# OXFAM TRAILWALKER – VIRTUALLY TOGETHER (OTW VT)

4/2/2021



# RUNDOWN



- 19:00 19:10 OTW VT Event Details
- 19:10 19:15 Q & A
- 19:15 19:40 TRAILME User Guide & Phone Setting
- 19:40 –20:10 Q & A
- 20:10 20:25 OTW VT Route Details
- 20:25 –20:45 Q & A

# OXFAM TRAILWALKER – VIRTUALLY TOGETHER EVENT DETAILS MS BRENDA WONG (FUNDRAISING MANAGER – EVENTS OXFAM HONG KONG )



4/2/2021

# THEME



### Date : 7am, 8 Feb – 9pm,7 Mar 2021



# **SPONSORS**



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**PROTREK %** 





# IMPORTANT! IMPORTANT! IMPORTANT!

- 樂施會 OXFAM Hong Kong
- 無窮世界 World Without Poverty

- Safety
- Self-help Support
- How to use TRAILME





# **EVENT INFORMATION**



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### Period

• 7am, 8 February to 9pm, 7 March 2021

### Participation

This is a solo event with self support (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.

#### 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).

# **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 Route:

MacLehose Trail	OTW – VT Route		
Section 2 M031-M033	From M031 pass through Sai Wan beach to M033		
Section 8	From M152 walk along Tai Mo Shan Road to Route		
M152-M156	Twisk		
Section 10 M175-M200	Not long after passing M174 and leaving the MacLehose Trail, turn left towards Kat Hing Bridge, walk along north coast of Tai Lam Chung Reservoir for 5km, turn right along a paved road towards Wong Nai Tun/Tai Tong to the Finish		

# **PARTICIPATION FORMAT/SECTION**



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

- 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 (OTW VT Section 1-4)

Participants can complete the four sections of the 100 km trail in multiple goes (four tries max). Participants are free to tackle the sections in any sequence during the period Section Time limit after tapping **'START RUNNING' OTW VT** Pak Tam Chung P.H.A.B. Site in Sai Kung to Kei Ling Ha 17 hours Section-1 More details OTW VT Kei Ling Ha to Tai Po Road (the end of the MacLehose Trail 14 hours after Section-2 Section 5) TRAILME Tai Po Road (Public Toilet) to Route Twisk (the entrance of the 10 hours OTW VT **User Guide** Section-3 public car park at Rotary Park) Route Twisk (the start of the MacLehose Trail Section 9) to Tai 7 hours **OTW VT** Section-4 Tong Barbecue Area, Yuen Long

#### 3. 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.

# **SELF SUPPORT WATER POINTS**



The table below is for reference only. The actual business hours, types and quantities of supplies at each point during the event are all subject to individual kiosks. For safety reasons, participants MUST carry sufficient food and drinks during the event. *Remarks:- the camping site and BBQ site within country parks are currently closed, participants cannot enter the closed site to carry out any kinds of activity.* 

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 <u>(limited stock)</u>	2.9	https://bit.ly/3b64PEb	



# SELF SUPPORT WATER POINTS

Location	Name/Type	Distance to next water point (km)	Location link	Operation hours
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 ( <i>limited stock</i> )	16	https://bit.ly/3b9l9mr	
	Paid Water Filling Station ( <i>limited stock</i> )	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
Tai Po Road	AFCD Water Filling Station Vending Machine ( <i>limited stock</i> )	4.1	https://bit.ly/392hSUF	
Shing Mun Reservoir	AFCD Water Filling Station Paid Water Filling Station Vending Machine	16	https://bit.ly/3hDJu6e	

#### SELF SUPPORT WATER POINTS #me With the second seco



Location	Name/Type	Distance to next water point (km)	Location link	Operation hours
	Tai Mo Shan Country Park Visitor Center Refreshment Kiosk	19.9	https://bit.lv/3948vDY	Monday – Thursday: 7 am - 6 pm Friday - Sunday and Public Holiday: 7 am - 11 pm
Tai Mo Shan	Shan Paid Water Filling Station ( <i>limited stock</i> )			
	Tai Mo Shan Country Park Refreshment Kiosk		https://bit.ly/2LfN9Lq	Monday - Sunday: 8 am - 9 pm
	Paid Water Filling Station ( <i>limited stock</i> )	19.9		
				12 Feb: Closed Monday – Friday:
Tai Tong – Yuen Long	Tai Tong Barbecue Area Refreshment Kiosk		https://bit.ly/3pS8MR b	9am – 7pm Saturday - Sunday and Public Holiday: 9 am - 7 pm

# 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!

# SOUVENIRS



# IN ONE GO / MULTIPLE GOES IN ONE GO / MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE \*\*Reusable face mask\*\*

\*\*Towel\*\*





\*\*Reusable face mask\*\* (Lockill brand)



# **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.



# HOW TO CREATE TRAILME ACCOUNT



#### Without Povertv

### Participants please download the TRAILME app at **Apple Store & Google Play Store:-**

- Apple: https://apps.apple.com/app/id1476539277
- Android: https://play.google.com/store/apps/details?id=com.uhey.trailme
- Please note that your email must be the same as the one you provided OHK and cannot be duplicated
- To ensure the app runs smoothly, participants are advised to complete ٠ registration THREE days before tackling the trail.

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# USER GUIDE





1.How to create a TRAILME account 2.How to register for OTW - VT in TRAILME 3. How to start OTW - VT (for participants who have registered) 4. How to follow participants 5.0 & A



Step 1 : Click 'SIGN UP' (circled in red) to create an account. Please note that your email address must be the same as the one you provided on the OTW – VT registration form and that you can only register once.



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Step 1 : Fill in personal data carefully, especially the following fields: nickname , password and email address. Please tap 'SIGN UP' when done.

Please note:

Nickname: This needs to be at least 5 characters (no spaces) and can only contain the letters A-Z (uppercase or lowercase)/0-9, must be unique Password: must be more than 8 characters long and should contain at least 1 uppercase letter, 1 lowercase letter and 1 number





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Step 3 : A confirmation email will be sent to you from TRAILME (support@trailme.com.hk, please check your junk mail if you do not receive this). Please read the email carefully and tap 'ACTIVATE' (circled in red) to activate the account.

# Your new TRAILME Account – Please Activate



support@trailme.com.hk 收件者

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Your TRAILME Account has been created!

Dear

Thank you for signing up and welcome to TRAILME the #1 app that provides real-time information during your race. TRAILME brings new experiences to the trail running community to help you to perform better and to share your live performance with friends and family during a race.

You are at the START and just one click away to join the TRAILME community.

Please click on the BUTTON below to activate your TRAILME account. The button is valid for the next 24 hours.

#### ACTIVATE

Please visit our website www.trailme.com.hk/resources to prepare your phone settings.

We look forward seeing you at our events. Please check out the events and register for your first race.

The TRAILME Team wishes you all time safe and successful participations and great new outdoor experiences. If you have any questions or need any support please email service@uhey.com.hk







Step 4 : Login to TRAILME, tap 'SETTINGS', then tap 'User Settings'. Please confirm your personal information and fill in the missing fields. Tap 'SAVE' once you have confirmed that all information is correct.

Remark: An SMS will be sent to you after you have completed 'OTW – VT 100km One Go' / any section of 'OTW – VT Section 1-4'.

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Step 1: Tap Oxfam Trailwalker – Virtually Together Step 2: Please select the event format / section(s) you would like to tackle. Please register separately for each section you would like to tackle; a new bib number will be assigned for each section you select.











Step 3: Read event details carefully, tap 'REGISTER'(circled in red) to register. Step 4: Tap 'CONFIRM'(circled in red) to confirm the event format / section you would like to tackle.









Step 5: Fill in / confirm your personal information, tap the arrow at the bottom (circled in red) to move on to the next page, then tap 'SAVE' (circled in red) once you are done.

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Step 6: A virtual bib no. will be assigned to you once you have successfully registered for the format / section you have chosen. You can invite your friends and family to 'follow' you along the trail using your bib number. Remarks:

A new bib number will be assigned for every section you choose to tackle.



reached the FINISH point







If the registration is unsuccessful, you will see the pop up message below. This may caused by using the incorrect email address

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# How to prepare for OTW-VT

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 DISABLE 'Do not disturb' mode





# How to start OTW-VT

Tap 'UPCOMING EVENTS' in 'EVENTS' Step 1: Tap Oxfam Trailwalker – Virtually Together Step 2: Tap the registered format / section you wish to start now. Step 3: Tap 'ENTER THE RACE' (circled in red)









# How to start OTW-VT

Step 4: Once you see your virtual bib number (Vxxxx), tap 'START RUNNING' Step 5: An event route map will be shown after you tap 'START RUNNING'. Your status will change to 'RACING' (circled in red) when you reach the first virtual marker.





# How to start OTW-VT

# Finish

TRAILME

will automatically record your arrival time once you reach the finish point (participants will not need to do anything else). An SMS will also be sent to you if you have provided a valid phone number.

# Give Up

For safety reasons, if you would like to withdraw from the event after start, please tap 'GIVE UP'(circled in red) in the top right corner. However, participants can register again between 8 February to 7 March 2021. Kindly note that the event will end on 7 March at 9 pm. Please schedule your time to ensure you can finish before then.







# How to follow OTW-VT participants

Step 1: Tap 'LIVE' (circled in red) and click the event you wish to follow: OTW – VT 100km ONE GO OTW – VT Section 1: MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE Section 1 OTW – VT Section 2: MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE Section 2 OTW – VT Section 3: MULTIPLE GOES / **CHOOSE YOUR OWN ADVENTURE Section 3** OTW – VT Section 4: MULTIPLE GOES / **CHOOSE YOUR OWN ADVENTURE Section 3** 

Step 2: Tap 'Ranking'(circled in red) in the top right corner









# How to follow OTW-VT participants

Step 4: Turn on 'Livetracking' (circled in red) for participants you wish to follow. Tap the back 🗧 to return to the map. Repeat steps 3 and 4 if you wish to follow more participants.

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- Step 3: Enter the participant's virtual bib number / gender / name in the Search & Filter section.







# TRAILME Q & A

Q1: What happens if there is no signal or I have bad reception?A1: Your 4G/3G reception will not affect the app from tracking your progress;it will only affect your data synchronisation.

Q2: What happens if my phone runs out of battery? Will I lose my data?
A2: If your phone is off, you will not be tracked. Therefore, you need to ensure that your mobile phone and the app are on at all times. In case your phone does turn off, once you have turned it back on, open TRAILME and continue. Some of your records might be missing, but please try to send TRAILME supporting information about your time if possible.

Q3: Why do I need to turn on Bluetooth & Location at the same time? Is it necessary?
A3: This is a high tech method that ensures better stability and reliability when tracking participants' progress. Please ensure both functions are on and working at all times while you are on the trail.



# TRAILMEQ8A

Q4: I am walking with my friend but it appears in the app that we are in different locations. Why is that?

A4: The reason might be that one of your data has not yet been fully synchronised.

**Q5:** The notification sound is quite annoying. Can I turn it off? A5: Yes. Go to Settings/App Settings/Performance Update Frequency, then change 'Maximum' to 'Moderate'. We recommend keeping your frequency settings on moderate instead of minimal.

Q6: I have finished one of the sections and did not receive an SMS, but my friends did. Why is that?

A6: It could be because of one of three reasons: 1) you have not entered your mobile number under 'USER SETTINGS', 2) you have not started in the designated area of the Start Point or 3) you may have forgotten to press 'START RUNNING' so that your walk will not be recorded.

Q7: I am planning to join 'OTW – VT 100km One Go', but I may want to rest for a few hours in between. What should I do with TRAILME while I rest? A7: You should ensure TRAILME is running and that your phone is powered while you are resting. Also be sure to finish before the cutoff time.



# Situations you may encounter:

1. Connection Timeout - No need to worry. You are seeing this screen because you have poor signal. You will be able to see the status when you have better connectivity.

2. Session expired - Simply login again and re-enter the 'race' to continue. However, some records may be lost.





3. Exclamation mark - There is no need to worry if an exclamation mark appears in the app (circled in red). You will still be tracked.





# OXFAM TRAILWALKER – VIRTUALLY TOGETHER

**ROUTE DETAILS** 

4/2/2021



# 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.



# **'OTW VT 100km One Go' START 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).



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

# **'OTW VT 100km One Go' FINISH POINT**



#### Tai Tong Barbecue Area, Yuen Long

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



# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT SECTION 1-4)

#### 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 are free to tackle the sections on any sequence during the period.

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

#### **CHOOSE YOUR OWN ADVENTURE** (at least 1 section of OTW VT Section 1-4)

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.

# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (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')



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# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-1) START 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).



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

# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (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 pop-up message will appear in the app and a SMS with finishing time will be sent to you.



### MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-2)

- 樂施會 OXFAM Hong Kong
- Kei Ling Ha to Tai Po Road (the end of the MacLehose Trail Section 5) (complete within 14 hours after tapping 'START RUNNING')



# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-2) START POINT



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### 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).



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

# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-2)

樂施會 OXFAM Hong Kong

Important!!! :

 Please follow MacLehose Trail, DO NOT GO into Gilwell Camp



# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-2) FINISH POINT



# Information board at end of 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 a SMS with finishing time will be sent to you.



## MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (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')



# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-3) START 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: 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

# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (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 pop-up message will appear in the app and a SMS with finishing time will be sent to you.





## MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-4)



 Route Twisk (beginning of MacLehose Trail Section 9) to Tai Tong Barbecue Area (complete within 7 hours after tapping 'START RUNNING')



## MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-4) START POINT



### Information board at beginning of MacLehose Trail Section 9

• 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: 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

# MULTIPLE GOES / CHOOSE YOUR OWN ADVENTURE (OTW VT Section-4) FINISH POINT



### Information board at Tai Tong Barbecue Area, Yuen Long

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





# Happy Trailwalking for a Better World!