participants (gross count).		

Categories	Team	Year	Time
Oxfam Super Trailwalker	Team Columbia S1 (S03)	2013	10hrs58mins
Oxfam Trailwalker	Gone Running-Joint Dynamics (8024)	2018	11hrs53mins
Male Team	Team Columbia S1 (S03)	2013	10hrs58mins
Female Team	Blister Sisters (S38)	2012	13hrs53mins
Mixed Team s	美女與猛獸 - Beauty and the Beasts (8016)	2017	12hrs51mins
Veterans I 50+	健行群山長青小隊 Vibram Hong Kong (S20)	2012	14hrs1min
Veterans II 60+	花甲威龍 (0548)	2014	19hrs41mins
Accountancy	KPMG HKTR Bros 2016 (S29)	2016	14hrs33mins
Club or Association	PLA HK Garrison (S49)	2009	12hrs17mins
Education	HKUST MBAAA Speed Ladies (S15)	2014	15hrs54mins
Finance	Convoy Cosmoboys Team 1 (S01)	2012	12hrs25mins
General Corporation	Team Columbia S1 (S03)	2013	10hrs58mins
Government or Military	PLA HK Garrison (S50)	2010	11hrs59mins
Health Care	Salomon x SKP Medical Group LTD x AsiaTrail x Tailwind Nutrition (S47)	2015	14hrs
Individual Team	Team Nepal (S51)	2012	11hrs1min
Information Technology & e-Business	善跑 (S04)	2015	12hrs52mins
Insurance	亞洲保險 Cosmoboys Team 1 (8126)	2018	13hrs15mins
Logistics and Transportation Service	Frontier (8062)	2018	22hrs52mins
Manufacturing	AWOO Team Nepal (S05)	2016	11hrs1min
Media/PR/Advertising	ASIA TRAIL (0371)	2015	13hrs54mins
Real Estate and Property Management	常餐 (8117)	2018	15hrs19mins
Social Service	EFCC Kong Fok Church (Team 1) (5010)	2014	14hrs27mins
Tourism & Hotel Services	追峰 - 天鷹 (5016)	2010	13hrs40mins

Souvenirs

There are countless people living in poverty and they really need your support. Besides participating in or supporting Oxfam Trailwalker, you can purchase Oxfam merchandise which will be available at Oxfam Hong Kong's office. All the funds raised are used to help underprivileged communities in Hong Kong, as well as to help poor people globally.



限量版紀念 tee (已登記之隊伍可獲贈四件)
Event tee (each registered team will be given four tees)



樂施毅行者2021完成獎牌
Oxfam Trailwalker 2021 Finisher Medal
(非賣品 Not for sale)



襟章 Pin
HK\$15



環保餐具套裝 Cutlery Set
HK\$100



不鏽鋼杯
Stainless Steel Cup
HK\$65



不鏽鋼水樽
Stainless Steel
Water Bottle
HK\$80



手提袋 Tote Bag
HK\$20



輕型運動腰包
Ultra-slim Running
Waistpack
HK\$70



萬用刀 Multi Function Knife
HK\$80

設計圖片只供參考，一概以實物為準 The product images shown are for illustration purposes only

Event Format	E-certificate	Tee Shirt	Finisher Medal	Gifts from Sponsors
<u>Adventurous Trailwalkers</u> Teams can choose to complete the 100 km within 48 hours	Certificate will say 'Completed 100 km in one go' and show your finishing time	1	1	1
<u>Tenacious Trailwalkers</u> Teams can split the 100km trail into two sections and tackle them separately.	Certificate will say 'Completed 100 km in section'	1	1	1

Disclaimer

1. Disclaimer / Indemnity

By signing the below, you confirm that you wish to enter “Oxfam Trailwalker – VIRTUALLY TOGETHER”. You confirm and agree that you take part in this event entirely at your own risk and responsibility and that you will not hold Oxfam (the Organiser), any sponsor of this event or any organisation or person providing medical, catering, logistical, IT or other support or services for this event (or any director, employee, agent or contractor of any of the foregoing or any person otherwise associated with any of the foregoing) responsible for death or any injury or for any damage to or loss or destruction of property or any other economic loss or for any consequential loss, in any such case arising from any accident or mishap or otherwise arising from or connected with this event, including, if this happens, after you withdraw from “Oxfam Trailwalker – VIRTUALLY TOGETHER” without finishing it, and whether during or after this event, in preparation for it, travelling to or from it or otherwise. You also agree to indemnify or reimburse the Organiser in respect of any additional expenses or costs incurred by the Organiser arising from or in connection with your participation in this event. You acknowledge that the Organiser reserves the right to cancel “Oxfam Trailwalker – VIRTUALLY TOGETHER” at any time without prior notice. Nothing in this disclaimer shall exclude or restrict Oxfam’s liability for your death or personal injury resulting from Oxfam’s negligence.

2. Granting Oxfam Hong Kong the Right to Use Your Image, Voice and Story from “Oxfam Trailwalker – VIRTUALLY TOGETHER”

By agreeing to the disclaimer, you confirm that you have read and understand the items below regarding the use of your image, voice and story.

a. Oxfam is an international organisation that works to end the injustice of poverty around the world. Oxfam is a confederation of 20 affiliated organisations. We are Oxfam Hong Kong, part of this confederation. We would like to take your photo/film/interview and use this in our communications to support our work.

b. Your image (film or photographs), voice (video recording, sound clip or other formats) and/or story may be used to tell people about the work that Oxfam does and to help raise money so it can continue its work. It may be used by other Oxfam offices and confederation members around the world (<https://www.oxfam.org/en/contact-us>) and other organisations we work with. Your image, voice and/or story could appear on websites, in newspapers, on social media platforms, in a report or on the television and radio. However, Oxfam is not obliged to use your story.

c. Your image, voice and/or story could be seen or heard by anyone around the world (including in your own community and country).

d. If you wish, we can conceal your identity by hiding your face, not using your voice, not using your real name, or not revealing specific details of your story (e.g. dates, locations).

e. It is your right to decide not to be filmed/photographed/recorded or interviewed by Oxfam. There will be no disadvantages for you, your family, or your team should you choose not to. Reversely, you will not receive additional benefits as a result of sharing your story.

f. No new communication materials will be created from your image, voice and story after 5 years. However, published communications can continue in circulation and content may be stored by us and by our photographer in historical archives.

g. If you no longer want Oxfam or our partner organisations/vendors to use your image/story/sound clip, you can email us at otwinfo@oxfam.org.hk. We will not make any further use of your image, voice and/or story*.

h. If you think we don’t respect your rights as described here, you can complain to us, or our local regulator.

*We cannot remove content that has already been published. Especially parents/guardians should consider this, knowing that children may change their mind as adults and be unhappy about their real name being used.

3. Participants' personal data

You agree that Oxfam is permitted to collect, store and use your personal data (as defined in the Personal Data (Privacy) Ordinance) as provided by you on one or more forms (including electronic forms) for the purpose of or in connection with “Oxfam Trailwalker – VIRTUALLY TOGETHER” (including but not limited to the organisation and promotion of and publicity for “Oxfam Trailwalker – VIRTUALLY TOGETHER”) and that such collection, storage and use are lawful in these circumstances. You further agree that Oxfam may pass your personal data to its agents, successors, supporting organisations and other related parties for the purpose of or in connection with “Oxfam Trailwalker – VIRTUALLY TOGETHER”.

4. Undertaking to raise sponsorship

You, the undersigned,

- a. undertake that all funds raised directly or indirectly from your participation in “Oxfam Trailwalker – VIRTUALLY TOGETHER” will be paid in full to Oxfam and that you will not seek to raise funds for other organisations through your participation in “Oxfam Trailwalker – VIRTUALLY TOGETHER”;
- b. all collected sponsorship records will be destroyed and deleted after seven years

5. Use of Oxfam Trailwalker’s team page

I and my supporters hereby agree to refrain from sharing or publishing content that encourages any act or behaviour that is illegal, unlawful, defamatory, obscene, threatening, harmful or otherwise offensive. Such content includes anything that may be considered or related to violence, hate speech, harassment, bullying, threats, politics, copyright infringement, sexually explicit content and obscenity. I and my supporters agree that Oxfam Hong Kong (OHK) has absolute discretion to remove, including but not limited to, such content at any time and for any reason from our team page without prior notice. OHK reserves the right to discontinue my team’s registration status at “Oxfam Trailwalker” and “Oxfam Trailwalker – Virtually Together” should the above mentioned content are found in our team page. The views and opinions expressed on this team page are those of Trailwalkers and/or their supporters, and do not necessarily reflect the position and views of OHK and Oxfam Trailwalker, nor does OHK, “Oxfam Trailwalker” and “Oxfam Trailwalker – Virtually Together” have any responsibility for the content that is posted on this team page. OHK does not regularly review, and is not responsible for, any information which is posted on this team page. All content is written at each user’s risk; OHK does not warrant the accuracy or reliability of any of the information.

6. Participants' medical history

You confirm that you are medically and physically fit and capable of participating in “Oxfam Trailwalker – VIRTUALLY TOGETHER” and have not been otherwise advised by a qualified medical practitioner.

7. Regulations under Prevention and Control of Disease Ordinance

You hereby declare that you will comply with the "Prevention and Control of Diseases (Prohibition of Group Gathering) Regulations" (Chapter 599G), "Prevention and Control of Diseases (Wearing Masks) Regulations" (Chapter 599I) and any other relevant laws and regulations and that you will maintain proper social distance on the event days. If you are prosecuted by any law enforcement or related parties, you agree that the Organiser will have no liability to you in connection with any such prosecution.

8. Self Support

You understand that "Oxfam Trailwalker-VIRTUALLY TOGETHER" is a self-support event and the organizer will not provide any supplies along the route. You will bring enough supplies or refill at the kiosks along the way to ensure that you can complete the activity safely.

By subscribing, you expressly agree that the activity is undertaken under your own responsibility and at your own risk. You expressly agree to release the Organiser from any and all liability in connection with your athletic activities and you also agree that in no event shall the Organiser be liable to you or any third party for any direct, indirect, incidental, special or consequential damages arising out of or in any way connected with OHK, “Oxfam Trailwalker” and “Oxfam Trailwalker – VIRTUALLY TOGETHER”.

Any changes Oxfam makes to this disclaimer will be posted on the website. Please check it regularly to ensure that you are aware of our latest policies.

This disclaimer has been prepared in English and Chinese. In the event of a conflict between the English and Chinese versions, the English version will prevail.

Organiser



樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty

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Technical Support

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Acknowledgement

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Hong Kong Hiking Meetup
Huilam Store
Kowloon Central Cluster
Pak Tam Chung Kiosk
Sai Wan
Scout Association of Hong Kong Gilwell Campsite
Tai Mo Shan Country Park Refreshment Kiosk
Tai Mo Shan Country Park Visitor Center Refreshment Kiosk
Tai Tong Barbecue Area Refreshment Kiosk
The RHKR (The volunteers) association
良友士多
恆益商店


OXFAM HONG KONG

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Opening Hours: 09:00 – 13:00 & 14:00 – 18:00, Monday – Friday
(Closed on Saturdays, Sundays and public holidays)
E-mail: otwinfo@oxfam.org.hk | Tel: 2520 2525 | Fax: 2527 6213


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