



Oxfam Trailwalker – Virtually Together

(OTW - VT)

(8/2/2021 - 7/3/2021)

Information booklet



Oxfam Trailwalker – Virtually Together (OTW – VT)

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Oxfam Hong Kong

17/F, China United Center, 28 Marble Road, North Point (Office Hours: Monday to Friday 9am to 1pm and 2pm to 6pm)

Email: otwinfo@oxfam.org.hk

Enquiry: 2520 2525 Fax: 2527 6213

Oxfam Trailwalker – Virtually Together website:

https://www.oxfam.org.hk/en/join-our-events/OTWvirtually-together





EVENT INFORMATION

Eligibility: Registered teams that have confirmed their participation in OTW 2020 (which was

scheduled for January 2021) will be given 4 individual slots (slots cannot be

transferred to others)

Period: 7am, 8 February to 9pm, 7 March 2021

Location: The route is approximately 100 km long; it starts at the Pak Tam Chung P.H.A.B. Site

in Sai Kung and finishes at Tai Tong Barbecue Area in Yuen Long

Event Format: Participants must choose from one of the following formats:

1. OPTION 1: IN ONE GO

Participants can choose to complete the 100 km within 48 hours (in one go). Start from the Pak Tam Chung P.H.A.B. Site in Sai Kung and finish at Tai Tong Barbecue Area in Yuen Long.

Participants who choose this option will need to select 'OTW VT 100km One Go' in the TRAILME app (for details, please refer to TRAILME User Guide).

2. OPTION 2: MULTIPLE GOES

Participants can complete the four sections of the 100 km trail in multiple goes (four tries max). Participants can arrange their own schedule to finish all four sections.

OTW VT Section 1: Pak Tam Chung P.H.A.B. Site in Sai Kung to Kei Ling Ha **OTW VT Section 2:** Kei Ling Ha to Tai Po Road (the end of the MacLehose Trail Section 5)

OTW VT Section 3: Tai Po Road (public toilet) to the entrance of public car park at Rotary Park, Route Twisk

OTW VT Section 4: Route Twisk (start of MacLehose Trail Section 9) to Tai Tong Barbecue Area

Participants who choose this option will need to select and register 4 times for 'OTW VT Section 1-4'in the TRAILME app. A different OTW – VT bib number (Vxxxx) will be assigned for each format / section you register. (For details, please refer to the TRAILME User Guide).

3. OPTION 3: CHOOSE YOUR OWN ADVENTURE

Complete any distance.

Participants who choose this option are not required to complete the whole trail or section but **need to start at** the Pak Tam Chung P.H.A.B. Site, Kei Ling Ha, Tai Po Road or Route Twisk. You can end your hike anywhere.

Participants who choose this option will need to select 'OTW VT Section 1-4'in the TRAILME app and choose at least ONE section (for details, please refer to the TRAILME User Guide).



Recording Your Results:

To take part in OTW – VT, participants must install TRAILME, which will track participants' time and distance along the trail.

Participants can also invite family and friends (who will also need to download the app and create an account) to join her/him online while s/he is walking the trail. This will create a sense of solidarity among the participants and their supporters.

Participants must decide clearly which format(s) they would like to choose when registering for the event. If you change your mind after start, tap 'GIVE UP' in the app and register again, selecting the new format / section you would like to choose. Please note that if you tap 'GIVE UP', unfinished distances from previously chosen format / section will not be recorded. To ensure the app runs smoothly, participants are advised to complete registration three days before tackling the trail and obtained the OTW – VT Bib number (Vxxxx) for your followers in advance.

Participants who are interested can try downloading and creating an account now can do so via the link below:

App Store: https://apps.apple.com/app/id1476539277

Google Play Store: https://play.google.com/store/apps/details?id=com.uhey.trailme

Step 1: Install the app (please refer to the links above)

Step 2: Create an account (please note that your email must be the same as the one you provided OHK and cannot be duplicated)

Step 3: Register for the OTW – VT event (the event will be open for registration in early February)

Please note that as this is a newly developed app, it is only available in English.

During the event period, participants can use their own smartwatch as a timing device and route tracker, however, OHK's official records will be based on TRAILME's records. OHK reserves the right to make all final decisions.

Participation: This is a solo event (participants can bring a companion along to accompany or support

them on the trail as long as they follow social distancing measures and adhere to the gathering ban). Participants will also have more flexibility in terms of which section(s) of the trail (which runs between Pak Tam Chung, Sai Kung, and Tai Tong, Yuen Long)

they would like to tackle.

Fee: Free of charge

Donation: No minimum fundraising donation (however, participants are most welcome to

fundraise for Oxfam. Please email otwinfo@oxfam.org.hk if you would like to do so).

Participants who are not in Hong Kong

Participants who are not in Hong Kong can choose to do any of the following between 8 February and 7 March 2021:

- complete the 100 km route within 48 hours
- do so in multiple goes (four tries max)
- complete any distance of your choosing

After completing the format(s) of your choice, please send your time and distance record to OHK for approval; we will then email an e-certificate to you. To collect your souvenir, please ask your relatives or friends in Hong Kong for help, or notify us so we can post it to you.



ROUTE DETAILS

The route starts at the Pak Tam Chung P.H.A.B Site in Sai Kung, and covers sections 1 to 9 of the MacLehose Trail, which is about 88 km (M001-M174). After passing Kat Hing Bridge, the path leaves the MacLehose Trail and travels 5 km along a country trail to north coast of Tai Lam Chung Reservoir. The trail then turns right along a paved road towards Wong Nai Tun/Tai Tong and heads towards the Finish Point at Tai Tong Barbecue Area in Yuen Long.

Please also note the following differences between the MacLehose Trail and the OTW – VT Trail:

MacLehose Trail	OTW – VT Route		
Section 2 M031-M033	From M031 pass through Sai Wan beach to M033		
Section 8 M152-M156	From M152 head towards Tai Mo Shan Road to Route Twisk		
Section 10 M175-M200	Turn left towards Kat Hing Bridge. After passing Kat Hing Bridge, the path leaves the MacLehose Trail and travels 5 km along a country trail to north coast of Tai Lam Chung Reservoir		

Remarks:-

- Participants must decide clearly which format(s) they would like to choose when registering for the event.
- If you change your mind after start, tap 'GIVE UP' in the app and register again, selecting the new format / section you would like to choose. Please note that if you tap 'GIVE UP', unfinished distances from previously chosen format / section will not be recorded.
- To ensure the app runs smoothly, participants are advised to complete registration three days before tackling the trail
- Participants are advised to obtain the OTW VT Bib number (Vxxxx) for your followers in advance.
- Participants are advised to complete the whole route on the designated section. Shortcuts are strictly prohibited. 120 minutes will be added to the finishing time if any participants suspected to have violated the rule cannot provide proof (eg. photos) showing he/she has walked the right route.
- 1. **OPTION 1: IN ONE GO** (please refer to pages 7 and 8 for details)

Participants can choose to complete the 100 km within 48 hours (in one go).

OTW VT 100km One Go: Start from the Pak Tam Chung P.H.A.B. Site in Sai Kung and finish at Tai Tong Barbecue Area in Yuen Long

2. OPTION 2: MULTIPLE GOES (please refer to pages 9 to 17 for details)

Participants can complete the four sections of the 100 km trail in multiple goes (four tries max). Participants can arrange their own schedule to finish all four sections.

OTW VT Section 1: Pak Tam Chung P.H.A.B. Site in Sai Kung to Kei Ling Ha (complete within 17 hours after tapping 'START RUNNING')

OTW VT Section 2: Kei Ling Ha to Tai Po Road (the end of the MacLehose Trail Section 5) (complete within 14 hours after tapping 'START RUNNING')

OTW VT Section 3: Tai Po Road (public toilet) Route Twisk (the entrance of the public car park at Rotary Park) (complete within 10 hours after tapping 'START RUNNING')

OTW VT Section 4: Route Twisk(the start of the MacLehose Trail Section 9) to Tai Tong Barbecue Area (complete within 7 hours after tapping 'START RUNNING')



3. <u>OPTION 3: CHOOSE YOUR OWN ADVENTURE</u> (please refer to pages 9 to 17 for details) Complete any distance.

Participants who choose this option are not required to complete the whole trail or section but **need to start at** the Pak Tam Chung P.H.A.B. Site, Kei Ling Ha, Tai Po Road or Route Twisk (see the four starting points in option 2). You can end your hike anywhere.

Participants are advised to complete the whole trail on the designated route. Please make sure your phone is fully charged and that you use the TRAILME app during the event. Make sure your phone settings are as below:

- 1. Turn ON Bluetooth
- 2. Turn ON GPS or Location Service
- 3. Turn ON mobile data (3G / 4G / 5G)
- 4. DISABLE battery saver
- 5. DISABLE 'Do not disturb' mode





OPTION 1: IN ONE GO (OTW VT 100km One Go)

Participants can choose to complete the 100 km (from Pak Tam Chung, Sai Kung to Tai Tong, Yuen Long) within 48 hours in one go.

Download the 'OTW VT 100km One Go' Map on OTW-VT website



'OTW VT 100km One Go' starting point: Information board at Pak Tam Chung P.H.A.B Site, Sai Kung Open the TRAILME app, select 'OTW VT 100km One Go' then tap 'START RUNNING' (you can refer to the TRAILME User Guide for more details on registration).





TRAILME, please make sure your phone settings are as below:

1. Turn ON Bluetooth

2. Turn ON GPS or Location Service

3. Turn ON mobile data (3G / 4G / 5G)

4. DISABLE battery saver

5. DISABLE 'Do not disturb' mode

Before opening





By public transport to Pak Tam Chung P.H.A.B Site:

- 1. KMB Route 94 and 96R (Remarks: 96R only available on Sunday and public holidays)
- 2. Minibus routes -7 and 9



Get off at Pak Tam Chung bus station, and walk towards the AFCD Pak Tam Chung Barrier until you reach the Pak Tam Chung P.H.A.B Site.

'OTW VT 100km One Go' finish point: Tai Tong Barbecue Site, Yuen Long

TRAILME will automatically note that you have completed the trail once you reach the Finish Point. A popup message appear in the app and an SMS with finishing time will be sent to you.



Participants are advised to complete the whole route on the designated section. Please make sure your phone is fully charged and that you use the TRAILME app, and that your GPS / location services and Bluetooth work properly.







OPTION 2: MULTIPLE GOES (OTW VT Section 1-4)

Participants can complete the four sections of the 100 km trail in multiple goes (four tries max). Participants can arrange their own schedule to finish all four sections.

	Section	Time limit after tapping 'START RUNNING'
OTW VT	Pak Tam Chung P.H.A.B. Site in Sai Kung to Kei	17 hours
Section-1	Ling Ha	
OTW VT	Kei Ling Ha to Tai Po Road (the end of the	14 hours
Section-2	MacLehose Trail Section 5)	
OTW VT	Tai Po Road (Public Toilet) to Route Twisk (the	10 hours
Section-3	entrance of the public car park at Rotary Park)	
OTW VT	Route Twisk (the start of the MacLehose Trail	7 hours
Section-4	Section 9) to Tai Tong Barbecue Area, Yuen Long	

OPTION 3: CHOOSE YOUR OWN ADVENTURE (at least 1 section of OTW VT Section 1-4)

Complete any distance.

Participants who choose this option are not required to complete the whole trail or section but need to start at the Pak Tam Chung P.H.A.B. Site, Kei Ling Ha, Tai Po Road or Route Twisk (see the four starting points in option 2). You can end your hike anywhere.

If participants want to continue walking subsequent section after completing a chosen section, he/she will have to register the new section (if not yet registered) and to press START RUNNING again at the Start Point. If not, distance and timing of the new section cannot be recorded.

Participants are advised to complete the whole route on the designated section. Please make sure your phone is fully charged and that you use the TRAILME app during the event. Make sure the phone setting of the below work properly:-

- Turn ON Bluetooth 1.
- 2. Turn ON GPS or Location Service
- Turn ON mobile data (3G / 4G /5G) 3.
- DISABLE battery saver 4.
- 5. DISABLE 'Do not disturb' mode





OPTION 2: MULTIPLE GOES / OPTION 3: CHOOSE YOUR OWN ADVENTURE (OTW VT Section-1)

OTW VT Section 1: Pak Tam Chung P.H.A.B. Site in Sai Kung to Kei Ling Ha (complete within 17 hours after tapping 'START RUNNING')

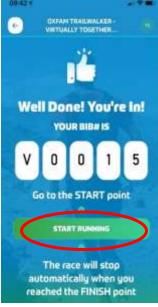
Download map of OTW VT Section 1: Pak Tam Chung P.H.A.B. Site in Sai Kung to Kei Ling Ha:https://www.plotaroute.com/route/1376032?units=km

Download on OTW-VT website



OTW VT Section-1 starting point: Information board at Pak Tam Chung P.H.A.B Site, Sai Kung Open TRAILME, select 'OTW VT Section-1' then tap 'START RUNNING' (see TRAILME User Guide for more details on registration).





Before opening TRAILME, please make sure your phone settings are as below:

- 1. Turn ON Bluetooth
- 2. Turn ON GPS or Location Service
- 3. Turn ON mobile data (3G / 4G / 5G)
- 4. DISABLE battery saver
- 5. DISABLE 'Do not disturb' mode





By public transport to Pak Tam Chung P.H.A.B Site:

- 1. KMB Route 94 and 96R (Remarks: 96R only available on Sunday and public holiday)
- 2. Minibus routes -7 and 9



Get off at Pak Tam Chung bus station, and walk towards AFCD Pak Tam Chung Barrier until you reach the Pak Tam Chung P.H.A.B Site.

OTW VT Section-1 finish point: Direction pole at Kei Ling Ha Public Toilet

TRAILME will automatically note that you have completed the trail when you reach the finish point. A popup message will appear in the app and an SMS with finishing time will be sent to you.



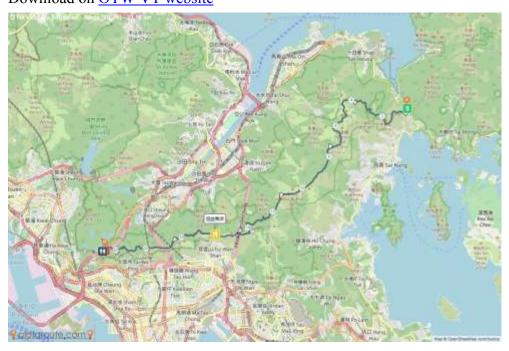




OPTION 2: MULTIPLE GOES / OPTION 3: CHOOSE YOUR OWN ADVENTURE (OTW VT Section-2)

OTW VT Section-2: Kei Ling Ha to Tai Po Road (the end of the MacLehose Trail Section 5) (complete within 14 hours after tapping 'START RUNNING')

Download map of OTW VT Section 2: Kei Ling Ha to Tai Po Road(the end of the MacLehose Trail Section 5): https://www.plotaroute.com/route/1380246?units=km
Download on OTW-VT website



OTW VT Section-2 starting point: The Pavilion at Kei Ling Ha BBQ site at Sai Sha Road, Sai Kung Open TRAILME, select 'OTW VT Section-2' then tap 'START RUNNING' (you can refer to the TRAILME User Guide for more details on registration).





TRAILME, please make sure your phone settings are as below:

1. Turn ON Bluetooth

2. Turn ON GPS or Location Service

3. Turn ON mobile data (3G / 4G / 5G)

4. DISABLE battery saver

5. DISABLE 'Do not

Before opening

disturb' mode





By public transport to Kei Ling Ha BBQ Site:

1. KMB Route - 99, 99R and 299X (99R is only available on Sundays and public holidays)



Get off at Shui Long Wo bus staion, walk towards the Sai Kung direction and pass through Sai Sha Road public car park and Sai Sha Road barbecue area. When you have arrived at Sai Sha Road barbecue area, please across the road and head towards the Kei Ling Ha Barbecue site. After arriving at the arch near the Kei Ling Ha Barbecue site, turn left and walk straight to starting point, which is right next to a small pavilion.

OTW VT Section-2 finish point: Information board at MacLehose Trail Section 5 at Tai Po Road

TRAILME will automatically note that you have completed the trail once you have reached the finish point. A pop-up message will appear in the app and an SMS with finishing time will be sent to you.







OPTION 2: MULTIPLE GOES / OPTION 3: CHOOSE YOUR OWN ADVENTURE (OTW VT Section-3)

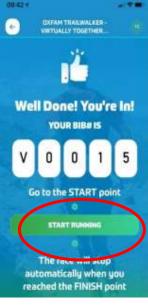
OTW VT Section-3: Tai Po Road public toilet to the entrance of the public car park at Rotary Park, Route Twisk (complete within 10 hours after tapping 'START RUNNING')

Download map of OTW VT Section-3: Tai Po Road public toilet to the entrance of the public car park at Rotary Park, Route Twisk: https://www.plotaroute.com/route/1380249?units=km
Download on OTW-VT website



OTW VT Section-3 starting point: Information board at the public toilet at Tai Po Road to Piper Hill Open TRAILME, select 'OTW VT Section-3' then tap 'START RUNNING' (you can refer to the TRAILME User Guide for more details on registration).





Before opening
TRAILME, please make
sure your phone settings
are as below:
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3. Turn ON mobile data
(3G / 4G / 5G)
4. DISABLE battery saver
5. DISABLE 'Do not
disturb' mode





By public transport to Kam Shan Country Park:

1. KMB Route - 72 and 81





Participants who take bus 72 or 81 to Shek Lei Pui Reservoir bus station from Tai Po to Cheung Sha Wan should cross Tai Po Road using the footbridge to get to the starting point.

OTW VT Section-3 finish point: Sign pole at entrance of the public car park at Rotary Park

TRAILME will automatically note that you have completed the trail once you reach the Finish Point. A popup message will appear in the app and an SMS with finishing time will be sent to you.







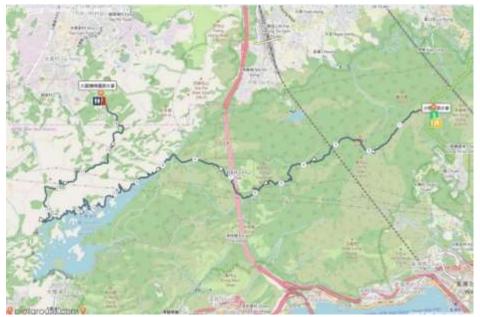


OPTION 2: MULTIPLE GOES / OPTION 3: CHOOSE YOUR OWN ADVENTURE (OTW VT Section-4)

OTW VT Section-4: Route Twisk to Tai Tong Barbecue Area (complete within 7 hours after tapping 'START RUNNING')

Download map of OTW VT Section 4: Route Twisk to Tai Tong Barbecue Area: https://www.plotaroute.com/route/1380251?units=km

Download on OTW-VT website



OTW VT Section-4 starting point: Information board at the beginning of section 9 of the MacLehose Trail

Open TRAILME, select 'OTW VT Section-4' then tap 'START RUNNING' (you can refer to the TRAILME User Guide for more details on registration).





Before opening
TRAILME, please make
sure your phone settings
are as below:
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2. Turn ON GPS or
Location Service
3. Turn ON mobile data
(3G / 4G / 5G)
4. DISABLE battery saver
5. DISABLE 'Do not
disturb' mode





By public transport to Tai Mo Shan Country Park:

1. KMB Route - 51



Get off at Tai Mo Shan Country Park, walk roughly 100 metres downhill to the starting point.

OTW VT Section-4 finish point: Information board at Tai Tong Barbecue Site, Yuen Long

TRAILME will automatically note that you have completed the trail once you reach the finish point. A popup message will appear in the app and an SMS with finishing time will be sent to you.



Participants can take public transport at Tai Tong Sha Road when leaving:

MTR Bus - K66

Minibus routes - Yuen Long Citistore to Tai Tong





SELF SUPPORT WATER POINTS

The table below is for reference only. The actual business hours, types and quantities of water and supplies at each point during the event are all subject to individual kiosks. For safety reasons, participants carry sufficient food and drinks during the event.

Location	Name/Type	Distance to next water point (km)	Location link	Operation hours
Pak Tam Chung – Sai Kung	Pak Tam Chung Kiosk	15.8	https://bit.ly/3pS8jOV	Monday – Friday: 9 am - 6 pm Friday - Sunday and Public Holiday: 7am-7pm
	AFCD Water Filling Station			
Sai Wan	Various Stores in the village	8.2	https://bit.ly/38aKTxU	
Pak Tam Au	AFCD Water Filling Station Vending Machine (limited stock)	2.9	https://bit.ly/3b64PEb	
Cheung Sheung	Huilam Store	6	https://bit.ly/2KZzUi3	Every Monday and 12 - 13 Feb: Closed Tuesday - Thursday: 12 nn -5 pm Friday: 12 nn - 9 pm Saturday - Sunday: 8 am - 9 pm
Kei Ling Ha	AFCD Water Filling Station Vending Machine (limited stock)	16	https://bit.ly/3b9I9mr	
	Paid Water Filling Station (limited stock)	16	https://bit.ly/3b7cbr0	
Shatin Pass	恆益商店	7.4	https://bit.ly/3hDzWZ3	Monday - Friday: 10:30 am - 8 pm Saturday — Sunday: 9 am — 8 pm





Location	Туре	Distance to next water point (km)	Location Link	Operation Hours
Tai Po Road	AFCD Water Filling Station Vending Machine (limited stock)	4.1	https://bit.ly/392hSUF	
Shing Mun Reservoir	AFCD Water Filling Station Paid Water Filling Station Vending Machine (limited stock)	16	https://bit.ly/3hDJu6e	
Tai Mo Shan	Tai Mo Shan Country Park Visitor Center Refreshment Kiosk Paid Water Filling Station	19.9	https://bit.ly/3948vDY	Monday – Thursday: 7 am - 6 pm Friday - Sunday and Public Holiday: 7 am - 11 pm
	(limited stock) Tai Mo Shan Country Park Refreshment Kiosk Paid Water Filling Station (limited stock)	19.9	https://bit.ly/2LfN9Lq	Monday - Sunday: 8 am - 9 pm
Tai Tong – Yuen Long	Tai Tong Barbecue Area Refreshment Kiosk		https://bit.ly/3pS8MRb	12 Feb: Closed Monday – Friday: 9am – 7pm Saturday - Sunday and Public Holiday: 9 am - 7 pm



TRANSPORTATION TO START POINTS AND THINGS TO NOTE

The information below is for reference only. Participants are advised check with various transportation companies for the latest bus schedules.

Pak Tam Chung P.H.A.B. Site in Sai Kung

To Sai Kung Town Centre:

Bus no. 92 from Diamond Hill MTR (exit C)

Bus no. 299X from New Town Plaza, Sha Tin

Bus no. 792M from Tiu Keng Leng MTR

Minibus no. 1A or 1S from Choi Hung MTR (exit C2) take

Minibus no. 1 from Telford Garden, Kowloon Bay

Minibus no. 12 from Metro City, Tseung Kwan O

Minibus no. 101M from Hang Hau, Tseung Kwan O

Or red minibus from Dundas St, Mongkok, Yee On St, Kwun Tong, or Lung Kong Road, Kowloon City

Then at Sai Kung, take bus no. 94, mini-bus no. 9 or a taxi to Pak Tam Chung.

Bus no. 96R from Diamond Hill MTR (exit C) runs on Sundays and public holidays.

Kei Ling Ha

By bus:

99 (Sai Kung to Ma On Shan Heng On Bus Terminus, passing Wu Kai Sha Railway Station, get off at Shui Long Wo)

299X (Sai Kung to Sha Tin New Town Plaza, get off at Shui Long Wo)

Bv taxi/car:

From Sai Kung Hiram's Road, drive towards Sai Sha Road.

From Sha Tin, go straight through Sai Sha Road towards Ma On Shan, then follow the road signs.

Tai Po Road

By bus:

No. 72 (Cheung Sha Wan B/T to Tai Wo B/T, get off at Shek Lei Pui Reservoir)

No. 81 (Jordan [To Wah Road] to Wo Che B/T, get off at Shek Lei Pui Reservoir)

Walk along Tai Po Road to the starting point at the information board next to the public toilet.

By car:

Take Tai Po Road and head in the Sha Tin direction, then park at Pipers Hill Public Car Park. Follow the direction of the signage near Tai Po Road and walk to the flyover and cross Tai Po Road. Walk until you reach the information board next to the public toilet.



Route Twisk

By bus:

From Tsuen Wan MTR (exit Luk Yeung Sun Chuen) turn right and walk up the stairs. Take bus no. 51 (Tsuen Wan West Railway Station Bus Terminus to Sheung Tsuen) and get off at Tai Mo Shan Country Park.

By minibus:

From Chuen Lung Street/Siu Wo Street (Tsuen Wan)

Take minibus no. 80 (from Chuen Lung Street/Siu Wo Street to Chuen Lung) and get off at the terminus. Continue walking (around 15 minutes) until you arrive at Route Twisk (the beginning of section 9 of the MacLehose Trail).

By car:

Park at the Tai Mo Shan Rotary Park car park.

Tai Tong Barbecue Area

KMB Bus and MTR Feeder Bus

From HK Island to Yuen Long: 968, N368

From Kowloon to Yuen Long: 68X, 268B, 268C, 268X, N269

From NT / Lantau to Yuen Long: 53, 54, 64K, 68M, 76K, 77K, 269D, 276, 276P, B1, B2, E34B, N30

K66: Long Ping Station <> Tai Tong

(alight at Tai Tong Shan Road, and then walk 35 minutes to the barbecue pit area)

Minibus (Red)

Yuen Long Hung Min Court (opposite KOLOUR • Yuen Long) < > Tai Tong Road (alight at Tai Tong Shan Road, and then walk 35 minutes to the barbecue pit area)

Taxi

Yuen Long <> Tai Tong Barbecue Area (fee: around \$60)

Arrive By Car

Route 3 > Yuen Long Highway

Drive towards the Yuen Long / Tin Shui Wai direction after passing the Tai Lam Tunnel toll booth, turn towards Tuen Mun when you reach the roundabout at Pok Oi Hospital, and then take the lane farthest to the left and drive towards Yuen Long Highway.

Yuen Long Highway > Tai Tong Shan Road> Tai Tong Barbecue Area

When you arrive at the Shap Pat Heung Interchange, turn left to enter Tai Kei Leng Road (Yuen Long South) and then turn left again into Tai Tong Road. You will see another roundabout. Make your way into Kiu Hing Road, then turn left to enter Tai Tong Shan Road. Drive about 20 minutes to the Tai Tong Barbecue Area.





IMPORTANT NOTES / SAFETY

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 a 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. Bring surgical masks, tissue paper and an alcohol-based hand sanitiser (with at least 70 to 80 per cent alcohol) with you.
- 5. If you have a fever or respiratory symptoms, do not participate in the event and seek medical advice promptly.
- 6. Remove and dispose of masks safely and properly. Do not leave them on the trail.
- 7. Buy an insurance plan that covers COVID-19 if needed, and thoroughly read through the terms and conditions.
- 8. Avoid touching animals (including wild boars, monkeys, poultry / birds or their droppings).
- 9. Keep a distance of at least 1.5 metre from others as much as possible.

Safety guidelines

All participants are required to sign a disclaimer during the registration period. Participants agree to not hold OHK or any sponsor / supporting organisation responsible for circumstances of, but not limited to, death, injury or damage to or loss of personal property. Please refer to the full version of the disclaimer on Page 23.

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

Please visit www.afcd.gov.hk for the Country Park Hiking Safety Guidelines from AFCD.

Suggested checklist

Essentials	Food and Beverage	Electronic Appliances	Hiking Equipment	Clothing Accessories
ID Card / Passport	High-energy snacks (e.g. glucose tablets, chocolate)	Fully charged mobile phone / Smartwatch	Hiking pole	Windbreaker / Rain jacket
Cash (a reasonable amount) / Octopus card	Sufficient water	Spare phone batteries / External battery pack	Spare clothes	Blankets, sleeping bags or warm clothes
First aid kit (e.g. insoles or blister pads)	Reusable bottle / Cup / Container / Utensils	Torch / Headlamp	Spare socks	Ventilable sun hat with brim / Umbrella
Whistle (in case of an emergency)		Spare bulbs and batteries		Sunblock
Towels / Tissue				Maps
Mosquito repellent				





Souvenirs

Event Format	E-certificate	Towel	Gift Pack	Reusable face mask (Lockill brand)
IN ONE GO 100 km in one go within 48 hours	Certificate will say 'Completed 100 km in one go' and show your finishing time	1	1	1
MULTIPLE GOES 100 km in multiple goes (4 tries max)	Certificate will say 'Completed 100 km in multiple goes'	1	1	1
CHOOSE YOUR OWN ADVENTURE Complete any distance	Participants will receive a Participation Certificate	1	1	N/A
Participants who are not in Hong Kong	Participants will receive a Participation Certificate	1	1	N/A

A gift pack with 3 randomly selected souvenirs (non-exchangeable), e.g. OTW 2020 Pin / OTW x Columbia Ultra-slim Running Waistpack / OTW x Columbia Quick Dry T-shirt / OTW Tote Bag, and much more!





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 mage, voice and/or story¹.
- (h) If you think we don't respect your rights as described here, you can complain to us, or our local regulator.

¹ 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

You and your 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, terrorist content, harassment, bullying, threats, politics, copyright infringement, sexually explicit content and obscenity. You and your 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 your team page without prior notice. The views and opinions expressed on this webpage are those of you and/or your supporters, and do not necessarily reflect the position and views of OHK, Oxfam Trailwalker and Oxfam Trailwalker – Virtually Together, nor does OHK, Oxfam Trailwalker and Oxfam Trailwalker – Virtually Together have any responsibility for the content that is posted on this webpage. OHK does not regularly review, and is not responsible for, any information which is posted on this webpage. All content is viewed at a user's risk and OHK does not warrant the accuracy or reliability of any of the information.

Oxfam reserves the right to discontinue your team's registration status at Oxfam Trailwalker – Virtually Together.

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-supported event and the Organiser 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, 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.